



SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA

(Sponsored by the Exhibition Society), Tamaka, Secunderabad

Affiliated to Osmania University, Approved by AICTE & PCI

ISO 9001: 2015 Certified Institution, NBA Accredited B. Pharmacy Course

LIST OF ACTIVITIES ORGANIZED BY THE COLLEGE TO ADDRESS 'ENVIRONMENT & SUSTAINABILITY'

S. No	Date	Title of Topic	Name of the Speakers	No. of participants
1.	20.8.2023	Haritha Haram Organized by NSS Unit at SNVPMV	--	100
2.	4.7.2023 – 7.7.2023 & 9.7.2023	Art of living	Trainers Mr. Srinivas Rao Ms. Shilpa Dhaduvai	13
3.	21.6.2023	International yoga day Theme: Humanity	Trainers Mr. Srinivas Rao Ms. Shilpa Dhaduvai	150
4.	7.01.2023	Seminar on Ashtanga Yoga and Meditation	Guest speaker Smt. Tara Kulkarni M.A (Sanskrit), Yoga Instructor.	200
5.	21.6.2022	International Yoga Day Parade grounds, Secunderabad	--	100

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REPORT ON

HARITHA HARAM ORGANIZED BY SNVPMV NSS UNIT

Date: August 20, 2023

Venue: Sarojini Naidu Vanita Pharmacy Mahavidyalaya Campus and Surrounding Areas

Sarojini Naidu Vanita Pharmacy Maha Vidhyalaya National service scheme (NSS) unit has conducted “Telangana ku Haritha Haram” program in our campus on 20th August 2023 with the total 25 student volunteers and faculty members .

Dr.N.srinivas, Director, SNVPMV and Dr.T.Mamatha, Vice Principal inaugurated the program, SNVPMV .Welcome address by Dr.N.Srinivas, sir explain about the importance of this useful program and how it improves the quality of life and he appreciated all NSS volunteer students for their continuous efforts to make the event success. As a part of this program students and faculty are encouraged to plant various types of plants in the back yard of SNVPMV .The total number of plants planted are eight that include many of the medicinal plants like Neem, Aloe vera, Tulasi, Drumstick tree & mango tree.



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A REPORT ON ART OF LIVING PROGRAM

Date: 04/07/2023 TO 07/07/2023& 10/07/2023

Venue: Sarojini Naidu Vanita Pharmacy Maha Vidyalaya

Duration: 5 days

Timings: 9:00 AM - 11:00 AM

Trainer: Mrs. Shilpa Dhaduvai

No. of Participants: 13 (11+2)

Introduction:

The Happiness Program conducted by the Art of Living organization in our college aimed to promote overall well-being, stress management, and enhance the happiness quotient among students and faculty. The 5-day program was designed to impart practical knowledge and techniques to lead a more fulfilling and balanced life.

Day 1: Orientation and Introduction

On the first day, participants were introduced to the Art of Living principles and the structure of the program. They were acquainted with the key aspects of the program, which included breathing exercises, meditation, and interactive sessions to foster a positive and supportive environment.



Day 2: Sudarshan Kriya and Pranayama

The second day of the program focused on Sudarshan Kriya and Pranayama, which are powerful breathing techniques aimed at purifying the body and mind. Facilitators guided participants through various breathing exercises to increase vitality, reduce anxiety, and promote relaxation. Participants learned the art of rhythmic breathing to achieve a harmonious state of being.

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Day 3: Dance Therapy

On the third day, the program introduced dance therapy as a medium to express emotions and release inner tensions. Participants engaged in various dance forms, including freestyle dancing and guided movements, which provided a sense of liberation and joy. Dance therapy sessions were designed to promote self-expression and instill a sense of positivity.



Day 4: Art of Living in Daily Life and Interpersonal Skills

On the fourth day, the program focused on integrating the learned techniques into daily life. Participants were encouraged to set goals and establish a routine to continue practicing the exercises learned during the program. The facilitators provided resources and ongoing support to help students stay committed to their well-being journey.

The program emphasized the significance of effective communication and interpersonal skills. Participants engaged in interactive exercises and role-playing scenarios to enhance their communication abilities, conflict resolution skills, and build positive relationships.

