Telefax: 09170-223000 Ph.: 92184-28040, 92184-05087

# LAUREATE INSTITUTE OF PHARMACY (Approved by PCI & AICTE, New Delhi and Himachal Pradesh Govt.)

(Approved by PCI & AICTE, New Delhi and Himachal Pradesh Govt.)

"Certified NAAC Accredited Institute recognized u/s 2(f) of UGC Act 1956

Affiliated to Himachal Pradesh Technical University, Hamirpur

V.P.O. Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. (176031)

Ref. No	Data
	Date:

### Action Plan for Sensitization of Students and Employees

Sr. No.	Year	Name of Event	Date
1.	2023	Lohri Celebration	13 January 2023
2.	2023	National Girl Child Day Celebration	24 January 2023
3.	2023	Republic day celebration	26 January2023
4.	2023	Yoga Day Celebration	30 January 2023
5.	2023	Lecture on Girls Hygiene & Girls Safety	08 March 2023
6.	2023	HIV Awareness Program	01 May 2023
7.	2023	World Environment Day Celebration	05 June 2023
8.	2022	Karwachauth celebrations	12 October 2022

Dr. M. S. Ashawat

**Director Cum Principal** 

Director Cum Principal
Laureate Institute of Pharmacy
Kathog, Tehsil Jawalamukhi
Distt Kacara (HP)

Phone: 9218428040 9218405087



# Laureate Institute of Pharmacy

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# Report on Lohri Celebrations



Date: 13/01/2023

V.P.O. Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. - 176031 Web: www.laureateinstitute.in | e-mail:contactlaureate@gmail.com



Telefax: 01970-223000



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LAUKEATE INSTITUTE OF PHARMACY (Approved by PCI & AICTE, New Delhi and H.P. Govt.)

Affiliated to Himachal Pradesh Technical University, Hamirpur V.P.O Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P.(176031)

Ref. No	
4	

Date: 13-01-2022

## Circular

All the staff and students of Laureate Institute of Pharmacy are hereby informed to attend the "Lohri Festival" Celebrations on 13/01/2022. Each & everyone should participate in the event.

Director cum Principal

DIRECTOR CUM PRINCIPAL LAUREATE INSTITUTE OF PHARMACY KATHOG

TEH. JAWALAMUKHI DISTT. KANGRA (H.P.)

Phone: 9218428040 9218405087



# Caureate Institute of Pharmacy

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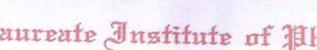
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### **Lohri Celebration Attendance**

Date: 13/01/2023

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Phone : 9218428040 9218405087

India is renowned for being a country of festivals and celebrations, with Lohri being one of them that is distinctive in its meaning and perspective. Festivals are a time for festivity and bring everyone together in harmony. The holiday encourages people to give thanks for God's supplies and to enjoy his works of art. On January 13, 2023, Lohri was enthusiastically observed on the grounds of the Laureate Institute of Pharmacy. The teachers and students were all in a festive mood, and the atmosphere on campus was positive. Everyone arrived dressed festively and appropriately for the event. At 1:00 PM, the celebration got under way. The campfire is one of Lohri's primary symbols. Throughout history, lighting the fire has been a common practise for winter festivals, and to everyone around the globe, it denotes the beginning of longer days. Beautiful paintings created by our pupils served as the preparation. The festival thus began with the lighting of a bonfire and the "Lohri Poojan." On the eve of the festival, Dr. CPS Verma, the institute's dean of student welfare, welcomed the teachers and students in attendance and emphasised the importance of culture. Groundnuts and sweets were also given to the students as they worshipped "Dhooni." Everyone sang and danced around the campfire after Poojan. The harvest holiday of Lohri is celebrated in Punjab, which is also referred to as the breadbasket of India. Irrespective of which state or religion people elong to, Lohri was celebrated with equal enthusiasm by everyone. The day ended on a high note with a delightful sweet's distribution. The function was closed at 03:00 PM with blessing notes by Dr. CPS Verma. No matter what state or religion a person belonged to, they all observed Lohri with equal fervour. With the sharing of a delicious sweet, the day came to a successful

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conclusion. At 3:00 PM, Dr. CPS Verma gave a closing benediction before adjourning the event.









