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5.1.2(3): List of Life Skill Programme's organised during last five years.

S.No	Date	Name of the Life skill program
1.	13-05-23	Life skill program on Art of living
2.	25-03-22	Life skill program on Health and Hygiene
3.	21-06-19	Life skill program on Yoga for Heart
4.	21-06-18	Life skill program on Yoga for Peace

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Date: 08-05-2023

CIRCULAR

This is inform to all the faculty and students of Bapatla college of Pharmacy a Physical fitness Program-"Art of living" was conducted on 13-05-23 by senior trainer Sri D. Srinivasa Raju at our college. The students and faculty members should attend the session with out fail.

All the class coordinators are instructed to send the students to the seminar hall for smooth conducting of Program.

Venue: Bapatla College of Pharmacy

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Date: 16-05-2023

REPORT

Name of the Program: Physical fitness Program on" Art of Living"

Date: 13-05-23

Resource person details:

Name: Sri D. Srinivasa Raju

Designation: Trainer

Location: Bapatla

A one day Physical fitness Program was conducted in the area of "Art of Living" by Sri D. Srinivasa Raju on 13-05-23.

Sri D. Srinivasa Raju gave an insight into the theme of "Art of Living" and emphasized leading life with an improved health and happiness. Also elaborated on the importance of sudarshana kriya, which is a simple breathing exercise. Sudarshana kriya was considered as the soul of Art of Living. Physical fitness is a form of being a Healthy mental and Physical state that we work towards every day of our life.

Dr. T.E.G.K. Murthy, Principal of Bapatla college of Pharmacy thanked Sri D. Srinivasa Raju for sharing his knowledge to the students.

At the end of the Program Mr. K. Poorna chandra Rao addressed a vote of thanks to the speaker.

Program Coordinator

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Name of the event: Physical fitness Program on" Art of Living"

Date: 13-05-23

PARTICIPANTS LIST

S.no.	Name of the student	Year	Signature
1	4. Sinarah	mly	y. Smaide.
2	CH. Dhanny	mliv	CH Dhanny
3	CH. Xugandhar	111/11	Clf. yugandhar
4	K. Dinesh	1010	K. Dinesh.
5	Asha sree Meexala	<u> </u>	Ashar free Heesela.
6	M. Naga Devi	111/11	M. Naga Devi
7	1/ Suspina	III /IV	N. Sushana
8	P. Blessy lavanya.	111 111	P. Blerry lowers
9	P. Vyshnavi	III/IV	P. Vyshnavi
10	B. Brahmeswari	11/IV	B. Brahmeswari
11	D. Pooja Stavani	DID	Dpoofa Sravani
12	K. Hepsiba	UIV	R. Hepsiba
13	J. Rozitha Rani	III IV	J. Rositha Pani
14	k. Gayathreswari	IIIV	K. Gayathreswa
15	N. pranatto	TILLIV	N. Pomathi
16	RIVE Sumadhure	TI ID	D. V. L. Samadhuri
17	R. Nageswari	III	R. Nagoswani
18	O O	IN	G. Cowganya.
19	G. Sowjanya G. Teja suresh	TIV	Er Tejasuresh
20	k. Yashwanth	11/12	k. Yashwanth

21	N. Srikanth	III N. Srikanth.
22	Sk. Trivali	II/ W B. phar 8k. Too vale
23	CH. Rushitha	
24	D. prasanth?	Il IV Beham Ch. Rushitha
25	G. poravallika	II / Ivsphorm G. pravallika
26	K. Riya Sundani	II /WR. Pha K. Payer Ended
27	k. Aniali	II/ 12 B. Prano K. Angali
28	K. Yogitha	II B. pharm K. yogettia
29	M. Pallavi	II/IV B. Phaim M. Pallavi
30	N. Saivani	Itus. pharm N. Saivani
31	N. Tanmayi	The Biphoon N. Tanmayi
32	P. Swathi	TY B. Charm P. Swath.
33	P. popasandhya	1/1 B. Pharm P. Swathi.
34	5. Mery Hepsiba	IVIVB: phown s. mery hepsibo
35		
35	P. Reshma khan	2/MB: pharm P. Reshma khan

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ART OF LIVING PROGRAM-2023





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Date: 21-03-2022

CIRCULAR

This is inform to all the Female students and faculty of Bapatla college of Pharmacy has Planned to organize a Life Skill program on "Health and Hygiene" by Mrs. Nithya Choudary on 25-03-22. The students and faculty should attend the session with out fail.

