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Ref. No.: TIP | PRIN | 2023 (IROO)

Date: 18 /0 57 20 23

Principal

Trimurti Institute of Pharmacy Gat.No.225/226,Paldhi Bk. Tal.Dharangaon,Dist.Jalgaon

CIRCULAR

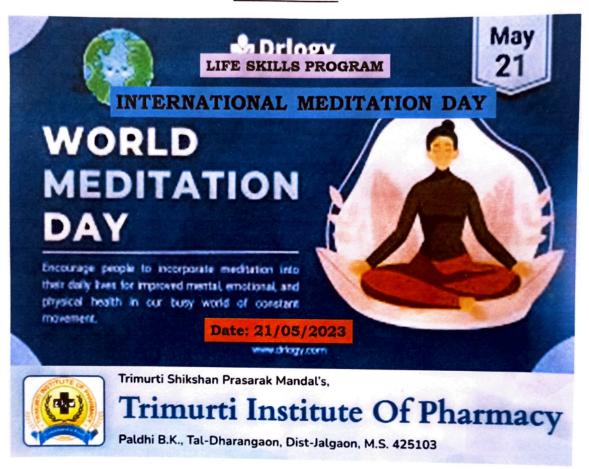
The Yoga & Meditation cell of TIP Institute of Pharmacy is organizing "International Meditation day" on 21/05/2023 in college premises. Hence, all the Teaching, Non-teaching staff and students are requested to participate for your health benefit.

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- Administrative Officer
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- manojpatil9737@gmail.com
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- Paldhi Bk., Near K.B.C. North Maharashtra University, Opp. Hotel Govind, Tal. Dharangaon, Dist. Jalgaon. (Maharashtra) Mob. No. 9226308636 - 8766915718





Name of the Activity	International Meditation day		
Type of Activity	Life Skills		
Date and Time of Activity	21/05/2023	10:00AM	
Details of Participants	30		
Resource Person	Ms. Raskha Sisodiya		
Description	International Meditation Day, students. The event commenced of tranquility enveloping the cam gathered to partake in a series of enhancing mental well-being. meditation session, led by expense environment conduction meditation techniques were beginners and seasoned practition sessions on the benefits of reducing stress, and enhancing conducted. The event not only meditation as a life skill but participants to share their expensions of the participants to share their expensions of the conducted and are managing the demands of actinternational Meditation Day at	Ms. Raskha Sisodiya On May 21, 2023, TIP Institute of Pharmacy celebrated International Meditation Day, fostering life skills among its students. The event commenced at 10:00 am with an atmosphere of tranquility enveloping the campus. Students, faculty, and staff gathered to partake in a series of mindfulness activities aimed at enhancing mental well-being. The day began with a guided meditation session, led by experienced practitioners, creating a serene environment conducive to self-reflection. Various meditation techniques were explored, accommodating both beginners and seasoned practitioners. Additionally, informative sessions on the benefits of meditation in improving focus, reducing stress, and enhancing overall cognitive function were conducted. The event not only emphasized the importance of meditation as a life skill but also provided a platform for participants to share their experiences and insights. The college grounds transformed into a hub of positive energy, promoting holistic well-being. As the clock struck noon, participants emerged rejuvenated and armed with newfound tools for managing the demands of academic and personal life. The International Meditation Day at TIP Institute of Pharmacy proved to be a transformative experience, nurturing essential life skills	
Photos	Patchi Bs., Maharashtre, India 27 Ste-200, Patchi Bs., Maharashtra 425103, India 28 Ste-200, Patchi Bs., Maharashtra 425103, India 28 Stephen		



