



P. RAMI REDDY MEMORIAL COLLEGE OF PHARMACY

44/35-1, Prakruthi Nagar, Utukur, Kadapa - 516 003 A.P.

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Documents Related to organised Life Skills Programmes During
Assessment period



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LIFE SKILLS

S. No.	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
2022-23				
1.	Yoga For Vasudhaika Kutumbam	30.12.2022	140	Dhruvasesha Reddy, kadapa.
2.	Effective Communication	28.09.2022	153	Mr. N. Raghunath Reddy H & S Department, KSRM college of Engineering, Kadapa.
2021-22				
3.	Time Management	03.01.2022	114	Mr. Balasivayogi Swamiji, Kadapa, Andhra pradesh.
2020-21				
4.	Stress Management	02.12.2020	127	Achityananda Swamiji, Ramakrishna Mission Kadapa
2019-20				
5.	Focus and Self-Control, Perspective Taking, and Taking on Challenges	17.09.2019	135	Mr. Kasigari Prasad ANCP
6.	Yoga for Health	27.08.2019	121	Sri Jagadeesh Shastri, Kadapa.
2018-19				
7.	Emotional Intelligence	20.08.2018	123	Dr. I. Vinayaka Naik SVIMS Tirupathi


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Date: **23.12.2022**

CIRCULAR

We are Delighted to inform all students our upcoming workshop entitled as "YOGA FOR VASUDHAIIKA KUTUMBAM" on 30.12.2022. This session will help to get rid of Physical and Mental illness. We encourage every student to participate in this valuable session.

Secure your participation by registering before 29.12.2022. For further Details Don't hesitate to contact Program Co-ordinator.

Venue: Art of living Society, Erramukkapalli circle, Kadapa.

Time: 9.00 AM to 5.00 PM

Program Coordinator: Dr. R. Manohar
Professor and HOD
Department of Pharmacology

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Name of the Event: YOGA FOR VASUDHAIKA KUTUMBAM

Date: 30.12.2022

Academic Year: 2022-23

PARTICIPANTS LIST

S. No.	Name of the student	Roll No.	Year & Semester	Name of the programme	Signature
1.	AAFRIN SUHAIN SHAIK	22441R0001	I Year	B.Pharmacy	Suhain Shaik
2.	AMRUTHALA SANDHYA	22441R0002	I Year	B.Pharmacy	Sandhya
3.	ARVETI MAHIMNA	22441R0003	I Year	B.Pharmacy	Mahimna
4.	BALUSA GEETHA SREE	22441R0004	I Year	B.Pharmacy	Geetha
5.	BANKA DIVYA	22441R0005	I Year	B.Pharmacy	Divya
6.	BATTALA VISHNU PRIYA	22441R0006	I Year	B.Pharmacy	B. Vishnupriya
7.	BILLA SRI LAKSHMI	22441R0007	I Year	B.Pharmacy	B. Lakshmi
8.	BIRUSANTI NISSI	22441R0008	I Year	B.Pharmacy	B. Nissi
9.	BOLLAPU PAVITHRA	22441R0009	I Year	B.Pharmacy	B. Pavithra
10.	BONNAM KEERTHANA	22441R0010	I Year	B.Pharmacy	B. Keerthana
11.	CHANDULURU VISHNU RAJESH	22441R0011	I Year	B.Pharmacy	C. Rajesh
12.	CHILAKALA MALLIKA	22441R0012	I Year	B.Pharmacy	Mallika.C
13.	CHINTHA SIVARAMA KRISHNA	22441R0013	I Year	B.Pharmacy	C. Siva
14.	CHITTE JAHNAVI	22441R0014	I Year	B.Pharmacy	C. Jahnavi
15.	CHITTY AASHA LATHA	22441R0015	I Year	B.Pharmacy	C. Aasha
16.	CHUNDURU NAGA VENKATA RUPIKA	22441R0016	I Year	B.Pharmacy	C. Rupika
17.	DANDU MADHU SUDHAN REDDY	22441R0017	I Year	B.Pharmacy	Madhu Sudhan
18.	DASARAJU BHAVANI	22441R0018	I Year	B.Pharmacy	D. Bhavani
19.	DERANGULA ANJALI	22441R0019	I Year	B.Pharmacy	D. Anjali
20.	DERANGULA VENKATA MANOHAR	22441R0020	I Year	B.Pharmacy	D. Manohar
21.	DEVINENI SOMASHEKHAR	22441R0021	I Year	B.Pharmacy	D. Somashekhar
22.	DONDAPATI LIKITHA	22441R0022	I Year	B.Pharmacy	D. Likitha
23.	ESAMADUGU VASUNDHARA	22441R0023	I Year	B.Pharmacy	Vasundhara
24.	G S MISBA SWALEHA	22441R0024	I Year	B.Pharmacy	G. Misba
25.	GADI LAHARI	22441R0025	I Year	B.Pharmacy	G. Lahari
26.	GANDLURU VENKATA ANITHA	22441R0026	I Year	B.Pharmacy	G. Anitha
27.	GANGI REDDY SAMUEL	22441R0027	I Year	B.Pharmacy	G. Samuel
28.	GL LAKSHMI	22441R0028	I Year	B.Pharmacy	G. Lakshmi
29.	GONDI SIDDARTHA	22441R0029	I Year	B.Pharmacy	Siddhartha



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30.	GOWURU AKSHITHA	22441R0030	I Year	B.Pharmacy	G. Akshitha
31.	GUNDLADHURTHI VIGNESWAR REDDY	22441R0031	I Year	B.Pharmacy	G. Vigneswar
32.	GUNDLADURTI SANDYA	22441R0032	I Year	B.Pharmacy	G. Sandya
33.	GUTURI VENKATA SAI SREYA	22441R0033	I Year	B.Pharmacy	G. Sreya
34.	HUSSAINAPURAM JAGADEESH	22441R0034	I Year	B.Pharmacy	Jagadeesh
35.	JOGI BINDHUPRIYA	22441R0035	I Year	B.Pharmacy	Bindhu
36.	JUTURU MOUNIKA	22441R0036	I Year	B.Pharmacy	Mounika
37.	K ANIKARAM KAVYASREEE	22441R0037	I Year	B.Pharmacy	K. Kavyasree
38.	KAMISSETTY VYSHNAVI	22441R0038	I Year	B.Pharmacy	Ka Vyshnavi
39.	KAMMARI MADHUSUDHAN	22441R0039	I Year	B.Pharmacy	Madhu Sudhan
40.	KAMSALA SHIVA SANKAR	22441R0040	I Year	B.Pharmacy	Shiva
41.	KATAMDARI VIVEKANANDA	22441R0041	I Year	B.Pharmacy	K. Vivek
42.	KATIKA MAHEK TARANNUM	22441R0042	I Year	B.Pharmacy	K.M. Shanmulla
43.	KATIKA MISBAH TARANNUM	22441R0043	I Year	B.Pharmacy	TARANNUM. K.
44.	KAVETI MOULIKA	22441R0044	I Year	B.Pharmacy	Moulika
45.	KONDEPALLI SURENDRA REDDY	22441R0045	I Year	B.Pharmacy	K. Surendra Reddy
46.	KORI GAYATHRI	22441R0046	I Year	B.Pharmacy	Gayathri
47.	KOTIGARI ROHINI VINDHYA	22441R0047	I Year	B.Pharmacy	R. Rohini
48.	KOTTHAPALLE THARAKA RAM	22441R0048	I Year	B.Pharmacy	Tharaka Ram
49.	KUDUMALA MEGHANA	22441R0049	I Year	B.Pharmacy	Meghana
50.	KUNDAVARAM CHANDU	22441R0050	I Year	B.Pharmacy	K. Chandu
51.	MADAKABOYINA VASANTHA	22441R0051	I Year	B.Pharmacy	Vasanta
52.	MALA SAI LEELA	22441R0052	I Year	B.Pharmacy	M. Sai Leela
53.	MALLE SRI MANIKANTA VARAPRASAD	22441R0053	I Year	B.Pharmacy	M. Manikanta
54.	MIDOE SRAVANTHI	22441R0054	I Year	B.Pharmacy	Sravanthi
55.	MUDDAPPAGARI DEEPIKA	22441R0055	I Year	B.Pharmacy	Deepika. M.
56.	MUNDLAPALLI SANTHOSH	22441R0056	I Year	B.Pharmacy	M. Santhosh
57.	MURATHOTI HASINI	22441R0057	I Year	B.Pharmacy	M. Hasini
58.	NALLAMARU VENKATA SURENDRA	22441R0058	I Year	B.Pharmacy	Surendra. M.
59.	NALLAPOTHULA BABU	22441R0059	I Year	B.Pharmacy	N. Babu
60.	NEELAM SRIKANTH	22441R0060	I Year	B.Pharmacy	Srikanth
61.	NIDIGANTI VENKATA PADMAVATHI	22441R0061	I Year	B.Pharmacy	Padmavathi
62.	PARNAPALLI KARUNAKAR REDDY	22441R0062	I Year	B.Pharmacy	Karunaka
63.	PASUPULETI VENKATESWARA	22441R0063	I Year	B.Pharmacy	Venkateswara



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64.	PATHAN SAHEEL KHAN	22441R0064	I Year	B.Pharmacy	Saheel Khan
65.	POLICHERLA VENKATA DUMBU	22441R0065	I Year	B.Pharmacy	P.V. Dumbu
66.	POLISSETTY KUMARI	22441R0066	I Year	B.Pharmacy	P. Kumari
67.	PORUMAMILLA KAVYA SREE	22441R0067	I Year	B.Pharmacy	P. Kavya Sree
68.	RAMAPURAM CHANDANA	22441R0068	I Year	B.Pharmacy	R. Chandana
69.	RAYACHOTY BHARGAVI	22441R0069	I Year	B.Pharmacy	R. Bhargavi
70.	S JAYAKUMAR MAMATHA SREE	22441R0070	I Year	B.Pharmacy	S. Mamatha
71.	SAKINALA JAKARAYYA	22441R0071	I Year	B.Pharmacy	S. Jakarayya
72.	SEELA SHRIYA	22441R0072	I Year	B.Pharmacy	S. Shriya
73.	SHAIK AFRIN	22441R0073	I Year	B.Pharmacy	S. Afrin
74.	SHAIK APSARUNNISA BEGUM	22441R0074	I Year	B.Pharmacy	S. Apsarunnisa
75.	SHAIK ARSHIYA	22441R0075	I Year	B.Pharmacy	S. Arshiya
76.	SHAIK FIDHIYA	22441R0076	I Year	B.Pharmacy	S. Fidhiya
77.	SHAIK FATHIMA MISBAH	22441R0077	I Year	B.Pharmacy	S. Fathima
78.	SHAIK FATIMA TAHSEEN	22441R0078	I Year	B.Pharmacy	Tahseen
79.	SHAIK FAYEZA	22441R0079	I Year	B.Pharmacy	S. Fayeza
80.	SHAIK GAJULA NAZIFA KOUSAR	22441R0080	I Year	B.Pharmacy	Nazifa
81.	SHAIK GULNAAZ BEGUM	22441R0081	I Year	B.Pharmacy	S. Gulnaaz
82.	SHAIK HUSNA	22441R0082	I Year	B.Pharmacy	S. Husna
83.	SHAIK KHALID NAWAZ	22441R0083	I Year	B.Pharmacy	S. Nawaz
84.	SHAIK MAHAMMAD IFTHIKAR ALI	22441R0084	I Year	B.Pharmacy	S. Ifthikar
85.	SHAIK MOHAMMED AYYAIUB	22441R0085	I Year	B.Pharmacy	S. Ayyaiub
86.	SHAIK MOHAMMED SADAQ ALI	22441R0086	I Year	B.Pharmacy	S. Sadali
87.	SHAIK MOHAMMED SAMEERA UDDIN	22441R0087	I Year	B.Pharmacy	S. Sameera
88.	SHAIK MUHAMMAD FARIS	22441R0088	I Year	B.Pharmacy	Muhammed Faris
89.	SHAIK MUSKAN	22441R0089	I Year	B.Pharmacy	S. Muskan
90.	SHAIK RUMESHA	22441R0090	I Year	B.Pharmacy	S. Rumesha
91.	SHAIK SALEEM	22441R0091	I Year	B.Pharmacy	Saleem
92.	SHAIK SANA	22441R0092	I Year	B.Pharmacy	S. Sana
93.	SHAIK THANZEEM	22441R0093	I Year	B.Pharmacy	Thanzeem
94.	SHAIK UMMAR FARUK	22441R0094	I Year	B.Pharmacy	Faruk
95.	SYED BIBI AAMINA AHAMED	22441R0095	I Year	B.Pharmacy	S. Aameena
96.	SYED HUMERA MEHDI	22441R0096	I Year	B.Pharmacy	S. Humera
97.	SYED NOOR MOHAMMED	22441R0097	I Year	B.Pharmacy	Noor



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98.	SYED TASLIMA TANZEEM	22441R0098	I Year	B.Pharmacy	Taslima
99.	TELUGU MANASA	22441R0099	I Year	B.Pharmacy	Manasa
100.	THALLAPALLI PRATHYUSHA	22441R00A0	I Year	B.Pharmacy	Prathyusha
101.	THIPPALURU NANDINI	22441R00A1	I Year	B.Pharmacy	Nandini
102.	ULTHI KEDHARNATH	22441R00A2	I Year	B.Pharmacy	Kedarnath
103.	UPPARI DIVYA	22441R00A3	I Year	B.Pharmacy	Divya
104.	V SWATHI	22441R00A4	I Year	B.Pharmacy	Swathi
105.	VADLA HARIKA	22441R00A5	I Year	B.Pharmacy	Harika
106.	VEERABALLI SARITHA KUMARI	22441R00A6	I Year	B.Pharmacy	Saritha
107.	VEMAGANTI AISHWARYA	22441R00A7	I Year	B.Pharmacy	Aishwarya
108.	VUSA SNEHA LATHA	22441R00A8	I Year	B.Pharmacy	Snehalatha
109.	YANAMALA ADARSH KUMAR REDDY	22441R00A9	I Year	B.Pharmacy	Adarsh
110.	YEDDULA MADHURI	22441R00B0	I Year	B.Pharmacy	Madhuri
111.	ABINA A R	19441T0001	IV Year	Pharm.D	Abinair
112.	BANGARU SUMATHI	19441T0002	IV Year	Pharm.D	Sumathi
113.	BAPANAPALLI VAMSHI	19441T0003	IV Year	Pharm.D	B.Vamsi
114.	BOGGADI SAI PRANEETH REDDY	19441T0004	IV Year	Pharm.D	Sai Praneeth Reddy
115.	CHATTADASREEVYSHNAVA LAKSHMI PRASAD	19441T0005	IV Year	Pharm.D	C. Lakshmi Prasad
116.	CHINNABBAGARI GUNASHEKAR	19441T0006	IV Year	Pharm.D	C. Gunashekar
117.	DARJI SUDHEER	19441T0007	IV Year	Pharm.D	D. Sudheer
118.	DERANGULA KALYANI	19441T0008	IV Year	Pharm.D	D. Kalyani
119.	G PRIYA	19441T0009	IV Year	Pharm.D	G. Priya
120.	GAGGUTURI MONALISA	19441T0010	IV Year	Pharm.D	G. Monalisa
121.	GUNDAMPATI SHIRISHA	19441T0011	IV Year	Pharm.D	G. Shirisha
122.	GUNUPATI VASAVI	19441T0012	IV Year	Pharm.D	G. Vasavi
123.	GURRALA KEERTHANA	19441T0013	IV Year	Pharm.D	G. Keerthana
124.	JADIPETI VISHNU KUMAR	19441T0014	IV Year	Pharm.D	J. Vishnu
125.	KALAMAKUNTLA LASYA PRIYA	19441T0015	IV Year	Pharm.D	K. Lasya Priya
126.	MANNALA SNEHA LATHA	19441T0016	IV Year	Pharm.D	M. Snehalatha
127.	MUDAVATH DIVYA LAKSHMI BAI	19441T0017	IV Year	Pharm.D	M. Divya
128.	ONTI KOMMU NAVYATEJA	19441T0018	IV Year	Pharm.D	O. Navyateja
129.	P SHAIK ARSHAD AHAMED	19441T0019	IV Year	Pharm.D	P. Arshad
130.	PEDDINENI KALVA MANISHA	19441T0020	IV Year	Pharm.D	P. Manisha
131.	POLATHALA PEDDA NARASAMMA	19441T0021	IV Year	Pharm.D	Narasamma



