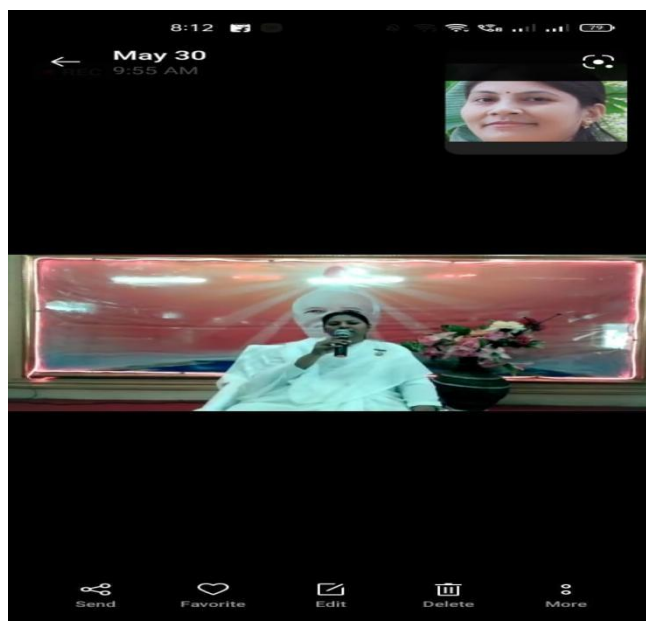


**State Level Workshop on Stress Management (2021-2022)**

This statement holds very true in today's scenario where everyone is in constant bafflement and riddles, where every moment is a testing moment and where running hands of the clock reminds us that we have to run and bear the loads of responsibilities and live upto the expectations of everyone around. All these situations create and let to stress and strain in life. In order to help the teaching and non-teaching to learn to cope with the stress which they face in classrooms or at personal fronts, one day workshop on "Stress Management" was held on 30 th May 2021 at 09:00 am through Zoom Platform by a renowned resource person B.K.Ashwinididi and B.K. Pramod Bhai. The main highlights of the workshop were – workshop was arranged in two session. For first session resource person was B.K.Ashwini didi. She explained that we can not change the others. we should have to change ourselves. She explained about various types of stress faced by teenagers, stress relaxation therapy that could be followed and different stress management techniques. She also explained that "Stress can be good or bad, it is our attitude how we tackle with it". Answering to the queries of the teachers, she mentioned that it is very important to vent out the feelings in front of the person who could give them the best guidance instead of keeping the knots in the mind. For the second session resource person was B.K.Pramod Bhai. He guided about the Guided Meditation and explained that how guided meditation is helpful in relaxing body and mind. He also demonstrated the Guided Meditation and nd because of this guided meditation, everyone present experienced a relaxed body and mind. Addressing the gathering, Principal Dr.S.S.Thakare said that, stress and anxiety are an integral part of humannature and it is imperative to know how to deal with it and ultimately overcome it. Near about more than 53 participants were registered for this workshop and 30 to 40 participants were present for this online workshop on "Stresss Management". The workshop was host by Dr.R.V.Kene, Head Department o fMathematics and vote of thanks was proposed by Ms.M.S.Palaspagar. The workshop concluded with a big smile on the faces of all staff and with a promise to deal with stress in a positive way.



