



# JEYPORE COLLEGE OF PHARMACY

(Under the patronage of Banagiri Development Trust)

Approved by Government of Odisha, All India Council for Technical Education, New Delhi  
Pharmacy Council of India, New Delhi, & Affiliated to Biju Patnaik University of Technology

Ref No.:

Date:

## SELF DEFENCE WORKSHOP 2021

EVENT: WORKSHOP ON SELF DEFENCE FOR GIRL STUDENTS.

DATE: 03<sup>th</sup> December TO 05<sup>th</sup> December

PARTICIPATION ELIGIBILITY: M.PHARM AND B.PHARM

FACULTY CONVENER: MRS MANASI KHADANGA

MASTER TRAINER: SUKALDEI PARAJA

VENUE: JEYPORE COLLEGE OF PHARMACY.

NO OF STUDENT PARTICIPATED: 34

Self defence training boost the confidence level of girls which help them to transit them self in education and in social life also. To safe guard girl's safety and security in our society Jeypore college of Pharmacy took a step forward for providing self defence training workshop for girls. For this Miss Sukaldei Paraja from B.H.P.S Kundura requested as the master trainer for this training programme. Our training Programme was started from 3<sup>rd</sup> December to 5<sup>th</sup> December 2021. Where 34 no of students are actively participated in this training section.

**PRINCIPAL**  
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Fig-1 Students Performing self defense.

Date:



Fig-2 Ribbon Cutting by Vice Principal Sir

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## SELF DEFENCE WORKSHOP 2022

EVENT: WORKSHOP ON SELF DEFENCE FOR GIRL STUDENTS.

DATE: 25<sup>TH</sup> JULY TO 27 TH JULY

PARTICIPATION ELIGIBILITY: M.PHARM AND B.PHARM

FACULTY CONVENER: MRS MANASI KHADANGA

MASTER TRAINER: SUKALDEI PARAJA

VENUE: JEYPORE COLLEGE OF PHARMACY.

NO OF STUDENT PARTICIPATED: 54

The need of the hour for the girls and women in the society is to safeguard them against violence committed against them. It is felt that student's welfare can strengthen the girl students for their self-protection and women empowerment through a workshop of self defence. For this section master trainer Sukaldei Paraja from BPHS, Kundra visited the JCP campus, and demonstrate the self defence technique to 54 no of participants. On 25<sup>th</sup> July we are started the programme with inaugural section and the programme is continued till 27 th July with closing ceremony. On 27<sup>th</sup> July certificates are distributed to all the participants.

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Fig-1 Self defence training meeting

Date:



Fig-2 Activity on Self defence training

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Spiritual interaction

12.12.2021

Jeypore college of Pharmacy organised Spiritual interactive section for the students of Ug and Pg on 12<sup>th</sup> December 2021. The main aim for this section is spiritual interaction for the practice, and personality development with special attention to overcome defects in personality and ego. Mrs Rishika Sahoo visited to our college and delivered the different asanas to strengthening our brain power.



Fig-1 Asanas Performed by Students.

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Spiritual interaction Section

20<sup>th</sup> October 2022

The purpose of spiritual development is pursuing the perfection in the thinking and planning abilities of you. Which not only make you strong in your mental state but also develop your physical inner most strength. To strengthening the students physical and mental strength Jeypore college of Pharmacy organised spiritual interactive section on 20<sup>th</sup> October 2022. Mr Satyajit Achraya from Shri maa Aurobindo center visited the college and delivered the speech on tips to strengthening the spirituality of yourself.



Fig-1 Students doing Meditation.



Fig-2 Mr Satyajit Achraya Delivering Speech.

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## ONE DAY SEMINAR PROGRAM ON "STRESS MANAGEMENT"

8th June 2022

Jeypore college of pharmacy conducted one day seminar program on the topic of "TIPS TO MANAGE STRESS" and the theme of the seminar was to bring awareness towards the managing of the stress and keeping our mind cool by meditation and art of living. This was conducted for the benefit of the students as well as staff.

