



Mahatma Education Society's

**PILLAI HOC COLLEGE OF ARCHITECTURE**

Pillai HOCL Educational Campus, HOC Colony, Rasayani, Via Panvel, Dist- Raigad, Pin: 410207

Tel: 02192- 669002

Web: [www.phcoa.ac.in](http://www.phcoa.ac.in)

mail: [phcoaadmin@mes.ac.in](mailto:phcoaadmin@mes.ac.in)

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# Criteria 7: Institutional Values and Best Practices

## 7.2 Best Practices





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**Criteria 7: Institutional Values and Best Practices**

**7.2 Best Practices**

**Best Practice 1**

**Title: Tapas- Yoga and Meditation**





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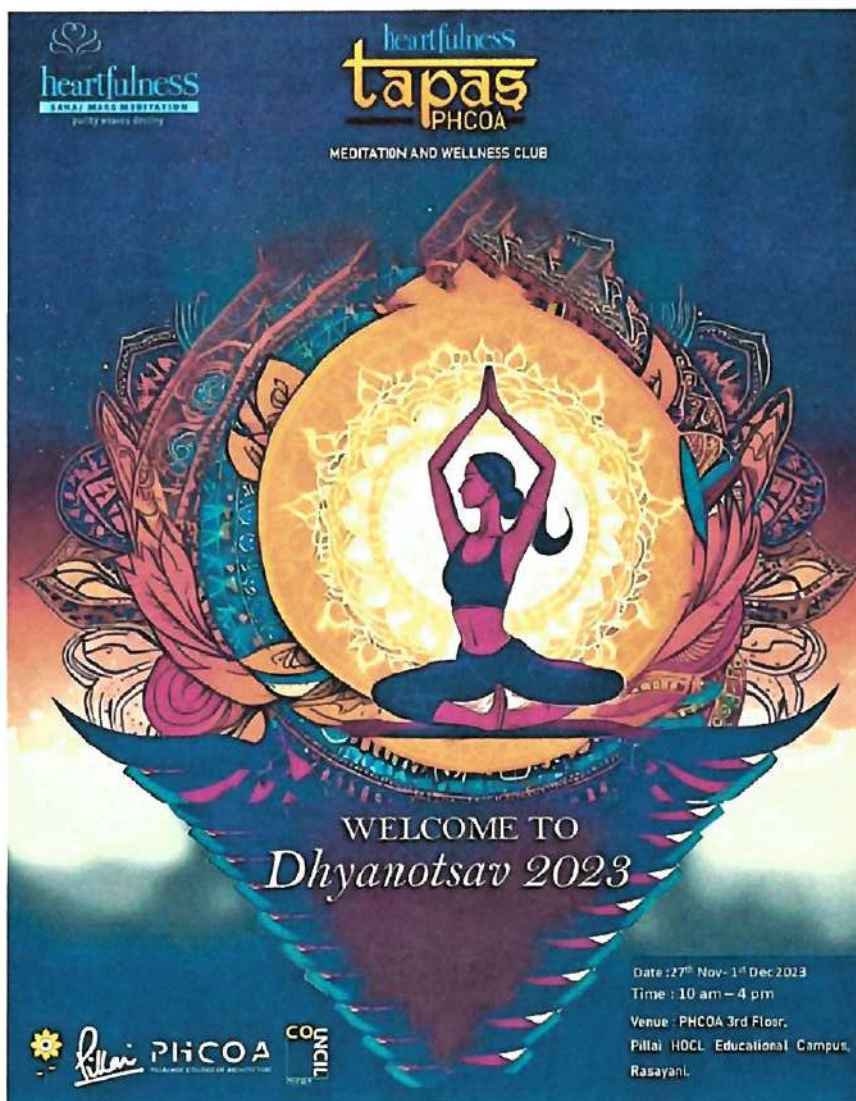
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## Value added certificate Program: Heartfulness Tapas

Academic year: 2023-24



Event Poster





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### Value Added certificate program:

### Heartfulness Tapas

Academic year: 2023-24

<b>Organised by</b>	Pillai HOC College of Architecture, Rasayani
<b>Outcomes</b>	To help students deal with day-to-day stress.  To learn to meditate and calm down the mind and build resilience to stress.  To aid better sleep by relieving stress.
<b>Name of resource person(s)</b>	Dr. Nivedita Shreyans
<b>Introduction about the resource person</b>	Director - Public Relations & Corporate Communications at Mahatma Education Society's, Pillai Group She is an educationist, Director PR, heartfulness, Wellness, and Meditation Trainer, and Motivational Public speaker
<b>Date and time</b>	27 <sup>th</sup> November to 1 <sup>st</sup> December
<b>Venue</b>	Multipurpose, 3 <sup>rd</sup> Floor
<b>Faculty coordinator</b>	Rajnigandha Chowdhary
<b>Supporting staff</b>	Sagarika Mukherjee
<b>No. of students present</b>	60
<b>Program approved by</b>	Principal Suchita Sayaji
<b>Brief about the activity/event</b>	Heartfulness practices expand awareness, and develop well-being, contentment, calmness, compassion, courage, and clarity. The main focus was on stress management for students. Day 1 – Introduction to meditation, demonstration of meditation techniques by the trainer. Day 2 to day 4 – Orientation and Practice of different meditation techniques. The techniques were based on fine-tuning the heart with the mind through meditation Day 5 – Discussion and sharing of experiences. The program ended with the setting up of Tapas mediation club of the institute



