



!! Sabka Malik Atma !!
Vishwatmak Jangli Maharaj Ashram Trust's
Atma Malik Institute of Technology & Research (AMRIT)

2. Title of the Practice

Holistic development of students and faculties in particular and society in general through spiritual practices.

Objectives of the Practice

A holistic education must aim at inculcation of ethical values in students besides imparting formal education. Spirituality is an invincible force that affects the human mind, directs its worldview and way of thinking in a certain direction. In order to inculcate values in students, faculties and on large canvas in society Vishwatmak Jangali Maharaj Ashram Trust has established many schools in tribal and rural areas of Maharashtra. Our college is also being run under the Vishwatmak Jangali Maharaj Ashram Trust and has following objectives:

1. Emphasis on inculcation of ethical and spiritual values in its students, staff and at large in society.
2. Developing awareness of the self and the world; and living a meaningful life.
3. To nurture the simplicity, service and prayer that remains at the root of all our developmental activities.
4. Improve emotional well-being through mindfulness, reducing stress and fostering resilience.

The Context

We all have different personalities, preferences and background experiences. In accordance with this number of activities are organized within and outside the college campus. The institution has in practice a code of ethics and conduct for its teachers and support staff and for students too. In addition to this, students participate in awareness rallies and marches, poster making, slogan writing contests against evils and menaces. To relate them to their



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cultural roots, festivals like Gokulasthami, Ganapati festival, Navratri, Ashadhi Ekadashi dindi, and Diwali are celebrated with lead participation of students as well as staff. Institute also organizes Dhyan shibir and yoga shibir frequently not only for the students and staff but also for the local community people. It provides opportunities for them to develop deeper connections with themselves, their peers, and life itself.

Institute has allotted special half an hour meditation slot in time table for students and staff. To bring calmness and deeper connection through meditation after every two hours we run “Atmadhun” for three minutes daily. Community outreach programs and spiritual lectures are arranged time to time for students to get linked with local community.

The Practice

Daily Activities:

- Amrutwani and breathing session (5min)
- **Meditation** (30 mins): Enhances focus and self-awareness.
- **Yoga**: Promotes physical and mental well-being.
- **Atmadhun (After 2hours)**- To remove Stress and to bring calmness.

Monthly Activities:

1. **Field visits**: Nature Walk or trek, visit orphanage, distribution of essential things to needy people of the society.
2. **Spiritual Lectures**: Topics like mindfulness, leadership, and ethics.

Yearly Initiatives:

1. **Community Outreach**: Service-learning projects addressing local issues.
2. **Dhyanshibir**- To increase self-awareness among society.
3. **Celebration of various festivals.**



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Evidence of Success:

List of programs conducted and appreciations received

Dhyan Shibir (Meditation Camp)

Daily breathing session

Daily meditation for students and staff for 30 min.

Diwali celebration

Ganapati Utsav celebration

Navratri Utsav

Dussehra celebration

Ashadhi Ekadashi Celebration.

Dahi Handi celebration

- Due to daily practice of meditation and yoga students and faculties are feeling inter connected and experiencing compassion and empathy for others. Various spiritual lectures brings interaction with the experts and platform to ask questions. Institute organizes outreach programs due to which students and staff get bonded with local community and understands their problems. During Dhyan shibir students and staff actively participates to help devotees by all means.

Problems Encountered: Major challenge in this the serious participation of students

1. Resistance to Change: Hesitation in adopting new practices.
2. Time Constraints: Limited time for additional activities.
3. Measurement Challenges: Difficulty in assessing holistic outcomes.
4. Engagement Issues: Maintaining participation and interest

Resources Required

1. Human Resources: Skilled instructors, mentors, and support staff.
2. Financial Support: Financial support for transportation of students and for arranging Dhyan shibir.
3. Infrastructure: Spaces for yoga/meditation.



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4. Community Partnerships: Collaborations with NGOs and local community.
5. Assessment Tools: Frameworks to measure program impact.



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Meditation Guidance for staff and students by Mr. Purushottam Panbude, Meditation & Yoga expert



