



Shree Dhanlaxmi Foundation, Karad's
**Late Adv. Dadasaheb Chavan Memorial Institute
Of Pharmacy**

At – Malwadi, Post- Masur, Tal. – Karad, Dist. – Satara Pin-code – 415 106



‘Kaushalya’

“Life Skill Training Program on Mental Health and Stress Management”

Tuesday, November 22, 2022

Time: - 11.00 am to 1.30 pm

Activity Report

Name of the Event:

‘Kaushalya’ Life Skill Training Program on Mental Health and Stress Management

Objective of the program:

To build confidence among students, foster fortitude, self-realization and to promote mental wellbeing of students.

Outcomes expected from the program:

Students will be able to understand importance of mental health for sustaining happy and successful life.

POs Mapped:

PO 3: Leadership skills

PO 6: Communication

PO 9: Life Long Learning

An event Kaushalya Life Skill Training Program on Mental Health and Stress Management was organized by Competitive exam cell, LADCMIP Malwadi (Masur). The students of D.Pharmacy and B.pharmacy participated the program held on November 22, 2022. The programme was started with felicitation of our guest Dr.Kiran Chavan, renowned psychiatrist and director of Manobrahma foundation, Pune. He gave in depth information on various facets of mental health, gave scientific techniques of stress management and importance of mental health for happy, healthy and successful professional, personal, life. Dr.Kiran Chavan also gave tips on how to channelize negative thought into positive one. Our students were highly overwhelmed by attending this program. Students of gymkhana make necessary arrangement for the program.

Mr. Ishwar Chavan, (lecturer) and Mr. Atul Gurav (assistant professor) LADCMIP, Masur coordinated this activity under competitive exam cell of late adv. dadasaheb chavan memorial institute of pharmacy, Malwadi (masur) during this program.



Program coordinator
Ishwar Chavan
Lecturer, LADCMIP Malwadi (Masur)

Principal
LADCMIP Malwadi (Masur)

Date: 22/11/2022
Place: Malwad