



"ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार"
- शिक्षणमहर्षी डॉ. बापूजी साठुंसे
Shri Swami Vivekanand Shikshan Sanstha Kolhapur Sanchlit,
PADMABHUSHAN DR. VASANTRAODADA PATIL MAHAVIDYALAYA, TASGAON

NAAC Accredited "B++" Grade
Affiliated to Shivaji University, Kolhapur
Estd. : June 1962



Report of Art of living **(YOGA AND MEDITATION)**

Report submitted to
Internal Quality Assurance (IQAC)

2019-20

Title of the Programme:

“Art of living-Happiness Programme”-

YOGA and MEDITATION

Aims of programme:

To enhance intuition in girls

Organizing Department:

Ladies Hostel

**Date : 18th September – 23rd September
2019**

Venue : Ladies Hostel

**No. of Participants: 43 Girls two ladies
teachers.**

About Art of living: -

The **Art of Living Foundation** is a volunteer-based, humanitarian and educational non-governmental organization (NGO). It was founded in 1981 by Ravi Shankar. The Art of Living Foundation has centres in more than 156 countries. Art of Living offers several **stress-elimination and self-development programs** based on **breathing techniques, meditation and yoga**.



Group photo during ART OF LIVING course

Art of living (Yoga and Meditation):-

During **18th September – 23rd September 2019**, Rector of ladies hostel hosted 6 days' workshop entitled "Happiness programme" at the venue of dining

hall of ladies hostel under the guidance of Mr. Valmik Khairnar and Mrs Seema Khairnar. For this coarse Principal of College, Rector of hostel and 43 girls were present.



All participants doing Yoga during coarse

At the end of workshop Participants express their experience and trainers served delicious dish on the last day.



Teacher of course serving delicious dish on last day of course



Girl's enjoying plate of 'SAMOSA' served by teachers

Principal said the art of living happiness programme is a unique and profound breathing technique. A practical tool that restores body, mind, spirit into its natural rhymes of being and Sudarshan kriya has positively transformed millions and millions of lives. Along Sudarshan kriya, other powerful breathing technique, yoga and meditation taught in the interactive session of happiness programme is all that you need for an experience of happiness like never before.



Photograph with Teachers “Mr.Valmik Khairnar and Mrs Seema Khairnar”

Act of Giving Lease

PAGE NO. _____
DATE 18/09/2019

वसतिवठामध्ये दि. 18/09/2019 पासून 23/09/2019 पर्यंत 'सॉर्ट ऑफ लिडींग' कोर्स करून करण्यात आले संपन्न झाला.

सदर कोर्समध्ये वाम्बिक खेवेंगार आणि स्नीता खेवेंगार यांनी वसतिवठामधील मुलीना मार्गदर्शन केले. कोर्सपरम्यान ची तसेरी खातीपत्रमाणे -

	दि. 18/09/19	19/09/19	20/09/19	21/09/19	22/09/19	23/09/19
1.	S.M					700/-
2.	Sonarti	Sonarti	Sonarti	Sonarti	Sonarti	700/-
3.	Shinde	Shinde	Shinde	Shinde	Shinde	700/-
4.	Fonbali	Fonbali	Fonbali	Fonbali	Fonbali	700/-
5.	Netor		Netor	.	Netor	
6.	Anakhare	Anakhare	Anakhare	Anakhare	Anakhare	700/-
7.	Anakhar	Anakhar	Anakhar	Anakhar	Anakhar	700/-
8.	Seude	Seude	Seude	Seude	Seude	700/-
9.	Prachavan	Prachavan				
10.	Balmkhe.	Balmkhe.				700/-
11.	Patil	Patil				
12.	Jay	Jay	Jay	Jay		700/-
13.	Padhar	Padhar	Padhar	Padhar	Padhar	700/-
14.						
15.	Chougule	Chougule	Chougule	Chougule		700/-
16.	Gembade	Gembade	Gembade	Gembade	Gembade	700/-
17.	Chingate	Chingate	shingate	shingate	shingate	700/-
18.	Rel	Rel	Rel	Rel	Rel	700/-
19.	Slavate	Slavate	Slavate	slavate	Slavate	
20.	Dasush	Dasush	Dasush	Dasush	Dasush	
21.	Patil	Patil	Patil	Patil	Patil	700/-
22.	Patil	Patil	Patil	Patil	Patil	700/-
23.	Smare	Smare	Smare	Smare	Smare	700/-
24.	Kalebr	Kalebr	Kalebr	Kalebr	Kalebr	700/-
25.	Yadav	Yadav	Yadav	Yadav	Yadav	700/-
26.	Dasham	Dasham	Dasham	Dasham		700/-
27.	Bepalkar	Bepalkar	Bepalkar	Bepalkar		700/-
28.	Darel	Darel	Darel	1 Darel		700/-

