

(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: 10th October 2023

NOTICE

DEPARTMENT OF B.com (Accounting and Finance) Organizers

Session on "Stress Management & Spiritual Health"

This is to inform all the students of the BAF department that we are organizing a session on Stress Management & Spiritual Health. The session will be conducted by CA. Prof. Vimal Kumar K. Ashar, M. Com., LL.B.(G), D.S.A. & C.P., F.C.A.

The objective of the sessions is to equip students with effective coping strategies and tools to mitigate and handle stressors in their lives.

Date: 13th October 2023

Time: 09:30 AM onwards

Venue: Class Room No. P2, RJ College.

Looking forward to your participation!!

Ms. Rekha Shetty

BAF In-Charge

Dr. Himanshu Dawda Principal



PRINCIPAL

RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTOHOMO!
Ghatkopar (W), Mumbai-400 086, Maharashtra, INC.



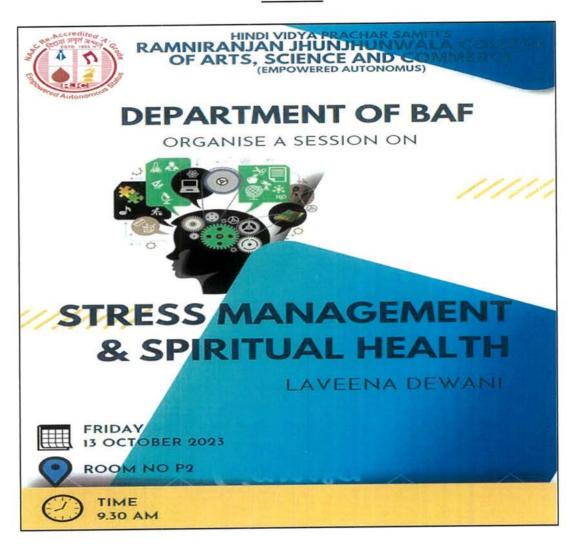
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Brochure:





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RAMNIRANJAN JHUNJHUNWALA COLLEGT
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDI-



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

Department of BCOM (ACCOUNTING & FINANCE) Academic Year: 2023-24

Report on Session on "Stress Management & Spiritual Health"

Date : 13th October 2023

Day : Friday

Time : 9.30 am to 10.45 am Venue : Classroom No. P2

No of Student Beneficiaries : 49

No of Teacher Beneficiaries : 02 (Rekha Shetty, Nilesh Ghadge)

Objective : To equip students with effective stress

management skills applicable to academic

and personal life.

Learning Outcome : Students gained a comprehensive

understanding stress management techniques, demonstrating increased awareness and implementation of strategies for improved well-being.

The Department of BAF conducted an enriching session on Stress Management & Spiritual Health, led by Ms. Laveena. The session delved into practical strategies for students to effectively manage stress in both academic and personal realms. Ms. Laveena introduced a range of activities and techniques, offering diverse tools to cope with stressors. The latter part of the session was dedicated to exploring the significance of spiritual health in overall well-being. Students actively engaged in discussions and interactive exercises, enhancing their understanding of holistic stress management. The session proved to be a valuable resource in equipping students with the skills to navigate challenges in their academic and personal lives.



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OF ARTS, SCIENCE & COMMERCE (AL. 2000)
Ghatkopar (W), Mumbai-400 086, Maha NO.2

2019: Star College Status by DBT



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Photos: Speaker Ms. Laveena Dewani conducting session on "Stress Management & Spiritual Health" dated on 13th October 2023



Speaker Ms. Laveena Dewani conducting session on "Stress Management & Spiritual Health" dated on 13th October 2023





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OF ARTS, SCIENCE & COMMERCE (AUTONOMO:
Ghatkopar (W), Mumbal-400 086, Maharashtra, IND

