



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)

Department of Life Long Learning and Extension (DLLE) Unit, Ramniranjan Jhunjunwala College, Ghatkopar (Autonomous)

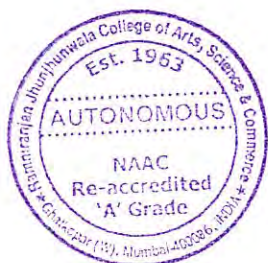
Report on projects carried out by registered students

Academic Year 2020-2021

Co-ordinator: Dr Vaishali Raikwar

Total beneficiaries:121

The Department of Life Long Learning and Extension is a statutory department under the Mumbai University formed in 1978 to promote meaningful and sustained rapport between the university and the community. The motto of DLLE is "TO REACH THE UNREACHED". The department carries out extension work projects encompassing social issues. Students get themselves registered for the projects by paying the registration fee of Rs 100. The First term training programme and Second term training session are arranged for the students. During the training teachers give insight about the activities to be conducted in the first term for the extension activities and also brief them about the format of the report to be submitted by the students at the year-end in second term training, details about the students participation in UDAAN festival and its benefit is also shared with the students.



PRINCIPAL

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5. Project Name: Annapoorna Yojana (APY)

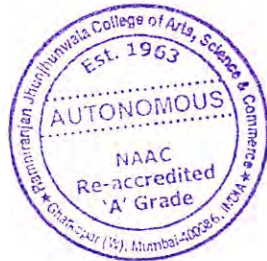
Teacher Incharge: Ms Priya Shetty

Number of beneficiaries: 05

Report on Annapoorna Yojana (APY)

The department conducts extension work projects involving social issues and development of skills among the students. One such project offered by DLLE is the Annapoorna Yojana (APY) and its objective is to make students understand the concept of small-scale business and increase the self-reliance approach. Two training programs are conducted for the students yearly. In the first training program, students are oriented by teachers. During the training, teachers provide insight into the activities to be conducted in the first term for the Annapoorna Yojana (APY) activity, as well as brief them on the format of the report to be submitted by the students at the end of the year in second term training. 5 students from various streams participated in Annapoorna Yojana (APY) in the year 2020-21.

Under this project, students organize twenty-five sales (items to be sold can be food items or non-food items) either weekly or on alternate days on the college campus or nearby area or at the functions (Modes – Online, stalls, by order). They must keep an account of the cost incurred, sale proceeds, calculate profit/loss, etc. The students maintain a record in the below format.



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List of students participated:

Sr No.	Class	Roll No.	Gender	Name	Email Id
01	FY BBI	59	M	Yadav Shivansh Ashok	shivansh123yadav@gmail.com
02	SY BCom	238	M	Inamdar MohdMehraj Hamid	inamdarmehraj1920@gmail.com
03	TY BBI	48	F	Gupta Shivani Sachchelal	shivani Gupta15299@gmail.com
04	TYBCom	226	F	Gupta MamtaGangaram Urmila	mg653828@gmail.com
05	TYBCom	308	F	Shaikh Rukhsana Mehdi Hasan	rukshanashaikh471@gmail.com




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Data / Records to be maintained:

Sr no	Date	Items	Qty. Pre-pared	Unit cost	Total cost	Qty. Sold	Unit Sale price	Total Sale Proceeds	Profit / Loss
1									
2									
...									
25									

Finally, upon completion of 120 hours of work on APY, the project report must be prepared in a systematic manner based on observations and analysis, and conclusions must be drawn by the students at the end of the year. The projects are then checked by In-charge teachers and then by Course Coordinator appointed by the University of Mumbai.

Students who participate in this activity gain qualities and skills such as time management, decision making, interpersonal relationships, self-confidence, communication skills and negotiating skills, and an understanding of production and marketing on a small scale.



