



INNOVATIVE COLLEGE OF PHARMACY

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**Notice, Detailed Report with
Photographs of Extension
Activities organized in
Academic Session 2020-21**



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NOTICE

Dear all students and esteemed faculty,

We are pleased to announce that the Innovative college of pharmacy are organizing international womens day on 8th march 2021. This day honors the achievements and contributions of women around the world. Let's stand together to promote gender equality, empowerment, and recognition of women's rights. Participate in our events and activities to show your support and appreciation. Happy International Women's Day!

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REPORT

Report on International Women's Day

Introduction

On **8 march 2021** Innovative college of pharmacy organized International Women's Day (IWD) is celebrated annually to honor the social, economic, cultural, and political achievements of women worldwide. This day also marks a call to action for accelerating gender parity and fostering women's rights and empowerment.

Global Celebrations and Events

International Women's Day is marked by various events and activities worldwide. These include marches, rallies, conferences, and cultural performances. Many organizations and institutions, including governments, NGOs, and private companies, organize events to promote women's achievements and advocate for gender equality.

Achievements and Progress

IWD has played a significant role in highlighting the progress made towards gender equality and women's rights. There have been notable improvements in women's access to education, healthcare, and political participation. More women are now in leadership roles, and global awareness about gender-based violence and discrimination has increased.

Challenges and Future Goals

Despite the progress, challenges remain. Women continue to face significant barriers, including wage gaps, underrepresentation in leadership positions, and societal norms that perpetuate gender stereotypes. The COVID-19 pandemic has further exacerbated these issues, highlighting the need for sustained efforts towards achieving gender parity.

Conclusion

International Women's Day serves as a powerful reminder of the ongoing struggle for gender equality. It is a day to celebrate the achievements of women, reflect on the progress made, and recognize the challenges that lie ahead. By continuing to advocate for women's rights and gender





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equality, we can create a more inclusive and equitable world for all.



Women's Day celebration



Empowered women, empower the world





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'Equality knows no gender'





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NOTICE

Dear all students and esteemed faculty,

We are pleased to announce that the Innovative college of pharmacy are organizing international yoga day on 21st june 2021. This annual event is a wonderful opportunity for us to come together to promote physical, mental, and spiritual well-being through the practice of yoga. This event is open to all students, faculty, and staff members. No prior experience in yoga is necessary-beginners are especially welcome! Join us in celebrating International Yoga Day and discover the numerous benefits of yoga for your body and mind. We look forward to your enthusiastic participation.

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Report on International Yoga Day

Introduction

On **21 June 2021** Innovative college of pharmacy organized International Yoga Day, observed every year on June 21st, celebrates the physical, mental, and spiritual benefits of practicing yoga. Established by the United Nations in 2014 and first celebrated in 2015, this day promotes global awareness of yoga's positive impact on health and well-being.

History

The initiative for International Yoga Day was proposed by Indian Prime Minister Narendra Modi at the United Nations General Assembly in 2014. His suggestion was met with overwhelming support, with 177 member states co-sponsoring the resolution. June 21st was chosen for its significance as the longest day of the year in the Northern Hemisphere, a day that holds special meaning in many parts of the world.

Significance

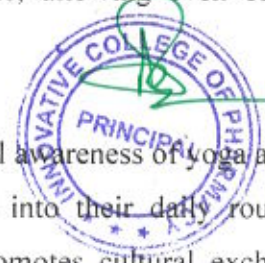
Yoga, an ancient practice originating in India, combines physical postures, breathing exercises, and meditation. It is celebrated worldwide for its benefits, which include improved flexibility, reduced stress, enhanced mental clarity, and a sense of peace and well-being. The day also highlights the cultural heritage of yoga and promotes a healthy lifestyle in harmony with nature.

Celebrations

International Yoga Day is marked by a variety of events, including mass yoga sessions, workshops, and demonstrations held in cities and communities worldwide. These events, often led by experienced yoga instructors, are attended by people of all ages and skill levels. Due to the COVID-19 pandemic, many activities have also moved online, allowing even broader participation.

Impact

The celebration of International Yoga Day has greatly increased global awareness of yoga and its benefits. It has encouraged many individuals to incorporate yoga into their daily routines, fostering physical fitness and mental well-being. The day also promotes cultural exchange,





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bringing together people from different backgrounds to celebrate a shared interest in health and mindfulness.

Conclusion

International Yoga Day is a global celebration of the ancient practice of yoga and its benefits. It encourages people worldwide to engage in yoga, promoting a holistic approach to health and well-being. The day is a reminder of the importance of maintaining a healthy lifestyle and the universal appeal of yoga as a tool for achieving balance and peace in life.



