



## 5.1 Student Support

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#### 5.1.2 Capacity building and skills enhancement initiatives taken by the institution

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## 5.1.2 Capacity building and skills enhancement initiatives taken by the institution

### Summary

#### Life skills (Yoga, physical fitness, health and hygiene)

#### Session 2021 - 22

Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	Title
09/08/2021	85	Mr Aprup Adawadkar, President of NGO Paryawaran Pratham Contact No. 9422357655	Water Conservation and rain harvesting
04/01/2022	48	Mrs Kshama Dabholkar, Nagar Pramukh, Vivekanand Kendra Kanyakumari, Branch nagpur,. Contact No. 9373104372	All Power Is Within You
19/06/2022	68	Mr Raghu Patil, TCS, Pune , Yoga Teacher and Evaluator, certified by Ministry of Ayush, GOI Contact No. 9819477135	Yoga for excelling in professional carrier

#### Life skills (Yoga, physical fitness, health and hygiene)

#### Session 2020 – 21

Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	Title
08/10/2020	101	Dr. Mrs. Swati Pawade, Avanti Institute of Cardiology, Nagpur, Contact No. 9823811572	Health and psychosocial impact of corona on our lives
05/02/2021	60	Dr. Mrs. Swati Pawade, Avanti Institute of Cardiology, Nagpur, Contact No. 9823811572	Post Pandemic Preparedness
21/06/2021	72	Dr. Suparna Bakle, Priyadarshini J. L. College of Pharmacy, Nagpur, Contact No. 9049800995	Culturing human values through yoga
21/06/2021	95	Mrs. Kshma Dabholkar, Vivekananda Kendra Kanyakumari, Branch Nagpur, Contact No. 9373104372	Yog Jivan Padhhati



## Life skills (Yoga, physical fitness, health and hygiene)

### Session 2019 – 20

Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	Title
17/10/2019	45	National Institute of Miner's Health, Nagpur Contact No. 07104 224 494	Health issues of miner's and their prevention
21/06/2020	72	Dr. Mrs. K. P. Upadhye, Priyadarshini J. L. College of Pharmacy, Nagpur Contact No. 09850324585	Meditation and human health

## Life skills (Yoga, physical fitness, health and hygiene)

### Session 2018 – 19

Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	Title
18/08/2018	40	Mr. Aprup Advadkar, Paryavaran Pratham NGO, Nagpur Contact No. 098338 12285	Fundamentals of Disaster Management
30/08/2018	66	Mrs. Sarita Gumgaokar, P&G, Nagpur Contact No. 1800-202-1364	Health and Hygiene
20/02/2019	52	Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 8806566555	How to improve immunity by altering daily routine habits
11/03/2019	58	Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 8806566555	Role of Nutraceuticals in human health
21/06/2019	73	Dr. S. S. Bakhle, International Yoga day, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 07104299510	Yoga: Need of today's modern era



## Life skills (Yoga, physical fitness, health and hygiene)

### Session 2017 – 18

Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)	Title
21/06/2018	75	Dr. S. S. Bakhle, International Yoga day, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 07104299510	Importance of Yoga in modern era
23/06/2018	23	Dr. Yogesh Ukey and Dr. Vilas Patil, Maharashtra Rural Health Service Organization, Nagpur Contact No. 022 2262 0235	How to Cure Chronic Illness by Naturopathy



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
**PRIYADARSHINI J. L. COLLEGE OF PHARMACY**

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Institute Code: DTE 4265 & RTMNU 265



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# **Life skills (Yoga, physical fitness, health and hygiene)**

## **Session: 2021 - 22**



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## Priyadarshini J. L. College of Pharmacy

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Tel. & Fax No. +91-7104-299510, E-mail: [jlccp\\_nqp@rediffmail.com](mailto:jlccp_nqp@rediffmail.com), Website : [www.pjlcp.edu.in](http://www.pjlcp.edu.in)

NAAC B++ ACCREDITED

Date: -05/08/2021

To,

**Mr Aprup Adawadkar**

President of NGO Paryawaran Pratham

**Subject: - Invitation for Guest Lecture**

Sir,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of your lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**

**Priyadarshini J.L.College of  
Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: 08/08/2021

### Notice

All the students of B Pharm, M Pharm and Ph. D scholars are hereby informed that an guest lecture by **Mr Aprup Adawadkar, President of NGO Paryawaran Pratham** been arranged on 09/08/2021 at 12:00 pm. All should attend the same.

**Topic- "Water Conservation and rain harvesting"**

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J.L.College of**  
**Pharmacy, Nagpur**





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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Water Conservation and rain harvesting"

**Guest speaker:** Mr Aprup Adawadkar, President of NGO Paryawaran Pratham Contact No. 9422357655

**Date:** 09/08/2021

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student about water conservation and rain harvesting awareness.

**Objective:**

- 1) To ensure that students can able to understand the importance of water conservation.
- 2) To ensure that students can able to understand the history, benefits, and components of a rainwater harvesting system.

**Beneficiary:** Students, faculty, institute.

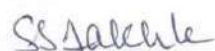
**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

Students will design and build a rainwater collection system.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

  
Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.



Principal

PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur.



**2021 – 22**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic :- All Power Is Within You**

**Guest lecture:-** Mr Aprup Adawadkar, President of NGO Paryawaran Pratham  
Contact No. 9422357655

**Date: -09/08/2021**





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Date: -09/08/2021

To,

**Mr Aprup Adawadkar**

President of NGO Paryawaran Pratham

Sir,

Thank you very much for accepting our invitation as a Resource person for the guest under entitled **"Water Conservation and rain harvesting"** on 09/08/2021. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours faithfully

**Dr. D.R. Chaple**

**Principal**

**PRINCIPAL**

**Priyadarshini J.L.College of  
Pharmacy, Nagpur.**



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(Approved By AICTE & DTE, New Delhi; Affiliated to R.T.M. Nagpur University Nagpur)

ACCREDITED WITH GRADE B++ BY NAAC

Ref No. PJLCP/2021/ 3804

DI. 31.12.2021

To,  
**Mrs. Kshama Dabholkar**  
Nagar Pramukh,  
Vivekanand Kendra,  
Nagpur.

**Subject: Invitation for Guest Lecture**

Madam,

With reference to the above cited subject, I wish to inform you that our Institute arranges student Induction Programme for the B.Pharm SEM I students. In this programme we wish to invite you and arrange your guest lecture by online mode.

Please give your consent for the same.

Thanking you.

