



Amar Sewa Mandal's

**Kamla Nehru College of Pharmacy**

Butibori, Nagpur 441 108

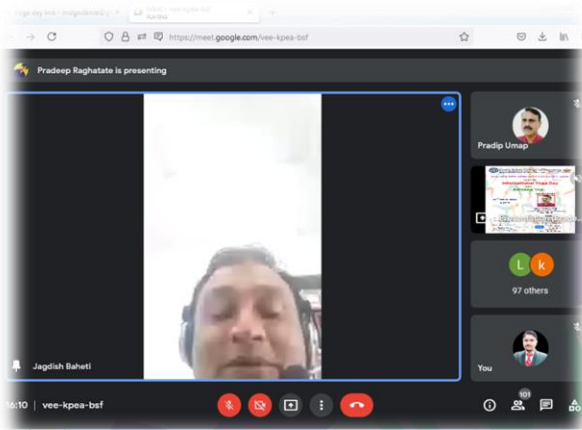
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## International Yoga Day



The International Yoga Day was celebrated on 21<sup>st</sup> June, 2021 at the Kamla Nehru College of Pharmacy, Butibori, Nagpur to usher in peace, harmony, happiness and success to every soul in the world. Yoga is a mental, physical and spiritual practice that needs to be carried every day; this was a great opportunity to imbibe the value of this discipline. The event was organized on Google Meet (online Mode) and was attended by all the faculty and staff with Dr. Jagdish R. Baheti, Principal leading from the front. The students also join the event as they were at home due to pandemic.

Yoga Instructor: Dr. Pradeep Umap, MBBS, MD (Pathology), a Yoga instructor with 20 years of experience as instructor at Janardhan Swami Yogabhyasi Mandal, Nagpur, was approached for conducting the session on the International Yoga Day. He consented and agreed to conduct the session for the KNCP family. Dr. Pradeep conducts session on Yoga on regular basis for various organisations. He is delivering a lectures on Yoga, Yogic Life style and Nutrition.

Event. On the day of the event, Dr. Pradeep delivered a lecture on “Scientific Base on Yoga and Ashtangyog”. All participants was welcomed by Dr. Jagdish R. Baheti, Principal; the proceedings were then handed over to the Yoga Instructor.

The Instructor started the session by explaining how yoga embodies unity of mind and body. He high lightens the issues on scientific base of yoga. He also emphasizes on Astangyoga, asana and pranayam; and their effect on Body.

The participants benefited from the event and expressed their heartfelt thanks to Dr. Pradeep Umap for conducting the session on the occasion of International Yoga Day.

The event was anchored by Ms. Kavita R. Pandey, Assistant Professor, Kamla Nehru College of Pharmacy, Butibori, Nagpur and the vote of thanks proposed by Dr. Parimal P. Katolkar, Associate Professor, Kamla Nehru College of Pharmacy, Butibori, Nagpur. There was an overwhelming response to attend the event and about 100 participants registered for the conference. Mrs. Suhasini G. Wanjari, President, Amar Sewa Mandla, Nagpur and Adv. Abhijit G. Wanjari, Secretary, Amar Sewa Mandal, Nagpur congratulated Dr. J. R. Baheti, the Convenor and Dr. P. P. Katolkar and Ms. D. M. Dhabarde, the co-convenor and all teaching and non-teaching staff for the grand success of the programme.

