

॥ बहुजन हिताय । बहुजन सुखाय ॥  
महाराष्ट्र शासनाचा आदर्श शिक्षण संस्था पुरस्कारप्राप्त

Shri Prince Shivaji Maratha Boarding House's  
**NEW COLLEGE OF PHARMACY**

Approved by Pharmacy Council of India, New Delhi, Directorate of  
Technical Education, Mumbai, Affiliated to Maharashtra  
State Board of Technical Education, Mumbai,



श्री प्रिन्स शिवाजी मराठा बोर्डिंग हाऊस संचालित  
**न्यू कॉलेज ऑफ फार्मसी**

फार्मसी कोन्सिल ऑफ इंडिया, नवी दिल्ली आणि तंत्रशिक्षण  
संचालनालय, मुंबई मान्यताप्राप्त व महाराष्ट्र राज्य तंत्रशिक्षण मंडळ, मुंबई संलग्नित.

## Report on

Date-30/09/2024

### “ Guest Lecture on Stress Free Health ”

<b>Extra-curricular Incharge</b>	:	Ms. Pradnya D Gharpankar ,Mr.Y S Kolekar Ms. Ankita C Shinde, Mrs.Priyanka Gayakwad.
<b>Accompanying Members</b>	:	Teaching, Non-teaching staff, & students of New College of Pharmacy, Kolhapur.
<b>Venue</b>	:	New College of Pharmacy, Kolhapur.
<b>Day &amp; Date</b>	:	Monday , 30/09/2024
<b>Time</b>	:	01.30pm



**Gad Mudshingi, Maharashtra, India**  
M7VQ+M65, Polytechnic Rd, Shantinagar, Gad Mudshingi, Maharashtra 416119,  
India  
Lat 16.694329°  
Long 74.2881°  
30/09/24 03:09 PM GMT +05:30

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Under the IQAC Cell of Shri Prince Shivaji Maratha Boarding House's, New College of Pharmacy Uchagaon, Kolhapur organized “ **Guest Lecture on Stress Free Health**” on **Monday 30<sup>th</sup> September 2024**”. The Curricular committee of New College of Pharmacy organized, "**Guest Lecture on Stress Free Health**"- a programme to facilitate, consolidate and coordinate all the enthusiastic student Activities. The Workshop started with a welcome address by Mr.Y S Kolekar Sir. The Introductory speeches during starting of workshop was graced by the Principal Dr.S A Pishwkar Sir as well as Curricular Committee Members.

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The main contents of this guest lecture on Stress Free Health was displayed on Presentation Prepared by Mr.Vinayak More who organized this event for students to provide them with knowledge of Stress and Anxiety Management. The resource person Mr. Vinayak More shared insights on stress and anxiety being a common issue among individuals aged 18-25 years. He highlighted the importance of this session, particularly for the students with the increasing cases of stress, and mental health issues and its impact on academic performance. He explained to the students that how important is to manage stress during their professional or working years. He also talked about how important to manage family, relationships, friends and work because if they are balanced then the stress can be reduced. He expressed that having a balanced diet as well as exercising daily helps to manage stress.

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The students were encouraged to perform stress management activities such as pressing various points on palms and fingers, opening and closure of fists to reduce stress and, overthinking and anxiety. The tips given by the speaker were easy to follow and effective in reducing stress. The participants had a wonderful experience understanding the different exercises. There were discussions in between and at the end of the session in which the doubts and queries of participants were resolved. The event was concluded with a vote of thanks and the resource person shared his gratitude to our college.

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### Programme Outcomes:

- This stress free health guest lecture gave much benefits to all the students by listening to the speaker as stress is related to both external and internal factors. External factors include the physical environment, whereas internal factors influence our external stress.
- This Workshop creates strong bonding between all the students as well as teachers as speaker advised the students to handle stress in the positive way and create a confidence to handle all the situations in a very calm manner.
- This monumental event laid the foundation for Sharing about various happy as well as moments with each other.

### Extra-curricular Incharge

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Ms. Ankita C Shinde

Mr. Y S Kolekar

Mrs. Priyanka Gayakwad