

Programs conducted on
enhancement of Life skills
(Yoga, physical fitness,
health and hygiene)
Enhancement of the
Students



Sahyadri Shikshan Sanstha
GOVINDRAO NIKAM COLLEGE OF PHARMACY

Sawarde, Tal- Chiplun, Dist- Ratnagiri, Pin- 415606

ORGANIZES

Health Awareness (Healthy Diet) Workshop 2021

DATE :- 18/03/2021

Resource Person :-

Prof. Ruchu Kuthiala

Symbiosis Skills & Professional University, Pune



Mrs. Desai M. T.
Activity Incharge

Mr. Waghchoure P. S.
IQAC Coordinator

Dr. Battase A. P.
Principal



Sahyadri Shikshan Sanatha
GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

Tal: Chiplun, Dist. Ratnagiri Pin- 415606.

(Approved By : P.C.I. A.I.C.T.E – New Delhi, Govt. of Maharashtra & affiliated to Mumbai University)

Telefax : 02355-264163, H.O. : 02355-264215/264315, e-mail: sssdgpharmacy1@gmail.com

Date: 16/03/2021

NOTICE

The Final B. Pharm students are hereby intimated that one day online Workshop on Health Awareness: Healthy Diethas been organized on 18th March, 2021 from 1.30 pm onwards. Prof. Ruchu Kuthiala, Symbiosis Skills and Professional University, Pune is the honorable resource person. Workshop will be conducted on Google meet online platform, link for which will be shared on the day of conduct. All will take benefit of the same.


In-Charge Co- curricular Activities


IQAC Coordinator
IQAC Director
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri


Principal
Govindrao Nikam College
Of Pharmacy, Sawarde





Sahyadri Shikshan Sanstha

GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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TAL - CHIPLUN, DIST - RATNAGIRI, Pin - 415 606

Activity Report: Health Awareness (Healthy diet)

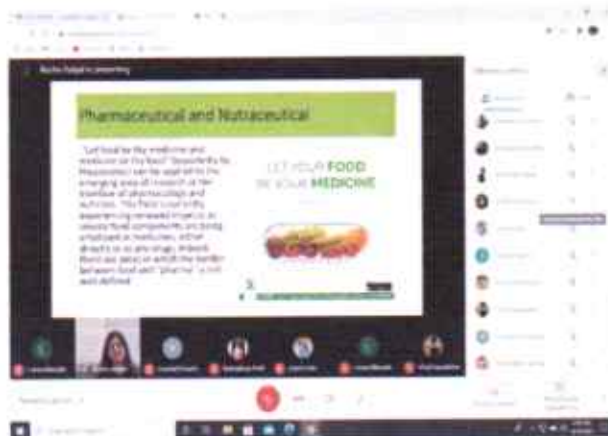
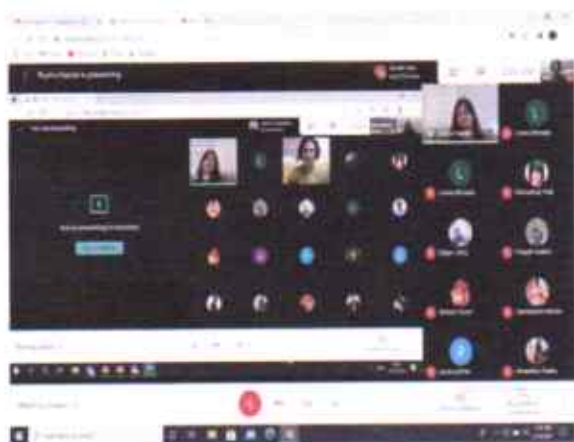
Date: 18 March, 2021

Venue: Google Online Platform

Subject: **Health Awareness (Healthy diet) workshop.**

No of Participants: 45

Govindrao Nikam College of Pharmacy, Sawarde Organized Health awareness workshop for the students of Final B. Pharm. Event was co-ordinated by the Activity In charge Mrs. M.T. Desai. Workshop was held online through Google meet for students. 45 Students attended the Workshop. Guest Prof. Ruchu Kuthiala guided the students on Healthy Diet, its importance, constitution and other aspects. Program was arranged to aware students about their health, the drawbacks of today's culture, newly developed lifestyle which is useful for their better wellbeing.




