

## **Best Practices I**

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

Response:

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

**“Samrat Ashok Abhyasika”  
(Study center for competitive Services)**

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

Takshashila Mahavidylya, Amravati has setup full fledge study center for competitive exams the center provide timely guidance on various aspects of competitive exams by the experts across Maharashtra that consists of well experienced trainers, retired government officials and working officials objective behind inviting government officials is to make them aware of current affairs and trends. The center has its own well equipped library having vast collection of variety of books, journals news papers and related literatures. The center provides the learners peaceful and calm environment for focused on study purpose. The study room well furnished enough care has been taken to ensure silence zone, lighting arrangement and appropriate ventilation. The aspiring candidate scan study without disturbance and with full concentration. Study center in functioning for last five years, hundreds of students have taken benefits of the facility and presently around 150 candidates are learning.

### **The prime objectives are:-**

- 1) To provide quality learning facility in free of cost for economically backward students regardless of their gender, religion and cast.
- 2) Arranging guidance lectures form experts on different areas.
- 3) Provided personal counseling and conducted motivational lectures to encourage and motivate aspirant.
- 4) To provide disturbance free atmosphere for focused study.
- 5) To make them available all possible kinds of literature and study material.

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

Amravati city and district in a part of vidharbha region unfortunately it is the fact that this region is lacking in industrial sector. The industrial sector is not developed here due to which corporate jobs like as in Pune, Mumbai are not available in vidhartha region that why the only scope here is agriculture, own business our government services. Considering the climate and natural condition, agriculture and

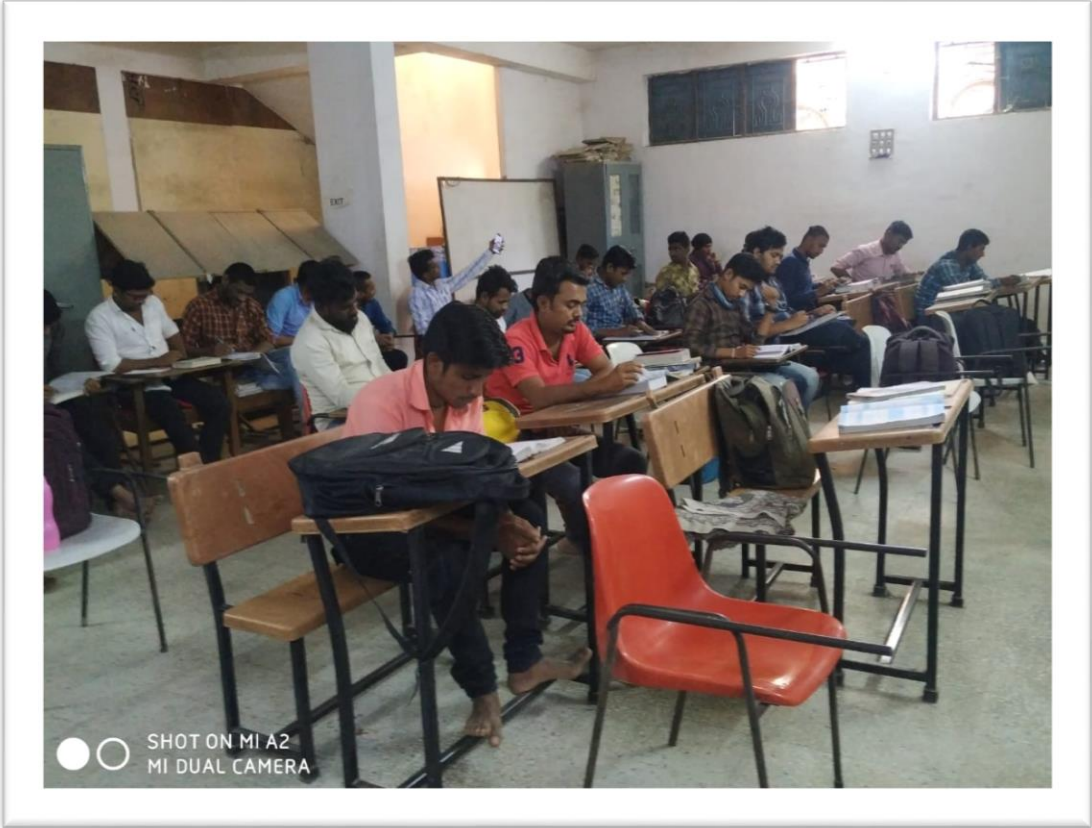
farming is becoming more tough and unprofitable, now a day's also the financial status which is required for setting up any business is not sufficient. Due to such circumstances huge numbers of youths are turning towards government jobs opportunities for any kinds of govt. job competitive exams are only the gateway. A sincere attempt is made by Takshashila Mahavidyalya to fulfill the maximum possible needs of aspiring candidate for such exams. We are giving all required facilities to them. Hundreds of learner are benefited and are joined in govt. sectors successfully proudly we can say that our center had provide an important milestone in their carrier.

