



(Sponsored by St. VINCENT EDUCATIONAL SOCIETY)
Regd. No. 5782/200

(Approved by AICTE, PCI, New Delhi and Afliated to JNTU, Hyderabad)

Kondapur Village, Ghatkesar Mandal, Medchal District (Old R.R. Dist) - 501 301. Cell: 9701368996,

7.3.1- The performance of the institution in one area distinctive to its priority and thrust:

#### **LIST OF PROGRAMS (2020-21)**

S.No.	Date	Name of the Program	Organized by
1	10.08.2021	Haritha Haram	College NSS unit
2	10.08.2021	Awareness program on 'Depression in college students'	Department of Pharmacy
3	17.08.2021	Awareness program on 'Menstrual health and Hygiene'	Department of Pharmacy
4	14.09.2021	Wear Mask And Social Distancing	College NSS unit
5	24.09.2021	National Service Scheme Day	College NSS unit
6	25.09.2021	'World Pharmacist Day' awareness programs (including Rally)	College NSS unit
7	12.11.2021	Blood Donation Camp	College NSS unit

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Medchal Dist. PIN-501301





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DATE: 09.08.2021

#### **CIRCULAR**

It is hereby informed to all the students and staff members of the college that the college NSS unit is going to organize a plantation program named 'Haritha Haram' in the college premises and outside the campus of Samskruti Group of Institutions which comes under the village Kondapur on 10<sup>th</sup> August 2021. Therefore, the students and staff members are requested to participate in the program and make it success.

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Copy to:

- 1. HODs and Staff members.
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#### PROGRAM REPORT

Date: 12.08.2021

Program Name: Haritha Haram.

Date: 10.08.2021

Venue: College premises and Campus Surroundings.

Agency involved: College NSS unit.

Students participated: 25 members.

#### Haritha Haram - An Environmental Promotional Program:

Samskruti College of Pharmacy is conducting an important environmental promotional program named 'Haritha Haram' both inside and outside the college campus every year by making the involvement of more number of female students and staff of the college apart from the male students and staff especially to sensitize them on the importance of the plantation program 'Haritha Haram' . This program also emphasizes the importance and role of plants and trees in minimizing the pollution and in maintaining the good environment for the health and wellbeing of the society. The college is ready to encourage the larger involvement of female students and faculty in any other kind of environmental promotional program that it undertakes in future.

The NSS unit and students of Samskruti College of Pharmacy in association with their faculty have organized a plantation program named 'Haritha Haram' at the college premises and outside the campus of Samskruti Group of Institutions which comes under the village Kondapur on 10<sup>th</sup> August 2021. The purpose of undertaking this program is to bring an awareness regarding the necessity and advantages of plantation and growing the plants on the earth both in the campus students and in the nearby local community.

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# SAMSKRUTI COLLEGE OF PHARMACY (Sponsored by St. VINCENT EDUCATIONAL SOCIETY) Regd. No. 5782/200



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S. Shibelish Program-coordinator

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PRINCIPAL Fintered Camskruti College of Pharmacy Kondapur (V), Ghatkesar (M), Medchal Dist. PIN-501901

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Date: 09.08.2021

#### **CIRCULAR**

All the students and staff members of the college are hereby informed that our institution is going to conduct an awareness program on the topic 'Depression in college students' on 10<sup>th</sup> August 2021 by Dr. B. Sudhakar, working as Head of the Department, Department of Pharmaceutical Chemistry, in our college. He will deliver the key note presentation on respective program. Hence everyone should gather and participate in this regard in our college seminar hall. Take this opportunity to enlighten your minds and make the program successful.

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- 1. HODs and Staff members.
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Date: 11.08.2021

#### **PROGRAM REPORT**

Program Name: Awareness program on 'Depression in college students'.

Date of Activity: 10.08.2021 Venue: College Seminar hall.

Organized by: Department of Pharmacy.

Number of participants: 25

Mental health problems are prevalent among college students with substance use, anxiety, and depression being the most common. College students may be exposed to many situations or risk factors that could trigger an episode of depression.

- Comparison of academic, athletic or social performance to their peers.
- Drug or alcohol use.
- Family history of depression.
- Fears of disappointing parents because of grades or career path.

Depression especially due to the above reasons in college students is not decreasing and became the most commonly prevailing mental disorder. Therefore there is a need to make the students aware of various aspects disorder.

In this program the participants were made aware about

- Depression and the reasons behind its occurrence in youngsters and college students.
- Identification of the initiation and presence of depression.
- Possible ways to prevent the occurrence of depression.
- The role of parents, family members, teachers, friends with respect to identification and prevention of depression in the college students.
- Various symptoms of depression and behavioural attitude of persons undergone the depression.
- Information about the drug therapy and treatment of depression.

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The participants of this program have listened to the topics presented and explained and interacted and clarified some doubts with the speaker. This program will bring a realization in students and the staff members especially in the female ones with respect to their knowledge and awareness about various aspects of depression and helps them for a positive transformation for the prevention of depression.