Faithfully Yours,

*K. N. Dabholkar*

Place: Nagpur.

Date: 31.12.2021

*(Signature)*

(Dr. D. R. Chaple)

Dr. D. R. Chaple  
PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*dc*



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NAAC B++ ACCREDITED

Date: 03/01/2022

### Notice

All the students of B Pharm, M Pharm and Ph. D. Scholars are hereby informed that guest lecture by **Mrs. Kshama Dabholkar** been arranged on 04/01/2022 at 2:00 pm. All should attend the same.

**Topic- "All power is within you"**

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J.L.College of**  
**Pharmacy, Nagpur.**





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### Program Report

**Name of the Program Conducted:** Guest lecture entitled "All Power Is Within You"

**Guest speaker:** Mrs Kshama Dabholkar, Nagar Pramukh, Vivekanand Kendra Kanyakumari, Branch nagpur,, Contact No. 9373104372

**Date:** 04/01/2022

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To motivate the student.

**Objective:**

- 1) To motivate and help the academically weaker students to realize their weakness and help them to improve on their fronts.
- 2) Raising their level of comprehension of basic subjects to provide a stronger for further academic work.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

To develop insight into the individuals so that they become able to search out and realize unity in diversity.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*SS Salunke*

Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*Shenai*  
Principal

PRINCIPAL  
Priyadarshini J.L.College of  
Pharmacy, Nagpur.

**2021 – 22**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic: - All Power Is Within You**

**Guest lecture:** Mrs Kshama Dabholkar, Nagar Pramukh, Vivekanand Kendra Kanyakumari, Branch nagpur,. Contact No. 9373104372

**Date:- 04/01/2022**


Guest lecture by Kshama Dabholkar dated 4/01/2022 in first year Induction Programme


**PRIYADARSHINI J. L. COLLEGE  
OF PHARMACY, NAGPUR.**

**GUEST LECTURE**


**All Power is within You**

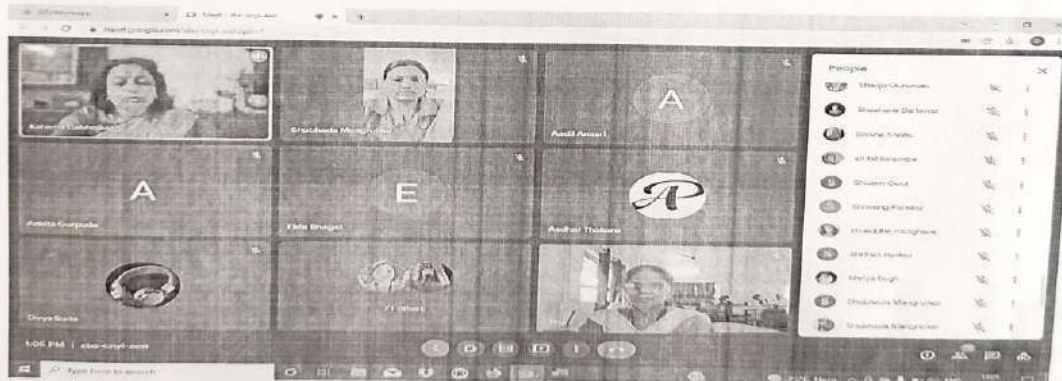
Date: 04 January 2022 Time: 12:30 PM

  
Mrs. Kshama Dabholkar,  
Nagar Pramukh,  
Vivekananda Kendra Kanyakumari,  
Nagpur Branch.

 Through  
Google Meet

Link will be provided in whats app group







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Institute Code - DTE 4265 & RTMNU 265



Ref No: PJLCP/2022/3804

Date: 29/01/2022

To,

Mrs. Kshama Dabholkar  
Nagar Pramukh,  
Vivekanand Kendra.  
Nagpur.

Madam,

Thank you very much for accepting our invitation as a Resource person for the guest lecture entitled "**All Power is Within You**" on 04/01/2022 under "Student Induction Programme" celebration from 3<sup>rd</sup> to 5<sup>th</sup> January 2022. Your presentation was very useful and informative for our students and the faculty. I wish you all success in your endeavor.

Thanking you.

*K.M. Dabholkar*

Yours Faithfully

*(Signature)*

(Dr. D. R. Chaple)

PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

o/c

LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA

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NAAC B++ ACCREDITED

Date: -15/06/2022

To,

**Mr Raghu Patil**

TCS, Pune, Yoga Teacher and Evaluator,

certified by Ministry of Ayush,

GOI

**Subject: - Invitation for Guest Lecture**

Sir,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of your lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
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**Pharmacy, Nagpur.**



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NAAC B++ ACCREDITED

Date: 18/06/2022

### Notice

All the students of B Pharm, M Pharm and Ph. D. scholars are hereby informed that guest lecture by **Mr Raghu Patil, TCS, Pune , Yoga Teacher and Evaluator, certified by Ministry of Ayush, GOI** been arranged on 19/06/2022 at 2:00 pm. All should attend the same.

**Topic- "Yoga for excelling in professional carrier"**

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**

**Priyadarshini J.L.College of  
Pharmacy, Nagpur.**



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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Yoga for excelling in professional carrier"

**Guest speaker:** Mr Raghu Patil, TCS, Pune, Yoga Teacher and Evaluator, certified by Ministry of Ayush, GOI Contact No. 9819477135

**Date:** 19/06/2022

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student about Yoga for excelling in professional carrier.

**Objective:**

- 1) To ensure that students are able to understand a career path in Yoga and can learn a lot of things by choosing Yoga as a career can nurture body and soul with peace and harmony.
- 2) To be a successful trainer in Yoga and contribute towards creating awareness among everyone about this old Indian tradition that helps in transforming body and mind and promoting wellbeing of the society.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

To motivate the students for yoga practice and understand importance of Yoga that helps them to deal with their stress and bring back some peace of mind.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*SS Salehi*  
Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy

*[Signature]*

Principal  
PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur



**2021 - 22**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic :-** Yoga for excelling in professional carrier

**Guest lecture:-** Mr. Raghu Patil, TCS, Pune, Yoga Teacher and Evaluator,  
certified by Ministry of Ayush, GOI Contact No. 9819477135

**Date: -** 19/06/2022





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Institute Code - DTE 4265 & RTMNU 265



Ref No: PJLCP/2021-22/3966'a'

Date: 18/06/2022

To,

**Mr. Raghvendra Patil**

Biochemical Engineer,

Yoga Teacher and Evaluator,

Ministry of Ayush, Government of India

Sub: Thanks letter

Dear Sir,

Thank you very much for accepting our invitation as a Resource person for a one day webinar on '**YOGA FOR EXCELLING IN PROFESSIONAL CAREER**' on 18/06/2022. Your presentation has been very useful and informative for our students and the faculty. I wish you all success in your endeavor.

