

Rajarshi Shahu College of Pharmacy, Botha Road, Malvihir, Buldhana- 443001 National Service Scheme

Organized

Certificate Course of Yoga and Meditation

Date: 17/03/2022

NOTICE

All the registered students of B Pharmacy are hereby informed that there will be 15 days "Certificate Course of Yoga and Meditation" on 21/03/2022 to 04/04/2022 at 6am-8am in our college premises. All are 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 21/03/2022 to 3/04/2022)
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(04/04/2022)

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Program Coordinator

Mr. Rohit P. Salkute

Principal
Rajarshi Shahu College of Pharmacy
Buldana.

Principal

Dr. S. P. Jain