



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)

March 3, 2020

NOTICE

ACADEMIC YEAR 2019-20

'A Session on Mental Fitness'

March 6, 2020

The Department of Banking and Insurance will organise a session on 'Mental Fitness' by Mrs. Iona Hegde, Clinical Psychologist and Ms. Anusha Neelkant, Psychologist on March 6, 2020 between 9:00 AM and 11:00 AM

Attendance Compulsory.


Prof Nandini Jagannaryan

Head, Dept. of B. Com (Banking and Insurance)


Dr. Usha Mukundan

Principal
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

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Brochure



Hindi Vidya Prachar Samiti's
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(AUTONOMOUS)
Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

Department of B.Com (Banking & Insurance)
Organizes a talk on
'Physical and Mental Fitness'

Speakers

Mrs. Lona Hegde <i>Clinical Psychologist</i>	Ms. Anusha Neelkant, <i>Psychologist</i>
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 March 06, 2020 @ Room no. 50	 09.00 am to 11.00 am
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Report

Topic: Session on 'Mental Fitness'

Date: March 6, 2020

Time: Between 09:00 AM and 11:00 AM

Guest Speakers: Mrs. Iona Hegde, Clinical Psychologist and Ms. Anusha Neelkant, Psychologist

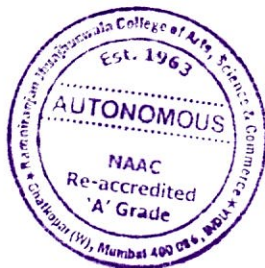
Venue: Room no. 50, Fourth Floor, RJ College.

Objective:

The talk was focused on providing the students with skill required to be mentally strong. Mental Fitness talk was aimed at making students mentally fit during unexpected uncertainties in life.

No. Of Attendees: 105

No. of Teachers Involved: 03 (Ms. Nandini. J, Ms. Mala. G. & Ms. Priya. S.)



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Session on 'Mental Fitness' held on March 6, 2020



**Mrs. Iona Hegde, Clinical Psychologist and Ms. Anusha Neelkant,
Psychologist interacting with all the BBI students**

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Attendance

Roll No	Name	Class	Roll No	Name	Class
10	MEGHA MAHADEV DANAWALE	TYBBI	40	SHUKLA ARCHANA JAGDAMBAPRASAD KUSUM	TYBBI
11	RIYA MITHILESH DUBEY	TYBBI	41	SAURABH HARIKESH SINGH	TYBBI
12	DUBEY DANISH DINESH ANITA	SYBBI	42	SINGH NISHAT RAMPRATAP SUMAN	TYBBI
13	GAWADE DIVYA SANJAY ANURADHA	SYBBI	43	ARVIND DILIP SINGH	TYBBI
40	DALVI RAVEENA RAVINDRA ROHINI	SYBBI	18	PRATIKSHA PRABHAKAR HULAWALE	TYBBI
41	YADAV SIKHA SANJAY SUNITA	SYBBI	19	JAGTAP MANSI SANJAY PRIYA	TYBBI
42	SIDDIQUE ATIFA ABDUL KALAM REHANA	SYBBI	20	KAJAL DATTATRAY KALANTRE	TYBBI
8	HUNDARE KETAN DYANESHWAR SUREKHA	SYBBI	21	SHAHWAZ NAIM MOHD KHAN	TYBBI
26	VIKAS RAMBRAT PAL	TYBBI	22	PRAGYA SANJAY MISHRA	TYBBI
27	RACHNA RAMESHWAR PANDEY	TYBBI	23	PRAGATI BHOLANATH MISHRA	TYBBI
28	AMEETKUMAR RAJENDRA PANDEY	TYBBI	24	MISHRA SONI AKHILESH SUNITA	TYBBI
29	ANAND KUMAR ASHOK PANDEY	TYBBI	25	RADHA SUNIL NARNE	TYBBI
17	MANDLIK SOURAV SHASHIKANT SHEVANTI	SYBBI	13	KAVATI MEENA MOHAN VANITA	SYBBI
60	SHUBHAM SUNIL KUMAR MISHRA	TYBBI	14	KHOND HARSHADA RAJENDRA SAVITA	SYBBI
61	/SARITADEVI HARISHCHANDRA RAJBHAR	TYBBI	15	LAKHADE PRIYANKA SANJAY SANGITA	SYBBI
62	/POONAM SUDAMA YADAV	TYBBI	16	MAITRI SIMAN BHIMSEN GUNDMMA	SYBBI
63	YADAV SURAJ RAJKUMAR KUSUM	TYBBI	50	TIWARI NILESH KUMAR KRISHNAKANT MEERADEVI	SYBBI
18	NAWALE NIKITA HARISHCHANDRA PRAMILA	SYBBI	51	TIWARI ANAND SYAMJIT SARITA	SYBBI
19	PALAV KUSHAL DINESH BINDU	SYBBI	52	YADAV NIKITA RAMPALAT PREMADEVI	SYBBI
20	PANDEY SHEETAL SATISH VINDHYAVASINI	SYBBI	53	GUPTA SHIVANI SACHALAL SHANTIDEVI	SYBBI
21	PARAB SUHANI VINAYAK VINITA	SYBBI	54	TIWARI KOMAL JAGDISH ARCHANA	SYBBI
22	PARADKAR SURBHI PARSHURAM PALLAVI	SYBBI	14	POOJA KRISHNA GHODE	TYBBI
23	PRASAD SACHIN RAJENDRA KALPATHI	SYBBI	15	RIYA SUBHASH GUPTA	TYBBI
24	RABSE SWAPNIL SUNIL SHWETA	SYBBI	16	GUPTA RANI RAJESH MANOJA	TYBBI
25	RAJPUT RINKY RAJESH LEENA	SYBBI	17	KETAR SHYAMSUNDAR GUPTA	TYBBI
26	RAM DEEPAK KUMAR DUKHIRAM MURTI DEVI	SYBBI	43	RAJBHAR LAXMI DEVKARAN MANISHA	SYBBI
27	SAHU AARTI PRADEEP NALINI	SYBBI	44	RAJBHAR NEHA RAJESH MAINA DEVI	SYBBI
28	SALUNKE PRANALI NARAYAN NAMBRATA	SYBBI	9	JAIWAL NEHA SURESH SAROJ	SYBBI
29	SATLE YOGITA MAHADEV MAMTA	SYBBI	10	JAIWAL ROHIT SURESH SAROJ	SYBBI
30	SHAHA MUSKAN NISHAR JABINA	SYBBI	11	JHA SUMANKUMAR VINAY GINNI	SYBBI
1	ATHIRA A M MANOJ	TYBBI	12	KALOANDRA HALIMA USMAN ZAINAB	SYBBI
2	AMUP PRATIKSHA DNYANESHWAR SANGITA	TYBBI	1	AGAM KAJAL DADA SAVITA	SYBBI
3	ANDHALE SHUBHAM KAILAS SUNITA	TYBBI	2	BHOGLE DIVYA PRADEEP NEETA	SYBBI
4	BHAVANA GANESH BABHALE	TYBBI	3	CHAUDHARY ANAND MOHAN SANJIV KUMAR RENUKA	SYBBI