Thanking you,

Yours Faithfully,

(Dr. D. R. Chaple)

**PRINCIPAL**  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.



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# **Life skills (Yoga, physical fitness, health and hygiene)**

## **Session: 2020 - 21**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: -01/10/2020

To,

**Dr. Mrs. Swati Pawade,**

Avanti Institute of Cardiology,

Nagpur,

**Subject: - Invitation for Guest Lecture**

Madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of your lecture. You are also requested to send your resume by mail.

Thanking you.

Faithfully your

**Dr. D. R. Chaple**  
Principal

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**





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NAAC B++ ACCREDITED

Date: 07/10/2020

### Notice

All the students of B Pharm and M Pharm are hereby informed that an online guest lecture by **Dr. Mrs. Swati Pawade, Avanti Institute of Cardiology, Nagpur**, been arranged through google meet on 08/10/2020 at 12:00 noon. All should attend the same.

**Topic- "Health and psychosocial impact of corona on our lives"**

**Dr. D. R. Chaple**

**Principal**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur**



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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Health and psychosocial impact of corona on our lives"

**Guest speaker:** Dr. Mrs. Swati Pawade, Avanti Institute of Cardiology, Nagpur, Contact No. 9823811572

**Date:** 08/10/2020

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge of health and psychosocial impact of corona on our lives.

#### Objective:

- 1) To understand the students that pandemic is not just medical condition, it affects the population in social, emotional and psychological way also.
- 2) To motivate the students for management of stress and other.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

#### Expected Outcome:

To provide the platform for management of psychosocial impact of corona so that students can improve and can recover their health, mental stress

#### Attachment needed:

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

Principal  
PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

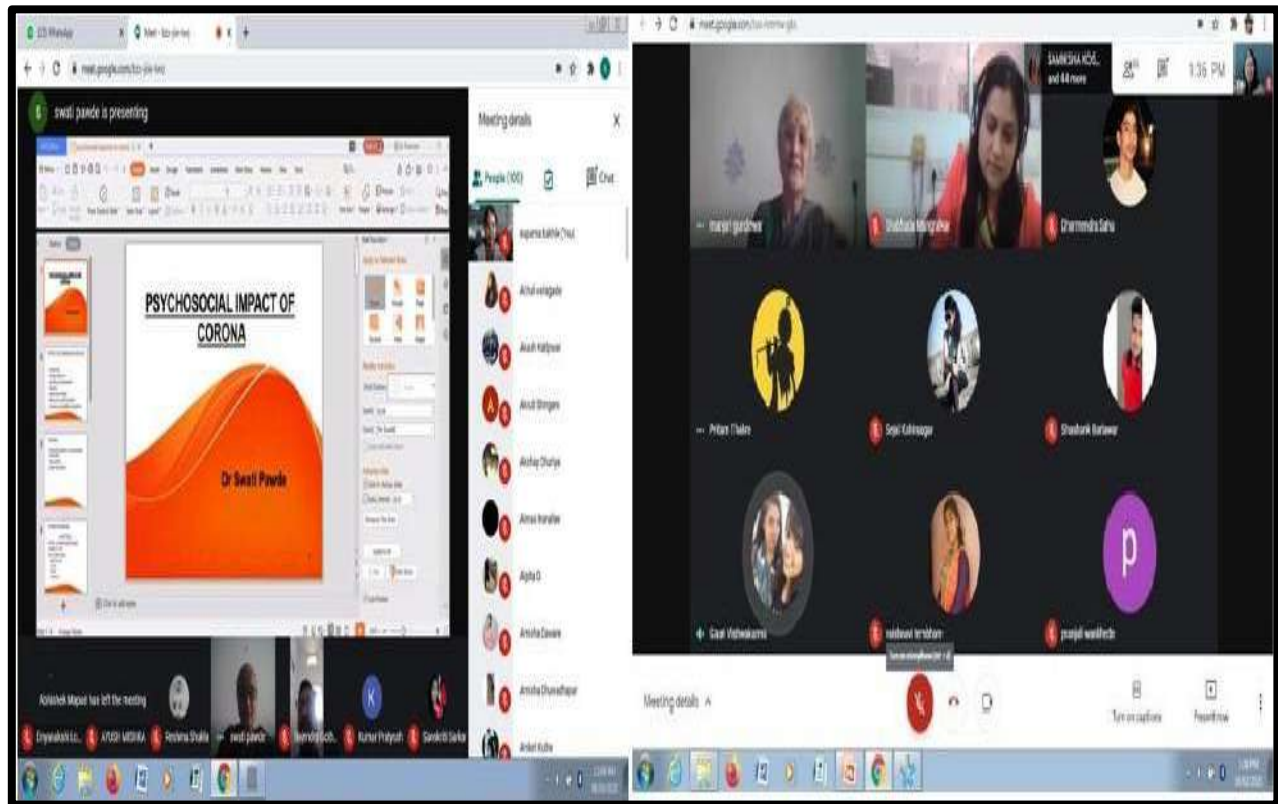
**2020 – 21**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** Health and psychosocial impact of corona on our lives

**Guest lecture:-** Dr. Mrs. Swati Pawade, Avanti Institute of Cardiology, Nagpur,  
Contact No. 9823811572

**Date:-** 08/10/2020





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
**PRIYADARSHINI J.L.COLLEGE OF PHARMACY**

(Formerly known as J. L. Chaturvedi College of Pharmacy)

Electronics Zone Building, MIDC, Hingna Road, Nagpur - 440 016. (India)

Tel. & Fax No. : +91-7104-242169, 246811

E-mail : jlccp\_ngp@rediffmail.com, principal.jlccp@ltjss.net Website : www.jlccp.ltjss.net



NAAC accredited with B<sup>++</sup>

Ref No: **PJCC P/2020-21/6174**

Date: 08/10/2020

To,  
Dr. Swati Pawde,  
Consultant,  
Avanti Institute of Cardiology,  
Dhantoli, Nagpur.

Sir,

Thank you very much for accepting our invitation as a Resource Person for the Online Guest Lecture entitled "**Health And Psychosocial Impact Of Corona On Our Lives**" on 08/10/2020. Your presentation has been very useful and informative for all the students and the faculty. I wish you all success in your endeavor.

