

**SANDIP UNIVERSITY**

School of Pharmaceutical Sciences Mahiravani, Trimbak Road,  
Tal&Dist.Nashik-422213,Maharashtra State  
[www.sandipuniversity.com](http://www.sandipuniversity.com)



**Department/ School Name:** Department of Pharmacy / SOPS, Sandip University's School of Pharmaceutical Sciences, Nashik.

**Academic Year:** 2023-2024

**Report On:** Seminar conducted on topic on "Stress Relief and Personality Development through Sahajyoga Meditation" under Soft Skill programmes.

**Event Title:** "Stress Relief and Personality Development through Sahajyoga Meditation"

**Event Date:** 13<sup>th</sup> March 2024

**Event Conduction Duration:** 10:30 am to 11:30 am

**Event Venue:** S-Building Seminar Hall, School of Pharmaceutical Science's, Sandip University, Nashik

**Resource Person:**

Mr. Ashishkumar M. Umap, Chief Manager, Hindustan Aeronautics Limited.

**Coordinator with Contact Details:**

Convenor: Dr. Makarand S. Gambhire (Dean-SOPS), Co-Ordinator: Dr. Sunita Deore, Asst Prof,SOPS, Mrs. Darshana Shinde, Asst Prof,SOPS

**Event Outline & Outcome of the event:**

**Outline of Program:** Sandip University's School of Pharmaceutical Sciences, Nashik organized a seminar on "Stress Relief and Personality Development through Sahajyoga Meditation", 13<sup>th</sup> March 2024, 10:30 am to 11:30 'am

**Objective of Program:** The session was conducted with objective to enlighten the knowledge about Stress relief and personality development and importance of Meditation.

**Output of Program:** At the end of session students got knowledge about Stress relief and personality development and importance of Meditation. He guided upon various activities of meditation and stress relief. The students and staff of SOPS has performed some meditation tricks under guidance of him. The event successfully organized under the guidance of Dr. Makarand S. Gambhire (Dean -SOPS), Co-ordinator- Dr. Sunita Deore, Asst Prof,SOPS, Mrs. Darshana Shinde, Asst Prof,SOPS



**DEAN**  
School of Pharmaceutical Sciences  
Sandip University, Nasik

Photos of Event:



SANDIP  
UNIVERSITY

— UGC Recognised —

*Topic: Stress Relief and Personality Development  
Through Sahajayoga Meditation*

**Speaker**



DATE: MARCH 13

2024

TIME: 10.30 AM ONWARDS

VENUE: S-BUILDING  
SEMINAR HALL

**Mr. Ashishkumar M Umap**

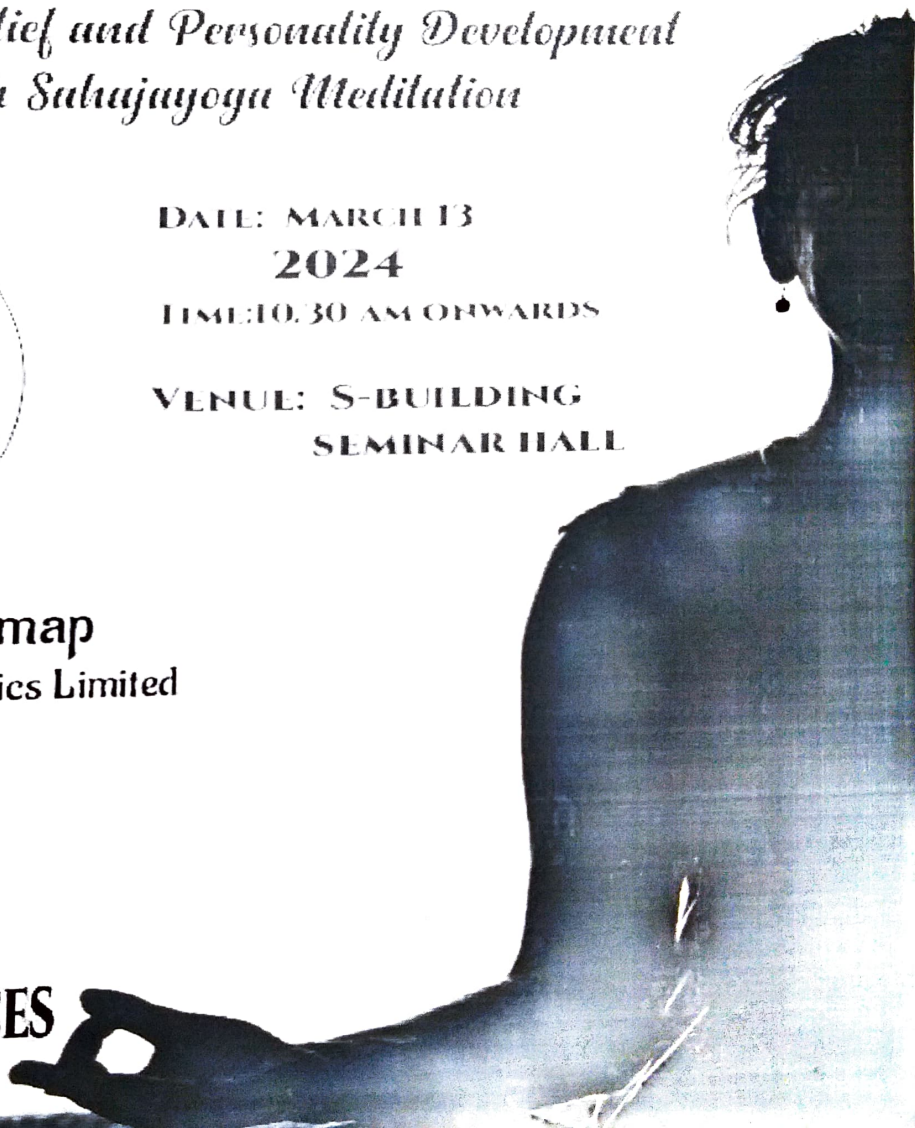
Chief Manager Hindustan Aeronautics Limited

