

## SRC Activities Annual Report 2020-21

### 1. Webinar on "Managing Mental Health in Corona Outbreak"

The Technology Business Incubators Foundation and Students' Representative Council of Shri Ramdeobaba College of Engineering and Management organized a webinar on "Managing Mental Health in Corona Outbreak" on 11<sup>th</sup> July, 2020. The primary aim of this webinar was to encourage young minds to learn the importance of Mental Health and look after their precious minds.

The main agendas of this webinar were- how to tackle any kind of breakdown, effect of this pandemic on our brains and how to deal with it. The webinar was scheduled at 11 am and it was a one hour session.

The webinar was started by introducing the speaker Dr Sudhir Bhawe (M.B.B.S, M.D. and Faculty at the Department of Psychiatry at NKP Salve Institute of Medical Sciences) followed by Dr. Y.M. Sonkhaskar (Dean, Students Representative Council) welcoming him.

Sudhir Bhawe Sir discussed the five golden rules that one should take in account for a healthy and calming thought process and how one reacts to his mental state. He also discussed the facts and precautions of mental health related to Covid-19. The session was very interactive and ended with some helpful answers to the questions asked by the students by Sudhir sir and made the topic clear to them.

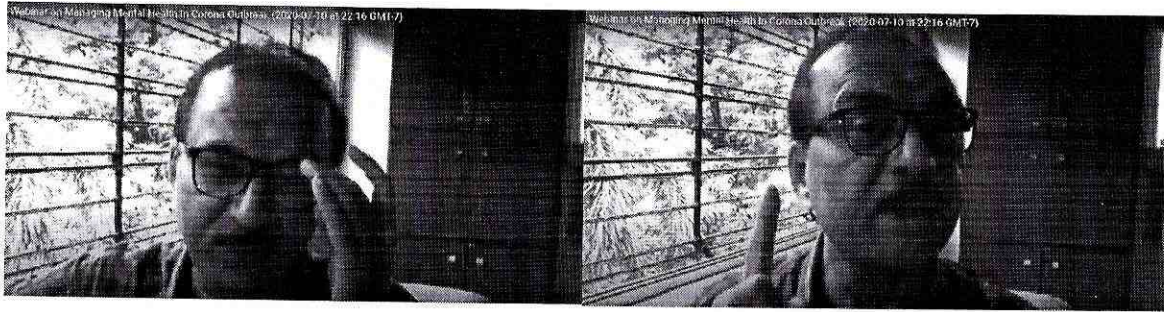
The webinar was concluded with the Vote of Thanks for the speaker, concerned authorities, TBI Student Council, SRC and all those who put their efforts in successfully completing the webinar.

This webinar was successfully organized under the able guidance of Prof. Pravin Dwaramwar Sir, Director, RCOEM TBI Foundation Cell & Dr. Y.M. Sonkhaskar Sir, Dean SRC, RCOEM.



Dean, SRC

Shri Ramdeobaba College of Engg. & Mgmt.  
Ghikhadan, Katol Road, Nagpur-440013.



## 2. WORKSHOP ON MUSIC PRODUCTION

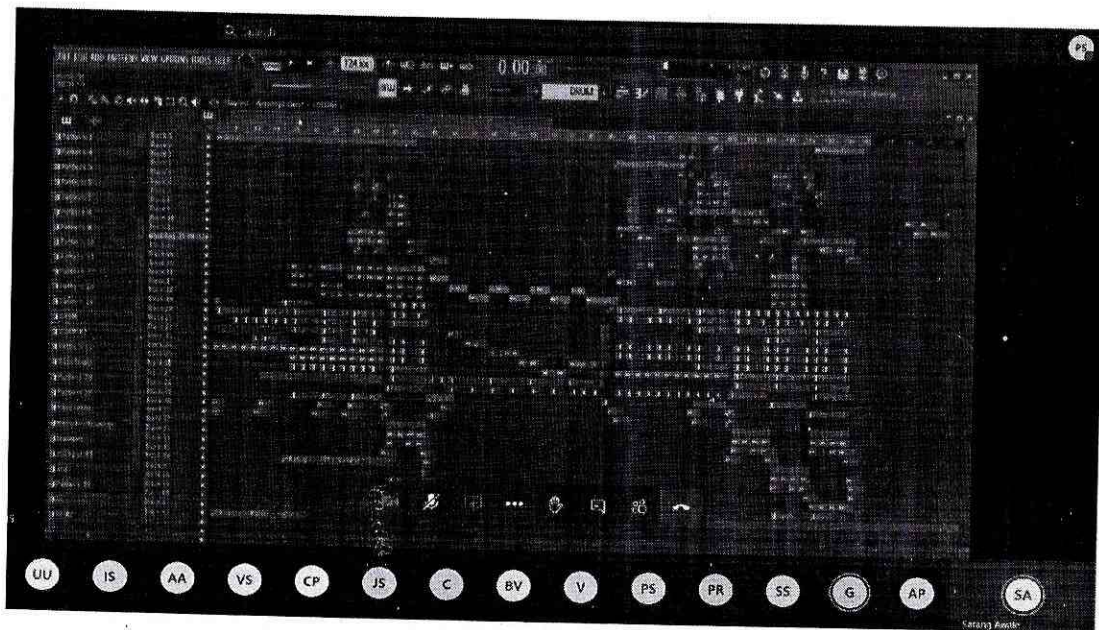
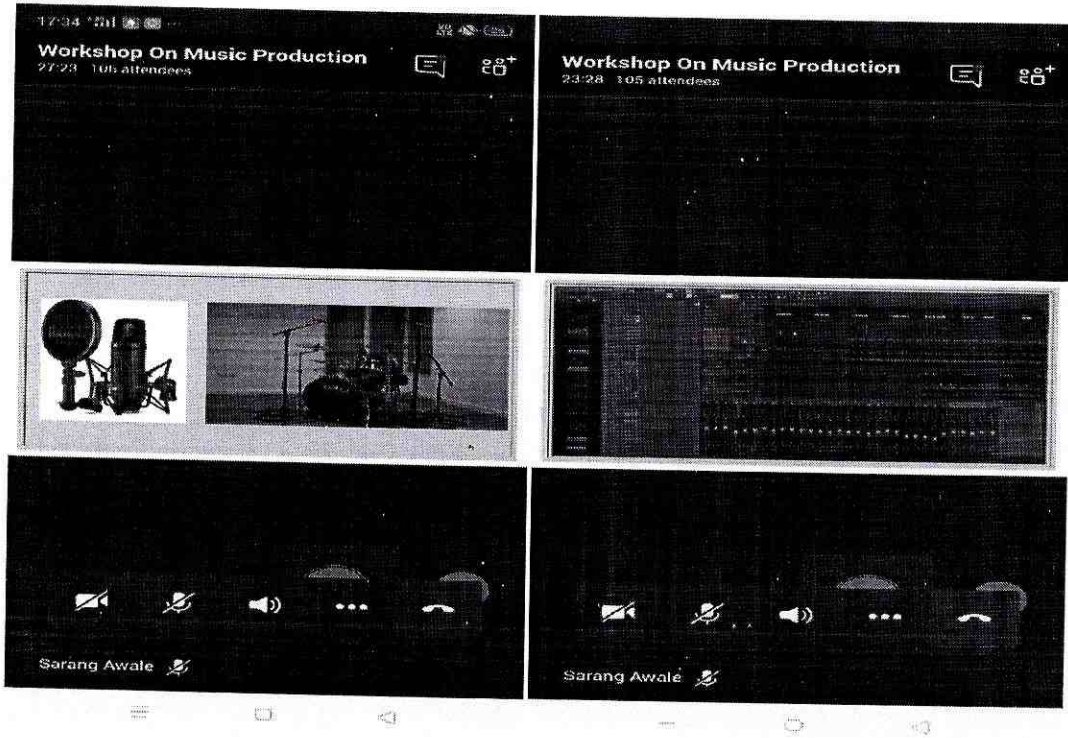
Amidst all the pandemic situation, we witnessed a new revolutionary age for online platform and adapting to the situation, Students' Representative Council introduced 'MERA KI: a series of workshops'. Under this, SRC in collaboration with The Music Club conducted their first workshop on 'Music Production' on 20th September 2020 on virtual platform Microsoft Teams. Being a new and exciting topic, a tremendous response from around 200 students of various colleges was seen.

A short introduction about music club was given by the Music Club coordinator, Aryan Pandharipande .He also introduced Speakers of the workshop Mr.Gurusewak Singh Viridi (6 years of experience in Music Production, Guitarist, drummer, keyboardist) and Mr.Sarang Awale (Certification in Technology of Music Production from Berklee College of Music).

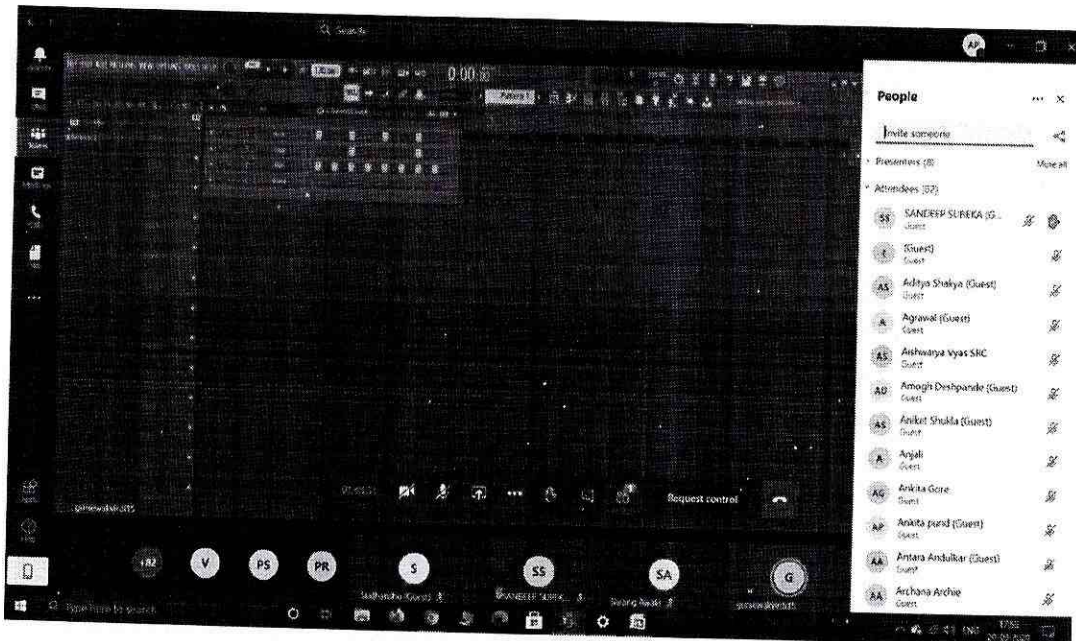
The session was a combination of theory and practical. Theory related to production was well explained and all the basics of DAW were covered. In the latter part students created their own beats.

Students participated from various esteemed institutions like Shri Ramdeobaba College of Engineering and Management, LAD College Nagpur, Government ITI, Amity University Mumbai, VIT Pune, MIT Pune, SVNGMC Hyderabad, IBS Hyderabad, Delhi University, St. Xavier's Kolkata, Govt engineering college Nagpur, VNIT, NIT Raipur, University of Virginia, Harcourt Butler Technical University Kanpur and many more. The workshop was appreciated by all the students.

Student's Representative Council under guidance of Dr Y.M Sonkhaskar Sir and The Music Club took great efforts to make this workshop a great success. Students attended the workshop with great enthusiasm and zeal.



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### 3. The TechFest, IIT Bombay

Name of the Event: Workshops on Mental Health Awareness

Date of the Event: 26<sup>th</sup> September 2020

Time of the Event: 3 PM

Mode of the Event: Online, Google Meet

Number of Persons Registered: 224

Number of Persons Attended: 165

Event Organizing Organization(s): TechFest, IIT Bombay

Keynote Speaker: Neha Tripathi

Campus Ambassador: Inshal Khan

Faculty Coordinator(s): Dr. Yeshwant M. Sonkhaskar

Designation: Dean, Students' Representative Council

Y.M. Sonkhaskar

**Workshop Summary**

On September 26th, the TechFest, IIT Bombay in association with Shri Ramdeobaba College of Engineering and Management, Nagpur presents **Online Workshops on Mental Health and Suicide Prevention**, organized by a professional counselor, which focused on how to deal with depression and help others facing the same. The Webinar was open to all the students who registered for it and approximately 165 people were in attendance. During the webinar, attendees shared their opinions, thoughts, problems, and suggestions on dealing with depression.

Campus Ambassador, Inshal Khan proclaimed to begin the webinar at 3:06 pm and also honored Neha Tripathi, Suicide Prevention India Foundation (SPIF) and Dr.Yeshwant M. Sonkhaskar, Dean of the Students' Representative Council at Shri Ramdeobaba College of Engineering and Management, Nagpur.