Thanking you.

Yours Faithfully

(Dr. D. R. Chaple)

**PRINCIPAL**

**Priyadarshini J.L. College of  
Pharmacy, Nagpur.**

08/10/20





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: -01/02/2021

To,

**Dr. Mrs. Swati Pawade,**

Avanti Institute of Cardiology,

Nagpur,

**Subject: - Invitation for Guest Lecture**

Madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Faithfully your

**Dr. D. R. Chaple**  
Principal

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

Pharmacy, Nagpur.

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: 04/02/2021

### Notice

All the students of B Pharm and M Pharm are hereby informed that an online guest lecture by **Dr. Mrs. Swati Pawade, Avanti Institute of Cardiology, Nagpur**, been arranged through google meet on 05/02/2021 at 12:00 noon. All should attend the same

**Topic- "Post Pandemic Preparedness"**

**Dr. D.R. Chaple**

**Principal**

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Post Pandemic Preparedness"

**Guest speaker:** Dr. Mrs. Swati Pawade, Avanti Institute of Cardiology, Nagpur, Contact No. 9823811572

**Date:** 05/02/2021

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge about post pandemic preparedness.

**Objective:**

- 1) To develop environmental awareness, personal hygiene,
- 2) To ensure the students can able to know the various steps for post pandemic preparation.

**Beneficiary:** Students, faculty, institute.

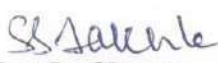
**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**


Provide a platform to the and UG students and PG to prepare themselves for the future preparedness after covid pandemic.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

  
Teacher In Charge

Associate Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

  
Principal  
PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 05/02/2021

To,

**Dr. Mrs. Swati Pawade,**

Avanti Institute of Cardiology,

Nagpur

Madam,

Thank you very much for accepting our invitation as a Resource person for the online guest entitled **"Post Pandemic Preparedness"** on 05/02/2020. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

Principal

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: - 17/06/2021

To,

**Dr. S. S. Bakhle**

Priyadarshini J.L. College of Pharmacy,  
Nagpur.

**Subject: - Invitation for Guest Lecture**

Respected madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students and PhD. scholars. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: 20/06/2021

### Notice

All the students of B Pharm, M Pharm and PhD. Scholars are hereby informed that an online guest lecture by **Dr. S. S. Bakhle, Priyadarshini J.L. College of Pharmacy**, Nagpur been arranged in college seminar hall meet on 21/06/2021 at 1:00 pm. All should attend the same.

**Topic- "Culturing human values through yoga"**

Dr. D. R. Chaple

Principal  
**PRINCIPAL**  
Priyadarshini J. L. College of



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Culturing human values through yoga"

**Guest speaker:** Dr. S. S. Bakhle, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 07104299510

**Date:** 21/06/2021

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with culturing human values through yoga.

#### Objective:

- 1) To understand the importance of Yoga for improvement of health.
- 2) To motivate the students for Regular yoga practice that may reduce levels of stress and body-wide inflammation, contributing to healthier hearts.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

#### Expected Outcome:

To motivate the students for yoga practice and understand importance of Yoga that helps them to deal with their stress and bring back some peace of mind.

#### Attachment needed:

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*SS Sakurle*

Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*Sheer*

Principal  
PRINCIPAL

Priyadarshini J. L. College of  
Pharmacy, Nagpur.



**2020 – 21**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** Culturing human values through yoga

**Guest lecture:-** Dr. Suparna Bakle, Priyadarshini J. L. College of Pharmacy,  
Nagpur, Contact No. 9049800995

**Date:-** 21/06/2021





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

**Priyadarshini J. L. College of Pharmacy**

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NAAC B++ ACCREDITED

Date: - 21/06/2021

To,

**Dr. S. S. Bakhle**

Priyadarshini J.L. College of Pharmacy,

Nagpur

**Sub. Thank you letter**

Respected madam,

Thank you very much for accepting our invitation as a Resource person for a guest lecture entitled "Culturing human values through yoga" on 21/06/2021. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 15/06/2021

To,

**Mrs. Kshma Dabholkar**

Vivekananda Kendra Kanyakumari,

Branch Nagpur,

**Subject: - Invitation for guest lecture.**

Respected madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students and PhD. Scholars. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

Principal

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: 20/06/32021

### Notice

All the students of B Pharm, M Pharm are hereby informed that a guest lecture by **Mrs. Kshma Dabholkar, Vivekananda Kendra Kanyakumari, Branch Nagpur**, been arranged by online mode through google meet on 21/06/2021 at 2:00 pm. All should attend the same.

**Topic- "Yog Jivan Padhhati"**

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Yog Jivan Padhhati"

**Guest speaker:** Mrs. Kshma Dabholkar, Vivekananda Kendra Kanyakumari, Branch Nagpur,  
Contact No. 9373104372

**Date:** 21/06/2021

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge about yoga.

**Objective:**

- 1) To understand the befite of yoga, will also be made to build up motivational support in the learning so as to in-still in them hope and ambition for self-promotion.
- 2) To motivate to improve health.

**Beneficiary:** Students, faculty, institute.


**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

To motivate the students for yoga practice and understand importance of Yoga that helps them to deal with their stress and bring back some peace of mind.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

  
Teacher In Charge

Asociates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

  
Principal

PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

**2020 – 21**

**ICT/computing skills**

**Topic:- Yog Jivan Padhhati**

**Guest lecture:-** Mrs. Kshma Dabholkar, Vivekananda Kendra Kanyakumari,  
Branch Nagpur, Contact No. 9373104372

**Date:-** 21/06/2021





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

**Priyadarshini J. L. College of Pharmacy**

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NAAC B++ ACCREDITED

Date: - 21/06/2021

To,

**Mrs. Kshma Dabholkar**

Vivekananda Kendra Kanyakumari,

Branch Nagpur

**Sub. Thank you letter**

Respected Madam,

Thank you very much for accepting our invitation as a Resource person for an online guest lecture entitled **"Yog Jivan Padhhati"** on 21/06/2021. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
**PRIYADARSHINI J. L. COLLEGE OF PHARMACY**

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Institute Code: DTE 4265 & RTMNU 265



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# **Life skills (Yoga, physical fitness, health and hygiene)**

## **Session: 2019 - 20**

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LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

**Priyadarshini J. L. College of Pharmacy**

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NAAC B++ ACCREDITED

Date: - 11/10/2019

To,

National Institute of Miner's Health,

Nagpur

**Subject: - Invitation for guest lecture.**

Respected Sir/madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students and PhD. Scholars. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: 16/10/2019

### Notice

All the students of B Pharm, M Pharm are hereby informed that a guest lecture **National Institute of Miner's Health, Nagpur** been arranged in college seminar hall from 17/10/2019 at 2:00 pm. All should attend the same.

