



# 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 II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)


Date: : 26<sup>th</sup> Nov, 2018

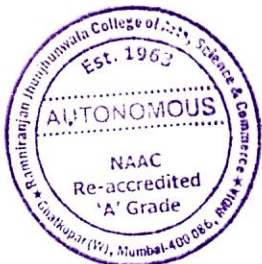
## Notice


### ROTARACT CLUB OF RAMNIRANJAN JHUNJHUNWALA COLLEGE

A project "Manage Your Relationship" is a session about how to manage relationships professionally & personally. The event will be held on 28<sup>th</sup> Nov, 2018 at Ramniranjan Jhunjhunwala College from 3.00 pm Onwards

  
Prof. Kalaselvi Nadar  
BMS Coordinator

  
Dr. Usha Mukundan  
Principal



  
PRINCIPAL  
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Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

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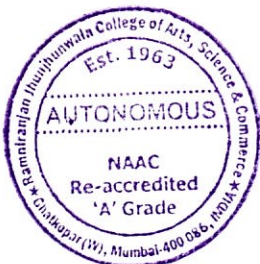
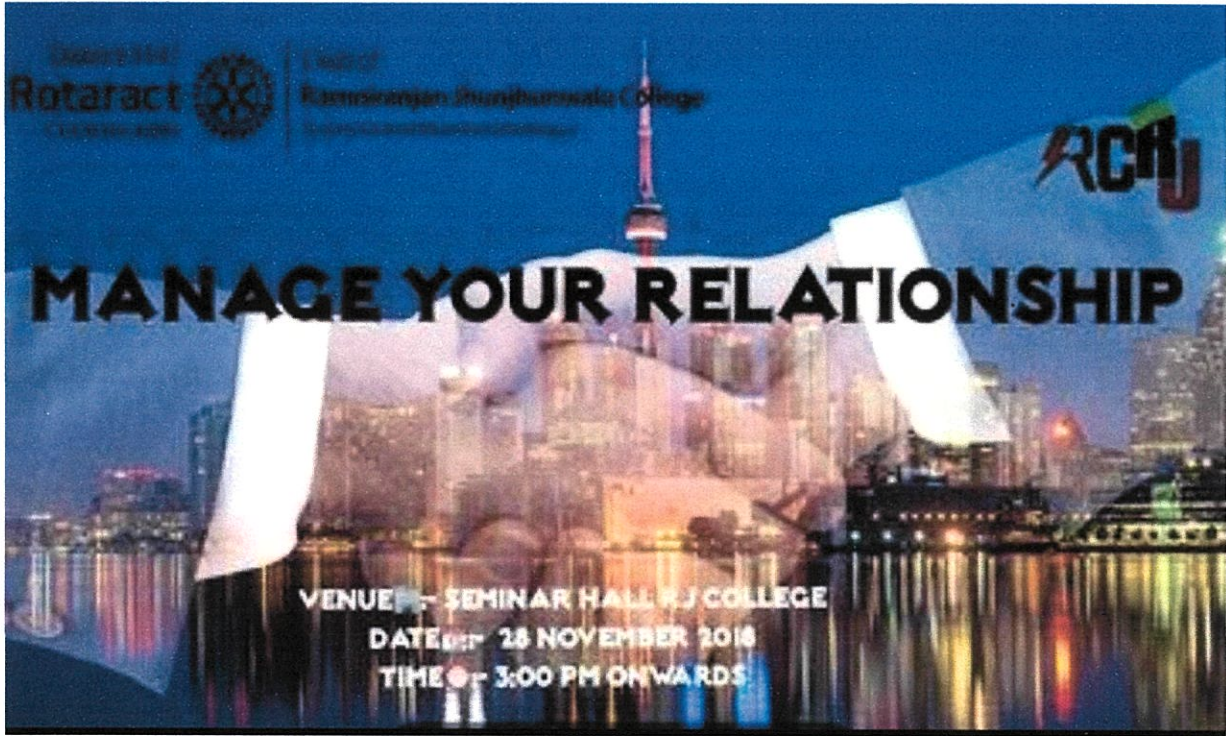
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## Report