The Program coordinator Dr. K. RajyaLakshmi will follow up the same.

Venue: Bapatla College of Pharmacy

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Date: 29-03-2022

REPORT

Name of the Program: A Life Skill Program on "Health and Hygiene"

Date: 25-03-22

Resource person details:

Name: Mrs. Nithya Choudary

Location: Bapatla

Ph.No: 9963395311

The Bapatla college of Pharmacy organizing a one day life skill Program in the area of "Health and Hygiene" by Mrs. Nithya Choudary for the female faculty and students on 25-03-22.

The Participants had the opportunity to learn about the Menstrual hygiene. At the end of the session students gain the informative knowledge related to Menstrual hygiene, food habits and mental health during menstrual period. All the students and faculty were actively participated in this event.

Dr. T.E.G.K. Murthy, Principal of Bapatla college of Pharmacy thanked Mrs. Nithya Choudary for sharing her knowledge to the students.

At the end of the Program, Dr. K. RajyaLakshmi addressed a vote of thanks to the speaker.

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Name of the event: A Life Skill Program on Health and Hygiene

Date: 25-03-22

PARTICIPANT LIST

S.no.	Name of the student	Year	Signature
1	M. nleketha	wliv	ja alochoolee
2	S. Anysha	wlex	S. Anuha.
3	J. Triveni	11/11	J. Triuni
4	A. Anu swetha	wiv	1. And swither
5	B. Srivalli	WIV	B. SYWALLI
6	B. Stavani	11/11	B. Stavani
7	B. Priyanka	N/IV	B. Priyanker.
8	G. Yamini		G. yamine
9	K. Troumala Doug.		K. Troumaly Deur
10	J. Maneesha		T. Maneesha.
11	k. Renuka chowdary	1V/1V Bpham	1 K. Remika chudny
12	k. Jaya lakshmi		ng k. Jayalakshmi
13	M. Divya.		M. Divya
14	M. Vy Shnavi	IV/IVB. Phari	m M. Vyshanavi
15	I. Varshitha	III/IVBPho	m M. vyshanari
16	A · sai paja	TII / TV B pha	M A · Sai puja
17	A. Roja	III LIV. B. Prai	n A Roja
18	B. Divya	III IIV · B. Phan	B. Divyou.
19	A. Tirushya	III/IV · B· phan	A Tirushya
20	D. Anusha.	III / N B phan	D. Anusho.
21	D. Gouri sri lakshmi		a D. Crowi Sri Lakshmi

22	G. Gayathri	3/48-pharm G. Gayathri
23	K. Rohini	III IV Biphan de Robini
24	k. Nimitha	FIL / D. B. Phan K. Nimither
25	J. Hema	1 / N. Ophan J. Hema
25	K. Kousalya devi	11/0.B. Ham k. Kousalya der
27	K. Srifriveni	II/IV. Borarm K. Shitriveni
28	m. Rhopa esther	II/II 13 phan m. Rhoda esthes
29	M · Sivani	II/IV B. Phasm M. SiVani
30	p. Harshitha	I/IV B. pharm p. Harshitha
31	P. Mounika	II LIV B. phon P. Mounika
32	p. Tejaswini	II/IV B. phar p. Jeja swini
33	M. sushma	II 1 & B. pharma M. Sushma
34	M. Keerthi	II IV B. pharma M. Keerthi
35	P. Manasa	II N B. phone P. marrisa
36	D. Pooj a sravani	II/IV B. Pharm p. pooja sravani
37	B. Chardra Kala	I/ VB. phasm B. Chandra kala
38	G. Teja	11/10 B. pharm G. Taja
39	CH-Sireesha	The B. pharm ch sircesho-
40	Gr. Grangothyl	II II B. Pharm G. Gangother

