



# 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: 18/11/2020

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

As a part of Professional development a workshop is been organized by Shri Ravi Shankar Foundation "Evening Katta" wherein Miss Guntass Kaur and Dr. Kanika Israni would be guiding on how to handle pandemic situation through yoga. The event will be held on 22<sup>nd</sup> November 2020.

All are cordially invited.

Prof. Selvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

Principal

T/K PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

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## Project Name Evening Katta

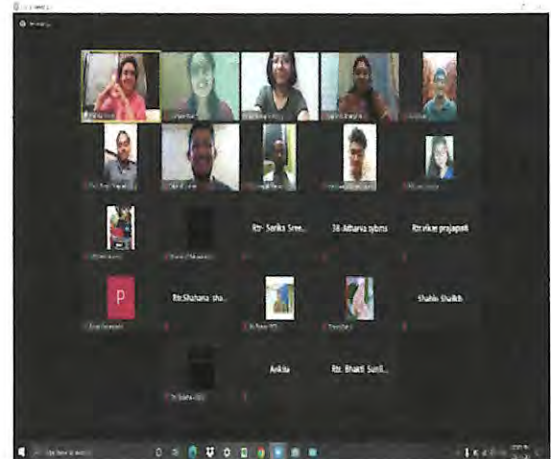
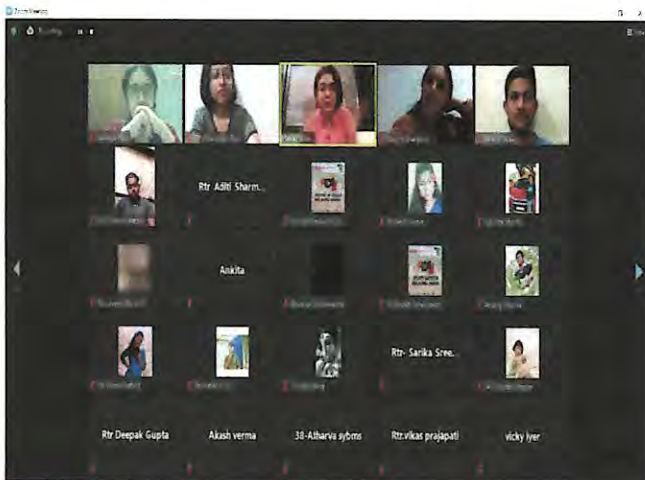
Venue Zoom conference

Avenue 1 Professional Development

Start Time 22-11-2020 18:20:00 End Time 22-11-2020 19:20:00

## Project Level Club

- Evening katta is all about online meditating and breathing workshop. At this pandemic situation our minds are crowded with thousands of thoughts some are negative, some are out of thoughts. All of us at this situation thinking about for there selves and for taking care of them and their family.
- For relaxing our minds and thoughts become positive for that this workshop had been organized. This meditation workshop help us too come out of the stress and negative thoughts. Firstly, we approached the speaker and interacted with the groups with whom we were going to do this project. Then for togetherness of audience made whatsapp group and added everyone.
- And through the group, sent instructions to the members for maintaining the formal image and no virtual offence would be entertained. After that zoom link was sent to our guest. Dr. Kanika Israni was the speaker for the event.
- She is a dentist educator, meditator and yoga lover. And Miss. Guntass kaur who is a Senior Engineer at Continental Automotives Pvt Ltd. IITD Alumna, Yoga lover and Meditator. They both are also volunteers at The art of living foundation. so The Art of Living Foundation is a volunteer-based, humanitarian and educational non- governmental organization (NGO). It was founded in 1981 by Sri Sri Ravi Shankar.
- The Art of Living Foundation has centers in more than 156 countries. Art of Living offers several stress-elimination and self-development programs based on breathing techniques, meditation and yoga. She started with the explanation of Yoga and meditation and its importance in today's age. She gave an in dept. information about the meditation.
- After getting acquainted to various facts and critical information about yoga and meditation. She zealously took 15-20 mins of Meditation session with everyone. After that everyone was given the Chance to ask her questions if there were any to clear their doubts regarding meditation and yoga asanas and its vitalness. By this the event concluded on a good note.



  
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## ATTENDANCE

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Mouzzam	Khan	20	Sakshi	Singh
2	Shubhada	Avate	21	Supriya Rajesh	Baranwal
3	Rohan	Jana	22	Chaitanya	Thakur
4	Esha	Singh	23	Tapisha	Belkond
5	Aditi	Upadhya	24	Sushil	Gosavi
6	Tulsi	Singh	25	Sayyed Zakir	Israr Ahmed
7	Nupur	Rathod	26	Deepak	Yadav
8	Shahin	Shaikh	27	Manju	Yadav
9	Akash	Varma	28	Aditi	Sharma
10	Surbhi	Singh	29	Vandana	Dalai
11	Neha	Pandey	30	Adarsh	Singh
12	Atharva	Talwar	31	Anurag	Sharma
13	Sahana	Shaikh	32	Anurag	Agrahari
14	Aarti	Prajapati	33	Asha	Saroj
15	Yukti	Verma	34	Ayush	Tripathi
16	vikas	prajapati	35	Bhushan	Pawar
17	Shaikh Sohel	Salim Shaikh	36	Iqra	Ansari
18	Ankit	Pandey			
19	Pratik	Jagadale			



  
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## Evening Katta



DR. HIMANSHU DAWDA  
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