



# 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: 05-09-2022

## PSYCHOSPHERE

(Psychology Association)

organises

“EMOTIONAL SUPPORT”

A workshop by SAMARITANS

Mumbai

Psychology Association- “PsychoSphere” invites SAMARITANS Mumbai- a Suicide Prevention Helpline to conduct an interactive workshop with the students on “Emotional Support”.

PsychoSphere inaugurates its activities this academic year with this interactive workshop- with a focus on Mental Health Awareness- collaborating with an instrumental organization contributing to Mental Health Support for more than five decades.

This event also commemorates the upcoming World Suicide Prevention Day (September 10<sup>th</sup>). All students are welcome to attend the event.

**Day & Date:** Thursday, 08th September, 2022

**Time:** 11:00 AM

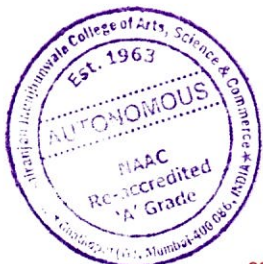
**Venue:** MPSS Hall

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

**Dr. Himanshu Dawda**

Principal

RAMNIRANJAN JHUNJHUNWALA COLLEGE  
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**PSYCHOSPHERE**  
(Psychology Association)  
(2022-23)

**“EMOTIONAL SUPPORT”**

A workshop by SAMARITANS Mumbai

**BROCHURE**



Hindi Vidya Prachar Samiti's  
Ramniranjan Jhunjunwala College of Arts, Science &  
Commerce (Autonomous)



**PSYCHOSPHERE**  
(Psychology Association)



organises

*Emotional Support*

a workshop by:  
SAMARITANS Mumbai  
A Suicide Prevention Helpline

**Thursday, 8th Sept, 2022**

**Time: 11:00 am**

**MPSS Hall**



  
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## Guest Biodata

**Mr. Sachin Chitambaran-** Asst. Director – Training and Development, Samaritans Mumbai

- Experienced facilitator and a Cognitive Hypnotic coach involved with suicide and emotional support helplines for over 13 years.
- Asst. Director – Training and Development with Samaritans Mumbai, a suicide helpline established since over 25 years.
- President – Befrienders India, an umbrella organisation working for suicide prevention as part of Befrienders Worldwide present in over 30 countries and 10,000 volunteers.
- Founder and Lead trainer – The Connect Hut.
- Director, Sales and Key Account Management with Suicide Prevention India Foundation.

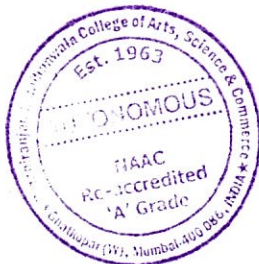
Contact: +91 79776 13060

**Ms. Anupama Kotiankar**

Title: Counselling Psychologist & Head – Emails Division, Samaritans Mumbai

- Counselling Psychologist
- Has been a volunteer with Samaritans Mumbai for 6 years
- Currently heads the Email division with the organisation.

Contact: [samaritans.helpline@gmail.com](mailto:samaritans.helpline@gmail.com)



  
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## REPORT

Since September 10 is celebrated as “World Suicide Prevention Day”, Psychology Association- PsychoSphere, organized an interactive workshop on ‘Emotional Support’ by Samaritans Mumbai, a Suicide Prevention Helpline, on Saturday, 8<sup>th</sup> September, 2022. PsychoSphere also inaugurated its activities this academic year with this interactive workshop with a focus on Mental Health Awareness. The workshop was conducted by Mr. Sachin Chidambaram, Asst. Director- Training and development, Samaritans Mumbai and Ms. Anupama Kotiankar, Counselling Psychologist & Head of the Emails Division, Samaritans Mumbai. The guests and students were welcomed by Mr. Chinmay Bapat, In-charge of Psychology Department along with the formal introduction of the guest speaker. Mr. Chitambaran started the workshop by explaining the meaning and the characteristics of suicide. Different metaphors were used in the order to explain the long-term causes of suicidal ideation and how they are associated with faulty appraisal of emotions. Building into the topic through a question answer series, Mr. Chitambaran, created a link between how emotions play a role in Suicidal ideation and how they can also be used as a prevention. The real meaning and role of empathy in providing emotional support was conveyed to the students. Different avenues of working in the field of Suicide Prevention were also discussed during the session. An interactive Q & A session was conducted at the end of the workshop to answer all the questions presented by the students. The event was concluded by presenting a formal vote of thanks by Mr. Chinmay Bapat.



