



Date: 26.08.2019

Monday

CIRCULAR

**GANDHI STUDY CENTRE**

Dear staff members,

You are hereby informed that 'Visit to Model Sabarmati Ashram' has been scheduled held on 29 August, 2019, as part of Gandhi Study Centre activities.

Principal

Co-ordinator

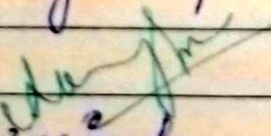
Principal  
Seshadripuram Degree College  
Mysuru



29/08/2019

## VISIT TO MODEL SABARMATI ASHRAM

Around 80 students of 1 B.COM and BBA, visited Model Sabarmati Ashrama, at the University, as part on 29<sup>th</sup> August 2019, organised as part of Gandhi study centre's activity. Two faculty members, namely Mr. Kalyanendra, and Dr. Lavanya, accompanied the students to the Ashram. Prof. Shekhar, director, Gandhi study centre, UOM, Mysore, addressed and interacted with the students for about half an hour, before they entered the Ashram. He enlightened the students about the values and examples that Gandhiji promoted and lived for throughout his life and encouraged students to inculcate some of these values in their personal lives. Thereafter, students spent time observing, meditating and learning more about Gandhi's life by visiting and viewing pictures that were exhibited at the Ashram. Cherishing good memories and taking inspiring messages, the students returned.

  
Principal

Principal  
Seshadripuram Degree College  
Mysuru





Principal  
Seshadripuram Degree College  
College Code: 102  
# 25, Hebbal Ring Road, Hebbal,  
Mysuru - 570017





Seshadripuram Educational Trust  
**SESHADRIPURAM DEGREE COLLEGE**

#25, HEBBAL RING ROAD, MYSURU - 17 ☎ 0821 - 2970536



Date: 19.06.2020

Friday

CIRCULAR

**GANDHI STUDY CENTRE**

Dear staff members,

You are hereby informed that 'Stress Management Course' has been scheduled to be held from 22nd to 27th June, 2020, through online mode as part of Gandhi Study Activities.

Principal



Co-ordinator

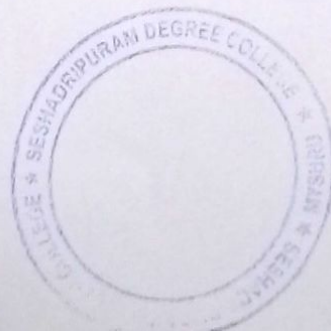
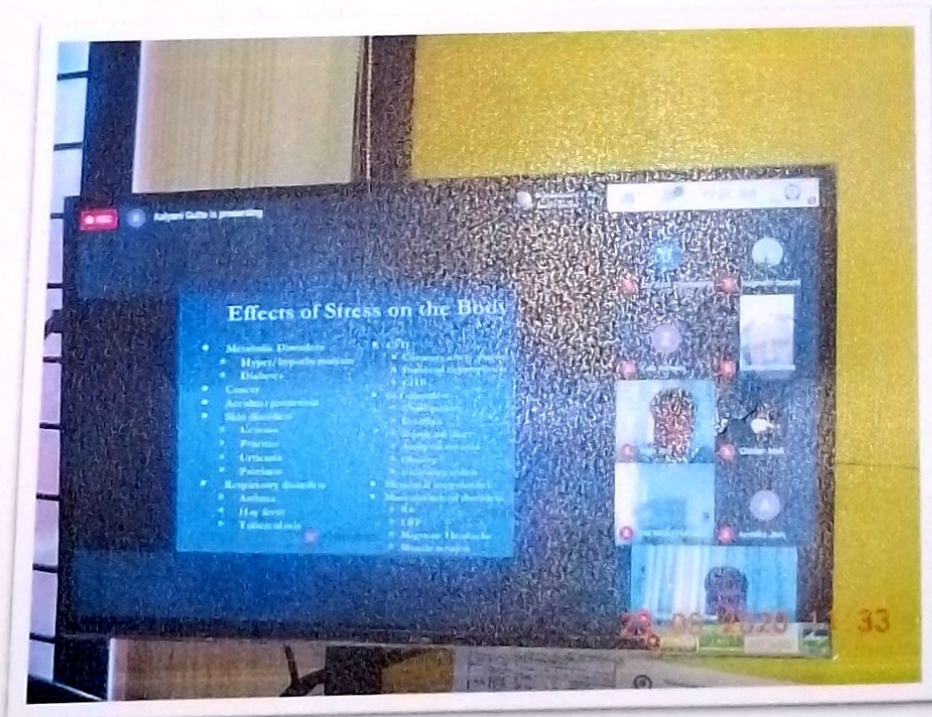
Principal

Seshadripuram Degree College  
Mysuru



Date: 27.06.2020

## STRESS MANAGEMENT



**Principal**  
Seshadripuram Degree College  
College Code: 1082  
#25, Hebbal Ring Road, Hebbal,  
Mysuru - 570017

27/06/2020

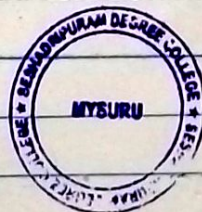
## STRESS MANAGEMENT

As part of Gandhi Study Centre's activity, an online course on 'Stress Management - Understanding and Managing Stress in Personal and Professional Situations', was attended by all the teaching staff which was organised by Gandhi Research Foundation, Jalgaon, Maharashtra, from 22<sup>nd</sup> June 2020 to 27<sup>th</sup> June 2020. The course had six interactive sessions of 75 minutes each, starting at 11:00 am and ending at 12:15 pm daily. The topics that were covered during six days were:

- \* Understanding Stress
- \* Dynamics of stress
- \* Symptoms of stress
- \* Early signs of stress
- \* De-stress exercises.