NAME: Manage your relationship

VENUE: seminar hall at Ramniranjan Jhunjunwala college

Date: 28<sup>th</sup> Nov 2018

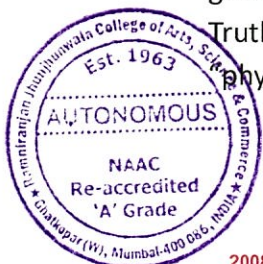
Rtr. Yamsari Rai, Professional Development Director 2018-19 introduced the speaker Mrs. Kulmohan Kaur, she is a gazette officer in the ministry of defense, certified neuro-linguistic programming practitioner from ANLP India and an expert councilor in relationship management, stress management and time management.

Kulmohan Madam soon started the session speaking about:

1. The purest form of love which is the love of our parents
2. The relationship with our friend, colleagues and most importantly with our better halves.

Moving further she mentioned some problems of managing various relationships and the way to tackle those problems. She mentioned about the six stages in a relationship which are:

1. First is "certainty & security" it is important in a relationship with everyone. It is the thing which everyone wants.
2. Second is "excitement and uncertain" which is also important because, everyone loves surprises like; randomly going out on a dinner date or walking with someone special.
3. Third is "importance" everyone wants the importance in there loved once life. If you are treating them like a door mate then they will never be in that relationship.
4. Fourth is "love", it does not mean being in a physical relationship we should set our boundaries. Love is like giving time, helping in some stuff, caring and much more
5. Fifth important is "Truth", a relationship needs to grow and progress. Love is like the moon it may either grow or decline but, it will never be stable. It may start growing but, after a certain period of time it may decline. We should not be afraid of it because it will grow up again. Even our heart line isn't stable it's high and low. If you are loyal and Truthful then you never fail in your relationship. There are two types of cheating "Physical and emotional". Physical cheating is having a physical relation and cheating on



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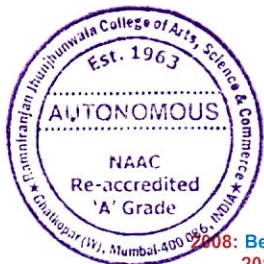
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them. Emotional cheating is breaking the trust of opposite person and playing with their emotions.

6. Last is "contribution", In a relationship contribution plays an vital role because only one person's contribution can't make a healthy relationship. Never involve your past to the present because it always creates problems. So it's better to let past be in past not involving in the present.



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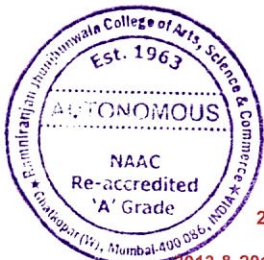
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## Attendance

