



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)

Date: 18th October, 2023

NOTICE

Department of Mass Media (BAMMC) Organizes A Session on Mental Wellness

The Department of Mass Media (BAMMC) is organising a session on Mental Wellness for the students of First Year as a part of co curricular course, wherein the speaker shall be discussing the importance of Mental Wellness, challenges that young learners are facing and steps that can be taken to support their wellness.

Day and Date: Monday, 23 October, 2023

Time: 8:30 - 10:00 AM

Venue: Room No 64, 6th Floor, RJ College

Looking forward to your participation!!

Ms. Pooja Bhardwaj

BAMMC In-Charge

Dr. Himanshu Dawda

Principal

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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

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

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Poster



HVPS's Ramniranjan Jhunjhunwala College of Arts, Science & Commerce (Empowered Autonomous)

Department of Mass Media (BAMMC)
is organising

LIVE SESSION

Mental Health Matters

How to Manage Your Mental Health



MONDAY
OCTOBER 23, 2023



8:30AM -10:00AM



With:

**Pooja
Bhardwaj**

Venue: Room 64, 6th Floor,
RJ College



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Department of Mass Media (BAMMC)

Academic Year: 2023-2024

Report: Mental Health Matters Session

Date: October 23, 2023

Day: Monday

Time: 8:30 AM - 10:00 AM

Venue: Room No 64, 6th Floor, RJ College

A session on Mental Health and Wellness was conducted by Ms. Pooja Bhardwaj for the students of FYBAMMC. The session commenced with a small quiz and an ice breaker game. The students were asked to choose an emoticon that best describes their mood and what causes that emoticon to change vis a vis to their mood. They were then asked to write down five things that make them happy and five things that stress or upset them.

The students were then shown a video followed by a discussion on how many of the five things listed are a consequence of things in their control and how many are beyond their control. The importance of making the right choice to preserve and enhance their respective mental health was reiterated with a small exercise.

Objectives of the session:

1. To familiarize the learners with the concept of mental health and wellness.
2. To enable the learners to understand the importance of mental health.
3. To make the learners understand the factors that affect their respective mental wellness and how they can make right choices to enable positive mental health.

Outcomes of the session:

1. The learners gained knowledge and understanding of mental health and wellness and its importance in leading a fulfilling life in today's evolving lifestyles.
2. The learners discussed the ways in which they can identify causes that have a negative impact on their mental wellness.
3. The learners were able to analyze the ways in which they can take steps and measures to maintain positive mental health and wellness.

Total Number of Student Beneficiaries: 29

Number of teacher beneficiaries: 01 (Ms. Pooja Bhardwaj)



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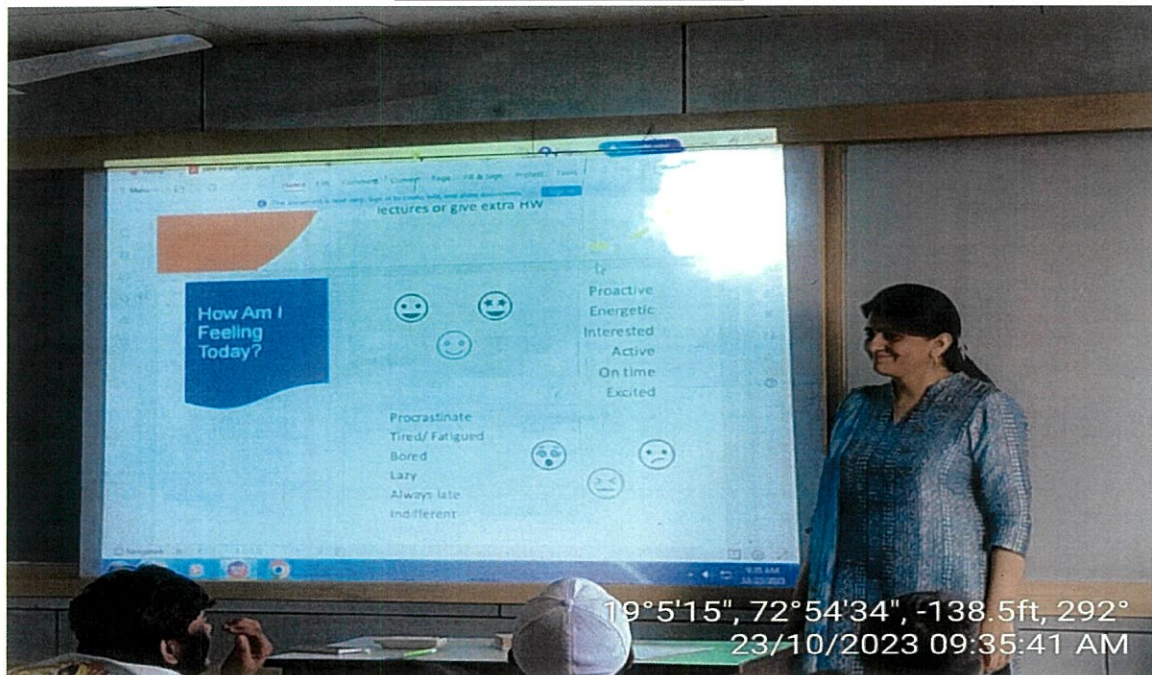
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Photo of students engaged in the Mental Wellness Session on 23rd October 2023



