



Ref No: JCEJ/TCOP/2025.16

Date: 08/11/25

### Invitation letter

To  
 Mr. Uday Musmade  
 Author, corporate leader and motivational speaker.

Subject: Invitation to be a Guest Lecturer on "How to Maintain the body and control the mind-setting goals, study skills and memory technique."

How to maintain the body & control the setting goals.

Dear Sir,

On behalf of Jaihind College of Pharmacy, I would like to formally invite you to be a guest lecturer for our students on the topic "How to Maintain the body and control the mind-setting goals, study skills and memory technique."

The lecture is scheduled for 10/11/2025 at 10.00 Am in Jaihind College of Pharmacy, Seminar Hall. Please let us know if this date and time work for you. We are happy to discuss any arrangements you may require to make your visit comfortable.

Thank you for considering our invitation. We eagerly await your positive response and the opportunity to host you.

Date-10/11/2025  
 Time- 10:00 AM  
 Venue-JCEI Auditorium

Thanking you,

Yours Sincerely

Principal  
 JCEI's Jaihind College of Pharmacy  
 Vadgaon Sahani, Tal. Junnar, (Pune)

Received





**JAIHIND COLLEGE OF PHARMACY**  
Affiliated to PUNE UNIVERSITY AND MCI  
INDIA 462014 (PIN) 9980 66671 (Code) 2153

Ward's Law (Pharmacy)

Ref No. JCEI 3 / 2268 / 2025 / 115

Date: 10/11/2025

## Conduction Certificate

To

Mr. Uday Musmade

Author, corporate leader and motivational speaker.

Subject: Thanking to be a Guest Lecturer on "How to Maintain the body and control the mind-setting goals, study skills and memory technique."

Dear Sir,

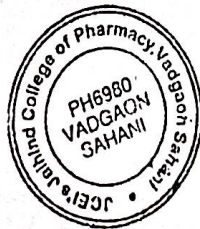
On behalf of Jaihind College of Pharmacy, Vadgaon Sahani, Junnar, we are thankful to you for successfully conducting the Guest Lecture on "How to Maintain the body and control the mind-setting goals, study skills and memory technique." On 10<sup>th</sup> Nov 2025.

We believe that, the knowledge you have shared will help immensely in the development of faculty and students. Your presentation was excellent and enjoyed by faculty and students. We appreciate you for sharing your time, talent and expertise with us.

We look forward to your participation in future event.

Thanking you.

*Received*  
*[Signature]*



*[Signature]*

Yours Sincerely

Principal

JCEI's Jaihind College of Pharmacy  
Vadgaon Sahani, Tal. Junnar, (Pune)

Mob: +91 9766000214 / +91 9960662727

Website :- [www.jaihind.edu.in](http://www.jaihind.edu.in)

Email : [jaihindpharmacypune@gmail.com](mailto:jaihindpharmacypune@gmail.com)

Gat No. 657 & 660(2) A/P - Vadgaon Sahani, Tal. Junnar Dist. Pune (412401)



Jaihind Comprehensive Educational Institute's

**JAIHIND COLLEGE OF PHARMACY** (D. & B. Pharmacy)  
Affiliated to DBATU, Lonere and MSBTE Mumbai.

PCI-4620, DTE CODE-6980, MSBTE-2153



Late Tatyasaheb Gunjal  
Founder

## Report

To,  
The principal,  
Jaihind College of Pharmacy,  
Kuran- 410511

**Subject: Submission of Guest Lecture report organized on 10th Oct 2025.**

Respected Sir/Madam,

With reference to the above-mentioned subject, we are submitting the guest lecture report with following details.

Sr. No	Name of Event	Date of Conduction
1	Guest Lecture How to Maintain the body and control the mind-setting goals, study skills and memory technique	10th Nov 2025

Kindly accept the same and do the needful.

Thanking You.

Name & Sign of Co-Ordinator

Wakchaure A.A.  
(B. Pharm)

Jadhav O.C  
(D.Pharm)





Guest Name: Mr. Uday Musmade

Topic: How to maintain the body and control the mind-setting goals, study skills and memory technique

Date: 10/11/2025

Organizing Department	:	Pharmacy
Event location	:	Auditorium Hall, JCEI, Kuran
Duration in time/Days	:	10.00 AM to 12.00 PM
a. No. of Students attendees	:	133
b. No. of Faculty Attendees	:	10
c. No. of Other Attendees	:	03
d. Total attendance (a+b+c)	:	146
Funding body (if any)	:	Institute
Total expenditure in INR	:	00
Fund allocated a. By Institute	:	00
b. By Funding Body	:	0
Fund raised through othersource	:	NIL
Total Expenditure in INR	:	00
Promotional materials	:	
Outcome of the guest lecture:	:	<p>Students understood the importance of maintaining physical health and mental balance for improved academic performance.</p> <p>Participants learned to set clear, achievable short-term and long-term goals using practical techniques such as SMART goals.</p> <p>Students gained knowledge of effective study strategies, time-management methods, and concentration-enhancing practices.</p> <p>The session introduced proven memory techniques such as visualization, association, mnemonics, and spaced repetition to boost recall.</p>



