

PU/Misc./OO/Reg./2017/113

Date: 25/01/2017

OFFICE ORDER

Consequent upon approval of proposed establishment of "Department of Happiness" (Anand Vibhag) in People's University by Academic Council, Board Of Management & Governing Body and subsequent approval of Draft of Concept Note and Structure of the Department by Hon'ble Chancellor, Anand Vibhag of People's University is constituted as under:

A. Vice - Chancellor

B. Registrar

C. All Heads Of Institutions, Constituent Units

D. One volunteer faculty from each Constituent Unit

- 1) Mrs. Rukmanee Malviya, Asst. Professor, PCN & RC
- 2) Ms. Reema Mazhar, Asst. Professor, PCPS & RC
- 3) Dr. Divya Mittal, Asst. Professor, PIMR
- 4) Mr. Dimesh Tiwari, Asst. Professor, SORT
- 5) Mrs. Alka Singh, Asst. Professor, SOP & R
- 6) Dr. Pinky Ahuja, Asst. Professor, PCDS
- 7) Dr. Tukaram Prabhu, PCMS
- 8) Ms. Vartika Mishra, Asst. Professor, PIHM
- 9) Dr. Trilok Shrivastava, Asst. Professor, PDA

E. One volunteer student from each Constituent Unit

- 1) Ms. Akshita Solanki, PCN & RC
- 2) Mr. Akash Ojha, PCPS & RC
- 3) Ms. Kajal Thakur, PIMR
- 4) Mr. Nabin Raj Shrestha, SORT
- 5) Ms. Shreya Khanna, SORT
- 6) Ms. Katyaynee Sharma, PCDS
- 7) Ms. Akshita Agrawal, PCMS
- 8) Ms. Ashwini Acharya, PIHM
- 9) Ms. Pitambara Sahu, PDA

- Director/ HOD
- Member Secretary
- Members
- Members

- Members

Copy of proposal & Concept note with objectives, identified pillars of happiness, scope, functions, proposed activities & action plan of Anand Vibhag is enclosed herewith for further necessary action.


(Dr. Neerja Mallick)
Registrar

Copy to:

- Hon'ble Secretary, M. P. Private University Regulatory Commission, Gyan Vatika, Walmi Road, Opposite Excellence College, Kaliasot Dam, Bhopal - for kind information & necessary action, regarding further communication.
- Hon'ble Chancellor, People University - In compliance to his approval dated 25/01/2017.
- Hon'ble Project Director, People's Group
- Hon'ble Director, HR & IT, People's Group
- Administration Department, People's Group
- Hon'ble Director, People's Group
- Hon'ble Director, Planning and Development, People's Group
- All Officers of People's University
- All Members - Through HOs

PEOPLE'S UNIVERSITY

"PROPOSAL AND CONCEPT NOTE OF SCOPE, FUNCTIONS AND FUTURE ACTIVITIES OF DEPARTMENT OF HAPPINESS (ANAND VIBHAG) OF PEOPLE'S UNIVERSITY"

Proposed Slogan "Think Positive, Act Positive and Be Positive"

A. Introduction: -

Department of Happiness herein after referred as 'Anand Vibhag' is functional & very much effective in various countries particularly in multi national organizations. Recently Government of Madhya Pradesh has also constituted Department of Happiness. People's University has also initiated proposal for establishment of Anand Vibhag duly approved by Academic Council, Board of Management & Governing Body.

B. Objectives: -

1. To promote work place satisfaction through employee engagement & employee welfare measures.
2. To promote students satisfaction with the aim that students are not merely satisfied with the education but are proud to be our students with a outcome of better results, Skills, employability prospective and placements.
3. To increase interaction with the public so as to spread our happiness through positive outcomes in social welfare.
4. To minimize unpleasant occurrences and to maximize happiness by developing a culture of happiness through innovative means.
5. To promote an environment of mutual cooperation and understanding between faculty /management & the students in teaching institutes and between teaching staff and patients in the Hospitals so as to prevent bitter incidences.
6. To address pillars of happiness through ongoing, dynamic and measurable activities
7. To translate the culture of happiness into the practice with benefits to the social masses through innovative means.