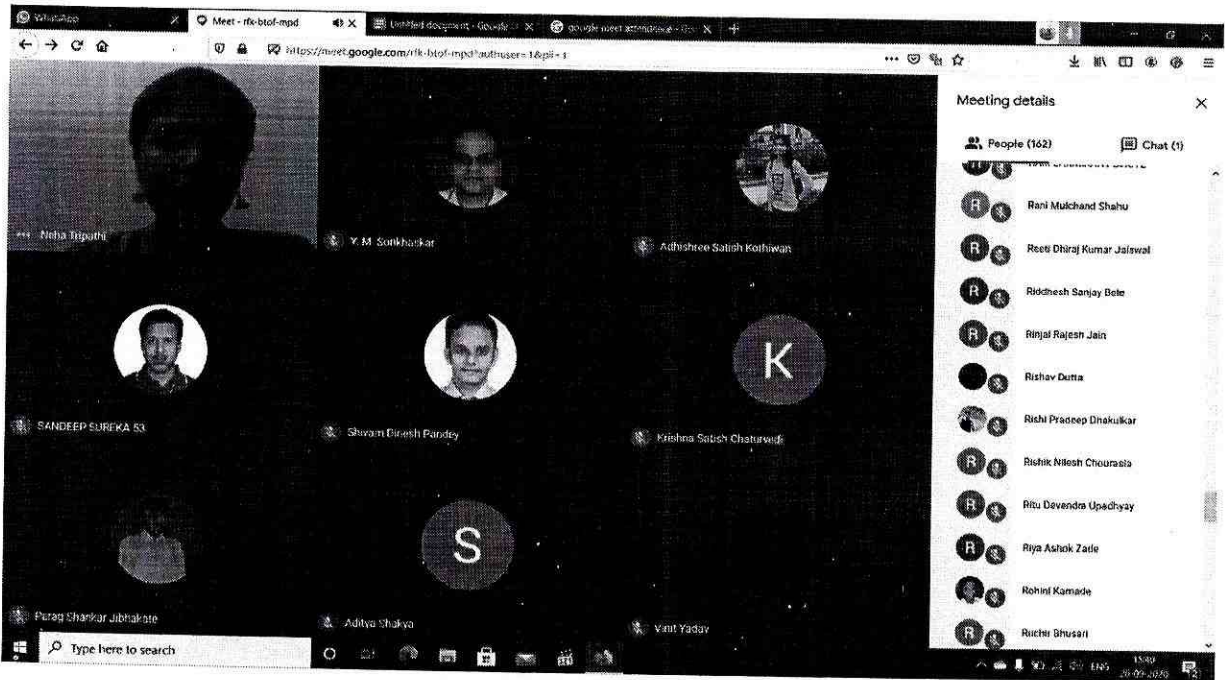
The Keynote the speaker was Neha Tripathi, Suicide Prevention India Foundation (SPIF). Ms. Tripathi spoke on a variety of depression issues impacting students as well as national-level initiatives designed to address these issues. She also enlightens the audience on how to help someone going through depression and how to deal with it.

During the session, webinar participants had the opportunity to interact with Ms. Tripathi to discuss their problems and develop recommendations. The session lasted for about 1 hour. At the beginning of the session, participants were presented with the background of the speaker and the cause of the webinar. Then, following a structured process of Information exchange and discussion, participants reached the Q&A part, where the answers to the questions of the participants were stated by the speaker. In the end, Mr. Khan proposed a warm vote of thanks to all the attendees, speakers, the faculty coordinator, and the SRC.

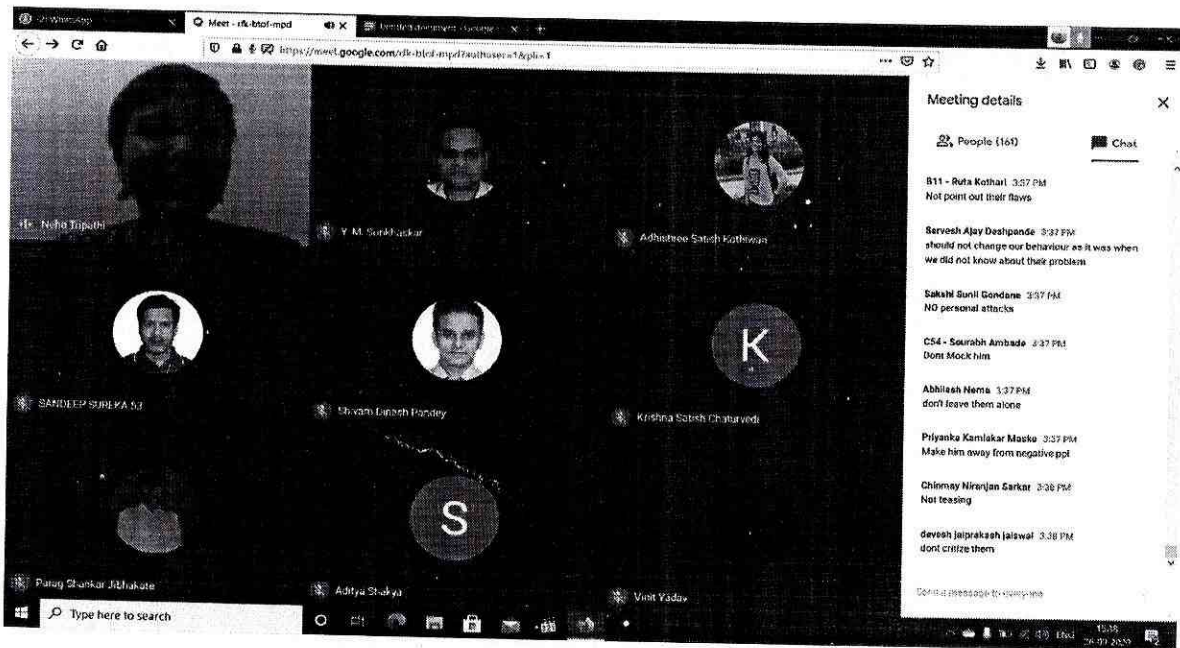
The Event was a success. Both TechFest, IIT Bombay, and Students' Representative Council, RCOEM were impressed with the participation strength and the atmosphere of the event.



### Gallery



### Opening ceremony.



### Speaker addressing and answering queries.

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The screenshot shows a Google Meet interface. The main content is a slide titled "CRISIS HELPLINES" with the following text:

- ICALL HELPLINE - (MON-SAT, 10AM -8PM) - 9152987821
- NIMHANS (24/7) - 080-46110007
- KIRAN - DEPWD HELPLINE (24/7)- 1800-599-0019
- FORTIS MENTAL HEALTH (24/7) - +91 - 8376804102
- AASRA (24/7) - +91 9820466726
- VANDREVALA FOUNDATION (24/7) - 1860-266-2345
- SNEHA (MON-SAT, 10AM - 6PM) - 9833052684
- SAHAI (MON-SAT, 10AM - 8PM) - 080-25497777
- PARIVARTAN (MON-FRI, 1PM -10PM) - +91 7676602602

At the bottom right of the slide is a logo for "SPIF" (Students' Physical Fitness Initiative) featuring a heart and a person. The meeting details panel on the right shows 158 people and 2 chat windows. The bottom of the screen shows the Windows taskbar with the search bar and system tray.

*Speaker insisted to share helpline numbers.*

#### **4. To Do or Not To Do: Workshop on Physical Fitness**

Under 'MERAKI: a series of workshops', the Students' Representative Council conducted second webinar called '**To Do or Not To Do**' to overcome all the obstacles that come our way during physical hard work and stress. It was observed that people had no physical fitness routine and they would sit idle at home due to lockdown and because of this everyone was keen to seek some right guidance to work upon their health by an expert. A total of 200 entries were received from various institutions like Government College of Engineering Nagpur, RCOEM, GMC Nagpur, Ycce, J C Bose UST Faridabad, University of Virginia, Pt school and Centre, Amity university, DayanandaSagar College of Engineering Bangalore, Symbiosis International and many others.

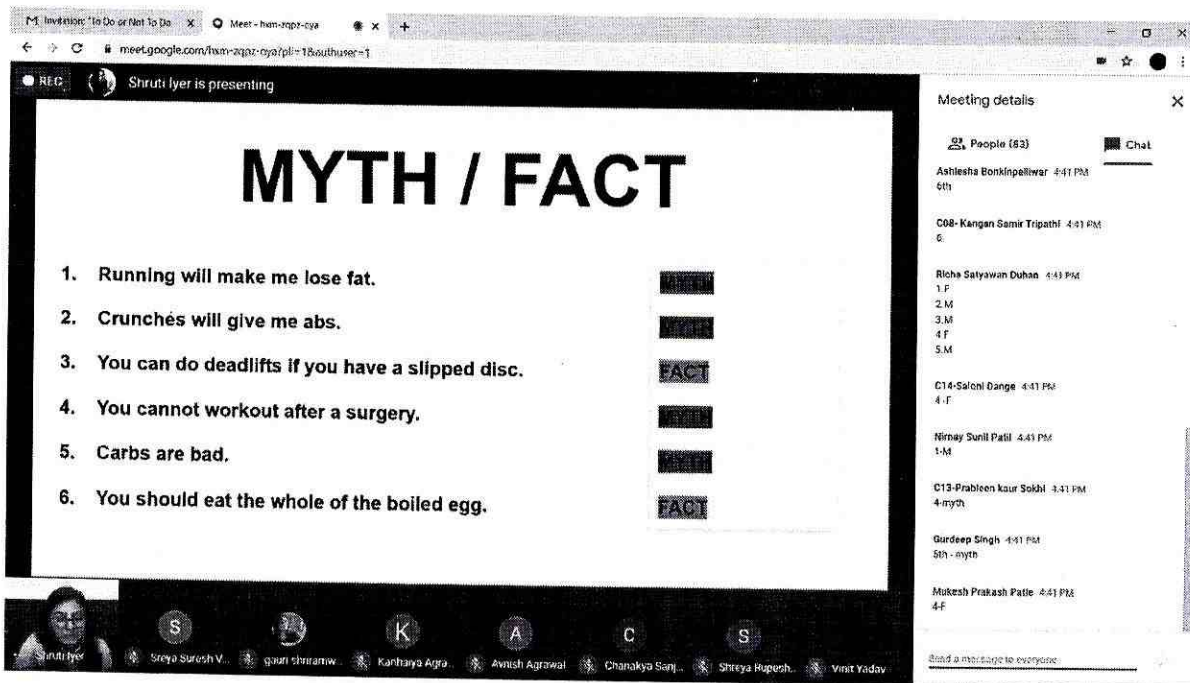
Webinar was organised on 27<sup>th</sup> September 2020 on virtual platform Google Meet. SRC member Sreya Vallabhaneni gave short introduction about the speaker Dr. Shruti Ravi Iyer who is a renowned physiotherapist and Fitness Consultant. She is currently working with the football team of Reliance

*Sreya Vallabhaneni*

Foundation Young Champs; she has also been a part of VCA Physio (U-16 & 19 women team).

She explained myths and facts related to fitness and gave an idea on how one should start working out. Session consisted of various topics related to exercise, daily routine and diet that we should follow. The webinar was very interactive and lots of queries related to health were answered. Everyone attended the session with enthusiasm and eagerness.

Student's Representative Council under guidance of Dr Y.M Sonkhaskar Sir took great efforts to make this webinar a great success.



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## 5. DANCE WORKSHOP

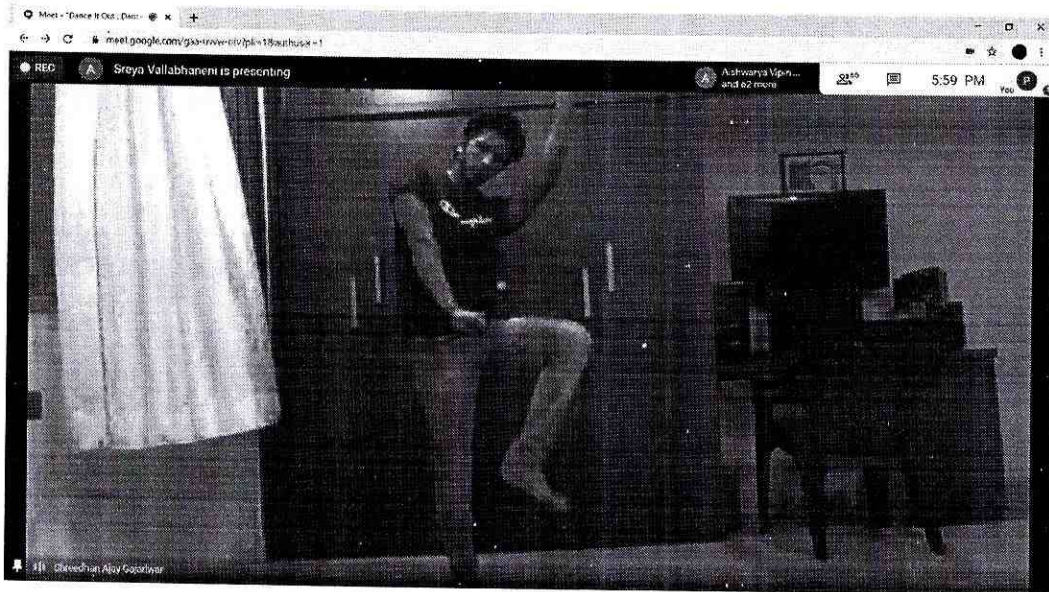
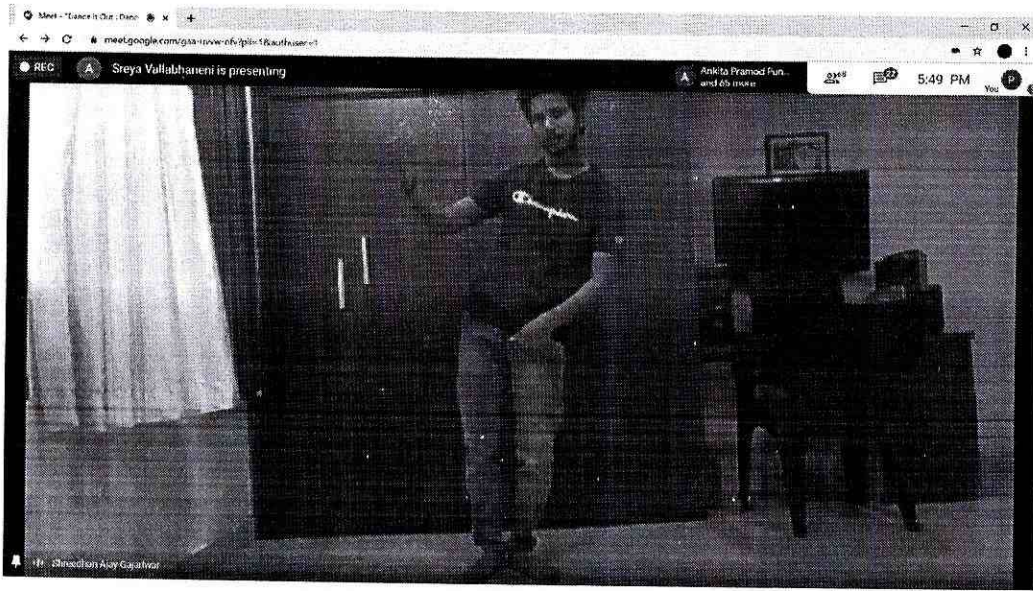
Under 'MERAKI: a series of workshops', the Students' Representative Council conducted their third workshop on Bollywood Freestyle in collaboration with the Dance Club on 4<sup>th</sup> October 2020 on virtual platform Google Meet. This was a great opportunity to take a break from regular boring quarantine schedule and have some fun, maybe that was reason, a huge response from various colleges of around 170 students was seen.