<u>International</u> <u>Meditation day</u>

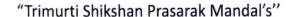
LIST OF PARTICIPANTS

	•	
s. no	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	ASODEKAR GOPESH VISHVANATH	ADN.
2	BARI PRIYANKA SURESH	Q.
3	BAVISKAR YASHODIP PANDURANG	BanBrat. Y.
4	BHOLE DHANASHRI VINOD	B
= 5	BICHAVE VINAYAK RAJEŅDRA	Brinayak
6	BORANARE MAYUR DINKAR	MayurB
7	BORSE KALYANI PRASHANT	(B)
8.	CHÀNDANKAR SHUBHANGI PRABHAKAR	chandankar.51p.
9	CHAUDHARI JITENDRA CHHABULAL	J.c. Chaudhani
10	CHAUDHARI PAVVAN PRAVIN	· Cparan
11	CHAUDHARI RAJAN DNYANESHWAR	CRajan.D. Shubham.R.C.
12	CHAUDHARI SHUBHAM RAJU	
13	CHAUDHARI YASH DYANESHWAR	y.D. chaudhan.
14	CHAVAN DIPALI DILIP	A
. "15	CHHANWAL ADHIRAJSING KALYANSING	As. chhanwal
16	PATIL LALIT	(DL



	NAMES	
17	NARKHEDE KUNDAN	ppliday
18	GUCHAIYT CHAYAN P	CD Celly int
19	PAWAR CHANDRAKANT	Pavachodolant
20	SAPKALE SHUBHAM	Scriphole Striknan
21	SAPKALE VAIBHAV	Struknan
22	SAPKALE SHANTANU	Suppole Surfme
23	KURHADE RUCHIKA RAVINDRA	(AR Rounde
24	SAWLE ROHIT	Saule
25	KHAN SIDRA NASER	BAV.







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Ref. No.: TIP | PRIN | 2022 | CIROO2

Date: \8 /09/2022

CIRCULAR

The Yoga & Meditation cell of TIP Institute of Pharmacy is organizing "National Physical fitness Day" on 21/09/2022 in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

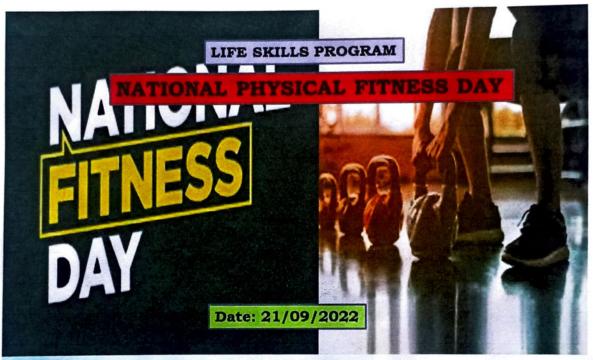
PRINCIPAL

Trimurti Institute of Pharmacy Gat No.225/226,Paldhi Bk. Tal.Dharangaon,Dist.Jalgaon

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Trimurti Shikshan Prasarak Mandal's,

Trimurti Institute Of Pharmacy

Paldhi B.K., Tal-Dharangaon, Dist-Jalgaon, M.S. 425103





Name of the Activity	National Physical fitness Day	
Type of Activity	Life Skills	
Date and Time of Activity	21/09/2022	10:00AM
Details of Participants	30	
Resource Person	Mr. Umesh Mahajan	
Description	Resource Person Mr. Umesh Mahajan On September 21, 2022, TIP Institute of Pharmacy enthusiastically observed National Physical Fitness Day, championing the integration of life skills into the academic environment. The day commenced with an invigorating assembly at 8:00 am, bringing together students, faculty, and staff in a collective commitment to prioritize physical well-being. The event featured a series of fitness activities, ranging from yoga sessions and group workouts to informative workshops on nutrition and holistic health. Students actively participated in sports competitions, fostering a spirit of camaraderie and teamwork. The	
Photos		

