



Shaneshwar Shikshan Prasarak Mandal's
V P COLLEGE OF PHARMACY, MADKHOL

Tal. Sawantwadi, Dist. Sindhudurg-416510 (Maharashtra)

ITE Code-3490

D. Pharmacy & B. Pharmacy

MSBTE Code-2010

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5.1.2 Capacity building and skills enhancement initiatives taken by the institution during the last five years

**LIFE SKILLS
(YOGA, PHYSICAL FITNESS, HEALTH AND
HYGIENE)**



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Ref: VPCOP/PRIN/A Y 2022-23/CIR-1

Date: 19.05.2023

CIRCULAR

On the occasion of Yoga Day, the Yoga & Meditation cell is organizing “**International Meditation Day**” on 21.05.2023 in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

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- All the HODs
- All the Faculties
- Training and Placement office
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- Administrative Officer
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BROCHURE

Life Skills On INTERNATIONAL MEDITATION DAY



Date: 21.05.2023

Organized by

Mrs Sunitha Joshi, Yoga Trainer

VP COLLEGE OF PHARMACY

Principal
VP College of Pharmacy, Madkhol
Tal. Sawantwadi, Dist. Sindhudurg



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ACTIVITY REPORT

Name of the Activity	Life Skills	
Type of Activity	International Meditation Day	
Date and Time of Activity	21.05.2023	09.30 am to 11.00 am
Details of Participants	135	
Resource Person	Mrs .Sunitha Joshi, Yoga Trainer	
Description	<p>VP College of Pharmacy was conducted International Meditation Day in our college premises on 21.05.2023. In this occasion students, teaching and non-teaching staff also actively participated in this program.</p> <p>In this our principal Dr. Shingade S. G. garu delivered a few words regarding the importance of yoga. In this these are some of the lines in speech "Yoga is that medicine that has the power to cure any disease of the Universe, even those which cannot be cured by the prescription of Doctor". Including Yoga in everyday life is one of the healthiest practice people can ever make. It not only makes you physically well but will calm your mind and soul."</p>	
Photos		

[Signature]

Principal

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Ref: VPCOP/PRIN/AY 2021-22/CIR-2


Date: 19.09.2022

CIRCULAR

This is to inform all the teaching staff and students that, there will be a Life skills program on “**National Physical fitness Day**” on 21.09.2022. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation.

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BROCHURE

Life Skills

On

NATIONAL PHYSICAL FITNESS DAY



Date: 21.09.2022

Organized by

Mrs. SUNITHA JOSHI, YOGA TRAINER

VP COLLEGE OF PHARMACY

Principal

VP College of Pharmacy, Madkhol
Tal. Sawantwadi, Dist. Sindhudurg



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ACTIVITY REPORT

Name of the Activity	Life Skills	
Type of Activity	National Physical fitness Day	
Date and Time of Activity	21.09.2022	10.30 AM to 12.30 PM
Details of Participants	120	
Resource Person	Mrs .Sunitha Joshi, Yoga Trainer	
Description	<p>VP College of Pharmacy has organized a one day training program on National Physical fitness Day to the students at the campus on 21/09/2022 from 10.30 A.M to 12.30 P.M . The principal has addressed the students about the importance of Physical Fitness in life. The workshop was headed by the resource person Mrs .Sunitha Joshi, Yoga Trainer. The main aim of the workshop was to provide awareness about physical fitness as an important tool to promote health. The program started at around 10.30 A.M in the morning and went on till 12.30 P.M. The instructors educated the participants on the role of food, water, sleep, mental health and immunity in the maintenance of physical fitness. In this session students were given hands on training on physical fitness. This was followed by a quiz about the best fitness strategy for individuals according to their personal requirements. The instructors then provided the participants with personal guidance regarding fitness.</p> <p>The training program ended with our respected Principal. He appreciated the commendable efforts taken by the college for initiating such a knowledgeable and informative session. The vote of thanks was given by the HOD of Physical fitness on the successful completion of the workshop.</p>	

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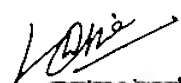
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Ref: VPCOP/PRIN/AY 2020-21/CIR-3

Date: 19.06.2021

CIRCULAR

This is to inform all the teaching staff and students that, there will be a Life skills program on “**International Yoga Day**” on 21.06.2021. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation.


PRINCIPAL
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Tal. Sawantwadi, Dist. Sindhudurg

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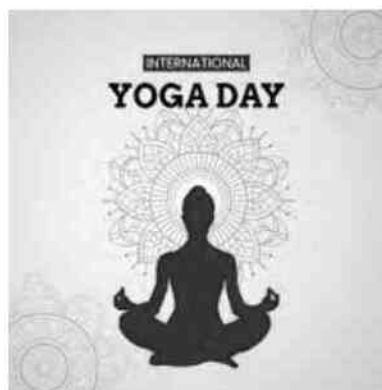
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BROCHURE

