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# 5.1.3 Capacity building and skills enhancement initiatives taken

# by the institution

# Life skills

SI No	Name of the Document	Link the Document
1	Awareness on Covid-19 Vaccination at Gunjur	Click here
2	International Yoga Day-Yoga at home and Yoga with Family	Click here
3	GYM Facility	Click here

# For the Year

# 2020-2021





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# AWARENESS ON COVID-19 VACCINATION -GUNJUR PALYA VILLAGE-2021

15/02/2021

Coror



Krupanidhi Collage of Pharmacy No. 12/1 Chikkaballandur. Carmelaram Post, Varhiu Hebli, Bengaluru - 550 035, Karnataka, INDIA.





Date: 10/02/2021

#### **CIRCULAR**

All the teaching, non-teaching staff and students are hereby informed that the NSS unit of Krupanidhi College of Pharmacy is Organising Awareness on Covid -19 at Government Secondary School in Gunjur Palya Village on 15<sup>th</sup> February 2021

We look forward for the active participation of teachers and students in this Campaign.

Agenda: Awareness on Covid -19 Vaccination at Gunjur Palya Village- 2021

Dr. Rajendra S.V.



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#### REPORT ON COVID-19 AWARENESS AT GUNJUR GOVERNMENT SCHOOL, 2021

#### It's in our hands. Let's take care of each other. -Green Peace

The NSS Team of Krupanidhi College of Pharmacy conducted an awareness programme on Covid -19 designed to create and bring about awareness on Covid-19. Students of Pharm D and **B** Pharm took part in this event and strived to make this awareness a great success.

The inaugural speech was given by Professor Prakash V Mallya who conveyed to the youngsters the way they can motivate people to face this pandemic, Dr. M D Karvekar emphasized on the safety protocols to be taken to prevent the spread of Covid-19 and Principal in charge Dr. S V Rajendra encouraged the team to give their little to the society. The event was conducted and organised by Prof. Saifulla, Mrs. Ashwini Alur, Dr. Muttu Kumar, Dr Abhisha and Dr Binay Gupta. The students took part in a rally to spread awareness on Covid-19 after the inauguration programme.

On 15<sup>th</sup> February,2021 the NSS team visited the Gunjur Government School and a Sapling Plantation Programme was held at the school premises. The purpose of this activity was to motivate and educate young children the importance of trees in contributing to air purity and water conservation.

The session was concluded with vote of thanks by Prof. Saifulla. The students and the faculty part of the NSS team worked effortlessly in making the awareness programme on Covid-19 2021 a huge success.



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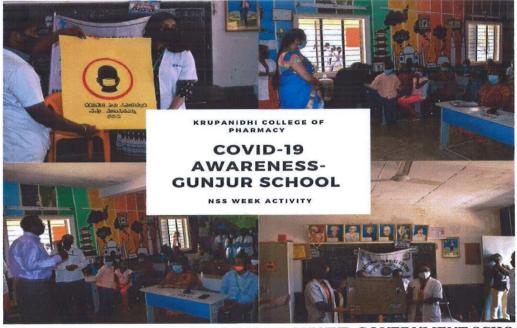
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Inagural session by Prof Prakash V Mallya



**COVID -19 AWARENESS PROGRAMME AT GUNJUR GOVERNMENT SCHOOL** 



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**COVID -19 AWARENESS PROGRAMME AT GUNJUR GOVERNMENT SCHOOL** 



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#### AWARENESS ON COVID -19 VACCINATION AT GOVERNMENT HIGHER SECONDARY SCHOOL - PARTICIPANTS LIST

SLNO	STUDENT NAME	COURSE
1.	Jane Nisha Soans	III PHARM D
2.	Keerthana MM	III PHARM D
3.	Lavanya M	III PHARM D
4.	Lomash Timsina	III PHARM D
5.	Moulidharan R	III PHARM D
6.	Niharika S Shetty	III PHARM D
7.	Nischal Agrawal	III PHARM D
8.	Pavan Kumar K	III PHARM D
9.	Poluri Srimadhurmayi	III PHARM D
10.	SM Poornachandra	III PHARM D
11.	Sreshi Kumari	III PHARM D
12.	A Angelin Kiruba	III B. PHARM
13.	Abilash A	III B. PHARM
14.	Acksa Thomas	III B. PHARM
15.	Ajithkumar R	III B. PHARM
16.	Akshaykumar K V	III B. PHARM
17.	K Monica	III B. PHARM
18.	Kavya S M	III B. PHARM
19.	Kavyasree R	III B. PHARM
20.	Kishore C	III B. PHARM
21.	Kogileshwari S	III B. PHARM
22.	Lalithkumar M	III B. PHARM
23.	Lavanya M	III B. PHARM
24.	Logabharani K	III B. PHARM
25.	Manu Kumar S	III B. PHARM
26.	Mir Raza Abbas	III B. PHARM
27.	Monisha S	III B. PHARM
28.	Mukesh Kumar Rauniya	III B. PHARM
29.	Mukesh Thakur	III B. PHARM
30.	Murali B	III B. PHARM
31.	M Subam lal	IV B. PHARM
32.	Madhura M Bose	IV B. PHARM
33.	Maithili sinha	IV B. PHARM
34.	Malsawmtlugi sailo	IV B. PHARM
35.	Maria Danish alwin	IV B. PHARM
36.	Mathew savio	IV B. PHARM
37.	Milan bahadur	IV B. PHARM
38.	Mir mujtava abbas	IV B. PHARM
39.	Chaitra Chandran	I PHARM D

