



**19<sup>th</sup> March 2022**

**HOWDY ALUMNI MEET III**

- ❖ **Academic Year** : 2021-2022
- ❖ **Title** : Stress Management & Mindfulness
- ❖ **Activity Under** : PLAN-B Club
- ❖ **Organized by** : Training & Placement Cell of YBCP
- ❖ **Type of Event** : Guest Lecture
- ❖ **Venue** : Seminar Hall
- ❖ **Date & Time** : 19<sup>th</sup> March 2022 at 02.30 Pm onwards
- ❖ **Guest Speaker** : Mrs. Yogeetaa Gulavani, Personality Analyst,  
NLP Master and Motivational Coach
- ❖ **Target group** : Alumni & B. Pharm students
- ❖ **Coordinator** : Training & Placement Cell coordinators  
Ms. Namita S. Bhosale, YBCP  
Ms. Pranali Joshi, YBCP
- ❖ **Program Advisor** : Dr. V. A. Jagtap

## EVENT FLYER:



**YASHWANTRAO BHONSALE COLLEGE OF PHARMACY**  
Vazarwadi, Charathe, Tal. Sawantwadi, 416510, Dist. Sindhudurg,  
Maharashtra, India Phone: (02363) 272233/ 272299

**TRAINING & PLACEMENT CELL**  
Organizes

**3<sup>rd</sup> Alumni Meet**  
BATCH 2016-2020 & BATCH 2017-2021

**HOWDY**  
ALUMNI 2022

**PATRON**



**Hon. Mr. Achyut K. Sawantbhonsale**  
Executive Chairman  
Bhonsale Knowledge City

**CONVENOR**



**Hon. Dr. Vijay A. Jagtap**  
Principal  
Yashwantrao Bhonsale  
College of Pharmacy

On the occasion of Howdy Alumni, 2022  
we have organized  
Guest Lecture On

**"Stress Management  
&  
Mindfulness"**

On Saturday, 19 March 2022

**GUEST SPEAKAR**



**YOGEITAA GULAVANI**  
Personality analyst  
NLP Masters &  
Motivational Coach

**TPC & PROGRAM COORDINATORS**



**Ms. Namita Bhosale**  
TPC, coordinator  
Assistant Professor  
Dept. of pharmaceutics



**Ms. Pranali Joshi**  
TPC, coordinator  
Assistant Professor  
Dept. of pharmaceutics

**ALUMNI ASSOCIATION MEMBERS**



**Ms. Sayali S. Padwal**  
President



**Mr. Shubham V. Desai**  
Vice- President



**Ms. Shamali S. Rane**  
Secretary



**Mr. Nimish S. Sawant**  
Treasurer



**Mr. Pritam P. Kolge**  
Member



**Mr. Durgesh P. Bidye**  
Member



**Mr. Yashwant T. Tilwe**  
Member

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### OBJECTIVE:

- ❖ To bring together all the old students to share their experiences with each other
- ❖ To maintain and update the data base of all the alumni of the college and to interact with them
- ❖ To utilize the rich experiences of old students of the college for the benefit and progress of the present students
- ❖ To provide guidance to the present students in their endeavor for better employment and higher studies.
- ❖ To promote the campus placements through the old students working in reputed industries in India and abroad
- ❖ To get the valuable advices of the Alumni in the overall development of the college
- ❖ To provide financial assistance to the needed alumni members pursuing higher studies based on merit and means.
- ❖ To gather and maintain database of employment information and to assist the members in securing suitable job.

### **About The Programme:**

PLAN B club & Training & Placement Cell of Yashwantrao Bhonsale College of Pharmacy, Sawantwadi conducted **HOWDY ALUMNI MEET-III** & Organized guest lecture on “**Stress Management & Mindfulness**” on 19<sup>th</sup> March 2022 at 02.30 pm onwards. For the said program Guest Speaker, Yogeitaa Gulavani, Personality analyst, NLP Master & Motivational coach students of Final Year B. Pharm, Dr. V.A. Jagtap sir, Principal YBCP, TPC coordinators Ms. Namita Bhosale, Ms. Pranali Joshi and all teaching staff were present.

Program started with welcoming all guests & alumni proceeded with lamp lighting. After the welcoming ceremony, an introductory speech was given by Ms. Namita Bhosale, TPC coordinator & Asst. Professor Dept. of Pharmaceutics to all students. In that, she gave a brief introduction about 3<sup>rd</sup> HOWDY ALUMNI MEET and about the guest lecture. Later, Principal, Dr. V. A. Jagtap, presented a welcome address and gave best wishes to all alumni for their future venture. Later, Yogeitaa Gulavani had conducted session on “**Stress Management & Mindfulness**” wherein she highlighted that effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on.

