

TITLE OF THE BEST PRACTICE: MEDITATION

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.



OBJECTIVES OF MEDITATION

[The objectives of meditation are to](#)

- Build awareness
- Increase peace and calm
- Live more fully in the present moment
- Enhance empathy and compassion
- Lessen reliance on external sources of happiness
- Improve sleep
- Unlock your subconscious mind
- Reduce stress and anxiety
- Help increase both physical and mental peace and calm
- Help you to realize the nature of your true self
- Helps in better working memory
- Stress relief

MEDITATION





THE CONTEXT OF MEDITATION

This is a study of the role that social and cultural context play in Buddhist meditation techniques, especially those that fall under the category of vipassana and related practices. It argues that such contexts inform not only practitioners' explicit understandings of their practice of these techniques, but also their pretheoretical, tacit, implicit orientations, and even the experiences the practices generate. This is a historically and anthropologically informed philosophical project, but one that also draws upon field-based studies of meditation in particular communities. After discussing some of the basic issues involved in the study of Buddhist contemplative practices, I will discuss several examples of vipassana practices in different cultural, social, and historical contexts, addressing the ways such contexts have shaped the meanings and purposes of the practices. These practices have spanned well over two millennia and have occupied vastly different systems of meaning, from ancient India, where they emerged as techniques of transcending the phenomenal world toward a timeless, ineffable, transpersonal state, to modern North America, where they are taken up by professionals attempting to mitigate stress or to cultivate heightened awareness and compassion. This project traces certain paths that such techniques have taken into the modern world, where they have been reconfigured to take on new meanings and significance, addressing the anxieties, projects, and potentials unique to modernity.



THE PRACTICE OF MEDITATION

Meditation is a technique used for thousands of years to develop awareness of the present moment.

It can involve practices to sharpen focus and attention, connect to the body and breath, develop acceptance of difficult emotions, and even alter consciousness. It's been shown to offer a number of physical and psychological benefits like [stress reduction](#) [Trusted Source](#) and [improved immunity](#).

While many spiritual traditions include meditation as a part of their teachings and practices, the technique itself doesn't belong to any particular religion or faith. Though ancient in origin, it's still practiced today in cultures all over the world to create a sense of peace, calm, and inner harmony.

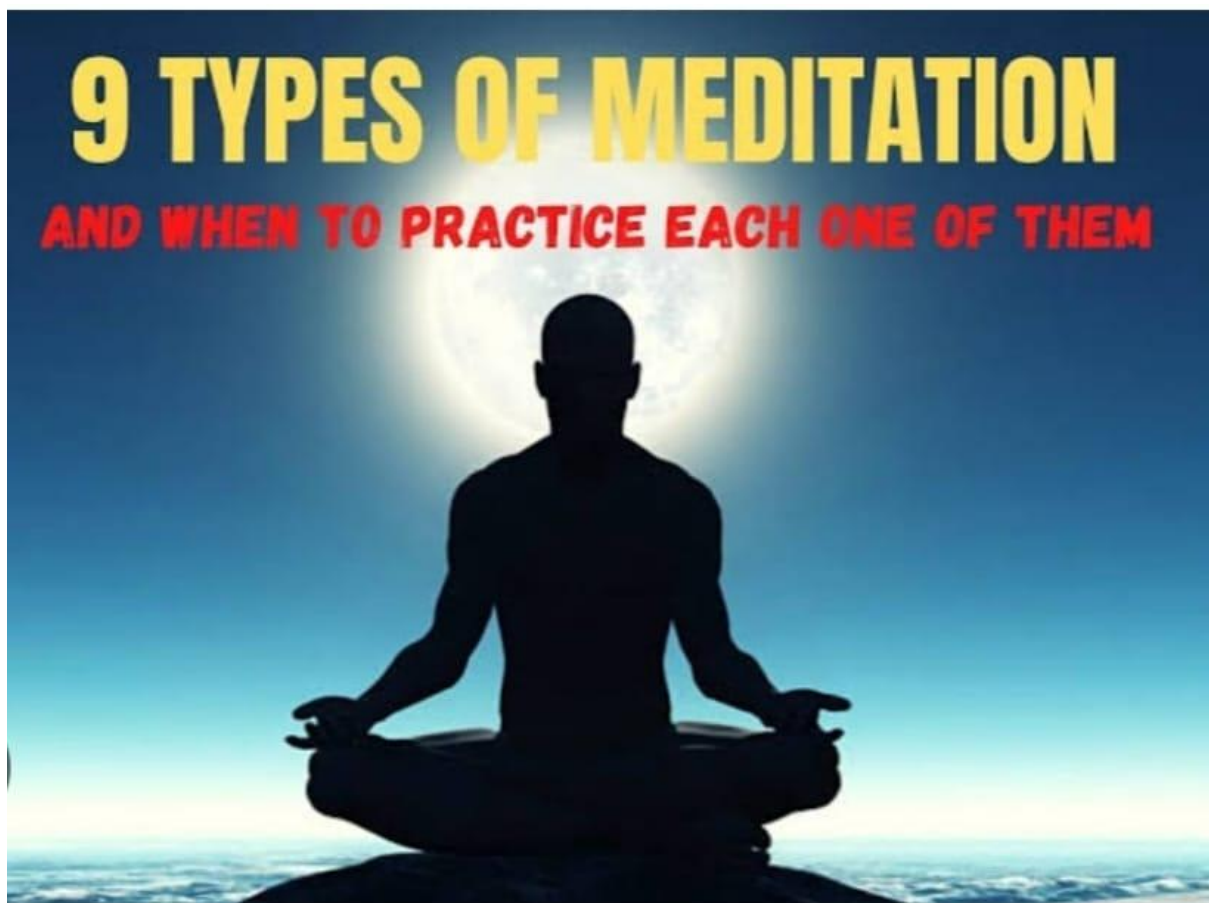
Meditation may offer a solution to the growing need to reduce stress in the midst of busy schedules and demanding lives.

Although there isn't a right or wrong way to meditate, it's important to find a practice that meets your needs.

There are nine popular types of meditation practice:

- **mindfulness meditation**
- **spiritual meditation**
- **focused meditation**

- **movement meditation**
- **mantra meditation**
- **transcendental meditation**
- **progressive relaxation**
- **loving-kindness meditation**
- **visualization meditation**



Not all meditation styles are right for everyone. These practices require different skills and mind sets. How do you know which practice is right for you?

“It’s what feels comfortable and what you feel encouraged to practice,” says [Mira Dessy](#), a meditation author and holistic nutritionist.

Keep reading to learn more about the different types of meditation and how to get started.

1. Mindfulness meditation:

Mindfulness meditation originates from Buddhist teachings and is the most popular and researched form of meditation in the West.