A short introduction about dance club was given by the Dance Club coordinator Mansi Gupta. She also introduced trainers of the workshop Shreedhan Gajarwar and Vaibhavi Hirlekar who have a great experience in dancing and choreography. The session included choreography on the song 'Let's Naacho' with simple and elegant steps. The steps were meticulously taught by Shreedhan and Vaibhavi and time was given to participants to practice it. After the complete choreography, participants were asked to dance along the trainers. This workshop was enjoyed a lot by the participants. They learnt some new dancing style along with lots of fun.

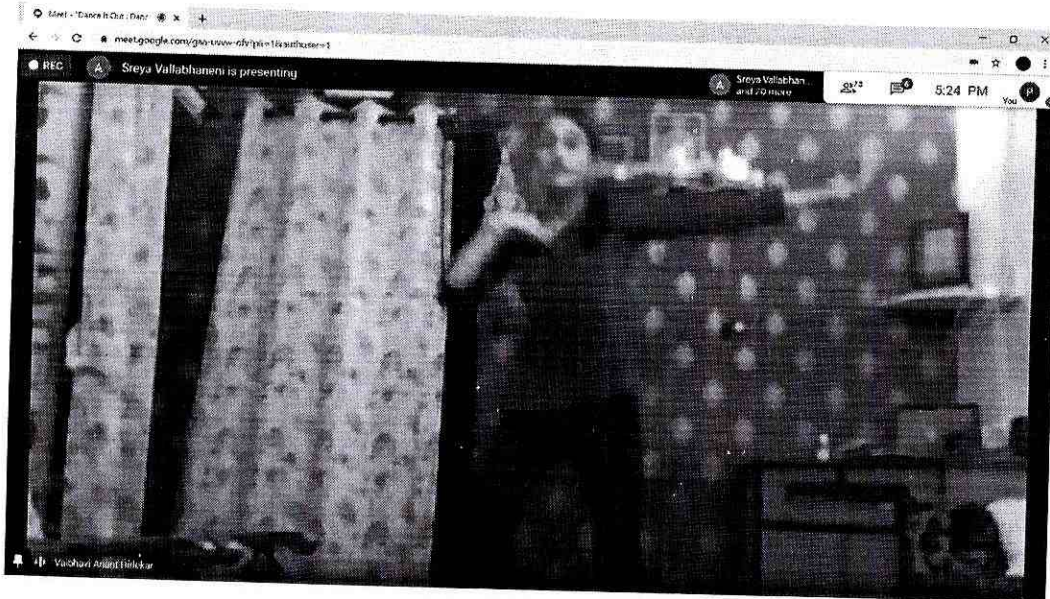
Students participated from various esteemed institutions like Shri Ramdeobaba College of Engineering and Management, YCCE, DY Patil Mumbai, Dr Ambedkar College Nagpur, Modern, Nagpur institute of technology, Allen, CMD College, ESCP, Santajimahavidyalaya, ASD college, S.B Jain, COEP Pune, and many more. The workshop was appreciated by all the students.

Student's Representative Council under guidance of Dr Y.M Sonkhaskar Sir and The Dance Club took great efforts to make this workshop a great success. Students attended the workshop with great enthusiasm and enthralment.





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## 6. GATEWAY TO GLORY: ARMED FORCES AFTER GRADUATION

Under 'MERAKI: a series of workshops', the Students' Representative Council conducted their fourth webinar for Defence Aspirants 11<sup>th</sup> October 2020 on virtual platform YouTube Live. This was a great opportunity for all those who wish to join Army, Navy or Air Force after their graduation. The motto behind conducting webinar was to provide students with complete guidance and knowledge and giving a kick start to their aim. Around 450 students from various college registered for the event, this was an overwhelming and tremendous response.

Ms. Siddhi Dubey, SRC member introduced speaker of the event, Group Captain DanamBharath, he is an alumnus of NDA Khadakwasla. He was commissioned as a helicopter pilot in the flying branch of Indian Air Force in 1993. The Officer has a vast experience of 4,000hrs in flying operations. He assumed the appointment of Commanding Officer of No.2(Mah) Air Sqn NCC.

Sir with his amazing experience gave detailed information about various branches in Indian Air Force and how to start preparing for different examinations like NDA, CDS, and AFCAT to join the forces as an officer.

*Siddhi Dubey*

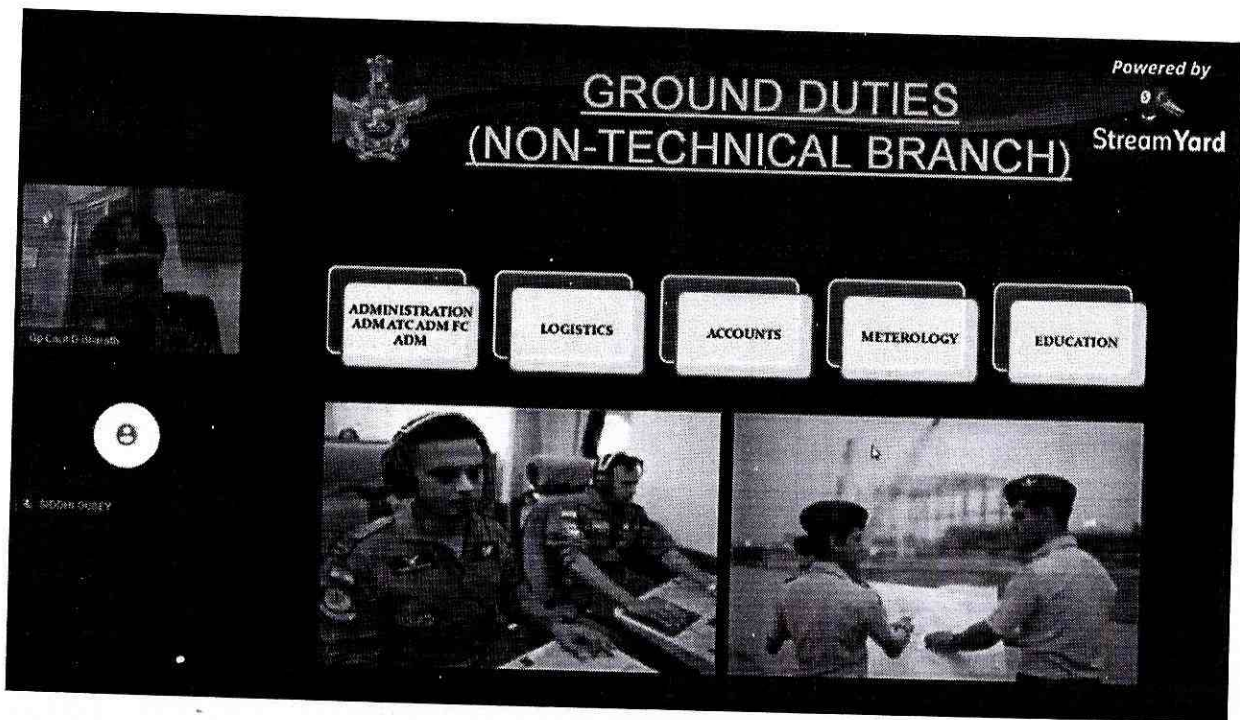
He also guided about the complete selection procedure and gave advice on how to inculcate positive habits in daily life. He even solved numerous queries of the attendees.

Students participated from various esteemed institutions like Shri Ramdeobaba College of Engineering and Management, YCCE, MITAOE Pune, City Premier College, LIT Nagpur, Symbiosis Law School, S.B. Jain institute of technology, Dr Ambedkar College Nagpur, Nagpur Institute of technology, St.Vincent Palloti College, Institute of science, VNIT, S.B Jain, and many more. The webinar was appreciated by all the students.

Student's Representative Council under guidance of Dr Y.M Sonkhaskar Sir great efforts to make this workshop a great success. Students attended the workshop with Great Spirit and got highly motivated by vice and inspiring words of Sir.



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## 7. RCOEM MODEL UNITED NATIONS

The Model United Nations is a platform to encourage political thought and dialogue amongst the students all over the world. It is an interactive educational activity in which students simulate the workings of the UN or one of its many organs, agencies or affiliated bodies. **Shri Ramdeobaba College of Engineering and Management and SRC** always encourages students to build and enhance their personality, broaden the knowledge horizon of students and empower them to become effective change agents and leaders of the tomorrow. This was first time RCOEM conducted MUN to provide platform for students to polish their skills.

There were total four committees -Human Rights Council, European Parliament, Indian War Cabinet and NITI Aayog. A huge response from around 200 individuals was received from various prestigious colleges like RCOEM, JSS International School Dubai ,Adamas International school ,Royale Concorde International School, GD Goenka School of Law, Don Bosco International, Mussoorie Public School ,Delhi University,Loreto college , Oakridge international school ,Christ University Bangalore, S.A.P.S Kerala, Bennett University,University of Indonesia, IIT Kharagpur , NIT Raipur, IIT Bombay and many more.

*SRM*

The two day event was conducted on 17<sup>th</sup> and 18<sup>th</sup> October 2020 through the virtual platform Zoom. An Orientation was organized to guide every delegate regarding the working of MUN and their respective committees. The event started with an Inaugural function in which information about RCOEM , it's goals and activities were told. It also included an introductory speech from Dr. Y.M. Sonkhaskar, Dean SRC followed by the opening remarks by the General Secretary, RCOEM MUN, Mr. Ankish Agarwal

The complete details regarding respective committees are as follows:

### **1) EUROPEAN PARLIAMENT**

Agenda: Combating Practices Contributing to Discrimination and Intolerance.

Co-chair- Mr. Mohul Kumar Shrivastava

Co-chair- Mr. Rachit Pandya Director-Mr. Vivek Pandey Agendas Discussed-

1. Racial Injustice
2. Hate Speech
3. Education Reforms for migrants
4. Integrating migrants with nationals
5. Voting discrimination and housing provisions

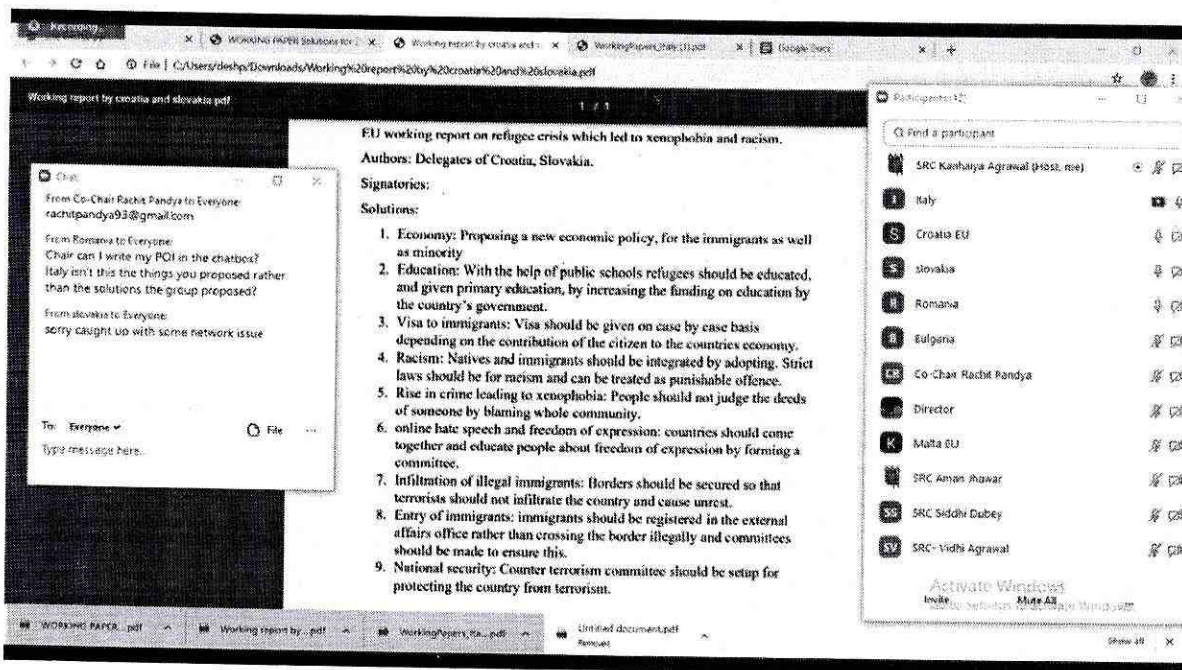
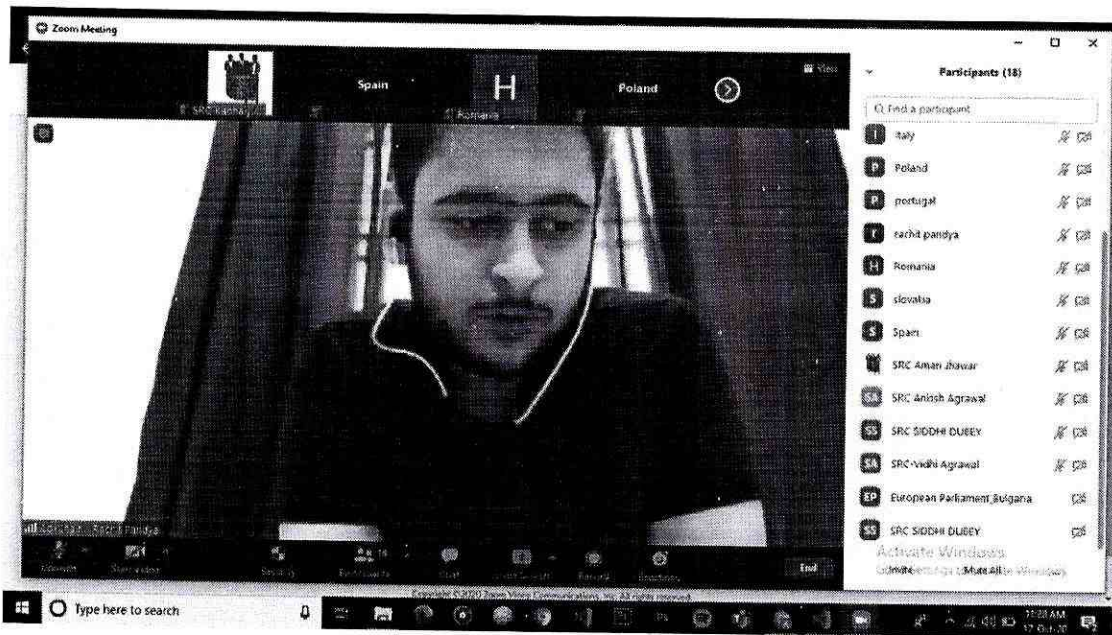
### **2) Human Rights Council (HRC)**