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132.	RAYACHOTY VAISHNAVI	19441T0022	IV Year	Pharm.D	P. Vaishnavi
133.	REVANURU SAIGANESH	19441T0023	IV Year	Pharm.D	Ganesh
134.	SATHYAKKA GARI NEERAJA	19441T0024	IV Year	Pharm.D	S. Neeraja
135.	SHAIK SHAHAWAR ANJUM	19441T0025	IV Year	Pharm.D	Anjum
136.	SIDDAM JYOTHI	19441T0026	IV Year	Pharm.D	S. Jyothi
137.	TIMMAPURAM MERCY GLORY	19441T0027	IV Year	Pharm.D	T. Mercy Glory
138.	TIRUPATI NITEESHA	19441T0028	IV Year	Pharm.D	Nitheesha
139.	VANKADARI VENKATA SAI PAVITHRA	19441T0029	IV Year	Pharm.D	V Pavithra
140.	ZAINAB RUQSAR SHAIK	19441T0030	IV Year	Pharm.D	Z. Ruqsar

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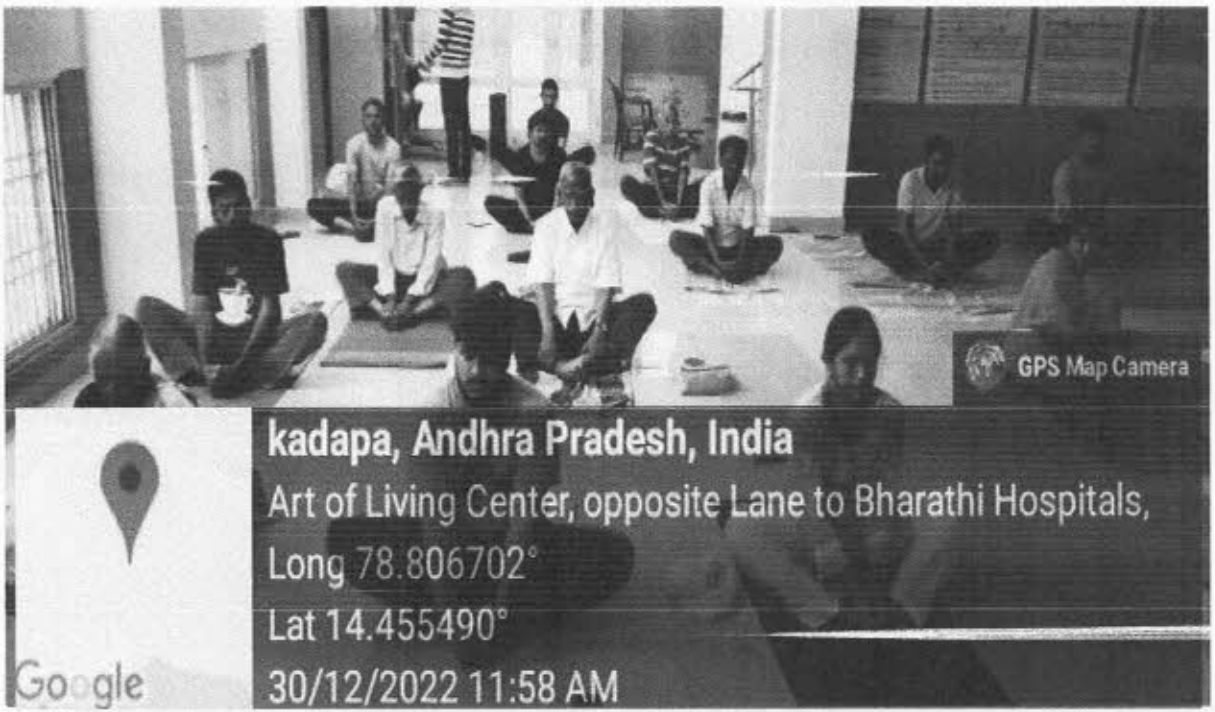
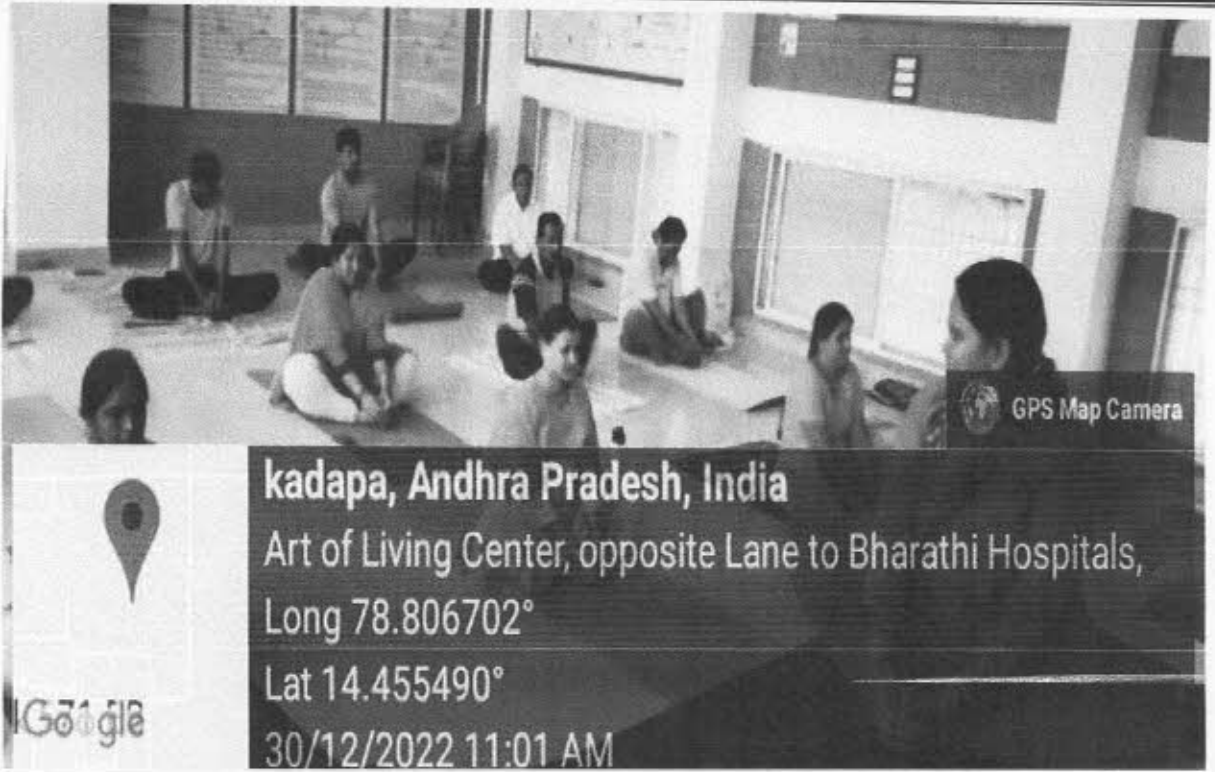


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DATE: 31.12.2022

REPORT

Program title : **YOGA FOR VASUDHAIKA KUTUMBAM**

Date : 30.12.2022

Time : 9.00 AM to 5.00 PM

Resource person details

Name of speaker : Dhruvasesha Reddy

Designation : Yoga trainer

Place : Art of living Society, Erramukkapalli circle, Kadapa.

Contact Number : 8330959551

- ❖ Reputable yoga practitioners and specialists were invited to deliver guest lectures on the benefits of yoga, its history, and its potential for stress management and general well-being. Parallel to the yoga classes, seminars on meditation and mindfulness were organised to promote mental clarity and relaxation.
- ❖ The participants were led through a variety of meditation techniques, with an emphasis on the significance of mindfulness in reducing tension and enhancing concentration.
- ❖ Yoga competitions were held in various categories to promote a spirit of healthy competition and to exhibit the participants' yoga skills. Students were encouraged to demonstrate their flexibility, balance, and control by performing a variety of yoga asanas. For their exceptional performances, the winners were recognised and granted certificates.

CONCLUSION:

Through yoga sessions, guest lectures, meditation seminars, competitions, and informative displays, participants gained a deeper understanding of the significance of yoga in leading a balanced, healthy life. Not only did the event promote physical fitness, but it also highlighted the significance of mental health. Event served as a reminder of the transformative power of yoga and its potential to have a positive impact on individuals and society as a whole

R. Manohar
PROGRAM COORDINATOR
31/12/22

S. Srinivas
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KADAPA - 516 003. A.P. India.



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Date: **21.09.2022**

CIRCULAR

All the students and staff here by We are delighted to announce a 1-day Life Skills Program focusing on "**Effective Communication.**" This program aims to equip you with essential communication skills that will serve you well in both your personal and professional life. The program will be held on 28.09.2022.

Participation in this program will undoubtedly help you become a more confident and articulate communicator. We encourage all students to take advantage of this valuable opportunity.

Venue: Seminar Hall, PRRMCP

Time: 10:00 AM To 1:00 PM

Program Coordinator:

Dr. S. Padmakar
Associate Professor
Department of Pharmacy Practice

S. Padmakar
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Name of the Event: Effective communication

Date: 28.09.2022

Academic Year: 2022-2023

LIST OF STUDENTS ENROLLED FOR THE SESSION

S.No	NAME OF THE STUDENT	Roll No.	Year & Semester	Name of the programme	Signature
1.	ANKIREDDYPALLI SREEJA	17441T0001	VI Year	Pharm.D	A.Sreeja
2.	BERI AISWARYA RANI	17441T0002	VI Year	Pharm.D	Aiswarya
3.	BOYA VEERAKUMAR	17441T0003	VI Year	Pharm.D	veerakumar
4.	BUKKARAYASAMUDRAM ABHISHEK	17441T0004	VI Year	Pharm.D	Abhishek
5.	DERANGULA SINDUSHA	17441T0006	VI Year	Pharm.D	D.Sindusha
6.	EPPARLA TEJASWINI	17441T0007	VI Year	Pharm.D	Tejaswini
7.	GUNDUBOYANA USHASREE	17441T0008	VI Year	Pharm.D	E.Tejaswini
8.	KARAMTHOT SRAVANTHI BAI	17441T0009	VI Year	Pharm.D	K.Shravanthi
9.	K N NANDHA KUMAR	17441T0010	VI Year	Pharm.D	K.sravanthi
10.	KOTHAPALLE YUGANDHAR	17441T0011	VI Year	Pharm.D	Yugandhar
11.	KUNDAGAVINI CHARITHA	17441T0012	VI Year	Pharm.D	V.K.Charitha
12.	LAKKIREDDY NAGA MANI	17441T0013	VI Year	Pharm.D	Nagamani
13.	MADITHATI RAMANI	17441T0014	VI Year	Pharm.D	M. Ramani
14.	MAJJARI HIMABINDU	17441T0015	VI Year	Pharm.D	M.Himabindu
15.	MURTHY KAVYA SREE	17441T0016	VI Year	Pharm.D	Kavya
16.	NANNAGARAM CHARAN KUMAR	17441T0017	VI Year	Pharm.D	Charan
17.	P ZIKRA BATOOL	17441T0018	VI Year	Pharm.D	Zikra Batool
18.	RAGIRI SARASWATHI	17441T0019	VI Year	Pharm.D	R. Saraswathi
19.	RAJABOYINA HARITHA	17441T0020	VI Year	Pharm.D	Haritha
20.	SETTIPALLI ANUSHA	17441T0021	VI Year	Pharm.D	S.Anusha
21.	SHAIK HAZIRA FARHEEN	17441T0022	VI Year	Pharm.D	Farheen
22.	SHAIK RAHILA IRAM	17441T0023	VI Year	Pharm.D	Rahila-Iram
23.	SUDDAMALLA SAI PRAKASH REDDY	17441T0024	VI Year	Pharm.D	Prakash Reddy
24.	SUNDUPALLI REDDEMMA	17441T0025	VI Year	Pharm.D	Reddemma
25.	TADIMARRI DIVYASREE	17441T0027	VI Year	Pharm.D	Divyasree
26.	U SUCHITRA	17441T0029	VI Year	Pharm.D	U. Suchitra
27.	VADDE VENU	17441T0030	VI Year	Pharm.D	V. Venu
28.	G B JITHENDRA	16441T0009	VI Year	Pharm.D	Githendra
29.	MADHAVARAM PAVAN KALYAN	16441T0016	VI Year	Pharm.D	Pavan Kalyan



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30.	AARTHI A	18441T0001	V Year	Pharm.D	Aarthi
31.	AM DIVYA	18441T0002	V Year	Pharm.D	Divya
32.	BIRRU AJAY KUMAR	18441T0003	V Year	Pharm.D	B. Ajay Kumar
33.	BUDDAYAPALLE JYOSHNA	18441T0004	V Year	Pharm.D	B. Jyoshna
34.	DUDEKULA RUKSHANA	18441T0005	V Year	Pharm.D	R. Rukshana
35.	DUVVUR KOGATAM SUBHAVANA	18441T0006	V Year	Pharm.D	F. Subhavanu
36.	JANAM SRINATHA	18441T0007	V Year	Pharm.D	J. Srinatha
37.	KAMBATI KISHORE KUMAR	18441T0008	V Year	Pharm.D	K. Kishore
38.	KARAMALLA AMAL BAJIMA	18441T0009	V Year	Pharm.D	K. Amal
39.	MARAKA HARITHA	18441T0011	V Year	Pharm.D	M. Haritha
40.	MEGAVATH LAKSHMI PRASANNA	18441T0012	V Year	Pharm.D	M. Lakshmi Prasanna
41.	MUDE HARISH NAIK	18441T0013	V Year	Pharm.D	M. Harish
42.	MULLAPAKA SRINIVASA KUMAR	18441T0014	V Year	Pharm.D	M. S. Kumar
43.	MUPPALA NAGARJUN VARMA	18441T0015	V Year	Pharm.D	M. Nagarjun Varma
44.	NUKALA PRAGATHI	18441T0016	V Year	Pharm.D	N. Pragathi
45.	P SANDHYA SHAKILAMAI	18441T0017	V Year	Pharm.D	P. Sandhya
46.	PATHAN ARBAZALI KHAN	18441T0018	V Year	Pharm.D	P. Arbazali
47.	POLU LAHARI	18441T0019	V Year	Pharm.D	P. Lahari
48.	SAYED RASHEED BASHA	18441T0020	V Year	Pharm.D	S. Rasheed Basha
49.	SHAIK ALLA UL SABIHA SULTHANA	18441T0021	V Year	Pharm.D	S. Sulthana
50.	SHAIK AYESHA AZBA	18441T0022	V Year	Pharm.D	S. Aysa
51.	SHAIK FATHIMUZ ZEHRA	18441T0023	V Year	Pharm.D	S. Zehra
52.	SIRIGIREDDYNANDHIVARDHANREDDY	18441T0024	V Year	Pharm.D	S. G. NR
53.	THIRUNAMALA AKHILESWAR GUPTA	18441T0025	V Year	Pharm.D	T. Anshana
54.	THOTA ARCHANA	18441T0026	V Year	Pharm.D	T. Archana
55.	TIMMAPURAM SAMUEL BABU	18441T0027	V Year	Pharm.D	T. S. Babu
56.	VALLURU KARISHMA	18441T0028	V Year	Pharm.D	V. Karishma
57.	YADLA HARINI	18441T0029	V Year	Pharm.D	Y. Harini
58.	ALAMURU SHAIK ASIF	19441R0001	IV Year	B.Pharmacy	A. Shait Asif
59.	AMMEPALLI CHANDRA MAHESH	19441R0002	IV Year	B.Pharmacy	A. Mahesh
60.	AVULA SREEKANTH REDDY	19441R0003	IV Year	B.Pharmacy	Ganga Bhavani
61.	BANDI GANGA BHAVANI	19441R0004	IV Year	B.Pharmacy	Bhavani
62.	BHAJANTHRI MANJULA	19441R0005	IV Year	B.Pharmacy	B. Manjula
63.	BHAVANASI SUBHASHINI	19441R0006	IV Year	B.Pharmacy	B. Subhashini



