

Notice

26.03.2022

Department of Philosophy

The Department of Philosophy is conducting a Value Added Course in Philosophy—'Certificate Course in Yoga as Art of Living'.

The course is open for students belonging to all the faculties/ streams. The course will start from March 28, 2022. It will be conducted in two phases before examination after examination. Those who are interested please fill the Google form and register your name for the course and join the WhatsApp Group by clicking the link mentioned in the form for further information.

Students who will complete the course will be entitled for the certificate as well as 2 extra credits after the successful completion of the course. The event would take place on the zoom platform.

Dr. Himanshu Dawada

Principal

PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400086, Maharashtra, INDIA

Amita Valmiki

Dr. Amita Valmiki

Head, Dept. of Philosophy



2019: Star College Status by DBT

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Flyer

RAMNIRANJAN JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS)
DEPARTMENT OF PHILOSOPHY

INAUGURAL PROGRAMME OF VALUE ADDED CERTIFICATE COURSE 'YOGA AS ART OF LIVING'

GUEST SPEAKER: MRS. AABHA BAGAIKAR
 TEACHER IN PHILOSOPHY AND LOGIC AND YOGA INSTRUCTOR

On Monday, March 28, 2022 at 10.30 am to 12.30 pm on the Zoom platform
ZOOM LINK:
<https://zoom.us/j/91733362902?pwd=Uk83RzNCUTJBekNQMERBS0RqMGFMUT09>


MEETING ID: 917 3336 2902
PASSCODE: 12345

ALL ARE CORDIALLY INVITED

Dr. Himanshu Dawada
Principal

Dr. Amita Valmiki
Head, Dept. Philosophy

Dr. Rina Pitale Puradkar
Asst. Prof. Dept. Philosophy



Ramniranjan Jhunjunwala College of Arts, Science and Commerce (Autonomous)
Department of Philosophy

is organizing a talk on...

Yoga and Fitness (in Value Added Course Yoga as Art of Living) by
Mr. Datta Gaikwad (Yoga and Fitness Consultant)


On Friday, April 23rd, 2022 at 9.00 am onwards on the Zoom platform
Zoom Link:
<https://zoom.us/j/91733362902?pwd=Uk83RzNCUTJBekNQMERBS0RqMGFMUT09>
Zoom Meeting ID: 917 3336 2902
Meeting Password: 12345

All are cordially invited.

Dr. Himanshu Dawada
Principal

Dr. Amita Valmiki
HOD, Philosophy

Dr. Rina Pitale Puradkar
Asst. Professor, Philosophy




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Ramniranjan Jhunjunwala College of Arts, Science and Commerce (Autonomous)
Department of Philosophy

Is organizing a talk on....

Yoga for Students in view of Stress

Dr. Satish D. Phatak.

M.S. (MUM) F.C.P.S. M. N. A. M. S. (NBE. DELHI)

GENERAL SURGEON & YOGA CONSULTANT

Assistant Director, Scientific Research Dept. Kaivalyadham

On Tuesday, April 26, 2022 at 9. 00 am onwards on the Zoom platform

Zoom Link:

<https://zoom.us/j/91733362902?pwd=Uk83RzNCUTJBekNQMERBS0RqMGFMUT09>

Zoom Meeting ID: 917 3336 2902

Meeting Password: 12345



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

Report

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help in well-being. Yoga practiced in India since the 5th century, Yoga has been beneficial in keeping the body and mind in sound health. A holistic approach, Yoga targets all the different systems of the body and mind. It is said that the asanas make the body strong and flexible, as health improves; the mind too is renewed with confidence. The practice of Pranayama regulates the purification of the internal system and the organs, acting as a superior and able supplement to asanas. The energy that is generated in the body through these physical practices is then channeled into meditation or Dhyana for stability, peace and calm. The course is ongoing and it will finish on April 30, 2022.



