



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 September – 23rd September
2019**

Venue : Ladies Hostel

**No. of Participants: 43 Girls two 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”

Act of Giving Lease

PAGE NO.
 DATE 18/09/2019

वसतिगृहामध्ये दि. 18/09/2019 पासून 23/09/2019 पर्यंत 'हार्ट ऑफ सिटींग' कोर्स करून करण्यात आलेल्या संपन्न झाला.

सदर कोर्समध्ये वास्तविक खेवेंगार आणि खेनी खेवेंगार यांनी वसतिगृहामधील मुलींना 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. S.M					700/-
2. Sonali	Sonali	Sonali	Sonali	Sonali	700/-
3. Shinde	Shinde	Shinde	Shinde	Shinde	700/-
4. Fonbali	Fonbali	Fonbali	Fonbali	Fonbali	700/-
5. Dikar		Dikar		Dikar	
6. Anakhare	Anakhare	Anakhare	Anakhare	Anakhare	700/-
7. Anakhare	Anakhare	Anakhare	Anakhare	Anakhare	700/-
8. Seude	Seude	Seude	Seude	Seude	700/-
9. Prachan	Prachan				
10. Balmiche	Balmiche				700/-
11. Patil	Patil				
12. Law	Law	Law	Law		700/-
13. Padhar	Padhar	Padhar	Padhar	Padhar	700/-
14.					
15. Chougale	Chougale	Chougale	Chougale		700/-
16. Gembade	Gembade	Gembade	Gembade	Gembade	700/-
17. Chingate	Chingate	Chingate	Chingate	Chingate	700/-
18. Rel	Rel	Rel	Rel	Rel	700/-
19. Slavati	Slavati	Slavati	Slavati	Slavati	
20. Dasary	Dasary	Dasary	Dasary	Dasary	
21. Patil	Patil	Patil	Patil	Patil	700/-
22. Patil	Patil	Patil	Patil	Patil	700/-
23. Smare	Smare	Smare	Smare	Smare	700/-
24. Kalebr	Kalebr	Kalebr	Kalebr	Kalebr	700/-
25. Yadav	Yadav	Yadav	Yadav	Yadav	700/-
26. Dasham	Dasham	Dasham	Dasham	Dasham	700/-
27. Bepalok	Bepalok	Bepalok	Bepalok		700/-
28. Dar	Dar	Dar	Dar		700/-

	18/09/19	19/09/19	20/09/19	21/09/19	22/09/19	23/09/19
29.	Pkhilaei	Pkhilaei	Pkhilaei	Pkhilaei		700/-
30.	Patil	Patil	Patil	Patil	Patil	700/-
31.	Pengare	Pengare	Pengare	Pengare	Pengare	700/-
32.	Pali	Pali	Pali	Pali	Pali	700/-
33.	Patil	Patil	Patil	Patil	Patil	700/-
34.	Omarekar	Omarekar	Omarekar	Omarekar	Omarekar	700/-
35.	Omee	Omee	Omee	Omee	Omee	700/-
36.	Omali	Omali	Omali	Omali	Omali	700/-
37. (14)	Patil	Patil	Patil	Patil	Patil	700/-
38.	Patil	Patil	Patil			700/-
39.	Patil	Patil	Patil	Patil	Patil	
40-39	Patil	Patil	Patil	Patil	Patil	700/-
41-40	Pinkali	Pinkali	Pinkali	Pinkali	Pinkali	700/-
42-41	Patil	Patil	Patil	Patil	Patil	700/-
43-42	Amalhe	Amalhe	Amalhe	Amalhe	Amalhe	

43	Badhar	Badhar	Badhar	Badhar	Badhar
मुलींची नावे :					
44	Patil	Patil	Patil	Patil	Patil

1	Gingal yadar	15	chougale shraddha	29	khilani poonam	43
2	Kabugade Sonali	16	shembade suneha	30	Patdar Akshata	
3	shinde peachi	17	shingate priti	31	Lengare Pratiksha	
4	Tamboli simran	18	Lohar Revati	32	Mali Parvati P.	
5	Olekas 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	Mole shanashri	
8	Vazude shweta	22	Patil Nikita	36	Mali Rani B.	
9	Chavan Pratiksha	23	Mane Samruddhi	37	chougale shraddha	
10	salunkhe Projeta	24	Kolekar komal	38	Patil Snehal P.	
11	Patil Gauri	25	Yadav swapnal	39	salunkhe P.B.	
12	Lata Waghmode	26	Divate Dhanashri	40	Koli P.M.	
13	Jadhav pooja	27	Vedpathak sushama	41	Waikar St.	
14	Padwal Nisha	28	Sawant sampad	42	Medhe bishwarya	
15	Jadhav			43	Jadhav priyanka	
	Patil			44	peachi phalake	
	(M.V. Patil)					

Patil

Ms. M. U. Patil

Co-ordinator

Sanshtamata Sushil Devi Salunkhe Girl's hostel