

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)

29th 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.

RAMNIRANJAN JHUN HUNWALA COU OF ARTS, SCIENCE & COMMERCE (AUTO-Ghatkopar (W), Mumbai-400 086, Maharashtra,





(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

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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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Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

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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 Gurbani engaged the staff members in a meditation session which means observing our natural breath and keeping our mind free of thoughts 'Anapanasati Dhyan'. She made everyone realise mediation 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 1ST MAY 2023





Staff members meditating during the session.



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Session: How to Be Happy

Resource Person: Prof. Kisan Gusbani

Day and Date: Monday, 1st May, 2023

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#### **CERTIFICATES**



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Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

#### 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 1st May 2023.

> Dr. Himanshu Dawda Principal



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#### **CERTIFICATE OF PARTICIPATION**

This is to certify that

MR. AAKASH GUPTA

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

Dr. Himanshu Dawda

Principal

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