

(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

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: 3.10)

Date: 12th August, 2023

#### NOTICE

# Department of B.Com (Accounting and Finance) Celebrates

Azadi Ka Amrut Mahotsav (AKAM) - 'Session on Health and Wellness'

To commemorate 75 Glorious Years of Progressive Independent India, The Department of B.com (Accounting and Finance) celebrates Azadi Ka Amrut Mahotsav (AKAM) by organizing an event on Health and Wellness.

Date: 14 August, 2023

Venue: MPSS Hall Time: 10.00 am

Ms. Rekha Shetty

**BAF In-Charge** 

Dr. Himanshy Dawda

Principal



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OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIF



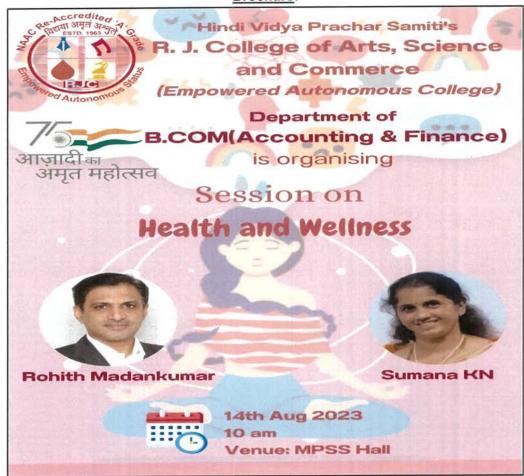
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#### Brochure:





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#### HINDI VIDYA PRACHAR SAMITI'S RAMNIRANJAN JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE & COMMERCE (EMPOWERED AUTONOMOUS COLLEGE)

Department of BAF Academic Year: 2023-24

Report on "Session on Health and Wellness"

Date

: 14th August 2023

Day

: Monday

Venue

: MPSS Hall

No of Student Beneficiaries

: 113

No of Teacher Beneficiaries

: 02 (Rekha Shetty, Nilesh Ghagde)

Objective

: Students should be able to identify and understand

the

factors contributing to stress and its impact on physical

and mental health.

Learning Outcome

: Students recognize the signs of stress and its effects

on

the body and mind. Apply practical stress management

techniques to enhance their overall well-being.

The health and wellness session were a remarkable and enlightening event that provided valuable insights into leading a healthy and balanced lifestyle. The speakers for the session were Rohith Madankumar and Sumana KN, both of whom are renowned experts in the field of health and wellness. Their presentations were informative, engaging, and inspiring, leaving a lasting impact on all attendees.

Rohith Madankumar, a distinguished health and wellness advocate, began the session by emphasizing the importance of maintaining physical fitness and mental well-being. He highlighted the significance of regular exercise, proper nutrition, and stress management in achieving a harmonious life. Rohith's dynamic presentation not only shared practical tips but also motivated the students to take proactive steps towards improving their overall health. His knowledge and passion for the subject were evident, making his talk both credible and captivating. The session ended by presenting a vote of thanks.



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AUTONOMO NAAC Re-accredited

Grade

# R. J. COLLEGE of Arts, Science & Commerce (Empowered Autonomous)

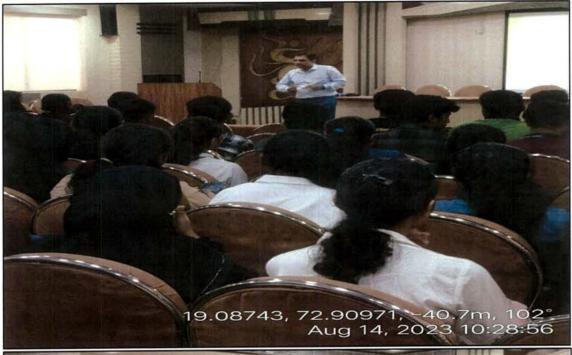
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Photos: Mr. Rohith Madankumar and Sumana KN conducting session on "Health and Wellness" dated 14th June 2023





2019: Star College Status by DBT

2008: Best College by University of Mumbai 2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College 2013 & 2014: 'Jagar Jaanivancha Award' by Govt, of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013



