



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)

March 8, 2019

NOTICE

ACADEMIC YEAR 2018-19

'A Session on Mental Fitness'

March 11, 2019

The Department of Banking and Insurance will organise a session on 'Mental Fitness' by Mrs. Iona Hegde, Clinical Psychologist and Ms. Anusha Neelkant, Psychologist on March 11, 2019 between 9:00 AM and 11:00 AM in room no. 50, fourth floor, RJ College.

Attendance Compulsory.

Prof Nandini Jagannaryan

Head, Dept. of B. Com (Banking and Insurance)

Dr. Usha Mukundan

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

Principal



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2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

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Brochure



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RAMNIRANJAN JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE & COMMERCE
(Autonomous)
Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

DEPARTMENT OF B.COM (BANKING AND INSURANCE)

Presents
Session on 'Mental Fitness'

Speakers

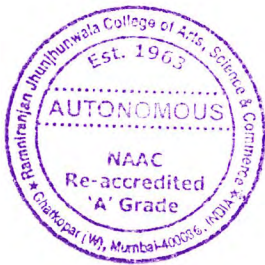
Mrs. Lona Hegde
Clinical Psychologist


Ms. Anusha Neelkant
Psychologist

March 11, 2019

9:00 am to 11:00 am

Room no. 50




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Report:

Topic: Session on 'Mental Fitness'

Date: March 11, 2019

Time: Between 09:00 AM and 11:00 AM

Guest Speakers: Mrs. Iona Hegde, Clinical Psychologist and Ms. Anusha Neelkant, Psychologist

Venue: Room no. 50, Fourth Floor, RJ College.

Objective:

The talk was focused on providing the students with skill requirements to be mentally strong. Mental Fitness talk was aimed at making students mentally fit during uncertainties that may occur in life.

No. Of Attendees: 98

No. of Teachers Involved: 03 (Ms. Nandini. J, Ms. Mala. G. & Ms. Priya. S.)



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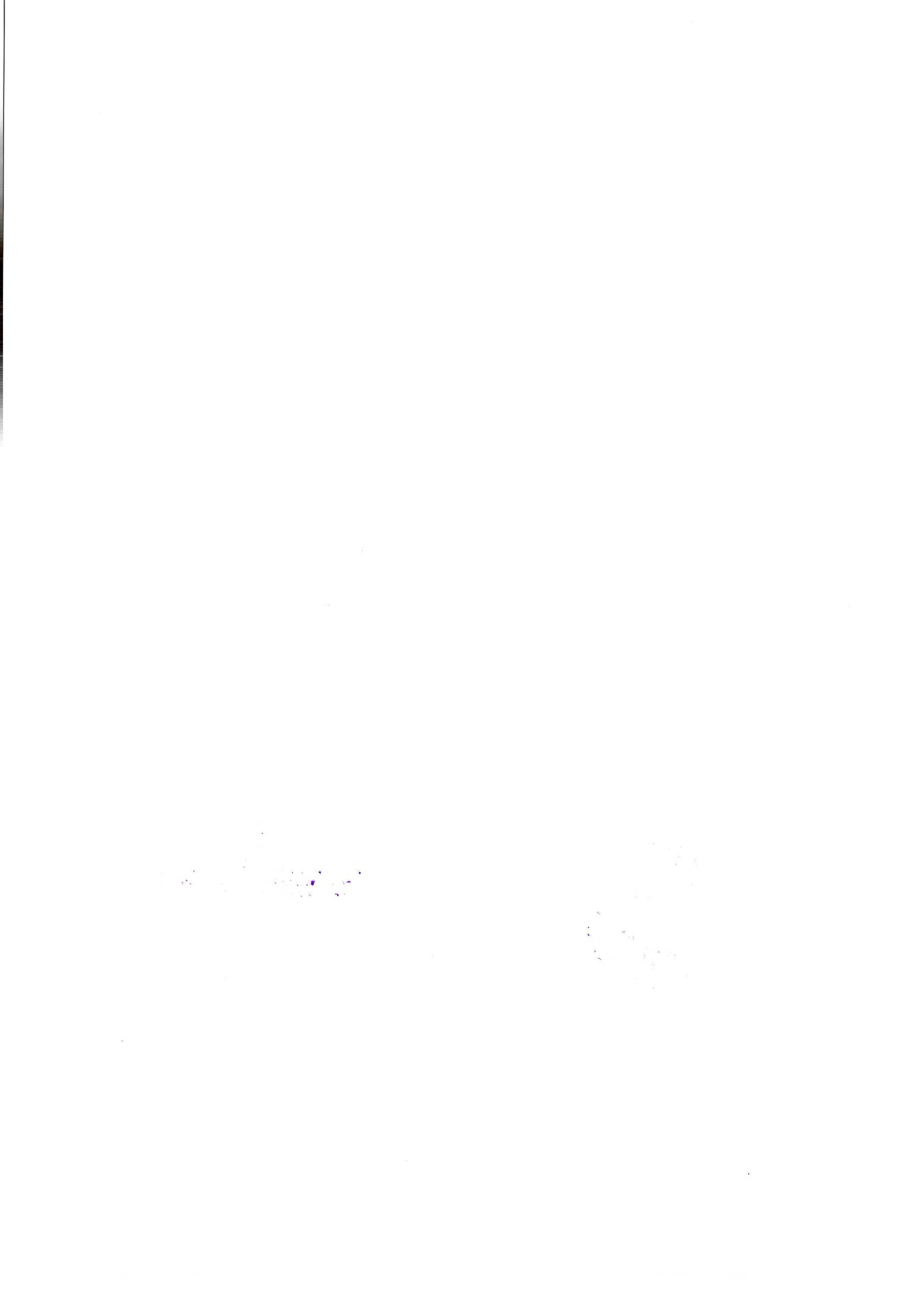
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Session on 'Mental Fitness' held on 11th March 2019



