

Ref: OMEGA/PRIN/2023/CIR001

Date: 5/18/2023

CIRCULAR

The Yoga & Meditation cell of OMEGA College of Pharmacy is organizing “**International Meditation day**” on 21/05/2023 in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

COPY TO:

- IQAC
- AlltheHODs
- All the Faculties
- Administrative Officer
- NoticeBoards



A handwritten signature in green ink, appearing to be "A. J."

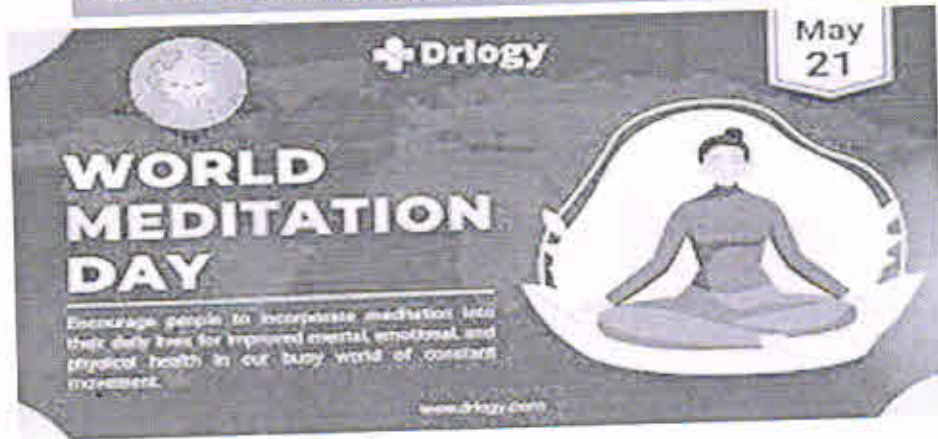
PRINCIPAL

PRINCIPAL
OMEGA COLLEGE OF PHARMACY
Ed. Gandhinagar (M), Gandhinagar (M),
Gandhinagar-Dist-501 301.

BROCHURE

LIFE SKILLS PROGRAM

INTERNATIONAL MEDITATION DAY




Date: 21/05/2023



OMEGA COLLEGE OF PHARMACY

(Approved by P.C.I., Affiliated to OU, Hyderabad.)
Sy. No. 7, Edulabad (V), Ghatkesar (M), Medchal Malkajgiri (Dist) - 501 301.
E-mail : omega.pharmacy.edulabad@gmail.com

ACTIVITY REPORT

Name of the Activity	International Meditation day	
Type of Activity	Life Skills	
Date and Time of Activity	5/21/2023	10:00AM
Details of Participants	30	
Resource Person		
Description	<p>On May 21, 2023, OMEGA College of Pharmacy celebrated International Meditation Day, fostering life skills among its students. The event commenced at 10:00 am with an atmosphere of tranquility enveloping the campus. Students, faculty, and staff gathered to partake in a series of mindfulness activities aimed at enhancing mental well-being. The day began with a guided meditation session, led by experienced practitioners, creating a serene environment conducive to self-reflection. Various meditation techniques were explored, accommodating both beginners and seasoned practitioners. Additionally, informative sessions on the benefits of meditation in improving focus, reducing stress, and enhancing overall cognitive function were conducted. The event not only emphasized the importance of meditation as a life skill but also provided a platform for participants to share their experiences and insights. The college grounds transformed into a hub of positive energy, promoting holistic well-being. As the clock struck noon, participants emerged rejuvenated and armed with newfound tools for managing the demands of academic and personal life. The International Meditation Day at OMEGA College of Pharmacy proved to be a transformative experience, nurturing essential life skills and reinforcing the importance of mindfulness in the pursuit of academic and personal excellence.</p>	
Photos		

