



SOMAIYA
VIDYAVIHAR

K J Somaia College of Arts & Commerce



K. J. Somaia College of Arts and Commerce, (Autonomous)

Vidyavihar, Mumbai 4000 77

(College with Potential for Excellence 2016)
(NAAC Reaccredited with 'A' Grade CGPA 3.33)

Report of the Value education Cell: 2020-21

This year was a pandemic COVID 19 year we could connect online. Report on 32 Gyanyagya (2020-210) organized online.

Our founder Padma Bhushan Shri. Karamshi Jethabhai Somaia, started Gyan Yagna -a Spiritual sessions in the Somaia Vidyavihar campus and since then we have been following the tradition by organising these sessions every year in the month of January.

However due to pandemic situation, we had organised these sessions on a virtual platform. These early morning sessions were on our spiritual heritage hidden in Sankrit texts like Veda, Upanishads, Yogadrshana and various texts. These discourses were held by renowned speakers from all over India. These spiritual sessions were dedicated to improve one's spiritual, mental and physical well-being.

We use to start the live sessions from 8:00 am to 9:00 am. on youtube link is attached along and can be viewed at any time

Somaia Vidyavihar youtube channel link(Webinar Live Broadcast):
<https://www.youtube.com/c/SomaiaVidyavihar-Mumbai>

As It is said in Bhagvad Gita by lord Krisna in the Tenth chapter of Vibhuti yoga that "Masanam margashirshom" 'I am *margashirsha* month amongst all Months. So it is a tradition to listen to the Glory of almighty. This month roughly fall in the month of January. Our founder shriman K J Soamiyas Love for Sanskrit and spirituality is well known. So ever January is a spiritual feast for all in Somaia vidyavihar

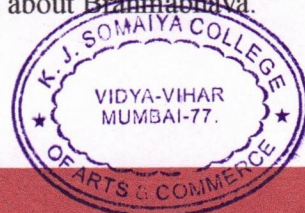
We have commenced this Gyanyagya with the topic "*Krishnatattva* in Bhagavad where Acharya Dhananjaybhai Vyas has spoken about various roles played by Krishna which ultimately tell us to realize the true nature of one self.

The last chapter of Aranyakas are Upanishads where essence of Veda are revealed This secret and Intimate teachings are encapsulated in Isha , Katha and Mandukya Upanishad Which were discussed By Dr. N. N. Joshi and Dr. Madhvi Narsaley.

Dr. Nirmalpremaji Gururji spoke on Science of Miracles and Para Advaita (Kashmir Shaivism) which is the pinnacle of Vedant Philosophy.

Vice Chancellor of Chinmay University Dr. Gauri Mahulikar spoke on *Vivek chudamani and anubandha Chatustaya* that is *Vishaya Prayojana sambandh* and *pramatru* of learning Shankara Vedant She in her lucid Style mesmerized the listeners about *Brahmabhava*.

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Dr. Prakash Soni spoke on Science of Living and *Prekshadhyana*. He practically demonstrated meditation technique.

Brahma Kumari Sis. Pramila Rao spoke on how to remain Calm in Crisis, how to maintain Sweetness in Relationship and our good Karmas are Key to a happy life.

A doctor and Professor in K E M Hospital Dr. Vijay khatri explained how Satisfaction is key to success and Tolerance - The King of all virtues

Mr. Rajsingh Verma spoke on Emotional Independence and Three Dimensional Health Care of Mind body and soul

We had Four Lectures on Bhagvad Gita where Dr. Prasad Bhide spoke on A Practical approach to Bhagvad gita. Dr. Sharmila Virkara philosopher, analyzed Modern Interpretations of Bhagvadgita by Ranade Tilak and many more. Dr. Manali londhe spoke on Bhagvadgita in Todays time , how it helps in solving our todays problem. Dr Priya Vaidya Analysed Swami Vivekanands Thoughts on Karma Yoga.

Modern values of environment awareness is emphasized by Dr. Namita Nimbalkar. How these values are woven in religious practices are describe by her. Dr. Parineeta Deshpande chairman of P V Kane research chair , Asiatic Society, has traced the origin of these values in Vedas

Shri. Sudhir Dave is a famous motivational speaker demonstrated how to develop Awareness and remain healthy by Removing Negativity

Dr. Bhagyashree Bavare from Dhammastudies spoke on Cosmology described in Rigveda with reference to Nasadiya Sukta, Purush sukta and Asyavamiyasuktam.

Principal of Swaminarayan arts college Ahmadabad and running Famous you tube channel namely Sanskrit sahitya evam Sanskriti spoke on Purushartha chatushtaya namely Dharma Artha Kama and Moksha.

He also spoke on “prasparam bhavyantah shreyah pramavapnuhi” relevance of Bhagvadgita.