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64.	BUKKE MOHANBABU NAIK	19441R0007	IV Year	B.Pharmacy	B.m. Naik
65.	CHAPAGALLA VANDHANA PRIYA	19441R0008	IV Year	B.Pharmacy	Vandana
66.	DORABOINA PREETHI PRATHUSHA	19441R0009	IV Year	B.Pharmacy	D.P. Prathusha
67.	FAROOQI SALMAN	19441R0010	IV Year	B.Pharmacy	Salman
68.	GADI BHAVITHA	19441R0011	IV Year	B.Pharmacy	G. Bhavitha
69.	GANDIKOTA AZEEZ	19441R0012	IV Year	B.Pharmacy	G. Azeez
70.	GANGADEVI REDDI PRASANNA	19441R0013	IV Year	B.Pharmacy	Prasanna
71.	GANGANAPALLI AZEEZ	19441R0014	IV Year	B.Pharmacy	G. Azeez
72.	GAVI REDDY VIJAY KUMAR REDDY	19441R0015	IV Year	B.Pharmacy	Vijay Reddy
73.	GODDUMARRI NANDINI	19441R0016	IV Year	B.Pharmacy	G. Nandini
74.	GOPAVARAM ASHOK KUMAR REDDY	19441R0017	IV Year	B.Pharmacy	G. Ashok
75.	GORREPATI SATHWIKA	19441R0018	IV Year	B.Pharmacy	G. Sathwika
76.	GOWNI KIRAN KUMAR	19441R0019	IV Year	B.Pharmacy	Kiran
77.	GUMMA SREEVALLIKA	19441R0020	IV Year	B.Pharmacy	Sreevallika
78.	GUNDRATHI VENKATA SAI	19441R0021	IV Year	B.Pharmacy	G.V. Sai
79.	JADAPALLI LEKHASREE	19441R0022	IV Year	B.Pharmacy	J. Leekha
80.	KAKANURU JYOTHI	19441R0023	IV Year	B.Pharmacy	K. Jyothi
81.	KALIKI RAKESH REDDY	19441R0024	IV Year	B.Pharmacy	Rakesh Reddy
82.	KAMBAM AKHIL REDDY	19441R0025	IV Year	B.Pharmacy	K. Akhil Reddy
83.	KARNATI PAVAN KUMAR REDDY	19441R0026	IV Year	B.Pharmacy	K. Pavan Kumar
84.	KATWAL SALMA	19441R0027	IV Year	B.Pharmacy	K. Salma
85.	KHAYAM INTHIYAZALI KHAN	19441R0029	IV Year	B.Pharmacy	K.B. Khan
86.	KOLIMI PRAVEEN KUMAR	19441R0030	IV Year	B.Pharmacy	Praveen Kumar
87.	KOTTE MOUNIKA YADAV	19441R0031	IV Year	B.Pharmacy	Mounika
88.	KESAMREDDY SANTHA KUMARI	19441R0033	IV Year	B.Pharmacy	K. Santha Kumari
89.	KUNCHEPU NANDINI	19441R0034	IV Year	B.Pharmacy	K. Nandini
90.	LAGGALA BHANU PRAKASH	19441R0035	IV Year	B.Pharmacy	L.B. Prakash
91.	M H SHAIK IRFAN	19441R0036	IV Year	B.Pharmacy	Irfan
92.	MADIREDDY CHANDANA	19441R0037	IV Year	B.Pharmacy	Chandana
93.	MACULURU DIVYA SREE	19441R0039	IV Year	B.Pharmacy	M. Divya Sree
94.	MALISSETTY PAVANI GOUD	19441R0040	IV Year	B.Pharmacy	Pavani Goud
95.	MANGALI SWETHESWARI	19441R0041	IV Year	B.Pharmacy	Swetheswari
96.	MARABATTULA VICTOR	19441R0042	IV Year	B.Pharmacy	M. Victor
97.	MARLA LAKSHMI SREENIVAS	19441R0043	IV Year	B.Pharmacy	M.L. Sreenivas



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98.	MODABOYANA LAKSHMI PRIYA	19441R0044	IV Year	B.Pharmacy	M. Lakshmi Priya
99.	MUDE MADHUSUDHAN NAIK	19441R0045	IV Year	B.Pharmacy	Madhu Sudhan
100.	MUPPASANI PREMITHA	19441R0046	IV Year	B.Pharmacy	M. Premitha
101.	NAGIRI TEJASWINI	19441R0047	IV Year	B.Pharmacy	N. Tejaswini
102.	NANDYALA ANUSHA	19441R0048	IV Year	B.Pharmacy	Anusha
103.	NENAVATH NAGA VANISREE	19441R0049	IV Year	B.Pharmacy	N. N. Vanisree
104.	NIMMAKAYALA THARUN KUMAR REDDY	19441R0050	IV Year	B.Pharmacy	Tharun
105.	PAGIDALA SUMALATHA	19441R0051	IV Year	B.Pharmacy	P. Sumalatha
106.	PATAN KHALID THAHA	19441R0052	IV Year	B.Pharmacy	P. Thaha
107.	PATHAN AYESHA	19441R0053	IV Year	B.Pharmacy	P. Ayesha
108.	PINDIBOYENA NAVEEN	19441R0054	IV Year	B.Pharmacy	Naveen
109.	POLAKATI SUNEEL	19441R0055	IV Year	B.Pharmacy	Suneel
110.	POLEPALLI JYOTHIKA	19441R0056	IV Year	B.Pharmacy	P. Jyothika
111.	POLUBOINA CHAITANYA	19441R0057	IV Year	B.Pharmacy	Chaitanya
112.	PONNA JAGADEESH KUMAR	19441R0058	IV Year	B.Pharmacy	Chaitanya
113.	RAMAIAHGARI UDAY KUMAR	19441R0059	IV Year	B.Pharmacy	R. Uday Kumar
114.	RASALA NARESH	19441R0060	IV Year	B.Pharmacy	R. Naresh
115.	RAVULAKOLANU KUSUMA	19441R0061	IV Year	B.Pharmacy	R. Kusuma
116.	REDDEM BENDAGARI SREE VANI	19441R0062	IV Year	B.Pharmacy	R. B. S. Vani
117.	REDDEM SIRISHA	19441R0063	IV Year	B.Pharmacy	R. Sirisha
118.	SANDRAPALLE SIREESHA	19441R0064	IV Year	B.Pharmacy	S. Sireesha
119.	SARVANI MOHAMMED FAROOQ	19441R0065	IV Year	B.Pharmacy	Farooq
120.	SETTIPALLI REDDI BABU	19441R0067	IV Year	B.Pharmacy	Reddy Babu
121.	SETTYPALLI NARASIMHULU	19441R0068	IV Year	B.Pharmacy	Narasimhulu
122.	SHAIK AHAMMAD BASHA	19441R0069	IV Year	B.Pharmacy	S. A. Basha
123.	SHAIK AHAMMAD MUAZ	19441R0070	IV Year	B.Pharmacy	Ahammad Muaz
124.	SHAIK AHAMMED BASHA	19441R0071	IV Year	B.Pharmacy	S. A. muaz
125.	SHAIK AMEENA FARHA	19441R0072	IV Year	B.Pharmacy	S. Ameena
126.	SHAIK ANJUM	19441R0073	IV Year	B.Pharmacy	Anjum
127.	SHAIK ARSHIYA	19441R0074	IV Year	B.Pharmacy	Arshiya
128.	SHAIK AZAM	19441R0075	IV Year	B.Pharmacy	Azam
129.	SHAIK MD ARIF AHMED	19441R0077	IV Year	B.Pharmacy	Ahmed
130.	SHAIK MUHAMMED ATHAR	19441R0078	IV Year	B.Pharmacy	S. Athar
131.	SHAIK SHAFIKA	19441R0080	IV Year	B.Pharmacy	Shaik Shafika



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132.	SHAIK SHANAWAZ	19441R0081	IV Year	B.Pharmacy	<i>Shanawaz</i>
133.	SHAIK SUHANA FATHIMA SULTANA	19441R0082	IV Year	B.Pharmacy	<i>Sulhana</i>
134.	SHAIK THAMEEM ANSARI	19441R0083	IV Year	B.Pharmacy	<i>Thameem</i>
135.	SHAIK WASEEM	19441R0084	IV Year	B.Pharmacy	<i>Waseem</i>
136.	SIRIGIREDDY SIVAJYOTHI	19441R0086	IV Year	B.Pharmacy	<i>S. Sivajyothi</i>
137.	SOMAVARAPU JAGADEESH	19441R0087	IV Year	B.Pharmacy	<i>Jagadeesh</i>
138.	SURAKA SRINITHYA	19441R0088	IV Year	B.Pharmacy	<i>S. Srinithya</i>
139.	SYED GHOSIYA	19441R0089	IV Year	B.Pharmacy	<i>Ghousiya</i>
140.	SYED MOHAMMED SAMEER	19441R0091	IV Year	B.Pharmacy	<i>S. M. Sameer</i>
141.	SYED NOOR BANU	19441R0092	IV Year	B.Pharmacy	<i>S. Noor Banu</i>
142.	SYED NOWMAN	19441R0093	IV Year	B.Pharmacy	<i>Nawman</i>
143.	SYED SUHAIL AHAMAD	19441R0094	IV Year	B.Pharmacy	<i>Suhail</i>
144.	TELLAKULA NAVITHA	19441R0095	IV Year	B.Pharmacy	<i>Navitha</i>
145.	THAMMELA JAYASRI	19441R0096	IV Year	B.Pharmacy	<i>Jayasri</i>
146.	TURAGA KAVYA	19441R0098	IV Year	B.Pharmacy	<i>T. Kavya</i>
147.	VAKKALA SHAIK MASTANVALI	19441R0099	IV Year	B.Pharmacy	<i>V. S. Mastanvali</i>
148.	VEPAMANI SIVA SAI BHARATH KUMAR	19441R00A0	IV Year	B.Pharmacy	<i>Bharath</i>
149.	YARASANI NIRAJANI	19441R00A1	IV Year	B.Pharmacy	<i>Nirajani</i>
150.	YARAVA DHANUSH	19441R00A2	IV Year	B.Pharmacy	<i>Y. Dhanyush</i>
151.	YATA VIJAY KUMAR	19441R00A3	IV Year	B.Pharmacy	<i>Vijay Kumar</i>
152.	YEDDULA KALYANI	19441R00A4	IV Year	B.Pharmacy	<i>Y. Kalyani</i>
153.	YEDDULA MANJUNATH	19441R00A5	IV Year	B.Pharmacy	<i>Y. Manjunath</i>

S. Sultana

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 **kadapa, Andhra Pradesh, India**
44/38-2-2, Balaji Nagar, Ravindra Nagar, Kadapa, Andhra
Long 78.813111°
Lat 14.458395°
28/9/2022 12:00 PM

GPS Map Camera



 **kadapa Andhra Pradesh, India**
96/21, Prakruthi Nagar, Utukur, Kadapa, Andhra Pradesh
Long 78.813509°
Lat 14.453440°
28/9/2022 12:00 PM

me Center
Google

GPS Map Camera



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Date: 30.09.2022

REPORT

Program title : Effective Communication
Date : 28.09.2022
Time : 10:00AM to 1:00PM

Resource person details

Name of speaker : Mr. N. Raghunath Reddy
Designation : Assistant professor
Place : H & S Department,
KSRM college of Engineering, Kadapa.
Contact details : 9063758685

A one-day program on Life Skills: Effective Communication was successfully conducted at our college to equip students with crucial communication skills for personal and professional development.

- The program commenced with interactive sessions on the art of effective verbal communication, focusing on clarity, tone, and choice of words.
- A workshop highlighted the significance of non-verbal cues, such as body language and gestures, in conveying messages and building rapport.
- Students participated in activities emphasizing the importance of attentive listening and its impact on understanding others' perspectives.
- A session on assertiveness equipped participants with strategies to express their thoughts confidently and respectfully.
- The program delved into the essentials of communication in the workplace, emphasizing the role of effective communication in career success.
- group discussions were conducted to practice and reinforce communication skills learned.

We extend our gratitude to all the speakers, organizers, and participants for their active involvement in making this program a resounding success.

PROGRAM COORDINATOR

PRINCIPAL

PRINCIPAL

**P. Rami Reddy Memorial College of Pharmacy
KADAPA - 516 003. A.P. India.**



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Date: 28.12.2021

CIRCULAR

We are excited to invite you to a 1-day Life Skills Program on "**Time Management**" This program is designed to help you make the most of your time and achieve a better balance between your academic commitments and personal life. The sessions will take place on 03.01.2022. The session will focus on Understanding the Importance of Time Management. Techniques for Prioritization and Planning, and Overcoming Procrastination and Time Wasters.

Participating in this program will empower you to maximize productivity and reduce stress caused by poor time management.

Venue: Seminar Hall, PRRMCP


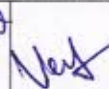
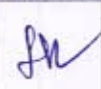





Time: 10.00 AM to 1.00 PM

Program Coordinator: Mrs. M. Surekha
Associate Professor
Department of Pharmaceutics


PRINCIPAL 28/12/21
PRINCIPAL

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KADAPA - 516 003. A.P. India.

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Name of the Event: Time Management

Date: 03.01.2022

Academic Year: 2021-22

LIST OF STUDENTS ENROLLED FOR THE SESSION

S. No.	Name of the student	Roll No.	Year & Semester	Name of the programme	Date of enrolment
1.	ANKIREDDYPALLI SREEJA	17441T0001	V Year	Pharm.D	A. Sreeja
2.	BERI AISWARYA RANI	17441T0002	V Year	Pharm.D	B. Aiswarya Rani
3.	BOYA VEERAKUMAR	17441T0003	V Year	Pharm.D	B. Veerakumar
4.	BUKKARAYASAMUDRAM ABHISHEK	17441T0004	V Year	Pharm.D	B. Abhishek
5.	DERANGULA SINDUSHA	17441T0006	V Year	Pharm.D	D. Sindusha
6.	EPPARLA TEJASWINI	17441T0007	V Year	Pharm.D	E. Tejaswini
7.	GUNDUBOYANA USHASREE	17441T0008	V Year	Pharm.D	G. Ushasree
8.	KARAMTHOT SRAVANTHI BAI	17441T0009	V Year	Pharm.D	K. Ushasree
9.	K N NANDHA KUMAR	17441T0010	V Year	Pharm.D	K. Sravanthi Bai
10.	KOTHAPALLE YUGANDHAR	17441T0011	V Year	Pharm.D	K.N. Nandha Kumar
11.	KUNDAGAVINI CHARITHA	17441T0012	V Year	Pharm.D	K. Charitha
12.	LAKKIREDDY NAGA MANI	17441T0013	V Year	Pharm.D	L. Nagamani
13.	MADITHATI RAMANI	17441T0014	V Year	Pharm.D	M. Ramani
14.	MAJJARI HIMABINDU	17441T0015	V Year	Pharm.D	M. Himabindu
15.	MURTHY KAVYA SREE	17441T0016	V Year	Pharm.D	M. Kavya Sri
16.	NANNAGARAM CHARAN KUMAR	17441T0017	V Year	Pharm.D	N. Charan Kumar
17.	P ZIKRA BATOOL	17441T0018	V Year	Pharm.D	P. Zikra Batool
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19.	RAJABOYINA HARITHA	17441T0020	V Year	Pharm.D	R. Haritha
20.	SETTIPALLI ANUSHA	17441T0021	V Year	Pharm.D	S. Anusha
21.	SHAIK HAZIRA FARHEEN	17441T0022	V Year	Pharm.D	S. Hazira farheen
22.	SHAIK RAHILA IRAM	17441T0023	V Year	Pharm.D	S. Rahila Iram
23.	SUDDAMALLA SAI PRAKASH REDDY	17441T0024	V Year	Pharm.D	S. Sai Prakash Reddy
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27.	VADDE VENU	17441T0030	V Year	Pharm.D	V. Venu
28.	G B JITHENDRA	16441T0009	V Year	Pharm.D	G.B. Jithendra



