

**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.	Life skill development program on Fitness and Healthy life style	16-3-2023	278
2.	National Webinar on Life skill development "Importance of dream board/vision board for success".	28-08-2021	872
3.	National Webinar on Life skills development "Positive mental attitude & stress management with laughter therapy - to cope with COVID19 pandemic"	17-7-2021	672
4.	Life skills development workshop-heart full ness-a simple and practical way to experience the hearts unlimited resources	04-09-2019, 06-09-2019 & 07-09-2019	84
5.	Life skill development program "International yoga day"	21-6-2019	32
6.	Life skill development program on Stress management and confidence building	03-08-2018	32


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MNR COLLEGE OF PHARMACY
Fasalwadi, Sangareddy-502294
Telangana, Ph: 08455-230690



MNR COLLEGE OF PHARMACY

{Approved by AICTE & PCI, New Delhi & Affiliated to Osmania University, Hyderabad}
V: Fasalwadi, Dist.:Sangareddy -502294 (T.S)
Phone: 08455-230690, 08500056663
www.mnrindia.org; email: p.mnrcop@mnrindia.org



Date: 04-3-2023

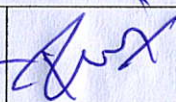
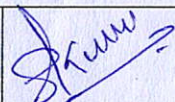
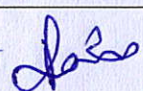
CIRCULAR

This is to inform that as part of life skills development, a one day workshop on “**Fitness and Healthy Lifestyle**” is scheduled on 16-03-2023 at 10:00 AM at MNR auditorium, MNR College of Pharmacy, Sangareddy .We invite all students and faculty members to attend the session.


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MNR COLLEGE OF PHARMACY
Fasalwadi, Sangareddy-502294
Telangana, Ph: 08455-230690

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MNR COLLEGE OF PHARMACY

MNR Higher Education & Research Academy Campus,
Sangareddy- 502294



Dt. Geetha Rani Thoguru
MSc Nutrition
Consultant Clinical Dietician

INTERNAL QUALITY ASSURANCE COMMITTEE
organizing

ONE DAY WORKSHOP ON *Fitness And Healthy Life Style*

Date: Thursday, March 16, 2023

Venue: MNR Auditorium

Time: 10:00 AM (IST)

**DISEASE
SPECIFIC**



Shri. M.N. Raju
Chairman, MNR Educational Trust



Shri. Ravi Varma Manthana
Vice-Chairman, MNR Educational Trust



Dr. V. Alagarsamy
Principal, MNR College of pharmacy

REPORT

Date: 17-03-2023

Name of the program: **"Fitness and Healthy Lifestyle"**

Date: 16-03-2023

Resource Person: Dt. Geetha Rani Thoguru, MSc Nutrition; Consultant Clinical Dietician

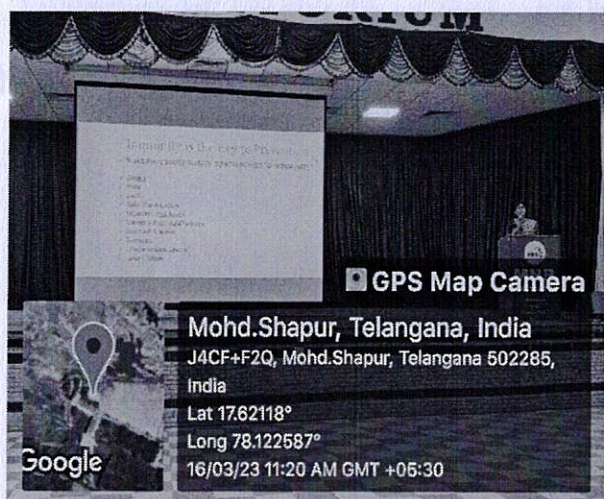
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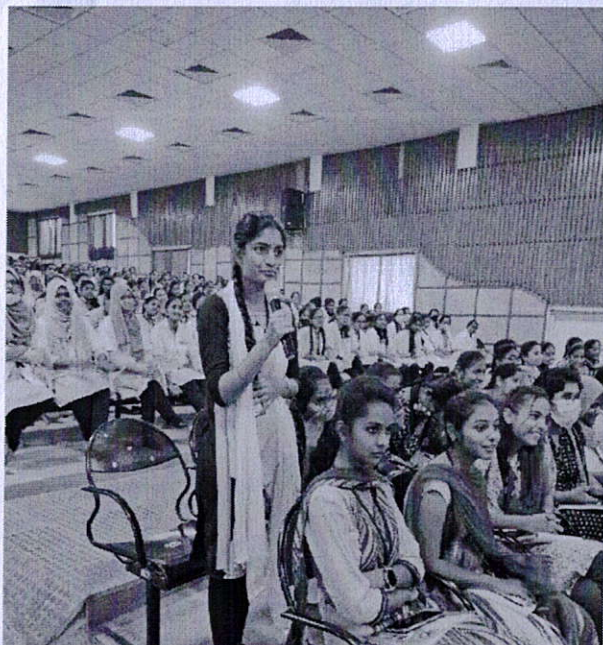
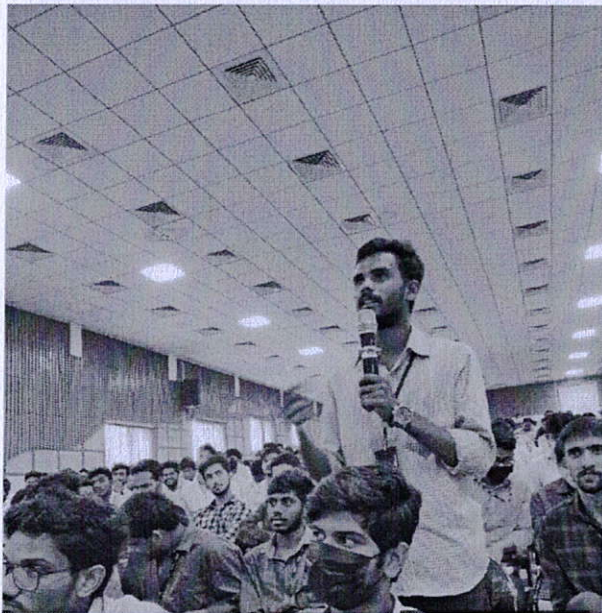
This program was inaugurated by Principal, Dr. V. Alagarsamy with a motivational speech on importance of conducting session. Dr. Ravi Teja .V, Assistant Professor hosted the event.

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 ended with Vote of thanks.

A total 278 students participated in the session.






PROGRAM COORDINATOR

ATTENDANCE SHEET

NAME OF PROGRAM: Lifeskill development program on Fitness & Healthy life style.

DATE: 16-03-2023.

S No	Name of student / Faculty	Course & Year / Designation	Signature
1.	B. keeshti	B. pharm 1 st year	B. keeshti
2.	C. Nandini	B. pharm 1 st year	C. Nandini
3.	P. Bashwini	B. Pharm 1 st year	Bashwini
4.	G. Thansi Lakshmi	B. Pharm 1 st year	G. Thansi
5.	P. Sravanthi	B. pharm 1 st year	P. Sravanthi
6.	P. Harika	B. pharm 1 st year	P. Harika
7.	Y. Vaishnavi	B. Pharm 1 st year	Y. Vaishnavi
8.	T. Nandini	B. Pharm 1 st year	T. Nandini
9.	N. Vaishnavi	B. Pharm 1 st year	N. Vaishnavi
10.	B. Padmasri	B. Pharm 1 st Year	B. Padmasri
11.	A. Manasa.	B. Pharm 1 st Year	A. Manasa.
12.	R. Preethika	B. Pharm 1 st year	Preethika
13.	A. Niharika	B. Pharm 1 st year	A. Niharika
14.	Ghazheen begum	B. Pharm 1 st year	Ghazheen
15.	K. Pavithra	B. pharm 1 st year	Pavithra
16.	S. Sai prasanna	B. pharm 1 st year	Sai prasanna.
17.	A. Harika	B. pharm 1 st year	A. Harika
18.	H. Manohar	B. Pharm 1 st year	Manohar
19.	R. Chandra chaku	B. pharm 1 st year	Chendrababu
20.	M.D. sajeed	B. Pharm 1 st year	Sajeed.
21.	B. Raju	B. Pharm 1 st year	Raju.
22.	G. Prajwala	B. Pharm 1 st year	Prajwala
23.	G. Manasa	B. Pharm 1 st year	Manasa.
24.	G. Sandhya	B. pharm 1 st year	Sandhya

