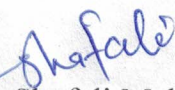
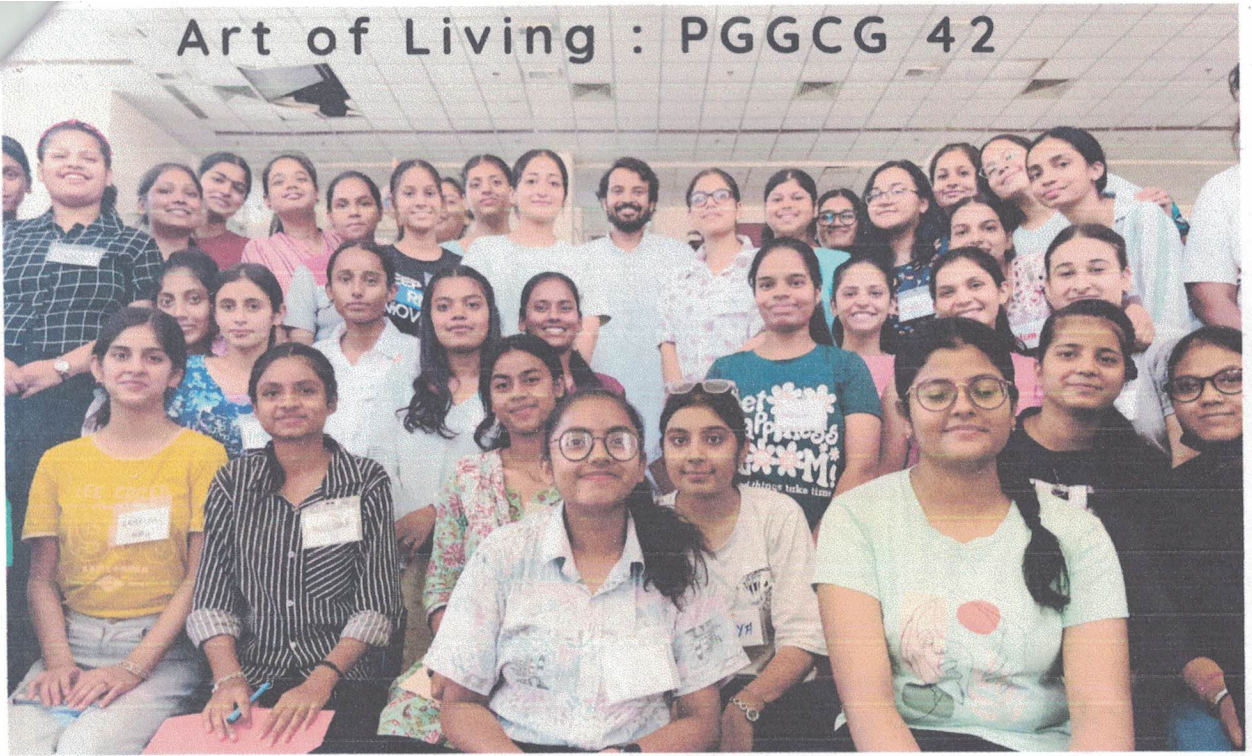


## REPORT

The Art of Living workshop was organized for the students of PGGCG-42, Chandigarh by the department of Physical Education from 24<sup>th</sup> August to 28<sup>th</sup> August 2023. Approx. 200 students joined the workshop initially, 40 students completed it by attended daily. They had wonderful experiences. They felt more confident, relaxed, energetic and learned how to be more happy and stay calm. They found workshop to be fruitful as it taught them how to reduce stress and anger. Students were of the opinion that such workshop be organized frequently.

  
Dr. Shafali Malhotra  
Dep't. of Physical Education  
PGGCG-42, Chandigarh.