Agenda: Challenges in Fulfilling the States Obligation to Act with due Diligence to Eliminate

Violence Against Women with Special Emphasis on Sexual Assaults. Chair- Mr. Vikram Advani

Vice Chair- Ms. Mahee Vohra Director- Ms. Prachi Oberoi Agendas discussed

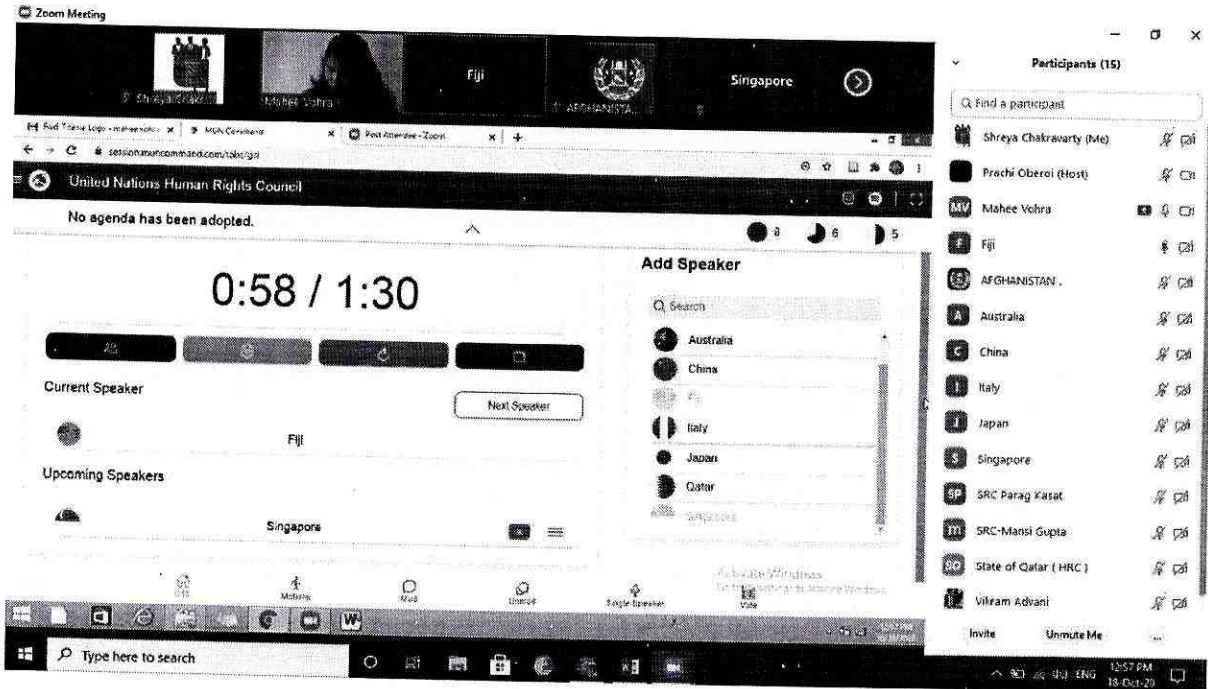




- 1) Sexual violence at workplace
- 2) Religious and traditional stereotypes ,gender discrimination and patriarchal principles with special emphasis on sexual assaults

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- 3) Impact of sexual assault with respect of physical and mental health of women
- 4) Sexual violence with specific emphasis to situation of women at concentration camps and custodial environments
- 5) Lack of awareness and education of Women's right in a country
- 6) Discussion over documentation of the entire discussion



### 3) Indian War Cabinet (IWC)

Agenda: Tackling the Chinese Aggression. Co-chair- Ms. Mridula Menon  
Co-chair- Mr. Ritam Dutta Chowdhury

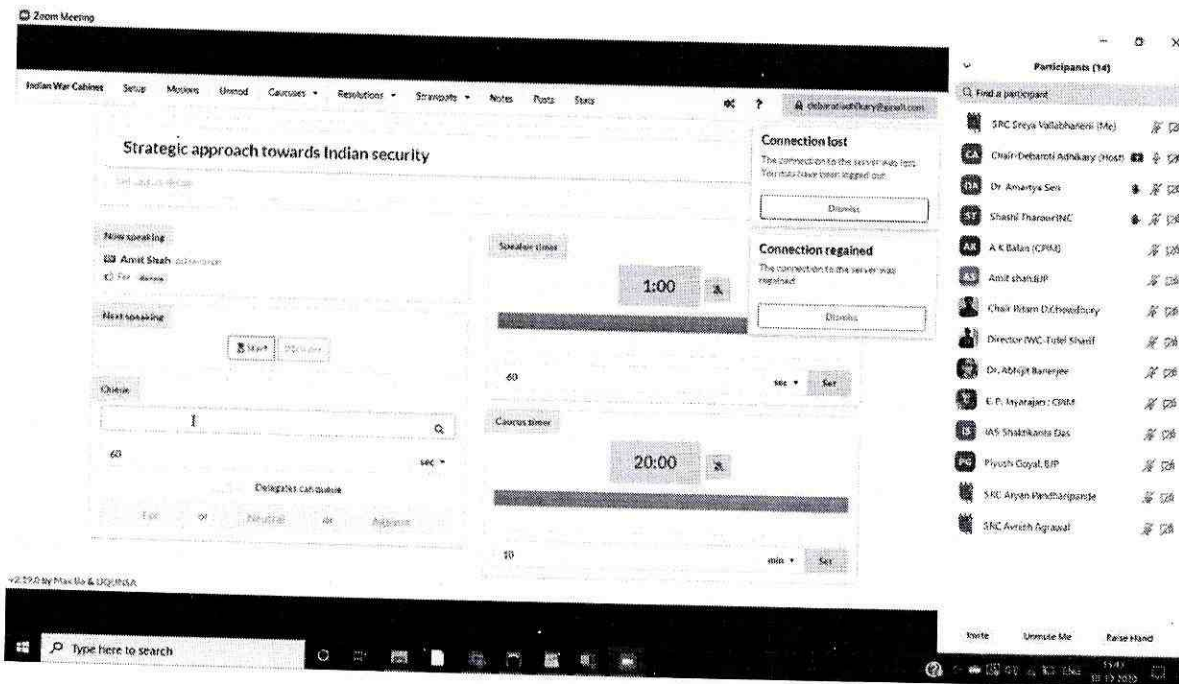
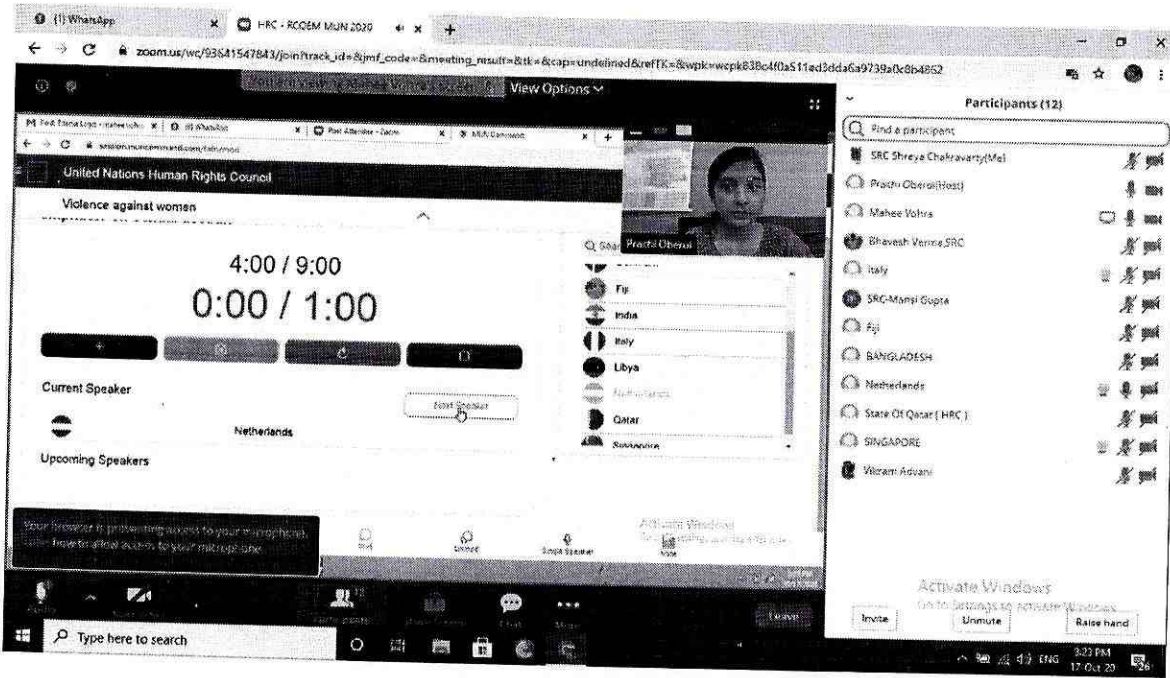
Director- Mr. Tufel Sharif

Agendas discussed-

1. How to suppress Chinese aggression
2. Crisis management planning
3. Points discussed on how to protect our borders
4. Plan of action submitted by the committee, discussed further on

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#### 4) Niti Aayog

Agenda: Revised Annual Budget for 2021 in Light of the Current Pandemic. Chair- Mr. Samresh Mahapatra

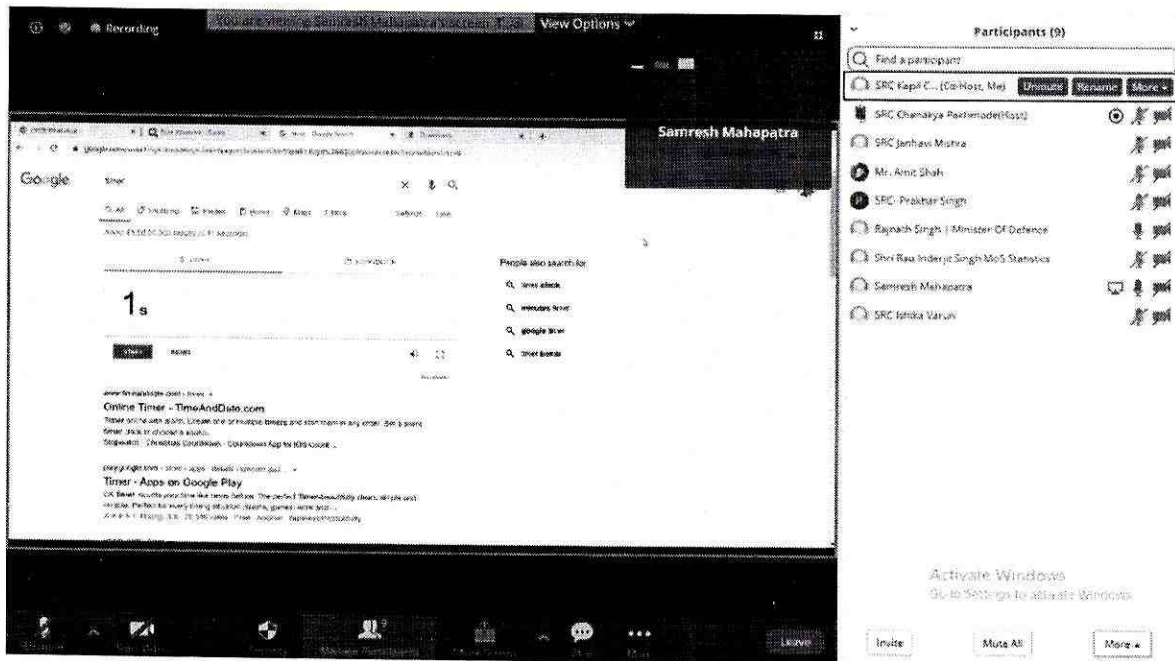
Vice Chair- Mr. Shreyaunsh Patil Director- Mr. Ashish Singh Agendas discussed-

1. New education policy
2. Budget report 2021
3. Swach Bharat

The delegates participated in an active and fruitful discussion in all the committees. With the help of the Executive Board, delegates learned a lot of things and got a chance to put forward their ideas and outshine all others. People who participated for the first time in MUN were guided ardently and they did extremely well and developed an interest in MUN.

