

PYDAH COLLEGE OF PHARMACY

(Approved by PCI, AICTE and Affiliated to Andhra University, Visakhapatnam)

Yanam Road, PATAVALA, KAKINADA-533461, E.G.Dt

Telephone: 0884-2315344/45

Email id: princpharma@pydah.edu.in

website: www.pydahpharmacy.edu.in



Education & Beyond

LIST OF LIFE SKILL DEVELOPMENT PROGRAM ACADEMIC YEAR

2018- 2019 TO 2022-2023

S.No.	NAME OF THE PROGRAM	PROGRAM DATE	NUMBER OF PARTICIPANTS
1.	One day program on yoga for work life balance	21.06.2022	98
2.	One day program on stress management and confidence building	19.9.2021	75
3.	One day program on fitness and healthy lifestyle	23.08.2020	49
4.	One day program on yoga & education	21.06.2019	83
5.	One day program on basics of excel	21.06.2018	78

Principal

PRINCIPAL
Pydah College of Pharmacy
PATAVALA, KAKINADA

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Date:13.06.2022

CIRCULAR

This is to inform all the students and faculty members that **PYDAH COLLEGE OF PHARMACY** has planned to organize “**Yoga for Work Life Balance**” as a part of “**Life Skills Program**” on 21.06.22. The II Year B. Pharmacy students are here by instructed to attend the session from 10AM to 1PM in Seminar Hall.

Note: The participants should wear convenient attire and should have a light food before one hour of the program.

- People with health complications have to be careful.

VENUE: Seminar Hall

A handwritten signature in green ink, appearing to be 'R. S. S.', written over the printed name of the Principal.

Principal

PRINCIPAL

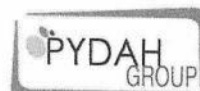
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Education & Beyond

SCHEDULE FOR ONE DAY LIFE SKILLS PROGRAM (FOR II B.PHARMACY STUDENTS)

S.NO	YEAR & COURSE	DATE	SUBJECT	FACULTY NAME	TIMINGS	VENUE
1.	II B.PHARMACY	21.06.22	YOGA TRAINING	Mr.RamaRaju	10AM – 01 PM	Seminar Hall

Principal

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Education & Beyond

Name of the program: "A One day Program on Life Skills "YOGA DAY"

Date: 21.06.22

STUDENT LIST

S. No	Pin No.	Student Name	Signature
1.	620159801001	AINAPURAPU RAJESH	Rajesh
2.	620159801002	ALLU GIRIDHAR	Giri
3.	620159801003	BATCHALI SONI	Soni
4.	620159801004	BEERA SWARNA LATHA	Ab
5.	620159801005	BEJAWADA MANIMANTH	Manimanth
6.	620159801006	BONAM BHAVYA YESASWINI ANUHYA	Anuhya
7.	620159801007	BORRA PRATHYUSHA	Prathyusha
8.	620159801008	BURIDI JAGANNADHAM	B. Jagannadham
9.	620159801009	CHAKKAPALLI DEVI SRI HARSHA	Harsha
10.	620159801010	CHINTA VINOD	vinod
11.	620159801011	CHINTALAPUDI VARSHINI SAI TEJA	Teja
12.	620159801012	CHIRIKI V L G VISHNU PRIYA	Priya
13.	620159801013	CHIRRA SAI SRI DURGA	Durga
14.	620159801014	CHODE LILLY GRACE	Grace
15.	620159801015	DANDUMENU SANTOSH KUMAR	Ab
16.	620159801016	DANGETI CHANDINI	chandini
17.	620159801017	DEVISETTI JYOTHI SRI CHANDRA PRABHA	Prabha
18.	620159801018	DEVISETTI NAVYA SRI LATHA	Navya
19.	620159801019	DODDIPATLA PAVAN	Pavan
20.	620159801020	DOMMETI SRILEKHA	Leekha

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21.	620159801021	DONTHULA N V S D CHAKRA LALITHA	Lalitha
22.	620159801022	DUMPALA SRAVAN KUMAR	Sraavan Kumar
23.	620159801023	GALIDEVARA AKHILA SRI NAGA SRI	nagasri
24.	620159801024	GUTTULA PUSPHA RADHA RANI	Rani
25.	620159801025	GUTTULA VISHNU ADITYA KUMAR	Aditya
26.	620159801026	ILLA VENU MOUNIKA	— Ab —
27.	620159801027	JAGU BHULAKSHMI	Bhulakshmi
28.	620159801028	JANIPALLI ANUSHA	Anusha
29.	620159801029	JUTTUKA VIJAY	Vijay
30.	620159801030	KALAVALA SANTHI	Santhi
31.	620159801031	KALLA DIVYA NAGA LALITHA BHISRI	Bhisri
32.	620159801032	KALLA SOWMYA SRI	Sowmya sri
33.	620159801033	KAMUJU SATYA PRIYANKA	Priyanka
34.	620159801034	KANDALA PADMA	Padma
35.	620159801035	KANDULA ABHIRAM	Abhiram
36.	620159801036	KARUKU SATISH	Satish
37.	620159801037	KASAGANI DIVYA	Divya
38.	620159801038	KOLLABATHULA VAHILA	Vahila
39.	620159801039	KOLLATI SONIYA	Soniya
40.	620159801040	KONA SAI PRIYA	Priya
41.	620159801041	KONDETI NAVYA DURGA SRI	— Ab —
42.	620159801042	KOPPARTHI SAI MOUNIKA	mounika

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43.	620159801043	KOTA SRIVALLI MAHALAKSHMI	Mahalakshmi
44.	620159801044	KOTI SUNITHA	Ab
45.	620159801045	KOVVURI JAI SURYA VAMSI REDDY	Ab
46.	620159801046	KUMPATLA TEJANJANI	Tejanjani
47.	620159801047	KUPPALA VIJAYA MOUNIKA	
48.	620159801048	MADADA DURGA PRASAD	Prasad
49.	620159801049	MALAGALA SAI PRASANNA	Prasanna
50.	620159801050	MALE DIVYA VARA CHAKRA	Chakra
51.	620159801051	MALLADI VENAKTA PAVAN DEEP	Venkata Pavan
52.	620159801052	MATHA TULASI MANIKANTA	manikanta
53.	620159801053	MEDICHARLA PREMAKUMARI	Kumari
54.	620159801054	MEDISETTI JYOTHI	Jyothi
55.	620159801055	MEEGADA RESHMA RASAGJNA	Rasagjna
56.	620159801056	MEER KOUNAIN FATHIMA	Fathima
57.	620159801057	MEKALA DURGA	Durga
58.	620159801058	MEKALA NAGINI	Nagini
59.	620159801059	MENDRA VIDITHA SOWMYA SREE	Sowmya
60.	620159801060	MOKANA VINEELA	Vineela
61.	620159801061	MULIKI TEJA	Teja
62.	620159801062	MUNGANDA VENKATA PRASANNA	Prasanna
63.	620159801063	MUTYALA MOUNIKA CHOWDARY	Mounika
64.	620159801064	NAIDU YASNA SRI SUBHARAO	Subharao

