



KNCP

Committed to Quality Pharmacy Education & Training

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

Report on Meditation for Inner Peace



Yoga and meditation is essential in day to day stressful life to teach tools of mindfulness to be calm internally and handle strong emotions such as anxiety and stress.

Kamla Nehru College of Pharmacy has conducted one day workshop on Yoga and Meditation for Inner Peace on 19th August 2019. Prajapita Brahmakumari sister's Shubhangi Didi and Gauri Didi motivated the students to overcome stress and fear of failure. Principal Dr. J. R. Baheti addressed and appealed the students to include

yoga and meditation in their daily rout for its salubrious effects on the mind, body and soul.

The programme was conducted by Mrs. Pandey Madam and Mr. Raghatate sir, while a vote of thanks was proposed by Ms. Dhabarde Madam. The student's council member's worked hard for the success of the programme.

