

Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.

Criteria: 1	Curricular Aspects
Key Indicator- 1.2	Academic Flexibility
Metric No. 1.2.1	Number of Add on /Certificate/Value added programs offered and online MOOC programs like SWAYAM, NPTEL etc. where the students of the institution have benefitted during the last five years)

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2	Course on "Preparation on competitive examination	5-7
3	Self-defence workshop under Yuvati Sabha Course	8-15
4	Yoga course	16-19



Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.

Date: 30/08/2019

Notice

Dear First Year M.Pharm Students, We are pleased to inform you that our institute is organizing an Add-on Certificate Course on "Hands-on Training of Sophisticated Instruments". The aim of the course is to provide practical training and hands-on experience in utilizing sophisticated instruments commonly used in the pharmaceutical industry. The schedule of the program is enclosed with this notice. Kindly note that the attendance to this program is mandatory.

Course Details: "Hands-on Training of Sophisticated Instruments".

Duration: 2nd September 2019 to 7th September 2019.

Time: 11.00 am to 5.30 pm

Venue: M.Pharm Classroom / Laboratory

Dr. L R Zawar Co-Ordinator



Dr. SB PRINC H.R Patel Institute of Pharmaceutical Education & Research Shirpur Dist.Dhule(M.S) 425 405



Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.

H R Patel Institute of Pharmaceutical Education & Research

Organized, Add on Certificate Course

"Hands-on Training of Sophisticated Instruments"

2nd September 2019 - 7th September 2019

	"Hands-on Training of Sophisticated Instruments" 2 nd September 2019 - 7 th September 2019				
Sr. No	Day and Date	Time	Topics	Duration	
01	Monday, 2 nd September	11.00 am - 5.30 pm Introduction and Experiments on the use of electronic weighing balance, pH meter, refractometer, conductometer and colorimeter.		6 hrs.	
02	Tuesday, 3 rd September	11.00 am - 5.30 pm	n Introduction to UV Spectroscopy, Calibration Curve & Assay using UV 6 hr		
03	Wednesday 4 th September	11.00 am - 5.30 pm	Introduction to HPLC, Demonstration & Practical using HPLC		
04	Friday, 6 th September	11.00 am - 5.30 pm	Formulation Development of Oral SolidDosage Form (Tablet & Capsule), Practicalfor Evaluation of Oral Solid Dosage Form		
05	Saturday, 7 th 11.00 cm 5.20 cm Distribution Friabilator, Hardness Tester and		6 hrs.		

Dr. L R Zawar

Co-Ordinator





The Shirpur Education Society's H. R. Patel Institute of Pharmaceutical Education and Research 'Serving Nation's Health'

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Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.



Activity report Submitted to The Principal,

H. R. Patel Institute of Pharmaceutical Education and Research, Shirpur

Nome of A			
Name of Activity	"Hands-on Training of Sophisticated Instruments"		
Organizer	H R Patel Institute of Pharmaceutical Education and Research		
Venue	M.Pharm Classroom and Laboratories		
Name of Speaker	Detailed Schedule is enclosed		
Date of activity	2 nd September 2019 to 7 th September 2019		
Objectives	The objectives of the "Hands-on Training of Sophisticated Instruments" course were to provide students with practical experience in using instruments commonly utilized in the pharmaceutical industry.		
In charge	Dr. Laxmikant Ramvallabh Zawar		
Number of Participant	26		
Brief Report on activity Brief Report on activity electronic weighing balance, pH meter, refractometer, conductometer, and constructing curves, and performing UV assays. Practical exercises were conducted to rein understanding. Students were also introduced to HPLC, where they observed instruction and performed HPLC analysis, interpreting chromatograms. The course covered for development of oral solid dosage forms, including excipient selection, granulation to and tablet compression. Practical evaluations were conducted for weight variation. friability, and disintegration. Additionally, students gained familiarity with specific in such as the Bulk Density Apparatus, Roche's Friabilator, Hardness Tester, Dis Apparatus, and Particle Size Analyzer, conducting experiments to determine particle zeta potential.			
Outcome	the "Hands-on Training of Sophisticated Instruments" course equipped students with practical skills in operating a wide range of instruments used in the pharmaceutical industry. Through hands-on experience and practical exercises, students gained proficiency in UV Spectroscopy, HPLC analysis, formulation development, and evaluation of oral solid dosage forms. This comprehensive training will enable them to confidently apply their knowledge and skills in real-world pharmaceutical settings.		

