

Department of Sanskrit

Date-12/04/2024

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

Subject: Permission for **Happiness Program for Youth Conducted at Triveni Art of Living Ashram, Pune**

Respected Sir,

We are planning to conduct 'Happiness Program for youth', conducted at the Triveni Ashram of the Art of Living facility in Pune. The program was specifically designed for young individuals from various fields. The dates will be 18/04/2024 to 20/04/2024. The event will include of interactive sessions, practical exercises, and group discussions. Volunteers and students will learn techniques that would empower them to lead happier, more balanced lives.

Please allow students from department of Sanskrit to participate in this program and kindly give permission to conduct the programme.

Thanking You



Pranit Wabale
Workshop Coordinator, Head

Mr. Pranit Wabale

Report on 'Happiness Program for Youth' Conducted at Triveni Art of Living Ashram, Pune

The Happiness Program for Youth conducted at the Triveni Ashram of the Art of Living facility in Pune, on 18/4/24 – 20/4/24 was an enriching and transformative experience aimed at enhancing the overall well-being of individuals through practical techniques and philosophical insights. The program, organized by the Department of Sanskrit from Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati, focused on the core principles of emotional well-being, stress management, and achieving a higher state of mental peace and clarity. The program was specifically designed for young individuals from various fields to help them cope with the pressures of daily life, enhance their productivity, and promote holistic well-being. The event was a blend of interactive sessions, practical exercises, and group discussions.

Target Audience / Beneficiaries

- **Number of Participants:** 25 young individuals from various fields
- **Demographics:** The participants were a diverse group of young adults, including students, professionals, and others, all of whom were seeking ways to improve their emotional resilience, manage stress, and enhance their general happiness.
- **Objective:** The primary aim was to help the participants cultivate mental clarity, foster emotional well-being, and learn techniques that would empower them to lead happier, more balanced lives.

Organizing Team and Volunteers

- **Organizing Department:** Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati
- **Volunteers:** 7 volunteers from Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati.
 - These volunteers assisted in coordinating the event, ensuring smooth execution, guiding participants during activities, and offering general support throughout the program.
 - The volunteers played an important role in managing the logistics, as well as creating a welcoming and collaborative environment for the attendees.

Program Structure and Activities

The Happiness Program at the Triveni Ashram followed a well-structured format that was carefully crafted to engage the participants in various activities that would help them discover deeper levels of joy, peace, and emotional balance. It was a complete, doable, lifestyle solution for both body and mind.

Introduction to the Concept of Happiness

The program began with a talk on the foundational principles of happiness, including how happiness is perceived from different perspectives—philosophical, psychological, and spiritual.

- **Key Highlights:**
 - Understanding the science of happiness
 - The relationship between inner peace and external factors
 - The importance of mindfulness and self-awareness

Breathing and Meditation Techniques

A core aspect of the program was teaching participants techniques to enhance mental and emotional well-being through breathing exercises and meditation.



- **Key Exercises:**

- **Sudarshan Kriya:** A unique breathing technique developed by the Art of Living that helps reduce stress, increase mental clarity, and promote emotional stability.
- **Pranayama:** Breathing exercises designed to balance the mind and body.
- **Meditation:** Guided sessions focused on stilling the mind, increasing focus, and reducing anxiety.

Group Discussions and Reflection

The program included group discussions on topics related to managing stress, overcoming negative emotions, and staying positive in the face of challenges.

- **Focus Areas:**

- Personal reflections on happiness
- Sharing challenges and experiences in a safe and supportive environment
- Practical advice on maintaining mental peace in daily life

Interactive Sessions

Interactive sessions were designed to engage participants in practical exercises, such as stress-relief techniques, exercises for boosting emotional intelligence, and laughter yoga.

- **Key Activities:**

- **Laughter Yoga:** An activity where laughter was used as a tool for reducing stress and promoting a sense of joy and well-being.
- **Gratitude Exercises:** Participants wrote down things they were grateful for, fostering a mindset of appreciation.

Outcomes and Benefits

- **Improved Emotional Well-being:** Participants reported feeling more emotionally stable and better equipped to handle daily stress after engaging in the program. The breathing techniques taught helped reduce stress and calm the mind.
- **Enhanced Mental Clarity:** Many attendees expressed feeling more mentally clear, with improved focus and decision-making abilities.
- **Development of a Positive Outlook:** The interactive exercises and group discussions helped the participants develop a more positive outlook on life, emphasizing resilience, gratitude, and happiness.
- **Increased Sense of Community:** The group discussions and shared activities created a sense of belonging and camaraderie among the participants, fostering an environment of mutual support.

Feedback from Participants

The feedback collected from the participants indicated that the program had a significant impact on their overall outlook on life. Here are a few key points from the feedback:

- **Increased Peace and Calm:** Most participants appreciated the meditation and breathing techniques for helping them achieve a sense of inner peace.
- **Practical Tools for Daily Life:** Many participants expressed a desire to continue practicing the techniques learned during the program to manage stress in their personal and professional lives.
- **Positive Environment:** Participants appreciated the friendly and welcoming environment created by both the volunteers and the facilitators.

Sumawle

Prof. Pranit Wabale

Head, Department of Sanskrit, T. C. College, Baramati



Date: 16/1/20

ATTENDANCE

Sr.No.	Name	Signature
1)	Prochi° chinchkar	<u>Prochi</u>
2)	Prathamesh. chinchkar .	<u>Prathamesh</u>
3)	saudamini° khandogale	<u>Khandogale</u>
4)	Rupali° Rout .	<u>Rupali</u>
5)	Jagdish Bhedha .	<u>Jagdish</u>
6)	Meera Jachak	<u>Meera Jachak</u>
7)	Annapurna shah .	<u>Saha A.</u>



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

E-mail : principal.tccollege@gmail.com

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Anekant Education Society's

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Cycle IV

2019 - 2024

Conducted Art of Living Happiness Program at Triveni Ashram Pune



Conducted Art of living Happiness Program at Triveni Ashram Pune Dated 18-20 April 2024



Conducted Art of living Happiness Program at Triveni Ashram Pune Dated 18-20 April 2024



Principal
Tuljaram Chaturchand College
Baramati

Website - www.tccollege.org

Contact – 02112-222405 / 223635