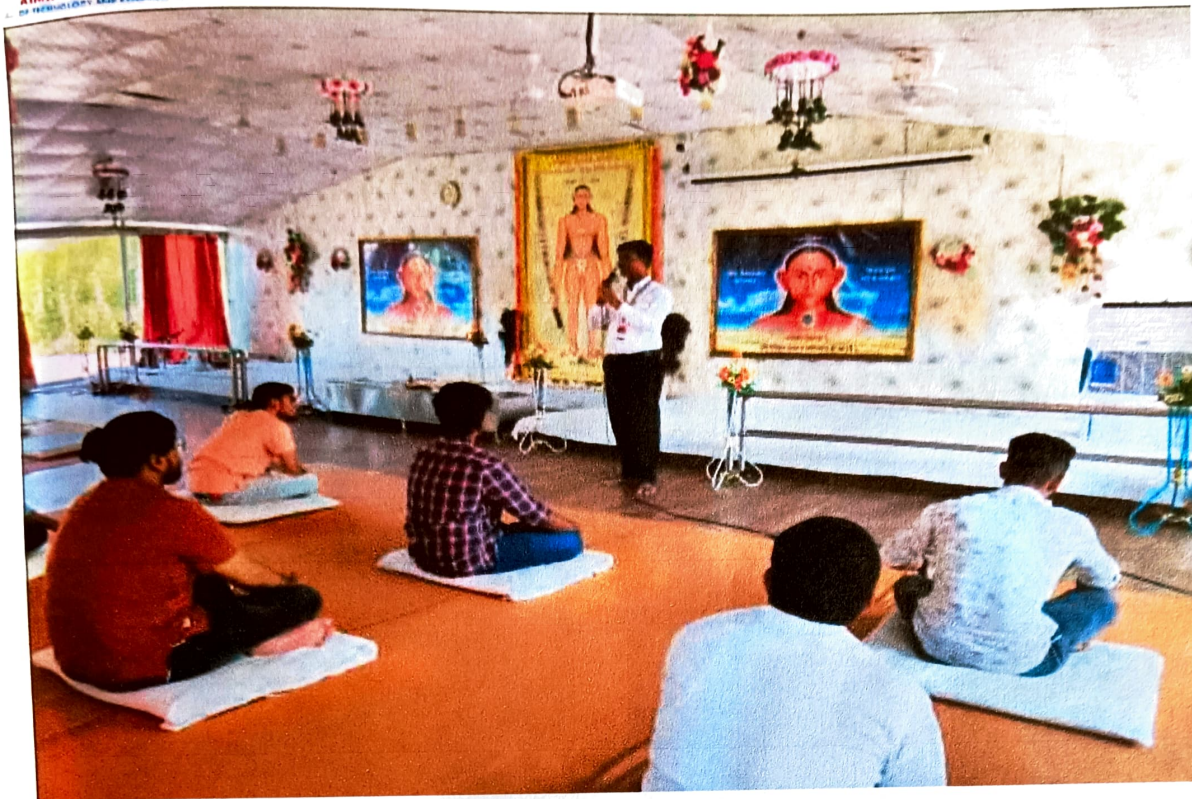
Guidance on Yoga by Panbude sir





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At AMRIT like every year Satsang Shibir (Meditation Camp) is being organized on 7th January where people from surrounding village gather to take blessings of Param Pujya Sasguru Mauli.