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ATTENDANCE SHEET

NAME OF PROGRAM: Life skill development program on

DATE: 16-03-2023 Fitness and Healthy lifestyle

S No	Name of student / Faculty	Course & Year / Designation	Signature
25.	B. Gayathri	B. pharm 1st year	B. Gayathri
26.	V. Manasa	B. pharm 1st year	V. Manasa
27.	N. Santhu	B. Pharm 1st year	N. Santhu
28.	K. poojitha	B. pharm 1st year	K. poojitha
29.	J. Nikhitha	B. Pharm 1st year	J. Nikhitha
30.	Shabnam Tehseen	B. pharm 1st year	Shabnam.
31.	Rubeena	B. pharm 1st year	Rubeena
32.	V. pravanna	B. pharm 1st year	V. pravanna
33.	Sanja	B. pharm 1st year	Sanja
34.	Akshitha. N	B. Pharm 1st year	Akshitha
35.	G. Srinidhi	B. Pharm 1st year	G. Srinidhi
36.	Md. Saniya	B. Pharm 1st year	Saniya
37.	MD. Heena Kausar	B. pharm 1st year	Heena
38.	Fariq Ali	B. Pharm 1st year	Fariq
39.	Sridhar	B. Pharm 1st year	Sridhar
40.	Md. Ishaq	B. Pharm 1st year	Ishaq
41.	N. Rahul	B. Pharm 1st year	Rahul
42.	Ch. Akshay Goud	B. Pharm 1st year	Akshay
43.	B. Sathwik	B. Pharm 1st year	B. Sathwik
44.	Asik Ikbal	B. Pharm 1st year	Asik Ikbal.
45.	Halim SK	B. Pharm 1st year	Halim SK
46.	Ziaul Hoque Mazumder	B. Pharm 1st year	Ziaul
47.	MD. Saikhal Islam.	B. Pharm (1st year)	Saikhal
48.	Anish Elahi	B. Pharm 1st year	Anish

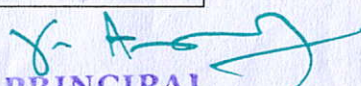
V. Anand
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ATTENDANCE SHEET

NAME OF PROGRAM: Lifeskill development program on

DATE: 16-03-2023 Fitness and Health

S No	Name of student / Faculty	Course & Year / Designation	Signature
49.	Samarab Mian	B. Pharmacy (1st Year)	Samarab
50.	Syed Shoaib	B. Pharmacy (1st year)	Shoaib
51.	Md Mozib Saglani	B. Pharmacy (1st year)	Saglani
52.	P. Shreya Rao	Pharm D 2nd year	Shreya
53.	B. Sindhuja	Pharm D 2nd Year	Sindhuja
54.	B. Srilekha	Pharm D 2nd year	B. Srilekha
55.	K. Srujana	Pharm D 2nd year	K. Srujana
56.	K. Siri	Pharm D 2nd yr	Siri
57.	Meghana	Pharm D 2nd year	Meghana
58.	N. Kitha	Pharm D 2nd yr	Kitha
59.	Shreya	Pharm D 2nd yr	Shreya
60.	K. Varavi	PHARM-D 2nd Year	Varavi
61.	Syeda Rubena Tahan	Pharm D 2nd year	Rubena
62.	V. Meenika	Pharm D 2nd year	Meenika
63.	U. Rukmini	Pharm D II Year	U. Rukmini
64.	M. Alekhya	Pharm D II Year	Alekhya
65.	Gr. Stella	Pharm D II Year	Gr. Stella
66.	A. Blessy	Pharm D II Year	A. Blessy
67.	Ayesha	Pharm D II year	Ayesha
68.	Syeda Anwa Tabassum	Pharm D II year	Anwa
69.	Nazneen Begum	Pharm D II year	Nazneen
70.	Astirya Khanam	Pharm D II year	Astirya


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NAME OF PROGRAM: Life skill development program on Fitness &

DATE: 16-03-2023 Healthy life style

S No	Name of student / Faculty	Course & Year / Designation	Signature
1.	A. Ohashini Abinaya	Pharm-D 1 st year	A. Abinaya
2.	Nikhita Thakur	Pharm-D 1 st year	Nikhita
3.	N. Sanjana	Pharm-D 1 st year	N. Sanjana
4.	K. Sathwika	Pharm-D 1 st year	Sathwika
5.	B. Meghana	Pharm-D 1 st year	Meghana
6.	B. Ramadani	Pharm-D 1 st year	Ramadani
7.	S. Shushmutha	Pharm-D 1 st year	Shushmutha
8.	S. Sankeerthana	Pharm-D 1 st year	S. Sankeerthana
9.	V. Advithi	Pharm-D 1 st year	V. Advithi
10.	K. Spoorthi Sree	Pharm-D 1 st year	Spoorthi
11.	B. Sravanthi	Pharm-D 1 st year	Sravanthi
12.	B. Prakeerthika	Pharm-D 1 st year	Prakeerthika
13.	Syeda Riyana	Pharm-D 1 st year	Riyana
14.	K. Rethika	Pharm-D 1 st year	Rethika
15.	G. Supraja	Pharm-D 1 st year	Supraja
16.	Shaik Sameena	Pharm-D 1 st year	Sameena
17.	Ayesha Ifath Sultana	Pharm-D 1 st year	Ayesha
18.	Thasneem Fathima	Pharm-D 1 st year	Fathima
19.	K. Sandhya	Pharm-D 1 st year	Sandhya
20.	B. Srilekha	Pharm-D 1 st year	Srilekha
21.	Kampita Ghosh	Pharm-D 1 st year	Kampita
22.	Kammala Raghuram	Pharm-D 1 st year	Raghuram
23.	M. Rakesh	Pharm-D 1 st year	Rakesh
24.	Mohammad Aman Khan	Pharm-D 1 st year	Aman

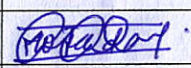
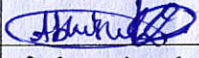
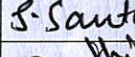
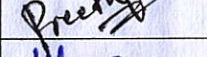
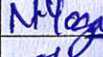
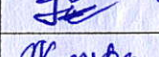
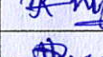
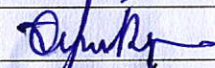
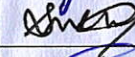
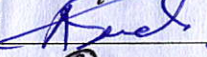
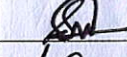
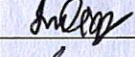
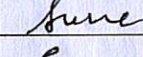
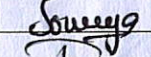
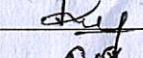
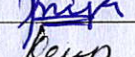
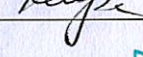

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ATTENDANCE SHEET

NAME OF PROGRAM: Life skill development program on

DATE: 16-03-2023 Fitness and Healthy life style

S No	Name of student / Faculty	Course & Year / Designation	Signature
25.	Mohammed Tahereh Rahman	Pharm D 1 st year	
26.	Syed Gufran Zama	Pharm D 1 st Year	
27.	Syed Abdul Qadeer	Pharm D 1 st Year	
28.	M. Abhishek	Pharm D 1 st year	
29.	S. Santoshi	Pharm D 1 st year	S. Santoshi
30.	T. Sai Preethi	Pharm D 1 st year	
31.	N. Yoga Durga	Pharm D 4 th year	
32.	J. Jayashri	Pharm D 4 th year	
33.	B. Krupa	Pharm D 4 th year	
34.	Bhavana Tundla	Pharm D 4 th yr	
35.	Sania Begum	Pharm D 4 th year	Sania Begum
36.	Rasavi	Pharm D 4 th year	Rasavi
37.	Nashwa Fardeen	Pharm D IV year	Nashwa
38.	Tomal Jashna Bamejee	Pharm D IV year	
39.	Saikat Khila	Pharm D IV year	
40.	SK Asaduzzaman	Pharm D IV Year	
41.	SK Sayan Ali	Pharm D IV yr	
42.	Imliqz Aameed Haldar	Pharm D IV yrs	
43.	Humamulika	Pharm D IV	
44.	G. Sowmya	Pharm D IV th yr	
45.	D. Sai Dupini	Pharm D IV th yr	
46.	Nishuth sultana	Pharm D - IV th	
47.	MK Krishna Priya	Pharm D - 4 th year	
48.	Sai Krupa	Pharm D - 4 th year	


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NAME OF PROGRAM: Life Skill development program on

DATE: 16-03-23 Fitness and healthy life style.