Dr. L R Zawar **Co-Ordinator**





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Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.

Report on a course on "Preparation for Competitive Examination" (AY. 2019-20)

Duration of Course: 20.08.2019 to 30.09.2019 (34 hrs)

Topic of Course: course on "Preparation for Competitive Examination"

Name of Course Coordinator: Mr Z. G. Khan

Syllabus: Syllabus given by NTA FOR National level exam for Pharmacy (Graduate Aptitude Test for Pharmacy).

Scope of Course: The scope of a course on "Preparation for Competitive Examinations like GPAT (Graduate Pharmacy Aptitude Test)" is to provide aspiring pharmacy students with comprehensive guidance and resources to excel in this specific competitive exam. GPAT is a national-level entrance exam conducted in India for admission to postgraduate pharmacy programs and is highly competitive.

The course aims to cover all the essential subjects and topics that are part of the GPAT syllabus, including pharmaceutical sciences, pharmaceutical chemistry, pharmacology, pharmaceutics, pharmacognosy, and other related areas. It focuses on strengthening the students' understanding of key concepts, theories, principles, and their practical applications in the field of pharmacy.

No. of participants: 124

Summary of the event:

A short-term course on "Preparation for Competitive Examination" for the students was conducted from 20.08.2019 to 30.09.2019 on the syllabus created as per points mentioned by NTA. The Course was conducted with the guidance of Principal Sir. 124 students attended the course enthusiastically and gained the knowledge and skills required to crack national-level exams. Day-wise attendance was taken by respective teachers. After completion of the course, certificates were distributed to the attendees. This course will be helpful to students to get success in national level exams like GPAT and NIPER.

Mr. Z. G. Khan Coordinator



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Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.

Notice

Date: 19.08.2019

All the staff members, Final and Third Year Pharmacy students are hereby informed that we are organizing a certificate course on "Preparation for Competitive Examination " which has been scheduled from 20.08.2019 daily 2 hours. The schedule of lectures and faculty name is attached here. You all are hereby requested to attend the same.

Mr. G. Khan Coordinator



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Schedule of course on "Preparation for Competitive Examination" w.e.f. 20/08/2019

Sr. no.	Name of staff	Subject	Date	Hrs
• 1.	Prof K R Patil	Pharmacology	20/8/2019	2
2.	Prof P O Patil	Medicinal Chemistry	21/8/2019	2
3.	Prof R E Mutha	Pharmacognosy	26/8/2019	2
4.	Prof V K Chatap	Pharmaceutics	30/8/2019	2
5.	Prof L R Zawar	Physical Pharmacy	31/8/2019	2
6.	Prof G B Patil	Physical chemistry	2/9/2019	2
7.	Prof V K Chatap	Pharmaceutical Engineering	3/9/2019	2
8.	Prof P B Patil	Pharmaceutical Analysis	7/9/2019	2
9.	Prof P O Patil	Biochemistry	10/9/2019	2
10.	Prof C J Bhavsar	Biotechnology	11/9/2019	2
11.	Prof Z G Khan	Organic Chemistry	14/9/2019	2
12.	Prof P S Bafna	Pathophysiology	16/9/2019	2
13.	Prof P H Patil	Microbiology	17/9/2019	2
14.	Prof D A Patil	Pharmaceutical Inorganic Chemistry	21/9/2019	2
15.	Prof V K Chatap	Biopharmaceutics And Pharmacokinetics	23/9/2019	2
16.	Prof C J Bhavsar	Pharmaceutical Jurisprudence	24/9/2019	2
17.	Prof L R Zawar	Dispensing & Hospital Pharmacy	30/9/2019	2

Schedule

Mr. Z. G. Khan Coordinator



8. B. Bari Dr H.R. Patel Institute of Pharmaceutical, Education & Research Shirpur Dist.Dhule(M.S) 425 405

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Shri. Amrishbhai R. Patel President (M.L.A.)

Dr. Sanjaykumar B. Bari Principal (M.Pharm., Ph.D.)