**Topic- "Health issues of miner's and their prevention"**

Dr. D. R. Chaple

**Principal**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Health issues of miner's and their prevention"

**Guest speaker:** National Institute of Miner's Health, Nagpur Contact No. 07104 224 494

**Date:** 17/10/2019

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge about Health issues of miner's.

**Objective:**

- 1) To aware the problems arising the people who work in mining. the breathing impairment and respiratory system diseases are considered major health risks for anyone who has worked in the mining.
- 2) To provide knowledge about various problems and treatment for prevention of health issues of miners.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

To ensure the students able to understand the major health risks for anyone who has worked in the mining and their preventive measures.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*S. Sanku*

Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*Shreen*

Principal

PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.



**2019 – 20**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** Health issues of miner's and their prevention

**Guest lecture:-** National Institute of Miner's Health, Nagpur Contact No. 07104  
224 494

**Date:-** 17/10/2019





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 17/10/2019

To,

National Institute of Miner's Health,

Nagpur

**Sub. Thank you letter**

Respected Sir,

Thank you very much for accepting our invitation as a Resource person for a guest lecture entitled "**Health issues of miner's and their prevention**" on 17/10/2019. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 15/06/2020

To,

**Dr. Mrs. K. P. Upadhye**

Priyadarshini J. L. College of Pharmacy,  
Nagpur

**Subject: - Invitation for guest lecture.**

Respected madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students and PhD. Scholars. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

(Formerly called: J. L. Chaturvedi College of Pharmacy)

Electronics Zone Building, MIDC, Hingna Road, Nagpur-440016 (M.S.)

Tel. & Fax No. +91-7104-299510, E-mail: [jlccp\\_ngp@rediffmail.com](mailto:jlccp_ngp@rediffmail.com), Website : [www.pjlcp.edu.in](http://www.pjlcp.edu.in)

NAAC B++ ACCREDITED

Date: 21/06/2020

### Notice

All the students of B Pharm, M Pharm are hereby informed that a guest lecture **Dr. Mrs. K. P. Upadhye, Priyadarshini J. L. College of Pharmacy, Nagpur** been arranged in college seminar hall from 21/06/2020 at 1:00 pm. All should attend the same.

**Topic- "Meditation and human health"**

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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Tel. & Fax No. +91-7104-299510, E-mail: [jlccp\\_ngp@rediffmail.com](mailto:jlccp_ngp@rediffmail.com), Website : [www.pjlcp.edu.in](http://www.pjlcp.edu.in)

NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Meditation and human health."

**Guest speaker:** Dr. Mrs. K. P. Upadhye, Priyadarshini J. L. College of Pharmacy, Nagpur.

**Date:** 21/06/2020

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge about Meditation.

**Objective:**

- 1) To ensure that students are able to recognize the benefits of meditation for human health.
- 2) To provide the students information about meditation which release the anxiety, tension and various diseases.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

Students able to alter their habit and motivate to incorporate meditation in daily routine for stable the mental health as well as improve the health.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*S. Sakule*

Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*J. Shew*

Principal

PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

**2019-20**

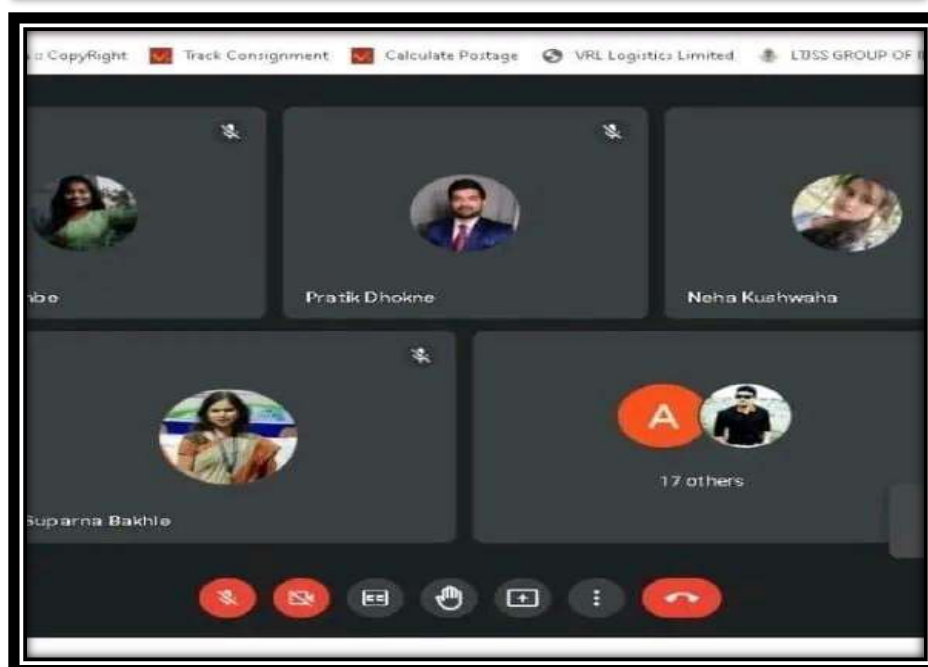
**Life skills (Yoga, physical fitness, health, and hygiene)**

**Topic :-** Meditation and human health

**Guest Lecture :-** Dr. Mrs. K. P. Upadhye, Priyadarshini J. L. College of Pharmacy, Nagpur

**Contact Number :-** 09850324585

**Date :-** 21/06/2020





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 21/06/2020

To,

**Dr. Mrs. K. P. Upadhye**

Priyadarshini J. L. College of Pharmacy,

Nagpur

**Sub. Thank you letter**

Respected madam,

Thank you very much for accepting our invitation as a Resource person for an online guest lecture entitled "**Meditation and human health**" on 21/06/2020. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
**PRIYADARSHINI J. L. COLLEGE OF PHARMACY**

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Tel. No.: +91-7104 – 299510

E-mail: principal@pjlc.edu.in, ilcpngp@gmail.com • Website: www. pjlc.edu.in

Accredited with Grade B++ by NAAC

Institute Code: DTE 4265 & RTMNU 265



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# **Life skills (Yoga, physical fitness, health and hygiene)**

## **Session: 2018 - 19**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

**Priyadarshini J. L. College of Pharmacy**

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NAAC B++ ACCREDITED

Date: -10/08/2018

To,

**Mr. Aprup Advadkar**

Paryavaran Pratham NGO,

Nagpur

**Subject: - Invitation for Guest Lecture**

Sir,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

Principal

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**

LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA  
**Priyadarshini J. L. College of Pharmacy**

**NOTICE**

All the students of B. Pharm Sem I and III are hereby informed that a guest lecture by Mr. **Aprup Adavadkar, President, Paryavaran Pratham, NGO, Nagpur**, has been arranged on 18/08/2018 at 11:00 am in the seminar hall. All should remain present for the same.