**International
Meditation day**

LIST OF PARTICIPANTS

S.NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1.	A. ANKITHA	Ankitha
2.	K.SAKSHI	Sakshi
3.	G.SHIVARAJ	Shivaraj
4.	ANISH MONDAL	Anish mondal
5.	ASHIF AHAMMEDMIA	Asif ahamedmia
6.	B.PRANITHA	Pranitha
7.	T. SOUMITH KUMAR	Soumith Kumar
8.	CH.ANJALI	Ch. Anjali
9.	Y.SOWMYA	Y. Sowmya
10.	THAKUR HARSHITHA	T. Harshitha
11.	CH.JYOSHNA	Ch. Jyoshna
12.	N.SRI LAKSHMIVYSHNAVI	N. Sri Lakshmi Vishnavi
13.	S.SHRAVANI	Shravani
14.	ASIF ISLAM	Asif Islam.
15.	B. AKSHITHA	Asif Islam.
16.	RIFATUR RAHAMAN	Rifatul Rehman
17.	TARIKAJI	Tarikaji.
18.	M.ADARSHA	M. Adarsha.
19.	G.VIDYASRI	G. Vidya Sri
20.	D. PRAVALIKA	Pravalika
21.	K. BHAVYA	K. Bhavya
22.	D. AKANKSHA	Akanksha
23.	AKSHA AHAMMED MALIK	Aksha Ahamed Malik
24.	SAGIR HASSIAN	Sagir Hassain
25.	B. SAI BHAVANI	B. Saibhavani

26.	LAVURI NAGU	Nagru
27.	T. AMULYA	Amulya
28.	D. SAICHANDRA	D. Saichandra
29.	P. HEMA CHAND	P. Hema Chand.
30.	B. ACHYUTH	B. Achyuth.

Date: 9/18/2022

CIRCULAR


The Yoga & Meditation cell of OMEGA College of Pharmacy is organizing “National Physical fitness Day” on 21/05/2023 in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

COPY TO:

- IQAC
- AlltheHODs
- All the Faculties
- Administrative Officer
- NoticeBoards



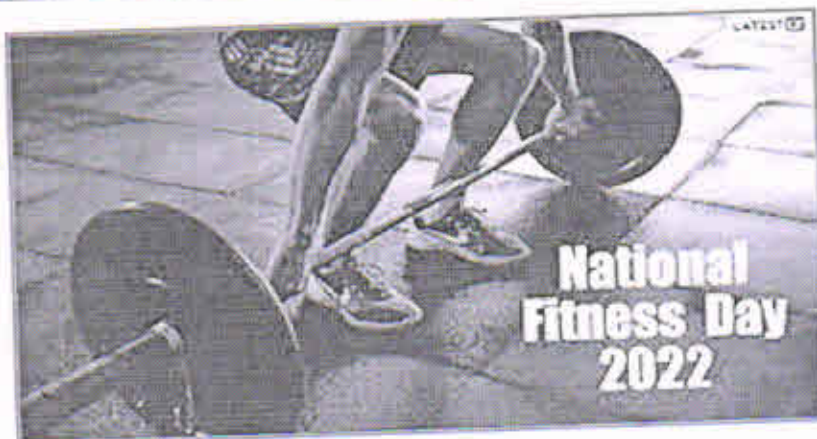
PRINCIPAL


PRINCIPAL
OMEGA COLLEGE OF PHARMACY
Established (V), Ghatkesar (M),
Medchal-Dist-501 301.

BROCHURE

LIFE SKILLS PROGRAM

NATIONAL PHYSICAL FITNESS DAY



Date: 21/09/2022




OMEGA COLLEGE OF PHARMACY

(Approved by P.C.I., Affiliated to OU, Hyderabad.)

