

A REPORT ON ART OF LIVING PROGRAM

Date: 04/07/2023 TO 07/07/2023 & 10/07/2023

Venue: Sarojini Naidu Vanita Pharmacy Maha Vidyalaya

Duration: 5 days

Timings: 9:00 AM - 11:00 AM

Trainer: Mrs. Shilpa Dhaduvai

No. of Participants: 13 (11+2)

Introduction:

The Happiness Program conducted by the Art of Living organization in our college aimed to promote overall well-being, stress management, and enhance the happiness quotient among students and faculty. The 5-day program was designed to impart practical knowledge and techniques to lead a more fulfilling and balanced life.

Day 1: Orientation and Introduction

On the first day, participants were introduced to the Art of Living principles and the structure of the program. They were acquainted with the key aspects of the program, which included breathing exercises, meditation, and interactive sessions to foster a positive and supportive environment.



Day 2: Sudarshan Kriya and Pranayama

The second day of the program focused on Sudarshan Kriya and Pranayama, which are powerful breathing techniques aimed at purifying the body and mind. Facilitators guided participants through various breathing exercises to increase vitality, reduce anxiety, and promote relaxation. Participants learned the art of rhythmic breathing to achieve a harmonious state of being.

Day 3: Dance Therapy

On the third day, the program introduced dance therapy as a medium to express emotions and release inner tensions. Participants engaged in various dance forms, including freestyle dancing and guided movements, which provided a sense of liberation and joy. Dance therapy sessions were designed to promote self-expression and instil a sense of positivity.



Day 4: Art of Living in Daily Life and Interpersonal Skills

On the fourth day, the program focused on integrating the learned techniques into daily life. Participants were encouraged to set goals and establish a routine to continue practicing the exercises learned during the program. The facilitators provided resources and ongoing support to help students stay committed to their well-being journey.

The program emphasized the significance of effective communication and interpersonal skills. Participants engaged in interactive exercises and role-playing scenarios to enhance their communication abilities, conflict resolution skills, and build positive relationships.

Day 5: Sharing and Celebration

The final day was dedicated to sharing experiences and celebrating the journey of the participants and also focused on long Sudarshan Kriya under the guidance of Sr. Trainer, Mr. Srinivas Rao. A group discussion allowed individuals to express their transformations and the positive impact the program had on their lives. The celebration also included a collective dance performance, spreading joy and positivity amongst everyone present.



Feedback and Impact:

- Reduced stress levels and increased ability to handle challenges.
- Improved focus and concentration leading to better academic performance.
- Enhanced communication and interpersonal skills, benefiting personal relationships.
- Greater sense of happiness, well-being, and emotional resilience.

The Happiness Program conducted by the Art of Living in our college proved to be a significant success. It provided students and faculty with valuable tools and techniques to lead a more balanced, peaceful, and joyful life. The program's impact extended beyond the five days, with participants continuing to practice the learned methods in their daily routines. Such initiatives are essential for promoting mental well-being and overall happiness among the college community. The college administration is appreciative of the Art of Living organization for conducting this transformative program and looks forward to hosting similar events in the future.

JAI GURUDEV 🙏