

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

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)

DATE: 16th June 2023

NSS Unit of Ramniranjan Jhunjhunwala College

NOTICE

NSS UNIT of RAMNIRANJAN JHUNJHUNWALA College is attending a University Level **4 Days Yoga Training Camp** organized by University of Mumbai in Collaboration with Kaivalyadhama Yog Institute from 18th June – 21st June 2023 at Kaivalyadhama Yog Campus at Churni Road.

Sr. No.	Date	Day	Time
Day 1	18 th June 2023	Sunday	7:00 am – 3:30 pm
Day 2	19 th June 2023	Monday	10:00 am - 3:30 pm
Day 3	20 th June 2023	Tuesday	10:00 am - 3:30 pm
Day 4	21st June 2023	Wednesday	8:00 am - 11:00 am

NSS PO

PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEG
OF ARTS, SCIENCE & COLPARENCE, JTC
Ghatkotar (VV), Mumbai-400 086, Rahara (F.)

Principal





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

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Year 2023 - 2024

Report Of NSS Unit Activity

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HINDI VIDYA PRACHAR SMITI'S Ramniranjan Jhunjhunwala College (Empowered Autonomous)



NSS UNIT

In Collaboration With

Kaivalyadhama Institute

Organise

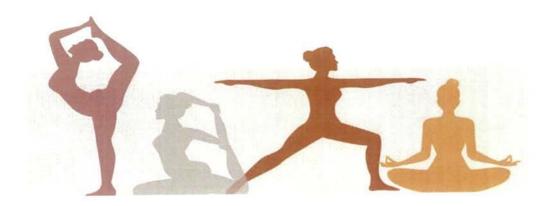


Date: 18th June to 21th June

Time: 07:00 am to 10:00 pm (All day)

Venue : Kaivalyadhama Institute, Charni road







RAMNIRANJAN JHUNJHUNWALA COLLEGI OF ARTS. SCIENCE & COMMERCE (AUTONOMOU. Ghatkone: "N). Mumbai-400 086, Maharashtra, INDIA



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Report Of NSS Unit Activity

REPORT

Name of the Event - INTERNATIONAL YOGA DAY CELEBRATION 2023

Organised by - Kaivalyadhama Institute

Day and Date: 18th-21th June 2023

Time: 7:00 Am (All Days)

Venue- Convocation Hall, Fort Campus

Objective of the Activity – The International Yoga Day program on 18th to 21th June 2023, organized by the NSS unit and Kaivalyadhama institute, aims to promote the practice of yoga and its holistic benefits, fostering physical, mental, and spiritual well-being.

SDG GOAL: The celebration of International Yoga Day aligns with several Sustainable Development Goals (SDGs), mainly related to health and well-being. The specific goal that is relevant to the promotion of yoga and its celebration is:

SD 3: Good Health and Well-being

- Target 3.4 specifically aims to "promote mental health and well-being" and includes aspects of mental health promotion, which practices like yoga are often associated with. By celebrating International Yoga Day, which emphasizes the physical and mental health benefits of yoga, there is a contribution to the broader goal of promoting well-being as outlined in Goal 3 of the SDGs.

The Events Is In Accordance 3rd AND 4th Benefits Of Adapting Yoga On A Daily Basis In Your Life

DAY ONE (18/06/2023): On day one they tell us about benefits of yoga, Yoga offers numerous benefits, promoting physical strength, flexibility, and balance and It also enhances mental well-being

DAY TWO (19/06/2023): On day two they tell us about Basic yoga exercises like Mountain

Pose (Tadasana) for grounding, Downward Dog (Adho Mukha Svanasana) for stretching, and



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Child's Pose (Balasana) for relaxation. These poses build a foundation for strength, flexibility, and mindfulness in a yoga practice.

DAY THREE (20/06/2023): On day three Learned about different postures and sequences that contribute to holistic fitness. The instructors provided insights into the specific areas of the body that each exercise targets, emphasizing the interconnectedness of physical wellbeing.

Volunteers actively participated in the training, gaining valuable knowledge on how to incorporate full-body yoga exercises into their daily routines. The session aimed to empower participants to promote the importance of such exercises in enhancing flexibility, strength, and overall health.

