



# 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)

## THE DEPARTMENT OF BMS

### “CONTROL HYPERTENSION WITH YOGA”



  
PRINCIPAL

RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, 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

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)



# 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)

Date: 15<sup>th</sup> June 2021

## As a part of student Capacity Development and Skill Enhancement Activities

### Life Skills

### Notice

The department of BMS is organising an online workshop on "Control hypertension with Yoga". Mrs Bhavini Shethia a leading yoga trainer will be showing different yoga asans and yog sadana methods to control tension.

Date: 19/06/2021

Time: 11.00 am

Venue: <http://rjcollege-edu-in.zoom.us/j/83794096446>

Meeting ID: 83794096446

Passcode: 1234@

Prof. Selvi Nadar

BMS Coordinator

Dr. Himanshu Dawda

Principal



PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, 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

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)



# 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)

## REPORT

**Name of the Session:** "Control hypertension with Yoga"

**Date:** 19<sup>th</sup> June, 2021

**Venue:** Online on Zoom

**Teacher Present:** Prof. Selvi Nadar, Prof. Pratibha Khedekar and Prof. Akash Gupta

**Guest:** Mrs. Bhavini Shethia

**No. of Participants:** 99 students

The online session were conducted by Ms. Bhavini Shethia a leading yoga trainer who shown different yoga aasan and yog sadhana methods to encourage students to practice the same which can be helpful for them to maintain good health and control stress.

The students were actively engaged during the session and found highly satisfied with the yoga techniques shown by the trainer.



  
PRINCIPAL

RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, 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

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)





# 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)

## PHOTOGRAPHS



*[Signature]*  
PRINCIPAL

RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, 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

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) - 26.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)





# 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)

## ATTENDANCE

First Name	Last name	Class	Roll nos	First Name	Last name	Class	Roll nos
Dishan	Poojari	SYBMS	116	AKASH	OJHA	SYBMS	46
Mehul	Shaw	SYBMS	80	Devesh	Singh	SYBMS	83
Pratham	Dubey	SYBMS	14	Prachi	Karankale	SYBMS	31
Aagam	Pandey	SYBMS	47	Shivam	Tiwari	SYBMS	98
Pratiksha	Dalvi	SYBMS	9	Sarika	Sreedhar	SYBMS	72
Sandeep	Kanhojiya	TYBMS	14	Ansari	Iqra	SYBMS	2
Himanshu	Vishwakarma	SYBMS	101	Zoaib	Khan	SYBMS	36
Esha	Singh	TYBMS	7	Anjali	Pathak	SYBMS	110
Gauri	Walunj	TYBMS	42	Siddhesh	Singh	SYBMS	90
Priya	Yadav	SYBMS	109	Himanshu	Singh	SYBMS	27
Sachin	Pandey	SYBMS	51	Shrutika	Mhatre	SYBMS	40
Sakshi	Parte	SYBMS	55	Aditya	Shinde	SYBMS	138
Premprakash	Prajapati	SYBMS	65	Khushi	Singh	SYBMS	84
Raj	Pandey	SYBMS	50	Omkar	Chavan	SYBMS	8
Shweta	Singh	TYBMS	33	Rutuja	Sawant	TYBMS	209
Sonu	Rajpurohit	TYBMS	207	Nabila	Ansari	TYBMS	201
Reshma	Vishwakarma	SYBMS	41	Shalu	Tiwari	SYBMS	118
Diya	Verma	TYBMS	210	Aditi	Sharma	TYBMS	31
Priya	Vishwakarma	TYBMS	40	Anush	Pathak	SYBMS	57
Kushi	Singh	SYBMS	85	Sarvada	Shinde	SYBMS	216
Atithi	Singh	TYBMS	139	Akshata	Singh	TYBMS	34
Tanvi	Parave	SYBMS	54	Varun	Kumar	TYBMS	50
Sapna	Pal	TYBMS	53	Shivprasad	Gowda	SYBMS	20
Anuradha	Sharma	TYBMS	215	tapisha	belkond	TYBMS	212
Sakshi	Mishra	SYBMS	41	Tabish	Bandri	SYBMS	112
Dayanand	Maurya	SYBMS	38	Kalash	Dubey	SYBMS	13
Ashitosh	Prajapati	TYBMS	62	Anurag	Agrahari	SYBMS	3
Priyanka	Sahu	TYBMS	24	Suyog	Chavan	SYBMS	124
Sohail	Khan	SYBMS	35	Shiva	Devbanshi	SYBMS	113
Ashwini	Gupta	TYBMS	8	Khushi	Shaikh	SYBMS	78
Bhushan	Pawar	SYBMS	61	Shaikh	Akhif	SYBMS	77
Vidya	Suthar	TYBMS	64	Shaikh	Nawaz	SYBMS	119
Bhuvan	Tiwari	SYBMS	96	Akshata	Morye	SYBMS	43
Sohel	Shaikh	TYBMS	29	Sudarshan	Jadhav	SYBMS	134
SHALINI	SINGH	SYBMS	89	Sejal	Pandey	TYBMS	114
Tajammul	Khan	SYBMS	135	Kritika	Pandey	SYBMS	48
Sanchi	Singh	SYBMS	87	Laxmi	Raulo	SYBMS	69



PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400 036, 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

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./CD/18-19/440 - 08.06.2018)



# 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)

Yash Kumar	Jain	SYBMS	28	Rohan	Dubey	SYBMS	15
Vivek	Parte	SYBMS	56	Sudarshan Raja	Nadar	SYBMS	44
Lavanya	Ela	SYBMS	16	Komal	Jaiswal	SYBMS	29
ayush	tripathi	SYBMS	99	Anurag	Singh	SYBMS	82
Ankita	Yadav	SYBMS	105	Shobhit	Gupta	SYBMS	24
Pushkar	Patil	SYBMS	59	Shruti	Sahu	SYBMS	70
Aditya	Singh	SYBMS	129	Priti	Singh	SYBMS	86
Asha	Saroj	SYBMS	73	SAYYED	MEHZABIN	SYBMS	39
Ved	Kharade	SYBMS	37	Ankie	Yadav	SYBMS	104
Krutika	Kakade	SYBMS	30	Atul	Gupta	SYBMS	22
Ashish	Rajbhar	SYBMS	137	Akash	Arakh	SYBMS	4
Aman	Yadav	SYBMS	103	ahsan	raza	SYBMS	117
				Vishakha	Thakkar	SYBMS	94



PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, 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

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)





# 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)

## Certificate



Hindi Vidya Prachar Samiti's  
**R. J. COLLEGE OF ARTS, SCIENCE & COMMERCE**  
(AUTONOMOUS)  
Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

Department of Bachelor of Management Studies

### Certificate of Participation

This is to certify that Mr./Ms. *Disha Poojari*  
has participated in the workshop on "CONTROL HYPERTENSION WITH  
YOGA"  
held on 19/06/2021.

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

Dr. Himanshu Dawda  
I/c Principal



Hindi Vidya Prachar Samiti's  
**R. J. COLLEGE OF ARTS, SCIENCE & COMMERCE**  
(AUTONOMOUS)  
Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

Department of Bachelor of Management Studies

### Certificate of Participation

This is to certify that Mr./Ms. *Mehul Shaw*  
has participated in the workshop on "CONTROL HYPERTENSION WITH  
YOGA"  
held on 19/06/2021.

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

Dr. Himanshu Dawda  
I/c Principal



  
PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
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

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)