



# GOVERNMENT POLYTECHNIC COLLEGE BUDGAM

NAGAM CHADOORA, BUDGAM – KASHMIR J&K (PIN CODE: 191 113)

## YOUTH & EMPOWERMENT WORKSHOP ON MENTAL HEALTH & MEDITATION

In collaboration with Art of Living NGO

Chadoora, 16 Dec 23 : Government Polytechnic College Budgam successfully organized a transformative "Youth and Empowerment Workshop on Mental Health and Meditation" in collaboration with the esteemed Art of Living NGO on December 16, 2023. The event brought together students, faculty members, and non-teaching staff for an insightful exploration into mental well-being.

About Art of Living NGO : Operating in 180 countries, The Art of Living is a non-profit, educational, and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher, Gurudev Sri Sri Ravi Shankar. The organization's philosophy, guided by Gurudev, emphasizes the importance of a stress-free mind and a violence-free society to achieve world peace.

### **Key Highlights:**

#### **Expert Session:**

Vandana Daftari, the Kashmir Coordinator of Art of Living, served as the expert for the session, sharing profound insights into mental health and meditation.

#### **Diverse Participation:**

The workshop witnessed active participation from students, faculty members, and non-teaching staff, reflecting the institution's commitment to the holistic well-being of its community.

#### **Welcoming Address:**

Dr. Shafaquat Ara, the Principal, welcomed the participants, expressing gratitude to Ms. Vandana Daftari for leading the seminar. Dr. Ara emphasized the workshop's significance in fostering the holistic well-being of students.

#### **Vote of Thanks:**

The vote of thanks was presented by Er Suhail on behalf of the faculty and students. Er Suhail expressed deep appreciation for the enriching experience, acknowledging Ms. Vandana Daftari's insightful session as a "beacon of wisdom." He expressed gratitude for her transformative knowledge and conveyed eagerness for future collaborations.

#### **Anticipation of Future Collaborations:**

In conclusion, Er Mominah expressed gratitude for the opportunity to delve into crucial aspects of mental well-being and shared the institution's eagerness for more enlightening collaborations with Art of Living in the future.

The workshop marked a significant step towards nurturing the holistic development of the college's youth, equipping them with tools for resilience and balanced living. The collaborative effort between Government Polytechnic College Budgam and Art of Living NGO exemplifies a commitment to promoting mental well-being in the community.