19°5'15", 72°54'34", -138.5ft, 285°
23/10/2023 09:35:35 AM

The speaker, Ms. Pooja Bhardwaj explaining the importance of mental wellness to the students.



19°5'15", 72°54'34", -138.5ft, 292°
23/10/2023 09:35:41 AM

The students interact and discuss their challenges with the speaker.



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BAMMC Department

Academic Year: 2023-2024

Name of the Activity: Session on Mental Wellness

Class: FYBAMMC ; Room No 64

Date: 23 October 2023

Time: 8:30 AM - 10:00 AM

Speaker: Prof Pooja BHARDWAJ

Total Number of beneficiaries: 29

Sr No	Name of the student (First Name Last Name)	Class	Roll No	Signature
01	Rohan Bhatnagar	BAMMC	2006	
02	Shivam Tiwari	BAMMC	2037	
03	Hemant Mhadeshwar	BAMMC	2015	
04	Abhinav Khambaye	BAMMC	2033	
05	Prabhat Kumar	BAMMC	2035	
06	Parv Shah	FYBAMMC	2011	
07	Nisha Gupta	FYBAMMC	2041	
08	Arijali Gound	FYBAMMC	2032	
09	Sheetal Kumawat	FYBAMMC	2051	
10	Esther Devkule	FYBAMMC	2002	
11	Shyam Satyarthi	FYBAMMC	2050	
12	Chaitanyam Phem	FYBAMMC	2026	
13	Anshuman Mishra	FYBAMMC	2001	
14	Fazhona Shaikh	FYBAMMC	2047	
15	Rutuja Jentekar	FYBAMMC	2030	
16	Pranali Rajgiri	FYBAMMC	2034	
17	Aman Tiwari	FYBAMMC	2018	
18	Shwet Tiwari	FYBAMMC	2056	
19	Romir Hire	FYBAMMC	2045	



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Academic Year: 2023-2024

Name of the Activity: Session on Mental Wellness

Class: Room No 64, FYBAMMC

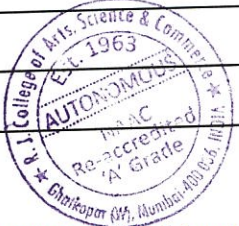
Date: 23 October 2023

Time: 8:30 AM - 10:00 AM

Speaker: Prof. POOJA BHARDWAJ

Total Number of beneficiaries: 29

Sr No	Name of the student (First Name Last Name)	Class	Roll No	Signature
20]	SHRAVAN. A. KALE	FYBAMMC	2028	
21]	Aniket . C . Kharat	FYBAMMC	2058	
22]	Khushi shukla	FYBAMMC	2027	
23]	Pridee Jha	FYBAMMC	2029	
24]	Riddhi more	FYBAMMC	2022	
25]	ANJALI YADAV	FYBAMMC	2007	
26]	Prapti Sharmg	FYBAMMC	2008	
27]	Sana Khan	FYBAMMC	2049	
28]	Saima Shaikh	FYBAMMC	2013	
29]	Pallavi Bhalerao	FYBAMMC	2048	



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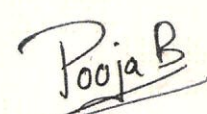
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Certificate




HVPS's Ramniranjan Jhunjhunwala College of Arts, Science & Commerce (Empowered Autonomous)

This certificate is presented to
Nisha Gupta
for attending a session on Mental Wellness
organised by Department of Mass Media
(BAMMC) on 23 October, 2023.



BAMMC Department



Principal




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