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

As started lots of students have enjoyed the facilities provide by our study center and working success fully in various govt. areas some of them are enlisted below











## **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.

## **Key Indicator 7.3 Institutional Distinctiveness (20)**

7.3.1 Describe/Explain the performance of the institution in one area distinctive to its vision, priority and thrust

### **Response:**

Takshashila Mahavidyalaya imports education management, Arts, Commerce, Science, Computers Science, to all category students under one roof.. The college strives hard to realize its goals and objectives. Like other institutions, we too combine our curricular activities with extra-curricular activities. It is our objective to nurture the talents of some of these students and make them realize the importance social and voluntary work amongst the poor and the marginalized sections of the society. To provide a platform to the students by giving them an opportunity in competitive world to face all the challenges for that we had competitive coaching cum-study center. Human Right Foundation Course, Dr.Babasaheb Ambedkar study center, Women Grievance Redressal Cell, Anti Ragging cell, students Redressal cell we have admitted all categories student out of which, we have big strength of scheduled cast, Scheduled Tribe and other backward cast. Our college is situated at heart of Amravati city which is very near at Bus Stop, so that we got lots of rural area students.

The institution is recognized as Buddhist Religion Minority institution by Government of Maharashtra.

## **The Bodhi Tree**

The Bodhi Tree (TBT) is a non-profit, non-governmental, organization established with a vision to transform the lives of the underprivileged rural and tribal students. The founder Mrs. Kirti Tai Arjun's (President of S.D.G.C.T. Amravati) unconditional love for each individual who seeks help is the moving force behind the projects of the The Bodhi Tree.

### **Objectives:**

To uplift the underprivileged rural and tribal students by empowering and equipping them with skills to live in mainstream society.

### **Education:**

Students are supported to complete their education and equip them with skills to enable them to become self sufficient. Educational inputs are provided through Student Friendly Supplementary Education Programmes, to ensure students are given in depth input for Mathematics and English. The project works towards uplifting underprivileged rural and tribal students, by reinstating them in schools, empowering and equipping them with skills to live in mainstream society. The goal is not just literacy but complete all round development of each child through Weekend workshops focused on self growth, personality development and building confidence. Those students desirous of continuing higher education are also supported and helped to seek the admissions to colleges in their fields of interest.

Teachers and Peer Group meetings are conducted on a regular basis to discuss each and every student with their respective teachers. These meetings are focused on sharing the development of the Students and

discussions on strategies for further development with the school teachers. This also ensures their involvement in the programme. The peer group meetings with the aim to create an awareness of the importance of education and the need to support their peer in this respect.

#### Activities:

Various activities are conducted under the Bodhi Tree project as,

- English speaking training is conducted at Krushna Kamal Adivasi Ashram School, Ner Pingalai, Tq. Morshi, Dist. Amravati, for the tribal students to empower them to face today's world.
- Craft making and designing workshop is conducted on regular basis for individual classes on each Sunday.
- Other than study, we also focus on the extracurricular activities like, dance, coaching by profession choreographer, coaching on playing various musical instruments of their choice etc.
- The objective of the undertaken project to make them fit for survival in present era, where overall development is an essential part of education, but unfortunately it is not much focused. So under the head of Bodbhi Tree, it's our sincere effort to provide them as much as possible.
- Similar activities are also conducted for Tribal kids (students) located in the campus of Takshashila Mahavidyalaya, Amravati.

In this activity we got an appreciable response of our faculty members, we definitely appreciate their sincere efforts and their interest towards enabling such kids to cope with the present atmosphere.