In [mindfulness meditation](#), you pay attention to your thoughts as they pass through your mind. You don't judge the thoughts or become involved with them. You simply observe and take note of any patterns.

This practice combines concentration with awareness. You may find it helpful to focus on an object or your breath while you observe any bodily sensations, thoughts, or feelings.

This type of meditation is good for people who don't have a teacher to guide them, as it can be easily practiced alone.

Access Therapy 24/7

Preferred by 94% of users

2. Spiritual meditation:

[Spiritual meditation](#) is used in nearly all religions and spiritual traditions.

The types of spiritual meditation are as diverse as the world's spiritual traditions themselves. Many of the meditation techniques listed in this article could be considered spiritual meditation.

According to a [2017 study Trusted Source](#), spiritual meditation focuses on developing a deeper understanding of spiritual/religious meaning and connection with a higher power. Examples include:

- Christian [contemplative prayer](#)
- [Sufi dhikr](#) (remembrance of God)
- Jewish [kabbalistic](#) practices

Spiritual meditation can be practiced at home or in a place of worship. This practice is beneficial for those who seek spiritual growth and a deeper connection to a higher power or spiritual force.

3. Focused meditation:

Focused meditation involves concentration using any of the five senses.

For example, you can focus on something internal, like your breath, or you can bring in external influences to help focus your attention.

Examples include:

- counting [mala beads](#)
- [listening to a gong](#)
- staring at a candle flame

- counting your breaths
- [moon gazing](#)

This practice may be simple in theory, but it can be difficult for beginners to hold their focus for longer than a few minutes at first.

This form of meditation is often used to relieve stress and unwind before bedtime. Come back to the practice and refocus.

As the name suggests, this practice is ideal for anyone who wants to sharpen their focus and attention.

4. Movement meditation:

Although most people think of yoga when they hear [movement meditation](#), this practice may include:

- [walking](#)
- [gardening](#)
- other gentle forms of movement

This is an active form of meditation where the movement guides you into a deeper connection with your body and the present moment.

Movement meditation is good for people who find peace in action and want to develop [body awareness](#).

5. Mantra meditation:

[Mantra meditation](#) is prominent in many teachings, including Hindu and Buddhist traditions. This type of meditation uses a repetitive sound to clear the mind. It can be a word, phrase, or sound, one of the most common being “om.”

Your mantra can be spoken loudly or quietly. After chanting the mantra for some time, you’ll be more alert and in tune with your environment. This allows you to experience deeper levels of awareness.

Some people enjoy mantra meditation because they find it easier to focus on a word than on their breath. Others enjoy feeling the vibration of the sound in their body.

(TM) is a type of meditation that’s been the subject of [numerous studies](#) in the scientific community.

[TM](#) was founded by Maharishi Mahesh Yogi and refers to a specific practice designed to quiet the mind and induce a state of calm and peace. It involves the use of mantra and is best taught by a certified TM practitioner.

This practice is for those who want an accessible approach to the depth that meditation offers. This is also a good practice for people who don’t like silence and enjoy repetition.

6. Transcendental Meditation:

Transcendental Meditation

Try it

To learn more about TM, you can view [an introductory video on YouTube](#).

Was this helpful?

7. Progressive relaxation:

Also known as [body scan meditation](#), progressive relaxation is a practice aimed at reducing tension in the body and promoting relaxation.

Oftentimes, this form of meditation involves slowly tightening and relaxing one muscle group at a time throughout the body.

In some cases, it may also encourage you to imagine a gentle wave flowing through your body to help release any stress

8. Loving-kindness meditation:

[Loving-kindness meditation](#) is used to strengthen feelings of compassion, kindness, and acceptance toward oneself and others.

It typically involves opening the mind to receive love from others and then sending well wishes to loved ones, friends, acquaintances, and all living beings.

Because this type of meditation is intended to promote compassion and kindness, it may be ideal for those holding feelings of anger or resentment.

9. Visualization meditation:

[Visualization meditation](#) is a technique focused on enhancing feelings of relaxation, peace, and calmness by visualizing positive scenes, images, or figures.

This practice involves imagining a scene vividly and using all five senses to add as much detail as possible. It can also involve holding a beloved or honored figure in mind with the intention of embodying their qualities.

Another form of visualization meditation involves imagining yourself succeeding at specific goals, which is intended to increase focus and motivation.

Many people use visualization meditation to boost their mood, reduce stress levels, and promote inner peace.

How to get started

The easiest way to begin is to sit quietly and focus on your breath. An old Zen saying suggests, “You should sit in meditation for 20 minutes every day — unless you’re too busy. Then you should sit for an hour.”

All kidding aside, it’s best to start in small increments of time, even 5 or 10 minutes, and grow from there.

“Sit consistently for 20 minutes a day and do this for 100 days straight,” recommends Pedram Shojai, author of “[The Urban Monk](#)” and founder of [Well.org](#). “Couple that with an additional 2 to 5 minutes of meditation throughout the day to break up the chaos, and you will soon be feeling the benefits.”

“You should sit in meditation for 20 minutes every day — unless you’re too busy. Then you should sit for an hour.”

—Zen proverb

Was this helpful?



Why meditation is beneficial

There’s plenty of evidence supporting the numerous benefits of meditation.

Meditation can offer general health and mental/emotional benefits, including:

- lower blood pressure

- reduced stress
- better sleep
- improved emotional regulation
- increased focus
- enhanced mood
- reduced aggression
- greater adaptability
- healthier aging process
- a greater sense of empathy and connection with others

A [2017 review Trusted Source](#) noted that non-transcendental meditation may be a “promising alternative approach” for lowering [systolic and diastolic blood pressure](#), while a [2019 review](#) found that mindfulness-based interventions reduced levels of the stress hormone [cortisol](#) in employees participating in workplace mindfulness programs.

It’s also been shown to encourage [prosocial emotions and behaviour’s](#), enhance [focus and mood](#), and reduce [aggression](#) while also [encouraging positive coping strategies](#) in times of stress.

A [2018 review](#) suggests that meditation may contribute to healthy aging.

Meditation may also help with symptoms of specific conditions, including:

- depression and anxiety disorders
- cardiovascular disease, such as [arterial hypertension Trusted Source](#)
- dementia and [Alzheimer’s disease Trusted Source](#)
- [Parkinson’s disease](#)
- [insomnia](#)
- [attention deficit hyperactivity disorder \(ADHD\)](#)
- chronic pain

When it comes to depression, a [2019 review](#) noted that mindfulness-based meditation has positive effects that may last up to 6 months or more. The same review notes that the lack of negative effects of mindfulness-based interventions makes them a promising supplemental therapy for depression and anxiety disorders.

