



**Shree Kakasaheb Hiralal Maganlal Chaudhari
Art's, Commerce and Science College Nandurbar**

College Activity on Best Practice



“Happiness with Meditation and Yoga”

Activity Report 2018-19 to 2022-23

➤ **Title :- “Happiness with Meditation and Yoga”**

➤ **Objective:-**

- 1) The Art of Living Program aims to promote stress, free living, enhance well-being and foster sense of community through a combination of breathing exercises.
- 2) Meditation and practical wisdom teaching.
- 3) It focuses on personal development stress management and fostering a positive mindset.
- 4) Concentration of mind due to meditation practice at Har Ghar Dhyam

❖ **Meditation and Yoga**

The Art of Living Course explain the special benefit “ Sudarshan Kriya “ as mental focus increases the construction mind and relieve anxiety. Meditation is the way to take deep rest and be alert and conscious at the same time! It is the skill to calm the mind and get in touch with your inner joy. Meditation is the delicate art of doing nothing and letting go of all efforts to relax in your true nature, which is love, joy, and peace. The practice of meditation gives you deep rest. It is essential to reduce stress levels and maintain mental hygiene.

Meditation is a journey from sound to silence, from movement to stillness. Meditation is food for the soul. Music is food for emotions; knowledge is food for the intellect, entertainment is food for the mind and meditation is the food for our soul or spirit.

The benefits of meditation are manifold - a calm mind, focused attention, good concentration power, clarity of thoughts and feelings, balanced emotions in stressful situations, improved communication skills, the birth of new skills and talents, unshakeable inner strength, healing powers, ability to connect to an inner source of energy, relaxation, rejuvenation, and even the ability to attract good luck! These are all the natural effects of regular meditation practice.

➤ Outcome

The first benefit of mediation is it improves the bio-energy in our body; in our system. Have you noticed, sometimes you meet someone and for no reason you don't want to talk to them. Whereas with some other people whom you have not met so often, still you feel some sort of closeness with them and you feel comfortable. This is because of the positive energy. Meditation creates positive and harmonious energy around us.

The second benefit is it improves health. There is a lot of research now on how meditation helps in hypertension, diabetes, heart problems, skin problems, nervous system problems and a number of other problems.

Third, meditation can help one to keep a pleasant mood. It is a big help in preventing many of the mental illness and physical illness.

This course help you improve your relationship with the world by managing your own emotions more effectively.

It reduces stress hormones due to Sudarshan Action taught in it.

It has been proven that Sudarshan action help students to remain calm and fearless during exam.

Evidence of Success:-

The success of art of living program is often evidence through testimonials participant feedback and measurable improvements in our college area such as stress reduction, enhanced well-being, and improved interpersonal and intrapersonal relationship.

Many individual share positive experience, citing a sense of inner calm increased mindfulness and practical tools gained from the program that contribute to their overall success and happiness. Additionally, research studies on mindfulness and meditation which are integral components of the art of living program, support its effectiveness in promoting mental and emotional well-being.

Har Ghar Dhyana Session is successfully conducted in our college and certificate provided for students as well as teacher.

Har Ghar Dhyan Session

Har Ghar Dhyan Session is organized for students as well as teacher.

Art of Living Teacher Vandana Chaudhari Madam







Online Session focuses on Personality development stress management

Meditation Teacher Gayatri Bhavsar Madam





focuses on Personality development stress management

Meditation Teacher Gayatri Bhavsar Madam





Art of Living Session in NSS Program







GPS Map Camera

Nandurbar, Maharashtra, India
963Q+CWQ, MH SH 6, Nandurbar, Maharashtra
425412, India
Lat 21.353384°
Long 74.240049°
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