



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)

07/01/2021

NOTICE

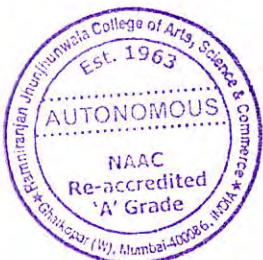
R J NCC UNIT- YOGA TRAINING CAMP

HVPS Ramniranjan Jhunjunwala College of Arts, Science and Commerce (Autonomous), NSS Unit and NCC Unit in collaboration with Kaivalyadhama, Lonavala will be conducting an offline Yoga training camp within the college premises between 11th and 16th January, 2021. The training will involve practical sessions between 9:00 am and 10:30 am and theory sessions between 11:00 am and 12:30 pm. Interested cadets must register themselves by giving their names, on which further details would be provided.

The poster features three logos at the top: NAAC, Hindi Vidya Prachar Samiti, and Kaivalyadhama. Below them, the text reads: "Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE (AUTONOMOUS) NSS UNIT and NCC UNIT jointly organizes YOGA TRAINING". In the center is a silhouette of a person in a yoga pose with a glowing aura. Below that, it says "in collaboration with KAIVALYADHAMA". At the bottom, a blue banner contains the schedule: "PRACTICAL: 9.00 AM to 10.30 AM THEORY: 11.00 AM to 12.30 PM" and "Date: 11 to 16 Jan, 2021 Venue: R. J. College".

Capt. Pravin G. Nayak
Coy. Commander, R J NCC

Capt. PRAVIN G. NAYAK
Coy Commander, Coy. No. 1,
6 MAH/BN/N.C.C.
R. J. College, Mumbai-86.



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 Jaanvancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

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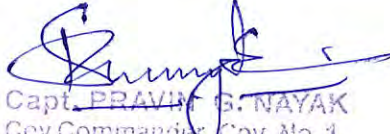
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Report- Yoga Training Camp

10 cadets of R J NCC unit participated in the week long yoga training programme held between 11th and 16th January, 2021. The event was conducted offline within the college premises by the Kaivalyadhama, Lonavala.

Yoga not only provides physical strength but also inner peace, mental balance to overcome stress and also think clearly and effectively. Apart from the asanas, the participants were taught about the mudras and also Pranayama. In the lecture session, the types of yoga, principle behind the different forms of yoga, body and soul were deliberated and discussed upon.


Capt. PRAVIN B. NAYAK
Coy Commander, Coy. No. 1,
6 MAH/BN/N.C.C.
R. J. College, Mumbai-86.




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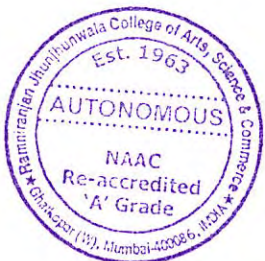
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[Signature]
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[Signature]
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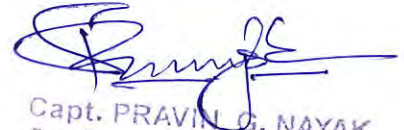
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NOMINAL ROLL-YOGA TRAINING CAMP

DATE: 11-16 JAN., 2021

SR. NO.	REGTL. NUMBER	RANK	NAME OF THE CADET
1	MH19SDA621949	CDT	SAI SAMBHAJI KADAV
2	MH18SDA621940	CDT	SANJIV SURENDRA SHARMA
3	MH19SDA621922	CDT	VINAY PRADEEP KUMAR SONAWANE
4	MH18SDA621934	CDT	NEERAJ RAMJEET YADAV
5	MH18SDA621940	CDT	SANJIV SURENDRA SHARMA
6	MH18SDA621946	CDT	SUNIL MANOJ KUMAR GUPTA
7	MH18SDA621948	CDT	ALOK SHIVLOCHAN YADAV
8	MH19SDA621927	CDT	MANDAR SANTOSH CHACHE
9	MH19SDA621973	CDT	DATTATRAY PANDIT MANE
10	MH19SDA621933	CDT	MANISH SUBHASH YADAV


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