S No	Name of student / Faculty	Course & Year / Designation	Signature
1)	Sayed Asif Akbar Hossain	Pharm-D 1 st yr.	(Signature)
2)	Ramavath Naveen	pharm-D 1 st yr	Naveen
3)	Hasmatulla Molla	Pharm D 1 st yr	(Signature)
4)	Sahil SK	Pharm-D 1 st year	(Signature)
5)	Sugarsoul SK	"	(Signature)
6)	Oliyay	pharm-D 1 st year	(Signature)
7)	Badri. Nagesh	Pharm-D 1 st year	Nagesh
8)	R. Mahesh Kumar	Pharm-D 1 st year	Mahesh
9)	Syed Shocab	pharm-D 1 st year	Shocab
10)	P. Hemanth Kumar	pharm-D 1 st year	Hemanth
11)	Hasan Raja	pharm-D 1 st year	(Signature)
12)	Mohammed Anis Faisal	Pharm-D 1 st year	Anis F.
13)	M. Radhika	Pharm-D 1 st year	Radhika
14)	M. Shresha	Pharm-D 1 st year	Shresha
15)	Gr. Hima bindu	Pharm-D 1 st year	Hima
16)	Tejaswini Chandra	Pharm D 1 st year	(Signature)
17)	Pravalika Neerudi	Pharm D 1 st year	Pravalika
18)	Sowmya Madasu	Pharm D 1 st year	Sowmya
19)	Singeetham. Ueena	pharm-D 1 st year	(Signature)
20)	Junaid. MD	pharm-D 1 st year	Junaid
21)	Takkani Priyanka	pharm-D 1 st year	Priyanka
22)	Tasmin mahin	pharm-D 1 st year	Tasmin
23)	Rania Ahmed	pharm-D 1 st year	Rania
24)	Saniya Sadaf	pharm-D 1 st year	Saniya

Y. Arun

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S No	Name of student / Faculty	Course & Year / Designation	Signature
25)	Syeda Afiya Tabeen	Pharm-D 5 th year	Syeda Afiya
26)	Maimuna Afsreen	pharm-D 5 th yr	Afsreen
27)	K. Kanitha Seervi...	pharm-D 5 th yr	Kanitha
28)	P. Buddhaveera	Pharm-D 5 th year	P. Buddhaveera
29)	E. Selvina	pharm-D 5 th year	Selvina
30)	J. Mounika	pharm-D 5 th year	J. Mounika
31)	Khejama Sundar Singh Seetha	pharm-D 5 th year	Khejama
32)	M. Nasimul Haque	pharm-D 5 th year	M. Nasimul Haque
33)	Waliullah	Pharm-D 5 th year	Waliullah
34)	Saiteja Akisala	Pharm-D 5 th Year	Saiteja
35)	Abdul Kadir Sle	Pharm-D 5 th year	Abdul Kadir
36)	Narisu Islam	Pharm-D 5 th year	Narisu Islam
37)	Mounika	pharm-D 5 th year	Mounika
38)	P. Meghana	Pharm-D 5 th year	P. Meghana
39)	M. Aadhana	Pharm-D 6 th year	M. Aadhana
40)	B. Tyotima	Pharm-D 6 th year	B. Tyotima
41)	A. Shireesha	Pharm-D 6 th year	A. Shireesha
42)	J. Anusha	Pharm-D 6 th year	J. Anusha
43)	Hafsa Fatima	Pharm-D 6 th year	Hafsa Fatima
44)	B. Prayodhasthina	Pharm-D 6 th year	B. Prayodhasthina
45)	P. Bhavana	Pharm-D 6 th year	P. Bhavana
46)	A. RAKESH	Pharm-D 6 th year	A. RAKESH
47)	K. prasanna kumar	pharm-D 6 th year	K. prasanna kumar
48)	Md Sarwar Islam	Pharm-D 6 th year	Md Sarwar Islam

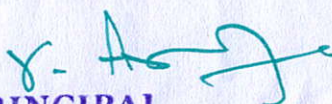
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DATE: 16-03-23 Fitness and Healthy life style

S No	Name of student / Faculty	Course & Year / Designation	Signature
49)	Molla Taj Uddin	pharm-D VI yr	Taj
50)	Shaik. Mohammed. Abdul. Khader	Pharm - D VI year	Khader
51)	Samantam Bann	Pharm-D VI year	Bann
52)	Kajal K. Mondol	pharm - D VI years	Kajal
53)	J. Rukmini	Pharm - D II year	J. Rukmini
54)	M. Alekhya	Pharm D II year	Alekhya
55)	Gr. Stella	Pharm D II Year	Gr. Stella
56)	A. Blessy	Pharm-D II Year	A. Blessy
57)	Syeda Rubena Jahan	pharm-D II year	Rubena
58)	K. Varavi	PHARM-D II year	Varavi
59)	V. Mounika	PHARM-D II year	Mounika
60)	G. Nikitha	Pharm D II year	Nikitha
61)	K. Sri	Pharm D 2nd year	Sri
62)	Shayal	pharm D 2nd year	Shayal
63)	Meghana	Pharm D 2nd year	Meghana
64)	K. Sneha	pharm D 2nd year	K. Sneha
65)	B. Srilekha	Pharm D 2nd year	B. Srilekha
66)	B. Sindhuja	Pharm D 2nd Year	Sindhuja
67)	P. Shweta Rao	pharm D 2nd year	Shweta
68)	Sohel Dargahi	Pharm D 2nd year	Sohel Dargahi
69)	Sunil Kumar	Pharm D 2nd yr	Sunil
70)	Yashwanth Reddy	Pharm D 2nd year	Yashwanth
71)	Mohammed Absar	Pharm D 2nd Year	Absar
72)	T. Vamsi Krishna	Pharm D 2nd year	T. Vamsi


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S No	Name of student / Faculty	Course & Year / Designation	Signature
73	Ch. Renuka	III year B-Pharm	Renuka
74	Iqra Nazir	III year B-Pharm	Iqra
75	B. Chaya	III year B-pharm	B. Chaya
76	B. Bhavani	III year B-pharm	B. Bhavani
77	A. Devi	III Year B-pharm	A. Devi
78	Ch. Sai Swathi Priya	III year B-pharm	Ch. Sai Swathi Priya
79	G. Sravanthi	III year B-pharm	G. Sravanthi
80	V. Deekshitha	III yr B-Pharm	Deekshitha
81	Sowmya	III yr B-Pharm	Sowmya
82	M. Akshaya	III yr B-Pharm	Akshaya
83	Y. Manasa	III yr B-pharm	Manasa
84	M. Ranu sri	III yr B-Pharm	Ranu
85	Saniya Begum	III yr B-pharm	Saniya
86	G. Chandana	III Yr B-pharm	Chandana
87	M. Sriatha	III yr B-pharm	Sriatha
88	B. Kumarbhini	III yr B-pharm	B. Kumarbhini
89	Rathod sopan	III yr B-pharm	Rathod sopan
90	N. Nireekshana	III yr B-Pharm	Nireekshana
91	T. Susha	III yr B-pharm	Susha
92	J. Bhavani	III yr B-pharm	J. Bhavani
93	P. Akhila	III yr B-Pharm	P. Akhila
94	B. Kalyani	III yr B-pharm	B. Kalyani
95	N. Swarnalatha	III yr B-pharm	N. Swarnalatha
96	A. Asha	III yr B-pharm	A. Asha

PRINCIPAL

MNR COLLEGE OF PHARMACY

ATTENDANCE SHEET

NAME OF PROGRAM: Life skill development program on

DATE: 16-3-23 Fitness and Healthy life style.

S No	Name of student / Faculty	Course & Year / Designation	Signature
97	K. Nikitha	III rd yr. Bpharm	Nikitha
98	A. Nikitha	III rd yr. Bpharm	Nikitha
99	G. Vaishnavi	III rd yr. Bpharm	Vaishnavi
100	D. pravoolika	III rd yr Bpharm	Pravoolika
101	T. Priyanka	III rd yr	T. Priyanka.
102	K. Shreya	III rd yr	Shreya.
103	A. Devi Sree	III yr B-Pharm	Sree
104	P. Dhavani Priya	III yr B-pharm	Dhavani
105	Kashifa Kowhal	III yr B-pharm	Kashifa
106	pojitha	III yr B-pharm	M. Pojitha.
107	Asfuz Seikh	B. pharm III rd	Asfuz seikh
108	Nasim Ahmed Laker	B- Pharm II nd	Nasim Laker
109	Sohidul Islam.	B Pharm (II) nd	S Islam.
110	Md Umar Faruk	B. pharm (III) rd	Umar
111	Abu Rehan Atooj	B. Pharm (III) rd	Abu Rehan
112	Md Munfar Ali	BPharm (III) rd	Munfar
113	Sahabul Sha	B ^{Ph} (III) rd	Sahabul
114	H. Arun Kumar	BPh (III) rd	H. Arun
115	G. Pavan Goud	BPh (III) rd	G. Pavan
116	Min - Wasim Ali	BPh (III) rd	Wasim
117	Hari Chaudan	II	Hari
118	Narayani	II	Narayani
119	MP Parwez	Bpharm III rd	Parwez
120	K. Dheender reddy	B pharm III rd	Dheender

(Signature)

PRINCIPAL
MNR COLLEGE OF PHARMACY

ATTENDANCE SHEET

NAME OF PROGRAM: Life skill development program on Fitness
DATE: 16-3-23 and Healthy life style

