

5.1.2 Report with photographs on Programmes/activities conducted to enhance soft skills, Language and communication skills, and Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)






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1. SOFT SKILLS




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One day workshop on
"Soft Skills: Stress and time management"




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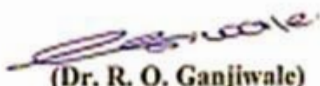
WORKSHOP ON “SOFT SKILLS: STRESS AND TIME MANAGEMENT”

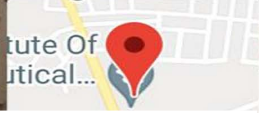
IQAC and ISTE of Institute of Pharmaceutical Education and Research, Wardha organized one day workshop on “Soft Skills: Stress and Time Management” on 9th March 2022 at 11. 00 am. The webinar was attended by 107 participants i.e. B.Pharm Final and M. Pharm Final Students of the institute.

The Welcome address of the workshop was delivered by Dr. R. O Ganjiwale Chairman IQAC, Principal IPER. In his address, he gave introduction about importance of the soft skill in building their carrier. He invited Dr. D.J. Singhavi, IQAC co-ordinator for conducting Workshop. He explained and trained the students about time management. After the first session of two hour, question and answer session was started by Dr. D. J. Singhavi and he responded all the queries.

After taking lunch break of half an hour, second session on stress management was started by Dr. D. J. Singhavi, IQAC Co-ordinator. After completion of second session, 10 minutes of Q&A session was done . Dr. R. O. Ganjiwale invited Mr. S. P. Dewani, ISTE incharge for giving vote of Thanks. He thanked Dr. D.J. Singhavi, IQAC co-ordinator for giving training on time management and stress management. He also thanked the Management, Principal and Organizing committee Members of the institute for organizing such an event and making it a successful one. He thanked to participants of webinar.




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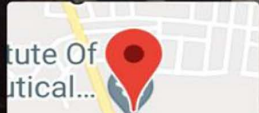
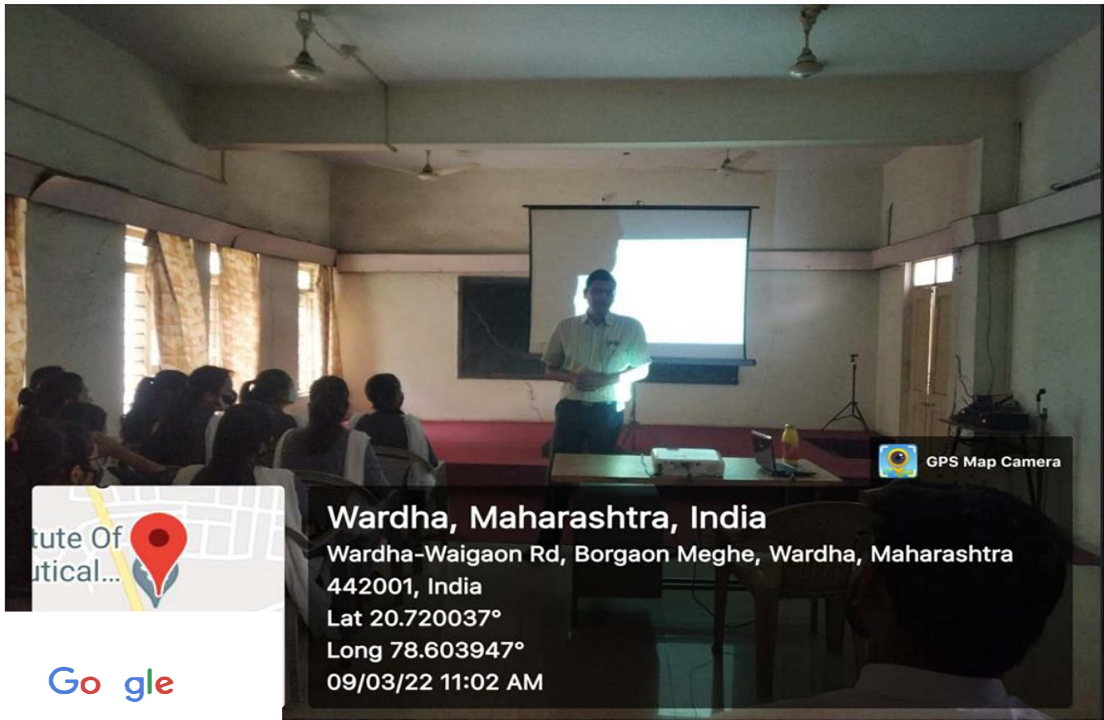


