



SULTAN-UL-ULOOM COLLEGE OF PHARMACY

(Estd.by Sultan-ul-Uloom Education Society)

Approved by AICTE & Pharmacy Council of India
Affiliated to Jawaharlal Nehru Technological University, Hyderabad.

B.Pharm Program Accredited by NBA

Recognized Under Section 2(f) & 12(B) of the UGC Act, 1956

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Criteria 7: Institutional Values and Best Practices

Key Indicator - 7.1 Institutional Values and Social Responsibilities

7.1.4: Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic diversity and Sensitization of students and employees to the constitutional obligations: values, rights, duties and responsibilities of citizens.

7.1.4: Report on NSS activities

Sr. No.	NSS ACTIVITIES	DATE
1	A report on Health Camp at Devakonda Basti in Collaboration with Aster Prime Hospital	23-Dec-17
2	A report on Blood Donation Camp	25/09/2018
3	Proper Management of Plastic and Organizing Plastic – Free Village Campaign and Declaring of Plastic Free Zone at Peddashapur, Shamshabad.	19 to 24 July 2019
4	Report on Voter Awareness Program	06-Nov-18
5	Report on International Women's Day Activities Conducted on Campus	8 th March 2019
6	A Commemorative Walk for Independence Day	15/08/2019
7	Report on Alzheimers Disease	21/09/2019
8	Blood Donation Camp to celebrate Golden Jubilee of NSS	25/09/2019
9	A report on Health Check up Camp @ various Metro Station-Hyderabad by SUCP NSS Unit in Collaboration with Aster Prime Hospital	29-09-2019 to 30-09-2019

10	Report on Pink Ribbon Walk Organized by Krishna Institute of Medical Sciences	06/10/2019
11	NSS ELOCUTION COMPETITION ON KILL CANCER HELD	11-10-2019 AT 2:00pm
12	Report on Children Day Celebration	16/11/2019
13	Workshop Report: Addressing Violence Against Women and Children in Our College Premises	26/02/2020
14	Report on Seminar Conducted for Suicide Prevention at College	09/09/2020
15	Report On National Educational Policy	19/09/2020
16	Report on GRITx3.0	24/09/2020
17	A report on Jan Andolan for PoshanAbhiyaan Training Program for NSS Volunteers	28/10/2020
18	Report On Constitution Day Activities Conducted	25/11/2020
19	Report on Activities Promoting Fundamental Duties Of Indian Citizens	30/12/2020
20	Lecture Talks on Dr.BR Ambedkar At College Levels	24/02/2021
21	Report on International Yoga Day	21/06/2021
22	Report on Activities Carried Out for Haritha Haram Telangana at College Level	26/07/2021
23	Cheer For India Support by Students at College	27/07/2021
24	Title: Report on Fit India Run	21/08/2021
25	Report on Successful Completion of Rashtriya Ekta Divas at Our College Premises	31/10/2021
26	Report: Cycling Activities on National Pollution Day	02/12/2021
27	Report on Poshan Abhiyan Activities at College Level	01-19/09/2021
28	Report on World Heart Day activities in association with Aster Prime Hospital	29/09/2021
29	A report on Clean India Program- Muneerabad	10-31/10/2021
30	Report on Medical Health Camp- Muneerabad	08/10/2021

31	Report: Plastic Waste Management Activities- Clean India Program at College	21/10/2021
32	Title: Report on Online Activity for Orientation of Red Ribbon Club Activities	14/02/2022
33	Report on Voluntary Blood Donation Activity	15/02/2022
34	Title: Seminar on Positive Thinking for Students	16/02/2022
35	Report on Interaction of Humanity First Foundation Founder	17/02/2022
36	National Youth Festival	08/01/2022
37	A report on National Girl Child Day	24/01/2022
38	Unsung Heroes of freedom Struggle	25/01/2022
39	Republic Day Celebration	24-26/01/2022
40	Womens Day Celebration with Aster Prime Hospital	08/03/2022
41	Title: International Yoga Day Celebration at College	07/03/2022
42	Title: Report on The Horror of Partition: A Reflection on Azadi Ka Amrit Mahotsav	10-22/08/2022
43	.Report on Azadi Ka Amrit Mahotsav Celebration at College Level	10-22/08/2022


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1.A report on Health Camp at Devarakonda Basti in Collaboration with Aster Prime Hospital 23 Dec 2017

Introduction:

The following report provides an overview of the pharmacy student activities conducted during a health camp organized in collaboration with Aster Prime Hospital at Devakonda Basti, Hyderabad. The aim of this health camp was to provide essential healthcare services to the underprivileged residents of the basti while creating awareness about various health-related issues.

Objectives:

The primary objectives of the health camp were as follows:

- a. To offer free medical consultations and health check-ups to the residents of Devarakonda Basti.
- b. To distribute essential medications, such as vitamins, pain relievers, and common antibiotics, to individuals in need.
- c. To educate the community about preventive healthcare measures, proper medication usage, and general health and hygiene practices.

Location: Devarakonda Basti, Hyderabad

Activities:

The pharmacy student volunteers engaged in various activities throughout the health camp, including:

a. Medical Consultations:

Pharmacy students, under the supervision of healthcare professionals, provided medical consultations to the residents of Devarakonda Basti. The students collected patient histories, performed basic physical examinations, and offered recommendations for further medical attention when necessary. The consultations covered a wide range of health issues, including common illnesses, chronic diseases, and mental health concerns.

b. Health Check-ups:

Pharmacy students conducted comprehensive health check-ups, including measurements of vital signs such as blood pressure, pulse rate, and body mass index (BMI). They also performed blood glucose level tests and cholesterol screenings to assess the overall health status of the participants.

c. Medication Distribution:

As part of the health camp, pharmacy students distributed essential medications to the attendees. A well-stocked pharmacy booth was set up, which included over-the-counter medications such as pain relievers, antacids, vitamins, and hygiene products. Students provided information on appropriate medication usage, dosage, and possible side effects, promoting responsible self-medication practices.

d. Health Education and Awareness:

The pharmacy students organized interactive sessions and informative presentations to raise awareness about various health-related topics. These sessions covered subjects such as proper nutrition, importance of physical activity, personal hygiene, and disease prevention. The participants were encouraged to ask questions, facilitating a better understanding of the presented topics.

Impact and Outcomes:

The health camp organized by the pharmacy student association in association with Aster Prime Hospital had a significant impact on the community. The following outcomes were achieved:

a. Enhanced Access to Healthcare:

The health camp provided an opportunity for the underprivileged residents of Devarakonda Basti to access free medical consultations and receive necessary medications, which otherwise might have been unaffordable or inaccessible.

b. Improved Health Awareness:

Through educational sessions and one-on-one consultations, the pharmacy students imparted valuable knowledge on preventive healthcare practices, disease management, and the proper use of medications. This helped in empowering the community with health-related information, enabling them to make informed decisions about their well-being.


c. Collaboration and Networking:

The collaboration between the pharmacy student association and Aster Prime Hospital fostered a sense of teamwork and networking among the healthcare professionals and students involved. Such collaborations have the potential to create more opportunities for future community outreach programs and initiatives.


Conclusion:

The pharmacy student activities conducted during the health camp in association with Aster Prime Hospital at Devarakonda Basti, Hyderabad, made a positive impact on the community by providing essential healthcare services and promoting health awareness. The involvement of the pharmacy students demonstrated their dedication to community service and their potential as future healthcare professionals. Such initiatives play a crucial role in improving the overall well-being of underserved communities and promoting a culture of healthcare access and education. The success of this health camp serves as an inspiration for future endeavours aimed at serving the underprivileged and creating a healthier society.




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2. Blood Donation Camp- 25/9/2018

Introduction:

The event aimed to create awareness about the importance of blood donation, promote voluntary participation, and contribute to saving lives in the community. This report highlights the planning, execution, and outcomes of the blood donation camp.

Event Planning:

The blood donation camp was organized by the NSS unit of our college in collaboration with the Haripriya Rangarajan Transfusion Medicine and Research Centre Red Cross blood bank and medical professionals.

The planning process involved the following key steps:

- a. Formation of an Organizing Committee: A committee comprising NSS volunteers, faculty members, and administrative staff was formed to oversee the event's organization and execution.
- b. Collaboration with the Blood Bank: The NSS unit reached out to the local blood bank to establish a partnership. Discussions were held to determine the requirements, logistics, and support needed for the camp.
- c. Venue and Date Selection: Gulam Ahmed Auditorium within the college premises was chosen, considering accessibility, space requirements, and convenience.
- d. Promotion and Outreach: Various promotional activities were undertaken, including posters, banners, social media campaigns, and announcements during college events. The aim was to raise awareness and encourage maximum participation.

Event Execution:

The blood donation camp was executed successfully, following a well-structured plan. The key activities during the camp included:

- a. Pre-screening and Registration: Volunteers from the blood bank conducted pre-screening activities to ensure potential donors met the necessary health criteria. Registered participants were provided with information and educational material about blood donation.
- b. Donor Stations: Multiple stations were set up to facilitate the donation process efficiently. Each station consisted of trained medical professionals and support staff who guided donors through the process.
- c. Refreshments and Post-Donation Care: Refreshments were provided to donors after donation to aid their recovery. A post-donation care area was set up to monitor donors' health and provide any necessary assistance.
- d. Documentation and Follow-up: Proper documentation of donors and their blood samples was done to ensure smooth processing and utilization of the donated blood. Follow-up communication was planned to keep the donors informed about the impact of their contribution.

Participation and Impact:

The blood donation camp witnessed active participation from both students and faculty members. The impact of the camp can be measured through the following:

a. Number of Donors: The total 700 number of donors registered and the actual number of successful donations made during the camp were recorded. This data provides an indication of the outreach and success of the event.

b. Blood Units Collected: A total of 400 number of blood units collected during the camp reflects the volume of blood available for patients in need and serves as a significant measure of success.

c. Community Awareness: The camp helped in raising awareness about blood donation and its importance. It encouraged individuals to become regular donors and dispelled common myths and misconceptions related to blood donation.

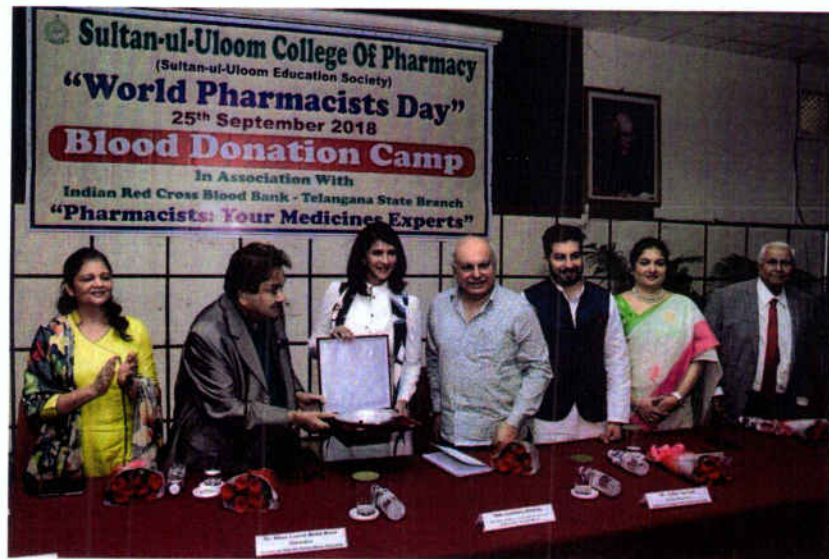
d. Potential Lives Saved: By donating blood, participants directly contributed to saving lives in emergency situations, supporting patients undergoing medical procedures, and aiding those with blood-related illnesses.

Conclusion:

The blood donation camp conducted as part of the NSS Golden Jubilee celebrations in our college was a commendable initiative. It not only created awareness about the significance of blood donation but also served as a platform to actively contribute to the well-being of the community. The successful execution of the event and the active participation of students and faculty members further highlight the commitment and dedication of the NSS unit and its volunteers.

The blood donation camp provided an opportunity for students to engage in a noble cause, fostering a sense of social responsibility and empathy.





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3. Proper Management of Plastic and Organizing Plastic – Free Village Campaign and

Declaring of Plastic Free Zone at Peddashapur, Shamshabad. 19 to 24 July 2019

Introduction:

This report highlights the activities undertaken by college students in an effort to promote proper management of plastic waste and organize a Plastic-Free Village Campaign.

Objectives:

The key objectives of the activities were as follows:

- a) Educate the community about the environmental impact of plastic waste.
- b) Encourage proper disposal and management of plastic waste.
- c) Promote the adoption of eco-friendly alternatives to single-use plastics.
- d) Establish a sustainable system for managing plastic waste within the village.
- e) Foster a sense of community involvement and responsibility towards the environment.

Activities Undertaken:

1. Awareness Campaign:

The students initiated an extensive awareness campaign within the village to educate residents about the detrimental effects of plastic pollution. The campaign included the following activities:

- a) Door-to-door visits: Students visited households to provide information on the environmental impact of plastic waste and distributed educational materials such as brochures and pamphlets.
- b) Community workshops: Workshops were conducted in collaboration with local authorities to educate the community on sustainable waste management practices and the importance of reducing plastic consumption.
- c) Presentations and demonstrations: Students organized presentations and demonstrations in schools, community centers, and other public spaces to engage residents in discussions about plastic pollution and sustainable alternatives.

2. Waste Management System Implementation:

To ensure proper management of plastic waste, the students collaborated with the local government and community members to implement a sustainable waste management system. The following actions were taken:

- a) Segregation of waste: Awareness was raised about the importance of segregating plastic waste from other forms of waste at the household level.
- b) Recycling and upcycling initiatives: Recycling bins were placed strategically within the village to encourage residents to dispose of plastic waste separately. The students also organized workshops on upcycling, where they taught the community how to transform plastic waste into useful products.

3. Promotion of Eco-Friendly Alternatives:

To reduce the reliance on single-use plastics, the students actively promoted eco-friendly alternatives within the village. These initiatives included:

- a) Distribution of reusable bags: Students distributed reusable bags to households and local shops, encouraging them to switch from plastic bags to eco-friendly options.
- b) Awareness on alternatives: Various campaigns were conducted to promote the use of alternatives to plastic straws, bottles, and cutlery, such as metal straws, glass bottles, and biodegradable utensils.
- c) Collaboration with local businesses: Students collaborated with local businesses, such as restaurants and cafes, to encourage them to switch to biodegradable packaging and reduce the use of single-use plastics.

Impact and Results:

The activities conducted by the college students yielded positive results and had a significant impact on the community. The key outcomes achieved were:

- a) Increased awareness: The awareness campaigns successfully educated the community about the environmental impact of plastic waste, resulting in improved knowledge and consciousness about proper waste management.
- b) Behaviour change: Many residents started adopting eco-friendly alternatives and reducing their consumption of single-use plastics.
- c) Improved waste management: The implementation of the waste management system led to a noticeable reduction in plastic waste littered in the village. Segregation and recycling practices became more prevalent, leading to a cleaner and greener environment.
- d) Community involvement: The initiatives fostered a sense of community involvement and responsibility towards the environment, as residents actively participated in various activities and supported the cause.

Conclusion:

The activities carried out by college students in promoting proper management of plastic waste and organizing a Plastic-Free Village Campaign had a significant positive impact on the community. Through effective awareness campaigns, waste management systems, and promotion of eco-friendly alternatives, the students successfully raised awareness, changed behaviours, and established sustainable practices within the village. These efforts have laid the foundation for long-term environmental conservation and inspired the community to actively participate in creating a plastic-free future.





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4.Report on Voter Awareness Program- 6 Nov 2018

Voters Awareness Program Report

Introduction:

The objective of the program was to promote civic engagement and encourage students to exercise their right to vote. This initiative aimed to educate and inform students about the importance of participating in the democratic process, understanding their voting rights, and making informed decisions during elections.

Program Objectives:

To increase awareness among students about the significance of voting in a democratic society.

To educate students about the electoral process, including voter registration, polling stations, and absentee voting.

To encourage students to actively participate in elections and make informed choices.

To address common misconceptions and concerns related to voting and the electoral system.

Program Activities:

Pre-program Research: The organizing committee conducted research to understand the level of voter awareness among students and identify potential areas of improvement. This included surveys, interviews, and analysis of existing data.

Guest Speaker Sessions: Expert speakers including representatives from the Election Commission, and social activists, were invited to deliver talks on various topics related to voting. The sessions covered subjects such as the significance of voting, understanding political parties and ideologies, and the role of youth in shaping the nation's future through elections.

Interactive Workshops: Engaging workshops were conducted to provide practical knowledge about the electoral process. These workshops included hands-on activities such as mock voting simulations, discussions on how to research candidates and party platforms, and understanding the impact of voting on policymaking.

Voter Registration Drive: A dedicated team was formed to assist students in the voter registration process. They provided guidance on filling out voter registration forms, helped resolve queries, and facilitated the submission of completed forms to the appropriate authorities.

Information Booths: Information booths were set up on campus to disseminate essential information about upcoming elections, polling locations, and voting procedures. Volunteers were available to answer questions and provide guidance to students.

Awareness Campaigns: Social media platforms, college newsletters, and notice boards were utilized to create awareness about the program and spread information about the importance of voting. Posters, banners, and infographics were created and displayed across the campus to capture students' attention.

Outcomes and Impact:

Increased Awareness: The program successfully raised awareness among students about the importance of voting, resulting in a significant increase in the number of registered voters among the student population.

Improved Knowledge: Students gained a better understanding of the electoral process, voting rights, and the role of youth in shaping the political landscape. They also learned how to make informed decisions by researching candidates and party platforms.

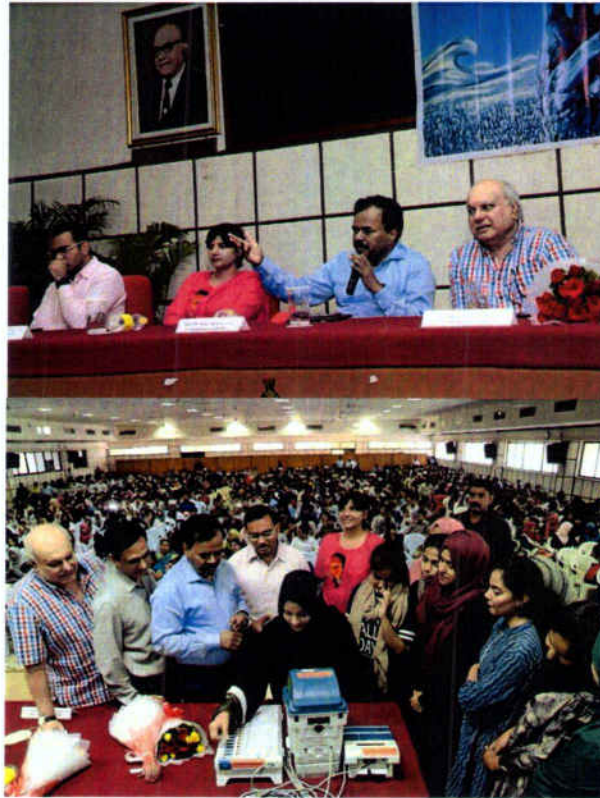
Enhanced Participation: The program's efforts led to increased student participation in elections, with a notable rise in voter turnout compared to previous years. Students actively encouraged their peers to vote and took part in discussions about political issues.

Community Engagement: The program fostered a sense of civic responsibility and community engagement. It created a platform for open dialogue and encouraged students to voice their opinions on societal issues, leading to a more politically aware and active student body.

Conclusion:

The Voters Awareness Program conducted in Sultan-ul-Uloom college of Pharmacy successfully achieved its objectives of promoting voter awareness, educating students about the electoral process, and encouraging active participation in elections. Through various activities, the program instilled a sense of responsibility and engagement among students, empowering them to exercise their right to vote and make informed choices. The initiative's positive impact on the college community reflects its potential to contribute to a more politically aware and active society. Continued efforts in this direction are crucial to nurturing an informed and engaged citizen.





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5. Report on International Women's Day Activities Conducted on Campus 8th March 2019

Introduction:

International Women's Day is celebrated globally on March 8th each year to commemorate the achievements of women and promote gender equality. In our campus, we organized a series of activities to honor this significant day. This report aims to summarize and evaluate the International Women's Day activities carried out on campus.

Objective:

The primary objective of organizing International Women's Day activities on campus was to raise awareness about women's rights and empower the female community. By conducting various events, we aimed to create a supportive environment that promotes gender equality, celebrates women's accomplishments, and encourages discussions on relevant issues.

Activities Conducted:

- a. Panel Discussion: We organized a panel discussion on the topic "Safety In Our Hands." The panel comprised accomplished Personalities from diverse fields who shared their personal experiences, challenges faced, and insights on achieving success in their respective careers. The discussion highlighted the importance of gender equality and encouraged students to challenge societal norms.
- b. Workshop on Self-Defense: To promote women's safety and empowerment, a self-defense workshop was conducted. Expert trainers provided hands-on training on basic self-defense techniques and discussed strategies for personal safety. The workshop aimed to enhance confidence and equip female students with practical skills to protect themselves.
- c. Art Exhibition: An art exhibition titled "Women: The Art of Empowerment" showcased works created by female students and local artists. The exhibition celebrated women's talents, resilience, and their unique perspectives. The artwork depicted themes such as empowerment, women's rights, and breaking gender barriers.
- e. Guest Speaker Series: Notable speakers were invited to share their expertise on various topics related to women's empowerment. The sessions covered subjects such as leadership, entrepreneurship, work-life balance, and women's health. These talks provided valuable insights and motivated students to pursue their goals fearlessly.

Participation and Impact:

The International Women's Day activities witnessed significant participation from students, faculty, and staff members. The events fostered an inclusive environment that encouraged open discussions and promoted awareness of women's issues. Participants expressed their gratitude for the engaging sessions and the opportunities they provided to connect with inspiring individuals.

Conclusion:

The International Women's Day activities conducted on campus were successful in fostering awareness, empowerment, and inclusivity.



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6.A Commemorative Walk for Independence Day 15/08/2019

Date: 15/08/2019

Location: Sultan-ul-Uloom College of Pharmacy

Introduction:

The Pada Yatra, or Commemorative Walk, was organized by SUCP NSS UNIT to celebrate Independence Day and pay homage to the struggles and sacrifices made by the freedom fighters of our nation. The event aimed to promote patriotism, unity, and a sense of national pride among the students and faculty members.

Objectives:

The objectives of the Pada Yatra were as follows:

- a. To create awareness about the significance of Independence Day and its relevance in today's context.
- b. To honor the sacrifices of the freedom fighters who fought for India's independence.
- c. To foster a sense of patriotism, unity, and national pride among the college community.
- d. To encourage active participation from students and faculty members in celebrating Independence Day.

Event Details:

a. Date and Time:

The Pada Yatra took place on 15/09/2019 at 9:30am. The event commenced with a brief introduction and briefing session, highlighting the purpose and importance of the Yatra.

b. Route and Distance:

The Yatra covered a designated route within the college premises. The distance of the walk was approximately 1 kilometer.

c. Participants:

The event was open to all students, faculty members, and staff of our college and Participation was voluntary, and a significant number of individuals joined the Yatra.

d. Commemorative Activities:

Throughout the Yatra, several activities were organized to engage participants and enhance the significance of the event. These activities included patriotic songs, poetry recitations, speeches, and storytelling sessions about the freedom fighters and their contributions to India's independence.

