



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)

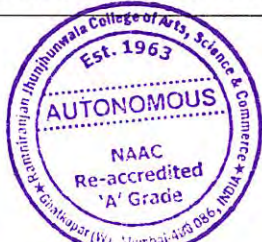
Ramniranjan Jhunjunwala College,



Happy to partner with Ramniranjan Jhunjunwala College, to Co-create skill development for our esteemed students

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PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA



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Date: 15-03-2021

As a part of student Capacity development and Skill enhancement activities in Collaboration with NUSSD (TISS)

Life Skills

NOTICE

The Department of BMS is organising a Workshop on " Stress Management " by Sobhana Jaya Madhavan (AVP, Simon Fraser university & leadership consultant on 29nd March, 2021 from 7.30 pm to 9.00 pm through Online Zoom Platform.

The details of Zoom Room are as follows:

<https://rjcollege-edu-in.zoom.us/j/84151762019>

Meeting ID: 841 5176 2019

Passcode: 12321@

All are cordially invited.


Prof. KalaiselviNadar

BMS Cordinator



Dr. HimanshuDawda


Principal

I/PRINCIPAL
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2019: Star College Status by DBT

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Stress Management

Speaker : Sobhana Jaya Madhavan (AVP, Simon Fraser university & leadership consultant)

Date: 29th March 2021

Nos. of students attended: 85

Students were enlightened with the ways and means of managing stress under any odd circumstances and also they were guided on various stress coping strategies.

The poster is titled "STRESS MANAGEMENT: HOW TO MANAGE & PREVENT STRESS". It features two icons of human heads: one with a tangled web of lines representing stress and one with a spiral representing calmness. The speaker is identified as "Expert: Sobhana Jaya-Madhavan, AVP, Simon Fraser University & Leadership Consultant". The event is scheduled for "7.30 PM - 9.00 PM | MONDAY, 29TH MARCH 2021". Logos for TISS and NUSSD are visible in the top right corner. A photograph of the speaker, Sobhana Jaya-Madhavan, is shown on the right side of the poster.

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Attendance for Stress Management

Roll No	Stream	Name of Students	Roll No	Stream	Name of Students	Roll No	Stream	Name of Students
1	SYBMS	Agri Dineshkumar	44	SYBMS	Yadav Vivek	218	SYBMS	Tawade Shivani
3	SYBMS	Umesh Bhatt	45	SYBMS	Yadav Ruchi	219	SYBMS	Upadhyia Aditi
5	SYBMS	Chaurasiya Swati	48	SYBMS	Yadav Shashikala	221	SYBMS	Yadav Soni Sitaram
6	SYBMS	Choughule Poorva	106	SYBMS	Choubey Aditya	222	SYBMS	Gayatri Viresh Patne
7	SYBMS	Jinal dedhiya	108	SYBMS	Gaurav Dinesh Dubey	223	SYBMS	Pandey Shreya
8	SYBMS	Sushil Gosavi	110	SYBMS	Gondhale Shruti	224	SYBMS	Giri Surbhi
10	SYBMS	Dubey Padmakar Sanjay	113	SYBMS	Kajal Gupta	12	TYBMS	Dubey Anita
11	SYBMS	Dubey Shridhar Sushil	114	SYBMS	Nishad Prakash Hatle	13	TYBMS	Gaikwad Punam
12	SYBMS	Gawade Siddhesh Satej	115	SYBMS	Rohan Jana	15	TYBMS	Gupta Priya
13	SYBMS	Gupta Riya Ramgopal	124	SYBMS	Siddhanth Vilas Sawant	16	TYBMS	Gupta Riya
15	SYBMS	Hijli Nishita	125	SYBMS	Sayed Mohd Raiyan	19	TYBMS	Gupta Mangalprasad
17	SYBMS	Kashid Khushal	126	SYBMS	Shaikh Tausif Jilani	23	TYBMS	Kadara Suman
18	SYBMS	Kejriwal Siddhika Gopal	128	SYBMS	Shaikh Amaan	41	TYBMS	Rai Akta Rajesh
21	SYBMS	Kokare Prashant	129	SYBMS	Ark Sharma	43	TYBMS	Ram Shibu Subhash
22	SYBMS	Mishra Siddhant Rajesh	136	SYBMS	Thonge Nooreen	46	TYBMS	Shaikh Aafrin
23	SYBMS	Mishra Snehal Rajnish	139	SYBMS	Vaz Sharon Eugenia	48	TYBMS	Shetty Nireeksha
24	SYBMS	Morye Durgesh	141	SYBMS	Yadav Nehakumari	50	TYBMS	Singh Akanksha
27	SYBMS	Pandey Himesh Bharat	144	SYBMS	Akshat Ojha	52	TYBMS	Sawant Abit
29	SYBMS	Shaikh Rahemin Abdul	145	SYBMS	Akshay Damodar Barde	56	TYBMS	Tiwari Prinsu
30	SYBMS	Sharma Deepak Rajesh	202	SYBMS	Dubey Nirmal	57	TYBMS	Tiwari Neha
33	SYBMS	Singh Rahul Suresh	204	SYBMS	Kambli Ankita	63	TYBMS	Yadav Karunanidhan
34	SYBMS	Surbhi Sanjay Singh	205	SYBMS	Kanaujiya Priti	67	TYBMS	Jaiswal Disha
35	SYBMS	Srivastava Rachana	207	SYBMS	Mulla Osama Nisar	69	TYBMS	Ghogare Siddhi Suresh
36	SYBMS	Tripathi Ankit Santosh	208	SYBMS	Mulla Mohammad	69	TYBMS	Ghogare Siddhi
37	SYBMS	Upadhyay Shubham	210	SYBMS	Nupur Rathod	75	TYBMS	Dubey Nidhi
38	SYBMS	Varma Akash Dinesh	211	SYBMS	Rukhsar Rehmani	139	TYBMS	Nishad Priyanka
40	SYBMS	Vinerkar Vivek Vijay	213	SYBMS	Harshada Dilip Sawant	142	TYBMS	Shukla Nidhi
41	SYBMS	Vishwakarma Nitesh	215	SYBMS	Shaikh Saher Bano			
42	SYBMS	Vishwakarma Vishal	216	SYBMS	Shukla Aditi			



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Department of Bachelor of Management Studies In Collaboration with NUSSD

Certificate of Participation

This is to certify that **Gupta Priya Babulal**
has participated in the workshop on **Stress Management: How to Manage & Prevent Stress**
held on **Monday, 29th March 2021.**


Ms. Kalai Selvi Nadar
Head, Department of B.M.S


Dr. Himanshu Dawda
I/c Principal



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This is to certify that **Singh Rahul Suresh**
has participated in the workshop on **Stress Management: How to Manage & Prevent Stress**
held on **Monday, 29th March 2021.**


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Head, Department of B.M.S


Dr. Himanshu Dawda
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