



# 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: 12/07/2020

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

An online Three Months event "Flatten the Curve" is organized with an objective to encourage people to exercise and stay healthy during Covid19 lockdown. The event is starting from 18<sup>th</sup> July, 2020 and will end on 10<sup>th</sup> October, 2020.

All are cordially invited.

Prof. Selvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

Principal

Dr. PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, 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 Jaanivancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

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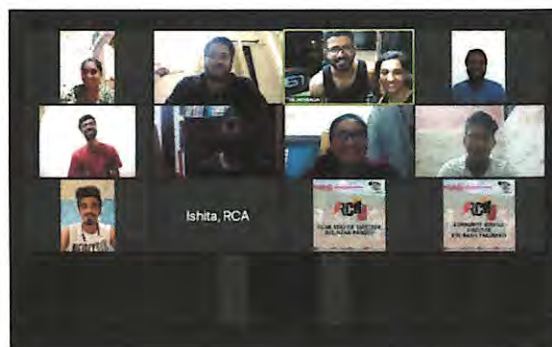
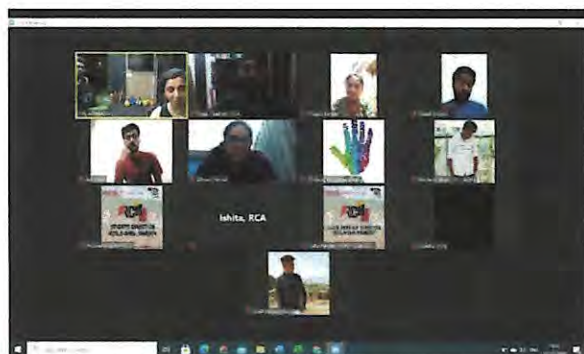
## Project Name Flatten The Curve

Venue Online-Zoom

Start Time 18-07-2020 19:00:00 End Time 10-10-2020 20:00:00

### Project Level Club

- The lockdown has drastically reduced physical activity for people since they don't have the option of going out for walks or even to the gym. Staying at home has also made them very lazy and unenthusiastic. To get the passion and excitement for workout and to motivate people to stay healthy, RC Andheri organized Flatten The Curve, an initiative towards living a healthy life.
- The aim of the project was to encourage people to exercise and stay healthy during the lockdown despite the gyms being closed. Get in touch with fitness based organizations for collaboration. Final the fitness partners approach other clubs for collaboration. Make the creatives and share them Promoting the event
- Creating a WhatsApp group for the participants. Motivation is what gets you started, habit is what keeps you going. So to imbibe the habit of working out and following a healthy lifestyle, RC Andheri began with Flatten The Curve, a quarter long initiative for online workout sessions. It was a 3 month long fitness initiative by Team Sports.
- We had instructors from our fitness partner The Akhaada conduct Zoom sessions for different sort of workouts. For the first month, the sessions were conducted on weekly basis where the focus was mainly on building your stamina and working on the getting the form right.
- The next 2 months had sessions on fortnight basis. On the first session on the month, the instructors taught different kind of workouts and exercises and how to do it the right way. Participants were asked to follow the same workout on daily basis. On the subsequent sessions, the instructors kept record of the progress and cleared doubts which may have come up. In our 2nd month, we organized a session by Rtr Sonia Patel, a nutritionist with an MSc in Clinic Dietetics and Nutrition on the importance of Nutrition and Diet in everyday life. Overall the event impacted people and encouraged them to workout on daily basis.





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## ATTENDANCE

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Mouzzam	Khan	16	vikas	prajapati
2	Shubhada	Avate	17	Shaikh Sohel	Salim Shaikh
3	Rohan	Jana	18	Ankit	Pandey
4	Esha	Singh	19	Pratik	Jagadale
5	Aditi	Upadhya	20	Sakshi	Singh
6	Tulsi	Singh	21	Supriya Rajesh	Baranwal
7	Nupur	Rathod	22	Chaitanya	Thakur
8	Shahin	Shaikh	23	Tapisha	Belkond
9	Akash	Varma	24	Sushil	Gosavi
10	Surbhi	Singh	25	SayyedZakir	Israr Ahmed
11	Neha	Pandey	26	Deepak	Yadav
12	Atharva	Talwar	27	Manju	Yadav
13	Sahana	Shaikh	28	Aditi	Sharma
14	Aarti	Prajapati			
15	Yukti	Verma			





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## Flatten the Curve

District 3141  
**Rotaract**  
CLUB ID: 42889

Club of  
**Ramniranjan Jhunjhunwala College**  
Rotary Club of Mumbai Ghatkopar

**CERTIFICATE**

*This certificate is awarded to*

Rtr. Sushil Gosavi

*for participating in the event*

“Flatten The Curve”  
On 18-07-2020.

Rtr. Mouzzam Khan  
President  
2020-21

Prof. Kalaiselvi Nadar  
Teacher Coordinator

Dr. Himanshu Dawda  
Principal

District 3141  
**Rotaract**  
CLUB ID: 42889

Club of  
**Ramniranjan Jhunjhunwala College**  
Rotary Club of Mumbai Ghatkopar

**CERTIFICATE**

*This certificate is awarded to*

Rtr. Sayyed Zakir Israr Ahmed

*for participating in the event*

“Flatten The Curve”  
On 18-07-2020.

Rtr. Mouzzam Khan  
President  
2020-21

Prof. Kalaiselvi Nadar  
Teacher Coordinator

Dr. Himanshu Dawda  
Principal



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