



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)


NOTICE


NSS UNIT OF RJ COLLEGE is organizing 'Suryanamaskar Training Program' on 5th February, 2022.

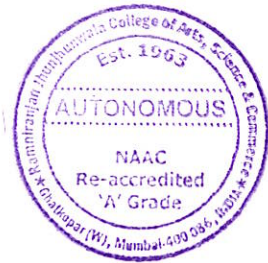
Venue: RJ College

Time: 6:45 AM


Dr. Mangesh Panchal
(NSSPO)


Dr. Geeta Joshi
(NSSPO)


Dr. Himanshu Dawda
(Principal)
PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
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2019: Star College Status by DBT

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NSS EVENT REPORT 2021-2022

Name of the Activity: Suryanamaskar Training Program

Date - 5th February, 2022

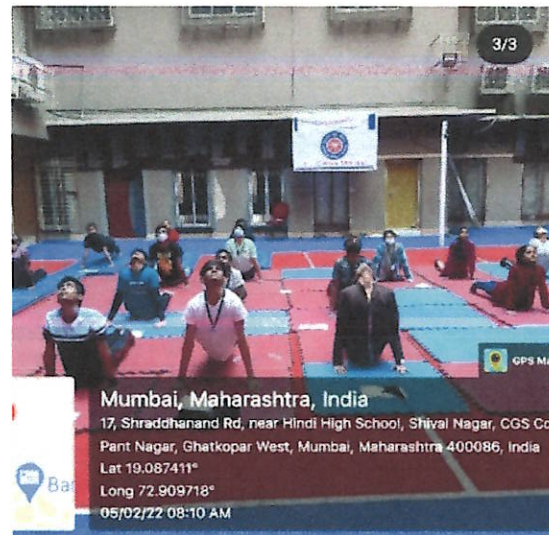
Time - 6:45am

Location - Ramniranjan Jhunjhunwala College

Objective of the Activity-The Suryanamaskar tones the entire body, helps with weight loss, and strengthens muscles and joints. To practice this flow in order to improve your complexion as it ensures a better functioning digestive system, NSS UNIT OF RJ COLLEGE organized a session on the very same.

Number of Participants: 41.

Brief Description - The Volunteers were expected at 6:45am in comfortable attire and were given a brief summary about the benefits of Yoga. They were then further guided towards Suryanamaskar, theoretically and practically for a good start ahead.



[Signature]
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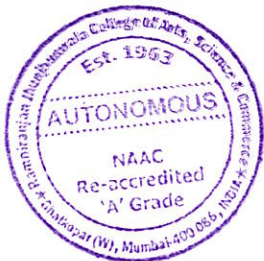
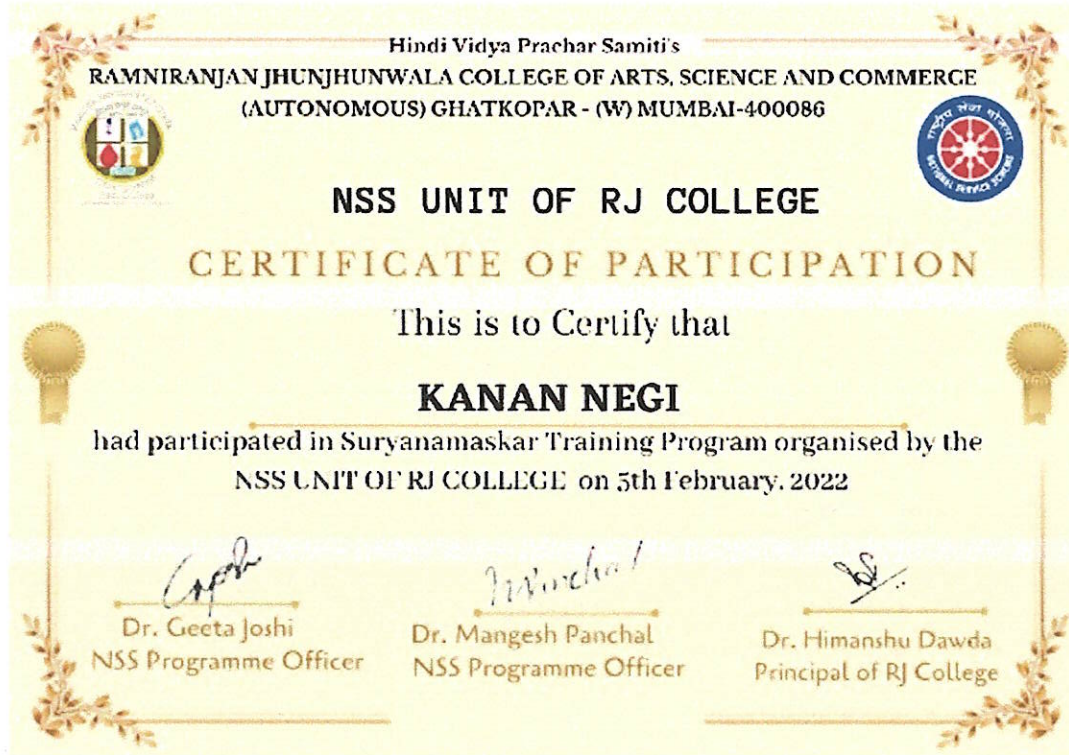
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Organized by - NSS UNIT OF RAMNIRANJAN JHUNJHUNWALA COLLEGE.

