MORAL VALUE ADDED ADDED PROGRAM REPORT

A

REPORT

On

Six Days certification program on

"OMKAR SADHANA"

held on

18th November 2019

to

23rd November 2019
Organized by



Academic Year: 2019-2020

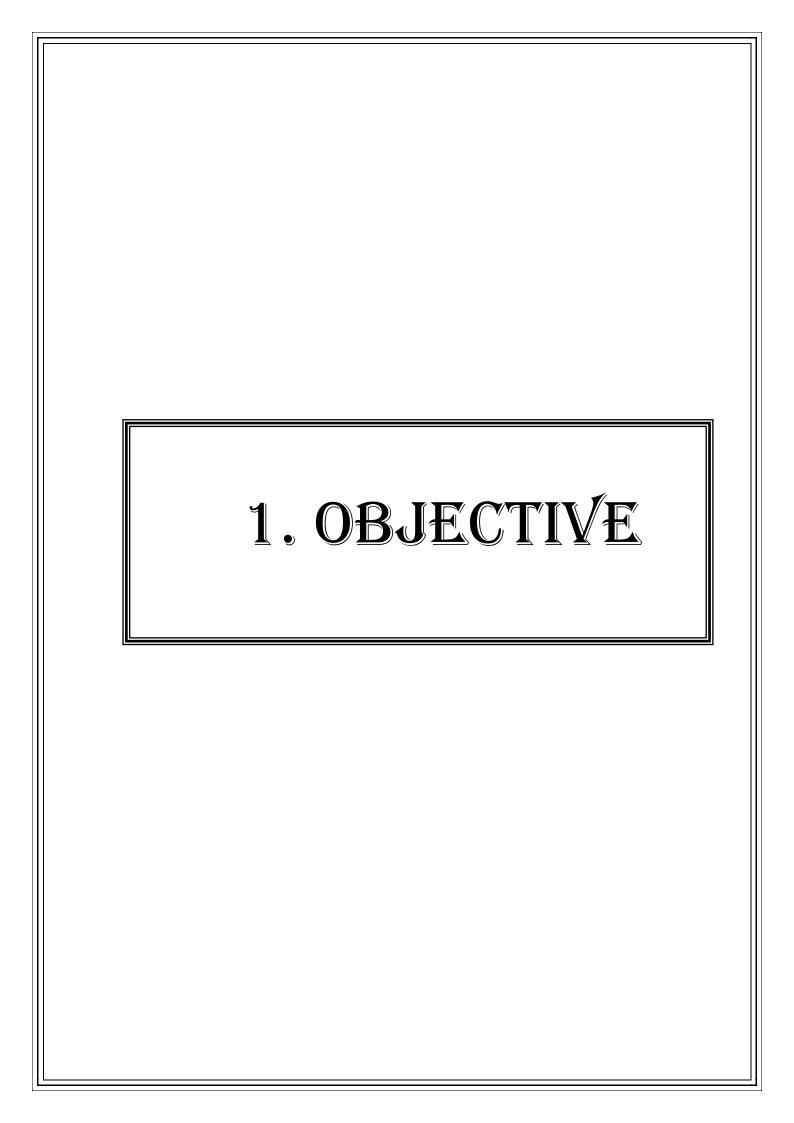
Department of Masters of Computer Applications

K. K. Wagh Institute of Engineering Education and Research,
Nashik

HirabaiHaridas Vidyanagari, Amrutdham, Nashik, Maharashtra 422203

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Objectives:

- ♣ To Improve Decision Making Skills And Speed.
- **♣**To balance mindset And Mind Clarity
- **♣**Reduction in laziness
- ♣To Make Students Understand How To Attain Emotional Stability.
- ♣ To Reduce Stress and Anxiety.

2. BRIEF OF MORAL VALUE ADDED PROGRAM

Brief of Certification Program

Department of MCA has organized six days moral value added program on "Omkar Sadhana" on 18^{th} November 2019 to 23^{rd} November 2019. This program was collaborated with YOG VIDYADHAM, Nashik .

