



Caureate 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 MISTITUTE OF PHARMAGY KATHOG TEH JANNALAMUKHI Mr. Nikhil Sharma

Incharge Wellness Club



Telefax: 01970-223000 Ph.: 92184-28040, 92184-05087

Caureate Institute of Pharmacy

Amiliated to Himachal Pradesh Technical University, Hamirpur V.P.O. Kathog, Tohsil Jawalamukhi, Distt. Kangra, H.P. (177101)

R			

- Philadelphia				
Date	14411111	 STREET,	OCMES	PORT

Yoga and Health management One day Seminar

Attendance

Sr. no	Name	Roll no	Signature
01	Isna	21013114047	Jaha
2	Komel	21013114058	Komal
3	Ahlali	21013114022	Ayela
4,	Mehak	2101311461	Masura
3. 4. 5.>	NTH Thakar	&10414X11036	PHThakur
8-	Hischna	210414811010	Hachna
7.	Angali	310414811006	Antali
8.	woncy	210414811031	Drully
9	NAME	FE0118414016	Oitha
to	Rive	210414811050	Jina-
11	Baya	210414811040	DXINO .
12	Sonal	210414811062	Sona.
13	Rachit	8,10414811043	Rachet.
14	Salani	210414811056	Salar
15	Surbhi	290114811065	OCWAPY.
16	Urrica	\$10414811067	12hual
17	Fikshoy (03)	210414811003	Makalay
10	Akshaw (94)	210414811004	Aleshan
19.	Sushank	210414811066	Pushach
20	softhent softher	210414811035	Nikhal Nikhal
21	wikhil	a10414811934	Nikhi
8.3	Navneet	810414811032	Narneet
8.3	Muskan	210414811030	Muskan
24	Deedka	A10414811016	Detpha
25	mans?	210414811095	mansi
26	Setal	2104148110.59	seja
22	Patrianka shame	810414811042	Priyart
28	Baryanka Rang		parycen be
39	RAPHIK	810414811049	Poryce be
30	Rogkumar	310414811045	Rajkum
30 31 32	Ashish	STORINGTY	Asker.
3	Abhlahek	210414811001	Abhareh

DIRECTOR CUM PRINCIPA LAUREATE INSTITUTE O PHARMACY KATHOG TEH. JAWALAMUKH DISTT KAMGRA (H.P.)

