



# 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 - 400 086, 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 II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

Date: 22/09/2022

## NOTICE

Department of IT  
Organizes

### A DBT STAR ACTIVITY

Considering the need of the time with ever increasing use of screens, the department of Information Technology is conducting a session on '**EYE CARE and CURE with MINDFULNESS**' by Mr. Rajesh Rajan (Life Coach). You all are cordially invited to attend this awareness session for caring and curing your eyes naturally.

Date: September 24th, 2022

Time: 9:30 AM to 10:30 AM

Venue: Saboo Hall, 4th Floor

*Abide*  
Co-ordinator  
(Dept of IT)

*RS*  
Principal  
R. J. College



*RS*  
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

HINDI VIDYA PRACHAR SAMITI'S  
RAMNIRANJAN JHUNJHUNWALA COLLEGE (AUTONOMOUS)

DEPARTMENT OF INFORMATION TECHNOLOGY  
A DBT STAR ACTIVITY

A session on  
**EYE CARE AND CURE WITH  
MINDFULNESS**

A Need Of The Time With Ever Increasing  
Screen Time.

24<sup>th</sup> SEPTEMBER, 2022  
9:30 AM  
SABOO HALL

GUEST SPEAKER -  
MR. RAJESH RAJAN  
LIFE COACH



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## Department of Information Technology

### A session on Eye Care and Cure with Mindfulness

#### A DBT STAR ACTIVITY

Date: 24 September, 2022, Tuesday

Time :9:30 AM - 10:30 AM

Conducted By : Department of IT

Teachers Involved: 7

Teachers Involved:

1. Prof. Archana Bhide
2. Prof Bharati Bhole
3. Prof. Jeba Roselet
4. Prof. Punam Sindhu
5. Prof Prachi Surve
6. Prof Aditi Prajapati
7. Prof Anju Rai

Resource Person : Mr. Rajesh Rajan is a '*Certified Happiness Life Coach*' and an '*Eye Yoga Practitioner*'.

Venue : Saboo Hall

Number of Students Beneficiary : 184

#### Content of session :

The Department of *Information Technology* organized an awareness talk on 'EYE CARE AND CURE WITH MINDFULNESS' under 'A DBT STAR' activity on September 24th, 2022 in the Saboo Hall, R.J. College. Respectable speaker for the session Mr. Rajesh Rajan is a '*Certified Happiness Life Coach*' and an '*Eye Yoga Practitioner*'.

With increasing use of screens today, it is very important for students to be aware of the right way to take care of their eyes. This session was about the awareness of eye care using some best practices in our day to day activities with some simple yoga exercises. It was an interactive session where students and staff also practiced some basic exercise during the session.



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Mr. Rajan's talk was centered on the Eye Care and Cure with Self Talk, Natural Care and cure for eyes, Mistakes we make while seeing screen, Myths about Eye Care ,Importance of Vitamin D and healthy diet for eyes. Overall it was a fruitful session for all the attendees. Students appreciated such talks which would focus on improving their physical and mental wellbeing.

In-Charge

  
Principal



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## PHOTOS OF THE AWARENESS SESSION ON 'EYE CARE AND CURE WITH MINDFULNESS' HELD ON 24<sup>TH</sup> SEPTEMBER 2022



