

**PUNE DISTRICT EDUCATION ASSOCIATION'S**  
**SETH GOVIND RAGHUNATH SABLE COLLEGE OF PHARMACY, Saswad**

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**Event Name:** On the occasion of the death anniversary of **Late Shri Govindseth Sable** one day workshop on “**Stress Management: Building emotional resilience**”.

**Date:** 09/10/2025

**Venue:** Seminar Hall

**Total number of participants = 80**

On the occasion of the death anniversary of Late Shri Govindseth Sable, the institute organized one day workshop on “Stress Management: Building emotional resilience” on 9<sup>th</sup> October 2025 in the Seminar Hall. The event aimed to create awareness about mental health and introduce effective techniques for managing stress in today’s demanding lifestyle. The program commenced at 10:30 a.m. with a warm welcome to all dignitaries, followed by the traditional lamp-lighting ceremony. Prof. Smita Deshmukh opened the session with a heartfelt introduction, highlighting the remarkable social and educational contributions of Late Shri Govind Seth Sable and Late Shri Rajiv Seth Sable towards the establishment and progress of the institution. Principal Dr. R. S. Chavan then addressed the gathering, paying tribute to the founders’ dedication and vision in the field of education. She emphasized the significance of mental health awareness and the need to understand the psychological challenges faced by individuals particularly students in coping with stress. She encouraged everyone to adopt a balanced approach to maintain mental well-being. The keynote speaker, Hon. Shrikant Laxmi Shankar, a distinguished member of the MASUM Foundation, Saswad, delivered an engaging and interactive lecture on stress management. He elaborated on the causes and consequences of stress, its impact on physical and emotional health, and shared practical strategies for achieving mental clarity and resilience. In continuation, a one-day workshop for teaching and non-teaching staff was conducted by the MASUM Foundation team. During the session, Mr. Shrikant Laxmi Shankar and Ms. Jaya Nalge demonstrated various relaxation and mindfulness techniques to help participants cope with everyday stress effectively. The program concluded with a vote of thanks by Prof. Padmaja Mhaske, who expressed gratitude to the guest speakers, dignitaries, faculty members, students, and organizing committee for their active participation and efforts in making the event successful. The lecture received an enthusiastic response, with 80 participants in attendance, including teaching faculty, non-teaching staff, and students. The event was successfully organized under the guidance of Dr. R. S. Chavan, with coordination by Dr. Pradnya Jagtap and Prof. Sunita Bathe.

# Glimpses



**Dr. Pradnya Jagtap**  
Cultural Coordinator

**PRINCIPAL**  
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