



# 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)

## DEPARTMENT OF BMS

### “HEALTH DURING COVID TIMES”



PRINCIPAL  
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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

2013 & 2014: 'Jagar Jaanivancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

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19/06/2021

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

### Life Skills

### Notice

The department of BMS is organising an online session on "Health during COVID Times" by Dr. Anjali Shah on 23<sup>rd</sup> June, 2021 at 4.00 pm onwards.

Zoom ID : 818 6244 5067

Passcode : 12321@

**Prof. Selvi Nadar**

**BMS Coordinator**

**Dr. Himanshu Dawda**

**Principal**



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## REPORT

**Name of the Session:** 'Health during COVID Times'

**Date:** 23<sup>rd</sup> June, 2022

**Venue:** Online on Zoom

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

**Guest:** Dr. Anajli Shah

**No. of Participants:** 56 students

The session on "Health during COVID Times" conducted for the students to maintain good health, hygiene and to control stress. It is difficult to maintain a healthy lifestyle when we are in the middle of a crisis like covid19. The uncertainty, and worries related to finances, childcare, elderly parents, and job security disrupt our routines, our lifestyles and mental health. The uncertainty about the future, the ceaseless news coverage and constant social media driven flood of messages can increase our sense of anxiety. Stress is a normal response to these types of situations. Stress disturbs our sleeping and eating patterns, leads to irritability or emotional outbursts, low motivation, and changes in use of alcohol or other drugs. Please do not hesitate to seek help if you are experiencing anything like this. It is also important to maintain a healthy lifestyle and get back into a routine.

The session was helpful for the students and they found highly satisfied.



  
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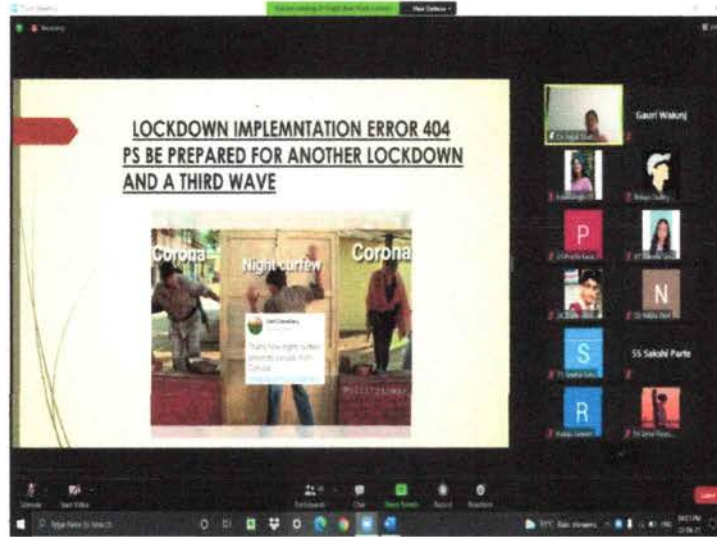
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## PHOTOGRAPHS



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## Attendance

First Name	Last name	Class	Roll nos	First Name	Last name	Class	Roll nos
Sakshi	Parte	SYBMS	55	Gauri	Walunj	TYBMS	42
Sahil	Thorve	TYBMS	127	Sachin	Pandey	SYBMS	51
SHALINI	SINGH	SYBMS	89	Khushi	Singh	SYBMS	84
Sneha	Salvi	SYBMS	71	Divyanshu	Singh	TYBMS	121
Sejal	Pandey	TYBMS	114	Khushi	Rai	TYBMS	22
Sanchi	Singh	SYBMS	87	Sushmita	Dhar	TYBMS	203
Sandeep	Kanhojiya	TYBMS	14	Akshata	Singh	TYBMS	34
Raj	Pandey	SYBMS	50	Esha	Singh	TYBMS	7
Sonali	Nayak	SYBMS	45	Zoaib Aktar	Khan	SYBMS	36
Ankita	Yadav	SYBMS	105	Dishan	Poojari	SYBMS	116
Tanvi	Parave	SYBMS	54	Sarika	Sreedhar	SYBMS	72
Priyanka	Sahu	TYBMS	24	Pratiksha	Dalvi	SYBMS	9
Anjali	Gupta	SYBMS	21	Laxmi	Raulo	SYBMS	69
Sonu	Rajpurohit	TYBMS	207	Sohail	Khan	SYBMS	35
Prachi	Karankale	SYBMS	31	Anurag	Singh	SYBMS	82
Priti	Singh	SYBMS	86	Anurag	Agrahari	SYBMS	3
Shobha	Das	SYBMS	10	Rohan	Dubey	SYBMS	15
Rutuja	Sawant	TYBMS	209	Tajammul	Khan	SYBMS	135
Aditya	Shinde	SYBMS	138	Sakshi	Mishra	SYBMS	41
Rajan	Chavan	TYBMS	4	Ayush	Tiwari	SYBMS	95
Pratham	Dubey	SYBMS	14	Akshata	Morye	SYBMS	43
Manasvi	Pandey	SYBMS	49	Nikita	Patil	SYBMS	58
Tavish	Poojary	TYBMS	21	Shalu	Tiwari	SYBMS	118
Shruti	Sahu	SYBMS	70	Anjali	Pathak	SYBMS	110
Ashwini	Gupta	TYBMS	8	Kritika	Pandey	SYBMS	48
Asha	Saroj	SYBMS	73	Omkar	Chavan	SYBMS	8
Sayyed	MEHZABIN	SYBMS	39	Aditya	Singh	SYBMS	129
Ibrahim	Khan	SYBMS	33	Priya	Yadav	SYBMS	109



*[Signature]*

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## Certificate



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