



REPORT OF GUEST LECTURE ON EMOTIONAL FREEDOM TECHNIQUE (EFT) AND MODEL EXHIBITION

Date: 17/12/25

Time: 11:00 a.m.

Venue: TY B.Sc. Classroom

The **Department of Psychiatric Nursing** organized a **Guest Lecture on Emotional Freedom Technique (EFT)** along with the **Inauguration of Model Exhibition**.

The program was organized with the objective of promoting **stress management, emotional well-being, and practical learning** among nursing students.

The program commenced with a warm welcome to the dignitaries, faculty members, and students. The **resource person, Mr. Manish Redij, an EFT Coach and Practitioner** and founder of "**Tapping Magics,**" was introduced. He has been conducting personal coaching and counselling sessions since 2012 and has been actively working with professionals, students, and teaching and non-teaching faculty members, achieving positive and satisfactory results.

During the guest lecture, Mr. Manish Redij explained the concept of **Emotional Freedom Technique (EFT)**, also known as *tapping*. He elaborated on how EFT helps in managing stress, anxiety, and emotional disturbances. The session was interactive and included practical demonstrations.

A **Model Exhibition** prepared by the **Third Year B.Sc. Nursing students** was also conducted as part of the program. A total of **120 Benefited from the session** which comprised of **TY B.Sc. M.Sc. Nursing students** were the beneficiaries of this academic activity. The **Model Exhibition** was inaugurated by the respected **Principal Sir, Dr. Suresh Ray, along with the guest speaker, Mr. Manish Redij,**



The models presented by the students were evaluated by Mr. Manish Redij and Dr. Bahubali Sir, HOD & Associate professor, based on subject relevance, creativity, presentation, and explanation.

The entire program was successfully planned, organized, and managed under the guidance of HOD by Mrs. Milka Rajiv Devraj, Clinical Instructor, with the support of faculty members and students.

Student feedback was collected through a Google Form. The feedback analysis revealed that students found the session highly informative, interactive, and useful. The majority of students rated the program as Excellent and expressed interest in attending more such sessions in the future.

FEEDBACK FROM BENEFICIARY

Date - 17/12/2025 Time - 12.45 pm

The speaker effectively highlighted the benefits of FFT in emotional regulation, mental relaxation & overall well-being. The session was interactive, simple to follow. Overall the lecture was valuable for emotional health & positive thinking approach.

Thank you
Mr. Manish Redij Sir.

1) Overthinking session work well ~~learn~~ for me.

2) We students are having problems regarding concentrating in class while lecture is going on it ~~is~~ is it ~~is~~ technique is helpful of the concentration.