Impact and Feedback:

The Pada Yatra received overwhelmingly positive feedback from the college community. Participants expressed their gratitude for the opportunity to reflect on the sacrifices made by our freedom fighters. The event successfully instilled a sense of national pride and unity among the participants, fostering a deeper understanding of India's struggle for independence.

Conclusion:

The Pada Yatra organized by our college proved to be an impactful event that commemorated the struggles and sacrifices made by the freedom fighters. By fostering patriotism, unity, and a sense of national pride, the Yatra successfully brought the college community together to celebrate the essence of Independence Day. The event not only

reminded participants of our nation's history but also inspired them to actively contribute to the development and progress of our country.







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7.Report on Alzheimers Disease: 21-09-2019

Introduction

This report highlights various activities undertaken by college students to raise awareness and support individuals affected by Alzheimer's disease.

Awareness Campaigns and Educational Initiatives

College students have organized numerous awareness campaigns and educational initiatives to disseminate information about Alzheimer's disease. These activities aim to increase understanding, reduce stigma, and promote early detection. Some common activities include:

- a) **Seminars and Workshops:** Students organize seminars and workshops on campuses to provide information about Alzheimer's disease, its symptoms, risk factors, and available treatment options. Experts from relevant fields, such as neuroscience, geriatrics, and psychology, are often invited to share their knowledge.
- b) **Awareness Walks and Runs:** College students frequently organize awareness walks, runs, or marathons to engage the local community in advocating for Alzheimer's disease. These events serve as platforms for students to spread awareness, raise funds for research and support programs, and show solidarity with affected individuals and their families.

Volunteer and Support Programs

College students actively engage in volunteer programs to provide support to individuals living with Alzheimer's disease. Some common volunteer activities include:

- a) **Companion Programs:** Students volunteer as companions to Alzheimer's patients, offering social interaction, engaging in activities, and providing emotional support. These programs enhance the quality of life for affected individuals and contribute to their overall well-being.
- b) **Memory Cafes and Support Groups:** Students organize memory cafes and support groups where individuals with Alzheimer's and their caregivers can connect, share experiences, and receive emotional support. These gatherings offer a safe space for open conversations and the exchange of coping strategies.

Conclusion

College students have shown remarkable dedication and creativity in their efforts to address Alzheimer's disease. Through their awareness campaigns, fundraising initiatives, volunteer programs, and research collaborations, they have made significant contributions to raising awareness, supporting affected individuals, and advancing scientific knowledge. Their collective efforts play a crucial role in promoting early detection, reducing stigma, and ultimately working towards finding a cure for Alzheimer's disease.



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8. Blood Donation Camp to celebrate Golden Jubilee of NSS-25-09-2019

Introduction:

The following report provides an overview of the blood donation camp activity conducted in our college as part of the celebration of the National Service Scheme (NSS) Golden Jubilee. The event aimed to create awareness about the importance of blood donation, promote voluntary participation, and contribute to saving lives in the community. This report highlights the planning, execution, and outcomes of the blood donation camp.

Event Planning:

The blood donation camp was organized by the NSS unit of our college in collaboration with the Haripriya Rangarajan Transfusion Medicine and Research Centre Red Cross blood bank and medical professionals.

Camp Inauguration:

1. Lt. Gen. Hari Prasad(Retd)-Former Commander in Chief, Northern Command, Indian Army.
2. Padma Shri Dr. P Raghuram(President)-The Association of Surgeon of India.

The planning process involved the following key steps:

- a. Formation of an Organizing Committee: A committee comprising NSS volunteers, faculty members, and administrative staff was formed to oversee the event's organization and execution.
- b. Collaboration with the Blood Bank: The NSS unit reached out to the local blood bank to establish a partnership. Discussions were held to determine the requirements, logistics, and support needed for the camp.
- c. Venue and Date Selection: Gulam Ahmed Auditorium within the college premises was chosen, considering accessibility, space requirements, and convenience. The date for the camp was decided to align with the NSS Golden Jubilee celebrations.
- d. Promotion and Outreach: Various promotional activities were undertaken, including posters, banners, social media campaigns, and announcements during college events. The aim was to raise awareness and encourage maximum participation.

Event Execution:

The blood donation camp was executed successfully, following a well-structured plan. The key activities during the camp included:

- a. Pre-screening and Registration: Volunteers from the blood bank conducted pre-screening activities to ensure potential donors met the necessary health criteria. Registered participants were provided with information and educational material about blood donation.
- b. Donor Stations: Multiple stations were set up to facilitate the donation process efficiently. Each station consisted of trained medical professionals and support staff who guided donors through the process.

c. Refreshments and Post-Donation Care: Refreshments were provided to donors after donation to aid their recovery. A post-donation care area was set up to monitor donors' health and provide any necessary assistance.

d. Documentation and Follow-up: Proper documentation of donors and their blood samples was done to ensure smooth processing and utilization of the donated blood. Follow-up communication was planned to keep the donors informed about the impact of their contribution.

Participation and Impact:

The blood donation camp witnessed active participation from both students and faculty members. The impact of the camp can be measured through the following:

a. Number of Donors: The total 700 number of donors registered and the actual number of successful donations made during the camp were recorded. This data provides an indication of the outreach and success of the event.

b. Blood Units Collected: A total of 450 number of blood units collected during the camp reflects the volume of blood available for patients in need and serves as a significant measure of success.

c. Community Awareness: The camp helped in raising awareness about blood donation and its importance. It encouraged individuals to become regular donors and dispelled common myths and misconceptions related to blood donation.

d. Potential Lives Saved: By donating blood, participants directly contributed to saving lives in emergency situations, supporting patients undergoing medical procedures, and aiding those with blood-related illnesses.

Conclusion:

The blood donation camp conducted as part of the NSS Golden Jubilee celebrations in our college was a commendable initiative. It not only created awareness about the significance of blood donation but also served as a platform to actively contribute to the well-being of the community. The successful execution of the event and the active participation of students and faculty members further highlight the commitment and dedication of the NSS unit and its volunteers.

The blood donation camp provided an opportunity for students to engage in a noble cause, fostering a sense of social responsibility and empathy.

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9.A report on Health Check up Camp @ various Metro Station-Hyderabad by SUCP NSS Unit in Collaboration with Aster Prime Hospital 29-09-2019 to 30-09-2019

Introduction

Health check-up activities play a crucial role in promoting public health and raising awareness about preventive healthcare measures. In this report, we highlight the health check-up activities conducted by our students in association with Aster Prime Hospital at various metro stations in Hyderabad.

Objectives

The primary objectives of the health check-up activities were as follows:

- a) Conduct comprehensive health screenings for metro station commuters.
- b) Raise awareness about common health issues and preventive measures.
- c) Encourage individuals to adopt a healthier lifestyle and seek timely medical attention.
- d) Promote the importance of regular health check-ups and early detection of diseases.

Methodology

- a) Partnership: Students from our college collaborated with Aster Prime Hospital, a reputed healthcare facility in Hyderabad, to organize the health check-up activities.
- b) Planning and Logistics: The organizing committee meticulously planned the event, considering factors such as space allocation, scheduling, and availability of medical professionals and volunteers.
- c) Stations Selection: Several metro stations across Hyderabad were selected based on their accessibility, footfall, and diversity of commuters.
- d) Services Offered: The health check-up activities comprised various services, including:
Blood pressure measurement
Blood sugar level screening
Body mass index (BMI) calculation
Basic vision and hearing tests
Health counseling and educational materials distribution
- e) Promotion and Outreach: Extensive promotional campaigns were conducted through social media, posters, and announcements within the metro stations to create awareness and attract participants.

Implementation

- a) Deployment of Resources: On the designated days, medical professionals, nurses, and student volunteers from the organizing institution and Aster Prime Hospital set up health check-up booths at the selected metro stations.
- b) Check-Up Process: Commuters were invited to participate voluntarily and undergo the health check-up process. The participants' vital measurements were recorded, and their results were explained to them.
- c) Health Education: Alongside the health screenings, volunteers provided educational materials on maintaining a healthy lifestyle, preventing common ailments, and seeking appropriate medical care.
- d) Individual Counseling: Participants with abnormal results or health concerns received personalized guidance from medical professionals and were advised to consult with healthcare providers for further evaluation, if required.
- e) Data Collection: Anonymous data regarding health parameters, demographics, and participants' feedback were collected for analysis and future reference.

Outcomes and Impact

- a) **Reach and Participation:** The health check-up activities successfully reached a significant number of commuters across various metro stations in Hyderabad. Thousands of individuals participated, benefiting from the screenings and health education initiatives.
- b) **Early Detection and Referrals:** The health check-ups helped identify individuals with previously undiagnosed conditions, allowing them to seek timely medical attention and appropriate treatment.
- c) **Awareness and Education:** The educational materials and counseling sessions helped raise awareness about preventive healthcare measures and motivated individuals to adopt healthier lifestyle choices.
- d) **Collaboration and Community Engagement:** The collaboration between the students, Aster Prime Hospital, and metro station authorities fostered community engagement and highlighted the importance of public-private partnerships in promoting public health.

Conclusion

The health check-up activities conducted by students in association with Aster Prime Hospital at various metro stations in Hyderabad provided a valuable opportunity for the public to assess their health status and gain awareness about preventive healthcare. These initiatives successfully brought healthcare services closer to the community and contributed to the overall well-being of the participants. Continued efforts in organizing such events can have a significant impact on public health, encouraging individuals to prioritize their well-being and seek appropriate medical care when needed.





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10.Title: Report on Pink Ribbon Walk Organized by Krishna Institute of Medical Sciences 06-10-2019

The following report presents an overview of the student attendance at the Pink Ribbon Walk organized by the Krishna Institute of Medical Sciences in 2019. The Pink Ribbon Walk is an annual event aimed at raising awareness about breast cancer and promoting early detection and treatment. This report provides information about the participation of students from various educational institutions in this significant event.

Event Details:

Name: Pink Ribbon Walk

Organizer: Krishna Institute of Medical Sciences

Year: 2019

Purpose: Raising awareness about breast cancer

Date: 12 October

Location: KBR Park

Student Participation:

Number of Participating Students: 400

Impact and Outcomes:

Awareness Generation: The Pink Ribbon Walk played a crucial role in raising awareness about breast cancer, its symptoms, and the importance of early detection among students.

Community Engagement: The event provided an opportunity for students to actively engage with the local community and learn about the challenges faced by breast cancer patients.

Knowledge Acquisition: Through guest speakers and various educational materials, students gained valuable knowledge about breast cancer prevention, treatment, and support available for affected individuals.

Networking Opportunities: The event facilitated interactions among students, medical professionals, and breast cancer survivors, fostering networking and future collaborations.

Conclusion:

The Pink Ribbon Walk organized by the Krishna Institute of Medical Sciences in 2019 witnessed significant student participation from various educational institutions. The

event successfully raised awareness about breast cancer and encouraged early detection and treatment. The active involvement of students contributed to community engagement and provided a platform for knowledge sharing and networking. The event's impact and positive outcomes emphasize the importance of such initiatives in promoting public health awareness. It is recommended that future Pink Ribbon Walk events continue to be organized to ensure the sustained efforts in combating breast cancer in society.



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Prof. Anupama Koneru

M. Pharm., Ph.D

Principal

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Fax : 040-23350605

E-mail : suucop@yahoo.com

Website : www.sultanuloompharmacy.ac.in

COLLEGE CODE:45

SUCP/2019/ 504/

15.10.2019

To

Dr. G. Narsimha,

Professor in CSE

NSS Coordinator (I/C)

JNTU-H, Kukatpally,

Hyderabad.

Sub:- List of NSS Volunteers deputed for Elocution Competition-reg.

*** **

Sir,

Please find enclosed herewith the details of 15 NSS Volunteers who would take part in the Elocution Competition on "Kill Cancer" at the inter-college level and inter-university level.

We look forward to positive response from ISKON representatives for conducting these competition.

Thanking you,

Yours sincerely



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PRINCIPAL

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Our Contact Nos.:

Dr. Anupama Koneru, Principal, 9866655547

Dr. Syed Jaffer, Asst. Professor, 7981054958

Email ID: suucop@yahoo.com, suucop@gmail.com

Encl: List of NSS Volunteers deputed for Elocution Competition





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Fax : 040-23350605

E-mail : suucop@yahoo.com

Website : www.sultanuloompharmacy.ac.in

NSS ELOCUTION COMPETITION ON KILL CANCER HELD

ON 11.10.2019 AT 2:00 PM

S.No.	Name of the student	Course and year
1	Mr. Zulfiquar Kagalwala	Pharm. D Vth year
2	Ms. Yusra Azam	Pharm. D Vth year
3	Ms. Sheneela Razvi	Pharm. D Vth year
4	Ms. Kulsum Siddiqui	M. Pharm (Pharmacology) II year
5	Ms. Amena Razzak	B. Pharm IVth year
6	Ms. Y Deepti	B. Pharm IVth year
7	Ms. Syeda Aliya Fatema	B. Pharm IVth year
8	Ms. Shafia Ameen	B. Pharm IVth year
9	Ms. Sadiyah Nooreen	B. Pharm IVth year
10	Ms. Juveria Siddiqua	Pharm. D IVth year
11	Ms. Lubna	Pharm. D IVth year
12	Ms. Ayesha Naseer	Pharm. D IVth year
13	Ms. Syeda Samreen	M. Pharm (Pharmacology) II year
14	Ms. D. Sindhu	B. Pharm IVth year
15	Mr. P. Jathin Siva Kumar	B. Pharm IVth year



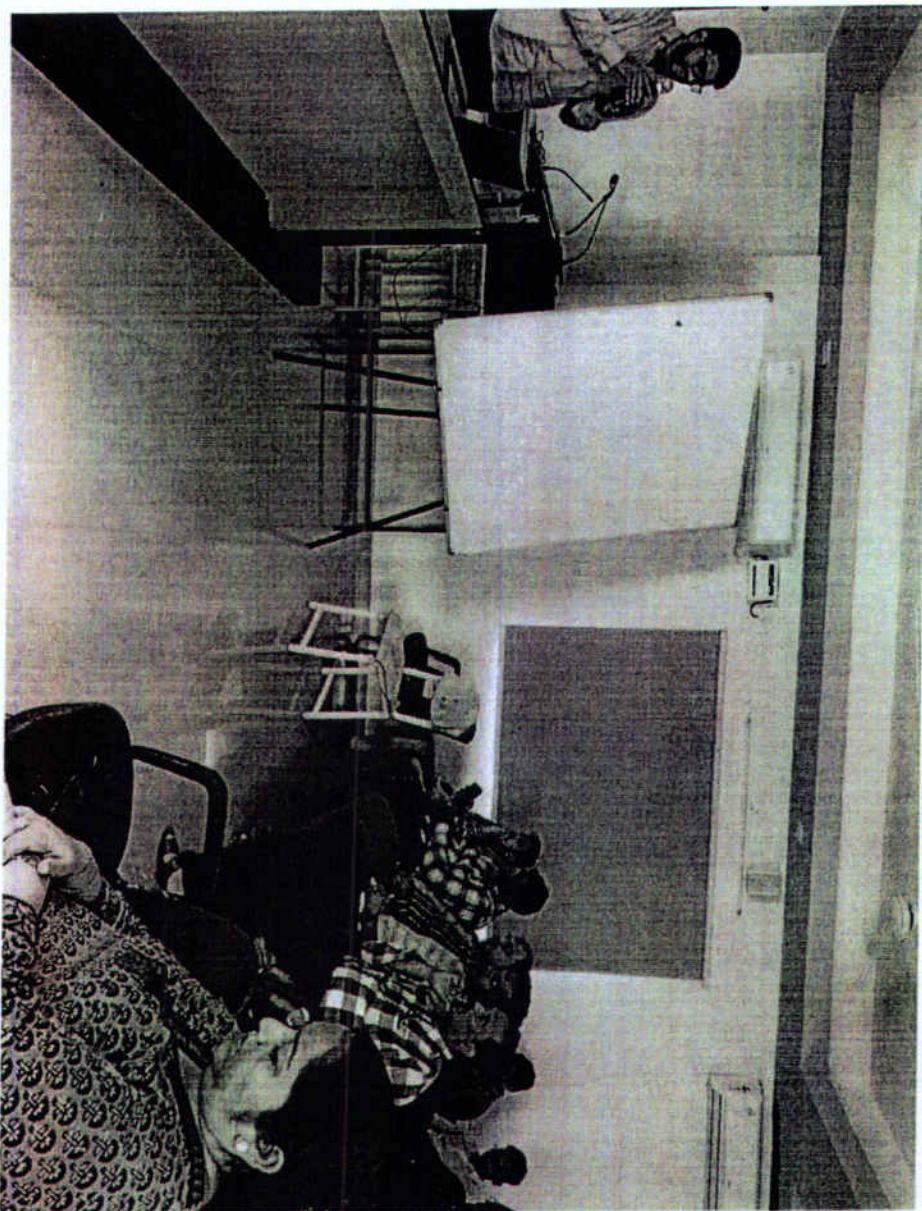
[Signature]
PRINCIPAL
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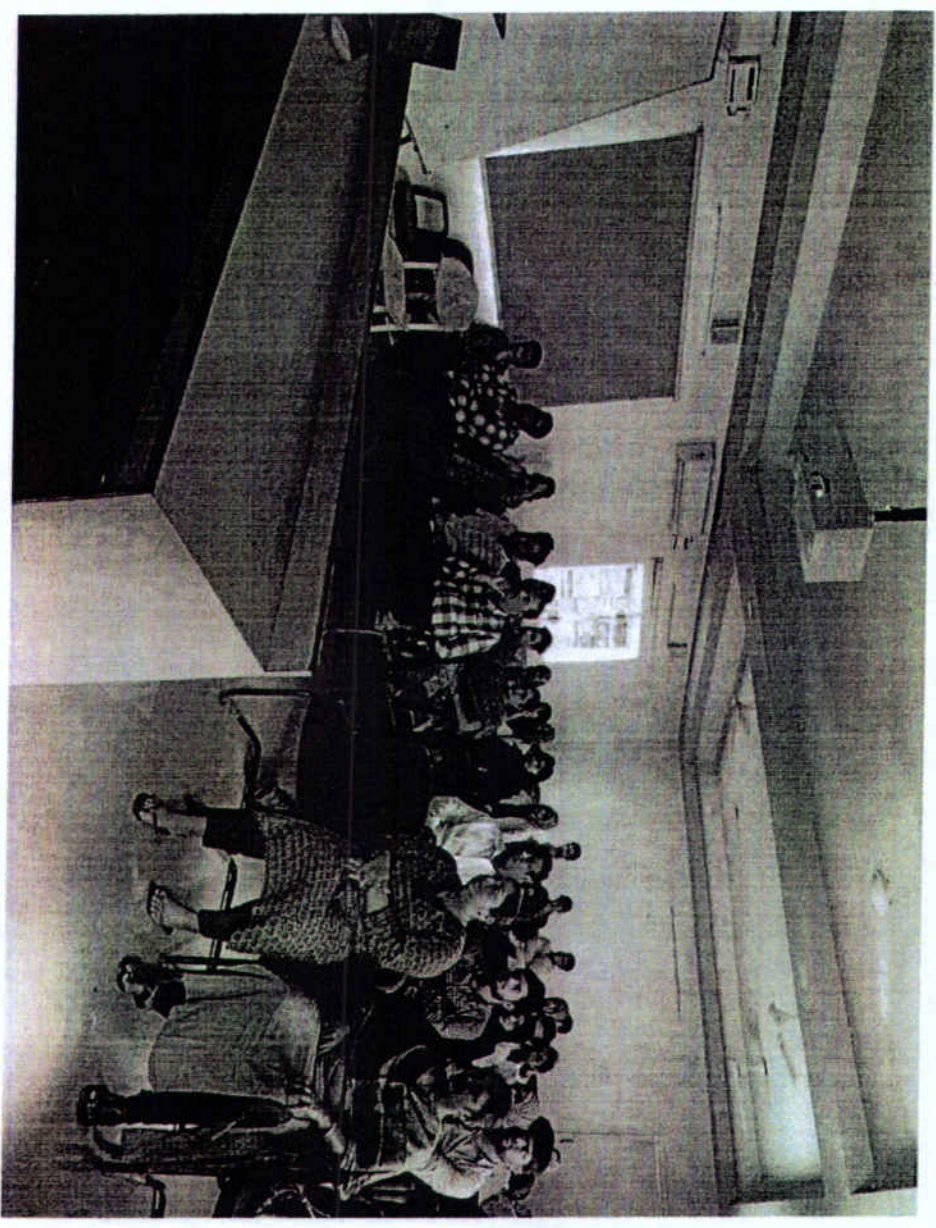
PRINCIPAL

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[Signature]

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12.Report on Children Day Celebration:16/11/2019

Children's Day is a special occasion celebrated worldwide to honor and appreciate children's rights and well-being. It is a day dedicated to promoting the happiness, health, and education of children. College students play a vital role in organizing various activities on Children's Day to engage with younger children and create a memorable experience for them. This report outlines the activities carried out by college students to celebrate Children's Day on 16/11/2019 at Maggie High School-Nagaram Secunderabad in association with Aster Prime Hospital.

Objective

The primary objective of the activities organized by the college students was to provide an enjoyable and educational experience for children, promoting their physical and mental well-being, creativity, and social interaction.

Activities

a. Fun Fair: A fun fair was set up on the college campus, featuring various game stalls, face painting, and balloon twisting. College students actively participated as volunteers to operate the stalls and engage with the children. The fun fair aimed to create a joyful atmosphere and allow children to engage in interactive games and activities.

b. Workshops: Several workshops were conducted to encourage children's creativity and skill development. These workshops included art and craft sessions, storytelling, dance, and music. College students with expertise in these fields facilitated the workshops and provided guidance to the children. The workshops aimed to enhance the children's artistic abilities, storytelling skills, and appreciation for various art forms.

c. Sports and Outdoor Activities: To promote physical well-being and active lifestyles, a range of sports and outdoor activities were organized. College students organized relay races, tug-of-war, and various outdoor games. These activities not only encouraged physical exercise but also fostered teamwork, sportsmanship, and camaraderie among the children.

Conclusion

The activities carried out by college students on Children's Day at Maggie High School were highly successful in creating a memorable and enriching experience for the children involved. The various activities, including the fun fair, workshops, sports, cultural performances, contributed to the holistic development and well-being of the children.

Overall, the activities organized by college students on Children's Day were highly commendable, and their efforts are appreciated for creating a memorable and impactful celebration.

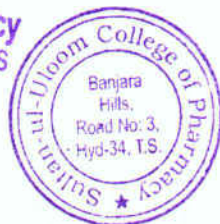


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13. Workshop Report: Addressing Violence Against Women and Children in Our College Premises 26-02-2020

Introduction:

The workshop on "Addressing Violence Against Women and Children" was conducted on 22-03-2020 at Ghulam Ahmed Auditorium. The aim of the workshop was to create awareness about the various forms of violence, empower participants with knowledge and skills to prevent and respond to such incidents, and foster a safe and inclusive environment within our college premises. The workshop was attended by 400 participants, including students, faculty members, and administrative staff.