NOTICE

22/02/2020

All the girl students of First Year and Second Year are hereby informed to remain present for the Self-Defense workshop (Certificate course – 32 Hour) under Yuvati Sabha (Sponsored by Student Development Department, Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon) from 24 February 2020 to 02 March 2020 (8 days).

Venue: College Ground

Time: 8.00 am to 10:00 am (2 Hr.) and 05:30 pm to 07:30 pm (2 Hr.)

Note:

- 1. During workshop, academic schedule will be regular for all Students.
- 2. Attendance for workshop is compulsory.
- 3. All girls participants will get certificate of participation.
- 4. Dress code for karate training will be Panjabi dress.

Mr. Z. G. Khan Student Development Officer



S. B. Bari Dr. INCIPAL R Patel Institute of Pharmaceut Education & Researc Shirpur Dist. Dhule (M.S) 425 405



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Shri. Amrishbhai R. Patel President (M.L.A.)

Dr. Sanjaykumar B. Bari Principal (M.Pharm., Ph.D.)

कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विदयापीठ, जळगाव,

विदयार्थी विकास विभाग, व शिरपुर एज्युकेशन सोसायटीचे एच. आर. पटेल औषधनिर्माणशास्त्र महाविद्यालय, शिरपूर (जि. धुळे) आयोजीत

स्वयंसिद्धा अभियान कार्यशाळा अहवाल

वेळ: सकाळी- ०७:०० ते ०९:००

शै. वर्ष .२०१९-२०२० मध्ये एच. आर .पटेल इन्स्टिट्यूट ऑफ फार्मासुटिकल एज्युकेशन ॲड रिसर्च, शिरपूर महाविद्यलयात दि. २४.०२.२०२० ते ०२.०३.२०२० या काळात अष्ट दिवसीय स्वयंसिदधा अभियान घेण्यात आले होते. कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ अंतर्गत विद्यार्थी विकास विभागातर्फे यूवती सभा कार्यक्रमाअंतर्गत या कार्यशाळेचे आयोजन करण्यात येते.

कार्यक्रमाच्या सुरुवातीला राष्ट्रगीत घेयून या कार्यशाळेचे उद्घाटन महाविद्यालयाच्या प्राचार्य डॉ. एस. बी. बारी. यांच्या हस्ते करण्यात आले. सकाळी ७.०० वा. माननीय प्राचार्य डॉ. एस. बी. बारी. यांच्या हस्ते कराटे प्रशिक्षक श्री. जयसिंग आर. पाडवी यांचे स्वागत करण्यात आले. मा. श्री. जयसिंग आर. पाडवी यांचा परिचय स्वयंसिद्धा शिबीराचे समन्वयस्क प्रा. वाय. बी. ठाकूर यांनी करून दिला. त्यानंतर विद्यार्थी विकास अधिकारी प्रा. झेड. जी. खान यांनी शिबिराचे ध्येय व उद्दिष्टये विद्यार्थीनीना सांगितले.

Student Development Officer DFFICE

SEAL

Education & ResearchEducation & Research, Shirpur Dist.Dhule(M.S) Shirpur Dist Dhule (M.S.) 425 435 Address: Karwand Naka, Shirpur Dist. Dhule (425 405) M.S. (India) Contact: +91 2563-257599; +91 9049032111; +91 9850223277 Email: principal@hrpatelpharmacy.co.in; registrar@hrpatelpharmacy.co.in Website: www.hrpatelpharmacy.co.in

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Shri. Amrishbhai R. Patel President (M.L.A.)

Student Development Officer

होते.

Dr. Sanjaykumar B. Bari Principal (M.Pharm., Ph.D.)

या उद्घाटनाचे अध्यक्ष व प्रमुख पाहुणे श्री. जयसिंग आर. पाडवी यांनी भविष्यात येणारे संकटे, अडचणी या मुलींच्या जीवनात कशा येतात ते सांगितले. त्यावेळी मुलीनी आपली सुटका कशाप्रकारे करायची हे मार्गदर्शनपर भाषण केले. जास्तीत जास्त संखेने मुलींनी सहभागी होण्यास प्रेरित केले. या शिबीरात प्रथम वर्ष आणि द्वितीय वर्षाच्या बी. फार्मसीच्या मुलींना शिबीरात सहभागी करण्यात आले

दि. २४.०२.२०२० सकाळी ७.०० वा प्रशिक्षक श्री. जयसिंग आर. पाडवी यांनी मनाची व शरीराची तयारी करून घेतली. त्यासाठी त्यांची मुलींकडून काही पूरक व्यायाम हालचाली करून घेतल्या. ज्युडो या प्रकारात शारिरिक हालचाली, हातवारे, पायाचे व्यायाम हालचाली हया पोषक असल्याचे सांगितले. योग्य भार देण्यासाठी अचुकता येण्यासाठी काही योग सांगितले, तशी कृती पण करून दाखवली आणि सराव करून घेतला.