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442001, India
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Long 78.603949°
09/03/22 11:05 AM

GPS Map Camera



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Wardha, Maharashtra, India

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442001, India
Lat 20.720037°
Long 78.603947°
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Webinar on
Soft skill management





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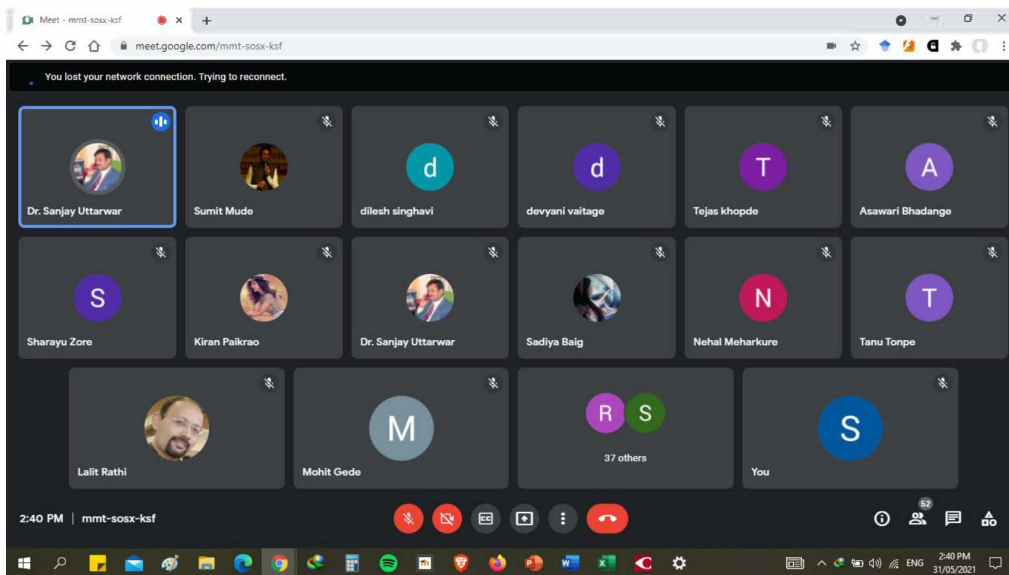
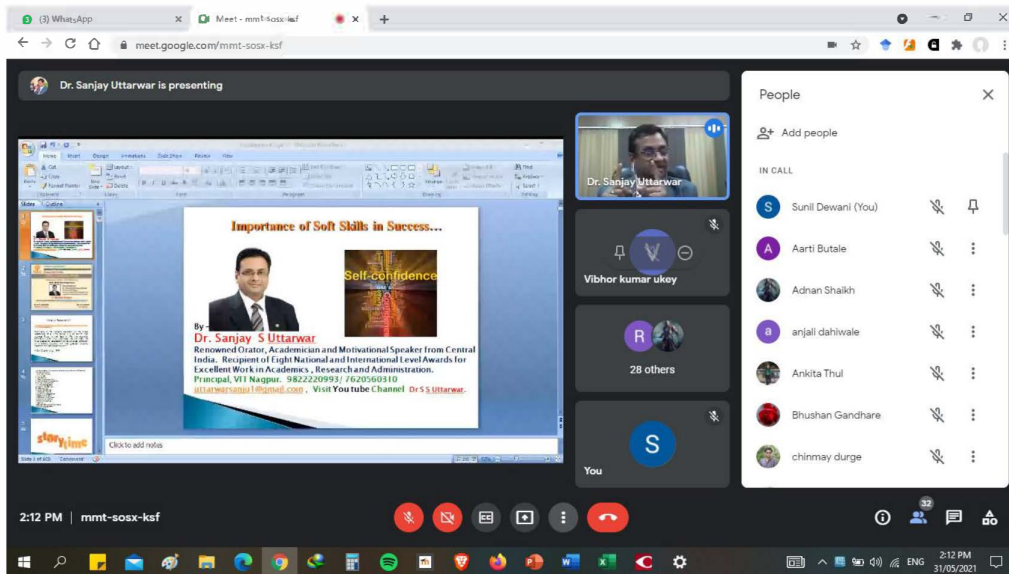
Webinar on Soft skill management

