

# GURU NANAK INSITUTE OF PHARMACEUTICAL SCIENCE AND TECHNOLOGY

*157/F Nilgunj Road, Kolkata, West Bengal, 700114*

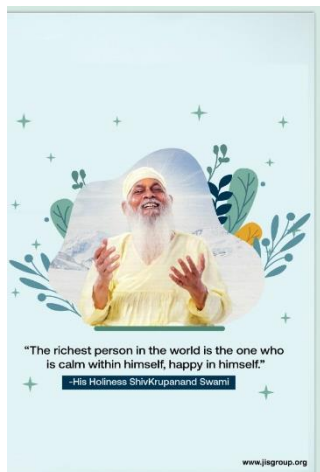


*Value-added courses for imparting  
transferable and life skills offered*

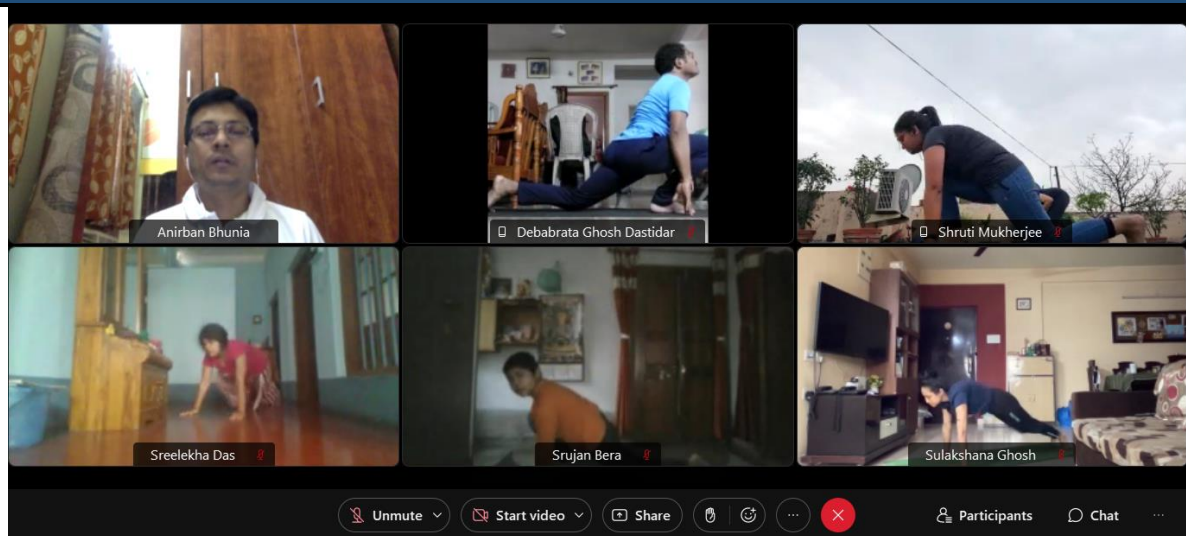
*2020-21*

## FIT INDIA CAMPAIGN

The Himalayan Meditation, West Bengal, and the Nabachetana Yoga and Meditation Club of Guru Nanak Institute of Pharmaceutical Science and Technology had organized an Online Workshop on Yoga and Himalayan Meditation – as part of FIT INDIA CAMPAIGN-2020



The program was inaugurated with the gracious presence of Prof. (Dr.) Abhijit Sengupta, Director, GNIPST; and Prof. (Dr.) Lopamudra Datta, Principal, GNIPST; Prof. (Dr.) Anirban Bhunia, Pramukh Acharya, Himalayan Meditation, West Bengal; Ms. Mumpa Deshmukhiya, Pramukh Acharya (Joint), Himalayan Meditation, West Bengal. Students, faculty members, and sadhaks from different parts of India had joined this Spiritual Ceremony conducted every day from 7:00 am to 8 am. About 245 number of students enrolled during the year.



Preparatory movements, eye exercises, 40 yogasanas, and several pranayama techniques had been demonstrated. The details are given below.

