



"Techno - Social Excellence"

# Marathwada Mitramandal's Institute of Technology (MMIT)

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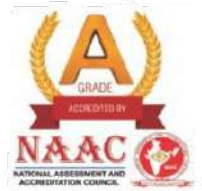
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DTE Institute Code : 6203

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## Report of "Heartfulness relaxation & meditation -Master class Sessions" organized at Kanha Shanti Vanam, Hyderabad for FE Students Organized by Department of Engineering Sciences, MMIT, Lohgaon, Pune

Department of Engineering Sciences, Marathwada Mitra Mandal's Institute of Technology (MMIT), Lohgaon, Pune, organized 2 days visit to Kanha Shanti Vanam, Hyderabad in collaboration with HEARTFULNESS EDUCATION TRUST "Expert sessions on Meditation Master Class & over all development of Students" for First Year Engineering Students.

Details are as follows:

**Time:** 09:00-05:00 PM

**Date:** 5<sup>th</sup> & 6<sup>th</sup> August 2023

**Venue:** Kanha Shanti Vanam, Hyderabad.

Total Duration of sessions is 14 hr.

Total Participants: 32

### About KANHA SHANTI VANAM

Located on the outskirts of Hyderabad, Telangana, Kanha Shanti Vanam is the world headquarters of the Heartfulness Institute.

The ashram is an ecological paradise, a place for spiritual retreat, where you can experience simple living in-tune with inner and outer nature.

Kanha Shanti Vanam offers spiritual training along with interactive programs that promote overall wellness and opportunity to learn and contribute.

In 2019, Kanha was awarded 'The Pride of Telangana', for inner wellness, by Round Table India & Times of India.

The center also received the Indian Green Building Council (IGBC) Platinum award in 2019 for following world class environment friendly practices becoming the first meditation center in the world to achieve the feat.

About HEARTFULNESS EDUCATION TRUST, It is a registered trust having its registered office at no. 40-15-9/12, Nandamuri Road, Venkateswarapuram Post Office, Vijayawada – 520 010, Andhra Pradesh, India (here in after referred to as “HET”, which expression shall unless repugnant to the context and meaning thereof mean and include its successors, administrators, authorized representatives and permitted assigns)

HET is a public charitable trust registered under the Indian Trust Act, 1882 inter alia with an objective to impart Heartfulness approach to various wellness programmes including relaxation, meditation, values based educational programmes for schools, colleges, government organizations, corporates etc., made available to all who are willingly interested in individual development and wellbeing. HET is also engaged in conducting various Teachers’ training programmes in collaboration with Certain State Governments/ Education Institutions.

Aim & Objective- HET through its Heartfulness initiatives offer a way for balanced living through various meditation techniques. These simple and effective techniques gradually imbibe feelings of discipline, empathy, brotherhood, leading to mental, spiritual, and psychological well-being, helping an individual to transform not only inwardly but also his/ her attitudes, and dealings with society at large.

Heartfulness relaxation, meditation and other connected wellness workshops to help students’ teachers to regulate their minds, moderate their tendencies, increase their concentration, sharpen the use of their will, introspect and self-analyze and accept people and situations in general. Through such workshops and Offerings of HET, they intend to help the students to improve their learning skills and behaviour, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of Purpose towards life.

Humanity's way forward is through the heart.

Heartfulness is the simple, and subtle practice of meditation that connects each one of us with the light and love in our hearts. Through our network of thousands of global HeartSpots and one magnificent smartphone app, we offer the world a daily practice that awakens our potential for a joyful existence. This precious gift of human transformation is provided free of charge.



## Kanha Shanti Vanam- Beautiful place in the world





## FIRST MASTERCLASS:

The first master class at Kanha Shanti Vanam in Hyderabad was a significant event for spiritual seekers and followers of the Heartfulness meditation practice. Kanha Shanti Vanam is a serene and sprawling ashram.

The master class was conducted by Daaji, the Global Guide of Heartfulness, who is renowned for his deep understanding and experience in meditation. The purpose of the master class was to provide participants with a comprehensive understanding of Heartfulness meditation and its practical applications in daily life.



## SECOND MASTERCLASS:

The second master class at Kanha Shanti Vanam in Hyderabad is a program designed to provide in-depth teachings and guidance on various aspects of spirituality and personal growth. The master class offers a unique opportunity for participants to delve deeper into their spiritual journey and gain profound insights.