Objectives:

The specific objectives of the workshop were:

- a) To raise awareness about the different forms of violence against women and children.
- b) To discuss the causes and consequences of violence and its impact on individuals and society.
- c) To provide information on legal provisions and support services available for survivors.
- d) To equip participants with preventive strategies and intervention techniques.
- e) To encourage participants to take an active role in promoting a culture of respect and equality.

Workshop Agenda:

The workshop was structured into various sessions addressing different aspects of violence against women and children. The agenda included:

a) Opening Session:

Welcome address by the college authorities.

Introduction to the workshop objectives and importance.

Keynote speech highlighting the significance of addressing violence.

b) Session 1: Understanding Violence:

Defining violence and its various forms.

Exploring the root causes of violence.

Examining the impact of violence on victims and society.

c) Session 2: Legal Framework and Support Services:

Overview of relevant laws and legal provisions.

Introduction to support services for survivors of violence.

Discussion on reporting mechanisms and the importance of documentation.

d) Session 3: Preventive Strategies:

Promoting gender equality and respectful relationships.
Identifying early warning signs of violence.
Effective communication and conflict resolution skills.

f) Session 5: Creating a Safe Environment:

Policy and structural changes for preventing violence.
Engaging the college community in awareness campaigns.
Developing a support network within the college premises.

g) Closing Session:

Recap of the key takeaways from the workshop.
Distribution of workshop certificates.
Closing remarks and gratitude expressed by the organizers.

Guest Speakers and Facilitators:

The workshop featured experienced professionals and experts who facilitated the sessions.
Dr. Suman Roy-Campus Counsellor & Psychologist.
Dr. Anupama Koneru-Principal

Outcomes:

- a) Increased awareness: Participants gained a deeper understanding of the various forms of violence and its impact on individuals and society.
- b) Enhanced knowledge: Participants were informed about the existing legal framework, support services, and intervention strategies available for survivors.
- c) Empowerment: Attendees developed skills in identifying early warning signs, effective communication, and intervention techniques, enabling them to play an active role in preventing and responding to violence.
- d) Collaborative approach: The workshop fostered collaboration and networking among participants, emphasizing the importance of collective efforts in creating a safe and inclusive college environment.

Conclusion:

The workshop on "Addressing Violence Against Women and Children" successfully achieved its objectives by raising awareness, imparting knowledge, and empowering participants to take a stand against violence. It is crucial to continue such initiatives to create a safe and supportive environment within our college premises, promoting respect, equality, and zero tolerance for violence against women and children.




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14.Report on Seminar Conducted for Suicide Prevention at College 9 Sep 2020

Introduction

The following report provides an overview of the Webinar conducted by O. Y. S. T. E. R. on suicide prevention online. The purpose of the webinar was to raise awareness about suicide, its risk factors, and provide strategies for prevention within the community. The seminar aimed to educate students, faculty, and staff about the importance of mental health, promote a supportive environment, and equip participants with skills to identify warning signs and intervene when necessary.

Objectives

The Webinar had the following objectives:

- a. To increase awareness about suicide as a public health issue.
- b. To educate participants about the risk factors and warning signs of suicide.
- c. To provide information about available resources for mental health support.
- d. To promote a supportive and empathetic environment within the college community.
- e. To equip participants with skills and strategies to intervene and offer help to individuals in distress.

Participants

The Webinar was open to all students, faculty, and staff. An invitation was extended to the entire college community through various channels such as email, posters, and social media

Seminar Structure

The Webinar was organized on 9th September 2020 at 10:00 AM online. It consisted of various sessions delivered by experts in the field of mental health and suicide prevention. The seminar agenda included:

- a. Introduction and welcome address: The webinar began with a brief introduction by OYSTER highlighting the importance of the topic and the purpose of the Webinar.
- b. Keynote speech: Renowned mental health professional, Dr . Sri. Padmaja.G, Sri. Isidore Phillips, Sri. Umapathi Sattaru delivered a keynote speech on the significance of suicide prevention, the impact of mental health stigma, and the role of individuals in creating a supportive community.
- c. Understanding suicide: A session was conducted to provide an overview of suicide, including its causes, risk factors, and prevalence. The session aimed to dispel myths and misconceptions surrounding suicide.
- d. Identifying warning signs: This session focused on educating participants about the common warning signs of suicide and how to recognize them in individuals who may be at risk.

e. Intervention and support: The Webinar addressed the importance of intervention and support in preventing suicide. Strategies for providing help and referring individuals to appropriate resources, such as counseling services and helplines, were discussed.

f. Panel discussion: A panel of experts from the field of mental health engaged in a discussion, answering questions from the audience and providing further insights into suicide prevention.

g. Closing remarks and resources: The seminar concluded with closing remarks, emphasizing the significance of ongoing dialogue about mental health and suicide prevention. Participants were provided with information about local and national mental health resources, helplines, and support networks.

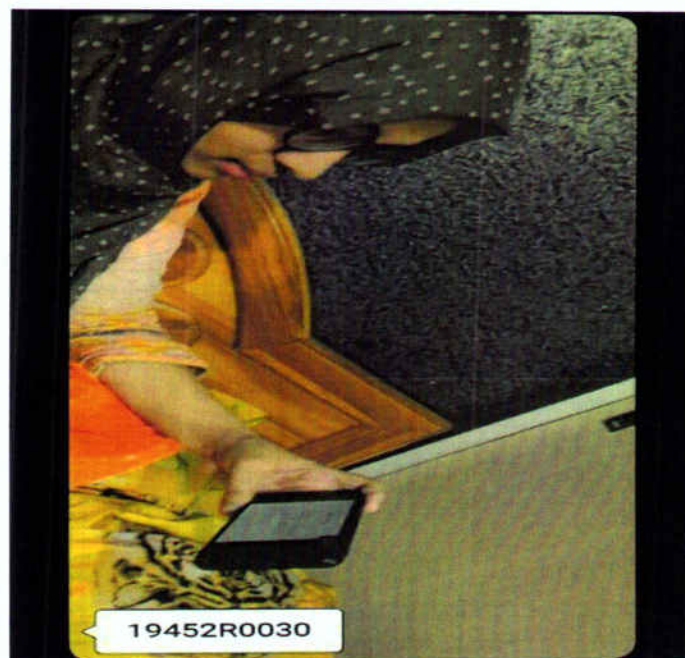
Outcomes and Feedback

The seminar received positive feedback from the participants. A post-seminar survey was conducted, and the results indicated that:

- a. 80% of participants reported an increased understanding of suicide as a public health issue.
- b. 75% felt more equipped to recognize warning signs and respond to individuals at risk.
- c. 60% of participants expressed their intention to seek help or encourage others to seek help if needed.
- d. 90% found the seminar to be informative and relevant to their needs.

Conclusion

The webinar on suicide prevention had successfully achieved its objectives of raising awareness about suicide, providing information, and equipping participants with skills to prevent suicide. Continued efforts and collaborations are recommended to sustain the impact of this seminar and ensure ongoing suicide prevention initiatives at the college.





Live chat
Top chat 89

College Sonapat Haryana

11:52 Zulfiqar Kagalwala good morning everyone

11:52 MURALI BALARAM VARANASI V MURALI BALARAM, Professor, Department of Quality Assurance, Sultan Ul Uloom college of Pharmacy

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.
[LEARN MORE](#)

11:52 Abul Khair khan ABUL KHAIR KHAN

11:52 Suhail Syed Suhail Syed pharm-D 4 th year, Sultan ul uloom college of pharmacy

11:53 Naani Naani 🍌

11:54 Abul Khair khan Abul Khair khan, pharmd 5th yr, sultan ul uloom college of pharmacy.

Chat publicly as Abul Khair khan... (slow mode is on)


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15.Report On National Educational Policy: 19th September 2020 from 11:30Am to 2:00Pm

Webinar Highlights:

Schedule of NEP 2020

S.No	Items	Times
1.	Registrations	11:30 AM to 11:40 AM
2.	Welcome Address by NSS coordinators	11:40 AM to 11:50 AM
3.	State NSS officer	11:50 AM to 12:00PM
4.	Regional Director	12:00PM to 12:10PM
5.	Registrar	12:10PM to 12:40PM
6.	Rector	12:40PM to 1:10PM
7.	Chief Guest	1:10PM to 2:00PM

a) Overview of NEP 2020:

The webinar began with an overview of the NEP 2020, providing participants with a comprehensive understanding of the policy's objectives, vision, and proposed reforms. The session covered topics such as the shift towards a multidisciplinary approach, flexible curriculum choices, integration of technology in education, and emphasis on holistic development.

b) Expert Presentations:

Renowned experts in the field of education delivered presentations on specific aspects of the NEP 2020. These presentations delved into the implications of the policy on curriculum design, assessment methods, teacher training, and the promotion of research and innovation in education. The insights shared by the experts provided a deeper understanding of the NEP 2020 and its potential impact on the teaching-learning process.

c) Interactive Discussions:

The webinar included interactive discussions, allowing participants to ask questions, share their perspectives, and engage in fruitful conversations. The discussions covered topics such as the challenges in implementing the NEP 2020, strategies for effective integration of the policy's principles, and the role of faculty members in driving the desired changes.

Key Takeaways:

a) Enhanced Understanding:

The webinar provided a comprehensive understanding of the NEP 2020, enabling the faculty member to grasp the policy's vision, objectives, and proposed reforms. The expert presentations

and interactive discussions helped in clarifying doubts and gaining insights into the implications of the policy.

b) Identification of Opportunities and Challenges:

The webinar facilitated the identification of opportunities and challenges associated with the implementation of the NEP 2020. The faculty member gained valuable insights into areas such as curriculum design, assessment practices, and the integration of technology in teaching. They also recognized the need for faculty development programs and capacity-building initiatives to align with the policy's objectives.

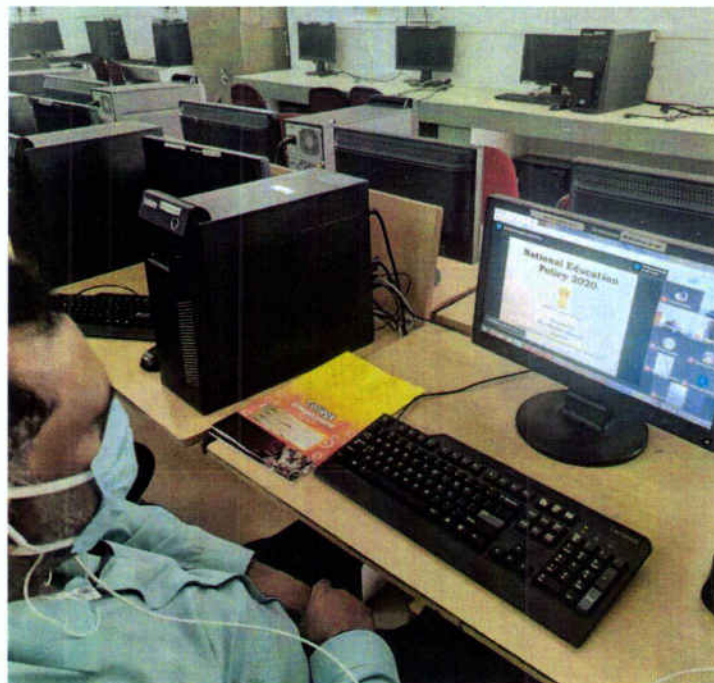
c) Strategies for Implementation:

The webinar provided strategies and recommendations for effectively implementing the NEP 2020 guidelines in the college's educational framework. The faculty member gained ideas on incorporating interdisciplinary approaches, promoting research and innovation, and fostering a learner-centric environment.

Conclusion:

The event deepened the understanding of the NEP 2020 and its implications for the Indian education system. The insights gained from the webinar will aid in aligning teaching methodologies, curriculum design, and assessment practices with the policy's objectives. By implementing the recommendations and strategies shared during the webinar, [Name of College] can contribute to the successful implementation of the NEP 2020 and nurture students who are prepared for the challenges and opportunities of the future.





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16.Report on GRITx3.0 24-09-2020

GRITx3.0, a seminar organized by Sri Sairam Engineering College, was an impactful event that aimed to inspire and empower students with the theme of resilience and determination. The seminar, held on **24-09-2020** online witnessed enthusiastic participation from students, faculty members, and esteemed guest speakers. The event proved to be a resounding success, leaving a lasting impact on the attendees and achieving its intended objectives.

Inspirational Guest Speakers:

The seminar featured renowned guest speakers who shared their personal stories of overcoming challenges, setbacks, and obstacles in their respective fields. Their motivational talks served as a source of inspiration for the attendees and instilled a sense of determination and resilience. The speakers' stories demonstrated that with perseverance and grit, one can overcome any adversity and achieve success.

Knowledge and Skill Enhancement:

GRITx3.0 provided a platform for students to enhance their knowledge and skills in various domains. The sessions conducted during the seminar covered a wide range of topics, including leadership, entrepreneurship, career planning, and personal development. The expert speakers shared valuable insights, practical tips, and strategies that equipped the participants with tools to navigate challenges and excel in their chosen fields.

Networking and Collaboration:

The seminar created a conducive environment for networking and collaboration among the attendees. Students had the opportunity to interact with the guest speakers, faculty members, and fellow participants, fostering meaningful connections and expanding their professional networks. This aspect of the seminar was particularly beneficial for students seeking mentorship, internships, and future career opportunities.

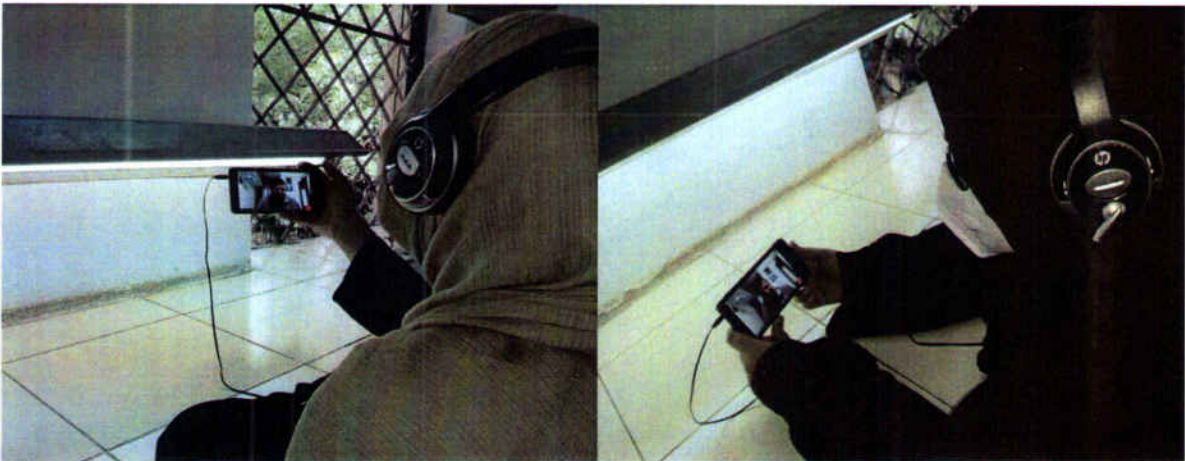
Motivated and Empowered Attendees:

The seminar left a profound impact on the attendees, instilling a sense of motivation, self-belief, and empowerment. The stories shared by the guest speakers served as catalysts for personal growth and encouraged students to dream big, set ambitious goals, and persevere in the face of challenges. The event ignited a spark of determination and resilience within the participants, inspiring them to overcome obstacles and achieve their full potential.

Long-lasting Impact:

GRITx3.0 had a long-lasting impact on the students and the college community as a whole. The seminar not only provided immediate inspiration but also laid the foundation for continuous personal and professional development. The knowledge, skills, and motivation gained from the event will serve as guiding principles in the students' future endeavors, enabling them to face challenges with confidence and resilience.

In conclusion, the seminar GRITx3.0 organized by Sri Sairam Engineering College proved to be a transformative event. It successfully inspired and empowered students by showcasing real-life examples of resilience and determination. The event facilitated knowledge enhancement, networking, and motivation, leaving a lasting impact on the attendees. Through GRITx3.0, Sri Sairam Engineering College demonstrated its commitment to nurturing resilient and determined individuals who will contribute positively to society.






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17.A report on Jan Andolan for Poshan Abhiyaan Training Program for NSS Volunteers **28 October 2020**

Training Program for NSS Volunteers

Date: **28 October 2020**

Location: Hyderabad-Online

Introduction:

The Jan Andolan for Poshan Abhiyaan training program was organized for National Service Scheme (NSS) volunteers with the aim of creating awareness about the importance of nutrition and promoting a healthy and well-nourished society.

Objectives:

The training program aimed to achieve the following objectives:

- a. Create awareness among NSS volunteers about the significance of proper nutrition and its impact on overall well-being.
- b. Educate volunteers about the key components of the Poshan Abhiyaan program and its objectives.
- c. Train volunteers on effective communication and outreach strategies to engage with communities and spread awareness about nutrition.
- d. Equip volunteers with the knowledge of implementing and monitoring various Poshan Abhiyaan interventions.

Training Program Content:

The training program consisted of a series of interactive sessions, and practical exercises. The content covered the following key areas:

- a. Introduction to Poshan Abhiyaan: NSS volunteers were provided with an overview of the Poshan Abhiyaan program, its objectives, and the government's efforts to combat malnutrition in the country.
- b. Understanding Nutrition: Volunteers received comprehensive training on the importance of nutrition, the different food groups, and the specific nutritional requirements for various age groups.
- c. Behavior Change Communication: Volunteers learned effective communication techniques and strategies to promote behavioral changes related to nutrition in individuals and communities.
- d. Community Engagement: The program emphasized the importance of community participation and engagement in the Poshan Abhiyaan. Volunteers were trained on conducting awareness campaigns, organizing nutrition-related events, and engaging with local stakeholders.
- e. Monitoring and Evaluation: Volunteers gained knowledge about monitoring and evaluating the impact of Poshan Abhiyaan interventions. They learned how to collect data, assess progress, and identify areas for improvement.

f. Collaborative Efforts: The training program highlighted the significance of collaborative efforts between various stakeholders, including government agencies, NGOs, and communities, to achieve the goals of Poshan Abhiyaan.

Training Methodology:

To ensure effective learning and engagement, the training program employed a variety of methodologies, including:

- a. Interactive Sessions: Trainers facilitated interactive sessions to encourage active participation and dialogue among volunteers.
- b. Case Studies and Role-plays: Volunteers were presented with real-life case studies and engaged in role-plays to simulate scenarios they might encounter during their engagement with communities.
- c. Guest Lectures: Experts and guest speakers were invited to share their experiences and provide valuable insights into nutrition and community engagement.

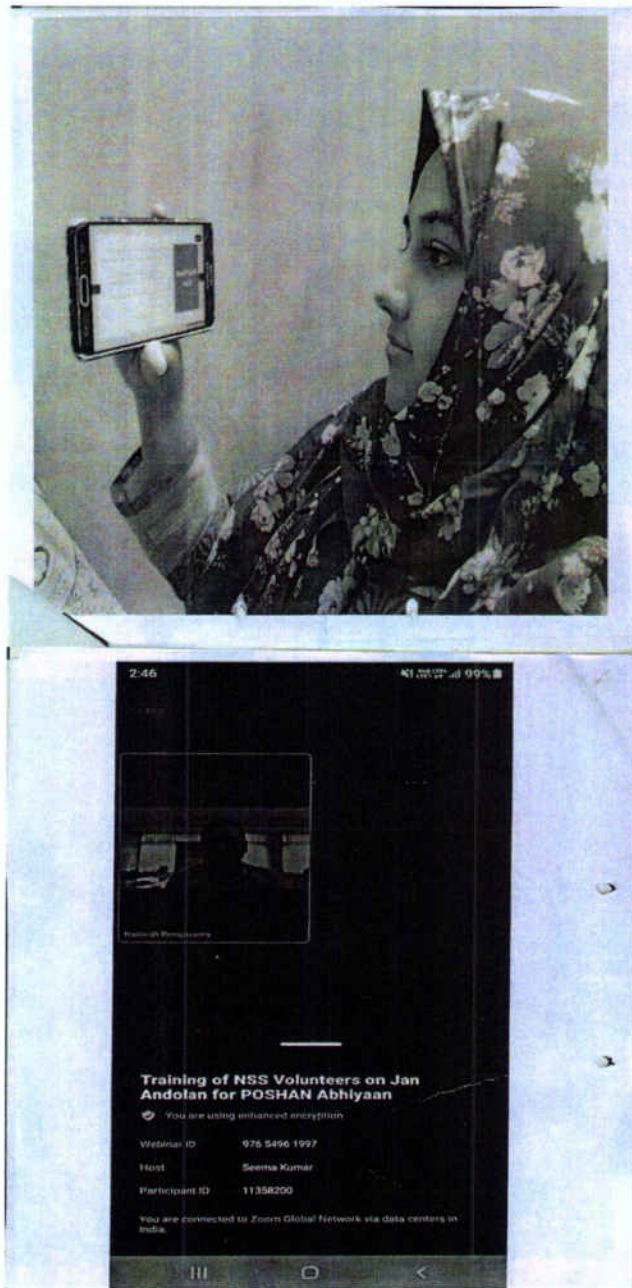
Outcomes and Impact:


The Jan Andolan for Poshan Abhiyaan training program yielded several positive outcomes and impacts, including:

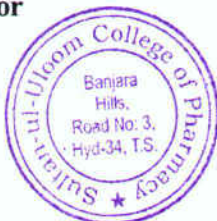
- a. Increased Awareness: NSS volunteers developed a deep understanding of nutrition-related issues and the importance of Poshan Abhiyaan in addressing these concerns.
- b. Enhanced Skills: Volunteers acquired the necessary skills to effectively communicate, engage with communities, and implement Poshan Abhiyaan interventions.
- c. Active Participation: NSS volunteers demonstrated a heightened commitment and willingness to actively participate in the Poshan Abhiyaan initiative.
- d. Community Engagement: Volunteers successfully organized and conducted awareness campaigns, reaching out to a significant number of individuals and communities.
- e. Monitoring and Evaluation: Volunteers were able to monitor and evaluate the impact of Poshan Abhiyaan interventions, contributing to data-driven decision-making.


Conclusion:

The Jan Andolan for Poshan Abhiyaan training program for NSS volunteers played a crucial role in creating awareness, building capacity, and fostering active participation in the Poshan Abhiyaan initiative. The trained volunteers are now equipped with the necessary knowledge and skills to effectively contribute to the fight against malnutrition and promote a healthier society. With their enhanced capabilities, the NSS volunteers are well-positioned to engage with communities, drive behavior change, and monitor the progress of Poshan Abhiyaan interventions, ultimately leading to improved nutrition and well-being across the nation.




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18.Report on Constitution Day Activities Conducted 25-11-2020

Introduction

Constitution Day, also known as Citizenship Day, is an annual event celebrated to commemorate the adoption of their respective constitutions. At our college a series of engaging activities were organized virtually to raise awareness about the significance of the constitution, promote civic values, and foster a deeper understanding of democratic principles among students. This report aims to provide an overview of the Constitution Day activities carried out on our college.