S. Sailerike Program coordinator

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Date: 16.08.2021

#### **CIRCULAR**

All the female students and staff members of the college are hereby informed that our institution is going to conduct an awareness program on the topic 'Menstrual health and Hygiene' on 17<sup>th</sup> August 2021 by Dr. M. Vidya, working as Assistant Professor, Department of Pharmacy Practice at Chaitanya Deemed to be University, Hanmakonda. She will deliver the key note presentation on respective program. Hence everyone should gather and participate in this regard in our college seminar hall. Take this opportunity to enlighten your minds and make the program successful.



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Date: 18.08.2021

#### **PROGRAM REPORT**

Program Name: Awareness program on 'Menstrual health and Hygiene'.

Date of Activity: 17.08.2021 Venue: College Seminar hall.

Organized by: Department of Pharmacy.

Number of participants: 31

Menstrual Cycle corresponds to the natural regular change in the female reproductive system. In females, the first cycle usually begins between the ages of twelve and fifteen and continues until age 45, and this cycle has an average duration of 28 days. There is need to maintain good menstrual health and hygiene to prevent the occurrence of various infections and health related problems in the adolescent and adult age groups. Therefore there is a need to make the female students and staff members aware of various aspects menstrual health and hygiene.

In this program the participants were made aware about

- What is menstruation and when it begins?
- What is menstrual cycle and various phases of it?
- How to calculate menstrual cycle?
- Some of the most common period symptoms.
- What is normal for a period and how to make it to come faster?
- What should be eaten and drunk during the periods?
- Various causes of menstrual hygiene problems.
- Things to be remembered and implemented for a good menstrual health and hygiene.
- Commonly occurring menstrual disorders and their treatment.

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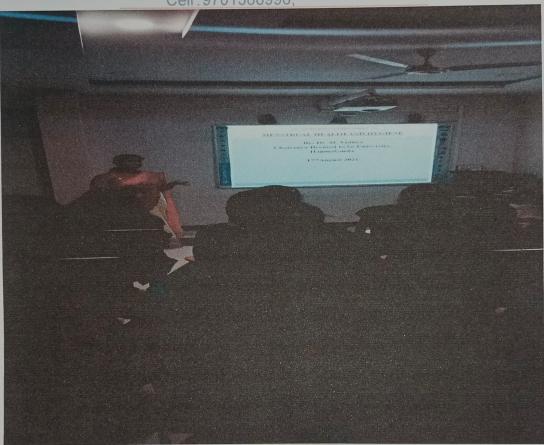




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The participants of this program have listened to the topics presented and explained and interacted and clarified some doubts with the speaker. This program will bring a realization in female students and the staff members with respect to their knowledge and awareness about various aspects of menstrual health and hygiene and helps them for a positive transformation for the prevention of various menstrual disorders and for maintaining good menstrual health.

S. Saillide Program coordinator

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Date: 13.09.2021

#### **CIRCULAR**

It is hereby informed to all the students and staff members of the colleges of Samskruti Group of Institutions that the Pharmacy college NSS unit is going to organize the 'Wear Mask And Social Distancing' in the Auditorium of Samskruti Group of Institutions on 14<sup>th</sup> September 2021. Therefore, the students and staff members of the this Group of Institutions are requested to participate in the program and make it successful.



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- 2. Students.
- 3. Director- Samskruti Group of institutions.
- 4. Principal & Staff Engineering College.
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Kondapur Village, Ghatkesar Mandal, Medchal District (Old R.R. Dist) - 501 301. Cell: 9701368996,

Date: 15.09.2021

#### **PROGRAM REPORT**

Program Name: 'Wear Mask And Social Distancing'.

Date: 14.09.2021

Venue: College seminar hall.

Agency Involved: College NSS Unit. Students Participated: 21 Members.

When you wear a mask, in the event of Corona viral pandemic situation you can **protect others** as well as yourself. Masks work best when everyone wears. A mask is not a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart, especially when we are in indoors around people. The following must be followed to be safe.

- Washing your hands frequently (for at least 20 seconds) with soap and water or a hand sanitizer that contains at least 60% alcohol.
- Avoiding touching your face (particularly your eyes, nose, and mouth).
- Staying in home as much as possible, even if you don't feel sick.
- Avoiding crowds and gatherings of 10 or more people.
- Avoiding all non-essential shopping and travel.
- Keeping 6 feet of distance between yourself and others when out.
- Getting plenty of sleep, which helps support your immune system.
- Following all recommendations from health authorities.

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Jamskruti College of Pharmacy Kondapur (V), Ghatkesar (M), Medchal Dist. PIN-501<del>80</del>1





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On 14.09.2021, from our college around 21 students have participated in Wear mask and Social distancing program held at our college seminar hall and knew the importance of wearing mask and social distancing.

