

MET's Institute of Pharmacy

ACTIVITYREPORT

Name of Activity- Session on "Personality Enrichment & Wellness"

Day and Date: Saturday, 23/08/2025

Courtesy – MET's IOP

Participants	Staff	Students	Class and Course
	11	89	Girl students of D-Pharmacy, B-Pharmacy, Pharm D

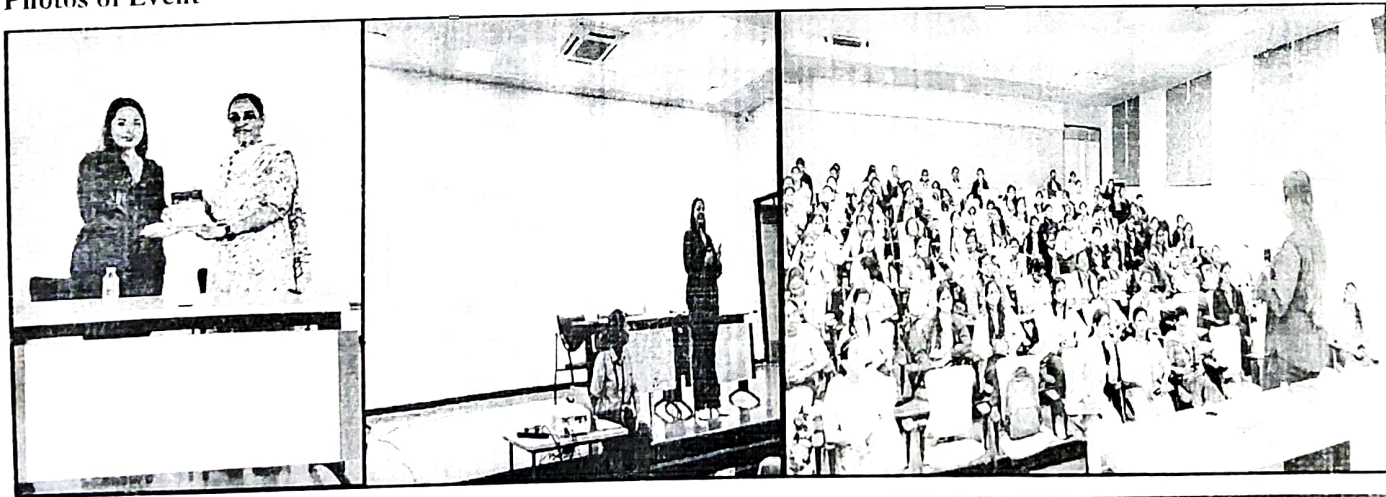
Details of the Program: Girl's Student Council had arranged session on Personality Enrichment & Wellness for girl students of B-Pharmacy, D-Pharmacy and Pharm D. The session was conducted by Ms. Tania Arora who is Personality Development Trainer. The objective of the program was to enhance self-confidence, communication skills, and overall personality of the participants, enabling them to face future challenges effectively.

Program Objective Achievement

PO1	Pharmacy Knowledge		PO7	Pharmaceutical Ethics	
PO2	Planning Abilities		PO8	Communication	✓
PO3	Problem Analysis	✓	PO9	The Pharmacist and society	
PO4	Modern Tool Usage		PO10	Environment and Sustainability	
PO5	Leadership Skills	✓	PO 11	Lifelong Learning	✓
PO6	Professional Identity				

Objective of the Activity	To enhance self-confidence, communication skills, and overall personality of the participants.
Social Media links	

Photos of Event




Ms. Poonam S. Wajpeyi, Mrs. Suchita Shirsath
GSC Coordinator


Dr. S. J. Kshirsagar
Principal

Date: 11/08/2025

To,

Y Connect,

Division of Brand Touch & Analytics

Subject: Invitation for guest session at MET's Institute of Pharmacy, BKC, Nashik.

Dear Sir/Madam,

Greetings of the day.

On behalf of MET's IOP, I would like to cordially invite you to be guest speaker for session on "Personality Enrichment & Wellness".

It would be grateful if you accept this invitation and conduct this interactive session for our girl students to provide valuable insights into grooming, leadership qualities, emotional intelligence, and overcoming challenges with positivity. It will be a wonderful opportunity to learn, share experiences, and develop skills that will benefit you both personally and professionally.

Details of Program:

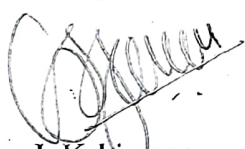
Day and Date: 23 August, 2025, Saturday.**Time:** 10:00 am- 11:00 am**Venue:** Seminar Hall. Ground floor, Institute of Pharmacy

We would be grateful if you provide your valuable time and share your experience.

Looking forward to hearing back from you.

Thanking you in anticipation.