J.P.
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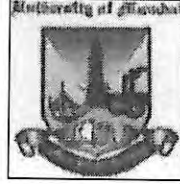
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UNIVERSITY OF MUMBAI

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

"EXTENSION WORK PROJECT REPORT"

Name of the Student: Gupta Mamta Gangaram Urmila

Class : Tybcom

Div : B

Roll No.:226

Name and Address of the College:Hindi Vidhya Prachar samiti RJ College of Arts, science and commerce (Autonomous) , Ghatkopar (w) , Mumbai _ 86

Name of the Extension Work Project: Anna purna Yojana


Priya Shetty

Signature of Extension Work Teacher

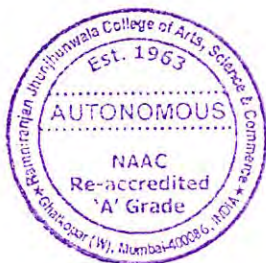
prof. Vaishali Dhaware


Signature of Field Co-ordinator

Signature of Principal

& College Seal

Signature of the Director, DLE with Seal




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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 would like to express my special thanks of gratitude to my teacher (Priya mam) as well as our principal (Usha mam) who gave me the golden opportunity to do this wonderful project on the topic Anna purna Yojana, which also helped me in doing a lot of research and I came to know about so many new things. I am really thankful to them.

Secondly I would like to thank my team manager (Priti), parents and friends who helped me a lot of in finalizing this project within the limited time frame. And lastly, I would like to thank all respondents with whom I interacted during my project for their kind cooperation in helping me to complete this project work successfully.

• My Reason for joining Extension Work Activity:

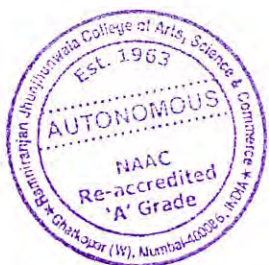
I joined DLLE unit to upgrade my self and also to know more about the status society like & dislike to help them by introducing about the polices . It helps me to express my thoughts and ideas in front of APY and other activities . Extension work helps me to develop and research skills

• 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

Gupta Mamta Gangaram Urmila is studying in RJ college,ghatkopar . During studying B. Com there is extension project work for that purpose our college has arranged a programme of lifelong learning activity. During this activity, research work has taken place. Within the market of a certain area. There is one activity of lifelong learning and extension work i.e.APY(Annapurna Yojana). For this extension work we all students paid 100/- whenever completing this extension work. University of Mumbai gives 10marks to each student participating during this programme.

So that all students try to be fulfil or perform this life long learning & extension work programme. So they develop their research minded thinking and communication with people or taste of fast food in society so we can understand the taste of fast food in our society.




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

Yes my expectations are fulfilled , while joining the Extension unit I only knowledge base article .

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

There are no any difficulties. As I write earlier due to pandemic situation we don't have to go anywhere else so I taken my area .

- How did you overcome the difficulties?

It's very easy to take sales in our own area , so there was no difficulties .

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

I have to take 20 stall in 1 h per day near by home college. And making chat of profit and loss.

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

I learned a lot of things through this extension activity like communication, how to build rapport, knowledge, how to analyze the data etc . Normally been all communication but how to communicate in proper way and professional manner,I learnt from these Extensions Activites.

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

In society, extension work helps in increasing productivity, enhancing skills and abilities, focusing on growth and helping people to work on their own future development

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

We have to talk about every people eat good food, don't waste the food , food are very important for life . It's very good activity .

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

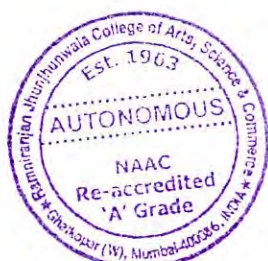
Extension work is good activity due to this situation had developed their inner abilities students try to participate try to acquire skill of research and communication in the society due to Extension work , students btry to get deep knowledge so that they develop there personality b, extension work should the guides and solve the problem .

Priti Aditya Chauhan

Mamta Gupta

Sign of Student Manager

Sign of Student




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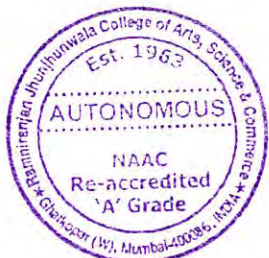
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- Name of the College & Community Level Activities in which student has taken active participation such as: street play, group songs, poster, elocution, speech, lessons, industrial visit, etc. (any other)

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 Hours	Signature of the Extension Work Teacher
1.	11 Nov20 20 to 20 Mar 2021	APY	25 Sales	Sales person	Place of sale (If online sale then write ONLINE)	NO	80+40 =120	



[Signature]
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Please give other details (if any):