**Topic-** "Fundamentals of Disaster Management"

*S. Sakhe*  
I/C

*(Signature)*  
**Principal**  
PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur.

LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA  
**Priyadarshini J. L. College of Pharmacy**

**NOTICE**

All the students of B. Pharm Sem I and III are hereby informed that a guest lecture by Mr. **Aprup Adavadkar, President, Paryavaran Pratham, NGO, Nagpur**, has been arranged on 18/08/2018 at 11:00 am in the seminar hall. All should remain present for the same.

**Topic-** "Fundamentals of Disaster Management"

*S. Sakhe*  
I/C

*(Signature)*  
**Principal**  
PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur.



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Fundamentals of Disaster management"

**Date:** 18/08/2018

**Guest speaker:** Mr. Aprup Advadkar, Paryavaran Pratham NGO, Nagpur Contact No. 098338 12285

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with knowledge of disaster management.

**Objective:**

- 1) To provide basic conceptual understanding of disasters and its relationships with development. And to understand approaches of Disaster Risk Reduction (DRR) and the relationship between vulnerability, disasters, disaster prevention and risk reduction.
- 2) To enhance awareness of Disaster Risk Management institutional processes in India and build skills to respond to disasters.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

Students can able to manage to reduce the damage, death, sufferings and destruction of any natural and human induced disaster.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*SS Salunkhe*  
**Teacher In Charge**

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*[Signature]*  
**Principal**  
**PRINCIPAL**  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.



**2018 – 19**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** Fundamentals of Disaster Management

**Guest lecture:-** Mr. Aprup Advadkar, Paryavaran Pratham NGO, Nagpur Contact  
No. 098338 12285

**Date:-** 18/08/2018





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: - 18/08/2018

To,

**Mr. Aprup Advadkar,**

Paryavaran Pratham NGO,

Nagpur

**Sub. Thank you letter**

Respected sir,

Thank you very much for accepting our invitation as a Resource person for a guest lecture entitled **"Fundamentals of Disaster Management"** on 18/08/2018. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
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NAAC B++ ACCREDITED

Date: -22/08/2018

To,

**Mrs. Sarita Gumgaokar**

P&G, Nagpur

**Subject: - Invitation for Guest Lecture**

Respected madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D.R. Chaple**

Principal

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**

LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA  
**Priyadarshini J. L. College of Pharmacy**

**NOTICE**

All the girl<sup>Students</sup> of B. Pharm and M. Pharm are hereby informed that a guest lecture by **Ms. Sarita Gumgaonkar, Field Manager, P & G, Nagpur**, has been arranged on 30/08/2018 at 01:30 pm in the seminar hall. All should remain present for the same.

**Topic- "Health and Hygiene"**

SS Sakule  
I/C 28/08/18

**Principal**

LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA  
**Priyadarshini J. L. College of Pharmacy**

**NOTICE**

All the girls students of B. Pharm and M. Pharm are hereby informed that a guest lecture by **Ms. Sarita Gumgaonkar, Field Manager, P & G, Nagpur**, has been arranged on 30/08/2018 at 01:30 pm in the seminar hall. All should remain present for the same.

**Topic- "Health and Hygiene"**

SS Sakule  
I/C 28/08/18

**Principal**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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Electronics Zone Building, MIDC, Hingna Road, Nagpur-440016 (M.S.)

Tel. & Fax No. +91-7104-299510, E-mail: [jlccp\\_ngp@rediffmail.com](mailto:jlccp_ngp@rediffmail.com), Website : [www.pjlcp.edu.in](http://www.pjlcp.edu.in)

NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Health and Hygiene"

**Guest speaker:** Mrs. Sarita Gumgaokar, P&G, Nagpur Contact No. 1800-202-1364

**Date:** 30/08/2018

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with Health and Hygiene knowledge.

**Objective:**

- 1) To create awareness about the available wellness resources, inform and educate the students about their certain health issues
- 2) To help the students' combat diseases like stress, mental unhealthiness, and help students able to reduce the incidence of disease.

**Beneficiary:** Students, faculty, institute.

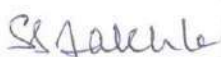
**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**


The students will be able to anticipate the consequences of the problem for self, family, and classmates by not practicing good personal hygiene and sanitation.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

  
Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur,

  
Principal  
PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur,

**2018 – 19**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:- Health and Hygiene**

**Guest lecture:- Mrs. Sarita Gumgaokar, P&G, Nagpur Contact No. 1800-202-1364**

**Date:- 30/08/2018**







LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
**PRIYADARSHINI J.L.COLLEGE OF PHARMACY**

(Formerly known as J. L. Chaturvedi College of Pharmacy)

Electronics Zone Building, MIDC, Hingna Road, Nagpur - 440 016. (India)

Tel. & Fax No. : +91-7104-242169, 246811

E-mail : jlccp\_ngp@rediffmail.com, principal.jlccp@ltjss.net Website : www.jlccp.ltjss.net



PJLCP/2018/ 5594

Date- 30/08/2018

To,

**Ms. Sarita Gumgaonkar**

Field Manager, P & G,

Nagpur

Dear Madam,

Thank you very much for being the resource person for the guest lecture entitled "Health and Hygiene" on 30/08/2018. Your presentation has been very useful and informative for our students and the faculty. I wish you all success in your endeavor.

