

M.M.E. & R.C's
**M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND
RESEARCH**
MENTAL HEALTH AND STRESS MANAGEMENT PROGRAM

Date: 25/01/2025

Venue: M.A.Rangoonwala College of Physiotherapy and Research.

Attendees: 1st and 2nd year BPTH students Total: 58 Students

Resource Person: Dr Tauleha Bukhari.

On 25th January 2025, M. A. Rangoonwala College of Physiotherapy and Research, Pune had organized a guest lecture for the students on Mental health and stress management which was delivered by Dr Tauleha Bukhari, Assistant Professor at Z.V.M.Unani Medical College. The aim of Lecture was to educate students about the importance of mental health, stress management, and emotional well-being and it was designed to promote holistic well-being, incorporating principles of Unani medicine. The lecture further proceeds with an interactive group discussion, encouraging students to share their experiences, concerns, and coping mechanisms related to mental health. The program highlighted the Unani medicine approach to mental health, emphasizing the importance of balance, harmony, and natural remedies in maintaining emotional well-being. The lecture was informative and insightful for all the students. We would like to thank Mrs. Abeda Inamdar (President, M.M.E&R.C), Dr. Arif Memon (Vice-President M.M.E&R.C), Dr. Nazim Shaikh (Secretary M.M.E&R.C) and Dr. Ronika Agrawal, (Principal M. A. Rangoonwala College of Physiotherapy and Research) for arranging lectures and providing us this opportunity.