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GROUP

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65.	620159801065	NAKKA RENUKA DEEPTHI	Deepti
66.	620159801066	NANDIPATI HANSA REKHA	Rekha
67.	620159801067	NEMANI ANIL KUMAR	Kumar
68.	620159801068	NUVVULA JAYA SRI CHANDRA LATHA	Latha
69.	620159801069	PABBINEEDI SUPRIYA	Supriya
70.	620159801070	PANGI CHAITANYA	Chaitanya
71.	620159801071	PATNALA GAYATHRI RATHNA SUNDARI	Sundari
72.	620159801072	PATNALA SRI RAMYA	Ramya
73.	620159801073	PENKE LAVANYA	Lavanya
74.	620159801074	PENTA NAGA DURGA SATYAVATHI	Satyavathi
75.	620159801075	PENUPOTHU EMA SREE	Sree
76.	620159801076	PETTA UMA BHARATHI	P. Bharathi
77.	620159801077	PINNINTI VIDYA SAGAR	Sagar
78.	620159801078	PIPPALLA BINDUSRI	P. Bindusri
79.	620159801079	PITANI VYSHNAVI	Vyshnavi
80.	620159801080	POLAMRI SAHITHI	Sahithi
81.	620159801081	PONNAGANTI SATYA SRI	AS
82.	620159801082	PULAGAM VEERA DURGA AKHILA	Akhila
83.	620159801083	REDDY SATYA MADHURI	Madhuri
84.	620159801084	SABBAVARAPU JAYA SURYA	Surya
85.	620159801085	SAVARAPU SAKSHI	Sakshi
86.	620159801086	SEERAM PRANEETHA	AS
87.	620159801087	TADELA URMILA	Urmila

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88.	620159801088	TELAGANI NANDINI DEVI	T. Devi
89.	620159801089	TELU CHANDRIKAMALA	T. K...
90.	620159801090	T. TEJALAKSHMIDURGADEVI	— Ab —
91.	620159801091	TURALA RAJYA LAKSHMI	J. R...
92.	620159801092	VALIREDDY VENKATA SAI MANOHAR	V. Mohan
93.	620159801093	VANACHARLA HEMA KAVYA	V. H. Kavya
94.	620159801094	VANASALA LAKSHMI JYOTHSNA	— Ab —
95.	620159801095	VASAMSETTI NAGAVEERA VENKATA SATYANARAYANA	V. N. V. Satyanarayana
96.	620159801096	VEMANA LEELA SIVA SAI PAVAN KUMAR	V. Pavan
97.	620159801097	YALLA R S SS GOWRI MAHALAKSHMI	Yalla R S S
98.	620159801098	YANDRAPU SANDHYA	Y. Sandhya

[Signature]
Principal

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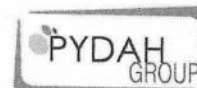
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Program Report

Name of the Event:	A One day Program on Life Skills "YOGA DAY"
Date:	21.06.22
Resource Person Details	
Name :	Mr. RamaRaju
Designation:	PET
Place:	Pydah college of Pharmacy, Kakinada-Yanam Road, Patavala, Tallarevu Mendel, KKD Dist, A.P
Contact No	73311 68233

✓ **No. of students Registered: 98**

The Pydah College of pharmacy conducted a special program on Life Skills on the occasion of YOGA DAY on 21.06.22 at our college in Seminar Hall. The program was initiated by our Principal with a motivational speech. After the speech the resource person spoke on how to maintain good health by practicing YOGA.

II B.Pharmacy students attend the Program. Our students maintained discipline and learned how yoga helps to keep good health. The session was concluded with the vote of thanks.

Objectives of Programme:

- To attain a higher level of consciousness.
- To practice mental hygiene.
- To enable the students to have good health.
- To possess emotional stability.
- To integrate moral activities.
- To integrate spiritual ability.
- To increases concentration and self-control.
- To increase productivity in life.

Learning outcomes:

- Demonstrate yoga exercises and postures to stretch and strengthen the body.
- Demonstrate a well-known sequence in the correct order (i.e. sun salutation).

Topics Covered:

- Yoga increases your flexibility.
- Yoga helps you to build strength.

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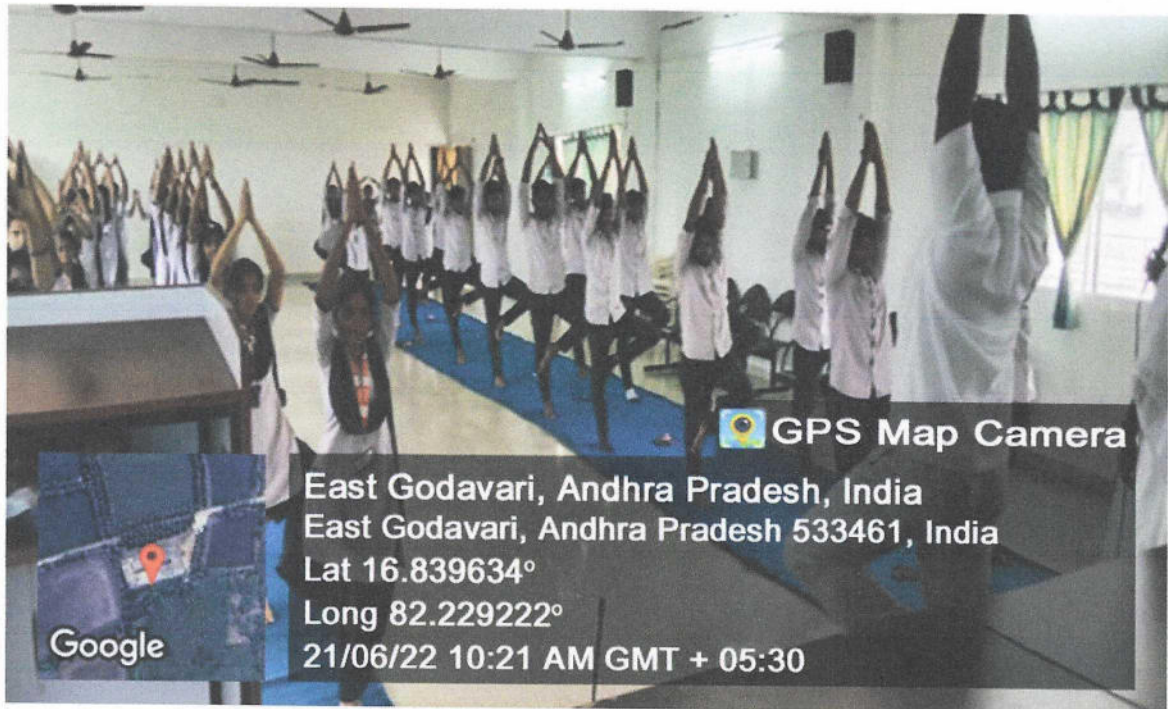
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- Yoga improves your posture.
- Yoga helps to keep your joints healthy.
- Yoga is a powerful mindfulness practice.
- Yoga reduces stress.
- Yoga lowers blood pressure.
- Yoga helps you to make healthier life choices.



Yoga Guru explaining to students 21-06-2022


Coordinator

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Date: 12.9.2021

CIRCULAR

This is to inform all the students and faculty members that PYDAH COLLEGE OF PHARMACY has planned to organize "**Stress Management and Confidence Building**" as a part of "**Life Skills Program**" on 19.9.2021. The III Year B. Pharmacy students are here by instructed to attend the session from 10AM to 1PM in Seminar Hall.

