



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: 14/11/2022

NOTICE

ROTARACT CLUB OF RJ COLLEGE

The Rotaract club of Ramniranjan Jhunjhunwala College is organizing an event called the "Insulin: A way to Life," health. The session will held to spread awareness about diabetes, also PCOS and PCOS. . Everyone are cordially invited to participate.

Date: 16th November 2022

Time: 3pm onwards

Venue: Ramniranjan Jhunjhunwala College

Prof. Kalaiselvi Nadar

BMS Coordinator

Dr Himanshu Dawda

Principal



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BROCHURE

District 3141
Rotaract

INSULIN
-A way to life

A session on preventing sugar rush and health awareness

SPEAKER
Dr. Sneha Nikte
Diabetes Specialist

Date: 16th November 2022
Timing: 03:00 pm Onwards
Venue: ZOOM Meeting

RSVP
Rtr. Mahek (+91 98676 02514)

@rotaract_club_of_rj_college | rcrjcollege@gmail.com | RCRJ | @RCRJ_college | RCRJ College



[Signature]
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REPORT

Name of the event: Insulin: A Way of Life

Date: 16th November 2022

Time : 3pm onwards

Venue: Ramniranjan Jhunjunwala College

Insulin: A way to life is an event to acknowledge World Diabetes Day on 16th of November 2022 through a very informative and helpful online session .A major aim was to cover very important issues like diabetes and health awareness, PCOS and PCOD awareness.

The session was taken by Dr.Sneha Nikte.

The event was planned twenty days prior when the director Rtr Mahek Busa along with the Vice Presidents Rtr Bhushan Pawar and Rtr Tabish Bandri decided to organise a session to spread awareness. Then they started looking for a research person/speaker to add value to our event. We got reference of speaker Dr. Sneha Nikte from our professor Mr.Zaveri Our co-ordinator Miss Selvi Nadar helped us to get rotary members and many other doctors from different city took their time out and joined the meeting. The session started in a very positive note ,she stated about her experience in this field from more then 10 years and seen more than 10,000 patients all these years and gave 500 workshops on diabetes .She is proactive in giving counselling and education in diabetes.

The session started with diabetes awareness and then she gave many substitutes for sugar like stevia, etc. And then started with giving health awareness and diabetic diet plans. As it was mid of the session it was a quick question and answer round for everyone so many of them asked their queries there many questions from the our teachers, students and doctors as well. The question and answer round was very interactive as many doubts regarding PCOD, PCOS and Diabetes were cleared. Then the session was concluded on a good note. Then we ended with the session thanked our guest and she also gave her review on this session thanked everyone for being a great audience.As we ended in a positive note. At the end she shared her contact number and business information and email in comment box for reference.

The impact that this session has created was valued by everyone present in the event.

Few feedbacks of members are as follows:

The session was amazing and want to experience it as offline session.

I get a chance to clear my doubts so it was quite impactful also Dr Sneha is very great speaker.




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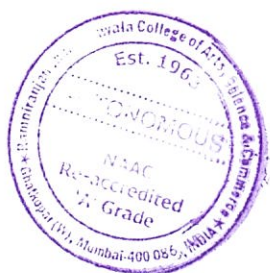
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ATTENDANCE

2126	Sneha J Rai	SYBMS	2209	Aman Varma	SYBMS
8	Siddhesh Vilas Chaudhary	SYBCom	2218	Renuka Vishwakarma	SYBMS
2046	Sanika Santosh Chavan	Fybms	2048	Prathamesh Rajesh shinde	FYBMS
1045	Muskan Rakesh Mishra	FybscBT	2029	Sudhanshu Dinesh Kumar Pandey	FYBMS
623	Payal Prabhakar Chawan	Sybsc	2069	Aastha katoch	FYBMS
2108	Tanvi	Fybms	2135	Tarun Praveen ootwal	FYBMS
2115	Gauri Misal	FYBMS	623	Payal Prabhakar Chawan	SYBSC
2138	Mahek busa	SYBMS	1002	Shubham Indra prajapati	TYBBI
2035	Aditi Pradeep Yadav	SYBMS	2015	Sanjana Shivkumar Singh	FYBMS
2094	Ankita	FYBMS	2121	SNEHA BACHCHANLAL PATEL	FYBMS
2094	Ankita Gupta	FYBMS	814	soham shinde	SYBCOM
2060	Ashwini Mukesh Sharma	FYBMS	645	Amber Malandkar	FYBCOM
2028	Shubhangi Abhiram Tiwari	SYBMS	2095	Mukesh Vishwakarma	FYBMS
2031	Ishaque ashfaque shaikh	FYBMS	2103	Harsh Santosh Sonawane	FYBMS
2077	Manisha Arun Pal	FYBMS	2001	NIKHIL TRIPATHI	FYBMS
2032	Jaya Sandeep Singh	FYBMS	2056	SUMEET RAJESH GUPTA	TYBMS
837	vedanti vishwajit khandke	SYBCOM	2017	Atul Hiralal Gupta	Ty BMS finance
2107	Shaikh Fatima Iqbal	TYBMS	2070	Hitesh Kumar Mohanlal sharma	FYBMS
2017	Priya Ramnaresh Yadav	FYBMS	2137	Aryan Lagad	FYBMS
2119	Nawaz Shaikh	TYBMS	2097	Aditi Lalit Jadhav	FYBMS
2151	Pushkar Patil	TYBMS	57	Yadav Mahesh Ghanshyam Shanti Devi	TYBSC
2016	Sayali chinchalkar	FYBMS	2044	Priya	TYBMS
2057	Shrawani Khebade	SYBSC			