S No	Name of student / Faculty	Course & Year / Designation	Signature
121	Datta Sai	IV th B-Pharm	Dattasai
122	Venu	III rd B-pharm	Venu
123	T. Pran Kumar	"	Pran
124	Ch. Ajay Kumar	IV th B-pharm	Ajay
125	R. Sathesh	IV th B-pharm	Sathesh
126	Ch. Parth	III rd B-pharm	Parth
127	N. Parth	III rd B-Pharm	Parth
128	Ch. Ramesh	"	Ramesh
129	Sahithi Varma	"	Sahithi
130	Jyoshna	IV th B-pharm	Jyo
131	E. Rachana	IV th yr pharm-D	Rachana
132	Y. Nithitha	IV th yr pharm-D	Nithitha
133	K. esther Ravi	IV th yr pharm-D	K. esther
134	J. Jagadevi	IV th	J. Jagadevi
135	P. Jahnvi	IV th yr pharm-D	P. Jahnvi
136	A. Jawali	IV th year Pharm-D	A. Jawali
137	K. Harshitha Reddy	IV th yr pharm-D	K. Harshitha

Y. A. S. S.
PRINCIPAL
MNR COLLEGE OF PHARMACY

ATTENDANCE SHEET

NAME OF PROGRAM: **Lifeskill Development program on**
DATE: 16-03-23 Fitness and Healthy life style

S No	Name of student / Faculty	Course & Year / Designation	Signature
1.	Rasavi	PharmD-4 th year	Rasavi
2.	Nashwa Fardeen	PharmD-1 st year	Nhr
3.	Imhaz Ahmed Haldar	PharmD-1 st year	Imhaz
4.	Nishath Sultana	pharm-D-1 st yr	Nishath
5.	E. Rachana	pharm-D-1 st yr	Rachana
6.	Y. Nikhita	pharm-D-4 th yr	Nikhita
7.	Laxmi prasanna ch	Pharm-D 4 th yr	Laxmi
8.	K. Esther Pani	Pharm-D 4 th yr	Esther
9.	R. Sai Rupini	pharm-D 4 th yr	R. Sai Rupini
10.	G. Jyoshna	Pharm-D 4 th yr	Jyoshna
11.	G. Sowmya	Pharm-D 10 th yr	Sowmya
12.	Saikeerpa	Pharm-D 4 th yr	Saikeerpa
13.	V. Sumamalika	pharm-D 4 th yr	Sumamalika
14.	M.K. Krishna priya	pharm-D 4 th yr	M.K. Krishna priya
15.	Sania Begum	pharm-D, 4 th year	Sania
16.	SK Asaduzzaman.	Pharm-D, 9 th yr	Asaduzzaman
17.	ABSENTEE	PharmD-4th yr	ABSENTEE
18.	Saikat Khila	PharmD-4 th year.	Saikat
19.	Tamal Krishna Bangjee	PharmD-9 th year	Tamal
20.	Syed. Akram	pharm-D 4 th year	Syed. Akram
21.	Md Tahsin Reza	Pharm-D 4 th year	Tahsin
22.	Jaya Sree	pharm-D 4 th yr	Jaya
23.	Harshitha	PharmD 4 th yr	Harshitha
24.	Akhila. M.	PharmD 4 th yr	Akhila

V. A. S.
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Phone: 08455-230690, 08500056663
www.mnrindia.org; email: p.mnrcop@mnrindia.org



Date: 20-08-2021

CIRCULAR

This is to inform that a National Webinar on “**Importance of Dream Board/Vision Board for Success**” as part of Life Skill Development by Ms. Rashmi Shiradkar is scheduled on 28-08-21, through zoom meeting. All the faculty members are asked to inform and share the flyer to students and encourage students to join the webinar.

Time: 10:00 AM

PRINCIPAL

Copy to:

HOD's				Office

National Webinar on IMPORTANCE OF DREAM BOARD/ VISION BOARD FOR SUCCESS



Chief-Patron
Shri. M. N. Raju
Chairman,
MNR Educational Trust

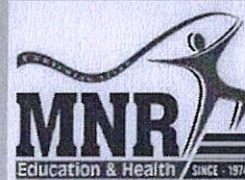
28th August, 2021 @ 10:00 AM



Patron
Shri. Ravi Varma Manthena
Vice-Chairman,
MNR Educational Trust



Scan for Registration



Ms. Rashmi Shiradkar,
NLP, Life coach, Pune.

For registration: <https://forms.gle/dLXSyaioqXHLADXW8>
Who can join: Students, Research Scholars, Teaching Professionals,
Pharma Healthcare and Industrial Professional.



Convener
Dr. V. Alagarsamy
Professor & Principal

Organizing committee
Dr. P.S.C. Bose, Professor
Dr. G. Saravanan, Professor
Dr. S. Jayaprakash, Professor
Dr. Vishakha Kulkarni, Professor

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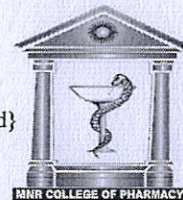
MNR Higher Education and Research Academy Campus, Sangareddy – 502294,
Gr. Hyderabad, Telangana, India.

Further details contact: mnr.webinar@gmail.com



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www.mnrindia.org; email: p.mnrcop@mnrindia.org



Date: 30-08-2021

REPORT

Name of the program: **Importance of Dream Board/Vision Board for Success.**

Name of the speaker: Ms. Rashmi Shiradkar, NLP Life Coach, Pune

Contact details : 9766850063

Date: 28th August 2021

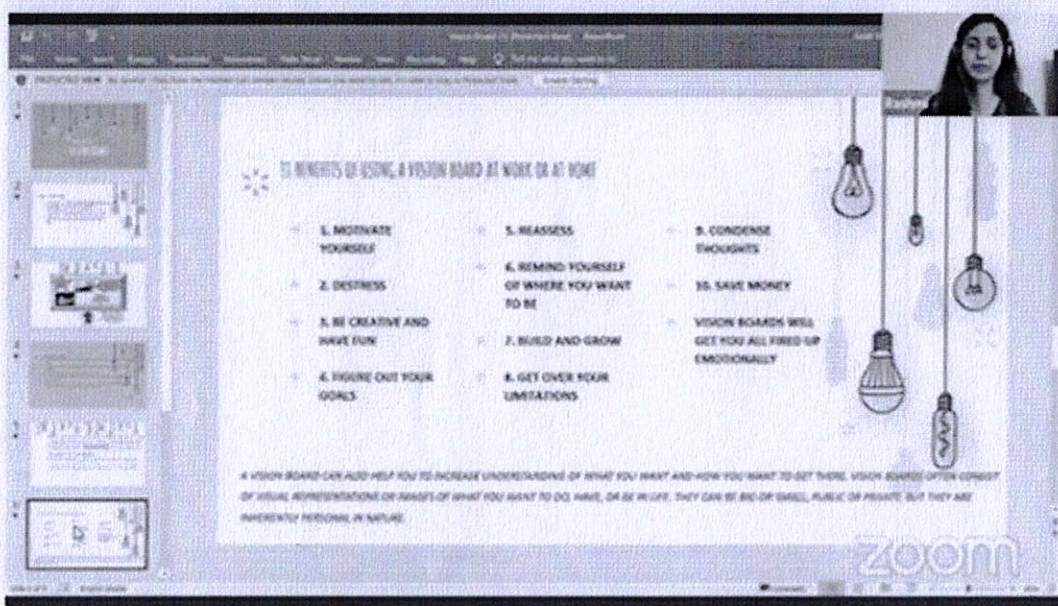
Ms. Rashmi Shiradkar – NLP Life Coach, Pune was welcomed and introduced by Mrs. Preethy AJ, Assistant Professor, MNR College of Pharmacy on virtual platform.

Ms. Rashmi Shiradkar elucidated the importance and benefits of vision board and goal setting. The participants were explained on how to set and work on the goal and realization of the dreams through focused methods towards success.

After completion of presentation the session was open for interaction of participants and resource person. All the queries by students, faculties of different colleges were satisfied by the speaker.

At the end of the session Speaker was felicitated by Virtual memento and certificate by Dr. V Alagarsamy – Principal, MNR College of Pharmacy. The session was concluded with the vote of thanks by Dr. Vishakha Kulkarni, Professor, MNR College of Pharmacy.

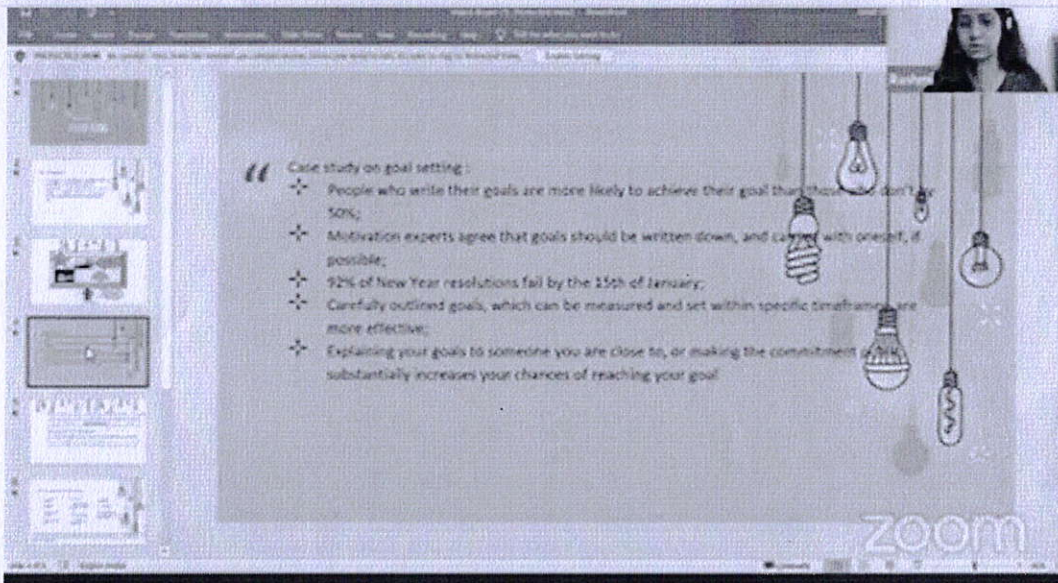
Huge positive comments and responses were recorded on zoom. Total 872 participants were registered for this webinar.



