



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: 15/09/2020

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

A professional development project "Rotaract Academy" has been organized with objective to facilitate Rotaract clubs in organizing and executing value based workshops/seminars. It will be held on 19th September, 2020.

The link for joining online event:

Zoom ID: 918900988

Passcode: 123456

All are cordially invited.

Prof. Selvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

Principal

H/D PRINCIPAL
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2019: Star College Status by DBT

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Project Name Rotaract Academy

Venue Zoom meeting

Time Stamp 2020-10-10

Reporting Month September Quarter One

Project Status On Time

Avenue 1 Professional Development

Start Time 19-09-2020 17:00:00 End Time 19-09-2020 18:45:00

Project Level Club

•Rotaract Academy is a year-round initiative to facilitate Rotaract Clubs in organizing and executing certain skill-oriented, value-based Workshops or Seminars; by connecting them with the Individuals, Institutions, or Organizations whose knowledge and expertise assist the Rotaractors and to our community to transcend in the modern world. It is an initiative taken by Rotaract District 3141. Rotaract Club of Mumbai Western Elite in collaboration with Rotaract Club of Mulund, Rotaract Club of Northern Suburbs, Rotaract Club of Ramniranjan Jhunjunwala College, Rotaract Club of Bombay Northwest Malad and Rotaract club of Bombay Juhu beach organised a session of Rotaract Academy on the topic, ' Know Your Gut Microbes' by Mr. Abhijeet Kulkarni from The Science Cafe.

Planning of the Workshop:

•Once the discussion was done with all the collaborating clubs, we filled the Rotaract Academy interest form given by the district wherein we gave our preferred dates and speaker. Then Rtr. Yashvi Shah from Rotaract Club of Mumbai Western Elite coordinated with Rtr. Husain Kachwala from the district and Mr. Kris from the science cafe in respect with the session. She also coordinated with the other collaborating clubs with respect to the participation. Rtr. Kanchi Mehta from Rotaract Club of Mulund helped us with the JPEG. We then made a group for the participants and did the publicity of the event on Instagram, Facebook and all possible groups on WhatsApp. We had our Rotaract Academy Session for Quarter 1 in the month of September. It was based on knowing your gut microbes. The session started with the welcome address by Rtr. Yashvi Shah. This was followed by National Anthem video, performed by Rtr. Tanushree Saraf. In this workshop, the speaker told us about how the human body plays a host to around 100 trillion microbes. But due to the changing diet and lifestyle the harmony between microbes and humans got affected. This has resulted in rapid rise in non-communicable diseases like obesity, diabetes, gut-related problems like gluten sensitivity and other lifestyle-associated disorders. However, the cultural practices of tribal people and their lesser exposure to antibiotics have allowed us to preserve these ancestral microbes alive to study the impact of lifestyle on our diet as well as to use them as an alternative to medicines. Tiny living beings in our gut called microbiomes thrive in a population of 100 trillion. Changes in lifestyle and food habits have affected the modern humans with some lifestyle associated diseases. The cultural practices of tribal people have enabled in keeping the ancestral microbes alive. Learning's from them are helping us change lifestyle and diet, a possible alternative to medicines.



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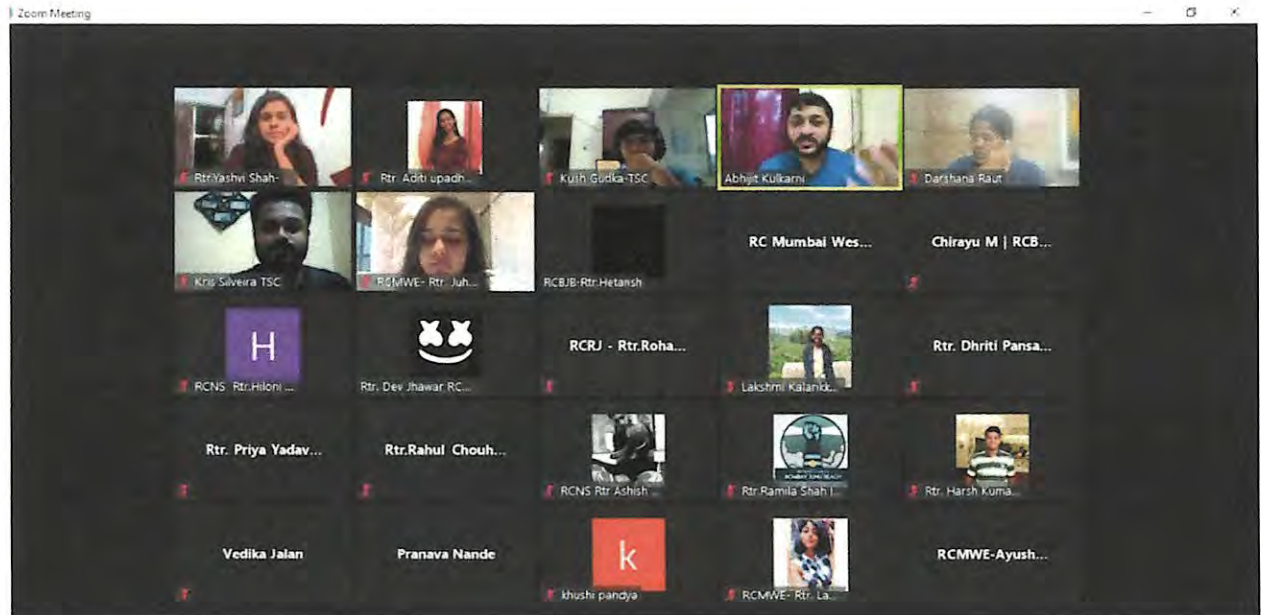
He also gave us certain tips on:

1. How we can change our diet to keep the microbes alive?
2. How we can change our lifestyle so that the microbes don't die?

