

**Bhujbal Knowledge City**  
**MET's Institute of Pharmacy**

**Working Women Cell**

Guest lecture by Dr. Mrudula Bele on a topic 'Let's not be a superwoman' on Thursday 2nd November 2017 at 10.00 am was arranged at Bhujbal Knowledge City, MET's Institute of Pharmacy for all working women of Bhujbal Knowledge City under Working Women Cell. Dr. Sanjay J. Kshirsagar welcomed and interacted with Dr. Mrudula Bele. Dr. Mrudula Bele discussed on the selection, importance and successful completion of priorities in personal and professional life. She also discussed the importance and application of rational emotive behaviour therapy (REBT) in professional and personal life to overcome the emotional and professional stress. She enlighten on how to identify self-defeating thoughts and feelings, challenge the rationality of those feelings, and replace them with healthier, more productive beliefs. REBT focuses mostly on the present time to help you understand how unhealthy thoughts and beliefs create emotional distress which, in turn, leads to unhealthy actions and behaviors that interfere with your current life goals. Dr. Nilima Thombre and Dr. Sapana Ahirrao coordinated the overall program.

This Activity was conducted under the guidance of Trustee, Bhujbal Knowledge City; Chief Administrator, Bhujbal Knowledge City and Principal, Resp. Dr. Sanjay J. Kshirsagar.



**Dr. Nilima A. Thombre**

**Dr. Sanjay J. Kshirsagar**