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 2020	Zoom online Platform	"Dealing with Stress and Anxiety among children and Adolescents"	participant	231	2
iii.	Talk	Yes	19th Nov 2020	Zoom online Platform	"A New Age Women Entrepreneur: A Journey from Ps to Es"	participant	96	2
iv.	Talk	Yes	2 nd Jan 2021	Zoom online Platform	"HaritShapath" (Green Oath) an oath taking program on "Save The Earth"	participant	56	2
v.	Visits	--						
vi.	Street Play	--						
vii.	Any other Activity	Yes		Whatsapp group/Web site	APY	Sales person		120



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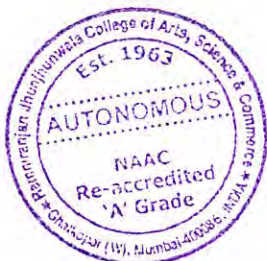
Healthy Food

Healthy food refers to food that contains the right amount of nutrients to keep our body fit. We need healthy food to keep ourselves fit. Furthermore, healthy food is also very delicious as opposed to popular thinking. Nowadays, kids need to eat healthy food more than ever. We must encourage good eating habits so that our future generations will be healthy and fit. Most importantly, the harmful effects of junk food and the positive impact of healthy food must be stressed upon. People should teach kids from an early age about the same.

Benefits of Healthy Food: Healthy food does not have merely one but numerous benefits. It helps us in various spheres of life. Healthy food does not only impact our physical health but mental health too. When we intake healthy fruits and vegetables that are full of nutrients, we reduce the chances of diseases. For instance, green vegetables help us to maintain strength and vigor. In addition, certain healthy food items keep away long-term illnesses like diabetes and blood pressure. Similarly, obesity is the biggest problems our country is facing now. People are falling prey to obesity faster than expected. However, this can still be controlled. Obese people usually indulge in a lot of junk food. The junk food contains sugar, salt fats and more which contribute to obesity. Healthy food can help you get rid of all this as it does not contain harmful things. In addition, healthy food also helps you save money. It is much cheaper in comparison to junk food. Plus all that goes into the preparation of healthy food is also of low cost. Thus, you will be saving a great amount when you only consume healthy food.

Junk food vs Healthy Food

If we look at the scenario today, we see how the fast-food market is increasing at a rapid rate. With the onset of food delivery apps and more, people now like having junk food more. In addition, junk food is also tastier and easier to prepare. However, just to satisfy our taste buds we are risking our health. You may feel more satisfied after having junk food but that is just the feeling of fullness and nothing else. Consumption of junk food leads to poor concentration. Moreover, you may also get digestive problems as junk food does not have fiber which helps indigestion. Similarly, irregularity of blood sugar levels happens because of junk food. It is so because it contains fewer carbohydrates and protein. Also, junk food increases levels of cholesterol and triglyceride. On the other hand, healthy food contains a plethora of nutrients. It not only keeps your body healthy but also your mind and soul. It increases our brain's functionality. Plus, it enhances our immunity system. Intake of whole foods with minimum or no processing is the finest for one's health. In short, we must recognize that though junk food may seem more tempting and appealing, it comes with a great cost. A cost which is very hard to pay. Therefore, we all must have healthy foods and strive for a longer and healthier life.




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Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

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A variety of foods that give you the nutrients you need to maintain health, feel good, and have energy. And also, nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is vital for our bodies. Being physically active and maintaining a healthy body, eating well is an excellent way to help your body stay strong and healthy. Rice, roti, lentils, green vegetables, milk, and yogurt, etc. come inside a healthy diet. We should all eat healthy food every day. Healthy food gives us a happy life. We should also eat fruits daily in a balanced diet. In today's time, we are forgetting the importance of a balanced diet and going away from healthy food, because of which the risk of diabetes and obesity in children is increasing. People are becoming more and more attracted to delicious food and are not paying attention to the quality of the food at all. Junk foods may be tasty, but they are not nutritious at all but are harmful to our health. A lot of illnesses arise for fried and packed food. We all should not eat junk food much but should make a balanced diet a part of our daily routine.

Preserved or canned food and other such foods are entirely unhealthy for the body. Over time, it causes severe illness and serious illnesses. Children who eat junk food often lack concentration. Also, you may have digestive problems because junk food does not contain fiber, which helps digestion. The blood sugar level is an irregularity caused by junk food. Because it contains fewer carbohydrates and protein. Also, junk food increases cholesterol and triglyceride levels.