34	33 -	Ankst	210414811007	Ankit
35. April 31041481108 Aphilip 36. Allewsh 31041481108 Aphilip 37. Rohit bilmon 210414811051 38. Rohit 310414811051 39. Rohit 310414811051 39. Rohit 310414811054 40. Sahil 310414811054 41. Mukesh 310414811054 42. Mohit 310414811054 43. IShiv 210414811054 44. Khash 22.013114060 44. Khash 22.013114060 44. Khash 22.013114060 45. Manjacked 22013114069 47. Hijash P2013114031 48. Charana shame 22013114031 49. Lahich kuma 22013114032 51. Himahada 22013114032 52. Mahik kuma 22013114044 53. Addya shame 22013114057 54. Akhid 22013114004 55. Akhid shame 23013114004 55. Akhid shame 23013114004 56. Akhid shame 23013114004 57. Archid 22013114008 68. Thombodus 3013114018 69. Aman shama 3013114018 60. Thombodus 3013114018 61. AJAKumar 22013114038 62. Kimahi 22013114038 63. Cabak Rajasia 22013114006 64. Alash 3013114007 65. Akhid 22013114007 66. Shimahi 22013114007 67. Nahadima 22013114007 68. Nahadi 38013114007 69. Nahadima 22013114007 69. Nahadima 22013114007 69. Nahadima 22013114007 69. Nahadima 22013114007 69. Nahadima 22013114006 69. Nahadima 22013114007 69. Nahadima 22013114007 70. Nahadima 22013114004 71. Hustanquicui 22013114066 71. Hustanquicui 22013114066 71. Nahadima 22013114004 72. Nahadima 22013114004 73. Nahadima 22013114004 74. Nahadima 22013114007 75. Nahadima 22013114007 76. Nahadima 22013114004 77. Nahadima 22013114004 77. Nahadima 22013114004 78. Nahadima 22013114004 79. Nahadima 22013114006 71. Hustanquicui 22013114006	34.	Hapft	The state of the s	Anul
36. Arkush 31041481108 31. Rohith thimon 210414811051 32. Rohit 310414811051 33. Rohit 310414811051 34. Rohit 310414811051 35. Rohit 310414811052 40. Sahit 310414811052 41. Markesh 310414811052 42. Mohit 310414811052 43. Ishiv 210414811052 44. Markesh 22.013114050 44. Markesh 22.013114050 45. Markesh 22.013114030 46. Markesh 22.013114030 47. Historia 22.013114030 48. Markesh 22.013114030 49. Jahich Kuma 22.013114030 49. Jahich Kuma 22.013114030 49. Jahich Kuma 22.013114030 40. Jahich Kuma 22.013114030 41. Markesh 22.013114030 41. Markesh 22.013114030 42. Jahich Kuma 22.013114037 43. Jahich Kuma 22.013114004 44. Markesh 22.013114004 45. Markesh 22.013114004 46. Jahich 22.013114004 47. Jahich 22.013114004 48. Markesh 22.013114038 49. Jahich Kuma 22.013114004 40. Jahich Kuma 22.013114004 40. Jahich Kuma 22.013114004 41. Jahich Kuma 22.013114004 42. Jahich Jahich 22.013114008 43. Jahich Kuma 22.013114008 44. Jahich 22.013114008 45. Markesh 22.013114008 46. Jahich Jahich 22.013114008 47. Jahich Jahich 22.013114008 48. Jahich Jahich 22.013114008 49. Jahich Jahich 22.013114008 40. Jahich Jahich 22.013114009 40. Jahich Ja	35-	Aapit		1
37 Rohft Milman 2104148/1052 39 Rohft 2104148/1053 40 Saht 2104148/1053 40 Saht 2104148/1053 41 Miller 21 Alloyallos 27 41 Miller 21 Mark 42 Mohft 2104148/1052 43 Shiv 2104148/1060 44 Khaski 22013/14060 44 Khaski 22013/14060 45 Manyacked 22013/14060 46 Manyacked 22013/14060 47 High P2013/14031 48 Chekronshama 22013/14031 49 Chekronshama 22013/14032 49 Ashich Kuman 22013/14032 50 Degar Raleis 240 (21140 27 51 Himmorthu 22013/14057 52 Marik Shom 22013/14008 53 Addya Ahama 22013/14008 54 Arkhil 22013/14008 55 Histar Roma 22013/14009 56 Cheshuman 22013/14009 57 Tayest Simh 22013/14009 58 Sahinda 22013/14009 60 TheoDhodsel 22013/14009 61 AJAYKUMAR 22013/14006 62 Kilhatt 22013/14006 62 Kilhatt 22013/14006 63 Cheba Rajasia 220/3/140/3 64 Arash Roma 220/3/14003 65 Shimmah 220/3/14003 66 Shimmah 220/3/14003 67 Nimmah 220/3/14007 68 Shimmah 220/3/14007 69 Palak 220/3/14004 70 Nella Tinahuk 220/3/14066 71 Huskanfulkin 280/3/1413 72 Nella Tinahuk 220/3/14064 73 Huskanfulkin 220/3/14064 74 Nella Tinahuk 