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Department of Sanskrit

Date- 17/06/2023

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

Subject: Permission for program "**Special Art of Living Program for Police**".

Respected Sir,

I am writing to formally request permission to conduct program '**Special Art of Living Program for Police**' in collaboration with Baramati Police Station on 21st June 2023 at department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce, Baramati. The program will cover interactive session, involving practical exercises. This training program will introduce Baramati Police Station employees to various techniques for improving overall well-being through the principles of the Art of Living.

I kindly request your approval for this program.

Thanking You


Workshop Coordinator, Head

Mr. Pranit Wabale



Report on the Program: Special Art of Living Program for Police

Organized by: Tuljaram Chaturchand College of Arts, Science, and Commerce, Department of Sanskrit

In Collaboration with: Baramati Police Station

Event Name: Special Art of Living Program

Program Date: 21 June 2023

Beneficiary: All Employees of Baramati Police Station

Expert Speaker: Mr. Pranit Wabale, Head, Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce

The *Special Art of Living Program*, conducted on 21st June 2023, was designed to introduce Baramati Police Station employees to various techniques for improving overall well-being through the principles of the Art of Living. This program, organized by the Department of Sanskrit at Tuljaram Chaturchand College in collaboration with Baramati Police Station, focused on fostering mental clarity, stress management, and emotional resilience.

Led by Mr. Pranit Wabale, an expert in communication and wellness, the session covered key elements of the Art of Living philosophy, including breathing exercises, meditation, and techniques for emotional regulation. The session aimed to equip participants with the tools to cope with the stresses associated with their demanding roles, improve mental focus, and promote inner peace.

The event was attended by all employees of Baramati Police Station, with a mix of senior officers and staff. The session was highly interactive, involving practical exercises that allowed participants to experience the benefits of the techniques first-hand. Mr. Wabale guided the attendees through various relaxation techniques, deep breathing exercises, and mindfulness practices, creating a space for self-reflection and personal growth.

The program had a significant positive impact, as participants reported feeling more relaxed, centered, and focused. It provided a break from their routine work environment and introduced valuable tools for managing work-related stress. **Improved Stress Management:** Employees gained practical skills to manage work-related stress more effectively.

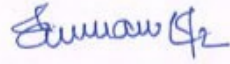
- Enhanced Emotional Resilience:** The program helped participants build emotional resilience, better equipping them to handle high-pressure situations.
- Better Mental Clarity:** Techniques such as breathing exercises and meditation improved mental focus and clarity among participants.
- Positive Participant Feedback:** Employees expressed high satisfaction with the program, praising its relevance to their daily work challenges.
- Increased Awareness of Well-being Practices:** Attendees developed a greater understanding of the importance of self-care and emotional health in their professional lives and improving their overall mental health.

The Department of Sanskrit at Tuljaram Chaturchand College extends sincere gratitude to Baramati Police Station for their collaboration and support in organizing this program. Special thanks



to Mr. Pranit Wabale for his insightful guidance and for delivering a session that was both informative and transformative for all attendees.

The *Special Art of Living Program* successfully achieved its goal of enhancing the well-being of Baramati Police Station employees by providing them with valuable techniques for managing stress and promoting emotional and mental health. Such initiatives play a critical role in supporting the workforce, especially in high-stress environments, fostering a more balanced, resilient, and productive workplace.



Prof. Pranit Wabale,

Head Sanskrit Department,


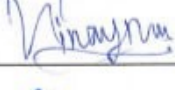

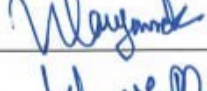
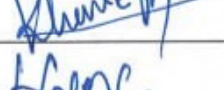
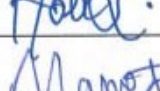
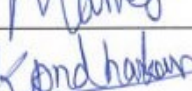




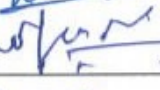
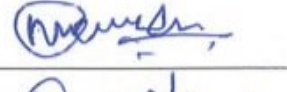

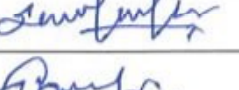
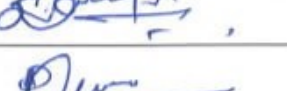
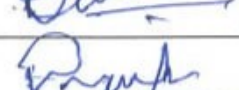
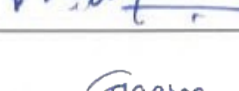

Tuljaram Chaturchand College, Baramati.



Special Art of Living Program for Police.

Date: 24/06/23

ATTENDANCE

Sr.No.	Name of participants	Signature
1)	Vadana Markar	
2)	Vinay Nishnoi	
3)	Virakshi Mane	
4)	Mahadev Waghmode.	
5)	Maharanda Korce	
6)	Sacito hole	
7)	Jeevan Mane	
8)	Praykta Kondhalce	
9)	Vilas Bhagat.	
10)	Yogita Bhapke	
11)	Prashant Ganp.	
12)	Chandrakant Kh.	
13)	Raghav S.N.	
14)	Ramesh S. Nene	
15)	Dixit S.P.	
16)	Jay P. Hinde.	
17)	R.P. Singh	
18)	Chinoy-patel.	
19)	Vilaa R. K.	




Principal
Tuljaram Chaturchand College
Baramati



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

Special Art of Living Program for Police



Special Art of Living Program for Police concluded at Baramati dated 21/06/2023

Special Art of Living Program for Police



Special Art of Living Program for Police concluded at Baramati dated 21/06/2023