



ATMA MALIK INSTITUTE OF TECHNOLOGY AND RESEARCH (AMRIT)

Mohili-Aghai, Shahapur, Thane, Maharashtra, India. Pincode: 421603
Contact: +91 7720012139 / +91 9552773875, info@vishwatmakeng.in

Distinctiveness of the Institute: Meditation Practice

The distinctiveness our institute follows is the practical use of Meditation. Every day after lunch break thirty minutes of the curriculum includes meditation. Students are getting huge benefits with this activity initiated by the institute. Daily practice connects students head and heart through the bridge of meditation which make them enthusiastic and energetic throughout the day.





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Students attending meditation class:



Geotagged photos of students attending Meditation



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GPS Map Camera



Mohili, Maharashtra, India
H742+72Q, Mohili, Maharashtra 421601, India
Lat 19.555195°
Long 73.251511°
03/05/23 02:10 PM GMT +05:30



GPS Map Camera



Mohili, Maharashtra, India
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Faculties Attending Meditation





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Residential Staff attending Meditation and Arati every morning





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Arati and Satsang Seva





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





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Guidance on Yoga by Panbude sir





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At AMRIT Meditation sessions are also being arranged for students coming for Campus Visit from nearby schools





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At AMRIT every year Satsang Shibir (Meditation Camp) is being organized on 25th December where people from surrounding village gather to take blessings of Param Pujya Sasguru Mauli.





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Meditation Camp images





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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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Omkar Mantra Jap every morning after Amritwani





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Links

- 1) [Meditation Feedback by students](#)
- 2) [Feedback on Meditation by all Atma Malik members](#)