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<p><b>Event Summary Report</b></p>	<p>: The institute organized an insightful guest lecture on “How to Maintain the Body and Control the Mind – Setting Goals, Study Skills and Memory Techniques” aimed at enhancing students’ overall academic performance and personal well-being. The session focused on the importance of maintaining a healthy body–mind balance as a foundation for effective learning.</p> <p>The resource person explained practical methods to develop SMART goals, helping students define clear, realistic, and structured objectives. Students were introduced to various study skills, including time management, active learning strategies, and techniques to improve concentration during academic tasks.</p>
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**Guest Name: Mr. Uday Musmade**

**Topic: How to maintain the body and control the mind-setting goals, study skills and memory technique**

**Date: 10/11/2025**

<b>Organizing Department</b>	: Pharmacy
<b>Event location</b>	: Auditorium Hall, JCEI, Kuran
<b>Duration in time/Days</b>	: 10.00 AM to 12.00 PM
<b>Objective of the guest lecture:</b>	<ul style="list-style-type: none"> <li>: • To educate students on the importance of maintaining physical health and mental balance for effective learning and overall well-being.</li> <li>• To enable students to set realistic short-term and long-term goals using structured goal-setting methods like SMART goals.</li> <li>• To enhance students’ study skills through improved time management, concentration techniques, and effective learning strategies.</li> <li>• To introduce scientifically proven memory techniques such as visualization, mnemonics, and spaced repetition to improve retention and recall.</li> </ul>





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Outcome of the guest lecture from the feedback we can conclude that

- GO-1. To educate students on the importance of maintaining physical health and mental balance for effective learning and overall well-being.
- GO-2. To enable students to set realistic short-term and long-term goals using structured goal-setting methods like SMART goals.
- GO-3. To enhance students' study skills through improved time management, concentration techniques, and effective learning strategies.

	PO-Mapping										
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11
GO-1	0	0	0	0	0	1	2	3	3	2	3
GO-2	1	3	1	2	1	2	1	2	3	3	3
GO-3	0	1	0	0	0	1	1	3	2	1	3

*Wakchaure*  
 Co-Ordinator  
 Wakchaure A.A. Jadhav D.C  
 (B. Pharm) (D.Pharm)

*JSP*  
 Principal  
 Principal  
 JCEI's Jaihind College of Pharmacy  
 Vadgaon Sahani, Tal. Junnar





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Late Tatyasaheb Gunjal  
Founder

## Photographs

**JAIHIND COLLEGE OF PHARMACY**  
Vadgaon Sahani, Tal. Junnar, Dist. Pune

JOIN  
*Offline seminar*

TOPIC: How to maintain the body & control the mind setting goals, study skills & memory tech.

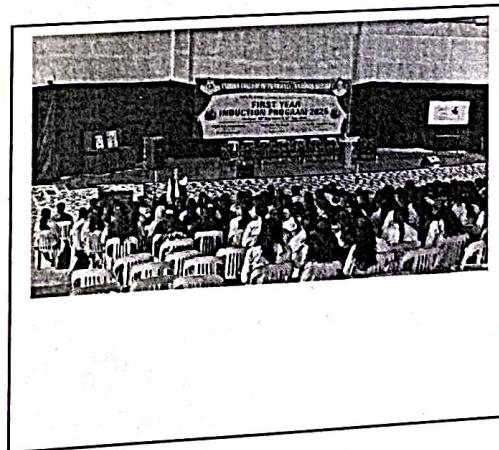
**MR. UDAY MUMUGU**  
(Eminent Speaker)

PRINCIPAL  
**Dr. Tejas Pachpute**

COORDINATOR  
**Prof. Wakchaure A. A.**

COORDINATOR  
**Prof. Jadhav O. C.**

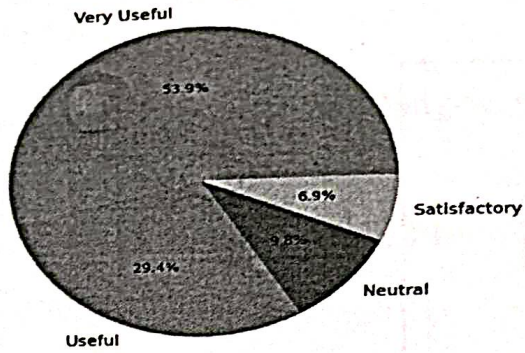
DATE: 10 Nov 2025, Monday  
TIME: 10 am to 12 pm



