

## Two-Day Residential Course on Universal Human Values

**Date:** 21–22 December

**Venue:** Jeevanvidya Dnyanpeeth, Karjat

Bombay College of Pharmacy organized a two-day residential course on *Universal Human Values (UHV)* at Jeevanvidya Dnyanpeeth, Karjat. A total of 99 Third Year B.Pharm students participated in the program, accompanied by faculty members Dr. Premlata Ambre, Ms. Jyoti Jha, and Mr. Chand Basha, under the coordination of Mr. Balram Khandare.

### Day 1

The program commenced with a session titled **“Divine Human Body”** conducted by Dr. Shilpa Lad, focusing on understanding the human body as a self-regulating and systematically ordered entity. This was followed by **“Mind is Supreme,”** where students were introduced to the functioning of the conscious and subconscious mind and the formation of habits.

Post lunch, students participated in a group-based poster-making activity aimed at reinforcing conceptual understanding and teamwork. The academic sessions resumed with **“Understanding Harmony in Nature”** by Mr. Manish Shinde, highlighting the universality of natural laws. The day concluded with **“Thoughts That Shape Our Future”** by Mrs. Snehal Salvi, emphasizing the role of thoughts in shaping life outcomes.

### Day 2

The second day began with a guided meditation session conducted by Mrs. Snehal Salvi, promoting mental clarity and inner reflection. This was followed by the session **“Key to Success,”** where real-life examples were used to explain the concept of success and purpose in life.

The program concluded with a group reflection and poster presentation session, allowing students to articulate their learning and insights gained. The course successfully achieved its objective of fostering self-awareness, ethical understanding, and holistic development among students.