



**Krantiveer Vasantao Narayanrao Naik Shikshan Prasarak Sanstha's
Institute of Pharmaceutical Education and Research**

(Affiliated to DBATU University, Approved by, PCI, DTE, and Govt. of Maharashtra)

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07/03/2025

Report on Guest Lecture on Tension Free Healthy Environment



Date: 06/03/2025

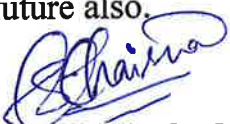
Venu: - K.V.N.Naik Shikshan Prasarak Sanstha's Institute of Pharmaceutical Education and Research, Nashik

In morning Guest Lecture was started at 11:30am on 06th March 2025, Thursday The guest speaker Dr.J.N.Patil Head of Psychology Department K.V.N.N.S.P.S's Arts, Commerce and science College, Nashik were heartily welcomed by Prof.(Dr.) A.B.Darekar Principal K.V.N.N.S.P.S's Institute of Pharmaceutical Education Research Nashik.

Dr.J.N.Patil enlighten the students about importance of Yoga, What are Yoga Posture and all members did yoga postures or asanas with breathing techniques including Pranayama as well as how to maintain tension free environment by doing regularly meditation .

Here the program end with vote of thanks given by Prof.M.N.Jagtap.

Student's Feedback:-As per discussion with the students, the topic covered was appreciated by most of the students and requested to arrange such guest lecture in future also.


Mrs.L.K.Wagh

Report Submitted by




Prof.(Dr.)A.B.Darekar
Principal

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