DAY FOUR (21/06/2023): On the last of the Celebration selected volunteers were required to attend all sessions to qualify for the certificate of participation. This served as a testament to their engagement and investment in the training program. Additionally, volunteers were reminded to be dressed in comfortable attire suitable for yoga practice, ensuring a conducive environment for effective participation in all sessions.

The final day celebrated the collective efforts of the volunteers, emphasizing the importance of their role in spreading awareness about the benefits of yoga in daily life.



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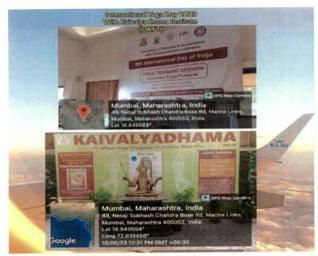
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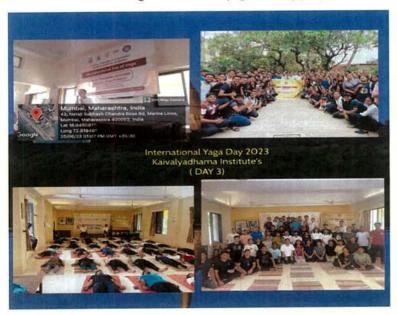
Year 2023 - 2024

Photo of the University Level International Yoga Day in collaboration with Kaivalyadhama





Volunteers attending a session on a yoga training programme.



Students during yoga training and lecture on mental health



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Students learning yoga training at Kaivalyadhama institute auditorium.



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NAME OF THE SESSION: University level Your Trainin

Time: 7:00 am -3:30 pm

Attendance

Sr. No	Name	Class	Roll No	Signature
1.	Mohit S. Gundal	7917	6475	Mohit
2.	Mohit S. Gundal Tisha R. Gupta	SYCS	5369	Mohit Tisha
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NAAC Re-accredited

'A' Grade

PRINCIPAL RAMNIRANJAN JHOUHUNWALA COLLEGI 2019: Star College Status by DBT

OF ARTS, SCIENCE & Co. LERCE (AUTONOMOUS)

Chatkopar (W), Murchai, 400 086, Maharashtra, INDI/

2008: Best College by University of Mumbai

2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

2019: Star College Status by DBT

Chatkopar (W), Murchai, 400 086, Maharashtra, INDI/

2019: Star College Status by DBT

Chatkopar (W), Murchai, 400 086, Maharashtra, INDI/

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



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NAME OF THE SESSION: University	Level	4 das	Yoga
<i>-</i>			, ,
Training	Camp		

Day: Monday Date: 19/06/2023 Time: 10:00 am - 3:30 pm

Attendance

Sr. No	Name	Class	Roll No	Signature
1.	Mohit S. Gundal	74 17	6475	Mohit
2.	Mohit S. Gundal Tisha R. Gupta	74 1T 54 CS	5369	Tisha
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NAAC Re-accredited A' Grade

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NAME OF THE SESSION: University	Level	4	Dou	1000	
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Training	Camp				_

Day: 20 Tuesday Date: 20/06/2013 Time: 10:00 am - 3:30 pm

Attendance

Sr. No	Name	Class	Roll No	Signature
,	Mohit S. Gundal	7417	6475	Mohit
2 .	Mohit S. Gundel Tisha R. Gupta	SYCS	5369	Mohit Tisha
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	ola College of d.			
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Re-accredited

'A' Grade

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2019: Star College Status by DBT

CF ARTS, SCIENCE & GLASTIC (AUTONOMOUS)

2008: Best College by University of Mumbai

2010: IMC RBNQ Award 'Performance Charlegary (Myr Manuar 209 986, Maharashtra, INDV

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



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NAME OF THE SESSION:	University	level 4	Day
	J		1
	Yoga Train	ny Camp	

Day: Wednesday Date: 21/06/2023 Time: 9:50 am - 10:00 am

Attendance

Sr. No	Name	Class	Roll No	Signature
1,	Mohit S. Gundal	TYIT	6475	Mohit
2.	Mohit S. Gundal Tisha R. Gupta	SYCS	5369	Tisha
	in a local and a l			
	Est. 1963 of			
	AUTONOMOUS 8			

NAAC

Re-accredited

'A' Grade

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CF ARTS, SCIENCE & CO. LERCE (AUTONOMOUS Ghalkopar (W), Mumbai - 400 086, Maharashtra, INDU

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Certificate





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