220/3/14064 75 Nella Tinahuk 220/3/14064 76 Palak 220/3/14064 77 Nella Tinahuk 220/3/14066 78 Nella Tinahuk 220/3/14064 79 Nella Tinahuk 220/3/14064 70 Nella Tinahuk 220/3/14066 71 Nella Tinahuk 220/3/14064 72 Nella Tinahuk 220/3/14064 73 Nella Tinahuk 220/3/14066 74 Nella Tinahuk 220/3/14066 75 Nella Tinahuk 220/3/14066 76 Nella Tinahuk 220/3/14066 77 Nella Tinahuk 220/3/14066 78 Nella Tinahuk 220/3/14066 79 Nella Tinahuk 220/3/14066 71 Nella Tinahuk 220/3/14066 72 Nella Tinahuk 220/3/14066 73 Nella Tinahuk 220/3/14066 74 Nella Tinahuk 220/3/14066 75 Nella Tinahuk 220/3/14066 76 Nella Tinahuk 220/3/14066 77 Nella Tinahuk 220/3/14066 78 Nella Tinahuk 220/3/14066 79 Nella Tinahuk 220/3/14066	36.	Ankush		1 As hush
30 Rohft 310414311051 319 Rohft 310414311051 40 Sahil 310414311054 41 Mykesh 3104148110527 41 Mykesh 3104148110527 41 Mohlt 3104148110527 41 Mykesh 3104148110524 41 Khishi 22013114060 41 Khishi 22013114060 41 Manyulaud 22013114089 41 Manyulaud 22013114089 41 Manyulaud 22013114031 418 Grossowshama 22013114031 419 Ahikh Kuman 22013114030 50 Degrik Galeria 32013114037 51 Himmoldu 22013114047 52 Manik Shoom 22013114057 53 Adiya Aharas 23013114004 54 Mishall 22013114009 55 Ahshat Rona 22013114009 56 Arshuman 22013114058 57 Aran of Arma 32013114058 58 Sahirdan 22013114058 69 Aran of Arma 32013114043 61 AJAYKUMAR 22013114043 61 AJAYKUMAR 22013114043 61 AJAYKUMAR 22013114006 62 Kishtil 22013114007 63 Outak Reisein 22013114007 64 Alash Rona 22013114007 65 Shitanahi 22013114007 66 Shitanahi 22013114007 67 Vishmani Juhaha 22013114007 68 Misharia 22013114007 69 Palak 22013114004 70 Nomika (Aut 22013114004 71 Hustanafulari 22013114004 72 Nishmani Qaluat 22013114004 73 Nomika (Aut 22013114004 74 Nishmani Qaluat 22013114004 75 Nishmani Qaluat 22013114004 76 Palak 22013114004 77 Nishmani Qaluat 22013114004 78 Nomika (Aut 22013114004 79 Nello Tabulk 22013114004 71 Hustanafulari 22013114004 71 Hustanafulari 22013114004 72 Nello Tabulk 22013114004 73 Nishmani Qaluat 22013114006 71 Nuskan	37			DILL
39 Robot 40 Sahi 310414811054 310414111054 41 Mykesh 310414811024 310414811024 42 Mohit 310414811024 310414811024 43 Shiv 310414811060 310414811060 44 Khushi 22 013114060 3104148 44 Manyuchend 22013114060 310414 47 Hykesh P2013114030 310414 49 International 22013114030 310414 49 International 22013114030 310414 51 Himmoldhu 22013114030 310414 52 Marik Shama 22013114057 310414 53 Aditha Aharra 22013114007 310414 54 Alkhul 22013114007 310414 55 Akshat Rona 22013114009 310414 56 Arshurman 22013114009 310414 57 Aran Charman 32013114008 310414 58 Sahandh 22013114008 310414 59 Aran Charman 32013114008 310414 59 Aran Charman 32013114006 310414 60 ThooDhadael 32013114006 310414 61 AJAYKUMAR 22013114006 310414 62 Kishat 22013114007 310414 63 Calpha Rajania 22013114007 310414 64 Ahash 32013114007 310414 65 Aliannshi 22013114007 310414 66 Shimmshi 22013114007 310414 67 Nichmani (ultana 3201314014 310414 68 Nomika (ultana 3201314014 310414 69 Palak 22013114014 310414 70 Nelio Thabitix 22013114014 310414 71 Hustan (ultana 3201314014 310414 72 Nichia Thabitix 22013114014 310414 73 Hustan (ultana 3201314014 310414 74 Nichia Thabitix 22013114014 310414 75 Nichia Chile 22013114014 310414 76 Nichia Thabitix 22013114014 310414 71 Hustan (ultana 3201314014 310414 72 Nichia Thabitix 2201314014 31066 310414 73 Nichia Chile 2201314014 31066 310414 74 Nichia Thabitix 2201314014 31066 310414 3104		Rohft		2847
40 Sahi 310414811024 Makell 412 Mohit 310414811024 Mohit 310414811 32013114089 Makell 32013114030 Mohit 32013114030 Mohit 32013114030 Mohit 32013114030 Mohit 32013114037 Mohit 32013114037 Mohit 32013114004 Mohit 32013114004 Mohit 32013114009 Mohit	39			CO.T.L
