

न्त्रान, विकान असीच नुसंस्कार पोतारी विकास प्रसार-- विकासकर्य ता, कहारी साहस

Shri Swami Virekassad Shiftshas Laustha Raillegar Saochill,
PADMABHUSHAN DR. VASANTRAODADA PATIL MAHAVIDYALAYA, TASGAON

NAAC Accredited "B++" Grade Affiliated to Shivaji University, Kelhapur 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 Sept. to 23rd Sept. 2019

Venue: Ladies Hostel

No. of Participants: 43 Girls and 02 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"

fet of Living loave 18 109 2019 वसतिग्रमामये पि. 18 10912019 पार्यम 2310912019 पर्यम् मार्ट भाष मिलींग कोर्म करू करक्यात साधा संपन् ज्ञाला. सप्र कोर्ममधे वान्मीक व्यवस्थार नामि व्योगा व्यवस्थार मुलीना मार्भपरीन केले. यांनी वसतिग्टरामधील कोर्सपरम्यान ची तमेरी स्वालीलप्रमार्ग -22/09/19 23/09/19 21/09/19 14. 18/09/19/19/09/19 20109119 1. 5 M-M 7001-Sonard Smart. Sona off. Para Sonaoff. 4001-2. Heinde Shinde Thinks diede tulude 3. 7001-Forbali Toobal Entali Finhali Finhali 7001-5 NotoE Aprox Older-Makhare 7001-Shakhare makhare Makhore Shakhare 7 . Amakhanc. (Brakhon Analchon Arothor. anakhore. 7001-Semles. Rude Sude - Quelen 8. Saule 7001pphayon APChowom. tombhe. 10. Stalmline 7001-11 . Patilite-PatilGe-12. Low Las upp Law 7001-13. Pathav Palhav. Plhow (Felhay_ Godbay-1001-14. 15. Schougule Schougule Schougule Achougule. 7001-16. ambade Gentade andrate Grentade_ Gentral 7001-17. Chinghte Shingate shipporte shimate shimacte_ 7001-18. Pal Pol Rel Pol Ral 2001-19. Baust Quent Barnte Sounte Pounti 10. OCOUNT-Derien .. Destush BOOLISY) MORISS 1 21. PRUL (PBH) 7001 -PREL (PSH) 22. PATEL OD! Not-Water 7001-23. Brians. Bmane. Burne Brunc. 1001-Quero 24. Kalebr thelebr buletro baletac Kalebor 7001-25. WOO CO Duchame Downan 7001-MORE WORK 36. Tachan Donhana 7001-Betrahat Sapatar 27. (Patalval) 7001-28. Dure! Durk 7001-1 200

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Ms. M. U. Patil

Co-ordinator

Sanshthamata Sushil Devi Salunkhe Girl's hostel