C. Identified pillars of Happiness:-

- A. Good Governance.
- B. Sustainable Socio-economic development of stake holders i.e. faculty, students staff, patients etc.
- C. Preservation & Promotion of mutual understanding, cooperation and confidence level with employer.
- D. Environmental Conservation.

D. Scope of Anand Vibhag:-

1. People's University, its Constituent Units and service cum support facilities.
2. Allied Organizations of People's Group.
3. Non-Government Organizations.

Subscribed, do please issue necessary order today

W. S. S. S.
25. 6. 2012

4. Local communities including villages.
5. Ongoing community outreach services.
6. Services to Differently abled personnel.
7. Empowerment of Women.
8. Extending services to underprivileged social strata.
9. Bridging the discrimination related to Caste, Creed, Color, Region, Religion and Language.
10. Main focus of attention to employees and customers (Students & Patients).

E. Functions of Anand Vibhag:-

1. Concrete steps to translate abstractness of happiness to reality.
2. Self development of faculties, students & staff through motivational lectures, Meditation, Spiritual counseling, Career counseling, Placement counseling, Psychological counseling, Family Counseling, Orientation Programmes, visits to places of Archeological, historical, cultural, geographical & environmental importance etc.
3. Administrative excellence.
4. Promotion of Periodical Cultural, Scientific, Fine arts & Literary Performances.
5. Promotion of Positive thinking by periodical counselings.
6. Creation of work environment in the institutions by better involvement of institutional administration.
7. Creation of eco-friendly environment in campus.
8. Creation of friendly environment with mutual confidence at workplaces.
9. Promotion of Selfless thinking through well networked setting for common goals.
10. Promotion of non conventional source of energy.
11. Development of community services orientation among staff and students in all institutions including hospitals for raising the standard of living and enhancing indicators of general happiness and satisfaction among general population and patients

F. Proposed Activities and Action plan shall be based on following domains:-

1. Psychological well being of faculty, staff and students by activities like Sports, Meditation, Yoga, various type of Counseling for example Educational Counseling, Family Counseling, Sightseeing of archeological, historical & cultural heritage.
2. Promotion of health of faculty, staff & students.
3. Promotion of overall standard of teaching & education by inculcating friendly environment with increased level of confidence in teachers.
4. Strengthening teacher guardian system (Foster Parent system) for small groups to create a family binding between the teacher & taught.
5. Recognition of good work done by faculty & staff and appreciation by management.
6. Utilization of talents of staff and faculty.
7. Implementation of fair Grievance Redressal system.
8. Build an atmosphere of transparency, trust and care.
9. Conduction of Regular training programmes to update employees/staff/Faculties and to increase their self esteem.
10. Implementation of fair compensation and to create clear avenues for career growth.
11. Recognize, reward and encourage innovation and learning.
12. Celebration of achievements both organizational and individual.

13. Celebration of birthdays, promotions, retirements, new comers where peoples can be shown that they matter for the organization.
14. Team building exercises by socialization of staff employees & students.
15. Selfless feeling of gratitude to Institution.
16. Regular tracking of measures & improvement.
17. Explainable use of work time with its maximum utility and answerability to work place.
18. Community vitality, cultural diversity and resilience to be encouraged.
19. Ecological diversity and resilience to be promoted.
20. Attention to be paid to the living standards of stakeholders.

To attain above aim, objectives, goals, scope & functions, following team with enthusiastic and energetic volunteers should be constituted to take up above works and to start function of Anand Vibhag with immediate effect:-

- A. Director HR- Patron
- B. Vice Chancellor- Chairperson
- C. Registrar- Member Secretary
- D. All HOIs- Members
- E. One Volunteer faculty from each Constituent Unit- Member
- F. One Volunteer student from each Constituent Unit- Members

Director / Head of Dept.

Submitted to Honble Chancellor, People's University
for kind perusal & approval.