**Convener (Dr.R.V.Kene)**

**Co-Convener (Ms.M.S.Palaspagar)**

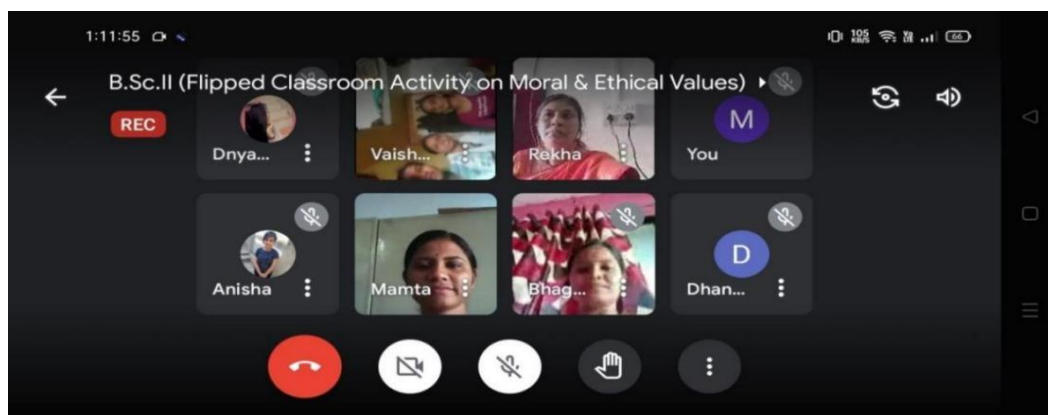
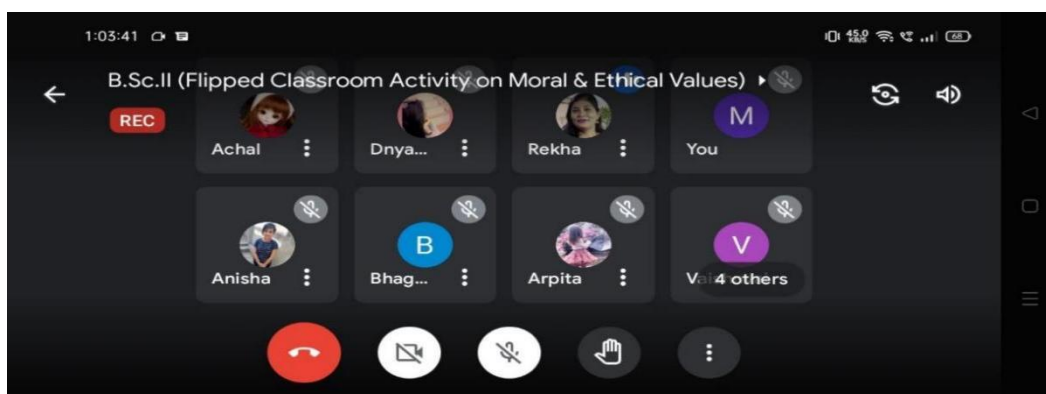
**State Level Workshop on Stress Management 30/5/2021**

### **Flipped Classroom Activity on Moral & Ethical Value (2021-2022)**

In a flipped classroom students engage with lectures or other materials outside of class to prepare for an active learning experience in the classroom. This Flipped Classroom activity develops confidence among the students and others communication skills, debate skills. By keeping in mind current situation of the society and culture of the society, Department of Mathematics, Rajarshee Shahu Science College, Chandur Rly was organized this Flipped Classroom activity on Moral & Ethical Values on Dated: 31<sup>st</sup> July 2021. In this activity college principal Dr. S. S. Thakare and Head of the department Dr. R. V. Kene and Assistant Professor Ms M. S. Palaspagar were also presented for this activity. In this activity students said that a Morals are the rules which people use to guide their behavior and thinking when an individual is dealing with, or capable of distinguishing between right or wrong. Moral values are relative values that protect life and are respectful of the dual life values of self and others. The great moral values, such as truth, freedom, honesty, fairness, kindness, politeness, respect, virtues, perseverance, integrity, to know about one's duties, charity, compassion, etc. have one thing in common when they are functioning correctly, they are life protecting or life enhancing for all. But they are still relative values. Our relative moral values must be constantly examined to make sure that they are always performing their life protecting mission. Hereafter comes ethics of a person. Ethics are moral values in action, a person who knows the difference between right

and wrong and chooses right as moral. A person whose morality is reflected in his willingness to do the right thing-even if it hard or dangerous is ethical. Morality protects life and is respectful of others – all others. It is a lifestyle that is consistent with mankind’s universal values. All the students of B.Sc.II PCM CMP were actively participated in this activity.

<b>Activity Link</b>	<a href="https://meet.google.com/ixs-iddq-ckj?hs=122&amp;authuser=0">https://meet.google.com/ixs-iddq-ckj?hs=122&amp;authuser=0</a>
<b>Recording Link</b>	<a href="https://drive.google.com/file/d/1Q1kULvMeEJL6gstK9S6CbBRJagpOkNZU/view?usp=sharing">https://drive.google.com/file/d/1Q1kULvMeEJL6gstK9S6CbBRJagpOkNZU/view?usp=sharing</a>



Convener (Dr.R.V.Kene)

Co-Convener (Ms.M.S.Palaspagar)

**Flipped Classroom Activity on Moral & Ethical Value 31<sup>st</sup> July 2021**

### Voter Awareness Campaign ( Street Play on Voter Awareness ) (2021-2022)

A Pre-Election Voter Awareness Campaign (PEVAC) is aimed at sensitizing voters about the importance of participating in the electoral process as a way to ensure a responsive, accountable and democratically elected government. In a democracy, a free and fair vote is the fundamental tool through which citizens can express their political preferences and developmental wishes. To follow the instructions given by government about voter awareness campaign, NSS Department of RSSC, Chandur Rly created Google form on 23rd October 2021 to collect information about the students who has not voter id and collected information. From the collected information through Google form, near about more than 68.9% students has not voter card. To became aware of society about voting, NSS department in collaboration with voting literacy club organized street play and voting awareness and registration camp in Dattakgram Kalamjapur on 27<sup>th</sup> November 2021. Sarpach, Members of Grampanchayat and other peoples in village were present for this programme. 10 students namely as below were participated in Street Play on Voter Awareness.

