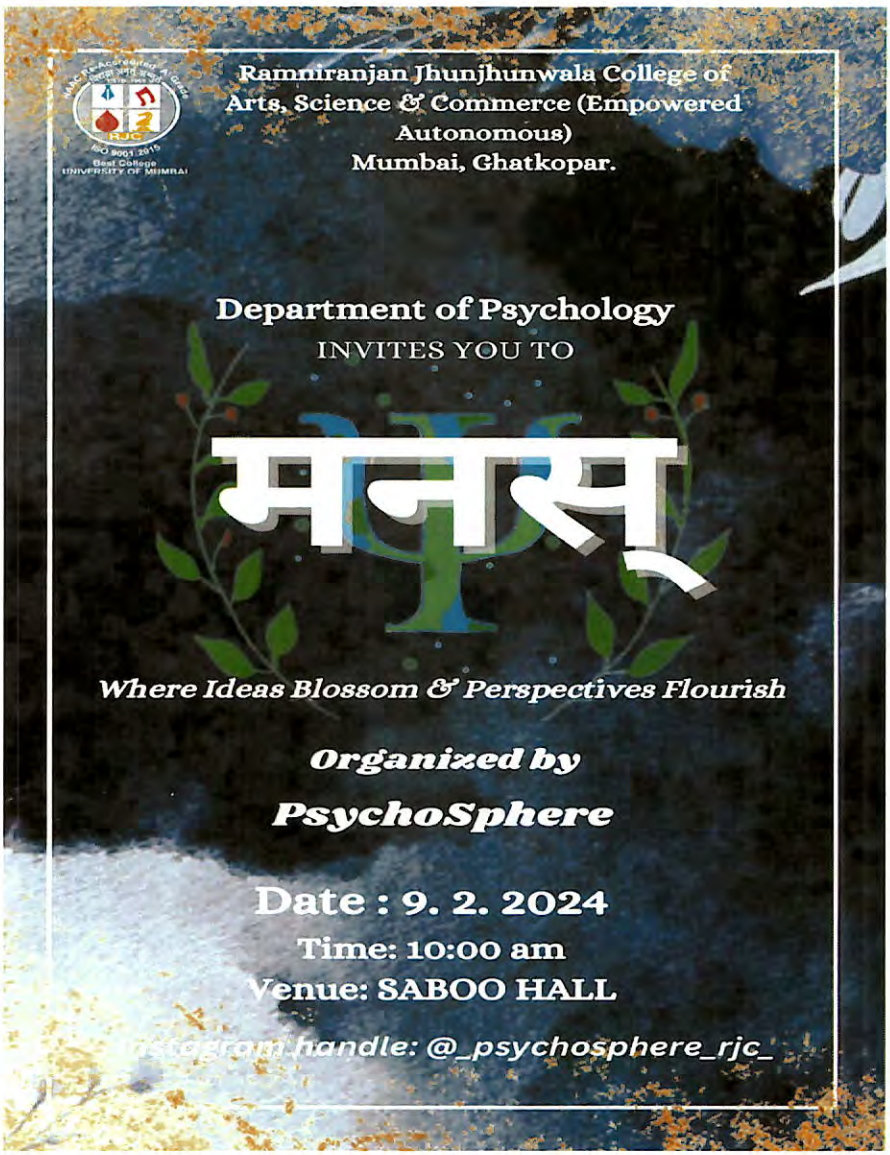
**PsychoSphere**
**(Psychology Association)**
**2023-2024**

**Annual Fest- 'मनस्'**

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Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.
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Date: 06/02/2024

**PSYCHOSPHERE**

(Psychology Association, RJC)

Celebrates

**Annual Fest- 'मनस्'**

A mesmerizing event aimed at creating awareness about the field of Psychology and mental health through fun learning activities including games, exhibitions and cultural event, etc.