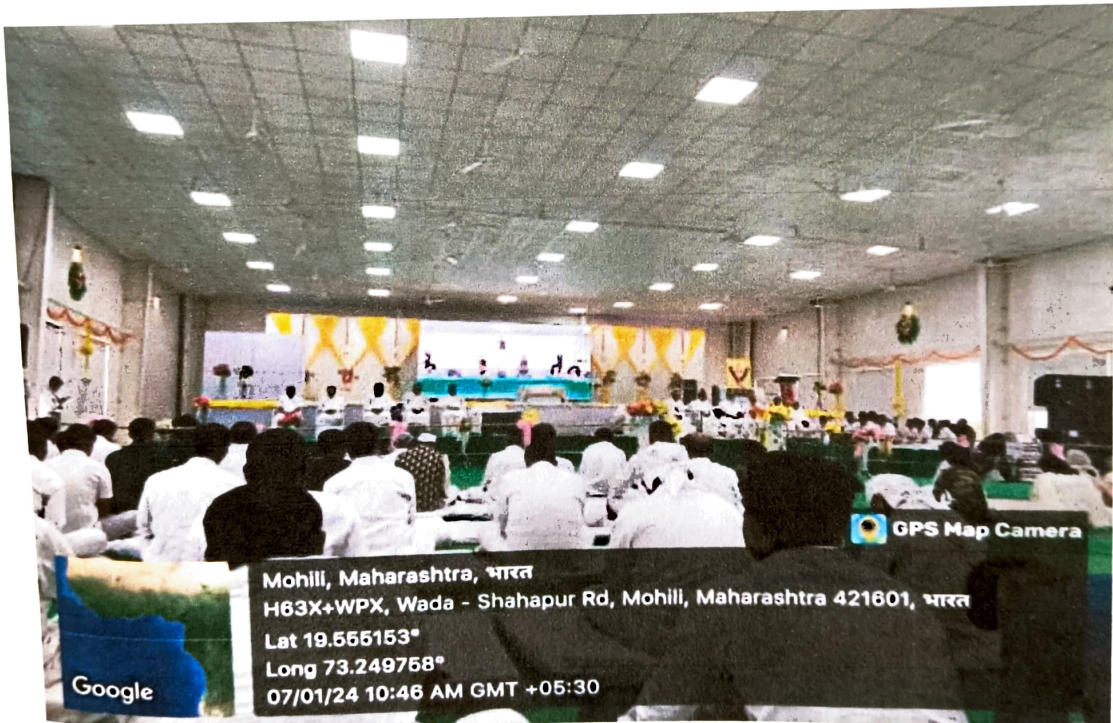
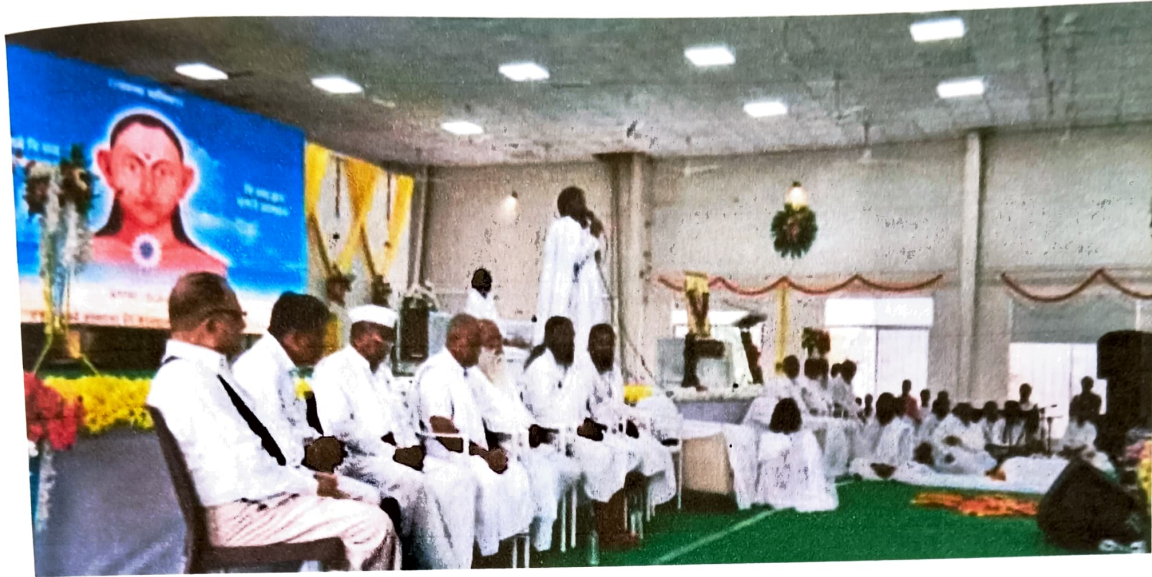




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Meditation Camp images



Mohili, Maharashtra, भारत
H63X+WPX, Wada - Shahapur Rd, Mohili, Maharashtra 421601, भारत
Lat 19.555153°
Long 73.249758°
07/01/24 10:46 AM GMT +05:30

