



# 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)

### 3. Project Name: Career Project (CP)

Teacher Incharge: Mr Bhagirath Mishra

Number of beneficiaries: 33

#### Report on Career Project (CP)

The department carries out extension work projects related to Career. Career Project (CP) is one such project offered by DLLE. Around 48 students from various streams of Ramniranjan Jhunjunwala College have enrolled for the project.

Students enrolling under this activity have to interview any two persons from any field. A questionnaire is prepared for interviewing and collecting the data, an excel worksheet is prepared for further analysis. The questionnaire contains questions about the respondent's personal details and different career options. Students have to exhibit at their own college or school or at the University and share knowledge on various career options through the charts, brochures and short talk. Finally, the project report has to be prepared systematically on completion of 120 hours of work on the Extension Work Projects undertaken by them as per the required formats based on the observations and analysis.

#### List of Students Enrolled for Career Project (CP)

Sr No.	Class	Roll No.	M/F	Name	E Mail ID
1	TY BSc Physics	215	M	Prajapati Rakesh Bajinath Dhamshela	rkshprjpti70@gmail
2	TY BSc Physics	227	M	Manve Rasik Ramesh Ruta	rashikmanve@gmail.com
3	TY BSc Physics	207	M	Kumar Nitish Pradeep Seema	nitish18singh@gmail.com
4	TY BSc Chemistry	14	F	Ghanwat Sonu Sanjay Kalpana	sonughanwat1999@gmail.com
5	TY BSc Zoology	617	M	Maurya Abhishek Premchandra Manjoo	abhishekpremanjoo@gmail.com
6	TY BVoc	132	M	Singh Yash Ajay Prakash Jyoti	yashpratak537@outlook.com
7	MAEMA	64	F	Surana Pratima Yashwant Poomima	pratima10surana@gmail.com
8	SYBCOM	119	F	Gupta Mamta Gangaram Urmila	
9	SYBCOM	131	M	Shrivastav Sahil Ramesh Prema	sahilshrivastav617@gmail.com
10	SYBCOM	134	M	Ahmed Shabbir Shamsad Rahimunnisha	ahmed865121@gmail.com
11	SYBCOM	298	F	Kazmi Sunuber Akbar Shabnam	kazmisunuber124@gmail.com
12	SYBCOM	305	F	Vishwakarma Priya Ramjatan Meera	vishwakarnapriya0011@gmail.com
13	SYBSC	235	M	Singh Vaibhav Pramod Punita	vs19990917@gmail.com



2019: Star College Status by DBT

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

PRINCIPAL

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: 'Jagadgururavankar 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)