Our children love colorful food, so feed them a slice of carrot radish, whose different colors will attract them. Not only the children, but the growing people should also take a balanced diet. We should keep our meals all three times, so they must have nutritious food.

We can eat outside sometimes, but we have to eat healthy every day. We should not eat junk food more often and should eat only fresh food. Eating healthy also helps you save money. It is cheaper than junk food.

Benefits of Healthy food

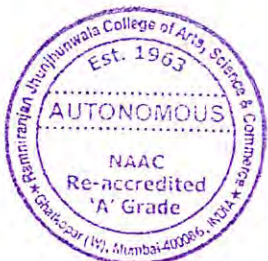
With this, the cost of all those who go to prepare a healthy diet is even less. When you consume only healthy food, you will save a considerable amount. We should consume regular sugar and avoid the use of excessive sugar and limit the use of sodium (salt). It should also be iodized salt.

1. Keeps the Brain Active and Energize

Healthy food is full of nutrients, and these nutrients provide us with energy and alertness. Therefore, we remain active. So, I suggest all of you eat healthy food, do exercise every day and be healthy, as health is wealth.

2. Keeps Away From Obesity

Healthy food also saves us from obesity as it helps us in managing unnecessary weight gain.




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According to W.H.O (World Health Organization)

Healthy food helps us to protect against malnutrition in all its forms, and noncommunicable diseases (NCD), including such as diabetes, heart disease, stroke, and cancer.

Keeping salt intake to less than 5 gram per day helps to prevent hypertension and reduces the risk of heart disease and stroke in the adult person. 2.5 million deaths per year are due to lack of vegetables, fruits in the diet, according to WHO, 20% of people do not use balanced diet because of cancer, 33% of people have heart attacks, and 10%, trauma. The reason for this is that, due to they take unhealthy food, 2.6 lakh people die every year.

3. Maintains Calories

It requires 1,600 to 2,400 calories per day for adult women and 2,000 to 3,000 calories per day for adult men. Within each age and gender category, the lower end of the range is for sedentary people; The high end of the scale is for active individuals.

4. Avoid Diseases

Eating unhealthy food like excessive oily, fat and spicy food may cause various types of health issues like chronic heart disease, ulcers, diarrhea and kidney failure. So, to avoid these types of health issues always eat healthy food.

5. Maintains Your Beauty

Eating healthy food keeps your skin always glowing. Eating fast food or junk food may harm your body beauty. Unhealthy oily food may cause problems like pimples and hair fall, which give you an ugly look.

Different Types of Healthy Food

Here is a list of some healthy food which you can try in your daily life to become stronger and beautiful-

Green Vegetables

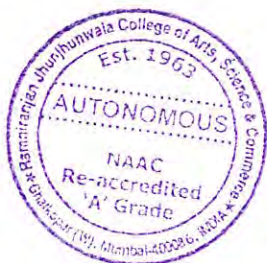
Fat and calories are the least found in green vegetables. Because of which it controls obesity. It is essential to keep the body healthy and better and control obesity. Along with this, the toxins of the body come out. The more green vegetables are eaten, the better it is for health.


Apples

Along with fiber and vitamin C, the right amount of various types of antioxidants is present in the apple. If you experience hunger even after eating, then apple can be a good option for you.

Strawberries

Strawberries are a healthy diet for those who want to lose weight for the minimal amount of carbs and calories. Strawberries contain a high percentage of vitamin C, Fiber, and Manganese, which make it a healthy diet.




Principal
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Milk: Excess of vitamins and minerals are present in milk. Also, milk has a high protein and fat content. Milk is considered the best source of calcium.

Eggs

I would like to tell you that eggs are one of the most nutritious foods in the world. Earlier, there was a mindset about eggs that, because of high cholesterol, eggs harm health. But it is now clear from the studies that egg consumption is entirely safe.

Lamb Meat

Sheep are usually fed grass, and sheep consume a wide variety of leaves, herbs and high amounts of Omega-3 fatty acid in its meat. Therefore, it is a tasty and nutritious diet for you.

Conclusion

In this way, a healthy diet improves thoughts, because of which peace is established in our home, and for this peace, our country will become a society. The sage monks of our country also give importance to a balanced diet.

He lived quite a long life, and he was powerful physically, kept calm, so healthy, and a proper diet is very important for our body and mind.