Sy. No. 7, Edulabad (V), Ghatkesar (M), Medchal Malkajgiri (Dist) - 501301

E-mail : omega.pharmacy.edulabad@gmail.com

ACTIVITY REPORT

Name of the Activity	National Physical fitness Day	
Type of Activity	Life Skills	
Date and Time of Activity	9/21/2022	10:00AM
Details of Participants	34	
Resource Person		
Description	<p>On September 21, 2022, OMEGA College of Pharmacy enthusiastically observed National Physical Fitness Day, championing the integration of life skills into the academic environment. The day commenced with an invigorating assembly at 8:00 am, bringing together students, faculty, and staff in a collective commitment to prioritize physical well-being. The event featured a series of fitness activities, ranging from yoga sessions and group workouts to informative workshops on nutrition and holistic health. Students actively participated in sports competitions, fostering a spirit of camaraderie and teamwork. The college's sports facilities buzzed with energy as participants engaged in various physical challenges, promoting the importance of an active lifestyle. Health experts and fitness enthusiasts delivered insightful talks on the significance of maintaining physical fitness for overall well-being and academic success. The event underscored the college's dedication to cultivating a holistic educational experience, recognizing the symbiotic relationship between physical health and academic achievement. As the sun set on National Physical Fitness Day, OMEGA College of Pharmacy echoed with the collective resolve to prioritize and uphold a culture of wellness, equipping students with essential life skills to navigate the challenges of both academic and personal spheres.</p>	
Photos	 A photograph showing a person lying on their back on a grassy lawn, performing a yoga or stretching pose. The person is wearing a light-colored long-sleeved shirt and dark pants. The background shows a blurred outdoor setting with trees and a building.	

**National
Physical fitness
Day**

LIST OF PARTICIPANTS

S.NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1.	R. SHRUTHI	R. Shruthi
2.	N. AKSHAYA REDDY	N. Akshaya Reddy
3.	T. DEEPIKA	T. Deepika.
4.	B. PRABHALIKA	B. Prabhalika
5.	G. PALLAVI	G. Pallavi
6.	MASUD RANA	Masud Rana
7.	SK. SAHID HOSSAIN	SK. Sahid Hossain
8.	CH. PAVITHRA	Ch. pavithra
9.	D. TULASI	D. Tulasi
10.	P. SHREEJA	P. shreeja
11.	SANIYA BEGUM	Saniya Begum.
12.	SAHIL KHAN	Sahil Khan
13.	S. VIKAS	Vikas
14.	Y. LOKESH	Lokesh
15.	A. POOJA	Pooja
16.	HASIB AHSAN	Hasid-Ahsan
17.	N. VAMSHI	N. Vamshi
18.	A. NAVYASRI	Navyasri
19.	K. BABITHA	K. Babitha
20.	G. AKSHAYA	G. Akshaya.
21.	MD. FAYEEM RAHAMAN	MD. FAYEEM RAHAMAN
22.	M. CHANDANA	M. chandana
23.	J. SYLUSHA CHNDRIKA	chandrika
24.	UJJIR HOSSAIN	Ujjir Hossain
25.	B. REDDAMA	B. REDDAMA

26.	SHAIK.ZILANI	Zilani
27.	P.SANDEEP KUMAR	P. Sandeep kumar.
28.	B.SARITHA	Saritha
29.	D.SRIJA	Srija
30.	I.BHARGAVI	Bhargavi
31.	D.BHAVANI	D. Bhavani
32.	MD.ARF HASAN	MD. Arif Hasan
33.	V.PRAVALIKA	V. Pravalika
34.	K.NAVITHA	Navitha

Date: 6/18/2021

CIRCULAR

The Yoga & Meditation cell of OMEGA College of Pharmacy is organizing “**International Yoga Day**” on 21/05/2023 in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

COPY TO:

- IQAC
- AlltheHODs
- All the Faculties
- Administrative Officer
- NoticeBoards



PRINCIPAL

PRINCIPAL
OMEGA COLLEGE OF PHARMACY
Established (V), Ghatkesar (M),
Medical-Dist-301 301.