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14	SYBSC	238	F	Yadav Sarita Pradeep Sarita	<a href="mailto:sarita.yd.666@gmail.com">sarita.yd.666@gmail.com</a>
15	SYBSC	745	F	Soni Rajnandini	<a href="mailto:rajnandinisoni2544@gmail.com">rajnandinisoni2544@gmail.com</a>
16	SYBSC	733	F	Sayyed Nazneen Sadiq Amina	
17	SYBSC	622	M	Patel Pankaj Pramod Rita	<a href="mailto:patelpankaj2552910@gmail.com">patelpankaj2552910@gmail.com</a>
18	SYBSC	606	M	Dubey Divyansh Rajendra Kamlesh	<a href="mailto:divyansh916@gmail.com">divyansh916@gmail.com</a>
19	SYBSC IT	4	M	Charole Jay Ganesh Jagruti	<a href="mailto:jaycharol@gmail.com">jaycharol@gmail.com</a>
20	SYBSC IT	16	M	Matkar Mihir Deepak Ashwini	<a href="mailto:mihirdarkdove56@gmail.com">mihirdarkdove56@gmail.com</a>
21	SYBBI	3	M	Chaudhary Anand Mohan Sanjeevkumar Reenuka	<a href="mailto:anandmohanchaudhari8@gmail.com">anandmohanchaudhari8@gmail.com</a>
22	SYBMM	4	M	Doshi Lay Kaushik Daksha	<a href="mailto:laydoshi956@gmail.com">laydoshi956@gmail.com</a>
23	SYBMM	6	M	Dubey Alok Bharat Aruna	<a href="mailto:dubealok1999@gmail.com">dubealok1999@gmail.com</a>
24	SYBMM	14	F	Maurya Neha Vinod Babita	<a href="mailto:nehamry@gmail.com">nehamry@gmail.com</a>
25	SYBMM	29	F	Sheikh Bushra Noorafzal Kausarjahan	<a href="mailto:busrasheikh20@gmail.com">busrasheikh20@gmail.com</a>
26	SYBMM	31	M	Shetty Hardik Harish Vanita	<a href="mailto:hardikshetty1234@gmail.com">hardikshetty1234@gmail.com</a>
27	SYBMM	38	M	Upadhyay Abhay MahendraPriyamvada	<a href="mailto:abhayu252000@gmail.com">abhayu252000@gmail.com</a>
28	FYBAF	10	F	Gupta Sapna Dashratlal Anita	<a href="mailto:spanagupta7738@gmail.com">spanagupta7738@gmail.com</a>
29	FYBAF	29	F	Pandey Riya Sanjay Kusum	<a href="mailto:pandeyriyas1009@gmail.com">pandeyriyas1009@gmail.com</a>
30	FYBAF	44	F	Verma Kajol Jaswant Urmila	<a href="mailto:vermakajol121@gmail.com">vermakajol121@gmail.com</a>
31	SYBSC CS	7	F	Dumbre Srushti Dilip Vidya	<a href="mailto:dumbreshrushti20@gmail.com">dumbreshrushti20@gmail.com</a>
32	SYBSC CS	14	M	Hole Tanmay Datta Asha	<a href="mailto:tanmayhole99@gmail.com">tanmayhole99@gmail.com</a>
33	SYBSC CS	47	M	Pattan Chetan Chandrashekhar Shraddha	<a href="mailto:chetanpattan01@gmail.com">chetanpattan01@gmail.com</a>



  
PRINCIPAL  
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OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
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**UNIVERSITY OF MUMBAI**

**DEPARTMENT OF LIFELONG LEARNING AND EXTENSION**

**"EXTENSION WORK PROJECT REPORT"**

Name of the Student: Gupta Sapna Dashratlal

(Beginning with Surname)

Class: FYBAF

Div.: D

Name and Address of the College: Hindi vidya prachar samiti's  
R.J. COLLEGE of arts, science & commerce  
(AUTONOMOUS) Ghatkopar (w) Mum – 86  
Maharashtra, India.

Name of the Extension Work Project: CAREER PROJECT

  
PRINCIPAL  
Signature of Principal & College Seal  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, Maharashtra, INDIA



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- **Acknowledgement of the student**

(Please mention the kind of support provided by DLLE Unit, Principal & Extension Teachers, work place staff, community and others.)

I am thankful to Principal Dr. Usha Mukundan, extension work teacher Priya mam and student manager aarti di has supported me in my project to encourage me and build my confidence. Everyone has supported me whenever I need and they are very supportive. My parents and my friends also supported my project. I want to thank everyone for your support. I get to learn new things through this activity.

Thank you.

- **My Reason for joining Extension Work Activity:**

My reason for joining is to become more confident and learn new things.

And from this activity I want to bring change in society to respect women and improve the status of the women in the society.

- **Please write about:**

- **How I started**
- **How I was trained — acquired skills**
- **How I built rapport with the others / community around.**
- **How I worked and the kind of work, carried out**

Our 1<sup>st</sup> term training was held in that all participants, student manager and extension teacher has been there in seminar. Seminar was held for an hour and teachers explain everything very clearly and clears all doubt of student.

I built community report by showing information on table of violence on women due to dowry, human trafficking, rape etc. with year and numbers of women. Priya mam and aarti di helps me in this project. This will help society to learn every year are many women's who are going through this and then they will should take some steps to protect women. I carried out this activity for 3 – 4 hours and I visit to some women to know them opinion on violence against women and then I write their opinion in my project.

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Ramnirala  
Ghatkopar (w)

Principal  
Sawada College,  
Mumbai-400035.

