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Shri Dhaneshwari Manav Vikas Mandal's

SVP COLLEGE OF PHARMACY

(D.Pharm & B.Pharm)

At. Hatta Tq. Basmath Dist. Hingoli (M.S.) 431705

Ref: SVP/PRIN/2023/CIR001

Date: 5/18/2023

CIRCULAR

The Yoga & Meditation cell of SVP College of Pharmacy 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.

COPY TO:

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- All the HODs
- All the Faculties
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Hatta, Tq. Basmath Dist. Hingoli

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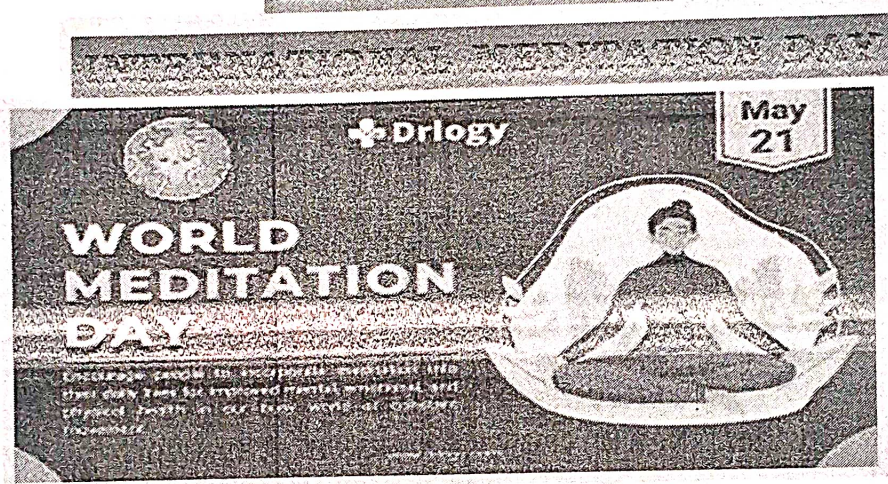
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BROCHURE

LIFE SKILLS PROGRAM



Date: 21/05/2023

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S.V.P. COLLEGE OF PHARMACY (D.PHARM/B.PHARM)

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(D.Pharm & B.Pharm)

At. Hatta Tq. Basmat Dist. Hingoli (M.S.) 431705

ACTIVITY REPORT

Name of the Activity	International Meditation day	
Type of Activity	Life Skills	
Date and Time of Activity	5/21/2023	10:00AM
Details of Participants	25	
Resource Person	Muneshwar P.D	
Description	<p>On May 21, 2023, SVP College of Pharmacy celebrated International Meditation Day, fostering life skills among its students. The event commenced at 10:00 am with an atmosphere of tranquility enveloping the campus. Students, faculty, and staff gathered to partake in a series of mindfulness activities aimed at enhancing mental well-being. The day began with a guided meditation session, led by experienced practitioners, creating a serene environment conducive to self-reflection. Various meditation techniques were explored, accommodating both beginners and seasoned practitioners. Additionally, informative sessions on the benefits of meditation in improving focus, reducing stress, and enhancing overall cognitive function were conducted. The event not only emphasized the importance of meditation as a life skill but also provided a platform for participants to share their experiences and insights. The college grounds transformed into a hub of positive energy, promoting holistic well-being. As the clock struck noon, participants emerged rejuvenated and armed with newfound tools for managing the demands of academic and personal life. The International Meditation Day at SVP College of Pharmacy proved to be a transformative experience, nurturing essential life skills and reinforcing the importance of mindfulness in the pursuit of academic and personal excellence.</p>	

