



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

वसतिवठामध्ये दि. 18/09/2019 पासून 23/09/2019 पर्यंत 'मार्ट ऑफ मिटींग' कोर्स वरून कसब्यात साधन संपन्न झाला.

सदर कोर्समध्ये वास्वीक खेवंगार आणि रूनीता खेवंगार यांनी वसतिवठामधील मुलींग 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.	<u>S.M.M</u>					700/-
2.	<u>Sonatti</u>	<u>Sonatti</u>	<u>Sonatti</u>	<u>Sonatti</u>	<u>Sonatti</u>	700/-
3.	<u>Stiude</u>	<u>Stiude</u>	<u>Stiude</u>	<u>Stiude</u>	<u>Stiude</u>	700/-
4.	<u>Fonbali</u>	<u>Fonbali</u>	<u>Fonbali</u>	<u>Fonbali</u>	<u>Fonbali</u>	700/-
5.	<u>Dikot</u>		<u>Dikot</u>		<u>Dikot</u>	
6.	<u>Shakhare</u>	<u>Shakhare</u>	<u>Shakhare</u>	<u>Shakhare</u>	<u>Shakhare</u>	700/-
7.	<u>Amkhar</u>	<u>Amkhar</u>	<u>Amkhar</u>	<u>Amkhar</u>	<u>Amkhar</u>	700/-
8.	<u>Seude</u>	<u>Seude</u>	<u>Seude</u>	<u>Seude</u>	<u>Seude</u>	700/-
9.	<u>Abhawan</u>	<u>Abhawan</u>				
10.	<u>Balmkhe</u>	<u>Balmkhe</u>				700/-
11.	<u>Patike</u>	<u>Patike</u>				
12.	<u>Lav</u>	<u>Lav</u>	<u>Lav</u>	<u>Lav</u>		700/-
13.	<u>Padhav</u>	<u>Padhav</u>	<u>Padhav</u>	<u>Padhav</u>	<u>Padhav</u>	700/-
14.						
15.	<u>Chougule</u>	<u>Chougule</u>	<u>Chougule</u>	<u>Chougule</u>		700/-
16.	<u>Gerbade</u>	<u>Gerbade</u>	<u>Gerbade</u>	<u>Gerbade</u>	<u>Gerbade</u>	700/-
17.	<u>Chingate</u>	<u>Chingate</u>	<u>shingate</u>	<u>shingate</u>	<u>Chingate</u>	700/-
18.	<u>Rel</u>	<u>Rel</u>	<u>Rel</u>	<u>Rel</u>	<u>Rel</u>	700/-
19.	<u>Gavate</u>	<u>Gavate</u>	<u>Gavate</u>	<u>Gavate</u>	<u>Gavate</u>	
20.	<u>Dusay</u>	<u>Dusay</u>	<u>Dusay</u>	<u>Dusay</u>	<u>Dusay</u>	
21.	<u>Prat</u>	<u>Prat</u>	<u>Prat</u>	<u>Prat</u>	<u>Prat</u>	700/-
22.	<u>Prat</u>	<u>Prat</u>	<u>Prat</u>	<u>Prat</u>	<u>Prat</u>	700/-
23.	<u>Smare</u>	<u>Smare</u>	<u>Smare</u>	<u>Smare</u>	<u>Smare</u>	700/-
24.	<u>Kalebr</u>	<u>Kalebr</u>	<u>Kalebr</u>	<u>Kalebr</u>	<u>Kalebr</u>	700/-
25.	<u>Yakur</u>	<u>Yakur</u>	<u>Yakur</u>	<u>Yakur</u>	<u>Yakur</u>	700/-
26.	<u>Dusham</u>	<u>Dusham</u>	<u>Dusham</u>	<u>Dusham</u>	<u>Dusham</u>	700/-
27.	<u>Beparkat</u>	<u>Beparkat</u>	<u>Beparkat</u>	<u>Beparkat</u>	<u>Beparkat</u>	700/-
28.	<u>Duat</u>	<u>Duat</u>	<u>Duat</u>	<u>Duat</u>	<u>Duat</u>	700/-

	18/09/19	19/09/19	20/09/19	21/09/19	22/09/19	23/09/19
29.	Pchilaei	Pchilaei	Pchilaei	Pchilaei		700/-
30.	Pchilaei	Pchilaei	Pchilaei	Pchilaei	Pchilaei	700/-
31.	Pengare	Pengare	Pengare	Pengare	Pengare	700/-
32.	Pali	Pali	Pali	Pali	Pali	700/-
33.	Patil	Patil	Patil	Patil	Patil	700/-
34.	Parekar	Parekar	Parekar	Parekar	Parekar	700/-
35.	Pare	Pare	Pare	Pare	Pare	700/-
36.	Pare	Pare	Pare	Pare	Pare	700/-
37. (14)	Parekar	Parekar	Parekar	Parekar	Parekar	700/-
38.	Patil	Patil	Patil			700/-
38.	Patil	Patil	Patil	Patil	Patil	
40-39	Patil	Patil	Patil	Patil	Patil	700/-
40-40	Patil	Patil	Patil	Patil	Patil	700/-
42-41	Patil	Patil	Patil	Patil	Patil	700/-
43-42	Patil	Patil	Patil	Patil	Patil	
43	Patil	Patil	Patil	Patil	Patil	
मुनीची नावे :						
44	Patil	Patil	Patil	Patil	Patil	

1	Singal yadav	15	chougale shradha	29	Khulani ponnam	43
2	Kabugade sanali	16	shembade suneha	30	Patil Akshata	
3	shinde peachi	17	shingate priiti	31	Lengare Pratiksha	
4	Tamboli simran	18	Lohar Revati	32	Mali Parvati P.	
5	Alekse 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	Mare shanashri	
8	Vazude shweta	22	Patil Nikita	36	Mali Rani B.	
9	Chavan Pratiksha	23	Mane Samudhri	37	chougale shradha	
10	salunkhe Projka	24	Kolekar komal	38	Patil Snehal P.	
11	Patil Gauri	25	Yadav swarnal	39	salunkhe P.B	
12	Lata Waghmode	26	Divate Dimple	40	Koli P.M	
13	Jadhav pooja	27	Vedpathak sushma	41	Walker St.	
14	Padwal Nisha	28	Sawant sampad	42	Medhe bishwarya	
15	Jadhav			43	Jadhav Prayanta	
	Patil			44	peachi phalake	
	(M.U. Patil)					

Patil

Ms. M. U. Patil

Co-ordinator

Sanshthamata Sushil Devi Salunkhe Girl's hostel