



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)

05/12/2021

NOTICE

Department of Lifelong Learning and Extension Unit

ACADEMIC YEAR 2021-22

DLLE Unit organizes an online workshop for students in association with 'Tarasha project – Tata Institute of Social Sciences, Mumbai' on December 8, 2021.

Topic: 'No health without mental health!'

The resource person: **Ms Priyanka Dalvi**, Mental Health Professional working with TARASHA, a field action project of Centre for Health and Mental Health, School of Social Work, TISS, Mumbai


Date: December 8, 2021.

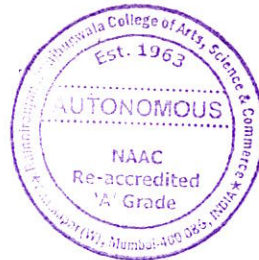
Time: 5 pm to 6:30 pm

Zoom link: <https://zoom.us/j/93392928971?pwd=dlp2SFh2VEZPY2Jrcnl3cTZYUXAvZz09>

Meeting ID: 933 9292 8971

Passcode: 031941


Dr. Vaishali Raikwar
Convenor, DLLE




Dr. Himanshu Dawda
Principal
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Brochure

ONLINE WORKSHOP ON MENTAL HEALTH OF STUDENTS

HEALTH IS ABOUT MORE THAN WHAT YOU'RE EATING. IT'S WHAT YOUR THINKING SAYING, AND BELIEVING.

NO HEALTH WITHOUT MENTAL HEALTH

CONDUCTED BY
Tarasha
Field Action Project
Centre of Health and Mental Health
School of Social Work
Tata Institute of Social Sciences

WEDNESDAY DECEMBER 8, 2021
5.00 PM TO 6.30 PM

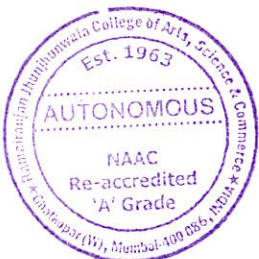
<https://www.rjcollege.edu.in/2020/12/08/online-workshop-on-mental-health-of-students/> (Tap on the Link to Join)

CONTENTS

- Acknowledging the uncertainties and transitions as part of the COVID experience
- Learning about mental health and building resilience through self-care and healthy coping ways during these times
- Encourage help-seeking for mental health concerns (for our own selves and for peers)

Report

DLLE Unit organized an online workshop in association with 'Tarasha project – Tata Institute of Social Sciences, Mumbai' December 8, 2021. The topic was 'No health without mental health!'. The resource person: Ms Priyanka Dalvi, Mental Health Professional working with TARASHA, a field action project of Centre for Health and Mental Health, School of Social Work, TISS, Mumbai conducted an interactive session wherein she discussed various aspects of mental issues the students can face and how to maintain mental health through various exercises. 7 teachers and 102 students participated in this workshop.



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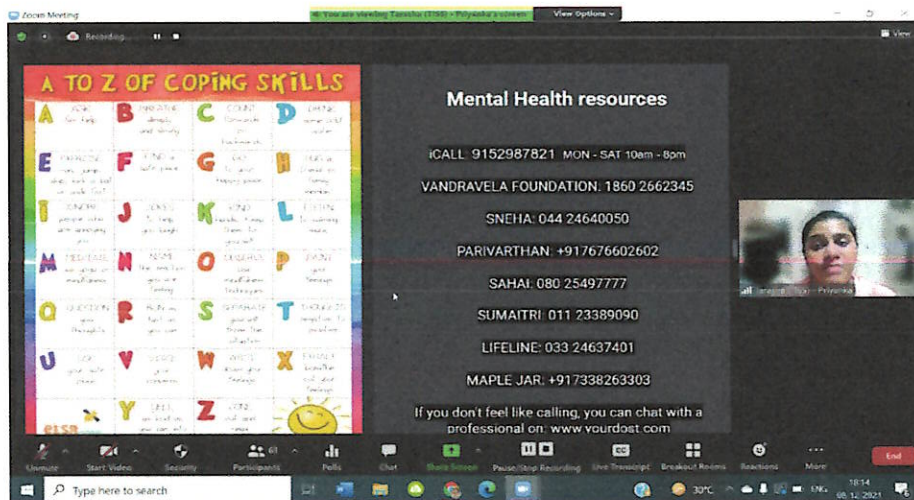
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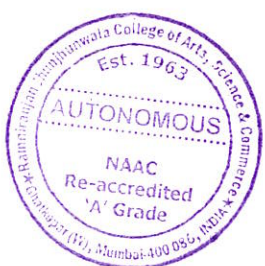
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Participants