This program was focused on the importance of chanting "Om" and its effect on one's personal as well as professional life.

Om (or "Aum") is a sacred mantra and sound. Despite its Hindu roots, it's a mantra that anyone of any religious or spiritual path can chant to align their mind, body, and spirit. Om is said to represent the sound of the universe, and for the individual who chants it, it can mean almost anything to them.

Om chanting has more benefits than you might expect. In fact, scientific studies have been conducted to observe the physical effects of the sound's vibration and meditative effects on the body. Here are just a few on their inspiring findings.

- Improved pulmonary function
- > Increased mental alertness.
- > Increased environmental awareness.
- Potential relief from stress and depression.

Research showed chanting Om with concentration reduces adrenaline levels which help in reducing stress. Om also reduces the activity in the limbic system, a portion of the brain associated with stress, emotions, learning, and motivation. Following this the parasympathetic nervous system gets turned on ,which calms the body-mind and helps in allaying depression .

Ancient sages lived a long healthy life . The reason behind this is increased NITRIC OXIDE . Chanting Om in yogic posture during sunrise is a scientifically proven way to increase Nitric oxide in the

body . It relaxes the blood vessels by causing vasodilatation and increasing flow of blood to the body . Mind and body both get relaxed .

The moral value added program was inaugurated on 18th November 2019 at 3.30 pm in MCA Seminar Hall, Department of MCA. The chief quest for the Inauguration function as well as for conducting the program was Dr. Pallavi Deshmukh, Yog Vidyadham Nashik.

At the end of Six day certificate distributions session was organized at 3.00 pm onwards on 23rd November 2019. In that, distributions of certificates to all participants were scheduled.

Total 37 participants have participated in the certification program. We received tremendous responses from the students.

Dr. V. C. Bagal, Head of Department of MCA was the convener of the certification program and Mrs. A. L. Rane was a co-convener.

Archana L. Rane

Co-Convener

Certification program "Omkar Sadhana"

Copy to: Prof. Dr. V. C. Bagal, I/C Head, Department of MCA, KKWIEER, Nashik

Day 1: 18th November, 2019-Monday, Inaugural Ceremony Followed by Omkar Sadhana.

The certification program was inaugurated on 18thAugust 2019 at 03.30pm in Seminar Hall, Department of MCA. The chief guest for the Inauguration function was Dr. Pallavi Deshmukh, Yog Vidyadham, Nashik.

The Student Convener, welcomed the Guests and introduced Topic. Dr. V. C. Bagal, Head of Department for MCA gave overview of the six days moral value added program.

Then Dr. Pallavi Deshmukh, enlightened participants about the importance of "Omkar Sadhana" and spoke extensively about the benefits of "Omkar Sadhana" on mental as well as physical aspects of one's life.

Timing slot: 3.30 pm to 5.00 pm

Day 2:Tuesday,19th November 2019

On the second day, Dr. Pallavi Deshmukh conducted the omkar sadhana along with chanting of guru vandhana. She conveyed more benefits of chanting Om. She emphasized on the pronunciation of Om.

Timing slot: 3.30 pm to 5.00 pm

Day 3: Wednesday, 20th November 2019

Dr.Pallavi Deshmukh conducted "Omkar sadhana", but she suggested that the participants increased the time of chanting Om. She suggested that the participants try chanting Om whenever they feel stressed.

Timing slot: 3.30 pm to 5.00 pm

Day 4: Thursday, 21th November 2019

Dr. Pallavi Deshmukh conducted "Omkar sadhana". Most of the students were now trained properly to chant Om in the proper way.

Timing slot: 3.30 pm to 5.00 pm

Day 5: Friday, 21th November 2019

As the program was reaching to the end now, Dr.Pallavi Deshmukh focused on letting the students improving their breadth control. Almost all the participants were well aware of the benefits as well the importance of chanting Om.

