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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 college is going to organize a seminar on Yoga on January 30, 2023 on theme Yoga and Health Management. All are cordially invited to attend the seminar.


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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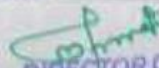
Ref. No.

Date


Yoga and Health management One day Seminar

Attendance

Sr. no	Name	Roll no	Signature
01	Gsha	21013114047	Gsha
2	Komal	21013114058	Komal
3	Anjali	21013114022	Anjali
4	Mehak	21013114061	Mehak
5	Niti Thakar	210414811036	Niti Thakar
6	Hachna	210414811010	Hachna
7	Princy	210414811006	Princy
8	Nancy	210414811031	Nancy
9	Nitika	210414811037	Nitika
10	Riya	210414811050	Riya
11	Priya	210414811040	Priya
12	Sonal	210414811062	Sonal
13	Rachit	210414811043	Rachit
14	Saloni	210414811056	Saloni
15	Swathi	210414811065	Swathi
16	Ujjwal	210414811067	Ujjwal
17	Akshay (03)	210414811003	Akshay
18	Akshay (04)	210414811004	Akshay
19	Sushant	210414811066	Sushant
20	Nishant	210414811035	Nishant
21	Nikhil	210414811034	Nikhil
22	Navneet	210414811032	Navneet
23	Muskan	210414811030	Muskan
24	Deepika	210414811016	Deepika
25	Mansi	210414811025	Mansi
26	Sejal	210414811059	Sejal
27	Priyanka Sharma	210414811042	Priyanka
28	Priyanka Rana	210414811041	Priyanka
29	Ritik	210414811049	Ritik
30	Rajkumar	210414811045	Rajkumar
31	Ashish	210414811014	Ashish
32	Abhishek	210414811001	Abhishek


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33	Ankit	210414811007	Ankit
34	Aapit	210414811012	Aapit
35	Aapit	210414811013	Aapit
36	Ankush	21041481108	Ankush
37	Rohit Dhiman	210414811052	Rohit
38	Rohit	210414811051	Rohit
39	Rohit	210414811053	Rohit
40	Sahil	210414811054	Sahil
41	Mukesh	210414811027	Mukesh
42	Mohit	210414811026	Mohit
43	Shiv	210414811060	Shiv
44	Kharvi	2203114052	Kharvi
45	Mehar Khanna	22013114060	Mehar
46	Manjuchand	22013114059	Manju
47	Ajush	22013114031	Ajush
48	Gourav Sharma	22013114044	Gourav Sharma
49	Ashish Kumar	22013114030	Ashish
50	Degraj Gulera	22013114037	Degraj
51	Himanshu	22013114047	Himanshu
52	Manik Sharma	22013114057	Manik
53	Aditya Sharma	22013114004	Aditya
54	Akshil	22013114008	Akshil
55	Akshat Rana	22013114009	Akshat
56	Anshuman	22013114024	Anshuman
57	Mayank Singh	22013114058	Mayank Singh
58	Fahim	22013114048	Fahim
59	Aman Sharma	22013114018	Aman Sharma
60	Rohan Bhardwaj	22013114043	Rohan
61	AJAYKUMAR	22013114006	Ajay
62	Kishan	22013114053	Kishan
63	Debab Rajoria	22013114039	Debab
64	Akash	22013114007	Akash
65	Priyanka Sharma	22013114083	Priyanka
66	Shivanshi	22013114105	Shivanshi
67	Vishvasi Gulera	22013114113	Vishvasi
68	Nainika Chik	22013114064	Nainika
69	Palak	22013114074	Palak
70	Neha Thakur	22013114066	Neha
71	Muskan Gulera	22013114063	Muskan
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30 JANUARY 2023

