



# 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: 03/08/2022

## Notice (2022-23)

DLLE and Physics department organizes a workshop on stress management for students and teachers.

Topic: Stress Management and Guided Meditation Session

Eminent Speaker: Mr Mahesh Gaikwad, Ramkrishna Mission

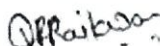
Day and Date: Saturday, 06/08/2022

Time: 11 am to 2 pm

Venue: MPSS Hall

- ❖ Key features:
1. Stress Management techniques
  2. Guided Meditation Session
  3. Book Exhibition

All are cordially invited!

  
Dr Vaishali Raikwar,

Convener, DLLE Unit

  
Dr Neeta Srivastava,

Head, Physics Department

  
Dr Himanshu Dawda,  
PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA  
COLLEGE OF ARTS, SCIENCE & COMMERCE (A),  
Ghatkopar (W), Mumbai-400 086, Maharashtra



2019: Star College Status by DBT



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2013 & 2014: 'Jagar Jaanvancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2017: ISO 9001:2015 2017: ISO 27001:2013

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## Brochure



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Ghatkopar (W), Mumbai 400086



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**RJC-DLE AND PHYSICS DEPARTMENT IN  
ASSOCIATION WITH RAMKRISHNA MISSION  
PRESENTS**



## STRESS MANAGEMENT & GUIDED MEDITATION SESSION

SPEAKER: MR. MAHESH GAIKWAD, RAMKRISHNA MISSION

**LOOK INTO THIS SESSION**

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- 1 - Stress Management Techniques
- 2 - Guided Meditation Session
- 3 - Book Exhibition

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**STRESS MANAGEMENT IN YOUR LIFE**

MEDITATION  
DEEP BREATHS

EXERCISE  
GET MOVING

TIME IN NATURE  
RELAXATION

SLEEP WELL  
RECHARGE

CONNECT SOCIALLY  
JOIN A CLUB

EAT WELL  
REDUCE CAFFEINE

MAKE LISTS  
PRIORITIZE TASKS

E-certificates would be provided to all the participants present



**DATE: 6 AUGUST 2022, SATURDAY**  
TIME: 11 AM TO 2 PM



**VENUE: MPSS HALL, RJ COLLEGE**



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## REPORT

DLLE Unit and Physics Department organized a workshop jointly on “Stress Management and Guided Meditation Session” on Aug’ 6, 2022. The eminent speaker Mr. Mahesh Gaikwad, Volunteer, Ramkrishna Mission and Founder President Ramakrishna Vivekananda Kalyan Foundation in an interactive session discussed with the students the causes, effects, and techniques of stress management. He also conducted guided meditation. 151 students and 4 teachers attended the session.



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Date: 06/08/2022

RJC-DLLE and Physic department in association with Ramkrishna Mission Present Guest

Lecture

Topic: Stress Management & Guided Meditation Session

Guest: Mr. Mahesh Gaikwad

Time: 11:00 am to 02:00 pm

Venue: MPSS Hall

Attendance

SR.NO	NAME OF THE STUDENT	Roll no	CLASS	SIGNATURE
1	Gupta Saaita Brahma Prasad	3021	TYBAF	<i>Saaita Gupta</i>
2	Anjali Jaiswar	3020	TYBF	<i>Anjali</i>
3	Nandini Sonar	3028	TYBAF	<i>Nandini</i>
4	Aphishuk Chauhan	3030	TYBAF	<i>Aphishuk</i>
5	Varun Poojari	2001	SYBAMMC	<i>Varun</i>
6	Swakshi Tadgenda	2014	SYBAMMC	<i>Swakshi</i>
7	Ankit Shukla	2108	SYBSCCS	<i>Ankit</i>
8	Soni yadav	3016	TYBAF	<i>Soni yadav</i>
9	Nishi Mestry	297	SYBCOM	<i>Nishi</i>
10	Reena Yadav	1065	TYBBI	<i>Reena</i>
11	Ashta Dubey	625	SYBCOM	<i>Ashta</i>
12	Varsha Prajapati	1057	SYBBI	<i>Varsha</i>
13	Anjanita Prajapati	86	SYBCOM	<i>Anjanita</i>
14	Nausheen Tamboli	608	SYBCOM	<i>Nausheen</i>
15	Anjali Prasad	208	TYBSc	<i>Anjali</i>
16	DIPIKSHA GURAV	514	SYBSc	<i>Dipiksha</i>
17	Swara Thumbare	516	SYBSc	<i>Swara</i>
18	Kaushalya Swathy. dhajan	660	SYBSc	<i>Kaushalya</i>
19	Ahan Khar	301	TYBCOM	<i>Ahan</i>
20	Sakshi Mohle	265	TYBCOM	<i>Sakshi</i>
21	Aman. V. Tiwari	20	F.Y.Bcom	<i>Aman</i>
22	Kesari Pratham	612	F.Y.Bcom	<i>Kesari</i>
23	Jain Divya	291	SYBcom	<i>Jain</i>
24	Sarupa Gupta	2005	SYBAMMC	<i>Sarupa</i>
25	Saima Shaikh	222	TYBSC	<i>Saima</i>
26	Sonika. A. Soni	210	TYBSc	<i>Sonika</i>
27	Ashana Ansari	232	TYBSc	<i>Ashana</i>
28	Mayuri Javadekar	229	TYBSc	<i>Mayuri</i>
29	Ravindra Nandi	1051	FYBBI	<i>Ravindra</i>



