



# 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:12/12/2020

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

A session Internet Seminar De-Addiction will be held on 14 December , 2020 at 4:00 pm by Ms. Mona Joy Founder and Director of Moniqartmain. As many students now a day face the problem of Internet Addiction.

The detail for joining session:

Meeting ID: 918900988

Passcode: 346635

All are cordially invited.

Prof. Selvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

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

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## Project Name Internet De-Addiction Seminar

Venue Zoom Meet Time Stamp 2021-01-07 11:52:47.852879

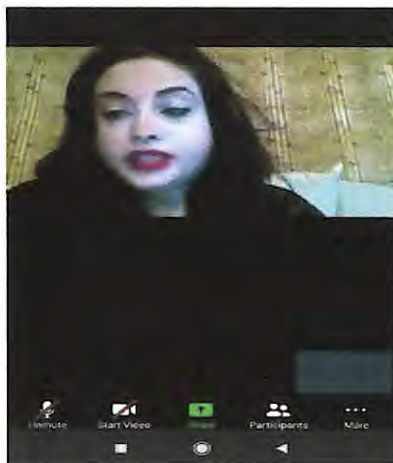
Reporting Month December Quarter Two

Project Status On Time Avenue 1 Partners-in-Service

Start Time 14-12-2020 16:00:00 End Time 14-12-2020 17:00:00

### Project Level Club

- Addiction, this is an issue we have been facing for a long time is Addiction, and how it has affected the victims, before and after, and how it has changed their lives. This project was to create awareness about the issue this generation is still facing and a problem that needs to be eradicated.
- The motto of this seminar was to acknowledge this problem, and accept this reality that our generation is still facing this, and only after that we would be able to find some kind of solution for the same. The pre-event preparation majorly involved coordination with rotary. The pre-event promotion to involve more number of participants for this seminar. Main speaker - Mona Joy Founder director – Moniqart Main Topic of seminar - Internet addiction
- The project initiated with National Anthem sang by Rtn. Yogesh Zaveri Sir and Rtn. Savitachavan . Pretreamma Mene ( RCSPND ) SAA and ISD gave introduction of the speaker Mona Joy . Kunal president of Mumbai Ghatkopar shared the roles of Rotaractor towards addiction .  
Points cover by speaker Mona Joy in seminar are as follows :-
  1. What is internet addiction?
  2. Signs and symptoms you may be suffering from internet addiction .
  3. Why - self sabotage, self abuse ? Social media deception- pitfalls .
  4. Steps that can help prevent internet addiction . Therapies for internet addiction . Some questions ask by students :
  5. How do we know we have internet addiction ? Why Internet is so addicted ?
  6. Rtn. Savitachavan ma'am Thanked speaker Mona Joy and Rohanbartake sir and also highlighted the topic related to addiction .



  
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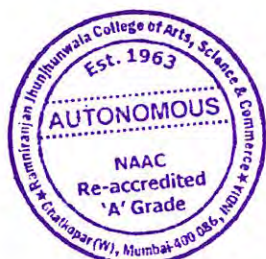
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## ATTENDANCE

Sr. No	Name
1	Mouzzam Khan
2	AditiUpadhya
3	Rohanjana
4	Eshasingh
5	NupurRathod
6	Surbhi Singh
7	Akashverma
8	Tulsisingh
9	HeenaShaikh
10	NehaPandey
11	Atharwatalwar
12	Aartiprajapati
13	Shaheenshaikh
14	Yuktiverma
15	vikasPrajapati
16	Deepak Yadav
17	SohelShaikh
18	Pratik jagadale
19	Ankitpaney
20	Vandanadalai



  
I/c PRINCIPAL  
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## Internet De-Addiction Seminar

District 3141  
**Rotaract**  
CLUB ID: 42889

Club of  
Ramniranjan Jhunjunwala College  
Rotary Club of Mumbai Ghatkopar


**CERTIFICATE**


*This certificate is awarded to*


Rtr. Vishakha Thakkar

*for participating in the event*

"Internet De-Addiction Seminar"  
On 14-12-2020.

  
Rtr. Mouzzam Khan  
President  
2020-21

  
Prof. Kalaiselvi Nadar  
Teacher Coordinator

  
Dr. Himanshu Dawda  
Principal

District 3141  
**Rotaract**  
CLUB ID: 42889

Club of  
Ramniranjan Jhunjunwala College  
Rotary Club of Mumbai Ghatkopar


**CERTIFICATE**


*This certificate is awarded to*


Rtr. Shruti Sahu

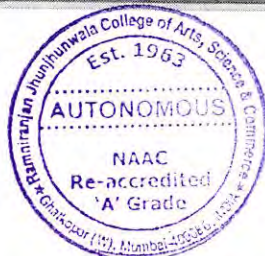
*for participating in the event*

"Internet De-Addiction Seminar"  
On 14-12-2020.

  
Rtr. Mouzzam Khan  
President  
2020-21

  
Prof. Kalaiselvi Nadar  
Teacher Coordinator

  
Dr. Himanshu Dawda  
Principal



  
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