



## Workshop on “Rajyog Meditation”



Workshop on “Yoga and Meditation” has been organized at Kamla Nehru College of Pharmacy (KNCP), Butibori, Nagpur on April 27<sup>th</sup> 2022 for all the students under guidance of Dr. J. R. Baheti, Principal, KNCP, Butibori, who narrated about the importance of meditation in one’s life.

Shubhangi Didi and Gauri Didi from Prajapita Brahmakumaris, Butibori Centre were the resource persons. Shubhangi didi guided the students how to remain balanced during ups and downs of life and Gauri Didi explained the students the method for Rajyoga meditation.



Mrs. Suhasini G. Wanjari, President, Amar Sewa Mandal, Nagpur and Adv. Abhijit G. Wanjari, Secretary, Amar Sewa Mandal, Nagpur congratulated Dr. Jagdish. R. Baheti, the Convenor, Ms. D. M. Dhabarde, Mr. P. S. Raghatate and Mrs. K. R. Pandey, coordinators for the grand success of the programme. Total 202 students attended and were benefitted by the workshop. Ms Ashta Tolay compered the programme and vote of thanks was proposed by Ms. Ashwini Gulghane.