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29.	PATHAN AFROZ KHAN	18441R0001	IV Year	B.Pharmacy	P. AFROZ KHAN
30.	GANGIREDDYPALLI AMANI	18441R0002	IV Year	B.Pharmacy	G. Amani
31.	THUDIMELADINNE ANANDALAHARI	18441R0003	IV Year	B.Pharmacy	T. Anandalahari
32.	PUTTA ANIL KUMAR REDDY	18441R0004	IV Year	B.Pharmacy	P. Anil Kumar Reddy
33.	KALLURI ANUSHA	18441R0005	IV Year	B.Pharmacy	K. Anusha
34.	DUDEKULA ANWAR BASHA	18441R0006	IV Year	B.Pharmacy	D. Anwar Basha
35.	SHAIKAPSHANA	18441R0007	IV Year	B.Pharmacy	S. Apshana
36.	SHAIK ARSHIYA PARVEEN	18441R0008	IV Year	B.Pharmacy	S. Arshiya Parveen
37.	SHAIK ARSHIYA	18441R0009	IV Year	B.Pharmacy	Shaik Arshiyaparveen
38.	SHAIK AZMATHULLA	18441R0010	IV Year	B.Pharmacy	S. Azmathulla
39.	YEDDULA DEEKSHITHA	18441R0011	IV Year	B.Pharmacy	Y. Deekshitha
40.	KATHI DEEPA	18441R0012	IV Year	B.Pharmacy	K. Deepa
41.	GANDHAM DINESH VARMA	18441R0014	IV Year	B.Pharmacy	G. Dineshvarma
42.	DIVYA DAS	18441R0015	IV Year	B.Pharmacy	Divya Das
43.	BODICHERLA DIVYA THEJA	18441R0016	IV Year	B.Pharmacy	B. Divya theja
44.	ACHIGARI ENVITHA	18441R0017	IV Year	B.Pharmacy	A. Envitha
45.	SYED FAREEN	18441R0018	IV Year	B.Pharmacy	S. Fareen
46.	SHAIK JABEENA	18441R0020	IV Year	B.Pharmacy	S. Jabeena
47.	SHAIK JABEER	18441R0021	IV Year	B.Pharmacy	S. Jabber
48.	MOOLA JANARDHAN REDDY	18441R0022	IV Year	B.Pharmacy	M. Janardhan Reddy
49.	ANKE JYOSTNA	18441R0023	IV Year	B.Pharmacy	A. Jyostna
50.	KURUBA JYOTHI	18441R0024	IV Year	B.Pharmacy	A. Jyothi
51.	ARLA KALYAN KUMAR	18441R0025	IV Year	B.Pharmacy	A. Kalyan Kumar
52.	SANJAPOGULA KEERTHAN KUMAR	18441R0026	IV Year	B.Pharmacy	S. Keerthan Kumar
53.	POKURU KEERTHANA	18441R0027	IV Year	B.Pharmacy	P. Keerthana
54.	DASARI KEERTHI SPANDANA	18441R0028	IV Year	B.Pharmacy	D. Keerthi Spandana
55.	SYED KHALIDA FARHEEN	18441R0029	IV Year	B.Pharmacy	S. Khalida Farheen
56.	SHAIK KHUSHNUMA	18441R0030	IV Year	B.Pharmacy	S. Khushnuma
57.	MIDDE KIRAN KUMAR REDDY	18441R0031	IV Year	B.Pharmacy	M. Lahari
58.	UPPALA LAHARI	18441R0032	IV Year	B.Pharmacy	U. Lahari
59.	MALLISETTY LAKSHMI AMRUTHA	18441R0033	IV Year	B.Pharmacy	M. Lakshmi Amrutha
60.	KAKARLA LAXMI CHANDRIKA	18441R0034	IV Year	B.Pharmacy	K. Laxmi Chandrika
61.	CHILUKALA LOKESWARI	18441R0035	IV Year	B.Pharmacy	C. Lokeshwari
62.	GODDUMARI MAHALAKSHMI	18441R0036	IV Year	B.Pharmacy	G. Mahalakshmi



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63.	GONDI MALLIKARJUNA	18441R0037	IV Year	B.Pharmacy	G. Mallikarjuna
64.	YANJARAPPA GARI MAMATHA	18441R0038	IV Year	B.Pharmacy	Y. Gari mamatha
65.	MUGENNAGARI MEENAKSHI	18441R0039	IV Year	B.Pharmacy	M. Meenakshi
66.	SHAIK MOHAMMED	18441R0040	IV Year	B.Pharmacy	S. Mohammed
67.	SYED MOHAMMED ASIF	18441R0041	IV Year	B.Pharmacy	S. Mohammed Asif
68.	SHAIK MOHAMMED GHOUSE	18441R0042	IV Year	B.Pharmacy	S. Mohammed Ghouse
69.	YAKULA MOHAMMED HANEEF	18441R0043	IV Year	B.Pharmacy	Y. Mohammed Haneef
70.	SHAIK MOHAMMED IRFAN	18441R0044	IV Year	B.Pharmacy	S. Mohammed Irfan
71.	KAMISSETTY MOHANA PRAVEENA	18441R0045	IV Year	B.Pharmacy	K. Mohana Praveena
72.	KAKARLA MOUNIKA	18441R0046	IV Year	B.Pharmacy	K. Mohan Praveena
73.	MEDISSETTY MOUNISHA	18441R0047	IV Year	B.Pharmacy	M. Mounisha
74.	BANDI MRUDULA	18441R0048	IV Year	B.Pharmacy	B. Mrudhula
75.	SHAIK MUJASSIM	18441R0049	IV Year	B.Pharmacy	S. Mujassim
76.	KOPPU NAGANJINEYULU	18441R0051	IV Year	B.Pharmacy	K. Naganjineyulu
77.	NARUSUPALLI NARASIMHA REDDY	18441R0052	IV Year	B.Pharmacy	N. Narasimhareddy
78.	KAMALAPURAM NAYEEM KHAN	18441R0054	IV Year	B.Pharmacy	K. Kamal Nayeem
79.	CHALLA NISHKALA	18441R0055	IV Year	B.Pharmacy	C. Nishkala
80.	SHAIK PANISMA	18441R0057	IV Year	B.Pharmacy	S. panisma
81.	UDAYAGIRI PRAMEELA	18441R0058	IV Year	B.Pharmacy	U. Pramela
82.	GONDIPALLI PRANEETH	18441R0059	IV Year	B.Pharmacy	G. Praneeth
83.	JELLA PRASANNA LAKSHMI	18441R0061	IV Year	B.Pharmacy	J. Prasanna lakshmi
84.	ADAGOUNI PRAVALLIKA	18441R0062	IV Year	B.Pharmacy	A. pravallika
85.	CHENNURU PRAVEEN	18441R0063	IV Year	B.Pharmacy	C. Praveen
86.	SYED ROOHI SAFIYA	18441R0066	IV Year	B.Pharmacy	S. Roohi Safiya
87.	YERRALINGANNAGARI SAILAJA	18441R0067	IV Year	B.Pharmacy	Y. sailaja
88.	GORI SAMRAN ALI KHAN	18441R0068	IV Year	B.Pharmacy	G. Samran Ali Khan
89.	SHAIK SARAH MUKARRAM	18441R0069	IV Year	B.Pharmacy	S. Sarah mukarram
90.	PATAN SARFARAJ KHAN	18441R0070	IV Year	B.Pharmacy	P. Sarfaraj Khan
91.	KARRA SATISH KUMAR	18441R0071	IV Year	B.Pharmacy	K. Satish Kumar
92.	PILERU SHAIK AFRINALI	18441R0072	IV Year	B.Pharmacy	P. S. Afrinali
93.	SHAIK BIBI AYESHA	18441R0073	IV Year	B.Pharmacy	S. Bibi Ayesha
94.	ESUBBHAI GARI SHAIK IRFAN	18441R0074	IV Year	B.Pharmacy	E. Gari Shaik Irfan
95.	SHAIK MOHAMMED SULTHAN	18441R0075	IV Year	B.Pharmacy	S. Mohammed sulthana
96.	SYEDA SHAISTA SHABNAM	18441R0076	IV Year	B.Pharmacy	S. shaista shabnam



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97.	BANDAY SHAJAHAN	18441R0077	IV Year	B.Pharmacy	B. Shajahan
98.	BAREDDY SHOBHA RANI	18441R0078	IV Year	B.Pharmacy	B. shobha Rani
99.	SIDDARAPU SILPA	18441R0079	IV Year	B.Pharmacy	S. silpa
100.	CHOLARAJU SIVASAI VARMA	18441R0080	IV Year	B.Pharmacy	C. Sivasai Varma
101.	JANGAM SNEHA	18441R0081	IV Year	B.Pharmacy	J. sneha
102.	YADAM SREE HARSHITHA	18441R0082	IV Year	B.Pharmacy	Y. sree Harshitha
103.	RAMIREDDY SREE LEKHA	18441R0083	IV Year	B.Pharmacy	R. Sree Leela.
104.	UDAYAGIRI SREENIVASULA REDDY	18441R0084	IV Year	B.Pharmacy	U. Sreenivasula reddy
105.	RUDRARAJU SRINIVASA RAJU	18441R0085	IV Year	B.Pharmacy	R. Srinivasa Raju
106.	MUGA SUCHARITHA YADAV	18441R0086	IV Year	B.Pharmacy	M. Sucharitha Yadav
107.	PULLAGURA SWETHA	18441R0088	IV Year	B.Pharmacy	P. Swathi
108.	MOODE UMA DEVI	18441R0089	IV Year	B.Pharmacy	M. Uma Devi
109.	YADALA UPENDRA	18441R0090	IV Year	B.Pharmacy	Y. Upendra
110.	RUDRAPATI USHAKIRANMAI	18441R0091	IV Year	B.Pharmacy	R. Ushakiranmai
111.	VERESI VARSHA	18441R0092	IV Year	B.Pharmacy	V. Varsha
112.	PATTHURU VEERANJANEYA ACHARI	18441R0093	IV Year	B.Pharmacy	P. Veeranjaneya achi
113.	SHAIK ZAKA AHMED	18441R0099	IV Year	B.Pharmacy	S. Ahmed.
114.	SUDDAMALA JAGANMOHAN REDDY	17441R0085	IV Year	B.Pharmacy	S. Jagan Mohan Reddy


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GPS Map Camera



Google

kadap, Andhra Pradesh, India

96/21, Prakruthi Nagar, Utukur, Kadapa, Andhra Pradesh

Long 78.813509°

Lat 14.453440°

3/1/2022 11:00 AM



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Date: 04.012022

REPORT

Program title : Time Management
Date : 03.01.2022
Time : 10.00 AM to 1.00 PM

Resource person details


Name of speaker : Balayogi Swamiji
Designation : Motivational Speaker and Mythologist
Place : Chinmaya Mission
Contact Number : 8309012539

The primary aim of this session was to equip students with essential skills and strategies to effectively utilize their time, enhance productivity, and maintain a healthy work-life balance. The session began by defining time management and its significance in academic and personal success.

- Students were guided to identify common time-wasting activities and habits that hinder productivity.
- The importance of setting clear goals and prioritizing tasks to optimize time utilization was emphasized.
- Various time management tools, such as to-do lists, calendars, and task organizers, were introduced.
- Strategies to overcome procrastination and improve task initiation were discussed.
- Students were encouraged to develop personalized study schedules to manage academic commitments effectively.
- Time blocking methods were explained to allocate specific time slots for different tasks and activities.
- Techniques to minimize distractions and maintain focus during study and work were shared.
- The session emphasized the importance of maintaining a balance between academic pursuits and personal life to avoid burnout.

The "Time Management" session provided valuable insights and practical tools to help students manage their time efficiently. Participants gained a better understanding of how to prioritize tasks, overcome procrastination, and maintain a balanced lifestyle.


PROGRAM COORDINATOR


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Date: 27.11.2020

CIRCULAR

We are here by informing all the students and staff to Join us for a 1-day Life Skills Program focused on "**Stress Management**" where you will learn valuable techniques to cope with stress and maintain emotional well-being critical thinking skills to make informed and responsible choices respectively. The program will be conducted on 02.12.2020 by the end of session you will come to know Stress-Relief Techniques, Mindfulness and Building Resilience to Manage Stress and Analyzing Options.

Participating in this program will equip you with effective tools to handle the pressures of college life and beyond. for further information contact program co-ordinator.

Venue: Seminar Hall, PRRMCP

Time: 10.00 AM to 1.00 PM

Program Coordinator: Ms. S. Rahath Fathima









Assistant Professor

Department of Pharmaceutics


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KADAPA - 516 003. A.P. India.

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Name of the Event: **Stress Management**

Date: 02.12.2020

Academic Year: 2020-21

LIST OF STUDENTS ATTENDED FOR THE SESSION

S. No.	Name of the student	Roll No.	Year/ Semester	Name of the Programme	Signature
1.	AARTHI A	18441T0001	III Year	Pharm.D	A. Ar
2.	AM DIVYA	18441T0002	III Year	Pharm.D	B. Ajay kumar
3.	BIRRU AJAY KUMAR	18441T0003	III Year	Pharm.D	B. Ajay kumar
4.	BUDDAYAPALLE JYOSHNA	18441T0004	III Year	Pharm.D	B. Jyoshna
5.	DUDEKULA RUKSHANA	18441T0005	III Year	Pharm.D	Rukshana
6.	DUVVUR KOGATAM SUBHAVANA	18441T0006	III Year	Pharm.D	Subhavana
7.	JANAM SRINATHA	18441T0007	III Year	Pharm.D	Srinatha
8.	KAMBATI KISHORE KUMAR	18441T0008	III Year	Pharm.D	Kishore
9.	KARAMALLA AMAL BAJIMA	18441T0009	III Year	Pharm.D	K. Amal Bajima
10.	LAGISETTI KARTHIK	18441T0010	III Year	Pharm.D	L. Karthik
11.	MARAKA HARITHA	18441T0011	III Year	Pharm.D	Haritha
12.	MEGAVATH LAKSHMI PRASANNA	18441T0012	III Year	Pharm.D	L. Prasanna
13.	MUDE HARISH NAIK	18441T0013	III Year	Pharm.D	Harish Naik
14.	MULLAPAKA SRINIVASA KUMAR	18441T0014	III Year	Pharm.D	Srinivasa
15.	MUPPALA NAGARJUN VARMA	18441T0015	III Year	Pharm.D	Nagarjun Varma
16.	NUKALA PRAGATHI	18441T0016	III Year	Pharm.D	N. Pragathi
17.	P SANDHYA SHAKILAMAI	18441T0017	III Year	Pharm.D	Sandhya
18.	PATHAN ARBAZALI KHAN	18441T0018	III Year	Pharm.D	P. Arbaz
19.	POLU LAHARI	18441T0019	III Year	Pharm.D	P. Lahari
20.	SAYED RASHEED BASHA	18441T0020	III Year	Pharm.D	Rashed Bhasha
21.	SHAIK ALLA UL SABIHA SULTHANA	18441T0021	III Year	Pharm.D	Sabiha
22.	SHAIK AYESHA AZBA	18441T0022	III Year	Pharm.D	S. Ayesha Azba
23.	SHAIK FATHIMUZ ZEHRA	18441T0023	III Year	Pharm.D	Zehra
24.	SIRIGIREDDYNANDHIVARDHANREDDY	18441T0024	III Year	Pharm.D	Nandhi Vardhan
25.	THIRUNAMALA AKHILESWAR GUPTA	18441T0025	III Year	Pharm.D	T. Akhileswar



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26.	THOTA ARCHANA	18441T0026	III Year	Pharm.D	T. Archana
27.	TIMMAPURAM SAMUEL BABU	18441T0027	III Year	Pharm.D	Samuel
28.	VALLURU KARISHMA	18441T0028	III Year	Pharm.D	V. Karishma
29.	YADLA HARINI	18441T0029	III Year	Pharm.D	Harini
30.	ALAMURU SHAIK ASIF	19441R0001	II Year	B.Pharmacy	Asif
31.	AMMEPALLI CHANDRA MAHESH	19441R0002	II Year	B.Pharmacy	Chandra Mahesh
32.	AVULA SREEKANTH REDDY	19441R0003	II Year	B.Pharmacy	A. Sreekanth Reddy
33.	BANDI GANGA BHAVANI	19441R0004	II Year	B.Pharmacy	B. Ganga Bhavani
34.	BHAJANTHRI MANJULA	19441R0005	II Year	B.Pharmacy	B. Manjula
35.	BHAVANASI SUBHASHINI	19441R0006	II Year	B.Pharmacy	Subhashini
36.	BUKKE MOHANBABU NAIK	19441R0007	II Year	B.Pharmacy	Mohanbabu Naik
37.	CHAPAGALLA VANDHANA PRIYA	19441R0008	II Year	B.Pharmacy	Vandhana
38.	DORABOINA PREETHI PRATHUSHA	19441R0009	II Year	B.Pharmacy	D. Preethi
39.	FAROOQI SALMAN	19441R0010	II Year	B.Pharmacy	F. SALMAN
40.	GADI BHAVITHA	19441R0011	II Year	B.Pharmacy	Bhavitha
41.	GANDIKOTA AZEEZ	19441R0012	II Year	B.Pharmacy	G. AZEEZ
42.	GANGADEVI REDDI PRASANNA	19441R0013	II Year	B.Pharmacy	G. Prasanna
43.	GANGANAPALLI AZEEZ	19441R0014	II Year	B.Pharmacy	Azeez
44.	GAVI REDDY VIJAY KUMAR REDDY	19441R0015	II Year	B.Pharmacy	Vijay Kumar Reddy
45.	GODDUMARRI NANDINI	19441R0016	II Year	B.Pharmacy	Nandini
46.	GOPAVARAM ASHOK KUMAR REDDY	19441R0017	II Year	B.Pharmacy	G. Ashok Kumar
47.	GORREPATI SATHWIKA	19441R0018	II Year	B.Pharmacy	Sathwika
48.	GOWNI KIRAN KUMAR	19441R0019	II Year	B.Pharmacy	G. Kiran Kumar
49.	GUMMA SREEVALLIKA	19441R0020	II Year	B.Pharmacy	G. Sreevallika
50.	GUNDRATHI VENKATA SAI	19441R0021	II Year	B.Pharmacy	G. Sreevallika
51.	JADAPALLI LEKHASREE	19441R0022	II Year	B.Pharmacy	J. Lekhasree
52.	KAKANURU JYOTHI	19441R0023	II Year	B.Pharmacy	Jyothi
53.	KALIKI RAKESH REDDY	19441R0024	II Year	B.Pharmacy	R. Rakesh Reddy
54.	KAMBAM AKHIL REDDY	19441R0025	II Year	B.Pharmacy	K. Akhil
55.	KARNATI PAVAN KUMAR REDDY	19441R0026	II Year	B.Pharmacy	Pavan Kumar
56.	KATWAL SALMA	19441R0027	II Year	B.Pharmacy	K. Salma
57.	KHAYAM INTHIYAZALI KHAN	19441R0029	II Year	B.Pharmacy	K. Khayam