Regards,


Dr. Sanjay J. Kshirsagar**PRINCIPAL**MET's Institute of Pharmacy
Adgaon, Nashik-3.

Date: 11/08/2025

To,

Ms. Tania Arora.

Personality Development Trainer

Subject: Invitation for guest session at MET's Institute of Pharmacy, BKC, Nashik.

Dear Tania Arora,

Greetings of the day.

On behalf of MET's IOP, I would like to cordially invite you to be guest speaker for session on "Personality Enrichment & Wellness".

It would be grateful if you accept this invitation and conduct this interactive session for our girl students to provide valuable insights into grooming, leadership qualities, emotional intelligence, and overcoming challenges with positivity. It will be a wonderful opportunity to learn, share experiences, and develop skills that will benefit you both personally and professionally.

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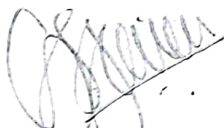
Venue: Seminar Hall, Ground floor, Institute of Pharmacy

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Looking forward to hearing back from you.

Thanking you in anticipation.

Regards,



Dr. Sanjay S. Kshirsagar



PRINCIPAL
MET's Institute of Pharmacy
Adgaon, Nashik-3.

Bhujhai Knowledge City
MET's Institute of Pharmacy
Adgaon, Nashik 422003

Name of Speaker: Tania Arora

Date: 23/08/2025

Topic: Personality Enrichment & Wellness

Time: 10:00 am – 11:00 am

Sr No.	Name of Student	Course Name/Dept	Sign
1	Pavitra Pawar	Final yr. B pharm	Div B <u>Pavitra</u>
2	Poornima Vishwakarma	—	Div B <u>Poornima</u>
3	Patil Vaishnavi	Final yr. B pharm	Div B <u>Patil</u>
4	Patil Shruti	Final yr. B pharm	Div B <u>Patil</u>
5	Pratiksna Sarode	—	Div A <u>Pratiksna</u>
6	Sakshi Rajput	Final yr B Pharm	Div A <u>Sakshi</u>
7	Bhavna Kathe	Final Y. B. Pharm	Div A <u>Bhavna</u>
8	Shrawani Gaidhani	Final Y. B. Pharm	Div B <u>Shrawani</u>
9	Sawari Dasad	—	Div B <u>Sawari</u>
10	Shrushti Jadhav	—	Div B <u>Shrushti</u>
11	Mayusha Borgude	—	Div B <u>Mayusha</u>
12	Divya Ladda	—	Div B <u>Divya</u>
13	Santika Unaze	T.Y. Pharm-D	<u>Santika</u>
14	Gangasagar Shisode	T.Y. Pharm-D	<u>Gangasagar</u>
15	Chandni Tilwani	T.Y. Pharm-D	<u>Chandni</u>
16	Nivedita Lambade	T.Y. Pharm-D	<u>Nivedita</u>
17	Rohini Salehi	Final yr B pharm	Div B <u>Rohini</u>
18	Sakshi Bhatte	Final yr B Ph.	Div B <u>Sakshi</u>
19	Veelangi Thakur	Final yr B-Ph	<u>Veelangi</u>
20	Sakshi S. Bhandare	Final yr. B. Pharm	<u>Sakshi</u>
21	Chaitali S. Kati	Final yr. B. pharm	<u>Chaitali</u>
22	Janhavi B. Shinde	Final Year. B. Pharm	<u>Janhavi</u>
23	Akanksha U. Aringale	Final Year. B. Pharm	<u>Akanksha</u>
24	Tajwani D. Wagh	Final Year B-Pharm	<u>Tajwani</u>
25	Trupti R. Raut	T.Y. B-Pharm	<u>Trupti</u>
26	Madhura Kadam	Pharm D 3 rd Year	<u>Madhura</u>
27	Sanskriti Wagh	Pharm D 3 rd yr	<u>Sanskriti</u>
28	Jyoti Dilip Patil	T.Y. Bpharm	<u>Jyoti</u>
29	Sneca V. Sambare	Fourth yr. PharmD	<u>Sneca</u>
30	Sanika P. Phadole	T.Y. Pharm D	<u>Sanika</u>
31	Shrawani C. Bhandari	T.Y. Bpharm	<u>Shrawani</u>
32	Shreya Pingal	—	<u>Shreya</u>
33	Advika Gaikwad	—	<u>Advika</u>
34	Tanishka Bansri	—	<u>Tanishka</u>
35	Aher sakshi	T.Y. B. pharm	<u>Aher</u>

