



# 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)

A session on Meditation for good mental health, August 7' 2023

## Notice

### Department of Lifelong Learning and Extension Unit (2023-24)

DLLE unit is organizing a session on "Meditation for good mental health" on 7th August 2023. This session is an initiative taken under the "Har Ghar Dhyam" drive organized by Ayush Mantralaya, Government of India. The speaker of the session is Prof Lakshmi Shekhar Aiyer, SIES College, Mumbai. All are cordially invited!

Date: 7th August 2023

Time: 11:00 am to 12:30 pm

Venue: Seminar Hall

Dr Vaishali Raikwar  
DLLE Convenor

  
Dr Himanshu Dawda  
Principal

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



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## Brochure



Hindi Vidya Prachar Samiti's  
Ramniranjan Jhunjhunwala College, Ghatkopar  
(Autonomous)



### RJC - DEPARTMENT OF LIFELONG LEARNING AND EXTENSION UNIT

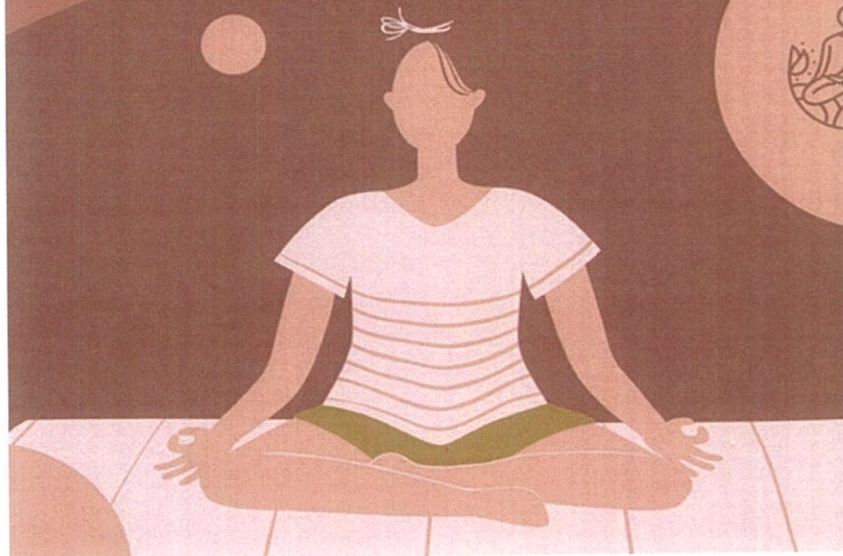
under the aegis of Azadi ka Amrut Mahotsav -  
"HAR GHAR DHYAAN"  
organizes a guest lecture on

### MEDITATION FOR GOOD MENTAL HEALTH

Prof Lakshmi Shekhar Aiyer,  
SIES College, Mumbai

Date: 7th August 2023  
Time: 11 am to 12:30 pm  
Venue: Seminar Hall

All are cordially invited!  
ALL THE PARTICIPANTS WOULD RECEIVE AN E-CERTIFICATE



  
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**Biodata Prof. Lakshmi Shekhar Aiyer**

Post Graduate in Analytical & Medicinal Chemistry.

Faculty in SIES College, Sion West for 24 years.

Believes in serving society. Presently a State Teacher Coordinator of the Art of Living Foundation for Mumbai, Maharashtra. Passionate about conducting AOL courses for more than a decade.

Meditation & Breath workshops & Sahaj Samadhi Dhyana Yoga to create a stress-free, violence-free & disease-free society.



  
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## Report

DLLE Unit organized a guest lecture on "Meditation for good mental health" on August 7, 2023.

The guest speaker was Prof Lakshmi Shekhar Aiyer, SIES College, Sion, Mumbai. The speaker explained the need of doing meditation for good mental health and taught some breathing exercises for increasing the concentration to the students.

**Objectives:** To create awareness among the students about sound mind and meditation techniques to achieve concentration and mental peace.