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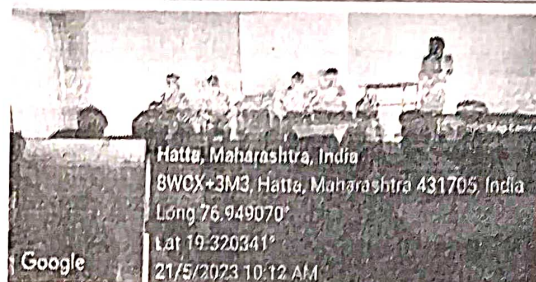
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Photos



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SVP COLLEGE OF PHARMACY**(D.Pharm & B.Pharm)**

At. Hatta Tq. Basmath Dist. Hingoli (M.S.) 431705

International Meditation day
LIST OF PARTICIPANTS

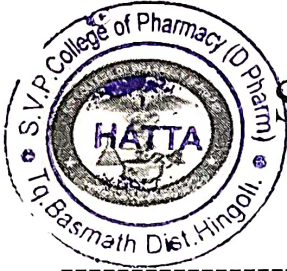
SR NO	ROLL NO	NAME OF THE STUDENTS	SIGNATURE OF THE STUDENTS
1.	1	BALKHANDE PRATHAMESH SANJAY	<u>Prathamesh</u>
2.	2	BALKHANDE SUSHANT MANOJ	<u>Balkhande</u>
3.	3	BEDRE PRATIK VISHWANATH	<u>Pratik</u>
4.	4	BELE AMOL GANGARAM	<u>Amol</u>
5.	5	BHADRE VAIBHAV DHONDIRAM	<u>Vbhave</u>
6.	6	BHUKTAR SHITAL SHIVAJI	<u>Shital</u>
7.	7	CHATSE TUSHAR TRYAMBAK	<u>Tushar</u>
8.	8	CHAVAN SANTOSH GULAB	<u>Chavan</u>
9.	9	CHAVHAN PAYAL SHANKAR	<u>Pshavhad</u>
10.	10	DAGDU AKSHAYA GOVIND	<u>Agshady</u>
11.	11	DHOKANE PRAJWAL VITTHAL	<u>Prajwal</u>
12.	12	FULARI AMIT BHANUDAS	<u>Amit</u>
13.	13	GAVHANE NIKITA SANTOSH	<u>Nikita</u>
14.	14	GHANDARE VAISHNAVI VIJAY	<u>Vghandare</u>
15.	15	GHENEKAR MOHAN SOPAN	<u>Gghenekar</u>
16.	16	GHUGE AARTI NARAYAN	<u>Aarti</u>
17.	17	GIRGAONKAR SUPRIYA VIJAYKUMAR	<u>Supriya</u>
18.	18	GODBOLE HARSHADA PRADEEP	<u>Harshada</u>
19.	19	GORE ANJALI ANAND	<u>Ghore</u>
20.	20	HUDEKAR DHANRAJ RAMRAO	<u>Dhanraj</u>
21.	21	INGALE SHRIRAM VISHNUPANT	<u>Shriram</u>
22.	22	JADHAV YUVRAJ UTTAMRAO	<u>Yuvraj</u>
23.	23	JAMDHADE AJAY MAROTI	<u>Ajay</u>
24.	24	JATALE RUTIK GORAKHNATH	<u>Rutik</u>
25.	25	JAWALE DIPAK GIRDHARI	<u>Dipak</u>

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Ref: SVP/PRIN/2022/CIR002

Date: 9/18/2022

CIRCULAR

The Yoga & Meditation cell of SVP College of Pharmacy is organizing **"National Physical fitness 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.