**Day & Date:** Friday, 09th February, 2024

**Venue:** Saboo Hall

| | | |
|---|---|---|
| Session 1 (10:00 am – 11:00 am) | **Tum se na ho payega** | Games & exhibition of classic experiments in Psychology |
| Session 2 (11:00 am – 12:00 pm) | **Mic Drop !!!** | Intercollegiate Debate Competition |
| Session 3 (12:00 pm – 01:00 pm) | **Psychological first aid** | Facilitated by M. A. (Clinical) Psychology Students. |
| Session 4 (01:00 pm – 02:00 pm) | **Qala** | Cultural Event |
| Session 5 (02:00 pm – 3:30 pm) | **Expressive Arts Therapy** | Facilitated by Ms. Payal Doulatani |

**Mr. Chinmay Bapat**
**In-charge,**
**Psychology Department**

**Dr. Himanshu Dawda**
**Principal**

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**Guest biodata:**

- **Ms. Payal Doulatani**

  Psychologist & ExAT- P,

**Qualifications**:

- M.A Clinical Psychology, S.N.D.T University
- P.G Diploma in Expressive Arts Therapy, St. Xavier's College
- Introduction to Narrative Therapy, Dulwich Centre

**Experience:**

- Mental health counselor & ExAT-P : Enable therapy centre, Kemp's corner
- Business Wellness Associate : ManoShala
- Community mental health facilitator: Access Life and Seva Sadan (girls shelter home)

**Membership:** Allied Member at IADMT

**Contact:**

- 9167774445/payal@enabletherapycentre.com

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**Report**

Psychology Association – PsychoSphere organised the annual departmental fest – 'मनस्' on February 09, 2024 in the Saboo Hall. Total 181 number of students attended the event including participants from other colleges and universities The event comprised of fun games & activities facilitated by the F.Y.B.A & T.Y.B.A. Psychology students, exhibition of classic experiments in Psychology, a session on psychological first aid by the students of M.A. Psychology, a cultural event 'Qala' presented by students of the department and an intercollegiate debate competition – 'mic drop' adjudicated by Dr. Sucheta Joshi, head of Economics Department and Dr. Amita Valmiki, head of Philisophy Department. The event was concluded by an interesting and activity-based session on Expressive Arts Therapy facilitated by Ms. Payal Doulatani.

The purpose of this event was to spread awareness about the field of Psychology and mental health through fun learning measures.

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Psychology Association Celebrated **Annual Fest- 'मनस्' on 09/02/2024**

Student participants of the fest

Teachers and students of psychology department

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**Department of Psychology**

**Psychology Association**

organizes

**मनस्, 2024**

The Annual Fest

09/02/2024, Thursday (10:00 AM- 4:00 PM)

**Attendance**

| SR. NO. | NAME | COLLEGE | CLASS | SIGNATURE |
|---|---|---|---|---|
| 1 | Sawant Akshata | R.J. College | TYBA(PSY) | Sawant |
| 2 | Valerina Amanna | R.J. College | SYBA(Psy) | Valerina. |
| 3 | Shaikh Sumaiya | R.J clg | FYBA | Shaikh |
| 4 | Tanisha. v. Rai | R.J clg | FYBA | Tanisha |
| 5. | Anjali chaudhari | R.J clg | FYBA | Anjali |
| 6. | Ansari Shagufta | R.J. college | FYBA | Shagufta |
| 7 | Ishita Pawar | R.J. College | FYBA | Ishita |
| 8. | Shwetal Gaikwad | R.J. College | FYBA | Shwetal |
| 9. | Prerna Nakkar | R.J. college | TYBA | Prerna |
| 10 | Anuja Soni | K.J. College | TYBA | Anuja |
| 11 | Eshan Khalimbe | R.J. College | TYBA | Eshan |
| 12 | Maity Priyanka | R.J clg | FYBA | Maity |
| 13 | Laiba AzizulIslam | R.J clg | FYBA | Laiba |
| 14 | Hamnah Shaikh | RJ clg | FYBA | Hamnah |
| 15 | Gauri Shewale | RJ clg | TYBA | Gauri |
| 16 | Komal Pandey | R.J clg | TYBA | Komal |
| 17. | Srmavani S. Shah | R.J. Clg | TYBA | Srmavani |