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KATHOG

Phone: 9218428040

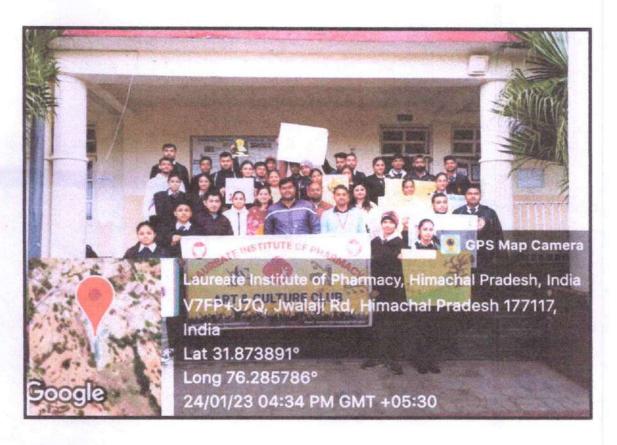


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# Report

# on National Girl Child Day Celebration



Date: 24/01/2023



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Affiliated to Himachal Pradesh Technical University, Hamirpur

V.P.O Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. (176031)

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Date:	 	 

Date: 23/01/2023

## Circular

All the staff and students of the Laureate Institute of Pharmacy are hereby informed to attend the "National Girl Child Day" celebrations on 24 January 2023. The celebrations will begin at 02:00 P.M. All should participate in the event.

Activities celebrated on this day as detail given below:-

- 1. Essay Writing Competition (Little girls with Big dreams become women 2. Poster Competition with vision)
- 3. Slogan



Laureate Institute of Pharmacy

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# List of Participants for the Celebration of National Girls Child Day Date: 24/01/2023

Essay Competition	Essay No.	Poster Competition	Poster No	Slogan Competition	Slogan
Deepika Rana	1	Akshay Kumar	1	Sejal Jariyal	1
Archna Thakur	2	Riya	2	Priyanka Rana	2
Niti Thakur	3	Karnail Singh	3	Priyanka Sharma	3
Ritik Sharma	4	Isha	4	Rohit Bhardwaj	4
Harish Kumar	5	Harkirat	5	Priya	5
Priyanka Walia	6	Sakshi	6	****	sk sk
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Raj Kumar	9	****	**	卖卖卖卖卖	火火



Principal

Director Cum Principal Laureate Institute of Pharmac, Kathog, Tehsil Jawalamukhi Distt Kangra (HP)

Phone: 9218428040 9218405087



# Caureate Institute of Pharmacy

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KATHOG



# Laureate Institute of Pharmacy

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Affiliated to Himachal Pradesh Technical University, Ramiepus

V.P.O. Kathog, Lebell Jawalanukht, Distr. Kangea, M.P. (177(01)

Ref. No.

Date

# Report on Republic day celebration



26 January 2023



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Affiliated to Himachal Pradesh Technical University, Hamirpur V.P.O Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P.(176031)

Ref.	No.	
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Date: 24/01/2023

# Circular

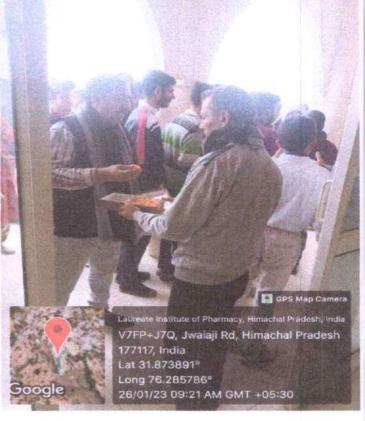
All the staff and students of the Laureate Institute of Pharmacy are hereby immed to attend the "Republic Day" celebrations on 26 January 2023. The celebrations will begin at 08:30 A.M. All should participate in the event.

Principal DISTT. KANGRA (H.P.)

DIRECTOR CUM PRINCIPAL LAUREATE INSTITUTE OF **PHARMACY KATHOG** TEH. JAWALAMUKHI

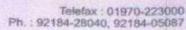








Principal
Director Cum Principal
Laureate Institute of Pharmac
Kathog, Tehsil Jawalamukhi
Distt Kangra (HP)





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Ref. No.

Date

### Circular

It is hereby informed to all the respected HODs, Teachers, Non-teaching staff and students of the laureate Institute of Pharmacy that the college is going to organize a seminar on Yoga on January 30, 2023 on theme Yoga and Health Management. All are cordially invited to attend the seminar.

Dr. M. S. Ashawat

Director cum Principal

Mr. Nikhil Sharma

Incharge Wellness Club



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# Laureate Institute of Pharmacy

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V.P.O. Kathog, Tehsil Javalamukhi, Distt. Kangra, H.P. (177101)

Ret No.

Date .....