Roll No	Name	Stream	Roll No	Name
11	DUBEY PADMAKAR SANJAY	FYBMS	1	AGARWAL PRASHANT AVINASH
119	AHMAD SALIM NAUSHAD	FYBMS	1	BADUR KAMLAPRASAD
127	ANTHWAL SHIVAM LAXMIPRASAD	FYBMS	2	BAJPAI MAYANK
130	GIRI SURBHI JAYPRAKASH	FYBMS	2	BANSODE GOVIND MUKESH
93	BAIG TAUFIQUE RAFIQUE	FYBMS	3	BANERJEE AKASH
102	GONDHALE SHRUTI VISHWAS	FYBMS	3	BAVBANDE KAPIL UPENDRA
19	GUPTA ANISHA DEVIPRASAD	FYBMS	4	CHATURVEDI SAURAV RAVINDRANATH
92	BANDISHODE ASHWINI BIRAPPA	FYBMS	4	BANSODE ABHISHEKH
2	BHATT UMESH MANDHIRDATTA	FYBMS	5	BANSODE PURVA
17	GUPTA DARSHANA BALE LAKHENDAR	FYBMS	5	CHAUDHARY JAMIRAAHMED RAJKUMAR
5	CHAURASIYA PRADEEP RADHELAL	FYBMS	6	BHAVARI CHHAYA
13	GUPTA MANISH RAMGOVIND	FYBMS	6	CHHEDA KHUSHBU MANGESH
4	CHAURASIYA SWATI DILEEP	FYBMS	7	BHINGARDE ABHISHEK
16	GUPTA RIYA RAMGOPAL	FYBMS	7	CHILE NIKHIL BASHIR
6	CHAVAN JAGRUTI KISAN	FYBMS	8	BISHOYEE SAGAR
128	CHOUDHARY MANOJ KUMAR NARAYANLAL	FYBMS	9	CHAUBEY SHIVANGI
120	DESAI SUSHIL NAVNATH	FYBMS	10	CHAURASIYA PRIYA
129	DUBEY GAURAV DINESH	FYBMS	11	CHAWAN PREETI
113	GUPTA SHIVANI VINOD	FYBMS	22	KASHID KHUSHAL MAHENDRA
79	HATLE NISHAD PRAKASH	FYBMS	23	KEJRIWAL SIDDHIK GOPAL
124	JANA ROHAN JITENDRA	FYBMS	24	KHAN ALFIYA FAKHRUDDINALI
20	JHA SANDEEP SADANAND	FYBMS	25	KHAN ERAM JALIL
21	KANAUJIYA PRITI MAHENDRA	FYBMS	26	KUMAWAT ANTARIKSH KAILASH
125	GOSAVI SUSHIL SHARAD	FYBMS	52	BHALERAO SUSHIL VIRENDRA KUMAR
80	KAMBLI ANKITA HEMCHANDRA	FYBMS	57	KOKARE PRASHANT PRAKASH
111	AGARRWAL JATIN RAJESH	FYBMS	101	ANSARI SOHEL



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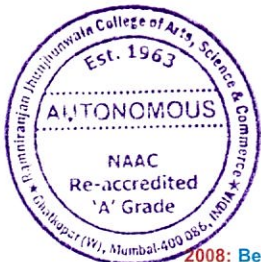
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1	AGRI DINESHKUMAR BAHADURRAM	FYBMS	102	AVATE SHUBHADA
71	ANSARI SHERIN AFSAR	FYBMS	103	BAHUKHANDI PIYUSH
88	BIDLAN VARSHA MANOJ	FYBMS	105	BHARMAL DIKSHITA
7	CHOUBEY ADITYA AJIT	FYBMS	106	CHANDORA BHARATKUMAR
134	DEDHIYA JINAL MANISH	FYBMS	107	CHAUHAN MANDEEP
114	HIJLI NISHITA NILMONI	FYBMS	115	KHAN AHMED YUSUF
78	GAWADE SIDDHESH SATEJ	FYBMS	129	BADGUJAR MALKEET SINGH SUNIL
137	KADAM DARSHANA KIRAN	FYBMS	131	KHAN MOUZZAM SHAMSUDDIN



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## Certificates



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#### Department of Bachelor of Management Studies


### Certificate of Participation

This is to certify that **Mr. AHMAD SALIM NAUSHAD**  
has participated in the workshop/session/event/competition titled  
'Manage your relationship'

held on 28<sup>th</sup> Nov 2018

  
Ms. Kalai Selvi Nadar

Head, Department of B.M.S

  
Dr. Usha Mukundan  
Principal



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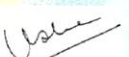
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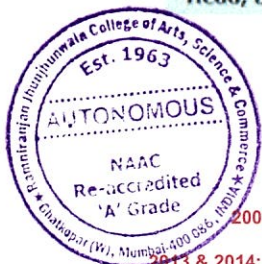
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