



# 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: 27/06/2022

## Notice

### Department of BMS

To celebrate International Yoga Day the department of BMS is organizing a workshop on Yoga for all the non teaching staff of our college at College gymkhana on 21st June, 2021 at 9.00 am by yoga instructor Ms. Seema Ashar.

Kalai Selvi Nadar

(BMS Co-ordinator)

Dr. Himanshu Dawda

(Principal)

**PRINCIPAL**  
R. J. 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

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## Brochure



HINDI VIDYA PRACHAR SAMITI'S RAMNIRANJAN  
JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE AND  
COMMERCE (AUTONOMOUS)

### DEPARTMENT OF BMS PRESENTS

## International yoga day

Celebrating international yoga day with  
College non teaching staff

📅 21st June 2022 | 🕒 09:00 am Onwards

📍 RJ College, Gymkhana

### Mrs. Seema V Ashar

Yoga Professional - Level 2  
Trainer, Lifetime Member of IYA,  
Assistant Professor at Mulund  
College of Commerce.



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## Reports

**Title of the Session:** Yoga day

**Date:** 21<sup>st</sup> June 2022

**Timing:** 9 am onwards

**Venue:** Gymkhana

**Resource Person (Trainer):** Mrs. Seema Ashar

**No. of Students Attended:** 21

**No. of Teachers Present:** 03

On the occasion of international yoga day the department of BMS had organized a yoga session for all the non teaching staff of our college by yoga instructor Ms Seema Ashar. She taught different yoga asanas and breathing exercises which were very important for the overall well being of our staff and also exercises like surya namaskar in which the whole body can be benefited. The non teaching staff were very impressed and obligated.

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**PHOTOGRAPHS OF THE YOGA DAY CELEBRATED ON 21<sup>ST</sup> JUNE 2022**



Non-Teaching staff members during the session

  
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Date 21/6/2022

## IQAC and Rotaract (Department of BMS) of RJC

Organize Yoga Session for Non-Teaching Staff

Timing: 9.00am – 10.00am

Venue: Gymkhana

### Attendance

NAME OF THE STUDENT	DEPARTMENT	SIGNATURE
S. Y. Kanade		
Vijay Tupe		
Rakesh Bhalerao	office	
Pratull R. Shelar	Physics	
Prashant N. Gunde	Chemistry B.Voc	
Ashwin Vinod Solanki	B.M.M., B.A.F	
Sanjay A. Aachle	physics	
Ashok K. Gond	physics	
Razzak. A. Shaikh	B.com	
Neeraj Yadav	B.Sc	
Dev. Kamal Chourasia	SY BSc	
Numan Ismail bog	Tybecom	
Yadav Pratik	Tybecom	
Firas Khan	TY-b.com	
Jaubik Khan.	TY.b.com	
Pratik Toraw	T.Y. b.A	
Sanika Pandey	T.Y. b.A	
Bhumika Tripathi	SYB.Sc	

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## Certificate




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#### Department of Bachelor of Management Studies

### Certificate of Participation

This is to certify that **SHIVAM SAHU**  
has participated in the workshop/session/event/competition titled 'योग' held on 21-Jun-22.

  
Ms. Kalai Selvi Nader

Head, Department of B.M.S

  
Dr. Himanshu Dawda

Principal




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### Certificate of Participation

This is to certify that **KRISHNA GUPTA**  
has participated in the workshop/session/event/competition titled 'योग' held on 21-Jun-22.

  
Ms. Kalai Selvi Nader

Head, Department of B.M.S

  
Dr. Himanshu Dawda

Principal

  
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