# Art of Living : PGGCG 42



### Experiences

Post Graduate Govt. College for Girls, Sector - 42 Chandigarh

#### The Art of Living Workshop

24th - 28th August 2023

Name	How did the Art of Living Workshop benefit you ?	Any other Remarks	Email ID
<b>Sukhwinder kaur</b>	Yes , best five days of my life , this is the first time that I've smiled from my heart , the most amazing experience of my life, I've made so many friends 🙏❤️	Best	sukhwinderkaur9846@gmail.com
<b>Megha Dutt</b>	It reduced my anger issues, felt really calm and energetic after these 5 days of workshop.		duttmegha8@gmail.com
<b>Gaganpreet</b>	It was mind reliving and taught me very new things about life	Outstanding workshop hope it will be organised every month	g240507@gmail.com
<b>Prithvi</b>	Gain peace of mind	Make many new friends without being uncomfortable	prithviaryamohali@gmail.com
<b>Priya kumari</b>	I am really glad to attend thins fabulous workshop.My confidence,mind process,thoughts,emotions everythibg improved.love this session	I really want to continue this wonderfull jouney.	tarunajha73@gmail.com
<b>Yashika Chaudhary</b>	It will be a life long memorable moment in my life. It helped me to connect to my soul. Know the motive of life that why we are and how to life life more happily, positively and in a better way.	Waiting for the next session eagerly.	vsyashika903@gmail.com
<b>Anmol</b>	I feel more relaxed than before. I want that this workshop held for more days. So that I can learn more about art of living.	This is the best workshop for all. I wish more and more people should attend these workshops.	anmol sai17@gmail.com
<b>Vandani Sharma</b>	It is great for everyone. As it reduces stress,calm mind and good for body too.	Good to increase focus level and enhancing confidence	sharmavandani118@gmail.com
<b>Nancy Thakur</b>	It was so relaxing and i feel so happy I learn so many new things which help in my life...		tha.nancy4321@gmail.com
<b>Samridhi nag</b>	I really feel calm and composed especially after learning swadarshan kriya . I had a great experience in these 5 days workshop....hope they conduct more of it.	I hope they conduct more workshops like this in our college	nagsamridhi@gmail.com
<b>Gulnar Kaur</b>	I'm feeling calm ,collected, peaceful and relaxed. Felt this after a long time .I feel like I'm one step closer in my journey of becoming "that"person ,who is always happy,calm and confident. I'm also more comfortable with myself		gurinder6674@gmail.com
<b>Sakshi chauhan</b>	Workshop is very helpful	No	sc403603@gmail.com

<b>Harsimran kaur</b>	Well during the period of this tym I learn a lot of things, like how to built confidence , how to live in present and all many other things which is very helpful for me .. i really feel calm or joyful , thanks art of living for giving me a rebirth 😊❤❤❤❤		<a href="mailto:simmu946521@gmail.com">simmu946521@gmail.com</a>
<b>Gagandeep kaur</b>	It is very peaceful i ilove the session it gives me relaxation and it helps to came my anger it enhance my confidence I love this session.		<a href="mailto:gagandeepsaini2005@gmail.com">gagandeepsaini2005@gmail.com</a>
<b>Nandini Kaushal</b>	I feel very good after this workshop. I do more focus on my work .	I want they conduct another workshop	<a href="mailto:nandinikaushal059@gmail.com">nandinikaushal059@gmail.com</a>
<b>Ritika</b>	Mujhe bahut achhe laga mai itni khushi kabhi nhi mili sir Kahan ko koi shabd nhi hai kahane ko	No	<a href="mailto:ritikayadav766@gmail.com">ritikayadav766@gmail.com</a>
<b>Satvinder kaur</b>	Amazing and very relaxing for mind	No	<a href="mailto:satvinderkaur289@gmail.com">satvinderkaur289@gmail.com</a>
<b>Himani</b>	Feel so relaxed, calm, light....It gives the clarity to me what am I doing and what should i do...giving benefits in every aspect of life		<a href="mailto:himanirajput774@gmail.com">himanirajput774@gmail.com</a>
<b>Saloni</b>	I felt very energetic recently. its build kind of confident to speak with strangers its make my mind calm And Finally i find happiness in myself		<a href="mailto:cbabli847@gmail.com">cbabli847@gmail.com</a>
<b>Kashish Mor</b>	It was really helpful in terms of managing thoughts , giving 100% , don't have to see intentions behind others mistakes and much more. It really helped in saving my time and also staying calm and keeping energy high throught the day.However the sudarshan kriya is the best and life changing ♥		<a href="mailto:morkashish7@gmail.com">morkashish7@gmail.com</a>
<b>Gurleen kaur</b>	This workshop make me more confident and tell that how to give our 100% and I love it...😊😊	It is best..	<a href="mailto:gurleenkaur211104@gmail.com">gurleenkaur211104@gmail.com</a>
<b>Saumya</b>	Art of leaving is the best experience that i have it helps to calm you and helps you to reduce our aggresion it have lots of benefits that i cannot describe in words		<a href="mailto:saumyarajput4647@gmail.com">saumyarajput4647@gmail.com</a>
<b>Pampa Mallick</b>	Before I attract sadness easily but now I am happy feeling confident and able to keep my mind calm		<a href="mailto:mallickpampa46@gmail.com">mallickpampa46@gmail.com</a>
<b>Anjali</b>	I have experience alot of knowledge and relaxed alot about our self-confidence	It was good	<a href="mailto:AnjaliAnjali61206@gmail.com">AnjaliAnjali61206@gmail.com</a>
<b>Komalpreet Kaur</b>	Love the workshop felling clam and positive	10 out of 10	<a href="mailto:komalpreetkaur1895@gmail.com">komalpreetkaur1895@gmail.com</a>
<b>Jyoti rani</b>	I don't think any word would able to describe this experience. It's divine and delightful		<a href="mailto:mohantyjessica802@gmail.com">mohantyjessica802@gmail.com</a>
<b>Pratibha Sharma</b>	Absolutely LOVED it!! It was amazing. I stepped out of my comfort zone. Learned a lot from this. Looking forward to other courses as well :))	Wish it was a little longer	<a href="mailto:pratibhamandeep466@gmail.com">pratibhamandeep466@gmail.com</a>
<b>Shakshi</b>	Feel relax, calm, confident , refresh	Feel relax, calm, boost confident , refresh	<a href="mailto:shaks88844@gmail.com">shaks88844@gmail.com</a>
<b>Tajda Jahan</b>	Mujhe responsibility ke importance ke bare me pata chla and very helpful as well	Calm and very relaxing workshop	<a href="mailto:tajdajahan5@gmail.com">tajdajahan5@gmail.com</a>