Google

GPS Map Camera

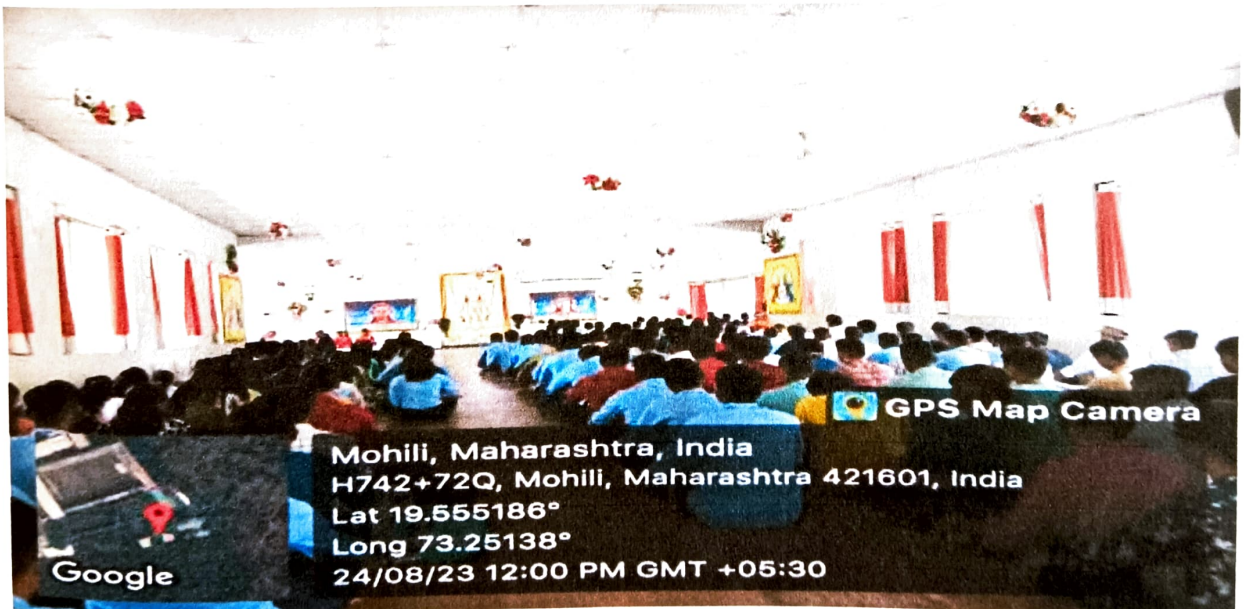




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Students attending meditation class:



Geotagged photos of students attending Meditation



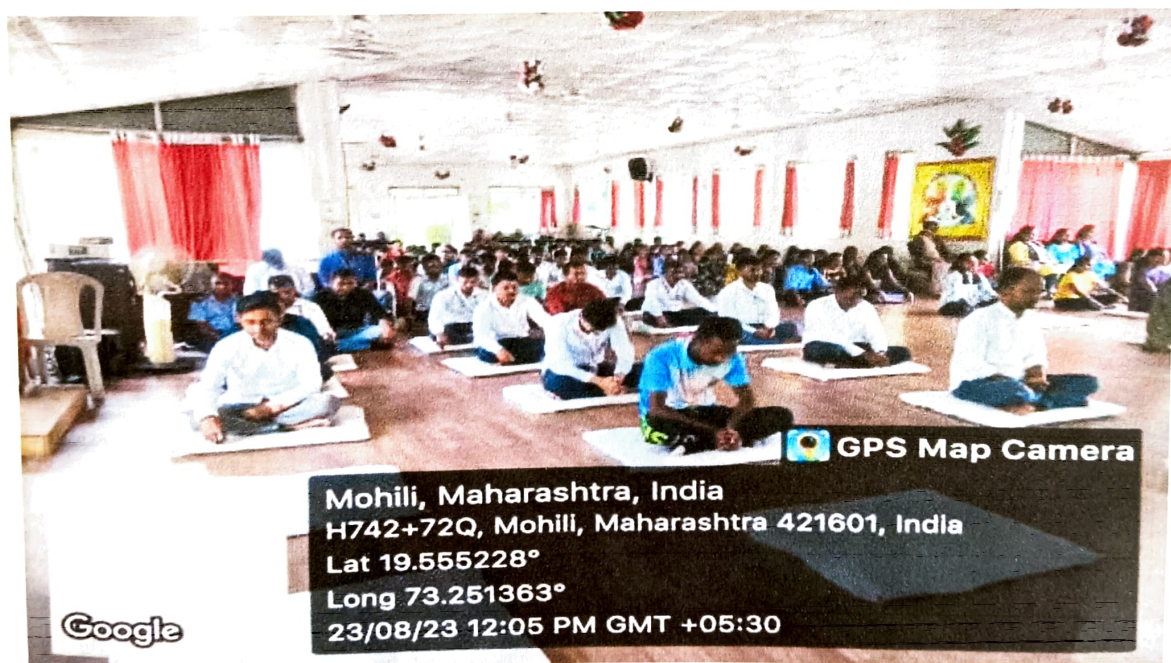


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Faculties Attending Meditation



Faculties Attending Meditation





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Residential Staff attending Meditation and Arati every morning





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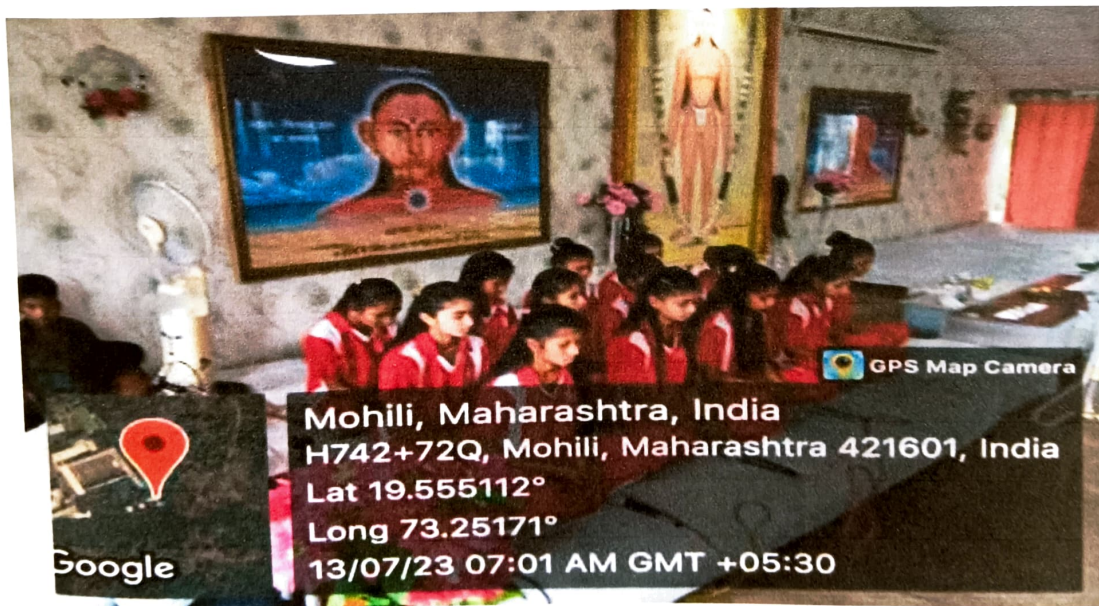
Arati and Satasang Seva