Health Awareness (Healthy diet) workshop: 18 March, 2021



Activity In charge




IQAC Coordinator
IQAC Director

Govindrao Nikam College of Pharmacy,
Tal. Chiplun, Dist. Ra.


Principal
PRINCIPAL
Govindrao Nikam College of Pharmacy,
Sawarde, Tal. Chiplun, Dist. Ratnagiri



Please attend
seminar on

8th March
2021

Speaker

Dr Sunetra Khatu

MBBS, MS

Time

1.30 PM

Zoom Details

Meeting ID

14 3753 0399

Passcode

PRIMOLUT-

Govindrao Nikam College of Pharmacy, Sawarde



Sahyadri Shikshan Sanstha

GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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email-sssdgpharmacy1@gmail.com, web. www.sawardepharmacy.com


Date: 06/03/2021

NOTICE

The Girl students of D. Pharm and B. Pharm are hereby intimated that one day online Workshop on To know about "Abnormal Uterine Bleeding" has been organized on 8th March, 2021 from 1.30 pm onwards. Dr. Sunetra Khatu, MBBS, MS is the honorable resource person. Workshop will be conducted on zoom online platform, link for which will be shared on the day of conduct. All will take benefit of the same.


In-Charge Co- curricular Activities


IQAC Coordinator
IQAC Director
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri


Principal
PRINCIPAL
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





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TAL - CHIPLUN, DIST - RATNAGIRI, Pin - 415 606

Activity Report: Health Awareness (Abnormal uterine bleeding)

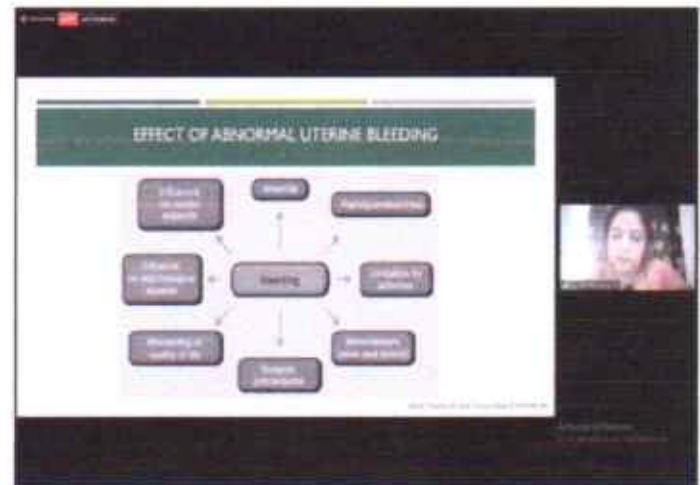
Date: 08 March, 2021

Venue: Zoom Online Platform

Subject: Health Awareness (To Know About "Abnormal uterine bleeding") workshop.

No of Participants: 148

Govindrao Nikam College of Pharmacy, Sawarde Organized Health awareness workshop for Girl students of M. Pharm, B. Pharm and D. Pharm. Event was co-ordinated by the Activity In charge Mrs. M.T. Desai. Workshop was held online through Zoom meet for the students. 145 Students attended the Workshop. Dr. Sunetra Khatu guided workshop. Program was arranged to make girls aware of alarming pathologies of abnormal uterine bleeding, marks between normal and abnormal signs, timely reporting and potential treatments.



Health Awareness (To Know About "Abnormal uterine bleeding") workshop: 08 March, 2021

M.T. Desai
Activity In charge



Sunetra Khatu
IQAC Coordinator
IQAC Director

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri

Battu
Principal
PRINCIPAL
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri



Sahyadri Education Sanstha's

Govindrao Nikam College of Pharmacy, Sawarde

Tal-chiplun, Dist-Ratnagiri, Pin-415 606

ORGANIZES

Yoga Workshop

DATE: 21/09/2019

Resource Person :-

Mr. Prakash Shripal Wavre,

Assistant teacher, New English School, Ubhale, Tal: Chiplun.

Mrs. Desai M.T.