Find peace through movement





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Yoga: The path to harmony





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Dear all students and esteemed faculty,

We are pleased to announce that the Innovative college of pharmacy are organizing world environment day on 5th june 2021. This global event aims to raise awareness and encourage action for the protection of our environment. We have organized a series of activities designed to promote sustainability and environmental stewardship. The celebration will begin at 10:00 AM on the college ground, where we will kick off the event with a tree-planting ceremony. Let's come together to celebrate World Environment Day and make a positive impact on our environment. Your presence and participation will significantly contribute to raising awareness and inspiring action within our community.

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Report on World Environment Day

Introduction

On 05 June 2021 Innovative College of Pharmacy organized World Environment Day which is the United Nations' principal vehicle for encouraging worldwide awareness and action for the protection of the environment. Since its inception in 1974, the day has grown to become a global platform for public outreach, with participation from over 150 countries.

Significance

Environmental Awareness: The day aims to raise awareness about pressing environmental issues such as pollution, global warming, sustainable consumption, and wildlife conservation.

Policy Influence: World Environment Day has become a platform for encouraging global governments, organizations, and individuals to take actions that help protect the environment.

Public Engagement: It serves as a day to engage the public in environmental advocacy, promoting sustainable living and highlighting the importance of individual actions in preserving the planet.

Celebrations

Global Events: World Environment Day is marked by activities around the world, including clean-up campaigns, tree planting, environmental workshops, and educational activities.

Government and NGO Initiatives: Various governments and non-governmental organizations (NGOs) organize events and launch initiatives to address specific environmental issues.

Media Campaigns: Extensive media campaigns are run to spread awareness about the theme of the year and the actions individuals and communities can take to contribute to environmental protection.

Corporate Participation: Many businesses also participate by organizing environmentally friendly activities, launching green initiatives, and encouraging sustainable practices within their operations.





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Impact:

Increased Awareness: The day has significantly increased global awareness about environmental issues, leading to a more informed and engaged public.

Policy Changes: It has influenced policy changes and the implementation of environmental regulations and conservation efforts worldwide.

Grassroots Movements: World Environment Day has spurred grassroots movements and local initiatives that contribute to environmental protection and sustainability.

Corporate Responsibility: The day has also encouraged greater corporate responsibility and the adoption of sustainable business practices.

Conclusion:

World Environment Day serves as a crucial reminder of the need to protect and preserve our environment. It highlights the interconnectedness of human actions and the natural world, promoting collective responsibility and action towards a sustainable future. Through global participation and advocacy, World Environment Day continues to inspire change and foster a deeper commitment to environmental stewardship.



“Go green, Breathe clean”





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Environment day Awareness program





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Dear all Pharmacy Students,

We are pleased to announce that Innovative college of pharmacy is organizing a **Mask and Sanitizer Distribution Campaign** on **March 2, 2021**. As part of our commitment to promoting health and safety within our community, we believe it is essential to take proactive measures to combat the spread of infectious diseases, particularly in light of recent concerns regarding the Coronavirus (COVID-19) outbreak.

Let us all work together to prioritize health and safety as we navigate through these challenging times.

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EVENT REPORT: DISTRIBUTION OF COVID MASKS AND SANITIZER

Date: March 2, 2021

Overview:

The Distribution of COVID Masks and Sanitizer Campaign, organized by the Innovative college of pharmacy, was successfully conducted on March 2, 2021. As a responsible educational institution, we are committed to ensuring the safety and well-being of our students, faculty, and staff. The distribution of masks and sanitizers aims to promote awareness and preventive measures against the transmission of COVID-19 within our campus community.

The campaign aimed to raise awareness about the preventive measures against the transmission of the Coronavirus Disease (COVID-19) and provide essential protective equipment to the campus community.

Event Details:

The campaign commenced at innovative campus at 10 am, with a team of volunteers and staff members from the institute stationed at designated distribution points. Each distribution point was equipped with a sufficient supply of masks and hand sanitizers.

Throughout the day, students, faculty, and staff members actively participated in the campaign by visiting the distribution points to collect their complimentary masks and sanitizers. The event saw a significant turnout, indicating a high level of engagement and awareness within the campus community regarding the importance of preventive measures against COVID-19.

Impact:

The Distribution of COVID Masks and Sanitizer Campaign had a positive impact on the campus community by promoting awareness and encouraging the adoption of preventive measures against COVID-19. By providing essential protective equipment, the campaign helped to enhance the safety and well-being of students, faculty, and staff members within the institute.





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Feedback:

Feedback from participants was overwhelmingly positive, with many expressing gratitude for the institute's proactive approach to addressing the public health concern posed by COVID-19. Participants appreciated the opportunity to receive complimentary masks and sanitizers, emphasizing the importance of such initiatives in promoting a safe and healthy campus environment.