**\* Preparatory Movements Before Practicing Yogasanas \***

Preparatory movements (type 1-12)

**\* Suryanamaskar \***

10 steps of Suryanamaskar

**\* Asanas from Sayan sthiti (Supine position) \***

1. Uttanpadasan (ekpad)
2. Uttanpadasan (dwipad)
3. Pawanmuktasan
4. Vipritkarani
5. Sarvangasan
6. Matsyasana
7. Markatasan
8. Shavasana

**\* Asanas from Viprit sayan sthiti (Prone position) \***

1. Ardha Shalvasana
2. Purno Shalvasana
3. Saralhasta Bhujangasana
4. Karnahasta Bhujangasana
5. Katihasta Bhujangasana
6. Dhanurasan
7. Makarasan

**\* Asanas from Baithak sthiti (Sitting position) \***

1. Swastikasan
2. Padmasan
3. Padmasan Yogmudra (type -1)

4. Padmasan Yogmudra (type -2)
5. Parvatasana
6. Sharanagata Mudra
7. Vajrasan
8. Vajrasan yogmudra type-1
9. Vajrasan yogmudra type-2
10. Ardha Paschimatanasan
11. Paschimatanasan (Full)
12. Gomukhasan
13. Shasankasan
14. Vakrasan (Type -1)
15. Ardha Matsyendrasan
16. Ardha Titliasan
17. Titliasan

**\* Asanas from Danda sthiti (Standing position) \***

1. Tadasan
2. Tiryak Tadasan
3. Ekpad Vrikshasan
4. Vrikshasan
5. Veerasan

**\* Relaxing and joint releasing movements \***

1. Nauka sanchalan
2. Chakki chalana
3. Toe bending
4. Padasanchalan (cycling)

**\* Eye exercises \***

1. Splashing Water
2. Palming
3. Blinking
4. Sideways Viewing
5. Front- Sideways Viewing
6. Rotational Viewing
7. Up- Down Viewing
8. Near- Distant Focusing
9. Nasikagra Drishti (Nosetip Gazing)
10. Trataka

**\* Pranayam \***

1. Fast breathing (Type 1, 2, 3, 4, 5 and 6)
2. Deep breathing – both nostrils (1:2)
3. Deep breathing – alternate nostrils (1:1), (1:1.5) and (1:2)

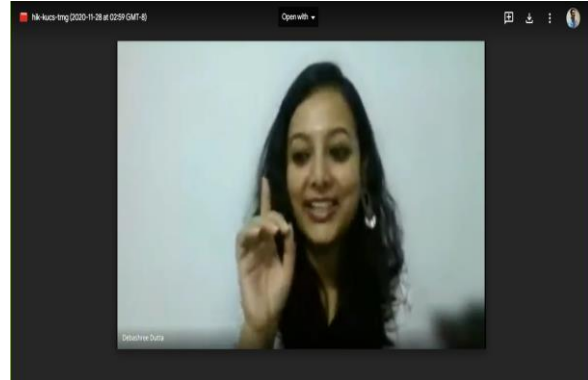
### Mind Engineering Program

Mind Engineering Program org. by CELEBRATING LIFE FOUNDATION & GNIPST-

Dated 28.11.2020 at 2.00 pm onwards.

About 151 number of students enrolled during the year.

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Timestamp	Username	Total score	Full Name	Stream & Year (Ex. B.Pharm 1st Year)	Stream & Year (Ex. B.Pharm 1st Year) [Score]	Stream & Year (Ex. B.Pharm 1st Year) [Feedback]	Roll No.	Roll No. [Score]	Have you Enjoyed the program?	Have you Enjoyed the program? [Score]	Have you Enjoyed the program? [Feedback]	Any Question to CELEBRATING LIFE FOUNDATION- you want to learn about... [Score]	Any Question to CELEBRATING LIFE FOUNDATION- you want to learn about... [Score]	Any Question to CELEBRATING LIFE FOUNDATION- you want to learn about... [Score]	This type of Mind Engineering program are always good to participate. [Score]	This type of Mind Engineering program are always good to participate. [Score]	This type of Mind Engineering program are always good to participate. [Score]
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5	2020/11/2.gnbp2020.0.00 / 0	0.00 / 0	Debtanu Bhattacharyy	B.pharma	-- / 0		25	-- / 0	Yes	-- / 0	How to de	-- / 0		Strongly agree	-- / 0		Not
6	2020/11/2.gnbp2020.0.00 / 0	0.00 / 0	Souvik Banerjee	B. Pharma	-- / 0		69	-- / 0	Yes	-- / 0	.	-- / 0		Agree	-- / 0		.
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8	2020/11/2.gnbp2020.0.00 / 0	0.00 / 0	Imran Khan	b.pherm 1	-- / 0		32	-- / 0	Yes	-- / 0	No	-- / 0		Agree	-- / 0		No
9	2020/11/2.gnbp2020.0.00 / 0	0.00 / 0	Sahil Akhter Molla	B.Pharm 1	-- / 0		52	-- / 0	Yes	-- / 0	No	-- / 0		Agree	-- / 0		No
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