



Functional Linkage for  
**Collaborative Research and Student Exchange**

Between

R. C. Patel Educational Trust's  
**R. C. Patel Arts, Commerce and Science College, Shirpur**

And

Lewa Education Union's  
**Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon**



R. C. Patel Educational Trust's

**R. C. Patel Arts, Commerce and Science College**

Karvand Naka, Shirpur 425405, Dist - Dhule, Maharashtra

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**President**

**Hon. Bhupeshbhai Patel**

**Principal**

**Dr. D. R. Patil**

Date: 19/12/2018

To,  
Principal,  
Dr. Annasaheb G. D. Bendale  
Mahila Mahavidyalaya, Jalgaon

I am writing to highly recommend **Department of Psychology, R. C. Patel Arts, Commerce and Science College, Shirpur** for the research collaboration opportunity with **Department of Psychology, Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon.**

Many Researchers working in The Department of Psychology have a profound understanding of Psychology and Behavioral science, as evidenced by their multiple publications. Their innovative approach and ability to think critically have significantly contributed to our on-going research projects.

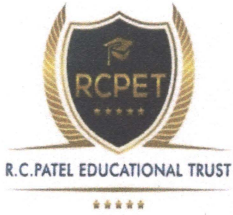
Please feel free to contact me if you require any further information. I am confident that Department of Psychology will be an invaluable asset to your research collaboration.

Sincerely,



**Dr. D. R. Patil**  
PRINCIPAL

R. C. Patel Educational Trust's  
R. C. Patel Arts, Commerce and Science College  
Shirpur, Dist.-Dhule (M.S.) 425405



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Principal

Dr. D. R. Patil

**Name of Institute/Industry** :- Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon  
**Year of Signing Linkage/ MoU** :- 2018  
**Duration of Linkage/MoU** :- 05 Years

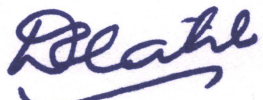
**List of Activities carried out under Linkage with Lewa Education Union's Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon**

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5.	Workshop on "Women's Mental Health"	12-13

Authorized signatures:

  
PRINCIPAL  
Dr. Annasaheb G. D. Bendale  
Mahila Mahavidyalaya, Jalgaon



  
PRINCIPAL  
R. C. Patel Educational Trust's  
R. C. Patel Arts, Commerce and Science College  
Shirpur, Dist. Dhule (M.C.)

## Research Papers

Activity: Paper Presentation with Dr. Rane S.S. ISSN 2231-4466

# DISCOURSE ANALYSIS

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(Special Issues)

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## नोकरी करणाऱ्या महिलांच्या मानसिक आरोग्याचे स्थान

- प्रा. मिरिंद प्रगवानराव कडु

मानसशास्त्र विभाग, अग्र, पी. एंटर कला, शास्त्र व कार्यात्मक महाविद्यालय, मुंबई

- प्राचार्य डॉ. एम. एम. राने

डॉ. ए. जी. डॉ. बेंदळे महिला महाविद्यालय, बडोदा

### १) प्रस्तावना (Introduction)

मानसिक व्यायथाचा प्रत्यक्ष संबंध शारीरिक व्यायथाशी आहे. ज्याप्रमाणे व्यक्तीच्या शारीरिक कार्यक्षमतेच्या क्षमता वेगवेगळ्या आहेत. त्याप्रमाणे मानसिक कार्यक्षमता ह्या मित्र-मित्र असल्यामुळे व्यक्तिगत विकासावर त्याचा परिणाम होतो. व्यक्तीच्या जन्मजात क्षमता व संपादित क्षमता यांच्या उच्चोत्तरेसाठी संतुष्ट मिळाल्यास मानसिक व्यायथा उत्तम राहते.

मानसिक आरोग्याचा विचार व्यक्तिनिष्ठ, सामाजिक व कार्यात्मक दृष्टिकोनातूनही केला जातो.

