

**SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRAXH**  
**An expert talk on “માનસિક તણાવ નુ મનોવિજ્ઞાન અને કેટલીક રસપૃદ બાબતો”**

**Date:** 2<sup>nd</sup> August 2022,

**Time:** 11.00 am to 12.00 pm

**Resource Person:** Dr. Dhiren Desai, BAMS, Consultant in Chronic Diseases

**Title:** માનસિક તણાવ નુ મનોવિજ્ઞાન અને કેટલીક રસપૃદ બાબતો”

**No. of Participants:** 106

Stress is a natural part of every young person’s life. Students’ stress is usually related to everyday experiences, worries and challenges at school, colleges, home, in the community and within their peer group. While each student will respond to and resolve stress differently, the impact of ongoing and/or unresolved stress can lead to feelings of anxiety, depression, irritability, poor concentration, aggression, physical illness, fatigue, sleep disturbance and poor coping skills such as tobacco, drug and/or alcohol use. Therefore, young people, like adults, can benefit from learning and practicing stress management skill.

IIC and IQAC of Shree Naranjibhai Lalbhai Patel College of Pharmacy, Umrakh, has organized an expert talk on “માનસિક તણાવ નુ મનોવિજ્ઞાન અને કેટલીક રસપૃદ બાબતો” for the students and all faculty members on 2<sup>nd</sup> August 2022. The event started at 11:00 am with a welcome speech by Dr. Jasmina Surati, Assistant Professor, Shree Naranjibhai Lalbhai Patel College of Pharmacy, Umrakh. She welcomed the speaker of the event Dr. Dhiren Desai, BAMS, Consultant in Chronic Diseases.

The speaker Dr. Dhiren Desai, BAMS, has explained about various types of stress, causes of stress and how to manage it. Sir has shared some real-life experiences with students. There was Question answer session also, in which student’s queries and questions were answered by Dr. Dhiren Desai.

Under the guidance of Dr. Ketan Shah, Principal, Shree Naranjibhai Lalbhai Patel College of Pharmacy, the event was successfully completed. All Faculty members have actively supported for the event. Students of 5<sup>th</sup> and 7<sup>th</sup> B.Pharm and faculty members have attended the guest lecture. To conclude the session, Mr. Bhumin Pathak, Assistant Professor, Shree Naranjibhai Lalbhai Patel College of Pharmacy, showed his gratitude and appreciation to Dr. Dhiren Desai for his valuable time. Shree Naranjibhai Lalbhai Patel College of Pharmacy is thankful to Dr. Dhiren Desai for his valuable time.

 IIIC and IQAC of  
**SHREE NARANJIBHAI LALBHAI PATEL  
COLLEGE OF PHARMACY, UMRACH**  
*organized an expert talk on*

**માનસીક તનાવનું મનોવિજ્ઞાન અને  
કેટલીક રસપ્રદ બાબતો**

On  2<sup>nd</sup> Aug  
2022  
11 AM to 12 PM

By,   
**Dr. Dhiren Desai**  
*BAMS, consultant in chronic diseases*

Event coordinator: *Dr. Jasmina Surati* | Convener: *Dr. Ketan Shah*  
Vidyabharti Campus, At & Po Baben, Ta: Bardoli, Dist: Surat, Gujarat, India, Pin: 394601