GPS Map Camera

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Meditation Guidance for staff and students by Mr. Purushottam Panbude, Meditation & Yoga expert



Guidance on Yoga by Panbude sir





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Guidance session by Principal Dr. D.D. Shinde sir and Vice Principal Govind Chavan sir
on Onkar Mantra Jap



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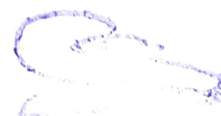
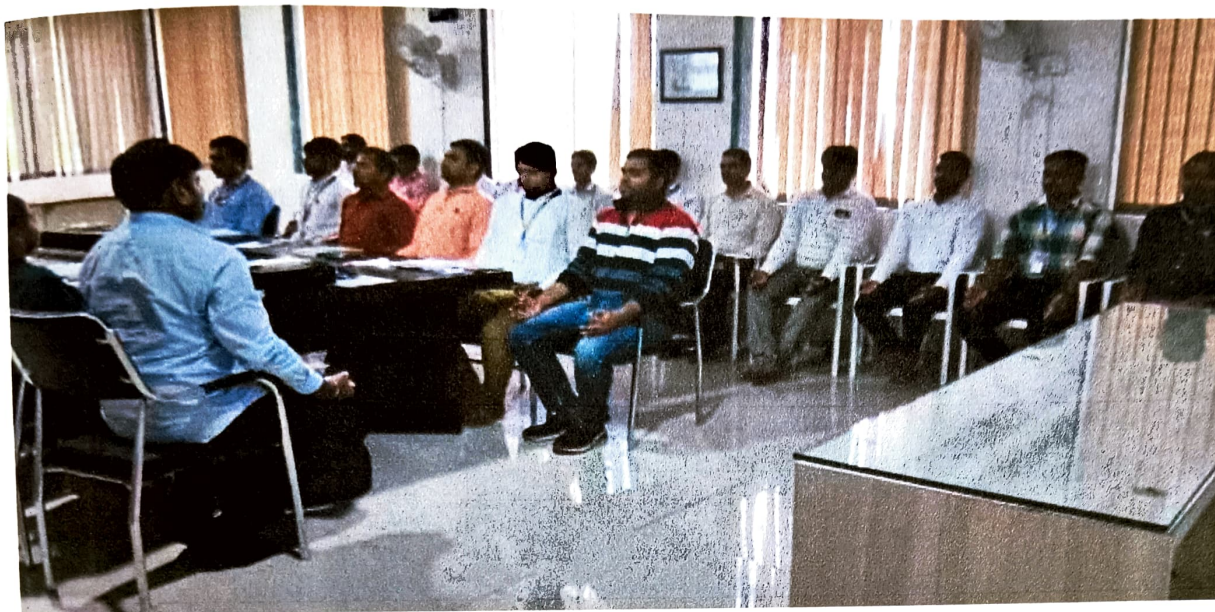




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Omkar Mantra Jap every morning after Amritwani



Principal

Atma Malik Institute of Technology & Research
At Moholi, Post-Aghai, Tal-Shahapur, Dist-Thane



|| Sabka Malik Atma ||
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ACAD-DI-59	One Page Activity Report	Academic Year: 2023-24
Rev : 00		Semester: ODD
Date: 11-7-2022		

Date: 23/10/2023

Topic: DUSSEHRA CELEBRATION

Dussehra celebration was conducted in new meditation hall. The students Degree were present on this celebration. The guest lecture was marked with the presence of Dr. D. D. Shinde, Principal, AMRIT, and Prof. Govind Chavan, Vice-Principal, AMRIT. Other noted presence included Dr. Sachin Munde, Academic dean & HOD of All Departments, and other faculties are also present. Students welcomed the distinguished guest. After that The celebration began with a traditional pooja, conducted by the college priest, invoking blessings from Goddess saraswati mata for success and prosperity. The students, faculty, and staff gathered to offer prayers for the well-being of everyone in the college. Traditional sweets and snacks like laddus, Pedhe were made distributed to all.



