



*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: 18<sup>th</sup> Sept. to 23<sup>rd</sup> 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 **18<sup>th</sup> September – 23<sup>rd</sup> 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

PROF. NO. 18/09/2019

वसतिवठामध्ये दि. 18/09/2019 पासून 23/09/2019 पर्यंत 'मार्ट ऑफ सिटींग' कोर्स करून कसब्यात साध्य संपन्न झाला.

सद्य कोर्समध्ये वास्वीक खेवंगार आणि रीति खेवंगार यांनी वसतिवठामधील मुलींग मार्गदर्शन केले. कोर्सपरम्यान ची तसेरी खालीलप्रमाणे -

	दि. 18/09/19	19/09/19	20/09/19	21/09/19	22/09/19	23/09/19
1.	<del>S.M.M</del>					700/-
2.	<del>Sonarti</del>	Sonarti	Sonarti	Sonarti	Sonarti	700/-
3.	<del>Stiude</del>	Stiude	Stiude	Stiude	Stiude	700/-
4.	<del>Fonbali</del>	Fonbali	Fonbali	Fonbali	Fonbali	700/-
5.	<del>Netot</del>		Netot		Netot	
6.	<del>Shakhare</del>	Shakhare	Shakhare	Shakhare	Shakhare	700/-
7.	<del>Anakhare</del>	Anakhare	Anakhare	Anakhare	Anakhare	700/-
8.	<del>Seude</del>	Seude	Seude	Seude	Seude	700/-
9.	<del>Abharam</del>	Abharam				
10.	<del>Balmkhe.</del>	Balmkhe.				700/-
11.	<del>Patike</del>	Patike				
12.	<del>Law</del>	Law	Law	Law		700/-
13.	<del>Palhav</del>	Palhav	Palhav	Palhav	Palhav	700/-
14.						
15.	<del>Chougule</del>	Chougule	Chougule	Chougule		700/-
16.	<del>Gembade</del>	Gembade	Gembade	Gembade	Gembade	700/-
17.	<del>Chingate</del>	Chingate	shingate	shingate	Chingate	700/-
18.	<del>Rel</del>	Rel	Rel	Rel	Rel	700/-
19.	<del>Gavate</del>	Gavate	Gavate	slavate	Gavate	
20.	<del>Devshy</del>	Devshy	Devshy	Devshy	Devshy	
21.	<del>Patil</del>	Patil	Patil	Patil	Patil	700/-
22.	<del>Pate</del>	Pate	Pate	Pate	Pate	700/-
23.	<del>Smare</del>	Smare	Smare	Smare	Smare	700/-
24.	<del>Kalebr</del>	Kalebr	Kalebr	Kalebr	Kalebr	700/-
25.	<del>Yadav</del>	Yadav	Yadav	Yadav	Yadav	700/-
26.	<del>Desham</del>	Desham	Desham	Desham	Desham	700/-
27.	<del>Beparkat</del>	Beparkat	Beparkat	Beparkat	Beparkat	700/-
28.	<del>Dual</del>	Dual	Dual	Dual	Dual	700/-

	18/09/19	19/09/19	20/09/19	21/09/19	22/09/19	23/09/19
29.	Pchilaei	Pchilaei	Pchilaei	Pchilaei		700/-
30.	Pchilaei	Pchilaei	Pchilaei	Pchilaei	Pchilaei	700/-
31.	Pengare	Pengare	Pengare	Pengare	Pengare	700/-
32.	Pali	Pali	Pali	Pali	Pali	700/-
33.	Patil	Patil	Patil	Patil	Patil	700/-
34.	Parekar	Parekar	Parekar	Parekar	Parekar	700/-
35.	Pare	Pare	Pare	Pare	Pare	700/-
36.	Pare	Pare	Pare	Pare	Pare	700/-
37. (14)	Parekar	Parekar	Parekar	Parekar	Parekar	700/-
38.	Patil	Patil	Patil			700/-
39.	Patil	Patil	Patil	Patil	Patil	
40.39	Patil	Patil	Patil	Patil	Patil	700/-
41.40	Patil	Patil	Patil	Patil	Patil	700/-
42.41	Patil	Patil	Patil	Patil	Patil	700/-
43.42	Patil	Patil	Patil	Patil	Patil	

43. Patil  
मुनीची गावे :

44. Patil Patil Patil Patil Patil

1. Binjal yadav	25. chougale shradha	39. khilari peenam
2. Kabugade sanali	16. chembade suneha	30. Patdar Akshata
3. shinde peachi	17. shingate priiti	31. Lengare Pratiksha
4. Tamboli simran	18. Lohar Revati	32. Mali Parvati P.
5. Alekar 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 Samudhri	37. chougale shradha
10. salunkhe Projka	24. kalekar kornal	38. Patil Snehal. P.
11. Patil Gauri	25. Yadav sevapnal	39. salunkhe. P. B.
12. Lata Waghmare	26. Divate Dimple	40. Koli P. M.
13. Jadhav pooja	27. Vedpathak sushma	41. Waker St.
14. Padwal Nisha	28. Sawant sampad	42. Medhe bishwarya
15. Jadhav		43. Jadhav priyanta
Patil		44. peachi phalake
(M.V. Patil)		55. प्राचार्य

Patil

Ms. M. U. Patil

Co-ordinator

Sanshthamata Sushil Devi Salunkhe Girl's hostel