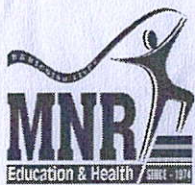
Importance of Dream Board/ Vision Board for Success

286 views • Streamed live on Aug 28, 2021

19 DISLIKE SHARE SAVE ...




PROGRAM COORDINATOR



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Date: 01-07-2021

CIRCULAR

This is to inform that a national webinar on: **“Positive Mental Attitude & Stress Management with Laughter Therapy - to cope with COVID19 Pandemic”** as part of Life skills by Mr. Ram Kumar Sethupathy is scheduled on 17-7-2021, through zoom meeting. All the faculty members are asked to share the flyer to the students and encourage them to join the session.

Time: 10:00 AM

PRINCIPAL

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**National Webinar on
Positive Mental Attitude & Stress Management
with Laughter Therapy
- To Cope with Covid19 Pandemic**



Chief-Patron
Shri. M. N. Raju
Chairman,
MNR Educational Trust

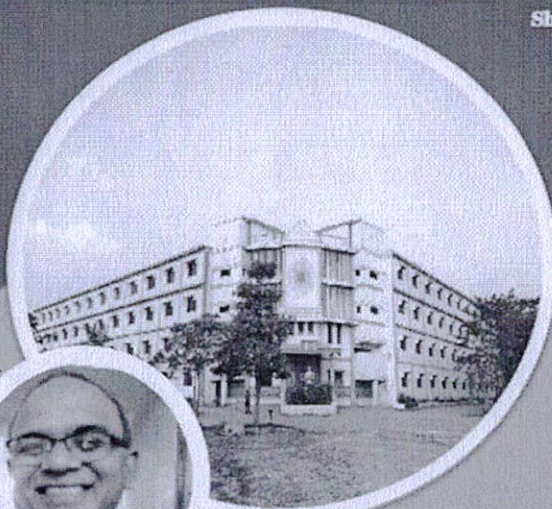
17th July, 2021 @ 10am



Patron
Shri. Ravi Varma Manthana
Vice-Chairman,
MNR Educational Trust



Scan for Registration



Mr. Ramkumar Sethupathy
Positive Psychologist, Life Coach,
Laughter Therapist,
Social Development and CSR Professional

For registration: <https://forms.gle/H8qu2z1dRLfzFDxd7>

Who can join

Students, Research Scholars, Teaching Professional, Pharma Healthcare and Industrial Professional.



Convener
Dr. V. Alagarsamy
Professor & Principal

Organizing committee
Dr. P.S.C. Bose, Professor
Dr. G. Saravanan, Professor
Dr. S. Jayaprakash, Professor

MNR COLLEGE OF PHARMACY

MNR Higher Education and Research Academy Campus, Sangareddy - 502294,
Gr. Hyderabad, Telangana, India.

Further details contact: mnr.webinar2@gmail.com

Date: 19/7/2021

REPORT

Name of the program: Positive Mental Attitude & Stress Management with Laughter Therapy - to cope with COVID19 Pandemic.

Name of the speaker: Mr. Ramkumar Sethupathy, Positive Psychologist, Life Coach, Laughter Therapist, Social Development and CSR Professional

Contact Details: 8838682729

Date: 17th July 2021

Mr. Ramkumar Sethupathy – Positive Psychologist, Life Coach, Laughter Therapist, Social Development and CSR Professional was welcomed and introduced by Mrs. Preethy AJ, Assistant Professor, MNR College of Pharmacy on virtual platform.

Mr. Ramkumar Sethupathy oriented the participants on positive mental attitude and stress management using laughter therapy. He explained the power of a positive mental attitude in the covid-19 pandemic. He also demonstrated and engaged the participants with laughter session.

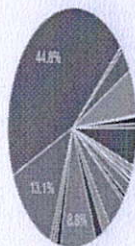
After completion of presentation the session was open for interaction of participants and resource person. All the queries by students, faculties of different colleges were satisfied by the speaker.

At the end of the session Speaker was felicitated by Virtual momento and certificate by Dr. V Alagarsamy – Principal, MNR College of Pharmacy. The session was concluded with the vote of thanks by Dr. Vishakha Kulkarni, Professor, MNR College of Pharmacy.

Huge positive comments and responses were recorded on zoom. Total 672 participants were registered for this webinar. The detail statistics is shown below;

Attendance & participation details

State
672 responses



● Andhra Pradesh
● Assam
● Chhattisgarh
● Goa
● Gujarat
● Haryana

16

Designation
672 responses



● Professor
● Associate Professor
● Assistant Professor
● Lecturer
● Students
● Other

Images captured during the webinar:

Power of Positive mental attitude

Hard Times Hit	Big Picture Focus	Get Positive
• Despair & disappointment	• Shift your focus off the problem	• What can I learn from this?
• Fear about the future	• It could be worse than it is	• What are the hidden gifts?
• Anxiety, anger & depression	• There are still some good things going	• How can I get smarter & stronger because of this?
• Contemplate the worst case scenario	• Count your blessings	• Smile & laugh

The Two Main Types of Stress

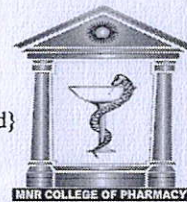
Eustress	Distress
• "Positive stress" • Short-term • Feels exciting • Motivates • Improves performance Examples: - Starting a new job or school - Class presentation - Important sports game or performance	• "Negative stress" • Short-term or long-term • Causes anxiety • Decreases performance Examples: - Parents getting divorced - Losing a loved one - Serious injury or illness

PROGRAM COORDINATOR



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Date: 31/08/2019

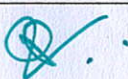
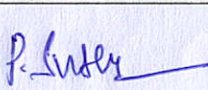
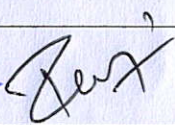
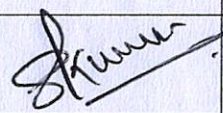
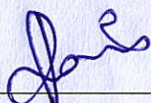
CIRCULAR

This is to inform that Three Day Life Skill Development Workshop - ‘Heartfulness- A Simple and Practical Way to Experience the Hearts Unlimited Resources’ is scheduled from 4/09/2019, 6/09/2019 & 7/09/2019 at Virtual Class room, Central Library, MNR Educational Campus. Detail schedule is attached with the circular. We invite all first year students and faculty members to attend the same.


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Telangana, Ph: 08455-230690

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Detailed schedule:

The Heartfulness Way - Day 1

Date: 04-09-2019 timings: 10:00 am – 1:00 pm

Venue: Virtual class room, above Central Library

Session	Topic	Speaker	Timings	Activity
I	Awaken the LEADER Within	Dr K Pavan Kumar	10:00 -10:40 am	Presentation videos and Activity
	Heartfulness Relaxation & Meditation	Mr Mohan Rao	10:40 – 11:30 am	
II	Achieving Excellence through Heartfulness	Mr Anirudh	11:30 – 12:30 pm	Presentation videos and activity
	Interactive session	Ms Anusha	12:30 – 1:00 pm	
	Heartfulness Rejuvenation	Mr Mohan Rao		

The Heartfulness Way - Day 2

Date: 06-09-2019

Timings: 10:00 am – 12:00 pm

Venue: Seminar hall, MNR COP

Session	Topic	Speaker	Timings	Activity
I	Heartfulness Relaxation & Meditation	Mr Mohan Rao	10:00 -10:40 am	Presentation videos and Activity
II	Achieving Excellence through Heartfulness	Mr Mohan Rao	10:45 – 11:30 pm	Activity and presentation
	Heartfulness Rejuvenation		11:30 – 12:00 pm	

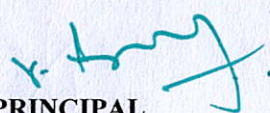
The Heartfulness Way - Day 3

Date: 07-09-2019

Timings: 10:00 am – 12:00 pm

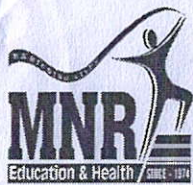
Venue: seminar hall, MNR COP

Session	Topic	Speaker	Timings	Activity
I	Heartfulness Relaxation & Meditation	Dr Mohan Rao	10:00 - 12.00 pm	Presentation videos and Activity


