

**Shr.i Dadasaheb Gawai Charitable Trust Amravati's
Dr.Babasaheb Ambedkar Mahavidhyalaya Amravati.**



Department Of Pali & Prakrit

Outreach Programme

A Summary Report

Date-20/09/2023

Place –Saddhamm Budha Vihar Mardi Road Amravati.

Submitted by

Prof.Dr.Rajani BhimraoGedam

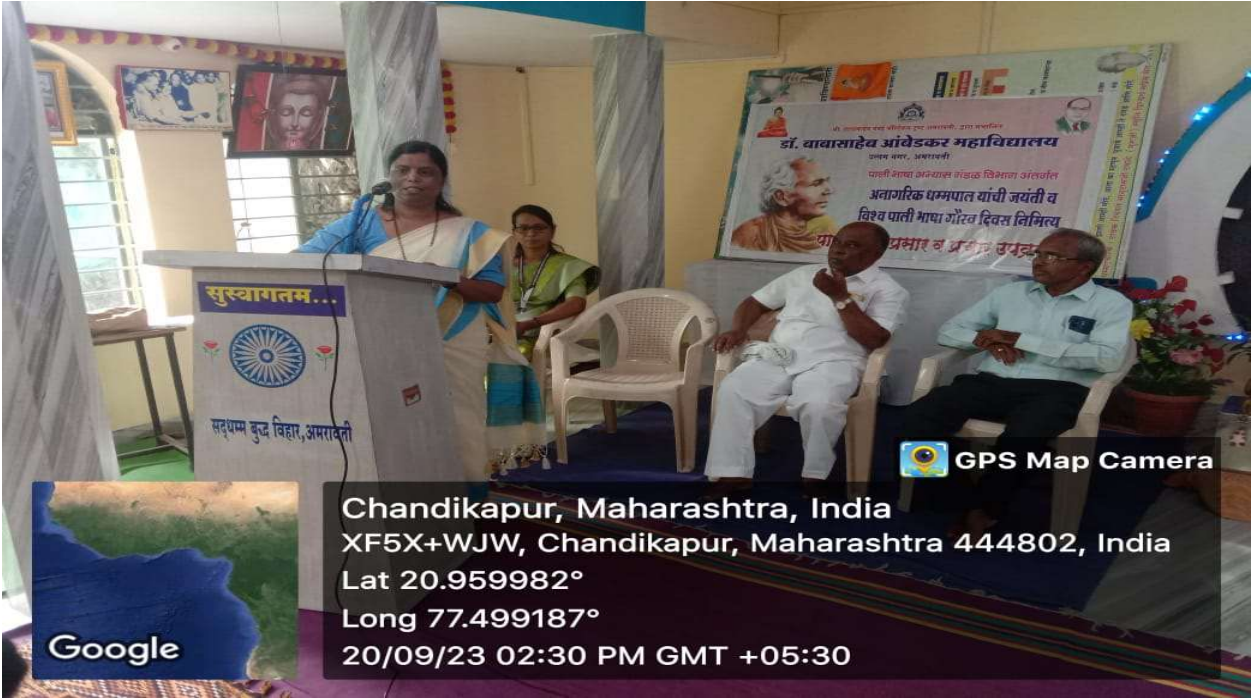
HOD Pali & Prakrit

A Summary Report

1	Title of Program	अनागारिक धम्मपाल यांची जयंती व विश्व पाली भाषा गौरव दिनानिमित्त पाली भाषा प्रचार व प्रसार उपक्रम			
2	Name of Organizing Department	Department of pali & Prakrit			
3	Name of Co-ordinator	Prof.Dr.Rajani B.Gedam			
4	Date	20/09/2023			
5	Venue	सद्धधम्म बुद्ध विहार मार्टी रोड अमरावती			
6	Target Group	Society people, Student			
7	Number of Participants		Male	Female	Total
		Students	05	10	15
		People	05	15	20
					35
8	Name Of the Guest	1) Prof.Ramchadra Warghat			
		2) Shri.P.N.Dande			
9	Objectives of the programme	महाराष्ट्रातील विशेषतःअमरावती जिल्ह्यातील लोकांना पाली भाषा व तिचे महत्व सांगणे ,व्याख्यान चर्चा यातून पाली भाषेची गोडी निर्माण करणे पाली भाषा पुनर्जीवन करणे .			
10	Brief Summary of Events	<p>श्री दादासाहेब गवई चॅरिटेबल ट्रस्ट अमरावती द्वारा संचालित डॉ.बाबासाहेब आंबेडकर महाविद्यालय अमरावती , पाली भाषा अभ्यास मंडळ विभागाअंतर्गत अनागारिक धम्मपाल यांची जयंती व विश्व पाली भाषा गौरव दिनानिमित्त सध्यम बुद्ध विहार मार्टी रोड पाली भाषा प्रचार व प्रसार उपक्रम राबविण्यात आला तथागत भगवान बुद्ध व डॉ .बाबसाहेब आंबेडकर यांच्या प्रतिमाचे पूजन करून तीसारण पंचशीलाने कार्यक्रमाची सुरवात झाली यावेळी कार्यक्रमाचे अध्यक्ष प्रा. रामचंद्र वर्घट सर पाली आणि बुद्धीझम विभाग संत गाडगेबाबा अमरावती विद्यापीठ अमरावती तर प्रमुख मार्गदर्शक सद्धधम बुद्ध विहार ट्रस्ट चे सचिव सन्माननीय पा .ना .ददे हे उपस्थित होते आपल्या मार्गदर्शनामधून सन्माननीय दंदे साहेबांनी सद्धधम बुद्ध विहाराची संपूर्ण माहिती त्या अंतर्गत विविध उपक्रमाची माहिती दिली तसेच अनागारीक धम्मपाल यांच्या जीवनाविषयी सविस्तर माहिती सांगितली तसेच प्राध्यापक डॉ. रजनी गेडाम यांनी पाली भाषेचे प्रचारा संदर्भात पाली भाषेचे महत्व सांगितले अनेकांनी मनोगात व्यक्त केले शेवटी धम्म पालन गाथा ने कार्यक्रमाची सांगता झाली .सर्वाना पाली विभागाच्या वतीने फळ वाटप करण्यात आले यावेळी १५ विद्यार्थी १५ महिला व ५ पुरुष उपस्थित होते.</p>			
11	Participated list Photograph	Attached			



श्री ,पा .ना .दंढे बुद्ध विहाराची माहिती सांगताना



पाली भाषेचे महत्व सांगताना प्रा .रजनी गेडाम



Chandikapur, Maharashtra, India
XF5X+WJW, Chandikapur, Maharashtra 444802, India
Lat 20.959982°
Long 77.499187°
20/09/23 01:27 PM GMT +05:30

प्रा .रामचद्र वर्धट सर मार्गदर्शन करतांना



Chandikapur, Maharashtra, India
XF5X+WJW, Chandikapur, Maharashtra 444802, India