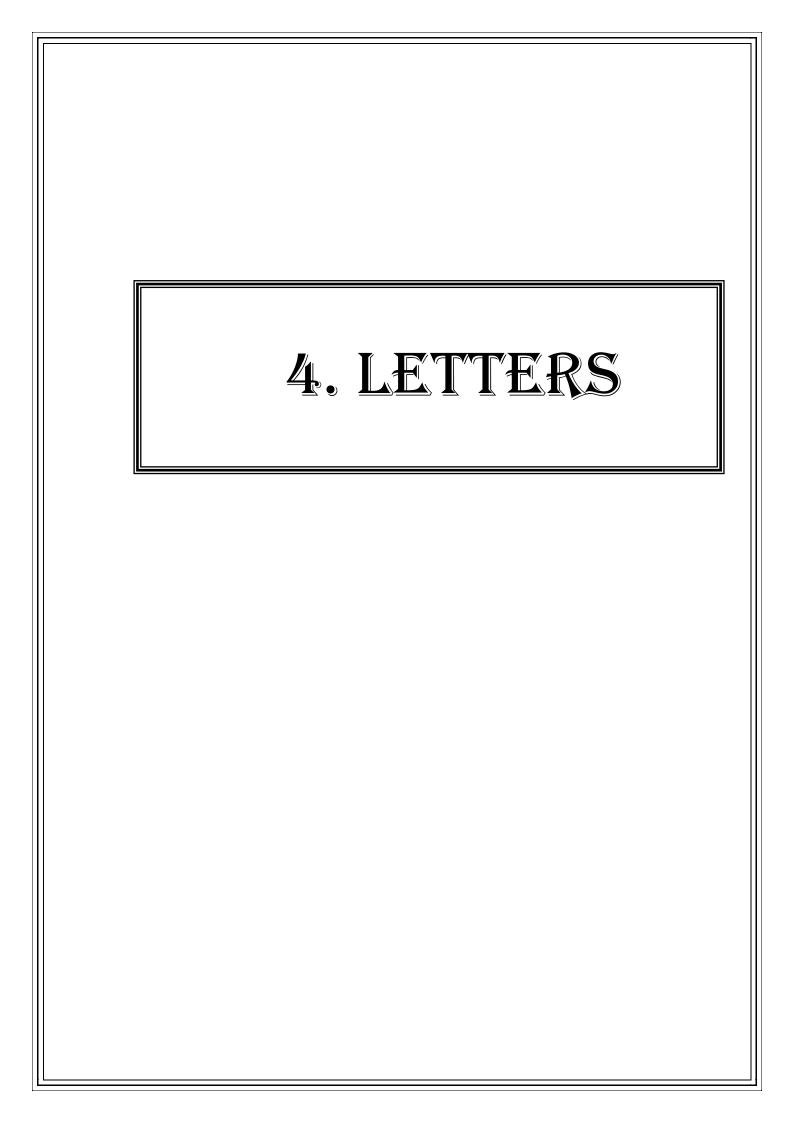
Timing slot: 3.30 pm to 5.00 pm

Day 6: Saturay, 21th November 2019

In this Session, distributions of certificates to all participants were scheduled.

Some participants were shared their views about moral value added program like what they felt after conducting this session. Some students came forward and thanked the faculty for conducting such a benefitting program.

The ceremony was finally ended by thanking the management, Head of Dept., Dr. V. C. Bagal, Chief Guest Dr. Pallavi Deshmukh, staff members and participating students of MCA department.