S. Shillsish

Program coordinator

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Kondapur Village, Ghatkesar Mandal, Medchal District (Old R.R. Dist)-501 301. Cell: 9701368996,

DATE: 23.09.2021

#### CIRCULAR

It is hereby informed to all the students and staff members of the colleges of Samskruti College of Pharmacy that the Pharmacy college NSS unit is going to organize the 'National Service Scheme Day' in the College seminar hall on 24<sup>th</sup> September 2021. Therefore, the students and staff members of the college are requested to participate in the program and make it successful.



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Copy to:

- 1. HODs and Staff members.
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- 3. Director.
- 4. College Notice Board.



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Kondapur Village, Ghatkesar Mandal, Medchal District (Old R.R. Dist) - 501 301. Cell: 9701368996,

Date: 25.09.2021

#### PROGRAM REPORT

Program name: 'National Service Scheme Day'.

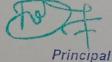
Date: 24.09.2021

Venue: College seminar hall.

**Agency involved:** College NSS Unit. **Students participated:** 25 members.

Every year on 24 September, National Service Scheme Day is observed and celebrated across the country. The Ministry of Youth Affairs and Sports conducts and manages the National Service Scheme (NSS), which is a public service program. In the year 1969, the National Service Scheme was introduced on the occasion of the birth centenary of Mahatma Gandhi.





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During that time, the scheme was launched in 37 universities in India, including 40,000 students to be part of it. NSS helps the student to grow individually and also as a group. It makes the students confident, develop leadership skills, and gain knowledge about different people from different walks of life. Students also learn other skills that help them lead a better life in various situations.

On 24.09.2021 in our college 25 students and few faculty members from different the departments are participated in the NSS Day.

Program coordinator

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DATE: 24.09.2021

#### CIRCULAR

It is hereby informed to all the students and staff members of the college that the college NSS unit is going to organize the awareness programs (including Rally) in the event of 'World Pharmacist Day' both inside and outside the campus of Samskruti Group of Institutions in Ghatkesar town (a rally) on 25<sup>th</sup> September 2021. Therefore, the students and staff members are requested to participate in the programs and make them successful.

Copy to:

- 1. HODs and Staff members.
- 2. Students.
- 3. Director.
- 4. Notice Board.



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#### PROGRAM REPORT

Date: 27.09.2021

Program Name: 'World Pharmacist Day' awareness programs (including Rally).

Date: 25.09.2021

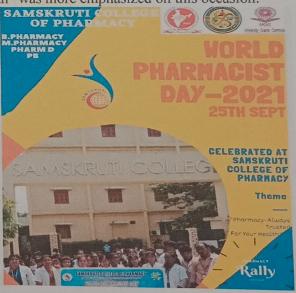
Organized by: College NSS unit.

Venue: College Auditorium and Ghatkesar town.

Students and staff participated: 30 members.

The NSS unit and students of Samskruti College of Pharmacy in association with their faculty have organized the awareness programs (including Rally) in the event of 'World Pharmacist Day' both inside and outside the campus of Samskruti Group of Institutions in Ghatkesar town (a rally) on 25<sup>th</sup> September 2021. The programs were conducted to bring an awareness about the role of Pharmacy profession and the Pharmacist for a good health and welfare of the society in the campus community and the common public. This year's theme of the 'World Pharmacist Day' i.e., "Pharmacy-Always Trusted For Your Health" was more emphasized on this occasion.





Program coordinator



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DATE: 11.11.2021

#### CIRCULAR

It is hereby informed to all the students and staff members of the colleges of Samskruti Group of Institutions that the Pharmacy college NSS unit is going to organize the 'Blood Donation Camp' in association with 'Indian Red Cross Society' in the Auditorium of Samskruti Group of Institutions on 12<sup>th</sup> November 2021. Therefore, the students and staff members of the this Group of Institutions are requested to participate in the program and make successful.

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Date: 13.11.2021

#### PROGRAM REPORT

Program Name: Blood Donation Camp.

Date: 12.11.2021

Venue: College Auditorium.

Agency Involved: Indian Red Cross Society.

Students Participated: 196 members.

At Samskruti College of Pharmacy premises, college NSS unit in along with Indian Red Cross Society organized a blood donation camp. 196 students have donated blood in the camp, of which more than 60 students donated blood for the first time. Samskruti College of Pharmacy organized the camp, which is very remarkable. College staff was present in the blood donation camp. The college staff also donated blood. Camp organizers arranged fruits, coffee and biscuits for the blood donors.



NSS volunteers encouraged the donors by telling that blood donation is nothing but saving of life. It could save someone's precious life, Could light a family's lamp, and could give happiness to a family. it is a matter of pride for the students of Samskruti College of Pharmacy of this great work and their cooperation. Blood donation is known as a huge donation. Accidents

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are happened almost daily in our Country. therefore inflated by donating blood in the hospital, which is provided to the patient at the time the blood is attained accident.



On 12.11.2021, from our college 196 students have participated in blood donation program held in our campus auditorium and donated blood.

Program coordinator

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