



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

RJC Lecture Series 10: How to tackle stress in Covid-19 Lockdown through Yoga

By Dr. Balwant Gopal Singh, Secretary, International Yoga Foundation

on Saturday 16 May, 2020 at 4.00 pm

<http://www.rjcollege.edu.in/event/rjcl lectureseries10/>

Join Telegram Group: https://t.me/joinchat/LSTgmxt3mc6nTCem_WwCDw

Please join the TELEGRAM Group to get update regarding the ZOOM ID and also YOUTUBE live link.

Session will start at 4.00 pm We will post link by 3.20 pm.

We will share link of Zoom meeting where 1000 participants are allowed. It will be first come first serve basis

Remaining participants can join You Tube Live Link or login to our YOUTUBE channel <https://www.youtube.com/rjcopencourseware>




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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



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Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

RJC Popular Lecture Series 10:


How to tackle stress in Covid-19 Lockdown through Yoga

Dr. Balwant Gopal Singh, Secretary, International Yoga Foundation

25 years of teaching experience in Secondary School & 4 years in Department of Physical Education, University Of Mumbai. He has published 6 books out of which 3 are in yoga & 3 are in physical education. Overseas trip (Mauritius, Thailand n Dubai) for the promotion of yoga and sports, Around 13 Research scholars have completed their PhD. Papers published in National and international journals. Various paper presented in National and International seminar.



 16th May, 2020
Saturday

 3.00 pm to 5.00 pm

 Zoom Platform &
Live on YouTube: <https://www.youtube.com/rjcopencourseware>


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DR. BALWANT GOPAL SINGH



Experience



teacher

School

Education



Swami Ramanand Teerth Marathwada University

Ph. D. (Physical Education) - Physical Education & Yoga - A

2006 - 2008

Activities and Societies: Director: Global Human Research and Welfare Society

We are helping poor students, sportspersons & organizing research programs & Yoga

Workshops through the Human Research and Welfare Society" (Registered N. G. O.) You can

visit: www.ghrws.in



Swami Ramanand Teerth Marathwada University

Doctor of Philosophy - PhD



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DR BALWANT GOPAL SINGH DURING THE SESSION ON HOW TO TACKLE STRESS IN COVID-19 LOCKDOWN THROUGH YOGA



Samadhi

The same, when only the object of meditation shines forth in the mind, as though devoid of the thought of even the self, that state is called samadhi or absorption.

- During the **Samadhi** Meditation Technique, the Pineal Gland gets activated and secretes Melatonin which is the master **hormone** controlling the **hormone** system.
- **Melatonin** is a **Hormone** that regulates the sleep-wake cycle. It is **primarily** released by the pineal gland.




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REPORT

Dr. Yatin Rane gave a brief introduction of Dr. Balwant Gopal Singh who is an Alumnus of Jhunjhunwala college he started defining the contribution made by RJ College. He defined stress even though it is a difficult term to explain. Some people describe stress as struggle, hardships etc. He said all stress need not be harmful or negative. He spoke about the types of stress. His talk mainly emphasized meditation as a way of life and to calm down self. He said path of non-violence, satya, asteya will help in abiding stress. Yoga can also provide solutions to abate stress and lead a healthy life. He touch upon the role of hormones in our mental status. The session ended with vote of thanks by Dr. Usha Mukundan.




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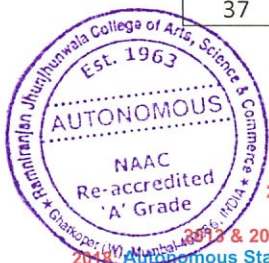
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ATTENDANCE OF STUDENTS ON LECTURERS SERIES TOPIC HOW TO TACKLE STRESS IN COVID-19 LOCKDOWN THROUGH YOGA