Conclusion:

In conclusion, the Distribution of COVID Masks and Sanitizer Campaign organized by the Innovative college of pharmacy was a resounding success. The campaign effectively raised awareness about preventive measures against COVID-19 and provided essential protective equipment to the campus community. Moving forward, the institute remains committed to promoting the health and well-being of its members and will continue to organize initiatives aimed at addressing public health concerns.





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Masks distribution by Innovative college of pharmacy



Sanitizer distribution by Innovative college of pharmacy





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NOTICE

Dear all students and esteemed faculty,

We are pleased to announce that the Innovative college of pharmacy are organizing a webinar on personality development skill on **February 7, 2021, from 10:00 AM to 1:00 PM (Google meet)**. Experts will discuss psychology, tips for Personality development, personal branding, and work-life balance. Engage in interactive Q&A. Open to all interested in personal growth. Enhance your personality with valuable insight.

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Awareness Webinar on personality development

Objectives

The primary objective of the webinar was to create awareness about the significance of personality development and its impact on personal and professional growth. The session aimed to provide practical tips and strategies for enhancing various aspects of one's personality.

- Time management and prioritization
- Coping with stress and maintaining mental health
- Achieving work-life balance

Highlights of the Webinar

- Interactive Sessions: The webinar included Q&A sessions after each speaker, allowing participants to engage with the experts and seek personalized advice.
- Breakout Rooms: Attendees were divided into smaller groups for discussions and activities focused on practical personality development exercises.
- Live Polls and Surveys: Real-time feedback was collected to gauge the participants' understanding and satisfaction with the webinar content.
- Resource Materials: Participants received e-books and articles on personality development to support their continuous learning.

Feedback and Outcomes

The webinar received positive feedback from the participants. Key takeaways from the feedback included:

- Engagement: 90% of participants found the sessions highly engaging and informative.





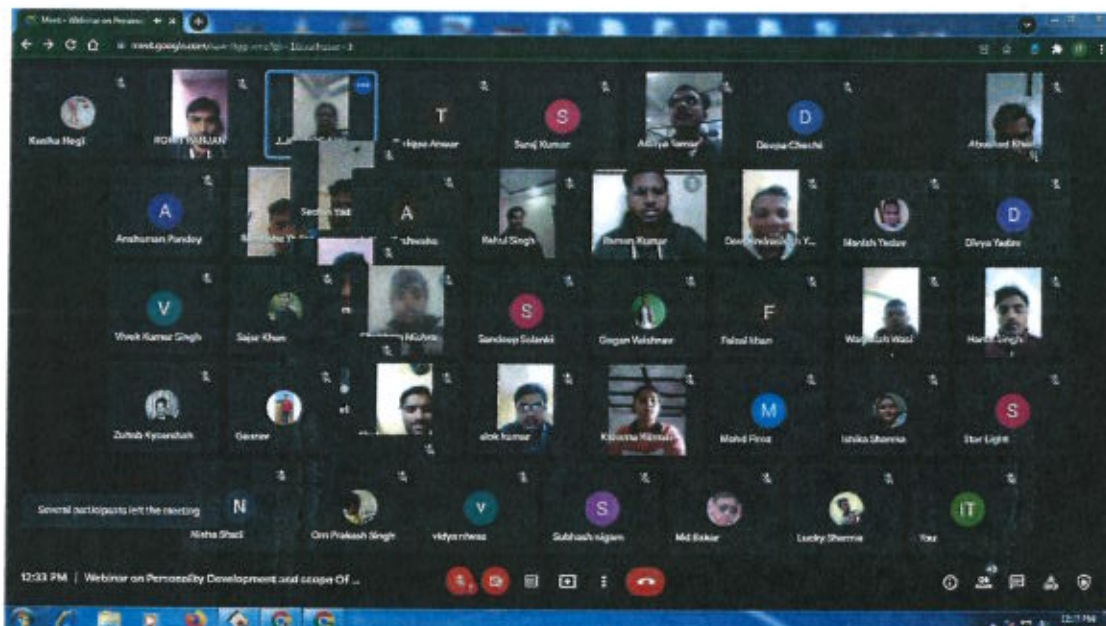
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- Content Relevance: 85% of attendees felt that the topics covered were relevant to their personal and professional lives.
- Implementation: 80% of participants expressed their intention to implement the strategies discussed in their daily routines.

Conclusion

The Awareness Webinar on Personality Development successfully achieved its objectives by providing valuable insights and practical tools for personal growth. The high level of engagement and positive feedback from participants indicate a strong impact on their understanding and approach to personality development. Future webinars will continue to build on this success, addressing more specific areas of interest and incorporating additional interactive elements.



Webinar on personality development





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Tips for developing personality