  
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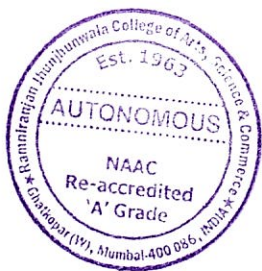
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Department of Information Technology A DBT STAR Activity			
'Eye care and cure with Mindfulness'			
Date : 24th september 2022		Time: 9:30 AM - 10:30 AM	
			Venue: Saboo Hall
Sr No	ROLL NO	NAME	Sign
1	3031	Patel Laxmi (FY-IT)	Laxmi
2	3032	Sumiya Khatop (FY-IT)	Sumiya
3	3041	Khan Jannat Nizamuddin (FY-IT)	Jannat
4	3070	Ansari Fatima Abrar Ahmed (FY-IT)	fatima
5	3035	Khan Sanjya Shakil Ahmed (FY-IT)	Sanjya
6	3098	Singh Ankita Purnchand (SY-IT)	Ankita
7	3071	Manu Sumit Singh Bhati (SY-IT)	Manu
8	3088	Jyoti Achalal Gupta (SY-IT)	Jyoti
9	3058	Kiddehi Anantesh Kadam (SY-IT)	Kadam
10	3019	Poonam Rajesh Gupta (SY-IT)	Poonam
11	3082	Sheetal Ramvichone Chauhan (SY-IT)	Sheetal
12	3012	Pranali Prakash Palkar (SYIT)	Pranali
13	3055	Sneha Anil Kumar Gupta (SYIT)	Sneha
14	3051	Rishita Vishwakarma (SYIT)	Rishita
15	2108	Tanvi Mangani (FYBMS)	Tanvi
16	82	Vijal R. Vikra (FYBA)	Vijal
17	134	Samiksha Kamble (FYBA)	Samiksha
18	3010	Vidya Pal (TYBSc-IT)	Vidya
19	3043	Ayiba Khan (SYBSc-IT)	Ayiba
20	3053	Nayana Das (SYBSc IT)	Nayana
21	3039	Sweta Manojya (SYBSc IT)	Sweta
22	3062	Riya Manoj Kumar Sonar (SYBSc IT)	Riya
23	3038	Straikh Tara (SY-BSc IT)	Tara
24	3031	Chanda Rajbhar (SY-BSc IT)	CHANDA
25	3013	Ritika Jaiswal (SY-BSc IT)	Ritika
26	3084	Pooja Pooj (FY-BSc IT)	Pooja
27	3098	Divya Kumari Ram (FYBSc IT)	Divya
28	3119	Khushi Jaiswal FYBSc IT	Khushi
29	3116	Deishita Yadav FYBSc IT	Deishita
30	3122	Shreya Dileep Singh (FY-IT)	Shreya
31	3009	Khan Zainab Abdul Salam (SYIT)	Zainab
32	3052	Bhivanka Nilanchal Padhi (SYIT)	Bhivanka
33	3066	Yadav Sakshi Anantlal Picea (SYIT)	Sakshi
34	3059	Yadav Anjali Prabhurath (SYIT)	Anjali
35	3032	SINGH NISHITHA PRANJAN (SY-IT)	Nishitha



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Sr No	ROLL NO	NAME	Sign
1	804/SYBA	FAROOQUI NAZKA / C	[Signature]
2	719/SYBA	Shaikh Alfiya Yunus Ali / B	[Signature]
3	809/SYBA	Sawant Akshata Mahendra	[Signature]
4	701/SYBA	Alfiya Farooq Shaikh	[Signature]
5	815/SYBA	Sefal Kamlesh Gupta	[Signature]
6	456/SYBA	Kashani Rambabu Ohisarwar	[Signature]
7	2123/FYBSC	Gayatri Panigerahi	[Signature]
8	518/FYBSC	Preet Gaud Vijay Kumar	[Signature]
9	474/FYBSC	Khushi Chauhan	[Signature]
10	467/FYBSC	Khushi A Raj	[Signature]
11	3112/FYBSC	Rani Dinesh Gupta	[Signature]
12	3090/FYBSC	Fiza A.R. Malik	[Signature]
13	3011/FYBSC	Mourya Yash	[Signature]
14	3068/FYIT	Deepak Yadav	[Signature]
15	3081/SYIT	Mangesh Gaikwad	[Signature]
16	3048/SYIT	Chauhan Laxmi Santosh	[Signature]
17	3078/SYIT	Tho Gaurav Mithibesh	[Signature]
18	3037/SYIT	Mohammed Aatif Attaf Ambedkar	[Signature]
19	3063/SYIT	Singh Diksha Mukeshkumar	[Signature]
20	3060/TYIT	SATISH GUPTA	[Signature]
21	3041/TYIT	Shubham Pal	[Signature]
22	3026/TYIT	ANKITA SHARMA	[Signature]
23	3045/TYIT	AMSI MISHRA	[Signature]
24	3031/TYIT	Harsh Singh	[Signature]
25	3053/TYIT	Abijit Pal	[Signature]
26	3051/TYIT	Aman Phondlani	[Signature]
27	3018/TYIT	Shreya Sawi	[Signature]
28	3033/TYIT	Shubham Singh	[Signature]
29	428/FYBcom	Mawya Kamari	[Signature]
30	421/FYBcom	Mawya Anchal	[Signature]
31	3010/SYIT	Anushka Mishra	[Signature]
32	3030/SYIT	Kanan Negi	[Signature]
33	108/FYBA	Pooja Mawya	[Signature]
34	100/FYBcom	Ansari Saba Parveen	[Signature]
35	64/FYBcom	DUBEY NISHA MITHLESH	[Signature]

