



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)

Date: 04/09/2020

AS A PART OF STUDENT CAPACITY BUILDING INITIATIVE IN COLLABORATION WITH ROTARACT CLUB RAMNIRANJAN JHUNJHUNWALA COLLEGE

On occasion of "World Suicide Prevention Day" professional development session on "Harmonize-Resole Your Life" is held for the students. The key focus of the session will be on mental health and different stress buster techniques. The session will be held on 10/09/2020 at 5pm onwards.

Speaker: Ms. Namrata Jain

The details of zoom live link

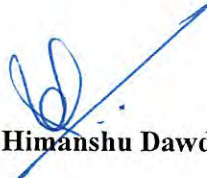
Meeting ID: 918900988

Passcode: 346635

All are cordially invited.


Prof. Selvi Nadar
BMS Coordinator




Dr. Himanshu Dawda
Principal



2019: Star College Status by DBT

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2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

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Project Name Harmonize- Resole your life

Venue Online- Google meet Time Stamp 2020-10-10 18:48:38.743576

Reporting Month September Quarter One

Project Status On Time Avenue 1 International Service Avenue 2 Professional Development

Start Time 10-09-2020 17:00:00 End Time 10-09-2020 18:30:00

Project Level Global

The main aim of the project was to make the audience understand on how important mental health is on the occasion of world Suicide prevention day. Conference call was held with Rotaract Club of Calcutta Majestic RID District 3291 (sister club). Agenda of the session finalized. Project Invitation were sent to the speaker. Registration form were sent to everyone. Whats App group was created and people were added to forward upcoming information regarding the session. Social Media creatives were published. Conference call was held day before the session for final MOC. Google meet Link were sent to everyone on the d-day. The project was organized in collaboration with Rotaract Club of Calcutta Majestic RID 3291. The session started at sharp 5 PM. Speaker Namrata Jain joined the meeting at 5:10 PM. RtrSwarnali Banerjee (Professional Development director) Invited the speaker and introduced her.

Namrata Jain Began with the session. She is a Psychologist and life coach Founder- Out loud. She initiated by giving her short introduction. She shared a PPT and her explanation in mental health and why people commit suicide. people asked her a lot of question regarding there experience in life and She answered everyone while explaining the slides. she kept the Session alive and interactive throughout. She covered all the points on why, how and in what manner can people tackle depression, anxiety, etc. She also shared a lot examples from her personal life as well. Audience asked a lot many question regarding depression and what are the other reasons people commit suicide. The project pan out successfully. Rtr. Esha Singh concluded with a vote of thanks and virtual memento to Namrata Jain.




The PRINCIPAL
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ATTENDANCE

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Esha	Singh	23	Deepak	Yadav
2	Aditi	Upadhya	24	Manju	Yadav
3	Tulsi	Singh	25	Aditi	Sharma
4	Nupur	Rathod	26	Vandana	Dalai
5	Shahin	Shaikh	27	Adarsh	Singh
6	Akash	Varma	28	Anurag	Sharma
7	Surbhi	Singh	29	Anurag	Agrahari
8	Neha	Pandey	30	Asha	Saroj
9	Atharva	Talwar	31	Ayush	Tripathi
10	Sahana	Shaikh	32	Bhushan	Pawar
11	Aarti	Prajapati	33	Iqra	Ansari
12	Yukti	Verma	34	mahek	Chaturvedi
13	vikas	prajapati	35	Nawaz	Shaikh
14	ShaikhSohel	SalimShaikh	36	Premprakash	Prajapati
15	Ankit	Pandey	37	Priya	Yadav
16	Pratik	Jagadale	38	Sarika	Sreedhar
17	Sakshi	Singh	39	Tabish	Bandri
18	Supriya Rajesh	Baranwal	40	Vedang	Dhuri
19	Chaitanya	Thakur	41	Vishakha	Thakkar
20	Tapisha	Belkond	42	Shruti	Sahu
21	Sushil	Gosavi	43	Manasvi	Pandey
22	SayyedZakir	Israr Ahmed			




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Harmonzie

District 3141
Rotaract
CLUB ID: 42889

Club of
Ramniranjan Jhunjunwala College
Rotary Club of Mumbai Ghatkopar

CERTIFICATE

This certificate is awarded to

Rtr. Sarika Sreedhar

for participating in the event

“Harmonize”
On 10/9/2020.


Rtr. Mouzzam Khan
President
2020-21


Prof. Kalaiselvi Nadar
Teacher Coordinator


Dr. Himanshu Dawda
Principal

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Ramniranjan Jhunjunwala College
Rotary Club of Mumbai Ghatkopar

CERTIFICATE

This certificate is awarded to

Rtr. Tabish Bandri

for participating in the event

“Harmonize”
On 10/9/2020.


Rtr. Mouzzam Khan
President
2020-21


Prof. Kalaiselvi Nadar
Teacher Coordinator


Dr. Himanshu Dawda
Principal



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