Dr. Aandprakash Tripathi is renowned scholar from Latanu Rajasthan spoke on Yoga as discussed in various Indian Traditions and made it relevant in *Anekantavada* of Jainism

Guidence

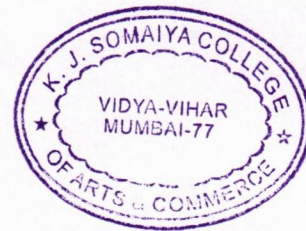
Dr. Veena Sanekar
Smt. Babita Krishnan

Chief Coodinators

Smt. Shriya pawar
Dr. Mrunal bhatt

Coordinators from K J S Arts and Commerce

Mugdha Ribud
Dr. Priti Dave



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Dr. Prasad Bhide
Sucheta Nalawade

Coordinators from K J Science and Commerce

Dr. Unnati Padalia
Dr. Meenal Patankar
Dr. Reema Khanna
Dr. Chitra kamath
Mrs. Deepa Ganatra

Coordinators from Ded college
Mrs. Alka chaugule

Coordinators from bed. Collge
Ms. Takshssheela
Mrs. Vidya Ramesh

Coordinators from Jain centre
Dr. S P Jain
Ms. Reshma kamble

Resource persons from Buddhist centre
Dr. Bhagyashree Bavkar
Resource persons K. J Somaiya college of Arts and Commerce
Dr. Prasad Bhide

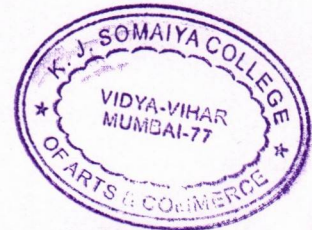
Resource persons S.K Somaiya Arta, Science and Commece college
Dr. Manali Londhe
Resource persons from Vinaymandir
Dr. Prakash Soni

Day 1: Friday 01.01.2021
Speaker : Acharya Dhananjaybhai Vyas
Topic : Krishna in Bhagavad

Day 2: Saturday 02.01.2021
Speaker : Acharya Dhananjay Vyas
Topic : Krishna in Bhagavad

Day 3: Sunday 03.01.2021
Speaker : Dr. N. N Joshi
Topic: Isha Upanishad

Day 4: Monday 04.01.2021
Speaker : Dr. N. N Joshi
Topic : Katha Upanishad



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Day 5 : Tuesday 05.01.2021

Speaker : Dr. Nirmalprema Guruji

Topic : Science of Miracles

Day 6 : Wednesday 06.01.2021

Speaker : Dr. Prakash Soni

Topic : Science of Living and prakshdhyan

Day 7: Thursday 07.01.2021

Speaker : B.K. Pramila Rao

Topic : Sweetness in Relationship

Day 8: Friday 08.01.2021

Speaker : B.K. Pramila Rao

Topic : Remain Calm in crisis

Day 9: Saturday 09.01.2021

Speaker : Dr. Vijay Khatri

Topic: Tolerance the King of all virtues

Day 10: Sunday 10.01.2021

Speaker : Dr. Vijay khatri

Topic : Satisfaction key to success

Day 11 : Monday 11.01.2021

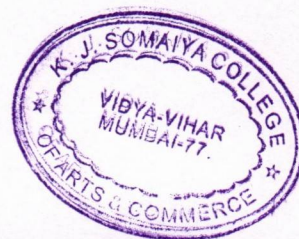
Speaker : B.K. Pramila Rao

Topic : A key to happy Life : Good Karma

Day 12 : Tuesday 12.01.2021

Speaker : Mr. Rajsingh Verma

Topic : Emotional Independence



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Day 13: Monday 13.01.2021

Speaker : Mr. Rajsingh Verma

Topic : Three dimensional health care (body, mind and soul)

Day 14: Thursday 14.01.2021

Speaker : Dr. Nirmal Premji

Topic : Para Advait (kashmir Shaivism)

Day 15: Friday 15.01.2021

Speaker : Dr. Prasad Bhide

Topic : Practical approach to Bhagvadgita

Day 16: Saturday 16.01.2021

Speaker : Shri. Sudhir Dave

Topic: Awareness Development

Day 17: Sunday 17.01.2021

Speaker : Dr. Bhagyashree Bavare

Topic : Cosmology in Rigveda

Day 18 : Monday 19.01.2021

Speaker : Dr. Harinivas Tivari

Topic : पुरुषार्थ चतुष्टय

Day 19: Tuesday 19.01.2021

Speaker : Dr. Harinivas Tivari

Topic : परस्परं भावयन्तः श्रेयः परमवाप्नुहि

Day 20: Wednesday 20.01.2021

Speaker : Dr. Anand Tripathi

Topic : Yoga in Indian Tradition

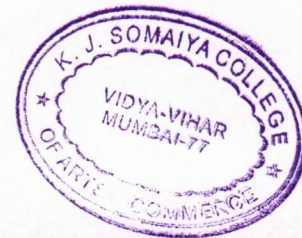
Day 21: Thursday 21.01.2021

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Speaker : Dr. Gauri Mahulikar

Topic : Vivekachudamani and Anubandha Chatustaya

Day 22: Friday 22.01.2021

Speaker : Dr. Sharmila Virakara

Topic : Modern Interpretations of Bhagvadgita

Day 23: Saturday 23.01.2021

Speaker : Shri. Sudhir Dave

Topic: Removing Negativity

Day 24: Sunday 24.01.2021

Speaker : Dr. Shakuntala Gawade

Topic : Traditions of Ramayana

Day 25: Monday 25.01.2021

Speaker : Namita Nimbalkar

Topic : Environmental Awareness

Day 27: Wednesday 27.01.2021

Speaker : Dr. Manali Londhe

Topic : Importance of Bhagavadgita in today's time

Day 28: Thursday 28.01.2021

Speaker : Dr. Parinita Deshpande

Topic : Sanskrit and Environmental Awareness

Day 29: Friday 29.01.2021

Speaker : Dr. Madhavi Narsale

Topic : Mandukya Upanishads

Day 30: Saturday 30.01.2021

Speaker : Dr. Meenal Katarnikar

Topic : Celebrating Diversity, Respecting Differences.

Day 31: Sunday 31.01.2021

Speaker : Dr. Priya Vaidya

Topic : Swami Vivekananda's Thoughts on Karma Yoga : An analysis

I/C Principal

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