

## **Best Practices I**

7.2.1 Describe at least two institutional best practices (as per NAAC Format)

Response:

### **1. Title of the Best practices:**

**“Ek Mutthi Anaj”**

### **2. Objective of the Practice:-**

The main theme of the programme was to collect the food grains from all the staff members and students as per their wish, after that the collected grains was distributed to needy in society. People are encouraged to donate a handful of grain or any other food item every day, which is then collected and used to provide grain for the less fortunate. The initiative is based on the belief that even a small contribution can make a big difference in the lives of those who are struggling to meet their basic needs.

Overall, "ek mutthi anaj" is a shining example of how a small act of kindness can make a big difference in the lives of those in need. It serves as a reminder that we all have the power to make a positive impact on the world, no matter how small our contributions may be. Apart from providing Ek Mutthi Anaj, the initiative also aims to support various social welfare activities such as Blind School, old-age home, leprosy Trust and the needy people . The goal is to improve the overall well-being and quality of life of those who are marginalized or disadvantaged in society.

### **3. The context:-**

The initiative was started in 2019 by Hon'ble Kirtitai Arjun President of Shree Dadasaheb Gawai Charitable Trust Amravati.

The context behind the initiative was the prevalent socio-economic conditions in India at that time, which left a large number of people struggling to meet their basic needs, including food. The initiative was designed to address this issue by encouraging people to donate a small amount of grain to needy people, which could then be used to provide meals for the less fortunate.

Over the years, the initiative has grown into a massive movement, with students and staff of college participating in that initiative.

Apart from providing grain, the initiative also supports various social welfare activities such as Blind School, old age home, leprosy Trust and Needy People. The goal is to improve the overall well-being and quality of life of those who are marginalized or disadvantaged in society.

### **4. Practice:-**

The practice behind the "Ek Mutthi Anaj" charity initiative is quite simple yet powerful. The initiative encourages people to donate a handful of grain once year, which is then collected and used to provide meals for the less fortunate.

#### **The practice involves the following steps:**

**Donations:** People are encouraged to donate a handful of grain or any other food item once year. The donations can be in the form of rice, wheat, pulses, grain that can be easily stored and distributed.

**Collection:** The collected grains are then brought to a central location where they are processed and stored. The initiative relies on the support of students who work tirelessly to collect and manage the donations.

The volunteers associated with the initiative work towards creating awareness about various social issues and help people in need in their communities.

### **5. Evidence of success. :-**

The "Ek Mutthi Anaj" charity initiative has been successful in making a positive impact on the lives of Society. The success of the initiative can be seen through the following evidence:

**Promoting social responsibility:** The initiative has created a culture of giving and social responsibility among people, encouraging them to contribute towards the betterment of their communities.

**Supporting social welfare activities:** Apart from providing Grain, the initiative also supports various social welfare activities such as old age home, leprosy Trust, Needy People, which have helped to improve the overall well-being and quality of life of those who are marginalized or disadvantaged in society.

### **6. Problems encountered and Resources Required:-**

While the "Ek Mutthi Anaj" charity initiative has been successful in addressing the issue of food scarcity and poverty in India, there have been some challenges encountered while implementing the program. Some of the common problems encountered include:

**Lack of donations:** One of the primary challenges faced by the initiative is the lack of donations. Despite efforts to create awareness and encourage people to donate, there are still many who do not contribute to the cause.

**Transportation and storage:** The initiative relies on the support of volunteers to collect and transport the donated grains to a central location. However, transportation and storage can be challenging,

particularly in areas that are difficult to reach or affected by natural disasters.

**Distribution challenges:** Distributing the donated grains to the needy can also be challenging, particularly in areas with poor infrastructure or limited access to resources.

**Sustainability:** The sustainability of the initiative is another challenge faced by the program. The initiative needs continuous support and engagement from the community to ensure its long-term success.

Despite these challenges, the "Ek Mutthi Anaj" charity initiative has been successful in making a positive impact on the society, and efforts are being made to address these challenges and improve the program's effectiveness.



