



# 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

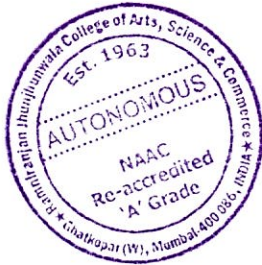
Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

29<sup>th</sup> April 2023

## NOTICE

A session on How to be Happy by Ms. Kiran Gurbani is being organised by the IQAC of the college for the staff members in MPSS hall from 11:30 am onwards. AT the end of the session Prof. D. S Borse will be give a farewell on his superannuation after a long tenure. This will be followed by lunch which is arranged in the quadrangle. All members are requested to attend the session, join us in wishing Prof. D S Borse a contented retired life and enjoy the lunch thereafter.

Principal  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400 086, Maharashtra,



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## Prof. Kiran Gurbani

Prof. Kiran Gurbani has worked last 25 years as a HOD of Computer. Sc. And IT department of RKT College Ulhasnagar. She worked as a HOD of MSc cs and IT department at sst college Ushasnagar. She has been working as a technical Evaluator at Aarav GLOBAL pvt. Ltd. She is working as a Freelancer Corporate Trainer for various companies like Capgemini, Oracle, Siemens, Wipro etc. She has written 60 books on different technologies.

From the past 2-3 years Kiran madam is following spiritual path and she is part of Pyramid spiritual society movement. She along with her guru, is instrumental in spreading happiness and spiritually across multiple government, corporate and educational organisations.



  
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## REPORT

This session was specially organised for staff to lead a life of health, happiness and wealth. Resource person Ms. Kiran Gurvani engaged the staff members in a meditation session which means observing our natural breath and keeping our mind free of thoughts 'Anapanasati Dhyana'. She made everyone realise meditation is the ultimate prescription for a healthy body and health mind. She promoted the idea of 'Ba a light unto yourself'. All members of the staff learnt how to meditate so that they can rejuvenate every day.



  
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**PHOTOGRAPHS OF THE SESSION ON HOW TO BE HAPPY HELD ON 1<sup>ST</sup> MAY 2023**



Staff members meditating during the session.



  
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Session: How to Be Happy

Resource Person: Prof. Kiran Gurbani

Day and Date: Monday, 1<sup>st</sup> May, 2023

S.No	Name	Signature
1.	Chhaya Pinge	
2.	Mrs Sanilka Gupte	
3.	Dr. Geeta Joshi	
4.	Sushma Singh	
5.	Shubhangi Vedak	
6.	Dr. Asawari Mokal	
7.	Dr. VAISHNAVI SRIDHAR	
8.	Dr Deepali Pimple.	
9.	Dr Palak Chawla	
10.	Smyratnam Dwivedi	
11.	Ruchira Javkar	
12.	Dr. Venus Kelkar	
13.	Pranali Karkik	
14.	Dr. Janhavi A. Bhagwat	
15.	Ms. Lekha Shelke	
16.	Ms. Sheryl Cusher	
17.	Dr. Prasadhini Gautam	
18.	Ms. Geeta Singh	
19.	Ms Pooja Bhardway	
20.	Dr. Bindu Achary	
21.	Mr. Mritunja Sre	
22.	Mr. Akash R Gupta	
23.	Ms. Pratibha Khedekar	



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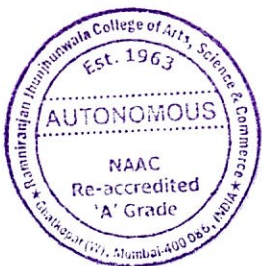
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## Attendance MPSS