A [2018 review](#) found that meditation resulted in reductions in cognitive decline and perceived stress as well as increased quality of life, connectivity, and blood flow to the brain.

A [2017 study Trusted Source](#) found low-quality evidence that mindfulness meditation is associated with a small decrease in chronic pain compared with controls. More research is needed to solidify this connection.

10 Pros and Cons of Meditation

Meditation is a technique individuals use to achieve a mentally and emotionally calm state, eventually promoting happiness. It is used to reduce stress, anxiety and depression and is also considered as the path towards enlightenment and self-realization. It is not about becoming a different or a better person. It's more focused on training yourself to see life from a different perspective.



Photo by [Ksenia Makagonova](#) on Unsplash

Referred as dhyāna in Hinduism where it's believed to have started, every religion has practised meditation of some sort in one or many of their cultural traditions.

Although the dictionary defines it as 'act of focusing your mind to only one thing, either as a religious activity or as a way of becoming calm', the word 'meditation'

comprises of countless practices completely different than one another making it difficult to give a proper definition.

Meditation has slowly affected millions of people around the world and everyone has either a direct or indirect relation with it. While you might think that meditation always has a positive effect on a person, it is not true and there are people have experienced its negative aspects.

However, it is important to understand the primary reason why meditation came to existence before its pros and cons as history has a direct influence on how meditation is used these days.

A Brief History

The earliest records of meditation come from ancient Hindu scriptures, [the Vedas](#). The history of meditation has an intimate bond with the religious context within which it was performed. Some form of exercises involving attention and concentration were found during the Roman Empire. While Buddhism was spreading in China, it also spread meditation as Lord Buddha himself was an ideal example.

During the 12th century, the Islamic community included specific techniques where the people practised to control breathing and repeat holy words. This specific idea seems to have approached Greece as hesychasm, a Christian Mysticism also contains a repetition of Jesus Prayers.

By the late 19th century, meditation had spread in the west due to increased communication among cultures worldwide. Most recently, western interest in meditative practices increased dramatically. About 200-500 million people are estimated to meditate worldwide. But consider these pros and cons of meditation before deciding if meditation is the right thing for you.

Meditation Pros of MEDITATION

1. Stress Reduction

Mental and physical stress is completely normal in everyday busy life. Stress is caused by an increased level of a hormone called cortisol. Mindfulness meditation creates a response to the hormones making people easier to achieve peace. This meditation can reduce the symptoms of post-traumatic stress 73% of time.

2. Anxiety Control

Habitual Meditation has been helping thousands of people to reduce anxiety whether is work-related or a result of overthinking. Mental health issues like phobias and panic attacks have significantly improved due to activities like yoga according to various surveys.

3. Boost Emotional Health

Emotional health is really important for a person to create a positive outlook on life. Studies show that meditation boosts a person's emotional health and it is very unlikely that a person who's practising [different types of meditation](#) is suffering from depression or inferiority complex.

4. Increased Attention Span

Attention span is the total time one can concentrate on a task without being distracted. Studies have shown that people who meditate tend to stay focused on a task longer than the rest and also remember details than their peers. [Nowadays, people find it more difficult to pay attention for a long time.](#) Meditation can help with that.

5. Improved Sleep

There are various meditation techniques that help you relax and control different thoughts that interfere with your sleep. This can initiate your sleep quicker and also help to promote it. Many people suffering from insomnia have stopped their sleeping pills days after their first meditation. [Sleeping pills have dangerous side effects](#) and one should always know the disadvantages of sleeping pills before using them.

6. You Can Meditate Almost Anywhere

Unlike [gyms](#) or fitness centres, you do not need any specific place to carry out your meditation. You can perform them in your bed, in the living room or in your garden. Everything a person needs to meditate is a clear, calm mind and an environment where he/she feels relaxed.

7. Helps Control Pain

Pain perception is directly connected to your state of mind which can easily elevate in a stressful environment. People who meditate show less sensitivity to pain than their peers. This is really helpful in cases where pain is inevitable like migraines.

8. Helps Decrease Blood Pressure

Many studies show that practising meditation is beneficial to people suffering from high blood pressure. More than 80% of the people claim to have improved blood pressure after practising meditation. It also reduces strain on heart preventing heart diseases.

Cons of Meditation

While cons are not applicable to everyone who tries meditation, they are worth discussing because it might have an effect on you. Also to mention, these negative aspects are nitpicked and do not apply for a large group of people.

1. Re-living Old Memories

Meditation can bring up memories of the past you don't want to think about. It could be bad experiences, painful memories or even grief you don't like recalling. These thoughts are powerful enough to affect your life and attending therapy or counselling would be much better in this case rather than trying to meditate.

2. Difficult to Feel the Change Instantly

Different people have a different way of accepting life and some people might feel like meditation doesn't work for them. You might feel like you wasted your 30 minutes full of stress and fatigue. Wasting your time for what was supposed to be the cure to your stress might even make you go crazy.

Conclusion

So should one start a regular meditation practice? Absolutely! Meditation has endless benefits which clearly outweigh the demerits. Rather than looking it as the answer to your problem, look it as a way to feel relaxed. Try out a meditation that best suits you and you'll surely see some positive changes in you. Giving a few minutes of your day to improve the quality of life will always be a big YES!

EVIDENCE OF SUCCESS

Students of TTWRDC MAHABUBABAD has practice meditation and yoga 3 days in a week from morning 6 am to 6:30 am .It gives them peace of mind and relaxation.

Its helps them to reduce negative feelings and to be more patience.





YOGA MAHASTHAVAM

























PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

Common Challenges with Meditation:

- Busy minds and competing demands on our time our heads are like busy streets, full of thoughts rushing by like cars.
- Misinformation about meditation many people think meditation is too hard or that it takes years to get good at it.
- Difficulty finding the right approach or technique.
- Biological and psychological barriers.
- Brainwave states and the role of the Default Mode Network.

BEST PRACTICE II

RESIDENTIAL EDUCATION ,PG COACHING AND EMPLOYBILITY.

OBJECTIVES OF GURUKULA EDUCATION

Telangana Tribal Welfare Residential Educational Society (TTWREIS) is a registered society committed for the cause of quality education of Tribal students. The society is currently operating 165 institutions from class I to PG as a part of its flagship KG to PG mission. There are 29 Mini Gurukulams (exclusively for Girls running classes I to V,) 115 RS and RJC's and 22 Degree Colleges in English medium.

Out of 165 institutions, Eighty four schools are sanctioned in the integrated state of AP (55 Schools and 29 Mini Gurukulams) and Residential Institutions and Degree Colleges (60 Residential Schools and 21 Degree Colleges) 01-Law College sanctioned by Government of Telangana after formation of a separate state.

