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Laureate Institute of Pharmacy

(Approved by PCI & AICTE, New Delhi and H.P. Govt.)
Affiliated to Himachal Pradesh Technical University, Hamirpur
V.P.O. Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. (177101)

Ref. No.

Date

Circular

It is hereby informed to all the respected HODs, Teachers, Non-teaching staff and students of the Laureate Institute of Pharmacy that the Institutional Wellness club organized Yoga camp at institute main-ground on 10 April 2022 (Sunday), 6:30am. All are cordially invited to attend the Yoga camp.


Dr. M.S. Ashawat

Director cum Principal

DIRECTOR CUM PRINCIPAL
LAUREATE INSTITUTE OF
PHARMACY KATHOG
TEH. JAWALAMUKHI
DISTT. KANGRA (H.P.)


Mr. Nikhil Sharma

Incharge Wellness club



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Wellness Club Activities for the Session 2021-22


Attendance

Name of activity-Yoga Camp

Sr. no	Name	Roll no	Signature
01	Isha	21013114047	Isha
2	Kamal	21013114058	Kamal
3	Anjali	21013114022	Anjali
4	Mehak	21013114061	Mehak
5	Riya	210414811050	Riya
6	Sonal	210414811062	Sonal
7	Nitika	210414811083	Nitika
8	Priya	210414811040	Priya
9	Niti	210414811036	Niti
10	Rachit	210414811043	Rachit
11	Ujjwal	210414811067	Ujjwal
12	Rohit	210414811048	Rohit
13	Rohit	210414811051	Rohit
14	Shiv	210414811060	Shiv
15	Sakhi	210414811054	Sakhi
16	Sakshi	210414811056	Sakshi
17	Suabhi	210414811065	Suabhi
18	Rohit Dhiman	210414811052	Rohit Dhiman
19	Sarthak Sharma	210414811057	Sarthak
20	Ashish	210414811014	Ashish
21	Nawneet	210414811032	Nawneet
22	Gowabhi	210414811058	Gowabhi
23	Ritik	210414811047	Ritik
24	Priyank Sharma	210414811042	Priyank
25	Abhishek Sethi	210414811001	Abhishek Sethi
26	Sejal	210414811059	Sejal
27	Shubham	210414811061	Shubham
28	Rajkumar	210414811045	Raj
29	Rahul	210414811044	Rahul
30	Rohit Kumar	210414811053	Rohit
31	Akshay	210414811004	Akshay
32	Akshay Kumar	210414811003	Akshay
31	Muskan	210414811020	Muskan


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32	Deepika	210414811016	Deepika
33	Aabit	210414811022	Aabit
34	Munish	210414811028	Munish
35	Mukesh	210414811037	Mukesh
36	Mohit Ninkar	210414811046	Mohit
37	Mansi	210414811055	Mansi
38	Abhishek Talwar	210414811062	A. Talwar.
39	Azeena	210414811070	Azeena
40	Mehak Sharma	22013114060	Mehak
41	Khushi	22013114052	Khushi
42	Manju	22013114059	Manju
43	Manik	22013114057	Manik
44	Himanshu	22013114047	Himanshu
45	Deepak	22013114037	Deepak
46	Ashish Kumar	22013114030	Ashish
47	Ayush	22013114031	Ayush
48	Gourav Sharma	22013114044	Gourav Sharma
49	AKSHAT KAN	22013114009	A
50	Anshuman	22013114024	Anshuman.
51	Aditya Sharma	22013114004	Aditya
52	Akshil	22013114008	Akshil
53	Mansu Singh	22013114058	Mansu Singh
54	Jesinder	22013114048	J
55	ESHAN BHANU	22013114043	ESHAN
56	Aman Sharma	22013114013	Aman Sharma.
57	Kishkiy	22013114053	Kishkiy
58	AJAY KUMAR	22013114006	Ajay Kumar
59	AKASH	22013114007	Akash
60	Deeba Rajeev	22013114039	Deeba
69	Nikhil Kumar	22013114069	Nikhil
70	Sivani Kaur	22013114102	Sivani
71	Sourav	22013114108	Sourav
72	Sahil Kumar	22013114095	Sahil
73	Nishant	22013114072	Nishant
74	Satyarth	22013114097	Satyarth


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Wellness Club Activities for the Session 2021-22

On 10th April, Institutional Wellness club organized Yoga camp at institute main-ground. Prof (Dr.) Mahendra Singh Ashawat, Director Cum Principal, Laureate Institute of Pharmacy welcomed Satpal Kapoor, Patanjali Yoga Instructor by presenting the live plant. Mr. Kapoor taught various pranayamas, yoga asanas (yoga poses) and meditation to the participants. Faculty members, undergraduate and post graduate students learned the basic skills of Yoga and meditation. Mr. Kapoor explained the importance of different Asanas and meditation practices to lead healthy life. He also encouraged the young students and participants to adopt the learnings and disseminate the practices to others so that large societal benefit can be achieved. Professor Dr. Vinay Pandit Vice Principal, Dean Student Welfare Prof. (Dr) C.P.S. Verma, Wellness Club Incharge Mr. Nikhil Sharma, Member of club Mr. Manish Kumar programme was followed by distributing the milk and fruits to the participants. Whole team of club in the presence of Director cum Principal presented the memento to the Yoga Guru, Satpal Kapoor.




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