



# 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: 28/08/2020

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

As a part of Community Service project an online event "Weigh Your Options- An Obesity Awareness Drive" is organized to create awareness on various disease and its prevention measures.

The event is scheduled from 1<sup>st</sup> September to 30<sup>th</sup> September, 2020.

All are cordially invited.

  
Prof. Selvi Nadar

BMS Coordinator



  
Dr. Himanshu Dawda

Principal

T/c PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, Maharashtra, INDIA

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**Project Name Weigh Your Options- An Obesity Awareness Drive**

Venue Online

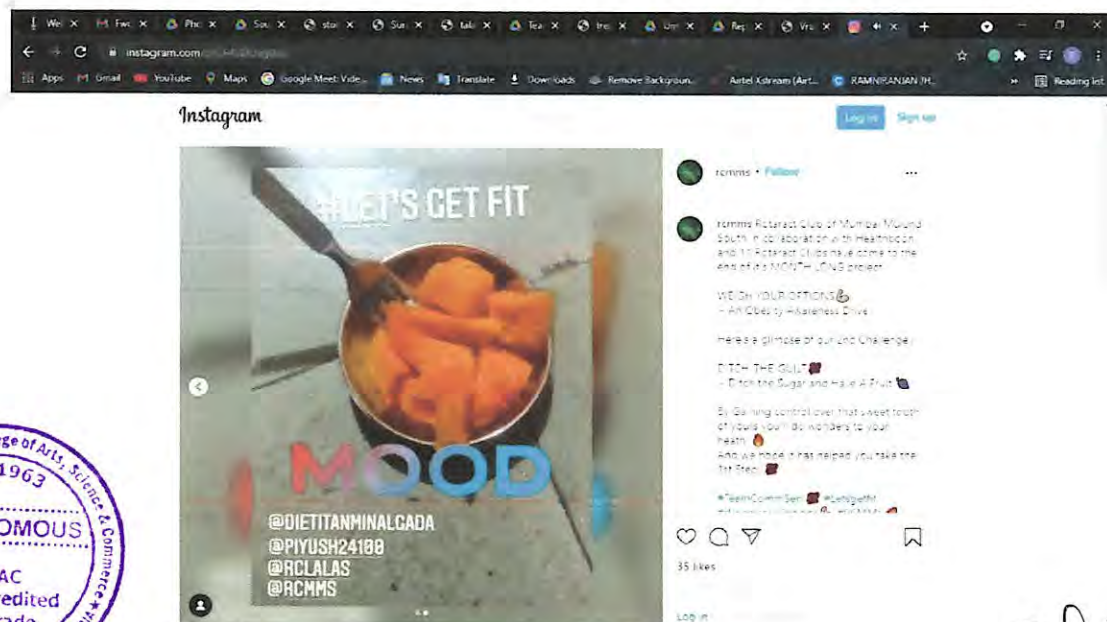
Reporting Month September Quarter One

Avenue 1 Community Service

Start Time 01-09-2020 00:00:00 End Time 30-09-2020 00:00:00

**Project Level Club**

- Obesity can increase the risk of heart disease, stroke, cancer, type two diabetes, and premature death as adults. Obesity in children may lead to health problems such as high blood pressure, high cholesterol levels, and respiratory problems. It can also set the stage for problems with self esteem, depression and anxiety. –
- It's extremely important for us to continue (or to start) to lead a healthy lifestyle, like eating nutritious meals as well as getting plenty of exercise and adequate sleep every day. These positive health habits will help us to stay strong and healthy, and decrease the likelihood of becoming obese.
- The main aim of this project was to create mass awareness on obesity and to lead a healthier lifestyle, which can help prevent chronic diseases and long-term illnesses. We partnered with Ms. Minal Gada- founder of Health Boon Nutrition and Wellness Clinic. She is a registered Dietitian and a certified Diabetes Educator, who helped us in conceptualization and execution of the project.
- After discussion, the format was decided to be a month long project, with one challenge related to health and fitness being given every week- making 4 challenges in total. She agreed to take an informative session as well towards the end of the month. She recorded a video explaining each of the weekly challenges along with its benefits.



*[Signature]*  
 1/ PRINCIPAL

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## ATTENDANCE

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Mouzzam	Khan	37	mahek	Chaturvedi
2	Shubhada	Avate	38	Nawaz	Shaikh
3	Rohan	Jana	39	Premprakash	Prajapati
4	Esha	Singh	40	Priya	Yadav
5	Aditi	Upadhya	41	Sarika	Sreedhar
6	Tulsi	Singh	42	Tabish	Bandri
7	Nupur	Rathod	43	Vedang	Dhuri
8	Shahin	Shaikh	44	Vishakha	Thakkar
9	Akash	Varma	45	Shruti	Sahu
10	Surbhi	Singh	46	Manasvi	Pandey
11	Neha	Pandey	47	Siddhant	Sawant
12	Atharva	Talwar	48	Lavanya	Ela
13	Sahana	Shaikh	49	Krutika	Kakade
14	Aarti	Prajapati	50	Yash Kumar	Jain
15	Yukti	Verma	51	Sachin	Pandey
16	vikas	prajapati	52	Anjali	Pathak
17	Shaikh Sohail	Salim Shaikh	53	Shalu	Tiwari
18	Ankit	Pandey	54	Anurag	Singh
19	Pratik	Jagadale	55	Dev	Sabhani
20	Sakshi	Singh	56	Akash	Ojha
21	Supriya Rajesh	Baranwal	57	Rahul	Shah
22	Chaitanya	Thakur	58	Ritika	Singh
23	Tapisha	Belkond	59	Rutuja	Sawant
24	Sushil	Gosavi	60	Shubham	Pandey
25	SayyedZakir	Israr Ahmed	61	Mahendra	Gupta
26	Deepak	Yadav	62	Deepak kumar	Gupta
27	Manju	Yadav	63	Ayaat	Khan
28	Aditi	Sharma	64	Kaihan	Shaikh
29	Vandana	Dalai	65	Shweta	Singh
30	Adarsh	Singh	66	Amish	Chheda
31	Anurag	Sharma	67	Kanak	Kirtawade
32	Anurag	Agrahari	68	Akanksha	Parad
33	Asha	Saroj	69	Sameer	Taral
34	Ayush	Tripathi			
35	Bhushan	Pawar			
36	Iqra	Ansari			



*[Signature]*  
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## Weigh Your Options



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