COPY TO:

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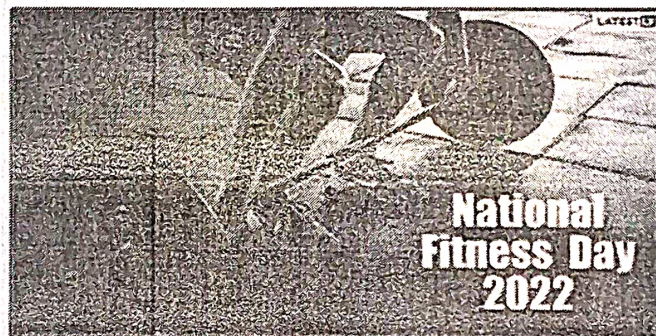


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LIFE SKILLS PROGRAM



Shree Dhaneshwari Manav Vikas Mandal's

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SVP COLLEGE OF PHARMACY**(D.Pharm & B.Pharm)**

At. Hatta Tq. Basmat Dist. Hingoli (M.S.) 431705

ACTIVITY REPORT

Name of the Activity	National Physical fitness Day	
Type of Activity	Life Skills	
Date and Time of Activity	9/21/2022	10:00AM
Details of Participants	32	
Resource Person	Kauthekar V.R	
Description	<p>On September 21, 2022, SVP College of Pharmacy enthusiastically observed National Physical Fitness Day, championing the integration of life skills into the academic environment. The day commenced with an invigorating assembly at 8:00 am, bringing together students, faculty, and staff in a collective commitment to prioritize physical well-being. The event featured a series of fitness activities, ranging from yoga sessions and group workouts to informative workshops on nutrition and holistic health. Students actively participated in sports competitions, fostering a spirit of camaraderie and teamwork. The college's sports facilities buzzed with energy as participants engaged in various physical challenges, promoting the importance of an active lifestyle. Health experts and fitness enthusiasts delivered insightful talks on the significance of maintaining physical fitness for overall well-being and academic success. The event underscored the college's dedication to cultivating a holistic educational experience, recognizing the symbiotic relationship between physical health and academic achievement. As the sun set on National Physical Fitness Day, SVP College of Pharmacy echoed with the collective resolve to prioritize and uphold a culture of wellness, equipping students with essential life skills to navigate the challenges of both academic and personal spheres.</p>	
Photos		

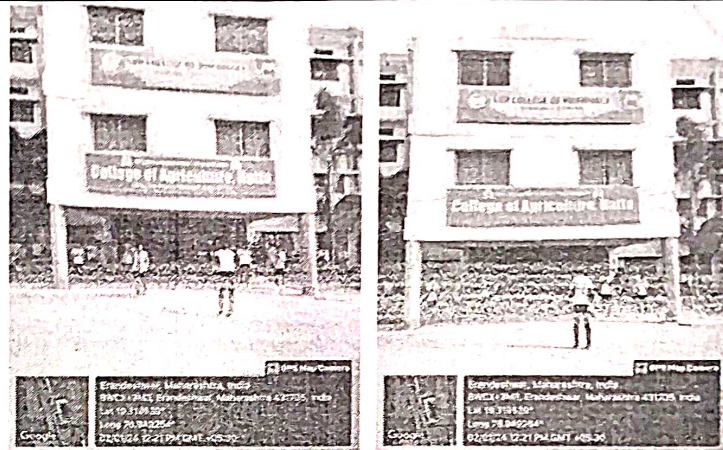
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National Physical fitness Day LIST OF PARTICIPANTS