#### १.१ सामाजिक दृष्टिकोन

व्यक्तीचे वर्णन सामाजिक संकेताशी मिळते जुळते असावे म्हणजे व्यक्तीने सामाजिक रूढी, नीतानियम किंवा सामाजिक संकेत यांचे उल्लंघन करणे निखळ निकोपतेच्या दृष्टीने हानिकारक ठरेल. जो व्यक्ती या नियमांचे तंतोतंत पालन करता तो सामाजिक दृष्टिकोनातून मानसिक आरोग्य संपन्न ठरतो.

#### १.२ कार्यात्मक दृष्टिकोन

मानसिक आरोग्य हे फक्त सामाजिक दृष्टिकोनातूनच पाहिले जाते असे नाही तर मानसिक संदर्भातही ते साक्षात घेतले जाते. व्यक्तिकडून समाजाला त्रास होत नाही म्हणजे त्या व्यक्तीचे मानसिक आरोग्य संपन्न आहे. याउलट समाजाला त्रास सुरू झाला म्हणजे मानसिक आरोग्य निकोप नाही. असा अर्थ काढला जात असतो. तब्याने कार्यात्मक दृष्टिकोनातून विचार केल्यास आपल्या सर्व शारीरिक गरजा पूर्ण करून योग्य पद्धतीने आपले कर्तव्य करणे, ताणावर नियंत्रण ठेवणे याशिवाय व्यक्तिनिष्ठ व व्यक्तीच्या विधायक कार्यक्षमतेशी संबंधित सर्व अंगांचे साकल्याने विचार केला जातो.

#### १.३ महिलांचे मानसिक आरोग्य

महिलांच्या मानसिक आरोग्याचा विचार का करावा? असा प्रश्न पडतो तेव्हा महिला समाज व्यवस्था घडवण्यात महत्त्वाची भूमिका पार पाडतात. जबाबदारी वाढते म्हणून ताणाला सामोरे जावे लागते. घातक ते कुटुंबाची काळजी घेणारी म्हणून तिच्या मानसिक आरोग्याकडे विशेष लक्ष देण्याची गरज असते. कारण कामाचे ताण स्त्रियांच्या मानसिक आरोग्यावर परिणाम करतो

**Activity: Paper Presentation with Dr. Rane S.S. ISBN 978-93-85026-15-7**

**Terrorism, Religious Fanaticism  
and World Peace :  
Psychological Perspectives**

- Editor -

**Dr. Labhane C. P.**

Head, Department of Psychology,  
M. J. College, Jalgaon.



**Atharva Publications**

## Religious, Locus of Control and Superstition among College Students

Bachute Milind Bhagwanrao

R.C. Patel A.S.C. College, Shirpur, Dist. Dhule.

Dr. Rane S. S.

Dr. A.G. Bendale Mahila Mahavidyalay, Jalgaon.

### Abstracts

There are many beliefs and practices of religious nature in almost every culture which represent different platforms for expressing spirituality. These beliefs and practices contribute a variety of psychological functions in that culture. Therefore, these practices turn into superstitions when they go towards supernatural casualties and in contradiction to modern science. These superstitions are said to be creating a widespread social problem in India today.

Results are found that there is significant difference between tribal and Non-tribal students in terms of Religious commitment, Locus of Control and Superstition.

**Key word :** religious, locus of control, superstition, tribal and Non-tribal students

### 1. Introduction

Prominent in almost every culture are belief and practices of religious nature that represent forums for the expression of spirituality and in addition serve a variety of psychological function.

Superstition in India is considered a widespread social problem. Superstition refers to any belief or practice which is explained by supernatural causality and is in contradiction to modern science.

### 2. Review of literature

Zapf R.M. (1945): study the relationship between beliefs in superstitions and other factors. Results are superstition has been found to be higher among girls. Lower intelligence level. Lower socioeconomic statuses and students with a high level of suggestibility. Beck R. and Miler J.P. (2001): conducted study on erosion of belief and disbelief effects of religiosity and negative affect on beliefs in paranormal and supernatural. found correlation between a high degree of religiosity and higher level of belief in the supernatural they also found that participants high in religiosity

## **Workshop on Women's Mental Health:**

**Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon**

### **Report of Workshop on Women's Mental Health**

Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon organized a Workshop on Women's Mental Health on 16- October- 2022 in Psychology department of college. The chief guest of this programme was Dr. Milind B. Bachute, from R. C. Patel Arts, Commerce and Science College, Shirpur. He addressed the students on this day.