Institute of Pharmaceutical Education and Research Borgaon (Meghe) organized a webinar in which Dr. Sanjay S. Uttarwar, a noted academician and motivational speaker, spoke on the topic Soft Skill Management, under ISTE Chapter, on 31.05.2021. The event was live on Google. Students, teachers and eminent personalities attended the webinar. Mr. S. P. Dewani, coordinator, introduced speaker and welcomed the guests. Principal Dr. R. O. Ganjiwale welcomed the speaker and elaborated on the importance of the topic in today's scenario. The speaker gave a brief account of the importance of soft skills in career development. Dr. Uttarwar said, "Soft skills are essential to achieve success." Self-confidence is the key to success, he said. He also quoted Walt Disney's four Cs to achieve success -curiosity, confidence, courage and consistency.



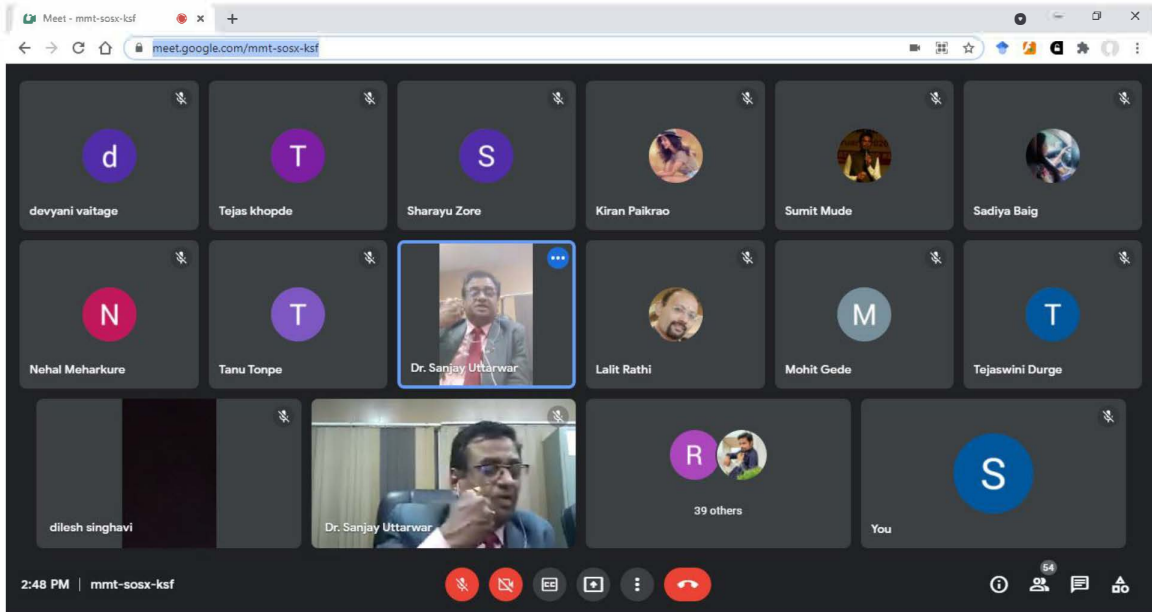

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Guest lecture on
"Get selected for the job interview"




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**Guest lecture on “Get selected at the job interview”
by Dr. Akanksha Gupta**

Guest lecture under the ISTE student chapter was organized on the topic “Get selected at the job interview” on 30th August 2019, by Dr. Akanksha Gupta. Around 100 students from UG and PG course attended the guest lecture.


