'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 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 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	8/8	918	1018	11/8	1218
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