

**LIFE SKILLS**  
**(2017-2022)**



**VISWAMBHARA EDUCATIONAL SOCIETY**  
**VAAGDEVI COLLEGE OF PHARMACY**

(Approved by AICTE & PCI, New Delhi & affiliated to Kakatiya University, Warangal, T.S)  
Ramnagar Dist. Hanamakonda- 506001, (T.S)

**Report**

**Name of the program** : “CPR: A Life- Saving Process”  
**Date** : 29-12-2021  
**Resource person details** : Mr. E. V. Srinivas Rao, Indian Red cross Society  
**Number of students participated:** 36

Vaagdevi college of pharmacy organized a training program on “**CARDIO-PULMONARY RESUSCITATION**” (CPR: A Life- Saving Process). The program was conducted to Pharm.D students. This training helps to understand the importance of CPR and continue the process of blood flow through the body, to restore cardiac arrest and to restore partial flow of blood to the brain and heart to prevent brain damage. The brain can sustain the damage after blood flow has been stopped for four minutes but irreversible damage is seen after seven minutes hence, CPR is effective only if performed within seven minutes of the stoppage of blood flow.



Mr. E. V. Srinivas Rao explaining the importance of CPR in saving One's life



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**REPORT**

**Name of the program** : “Yoga: Peace of Mind”  
**Date** : 23-06-2020.  
**Resource person details** : Mr. Kishan, Physical Director.  
**Number of students participated:** 38  
**Mode of Session:** Online

Vaagdevi College of Pharmacy organized a training program on “YOGA: PEACE OF MIND” held on 23-06-2020 which was conducted. In respect to YOGA Day on 21 June, all the students and faculty have conducted yoga session in seminar hall in presence of Principal Dr. Challa Srinivas Reddy to make awareness of yoga in maintaining the harmony between the body and brain. This session helps the students to achieve both physical and mental health. Later the resource person helped the students and faculty to perform various Asana and explained its importance simultaneously.



Mr. Kishan conducted awareness session on Yoga in balancing life



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**REPORT**

**Name of the program** : “Laboratory safety rules”  
**Date** : 31-08-2019  
**Resource person details** : Dr. K. Sirisha, Dep of Ph. Chemistry,  
Vaagdevi College of Pharmacy

**Number of students participated:** 75

Vaagdevi College of Pharmacy conducted a program on “**LABORATORY SAFETY RULES**” to B. Pharmacy I and Pharm.D I year students by Dr K Sirisha, Department of Pharmaceutical Chemistry, Vaagdevi College of Pharmacy. The session is regarding the introduction of various glassware and equipment’s and also about safety precautions to be followed during handling various chemicals, reagents and equipment’s in various laboratories of college, so as to reduce the damage caused by mishandling.



Dr. K. Sirisha explaining safety precautions to be followed in Laboratory



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**REPORT**

**Name of the program : “Life Skills”**

**Date : 30-08-2019**

**Resource person details : Dr. R Harish Chandra, Deputy General Manager, Apollo Hospitals, Hyderabad**

**Number of students participated: 57**

Vaagdevi College of Pharmacy conducted an induction program on “Life Skills” to B. Pharmacy and Pharm.D students by Dr Harish Chandra, Deputy manager, Apollo Hospitals. In this program the resource person has explained and made understand various interpersonal skills that help in making decisions, solve problems and manage their lives.



**Dr. R Harish Chandra interacting with students about interpersonal skills**



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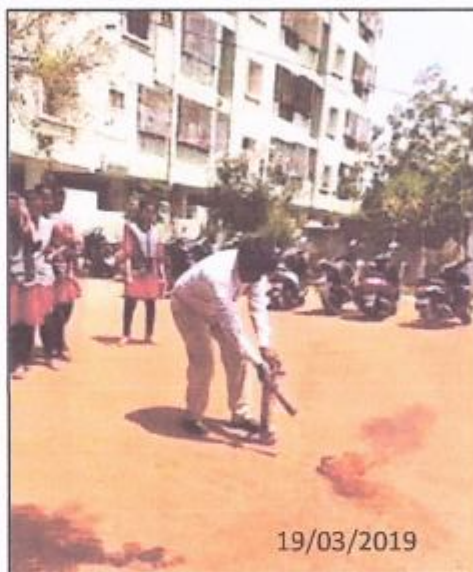
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**REPORT**

**Name of the program** : “Fire Safety Training”  
**Date** : 19-03-2019.  
**Resource person details** : Mr. Bhaskar, Sunrise Institute of Fire and Safety,  
Unit of sunrise foundation,  
**Number of students participated:** 53.

Vaagdevi College of Pharmacy organized a training program on “Fire safety” held on 19/03/2019 which was conducted by Mr. BHASKAR. This training highlights the importance of fire safety which helps in the reducing the risk of injury and building damage. In this training, live demonstration was given by using firefighting gadgets which helps the students to act under an emergency situation and few students were trained practically by using these gadgets and are certified.



Mr. Bhaskar giving live demonstration regarding firefighting gadgets



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Report


**Name of the program** : “National Awareness program for Legal Rights for Women”  
**Date** : 04-06 -2018.  
**Resource person details** : Dr. Y. Padmaja Rani, College of law, Subedari, Warangal.  
**Number of students participated:** 36.

Vaagdevi College of Pharmacy organized a training program on “**NATIONAL AWARENESS PROGRAM FOR LEGAL RIGHTS FOR WOMEN**” mainly for the girl students which was conducted by **Padma madam**. The main aim of this program is to safeguard their rights and enhance women empowerment. This program mainly emphasis on the importance of the rights for women and later focuses on specific domains such as rights within marriage, violence against women, health and safety etc. to making them fit to face the challenges in real life situations.



Dr. Y. Padmaja Rani conducted Awareness program for Legal Rights for Women



  
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**Report**

**Name of the program : “Physical Fitness”**

**Date : 22-11-2017.**

**Resource person details : Mr. Kishan, Physical Director.**

**Number of students participated: 29**

Vaagdevi College of Pharmacy organized a training program on “**PHYSICAL FITNESS: Your Fitness, Your Health**” to the students of Pharmacy in the presence of principal Dr.Challa Srinivas Reddy and other faculty .Physical fitness involves the performance of the heart and lungs, and the muscles of the body.fitness influences to some degree qualities such as mental alertness and emotional stability.there are various benefits of being physically fit most of which are to reduce the illness , disease, injury and to improve body energy . The resource person explained in detail about how the physical fitness helps to control stress, improve immune system, increase the flexibility of the movement between joints. The students have performed few exercises under the guidance of the trainer.



Mr. Kishan organized a training program on Physical Fitness to maintain healthy Life



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