During the master class, participants engage in various practices such as meditation, yoga, and breathing techniques, which help in calming the mind, reducing stress, and enhancing overall well-being. The teachings also focus on developing a deeper understanding of oneself, fostering inner peace, and cultivating a sense of purpose and fulfillment in life.

Sanjay Sehgal chairman and CEO of MSYS Technologies, he is a well-known millionaire and a kind hearted person. He interacted with students and guided them. He gave a proper roadmap of corporate sector to students and advised to always should have meditation practice.



### THIRD MASTERCLASS

The third masterclass at Kanha Shanti Vanam is focused on prayer. Prayer is a fundamental aspect of spiritual practice and is considered a powerful tool for connecting with the divine. This masterclass aims to deepen one's understanding and experience of prayer.

During the masterclass, participants are guided through various aspects of prayer, including its significance, different forms of prayer, and the art of prayer. The teachings emphasize the importance of sincerity, devotion, and surrender in prayer.





## FOURTH MASTERCLASS BY KAMLESH PATEL

Kamlesh Patel, also known as Daaji, is the current Heartfulness Guide. He offers a practical, experiential approach to the evolution of consciousness that is simple, easy to follow and available to people of all ages and walks of life.

Daaji's Sunday sessions at Kanha Shanti Vanam are spiritual gatherings held every Sunday where Daaji, also known as Kamlesh D. Patel, shares his wisdom and teachings with the attendees. Daaji is the Global Guide of Heartfulness Meditation and his sessions are focused on guiding individuals towards a deeper understanding of themselves and their spiritual journey. During these sessions, Daaji often discusses various aspects of spirituality, meditation, and personal growth. He shares practical techniques and insights to help individuals develop a deeper connection with their heart and experience inner transformation. Daaji's teachings are rooted in the practice of Heartfulness Meditation, which is a simple and effective way to experience inner peace and balance.







**Mr.Kamlesh Patel (Daaji) Guide of Heartfulness while interacting with Students**



## TISSUE CULTURE

Tissue culture at Kanha Shanti Vanam , a method of biological research in which fragments of tissue from plants are transferred to an artificial environment in which they can continue to survive and function. The cultured tissue may consist of a single cell, a population of cells, or a whole or part of an organ. Cells in culture may multiply; change size, form, or function; exhibit specialized activity (muscle cells, for example, may contract); or interact with other cells.

## THE CHARCOAL FACTORY

Charcoal making at Kanha Shanti Vanam is one of the activities offered to visitors. Charcoal is a black, porous substance made by burning wood or other organic materials in the absence of oxygen. It is commonly used for cooking, heating, and as a fuel source.

The process of charcoal making at Kanha Shanti Vanam involves the following steps:

**Collection of wood:** Wood from various sources, such as fallen trees or branches, is collected. It is important to ensure that the wood is dry and free from any moisture.

**Carbonization:** The collected wood is then stacked in a pile or a kiln. The pile is covered with a layer of soil or sand to create an oxygen-free environment. This prevents the wood from burning completely and allows it to carbonize slowly.

**Ignition:** The wood pile is ignited from the bottom, and the fire is allowed to spread gradually. The process is carefully monitored to ensure that the wood is not burned completely but rather converted into charcoal.

**Cooling:** Once the wood has been carbonized, the fire is extinguished, and the pile is left to cool down. This process can take several days.

**Sorting and packaging:** After cooling, the charcoal is sorted to remove any impurities or unburned wood. It is then packaged and prepared for use or sale.

Charcoal making at Kanha Shanti Vanam is done using traditional methods, ensuring that the process is environmentally friendly and sustainable. The center promotes the use of charcoal as an alternative to fossil fuels, as it is a renewable energy source and produces less pollution.





Students at TISSUE CULTURE lab



Students at CHARCOAL FACTORY



## Final Group Photo





## **Students & Teachers Feedback :**

**1. Always cooperate with others in any situation. Tutor is always required for learning new things. Each experience is new. Prayer is the last key. Acknowledge god .Thought comes in silent and calm mind. Never miss an opportunity.**

**By-Utkarsh Anecha.**

**2. Session was so helpful Because Sessions are important to control things. Like anger. removing stress from body by body cleaning. And maintaining a diary for observing change in us before meditation and after meditation. And the last part is prayer. For thanking what we have. By-Shreyash Ghadge**