VENUE: Seminar Hall

Principal

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Education & Beyond

SCHEDULE FOR ONE DAY LIFE SKILLS PROGRAM

(FOR III YEAR B.PHARMACY STUDENTS)

S.NO	YEAR & COURSE	DATE	SUBJECT	FACULTY NAME	TIMINGS	VENUE
1.	III B.PHARMACY	19.9.2021	"Stress Management and Confidence Building"	Dr.K.Raj Kiran	10AM to 1PM	Seminar Hall

Kesli
Principal

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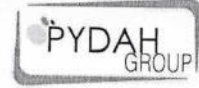
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Education & Beyond

Name of the program: A One day Program on Life Skills "Stress Management and Confidence Building"

Date: 19.9.2022

STUDENT LIST

S.No	Pin No.	Student Name	Signature
1.	619159801001	ADAPA RAMYA	A. Ramya
2.	619159801002	AITHABATHULA SIRI VENNELA	S. Siri Vennela
3.	619159801003	ANGADI PUSHPA VIJAYA LATHA	Vijaya Latha
4.	619159801004	BAGGU ANITHA	Baggu Anitha
5.	619159801005	BALE HARISH	B. Harisha
6.	619159801006	BANGARU JAYA MADHURI	B. jaya madhuri
7.	619159801007	BATNALA ANITHA SREE	Anitha Sree
8.	619159801008	BOJA KUSUMA KUMARI	okumaru
9.	619159801009	BOLINENI VENKAT ANVESH	B.V. Anvesh
10.	619159801010	CHEEKATLA SATYA SAI AMRUTHA	Sai Amrutha
11.	619159801011	CHODISETTI SWATHI	C. Swathi
12.	619159801012	DUMBERI SOMESH KUMAR	D. Somesh kumar
13.	619159801013	EERLA VENKATA NAGA DEVI	Naga Devi
14.	619159801014	ERELLI SNEHA	Erella. sneha
15.	619159801015	GANTI RAMJI	Ganti Ramji
16.	619159801016	GEDDAM BHARGAVI	Bhargavi
17.	619159801017	GEDDAM PAVAN KIRAN	G. Kiran
18.	619159801018	GOLLAPALLI PRIYANKA	G. Priyanka
19.	619159801019	GORLI NANDINI DEVI	G. nandini devi

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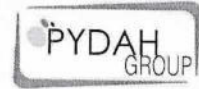
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20.	619159801020	GORRELA NAGA LAXMI JYOTHI	Laxmi jyothi
21.	619159801021	GUDALA GOWRI SANDHYA	Gr. Gowri Sandhya
22.	619159801022	GUNDUMENU SURESH	Gr. suresh
23.	619159801023	JAGATHA KAVYA SRI	Jyathi kavya sri
24.	619159801024	KADALI MOULIKA LAKSHMI	Lakshmi
25.	619159801025	KAMIDI ANIL REDDY	Kamidi Anil Reddy
26.	619159801026	KAMUJU KEERTHI	K. Keerthi
27.	619159801027	KANAPARTHI SUDHA MADHURI	Sudha
28.	619159801028	KARRI CHEMMA RAJU	K. Raju
29.	619159801029	KASUKURTHI SAI TEJASWINI	K. Tejaswini
30.	619159801030	KEDARISSETTI SATYASAI	K. Satya Sai
31.	619159801031	KESANKURTHI ANKITHA	Ankitha
32.	619159801032	KOLAPALLI K S DURGA NAGA SRUJANA	Srujana
33.	619159801033	KOPPISETTI RAMYA SRI	Ramyasri
34.	619159801034	KOTHAPALLI NAGA DATTA SASI MRUDULA	K. Mrudula
35.	619159801035	KOYYANA KRISHNANJALI	K. Krishnanjali
36.	619159801036	KUDELLI SANJEEV KUMAR	Sanjeev Kumar
37.	619159801037	KUMPATLA PRANEETHA ANUSHA	Kompatla Praneetha Anusha
38.	619159801038	KURACHA HEMA SATYA LALITHA	K. Lalitha
39.	619159801039	KURATI PAVAN	K. Pavan
40.	619159801040	MALLADI GANGA INDU	M. Ganga Indu
41.	619159801041	MEDIBOYANA N S D V MURALI SATYANARAYANA	Murali

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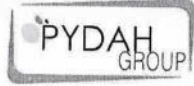
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42.	619159801042	MOHAMMAD FAZAL ALI	M. fazal Ali
43.	619159801043	MOKANA ANUSHA	M. Anusha
44.	619159801044	MUDAKALA SHARON ROJA	M. Sharon Roja
45.	619159801045	NAAGARAPU ROHITHA	N. Rohitha
46.	619159801046	PADAM SAI SRAVANTHI	S. Sravanthi
47.	619159801047	PALLA SUJATHA	P. Sujatha
48.	619159801048	PAMU SUNANDA	P. Sunanda
49.	619159801049	PENKE BHAVYA	P. Bhavya
50.	619159801050	POTHURI JAHNAVI	P. Jahnavi
51.	619159801051	POTHURI SAI LAKSHMI DURGA	P. Sai Lakshmi Durga
52.	619159801052	PUTTA TARANI MANASA	Manasa
53.	619159801053	RAJULAPUDI NAGA VENKATA SAI DURGA SIRISHA	R. Naga Venkata Sai Durga Sirisha
54.	619159801054	RAYUDU DEVI	R. Devi
55.	619159801055	REDDY SIVAKUMAR	R. Sivakumar
56.	619159801056	SAKUMALLA HEMA CHANDRA RAMA SATISH	S. Satish
57.	619159801057	SAMPATHIRAO SRUTHI RANI	S. Rani
58.	619159801058	SEELAM SRI VENKATA SATYAM	S. Satyam
59.	619159801059	SIRRA CHANDRA SRI	S. chandra sri
60.	619159801060	SNEHA SUPRAJA D	Sneha supraja D
61.	619159801061	TALATAM VAISHNAVI DEVI	T. Vaishnavi Devi
62.	619159801062	TEKUMUDI SRI KANAKA MAHA LAKSHMI	T. Kana lakshmi
63.	619159801063	THUMU BHAVA KRISHNA SAI	T. Krishna
64.	619159801064	THURRE KONDAMMA	T. Kondamma

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65.	619159801065	VADLAMANATI LAVANYA	V. Lavanya
66.	619159801066	VALLU SAI SURESH	V. Sai Suresh
67.	619159801067	VANAPALLI ASHA LATHA	V. Asha Latha
68.	619159801068	VANTAPATI INDUMATI RAMYA	V. Ramya.
69.	619159801069	VASAMSETTI AMANI	V. Amani
70.	619159801070	VASAMSETTI BHAGYA SRI	V. Bhagya Sri
71.	619159801071	VIPPARTHI DEEPTHI	V. Deepthi
72.	619159801072	VOLETI BHAGYA SIRISHA	V. Bhagya Sirisha
73.	619159801073	YARLAGADDA MAHESH	X. Mahesh
74.	619159801074	YELLABILLI MOUNIKA	Y. Mounika.
75.	619159801075	SEELAMANTHULA BHUVANESWARI DEVI	S. Bhuvaneshwari

Principal

PRINCIPAL

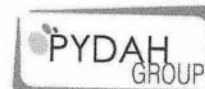
Pydah College of Pharmacy
PATAVALA, KAKINADA

PYDAH COLLEGE OF PHARMACY

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Yanam Road, PATAVALA, KAKINADA-533461, E.G.Dt

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Education & Beyond

Programme Report

Name of the Event:	A One day Program on Life Skills " Stress Management and Confidence Building "
Date:	19.9.2021
Resource Person Details	
Name :	Dr.K.RajKiran
Designation:	Asso.Professor
Place:	Vignan Institute of Pharmaceutical Technology, Visakhapatnam, A.P.
Contact No	8555961907

✓ **No. of students Registered: 75**

The Pydah College of pharmacy conducted a special program on Life skill development workshop on "Stress Management and Confidence Building on 19.9.2021 at our college in Seminar hall. The program was initiated by our Principal with a motivational speech. After the speech the resource person spoke on how to maintain good health by practicing "Stress Management and Confidence Building"

III B.Pharmacy students attend the Program. The session was conducted with the intention of improving life skills. This program offered Stress management, Confidence building and Activities on how to face every day challenges at competitive educational system. The speaker interacted with the students and discussed the skill building strategies. The session was concluded with the vote of thanks.