The society has been a trend setter since then. Many new colleges have been started like Law College, Fine Arts College, Armed forces preparatory college to encourage its children to be substantial contributors in Society and hence Nation building.

To create vibrant centers for learning which provide a congenial atmosphere for students to excel academically and develop into ethically strong and morally elevated individuals.

Our mission is to partner effectively with the efforts of our students and ensure that they succeed and turn out to be responsible citizens of our country, good resources for the development of the nation and faithful family members. Our mission is to empower the child use his/her own academic, physical, mental, spiritual and emotional potential and channelize them for the welfare of the individual and the society as a whole.

Our vision is to outreach and help every child outperform in the best possible way and extend our contribution in actively serving and improving our community for a better tomorrow.

Society was established vide G.O.ms.No:51, SW (TW.Ed.I) Dept., dt: 03-06-1998 to impart quality education to the Tribal Students in A.P State. This Society was bifurcated from APREI Society registered under the Societies Act of A.P. (Telangana Area) Public Societies Registration Act 1350 F (Act I of 1350F) with (65) institutions initially. The Society is an autonomous body functioning from 01-06-1999 - 2000 onwards. As per the Reorganization Act 2014, TTWREI Society was carved out of APTWREI Society with 134 Tribal Welfare Residential Institutions. The TTWREI Society (Gurukulam) is now functioning with (91) Residential Schools, (27) Residential Junior Colleges together and 22 Degree Colleges (140) institutions and maintaining (29) Mini-Gurukulams for Tribal girls apart from the Residential Institutions. The organization is headed by a Senior All India Service Officer with supporting staff in Head-quarters to maintain the above institutions in monitoring the administrative and academic activities from time to time

II.AIMS & OBJECTIVES:

To impart quality education to the tribal Children in the state of Telangana from KG to PG Facilitating the meritorious students .Our achievements this academic year i.e. 2016-17, we have got 23 seats in IITs, (12) seats in NITs, (01) in AIIMS, (03) seats in IIIT, (01) in Central University. Total we got (40) seats and got number of seats in good Engineering University Colleges. We are providing Non-Veg. (Healthy food) as one of the Hostel menu.

These are the evidence of our students achievements



CPGET - 2022
OSMANIA UNIVERSITY - HYDERABAD

Acknowledgement Card

Final Phase

Acknowledgement No: 43888

Candidate Details :

HT.No : 13024050091
Name : AJMEERA JAGRUTHI
Father's Name : AMAR SINGH
Category : ST
Parental Income : Lower

Rank : 659
Gender : F
Date of Birth : 10-06-2002
Region : OU
Special Category :

Provisional Allotment Details :

Alloted College : University College, Kakatiya University Campus, Vidyananyapuri, Warangal Urban.
Course : M.A. English
Alloted Category : REG_ST_UNR_FEMALE
Alloted in : Phase III
College Type : KU Campus
Payment Type : Regular

Payment Details

Course Fee Rs	: 14800.00 /-
Amount paid Previously Rs	: 800.00 /-
Fee paid Rs	: .00 /-

Instructions to candidate

1. Report to the respective college and submit the acknowledgement card.
2. Produce all original certificates for final verification within the stipulated time.
3. After final verification the candidate should collect Allotment order and joining report from the college authorities. The Signed copy of joining report along with the original TC have to be submitted at the college
4. Bring two sets of photocopies (Xerox) of all certificates for submission at the respective colleges.
5. After payment of Tuition Fee, if the candidate cancels the provisionally allotted seat, the candidate will forfeit the Counselling Fee of Rs.800/-.

CONVENER
CPGET - 2022

2093



TS CPGET - 2022
COMMON POST GRADUATE ENTRANCE TESTS
OSMANIA UNIVERSITY, HYDERABAD

Subject Code & Name | 13 - M.A. ENGLISH

Candidate's Name : AJMEERA JAGRUTHI
Father's Name : AMAR SINGH
Mother's Name : SHIRISHA
Registration No : OU210177671
Address : 3-35
VEERARAM
MARIPEDA
MAHABUBABAD
TELANAGANA
506101

Category
ST

Hall Ticket Number
13024050091

Gender
FEMALE



Local Status
LOCAL

DOB
10/06/2002

A. Jagruthi

Test Date & Time
14-08-2022
(SUNDAY)
4:30 pm to 6:00 pm

Test Centre
VIJAYA ENGINEERING COLLEGE (2405)
NEAR THANIKELLA, KONJERLA, KHAMMAM, TELANGANA, INDIA, 507305

Signature of the Candidate
(To be Signed in the presence of the Invigilator)



Abhishek

Convener

IMPORTANT INSTRUCTIONS TO THE CANDIDATE

- The candidates eligibility for a course is not verified at the time of application and it will be verified only at the time of admission. Issue of Hall Ticket appearance at the test does not automatically entitle the candidate for admission into the Course or College.
- Please check carefully your Name, Date of Birth, Gender, Category, Test Paper Code, and Name of the Test Paper, printed in the Hall Ticket. In case of discrepancy, communicate to the CPGET-2022 help line Centre, immediately for necessary action but not later than 2 days before the concerned exam date.
- Hall Ticket shall be shown at the Entrance of the Test Centre and also in the Examination Hall, failing which the candidate will not be allowed to write the Candidate will be permitted to appear for the examination only after their credentials are verified by the Centre officials.
- The candidate shall carry into the Examination hall (i) Black/Blue Ball Point Pen (ii) Hall Ticket and (iii) Valid Original photo identification cards (College card/Aadhaar Card/Driving License/Passport/PAN Card/Voter ID).
- Candidate will be permitted into the Examination Hall from 8:00 AM for 1st Session, 11:30 AM for 2nd Session and 3:00 PM for 3rd Session. You are advised not to apply any external material like Mehandi, Ink etc, on your Hands. capturing Biometric Information (your photo and thumb impression). You are advised not to apply any external material like Mehandi, Ink etc, on your Hands.
- Candidate will not be permitted into the Examination Hall after 9:45 AM for 1st Session, 1:15 PM for 2nd Session and 4:45 PM for 3rd Session, and will be allowed to leave the hall until the test is completed.
- Listen to the instructions announced by the invigilator carefully. After login, read the instructions carefully specially the list of symbols related to answering the examination. No clarifications or doubts related to the questions of the examination paper will be entertained during the examination.
- In case you detect any hardware or software problems with the computer provided, please raise your hand and talk to the invigilator. The problem shall be rectified immediately. In case the problem is not rectified within a reasonable time, the computer will be changed for you. Count down timer stops during the change time will be lost for the candidate.
- Carrying of Cell Phones, Watches (all types), Large Spectacles, Calculators, Mathematical/Log Tables, any other Electronic Gadgets and loose sheets of paper in examination hall is strictly prohibited.
- Adoption of any kind of unfair means and any act of impersonation during the time of test will render the applicant liable for invalidation of his / her examination. Further he / she will forfeit the claim of appearing for the test and will be liable for criminal action.
- There may not be a guaranteed security facility for safekeeping of your valuable devices or personal belongings outside the examination hall.
- Blank papers will be provided for rough work in the examination hall. Candidates have to hand over the rough sheets to the invigilator concerned after the examination.
- The candidate is advised to visit the test Centre well in advance to familiarize with the location of the Test Centre.
- Hall Ticket must be preserved till the time of admissions.
- No travelling expenses will be paid for the journey to take the test.
- Any objection regarding the key, the candidate may submit in person or by mail within one week from the date of examination to "Convener, CPGET Directorate of Admissions, Osmania University, Hyderabad - 07 (TS).
- If any candidate requires a scribe as per the government norms and eligibility, then the candidate is required to take prior permission from the Convener, 2022, Osmania University.
- Candidates should carry hand-sanitizer of up to 100 ml in transparent bottle, face mask, gloves and drinking water in transparent bottle for personal use.