**No. of beneficiaries:** 68 students, 3 teachers

**Venue:** Seminar Hall, Ramniranjan Jhunjhunwala College, Ghatkopar

**Name of the speaker:** Lakshmi Shekhar Aiyer, SIES College, Sion, Mumbai



  
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## PHOTOGRAPHS OF SESSION ON MEDITATION FOR GOOD MENTAL HEALTH HELD ON 7<sup>TH</sup> AUGUST 2023



Dr Vaishali Raikwar, convenor, DLLE welcoming the guest speaker Prof Lakshmi Shekhar Aiyer, SIES College, Sion, Mumbai



The students and teachers in the session on Mental health



*[Signature]*

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Date: 07<sup>th</sup> August 2023

Prof Lakshmi Shekhar Aiyer,  
SIES College, Mumbai

Dear Madam,


Thank you for accepting the invitation and conducting a session on "Meditation for Good Mental Health" organized by DLLE Unit, R J College, Ghatkopar on 07<sup>th</sup> August 2023. Your guidance will help the students in improving their mental well-being. We expect such cooperation in future as well.

Thanks, and regard,

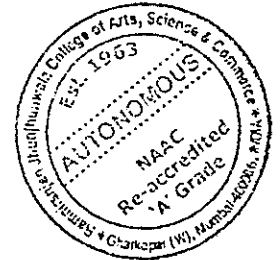
Yours truly,

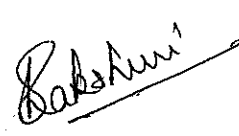
  
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NAME OF THE SESSION: Meditation for good mental health

Total = 68 students

DAY: Monday DATE: 07/08/23 TIME: 11.00-12.30 pm.

## Attendance

Sr. No.	Name	Class	Roll No	Signature
1	snailash	FYD.com	60	snailash
2	Meetaslu J. Gujar	FYBMS	3114	Meetaslu
3	Raj verma	FYB.com	335	Raj verma
4	Karan Kanajiya	FY3.com	501	Karan Kanajiya
5	Rajneesh Jorpati	FYB.com	823	Rajneesh
6	Sachin Saroj	FYB.com	832	Sachin
7	Vedant Jadhav	FYBA	54	Vedant
8	Riddhi Shetye	TYBBI	1218	Riddhi
9	Pooja Yadav	TYBBI	1223	Pooja
10	Ritika Rai	TYBBI	1250	Ritika
11	Ritesh Swain	TYBBI	1251	Ritesh
12	Rohitash Radganiya	FyBA	317	Rohitash
13	Bhoomi R. Kanajiya	FYB.Com	11	Bhoomi
14	Praythana Karangutkar	FYBMS	3107	Praythana
15	Shreya D- Jadhav	FYBMS	3101	Shreya
16	Prachi Jinary	FY BSc.	742	Prachi Jinary
17	Ankita gupta	FYBsc	710	Ankita
18	Khushi Prajapati	FYBBT	1058	Khushi
19	Kusum Vaema	FYBBT	1054	Kusum
20	Meghana Gond	FYBBT	-	Megha
21	Vizankala Yadav	FYBA	649	VIRANKALA
22	Anjali Ajay Sahani	FYBA	617	Anjali



  
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07/08/23

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1.	Varsha Prajapati	TYBBI	1204	Varsha
2.	Neha Maurya	TYBBI	1202	Neha
3.	Priyee Jha	FYBAMMC	2029	Priyee
4.	Riddhi More	FYBAMMC	2022	Riddhi
5.	Shweta Singh	FYBAMMC	2042	Shweta
6.	Panku Shah	FYBAMMC	2011	Panku
7.	Prabhat Kumar	FYBAMMC	2035	Prabhat
8.	Prachin Sawant	FYBAMMC	2003	Prachin
9.	Iqbal Shah	FYBA Psycho	842	Iqbal
10.	Paryveer ganu	FYBA Psycho	845	Paryveer
11.	Namrata Tiwari	FYBA	207	Namrata
12.	Arpita Mishra	FYBCOM	522	Arpita
13.	Khan Hamza	FYBCOM	470	Khan
14.	Keegan Cordeira	FYBA	362	Keegan
15.	Ritesh Purohit	FYBA	827	Ritesh
16.	Shwetal Gaikwad	FYBA	846	Shwetal
17.	Jyoti Prajapati	FYBA	853	Jyoti
18.	Ashna Khan	Fyba	821	Ashna
19.	Tiwari Rakshi Vinod	TYBBI	1240	Rakshi
20.	Ketan Gupta	TYBBI	1243	Ketan
21.	Ritesh Swain	TYBBI	1251	Ritesh
22.	Ritika Rai	TYBBI	1250	Ritika