SR NO	ROLL NO	NAME OF THE STUDENTS	SIGNATURE OF THE STUDENTS
1.	1	KADAM VEDANT PRATAP	<u>Vkadap</u>
2.	2	KALE NAVNATH RAMPRASAD	<u>Navnath</u>
3.	3	KALE RITESH PRASHANT	<u>Ritesh</u>
4.	4	KALE RUTIKA VITHAL	<u>Rutika</u>
5.	5	KAMBLE AVINASH MADHAV	<u>Avinash</u>
6.	6	KANCHANGIRE OMKAR GORKHANATH	<u>Omkar</u>
7.	7	KAPURE ROHIT SANJAY	<u>Rohit</u>
8.	8	KARHALE AJINKYA AMBADAS	<u>A.A.</u>
9.	9	KHADE MUKESH SHESHARAO	<u>Mukesh</u>
10.	10	KHADE SANJIVANI KAILAS	<u>Sanjivani</u>
11.	11	KHANDARE PAYAL SIDDHARTH	<u>Payal</u>
12.	12	KHARATE SHIVANI BALAJI	<u>Shivani</u>
13.	13	KHARATE SHIVANI BALAJI	<u>Shivani</u>
14.	14	KIRTANE NAGESHANI ANIL	<u>Nageshani</u>
15.	15	KUSALE RITESH BHAGAWAN	<u>Ritesh</u>
16.	16	LANDGU ANJALI SUBHASHSA	<u>Anjali</u>
17.	17	MALHARE SAIKIRAN BHAGURAO	<u>Saikiran</u>
18.	18	MANWAR SONALI GANESH	<u>Sonali</u>
19.	19	MOHAMMED ARIB MOHAMMED AKBAR	<u>M.A.M.A.</u>
20.	20	MUKHAMAHALE TEJAS PANDURANG	<u>Tejas</u>
21.	21	MUTKULE SHIVSHANKAR PRABHAKAR	<u>Shivshankar</u>
22.	22	NAGRE ANITA MADHAVRAO	<u>Anita</u>
23.	23	NAVGHARE GANGADHAR VITTHAL	<u>Gangadhar</u>
24.	24	PATANGE SHARDA NAVNATHRAO	<u>Sharda</u>
25.	25	PATHAN AFTABKHAN ZAFARKHAN	<u>P.A.A.Z</u>

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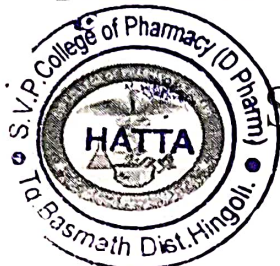
26.	26	PATIL KRUSHNA MAROTRAO	<u>Patil Krushna.</u>
27.	27	PRACHAND SANTOSH SHRINIVAS	<u>Santosh</u>
28.	28	RAKHONDE CHANDRAKANT PANDURANG	<u>Chandrakant.</u>
29.	29	RAKHONDE DURGA VIJAY	<u>Durga.</u>
30.	30	RAKHONDE GAJANAN GANESHRAO	<u>Gajanan.</u>
31.	31	RAKHONDE PALLAVI PRASAD	<u>Pallavi.</u>
32.	32	RAKHONDE SHIVKANYA MUNJAJI	<u>Shivkanya.</u>

Shivkanya
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At. Hatta Tq. Basmath Dist. Hingoli (M.S.) 431705

Ref: SVP/PRIN/2021/CIR003

Date: 6/18/2021

CIRCULAR

The Yoga & Meditation cell of SVP College of Pharmacy is organizing "International Yoga 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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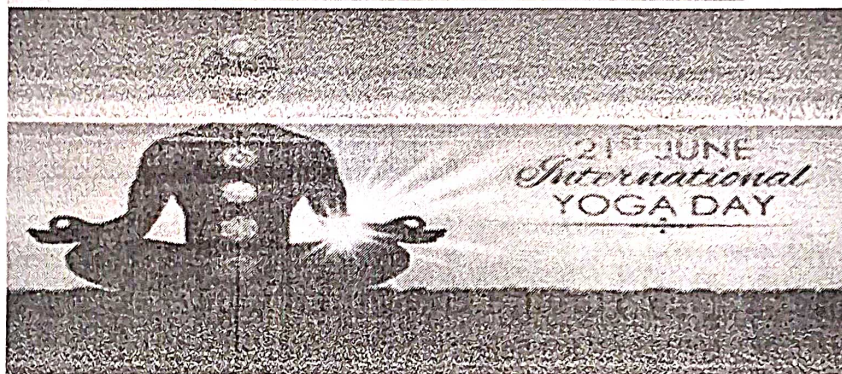
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LIFE SKILLS PROGRAM