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OSMANIA UNIVERSITY - HYDERABAD

Print

Logout

Acknowledgement Card

Final Phase

Acknowledgement No: 44560

Candidate Details :	
HT.No : 31095770054	Rank : 379
Name : ENUGU BLESSY	Gender : F
Father's Name : ENUGU THOMAS REDDY	Date of Birth : 19-09-2000
Category : OC	Region : OU
Parental Income : Lower	Special Category :

Provisional Allotment Details :	
Alloted College : University College of Arts & Social Sciences, Osmania University Campus, Hyderabad.	
Course : M.A. Economics	College Type : OU Campus
Alloted Category : REG_EWS_OU_FEMALE	Payment Type : Regular
Alloted in : Phase III	

Payment Details

Course Fee Rs	14800.00
	:-
Amount paid Previously Rs	800.00 /-
Fee paid Rs	.00 /-

Instructions to candidate

1. Report to the respective college and submit the acknowledgement card.
2. Produce all original certificates for final verification within the stipulated time.
3. After final verification the candidate should collect Allotment order and joining report from the college authorities. The Signed copy of joining report along with the original TC have to be submitted at the college
4. Bring two sets of photocopies (Xerox) of all certificates for submission at the respective colleges.
5. After payment of Tuition Fee, if the candidate cancels the provisionally allotted seat, the candidate will forfeit the Counselling Fee of Rs.800/-.
6. Limited Hostel accommodation is available for girls & boys
7. No guarantee for hostel admissions in OU
8. Hostel admission will be given as per OU hostel admission guidelines

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28/10/2023, 11:17

CPGET - 2023



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OSMANIA UNIVERSITY - HYDERABAD

1510/-
600/-

Acknowledgement Card
Phase II ✓

Acknowledgement No: 35577

Candidate Details :		Rank	: 2171
HT.No	: 40339510005	Gender	: F
Name	: MALOTH RAJESWARI	Date of Birth	: 14-08-1999
Father's Name	: MALOTH RAJU	Region	: OU
Category	: ST	Special Category	:
Parental Income	: Lower		

Provisional Allotment Details :

Alloted College	: University College for Women, Subedari, Hanamkonda, Warangal Urban. ✓	College Type	: KU Constituent
Course	: M.A. Political Science ✓	Payment Type	: Self-Finance
Alloted Category	: SF_BCB_OU_FEMALE ✓		
Alloted in	: Phase II		

Payment Details

Payment Transaction ID	: C231085450
Payment Date	: 28-10-2023 11:17:03
Course Fee Rs	: 21800.00 /-
Fee paid Rs	: 800.00 /-

Instructions to candidate

1. Report to the respective college and submit the acknowledgement card.
2. Produce all original certificates for final verification within the stipulated time.
3. After final verification the candidate should collect Allotment order and joining report from the college authorities. The Signed copy of joining report along with the original TC have to be submitted at the college
4. Bring two sets of photocopies (Xerox) of all certificates for submission at the respective colleges.
5. After payment of Tuition Fee, if the candidate cancels the provisionally allotted seat, the candidate will forfeit the Counselling Fee of Rs.800/-.

Note: No Hostel accommodation for the students admitted in self finance courses / seats of University and constituent colleges

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ORIGINAL



CPGET - 2022

OSMANIA UNIVERSITY - HYDERABAD

Acknowledgement Card

Phase - II ✓

Admission fee = 600/-

Acknowledgement No: 34014

Candidate Details :

Registration No :	40079440116	Rank :	1262
Name :	RAVULA SRIJA ✓	Gender :	F
Parent Name :	RAVULA RAVI ✓	Date of Birth :	19-05-2001
Category :	BC-B ✓	Region :	OU
Annual Income :	Lower ✓	Special Category :	

Provisional Allotment Details :

College :	University College for Women, Subedari, Hanamkonda, Warangal Urban. ✓	College Type :	KU Constituent
Category :	M.A. Political Science ✓	Payment Type :	Self-Finance
Phase :	SF_OPEN_OU_FEMALE ✓		
Phase :	Phase II ✓		

Payment Details

Payment Transaction ID :	C211056184
Payment Date :	27-11-2022 18:16:38
Course Fee Rs :	21800.00 /-
Fee paid Rs :	800.00 /-

Instructions to candidate

Report to the respective college and submit the acknowledgement card.
Produce all original certificates for final verification within the stipulated time.
After final verification the candidate should collect Allotment order and joining report from the college authorities. The Signed copy of joining report along with the original TC have to be submitted at the college.
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After payment of Tuition Fee, if the candidate cancels the provisionally allotted seat, the candidate will forfeit the Counselling Fee of Rs.800/-.

No Hostel accommodation for the students admitted in self finance courses / seats of University and constituent colleges





CONVENER
CPGET - 2022

M. Usha
Incharge of Admissions

TTWR D... Col
Mahabub...
Princip

2023/2/23 12:19



CPGET - 2023 DIRECTORATE OF ADMISSIONS : OSMANIA UNIVERSITY, HYDERABAD	
RANK CARD	
Hall Ticket No. : 40339510077	Community ST
Candidate's Name : VANKUDOTHU NAVYA	Date of Birth 10/06/2000
Father's Name : VANKUDOTH KISHAN	
Test Name : M.A. Political Science	
Marks Obtained : 21	
Rank : 2723	
	 Convener
	