Certificate:



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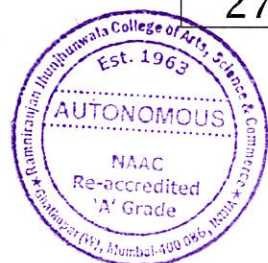
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ATTENDANCE OF THE VOLUNTEERS

Sr.No	Name	Class	Div	Roll.No
1.	Himanshu Shukla	FYBA	B	333
2.	Abhishek Singh	FYBA	B	237
3.	Kanan Negi	FYBSC-IT	G	51
4.	Anushka Mishra	FYBSC-IT	G	49
5.	Yash Belwalkar	FYBSC-IT	G	7
6.	Mansi Vishwakarma	SYBA	B	299
7.	Sneha Tiwari	FYBA	B	249
8.	Misbah Shaikh	FYBCOM	A	639
9.	Dipak Singh	FYBCOM	C	430
10.	Pranali Palkar	FYBSC-IT	G	55
11.	Shreya Singh	SYBCOM	C	486
12.	Shruti Yadav	FYBCOM	C	520
13.	Sangeeta Yadav	FYBMS	E	141
14.	Krishna Shah	FYBSCBIO	E	51
15.	Mahesh Yadav	SYBSC	C	555
16.	Shani Saroj	FYBMS	E	77
17.	Rishta Vishwakarma	FYBSC-IT	G	99
18.	Tapaswini Sahu	FYBCOM	B	292
19.	Rahul Yadav	FYBA	B	223
20.	Renu Tiwari	FYBA	A	35
21.	Shreya Bhandare	SYBSC	C	506
22.	Sahil Shaikh	FYBA	C	424
23.	Geeta Pathak	FYBCOM	B	740
24.	Yukta Pal	FYBCOM	A	116
25.	Deepika Sharma	FYBA	A	119
26.	Deepak Adall	FYBSC-IT	G	2
27.	Sneha Mishra	FYBCOM	B	742




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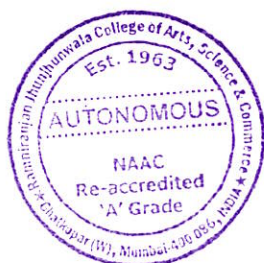
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28.	Nisha Mishra	TYBCOM	C	839
29.	Shaikh Alfiya Farooq	FYBA	C	626
30.	Priyanshi Pandey	FYBA	C	406
31.	Riya Bhiwandkar	SYBT	E	2
32.	Sandhya Singh	TYBCOM	B	322
33.	Anjali Singh	FYBMS	E	86
34.	Menka Chauhan	FYBCOM	A	23
35.	Vishakha Jaiswal	SYBSC-CS	F	10
36.	Vinita Yadav	FYBA	A	207
37.	Siddhi More	SYBSC	C	637
38.	Bhumika Gupta	SYBSC-CS	F	79
39.	Apurva Mhaske	SYBA	B	246
40.	Prajakta Thorat	SYBA	B	231
41.	Kainath Sayyed	SYBA	B	226




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