Objective

The primary objective of the Constitution Day activities was to encourage students to reflect upon and appreciate the importance of the constitution as the foundation of our democracy. The activities aimed to promote active citizenship, respect for human rights, and an understanding of the roles and responsibilities of individuals within a democratic society.

Activities Conducted

1. Constitution Day Lecture

The day commenced with a online guest lecture by a Professor G B Reddy. The lecture focused on the historical context of the constitution, its key features, and its significance in shaping our society. Students had the opportunity to interact with the speaker, ask questions, and gain valuable insights into constitutional law and governance.

2. Constitution Quiz Competition

To test students' knowledge about the constitution, a quiz competition was organized. The competition comprised multiple rounds with questions related to the constitution, landmark legal cases, and notable constitutional amendments. This activity encouraged healthy competition among students while promoting deeper learning about the constitution and its application in real-world scenarios.

3. Panel Discussion

A panel discussion involving faculty members and student representatives was held to foster a dialogue on the relevance of the constitution in contemporary society. The discussion covered various topics, such as constitutional rights and their limitations, the role of the judiciary, and the challenges faced in upholding the constitution. Students actively participated, sharing their perspectives and engaging in thoughtful conversations.

Outcomes and Impact

1. Increased Awareness

The Constitution Day activities successfully increased awareness among students about the constitution's importance, its provisions, and its impact on their lives as citizens. Students

developed a better understanding of their rights, responsibilities, and the mechanisms that uphold the principles of democracy.

2. Enhanced Civic Engagement

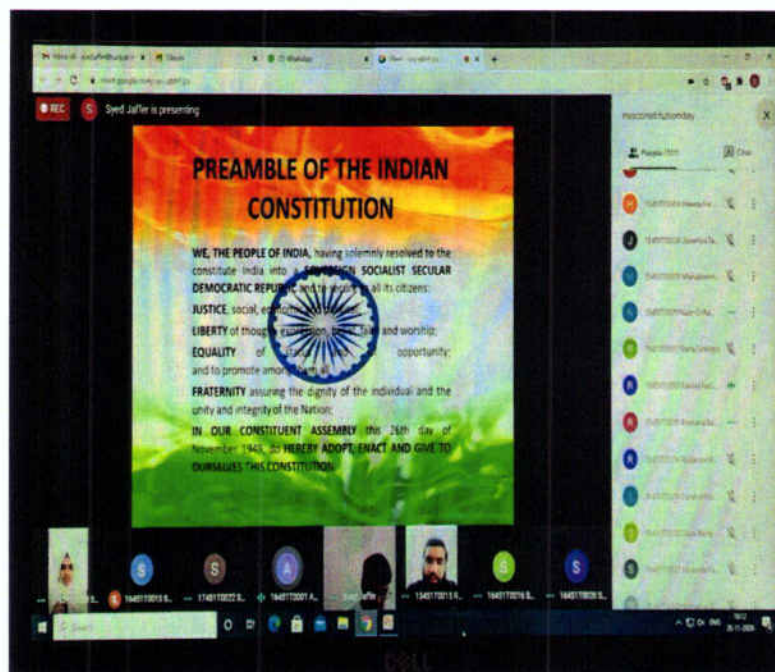
Through interactive session like the quiz competition, debates, and panel discussions, students were actively engaged in the learning process. They developed skills such as critical thinking, effective communication, and the ability to articulate their opinions on constitutional matters.

3. Strengthened Sense of Citizenship

The activities fostered a sense of civic responsibility and instilled a commitment to upholding the principles of the constitution. Students gained a deeper appreciation for democratic values, human rights, and the rule of law, which are fundamental to our society.

Conclusion

The Constitution Day activities provided a platform for students to reflect upon and celebrate the constitution. By organizing a variety of engaging and informative activities, students were able to enhance their understanding of constitutional principles, exercise their citizenship, and contribute to the promotion of a democratic society.



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PREAMBLE OF THE INDIAN CONSTITUTION

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a **Sovereign Socialist Secular Democratic Republic** and to secure to all its citizens:

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this 26th day of November 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

Are you talking? Your mic is off. Click the mic to turn it on.

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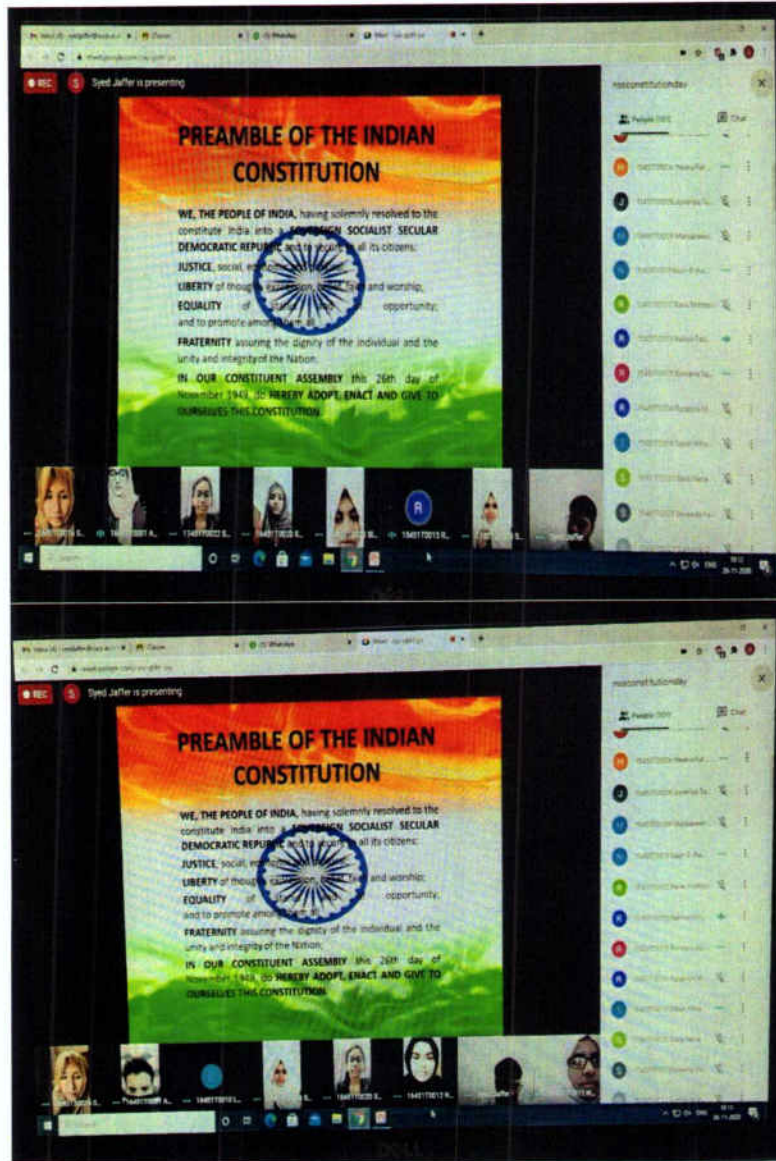
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19.Report on Activities Promoting Fundamental Duties of Indian Citizens 30-12-2020

Introduction:

The fundamental duties of citizens in India are an essential aspect of upholding the democratic values and social responsibilities enshrined in the Constitution. Recognizing the significance of fostering awareness and practice of these duties among the younger generation, our college has undertaken various activities to encourage students to fulfil their responsibilities as responsible citizens. This report highlights the initiatives carried out in our college to promote the fundamental duties of Indian citizens.

Civic Education:

To enhance students' understanding of their fundamental duties, our college regularly conducts civic education activities under the SUCP-NSS Unit. The topics such as the importance of voting, respecting the Constitution, promoting harmony and unity, protecting the environment, and more.

Voter Registration Drives:

Recognizing the significance of the right to vote, our college actively participates in voter registration drives. Collaborating with the Election Commission, we organize on-campus registration camps to facilitate students' enrolment in the electoral roll. These drives not only encourage students to exercise their franchise but also raise awareness about the power of voting in shaping the nation's future.

Awareness Campaigns:

Our college conducts awareness campaigns on various social issues and fundamental duties. Students organize rallies, street plays, and awareness drives to address topics such as cleanliness, gender equality, literacy, and civic sense. These campaigns aim to sensitize the public, emphasizing their responsibilities towards society and inspiring them to take action.

Environmental Initiatives:

Recognizing the importance of environmental conservation, our college promotes sustainable practices and environmental awareness among students. Activities such as tree plantation drives, waste management workshops, and awareness sessions on climate change are organized to foster a sense of duty towards preserving the environment. Students actively participate in these initiatives, contributing to a greener and more sustainable campus.

Community Service Programs:

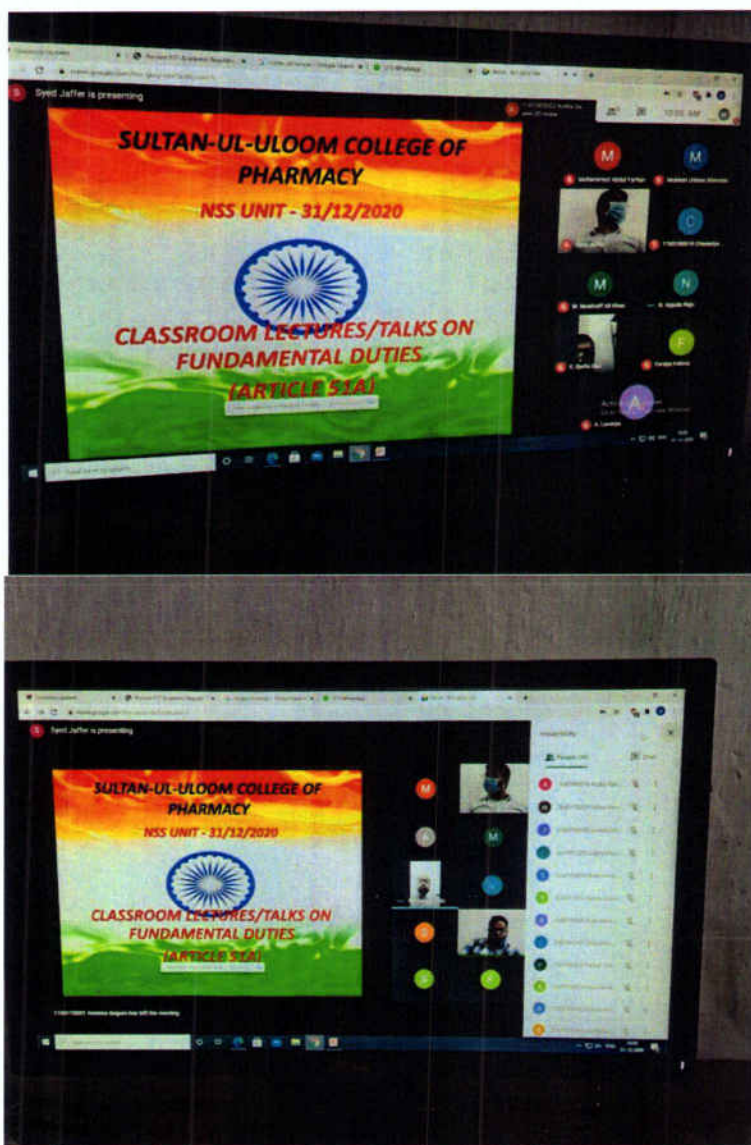
To instil a sense of social responsibility, our college encourages students to engage in community service programs. Students volunteer their time and skills to work with local NGOs, participate in blood donation drives, support underprivileged communities, and contribute to disaster relief efforts. These programs provide students with practical opportunities to fulfill their duty of serving society.

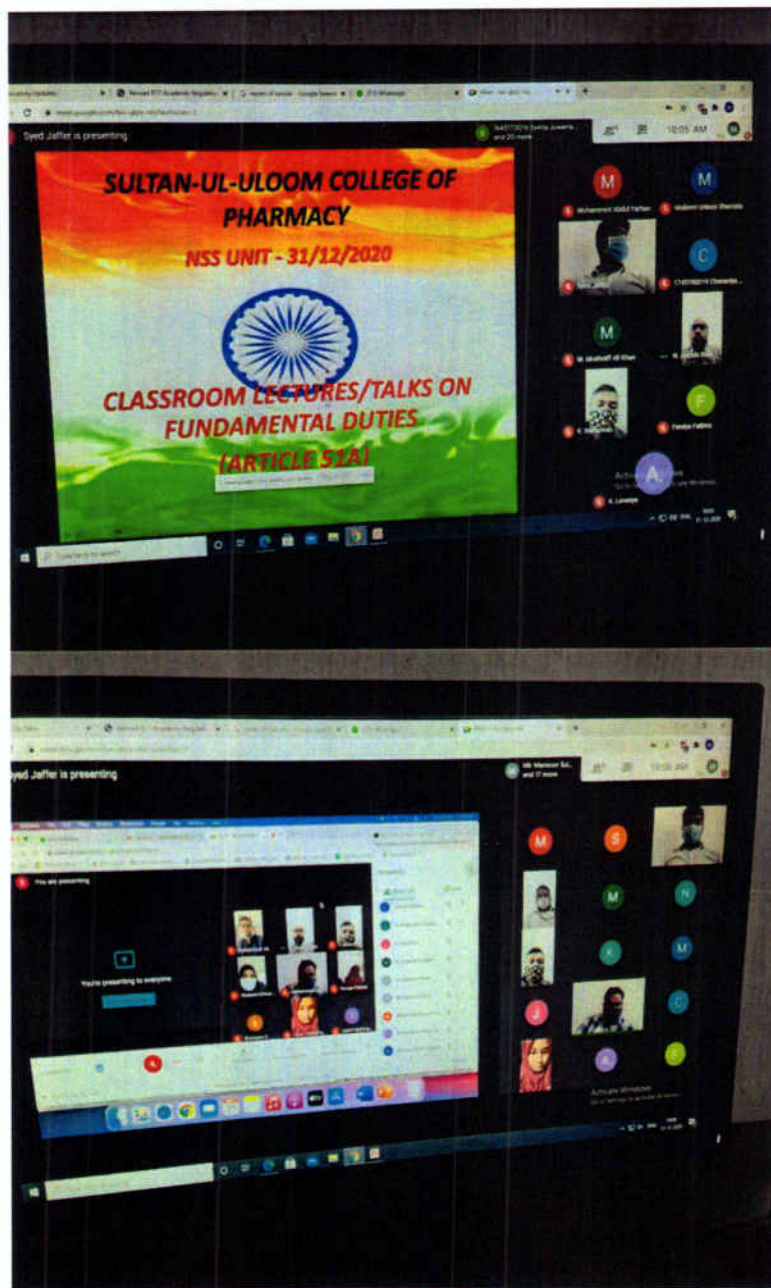
Constitution Day Celebrations:

Every year on Constitution Day 26th November, our college organizes various events to commemorate the adoption of the Indian Constitution. Debates, quizzes, and seminars are conducted to educate students about the fundamental rights and duties enshrined in the Constitution. These celebrations serve as a reminder of the responsibilities citizens hold towards the nation.

Conclusion:

Our college's commitment to promoting the fundamental duties of Indian citizens reflects our belief in fostering responsible, informed, and active citizens. Through civic education, voter registration drives, awareness campaigns, environmental initiatives, community service programs, and Constitution Day celebrations, we strive to inspire and empower students to contribute positively to society. By engaging in these activities, our college plays a vital role in cultivating a generation of responsible citizens who are aware of their duties and actively work towards nation-building.





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20.Lecture Talks on Dr. B R Ambedkar at College Levels 24th Feb 2021

Introduction

Dr. B R Ambedkar, also known as Babasaheb Ambedkar, was an eminent social reformer, jurist, economist, and political leader who played a pivotal role in India's struggle for independence and the framing of the Indian Constitution. His ideas and contributions towards social justice, equality, and the upliftment of marginalized sections of society continue to inspire millions.

Objectives of Lecture Talks

The primary objectives of organizing lecture talks on Dr. B R Ambedkar at college levels are:

- a. Promoting Awareness: These talks aim to raise awareness among college students about Dr. Ambedkar's life, struggle, and his immense contributions to the nation.
- b. Inspiring Leadership: By familiarizing students with Dr. Ambedkar's struggles and achievements, the lectures aim to inspire young minds to become socially responsible leaders committed to the welfare of all individuals.
- c. Understanding Social Issues: The talks delve into the social issues prevalent during Dr. Ambedkar's time and their relevance in contemporary society. They encourage students to critically analyze societal challenges and explore solutions.
- d. Inculcating Values: Dr. Ambedkar's ideas of social equality, justice, and human rights serve as a guiding force in molding students' values and encouraging them to work towards a more inclusive society.

Topics Covered in Lecture Talks

The lecture talks on Dr. B R Ambedkar cover a wide range of topics, including:

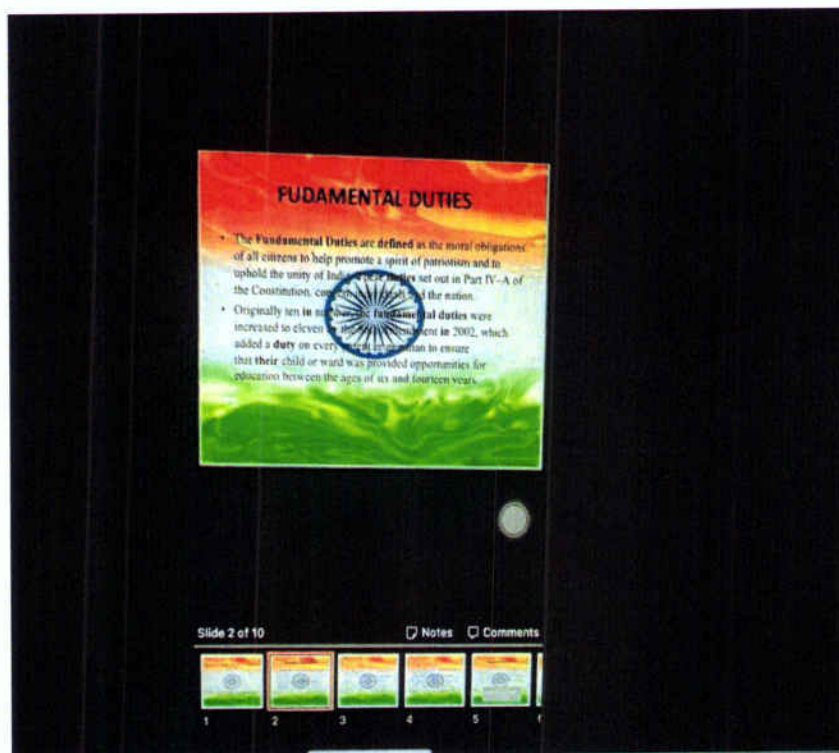
- a. Early Life and Education: The lectures provide insights into Dr. Ambedkar's childhood, his struggles against caste discrimination, and his educational journey, which eventually led him to become a distinguished scholar.
- b. Social Reforms and Activism: Discussions focus on Dr. Ambedkar's relentless efforts to eradicate caste-based discrimination and untouchability. His involvement in the Dalit movement and his initiatives to uplift the marginalized sections of society are highlighted.
- c. Role in Indian Independence: The talks shed light on Dr. Ambedkar's significant role in the Indian independence movement and his collaboration with other prominent leaders. His contributions as the Chairman of the Drafting Committee of the Indian Constitution are emphasized.

d. Vision for a New India: The lectures explore Dr. Ambedkar's vision for a progressive and egalitarian India, emphasizing the principles of liberty, equality, and fraternity. His views on women's rights, religious freedom, and economic reforms are discussed.

e. Legacy and Influence: The talks delve into the enduring impact of Dr. Ambedkar's ideas and his influence on Indian society and politics. The discussions also touch upon the continuing relevance of his work in addressing contemporary challenges.

Conclusion

Lecture talks on Dr. B R Ambedkar at our college serve as an important platform to educate students about the life, achievements, and ideas of one of India's greatest social reformers. By providing insights into his struggles, vision, and contributions, these talks inspire students to become agents of social change and uphold the values of equality and justice in society. Through a comprehensive understanding of Dr. Ambedkar's work, students are empowered to actively contribute to building a more inclusive and harmonious India.





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21.Report on International Yoga Day-21-06-2021

Introduction

International Yoga Day, observed annually on June 21st, is a global initiative that promotes physical, mental, and spiritual well-being through the practice of yoga. Yoga has gained immense popularity worldwide due to its numerous health benefits and stress-relieving properties. At our college, we celebrated International Yoga Day with great enthusiasm, aiming to create awareness about the significance of yoga in maintaining a healthy and balanced lifestyle.

Objectives

The objectives of the International Yoga Day celebration at our college were as follows:

- a) Promote yoga awareness: Educate students, faculty, and staff about the origins, principles, and benefits of yoga as a holistic practice for physical and mental well-being.
- b) Encourage participation: Engage the college community to actively participate in yoga sessions and experience the physical and mental benefits first-hand.
- c) Foster a yoga culture: Create a conducive environment that encourages regular yoga practice and instils a sense of discipline, mindfulness, and stress management among the college community.
- d) Showcase diversity: Highlight the diverse forms of yoga practiced globally and emphasize the inclusive nature of yoga as a universal practice that transcends cultural boundaries.

Event Highlights

The International Yoga Day celebration at our college featured a variety of activities and events that catered to participants of all levels, ranging from beginners to experienced practitioners. Some of the highlights included:

- a) Yoga workshops: Yoga instructor conducted interactive workshops to introduce various yoga asanas (poses), pranayama (breathing exercises), and meditation techniques. These sessions focused on correct alignment, breathing techniques, and the benefits associated with each practice.
- b) Group yoga sessions: Large-scale group yoga sessions were organized, where participants gathered on the college Auditorium to perform synchronized yoga routines. These sessions

aimed to create a sense of unity and community while promoting physical fitness and mental relaxation.

c) Demonstrations and performances: The performance included demonstrations of specialized yoga forms such as Kundalini yoga, Hatha yoga, and Ashtanga yoga, highlighting the diversity and richness of the practice.

d) Meditation and relaxation sessions: Guided meditation and relaxation sessions were conducted to help participants experience the profound mental and emotional benefits of yoga. These sessions aimed to reduce stress, improve focus, and cultivate a state of inner peace and tranquillity.

