

**LIFE SKILLS (YOGA,
PHYSICAL FITNESS,
HEALTH & HYGIENE**

2020-2021



ADITYA COLLEGE OF PHARMACY

(Affiliated to JNTUK, Approved by AICTE)



(ADITYA NAGAR, ADB ROAD, SURAMPALEM 533 437, E.G.Dt, Ph.9949876664, 08852-200005)

Website: www.acop.edu.in, Email: office@acop.edu.in

PROPOSAL LETTER

Date-21/02/2021

To,

The Principal,

Aditya College of Pharmacy,

Surampalem.

Subject - Permission for conducting Yoga for everybody.

Respected sir,

I am the library co-ordinator of Aditya College of pharmacy writing this letter to ask your consent for **conducting a Yoga programme** for the B Pharm and Pharm D students .It was decided to conduct this program on **22/02/2021**. Kindly grant the permission to conduct the programme by utilizing the facilities.

Thanking you sir,

Yours faithfully


NSS CO-ORDINATOR



ADITYA COLLEGE OF PHARMACY

(Affiliated to JNTUK, Approved by AICTE)

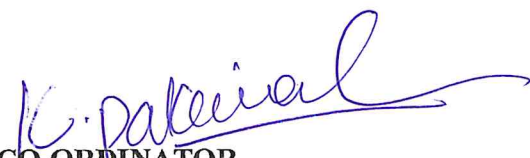
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Website: www.acop.edu.in, Email: office@acop.edu.in

Date: 20-02-2021

CIRCULAR

This is to inform that our college is conducting a **Yoga Session** for **B. Pharm and Pharm D** students on **22-02-2021**. Hence all the interested students are hereby invited to attend the session.


CO-ORDINATOR


PRINCIPAL



ADITYA COLLEGE OF PHARMACY

(Affiliated to JNTUK, Approved by AICTE)



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Website: www.acop.edu.in, Email: office@acop.edu.in

Date: 22-02-2021

REPORT

Name of the Programme: YOGA SESSION

Duration of Programme: 2hour

Resource Person Details: M.M. Sivaramakrishna, M. Harinadh

Yoga Trainers

Pulimeru

East Godavari

Contact No- 9866254569

Aditya College of Pharmacy organized **Yoga programme on 22-02-2021** in our campus with the help of yoga trainers **M.M. Sivaramakrishna, M. Harinadh**. All the students of our college participated actively in this programme. About 111 pupils had attended the event.

During this programme students performed Chakrasana, Bhujangasana, Garudasana, Savasana and also few pranayama along with meditation

OUTCOME:

Students can promote harmony in the body, mind, and environment by engaging in the aforementioned yoga exercises. Additionally, it aided in the full system development of their physical, mental, social, and spiritual selves. Last but not least, our principal Prof. Dr. K. Ravishankar congratulated M. M. Sivaramakrishna and M. Harinadh for instructing our students in yoga.


NSS COORDINATOR



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K. palem
CO-ORDINATOR



K. palem
PRINCIPAL
Aditya College of Pharmacy
SURAMPALEM-533 437



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Website: www.acop.edu.in, Email: office@acop.edu.in

REPORT

Name of the Programme: Yoga Session

Date: 22-02-2021

Academic Year: 2020-2021

LIST OF STUDENTS ENROLLED

S.No	Roll No	Name of the Student	Year/Program me	Signature
1.	203H1T0015	Matta PurnaReejena	I Pharm D	M. Purna Rejena
2.	203H1T0007	K. Venkata Prathigna	I Pharm D	K. Vprathigna
3.	203H1T0024	P. Manga Sindhu Varshini	I Pharm D	P. Manga Sindhu Varshini
4.	203H1T0012	Kanumuri Mahitha	I Pharm D	K. Mahitha
5.	203H1T0019	S.S.Iswaryambica Pooja	I Pharm D	S.S. P
6.	203H1T0025	Penkey Sai Priya	I Pharm D	P. Sai Priya
7.	203H1T0011	M. Girija Bhavani	I Pharm D	M. Girija Bhavani
8.	193H1R0027	Kuchipudi Mounika	II B.Pharm	K. Mounika
9.	193H1R0040	Polaki Sirisha	II B.Pharm	P. Sirisha
10.	193H1R0018	Indiga Sai Sudha	II B.Pharm	Indiga Sai Sudha
11.	193H1R0052	Thota Sathya Sai	II B.Pharm	T. Sathya Sai
12.	193H1R0051	Teki Leela Bhavani	II B.Pharm	T. Leela Bhavani
13.	193H1R0050	Surampudi Veera Anitha	II B.Pharm	S. Veera Anitha
14.	193H1R0035	N. Surya Mahalakshmi	II B.Pharm	N. Surya Mahalakshmi
15.	193H1R0043	Sabella Divya Sri	II B.Pharm	S. Divya Sri
16.	193H1R0054	Banala Likitha	II B.Pharm	B. Likitha
17.	193H1R0025	Kothadatti Mounika	IIB.Pharm	Kothadatti Mounika
18.	193H1R00A0	Yalla Alekhya devi	II B.Pharm	Y. Alekhya devi
19.	193H1R0082	Pasala Durga Malleswari	II B.Pharm	P. D. Malleswari
20.	193H1R00A4	Mallidi Meghana	II B.Pharm	M. Meghana
21.	193H1R0095	Thrilochana Adabala	II B.Pharm	T. Adabala
22.	193H1R00B5	Arati Kumari Majhi	II B.Pharm	A. Kumari Majhi
23.	193H1R00A7	Punam Kumari Gupta	II B.Pharm	P. Kumari Gupta
24.	193H1R0097	Vanamadi Keerthana	II B.Pharm	V. Keerthana
25.	193H1R0061	Amatam Sai Manogna	II B.Pharm	A. Sai Manogna
26.	193H1R0096	Vakacharla Sai Prasanna	II B.Pharm	V. Sai Prasanna
27.	193H1R0066	Bande Naga Ganga Rao	II B.Pharm	B. Naga Ganga Rao
28.	193H1R00B3	Fathima Johra	II B.Pharm	F. Johra