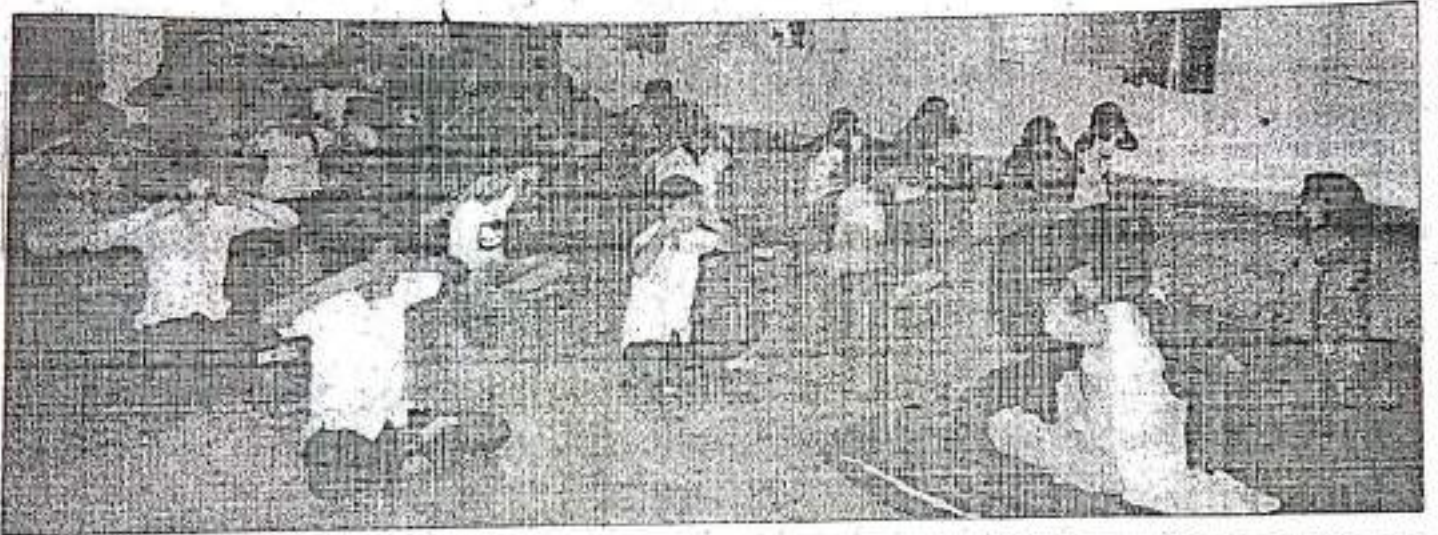
Wandys
Vice Chancellor 23.1.2017
People's University

Honble Chancellor

Wandys

Recd. on 25.1.2017

आनंद विभाग के आयोजन में शिक्षक और विद्यार्थी हुए शामिल पीपुल्स विश्वविद्यालय में योग कक्षाओं का शुभारंभ

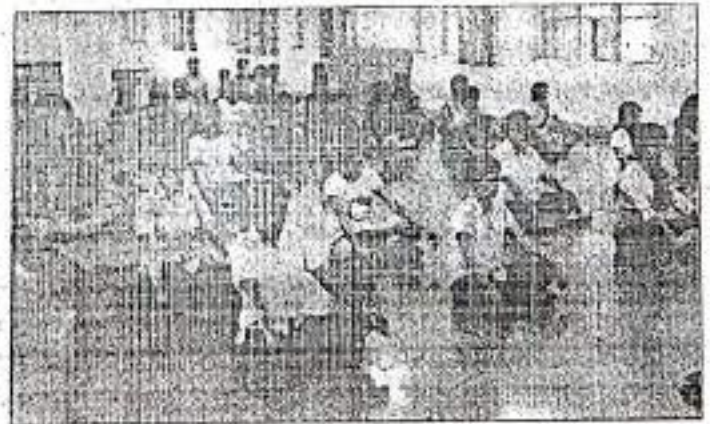


पीपुल्स संवाददाता • भोपाल
editor@peoplesnamaachar.co.in

पीपुल्स विश्वविद्यालय के आनंद विभाग द्वारा आयोजित पीपुल्स कॉलेज ऑफ मेडिकल साइंसेस एवं रिसर्च सेंटर के व्यायाम शाला में कर्मचारियों और छात्र-छात्राओं के लिए योग कक्षाओं का डॉ. नीरजा भलिक कुलसचिव पीपुल्स विश्वविद्यालय द्वारा औपचारिक शुभारंभ किया गया।

