



Date: 5th March 2026/Thursday

Title: Session Report On: "Give to Gain" – Inner Strength for Outer Success.

Objectives:

1. To celebrate International Women's Day by focusing on personal empowerment.
2. To introduce the principles of Pranic Healing and energy balance.
3. To understand the holistic components of a successful life.
4. To provide tools for managing stress, anxiety, and physical well-being.

Time: 11:30 AM to 12:30 PM

Venue: College Auditorium

Target Audience: Students and Faculty of H.K. College of Pharmacy

Guest Speaker: Ms. Bhairvi Thakkar

Participating Years: Third Year (Div- A & B), Second Year (FY A & B), and M.Pharm

In-Charge Faculty: Dr Sheela Yadav, Ms. Dipti Chirmade, Ms Vaishali Patel, Ms Nida Shaikh

Participants' Details: A total of 200 students participated.

Organised By: Women Development Cell (WDC) and Gender Sensitisation in association with Lions Club of Mumbai H.K. College Campus

Program Outcome: PO2, PO6, PO8, PO9, PO10, PO11.

Summary of the activity:

On the occasion of International Women's Day, the Women Development Cell and Gender Sensitisation of Maharashtra Educational Society's H.K. College of Pharmacy organized a seminar titled "Give to Gain" – Inner Strength for Outer Success. The session was designed to introduce students to the concept of energy management and its role in achieving a balanced, successful life.

The guest speaker, **Ms Bhairvi Thakkar**, delivered an engaging session focused on the science of Prana (Life Force). The key areas covered included:

- **The Pillars of Success:** The speaker utilised a quadrant model to illustrate that a "Successful Life" is a balance of **Good Health, Money & Prosperity, Spirituality, and Positive Relationships.**
- **Fundamental Laws of Healing:** The session explained the **Law of Self-Recovery** (the body's innate ability to heal) and the **Law of Life Energy** (accelerating healing by increasing Prana).
- **The Pranic Healing Modality:** A detailed explanation of the "no-touch" technique was provided, focusing on the two main steps:
 1. **Cleansing (Sweeping):** Removing congested or "diseased" energy to make room for fresh energy.
 2. **Energising:** Projecting fresh Prana to the affected areas to promote rapid recovery.
- **Holistic Benefits:** The speaker highlighted how maintaining a clean energy body acts as a preventative measure for physical ailments and helps alleviate emotional hurdles such as stress and phobias.

Brochure/Photo Gallery:



Maharashtra Educational Society's
H.K. COLLEGE OF PHARMACY
 Approved by P.C.I. D.T.E. Govt. of Maharashtra & Affiliated to
 University of Mumbai. NAAC Accredited with Grade 'A'.

*On the Occasion of
 International Women's Day*

Women Development Cell and Gender Sensitisation
 in association with
 Lions Club of Mumbai H.K College Campus
ORGANISES
 a session on

Theme: "Give to Gain"- Inner
 Strenght for Outer Success

05th March 2026
 Time: 11:30am to 12:30pm
 Venue: Auditorium

Speaker Guest:-
 Bhairvi Thakkar

Dr. Sheela Yadav Chairperson	Dr. Tushar Lokhande Principal	Mrs. Dipti Chirmade Secretary
Ms. Shifa Shaikh & Ms. Paragati Gupta Student Incharge	Mrs. Vaishali Patel & Nida Shaikh Faculty Incharge	

VISION: To be recognized as an Institution providing quality education in pharmacy to serve the healthcare sector.





Key Outcome of the Activity:

- **Awareness & Empowerment**
 Students and faculty understood the importance of *inner strength* as the foundation for outer success.

- The session reinforced values of gender sensitisation and women's empowerment.

1. Holistic Well-being

- Participants learned about Pranic Healing and its role in maintaining physical, emotional, and spiritual health.
- Practical takeaways included stress management techniques and balancing health, prosperity, relationships, and spirituality.

2. Knowledge Enhancement

- Exposure to concepts like the Two Fundamental Laws of Pranic Healing and the Benefits of Energy Healing broadened students' perspectives on alternative wellness practices.
- The interactive presentation encouraged critical thinking about how traditional and modern approaches to healing can complement each other.

3. Practical Demonstration

- The speaker conducted a simple exercise demonstration, allowing students to experience how cleansing and energizing techniques can be applied in daily life.
- This hands-on activity made the session more engaging and gave participants a practical tool for stress relief and energy balance.

4. Student Engagement

- Active participation through discussions, reflections, and the exercise demonstration made the event interactive and impactful.
- Students expressed enthusiasm in connecting the session's theme with their personal and academic growth.

5. Institutional Impact

- The event strengthened the college's commitment to quality education, holistic development, and gender sensitisation.
- Collaboration with external partners (Lions Club) showcased the institution's proactive role in community engagement.

Conclusion


The session was highly interactive and provided a fresh perspective on how inner wellness directly impacts external professional and personal success. Attendees gained insights into how "Inner Strength" serves as the engine for "Outer Success," particularly in the demanding field of healthcare and pharmacy.

Link for social media:

LinkedIn	https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222-internationalwomensday-hkcollegeofpharmacy-activity-7446931284108587008-OQy0?utm_source=share&utm_medium=member_desktop&rcm=ACoAADf2WrMBUFgAeZVznddoMfc3VtpDnyqdS4Y
Facebook	https://www.facebook.com/photo/?fbid=1427927926013512&set=a.470185965121051
Instagram	https://www.instagram.com/p/DWv0Hc0iOct/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Dr Sheela Yadav
Mrs. Dipti Chirmade
Ms Vaishali Patel
Event co-ordinators




Dr. Archana Upadhyaya
IQAC Co-ordinator


Dr. Tushar Lokhande

Principal

PRINCIPAL
H.K.COLLEGE OF PHARMACY
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