



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)

NOTICE

Department of Zoology under the aegis of DBT Star Department Activity shall organize a Value-Added Course title 'Approach to Holistic Health' from 17th to 21st April 2023. Holistic health is an approach to wellness that simultaneously addresses the physical, mental, emotional, social and spiritual components of health. This can help to achieve improved overall physical health, sustained and balanced emotions, reduced levels of stress, depression and anxiety. The aim of the course is to introduce the students to different health aspects, values and attitudes to lead a healthy and fulfilled life. The course contents and schedule is provided in the brochure. Interested students should register for the same.


Head, Department of Zoology


Principal




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

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BROCHURE



Hindi Vidya Prachar Samiti's

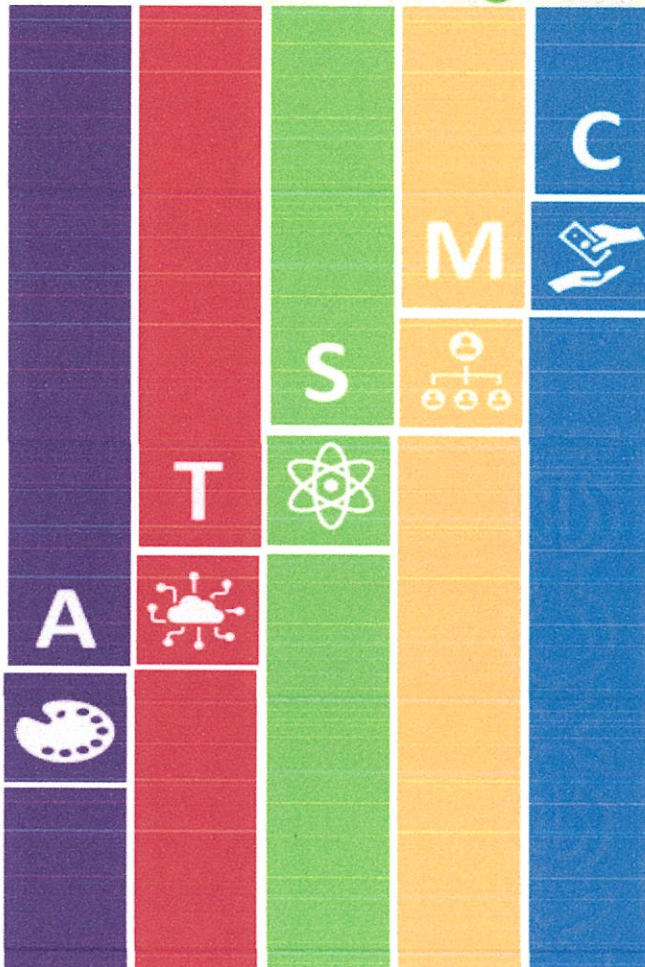
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(Also known as R. J. College of Arts, Science & Commerce as per UGC Notification)

Affiliated to UNIVERSITY OF MUMBAI || Recognized by UGC under 2f & 12B

NAAC Accredited 'A GRADE' with CGPA 3.50

Knowledge is all Ambrosia



**CERTIFICATE
COURSE IN**

**APPROACH TO
HOLISTIC HEALTH**

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CERTIFICATE COURSE IN APPROACH TO HOLISTIC HEALTH

ABOUT US

Hindi Vidya Prachar Samiti was incepted on the auspicious day of Shri Krishna Janmashtami, 15th August 1938. A brain child of a visionary Late Shri Nandkishore Singh Jairamji, samiti was established with the objectives of catering to the educational needs of the Hindi speaking community. Ramniranjan Jhunjhunwala College came into existence in 1963, enabling a larger section of the society to take advantage of the facilities provided for higher education.

From 1999-2000 the College has added a number of self-financing courses like B.M.S., B.B.I., B.Sc. in Computer Science, Information Technology, Biotechnology, M.Sc. in Computer Science, Biotechnology and Information Technology as well as add on courses, which further hone the special skills of the students.

The college has been reaccredited with 'A' Grade by NAAC in 2014 with a CGPA 3.50 and received the Best College Award (2007-2008) of the University of Mumbai. The College has been bestowed with IMC "Ramkrishna Bajaj Performance Excellence Trophy", 2010.

The Principal of the college was awarded "Best Teacher" by Government of Maharashtra in 2011.

Government of Maharashtra conferred the college with "JAAGAR JAANIVANCHA" (First in Mumbai Suburban- in 2013 and Second in Mumbai Suburban- in 2014) for safety of girls.

