



Vedantaa Institute of Medical Sciences

Dahanu, Palghar

Subject: Report on Guest Talk – “Stress to Smile”

Date: 25/03/2026

Time: 4:00 PM – 5:00 PM

Venue: VIMS Auditorium

A guest talk was conducted as a part of mentorship program on the topic “Stress to Smile” on 25th March 2026 at the VIMS Auditorium, Vedantaa Institute of Medical Sciences, Dahanu, Palghar.

The session was delivered by Gaurang Bihari Prabhuji, a graduate in Electronics and Computer Engineering from the University of Leeds, England. He has worked as an Embedded Systems (Mobile Devices) Developer in Kuala Lumpur, Malaysia, and is also a Shastric Teacher who shares Vedic knowledge applicable to modern life.

The program was graced by Dr. Daksha Amonkar (Dean), Dr. Anil Mane (Medical Superintendent), and Dr. Mukund Khandelwal (Assistant Medical Superintendent).

The talk was attended by undergraduate medical students along with faculty members from various departments. The speaker discussed practical methods of stress management and emphasized the importance of mental well-being through the application of Vedic principles in daily life. The session was informative, interactive, and well appreciated by the audience.

The guest talk was beneficial in enhancing awareness about stress management and contributed to the overall personal and professional development of the participants.