41 Mykesh 310414811022 Maple 42 Mohlt 310414811022 Maple 43 Shiv 310414811060 Maple 44 Khushi 22 013114060 Maple 45 Manyuckerd 22 013114060 Maple 47 Hijush P2013114030 Maple 49 Abhich Kuman 22 013114040 Maple 49 Abhich Kuman 22 013114040 Maple 51 Himmorkhu 22013114047 Maple 52 Manik Shoon 22013114047 Manik 53 Addyn Aharre 23013114004 Maple 54 Akhid 28013114008 Alekai 55 Akhid 8000 22013114009 56 Amshurman 2 2013114009 57 Anan Shorman 2 2013114008 58 Tolorabelia 38013114018 Amon Shorma 60 Thombrowal 38013114006 61 ATAYKUMAR 22013114006 62 Kishtel 2013114006 63 Abhidhal 22013114006 64 Ahash Rojain 22013114006 65 Kishtel 22013114006 66 Thombrowal 22013114006 67 Ahash 22013114007 Akash 68 Diparkejain 22013114007 Akash 69 Ahash 2013114100 Alexai 69 Alexai 69 Alexai 60 Ahash 2013114100 Alexai 61 Alexai 62 Alexai 63 Alexai 64 Ahash 2013114100 Alexai 65 Ahash 2013114100 Alexai 66 Alexai 67 Alexai 68 Nonika Alexai 69 Alexai 69 Alexai 60 Alexai 6	The state of the s			Nobil
43 Shiv 310414811024 Mohit 43 Shiv 310414811060 Multiple 44 Khushi 22 013114060 Multiple 45 Manyacked 22013114059 Manyacked 22013114059 Manyacked 22013114031 Ayukh 47 Hitush P2013114030 Ayukhushi 22013114044 Multiple 49 Ashich Kuman 22013114047 Minarshu 50 Degrak Galesia 22013114047 Manshu 51 Himarkhu 22013114067 Manshu 52 Manik Shoon 22013114008 Alekhul 53 Addya shaara 23013114004 Addyotha 54 Akhul 22013114008 Alekhul 55 Akhul 2013114008 Alekhul 56 Asharkaman 220131140058 Amarkuman 57 Mana sharman 220131140058 Amarkuman 58 Sabadu 220131140058 Amarkuman 59 Anan sharman 22013114008 Alekhul 59 Anan sharman 38013114018 Amar Sharma 60 Bhanbhalu 22013114006 Multiple 61 AJAYKumar 22013114006 Multiple 62 Kishtel 22013114006 Multiple 63 Outak Bejasia 22013114006 Multiple 64 Akash 2013114007 Akash 65 Minarshuma 22013114007 Akash 66 Shamashi 22013114007 Akash 67 Shiyanbashama 22013114007 Akash 68 Manshi 22013114007 Akash 69 Nonika Chib 22013114064 Multiple 69 Palak 22013114064 Multiple 69 Palak 22013114064 Multiple 69 Palak 22013114064 Multiple 69 Palak 22013114064 Multiple 69 Nonika Chib 22013114064 Neha 71 Hustangularia 2201314066 Neha				The state of the s
43 13/1 1904 191660 44 1648 1 22 013114060 45 1648 1648 1 22 013114060 46 1648 1648 1 22 0131140 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		(Dob ⁰ L		
44 Khushi 22013114060 46 Manyuleud 22013114060 47 Adush P2013114031 48 Interiors having 22013114031 49 Interiors having 22013114031 49 Interiors having 22013114032 50 Degrik Galeric 22013114047 51 Himmorthu 22013114047 52 Manik Show 22013114004 53 Adutya Aparre 23013114004 54 Akhid 22013114004 55 Akhid Roma 22013114009 56 Arshat Roma 22013114009 57 Mayer Sim 22013114009 58 Sabardin 22013114058 69 Anan Gharma 32013114013 60 Thon Bhadush 32013114014 61 AJAYKUMAR 22013114014 62 Kisht 22013114016 63 Delah Rajain 22013114006 64 Arshat Roma 2013114007 65 Arshat Roma 22013114006 67 Arshat Roma 22013114006 68 Thon Bhadush 32013114006 69 Arshat Rajain 22013114007 60 Shidanshi 22013114007 61 Arshat Roma 22013114007 62 Shidanshi 22013114007 63 Delah Rajain 22013114007 64 Arsha Roma 22013114007 65 Shidanshi 22013114007 66 Shidanshi 22013114004 67 Nahamani Julian Sec13114113 68 Namani Galet 22013114064 69 Palah 22013114064 69 Palah 22013114064 71 Hustangulona 22013114066 71 Nela Tadush 22013114066				