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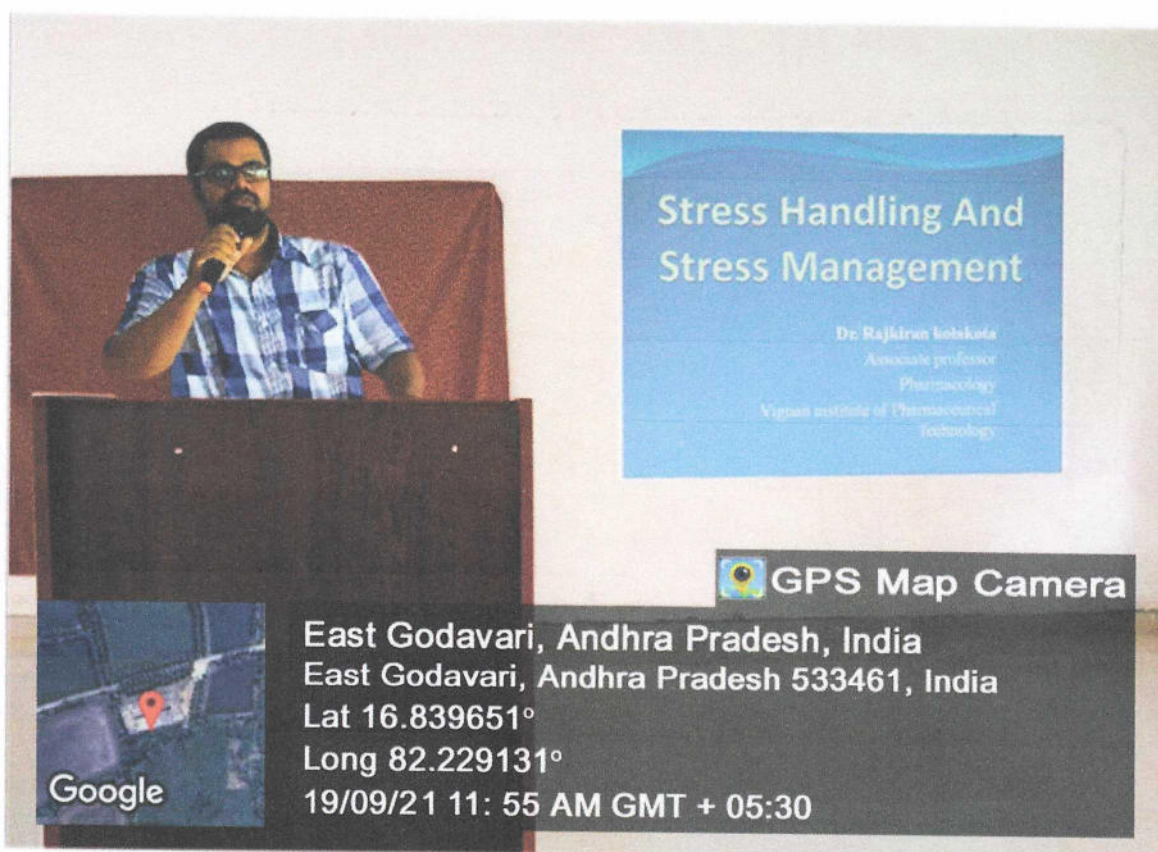
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Education & Beyond

Objectives & Learning outcomes:

- Understand the basic principles of stress management.
- Recognize your stress triggers and how to manage them.
- Develop proactive responses to stressful situations.
- Use coping tips for managing stress both on and off the job.
- Learn to manage stress through diet, sleep and other lifestyle factors.



Expert explaining to students 19-09-2021

G. Hanikumar
Coordinator

PYDAH COLLEGE OF PHARMACY

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Education & Beyond

Date: 02.11.2020

CIRCULAR

This is to inform all the students that **PYDAH COLLEGE OF PHARMACY** has planned to organize “**Fitness and Healthy Lifestyle**” as a part of “**Life Skills Program**” on 23.11.2020. The III Year B. Pharmacy students are hereby instructed to attend the session from 10AM to 1PM in Seminar Hall.

VENUE: Seminar Hall

A handwritten signature in green ink, appearing to be 'S. S. S.', written in a cursive style.

Principal

PRINCIPAL
Pydah College of Pharmacy
PATAVALA, KAKINADA

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Education & Beyond

SCHEDULE FOR ONE DAY LIFE SKILLS PROGRAM

(FOR III YEAR B.PHARMACY STUDENTS)

S.N O	YEAR & COURSE	DAY	DATE	SUBJECT	FACULTY NAME	TIMING S	VENUE
1.	III B.PHARMACY	1	23.11.2020	"Fitness and Healthy Lifestyle "	Ms.I.Priyanka	10AM to 1PM	Seminar Hall

Principal

PRINCIPAL

Pydah College of Pharmacy
PATAVALA, KAKINADA

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website: www.pydahpharmacy.edu.in



Education & Beyond

Name of the program: A One day Program on Life Skills "Fitness and Healthy Lifestyle"

Date: 23.08.2021

STUDENT LIST

S. No	Pin No.	Student Name	Signature
1.	618159801001	ACHANTA MANEESH KUMAR	Kumar
2.	618159801002	ALIVELU SAGAR	A. Sagar
3.	618159801003	BANDARU CHANDRA MURALI	B. Chandramurali
4.	618159801004	BOKKA SRUTHI	Sruthi
5.	618159801005	CHETLA PRAMEELA RANI	CH. Prameela
6.	618159801006	DEVABATTULA HARISH	D. Harish
7.	618159801007	DOLAM DIVYA LAHARI	— Ab —
8.	618159801008	DOMMETI GANGA BHAVANI	Ganga
9.	618159801009	DOOLAPALLI SAMEELA	D. Sameela
10.	618159801010	EDARAPALLI.SAI GAYATHRI	E. Sai Gayathri
11.	618159801011	ENNAMURI CHANDRA KALA	Chandrekala
12.	618159801012	GEDDAM DIVYA	Divya
13.	618159801013	GURRAM MAHESH KUMAR	G. Mahesh Kumar
14.	618159801014	GUTHULA TEJASHANKAR	— Ab —
15.	618159801015	KADALI DEVI PRIYA DARSHINI	Priya
16.	618159801016	KAMADI VAMSEE	Vamsee
17.	618159801017	KAMIDI.NARENDRA	K. Narendra
18.	618159801018	KANTUMUCHI MANISHA	manisha