Vinita Yadav	ankit kanojiya FYBCOM (ankit kanojiya)
RiddhiMistry TYBAMMC (12) (RiddhiMistry TYBAMMC)	varsha prajapati 36
R J COLLEGE - AUTONOMOUS	Pinki Kanu 192. FYBA (Pinki Kanu)
RJ College	Aswathy Shajan (517 Aswathy Shajan)
advaita singh FYBA C 622	65 Sandhya Sharma
Neha Maurya 24 FYBBI (Nikita Maurya)	Rohini
Tarasha (TISS) - Priyanka (Priyanka Tarasha)	Gyanchand Sharma 57/A
Khushbu Shyam dev dhoi	Shaikh Kulsum Shakeel
(13) Swati Kewat (TYBBI) (Swati Kewat)	SY_06_Shweta Dalbhajan
Pooja Bhardwaj: BAMMC	Arati ((521/C)Arati Pasi)
Shubham C Pandey	(35) Preeti Singh
Priya Shetty	Jyoti Shukla (SYBAMMC) (19 Jyoti Shukla)
Shaikh_ noor_fatema/std:-TY.BBI	Annu Shukla
Kirti Gaud FYBCOM (Kirti Gaud)	Sybf Chanchal Sharma (Chanchal Sharma)
(07)Riya Yadav(TYBBI) ((07)Riya Yadav)	(251) Sakshi Mohile
Ichha	Room 20
Sushma Singh	Dimpal Tiwari (97)fycs (Dimpal Tiwari)
Asma Khan(373)	Neha Singh SYBAMMC
Aswathi Sureshkumar (31.Aadithyan Sureshkumar)	Sharmila Jajodia
DLE Mithilesh (Mithilesh Level 1 Mumbai)	Riddhi Mistry TYBAMMC (12) (Riddhi Mistry)
12_Shreya Chaurasiya(FYCS) (12_Shreya Chaurasiya)	



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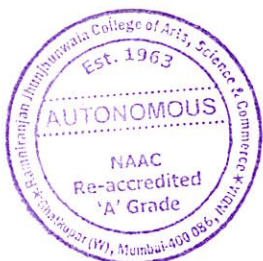
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TY_35_Geeta chaudhary
TY_42_Dharmesh_Kashyap
Khan ujama khatoon
Om Yadav (763 Om Yadav)
09_Saurabh Mishra
Alqama(TYBAMMC) (Alqama(TYBAMMC -AD))
Chelsea Diago [TYBAMMC]
ZOOM RCOLLEGE
10 Parth Shah (Tybammc) (Parth Shah)
hariom Choudhary
48 prajakta pashte
(25) Kiran vishwakarma
33_Kirte Bhatt
janvi wadhawana tybammc (50 11ENidhi wadhawana)
Vishal Kanojia TYBAMMC
39 Janvi Kale SYBAMMC (Janvi Kale SYBAMMC)
Karishma Gupta (KARAN KRUSHNA GUPTA)
Devraj
32 Jayesh Pande
Himanshu Dawda
Pinki Kanu 192. FYBA. div A (Pinki Kanu 192. FYBA)

SYIT_30_Kaustubh Upadhyay (Kaustubh Upadhyay)
Sakshi Hande
Sunaina Gupta
Karishma Gupta
18_Komal Singh
Sakshi Prajapati
DLLE-SM-Chinmay Shinde (Chinmay Shinde)
Abhishek Warang
Jignasha Amrutkar (02_Jignasha Amrutkar)
10.Austin Nadar
43 Shruti Parkar
141Sangeeta Yadav
TYBSC 642 ANMOL PANDEY (ANMOL PANDEY)
661 Ansh Vishwakarma
603_Maksood Ali
Kausain Hussain (Zafran Hussain)
Usha Mukundan
Om Gangnaik
Anish Joshi
Riyashri Mishra (SYBAF) (Riyashri Mishra)
Rushda Heena Khan (701- Rushda Heena Khan)

524pratik 11comd
50 komal Sharma
655 Pooja Singh
Aditi Tiwari TYBAMMC ad



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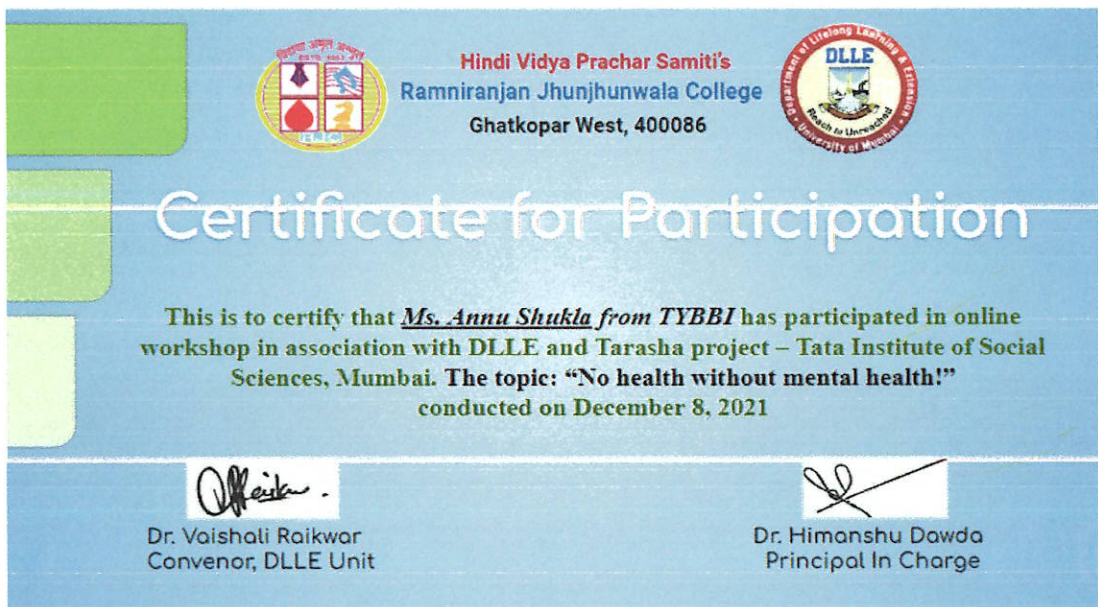
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Certificates



