

REPORT ON SEMINAR

School of Pharmacy organized a 'Seminar' on "Introduction to Sahaja Yoga" for B. Pharm and M. Pharmacy students on 27-08-2016 at 11.00AM in NNRSOP seminar hall. The expert speakers Mr. Sushnath and Mr. Uday acted as Resource Persons for the seminar. They addressed the students about Sahaja Yoga and its importance. They said that Sahaja Yoga is a unique method of meditation based on an experience called Self Realization (Kundalini awakening) that can occur within each human being. Through this process an inner transformation takes place by which one becomes moral, united, integrated and balanced. One can actually feel the all pervading divine power as a cool breeze, as described in all religions and spiritual traditions of the world. They have demonstrated some techniques to the students and staff and entire audience practiced it for the prescribed period. They concluded their lecture by saying Sahaja Yoga is the actualization of such transformation, which is taking place now worldwide and has been proved and experienced by hundreds of thousands in over 90 countries. All the teaching, non teaching staff and students of B. Pharm and M. Pharmacy attended the seminar.



DEAN – NNR SOP