45 Mena & Many 32 013114060 46 Manyuckeud 22013114059 47 Hyrsh P2013114031 48 Greener Sharm 22013114030 50 Degra Guleria 22013114043 51 Himmarku 22013114047 52 Mani K Share 22013114047 53 Adiya sharma 22013114007 54 Arkhill 22013114007 55 Arshat Rona 22013114007 56 Arshurman 22013114007 57 Tayeet Sight 22013114007 58 Tahindin 0 22013114007 60 Than Chayma 32013114008 61 AJAYKUMAR 22013114008 62 Kiahtiff 22013114006 63 Report Rojan 22013114006 64 Arash Rojan 22013114006 65 Arshat Rona 22013114006 67 Arsh Rojan 22013114007 68 Shimahi 22013114007 69 Arsh Rojan 22013114006 61 AJAYKUMAR 22013114006 62 Kiahtiff 22013114007 63 Report Rojan 22013114007 64 Arsh Rojan 22013114007 65 Shimahi 22013114007 66 Shimahi 22013114007 67 Nela Thallix 22013114064 68 Nela Thallix 22013114064 69 Palak 22013114064 70 Nela Thallix 22013114066 71 Nela Thallix 22013114066 71 Nela Thallix 22013114066 Neha		100°		LA GUAT
46 Many cheed 22013/14059 Many 14 14 14 14 14 14 14 14 14 14 14 14 14	The state of the s			
48 Grand Sharma 22013114044 49 Jahish Kuma 22013114030 50 Degnk Galeric 22013114037 51 Himmorthu 22013114047 52 Manik Sharma 22013114047 53 Adiya Aharma 22013114004 54 Alkhid 22013114007 55 Akshat Rona 22013114058 56 Aman Sharma 22013114058 57 Tlayer Sim 22013114058 58 Tabundu 22013114058 69 Aman Sharma 38013114013 60 Bhoadhad 32013114013 61 AJAYKUMAR 22013114013 62 Kishati 2201311403 63 Cepak Rajecia 22013114034 64 Ahash Rona 22013114034 65 Alianahi 22013114003 66 Shimman 2013114003 67 Aiyanbasinama 22013114003 68 Naman Sharma 22013114003 69 Palek 22013114054 69 Palek 22013114054 70 Nella Maluk 22013114064 71 Hushanfulcia 2201314066 Neha			32 013114060	
48 Grand Sharma 22013114044 49 Jahish Kuma 22013114030 50 Degnk Galeric 22013114037 51 Himmorthu 22013114047 52 Manik Sharma 22013114047 53 Adiya Aharma 22013114004 54 Alkhid 22013114007 55 Akshat Rona 22013114058 56 Aman Sharma 22013114058 57 Tlayer Sim 22013114058 58 Tabundu 22013114058 69 Aman Sharma 38013114013 60 Bhoadhad 32013114013 61 AJAYKUMAR 22013114013 62 Kishati 2201311403 63 Cepak Rajecia 22013114034 64 Ahash Rona 22013114034 65 Alianahi 22013114003 66 Shimman 2013114003 67 Aiyanbasinama 22013114003 68 Naman Sharma 22013114003 69 Palek 22013114054 69 Palek 22013114054 70 Nella Maluk 22013114064 71 Hushanfulcia 2201314066 Neha		Manyuchoud	29013114054	Many
50 Degak Galeria 220 13114047 Humanshu 51 Himmorthu 22013114047 Humanshu 52 Manik Show 22013114057 Manife 53 Adilya Share 22013114004 Adjectle 54 Akstat Roma 22013114009 Archiman. 55 Akstat Roma 22013114058 Archiman. 57 Tlayeet Sim 22013114058 Aman Sharma. 58 Eshardin 22013114058 Aman Sharma. 69 Aran Sharma 22013114013 Aman Sharma. 60 BhooDhadad 22013114013 Aman Sharma. 61 AJAYKUMAR 22013114006 Algay for Sharman 22013114039 Depah Akash Roman 22013114039 Depah Akash Roman 22013114039 Depah Akash Roman 22013114039 Depah Akash Roman 22013114059 Shwanshi 22013114064 Shimman Galeria 22013114064 Roman Sharman 22013114064 Roman Sharman Roman Sharman Roman Sharman Sha				Jtylis"
50 Degak Galeria 220 13114047 Humanshu 51 Himmorthu 22013114047 Humanshu 52 Manik Show 22013114057 Manife 53 Adilya Share 22013114004 Adjectle 54 Akstat Roma 22013114009 Archiman. 55 Akstat Roma 22013114058 Archiman. 57 Tlayeet Sim 22013114058 Aman Sharma. 58 Eshardin 22013114058 Aman Sharma. 69 Aran Sharma 22013114013 Aman Sharma. 60 BhooDhadad 22013114013 Aman Sharma. 61 AJAYKUMAR 22013114006 Algay for Sharman 22013114039 Depah Akash Roman 22013114039 Depah Akash Roman 22013114039 Depah Akash Roman 22013114039 Depah Akash Roman 22013114059 Shwanshi 22013114064 Shimman Galeria 22013114064 Roman Sharman 22013114064 Roman Sharman Roman Sharman Roman Sharman Sha				A Luise
