

‘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 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 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)



REPORT FOR ART OF LIVING (YOGA AND MEDITATION)





Sr. No.	Name of the Students						
34	Wedpattak Sushma	<del>Wedpattak</del>	<del>Wedpattak</del>	<del>Wedpattak</del>	<del>Wedpattak</del>	<del>Wedpattak</del>	<del>Wedpattak</del>
35	More Dhanashri	<del>More</del>	<del>More</del>	<del>More</del>	<del>More</del>	<del>More</del>	<del>More</del>
36	Patil Shravani	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>
37	Patil Gouri	<del>Gouri</del>	<del>Gouri</del>	<del>Gouri</del>	<del>Gouri</del>	<del>Gouri</del>	<del>Gouri</del>
38	Kadam Shradhha	<del>Kadam</del>	<del>Kadam</del>	<del>Kadam</del>	<del>Kadam</del>	<del>Kadam</del>	<del>Kadam</del>
39	Warkar Shradhha	<del>Warkar</del>	<del>Warkar</del>	<del>Warkar</del>	<del>Warkar</del>	<del>Warkar</del>	<del>Warkar</del>
40	Nalwade Komal	<del>Komal</del>	<del>Komal</del>	<del>Komal</del>	<del>Komal</del>	<del>Komal</del>	<del>Komal</del>
41	Jadhav pooja	<del>Jadhav</del>	<del>Jadhav</del>	<del>Jadhav</del>	<del>Jadhav</del>	<del>Jadhav</del>	(B)
42	Gavali snehal	<del>snehal</del>	<del>snehal</del>	<del>snehal</del>	<del>snehal</del>	<del>snehal</del>	<del>snehal</del>
43	Patil Pratiksha	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>	<del>Patil</del>
44	Chavan Tan snehal	<del>Chavan</del>	<del>Chavan</del>	<del>Chavan</del>	<del>Chavan</del>	<del>Chavan</del>	<del>Chavan</del>
45	Waghmode Lata	<del>Lata</del>	<del>Lata</del>	<del>Lata</del>	<del>Lata</del>	<del>Lata</del>	<del>Lata</del>
46	Yadav Sinegal	<del>Sinegal</del>	<del>Sinegal</del>	<del>Sinegal</del>	<del>Sinegal</del>	<del>Sinegal</del>	<del>Sinegal</del>
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