



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

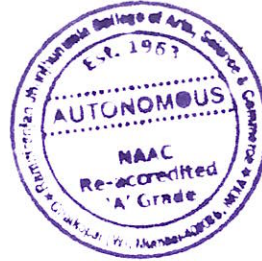
Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

5th June, 2020

NOTICE

A talk on Immunity boosting through New Diet System by Mr Pradip Shah and Mr Rajesh Sarvaiya NDS is organised online in 9th June, 2020. During Pandemic good health is very important. The session would be conducted online on Zoom. Link shall be shared on the whatsapp group. The session would also be streamed live on you tube.

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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REPORT


Talk on Immunity Boosting through New Diet System

Date : 9th June, 2020

Online ZOOM

A talk on **Immunity Boosting through New Diet System** was organised by the DLLE unit of our college in association with NDS, Mumbai region on 9th June 2020 which was webcasted on You tube. The Guest speaker was Mr Pradeep Shah, A committed NDS follower. He emphasised on how the immune system can be boosted by following a good diet regime. As per the new diet system food should be consumed in its original form and they emphasised how cooking steals of all the major nutrients from the food we consume. They said your diet should be fresh vegetables, fruits, salads and smoothies which are refreshing. They also said that fasting is a method of cleansing your system and your bowel should be emptied and colon must be clean so as to lead a healthy life. The session was very interactive and students and participant asked many question. People were positive that in this Pandemic health and immune system is most import to combat the virus thus leading a healthy life by consuming fresh nutritious diet is the way forward.

Link:<https://www.youtube.com/watch?v=aUmJrZNppU0&feature=youtu.be>


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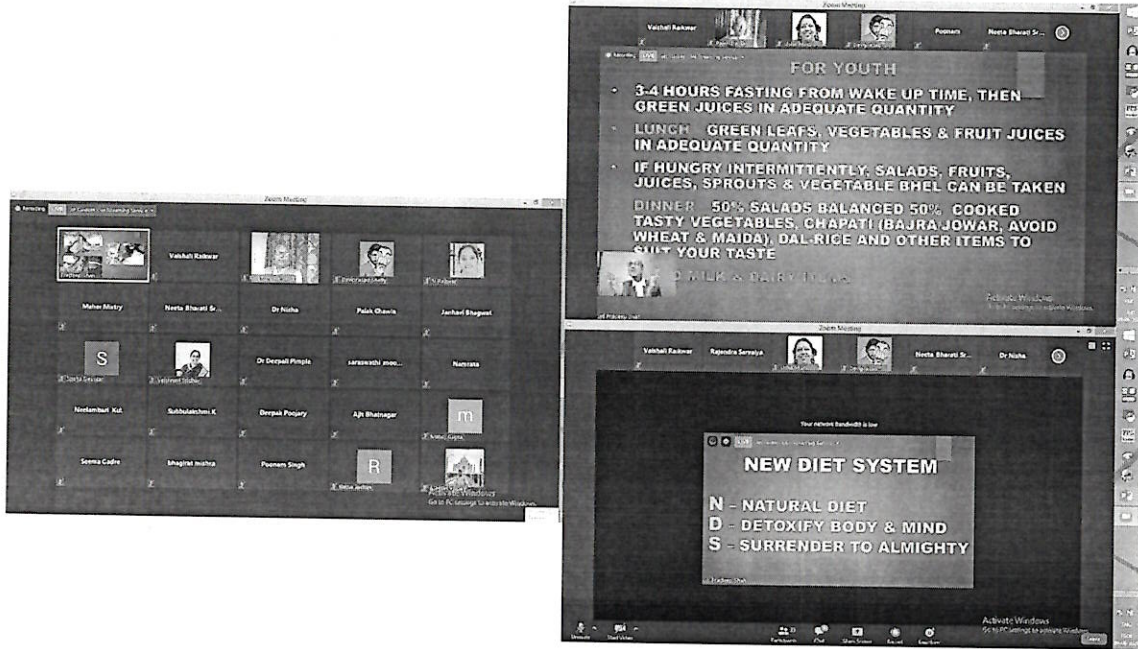
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IMMUNITY BOOSTING THROUGH NEW DIET SYSTEM by MR PRADIP SHAH AND MR RAJESH SARVAIYA 9TH JUNE, 2020



[Handwritten Signature]

