



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

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: 19/06/2023

Notice

BMS Department

The BMS department is celebrating **International Yoga Day on 21st June 2023**. To celebrate the event a training session of Yoga is organized for the students.

The details are as follows:

Day: Wednesday

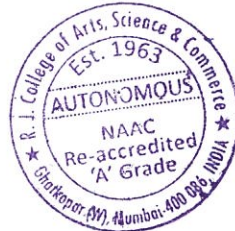
Date: 21st June 2023

Time: 9:00 am onwards

Venue: Gymkhana

All are cordially invited.

Prof. Kalaiselvi Nadar
Dawda
BMS Co-ordinator



Dr. Himanshu

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

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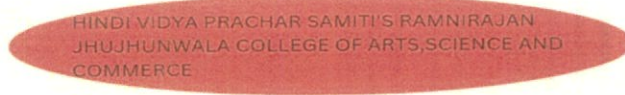
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Brochure



DEPARTMENT OF BMS
CELEBRATES

INTERNATIONAL



Yoga is the journey that takes you through yourself, to your true self, to your soul



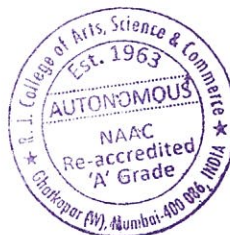
Mr. Ajay Kumbhar

Lead examiner, Ayush Ministry Govt of India
UGC NET, MA in yoga, PGDYS, YIC (SVYASA)
TTC in Yogic Science, Member of Indian Yoga Association.

DATE : 21ST JUNE, 2023

TIME: 9:00 AM

VENUE: COLLEGE GYMKHANA




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Bio-data

AJAY RAVINDRA KUMBHAR

Website: www.yogsvision.co.in

Ajay Kumbhar(Kumar Ajay)

Ramlakhan Yadav House No.05 Phone – 2595 6680

Gaodevi Road , Bhandup (West) Mobile – 98205 51457

Mumbai – 400078

Maharashtra

Objectives

To make youth/society free from stress and tension; to improve concentration and confidence within people with the help of Yoga, Pranayama and Meditation; to develop personality of youth such that they can be responsible citizens.

Education

- Graduation in Political Science, Mumbai University, N.E.S Ratnam Collage, Bhandup (west) Mumbai (2000 – 2001)
- TTC in Yoga , teacher's training course in yoga, certified trainer on Yoga, Pranayam, Meditation, Mudras, Bandhas, Bhavas & Kriyas for Students & Young Adults from Yoga Institute In 2009.
- Advanced Comprehensive Yoga Teachers Training Course From THE YOGA INSTITUTE, SANTACRUZ IN 2011
- Executive Post Graduate Diploma - YOGA SCIENCE, FROM KAVIKULGURU KALIDAS SANSKRIT VISHWAVIDYALAYA, Ramtek, Nagpur, IN 2013
- YIC (Yoga Instructors Course) - SWAMI VIVEKANAND YOGA ANUSANDHANA SAMSTHANA, BANGLORE IN DECEMBER 2013
- Master of Arts (YOGASHASTRA) - KAVIKULGURU KALIDAS SANSKRIT VISHWAVIDYALAYA, RAMTEK, NAGPUR IN 2014 AND 2015

Work Experience

ICCR (Indian Council of Cultural Relations) – 2020 till present

Conducted over 25 practical yoga and meditation sessions for Swami Vivekananda Cultural High Commission of India, Colombo, Sri Lanka.

Associated with Consul General of India, Melbourne & Ayush Information cell as a yoga teacher from oct 2022.



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Report

BMS Department

Name of the Session: International Yoga Day

Trainer: Mr. Ajay Kumbhar

Day: Wednesday

Date: 21st June, 2023

Time: 9:00 am onwards

Venue: Gymkhana

No. of Participants: 51

No. of Teachers: 02

To commemorate the International Yoga Day we had invited Mr. Ajay Kumbhar sir a well known Yoga instructor. Ajay sir started the workshop with sharing his experience and creating awareness and to practice yoga for good health and wellbeing.

Ajay sir started and instructed the students to do Surya Namesake, different asan for posture correction, clap & smile therapy for stress management.

Students enthusiastically participated in the workshop. The workshop ended with a thank you note.




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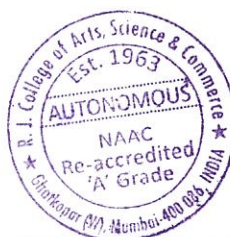
Photos of the International Yoga Day Celebration on 21/06/2023



Students during Yoga session with trainer



Student and Teachers Felicitating Yoga Trainer Mr. Ajay Kumbhar





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Attendance

Session: International Yoga Day

Date: 21/06/2023

Trainer: Mr. Ajay Kumbhar

Venue: Gymkhana

Sr. No.	Name & Roll no.	Stream	Signature
01	Suraj Saw 9221	TYBAF	Suraj
02	Shubham D. gupta 9203	TYBAF	Shubham
03	Amit Kumar Basai 9236	TYBAF	Amit
04	Jainath Prajapati	TYBAF	Jainath
05	Vinay Prajapati	TYBAF	Vinay
06	Mohit Sabat	TYBAF	Mohit
07	Yuvraj Sangare	TYBAF	Yuvraj
08	Sahil Gupta	TYBAF	Sahil
09	Saifnisi Deskar	TYBAF	Saifnisi
10	Sumit Shekar	TYBAF	Sumit
11	Kunal	TYBAF	Kunal
12	Safiya Meer 9223	TYBAF	Safiya
13	Purva P. More 9225	TYBAF	Purva
14	Shruti Mishra	TYBAF	Shruti
16	Sonam Pandey	TYBAF	Sonam
17	Khushboo Mahendra Kurmi	TYBAF	Khushboo
18	Ansal gupta	TYBAF	Ansal
19	Sneha Singh 9208	TYBAF	Sneha
20	Aarya Kojale 9244	TYBAF	Aarya
21	Shruti Gunjal 9235	TYBAF	Shruti
22	Pooja Bhagwanji 9240	TYBAF	Pooja
23	Femi yadav 1119	TYBAF	Femi
24	Sejal Dedhia	TYBAF	Sejal
25	Basil Thomas Waghmare	TYBAF	Basil
26	Bhaskar Gowda	TYBAF	Bhaskar
27	Bhavini Mishra	TYBAF	Bhavini
28	Shradha Vishwakarma	TYBAF	Shradha
29	Deepak Shedge	TYBAF	Deepak
30	Sonita Chauhan	TYBAF	Sonita
31	Ragini Chauhan	TYBAF	Ragini
32	Paras Thaper	TYBAF	Paras
33	Ajali Prajapati	TYBAF	Ajali
34	Saif Khan	TYBAF	Saif
35	Ansh Gunde	TYBAF	Ansh
36	Renata Prajapati	TYBAF	Renata
37	Anush Singh	TYBAF	Anush
38	Kshiti Sharma	TYBAF	Kshiti
39	Khushi Gupta	TYBAF	Khushi
40	Rajnish Rajbhar	TYBAF	Rajnish
41	Ansh Bhatt	TYBAF	Ansh

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Certificates



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Department of Bachelor of Management Studies

Certificate of Participation

This is to certify that **Basil Thomas**
has participated in the workshop/session/event/competition titled International Yoga Day
held on 21/06/2023.


Ms. Kalai Selvi Nadar
Head, Department of B.M.S


Dr. Himanshu Dawda
Principal



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This is to certify that **Tanvi Mangain**
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