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



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

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Academic Year: 2023-2024								
Name of the Event: Holistic Development Stress Management & spinitual								
Date: 13 10 2023								
Place:	Room P2							
Time:	9-30 am to 10.45 am mber of Student Beneficiaries: 49							
	mber of Teacher Beneficiaries: 2							
Sr No	Name of the student (First Name Last Name)	Class	Roll No	Signature				
1.	Kixti Mishag	FYBAF	9044	Durty				
0	Sulata Mashra	FYRAF	9045	Oly .				
3	Saima Sayed	FXBAF	9032	Saing.				
4.	Mahwash Shaikh	FXBAF	9062	melcike				
5.	Sneha Dubey	FYBAF	9006	Sneha				
6	(houdhany fahmida Sixajuddin	FYBAF	9019	Jal				
77	Anisa Senah	FYBAF	9035	Anisa				
8	Portya Compta	FYBAF	9025	Kours-				
9	Priyanka Crupta	FYBAP	2027	Pryanka				
10	Pukhsar Khan	FYBAF	9058	Ruthson				
11	ARFA KHAN	FYBAF	9009	KASAA .				
12	Deepshikha Yaday	FYBAF	9007	Deopshikha				
13.	khushi Gupta	FYBAF	9024	Khushi				
14	Sanie Sunie Singh	FY BAF	9004					
15	PRITAM SAMANTA	FYBAF	9039	State				
16	Nikhil-Vishwakanma	FYBAF	9005	Nikhi				
17	Babul Panigrahi	FYBAF	9029	Babyl				
118.	Vivek Singh	FYBAF	9016	Vivo				
19	Gronesh Tiwari	FYBAF	9050	Granesh				
20.	Aditya Good	FYBAF	9015	Adition				
21.	Navoen P. Shetty	FYBAF	9033	Mette				
22,	Jainam. C. Dedhia	FYBAF	9002	Jainan				
23	Avelone Michre	FYBAF	9037	AM.				
24	A Halo	FYBAF	9028	Bras				
25	Kaifal Shaikh (\$1963 1963)	FY-BAF	9054	Kafal				
/	Anas Hashmi Science & Lashmi Science & L							

Sharkopar (Wh. Mumba) 2019: Star College Status by DBT

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OF ARTS, SCIENCE & COMMERCE (AUTON):

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- 102	Name of the students	Class	Roll No	Signature
Sr. No.		FYRAF	9060	Anall
26	Anjali Chauhan	FYBRE	9013	1205000
27.	Agshna Sharma	FYBAF	9043	Aiba
28	Khan Hiba	FYBAF	9030	Beahus
29.	Deepika Sahu	FYBAF	9003	(S) .
30.	Shaikh Shaba		9036	lane
31.	Siddiqui Igra	FYBAF	9040	Made.
32.	shaikh maduha.	FVBAF	9051	QADARB.
33.	PATEL DADARBINAZIR	FYBAF		Shivani
34.	Shivani Pandey	FYBAF	9026	Vidhia.
35.	VIDHT GUPTA	EYBAE	9034	
36.	Mansi Sukhaye	TYBAF	9047	Quit Ing
	Saloni Pawar	FYBAF	9017	BRUAR.
38.	Shreya Chaybey.	FYBAF	9042	Shaeya
		FYBAF	9064	(Vay a)
39.		FYRAF	9052	Portan
40	Portain upadhyay	FYBAF	9001	Tela
41	Asish M Kanozina	FYRAF	9059	Asish
42	The state of the s	FY-BAF	9011	Zalla
43		FY-BAF	9018	Spar
44		FYBAF	9031	Apeksha
45	Apeksha Shingote	FTRAF	9061	Henry
46	CHAURT ADANUALE	FYBAF	9063	(A-horale
47	HShwini Charles	EYBAR	9041	Shivam
48	Shivam aurter	FYBAF	9021	Bayundes
49	Mayureth . Kamble	FYDHT	9021	Mary
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	AUTONOMOUS)			1
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Certificate:





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