After Four successful Sessions, a Valedictory function was organised to recognise and felicitate the delegates who did extremely well and scored maximum points. Following delegates were felicitated for their outstanding performance -

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### 1. Human Rights Council –

- Best delegate: Italy (Shreya Dubey)
- High Commendation: Singapore (Abhijeet Sharma)
- Special Mention 1: Afghanistan (Piyas Mukherjee)
- Special Mention 2: Fiji (Sanjana Meshram)
- Special Mention 3: Qatar (Prachi Wankhade)

### 2. European Parliament –

- Best delegate-Italy (Sarvesh Despande)
- High Commendation - Slovakia (Sanjana Rathi)
- Special mention- Croatia (Shubham Ambokar)

### 3. Indian War Cabinet –

- High Commendation: A.K.Balan (Akshay Agrawal)
- Special Mention: Dr.Amartya Sen- (Maitreyi Roy)
- Verbal Mention: Piyush Goyal (Grishma Acharya), E.P.Jayarajan
- Mention: Shashi Tharoor (Akshat Joshi), IAS Shaktikanta Das (Sagar Nikam), Dr.Abhijeet Banerjee (Prasad Bhonde)

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## 4. Niti Aayog –

- Special mention- Amit Shah (Deepanjali Tripathi)
- Best delegate- Shri Rao Inderjit Singh (Atharv Ghodki)
- High Commendation- Rajnath Singh (Niraj Sonkusare)
- Mention- Shri Thawar Chand Gehlot (Yug Deshpande)
- Verbal mention- Narendra Modi (Ashish Singh)

Mr. Ankish Agrawal gave the formal vote of thanks and marked an end to a successful event. Success of the Event was because of joint and consistent hard work of the Executive Board and Team SRC under the guidance of Dean SRC, Dr.Y.M. Sonkhaskar Sir.

### **8. WCL ESSAY COMPETITION ON “VIGILANT INDIA, PROSPEROUS INDIA”**

The Students' Representative Council conducted Online WCL Essay Competition on during 29<sup>th</sup> -30<sup>th</sup> October 2020. The topic of the Essay was “**VIGILANT INDIA, PROSPEROUS INDIA**”. Google form was created and shared with students. 18 students from the college participated. 16 students had submitted hand written Essay in English and 2 Students in Hindi Language.

**Prof. Rituja Joshi** Faculty, Department of Management studies, RCOEM evaluated all the essays and declared 3 winners. All the three winners were given the cheque and winner Certificates. The participation certificates were also given to all the participants by Western Coalfields Limited

Following are the name of Winners

Sr. No	Name of the student	Semester and Branch
1	<b>Shreya Rai (1<sup>st</sup> Prize) 3000/-</b>	Sem - 3 , Branch - CSE
2	<b>Ishika Varun (2<sup>nd</sup> Prize) 2000/-</b>	5th- Electronics
3	<b>Deepanjali Tripathi (3<sup>rd</sup> Prize) 1000/-</b>	3rd, MBA-I



**Name of Participants:**

<b>Sr.No</b>	<b>Name of the student</b>	<b>Semester and Branch</b>
1	Mansi Jajoo	Mba Integrated - Semester 9
2	Rupal Singh	MBA-I , 9th Semester
3	Ritesh Jaiswal	3rd SEMESTER ,Electrical
4	Rushikesh Sanjay Patil	3rd and Electronics
5	Divya Kanhaiya Adwani	SEM-3 MCA
6	ARPAN SUDHIR WASNIKAR	3rd - ELECTRICAL
7	Mitali Kuldip Singh	SEM 5, integrated MBA
8	Vishal Sunil Ghorse	3rd Semester - Industrial
9	Ritesh Singh	MBA_ Sem-II
10	Kartik Khandelwal	5th/MBA Integrated
11	Alisha Kumbhare	5th and civil
12	Ishita Joshi	Industrial (3rd sem)
13	Mehr Kohli	V and ECE
14	PRACHI BHANDARKAR	Integrated MBA
15	Aayush Bisani	5th sem-Industrial

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Shri W. G. Madharia, CM (E&M), Vigilance, WCL Nagpur giving winner and participation certificates to Principal Dr. Rajesh S. Pande on 2<sup>nd</sup> Nov. 2020

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State Bank Of India

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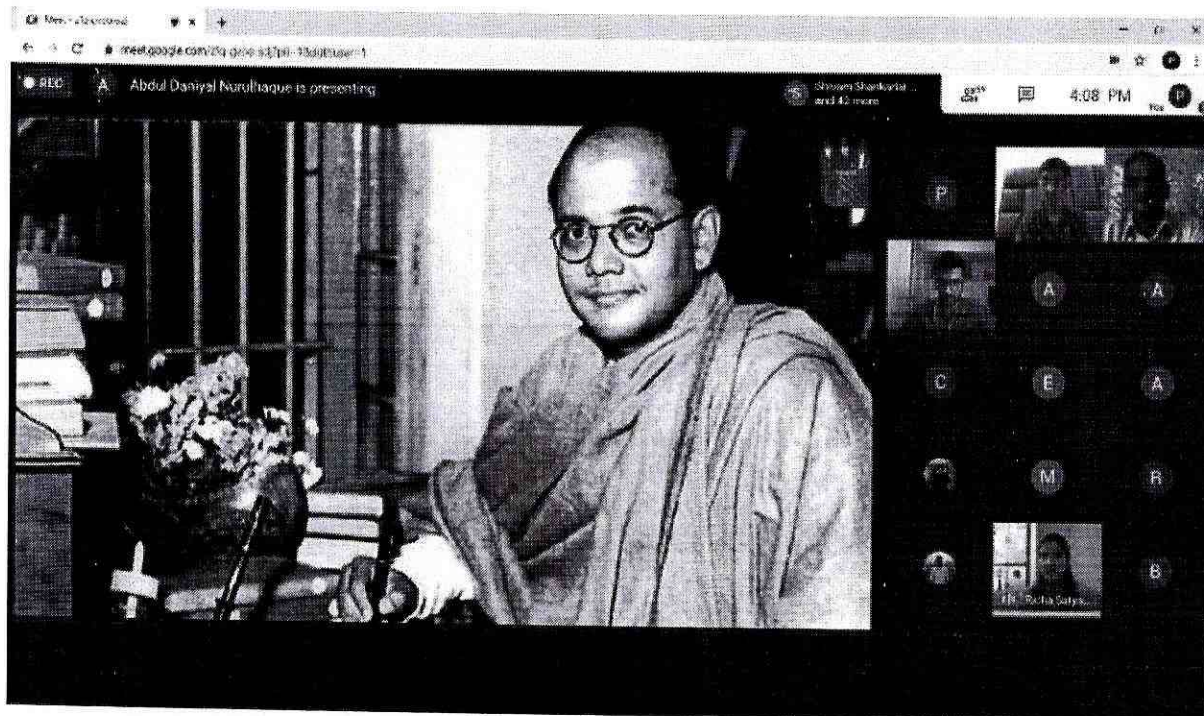
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## 9. Parakram Divas Celebration

**(Online Webinar on the teachings of Netaji Subhash Chandra Bose and Poetry Recitation)**

Netaji Subhash Chandra Bose's birth anniversary is celebrated every year as 'Parakram Divas'. The Centre on Tuesday announced with pride that Netaji's indomitable valour and selfless dedication to the nation was remembered on the annual celebration of 23rd January. Student's Representative Council organized a meet to pay respect and commemorate the birth anniversary of Netaji on 24<sup>th</sup> January 2021 on virtual platform Google Meet. Despite being in different cities, students united together to pay tribute.



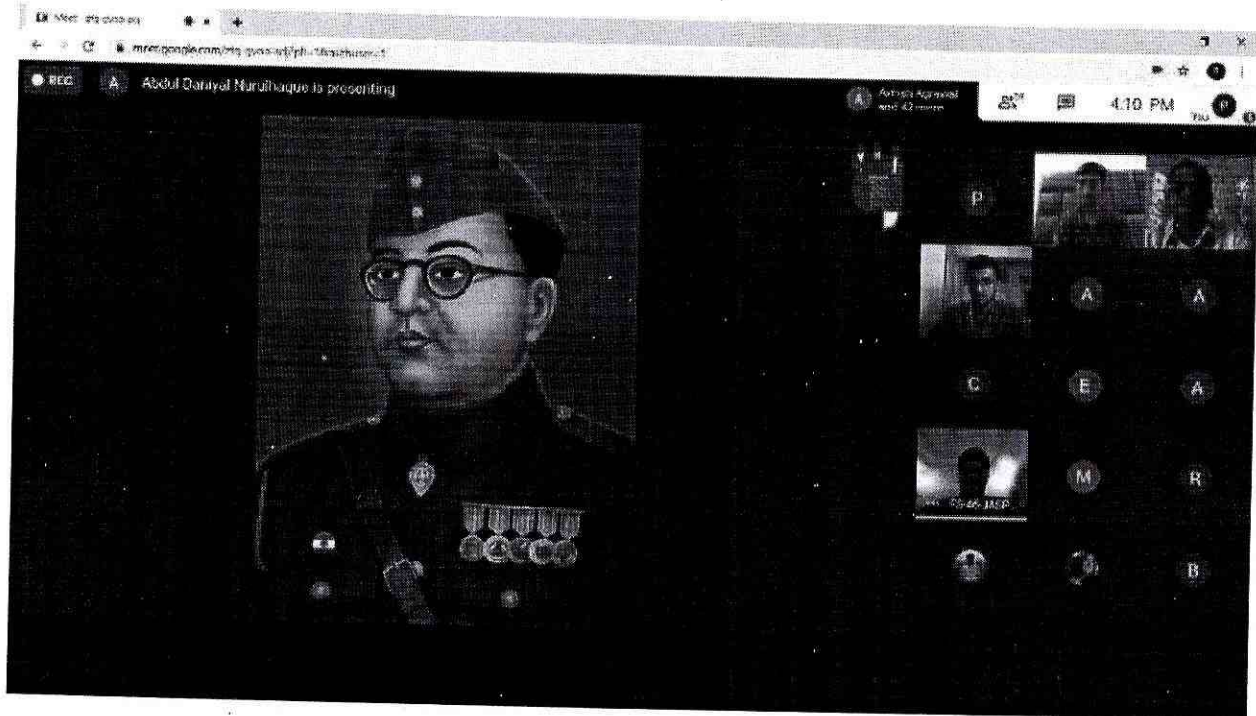
The host for the event was Cultural Secretary SRC, Mr. Ankish Agrawal. A short introduction about Netaji Subhash Chandra Bose was given by SRC member, Siddhi Dubey. This was followed by an impressive poem by SRC member, Richa Duhan.

*Siddhi Dubey*



The concluding remark was given by Joint Cultural Secretary SRC Mr. Jaspreet Singh Bhatiya.

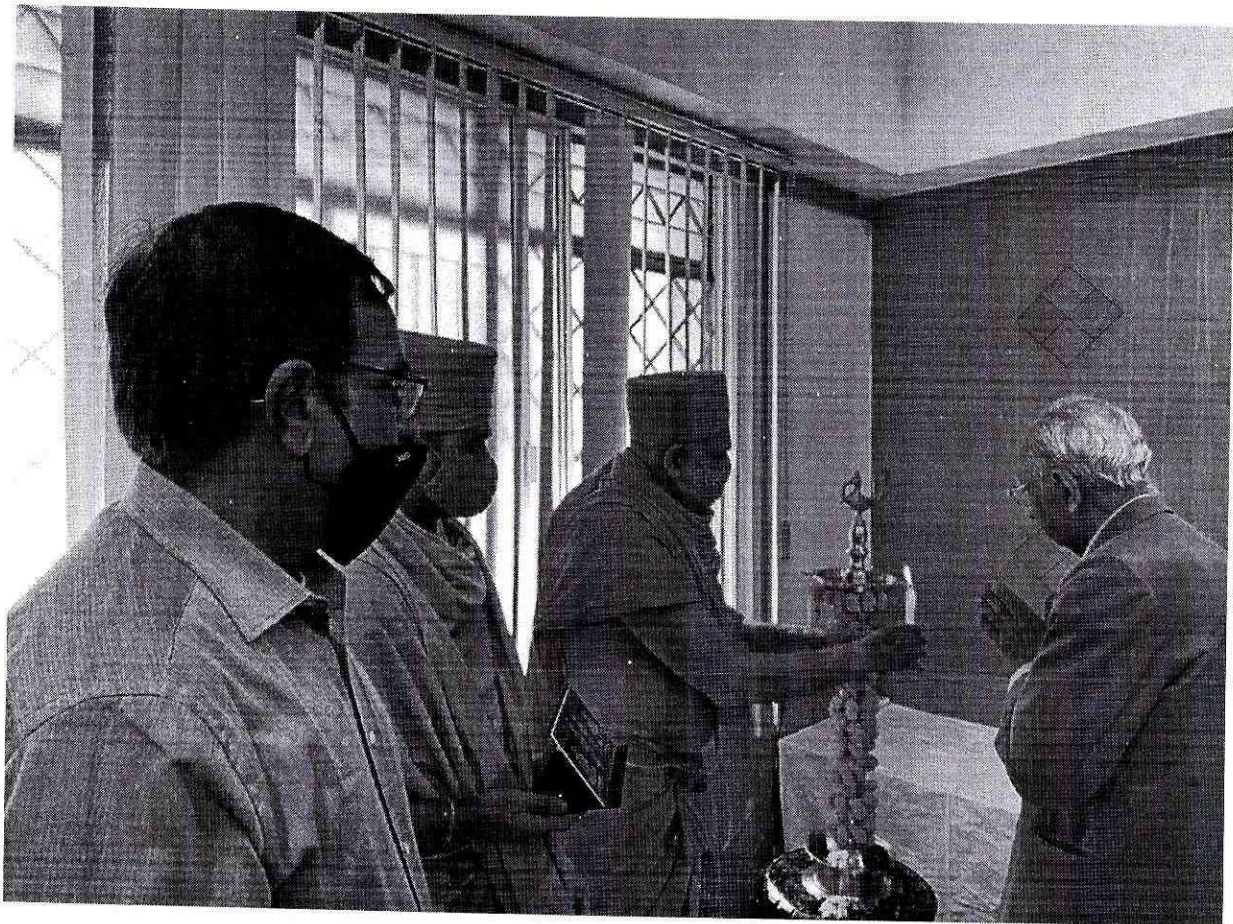
The event was organised under guidance of Dean SRC, Dr. Y. M Sonkhaskar who also enlightened the students about the event.



