'Dissemination of Education through Knowledge, Science and Culture'
-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Padmbhushan Dr. Vasantraodada Patil Mahavidyalaya,

Tasgaon Sangli-416312, Maharashtra



Title of the Programme : "Art of living-Happiness Program"

In collaboration with Art of Living Foundation

Aims of program: To enhance intuition in girls Organizing

Department : Ladies Hostel

Date : 7th August-12th August 2018

Venue : Ladies Hostel

No. of Participants :45 Girls, Principal and Rector.

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 centers in more than 156 countries. Art of Living offers several **stress-elimination and self-development programs** based on **breathing techniques, meditation and yoga**.

Art of living (Yoga and Meditation):-

During 7th August-12th August 2018, Rector of ladies hostel hosted 6 days' workshop entitled "Happiness program" 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 15 girls were present.

At the end of workshop Participants express their experience.

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 ans 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.

Ms. M. U. Patil

Photographs of programme

(Yoga and meditation)









List of Participants:

Sr. No.	Name of the Students	718118	818	918	1018	11/8	1218
1	Shinde Prachi Bandu	Proub B	Peculity.	Fraith	Grachet	Areichile	
2	Shinde Nilam S.	Miles	Miles	Mar	Meler	Neder	Milen
3	Pinjari Kondabai Y	Dayon	Paryer	Pargue.	Rongere	penjer	-Ruger
4	Waghmade Violya s.	Medbyg	Wednes	Jutelly	Welner	Whene	Lether
5	Mulia Marjeena M.	(Mulley	Philad	(Plube	Theles	alulu	Muller
6	Patil Snetal P.	Frebert	Bretal	Jahhal	Brehal	Brehal	Shehal
7	Padwal Nisha S-	Nishal	Nishal	NishaP	Nishal	Nishap	Nishap
8	Kabugade sonali M.	Joncolek	Soncile	Jones	donale	Scrali	Soral
9	chaugule shradhha	Though	Chuque	Thought	Though	house	
10	Gidde snehal	Modela	Scridela	Ciclet	Bidde	Hidde	Herelds
11	Solapure Ayesha	Mesho	Lyche	Much	Ayeshu	bruha	byesha
12	Jadhar Pooya	Chalhay	Padrew	Galler	Calhar	Tules	Jaches
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14	Diwate Darshna	Drowo	Directed		Privatel)	Double	
15	Patil Rohini	South	July.	Beille	Soull	Sattle.	Julia
16	Patel Nitita	NEWER	Nikel	NitreP	Nothal	Milital	NEBP
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19	Jadhar Prisarlea	Ryan	Pryal	PEYELD	PETER	Pryces	Pried
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21	Mali Ran	Nelst.	pulse	Aluly	Rult	Mult	MUX
22	Phalake practy	Philip	Photo	Phila	Phile		Methe
23	khochare Prajakta		Pink	Bek	tak	Hat	Frek
24	Dhou kajal	Dusk	Dule	Duk	Dode	Dele o	DAL
25	Nikam Rohini	retur	Milem	Malin	Klein		Mulm
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31	Pol pooja	Pulp	Tuby.	Duray	Lupp	-	Sarp
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33	Sawant Sampada	-	Sumps	Samps	Samps		Semps

Sr. No.	Name of the Students						
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36	Patu Shravani	Justs	Red 19	Jarly	Sur 15	Bull	Bull
37	Patol Gouri	Germ	Gove	Gover	Gen	Gur	Gun
38	Kadam Shradhha	Feerlas	(Euda)	tand	Carel	tacker	Fadus
39	Walker Shradhha	Waster	Wanters	Waiters	The same of the sa	Walter	Weiter
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41	Jadhar pooja	Lopour	Lapon	Lyonga	- fapor	Saper	0
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43	Patil Pratiksha	Speak	Layer	Spat	Sepak	Lopati	Sugati
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