**Organized By**

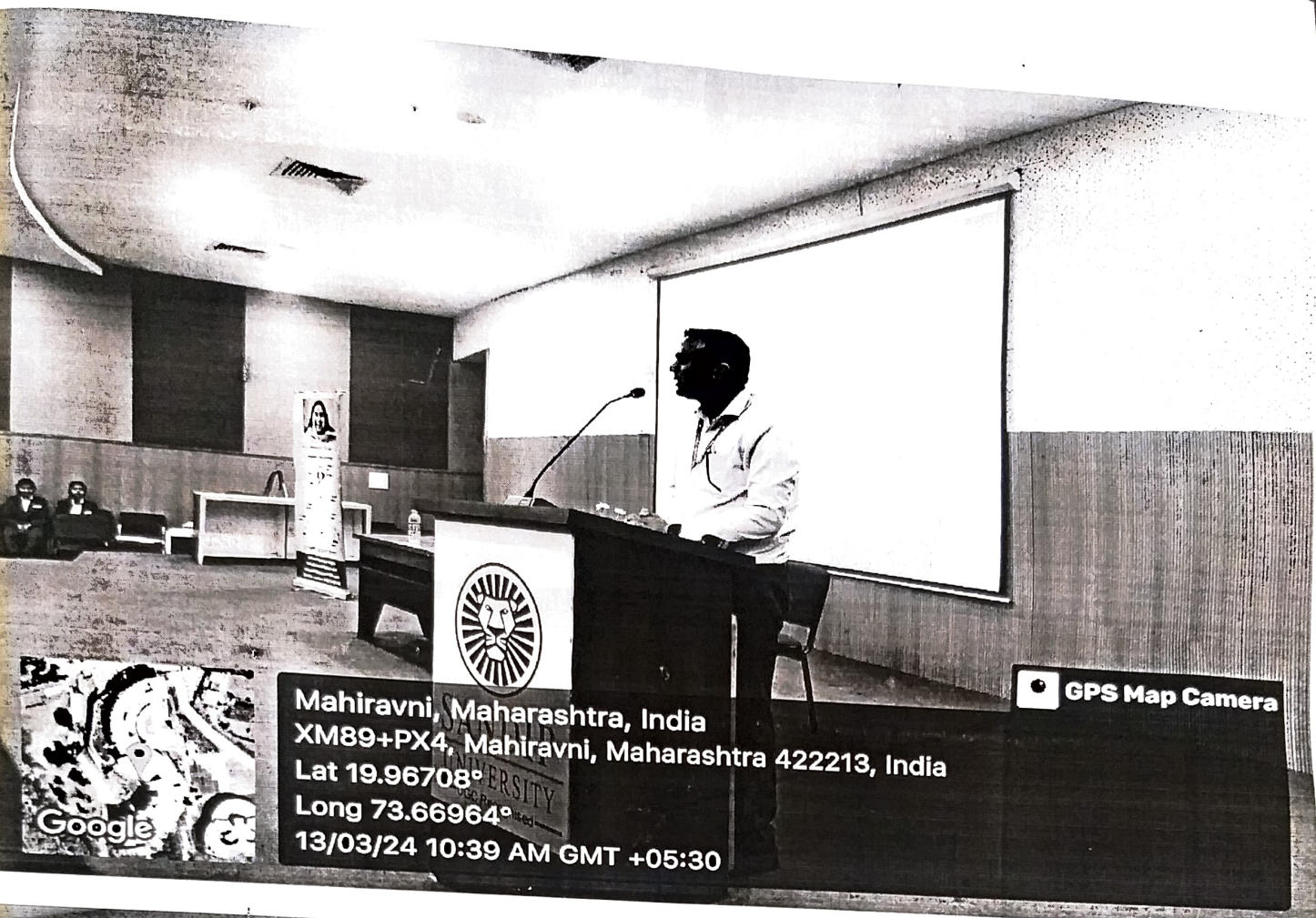
Sandip University's

**SCHOOL OF**

**PHARMACEUTICAL SCIENCES**











**GPS Map Camera**

**Mahiravni, Maharashtra, India**

**XM89+PX4, Mahiravni, Maharashtra 422213, India**

**Lat 19.967086°**

**Long 73.669642°**

**13/03/24 11:13 AM GMT +05:30**

**Google**