<small>INSTRUCTIONS TO THE CANDIDATE</small>	
<p>1. The admissions into PG Courses offered by Osmania, Kakatiya, Telangana, Mahatma Gandhi, Palamuru, Satavahana, Telangana Mahila Vishva Vidyalayam and JNTUH Universities (in campus, constituent and affiliated colleges) will be made through a centralized web counseling. Further, the schedules will be available in websites. The qualified candidates are advised to visit the websites from time to time for further admission schedules. Websites: www.ouadmissions.com , www.osmania.ac.in and https://cpget.tsche.ac.in</p> <p>2. The eligibility of the candidates is not verified / decided at the time of application and during the entrance test. The verification will be done only during the admissions. Hence, candidates are advised to ensure that they are eligible for the course/subject they are registered for admission.</p> <p>3. The candidates called for certificate verification must have the following original certificates /documents to be Upload for Online Certificate Verification.</p> <ol style="list-style-type: none"> i. Rank Card and Hall Ticket of CPGET - 2023. ii. Transfer Certificate (T.C) from the institution where the candidate has last studied. iii. Degree certificate and complete memorandum of marks or consolidated memo of qualifying examination (the downloaded memos are not allowed). The candidate should ensure that he/she has passed the qualifying examination with a requisite percentage of marks without which his/her admission will not be entertained. iv. SSC or 10th class or its equivalent marks memo. v. Bonafide certificates from 9th Class onwards or Proof of Local \ Non-Local status of the candidate as per the rules in force (see ANNEXURE - I). vi. Community / Caste Certificate if applicable. vii. Latest Income Certificate issued by Tahsildar on or after 01.01.2023, if applicable. viii. Certificates of special categories, if applicable, and when called for admission under these categories. ix. Aadhaar Card. 	

Print



CPGET - 2022

OSMANIA UNIVERSITY - HYDERABAD

Acknowledgement Card

Phase - I

Acknowledgement No: 15482

Candidate Details :

HT.No	: 40258480049	Rank	: 678
Name	: MEKALA SARITHA	Gender	: F
Father's Name	: MEKALA KOMURAJAH	Date of Birth	: 07-10-2001
Category	: BC-D	Region	: OU
Parental Income	: Lower	Special Category	:

Provisional Allotment Details :

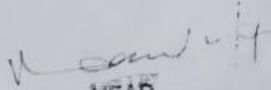
Alloted College	: University College, Kakatiya University Campus, Vidyaranyaपुरi, Warangal Urban.	College Type	: KU Campus
Course	: M.A. Political Science	Payment Type	: Regular
Alloted Category	: REG_BCD_OU_FEMALE		
Alloted in	: Phase I		

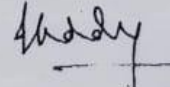
Payment Details

Payment Transaction ID	: C211010526
Payment Date	: 29-10-2022 11:53:46
Course Fee Rs	: 14800.00 /-
Fee paid Rs	: 800.00 /-

Instructions to candidate

1. Report to the respective college and submit the acknowledgement card.
2. Produce all original certificates for final verification within the stipulated time.
3. After final verification the candidate should collect Allotment order and Joining report from the college authorities. The Signed copy of joining report along with the original TC have to be submitted at the college
4. Bring two sets of photocopies (Xerox) of all certificates for submission at the respective colleges.
5. After payment of Tuition Fee, if the candidate cancels the provisionally allotted seat, the candidate will forfeit the Counselling Fee of Rs.800/-.


HEAD
Department of Political Science
KAKATIYA UNIVERSITY
WARANGAL - 506 009


CONVENER
CPGET - 2022

CONTEXT ; Gurukula is providing many facilities to the students along with education.takes good care of students.it provides other amenities to the students for their comfort stay in the campus.

.free and quality education

.free food and accommodation

Footwear (pair of shoes)

Two pairs of uniforms

A carpet with two blanket

A dining set (a steel plate ,a bowl,glass and spoon)

.free 2 pairs of night dress and towel

.free trolley bags

.free books

FREE COACHING

.free pg coaching

.free employability skills

.free coaching for competitive exams

.gurukulam providing a faculty for 40 students that faculty should be a parent to those students .

PRACTICE OF RESIDENTIAL EDUCATION

All round development of students like morning ground activity which includes meditation,yoga,indoor and outdoor games

.balanced diet for students with the menu given by society .

.from morning 9 am to 5 pm there will be classes for students.

.there are two session of study hours one is in the morning and one in the evening.

.for each study hour 2 lecturers will be there to monitoring the students

. 24/7 students are under the supervision of health care supervisor . two nursing officers are there in our college to take of student's health.

.pg coaching will be provided for final year students ,many students has achieved pg seats prestigious universities

.sometimes lectures performs as escorts for students.





Escort duty for



Examination

EVIDENCE OF SUCCESS:

TTWRDC(G) Mahabubabad providing many facilities to the students here are some evidence of such facilities.













TTWRDC (w) college mahabubabad







TTWRDC (w) college mahabubabad





Gd afternoon sir and madam, today lunch:



bagara rice, chicken curry, sambar, curd



Ttwrd(w)college mahabubabad





Escort duty for



Examination



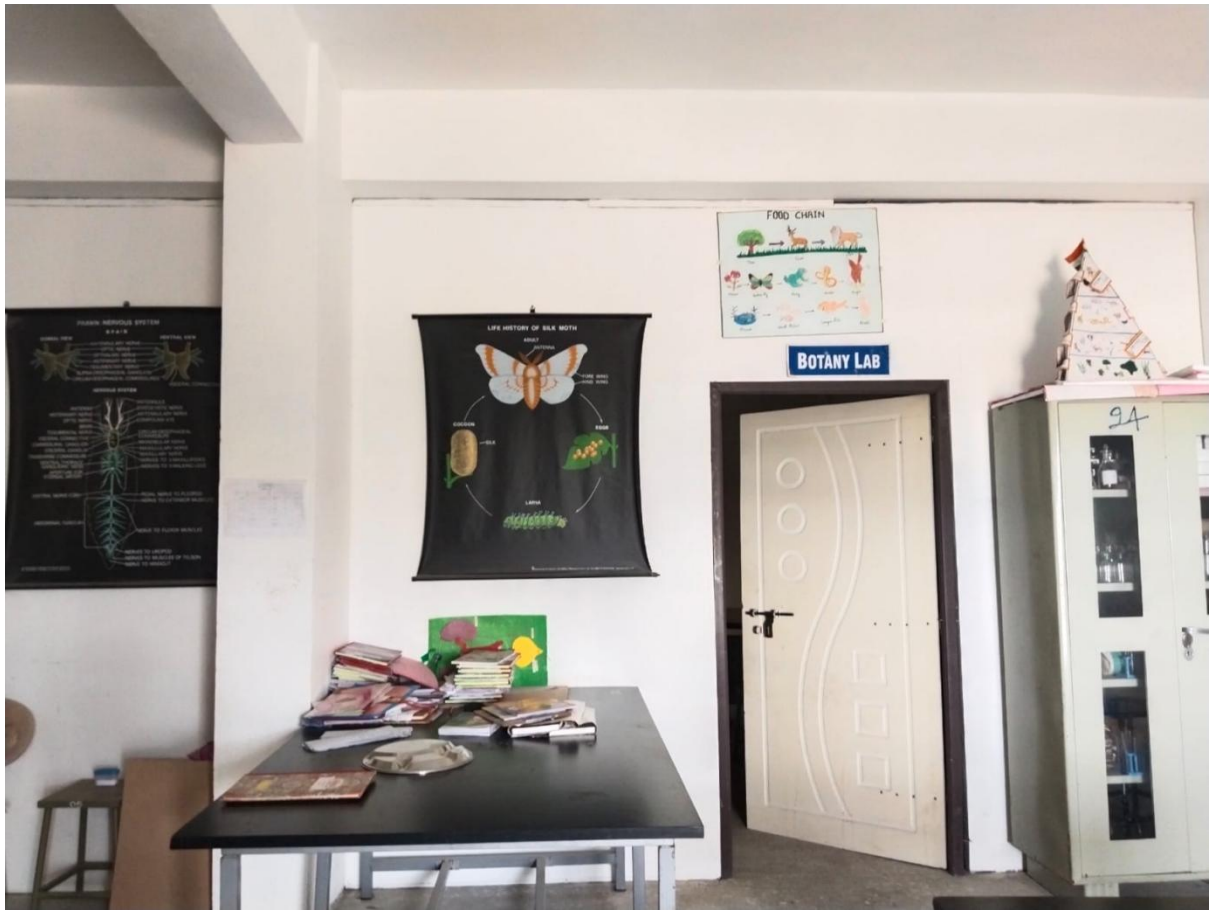
TTWRDC [W] MAHABUBABAD

DAY	BREAK FAST	LUNCH	SNACKS	SUPPER
MONDAY	1. MULTI GRAIN UPMA 2. MILK with BOOST	RICE CURRY (ALU-BRINJAL) & LEAF with DALL SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK+CUCUMBER) CURD 75 ml. GHEE PICKLE EGG	MILLET KURKURE	RICE POTATO CURRY RASAM BUTTER MILK SEASONAL FRUIT
TUESDAY	1. PULIHORA with CHATNY OR RASAM 2. MILK with BOOST	RICE (200 gms) CURRY (BEETROOT/CARROT) & TOMATO DALL RASAM CURD 75 ml. GHEE. PICKLE EGG	BOILED SHENGAJLU	RICE CABBAGE CURRY SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK+CUCUMBAR) BUTTER MILK SEASONAL FRUIT
WEDNESDAY	KICHDI with CURD RAITHA 2. MILK with BOOST	RICE LADY'S FINGER CURRY & LEAF with DALL SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK+CUCUMBER)	CARROT HALWA	BAGARA RICE TOMATO CURRY CHICKEN (2nd & 4th WEEK) BUTTER MILK
THURSDAY	1. POORI with ALU CURRY 2. MILK with BOOST	RICE POTATO CURRY & SPINACH DALL TOMATO RASAM CURD 75 ml. GHEE. PICKLE EGG	MILLET COOKIES	RICE BEANS CURRY SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK+CUCUMBAR) BUTTER MILK SEASONAL FRUIT
FRIDAY	1. IDLI with CHATNY OR SAMBAR 2. MILK with BOOST	RICE DOSAKAYA/POTLA CURRY SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK+CUCUMBER) BUTTER MILK/CURD. GHEE. PICKLE EGG	MILLET KURKURE	RICE FRENCH BEANS CURRY TOMATO RASAM BUTTER MILK SEASONAL FRUIT
SATURDAY	1. MULTI GRAIN MEAL 2. SAMIYA	VEG FRIED RICE RIDGE GOURD CURRY & POTATO/ DRUM STICK SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK+CUCUMBAR)	ONION PAKODA	RICE CURRY + DALL + DRUM STICK + CAULIFLOWER RASAM BUTTER MILK SEASONAL FRUIT
SUNDAY	1. CHAPATHI, BONDA with CHATNY 2. MILK with BOOST	BAGARA RICE CURRY (ALU KURMA) SAMBAR (CARROT+BOTTLE GUARD + DRUM STICK+CUCUMBAR) CURD 75 ml. PICKLE CHICKEN (2nd & 4th WEEK) MUTTON (1st & 3rd WEEK)	PALLI CHIKKI	RICE CURRY CHAMA GADDA/ CABBAGE + TOMATO RASAM BUTTER MILK SEASONAL FRUIT

There are well equipped laboratories in our college such as botany lab zoology lab physics lab chemistry lab. Our lecturers uses laboratories while teaching them it will helps them to understand class well.











Now a days computers and internet playing a vital role in our lives so students also aware of computer knowledge that's why society has provided computers and lab tops to the students with the help of the computers students started learning digital education. Here is the proof of our digital computer lab.



What is Computer Education?

A computer is an electronic machine which can be used to solve a problem or perform a certain function according to the instructions given to it. Today computers are used almost everywhere. Computer education is the process of learning about or teaching about the computers. It includes the basic knowledge of computer system, skills, ideas, and the basic terminologies related to the computer system. It also includes the advantages and disadvantages of computers, the potential of a computer system, how a computer can be used to solve different problems of day to day life or how can a computer be programmed to solve the extreme problem. Computer education has become an integral part of the twenty-first century. It has gained a lot of importance in today's life. Today, computers are used in almost every field. Therefore, it has become necessary to learn about computers.

Importance of Computer Education in Our Life

Computers help the students to learn about the world and know what is happening in it. It helps them to aim for excellent jobs in the future and succeed in it. The computer has become a standard of education throughout the world. This makes computer education important. Some importance of computer education are:

Computer Education Improves Research Skills: A computer provides the most important tool for research in today's life that is the internet. The Internet is defined as a network which is formed by connecting different networks. Today the internet can help us with almost anything. Most importantly, the internet helps us in research. Starting from the students studying in school to the scientist working in laboratories, computer, or more precisely the internet, helps everybody in research. The Internet is flooded with abundant information on almost all the topics of which we are aware of. In the summer vacations, students are given some holiday's homework to research or make projects on the topics they do not know about. For these topics, of which the students do not have any idea, the internet helps them. The Internet can give them a lot of information on the required topic. A scientist can take the help of internet to search the already present discoveries to create a new one. Therefore computers can help a lot in research. So the knowledge about computers is necessary. Everyone should know how to use the computer system and the resources associated with it to improve their own research skills.