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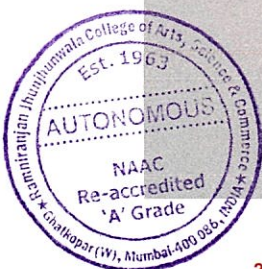
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2	3117	Yadav Vinayesh Maniram	Vinayesh
3	3013	Parth. R. seni	Parth
4	3015	Sohail Anwar Tamboli	Sohail
5	3025	Abuzar Mansoor Shaikh	Abuzar
6	3087	Ankit Bharatlal Yadav	ANKIT
7	3075	sumit santosh Barsode	sumit
8	3086	Suyash Dnyaneshwar Indalkar	Suyash
9	3001	Shubham Nehulkhand Pal	Shubham
10	3092	Sahil Uday Naik	Sahil
11	1081	Aalok Bharti	Aalok
12	3088	Vishal Gupta	Vishal
13	3040	Saikat Jadhav	Saikat
14	3067	Harsh Maurya	Harsh
15	3096	Aditya Kumar Borkhe	Aditya
16	3118	akshay Mahendra shiral	Akshay
17	3055	Sruji Banskari	Sruji
18	3062	Omkar Vishwakarma	Omkar
19	3045	Abhay Dhishaj Singh	Abhay
20	3006	Parsham Nishad	Parsham
21	3033	Aditya Sahani	Aditya
22	207	Devansh Upadhyay	Devansh
23	477	Khan Hafeez	Hafiz
24	3093(SY)	Singh Shivang	Singh
25	3040(SY)	Prabhat Shaerung	Prabhat
26	3079(SY)	Sanjay yadav	Sanjay
27	3094FY	Samani Khaliduddin Sirajuddin	Samani
28	3089FY	Gupta Raju Vinod	Raju
29	3043	Saurabh Ramesh Kahar	Saurabh
30	3017	Shubham Singh	Shubham
31	3004	Madhuban Sahani	Madhuban
32	3050	Aditya Shivankar Vishwakarma	Aditya
33	3040	Omkar Vikas Tewale	Omkar
34	3002	Shubham Ramesh Bane	Shubham
35	3034	Durgesh Yadav	Durgesh



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2	3057	Raj Radheshyam Tripathi	Raj
3	3105	Nitin Solanki	Nitin
4	3095	Abhishek Sudhakar Shingare	Abhishek
5	3067	Sudesh Rajbhar	Sudesh
6	3111	Shahid Sheikh	Shahid
7	3059	Parth Mayekar	Parth
8	3101	Omkar Hanmant Desai	Omkar
9	3107	Akash Yadav	Akash
10	3104	Vinay Chaudhary	Vinay
11	3085	Raj Ramesh Majhi	Raj
12	3074	Aniket Mahesh Gupta	Aniket
13	3018	Mohit Sunil Gundal	Mohit
14	3068	Yash vilas Belwalkar	Yash
15	3045	Jaganish Mohanty	Jaganish
16	3021	Vivek Yadav	Vivek
17	3036	Vishal Yadav	Vishal
18	3090	Tunaid Sayed	Tunaid
19	3049	shivam suresh vishwakarma	shivam
20	3002	Himanshu Chaurasiya	Himanshu
21	3003	Mannoj Saroj	Mannoj
22	3019	Shivam Ramesh Patil	Shivam
23	2042	Pooja G. Singh (CS)	Pooja
24	3128	Madhu Vishwakarma	Madhu
25	255	Siddhanta A. Singh	Siddhanta
26	61	Akansa A. Singh	Akansa
27	3061	Vishwakarma Shulham Guddu	Shulham
28	3034	Shivam Patil	Shivam
29	3094	Yadav Ashish Suxendra	Y. Ashish
30	3097	Romit Shreeram Yadav	Romit
31	316	Ayush Tiwari	Ayush
32	3047	Pooja Chaudhari	Pooja
33	3054	Atul Yadav	Atul
34	3005	Manish Gangawane	Manish
35	3056	Amit A. Kumbhar	Amit