Ek Mutthi Anaj Inauguration of Hon'ble Secretary Shree DGCT Amravati



Collecting Grain Donate to “Andhjan Vikas Sanstha”



Ek Mutthi Anaj Inauguration of Hon'ble Secretary Shree DGCT Amravati



# तक्षशिला कॉलेज में 'एक मुट्ठी अनाज' उपक्रम



**प्रतिनिधि/दि.९**

**अमरावती -** स्थानीय श्री दादासाहब गवई चेरिटेबल ट्रस्ट अंतर्गत संचालित तक्षशीला महाविद्यालय के सामाजिक शास्त्र विभाग तथा महिला शिकायत निवारण केंद्र व ब्लॉसम ग्रुप के संयुक्त तत्वावधान में विश्व महिला दिवस के अवसर पर 'एक मुट्ठी अनाज' कार्यक्रम का आयोजन किया गया।

उल्लेखनीय है कि, यह कार्यक्रम तक्षशीला महाविद्यालय के सामाजिक शास्त्र विभाग अंतर्गत विगत ५ वर्षों से चलाया जा रहा है। इस वर्ष महिला दिवस का औचित्य साधकर संस्था के सचिव प्रा. पी.

आर. एस. राव ने अपनी ओर से अनाज देकर इस उपक्रम का उद्घाटन किया। जिसके पश्चात अगले ७ दिनों तक गेहूं व चावल संकलित करने का काम चलता रहेगा।

इस कार्यक्रम की सफलता हेतु प्राचार्य डॉ. अंजनकुमार सहाय के मार्गदर्शन में प्रा. डॉ. अंजलि वाट, प्रा. प्रीतिश पाटिल, प्रा. सुनिता श्रीखंडे, प्रा. डॉ. प्रणाली पेटे, प्रा. डॉ. प्रवीण वानखंडे, प्रा. मुंदे, प्रा. ममता कलमकर, प्रा. गणगण, प्रा. ज्योति नवलकर, प्रा. रवींद्र तायडे व प्रा. रुपेश बेलसरे सहित महाविद्यालय के विद्यार्थियों ने महत्त प्रयास किए।

News of Programme

  
Principal  
Takshashila Mahavidyalaya  
Amravati-444606

## **Best Practices – II**

### **1. Title of the Practice:-**

**“Meditation way to live happy life”**

### **2. Objective of the Practice:-**

- To make aware about the benefits of meditation
- To maintain physical and mental health
- To maintain the blood circulation and respiratory system of body.

### **3. The Context:**

As per the famous slogan "Sound Mind in sound Body" it is very necessary to maintain the physical and mental fitness. Meditation is the ancient process of Indian community for maintaining ones physical and mental fitness since the ages. As per the vision of Indian Government, the prime Minister, Mr. Narendra Modi also announced practice the meditation classes in the institutions. It is also beneficial for the blood circulation, respiratory system and intellectual growth of human beings. So it was decided in the IQAC meeting to conduct the Meditation classes in the institution.



#### **4. The Practice:-**

##### **1 Why meditation is important**

In the present era we all are running behind the resources to make our life more & more comfortable. now a days the life is also not peaceful, we have compare we have to do struggle for everything in this rat race everyone is loosing the peace of mind which causes various medical issues like B.P, Sugar etc. to the human being the meditation can be treated a way to get ride of all such issues generally people face it has a mythological concept but rather it is more of scientific process the meditation helps to clam your mind, generate peace of mind and peace of soul. It boosts your inner energy and keep you calm and cool we can say that it is the need of such changing time.

##### **2 Why it is important for students:-**

The students are not mature in their age they see lots of things and by to follow them, may be useful or useless. like anyone their mind is al ro not stables second ly It has been observed that they are not able to concentrate in their regular studies until and unless mind is steady and calm no one can concentrate or set focus on their work obviously the students are not exception for the same. The meditation helps students to concentrate on their day to day activities and their studies we found lots of institute from abroad are following the practicing meditation before starting their regular work .