The resource persons of the online course were: Dr. John Chelludurai, Dean, Academics; GRT, Jalgaon, Dr. Subramanian, Sr. Scientist, IISL, Jalgaon, and Dr. Kalyani Nagulkar, Neuroscience physiotherapist, Anubhuti clinic, Jalgaon. The overall coordinator of the course was Mr. Ashwin Zala. It was a paid session and people from across the country participated. The teaching staff of our college participated and reaped its benefit.

Principal  
Seshadripuram Degree College  
Mysuru



Raghu  
Coordinator



Seshadripuram Educational Trust  
**SESHADRIPURAM DEGREE COLLEGE**



#25, HEBBAL RING ROAD, MYSURU - 17 ☎ 0821 - 2970536

Date: 23.9.2020

Wednesday

CIRCULAR

**GANDHI STUDY CENTRE**

Dear staff members,

You are hereby informed that 'Commemoration of Gandhi Jayanti' has been scheduled to be held on 02 October, 2020, in the college campus, which will be followed by a webinar on the topic 'The Relevance of Gandhian Philosophy in Modern Times' on behalf of Gandhi Study Centre.

Principal

Principal

Seshadripuram Degree College  
Mysuru



Co-ordinator



Seshadripuram Educational Trust

# SESHADRIPURAM DEGREE COLLEGE

(Affiliated To University of Mysore)

#25, Hebbal Ring Road, Mysuru - 17 , Mob : 96119 81858

An IQAC Initiative

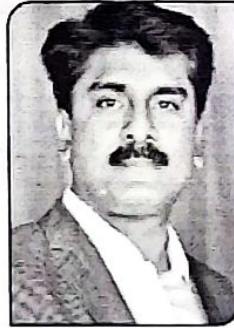
**Gandhi Study Centre on Account of Gandhi Jayanthi &  
Lal Bahadur Shastri Ji Birth Anniversary**

Organises a Webinar On

**The Relevance of Gandhian Philosophy in the  
Modern Times**

Date : Friday 02<sup>nd</sup> October 2020 Time : 09:00 AM

Resource Person



Mr. Prasannakumar K. M  
Asst. Prof. Dept. of English  
Government First Grade College,  
Siddarthanagar, Mysore

**All are Welcome**

Registration Link

B. A Anantharam  
Chairman  
Governing Council

Manu Raghavendra  
Coordinator  
Gandhi Study Centre

Staff Members & Students

  
Principal  
Seshadripuram Degree College  
College Code: 1022  
#25, Hebbal Ring Road, Hebbal,  
Mysuru - 570017



SESHADRIPURAM EDUCATIONAL TRUST

# ಶೆಷಾದ್ರಿಪುರಂ ಪದವಿ ಕಾಲೇಜು SESHADRIPURAM DEGREE COLLEGE

(Affiliated to The University of Mysore) (College Code No. 1082)

Date: 26.09.2020

To,  
Mr. Prasannakumar K M.,  
Asst. Professor,  
Dept. of English,  
Govt. First Grade College, Mysuru

*"GREETINGS FROM SESHADRIPURAM DEGREE COLLEGE, MYSURU"*

Respected Sir,

Hope you find this letter amidst good health. The current pandemic, as we all know, has shut down schools and colleges. However, we are all adjusting to the 'new normal'. While academic institutions have continued to inspire the society in many ways which has consciously promoted initiatives related to education through virtual tools.

At this juncture, we would like to inform you that, we are celebrating virtual *"The Relevance of Gandhian Philosophy in The Modern Times"* scheduled on 02<sup>nd</sup> October 2020, Friday through webinar from our College Premises from 09:00 AM onward. Please find attached Invitation for more details.

We heartily thank you for accepting to be a Chief Speaker of the Program.

With Regards

Thanking You.

Principal

Principal

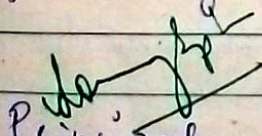
Seshadripuram Degree College  
Mysuru



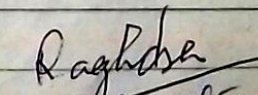
02/10/20

## GANDHI JAYANTHI

The 151<sup>st</sup> birth anniversary of Mahatma Gandhi and 116<sup>th</sup> birth anniversary of Lal Bahadur Shastri were celebrated on 2<sup>nd</sup> October 2020 in the college Seminar Hall. As part of the celebrations a webinar was held on the topic, 'The Relevance of Gandhian Philosophy in the Modern Times', for all the UG students of the college. The webinar commenced with a floral tribute to the portraits of Mahatma Gandhi and Lal Bahadur Shastri, paid by the Principal and the teaching fraternity of the college. It was followed by singing of a Bhajan by staff of the college. The webinar and the celebrations were live streamed on YouTube and Google Meet for all the students to attend from the comforts of their homes. Around 250 students and staff participated in the webinar and the same was viewed by around 450 viewers on YouTube. Mr. Prasanna Kumar K.M., Asst. Prof. Dept. of English, GFC, Siddarthnagar, Mysuru, was the resource person of the webinar. The webinar was coordinated by Mr. Manu Raghavendra, coordinator, Gandhi Study Centre and was guided by Prof. Sumanja Erappa, K., Principal, SDC. It was followed by planting of the saplings on the centre lane of the ring road, in front of the college.

  
Principal,  
Principal

Seshadripuram Degree College  
Mysuru

  
Raghava  
Coordinator





## Gandhi Jayanthi



Principal  
Seshadripuram Degree College  
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Mysuru - 570017