Activity Incharge
Mob No. 9766326402

Mr. Waghchoure P.S.

IQAC Co-Ordinator

Dr. Battase A.P.

Principal





Sahyadri Shikshan Sanstha
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Date: 19/09/2019

NOTICE

All the students of D. Pharm are hereby intimated that one day workshop will be conducted by Mr. WavrePrakashShripal (Asst. Teacher, New English School, Ubhale, Tal. Chiplun, Dist. Ratnagiri) on the topic "Practicing Yoga: Demonstration" on 21stSeptember, 2019 from 9.00 am onwards in the D. Pharm Classroom. All are instructed to be present in time.

In-Charge Co- curricular Activities

IQAC Coordinator

IQAC Director

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri

PRINCIPAL

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Bhikshan Sanstha's

Govindrao Nikam College of Pharmacy, Sawarde

Tal-chiplun, Dist-Ratnagiri, Pin-415 606

ORGANIZES

Yoga Workshop

DATE: 05/10/2019

Resource Person :-

Mr. Prakash Shripal Wavre,

Assistant teacher, New English School, Ubhale. Tal: Chiplun.



Mrs. Desai M.T.
Activity Incharge
Mob No. 9766326402

Mr. Waghchoure P.S.
IQAC Co-Ordinator

Dr. Battase A.P.
Principal



Sahyadri Shikshan Sanstha
GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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Date: 04/10/2019

NOTICE

All the students of D. Pharm are hereby intimated that one day workshop will be conducted by Mr. WavrePrakashShripal (Asst. Teacher, New English School, Ubhale, Tal. Chiplun, Dist. Ratnagiri) on the topic "Practicing Yoga: Demonstration" on 5th October, 2019 from 9.00 am onwards in the D. Pharm Classroom. All are instructed to be present in time.


In-Charge Co- curricular Activities


IQAC Coordinator

IQAC Director
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri


PRINCIPAL
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Shiksha Sanstha's

Govindrao Nikam College of Pharmacy, Sawarde
Tal-chiplun, Dist-Ratnagiri, Pin-415 606

ORGANIZES

Yoga Workshop

DATE: 12/01/2020

Resource Person :-

Mr. Prakash Shripal Wavre,
Assistant teacher, New English School, Ubhale. Tal: Chiplun.



Mrs. Desai M.T.
Activity Incharge
Mob No. 9766326402

Mr. Waghchoure P.S.
IQAC Co-Ordinator

Dr. Battase A.P.
Principal



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GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE


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Date: 10/01/2020

NOTICE

All the students of D. Pharm are hereby intimated that one day workshop will be conducted by Mr. WavrePrakashShripal (Asst. Teacher, New English School, Ubhale, Tal. Chiplun, Dist. Ratnagiri) on the topic "Practicing Yoga: Demonstration" on 12th January, 2020 at 9.00 from onwards in the D. Pharm Classroom. All are instructed to be present in time.


In-Charge Co- curricular Activities


IQAC Coordinator

IQAC Director

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri


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Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Shikshan Sanstha

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TAL - CHIPLUN, DIST - RATNAGIRI, Pin - 415 606

Activity Report: YOGA

Date: 21st September, 5th October, 2019 and 12th January, 2020

Venue: D Pharm Classroom, GNCOP, Sawarde

Subject: YOGA workshop.

No of Participants: 46

Govindrao Nikam College of Pharmacy, Sawarde Organized yoga workshop for the students of D. Pharm. Event was co-ordinated by the Activity In charge Ms Tejaswi Bagde. Workshop was held in D Pharm Classroom, GNCOP, Sawarde. 46 Students attended the Workshop. The guest Yoga trainer Mr, Wavre Prakash Shirpal guided YOGA skills workshop. Program was arranged as yoga, diet and meditation are key to good health and incubating the good habits is important to improve quality of life.



yoga workshop 21 September 2019



yoga workshop 05 October 2019

Activity In charge



IQAC Coordinator
IQAC Director

Govindrao Nikam College of Pharmacy, Sawarde, Tal. Chiplun, Dist. Ratnagiri

Principal
PRINCIPAL

Govindrao Nikam College of Pharmacy, Sawarde, Tal. Chiplun, Dist. Ratnagiri



Satyavadi Shikshan Sanstha's

Govindrao Nikam College of Pharmacy, Sawarde

Tal-chiplun, Dist-Ratnagiri, Pin-415 606

ORGANIZES

Yoga Workshop

DATE: 25/11/2017

Resource Person :-

Mr. Prakash Shripal Wavre,
Assistant teacher, New English School, Ubhale, Tal: Chiplun.