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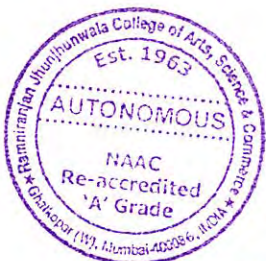
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Name of Sample: Mumbai Ghatkopar (West)
 Class: T.T. I Sem
 Roll No: 116
 Project: Bookkeeping (Practical Paper)

Sl. No. Date Item Quantity Unit Total Quantity Unit Total Sale Price (Rs.) Total Cost (Rs.) Profit (Rs.) Loss (Rs.)

1	15/11/2018	Books	15	10	200	13	20	180	10	30	-
2	16/11/2018	Stationery	25	10	200	11	20	180	30	-	-
3	18/11/2018	Books	15	10	150	12	20	130	10	30	-
4	22/11/2018	Stationery	20	10	250	12	20	230	30	-	-
5	23/11/2018	Books	25	10	250	12	20	230	30	-	-
6	24/11/2018	Books	35	10	450	14	20	430	30	-	-
7	26/11/2018	Books	20	10	250	11	20	230	30	-	-
8	27/11/2018	Books	35	10	250	15	20	230	30	-	-
9	27/11/2018	Stationery	15	10	250	14	20	230	30	-	-
10	27/11/2018	Books	20	10	200	12	15	185	30	-	-
11	28/11/2018	Books	20	10	200	15	15	185	30	-	-
12	28/11/2018	Books	20	10	200	10	15	185	30	-	-
13	28/11/2018	Books	20	10	200	13	15	185	30	-	-
14	29/11/2018	Books	20	10	200	14	15	185	30	-	-
15	29/11/2018	Books	20	10	200	16	15	185	30	-	-
16	29/11/2018	Books	20	10	200	15	15	185	30	-	-
17	29/11/2018	Books	20	10	200	14	15	185	30	-	-
18	29/11/2018	Books	20	10	200	13	15	185	30	-	-
19	29/11/2018	Books	20	10	200	15	15	185	30	-	-
20	29/11/2018	Books	20	10	200	15	15	185	30	-	-
21	29/11/2018	Books	50	5	250	20	10	240	30	-	-
22	29/11/2018	Books	50	5	250	22	10	240	30	-	-
23	29/11/2018	Books	50	5	250	26	10	240	30	-	-
24	29/11/2018	Books	50	5	250	23	10	240	30	-	-
25	29/11/2018	Books	50	5	250	26	10	240	30	-	-



[Signature]
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UNIVERSITY OF MUMBAI

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

"EXTENSION WORK PROJECT REPORT"

Name of the Student: Inamdar MOHD Mehraj Hamid

Class : SY B Com

Div: B

Roll No.: 238

Name of the college: Hindi Vidya Prachar Samiti's Ramniranjan Jhunjunwala College (AUTONOMOUS)
Opposite Ghatkopar Railway Station, Ghatkopar West Mumbai 400086.

Name of the Extension Work Project: Annapurna Yojana


Priya Shetty

Prof. Vaishali Dhaware

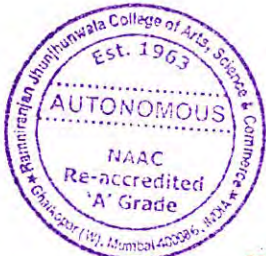
Signature of Extension Work Teacher

Signature of Field Co-ordinator

Signature of Principal

& College Seal

Signature of the Director, DLLE with Seal




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- **Acknowledgement of the student**

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

I would like to thank my project guide Principle Dr. Himanshu Dawada, for his expert guidance and uplifting inspiration, continuous support, and cooperation throughout my project without which the present work would not have been possible. Despite his busy schedule and overwhelming responsibilities, he is always extended full attention, patient hearing, and complete support to me, without the present profession could not have come to light. For his keen interest, valuable discussion, constructive criticism, timely advice, and able guidance, it has been possible on my part to plan, review and give shape to my dissertation work.

It is also my humble duty to record my gratitude and indebtedness to everyone concerned about my present work.

I am immensely grateful to my all esteemed faculty, Prof. Pravin Nayak, Prof. Priya Shetty, Prof. Vaishali Raikwar, and Miss. Aarti Sahu, Miss. Preeti Chauhan.