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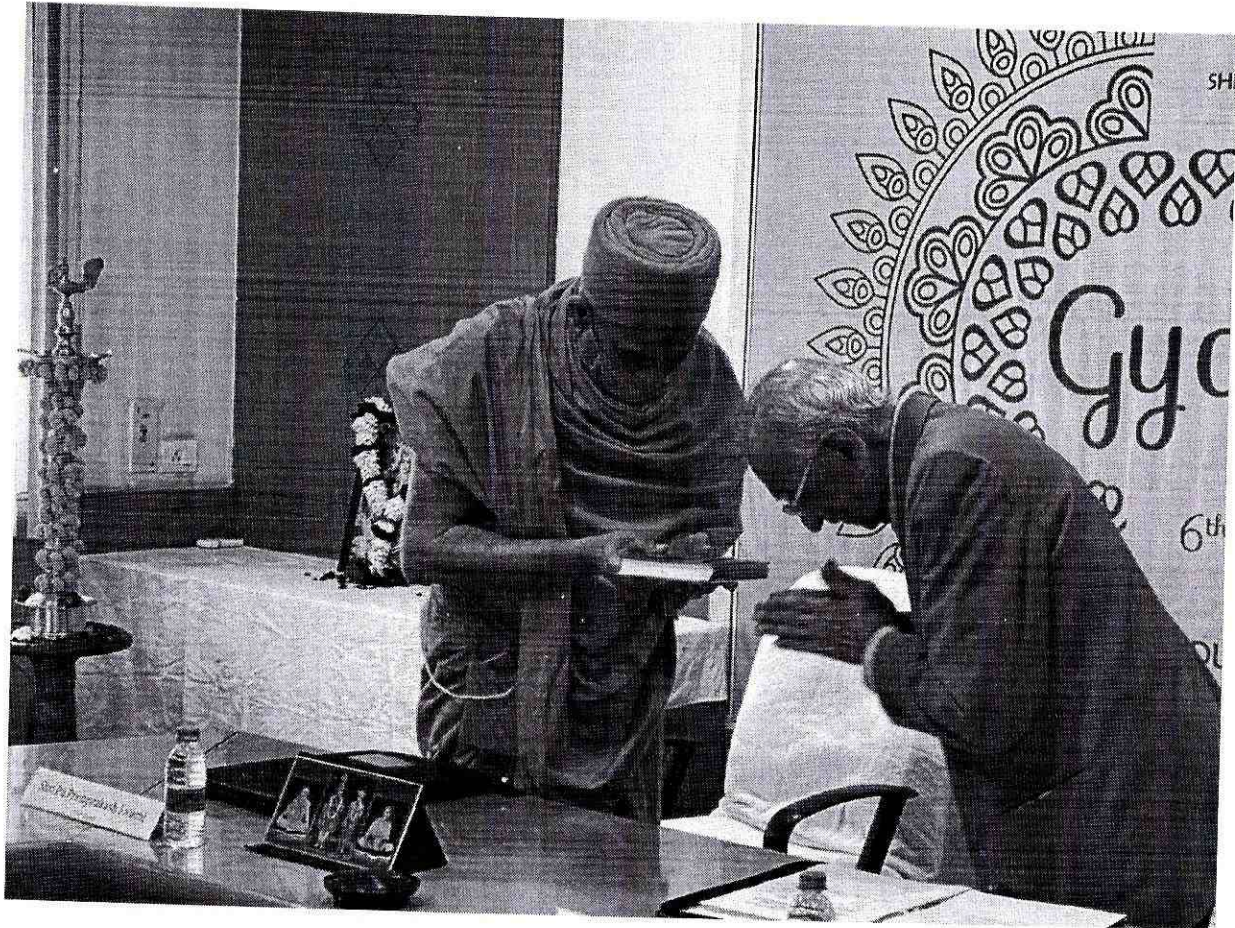
## **10. Gyanodaya- Induction Program for First Year**

Tuesday 6<sup>th</sup> February, 2021, Shri Ramdeobaba College of Engineering & Management hosted GYANODAYA, the Induction Program for First Year students through online streaming. The function was inaugurated by lighting the traditional lamp at the hands of Pu. Premprakash Swami, BAPS Swaminarayan Sanstha, Chief Guest for the occasion, Shri Chandrakantbhai Thakar, Vice Chairman, RCOEM, Shri. Kailashchandra Agrawal, Secretary RCOEM, Shri Rajendra Purohit, Secretary, RCOEM, Shri Ashok kumar Pacheriwala, Treasurer, Shri. Bhagwandasji Daga; Executive member RCOEM, Dr. R. S. Pande, Principal, Dr. S. D. Mohgaonkar, Dean Second Shift, Dr. Y. M. Sonkhaskar, Dean Students' Representative Council (SRC) and Dr. Sanjogta Meshram, In-charge First Year BE.



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Dr. Y. M. Sonkhaskar, Dean, SRC introduced, Premprakash Swamiji, the chief guest of the function who enlightened the audience on the meaning of GYANODAYA. Swamiji quoted teachings and gave importance of character building. He briefed and showed the conversation between Pramukh Swami Maharaj and former president late Dr. APJ Abdul Kalam. He also emphasized on being sincere and truthful in the ventures one take. He blessed everyone and wished good luck to students for their future endeavors.



Shri Chandrakantbhai Thakar gave the Presidential remark. He addressed the first-year students and asserted upon the importance of innovation. He gave an overview of the functioning and of all opportunities provided by the institute and shared his insights on having a clear vision and objective to be able to achieve a set goal. Also he urged parents to be the guiding light for their children.



The Principal Dr. R. S. Pande delivered opening remark. He focused on the accomplishments of the college focusing on the recent national level achievements of the students, the college efforts and provisions for the overall development of the students and other academic and non-academic attributes of the college. He ended his note by extending warm and good wishes to the newly inducted students.

In the Morning session of the function, Dr. S. D. Mohgaonkar briefed the various functional committees of the institution, the expectations and the responsibilities of the students towards the institute. He also urged the parents to be an active part of the various events and their responsibilities towards the same.

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Also, Dr. Sanjogta M. Meshram (First Year In-charge), Dr. A.J. Agrawal (Dean Academics), Dr. Abhijeet A. Agase (Controller of Examinations), Prof. N. M. Deshkar and Dr. Rashmi Shahu (Counselling Cell), Prof. Kaushik Roy (Career Development & Placement Cell), Dr. Preeti Voditel (Prof. In-charge GEMS), Dr. C. P. Pandhurnekar (Anti Ragging and Disciplinary Committee Member), Dr. J. P. Kalambe (Presiding Officer, ICC), Dr. Cynita Christy (Librarian, RCOEM), Dr. Y. M. Sonkhaskar (Dean SRC), Dr. Amit Anurag (HOD, Physical Education) addressed the students about their respective portfolios and existing facilities in the college.

Concluding the event, Mr. Ankish Agrawal, Cultural Secretary, SRC delivered the vote of thanks and conveyed his thanks to all SRC members for successful conduction of the event. The event was compared by Mr. Dev Paliwal, member of SRC, RCOEM.

*Dev Paliwal*

## **11. Prevention of Stress, Depression And Suicides in Adolescents.**

Under 'MERA KI: a series of workshops' Students' Representative Council conducted webinar on Prevention of Stress, Depression and Suicides in Adolescents to overcome all the mental obstacles that come our way during our regular and work life .It was observed that suicide rate has hiked in the pandemic period and because of this everyone was keen to seek some right guidance to work upon their mental health by an expert .A total 100 entries were received from various institutions like STSR medical College, VNIT Nagpur, Ace adolescent health, M&M , DIEMS ,SRCOEM and many others.

Webinar was organised on **14<sup>th</sup> March 2021** on virtual platform Google Meet.SRC member Jaspreet Singh Bhatiya gave short introduction about the guest speaker **Dr. Kamalakar W Deoghare; M.B.B.S; D. C. H; CCEBDM.**

He is a Consulting Paediatrician at Deoghare Hospital, Medical Square, Nagpur. Senior Lecturer at Adv. V. R. Manohar Institute Of DMLT ,President of Adolescent Health Academy Nagpur, Executive board member Academy of paediatrics, Member of AACCI ( Association of Adolescent and Child Care in India.

He is working with MAHAN trust, of Melghat for correction of under nutrition of children.

He explained various types of stress which can be good or bad for ourselves, he also talked about the early symptoms of stress. Session consisted of various topics related to challenges faced by adolescents leading to stress.The webinar was very interactive and lots of queries related to health were answered. Everyone attended the session with enthusiasm and eagerness.

Student's Representative Council under guidance of Dr Y.M Sonkhaskar Sir took great efforts to make this webinar a great success.

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Meeting details: SRC RCOEM is presenting

3:23 PM

AHA VISION 2020

**❖ INCIDENCE of DEPRESSION 15- 20 %**  
**DEFINITION---**  
 Emotional state or A group of specific disorders.  
 It has autonomic, visceral, emotional, cognitive and behavioral manifestations.  
 Affect a child's development of social, cognitive and interpersonal skills.  
 Affect the attachment between parent and child, and confer a high risk for suicidal behavior, substance abuse, physical illness, early pregnancy, poor vocational, academic and psychological functioning.

Meeting details: SRC RCOEM is presenting

3:59 PM

AHA VISION 2020

**Stress and Performance:  
 Inverted-U Hypothesis:**

The graph shows a bell-shaped curve representing the relationship between stress and performance. The y-axis is labeled 'Performance' and the x-axis is labeled 'Stress (Ariseal)'. The curve starts at a low point, rises to a peak, and then declines. The peak is labeled 'Zone of optimal performance'. The rising portion of the curve is labeled 'Eustress'. The x-axis has markers for 'Low', 'Optimal', and 'High' stress levels.

Meeting details: SRC RCOEM is presenting

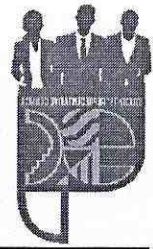
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AHA VISION 2020

**ANY OF 5 SYMPTOMS**  
**DSM-IV CRITERIA**

- DEPRESSED MOOD.
- ANHEDONIA (DIMINISHED PLEASURE).
- FATIGUE.
- INSOMNIA OR HYPERSOMNIA.
- EXCESSIVE GUILT.
- WT LOSS OR WT GAIN.
- DECREASED CONCENTRATION.
- PSYCHOMOTOR AGITATION OR RETARDATION.
- RECURRENT THOUGHTS OF SUICIDE / ATTEMPT.

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## **12. Branch Cup (Online)**

Students' Representative Council of Shri Ramdeobaba College of Engineering & Management organized the Branch Cup series wherein each branch of the college competed against each other in various cups like the Music Cup, the Dance Cup, the Drama Cup, the Technical Cup as well as the Literary Cup. Branch Cup is the most awaited event for all the branches to prove their excellency in all fortes and gain the most prestigious award "**Nitvananda**" popularly known as the **Branch Cup**. Immense participation from all the branches was witnessed to support their branches. The event was organized from 4<sup>th</sup> April 2021 to 11<sup>th</sup> April 2021 on zoom platform.

### **1. Music Cup 2020-21 (4<sup>th</sup> April 2021)**

The Music Cup consisted of three rounds - Duet, Group and Instrumental. The judges for the event were Mr. Shailendra Tikariya, Music Director and Mr. Joshua and Mr. Joash from The JRK Brothers Productions. Branches participated enthusiastically and there were around 380 attendees. The winner of the Music Cup was Electronics Engineering, the first runner up was Computer Science and Engineering and the second runner up was Electronics and Communication Engineering. This event was hosted by Music Club Coordinators, Kanhaiya Agrawal and Aryan Pandharipande.

### **2. Dance Cup 2020-21 (5<sup>th</sup> April 2021)**

The Dance Cup comprised of three rounds, i.e., Duet (classical), Group (Prop) and Solo (western). Participants had to submit prerecorded videos for each round by 3rd April '21 to the Students' Representative Council. The judges for Dance Cup were Mr. Dheeraj

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Ashok Mishra, Mr. Chetan Dashmukhe and Smt. Utsa Banerjee. This event was hosted by Dance Club Coordinators, Mansi Gupta and Sreya Vallabhaneni. And technically managed by Chanakya Pakhmode. The winner of the Dance Cup was IT, the first runner up was Electronics and the second runner up was Computer Science. The entire event was conducted online and all the videos were live streamed to 500+ audience present on the zoom call.

### **3. Drama Cup 2020-21 (6<sup>th</sup> April 2021)**

The Drama Cup comprised of two rounds, i.e., Monologue and Short play. The time allotted for each monologue was 5 minutes and 13 minutes for short play. The event was conducted live on Zoom Call and almost 400 participants attended the zoom call. The judges for the Drama Cup were Jay Gala and Sarang Gupta . The winner of the Drama Cup was Electronics and communication Engineering, the first runner up was Electronics Engineering and the second runner up was Electronics and Design Technology. The hosts for the event were Mr. Prakhar Singh and Mr. Vaibhav Singh.