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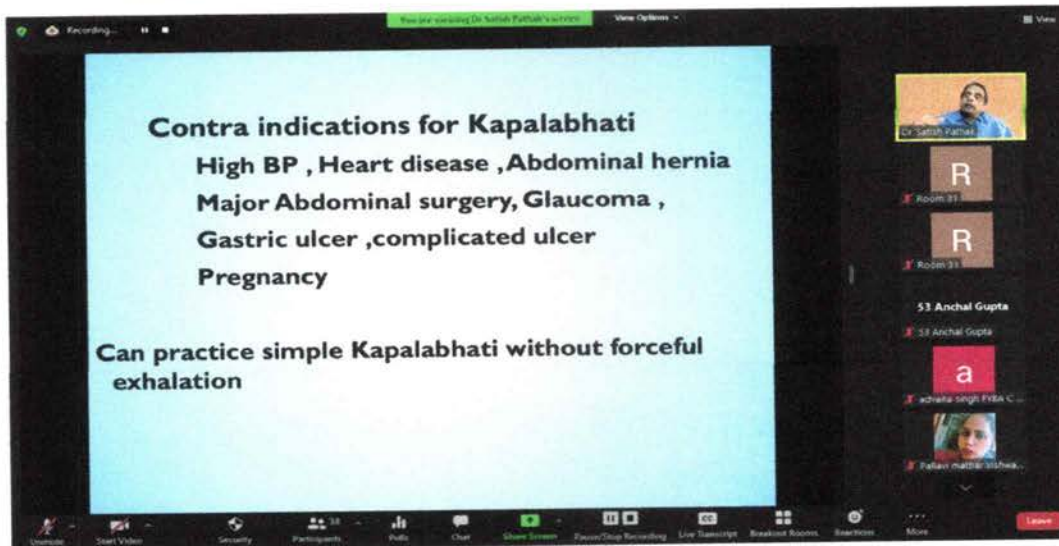
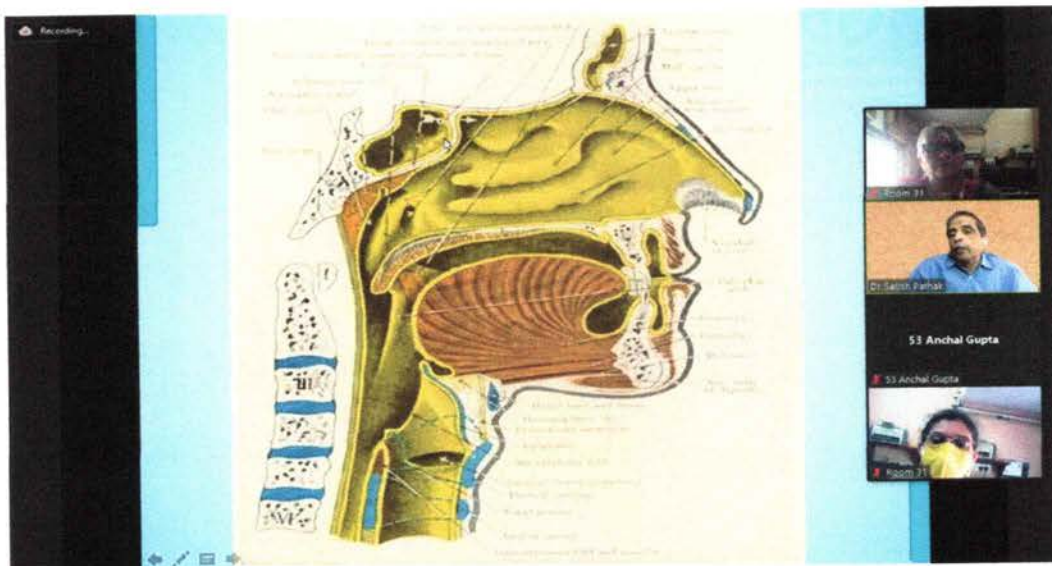
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Photos