National Physical fitness Day

LIST OF PARTICIPANTS

s. No	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1 .	BORLE RADHIKA UDDHAV	Borole Radhilcer
2	BORSE RITIK SANTOSH	Burs
3	CHAPKE MAYUR BALU	M&haplan.
4	CHAUDHARI GAYATRI LAXMAN	Callania.
5	CHAUDHARI HITESH PRAMOD	Jup
6	CHAUDHARI LOKESH BHAGAWAN	L.B. Chandlers
7	CHAUDHARI MAYUR ANIL	Argelustus
8	CHAUDHARI RAHUL KASHINATH	R.K. chardon
9	CHAUDHARI SAURABH VIJAY	#
10	CHAUDHARI SHUBHAM DIVAKAR	Suhan:
11	CHAUDHARI SUYASHA BAJIRAO	Swyoshy
12	CHAUDHARI UJWAL SAMADHAN	· White
13	CHAUDHARI YOGESHWARI SUBHASH	Daudharingerh.
14	CHAWADA DHARMIK SANJAY	Billaido.
15	CHOPADE GAURAW RAJESH	. Grahav
16	DARADE SUBHASH PRAKASH	Barade.
17	DESHMUKH HIMANI SANJAY	HSDednulth.
18	DESHMUKH VAISHNAVI JITENDRA	R.RD.
19'	DHANGAR RAHUL RAMCHANDRA	KKD.
20	PATIL LALIT VASAT	

Principal
Trimurti Institute of Pharmacy
Gat.No.225/226,Paldhi Bk.
Tal.Dharangaon,Dist.Jalgaon

Jalgaon

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GHUNE SNEHA SANJAY	501.5.
GUPTA MAHIMA OMPRAKASH	1861
JADHAV HARSHAL PRAMOD	FP
CHANNWAL ADHIRAJ KALYANSING	An dahanna
KARWALE PALLAVI SHANTARAM	Je -
KATHAR DARSHANA VILAS	Warshanak:
KATHOKE MAYUR ANIL	amse_
KELE KEYUR ANIL	. M. Jun. M.
KHAN FIZA ASLAM	Khan Riza,
	GHUNE SNEHA SANJAY GUPTA MAHIMA OMPRAKASH JADHAV HARSHAL PRAMOD CHANNWAL ADHIRAJ KALYANSING KARWALE PALLAVI SHANTARAM KATHAR DARSHANA VILAS KATHOKE MAYUR ANIL KELE KEYUR ANIL





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Ref. No.: TIP | PRIH 2021 | CIR003

Date: 18/06/2021

CIRCULAR

The Yoga & Meditation cell of TIP Institute of Pharmacy is organizing "International Yoga Day" on 21/6/2021 in college premises. Hence, all the Teaching, Non-teaching staff and students are requested to participate for your health benefit.

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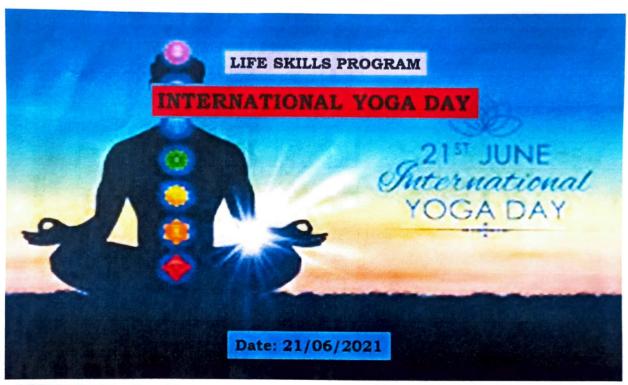


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Trimurti Shikshan Prasarak Mandal's,

