

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

Date: 27/06/2022

## Notice

## **Department of BMS**

To celebrate International Yoga Day the department of BMS is organizing a workshop on Yoga for all the non teaching staff of our college at College gymkhana on 21st June, 2021 at 9.00 am by yoga instructor Ms. Seema Ashar.

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Kalai Selvi Nadar

(BMS Co- ordinator)

Dr. Himanshu Dawda

(Principal)

PRINCIPAL R. J. COLLEGE OF ARTS, SICENCE & COMMERCE (AUTONOMCUS) Ghatkopar (W), Mumbai-400 036, Maharashtra, INDIA



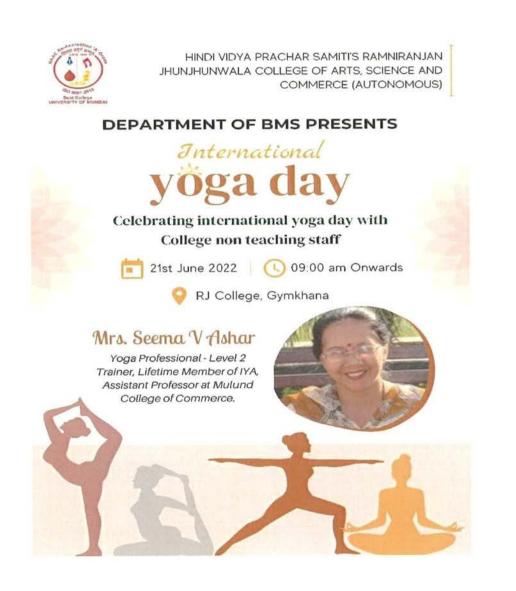
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Brochure



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2019: Star College Status by DBT



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Reports

Title of the Session: Yoga day

Date: 21st June 2022

Timing: 9 am onwards

Venue: Gymkhana

Resource Person (Trainer): Mrs. Seema Ashar

No. of Students Attended: 21

No. of Teachers Present: 03

On the occasion of international yoga day the department of BMS had organized a yoga session for all the non teaching staff of our college by yoga instructor Ms Seema Ashar. She taught different yoga asanas and breathing exercises which were very important for the overall well being of our staff and also exercises like surya namaskar in which the whole body can be benefited. The non teaching staff were very impressed and obligated.

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# PHOTOGRAPHS OF THE YOGA DAY CELEBRATED ON 21<sup>ST</sup> JUNE 2022



Non-Teaching staff members during the session

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Date 21/6/2022

iming: 9.00am – 10.00am	Attendance	Venue: Gymk
NAME OF THE STUDENT	DEPARTMENT	SIGNATURE
J.Y. Kanade		Jegnade
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Prashant N. Gude.	Cemisty Broch	Thank.
shwin VINOD Solarda	BMM, BAF	staloyou
Sanjay & Head-l	physics	Eintert
tshok K. Gond	physics	(Bar)
Razzak. A. Shaikh	B.Com	R
Neexcy Yadav	BSC	Stach
Dev. Kamal Chourasia	SY BSC	Oen.K
Numan Ismail beg	Tybecom	Quenay.
Yadau Pratik	Ty becom	Predik
Fras Jehan	TY.b.com	Atras.
Jewbile Khein.	TY.brom	Jaulity.
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Janekan Pardy	TYBA	×
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# IOAC and Rotaract (Department of BMS) of RIC

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### IQAC and Rotaract (Department of BMS) of RJC Organize Yoga Session for Non-Teaching Staff

Timing: 9.00am - 10.00am	Attendance	Venue: Gymkhana
NAME OF THE STUDENT	DEPARTMENT	SIGNATURE
Pstiya Cupta	TY.Beom	"This
Zaheen Fatima	SY BSC SYBMS	Bury?
Songeeta Yadav	SYBMS	Do
	<i>u</i>	
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## Certificate



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