

MORAL VALUE

ADDED

PROGRAM

REPORT

**A  
REPORT  
On  
Six Days certification program on  
“OMKAR SADHANA”**

*held on  
18<sup>th</sup> November 2019  
to*

*23<sup>rd</sup> 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 Vidyanaagari, Amrutdham, Nashik, Maharashtra 422203

# Index

| <b>Sr No</b> | <b>Title</b>   | <b>Page No</b> |
|--------------|--|----------------|
| 1            | Objective  |                |
| 2            | Brief of certification program   |                |
| 3            | Letters:<br>Invitation to Resource Person<br>Thanks giving to Resource<br>Person |                |
| 4            | Organizing Committee   |                |
| 5            | Schedule   |                |
| 6            | Session conducted details  |                |
| 7            | Participant List   |                |
| 8            | Registration form  |                |
| 9            | Certificates   |                |
| 10           | Feedback   |                |
| 11           | Photographs  |                |
|              |  |                |

# 1. OBJECTIVE

## 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<sup>th</sup> November 2019 to 23<sup>rd</sup> 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 18<sup>th</sup> November 2019 at 3.30 pm in MCA Seminar Hall, Department of MCA. The chief guest 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 23<sup>rd</sup> 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: 18<sup>th</sup> November, 2019-Monday, Inaugural Ceremony Followed by Omkar Sadhana.

The certification program was inaugurated on 18<sup>th</sup> August 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, 19<sup>th</sup> 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, 20<sup>th</sup> 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, 21<sup>th</sup> 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, 21<sup>th</sup> November 2019

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

Timing slot: 3.30 pm to 5.00 pm

Day 6: Saturday, 21<sup>th</sup> November 2019

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

Some participants shared their views about the 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.

# 4. LETTERS

# 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 |

# 6. SCHEDULE

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

Phone:(0253)2221286, 2512876, Fax:(0253)2511962

Website: [www.engg.kkwagh.edu.in](http://www.engg.kkwagh.edu.in)

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

---

**Six Days certification program on  
"OMKAR SADHANA"  
18<sup>th</sup> Nov 2019 to 23<sup>rd</sup> Nov 2019**

**Schedule**

| <b>Day</b> | <b>Session Details</b> | <b>Topic Details</b>  |
|------------|------------------------|---|
| 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**

|  | <b>Roll No.</b> | <b>Student Name</b>            |
|--|-----------------|--------------------------------|
| <b>MASTER IN COMPUTER APPLICATIONS(FY MCA)</b> |                 |                                |
| 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 Reebea -                  |
| 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

# 10. CERTIFICATE

# 11. FEEDBACK

# 12. PHOTOGRAPHS

## Inauguration Function- Day 1



## DAY 2





## DAY 3





## DAY 4



## DAY 5





# DAY 6

