

Department of Sanskrit

Date- 16th July 2023

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

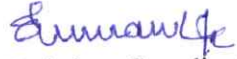
Subject: Permission for programme **“Beyond Breath Training for Youth”**

Respected Sir,

We are planning to conduct a programme “Beyond Breath Training for Youth” in collaboration with in collaboration with the Art of Living Foundation on 21st to 25th July 2023 at Appasaheb Pawar Auditorium. This initiative aimed to introduce young participants to mindfulness, stress management, and wellness techniques. This programme will include interactive session, practical exercise and discussion to promote mental well-being and personal growth among students.
Kindly give permission to conduct the programme.

Thanking You

Yours sincerely,



Workshop Coordinator, Head

Mr. Pranit Wabale



Date- 26th July 2023

Report on 'Beyond Breath Training for Youth'

Organized by: Tuljaram Chaturchand College of Arts, Science, and Commerce, Department of Sanskrit, in collaboration with the Art of Living Foundation.

Venue: Appasaheb Pawar Auditorium,

Program Overview

The Department of Sanskrit at Tuljaram Chaturchand College, in collaboration with the Art of Living Foundation, successfully conducted a **Beyond Breath Training for Youth** program. This initiative aimed to introduce young participants to mindfulness, stress management, and wellness techniques through the powerful tool of conscious breathing.

The program focused on equipping participants with techniques to enhance focus, mental clarity, and emotional resilience, fostering a positive outlook toward personal and academic challenges.

Participation and Key Activities

- **Participants:** 222 enthusiastic students attended the program.
- **Activities Conducted:**
 1. Introduction to the benefits of conscious breathing techniques.
 2. Interactive sessions on stress management strategies.
 3. Guided mindfulness and meditation exercises.
 4. Practical techniques for improving focus and emotional stability.
 5. Group discussions on overcoming challenges faced by youth.
 6. Energizing group activities to enhance engagement and participation.

Impact and Feedback

- **Immediate Benefits:** Participants reported experiencing calmness, improved focus, and reduced stress levels by the end of the session.



- **Skill Development:** The program empowered students with practical tools to manage their emotions and mental well-being effectively.
 - **Feedback:** Participants appreciated the interactive and hands-on approach, highlighting the usefulness of the techniques learned.
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Acknowledgment

The success of the program is attributed to:

- **Mr. Prnit Wabale** and the Sanskrit Department for organizing and coordinating the event.
 - The **Art of Living Foundation**, for providing expert trainers and facilitating impactful sessions.
 - The management of **Appasaheb Pawar Auditorium**, for hosting the event in a conducive environment.
 - The **participants**, for their enthusiastic involvement and engagement.
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Conclusion

The **Beyond Breath Training for Youth** program at Appasaheb Pawar Auditorium reflects Tuljaram Chaturchand College's commitment to promoting mental well-being and personal growth among students. By introducing students to practical breathing and mindfulness techniques, this initiative has laid the groundwork for healthier and more productive lifestyles. It serves as a model for future wellness programs aimed at youth development.

Sumantra
(Prof. P. P. Wabale) .



Beyond Breath Training Program for Youth

Date : 25th July 23

ATTENDANCE

Sr.No.	Name of participants	Signature
1.	Alka Rasal	Alka Rasal
2.	Vasudha Chandelgude	Chandelgude
3.	Sharaad rasal	Sharaad
4.	Jitendra G. Gowde	JGowde
5.	Kishori Bhujane, Sabar	Sabar
6.	Umed Sayyad	Umed
7.	Chandrakant Date	Date
8.	Madhuri Bhise	Bhise M.
9.	Sandip B. Balgude	Balgude
10.	Kaldate Balasaheb	Bikaldate
11.	Sachin Loyal	Sachin
12.	Vinay Vishnoi	Vinay
13.	Khomane Sunil	Sunil
14.	Mahesh Alange	Alange
15.	Satish Shivaji Rasal	Rasal S.S.
16.	Ranjit Kate	Kate R.
17.	Shubham Satish Bhopale	Bhopale S.S.
18.	Parshuram Aarotate	Aarotate P.
19.	Jarany Keshinath Chaudhari	Chaudhari S.





Prof. Dr. Avinash S. Jagtap
M.Sc. Ph.D.
PRINCIPAL

E-mail : principal.tccollege@gmail.com

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Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

Dist. Pune. Maharashtra, India.

Empowered Autonomous Status

Religious Minority Institute

NAAC Reaccredited 'A+' Grade, CGPA 3.55

NAAC-SSR

Cycle IV

2019 - 2024

Beyond Breath Traing Program for Youth



Khed, Maharashtra, India
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Long 73.994350
25/07/2023 08:56 AM GMT +05:30

Beyond Breath Traing Program for Youth dated 25/07/2023



Beyond Breath Traing Program for Youth dated 25/07/2023




Principal
Tuljaram Chaturchand College
Baramati