**“Waste out of Best” Activity under the Guidance of Hon’ble Dr.Aaisaheb Kamaltai Gawai**



**Importance of personal hygiene by Dr.Kamlakar Payas**



**Health is wealth**





**Listening Story of Good human being**



## Importance of Good Habit



## Hand crafts







**Hand crafts made by students**

**Learning Mathematics in easy way**



**Ground Activity**



**Sweet Distribution**



**Drawing and craft activity**

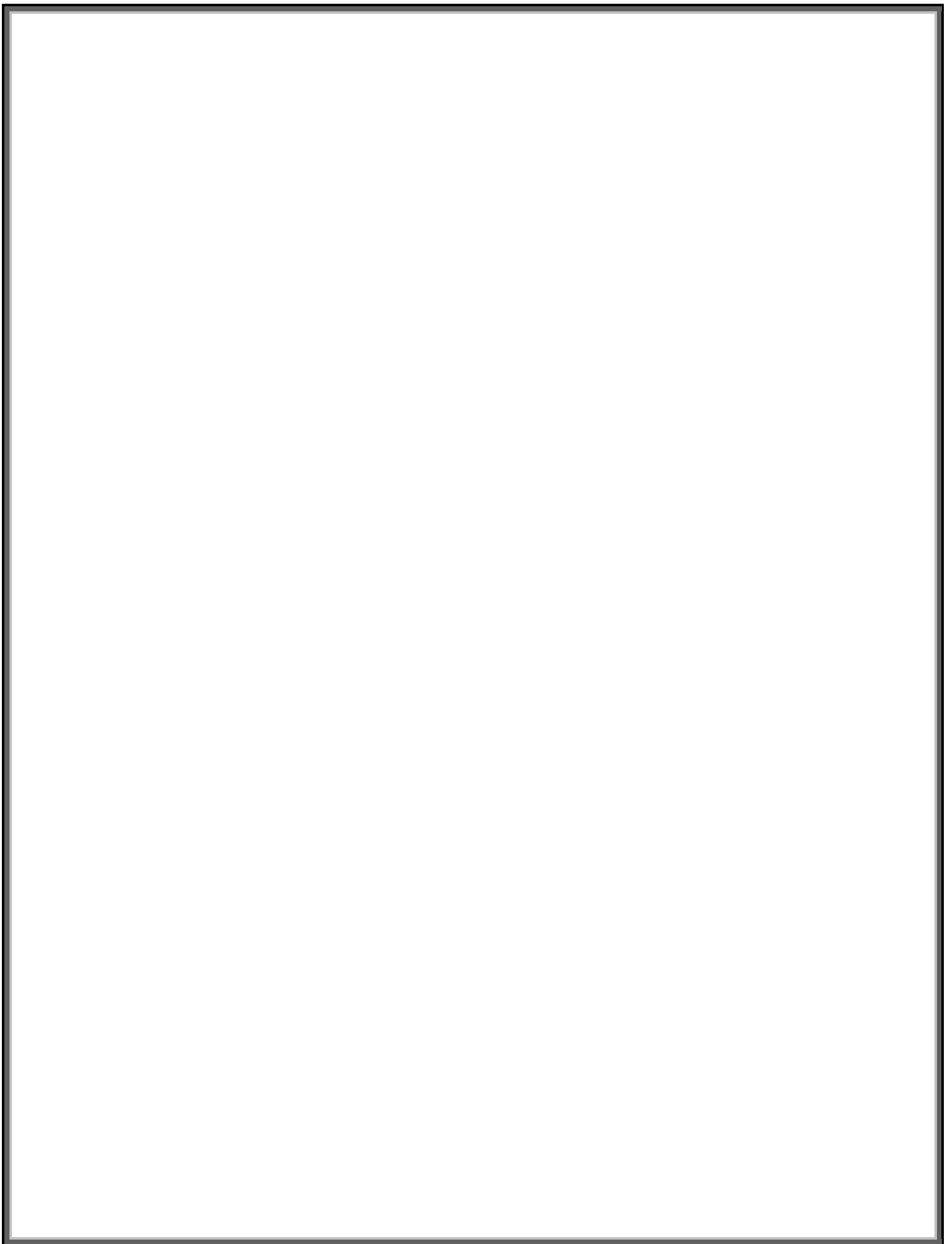








**Drawing and craft activity**



**Shri Dada Saheb Gawai Charitable Trust Amravati  
Takshashila Mahavidyalaya**

**Pali-Department**

**Date -11.7.2013**

**One Day Anapana Camp**

Purpose For Student's Concentration

Number of Student's For this camp is 45.

Guidance from C.C.T. Teacher Parmita Avsarmol

Also, Special presence for this camp of Principal Arunji Sinha , Prof. Roshan Prakash Rao and all Professors.

  
Principal  
Takshashila Mahavidyalaya  
Amravati 445 002





**Shri Dada Saheb Gawai Charitable Trust Amravati**

**Takshashila Mahavidyalaya**

**Pali-Department**

**Date -13.7.2014**

**One Day Anapana Camp**

Purpose For Student's Concentration

Number of Student's For this camp is 50.