BROCHURE

LIFE SKILLS PROGRAM

INTERNATIONAL YOGA DAY



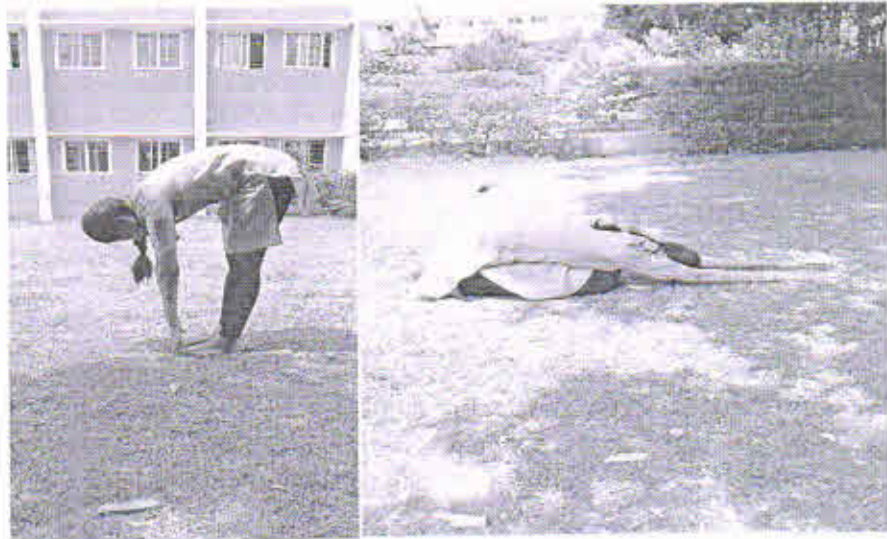
Date: 21/06/2021



OMEGA COLLEGE OF PHARMACY

(Approved by P.C.I., Affiliated to OU, Hyderabad)
Sy. No. 7, Edulabad (V), Ghatkesar (M), Medchal Malkajgiri (Dist) - 501 301
E-mail : omega.pharmacy.edulabad@gmail.com

ACTIVITY REPORT

Name of the Activity	International Yoga Day	
Type of Activity	Life Skills	
Date and Time of Activity	6/21/2021	10:00AM
Details of Participants	28	
Resource Person		
Description	<p>On June 21, 2021, OMEGA College of Pharmacy dedicated its morning to the celebration of International Yoga Day, recognizing the profound impact of yoga in fostering life skills among students. Commencing at 10:00 am, the college grounds became a vibrant hub where students, faculty, and staff gathered for a series of yoga sessions led by experienced instructors. These sessions, encompassing various yoga forms and catering to practitioners of all levels, included mindful breathing exercises, asanas, and meditation, promoting physical fitness, mental clarity, and emotional balance. Beyond the yoga sessions, the college organized informative workshops on the philosophy and principles of yoga, emphasizing its timeless relevance in contemporary life. Experts shared insights on seamlessly incorporating yoga into daily routines, both on and off the mat, for a more balanced and fulfilling life. The celebration of International Yoga Day at OMEGA College of Pharmacy exemplified the institution's commitment to nurturing not only academic excellence but also the holistic development of its students, equipping them with invaluable life skills for a well-rounded future.</p>	
Photos		

International
Yoga Day

LIST OF PARTICIPANTS

S.NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1.	R Shiva Chandra	Shivachandray
2.	Aftab Alam	Aftab Alam
3.	Saiyed Mudabbirul Islam	S.M Islam
4.	Ramidi Sai Krishna Reddy	Ramidi Saikrishna Reddy
5.	Akkapelly Keerthana	Keerthana
6.	Mohammed Amer Ali	M. Amer Ali
7.	Sawkat Ali	Sawkat Ali
8.	Anarul Islam	Anarul Islam
9.	Pampana Hari Chandana	Chandana
10.	Neelam Manasa	Manasa
11.	N Jayapradha	N. Jayapradha
12.	Pogalla Sreejan	Sreejan
13.	Swargam Akhil Kumar	Swargam Akhil
14.	Salmin Sk	Salmin
15.	Monirul Hoque	M. Hoque
16.	Jakku Ashok	Ashok
17.	R. Bhavana	R. Bhavana
18.	N. Nikhila	Nikhila
19.	Shabad Mounika	Shabad mounika
20.	Ailuri Upendar Reddy	Ailuri upendar Reddy