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58.	KOLIMI PRAVEEN KUMAR	19441R0030	II Year	B.Pharmacy	K. Praveen Kumar
59.	KOTTE MOUNIKA YADAV	19441R0031	II Year	B.Pharmacy	Mounika
60.	KESAMREDDY SANTHA KUMARI	19441R0033	II Year	B.Pharmacy	Santha Kumari
61.	KUNCHEPU NANDINI	19441R0034	II Year	B.Pharmacy	K. Nandini
62.	LAGGALA BHANU PRAKASH	19441R0035	II Year	B.Pharmacy	L. Bhanu Prakash
63.	M H SHAIK IRFAN	19441R0036	II Year	B.Pharmacy	Irfan
64.	MADIREDDY CHANDANA	19441R0037	II Year	B.Pharmacy	M. Chandana
65.	MADITHATI DHANA LAKSHMI	19441R0038	II Year	B.Pharmacy	M. Dhana Lakshmi
66.	MAGULURU DIVYA SREE	19441R0039	II Year	B.Pharmacy	Divya M.
67.	MALISSETTY PAVANI GOUD	19441R0040	II Year	B.Pharmacy	M. Pavani Goud
68.	MANGALI SWETHESWARI	19441R0041	II Year	B.Pharmacy	Swetheswari
69.	MARABATTULA VICTOR	19441R0042	II Year	B.Pharmacy	M. Victor
70.	MARLA LAKSHMI SREENIVAS	19441R0043	II Year	B.Pharmacy	M. Sreenivas
71.	MODABOYANA LAKSHMI PRIYA	19441R0044	II Year	B.Pharmacy	M. Priya
72.	MUDE MADHUSUDHAN NAIK	19441R0045	II Year	B.Pharmacy	M. Madhusudan
73.	MUPPASANI PREMITHA	19441R0046	II Year	B.Pharmacy	M. Premitha
74.	NAGIRI TEJASWINI	19441R0047	II Year	B.Pharmacy	N. Teja
75.	NANDYALA ANUSHA	19441R0048	II Year	B.Pharmacy	N. Anusha
76.	NENAVATH NAGA VANISREE	19441R0049	II Year	B.Pharmacy	N. Vani Sree
77.	NIMMAKAYALA THARUN KUMAR REDDY	19441R0050	II Year	B.Pharmacy	N. Tharun Reddy
78.	PAGIDALA SUMALATHA	19441R0051	II Year	B.Pharmacy	P. Sumalatha
79.	PATAN KHALID THAHA	19441R0052	II Year	B.Pharmacy	P. Khalid
80.	PATHAN AYESHA	19441R0053	II Year	B.Pharmacy	P. Ayesha
81.	PINDIBOYENA NAVEEN	19441R0054	II Year	B.Pharmacy	P. Naveen
82.	POLAKATI SUNEEL	19441R0055	II Year	B.Pharmacy	Suneel
83.	POLEPALLI JYOTHIKA	19441R0056	II Year	B.Pharmacy	Jyothika
84.	POLUBOINA CHAITANYA	19441R0057	II Year	B.Pharmacy	P. Chaitanya
85.	PONNA JAGADEESH KUMAR	19441R0058	II Year	B.Pharmacy	P. Jagadeesh
86.	RAMAIAHCARI UDAY KUMAR	19441R0059	II Year	B.Pharmacy	R. Uday Kumar
87.	RASALA NARESH	19441R0060	II Year	B.Pharmacy	R. Nareesh
88.	RAVULAKOLANU KUSUMA	19441R0061	II Year	B.Pharmacy	Kusuma
89.	REDDEM BENDAGARI SREE VANI	19441R0062	II Year	B.Pharmacy	R. B. Sree Vani



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90.	REDDEM SIRISHA	19441R0063	II Year	B.Pharmacy	R. Sirisha
91.	SANDRAPALLE SIREESHA	19441R0064	II Year	B.Pharmacy	Sireesha
92.	SARVANI MOHAMMED FAROOQ	19441R0065	II Year	B.Pharmacy	S. M. Farooq
93.	SETTIBOINA SRI PAVANI	19441R0066	II Year	B.Pharmacy	Ses pavani
94.	SETTIPALLI REDDI BABU	19441R0067	II Year	B.Pharmacy	S. Babu
95.	SETTYPALLI NARASIMHULU	19441R0068	II Year	B.Pharmacy	S. Narasimhulu
96.	SHAIK AHAMMAD BASHA	19441R0069	II Year	B.Pharmacy	Ahammad Basha
97.	SHAIK AHAMMAD MUAZ	19441R0070	II Year	B.Pharmacy	S. Ahammad muaz
98.	SHAIK AHAMMED BASHA	19441R0071	II Year	B.Pharmacy	Ahammad Basha
99.	SHAIK AMEENA FARHA	19441R0072	II Year	B.Pharmacy	S. Amena farha
100.	SHAIK ANJUM	19441R0073	II Year	B.Pharmacy	S. Anjum
101.	SHAIK ARSHIYA	19441R0074	II Year	B.Pharmacy	S. Arshiya
102.	SHAIK AZAM	19441R0075	II Year	B.Pharmacy	S. Azam
103.	SHAIK MD ARIF AHMED	19441R0077	II Year	B.Pharmacy	S. Ahmed
104.	SHAIK MUHAMMED ATHAR	19441R0078	II Year	B.Pharmacy	S. M. Athar
105.	SHAIK SHAFIKA	19441R0080	II Year	B.Pharmacy	S. Shafika
106.	SHAIK SHANAWAZ	19441R0081	II Year	B.Pharmacy	S. shanawaz
107.	SHAIK SUHANA FATHIMA SULTANA	19441R0082	II Year	B.Pharmacy	S. fathima
108.	SHAIK THAMEEM ANSARI	19441R0083	II Year	B.Pharmacy	Ansari
109.	SHAIK WASEEM	19441R0084	II Year	B.Pharmacy	Waseem
110.	SIRIGIREDDY SIVAJYOTHI	19441R0086	II Year	B.Pharmacy	Sivajyothi
111.	SOMAVARAPU JAGADEESH	19441R0087	II Year	B.Pharmacy	S. Jagadeesh
112.	SURAKA SRINITHYA	19441R0088	II Year	B.Pharmacy	S. Srinithya
113.	SYED GHOSIYA	19441R0089	II Year	B.Pharmacy	Ghousiya
114.	SYED MOHAMMED SAMEER	19441R0091	II Year	B.Pharmacy	S. Sameer
115.	SYED NOOR BANU	19441R0092	II Year	B.Pharmacy	S. Noor Banu
116.	SYED NOWMAN	19441R0093	II Year	B.Pharmacy	S. Nowman
117.	SYED SUHAIL AHAMAD	19441R0094	II Year	B.Pharmacy	S. Ahamad
118.	TELLAKULA NAVITHA	19441R0095	II Year	R.Pharmacy	Navitha
119.	THAMMELA JAYASRI	19441R0096	II Year	B.Pharmacy	T. Jayasri
120.	TURAGA KAVYA	19441R0098	II Year	B.Pharmacy	T. Kavya
121.	VAKKALA SHAIK MASTANVALI	19441R0099	II Year	B.Pharmacy	Vakali



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122.	VEPAMANI SIVA SAI BHARATH KUMAR	19441R00A0	II Year	B.Pharmacy	V. Bharath Kumar
123.	YARASANI NIRAJANI	19441R00A1	II Year	B.Pharmacy	Y. Niranjani
124.	YARAVA DHANUSH	19441R00A2	II Year	B.Pharmacy	Dhanush
125.	YATA VIJAY KUMAR	19441R00A3	II Year	B.Pharmacy	Vijay Kumar
126.	YEDDULA KALYANI	19441R00A4	II Year	B.Pharmacy	Kalyani
127.	YEDDULA MANJUNATH	19441R00A5	II Year	B.Pharmacy	Manjunath

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Date: 03.12.2020

REPORT

Program title	: Stress Management
Date	: 02.12.2020
Time	: 10.00 AM to 1.00 PM

Resource person details

Name of speaker	: Achityananda Swamiji
Designation	: Motivational Speaker
Place	: Ramakrishna mission
Contact details	: 9109286124

The objective of this session was to educate students about effective techniques and strategies to manage stress, enhance well-being, and promote a balanced lifestyle.

The session began by explaining the concept of stress, its causes, and its impact on physical and mental health.

- Students were guided in identifying common stress triggers and understanding their individual stressors.
- The session addressed the specific stressors faced by students in their academic journey and offered coping mechanisms.
- Various stress management techniques, such as mindfulness, deep breathing, and time management, were introduced.
- The importance of regular exercise, nutrition, and adequate sleep in managing stress was emphasized.
- Students learned about building emotional resilience to handle challenging situations effectively.
- The significance of seeking social support from friends, family, and campus resources during stressful times was discussed.
- Relaxation exercises, meditation, and progressive muscle relaxation techniques were demonstrated.
- Students were encouraged to strike a balance between academic commitments and personal life to reduce stress levels.



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- Mindful awareness exercises were introduced to cultivate present-moment focus and reduce anxiety.

The "Stress Management" session provided valuable insights into understanding and addressing stress-related issues faced by students. Participants gained practical tools to manage stress and improve their overall well-being.


PROGRAM COORDINATOR


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Date: 09.09.2019

CIRCULAR

We are excited to announce a transformative workshop on essential life skills that will equip you with the tools needed to excel in various aspects of your personal and academic life. This workshop, titled "**Focus and Self-Control, Perspective Taking, and Taking on Challenges,**" will be conducted on 17.09.2019.

We strongly encourage all students to participate in this workshop to enhance their personal growth and strengthen their academic endeavors. The sessions will be interactive, engaging, and led by experienced facilitators.

Secure your spot by registering before 16.09.2019

Venue: Seminar Hall, PRRMCP

Time: 10.00 AM to 4.00 PM

Program Coordinator: Dr. Kareemullah
Associate professor
Department of pharmacy practice

Copy to

Dr. C. C. C.
Principal
PRINCIPAL
9/9/19

P.R.R.M. College of Pharmacy
UTUKUR, Kadapa (A.P.)

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LIST OF STUDENTS ENROLLED FOR THE SESSION:

S. No.	Name of the student	Roll No.	Year & Semester	Name of the programme	Signature
01	ABINA A R	19441T0001	I Year	Pharm.D	Abina
02	BANGARU SUMATHI	19441T0002	I Year	Pharm.D	B. Sumathi
03	BAPANAPALLI VAMSHI	19441T0003	I Year	Pharm.D	B. Vamsi
04	BOGGADI SAI PRANEETH REDDY	19441T0004	I Year	Pharm.D	Praneeth
05	CHATTADASREEVYSHNAVA LAKSHMI PRASAD	19441T0005	I Year	Pharm.D	C.S.V. Lakshmi Prasad
06	CHINNABBAGARI GUNASHEKAR	19441T0006	I Year	Pharm.D	G. Gunashekar
07	DARJI SUDHEER	19441T0007	I Year	Pharm.D	D. Sudheer
08	DERANGULA KALYANI	19441T0008	I Year	Pharm.D	D. Kalyani
09	G PRIYA	19441T0009	I Year	Pharm.D	G. Priya
10	GAGGUTURI MONALISA	19441T0010	I Year	Pharm.D	Monalisa
11	GUNDAMPATI SHIRISHA	19441T0011	I Year	Pharm.D	G. Shirisha
12	GUNUPATI VASAVI	19441T0012	I Year	Pharm.D	G. Vasavi
13	GURRALA KEERTHANA	19441T0013	I Year	Pharm.D	G. Keerthana
14	JADIPETI VISHNU KUMAR	19441T0014	I Year	Pharm.D	J. Vishnu Kumar
15	KALAMAKUNTLA LASYA PRIYA	19441T0015	I Year	Pharm.D	K. Lasya Priya
16	MANNALA SNEHA LATHA	19441T0016	I Year	Pharm.D	M. Snehalatha
17	MUDAVATH DIVYA LAKSHMI BAI	19441T0017	I Year	Pharm.D	Divya
18	ONTI KOMMU NAVYATEJA	19441T0018	I Year	Pharm.D	Navyateja
19	P SHAIK ARSHAD AHAMED	19441T0019	I Year	Pharm.D	P. Shaiq Arshad Ahamed
20	PEDDINENI KALVA MANISHA	19441T0020	I Year	Pharm.D	P. Manisha
21	POLATHALA PEDDA NARASAMMA	19441T0021	I Year	Pharm.D	P. Pedda Narasamma
22	RAYACHOTY VAISHNAVI	19441T0022	I Year	Pharm.D	R. Vaishnavi
23	REVANURU SAIGANESH	19441T0023	I Year	Pharm.D	R. Saiganesh
24	SATHYAKKA GARI NEERAJA	19441T0024	I Year	Pharm.D	S. Neeraja
25	SHAIK SHAHAWAR ANJUM	19441T0025	I Year	Pharm.D	Anjum
26	SIDDAM JYOTHI	19441T0026	I Year	Pharm.D	Jyothi
27	TIMMAPURAM MERCY GLORY	19441T0027	I Year	Pharm.D	T. Mercy glory
28	TIRUPATI NITEESHA	19441T0028	I Year	Pharm.D	T. Niteesha
29	VANKADARI VENKATA SAI PAVITHRA	19441T0029	I Year	Pharm.D	V. VSP



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30	ZAINAB RUQSAR SHAIK	19441T0030	I Year	Pharm.D	Zainab Ruqsar Shaik
31	ALAMURU SHAIK ASIF	19441R0001	I Year	B.Pharmacy	Asif
32	AMMEPALLI CHANDRA MAHESH	19441R0002	I Year	B.Pharmacy	Chandru Mahesh
33	AVULA SREEKANTH REDDY	19441R0003	I Year	B.Pharmacy	Sreekanth
34	BANDI GANGA BHAVANI	19441R0004	I Year	B.Pharmacy	B. Bhavani
35	BHAJANTHRI MANJULA	19441R0005	I Year	B.Pharmacy	B. Manjula
36	BHAVANASI SUBHASHINI	19441R0006	I Year	B.Pharmacy	Subhashini
37	BUKKE MOHANBABU NAIK	19441R0007	I Year	B.Pharmacy	B. Babu
38	CHAPAGALLA VANDHANA PRIYA	19441R0008	I Year	B.Pharmacy	C. Vandhana priya.
39	DORABOINA PREETHI PRATHUSHA	19441R0009	I Year	B.Pharmacy	D. Prathusha
40	FAROOQI SALMAN	19441R0010	I Year	B.Pharmacy	Salman
41	GADI BHAVITHA	19441R0011	I Year	B.Pharmacy	G. Bhavitha
42	GANDIKOTA AZEEZ	19441R0012	I Year	B.Pharmacy	Azeez
43	GANGADEVI REDDI PRASANNA	19441R0013	I Year	B.Pharmacy	Prasanna
44	GANGANAPALLI AZEEZ	19441R0014	I Year	B.Pharmacy	Azeez
45	GAVI REDDY VIJAY KUMAR REDDY	19441R0015	I Year	B.Pharmacy	G. Vijay
46	GODDUMARRI NANDINI	19441R0016	I Year	B.Pharmacy	G. Nandini
47	GOPAVARAM ASHOK KUMAR REDDY	19441R0017	I Year	B.Pharmacy	G. K. Reddy
48	GORREPATI SATHWIKA	19441R0018	I Year	B.Pharmacy	Gr. Sathwika
49	GOWNI KIRAN KUMAR	19441R0019	I Year	B.Pharmacy	Kiran
50	GUMMA SREEVALLIKA	19441R0020	I Year	B.Pharmacy	Sreevallika
51	GUNDRATHI VENKATA SAI	19441R0021	I Year	B.Pharmacy	Venkatasai
52	JADAPALLI LEKHASREE	19441R0022	I Year	B.Pharmacy	J. Lekhasree
53	KAKANURU JYOTHI	19441R0023	I Year	B.Pharmacy	K. Jyothi
54	KALIKI RAKESH REDDY	19441R0024	I Year	B.Pharmacy	K. Rakesh Reddy
55	KAMBAM AKHIL REDDY	19441R0025	I Year	B.Pharmacy	K. Akhil Reddy
56	KARNATI PAVAN KUMAR REDDY	19441R0026	I Year	B.Pharmacy	K. Pavan
57	KATWAL SALMA	19441R0027	I Year	B.Pharmacy	Salma
58	KHALANDAR DADAPPEER	19441R0028	I Year	B.Pharmacy	K. Dadapeer
59	KHAYAM INTHIYAZALI KHAN	19441R0029	I Year	B.Pharmacy	Khayam
60	KOLIMI PRAVEEN KUMAR	19441R0030	I Year	B.Pharmacy	Praveen
61	KOTTE MOUNIKA YADAV	19441R0031	I Year	B.Pharmacy	Mounika