51 Himmorku 22013114047 Homansku 52 Manik Sham 22013114057 Manik 53 Adilya Aharra 23013114004 Adipotha 54 Akhid 22013114009 Archinan 55 Akhhat Roma 22013114009 Archinan 56 Amshurman 22013114058 Burgarl Sapradi 57 Mayeet Sigh 22013114058 Burgarl Sapradi 58 Eshindi 59 Aman Shayma 33013114013 Aman Shayma 60 Bhon Bhatad 22013114016 Apart 1 61 AJAYKUMAR 22013114006 Apart 1 62 Kishtel 22013114039 Burbah 63 Burbar Rajasia 22013114039 Burbah 64 Ahash Rojasia 22013114039 Burbah 65 Shiyanthi 22013114083 Arash 66 Shiyanthi 22013114083 Arash 67 Shiyanthi 22013114083 Arash 68 Nomika Chit 22013114064 Vaichman 69 Palcak 22013114064 Rajasia 70 Neha Thebut 22013114066 Neha 71 Hustangutan 2201314066 Neha				
S. Manik Show 22013114007 Addresses 23013114009 Addresses 23013114008 Addresses 23013114008 Addresses 23013114013 Amon Shourng. 57 Manie Should 22013114013 Amon Shourng. 68 Bhon Bhodun 32013114013 Amon Shourng. 61 AJAYKUMAR 22013114013 Amon Shourng. 62 Kishtij 22013114039 Addresses 23013114039 Addresses 23013114039 Addresses 23013114039 Addresses 23013114039 Addresses 23013114039 Addresses 23013114039 Addresses 23013114034 Addresses 2301314034 Address	50		230 131140 37	
53 Aditya shame 23013114004 54 Akhil 22013114008 55 Akshat Roma 22013114009 56 Anshurman 22013114058 57 Mayer Sign 22013114058 58 Edhinder 22013114013 60 Thoolholus 32013114013 61 AJAYKUMAR 22013114006 62 Kisht 22013114039 63 Depar Rajasia 22013114039 64 Akash ROBIT 4007 65 Shimahi 22013114083 66 Shimahi 22013114006 67 Vishmani Gulma 2201311413 68 Nomika Chib 2201311413 68 Nomika Chib 22013114064 69 Palak 22013114064 70 Nelia Mahik 2201314066 71 Hushangulan 2201314063 71 Hushangulan 2201314063 72 Nelia Mahik 2201314064 73 Nelia Mahik 2201314064 74 Nelia Mahik 2201314066 75 Nelia Mahik 2201314066 76 Nelia Mahik 2201314066 71 Hushangulan 2201314063 71 Hushangulan 2201314066				
54 ARShot Roma 22013114008 Atehil 55 Arshot Roma 22013114009 56 Arshot Roma 22013114058 Anchroman. 57 Mayer Sign 22013114058 Amon Sharma. 58 Exbandin 22013114018 Amon Sharma. 60 Aran charma 22013114016 Apon Sharma. 61 AJAYKUMAR 22013114006 Apon Sharma. 62 Kishtil 22013114033 Reshlip 63 Depter Rejeria 22013114039 Arash 64 Arash ROBIT 4007 Arash 65 Shiranshi 22013114105 Shuranshi 66 Shiranshi 22013114105 Shuranshi 67 Vinimani Yulina 22013114113 Vaintmusi 68 Noming Chilt 22013114064 Reach 70 Nelio Mallix 22013114064 Reach 71 Hushangularia 2201314066 Neha				manus
55 AKSLAT Roma 2201311 4009 56 AMSHUMAAN 22013114058 CAMPENTANAN. 57 Mayer Cinh 22013114058 CAMPENTANAN. 58 Sebandin 22013114018 Aman Sharma. 59 Aman Sharma 33013114018 Aman Sharma. 60 AJAYKUMAR 22013114006 Agayfa 61 AJAYKUMAR 22013114006 Agayfa 62 Kishtif 22013114039 Dulpah 63 Dulpah Raisin 22013114039 Dulpah 64 Akash ROBIT 4007 Akash 55 Dulyankashama 22013114083 Charms 66 Shismahi 22013114105 Shwarshi 67 Vishmani Julina 22013114113 Vaishmus 68 Nomika Chit 22013114064 79 Neha Mahuk 22013114064 70 Neha Mahuk 22013114064 71 HustanGulcia 2201314066 Neha			33013114004	Adigothe
56 drishuman 22013114058 drishuman. 57 Mayer Cin 22013114058 drift. 58 Estandi 22013114018 drien sharing. 59 Aman sharing 32013114013 drien sharing. 60 Bhan Bhahan 32013114016 drien sharing. 61 AJAYKUMAR 22013114065 drien sharing. 62 Kishtel 22013114053 Rishtel 63 Outer Reissia 22013+114039 Dripah 64 Akash ROBIT 4007 Akash 65 Shirinahi 22013114085 driens. 66 Shirinahi 2201311413 Rishmani Gulana 2201311413 Rishmani Gulana 22013114064 driens. 67 Vishmani Gulana 22013114064 driens. 68 Nomika Chib 22013114064 driens. 70 Nelia Mahan Gulana 2201314066 Neha 71 Hustan Gulana 2201314063 Neha				Henil.
57 Mayer Sint 22013114058 58 Schinder 22013114018 59 Aman sharma 32013114013 61 AJAYKUMAR 22013114006 62 Kishty 22013114053 63 Depar Rejoria 22013114039 64 Ahash ROBIT 4007 65 Shittenthi 22013114083 66 Shittenthi 2201311413 67 Unishmani Gultra 22013114064 69 Palek 22013114064 70 Nelio Mahuk 2201314063 71 Huston Gultra 2201314063 71 Huston Gultra 2201314063 72 Huston Gultra 2201314064 73 Huston Gultra 2201314063 74 Huston Gultra 2201314064				