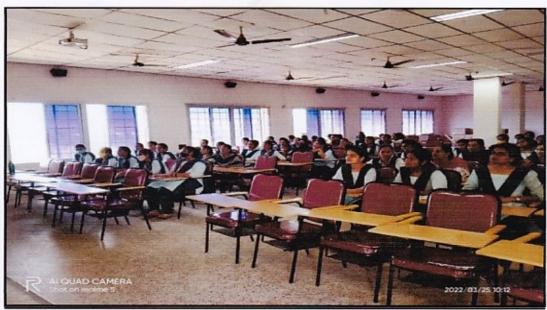
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Webinar on Menstrual Hygiene-2022





K Rajyalakshui Program Coordinator PRINCIPAL PRINCIPAL Bapatla College of Pharmacy Bapatla 522 101

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Date: 17-06-2019

CIRCULAR

This is inform to all the students and faculty of Bapatla college of Pharmacy that a Yoga Program theme - "Yoga for Heart" was conducted on 21-06-19 by Shaik Khadar Vali, Retired Govt. Employee and Yoga Teacher. The students and faculty members should attend the Program with out fail.

All the class coordinators are instructed to send the students to the seminar hall for smooth conducting of program.

Venue: Bapatla College of Pharmacy

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Date: 25-06-2019

REPORT

Name of the Program: A Yoga Program-"Yoga for Heart"

Date: 21-06-19

Resource person details:

Name: Shaik Khadar Vali

Designation: YogaTrainer

Location: Bapatla

A Yoga Program- "Yoga for Heart" was conducted in Bapatla College Pharmacy by Mr.Shaik Khadar Vali on 21-06-2019.

Shaik Khadar Vali and team members gave an insight into the theme of Yoga for Heart and explained the significance of Yoga in our daily life. The speaker also explain the benefits of Yoga as a part of their cardiac Rehab program showed significant improvements in blood flow and reduced cholesterol in blood. At the end of the Program some simple exercises such as Surya Namaskar were practiced by all the participants.

Dr. T.E.G.K. Murthy, Principal of Bapatla college of Pharmacy thanked Shaik Khadar Vali for sharing his knowledge to the students.

At the end of the Program, Dr. K. Ranjith addressed a vote of thanks to the speaker.

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Name of the event: A Yoga Program on - "Yoga for Heart"

Date: 21-06-19

PARTICIPANTS LIST

S.no.	Name of the student	Year	Signature
1	K. venkata Naga Lakshmi	III IV B. Phow	d. nertosta ragali
2	G. Bhargar		
3	A. Inkshni Seeddy	III AV. B. Dhav	G. Bharghi A. Inksthii
4	G-vinay Kumar		G. rinay kumar
5	V - Stavani	111/IV D. Phaim	
6	Gr. yogendra Nadh	III la Dolana	G- US a A
7	M. Naveen	TILLUP Phon	M. Naveen.
8	N. Rajesh.	WILL B. Chan	N. Rajesh
9	R. Hemanta Kumay	III III B. Phone	R. Hemanta Kumar
10	M. naga Samya		
11	N. Suji priya	W/W B J	Minaga saering
12	P. kaveri	mily B. plan	N. Suji priya. P. kaveri
13	3 K. Sardar sheema.	11- 0 PAULED	P' Kaveri
14	K. Baby Sravani	III/IV Biphp ros	St Pardar Shesener
15	J. Soukanth	III IV A. Chasm	G. Scikenth
16	CHI. Vinay Hanth	Wy B. Pharm	Ctl. Vinay Kanto
17	A. Venkata Sai	Illy B. Pharm	A. Venkala Jai
18	J. Koleswara Rao		
19	K. Sai Kaishna	IV R. Charm	J. Kolenborg Rap.
20	k. Sumanth	"II/IVB Pharm	K. Sumanth