Date: 21/06/2021

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ACTIVITY REPORT

Name of the Activity	International Yoga Day	
Type of Activity	Life Skills	
Date and Time of Activity	6/21/2021	10:00AM
Details of Participants	23	
Resource Person	Kauthekar V.R	
Description	<p>On June 21, 2021, SVP College of Pharmacy dedicated its morning to the celebration of International Yoga Day, recognizing the profound impact of yoga in fostering life skills among students. Commencing at 10:00 am, the college grounds became a vibrant hub where students, faculty, and staff gathered for a series of yoga sessions led by experienced instructors. These sessions, encompassing various yoga forms and catering to practitioners of all levels, included mindful breathing exercises, asanas, and meditation, promoting physical fitness, mental clarity, and emotional balance. Beyond the yoga sessions, the college organized informative workshops on the philosophy and principles of yoga, emphasizing its timeless relevance in contemporary life. Experts shared insights on seamlessly incorporating yoga into daily routines, both on and off the mat, for a more balanced and fulfilling life. The celebration of International Yoga Day at SVP College of Pharmacy exemplified the institution's commitment to nurturing not only academic excellence but also the holistic development of its students, equipping them with invaluable life skills for a well-rounded future.</p>	
Photos		

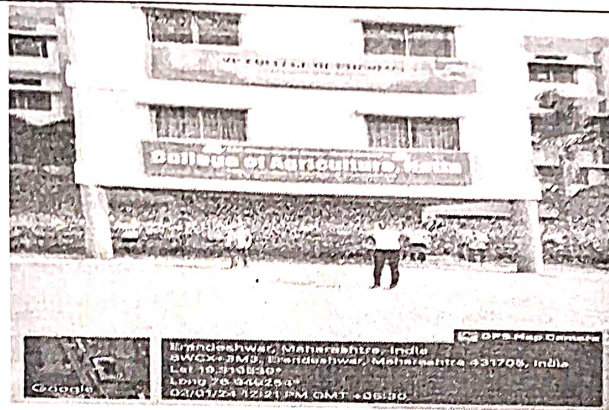
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SVP COLLEGE OF PHARMACY**(D.Pharm & B.Pharm)**

At. Hatta Tq. Basmath Dist. Hingoli (M.S.) 431705

International Yoga Day
LIST OF PARTICIPANTS

SR NO	ROLL NO	NAME OF THE STUDENTS	SIGNATURE OF THE STUDENTS
1.	1	ABDAGIRE POOJA SANJAY	<u>Apooja</u>
2.	2	ARU MAHESH BABAN	<u>manesh</u>
3.	3	BALGAR SHRINIVAS RAMCHANDRA	<u>shrinivas</u>
4.	4	BIJALGAVE SHUBHAM MADHAVRAO	<u>Shubham</u>
5.	5	BURREWAR JAYSHRI MOHAN	<u>Jayshri</u>
6.	6	CHAVAN SHIVAM PRABHAKAR	<u>shivam</u>
7.	7	DHABADGE AADESH SHIVAJIRAO	<u>AA desh</u>
8.	8	GUPTA ABHISHEK KEDARNATH	<u>Abhishek</u>
9.	9	HERE DURGA SONBA	<u>Durga</u>
10.	10	INGLE KALYANI UKANDA	<u>Kalyani</u>
11.	11	KACHAVE AKASH GOPALRAO	<u>Akash</u>
12.	12	MANOHARE ANKUSH GOUTAM	<u>Ankush</u>
13.	13	MASKE RAJAN MOHANRAO	<u>Rajan</u>
14.	14	MOHAMMED UMER MAZ AHMED MOHSIN AHMED	<u>M.U.M.A.</u>
15.	15	MUTTALWAD KOMAL ANANT	<u>Komal</u>
16.	16	PANPATTE RUTIK RAVIKANT	<u>Rutik</u>
17.	17	PAWAR DEEPTI DHONDIBARAO	<u>Deepti</u>
18.	18	PENDHARE VILAS VISHWANATH	<u>vilas</u>
19.	19	RAYAN AHMED KHAN MOHSIN KHAN	<u>mohsin</u>
20.	20	SHINDE GAJANAN RANGNATHRAO	<u>Gajanan</u>
21.	21	TELGAD VAIBHAV BALASAHEB	<u>Vaibhav</u>
22.	22	THORAT GAURAV UDHAV	<u>Gaurav</u>
23.	23	VIBHUTE VISHWAJEET RAMESHWAR	<u>Vishwajeet</u>

