



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: 10/10/2022

PSYCHOSPHERE

(Psychology Association, RJC)

In collaboration with
The Department of Psychology,
Ramnarain Ruia Autonomous College
Celebrates

World Mental Health Day

Noting the *60 glorious years* of Ramniranjan Jhunjhunwala College (Autonomous) as well as in celebration of *World Mental Health Day (October 10th)* PsychoSphere in collaboration with the Department of Psychology, Ramnarain Ruia Autonomous College is organizing a '*Diamond Jubilee*' Event.

Day & Date: Wednesday, 12th October, 2022

Venue: MPSS Hall

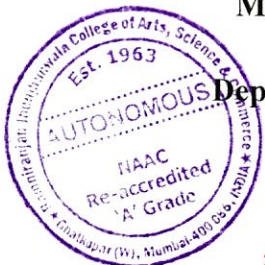
Session 1 (11:00 am – 12:00 pm)	“60 Minutes of Awareness”: Risk & Protective Factors for Mental Health in Academic Life	M. A. (Clinical) Psychology Students & Faculty of Ramnarain Ruia College
Session 2 (12:30 pm – 1:30 pm)	“60 Myths about Psychology, Behavior, Brain & Mental Health Busted!”	Team PsychoSphere: FY & SY Psychology Students, RJC
Session 3 (2:00 pm – 4:00 pm)	Movie Screening: Shutter Island	-----

Chinmay

Mr. Chinmay Bapat

In-charge,

Department of Psychology



Himanshu

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)

PSYCHOSPHERE
(Psychology Association)
(2022-23)

World Mental Health Day, 2022

BROCHURE



Hindi Vidya Prachar Samiti's
Ramniranjan Jhunjunwala College of Arts, Science & Commerce
(Autonomous)



PsychoSphere

in collaboration with

Department of Psychology, Ramnarain Ruia Autonomous College
Celebrates

World Mental Health Day, 2022

11.00- 12.00 "60 Minutes of Awareness: Risk & Protective Factors for
Mental Health in Academic Life"

12.30- 1.30 "60 Myths about Psychology, Behaviour, Brain & Mental Health Busted!"

2.00- 4.00- Movie Screening- Shutter Island

Time: 11.00 am

Date: 12th October, 2022

Venue: MPSS hall



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 II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

Dr. Sangeeta Kamath

Clinical Psychologist, Hypnotherapist and Faculty in the Psychology Department of Ramnarain Ruia Autonomous College

EDUCATIONAL BACKGROUND

- Masters in Clinical Psychology and in Education.
- Diploma in Personnel Management
- Ph.D. in Psychology.

WORK EXPERIENCE

- Teaching Psychology at Ramnarain Ruia Autonomous College for the past 30 years.
- Working as a Co-Ordinator for different courses in Psychology like –Child Psychology, Marital and Family Therapy, Rational Emotive Behavioral Therapy
- Working as a Clinical Psychologist in different hospital setups like Sanjivani Hospital, Stress Clinic, Ruia Counseling Cell, Vartalabh Counseling services.
- Offers Psychodiagnostics and Psychotherapeutic services for various behavioral, emotional and social problems.
- Conducts workshops on Stress Management, Life skills, Personality Development, Emotional Intelligence and Resilience.

RESEARCH EXPERIENCE

- Ph.D. in Evaluation of Educational Interventions.
- Conducted research in the areas of Mindfulness, Stress, Resilience, Work-from-Home, Borderline Personality disorder, schizoaffective disorders.
- Presented papers in different national and international conferences.
- Published papers in various national and international journals like International Journal of Indian Psychology, Journal of Disabilities, Indian Journal of Positive Psychology, Provides guidance to students of undergraduate and post-graduate level for research.



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.

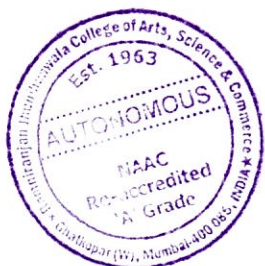
Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

REPORT

Since October 10th, 2022 is celebrated as "World Mental Health Day", Psychology Association-PsychoSphere in collaboration with Ramnarain Ruia Autonomous College, organized a one-day event for 'Mental Health Awareness' on Saturday, 12th October, 2022. This event was also a celebration of completion of the triumphant Diamond Jubilee of Ramniranjan Jhunjhunwala College (Autonomous). The event was inaugurated with an inspiring address to the students by the Vice Principal and In-charge of Associations Dr. Sneha Deuskar. Students of both Ramniranjan Jhunjhunwala College (Autonomous) and Ramnarain Ruia Autonomous College were welcomed by Mr. Chinmay Bapat, In-charge of Psychology Department. along with the formal introduction of Ms. Madhureema Neglur. A token of appreciation was presented to Ms. Madhureema Neglur by Dr. Sneha Deuskar. To solemnize the completion of 60 years of college, Students of Ramnarain Ruia Autonomous College initiated a 60 minutes session on 'Risk & Protective Factors for Mental Health in Academic Life'. Students one-by-one spoke about Environmental risk factors, psychological risk factors, pre-dispositional risk factors contributing to mental health issues followed by the protective factors of mental health. The session was followed by a Myth Busting Session by the students of Ramniranjan Jhunjhunwala College (Autonomous). 60 common misconceptions and myths about Psychology, Behavior, Brain & Mental Health were busted with the help of scientific facts & data as an attempt to eliminate the stigma around the field. The sessions were concluded with a song composed and performed by one of the students of R. J. College which led to an impromptu jamming session by the enthusiastic students from the audience. In the final segment of the event, screening of the movie 'Shutter Island' was conducted in order to create awareness through the media. Learning to be taken from the movie was also discussed with the students. The event was concluded by presenting a formal vote of thanks by Mr. Chinmay Bapat, In-charge of Psychology Department.