### Yoga and Health management One day Seminar

### Attendance

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DIRECTOR CUM PRINCIPAL LAUREATE INSTITUTE OF PHARMACY KATHOG TEH. JAWALAMUKH DISTIT KAMBRA (H.R.)

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DIRECTOR CUM PRINCIPAL LAUREATE INSTITUTE OF PHARMACY KATHOG TEH, JAWALAMUKHI DISTIT KANGRACH



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# Laureate Institute of Pharmacy

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Ret No.

Date

30 JANUARY 2023

### REPORT ON YOGA AND HEALTH MANAGEMENT

On 30th January, Institutional Wellness club organized One day seminar on Yoga at Institute main Conference hall Prof. (Dr.) Mahendra Singh Ashawat Director Cum Principal Laureate Institute of Pharmacy Welcomed Dr. Ram Avatar Advisor of Carrier Point University. Dr. Ram Avatar taught various yoga asanas and meditation to the participant. He told yoga is a symbol of generating balance and peace, and everyone should include it into their daily lives. The core of yoga is balance, not simply within the body or between the mind and the body. Practicing Yoga is known to improve flexibility, balance, endurance and physical strength while Meditation helps to keep the mind sharp and clear relieves stress and improves overall wellbeing. Faculty members, Undergraduate and Post graduate students learned the basic skills of yoga and meditation. He also boosts the young students to adopt the learning and expand the practices to others. Prof. (Dr.) Mahendra Singh Ashawat and Dean Student Welfare Dr. C.P.S. Verma presented the momento for the yoga seminar









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# INSTITUTE OF PHARMA

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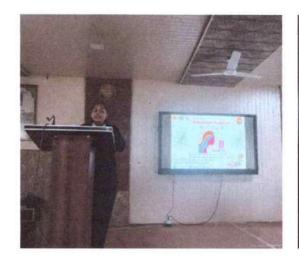
### Report on Girls Hygiene and Safety

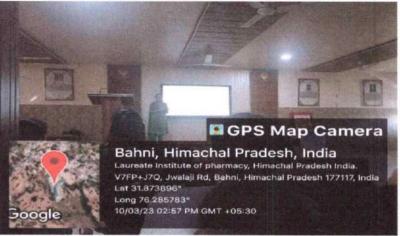
Good menstrual hygiene is essential for the health and dignity of girls and women. Discussions on menstrual hygiene are important for adolescent girls to clarify existing myths and misconceptions around menstrua on. Improving menstrual hygiene is important from the point of view of personal comfort and increased mobility. It also reduces the likelihood of infections resulting from poor hygiene practices during menstrua on. Providing girls with knowledge and skills on maintaining menstrual hygiene improves college attendance among girls, who otherwise may not at end college during those days or even drop out of college altogether. A guest lecture was delivered by Dr. Pallavi Singh on how to promote the hygiene and who can promote hygiene. These topics were discussed in the conference hall of Laureate institute of pharmacy on 10<sup>th</sup> march 2023. The main points were discussed in this event are

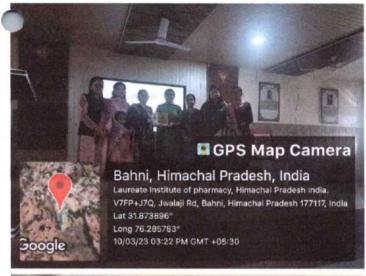
- Provision of health education to girls and women on menstruation and menstrual hygiene.
- Increasing community action to improve access to clean toilets with water, both at home and in schools.
- Promoting the availability and use of sanitary products.
- Enabling safe disposal of sanitary products.
- Menstrual Hygiene can be promoted in the community and in schools or colleges.
- It is best to start with adolescent girls; although, other women in the reproductive age group would also benefit from the information and access to sanitary products.
- The Anganwadi Workers and the members of women's Self-Help Groups can make a substantial difference to menstrual hygiene practices in the community.

Director Cum Principal Laureate Institute of Pharmacy Kathog, Tehsil Jawalamukhi Distt Kangra (HP)

After this discussion poster making competition was organised by the institute and at the end of the programme vote of thanks was given by Mrs. Rinu Rana with the token of appreciation. The programme was end at the 04:00 PM.













Distt Kangra (HP)





Director Cum Principal Laureate Institute of Pharmac, Kathog, Tehsil Jawalamukhi Distt. Kangra (HP)

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Ref. No. ... [19/4/2023/ESTY-6115-I

Date: 29-04-2023

### **Notice**

This is informed to all the women committee members and students of the institution that tomorrow on dated 1<sup>ST</sup> May 2023, there is a programme on "HIV awareness" and women cell meeting at the conference hall at 01:30 PM, all the members and students are directed to attend the programme without fail.

