



**N.K.P. Salve Institute of Medical Sciences & Research Centre and  
Lata Mangeshkar Hospital**

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**ALUMNI ASSOCIATION**



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No. NKPSIMS & RC and LMH/ Alumni Assoc./

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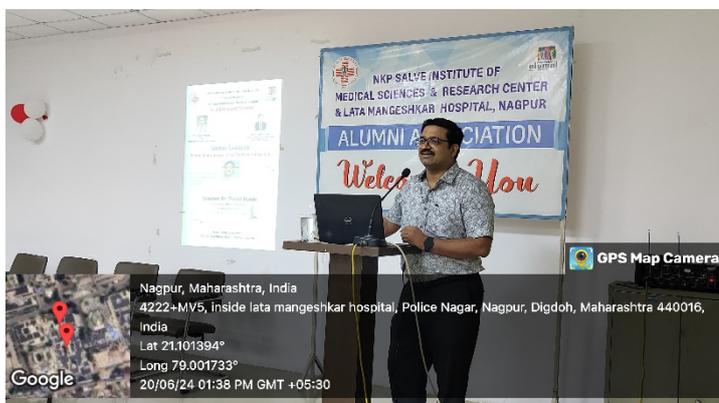
## **Report of Guest Lecture on “Enjoy Stress Free Medical College Life”**

**20<sup>th</sup> June, 2024**

In accordance with online survey conducted by National Medical Council regarding mental health of medical students, Alumni Association of N.K.P. Salve Institute of Medical Sciences & Research Centre and Lata Mangeshkar Hospital conducted a session for Undergraduate Students to fight with stress and depression.

The occasion was graced by Dr. Sajal Mitra, Dean NKPSIMS & RC and LMH, Vice Dean Dr. Nitin Deosthale and Dr. Kajal Mitra, Director Academics and Research. Dr. Nikhil Pande, renowned psychiatrist and alumnus batch 1997 of NKPSIMS & RC and LMH delivered a talk on “How to Enjoy Stress Free Medical College Life”. He insisted on three domains i.e. consistency in studies, stress relieving activities and managing relationships. Emphasis was given on issues like anger management, anxiety, time management and performance.

The session was followed by question answers which was conducted by Dr. Nikhil Pande and Dr. Sushil Gawande, HOD Dept. of Psychiatry . The session was organized by Dr. Mohana Majumdar, Treasurer Alumni Association, Dr. Shilpa Hajare, Secretary Alumni Association, Dr. Arti Kasulkar, Joint Secretary Alumni Association, Dr. Sanjay Walulkar, Vice President Alumni Association and Dr. Amruta Dashputra, Ladies Representative Alumni Association.



**Dr. Shilpa Hajare  
Secretary  
Alumni Association**