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)



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

(Hindi Vidya Prachar Samiti's **RAMNIRANJAN JHUNJHUNWALA COLLEGE** of Arts, Science & Commerce)

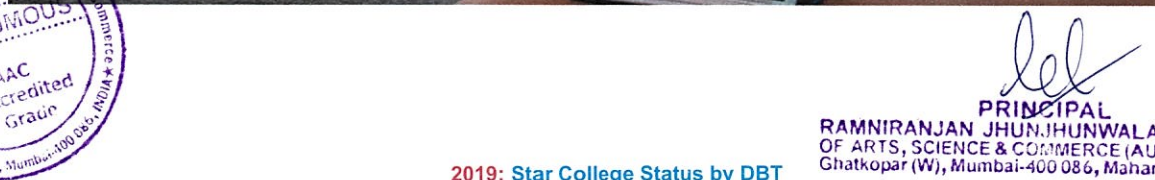
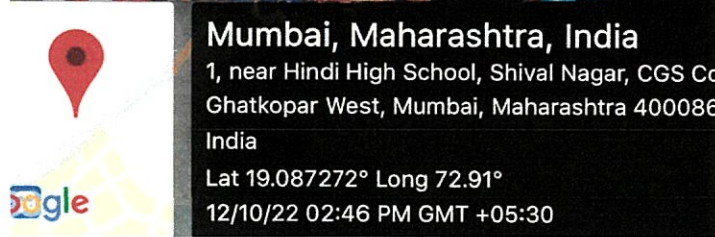
Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

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 OF THE WORLD MENTAL HEALTH DAY CELEBRATED ON 12TH OCTOBER 2023



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)



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)

Day: Wednesday

Date: 12/10/2022

Time: 11:00 am

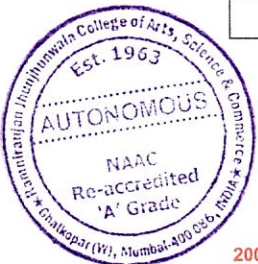
Venue: MPSS Hall

PSYCHOSPHERE

(Psychology Association RJC) In collaboration with The Department of Psychology, Ramnarain Ruia Autonomous College Celebrates "World Mental Health Day, 2022"

Attendance

SR.NO	NAME	SIGNATURE
1	Kajal S. Mishra (FYBA) 492	Kajal
2	Disha D. Soni (SYBA)	Disha
3	Akshata Sawant (SYBA)	Akshata
4	Rajal Gupta (SYBA)	Rajal
5	Alfa Shaikh (SYBA) 719	Alfa
6	Mahak Shaikh (SYBA) 702	Mahak
7	Ruiya Sayyed (SYBA) 711	Ruiya
8	Atika Khan (SYBA) 721	Atika
9	Sneha Pandey (FYBA)	Sneha
10	Pneeti Chavan (FYBA)	Pneeti
11	Komal Pangle (SYBA)	Komal
12	Sunidhi P. Tripathi (FYBA)	Sunidhi
13	Toisha Singh (FYBA) 629	Toisha
14	Farooqui Naazera (SYBA 804)	Farooqui
15	Mansi P. Singh (FYBA) (606)	Mansi
16	MOHAMMAD ALI PATEL (SYBA) (720)	Mohammad
17	Kaustubh Gawarepatil (FYBA) 610	Kaustubh
18	Valerina Amanna	Amanna
19	Anika Joshi (FYBA) 603	Anika
20	Riti Prakash Desai (FYBA) 611	Riti
21	Thokan Saima Maazzam (FYBA) 619	Thokan
22	Sakshi Mayuti Mhasakar (FYBA) 439	Sakshi
23	Yadav Dheeraj (FYBA) 637	Yadav
24	Riddhi Rajendra Jaiswal (FYBA) 633	Riddhi
25	Khushbu Ghanshyam Verma (FYBA) 618	Khushbu
26	Saakshi Mukesh Mishra	Saakshi
27	Nivedita Roy	Nivedita
28	DEVRAJ PAWAR (PHYSICS)	Devraj
29	Nidhi Pagare (SYBA) 805	Nidhi
30	SAI NAIR SYBA 715	Sai
31	Tiwari Arvind SYBA 801	Tiwari





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)



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)

CERTIFICATES



Certificate

OF PARTICIPATION

PROUDLY PRESENTED TO

Mr. Udit Shetty

For the valuable contribution made in the celebration of
World Mental Health Day Awareness event organized on 12th October, 2022 by
the Psychology Association-PsychoSphere, RJC
in collaboration with
Department of Psychology, Ramniranjan Ruia Autonomous College.

Asst. Prof. Chinmay Bapat,
In-charge, Department of
Psychology

Dr. Himanshu dawda
Principal



PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
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)

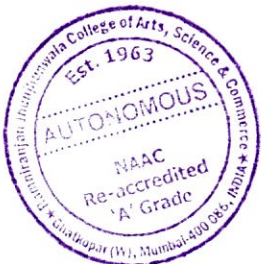


Mr. Sai Nair

For the valuable contribution made in the celebration of
World Mental Health Day Awareness event organized on 12th October, 2022 by
the Psychology Association-PsychoSphere, RJC
in collaboration with
Department of Psychology, Ramnarain Ruia Autonomous College.

Asst. Prof. Chinmay Bapat,
In-charge, Department of
Psychology

Dr. Himanshu dawda
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)