Dussehra celebration was a resounding success, with active participation from first-year students and other members of the college community. The event not only provided an opportunity to learn about Indian traditions and culture but also helped foster a sense of unity and togetherness. It was a day full of joy, creativity, and celebration of



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victory and good fortune. The students left the event with a sense of pride in their cultural heritage and a renewed spirit of enthusiasm for the year ahead.



Prof. Neha Sase
Event Coordinator



Dr. D. D. Shinde
Principal

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AMRIT, Post-Agri, Tehsil-Jangli, Dist-Thane



ACAD-DI-59	One Page Activity Report	Academic Year: 2023-24
Rev : 00		Semester: ODD
Date: 11-7-2022		

- **Faculty Name** – Ms. Soniya Kadam (Program Coordinator)
- **Date** – 29th June 2023.
- **Planned Activity** – Ashadhi Ekadashi Celebration.
- **Permission from Authorities** – Dr. D. D. Shinde (Principal AMRIT)
- **Implementation** – Ashadhi Ekadashi also known as Devshayani Ekadashi, is a sacred day in the Hindu calendar marking the commencement of Lord Vishnu's four-month-long slumber. Falling on the eleventh lunar day of the Shukla Paksha (bright fortnight) in the Ashadha month (June-July), this auspicious occasion holds profound religious and spiritual significance for devotees. According to Hindu mythology, Lord Vishnu, the preserver of the universe, retires to celestial slumber on Sheshnaag, the cosmic serpent, for a period of four months known as Chaturmas. This divine sleep is believed to be a state of profound meditation, during which the Lord replenishes his cosmic energies. Devotees consider this period to be highly auspicious for spiritual practices and self-reflection.
- **Issues** – No
- **Conclusion**- Ashadi Ekadashi is a significant Hindu festival celebrated with great enthusiasm and devotion. It marks the beginning of the Chaturmas period and is dedicated to Lord Vishnu. Devotees seek spiritual growth and divine protection by observing fasting, visiting temples, and seeking blessings. Celebrating Ashadi Ekadashi with your loved ones may bring peace, prosperity, and happiness. Wishing you a blissful Ashadi Ekadashi!
- **Completion Report** – Ashadhi Ekadashi Celebration Successfully Completed on 29th June 2024.