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| SR. NO. | NAME | COLLEGE | CLASS | SIGNATURE |
|---|---|---|---|---|
| 18 | Aashita Singh | R.J. College | FYBA | Aashita |
| 19 | Harshal V. Mali | R.J. College | FYBA | Harshal |
| 20 | Samuel Vaz | R. J. College | TYBA | Svaz |
| 21 | Chinmayi Rani | R.J college | T.Y.B.A | chinmayi 09/12 |
| 22 | Nazara Farooqui | R.J-college | TYBA | Nazara |
| 23 | Manasi Singh | R.J.College | SYBA | Manasi |
| 24 | Nilesh Paswan | R.J College | FYBA | Nilesh |
| 25 | Soumita Ghosh | R.J College | TYBA | |
| 26 | Iqra Ali. | R.J. college. | FYBA. | Iqra |
| 27 | Vedika Kate. | R.J. college. | FYBA. | |
| 28 | Jyoti Prajapati | R.J. College | FYBA | jyoti |
| 29 | Durvanka Mayekar | R.J College | SYBA | Durvanka |
| 30 | Bhoomi P. Salvi | R.J College | FYBA | Bhoomi |
| 31 | Preeti R. Chavan | R.J college | SYBA | Preeti |
| 32 | Vishal Kumar | R.J. College | FYBA | Vishal |
| 33 | Aamina Shaikh | R.J. College | FYBA | Aamina |
| 34 | Afsheen Ansari | R.J. College | FYBA | Afsheen |
| 35 | Khushi Bhatia | R.J college | TYBA | Khushi |
| 36 | Ayushi Singh | R.J college | FYBA | |
| 37 | Vinay Bharti | R.J college | FYBA | Vinay |
| 38 | Uday. V. Utekar | RJ college | fyBA | Uday |
| 39 | AADARSH. Gosai | R.J. College | FYBA | |
| 40 | Aman Shrivastav | R.J. College | FYBA | |

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|---|---|---|---|---|
| 41 | Ansari Zeeshan | R.J.College | FYBA | |
| 42 | Harsh upadhya | R.J College | TYBA | Harsh |
| 43 | Mohammed Patel | R.J. College | FYBA | |
| 44 | Kamakshi shanbag | R.J. college | MA-PSY | |
| 45 | Shreya. Wanwal | R.J. College | MA-Psy | |
| 46 | Harshu Raut | R.J. college | FYBA-Psy | |
| 47 | Diksha Singh | R.J. College | FYBA-Psy | Diksha |
| 48 | Hasvi Jain | R.J college | MA-Psy | |
| 49 | Deepak Yadav | R.J college | fybcom | |
| 50 | Jaweer Khan | R.J college | fy bcom | |
| 51 | Dilkhush | R.J college | fybcom | Dilkhush |
| 52 | Irfan | R.J college | fybcom | Irfan |
| 53 | Ishail | R.J college | fybcom | Ishail |
| 54 | Sachin | R.J college | fybcom | Sachin |
| 55 | Ashutosh | R.J college | FYBA | Pandey |
| 56 | Pandey Sneha | R.J college | SYBA | |
| 57 | Mishra Manshi | R.J college | FY-BSC-IT | Manshi |
| 58 | Jupi Bhogale | R.J. college | FY-BSCIT | Bhogale |
| 59 | Kuber Singh | R.J. College | FYBSC | Kuber |
| 60 | Gaurav Shind | R.J college | FYBA | |
| 61 | Bajrang Jaiswal | R.J College | TYBA | |
| 62 | Akanksha Kathe | R.J College | FYBA | Akanksha |
| 63 | Nandini Maurya | R.J college | FYBSC-IT | |