योगा कक्षाएं शाम 4 से शाम 6 बजे तक आयोजित हो रही हैं। योगरूपी इस प्राचीन धरोहर का महत्व आज संपूर्ण विश्व ने माना

है और निरोगी काया के लिए अपनाया है। आज के इस दौर में प्राणायाम शरीर को मानसिक रूप से स्वस्थ और निरोगी रखने का सबसे सरल और उपयुक्त माध्यम है। इसका उद्देश्य कर्मचारी एवं छात्र-छात्राओं की मानसिक शक्ति को विकसित करना है, जो कि अध्ययन एवं आधुनिक तकनीक को सीखने में सहायक हो सके। वर्तमान परिवेश में सफलता की प्रतियोगी दौड़ में शामिल होने एवं लक्ष्य प्राप्ति के लिए अतिरिक्त मानसिक एवं शारीरिक शक्ति की आवश्यकता है। साधारण ज्ञान और सीमित शक्ति के द्वारा आज सफलता प्राप्त करना लगभग असंभव है। इसलिए अपनी



पीपुल्स यूनिवर्सिटी में योग मुद्राएं सीखते विद्यार्थी।

शारीरिक शक्ति व मानसिक ताकत बढ़ाने एवं सुगमता से बिना किसी दबाव के हम लक्ष्य प्राप्ति में सफल हो सकें। पीपुल्स विश्वविद्यालय में योगा शिक्षिका के रूप में सुधमा

चंद्रेकर द्वारा योग कक्षाएं नियमित रूप से संचालित की जा रही हैं, जो कि एकदम निःशुल्क हैं। योग कक्षाओं में छात्र-छात्राएं और कर्मचारी शामिल हुए।

पीपुल्स पैरामेडिकल के आनंद विभाग का सराहनीय प्रयास

महिला थाना प्रभारी के आतिथ्य में कार्यक्रम शृंखला का समापन

पीपुल्स संवाददाता • भोपाल

editor@peoplesamachar.co.in

पीपुल्स कॉलेज ऑफ पैरामेडिकल साइंस के आनंद विभाग एवं राष्ट्रीय स्वयं सेवा इकाई द्वारा अगस्त माह आनंद विभाग की गतिविधियों को समर्पित रहा। इस दौरान श्रृंखलाबद्ध कार्यक्रम के समापन में महिला थाना प्रभारी शिखा बैस बतौर मुख्य अतिथि मौजूद रही।

जेंडर सेंसेटाइजेशन एवं महिला समता विषय पर उद्बोधन में उन्होंने बताया कि जेंडर सेंसेटाइजेशन अहम विषय है। भावनात्मक नहीं, बल्कि व्यावहारिक तरीके से देखने-अपनाने की जरूरत है। उन्होंने पीपुल्स विवि की छात्राओं को वाट्सअप नंबर दिया जो कि छात्राओं की सुरक्षा के लिए बनाया है। कार्यक्रम पीपुल्स विवि के डायरेक्टर एडमिनिस्ट्रेशन कैप्टन अंबरीष शर्मा, पीपुल्स समाचार की सीईओ कैप्टन रुचि विजयवर्गीय, पीपुल्स विवि के कुलपति डॉ. व्हीके पंडया के मार्गदर्शन में हुआ। शुभारंभ 1 अगस्त को पीपुल्स पैरामेडिकल कॉलेज प्राचार्य डॉ. पीआर सुरेश के



पीपुल्स कॉलेज ऑफ पैरामेडिकल साइंस में विजेताओं को पुरस्कृत किया गया।

सानिध्य में हुआ। 1 से 5 अगस्त को प्रथम सप्ताह फ्रेंडशिप वोक थीम पर लघु चलचित्र प्रदर्शन, हस्त निर्मित कलाकृति निर्माण, वीडियो प्रदर्शन हुए। चतुर्थ श्रेणी कर्मचारियों के मनोरंजन कार्यक्रम, पुरस्का दिए। 8 अगस्त से 12 अगस्त तक यूथ वॉक में 9 को बायोडाटा लेखन एवं इंटरव्यू प्रस्तुतिकरण व्याख्यान, 11 को जीवन रक्षक आकस्मिक चिकित्सा, मोबिलाइजेशन कार्यशाला, वाद-विवाद प्रतियोगिता, 12 को युवा संसद, 16 से 19 अगस्त तक देश प्रेम

