

5.3.3 - Number of sports and cultural events/competitions in which students of the Institution participated during the year (organized by the institution/other institutions)

Cultural activities – Cultural activities in college play a significant role in enriching the academic experience of students. These activities range from art exhibits and music performances to theatre productions and literary festivals. They provide a platform for students to showcase their talents and also expose them to diverse cultures and perspectives. Participating in these activities also helps students develop important skills like teamwork, leadership, and communication. Additionally, cultural activities in college can foster a sense of community and help students form lasting connections with their peers. Overall, cultural activities are an integral part of the college experience and contribute to the holistic development of students.

For cultural activities, the college has a separate cultural cabin. In a cultural cabin, instruments like the guitar, table, harmonium, etc. are present. Students are participating in various cultural events arranged by their college as well as those of other colleges. The college environment encourages students who are interested in playwriting, drama, and dance. Every year, the college arranges various cultural programmes for the students.

The Inauguration of the Cultural Association was held on 2nd Dec. 2021. This program was organized to invite the talented artists to join cultural association and to motivate them by providing a platform for the students thereby give them confidence to stage program. Mr. Sandeep Palve who is Head of Sakal Media Mumbai and also our ex-student of the college was the chief guest of the function. He guided the students by narrating his own experience of the college and how he developed himself in the society.



In association with RAK police station, under the guidance of ACP Kadam madam, students of cultural unit performed street plays on women's safety named 'TU AAHES NA' at various places of Wadala. Mr. Hritvik Lingyant wrote the script of the street play. Students got appreciation from the many people.



Cultural Association students participated in rally organized by RAK police station on 8th March 2022.



In association with Career Guidance and Placement cell, cultural association conducted online workshop on the topic 'Mental Wellbeing' on 19th Feb 2022. Ms. Laasya Mangalmpalli from Vocskill was guest speaker. Many students took part in this workshop and enjoyed the workshop very much. Workshop was very interactive.

PEOPLE'S EDUCATION SOCIETY'S
DR. AMBEDKAR COLLEGE OF COMMERCE &
ECONOMICS, WADALA, MUMBAI
CAREER GUIDANCE & PLACEMENT CELL
& CULTURAL ASSOCIATION IN COLLABORATION
WITH VOCSKILL INVITES YOU TO
ONLINE WORKSHOP ON TOPIC "MENTAL
WELLBEING" ON 19 FEB. 2022 AT 11AM TO 12:30PM

GUEST SPEAKER
MS. LAASYA MANGALMPALLI

Topics covered

- *Burnout & Selfcare
- *what is Mental health & why is it important
- *what is burnout? identifying causes
- *Self care & Barriers of Self care
- *Mindfulness Activity



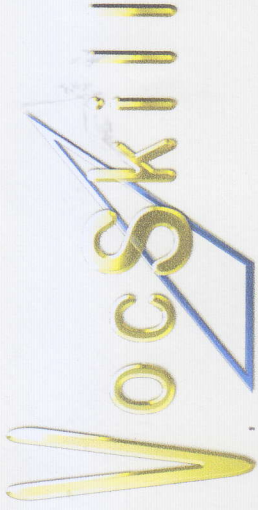
LINK FOR REGISTRATION
<https://forms.gle/ZM1eTWwj62dZkhJC8>