### **4. Photography Cup 2020-21 (7<sup>th</sup> April 2021)**

The Photography Cup comprised of three rounds, out of which two were photography rounds and one was videography/short film round. The themes of the photography rounds were – Minimalism Photography (Round 1) and Deep Emotions (Round 2) and the theme for the videography/ short film round was Reminiscence. The event was conducted live on Zoom call and almost 220 participants attended the zoom call. The Judge for the Photography Cup was Mr. Sushil Chikane .The Winner of the Photography Cup was Electronics and Design Technology (EDT), the first runner up was Computer science and Engineering (CSE) and the second runner up was Electronics(EN).The host for the event were Mr. Abdul Daniyal Kazi and Mr. Dev Paliwal.



### **5. Technical Cup 2020-21( 8<sup>th</sup> and 9<sup>th</sup> April 2021)**

The Technical Cup consisted of three rounds - High Order Thinking Test, Smart Branch Hackathon and TechHex. Higher Order Thinking Test round consisted of 3 sub tests - Aptitude test, Technical Test and Skill Test Respectively. 60 minutes were given to participants in Aptitude Test and Technical Test wherein they have to prepare a product design (self-explanatory video) for the Skill Test. Topics for Smart Branch Hackathon were given to the participants 7 days prior to the competition date. Here they have to prepare a presentation that contains a complete solution of Problem statement that was given to them. Participants were given 10 minutes for presentation and 5 minutes for Q&A round with judges. On Day-2, 9th April 2021, TechHex round was conducted on YouTube Live. Branches had to choose their opponent and compete with them. Appropriate arrangements of monitors, online exam portals were done by the Students' Representative Council. The judges for the Technical Cup were Prof. Lokesh Bhadekar and Prof. Lekhraj Vilhekar. Winner of the Technical Cup was Information Technology, the first runner up was Civil Engineering and the second runner up was Industrial Engineering. The host for the event were Mr. Parag Jibhakte and Mr. Kapil Chadhokar.

### **6. Literary Cup 2020-21**

The Literary Cup was held on 10<sup>th</sup> and 11<sup>th</sup> April, 2021 in the online mode through Zoom platform. All the branches participated in several events conducted under the LITERARY CUP. The events which were conducted were 1. English Debate 2. Hindi Debate 3. Marathi Elocution 4. Creative Writing 5. Stand Up Comedy 6. Surprise Round. Online meetings with all the branches' representatives were taken in order to explain them the rules of all the competitions. Also, fair distribution of teams as well as the sequence of the participants in the events was done through online chit picking in their witness. Topics given to them were also distributed randomly through the same process before the competitions. All the participants from various branches participated with great ardour and passion. Literary Cup was hosted by Richa Duhan, Aishwarya Vyas, Avnish Agrawal and Siddhi Dubey.



Overall event was a great success and this was possible only because of constant guidance and support by Dean SRC.

<b>Branch Cup Results 2020-21</b>		
<b>Sr. No</b>	<b>Position</b>	<b>Name of the branch</b>
1.	Winner	Electronics Engg
2.	1 <sup>st</sup> Runner Up	Electronics and Communication Engg & Information Technology
3.	2 <sup>nd</sup> Runner Up	Computer Science Engg.

<b>Name of the Cup</b>	<b>WINNER</b>	<b>1<sup>ST</sup> RUNNER UP</b>	<b>2<sup>ND</sup> RUNNER UP</b>
<b>LITERARY CUP</b>	Electronics and communication	Electronics Engg	Information Technology
<b>DRAMA CUP</b>	Electronics and communication	Electronics Engg	Electronic Design Technology
<b>DANCE CUP</b>	Information Technology	Electronics Engg	Computer Science
<b>MUSIC CUP</b>	Electronics Engg	Computer Science	Electronics and communication
<b>TECHNICAL CUP</b>	Information Technology	Civil Engg	Industrial Engg
<b>PHOTOGRAPHY CUP</b>	Electronic Design Technology	Computer Science	Electronics Engg

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### **13. CELEBRATION OF SHIV SWARAJYA DIN-6<sup>th</sup> June 21**

The Students' Representative Council conducted webinar to pay tribute to the Shivaji Maharaj, the founder of the Maratha Empire. The coronation ceremony of Shri Chhatrapati Shivaji Maharaj, the founder of Hindvi Swarajya and the deity of Maharashtra, is celebrated with great enthusiasm at Fort Raigad on 6th June every year. Shivara was crowned on June 6, 1674. Therefore, every year on 6th June, the Shiv Rajabhishek ceremony is celebrated as per the date. Every year, this day is marked to pay homage to the Maharaja.

The Shiv Rajabhishek ceremony is important in the history of the Marathi Empire. This coronation made it possible to declare that the Maratha Empire was established everywhere. ShivajiRaje's coronation took place at Raigad Fort, 5,000 feet above the ground. Shivarai sat on a throne covered with 32 beads of gold. They are called Chhatrapati as an umbrella was placed on their heads at the ceremony. Shivaji Maharaj undertook a major programme of language purification for progress. He removed the Persian words in the language and used Marathi and selected Sanskrit words in that place. A new currency called Hon was introduced. For this, currency coins weighing 2.7 and 2.9 grams of gold were made. He also started a currency called Shivarai of copper.

Shivara had received an army of 2,000 mawlas from his father ShahajiRaje. But in a short span of time, shivajimaharaj built an army of more than 1 lakh mavalis on his own courage. Shivara established the first Armada (Navy) in India. ShivajiMaharaj's army was brilliant in fighting guerrilla poetry. In those days, the word guerrilla was developed in the sense that the enemy was guerrilla and the plan to overcome him was kava. The Maratha Empire, which started with ShivajiMahaja, later reached this place during the Peshwa period.

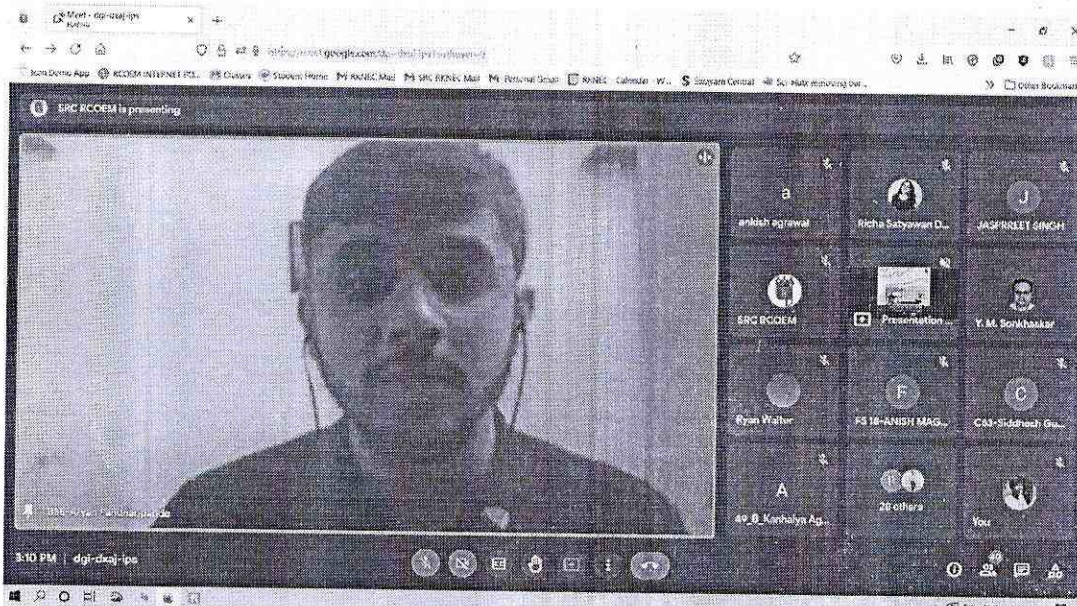
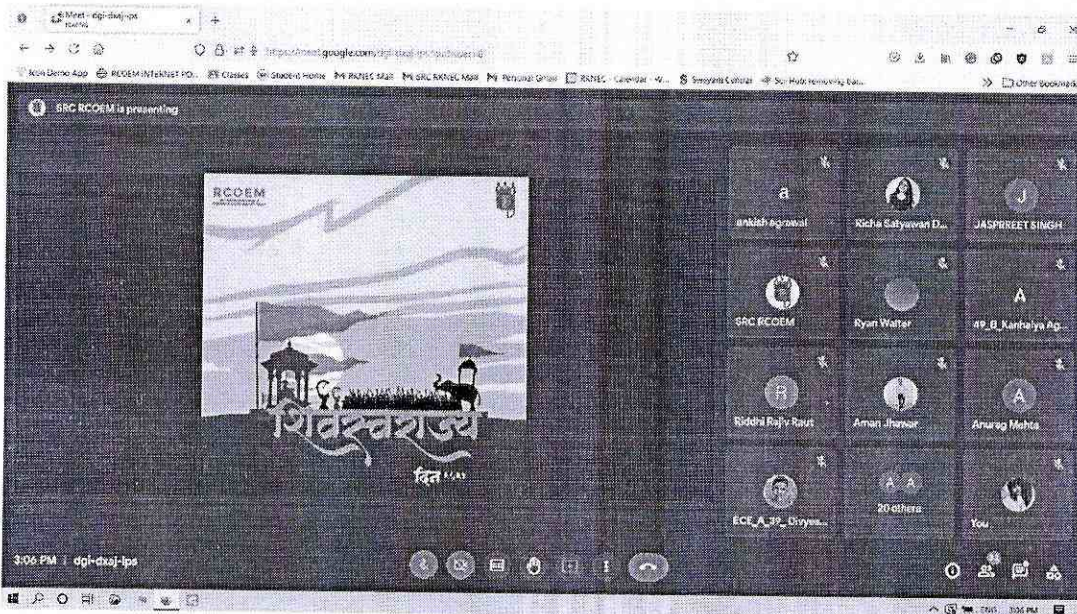
The event was hosted by SRC member Mr. Aryan Pandharipande. Ms. Richa Duhan beautifully explained the importance of the day.

Later Dean SRC, Dr.Y.M. Sonkhaskar told the importance of the day and shared the experience of past years. He also mentioned the conduction of the event

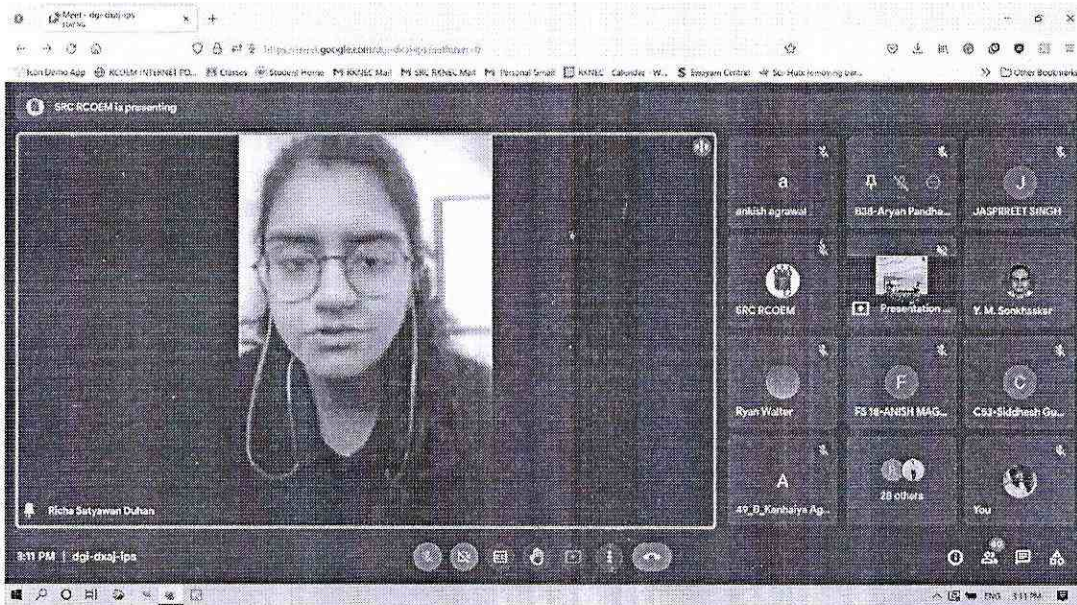
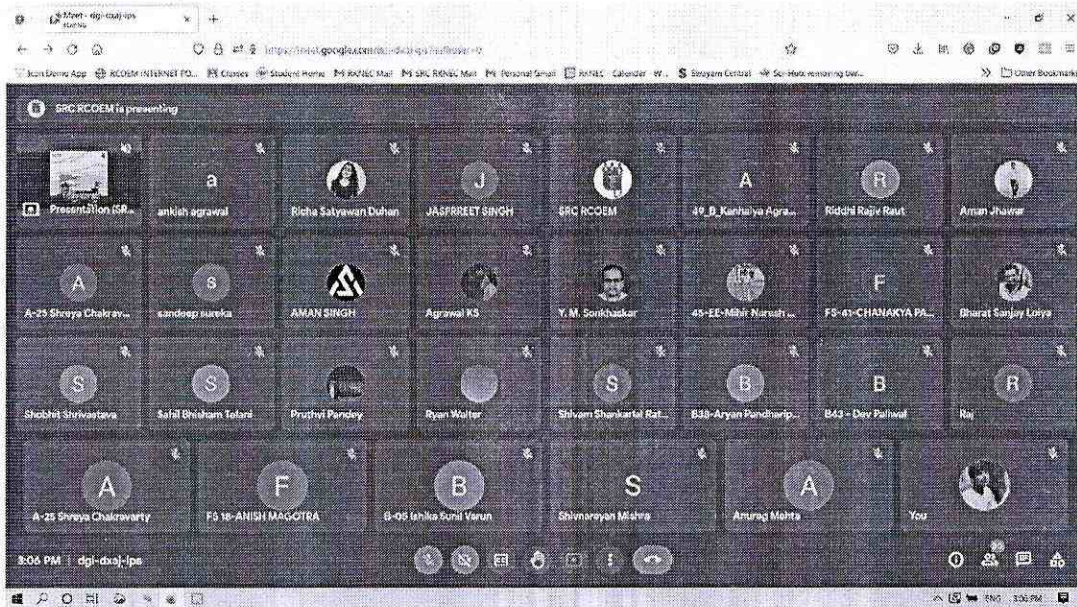


Rajmudra in the campus earlier and the contribution of late Dr. Sumant Tekade who used to be a Chief Guest in the Rajmudra programme.