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6	KHADAG PURAN BOGATI	TYBBI	5	DUBEY ANAND BRIJESH KIRAN	SYBBI
7	CHAURASIYA POONAM PRABHUPRASAD PRAMILA	TYBBI	6	GIRKAR KRUTIKA SHAM MEGHA	SYBBI
8	NEELAM VIJAYSHANKAR CHAURASIYA	TYBBI	7	GUPTA ANJALI PRADEEP KUMAR ANITA	SYBBI
9	SIDDHESH SUNIL CHOTHAVE	TYBBI	13	GAWADE DIVYA SANJAY ANURADHA	TYBBI
10	MEGHA MAHADEV DANAWALE	TYBBI	40	DALVI RAVEENA RAVINDRA ROHINI	SYBBI
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1	MAHIMA CHANDRAKUMAR MALLIKA	FYBBI	20	KUDVE HARSH MADHUKAR MANALI	FYBBI
2	AHMAD SHAFIQ PEER GULAM TAJRUN	FYBBI	21	KUSHWAHA JAYASHRI SUBHASH NIRAJ	FYBBI
3	CHAUHAN DIVAKAR RAJNATH SAVITA	FYBBI	22	MIRGULE SAYALI NITIN VRUSHALI	FYBBI
4	CHAURASIYA POONAM RAMMILAN SUNITA	FYBBI	23	MONDE SAHIL RAJESH RUPALI	FYBBI
5	CHAVAN MANSI SANJAY SHIVANI	FYBBI	24	MOURYA ARADHANA VYAS REETA	FYBBI
6	DEVADIGA AKSHATHA SHEENA GEETA	FYBBI	25	MOURYA SHABNAM MOHANLAL PREMLATA	FYBBI
7	DUBEY PRIYA SUDARSHAN RENU	FYBBI	26	PALATHINGAL ASWATHI SURESH KUMAR SREELATHA	FYBBI
8	DUBEY AVINASH KUMAR RAMESH PRASAD SHARMILA	FYBBI	27	PANDEY SHUBHAM CHANDRAPRAKASH REETA	FYBBI
9	GAIKWAD PRITI ASHOK REKHA	FYBBI	28	PATIL PRATIKSHA SANJAY SHOBHA	FYBBI
10	GUPTA ROHITKUMAR JAYPRAKASH CHANDA	FYBBI	29	PATIYANE SAIL SANTOSH SWAPNALI	FYBBI
11	GUPTA SHITAL GULABCHAND NIRASHA	FYBBI			



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This is to certify that

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of class TYBBI has participated in 'Physical and Mental Fitness'

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Prof. Nandini Jagannarayan
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