



# 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 || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

## Notice

To celebrate “National Nutrition Week”, IQAC, DLLE Extension Unit and Department of Botany organizes a talk on “New Diet System (NDS)” by Mr. Rajubhai Sarvaiya and Mr Pradip Shah for teachers and students to promote healthy lifestyle using raw vegetables and fruits. The talk will be followed by healthy delicacies’ exhibition.

All are cordially invited.

Date: 14/09/2019 Saturday

Time: 11:00 am to 1:00 pm

Venue: Seminar Hall

  
Vice Principal



  
Principal  
PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
GHATKOPAR, MUMBAI-400 086.

2019: Star College Status by DBT

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## Brochure

NAAC Re-Accredited 'A' Grade  
विद्या अमृतं अश्नुते  
ESTD. 1963  
RJC  
ISO 9001:2015  
Best College  
UNIVERSITY OF MUMBAI

Hindi Vidya Prachar Samiti's  
**RAMNIRANJAN JHUNJHUNWALA COLLEGE**  
(AUTONOMOUS)

*IQAC & DLLE Extension Unit*  
*Department of Botany - DBT Star College Activity*  
organizes a talk on

*"New Diet System"*

for all teachers and students to promote healthy life  
style based on raw vegetables and fruits

Speaker  
**Shri. Raju Bhai Sarvaiya**

Icons: Heart, Martini glass, Pumpkin, Basket of fruit, Apple, Pear, Pizza, Corn, Heart with pulse line.

Location: Seminar Hall  
Date: 14<sup>th</sup> Sep, 2019  
Time: 11.00 am

Icons: Watermelon, Broccoli, Cherry, Eye, Leaf, Brain, Leaf.



*Usha*  
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## Report

The unit organized a talk on “New diet system” delivered by Shree Pradeep Shah on 14<sup>th</sup> Sept 2019 which was well appreciated by the teachers. Shree Rajesh Sarvaiya from NDS, Mumbai region was the organizer of the talk. It was followed by an exhibition of delicacies made from raw vegetables and fruits by Extension APY students. 21 students and 24 teachers attended the talk.



*[Signature]*  
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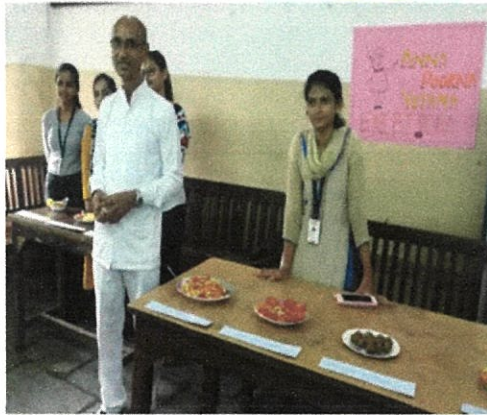
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Photos

**A talk on New Diet System  
 Date-14/09/2019**



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Participant's list

Programme on New Diet System on 14/09/2019 Time: 11 am to 1 pm

Sr No.	Name of the faculty	Department	Signature
1	DEVRAJ PAWAR	PHYSICS	
2	Mrs S Gupte	Zoology	
3	Dr Jyotsnarkisore	Biology	
4	Rekha Ghospele	Physics	
5	Dr. Janhavi A Bhagwat	Zoology	
6	Anisha Karkhup	Physics	
7	Dr. Geeta M Joshi	Zoology	
8	Dr Meher Histy	History	
9	Snehal Nagatkar	History	
10	Bhagirat Mishra	Zoology	
11	Priya Shetty	BBI	
12	Dr R.S. Dubey	Chemistry	
13	Dr V. Raikew	Physics	
14	SUNITA MARIK	Physics	
15	Dr Rina Pelate	Philosophy	
16	Sangeeta Khoslat	Srushkidnyan	
17	Vibha Parungry	Shrushtidyan	
18	Dr. Latika Bharushali	MARATHI	
19	Shubhangi Vedak	Library	
20	Dr. Anil Avhad	Botany	
21	Pooja Bhandusay	BMM	
22	Kunal Amro	SRUSHI+IDNYAN	
23	Dr. Sneha Deuskar	Marathi	
24	Manasi Kattkar	BMM	

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Sr No.	Name of the student	Department/Roll no.	Signature
1	Aarti Vishwakarma	FYBAE / 46	Aarti
2	Aashvi Vishwakarma	FYBAE / 117	Aashvi
3	Ayesha S. Sardar	PGDAN / 324	Ayesha
4	Baig Umama	PGDAN / 305	Baig
5	Sanjana Bansode	PGDAN / 306	Sanjana
6	Prinika Vishwakarma	B.A. B.Com / 305	Prinika
7	Laxmi Vadav	S.Y. B.Com / 321	Laxmi
8	Shreshthi Kekkarshar	SYBcom / 73	Shreshthi
9	Manisha Verma	TYBBI / 54	Manisha
10	Saika Shukla	TYBBI / 39	Saika
11	Soni Mishra	TYBBI / 24	Soni
12	Faheen Hamidani	PGDAN / 309	Faheen
13	Sadar Gogda	PGDAN / 308	Sadar
14	Shaikh Aashreen	PGDAN / 332	Shaikh
15	Anushri Patil	PGDAN / 321	Anushri
16	Kigjal Sarda	PGDAN / 301	Kigjal
17	Fariha Shaikh	PGDAN / 302	Fariha
18	Sana Shaikh	PGDAN / 331	Sana
19	Yogi Katanvath S	SYBSc / 351	Yogi
20	Tanvi Rakesh Dubre	SYBSc / 249	Tanvi
21	Shikha Pandey	SYBSc / 217	Shikha



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## Certificates

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OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)**

*Department of Life long learning and Extension*

**Certificate of Participation**

This is to certify that

**Shri./Kum. Baig Umaima**

from Class PGDAN has participated in

*New diet system* organized by DLLE held on September 14, 2019.

Dr. Vaishali Raikwar  
Convenor, DLLE

Dr. Usha Mukundan  
Principal

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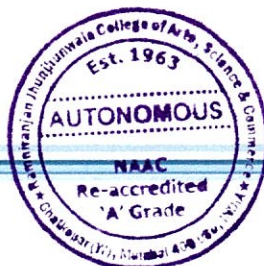
**Shri./Kum. Shikha Pandey**

from Class SYBSC has participated in

*New diet system* organized by DLLE held on September 14, 2019.

Dr. Vaishali Raikwar  
Convenor, DLLE

Dr. Usha Mukundan  
Principal



Principal  
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