

### 7.1.9 Details of Activities

#### **Mindfulness to success**

JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade, Pune was organized free webinar on **Mindfulness to success dated July 11, 2020 at 5:00 PM India**. Coordinator of program was Prof. Trupti Deshpande (Pharmacology Department of JSPM's RSCOPR) and Convener Dr. K.R Khandelwal. (Principal JSPM's RSCOPR)

A speaker was **Gyanprakash Sharma** an IT with total experience of 18+ years. He has been involved with Art of Living as a volunteer for more than 5 years now.

Art of Living is a volunteer based, humanitarian and educational non-government organisation. It was founded in 1981 by Sri Sri Ravi Shankar. Head quartered in Bangalore and It has centres across 156 countries. It works many areas of Social Service like River Rejuvenation, Education for all, disaster and trauma relief, conflict resolution, empowerment of women, prisoner rehabilitation, drug and alcohol de-addiction, child labour and for environment sustainability. Keeping this in mind JSPM RSCOPR organized this webinar to help participants to manage their mental as well as physical health during this pandemic situation of COVID19.

Number of registrations for webinar was near to 250. Platform used to conduct the session was ZOOM. Students and Interested faculties attended the webinar. It was followed by question and session. Vote of thanks proposed by Prof. Trupti Deshpande (Faculty of Pharmacology department RSCOPR).



### **NSS Activity of JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade, Pune : Swachh Wari**

As a part of being a responsible citizen, **NSS Unit of JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade** participated in 'Swachh Wari' organized by Savitribai Phule Pune University (SPPU) on Tuesday, 30<sup>th</sup> June 2020.

NSS Volunteers actively involved in this Swachh Wari by providing basic information related to Covid-19. Volunteers provide useful information about symptoms, precautions to be taken, importance of social distancing to the peoples in their residing areas. NSS volunteers also given the demo regarding sanitization, Hand washing techniques to the nearby people by maintaining social distancing. NSS volunteers actively participated in this activity.



**NSS Activity of JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade,  
Pune : Harit Wari**

**NSS Unit of JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade** participated in 'Harit Wari' organized by Savitribai Phule Pune University (SPPU) on Friday, 3<sup>rd</sup> July 2020.

Planting trees and taking care of them is not less than any social work, this initiative is a great movement indeed. NSS Volunteers actively involved in this Harit Wari by planting trees in their area. NSS volunteers made the people aware about importance of Tree plantation and its conservation. Staff members also actively participated in Tree plantation activity. Prof. Minal Solanki and Prof. Ujjwala Kandekar have done Tree plantation of Mango plant, Curry leaves plant, Tulsi plant in their areas. NSS volunteers actively involved in Harit Wari Abhiyan by maintaining rules of social distancing.





### **My Family, My Responsibility' Campaign organized by NSS Unit**

NSS Unit of JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade actively participated in 'My Family, My Responsibility' Campaign during the period 15<sup>th</sup> September to 25<sup>th</sup> October 2020.

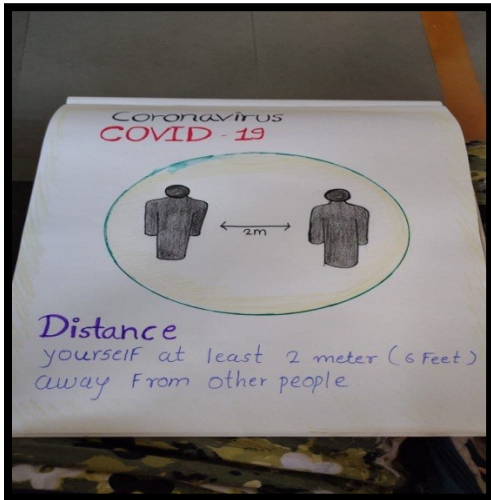
NSS Volunteers have done the survey of nearby families by maintaining the rules of Social distancing. The volunteers collected data of families regarding COVID-19. NSS volunteers played important role in providing useful information regarding safe use of masks, importance of social distancing, washing hand and sanitization. Volunteers collected information about the help assisted by Govt. Authorities during this pandemic situation.

The guidelines regarding Family Survey were given by NSS Coordinator Mr. A. N. Tankar to the NSS Volunteers.

### **Glimpses of 'My Family, My Responsibility' Camp organized by NSS Unit**



**NSS Volunteers checking pulse Oxygen and other parameters of persons**

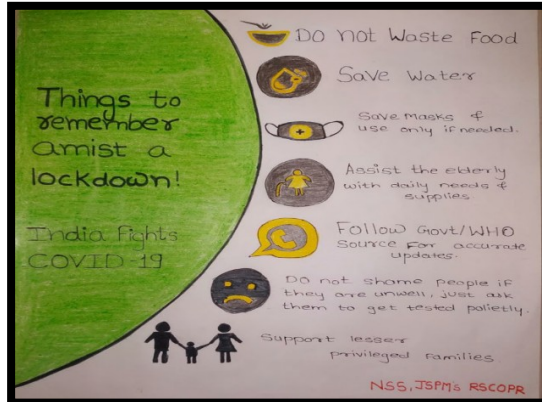
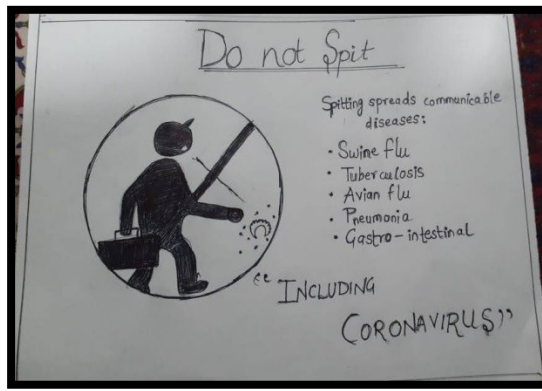


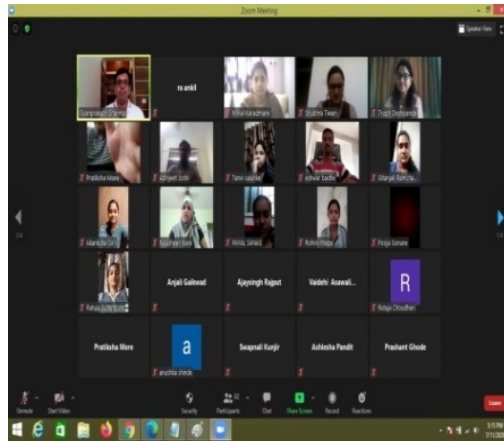
**Active participation of NSS Volunteers in Family Survey**

**NSS Activity of JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade,  
Pune : Nirmal Wari**

NSS Unit of JSPM's Rajarshi Shahu College of Pharmacy and Research, Tathawade participated in 'Nirmal Wari' organized by Savitribai Phule Pune University (SPPU) on Thursday, 2<sup>nd</sup> July 2020.

NSS Volunteers actively involved in Nirmal Wari. NSS volunteers made the posters related to Nirmal wari to keep area neat and clean. NSS volunteers spread the cleanliness awareness among the nearby people. Volunteers create awareness regarding Mobile Toilets usage and made the people aware to protect health of all from communicable diseases including Corona by making posters on 'Do not spit'. NSS volunteers actively participated in this activity.





## Pharmacist Day