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62	KOVURU MOHAMMAD ALI KHAN	19441R0032	I Year	B.Pharmacy	Mikhan
63	KESAMREDDY SANTHA KUMARI	19441R0033	I Year	B.Pharmacy	K. Santha
64	KUNCHEPU NANDINI	19441R0034	I Year	B.Pharmacy	k. Nandini
65	LAGGALA BHANU PRAKASH	19441R0035	I Year	B.Pharmacy	L. Prakash
66	M H SHAIK IRFAN	19441R0036	I Year	B.Pharmacy	M.H. S. Irfan
67	MADIREDDY CHANDANA	19441R0037	I Year	B.Pharmacy	Chandana
68	MADITHATI DHANA LAKSHMI	19441R0038	I Year	B.Pharmacy	M.D. Lakshmi
69	MAGULURU DIVYA SREE	19441R0039	I Year	B.Pharmacy	M. Divya Sree
70	MALISSETTY PAVANI GOUD	19441R0040	I Year	B.Pharmacy	Pavani goud
71	MANGALI SWETHESWARI	19441R0041	I Year	B.Pharmacy	Swetheswari
72	MARABATTULA VICTOR	19441R0042	I Year	B.Pharmacy	M. Victor
73	MARLA LAKSHMI SREENIVAS	19441R0043	I Year	B.Pharmacy	Sreenivas
74	MODABOYANA LAKSHMI PRIYA	19441R0044	I Year	B.Pharmacy	M.L. Priya
75	MUDE MADHUSUDHAN NAIK	19441R0045	I Year	B.Pharmacy	M. R
76	MUPPASANI PREMITHA	19441R0046	I Year	B.Pharmacy	Premitha
77	NAGIRI TEJASWINI	19441R0047	I Year	B.Pharmacy	N. Tejaswini
78	NANDYALA ANUSHA	19441R0048	I Year	B.Pharmacy	N. Anusha
79	NENAVATH NAGA VANISREE	19441R0049	I Year	B.Pharmacy	N. Vani
80	NIMMAKAYALA THARUN KUMAR REDDY	19441R0050	I Year	B.Pharmacy	Tharun Kumar Reddy
81	PAGIDALA SUMALATHA	19441R0051	I Year	B.Pharmacy	P. Sumalatha
82	PATAN KHALID THAHA	19441R0052	I Year	B.Pharmacy	Khalid
83	PATHAN AYESHA	19441R0053	I Year	B.Pharmacy	Ayesha
84	PINDIBOYENA NAVEEN	19441R0054	I Year	B.Pharmacy	Naveen
85	POLAKATI SUNEEL	19441R0055	I Year	B.Pharmacy	P. Suneel
86	POLEPALLI JYOTHIKA	19441R0056	I Year	B.Pharmacy	P. Jyothika
87	POLUBOINA CHAITANYA	19441R0057	I Year	B.Pharmacy	P. Chaitanya
88	PONNA JAGADEESH KUMAR	19441R0058	I Year	B.Pharmacy	P. Jagadeesh Kumar
89	RAMAIAHGARI UDAY KUMAR	19441R0059	I Year	B.Pharmacy	R. Uday Kumar
90	RASALA NARESH	19441R0060	I Year	B.Pharmacy	Nareesh
91	RAVULAKOLANU KUSUMA	19441R0061	I Year	B.Pharmacy	Kusuma
92	REDDEM BENDAGARI SREE VANI	19441R0062	I Year	B.Pharmacy	R. Sreevani



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93	REDDEM SIRISHA	19441R0063	I Year	B.Pharmacy	Sirisha
94	SANDRAPALLE SIREESHA	19441R0064	I Year	B.Pharmacy	S. Sireesha
95	SARVANI MOHAMMED FAROOQ	19441R0065	I Year	B.Pharmacy	S.M. Farooq
96	SETTIBOINA SRI PAVANI	19441R0066	I Year	B.Pharmacy	Pavani
97	SETTIPALLI REDDI BABU	19441R0067	I Year	B.Pharmacy	Reddy babu
98	SETTYPALLI NARASIMHULU	19441R0068	I Year	B.Pharmacy	Narasimhulu
99	SHAIK AHAMMAD BASHA	19441R0069	I Year	B.Pharmacy	Ahmad basha
100	SHAIK AHAMMAD MUAZ	19441R0070	I Year	B.Pharmacy	S.M. Muaz
101	SHAIK AHAMMED BASHA	19441R0071	I Year	B.Pharmacy	Ahmad Basha
102	SHAIK AMEENA FARHA	19441R0072	I Year	B.Pharmacy	Ameena
103	SHAIK ANJUM	19441R0073	I Year	B.Pharmacy	P. Anjum
104	SHAIK ARSHIYA	19441R0074	I Year	B.Pharmacy	S. Arshiya
105	SHAIK AZAM	19441R0075	I Year	B.Pharmacy	S. Azam
106	SHAIK JILANI	19441R0076	I Year	B.Pharmacy	Jilani
107	SHAIK MD ARIF AHMED	19441R0077	I Year	B.Pharmacy	Arif
108	SHAIK MUHAMMED ATHAR	19441R0078	I Year	B.Pharmacy	S.M. Athar
109	SHAIK RAZIA SULTHANA	19441R0079	I Year	B.Pharmacy	Razia
110	SHAIK SHAFIKA	19441R0080	I Year	B.Pharmacy	Shafika
111	SHAIK SHANAWAZ	19441R0081	I Year	B.Pharmacy	S. Shanawaz
112	SHAIK SUHANA FATHIMA SULTANA	19441R0082	I Year	B.Pharmacy	Fathima
113	SHAIK THAMEEM ANSARI	19441R0083	I Year	B.Pharmacy	Thameem
114	SHAIK WASEEM	19441R0084	I Year	B.Pharmacy	Waseem
115	SHAIK ZAHEER	19441R0085	I Year	B.Pharmacy	Zaheer
116	SIRIGIREDDY SIVAJYOTHI	19441R0086	I Year	B.Pharmacy	Sivajyothi
117	SOMAVARAPU JAGADEESH	19441R0087	I Year	B.Pharmacy	Jagadeesh
118	SURAKA SRINITHYA	19441R0088	I Year	B.Pharmacy	S. Srinithya
119	SYED GHOSIYA	19441R0089	I Year	B.Pharmacy	Ghosiya
120	SYED MOHAMMAD SHAHEED	1941R0090	I Year	B.Pharmacy	Shaheed
121	SYED MOHAMMED SAMEER	19441R0091	I Year	B.Pharmacy	Sameer
122	SYED NOOR BANU	19441R0092	I Year	B.Pharmacy	Noorbanu
123	SYED NOWMAN	19441R0093	I Year	B.Pharmacy	Nowman
124	SYED SUHAIL AHAMAD	19441R0094	I Year	B.Pharmacy	S. Suhail



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125	TELLAKULA NAVITHA	19441R0095	I Year	B.Pharmacy	Navitha
126	THAMMELA JAYASRI	19441R0096	I Year	B.Pharmacy	Jayasi
127	THONDALADINNE SAIRABANU	19441R0097	I Year	B.Pharmacy	Sairabanu
128	TURAGA KAVYA	19441R0098	I Year	B.Pharmacy	Kavya
129	VAKKALA SHAIK MASTANVALI	19441R0099	I Year	B.Pharmacy	Shaik Mastanvali
130	VEPAMANI SIVA SAI BHARATH KUMAR	19441R00A0	I Year	B.Pharmacy	Shivath
131	YARASANI NIRAJANI	19441R00A1	I Year	B.Pharmacy	Niranjani
132	YARAVA DHANUSH	19441R00A2	I Year	B.Pharmacy	Dhanush
133	YATA VIJAY KUMAR	19441R00A3	I Year	B.Pharmacy	Vijay Kumar
134	YEDDULA KALYANI	19441R00A4	I Year	B.Pharmacy	Kalyani
135	YEDDULA MANJUNATH	19441R00A5	I Year	B.Pharmacy	Manjunath

Sh. Ch.

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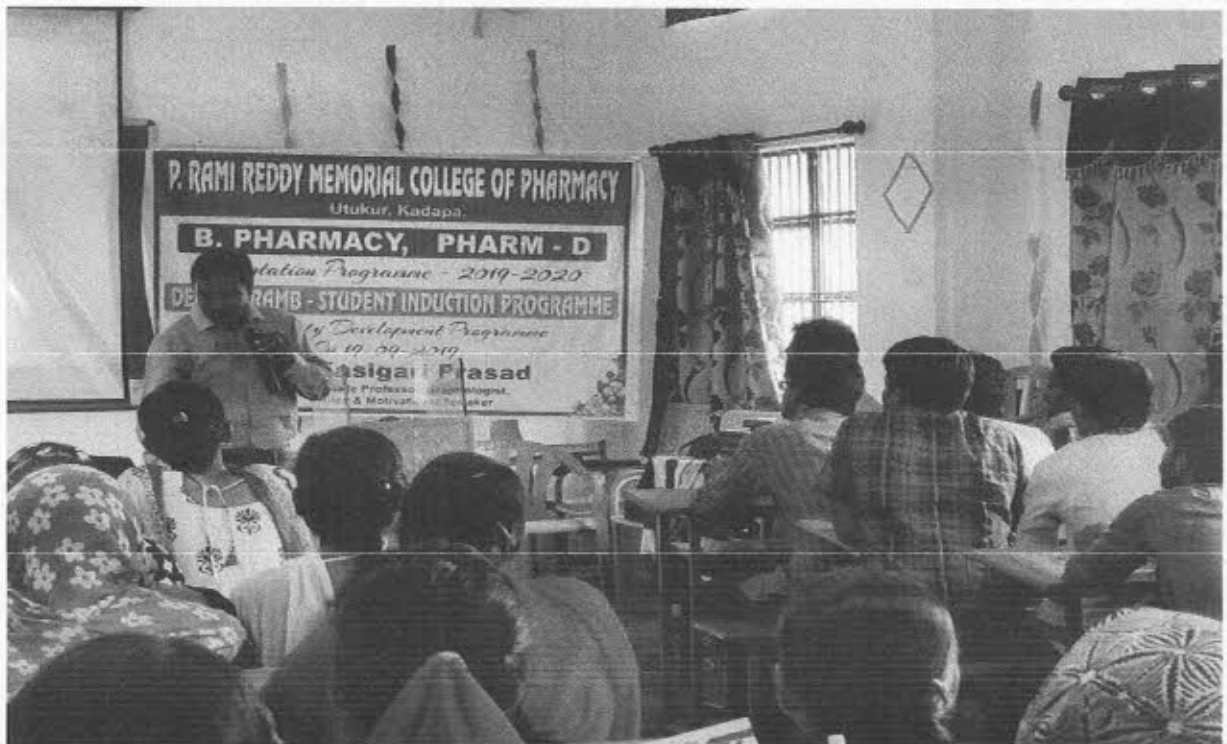
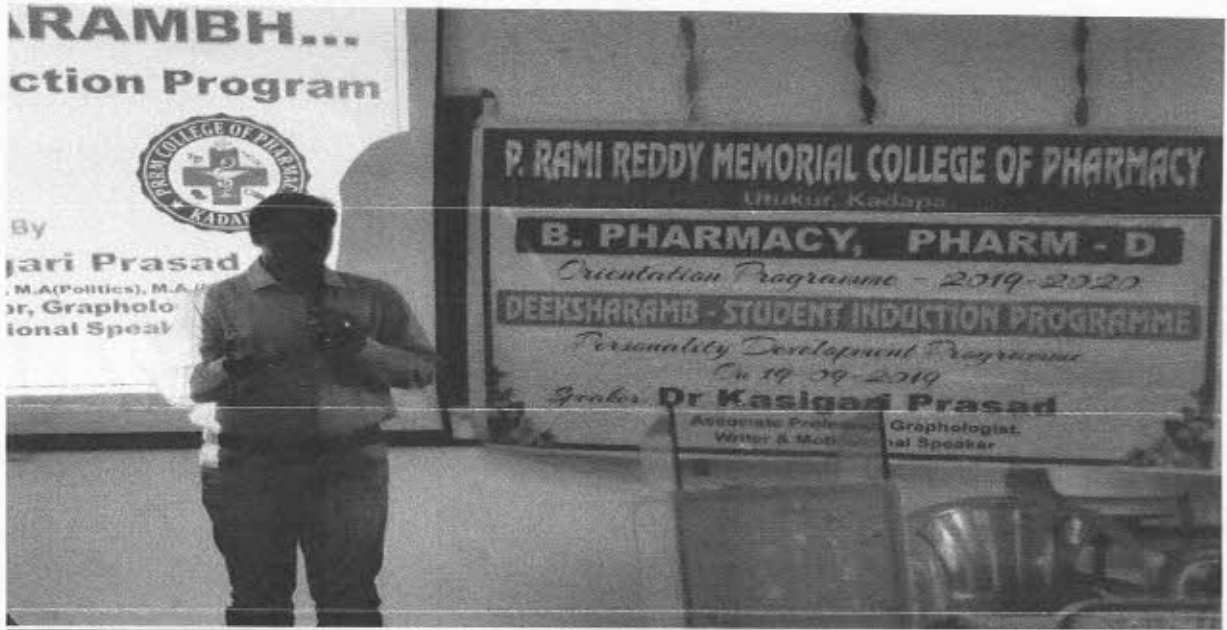


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REPORT

Program title	: Focus and Self-Control, Perspective Taking, and Taking on Challenges
Date	: 17.09.2019.
Time	: 10.00 AM to 4.00 PM
Resource person details	
Name of speaker	: Mr. Kasigari Prasad
Designation	: Assistant professor, writer and speaker
Place	: Annamcharya institute of technology and sciences
Contact details	: + 91 9550530232

A three day college workshop on life skills, participants explored "Focus and Self-Control, Perspective Taking, and Taking on Challenges." conducted in PRRMCP.

- Engaging sessions allowed students to develop essential skills and foster personal growth.
- Through interactive discussions and activities, they learned to improve focus, manage distractions, and practice mindfulness.
- Empathy-building exercises and conflict resolution strategies enriched their perspective-taking abilities. Embracing a growth mindset and setting achievable goals empowered them to tackle challenges with confidence.
- The workshop equipped students with practical tools to excel academically and thrive in various aspects of life. Overall, the workshop was a resounding success in empowering our students with invaluable life skills.


Program Coordinator


Principal
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Date: **19.08.2019**

CIRCULAR

We are delighted to invite you to Enlightening session entitled as "YOGA FOR HEALTH" on the day of **27.08.2019**. we encourage you to enroll this valuable session. Through the practise of yoga, this event seeks to improve your overall health, reduce stress, and cultivate mindfulness. Therefore, every student and member of staff must participate in the programme.

To secure your spot, register now before 24.08.2019. Any queries consult program co-ordinator.