- Please write about your expectations from extension work activities. Are your expectations fulfilled? Please brief.

Yes, my expectation was get fulfilled with these extensions work activity. My expectation was learned new things and became confidence. When I started this project, I was little nervous about how will I talk to unknown people but later my nervousness has decreases. Before this activity I haven't done all this. My experience was good in this activity.

- Please write about the difficulties you faced while conducting activities (if any):

I faced difficulties in talking with people because some of them are not cooperating with me properly. And some of them are not answering. They say I was busy and give other excuses.


- How did you overcome the difficulties?

I preferred the afternoon time because in that time people are free so they can answer properly and give their opinion clearly. Some of them are very sweet on answering the question.

- How did you carry out activities? Give specific project related data / experience here.

I carried out my project by working 3 – 4 hours. My experience was nice but taking to women are little difficult.

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- What did you learn by Extension Activities? (gain / loss)

I learn many things in these activities. I gain profit in this activity. My project was career project and I choose violence against women in these. I learn many things regarding this and came to know about how women's are feeling about this and what are the opinion of women's regarding this. I came to know many things about this and various act of women's rights.

- How will Extension Work help you to contribute to the Society?

This project helps the society to know how women are suffering from these problems and they should take some major steps to stop such things. And violence against women is major crime and who are doing such things they should stop and respect the women. Women's status is improving but there are some places where women's are not getting respect. From this activity I want to aware the people who are ignoring this type of problem and they should ensure the women's safety.


- What do you say about improving Extension Work: (Your Experience, views, suggestions, etc.)?

My experience was good in extension activity. These activities help me to encourage and build confidence and improve my skills. This activity helps the student to overcome their difficulties.

- Remarks & feedback for extension work with suggestions (with illustrations if any):

I want to thank the DLLE unit, student manager and extension work teacher. These type of activity helps to improve skills and confidence.

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- Name of the College & Community Level Activities in which student has taken active participation such as: street play, group songs, poster, elocution, speech, lessons, industrial visit, etc. (any other)

Sr. No	Date	Name of the activity such as: street play, group songs, poster, elocution, speech, lessons, etc.	Topic of the activity: (Save3 Food, Child Labor, Environment Pollution, Women empowerment etc.)	Participation for/as: Writing, directing, performing, music or singing, poster designing, painting, etc.	Location/Place of performance (College/ Community)	Poster Prepared Yes/No	No of of Hours	Signature of the Extension Work Teacher
1.	11 Nov 2019 to 20 Mar 2020	CP	Interview	Interviewer	Place of Interview (If online interview then write ONLINE)	YES	80+40=120	


Please give other details (if any):

(You can add screen shots of activities you have conducted online)

Details of the activities attended by you performed at college or community level:


Sr. No	Name of the Activity	Yes/ No	Date	Place/ Location	Topic/ Subject	Participated as	No of Participants	No of Hours
i.	Exhibition							
ii.	Seminar, Talk, Speeches	Yes	20th Oct 2019	Zoom online Platform	"Dealing with Stress and Anxiety among children and Adolescents"	participant	231	2
iii.	Talk	Yes	19th Nov 2019	Zoom online Platform	"A New Age Women Entrepreneur"	participant	96	2

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					r: A Journey from Ps to Es"			
iv.	Talk	Yes	2 <sup>nd</sup> Jan 2020	Zoom online Platform	"Harit Shapath" (Green Oath) an oath taking program on "Save The Earth"	participant	56	2
v.	Visits	--						
vi.	Street Play	--						
vii.	Interview/survey	Yes (for CP and SWS)		Google form/online Platform	SWS/CP	Surveyer/Interviewer	2 (for CP) 50 (for SWS)	120

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## Essay Writing (For ALL Students)

Select any one topic from the list and write an essay. (Approximately 1500 words)

### Violence against women

Violence against women typically means the crimes committed against women of any age, caste, and creed. The crimes can be of any kind; usually, they include murders, abuse, molestation, rape, and infanticide. The number of crimes committed against women in India keeps rising every year. In 2012, the crimes against women in India accounted for 6.4%, which meant in an average within three minutes, a woman fell victim to violence.