REPORT ON YOGA AND HEALTH MANAGEMENT

On 30th January, Institutional Wellness club organized One day seminar on Yoga at Institute main Conference hall. Prof. (Dr.) Mahendra Singh Ashawat Director Cum Principal Laureate Institute of Pharmacy Welcomed Dr. Ram Avatar Advisor of Carrier Point University. Dr. Ram Avatar taught various yoga asanas and meditation to the participant. He told yoga is a symbol of generating balance and peace, and everyone should include it into their daily lives. The core of yoga is balance, not simply within the body or between the mind and the body. Practicing Yoga is known to improve flexibility, balance, endurance and physical strength while Meditation helps to keep the mind sharp and clear relieves stress and improves overall wellbeing. Faculty members, Undergraduate and Post graduate students learned the basic skills of yoga and meditation. He also boosts the young students to adopt the learning and expand the practices to others. Prof. (Dr.) Mahendra Singh Ashawat and Dean Student Welfare Dr. C.P.S. Verma presented the momento for the yoga seminar




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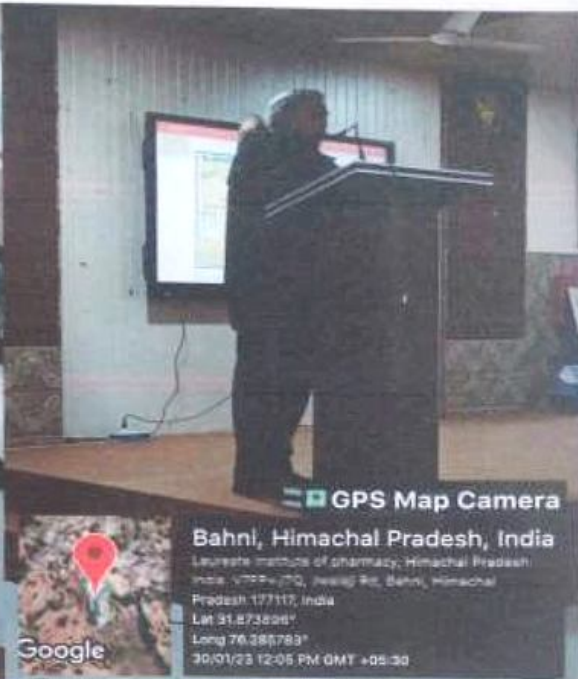


GPS Map Camera

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 Pradesh 177117, India
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 Long 76.385783°
 30/01/23 11:56 AM GMT +05:30

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 Pradesh 177117, India
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 Long 76.385783°
 30/01/23 12:05 PM GMT +05:30

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फार्मसी सस्थान कथोग में योग पर सजी कार्यशाला



खुदिया। लॉरेट फार्मसी शिक्षण संस्थान कथोग ज्वालामुखी में योग कार्यशाला का आयोजन किया गया। इस अवसर पर मुख्य अतिथि के रूप में करिडर प्वाइंट यूनिवर्सिटी के सलाहकार प्रो. डा. राम अवतार रहे। फार्मसी शिक्षण संस्थान के निर्देशक एवं प्राचार्य डा. एमएस आशावत ने उनका स्वागत किया और कार्यक्रम की शुरुआत दीप प्रज्वलित करके की गई। डा. राम अवतार ने छात्रों को संबोधित करते हुए योग के इतिहास और महत्ता पर प्रकाश डालते हुए कहा जो व्यक्ति योग को अपनाते है, उनका जीवन स्वतः प्रकाशित हो जाता है और मानव जीवन के लिए योग वरदान है। विशिष्ट अतिथि के रूप में मीडम मुत्तेश कुमारी ने छात्रों को धरेलु उपचार संबंधित जानकारी दी। संस्थान के डीन स्टूडेंट वेलफेयर प्रो. सीपीएस वर्मा ने कार्यक्रम समापन पर सभी को धन्यवाद व्यक्त किया। इस अवसर पर डा. संजय, डा. परवीन, डा. शम्मी जिंदल, डा. स्याति तथा अन्य स्टाफके सदस्य मौजूद रहे।

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