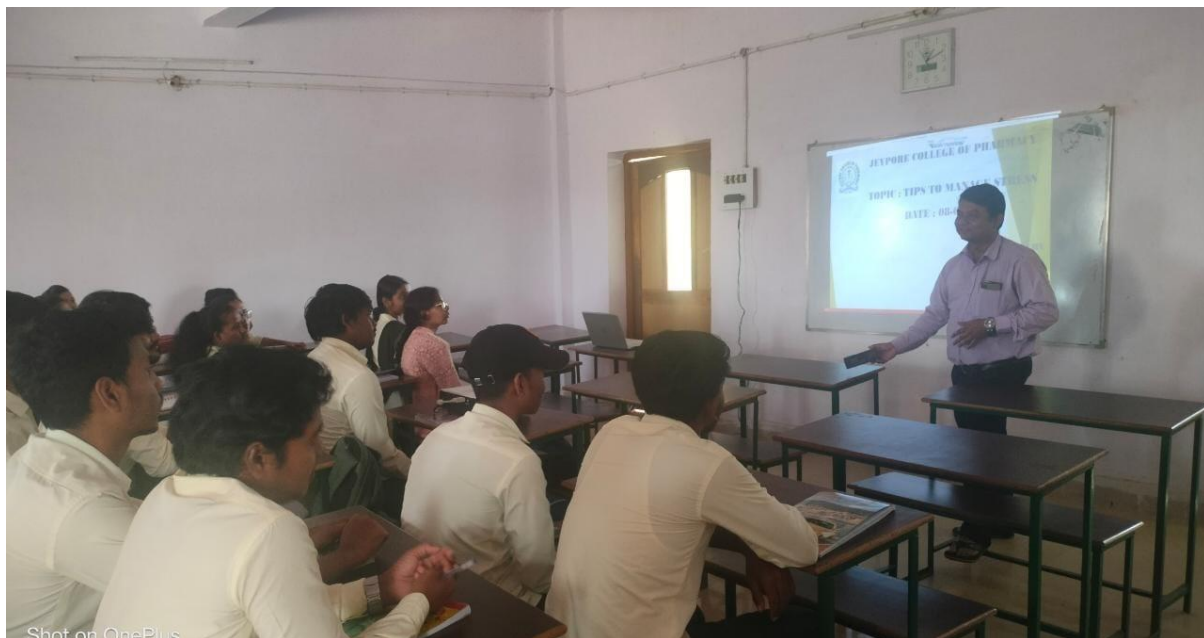


Fig-1 Presentation by Mr. Sujit Kumar Martha.

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## ONE DAY SEMINAR ON "PERSONAL HYGIENE AND U"

12<sup>th</sup> April 2022

Jeypore college of pharmacy conducted one day seminar program on the topic of "PERSONAL HYGIENE AND U" and the theme of the seminar was to bring awareness towards the self-cleanliness and maintaining a healthy health and keeping ourselves free from diseases. Mrs Manasi Khadanga (Asst Professor) presented this seminar. This was done for the benefit of the staff and students.



Fig-1 Seminar on Personal Hygiene and YOU.

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## One Day Seminar Program On "Personal Hygiene"

24<sup>th</sup> March 2021

Jeypore college of pharmacy conducted one day seminar program on the topic of "PERSONAL HYGIENE" and the theme of the seminar was to bring awareness towards the benefits of keeping ourselves neat and clean and healthy all the time. Miss Subhashree Choudhary Delivered the topic to students. This was conducted for the benefit of the students as well as staff.



Fig-1 Seminar Presentation on Personal Hygiene.

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## ONE DAY SEMINAR PROGRAM ON "TOILET REVOLUTIONARY IN INDIA"

15th November 2018

Jeypore college of pharmacy conducted one day seminar program on the topic of "TOILET REVOLUTIONARY IN INDIA" and the theme of the seminar was to bring awareness towards the toilet usage, and construction among the masses. This topic was presented by B.Pharm Dept Head Mrs Pratit Kanchan Sahu. It was conducted for the benefit of the community students staying in villages.



Fig-1 Mrs P.K. Sahu Presenting the ppt .

  
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