5. ORGANIZING COMMITTEE

Six Days certification program on

"OMKAR SADHANA"

Organizing Committee

Dr. V. C. Bagal Convener

Prof. A. L. Rane Co-Convener

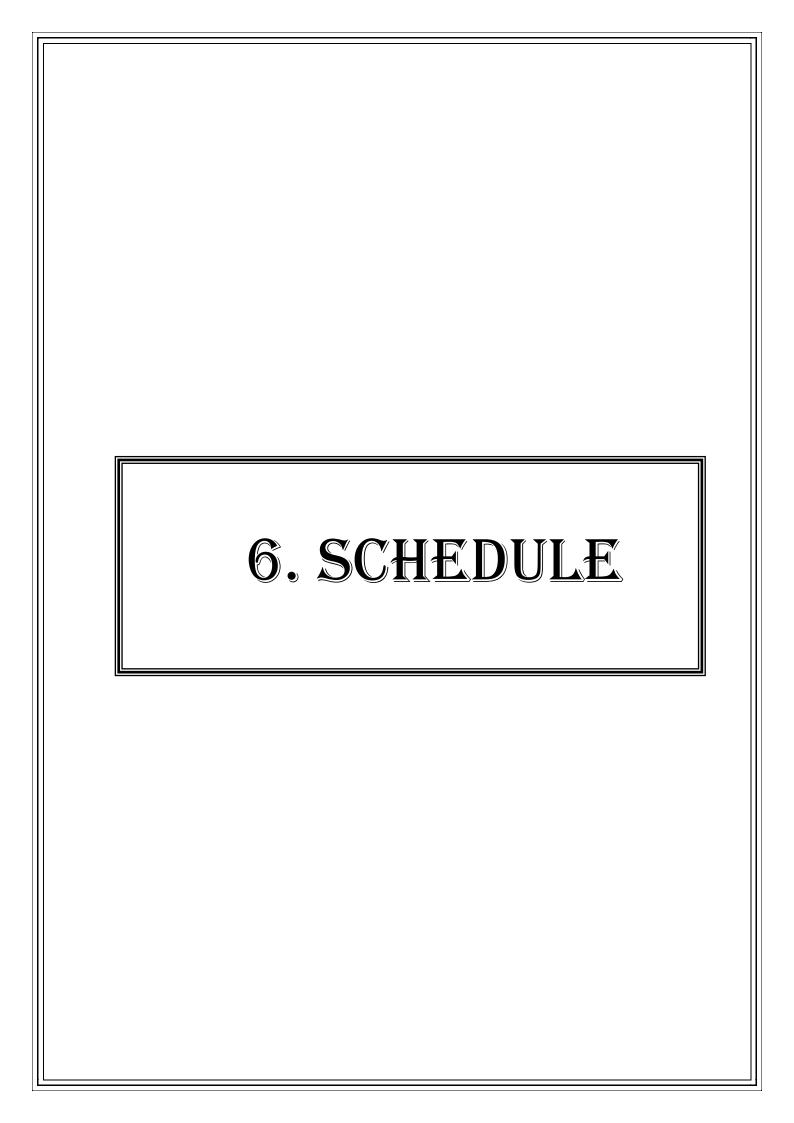
Prof. P. S. Pimple Committee Member

Prof. S. Chaudhari Committee Member

Mr. V. G. Shinde Attendant

Sreelakshmi Suresh Student Coordinator

Sampda Patwardhan Student Coordinator



K. K. Wagh Education Society's K. K. Wagh Institute of Engineering Education and Research, Nashik Hirabai Haridas Vidyanagari, Amrutdham, Panchvati, Nashik, Maharashtra-422003

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(Affiliated to Savitribai Phule Pune University and Approved by All India Council for Technical Education,
New Delhi)