24	Dr. Sucheta Joshi	<u>Sucheta</u>
25	Dr. Amita Valmiki	<u>Amita Valmiki</u>
26	Dr. King Pildate Pulvekar	<u>King Pulvekar</u>
27	Dr. Baisakhi Dutta	<u>B. Dutta</u>
28	DR. SARASWATHI MOORTHY	<u>SARASWATHI</u>
29	Dr. Neeta Chakravarty	<u>Neeta Chakravarty</u>
30	Dr. Mithilesh Sharma	<u>Mithilesh Sharma</u>
31	Dr. Meher Mishra	<u>M.N. Mishra</u>
32	Dr. Manu Shukla	<u>Manu Shukla</u>
33	Ms. Namrata Jaiswal	<u>Namrata Jaiswal</u>
34	Ms. Rani Firoz Shaikh	<u>Rani Firoz Shaikh</u>
35	Dr. Shanku A Mishra	<u>Shanku A Mishra</u>
36	Mr. Nilesh G. Rawade	<u>Nilesh G. Rawade</u>
37	Gauri Joshi	<u>Gauri Joshi</u>
38	Amol A Kadam	<u>Amol A Kadam</u>
39	Mandar D. Meshi	<u>Mandar D. Meshi</u>
40	Pratap P. Kamble	<u>Pratap P. Kamble</u>
41	J. D. Girase	<u>J. D. Girase</u>
42	PRABHNA S.S. BARW	<u>Prabha S.S. Barw</u>
43	D.B. Singh.	<u>D.B. Singh.</u>
44	Anil Avhad	<u>Anil Avhad</u>
45	Deepal Poojary	<u>Deepal Poojary</u>
46	Gypta Ashok Kumar	<u>Gypta Ashok Kumar</u>
47	Mr. Bhagirat Mishra	<u>Bhagirat Mishra</u>
48	Rahul Tiwari	<u>Rahul Tiwari</u>
49	Ashish Yadav	<u>Ashish Yadav</u>
50	Suresh Singh	<u>Suresh Singh</u>
51	Ajaykumar Shukla	<u>Ajaykumar Shukla</u>
52	Sanket Tilkar	<u>Sanket Tilkar</u>
53	SANODD HDNGE	<u>SANODD HDNGE</u>
54	Bhushan Arekar	<u>Bhushan Arekar</u>
55	Devraj Pawar	<u>Devraj Pawar</u>



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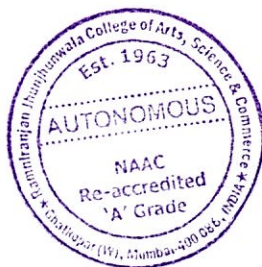
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56	Steven Lobo	<i>S.Lobo</i>
57	Chinmay Bapat (Dept. of Psychology)	<i>C.Bapat</i>
58	Shuphali D. Aptk (Dept of Psychology)	<i>Shuphal</i>
59	Selvi Nadar	<i>Selvi</i>
60	Jewel Sabhari	<i>Jewel</i>
61	Asha Selvakumar	<i>Asha</i>
62	Carmina Fernandes	<i>Carmina F.</i>
63	Madhuri Agarwal	<i>M.Agarwal</i>
64	Dr. Suchela Golwalkar	<i>S.Golwalkar</i>
65	Dr. Tania Kariyel	<i>T.Kariyel</i>
66	Naushaba Qureshi	<i>N.Qureshi</i>
67	Dr. Rachana Acharya	<i>R.Acharya</i>
68	Marc Martins	<i>M.Martins</i>
69	Dr. Smita Jadhav	<i>S.Jadhav</i>
70	Rituja Mahantny	<i>R.Mahantny</i>
71	Saleha Khan	<i>Saleha</i>
72	Priya Shetty	<i>Priya</i>
73	Vaidelji Deshpande	<i>V.Deshpande</i>
74	Mendhan	<i>Mendhan</i>
75	Maha	<i>Maha</i>
76	SHARMILA JAJODIA	<i>S.Jajodia</i>
77	Dr. Vaishali Raikwar	<i>V.Raikwar</i>
78	Dr. Manisha Bhattacharya	<i>M.Bhattacharya</i>
79	Dr. Laxmi Desai	<i>L.Desai</i>
80	DEVASHREE UTHAPAE	<i>D.Uthapae</i>
81	Saba Shaikh	<i>S.Shaikh</i>
82	Anita Gorkwad	<i>A.Gorkwad</i>
83	Tejashree Pol	<i>T.Pol</i>
84	Vinita Singh	<i>V.Singh</i>
85	Nilam Patade (CS)	<i>N.Patade</i>
86	Pooja Kishwaha (CS)	<i>P.Kishwaha</i>
87	R.S. Dubey	<i>R.S.Dubey</i>



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**CERTIFICATE OF PARTICIPATION**

This is to certify that

**DR. VAISHNAVI SRIDHAR**

has participated in the Faculty Development Program on "HOW TO BE HAPPY" for Teaching Staff Members held on 1<sup>st</sup> May 2023.

  
Dr. Himanshu Dawda  
Principal

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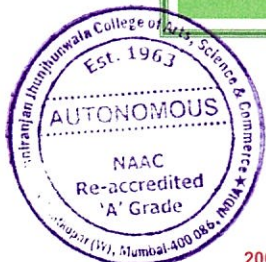
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