21.	Digoju Mahesh Chary	Digoju Mahesh Chary
22.	Mukyarla Vamshi	Vamshi
23.	Rangu Pavan	Pavan
24.	Syed Saad Ahmed	Syed Saad Ahmed
25.	A. NANDINI	NANDINI
26.	ANTHATI KARUNYA	Karunya
27.	ARKA MEGHANA	Meghana.
28.	ASHADAPU SOUMYA	Soumya

Ref: SVP/PRIN/2020/CIR004

Date: 6/18/2020

CIRCULAR

The Yoga & Meditation cell of OMEGA College of Pharmacy is organizing “**Stress Management by Yoga**” on 21/05/2023 in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

COPY TO:

- IQAC
- AlltheHODs
- All the Faculties
- Administrative Officer
- NoticeBoards



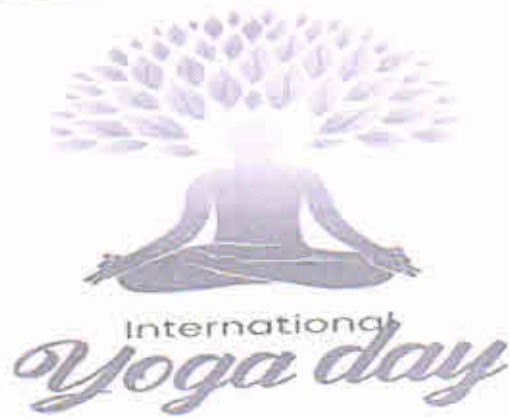
PRINCIPAL

PRINCIPAL
OMEGA COLLEGE OF PHARMACY
Edinburg (V), Ghatkiser (M),
Medchal-Dist-501 301.

BROCHURE

LIFE SKILLS PROGRAM

STRESS MANAGEMENT BY YOGA



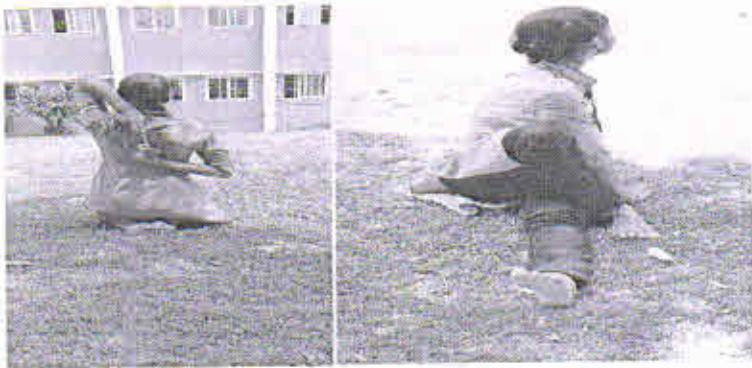
Date: 21/06/2020



OMEGA COLLEGE OF PHARMACY

(Approved by P.C.I., Affiliated to OU, Hyderabad.)
Sy. No. 7, Edulabad (V), Ghatkesar (M), Medchal Malkajgiri (Dist) - 501 301.
E-mail: omega.pharmacy.edulabad@gmail.com