This project has been a great learning experience for me and I would like to express my gratitude towards all the people who have guided me throughout and without whose guidance and support this project would not have been completed successfully.

And lastly, I would like to thank all respondents with whom I interacted during my project for their kind cooperation in helping me to complete this project work successfully.

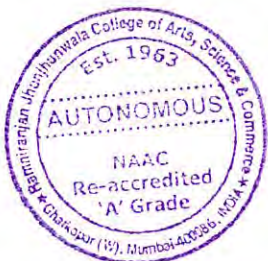
- **My Reason for joining Extension Work Activity:**

Extension work helps me to develop the research skill. It helps me to develop communication skills and interview with in 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

MOHD Mehraj Hamid Inamdar is studying in RJ college, Ghatkopar . During studying B. Com there is extension project work for that purpose our college has arranged a programme of lifelong learning activity. During this activity, research work has taken place. Within the market of a certain area. There is one activity of lifelong learning and extension work i.e. APY(Annapurna Yojana). For this extension work we all students paid ₹100/- whenever completing this extension work. University of Mumbai gives 10marks to each student participating during this programme.




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So that all students try to be fulfil or perform this life long learning & extension work programme. So they develop their research minded thinking and communication with people or taste of fast food in society so we can understand the taste of fast food in our society.

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

I hope, with the help of this extension. Yes my expectations are fulfilled , while joining the Extensionunit I only knowledge base article .

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

Yes, I faced the difficulties to maintaining food in slums areas in lockdown.

- **How did you overcome the difficulties?**

With the help of our SD .It's very easy to take sales in our own area , so there were no difficulties .

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

I have to take 20 stall in 1 h per day near my home and college. And making chart of profit and loss.

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

Sometimes gains in business & loss. It fluctuated in business.

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

In society, extension work helps in increasing productivity, enhancing skills and abilities, focusing on growth and helping people to work on their own future development

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

We have to talk about how people eat good food, don't waste the food, food is very important for life . It's a very good activity.




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

Extension work is good activity due to this situation had developed their inner abilities students try to participate try to acquire skill of research and communication in the society due to Extension work , students btry to get deep knowledge so that they develop their personality, extension work should the guides and solve the problem .

Priti Aditya Chauhan

Inamdar MOHD Mehraj Hamid

Sign of Student Manager

Sign of Student

- **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	<u>Name of the activity such as:</u> street play, group songs, poster, elocution, speech, lessons, etc.	<u>Topic of the activity:</u> (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 Hours	Signature of the Extension Work Teacher
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1.	11 Nov20 20 to 20 Mar 2021	APY	25 Sales	Sales person	Place of sale (If online sale then write ONLINE)	NO	80+40 =120	
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Please give other details (if any):

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 2020	Zoom online Platform	"Dealing with Stress and Anxiety among children and Adolescents"	participant	231	2
iii	Talk	Yes	19th Nov 2020	Zoom online Platform	"A New Age Women Entrepreneur: A Journey from Ps to Es"	participant	96	2
iv	Talk	Yes	2nd Jan 2021	Zoom online Platform	"HaritSha path" (Green Oath) anoath taking program on "Save The Earth"	participant	56	2
v	Visits	--						
vi	Street Play	--						
vii	Any other Activity	Yes		Whatsapp group/Web site	APY	Sales person		120



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(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

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ESSAY

Status Of Women In India

Jawaharlal Nehru once stated that the status of women could determine a nation's worth. The ancient Indian culture deprived women of rights and equality with men. As a result of their deprivation, eminent people like Raja Ram Mohan Roy and Swami Vivekananda started a movement against women's struggle with subjugation and inequality.

Mahatma Gandhi induced the revival of women's position through active participation in the Freedom Movement. Since Independence, the status of women in India has slowly gained momentum.

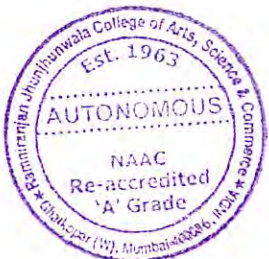
Through social evils like the Female Infanticide, Sati system, Child Marriage, and Dowry system, a nation's overall growth decline. The true liberation for women is possible only when people change their conservative attitudes towards women.

Women are considered as the soul of a society. They are self-trained and self-empowered humans responsible for the moral and overall development of their children. They are a great inspiration to the family and a leading example to the society.