Lat 20.959982°
Long 77.499187°
20/09/23 02:33 PM GMT +05:30

धम्म पालन गाथा पठण



पली बिभागाच्या वतीने पली भाषा प्रचार गीत फ्लेक्स बुद्ध विहाराला भेट देताना



सहभागी विध्यार्थिनी

Joint Project of Government of Maharashtra

Vipassana Research Institute

**Shri. Dadasaheb Gawai Charitable Trust Amravati's
Dr.Babasaheb Ambedkar Mahavidhyalaya Amravati.**

Pali Department & Buddhist Studies Center

Jointly Organized



Outreach Programme

Aana paana

Mitra Umakram

(Mind in Training for Right Awareness)

Date-17/01/2024

**Venue-Municipal Corporation high school Benoda Bhimtekadi
road Road Amravati.**

by

Prof.Dr.Rajani BhimraoGedam

HOD Pali & Prakrit & Buddhist Studies Center

A Summary Report

1	Title of Program	आनापान प्रशिक्षण (मित्र उपक्रम)			
2	Name of Organizing Department	Department of pali & Prakrit			
3	Name of Co-ordinator	Prof.Dr.Rajani B.Gedam			
4	Date	17/01/2024			
5	Venue	मनपा प्राथमिक उच्च माध्यमिक शाळा बेनोडा ,भिम डेकडी रोड अमरावती .			
6	Target Group	Society People, Student			
7	Number of Participants		Male	Female	Total
		Students			
		People			
8	Name Of the Guest	1) श्री .अनिल हिरेखन			
		2) श्रीमती. चंदाताई बोरकर			
9	Objectives of the programme	महाराष्ट्रातील विशेषतःअमरावती जिल्ह्यातील लोकांना पाली भाषा व तिचे महत्व सांगणे ,व्याख्यान चर्चा यातून पाली भाषेची गोडी निर्माण करणे पाली भाषा पुनर्जीवन करणे .			
10	Brief Summary of Events	<p>महाराष्ट्र शासनाचा संयुक्त प्रकल्प विपश्यना संशोधन संस्था, श्री. दादासाहेब गवई चॅरिटेबल ट्रस्ट अमरावती द्वारा संचालित डॉ.बाबासाहेब आंबेडकर महाविद्यालय , अमरावती पाली विभाग आणि बौद्ध अभ्यास केंद्र. संयुक्त विद्यमाने आनापान-मित्र उपक्रम (Mind in Training for Right Awareness) म.न.पा. प्राथमिक उच्च माध्यमिक शाळा बेनोडा येथे सामाजिक उपक्रम चे आयोजन करण्यात आले त्याकरिता आनापान बालाचार्य श्री .अनिल हिरेखन , श्रीमती. चंदाताई बोरकर, यांनी मार्गदर्शन केले यावेळी तेथील विद्यार्थ्यांना सुरुवातीला आनापान मित्र उपक्रमाची फिल्म दाखवण्यात आली त्यानंतर आनापानाचे महत्व सांगण्यात आले व आनापान घेण्यात आले .यावेळी त्या शाळेमधील एकूण 35 विद्यार्थी उपस्थित होते त्यावेळी शाळेच्या मुख्याध्यापिका सौ सविता गौरखेडे मॅडम, कु. अर्चना रडके मॅडम, सौ मनीषा घाटे मॅडम, कु. प्रगती पुंड मॅडम, श्री.योगेश आठवले ,लताबाई पालेजा व धम्म सेवक म्हणून अंकुश इंगळे हे उपस्थित होते त्यावेळी सर्वांचे स्वागत करण्यात आले . या कार्यक्रमाचे संचालन व प्रास्ताविक प्रा. डॉ.रजनी गेडाम यांनी केले ,तर आभार कु.प्रगती पुंड मॅडम यांनी मानले.यावेळी सर्व विद्यार्थ्यांना पाली विभाग प्रमुख डॉ. रजनी गेडाम तर्फे चॉकलेट व शालेय साहित्याचे वाटप करण्यात आले .</p>			
11	Participated list Photograph	Attached			