| SR NO | NAME | CLASS | ROLL NO |
|-------|---|--------|---------|
| 1 | BODAYE OMKAR YASHWANT ASHWINI | FYBA | 513 |
| 2 | DEEPAK CHANDRAPRAKASH MANEESHADDEVI | TYBSC | 424 |
| 3 | KEZIAH BURROWS SOLOMON PAPPA | TYBSC | 536 |
| 4 | NAHID FATIMA SHAUKAT ALI TAHIRA | TYBSC | 501 |
| 5 | NAND MRUNAL MAHESH KAVITA | FYBA | 116 |
| 6 | NITISHKUMAR PRADEEPAKUMAR SEEMAKUMARI | TYBSC | 207 |
| 7 | PRAJAPATI SWAPNA RAVINDRA SUMAN | TYBSC | 119 |
| 8 | SAKINA KHATOON GULAM ASHRAF NAZMA | TYBSC | 1 |
| 9 | SINGH JANKI KANHAIYA USHA DEVI | TYBSC | 108 |
| 10 | SINGH NANCY RAKESH REENADEV | TYBSC | 325 |
| 11 | TAURO ALLAN HAMEED LINNET | FYBA | 208 |
| 12 | VARMA RITEEK SIYARAM VIDYA | FYBA | 280 |
| 13 | KURKUTE NIKHIL HARIBHAU SANDHYA | SYBSC | 759 |
| 14 | AFZAL HUSAIN SAKIR HUSAIN SAKRUNNISA | TYBCOM | 513 |
| 15 | ANSARI NAMRA MUSHTAQUE AHMED SAFIA | TYBSC | 502 |
| 16 | ANSARI SHAHIDA MOHAMMED WAJID SHAKILA | TYBSC | 503 |
| 17 | ANSARI AFSANA JALIL AHMED NAZMA BANO | SYBA | 297 |
| 18 | ANSARI HAFSA ABDUL AZIZ SAHARUNNISA | TYBA | 403 |
| 19 | ANSARI KHADIJA ABDUR REHMAN AKBARI | SYBSC | 2 |
| 20 | ANSARI SADAF PARVEEN FURKAN AHMED SHAMA PARVEEN | SYBA | 298 |
| 21 | ANSARI SAJID RAJMOHD SAKINA | TYBSC | 7 |
| 22 | APARNA JAYSHANKAR SEEMA | FYBA | 293 |
| 23 | ASHBIN ANTO MINI | FYBA | 291 |
| 24 | BAIG NAMIRA JAVED FEHMIDA | FYBA | 229 |
| 25 | BARNWAL SHASHIKANT HARIHAR KAMLAVATI | FYBA | 261 |
| 26 | BEG FARHEEN BANO AMIN RESHMA | TYBA | 4 |
| 27 | BEHERA ARUN SIMANCHAL SANJUKTA | FYBA | 26 |
| 28 | BELEL APARNA DILIP SONALI | TYBCOM | 5 |
| 29 | BHARDWAJ ANJALI KISHOR SHAMADEV | TYBCOM | 41 |
| 30 | BHAWAR PAYAL YUVRAJ ANITA | FYBA | 501 |
| 31 | BIST SHEETAL PRITAM URMILA | FYBA | 275 |
| 32 | BLESSY K ACHENKUNJU BEENA | TYBA | 107 |
| 33 | BODHARE MANSI UTTAM SNEHA | TYBA | 103 |
| 34 | BORHADE NILAMBAREE HANUMAN SANGEETA | TYBSC | 504 |
| 35 | BUKHARI MISBA IQBAL MUMTAZ | TYBCOM | 519 |
| 36 | CHAINWALE HUMAIRAH GHYASSUDDIN SABIHA | FYBA | 318 |
| 37 | CHAUBEY PRANJAL LALCHAND SADHANA | TYBSC | 122 |



