



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

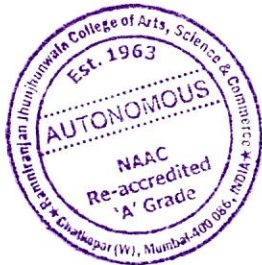
Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

3rd August 2018

NOTICE

DEGREE COLLGE

The Inaugural Function of Forum for Self-Awareness Programme (SAP) is being organised on Friday, 10 August 2018 at 10.30 am in Saboo Hall. The Chief Guest of the session will be Shri. D. Sivanandhan, Former Commissioner of Police, Mumbai and Director General of Police, Maharashtra. Students are requested to attend the session.



Ushu

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 RAMNIRANJAN JHUNJHUNWALA COLLEGE (AUTONOMOUS)

(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

Life-Skills-under Self Awareness Programme

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CERTIFICATE COURSE IN

Life-Skills-under Self Awareness Programme

Unit	Topic
1	Attitude of True Seva
2	Loyalty and Courage
3	Time Management
4	Meditation and Inner Peace
5	Outdoor Activity to Panvel
6	Learning to Know and Be
7	Universal Outlook

Course Code: **RJSAP**

Duration: **30** hours



MEDIUM OF INSTRUCTION

English

EVALUATION

Continuous evaluation

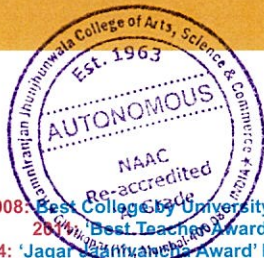
100 MARKS



PASSING 40

WHO SHOULD DO IT?

Any student



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REPORT

SELF AWARENESS PROGRAMME

The Inaugural Function of Forum for Self-Awareness Programme (SAP) was held on Friday, 10 August 2018 at 10.30 am in Saboo Hall. Shri. D. Sivanandhan, Former Commissioner of Police, Mumbai and Director General of Police, Maharashtra, was invited as the Chief Guest. He spoke on the topic of "Self and Motivation". He cited examples from his personal life to bring forth the importance of self-motivation in the path of achieving success.

A new initiative from the current academic year was introduced in the form of a 'Certificate Course in Life-Skills'.

The focus of this certificate course was on imparting life-skills such as leadership, fear management, anger management, stress management, time management, self-esteem & goal setting among others. Underlying all the life-skills are significant values such as truth, honesty, loyalty, courage, excellence, etc. Values cannot be isolated from the life-skills, and both are intricately related. Thus, the certificate course had a twin purpose of focusing on both life-skills and values.

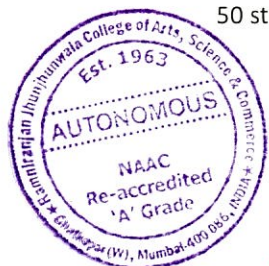
The Certificate Course was conducted through seven modules. Details were as follows:

Date	Topic	Resource Person
31 October 2018	Attitude of True Seva	Shri. Mahesh Gaikwad
1 November 2018	Loyalty and Courage	SAP Committee Members
2 November 2018	Time Management	Shri. Mahesh Gaikwad
3 November 2018	Meditation and Inner Peace	Ms. Ranjana Gaur
3 March 2019	Outdoor Activity to Panvel	SRCM Heartfulness Meditation Centre
16 April 2019	Learning to Know and Be	Dr. Priya Vaidya
18th April 2019	Universal Outlook	Ms. Chaahat Gambhir, Ms. Chitra Vishwanathan

All these modules were conducted through a workshop-based format. The focus on workshop-based activities was to

ensure the complete involvement and participation of the students. Poster-making, skits, group discussions, games, brainstorming were some of the activities. Interactive sessions made learning a two-way process and students were able to absorb knowledge and information more efficiently.

50 students successfully completed all the seven modules of the Certificate Course.




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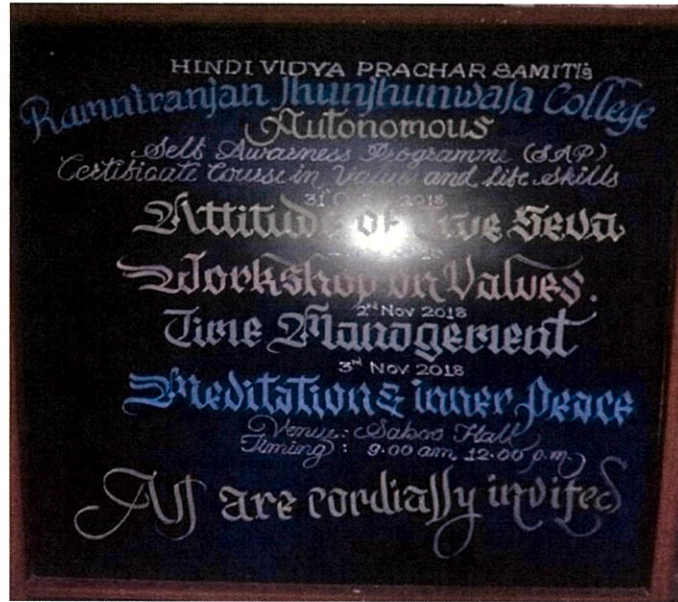
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PHOTOS OF THE SELF AWARENESS PROGRAMME (SAP) HELD FROM 10TH AUGUST 2018 ONWARDS



Shri. Mahesh Gaikwad interacting with students.