The social stratification of women in India considers them as a second rate citizen of the country. This subjugation is no more atrocious than the violence a woman experiences in her domestic setup. The act of violence and sexual abuse against a woman is active even today in every society in the boundaries of education, class, age, and culture.

The status of women in India has undergone many great changes over the past few Millennia-from a a largely unknown status in ancient times through the low points of the medieval period, to the promotion of equal rights in recent decades. In the ancient time the primary duty of women was service to one's husband. Scholars, however, believe that in ancient India, women enjoyed equal status with men in all fields of life.

Works by ancient Indian Grammarians such as Patanjali and Katyayana suggest that woman were educated in the early Vedic period. Rigvedic verses suggest that the woman married at a mature age and where probably free to select dear husband Gargi and Maitreyi where notable women stages mention in in scriptures such as Rig Veda and upanishads.




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According to study the status of women begin to decline with the smritis especially manusmriti. The Islamic invention and later Christianity curtailed women freedom and rights. Although reformatory movement such as Jainism allowed women to be admitted to the religious order by and large the woman in India face confinement and restrictions. Sati, child marriage and a ban on Widow remarriages became part of social life in India.

The Muslim conquest in the Indian subcontinent brought the purdah practise in the Indian society. Among the Rajput of Rajasthan, the Jauhar was practice. In some parts of India the Devadasis all the temples women were sexually exploited. In many Muslims families women were restricted to zenana areas.

In spite of this conditions they were as some women expelled in the field political, literature, education and religion. Prominent among them Razia Sultan, Chand Bibi, Mirabai, Akka Mahadevi, Rami Janabai and Lai Ded. Some bhakti sects and Guru Nanak preached the message of equality between men and woman.

During the British Raj, many reformers such as Ram Mohan Roy, Ishwar Chandra Vidyasagar, Jyotirao Phule etc; fought for the Upliftment of the women. Raja Ram Mohan Roy's efforts led to the abolition of the sati practice in 1829. Ishwar Chandra Vidyasagar Cursed for the improvement in conditions of widows led to the widow remarriage at of 1856. Many women reformers such as Pandita Ramabai also have the causes of women upliftment. Rani Lakshmibai Bhai and Begum Hazrat Mahal are notable women who led the revolt of 1857. Women also played an important part in India's Independence struggle some of the famous freedom fighters include Sarojini Naidu, Dr Annie Besant, Vijayalakshmi Pandit, Rajkumari Amrit Kaur, Aruna Asaf Ali, Sucheta kiplani and Durgabai Deshmukh, Chandramukhi Basu, Kadambini Ganguly and Anandi Gopal Joshi where few of the earliest Indian women to obtain educational degrees.

In modern India, traditions such as Sati, Jauhar and Devdasi have been banned and are largely defunct. However, the purdah is still practiced by many Indian women, and child marriage remains prevalent despite it begins and illegal practice under current Indian laws. Women now participate in all the activities such as education, politics, media, art and culture, services sector, Science and Technology etc.

The constitution of India guarantees to all Indian women equality (Article 14), no discrimination by the state (Article 15 (1)), equality of opportunity (Article 16) and equal pay for equal work (Article 39(d)).




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In addition, it allows special provisions to be made by the state in favour of women and children (Article 15(3)), renounces practices derogatory to the dignity of women (Article 51(A) (e)), and also allow for provisions to be made by the state for securing just and humane conditions of work and for Maternity relief (Article 42).

The feminist activism in India picked up the momentum during 1970s, which forced the government to amend the evidence act, The Criminal Procedure Code and the Indian penal code and introduced the category of custodial rape. Female activists a united over issues such as female infanticide, gender bias, women health, and female literacy. Many women groups launched anti-liquor campaign in Andhra Pradesh, Himachal Pradesh,

In 1990s grants from foreign donor agencies enable the information of new Women-Oriented NGOs. Self help groups and NGO search as Self Employed Women's Association (SEWA) have played a major role in women's right. Many women including Medha Patkar (Narmada Bachao Andolan) have emerged as leaders of local movement. The most prominent Indian women are Indira Gandhi, Pratibha Patil and Mira Kumar the trio holds the distinction of being the Prime Minister, President and Speaker of the lok sabha respectively.

