'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

Report of Firt of living (Yoga and Meditation)

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 : 7<sup>th</sup> August-12<sup>th</sup> 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 7<sup>th</sup> August-12<sup>th</sup> 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	1118	1218
1	Shinde Prachi Bandu	Freich B	Pecelib	Szach	Seachot	greichet	Prachi
2	Shinde Nilam S.	Mileen	Men	Nilon	Milen	Nelen	Melon
3	Pinjari Kondabai Y.	Deryour	Pinjue	Pargue	Prayere		
4	Waghmode Violya s.	Welly9	Mudhya	Jubelly	Welnes	Wholmer	hedhio
5	Mula Marjeena M.	(Mulian.	Ahre	Huly	Muller	Pluse	Mules
6	Patil Snehal P-	Probab	Snehal	Jahhal	Brehol	Brehal	Sheha
7	Padwal Nisha S-	Nishal	Mishal	Wishal	Nishal	Nisher	Nishaf
8	Kabugade sonali M.	Jonalek	Sonali	Sonet	forcell	Sonali	Sonal
9	chougule shradhha	Charge	Chugue	Changule		house	hoven
10	Gidde snehal	Schola	Stridele	Scidel	Bidde	Sticke	ferelds
11	Solapure Ayesha	Mesho	Tyche	Mycshi	Ayeshu	Lyesha.	tyesha
12	Jadhar Pooya	Calhan	Pachar	Padhor	Cachen	Enchano	Jack
13	kaleguti Vijaya	Wy young	Trojaya	Vijaya	Vijay 1	Jujaya	Vijayo
14	Divate Darshna	Drower	Diwester	Drooted	Tweeter	Discoto	
15	Patil Rohini	South	July	South	South	Satur	Soulh
16	Patul Nikita	Nikital	Nikital	Nititel	Nitital	Nitital	Nikiter
17	Vourude su eta	Voruele	Variete	Voruele	Jeoniek	Veniele	Vanide
18	Medhe Aishwaya	(N) tap	WARD 1	Marsh	Marsh	MADON	Mhish
19	Jadhar Prigarda	Ryan	Priyat	Pryad	Priyer	Pryco	Pryal
20	thilari poonam	Chlaris	Chlank	Chland	thians		Chilast
21	Mali Ran	Neld.	Nula	Maly	Rady	Medif	melx
22	Phalake prachi	Phelp	Phila	Phila	Physe		Methe
23	Khochare Prajakta	feejd	Pink	Brak	Pak	huy	Brok
24	Dhou kajal	Dusk	Dule	Duk	Dode	Delle	DAL
25	Nikam Rohini	reller		Nalin	Kelin		Muln
26	Thorat Sujata	Sugarol	Sugarta	Sujatet		Sugartest	
27	chandwale snehal	Chardwale	Chardenal				
28.	chormule Madhuri	Ruhun	Dulhun	Ruther	Rellin	M. Shew	Marthur
29	Gaikwad kantika	tentites	Kentitel	trentites	tantites	Jack 18	fanto
30	Shinde Sanika	Shinde -	Shrele	Shinde	Shinde	chinde	shinel
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37	Patol Gouri	Gori	Govs	Gover	Gur	Gur	Gun
38	kadam shradhha	Terros	Fuela	tavio	Karole	Kareterd	Kadons
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42	Gavali snehal	gretal	Sneter	gneral	Thehed	erehed	gretel
43	Patil Pratiksha	Spali'	Segret	Spati	Sepak	Sepatil	Perpety
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