**3. Best part of all the sessions was reducing stress.**

**First session was about how to control our anger. By doing meditation. Second session was about how to clean the body and unwanted thoughts. Third session was about thanking God for whatever we have. and diary writing. From all the session change point is that all things don't exist automatically. They need some techniques like meditation, body cleaning, prayers and diary writing. Which Heartfulness session teaches us. By-Satvik Kharat.**

**4. I have been to such a beautiful place for the first time in my life. Entire campus is lush green & I saw most of the trees that cannot be found in the world. I got the vision of the whole world at Kanha Shanti Vanam. Everyone wants a relaxing moment in life and I think you can't find another place in the world like Kanha Shanti vanam. Mr.Kamlesh Patel (Daaji) meditation session was outstanding. I am thankful to Shailesh Sir, Anand Sir, Rakesh sir & entire heartfulness educational trust for making the impossible possible. Overall this visit is really unforgettable for me. By-Prof. Anil G. Darekar (Visit Coordinator)**

*A.G. Darekar*

**Prof. Anil G. Darekar  
Coordinator**



*U.P. Moharil*

**Dr. Umesh Moharil  
HOD**

# Participants Attendance List

Marathwada Mitra Mandal's Institute of Technology  
Department of Engineering Sciences

Students List for Visit to Kanha Shanti Vanam (Hyderabad)

Sr. No.	Name of the Student	Age	Div.	Roll No.	Mobile No.	Parents No.	Sign In	Sign Out
1	Adesh Sonawane	18	A	150	7038322920	7448022920		
2	Yuvraj solanke	19	A	149	8669409383	7875929383		
3	Kartik Sinkar	18	A	148	8793493753	9766662056		
4	Dnyaneshwar Bhimrao Patil	19	A	135	8830418455	8308144150		
5	Utkarsh Anecha	18	A	157	7020544367	9960605059		
6	Satvik kharat	18	A	125	9767390241	7020911799		
7	Tushar Vinod Lokhande	19	A	127	9970563131	9890160937		
8	Nitin Raju Gabhale	19	A	113	9156836302	8421064193		
9	Bakal Prasanna Anant	19	A	104	9067080247	9881474847		
10	Raut sanskar	18	A	143	7559245901	9665712020		
11	Shivam Sharad Chechare	20	B	210	8010840087	9890769722		
12	Suraj Sawant	19	B	246	9021713044	9011396475		
13	Yashraj Dhanraj katkar	19	B	257	9028982271	9423265228		
14	Bagawade Sujal bhausahb	18	B	205	8007541377	8459115909		
15	Arote Rushikesh Jitendra	19	B	204	8767853088	8379932247		
16	Sumit Bhagwan Mhashal	18	B	230	7887959124	9011465031		
17	Pramod Muthe	18.7	B	234	7588642778	8806121511		
18	Vivek Sahebrao Wadate	18	B	252	9834860787	7776839177		
19	Chirag Suresh Bhirud	18	B	211	9518321908	9764745023		
20	Shreyash jyotiram ghadge	18	C	324	9373161402	9011376732		
21	Om Narayan Tachtode	19	C	351	9307054036	9921762627		

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Department of Engineering Sciences

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Sr. No.	Name of the Student	Age	Div.	Roll No.	Mobile No.	Parents No.	Sign In	Sign Out
22	Roshan Ramesh Zolekar	19	C	357	84211 00233	9403549333		
23	Kapil Ganesh Waghumbare	18	C	355	80105 63708	9850960321		
24	Prabhanjan Ingle	19	C	327	7264031650	8766955290		
25	Shivanand Bagali	19	D	403	77989 64069	8888311369		
26	Paresh kadam	19	D	421	9307666128	9763112278		
27	Sanket Santosh Khule	19	D	423	8767552112	8698034007		
28	Aniket Jijabrao Jadhav	20	D	402	9960340666	8668852911		
29	Bhor Dhananjay Santosh	19	D	405	9172114711	9975477516		
30	Pranav Kshirsagar	19	D	426	9421518782	9403015542		
31	Nihar Dinesh Kilje	19	D	424	7738944691	9221901790		
32	Anish Nilesh Kadam	19	B	202	9028082121	9028082121		
<b>Teacher Coordinators</b>								
33	Prof. Anil G. Darekar	37	Chemistry		8888247861	8805072186		
34	Dr. Praful Ganti	29	BEE		8249027369	7660893740		

Prof. Anil G. Darekar,  
Visit Coordinator,

Dr. Umesh Moharil,  
HOD,