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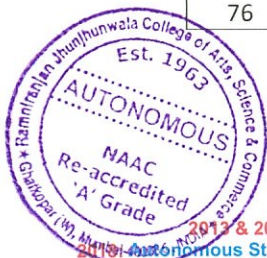
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| | | | |
|----|---|--------|-----|
| 38 | CHAUHAN BHARATLAL BUDHARAM RENUDEVI | SYBA | 72 |
| 39 | CHAUHAN NEELAVATEE BHIMASHANKAR LATA | TYBSC | 201 |
| 40 | CHAUHAN RAMNARESH RAMAJOR KUSUMDEVI | SYBSC | 6 |
| 41 | CHAURASIYA RAJANI RAMESH SHAKUNTLADEVI | FYBA | 40 |
| 42 | CHAVAN MONIKA SUNIL PUSHPA | FYBA | 300 |
| 43 | CHEJARA MUSKAN IQBAL NASEEM | FYBA | 228 |
| 44 | CHOUDHARY SAPANA SARVAN SAJNA | TYBA | 202 |
| 45 | CHOWDHARY RUBINA NABI RAHAM KALIMUNNISA | FYBA | 446 |
| 46 | DEORUKHKAR RUTUJA ASHOK ANJALI | FYBA | 121 |
| 47 | DESHPANDE GAURI MANGAL VAISHALI | SYBA | 274 |
| 48 | DHURVE SAMIKSHA CHANDRAKANT KAVITA | SYBA | 294 |
| 49 | DUBEY PRACHI VIDHYASAGAR SANGEETA | FYBA | 325 |
| 50 | DWIVEDI INDRANI YUVAMITRA ANITA | SYBSC | 9 |
| 51 | EPILI SUSHMITA DANDA MUTYALU | TYBSC | 505 |
| 52 | FERNANDES SHALOM DOMINIC ASHA | FYBA | 316 |
| 53 | FIZA BANO MOHD SHARIF TABASSUM | FYBA | 315 |
| 54 | GAIKWAD YOGESH MANOJ MAHANANDA | FYBA | 495 |
| 55 | GAUD AJAY DINESH URMILA | FYBSC | 714 |
| 56 | GAWDE MAYURI VISHNU SHRADDHA | TYBSC | 12 |
| 57 | GIRI NAYANA NAGESH ANITABAI | FYBA | 508 |
| 58 | GIRI SHWETA ANAND PRAMILA DEVI | TYBA | 624 |
| 59 | GOND ANJALI ASHOK POOLDEVI | TYBCOM | 261 |
| 60 | GOND NIKHIL GYANCHAND SAVITRI | TYBSC | 403 |
| 61 | GOUR LAXMI MADAN KUMAR SEEMA | FYBA | 469 |
| 62 | GUPTA SURAJ YOGESH CHANDRAMATIDEVI | TYBSC | 15 |
| 63 | GUPTA AAKASH PRADEEP KUSUM | TYBA | 507 |
| 64 | GUPTA ANKUSH LALCHAND CHANDA DEVI | SYBSC | 12 |
| 65 | GUPTA POOJA PRAKASH CHANDARKALA | TYBCOM | 2 |
| 66 | GUPTA POOJA RAMASARE SHASHIBALA | FYBA | 287 |
| 67 | GUPTA PUSHPA LAKHANJI GEETA | TYBA | 205 |
| 68 | GUPTA SURENDRAKUMAR RAMNATH PARVATI | SYBSC | 14 |
| 69 | HARIJAN DILEEP JASVANT SANJUDEVI | FYBA | 56 |
| 70 | HASHMAT ARA MOHAMED HASNAIN BIJLEE | FYBA | 430 |
| 71 | HATTI SWATI DHUNDAPPA MANGAL | TYBSC | 537 |
| 72 | JADHAV OMKAR RATAN JAYSHREE | TYBSC | 202 |
| 73 | JADHAV PRATIK BAPUSAHEB ARCHANA | TYBSC | 231 |
| 74 | JADHAVAR DATTA PANDURANG PARVATI | TYBA | 12 |
| 75 | JAISWAL AMIT RAMESH SUNITA | TYBSC | 23 |
| 76 | JAISWAL KISHAN SHREEPRAKASH GUDDIA | FYBSC | 722 |



