



# 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: 27/07/2022

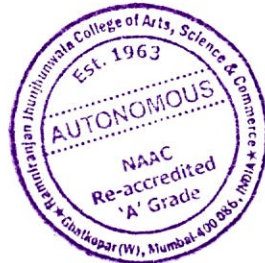
## Notice

### Department of BMS

The Department of BMS is organizing a workshop on "Mental and Emotional Wellness" for youth with the power of sound. The session will be helpful to combat stress for the students and teacher of our college. Dr. Sujata Singhi is an International best seller and awarded author, TEDx speaker. The session will be held on 30<sup>th</sup> July from 12 noon at Saboo Hall. All are cordially invited.

Kalaji Selvi Nadar

(BMS Co-ordinator)



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

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## BROCHURE



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

Department of Bachelor's of Management Studies  
is Conducting a Session on



"Mental and Emotional Wellness for  
Youth with the Power of Sound"

📅 30th July 2022  
🕒 12:00 pm Onwards  
📍 MPSS hall



**Dr. Sujata Singhi**  
Best seller awarded author, Tedx and  
international speaker, Life Coach,  
Master NLP Trainer, Alchemist,  
Sound and Spiritual Scientist



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## Report

Title of the Session: Mental and Emotional Wellness for Youth with the Power of Sound

Date: 30<sup>th</sup> July, 2022

Timing: 12 noon onwards

Venue: MPSS Hall

Resource Person: Ms. Sujata Singhi

No. of Students Attended: 125 students

No. of Teachers Present: 03

The session on 'Mental and Emotional Wellness for Youth with the Power of Sound' was conducted with the aim to develop mental and emotional wellness among the students. The speaker gave insights into the different sound techniques through which the brain can relax and calm oneself from the stressful environment. She showed students the different sound equipment which generate different sound vibrations. The session was followed by a question-and-answer round.



  
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## Department of BMS invites you all for " Mental and Emotional wellness "

Speaker : Dr. Sujata Singhi

Date : 30th July 2022

Time: 12.00

Sr. No	Name	Roll NO.	Stream
1.	Sumeet Singh	4037	Ty BBA FMS
2.	ASHUTOSH P. Dube	2131	SYBMS Marketing
3.	ROHAN YADAV	2101	SYBMS
4.	MRIDUL SHARMA	2120	SYBMS
5.	MEET BHANUSHAI	2066	SYBMS
6.	KRISHNA GUPTA	2058	SYBMS
7.	RISHAB YADAV	2015	SYBMS
8.	SHTVAM SAHU	2071	SYBMS
9.	SNEHA RAI	2126	SYBMS
10.	Shailesh Sofiya	2214	SYBMS
11.	Rutuja Salve	2123	SYBMS
12.	Tainab Malik	2104	SYBMS
13.	Tanvi Panchar	2202	SYBMS
14.	Samiksha Ghanekar	2212	SYBMS
15.	ANJAL YADAV	2055	SYBMS
16.	Soni Yadav	2023	SYBMS
17.	Gangeeta Yadav	2001	SYBMS
18.	Sandhya Sonkar	2014	SYBMS
19.	Madha Chaudhary	2052	SYBMS
20.	Riya Vishwakarma	2094	SYBMS
21.	Neha Rajkumar Dixit	2047	SYBMS
22.	Vasundhara Sunil Jadhav	2074	SYBMS
23.	Neha Ashok Prajapati	2012	SYBMS
24.	Roshni Ramkumar Yadav	2084	SYBMS
25.	Ankita Vijaybahadur Yadav	2002	SYBMS
26.	shemishubhesh Seroj	2011	SYBMS
27.	Anish Kumar Seroj	2070	SYBMS
	NASIR KHAN	2061	SYBMS

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

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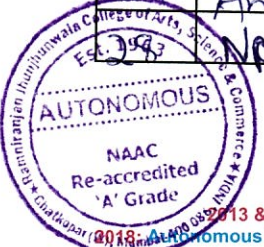
2014: DBT STAR College

2013 & 2014: 'Jagar Jaanvancha Award' by Govt. of Maharashtra

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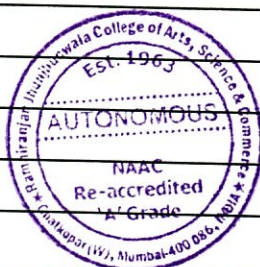
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Speaker : Dr. Sujata Singhi

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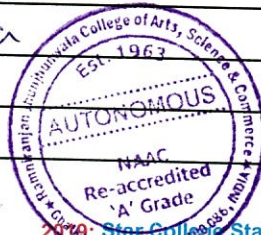
Sr. No	Name	Roll NO.	Stream
29	Aakash Dilipkumar Yadav	2039	SYBMS
30	Amit Shivmurat Patel	2051	SYBMS
31	Khan Nida Akin.	2211	SYBMS
32	Saxa Sumra	2108	SYBMS
33	Pankaj Rasulk	2046	SYBMS
34	Shukla Jonhvi	2221	SYBMS
35	Aman Varma	2209	SYBMS
36	Renuka Vishwakarma	2210	SYBMS
37	Khan Ubada	4018	TYB Voc
38	Pratimgh divakar	4014	TYB Voc
39	Nidhi Mishra	4012	TYB Voc
40	Kashifa Shaikh	0000	TYB Voc
41	Angaxi Razi Ahmed	4008	TYB Voc
42	Pooja Yadav	2044	TYBMS
43	Kajal. patra.	4019.	SyB Voc
44	Narmada Ram	4028	SYBVOC (FMS)
45	Tiwari Jyotika.	4050	SYBVOC (FMS)
46	Shah Aseem	4005	SYBVOC (FMS)
47	Shaikh		
48	OM Paswan	4035	SYBVOC (FMS)
49	Anshu Rai	4021	SYBVOC (FMS)
50	Vishu mavya	4038	TYB Voc (FMS)
51	Ankita Methn	4022	TYBVOC (FMS)
52	Aditi Yadav	2035	SYBMS
53	Abhay Mishra	2078	SYBMS
54	Sneha Gupta	4040	TY. BVOC FMS
55	Nisha Rana	4039	TYBVOC FMS
56	Sejal Thakur	4016	TY. BVOC FMS.