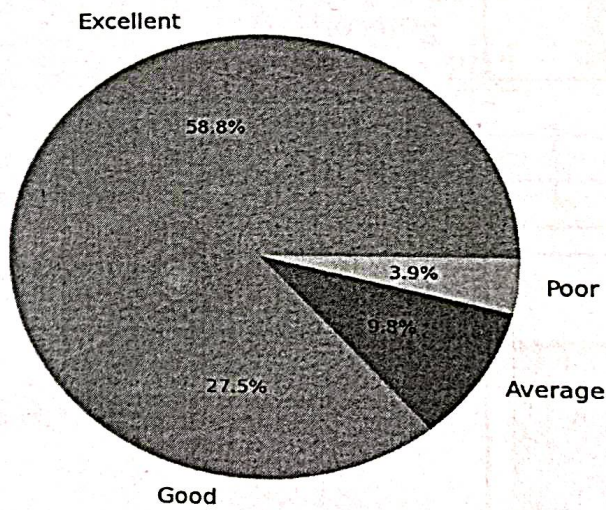


## Feedback

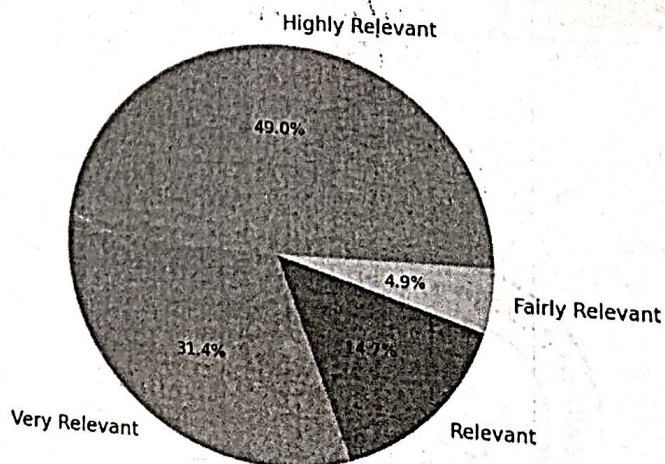
Q1: Usefulness of session



Q2: Speaker explanation



Q3: Relevance to growth





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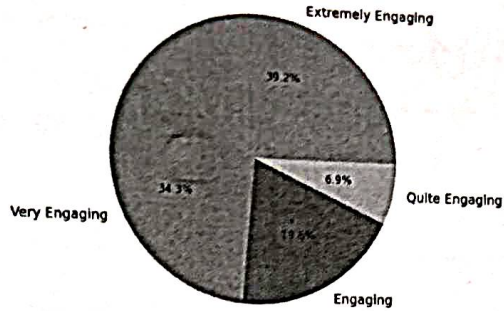
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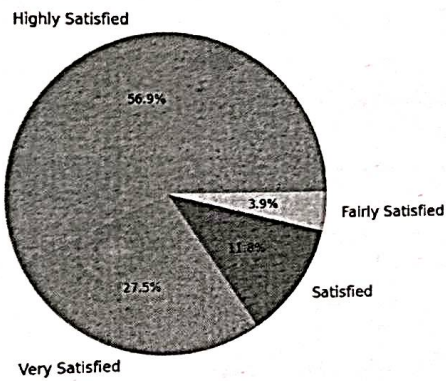
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Q4: Engagement



Q5: Overall satisfaction





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Founder

**Attendance**

Topic- How to maintain the body and mind - setting goals.

Date- 10/11/25

Sr.No.	Name of Faculty	Sign
1	Ms. Vaishnav. T. M	
2	Ms. Thorve D.B.	
3	Ms. Wakte. A.A.	
4	Ms. Sondwane, A.R.	
5	Ms. R.S. Deokar	
6	Ms. Badh Pallavi. D.	
7	Ms. More A.P.	
8	Ms. Shinde P.M.	
9	Ms. Sheke S.S.	
10	Ms. Bhallerao R.S.	
11	Ms Raut. S.S	
12	Mr. Jadhav o.c	
13	Ms. Ghogare A.k	
14	Mr. Abhang D.V.	
15	ms. waykar G. R	
16	Mr. Gaikwad. H.K	
17	Mr. Desai P.S	
18	Mr. Guikwad A.S.	
19	Mr. Dake R.R.	