Guidance from SHRI SUBHASHARAO WANKHADE

Also, Special presence for this camp of Principal Mr. Dr. Arunji Sinha and

Prof. Roshan Prakash Rao

  
Principal  
Takshashila Mahavidyalaya  
Amravati 444606











# तक्षशिला महाविद्यालयात योग दिन संपन्न

प्रतिनीधी / २२ जून

अमरावती - स्थानिक तक्षशिला

महाविद्यालयामध्ये आंतरराष्ट्रीय योग दिनाचे औचित्य साधून एक दिवसीय योग शिबीराचे आयोजन राष्ट्रीय सेवा योजना विभागातर्फे करण्यात आले. या शिबीराला शिक्षक म्हणून ह.व्या.प्र. मंडळ येथील योग प्रशिक्षक इमंत भिवारकर उपस्थित होते. यावेळी महाविद्यालयाचे प्रा. डॉ. पडवाल मह्लू आणि सर्व प्राध्यापक वर्ग शिक्षकेत्तर कर्मचारी व विद्यार्थी या शिबीराचा लाभ घेतला. या शिबीराचे प्रास्ताविक प्रा.



अंजली वाठ यांनी केले तर आभार प्रदर्शन कार्यक्रम अधिकारी प्रा. प्रीतेश पाटील यांनी केले



## तक्षशिला महाविद्यालय

स्थानिक तक्षशिला महाविद्यालयामध्ये आंतरराष्ट्रीय योग दिनाचे औचित्य साधून एक दिवसीय योग शिबीराचे आयोजन राष्ट्रीय सेवा योजना विभागातर्फे करण्यात आले. या शिबीराला प्रशिक्षक म्हणून हनुमान व्यायाम प्रसारक



मंडळ येथील योग प्रशिक्षक हेमंत भिवारकर उपस्थित होते. या प्रसंगी त्यांनी योगाचे मानवी जीवनातील महत्व या विषयी माहिती सांगून त्यांनी योग प्रात्यक्षिकाद्वारे प्रशिक्षण दिले. यावेळी महाविद्यालयाचे प्राचार्य डॉ. पडवाल मल्लू आणि सर्व प्राध्यापक वर्ग शिक्षकेतर कर्मचारी व विद्यार्थी या शिबीराचा लाभ घेतला. या शिबीराचे प्रास्ताविक प्रा. अंजली वाठ यांनी केले तर आभार प्रदर्शन रासेयो कार्यक्रम अधिकारी प्रा. प्रीतेश







**Shri Dada Saheb Gawai Charitable Trust Amravati**

**Takshashila Mahavidyalaya**

**Pali-Department**

**Date -13.7.2017**

**One Day Anapana Camp**

Purpose For Student's Concentration

Number of Student's For this camp is 70.

Guidance from Prof. Dr. Rekha Parwatakar and Prof. Anjali Wath

Also, Special presence for this camp of Prof. Roshan Prakash Rao and all professors .

  
Principal

Takshashila Mahavidyalaya  
Amravati, 445001







(Participants practicing the meditation process)

**Achievement :**

Students understood the process and importance of meditation. Proud to mention that, after the program several students are practicing and trying to improving the life.

**“Your Inner Strength Is Your Outer Foundation”**

## Meditation Program dated 12/08/2016

All students of T. M. V. participated in the program.

Speaker : Dr. PratapUdhwani

Faculty In-Charge : Prof. MayuriFatte, Prof. SachinPandit, Prof. J. D. Deshmukh.

Location : In-Door Hall of T.M.V. Amravati.

Goal :

In today's life style everybody is carrying several types of stress, it may be direct or indirect and in the rat race we lose our focus, the real purpose of our life. We want lots of available and unavailable but we forget the thing that we really need. The meditation is a process that helps you to see in your depth and help to concentrates as, the beauty comes from inside you that leads you towards positivity. The meditation can be thought of as a media to look inside.



(Dr. PratapUdhwani explaining the importance of meditation)

**Shri Dada Saheb Gawai Charitable Trust Amravati**

**Takshashila Mahavidyalaya**

**Pali-Department**

**Date -12. 7.2016**


**One Day Anapana Camp**

Purpose For Student's Concentration

Number of Student's For this camp is 60.

Guidance from C.C.T. Teacher Chandatai Borkar

Also, Special presence for this camp of Prof. Roshan Prakash Rao and all Professors..

  
Principal  
Takshashila Mahavidyalaya  
Amravati 444606



**Shri Dada Saheb Gawai Charitable Trust Amravati**

**Takshashila Mahavidyalaya**

**Pali-Department**

**Date -12 .7. 2015**

**One Day Anapana Camp**

Purpose For Student's Concentration

Number of Student's For this camp is 55.

Guidance from C .C . T . Teacher Vandana Gawai

Also, Special presence for this camp of Prof. Roshan Prakash Rao and all Professors .



Principal

Takshashila Mahavidyalaya  
Amravati 444606