Mrs. Desai M.T.
Activity Incharge
Mob No. 9766326402

Mr. Waghchoure P.S.
IQAC Co-Ordinator

Dr. Battase A.P.
Principal





Sahyadri Shikshan Sanstha
GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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Date: 24/11/2017

NOTICE

All the students of B. Pharm and M. Pharm are hereby intimated that one day workshop will be conducted by Mr. WavrePrakash and Mr. KalambeUdayraj (Sport and Yoga Instructor GovindraoNikamSecondary and Higher Secondary School, Sawarde) on the topic "Practicing Yoga: Demonstration" has been organized on 25th November, 2017 at 9.00 am in the Auditorium. All are instructed to be present in the Auditorium in time.


In-Charge Co- curricular Activities


IQAC Coordinator

IQAC Director

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri


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Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Shiksha Sanstha's

Govindrao Nikam College of Pharmacy, Sawarde

Tal-chiplun, Dist-Ratnagiri, Pin-415 606

ORGANIZES

Yoga Workshop

DATE: 02/12/2017

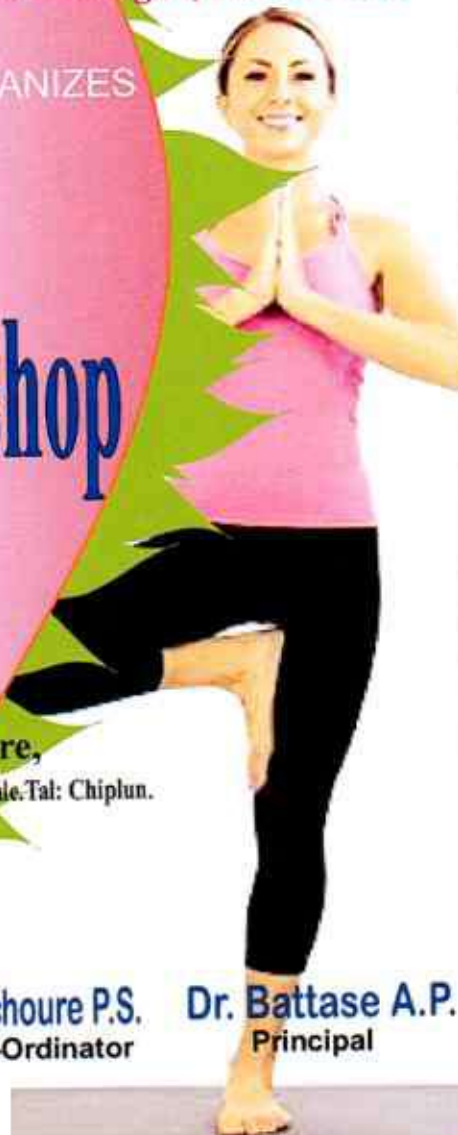
Resource Person :-

Mr. Prakash Shripal Wavre,
Assistant teacher, New English School, Ubhale. Tal: Chiplun.

Mrs. Desai M.T.
Activity Incharge
Mob No. 9766326402

Mr. Waghchoure P.S.
IQAC Co-Ordinator

Dr. Battase A.P.
Principal





Sahyadri Shikshan Sanstha
GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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Date: 01/12/2017

NOTICE

All the students of B. Pharm and M. Pharm are hereby intimated that one day workshop will be conducted by Mr. WavrePrakash and Mr. KalambeUdayraj (Sport and Yoga Instructor GovindraoNikamSecondary and Higher Secondary School, Sawarde) on the topic "Practicing Yoga: Demonstration" has been organized on 2nd December, 2017 at 9.00 am in the Auditorium. All are instructed to be present in the Auditorium in time.