37)	Jagtap Akanksha	T.Y. B Pharm	~~Agar~~ ~~Patil~~
38)	patil Luksha	T.Y. B Pharm	~~David~~
39)	Kulsum Sayyad	T.Y. B. Pharm	~~Lankar~~
40)	Tanisha Bhabad	F.Y. Pharm D	~~Asu~~
41)	Megha Bhanupure	4th Pharm D	~~Panhavi~~
42)	Janhavi Ghode	4th Year Pharm D	~~Alu~~
43)	Aarju Kurl	4th yr Pharm D	~~Pashke~~
44)	Pratiksha Koshke	4th yr Pharm D	~~Tadpuri~~
45)	Jaanvi Salvi	4th yr Pharm D	~~Shait~~
46)	Alpita A. Shaikh	IV yr Pharm D	~~Shi~~
47)	Durva S. Mahajan	IV yr Pharm D	~~Rishi~~
48)	Kishori J. Chaudhari	IV yr Pharm D	~~Shikam~~
49)	Nikam Pooja R	4th yr Pharm D	~~Shi~~
50)	Purvi Gorgel	3rd yr Pharm D	~~Shi~~
51)	Kital Varuvari	4th yr Pharm D	~~Shi~~
52)	Dhanashri Gaikwad	4th yr Pharm D	~~Shi~~
53)	Pooja Dhande	T.Y. B. Pharm	~~Shi~~
54)	Dolkale Sakshi	T.Y. B. Pharm	~~Shi~~
55)	Vaidhi Diu	T.Y. B. Pharm	~~Shi~~
56)	Rutuja Tupe	T.Y. Pharm D	~~Shi~~
57)	Mammi Chaudhari	_____	~~Shi~~
58)	Tejal madhe	_____	~~Shi~~
59)	Pooja Pawar	_____	~~Shi~~
60)	Simran Raut	T.Y. B Pharm	~~Shi~~
61)	Seemanti Shirkar	_____	~~Shi~~
62)	Shakha AKSA	_____	~~Shi~~
63)	Sakshi lohare	_____	~~Shi~~
64)	Ritu Yageshwar	_____	~~Shi~~
65)	Pooja A. Khairnar	T.Y. B Pharm	~~Shi~~
66)	Shraddha Gulve	T.Y. B. Pharm	~~Shi~~
67)	Vaishnavi Patil	T.Y. B Pharm	~~Shi~~
68)	Sakshi Bhore	T.Y. B Pharm	~~Shi~~
69)	Dnyaneshwar Mahajan	T.Y. B Pharm	~~Shi~~
70)	Sakshi Chule	T.Y. B. Pharm	~~Shi~~
71)	Rutuja Waje	T.Y. B. Pharm	~~Shi~~
72)	Priyanka Bhadange	T.Y. B Pharm	~~Shi~~
73)	Pavai Aware	T.Y. B. Pharm	~~Shi~~
74)	Diksha Alga	T.Y. B. Pharm	~~Shi~~
75)	Sankriti Yadav	S.Y. D. Pharm	~~Shi~~
76)	Anushka Bhatnagar	S.Y. D. Pharm	~~Shi~~
77)	Pooja Shinde	S.Y. D. Pharm	~~Shi~~
78)	Gayatri Patil	S.Y. D. Pharm	~~Shi~~
79)	Anchal Pawar	S.Y. D. Pharm	~~Shi~~
80)	Bombale Sakshi	S.Y. D. Pharm	~~Shi~~
81)	Snehal Desai	S.Y. D. Pharm	~~Shi~~
82)	Prachin Khandal	S.Y. D. Pharm	~~Shi~~
83)	Bhumi Hire	S.Y. D. Pharm	~~Shi~~
84)	Shravani Walekhe	S.Y. D. Pharm	~~Shi~~
85)	Mahesh Soni	S.Y. D. Pharm	~~Shi~~
86)	Aditi K. Gaikwad	S.Y. D. Pharm	~~Shi~~

(86) Aditi. M. More
(87) Sheuti. N. Sonar

S. Y. D Pharm

D-pharm

Amole
S. Sonar

(88) LAXMI CHOUDHARY

S. Y. D Pharm

Kott

(89) Sakshi Bakkare

S. Y. D Pharm

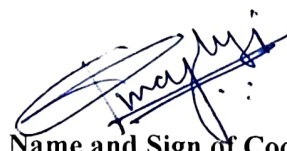
S. Bakkare

**BHUJBAL KNOWLEDGE CITY,
MET'S INSTITUTE OF PHARMACY,
ADGAON, NASHIK-03**

Feedback Summary

Sr. No.	Particulars	Total No. of Rating		
		Excellent	Good	Average
1	Quality of Content	32	09	00
2	Delivery of speaker	34	07	00
3	Overall	29	12	00

1. Name of activity: Guest lecture on Personality Enrichment & Wellness.
2. Date: 23rd August, 2025
3. Name of Speaker: Mr. Tania Arora
4. Overall rating Given: Excellent
5. Suggestions given: Very nice session, arrange more sessions like this.
6. Course of action on suggestions: More sessions will be planned in upcoming days.



Name and Sign of Coordinator

(Poonam S. Wajpeyi)