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29	193H1R0076	K.Kalpana	II B.Pharm	K.Kalpana
30	193H1R0056	Aastha Singh	II B.Pharm	Aastha Si
31	203H1R0047	Sunkara Pushpa	I B.Pharm	S. Pushpa
32	203H1R0025	Madipally Samyuktha	I B.Pharm	Madipally Samyuktha
33	203H1R0017	Goruputi .Bharathi	I B.Pharm	G. Bharathi
34	203H1R0012	Desamsetty Sirisha	I B.Pharm	Desamsetty Sirisha
35	203H1R0007	Chamakuri Balasri	I B.Pharm	Ch. Balasri
36	203H1R0020	Karri Shobharani	I B.Pharm	K. Shobharani
37	203H1R0015	Garikina Manasa	I B.Pharm	G. Manasa
38	203H1R0028	Marri Satya Bhulakshmi	I B.Pharm	M. Satya
39	203H1R0002	Alamuri MadhuLakshmi	I B.Pharm	A. Madhu
40	203H1R0024	Madepalli Gani Lakshmi	I B.Pharm	M. gani lakshmi
41	203H1R0039	Peyyala Namratha Raga	I B.Pharm	P. Namratha Raga
42	203H1R0021	Ketha Gowri Sri	I B.Pharm	K. Gowri Sri
43	203H1R0054	Vendi Veera Kumari	I B.Pharm	V. Veera Kumari
44	203H1R0048	T. Lakshmi Lalithya	I B.Pharm	T. Lakshmi Lalithya
45	203H1R0051	Vachepalli Roshitha	I B.Pharm	V. Roshitha
46	203H1R0059	Anusuri Sujatha	I B.Pharm	A. Sujatha
47	203H1R0076	Mallidi Rupika Reddy	I B.Pharm	Mallidi Rupika Reddy
48	203H1R0079	Mudunuri Mona Sri Neha	I B.Pharm	M. MONA SRINETHA
49	203H1R0083	Obbilireddy Kavya Kanaka Mahalakshmi	I B.Pharm	O. K.K. Mahalakshmi
50	203H1R0084	Pabolu Likitha	I B.Pharm	P. Likitha
51	203H1R0088	Priyanka Manga	I B.Pharm	P. Manga
52	203H1R0089	Purushotham Vishnu Sowjanya	I B.Pharm	P. Vishnu Sowjanya
53	203H1R0090	Rayudu Aswitha	I B.Pharm	R. Aswitha Rayudu
54	203H1R0093	Valluri Divya Sri Devi	I B.Pharm	V. Divya S. Devi
55	203H1R0096	Sangeeta Baitalik	I B.Pharm	Sangeetha Baitalik
56	203H1R0063	Attuluri Sai Jahnvi	I B.Pharm	A. Sai Jahnvi