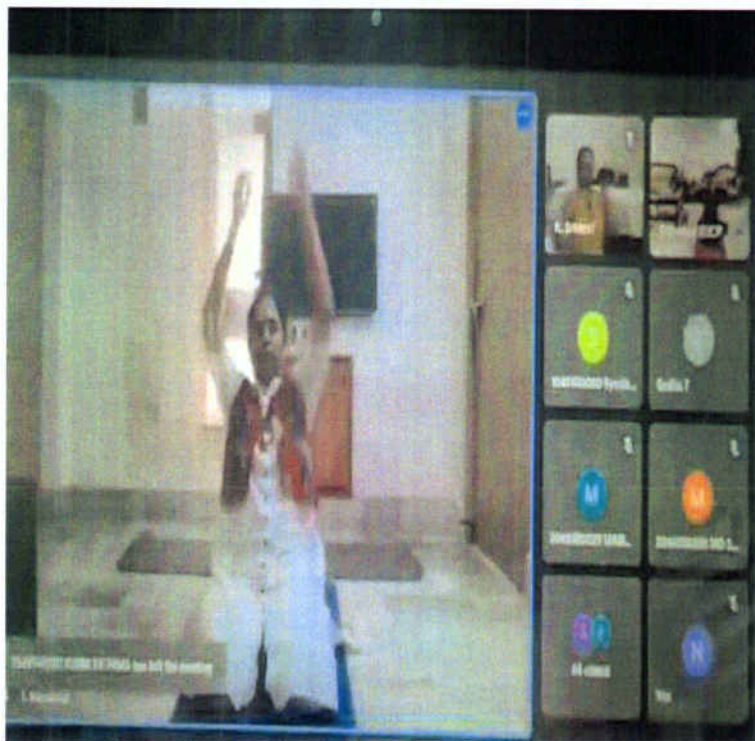
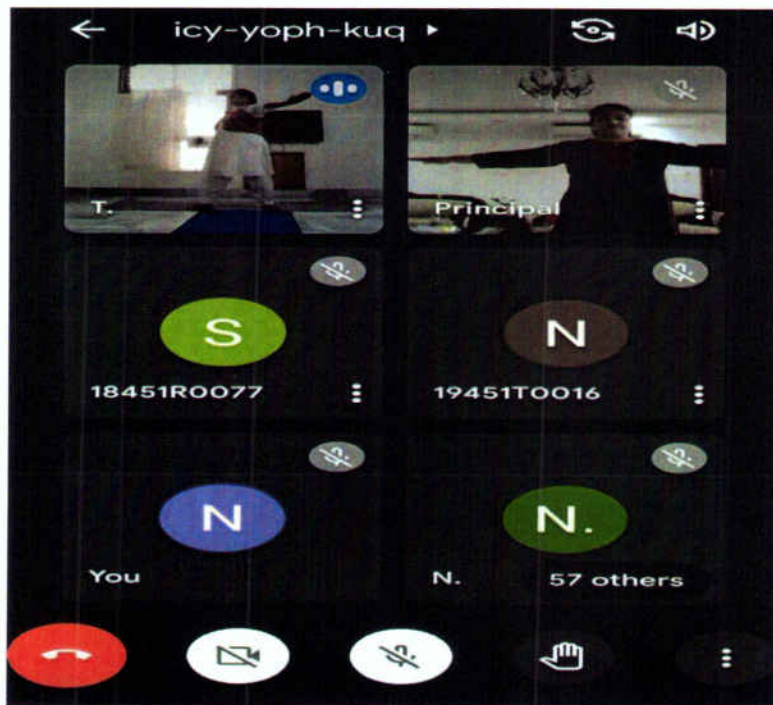
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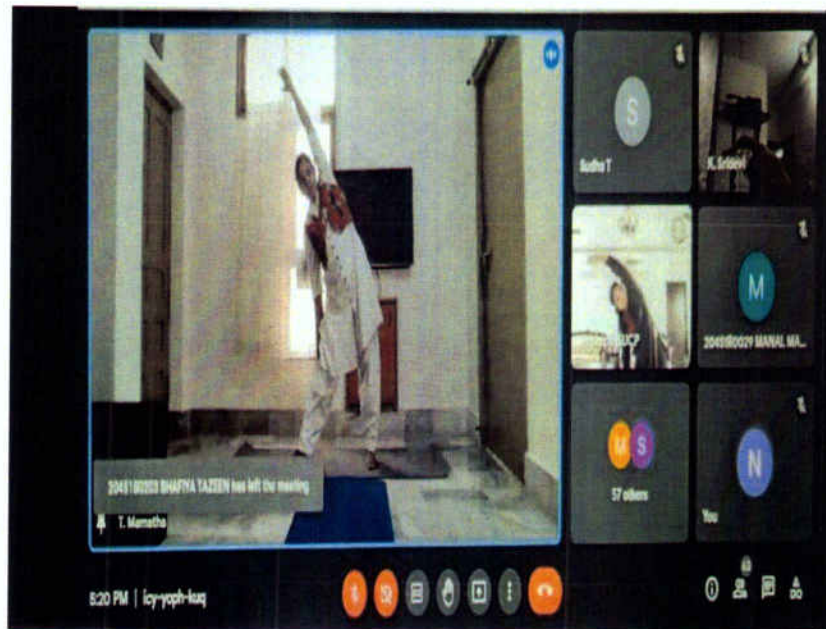
The International Yoga Day celebration at our college had several positive impacts and benefits, including:

a) Increased awareness and knowledge: The event successfully raised awareness about the origins, philosophy, and benefits of yoga among the college community. Participants gained a deeper understanding of yoga as a comprehensive practice for holistic well-being.

b) Improved physical and mental well-being: Regular yoga practice through the celebration contributed to enhanced physical fitness, flexibility, and stress management skills among participants. The meditation sessions helped reduce anxiety and promote mental clarity.

c) Sense of community and inclusivity: The event fostered a sense of unity and inclusivity among participants, as they came together to practice yoga irrespective of their backgrounds or skill





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22.Report on Activities Carried Out for Haritha Haram Telangana at College Level 26-07-2021

Introduction

The Haritha Haram Telangana initiative is a significant environmental campaign undertaken by the Government of Telangana to increase the state's green cover. As part of this noble cause, our college actively participated in various activities aimed at promoting afforestation, conservation, and environmental awareness.

Tree Plantation Drives

One of the primary activities organized by our college was regular tree plantation drives. These drives were conducted in collaboration with the local forestry department, where saplings were procured and distributed among students, faculty, and staff. We planted a wide variety of native tree species in designated areas within the college campus.

Green Initiatives

Our college implemented various green initiatives to promote sustainability and reduce environmental impact. These initiatives included:

- a) **Rainwater Harvesting:** The college implemented rainwater harvesting techniques to conserve water resources. Rainwater was collected and stored for irrigation purposes, reducing dependency on external water sources.
- b) **Waste Management:** To manage waste effectively, our college set up waste segregation bins across the campus. Students and staff were encouraged to separate waste into recyclable and non-recyclable categories. Regular awareness programs were conducted to educate the college community about waste management practices.
- c) **Solar Energy:** The college installed solar panels to harness clean energy and reduce dependency on conventional power sources. Solar-powered street lights and water heating systems were implemented, promoting renewable energy usage.

Conclusion

The activities carried out by our college for Haritha Haram Telangana have played a significant role in promoting afforestation, environmental awareness, and sustainable practices. Through tree plantation drives, awareness campaigns, and green initiatives, we have actively contributed to the state's green cover and instilled a sense of environmental responsibility among students and the college community. We remain committed to continuing our efforts and contributing to the larger goal of creating a greener and healthier Telangana.








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23.Cheer for India Support by Students at College 27-07-2021

Introduction

In recent years, the importance of supporting the national sports teams has gained significant momentum, creating a sense of unity, patriotism, and pride among citizens. This report aims to highlight the phenomenon of "Cheer for India" support by students at our college and explore its impact on fostering national unity and sportsmanship.

Background

India, being a diverse nation with a rich sporting heritage, has seen a surge in the popularity of different sports in recent years. Cricket, football, hockey, badminton, and athletics have garnered massive followings, and major international tournaments attract significant attention from the Indian public. College students, who are often at the forefront of societal change and trends, have taken it upon themselves to show their support and enthusiasm for the national teams.

Cheer for India Initiatives

- a) **Sending Good Luck Wishes:** Students have shown their support by sending good luck wishes. May you rise to the challenge, surpass your own expectations, and seize every opportunity that comes your way. Trust in your abilities, believe in yourselves, and embrace the power of teamwork. Go out there and give it your all. Make your mark on the field and leave a legacy that will inspire future generations of athletes.
- b) **Customized Merchandise:** Students have shown their support by wearing customized merchandise such as caps, holding Banners for cheer for India in the colors of the Indian flag or the national team.
- c) **Social Media Campaigns:** Recognizing the power of social media in connecting and mobilizing people, students have initiated online campaigns to generate awareness and support for the national teams. Hashtags Cheer For India used to rally students and create a sense of virtual togetherness.

Impact and Benefits

- a) **National Unity:** The Cheer for India support by students at college has played a vital role in fostering national unity. It brings together students from diverse backgrounds, transcending regional, linguistic, and cultural barriers. The shared enthusiasm and support for the national teams create a sense of belonging and national identity among students.
- b) **Sportsmanship and Team Spirit:** Supporting the national teams encourages students to develop sportsmanship and team spirit. They learn to appreciate the efforts of athletes, acknowledge the importance of fair play, and understand the significance of collective effort in achieving success. This support instills values that go beyond the sporting arena and can positively impact their personal and professional lives.

Conclusion

The Cheer for India support by students at college has emerged as a powerful expression of national unity and sportsmanship. Through various initiatives, students have demonstrated their unwavering support for the national teams and contributed to fostering a sense of pride and belonging. By continuing to encourage such initiatives, colleges can play a pivotal role in nurturing the sporting culture of the nation and inspiring future






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24.Title: Report on Fit India Run 21/08/2021

Introduction

The FIT India Run is an initiative aimed at promoting physical fitness and overall well-being among students. Organized by educational institutions across the country, this event encourages students to adopt an active lifestyle and prioritize their health.

Objectives

The primary objectives of the FIT India Run were as follows:

- a) Encourage students to engage in regular physical activity.
- b) Raise awareness about the importance of maintaining a healthy lifestyle.
- c) Foster a sense of community and camaraderie among students.
- d) Promote the Fit India Movement and its mission to make India a fitter nation.

Event Details

- a) Date and Venue: The FIT India Run took place on 26/01/2021 at shilparamam Hyderabad. The route covered a distance of 2km.
- b) Participation: Students from various grades, along with teachers and staff, were encouraged to participate. The event saw an enthusiastic turnout of participants.
- c) Preparations: Prior to the event, the organizing committee conducted promotional activities to generate awareness and encourage student participation. This included distributing flyers, displaying posters, and making announcements through various communication channels.
- d) Safety Measures: The organizing committee prioritized the safety of participants by implementing necessary safety measures. These included first aid facilities, hydration stations along the route, and ensuring proper traffic management.

Event Highlights

- a) Warm-Up Session: The FIT India Run began with a lively warm-up session conducted by fitness experts. This helped participants prepare their bodies for the run and reduce the risk of injuries.
- b) Run Route: The designated route showcased the scenic beauty of the surroundings, motivating participants throughout the run. Volunteers and organizers were stationed at regular intervals to guide and motivate the participants.
- c) Participant Engagement: Various activities such as music, cheerleading squads, and motivational slogans were organized along the route to keep the participants engaged and energized.

Impact and Benefits

- a) Health Awareness
- b) Team Building
- c) Fitness Inspiration
- d) Community Engagement

Conclusion

The FIT India Run successfully promoted physical fitness, health awareness, and a sense of community among students. By encouraging active participation, this event played a crucial role in shaping the fitness habits of students and inspiring them to lead healthier lives.








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25.Report on Successful Completion of Rashtriya Ekta Divas at Our College Premises 31-10-2021

The event aimed to celebrate the birth anniversary of Sardar Vallabhbhai Patel and promote national unity and integration among the students and faculty members of our college.

Event Overview:

The Rashtriya Ekta Divas event commenced at with the flag-hoisting ceremony, followed by the recitation of the national anthem. The event was attended by a large number of students, faculty members, and esteemed guests from various walks of life. The program schedule included several engaging activities and meaningful sessions, focusing on the ideals and principles of unity and diversity.

Inauguration Ceremony:

The event was inaugurated by our respected principal, Dr. Anupama Koneru who delivered an inspiring speech emphasizing the importance of unity and encouraged everyone to honor the legacy of Sardar Vallabhbhai Patel. The principal's speech set the tone for the event, instilling a sense of pride and patriotism among the attendees.

Unity March:

To symbolize the spirit of unity, a unity march was organized in which students, faculty members, and staff walked together, carrying national flags and banners. The march proceeded through the college premises, spreading the message of solidarity and national integration. The sight of the march resonated with the participants, reinforcing the idea of togetherness.

Conclusion:

The successful completion of the Rashtriya Ekta Divas event at our college premises was a testament to the collective efforts of the organizing committee, students, faculty members, and staff. The event served its purpose of celebrating the birth anniversary of Sardar Vallabhbhai Patel, promoting national unity, and fostering a sense of pride in our diverse cultural heritage. The active participation and positive feedback received from the attendees reflected the impact of the event on the college community.

We would like to express our gratitude to all the individuals who contributed to the successful execution of this event



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26.Report: Cycling Activities on National Pollution Day: 2nd December 2021

Introduction:

The following report provides an overview of the cycling activities conducted by students on National Pollution Day. The aim of the event was to raise awareness about the environmental impact of pollution and promote sustainable transportation alternatives like cycling. This report outlines the objectives, organization, participation, and outcomes of the cycling activities.

Objectives:

The primary objectives of the cycling activities on National Pollution Day were as follows:

- a) Promote environmental awareness and educate students about the detrimental effects of pollution.
- b) Encourage the adoption of eco-friendly transportation methods, particularly cycling.
- c) Engage students in physical activities to promote a healthy lifestyle.

Organization:

- a) Date and Venue: Hitech City-Hyderabad

The event took place on National Pollution Day, which falls on 2nd December every year.

- b) Safety Measures:

To ensure the safety of participants, the organizing committee arranged for helmets, knee pads, and reflective vests. They also conducted a briefing session on cycling rules and safety guidelines before the event.

Participation:

- a) Students:

Students from various levels were encouraged to participate in the cycling activities. Prior to the event, registrations were opened, and interested students were asked to sign up. The response was overwhelming, with more than 200 students from different classes registering for the event.

- b) Teachers and Staff:

Apart from students, teachers and staff members were also invited to participate in the cycling activities. Their involvement aimed to set an example for students and further emphasize the importance of eco-friendly transportation.

Activities:

- a) Cycling Rally:

The main activity of the day was a cycling rally conducted within the school premises. A pre-determined route was marked, covering various sections of the campus. Students, along with teachers and staff, participated in the rally, cycling in groups.

- b) Environmental Awareness Sessions:

Alongside the cycling rally, short sessions on environmental awareness were organized. Experts were invited to deliver talks on pollution, its impact on the environment, and the importance of adopting sustainable practices. These sessions were informative and helped students understand the significance of their actions in combating pollution.

Outcomes:

a) Environmental Awareness:

The cycling activities successfully raised awareness among students about the detrimental effects of pollution. The expert sessions helped students comprehend the importance of preserving the environment and adopting sustainable modes of transportation.

b) Increased Interest in Cycling:

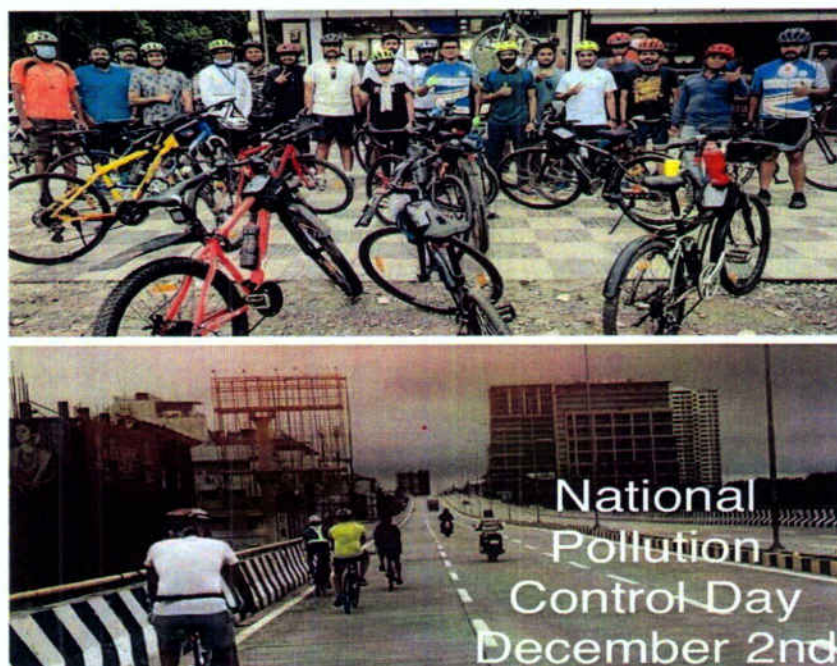
The event generated a surge of interest in cycling among students. Many expressed their desire to continue cycling as a means of daily transportation, thereby reducing pollution levels in their immediate surroundings.

c) Health Benefits:

The physical activities involved in the cycling rally contributed to the promotion of a healthy lifestyle. Students experienced the joy of cycling while simultaneously engaging in exercise.

Conclusion:

The cycling activities organized on National Pollution Day proved to be a successful endeavour in promoting environmental awareness and encouraging sustainable transportation methods. The event effectively engaged students in physical activities, fostering a sense of responsibility towards the environment. By emphasizing the importance of cycling and its impact on pollution reduction, the event has set the stage for further initiatives promoting a greener and healthier future.




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27. Report on Poshan Abhiyan Activities at College Level 1st September 2021-29 Sep 2021

Introduction:

Poshan Abhiyan, also known as the National Nutrition Mission, is a flagship program of the Government of India aimed at addressing malnutrition and promoting the well-being of women and children. This report provides an overview of the activities carried out at our college level as part of the Poshan Abhiyan initiative.

Objectives:

The main objectives of Poshan Abhiyan activities at the college level are as follows:

- a. Raise awareness about the importance of nutrition and its impact on overall health.
- b. Educate students about balanced diets, nutrition-rich foods, and healthy eating habits.
- c. Promote community engagement in addressing malnutrition issues.

Activities:

a. Awareness Campaigns: College students actively participated in organizing awareness campaigns on nutrition and health. These campaigns involved various activities such as poster exhibitions, skits, street plays, and seminars on nutrition-related topics. The aim was to educate the college community and local residents about the significance of a well-balanced diet and its impact on physical and cognitive development.

b. Nutritional Counseling: College students trained as peer educators provided nutritional counseling to their fellow students. They conducted one-on-one sessions and group discussions to address common misconceptions about nutrition and suggest personalized diet plans based on individual needs. These sessions aimed to promote healthier eating habits among students.

c. Food and Nutrition Drives: College-level Poshan Abhiyan activities also focused on organizing food and nutrition drives. Students initiated collection drives to gather food items and nutritional supplements for underprivileged children and families. These collected resources were distributed to local orphanages, anganwadis. Such drives not only provided immediate support to those in need but also instilled a sense of empathy and social responsibility in the student community.

d. Nutrition Workshops: College students actively participated in organizing and conducting nutrition workshops in collaboration with local health professionals. These workshops covered a wide range of topics such as breastfeeding, infant and child nutrition, adolescent nutrition, and the importance of micronutrients. Students had the opportunity to interact with experts, ask questions, and gain practical knowledge about healthy eating practices.

Impact:

a. **Increased Awareness:** The college-level Poshan Abhiyan activities significantly contributed to raising awareness about the importance of nutrition and its impact on overall health. Students actively engaged with their peers and the local community, disseminating crucial information and dispelling myths related to nutrition.

b. **Behaviour Change:** The activities encouraged positive behaviour change among college students regarding their eating habits. Many students reported adopting healthier diets, incorporating a variety of nutritious foods into their meals, and reducing the consumption of processed and junk foods.

c. **Community Engagement:** The community engagement initiatives helped foster a sense of social responsibility among college students. By actively participating in food and nutrition drives and conducting workshops for underprivileged communities, students demonstrated their commitment to the cause and encouraged others to join the mission.

Conclusion:

The college-level activities under Poshan Abhiyan played a crucial role in promoting nutrition awareness, instilling healthy eating habits, and fostering community engagement among college students. By actively participating in various initiatives, the students contributed to addressing malnutrition and creating a healthier society. These activities are vital steps towards achieving the objectives of the Poshan Abhiyan program and creating a positive impact on the well-being of women and children in India.





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28. Report on World Heart Day activities in association with Aster Prime Hospital 29-09-2021

Introduction

World Heart Day is a global initiative celebrated on September 29th each year to raise awareness about cardiovascular diseases (CVD) and promote heart-healthy lifestyles. In collaboration with Aster Prime Hospital, a group of students organized a World Heart Day awareness campaign to educate the community about the importance of cardiovascular health and disease prevention.

Objectives

The primary objectives of the campaign were:

- a. To raise awareness about the causes, risk factors, and prevention of cardiovascular diseases.
- b. To promote healthy lifestyle choices that can improve heart health.
- c. To encourage regular health check-ups and screenings for early detection of heart-related issues.
- d. To provide educational resources and materials to the community regarding heart health.
- e.

Planning and Execution

The student-led initiative involved meticulous planning and coordination with Aster Prime Hospital. The campaign was designed to engage the community through various activities and events, including:

- a. Health Talks and Workshops: Students organized informative sessions conducted by medical professionals from Aster Prime Hospital. These sessions covered topics such as heart disease prevention, symptoms, risk factors, and dietary guidelines.
- b. Health Check-up Camps: In collaboration with Aster Prime Hospital, the students set up health check-up camps in public areas. These camps offered free blood pressure and cholesterol screenings, as well as BMI calculations.
- c. Awareness Drives: The students conducted awareness drives within the community, distributing informational pamphlets, brochures, and posters highlighting the importance of heart health. These materials were created in collaboration with medical experts to ensure accuracy and relevance.

Impact and Results

The World Heart Day campaign conducted by the students in association with Aster Prime Hospital had a significant impact on the community. Some of the notable achievements include:

a. **Community Engagement:** The campaign successfully reached a large number of individuals within the community, generating widespread awareness about heart health. The health talks, workshops, and awareness drives received positive feedback and active participation from community members.

b. **Health Screenings:** Through the health check-up camps, numerous individuals received free screenings, allowing them to assess their heart health status. Participants were educated about their risk factors and provided guidance on making necessary lifestyle changes.

c. **Online Reach:** The social media campaign garnered considerable online engagement, reaching a wider audience beyond the local community. The interactive quizzes and contests facilitated the sharing of knowledge and encouraged active participation in heart health discussions.

Conclusion

The World Heart Day awareness campaign organized by the students in association with Aster Prime Hospital was a commendable effort to promote cardiovascular health and raise awareness about heart disease prevention. Through a series of activities, the campaign effectively engaged the community and provided essential knowledge and resources to encourage heart-healthy lifestyles. The collaboration between the students and Aster Prime Hospital exemplifies the significance of collective efforts in addressing public health issues and highlights the role of educational institutions in promoting community well-being.





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29.A report on Clean India Program-Muneerabad 1st to 31st Oct 2021

Introduction

The following report outlines the Clean India activity conducted by the National Service Scheme (NSS) volunteers at Muneerabad in Hyderabad. The objective of the campaign was to promote cleanliness, hygiene, and environmental awareness among the local community. This report provides an overview of the activities carried out, the impact created, and the challenges faced during the campaign.

Campaign Planning and Execution

2.1 Objective

The primary objective of the Clean India activity was to create a cleaner and healthier environment in Muneerabad, Hyderabad, by engaging NSS volunteers and raising awareness among the local residents about the importance of cleanliness.