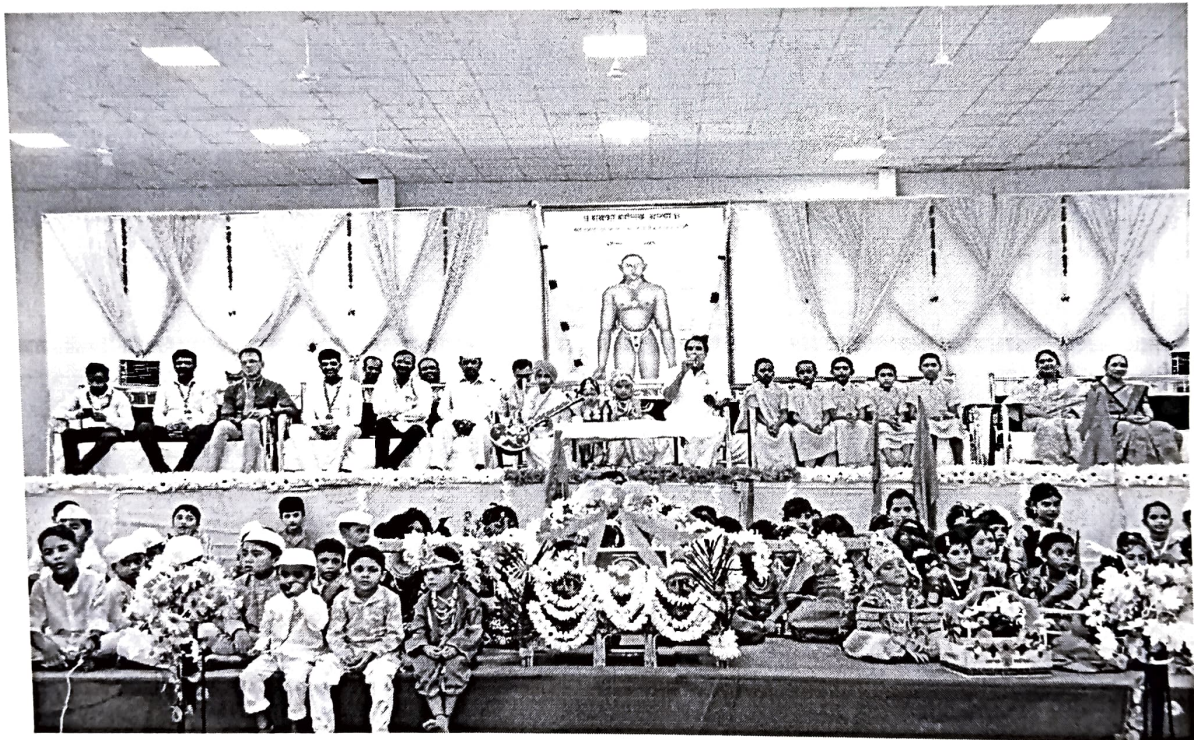
Principal



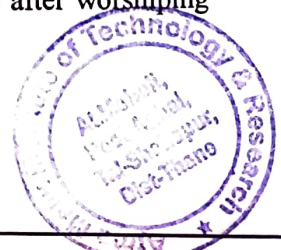
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REPORT OF CELEBRATION ON "ASHADHI EKADASHI" **HELD ON 29TH JUNE 2023**

Atma Malik Educational and Sports Complex Branch Mohili-Aghai Shahapur Dist.Thane Successfully celebrated Ashadhi Ekadashi in our campus the blessings of his Holiness Sadguru Atma Malik Mouli, with the inspiration of the entire saint family, the president of the organization Nandkumarji Suryavanshi Saheb, the entire board of trustees and the local management committee, Executive President Umeshji Jadhav Saheb. & Educational Director Dr. D.D.Shinde Sir. Dindi ceremony was concluded with great enthusiasm on the occasion of the Ashadhi Ekadashi of Vithuraya of Pandharpur at the Atma Malik Educational and Sports Complex in Thane.

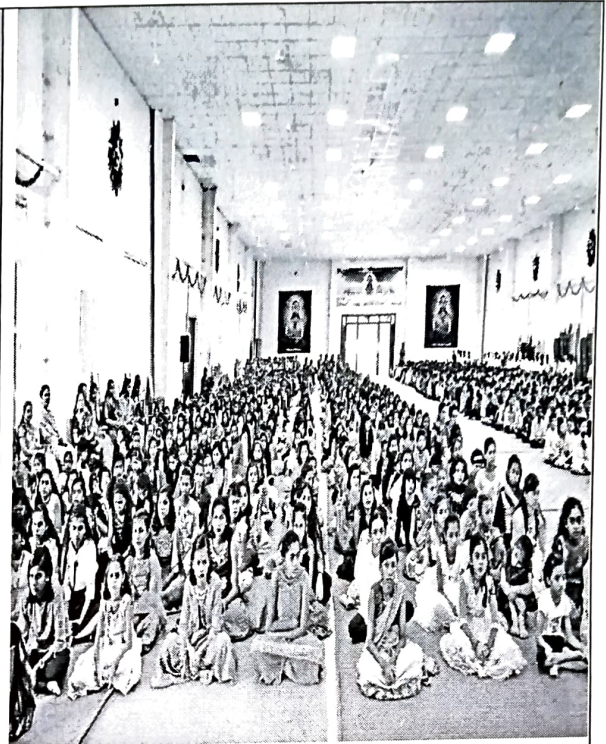


Various cultural and spiritual programs were organized in this program. Students and Bal-Gopals participated in Dindi by dressing up as Vitthal-Rukhumai, Saints and Varkari. On this occasion, the area of the complex was resounding with the chanting of Atma Nam. Dindi of Ashadhi Ekadashi was organized in the Atma Malik meditation hall of the complex, there was a ceremony of thousands of soul loving devotees in various programs such as bhajans, sermons, balloons, balls, arenas after worshipping the saints.





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Ashadhi Ekadashi is one of the most important religious festivals that is celebrated in Maharashtra. This ceremony is generally held at Pandharpur where a huge number of devotees gather to celebrate the festival. It is a religious procession festival which is held every year during the Aashaadh Shukla paksha. Generally Ekadashi is considered to be coming on each month of the year but the eleventh day of Ashadh is said to be the great Ekadashi which is also called by the name Shayani Ekadashi. During this day the devotees keep fast the whole day and they go walking in huge processions to Pandharpur. People sing chanting hymns of Saint Dyaneshwar and Saint Tukaram to pay their tribute to their God Vitthal. This procession starts in Allandi and ends on Guru Pbornima at Pandharpur. This day is considered very pious and people join the yatra not only from Maharashtra but also from other cities as well. Men are dressed in ethnic wears like dhoti and kurta and sing devotional songs during this long journey. It is simply spectacular to see this tradition of Maharashtra which is very colourful and energetic.

As per the legends on this day of Great Ekadashi, Lord Vishnu fell asleep and the again woke up after four months on the day of Prabodhini Ekadashi which falls during the Kartik month. This time of the month is known as the Chaturmas which coincides with our rainy season. Owing to these stories of our purans, this day is celebrated in Maharashtra with a lot of grandeur and devotees join from all parts of the country to pay homage to the Lord.