- 1) Participated Students:-Mayur R. Shidodkar
- 2) Prpti P. Wankhade
- 3) AAchal G.Thakare
- 4) Vedanti R. Diware
- 5) Vaishnavi S. Mahalle
- 6) Harsha R. Dhage
- 7) Shrutika Shyam Paptil
- 8) Prachi R. Meshram
- 9) Gayatri S.Girolkar
- 10) Divya G. Katore





NSS Program officer (Dr.A.P. Pachkawade)

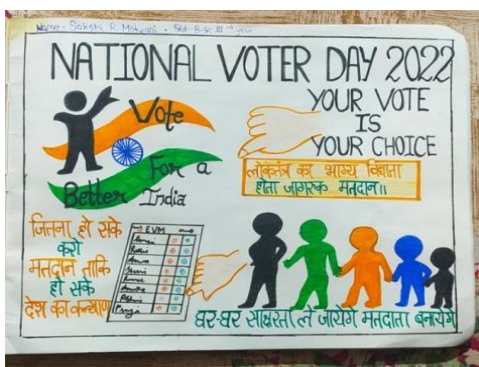
NSS Program officer (Dr.R.V Kene)

**Voter Awareness Campaign ( Street Play on Voter Awareness ) 27<sup>th</sup> November 2021**

**An online drawing and rangoli competition was held on the occasion of National Polling Day  
(2021-2022)**

A large number of college students participated in the Rangoli competition as well as the painting competition. All the students of the college sent photos of rangoli and paintings. A lot of students participated in this program so that the beauty of the program increased.





NSS Program officer (Dr.A.P. Pachkawade)

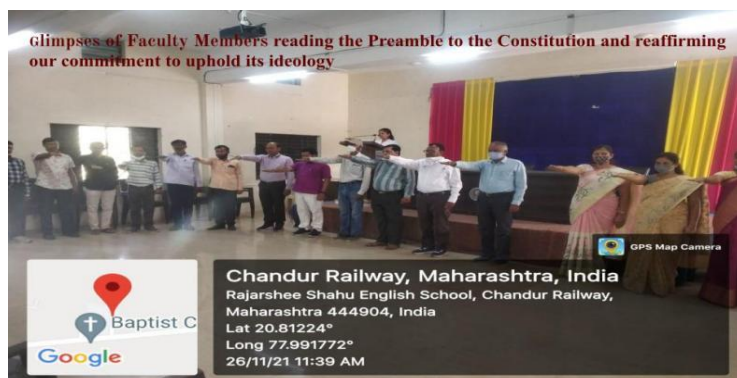
NSS Program officer (Dr.R.V Kene)

Photographs of online drawing and rangoli competition 2021

### Constitution Day Celebration (2021-2022)

Constitution Day (Samvidhāna Divasa), also known as National Law Day, is celebrated in India on 26 November every year to commemorate the adoption of the Constitution of India. 26 November was chosen to spread the importance of the constitution and to spread thoughts and ideas of Ambedkar. To promote Constitution values among students/citizens on 26 November 21 (Friday) all the staff members and supporting staff and few (9) students of Rajarshee Shahu Science College, Amravati and All Staff member

and (105) students of Rajarshee Shahu Junior College assembled at AtulJagtap Memorial Hall at 11.45 am. Principal Dr. S.S. Thakare performed Pratima Pujanof Rajarshee Shahu maharaj and Dr. BabasahebAmbedkar. Ms. BhyagashreeSolankhe B.Sc. III (PCM) did request to all the gathering to ready in standing position. An important part of the celebration is the reading of the preamble to the constitution thatread by everyone. The objective of the programme that ‘The Preamble are to secure justice, liberty, equality to all citizens and promote fraternity to maintain unity and integrity of the nation’ promoted. Programme concluded by presenting vote of thanks by Ms. Bhyagashree Solankhe.



NSS Program officer (Dr.A.P. Pachkawade)

NSS Program officer (Dr.R.V Kene)

### Constitution Day Celebration Photographs 26 November 2021