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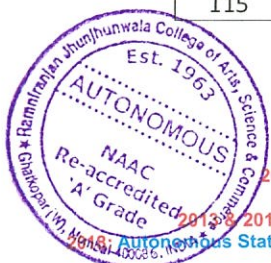
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| | | | |
|-----|--|--------|-----|
| 77 | JAISSAL MUSKAN SUSHILKUMAR NIRMALA | TYBCOM | 518 |
| 78 | JAISSAR SEEMA HARINARYAN INDRAVATI | TYBSC | 507 |
| 79 | JHA SUMIT KUMAR ANIL NIBHADEVI | TYBCOM | 263 |
| 80 | KADAM ROSHAN NAMDEV SUMAN | TYBSC | 25 |
| 81 | KADAM ANMOL MANIK RANI | TYBA | 302 |
| 82 | KADAM SIDDHIKA ASHOK ARCHANA | TYBSC | 24 |
| 83 | KADULKAR NINAD ANIL MILAN | TYBA | 406 |
| 84 | KAKADE KRANTI GAJANAN SWATI | TYBCOM | 471 |
| 85 | KAMBLE SHRANIL LAXMAN SUNITA | SYBA | 296 |
| 86 | KANAUJIYA VIPIN KUMAR GANGARAM LEELA DEVI | SYBCOM | 230 |
| 87 | KELKAR APURVA RAVINDRA VRUSHALI | TYBSC | 508 |
| 88 | KESHARWANI SIDDHI SANTOSH RENUKA | TYBA | 407 |
| 89 | KHAN TABSSUM JAMAL AHMED TASLIMUNNISA | TYBSC | 27 |
| 90 | KHAN UZMA BEGUM BARKATULLAH GULESTA | TYBSC | 406 |
| 91 | KHAN FARHIN MAZHAR ALI AMINA | FYBA | 81 |
| 92 | KHAN HAMZA YAKUB SHAGUFTA | FYBCOM | 49 |
| 93 | KHAN INSHA FAKHRUDDIN SHAMMA | TYBA | 49 |
| 94 | KHAN MARIYA SHAMIM AHMED ZARINA | FYBCOM | 250 |
| 95 | KHAN MOHAMMED AHMED MASOOD ALAM PARVEEN BANO | FYBA | 27 |
| 96 | KHAN MOHD DILSHAD SIRTAJ AFROZ BEGAM | TYBCOM | 325 |
| 97 | KHAN MUNAZZA MAJIDULLAH FARZANA | TYBSC | 204 |
| 98 | KHAN MUSKAN SHARIFUDDIN SABIKUNNISA | FYBCOM | 251 |
| 99 | KHAN NASRA NABIULLAH SABAPARVEEN | FYBA | 435 |
| 100 | KHAN NASREEN BANO ABDUL MATIN PARVEEN | TYBSC | 114 |
| 101 | KHAN NAZNEEN RAZIUDDIN MANNATUNNISA | TYBCOM | 7 |
| 102 | KHAN NOOR SABA MOHD YUSUF ABRUNNISA | SYBCOM | 14 |
| 103 | KHAN RIZA MUSHTAHRIN TAHASIN | FYBA | 265 |
| 104 | KHAN RUBY IRFAN RUKHSANA | TYBSC | 205 |
| 105 | KHAN SALMAN ABDUL SHABNAM | FYBA | 312 |
| 106 | KHAN SHAHANA KHATUN SHAH MOHD RAZIYA BEGAM | TYBA | 108 |
| 107 | KHAN SHAJAD VALIM UMMATUL | SYBCOM | 226 |
| 108 | KHAN SHUFAQ MUSHTAHRIN TAHASIM | TYBA | 707 |
| 109 | KHAN TALAT NOORI IMRAN NASREEN BANOO | TYBA | 15 |
| 110 | KHAN TARANNUM RIZWANALI TAHIRA | TYBA | 22 |
| 111 | KHAN ZAIBA RUBIL SUFIYABEGUM | FYBA | 109 |
| 112 | KHANJIWALA JUMANA ZAKIRHUSSAIN TASNEEM | TYBSC | 206 |
| 113 | KORI ANKITKUMAR HARIKESHKUMAR SADHANA | TYBSC | 407 |
| 114 | KUNWAR KAMALA RUPBAHADUR MATSARADEVI | FYBA | 22 |
| 115 | KURHADE VEDANT SANJAY MALATI | TYBCOM | 514 |



