



# 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 II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

October 16, 2023

## NOTICE

### ACADEMIC YEAR 2023-24

#### Coping with a Stressful Life through Meditation

October 23, 2023

The Department of Banking and Insurance will organise a Workshop on "Coping with a Stressful Life through Meditation" by Mrs. Muskan Makhijani, Outreach Speaker, Sawan Kirpal Ruhani Mission on October 23, 2023 between 11.00 AM and 12.30 PM

Attendance Compulsory.

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



Dr. Himanshu Dawda  
Principal

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## Brochure



Hindi Vidya Prachar Samiti's

### R. J. COLLEGE OF ARTS, SCIENCE & COMMERCE

(EMPOWERED AUTONOMOUS STATUS)

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

## Department of B.Com (Banking & Insurance)

organises workshop on

## *Coping with a Stressful Life through Meditation*



**Speaker**

### Mrs. Muskan Makhijani

Outreach Speaker, Sawan Kirpal Ruhani Mission



October 23, 2023 (Monday)



Seminar hall



11.00 am to 12.30 pm



  
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## Report

**Topic: "Coping with a Stressful Life through Meditation"**

**Date: October 23, 2023 (Monday)**

**Time: between 11.00 AM and 12.30 PM**

**Guest Speaker : Mrs. Muskan Makhijani, Outreach Speaker, Sawan Kirpal Ruhani Mission**

**Venue: Seminar Hall, Ground Floor, RJ College**

**Objective:** The talk was about helping students learn to handle their stress through meditation and the importance of practising meditation in their daily lives.

Ms Makhijani highlighted the importance of spirituality at a young age and how it benefits one, over a lifetime.

**Outcome:** The students learnt to handle their stress by practising meditation.

**No. Of Attendees: 63**

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



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## Photos of Session on "Coping with a Stressful Life through Meditation" held on October 23, 2023



Mrs. Muskan Makhijani , Outreach Speaker From Sawan Kirpal Ruhani Mission Interacting with FYBBI Students



Students during the meditation session



  
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NAME OF THE SESSION: COPING WITH A STRESSFUL LIFE THROUGH MEDITATION

Day: Monday Date: 23/10/23 Time: 11:00 am - 12:30 Pm

## Attendance

Sr. No	Name	Class	Roll No	Signature
1	VIKAS SINGH	FYBBI	1062	Vikas
2	Ankita Pal	FYBBI	1017	Ankita
3	Anchal Singh	FYBBI	1013	Anchal
4	Krishna Gupta	FYBBI	1035	Krishna
5	Rajeshwar Pandit	FYBBI	1040	Rajeshwar
6	<del>Aman</del> Aman Chaurasiya	FYBBI	1002	Aman
7	Rajesh maurya	FYBBI	1053	Rajesh
8	Amit Pandey	FYBBI	1004	Amit Pandey
9	Amit Rattilal Jaiswal	FYBBI	1011	Amit
10	Sajan Benvanshi	FYBBI	1008	Sajan
11	Shubham Kashyap	FYBBI	1005	Shubham
12	Shivam Chauhan	FYBBI	1059	Shivam
13	Yasir Khan	FYBBI	1043	Yasir
14	Akshat Pathak	FYBBI	1064	Akshat
15	Dashrath Parmeshwar	FYBBI	1020	Dashrath
16	Satyajit Pradhan	FYBBI	1047	Satyajit
17	Shiven Jaiswar	FYBBI	1037	Shiven
18	Shubham Wastade	FYBBI	1028	Shubham
19	Amaan Khan	FYBBI	1023	Amaan
20	Manish dubey	FYBBI	1003	Manish
21	Sahil Sunil Pawar	FYBBI	1055	Sahil
22	Mitesh Sunil Salvi	FYBBI	1026	Mitesh
23	Naurav Mishra	FYBBI	1042	Naurav
24	Varun Mishra	FYBBI	1033	Varun
25	Jaiswar Abhishek	FYBBI	1005	Jaiswar



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26	Priya Radkumar Gaiin	FYBBI	1021	Priya
27	Swechha Omprakash Moudya	FYBBI	1038	Swechha
28	Khushbu Rajale Sagar	FYBBI	1063	Khushbu
29	Shagun & Ashok Upadhyay	FYBBI	1044	Shagun
<del>28</del> 30	vivek Sachin Rehkar.	FYBBT	1022	Vivek
<del>29</del> <sup>31</sup>	Swarnand Santosh Redekar	FYBBI	1060	Swarnand
32	Ashray Wankhede	FYBBI	1027	Ashray
33	Disha Dubey	FYBBI	1052	Disha
34	Khushboo Yadav	FYBBI	1039	Khushboo
35	Kajal Yadav	FYBBI	1051	Kajal
36	Priti Rana	FYBBI	1034	Priti
37	Rishu YADAV	FYBBI	1046	Rishu
38	Bhumi Prajapati	FYBBT	1007	Bhumi
39	Namrata Mandavkar.	FYBBI	1031	Namrata
40	Swati Anil shinde	FYBBI	1015	Swati shinde
41	Sejal sukhakar Gavade	FYBBI	1049	Sejal
42	Pooja Ankush Lambade	FYBBI	1016	Pooja
43	Riya Patel	FYBBI	1066	Riya
44	Kusum Verma	FYBBI	1054	Kusum
45	Khushi Prajapati	FYBBI	1058	Khushi
46	Priya Verma	FYBBI	1009	Priya
47	Bhuvan Bhattarai	FYBBI	1010	Bhuvan
48	Simran Shekhawat	FYBBI	1056	Simran
49	Roma. Singh	FYBBI	1024	Roma
50	Raiya Shaikh	FYBBI	1036	Raiya
51	Poonam Jena	FYBBI	1018	Poonam
52	Rafiya Shaikh	FYBBI	1045	Rafiya
53	Sheha R. Panda	FYBBI	1029	Sheha
54	Meghana A. Gond	FYBBI	1065	Meghana
55	Unnati S. Yadav	FYBBI	1050	Unnati
56	Vikas Soni	FYBBI	1048	Vikas
57	Rishikesh Chopat	FYBBI	1057	Rishikesh
58	Vishal Mishra	FYBBI	1061	Vishal