PYDAH COLLEGE OF PHARMACY

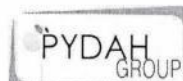
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Education & Beyond

19.	618159801019	KOLLATI SHARA	K. Shara
20.	618159801020	KOPPADI JAYA RAVI CHANDRA GOWTHAM	Gowtham
21.	618159801021	KOPPARA MANEESHA	Maneesha
22.	618159801022	LANKA HARITHA	Haritha
23.	618159801023	M.SIRAJUDDIN	M. Sirajuddin
24.	618159801024	MALLADI BHASHINI PRIYA	M.B. Priya
25.	618159801025	MATTAPARTHI JASWANTH SIVA	M. J. Siva
26.	618159801026	MATTAPARTHI SHIVAKRISHNA	— Ab —
27.	618159801027	MAVURI RAMYA SRI BRAMARAMBA	Bramaramba
28.	618159801028	MEDABALLI RUPA SRI	M. Rupa Sri
29.	618159801029	MOHAMMAD SHAFINA	M. Shafina
30.	618159801030	MOKA SRI DEVI	M. SRI DEVI
31.	618159801031	MORTHA SHAMILI	Shamili
32.	618159801032	NUNNA VEENILA ANITHA	N.V. Anitha
33.	618159801033	PADAM SATYA JAGADEESWARI	P. S. Jagadeeswari
34.	618159801034	PALLA JOANNAPARI	— Ab —
35.	618159801035	P SWARNA MOUNIKA	P. S. Mounika
36.	618159801036	SANABOYINA DEVI LOVA LAVANYA	Lavanya
37.	618159801037	SEEREDDY VENKATA SATYA DURGAPARASAD	Prasad
38.	618159801038	SHAHEDA BEGUM	Begum
39.	618159801039	SHEIK MAHABOOB RUKSANA	Ruksana

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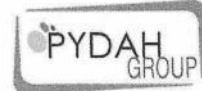
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40.	618159801040	SURAGANI SANDHYA	S. Sandhya
41.	618159801041	TADALA.VENKATA KAIVALYA	T. Kaivalya
42.	618159801042	THOPELLA NAGA LAKSHMI SUPRIYA	J. Naga Lakshmi
43.	618159801043	UNDRU SUNIL KUMAR	U. Sunil Kumar
44.	618159801044	UNDURTHI SURYA CHANDU	U. Surya Chandu
45.	618159801045	V.D.V.S.KAVYA	V. Karaya
46.	618159801046	VITHANALA POOJA SRI	V. Pooja Sri
47.	618159801047	YALLAMILLI DURGA JOSHNA	Y. Joshna
48.	618159801048	YALLAMILLI.BHARATHI	Y. Bharathi
49.	618159801049	YELUGUBANDI NAGA DURGA CHANDRIKA	Y. Chandrika

Principal
PRINCIPAL

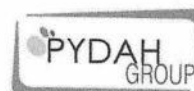
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Education & Beyond

Program Report

Name of the Event:	A One day Program on Life Skills "Fitness and Healthy Lifestyle"
Date:	23.11.2020
Resource Person Details	
Name :	Ms.I.Priyanka
Designation:	Ditecian
Place:	RAPT Consultant, Vijayawada.
Contact No	9640498355

✓ **No. of students Registered: 49**

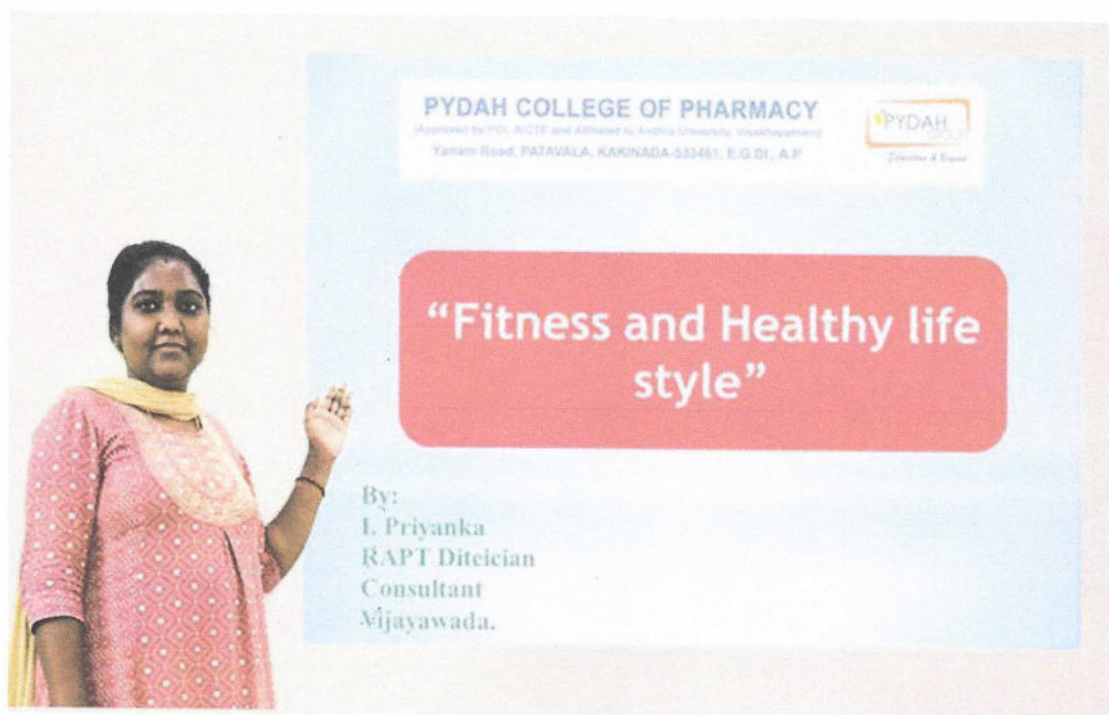
The Pydah College of pharmacy conducted a special program on Life skill development workshop on "Stress Management and Confidence Building on 23.11.2020 at our college in Seminar hall. The program was initiated by our Principal with a motivational speech. After the speech the resource person spoke on how to maintain good health by practicing "Stress Management and Confidence Building"

III B.Pharmacy students attend the Program. The session was conducted with the intention of improving life skills. Students were taught about the importance of life style in preventing diseases by maintaining proper fitness and leading a healthy life as part of the life skills in Fitness and Healthy life style programme. Few activities and games were conducted relating to the healthy life style. The session was concluded with the vote of thanks.

Objectives & Learning outcomes:

A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Not all diseases are preventable, but a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be avoided.

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.



Expert explaining to students 23.11.2020

J. Neelime
Coordinator

PYDAH COLLEGE OF PHARMACY

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Date:10.06.2019

CIRCULAR

This is to inform all the students and faculty members that **PYDAH COLLEGE OF PHARMACY** has planned to organize **“YOGA TRAINING”** as a part of **“Life Skills Program”** on 21.06.2019 The III Year B. Pharmacy students are here by instructed to attend the session from 10AM to 1PM in Seminar Hall.

Note: The participants should wear convenient attire and should have a light food before one hour of the program.

- People with health complications have to be careful.