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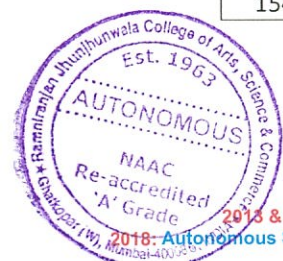
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| | | | |
|-----|---|--------|-----|
| 116 | LALE SHUBHAM DILIP SANGITA | TYBSC | 509 |
| 117 | LALJI GARG ATUL SEEMA | FYBSC | 903 |
| 118 | LODHI POOJA ANIRUDHA RADHIKA | FYBCOM | 257 |
| 119 | MALI DEV DEEPAK AMRAVATI | SYBCOM | 215 |
| 120 | MALIK AFRIN MOHAMMED FAROOQUE SALMA | SYBCOM | 229 |
| 121 | MALLAH TULSI HARISHANKAR VIMALA DEVI | SYBCOM | 9 |
| 122 | MANDAL REKHA KUMARI RAJ KUMAR BUCHCHI DEVI | TYBA | 209 |
| 123 | MANIHAR TABASSUM SAMS RAZA NOORJAH | FYBA | 326 |
| 124 | MAURYA BRIJESH SHOBHASINGH NIRMALA DEVI | TYBSC | 208 |
| 125 | MAURYA KM MAHIMA LAKSHMI PRASAD HIRAWATI DEVI | TYBSC | 225 |
| 126 | MAURYA VIVEK JAGATNARAYAN ANISA | TYBSC | 313 |
| 127 | MIRZA TAZIN FERAZ RAFAT | TYBA | 412 |
| 128 | MISHRA AKASH SHAMBHUNATH MAHIMA | TYBCOM | 324 |
| 129 | MISHRA EKTA SHYAM SUNDER MEERA | TYBSC | 209 |
| 130 | MISHRA NILESH KUMAR KRISHNAWATIDEVI | TYBSC | 123 |
| 131 | MISHRA RAGESHWARI RAJKUMAR REKHA | FYBA | 206 |
| 132 | MISHRA SHIKHA VINODKUMAR SARLA | TYBSC | 45 |
| 133 | MISHRA SURAJ DILIP VIBHA DEVI | TYBSC | 41 |
| 134 | MISHRA VIDHAN UMESH NISHA | TYBSC | 44 |
| 135 | MORE HARSHAD DEEPAK RESHMA | TYBA | 125 |
| 136 | MORIYA SUJATA HARISHANKAR BIMLADEVI | FYBA | 82 |
| 137 | MUDLIYAR VIGNESH DEIVNAYAKAM LAXMI | TYBCOM | 9 |
| 138 | MUHAMMED NIYAS P S SIDHICK NIYAS SULEKHA | FYBA | 292 |
| 139 | MULANI SAHIL HANIF PARVEEN | FYBA | 115 |
| 140 | MULLA NIKHAT GULAB DILSHAD | SYBCOM | 466 |
| 141 | MUNGEKAR ISHA UDAY ARTHI | FYBA | 500 |
| 142 | MUZAWAR NAMIRA MOHAMMED TAUFIQUE TAHIRA | TYBA | 25 |
| 143 | NAIDU MUNIASAMY RAJGOPAL AMUTHA | TYBSC | 49 |
| 144 | NAIR KHUSHBU BOBBY RAJASHREE | TYBSC | 50 |
| 145 | NAIR VARUN SANJEEV NEELAM | FYBA | 220 |
| 146 | NELIGONDA PETER SADANANDAM MANJULA | TYBSC | 315 |
| 147 | PADAVE SNEHAL MOHAN MANISHA | SYBA | 295 |
| 148 | PAL SHWETA PARABNATH ASHADEVI | SYBCOM | 218 |
| 149 | PANDEY PRATIK KAMALAKANT SAVITA | TYBSC | 412 |
| 150 | PANDEY ABHISHEK RAMSAJEEVAN PUNITA | TYBSC | 210 |
| 151 | PANDEY ANANDKUMAR SANTOSHKUMAR BINDU DEVI | TYBSC | 211 |
| 152 | PANDEY NITESHKUMAR AWADHESHKUMAR PRAMILA | TYBA | 708 |
| 153 | PANDEY RUSHABH GIRISHCHANDRA RAJKUMARI | FYBA | 131 |
| 154 | PANDEY SHUBHAM SUSHIL KUMAR KALPANA | TYBCOM | 230 |



