

Academic Year
2019-20

Yoga Appreciation Program

ORIENTAL EDUCATION SOCIETY'S
ORIENTAL COLLEGE OF PHARMACY
(Approved by AICTE, PCI, D.T.E. Affiliated to University of Mumbai & Certified by ISO 9001:2008)



22/6/2019

REPORT

YOGA APPRECIATION PROGRAM

Venue: 4th Floor OCP, Date: 21st June 2019, Timing: 8.45am to 9.45 am

As per the directives of University Grants Commission (UGC) and the Ministry of AYUSH, GOI, Oriental College of Pharmacy conducted a **Yoga Appreciation Program** (1 day) on 21st June 2019 for its teaching faculty and non-teaching staff.

Our principal Dr. Sudha Rathod madam, who has a Diploma in Yoga and is an active Yoga practitioner since last 25 years, was the resource person. Madam demonstrated the various *asanas* to the attendees and asked them to perform the same under her guidance. She was assisted by Dr. Mateen Sayyed and Mr. Shoaib Ansari to monitor and ensure that the attendees were able to practice these *asanas*. She also explained the health benefits of each of these exercises and gave an overall explanation how Yoga benefits holistic wellbeing. At the end of this official program each member was asked to continue this practice at home every day.

Along with the staff the students of OCP, were encouraged to practice yoga. Following the UGC slogan of "Yoga for Heart" the students with their family members were asked to perform yoga at their residence and send in pictures of the same. The students enthusiastically performed the same and shared their pictures.

Thus, awareness was created amongst all the staff and students of OCP regarding the benefits of practicing yoga regularly and a promise was made to follow this in the future.

The Principal, Dr. Sudha Rathod Programme Convener , Cultural In-charge Dr. Manasi Gholkar & Associate Cultural In-charge Mr. Suraj Gupta thanked Mrs Humera Javed Khan, President of

Oriental Education Society, Dr Azeem J Khan and Mr. Waseem J.Khan, General Secretary for their strong support to organize such successful event.

S. Rathod

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Yogi Day Celebration
ORIENTAL COLLEGE OF PHARMACY
25/09/2019 10:15 am
19.06429°, 73.00778°
10.4m
14.28m
Capture by Survey Cam

S. Rathod



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Yoga Day Celebration
ORIENTAL COLLEGE OF PHARMACY
25/09/2019 10:02 am
19.06429°, 73.00778°
10.4m
14.28m
Capture by Survey Cam

Yoga day celebration

Shahed

World Patient Safety Day

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Date : 18/09/2019

PUBLIC HEALTH OFFICE 2018-19

Activity report – World Patients Safety Day

Date: 17th September 2019

Location: Oriental College of Pharmacy Sanpada, Vatsalya trust (orphanage house) Sanpada.

Activity: Skit performance on Self-medication and its disadvantages.

List of Volunteers involved:

| Sr. No. | Name |
|---------|---------------------------------|
| 1. | BurhannuddinKagalwala(PHO Head) |
| 2. | Monika Bhalerao(Asso.Head) |
| 3. | Siddhi Rakshe |
| 4. | Shrushti Shettigar |
| 5. | Rutuja Satavase |
| 6. | Rahul Gupta |
| 7. | Riya Chandra |
| 8. | Supriya Lande |
| 9. | Adity singh |
| 10. | Smith Patel |

Aim:

To spread awareness about Self-medication and its disadvantages on "World Patient's Safety Day"

Shalish

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Outcome:

- Students performed skit on various problems associated with self-medication errors.
- The old aged people at the orphanage house also gave us excellent response and were happy by learning new things.

