

Programme Schedule

Time	Topics	Speakers
8.30 am to 9.00 am	Registration	
9.00 am to 9.15 am	Inauguration & Welcome Speech	Dr. Usha Mukundan
9.15 am to 10.00 am	Job dissatisfaction and dealing with disappointment	Chief Guest Dr. Ashish Deshpande
10.00 am to 11.00 am	Substance abuse	Dr. Ashish Deshpande
11.00 am to 11.15 am	Tea break	
11.15 am to 12.45 pm	Digital footprints & Privacy	Mr. Sayantan Sen
12.45 pm to 1.30 pm	Healthy attitude towards sexuality (Premat padtana)	Dr. Ashish Deshpande
1.30 pm to 2.00 pm	Lunch	
2.00 pm to 2.45 pm	Healthy diet for Happiness	Dr. Pushkar Wagh
2.45 pm to 3.30 pm	Meditation & Yoga for Mental health	Dr. Nootan Pakhare
3.30 pm to 4.00 pm	Valedictory	

Organizing Committee

Patron

- Dr. Rajendra Singh, Hon. Secretary, Hindi Vidya Prachar Samiti
- Dr. Usha Mukundan, Principal, R J College

Advisory Committee

- Dr. Tania Moses
- Dr. Anil Avhad

Convener

- Dr. Himanshu Dawda

Organizing Secretary

- Dr. Archana Shirpurkar

For registration and other queries contact

Dr. Archana Shirpurkar : 9833510610

Dr. Anil Avhad : 9322270124

Mr. Irfan Shaikh : 9702759303

Mr. Shetty Deviprasad : 9664488744

Tel. No: : 022 25151763

Fax No : 25150957

**Certified as
TRUE COPY**

Principal
Ramniranjan Jhunjunwala College,
Ghatkopar (W), Mumbai-400086.

www.rjcollege.edu.in



R. J. College of Arts, Science & Commerce

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE)

Ghatkopar (W), Mumbai- 400086, Maharashtra, INDIA

(AUTONOMOUS)

Department

of

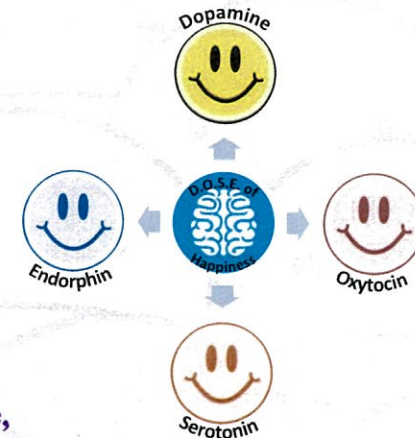
Botany & Biotechnology

organizes

a Seminar

on

“D.O.S.E. of Happiness”



Sunday 17th Feb, 2019



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

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A Report on "Seminar on D.O.S.E. of Happiness"

Department of Botany & Biotechnology organized a seminar on "D.O.S.E. of Happiness" on February 17, 2019.

Resource Persons conducted sessions as follows –

Sessions Schedule -

Time	Title	Resource Person
9.15 AM – 10.00 AM	Job dissatisfaction and dealings with disappointment	Dr. Ashish Deshpandey
10.00 AM – 11.00 AM	Substance Abuse	Dr. Ashish Deshpandey
11.15 AM – 12.45 PM	Digital Footprints & Privacy	Mr. Sayantan Sen
12.45 PM – 1.30 PM	Healthy Attitude towards sexuality	Dr. Ashish Deshpandey
2.00 PM – 2.45 PM	Healthy diet for happiness	Dr. Pushkar Wagh
2.45 PM – 3.30 PM	Meditation & Yoga for mental health	Dr. Nootan Pakhare

Resource Person's details

Dr Ashish Deshpande - Born and brought up in Mumbai Dr. Ashish Deshpande was a student of Parle Tilak Vidyalyaya and Parle College of Science and Arts. He did his graduation and post graduation in Psychological Medicine from King Edward Memorial Hospital and Seth Gordhandas Sunderdas Medical College, Parel, Mumbai. He has been practicing psychiatry in Mumbai since 1996.

- Graduation and Post Graduation studies from King Edward Memorial Hospital (KEM) and Seth Gordhandas Sunderdas Medical College, Mumbai.
- Secured I rank in University of Mumbai in the Post Graduate Course in Psychological Medicine in the year 1992-93.
- Associated with Pharmacological Clinical Research Projects at the King Edward Memorial Hospital (KEM), Mumbai.

Dr Nutan Pakhare – Consultant, Coach and Author, Dr Nutan has over 20 years of experience in healing and teaching. She has trained over 1000 + health professionals and would be moms in Garbhasanskar.

