



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 II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)



Ramniranjan Jhunjunwala College of Arts, Science and Commerce (Autonomous)

Department of Philosophy
Organizes
an Event on International Yoga Day

Healthy Mind and Healthy Body through Yoga

On Monday, June 21, 2020 at 9.00 am to 10.00 am on Zoom Platform

Zoom Meeting Id: 82781065831 Meeting Password: 12345

All are cordially invited.

Dr. Himanshu Dawda

Dr. Amita Valmiki

Dr. Rina Pitale Puradkar

Principal

HoD, Philosophy Dept. of Philosophy



Amita Valmiki
HoD Philosophy


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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

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

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REPORT OF THE WORKSHOP ON HEALTHY MIND IN HEALTHY BODY

The Philosophy Association celebrated International Yoga Day on June 21, 2020 by conducting an online workshop on 'Healthy Mind in Healthy Body for Positive Attitude'. Resource Person was Dr. Rina Pitale Puradkar (Department of Philosophy, R. J. College). The workshop is uploaded on YouTube. The workshop benefitted all the participants by inculcating the value of Yoga in our day today life. It was beneficial by making participants aware how to overcome the stressful situations in life. Yoga, system in Indian Philosophy holds a unique position in history of Philosophy as the school, though belonging to Orthodox School of Indian Philosophy, holds a secular position benefitting people from all communities and from different walks of life. (10 participants were benefited from the event.).

Puradkar. The workshop is uploaded on YouTube participants were benefited from the event.).




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Number of beneficiaries:

02 Teachers:

Dr. Rina Pitale Puradkar (Resource person)

Dr. Amita Valmiki

09 Students:

Pooja Waghela	TYBA (Philo.)	B	266
Robin Suresh Paul	FYBA	C	446
Rahul Kanojiya	TYBA (Philo.)	C	508
Megha Kandalgoankar	TYBA (Philo.)	C	507
Apurva Patankar	TYBA (Philo.)	C	516
Omkar Bhosale	SYBA	A	16
Madeeha Makbool	FYBA	B	266
Pranit Salvi	FYBA	C	447
Kulsum Shaikh	FYBA	B	274




I/C PRINCIPAL
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Certificate

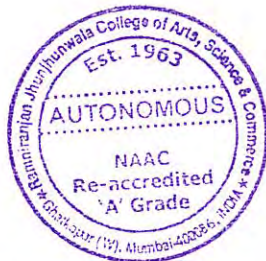
This is to certify that

MS. POOJA WAGHELA
of class TYBA Roll No. 266

has participated in an event on "Healthy Mind and Healthy Body through Yoga" organized by the Department of Philosophy of Ramniranjan Jhunjunwala College of Art's, Science and Commerce on 21st June 2021.


HoD Philosophy


Dr. Himanshu Dawda
In-charge Principal




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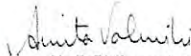
Certificate


This is to certify that

Mr. Omkar Bhosale

of class SYBA Roll No. 16

has participated in an event on "Healthy Mind and Healthy Body through Yoga" organized by the Department of Philosophy of Ramniranjan Jhunjunwala College of Art's, Science and Commerce on 21st June 2021.


Anita Valmiki
HoD Philosophy


Dr. Himanshu Dawda
In-charge Principal





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