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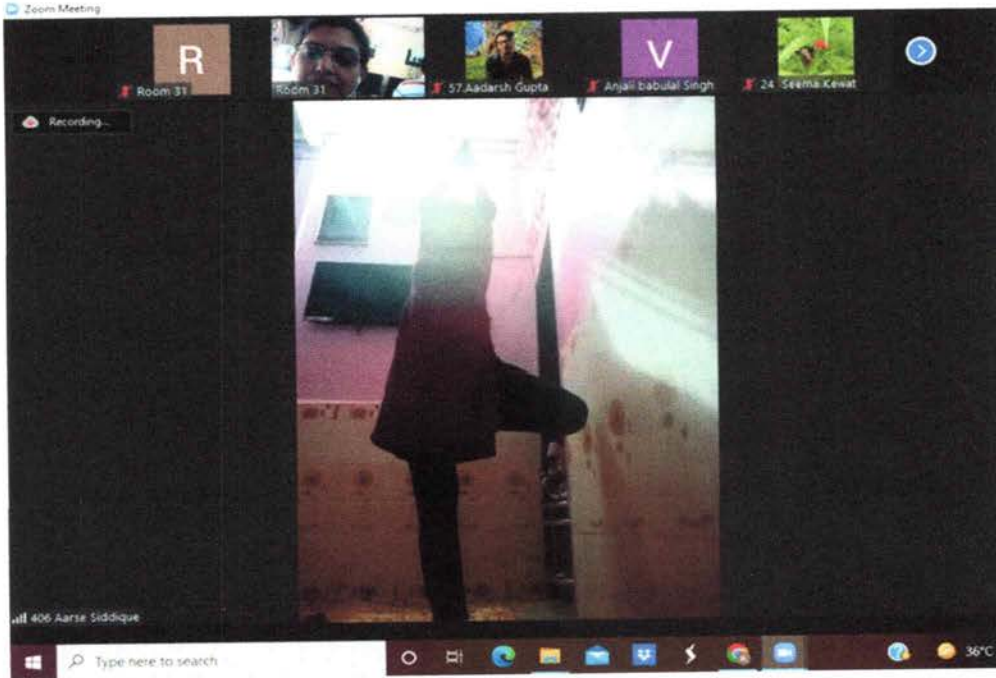
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