Re-accredited 'A' Grade

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

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Department of BAF					
Academic Year: 2023-2024					
Name of the Event: Session on Health & V	Jeliness				
Date: 14 Aug. 2023					
Place: MPSS Hall					
Time: 10.00 am  Total Number of Student Beneficiaries: 113					
Total Number of Student Beneficiaries: 113  Total Number of Teacher Beneficiaries: 02 (Relcha S	hetty. Ni	lesh G	hadge).		
Sr No Name of the student (First Name Last Name)	Class	Roll No	Signature		
0 0 11 11	5413A12	9107	Pyadau		
	TYRAF	9241	atom		
1000	TYRAE	9230	1 Just		
3) Khushoo Kumi	NROE	9204	Sur		
2) Sonam Tandey	TYRAF	9235	5. Brayd		
5) Shruti Gunja!		9225	Que		
65 Purva . P. More	SYBAF	9139	Discover		
7. Kiran R. Chaurasiya					
8) Anamika R. Pandey	SYBAF	9125	dramiteg		
9) Unival Susmita	SYBAF	9147	Puriyat.		
10) Riddhi Dwivedi	SYBAF	9132	Riddy		
11) Sanjiyani Nikam	TYBAF	9206	Shikara.		
12) PRITI. JAISWAL	TYBAF	9229	Teva		
	TYRAF	9218	78		
A4000	TYBAF	9263	ghouts		
	TYBAF	9224	velou		
15) usha Bajiyala	TYBAF	9215	Thile		
105 Mansi Bodhe	TYBAF	9205	Ragnii		
17) Ragini. v. Chamasiya			Oa sya		
18) Saziya Meer	TYBAF		soujale		
197 Agria Kajale		-	Larshite		
20> Harshita Jain	TYBAF	922+	flew		
21) Hemlata Prajapati	TYBAF	9217	, Helse		
22) Bharini Mishra	TYBAF	9222	B		
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_	ate:	14 Aug. 2023				
-	lace:	MPSS Hall				
	ime:	nber of Student Beneficiaries:	)			
1(50)		mber of Teacher Beneficiaries: 02 (Rekha Sh	netty, Ni)	esh Gh	adge).	
	Sr No	Name of the student (First Name Last Name)	Class	Roll No	Signature	
	1)	Nitin Sweet Chaurasiya	SYBAF	9111	WIHE	
	01	ich lei	SYRAF	9121	1	
	21	Mohammad Gause	GVRAF	9124	Acous.	
	47	Adifyor Singh	SYRAF	9156	Aine	
	5)	Mohd. Tabrej	SYBAF	9121	m. Tabrej	
-	6)	20 05 1800 PERSON AND AND AND AND AND AND AND AND AND AN	SYBAF	9119	Masira	
$\vdash$	7)	5 C V 5 C V	SYBAE	9123	Alingsha	
-	8)		SYBAF	9100	Alab	
$\vdash$	9)	Alok Singh	SYRAF	91.54	Some	
-	/	Sone Vishwakama	EVONE	9656	8	
-	10)	Suray Krishna	- VPN-	9030	Mhetty	
-	11)	Naveen F. Shelly	FYBAF	1 100000		
_	12)	AKShay Mishra	1-7 B1+1-	9037	TIVI.	
	13)	Pritam. upadhyay	EY BAF	3052°	Postum	
	14)	Babul Panigrahi	FYRAF	9029		
	15)	Tejas Say	FTBAF	9001	Tejas	
	6.	Anas flashmi	FYBAF	9028	200	
1	77.	Snehal Singh	SYBAF	9146	Shehal .	
T	18.	Seial Vishwaltarma	SYBAP	9157	N/	
	19.	Andry Saw	SYBAF	9113	Las	
	20	Isavind Wajheri	SYBAF	9106	Gours	
	21	20 0	SYBAF		Ativens	
	22.	I shar Shaikh	SYBFF	9143	2	
上	AC.		SYBAF	9151	Aulte	
Aris,	Stiento Comme	Sudha Projapati	SYBAP	9102	Chandani	