VENUE: Seminar Hall


Principal
PRINCIPAL
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Education & Beyond

SCHEDULE FOR ONE DAY LIFE SKILLS PROGRAM

(FOR III YEAR B.PHARMACY STUDENTS)

S.NO	YEAR & COURSE	DATE	SUBJECT	FACULTY NAME	TIMINGS	VENUE
1.	III B.PHARMACY	21.06.2019	YOGA TRAINING	Mr. K.Srinivas	10AM - 01 PM	Seminar Hall

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Name of the program: "A One day Program on Life Skills "YOGA DAY"

Date: 21.06.2019

STUDENT LIST

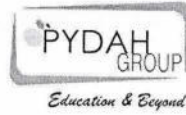
S.No	Regd.No	Name of the Student	Year	Signature
1.	617159801001	ADABALA PAVANI	IV B.PHARMACY	A. Pavani
2.	617159801002	AKULA NEELIMA	IV B.PHARMACY	A. Neelima
3.	617159801003	ALLURI MOHANA LAKSHMI VARSHA	IV B.PHARMACY	A.M.L. Varsha
4.	617159801004	AMJURI PAPA PRIYA DARSHINI	IV B.PHARMACY	A.P. Darshini
5.	617159801005	ANUSURI SITA SANTHOSHINI	IV B.PHARMACY	A. Santhoshini
6.	617159801006	BADUGU SANDHYA	IV B.PHARMACY	B. Sandhya
7.	617159801007	BANDELA BHARGAVI SAI LIKITHA	IV B.PHARMACY	B.S. Likitha
8.	617159801008	BANDI GANGA GANILAKSHMI	IV B.PHARMACY	B.G. Ganilakshmi
9.	617159801009	BATCHU SUNDARI NAGA LAKSHMI	IV B.PHARMACY	B.S.N. Lakshmi
10.	617159801010	BHUPATI UMADEVI	IV B.PHARMACY	B. Swapna
11.	617159801011	BONTHU SWAPNA	IV B.PHARMACY	B. Swapna
12.	617159801012	BUSI MANICHANDANA	IV B.PHARMACY	B. Manich
13.	617159801013	CHERUKURI VAISHNAVI	IV B.PHARMACY	Ch. Vaishnavi
14.	617159801014	DOLLA MANIKANTA SATYANARAYANA	IV B.PHARMACY	D. Satya Narayana
15.	617159801015	DUNABOINA ANUSHA	IV B.PHARMACY	D. Anusha
16.	617159801016	GAVARASANI SAMYUKTHA	IV B.PHARMACY	G. Sanguktha
17.	617159801017	GEDDADA JAGADEESH	IV B.PHARMACY	G. Jagadeesh
18.	617159801018	GOLLAPALLI ROOPA CHAKRA LAKSHMI	IV B.PHARMACY	G.R. Chakraborty
19.	617159801019	GUBBALA HARITHA	IV B.PHARMACY	G. Haritha
20.	617159801020	GUBBALA SIVA VEERA JYOTHI	IV B.PHARMACY	G. Jyothi
21.	617159801021	GUDURI SWATHI	IV B.PHARMACY	G.P. Swathi

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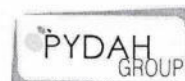
22.	617159801022	GURRALA ANISH DEEPAK	IV B.PHARMACY	G. Deepak
23.	617159801023	GUTTULA JYOTHI	IV B.PHARMACY	G. Jyothi
24.	617159801024	ILLA SAI PRUDHVI	IV B.PHARMACY	J. S. Prudhvi
25.	617159801025	JALLI SUJITHA	IV B.PHARMACY	J. Sujitha
26.	617159801026	JANIPELLA RANI	IV B.PHARMACY	J. Rani
27.	617159801027	KADAMATI DURGA VENKATA SAI MANI DEEPTHI	IV B.PHARMACY	K.D.V.S.M. Deepthi
28.	617159801028	KALLA HRUTHIK LAKSHMAN	IV B.PHARMACY	K.H. Lakshman
29.	617159801029	KANCHUMARTHI DEEPIKA	IV B.PHARMACY	Deepika
30.	617159801030	KETHA VIJAYA LAKSHMI	IV B.PHARMACY	K. V. Lakshmi
31.	617159801031	KETINI BHAGYA SRI	IV B.PHARMACY	K. Bhagya Sri
32.	617159801032	KOLLU NAVEEN KUMAR	IV B.PHARMACY	K. N. Kumar
33.	617159801033	KONALA THANUSHA ROY	IV B.PHARMACY	K. Thanusha Roy
34.	617159801034	KONDEPUDI ANKITHA	IV B.PHARMACY	K. Ankitha
35.	617159801035	KOPPISETTI SAILAKSHMI GAYATHRI	IV B.PHARMACY	K. S. Gayathri
36.	617159801036	KOTTALA KEERTHIPRIYA	IV B.PHARMACY	K. Keerthipriya
37.	617159801037	KUCHARLAPATI TANOOJA	IV B.PHARMACY	K. Tanooja
38.	617159801038	MALLIPUDI ANUSHA	IV B.PHARMACY	M. Anusha
39.	617159801039	MANDA SREE RAMA LAKSHMI	IV B.PHARMACY	Ramadakshmi
40.	617159801040	MASABATHULA VIJAYA KUMARI	IV B.PHARMACY	M. V. Kumar
41.	617159801041	MERLA SUDHA	IV B.PHARMACY	M. Sudha
42.	617159801042	MUNEERA HIMAYATH BANU	IV B.PHARMACY	M. H. Banu
43.	617159801043	NAKKA SRUTHI	IV B.PHARMACY	N. Sruthi

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Education & Beyond

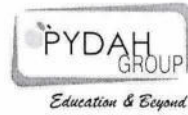
44.	617159801044	NEDURI CHINNA SURYA NAGA SATYA PRAKASH	IV B.PHARMACY	N. Prakash
45.	617159801045	PALACHARLA NEELIMA	IV B.PHARMACY	P. Neelima
46.	617159801046	PAMPANA SAI SINDHU	IV B.PHARMACY	P.S. Sindhu
47.	617159801047	PATHURI SATYA	IV B.PHARMACY	Satya
48.	617159801048	PEDAPUDI MOHANA LAKSHMI PRAVALLIKA	IV B.PHARMACY	Pravallika
49.	617159801049	PEDDIMSETTI MOHANA BHAGYA SREE	IV B.PHARMACY	P.T. Bhagya Sree
50.	617159801050	PITHANI LIKHITHA	IV B.PHARMACY	P. Likhitha
51.	617159801051	POSINA NAGA VENKATA GOVIND LAKSHMAN SAI SANKAR	IV B.PHARMACY	Sai Sankar
52.	617159801052	PULIDINI RAGHAVALLI	IV B.PHARMACY	P. Raghavalli
53.	617159801053	PULIDINI SUNIL	IV B.PHARMACY	P. Sunil.
54.	617159801054	RAVI ANUHYA	IV B.PHARMACY	R. Anuhya
55.	617159801055	RAYUDU HARIKRISHNA	IV B.PHARMACY	Hari Krishna
56.	617159801056	RAYUDU PADMAJA	IV B.PHARMACY	R. Padmaja
57.	617159801057	RELANGI LOKESH SIVA SURYA GOWD	IV B.PHARMACY	Surya Gowd.
58.	617159801058	REVI MANISHA	IV B.PHARMACY	R. Manisha
59.	617159801059	SADANALA PAVANI SATHYA	IV B.PHARMACY	S.P. Sathya.
60.	617159801060	SAGIRAJU SRILAKSHMI SATYA	IV B.PHARMACY	S. Srilakshmi Satya
61.	617159801061	SAMANA PAVANKUMAR	IV B.PHARMACY	S. Pavan Kumar.
62.	617159801062	SAMANTHAKURTHI P S J PRANAV	IV B.PHARMACY	S.P.S.J. Pranav.
63.	617159801063	SANABOINA DURGA SOWJANYA	IV B.PHARMACY	S. Sowjanya
64.	617159801064	SANABOINA NAGA CHANDRAVALLIKA	IV B.PHARMACY	Chandra Vallika
65.	617159801065	SEERAM SAI VENKATA DURGA	IV B.PHARMACY	S.S.V. Durga