	18/09/19	19/09/19	20/09/19	21/09/19	22/09/19	23/09/19
29.	Pkhilaei	Pkhilaei	Pkhilaei	Pkhilaei		700/-
30.	Patil	Patil	Patil	Patil	Patil	700/-
31.	Pengare	Pengare	Pengare	Pengare	Pengare	700/-
32.	Pali	Pali	Pali	Pali	Pali	700/-
33.	Patil	Patil	Patil	Patil	Patil	700/-
34.	Omarekar	Omarekar	Omarekar	Omarekar	Omarekar	700/-
35.	Omee	Omee	Omee	Omee	Omee	700/-
36.	Omali	Omali	Omali	Omali	Omali	700/-
37. (14)	Patil	Patil	Patil	Patil	Patil	700/-
38.	Patil	Patil	Patil			700/-
39.	Patil	Patil	Patil	Patil	Patil	
40-39	Fiyank	Fiyank	Fiyank	Fiyank	Fiyank	700/-
41-40	Pinkali	Pinkali	Pinkali	Pinkali	Pinkali	700/-
42-41	Patil	Patil	Patil	Patil	Patil	700/-
43-42	Amalhe	Amalhe	Amalhe	Amalhe	Amalhe	
43	Badhar	Badhar	Badhar	Badhar	Badhar	
मुलींची नावे :						
44	Patil	Patil	Patil	Patil	Patil	

1	Gingal yadav	15	chougale shraddha	29	khilari poonam	43
2	Kabugade Sonali	16	shembadesurekha	30	Patil Akshata	
3	shinde peachi	17	shingate priti	31	Lengare Pratiksha	
4	Tamboli simran	18	Lohar Revati	32	Mali Parvati P.	
5	Olekas Nikita	19	Lavate sayali	33	Patil Snehal B.	
6	Makhare vinaya	20	Desai san'yogita	34	zarekar Snehal	
7	Makhare vijaya	21	Patil Rohini	35	Mare shanashri	
8	Vazude shweta	22	Patil Nikita	36	Mali Rani B.	
9	Chavan Pratiksha	23	Mane Samruddhi	37	chougale shraddha	
10	salunkhe Projkta	24	Kolekar komal	38	Patil Snehal P.	
11	Patil Gauri	25	Yadav sevapnal	39	salunkhe P.B	
12	Lata Waghmode	26	Divate Dinkara	40	Koli P.M	
13	Jadhav pooja	27	Vedpathak sushama	41	Waikar St.	
14	Padwal Nisha	28	Sawant sampad	42	Medhe bishwarya	
15	Jadhav			43	Jadhav priyanka	
	Patil			44	peachi phalake	
	(M.V. Patil)			35,	प्राचार्य	

Alka Inamdar
IQAG Co-Ordinator,
PD VP Mahavidyalaya,
Tasgaon

Prin. Dr. Milind S. Hujare
Principal
Padmabhushan Dr. Vasantrodada Patil
Mahavidyalaya, Tasgaon (Sangli).