In-Charge Co- curricular Activities


IQAC Coordinator

IQAC Director

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri


PRINCIPAL

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Shikshan Sanstha's

Govindrao Nikam College of Pharmacy, Sawarde

Tal-chiplun, Dist-Ratnagiri, Pin-415 606

ORGANIZES

Yoga Workshop

DATE: 09/12/2017

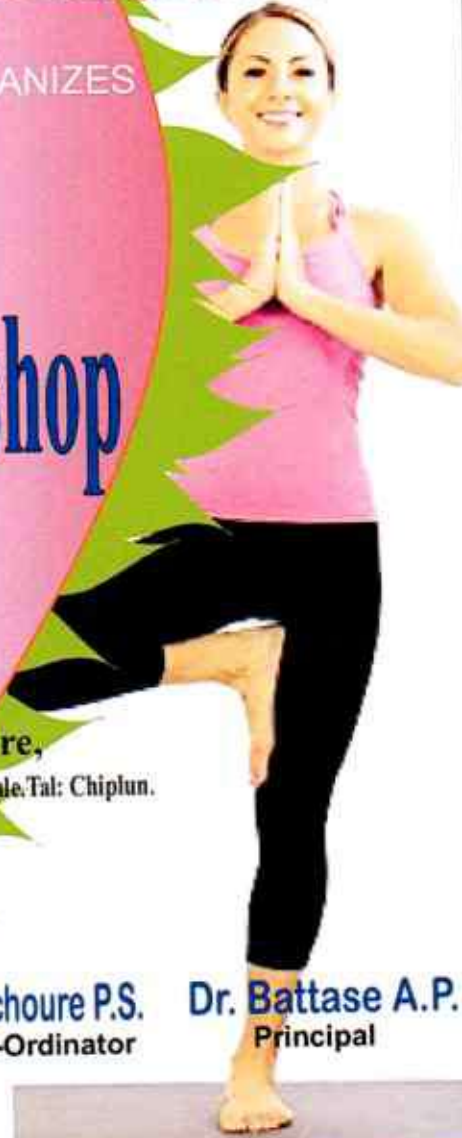
Resource Person :-

Mr. Prakash Shripal Wavre,
Assistant teacher, New English School, Ubhale, Tal: Chiplun.

Mrs. Desai M.T.
Activity Incharge
Mob No. 9766326402

Mr. Waghchoure P.S.
IQAC Co-Ordinator

Dr. Battase A.P.
Principal





Sahyadri Shikshan Sanstha
GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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Telefax : 02355-264163 H.O : 02355-264215/264315 e-mail : sssdgpharmacy1@gmail.com

Date: 08/12/2017

NOTICE

All the students of B. Pharm and M. Pharm are hereby intimated that one day workshop will be conducted by Mr. WavrePrakash and Mr. KalambeUdayraj (Sport and Yoga Instructor GovindraoNikamSecondary and Higher Secondary School, Sawarde) on the topic "Practicing Yoga: Demonstration" has been organized on 9th December, 2017 at 9.00 am in the Auditorium. All are instructed to be present in the Auditorium in time.

In-Charge Co- curricular Activities

IQAC Coordinator

IQAC Director

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri

PRINCIPAL

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Education Sanstha's

Govindrao Nikam College of Pharmacy, Sawarde

Tal-chiplun, Dist-Ratnagiri, Pin-415 606

ORGANIZES

Yoga Workshop

DATE: 16/12/2017

Resource Person :-

Mr. Prakash Shripal Wavre,
Assistant teacher, New English School, Ubhale.Tal: Chiplun.

Mrs.Desai M.T.
Activity Incharge
Mob No. 9766326402

Mr. Waghchoure P.S.
IQAC Co-Ordinator

Dr. Battase A.P.
Principal





Sahyadri Shikshan Sanstha
GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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Telefax : 02355-264163, H.O. : 02355-264215/264315, e-mail: sssdgpharmacy1@gmail.com

Date: 15/12/2017.

NOTICE

All the students of B. Pharm and M. Pharm are hereby intimated that one day workshop will be conducted by Mr. WavrePrakash and Mr. KalambeUdayraj (Sport and Yoga Instructor GovindraoNikamSecondary and Higher Secondary School, Sawarde) on the topic "Practicing Yoga: Demonstration" has been organized on 16th December, 2017 at 9.00 am in the Auditorium. All are instructed to be present in the Auditorium in time.


