

प्रान्, विकान नहींत्र कृतिकार प्रोक्तवी विकास प्राव्धाः - विकासमूर्ति हो, सहस्रे स्वयुक्ति

thei Sazes Virekaused Selinhan Lasetha Rethapar Lasehit,
PADMABHUSHAN DR. VASAHTRADDADA PATIL MAHAVIDYALAYA, TASGAON

NAAC Accredited "B++" Grade Affiliated to Shivaji University, Kelhapur Estd.: June 1962



Report of Firt 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"

fet of Living loave 18 09 2019 वसतिभ्रमामये दि १४ विष्ठ १२ वाष्ट्र पार्यम २३ विष्ठ १२ वर्मन मार्ट भाष मिलींग कोर्म करू करक्मात साधा संपन ज्ञाला. स्पर कोर्समधे वान्मीक य्वेरमार नालि स्तिमा स्वेरमार मुलीना मार्गपरीन केले. यांनी वसतिग्टरामधील कोर्सपरम्यान ची तमेरी स्वालीलप्रमार्ग -22/09/19 23/09/19 21/09/19 14. 18/09/19/19/09/19 20109119 1. SM-M 7001-Sonard Smart. Dona alt. Monapal . Sonaoff. 4001-2. Heinde Shinde Hinde divide tulude 3. 7001-Forbali Tonbali Enhali Finhali Tombali 7001-5. NotoE Aprox OHE Grakhare 7001-Shakhare Shakhare Shakhare Makhare Amakhane. 7. (Brakhan Analchone Amittank. anakhore. 7001-Sender. - Bude-Rude Sculle 8. Saule 7001-PR hawlan APChowom. tombhe. 10. Stalmiche 7001-11 . Partille-Patillet 12. Low las upp 7001-Lau 13. Pathav Palhov. Plhow (talkay Bollow-1001-14. 5 Schougule Schougule Schougule Achougule. 7001-16. ambade Gentrale andrate Gertinde_ Gentral 7001-17. Chinglete Shingate_ shipporte shimote shimote 7001-18. Pal Pol Rel_ Dol. Rel 7001-19. Baush Bunt Barnt Sounte Pounti 10. OCTUME -DOWN . Occush BOOK BY STORY ST 21. PRUL (PBU) 7001 -PELL (PSH) Pott 22. OD H (Not) Water 7041-23. Bruans. 2mane Burne Brianc. 1001-Quarro 24. Killebr Chlebr buletre baleton Kalebor 700 25. WOOD A Duchame Openan Moder 7001-WORK 36. tachan Danhana 7001-Batarrat Sapatlar 27. (Scholles 7001-28. Sur Bust 7001-1 Deal.

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Ms. M. U. Patil

Co-ordinator

Sanshthamata Sushil Devi Salunkhe Girl's hostel