Mrs. Iona Hegde, Clinical Psychologist and Ms. Anusha Neelkant, Psychologist interacting with students during the session



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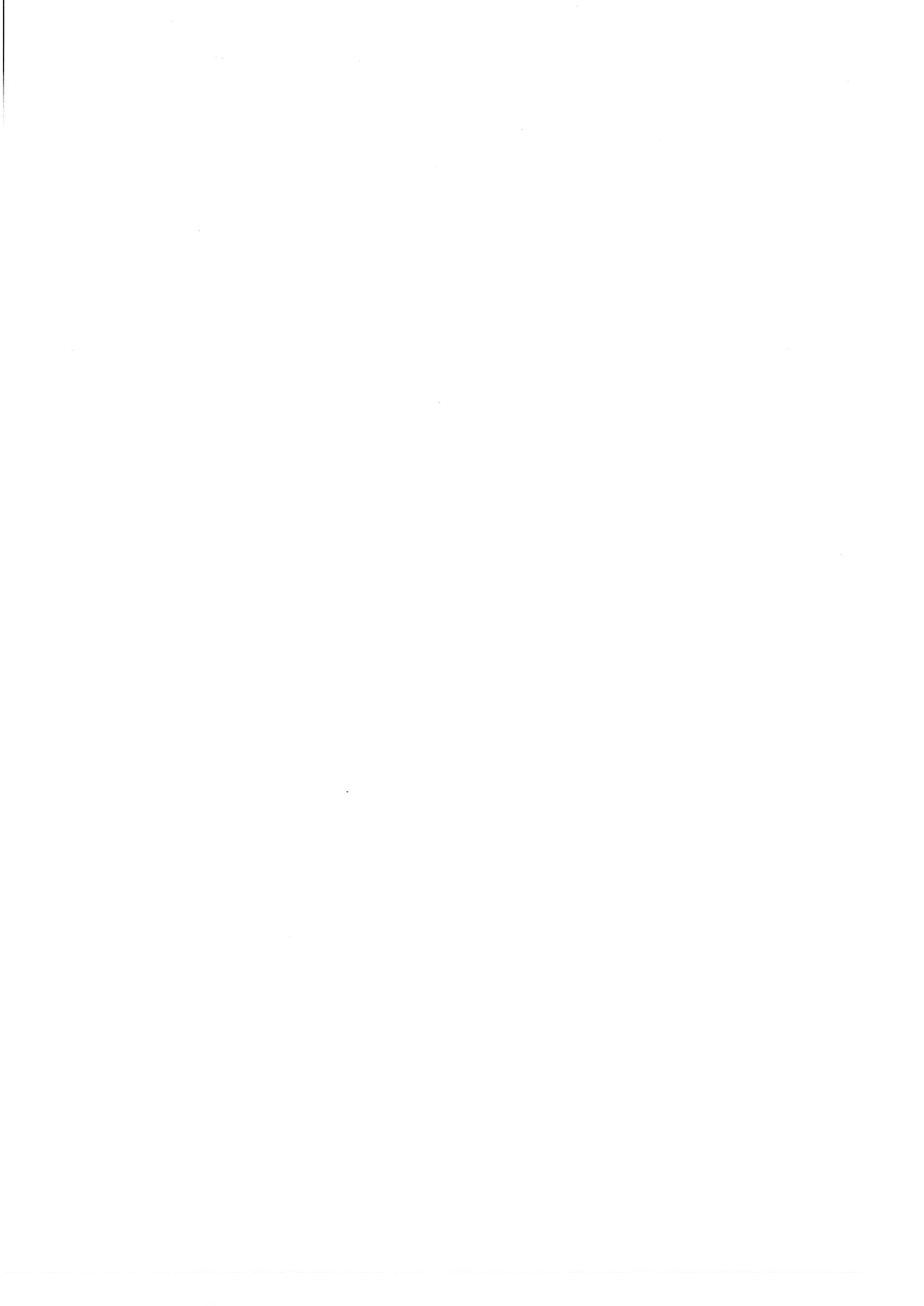
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Attendance:

Roll No.	Name	Class	Roll No.	Name	Class
42	SAHU ARTI PRAMOD KUMAR RUBI	TYBBI	2	CHAUDHARY ANAND MOHAN SANJIV KUMAR RENUKA	FYBBI
44	ADAK NIKITA NAVNATH SUNITA	TYBBI	4	DUBEY ANAND BRIJESH KIRAN	FYBBI
46	KANOJIYA PRIYA HARINATH REETA	TYBBI	6	GUPTA SANTOSHKUMAR DIVESHCHANDRA SUBHAVATI	FYBBI
47	SHINDE MAMTA RAJU SANGEETA	TYBBI	8	HUNDARE KETAN DYANESHWAR SUREKHA	FYBBI
48	POLAI MAMATA KUMARI RABINDRA SAROJINI	TYBBI	9	JAISWAL NEHA SURESH SAROJ	FYBBI
49	GUNJAL NILAM ANANT SAVITA	TYBBI	10	JAISWAL ROHIT SURESH SAROJ	FYBBI
50	VISHWAKARMA JYOTI SARNATH PRAMILA	TYBBI	11	KALOANDRA HALIMA USMAN ZAINAB	FYBBI
60	KHAN SHAHWAZ NAIM MOHD AFSANA	TYBBI	13	LAKHADE PRIYANKA SANJAY SANGITA	FYBBI
51	SHEKHAWAT SARUPKANWAR RAGHUVESINGH VINODKANWAR	TYBBI	14	PALAV KUSHAL DINESH BINDU	FYBBI
52	MOURYA AARTI HARINATH MEERA	TYBBI	15	PANDEY SHEETAL SATISH VINDHYAVASINI	FYBBI
53	PANDEY ANUK SUSHIL ANJANI	TYBBI	16	PARAB SUHANI VINAYAK VINITA	FYBBI
54	KUSHWAHA ANCHAL RAMNARAYAN SMT SHEELADEVI	TYBBI	22	MISHRA SONI AKHILESH SUNITA	SYBBI
55	RAM SURAJ KUMAR LALBAHADUR SANPATIYA DEVI	TYBBI	23	MISHRA PRAGATI BHOLANATH PUSHPA	SYBBI
14	NAGARKAR MEHJABEEN AKHIL SHAGUFTA	TYBBI	24	MISHRA PRAGYA SANJAY INDRAWATI	SYBBI
15	PARKAR KARISHMA SHASHIKANT SHEETAL	TYBBI	25	NARNE RADHA SUNIL RAJASHRI	SYBBI
16	PAWAR ANKESH ANKUSH SUVARNA	TYBBI	26	PAL VIKAS RAMBRAT PATRAJI	SYBBI
1	ATHIRA A M MANOJ GIRIJA	SYBBI	27	PANDEY ANAND KUMAR ASHOK SAVITRI DEVI	SYBBI
2	AMUP PRATIKSHA DNYANESHWAR SANGITA	SYBBI	28	PANDEY RACHNA RAMESHWAR ARTI	SYBBI
3	ANDHALE SHUBHAM KAILAS SUNITA	SYBBI	29	PANDEY AMEETKUMAR RAJENDRA SUSHMA	SYBBI
4	BABHALE BHAVANA GANESH PARINEETA	SYBBI	30	POKALE SHRADDHA SANJAY SHWETA	SYBBI
5	BOGATI KHADAG PURAN DEUSARA	SYBBI	31	RAJBHAR SARITADEVI HARISHCHANDRA SONA	SYBBI
42	SAHU ARTI PRAMOD KUMAR RUBI	TYBBI	45	SINGH SAURABH HARIKESH GAYATRIDEVI	SYBBI
44	ADAK NIKITA NAVNATH SUNITA	TYBBI	46	SONI PREETI INDRABAHADUR SUMAN	SYBBI