PRINCIPAL

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Fasalwadi, Sangareddy-502294
Telangana, Ph: 08455-230699



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www.mnrindia.org; email: p.mnrcop@mnrindia.org



Date: 8/09/2019

REPORT

Name of the program: **Life Skills Development Workshop- ‘Heartfulness way- A Simple and Practical Way to Experience the Hearts Unlimited Resources’**

Date: 4/09/2019, 6/09/2019 & 7/09/2019

Resource Person and Details:

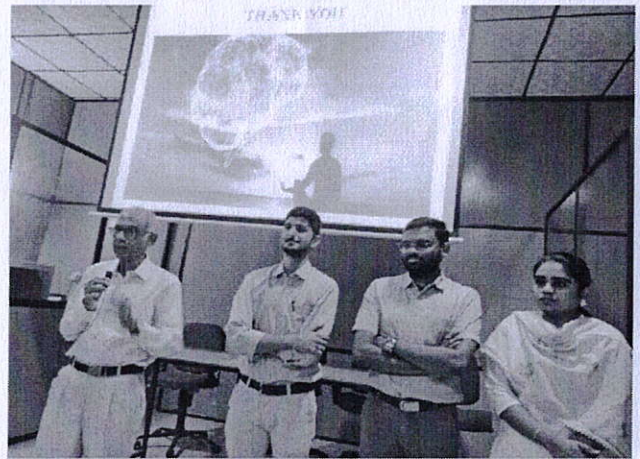
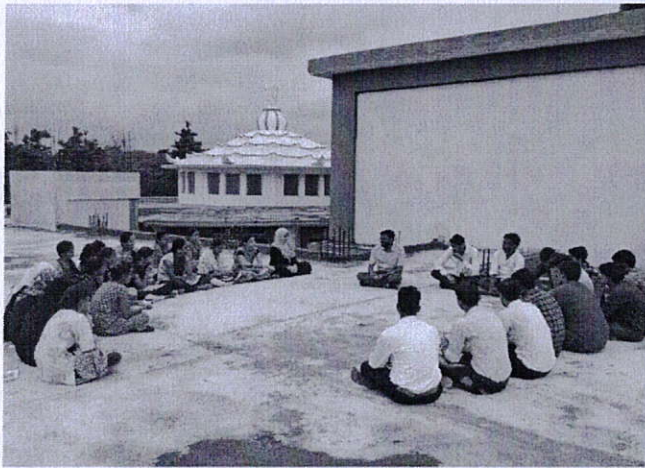
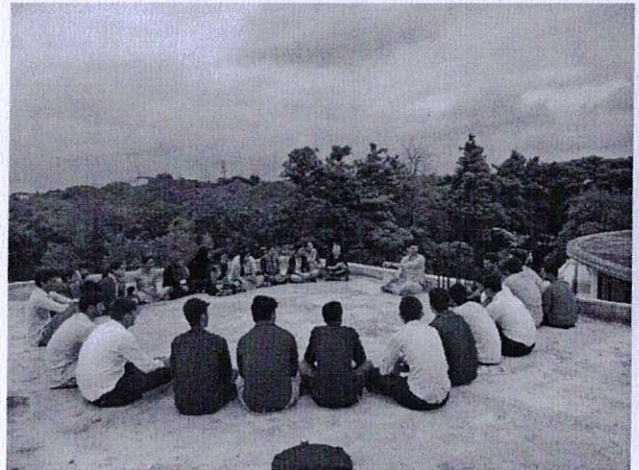
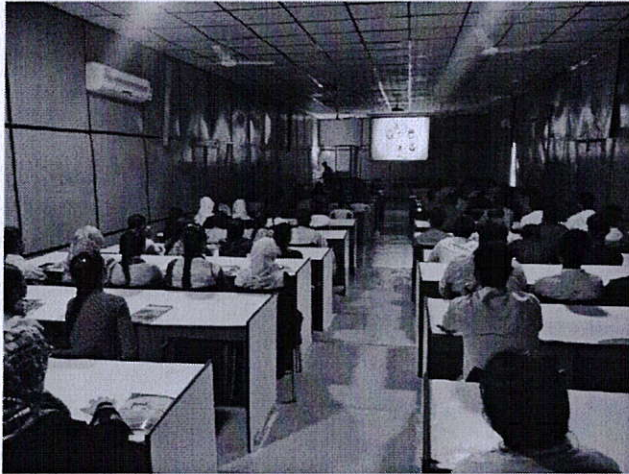
Mr.Mohan Rao Contact : 9848090582

Dr K Pavan Kumar, Contact : 9000249111

A special session on Life skills – Heartfulness way - A Simple and Practical Way to Experience the Hearts Unlimited Resources was conducted on 4/09/2019, 6/09/2019 & 7/09/2019 at Virtual Class room, Central Library, MNR Educational Campus for first year students and faculty members.

This program was inaugurated by Principal, Dr. V. Alagarsamy with a motivational speech on importance of conducting the session. The three day workshop was conducted with the intention of improving life skills to lead a better life in a most happy and healthful way.

A total 84 students participated in the workshop.




PROGRAM COORDINATOR

ATTENDANCE SHEET

NAME OF PROGRAMME: **Life Skills Development workshop- heart fullness- a simple and practical way to experience the hearts unlimited resources**
DATE AND TIME: **04-09-2019, 06-09-2019 & 07-09-2019**

S.NO	Name of the student/faculty	Course & year/ designation	Signature
1.	PULLAMGARI AKHILA	Bpharm I year	<i>Akhila</i>
2.	ARUPULA POOJITHA	B- pharm	<i>A.P.</i>
3.	PULUMAMIDI NAVANITHA REDDY	B.Pharmacy	<i>P.Navanitha</i>
4.	BANDARU DHARANI	B- pharm	<i>Dhara</i>
5.	JAJERAO LAXMI PRASANNA	B-Pharm	<i>Prasanna</i>
6.	ERANI NAVANEETHA	B.pharm	<i>E.Navaneetha</i>
7.	SANIYA FATIMA	B.pharm	<i>Saniya fatima</i>
8.	SALE SHIREESHA	B.pharm	<i>S.Shireesha</i>
9.	MALIHA FATHIMA	B-Pharm IV Year	<i>Mallika</i>
10.	M AGNISHA		ABSENT
11.	MANNEM ANUSHA	B.pharm	<i>Anusha</i>
12.	AMEDA GANESH	B. pharm	<i>Ganesh</i>
13.	BIRADHAR SAI SADHA	B.Pharm	<i>B.Saishadha</i>
14.	SALMA YAMIN	B-Pharm I Asst Year	<i>Salma</i>
15.	MEGAVATH SWAPNA		ABSENT
16.	GUDDOJI SANDHYA	B-Pharm	<i>G. Sandhya</i>
17.	GADDAMEEDI CHAITHANYA	B-Pharm	<i>Chaithanya</i>
18.	ADAPA HARIKA		ABSENT
19.	MADASU VAISHNAVI		ABSENT
20.	GOLLA GOPI SAI RAJ	B-Pharm	<i>Gopi</i>
21.	CHAKALI RAVI TEJA	B Pharm	<i>Ravi</i>
22.	RANGANALLI ARUN		ABSENT
23.	C PHANI SREE	B-Pharm	<i>Phani</i>
24.	MANNELLI BHAVANI	B pharm	<i>Bhavi</i>
25.	CHETTUKINDI MADHUKAR	B-Pharm	<i>Madhu</i>
26.	TOGARPALLY NITHYA SREE	B.Pharm	<i>Nithya sri</i>

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27.	KALALI SWETHA	B. pharm	K. Swetha
28.	METHARI AKASH KUMAR	B. pharm.	df
29.	SAGARIKA KULKARNI		ABSENT
30.	B KRISHNAVENI	B. pharm	Krishnaveni
31.	MOHAMMED SHANAWAZ	B. Pharm	B
32.	GONTELA BHAVANI	B. Pharm	G. Bhavani
33.	NEHA TABASSUM	B. Pharm	Neha Tabassum
34.	NEELAM VEERESH	B. pharm.	Neelam
35.	GULSHAN ARA	B. pharm	Gulshan Ara
36.	LAVUDYA THARUN NAIK	B. pharm	Tharun
37.	MATAM SACHIN		ABSENT
38.	ROHAN MOLLAH	B. Pharm	Rohan Mollah
39.	MD ASIK IQBAL	B. Pharm	md. Asik
40.	MD RUHUL	B. Pharm	Ruhul
41.	MABUD SULTAN	B. pharm	Mabud
42.	MD SAHIN AKTER SARKAR	B. pharm	sahin.
43.	ASIM KAMAL	B. Pharm	Asim
44.	MD SAMIUL ISLAM	B. Pharm	md Samiul
45.	SANA SULTANA	B. Pharm	Sana
46.	JADAV ANITHA	B. Pharm	J. Anitha
47.	SUNKU KYATHI NANDINI	B. pharm	S. Kyathi
48.	NADENDLA RAVALIKA	B. pharm	N. Ravalika
49.	BEGARI PAVITHRA	B. pharm	Pavithra
50.	PEDDAPURAM ANUSHA	B. pharm	p. Anusha
51.	BADURGALLA MAHESHWARI		ABSENT
52.	AZKIYA MARIYAM	B. pharm	Azkiya
53.	ANNALDESH NAVANEETHA		ABSENT
54.	PATLOLLA MOUNIKA	B. pharm	P. Mounika.
55.	ANGOTH SWAPNA	B. pharm	A. Swapna
56.	RACHAMALLA KIRTHANA	B. pharm	R. Kirthana
57.	RAMINENI SETHA SAI	B. pharm	R. SETHA SAI
58.	ABBAGONI REVATHI	B. pharm	Revathi