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| | | | |
|-----|--|--------|-----|
| 155 | PARDESHI RITIK RAKESH MALA | FYBA | 215 |
| 156 | PATEL DIMPLE SANJAY DIWALI BEN | FYBA | 231 |
| 157 | PATEL SATYAM UMASHANKAR GEETA DEVI | TYBSC | 120 |
| 158 | PATHAK NITU RAMESH SHASHI | TYBSC | 53 |
| 159 | PATIL SAYLI PRAKASH BHARATI | TYBSC | 431 |
| 160 | PATIL SAYALI BANDU VANDANA | TYBCOM | 517 |
| 161 | PRAJAPATI ABHISHEK SURESHKUMAR PURNIMA | TYBSC | 124 |
| 162 | PRAJAPATI BANDANA RAJESH SHEELA DEVI | SYBSC | 758 |
| 163 | PRITI ADITYA SEEMA | SYBCOM | 15 |
| 164 | QAZI SHAHID ABDUR RAHMAN SAJEDA | TYBSC | 91 |
| 165 | QUREISHI INAYAT MANSOOR MUMTAZUDDIN ZARINABANO | TYBA | 709 |
| 166 | RAEEN SAMEER AHMAD NAZIR AHMAD SHAHNAZ BANO | TYBCOM | 226 |
| 167 | RAI BHAKTA TULBAHADUR MEENA | TYBCOM | 44 |
| 168 | RAI KHUSHI VIJAY KANCHAN | FYBA | 45 |
| 169 | RAJGURU HARSHAD SANJAY SUREKHA | FYBA | 533 |
| 170 | RATHOUR MEENAKSHI AMARSINGH ANITA DEVI | TYBA | 710 |
| 171 | SABLE NINAD TANAJI VIDYA | TYBA | 114 |
| 172 | SAHU ANKIT RAMSUNDAR NIRMALA | TYBA | 711 |
| 173 | SATHE AKITEE SUNIL SHEETAL | TYBA | 313 |
| 174 | SAVLA AAKASH SHAILESH SANDHYA | TYBCOM | 489 |
| 175 | SAYED NISHA MOHD SHAMSHER RUKHSANA BANO | TYBA | 115 |
| 176 | SAYYED IRAM AYYUB REHANA | FYBA | 44 |
| 177 | SHAH AFREEN AZAM ALI AFROZ | FYBA | 442 |
| 178 | SHAH ERAM FATIMA SHAUKAT HUSAIN SHAHNAZ | FYBA | 441 |
| 179 | SHAH SAMIRUNNISA HASAN RAZA SABITUNNISA | SYBA | 293 |
| 180 | SHAHZEEN SHAMIM AHMED SHABNOOR | FYBA | 67 |
| 181 | SHAIKH FAISAL MOHD RAFIQ HAMEEDUNNANISHA | TYBSC | 429 |
| 182 | SHAIKH AFRIN MOHD AZIM GULSAN | TYBSC | 318 |
| 183 | SHAIKH ALFIYA TEHREEN IKRAMMUDDIN IRSHAD BEGUM | FYBA | 134 |
| 184 | SHAIKH ALIYA TAHIR SHABANA BEGUM | TYBCOM | 1 |
| 185 | SHAIKH AMREEN BANO MOHD ASIF ASMA | FYBA | 431 |
| 186 | SHAIKH ANISA NASIR BILQUIS | FYBA | 286 |
| 187 | SHAIKH ASHFAQ MUSHTAQ MASUDA | TYBSC | 109 |
| 188 | SHAIKH FARHANA ASLAM RUMANA | FYBA | 468 |
| 189 | SHAIKH KANEEZ FATIMA ABRAR ALI NASIBUNNISA | SYBSC | 332 |
| 190 | SHAIKH KHANSA SALIM SABA | FYBA | 294 |
| 191 | SHAIKH MANZOOR ALAM MOHAMMED ZAFAR MASOOMA KHATOON | FYBA | 263 |
| 192 | SHAIKH MOHD GUFRAN MUJIBUR REHMAN KANIZ FATIMA | TYBCOM | 262 |
| 193 | SHAIKH MOHD YUSUF NASIR JULEKHA | FYBA | 260 |



