



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: 07/09/2020

AS A PART OF STUDENT CAPACITY BUILDING INITIATIVE IN COLLABORATION WITH ROTARACT CLUB RAMNIRANJAN JHUNJHUNWALA

As a part of community service project a session "Domestic Violence Awareness" is organized under initiative 'NAARI- National Awareness about Assaults Recurring in India' to create awareness about domestic violence and relevant rules & regulations for the same. The event will be held on 11th September, 2020 at 6pm onwards.

The detail for joining session:

Meeting ID: 918900988

Passcode: 346635

All are cordially invited.


Prof. Kalaiselvi Nadar

BMS Coordinator




Dr. Himanshu Dawda

Principal
7/2 PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400086, Maharashtra, INDIA

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Project Name Domestic Violence Awareness

Venue online- Zoom

Time Stamp 2020-11-10m 14:27:39.235529

Reporting Month October Quarter Two

Project Status On Time Avenue I Community Service

Start Time 11-10-2020 18:00:00 End Time 11-10-2020 19:30:00


Project Level Club

Under the Community Service Avenue of Rotaract Club of Mumbai Mulund South, we have an ongoing initiative called NAARI - National Awareness About Assaults Recurring in India. October is the Domestic Violence Awareness Month, and we decided to observe it by creating awareness among youth and other masses regarding the sensitivity of Domestic Violence. Over the years, the registered cases of domestic violence has been increasing by a huge margin, and these don't even take into account the unregistered cases. The lockdown has seen a huge spike in the number of cases, which is more than the cases considered for 10 years together. When people hear about domestic violence, they often feel that it is physical assault that results in invisible injuries to the victim. What people are not aware of is that there are 12 types of domestic violence, and it might not be carried by just the spouse, but by the family and in-laws as well. This session aimed at spreading awareness on this topic, and getting to know as much as we can to recognize the signs and help preventing it. We associated with Miss. Sneha Sathendran as the speaker for this session. She is a counselling psychologist and a wellness entrepreneur, and is founder of "Lend An Ear" and "A Better You Foundation". She is also the author of the book "Why does she Stay?", which revolves around the theme of domestic violence and abusive relationships. The plan for the session was discussed with her, and the topics to be covered were finalized. Multiple Rotaract clubs were contacted for the collaboration, as we aimed to create awareness on a huge level, benefiting as many people as possible. Confirmation was received from 10 clubs. A WhatsApp Group was created for ease of communication, which included a point of contact from each collaborating club.

We collaborated with 10 other rotaract clubs for this project. A total of 160 participants were present for the session and were able to understand more about Domestic Violence. The collaborating clubs from other district are-

- Rotaract Club of Thane North End, R.I.D 3142
- Rotaract Club of KBP Premium, R.I.D 3142
- Rotaract Club of Billabong High International School, Thane, R.I.D 3142
- Rotaract Club of Thane Downtown, R.I.D 3142
- Rotaract Club of K.C College of Engineering, R.I.D 3142




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The major topics covered in the session were:

1. What are the types of toxic and abusive relationships.
 2. Signs of such relationships / Flags and types of flags one should recognize.
 3. What is Gaslighting and it's signs, how should one react to gaslighting.
 4. What should the victim do and how can others help the victim.
 5. Why are women attracted to control / over possessiveness, which can be toxic.
 6. Why don't women get out of the relationship, and what makes it so hard.
 7. Abuser's Trauma
 8. How to increase self awareness, to look out and be more mindful of such situations.
- Once all the topics were discussed, QnA session, where all the participants got their questions and doubts cleared.

• At the end of the session , Ms. SnehaSaheendran was presented with a Certificate of Appreciation for

her support. All the collaborating clubs and participants were acknowledged for their enthusiastic participation. Miss. SnehaSaheendran, our speaker for the session:

RCMMS has been playing a pivotal role in the inception and implementation of raising voices and creating awareness on multiple socially impactful concerns. It is an applaud worthy effort from their entire collective. As someone who has seen their efforts first hand and their contribution towards their work, it is truly a noble step. Recently I was a part of an online awareness session on the prevalent and important topic of Domestic Violence Awareness. It was a two hour session where the gambit of multiple areas of the topics were discussed and also how can we help women around. A topic of this stature definitely needs the voice in the society and I am very happy to witness RCMMS igniting the same. Looking forward to multiple future collaborations with them and wishing them congratulations for all their amazing work.