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Attendance

Name of the Student	Class	Roll No.
Chavan Akshata Namdev	TY BCom	212
Thosar Kalyani Vijay	TY BCom	336
Shaikh sufiya ilyas	TY BSc Physics	237
MISHRA TANU CHANDRAPRAKASH ANITA	SY BCom	463
Rai saket kaushal kumar	SY BAMMC	29
Dubey Rakhi Shivbaran	FY BBI	10
Yadav suruchi Surendra	SY BBI	42
Sharma Kajal Jayprakash	SY BCom	307
Khond Harshada Rajendra	TY BBI	17
Yadav Aman Rajesh	FY BCom	155
Dubey Anjali Rudramani	SY BCom	418
Priya Ramjatan Vishwakarma	TY BCom	563
Agam Kajal Dada	TY BBI	01
Sahu Aarti Pradeep	TY BBI	30
Kher Abhishek Dinesh	TY BSc Physics	219
Khan Arsheya Aziz	SY BSc	74
Shinde Chinmay Sanjay	FY BSc	775
Singh Janvi Prem	SY BSc Computer Science	69
Singh Vishal Rajkumar	FY BSc	82
Yadav Ujala Indrapal	FY BSc	105
Singh Aanchal Nagendra	TY BSc Zoology	645
Patel Heena Adam	TY BCom	274
Sayyed Hidayatbee Faiz MEHJABEEN	SY BSc IT	58
Prasad Sachin Rajendra	TY BBI	25
Chavan Rohit Salil	SY BAMMC	03
Prasad Priyanka Radheshyam	SY BAF	24
Dubey Rishabh Shailendra	TY BSc Physics	208
Srushti Dumbre	TY BSc Computer Science	074
Siddiqui Nikhat Jahan Meraj Ahmed.	SY BCom	487
Yadav Neha Siddhant	SY BAF	37
Pal Sweta Subhash	FY BA	60
Jaiswal Hemant Anil	FY BCom	242
Inamdar MOHD Mehraj Hamid	SY BCom	238
Mishra Sakshi Ramasare	SY BSc IT	23
Sawant Pooja Ravindra	FY BBI	41
YADAV PALAK SUBHASHSINGH	SY BCom	350
PANDEY SHUBHAM CHANDRAPRAKASH	SY BBI	19
Mishra Janhvi Indramani Shobhavati	SY BAF	17
Gupta Pooja Babulal	SY BAF	07
Vishwakarma Kiran Shobhnath	SY BBI	38
Bhardwaj Priyanka Suresh	SY BAF	40
Rai Vanshika Krishna Kumar	TY BCom	75
Jha Nibha Mithilesh	SY BSc IT	12
Poojari Anupriya Sudhakar	TY BMM	13
Singh Yashi sushil	SY BAF	51
Pandey Jaswant Narsingh	FY BSc	615
Gunjali poonam ijaba	TY BSc Zoology	11
Khan Naved Noor Mohd shannaz	SY BBI	

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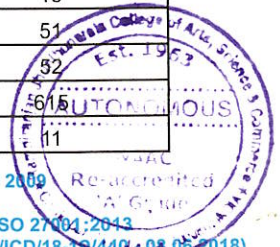
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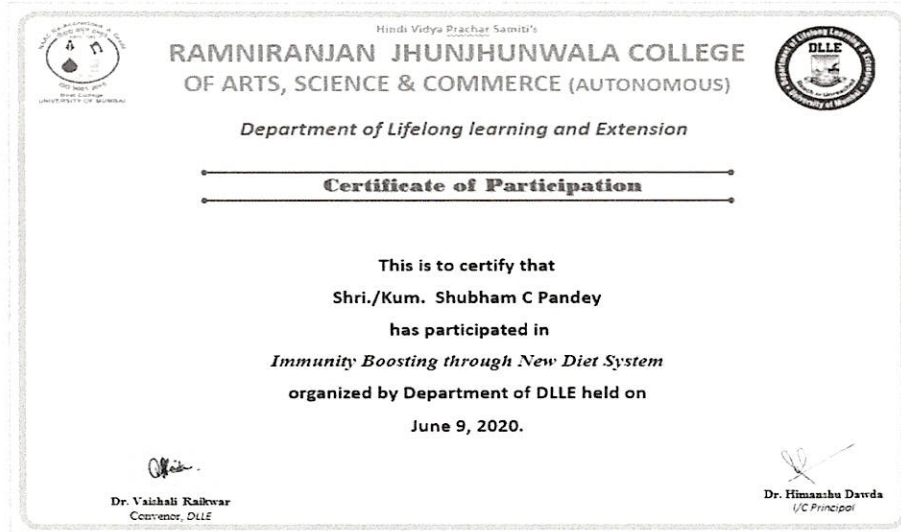
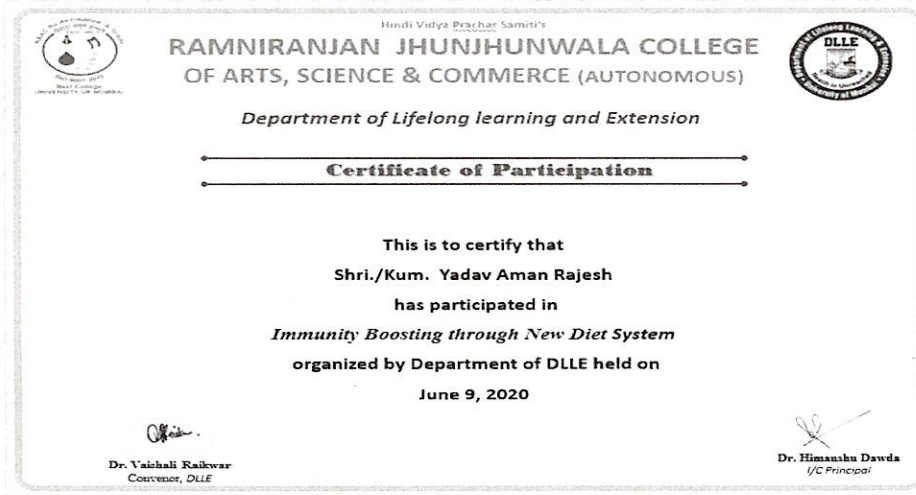
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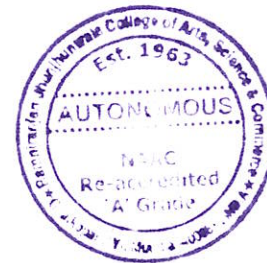
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Certificates




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