

‘Dissemination of Education through Knowledge, Science and Culture’

-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha’s

Padmbhushan Dr. Vasantodada Patil Mahavidyalaya,

Tasgaon Sangli-416312, Maharashtra

Report of Art of living (Yoga and Meditation)

Title of the Programme	: “Art of living-Happiness Program”
In collaboration with	Art of Living Foundation
Aims of programme	: 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 course 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 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.

Ms. M. U. Patil

Photographs of programme

(Yoga and meditation)





Sr. No.	Name of the Students						
34	Wedpattak Sushma	Welpattak	Welpattak	Welpattak	Welpattak	Welpattak	Welpattak
35	More Dhanashri	Mored	Mored	Mored	Mored	Mored	Mored
36	Patil Shrivani	Patils	Patils	Patils	Patils	Patils	Patils
37	Patil Gauri	Gauri	Gauri	Gauri	Gauri	Gauri	Gauri
38	Kadam shradhha	Kadam	Kadam	Kadam	Kadam	Kadam	Kadam
39	Warkar shradhha	Warkar	Warkar	Warkar	Warkar	Warkar	Warkar
40	Nalwade komal	Komal	Komal	Komal	Komal	Komal	Komal
41	Jadhav pooja	Japoya	Japoya	Japoya	Japoya	Japoya	(A)
42	Gavali snehal	Snehal	Snehal	Snehal	Snehal	Snehal	snehal
43	Patil Pratiksha	Patil	Patil	Patil	Patil	Patil	Patil
44	Chavan Tan snehal	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan
45	Waghmode leta	Leta	Leta	Leta	Leta	Leta	Leta
46	Yadav Sinegal	Sinegal	Sinegal	Sinegal	Sinegal	Sinegal	Sinegal
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