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<b>Remarks</b>	The course was meant for both faculty and students. The event encouraged the students to understand the importance of mediation and its importance in day-to-day life.
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Ar. Suchita Sayaji  
(Principal)

Prof. Rajnigandha Chowdhary  
(Faculty Coordinator)

Photographs of the event







*Pillai*

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Attendance:

30<sup>th</sup> Nov 2023

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PILLAI HOC COLLEGE OF ARCHITECTURE, RASAYANI**

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2.	VARAD G. VARADKAR	2ND	Varadgvr22harc@student.mes.ac.in	[Signature]
3.	MAHESHMI PATIL	2ND	maheshmi22harc@student.mes.ac.in	[Signature]
4.	Pathomesh Patil	2 <sup>nd</sup> Yr	Pathomesh22harc@student.mes.ac.in	[Signature]
5.	HARDIK DUKARE	4 <sup>th</sup> YEAR	hardikd20arc@student.mes.ac.in	[Signature]
6.	MANSI GHARAT	4 <sup>th</sup> YEAR	mansig20arc@student.mes.ac.in	[Signature]
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16.	GAYATRI BANU PATIL	5 <sup>th</sup> YEAR	gayatribanu19harc@student.mes.ac.in	[Signature]
17.	SHRUTI N. HUMDE	5 <sup>th</sup> YEAR	shrutinahu19harc@student.mes.ac.in	[Signature]
18.	Abhaya Ranvijay Harsh	5 <sup>th</sup> year	abhayarsh19harc@student.mes.ac.in	[Signature]
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21.	Jayesh Joglekar	11-	Jayeshj19harc@student.mes.ac.in	[Signature]
22.	Lakshya Ghoshal	2 <sup>nd</sup> year	Lakshyag19harc@student.mes.ac.in	[Signature]
23.	Tarvi Malawade	11-	tarvim22harc@student.mes.ac.in	[Signature]
24.	Shruti Bandgar	11-	shrutib22harc@student.mes.ac.in	[Signature]
25.	Vishwanath Malawade	3 <sup>rd</sup>	vishwanathm22harc@student.mes.ac.in	[Signature]
26.	Aaryan G. Ambekar	2 <sup>nd</sup>	aaryang22harc@student.mes.ac.in	[Signature]







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3	Garud V. Mhaware	1 <sup>st</sup> year	garudv23hoco@student-mes.ac.in	
4	Shreyo. S. Patil	1 <sup>st</sup> year	shreyosp23hoco@student-mes.ac.in	
5	Vrushnaw S Malwase	3 <sup>rd</sup> year	vrushnaw23hoco@v1	
6	MANGI I GHADAT	1 <sup>st</sup> YEAR	mangig20aco@student-mes.ac.in	
7	HARDIK V DUKARE	1 <sup>st</sup> YEAR	hardikvd20aco@student-mes.ac.in	
8	TANVI N. PATIL	4 <sup>th</sup> YEAR	tanvinp20aco@student-mes.ac.in	
9	AKASH D. PATIL	4 <sup>th</sup> YEAR	akashdp20aco@student-mes.ac.in	
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12	SAHIL S NIKAM	3 <sup>rd</sup> YEAR	tanmayss21@phcoa@gmail.com	
13	AMRUT DESHPANDE	TEOF.	asdamrute@gmail.com	
14	Sagarika N. N. N. N.	---	sagarikamurkhujee@mes.ac.in	





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**Criteria 7: Institutional Values and Best Practices**

**7.2 Best Practices**

**Best Practice 2**

**Title: Study Tour- Documentation**





## Report on Study Tour- Documentation: Nepal

Academic year 2023-24

LOCATION OF TANSAUN DISTRICT IN NEPAL



LOCATION OF BANDIPUR IN TANSAUN DISTRICT



### JUSTIFICATION

Be it historical facts or objects, whatever is seen shall be recorded and documented, this provides an authentic source for recording matter of historical importance as well as current happenings. The need for documentation of Bandipur arose as it is a lesser known yet a good example of pedestrianization of heritage precincts giving the visitor a chance to experience the heritage buildings from up-close. Documenting of such areas provide an insight to people and is also useful for the future generations to know about such places as there are few known examples of it in which Bandipur is lesser known when it comes to its architectural heritage.