श्री. दादासाहेब गवई चॅरिटेबल ट्रस्ट अमरावती, द्वारा संचालित

डॉ.बाबासाहेब आंबेडकर महाविद्यालय,अमरावती .

पाली भाषा विभाग व बौद्ध अभ्यास केद्र

(शैक्षणिक सहल)

दिक्षाभूमी,नागलोक ,बुद्धभूमी ,डगन पैलेस

शनिवार दि. २७/०१/२०२४

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What is MITRA Upakram?

MITRA Upakram is an initiative of Government of Maharashtra to facilitate wholesome mental growth of school children. MITRA Upakram, which is the project name to inculcate Right Awareness aspires to cover 2.5 crore school children and 6 Lac school teachers from all schools in Maharashtra. MITRA, which stands for *MIND IN TRAINING for RIGHT AWARENESS* also means DOST in Hindi Language or FRIEND in English.

METHOD

Right Awareness, which is the essence of MITRA, is awareness of natural respiration. This means that participants learn to observe the natural normal incoming breath and outgoing breath by focusing their attention at the entrance of their nostrils. They simply observe their natural breath without trying to change, correct or control the flow of the breath and without any imaginations or evaluations. In this way, they experience the initial steps of *Self-Awareness*. This truly scientific technique leads to Right Awareness and then further to Right Concentration. The technique is known as ANAPANA. 'Ana' means incoming breath and 'Apana' means out going breath. Anapana can be practiced at ANY TIME,

ANYWHERE and by one & all without any constrain or restriction of caste, creed, religious belief & faith, gender or age.

A simple format of delivery has been designed with the support of Vipassana Research Institute (VRI), where after an initial training of 70 mins, the school children can practice this technique daily for 10 mins before starting of school and repeat the practice for 10 mins before leaving for home. At least one teachers in each schools is to be trained as MITRA Teacher to carry out schools level trainings & daily practice which the main activity of the MITRA Project.

BENEFITS OF MITRA PROGRAM

MITRA Upakram provides an education and a methodology which can liberate the Mind from blocks, obstructions & barriers. These blocks & barriers, like Fears & Phobias, anxiety & uncertainty, anger& hatred, restlessness & lack of concentration, self doubts & lack of confidence, laziness, greed, etc. come in our way of realizing our true potential and a Happy, peaceful and satisfying life .

With regular practice within a few days, the school children as well as the teachers start noticing transformation in them as their blocks/ obstructions & barriers start dissolving . They are able to experience enhanced concentration, improved memory, self confidence, creativity, productivity, effectiveness and more peace, Joy-happiness and compassion for others.

WHO ARE THE PARTICIPANTS OF MITRA UPAKRAM ?

All primary & secondary schools in Maharashtra , GOVERNMENT OR PRIVATELY MANAGED, AIDED OR UNAIDED and REGISTERED WITH ANY EDUCATION BOARD are covered under this Program.

All students from 5th to 10th standard & all teachers are to participate in this Program.

At least one teacher per schools is to be trained as MITRA TEACHER to carry out schools level trainings & daily practice which the main activity of the MITRA Project.

Government resolutions & Guidelines.