Principal Principal

DIRECTOR CUM PRINCIPAL LAUREATE INSTITUTE OF PHARMACY KATHOG AN TEH. JAWALAMUKHI DISTT. KANGRA (H.P.)

Shot from



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Def No	
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### Minutes of Meeting

The laureate institute of pharmacy also hosted the "awareness programme on HIV" at the campus in Kathog Jawalamukhi. ICTC counsellor Jawalamukhi Mrs. Minaksi was one of the renowned speakers. Dr. Ms Ashawat greeted the guests as well as guest speaker.

A meeting of women cell members and students (girls) was held at conference hall on 1st May 2023 at 1:30 PM.

The agenda of meeting was to know about queries, complaints and any suggestions.

Following agenda were discussed during meeting:

- 1. To read and confirm the minutes of the previous meeting of the women cell held on 1st May 2023. The members unanimously confirmed the minutes.
- 2. To remain observant regarding girl's hygienity and girls safety.
- 3. To realize role of women in building up healthy society.

Principal DIRECTOR CUM PRINCIPAL LAUREAVE INSTITUTE OF PHARMACY KATHOG TEH. JAWALAMUKHI

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Telefax: 01970-223000 Ph.: 92184-28040, 92184-05087 Affiliated to Himachal Pradesh Technical University, Hamirpur V.P.O Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P.(176031)

Res No 1114 2023 EST 6058-11

Notice

This is informed to all the women committee members of the institution that tomorrow on dated 8th March 2023, there will be meeting in conference hall on the occasion on international women day at 2:30 P.M. all the members and students (girls) are directed to attend the meeting without fail.

Principal

DIRECTOR CUM PRINCIPAL LAUREAGE INSTITUTE OF PHARMACY KATHOG TEH JAWALAMUKHI DISTT KANGRA (HP)

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MINUTES OF MEETING

A meeting of women cell members and students (girls) was held at conference hall on 8th March 2023 at 2:30 P.M.

The agenda of meeting was to know about any queries, complaints or any suggestions.

Following agenda were discussed during meeting:

- 1. To read and confirm the minutes of the previous meeting of the women cell held on 4th Feb 2023. The members unanimously confirmed the minutes.
- 2. To remain observant regarding girl's hygienity and girls safety.
- 3. To realize role of women in building up a healthy society.

There were no such complaints from the student volunteers.

DIRECTOR CUM PRINCIPAL LAUREATE INSTITUTE OF THERMACY KATHOG <sup>TO</sup> JAWAL**AMUKHI** 

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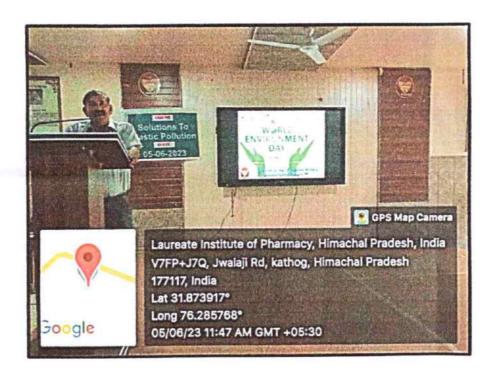
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H.P. Takalii Shilaha Board, D. Recognized Under 2(f) of UGC Act 1956.

Rel. No. ....

Date ...

# Report on World Environment Day Celebration

Date:05/06/2023



Theme: Solutions to Plastic Pollution



Ref. No. .....

Date .....

### Notice

Date: 03/05/2023

### World Environment Day Celebration

This is informed to all the members & students that Institution is going to celebrate World Environment Day for creating awareness about the need to save our planet. It will be celebrated on 05/06/2023 on the theme of "Solutions to Plastic Pollution". You all are directed to actively participate in this event namely:

- · Lecture on World Environment Day
- Plantation of Trees
- · Cleaning of the Campus

Principal Political

DIRECTOR CUM PRINCIPA LAUREATE INSTITUTE OF PHARMACY KATHOG TEH. JAWALAMUKHI DISTT. KANGRA (H.P.



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Ref. No. .....

Date ....