Later, Alumni shared their views and experience with all juniors. Event hosted by Ms. Namita Bhosale & concluded with vote of thanks of Hon. Management, Speakers, Principal & participant students.

Total No. of Beneficiaries		201
	Final Year B. Pharm	45
	Alumni	116
	Faculty (Teaching and Nonteaching)	40

### **PO ATTAINMENT:**

- Lifelong learning

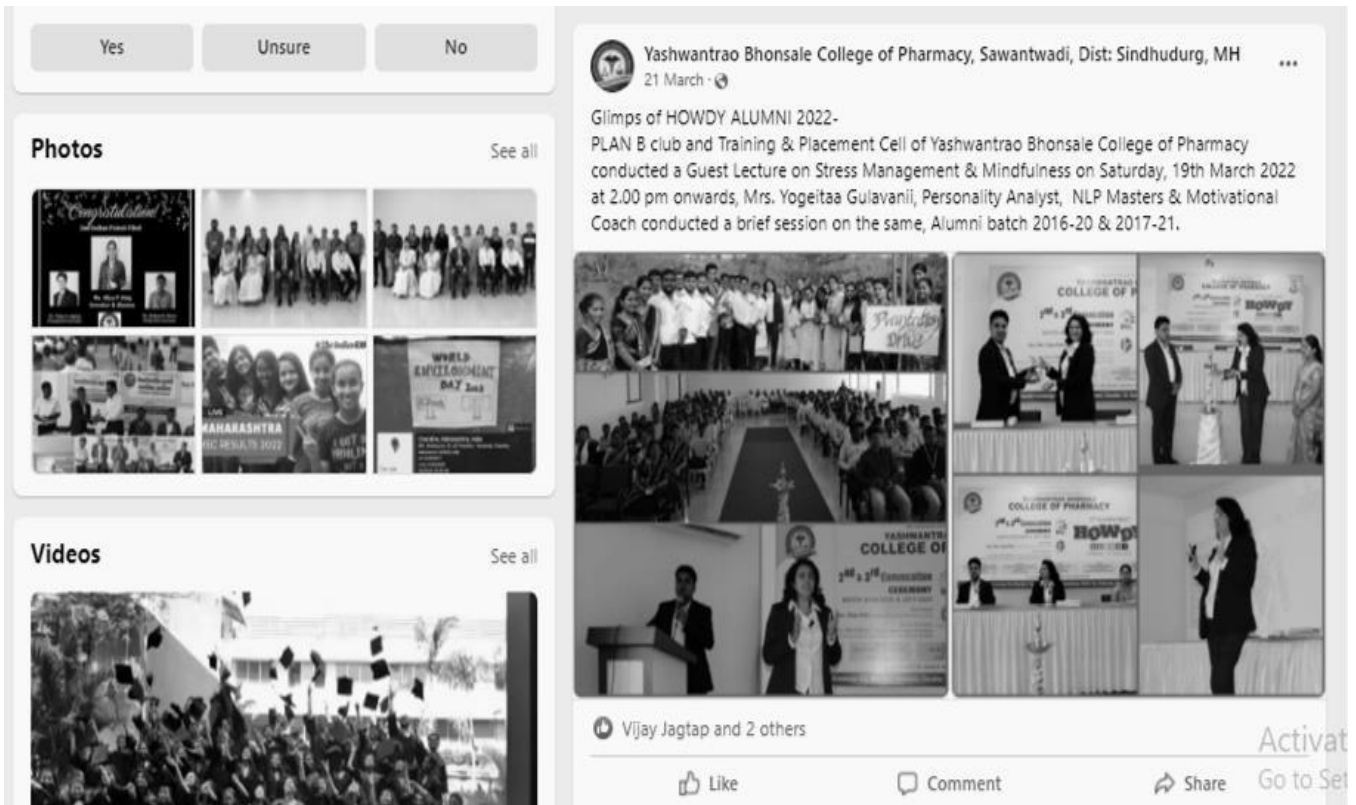
## GLIMPSE OF EVENT



**Inauguration of HOWDY ALUMNI MEET-3**  
**Event started with Lamp lighting & floral welcoming of guest speaker**  
**Mrs. Yogeitaa Guavanii**



**SOCIAL MEDIA SNAPS**



Report prepared by: Ms. Namita Bhosale.

**Ms. N. S. Bhosale**  
TPC Coordinator,

**Dr. R. K. Barse**  
SPANDAN club Head

**Dr. V. A. Jagtap**  
Principal