Dr Pushkar Wagh - Dr Pushkar Purushottam Wagh MD (Ayurved) is an accomplished Ayurvedic Doctor having special interest in Digestive diseases. Being a versatile, knowledgeable and fluent speaker he also gets invitations at various scientific platforms. He is also an educator conducts online courses for ayurvedic doctors.



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Renowned psychiatrist Dr. Ashish Deshpande conducting a seminar on "D.O.S.E. of happiness", organized by departments of Botany and Biotechnology on February 17, 2019



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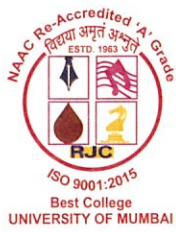
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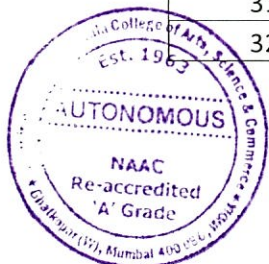
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Attendance Sheet of Seminar on DOSE of Happiness

Sr. No	Name	Roll No	Class
1	Shubhangi Vedak		Librarian
2	Archana Shirpurkar		CR Co-ordinator
3	Diip Tripathi		RA Co-ordinator
4	GUDULKAR SUSMITA SHRIDHAR SMITA SMITA	4	MSC BOT-I
5	SHIVSHANKAR VELAYUDHAN GIRIJA	601	TYBA
6	TATIWALA ZAINAB IBRAHIM MUNIRA	7	MSC BOT-I
7	NAGPURWALA HUZEFA ABID SHAKERA	20	PGD-CS
8	PATIL MRUDULA AJAY AMRUTA	51	PGD-CS
9	RAI SONAM AKHILESH NIRAJ	34	PGD-RA
10	RAWOOL AKSHADA SUBHASH	34	PGD-CS
11	VALMIKI AKSHAWENI AMBRESH YASHODA	44	PGD-CS
12	RAORANE SAMIR ANIL ANJALI	31	PGD-CS
13	YADAV ANKITKUMAR ANILKUMAR KUSSUM	45	PGD-CS
14	KHAN DILSHAD ANIS RIZWANA	53	PGD-CS
15	ANSARI AMRIN MOHAMMED ARIF RAEESA	1	MSC BOT-II
16	PAL JYOTI ASHOK SHIVADEVI	31	PGD-RA
17	PIWAL POOJA ASHOKKUMAR SANYOGITA	27	PGD-CS
18	MOMIN AYMEN MOHAMMAD ASLAM SALMA	18	PGD-CS
19	MUKADAM SADAF ABDUL AZIZ REHANA	13	PGD-RA
20	KAMBLE ATUL BALIRAM MANGAL	9	PGD-CS
21	KHOT PRATHAMESH BALKRISHNA PRIYANKA	8	PGD-RA
22	MISHRA SHIVAMKUMAR BECHAI PREMA	17	PGD-CS
23	MASURKAR SAMPADA BHARAT BHAGYASHREE	16	PGD-CS
24	PATIL PRANALI GANPAT POOJA	26	PGD-CS
25	MAURYA NEHA KAILASH NATH MAURYA GEETA MAURYA	30	PGD-RA
26	RANE DEEPAK HARISHCHANDRA ANITA	30	PGD-CS
27	KHAN SHIREEN MOHAMMED HUSSAIN RESHMA	13	PGD-CS
28	YADAV NISHANT JAGANNATH RESHMAVATI	49	PGD-CS
29	TIWARI NISHANT JAYPRAKASH NEELAM	42	PGD-CS
30	PAREKH VIDHI JITESH ANJANA	16	PGD-RA
31	KHOKRALE PRIYANKA KISAN RANJANA	26	PGD-RA
32	RAJU SUNILA LALCHAND SANTOSH	47	PGD-CS



