

Ref No: GNIPST/Nabachetana Yoga/ Meditation Club/ 41000/2026/ ~~2414~~ Date: 12.08.20226

NOTICE

**Celebration of 21st Foundation Day on 17th August, 2026
promoting
“21 Days to Self :A Journey to Inner Peace”**

Guru Nanak Institute of Pharmaceutical Science and Technology on the occasion of “21st Foundation Day Celebration”, the Nabachetana Yoga and Meditation Club is organizing a “**21-Days National Workshop** on Yoga and Meditation” based on the theme “21 days to self: A journey to inner peace” in Offline Mode from 17th August, 2026 to 5th September 2026 commencing from 4:30 pm. at GNIPST meditation hall.

The workshop is inspired by the wisdom of Indian Knowledge Systems (IKS) and aims to cultivate self-awareness, inner balance, and harmony in thought, word and action through Yoga, Pranayama, Meditation and focused reflective activities.

Programme Outline.

- **Daily Activities conducted by Dr. Debabrata Ghosh Dastidar**, Facilitator throughout the workshop; daily preparatory movement, Surya Namaskar, Pranayama, Meditation, and focused experiential activities.
- **Espeacial Sessions by Dr. Anirban Bhunia, Himalayan Samarpan Meditation:**
 - Yoga, Chitta, Self-Awareness and Inner Balance
 - Meditation, Regular Practice and the Journey towards Self-Realization
- **Swami Sankarananda Puri, General Secretary, International Vedanta Society**
 - Vedantic Understanding of the Self and its Relevance to IKS
 - Inner Peace, Self-Confidence and Harmony in Thought, Word and Action
- **Swami Prahladananda Puri, Joint General Secretary, International Vedanta Society**
 - Mind Management, Attention and Overcoming Distraction
 - Compassion, Relationships, Values and Inner Development
- Concluding by discussion and interactive session with students.

Interested students can participate by registering online using the following QR code:



- Participants will be awarded with certificates.
- Students will earn credit points for MAR activities.

Rajashri Paladhi
Member Secretary

Nabachetana Yoga and Meditation Club GNIPST