Dr. Akanksha Gupta, as a resource person guided the students on how to prepare an effective resume when applying for a job. She made the students aware on various types of resume and also the basic difference between resume, biodata and CV. According to Dr. Gupta, an interview starts with an effective resume. She made the students aware about their body language when going for an interview. She gave several tips on how their body language could be eased to influence the interviewers. She highlighted the importance of proper dressing that may make the selection favourable. She also discussed several prominent questions that are normally asked during the interview. She demonstrated practically several tips could be useful for cracking the interviews.

The guest lecture ended with interactive question and answer session with the students, followed by vote of thanks given by Mr. S. P. Dewani.


(Mr. S. P. Dewani)


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2. LANGUAGE AND COMMUNICATION SKILLS




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Sessions on
Personality and skill development

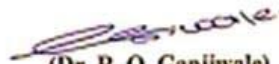



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Sessions on Personality and skill development by Dr. Akanksha Gupta


Various sessions for improving the overall personality and skill development were conducted for B. Pharm Final year students. The sessions were conducted between 23rd December 2019 to 15th January 2020. Around 75 students attended these sessions. The sessions were intended to provide knowledge about how to develop the personality that can be employed to build up confidence. A strong confidence will surely help the students to make them compete in the corporate sector. Alone personality may not all the time be helpful, but coupled with proper skills the students will surely find themselves at a better place. The sessions included knowledge about leadership skills, time management, resume writing, and creative writing skills. The students were satisfied with these sessions.




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3. LIFE SKILLS




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Medical Examination Camp
(2021-22)




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**INSTITUTE OF PHARMACEUTICAL EDUCATION AND RESEARCH,
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Session: 2021-2022

Report


Activity Title: Medical Examination Camp

Date: 11/05/2022

Objective of Medical Examination: Institute of Pharmaceutical Education and Research, Borgaon (Meghe), Wardha conducted Medical Examination of students every year to find out the health issue of the students if any and to explain solutions for their health problems.

Description of Activity: IPER organised Medical Examination Camp on 11th May 2022. The team of Dr. Dipika Chakole, Dr. Twinkal Joshi, Dr. Shreyash Kulkarni and Dr. Aman Chabra was appointed as Medical Officer from Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (Hirapur) Wardha. The students are asked to fill their health related information in the format given by RTMNU, Nagpur. Medical Officer examined about 92 girls and 47 boys of B. Pharm course. They advised and encourage the students to take healthy diet, exercise regularly and to take enough rest and sleep for better health..




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Yoga Day celebration
(2021-22)




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Session 2021-22

YOGA DAY

2021 International Day of Yoga, to be observed today, i.e. Monday (June 21), carries the theme "Yoga for well-being", much relevant for our times in a society still recovering from the impact of the coronavirus disease (Covid-19) pandemic. The Covid-19 plight was not just a physical crisis, it also left lasting impacts on mental health, with many left in psychological suffering, depression, and anxiety dealing with the pandemic-necessitated restrictions and loss. Yoga can come to the help of people dealing with such crises, the United Nations explained on its website since the message of the practice is to promote both physical and mental health.