21	G. Priyanka	4/W.B. Phan G.	Prinanka
22	J. maneesha	and the second s	· maneeshe
23	k. Divya.		Diya.
24	M. Sathvika		Sathvika
25	M. Usha Rani		1 ushe
26	N. Jyothsha	II (IRB. phom N	Proghene
27	k Syujana		Snigare
28	K. Tirunala Devi	FINB Pharm K.	
29	B. Davya	Iliu Beham B.	
30	B. sai phanya	DIV Bpham B. o	

Program Coordinator

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National Yoga Day Celebrations - 2019





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Date: 18-06-2018

CIRCULAR

Bapatla college of Pharmacy organizing a Yoga Program- "Yoga for Peace" on 21-06-18 by a Yoga Trainer Guru Shaik Khadar Vali. The students and faculty members should attend the Program with out fail.

All the class coordinators are instructed to send the students to the seminar hall for smooth conducting of program.

Venue: Bapatla College of Pharmacy

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Date: 26-06-2018

REPORT

Name of the Program: A Yoga Program-"Yoga for Peace"

Date: 21-06-18

Resource person details:

Name: Shaik Khadar Vali

Designation: Yoga Trainer

Location: Bapatla

A Yoga Program- "Yoga for Peace" was organized in Bapatla College Pharmacy by a Yoga Trainer Guru Shaik Khadar Vali on 21-06-2018.

The session began by welcoming Guests onto the dais. Our Principal gave a welcome note to the Yoga Trainer and explained the significance of the day. The Yoga Trainer Guru Shaik Khadar Vali demonstrated and practiced some warm up exercises, asanas and meditation by the students and staff.

Dr. T.E.G.K. Murthy, Principal of Bapatla college of Pharmacy thanked Shaik Khadar Vali Garu for the Healthy session.

At the end of the Program, Mr. K. Poorna chandra Rao addressed a vote of thanks to the speaker.

Program Coordinator

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Name of the event: A Yoga Program on - "Yoga for Peace"

Date: 21-06-18

PARTICIPANTS LIST

S.no.	Name of the student	Year	Signature
1	G. Ashok	IV (IVB-Pho	G. Ashok
2	A. Dingl	W/W R. Plan	A Diresh
3	A. Sai Supraja	W/WB. phase	A. Sai supraja
4	M. Prince	IV/IV B: Pharm	M. Prince
5	SK. Fayaz	IV/IVB phan	SK. fayaz
6	K. Pooja	1V/WB:Plann	
7	K. Dimpul		K. Dimpul
8	K. Vasanth	IVIEB phain	K. vasanth
9	T. J 40 thona	II/II pharm	T.J. Yothsna.
10	R. Sharmila	WWBpharm	P.Shamila.
11	M. Rachel Joy	II W & Pharm	Pacheljoy.
12	P. Devika		P. pend
13	P. Hima Bindu		P Hima Biodu
14	P. Murvay	III/V Biphan	P. Munvar.
15	P. Sahithi Sri		P. Salvillisi.
16	B. Meerajakshi	III y Bidian	B. Neevalandes.
17	D. Manasa	111 / LV & phane	B. Alcerapools. D. Hurya.
18	P. Szikar	INTO Sph	D. Paikar
19	N.V. SciTya		N.VS-izer
20	k-Akash	III AT Repharmen	

21	M. Aphinay	II LIV B. Phou M. Abhiman
22	V. Fauan Kuman	Page A Prese to
23	4. Tagodeton Reddy	Div B-ph y. Toqualegh
24	N. Chandy.	& B. B. ph. Veherely
25	ctl. Pusitha	11 Tw Behr Ch. prijitha
26	B. Tyohna	11/18 BPLa Typhy
27	E Sandhya	
28	J. Madhavi	Il/IV B Phy E Sansy Il/IV Bph J. Manhe W
29	K. Pavani sai dugna	IMBAL K.P.S Durge
30	M. V. N. S Kiramai	I/I BPhum Kiramal

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National Yoga Day Celebrations - 2018





Program Coordinator

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