<b>Arpita</b>	It helps me to stay calm, help me to not bother about past mistakes and to keep mind in this present moment. Helps me to increase my concentration level.	Helps me to slowly slowly remove the barrier of shyness, awkwardness and self love and respect all and a spirit to do 100% and to do something for our country	mereshiv1000@gmail.com
<b>Tanishka meghvansi</b>	I am going through a very difficult and struggling phase of my life where I have taken a 2nd drop to prepare for neet. I keep procrastinating everyday, my best friend is busy and enjoying college, I try my best and just can't study. I was having anxiety attacks and meltdowns every day. But I'm so so so thankful for this program and for sanchit sir. The way I felt these 5 days is the best I've felt in approximately 3 years. After Sudarshan kriya I finally felt calm, it's like everything in my body just relaxed. I still have a long way to go and hence I would love to continue this. The golden points helped me immensely and helped me let go of some traumas I've had. Don't see intention behind other people's mistake is my favourite one which helped me forgive some people. The fact that I realised that the remote control to my life was in the hands of people around me really opened my eyes. I will practice Sudarshan kriya everyday and keep being an active part of this family ❤️	I would like to keep in touch with sanchit sir and attend many more workshops	tanishkam04@gmail.com
<b>Vaishangi</b>	From first day, I felt like there is something change in me. Like earlier days I'm rude, loud, irritable to everyone. And I felt bad if some loves one ignore me, even my mom and my grandmother scold me, I started crying and feel like know one understand what I feel. But now I feel that change inside me. Always polite, enjoy every moment, if something unexpected happen I don't feel like uneasy, just take a deep breath and smile. It's all good. Accept it 😊. At last, I'm glad to be the part of this beautiful experience.	Thanks alot ☐	vaishangi77@gmail.com
<b>Tiya chhabra</b>	This workshop is the best one. I feel very relaxed and calm. I am very happy to attend this workshop	I wish this workshop will be attended by all people	chhabra1507@gmail.com
<b>Riya</b>	Feel very relax Good sleep after doing pranayama, sudarshan kriya		riyasehra2005@gmail.com
<b>Ragini</b>	Best session ever in my life, it's very relaxing and peacetul, also teaches are very nice and supportive also		patelragini633@gmail.com
<b>Nandani</b>	I feel very nice,relaxing,mind sharing ,good behavior etc..fun.	fantastic	nandanilohri@gmail.com

*Nishe Jassi*  
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Sector-42, Chandigarh