Thanking you

*Received*  
*30/8/18*  
*Gumgaonkar*

Yours Faithfully

*Thorny*  
(Dr. D. R. Chaple)

**PRINCIPAL**  
Priyadarshini J.L. College of  
Pharmacy, Nagpur.

**LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA**

Lokmanya Tilak Bhavan, Laxmi Nagar, Nagpur - 440022. Maharashtra. INDIA. Tel.: +91-712 2230665, 2245121. Fax No : +91-712 2221430. Website : www.ltjss.net





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 12/02/2019

To,

**Dr. V. D. Gulkari**

Priyadarshini J.L. College of Pharmacy,

Nagpur

**Subject: - Invitation for Guest Lecture**

Sir,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students and PhD. scholars. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**PRINCIPAL**  
**Priyadarshini J. L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

Date: 19/02/2019

### Notice

All the students of B Pharm, M Pharm and PhD. Scholars are hereby informed that a guest lecture by **Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy, Nagpur**, Nagpur been arranged in college seminar hall meet on 20/02/2019 at 1:00 pm. All should attend the same.

**Topic- "How to improve immunity by altering daily routine habits"**

**Dr. D. R. Chaple**

Principal

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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Electronics Zone Building, MIDC, Hingna Road, Nagpur-440016 (M.S.)

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "How to improve immunity by altering daily routine habits"

**Guest speaker:** Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 8806566555.

**Date:** 20/02/2019

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge about immunity improvement.

**Objective:**

- 1) To enrich the students how to enhance immunity naturally.
- 2) To motivate the students for altering the daily routine habit to improve the immunity.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

To motivate the students to change their routine habit that may enhance the immunity.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*SB Sakule*  
Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*Sheela*  
Principal  
PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

**2018 – 19**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** How to improve immunity by altering daily routine habits

**Guest lecture:-** Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy,  
Nagpur Contact No. 8806566555

**Date:-** 20/02/2019







LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 20/02/2019

To,

**Dr. V. D. Gulkari**

Priyadarshini J.L. College of Pharmacy,

Nagpur

### Sub. Thank you letter

Respected Sir,

Thank you very much for accepting our invitation as a Resource person for a guest lecture entitled **"How to improve immunity by altering daily routine habits"** on 20/02/2019. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

Principal

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 05/03/2019

To,

**Dr. V. D. Gulkari**

Priyadarshini J.L. College of Pharmacy,

Nagpur

**Subject: - Invitation for Guest Lecture**

Sir,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students and PhD. scholars. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

Principal

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: 10/03/2019

### Notice

All the students of B Pharm, M Pharm and PhD. Scholars are hereby informed that a guest lecture by **Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy, Nagpur**, Nagpur been arranged in college seminar hall meet on 11/03/2019 at 2:00 pm. All should attend the same.

**Topic- "Role of Nutraceuticals in human health"**

Dr. D. R. Chaple

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Role of Nutraceuticals in human health"

**Guest speaker:** Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 8806566555.

**Date:** 11/03/2019

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge about Nutraceuticals.

**Objective:**

- 1) To enrich the student's role of nutraceuticals that they provide protection against non-communicable diseases, delay the ageing process, increase life expectancy and
- 2) To improve the knowledge about nutraceuticals that may produce from, and importance.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

To help the students understand the significance role of nutraceuticals for modifying and maintaining normal physiological function of human being.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*S. Salunkhe*

Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

*Shen*

Principal  
PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur,

**2018 - 19**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** Role of Nutraceuticals in human health

**Guest lecture:-** Dr. V. D. Gulkari, Priyadarshini J.L. College of Pharmacy,  
Nagpur Contact No. 8806566555

**Date:-** 11/03/2019





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

**Priyadarshini J. L. College of Pharmacy**

(Formerly called: J. L. Chaturvedi College of Pharmacy)

Electronics Zone Building, MIDC, Hingna Road, Nagpur-440016 (M.S.)

Tel. & Fax No. +91-7104-299510, E-mail: [jlccp\\_ngp@rediffmail.com](mailto:jlccp_ngp@rediffmail.com), Website : [www.pjlcp.edu.in](http://www.pjlcp.edu.in)

NAAC B++ ACCREDITED

Date: - 11/03/2019

To,

**Dr. V. D. Gulkari**

Priyadarshini J.L. College of Pharmacy,

Nagpur

**Sub. Thank you letter**

Respected Sir,

Thank you very much for accepting our invitation as a Resource person for a guest lecture entitled "**Role of Nutraceuticals in human health**" on 11/03/2019. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**





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NAAC B++ ACCREDITED

Date: -16/06/2019

To,

**Dr. S. S. Bakhle**

Priyadarshini J.L. College of Pharmacy,

Nagpur.

**Subject: - Invitation for Guest Lecture**

Respected madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students and PhD. scholars. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**



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NAAC B++ ACCREDITED

Date: 20/06/2019

### Notice

All the students of B Pharm, M Pharm and PhD. Scholars are hereby informed that a guest lecture by **Dr. S. S. Bakhle, International Yoga Day, Priyadarshini J.L. College of Pharmacy, Nagpur** been arranged in college seminar hall meet on 21/06/2019 at 1:00 pm. All should attend the same.

**Topic- "Yoga: Need of today's modern era"**

**Dr. D. R. Chaple**

Principal

**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Yoga: Need of today's modern era"

**Guest speaker:** Dr. S. S. Bakhle, International Yoga Day, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 07104299510

**Date:** 21/06/2019

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with Yoga knowledge.

#### Objective:

- 1) To understand the importance of Yoga for improvement of health.
- 2) To motivate the students for Regular yoga practice that may reduce levels of stress and body-wide inflammation, contributing to healthier hearts.

**Beneficiary:** Students, faculty, institute.

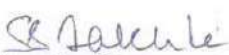
**Program Organizing Committee:** Guest lecture committee

#### Expected Outcome:

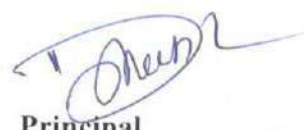
To motivate the students for yoga practice and understand importance of Yoga that helps them to deal with their stress and bring back some peace of mind.

#### Attachment needed:

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

  
Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

  
Principal  
PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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NAAC B++ ACCREDITED

Date: - 21/06/2019

To,

**Dr. S. S. Bakhle**

Priyadarshini J.L. College of Pharmacy,

Nagpur

**Sub. Thank you letter**

Respected madam,

Thank you very much for accepting our invitation as a Resource person for a guest lecture entitled **"Yoga: Need of today's modern era"** on 21/06/2019. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavour.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**  
**PRINCIPAL**

**Priyadarshini J. L. College of  
Pharmacy, Nagpur.**





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
**PRIYADARSHINI J. L. COLLEGE OF PHARMACY**

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Accredited with Grade B++ by NAAC

Institute Code: DTE 4265 & RTMNU 265



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# **Life skills (Yoga, physical fitness, health and hygiene)**

## **Session: 2017 - 18**

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LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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Date: - 18/06/2018

To,

**Dr. S. S. Bakhle**

Priyadarshini J.L. College of Pharmacy,

Nagpur

**Subject: - Invitation for Guest Lecture**

Respected Madam,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG and PG students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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Date: 20/06/2018

### Notice

All the students of B Pharm, M Pharm and PhD. Scholars are hereby informed that a guest lecture by **Dr. S. S. Bakhle, Priyadarshini J.L. College of Pharmacy, Nagpur**, been arranged in college seminar hall on 21/06/2018 at 2:00 pm. All should attend the same.