दि. २५.०२.२०२० ला मुलींमधील उत्साहाचे वातावरण होते. आपण काहीतरी वेगळे करतो आहोत याची त्यांना जाणीव होती म्हणुन प्रशिक्षकांनी त्यांना काही कौशल्य सांगितले, जसे रस्त्याने होणारी मुलींची डिखानी मागून कोण खांद्यावर हात ठेवला, कसा प्रतिकार करायचा त्यासाठी बॅक पंच यात मागुन पंच मारायचा व बाजूने कसे सौरक्षनाची कृती करायची हे सांगितले त्यासाठी हातचा L बो काढून धक्का कसा द्यावा हे सांगितले व कृती करून शिकवले.



PRH H. R. Patel Institute of Pharmaceutical Education & Research,

H.R Patel Institute of Pharmaceutical Education & Research

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Shri. Amrishbhai R. Patel President (M.L.A.)

Dr. Sanjaykumar B. Bari Principal (M.Pharm., Ph.D.)

दि. २६.०२.२०२० फॉदर किक म्हणजे तोंडावर मारणे चेहऱ्यावर हात लावला किंवा काही वस्तू फेकली तर कशा प्रकारे आपण आपल्या पायाचा वापर करून समोरच्या व्यक्तिच्या तोंड किंवा छातीला धक्का मारायचा असे या कृतीत मुलींना शिकवले व त्याचबरोबर कसा बचाव करायचा हे पण शिकवले आणि सराव करून घेतला .

दि. २७.०२.२०२० क्रॉस पंच म्हणजे साईडने मारणे आपल्या शरीरावर बाजूने हमला केल्यावर साईड च्या बाजूने हाताने पंच करायचा व समोरच्याचा होणारा हल्ला रोकण्यासाठी फेसब्लॉक म्हणजे आपला चेहरा छाती कशा प्रकारे बचाव करायेचा ते मुलींच्या जोडीने कौशल्य कुतीतून शिकवले.

दि.२८.०२.२०२० या दिवशी सुट्टी असून देखील शिबिराला मुलींचा प्रतिसाद उत्तम होता. साईड चाप म्हणजे दोन्ही बाजूने हमला झाल्यास हाताने समोरच्या व्यक्तीच्या मानेवर हा वर (चाप) बसावा असे हे कौशल्य आहे ते कृतीतून मुलींना शिकवले व होणाऱ्या चुकांची दुरुस्ती करण्यात आली.

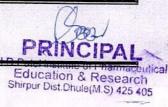
दि.२९.०२.२०२० सनब्लॉक म्हणजे मागुन पकडल्यास कमरे खालील भागास वाकून मागच्या व्यक्तीचे पाय वाकून पकडणे आणि त्याला खाली पाडणे अशीही कृती आहे ती शिकवली व तिचा सराव करून तेला यात याआधी झालेल्या कौशल्याचा पण सराव करून घेतला. मुलींना आपसात लढवून कृती करून आक्रमक व बचावात्मक कौशल्ये शिकवली.

दि.०१.०३.२०२० इस्टमिडल किक म्हणजे समोरच्या व्येक्तीच्या पोटावर मारणे. एखाद्या वेळी समोरून येणारी व्यक्ती धावत येत असेल व हल्ला करत असेल त्यावेळी अचानक कृती करणे ती म्हणजे आपल्या पायाने समोरच्या च्या पोटा मध्ये पाय मारणे म्हणजे मिडल किक होय.

Student Development Officer

Dr. S. B. Bari PRINCIPAL H. R. Patel Institute of Pharmaceutical Education & Research, Shirpur Dist Dhule (M.S.) 425 495

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Shri. Amrishbhai R. Patel President (M.L.A.)