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66.	617159801066	SHEIK SUFIYA	IV B.PHARMACY	SK. Sufiya
67.	617159801067	SIDDANTHAPU CHILAKAMMA	IV B.PHARMACY	S. Chilakamma
68.	617159801068	SINGANAMILI HARIKA	IV B.PHARMACY	Harika
69.	617159801069	SIRIGINEEDI SAI LAKSHMAN	IV B.PHARMACY	S.S. Lakshman
70.	617159801070	THADALA VEERA ANJALI DEVI	IV B.PHARMACY	Anjali Devi
71.	617159801071	THANIKI PRAVALLIKA	IV B.PHARMACY	Pravallika-7
72.	617159801072	UNDRU PURNIMA	IV B.PHARMACY	U. Purnima
73.	617159801073	VANKA KRISHNA VAMSI	IV B.PHARMACY	Krishna Vamsi
74.	617159801074	VANKA PAVAN ADITYA	IV B.PHARMACY	Pavan Aditya
75.	617159801075	VASAMSETTI HIMDUJA	IV B.PHARMACY	V. Himduja
76.	617159801076	VASAMSETTI SREE SATYA	IV B.PHARMACY	V. Sree satya
77.	617159801077	VASANTHADA RANJITH	IV B.PHARMACY	V. Ranjith
78.	617159801078	VITHANALA NEELIMA DEVI	IV B.PHARMACY	V. Neelima
79.	617159801079	VYTILA LAKSHMI SOWJANYA	IV B.PHARMACY	Laxmi Sowjanya
80.	617159801080	YAKKALA REVANTH SUBRAMANYAM SAI	IV B.PHARMACY	Y. Revanth
81.	617159801081	YELLAMILI VEERA VENKATA KIRAN	IV B.PHARMACY	Y.V.V. Kiran
82.	617159801082	YENTAPALLI SUNIL KUMAR	IV B.PHARMACY	Y. Sunilkumar
83.	617159801083	YERRA SATYANARAYANA MURTHY	IV B.PHARMACY	Y. S. Murthy

(Signature)

Principal
PRINCIPAL

Pydah College of Pharmacy
PATAVALA, KAKINADA

PYDAH COLLEGE OF PHARMACY

(Approved by PCI, AICTE and Affiliated to Andhra University, Visakhapatnam)

Yanam Road, PATAVALA, KAKINADA-533461, E.G.Dt

Telephone: 0884-2315344/45

Email id: princpharma@pydah.edu.in

website: www.pydahpharmacy.edu.in



Program Report

Name of the Event:	A One day Program on Life Skills "YOGA DAY"
Date:	21.06.2019
Resource Person Details	
Name :	Mr.K.Srinivas
Designation:	PET
Place:	PRAGATHI COLLEGE OF ENGINEERING E.G.Dist, A.P
Contact No	9502918389

✓ **No. of students Registered:**

The Pydah College of pharmacy conducted a special program on Life Skills on the occasion of YOGA DAY on 21.06.2019 at our college in Seminar hall. The program was initiated by our Principal with a motivational speech. After the speech the resource person spoke on how to maintain good health by practicing YOGA.

III B.Pharmacy students attend the Program. Our students maintained discipline and learned how yoga helps to keep good health. The session was concluded with the vote of thanks.

Objectives of Programme:

- To attain a higher level of consciousness.
- To practice mental hygiene.
- To enable the students to have good health.
- To possess emotional stability.
- To integrate moral activities.
- To integrate spiritual ability.
- To increases concentration and self-control.

Learning outcomes:

- Demonstrate yoga exercises and postures to stretch and strengthen the body.
- Demonstrate a well-known sequence in the correct order (i.e. sun salutation).

Topics Covered:

- Yoga increases your flexibility. ...
- Yoga helps you to build strength. ...
- Yoga improves your posture. ...
- Yoga helps to keep your joints healthy. ...

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Education & Beyond

- Yoga is a powerful mindfulness practice. ...
- Yoga reduces stress. ...
- Yoga lowers blood pressure. ...



Yoga guru explaining to students 21-06-2019

J. Neelima

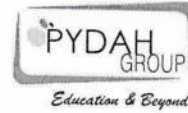
Coordinator

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Date: 11.06.2018

CIRCULAR

This is to inform all the students and faculty members that **PYDAH COLLEGE OF PHARMACY** has planned to organize “**Yoga and Education**” as a part of “**Life Skills Program**” on 21.06.2018. The II Year B. Pharmacy students are hereby instructed to attend the session from 10AM to 1PM in Seminar Hall.

Note: The participants should wear convenient attire and should have a light food before one hour of the program.

- People with health complications have to be careful.

VENUE: Seminar Hall

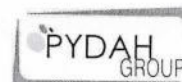
Principal
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Education & Beyond

SCHEDULE FOR ONE DAY LIFE SKILLS PROGRAM

(FOR III YEAR B.PHARMACY STUDENTS)

S.NO	YEAR & COURSE	DATE	SUBJECT	FACULTY NAME	TIMINGS	VENUE
1.	III B.PHARMACY	21.06.2018	Yoga and Education	Mr. V.Thanos	10AM - 01 PM	Seminar Hall

Principal

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Name of the program: "A One day Program on Life Skills "YOGA DAY"

Date: 21.06.2018

STUDENT LIST

S. No	Pin No.	Student Name	Signature
1.	616159801001	ADARI AJAY VENKATA KRISHNA	A. Krishna
2.	616159801002	AMIRIPINNI SIREESHA	A. Sireesha.
3.	616159801003	A SIREESHA RATNAM	A. Sireesharatham
4.	616159801004	BANDI PARVATHI	B. Parvathi
5.	616159801005	BHAVANA NAGA LAKSHMI	B. Lakshmi
6.	616159801006	BHURLU DURGA	B. Durga.
7.	616159801007	BOKKA SAINAVYA	Bai.
8.	616159801008	CHINTHALURI SATYA PRASANTH RAJU	C.S. prasanth raju.
9.	616159801009	CHAKKAPALLI NIKHILA VEERA MAHALAKSHMI	Ch. Nikhila...
10.	616159801010	CHANDA PRATIMA SOWJANYA	Ch. Sowjanya
11.	616159801011	CHIRRA SUNIL KUMAR	C. Sunilkumar.
12.	616159801012	CHITTURI JAYA DEEPIKA	Jay
13.	616159801013	CHUKKA PANDU BABU	Ab
14.	616159801014	DADALA SRUTHI	D. Sruthi
15.	616159801015	DAKE DIVYA	D. Divya
16.	616159801016	DANGETI BHANU	D. Bhanu