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57	203H1T0005	Gummala Prema Florence	I PharmD	G. P. Florence
58	203H1T0003	Boddu Meenakshi	I Pharm D	B. Meenakshi
59	203H1T0009	Lalam Swarnakumari	I PharmD	L. Swarnakumari
60	203H1T0008	Mabuto Michelle Tanaka	I PharmD	M. M. T.
61	203H1T0014	Mangam Sravani	I PharmD	Mangam Sravani
62	203H1T0002	Bhamidipati Kanaka Durga	I PharmD	B. Kanakodurga
63	203H1T0013	Makireddi Venkatalakshmi	I PharmD	M. Venkatalakshmi
64	203H1T0023	Sivakoti Yamini	I PharmD	S. Yamini
65	203H1T0016	MD Zoya Alvira	I PharmD	MD Zoya Alvira
66	203H1T0004	Gadi Priyanka	I PharmD	G. priyanka
67	203H1T0017	Pitani Manisha	I PharmD	P. Manisha
68	203H1R0039	P. Namratha ragha	I B Pharm	Namratha
69	203H1R0087	Pirla Rohith Yadav	I B Pharm	P. Rohith
70	203H1R0065	Boddu S.L.V. Sai Vasanth	I B Pharm	Vasanth
71	203H1R0098	S. Aditya Vanama Reddy	I B Pharm	S. Aditya
72	203H1R0058	Ajay Kumar Kushwaha	I B Pharm	Ajay Kumar Kushwaha
73	203H1R0060	Aritro Paul	I B. Pharm	Aritro Paul
74	203H1R0092	Ritesh Jana	I B. Pharm	R. Jana
75	203H1R00A2	Suman Pati	I B. Pharm	Suman P.
76	203H1R0061	Arpan Ghosh	I B. Pharm	Arpan Ghosh
77	203H1R00A0	Shreyanshu Kumar Maity	I B. Pharm	Shreyanshu
78	203H1R0091	Riju Bhandari	I B. Pharm	Riju Bhandari
79	203H1R0094	Rupam Bhandari	I B. Pharm	Rupam
80	203H1R0068	Gyansagar Chaudhary	I B. Pharm	Gyansagar Chaudhary
81	203H1R0064	Bhupendra Prasad Kurmi	I B. Pharm	B. PRASAD
82	203H1R0097	Santosh Das	I B. Pharm	Santosh Das
83	203H1R0067	Golden Gupta	I B. Pharm	Golden Gupta
84	203H1R00A1	Sudip Hanra	I B. Pharm	Sudip Hanra
85	203H1R0062	Ashok Kumar Barun Dhobi	I B. Pharm	Ashok Kumar
86	203H1R0077	Manauwar Alam	I B. Pharm	Manuwar Alam



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87	203H1R0095	Salahu Kabiraj	I B.Pharm	Kabiraj
88	203H1R0073	Kuppala Pavan Satya	I B.Pharm	Satya
89	203H1R0078	Marni Vinay Kumar Chowdary	I B.Pharm	chowdary
90	203H1R0071	K Mohan Krishna Sai Sri Ram	I B.Pharm	Sai Sri ram
91	193H1R0068	Bikash Kumar Rauniyar	II B.Pharm	Bikash
92	193H1R0069	Bikash Kumar Yadav	II B.Pharm	Yadav
93	193H1R0085	Rukum Kumar Yadav	II B.Pharm	Yadav
94	193H1R00B7	Shyam Manohar Shah	II B.Pharm	Shah
95	193H1R0087	Sayan Bera	II B.Pharm	Sayan Bera
96	193H1R0063	Souvik Das	II B.Pharm	Das
97	193H1R0088	Soumyadeep Khatua	II B.Pharm	Khatua
98	193H1R0079	Krishnendu Das	II B.Pharm	Das
99	193H1R0073	Himdari Sinha	II B.Pharm	Sinha
100	193H1R0058	Abrar Ansari	II B.Pharm	Ansari
101	193H1R0065	Ashish Prasad Kohar	II B.Pharm	Prasad
102	193H1R0093	Tayib Ahmad Naik	II B.Pharm	Naik
103	193H1R00B4	Bikram Pandey	II B.Pharm	Pandey
104	193H1R0057	Aayuah Kumar	II B.Pharm	Kumar
105	193H1R0020	Kadali Kumara Vara Prasad	II B.Pharm	Vara Prasad
106	193H1R0078	Keshab Rungta	II B.Pharm	Rungta
107	193H1R0077	Kada Ratnakar Rao	II B.Pharm	S. Khajuria
108	193H1R0090	Sumit Khajuria	II B.Pharm	Khajuria
109	193H1R0050	Surampudi Veera Anitha	II B.Pharm	Veera Anitha
110	193H1R0051	Teki Leela Bhavani	II B.Pharm	Leela Bhavani
111	193H1R0052	Thota Satya Sai	II B.Pharm	Satya Sai


CO- ORDINATOR

**LIFE SKILLS (YOGA,
PHYSICAL FITNESS,
HEALTH AND HYGIENE)
(2018-2019)**



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Website: www.acop.edu.in, Email: office@acop.edu.in

PROPOSAL LETTER

Date-20/10/2018

To,
The Principal,
Aditya College of Pharmacy,
Surampalem.

Subject- Permission to conduct awareness programme.

Respected sir,

I am the Academic committee coordinator of Aditya College of Pharmacy, I would like to ask permission for conducting awareness programme on the **Importance of organic food in health** for **I B.Pharm students**. The date decided by the committee is **25-10-2018**.

Therefore, I request you to grant permission for conducting the event on the mentioned date.