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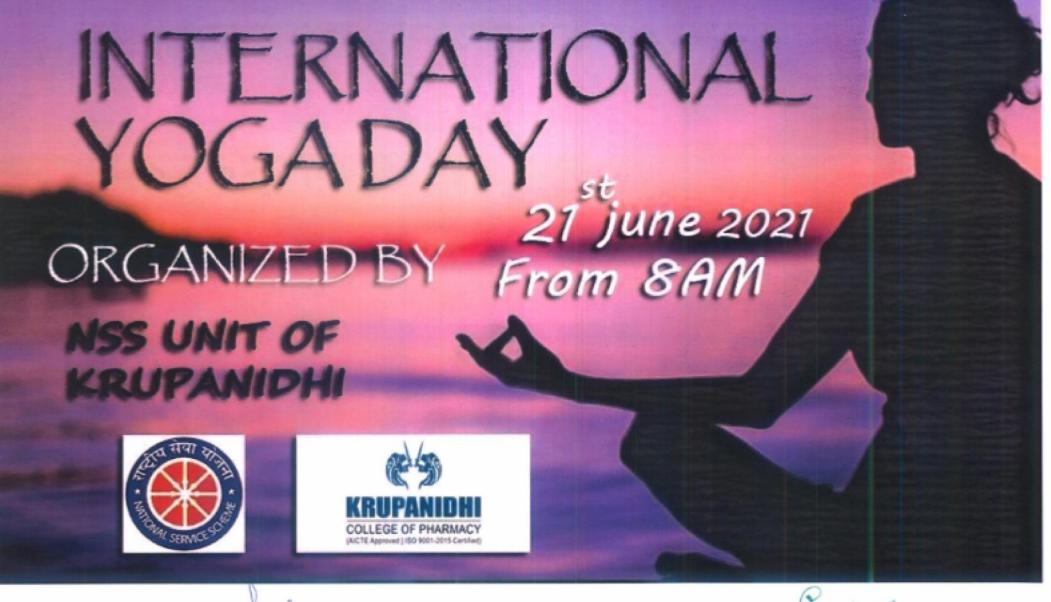




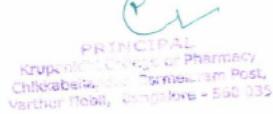
40.	M Christina Bala Priya	I PHARM D
41.	Harish B	I PHARM D
42.	Jeen Suvitha	I PHARM D
43.	Sekhar Sharma	I PHARM D
44.	R. Keerthishree	I PHARM D
45.	Kruthika T	I PHARM D



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Date: 17/06/2021

#### **CIRCULAR**

All the teaching, non-teaching staff and students are hereby informed that the NSS unit of Krupanidhi College of Pharmacy is Organising the International Yoga Day celebrations in association with Patanjali Yoga Samithi at Krupanidhi college of Pharmacy on 21st June 2021

We look forward for the active participation of teachers and students in this Campaign.

Agenda: International Yoga Day - 2021

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Dr. Rajendra S.V.



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#### **REPORT ON INTERNATIONAL YOGA DAY JUNE-2021**

"Yoga is a light which once lit will never dim, The better your practice the brighter your flame".- B.K.S. Iyengar

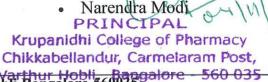
Corona has proved that everything around us is so temporary. But maintenance of our health is permanent. In this present scenario Yoga plays a very important role.

As per the circular received (Observance of International Day of Yoga on 21<sup>st</sup> June 2021, Ref:F.No.P-24-1/NSS/2020/59-564,Date:18/03/2021), regarding the International Yoga Day with the theme "YOGA@HOME and YOGA WITH FAMILY". The NSS Unit of Krupanidhi College of Pharmacy, Bengaluru-35 has organized an virtual event as a part of circular on 21/06/2021 as a part of this programme.

