



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



01-09-2018

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: 25 /08/2018

-:Notice:-

All the students of B.Pharm & M. Pharm are hereby informed that the college has organized one day workshop on Yoga and Meditation on 1st September 2018 by Shubhangi Didi, Prajapita Brahmakumaris, Butibori .


(Principal)



KNCP

Committed to Quality Pharmacy Education & Training

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Nagpur

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E-mail: kncpbutibori@gmail.com

Website: knpharmacycollege.ac.in

Workshop on “Yoga and Meditation”

Workshop on “Yoga and Meditation” was organized at **Kamla Nehru College of Pharmacy (KNCP), Butibori, Nagpur** on September 1, 2018. under the guidance of **Dr. J. R. Baheti, Principal, KNCP, Butibori**. Under Yoga and meditation, Meditation for Inner peace session was conducted by Shubhangi didi from Prajapita Brahmakumari. Around 234 students were attended the workshop.



Yoga and meditation workshop was conducted by Shubhangi Didi

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