Thanking you sir

Yours faithfully

G.V.W. Kishore

ACADEMIC COORDINATOR



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Website: www.acop.edu.in, Email: office@acop.edu.in

Date: 22-10-2018

CIRCULAR

This is to inform that our college is conducting an awareness programme on the **Importance of Organic Food in Health** for **I B.Pharm.** students on **25-10-2018**. Hence all the interested students are hereby invited to attend the event.

G.V.V. Chaitanya
COORDINATOR

Pravin Chaudhary
PRINCIPAL



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Website: www.acop.edu.in, Email: office@acop.edu.in

Date: 25-10-2018

REPORT

Name of the Programme: Importance of Organic Food in Health

Duration of Programme: 2 hour

Resource Person Details: M. Sai Kiran

Nutritionist

Lakshmi wellness centre

Samalkota-533440

On the 25th of October 2018, Mr M.Sai Kiran, held an awareness programme on the **Importance of Organic Food in Health**. Around 80 students attended the event. The chief purpose of the programme was to teach the students about the health benefits of organic food.

The speaker discussed with the students about the current statistics of adulterated food and biotechnologically manipulated food products available in the market. Further he discussed with the students regarding the health benefits of organic food when included in their daily life. The speaker also brought into the discussion that as future pharmacists, the students must encourage their surroundings and communities to shift to organic food for a healthy lifestyle. Finally, the speaker concluded by talking about the budding opportunities of employment with organic food products.

The speaker ended the session after answering to all the queries by students. This was followed by a speech given by Prof. Dr. K. Ravishankar, Principal of Aditya College of Pharmacy. In the speech, sir acknowledged the organizers and speaker and thanked them for their valuable time.

G.V.N. Kiranmayi

ACADEMIC COORDINATOR



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G.V.V. Krishna
ACADEMIC COORDINATOR



Sanjay
PRINCIPAL
Aditya College of Pharmacy
SURAMPALEM-533 437



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REPORT

Name of the Programme: Importance of Organic Food in Health

Date: 25-10-2018

Academic Year: 2018-2019

LIST OF STUDENTS ENROLLED

S.NO.	Roll no.	Name of the student	Year/ Program	Signature
1.	183H1R0001	Allam manasa venkata sri ramya	I B. Pharm.	A. Manasa
2.	183H1R0002	Alluri veera jaganmatha	I B. Pharm.	Jaganmatha
3.	183H1R0003	Pethani anusha	I B. Pharm.	Anusha
4.	183H1R0004	Bandi venkata ratna durga bhavani	I B. Pharm.	Bhavani
5.	183H1R0005	Chavvakula harish kumar	I B. Pharm.	ch. Kumar
6.	183H1R0006	Dalli likhitha mallika	I B. Pharm.	D.L. Mallika
7.	183H1R0007	Dande sanjeev	I B. Pharm.	Sanjeev
8.	183H1R0008	Dasari nooka padma priya	I B. Pharm.	Priya
9.	183H1R0010	Durgasi prembabu reddy	I B. Pharm.	J. Reddy
10.	183H1R0011	Guthula bhavya sushma	I B. Pharm.	K.C. Sushma
11.	183H1R0012	Juttiga swathi	I B. Pharm.	Swathi
12.	183H1R0013	Kaki chandu priya	I B. Pharm.	K.C. Priya
13.	183H1R0014	Kanda roopa eswari	I B. Pharm.	K.D. Eswari
14.	183H1R0015	Kandavalli jaswanth	I B. Pharm.	Jaswanth
15.	183H1R0016	Kasa devi anusha	I B. Pharm.	Anusha



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16.	183H1R0017	Kollabathula samuel paul	I B. Pharm.	<u>Samuel</u>
17.	183H1R0018	Kondu mahanthi ramalakshmi	I B. Pharm.	<u>Ramalakshmi</u>
18.	183H1R0019	Koppiseti pallavi	I B. Pharm.	<u>Pallavi</u>
19.	183H1R0020	Kota madhuri	I B. Pharm.	<u>Madhuri</u>
20.	183H1R0021	Kottu ramadevi	I B. Pharm.	<u>Ramadevi</u>
21.	183H1R0022	Kovvuri ramya devi	I B. Pharm.	<u>Ramya</u>
22.	183H1R0023	Kukka parimala jyothi	I B. Pharm.	<u>K. P. Jyothi</u>
23.	183H1R0024	Kumtamukkula padmapriya manimanjari	I B. Pharm.	<u>Padmapriya</u>
24.	183H1R0025	Laddika lakshmi hari sahitya	I B. Pharm.	<u>Sahitya</u>
25.	183H1R0026	Madiki tejaswini	I B. Pharm.	<u>Tejaswini</u>
26.	183H1R0027	Manda latha mangeswari	I B. Pharm.	<u>M. L. Mangeswari</u>
27.	183H1R0028	Mattaparthi haripriya	I B. Pharm.	<u>Haripriya</u>
28.	183H1R0029	Mudavath brahmam naik	I B. Pharm.	<u>Brahman</u>
29.	183H1R0030	Muvva om shanthi	I B. Pharm.	<u>M. Om Shanthi</u>
30.	183H1R0031	Nalli rhea ratnam	I B. Pharm.	<u>Rhea</u>
31.	183H1R0032	Naravula naga venkata satya sai	I B. Pharm.	<u>Satya Sai</u>
32.	183H1R0033	Narni ramya sree durga	I B. Pharm.	<u>M. R. S. Durga</u>
33.	183H1R0034	Nokku vinay babu	I B. Pharm.	<u>Vinay Babu</u>
34.	183H1R0035	Nukapeyyi rupadevi	I B. Pharm.	<u>R. Rupadevi</u>
35.	183H1R0036	Nukilla prasanthi	I B. Pharm.	<u>Prasanthi</u>