Trimurti Institute Of Pharmacy

Paldhi B.K., Tal-Dharangaon, Dist-Jalgaon, M.S. 425103



International Yoga Day	
Life Skills	
21/06/2021	10:00AM
30	
Mr. Kuldip Patil	
On June 21, 2021, TIP Institute of Pharmacy dedicated its morning to the celebration of International Yoga Day, recognizing the profound impact of yoga in fostering life skills among students. Commencing at 10:00 am, the college grounds became a vibrant hub where students, faculty, and staff gathered for a series of yoga sessions led by experienced instructors. These sessions, encompassing various yoga forms and catering to practitioners of all levels, included mindful breathing exercises, asanas, and meditation, promoting physical fitness, mental clarity, and emotional balance. Beyond the yoga sessions, the college organized informative workshops on the philosophy and principles of yoga, emphasizing its timeless relevance in contemporary life. Experts shared insights on seamlessly incorporating yoga into daily routines, both on and off the mat, for a more balanced and fulfilling life. The celebration of International Yoga Day at TIP Institute of Pharmacy exemplified the institution's commitment to nurturing not only academic excellence but also the holistic development of its students, equipping them with invaluable life skills for a well-rounded future.	

International Yoga Day

LIST OF PARTICIPANTS

s. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
• 1	CHAVAN NEHA EKNATH	9
2	CHAVHAN RUSHIKESH RAJU	R. chavary
3	CHHANWAL SAURABH KALYANSING	Januar
4	CHIRADE SAGAR ANILRAO	Andre
5	CHOUDHARI AMOL SANJAY	f.choudun
6	DHANAGAR NITIN DAMU	
7	DHANGAR PRIYANKA PRAKASH	P.P. Dhanjar
8	DHAYADE PRATIKSHA SHRIKRUSHNA	Fratorsh
. 9	FULE KUNAL RAVINDRA	J. J.
10	GAIKWAD SHARAD LAKSHMAN	Etstural
11	GIRHE YASHASWI SANTOSH	7. Cyrohe
12	GURAV SHUBHAM RAMESH	Skjans.
13	HARSULE NAMRATA GAJANAÑ	tim
14	JADHAV KSHITIJ SHARAD	B
15	JADHAV NISHA RAHUL	Juida
16	JADHAV SANDIP RAMBHAU	Tsuis.
17	JADHAV SATISH PARSHURAM	Buch
18	JIRAFE AKSHAY VIJAY	A.J. Vijo
19	JOSHI MINAKSHI ANIL	M.A. Joshi

20	JOSHI SANDESH RAJENDRA	45/2
21	KALBHILE BHAGYASHRI RAMESH	Roofin
- 22	KANDE TWINKALBEN RAMESHBHAI	VAR
23	KURHADE RUCHIKA RAVINDRA	Ruth
24	LOHAR MAYUR NARENDRA	anyar, M
25	MAHAJAN BHAVNA DNYANESHWAR	Marija
26	MAHAJAN ARCHANA PUNDALIK	Analys
27		4mk/m
28		M. Mann
29		-03
30	MAHAJAN RAHUL LILADHAR	Simpoly



Principal
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Institute of Pharmacy
Gat.No.225/226, Paldhi Bk.
Gat.No.225/286, Pist. Jalgaon
Tal. Pharangaon, Dist. Jalgaon



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Ref. No.: TIP/PRIH/2020/CIR004

Date: \8/06/2020

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Tal.Dharangaon,Dist.Jalgaon

CIRCULAR

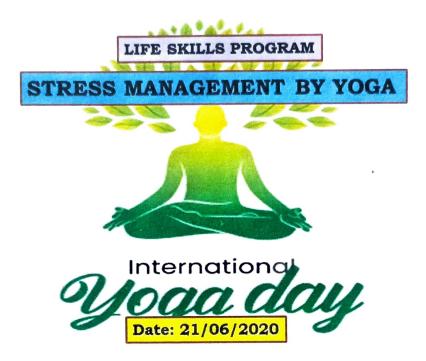
The Yoga & Meditation cell of TIP Institute of Pharmacy is organizing "Stress Management by Yoga" on 21/06/2020 in college premises. Hence, all the Teaching, Non-teaching staff and students are requested to participate for your health benefit.