Life Skills
On

INTERNATIONAL YOGA DAY



Date:21.06.2021

Organized by

Mrs SUNITHA JOSHI ,YOGA TRAINER

VP COLLEGE OF PHARMACY

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ACTIVITY REPORT

Name of the Activity	Life Skills	
Type of Activity	International Yoga Day	
Date and Time of Activity	21.06.2021	10.00 AM
Details of Participants	105	
In collaboration with	Mrs .Sunitha Joshi, Yoga Trainer	
Description	<p>In the Occasion of The 5th International Day of Yoga was held in Ranchi, Jharkhand. Hon'ble Prime Minister Shri Narendra Modi led a crowd of over 40,000 people. The theme of the 5th IDY was 'Yoga for Heart'.</p> <p>VP College Of Pharmacy also conducted International Yoga Day in College premises on 21.06.2021.In this occasion students, teaching and non-teaching staff also actively participated in this program.</p> <p>In this our principal Dr. Shingade S. G. delivered a few words regarding the importance of yoga. In this these are some of the lines in speech "Yoga is that medicine that has the power to cure any disease of the Universe, even those which cannot be cured by the prescription of Doctor. Including Yoga in everyday life is one of the healthiest practice people can ever make. It not only makes you physically well but will calm your mind and soul."</p>	

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Ref: VPCOP/PRIN/AY 2019-20/CIR-4

Date: 20.06.2020

CIRCULAR

This is to inform all the teaching staff and students that, there will be a Life skills program on “**Stress Management by Yoga**” on 21.06.2020. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation.


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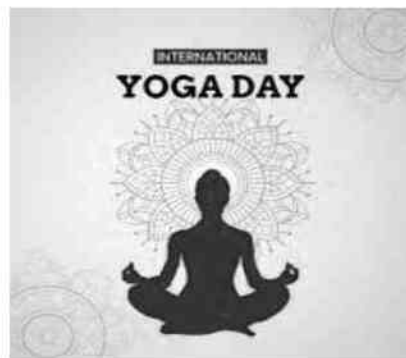
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BROCHURE

Life Skills
On

INTERNATIONAL YOGA DAY



Date: 21.06.2020

Organized by

Mrs SUNITHA JOSHI, YOGA TRAINER

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ACTIVITY REPORT

Name of the Activity	Life Skills	
Type of Activity	Stress Management by Yoga	
Date and Time of Activity	21.06.2020	10.30 AM
Details of Participants	110	
In collaboration with	Mrs .Sunitha Joshi, Yoga Trainer	
Description	<p>In the Occasion of The 4th International Day of Yoga was held in Dehradun, Uttarakhand led by Hon'ble Prime Minister Shri Narendra Modi with 50,000 volunteers. The theme for the 4th IDY was 'Yoga for Peace.'</p> <p>VP College Of Pharmacy also conducted Stress Management by Yoga in College premises on 21.06.2020. In this occasion students, teaching and non-teaching staff also actively participated in this program.</p> <p>In this our principal Dr. Shingade S. G. garu delivered a few words regarding the importance of yoga. In this these are some of the lines in speech "Yoga is that medicine that has the power to cure any disease of the Universe, even those which cannot be cured by the prescription of Doctor. Including Yoga in everyday life is one of the healthiest practice people can ever make. It not only makes you physically well but will calm your mind and soul".</p>	

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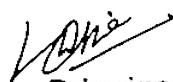
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Ref: VPCOP /PRIN/AY 2018-19/CIR-5

Date: 20.06.2019

CIRCULAR

This is to inform all the teaching staff and students that, there will be a Life skills program on **“International Yoga Day”** on 21.06.2019. Hence all the students are instructed to participate without fail and make the program success with your kind cooperation.


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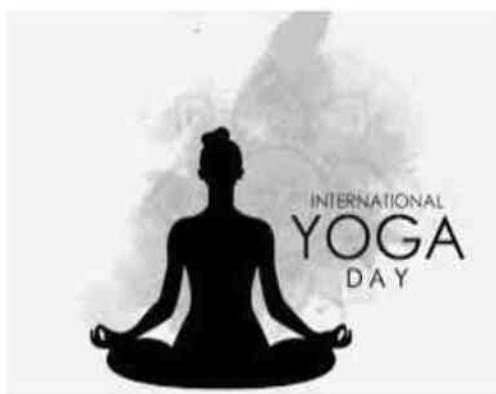
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Date: 21.06.2019

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ACTIVITY REPORT

Name of the Activity	Life skills	
Type of Activity	International Yoga Day	
Date and Time of Activity	21.06.2019	10.30 AM
Details of Participants	80	
In collaboration with	Mrs .Sunitha Joshi,Yoga Trainer	
Description	<p>.</p> <p>In the Occasion of The third International Day of Yoga was held on the 'Yoga for Health' theme. Hon'ble Prime Minister Shri Narendra Modi led a mass Yoga demonstration at Lucknow, where more than 51,000 yoga enthusiasts participated.</p> <p>VP College Of Pharmacy also conducted International Yoga Day in College premises on 21.06.2019.In this occasion students, teaching and non-teaching staff also actively participated in this program.</p> <p>In this our principal Dr. Shingade S. G. garu delivered a few words regarding the importance of yoga. In this these are some of the lines in speech "Yoga is that medicine that has the power to cure any disease of the Universe, even those which cannot be cured by the prescription of Doctor. Including Yoga in everyday life is one of the healthiest practice people can ever make. It not only makes you physically well but will calm your mind and soul.</p>	

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