Key take-aways were:

1. What role do the microbes play in our body?
2. How the cultural practices of tribal people have empowered them to keep ancestral microbes alive?
3. Alterations in our diet and how medicines affect the microbes
4. What should we do to ensure that the good microbes in our gut don't die?

In the end, Rtr. Juhi Khemka gave the vote of thanks. Attendance of the other host clubs: Rotaract Club of Bombay Juhu Beach: 17 Rotaract Club of Northern Suburbs: 16 Rotaract Club of Mulund: 10 Rotaract Club of R. J. College: 17 Rotaract Club of Bombay Northwest Malad: 14




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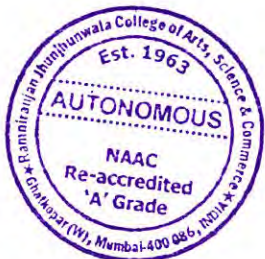
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Attence

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Esha	Singh	21	Sushil	Gosavi
2	Aditi	Upadhya	22	Sayyed Zakir	Israr Ahmed
3	Tulsi	Singh	23	Deepak	Yadav
4	Nupur	Rathod	24	Manju	Yadav
5	Shahin	Shaikh	25	Aditi	Sharma
6	Akash	Varma	26	Vandana	Dalai
7	Surbhi	Singh	27	Adarsh	Singh
8	Neha	Pandey	28	Anurag	Sharma
9	Atharva	Talwar	29	Anurag	Agrahari
10	Sahana	Shaikh	30	Asha	Saroj
11	Aarti	Prajapati	31	Ayush	Tripathi
12	Yukti	Verma	32	Bhushan	Pawar
13	vikas	prajapati			
14	Shaikh Sohel	Salim Shaikh			
15	Ankit	Pandey			
16	Pratik	Jagadale			
17	Sakshi	Singh			
18	Supriya Rajes	Baranwal			
19	Chaitanya	Thakur			
20	Tapisha	Belkond			



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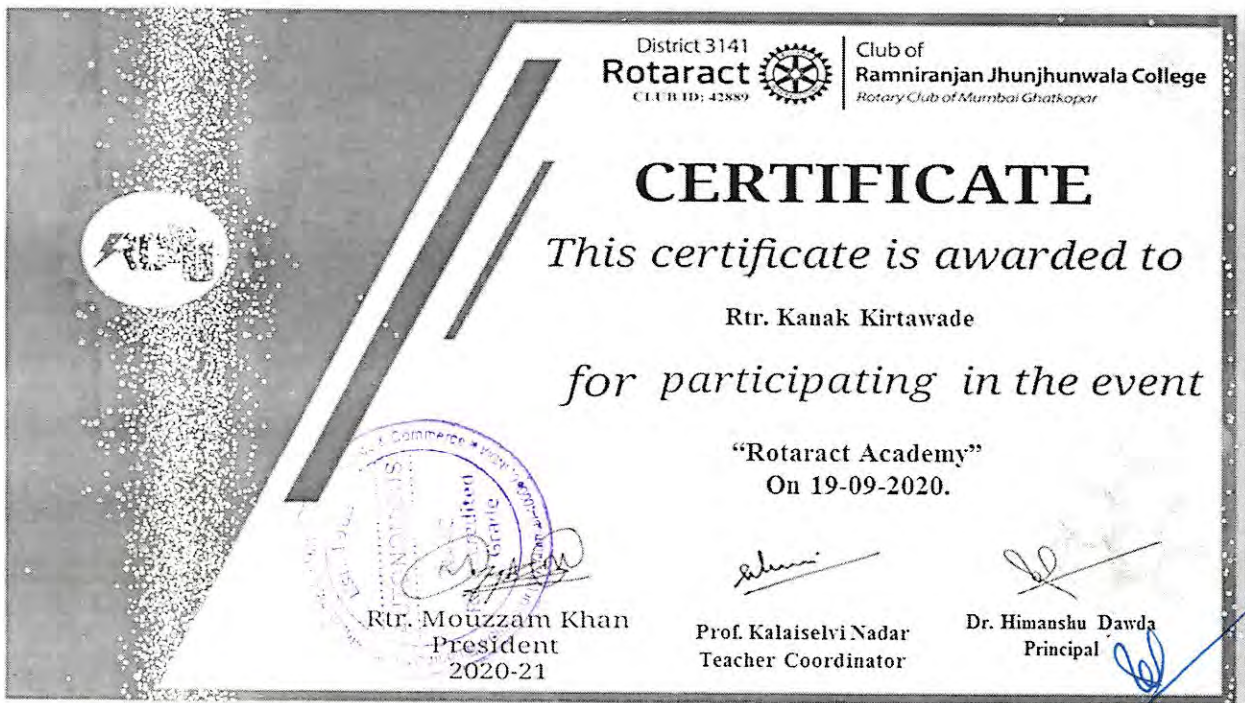
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