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The Ashadhi Ekadashi celebration at Amrit was a resounding success, thanks to the enthusiastic participation of our students and the dedicated efforts of our faculty and staff. Events like these not only reinforce our cultural and spiritual values but also foster a sense of community and togetherness. We look forward to more such celebrations, where we can come together to honor our traditions and inspire our future generations.

On this occasion, the chief officers of the institute, all the principals of the complex, teachers, hostel teachers, other staff and students were present for the program.

Cultural Coordinator
Ms. Soniya Kadam



Principal
Dr. D. D. Shinde

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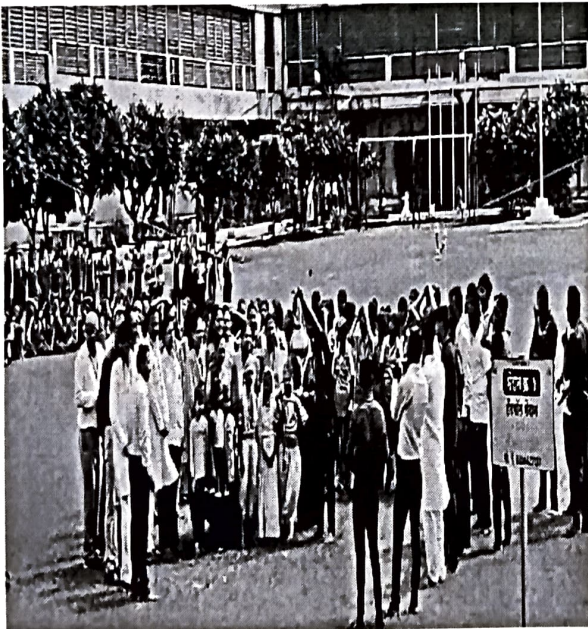
- **Faculty Name** – Ms. Soniya Kadam (Program Coordinator)
- **Event Details**- Dahi Handi celebration
- **Location**: AMRIT college campus 'c wing'.
- **Planned Activity** – Gopal Kala and Dahi Handi Celebration.
- **Permission from Authorities** – Dr. D. D. Shinde (Principal AMRIT)
- **Implementation** – The Gopal Kala and Dahi Handi celebrations at our college were a vibrant display of cultural heritage and communal spirit, providing a memorable experience for all participants and spectators. These events, rooted in traditional Indian festivals, showcased the rich tapestry of our cultural practices while fostering a sense of unity and enthusiasm among students.
- **Issues** – No
- **Conclusion**- The successful organization and execution of Gopal Kala and Dahihandi at our college highlighted the importance of preserving and celebrating cultural traditions. These events served as a reminder of the rich cultural legacy we inherit and offered a platform for students to connect with their heritage in an engaging and enjoyable manner. The celebration of these festivals not only enriched the cultural fabric of our college but also strengthened the bonds among students, making for a memorable and meaningful experience.



REPORT Of celebration on “Gopal Kala and Dahi Handi **Celebration”**

Atma Malik Educational and Sports Complex Branch Mohili-Aghai Sholapur Dist.Thane Successfully celebrated Gopal Kala and Dahi Handi on 7th September 2024 in our campus the blessings of his Holiness Sadguru Atma Malik Mouli, with the inspiration of the entire saint family, the president of the organization Nandkumarji Suryavanshi Saheb, the entire board of trustees and the local management committee, Executive President Umeshji Jadhav Saheb. & Educational Director Dr.D.D.Shinde Sir. Dahihandi ceremony was concluded with great enthusiasm on the occasion of the Gopal Kala and Dahi Handi of birth of Krishna at the Atma Malik Educational and Sports Complex in Thane.

Students and Bal-Gopals and Radha participated in the function by dressing up as Radha-Krishana ,Saints . On this occasion, the area of the complex was resounding with the chanting of Atma Nam. Dahihandi was organized in the Atma Malik C Wing of the complex. Teams of students, dressed in vibrant attire, participated in the Dahi Handi competition, forming human pyramids with impressive coordination and skill. The enthusiasm was palpable as each team aimed



to break the clay pot suspended high above the ground. The event was marked by cheering, applause, and a strong sense of camaraderie among the participants and spectators.





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The Gopal Kala and Dahihandi celebration thanks to the enthusiastic participation of our students and the dedicated efforts of our faculty and staff. Events like these not only reinforce our cultural and spiritual values but also foster a sense of community and togetherness. We look forward to more such celebrations, where we can come together to honor our traditions and inspire our future generations.

On this occasion, the chief officers of the institute, all the principals of the complex, teachers, hostel teachers, other staff and students were present for the program.

Cultural Coordinator
Ms. Soniya Kadam



Principal
Dr. D. D. Shinde
Principal

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