Venue: Sri Guruji Vanaprastha Ashram

Time: 10.00 AM to 04.00 PM

Program Coordinator: Dr. M. Venkata Subbaiah
Associate Professor
Department of Pharmacy practice

[Handwritten Signature]
PRINCIPAL 19/8/19

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Name of the Event: **YOGA FOR HEALTH"**

Date: 27.08.2019

Academic Year: 2019-20

LIST OF STUDENTS ATTENDED FOR THE SESSION

S. No.	Name of the student	Roll No.	Year/ Semester	Name of the Programme	Signature
1.	AARTHI A	18441T0001	II Year	Pharm.D	A. Arthi
2.	AM DIVYA	18441T0002	II Year	Pharm.D	Am Divya
3.	BIRRU AJAY KUMAR	18441T0003	II Year	Pharm.D	B. Ajay kumar
4.	BUDDAYAPALLE JYOSHNA	18441T0004	II Year	Pharm.D	B. Jyoshna
5.	DUDEKULA RUKSHANA	18441T0005	II Year	Pharm.D	D. Rukshana
6.	DUVVUR KOGATAM SUBHAVANA	18441T0006	II Year	Pharm.D	D. Subhavana
7.	JANAM SRINATHA	18441T0007	II Year	Pharm.D	J. Srinatha
8.	KAMBATI KISHORE KUMAR	18441T0008	II Year	Pharm.D	K. Kishore
9.	KARAMALLA AMAL BAJIMA	18441T0009	II Year	Pharm.D	Amal Bajima
10.	LAGISETTI KARTHIK	18441T0010	II Year	Pharm.D	L. Karthik
11.	MARAKA HARITHA	18441T0011	II Year	Pharm.D	M. Haritha
12.	MEGAVATH LAKSHMI PRASANNA	18441T0012	II Year	Pharm.D	Lakshmi Prasan
13.	MUDE HARISH NAIK	18441T0013	II Year	Pharm.D	M. Harish Naik
14.	MULLAPAKA SRINIVASA KUMAR	18441T0014	II Year	Pharm.D	M. Srinivasa Kumar
15.	MUPPALA NAGARJUN VARMA	18441T0015	II Year	Pharm.D	Nagarjun Varma
16.	NUKALA PRAGATHI	18441T0016	II Year	Pharm.D	N. Pragathi
17.	P SANDHYA SHAKILAMAI	18441T0017	II Year	Pharm.D	P. Sandhya
18.	PATHAN ARBAZALI KHAN	18441T0018	II Year	Pharm.D	Arbazali Khan
19.	POLU LAHARI	18441T0019	II Year	Pharm.D	Polu Lahari
20.	SAYED RASHEED BASHA	18441T0020	II Year	Pharm.D	Rasheed Basha
21.	SHAIK ALLA UL SABIHA SULTHANA	18441T0021	II Year	Pharm.D	S. sabiha sulthana
22.	SHAIK AYESHA AZBA	18441T0022	II Year	Pharm.D	S. Ayesha Azba
23.	SHAIK FATHIMUZ ZEHRA	18441T0023	II Year	Pharm.D	S. Fathimuz Zehra
24.	SIRIGIREDDYNANDHIVARDHANREDDY	18441T0024	II Year	Pharm.D	S. nandhivardhanreddy
25.	THIRUNAMALA AKHILESWAR GUPTA	18441T0025	II Year	Pharm.D	Akhileswar Gupta
26.	THOTA ARCHANA	18441T0026	II Year	Pharm.D	T. Archana
27.	TIMMAPURAM SAMUEL BABU	18441T0027	II Year	Pharm.D	Samuel Babu
28.	VALLURU KARISHMA	18441T0028	II Year	Pharm.D	Valluru Karishma



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29.	YADLA HARINI	18441T0029	II Year	Pharm.D	Afroz Khan
30.	PATHAN AFROZ KHAN	18441R0001	II Year	B.Pharmacy	Afroz Khan
31.	GANGIREDDYPALLI AMANI	18441R0002	II Year	B.Pharmacy	G. Amani
32.	THUDIMELADINNE ANANDALAHARI	18441R0003	II Year	B.Pharmacy	Anil Kumar Reddy
33.	PUTTA ANIL KUMAR REDDY	18441R0004	II Year	B.Pharmacy	P. Anil Kumar Reddy
34.	KALLURI ANUSHA	18441R0005	II Year	B.Pharmacy	Kalluri Anusha
35.	DUDEKULA ANWAR BASHA	18441R0006	II Year	B.Pharmacy	D. Anwar Basha
36.	SHAIKAPSHANA	18441R0007	II Year	B.Pharmacy	S. Apshana
37.	SHAIK ARSHIYA PARVEEN	18441R0008	II Year	B.Pharmacy	S. Arshiya Parveen
38.	SHAIK ARSHIYA	18441R0009	II Year	B.Pharmacy	S. Arshiya
39.	SHAIK AZMATHULLA	18441R0010	II Year	B.Pharmacy	S. Azmathulla
40.	YEDDULA DEEKSHITHA	18441R0011	II Year	B.Pharmacy	Y. Deekshitha
41.	KATHI DEEPA	18441R0012	II Year	B.Pharmacy	Kathi Deepa
42.	GANDHAM DINESH VARMA	18441R0014	II Year	B.Pharmacy	G. Dinesh Varma
43.	DIVYA DAS	18441R0015	II Year	B.Pharmacy	Divya Das
44.	BODICHERLA DIVYA THEJA	18441R0016	II Year	B.Pharmacy	B. Divya Theja
45.	ACHIGARI ENVITHA	18441R0017	II Year	B.Pharmacy	A. Envitha
46.	SYED FAREEN	18441R0018	II Year	B.Pharmacy	Syed Fareen
47.	DUNGAVATHI HARDHIK NAIK	18441R0019	II Year	B.Pharmacy	D. Hardhik Naik
48.	SHAIK JABEENA	18441R0020	II Year	B.Pharmacy	Shaik Jabeena
49.	SHAIK JABEER	18441R0021	II Year	B.Pharmacy	Shaik Jabeer
50.	MOOLA JANARDHAN REDDY	18441R0022	II Year	B.Pharmacy	M. Janardhan Reddy
51.	ANKE JYOSTNA	18441R0023	II Year	B.Pharmacy	Jyostna
52.	KURUBA JYOTHI	18441R0024	II Year	B.Pharmacy	K. Jyothi
53.	ARLA KALYAN KUMAR	18441R0025	II Year	B.Pharmacy	A. Kalyan Kumar
54.	SANJAPOGULA KEERTHAN KUMAR	18441R0026	II Year	B.Pharmacy	S. Keerthan Kumar
55.	POKURU KEERTHANA	18441R0027	II Year	B.Pharmacy	P. Keerthana
56.	DASARI KEERTHI SPANDANA	18441R0028	II Year	B.Pharmacy	D. Keerthi Spandana
57.	SYED KHALIDA FARHEEN	18441R0029	II Year	B.Pharmacy	S. Khalida Farheen
58.	SHAIK KHUSHNUMA	18441R0030	II Year	B.Pharmacy	S. Khushnuma
59.	MIDDE KIRAN KUMAR REDDY	18441R0031	II Year	B.Pharmacy	M. Kiran Kumar Reddy
60.	UPPALA LAHARI	18441R0032	II Year	B.Pharmacy	Uppala Lahari
61.	MALLISETTY LAKSHMI AMRUTHA	18441R0033	II Year	B.Pharmacy	M. Lakshmi Amrutha
62.	KAKARLA LAXMI CHANDRIKA	18441R0034	II Year	B.Pharmacy	Laxmi Chandrika



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63.	CHILUKALA LOKESWARI	18441R0035	II Year	B.Pharmacy	C. Lokewari
64.	GODDUMARI MAHALAKSHMI	18441R0036	II Year	B.Pharmacy	G. Mahalakshmi
65.	GONDI MALLIKARJUNA	18441R0037	II Year	B.Pharmacy	Mallikarjuna
66.	YANJARAPPA GARI MAMATHA	18441R0038	II Year	B.Pharmacy	Y. Gari Mamatha
67.	MUGENNAGARI MEENAKSHI	18441R0039	II Year	B.Pharmacy	M. Meenakshi
68.	SHAIK MOHAMMED	18441R0040	II Year	B.Pharmacy	S. Mohammed
69.	SYED MOHAMMED ASIF	18441R0041	II Year	B.Pharmacy	S. Mohammed Asif
70.	SHAIK MOHAMMED GHOUSE	18441R0042	II Year	B.Pharmacy	Mohammed Ghouse
71.	YAKULA MOHAMMED HANEEF	18441R0043	II Year	B.Pharmacy	Y. Mohammed Haneef
72.	SHAIK MOHAMMED IRFAN	18441R0044	II Year	B.Pharmacy	S. Mohammed Irfan
73.	KAMISSETTY MOHANA PRAVEENA	18441R0045	II Year	B.Pharmacy	K. Mohana Praveena
74.	KAKARLA MOUNIKA	18441R0046	II Year	B.Pharmacy	K. Mounika
75.	MEDISSETTY MOUNISHA	18441R0047	II Year	B.Pharmacy	M. Mounisha
76.	BANDI MRUDULA	18441R0048	II Year	B.Pharmacy	B. M Rudula
77.	SHAIK MUJASSIM	18441R0049	II Year	B.Pharmacy	S. Mujassim
78.	ASADU NAGADEVI	18441R0050	II Year	B.Pharmacy	Asadu Nagadevi
79.	KOPPU NAGANJINEYULU	18441R0051	II Year	B.Pharmacy	K. Naganjineyulu
80.	NARUSUPALLI NARASIMHA REDDY	18441R0052	II Year	B.Pharmacy	N. Narasimha Reddy
81.	KAMALAPURAM NAYEEM KHAN	18441R0054	II Year	B.Pharmacy	Nayeem Khan
82.	CHALLA NISHKALA	18441R0055	II Year	B.Pharmacy	C. Nishkala
83.	SHAIK PANISMA	18441R0057	II Year	B.Pharmacy	Shaik Panisama
84.	UDAYAGIRI PRAMEELA	18441R0058	II Year	B.Pharmacy	U. Prameela
85.	GONDIPALLI PRANEETH	18441R0059	II Year	B.Pharmacy	G. Praneeth
86.	JELLA PRASANNA LAKSHMI	18441R0061	II Year	B.Pharmacy	J. Prasanna Lakshmi
87.	ADAGOUNI PRAVALLIKA	18441R0062	II Year	B.Pharmacy	P. Pravalika
88.	CHENNURU PRAVEEN	18441R0063	II Year	B.Pharmacy	C. Praveen
89.	ANANTA PRIYANKA	18441R0064	II Year	B.Pharmacy	A. Priyanka
90.	SYED ROOHI SAFIYA	18441R0066	II Year	B.Pharmacy	S. Rohi Safiya
91.	YERRALINGANNAGARI SAILAJA	18441R0067	II Year	B.Pharmacy	S. Sailaja
92.	GORI SAMRAN ALI KHAN	18441R0068	II Year	B.Pharmacy	G. Samran Ali Khan
93.	SHAIK SARAH MUKARRAM	18441R0069	II Year	B.Pharmacy	S. Sarah Mukarram
94.	PATAN SARFARAJ KHAN	18441R0070	II Year	B.Pharmacy	P. Sarfaraj Khan
95.	KARRA SATISH KUMAR	18441R0071	II Year	B.Pharmacy	K. Satish Kumar
96.	PILERU SHAIK AFRINALI	18441R0072	II Year	B.Pharmacy	S. Afrinali



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97.	SHAIK BIBI AYESHA	18441R0073	II Year	B.Pharmacy	S. Bibi Ayesha
98.	ESUBBHAI GARI SHAIK IRFAN	18441R0074	II Year	B.Pharmacy	Shaik Irfan
99.	SHAIK MOHAMMED SULTHAN	18441R0075	II Year	B.Pharmacy	S. Mohammed Sulth
100.	SYEDA SHAISTA SHABNAM	18441R0076	II Year	B.Pharmacy	Shaista Shabnam
101.	BANDAY SHAJAHAN	18441R0077	II Year	B.Pharmacy	B. Shajahan
102.	BAREDDY SHOBHA RANI	18441R0078	II Year	B.Pharmacy	Shobha Rani
103.	SIDDARAPU SILPA	18441R0079	II Year	B.Pharmacy	Silpa
104.	CHOLARAJU SIVASAI VARMA	18441R0080	II Year	B.Pharmacy	C. Sivasai Varma
105.	JANGAM SNEHA	18441R0081	II Year	B.Pharmacy	J. Sneha
106.	YADAM SREE HARSHITHA	18441R0082	II Year	B.Pharmacy	Y. Sree Harshitha
107.	RAMIREDDY SREE LKHA	18441R0083	II Year	B.Pharmacy	Sree Lkha
108.	UDAYAGIRI SREENIVASULA REDDY	18441R0084	II Year	B.Pharmacy	R. Srinivasa Raju
109.	RUDRARAJU SRINIVASA RAJU	18441R0085	II Year	B.Pharmacy	Sree Nivasulu Raju
110.	MUGA SUCHARITHA YADAV	18441R0086	II Year	B.Pharmacy	P. Swetha
111.	PULLAGURA SWETHA	18441R0088	II Year	B.Pharmacy	Pulla gura swetha
112.	MOODE UMA DEVI	18441R0089	II Year	B.Pharmacy	m. Uma Devi
113.	YADALA UPENDRA	18441R0090	II Year	B.Pharmacy	Uendra
114.	RUDRAPATI USHAKIRANMAI	18441R0091	II Year	B.Pharmacy	R. ushakiranmai
115.	VERESI VARSHA	18441R0092	II Year	B.Pharmacy	ushakiranmai
116.	PATTHURU VEERANJANEYA ACHARI	18441R0093	II Year	B.Pharmacy	veeranjaneya ach
117.	GUNNA VENKATA KISHORE KUMAR	18441R0094	II Year	B.Pharmacy	G.V. Kishore Kum
118.	VELLALA VENKATA TRIVENI	18441R0096	II Year	B.Pharmacy	venkata - triven
119.	CHAKALI VENKATESH	18441R0097	II Year	B.Pharmacy	venkatesh
120.	SHAIK ZAKA AHMED	18441R0099	II Year	B.Pharmacy	S. Zaka Ahmed
121.	SUDDAMALLA JAGAN MOHAN REDDY	17441R0085	II Year	B.Pharmacy	S. Jagan Mohan re

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Date: 28.08.2019

REPORT

Program title : "YOGA FOR HEALTH"

Date : 27.08.2019

Time : 10.00 AM to 04.00 PM

Resource person details

Name of speaker : Sri Jagadeesh Shastri

Designation : Yoga trainer

Place : Sri Guruji Vana Prastha Ashram

- ❖ Students and staff were given the opportunity to engage in a variety of yoga postures, breathing exercises, and relaxation techniques during a succession of yoga sessions led by seasoned yoga instructors. These sessions catered to participants of various experience levels, assuring inclusivity and encouraging active participation.
- ❖ Reputable yoga practitioners and experts were invited to give guest lectures on the benefits of yoga, its history, and its potential for stress management and overall health. Meditation and mindfulness seminars were held concurrently with yoga classes to promote mental relaxation and clarity. The participants were guided through various meditation techniques, with an emphasis on the significance of mindfulness in reducing tension and enhancing concentration.
- ❖ For the purpose of fostering a spirit of healthy competition and showcasing the participants' yoga skills, various categories of yoga competitions were conducted. Through various yoga asanas, students were encouraged to demonstrate their flexibility, balance, and control. Winners were recognised and presented with certificates for their outstanding performances.

Conclusion:

Through yoga sessions, guest lectures, meditation seminars, competitions, and informative displays, participants gained a deeper understanding of the significance of yoga in leading a balanced and healthy lifestyle. In addition to promoting physical fitness, the event emphasised the significance of mental health, thereby nurturing a harmonious environment within the college community. The celebrations of Yoga Day served as a reminder of the transformative power of yoga and its potential to have a positive effect on individuals and society as a whole.


PROGRAM COORDINATOR


PRINCIPAL

PRINCIPAL
P.R.R.M. College of Pharmacy,
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Date: 14.08.2018

CIRCULAR

All the students and staff You are invited to a Program focusing on "**Emotional Intelligence**" which will help you understand and manage your emotions better. The program is scheduled for 20.08.2018. This program is aimed to focus on Emotional Intelligence, Developing Empathy and Emotional Awareness, Emotion Regulation, and Interpersonal Relationships

Participating in this program will enable you to navigate emotions effectively and strengthen your relationships with others.

