



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)

मराठी विभाग

मराठी विभागातर्फे तृतीय वर्ष कला शाखेच्या मराठीच्या विद्यार्थ्यांसाठी बुधवार दि. २१ ऑगस्ट २०१९ रोजी सकाळी ८.३० ते १०.३० वाजता खोली क्र.३२ येथे 'ताणतणाव व्यवस्थापन' या विषयावर कार्यशाळेचे आयोजन केले आहे. महाविद्यालयाच्या समुपदेशक शमा सावंत या कार्यशाळेसाठी विषयतज्ज्ञ असतील. तृतीय वर्ष मराठीच्या सर्व विद्यार्थ्यांनी उपस्थित राहावे.


डॉ. स्नेहा देऊस्कर
मराठी विभागप्रमुख




डॉ. उषा मुकुंदन
प्राचार्या

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Department of Marathi Workshop on Stress management (2019-2020) Brochure of Workshop



हिंदी विद्या प्रचार समितीद्वारा संचालित
रामनिरंजन झुनझुनवाला कला, विज्ञान आणि वाणिज्य महाविद्यालय (स्वायत्त)
घाटकोपर रेल्वे स्थानकासमोर, घाटकोपर (पश्चिम), मुंबई-४०००८६.

मराठी विभाग आयोजित (२०१९-२०)

ताणतणाव व्यवस्थापन कार्यशाळा

(तृतीय वर्ष कलाशाखेच्या मराठी विषयाच्या विद्यार्थ्यांसाठी)

विषयतज्ज्ञ : समुपदेशक क्षमा सावंत

बुधवार, दि, २१ ऑगस्ट २०१९

सकाळी ८.३० ते १०.३०

खोली क्र. ३२

संपर्क :-

डॉ.स्नेहा देऊस्कर - 9004261536

डॉ.नीलांबरी कुलकर्णी-9833070750



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Biodata of Resource person

Shama Sawant

Bhartiya mahila Federation (Women's Organization) 1995-96/12(M)

As a **family counsellor** counselled the women suffering from domestic violence.

Networked with Governmental agencies such as Police Department, Courts and Government hospital etc. Followed Dowry death cases for legal justice. Organized awareness campaign on women's issues in colleges' schools and industries. Participated in the campaign for adolescent girls and boys started by the IPH and Mumbai police.

Maze Maher (A state run destitute home for Girls) 1996-97/12(M)

As a Superintendent counselled and guided the adolescent girls Education CELL (A Project of Nirmala Niketan College of Social Work) (Action project of College of Social Work Nirmala Niketan. A joint venture with Pratham-Education initiative (1997-99/ 2 Years)

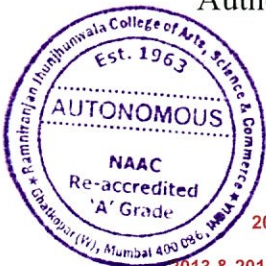
Team Size: 45 people (including non-teaching staff, teaching Staff, supervisors etc.)

As a Resource Centre officer was responsible for one Municipal Ward namely K/E ward for implementation of universalization of pre-primary education, joyful education and Remedial education. Supervision and monitoring of all the Pre-primary units as well as remedial classes. Co-ordination with all Municipal Schools for implementing joyful education. Training of pre-primary teacher and supervisor as well as Municipal teachers. Started the Innovative programme of running Libraries in slum across the city of Mumbai to breed the passion for reading among slum children.

Ankur - Action-Research project of College of Social Work Nirmala (A Project of Nirmala Niketan College of Social Work) 99-05/6yrs)

Field Instructor in Nirmala Niketan College

Social Development Scientist (Mumbai Metropolitan Region Development Authority (2007-2014) 7 years



Usha

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Report of the Workshop

Date: 21/08/2019

No. of Students participated: 11

Department Of Marathi Organised workshop on "Stress Management" for TYBA Marathi students by College Counsellor Mrs. Shama Sawant on Wednesday, 21st Aug 2019. She conducted various activities and small games and gave them questionnaire to make students to explore self and cope up with stress. 11 students attended the Session.




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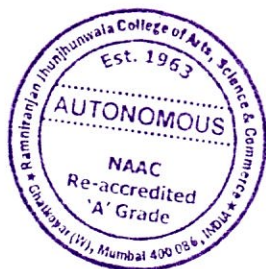
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College Counsellor Mrs. Shama Sawant Engaging session on "Stress Management" for TYBA Marathi students on 21/08/2019.



College Counsellor Mrs. Shama Sawant Engaging session on "Stress Management" for TYBA Marathi students on 21/08/2019.



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Certificate of Participation



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