The Government of Maharashtra has issued circulars, notifications and Govt Resolutions (GR) link from time to time for Education & other all concerned Departments like Social welfare/ Tribal development/ Women & child welfare. These departs have also issued their circulars, notifications and Govt Resolutions (GR) for their officers. The Government has defined a clear structure with committeesat state/ district/ Taluka-Tahsil & school levels , their tasks & responsibilities are also defined in the circular. For More details see GR dated 27 Jan 2012 MPSP(Maharashtra praathamik ShikshaNa Parishad) is appointment of Nodal agency see GR dated 18/4/2013 Officers responsible at district/ Taluka-Tahsil & block-Kendra levels for effective implantation of MITRA Project are also specified. For More details see GR dated 1 Nov 2012 &5/1/13

How to implement MITRA Upakram In school?

MITRA RESOURCE PERSON:

For starting MITRA program in School it is essential to have is a Certified MITRA Teachers or at least an Assistant MITRA Teachers as the Program Resource Person

- CERTIFIED MITRA TEACHER is school teachers who has completed a 12 day Vipassana and MITRA Anapana Orientation & Training residential course conducted by VRI or other Vipassana centers .
- ASSISTANT MITRA TEACHER is School teacher who is still to completed the Vipassana course conducted by VRI may but has completed MITRA Anapana Orientation & Training session. That teacher is expected to complete 10 day Vipassana in the same academic year.

A school level MITRA COMMITTEE IS TO BE FORMED WHICH WILL BE RESPONSIBLE FOR PROJECT IMPLEMENTATION IN SCHOOL . FOR MORE DETAILS SEE GR DATED 27 JAN 2012 The suggested committee structure is

Chairman: Head Master

Secretary: MITRA Teacher

Members:

- 2 Parents from Parent Teacher Committee
- 2 Local Vipassana Representative
- 1 Male and Female Student

ORIENTATION & TRAINING IN SCHOOL

THIS IS TO BE COMPLETE FOR ALL TEACHERS & STUDENTS BEFORE STARING DAILY PRACTICE FOR MORE DETAILS SEE GR DATED 11(12) JULY 2012

SESSIONS I : TRAINING SESSION FOR PRINCIPAL/ OTHER TEACHERS & INTERESTED PARENTS

Approx time 3 hours

- Introduction to MITRA 5 minutes
- Discourse for parent and teachers: 55 minutes audio CD.
- Introduction of Anapana which will be taught to students: 70 minutes audio tracks.
- Practice session for 10 mins
- Planning & Making Arrangements for Training of students & daily practice

SESSION II - TRAINING SESSION FOR STUDENTS : APPROX TIME 70-75 MINS

- Session I – Introduction 16 min
 1. For students from 5th to 8th standard : Folder 1
 2. For students of 9th and 10th standard : Folder 2
- Session II -Practice session I:13 min.

- Session III – Practice session II:15 min.

- Session IV – Discourse & Metta:19 min.

- Session V – Practice session:10 min.After each session the break of 1 or 2 minutes may be given. However, students should not be allowed to leave there seats.

SESSION III - DAILY PRACTICE OF ANAPANA : THE MAIN ACTIVITY OF MITRA PROGRAM

- After completion of initial Anapana Training, daily practice should be started with the students. School teachers, headmaster, staff must also participate.
- This daily practice has to be done for 10 mins when the schools starts during assembly after National anthem and 10 mins when schools ends before students leave for home.
- For 10 mins practice, tracks are provided in the training CD, which may be played through a CD player, or copied on the mobile phones/ PC and played via them.
- In schools where centralized Public Announcement audio system with speaker in each class room/ corridor is available, practice can be in classrooms immediately after national anthem and before closure of school. The Anapana practice sound track can be stored in a mobile phones of teachers & used for daily practice in classrooms.

SESSION IV : REVIEW & RETRAINING : The schools committee to check the at least once every semester the changes/benefits to the students & assess the effectiveness of the program.

प्रति,

प्राचार्य ,

डॉ .बाबासाहेब आंबेडकर महाविद्यालय अमरावती

विषय :- एक दिवसीय शैक्षणिक सहल (अभ्यास दौरा) करिता परवानगी मिळण्याबाबत

महोदय ,

उपरोक्त विषयाच्या अनुषंगाने आपणास नम्रपणे विनंती करण्यात येत आहे कि पाली पाकृतविभाग व बौद्ध अभ्यास केंद्र विभागाची एक दिवसीय शैक्षणिक सहल (अभ्यास दौरा) दिनांक २७/०१/२०२४ रोजी नागपूर येथे दिक्षाभूमी ,नागलोक ,बुद्धभूमी येथे सकाळी ७.०० वाजता आयोजित करण्यात आली आहे ,

एक दिवसीय शैक्षणिक सहल जात आहे आपल्या माहितीस्तव सादर .

सह धन्यवाद पूर्वक .

दिनांक-२७-०१-२०२४

स्थळ -अमरावती

प्रो.डॉ .रजनी भीमराव गेडाम

पाली विभाग प्रमुख