National Service Scheme (NSS) unit of Institute of Pharmaceutical Education and Research, Borgaon(Meghe), Wardha celebrated International Yoga Day on 21st June, 2021 at 7.00 am to 7.45 am. The common Yoga protocol were performed individually or with family within the confines of their home on 21st June, 2021 at 7.00 am to 7.45 am. The students participated in Yoga Day celebration and submitted photo and recordings of their Yoga performance at home to NSS programme officer Dr. N. A. Karande. Further camp was organised in the institute in association with Patanjali Yoga Centre, Wardha. On the occasion Mrs. Pranita Gulhane, Mahila Prabhari, Wardha District and Mrs. Sangitatae Emale, Midia Prabhari, Patanjali demonstrated the different Yoga Positions. The camp was attended by 211 students of B. Pharm and M. Pharm, teaching and non-teaching staff of the institute.



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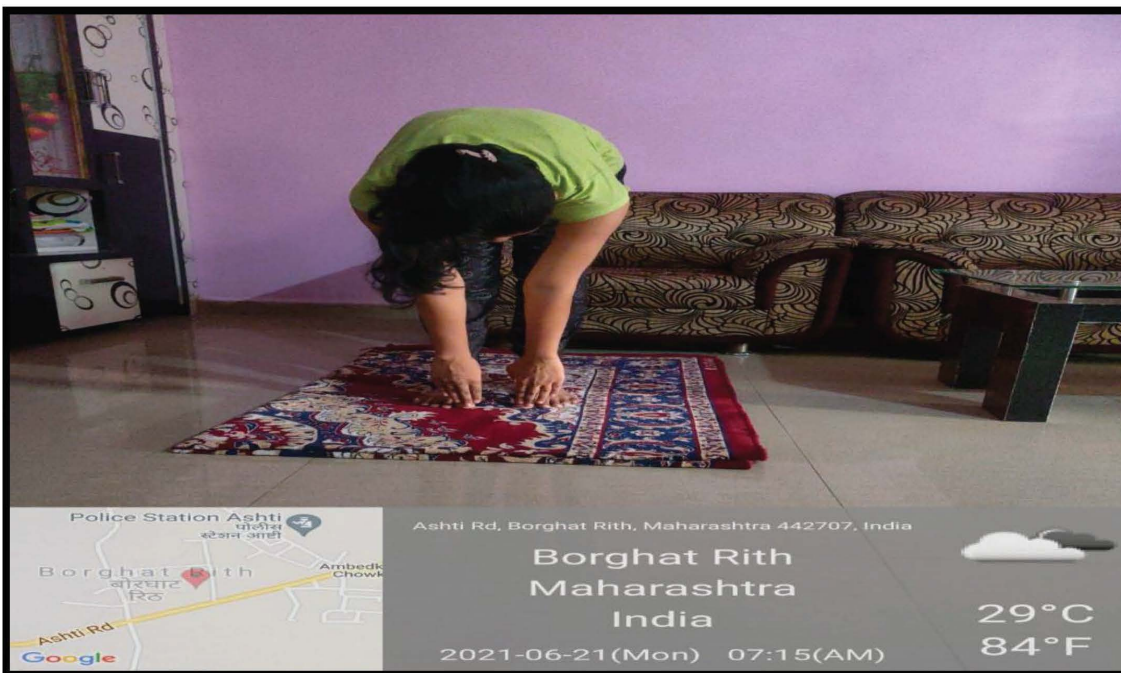
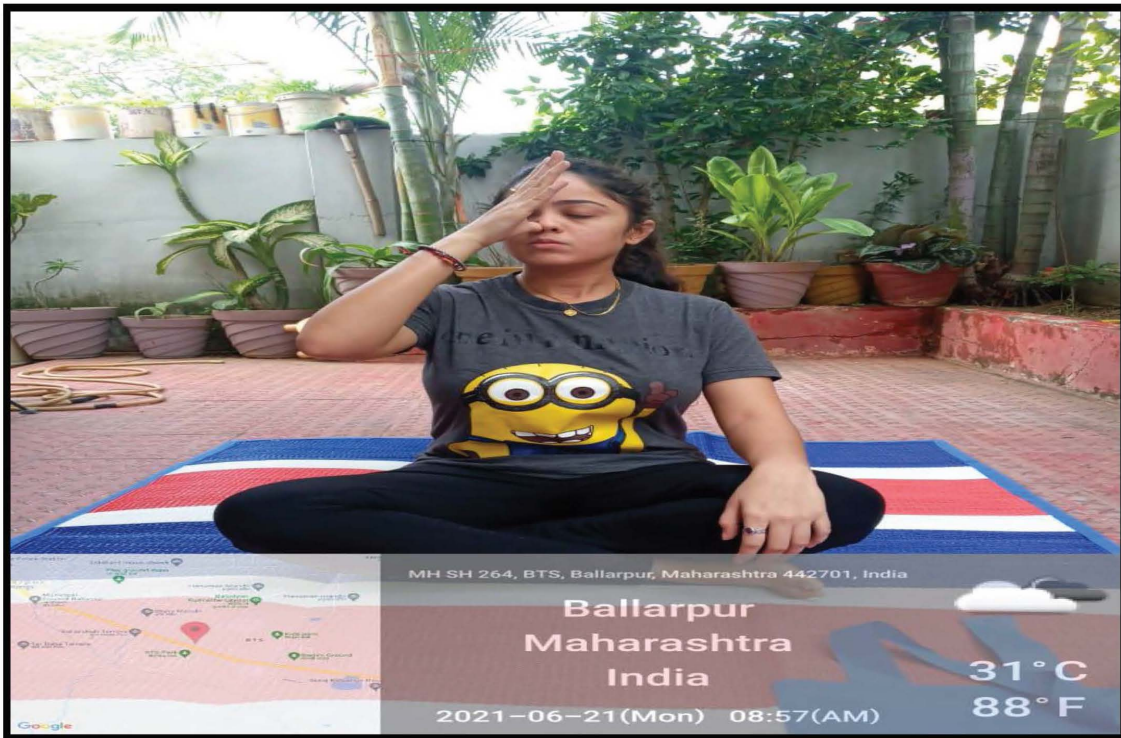
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Yoga Day celebration
(2020-21)




