



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)

Date: 1st February, 2019

NOTICE

DEPARTMENT OF MASS MEDIA

Organizes

Stress Management Session by

Mr. Ravi Makhijani

The Department of Mass Media is organizing a Stress Management Session by Mr. Ravi Makhijani for students of BMM

Date: 5th February, 2019

Time: 11:00 AM onwards

Venue: Room No 63, 6th Floor

Looking forward to your participation!!

Ms. Pooja Bhardwaj
Department of Mass Media



Dr. Usha Mukundan
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RAMNIRANJAN JHUNJHUNWALA COLLEGE
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BROCHURE

 HVPS'S RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)

Department of Mass Media
is organising

A Session on
**STRESS
MANAGEMENT**

Speaker: *Mr. Ravi Makhijani*

Date: February 5, 2019
Time: 11:00 AM Onwards
Venue: Room 63, 6th Floor, RJ College



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HVPS's Ramniranjan Jhunjunwala College of Arts Science and Commerce (Autonomous)

BMM Department

Academic Year 2018-2019

Session on Stress Management

Date: 5 February 2019

Day: Tuesday

Time: 11:00 AM onwards

Venue: Room 63, 6th Floor, RJ College

The Department of Mass Media organised a seminar on Stress Management for the students and faculty. how they can manage their stress level in future be it exams or difficulties in day to day life. Esteemed speaker for the session was Mr. Ravi Makhijani from Sawan Kripal

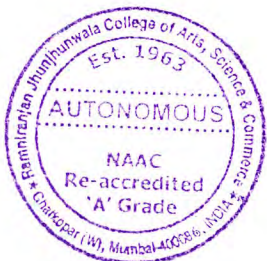
Ruhani Mission, Science of Spirituality.

Mr. Makhijani reiterated the importance of calmness and mental wellbeing for all. He discussed the causes of stress and how different people react differently to the change and stress.

Mr. Ravi interacted with the students and asked them to cite the causes of stress in their respective lives. He then gave some tips and hands on exercises to manage and tackle stress. The importance and benefits of discussing issues rather than bottling them up inside oneself were discussed. The seminar concluded with the felicitation of the guest.

Total student beneficiaries: 34

Total Teacher beneficiaries:02 (Pooja Bhardwaj, Prachi Vankiani)



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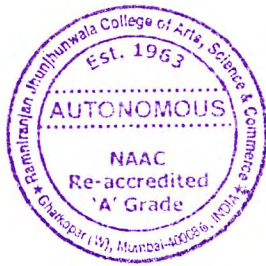
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Photograph



Students taking part in an exercise with the Speaker



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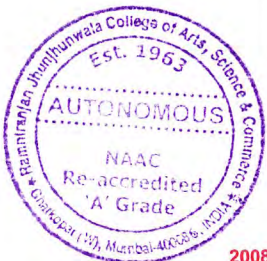
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Attendance

Sr. No	Name	Class	Roll No
1	Gauri Chintamani	TYBMM Ad	2
2	Shweta Gaikwad	TYBMM Ad	3
3	Wilson Thomas	TYBMM Ad	22
4	Roma Singh	TYBMM Ad	14
5	Tejas Gaikwad	TYBMM Ad	4
6	Tejas Shinde	TYBMM Ad	34
7	Om Chauhan	TYBMM Ad	16
8	Siddhi Sawant	TYBMM Ad	12
9	Sharan Rane	TYBMM Ad	20
10	Mamta Pared	TYBMM Jr	65
11	Riya Kanojia	TYBMM Jr	64
12	Pandey Arun	TYBMM Jr	71
13	Gaurang Kadam	SYBMM	9
14	Shweta Mishra	SYBMM	15
15	Sayali Kadam	SYBMM	10
16	Shivani Satam	SYBMM	28
17	Aditi Abhyankar	SYBMM	61
18	Preeti Singh	SYBMM	30
19	Vibhavari Singh	SYBMM	54
20	Rashmi Dubey	SYBMM	4



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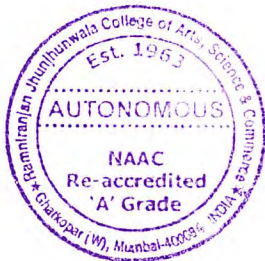
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21	Sarvesh Manjrekar	SYBMM	14
22	Pratik Gohil	SYBMM	6
23	Harsh Sanghvi	SYBMM	26
24	Manali Rane	SYBMM	58
25	Shubham Jha	FYBMM	7
26	Arshi Shaikh	FYBMM	36
27	Bhagyashri Zala	FYBMM	29
28	Sourabh Salve	FYBMM	63
29	Anupriya Poojari	FYBMM	64
30	Shivani Singh	FYBMM	20
31	Rajesh Mistry	FYBMM	14
32	Utkarsh Shukla	FYBMM	19
33	Aman Pandey	FYBMM	42
34	Janmada Pradhan	FYBMM	56