  
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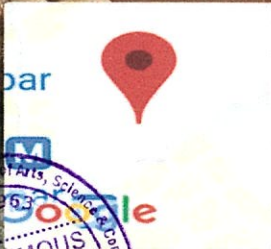
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**PHOTOGRAPHS OF THE WORKSHOP**



**Mumbai, Maharashtra, India**

Mahant Kamladas Vidya Mandir Hindi high school,  
 3WQ5+2W3, Shival Nagar, CGS Colony, Ghatkopar  
 West, Mumbai, Maharashtra 400086, India  
 Lat 19.08738°  
 Long 72.909728°  
 08/09/22 01:10 PM GMT +05:30



**Mumbai, Maharashtra, India**

1, near Hindi High School, Shival Nagar, CGS Colony,  
 Ghatkopar West, Mumbai, Maharashtra 400086, India  
 Lat 19.087264°  
 Long 72.909622°  
 08/09/22 11:59 AM GMT +05:30



Mr. Sachin interacting with students during the workshop

*Leh*  
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Date: 08/09/2022

## PSYCHOSPHERE

(Psychology Association)

Attendance Sheet:

"EMOTIONAL SUPPORT"

A workshop by SAMARITANS Mumbai

Time: 11:00 am to 12.30pm

Venue: MPSS Hall

Sr. No.	Name	Class - Division	Roll No.	Signature
1	Disha D. Soni	SYBA B	725	Disha
2	Durvanka Ashok Mayekar	FYBA C	625	Durvanka
3	Aditya Zore	FYBA C	462	Aditya
4	Rebecca Dinkule	FYBA C	641	Rebecca
5	Yash Chandekar	FYBA C	474	Yash
6	Bachi Singh	FYBA B	282	Bachi
7	Pragadesh Shukla	FYBA C	460	Pragadesh
8	Pratham Shildhankar	FYBA A	68	Pratham
9	Aditya Gaikwad	FYBA C	634	Aditya
10	Birbal Panu	FYBA B	265	Birbal
11	RINKI Saroj	FYBA C	814	RINKI
12	Sawant Akshata	SYBA C	809	Sawant
13	Sejal Gupta	SYBA C	815	Sejal
14	Naazra Farooqui	SYBA C	804	Naazra



Principal

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15.	Shaikh Maheksaba	SYBA-B	702	<i>Shaikh</i>
16.	Aditya C	SYBA-B	319	<i>Aditya</i>
17.	Atika Khan	SYBA-B	721	<i>Atika</i>
18.	Singh Singh	FYBA-C	628	<i>Singh</i>
19.	Khan Shahzad	FYBA-Psycho-C	632	<i>Shahzad</i>
20.	Khan Samya	FYBA-Psych	604	<i>Samya</i>
21.	Valerina Amanna	FYBA-C	613	<i>Amanna</i>
22.	Singh Mansi	FYBA-C	606	<i>Singh</i>
23.	Thokan Saima	FYBA-C	619	<i>Saima</i>
24.	Saubhan Siddiqui	FYBA-C	639	<i>Siddiqui</i>
25.	Udit Shetty	FYBA-C	601	<i>Udit</i>
26.	Khushi Bhairi	SYBA-C	806	<i>Khushi</i>
27.	Anuja Kori	SYBA-A	601	<i>Anuja</i>
28.	Gauri Shewale	SYBA-C	812	<i>Shewale</i>
29.	Nidhi Pagare	SYBA-C	805	<i>Pagare</i>
30.	Komal Pandey	SYBA-C	814	<i>Komal</i>
31.	Sakam Shinde	SYBA-M	814	<i>Sakam</i>
32.	Sejal Dhote	SYBA-Psy-B	708	<i>Dhote</i>
33.	Adyama	FYBA-C	638	<i>Adyama</i>
34.	Bajrang Tayaswal	SYBA-B	722	<i>Bajrang</i>
35.	Shahid Chakri	SYBA-A	603	<i>Shahid</i>
36.	Rukhsar Shaikh	FYBA-C	612	<i>Rukhsar</i>
37.	SadaF choudhary	FYBA-C	411	<i>SadaF</i>
38.	Shaikh Saimu	FYBA-C	642	<i>Saimu</i>



