



Laureate 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. Pin Code 176031

Ref. No.

Date 20th June 2022

Notice



All the faculty and students of B. Pharm & M. Pharm are hereby informed that the NSS unit of Laureate Institute of Pharmacy has going to organise world yoga day on dated 21st June 2022.

All should take a note of it.

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Kangra

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Director cum Principal

DIRECTOR CUM PRINCIPAL
LAUREATE INSTITUTE OF
PHARMACY KATHOG
TEH. JAWALAMUKHI
DISTT. KANGRA (H.P.)

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Dr. *[Handwritten name]*
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WORLD YOGA DAY 21.06.2022

ATTENDANCE

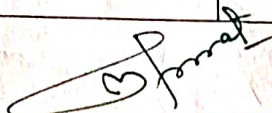
Sr. No.	Name of student	Semester/Year	Signature
1.	Vanshika	6 th	Vanshika
2.	Riya Parmar	6 th	Riya
3.	Kashish	4 th	Kashish
4.	Sakshi	6 th	Sakshi
5.	Amita	6 th	Amita
6.	Kajal	6 th	Kajal
7.	Neeraj	6 th	Neeraj
8.	Kavita	4 th	Kavita
9.	Ashima	4 th	Ashima
10.	Navneet	4 th	Navneet
11.	Ajay Kumar	D(Pharma) 2 nd	Ajay
12.	Gourav Sharma	D(Pharma) 2 nd	Gourav Sharma
13.	Mehak Sharma	D(Pharma) 2 nd	Mehak
14.	Shayna Thakur	D(Pharma) 2 nd	Shayna
15.	Anita Sharma	8 th	Anita Sharma
16.	Kanupriya	8 th	Kanupriya
17.	Saloni	8 th	Saloni
18.	Kalpna	8 th	Kalpna
19.	Vishali	8 th	Vishali
20.	Riya	8 th	Riya
21.	Astha Rana	8 th	Astha
22.	Diksha	4 th	Diksha

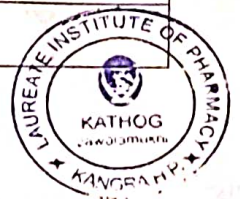


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Sr. No.	Name of student	Semester/Year	Signature
23	Diyanshi Sharma	4th	<u>Diyanshi Sharma</u>
24	Rakul Thakur	2th	<u>Rakul</u>
25	Amita Thakur	6th	<u>Amita</u>
26	Sahil	8th	<u>Sahil</u>
27	Kavita Pathania	4th	<u>Kavita</u>
28	Anvi	4th	<u>Anvi</u>
29	Kajal	4th	<u>Kajal</u>
30	Parvesh Khan	6th	<u>Parvesh</u>
31	Anjali	6th	<u>Anjali</u>
32	Chandan Patial	8th	<u>Chandan</u>
33	Panchii	8th	<u>Panchii</u>
34	Anmol Koundal	4th	<u>Anmol Koundal</u>
35	Aman Sood	4th	<u>Aman Sood</u>
36	Shubdeep	6th	<u>Shubdeep</u>
37	Akanksha	6th	<u>Akanksha</u>
38	Vishakha	8th	<u>Vishakha</u>
39	Gowar Rana	4th	<u>Gowar</u>
40	Deepan Sood	4th	<u>Deepan</u>
41	Kajal Thakur	4th	<u>Kajal</u>
42	Sanket	6th	<u>Sanket</u>
43	Anchal	6th	<u>Anchal</u>


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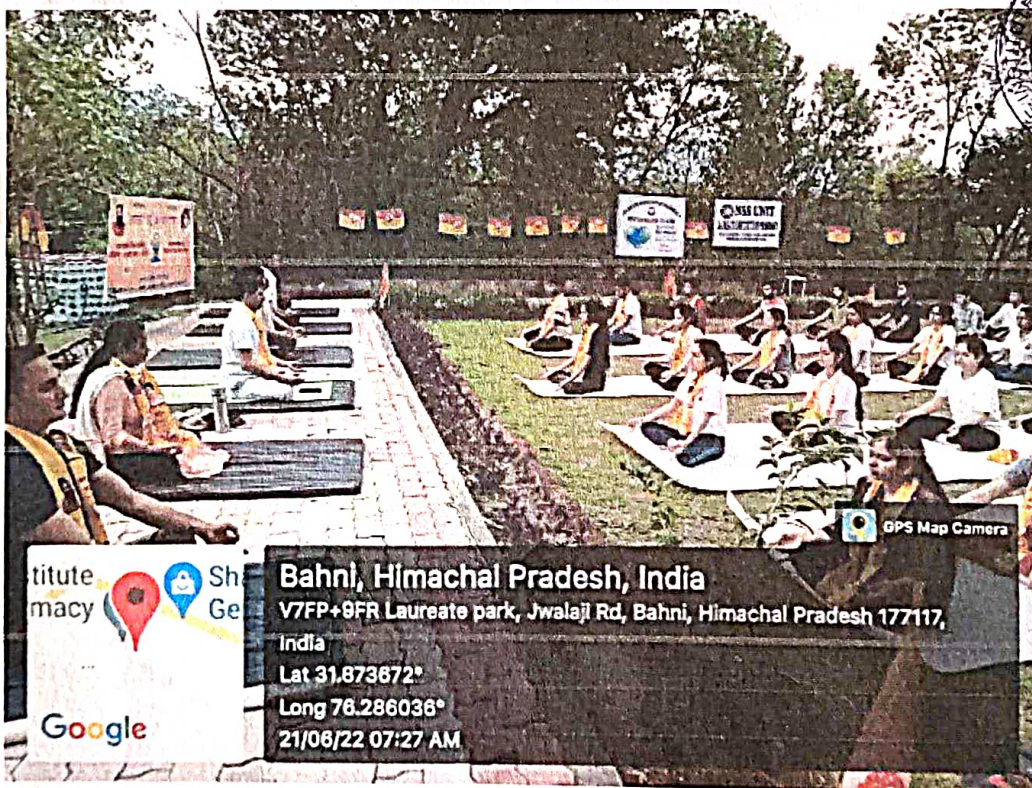
Date