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2 of 5

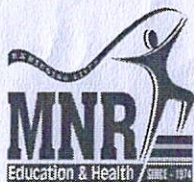
59.	SAJJAPUR SNEHA LATHA	B. Pharmacy	S. Sneha
60.	MEHA SHAISTHA	B. pharmacy	Mehta Shaistha
61.	KATURI KEERTHI	B. pharmacy	Keerthi
62.	YENNAM AKHILA REDDY	B. pharm	Akhila
63.	SHANIGARAPU INDRA REDDY	B. Pharmacy	Indra
64.	MUDIRAJ SHARANYA	B. Pharm	Sharanya
65.	NAIKOTI SAI NIKITHA	B. pharmacy	N. Sainikitha
66.	VAGU SONY		ABSENT
67.	CHENNEBOINA TRIVENI	B. pharmacy	Triveni
68.	VISHAKA PAWAR		ABSENT
69.	SAMGE SAKSHI VAJNATH		ABSENT
70.	GOLLA BHARATH KUMAR	B. pharmacy	G. Bharath Kumar
71.	GOUNDLA THARUN GOUD	B. Pharm	G. Tharun
72.	SHAIK FARHAN	B. Pharmacy	Shaik Farhan
73.	SANGAPOLLA BASWARAJ	B. Pharmacy	S. Baswaraj
74.	MOHAMMED FAYAZ	B. pharmacy	Md. Fayaz
75.	MOHD NOMAN	B. pharmacy	MOHD. Noman
76.	TARIF HOSSAIN	B. Pharm	Tarif
77.	RAJ AFROJ SAMIM MALITHA	B. Pharm	R.A.S.M
78.	RAKIP ROUSAN	B. Pharm	Rakip Rousan
79.	MD GOLAM HASAN	B. Pharmacy	Md Golam Hasan
80.	MAMUN HASSAN	B. Pharm	Mamun Hassan
81.	SK AJARUL RAHAMAN	B. Pharm	SK Ajamul Rahaman
82.	SK KAMAL UDDIN	B. Pharm	SK Kamal
83.	MD ASHIKUR RAHAMAN		ABSENT
84.	AZIZ HASANUZ ZAMAN	B. Pharmacy	Aziz
85.	NAWSAD ALI CHAUDHURY		ABSENT
86.	HAMRAZ RISHI	B. Pharmacy	Hamraz Rishi
87.	SHIEKH FAIZAN SHAFI	B. Pharmacy	Shiekh Faizan
88.	SANIA TABASSUM	B. Pharm	Sania Tabassum
89.	KARRA SUDHAKAR	B. Pharm	K. Sudhakar

ATTENDANCE SHEET

NAME OF PROGRAM: **Life Skills Development workshop - Heartfulness - a simple and practical way to experience the hearts unlimited resources.**
DATE: **04-09-2019**
06-09-2019
07-09-2019

S No	Name of student / Faculty	Course & Year / Designation	Signature
1.	SANIA BEGUM	Pharm-D I year	Sania Begum.
2.	EDULAKANTI RASAVI	Pharm-D I year	Rasavi
3.	G SAI KRUPA		ABSENT
4.	CHITLA LAXMI PRASANNA		ABSENT
5.	ELAKAPALLY RACHANA		
6.	MK KRISHNA PRIYA	Pharm D I year	Mk Krishna Priya
7.	KUMMARI ESTHER RANI		ABSENT
8.	NASHWA FARDEEN	pharm D I year	Nashwa
9.	BHAVANA TUNDLA	Pharm D I Year	Bhavana
10.	ROKKALA SAI RUPINI	Pharm D I year	Rokkala Sai Rupini
11.	GANJAI SOWMYA		ABSENT
12.	KARADOLLA HARSHITHA REDDY		ABSENT
13.	VUYYURU SUMAMALIKA	pharm D I year	Vuyyuru Sumamali
14.	MALLELA AKHILA		ABSENT
15.	JONNADA JAYA SRI		ABSENT
16.	BURNINGANI KRUPA		ABSENT
17.	PYATA JAHNAVI		ABSENT
18.	A JAVALI		ABSENT
19.	GOLLA JYOSHNA		ABSENT
20.	NELAPALA YOGA DURGA		ABSENT
21.	MD SAHIN AKHTAR	Pharm-D 1st year	MD Sahin Akhtar
22.	MD TAHASIN REJA	Pharm-D 1st year	MD Tahasin Reja
23.	IMTIAZ AHAMED HALDAR		ABSENT
24.	SAGNIK NANDY		ABSENT
25.	SAIKAT KHILA		ABSENT
26.	AMIR SOHEL		ABSENT

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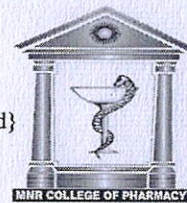
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Date: 19-06-2019

CIRCULAR

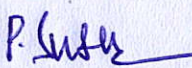
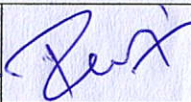
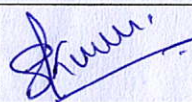
This is to inform that MNR College of Pharmacy is celebrating “International Yoga Day” on 21-06-2019.

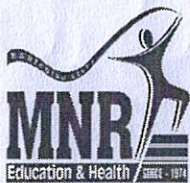
The students are requested to gather in front of MNR College of Pharmacy at 10:00 am without fail.


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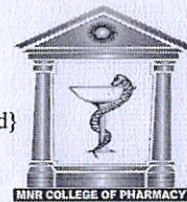
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Date: 22/06/2019

REPORT

Name of the program: **"International Yoga Day"**

On 21st June 2019 "International Yoga Day" was celebrated in MNR college of Pharmacy at 10 AM.

Yoga trainer conveyed the importance of yoga in our day to day life. The trainer had given valuable guidance to the students especially on pranayama and its benefits. Faculty also participated in the celebrations following the instructions of the trainer. Students celebrated the day with enthusiasm.

A total 32 students participated in the Yoga Day celebrations.




PROGRAM COORDINATOR

ATTENDANCE SHEET

NAME OF PROGRAM: Life Skill Development Program "International Yoga Day"

DATE: 21-06-2019

S No	Name of student / Faculty	Course & Year / Designation	Signature
1	Mohammed Haseeb Ahmed	B. Pharm 1 st year	Ahmed
2	MD Ramiz Raja	B. Pharm 1 st year	Ramiz.
3	Hafizur Rahman	B. Pharm 1 st year	H. Rahman.
4	AADIL RASHID KHAN	B. Pharm 1 st year	A. R. KHAN
5	Sazid Atammmed Shaikh	B. Pharm 1 st year	SAZID.
6	MIRZANUR ISLAM	B. Pharm 1 st year	M. I. Islam
7	Golam Nabi Azad	B. Pharm 1 st year	Nabi.
8	SK. Asaduzzaman	B. Pharm 1 st year	Asad
9	Khadimul Islam	B. Pharm 1 st year	Islam
10	Mahammed Haseeb Ahmed	B. Pharm 2 nd year	Haseeb
11	Madapati Veerabhuhanam	B. Pharm 1 st year	Veerab
12	Vadde Akhila	B. Pharm. 1 st year	Akhila.
13	T. Shanthi Kumari	B. Pharm 1 st year	Shanthi
14	Kurma Madhuri	B. Pharm-1 st yr	K. Madhuri
15	Sileveri Shiva Kumar	B. Pharm 1 st year	Shiva
16	Pushpallatha	B. Pharm 1 st year	Pushpallatha.
17	Bonuspuram pravallika	B. Pharm 1 st year	Pravallika
18.	D. Meghana	B. Pharm 1 st year	Meghana
19	Vuyyuri Sowmya	B. Pharm 1 st year	Sowmya
20.	ARJALI YADAV. G.	B. Pharm 1 st year	Arjaliyadav.
21.	Ashmita Nayak	III Pharm. D	Ashmita
22.	AKSHITHA	III Pharm-D	AKSHITHA
23.	V. Ramaya	3 rd Pharm-D	V. Ramaya.
24.	N. Navya	3 rd Pharm-D	Navya
25	Bheemesh	3 rd Pharm D	Bheemesh
26	R. Sachin	3 rd Pharm D	Sachin

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ATTENDANCE SHEET

NAME OF PROGRAM:

DATE:

S No	Name of student / Faculty	Course & Year / Designation	Signature
1	Nagiyana Nashreen	Pharm-D II year	Nagiyana
2	Mattick Haidul Islam	Pharm-D II year	Mattick
3	Mollatoy Uddin	Pharm-D II year	Mollatoy
4	Pratyaksha	Pharm-D II year	Pratyaksha
5	Pritya Harshani	Pharm-D II year	Pritya Harshani
6	B. Venkatesh	3rd Pharm-D	B. Venkatesh
7	Shiva Kumar	3rd Pharm-D	Shiva Kumar
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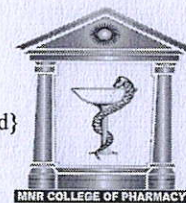
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Date: 30-07-2018

CIRCULAR

This is to inform that Life skill development workshop on “**Stress Management and Confidence Building**” by Mr. Kaushal Kumar is scheduled on 03-08-2018 at MNR College of Pharmacy. We invite Pharm. D V years & Interns students and faculty members to attend the same.