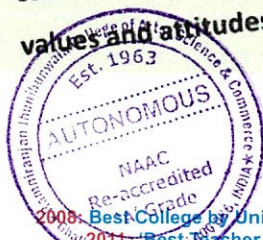
Course Code: **RJZOOC03**

Duration: **30** hours

Credits : **02**

INTRODUCTION

Holistic health is an approach to wellness that simultaneously addresses the physical, mental, emotional, social and spiritual components of health. This can help to achieve improved overall physical health, sustained and balanced emotions, reduced levels of stress, depression and anxiety. The aim of the course is to introduce the students to different health aspects, values and attitudes to lead a healthy and fulfilled life.



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CERTIFICATE COURSE IN **APPROACH TO HOLISTIC HEALTH**



COURSE OBJECTIVES

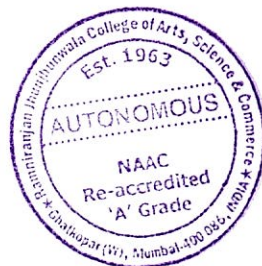
- Introduce students to the concepts of Holistic health and wellness.
- Provide understanding of physical, mental, emotional, social and spiritual wellbeing.
- Integrate healthy life styles for holistic health aspects.

COURSE OUTCOME

- Information on physical health and means to achieve it.
- Identify mental abilities for meaningful contributions to community.
- Recognition and dealing of social and emotional stress.
- Knowing spirituality and its benefits in everyday life.

COURSE STRUCTURE

- Online / Offline (Blended mode).
- Guest Lectures
- Tutorials/Videos
- Practical/Demonstrations
- Reading/Presentations.
- Assignments
- Evaluative tests




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CERTIFICATE COURSE IN **APPROACH TO HOLISTIC HEALTH**



COURSE CONTENT

Module	Content
I	PHYSICAL HEALTH Introduction to physical, mental, emotional, social and spiritual health, understanding human physique, Diet and nutrition, Significance of Yoga and exercise.
II	MENTAL HEALTH Causes of mental stress and means to overcome it, Science of Sleep for mental fitness, Anger and anxiety management.
III	EMOTIONAL HEALTH Emotional Quotient, Emotional health Vs Mental health, Habits to boost emotional well being, Psychological insights.
IV	SOCIAL HEALTH Concept of social health, Social determinants of health, inter-personal relationships, Society and Lifestyles.
V	SPIRITUAL HEALTH Meaning of Spiritual health, Types of spirituality, difference between spirituality and religion, Impact of spirituality on health.

English

MEDIUM OF INSTRUCTION



EVALUATION

- Assignments (2): 20 mks
- MCQ test (5) : 10 mks each (5x10=50mks) : Based on each module.
- PowerPoint Presentation : 10 mks.
- Self Assessment Tests: 10 mks
- Student attendance : 5 mks
- Student participation: 5 mks
- Students who attend all sessions, submit the assignments and attempt tests

100

MARKS



PASSING 40

WHO SHOULD DO IT?

Any one who is interested

[Signature]
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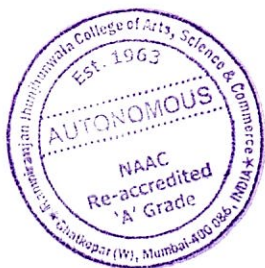
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COURSE SCHEDULE

DATE	DAY	TIME	CONTENT	ACTIVITY	DURATION 6hrs/day (HRS)
17.04.23	Monday	12.00-2.00pm	Module 1 Physical health	1. Lecture by Ms. Zarin khan, Clinical Dietician at Hiranandani hospital. 2. Reading assignment 3. Video observation 4. BMI detection 5. Test	02 01 1.5 01 0.5
18.04.23	Tuesday	11.00-2.00pm	Module 2 Mental health	1. Yoga Session and meditation by Yoga experts 2. Reading assignment 3. Video observation 4. Test	03 01 1.5 0.5
19.04.23	Wednesday	10.00-11.00am	Module 3 Emotional health	1. Lecture by Dr. Janhavi Bhagwat(Online) 2. Reading assignment 3. Video observation 4. Test 5. Assignments(02)	01 01 01 0.5 2.5
20.04.23	Thursday	11.00-1.00pm	Module 4 Social health	1. Lecture by Dr. Aarti Acharya (Psychiatrist) 2. Reading assignment 3. Video observation 4. Test 5. PPT making assignment	02 01 1.5 0.5 01
21.04.23	Friday	12.30-2.30pm	Module 5 Spiritual health	1. Lecture by Deepak Poojary 2. Reading assignment 3. Video observation 4. Test 5. Valedictory function	02 01 1.5 0.5 01




