



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in

Email: rjcollege@rjcollege.edu.in

Tel No: +91 22 25151763

Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

December 04, 2023

NOTICE

ACADEMIC YEAR 2023-24

Health in Your Hands

'Mental Health'

December 09, 2023

The Department of Banking and Insurance will organise a session on 'Health in Your Hand' 'Mental Health' for SY & TYBBI Students on December 09, 2023 between 11:00 am to 12.00 noon in room no. 49, 4th Floor, RJ College. The Guest Speaker of the session will be Ms. Anusha Neelkant, Psychologist.

Mrs. Nandini Jagannaryan

Head, Dept. of B. Com (Banking and Insurance)

Dr. Himanshu Dawda

Principal
PRINCIPAL

RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA



2019: Star College Status by DBT

2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

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Brochure




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(EMPOWERED AUTONOMOUS STATUS)
Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.


Department of B.Com (Banking & Insurance)
Organises

HEALTH IN YOUR HAND

Mental Health
by




Ms. Anusha Neelkant
Psychologist




11.00 AM
to
12.00 PM



Room no: 49



December 09, 2023






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Report

Topic: "Health in Your Hand"

'Mental Health'

Date: December 09, 2023.

Time: 11:00 am to 12.00 noon

Guest Speakers: Ms. Anusha Neelkant, Psychologist.

Objective: To highlight the importance of mental and emotional health to the students.

Ms Anusha spoke to the students about how important it is to handle one's emotions and vent it out at the appropriate time.

Outcome: The students had learnt the importance of handling emotions and stress management.

No. of Attendance: 58

No. of Teachers Involved: 03 (Mrs. Nandini J., Ms. Mala. G. & Mrs. Priya. S.)




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Photographs of the session on Health in Your Hands: Mental Health organised by Department of BBI held on December 09, 2023.



Ms. Anusha Neelkant, Psychologist Interacting with SYBBI & TYBBI Students during the session.



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Certificates

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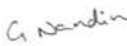
This is to certify that
Shri/Kum. Yadav Parikshit
of class SYBBI has participated in the 'Health in your hand Mental health'
On December 09, 2023.



Prof. Nandini Jagannarayan
Head, Dept. of B.Com (Banking and Insurance)


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Principal

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NAME OF THE SESSION :- "HEALTH IN YOUR HAND MENTAL HEALTH"

CLASS: SY & TY BBI

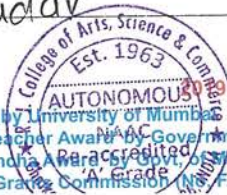
Day: Saturday

Date: 09/12/23

Time: 11:00 am to 12:00 pm

Attendance

Sr. No	Name	Class	Roll No	Signature
1	Chhama.P. Sharma	SYBBI	1145	<i>Sharma</i>
2	Sonam Singh	SYBBI	1151	<i>Sonam</i>
3	Akansha Rathod	SYBBI	1122	<i>Akansha</i>
4	Anushka Kadam	SYBBI	1102	<i>Kadam</i>
5	Jyoti Yadav	SYBBI	1111	<i>Jyoti</i>
6	Sakshi Gupta	SYBBI	1148	<i>Sakshi</i>
7	Manisha Chauhan	SYBBI	1154	<i>Manisha</i>
8	Khushnuma Shah	SYBBI	1103	<i>Khushnuma</i>
9	Anjali Dhuria	SYBBI	1126	<i>Anjali</i>
10	Kashish Jangam	SYBBI	1127	<i>Kashish</i>
11	Salma Malik	TYBBI	1231	<i>Salma</i>
12	Vandana Powjapati	TYBBI	1237	<i>Vandana</i>
13	Prachi Sharma	TYBBI	1229	<i>Prachi</i>
14	Khushi Yadav	TYBBI	1205	<i>Khushi</i>
15	Sony Gupta	TYBBI	1238	<i>Sony</i>
16	Moni Gupta	TYBBI	1248	<i>Moni</i>
17	Praanya Upadhyay	TYBBI	1233	<i>Praanya</i>
18	Varsha Prajapati	TYBBI	1204	<i>Varsha</i>
19	Neha mawliya	TYBBI	1202	<i>Neha</i>
20	Riddhi Sheke	TYBBI	1218	<i>Riddhi</i>
21	Anjany kambojite	TYBBI	1242	<i>Anjany</i>
22	Shivangi Jaiswal	TYBBI	1232	<i>Shivangi</i>
23	Ritesh Swain	TYBBI	1251	<i>Ritesh</i>
24	Patra Sneha	TYBBI	1220	<i>Patra</i>
25	Priya Yadav	TYBBI	1255	<i>Priya</i>



Star College Status by DBT

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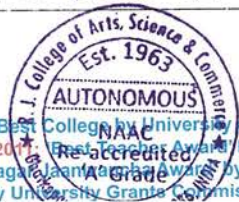
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26	Erum Shaikh	TYBBI	1206	Erum
27	Sayyed Sabiha	TYBBI	1210	Sabiha
28	Rupesh Manoya	SYBBI	1139	Rupesh
29	Himanshu Shinde	SYBBI	1104	Himanshu
30	Panikshit B. Jadar	SXBBI	1123	Panikshit
31	Vishal Prajapati	TYBBI	1216	Vishal
32	Ganesh Choudhary	SYBBI	1157	Ganesh
33	Siyam Gupta	SYBBI	1128	Siyam
34	Ritika Rai	TYBBI	1250	Ritika
35	Sakshi Tiwari	TYBBI	1240	Sakshi
36	Nikita Yadav	SYBBI	1140	Nikita
37	Namrata Singh	SYBBI	1130	Namrata
38	Prachi Patil	SYBBI	1108	Prachi
39	Redhanti Shigwan	SYBBI	1106	Redhanti
40	Muskaan Singh	SYBBI	1101	Muskaan
41	Sinthiya Shaikh	SYBBI	1107	Sinthiya
42	Saraj Chowasiya	SYBBI	1146	Saraj
43	Khushi Pandey	SYBBI	1136	Khushi
44	SIDDHESH BHARDWAJ	TYBBI	1260	Siddhesh
45	SAVAN SANGH	TYBBI	1259	Savan
46	ANMOL MANOYA	SYBBI	1147	Anmol
47	Sahil Gupta	SXBBI	1110	Sahil
48	Vinay Shinde	SYBBI	1120	Vinay
49	Nilesh Pandey	SYBBI	1150	Nilesh
50	Utkarsh Dubey	TYBBI	1221	Utkarsh
51	Prathamesh Rane	TYBBI	1215	Prathamesh
52	Ritesh Parinda Gupta	TYBBI	1247	Ritesh
53	Satyam Yadav	TYBBI	1225	Satyam
54	Rishi Saha	TYBBI	1213	Rishi
55	Abhimanyu Mishra	TYBBI	1235	Abhimanyu
56	Payal Yadav	TYBBI	1230	Payal
57	Divinchi Akarsh Umesh	SYBBI	1105	Divinchi
58	Parvha Radhika Adesh	TYBBI	1201	Parvha



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