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SR.NO	NAME OF THE TEACHER	DEPARTMENT	SIGNATURE
1	MS. NANDINI JAGANNARAYAN	BBI	
2	MS. MALA GIOPLANI	BBI	
3	MS. PRIYA SHETTY	BBI	



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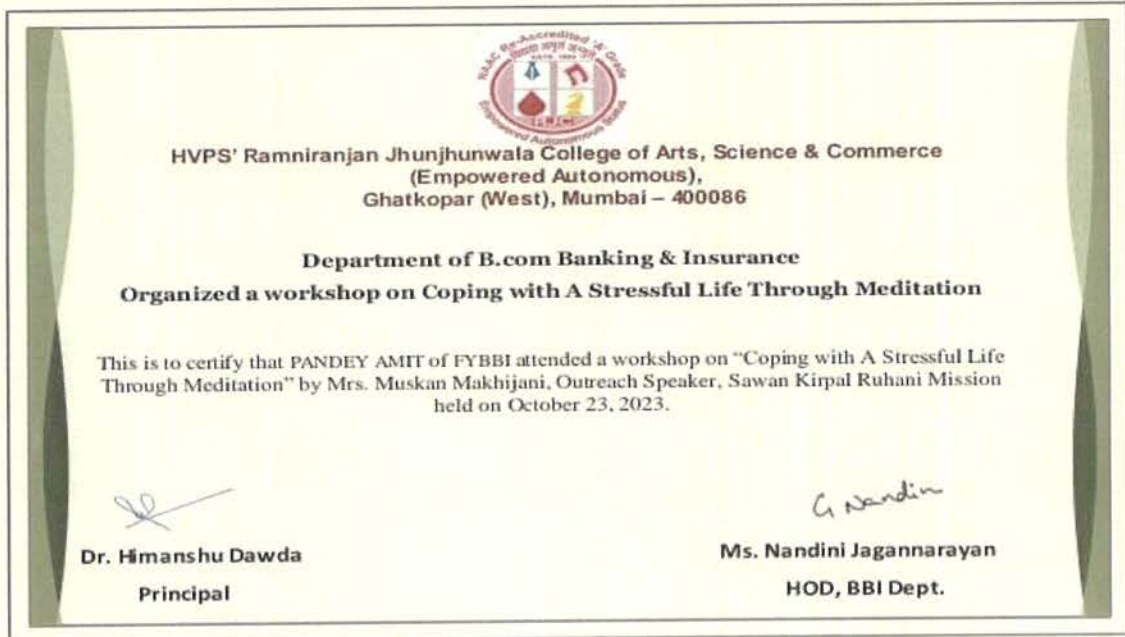
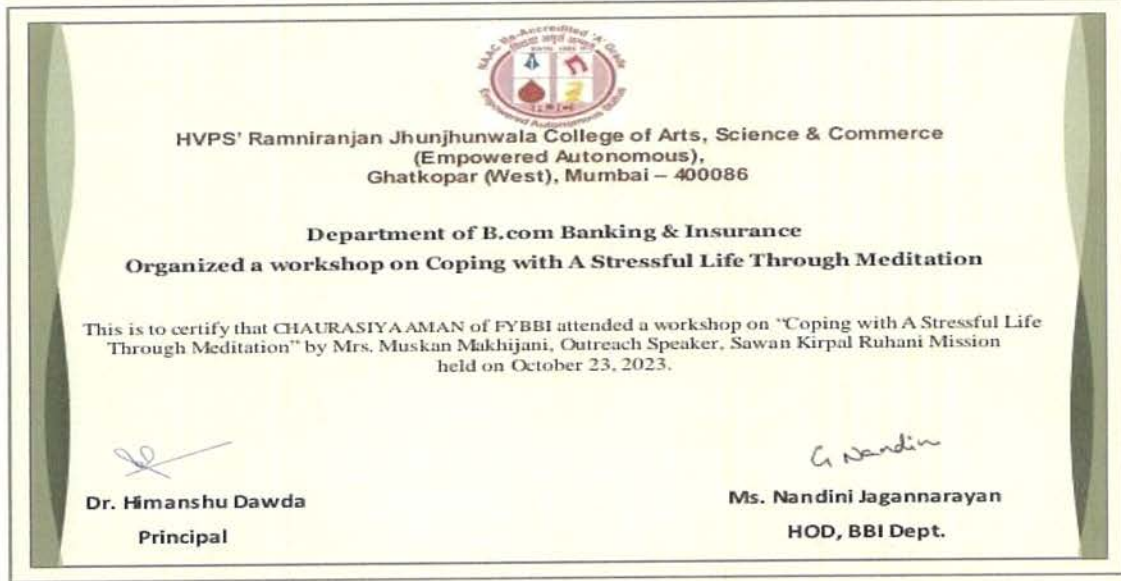
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## Certificates



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