

Date/Day: 10.02.2026/Tuesday

Title: A Full Day Workshop on “Unlock Your Potential – 21 Days Challenge”

Objective:

- 1) To build daily self-awareness and healthy habits to sustain high performance.
- 2) To convert negative emotions into resilient actions for personal growth.

Program Outcome: PO5, PO6, PO8, PO11.

Details of the Resource Person/Event:

Dr. Vipul Vyas, Sr. Facilitator & Life Coach | Founder, The Mind Academy

Participants Details:

Sr. No.	Particular	No. of Attendee
1	Male Students	47
2	Female Students	43
3	Male Faculty	00
4	Female Faculty	01
5	Total no. Students	90
6	Total no. of Faculty	01

Summary of the Lecture/Activity:

On 10 February 2026, an inspiring and highly interactive workshop titled "Unlock Your Potential: 21 Days Challenge" was conducted by Dr. Vipul Vyas, Founder, The Mind Academy, Mumbai, for the students of H. K. College of Pharmacy at the college auditorium. The program witnessed enthusiastic participation from approximately 90 Third-Year B.Pharm. students and 15 M.Pharm. students, who actively engaged throughout the learning experience. The session commenced with a pre-training self-diagnosis of mental well-being, enabling participants to reflect on their current emotional and psychological state. Building upon these insights, the program introduced practical, evidence-based strategies to enhance personal effectiveness and holistic well-being.

The workshop was delivered through an experiential learning pedagogy, combining transformational content with reflective exercises, interactive discussions, and engaging activities. This immersive approach encouraged students to internalize the concepts and commit to the 21-Day Challenge as a pathway toward lasting positive behavioural change.

The program received an excellent response from the participants. Students appreciated the practical nature of the session, the engaging learning experience, and the actionable strategies that they could immediately apply in their academic, personal, and future professional lives.

The session reinforced the importance of nurturing emotional well-being, resilient thinking, and disciplined daily habits as essential foundations for unlocking one's true potential and achieving long-term success.

Brochure/Photo Gallery:



MAHARASHTRA EDUCATIONAL SOCIETY'S
H.K. COLLEGE OF PHARMACY
Approved by P.C.I., D.T.E., Government of Maharashtra & Affiliated to University of Mumbai DTE Code: PH3234, AISHE Code: C-33622, PCI Code-811, MU Code- 738, NAAC Accredited with Grade 'A'

Training and Placement Committee
Organizes

WORKSHOP
UNLOCK YOUR POTENTIAL
21 DAYS CHALLENGE TO BE SUCCESSFUL IN STUDY & LIFE!

Guest Speaker:
DR. VIPUL VYAS
Ph.D. (EQ), MBA

- Senior Facilitator -Life-Reset Architect
- Founder - The Mind Academy
- Creator of the Integral Emotional & Spiritual Intelligence Protocol™ (IESIP)
- Impacted 11,000+ lives and served 120+ clients including ISRO, TATA, RBI, L&T, Amul; associated with Mann - The Mind Academy, Mumbai, Maharashtra, India



 Tuesday, 10th February, 2026  9:30am - 1:30pm  Auditorium

Organising Committee

Dr. Jaya Agnihotri Dr. Priyanka Goswami Ms. Nida Shaikh Mr. Amol More (Faculty Incharge)	Dr. Tushar Lokhande (Principal)
Amaan Tambu (Student Council General Secretary)	Uzma Khan (Student Council Placement Head)

Vision: To be recognized as the institution providing quality education in pharmacy to serve the healthcare sector.





Key Outcome of the Lecture/Activity:

1. Mind Management and self-awareness
2. Building a healthy lifestyle for sustained performance
3. Understanding and reducing negative emotions
4. Transforming negative emotions into positive, constructive responses
5. Developing resilience to overcome challenges
6. Success principles for achieving personal and professional excellence

Link for social media:

LinkedIn:	https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_mes-hk-college-of-pharmacy-organized-a-activity-7431191827405275136-6gvA?utm_source=share&utm_medium=member_desktop&rcm=ACoAADf2WrMBUFgAeZVznddoMfc3VtpDnyqdS4Y
Facebook:	https://www.facebook.com/photo?fbid=1391287616344210&set=a.470185965121051
Instagram	https://www.instagram.com/p/DVC-pEoiKE3/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

 Dr. Priyanka Goswami	 Dr. Archana Upadhyaya	 Dr. Tushar Lokhande PRINCIPAL H.K.COLLEGE OF PHARMACY Jogeshwari (W), Mumbai-400 102
Event Coordinator/s	IQAC Coordinator	Principal