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| SR. NO. | NAME | COLLEGE | CLASS | SIGNATURE |
|---|---|---|---|---|
| 64 | Namrata Gupta | R.J. College | FYBSC-IT | Namrata |
| 65 | Shraddha Katkar | R.J. College | FYBSC-IT | Katkar |
| 66 | Haritha Bhayil | SIES College | TYBA | HBY |
| 67 | Nishi mahelyge | R.J. college | SYBA | Nishi. |
| 68 | GUPTA ARYAN | R.J. college | FYBcom | |
| 69 | Ahirvar Nitesh | R.J. college | FYBcom | |
| 70 | Rajbhar Shivam | R.J. college | FYBcom | Shivam |
| 71 | Khan zeenat | R.J. college | FYBA | |
| 72 | Shaikh mohammad | R.J. college | FYBA | |
| 73 | Patel Parvez | R.J. college | FYBA | Parvez |
| 74 | Vishwakarma Saraswati | R.J. college | FYBcom | Saraswati |
| 75 | Rajapeti Ragani | R.J. college | FYBcom | |
| 76 | ANKIT TIBKHAR | R.J. college | FYBcom | Ankit |
| 77 | Mishra shivansh | R.J. college | FYBcom | |
| 78 | Samel Aryan | R.J. college | FYBcom | |
| 79 | Bhavishi. R Bhabi | R.J. college | TYBA | |
| 80 | SAI NAIR | R.J college | TYBA | |
| 81 | Sarthak Rajpure | somaiya college | FYBSc | Sarthak |
| 82 | Gupta Sneha | R.J. college | TYBSC | Sneha |
| 83 | Shaikh Samreen | R.J. college | TYBSC | |
| 84 | Goswami Nishanth | R.J. college | FYBcom | |
| 85 | Gupta sundaram | R.J. college | FYBcom | |
| 86 | yadav sahil | R.J. college | FYBcom | Sahil |

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|---|---|---|---|---|
| 87 | Gupta Karan | R.J. college | FYBcom | |
| 88 | mohammed Hamid | R.J. college | FYBA | |
| 89 | Ganu parveen | R.J. college | FYBA | |
| 90 | APTE mugdha | R.J. college | FYBA | |
| 91 | Shaikh Alfia | R.J. College | TYBA | |
| 92 | FaDale vedant | R.J. college | FYBA | |
| 93 | Prajapati komal | R.J. college | FYBA | |
| 94 | Malick A Purba | R.J. college | FYBA | |
| 95 | Yadav Hemlata | R.J. college | FYBA | |
| 96 | Sayed Sadman | R.J. college | FYBA | |
| 97 | Agrahari Pankaj | R.J. college | FYBA | |
| 98 | Yadav Aditya | R.J. college | FYBA | |
| 99 | Prajapati Pankaj | R.J. college | FYBA | |
| 100 | Kothari Nidhi | R.J. college | BSYBA | |
| 101 | Dubey komal | R.J. college | FYBA | |
| 102 | Shekhawat Ankit | R.J. College | TYBA | |
| 103 | mohish Raju | R.J. college | TYBA | |
| 104 | DuBey Anshuman | R.J. college | TYBA | |
| 105 | Gupta Hritik | R.J. college | FYBcom | |
| 106 | Gupta Ajay | R.J. college | FYBcom | |
| 107 | Shaikh Fahad | R.J. college | FYBA | |
| 108 | Tapswar Shailesh | R.J. college | FYBA | |
| 109 | Taparwini Sahu | R.J. college | TYBcom | |

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|---|---|---|---|---|
| 110 | Khan Shahzad Iqbal | SYBA | | R.j.college |
| 111 | Singh Trisha | SYBA | | R.j.college |
| 112 | Khan Samya | SYBA | | R.j.college |
| 113 | Tripathi Sunidhi | SYBA | | R.j.college |
| 114 | Nishad Rameshwar | FYBA | | R.j.college |
| 115 | Shelly Khadija | FYBA | | R.j.college |
| 116 | Mishra Anveksha | FYBA | | Kelkar college |
| 117 | Gholap Soham | FYBA | | Kelkar college |
| 118 | Chaudhary Siddhesh | TYBcom | | R.J.college |
| 119 | Pandey Suraj | SYBcom | | R.J.college |
| 120 | Prajapati Rishika | FYBSC-IT | | R.j.college |
| 121 | Pandey Chaitaji | FYBSC-IT | | R.j college |
| 122 | Pandey muskan | TYBcom | | R.j college |
| 123 | Sahu priyaka | TYBA | | R.j college |
| 124 | Shaikh shahbaz | SYBSCIT | | R.j college |
| 125 | Dubey Siddhi | FYBA | | R.j college |
| 126 | Khan Irfan | SYBSc-IT | | R.j.college |
| 127 | Dubey Riddhi | FYBA | | R.j college |
| 128 | Yadav Rawak | SYBSc-IT | | R.j college |
| 129 | Khan sarfaraz | SYBSc-IT | | R.j.college |
| 130 | Shewale Shweta | FYJc-Sci | | R.j college |
| 131 | Sharma Sapna | FYBA | | R.j college |
| 132 | Yadav Khushbu | FYBA | | R.j college |
| 133 | Shaikh mustafa | SYBcom | | R.j.college |
| 134 | Sanika Kothawale | TYBA | | R.J. College |
| 135 | B Muskan Gautam | FYBA | | R.J college |

