

## **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.







Students attending meditation class:



Geotagged photos of students attending Meditation



Google

ATMA MALIK INSTITUTE OF TECHNOLOGY AND RESEARCH (AMRIT) Mohili-Aghai, Shahapur, Thane, Maharashtra, India. Pincode: 421603 Contact: +91 7720012139 / +91 9552773875, info@vishwatmakengg.in

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



Geotagged photos of students attending Meditation



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Geotagged photos of students attending Meditation



#### **Faculties Attending Meditation**







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#### **Residential Staff attending Meditation and Arati every morning**







#### Arati and Satasang Seva







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







## Guidance on Yoga by Panbude sir





## Guidance on Yoga by Panbude sir

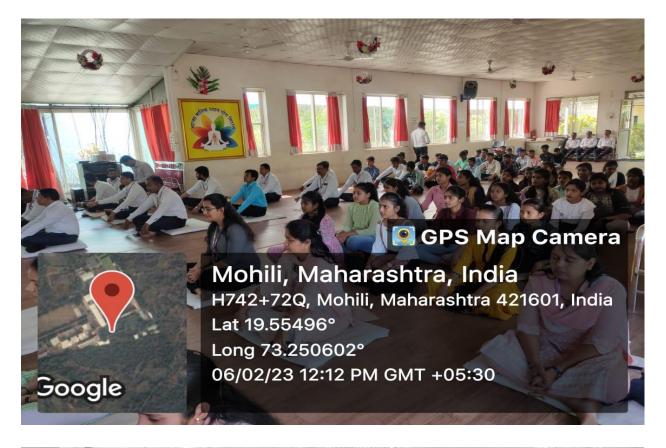






At AMRIT Meditation sessions are also being arranged for students coming for Campus

#### Visit from nearby schools







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







## **Meditation Camp images**







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







# Omkar Mantra Jap every morning after Amritwani







# Links

- 1) Meditation Feedback by students
- 2) Feedback on Meditation by all Atma Malik members