PRINCIPAL

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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 II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

Department of Information Technology A DBT STAR Activity			
'Eye care and cure with Mindfulness'			
Date : 24th september 2022		Time: 9:30 AM - 10:30 AM	Venue: Saboo Hall
Sr No	ROLL NO	NAME	Sign
1	291	Gyanchand Sharma	Gyanchand
2	138	Pradham	Pradham
3	221	Pankaj Ashok Inant	Pankaj
4	30	Mohammed Ali	Ali
5	161	Vinay Harijan	Vinay
6	3037	Abhijit Ashok Chauhan	Abhijit
7	3011	Ugeshwar yadav	Ugeshwar
8	3080	Aditya Jaiswal	Aditya
9	3056	Dinkar Babu Shinde	Dinkar
10	3027	Ankit Adhir Jang	Ankit
11	3075	Prashant Vinay Pandey	Prashant
12	3073	Yadav Mahaveer	Mahaveer
13	3012	Suman Yadav	Suman
14	819	Ratel Yasveer Afser (F.Y.B.com)	Yasveer
15	508	Khan Noorunnisa (F.Y.B.com)	Noorunnisa
16	10	Shaifa Naseem Shaikh (F.X.B.A)	Shaifa
17	3108	Dharmesh Ashok Yadav	Dharmesh
18	2098	Bharatkumar Rangswamy Abulapuram	Bharatkumar
19	3076	Arun Indrajeet Vishunkarna	Arun
20	3060	Samreen Shaikh	Samreen
21	3033	Krishna Jedhe	Krishna
22	2111	Rohini Helwadkar	Rohini
23	705	Babita Chaudhary	Babita
24	496	Deepa Dilip Yadav	Deepa Yadav
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Sr No	ROLL NO	NAME	Sign
1	3024	Rohan Suresh Chauhan	
2	3087	Kshilij Adhik Kanse	
3	3054	Amilkumar Dangapani Naidu	
4	3064	Soham Vijay Badhe	
5	3014	Pratham Brijendra Dubey	
6	3096	Gaurav Manoj Tiwari	
7	3044	Sandesh Singh	
8	3035	Sumit Verma	
9	3050	Deepshikha Singh	
10	3102	Tanika Mishra	
11	3065	Komal Ajay Kumar Pal	
12	3007	Khan Aziba (SYIT)	
13	3080	Jagriti Mahato (SYIT)	
14	3092	Parjanya Parigrahi (SYIT)	
15	3026	Satya Pandey (SYIT)	
16	3099	Divya Lalji Jaiswal (SYIT)	
17	3077	Brijesh Dhanabhadur Prajapati (SYIT)	
18	3089	Deepak ADCHENAYA ADAII	
19	3093	SANIL PRAFFUL SURVE	
20	3025	Rahul Ravindra Kharat	
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## CERTIFICATES



Hindi Vidya Prachar Samiti's  
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(AUTONOMOUS)

Opp. Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400086

Affiliated to UNIVERSITY OF MUMBAI

## CERTIFICATE

*This certificate is awarded to*

Mr. / Ms. **Patel Laxmi** have successfully attended a session on "Eye Care and Cure with Mindfulness" conducted by Department of Information Technology on 24<sup>th</sup> September 2022.

  
Archana Bhide,  
In-Charge

  
Dr. Himanshu Dawda  
Principal



Hindi Vidya Prachar Samiti's  
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## CERTIFICATE

*This certificate is awarded to*

Mr. / Ms. **Sumaiya Khatoon** have successfully attended a session on "Eye Care and Cure with Mindfulness" conducted by Department of Information Technology on 24<sup>th</sup> September 2022.

  
Archana Bhide,  
In-Charge

  
Dr. Himanshu Dawda  
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