58 Fabrida 22013114018 Aman Sharma. 68 Ethon Bholis 32013114016 Ajay fr. 61 AJAYKUMAR 22013114006 Ajay fr. 62 Kishtel 22013114039 Deepsh 63 Deepsh Rajasia 22013+114039 Deepsh 64 ARash 3301314007 Akash 65 Shitanshi 22013114083 Theores 66 Shitanshi 2201311413 Vaiahmusi V		omshuman		Anskumag.
69 Roman Sharma 32013114013 Aman Sharma. 61 AJAYKUMAR 22013114006 Agaif. 62 Kishtif 22013114039 Right. 63 Outok Rejeria 22013114039 Right. 64 Akash Rolli 4007 Akash 65 Shitanshi 22013114083 Right. 66 Shitanshi 22013114105 Shwarshi 67 Vaintmusi Guluta 2201311413 Vaintmusi 68 Nomika Chit 22013114064 69 Palak. 22013114064 70 Nelio Mahus 2201314064 Neha	57	Tlaygel Sigh	22013114058	(Dung act Safe.
61 AJAYKUMAR 22013114006 Stanfor 62 Kishtiff 22013114039 Delach 63 Delack Rejeria 22013114039 Delach 64 Akash ROBIT 4007 ARASH 65 Buyankashama 22013114083 Rharms 66 Shistanthi 22013114105 Shistanthi 67 Vaishmani Gulura 22013114113 Vaishmuni 68 Nomika Chit 22013114064 69 Palak 22013114064 70 Nelia Matur 2201314066 Neha 71 HustanGulara 2201314063 Muskan		Tosbinder 0		
61 AJAYKUMAR 22013114006 Atjay from 62 Kishtiff 22013114053 Kishtiff 63 Outpek Rejeria 22013114039 Delpah 64 Akash Rolling 22013114083 Reperson 66 Shironshi 22013114105 Shironshi 67 Vinimani Guluta 22013114113 Vaishmus 68 Nainika Gult 22013114064 Vaishmus 22013114064 Relate 70 Neha Thatis 22013114064 Neha 71 Hustan Gulcia 2201314063 Neha 72 Neha Thatis 2201314063 Neha				Himan Sharma.
62 Rishted 22013114053 Rishted 63 Depart Rejected 22013114039 Depart 64 Abash ROBIT 4007 AROSH 65 Buyanbashama 22013114083 Sharandi 66 Shitanahi 22013114105 Shwanshi 67 Unishmani Yulma 22013114113 Vaishmani 68 Nainika Chit 22013114064 Relate 70 Neha Mahuk 22013114074 Ralate 71 Hustangutana 2201314066 Neha 72 Neha Mahuk 2201314063 Nuskan				
63 Depok Rejecia 220 13 11 4039 Depok 64 Akash ROBIT 4007 Akash 65 Buyankashama 220 13 11 4083 Charons 66 Shistanshi 220 13 11 4105 Shwanshi 67 Valahmani Guluna 220 13 11 413 Valahmani 68 Nomika Chib 220 13 11 4064 69 Palak 220 13 11 4064 70 Nelia Malille 220 13 14066 Neha 71 Hustan Gularia 220 13 14063 Nuskan 73		The second secon		stjay for
55 Ruyankashama 22013114083 Ahariki 66 Shixanshi 22013114105 Shixanshi 67 Vinimani Guluta 22013114064 Vaishmusi 68 Namika Chik 22013114064 Vaishmusi 69 Palak 22013114074 Ralaka 70 Nelia Maluk 2201314066 Neha 71 Hustangularia 2201314063 Nuskan 73		Kishty	22013114053	Kaklij
55 Ruyankashama 22013114083 Ahariki 66 Shixanshi 22013114105 Shixanshi 67 Vilahmani Guluna 22013114113 Vaiahmusi 68 Namika Chik 22013114064 69 Palak 22013114074 Ralaka 70 Nelia Maluk 2201314066 Neha 71 Hustangulana 2201314063 Muskan 73	63	Carpet Karaia	220134114039	Derbah
66 Shirtanshi 22013114105 Shwanshi 67 Vaiahmani Yulina 22013114064 Vaiahmani 68 Nainika Chit 22013114064 Ralak 70 Nelia Mahuk 22013114066 Neha 71 Hustanguleria 2201314063 Muskan 73				HRash
69 Palcik 22013114064 Palcik 22013114064 Palcik 22013114074 Palcik Pe Neho matur 2201314066 Neha 11 Hustonfulcia 2201314063 Muskan 13	25	Su yan Pasham	22013114083	Thorons
68 Nanika Chik 22013114064 69 Palak: 22013114074 Ralak 70 Nelia Mahuk 2201314066 Neha 71 Hustangulaia 2201314063 Muskan 73	06	Shownshi	22013114105	Shwanshi
9 Palcik 22013114074 Ralde 70 Neho Mahuk 2201314066 Neha 71 Hustonguleria 2201314063 Muskan 73 74	67	Answare Giller	0 22013114113	Vaistmusi
71 Huskanguleria 2201314066 Neha 72	68	P. A. I	22013114064	(voin)
7) Huskanguleria 2 201314063 Huskan 73 74	67		22013114674	
72 73 74	70		2201314066	Neha
73 74 75	70	Ruskonguleud	2201314063	Muskain
74				
76 72	711			
76	76			
72	76			
	22			
				NO TOTAL