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ATTENDANCE

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Mouzzam	Khan	16	vikas	prajapati
2	Shubhada	Avate	17	ShaikhSohel	SalimShaikh
3	Rohan	Jana	18	Ankit	Pandey
4	Esha	Singh	19	Pratik	Jagadale
5	Aditi	Upadhya	20	Sakshi	Singh
6	Tulsi	Singh	21	Supriya Rajesh	Baranwal
7	Nupur	Rathod	22	Chaitanya	Thakur
8	Shahin	Shaikh	23	Tapisha	Belkond
9	Akash	Varma	24	Sushil	Gosavi
10	Surbhi	Singh	25	SayyedZakir	Israr Ahmed
11	Neha	Pandey	26	Deepak	Yadav
12	Atharva	Talwar	27	Manju	Yadav
13	Sahana	Shaikh	28	Aditi	Sharma
14	Aarti	Prajapati	29	Vandana	Dalai
15	Yukti	Verma	30	Adarsh	Singh




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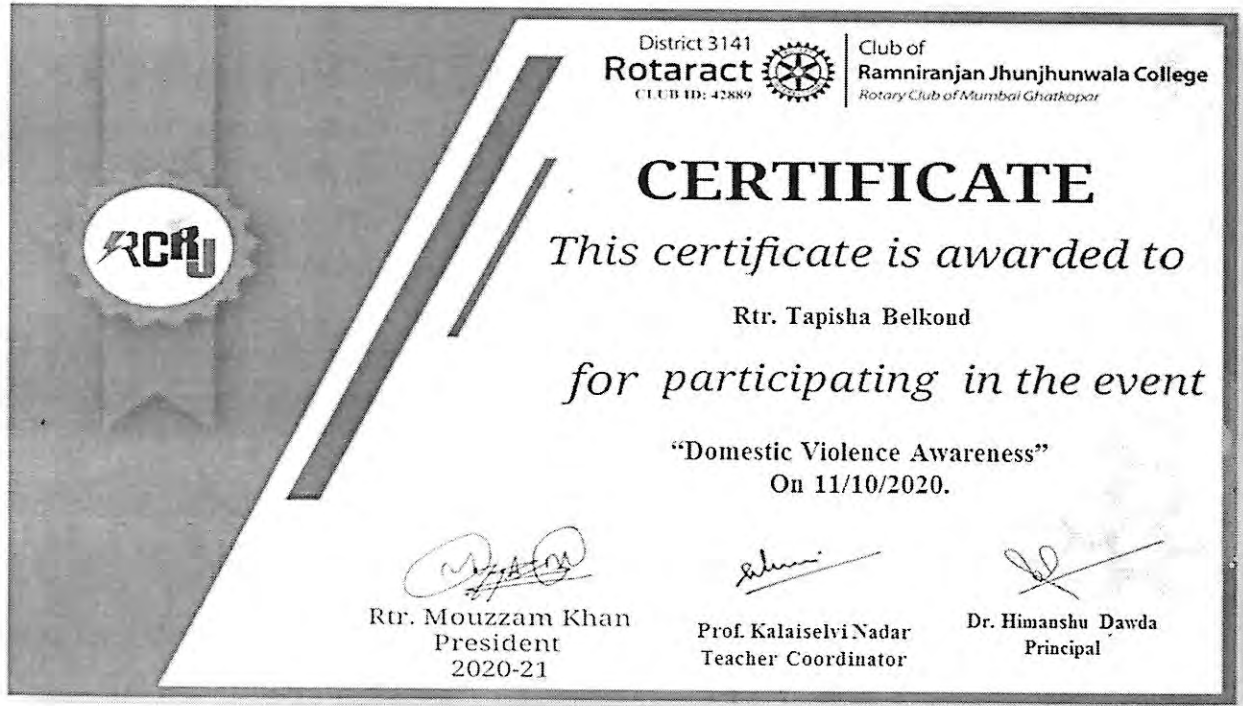
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Domestic Violence Awareness



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