

MET's Institute of Pharmacy
BHUJBAL KNOWLEDGE CITY
ADGAON, NASIK – 422003

Yoga and Meditation training for first year B.Pharm Students.

Report:-

Date:-06th Septeber2019 on Friday

Institute of Pharmacy organized an **Yoga and Meditation training** for First year B. Pharm Students. This training was given by **Mr. Arun K. Burad**. They discuss the point **Impact of yoga in the life of students** aslo Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes. Some of the benefits of yoga to students –

- 1. De- stress students**
- 2. Concentration and Sharpness**
- 3. Improve Strength**
- 4. Health benefits**
- 5. Weight management and Flexibility**
- 6. Advancement of educational Brain**
- 7. Enhances memory power.**
- 8. Increases Study Focus**

Participants: First year B. Pharm, Total no:- (105)





Coordinator
Mr. Rahul R. Sable

Principal
Dr. Sanjay Kshirsagar