*(Signature)*

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## Attendance

SR.NO	NAME OF THE STUDENT	Roll no	CLASS	SIGNATURE
30	Neha Chaurasiya	1087	SYBBI	Neha
31	Riddhi Shetye	1011	SYBBI	Riddhi
32	Utkarsh Dubey	1027	SYBBI	Utkarsh
33	Anuj Kanaujia	1055	SYBBI	Anuj
34	Pooja Yadav	1024	SYBBI	Pooja
35	Sakshi Virendra Tiwari	1009	SYBBI	Sakshi
36	Riddhi Ankush Kadam	2032	SYBAMMC	Riddhi
37	Sakshi Tulsi Das Gawade	2041	SYBAMMC	Sakshi
38	Alea Khan	669	T.Y.B.Sc	Alea
39	Farooqui Sufya	668	T.Y.B.Sc	Sufya
40	Sayed-Armedha	671	T.Y.B.Sc	Armedha
41	Sakshi Soni	670	T.Y.B.Sc	Sakshi
42	Tajdar Shaikh	667	T.Y.B.Sc	Tajdar
43	Aniket Jaiswal	666	T.Y.B.Sc	Aniket
44	Gupta Khushi	820	T.Y.B.Sc	Khushi
45	Ayush Singh	1016	SYBSc-BT	Ayush
46	Sakshi Pathak	46	SY.B.com	Sakshi
47	Raj Tripathi	561	SY.B.Sc.	Raj
48	Prithi Dhobi	610	SY.B.com	Prithi
49	Priya Rajendra Yadav	111	SYB.COM	Priya
50	Priyanka Sanjay gupta	508	SYB.com	Priyanka
51	Gyanendra Sanjay Kumar Dubey	2070	SYCS	G.K. Dubey
52	Priyanshi Pandey	274	SYBA	Priyanshi
53	Ankita Mohan pal	1063	TYBBI	Ankita
54	Jyoti Surendra Prasad Yadav	1064	TYBBI	Jyoti
55	Ritika Rakesh Singh	3011	TYBAF	Ritika
56	Ankita Omprakash Yadav	3034	TYBAF	Ankita
57	Nidhi Riddhesh Yadav	3018	TYBAF	Nidhi
58	Anchal Dhyanchand Dubey	3019	TYBAF	Anchal
59	Mansi Raikesh Pandey	3010	TYBAF	Mansi
60	Muskan Kanojiya	265	SYB.COM	Muskan
61	Yadav Nishant	1042	TYBBI	Nishant
62	Sandeep Pyasi	1008	TYBBI	Sandeep
63	Vivek Gupta	1044	TYBBI	Vivek
64	Singh Amrita	3022	TYBAF	Amrita
65	Disha Gupta	3017	TYBAF	Disha
66	Shahista Shaikh	3014	TYBAF	Shahista
67	Muskan Shaikh	3007	TYBAF	Muskan



