



# 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.

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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)

## International Yoga Day Celebration in Collaboration with Kaivalyadhama

Date: 21<sup>st</sup> June 2020

Theme: Yoga at Home

Online Streamed Live on You tube

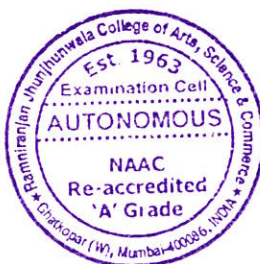
Link: <https://youtube.com/rjopencourseware>

Name of the Resource Person: Ms. Komal Sharma and Mr. Amit Sharma

The college has signed an MoU with Kaivalyadhama Yoga Institute and Research Centre for training staff and students in Yoga for mental and physical fitness. From the year 2015, 21<sup>st</sup> June is celebrated as International Yoga Day. This year in view of pandemic the day was celebrated virtually and staff and students participated by learning basic yoga exercises which are essential for keeping oneself fit during the pandemic. The NSS unit of our college along with IQAC helped in organisation of this programme. This also provided an insight to students that in the new normal Yoga can be practiced at home and can help one to be physically and mentally fit

  
Principal

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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)

