

# One Day Workshop on "Benefits of Yoga And Meditation"

06th September 2014



Organized By



Amar Sewa Mandal's

**Kamla Nehru College of Pharmacy**

Approved by AICTE, PCI & DTE Maharashtra (DTE Code : 4206)  
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.

Butibori, Nagpur.

156, Borkhedi, Near Butibori Over Bridge, Butibori, Nagpur-441 108

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Email: kncpbutibori@gmail.com

Website: www.knpharmacycollege.ac.in

## ABOUT THE COLLEGE

Kamla Nehru College of Pharmacy is one of the prime institutes in imparting the pharmacy education since its inception in 2006. The college is constituent art of Wanjarri Group of Institutions managed by Amar Sewa Mandal, Nagpur, founded by Late. Shri. Govindrao Wanjari and nurtured by Adv. Abhijit G. Wanjari. This college is known in Vidarbha region for its eminent faculty, excellent teaching, rich library and well equipped laboratories.

The college is approved by State Government, All India Council for Technical Education, Pharmacy Council of India, New Delhi & affiliated to Rashtrasant Tukadoji Maharaj, Nagpur University, Nagpur.

## About workshop

The main purpose of workshop is to know the importance of yoga and meditation to get rid of stress and keep mind calm.



### Patron

**Dr. (Smt) Suhasini G. Wanjari**

President, Amar Sewa Mandal.

**Adv. Abhijit G. Wanjari**

Secretary, Amar Sewa Mandal.

### Convenor

**Dr. S. N. Umathe**

Principal, KNCP, Butibori.

### Co-convenor

**Ms. Disha M. Dhabarde**

Asst. Prof., KNCP, Butibori.



### Resource Persons

**Shubhangi Didi**

Prajapita Brahmakumaries,  
Butibori, Nagpur.



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## Registration Form

One Day Workshop on

**"Benefits of Yoga And Meditation"**

06th September 2014

Delegate details

No Registration Fee

Name: \_\_\_\_\_

College: \_\_\_\_\_

Email: \_\_\_\_\_

Contact No. \_\_\_\_\_

Signature of the Principal

Signature of Delegate

PRINCIPAL  
KAMLA NEHRU COLLEGE OF PHARMACY  
BUTIBORI, NAGPUR-441108





Amar Sewa Mandal's  
**Kamlia Nehru College of Pharmacy**  
Borkhedi (gate), Butibori, Nagpur-441 108 (M.S.)



Date: 02/09/2014

**-:Notice:-**

All the students of B. Pharm & M. Pharm are hereby informed that the college has organized one day workshop on guidance for Benefits of Yoga and Meditation on 06<sup>th</sup> September 2014 by Shubhangi Didi Prajapita Brahmakumaries, Butibori.

**Principal**



# KNCP

Committed to Quality Pharmacy Education & Training

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Nagpur

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Website: [knpharmacycollege.ac.in](http://knpharmacycollege.ac.in)

## Guest Lecture on “Benefits of Yoga and Meditation”

A guest lecture on “Benefits of yoga and Meditation” has been organized at **Kamla Nehru College of Pharmacy (KNCP), Butibori, Nagpur** on 06 th September 2014 for the students and faculty under guidance of **Professor M.D. Godbole, Principal, KNCP, Butibori.**



**Shubhangi Didi** from

**Prajapita Brahmakumaris, Butibori** was the Resource person. She told the students that how meditation can help to overcome stress, career related and family related issues. She stressed upon practising few pranayams like anulom-vilom, bhramari etc in day to day and feel the fruits of doing them. The lecture was attended by 190 students.



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