



# 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:30/04/2020

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

A webinar with Rama Mani on "How to keep yourself focused during meditation and mental health". Soulfulness with heartfulness will be held on 01 May, 2020 at 4:00 pm.

The detail for joining session:

Meeting ID: 918900988

Passcode: 346635

All are cordially invited.

Prof. Selvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

Principal

Dr. Himanshu Dawda  
Principal  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400 086, 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- Soulfulness with Heartfulness

Venue- Online

Reporting Month -May Quarter Four

Avenue -1 Professional Development

Start Time 01-05-2021 16:00:00b End Time 01-05-2021 16:30:00

### Project Level -Club

- Since a lot of the families in the club were getting affected by COVID. A lot of Rotaractors themselves were quarantined and were affected. We thought of keeping a meditation event to help mental and negative stress happen when suffered from Covid-19. But this is a very sensitive topic. A professional was needed to take this ahead. Hence we collaborated with Heartfulness- a meditation NGO. Rama Mani, a trainer at Heartfulness was kind enough to say yes within a go. She helped us out.
- Rtr. Shamail was the POC with her. We finalized a date and time i.e. on 1st May 5pm as it was Maharashtra Day. So we thought to celebrate the occasion by spreading the message of peace and meditation so that the state becomes stress-free one day. Then we also thought that let us collaborate with another club so that more members get benefit from the session. We approached RCRJ and they were willing to join in with us.
- Hence we collaborated with RCRJ. Ramama'am was told about the Covid-19 impact in Rotaract. She sent us the organization's logo. The creatives were made and sent across the social media. The event began by 5.10pm. Ramama'am started interacting with the members and was happy to see the young audience. She began with asking the audience to interact and keep the session interactive. She kept on clearing all the doubts which came up in the session like how to keep yourself focused during meditation?
- She also answered one of the questions that the right time to meditate is in the early morning. She further said that if your mind is not able to concentrate or focus and having multiple thoughts at a time, let the thoughts come and let them go casually and lightly, do not pressurise upon them. Thoughts are natural. She helped everyone get out of this COVID stress as the number of cases and deaths are making the mind too negative. She said to take precautions in the tough times. "Don't fear COVID, since the fear makes you vulnerable." She explained that yoga and meditation can help to overcome phobias and be healthy. In the end, we thanked her with a letter of appreciation.







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## Attendance

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Mouzzam	Khan	22	Chaitanya	Thakur
2	Shubhada	Avate	23	Tapisha	Belkond
3	Rohan	Jana	24	Sushil	Gosavi
4	Esha	Singh	25	SayyedZakir	Israr Ahmed
5	Aditi	Upadhya	26	Deepak	Yadav
6	Tulsi	Singh	27	Manju	Yadav
7	Nupur	Rathod	28	Aditi	Sharma
8	Shahin	Shaikh	29	Vandana	Dalai
9	Akash	Varma	30	Rahul	Shah
10	Surbhi	Singh	31	Ritika	Singh
11	Neha	Pandey	32	Rutuja	Sawant
12	Atharva	Talwar	33	Shubham	Pandey
13	Sahana	Shaikh	34	Mahendra	Gupta
14	Aarti	Prajapati	35	Deepak kumar	Gupta
15	Yukti	Verma	36	Ayaat	Khan
16	vikas	prajapati	37	Kaihan	Shaikh
17	Shaikh Sohel	Salim Shaikh	38	Shweta	Singh
18	Ankit	Pandey			
19	Pratik	Jagadale			
20	Sakshi	Singh			
21	Supriya Rajesh	Baranwal			



*[Signature]*  
 I/C PRINCIPAL  
 RAMNIRANJAN JHUNJHUNWALA COLLEGE  
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## Soulfulness with Heartfulness

District 3141  
**Rotaract**  
CLUB ID: 42889

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

### CERTIFICATE

*This certificate is awarded to*

Rtr. Bhushan Pawar

*for participating in the event*

“Soulfulness with Heartfulness”  
On 1/5/2021.

  
Rtr. Mouzzam Khan  
President  
2020-21

  
Prof. Kalaiselvi Nadar  
Teacher Coordinator

  
Dr. Himanshu Dawda  
Principal

District 3141  
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CLUB ID: 42889

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


### CERTIFICATE


*This certificate is awarded to*


Rtr. Iqra Ansari

*for participating in the event*

“Soulfulness with Heartfulness”  
On 1/5/2021.

  
Rtr. Mouzzam Khan  
President  
2020-21

  
Prof. Kalaiselvi Nadar  
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