



Dhanlaxmi Shikshan Santha's

SSK COLLEGE OF PHARMACY

SSK Campus, Wadzire, Tal: Sinnar, Dist: Nashik, Maharashtra 422102
(Approved by PCI, New Delhi, DTE Maharashtra, Affiliated to MSBTE)
PCI Code: 5808 DTE Code: 5502 MSBTE Code: 62355

Report on Workshop of Tension Free Health

Date : 07/03/2025
Class : D. Pharmacy
Resource Person : Mrs. Sinin Kazi
Topic : Workshop on Tension Free Health
Venue : SSK College of Pharmacy, Wadzire.
Coordinator : Prof. Shinde Madhuri, Prof. Bhagat Pallavi.
Principal : Dr. Sushil D Patil.

Objective of Lecture:

The main objective of this Topic Tension Free Health Give participants thorough information on a range of health-related topics, such as stress management, diet, physical fitness, and mental health.

Benefit of Lecture:

A workshop on "tension free health" can provide numerous benefits including: reduced stress levels, improved sleep quality, enhanced focus and concentration, better mood regulation, increased productivity, improved physical health by managing muscle tension, boosted resilience to stressors, improved relationships, and a greater sense of overall well-being by equipping individuals with practical tools to manage stress effectively in their daily lives.



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About the Event:

SSK College of D. Pharmacy has organized Workshop on Tension Free Health. Which was delivered by Mrs. Sinin Kazi on 07/03/2025 .diploma student. Mrs. Sinin Kazi educates and guided the student about introduction of good stress manegment improved sleep quality, enhanced focus and concentration, better mood regulation, increased productivity, improved physical health for the students to start with and how to improve yourself to stay in competition.



she also had given some motivational tips. Below points are covered in a stress management workshop

- **Stress triggers:** Learn what triggers your stress and how to reduce it
- **Problem solving:** Learn how to solve problems effectively
- **Diet :** Learn how to eat a healthy diet
- **Relaxation :** Learn relaxation techniques like breathing exercises and meditation
- **Mindfulness :** Learn how to quiet your mind and stay calm under pressure



She explain ways to reduce stress

- Exercise regularly
- Get enough sleep
- Spend time outside
- Reach out to supportive friends and family
- Practice gratitude
- Journal
- Reduce screen time
- Create boundaries
- Avoid procrastination

Almost any form of exercise or movement can increase your fitness level while decreasing your stress. The most important thing is to pick an activity that you enjoy. Examples include walking, stair climbing, jogging, dancing, bicycling, yoga, tai chi, gardening, weightlifting and swimming. The lecture was very interesting and informative to the students. All the students were present for the lecture. Prof. Shinde Madhuri , introduced the speakers and Prof. Bhagat Pallavi gave vote of thanks. The overall session was very good and interactive. Khalkar tejai , Pankaj Gunjal lecturer of SSK College of Pharmacy helped to Organized event successful



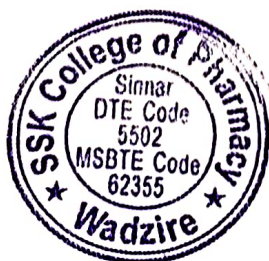
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Student Attendance F.Y.D.Pharm

SR.NO	CANDIDATE NAME	SIGN
1.	DASHPUTE TRUPTI PRAKASH	—
2.	LANDGE YOGESH NAMDEV	—
3.	GAVALI SARANG SHASHIKANT	S. Gaval
4.	GAMANE PAYAL SACHIN	Payal
5.	SADGIR VISHAL PANDHARINATH	Sadgir
6.	SHIRSATH SACHIN KUNDALIK	Sachin
7.	HIRE ASHWINI CHANDRASHEKHAR	Ashwin
8.	WALE NEENA CHANBASAPPA	wale. n
9.	PAWAR OMKAR RAMNATH	Pawar. O
10.	SWATI VILAS PATIL	—
11.	PATIL ABHISHEK DATTATRAYA	Patil. S.
12.	BARKE SUSHANT NAVNATH	Barke.
13.	JEJURKAR AKANKSHA VILAS	Akanksha.
14.	MATALE VARSHA KONDAJI	matale.
15.	CHAUDHARI ASHVARYA PRAKASH	Chaudhari. A
16.	KSHATRIYA ANIKET VIRAJ	—
17.	VIREN RAJARAM KATKADE	Viren. K.
18.	PATIL ASHWINI RATILAL	Patil. A
19.	PATIL SMITA RAMBHAU	Patil. S.
20.	PHAD SAURABH SANDIP	Phad
21.	LILA SITARAM WAGH	Lila. S.
22.	VIJAY KERU MENGAL	—
23.	JADHAV SAKSHI ARVIND	Jadhav. S.
24.	PHAD ANKITA BALU	—
25.	BHADEKAR ADITYA SANTOSH	Bhadekar. A.





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Student Attendance:

SR.NO	CANDIDATE NAME	SIGN
1	Ghule Varsha Popat	
2	Bhagade Jayesh Balu	
3	Phad Rupali Uttam	
4	Patil Karishma Bharat	
5	Patil Kamini Bharat	
6	Kaithwal Keshav Rajesh	

Coordinator

Prof. Bhagat Pallavi

Prof. Shinde Madhuri



Prof. Dr. Sushil D. Patil
Principal
SSK College of Pharmacy
Wadzire, Sinnar, Dist. Nashik.
Principal

Dr. Sushil D Patil.