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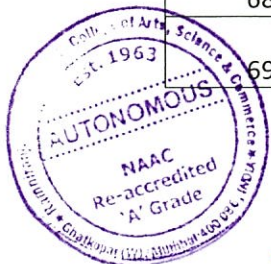
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33	JADHAV MANISHA LAXMAN INDU	6	PGD-CS
34	RAVALE MAITREY LAXMIKANT SANGEETA	33	PGD-CS
35	CHAVAN BHAKTI MANGESH MANASI	2	PGD-CS
36	JAWALE SHRIYA MANGESH SMITA	8	PGD-CS
37	PAWAR PURVA MANOHAR ANUJA	50	PGD-CS
38	BAVANE KAPIL MARUTI SUREKHA	28	PGD-RA
39	DUBEY SUNIL MATAPRASAD REKHA	3	PGD-RA
40	RODRIGUES PREEMA MICHAEL FLAVY	36	PGD-CS
41	MULIK USHA MUKUND SUPRIYA	19	PGD-CS
42	PATEL RENUKA MUNIRAJ PRABHA	23	PGD-CS
43	KANNOUJIYA SNEHA NANDLAL PRABHA	11	PGD-CS
44	SHINDE SNEHA NARESH SWETA	27	PGD-RA
45	THORVE PRANALI NAVNATH ASHALATA	22	PGD-RA
46	D N ARUNKUMAR NINGRAJ JANAKI	38	PGD-RA
47	PATIL PRIYANKA PANDIT SANGEETA	25	PGD-CS
48	SINGH ANKIT PAVANKUMAR SASI	21	PGD-RA
49	RAUT OMKAR PRABHAKAR PRATIBHA	18	PGD-RA
50	NIKAM SWAPNALI PRADIP ALKA	15	PGD-RA
51	NAWALE KAVITA PRAKASH SINDHU	14	PGD-RA
52	DHEKANE TAPASYA PRASHANT SHABARI	35	PGD-RA
53	DEVKAR RUPALI RAJENDRA SULBHA	4	PGD-CS
54	PRASAD SUDHA RAJENDRA PRABHAVATI	29	PGD-CS
55	MEHTA KINJAL RAKESH RASEELA	12	PGD-RA
56	SHUKLA PRIYANKA RAKESHKUMAR SUDHA	40	PGD-CS
57	DHURIYA PRIYANKA RAMDHIRAJ SUMITA	36	PGD-RA
58	YADAV PREETI RAMPRAKASH RENU	9	MSC BOT-I
59	YADAV PREETI RAMPRAKASH RENU	46	PGD-CS
60	MANGALE NIRAJ RAVINDRA RASHMEE	11	PGD-RA
61	RAUT RUCHIKA RAVINDRA ADVETA	32	PGD-CS
62	KAMBLE VISHAKHA RUPCHAND MEENAKSHI	6	PGD-RA
63	SHAIKH MOHAMMAD SOHAIL SALIM RUKSANA	38	PGD-CS
64	BHELEKAR ARATI SANJAY SANGITA	1	PGD-RA
65	GUPTA SONAM SANTOSH SANJU	5	PGD-CS
66	PARKAR ARBAAZ SHABBIR SHAHENAZ	22	PGD-CS
67	KHAN AAZMA SHAMSHULLAH SHAHEDA	14	PGD-CS
68	SAWANT PRIYANKA SITARAM VIDYA	37	PGD-CS
69	THATIPAMULA PRATHYUSHA SRINIVAS RATHNAMALA	41	PGD-CS



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71	KAVTHANKAR SIDDHESH SUDHIR SUPRIYA	7	PGD-RA
72	DEVARE ROSHAN SURESH SUHASINI	52	PGD-CS
73	PATIL SNEHAL TANAJI SHEVANTA	24	PGD-CS
74	KAWLE AKSHATA THAKSEN MANALI	12	PGD-CS
75	MALKAR AISHWARYA ULHAS VEENA	15	PGD-CS
76	JAGTAP POONAM UTTAM UJWALA	29	PGD-RA
77	NAVALE VISHAL VALMIK BABY	21	PGD-CS
78	JANNELA JAYKUMAR VIJAY VIJAYA	7	PGD-CS
79	BARVE VINAYA VILAS USHA	1	PGD-CS
80	SINGH NIDHI SANJAY SINGH VIMLA SINGH	48	PGD-CS
81	KAMBLE PARAG VISHWANATH ASHWINI	10	PGD-CS
82	SHAIKH AAYESHA ABDUL AZEEZ WASIM BANO	20	PGD-RA



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Department of Botany & Biotechnology

Seminar on "D.O.S.E. of Happiness"

This is to certify that

Ansari Amir Mohammad Islam

of *M.Sc.-II Botany*

participated in One Day Seminar on "D.O.S.E. of Happiness" organized by

Department of Botany and Biotechnology held on 17 February, 2019.

Dr. Archana Shirpurkar
Dr. Archana Shirpurkar
Co-ordinator



Usha
Dr. Usha Mukundan
Principal



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This is to certify that

Barve Vinaya Vilas

of *Clinical Studies*

participated in One Day Seminar on "D.O.S.E. of Happiness" organized by

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Archana Shirpurkar
Dr. Archana Shirpurkar
Co-ordinator



Usha Mukundan
Dr. Usha Mukundan
Principal