

MIT Art, Design and Technology University, Pune MIT School of Holistic Development

A Project Report on

Topic: - Exploring the Essence of Divine Harmony in Daily Life:

**Submitted in partial fulfillment of the Requirements for the course Societal Immersion,
Spirituality & Morality- II**

Submitted by

Sr. No.	Enrollment Number	Name of the Student
1	ADT24SOCBD210	Ashish Phapale
2	ADT24SOCBD212	Ramchandra Shipalkar
3	ADT24SOCBD214	Siddhi Kakad
4	ADT23SO CB1621	Vimanyu Sharma
5	ADT23SO CB1550	Rudransh Roy



MIT School of Holistic Development

MIT Art, Design and Technology University, Pune

OPTION 2:

Exploring the Essence of Divine Harmony in Daily Life: A group of five students can visit a spiritual center, temple, or a peaceful natural surroundings in the nearby area to observe and understand how divine harmony is reflected in everyday practices and interactions. Through this experiential learning, students will explore how individuals cultivate inner peace, practice compassion, and uphold cultural values, thereby fostering a harmonious social environment. This initiative aims to deepen the students' appreciation of spiritual balance and its role in shaping a meaningful and peaceful daily life.

Format of the Report:

Group No.

Sr. No.	Registration / Enrollment Number	Name of the Student	Name of the School
1	ADT24SOCBD210	Ashish Phapale	SOC
2	ADT24SOCBD212	Ramchandra Shipalkar	SOC
3	ADT24SOCBD214	Siddhi Kakad	SOC
4	ADT23SOCB1621	Vimanyu Sharma	SOC
5	ADT23SOCB1550	Rudransh Roy	SOC

Title of the Report : Exploring the Essence of Divine Harmony in Daily Life

Name of the Place visited



Shri Vishwaroop Devata Temple

- In what ways does meditation, prayer, or yoga help align the mind and body towards a more harmonious life?



At Shree Vishwaroop Devata Temple, the instant we stepped into the area, there was a deep feeling of peace that enveloped us. The temple is ringed by green hills and a pond, and all that is about the temple seems peaceful and earthy. The ambiance organically calls for quiet and contemplation. As we sat by the temple steps, we saw individuals practicing various spiritual disciplines — some whispered prayers, others sat in meditation in silence, and some were practicing slow breath exercises or basic yoga poses facing the sunrise.



Seeing them do it, and doing it ourselves, taught us the actual effect of these practices. Meditation isn't merely shutting your eyes; it's paying attention to your breath, your thoughts, and your surroundings. We realized that when we just sat in silence for even ten minutes, our minds, which are typically occupied with miscellaneous thoughts, began to calm down. That internal quietude gave us a sense of calm and harmony with ourselves.



Prayer also had its grounding influence. Some of us participated in chanting simple mantras, and the vibrations of mass chanting were tremendous. It wasn't religious—it was about attention and letting go. We came to understand that prayer induces humility. It forces you to slow down and introspect, be thankful, and concentrate on something other than yourself. That shift in attention has the effect of stripping away tension and ego-centric concerns.



Yoga, when practiced in a serene environment such as Temple, was a moving meditation. Stretching, breathing, and balancing in a posture with awareness puts your whole attention in the present moment. It made us understand how out of sync we often get with our own bodies due to tension or screens. We were refreshed and alert after only a few poses.



From this experience, we realized that these practices are means to harmonize our mind and body. They break the continuous flow of distractions and allow room for peacefulness, lucidity, and improved emotional management. With the passage of time, these few moments of serenity can lead to habits conducive to a peaceful and balanced life.

→ **What role does nature play in teaching us about balance and divine harmony?**



One of the first things that struck us about Shree Vishwaroop temple is that it's not only a sacred place — it's also firmly rooted in nature. There's a small pond that mirrors the image of the temple, there are trees all around, and there are a number of birds and animals wandering around freely. It was like entering another world — one that progresses slowly, serenely, and with intention.



We sat for some time quietly in the shade of the trees, just listening to nature sounds. The wind, the leaves moving, far-away temple bells ringing, birdsong — all were in perfect sync. That was when we noticed how nature maintains equilibrium at all times. Trees don't push, but grow strong. The birds don't stockpile, but live one day at a time. The lake doesn't compete with the sky but glows with what it sees in the sky.