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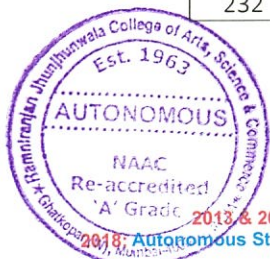
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| | | | |
|-----|--|--------|-----|
| 194 | SHAIKH MUSKAN SHAMSHUDDIN NUSRAT | FYBA | 108 |
| 195 | SHAIKH NIDA TARANNUM MAZHAR SHAMIM | TYBSC | 94 |
| 196 | SHAIKH NILOFAR IMTIYAZ MAHMAD ANWAR NAZMA | TYBA | 119 |
| 197 | SHAIKH NIZAMUDDIN NAIMUDDIN PARVEEN | TYBA | 39 |
| 198 | SHAIKH SADAF USMANGANI SHAKEELA BEGUM | TYBA | 718 |
| 199 | SHAIKH SAHIL SARAFAT ALI SABITUNNISHA | FYBA | 257 |
| 200 | SHAIKH SAMREEN BANO ABDUL GAFOOR NOORJAHAN | FYBA | 303 |
| 201 | SHAIKH SANA MOHD HASAN AMINA | FYBSC | 235 |
| 202 | SHAIKH SHAHINA HUSSAIN JAMILA | FYBA | 25 |
| 203 | SHAIKH SHAINOOR ZAHEERUDDIN SHAHEEN | SYBA | 277 |
| 204 | SHAIKH SHEZAN MOHD SALIM NASREEN | FYBA | 107 |
| 205 | SHAIKH SHIFA ABDUL KADER TASSALIM BANU | FYBA | 95 |
| 206 | SHAIKH SHIFA MOHAMMEDALI VAJIRBEE | FYBA | 262 |
| 207 | SHAIKH SIDDIQUA ARSHAD SHIRIN | FYBA | 135 |
| 208 | SHARMA AMAN ARVIND SEEMA | SYBSC | 631 |
| 209 | SHARMA ANJALI KEDARNATH SUMAN | FYBA | 41 |
| 210 | SHARMA VIPIN SUJIT KUMAR REENA | SYBCOM | 25 |
| 211 | SHINDE DIVYA RAJENDRA JAYASHREE | TYBA | 315 |
| 212 | SHRIVASTAV MOHIT RAJKUMAR KUSUM | TYBSC | 229 |
| 213 | SHUKLA GARGI DEVENDRA SEEMA | TYBSC | 93 |
| 214 | SIDDIQI FARZANA BANO MOHAMMED SHAMIM SAHANA | TYBA | 727 |
| 215 | SIDDIQUI ABUTALHA NAZIR AHMED QADRUNNISA | TYBSC | 430 |
| 216 | SIDDIQUI FARIHA KHATOON ZIYAYDDIN SAFIYA | FYBA | 251 |
| 217 | SIDDIQUI MAZHAR AHMED MEHMOOD AHMED PARVEEN BANO | TYBCOM | 260 |
| 218 | SIDHU HARSIMRAN KAUR BALDEV SINGH PAWANJYOT KAUR | FYBA | 132 |
| 219 | SINGH ANAMIKA AJAY AARTI | TYBSC | 73 |
| 220 | SINGH ABHISHEK KUMAR RAJESH KUMAR SADHANA | FYBA | 440 |
| 221 | SINGH AMAN SANJAY NEELAM | FYBSC | 88 |
| 222 | SINGH AMRITA ARVIND SAVITA | TYBA | 215 |
| 223 | SINGH ANJANA HARIVANSH BIMALA | FYBA | 1 |
| 224 | SINGH ASHISH JAYPRAKASH MANJU | TYBSC | 72 |
| 225 | SINGH ASHUTOSH RAJESH MAMTA | TYBA | 41 |
| 226 | SINGH POOJA BUDHRAM KAMALA DEVI | FYBA | 216 |
| 227 | SINGH POOJA RAMDHARI MITHLISH | SYBCOM | 209 |
| 228 | SINGH SONU PANKAJ INDU | FYBA | 301 |
| 229 | SINGH SUMIT SANJAY GEETA | TYBA | 722 |
| 230 | SINYAL SWEETY SAMPAT pramila | TYBCOM | 326 |
| 231 | SONAWANE HARSHADA AVINASH PUSHPA | FYBA | 531 |
| 232 | SONAWANE SARA NITIN ASHA | FYBA | 133 |



