

BEST PRACTICE NO. 1

Anapana

Anapan is a meditation. Anapan is the first step in the practice of 'Vipassana Meditation' Anapana means observation of natural, normal representation as it comes and as it goes out. It is an easy to learn, objective and scientific technique that helps develop concentration of the mind.

Observation of the breath is the ideal object for meditation because it is always available and it is completely non-sectarian. Anapana is very different from techniques that are based on the artificial regulation of breath. There are no rites or rituals involved in the practice or presentation of Anapana.

Objective :

- To improve concentration and mind becomes razor sharp.
- To improve decision making skill.
- To improve peace of mind and confidence.
- To filled with positive energy.
- To change perspective about life.
- To learn to live in present.

Participants :

Participation for Anapana meditation is not compulsory but college suggested to do it for all. Teaching and non-teaching staff and students were participated for Anapana meditation.

Venue :

Seminar hall of the college.

Time :

Every Monday and Saturday at 9.00 am.

Merits of Anapana Meditation :

- Effective tool to deal with the fears, anxieties and pressure.
- Increased the concentration of minds.
- Improves awareness and alertness of mind.

- Memory becomes sharp.
- Decision making power improves.
- Mastery over the mind.
- Increases the self confidence.
- Decreased agitation, fear, tension, nervousness and stress.
- Increase the capacity of work.
- Better performance in studies, sport and extra-curricular activities.
- Better ability to understand and express oneself.
- Mind becomes healthy, wholesome and strong.
- One becomes full of good wishes for others.

These are the benefits of Anapana meditation.

Out come –Anapan is a meditation and this practice is very much useful for every person to keep herself/himself peacefully. College staff regularly practiced Anapan weekly twice. As a result of this Anapan practice every staff improving his work quality and giving best performance in the teaching learning process.

BEST PRACTICE NO. 2

Prerana Award

Introduction :

It is found that most of students admitted to our college are belonging from rural and tribal areas. They are coming from socially and economically back ward classes, where their first generations are totally illiterate. In such circumstances they are admitted to higher education and face new challenges of curriculum and educational environment. In the competitive era need to inspire and motivate them for quality education and to achieve good ranking in the university examination at graduate and post graduate level Mr. AnantDeshmukh senior faculty member of our college suggest to start 'Prerana Award' at graduate and post graduate level. Since 2016-17 Mr. Deshmukh sponsored 'Prerana Award' in memories of his mother and father.

Objectives :

1. To motivate the students for healthy and serious study.

2. To motivate the students for better performance in the examination.
3. To create responsible attitude as a learner.
4. To motivate the students to prove themselves.
5. To inspire all admitted students to set their goals and take efforts to achieve them.

Nature of prize :

Graduate level: (BSW)

In memories of Sau. Vimalabai Vinayakrao Deshmukh

First Prize : Rs. 1501.00 & Memento to achieve First rank in the college.

Second Prize : Rs. 1001.00 & Memento to achieve Second rank in the college.

Post Graduate level:(MSW)

In memories of Shri. Vinayakrao Keshavrao Deshmukh

First Prize : Rs. 1501.00 & Memento to achieve First rank in the college.

Second Prize : Rs. 1001.00 & Memento to achieve Second rank in the college.

Date of Prize Distribution:

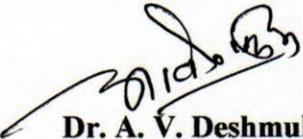
5th September of every year

Sponsored by:

Prof. Dr. Anant Vinayakrao Deshmukh (Associate Professor, Bhagini Mandal's College of Social Work, Chopda)

Outcomes of the award:

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon conduct examination for BSW and MSW students. Those students who ranks First and Second rank in the University examination are eligible for the 'Prerana Award' this award started in 2016-17 and till now 12 students of BSW and MSW has awarded 'Prerana Award'. The important things are that most of the awarded students are from tribal and economically backward classes. This award motivate students to study hard and improve their knowledge and achieve good rank in the examination.


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