



**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)**  
**COLLEGE OF NURSING, SANGLI**

**Report on Professional Talk**

**Date: 31/10/2025**

**Day: Friday**

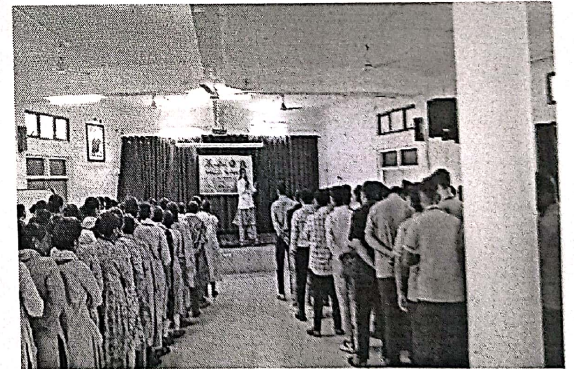
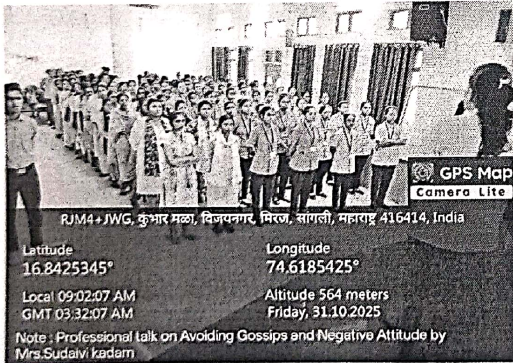
**Venue: BVDU, CON, Auditorium**

**Topic: Avoiding Gossip and Negative Talk**

**Details of the Activity with Photographs**

On 31/10/2025 (Friday), a Professional talk on “Avoiding Gossip and Negative Talk” was organized for B.Sc. Nursing students of all four years. After the pledge the session was delivered by **Mrs. Sudaivi Prabhakar Kadam, Clinical Instructor**, at the auditorium of Bharati Vidyapeeth (Deemed to be University) College of Nursing, Sangli.

Avoiding gossip and negative talk involves cultivating self-awareness, setting personal boundaries, and practicing empathy. By understanding why people engage in these behaviors and learning practical techniques to stop, one can foster a more positive communication style and personal environment. Can't control what anyone else does. Period. I know it feels like if you could get to the core of the problem and stop it where it begins that it would solve it, but it won't. Let us all remember “If you are not part of the problem or part of the solution — stay out of the conversation.”



*Sudaivi*  
**(Mrs. Sudaivi P. Kadam)**  
**Clinical Instructor**  
**Speaker**

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**I/C PRINCIPAL**  
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