PROF. VIDYA TORASKAR
CHAIRPERSON-
CULTURAL ASSOCIATION

DR. GANGOTRI NIRBHAVANE
COORDINATOR-
PLACEMENT CELL

DR. JEYASHREE G. IYER
I/C PRINCIPAL





Certificate of Participation

This is to certify that

Laxmi Sushil Kumar Jaiswar

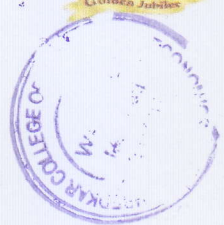
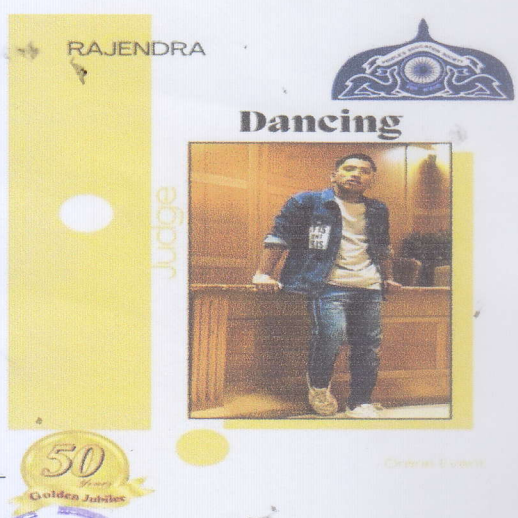
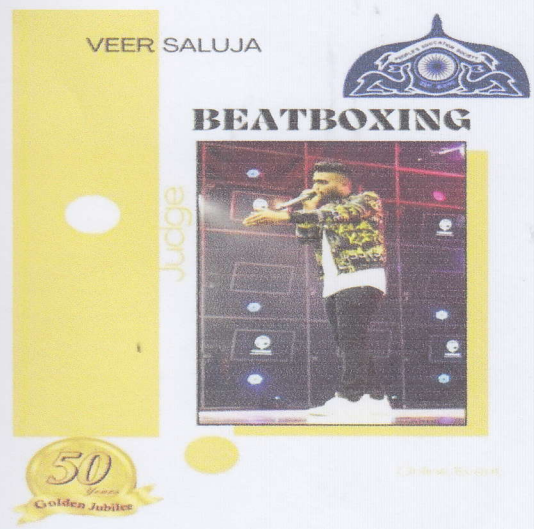
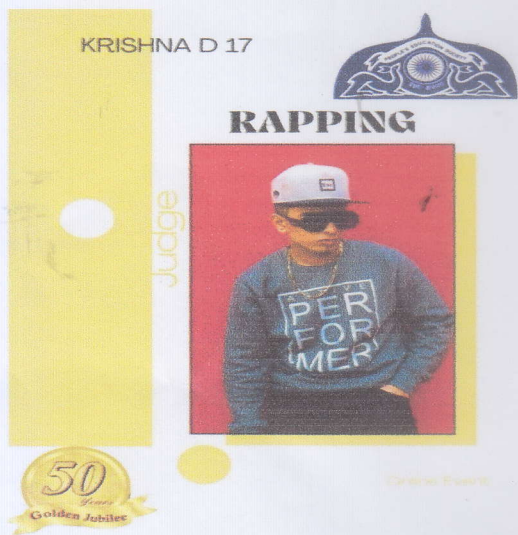
Has participated in the orientation session on “**Mental Wellbeing-Burnout & Self care**” organised by **Career Guidance & Placement Cell and Cultural Association of Dr. Ambedkar college of Commerce & Economics, Wadala, Mumbai on 19th February 2022** in collaboration with **VOC SKILL** under **SKILL INDIA** Initiative

Praveen Agrawal
Director-VocSkill

Online Intercollegiate on Rapping, Dancing, Beatboxing conducted by cultural association in academic year 20212-22.

Many entries were received from different colleges. Judges for different competitions were as follows.

Name	Competition
Krishna D 17	Rapping
Veer Saluja	Beat Boxing
Rajendra	Solo Dancing
Shivala	Solo Singing



Winners were announced on 2nd Feb.2022 by respective judges of the said competitions.
Winners of the competitions were as follows.

Varun Roy	FYBA	Beat Boxing	Nagindas Khandwala College, Malad
Pradeep Tambe	FYBA	Singing	Mahatma Phule Education Society Night College, Parel
Siddesh Tanganoor	FYBCOM	Rapping	Dr. Ambedkar College, Wadala
Aarti Jha	FYBCOM	Dancing	Dr. Ambedkar College, Wadala

On 3rd Feb 2022, winners were awarded with Cash Prize and certificate.



Principal
Dr. Ambedkar College of
Commerce and Economics
Wadala, Mun D 1 - 400 031