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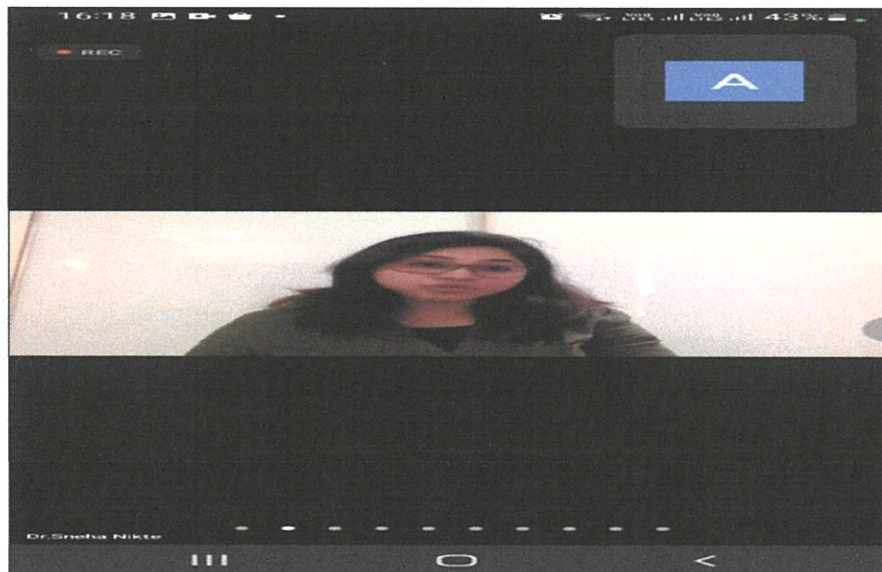
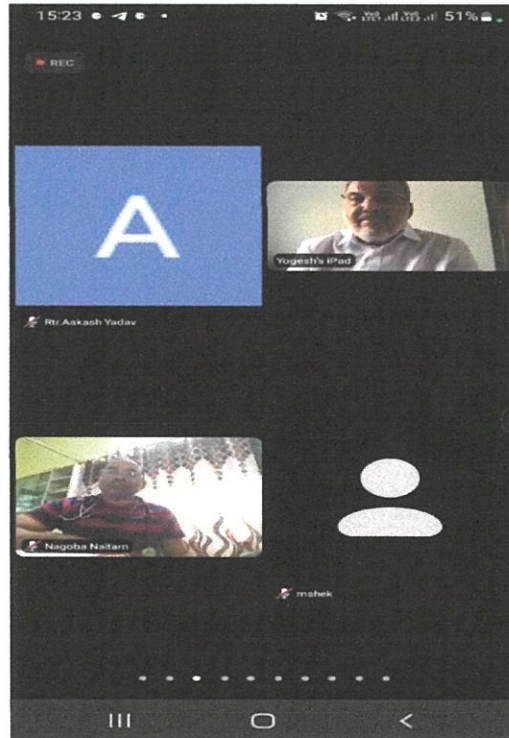
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PHOTOS OF THE SESSION ON INSULIN: A WAY OF LIFE HELD ON 16/11/2022



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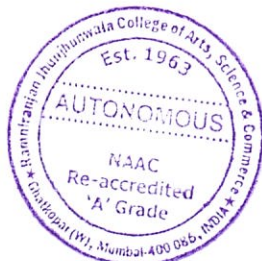
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CERTIFICATES



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