### Report on the Celebration of World Environment Day

Date: 05/06/2023

Every year on June 5th, the world observes World Environment Day in an effort to increase public awareness of the need to conserve the environment and the planet. Everybody on the earth is reminded to participate in eco-friendly activities on this day. People gather to make commitments for a greener earth. On June 5, 2023 ECO CLUB of Laureate Institute of Pharmacy celebrated World Environment Day on the theme of Solutions to Plastic Pollution. Laureate Institute of Pharmacy strives to model eco-friendly practices, students can become powerful proponents of environment preservation. Eco-Clubs programs on campus that specifically focus on green initiative are an ideal way to guide learners on a meaningful route towards environment protection. The welcome of all the participants were addressed by the Dr. Pravin Kumar and the theme was explain by him Solutions to Plastic pollution. Instead that other staff members were present in this celebration. After that a brief lecture was delivered by Dr. CPS Verma Dean Student Welfare Laureate Institute of Pharmacy, after that plantation drive was started and at last cleaning of campus process started the vote of thanks was delivered by Dr. Pravin Kumar. At last, the program was successfully come to end at 04:00 PM.

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V.P.O. Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. - 176031 Web: www.laureateinstitute.in | e-mail:contactlaureate@gmail.com



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Rel. No. ....

Date ....





Principal Treat

Dr. M.S. Ashawat
DIRECTOR CUM PRINCIP,
LAUREATE INSTITUTE OF
PHARMACY KATHOG
TEH. JAWALAMUKHI
DISTT. KANGRA (H.P.)



Laureate Institute of Pharmacy

(Approved by PCI & AICTE, New Delhi and H.P. Govt.)
(Obligated to Himachai Pradesh Technical University, Hamirpur V.P.O. Kathog, Jehsil Jawalamukhi, Disti, Kangra, H.P. (177101)

Ref. No.

Date

### Art and cultural club

Art and cultural club of Laureate Institute of Pharmacy celebrated the auspicious occasion of "Karwachauth" on 12/10/2022 on the theme "Enhance Tradition". Students get participated in Rangoli and Mehandi Competition. Professor Dr. CPS Verma (Dean and student welfare) and Dr. Sanjay Kumar (Associate Professor of Pharmacognosy) were the judges of Rangoli competition. Mrs. Shavinder Kumari (Assistant Professor of Pharmacology) and Mrs. Shanu Priya (Assistant Professor of Pharmaceutical Chemistry) were the judges of Mehandi competition. Total Students participated for Rangoli competition were 10 and for Mehandi competition were 11.

Following were the winners of this competition:

### Rangoli Competition:

Ist-Shivika, Shiva, Kajol and Priyanka (M. Pharm.- Ist Year),

IInd- Priyanka, Kanika, garima, Anjali, Sahil, Vibhashu, Aman, Prayal (BCA-Ist year),

IIIrd- Akshay, Sourav, Hardik and Abhay (D. Pharm- Ist year)

### Mehandi competition:

Ist-Sumit (D. Pharm -Ist),

IInd- Palak (B.Pharm.-Ist Sem),

IIIrd: Sakshi-B. Pharm (7th Sem)

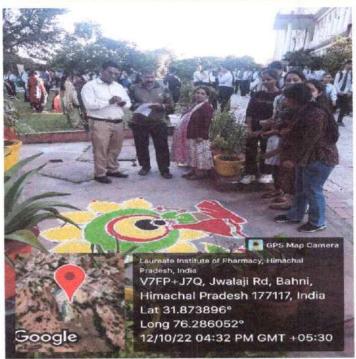
Director Cum Principal Laureate Institute of Pharmac, Kathog, Tehsil Jawalamukhi

Distt. Kangra (HP)













Director Cum Principal Laureate Institute of Pharmac, Kathog, Tehsil Jawalamukhi Distt. Kangra (HP)



# Laureate Institute of Pharmacy

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Affiliated to Himachal Pradesh Technical University, Hamirpur
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### Winners of the competition

### Rangoli Competition:

- Ist- Shivika, Shiva, Kajol and Priyanka (M. Pharm.- Ist Year)
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- IIIrd- Akshay, Sourav, Hardik and Abhay (D.Pharm- Ist Year)

### Mehandi competition:

- Ist- Sumit (D. Pharm. -Ist Year)
- IInd- Palak (B.Pharm.-I<sup>st</sup> Sem)
- IIIrd: Sakshi (B. Pharm (7th Sem)

Director Cum Principal Laureate Institute of Pharmac, Kathog, Tehsil Jawalamukhi

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Director Cum Principal Laureate Institute of Pharmac, Kathog, Tehsil Jawalamukhi Distt. Kangra (HP)