



Amar Sewa Mandal's
Kamla Nehru College of Pharmacy

Approved by AICTE, PCI & DTE Maharashtra (DTE Code : 4206)

Butibori, Nagpur.

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.



Organized
One Day Workshop

YOGA & MEDITATION



09-04-2018

Instructor:

Shubhangi Didi,
Prajapita Bramhakumaries
Butibori .

Co-ordinator

Dr. J. R. Baheti
Principal
KNCP, Butibori.

About Workshop: The word “Yoga” originates from Sanskrit and means “to join, to unite”. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of “Yoga in Daily Life” are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions.

About College: Kamla Nehru College of Pharmacy, Butibori was established in the year 2006, with the vision to develop well trained competent pharmacy professionals to meet the expectations of healthcare system. The institute is committed to provide quality education at affordable cost to all, and contribute towards the upliftment of students from backward classes and rural areas. The institute provides excellent platform for lifelong learning, professionalism, leadership, personal communication, initiative, self-motivation, discipline, vision, and problem solving ability for students as well as faculty members. The college is located in Butibori which is one of the biggest industrial development corporation of Maharashtra in the vicinity of MIHAN with accessibility by road, rail and air. College bus facility is provided to students and staff with pick up points at various locations in Nagpur. Government recognized Facilitation centre is provided for admissions to B. Pharm. and M. Pharm. students coming from rural areas. The college have well developed infrastructure, spacious classrooms, laboratories equipped with sophisticated instruments, herbal garden and CPCSEA approved Animal house. Library is equipped with impressive collection of more than 8000 books (reference and text books) as well as educational CDs. with subscription to national and international journals in print as well as electronic versions.

Who Can Participate? All Faculty Members & All Students of B.Pharm And M.Pharm

PRINCIPAL
KAMLA NEHRU COLLEGE OF PHARMACY
BUTIBORI, NAGPUR-441108





Amar Sewa Mandal's

Kamla Nehru College of Pharmacy

Borkhedi (gate), Butibori, Nagpur-441 108 (M.S.)



Date: 05/04/2018

-:Notice:-

All the students of B. Pharm & M. Pharm are hereby informed that the college has organized one day workshop on guidance Yoga and Meditation on 09th April 2018 by Shubhangi Didi Prajapita Brahmakumaries, Butibori.

Principal



KNCP

Committed to Quality Pharmacy Education & Training

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Guest Lecture on “Yoga and Meditation”

A guest lecture on “Yoga and Meditation” has been organized at Kamla Nehru College of Pharmacy (KNCP), Butibori, Nagpur on March 09/04/2018 for all the students under guidance of Dr. J.R. Baheti, Principal, KNCP, Butibori.

Shubhangi Didi from Prajapita Brahmakumaris, Butibori was the Resource person. She guided the students how to keep cool during all stages of life and also never give up in life through meditation and yoga. Around 220 students were attended the programme.



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