Venue: Seminar Hall, PRRMCP

Time: 10:00 AM To 1:00 PM

Program Coordinator: Dr. B. Narasimha Rao
Professor and HOD
Department of pharmaceutics

Sh. Ch.
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LIST OF STUDENTS ENROLLED FOR THE SESSION

S. No.	Name of the student	Roll No.	Year & Semester	Name of the programme	Signature
01	A S PAVAN KUMAR	17441R0001	II Year	B.Pharmacy	Pavan
02	ABHIJITH P S	17441R0002	II Year	B.Pharmacy	Abhijith p.s.
03	ADAPALA TIRUMALA SRIVIPLAV	17441R0003	II Year	B.Pharmacy	Viplav
04	ALAVALAPATI CHARITHA	17441R0004	II Year	B.Pharmacy	A. charitha
05	AMBHAVARAM VENKATA ADITYA KUMAR REDDY	17441R0005	II Year	B.Pharmacy	Aditya
06	ANDE SWETHA	17441R0006	II Year	B.Pharmacy	Swetha
07	AVULA BHARGAVI	17441R0007	II Year	B.Pharmacy	A. Bhargavi
08	AVULA INDIRA	17441R0008	II Year	B.Pharmacy	A. Indira
09	BASIREDDY VAMSI KRISHNA REDDY	17441R0009	II Year	B.Pharmacy	Vamsi Krishna Reddy
10	BHUMANA DIVYA REDDY	17441R0010	II Year	B.Pharmacy	Divya
11	BHUMIREDDY SRAVANI	17441R0011	II Year	B.Pharmacy	B. Sravani
12	BOLIKONDA LAKSHMIKANTH	17441R0012	II Year	B.Pharmacy	B. lakshmi kanth
13	BONDALAPATI SATEESH KUMAR	17441R0013	II Year	B.Pharmacy	B. Sateesh Kumar
14	BYRISETTY REDDY VENKATA BHARGAVI	17441R0014	II Year	B.Pharmacy	Bhargavi
15	CHEEPATI PRANITHA	17441R0015	II Year	B.Pharmacy	C. Pranitha
16	CHENNURU SAILAJA	17441R0016	II Year	B.Pharmacy	Sailaja
17	CHITIPIREDDY HARIKRISHNA	17441R0017	II Year	B.Pharmacy	Hari
18	CHUKKA SUNITHA	17441R0018	II Year	B.Pharmacy	C. sunitha
19	DASARI KRISHNA THULASI	17441R0019	II Year	B.Pharmacy	D. Krishna Thulasi
20	DHARSANA V	17441R0020	II Year	B.Pharmacy	V. Dharsana
21	DURGAM BALAJI	17441R0021	II Year	B.Pharmacy	D. Balaji
22	EDAGOTTA REDDYSUDHA	17441R0022	II Year	B.Pharmacy	Reddy sudha
23	GAJULAPALLI CHANDANA	17441R0023	II Year	B.Pharmacy	G. Chandana
24	GALIVEETI SUNIHERA	17441R0024	II Year	B.Pharmacy	G. Sunihera
25	GALLA SHIRIDIVAR SUMITHRAN	17441R0025	II Year	B.Pharmacy	Sumithran
26	GANDIKOTA PRAVEENA	17441R0026	II Year	B.Pharmacy	G. praveena
27	GANGIDEVARA SUSHIMA	17441R0027	II Year	B.Pharmacy	G. Sushma
28	GANGIREDDYGARI RACHANA	17441R0028	II Year	B.Pharmacy	Rachana
29	GOLLAPALLI DIVYA MOUNIKA	17441R0029	II Year	B.Pharmacy	G. Divya Mounika
30	GUMMARALLA SUNITHA	17441R0030	II Year	B.Pharmacy	G. Sunitha
31	GUTTIREDDY KARTHIK REDDY	17441R0031	II Year	B.Pharmacy	G. Karthik Reddy



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32	HARIKRISHNAN K M	17441R0032	II Year	B.Pharmacy	Hari Krishnan
33	JALLA KAVITHA	17441R0033	II Year	B.Pharmacy	J. Kavitha
34	JANGALAPALLI UDAYA BHANU	17441R0034	II Year	B.Pharmacy	Udaya Bhanu
35	JEENAMOL JOSE	17441R0035	II Year	B.Pharmacy	Jeenamol Jose
36	JOBINA THOMAS	17441R0036	II Year	B.Pharmacy	J. Thomas
37	KACHA SANDHYA	17441R0037	II Year	B.Pharmacy	K. Sandhya
38	KAMISSETTI VAMSIKRISHNA	17441R0038	II Year	B.Pharmacy	Vamsi
39	KARAMTHOTI PRASAD	17441R0039	II Year	B.Pharmacy	K. Prasad
40	KORAMUTLA SIVAKUMARI	17441R0040	II Year	B.Pharmacy	Sivakumari
41	KOTLUR NAGA SAI CHARAN	17441R0041	II Year	B.Pharmacy	Saicharan
42	KURNOOTHALA RAVISANKAR	17441R0042	II Year	B.Pharmacy	Ravisankar
43	KURUVA MOUNIKA	17441R0043	II Year	B.Pharmacy	K. Mounika
44	LOMADA DINESH KUMAR	17441R0044	II Year	B.Pharmacy	L. Dinesh Kumar
45	MADHAVARAM TEJESWINI	17441R0045	II Year	B.Pharmacy	Tejaswini
46	MANDLA RUPADEVI	17441R0046	II Year	B.Pharmacy	Rupa Devi
47	MANGALI HEMANTH KUMAR	17441R0047	II Year	B.Pharmacy	M. Hemant Kumar
48	MEKALA LAKSHMIDEVI	17441R0048	II Year	B.Pharmacy	M. Lakshmi Devi
49	MERUVA DIVYASREE	17441R0049	II Year	B.Pharmacy	Divya
50	MUDDASU SUDHA RANI	17441R0050	II Year	B.Pharmacy	M. Sudha Rani
51	MUTHARAJU LAKSHMI SOWJANYA	17441R0051	II Year	B.Pharmacy	M.L. Sowjanya
52	NAGELLA SREELAKSHMI	17441R0052	II Year	B.Pharmacy	N. Sree Lakshmi
53	NAGULAGARI SUSHMA	17441R0053	II Year	B.Pharmacy	N. Sushma
54	NAGURU MEHATAJ	17441R0054	II Year	B.Pharmacy	N. Mehataj
55	NIMMANAPALLE MANJU	17441R0055	II Year	B.Pharmacy	Manju
56	PALAKAVEETI VEERATHEJESWARA ACHARYULU	17441R0056	II Year	B.Pharmacy	Veerathejasa
57	PAPPIREDDY KISHORE KUMAR REDDY	17441R0057	II Year	B.Pharmacy	Kishore
58	PASUPULA VENKATARAMANAREDDY	17441R0058	II Year	B.Pharmacy	Venkata Ramareddy
59	PHATAN FAIROZ KHAN	17441R0059	II Year	B.Pharmacy	Fairoz Khan
60	PODILI HARISH	17441R0060	II Year	B.Pharmacy	Harish
61	POLIMENI MOUNIKA	17441R0061	II Year	B.Pharmacy	P. Mounika
62	PORUMAMILLA JISHNU DHANUSH	17441R0062	II Year	B.Pharmacy	Dhanush
63	R JAHNAVI	17441R0063	II Year	B.Pharmacy	R. Jhanvi
64	RENTALA LAVANYA	17441R0064	II Year	B.Pharmacy	R. Lavanya
65	SANIYA JOY	17441R0065	II Year	B.Pharmacy	Saniya Joy



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66	SARATH SIVANKUTTY	17441R0066	II Year	B.Pharmacy	S. Sivankutty
67	SATHRI DIVYA	17441R0067	II Year	B.Pharmacy	Divya
68	SHAIK AFREEN	17441R0068	II Year	B.Pharmacy	Afreen
69	SHAIK AMEENA	17441R0069	II Year	B.Pharmacy	Ameena
70	SHAIK ARSHAD	17441R0070	II Year	B.Pharmacy	S. Arshad
71	SHAIK ARSHAD AHAMMED	17441R0071	II Year	B.Pharmacy	S. Arshad
72	SHAIK AYESHA	17441R0072	II Year	B.Pharmacy	Ayesha
73	SHAIK AYESHA	17441R0073	II Year	B.Pharmacy	Ayesha
74	SHAIK DANISH	17441R0074	II Year	B.Pharmacy	Danish
75	SHAIK FARHEEN	17441R0075	II Year	B.Pharmacy	Farheen
76	SHAIK FAROOQ AHAMED	17441R0076	II Year	B.Pharmacy	S. Farooq
77	SHAIK HIDAYATHULLA	17441R0077	II Year	B.Pharmacy	S. Hidayathulla
78	SHAIK KHAJA AZEEM ALI	17441R0078	II Year	B.Pharmacy	Azeem Ali
79	SHAIK ROUSHNI	17441R0079	II Year	B.Pharmacy	Roushni
80	SHAIK RUKSANA	17441R0080	II Year	B.Pharmacy	S. Ruksana
81	SHARLET MATHEW	17441R0081	II Year	B.Pharmacy	S. Mathew
82	SOMAGATTA RAMAPPA HARISH	17441R0082	II Year	B.Pharmacy	Harish
83	SREERAMA REDDIPRASANNA	17441R0083	II Year	B.Pharmacy	Reddiprasanna
84	SRUTHI BABU	17441R0084	II Year	B.Pharmacy	S. Babu
85	SYED AYUB	17441R0086	II Year	B.Pharmacy	S. Ayub
86	SYED HUSSAIN	17441R0087	II Year	B.Pharmacy	S. Hussain
87	SYED MOHAMMAD ASHRAF ALI	17441R0088	II Year	B.Pharmacy	Ashraf Ali
88	SYED SAMIULLAH	17441R0089	II Year	B.Pharmacy	Samiullah
89	SYED SHAHEENA BEGUM	17441R0090	II Year	B.Pharmacy	S. Begum
90	TARIGOPULA SUBBA RAYUDU	17441R0091	II Year	B.Pharmacy	T. Subbarayudu
91	THIMMIREDDI CHARITHASREE	17441R0093	II Year	B.Pharmacy	Charithasree
92	UTTAM SINGH ANITHA KUMARI	17441R0094	II Year	B.Pharmacy	Anitha Kumari
93	UTUKURI PRAVEEN KUMAR REDDY	17441R0095	II Year	B.Pharmacy	Praveen
94	VADLA RAMESH	17441R0096	II Year	B.Pharmacy	Ramesh
95	VANNAM SUNIL KUMAR	17441R0097	II Year	B.Pharmacy	Sunil
96	VISMAYA T VIJAYAN	17441R0098	II Year	B.Pharmacy	V. T. Vijayan
97	Y VANDHANA	17441R0099	II Year	B.Pharmacy	Y. Vandhana
98	YAKASI SRAVANI	17441R00A0	II Year	B.Pharmacy	Sravani
99	MADUPURI PALLIVI	16441R00040	II Year	B.Pharmacy	PALLIVI



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100	ADLURU SUMA LATHA	15441T0001	IV Year	Pharm.D	Sumalatha
101	ANCHALA SREHA PRIYUSHA	15441T0003	IV Year	Pharm.D	A. Priyusha
102	BATHENA DIVYA SREE	15441T0004	IV Year	Pharm.D	Divya
103	BIGUVU MEGHANA	15441T0005	IV Year	Pharm.D	Meghana
104	BUDIGIREDDY MAHEETHA	15441T0006	IV Year	Pharm.D	S. Maheetha
105	CHENCHU SREE VIDYA	15441T0007	IV Year	Pharm.D	Sreevidya
106	CHINTHAGUMPALA HARSHITHA	15441T0008	IV Year	Pharm.D	C. Harshitha
107	DESINENI VINITHA SASI	15441T0009	IV Year	Pharm.D	Vinitha
108	DUDEKULA MANOHAR	15441T0010	IV Year	Pharm.D	Vinitha
109	ERRAMALA KIRANMAI	15441T0011	IV Year	Pharm.D	E. Kiranmai
110	KOKATAM CHAITHANYA BHARATHI	15441T0012	IV Year	Pharm.D	Bharathi
111	MADAPARI VENKATA SWETHA KUMARI	15441T0013	IV Year	Pharm.D	M. Swetha Kumari
112	MARRIPALLI SUDHARSHAN	15441T0014	IV Year	Pharm.D	Sudharshan
113	MATAM SAI SUSHMA	15441T0015	IV Year	Pharm.D	M. Sai Sushma
114	MOHAMMAD AHAMADI TABASUM	15441T0016	IV Year	Pharm.D	M. Tabsum
115	P MOHAMMED	15441T0017	IV Year	Pharm.D	Mohammed
116	PACHINEELLA MADHAVA RAYUDU	15441T0018	IV Year	Pharm.D	Madhava Rayudu
117	PADIGALA KRISHNA KISHORE	15441T0019	IV Year	Pharm.D	P. K. Kishore
118	PATHAN AMREEN KHAN	15441T0020	IV Year	Pharm.D	Amreen Khan
119	POLI TEJASWINI	15441T0021	IV Year	Pharm.D	P. Tejaswini
120	RACHAMALLU GANGATANUJA	15441T0022	IV Year	Pharm.D	R. Gangatanuja
121	SAYED ALISHAR	15441T0024	IV Year	Pharm.D	S. Alishar
122	SHAIK MOHAMMED YASEEN VAMALIYA	15441T0025	IV Year	Pharm.D	S. Yaseen
123	SHAIK YASMEEN	15441T0026	IV Year	Pharm.D	Yasmeen

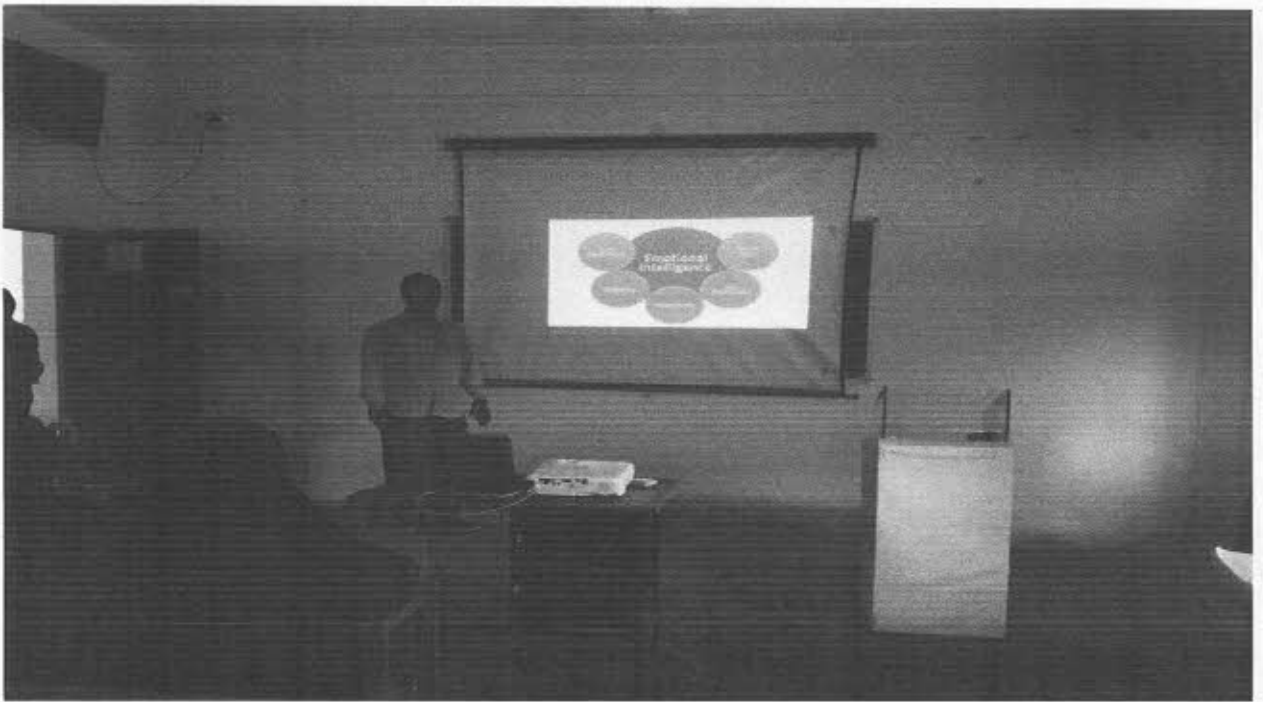


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DATE: 22.08.2018

REPORT

Program title : **Emotional Intelligence**
Date : 20.08.2018
Time : 10:00 AM To 1:00 PM

Resource person details

Name of speaker : Dr. I. Vinayaka Naik
Designation : Assoc. Professor, SVIMS.
Place : Tirupathi
Contact details : 8500567987

The emotional intelligence session aimed to equip college students with essential skills to understand, manage, and harness emotions effectively, fostering personal growth and interpersonal relationships.

The session initiated with Introduction to Emotional Intelligence (EI) and its significance in personal and professional life.

- ✓ Participants gained insights into their emotional strengths and areas for improvement.
- ✓ Enhanced interpersonal relationships were observed, leading to a more positive college atmosphere.
- ✓ Increased empathy and understanding among students, resulting in reduced conflicts.
- ✓ Students reported improved communication skills, positively affecting academic and personal interactions.
- ✓ Participants showed greater resilience in coping with academic pressures and personal challenges.
- ✓ Many students expressed interest in advanced EI sessions to delve deeper into the subject.
- ✓ Facilitators received praise for their engaging and interactive approach.

The emotional intelligence workshop provided college students with valuable skills to navigate emotions, communicate effectively, and foster positive relationships. The impact of the workshop was evident in improved emotional awareness, empathy, and resilience among participants, leading to a more harmonious and emotionally intelligent college community.



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Continuing such initiatives will contribute significantly to the holistic development of students and the college as a whole.

PROGRAM COORDINATOR

PRINCIPAL

PRINCIPAL

**P.R.R.M. College of Pharmacy,
UTUKUR, Kadapa (A.P.)**