### INTRODUCTION:

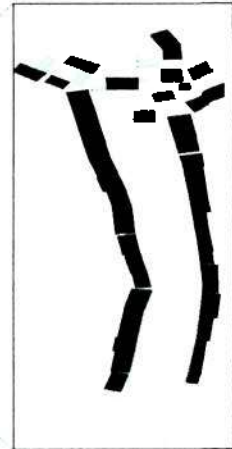
Nepal is a landlocked country in South Asia and is bordered by China and India. The country is located between 100 to the east, south, and west and the Tibet Autonomous Region of China to the north. Its territory extends roughly 500 miles (800 kilometres) from east to west and 90 to 150 miles from north to south. The capital is Kathmandu. Nepal contains eight of the world's highest peaks and is located in the Himalayas.

Nepal is a country rich in cultural heritage and architectural diversity. The unique blend of traditional and modern architectural styles creates a stunning landscape in the region. From the iconic pagoda-style temples of Kathmandu Valley to the grand palaces of the Malla era, Nepal boasts a rich and varied architectural history that draws visitors from all over the world. The influence of Hinduism, Buddhism, and local cultures is evident in the intricate carvings, sculptures, and hand-painted designs found in Nepalese buildings. In recent years, the country has experienced significant growth and development, leading to the integration of contemporary architecture into the built environment, making Nepal an intriguing destination for architectural enthusiasts.

The streets of Bandipur in Nepal were neat and maintained, nicely preserved the tangible aspect of heritage in the area. To appreciate the history and heritage documenting the precinct was much important. We the students of phcoa documented one selected main street of Bandipur. Observations such as assumed height of the existing dwellings (dimensions which were readable by measuring tape were taken), dimensions of the street and stairway offset from the building, existing vegetation, etc were made on the site. Methods used like photo documentation and sketching out the area which cannot be photo documented. After collection of all the data for 3 days of observing the area at different time zones and activity mapping, analysis was made graphically as well and in written form on the large sheets.



LOCATION OF STREET IN BANDIPUR







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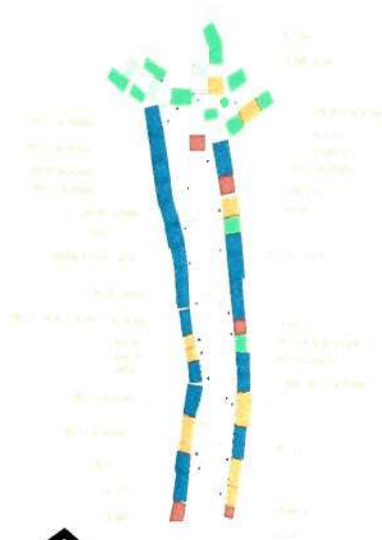
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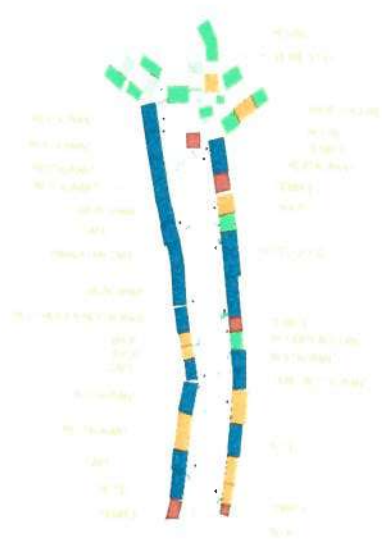
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## ACTIVITY MAPPING AND TYPE OF BUILDINGS

ACTIVITY MAPPING AT 6.30AM



ACTIVITY MAPPING AT 10AM





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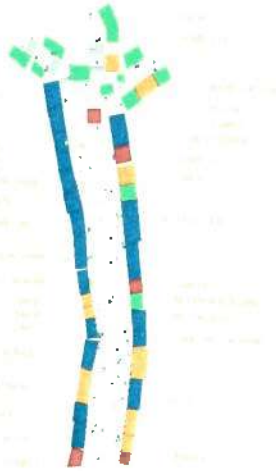
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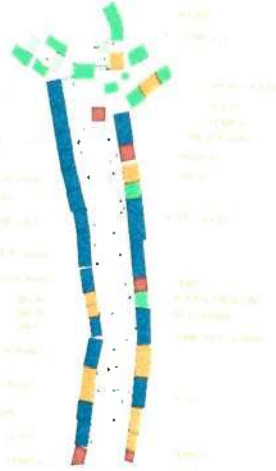
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10 AM



