

One Day Workshop on

# "Yoga And Meditation"

03rd September 2016



Organized By



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.

156, Borkhedi, Near Butibori Over Bridge, Butibori, Nagpur-441 108  
Ph. No. 9579327667  
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 THE WORKSHOP

Meditation lowers blood pressure reduce anxiety increase energy level strengthen immune system



**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  
"Yoga And Meditation"

03rd September 2016

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

## Kamia Nehru College of Pharmacy

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



Date: 01/09/2016

### -: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 03<sup>rd</sup> September 2016 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)

## Workshop on “Yoga and Meditation”

Workshop on “Yoga and Meditation” was organized at **Kamla Nehru College of Pharmacy (KNCP), Butibori, Nagpur** on September 3, 2016. under the guidance of **Dr. S. N. Umathe, Principal, KNCP, Butibori.**

**Shubhangi Didi from Prajapita Brahmakumaris, Butibori** was the Resource person. She narrated the benefits of meditation. Around 207 students were attended the workshop.



**Yoga and meditation workshop was conducted by Shubhangi Didi**

PRINCIPAL  
KAMLA NEHRU COLLEGE OF PHARMACY  
BUTIBORI, NAGPUR-441108