Dr. Sanjaykumar B. Bari Principal (M.Pharm., Ph.D.)

या कृतीचा सराव प्रशिक्षकांनी करून घेतला व होणाऱ्या अडचणी दूर केल्या. अप्परब्लॉक मुलींना डोक्यावर काठीने मारल्यास तो वार वाचवण्यासाठी हातांचा वापर करून तो कसा बचाव करावा हे कृतीकरून सराव केला गेला. या आधीच्या कौशल्याचा सराव करून घेतला.

दि.०२.०३.२०२० लोहार ब्लॉक म्हणजे पोटावरील वार बचावासाठी दोन्ही हातांनी ब्लॉक करणे. या कृतीत समोरच्या व्यक्तीचा पाय खाली खेचणे आणि त्याला जमिनीवर पाडणे, अशी कृती प्रशिक्षकाने किंक दाखविली. मुलींकडून कौशल्याचा सराव करून घेतला. फॉर्वड चाप हा छातीवरील संरक्षणासाठी किंवा कॉलर, केस पकडल्यास समोरच्या व्यक्तीच्या मानेवर चेहऱ्यावर हाताचा चाप बनवून मारणे, अशा कृतीतून स्वत: चा बचाव कशा प्रकारे करावा हे मुलींना कृतीतून शिकवले.

Student Development Officer



H.R Patel Institute of Pharmaceutical Education & Research Shirpur Dist.Dhule(M.S) 425 405

lives

Dr.S. B. Bari PRINCIPAL

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Shri. Amrishbhai R. Patel President (M.L.A.) Dr. Sanjaykumar B. Bari Principal (M.Pharm., Ph.D.)

समारोप

समारोप प्रसंगी विद्यार्थीनिनी आपले मनोगत कृतीतून करून दाखविले. आठ दिवसीय शिबिरातून घेतलेले ज्ञान व त्याच्या कृतीत झालेला बदल त्यांना जाणवला. तो मुलींनी कथन करून दाखवला त्यांच्या अंगी आलेले धाडस इत्यादी गुणाची वाढ झालेली दिसली त्यांची भीती दूर होऊन आत्म विस्वास वाढलेला दिसला. पुढे त्यांनी काही कृती हालचाली, पंच, चाप, इत्यादी मान्यवरांसमोर करून दाखवल्या.

समारोप प्रसंगी महाविद्यालयाचे प्राचार्य डॉ. एस. बी. बारी उपस्थित होते. त्यांनी विद्यार्थीनिंनी केलेल्या कामाचा आढावा घेतला. विद्यार्थी विकास विभागा मार्फत स्वयंसिद्धा शिबीराचे उद्दिष्टे सफल झाले असे समाधान व्यक्त केले.

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Activity report Submitted to The Principal,

H. R. Patel Institute of Pharmaceutical Education and Research, Shirpur

Name of Activity	Yuvati-sabha: Self-defense workshop		
Organizer	H. R. Patel Institute of Pharmaceutical Education and Research, Shirpur		
Venue	R C Patel Pharmacy college ground		
Name of Speaker With contact details	Mr Jaysing Padvi (Black belt Trainer)		
Date of activity	24 Feb 2020 to 02 March 2020		
Objectives	 To educate the girl students about the different types of violence against them. To provide knowledge about the different tips of self-protection to keep in mind in different situations. To show case and give demo on different self-defense techniques. 		
In charge	Mr. Z. G. Khan		
Number of Participants	60		
Brief Report on activity	In a world filled with bullying and societal pressures, we need our girls to grow up knowing that they are smart, strong, and empowered. No matter what goals they aspire to achieve, our young women need to know that if they work hard, they can reach for the stars. No matter her age or skill level, there is a place for her in our community and self-defense for girls could be the best thing for women of all ages. With the help of a grant received from the Student Development Department, KBC, NMU, and Jalgaon, we organized this workshop.		
Photograph Of activity			



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Outcome	 The learning outcomes from the workshop on Self Defence workshop are: 1) The students learnt about the different kinds of violence that may be faced by girls or by women in any place including at home. 2) The student participants got different self-protection tips on how to avoid/defend by attacking a potential attacker by using objects or by striking on the soft spots of the attacker, when subjected to physical abuse, violence, crime, etc. 3) The students have the chance to see the live demo of the self defence techniques as demonstrated by the trainer and the companion cadets. The workshop concludes with a note on the promise from both the sides that these kind of workshops will be continued in the times to come.