ing gratitude to the respected
s, and students for their valuable

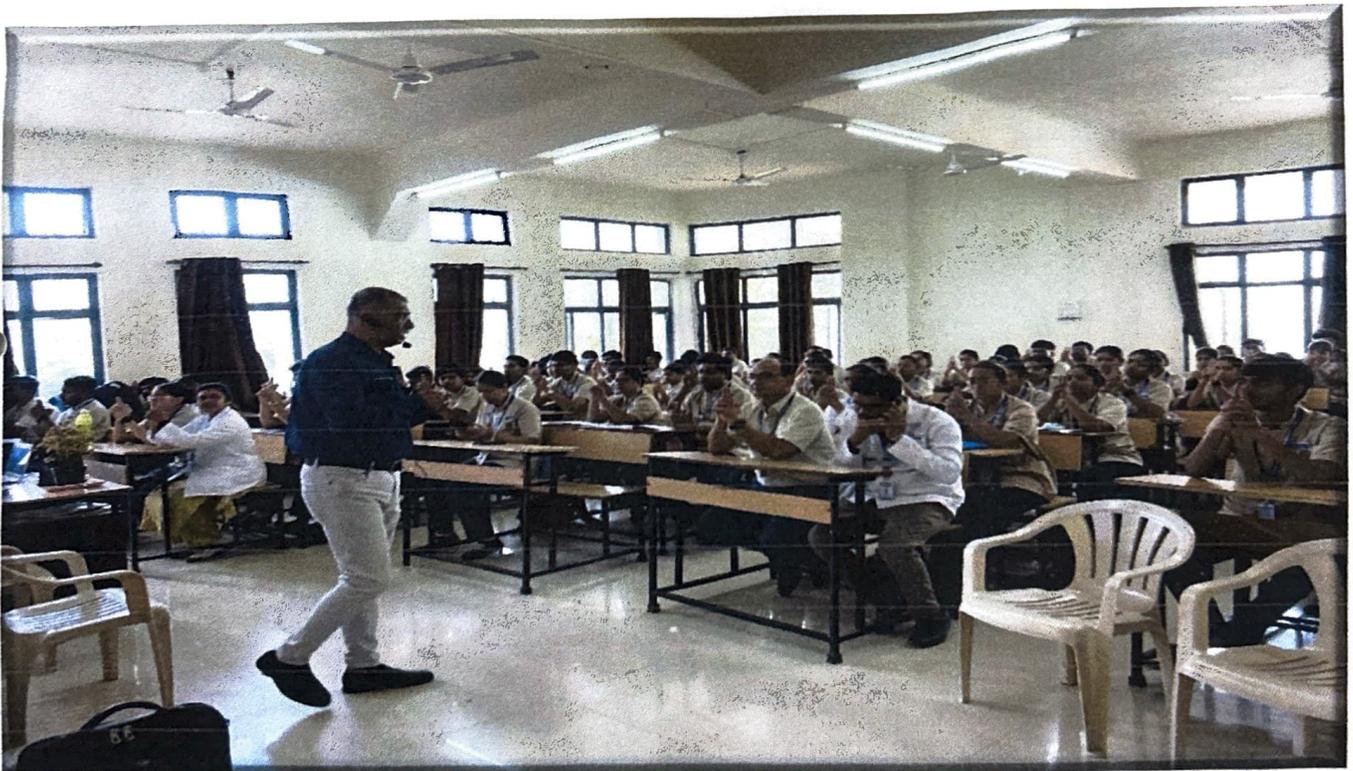
and beneficial to the students.



PHOTO GALLERY

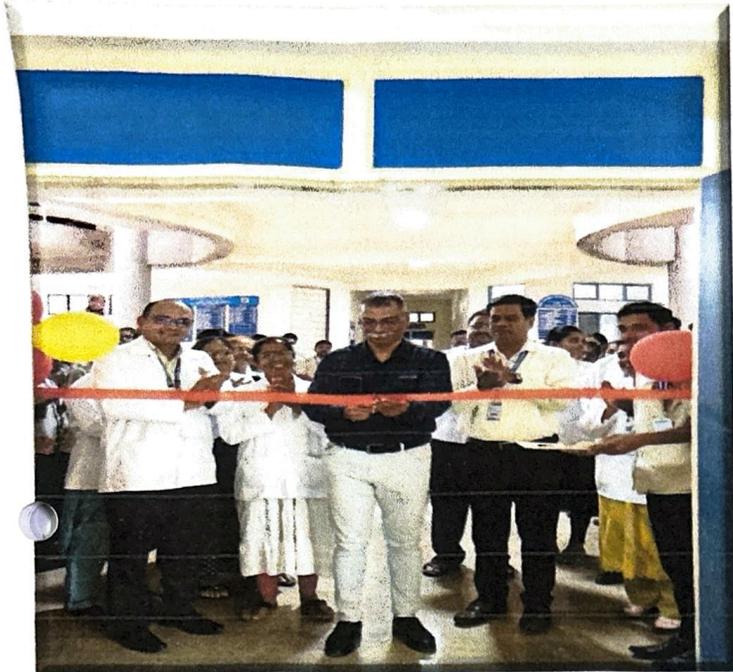


WELLCME AND INTRODUCTIN OF THE GUEST



Resource Person Addressing Students





Inauguration of Model Exhibition



Evaluation of Models



Group Photograph with Principal Sir, Guest Speaker, Faculty Members, and Students.

Mrs M Pher Denny
SECRETARY

Mrs M Pher Denny

[Signature]
HOD
HOD

Mental Health (Psychiatric) Nursing
 Bharati Vidyapeeth (Deemed to be University)
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I/C PRINCIPAL

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