ACTIVITY REPORT

Name of the Activity	Stress Management by Yoga	
Type of Activity	Life Skills	
Date and Time of Activity	6/21/2020	10:00AM
Details of Participants	32	
Resource Person		
Description	<p>On June 21, 2020, at 10:00 am, OMEGA College of Pharmacy hosted a transformative event, "Stress Management by Yoga," seamlessly integrating life skills into the academic environment. The college grounds transformed into a haven of serenity as students, faculty, and staff engaged in expert-led sessions featuring calming asanas, breathing exercises, and meditation techniques. These practical tools aimed at providing effective stress relief, emphasizing not only the physical benefits of yoga but also its profound impact on mental well-being. In addition to the physical practices, workshops and informative sessions explored the science behind stress management through yoga, shedding light on the physiological and psychological benefits of a regular practice. The event fostered an open dialogue on stress-related challenges, creating a supportive atmosphere where participants shared personal experiences and coping strategies. This holistic approach extended to discussions on seamlessly integrating yoga into daily routines for sustained well-being, exemplifying OMEGA College of Pharmacy's commitment to equipping its community with essential life skills for both academic and personal success.</p>	
Photos		

Stress
Management by
Yoga

LIST OF PARTICIPANTS

S.NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1.	JAVED AKHTAR	Javed Akhtar.
2.	JIAUL RAHAMAN	Jiaul Rahaman
3.	JOGANOLLA SAITEJA	Joganolla saiteja
4.	JUEL BISWAS	Biswas.
5.	TOUTIC JAWAN MALITA	Jawan Malita
6.	KIFAYATULLAH MONDAL	Kifayatullah mondal
7.	KORRIPATI SRAVANI	Korripati Sravani
8.	KOTI DURGA	Durga
9.	KUNOORU AKHILA	Kunooru Akhila
10.	KOTHAPALLI MOUNIKA	Kothapalli Mounika
11.	M.SULTHANA SUNAINA	M. SULTHANA Sunaina
12.	MAADAVEDI SHIVANI	Shivani
13.	MABUD ALAM	Mabud Alam
14.	GOVINDU SRIVANI	GOVIND SRIVANI
15.	MASUM REJA	Reja
16.	MD. ARIF HUSSAIN	MD. Arif Hussain
17.	MD. KAIF	Kaif
18.	MD. ZAHID HUSAIN	MD ZAHID
19.	MEHMUD DEWAN	Mehamud Dewan
20.	MOSIUR RAHAMAN MOLLIK	Rahaman Mollick
21.	NAGULA SHRAVANI	Nagula Shraavani
22.	NOOR ISLAM	noor ISLAM
23.	PENDYALA BHARGAVI	Pendayala Bhargavi

24.	MUSTAKIM AHAMMED MALICK	mustakim ahamed malick.
25.	SHIVAJIGARI VIJAYA	Vijaya
26.	SK. SAJID AHAMED	sk. Sajid ahmed
27.	SK. IBRAHIM	Ibrahim
28.	SK. JAHANGER ALAM	SK. Jahanger Alam
29.	SUMAN REJA	Suman reja
30.	SUSMITHA DAS	Susmitha das
31.	T. PAVAN KUMAR	T. pavan kumar
32.	TASHADDUK RAHAMAN LASKAR	Tashadduk rahaman Laskar.

Ref: OMEGA/PRIN/2019/CIR005

Date: 6/18/2019

CIRCULAR

The Yoga & Meditation cell of OMEGA College of Pharmacy is organizing “**International Yoga Day**” on 21/05/2023 in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

COPY TO:

- IQAC
- AlltheHODs
- All the Faculties
- Administrative Officer
- NoticeBoards



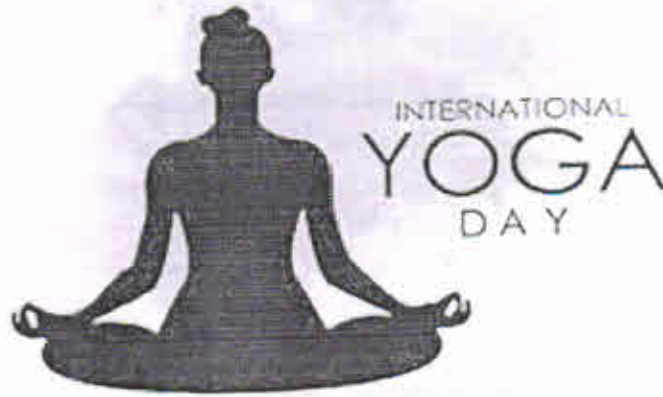
PRINCIPAL


PRINCIPAL
OMEGA COLLEGE OF PHARMACY
Est. 2005, Ghatkoper (W),
Mumbai-400 078.