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## Attendance

SR.NO	NAME OF THE STUDENT	Roll no	CLASS	SIGNATURE
1	Moni Gupta	58	SYBBI	Moni
2	Prachi Tiwari	59	SYBBI	Prachi
3	Sony Gupta	10	SYBBI	Sony
4	Pragya Upadhyay	01	SYBBI	Pragya
5	Yash Kotian	3022	TYBAMMC	Yash
6	Rishabh Ojha	3040	TYBAMMC	Rishabh
7	Khushi Singh	2010	SYBAMMC	Khushi
8	Apoorva Kulal	2031	SYBAMMC	Apoorva
9	JYOTI R. SHUKLA	3104	TYBAMMC(JR)	Shukla
10	Ketan GUPTA	1046	SYBBI	Ketan
11	Chauwal laxmipriya Ramesh	1052	TYBBI	Laxmipriya
12	Sneha Suryabhan Chauhan	218	TYBSC	Sneha
13	ASHISH ANAND PRAJAPATI	217	TYBSC	Prajapati
14	Shubham Sinari	216	TYBSC	Shubham
15	Tushar Pandey	3105	TYRAMC	Tushar
16	MAURYA ROSHAN DURGESH	234	TYBSC	Roshan
17	Pal Arvind Keshavnagar	211	TYBSC	Arvind
18	MAYUR UPADYAN CHAUDHARIYA	405	TYBSC	Mayur
19	ASIF AZMUDIN SIDDIQUE	221	TYBSC	Asif
20	Shivam A Singh	2103	SyBms	Shivam
21	Saba Maniyar	317	SYBcom	Saba
22	Singh Abhik	249	SYBSC	Abhik Singh
23	Aditi Mehad.	633	SYBcom	Aditi
24	Shrutika Soma Kadam	624	SYBcom	Shrutika
25	SUBHAVANI VINOD KUMAR GUPTA	80	SYBcom	Subhavi
26	YASH PANDEY	221	SYBSC	Yash
27	Shivam. S. Sahu	2071	SYBMS	Shivam
28	KRISHNA D. GUPTA	2058	SYBMS	Krishna
29	NITESH GIRI	224	TYBSC	Nitesh
30	Janvi Mahesh Kale	3033	TYBAMMC	Janvi
31	Kirti Jayprakash Shakti	3012	TYBAMMC	Kirti
32	AKRASH Prakash Gajiwad	3014	TYBAMMC	Akrash
33	Bakshi Vinay Jivari	1062	SYBBI	Bakshi
34	Pradeep Shivprasad Maniya	1025	TYBBI	Pradeep
35	Shubham Indrajeet Prajapati	1002	TYBBI	Shubham
36	Sudaj Pandey	1054	TYBBI	Sudaj
37	Shubham Vadav	1003	TYBBI	Shubham
39	Shardul Gawas	1055	TYBBI	Shardul



*(Signature)*  
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41	Sureaj . A . Bird .	56	SYBBI	Sureaj
42	Adarsh . S . Dubey	06	SYBBI	Adarsh
43	Animesh S. Sawant	210	SYBSC	Animesh
44	Vyom V. kulkarni	233	SYBSC	Vyom
45	Yadav Satyam Brijesh	256	SYBSC	Satyam
46	Mukya Krishander Ranjit	223	SYBSC	Mukya
47	Naeemur Rehman Shailsh	209	SYBSC	Naeemur
48	Shweta Shastri	216	SYBA	Shweta
49	Harsh Kumar Gupta	A-107	FYBCOM	Harsh
50	Adarsh . S . gaur	212	TYBSC	Adarsh
51	Mayur M. Kharate	B-220	S.Y. BSC	Mayur
52	Santosh . N	225	SYBSC	Santosh
53	Kharat Saathak Yuvraj	B-248	S.Y. BSC	S.Y. Kharat
54	Mohan Krishna Gupta	88	S.Y. BCOM	Mohan
55	Shivani Shivkumar pal	749	S.Y. BLOM	Shivani
56	Anand Tiwari	1022	TYBBI	Anand
57	Shubham Yadav	1003	TYBBI	Shubham
58	Rishi Sahu	1031	SYBBI	Rishi
59	Siddhesh Chaudhary	8	SYBcom	Siddhesh
60	Harsh Yadav	220	TYBSc	Harsh
61	Vivek yadav	231	TYBSc	Vivek
62	Hapi Vishwakarma	226	TYBSC	Hapi
63	SHUBHAM PANDEY	219	TYB&E	Shubham
64	naman nishad	223	SYJC	Naman
65	Amjad Ansari	230	TYBSC	Amjad
66	Vivek Vishwas Nikam	204	TYBSC	Vivek Nikam
67	Asif AZIMUDDIN JENNIFER	221	TYBSC	Asif
68	Priya Amarjeet Yadav	1063	SYBBI	Priya
69	Neha Rajkumar Dixit	2047	SYBTK	Neha
70	Chinmay Shinde	409	TYBSC	Chinmay
71	Naval Gupta.	411	TYBSc	Naval
72	Devanand Gupta.	406	TYBSc.	Devanand
73	Riya Vishwakarma.	2024	SYBNS	Riya
74	VISHNU . RAKESH . DUBE	2035	SYBSCCS	Vishnu
75	Jahil Vinay Gupta	2020	SYBSCCS	Jahil
76	Ayush Sarvesh Dubey	2068	SUBSCCS	Ayush
77	Aman Tiwari	2092	SYBSCCS	Aman



*(Signature)*  
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 Ghatkopar (W), Mumbai 400086

### Certificate of Appreciation

This is to Certify that Mr. / Ms. Suraj Bind  
 of SYBBI Class of R. J College, Ghatkopar  
 has participated in Stress Management Session  
 held on 06/08/2022  
 He / She has won --- Prize in the academic year 2022 - 2023

  
 Dr. Vaishali Raikwar  
 Convenor, DLLE

  
 Dr. Himanshu Dawda  
 Principal




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