Many students attended the event to pay homage to the great warrior. Student's Representative Council under guidance of Dr Y.M Sonkhaskar Sir conducted this webinar.



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### 14. Aaruni 20 (online)

Aaruni is the Freshers' event for the students of First Year. The whole event is planned solely for the first year students, keeping in mind their expectations. Continuing with the tradition of AARUNI, an evening held by SRC (Students' Representative Council) to welcome the first years of Shri Ramdeobaba College of Engineering and Management was conducted but this time with a difference. Due to pandemic the first year students had only witnessed the online classes, therefore to give them a break and introduce a bit to college life SRC organized virtual AARUNI on 28<sup>th</sup> June 2021.

This year's theme was 'The Opal Aura'. The event went on for a week from 24-28 June 21; the whole week consisted of a plethora of group, class as well as individual activities and competitions. Daily challenges were given to the first years and also the best section award was introduced which was based on the individual participation of the section.

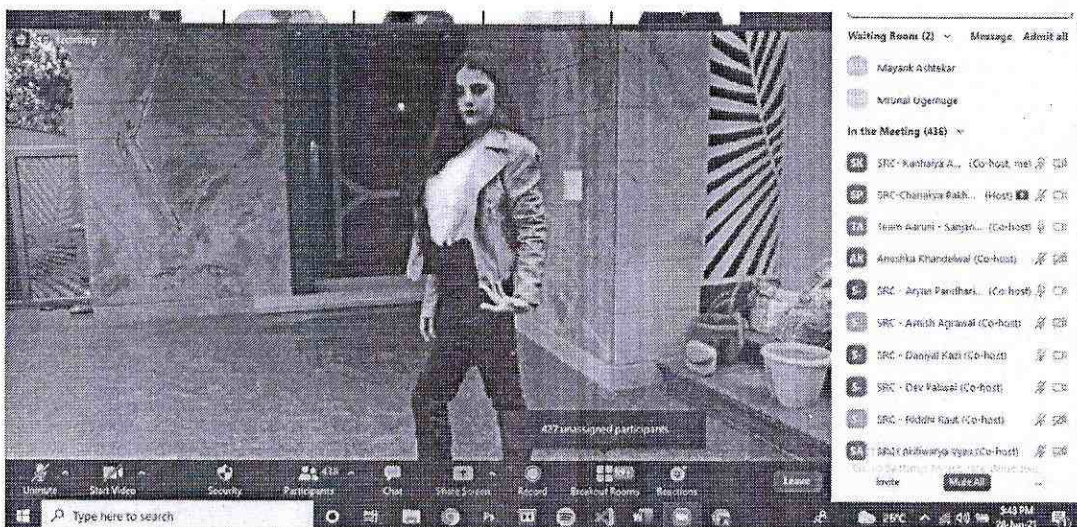
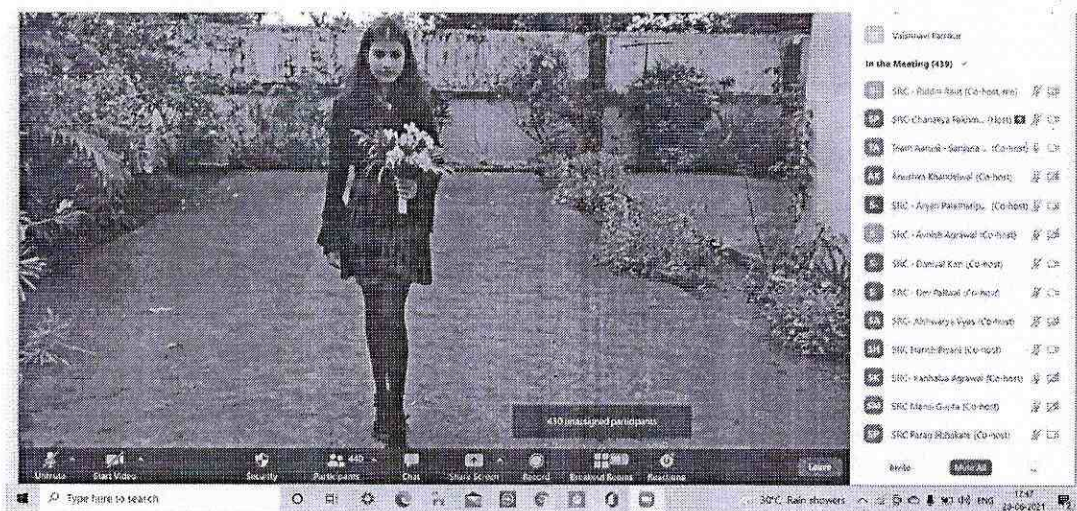
Along with class activities IMPERA was conducted. IMPERA is the personality contest for the title of Mr. and Ms. Fresher called Mr. and Miss Impera. The contest continued throughout the week and had various rounds in which people were eliminated and finally 6 students qualified for the stage rounds on the final day. The first round was the personality form filling round. The second round consisted of the Group Discussion for the selected contestants. The third round tested spontaneity through the surprise round. After all these grilling rounds, the selected few students went through a personal interview. Out of 800-odd students, 6 (3 girls and 3 boys) went on stage to face the final rounds in front of their batch mates.

The final day of Aaruni witnessed the final round of Impera, followed by Cultural Evening which was conducted on virtual platform Zoom. The cultural evening had various performances by the students of First Year, which were prepared after rigorous practice. The performances were followed by felicitation ceremony in which various awards, along with the most anticipated, Best Section Award was declared. The award for the best section was won by **Section C. Mr. Krishna Nabira** was crowned as Mr. Impera while **Ms. Anushka**



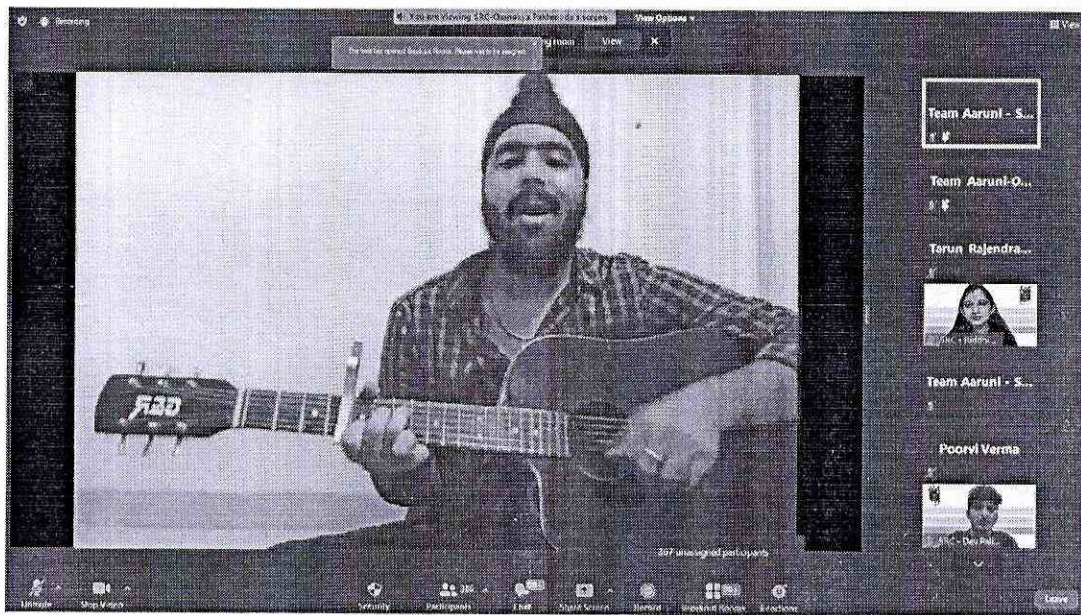
Khandelwal won the title of Ms. Impera. Also, 2 students from First Year came up with a positive feedback and expressed their gratitude.

Principal Dr. Rajesh S. Pande, Dean Second shift Dr. S. D Mohgaonkar, Dean Academics Dr. Avinash Agrawal, First year In-charge Dr. Sanjogta Meshram, along with the faculty members including Dean SRC Dr. Y. M. Sonkhaskar were present during the cultural night. The program was well managed and coordinated by Mr. Ankish Agrawal, Cultural Secretary SRC along with the entire SRC and team Aaruni' 20. The cultural night program was compared by Mr. Om Jodhpurkar and Ms. Sanjana Rathi. The event was conducted and received with great zeal and enthusiasm and happiness.

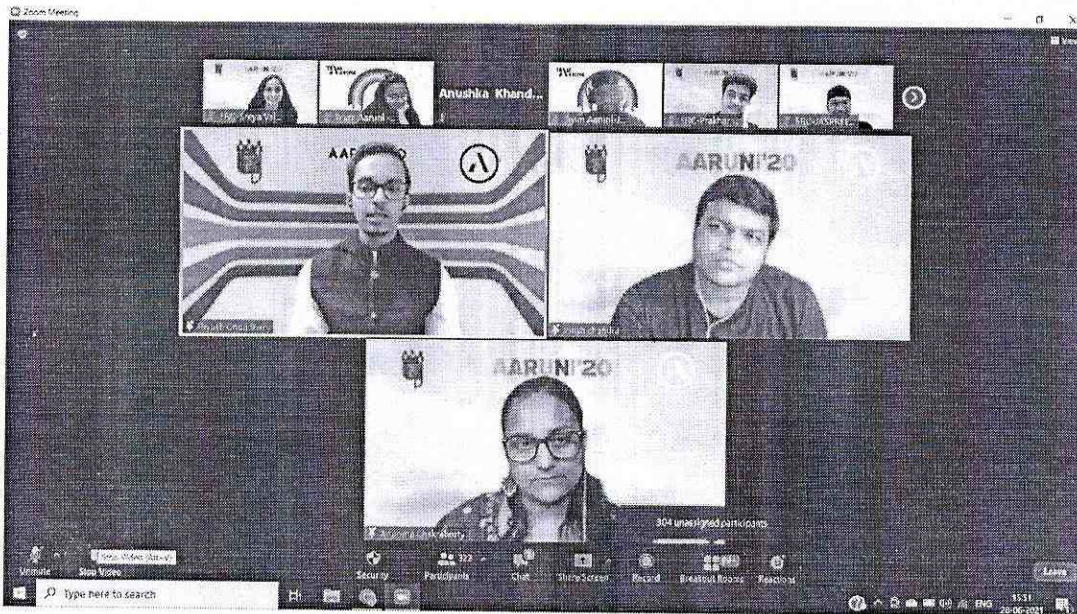
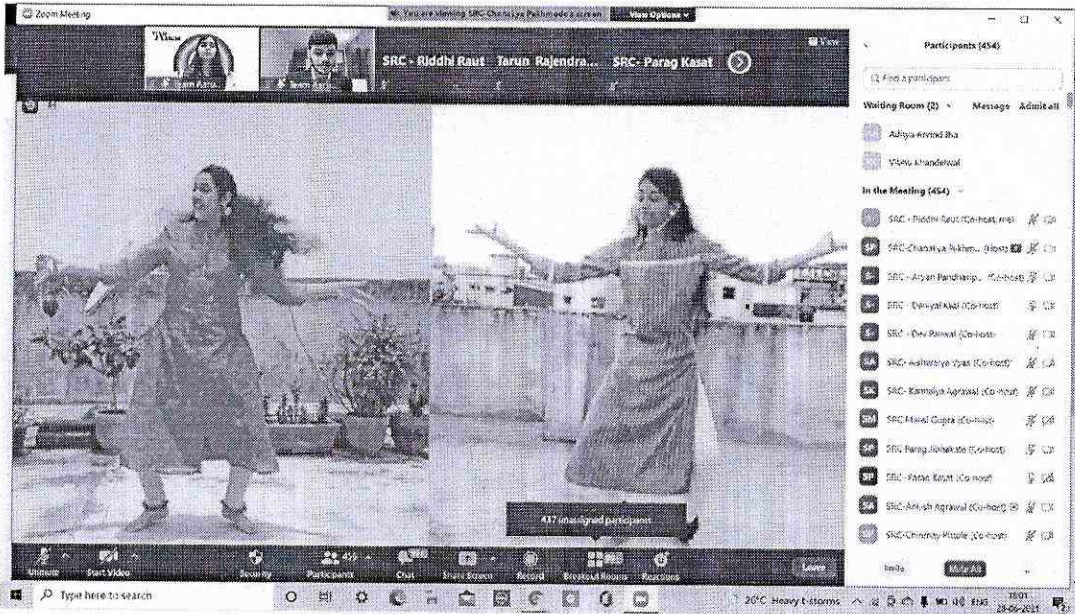



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*20/8*



  
Dr. Y. M. Sonkhaskar  
(Dean SRC)  
RCOEM, Nagpur



  
Dr. Rajesh Pande  
(Principal)  
RCOEM, Nagpur

**Principal**  
**Shri Ramdeobaba College**  
**of Engineering & Management, Nagpur-13**  
Page no 42