



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

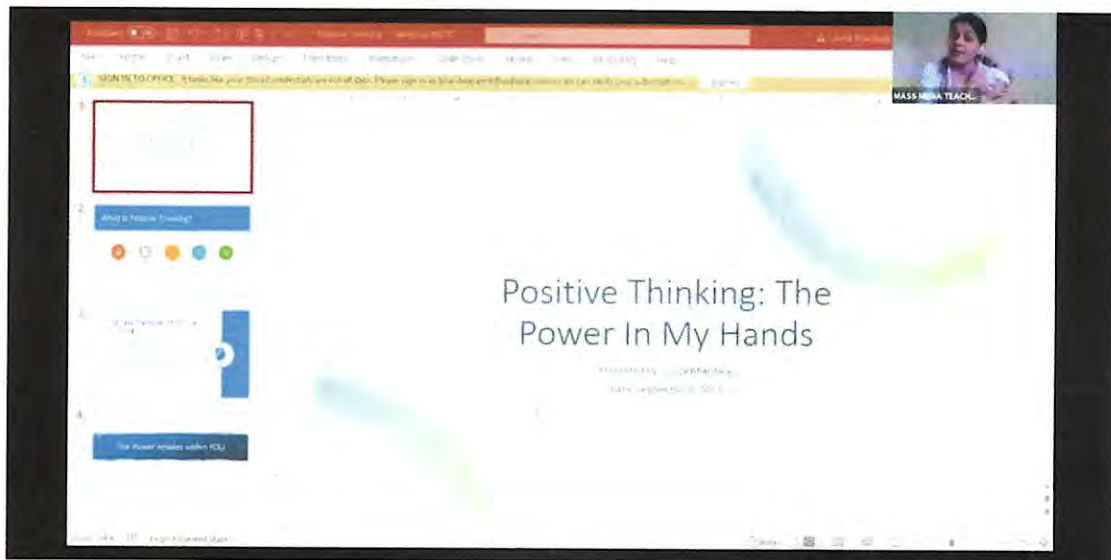
Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT ACTIVITY ORGANIZED FOR IMPROVING STUDENT CAPABILITY.

September 3, 2020 - Session on The Power of Positive Thinking- Prof Pooja Bhardwaj, Department of Mass Media, RJ College.

A session was conducted on the importance and power of positive thinking. The students, with the help of examples, were shown the need for positive thinking and how they have the choice and power to choose positivity. The session touched upon the current scenario in the country and the world and reiterated the importance of positive thinking in these times. Positive thinking and resulting actions can have a direct impact on mental health and wellness. The interactive session encouraged the students to discuss the challenges they usually face which makes them more pessimistic and how they can overcome the negative thoughts and focus on the positive.

Time: 9:00- 10:00 AM



Pooja B



PRINCIPAL
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2019: Star College Status by DBT

2008: Best College by 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)

What is Positive Thinking?



AN EMOTIONAL AND MENTAL ATTITUDE



INVOLVES TRAINING ONESELF TO ADOPT A POSITIVE MINDSET



ENHANCE FOCUS ON THE 'GOOD'



ANTICIPATE HEALTH HAPPINESS AND SUCCESS



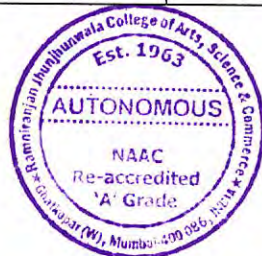
BE GRATEFUL FOR YOURSELF AND FOR PEOPLE AROUND YOU

Total Number of beneficiaries: 51 Students, RJ College

Student Attendance

Sr No	Name	Class
1	Riyah Pathan	FYBAMMC
2	Jyoti Shukla	FYBAMMC
3	Anushka Poojari	FYBAMMC
4	Pragya Pandey	FYBAMMC
5	Yash Kotian	FYBAMMC
6	Sumit Gupta	FYBAMMC
7	NidhiSharma	FYBAMMC
8	Prerna Singh	FYBAMMC
9	shubham bhatt	FYBAMMC
10	Purva Dhiwar	FYBAMMC
11	Sai Pallavi	FYBAMMC

Poojari



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12	MOHIT Panchal	FYBAMMC
13	ATUL	FYBAMMC
14	Nuha Bubere	FYBAMMC
15	Prachi Pal	FYBAMMC
16	Akash GAIKWAD	FYBAMMC
17	Rohit Pardeshi	FYBAMMC
18	Shruti Parkar	FYBAMMC
19	Riyea Dcosta	FYBAMMC
20	ABHISHEK RAJ BHAR	FYBAMMC
21	Rishika	FYBAMMC
22	Neha Singh	FYBAMMC
23	Rishabh Ojha	FYBAMMC
24	Ankita Jaiswal	FYBAMMC
25	Aakash singh	FYBAMMC
26	Akansha Jaiswal	FYBAMMC
27	Janvi kale	FYBAMMC
28	Kavita Gupta	FYBAMMC
29	Suraj Tiwari	FYBAMMC
30	Piyush Darji	FYBAMMC
31	Vedanti Karvande	FYBAMMC
32	Tushar Jaiswal	FYBAMMC
33	DARSHANA SHARMA	FYBAMMC
34	Tanmay Dongare	FYBAMMC
35	SHUBHAM YADAV	FYBAMMC
36	SJ Uday Kumar	FYBAMMC
37	Vighnesh Koyande	FYBAMMC

Pooja R



Principal
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38	Kirti Shukla	FYBAMMC
39	Shubham Tiwari	FYBAMMC
40	aakash	FYBAMMC
41	Sakshi Yerunkar	FYBAMMC
42	Pratibha Vishwakarma	FYBAMMC
43	Vinay Kudtarkar	FYBAMMC
44	PRIYA MISHRA	FYBAMMC
45	Anjali Varma	FYBAMMC
46	Nikita Pal	FYBAMMC
47	Misbah Manjothi	FYBAMMC
48	Pragya Tiwari	FYBAMMC
49	Anjeeta Goud	FYBAMMC
50	Vaishnavi Joshi	FYBAMMC
51	Adesh Kadam	FYBAMMC

Pooja B



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