Day 5: Sharing and Celebration

The final day was dedicated to sharing experiences and celebrating the journey of the participants and also focused on long Sudarshan Kriya under the guidance of Sr. Trainer, Mr. Srinivas Rao. A group discussion allowed individuals to express their transformations and the positive impact the program had on their lives. The celebration also included a collective dance performance, spreading joy and positivity amongst everyone present.

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Feedback and Impact:

- Reduced stress levels and increased ability to handle challenges.
- Improved focus and concentration leading to better academic performance.
- Enhanced communication and interpersonal skills, benefiting personal relationships.
- Greater sense of happiness, well-being, and emotional resilience.

The Happiness Program conducted by the Art of Living in our college proved to be a significant success. It provided students and faculty with valuable tools and techniques to lead a more balanced, peaceful, and joyful life. The program's impact extended beyond the five days, with participants continuing to practice the learned methods in their daily routines. Such initiatives are essential for promoting mental well-being and overall happiness among the college community. The college administration is appreciative of the Art of Living organization for conducting this transformative program and looks forward to hosting similar events in the future.

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A REPORT ON INTERNATIONAL YOGA DAY

SAROJINI NAIDU VANITA PHARMACY MAHAVIDYALAY

DATE: 21st June 2023

THEME : Yoga for Vasudhaiva Kutumbakam

VENUE : SNVPMV Auditorium

A grand event on the occasion of International Yoga day 21-6-2023 was organized at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Tarnaka, Hyderabad., for Promoting Health and Happiness by Art of living team. The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar. All the programmes are guided by Gurudev's philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." The Art of Living community is diverse and attracts people from all walks of life The Speakers for the event were from "Art of Living" center Mr. Srinivas Rao and Mrs. Shilpa Dhaduvai. For this International yoga day, the number of participants attended were about 200. The programme started at 10:45 am. Ms. Rishika Srivastav of M.Pharmacy 1st year and Ms. Deepthi shikha of B.Pharmacy 3rd year invited all the dignitaries onto the dias. Floral Greetings to the Guest were offered. The program is then followed by lighting of lamp by all the guests and a prayer song was sung by Lohalle Shravani , sai preethi and Naveena of B Pharmacy 3 rd year. Mrs. Sandhya Deepala, Joint Secretary SNVPMV, addressed the gathering by expressing views on importance on yoga, next Director Dr. N. Srinivas, SNVPMV., addressed the gathering by motivating students to why and how yoga is essential in day-to-day life and later Principal Dr. T. Saritha Jyostna, SNVPMV., addressed the session by giving her personal experience of practicing yoga every day and cordially welcomed the speakers of the session, Mr. Srinivas Rao and Mrs. Shilpa Dhaduvai Yoga, an ancient practice originating from India, has gained worldwide recognition for its numerous physical, mental, and spiritual benefits. In alignment with this holistic approach to well being, the students and faculty of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya



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enthusiastically celebrated International Yoga Day, with a special introductory session. The yoga day celebrations held at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya aimed to create awareness about the significance of yoga in fostering a healthy and happy lifestyle. The event included a series of activities that focused on introducing yoga to participants and encouraging them to embrace its principles. Introduction to Yoga: An experienced yoga instructor Mrs. Shilpa Dhaduvai provided a brief overview of yoga, its history, and the various branches and practices involved. The instructor highlighted the physical, mental, and emotional benefits of yoga, emphasizing its role in promoting overall well-being. Basic Asanas (Yoga Poses): Participants were then guided through a series of basic yoga asanas (poses), designed to improve flexibility, strength, and posture. The instructor demonstrated each pose, ensuring that participants understood the correct techniques and alignment. Students and faculty actively participated in the asanas, enabling them to experience the immediate benefits of the practice. Pranayama (Breathing Exercises): The session also included an introduction to pranayama, or yogic breathing exercises. Participants learned various breathing techniques, such as deep breathing and alternate nostril breathing, and were encouraged to practice them regularly to enhance mental clarity, reduce stress, and improve overall respiratory health. Meditation and Relaxation: To conclude the session, a guided meditation was conducted, allowing participants to experience deep relaxation and inner calm. The instructor led them through a visualization exercise, promoting mindfulness and stress reduction. The peaceful ambiance of the auditorium enhanced the meditative experience, leaving participants feeling rejuvenated and centered. Mr. Srinivas Rao more importantly emphasized on Energy which comes from breathing, then sir added few points about focus, think, ego and memory and explained about how to re-energize ourself through yoga. This lecture also made us learn how to be happy in the present moment through different techniques. Sir also introduced about the course they provide on” Art of living” Platform The Session concluded with a round of applause and words of gratitude from the speakers. They expressed their hope that participants would continue to explore and embrace yoga as a lifelong practice for maintaining physical and mental well-being. Speakers of the session Mr. Srinivas Rao and Mrs. Shilpa Dhaduvai were felicitated by the dignitaries. Vice Principal Dr. T. Mamatha conveyed vote of thanks, by thanking the guest speaker for providing