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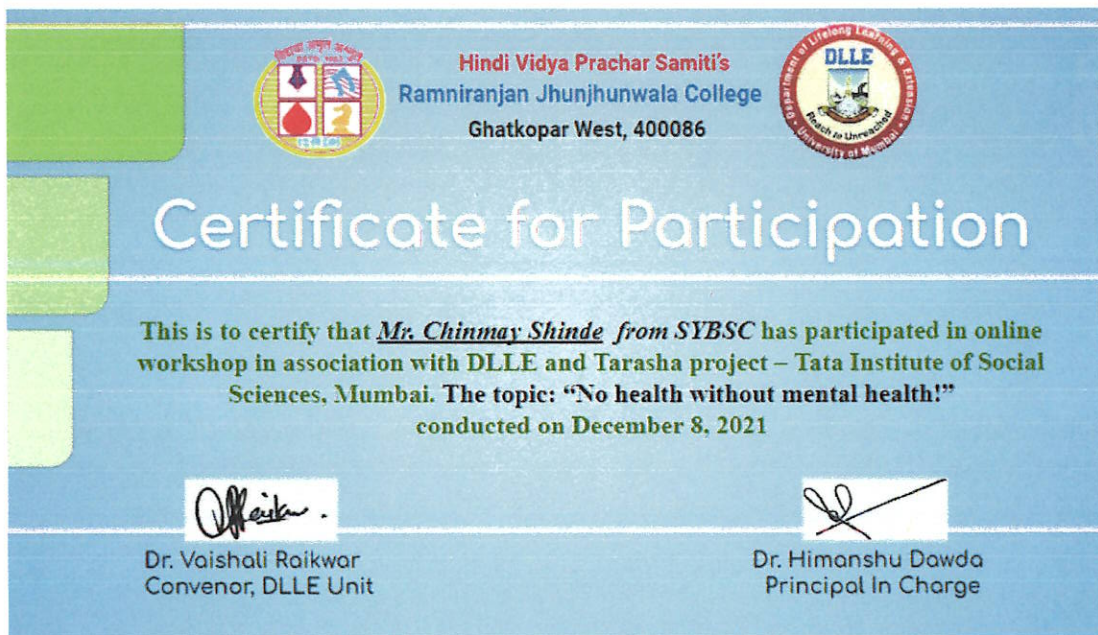


Certificate for Participation


This is to certify that Ms. Annu Shukla from TYBBI has participated in online workshop in association with DLLE and Tarasha project – Tata Institute of Social Sciences, Mumbai. The topic: “No health without mental health!” conducted on December 8, 2021

[Signature]
Dr. Vaishali Raikwar
Convenor, DLLE Unit

[Signature]
Dr. Himanshu Dawda
Principal In Charge



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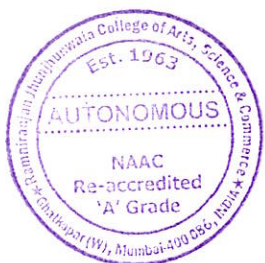


Certificate for Participation

This is to certify that Mr. Chinmay Shinde from SYBSC has participated in online workshop in association with DLLE and Tarasha project – Tata Institute of Social Sciences, Mumbai. The topic: “No health without mental health!” conducted on December 8, 2021

[Signature]
Dr. Vaishali Raikwar
Convenor, DLLE Unit

[Signature]
Dr. Himanshu Dawda
Principal In Charge



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Workshop on Mental Health

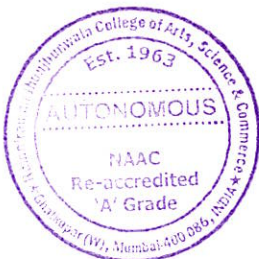
Date: 8 december 2021

Resource person: Ms Priyanka Dalvi

CV: Mental Health professional working with Tarasha, a field action project of Centre for Health and Mental Health, School of Social Work, Tata Institute of Social Sciences, Mumbai.

Priyanka has done MA in Social Work, specialising in Mental Health from TISS, Mumbai. Her areas of interest are gender, mental health, marginalisation and community-based interventions.

Beneficiaries: Total: 109, Students: 102, Teachers: 07



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