

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



Ek Mutthi Anaj Inauguration Programme Present Staff



Amravati, Maharashtra, India

Nagpur - Aurangabad Hwy, SRPF Colony, Amravati, Maharashtra

444602, India

Lat 20.932562°

Long 77.790084°

30/04/22 01:51 PM

Collecting Grain Donate to Vidharbh Maharogi Seva Mandal Tapovan

॥ वन्दे मातरम् ॥

विदर्भ महारोगी सेवा मंडळ
श्री जगदंबा कुष्ठ निवास, तपोवन-अमरावती

पा. क्र. 361 वस्तुप्रदान देणगी पावती दिनांक - १८/०१/२०२१

श्री. / श्रीमती लक्ष्मी महाविद्यालय अमरावती

स. नमस्कार

आपणाकडून निवासातील लोकांच्या उपयोगाकरिता खालीलप्रमाणे सामान मिळाले.

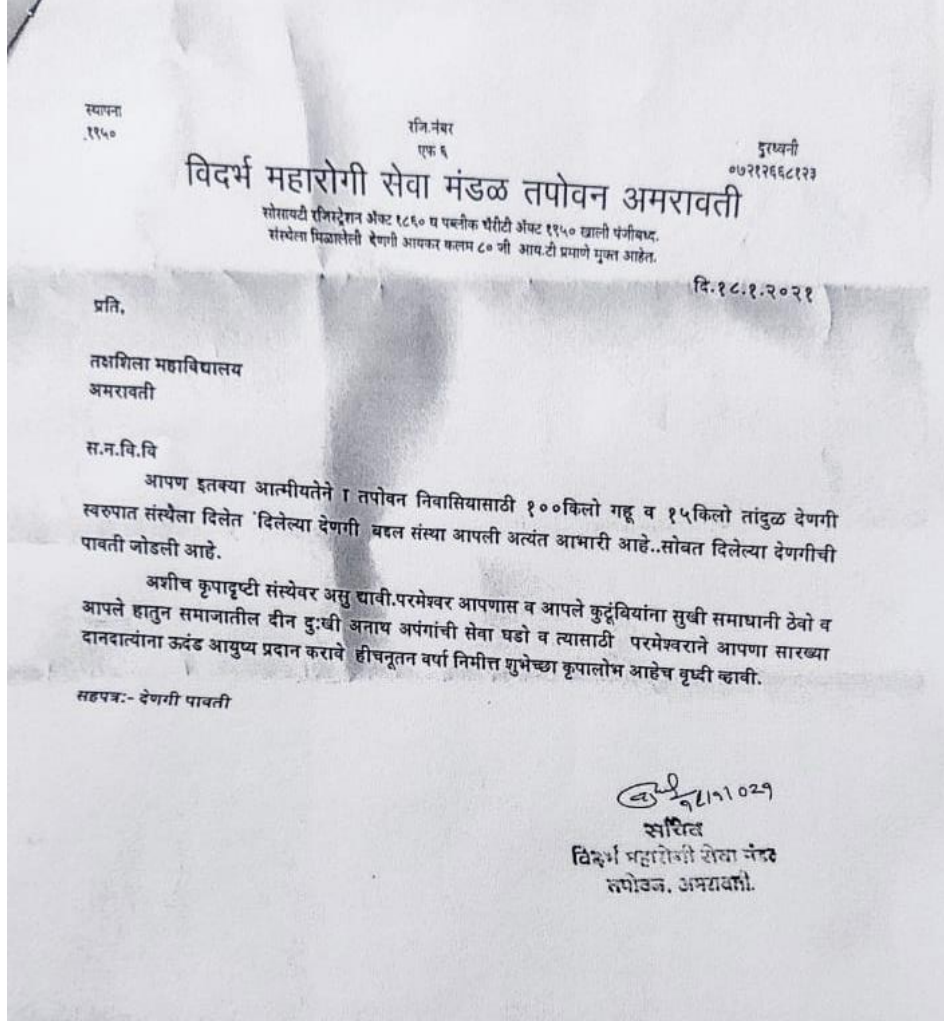
धान्य / गहु - १०० Kg , तांदुळ १५ Kg

सामान / वस्तू

वरील मदतीबद्दल आम्ही आपले ऋणी आहोत. अशीच कृपादृष्टी ठेवावी.
धन्यवाद !

सचिव
विदर्भ महारोगी सेवा मंडळ
तपोवन-अमरावती

Receipt of Grain Donation of Vidharbh Maharogi Seva Mandal Tapovan



Thanks Letter for Grain Donation of Vidharbh Maharogi Seva Mandal Tapovan

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



Students Perform Meditation



GPS Map Camera



Amravati, Maharashtra, India
WQHC+H96, Maltekdi, Amravati, Maharashtra
444606, India
Lat 20.925897°
Long 77.771688°
29/08/22 02:06 PM

Students Perform Meditation



Students Perform Meditation



One day Anapan Shibir

तक्षशिला महाविद्यालय अमरावती
पासी विभागद्वारे,
गुरुकृपा कॉलनी येथे दि.२०/०९/
एक दिवसीय आनापान साधना शिबिर



Key Indicator 7.3 Institutional Distinctiveness

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.



Students Perform Meditation



Bothi Tree student Perform Meditation



Present students during the Guest lecture



Present students during the Guest lecture