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| | | | | |
|---|---|---|---|---|
| 136 | Sneha Shukla | FYBA | | R.J. college |
| 137 | Sakshi Yadav | FYBA | | R.J college |
| 138 | Kanishka Sohanti | FYBA | | R.J. college |
| 139 | Afsa Shaikh | SY.BCOM | | R.J. college |
| 140 | Akshita Upadhyay | SYBCOM | | R.J. college |
| 141 | Sonali Patwa | SY BCOM | | R.J. college |
| 142 | Irfan Sayyed | FYBCOM | | |
| 143 | Tanveer Khan | FYBCOM | | R.J. college |
| 144 | Aashiq Saroj | FYBcom | | R.J. college |
| 145 | Suraj Yadav | FYBcom | | R.J. College |
| 146 | Hritik Gupta | FYBCOM | | R.J. college |
| 147 | Ismail Shaikh | FYBCOM | | R.J. college |
| 148 | Tisha Gupta | SYBSC | | R.J. college |
| 149 | Aditi yedge | SYBSC | | R.J. college |
| 150 | Shivadnya Kawre | SYBSC | | R.J. college |
| 151 | Shivam Yadav | SYBSC | | R.J. college |
| 152 | DUBE Vishnu | TYBSC-CS | | R.J college |
| 153 | Dubey Ayush | TYBSC-CS | | R.J college |
| 154 | Dubey Gyanendra | TYBSC-CS | | R.J. College |
| 155 | Tiwari Aman | TYBSC-CS | | R.J. college |
| 442 | Amis Mukhiya | SYBCOM | | R.J College |
| 157 | Pamsha Sayed | SY IT | | R.J college |
| 158 | Dukhisyam Baisi | FYBSC | | R.J. college |
| 159 | Siddika Bagban | TYBCOM | | R. J. College |

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| | | | | |
|---|---|---|---|---|
| 160 | Anshuman Dubey | TyBA | Dubey | R.J college |
| 161 | Ahmed Shaikh | TyBA | | R.J.college |
| 162 | Ankit Jain | TyBA | | Somaiya |
| 163 | Nitin Vishwakarma | FyBA | NitiNVV | R.J college |
| 164 | Kishor Jaishwad | FyBA | Fishad | R.J.college |
| 165 | Rohan Yadav | SYBMS | | R.J. college |
| 166 | Roshan Yadav | SYBMS | | R.J.college |
| 167 | Sandesh bharti | SYBMS | | R.J.college |
| 168 | Purva Ghadge | SYBA | | R.J.college |
| 169 | Prathamesh Shinde | SYBMS | | R.J.college |
| 170 | Dushyant borana | SYBMS | | R.J.college |
| 171 | Nisha Mallah | SYBMS | | R.J.college |
| 172 | Aniruddha Chavan | SYBMS | | R.J.college |
| 173 | Nikhil Tripathi | SYBMS | | R.J.college |
| 174 | Vivek Gupta | SYBMS | | R.J.college |
| 175 | Kajal Mishra | SYBA | | R.J.college |
| 176 | Payal Gupta | SYBA | | R.J.college |
| 177 | Princy Singh | FyJC | Princy | R.J college |
| 178 | Sakshi Singh | FyJc | | R.J.college |
| 179 | Tejas More | TyBMS | | RJcolleg |
| 180 | Anjali Agrahari | FyBSC | | R.J.college |
| 181 | Komal Chaurasiya | FyBSC | | R.J.college |

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## CERTIFICATE

Hindi Vidya Prachar Samiti's

**R. J. COLLEGE OF ARTS, SCIENCE & COMMERCE**

**(EMPOWERED AUTONOMOUS)**

Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

**CERTIFICATE**

This is to certify that

**VALERINA AMANNA**

Of **SYBA** participated in **Annual Fest- 'मनस्'** organized by **PsychoSphere** on **09/02/2024.**