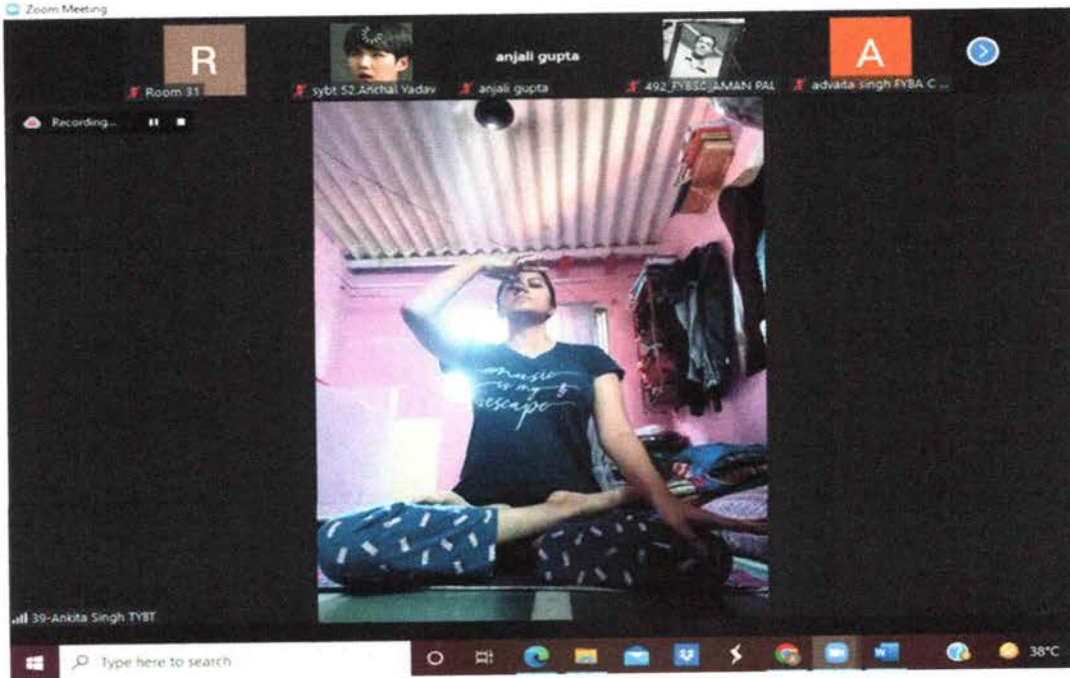
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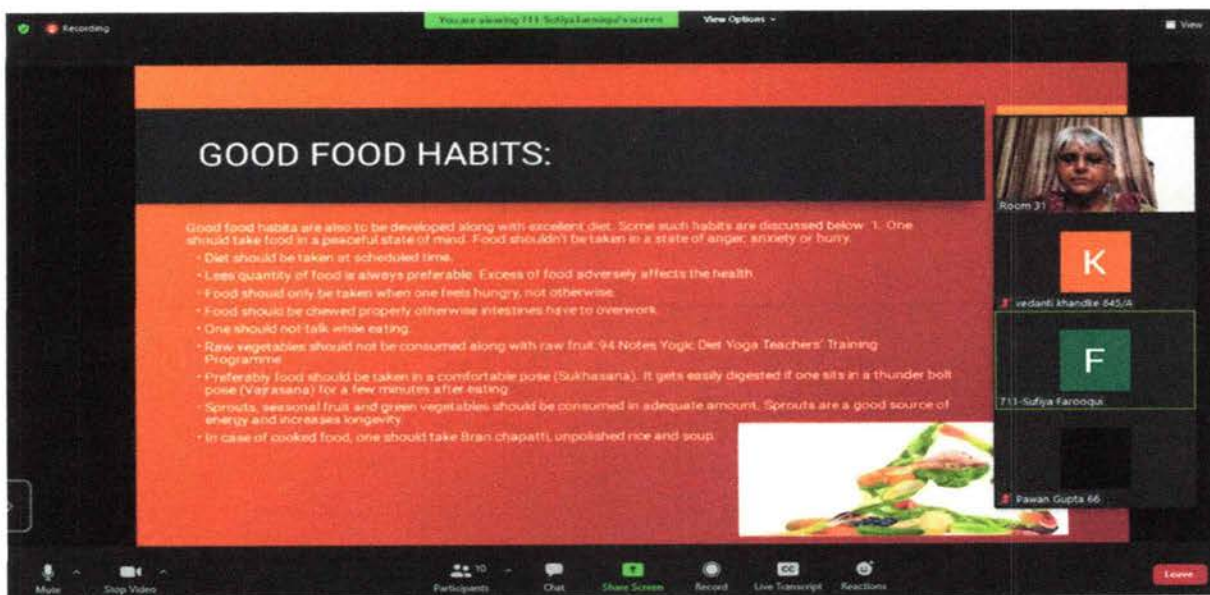
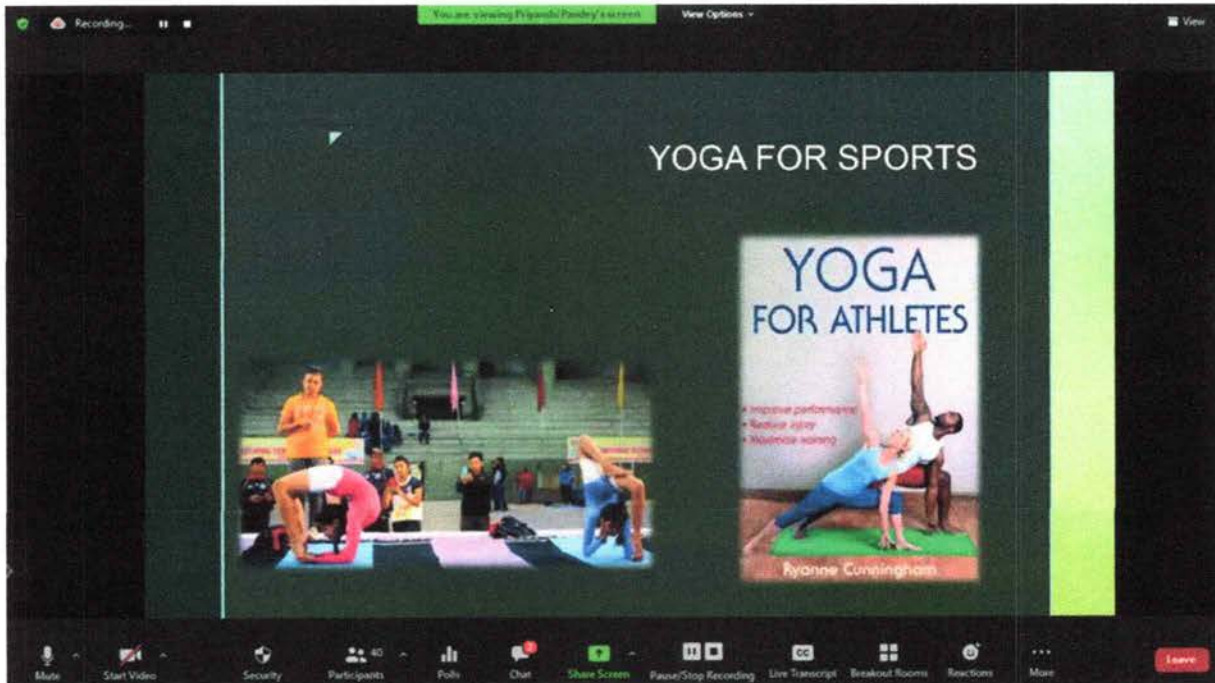
