



VIDYA VIKAS SHIKSHAN SANSTHA
TULASKAR COLLEGE OF PHARMACY

Hinganghat Dist. Wardha 442301
Approved by PCI, New Delhi & DTE, Maharashtra (DTE Code – 04751)
Affiliated to DBATU, Lonere & MSBTE, Mumbai



Report on
“Self-Realization and Meditation Workshop-cum-Seminar”

Organized by: Tulaskar College of Pharmacy, Hinganghat

Date: 06 December 2025

Venue: Seminar Hall, Tulaskar College of Pharmacy, Hinganghat

The Tulaskar College of Pharmacy, Hinganghat successfully organized a **“Self-Realization and Meditation Workshop-cum-Seminar”** on 06th December 2025 in the Seminar Hall. The objective of the program was to promote **mental well-being, inner balance, and holistic development** among students through guided meditation practices.

The event commenced with a warm welcome to the **Chief Guest, Mrs. Rushali Pund**, accompanied by the **Sahaj Yoga Team, Hinganghat**, whose presence greatly enriched the workshop. The dignitaries were welcomed formally by the college faculty and students.

Mrs. Rushali Pund delivered an inspiring session focusing on **self-realization, inner peace, awareness, and the benefits of regular meditation**. Her insightful explanations, practical demonstrations, and interactive approach helped students understand the depth and scientific aspects of Sahaj Yoga meditation. The Sahaj Yoga Team further guided participants through **hands-on meditation techniques**, enabling them to experience calmness, clarity, and mental relaxation.

Participants expressed that the session helped them enhance **focus, emotional stability, and stress management**, making the workshop highly impactful. The positivity and meaningful engagement brought by the Chief Guest and the team contributed significantly to the success of the program.

The college extends its heartfelt appreciation to **Mrs. Rushali Pund & the Sahaj Yoga Team** for their valuable time, motivational guidance, and dedicated efforts in promoting student wellness. Their contribution played a vital role in making the workshop informative, engaging, and memorable.

The program concluded with a formal vote of thanks, expressing gratitude to all dignitaries, faculty members, and students for their active involvement. The college looks forward to continued collaboration with the Sahaj Yoga Team in future initiatives focused on student development and well-being.



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Dr. Mahendra C. Gunde
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