

Shri. Yashwantrao Bhonsale Education Society's
YASHWANTRAO BHONSALE COLLEGE OF D. PHARMACY

A/P.: Charathe, Vazarwadi, Tal: Sawantwadi, Dist: Sindhudurg (416 510)
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EVENT'S ALMANAC
Guest Lecture on Personality Development
(15th Dec. 2017)

“Style is a reflection of your attitude and your personality- said by Shawn Ashmore” with addition to this we can say that Personality is the actual reflection of your state of mind. If your mind is stable it reflects your noble character and vice-a-versa. Ultimately your overall personality is controlled by your mind. That is what the motto behind broadcasting of this program.

The session was conducted by Mr. Vinay Raut, the member of “SAHAJYOG” NGO organization. The said organization is working for the healthy mental health with the use of YOGA.



There are number of diseases as well as disorder that can be cured by power of subconscious mind for that purpose we must have healthy mind and which can be achieved by Meditation only.

In the present lecture Mr. Vinay Raut explained various points related with Kundalini and also explain the correlation of each and every point with our anatomical as well as physiological system.

At the end of session Mr. Vinay Raut conducted an exercise to show the student how they can remove all their worries, tensions and all the unwanted negative thoughts. After attending the session students felts refreshed.



The anchoring part was carried out by Ms. Namita Bhosale and the lecture was attended by Ms. Patle P.C., Mr. Redkar M. R. and Mr. Dhuri P. P.

Mr. Rukari T. G., Principal YBDP; explained the importance of meditation to the students and extends the gratitude towards Mr. Vinay Raut.

Lecture was concluded with the vote of thanks given by Ms. Namita Bhosale.