पर सांस्कृतिक धरोहर संग्रहालय, शौर्य स्मारक, जनजातीय संग्रहालय भ्रमण, 17 को देशभक्ति गीत स्पर्धा, कोलाज स्पर्धा, निरक्षरता उन्मूलन, 19 को देश भक्ति फोटोग्राफी स्पर्धा, 21 से 26 अगस्त तक रक्त, अंगदान शिविर, झुग्गी-बस्तियों में सामग्री वितरण, स्वास्थ्य जागरूकता शिविर, 26 को स्वप्ना शिवहरे एवं आयुषी महाजन द्वारा आत्मरक्षा तकनीक कार्यक्रम हुए। विजेताओं को मुख्य अतिथि शिखा बैस द्वारा पुरस्कृत कर प्रशस्ति पत्र प्रदान किए गए।



PEOPLE'S UNIVERSITY

(Established Under MP Act. 17 of 2007)

Ref. PU/VC /2013/3053

Date : 13/08/2013

To,

All Heads of Institutions,
People's University,
Bhopal.

URGENT

(Sub.: Regarding obtaining personal information records, Health questionnaire, Stress Response list & coping check list from all students of People's University.

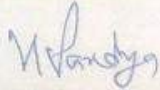
Ref.: Letter No. PCMS/OD/13/218 dated 02/07/2013 of P.C.M.S. & R.C. regarding "Students Counselling" in People's University, Bhopal.

In above Context, A detailed schedule of 'Students Counselling' by department of Psychiatry, PCMS & RC for all students of People's University had been circulated earlier vide letter dated 02/07/2013 of PCMS & RC

Besides this, Psychiatry Department of PCMS & RC had prepared four important documents viz. Personal information records, Health questionnaire, Stress response check list & coping check list which shall be very helpful in effective counselling of the students & also in preparing analytical data to implement immediate remedial measures.

Please ensure filing of these forms & information records by all students of your Institutes positively & submit to HOD Psychiatry, PCMS & RC within a week's time. Hon'ble Director, H.R. has also emphasized need of filing of these questionnaires as mandatory requirement by each student.

Encls: As above.


Vice Chancellor
People's University

13.08.2013

Copy to:

- 1) Director, H.R., I.T. & Logistics, People's Group.
- 2) Registrar, People's University, Bhopal.
- 3) Dean, Student's Welfare, People's University, Bhopal.
- 4) Medical Superintendent, People's University, Bhopal
- 5) HOD, Psychiatry, PCMS & RC

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PEOPLE'S INSTITUTE OF PHARMACY & RESEARCH CENTRE
 B.Pharm. III, VI & VIII Semester Session 2011
TIME TABLE