Six Days certification program on "OMKAR SADHANA" 18th Nov 2019 to 23rd Nov 2019

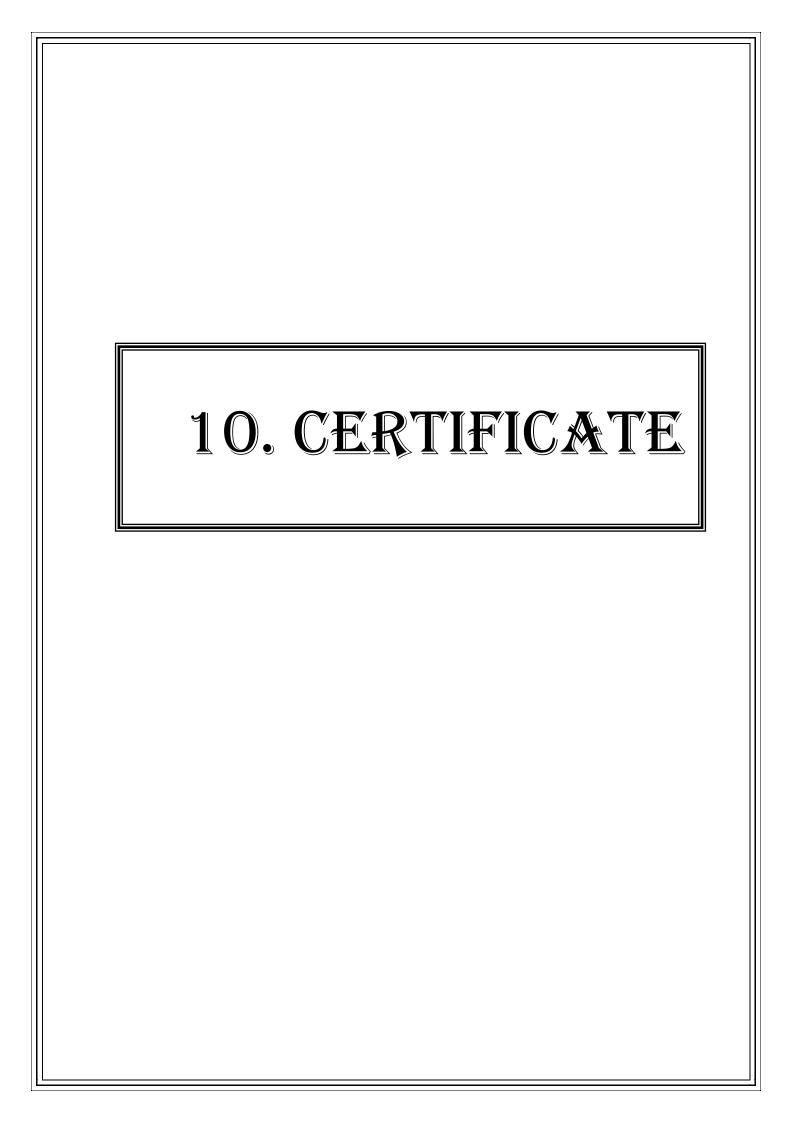
Schedule

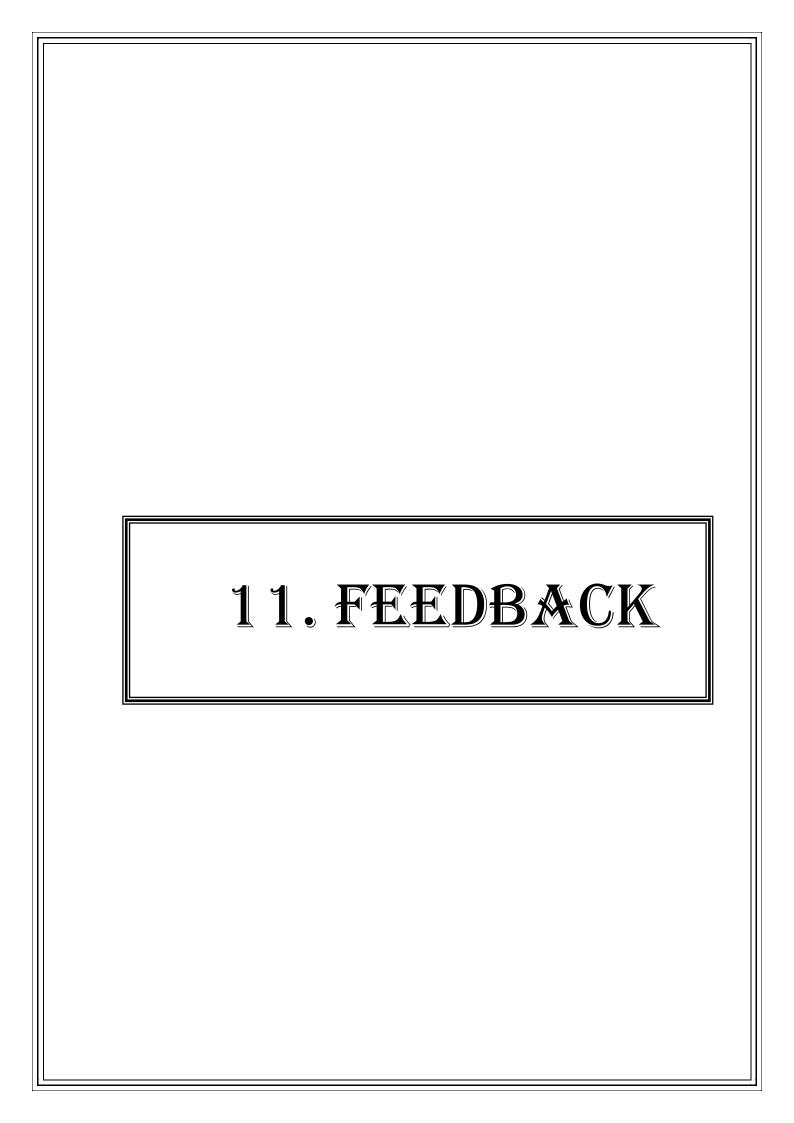
Day	Session Details	Topic Details
Day 1	Session 1	Introduction to Omkar Sadhana
Day 2	Session 1	Chanting of Omkar
Day 3	Session 1	Teaching the correct way to pronounce Om and chanting in the proper way.
Day 4	Session 1	Training on breath control that would help in relaxation as well as improving concentration .
Day 5	Session 1	More Importance on Omkar Sadhana.
Day 6	Session 1	Certification distribution and Thanks giving.