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At. Hatta Tq. Basmath Dist. Hingoli (M.S.) 431705

Ref: SVP/PRIN/2020/CIR004

Date: 6/18/2020

CIRCULAR

The Yoga & Meditation cell of SVP College of Pharmacy is organizing **"Stress Management by Yoga"** 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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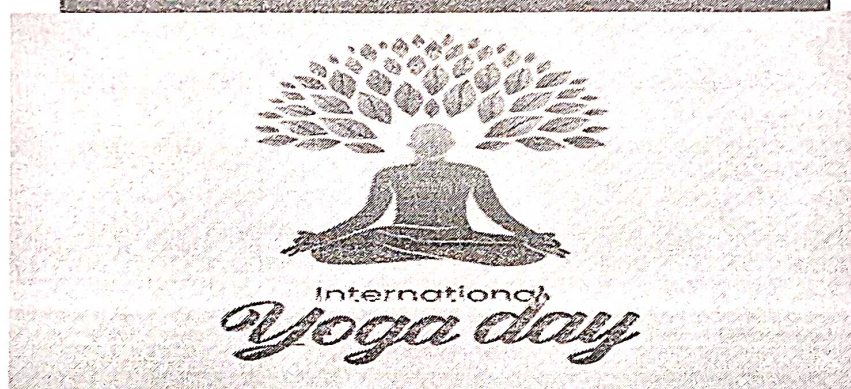
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LIFE SKILLS PROGRAM

STRESS MANAGEMENT BY YOGA



Date: 21/06/2020

Shree Dhaneshwari Manav Vikas Mandal's

S.V.P. COLLEGE OF PHARMACY (D.PHARM/B.PHARM)

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ACTIVITY REPORT

Name of the Activity	Stress Management by Yoga	
Type of Activity	Life Skills	
Date and Time of Activity	6/21/2020	10:00AM
Details of Participants	30	
Resource Person	Kauthekar V.R	
Description	<p>On June 21, 2020, at 10:00 am, SVP College of Pharmacy hosted a transformative event, "Stress Management by Yoga," seamlessly integrating life skills into the academic environment. The college grounds transformed into a haven of serenity as students, faculty, and staff engaged in expert-led sessions featuring calming asanas, breathing exercises, and meditation techniques. These practical tools aimed at providing effective stress relief, emphasizing not only the physical benefits of yoga but also its profound impact on mental well-being. In addition to the physical practices, workshops and informative sessions explored the science behind stress management through yoga, shedding light on the physiological and psychological benefits of a regular practice. The event fostered an open dialogue on stress-related challenges, creating a supportive atmosphere where participants shared personal experiences and coping strategies. This holistic approach extended to discussions on seamlessly integrating yoga into daily routines for sustained well-being, exemplifying SVP College of Pharmacy's commitment to equipping its community with essential life skills for both academic and personal success.</p>	

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Photos





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At. Hatta Tq. Basmat Dist. Hingoli (M.S.) 431705