Though comparatively much lesser than other countries, the amount of violence committed against women in India is still high. The force committed against women, mostly by men, takes various forms – sexual assault, molestation, marital abuse, or naturally, household abuse. Whatever be the shape and extent, it is a punishable crime. However, owing to the country's crooked and lagging judiciary system, often, such crimes go unaddressed. The rates of violence against women keep on increasing. The crimes against women in India take several forms. Mostly, these crimes result in lifelong trauma or death. Dowry deaths are one such example of a crime committed against Indian women. According to the age-old Indian tradition, the bride's family is supposed to reward the groom with a considerable sum of money; this is the concept of dowry.

In rural areas, the bride, usually belonging to a poor household, is unable to meet the groom's high demand for the dowry money. They fail to fulfil and pay the amount the groom asks for. In such cases, often, the bride falls victim to verbal and physical abuse of the groom. The woman is beaten, abused, and regularly molested, for her family's incapability to fulfil the dowry. Dowry deaths are mostly seen in the rural parts of India and form an accountable part of the crimes committed against women. Rapes and non-consensual sexual activities form a large portion of the violence committed against Indian women. Statistics reveal that women are the most prone to rare in the Indian subcontinent; it is the most dangerous country as far as the number of rape cases is concerned. Rape is typically the sexual intercourse carried on with the woman without her consent. As of 2016, 10.9% of the crimes committed against women were for rape. It is indeed true that women are now becoming more aware and open about the topic

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of rape; they are opening up about their own stories of sexual assault etc. However, the numbers in India keep rising. The perpetrators often go unpunished. Marital rape is yet another prominent example of violence against women. Marital rape is the non-consensual sexual intercourse carried on between a married couple. Husbands often impose and force themselves upon their wives without their consent. This leads to a great deal of abuse and physical molestation committed upon the female body. Women trafficking and forced prostitution are two other kinds of violence to which Indian women victims. Other forms of violence committed against Indian women include child marriage, domestic abuse, sex trafficking, and abduction.

Men perpetrate nine out of every ten crimes committed against women; this proves how the origin of crimes against women stems from the deep-rooted patriarchal ideology in the minds of the Indian men. Their belief that the male is physically superior to the female leads them to force themselves on their female counterparts and inflict pain on the female community. As per the National Crime Records Bureau, 12.7% of the female population in West Bengal reported having been victims of violence, and 11.5% of the same in the state of Andhra Pradesh.

### **Female infanticide and sex-selective abortion**

Female infanticide is the elected killing of a new born female child or the termination of a female foetus through sex-selective abortion. In India, there is incentive to have a son, because they offer security to the family in old age and are able to conduct rituals for deceased parents and ancestors. In contrast, daughters are considered to be a social and economic burden. An example of this is dowry. The fear of not being able to pay an acceptable dowry and becoming socially ostracised can lead to female infanticide in poorer families.


Modern medical technology has allowed for the sex of a child to be determined while the child is still a foetus. Once these modern prenatal diagnostic techniques determine the sex of the foetus, families then are able to decide if they would like to abort based on sex. One study found that 7,997 of 8,000 abortions were of female foetuses. The fatal sex determination and sex-selective abortion by medical professionals is now a Rs 1,000 crore (US\$244 million) industry.

The **Preconception and Prenatal Diagnostic Techniques Act of 1994** (PCPNDT Act 1994) was modified in 2003 in order to target medical professionals. The Act has proven ineffective due to the lack of implementation. Sex-selective abortions have totalled approximately 4.2-12.1 million from 1980-2010. There was a greater increase in the number of sex-selective abortions in the 1990s than the 2000s. Poorer families are responsible for a higher proportion of abortions than wealthier families. Significantly more abortions occur in rural areas versus urban areas when the first child is female.