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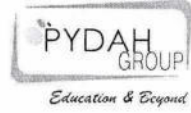
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17.	616159801017	DEVAGANUGULA NAGA DURGA LAKSHMI MADHAVI	D. madhavi
18.	616159801018	GANDI VASANTH RAYUDU	G. Vasanthi
19.	616159801019	GALI VEERA VENKATA SATYA SURYA PRAKASA RAO	— Ab —
20.	616159801020	ANJALI SAI RAMADEVI GANDU	A. Ramadevi Gander
21.	616159801021	GANUGULA SAI KUMARI	G. Lakshmi
22.	616159801022	GOLI NAGA SAI JYOTHI	G. Sai Jyothi
23.	616159801023	GULLIPALLI NAGA VENKATA GOVINDA RAO	— Ab —
24.	616159801024	GULLIPALLI SAI NAGA VENKATA SUSHIMA	G. S. V. Sushma
25.	616159801025	GURRALA BHASKARA RAO	G. Bhaskara Rao
26.	616159801026	INUMARTHY MEENAKSHI	I. Meenakshi
27.	616159801027	J RAMYA SRI	J. Ramyasi
28.	616159801028	JALLI RAJU	J. Raju
29.	616159801029	JOGI VENKAT	J. Venkat
30.	616159801030	K S L VIDYADHARI	K.S.L.
31.	616159801031	KUCHARLAPATI MADHU HASITHA DEVI	K. Hasitha Devi
32.	616159801032	K PAVANI	K. Pavani

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33.	616159801033	KALADI GANGA SRAVANI	K. Ganga Sarvani
34.	616159801034	KANKATALA NISHITHA	K. nishitha
35.	616159801035	KARRI LAKSHMI KANCHANA	K. lakshmi kanchana
36.	616159801036	KOLLABATTULA DURGAPRASAD	Ab
37.	616159801037	KOSURI HIMAVARSHA SREE	K. himavarsa sree
38.	616159801038	KUMMARI ANANTHA KUMARI	K. Anantha kumar
39.	616159801039	KUNDETI KIRAN KUMAR	K. Kiran
40.	616159801040	MALI SWEETI KUMARI	M. Kumari
41.	616159801041	MAMONA MASTAN SHEIKH	M. mastan sheikh
42.	616159801042	MARE CHANDU	M. Chandu
43.	616159801043	MEDIDI SRAVANI	M. Sravani
44.	616159801044	MOHAMMAD IMAMUNNISA YASMEEN	M. I. yasmeen
45.	616159801045	MUNJARAPU MANISHA RANI	M. manisha rani
46.	616159801046	MUTYAM SATYA SURYA KALA	M. SURYA KALA
47.	616159801047	NALLAMILLI VIJAYA LAKSHMI	N. vijaya lakshmi
48.	616159801048	N MOUNIKA	N. mounika
49.	616159801049	NAKKA PRIYAPRATYUSHA	N. Priya Pratyusha

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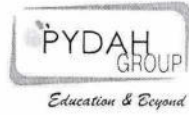
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50.	616159801050	NELAPATI NAGALAKSHMI	N. Nagalakshmi
51.	616159801051	NIMUSHAKAVI SRISAI DURGA LAKSHMI NIVYA	N. Srisai. durga Lakshmi Nivya
52.	616159801052	NUKALA ADIPARASAKTHI SARVANI	N.A. Sarvani
53.	616159801053	NUTALAPATI PRIYA MOUNIKA	N. Mounika
54.	616159801054	ORUGURI SUREKHA	O. SUREKHA
55.	616159801057	PANASA DEVI SSHA ANJANI	P.D. Ssha anjani
56.	616159801058	PENUMALA VINAY KUMAR	— Ab —
57.	616159801059	PERURI RAMYA SITA SUREKHA	P.R.S. Surekha.
58.	616159801060	POLAMURI VIJAY KUMAR	P. Vijay Kumar
59.	616159801061	POLNATI SWETHA PRIYANKA	P. Swetha priyanka
60.	616159801063	REKADI VINAY KUMAR	R. vinay Kumar
61.	616159801064	REPAKA LALITHA HYMA	Re. Alhyana
62.	616159801065	RUDRAKSHULA RENUKA DEVI	R. Renuka devi
63.	616159801066	SAKA MOUNIKA	S. Mounika
64.	616159801067	SEELAM DIVYA	S. Divya
65.	616159801068	SENAPATHI KHYATHI LEKHA	S. Lekha.
66.	616159801069	SIVAKOTI RAJESH	S. Rajesh

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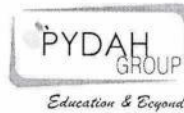
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67.	616159801070	SUNKARA NAVYA KRISHNA	J. N. Krishna.
68.	616159801071	SUNKARA RAJESH	S. Rajesh.
69.	616159801072	TADI SATYA VASAVI	T. Vasavi
70.	616159801075	VANKAYALA HARSHITA	V. Harshita
71.	616159801076	VITHANALA PRASANNA	V. Prasanna
72.	616159801077	VADDI SATYA SIVA RAMA KRISHNA VARA PRASAD	V. Venkatesh
73.	616159801078	VANAMU TARUN KUMAR	Ab
74.	616159801079	VASAMSETTI MANIKANTA	Manikanta
75.	616159801080	YALLA VEERAVENI	Y. Venkatesh
76.	616159801081	YANDAMURI DURGA BHAVANI	Y. Durga Bhavani
77.	616159801084	KOLLABATHULA LAKSHMI PARVATHI	K. Parvathi
78.	616159801085	VOLETI VIJAYA	V. Vijaya

N. Dablagi

Principal

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Program Report

Name of the Event:	A One day Program on Life Skills “Yoga and Education”
Date:	21.06.2018
Resource Person Details	
Name :	Mr. V.Thanos
Designation:	PET
Place:	V.S.Laxmi Engineering college Matlapalem Kakinada, E.G.Dist, A.P
Contact No	9640522445

✓ **No. of students Registered: 78**

The Pydah College of pharmacy conducted a special program on Life Skills on the occasion of YOGA DAY on 1.06.2018 at our college in Seminar hall. The program was initiated by our Principal with a motivational speech. After the speech the resource person spoke on how to maintain good health by practicing YOGA.

III B.Pharmacy students attend the Program. Our students maintained discipline and learned how yoga helps to keep good health. The session was concluded with the vote of thanks.

Objectives of Programme:

- To attain a higher level of consciousness.
- To practice mental hygiene.
- To enable the students to have good health.
- To possess emotional stability.
- To integrate moral activities.
- To integrate spiritual ability.
- To increases concentration and self-control.

Learning outcomes:

- Demonstrate yoga exercises and postures to stretch and strengthen the body.
- Demonstrate a well-known sequence in the correct order (i.e. sun salutation).

Topics Covered:

- Yoga increases your flexibility. ...

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Education & Beyond

- Yoga helps you to build strength. ...
- Yoga improves your posture. ...
- Yoga helps to keep your joints healthy. ...
- Yoga is a powerful mindfulness practice. ...
- Yoga reduces stress. ...
- Yoga lowers blood pressure. ...



Yoga guru explaining to students on 21.06.2018

B. Sivane Sree
Coordinator