The steady change in the position of women can be highlighted by looking at what has been achieved by women in the country since independence. In 1951 Prem Mathur became the first Indian women commercial pilot of the Deccan Airways. In 1959 Anna Chandy became the first Indian woman judge of a Kerala High Court. In 1972 Kiran Bedi became the first female recruit to join the Indian police service.

In 1984 Bachendri Pal became the first Indian woman to climb Mount Everest. In 1989 Justice M Fatima beev become the first woman judge of the supreme court of India. In 1993 Priya Jhingan became the first woman to be commissioned into the Indian Army. In 1994 Harita Kaur Deol Became the first Indian woman pilot in the Indian Air Force (IAF), on a solo flight. In 2000 Karnam Malleswari became the first indian woman to win an olympic medal. The year 2001 is seen as a landmark as it was declared the year of women employment (swashakti) by the government of india. The National Policy for the Empowerment of women was also passed the same year. Two states are Kerala and Mizoram have attained universal female literacy rates. In urban India, girls are nearly at par with the boys in terms of education. As regards workforce participation, contrary to the common perceptions, a large percent of women in India work. In Urban India, women have impressive numbers in the workforce and are at par with their male counterparts in terms of wages and positions at the workplace. In fact, 30% of the workforce in the software industry is female. In rural India, agriculture and allied industrial sectors employ almost 90% of the total female labor. In overall farm production, women's average contribution is estimated at around 60% of the total labour. Women account for more than 90% of the total employment in dairy production in India. They also constitute 50% of the total employed in the forest- based small-scale Enterprises.



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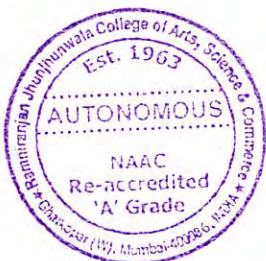
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Sales Record:

Sales Record										
Date Received										
No.	Date	Item	Quantity	Unit	Total	Quantity	Unit	Total	Profit	Loss
			Proposed	Cost	Cost	Sold	Price	Revenue	(Rs.)	(Rs.)
			Price	(Rs.)	(Rs.)		(Rs.)	(Rs.)		
1	21/11/2021	Pani Puri	15	10	150	17	15	165	15	-
2	21/11/2021	Pani Puri	10	10	100	10	15	150	50	-
3	21/11/2021	Pani Puri	10	10	100	10	15	150	50	-
4	21/11/2021	Pani Puri	15	10	150	13	15	195	45	-
5	21/11/2021	Pani Puri	20	10	200	14	15	210	10	10
6	21/11/2021	Pani Puri	10	10	100	6	15	90	-	10
7	21/11/2021	Pani Puri	15	10	150	7	15	105	-	45
8	21/11/2021	Pani Puri	20	10	200	11	15	165	-	35
9	21/11/2021	Fruitlers	5	10	50	5	15	75	25	-
10	21/11/2021	Fruitlers	7	10	70	4	15	60	-	10
11	21/11/2021	Fruitlers	9	10	90	8	15	120	30	-
12	21/11/2021	Fruitlers	10	10	100	7	15	105	5	-
13	21/11/2021	Fruitlers	6	10	60	3	15	45	-	15
14	21/11/2021	Dahi Vada	5	15	75	5	20	100	25	-
15	21/11/2021	Dahi Vada	10	15	150	8	20	160	10	-
16	21/11/2021	Dahi Vada	7	15	105	5	20	100	5	5
17	21/11/2021	Dahi Vada	8	15	120	6	20	120	-	-
18	21/11/2021	Dahi Vada	8	15	120	7	20	140	-	10
19	21/11/2021	Dahi Vada	10	15	150	9	20	180	45	-
20	21/11/2021	Dahi Vada	9	15	135	9	20	180	45	-
20	21/11/2021	Fruit Salad	11	20	220	9	25	225	5	-
21	21/11/2021	Fruit Salad	13	20	260	10	25	250	-	10
22	21/11/2021	Fruit Salad	15	20	300	10	25	250	-	50
23	21/11/2021	Fruit Salad	15	20	300	9	25	225	25	-
24	21/11/2021	Fruit Salad	10	20	200	9	25	225	25	-
24	10/12/2021	Fruit Salad	9	20	180	8	25	200	20	-
25	15/12/2021	Fruit Salad	7	20	140	7	25	175	35	65



[Signature]

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