He told to girls' students that women's mental health encompasses a wide spectrum of issues that uniquely affect women due to biological, social, and cultural factors. These included but not limited to, reproductive health challenges such as postpartum depression, hormonal changes during menstruation and menopause, and experiences of gender-based violence and discrimination. These factors can lead to higher rates of anxiety, depression, eating disorders, and trauma among women compared to men.

Access to mental health services remained a significant challenge for many women globally, exacerbated by stigma, financial constraints, and lack of culturally competent care. Additionally, societal expectations and gender norms often place additional pressures on women, impacting their mental well-being.

Efforts to address women's mental health involved promoting awareness, reducing stigma, and ensuring equitable access to quality mental health care. This included integrating mental health services into primary health care settings, providing psychosocial support for survivors of violence, and advocating for policies that protect women's rights and promote gender equality. Empowering women through education, economic opportunities, and social support networks also played a crucial role in enhancing their mental resilience and overall well-being.





## **Workshop on Study Skills:**

**Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon**

### **Report of Workshop on Study Skills**

Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon organized a Workshop on Study Skills on 06- September- 2019 in Seminar Hall of college. The chief guest of this programme was Dr. Milind B. Bachute, from R. C. Patel Arts, Commerce and Science College, Shirpur. He addressed the students on this day. He pointed out following points regarding it.

Study skills encompassed various techniques and strategies that help individuals effectively learn and retain information. These techniques included:

1. **Time Management:** Organizing study sessions and allocating time for different subjects or tasks helps in staying focused and productive.
2. **Active Listening:** Engaging actively in lectures or discussions by taking notes and asking questions enhances understanding and retention of information.
3. **Note-Taking:** Summarizing key points, using bullet points, and organizing notes in a structured manner aid in reviewing and revising material efficiently.
4. **Effective Reading:** Skimming for main ideas, highlighting important points, and annotating texts facilitate comprehension and information retention.
5. **Critical Thinking:** Analyzing information, evaluating arguments, and making connections between concepts deepen understanding and promote higher-order thinking.
6. **Memory Techniques:** Using mnemonic devices, visualization, and repetition techniques improve memory recall and retention of information.
7. **Setting Goals:** Establishing clear objectives and breaking down tasks into manageable steps provides direction and motivation.
8. **Practice Testing:** Taking practice quizzes or tests helps in identifying strengths and weaknesses, reinforcing learning, and improving exam performance.
9. **Seeking Help:** Asking questions, participating in study groups, and seeking clarification from instructors or peers enhance learning and resolve doubts.

10. **Self-Care:** Maintaining a balanced lifestyle with adequate sleep, nutrition, and exercise supports cognitive function and overall well-being.

By incorporating these study skills techniques into their routines, students can enhance their academic performance, develop lifelong learning habits, and effectively manage the challenges of education.



## **Workshop on Stress management of Non-teaching Staff:**

**Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon**

### **Report of Workshop on Study Skills**

Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya, Jalgaon organized a Workshop on Stress management of Non-teaching Staff on 20- November- 2021 in Seminar Hall of college. The chief guest of this programme was Dr. Milind B. Bachute, from R. C. Patel Arts, Commerce and Science College, Shirpur. He addressed to the non-teaching staff of college on this day. He told various techniques to reduce the stress while working in office. He said reducing stress in the office involved practical techniques to improve well-being and productivity. Initially, prioritize tasks and set realistic goals to manage workload effectively. Take regular breaks to relax and recharge. Practice deep breathing or mindfulness exercises to stay calm under pressure. Maintain a clean and organized workspace to reduce clutter. Communicate openly with colleagues to foster a supportive work environment. Delegate tasks when possible and ask for help when needed. Finally, establish boundaries between work and personal life to maintain a healthy balance. By implementing these strategies, employees can mitigate stress levels and enhance overall job satisfaction. He involved various activities in this workshop.