**Topic- "Importance of Yoga in modern era"**

Dr. D. R. Chaple

Principal

PRINCIPAL  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

## Priyadarshini J. L. College of Pharmacy

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### Program Report

**Name of the Program Conducted:** Guest lecture entitled "Importance of Yoga in modern era"

**Guest speaker:** Dr. S. S. Bakhle, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No. 07104299510

**Date:** 21/06/2018

**Venue:** Seminar Hall, Priyadarshini J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with importance of Yoga.

**Objective:**

1. To ensure students able to understand the importance of yoga for improvement of health.
2. To learn the different yoga and their benefits for health.

**Beneficiary:** Students, faculty, institute.

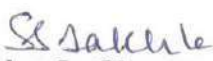
**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

Students learn the different yoga for health's benefit.

**Attachment needed:**

1. Program schedule
2. Photographs
3. Abstracts of the program
4. Attendance record
5. Notice for circulation
6. Feedback of the program

  
Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur.

  
Principal

PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur.



**2017 – 18**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** Importance of Yoga in modern era

**Guest lecture:-** Dr. S. S. Bakhle, Priyadarshini J.L. College of Pharmacy, Nagpur Contact No.  
07104299510

**Date:-** 21/06/2018





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Date: - 21/06/2018

To,

**Dr. S. S. Bakhle**

Priyadarshini J.L. College of Pharmacy,

Nagpur

**Sub: Thank you letter**

Respected madam,

Thank you very much for accepting our invitation as a Resource person for the guest entitled **"Importance of Yoga in modern era"** on 21/06/2018. Your presentation has been very useful and informative for our students and the faculty.

I wish you all success in your endeavor.

Thanking you.

Yours Faithfully

**Dr. D. R. Chaple**

**Principal**

PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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Date: -15/06/2018

To,

**Dr. Yogesh Ukey and Dr. Vilas Patil**

Maharashtra Rural Health Service Organization,

Nagpur.

**Subject: - Invitation for Guest Lecture**

Respected Sir,

With reference to above cited subject, you are informed that our institute arrange a series of guest lecture for the academic development of our UG, PG and PhD. Scholars' students. In this series we wish to invite you for a guest lecture.

You are requested to accept the invitation and confirm a suitable date and time for arrangement of you lecture. You are also requested to send your resume by mail.

Thanking you.

Yours Faithfully


**Dr. D. R. Chaple**

**Principal**

**NOTICE**

All the teaching and non-teaching staff are hereby informed that a guest lecture on the topic **"How to care chronic illness by naturopathy"** by **Dr. Yogesh Ukey** and **Dr. Vilas Patil** has been arranged on 23/06/2018 at 12:30 pm in the seminar hall. All should remain present for the same.

**Date – 23.06.2018**

  
**(Dr. D. R. Chaple)**  
**PRINCIPAL**  
**Priyadarshini J.L. College of**  
**Pharmacy, Nagpur.**



LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S

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Tel. & Fax No. +91-7104-299510, E-mail: [jlccp\\_ngp@rediffmail.com](mailto:jlccp_ngp@rediffmail.com), Website : [www.pjlcp.edu.in](http://www.pjlcp.edu.in)

### Program Report

**Name of the Program Conducted:** Guest lecture entitled "How to Cure Chronic Illness by Naturopathy"

**Guest speaker:** Dr. Yogesh Ukey and Dr. Vilas Patil, Maharashtra Rural Health Service Organization, Nagpur Contact No. 022 2262 0235

**Date:** 23/06/2018

**Venue:** Seminar Hall, Priyadarshani J.L. College of pharmacy, Nagpur.

**Relevance to PO's:** To enrich the student with resent knowledge of naturopathy.

**Objective:**

- 1) To understand the student's concept about the naturopathy.
- 2) To understand the how naturopathy can cure diseases.

**Beneficiary:** Students, faculty, institute.

**Program Organizing Committee:** Guest lecture committee

**Expected Outcome:**

To educate the students to look after their own health and the health of their family, minimising symptoms of any illness, supporting the body's capacity to heal, and balancing the body so that illness is less likely to occur in the future.

**Attachment needed:**

- 1) Program schedule
- 2) Photographs
- 3) Abstracts of the program
- 4) Attendance record
- 5) Notice for circulation
- 6) Feedback of the program

*S. Salunkhe*

Teacher In Charge

Associates Prof. / Asstt. Prof.  
Priyadarshini J. L. College of  
Pharmacy, Nagpur

*(Signature)*  
Principal

PRINCIPAL  
Priyadarshini J.L. College of  
Pharmacy, Nagpur



**2017 – 18**

**Life skills (Yoga, physical fitness, health and hygiene)**

**Topic:-** How to Cure Chronic Illness by Naturopathy

**Guest lecture:-** Dr. Yogesh Ukey and Dr. Vilas Patil, Maharashtra Rural Health Service Organization, Nagpur Contact No. 022 2262 0235

**Date:-** 23/06/2018





LOKMANYA TILAK JANKALYAN SHIKSHAN SANSTHA'S  
**PRIYADARSHINI J.L. COLLEGE OF PHARMACY**

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E-mail : jlccp\_ngp@rediffmail.com, principal.jlccp@ltjss.net Website : www.jlccp.ltjss.net



Ref. No. : PJLCP /2018/5064

Date: 23/06/2018

To,  
Dr. Yogesh Ukey  
Maharashtra Rural  
Health Service Organisation  
Nagpur

Dear Sir,

Thank you very much for conducting Guest Lecture on the topic "**How to care chronic illness by naturopathy**" on 23/06/2018. Your Lecture has been very useful and informative to our teaching staff, non-teaching staff & students. I wish you all success in your endeavor.

Thanking you,

Yours Faithfully,

(Dr. D. R. Chaple)

**PRINCIPAL**  
**Priyadarshini J.L. College of**  
**Pharmacy, Nagpur.**