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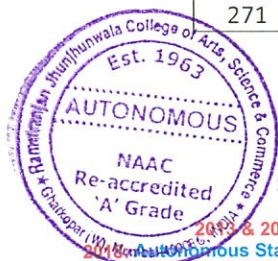
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| | | | |
|-----|--|--------|-----|
| 233 | SURVE NILESHA VIKAS VANDANA | TYBCOM | 39 |
| 234 | SWAIN BINDIA KALIA CHHABI | SYBSC | 647 |
| 235 | TALEKAR VINMAYI VINOD SUVARNA | FYBA | 130 |
| 236 | TAMOLI VIKAS VIRENDRA BHANUMATI | TYBCOM | 227 |
| 237 | TAPASE SIDDHI SUNIL PRATIBHA | FYBSC | 90 |
| 238 | TASLEEMA KHATOON NASIM AHMED ABIDA KHATOON | TYBA | 1 |
| 239 | TAWDE RUTUJA SURESH SAVITA | FYBA | 32 |
| 240 | THAKUR NIHARIKA BIRENDRA SINGH SUNITA | TYBA | 512 |
| 241 | THANKAR SANA AKIL ABIDA | FYBA | 407 |
| 242 | TIKUDAVE POOJA DADASO AMBIKA | FYBSC | 247 |
| 243 | TIWARI AAKANSHA UMAKANT AASHA | TYBA | 626 |
| 244 | TIWARI HARDIK SADANAND SUNITA | FYBSC | 762 |
| 245 | TIWARI SATYAM PRAMOD SARASWATI | TYBSC | 326 |
| 246 | TIWARI SHIVAM BHARATMANI RANNUDEVI | TYBCOM | 516 |
| 247 | TIWARI SHYAM PARASHURAM SHAILA | FYBA | 282 |
| 248 | TRIPATHI ABHINAV KUMAR VISHNUDATT SANTARA | FYBSC | 764 |
| 249 | TRIPATHI SAURABH SHIVPRAKASH ARUNADEVI | FYBSC | 763 |
| 250 | UMME TUBA RAEES AHMED MOHSINA | TYBSC | 327 |
| 251 | UPADHYAY POOJA SURENDRA GUDDI | TYBA | 424 |
| 252 | UPADHYAY PRAGYA MANGLESH KANCHAN | SYBA | 279 |
| 253 | VERMA PRINCE NAGENDRA SANNO | SYBCOM | 219 |
| 254 | VISHWAKARMA DHIRAJ ABHYRAJ SAROJ | TYBSC | 220 |
| 255 | WAGHELA POOJA SUNIL KUSUM | FYBA | 264 |
| 256 | WAKCHOURE RAHUL SATISH ANITA | TYBSC | 221 |
| 257 | WAKKAR SHUBHAM HARISHCHANDRA SMITA | TYBCOM | 332 |
| 258 | WALAWALKAR MANSI SANJAY RASHMI | TYBSC | 81 |
| 259 | WAYKAR TUKARAM VINAYAK KAMAL | TYBSC | 82 |
| 260 | YADAV KAVITA DEVI SHYAMJEET GIRIJADEVI | TYBSC | 89 |
| 261 | YADAV VANDANA RAJESH SHEELA | TYBSC | 528 |
| 262 | YADAV AJAY RAMDAS MANSHA | FYBSC | 345 |
| 263 | YADAV AMITKUMAR DINESHCHANDRA GITADEVI | SYBSC | 349 |
| 264 | YADAV ANCHAL SHIVPRASAD BINDU | FYBA | 327 |
| 265 | YADAV ANKIT SHIVPRASAD URMILA | TYBCOM | 515 |
| 266 | YADAV BABITA RAMASHANKAR INDRAVATIDEVI | FYBSC | 771 |
| 267 | YADAV DHARMENDRA SANTRAM INDRAVATI | TYBSC | 222 |
| 268 | YADAV GURUDAYAL VIJAYSHANKAR SUSHILA DEVI | TYBSC | 103 |
| 269 | YADAV JYOTIDEVI DEVCHARAN KRISHNAWATI | FYBA | 461 |
| 270 | YADAV KOMAL VIJAYKUMAR URMILA | FYBA | 447 |
| 271 | YADAV MANISHA ASHARAM AMRITA DEVI | TYBSC | 533 |



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| | | | |
|-----|------------------------------------|--------|-----|
| 272 | YADAV MEGHANA SHANKAR SADHANA | TYBA | 121 |
| 273 | YADAV NEERAJ SACHIN SAVITRI | TYBSC | 115 |
| 274 | YADAV NEETU RADHESHYAM AJORADEVI | SYBSC | 346 |
| 275 | YADAV NEHA RAJENDRA MEENA | FYBSC | 775 |
| 276 | YADAV NIKHIL ARVINDKUMAR KUSUMDEVI | FYBSC | 776 |
| 277 | YADAV NISHA KEDARNATH PRABHAVATI | TYBSC | 107 |
| 278 | YADAV POOJA RAMSURAT DULARI DEVI | SYBCOM | 468 |
| 279 | YADAV POONAM RAJBAHADUR SUSHILA | FYBA | 331 |
| 280 | YADAV PREETI VIJAYKUMAR SUNITA | TYBSC | 85 |
| 281 | YADAV RITESH RAJNATH NIRKALA | FYBSC | 349 |
| 282 | YADAV ROHIT RAMLAKHAN SUNITADEVI | FYBSC | 770 |
| 283 | YADAV RUPESH JAGNARAYAN GEETADEVI | TYBSC | 426 |
| 284 | YADAV SHIVPRASAD GURUPRASAD SUNITA | FYBA | 50 |
| 285 | YADAV SWARAJ UDAY SUSHMA | TYBCOM | 6 |
| 286 | YADAV UJALA RAMSURAT DULARIDEVI | SYBCOM | 467 |




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CERTIFICATE

This is to certify that

Ms. Upadhyay Pragya Manglesh

Of SYBA and Roll No 279

has attended the session on How to Tackle Stress in Covid-19 Lockdown held on 16th May 2020

Dr. Himanshu Dawda
Principal



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CERTIFICATE

This is to certify that

Mr. Yadav Ajay Ramdas

Of SYBSc and Roll No 345

has attended the session on How to Tackle Stress in Covid-19 Lockdown held on 16th May 2020

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