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Session 2020-21

YOGA DAY


“Yoga@Home and Yoga with Family”

Government is supporting the initiatives by promoting the theme, Yoga at Home, Yoga with Family, as a part of the activities in the run up to the International Yoga Day Celebration on June 21. Yoga at Home, Yoga with Family, theme has already been adopted by numerous institutions and individuals across the country. This year's observance of International Day of Yoga will aim to highlight the health-building and stress-relieving aspects of Yoga. In light of this, Ministry of AYUSH has also organised a trainer-led Yoga session which will be telecasted on Doordarshan on 21 June at 6:30 in the morning. National Service Scheme (NSS) unit of Institute of Pharmaceutical Education and Research, Borgaon(Meghe), Wardha celebrated International Yoga Day on 21st June, 2020 at 7.00 am to 7.45 am. The common Yoga protocol were performed individually or with family within the confines of their home on 21st June, 2020 at 7.00 am to 7.45 am. This year International Yoga Day observed on theme “Yoga@Home and Yoga with Family”. The 220 students participated in Yoga Day celebration and submitted photo and recordings of their Yoga performance at home to NSS programme officer Dr. N. A. Karande.



Medical Examination Camp
(2019-20)




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Session: 2019-2020

Report


Activity Title: Medical Examination Camp

Date: 11/03/2020

Objective of Medical Examination: Institute of Pharmaceutical Education and Research, Borgaon (Meghe), Wardha conducted Medical Examination of students every year to find out the health issue of the students if any and to explain solutions for their health problems.