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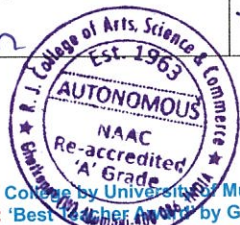
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## Attendance for Students

Sr. No.	Name	Class and roll no.	Institute name	Signature
1)	Priyanka Sahu	TYBA/Hindi 205	R.J. College	<i>[Signature]</i>
2)	Sapna Sharma	FYBA/Eng 339	R.J. college	<i>[Signature]</i>
3)	Sumaiya Shaikh	FYBA/PSY/04	R.J. college	<i>[Signature]</i>
4)	Mubina Shaikh	FYBA/ENG/321	R.J. College	<i>[Signature]</i>
5)	Anuradha yadav	FYBA 2425	R.J. college	<i>[Signature]</i>
6)	Khusbu yadav	FYBA 331	R.J. college	<i>[Signature]</i>
7)	Vijeetha Mano	SYBSc 620	R.J. college	<i>[Signature]</i>
8)	Kuldeep Gupta	SYBSc 453	R.J. college	<i>[Signature]</i>
9)	Soham Shinde	TYBcom Tol	R.J. college	<i>[Signature]</i>
10)	KHAN ASRA 458	FYBcom Div:-C	R.J. college	<i>[Signature]</i>
11)	Artidevi Prajapati	FYBA:Art Div: B	R.J. college	<i>[Signature]</i>
12)	Priya Gupta	FYBA:Art Div: A	R.J. College	<i>[Signature]</i>
13)	Sneha Pandey	SYBA:Art Div: B	R.J. College	<i>[Signature]</i>
14)	Shaikh Zelan	FYBA:C 810	R.J. College	<i>[Signature]</i>
15)	Gupta Khushi	Fy.b.com Div-C	R.J. college	<i>[Signature]</i>
16)	Gulnaaz Idoushi	FYBcom Div: A113 810	R.J. College	<i>[Signature]</i>
17)	Durvanika Ashok Mayekar	SYBA	R.J. College	<i>[Signature]</i>
18)	ETADHAV BHAGYASHREE VITTHAL	TYBT 4247/D	R.J. college	<i>[Signature]</i>
19)	Revati Porasa Raut	TYBT 4257/D	R.J. College	<i>[Signature]</i>
20)	Kashish mishra	FYBcom 824(C)	R.J. College	<i>[Signature]</i>
21)	Rakhi Pandit	FYBcom 478(C)	R.J. College	<i>[Signature]</i>
22)	Priya Pal	FYBcom 246(B)	R.J. College	<i>[Signature]</i>
23)	Kareena Mondal	FYBcom 418(C)	R.J. College	<i>[Signature]</i>
24)	Khan Afra	TYBcom 15(A)	R.J. college	<i>[Signature]</i>