There are some reports of women against violence in table are followed: -

### **Death due to dowry**

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Year	Reported dowry deaths
2008	8,172
2009	8,383
2010	8,391
2011	8,618
2012	8,233

**Death due to rape**

Year	Reported rape
2008	21,467
2009	21,397
2010	22,172
2011	24,206
2012	24,923
2013	34,707
2014	36,735
2015	34,651

**Death due to human trafficking**

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Year	Imported girls from foreign countries	Violations of the Immoral Traffic Act
2008	67	2,659
2009	48	2,474
2010	36	2,499
2011	80	2,435
2012	59	2,563
2013	31	2,579
2014	13	2,070
2015	6	2,424


From 2011 to 2012, there was a 26.3% decrease in girls imported to India from another country. Karnataka had 32 cases, and West Bengal had 12 cases, together accounting for 93.2% of the total cases nationwide.

From 2011 to 2012, there was a 5.3% increase in violations of the Immoral Traffic (Prevention) Act of 1956. Tamil Nadu had 500 incidents, accounting for 19.5% of the total nationwide, and Andhra Pradesh had 472 incidents, accounting for 18.4% of the total nationwide.

**Death due to domestic violence**

Year	Reported cruelty by a husband or relative
2008	81,344

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2009	89,546
2010	94,041
2011	99,135
2012	106,527
2013	118,866
2014	122,877
2015	113,403

Every 9 minutes, a case of cruelty is committed by either of husband or a relative of the husband. Cruelty by a husband or his relatives is the greatest occurring crime against women. From 2011 to 2012, there was a 7.5% increase in cruelty by husbands and relatives.

Safety of Women in India has become a major issue in India now. The crime rates against women in the country have only risen to a great extent. Women think twice before stepping out of their homes, especially at the night. This is, unfortunately, the sad reality of our country that lives in constant fear. Women in India have been given equal rights as men; however, people do not follow this rule. They contribute to the growth and development of our country; still, they are living in fear. Women are now on respected positions in the country, but if we take a look behind the curtains, we see even then they are being exploited. Each day we read about horrific crimes being committed against women in our country like it's a norm.

Violence against women is not a problem of today; it is rooted decades before. It is present all over the world. The condition is getting worse day by day. It is crossing all the borders and races. Violence against women is a very serious and sensitive issue as it is one of the most pervasive of human rights violation denying fundamental rights to almost half of population (females and girls). Domestic violence is much more drastic than violence outside because home is a place where individual seeks love, security, safety and shelter but we can't deny the fact that it is also a place that imperils lives. Violence includes harassment, maltreatment, brutality,

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cruelty, physical injury or attempting to place a woman in fear of injury or psychological violence. Impact of physical violence may be more visible than psychological violence but repeated humiliation restricted social mobility and denial of economic resources is more subtle and insidious forms of violence; makes a woman mentally destabilized and powerless. In India patriarchy and gender discrimination are the main reasons of violence perpetrated against women and girls. Violence against women is a global issue; it's a stigma on civilized society which is compelling intellectuals to focus on this alarming situation. So many laws are introduced day by day to eradicate the problem but it is not so easy to overcome it without awakening of society. In this paper an attempt has been made to analyze the causes and its impact on victim.

Around the world, as many as one out of three women been beaten, compelled into sex, or abused in some other way. It is most often someone she knows, including her husband or another male family member. This negatively has an effect on the well-being of women and prevents women from fully participating in society. Particularly in India, sexual violence is a reoccurring issue that has scarred the lives of thousands of women. Sexual violence is more than just physical abuse, it's damaging on so many levels like emotionally, physical and mentally. Copyright © 2000-2020. 123Helpme.com. All rights reserved.

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### **Ways to Ensure Women Safety**

Although the list of crimes is very long, we can take measures to ensure women's safety in our country. Firstly, the government must make stringent laws that ensure the punishment of criminals immediately. Fast track courts must be set so the victim gets justice instantly. This will serve as a great example for other men to not commit crimes against women.

Most importantly, men must be taught to respect women from an early age. They must consider women as equals so they don't even think of harming them. When you consider someone inferior, you tend to oppress them. If this thinking goes away, half of the crimes will automatically end.

In short, crimes against women are stopping the growth of our country. We must not put the blame on women and ask them to be extra careful. Instead, we must ask the men to change their thinking and work to make the world a safer place for women.

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