Prof Dr. S.B Bari

In- charge faculty



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Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.

दिनांक 27/8 /2019

सूचना

आपल्या महाविद्यालयाने सर्व प्रथम वर्ष बी.फार्मसी,एम. फार्मसी च्या सर्व विद्यार्थींना कळविण्यात येते की आपल्या महाविद्यालयाने दिनांक 1 सप्टेंबर 2019 पासून योगावरील एक महिन्याचा प्रमाणपत्र अभ्यास सुरु करणार आहे.यात निरोगी जीवन शैली राखण्यासाठी विद्यार्थ्यांनी या अभ्यासात सहभागी व्हयाचे आहे.तरी दि. 1 सप्टेंबर 2019 ते 30 सप्टेंबर 2019 पर्यंत सकाळी 7 वा. ते 8 वा. वेळेत उपस्थित रहावे.



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SES SHIRPUR EDUCATION SOCIETY II HIT RELITY AFGED II

Detailed Session Plan

CLASS: F. Y. B. Pharm F. Y. M. Pharm	Duration & Date: 1/9/2019 to 30/9/2019
Course: Certificate Course on Yoga	Time period of Course:30 Days

Sr.no	Name of Yoga Aasana	Action	
	Meditation Compulsory Course		
1	10 Poses to Help You Warm Up for Yoga		
2	Standing in Tadanasa / Mountain Pose.		
3	Coming into Child's Pose, extend your arms out and walk them to the left slightly. Take your right hip and shoulder back	First described what are the benefits of aasana' how it is done, and then performed PracticallY	
4	fast-paced walking. jogging on the spot.		
5	Cardio Warm Ups. Cardio warm ups quickly raise your body temperature and get your blood flowing.		
	Dynamic MovementStatic stretches.		
6	Sarvangasana		
7	Shalabha asana		
8	Surya Namaskar		
9	Trikona asana	•	
10	Vruksha asana		
11	Padmasana		
12	Vajrasana		
13	Pachimottanasana		
14	Halasana		
15	Shawasana		
16	Revision		
17	Revision		
18	Revision		







Principal : Dr. S. B. Bari M.Pharm. Ph.D., D.I.M.F.J.C.

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Sr.no.	Name of Yoga Aasana	Action	
	Meditation Whole Course		
1	Surya-Namaskar		
2	Ardha - Maisyndra – asana		
3	Chakra asana		
4	Dhanura asana		
5	. Ekapada asana		
6	Garuda- asana		
7	Gomokha asana		
8	Halasana		
9	Saral hasta bujangasana		
. 10	Hast pada asana		
11	Nawukasana	First described what are the benefit of asana how it is done and then performed practically.	
12	Pawan mukta asana		
13	Wajra asana		
14	Shashank asana		
15	Tada asana		
16	Sirsha asana		
17	Dhanura asana		
18	Viparit shayan asana		
19	Viparit karani		
20	Sarawanga asana		
21	Ushtra asana		
22	Shawasana		
23	Shalbha asana		
24	Virasana		



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Activity Report of Yoga Course

Name of Course; Certificate Course on Yoga

Duration: 1 September 2019 to 30 September 2019

Time:7 am. to 8 am.

Resource Person:

Mr. Yogesh Thakur

Yoga teacher

No.of Student's Participated:83

H.R.P.I.P.E.R. Shirpur had organized 30 Days "Certificate Course on Yoga" in the duration of 1 September 2019 to 30 September 2019 The resource person of the programme was **Mr**. **Yogesh Thakur Yoga teacher** who guided students about how yoga helps in improving our mental as well as physical well-being and how can keep our self calm and thoughtful with the help of yoga and meditation.

Objective of the Course:

1. To make students more confident.

- 2. Make awareness about how yoga can help you to tackle hurdles in day to day life.
- 3. To make them realises how yoga can help in maintain physical and mental health.
- 4. To make them strong enough for handling stressed condition.

Outcome of Program:

Students felt more energetic after the sessions.

They looked more confidants after programme.

They realised that yoga can help in maintaining healthy life style.

They studied sometime new rather than academic course and positive energy was seen in them after each session.