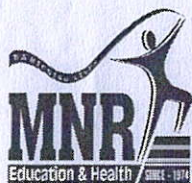
Venue: Seminar hall, MNR Medical College

Timings: 10:00 am -2:30 pm

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Date: 04-8-2018

REPORT

Name of the program: **Stress Management and Confidence Building.**

Date: 03-08-2018.

Resource Person and Details:

Name & Designation: Mr. Kaushal Kumar is a Master practitioner of NLP (Neuro linguistic programming) at Kaushal Kumar –Life coach academy at Ameerpet, Hyderabad.

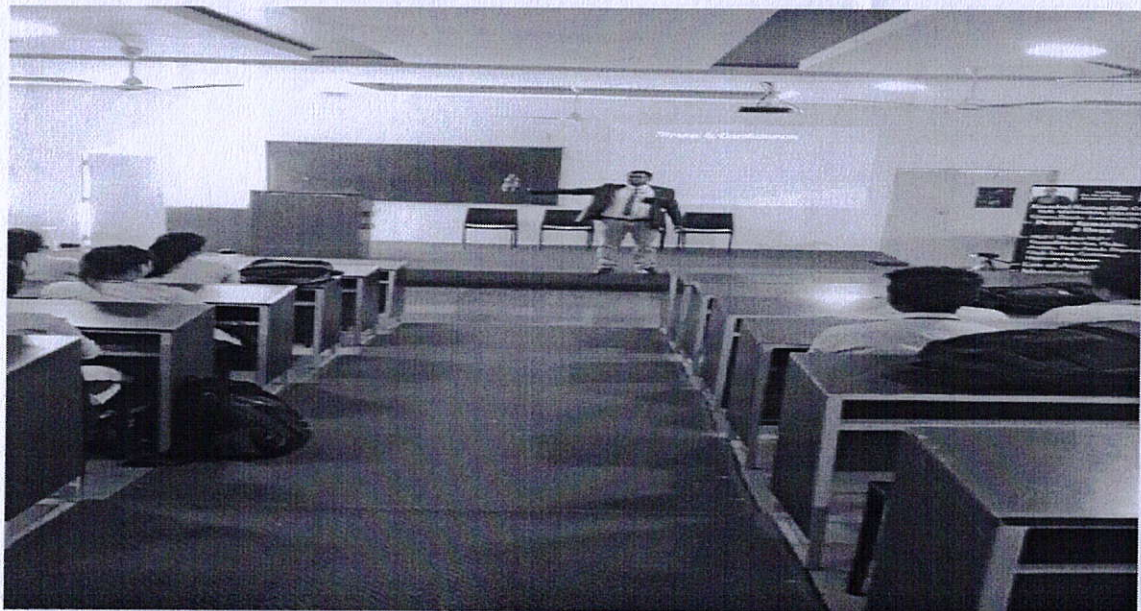
Contact: 8247448846

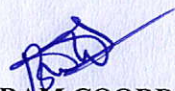
He provide training in Public Speaking, NLP, Law of attraction, Motivational Speeches & Training.

A special session on Life skills - ‘Stress management and Confidence building’ on 03-08-2018 was conducted at MNR College of Pharmacy. Students and faculty members attended. This program was inaugurated by Principal, Dr. V. Alagarsamy with a motivational speech on importance of conducting session on managing stress in relation to current education pattern and importance of building confidence.

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.

A total 32 students participated in the session. The session ended with vote of thanks




PROGRAM COORDINATOR

ATTENDANCE SHEET

NAME OF PROGRAM: Life Skill Development Program on Stress Management and Confidence Building

DATE: 03-08-2018

S No	Name of student / Faculty	Course & Year / Designation	Signature
1.	S V LALITHA	Pharm.D Intern	Lalitha
2.	TODUPUNURI SHIVANI	Pharm. D Intern	Shivani
3.	NIRUMALLA MOUNIKA	Pharm. D Intern	Mounika
4.	N SWATHI	_____	AB
5.	BAKHILA	Pharm. D Intern	Akhila
6.	PAMUKUNTALA MOUNIKA	Pharm - D Interns	P. Mounika
7.	M JHANSI	_____	AB
8.	SANAPALA SINDHUJA	Pharm D Interns	Sinduja
9.	ITTA USHA SRI	Pharm D - Interns	Usha
10.	BOBBILI SAIVEDA	Pharm - D Interns	Bobbili
11.	LAKAVATH DHANALAKSHMI	_____	AB
12.	B VAMSHIDHAR	Pharm - D Interns	Vamshi
13.	MEKALA ANUSHA	Pharm - D Interns	Anusha
14.	LINGAMANENI SAI CHETHANA	Pharm - D - Interns	Chethana
15.	TEKULA SARASWATHI	_____	AB
16.	RAMASETTY BHAVANI NAIDU	_____	AB
17.	SYEDA ZEBA TARANNUM	Pharm D - Interns	Tarannum
18.	U. VARUN	Pharm D - Interns	Varun
19.	CHINKA NIKHIL SAI	Pharm - D Intern	Nikhil
20.	CHAVA MANASVINI	_____	AB
21.	BOLLAM RASHMITHA	_____	AB
22.	BURUGUPALLY MOUNIKA	Pharm D - Interns	Mounika
23.	HAQQANI NADIA	Pharm D - Interns	Nadia
24.	RUDRARAJU KRISHNA CHAITANYA	Pharm D - Interns	Krishna
25.	SANA SULTANA	_____	AB
26.	YATA N SAI CHANDRA	_____	AB
27.	PRAVALIKA DASARI	Pharm D Intern	Dasari

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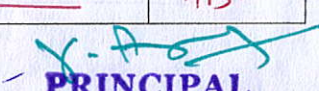
28.	JUVERIA FATHIMA	Pharm D Intern	Juweria
29.	BEGARI PRIYANKA		AB
30.	NISHAT UNNISA BEGUM		AB
31.	IFFATH FARZIN		AB
32.	MANNALLIKER MALLESHWARI	Pharm D Intern	Malleshwari


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ATTENDANCE SHEET

NAME OF PROGRAM: Life skill Development program on -
DATE: 03-08-2018 Stress management & Confidence -
Building

S No	Name of student / Faculty	Course & Year / Designation	Signature
1.	SUSHMITHA ADIKE	Pharm.D II year	S. Adike
2.	RACHAKONDA CHATHURYA	Pharm.D II year	Chathurya
3.	NALLURI TANDAVA KRISHNA	Pharm.D II year	Krishna
4.	SAGALETTY VENNELA	Pharm.D II year	Vennela
5.	SYEDA MAVIYA FATIMA	Pharm.D II year	Fatima
6.	U PADMA LATHA		AB
7.	CHAPPIDI SAI LAKSHMI NIHARIKA		AB
8.	P SUPRIYA		AB
9.	INUGANTI BHAVANA		AB
10.	BUDHARAM SINDHUJA	Pharm.D II year	Sindhuja
11.	DATRIKA SWATHI	Pharm.D II year	Swathi
12.	CHILAM SHIVANI	Pharm.D II year	Shivani
13.	VEERAMREDDY SPANDANA	Pharm.D II year	Spandana
14.	GOLUGURI DEVISAHITHYA	Pharm.D - II year	Devisahithya
15.	TAMMALI SOUNDARYA	Pharm.D II year	Soundarya
16.	MEKALA MOUNIKA	Pharm.D II year	Mounika
17.	JARUPULA MOUNIKA		AB
18.	VIDYA BIJU		AB
19.	GOLLAPUDI SURENDRA BABU		AB
20.	PEDDOLLA SUSHMA REDDY		AB
21.	UPPALA KRUTHIKA		AB
22.	RAPOLU RAM KUMAR		AB
23.	KANDIKONDA SATHWIK		AB
24.	CHILAKALA KRISHNA VAMSI		AB
25.	PALIMKAR PRASHANTHI		AB
26.	M. SUDHA SREE		AB
27.	V S HIRANI		AB


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