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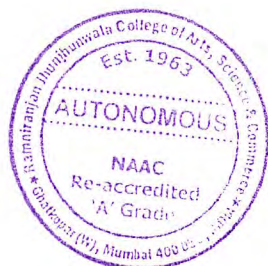
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47	SHINDE MAMTA RAJU SANGEETA	TYBBI	48	TAMBE AMRUTA RAVI BHARTI	SYBBI
48	POLAI MAMATA KUMARI RABINDRA SAROJINI	TYBBI	49	TUKRUL POOJA PRABHAKAR PRIYA	SYBBI
49	GUNJAL NILAM ANANT SAVITA	TYBBI	50	VISHWAKARMA JYOTI SARNATH PRAMILA	SYBBI
6	CHAURASIYA POONAM PRABHUPRASAD PRAMILA	SYBBI	51	YADAV POONAM SUDAMA MAHESHWARI	SYBBI
7	CHAURASIYA NEELAM VIJAYSHANKAR RATANMALA	SYBBI	52	YADAV SURAJ RAJKUMAR KUSUM	SYBBI
8	CHOTHAVE SIDDHESH SUNIL PUSHPA	SYBBI	53	RAJBHAR MANISHA TUNNU SURATI	SYBBI
9	DANAWALE MEGHA MAHADEV KAUSHLYA	SYBBI	54	VERMA MANISHA UDAY URMILA	SYBBI
10	DUBEY RIYA MITHILESH REKHA	SYBBI	66	KHOND HARSHADA RAJENDRA SAVITA	FYBBI
11	GAICHOR OMKAR VISHRAM VISHAKHA	SYBBI	67	BHOGLE DIVYA PRADEEP NEETA	FYBBI
12	GAWADE DIVYA SANJAY ANURADHA	SYBBI	68	PARADKAR SURBHI PARSHURAM PALLAVI	FYBBI
13	GHODE POOJA KRISHNA SUNANDA	SYBBI	56	KHAN SABREENABANU TOWFIQ RAISABANU	TYBBI
14	GUPTA RANI RAJESH MANOJA	SYBBI	57	SHINDE YOGESH BABURAO SHOBHA	TYBBI
15	GUPTA KETAR SHYAMSUNDAR KISHNAVATI	SYBBI	58	KADAM DHANSHREE SUBHASH KALYANI	TYBBI
16	GUPTA ROHAN RAJESH KIRAN	SYBBI	43	WALUNJ MANSI SUDHAKAR SHEELA	TYBBI
17	GUPTA RIYA SUBHASH AARTI	SYBBI	58	SHAHA MUSKAN NISHAR JABINA	FYBBI
18	HULAWALE PRATIKSHA PRABHAKAR VIJAYA	SYBBI	59	GUPTA ANJALI PRADEEP KUMAR ANITA	FYBBI
47	SIDDIQUE ATIFA ABDUL KALAM REHANA	FYBBI	60	ZORE SEJAL ZIMU PARVATI	FYBBI
48	GUPTA SHIVANI SACHALAL SHANTIDEVI	FYBBI	61	JHA SUMANKUMAR VINAY GINNI	FYBBI
49	YADAV SIKHA SANJAY SUNITA	FYBBI	62	TIWARI ANAND SYAMJIT SARITA	FYBBI
50	SAHU AARTI PRADEEP NALINI	FYBBI	63	SHINGARE SHWETA DEEPAK VANDANA	FYBBI
51	AGAM KAJAL DADA SAVITA	FYBBI	64	SINGH SAKSHI ANIL KIRAN	FYBBI
52	JAGDALE ANIKET SHAMRAO SUNITA	FYBBI	65	YADAV NIKITA RAMPALAT PREMADEVI	FYBBI
53	CHAVAN VAISHNAVI RAJENDRA ASHA	FYBBI	66	KHOND HARSHADA RAJENDRA SAVITA	FYBBI
54	DHASAL VAISHALI SAINATH RUKMINI	FYBBI	67	BHOGLE DIVYA PRADEEP NEETA	FYBBI
56	RAM DEEPAK KUMAR DUKHIRAM MURTI DEVI	FYBBI	57	GIRKAR KRUTIKA SHAM MEGHA	FYBBI



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Department of B.Com (Banking and Insurance)

This is to certify that
Shri/Kum.GUPTA ANJALI
of class FYBBI has participated in 'Mental Fitness
March 11, 2019

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Prof. Nandini Jagannarayan
Head, Dept. of B.Com (Banking and Insurance)

Usha
Dr. Usha Mukundan
Principal

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