Date: - 25/10/11

Ref. No.:-P/PS/RC/T/10	9:15 - 10:15		10:15 - 11:15		11:15 - 12:15		12:15 - 12:45		12:45 - 1:45		1:45 - 2:45		2:45 - 3:45	
Days	Sem	9:15 - 10:15	10:15 - 11:15	11:15 - 12:15	LUNCH		LUNCH		12:45 - 1:45	1:45 - 2:45	2:45 - 3:45			
MON	VI	Phology (TP)	Analysis (ASB)	Pharmacology (SR)					GRAT Classes	P Technology (A) (AK) / Pharmacology (B) (BG) / (SR)	Biopharmaceutics (B) (TS)			
	III	Phology (NP)	Organic Chemistry (AC)						Pharmacology Practical (NP)					
TUE	VI	Analysis (ASB)	Industrial mg. (NI)	Medical Chem. (AS)					GRAT Classes	Analysis (A) (AC) / Phology (B) (TP) / (SG) / Medical Chem. (A) (AS)	PT technology (B) (AK)			
	III	Pharmacology (TS)	Microbiology (SK)	APHE (TP)					Microbiology Practical (BG) / (SR)					
WED	VI	PT technology (AC)	Biopharmaceutics (TS)	Analysis (AC)					GRAT Classes	Analysis (B) (AC) / Pharmacology (B) (BG) / (SR)	Biopharmaceutics (A) (TS)			
	III	Medical Chem. (AS)	Pharmacology (BG) †	Analysis (ASB)					Phology (TP)	Industrial mg. (SR) / APHE Practical (TP)	Communication Skill (S C)			
THU	VI	Microbiology (SK)	APHE (TP)	Phology (NP)					PT technology (AC)	Communication Skill (S C)	GRAT Classes			
	III	Analysis (AC)	Phology (NP) / (GD)	Biopharmaceutics (TS)					Analysis (B) (ASB) / Pharmacology (A) (BG) / (SR)	GRAT Classes				
FRI	VI	Industrial mg. (NI)	Medical Chem. (AS)	Phology (SG)					Organic Chemistry Practical (AC)					
	III	APHE (TP)	Microbiology (BG)	Organic Chemistry (AC)					Analysis (AC)	Communication Skill (S C)	GRAT Classes			
SAT	VI	Pharmacology (TS)	Phology (AL)	Phology (NP) / (GD)					Analysis (A) (ASB) / Medical Chem. (B) (AS)					
	III	Pharmacology (BG)	Pharmacology (SG)	APHE (TP)					PT Engineering Practical (TS) / (SG)					
SUN	VI	Phology (NP) / (GD)	Phology (AL)	PT technology (AK)										
	III	Phology (SG)	Pharmacology (BG) †	Analysis (ASB)										
	III	Organic Chem. (AC)	Pharmacology (TS)	Phology (NP)										

NOTE :- Third Sem. Lateral Entry

K.G. - BHASKAR GUPTA, A.K., NOKALU BHASKAR, A.S. - ANANDH SUBRAMANIAM, T.S. - TRIPATHI BHASKAR, N.P. - SARAVAN PRASAD, A.L. - ALAKRISH LOKANANDH,
 S.B. - RUTHI RAJAGANESH, M. - SHARAD SURESH ASTHANA, T.K. - TAJANATHI PRADABE, S.T. - SETHA SARAVANAN, - ANAND CHAKRAVARTY, J.D. - S.G. - BHATYANANDA GANIG,
 G.D. - GANESH K. DEBARI, DEVA DAHIBOSE AN - ANANDH K. BHASKAR, A.K. - AMIT KISHAN, S. - SUTIA CHANDRABUKA.

Prof. (Dr.) U. K. Pooji



PEOPLES INSTITUTE OF PHARMACY & RESEARCH CENTRE
B.Pharm. II, III, IV, VI & VII Semester Session 2011 (Even - Term I)

TIME TABLE

Date: - 09/03/2011

Sl. No.	Day	8:30 - 10:00	10:30 - 12:00	12:30 - 1:30	2:30 - 4:00	4:30 - 6:00	6:30 - 8:00
* I	VI	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	V	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	IV	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	III	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
II	VI	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	V	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	IV	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	III	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
I	VI	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	V	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	IV	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	III	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
LUNCH							
* I	VI	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	V	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	IV	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	III	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
II	VI	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	V	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	IV	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	III	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
I	VI	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
	V	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)	Practical (SOL)
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PEOPLE'S INSTITUTE OF PHARMACY & RESEARCH CENTRE
 B.Pharm. II, VI & VII Semester Session 2011 (Semester 2nd Year)

Date: 24/03/11

PH. 50 - PROPORTIONS

Sl. No.	Topic	10:30 - 11:15	11:15 - 12:15	12:15 - 12:45	1:45 - 2:30	2:45 - 3:45
101	Pharmacology (PH)	Organic Chemistry (OC)	Analysis (AN)			
102	Pharmacology (PH)	Pharmacology (PH)	Pharmacology (PH)			
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LUNCH

NOTE: - Total Sem. Library Entry

Prof. Dr. K. Paul
 Head



Yoga Classes



Anand Vibhag

Nutrition Week