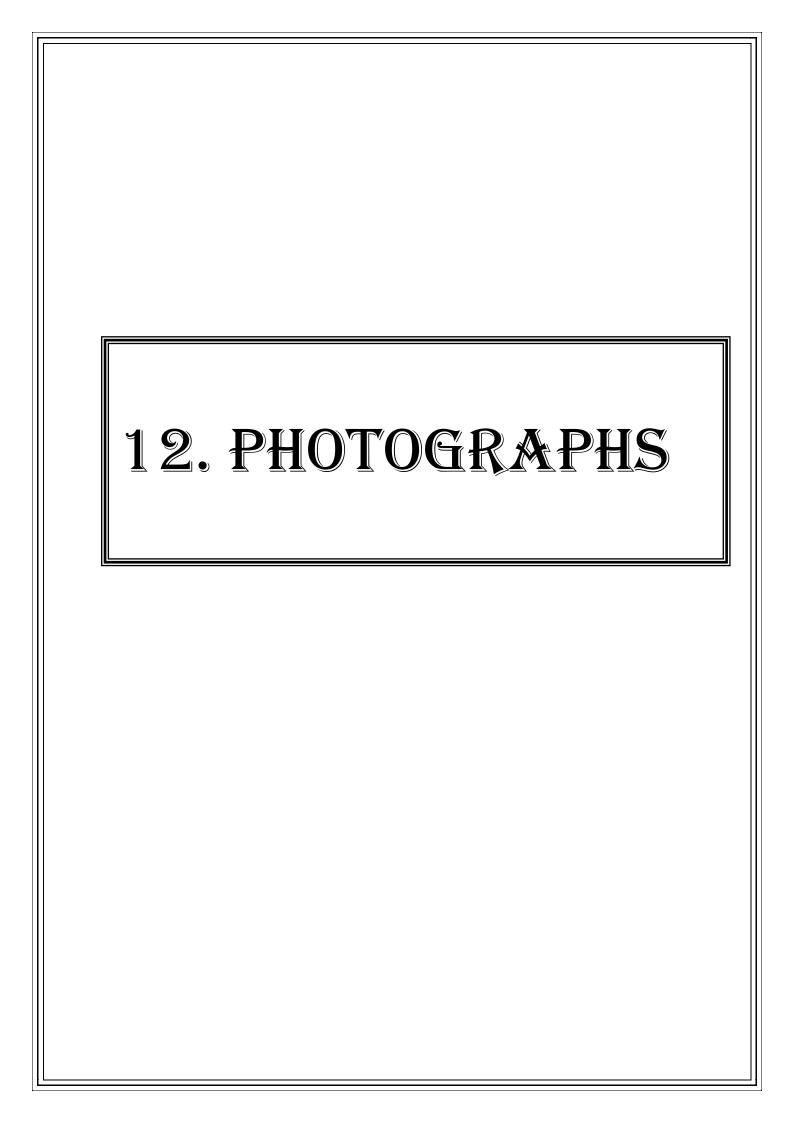
7. PARTICIPANT LIST

K. K. Wagh Institute Of Engineering Education & Research						
Student Roll No. : 2019-2020						
	Roll No.	Student Name				
	MASTER IN COMPUTER APPLICATIONS(FY MCA)					
Ms.	1	Bagul Prachi Manoj				
Ms.	2	Chaudhari Gunjan Nitin				
Mr.	3	Chaudhari Harshal Chandulal				
Ms.	4	Chaudhari Minal Anil				
Mr.	5	Chaudhari Niraj Mahendra				
Ms.	6	Chavan Prajakta Dilip				
Mr.	7	Deshmukh Yuvraj Satish				
Ms.	8	Dhondge Kalyani Uttam				
Mr.	9	Hagawane Rohit Shrikant				
Mr.	10	Hanphode Pratik Mahendra				
Mr.	11	Hanpode Kapil Arvind				
Mr.	12	Hapse Pavan Anil				
Ms.	13	Jadhav Janhavi Vilas				
Mr.	14	Jadhav Pushpak Jitendra				
Mr.	15	Jadhav Vikas Balasaheb				
Ms.	16	Jagtap Trupti Nitin				
Mr.	17	Khalkar Rutik Sharad				
Ms.	18	Koli Mayuri Subhash				
Ms.	19	Kottilthara Sreelakshmi Suresh				
Mr.	20	Mahale Vivek Prakash				
Mr.	21	More Bhushan Vilas				
Ms.	22	Mundada Vaishnavi Gopal				
Mr.	23	Nikam Hemant Madhukar				
Mr.	24	Nirbhavane Yashwant Dilip				
Mr.	25	Nisal Shubham Devidas				
Ms.	26	Pardeshi Roshni Kishor				
Mr.	27	Pathan Farzin Rais				
Ms.	28	Patil Namrata Pundlik				
Mr.	29	Patil Vishal Ramkrushna				
Ms.	30	Patwardhan Sampda Suresh				
Ms.	31	Pawar Arti Bharamal				
Ms.	32	Raju Reeba -				
Mr.	33	Sarode Nachiket Nitin				
Mr.	34	Sonar Kunal Rajendra				
Ms.	35	Sonawane Aditya Balasaheb				
Ms.	36	Sonawane Rashmi Ravindra				
Mr.	37	Sontakke Nikhil Sanjay				
Ms.	38	Tarte Nisha Rajendra				
Mr.	39	Thakur Rahul Ganesh				
Mr.	40	Waghmare Neetiratna Suryakant				
Mr.	41	Wakchaure Vivek Anil				
Mr.	42	Zambare Pratik Naval				
Ms.	43	Nikita Dhinde				

9.
REGISTRATION
FORM







Inauguration Function- Day 1





DAY 2



















