

# 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: 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 (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

2019: Star College Status by DBT

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## Brochure:

**NAAC Re-Accredited 'A' Grade**  
ESTD. 1963  
Empowered Autonomous Status

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

**DEPARTMENT OF BAF**  
ORGANISE A SESSION ON

**STRESS MANAGEMENT  
& SPIRITUAL HEALTH**

LAVEENA DEWANI

**FRIDAY**  
13 OCTOBER 2023

**ROOM NO P2**

**TIME**  
9.30 AM





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



19.08845, 72.90748, 113°  
Oct 13, 2023 09:49:48

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



19.08845, 72.90748, 169°  
Oct 13, 2023 09:56:28



  
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Academic Year: 2023-2024

Name of the Event: Holistic Development [Stress Management & spiritual Health]

Date: 13/10/2023

Place: Room P2

Time: 9:30am to 10:45am

Total Number of Student Beneficiaries: 49

Total Number of Teacher Beneficiaries: 2

Sr No	Name of the student (First Name Last Name)	Class	Roll No	Signature
1.	Kirti Mishra	FYBAF	9044	
2	Swati Mishra	FYBAF	9045	
3	Saima Sayed	FYBAF	9032	
4.	Mahwash Shaikh	FYBAF	9062	
5.	Sneha Dubey	FYBAF	9006	
6	Choudhary Fahmida Sirajuddin	FYBAF	9019	
7	Anisa Singh	FYBAF	9035	
8	Kriya Gupta	FYBAF	9025	
9	Priyanka Gupta	FYBAF	9027	
10	Rukhsar Khan	FYBAF	9058	
11	ARFA KHAN	FYBAF	9009	
12	Deepshikha Yadav	FYBAF	9007	
13.	khushi Gupta	FYBAF	9024	
14	Sanil Sunil Singh	FYBAF	9004	
15	PRITAM SAMANTA	FYBAF	9039	
16	Nikhil-Vishwakarma	FYBAF	9005	
17	Babul Panigrahi	FYBAF	9029	
18.	Vivek Singh	FYBAF	9016	
19	Ganesh Tiwari	FYBAF	9050	
20.	Aditya Gond	FYBAF	9015	
21.	Navreen P. Shetty	FYBAF	9033	
22.	Jainam C. Dedhia	FYBAF	9002	
23	Akshay Mishra	FYBAF	9037	
24	Anas Hashmi	FYBAF	9028	
25	Kaifal Shaikh	FY-BAF	9054	



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Sr. No.	Name of the students	Class	Roll No	Signature
26	Anjali Chauhan	FYBAF	9060	Anjali
27	Aashna Sharma	FYBAF	9013	Aashna
28	Khan Hiba	FYBAF	9043	Hiba
29	Deepika Sahu	FYBAF	9030	Deepika
30	Shaikh Shaba	FYBAF	9003	Shaba
31	Siddiqui Tara	FYBAF	9036	Tara
32	Shaikh Madaha	FYBAF	9040	Madaha
33	PATEL QADARBI NAZIR	FYBAF	9051	QADARBI
34	Shivani Pandey	FYBAF	9026	Shivani
35	VIDHI GUPTA	FYBAF	9034	Vidhi
36	Mansi Suktaye	FYBAF	9047	Mansi
37	Saloni Pawar	FYBAF	9017	Saloni
38	Shreya Chaubey	FYBAF	9042	Shreya
39	Payal Dubey	FYBAF	9064	Payal
40	Poitanam upadhyay	FYBAF	9052	Poitanam
41	Tejas Swai	FYBAF	9001	Tejas
42	Anish M Kanojiya	FYBAF	9059	Anish
43	Zaiba J. Shaikh	FY-BAF	9011	Zaiba
44	Sakshi Pawar	FY-BAF	9018	Sakshi
45	Apeksha Shingote	FYBAF	9031	Apeksha
46	GAUR ADANWALE	FYBAF	9061	Gaur
47	Ashwini Chande	FYBAF	9063	Ashwini
48	Shivam Gupta	FYBAF	9041	Shivam
49	Mayuresh Kamble	FYBAF	9021	Mayuresh
50				



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