1PM





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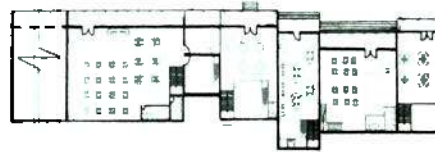
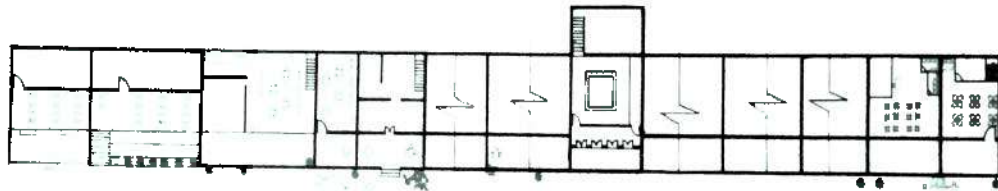
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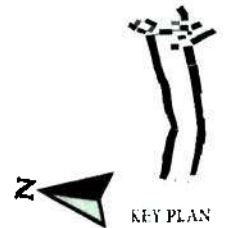
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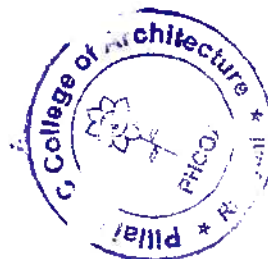
STREET ELEVATION



STREET PLAN



KEY PLAN





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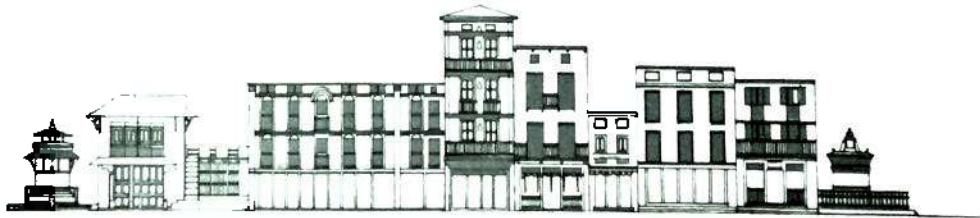
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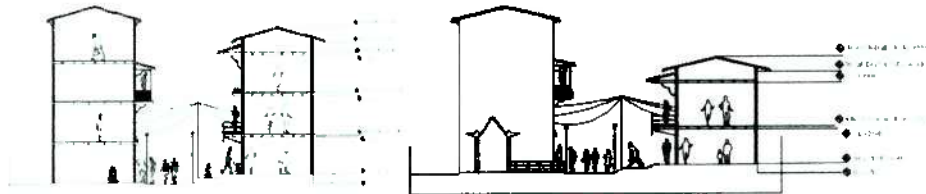
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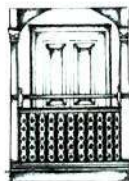
STREET ELEVATION



STREET LAMP



STREET SECTIONS



WINDOWS



WOODN COLUMN CAPITAL



WINDOWS CORNER



KEY PLAN







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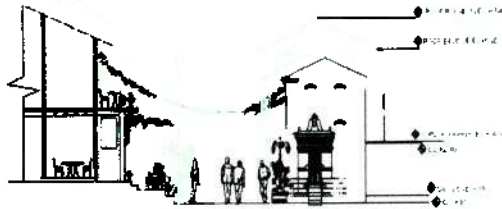
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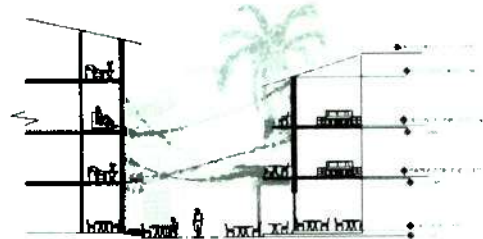
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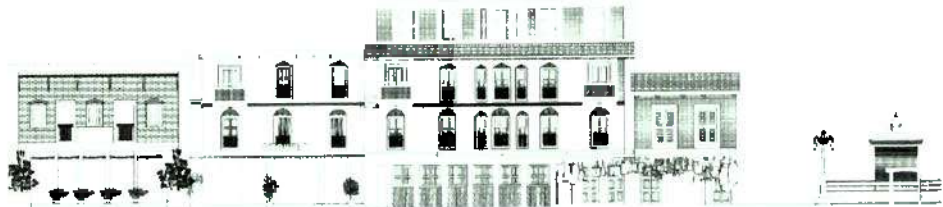
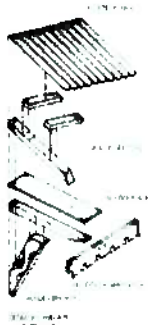


SECTION AA'



SECTION BB'

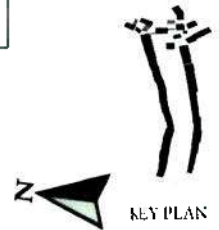
WINDOWS



STREET ELEVATION



STREET PLAN



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