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valuable inputs in to practicing yoga and its importance and making the event a grand success. Session was closed at 1:00 PM by singing National Anthem by Ms.Rakshita, Ms. Mamatha and Ms. Likitha of Pharm D 1st year. The Yoga Day celebrations at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya successfully promoted the benefits of yoga in fostering health and happiness among students and faculty. The Health and Happiness Introductory Session served as a platform for introducing participants to the practice yoga, providing them with the necessary knowledge and experience to embark on their yoga journey.



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Report on

Ashtanga Yoga and Meditation

A grand event on Ashtanga Yoga and Meditation was organized on 7-01-2023 at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya to bring peace, harmony, happiness and success to every soul in the world. Number of participants who attended the program were 200. The program started at 3.05 pm in auditorium with a brief introduction about yoga by Srinidhi and Apoorva of B. Pharm 4th year, inviting the dignitaries on to the dais followed by a prayer song by Mamatha and Saipriya of B. Pharm 4th year. After lighting of the lamp by the dignitaries, Dr. T. Mamatha gave a brief introduction of the guest speaker Smt. Tara Kulkarni, M.A (Sanskrit), Yoga Instructor. The speaker started the session by reciting Bhagavad Gita slokas and with salutations to Patanjali Yogi. The speaker conveyed the importance of Yoga by reciting a sloka in Bhagavat Gita in which Arjuna said about yoga that, yoga means calming the mind and explained about peace of mind. Mam has described about 4 padas in Patanjali Yoga. 1.Samadha Pada 2. Sadhana pada 3. Vibhuti Pada 4. Kaivalya pada. Mam also explained about the importance of Concentration, controlling emotions and 8 different parts of Yoga system. Mam mentioned that there are 84 asanas and the importance of Pranayama in day-to-day life. Madam gave the instructions to all the students and staff to do meditation for a period of 20 minutes. Felicitation of the guest speaker was done by the dignitaries on the dais. Finally, the program was concluded by proposing vote of thanks by student varsha.



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A REPORT ON INTERNATIONAL DAY OF YOGA

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Tarnaka

Date: 21st June 2022

A grand event was organized on 21-6-2022 in Hyderabad at Parade ground. The International Yoga Day was celebrated on 21st June to bring peace, harmony, happiness and success to every soul in the world.

Parade Ground has been chosen as the major venue for the yoga day celebrations for the twin cities with Vice-President Mr.M.Venkaiah Naidu was emphasized importance of Yoga and Physical exercises in daily life. Mr.G. Kishan reddy (Minister of Tourism of India) has invited citizens to participate in the event slated to start at 5:30 AM. Addressing a press conference at the Parade Ground, he said the celebrations in India will be part of the ongoing 75th anniversary of independence, Azadi Ka Amrut Mahotsav. Prime Minister Narendra Modiji has given valuable speech about Yoga Day through video conference from Mysore, and also Karnataka Chief Minister Mr. B. Basavaraj, and some other famous Indian personalities, Badminton player P.V Sindhu and Indian Actor Adivi Sesh also participated in Yoga Asanas.

Vice Principal Dr.T.Mamatha, of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, coordinated Yoga day celebrations and other faculty member Ms.S.Divya including B.Pharmacy, M.Pharmacy and Pharm D students actively performed different yoga postures like Taadasana, Vrikshasana, Bhadrasana, Trikonaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme. This was passed on to future generations. Yoga was actually done by sages as a holistic approach to God. Later on, it was passed to the common people. Conclusively the event helped us feel confident and content physically, mentally and spiritually among students, faculty and public overall.

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