Outdoor activity in Panvel



Ms. Chhahat Gambhir conducting the session.



Use

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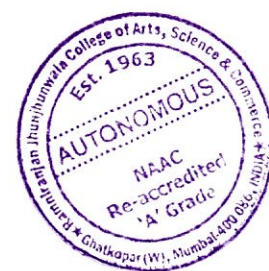
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LIST OF PARTICIPANTS

Sr no	NAME	CLASS	ROLL NO
1	SHIVSHANKAR VELAYUDHAN GIRIJA	TYBA	601
2	ANSARI SANA ABRARALAM ZAKIRA PARVEEN	TYBA	705
3	ANSARI SANA ABRARALAM ZAKIRA PARVEEN	TYBA	42
4	SINGH SALONI SHRAWANKUMAR MANORAMA	TYBA	743
5	CHAVAN GOVIND MAHADEV SANGITA	TYBCOM	7
6	PAL ANKITA KAMLESH CHANDRAKALA	TYBCOM	39
7	SONAWANE KRITIKA RAJENDRA SUNANADA	TYBCOM	68
8	AGRAHARI ANIL RAMNAYAN MANBHAVATI	TYBCOM	201
9	PAWAR RAVINDRA RATAN MANGAL	TYBCOM	265
10	ANSARI NADEEM SHAMIM RUKSANABEGUM	TYBCOM	404
11	VISHWAKARMA JYOTI CHANDRADEV RAMADEVI	TYBCOM	497
12	DASURKAR SHAISTA SULTAN PARVEEN	TYBCOM	513
13	DARVESH LAVANYA DINESH	FYBA	3
14	MISHRA ABHISHEK KUMAR SHIVNARAYAN	FYBA	59
15	VARKARI ABHISHEK SHANKAR SHOBHA	FYBA	134
16	YADAV AJAYKUMAR LALCHAND	FYBA	225
17	JAISWAR SHRADDHA PREMNATH GEETADEVI	FYBA	408
18	TAPASE PRANALI PRAKASH	FYBA	458
19	SALVE VISHAL SURESH	FYBA	510
20	ANSARI AFSANA JALIL AHMED NAZMA BANO	FYBA	539
21	MISHRA SWATI ARVIND SHAILKUMARI	FYBA	551
22	BANE AKSHAY RAJENDRA ROHINI	TYBSC	10
23	KUNMALLU AKHILA LAXMAN RADHA	TYBSC	52
24	SINGH AARADHANA ANANDKUMAR RENU	TYBSC	108
25	SHAIKH TAMMANA ABDULRAZAK SAFIYA BEE	TYBSC	94
26	KANGRALKAR NAKUL SURESH SUVARNA	TYBSC	208
27	CHILVERY AKSHAY GAJANAND SULOCHANA	TYBSC	304
28	PAL POONAM NAGENDRA GEETA	TYBSC	313
29	PHADALE PRATIKSHA ASHOK JAYASHREE	TYBSC	522
30	CHALKE RUTUJA SHANTARAM SHWETA	TYBSC	606
31	CHOUDHARY RIZWAN MOHD HANIF SAIDA KHATUN	TYBSC	607
32	SHAIKH SHAHANA IMRAN PARVEEN	TYBSC	643
33	YADAV VANDANA PYARELAL RANJU	TYBSC	651
34	PAL JYOTI MATIVAR AKALADEVI	SYBA	49
35	SHAH HEENA AAS MOHAMMAD ASMA KHATOON	SYBA	71
36	HARSHAL MANOJ VISHWAKARMA	SYBA	99
37	YADAV ANURADHA RAMNARESH KESHUWATI	SYBA	210
38	KADULKAR NINAD ANIL MILAN	SYBA	237



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39	SINGH AMAN MUKTI NATH SEEMA	SYBA	273
40	KHAN SABA MUNAWWAR NOORJAHAN	SYBA	409
41	SONAVANE KEVAL NARESH ANUPAMA	SYBA	466
42	YADAV OMPRAKASH RAJENDRA MANORAMA DEVI	SYBSC	117
43	PARAB SANJANA SANTOSH SADHANA	SYBSC	227
44	PARAB SANJANA SANTOSH SADHANA	SYBSC	29
45	GHADGE SAKSHI RAMESH ANITA	SYBSC	6
46	YADAV ANKITA JAIGOVIND SEETA	SYBSC	758
47	YADAV ANKITA JAIGOVIND SEETA	SYBSC	710
48	PALKAR ANIKET MANOHAR RENUKA	SYBSC	632
49	SHAIKH SHAHEEN MD ASLAM TEHRUNNISA	SYBSC	548
50	SINGH ABHISHEK KUNWAR URMILA	SYBSC	330



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CERTIFICATE

This is to certify that


Mr./Ms. SHIVSHANKAR VELAYUDHAN

of Class TYBA, Div: _____, Roll: 601, Unique ID: _____

has completed 30 hours of Skill Enhancement Course in LIFE SKILLS UNDER SELF-AWARENESS PROGRAMME and earned 2 credits in the academic year 2018-2019


Co-ordinator, Skill Enhancement Course
R. J. College




Dr. Usha Mukundan
Principal
R. J. College




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