Stress Management by Yoga LIST OF PARTICIPANTS

SR NO	ROLL NO	NAME OF THE STUDENTS	SIGNATURE OF THE STUDENTS
1.	1	AGHAV VARSHA HANUMAN	<u>Varsha</u> .
2.	2	AMBHORE SHREYA SHIVAJI	<u>Shreya</u> .
3.	3	ANSARI TANZILA ANJUM ANSARI MOHAMMAD GAUS	<u>Tanzila</u> .
4.	4	BHALERAO KOMAL MAROTI	<u>Komal</u> .
5.	5	BHALERAO RAM KESHAVRAO	<u>Ram</u> .
6.	6	BHALERAO VISHAL VILAS	<u>Vishal</u> .
7.	7	BHAVAR SANJANA BHIMRAO	<u>Sanjana</u> .
8.	8	BHOSLE DNYANESHWAR MOTIRAM	<u>Dnyaneshwar</u> .
9.	9	CHAVAN VIJAY ANIL	<u>Chavan</u> .
10.	10	CHINCHOLE OM RAVINDRA	<u>Chinchole</u> .
11.	11	DANDE PAVAN VISHNU	<u>Pavan</u> .
12.	12	DARADE NAGESH BABARAO	<u>Nagesh</u> .
13.	13	DESHMUKH ASHVINI BABANRAO	<u>Ashvini</u> .
14.	14	DESHMUKH KRUSHNA SUDHAKAR	<u>Krushna</u> .
15.	15	DESHMUKH SURAJ SATISH	<u>Suraj</u> .
16.	16	DHAMANKAR RUSHIKESH SANJAY	<u>Rushikesh</u> .
17.	17	DHEPE SANIKA BHAUSAHEB	<u>Sanika</u> .
18.	18	DHOTRE SHREEKRUSHNA GANESH	<u>Dhotre</u> .
19.	19	DUDHAMBE SAINATH MAROTI	<u>Sainath</u> .
20.	20	GADADE VISHAL SAHEBRAO	<u>Vishal</u> .
21.	21	GAIKWAD MANISHA SAMBHAI	<u>Manisha</u> .
22.	22	GAWANDE SAINATH SANDIP	<u>Sainath</u> .
23.	23	GHODKE SAKSHI NAGESH	<u>Sakshi</u> .
24.	24	GUTTE SHITAL TUKARAM	<u>Shital</u> .
25.	25	HADE NIKITA VILAS	<u>Nikita</u> .
26.	26	HAGE VISHAL GAJANAN	<u>Vishal</u> .
27.	27	HAKI KIRAN KHUSHAL	<u>Kiran</u> .
28.	28	HAMDE DEVASHISH DIGAMBAR	<u>Devashish</u> .
29.	29	HARKAL VAIBHAV RAMESH	<u>Vaibhav</u> .

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30.	30	HIRALKAR OM DIPAK	<u>OM</u>
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Shri Dhaneshwari Manav Vikas Mandal's

SVP COLLEGE OF PHARMACY

(D.Pharm & B.Pharm)

At. Hatta Tq. Basmath Dist. Hingoli (M.S.) 431705

Ref: SVP/PRIN/2019/CIR005

Date: 6/18/2019

CIRCULAR

The Yoga & Meditation cell of SVP College of Pharmacy is organizing **"International Yoga 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.

COPY TO:

- IQAC
- All the HODs
- All the Faculties
- Administrative Officer
- Notice Boards

Chirami
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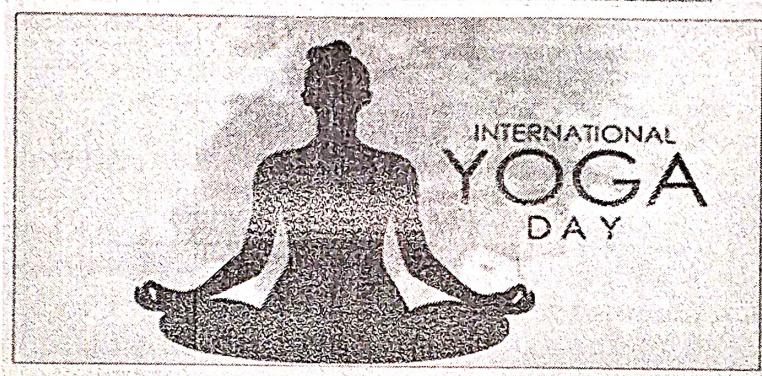
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BROCHURE