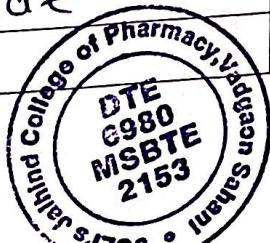


Guest Lecture Attendance

Date:-

Class: f-748-7, Pipra

Sr. No	Name of student	Sign
1	Khokale Soham Sharad	<u>Khokale</u>
2.	Waykar shreya pipra	<u>Waykar</u>
3.	Nighor Sayali Ravindra	<u>Nighor</u>
4.	Tambe saniya Ashok	<u>Tambe</u>
5.	Durafe Tanuja Rajendra	<u>T.R. Durafe</u>
6.	Shirsat Gayatri Ajit	<u>G.A. Shirsat</u>
7.	Wayal Pradip Keshav	<u>Wayal</u>
8.	Palakraj Nahid Shaikh	<u>Palakraj</u>
9.	Shaikh Mahin Amjad	<u>Mahin</u>
10.	Deekar Gauri Satish.	<u>Deekar</u>
11.	Deshmukh Vedant Nishantkumar	<u>Deshmukh</u>
12.	Shinde omkar Anil	<u>omkar...</u>
13.	Wani vishakha laxman	<u>Wani</u>
14.	khandogale Jashna Ashok	<u>Khandogale</u>
15.	Bhalekar Ankita Nivrutti	<u>Bhalekar</u>
16.	Bhujbal Tanvi Swapnil	<u>Bhujbal</u>
17.	Divekar Neha Anil	<u>Divekar</u>
18.	varpe mansi santosh	<u>Varpe</u>
19.	Gadhare pooja kisan	<u>Gadhare</u>
20.	Peerzade Ariba	<u>Ariba</u>
21.	Kagdi Samika	<u>Kagdi</u>
22.	lohakare Prapata	<u>Lohakare</u>
23.	samruddhi Anil	<u>Anil</u>
24.	Memane Ujwala	<u>Memane</u>
25.	Sakshi Dhongde	<u>Sakshi</u>
26.	kaveri Pol	<u>Kaveri</u>







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D.B.A.T.U., M.S.B.T.E. Mumbai.

Vadgaon Sahani, Tal. Junnar, Dist. Pune-412401, Maharashtra, India.

## Guest lecture attendance

Class: F. Y. - B. Pharm.

Date: 10/11/25

Sr.no	Name of student	sign
1)	Damse Shruuti Nilkanth	
2)	Ainos Vidya Laxman	
3)	Hinge Tanuja Sunil	
4)	Chavan Vedika Rakesh	
5)	Dhobale Payal Navnath	
6)	chatur shreya Anil	
7)	Bhagade Trupti Santosh	
8)	Inamdar Asiya mohd Anwar	
9)	chavan vedika Goraksh	
10)	Bankhele Shravani Namath	
11)	Navale Jagruti Sharad	
12)	kute Riya Dattatray	
13)	khandaga shrovari Ganesh	
14)	Momin Nikhat Rafiq	
15)	Khudaniya chanehal Harkesh	
16)	Navale Shravani Ankush	
17)	Nikam Gurgi Santosh	
18)	Jore shreya shankar	
19)	khandagale purva Sanjay	
20)	Nehal Ahmed Saeed Jaginder	
21)	khilori Abhijit Ganesh	
22)	khandagale chaitanya Nitin	
23)	kadam Prathamesh	







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Vadgaon Sahani, Tal. Junnar, Dist. Pune-412401, Maharashtra, India.

### Guest lecture attendance

Class: F-7, §-7. B. Pharm

Date: 12/11/25

Sr.no	Name of student	sign
1)	Damse Shruti Nilkanth	
2)	Alnoor vidya Laxman	
3)	Hinge tanuja Sunil	
4)	Chavan Vedika Rakesh	
5)	Dhobale payal Navnath	
6)	chatur shreya Anil	
7)	Bhagade Trupti Santosh	
8)	Inamdar Asiya MOHD Anwar	
9)	chavan vedika Goraksh	
10)	Bankhele Shravani Navnath	
11)	Sayyed Shafiq Ab. Saeed	
12)	Shegar Neha Ajay	
13)	Shinde Gayatri Suryakant	
14)	Borave Roshani Bharat	
15)	Thavare Aishwarya Anilrushi	
16)	Revage Rohit Sandip	
17)	Sayali Surbh Thorat	
18)	Udmale Suchita Somnath	
19)	Sayyed Asra	
20)	Ghodekar Punam Sandip	
21)	Pathan Simran Salim	
22)	Bhor Shridevi Shivaji	
23)	pawar Aarti Uttam	

