



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)

28/09/2022

NOTICE

DEGREE COLLEGE

A Capacity Building Program for Non-Teaching Staff 'Sound Mind: Key to Success' is being organised for Office and Library Staff on 6th October 2022. The session will be conducted in MPSS hall. The timing of the session will be from 12 noon to 12:45 pm for office staff and 1 pm to 1:45 pm for Library staff. The resource person for the session will be Ms. Shama Sawant, College.


Principal




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

2019: Star College Status by DBT

2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

2013 & 2014: 'Jagar Jaanivancha Award' by Govt, of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

2018: Autonomous Status by University Grants Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)

BROCHURE



Hindi Vidya Prachar Samiti's

Ramniranjan Jhunjhunwala College of Arts, Science & Commerce (Autonomous)



Organizes

A Capacity Building Program for Non Teaching Staff

Sound Mind : Key to Success



Speaker : Ms Shama Sawant
College Counselor

Day and Date : Thursday, 6th October 2022
Time : 12:00 Noon – 12:45 PM (For office Staff)
1:00 PM – 1:45 PM (For Library Staff)



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REPORT

A capacity building session for non-teaching staff members was organised on 6th October 2022 in MPSS Hall. Ms. Shama Sawant, college counsellor was the resource person of the session. The session began with a quick insight into the effects of day-to-day stress factors that affect an individual. Ms. Shama explained the importance of meditation and how a peaceful mind can be achieved. 24 non-teaching staff members attended the session.




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CERTIFICATES



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CERTIFICATE OF PARTICIPATION

This is to certify that
KIRAN V. RAUT

has successfully participated in the "Sound Mind: Key to Success" Capacity Building for Non-Teaching Staff Members held on 6th October 2022.


Dr. Himanshu Dawda
Principal



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CERTIFICATE OF PARTICIPATION

This is to certify that
SUNIL SUTAR

has successfully participated in the "Sound Mind: Key to Success" Capacity Building for Non-Teaching Staff Members held on 6th October 2022.


Dr. Himanshu Dawda
Principal



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