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REPORT

Value added course on APPROACH TO HOLISTIC HEALTH was organised from 17th to 21st April 2023. Students from different faculties registered for the course. On 17th April 2023, the session was conducted by Ms. Zarin Khan, Clinical Dietician from Hiranandani Hospital. She spoke on the significance of nutrition in the diet and gave a diet plan for healthy body and mind. She discussed on the incorrect food eating habits of the young generation and urged the need to consume healthy foods. On 18th April 2023, a Yoga and meditation session was organised in the Saboo hall. Mrs. Saritha Gorphade and Mr. Jivan Sawant, Yoga trainers and experts taught the students the technique of Yoga for healthy mind and body. The students enjoyed the session and benefited from it. On 19th April 2023, online Zoom lecture was conducted by Dr. Janhavi Bhagwat, Assistant Professor, dept. of Zoology. She spoke on topic of sleep for wellness. She discussed the significance of sound sleep for mental and emotional wellbeing. On 20th April 2023, Dr. Aditi Acharya MBBS, MD Psychiatrist was the resource person who interacted with the students and spoke on the techniques to overcome anxiety during exam. It was a well-received session and the students clarified their doubts and queries related to anxiety problems. On 21st April 2023, Mr. Deepak Poojary, Assistant Professor, Department of Zoology spoke on spiritual health and its significance in our life. He highlighted on the difference between religion and spirituality and gave valuable inputs for spiritual wellbeing.

Apart from the sessions the students had reading assignments and video observation, the contents for which was posted in the google classroom. Based on the same, they had to appear for the MCQ test every day. They also worked on assignments and PowerPoint making activities. The entire session was fruitful and it gave an insight to the students to lead a healthy life in a holistic way. Dr. Bindu Achary, Assistant professor, Department of Zoology was the course co-ordinator. Of the 144 students who had registered for the course 79 students qualified for two credits. Certificates to the qualified students will be issued by college office.




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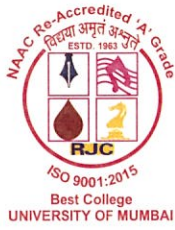
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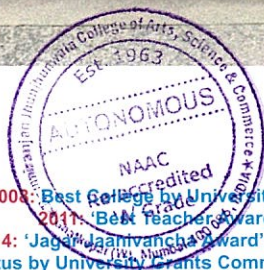
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PHOTOGRAPHS OF THE EVENT-qualified students



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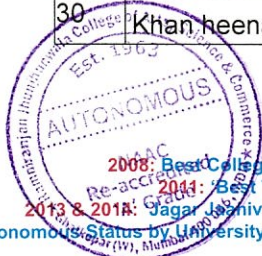
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LIST OF STUDENTS WHO SUCCESSFULLY COMPLETED THE COURSE

Sr.no	Names of the Student	Roll no	Class	Stream
1	Adarsh DUBEY	404	F.Y	Science
2	Aishwarya Subhash Patil	1051	F.Y	Science
3	Ajit Kumar Yadav	542	S.Y	Science
4	Akash J Yadav	3107	S.YIT	Science
5	Alsa khan	668	T.Y	Science
6	Anchal Chaurasiya	629	S.Y	Science
7	Anjali babulal singh	2022	S.YBMS	Commerce
8	Anshika Amit ghavri	1082	F.Y	Science
9	Anuj Mishra	510	F.Y	Science
10	Arya Anju	602	S.Y	Science
11	Ashlesha Ashwin Chandramore	1060	S.Y	Science
12	Avinash kumar	559	S.Y	Science
13	Ayush Satish Kumar Gupta	388	F.Y	Science
14	Basil Thomas Varghese	4005	S.YBAF	Commerce
15	BHAGYASHREE VITTHAL JADHAV	1007	S.Y	Science
16	Brajeet Banik	439	F.Y	Science
17	Chauhan Laxmi Santosh	3048	S.YIT	Science
18	Choudhary taslim jalaluddin	622	S.Y	Science
19	Deepali Shivaji Shinde	624	T.Y	Science
20	Diksha Dinesh Yadav	644	T.Y	Science
21	Dubey Ayush SarveshKumar	2068	S.YCS	Science
22	Durvanka Ashok Mayekar	625	F.Y	Arts
23	Gaud Preeti Vijay Kumar	518	F.Y	Science
24	Gupta Ashwini Rajesh	473	F.Y	Science
25	Gupta Rachana Arunkumar	619	S.Y	Science
26	Ichha Viren Shah	1061	S.Y	Science
27	JANHAVI RAJENDRA DALVI	540	F.Y	Science
28	Karthullyl Aswathy Shajan	660	S.Y	Science
29	Kashish Singh	356	F.Y	Science
30	Khan,heena Abdul Rasheed	505	S.Y	Science



