

Amar Sewa Mandal's **Kamla Nehru College of Pharmacy Butibori, Nagpur 441 108** Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur Approved by AICTE & Recognised by PCI. E-mail: kncpbutibori@gmail.com Website: knpharmacycollege.ac.in

## Celebration of 5<sup>th</sup> international Yoga Day at Kamla Nehru

## College of Pharmacy, Butibori.



Amar Sewa Mandal's Kamla Nehru College of Pharmacy, Butibori, Nagpur (MS) celebrated 5<sup>th</sup> international yoga day with cooperation of Shri Janardhan Swami Yogabhyasi Mandal, Ramnagar, Nagpur on 21<sup>st</sup> June 2019 at 9.30 am under the theme "Yoga & Wellness". The program was inaugurated by Dr. Mukund Bhide, Dr. Dipak Kadu and Shri Chandrakant Deshmukh, yog guru of Shri Janardhan Swami Yogabhyasi Mandal.

Principal Dr. J. R. Baheti addressed the participants about the importance of yoga in day today life. Also the yog guru trained the participants about some aasanas like vajrasan, pranayam, kapalbharti, suryanamaskar etc.





Teaching, non-teaching staff, students and the people from the community participated in the program. Around 100 participants were present for the program.