2.2 Activities Undertaken

The NSS volunteers undertook the following activities during the Clean India campaign:

- a) **Street Cleaning:** Volunteers organized and participated in street cleaning drives, removing litter, and sweeping the roads to maintain cleanliness.
- b) **Waste Management:** They conducted awareness sessions on proper waste segregation and disposal methods. Additionally, they distributed reusable cloth bags to promote the reduction of plastic waste.
- c) **Cleanliness Drives:** Volunteers organized cleanliness drives in public areas such as parks, marketplaces, and bus stops. They collected and disposed of litter properly, encouraging the locals to keep these areas clean.
- d) **Educational Workshops:** NSS volunteers conducted educational workshops in local schools and community centers to educate children and adults about the significance of cleanliness and personal hygiene.
- e) **Awareness Campaigns:** Volunteers organized rallies and door-to-door campaigns, distributing pamphlets and discussing the importance of cleanliness, sanitation, and waste management with the local residents.
- f) **Tree Plantation:** As a part of the campaign, volunteers planted trees to promote environmental conservation and create a greener environment.

Impact and Outcomes

The Clean India activity conducted by NSS volunteers at Muneerabad, Hyderabad, resulted in several positive outcomes:

a) **Increased Awareness:** The campaign successfully raised awareness about cleanliness, waste management, and environmental preservation among the local residents. The educational workshops and awareness campaigns played a crucial role in disseminating knowledge and changing behavior.

b) **Behavioral Change:** The active participation of NSS volunteers in cleaning drives encouraged the local community to adopt cleaner practices and maintain hygiene standards.

c) **Community Engagement:** The campaign fostered community participation and engagement, as locals actively joined hands with NSS volunteers to clean public spaces, contributing to a sense of ownership and pride.

d) **Enhanced Environment:** The efforts put in by the volunteers led to visibly cleaner streets, parks, and public areas. The tree plantation initiative further contributed to a greener and healthier environment.

Conclusion

The Clean India activity carried out by NSS volunteers in Muneerabad, Hyderabad, made a significant impact on the local community. Through their efforts, awareness about cleanliness, waste management, and environmental conservation was raised, leading to behavioral changes and a cleaner environment. Despite the challenges faced, the campaign demonstrated the importance of collective action and community participation in achieving a cleaner and healthier society.






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30.Report on Medical Health Camp-Muneerabad 8-10-2021

Introduction:

The purpose of this report is to provide a comprehensive overview of the medical camp conducted by students in association with Aster Prime Hospitals. The medical camp aimed to provide free healthcare services and raise awareness about various health issues within the local community. The event was organized by a group of dedicated students who collaborated with Aster Prime Hospitals to bring healthcare services closer to the underserved population.

Objectives:

The medical camp had the following objectives:

1. To offer free medical services to the community.
2. To create awareness about various health issues and promote preventive measures.
3. To provide basic health check-ups and consultations.
4. To facilitate early detection of diseases and provide appropriate medical advice.
5. To refer patients requiring specialized treatment to Aster Prime Hospitals.
6. To engage and educate students about healthcare initiatives and community service.

Date and Venue: 8/10/2021 & Muneerabad

7. The medical camp was held on from 9:30 to 4:00pm. The venue was chosen strategically to ensure easy accessibility for the community members.

Collaborators:

The medical camp was conducted in association with Aster Prime Hospitals, a renowned healthcare institution known for its commitment to quality care and community outreach. The collaboration with Aster Prime Hospitals provided the necessary medical expertise, resources, and support to make the event successful.

Activities and Services Provided:

The medical camp offered a wide range of activities and services, including:

General health check-ups: Blood pressure measurement, body mass index (BMI) calculation, and temperature checks.

Medical consultations: Students, under the guidance of healthcare professionals, provided consultations and addressed health concerns of the participants.

Basic diagnostic tests: Blood sugar tests, cholesterol tests, and other basic laboratory investigations were conducted to screen for common health conditions.

Health education and awareness sessions: Interactive sessions were conducted to educate the community about various health issues, preventive measures, and healthy lifestyle practices.

Distribution of educational materials: Informational brochures, pamphlets, and leaflets were distributed to educate participants about specific diseases, healthy habits, and available healthcare facilities.

Referrals and follow-ups: Patients requiring further medical attention were referred to Aster Prime Hospitals for specialized care, and necessary follow-up arrangements were made.

Attendance and Impact:

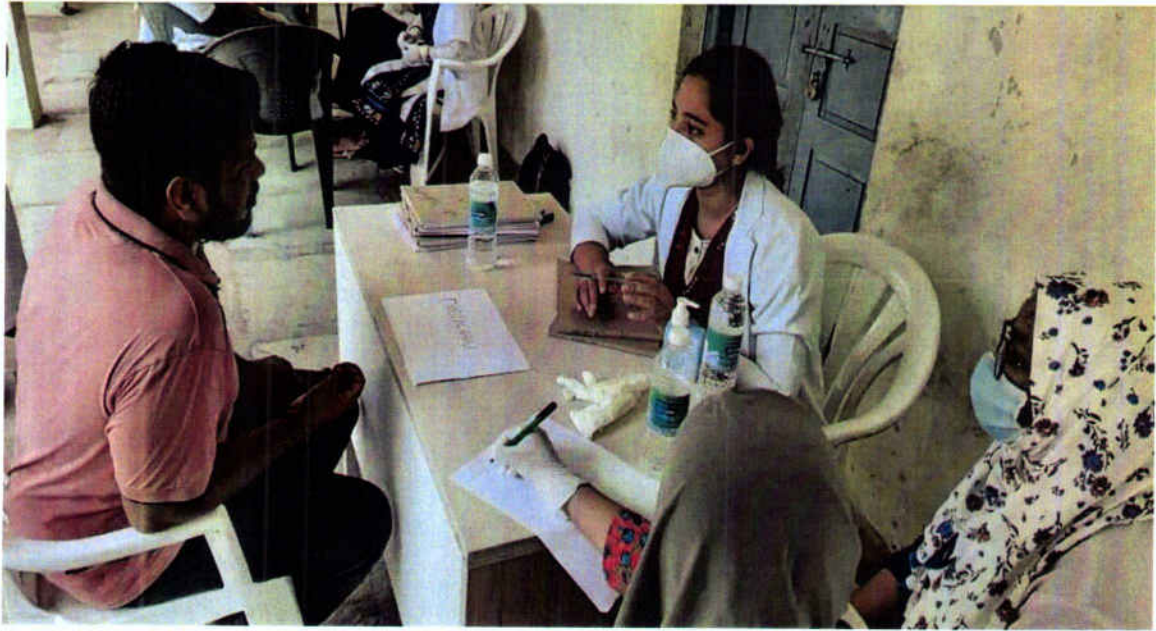
The medical camp witnessed a significant turnout, with [number] community members availing themselves of the services provided. The camp successfully reached individuals from diverse backgrounds and age groups, including children, adults, and senior citizens. The impact of the medical camp can be measured by the following indicators:

- a. Number of consultations and health check-ups conducted.
- b. Number of individuals referred for further medical attention.
- c. Number of educational materials distributed.
- d. Positive feedback and testimonials received from the participants.

Conclusion:

The medical camp conducted by students in association with Aster Prime Hospitals was a commendable initiative aimed at addressing healthcare disparities and promoting health awareness within the community. The collaboration with Aster Prime Hospitals ensured the availability of expert medical advice and necessary resources. The event successfully provided free medical services, consultations, and educational sessions to a significant number of community members. Such initiatives play a vital role in improving healthcare access and empowering individuals to make informed decisions about their health.






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31.Report: Plastic Waste Management Activities - Clean India Program at College **21/10/2021**

Introduction:

Plastic waste has become a significant environmental concern globally, with its detrimental impact on ecosystems, wildlife, and human health. Recognizing the need for effective waste management, our college initiated the Clean India Program to address plastic waste issues on campus. This report outlines the activities undertaken as part of the program and their impact on promoting sustainable waste management practices.

Objective:

The primary objective of the Clean India Program is to create awareness and implement sustainable practices to manage plastic waste on our college campus. The program aims to reduce the generation of plastic waste, promote recycling and proper disposal methods, and encourage the use of eco-friendly alternatives.

Activities:

1. Awareness Campaign:

To engage the college community, an extensive awareness campaign was conducted. Posters, banners, and digital displays were strategically placed across the campus to educate students and staff about the adverse effects of plastic waste and the importance of responsible waste management.

2. Plastic-Free Campus:

The college initiated a plastic-free campus campaign, encouraging students and staff to bring reusable water bottles, bags, and food containers. Water dispensers were installed across the campus to promote the use of refillable bottles.

3. Waste Segregation and Recycling:

To facilitate proper waste segregation, color-coded bins were placed throughout the campus, clearly labeled for plastic, paper, metal, and organic waste. Awareness sessions were conducted to educate the college community on the correct segregation methods. A dedicated team of volunteers regularly collected the segregated waste and ensured its proper disposal and recycling through collaboration with authorized waste management agencies.

4. Plastic Collection Drive:

A plastic collection drive was organized, encouraging students and staff to bring in their plastic waste from home and deposit it in designated collection points on campus. The collected plastic waste was then sent to recycling units for processing.

Impact:

The Clean India Program at our college has made significant progress in managing plastic waste and promoting sustainable practices. The following impacts have been observed:

1. **Reduction in Plastic Consumption:** The awareness campaigns and plastic-free initiatives have led to a considerable reduction in the use of single-use plastics on campus. Students and staff have actively embraced eco-friendly alternatives, such as reusable bottles and bags, leading to a decreased reliance on plastic materials.

2. **Efficient Waste Segregation:** The implementation of color-coded bins and awareness sessions has improved waste segregation practices. This has enhanced the efficiency of waste management, allowing for better recycling and reduced contamination of recyclable materials.

3. **Increased Recycling Rates:** The plastic collection drive has resulted in a significant increase in the volume of plastic waste recycled on campus. By diverting plastic waste from landfills and promoting recycling, our college has contributed to reducing the environmental impact associated with plastic waste disposal.

Conclusion:

The Clean India Program at our college has successfully raised awareness about plastic waste management and promoted sustainable practices among the college community. Through various initiatives, including awareness campaigns, waste segregation, recycling drives, and plastic-free initiatives, the program has made a positive impact in reducing plastic waste on campus. With continuous efforts and collective participation, our college aims to create a greener and more environmentally responsible community for the future.






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32.Title: Report on Online Activity for Orientation of Red Ribbon Club Activities **14/02/2022**

Introduction:

The Red Ribbon Club (RRC) is a voluntary organization that aims to raise awareness about HIV/AIDS and promote healthy lifestyles among youth. To facilitate its activities, an online orientation program was conducted to introduce new members to the goals, objectives, and operational framework of the Red Ribbon Club. This report provides a comprehensive overview of the online activity conducted for the orientation of Red Ribbon Club activities.

Objectives:

The key objectives of the online orientation program were as follows:

- a. Introduce new members to the Red Ribbon Club and its mission.
- b. Familiarize participants with the goals, objectives, and focus areas of the Red Ribbon Club.
- c. Provide an overview of the activities and campaigns conducted by the Red Ribbon Club.
- d. Educate participants about the importance of HIV/AIDS awareness and prevention.
- e. Orient participants to the roles and responsibilities of Red Ribbon Club members.

Methodology:

- a. Online Platform: The orientation program was conducted using a suitable online platform, such as google meet.
- b. Presentation and Resources: A well-structured presentation was prepared, covering various aspects of the Red Ribbon Club's activities. Relevant resources, including brochures, videos, and interactive materials, were made available for participants.
- c. Interaction and Discussion: The orientation program included interactive sessions, allowing participants to ask questions, share experiences, and engage in discussions related to the Red Ribbon Club.

Program Flow:

The orientation program followed a structured flow to ensure effective communication and engagement:

- a. Introduction: The session began with a brief introduction of the facilitators and an overview of the agenda.
- b. Red Ribbon Club: The participants were provided with an in-depth understanding of the Red Ribbon Club, its history, and its significance in promoting HIV/AIDS awareness.
- c. Goals and Objectives: The goals and objectives of the Red Ribbon Club were explained, emphasizing the importance of promoting healthy behaviors and preventing the spread of HIV/AIDS.
- d. Activities and Campaigns: Various activities and campaigns conducted by the Red Ribbon Club, such as awareness drives, community outreach programs, and capacity-building workshops, were highlighted to showcase the diverse range of engagement opportunities for members.

- e. HIV/AIDS Awareness and Prevention: Participants were educated about the significance of HIV/AIDS awareness and prevention measures, including safe practices, testing, and stigma reduction.
- f. Roles and Responsibilities: The roles and responsibilities of Red Ribbon Club members were outlined, emphasizing the importance of active participation, leadership, and teamwork.
- g. Q&A and Feedback: An interactive question-and-answer session was conducted to address participants' queries and concerns. Feedback was also collected to assess the effectiveness of the orientation program.

Outcomes and Impact:

The online orientation program yielded several positive outcomes and had a significant impact on the participants:

- a. Increased Awareness: The participants developed a comprehensive understanding of the Red Ribbon Club, its objectives, and the importance of HIV/AIDS awareness.
- b. Enhanced Engagement: The orientation program motivated participants to actively engage in Red Ribbon Club activities and contribute to its mission.
- c. Knowledge Expansion: The session provided participants with valuable information and resources related to HIV/AIDS prevention, equipping them to educate others and make informed decisions.
- d. Strengthened Community: The online orientation helped foster a sense of community among the participants, encouraging collaboration and support among Red Ribbon Club members.

Recommendations:

Based on the evaluation of the online orientation program, the following recommendations are proposed for future activities:

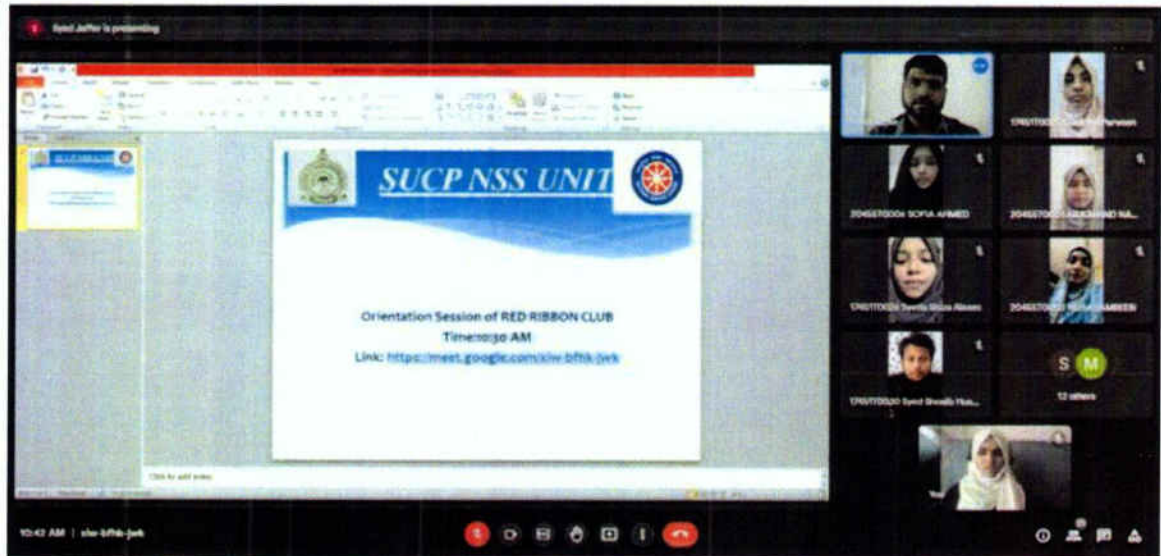
- a. Utilize Engaging Multimedia: Incorporate interactive multimedia elements such as videos, case studies, and real-life testimonials to enhance participant engagement and knowledge retention.
- b. Regular Training and Capacity Building: Organize regular training sessions and workshops to equip Red Ribbon Club members with the necessary skills and knowledge to carry out their roles effectively.
- c. Virtual Collaboration Platforms: Establish virtual collaboration platforms to facilitate ongoing communication and coordination among Red Ribbon Club members, enabling them to share ideas, resources, and success stories.
- d. Impact Assessment: Conduct periodic assessments to evaluate the impact and effectiveness of Red Ribbon Club activities, allowing for continuous improvement and innovation.

Conclusion:

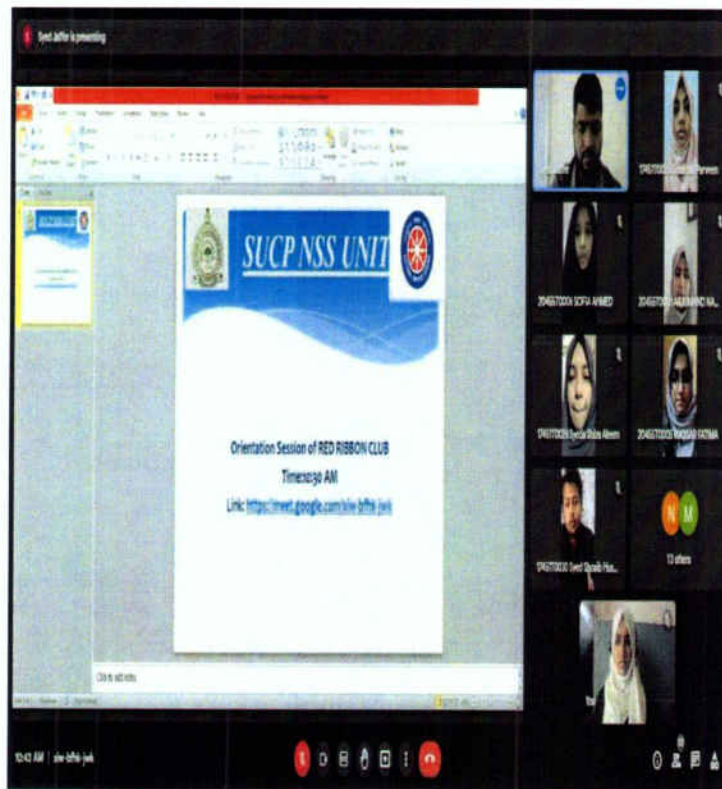
The online orientation program for Red Ribbon Club activities proved to be a successful endeavor, providing new members with a comprehensive understanding of the organization's goals, activities, and the importance of HIV/AIDS awareness and prevention. The program facilitated increased engagement, knowledge expansion, and strengthened community ties among the participants. By implementing the recommendations mentioned above, the Red Ribbon Club can further enhance its impact and effectively address the challenges posed by HIV/AIDS in the community.

Orientation Session of RRC Coordinators

Date: 14.02.2022



S	17451T0018 Saba Arif	✕	⋮	M	17451T0027 MD Sajjad	✕	⋮	S	17451T0024 Shaista .. (You)	✕	⋮
S	17451T0019 Sara Ahmed Y...	✕	⋮	S	17451T0028 Suhail Syed	✕	⋮	A	17451T0001 Ameena Beg...	✕	⋮
S	17451T0021 Safa Mehboob...	✕	⋮	A	20455T0001 ARJUMAND ...	✕	⋮	A	17451T0002 Amreen Fah...	✕	⋮
S	17451T0022 Salva Safdar	✕	⋮	A	20455T0002 ATIYA FATIMA	✕	⋮	A	17451T0005 Atika Siddique	✕	⋮
S	17451T0025 Siddique Parv...	✕	⋮	N	20455T0003 NEHA SAM...	✕	⋮	A	17451T0006 Ayesha Amb...	✕	⋮
M	17451T0027 MD Sajjad	✕	⋮	Q	20455T0004 GANSAA A...	✕	⋮	A	17451T0007 Ayesha Asif Ali	✕	⋮
S	17451T0028 Suhail Syed	✕	⋮	R	20455T0005 RUQSAR FA...	✕	⋮	F	17451T0009 Fakiha Firdous	✕	⋮
A	20455T0001 ARJUMAND ...	✕	⋮	S	20455T0006 SOFIA AHM...	✕	⋮	H	17451T0010 Husna Sadatin	✕	⋮
A	20455T0002 ATIYA FATIMA	✕	⋮	S	20455T0007 SUPRIYA KIS...	✕	⋮	M	17451T0013 Meraj Fatima	✕	⋮
N	20455T0003 NEHA SAM...	✕	⋮	A	20455T0010 AFREEN MU...	✕	⋮	N	17451T0014 Nozakath Sha...	✕	⋮
Q	20455T0004 GANSAA A...	✕	⋮	S	Syed Jaffer Meeting host	✕	⋮	R	17451T0016 Rudshan Naz...	✕	⋮
R	20455T0005 RUQSAR FA...	✕	⋮					S	17451T0018 Saba Arif	✕	⋮



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S	17451T0028 Suhail Syed	✂	..
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A	20455T0002 ATIYA FATIMA	✂	..
N	20455T0003 NEHA SAM...	✂	..
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R	20455T0005 RUOSAR FA...	✂	..
S	20455T0006 SOFIA AHM...	✂	..
S	20455T0007 SUPRIYA KIS...	✂	..
A	20455T0010 AFREEN MU...	✂	..
S	Syed Jaffer Meeting host	✂	..


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33.Report on Voluntary Blood Donation Activity 15/02/2022

Introduction:

The purpose of this report is to provide an overview of the online seminar conducted to promote voluntary blood donation among students. The seminar aimed to educate students about the importance of blood donation, dispel myths surrounding the process, and encourage them to become voluntary blood donors. The event was organized by a collaboration of local blood banks, educational institutions, and volunteer organizations, and took place on 15/02/2022 through an online platform.

2. Objectives:

The primary objectives of the online seminar were as follows:

- a. Raise awareness among students about the critical need for blood donation.
- b. Educate students about the eligibility criteria, benefits, and process of blood donation.
- c. Address common misconceptions and concerns related to blood donation.
- d. Motivate students to become voluntary blood donors.
- e. Establish partnerships between educational institutions and local blood banks to facilitate regular blood donation drives.

3. Seminar Structure and Activities:

The online seminar was structured to engage and inform participants through various activities. It consisted of the following components:

- a. **Opening Ceremony:** The seminar began with an opening ceremony, which included welcome remarks from the organizers and keynote speakers emphasizing the significance of blood donation.
- b. **Expert Presentations:** Knowledgeable experts in the field of blood donation delivered presentations on different topics, including:
 - i. The importance of blood donation and its impact on saving lives.
 - ii. The blood donation process, eligibility criteria, and safety measures.
 - iii. Common myths and misconceptions about blood donation, debunked with scientific facts.
 - iv. The role of students in promoting voluntary blood donation.
- c. **Interactive Sessions:** To encourage active participation, interactive sessions were conducted during the seminar. These sessions allowed students to ask questions, share their thoughts, and engage in discussions related to blood donation.

d. Call to Action: Towards the end of the seminar, a strong call to action was made, urging students to take the pledge to become voluntary blood donors and actively participate in future blood donation drives.