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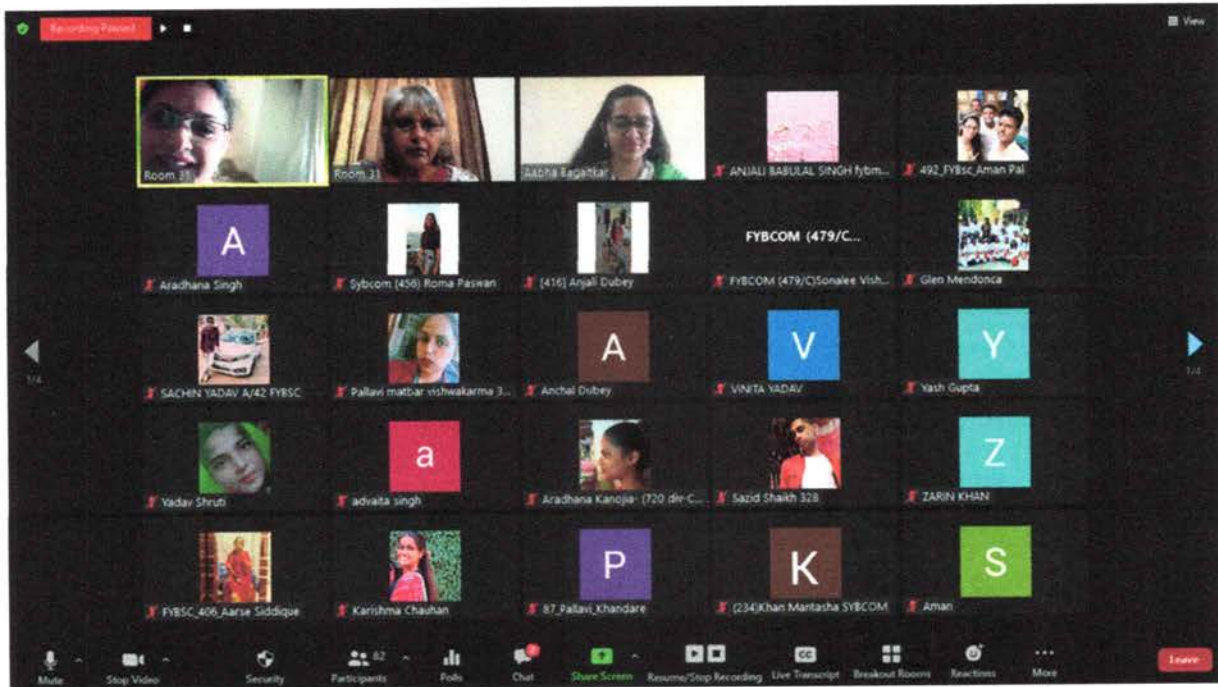
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Recording