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36.	183H1R0037	Nunna iswarya	I B. Pharm.	Iswarya
37.	183H1R0038	Padimi anusha	I B. Pharm.	Anusha
38.	183H1R0039	Pasalapudi divyasri	I B. Pharm.	Divya Sree
39.	183H1R0040	Patnala sri pragnya	I B. Pharm.	Pragnya
40.	183H1R0041	Pitta akanksha	I B. Pharm.	P. Akanksha
41.	183H1R0042	Polisetty amrutha	I B. Pharm.	Amrutha
42.	183H1R0043	Ponduru janaki	I B. Pharm.	Janaki
43.	183H1R0044	Pothula neelima	I B. Pharm.	Neelima
44.	183H1R0045	Pulla tharun kumar	I B. Pharm.	Tharun
45.	183H1R0046	Ralingi raja rajeswari	I B. Pharm.	Rajeswari
46.	183H1R0047	Repalle jaswanth	I B. Pharm.	Jaswanth
47.	183H1R0048	Rolla veera anitha	I B. Pharm.	R. Jeswanth
48.	183H1R0049	Sai sanjana vallabhasetty	I B. Pharm.	Vallabha
49.	183H1R0050	Sami needi anantha swathi	I B. Pharm.	Swathi
50.	183H1R0051	Sontenam govinda mahalakshmi	I B. Pharm.	Mahalakshmi
51.	183H1R0052	Surla triveni	I B. Pharm.	Triveni
52.	183H1R0053	Tadala gangotri	I B. Pharm.	Gangotri
53.	183H1R0054	Valluri hanitha devi	I B. Pharm.	V. H. Devi
54.	183H1R0055	Viyyuri madhavi gayatri	I B. Pharm.	Gayatri
55.	173H1R0085	G. Devika	I B. Pharm.	Devika
56.	183H1R0056	Kode veera venkate satya surya naga durga	I B. Pharm.	Durga



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Website: www.acop.edu.in, Email: office@acop.edu.in

57.	183H1R0057	Abhishek kumar	I B. Pharm.	Abhishek
58.	183H1R0058	Animesh das	I B. Pharm.	Animesh Das
59.	183H1R0060	Anuradha gharti	I B. Pharm.	Anuradha
60.	183H1R0061	Arijit bhunia	I B. Pharm.	Arijit
61.	183H1R0062	Arindam bhunia	I B. Pharm.	A Bhunia
62.	183H1R0063	Arya singh	I B. Pharm.	Arya
63.	183H1R0064	Aslam ansari	I B. Pharm.	Aslam
64.	183H1R0065	Avinash kumar mahto	I B. Pharm.	Avinash
65.	183H1R0066	B harish	I B. Pharm.	Harish
66.	183H1R0067	Bikash dhobi	I B. Pharm.	Bikash
67.	183H1R0068	Bikash gupta	I B. Pharm.	B. Gupta
68.	183H1R0069	Brijnandan kurmi	I B. Pharm.	Brijnandan
69.	183H1R0070	Ch nagaveni	I B. Pharm.	Nagaveni
70.	183H1R0071	Chandan kumar	I B. Pharm.	Chandan
71.	183H1R0072	Garigipati subhramanya vamsi gopal	I B. Pharm.	G. V. Gopal
72.	183H1R0073	Gonnuri mohan murali	I B. Pharm.	G. M. Murali
73.	183H1R0074	Jash jain	I B. Pharm.	Jash
74.	183H1R0075	K lohit	I B. Pharm.	K. Lohit
75.	183H1R0076	Kandula sankeerthana	I B. Pharm.	Kandula
76.	183H1R0077	Karri blessy	I B. Pharm.	K. Blessy
77.	183H1R0078	Karri manikumar	I B. Pharm.	Karri



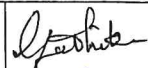
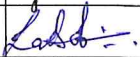
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78.	183H1R0079	Kondapalli veera naga karuna mani geeethika	I B. Pharm.	
79.	183H1R0080	Lakshmi madhuri mamidipalli	I B. Pharm.	