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Trimurti Institute Of Pharmacy

Paldhi B.K., Tal-Dharangaon, Dist-Jalgaon, M.S. 425103



Name of the Activity	Stress Management by Yoga	
Type of Activity	Life Skills	
Date and Time of Activity	21/6/2020	10:00AM
Details of Participants	30	
Resource Person	Mr. Balkrushna Baheti	
Description	Mr. Balkrushna Baheti On June 21, 2020, at 10:00 am, TIP Institute of Pharmacy hosted a transformative event, "Stress Management by Yoga," seamlessly integrating life skills into the academic environment. The college grounds transformed into a haven of serenity as students, faculty, and staff engaged in expert-led sessions featuring calming asanas, breathing exercises, and meditation techniques. These practical tools aimed at providing effective stress relief, emphasizing not only the physical benefits of yoga but also its profound impact on mental well-being. In addition to the physical practices, workshops and informative sessions explored the science behind stress management through yoga, shedding light on the physiological and psychological benefits of a regular practice. The event fostered an open dialogue on stress-related challenges, creating a supportive atmosphere where participants shared personal experiences and coping strategies. This holistic approach extended to discussions on seamlessly integrating yoga into daily routines for sustained well-being, exemplifying TIP Institute of Pharmacy's commitment to equipping its community with essential life skills for both academic and personal success.	
Photos	Paldni Bk., Maharashtra, India 2PSH-3CO, Paldri Bs., Maharashtra 425103, India Lat 2:00813* Leng 75:478780* 21/06/20 10:32 AM GMT +05:90	

Stress Management by Yoga

LIST OF PARTICIPANTS

s. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	BORLE RADHIKA UDDHAV	BRallyva.
2	BORSE RITIK SANTOSH	BAHK
3	CHAPKE MAYUR BALU	aligne
4	CHAUDHARI GAYATRI LAXMAN	Gr. L. Chaudhan
5	CHAUDHARI HITESH PRAMOD	Churchers. H.P
6	CHAUDHARI LOKESH BHAGAWAN	Jul.
7	CHAUDHARI MAYUR ANIL	Michaelhan
8	CHAUDHARI RAHUL KASHINATH	R. Gutun
9	CHAUDHARI SAURABH VIJAY	- July
10	CHAUDHARI SHUBHAM DIVAKAR	STUDENT. C.
11	CHAUDHARI SUYASHA BAJIRAO	Sangeon
12	CHAUDHARI UJWAL SAMADHAN	Lijons
13	CHAUDHARI YOGESHWARI SUBHASH	V.S. dudbris
14	CHAWADA DHARMIK SANJAY	Strik

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Jalgaon

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	15	CHOPADE GAURAW RAJESH	Cherale.G.R.
	16	DARADE SUBHASH PRAKASH	
	17	DESHMUKH HIMANI SANJAY	He
	. 18	DESHMUKH VAISHNAVI JITENDRA	V.T.Deshmukh
	19	DHANGAR CHETANA RAMCHANDRA	G. R. Jung 100
	20	GAVAI RAJENDRA ARUN	RAMMICG.
-	21	GAWALI NAZMIN SHE JUMMA	1910013
	22	GHUNE SNEHA SANJAY	THAMA!
	23	GUPTA MAHIMA OMPRAKASH	181.0,00
	24	JADHAV HARSHAL PRAMOD	
	25		J.M.
	, 26		D. V. Kather
	27		
•	28		Try
	29	KELE KEYUR ANIL	Arele
		KHAN FIZA ASLAM	Flut)
	30		





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Ref. No.: TIP | PRIN | 2019 (IR 005

Date: \8 / 0 6/2019

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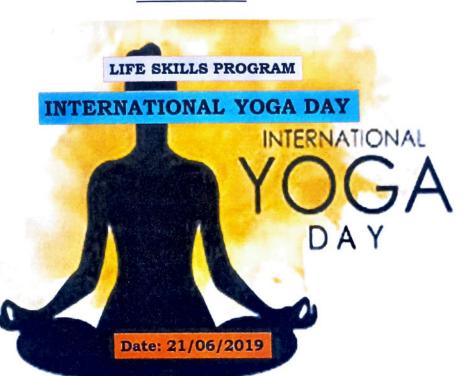