##### **3 An Initiative by Takshashila Mahavidyalaya Amravati**

keeping in view mentioned things we Takshashila mahavidyalaya had started "vipshyana centers" which is a form of meditation in our campus the center is not only limited to only our campus it is already started of various institute of our trust fully dedicate center has been established of " Lumbini Mogra " where special meditation camp of 10-15 days are organized great number of followers "sadhakas" are raising the benefits from this center at our campus we have established special cell for the same and space with required amenities has been provided enough care has been taken to maintain the peaceful environment it can

be said that the we are teaching to our motive has large number of students and staff members had started following the processes.

#### **4 Benefits to Students**

As mentioned several students are attending the center regularly very noticeable change has been observed among them those students who studies away from these started linking the meditation and are coming regularly to the center significant change has been found in their attitude there is great change in their thinking process the mediation helped them to increase positive thinking these students who are attending this has admitted that they are now able to focus in their studies with fair concentration the mediation has changed their behavior with other students teachers and with parents drastically

#### **5. Evidence of Success:-**

The College has succeeded in its aim of conducting meditation classes for students during the session 2013-14, number of students was benefited. Few students were selected in Police Department other competitive exam Besides this, the college has also succeeded in creating friendly atmosphere among the students of various classes.

#### **6. Problems encountered and resources required:**

Vipassana, meditation is to be performed in silent atmosphere when people near about Vipassana they directly think about religion first. They don't understand that it has nothing to do with religious aspects but it is for mental peace.

Secondly, while doing it nobody has to speak during performing this activity. But people get habituated and talk among themselves. While practicing Vipassana we have to concentrate on inhale and exhale on breathing activity.

#### **Recourses required:**

1. One teacher who has completed 10 days and 40 days Vipassana camp.
2. A big airy hall with sound system, asanas and calm atmosphere.

Students Perform Meditation



## Students Perform Meditation



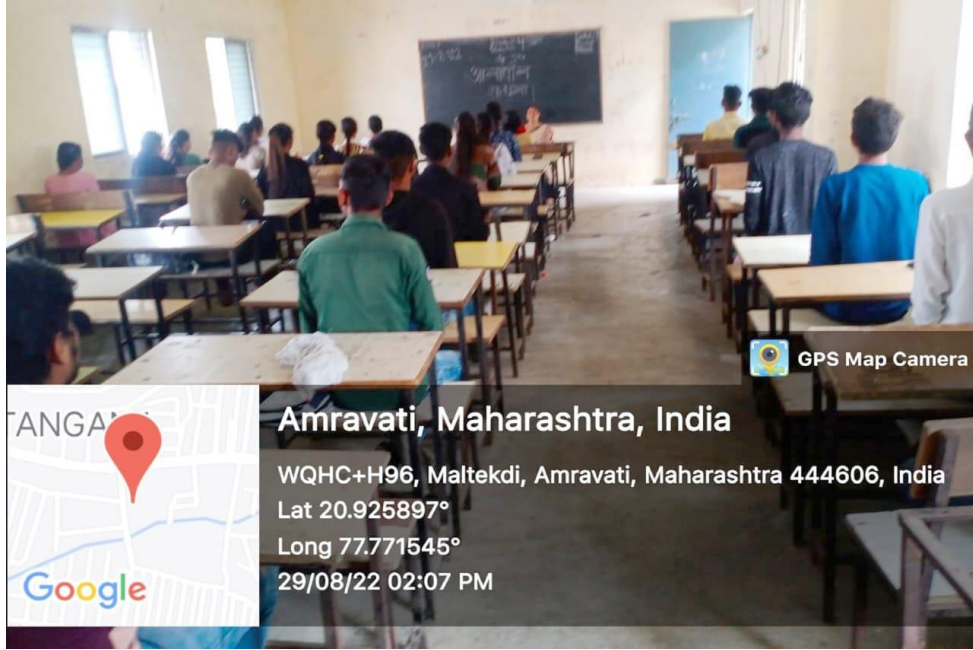
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Students Perform Meditation



Students Perform Meditation



  
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