G.V.N. Chinnay
COORDINATOR

**LIFE SKILLS (YOGA,
PHYSICAL FITNESS,
HEALTH & HYGIENE**

2016-2017



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PROPOSAL LETTER

Date-10/02/2017

To,

The Principal,

Aditya College of Pharmacy,

Surampalem.

Subject- Permission for conducting Yoga programme for Mental health.

Respected sir,

I am the library co-ordinator of Aditya College of pharmacy writing this letter to ask your consent for **conducting a Yoga programme for mental health** for the B Pharm students .It was decided to conduct this program on **11/02/2017**. Kindly grant the permission to conduct the programme by utilizing the facilities.

Thanking you sir,

Yours faithfully


NSS CO-ORDINATOR



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Website: www.acop.edu.in, Email: office@acop.edu.in

Date: 10-02-2017

CIRCULAR

This is to inform that our college is conducting a **Yoga Session** for **B. Pharm** students on **11-02-2017**. Hence all the interested students are hereby invited to attend the session.


COORDINATOR


PRINCIPAL



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Website: www.acop.edu.in, Email: office@acop.edu.in

Date: 11-02-2017

REPORT

Name of the Programme: YOGA SESSION

Duration of Programme: 2hour

Resource Person Details: Dr. Vijaya Bhaskar Reddy

Yoga Trainer

Kakinada

On February 11, 2017, Aditya College of Pharmacy hosted a yoga class for B-Pharm students on our campus with the assistance of yoga instructor Dr. Vijaya Bhaskar Reddy. All of the college students at our institution actively engaged in this initiative.

Students engaged in some pranayama exercises during this session in addition to some meditation.

OUTCOME:

The demonstration of above meditation and pranayama programmes provides students with mental strength and flexibility, balance and coordination for students which make their mind and health to be refreshed.

On the day of the event, a total of 120 students from various classes attended. The pupils were really enthusiastic and active during the activity. Last but not least, Dr. Vijaya Bhaskar Reddy was acknowledged for guiding the students by our principal, Prof. Dr. K. Ravi Shankar.


NSS COORDINATOR



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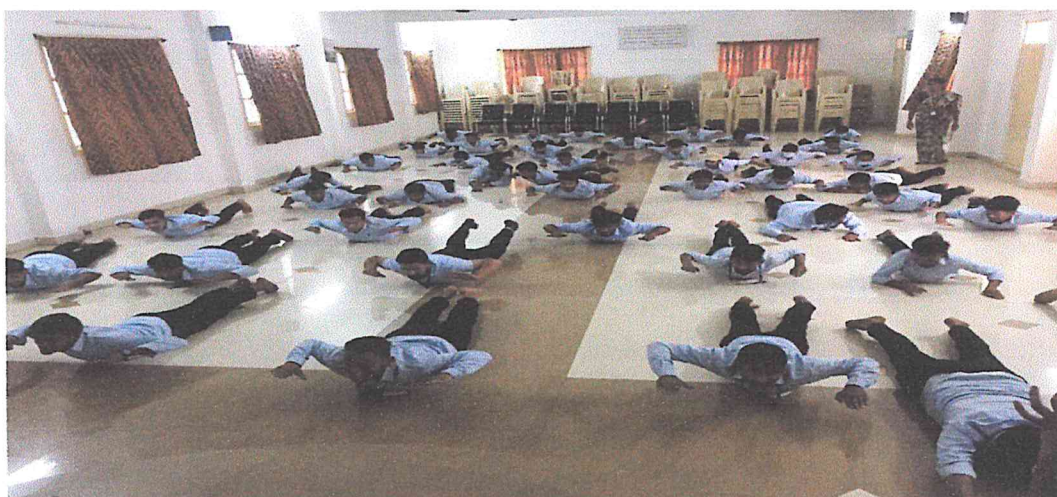
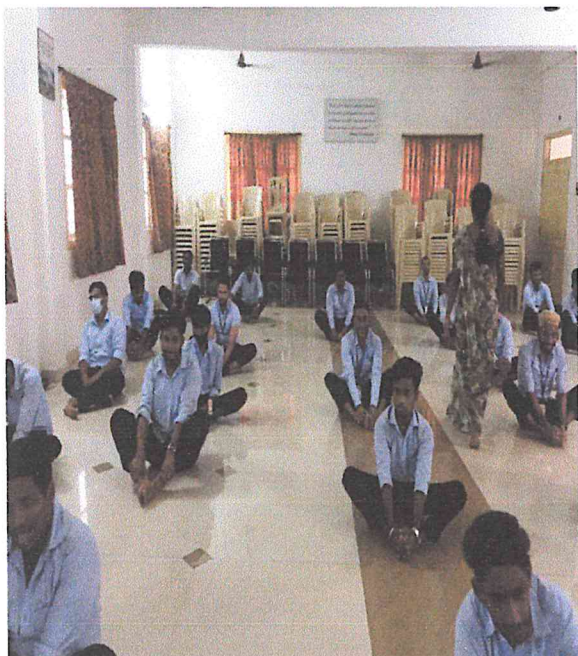
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N. S. S.
NSS COORDINATOR