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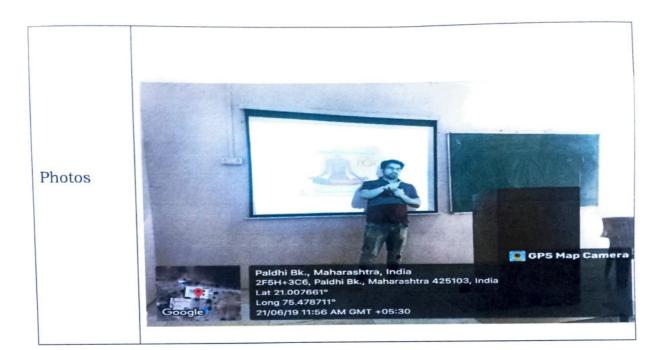
Trimurti Institute Of Pharmacy

Paldhi B.K., Tal-Dharangaon, Dist-Jalgaon, M.S. 425103



Name of the Activity	International Yoga Day	
Type of Activity	Life Skills	
Date and Time of Activity	21/06/2019	10:00AM
Details of Participant s	30	
Resource Person	Mr. Abrar Alam	
Description	On June 21, 2019, at 10:00 am, TIP Institute of Pharmacy embraced the celebration of International Yoga Day, intertwining the practice with the development of life skills among its students. The college campus buzzed with positive energy as students, faculty, and staff converged for a series of expert-led yoga sessions. The event, designed to promote physical well-being and mental resilience, featured diverse yoga forms, including asanas, meditation, and breathing exercises. Beyond the physical benefits, participants engaged in workshops elucidating the holistic advantages of yoga for stress management, focus enhancement, and overall life skills cultivation. The celebration extended beyond the mat, fostering a sense of community as attendees shared experiences and insights. TIP Institute of Pharmacy's observance of International Yoga Day underscored its commitment to nurturing not only academic excellence but also the holistic development of individuals, providing them with valuable life skills for a balanced and fulfilling future.	







International Yoga Day

LIST OF PARTICIPANTS

s. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	BORLE RADHIKA UDDHAV	Part.
2	BORSE RITIK SANTOSH	R4
3	CHAPKE MAYUR BALU	Kwaphe
4	CHAUDHARI GAYATRI LAXMAN	Caro
5	CHAUDHARI HITESH PRAMOD	Hicknobin.
	CHAUDHARI LOKESH	12
6	BHAGAWAN	4
7	CHAUDHARI MAYUR ANIL	CM C
8	CHAUDHARI RAHUL KASHINATH	Soll
9	CHAUDHARI SAURABH VIJAY	Scl.
10	CHAUDHARI SHUBHAM DIVAKAR	SLEA
11	CHAUDHARI SUYASHA BAJIRAO	Brown
12	CHAUDHARI UJWAL SAMADHAN	1C
13	CHAUDHARI YOGESHWARI SUBHASH	X
14	CHAWADA DHARMIK SANJAY	Du O
15	CHOPADE GAURAW RAJESH	Capt
16	DARADE SUBHASH PRAKASH	Carl
17	DESHMUKH HIMANI SANJAY	Du:
18	DESHMUKH VAISHNAVI JITENDRA	Vislan.
19	DHANGAR CHETANARAMCHANDRA	Clabre Jan



20	GAVAI RAJENDRA ARUN	*Gorai
21	GAWALI NAZMIN SHE JUMMA	Seewinin Gov
22	GHUNE SNEHA SANJAY	Shem
23	GUPTA MAHIMA OMPRAKASH	Gramm
24	IADHAV HARSHAL PRAMOD	Hadhar
25	MADHIIVAR	Boolnar
26	KARWALE PALLAVI SHANTARAM	Pollari
27	KATHAR DARSHANA VILAS	Kathar
28	KATHOKE MAYUR ANIL	Makathoke
29		Kelem.
30	KHAN FIZA ASLAM	BITOMYC

