



Pulla Reddy Institute of Pharmacy

Domadugu(V), Gummadidala(M), SangaReddy Dist, Telangana

Report on

Wellness and Stress management - 05/12/2023

With prior scheduling the events in the presence of our beloved Principal “ Dr. V. Rama Mohan Gupta and Head of the department of Pharmacology and Pharmacy Practice - Dr.D.K.Suresh and with the kind support of our Chairman “Ch. Sathi Reddy” and Director, Ch.Aditya Reddy”, Wellness and stress management was conducted on 05.12.2023 in the college campus.

Dignitaries like Chairman, Principal, Guests have spoken about wellness and stress management and also highlighted the importance of it in regular life style. They also instructed the students to practice yoga and meditation in regular life. Guest, Dr.Bhadram had performed the breathing exercise and made the students to understand about the importance of it.

Dr.Meher also highlighed about the wellness and stress conditions in which the person undergoes and how to overcome by practicing some health exercises.

In this regard, all the students of B.Pharm., Pharm.D and M.Pharm. had participated actively by creating awareness on Wellness and stress management.

The program was concluded with the felicitation to the guests and presenting the Momentos to them.

Herewith we are attaching few photographs of the program.

1. Lamp lightening by Dignitaries



2. Speech Delivery by Dr. Bhadram



3. Felicitation of Guest Dr.Meher by Chairman



4. Group photo of Guests with Chairman and Principal

