

GURU NANAK INSTITUTE OF PHARMACEUTICAL SCIENCE & TECHNOLOGY

157/F Nilgunj Road, Panihati, Kolkata-700114

Ref No: GNIPST/Nabachetana Yoga/ Meditation Club/ 41000/2024/

Date: 06.08.2024

NOTICE

All the students are hereby informed that Nabachetana Yoga and Meditation Club of Guru Nanak Institute of Pharmaceutical Science and Technology in collaboration with Himalayan Meditation, West Bengal is going to organize **15 Days Workshop on Life Management with Himalayan Meditation on 16th to 30th August, 2024** on the occasion of International Yoga Day 2024.

A momentous occasion awaits us as we **inaugurate** our **Meditation Hall** on the inaugural day of the workshop.

This transformative experience will delve into the profound practices of yoga and meditation, offering participants an opportunity to find inner peace and harmony.

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



Let's embark on this journey of self discovery together!!

- Last date for registration is 14th August, 2024.
- Participants will be awarded with certificates
- Students will earn credit points for MAR activities.


06/08/24

Tushar Adhikari
Member Secretary

Nabachetana Yoga and Meditation Club GNIPST



15 DAYS WORKSHOP ON

**Life management with Himalayan
Meditation**

On the Occasion of

Foundation Day



16th August to 30th August, 2024



GNIPST Auditorium

Organized By:

Nabachatana Yoga and Meditation Club, GNIPST

In collaboration with

Himalayan Meditation, West Bengal

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Contact: 8391844356, 7980462213

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