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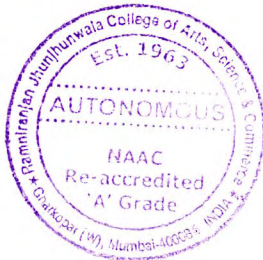
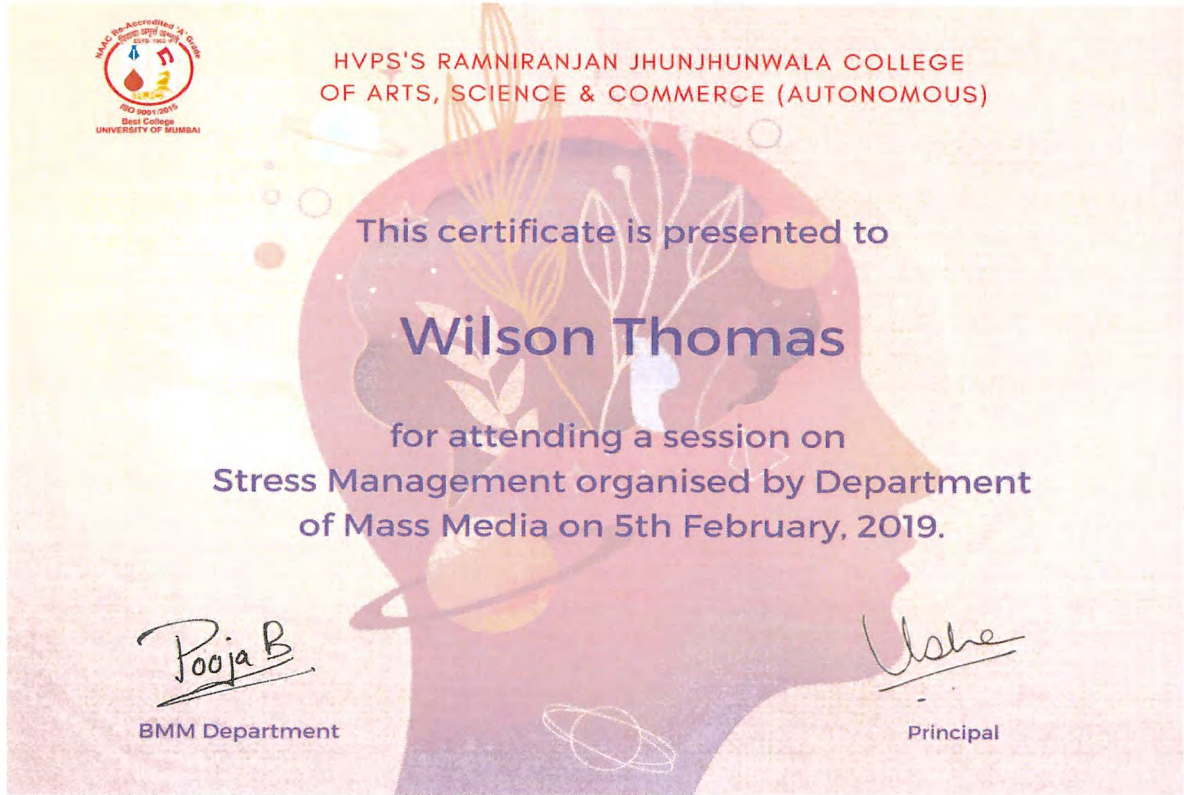
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Certificate



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Profile of the Speaker

Ravi Makhijani, 42 years old has completed Bachelor's degree in Electrical engineering from Mumbai University. He has been in the IT profession since the last 17 years and currently one of the Directors of Simplified IT Solutions. His company is into IT services with a staff strength of more than 120 IT employees.

He was initiated on the path in the year 1990 by His Holiness Sant Rajinder Singh ji Maharaj and the reason for this, as he says was to know more about life, himself and his existence.



Source of Photo: <https://timesofindia.indiatimes.com/city/nagpur/keep-ego-under-check-for-happy-life-says-expert/articleshow/67099270.cms>



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