NAAC accredited 'A' Grade

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	the Event: session on Health &	Wellness	3 '	
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lace: ime:	MPSS Hay			
	mber of Student Beneficiaries:			
	mber of Teacher Beneficiaries:			
Sr No	Name of the student (First Name Last Name)	Class	Roll No	Signature
1	Nikhil - vishwakanna	FYBAF	9005-	stelling
2	Anish Munna Idonogiya	FYBAF	9059	Aniss.
2.	Aditea Good	FYBAF	9015	Rditger.
4.	Rupesh Maurya	TY BAG	9014	Aupal
5.	Rishabh Dubey	SYBAF	3150	Rubey
6.	Ci di di di	SYBOF	9148	Santan
7	Mohan Gadhavi	84BAF	(1 10	When.
8.	A (1 )	SYBAF	9123	Prayof
9.	ANTELL CILAVAN	SYDAF	9101	Ar Anna
10.	PARTSH (HAVAI)	SYBAF	9118	P.Q.Simil
1	Preet Shah	SYRAF	9128	All
11.	Flbhishelt yadaw.	与Y BAF	1	Quido
12.	Shive lan aupta.	4	9067	Jainatt
13	Jainath Prajapati	TYBAF	9258	1
14	Kunal Saward	TYBAF	9261	the start
15	Smallan pandy	TYBAF	9201	than
16	Keneti chama	TYBAF	9228	Ks hitty
17		TYBAF	9262	yesh
18	Ansan Taiba	TYBAF	9253	AAIBA
19	Pooja Bhardwat	TYBAT	9240	100 C
20	Shweta shykla	TYBAF	9246	The holde
21	Ammar Fidui	TYBAF		ANDE
22	Vipay J. Prajarati	TYBAF		Vincey
		TYBAF	9252	galande
NO NOUS	Kanishka Mali	TYBAF	9214	Dual.

2019: Star College Status by DBT

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Sr. No	Name	Class	Roll No	Signature
].	Mohit Sabat	TYBAF	9239	solabet.
2	Chaitanya Rane	TYBAF	9248	Clar
3	Gunai Sangare	TYBAF	9237	912-
Ч	Ayush Singh	TYBAF	9224	Og A
5	Anirag Chairasia	TYBAF	9260	1
6-	Manoj sharma	TYBAF	9250	M.K. Sharz
Z.	Doepal Shidye.	TYBAF	9247	Dinate.
8.	Bucha. Alive.	TYBAF	9219	Oliver.
9.	Shradeha vishwakan	ma TYBA9	9249.	Suddle
10	Rajnish Rajbheir	TYBAF	9212	Reynix
11	GAURY ADANGALE	FYRAF	9061 -	genn
12.	khushi Gupta	FYRAF	9024	khushi
13.	Deepshikha yadav	FYBAF	9007/	Deepshikha
14.	Khan Arfa	FYBAF	9009	KAZIA.
15	Buya Grupta	FYBAF	9025/	Pour
16.	Same Sayed	FYBAF	9032	Soing,
[4.	Sneha Dubey	FYBAF	9006	Beha
18.	Mahvash Shaikh	FYBAF	9062	Alshaiktha
9	Shubham D. Cupta.	TYBAF	9203	And.
20	Shaikh Shaba.	FYBAF	9003	Q.
21	PATEL QADARBI NAZIR.	FYBAF	9051	QADARBI
22	Siddiqui Igra	FYBAF	9036	Igna .

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Sr. No	Name	Class	Roll No	Signature
25	Springal Janarath	TYBAF	9251	Borrath
26	Vaishow: Vichare	TYBAF	9213	J.P.
47	Vaishali Sharma	TYBAF	9226	Poushali
28	Anjali Singh	Tybaf	9232	Ringh.
29	Sneha singh	TyBer	9208	Selve
30	Taron Single	TYBAF	9209	Jag .
31	Bhastay Gowda	TYBAF	9210	Blookar
32	VIDHI GUPTA	FYBAF	9034 *	vidhia
33	Shreya Chaubey	FYBAF	9042/	Shayes
34	Kirti Mishra	FYBAF	9044/	Kinti
35	Shivani Pandey	FXBAF	9026/	Shivani.
36	Mansi Sukhaye	FYBAF	9047	Smuthage
37	Saloni Pawar	FYBAF	9017	QBauak.
38	Diksha vishwakarma	FYRAP	9010	Dikeba
39	divide Mishra	FYBAF	90454	(A)
46	Khushi Vishookarma	FYBAF	90491	1 HUSM
41	Anjali Projapeli	TXBAF	9216	Ayai
42	Baril Thomas	TYBAF	9202	Bolal
43	Chinnayi Bharambe	TYBAF	9207	Thelants
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			***************************************	
ge of Arts, Sci				

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August 14, 2023

To,

Rohith Madankumar

Subject: Letter of Appreciation.

Respected Sir,

On behalf of our college and the Department of B.Com (Accounting & Finance), we would like to express sincere gratitude and heartfelt thanks for being our guest speaker for the session on "Health and Wellness" conducted on 14th August 2023.

The knowledge you imparted shall serve to enhance our students' understanding and assist them in their future endeavors.

We appreciate your presence and look forward to the next session.

Thank you!

With regards,

Dr. Himanshu Dawda Principal



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August 14, 2023

To,

Sumana KN

Subject: Letter of Appreciation.

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