



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

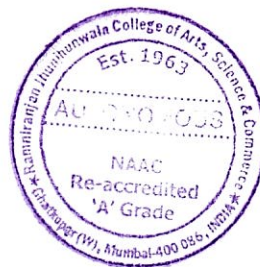
11/10/2022

NOTICE

DEGREE COLLEGE

A session on Happiness Quotient is being organized on 17th October 2022 at 10:30 am in the MPSS Hall. Teachers are requested to attend the session. Ms. Shalini Singh, Founder and CEO of BSpotted will be the resource person for the session.


Principal




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2019: Star College Status by DBT

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BROCHURE

Hindi Vidya Prachar Samiti's
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of Arts, Science & Commerce (AUTONOMOUS)

IQAC
Organizes
Capacity Building
Workshop for Teachers

on

'Happiness Quotient'

Date: October 17, 2022

Day: Monday

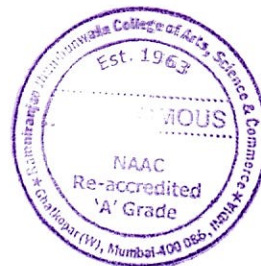
Venue: MPSS Hall

10:30 am-11:30 am.

Our Expert



Shalini Singh
Founder & CEO
BSpotted




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REPORT

A session on Happiness Quotient was organized on 17th October 2022 at 10:30 am in the MPSS Hall. Ms. Shalini Singh, Founder and CEO of BSpotted conducted the session. Dr. Bhushan Arekar, IQAC Coordinator gave a brief introduction of Ms. Shalini Singh. She interacted with teachers and shared few tips in order to maintain balance between work and personal life. She told the members that happiness quotient is a basic tool to understand how an individual feels. She focused on the various elements of life integration such as fitness, family, friends, fun, career and finance. The session was interactive and 45 teachers attended the session.




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PHOTO OF THE SESSION ON HAPPINESS QUOTIENT HELD ON 17/10/2022



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LIST OF TEACHERS WHO ATTENDED THE SESSION

SR NO	NAMES
1	Dr. Saraswathi Moorthy
2	Dr. Neelambari Kulkarni
3	Dr. Bhushan Arekar
4	Dr. Sneha Deuskar
5	Dr, Kiran Kolwankar
6	Dr. Amita Valmiki
7	Dr. Shubhangi Vedak
8	Dr. Rina Puradkar
9	Dr. Mithilesh Sharma
10	Ms. Madhuri Agarwal
11	Ms. Snehal Nagtilak
12	Dr. Meher Mistry
13	Ms. Jeba Roslet
14	Ms. Bharati Bhole
15	Ms. Radhika Kapoor
16	Mr. Jaishankar Singh
17	Mr. Aakash Gupta
18	Ms. Sheryl Cusher
19	Ms. Reeta Singh
20	Ms. Prachi Vankiyani
21	Mr. Nilesh Ghadge
22	Ms. Pooja Bhardwaj
23	Ms. Prasadhini Gautam
24	Dr. Laxmi Podoli
25	Dr. Sucheta Jopshi
26	Ms. Devahsree Ghorpade
27	Ms. Pranali Karnik
28	Dr. Saraswathi Moorthy
29	Ms. Priyasha Sawant
30	Ms. Mala Goplani
31	Ms. Nandini Jagannarayan
32	Ms. Priya Shetty
33	Maj Pravin Nayak
34	Ms. Sushma Singh
35	Dr. Bindu Acharya
36	Dr. Janhavi Bhagwat
37	Ms. Jewel Khemani



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38	Ms. Rekha Shetty
39	Ms. Chhaya Pinge
40	Mr. Steven Lobo
41	Ms. Maria Shaikh
42	Dr. Baisakhi Dutta
43	Mr. Ashok Gupta
44	Ms. Saleha Khan
45	Ms. Prachi Surve



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CERTIFICATES

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CERTIFICATE OF PARTICIPATION

This is to certify that
DR. BHUSHAN AREKAR
has participated in the session "HAPPINESS QUOTIENT" for Teaching
Staff Members held on 17th October 2022.

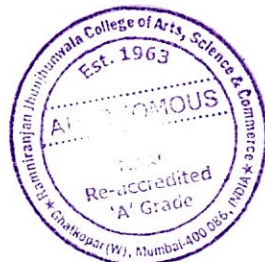

Dr. Himanshu Dawda
Principal

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CERTIFICATE OF PARTICIPATION

This is to certify that
MS. PRACHI VANKIANI
has participated in the session "HAPPINESS QUOTIENT" for Teaching
Staff Members held on 17th October 2022.


Dr. Himanshu Dawda
Principal




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