Nature teaches harmony by example. Each element supports the other without noise or drama. It made us think about our own lives—how often we're caught in competition, comparison, and confusion. But nature works differently: it teaches patience, cooperation, and the beauty of cycles. There's a time to grow, a time to rest, a time to give, and a time to receive.



We also noticed a cluster of believers giving feed to the temple's cows and birds. It was that minor act of animal kindness that gave us the realization that peace isn't about internal peace; it is about treating other living things with consideration, including the world of nature. When people respect nature, they begin respecting life.



This trip altered the manner in which we perceive trees and rivers—not as scenery, but as silent instructors. Nature does not teach, but it continually shows us how to live in harmony with the world. By slowing down and tuning in, we learned that being outdoors assists in rewiring our minds. It lowers stress levels, enhances clarity, and deepens our connection with something larger than ourselves.

→ Can artistic expressions like music, dance, or visual arts help in connecting with the divine in promoting inner harmony? If so, how?



Within the Shree Vishwaroop Devata Temple complex, we were fortunate enough to see a group of local artists singing a devotional bhajan. The music, while simple, was very powerful. The rhythm, the tone, and the devotion in their voices produced an atmosphere of unity—not only with one another, but with something greater. We saw people around us closing their eyes, swaying to the music, some even quietly crying. It was a moment of common feeling, tranquility, and being there.



This experience brought home the point that music is among the most accessible routes to inner harmony. It can soothe the mind, lift the heart, and unite people, no matter their age or background. The bhajans did not have to be comprehended in depth — their feeling conveyed more than words ever could. It reminded us how art can help circumvent the rational brain and go straight to the heart.



We also got to see exquisite carvings and paintings within the temple, particularly images of Shree Vishwaroop Devata and other . These images were not merely for ornamentation—they appeared to be storytelling, imbued with energy, and directing the mind toward contemplation. They helped us concentrate and relax. One of the students in our group, who is fond of sketching, was motivated to draw upon returning. That act of creativity itself became a form of meditation.



Dance, too, though not performed at the temple during our visit, was talked about. Classic Indian dance style such as Bharatanatyam is commonly rooted in storytelling and spirituality. Physical discipline, expression of emotions, and spiritual intent—everything in one—that's what they are about. Dance, as in music and visual arts, addresses the entire self.



We concurred that works of art are bridges across the visible and invisible, outer and inner realms. When executed with mindfulness and feeling, they can make us one with the divine and harmonize our minds and hearts. They allow us to say

what cannot be expressed in words and usually result in healing and insight.



So, yes, we are convinced that music, dance, and art are not only for entertainment—they are potent vehicles for spiritual connection and emotional balance.

→ What have you learnt from the experience?



Our visit to Shree Vishwaroop DevataTemple was more than just a field trip. It felt like a quiet but meaningful journey into a side of life we don't always pay attention to. Every part of the experience — the natural surroundings, the peaceful rituals, the kindness of the people, the soft chanting, the silence — had something to teach us.



One major learning was that peace doesn't have to be something far away or difficult to find. It can exist in the middle of simple moments — sitting on a stone under a tree, feeding a cow, listening to a temple bell, watching birds fly together. We learned that spirituality isn't always loud or dramatic. Sometimes it's just about being present and aware of your surroundings and your feelings.



We also noticed how people at the temple treated each other — with calmness, patience, and respect. Even strangers helped each other without being asked. It made us realize how much of our daily stress comes not just from work or studies, but from how we react to others. A peaceful society begins with small acts of kindness and understanding.



Personally, each of us had something different to take back. One student felt inspired to start morning walks in silence to reflect. Another wanted to reduce time spent on social media and focus more on real conversations and nature. A third student decided to learn meditation properly and try to include it in their routine.

◆ As a group, we came back feeling lighter. There was a sense of shared calm, a better understanding of each other, and even a few moments of laughter and connection that felt genuine. This was different from classroom learning — it was learning by being, by seeing, and by feeling.

◆ In the end, we learned that divine harmony is not just about religion or rituals. It's about how we live, how we think, and how we treat the world around us. Whether through silence, music, prayer, nature, or art — there are many paths, but they all lead to the same place: a more peaceful and meaningful life.

Geo -Tagged Photo