PRINCIPAL
Aditya College of Pharmacy
SURAMPALEM-533 437



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REPORT

Name of the Programme: Yoga session

Date: 11-02-2017

Academic Year: 2016-2017

LIST OF STUDENTS ENROLLED

S.No	Roll No	Name of the Student	Year/Programme
1.	133H1R0001	Adam Sai Sowjanya	IV B Pharm
2.	133H1R0002	Adapureddi Yuvaraju	IV B.Pharm
3.	133H1R0003	Badda John Nimshi	IV B.Pharm
4.	133H1R0004	Balla Venkata Siva Prudviraj	IV B.Pharm
5.	133H1R0005	Bareti Dhineesha Rani	IV B.Pharm
6.	133H1R0006	Bellam Konda Koteswararao	IV B.Pharm
7.	133H1R0007	Billakurthy Venkata Surendra	IV B.Pharm
8.	133H1R0010	Chintapalli Anusha	IV B.Pharm
9.	133H1R0011	Damalanka Venkata Satya Sai Naga Prasanna	IV B.Pharm
10.	133H1R0012	Dammu Sai Priya	
11.	133H1R0013	Dandu Venkata Vamsi Raju	IV B.Pharm
12.	133H1R0014	Denduluri Suryamani	IV B.Pharm
13.	133H1R0015	Desetti Ramya Sree	IV B.Pharm
14.	133H1R0016	Devalanka Sirishaa Viraji	IV B.Pharm
15.	133H1R0018	Gara Preethi	IV B.Pharm
16.	133H1R0019	Gundra Hema	IV B.Pharm
17.	133H1R0020	Gurlinka Sai Dhana Bhavajna	IV B.Pharm
18.	133H1R0021	Ijjina Satish	IVB.Pharm
19.	133H1R0022	Ingilala Masthanaiah	IV B.Pharm
20.	133H1R0023	Kadali Bhavani Divyaka	IV B.Pharm
21.	133H1R0024	Kadali Naga Ramyaka	IV B.Pharm
22.	133H1R0025	Kanchana Sabbavarapu	IV B.Pharm
23.	133H1R0026	K.Greeshma Naveena	IV B.Pharm
24.	133H1R0028	Kodi Gnaneswari	IV B.Pharm
25.	133H1R0029	Kodiganti Sai Indira	IV B.Pharm
26.	133H1R0030	Kollabattula Raj Cotton	IV B.Pharm
27.	133H1R0031	Konakalla Bhanu Sri	IV B.Pharm
28.	133H1R0032	Kothim Sai Manaswi	IV B.Pharm



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29	133H1R0033	Kruthiveni Sai Priyanka	IV B.Pharm
30	133H1R0034	Kundana Swetha Ambati	IV B.Pharm
31	133H1R0035	Kurakula Tejaswi	IV B.Pharm
32	133H1R0036	Kurra Sruthi	IV B.Pharm
33	133H1R0036	Mehaboob Mohamed Aashiq	IV B.Pharm
34	133H1R0041	Mutyala Madhavi	IV B.Pharm
35	133H1R0042	Nadakurthi Akhilaspurthi	IV B.Pharm
36	133H1R0043	Nedunuri Keziah	IV B.Pharm
37	133H1R0044	Oruganti Manikanta	IV B.Pharm
38	133H1R0045	Palakeerthi Maranatha Babu	IV B.Pharm
39	133H1R0046	Palika Hemalatha	IV B.Pharm
40	133H1R0047	Pappala Ramadevi	IV B.Pharm
41	133H1R0048	Pathipati Vijaya Durga	IV B.Pharm
42	133H1R0049	Pudi Joseph Jesudas	IV B.Pharm
43	133H1R0053	Puppala Kusuma Priya Mounica	IV B.Pharm
44	133H1R0054	Putchakayala Madhusudhan	IV B.Pharm
45	133H1R0055	Putrevu Satya Mounica	IV B.Pharm
46	133H1R0056	Rachuri Sindhura	IV B.Pharm
47	133H1R0057	Ravulu Bhavani	IV B.Pharm
48	133H1R0058	Rokkam Saranya Sree	IV B.Pharm
49	133H1R0060	Saipireddi Lavanya	IV B.Pharm
50	133H1R0061	Samanthula Swaroopa Rani	IV B.Pharm
51	133H1R0062	Sana Mounika	IV B.Pharm
52	133H1R0063	Senapathi Nagajyothi	IV B.Pharm
53	133H1R0064	Setti Divya	IV B.Pharm
54	133H1R0065	Suravarapu Anitha Sri	IV B.Pharm
55	133H1R0066	Surla Harshita	IV B.Pharm
56	133H1R0067	Thatavarthi Leela Ganga	IV B.Pharm
57	133H1R0069	Thumpati Parimala Krishna	IV B.Pharm
58	133H1R0070	Uggina Devivaraprasad	IV B.Pharm
59	133H1R0071	Ujwla Ramachandra palivela	IV B.Pharm
60	133H1R0072	Vagu Suryanarayana Sudheer	IV B.Pharm
61	133H1R0073	Vinukonda Alekhya	IV B.Pharm
62	133H1R0075	Yadla Naga Lakshmi	IV B.Pharm



