

**Report of event of
Stress management and
Obesity
Date: 03/10/18**



P.E. Society's
MODERN COLLEGE OF PHARMACY,
Yamunanagar, Nigdi, Pune-44



GUEST LECTURE ON STRESS MANAGEMENT AND OBESITY

*College has organized guest lecture by
Dr. Rashmi Kulkarni on "Stress
management and Obesity" at the
seminar hall MCOP.*

Date:03.10.2018

Time:03pm to 4pm

DR.A.S.TAPKIR

NSS Program Officer

DR.P.D.CHAUDHARI

Principal

Principal

P. E. S. Modern College of Pharmacy
Sector No.21, Yamunanagar, Nigdi,
Pune - 411 044.



4. Stress management and Obesity (Notice)



Progressive Education Society's
MODERN COLLEGE OF PHARMACY
Accredited by NAAC
Best College Award by Savitribai Phule Pune University



Approved by All India Council for Technical Education, New Delhi; Pharmacy Council of India, New Delhi;
Directorate of Technical Education, Mumbai (MS), Permanently Affiliated to
Savitribai Phule Pune University, Pune & Approved under Section 2 (f) & 12 (B) of UGC Act, 1956

Section No.21, Yamunanagar, Nigdi, Pune-411 044. (M.S.) Tel : 020-27661315 Fax: 020-27661316
E-mail : mcoprigd44@gmail.com Website : www.mcop.org.in

Prof. Dr. P. D. Chaudhari
M.Pharm., Ph.D.
Principal

Prof. Dr. G. E. Ekbote
M.S., M.N.A.M.S.
Chairman, Business Council

Date: 1/10/2018

NOTICE

All the B.Pharm students Teaching, Non-Teaching Staff & Office Staff of Modern College of Pharmacy Nigdi are hereby informed that college has organized Guest lecture on "Stress management and Obesity" by Dr. Rashmikulkarni. She is doing ayurvedic medicinal practice at Sharangdhar's Ayurvedic Medicine Pune.

Date: 03/10/2018.

Time: 3.00pm to 4:00 pm

Venue: Seminar hall.

Note:

All the girls Students report to NSS office sharp at 10am.
Students must carry the ID card for the program



Dr. P. D. Chaudhari
Principal

P. E. S. Modern College of Pharmacy
Sector No.21, Yamunanagar, Nigdi,
Pune - 411 044.

STRIVING TOWARDS EXCELLENCE FOREVER

4. Stress management and Obesity (Report)



**P. E. Society's
Modern College of Pharmacy, Nigdi, Pune-44**

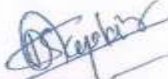
NSS REGULAR ACTIVITY REPORT 2018-2019

1.	Name of activity	Guest Lecture on Stress management and Obesity
2.	Date of activity	03/10/2018
3.	Time	3 PM- 4 PM
4.	Total no students participate	100
5.	Occasion of activity	National Service Scheme (NSS) activity
6.	Place of activity	Modern college of Pharmacy, Nigdi
7.	Objectives of activity	To make the students aware about the benefits of meditation and peace of mind to relive stress. To aware students regarding the benefits exercise and diet for weight management. To aware students regarding which type of different exercise we have to perform by controlling breathing for appropriate time to get good health.
8.	Outcome of activity	Students were realized the benefits of meditation and peace of mind. Students realized the role of exercise and diet to achieve health goal in life. Students understood the different types of breathing exercise which will be beneficial to get good health.
9.	Activity co-coordinator	Dr. A. S. Tapkir




Photos of activity




Dr. A. S. Tapkir
NSS Program officer




Dr. P. D. Chaudhari
Principal
P. E. S. Modern College of Pharmacy
Sector No.21, Yamunanagar, Nigdi.

4. Stress management and Obesity (Attendance)

**P. E. Society's
Modern College of Pharmacy, Nigdi, Pune-44
National Service Scheme 2018-19**

Name of Activity: Guest Lecture on obesity and stress management
By Dr. Rashmi Kulkarni (Shuranghar Pharmaceuticals Pvt. Ltd., Pune)