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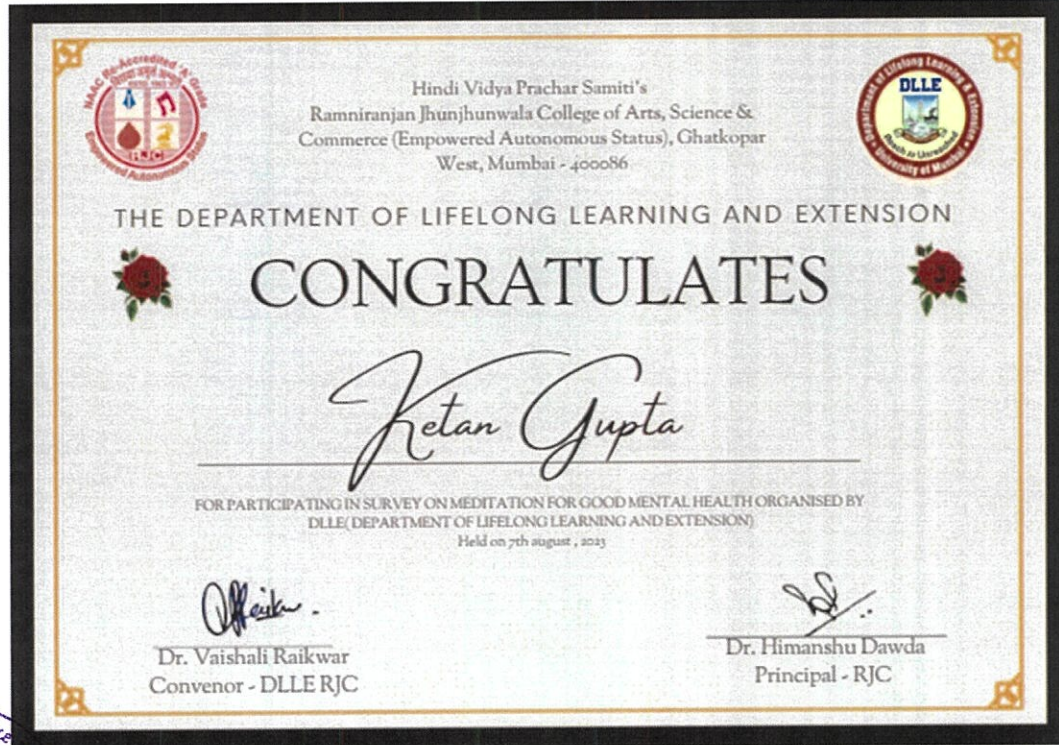
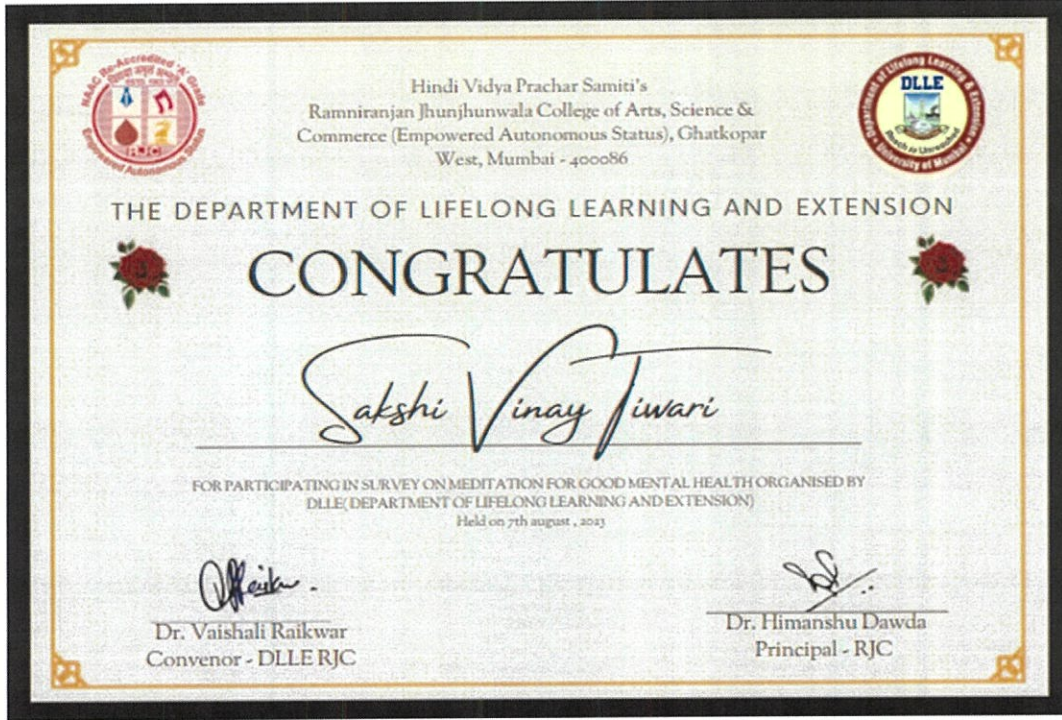
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