Description of Activity: IPER organised Medical Examination Camp on 11th March 2020. The team of Dr. Sanket Shelke, Dr. Manish Chavan, Dr. Pranali Dukre and Dr. Shweta Kamble was appointed as Medical Officer from Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (Hirapur) Wardha. The students are asked to fill their health related information in the format given by RTMNU, Nagpur. Medical Officer examined about 120 girls and 62 boys of B. Pharm and M. Pharm course. They advised and encourage the students to take healthy diet, exercise regularly and to take enough rest and sleep for better health..





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Yoga Day celebration
(2019-20)




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Session 2019-20


YOGA DAY

Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness. Yoga is the Sanskrit word for union. Patanjali was a pioneer of classical yoga. He defined yoga as "the cessation of the modification of the mind" (stopping changing the mind). A person doing yoga will move from one posture (called asana) to another. For example, the "sun-salutation" contains 12 poses of asanas, one after the other, and is said to help balance body and soul. There is a specific mantra for each asana. The "sun-salutation" is popularly known as "Suryanamaskar". National Service Scheme (NSS) unit of Institute of Pharmaceutical Education and Research, Borgaon(Meghe), Wardha organized Yoga Day dated on 21st June 2019. The teaching and non-teaching staff of the institute and 225 students participated in Yoga day program.



Medical Examination Camp
(2018-19)




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Session: 2018-2019

Report


Activity Title: Medical Examination Camp

Date: 18/03/2019

Objective of Medical Examination: Institute of Pharmaceutical Education and Research, Borgaon (Meghe), Wardha conducted Medical Examination of students every year to find out the health issue of the students if any and to explain solutions for their health problems.

Description of Activity: IPER organised Medical Examination Camp on 18th March 2019. The team of Dr. Shweta Ashtankar and Dr. Sanket Shelke, was appointed as Medical Officer from Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (Hirapur) Wardha. The students are asked to fill their health related information in the format given by RTMNU, Nagpur. Medical Officer examined about 89 girls and 44 boys of B. Pharm and M. Pharm course. They advised and encourage the students to take healthy diet, exercise regularly and to take enough rest and sleep for better health..




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Yoga Day celebration
(2018-19)




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Session 2018-19

YOGA DAY


The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. NSS unit of IPER along with teaching and nonteaching staff organized Yoga Day dated on 21st June 2018 at 4.00 pm in the open air theatre of the institute. Yoga guru Shri. Damodarji Raut and Shrimati. Pranita Gulhane, Dist. In-charge of Patanjali guided the students. About 218 students of B. Pharm and M. Pharm participated in Yoga Day program. The online data and photographs for the same submitted to government websites.



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Medical Examination Camp
(2017-18)




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Session: 2017-2018

Report


Activity Title: Medical Examination Camp

Date: 16/03/2018

Objective of Medical Examination: Institute of Pharmaceutical Education and Research, Borgaon (Meghe), Wardha conducted Medical Examination of students every year to find out the health issue of the students if any and to explain solutions for their health problems.

Description of Activity: IPER organised Medical Examination Camp on 16th March 2018. The team of Dr. Anita Wanjari and Dr. Dipak Garde, was appointed as Medical Officer from Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (Hirapur) Wardha. The students are asked to fill their health related information in the format given by RTMNU, Nagpur. Medical Officer examined about 150 girls and 83 boys of B. Pharm and M. Pharm course. They advised and encourage the students to take healthy diet, exercise regularly and to take enough rest and sleep for better health..





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Yoga Day celebration
(2017-18)




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Session 2017-18

YOGA DAY

Yoga incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Practicing yoga is said to come with many benefits for both mental and physical health. There is no doubt about the importance of Yoga for students. With today's lifestyle, People tend to forget about their physical and mental health accumulating stress and fatigue in the body. NSS unit of IPER along with teaching and nonteaching staff organized Yoga Day dated on 21st June 2017 in the open air theatre of the institute. Student volunteers of NSS and the other students and teachers actively participate in this program. The online data and photographs for the same submitted to government websites. About 245 students of B. Pharm and M. Pharm participated in Yoga Day.



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