

1.

### **Program information**

<b>Title of activity</b>	<b>: Certificate course of Yoga and Meditaion</b>
<b>Co-ordinator</b>	<b>: Mr. Mangesh Deokar</b>
<b>Convener</b>	<b>: Dr. Shirish Jain, Principal</b>
<b>Resource Person</b>	<b>: Mr. Mangesh Deokar</b>
<b>Date</b>	<b>: 11/01/2021 to 25/01/2021</b>
<b>Time</b>	<b>: 6am to 8am</b>
<b>Objective of program</b>	<b>: To motivate students to have Yoga and meditation in day today life in practical mode</b>
<b>Expected outcome</b>	<b>: Students will able to do all types of yoga and Suryanamskar in his daily practice</b>
<b>Funding agency (if any)</b>	<b>: Inhouse</b>
<b>Total expenditure incurred</b>	<b>: NA</b>
<b>No. of students/delegates/participants</b>	<b>: 60 students</b>

2. Notices : Notice 1 Date 05/01/2021

### 3. Photographic evidences:



#### 4. Summary

Rajarshi Shahu college of Pharmacy, Buldhana's in was arranged certificate course of Yoga and Meditation for our college students. This course was sponsored by Rajarshi Shahu College of Pharmacy for 60 students. The main purpose of arranging this course was to motivate students to have Yoga and meditation practice in day today life in practical mode. In this program, resource person was Mr.Mangesh Deokar who are reknown yoga teacher also and professor of our institute. Mr. Mangesh Deokar was guided students over different type of Yoga practices, different phases of suryanamaskar techniques, various meditation techniques and also taken follow up of Sudarshankriya which was learned. In each of this session students were participated with great interest. They are able to develop all these skillset as well as experienced spiritual pressure with proper meditation techniques under the guidance of Mr.Mangesh Deokar sir. This was 15 days course which was totally managed by National Service Scheme unit. This program was coordinated by Mr. Mangesh Deokar. Convener of this course was Dr. Shirish Jain. Course certificate were distributed to course completed students by hand of Principal Dr. Shirish Jain, Dr. Shailesh Kewatkar, Dr. Vijay Borkar, Dr. Prakash Kendre and principal were thanked to the Prof. Mangesh Deokar after hearing positive feedback from students about course after completion.



Mr. Mangesh Deokar

**Coordinator**



**Principal**  
Rajarshi Shahu College of Pharmacy  
Buldana.

Dr. Shirish Jain

**Principal**