Place: PES, Modern College of Pharmacy, Nigdi, Pune-44

Date: 03/10/2018

Sr. No.	Name of student	Signature
1.	Dhage Shyamundar	<i>Shyamundar</i>
2.	Jadhav Mayureshn.	<i>Mayureshn</i>
3.	Mekhe Aniket R.	<i>Aniket R. Mekhe</i>
4.	Sathe Rahul.	<i>Rahul Sathe</i>
5.	Wagh Anupad.	<i>Anupad Wagh</i>
6.	Takawle Mayuresh V.	<i>Mayuresh V. Takawle</i>
7.	Wayal Nilam B.	<i>Nilam B. Wayal</i>
8.	Gaird Kotan R.	<i>Kotan R. Gaird</i>
9.	Nimbalkar Omkar S.	<i>Omkar S. Nimbalkar</i>
10.	Singh Jyoti Jai	<i>Jyoti Jai Singh</i>
11.	Lundge Vaishnav.	<i>V.V. Lundge</i>
12.	Zambure Aishwarya	<i>Aishwarya Zambure</i>
13.	Choudhary Hitesh R.	<i>Hitesh R. Choudhary</i>
14.	Aher Omkar S.	<i>Omkar S. Aher</i>
15.	Dopewad Manita B.	<i>Manita B. Dopewad</i>
16.	Waghmare Pranali K.	<i>Pranali K. Waghmare</i>
17.	Dhobe Swapnil T.	<i>Swapnil T. Dhobe</i>
18.	Choudhary Savita N.	<i>Savita N. Choudhary</i>
19.	Kavitke Rohit	<i>R.V. Kavitke</i>
20.	Tidke Mahesh	<i>Mahesh Tidke</i>
21.	Pawar Anagha Satish	<i>Anagha Satish Pawar</i>
22.	More Mnyur Satish	<i>Satish Mnyur More</i>
23.	Gurav Tushar Sanjay	<i>Tushar Sanjay Gurav</i>
24.	Sahuake Manisha Sanjay	<i>Manisha Sanjay Sahuake</i>
25.	Dalvi Tejaswini Hanuman	<i>Tejaswini Dalvi</i>
26.	Patsate Swapnali Hanuman	<i>S.H. Patsate</i>



27.	Rathod Shital Ganpat	<i>Shital</i>
28.	Shirude Snehal Sumil	<i>S.</i>
29.	Uttarkar Manasi Mamoj	<i>Manasi</i>
30.	Chavan Saurabh P.	<i>Saurabh</i>
31.	Shah Ankita Harshvardhan	<i>Ankita</i>
32.	Acharya Shubhada Prabhakar	<i>Sp. Acharya</i>
33.	Shinde Sneha Rajendra	<i>Sneha</i>
34.	Joshi Ajay Anil	<i>Ajay</i>
35.	Dale Pooja Arvind	<i>Pooja</i>
36.	Sonawane Pratiksha Devidas	<i>P. Sonawane</i>
37.	Vamarote Omkar Nagesh	<i>Omkar</i>
38.	Choudhary Laxmi Rataram	<i>Laxmi</i>
39.	Mahngare Sankalpa Dhanaji	<i>Sankalpa</i>
40.	Lekhwani Sailesh Rajkumar	<i>Sailesh</i>
41.	Choudhary Radhika N.	<i>Radhika</i>
42.	Chinchole Swapnil Jagannath	<i>Swapnil</i>
43.	Mulawkar Akshay Ashok	<i>Akshay</i>
44.	Kakade Pooja Shivaji	<i>Pooja</i>
45.	Pawar Jayashri Shivaji	<i>Jayashri</i>
46.	Nivdunge Akshay Shivuji	<i>Akshay</i>
47.	Taralekar Sumit Sanjay	<i>Sumit</i>
48.	Kazi Tajheen Azmatulla	<i>Tajheen</i>
49.	Dalvi Rajashree Eknath	<i>Rajashree</i>
50.	Wakhare Yash Dilip	<i>Yash</i>

A. S. Tapkir
A. G. More
Prof. A. S. Tapkir
Prof. A. G. More
N.S.S. Programme officer



P. D. Chaudhari
Dr. P. D. Chaudhari
Principal

Principal
P. E. S. Morfem College of Pharmacy
 Sector No. 21, Vasantnagar, Nigdi,
 Pune - 411 044.

4. Stress management and Obesity (Sample certificate)





Progressive Education Society's
MODERN COLLEGE OF PHARMACY
Sector No. 21, Yamunanagar, Nigdi, Pune - 411 044.



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आज़ादी का
अमृत महोत्सव

Certificate of Participation

*This is to certify that, **Mayuresh Jadhav**
From PES Modern College of Pharmacy Nigdi Pune-44 has
attended guest lecture on **Stress management and Obesity**
Under National Service Scheme, organized by PES Modern
College of Pharmacy, Nigdi, Pune on 03.10.2018.
His / Her participation in this activity is highly appreciated .*

Dr. A.S. Tapkir
Co-ordinator



Dr. P. D. Chaudhari
Principal

Prof. Dr. G. R. Ekbote
Chairman, Business Council,
P.E. Society, Pune