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Sr. No	Name	Roll NO.	Stream
57	Anjali Podhak	2130	TYBMS
58	Nawaz Shaikh	2119	TYBMS
59	Shaikh Samreen	4028	TYBVOC(FMS)
60	Shaikh Muskan	4023	Ty BVOC(FMS)
61	Shaikh Tarrannum	4021	Ty BVOC(FMS)
62	Anushka Gupta	4011	Ty BVOC(FMS)
63	Poojanshi chavhan	4001	Ty BVOC(FMS)
64	Sachin dhurija	4006	Ty BVOC(FMS)
65	Ankit Gupta	4005	Ty BVOC(FMS)
66	Shivam Gupta	4004	Ty BVOC(FMS)
67	Khushi R. Upadhyay	4044	S.Y. BVOC (FMS)
68	Sumit mishra	4051	SY BVOC FMS
69	SAMI KHAN	4032	" "
70	SKLIFA SHAIKH	4015	" "
71	Shaikh Abdul Khalique	4013	Ty BVOC(FMS)
72	Choudhary Azlan	4034	Ty BVOC (FMS)
73	Pandey Sneha	4009	Ty BVOC (FMS)
74	Khun Abu Usama	4040	BY Bvoc
75	Aarif Shaikh	4011	B.VOC.
76	ADWARTI Yadav	4041	B.VOC
77	CAUSAV SINGH	4016	B.VOC (FMS)
78	Narayan Mishra	4002	B.VOC FMS.
79	VASH CHAVAN	5014	B.VOC REM
80	VIHANG LOKE	4042	B.VOC FMS
81	Sunny Mallah	4031	B.VOC FMS
82	Ehtesham Khan	4029	B.VOC FMS
83	Harsh Goinwad	0000	B.VOC FMS
84	Kajal Dingya	4049	B.VOC FMS



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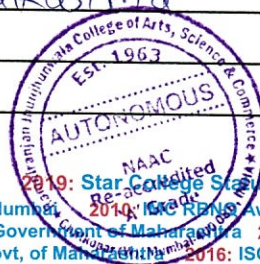
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Sr. No	Name	Roll NO.	Stream
85	Shivom yadav	4018	SY Bvoc (AMS)
86	Magosh prajapati	4013	S.Y Bvoc
87	Satyendra. Pal	4025	S.Y Bvoc
88	Ganraj pal	4048	S.Y. Bvoc
89	Digvijay Gupta	4034	S.Y-Bvoc Eng
90	ROHAN Gupta	4009	S.Y-Bvoc Eng
91	Jatin Naik	4003	S.Y Bvoc FMS
92	Pratik More	4001	S.Y. B.V.O.C.
93	Neha Pandey	4052	Sy Bvoc
94	Qayamat Malik	4026	Sy Bvoc Eng
95	Shubham Shasma	4023	Sy Bvoc FMS
96	Dikesh Yadav	4009	Sy Bvoc Eng
97	Sheetal Gupta	4000	Sy Bvoc FMS.
98	Kishu Prajapati	4007	Sy Bvoc FMS
99	Dikesh Prajapati	4014	Sy Bvoc FMS
100	Rahul R. Sahu	2042	Sy BMS
101	Shivam P. Jadhav	2213	SYBMS
102	Eshan Gotbale	2208	SYBMS
103	Annav Kondurkar	2133	SYBMS
104	Iqsa Choudhary	2045	SYBMS
105	Nikita Vishwakarma	2073	SYBMS
106	Aditi Chauhan	2021	SYBMS
107	Amal Prapko	2085	SYBMS
108	Shukla Tanvi	2221	SYBMS
109	Anan Varma	2209	SYBMS
110	Renuka Vishwakarma	2218	SYBMS
111	Nirdesh Yadav	2217	SYAMS
112	Shivam Gupta	2137	SYBMS



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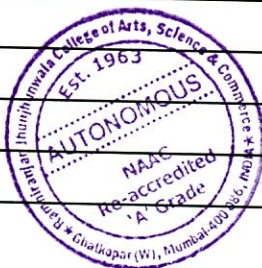
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1	Sahil Sanjay Baraskar	2122	T.Y.B.MS
2	Himanshu Mahendra Vishwakarma	2050	SXBMS
3	Tejas Tukaram Trypti More	2003	SYBMS
4	Jyoti Tiwari	2128	SYBMS
5	Manek kusa	2138	SYBMS
6	Pooja Tiwari	2115	SYBMS
7	Sapna Singh	2203	SYBMS
8	Danish Khan	2064	SYBMS
9	Shravane Niungare	2210	SYBMS
10	Parth Nangund	2216	SYBMS
11	Ketaki Kulkarni	2206	SYBMS
12	Sanjivani Bane	2129	SYBMS
13	Jayomir Pinto	2109	SYBMS



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## Certificate



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#### Department of Bachelor of Management Studies

### Certificate of Participation

This is to certify that **ROHAN YADAV**  
has participated in the workshop/session/event/competition titled *Mental and Emotional Wellness*  
held on *20th July 2022*.

  
Ms. Kalai Selvi Nadar

Head, Department of B.M.S

  
Dr. Himanshu Dawda

Principal



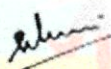
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