*Principal*

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39	Kaustabh Gp	FYBA-C	618	<i>Kaustabh</i>
40	Riddhi Jaigwal	FYBA-C	633	<i>Riddhi</i>
41	Nisha Yadav	FYBA-C	413	<i>Nisha</i>
42	Shivam Gupta	FYBA-A	29	<i>Shivam</i>
43	Khushbu Verma	FYBA-C	618	<i>Khushbu</i>
44	Khan Saifullah	FYBCOM-B	719	<i>Khan</i>
45	Chanel Shaikh	FYBCOM-B	729	<i>Chanel</i>
46	Saksham Shukla	FYBCOM-C	462	<i>Saksham</i>
47	Jatin Parashar	FYBCOM-C	501	<i>Jatin</i>
48	Vijay Yadav	FYBCOM-C	463	<i>Vijay</i>
<del>49</del>	<del>Fakhri Chauhan</del>	<del>FYBCOM-B</del>		<del>Fakhri</del>
49	Surushi Senail	FYBCOM-B	238	<i>Surushi</i>
50	Mohd. Ferozan	FYB.COMB	752	<i>Ferozan</i>
51	Fakhri Chaudhary	FYB.com-B	714	<i>Fakhri</i>
52	Acharya Ashwin	FYB.com B	219	<i>Acharya</i>
53	Patel Ritesh	SYBA-B	705	<i>Patel</i>
54	Adarsh Shukla	FYBA-A	57	<i>Ady</i>
55	JAY-PRAKASH YADAV	SYB&C	631	<i>JP-Yadav</i>
56	Bhawishi Rajmal	SYBA-C	807	<i>Bhawishi</i>
57	Kirti Baxer	SYBA-B	716	<i>Kirti</i>
58	Khan Mariya	SYBA-C	602	<i>Khan</i>
59	Narna Akshaya	SYBA-B	713	<i>Narna</i>
60	Shaikh Alfiya	SYBA-B	701	<i>Alfiya</i>
61	Aman Ramesh Pal	SYBSc-C	624	<i>Aman</i>
62	Alfia Yousufi Shaikh	SYBA-B	719	<i>Alfia</i>
63	Sayyed Ruzja	SYBA-B	711	<i>Ruzja</i>
64	Sneha Pandey	FYBA-C	643	<i>Sneha</i>

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DEPARTMENT OF PSYCHOLOGY

**CERTIFICATE**


This is to certify that **Mr. Aditya Zore** attended the Workshop on  
Emotional Support held on 8<sup>th</sup> September 2022



**Mr. Chinmay Bapat**  
Department of Psychology



**Principal**




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DEPARTMENT OF PSYCHOLOGY

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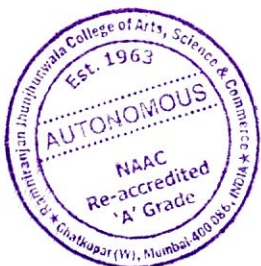
This is to certify that **Ms. Sejal Gupta** attended the Workshop on  
Emotional Support held on 8<sup>th</sup> September 2022



**Mr. Chinmay Bapat**  
Department of Psychology



**Principal**



  
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