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63	133H1R0076	Yallagadda Satyambica	IV B.Pharm
64	133H1R0077	Yallammilli Sri Lakshmi	IV B.Pharm
65	133H1R0078	Yaramati Sitasri Lakshmi	IV B.Pharm
66	133H1R0080	Neelapu Parimala	IV B.Pharm
67	133H1R0081	Allamraju Sathya Keerthana	IV B.Pharm
68	133H1R0082	Kasapu Vanisha	IV B.Pharm
69	133H1R0083	Kopanati Anusha	IV B.Pharm
70	143H5R0001	Koyya Naga Lakshmi	IV B.Pharm
71	143H5R0002	Siripina Manga Veni	IV B.Pharm
72	143H5R0003	Somu Santhi Kumari	IV B.Pharm
73	133H1R0074	V.Raju	IV B Pharm
74	133H1R0079	Y. Satish	IV B Pharm
75	143H1R0001	Abhilash Reddy Sabbella	III B Pharm
76	143H1R0002	Adam Chandisha	III B Pharm
77	143H1R0010	Doddi Durga Parvathi	III B Pharm
78	143H1R0011	Gunnam Anitha	III B Pharm
79	143H1R0012	Gadiraju Sai Sravya	III B Pharm
80	143H1R0013	Gottumukkala Jyothi Sravya	III B Pharm
81	143H1R0024	Malladi Lakshmi Lavanya	III B Pharm
82	143H1R0025	Manugula Rama Divya	III B Pharm
83	143H1R0026	MD Raziya Sultana	III B Pharm
84	143H1R0027	Mohammed Asha	III B Pharm
85	143H1R0028	Moothina Swathi	III B Pharm
86	143H1R0030	Palakurthy v v l sahitya	III B Pharm
87	143H1R0032	Pilla Sai Mounika	III B Pharm
88	143H1R0033	Polina Ramya Madhuri	III B Pharm
89	143H1R0034	Puppala Susmitha	III B Pharm
90	143H1R0035	Raavi Poojitha	III B Pharm
91	143H1R0039	Saladi Monika	III B Pharm
92	143H1R0040	Sana Navya	III B Pharm



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93	143H1R0041	Savarapu Satheesh Kumar	III B.Pharm
94	143H1R0042	Siriki Thirumala Kumar	III B.Pharm
95	143H1R0044	Suriseti Veera Manikanta	IIIB.Pharm
96	153H5R0001	Chinnari Devi	II B.Pharm
97	153H1R0001	Achanta Lakshmi Durga	II B.Pharm
98	153H1R0002	Akkireddy Pravallika	II B.Pharm
99	153H1R0003	Akoju Padma	II B.Pharm
100	153H1R0004	Angani Srivani	II B.Pharm
101	153H1R0005	Aparna Amaradhi	II B.Pharm
102	153H1R0006	Atikamsetti Jyothsirinivasu	II B.Pharm
103	153H1R0007	Bandaru Meenakshi	II B.Pharm
104	153H1R0008	Bobbili Swetha	II B.Pharm
105	153H1R0009	Boddu Pavan Kumar	IIIB.Pharm
106	153H1R0010	Bolloju Sri Divya Tejaswini	II B.Pharm
107	153H1R0011	Bonagiri Lakshmi Mounika	II B.Pharm
108	153H1R0012	Bonda Lakshmi Tulasi	II B.Pharm
109	153H1R0013	Cheepurupalli Ramani	II B.Pharm
110	153H1R0014	Chegoni Sravani	II B.Pharm
111	153H1R0015	Daki VictorPaul	II B.Pharm
112	153H1R0016	D. Hima Bindu	II B.Pharm
113	153H1R0017	Desabattula Mahima Spandana	II B.Pharm
114	153H1R0018	Devaguptapu Divya	II B.Pharm
115	153H1R0019	Dwarapudi Sai Pavan	II B.Pharm
116	153H1R0028	Kandukuri Raja	II B.Pharm
117	153H1R0029	Kavuluri Veera Veni	II B.Pharm
118	153H1R0030	Kesanapalli Sai Manojna	II B.Pharm
119	153H1R0031	Koduri Sri Sailakshmi Ramya	II B.Pharm
120	153H1R0044	Medinti Kiran Sai	II B.Pharm


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