The International Yoga Day started with microsoft teams platform at 8am with coordinator and team with the help of our NSS officer Mrs.Ashwini Alur, Coordinator Ms.Raksha Kumta. Dezney from 2<sup>nd</sup> PharmD hosted the programme with a warm welcome of dignitaries Prof. Prakash V Mallya CPPA Director Krupanidhi College of Pharmacy, Dr.Karvekar Academic director, Principal Dr. SV Rajendra Department of Pharmacology and Prof.Rajesh Rawri Chief Administrative officer Krupanidhi College of Pharmacy. She also introduced our Yoga instructor Mr.M.D.Patil, District prabhari, Patanjali Yoga Samithi Dharwad.

Session commenced with Prayer, Loosening exercise(Neck rotation, Shoulder rotation, shoulder cycling), Katishakti movement, Knee movement, Tadasana, Padahastasana, Ardachakrasana, Trikonasana, Dandasana, Vrakshasana, Bhadrasana, Vajrasana, Arda ustrasana, Ustrasana, Shashankasana, Uttana Bhujangasana, Shalabhasana, Makarasana, Mandukasana, Vakrasana. Setubhanda Asana, Uttana padasana, Arda halasana, Pavana muktasana, Shavasana, Kapalabhati, Anuloma Viloma pranayama, Shitali pranayama, Bramari pranayama, Meditation by well trained instructor. Presence of our staffs, students and family members gave more glow to the virtual event. The session was concluded with the vote of thanks proposed by Dezney, NSS volunteer. The NSS unit of Krupanidhi College of Pharmacy was successful in Educating and spreading the importance of Yoga and its health benefits under well trained Yoga instructor.

"Yoga is an invaluable gift of India's ancient tradition. It is not about exercise but to discover the sense of oneness with yourself, the world and nature."

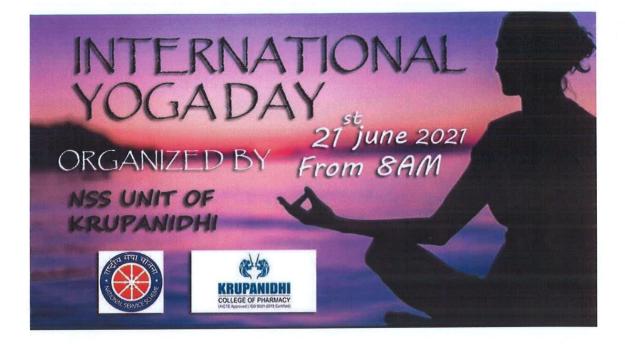


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In mee	ting (93)	M	ute all
2	Manasa.R		S.
2	Megha SN		S.
9	Abdul mohammed basha		S.

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PARTICIPANTS OF INTERNATIONAL YOGA DAY



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#### YOGA POSTURES BY THE TRAINER

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#### YOGA POSTURES BY THE TRAINER



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#### **INTERNATIONAL YOGA DAY - PARTICIPANTS LIST**

SLNO	STUDENT NAME	COURSE
1.	Chaitra Chandran	PHARM D I YR
2.	M Christina Bala Priya	PHARM D I YR
3.	Harish B	PHARM D I YR
4.	Jeen Suvitha	PHARM D I YR
5.	Sekhar Sharma	PHARM D I YR
6.	R. Keerthishree	PHARM D I YR
7.	Kruthika T	PHARM D I YR
8.	Harshini S	B. PHARM I YR
9.	Madhan M	B. PHARM I YR
10.	Tenzin Woeser	B. PHARM I YR
11.	Tenzin Nordon	B. PHARM I YR
12.	Rahul Anganyan.S	B. PHARM I YR
13.	Girinath M	B. PHARM I YR
14.	Jerom M D	B. PHARM I YR
15.	Harshita Maheshwari	B. PHARM I YR
16.	Saya Jyothi U	B. PHARM I YR
17.	VINAY KUMAR. N	B. PHARM I YR
18.	Harshini S	B. PHARM I YR
19.	Abhishek	B. PHARM II YR
20.	Ajith	B. PHARM II YR
21.	Aleena	B. PHARM II YR
22.	Ankit	B. PHARM II YR
23.	Nandini	B. PHARM II YR
24.	Balu	B. PHARM II YR
25.	Banlum	B. PHARM II YR
26.	Bikando	B. PHARM II YR
27.	brahmotri	B. PHARM II YR
28.	Lalthianglima	B. PHARM II YR
29.	seema br	M.PHARM I YR
30.	Mukesh Lekhak	M.PHARM I YR
31.	Kapisha Thapa Manger	M.PHARM I YR
32.	Savi Biswakarma	M.PHARM I YR
33.	Tayum Yana	M.PHARM I YR
34.	Chetankumar n bhovi	M.PHARM I YR
35.	Vivek H S	M.PHARM I YR
36.	Neisanuo Tsira	M.PHARM I YR
37.	Vivek Aradhya M V	M.PHARM I YR
38.	Jothi A	M.PHARM I YR
39.	Maria Danish Allwin	B. PHARM IV YR
40.	Shekar Reddy P	B. PHARM IV YR
41.	Shreyas K Reddy	B. PHARM IV YR
42.	Sougata Bhunia	B. PHARM IV YR