June 21, 2022

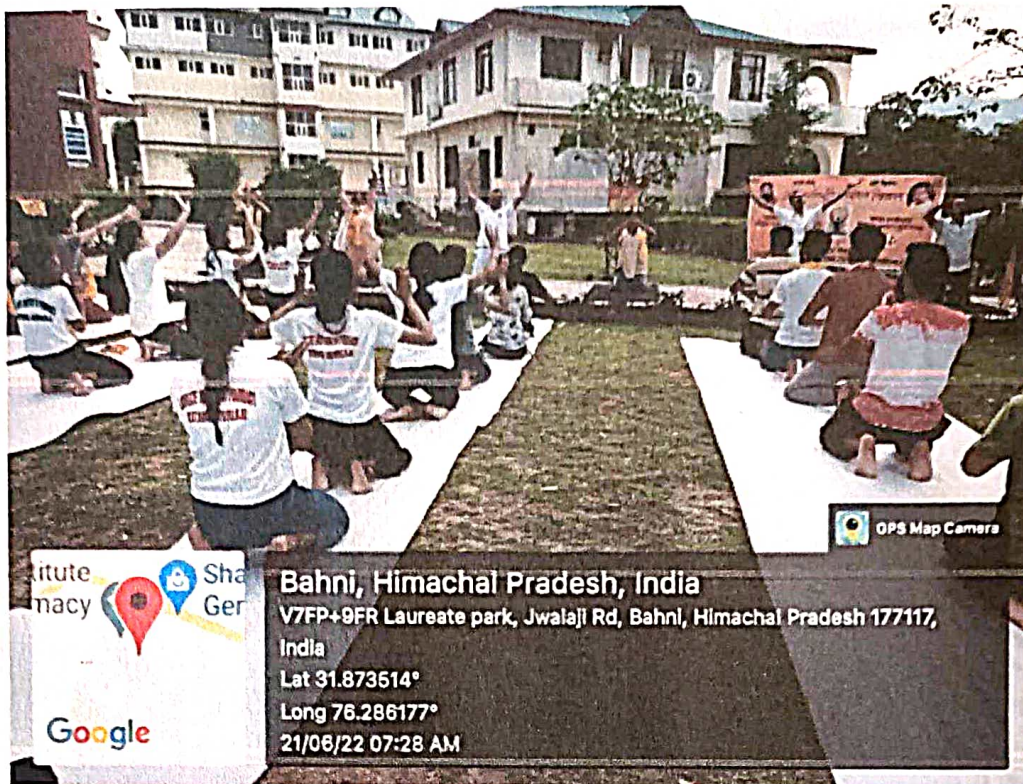
Report on World Yoga Day

Yoga is a symbol of generating balance and peace, and everyone should include it into their daily lives. Keeping these advantages in mind, International Yoga Day is viewed as a chance to raise awareness about the benefits of yoga. The core of yoga is balance, not simply within the body or between the mind and the body, but also in the human interaction with the world. Yoga emphasizes attention, moderation, discipline, and perseverance. Yoga, when applied to communities and cultures, provides a way to more sustainable life.

NSS unit of Laureate Institute of Pharmacy Kathog celebrated the International Yoga Day-2022 on the theme "Yoga for Humanity". Yoga session was started with a short seminar on yoga and its benefits for human health. Dr. M.S., Ashawat Director cum Principal Laureate institute of Pharmacy highlighted the features and benefits of yoga.



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After the short seminar yoga practice session was conducted and led by Mr. Kapoor from Patanjali Center Dehra along with their team. Yoga session was attended by Teaching, Non-Teaching staff along with College students. Overall, seventy students and NSS volunteers participated in the International yoga day celebration. During this session, yoga asanas, pranayama and meditation were practiced by the faculty and students of the Laureate Institute of Pharmacy.

The activities were as follows.

Asanas – Vajrasana, Sukhasana, Bhujangasana , Ardha Halasana

Suryanamaskar – 12 steps (Yogic Exercises)

Pranayama – Kapalbathi and Nadi shodhana (Breathing Exercises)

Meditation– State of Superconscious Mind

Dr. Vinay Pandit, Vice- Principal and NSS coordinator, closed the session by thanking everyone.

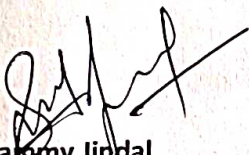


(Signature)
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 TEH. JAWALAMUKHI



Pranav
DIRECTOR CUM PRINCIPAL
LAUREATE INSTITUTE OF
PHARMACY KATHOG
TEH. JAWALAMUKHI
DISTT. KANGRA (H.P.)




Dr. Sharmy Jindal

NSS officer



N.S.S. Officer - N.S.S. Unit
Laureate Institute of Pharmacy
Kathog, Teh. Jawalamukhi
Distt. Kangra (H.P.)



Prof. (Dr.) MS Ashawat

Director cum Principal
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