You are viewing Aabha Bagaitkar's screen

View Options

Aabha Bagaitkar

Yoga : An art of living

Aabha R. Bagaitkar
Teacher
Dept. of Logic and Philosophy,
The D.G. Ruparel College, Mumbai

Mute Start Video Security Participants Polls Chat Share Screen Pause/Stop Recording Live Transcript Breakout Rooms Reactions More Leave




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Participants: 44 students benefited from the course.

Sr. no.	Full Name of Student	Class	Roll Number
1	Gupta Aadarsh Prashant	SY Biotechnology	57
2	Siddique Aarse bano Nisar Ahmed	FYBSC	406
3	Singh Advaita Ajeet kumar	FYBA	622
4	Ansari Afrin Amirullah ansari	<u>SYBCOM</u>	309
5	Khan Alsa Behram	<u>SYBSC</u>	723
6	Pal Aman Ramesh	<u>FYBSC</u>	492
7	Yadav Anchal Virendra	<u>SYBT</u>	52
8	Gupta Anchal Pradeep	<u>SYBT</u>	53
9	Singh Anjali Babulal	<u>FYBMS</u>	86
10	Dubey Anjali Rudramani	<u>TYBCOM</u>	416
11	Singh Ankita Atul kumar	<u>TYBT</u>	39
12	Mishra Anushka Niraj	<u>FYBSC IT</u>	49
13	Jairajpuri Aqsa Faizan	<u>FYBSC</u>	449
14	Sharma Archita AnilKumar	<u>TYBCOM</u>	128



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15	Karthullyl Aswathy Shajan	<u>FYBSC</u>	517
16	Shaikh Ayesha Khatun Azimullah	<u>SYBSC</u>	745
17	Jadhav Bhagyashree Vitthal	<u>FYBSC BT</u>	17
18	Tiwari Dimpal Sanjay	<u>FYBSC CS</u>	97
19	Shah Ichha Viren	<u>FYBSC BT</u>	86
20	Gound Jyoti Rajesh	<u>TYBSC</u>	510
21	Gupta Karishma Krushna	<u>FYBCOM</u>	61
22	Gupta Karishma Indrajeet	<u>SYBSC</u>	714
23	Khan Naaz Zakir	<u>SYBSC BT</u>	17
25	Ghadge Neeraj Ravindra	<u>SYBCOM</u>	803
26	Tripathi Neha Vedprakash	<u>FYBSC BT</u>	66
27	Yadav Om Manoj	<u>SYBSC</u>	763
28	Vishwakarma Pallavi Matbar	<u>SYBA</u>	351
29	Gupta Pawan Vakil	<u>FYBCOM</u>	66
30	Shukla Pooja Adityanarayan	<u>FYBAMMC</u>	31
31	Pandey Priyanshi Ritesh	<u>FYBA</u>	406



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32	Bhiwandkar Riya Randhir	SYBT	2
33	Mishra Saakshi Mukesh	FYBA	428
34	Kewat Seema Ramshabd	FYBSC BT	24
35	Pandey Shruti Brahmadev	FYBSC BT	41
36	Yadav Shubham Shivprakash	SYBSC	237
37	Vishwakarma Soni Parshuram	TYBCOM	320
38	Farooqui Sufiya Abdul wahid	SYBSC	711
39	Mishra Tanu Chandraprakash	TYBCOM	118
40	Khandke Vedanti Vishwajit	FYBCOM	645
41	Yadav Vinita Vijaybahadur	FYBA	207
42	Dabir Zain Nazir	TYBSC	14
43	Pathak Deepa Shivkumar	TYBCOM	121
44	Gupta Anjali Dineshchandra	SYBCOM	219



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CERTIFICATE

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Certificate of Completion		
This is to certify that Yadvav Vinita Vijaybahadur of Class FYBA Roll No. 217 has successfully completed the Value-Added Course in Yoga as Art of Living organized by Department of Philosophy and conducted from March 23, 2022- April 30, 20261		
COURSE CODE RJPHIC23	 Issue Date: 24 June, 2022	 Dr. Himanshu Dawda In-charge Principal
CERTIFICATE ID: RJC-VAC-202122-1384		




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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)