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	Srijan Debroy	B. PHARM IV YR
	Supratip Laha	B. PHARM IV YR
	Syed Faizaan	B. PHARM IV YR
-	Syed Jari Abbas	B. PHARM IV YR

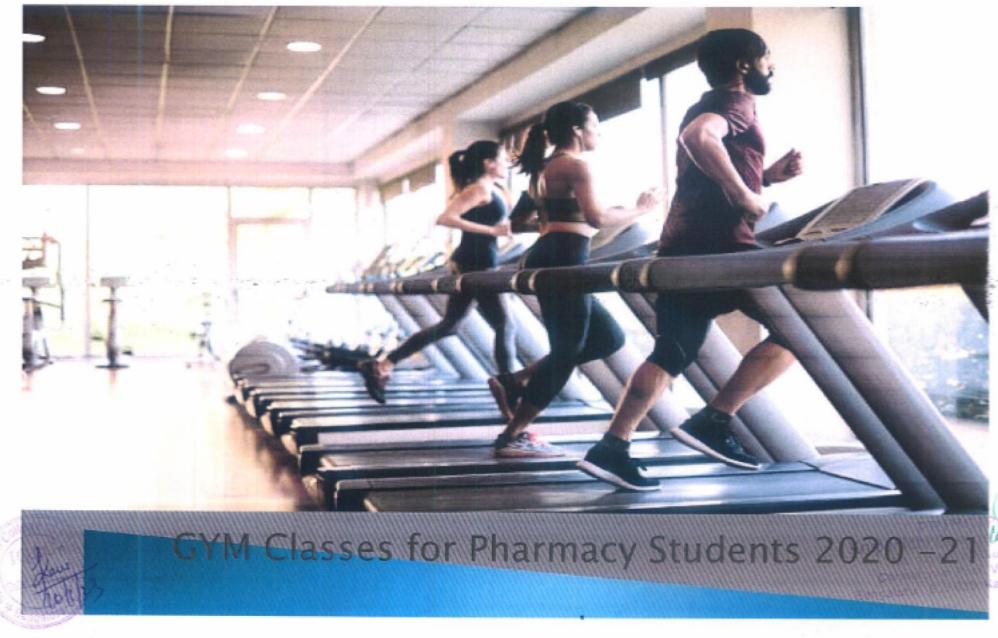
46.	Syed Jari Abbas	B. PHARM IV YR
47.	Syed Mohammed Dayeem	B. PHARM IV YR
48.	Syed Mohasin Abbas	B. PHARM IV YR
49.	Alvina Christiana B	PHARM D II YR
50.	Jana Jaison S	PHARM D II YR
51.	Joeann Marylin Wilson	PHARM D II YR
52.	Jahnavi S	PHARM D II YR
53.	Charitha M	PHARM D II YR
54.	Siddhant Joshi	PHARM D II YR
55.	Janavi G	PHARM D II YR
56.	Jeevitha R.	PHARM D II YR
57.	Diti Haldar	PHARM D II YR
58.	Shravani S	PHARM D II YR
59.	Umar	PHARM D II YR
60.	Jona Joy	PHARM D II YR
61.	Samrudh N	PHARM D II YR
62.	Manasa.R	PHARM D II YR
63.	Suman sheeli	PHARM D II YR
64.	Bhagyashree	PHARM D III YR
65.	Christo Sebastian	PHARM D III YR
66.	Divya M	PHARM D III YR
67.	RoshiniRaj	PHARM D III YR
68.	Harshitha N	PHARM D III YR
69.	Jane Nisha Soans	PHARM D III YR
70.	Keerthana MM	PHARM D III YR
71.	Alvina Christiana B	PHARM D II YR
72.	Jana Jaison S	PHARM D II YR
73.	Joeann Marylin Wilson	PHARM D II YR
74.	Jahnavi S	PHARM D II YR
75.	Charitha M	PHARM D II YR



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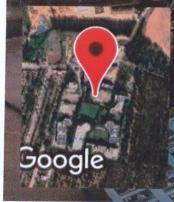
# **KRUPANIDHI COLLEG OF PHARMACY**

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Mullur, Karnataka, India Krupanidhi College Krupanidhi College Canteen & Auditorium, Mullur, Karnataka 560087, India Lat 12.914789° Long 77.724044° 20/10/22 03:01 PM GMT +05:30

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