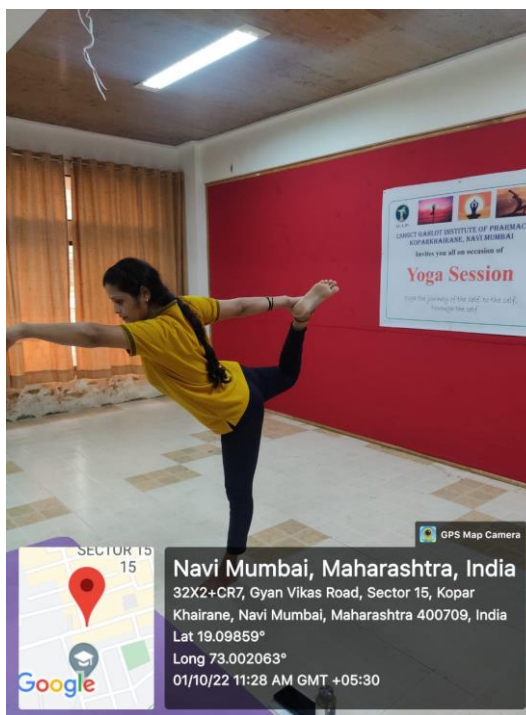


Vision - To emerge as a premier institute offering quality education in pharmaceutical sciences.

Mission - To create knowledgeable and ethical professionals capable of fulfilling the needs in health care systems.

**Saturday, October 1, 2022**



## YOGA Session - October 1, 2022

LSHGCT's Gahlot Institute of Pharmacy organized a Yoga session for the Third Year B Pharm students. The far reaching effect of Yoga in strengthening the immune system, reducing depression, anxiety have been accepted worldwide. The resource person Ms.

Ujwala Wadkar emphasized on how regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centers attention and sharpens concentration. Ms. Ujwala Wadkar demonstrated various important Yoga exercises and guided our students in performing the Yoga exercises. The students learnt many important aspects of Yoga through this program. The Program was coordinated by Dr. (Mrs.) Pratibha Daroi.