4. Outcomes and Impact:

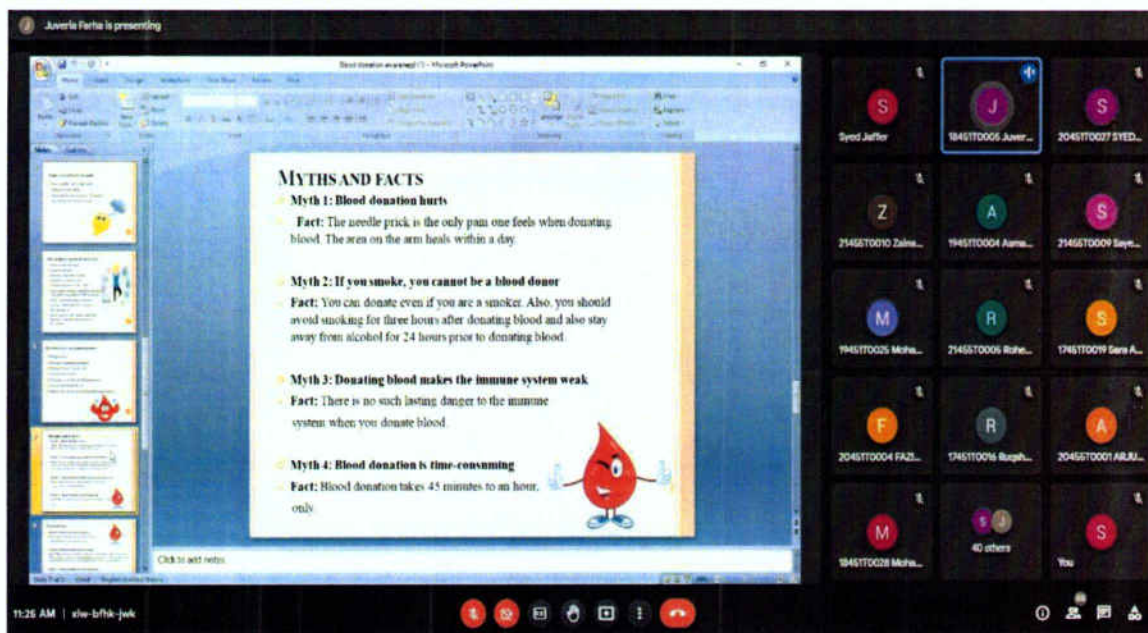
The online seminar witnessed a significant turnout.

The event successfully achieved its objectives and resulted in several positive outcomes:

- a. Increased awareness: Participants gained a deeper understanding of the importance of blood donation, dispelling myths and misconceptions.
- b. Motivated participants: Many students expressed their eagerness to become voluntary blood donors and pledged to donate blood regularly.
- c. Collaboration: Partnerships were established between educational institutions and local blood banks, facilitating future blood donation drives.
- d. Advocacy: Participants became advocates for voluntary blood donation within their social circles, spreading awareness and encouraging others to donate.

5. Conclusion:

The online seminar served as a powerful platform to promote voluntary blood donation among students. By raising awareness, dispelling myths, and motivating participants, the event successfully instilled a sense of responsibility and commitment towards saving lives through blood donation. Continued efforts, collaborations, and student-led initiatives will contribute to a positive impact on blood donation rates, ensuring a steady supply of blood for those in need.



Javeria Farha is presenting

MYTHS AND FACTS

- Myth 1: Blood donation hurts**
Fact: The needle prick is the only pain one feels when donating blood. The area on the arm heals within a day.
- Myth 2: If you smoke, you cannot be a blood donor**
Fact: You can donate even if you are a smoker. Also, you should avoid smoking for three hours after donating blood and also stay away from alcohol for 24 hours prior to donating blood.
- Myth 3: Donating blood makes the immune system weak**
Fact: There is no such lasting danger to the immune system when you donate blood.
- Myth 4: Blood donation is time-consuming**
Fact: Blood donation takes 45 minutes to an hour, only.

11:24 AM | xia-bf8k-juk

21455T0003 Ehsanham Hussain

1945T0005 Javeria Farhath

2045T0027 SYEDA FARZEEN

21455T0010 Zainab Sajid

1945T0006 Ayesha Begum

1945T0004 Aasma Fatima

1945T0013 S. Divya

Javeria Farha

21455T0005 Raheema Hassan

2045T0017 SAMIHA RANA

2045T0004 FAZIL KAMRAN

20455T0002 ATRIYA FATIMA has left the meeting

1945T0028 Mohammed Uzair Khan

38 others

You



[Signature]

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34. Title: Seminar on Positive Thinking for Students 16-02-2022

Introduction:

The following report summarizes the seminar conducted by a renowned psychologist Dr Suman Roy who is also the counsellor for our society on the topic of "Positive Thinking for Students." The seminar provided valuable insights into the importance of positive thinking and offered practical strategies for implementing it in students' daily lives.

Objectives:

The seminar aimed to achieve the following objectives:

- a. Educate students about the concept of positive thinking and its benefits.
- b. Highlight the impact of positive thinking on academic performance and personal growth.
- c. Provide strategies and techniques for cultivating a positive mindset.
- d. Encourage students to develop resilience, self-confidence, and optimism.
- e. Equip students with tools to overcome challenges and setbacks through positive thinking.

Seminar Overview:

a. Opening Remarks:

The seminar began with an introduction by the psychologist, emphasizing the significance of positive thinking in the lives of students. The importance of maintaining a positive attitude, especially during challenging times, was underscored.

b. Keynote Presentation:

The psychologist delivered a comprehensive keynote presentation, covering various aspects of positive thinking. The following topics were discussed:

- i. Understanding the power of thoughts and their influence on emotions and actions.
- ii. Exploring the benefits of positive thinking, such as improved academic performance, enhanced mental health, and increased motivation.
- iii. Debunking common myths and misconceptions related to positive thinking.
- iv. Sharing real-life examples and success stories of individuals who have embraced positive thinking.

c. Interactive Workshops:

To engage the students actively, interactive workshops were conducted throughout the seminar. The workshops were designed to provide practical tools and techniques for implementing positive thinking in daily life. Some of the activities included:

- i. Mindfulness exercises to develop self-awareness and focus on positive thoughts.
- ii. Group discussions on challenging situations and how to reframe them with a positive mindset.
- iii. Role-playing scenarios to practice resilience and problem-solving through positive thinking.
- iv. Guided visualization exercises to help students envision their goals and aspirations.

d. Q&A Session:

At the end of the seminar, students had the opportunity to ask questions and seek clarification from the psychologist. This session promoted a deeper understanding of the concepts discussed and addressed any concerns or doubts raised by the participants.

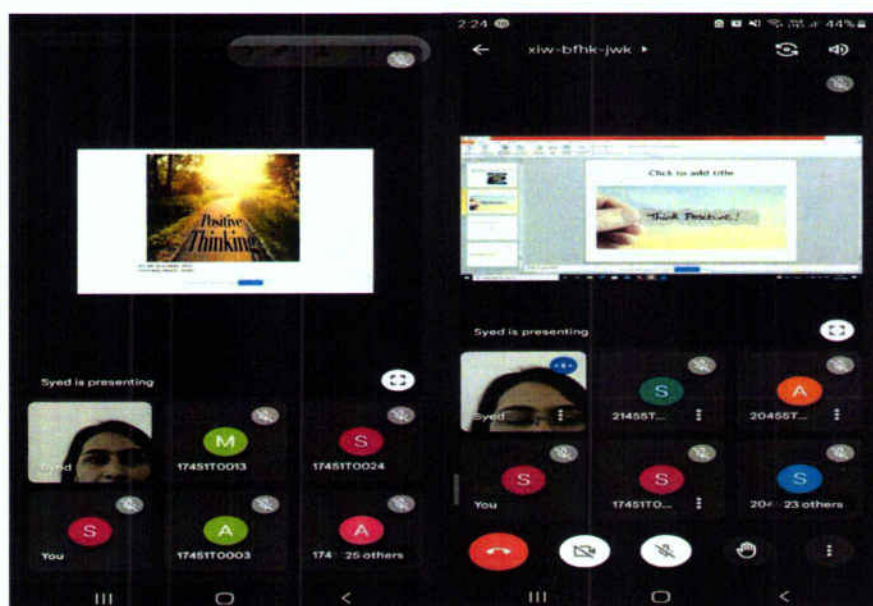
Outcomes and Impact:

The seminar on positive thinking for students had several positive outcomes and left a lasting impact on the attendees. Some key outcomes include:

- Increased awareness:** Students gained a deeper understanding of the significance of positive thinking and its impact on various aspects of their lives, including academic performance, relationships, and personal well-being.
- Practical strategies:** Participants acquired practical strategies and techniques to cultivate a positive mindset, manage stress, and overcome challenges through positive thinking.
- Motivation and empowerment:** The seminar instilled a sense of motivation and empowerment in students, encouraging them to take control of their thoughts and emotions to achieve their goals.
- Improved academic performance:** By adopting a positive mindset, students were able to enhance their focus, concentration, and overall academic performance.
- Enhanced well-being:** Participants reported a positive shift in their overall well-being, with reduced stress levels and increased resilience in the face of adversity.

Conclusion:

The seminar on positive thinking for students proved to be an insightful and impactful event. By equipping students with the knowledge and tools to develop a positive mindset, the seminar aimed to foster personal growth, academic excellence, and emotional well-being. The attendees left the seminar with a newfound understanding of the power of positive thinking and the ability to apply it in their daily lives, setting the stage for a brighter and more fulfilling future.




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35. Report on Interaction of Humanity First Foundation Founder 17-02-2022

Introduction:

This report provides an overview of a valuable interaction session between the founder of Humanity First Foundation and college students. The session aimed to inspire and engage students in the foundation's humanitarian work, create awareness about social issues, and encourage them to actively contribute to making a positive impact in society.

Background:

The Humanity First Foundation, a renowned non-profit organization, focuses on various humanitarian initiatives and social welfare programs. The founder, Dr. Sujathullah who is an alumni of our college, is a respected figure in the field of philanthropy and has played a pivotal role in shaping the foundation's mission and impact.

Objectives:

The interaction session between the foundation's founder and college students aimed to achieve the following objectives:

- a. Provide insights into the foundation's vision, mission, and core values.
- b. Create awareness about social issues and challenges that the foundation addresses.
- c. Inspire students to get involved in humanitarian work and make a positive impact in their communities.
- d. Foster a sense of empathy, compassion, and social responsibility among the students.
- e. Encourage students to become active volunteers or supporters of the Humanity First Foundation.

Interaction Session:

a. Introduction and Background:

The session began with an introduction of the Humanity First Foundation and its founder. The founder shared personal experiences and motivations that led to the establishment of the organization. This helped students understand the foundation's journey, values, and the significance of humanitarian work.

b. Presentation on Humanitarian Initiatives:

The founder delivered a presentation highlighting the foundation's key humanitarian initiatives, projects, and their impact on the lives of vulnerable communities. Real-life stories, images, and statistics were shared to create an emotional connection and demonstrate the transformative power of philanthropy.

c. Q&A and Discussion:

A question-and-answer session followed the presentation, allowing students to engage directly with the founder. Students had the opportunity to seek clarification, share their perspectives, and explore potential avenues for collaboration or involvement. This interactive discussion

facilitated a deeper understanding of the foundation's work and its relevance to the students' own lives.

d. Inspirational Talk:

The founder delivered an inspirational talk, emphasizing the importance of empathy, kindness, and active engagement in social causes. The talk aimed to motivate students to overcome barriers, think creatively, and become agents of positive change in their communities.

Impact and Outcomes:

a. Increased Awareness: The interaction session helped students gain a deeper understanding of social issues and the foundation's role in addressing them. This awareness can lead to a more empathetic and socially conscious mindset among the students.

b. Motivation and Inspiration: The founder's personal stories and inspirational talk motivated students to take action, inspiring them to use their talents and abilities to make a positive impact in society.

c. Potential Collaborations: The session opened avenues for potential collaborations between the college students and the Humanity First Foundation. Students expressed interest in volunteering, organizing awareness campaigns, or initiating local projects in partnership with the foundation.

d. Enhanced Social Responsibility: The interaction session fostered a sense of social responsibility among the students, encouraging them to actively contribute to creating a more equitable and compassionate society.

Conclusion:

The interaction session between the founder of Humanity First Foundation and college students proved to be a meaningful and impactful event. It helped students gain insights into the foundation's humanitarian work, inspired them to engage in social causes, and encouraged them to become active contributors to positive change. The session demonstrated the potential for collaboration between the foundation and students, paving the way for future partnerships in creating a better world.



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36.National Youth Festival 08 Jan 2022

Introduction:

The National Youth Festival is an annual event that brings together young individuals from across the country to showcase their talents, engage in cultural activities, and promote national integration. The festival serves as a platform for youth empowerment, creativity, and social interaction. This report highlights the various activities conducted during the National Youth Festival held on 8 Jan 2022 at College

Cultural Performances:

One of the main highlights of the National Youth Festival was the diverse range of cultural performances presented by students. Participants showcased their poetry recitation and elocution Programs. The performances reflected the rich cultural heritage and traditions of India, promoting unity in diversity.

Competitions:

Numerous competitions were organized to provide a platform for young individuals to showcase their skills and compete at a national level. These competitions included painting, debating, quiz, essay writing, photography, and sports. The participants displayed exceptional talent and enthusiasm, making the competitions a highly engaging and competitive experience.

Social Initiatives:

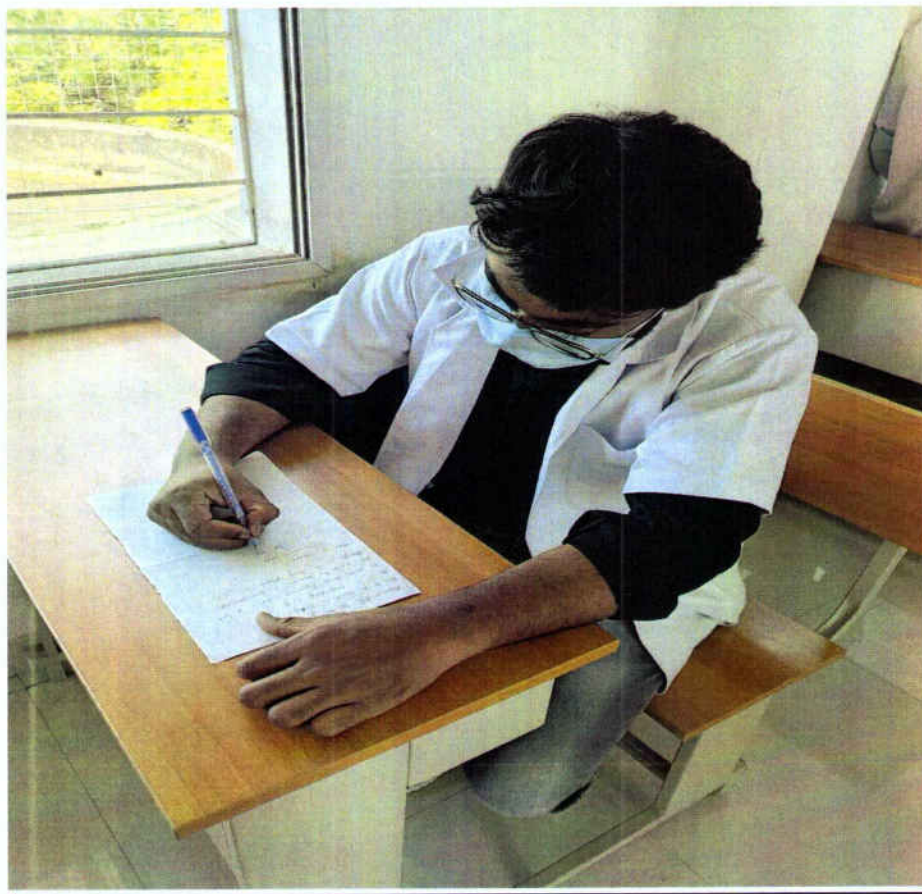
A significant aspect of the National Youth Festival was the emphasis on social initiatives and community service. Several volunteer programs were organized, enabling the participants to actively contribute to the betterment of society. These initiatives included cleanliness drives, blood donation camps, tree planting campaigns, and awareness programs on social issues such as gender equality, education, and environmental conservation.

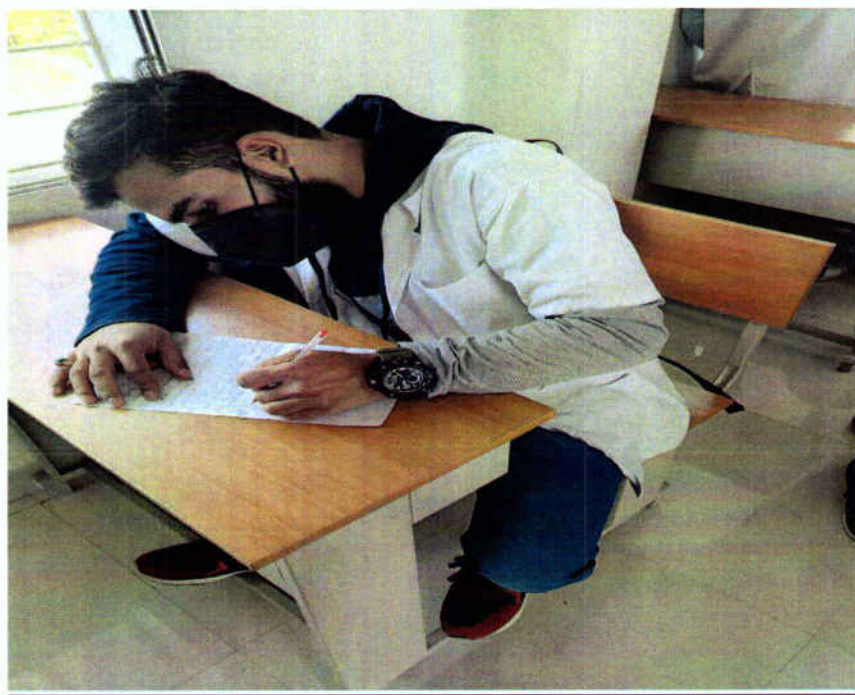
Cultural Exchange:

The festival provided a unique opportunity for participants from different regions to interact, exchange ideas, and learn from one another. The cultural exchange programs allowed individuals to gain insights into different cultures, languages, and traditions, fostering a sense of national integration and harmony.

Conclusion:

The National Youth Festival served as an exceptional platform for young individuals to exhibit their talents, exchange ideas, and engage in various activities that promoted their personal growth and national development. The event showcased the immense potential and creativity of India's youth and inspired them to become catalysts for positive change in society.






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37.A report on National Girl Child Day 24 Jan 2022

Introduction:

Sultan ul Uloom College of Pharmacy celebrated National Girl Child Day, a significant event aimed at raising awareness about the rights and empowerment of girl children. The celebration was organized by SUCP NSS Unit in collaboration with.

Objectives:

The primary objectives of the National Girl Child Day celebration were as follows:

- a. To highlight the importance of gender equality and the rights of girl children.
- b. To promote the education, health, and well-being of girls.
- c. To empower girls and inspire them to break stereotypes and pursue their dreams.
- d. To create a supportive and inclusive environment for the holistic development of girl children.
- e. Activities:
- f. The celebration featured a range of activities that aimed to engage and educate participants.

The schedule of events included:

a) Art Exhibition:

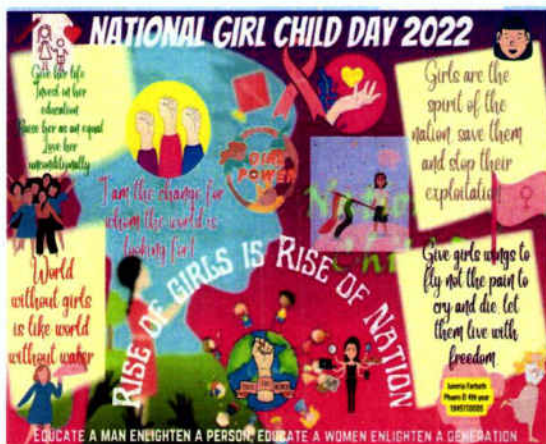
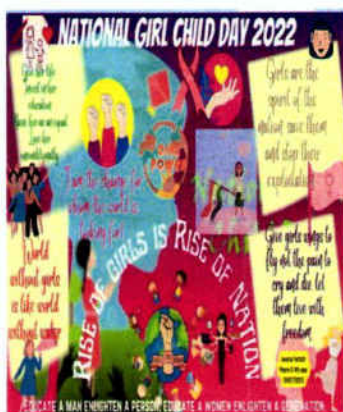
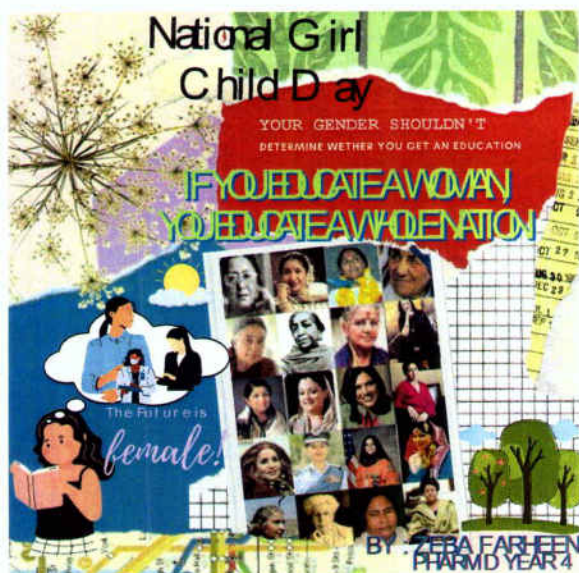
An art exhibition was organized, featuring artworks created by students that depicted themes related to girl child empowerment, gender equality, and social justice. This exhibition served as a platform for students to express their thoughts and emotions on these critical issues.

Community Outreach:

As part of the celebration, a community outreach program was conducted to create awareness among the local community about the rights and welfare of girl children. Students and volunteers visited nearby schools, slum areas, and villages, conducting interactive sessions, distributing informative pamphlets, and engaging in conversations to address misconceptions and promote positive change.

Conclusion:

The National Girl Child Day celebration was a resounding success, with active participation from the college community and a valuable contribution towards spreading awareness about the rights and empowerment of girl children. The event served as a platform for dialogue, education, and inspiration, fostering a sense of responsibility and commitment to creating a more inclusive society.



Educating a woman is enlightening a generation.

When girls are educated, their countries become stronger and more prosperous.
— (Michelle Obama)

Education sets in motion a virtuous spiral: girls and women gain greater knowledge, skills, self-confidence and capabilities, improving their own life prospects—and, in turn, an educated woman provides better nutrition, health care, and education for her family.

We educate women because it is smart. We educate women because it changes the world.
— (Drew Faust)

The highest result of education is tolerance.
— (Helen Keller)

Women share this planet 50/50 and they are underrepresented

—t their potential astonishingly untapped
— (Emma Watson)

Women, like men, must be educated with a view to action,

or their studies cannot be called education.
— (Harriet Martineau)

"You educate a man, you educate a man. You educate a woman, you educate a generation."
(Young).

