



Date/Day: 06.10.2024, Sunday

Health Excursion to Madhavbaug Hospital

Objective:

- To enhance students' knowledge and skills in yoga practices and CPR techniques, promoting overall wellness and safety.
- To inspire students to adopt healthier behaviors and lifestyle changes through activities like meditation or nature walks to promote mental health.

Program Outcome: PO 1, PO 9, PO 11

Details of the Resource Person/Event: The Health Excursion to Madhavbaug Hospital, Khopoli was organized by the Extension and Outreach Committee in collaboration with the Department of Lifelong Learning and Extension. The camp coordinator was Mr. Tushar Patil.

Participants Details:

Total no. of college students: 58

Total no of Faculty: 07

Summary of the Lecture/Activity:

On Sunday, 6th October 2024, the Extension and Outreach Committee of MES's H. K. College of Pharmacy, in collaboration with the Department of Lifelong Learning and Extension organized a Health Excursion to Madhavbaug Hospital, Khopoli. The health excursion focused on two vital areas: yoga for physical and mental well-being and CPR training for emergency preparedness. Students participated in this excursion to learn about the importance of maintaining a healthy lifestyle and a lifesaving skill.

The schedule for the Health Excursion was as follows:

- 7.00 am: Departure from College
- 9.30 am: Arrival at Madhavbaug Hospital, Khopoli
- 9.30- 10.00 am: Breakfast
- 10.00- 10.20 am: Introduction to Hospital by Mr. Tushar Patil
- 10.30- 12.00 pm : Yoga Session by Mr. Arun Yadav
- 12.15- 1.15 pm: CPR Training by Dr. Jadhav
- 1.30- 2.30 pm: Lunch
- 2.30- 3.30 pm: Campus Visit
- 3.30- 4.00 pm: Feedback and Closing remarks
- 4.00 pm: Departure from Madhavbaug Hospital

The health excursion successfully achieved its goals of promoting wellness through yoga and ensuring preparedness through CPR training. Students left with valuable skills and a renewed commitment to their health and safety.

Brochure/Photo Gallery:





Key Outcome of the Lecture/Activity:

- Hands-on practice during the CPR session allowed students to apply what they learned immediately, reinforcing their understanding and retention of the skills.
- The excursion inspired students to pursue healthier eating habits and regular exercise routines.

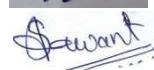
Link for social media:

LinkedIn	https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_h-k-college-of-pharmacy-organized-a-health-activity-7271025587454930944-SJMp?utm_source=share&utm_medium=member_desktop
Facebook	https://www.facebook.com/photo/?fbid=1030157209123921&set=a.470185965121051
Instagram	https://www.instagram.com/p/DDQ70J8ooa8/?utm_source=ig_web_copy_link&igsh=MzR1ODBiNWFIZA==

Dr. Sheela Yadav



Ms. Sayli Sawant



Committee Incharge/ Event
Coordinators



Dr. Anagha Raut

IQAC Coordinator



Dr. Tushar Lokhande

Principal





**Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra**

Title: Laboratory Visit for curriculum enrichment

Date: 2nd July 2024

Venue: Chemotest Laboratory, Vashi Navi Mumbai, Time:- 11:00 am to 03:30pm

Organized By: Dr Sheela Yadav

Objectives:

- Develop critical, quantitative thinking. Develop experimental and data analysis skills. Learn to use scientific apparatus.
- Learn to estimate statistical errors and recognize systematic errors

Program outcome:

Mode of the session: OFFLINE

Participants Details: First- and second-year M Pharm Students.

Link for social media:

Linked In: https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_on2nd-july-2024-laboratory-visit-under-extension-activity-7214895072318783491-XWjl?utm_source=share&utm_medium=member_desktop

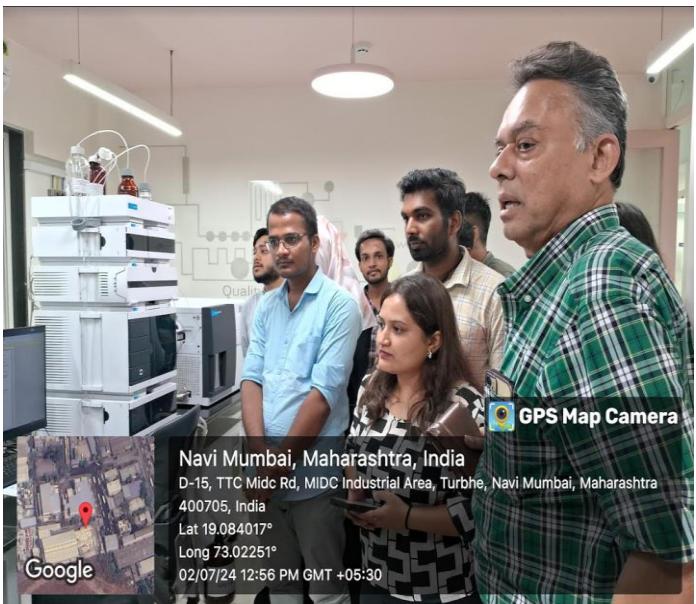
Facebook: <https://www.facebook.com/photo/?fbid=917783237027986&set=a.470185965121051>

Instagram: https://www.instagram.com/p/C9CGg_TojMy/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Key Outcome of the Activity/Lecture:

- Students got an opportunity to understand the working and handling of sophisticated instruments.
- President Dr. Atul Pusalkar invited our students to submit proposal and carry out method development with respect to their projects.

Brochure/Photo Gallery:



We are grateful to Dr Atul Pusalkar for taking students to laboratory round and explanation. We also express our gratitude for his kind hospitality. All participants were overwhelmed to get an opportunity to carry out microbial studies, and to join Laboratory as a trainee

Prepared By

Dr. Sheela Yadav

Dr. Anagha Raut

Dr. Tushar Lokhande

Event coordinator

IQAC Coordinator

Principal