LIFE SKILLS PROGRAM



Date: 21/06/2019

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Approved by PCI/AICTE/DTE/Maharashtra/Affiliated by MSBTE Mumbai/SRTMU Nanded

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ACTIVITY REPORT

Name of the Activity	International Yoga Day	
Type of Activity	Life Skills	
Date and Time of Activity	6/21/2019	10:00AM
Details of Participants	24	
Resource Person	Kauthekar V.R	
Description	<p>On June 21, 2019, at 10:00 am, SVP College of Pharmacy embraced the celebration of International Yoga Day, intertwining the practice with the development of life skills among its students. The college campus buzzed with positive energy as students, faculty, and staff converged for a series of expert-led yoga sessions. The event, designed to promote physical well-being and mental resilience, featured diverse yoga forms, including asanas, meditation, and breathing exercises. Beyond the physical benefits, participants engaged in workshops elucidating the holistic advantages of yoga for stress management, focus enhancement, and overall life skills cultivation. The celebration extended beyond the mat, fostering a sense of community as attendees shared experiences and insights. SVP College of Pharmacy's observance of International Yoga Day underscored its commitment to nurturing not only academic excellence but also the holistic development of individuals, providing them with valuable life skills for a balanced and fulfilling future.</p>	

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International Yoga Day
LIST OF PARTICIPANTS

SR NO	ROLL NO	NAME OF THE STUDENTS	SIGNATURE OF THE STUDENTS
1.	1	BHANDEWAD POOJA GANGADHAR	<u>Pooja</u>
2.	2	BHISE DNYANESHWAR PANDURANG	<u>Dnyaneshwar</u>
3.	3	CHAVAN AJAY MANSING	<u>Ambavan</u>
4.	4	GAYKI PRANJALI NILKANTHRAO	<u>Pranjali</u>
5.	5	JADHAV RAHUL UDHAVA	<u>Rahul</u>
6.	6	JAGTAP RAJESH SHIVAJIRAO	<u>Rajesh</u>
7.	7	KADAM MAYURI ANANT	<u>Mayuri</u>
8.	8	LAMTURE PRIYANKA RAMESH	<u>Priyanka</u>
9.	9	PHATALE RUPALI SURYAKANT	<u>Rupali</u>
10.	10	POLE SEEMA MADHAV	<u>Seema</u>
11.	11	PURI YOGESH NARAYAN	<u>Yogesh</u>
12.	12	SHINDE DIGAMBER KISAN	<u>Digamber</u>
13.	13	SHINDE POOJA GOVINDRAO	<u>Pooja</u>
14.	14	SONONE VITTHAL SARJERAO	<u>Vitthal</u>
15.	15	SYED MEER ASAD ALI SYED MEER AZHAR ALI	<u>S.M.A.S.M.</u>
16.	16	UNHALE KRUSHNA NARHARI	<u>Krushna</u>
17.	17	VIDYA KANHOJIRAO MURULKAR	<u>Vidya</u>
18.	18	WAGHMARE PALLAVI MOTIRAM	<u>Pallavi</u>
19.	19	ALANE YASHWANT RAMESH	<u>Yashwant</u>
20.	20	ARSULE SHIVDAS BHAGWANRAO	<u>Shivdas</u>
21.	21	AWCHAR SAMRATH DNYANOBA	<u>Samrath</u>
22.	22	BARGE HARSHADA BAPURAO	<u>Harshada</u>
23.	23	BHOSLE MAROTI RAMESHWAR	<u>Maroti</u>
24.	24	BHOYAR NIKITA SARJERAO	<u>Nikita</u>

Suvami

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