



DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHARMACY

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STRESS MANAGEMENT WORKSHOP

Stress Management Workshop through Sahaja Yoga Meditation was organized on International Yoga Day (21st June 2023) at School of Pharmacy, DAVV, Indore in collaboration with Sahaja Yoga, Indore. The teaching, non-teaching staff, D.Pharm., B.Pharm., M.Pharm. and Ph.D. research scholars of School of Pharmacy participated in this workshop and benefitted by experiencing Sahaja yoga meditation in this workshop. Welcome speech was given by Dr. Rajesh Sharma, Prof. and Head, school of Pharmacy and the workshop was coordinated and conducted by Dr. Tamanna Narsinghani in collaboration with Sahaja Yoga, Indore.



22/06/2023



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