

**A.V.P.Sanstha's**

**Adarsh College of Arts & Commerce, Kulgaon-Badlapur.**

**A REPORT ON CELEBRATION OF GURUPOURNIMA**

It is customary in our college to celebrate Gurupournima, as per this tradition, this year on the auspicious occasion of Gurupournima, 8th July 2017, a lecture by Ms. Rajani Joshi was organized. The topic was related to the power of sound of vedmantras & the science behind it. Use & misuse of "pranshakti" (bio-electricity) by us. She explained that the energy in the universe has three forms that is Sound, Light & Heat and all of them are present in the chanting of Omkar in a specific rhythm. She explained that sound waves can give rise to energy, especially sounds which have equal force, rhythm can create diverse forms of energy. Further, when the sound is collectively made in a group can create many positive frequencies of energy in people. Supported by experiments it is proved that vibration generated by the repeated & rhythmic chanting of Mantras are capable of transforming or even generating different kinds of energy level, she said. It is found that meditation enhances mental calmness, clarity of mind, self confidence & helps in increasing emotional & spiritual intelligence. It enhances our ethical discipline which ultimately helps in reducing the development of mental disorders. Research has shown that "NAAD THERAPY" is useful in curing different psychological diseases. Instead of wasting our pranshakti/bioelectrical energy in excessive use of mobile, internet & social sites we should invest it in Omkar & meditation.

.This lecture rebuilt the faith of people in the power of vedmantras & Gurumantras, and focused on the use of power of "NAADA" in mental health and spiritual progress with all its practical benefits. The talk was followed by open forum discussion..

Principal Dr. Vaidehi Daptardar introduced and felicitated Ms. Rajani Joshi in the beginning of the session . Teachers were felicitated on this occasion. The event was compered by Dr. Pratibha Tembe.

\*\*\*\*\*