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38. Unsung Heroes of freedom Struggle-25/01/2022

Introduction:

The purpose of this report is to provide an overview and evaluation of the essay writing and poster presentation competition organized at Sultan-ul-Uloom college of Pharmacy to honor the unsung heroes of the freedom struggle. The competition aimed to encourage students to delve into the lesser-known narratives of the struggle for independence and showcase their research, writing, and critical thinking skills.

Objectives:

The primary objectives of the essay writing competition were as follows:

- a) To raise awareness about the contributions of unsung heroes during the freedom struggle.
- b) To promote research, writing, and critical thinking skills among students.
- c) To provide a platform for students to showcase their knowledge and creativity.
- d) To encourage the exploration of lesser-known aspects of the freedom struggle.
- e) To foster a sense of pride and patriotism among students.

Participation:

The competition was open to all students of College. Students from various disciplines and academic levels participated, showcasing the interdisciplinary nature of the topic and its relevance to multiple fields of study. The participation of students from different backgrounds added diversity and enriched the event.

Prize and Recognition:

To acknowledge the efforts of the participants, the organizing committee provided attractive prizes for the winners. The top three essays were awarded cash prizes, and an opportunity to present their essays at a special ceremony organized by the college.

Outcome and Impact:

The essay writing competition had a significant impact on the participants and the college community as a whole. It stimulated students' interest in history, fostering a deeper understanding and appreciation for the unsung heroes of the freedom struggle. The competition provided a platform for students to express their creativity and research skills, enabling them to gain confidence in their abilities. Furthermore, the event contributed to the overall academic and cultural development of the college, strengthening the bond between students and their heritage.

Conclusion:

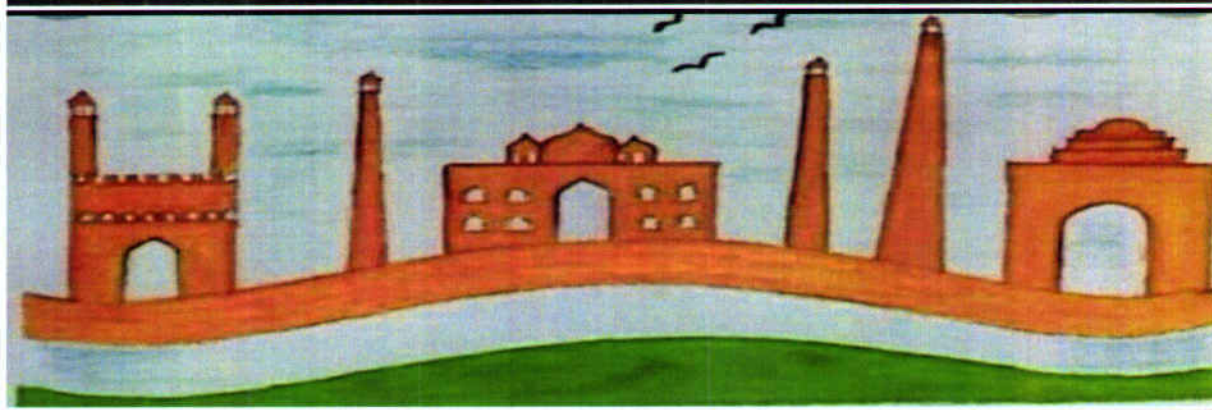
The essay writing and poster competition on the unsung heroes of the freedom struggle was a resounding success. It achieved its objectives of promoting research, critical thinking, and creativity while raising awareness about the significant contributions of lesser-known heroes.

The event fostered a sense of pride and patriotism among students and highlighted the importance of acknowledging and commemorating the sacrifices made during the freedom struggle.



Events: Essay and Poster Presentation
Organized by Sultan-ul-Uloom College of Pharmacy
SUCP NSS UNIT
Date: 25-01-2022

THEME: UNSUNG HEROES OF
FREEDOM STRUGGLE




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39. Republic Day Celebration: 24 to 26 Jan 2022

Introduction:

On the occasion of Republic Day, Sultan-ul-Uloom College of Pharmacy organized a series of cultural activities to celebrate the spirit of patriotism and showcase the artistic talents of its students. Among these activities were Rangoli Making and Flower Arrangement competitions. This report aims to provide an overview of the events, highlight the participants' creativity, and discuss the impact of these activities on the college community.

Rangoli Making Competition:

The Rangoli Making competition took place in the gulam Ahmed auditorium of college campus. Students enthusiastically participated, showcasing their artistic skills and creativity. The competition provided a platform for students to express their cultural heritage through vibrant colors and intricate designs. The rangolis depicted patriotic themes, national symbols, and messages of unity and diversity.

The judging panel, consisting of faculty members, evaluated the rangolis based on factors such as design, symmetry, color scheme, and overall impact. The competition created a healthy competitive environment, encouraging students to explore their artistic abilities and develop a sense of pride in their cultural traditions.

Flower Arrangement Competition:

Simultaneously, the Flower Arrangement competition took place in an adjacent hall, showcasing the students' skills in creating beautiful floral displays. Participants utilized a variety of flowers, foliage, and accessories to craft stunning arrangements. The competition encouraged students to experiment with different floral compositions, color palettes, and design techniques.

The judges evaluated the flower arrangements based on factors such as creativity, originality, use of color, and overall presentation.

Impact on the College Community:

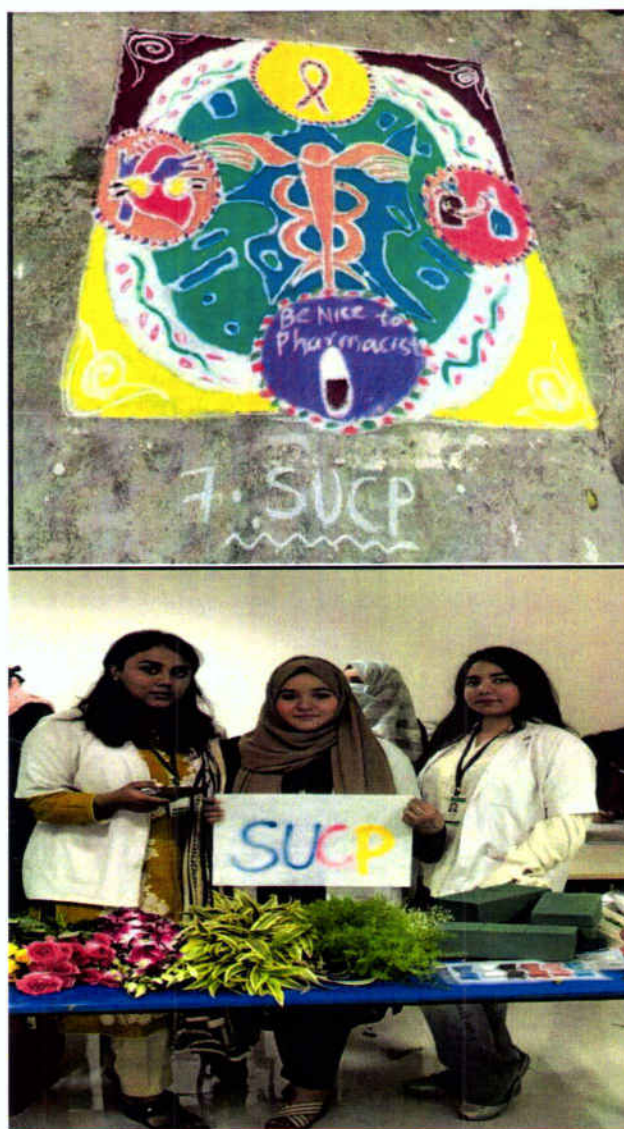
The Rangoli Making and Flower Arrangement activities had a profound impact on the college community, fostering a sense of unity, creativity, and cultural appreciation. These events brought students from different backgrounds together, providing a platform to share their cultural traditions and learn from one another.

The activities also served as an opportunity for students to develop their artistic skills, boost their confidence, and enhance their teamwork and communication abilities. Through the creative process, students learned to adapt to different materials, work within time constraints, and think innovatively to create visually appealing designs.

The vibrant rangolis and exquisite flower arrangements served as visual treats, delighting both participants and spectators. The event successfully promoted a sense of pride in Indian culture, national symbols, and the values enshrined in the Constitution.

Conclusion:

The Rangoli Making and Flower Arrangement activities organized on Republic Day proved to be a resounding success. The students' artistic talents were showcased through their colorful rangolis and captivating flower arrangements, symbolizing their love for their country and its cultural heritage. The event will be remembered as a testament to the students' skills, teamwork, and dedication, while also promoting a deeper understanding of Indian culture and patriotism.




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40. Womens day Celebration with Aster Prime Hospital-08-03-2022

Introduction:

International Women's Day (IWD) is celebrated annually on March 8th, highlighting the achievements and contributions of women across the globe. In an effort to empower and honor women, the students of our college collaborated with Aster Prime Hospital to organize a memorable celebration on International Women's Day.

Objectives:

The primary objectives of the International Women's Day celebration were:

- a) To create awareness about gender equality and women's empowerment.
- b) To inspire and motivate college students to become agents of change.
- c) To promote health and well-being among women by providing medical check-ups and consultations.

Event Planning and Execution:

a) Collaboration with Aster Prime Hospital: The college students partnered with Aster Prime Hospital, a renowned healthcare institution, to ensure the success of the event. The collaboration provided the necessary medical expertise, resources, and support to conduct health-related activities.

b) Pre-event Promotion: The organizing committee utilized various communication channels, including social media platforms, college notice boards, and word of mouth, to raise awareness about the event.

c) Workshops and Seminars: To foster knowledge and skills, the celebration included interactive workshops and seminars on topics such as self-defense, women's rights, leadership development, and mental health. These sessions aimed to empower the participants with valuable information and resources.

d) Cultural Performances: The event also showcased cultural performances, including dance, music, and poetry, celebrating the artistic talents of women and emphasizing their cultural significance.

Outcomes and Impact:

a) Increased Awareness: The event successfully raised awareness about gender equality, women's empowerment, and the importance of women's health. Attendees gained a deeper understanding of the challenges faced by women and the need for societal support.

b) Motivated Students: The celebration inspired college students to become agents of change and advocates for gender equality. The stories shared by guest speakers and the workshops encouraged the participants to pursue their aspirations and challenge gender stereotypes.

d) Community Engagement: The event fostered collaboration between the college students and Aster Prime Hospital, strengthening the bond between the academic community and healthcare professionals. The success of this collaboration opened doors for future partnerships and community engagement activities.

Conclusion:

The International Women's Day celebration organized by the college students in collaboration with Aster Prime Hospital proved to be a remarkable event. It successfully empowered and motivated students, created awareness about gender equality and women's health, and fostered community engagement. Such initiatives play a crucial role in building a more inclusive and equitable society, ensuring that women's contributions and rights are recognized and celebrated.



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41.Title: International Yoga Day Celebration at College 07-03-2022

Introduction

International Yoga Day, observed annually on June 21st, is a global initiative that promotes physical, mental, and spiritual well-being through the practice of yoga. Yoga has gained immense popularity worldwide due to its numerous health benefits and stress-relieving properties. At our college, we celebrated International Yoga Day with great enthusiasm, aiming to create awareness about the significance of yoga in maintaining a healthy and balanced lifestyle.

Objectives

The objectives of the International Yoga Day celebration at our college were as follows:

- a) Promote yoga awareness: Educate students, faculty, and staff about the origins, principles, and benefits of yoga as a holistic practice for physical and mental well-being.
- b) Encourage participation: Engage the college community to actively participate in yoga sessions and experience the physical and mental benefits first-hand.
- c) Foster a yoga culture: Create a conducive environment that encourages regular yoga practice and instills a sense of discipline, mindfulness, and stress management among the college community.
- d) Showcase diversity: Highlight the diverse forms of yoga practiced globally and emphasize the inclusive nature of yoga as a universal practice that transcends cultural boundaries.

Event Highlights

The International Yoga Day celebration at our college featured a variety of activities and events that catered to participants of all levels, ranging from beginners to experienced practitioners. Some of the highlights included:

- a) Yoga workshops: Yoga instructor conducted interactive workshops to introduce various yoga asanas (poses), pranayama (breathing exercises), and meditation techniques. These

sessions focused on correct alignment, breathing techniques, and the benefits associated with each practice.

b) Group yoga sessions: Large-scale group yoga sessions were organized, where participants gathered on the college Auditorium to perform synchronized yoga routines. These sessions aimed to create a sense of unity and community while promoting physical fitness and mental relaxation.

c) Demonstrations and performances: The performance included demonstrations of specialized yoga forms such as Kundalini yoga, Hatha yoga, and Ashtanga yoga, highlighting the diversity and richness of the practice.

d) Meditation and relaxation sessions: Guided meditation and relaxation sessions were conducted to help participants experience the profound mental and emotional benefits of yoga. These sessions aimed to reduce stress, improve focus, and cultivate a state of inner peace and tranquility.

Impact and Benefits

The International Yoga Day celebration at our college had several positive impacts and benefits, including:

a) Increased awareness and knowledge: The event successfully raised awareness about the origins, philosophy, and benefits of yoga among the college community. Participants gained a deeper understanding of yoga as a comprehensive practice for holistic well-being.

b) Improved physical and mental well-being: Regular yoga practice through the celebration contributed to enhanced physical fitness, flexibility, and stress management skills among participants. The meditation sessions helped reduce anxiety and promote mental clarity.

c) Sense of community and inclusivity: The event fostered a sense of unity and inclusivity among participants, as they came together to practice yoga irrespective of their backgrounds or skill.



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42. Report on Azadi Ka Amrit Mahotsav Celebration at College Level 10 to 22 August 2022

Introduction:

This report provides an overview of the Azadi Ka Amrit Mahotsav celebration held at the college level. The event aimed to commemorate the 75th anniversary of India's independence and foster a sense of patriotism, national pride, and unity among the college students. The celebration highlighted the significance of freedom, acknowledged the sacrifices of freedom fighters, and encouraged students to contribute to the nation's progress.

Background:

Azadi Ka Amrit Mahotsav, meaning the "Festival of the Amrit (nectar) of Freedom," is a nationwide celebration organized by the Government of India to mark the 75th anniversary of India's independence, which took place on August 15, 1947. The celebration aims to inspire the spirit of patriotism, reflect on the country's progress, and encourage citizens to contribute towards nation-building.

Objectives:

The college-level celebration of Azadi Ka Amrit Mahotsav aimed to achieve the following objectives:

- a. Commemorate India's journey to freedom and honor the sacrifices made by freedom fighters.
- b. Promote a sense of patriotism, national pride, and unity among college students.
- c. Create awareness about the significance of independence and the responsibilities of being a citizen.
- d. Showcase the cultural diversity, heritage, and achievements of India.
- e. Encourage students to actively participate in activities that contribute to the nation's progress and development.

Celebration Activities:

a. **Flag Hoisting Ceremony:** The celebration commenced with the hoisting of the national flag by a respected guest or a college authority. The national anthem was sung, signifying the beginning of the event.

b. **Inspirational Speeches:** Eminent personalities delivered speeches highlighting the importance of independence, the contributions of freedom fighters, and the role of youth in shaping the nation's future.

c. **Cultural Performances:** Students showcased their talents through various cultural performances, including dance, music, drama, and poetry. These performances depicted India's rich cultural heritage and celebrated its diversity.

d. Exhibitions and Displays: Exhibitions were set up to showcase historical artifacts, photographs, and documents related to India's freedom struggle.

e. Panel Discussions and Debates: Interactive panel discussions and debates were organized on topics related to freedom, democracy, nation-building, and sustainable development. This provided a platform for students to express their opinions, engage in meaningful conversations, and gain insights into critical issues.

Impact and Outcomes:

a. Increased Patriotism and National Pride: The celebration instilled a sense of patriotism and national pride among the college students, reminding them of the sacrifices made by freedom fighters and the value of independence.

b. Awareness and Understanding: Students gained a deeper understanding of India's history, culture, and achievements through exhibitions, displays, and panel discussions, fostering a sense of appreciation for the country's rich heritage.

c. Sense of Responsibility: The celebration encouraged students to recognize their responsibilities as citizens and inspired them to actively contribute to the nation's progress through community service and participation in nation-building activities.

d. Cultural Exchange and Integration: Cultural performances and displays showcased the diversity of India, promoting cultural exchange and integration among students from different backgrounds.

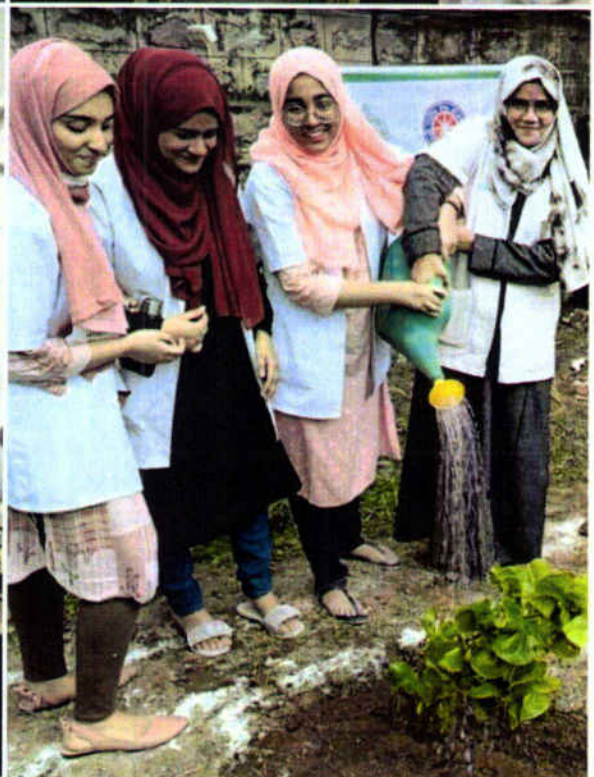
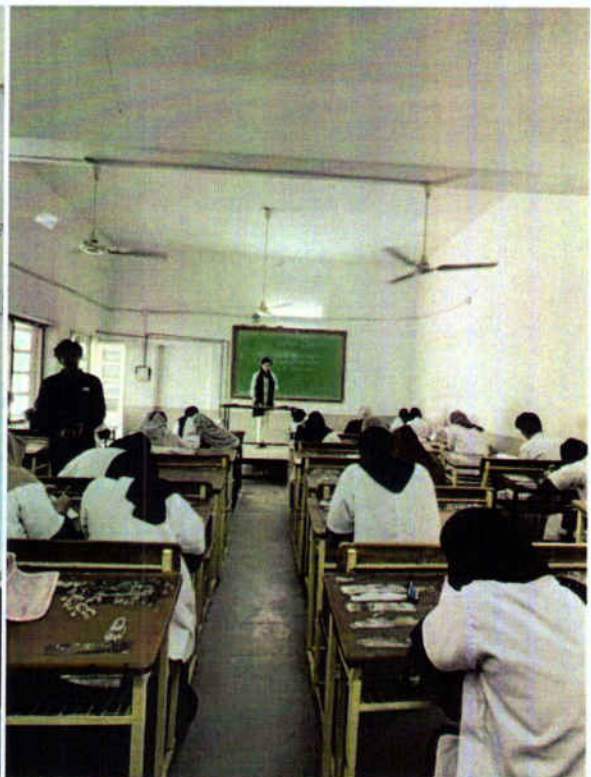
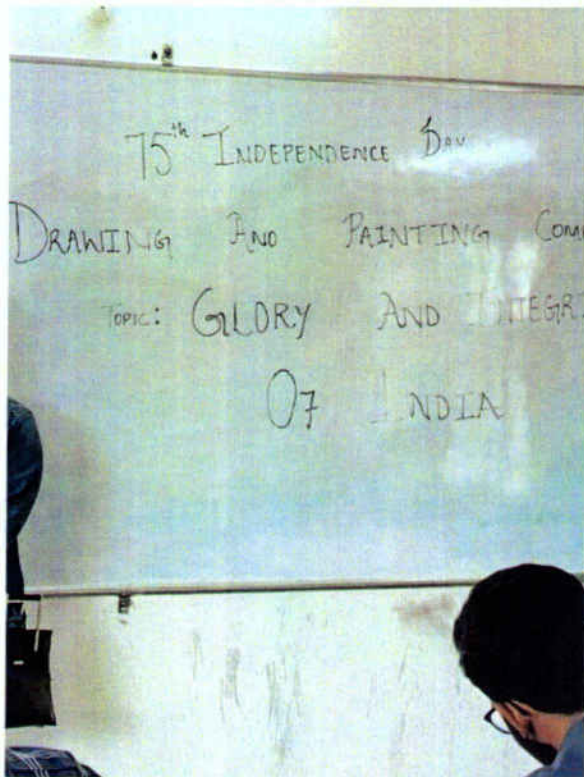
Conclusion:

The college-level celebration of Azadi Ka Amrit Mahotsav successfully created a platform for students to reflect on India's journey to freedom, celebrate its cultural heritage, and ignite a sense of patriotism. The event inspired students to actively contribute to the nation's progress and served as a reminder of the importance of unity, responsibility, and the pursuit of excellence in all spheres of life.










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43.Title: Report on The Horror of Partition: A Reflection on Azadi Ka Amrit Mahotsav 10 to 22nd August 2022

Introduction

The commemoration of the Azadi Ka Amrit Mahotsav provides an opportunity for students at the college level to delve into the historical significance of India's independence. This report aims to explore the horrors of partition that accompanied the freedom struggle and how students have engaged with this dark chapter of history during the Mahotsav.

Historical Background

The partition of India in 1947 resulted in the division of British India into two separate nations: India and Pakistan. The decision to divide the country along religious lines, with the creation of a Muslim-majority Pakistan, led to the mass migration of people across newly drawn borders. This momentous event was marked by immense violence, communal tensions, and the displacement of millions, leaving a lasting scar on the collective memory of both nations.

Student Engagement during Azadi Ka Amrit Mahotsav

Research and Documentation: Students at the college level actively conducted research to understand the causes, consequences, and experiences of partition. They delved into historical archives, testimonies, and scholarly works to develop a comprehensive understanding of this tragic period.

Awareness Campaigns: College students organized awareness campaigns to educate their peers and the wider community about the horrors of partition. Through presentations, exhibitions, and creative initiatives such as short films and documentaries, they aimed to generate empathy and foster a deeper understanding of the human cost of partition.

Collaborative Efforts: College students collaborated with other institutions, community organizations to create powerful artistic representations of partition's horrors. These included art exhibitions, and literary works that sought to convey the pain, trauma, and resilience of those affected by partition.

Impact and Reflections

Engaging with the horrors of partition during Azadi Ka Amrit Mahotsav had a profound impact on college students. Through their participation, they not only developed a deeper understanding of the historical context but also learned valuable lessons about the importance of unity, empathy, and preserving peace. By confronting the past, students became more aware of the implications of communal tensions and the consequences of division.

The process of researching, documenting, and sharing the stories of partition survivors fostered empathy and a sense of shared humanity. Students recognized the need for fostering inclusive societies that respect diversity and promote peaceful coexistence.

Conclusion

The horror of partition remains an indelible chapter in the history of India. Through their participation in Azadi Ka Amrit Mahotsav, college students engaged in meaningful initiatives that shed light on the human suffering caused by partition. By learning from the past, students emphasized the importance of unity, empathy, and peace-building efforts to ensure that such horrors are never repeated




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