

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

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)

NOTICE

Department of Zoology has organised a guest lecture under the DBT star scheme by Dr. Nutan Pakhare, Yoga-Ayurveda consultant, Practitioner and Counsellor. This lecture will be organised on 3rd July 2019 at 8.30 am on the topic food and nutrition-key to good health. All are cordially invited to attend.

Head, Department of Zoology

PRINCIPIALI
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA





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BROCHURE

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DEPARTMENT OF ZOOLOGY

DBT STAR COLLEGE SCHEME: 2018-19





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Dr. (Mrs.) Pratibha Sardesai Head, Zoology Dept.



RAMNIRANJAN JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS) Ghalkopar (W), Mumbal-100 086, Maharashtra, INDIA



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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

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CV OF GUEST SPEAKER

Dr. Nutan Pakhare

Yoga-Ayuryeda Consultant, Practitioner, Counsellor, Teacher

Dr. Nutan Pakhare has treated more than 50,000 patients since 2002 using Ayurveda & Yogic Science. She has been associated with many doctors & various hospitals in Mumbai; gained an experience in allopathic treatment as well as Ayurveda.

She has observed the limitations of modern medicine and the immense scope of ancient Ayurvedic & Yogic science which can reach the root cause and eliminate the disease and work towards the prevention and

She is working with Kaivalyadhama, which is one of the oldest & well-known institutes of Yoga and Avurveda in the world.

Her educational qualifications:

- M.Sc. in Yoga (Master in Yoga)
- B.A.M.S (Bachelor in Ayurveda Medicine & Surgery)
- · P.G.D.Y.S (Postgraduate Diploma in Yogic Science)
- . C.C.Y (Certificate Course in Yoga)
- Experience in Counselling

Her area of specialization is in treating all kinds of illness specifically psychosomatic disorders through counseling and application of principles of Ayurvedic

Teaching experience at International Yoga studios

She has also taught for 200 hrs. and 500 hrs. Teachers training course certified by USA Yoga Alliance Students to Embrace Energy Yoga Thailand 2017.

Mentor and Motivational speaker & corporate trainer

- She had conducted corporate training sessions for Indian Oil Corporation, ONGC & Insurance Institute of India, and ECGC etc
- She had conducted classes for visiting global citizens, business travelers like the recently, conducted session for visitors from New Zealand at St. Regis Hotel Parel,
- She had conducted the talk on Work & Life balance through Yoga for TAIT Group of India, a leading IT association.
- She had conducted the talk on Ayurveda for women's health for Navy women's Group Karanja, India.

Talk on Yoga for Planet 50:50 step up for Gender Equality at Women's in Public Sector –Received Dynamo award on 27th National Meet, Nagpur Feb-11-12, 2017

12 College of AUTONOMOUS NAAC accredited A' Grade

RAMNIRANJAN JHUNJHUNWALA COLLEGE

OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)

2019: Star College Status by DBTtkcpar (W), Mumbai-400 086, Maharashtra, 4NDIA y 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 2018: Autonomous Status by University Grants Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)



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REPORT

Department of Zoology had organised a guest lecture under the DBT star scheme by Dr. Nutan Pakhare, Yoga-Ayurveda consultant, Practitioner and Counsellor on 3rd July 2019 at 8.30 am on the topic food and nutrition-key to good health. This lecture emphasized the importance of balanced nutrition and its impact on overall well-being. The dietitian highlighted the significance of personalized meal plans tailored to individual needs and goals. The lecture also discussed common misconceptions about dieting and the importance of evidence-based practices.

Attendees gained a deeper understanding of the role of a dietitian in disease prevention and management. The lecture was informative, engaging, and left the audience inspired to make healthier choices and seek professional guidance for their nutritional needs. 11 students from T.Y.B.Sc and 115 students from S.Y.B.Sc were benefitted from the lecture. All the teachers from the department also attended the session.

AUTONOMOUS

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A' Grade

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PHOTOGRAPHS OF THE EVENT



Guest Lecture by Dr. (Mrs). Nutan Pakhare, on 'Nutrition and Health' – 03/07/2019.



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2019: Star College Status by DBT OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
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d' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

2013 & 2014: 'John Saanivaricha Avend' by Govt, of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013 2018: Autonomous Status by Congress Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)

UTONOMOUS

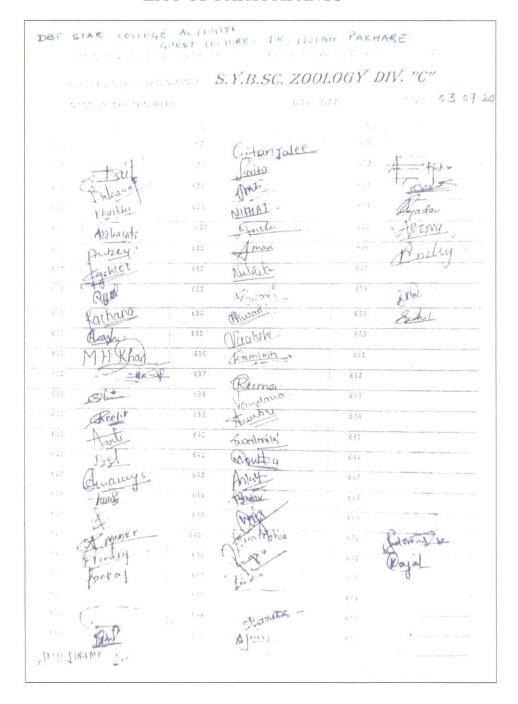


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LIST OF PARTICIPANTS





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Ghatkopar (W), Mumbal-400086, Maharashtra, INDIA

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T.Y.B.Sc STUDENT PARTICIPANTS

| | | Prac 1 | Prac 2 | - Key + | A.C | Prac 4 | Total | 96 |
|------------|-------------------------------|--------------------|-----------|-------------|----------|-----------|----------|----------|
| T.Y.Bs | Attendance-Practicals | 11001 | 11002 | 7 1000 | 71.0 | | 7 4 100, | - |
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| 604 | Ansari Rehana | | | - | | | | - |
| 605 | Bhagat Mayuri | | | - | | - | | |
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| 616 | Maity Rinarani | 11/1.60 | | - | | | | |
| 617 | Maurya Abhishek | Filler | - | - | | | | |
| 618 | Mirza Arshiya | (Date) | | - | | 1 | 1 | |
| 619 | Nemade Dhanashree | 1 | - | - | - | - | | 1 |
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| T.Y.Bs | c Attendance-Practicals | Prac 1 | Prac 2 | Prac 3 | A.C | Prac 4 | Total | 9 |
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CERTIFICATE

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Ramniranjan Jhunjhunwala College of Arts, Science and Commerce (Autonomous College), Ghatkopar(W) Mumbai-400 086.



Department of Zoology

DBT College Scheme activity -2019-20

CERTIFICATE

This is to certify that

Ms. Swati Singh

of Class T.Y.B.Sc. has attended the guest lecture by Dr. Nutan Pakhare, Yoga-Ayurveda consultant, Practitioner and Counsellor organised under the DBT star scheme by the Department of Zoology. This lecture will be organised on 3rd July 2019 at 8.30 am on the topic food and nutrition-key to good health. All are cordially invited.

Dr. (Mrs.) Pratibha Sardesai Head, Zoology Dept. Dr. (Mrs.) Usha Mukundan Principal

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