LAUREATE INSTITUTE OF PHARMACYKATHOG TEH. JAWALAMUKHI DISTT KANGRA (H.)

Telefax: 01970-223000 Ph.: 92184-28040, 92184-05087



Laureate Institute of Pharmacy

(Approved by PCI & AICTE, New Delhi and H.P.Gost.)

Affiliated to Himachal Pradesh Technical University, Hamirpur

V.P.O. Kathog, Tehsil Jawalamukhi, Distt. Kangca, H.P. (177101)

Ref. No.

444		
chate.		
AUTOMOTION IN	1 7 4 4 7 1 4 4 4 4 4 4 4 5 5 5 5 5 5 5 6 6 5 7 7 7 7 7 7 7 7 7 7	

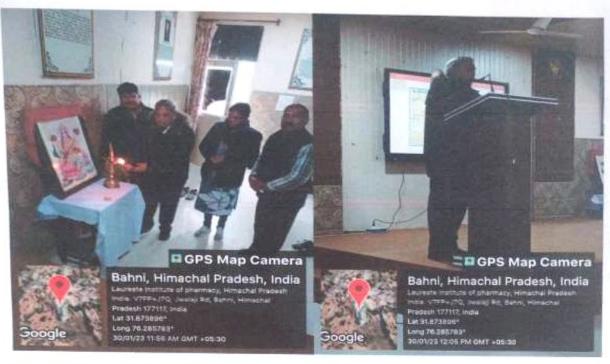
30 JANUARY 2023

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



DIRECTOR CUM PRINCE LAURENTE INSTITUTE PHARMACY KATHOG TEN JAWALAMUKH





DIRECTOR CUM PRINCIP LAUREATE INSTITUTE C.
PHARMACY KATHOG
TEH. JAWALAM