MR. CHINMAY BAPAT
IN CHARGE
DEPARTMENT OF PSYCHOLOGY

Dr. Himanshu Dawda
Principal

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Date: 05-02-2024

To,

Ms. Payal Doulatani

Mental health Counsellor & ExAT-P,

Enable Therapy & Assessment Centre,

Kemp's corner, Mumbai – 400036

**Subject: Invitation as a Facilitator.**

Dear Ma'am,

We, at the Department of Psychology, Ramniranjan Jhunjhunwala College would like to formally invite you to conduct an Expressive Arts Based Therapy session for 'मनस्'- the Annual departmental fest organized under the Department Association – "PsychoSphere".

We strongly believe that the students would greatly benefit from a hands-on experience of Expressive Arts Therapy which in turn can promote interest in the field. We are convinced that this learning experience will prove to be very beneficial for the students across faculties. Your experience in the field of Creative & Expressive Arts Therapy will be extremely valuable.

The event will take place in the Saboo Hall in our college on Friday, February 09, 2024, from 02:00 pm to 4:00 pm.

We request you to kindly confirm your presence for the same.

Thank you.

Sincerely,

**Mr. Chinmay Bapat**
**In-charge,**
**Department of Psychology**

R. J. College of Arts, Science & Commerce Est. 1963 AUTONOMOUS NAAC Re-accredited 'A' Grade Ghatkopar (W), Mumbai-400 086 INDIA

**Dr. Himanshu Dawda**
**Principal**

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

# 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: 09-02-2024

To,

Ms. Payal Doulatani
Mental health Counsellor & ExAT-P,
Enable Therapy & Assessment Centre,
Kemp's corner, Mumbai – 400036

**Subject: Thank you letter.**

Dear Ma'am,

We, at the Department of Psychology, Ramniranjan Jhunjhunwala College, sincerely thank you for graciously offering your time and expertise by facilitating an experiential session on Creative & Expressive Arts Therapy.

Expertise provided by you will not only introduce them to this unique discipline, but also introduce the field as an avenue of seeking help & a possible career option as well. The session has proven to be very insightful, and we are grateful for your sincere engagement with the students.

We are thankful to you for accepting our invitation as a facilitator and hope that we can organise more of such sessions for students in the future.

Sincerely,

**Mr. Chinmay Bapat**
**In-charge,**
**Department of Psychology**

R. J. College of Arts, Science & Commerce Est. 1963 AUTONOMOUS NAAC Re-accredited 'A' Grade Ghatkopar (W), Mumbai 400 086, INDIA

**Dr. Himanshu Dawda**
**Principal**
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Date: 09/02/2024

To,
Dr. Amita Valmiki
HoD, Philosophy Department,
Ramniranjan Jhunjhunwala College (Empowered Autonomous)
Ghatkopar, (W), Mumbai- 400086

**Subject: Thank you Letter.**

Dear Madam,

We take this opportunity to thank you for accepting our invitation as a mediator for the Debate Competition 'Mic Drop' organized under 'मनस्'- the Annual fest organized by the Psychology Association-PsychoSphere, Department of Psychology.

Your expertise and impartial & just judgement during the competition conducted on February 9, 2024, at 11.00 a.m. in the Saboo Hall were highly appreciated by the department and the participants. Looking forward to such interactions in future too.

Thanking you,
Yours Truly

**Mr. Chinmay Bapat**
**In-charge Teacher**
**Department of Psychology**

**Dr. Himanshu Dawda**
**Principal**
PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
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Date: 09/02/2024

To,

Dr. Sucheta Joshi

HoD, Economics Department,

Ramniranjan Jhunjhunwala College (Empowered Autonomous)

Ghatkopar, (W), Mumbai- 400086

**Subject: Thank you Letter.**

Dear Madam,

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Thanking you,

Yours Truly

**Mr. Chinmay Bapat**
**In-charge Teacher**
**Department of Psychology**

**Dr. Himanshu Dawda**
**Principal**
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OF ARTS, SCIENCE & COMMERCE
Ghatkopar (W), Mumbai-400 086, Ma... ...INDIA