SEMINAR REPORT

TITLE: - "MIND OVER MOOD: COGNITIVE BEHAVIOURAL THERAPY FOR PROFESSIONAL WELLNESS"

DATE: - 23rd DEC 2025

VENUE: - VITHAI HALL

PREAMBLE: -

One Day **Seminar** on - **"MIND OVER MOOD: COGNITIVE BEHAVIOURAL THERAPY FOR PROFESSIONAL WELLNESS"** was conducted on **23rd DEC 2025** at 08:00am to 01.00 pm by the Ganpatrao Adke College / Institute of Nursing in order to spread & promoting mental well-being, stress management and professional resilience among nursing professionals.

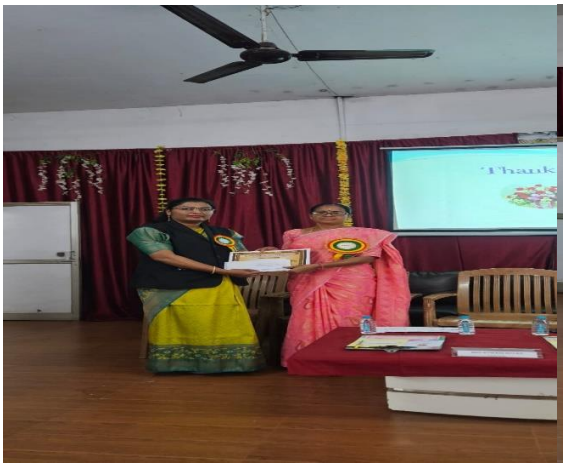


DESCRIPTION ABOUT THE PROGRAMME: -

Seminar began with the registration of the participants, welcome and inauguration of programme. Respected Managing Director, Administrative Officer Mrs. Shital Gawali, Principal Mrs. Nutan Kumari, Vice-Principal Mr. Raghavendra N.S & Respected Mr. Yogesh Gawali participated as chief guest for the seminar. The Inaugural address and programme scheduled anchoring was done by the Mrs. Ashiya Shaikh & Ms. Vaishnavi Desale. lamp lighting was done by the guest. Seminar was scheduled in different session which included inauguration, pre-test, introductory session, speaker's session, post-test, vote of thanks and lastly valedictory session.



Dr. G.Vimla conducted first session. In session mam were given information Foundational principal. After the mam's session Dr. Richa Panpaliya session then after Inaugral programme.







Mrs. K.Nutan mam were participated as welcome speech for seminar. mam discussed what is CBT, Techniques.



further session continued with Mr. Raghvendra N.S. i.e. vote of thanks. therefore, the speakers are provided with the token of love and certificate of attendance.

Further speaker named Dr. Swati Chavhan, explained Challenges and Tips for CBT.



Last session is conducted by Mr.Satish Waghmare on Pillars & Strategies for CBT.



After the speaker session post test was conducted by Mr.Vishal Adbale and Ms. Diksha Mohite. The response of the participants was recorded through questionnaires i.e post test score.

Valedictory session was done by Mrs.Mandakini Khemnar after that.



Mrs. Mandakini Khemnar plays an important role as an organizing secretory. Mrs. K. Nutan Principal, Mr. Raghvendra N.S Vice-Principal plays an important role in grand successfully Total 177 participants attended the seminar in vithai hall.

The entire seminar was coordinated with the support of Managing Director, Administrative Officer, Principal, Vice-Principal, speakers and Faculty members. programme end up with the National Anthom.

Thanking You!