



# 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:

## List of Faculty development Programmes (FDP), professional development /administrative training programs conducted during 2017-18

Sl. No.	Name of the Program	Date of Conduct	Participants
1	Microscope & BP Apparatus	23/02/2018 to 24/02/2018	Lab Assistant – 6nos
2	Stress Management & Yoga Session	21/06/2018 to 22/06/2018	Teaching & Non-teaching Staff – 20 + 16 nos

**PRINCIPAL**  
**JEYPORE COLLEGE OF PHARMACY**  
**RONDAPALLI, JEYPORE (K) 764002**

Rondapalli, Jeypore, Dist. Koraput-764 002, Odisha

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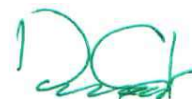
**NOTICE**

**Ref No:**

**Date: 20.02.2018**

All Non-teaching (Technical) staff / Laboratory Assistant of JCP are hereby intimated that, we are going to organize a Training Programme "Microscope & BP Apparatus" from 23<sup>rd</sup> to 24<sup>th</sup> Feb 2018. All of you are hereby instructed to attend the programme as per the following schedule without fail.

<b>Date</b>	<b>Activity Name</b>	<b>Resource Person</b>
23.02.2018	Microscope & Lens	Dr. Bikash Nanda
24.02.2018	Sphygmomanometer & Stethoscope	Dr. Bikash Nanda



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Staff  
Development Program  
on  
**Microscope & BP Apparatus**

Date: 23rd & 24th Feb' 2018

**All Laboratory Assistants  
are eligible**

**Organised By:**

**Jeypore College of Pharmacy**

**Rondapalli, Jeypore.**



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## REPORT

Name of the Program: **Two-Day Training Programmes on “Microscope and BP Apparatus”**

Trained by: Dr. Bikash nanda

Date of Training: 23.02.2018 and 24.02.2018

A training Programme titled “Microscope and BP Apparatus” was conducted by Jeypore College of Pharmacy dated 23.02.2018 and 24.02.2018. The training program was aimed at demonstrating Microscope and BP Apparatus used in Laboratory. On the first day, Different types of Microscopes, Lens and their use has been demonstrated. And on the second day, details of Sphygmomanometer and Stethoscope was elaborated and practised by Dr. Bikash Nanda. The Lab-Assistant staff members expressed that the programme highly helped them to handle and operate various equipment. Total 6 nos. of Lab-Assistant participated in the programme.



  
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## List of Staff attended the Program

S. No.	Name of the participant	Title of the FDP / professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
1	Mr. Asang Padhi	Microscope & BP Apparatus	23.02.2018 to 24.02.2018
2	Ms. Tanaya Das	Microscope & BP Apparatus	23.02.2018 to 24.02.2018
3	Mr. Manoj Kumar Dhanphul	Microscope & BP Apparatus	23.02.2018 to 24.02.2018
4	Mr. Binayak Singh Dhakad	Microscope & BP Apparatus	23.02.2018 to 24.02.2018
5	Mr. Nilakantha Mishra	Microscope & BP Apparatus	23.02.2018 to 24.02.2018
6	Ms. Sunanda Bebartta	Microscope & BP Apparatus	23.02.2018 to 24.02.2018

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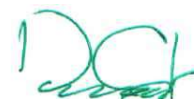
**NOTICE**

**Ref No:**

**Date: 18.06.2018**

All staff of JCP are hereby intimated that, we are going to organize a Training Programme "Stress Management & Yoga Session" from 21<sup>st</sup> to 22<sup>nd</sup> June 2018. All of you are hereby instructed to attend the programme as per the following schedule without fail.

<b>Date</b>	<b>Activity Name</b>	<b>Resource Person</b>
21.06.2018	Stress Management	Mr. Bishnu Prasad Sahu
22.06.2018	Yoga Session	Mr. Bishnu Prasad Sahu



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Who Can  
Attend?  
All Teaching &  
Non-teaching  
Staff are eligible

STAFF DEVELOPMENT  
PROGRAM  
STRESS  
MANAGEMENT  
& YOGA SESSION

21/06/2018 to 22/06/2018



Organized By:  
Jeypore College of Pharmacy  
Rondapalli, Jeypore





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## REPORT

Name of the Program: **Two-day Training Programme on Stress Management and Yoga Session.**

Resource Person: Mr. Bishnu Prasad Sahoo

Days of Training: 21.06.2018 and 22.06.2018

Training Program on Stress management and yoga session was conducted by Jeypore College of Pharmacy on 21.06.2018 and 22.06.2018. The training was aimed at Numerous yoga techniques that have been shown to be effective in reducing stress. To ensure that there is significant relief from the state of extreme stress, these approaches function both individually and collectively. By guaranteeing a healthy and beneficial response to the stress stimuli, they assist in reducing the problem's detrimental physical and psychological repercussions. Estimating Stress Management Using Yoga Stress Management Techniques. Yoga can help lower heart rate and blood pressure by positively impacting the parasympathetic nervous system. The body uses less oxygen as a result of this. Yoga can also boost immunity, enhance digestion, and aid in effective both the removal of harmful wastes and an improvement in lung function. Effective application of this technique can also lessen the likelihood that stress will result in anxiety and despair. In this training session, Teaching, Non-Teaching, and Office staff members expressed that the programme highly helped their personal life. There total 36 staff members articipate in the programme.



  
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List of Staff attended the Program

S. No.	Name of the participant	Title of the FDP / professional development / administrative training program	Dates (from-to) (DD-MM-YYYY)
1	Dr. Ramaprasad Padhy	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
2	Dr. Nityananda Sahoo	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
3	Mr. Sujit Kumar Martha	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
4	Mrs. Pratit Kanchan Sahu	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
5	Mr. Sangram Keshari Panda	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
6	Mr. Simanchal Panda	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
7	Mrs. Suchismita Pani	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
8	Mr. Lingaraj nayak	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
9	Mr. Amrit Kumar Rath	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
10	Mr. Bibhu Prasad Maharana	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
11	Ms. Shilpa Das	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
12	Mr. Haragouri Mishra	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
13	Ms. Manasi Khadanga	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
14	Ms. Archana Rathore	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
15	Mr. Satyajit Biswal	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
16	Mr. Suresh Chandra Pattnaik	Stress Management & Yoga Session	21.06.2018 to 22.06.2018

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17	Mr. Suvendu Padhy	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
18	Mr. Vikram Viswajit Mishra	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
19	Mr. Manas Ranjan Pattnaik	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
20	Mr. Priyabrata Tripathy	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
21	Mrs. Sunitha Augustin	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
22	Mr. Asang Padhi	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
23	Mr. Saswat Kumar Rath	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
24	Mr. Rama Krushna Gouda	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
25	Mr. Sudhir Kumar Dash	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
26	Mrs. Geetanjali Dash	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
27	Ms. Tanaya Das	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
28	Mr. Manoj Kumar Dhanphul	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
29	Mr. Binayak Singh Dhakad	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
30	Mr. Bhima Majhi	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
31	Mrs. Subarna Panda	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
32	Mr. Sanjay Kumar Swaro	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
33	Mr. Lakhi Chandra Bagdaria	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
34	Mr. Tripati Ray	Stress Management & Yoga Session	21.06.2018 to 22.06.2018

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Date:

35	Mr. Nilakantha Mishra	Stress Management & Yoga Session	21.06.2018 to 22.06.2018
36	Ms. Sunanda Bebartta	Stress Management & Yoga Session	21.06.2018 to 22.06.2018

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