Special Thanks to:

Dr. (Mrs.) Sudha Rathod (Principal of OCP)

Mr. Imtiyaz Anasari (PHO Incharge)



World Patient safety day

S. Rathod



Menstrual Hygiene Camp

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Date : 03/12/2019

PUBLIC HEALTH OFFICE 2019-20

Activity report – Menstrual Hygiene Camp

Date: 2nd December 2019

Location: Vivekananda Sankul, Sanpada

Activity: Skit on Awareness about Menstrual Cycle

List of Volunteers involved:

| Sr. No. | Name |
|---------|-------------------------------|
| 1. | MS.SINGH VARSHITA JITENDRA |
| 2. | Namrata Nirmale |
| 3. | Sushmita Patil |
| 4. | Vartika Singh |
| 5. | Shweta Gupta |
| 6. | Ankit Jaiswar |

Aim:

To spread awareness about Menstrual Cycle

Objective and Outcome:

Students performed skit on awareness about Menstrual Cycle

To Ensure that girl students can not only handle their periods in way that's not only healthy but enables their full participation in school and other activities.

S. K. Kulkarni

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Menstrual Camp Hygiene
ORIENTAL COLLEGE OF PHARMACY
02/12/2019 3:39 pm
19.04329°, 73.00158°
7.4m
14.08m
Capture by Survey Cam



Menstrual Camp Hygiene
ORIENTAL COLLEGE OF PHARMACY
02/12/2019 2:39 pm
19.04329°, 73.00158°
7.4m
14.08m
Capture by Survey Cam

Menstrual hygiene camp

S.Rathod



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Topic of discussion:

- Brief idea about menstruation cycle
- Diet during menstruation
- Use of sanitary napkins
- Maintenance of personal hygiene and its importance

Special Thanks to:

Dr. (Mrs.) Sudha Rathod (Principal of OCP)

Mr. Imtiyaz Anasari (PHO Incharge)

Sudha Rathod

Handwash Awareness Camp

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Date :09/12/2020

PUBLIC HEALTH OFFICE 2019-20

Activity report – Handwash awareness Camp

Date:8th December 2020

Location:Near to Sanpada Railway station Road

Activity: Awareness about Handwash and Hygiene

List of Volunteers involved:

| Sr. No. | Name |
|---------|------------------------------|
| 1. | Jadhav Narsinha Magan |
| 2. | Jadhav Rajashree Janardhan |
| 3. | Jaiswal Harshali Prakash |
| 4. | Jaiswal Vishal Arunkumar |
| 5. | Khan Bushra Karim |
| 6. | Khan Mohammad Hami Rashid |

Aim: To spread Awareness about Handwash and Hygiene

Objectives:

- To educate individuals about the critical times for handwashing.
- To highlight the significance of using soap and clean water for effective hand hygiene.
- To promote behavioral change towards regular handwashing practices.
- To emphasize the role of handwashing in preventing the spread of diseases.

Activities:

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The awareness camp included various activities such as:

Interactive sessions on the correct handwashing technique.

Distribution of informative pamphlets and brochures illustrating the importance of handwashing.

Demonstrations showcasing the effectiveness of handwashing in reducing the transmission of germs.

Engaging discussions on the impact of hand hygiene on personal and community health.

Practical demonstrations on the construction of low-cost handwashing stations for communities with limited resources.

Outcomes:

The campaign yielded encouraging results, with the following outcomes:

Increased awareness among the participants regarding the proper handwashing technique and its benefits.

Positive changes in the attitudes and behaviors of the community members, with a noticeable inclination towards adopting regular handwashing practices.

Enhanced understanding of the significance of maintaining good hand hygiene to prevent the transmission of diseases, especially in challenging environments.

Empowerment of the community to take proactive measures in promoting and practicing handwashing in their daily lives.

Conclusion:

The student-led awareness camp on handwashing proved to be a significant step towards fostering a culture of hygiene and health consciousness within the community. By imparting knowledge and practical demonstrations, the campaign effectively highlighted the pivotal role of handwashing in safeguarding public health. The enthusiastic participation and receptiveness of the community members served as a testament to the success of the initiative in instigating positive behavioral change towards maintaining proper hand hygiene.

Special Thanks to:

S. Pathod

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Dr. (Mrs.) Sudha Rathod (Principal of OCP)

Mr. Imtiyaz Anasari (PHO Incharge)



Handwash awareness camp

S. Rathod