Computer Education helps in getting Good Jobs: Today the computer industry is growing at a very fast rate. Computers are needed everywhere. They have become an essential part of each industry. Today almost every work is dependent on computers. So the industries or companies hire those workers which are trained to use computers or have some knowledge as to how to use computers. Computer education should be taught to the students from the very beginning. They should gain a good command in the field of computers. In the whole academic life of the student, they should become so trained in the field of computer education that every company will hire. So we can conclude that for those who aspire for a good job, computer education is a must. The salary package offered to those who have all the knowledge of a computer system is much higher than those who do not have any idea about computers.

Computer Education helps in Enhancing Technology: Today, most of the technology depends on the computer system. From the basic electronic devices to astronomical devices, everything needs a computer. So if someone wants to create a new technology he should have known about the computers. For example, a person wants to create a machine which could be used in medical science. The machine will require some device to formulate the results. This device is a modified version of a computer system. So the person should be able to modify the computer. For this, the person must be educated in the field of computer science. When a person studies computer science, he feels motivated to create new technologies. It fills his mind with new ideas to create some new technology which could be used for the betterment of the society.

Computer Education Increases the Efficiency of a Person: Consider a person who does not have any knowledge of the computer. The person works in the accounts department of some company. The person has to keep track of all the financial records of the company, he needs to maintain the record of all profits and loss of the company from the very beginning. This will require a lot of time, concentration, speed and memory. This is a very difficult task. This task is very tiring for the person as all the records have to be prepared using pen and paper. On the other hand, consider a person who has the knowledge of computer system. He will use the computer to maintain all the accounts of the company. He will take less time to maintain the records as everything used by him will be computerized. He will not require any physical space to store his records which are required by the person who does not know computer. It will require less time. The work done will be fast. Comparing both the cases, the efficiency of the person who knows the computer will be more than that of the person who does not know the computer. Therefore it becomes important to have computer education.

Computer Education helps in Creating a Better Education Environment: Smart classrooms are emerging these days. Every school uses computers to teach their students. It creates a more effective learning and teaching environment. Learning becomes easier with the use of technology. Along with becoming easier, it becomes all the way more fun. To use the facilities available in a smart classroom, computer education is necessary. Every school prefers to employ those teachers who can use computers as a teaching tool. Computers can be used to teach a lot of things. With multimedia available in the computer system, the difficult topics can be easily understood. The information delivered to the students via a computerized is much more easily retained by them than the regular delivery of information. So for imparting proper and effective education to the students, the teachers must possess a fair education about the computer system and their usage.

Computer Education makes Communication Easy: The world is very large. All our loved ones do not live with us. We all want to communicate with our loved ones who reside in the different parts of the world or country. The communication started with a letter and came till telephones. Letters did not offer effective communication over a very long distance and the communication was only text-based. The telephonic conversation was one step ahead. We could hear the voice of our loved ones. In today's technology, we can use computers for communication. It provides us with facilities like chatting, calling, video conferencing which has helped a lot in communication. The function of video

conferencing or we can say video chat or video calling is being used widely these days. It helps us to see the person we are talking to. It has become very useful for the person who resides very far from their families as they can now communicate with them as they are just sitting in front of them. To use these facilities of communication using the computer, computer education is required. Nowadays, children who reside far from their parents are teaching their parents how to use the computer for the communication so that they can have an easy and cheap communication with them.

Computer Education Connects us to the Online World: Everything today is becoming online. This is just done for our convenience. Today, we do not have to visit a bank for transferring money, nor we have to go to the market to do shopping .it is available to us online as online banking and online shopping. We can fill examination and other kinds of the form online. Now we do not have to run to the theatre or railways station to buy movie tickets and train tickets, we can book them online. We can plan our tours online. We can connect with our friends online. The online world also provides us with entertainment. All this could not be possible without computers. But to use all these facilities, computer education is required. Without a computer, we cannot use such facilities which are specially designed for our convenience.

PROBLEMS ENCOUNTERED AND RESOURCE REQUIRED:

Problems faced by the residential students

- . Homesickness
- . Lack of communication skills compared to the non-boarders.
- . Social pressure.

DISTINCTIVE BEST PRACTICES

QUEST : Quest programme by Teachers and Principal to interact with students Families

To understand the social, cultural and financial background of the Students who are deprived and are meritorious but struggling for timely educational support. A program was designed under the guidance of Dr.Praveen Kumar Sir, The Secretary – Gurukulam which is known as Quest. During this program teachers visit Students home and interact with parents to discuss the programme undertaken by Gurukulam and also seeking the suggestions and opinions of parents for further improvement. The findings from the Quest are helping the principals and teachers in many ways, in particular, improving administration and making academic plans and thus improve the performance of Students.

The quest program is conducted at the time of vacation. The main motto of the quest is to interact with the parents in their localities,

- To understand the social, cultural and financial background of the Students who are deprived and are meritorious but struggling for timely educational support.
- To know how much knowledge they have about the activities going on in their Ward's institution and educating the parents regarding the importance of education to their children and the facilities provided by the society.

The faculty is asked to visit a few houses of their students to extract information from the parents and educate them if they are ignorant about the functioning of theGurukulam. Through the quest program, faculty gets a chance to know the family background of the students,social status,their culture and the challenges they have been facing.


Faculty from our college went on quest during vacation and were well received by the students parents. They had an awesome experience interacting with the family members and educating them about the value of education and the activities of the Society.

During this program teachers visit Students home and interact with parents to discuss the programmes undertaken by Gurukulam and also seeking the suggestions and opinions of parents for further improvement. The findings from the Quest are helping the principals and Lectures in many ways, in particular, improving administration and making academic plans and thus improve the performance of Students.







 GPS Map Camera



Mahabubabad, Telangana, India
H2W5+8XH, Bypass Rd, Mahabubabad, Gumudur, Telangana 506101, India
Lat 17.595882°
Long 80.009976°
13/10/23 11:53 AM GMT +05:30



 GPS Map Camera



Mahabubabad, Telangana, India
H2W6+92W, Bypass Rd, Mahabubabad, Gumudur, Telangana 506101, India
Lat 17.596018°
Long 80.010117°
13/10/23 11:51 AM GMT +05:30





SRIVANI BZC III
YEAR



SWAROOPA BZC II
YEAR



BUDAYA SRI BZC I
YEAR



SWAPNA BZC I
YEAR





VILLAGE LEARNING CENTRES (VLCs)

This covid 19 pandemic situation has promote to establish innovative learning institutions which can be helpful to build and establish a link between knowledge and learners in this initiative village learning centre are emerge across telangana with the initiation of gurukulam.

Gurukulam has taking responsibility to establish village learning centre with the help of students.school children to college going students are forming groups in their respective villages.They are selecting some a common place where they can sit and read and write.some of the students are using their home as learning centers,and some of them are using anganvadi schools panchayat office etc.even fields are also used for learning centers.

Students are sharing information with each other and helping younger students to practice learning.