In-Charge Co- curricular Activities


IQAC Coordinator
IQAC Director
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri


PRINCIPAL
Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Shikshan Sanstha

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TAL - CHIPLUN, DIST - RATNAGIRI, Pin - 415 606

Activity Report: YOGA workshop.

Date: 25th November, 2, 9, and 16th December 2017

Venue: Auditorium, GNCOP, Sawarde

Subject: YOGA workshop.

No of Participants: 219

Govindrao Nikam College of Pharmacy, Sawarde Organized Yoga workshop for the students of M. Pharm and B. Pharm Students. Event was co-ordinated by the Activity In charge Mrs. M.T. Desai. Workshop was held in Auditorium, GNCOP, Sawarde. 219 Students attended the Workshop. Yoga trainer Mr. Wavre Prakash Shirpal and Mr. Kalambe guided YOGA skills workshop. Program was arranged because yoga, diet and meditation are key to good health and incubating good habits is important to improve quality of life.



YOGA workshop: 25th November, 2, 9, and 16th December 2017

Activity In charge

IQAC Coordinator

IQAC Director

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri

Principal
PRINCIPAL

Govindrao Nikam College of Pharmacy
Sawarde, Tal. Chiplun, Dist. Ratnagiri





Sahyadri Shikshan Sanstha
GOVINDRAO NIKAM COLLEGE OF PHARMACY

Sawarde, Tal- Chiplun, Dist- Ratnagiri, Pin- 415606

ORGANIZES



AIDS

**Health Awareness
(AIDS Awareness) Workshop 2017**

DATE :- 06/12/2017

Dr. Deepak Sawant
Sub. Dist. Hospital, Kamathe

Mrs. Desai M. T.
Activity Incharge

Mr. Waghchoure P. S.
IQAC Co-ordinator

Dr. Battase A. P.
Principal



Sakyadri Shikshan Sanstha

GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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TAL - CHIPLUN, DIST - RATNAGIRI, Pin - 415 606

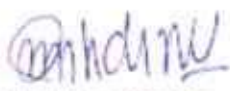
Date: 04/12/2017

NOTICE

Govindrao Nikam College of Pharmacy in collaboration with Sub district Hospital, Kamathe has organized **AIDS Counseling and Testing Workshop on 06th December, 2017**. All the students are instructed to get benefit of the same.

Venue: Shikshanmaharshi Govindrao Nikam Sabhaghruh (Auditorium)
Time: 10.30 am onwards


In-Charge Co- curricular Activities


IQAC Coordinator


Principal





Sahyadri Shikshan Sanstha

GOVINDRAO NIKAM COLLEGE OF PHARMACY, SAWARDE

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TAL - CHIPLUN, DIST - RATNAGIRI, Pin - 415 606

Activity Report: Health awareness (AIDS awareness)

Date: 6th December, 2017

Venue: Auditorium, GNCOP, Sawarde

Subject: Health awareness (AIDS Awareness)

No of Participants: 147

On the occasion of World AIDS Day, Govindrao Nikam College of Pharmacy, Sawarde in collaboration with Sub-district Hospital, Kamathe organized a Health awareness program for the students of M.Pharm, B.Pharm and D. Pharm. Event was coordinated by the Activity In charge Mrs M. T. Desai. Program was held in Auditorium GNCOP, Sawarde. 147 students attended the program. Dr. Deepak Sawant guided the students. The session held created awareness about the causes, avoid miss conceptions and spread correct information about AIDS, as in the society it still holds lack of acceptance of the population affected by this disease. Screening of the students for the HIV infection followed the guidance.



Health awareness (AIDS Awareness): 6th December, 2017


Activity In charge


IQAC Coordinator


Principal



IQAC Director
Govindrao Nikam College of Pharmacy, Sawarde, Tal. Chiplun, Dist. Ratnagiri

PRINCIPAL
Govindrao Nikam College of Pharmacy, Sawarde, Tal. Chiplun, Dist. Ratnagiri