BROCHURE

LIFE SKILLS PROGRAM

INTERNATIONAL YOGA DAY




Date: 21/06/2019



OMEGA COLLEGE OF PHARMACY

(Approved by P.C.I., Affiliated to OU, Hyderabad.)
Sy. No. 7, Edulabad (V), Ghatkesar (M), Medchal Malkajgiri (Dist) - 501 301.
E-mail : omega.pharmacy.edulabad@gmail.com

ACTIVITY REPORT

Name of the Activity	International Yoga Day	
Type of Activity	Life Skills	
Date and Time of Activity	6/21/2019	10:00AM
Details of Participants	33	
Resource Person		
Description	<p>On June 21, 2019, at 10:00 am, OMEGA College of Pharmacy embraced the celebration of International Yoga Day, intertwining the practice with the development of life skills among its students. The college campus buzzed with positive energy as students, faculty, and staff converged for a series of expert-led yoga sessions. The event, designed to promote physical well-being and mental resilience, featured diverse yoga forms, including asanas, meditation, and breathing exercises. Beyond the physical benefits, participants engaged in workshops elucidating the holistic advantages of yoga for stress management, focus enhancement, and overall life skills cultivation. The celebration extended beyond the mat, fostering a sense of community as attendees shared experiences and insights. OMEGA College of Pharmacy's observance of International Yoga Day underscored its commitment to nurturing not only academic excellence but also the holistic development of individuals, providing them with valuable life skills for a balanced and fulfilling future.</p>	
Photos		

**International
Yoga Day**

LIST OF PARTICIPANTS

S.NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1.	BELIDHE VYSHNAVI	B. Vyshnavi
2.	SUHA MARYAM	Suha Maryam
3.	MUDIGONDA SAI KRISHNA	Krishna
4.	GADDAM SWATHI	Gaddam swathi
5.	CHINTHAMALL DIVYA	Divya
6.	MANNE SNEHALATHA	Snehalatha
7.	MOOD RAJU	M. Raju
8.	JINUKULA BHARGAVI	Jinkula Bhargavi
9.	AGGANOOR RACHA RAI	Agganoor Racha Rai
10.	CHILUKURU SAI JAYANTH GUPTA	CHILUKURU SAI JAYANTH GUPTA
11.	KRANTHI HIRANYA	K. Kranthi
12.	PUTALA HARIKA	Putala Harika
13.	GOGIKAR NIKHIL KUMAR	Nikhil Kumar
14.	POTHARAJU DIVYA RANI	Potharaju
15.	MEHAMOODHA KHATHOON	Khathoon
16.	AKULA NARSIMHA RAO	Narimha Rao
17.	N. MOUNIKA	Mounika
18.	TAREQ ANWAR SIDDIQ	Anwar Siddique
19.	B. SPANDANA	B. Spandana
20.	ANDHE JYOTHSNA	A. Jyothsna

21.	JINNA SHRAVANI	J. Shravani
22.	KETHUUATH SWETHA	K. Swetha
23.	PASULA SHRAVANI	P. Shravani
24.	VEMULA TEJASRI	V. Tejasri
25.	G. MASDHUSUDHAN REDDY	Madhu
26.	K. ANITHA	K. Anitha
27.	V. NARESH	V. Nareesh
28.	P. PEMALATHA	Premalatha
29.	ANSARI ABU HUZAIFA	Ansari Abu
30.	KHAN JUNDAB ZAKIR	Jundab Zakir
31.	MOMIN AFFAN ABDUL JABBAR	Momin Affan
32.	SHAHEDA BEGUM	Shaheda
33.	SEEMALA MOUNIKA	S. Mounika