



**Rajarshi Shahu College of Pharmacy, Botha Road, Malvihir, Buldhana- 443001**

**National Service Scheme**

**Organized**

**Certificate Course of Yoga and Meditation**

Date: 07/01/2021

## **NOTICE**

All the registered students of B Pharmacy are hereby informed that there will be 15 days “**Certificate Course of Yoga and Meditation**” on 11/01/2021 to 25/01/2021 at 6 am-8 am in our college premises. All the registered candidates are informed to attain the same. Take a note of it.

Schedule of course will be as follows-

Sr. No.	Time	Topic( from 11/01/2021 to 25/01/2021)
1	5:50am- 6:00am	Attendance of Registered students
2	6:00am – 6:15am	Warm Up
3	6:15am - 7:30am	Yoga and Suryanamskar Abhyas by Prof. Mangesh Deokar
4	7:30am -8:00am	Meditation Session by Prof. Deokar
5	8am	End of session
6	6am – 8am	Evaluation Day of Certificate Course(25/01/2021)



**Program Coordinator**

Mr.Mangesh Devkar

**Principal**

Rajarshi Shahu College of Pharmacy  
Buldhana.

**Principal**

Dr. S. P. Jain