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31	Khan Jainab Khatoun Munna Sarvari Khatoun	640	S.Y	Science
32	Khan Ruksana Naushad	605	S.Y	Science
33	Khan sabreen ishtiyak	654	S.Y	Science
34	Khan Sana Abdul Rashid	512	S.Y	Science
35	Khan Shaista Abdul Mateen	520	S.Y	Science
36	KHAN YASMIN MOHD RAHIS	1023	S.Y	Science
37	Mansoori Nasreen	1034	S.Y	Science
38	Maurya Anand Kumar Ramsurat Manju	556	S.Y	Science
39	Mhaske Apurva Rajendra	429	T.Y	Arts
40	Mishra Pragya Avinash	644	S.Y	Science
41	Munit Pathak	630	S.Y	Science
42	PAL AMAN RAMESH USHA	624	S.Y	Science
43	Pallavi Anupam Bhosale	449	F.Y	Science
44	Pandey Shruti Brahmadev Meera	1014	S.Y	Science
45	Parab Dhanashree Gajanan	1035	S.Y	Science
46	Prajakta ganesh thorat	617	T.Y	Arts
47	Priyanka sahu	68	S.Y	Arts
48	Priyanshi Jaiswal	1019	F.Y	Science
49	Rai Khushi Ajay	467	F.Y	Science
50	Roshan Bandi	314	F.Y	science
51	Revati Parasu Raut	1027	S.Y	Science
52	Ritu Raj	546	F.Y	Science
53	Ritu umeshkumar sharma	564	S.Y	Science
54	Roli keshavlal yadav	363	F.Y	Science
55	Sahil Prafful Surve	3091	S.YIT	Science
56	Sakshi Soni	670	T.Y	Science
57	Sakshi chandramohan Tiwari	1076	F.Y	Science
58	Samrudhi Balaji Survase	528	S.Y	Science
59	SANSKRUTI SAWANT	458	F.Y	Science
60	Sapna krishnakant Yadav	497	F.Y	Science
61	Sayed Ayesha	671	T.Y	Science
62	Seema Ramshabd Arti Kewat	1043	S.YBT	Science
63	Shah Sana mubarak ali	632	S.Y	Science



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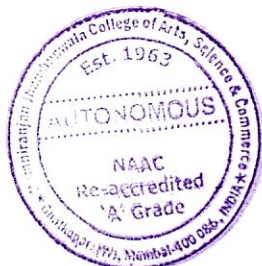
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64	Shilpa Rajkapoor Shukla	607	T.Y	Science
65	Shivangi vinay singh	615	T.Y	Science
66	Shrishti Dudhnath Pal	658	S.Y	Science
67	Shruti Rajesh Parab	560	S.Y	Science
68	Singh Sakshi Vinod	665	S.Y	Science
69	Sonawane Hemlata Rohit	607	S.Y	Science
70	Sufiya Farooque	668	T.Y	Science
71	Suyash Pandey	386	F.Y	Science
72	Swara Sudesh Thumbare	516	S.Y	Science
73	Tejal Singh	530	F.Y	Science
74	Ujala Bholanath Maurya	511	F.Y	Science
75	Umama Maryam Habib Ahmed	558	S.Y	Science
76	VINITA VIJAYBAHADUR YADAV	270	S.Y	Arts
77	Vishwambhari Vivek Ambre	512	F.Y	Science
78	Yadav divakar baliram	562	S.Y	Science
79	Yadav Nidhi Santosh	521	S.Y	Science



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)



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

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CERTIFICATES



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



Certificate of Completion

This is to certify that

Akash J Yadav

Of SYBSC IT and Roll No 3107

has successfully completed the Value-Added Course in **Approach to Holistic Health** organized by
Department of Zoology from 17th April 2023 to 21st April 2023.

Course Code
RJZOOC03

Issue Date: 29 April, 2023



[Signature]
Dr. Himanshu Dawda
Principal



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



Certificate of Completion

This is to certify that

Deepali Shinde

Of TYBSC and Roll No 624

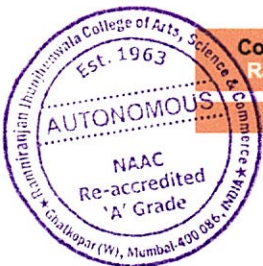
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[Signature]
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