



# DEPARTMENT OF LIFELONG LEARNING AND EXTENSION (DLLE)

**"Distance shouldn't be a factor in learning but hard work, focus and hustle should be".**

The Department of Lifelong Learning & Extension (DLLE) has been recognized as a Statutory Department of the University of Mumbai since 1994. It aims to promote a sustained rapport between the University & the Community. The Extension dimension of the Department facilitates the sensitization of the students to the socio-cultural realities. The department offers extension work projects encompassing social issues to the students.

The Department is spearheaded by Dr. Shami Nimgulkar- Kamble (Economics Department) & three most enthusiastic teachers Dr. Mahendra Pachadkar (Law Department), Mr. Sandeep Gupta (Mathematics & Statistics Department) and Ms. Priyanka Radhakrishnan (Self-Financing Courses). To ensure efficiency in the execution of the extension work & to assist the teachers in the work involved, the extension activity of the Student Managers was felt pivotal. The pillars of the department (Student Managers) were: Mr. Omkar Mahadik, Mr. Adwait Khatu, Mr. Rhutik Kokate and Mr. Ronak Jain.

The year saw an onset of pandemic and as per the University circulars all extension activities were to be conducted online. To encourage students to join DLLE we made a promotion video that narrated the activities undertaken by DLLE in the yesteryears. The video was also uploaded it on the college You Tube page ([https://youtu.be/\\_ILOFXuwgKQ](https://youtu.be/_ILOFXuwgKQ)). The video was well received by everyone. On receipt of the circular from the university to enroll students on 7th September, 2020 the Department of Life Long Learning & Extension (DLLE) of our college began the process of enrollment and we enrolled a total of 109 students for the academic year 2020-2021.

The Department this year enrolled students under 2 extension work projects:

1. "Survey of Women's Status (SWS)" and
2. "Population Education Club (PEC)".

The purpose of SWS project is to make the students sensitized about the problems faced by women & to generate a sense of realization among students to be a contributory factor towards their empowerment. Our students conducted a survey of women in the age group of 20-60 years. They interviewed 25 to 50 women each in the areas chosen under the project. These projects thus provide a forum for exchange of ideas, innovations, amassing knowledge & provides a chance to increase the representative voice of those traditionally under-served & ignored in society.

The purpose of PEC is to educate the present generation about population, development and environment for a better quality of life of their own and at their future generations.

The Extension work teachers attended:

1. The First Term Training Programme hosted by K.J.Somaiya College of Science and Commerce on 9th November, 2020.
2. One Day Online Workshop on Swachata Action Plan with support of Ministry of Human Resource Development, Government of India on 27th August, 2020.
3. The Second Term Training Programme organized by our field coordinator – Dr. Sulbha Raorane on 24th March, 2021.

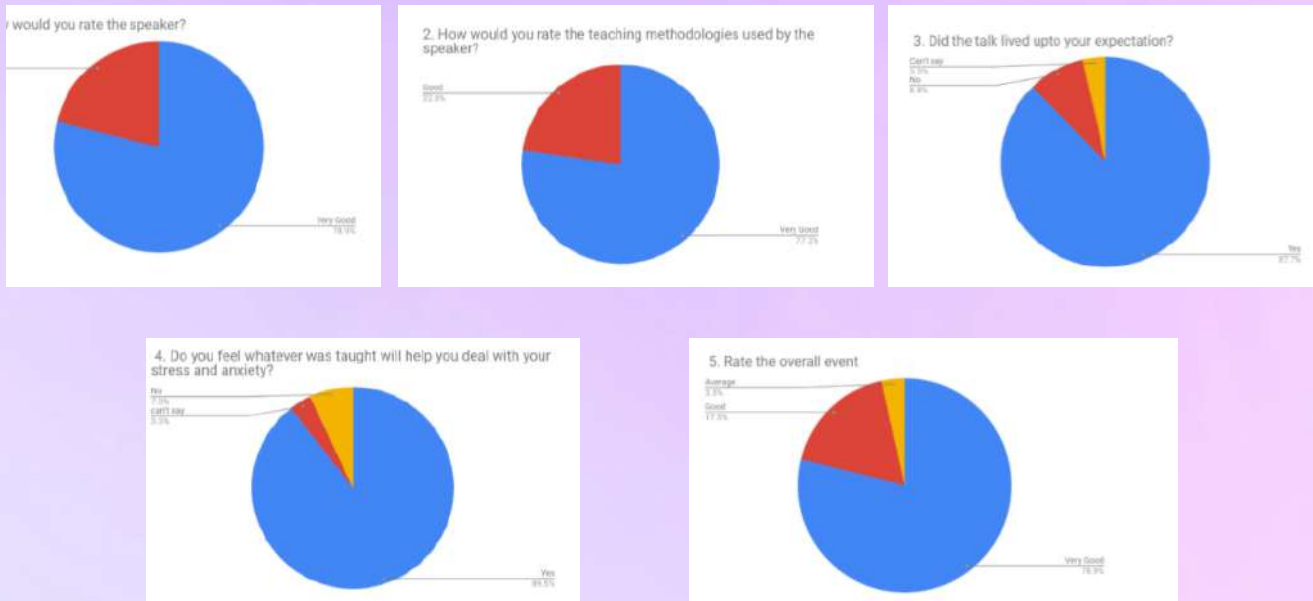
Our Field Coordinator Dr. Sulbha Raorane addressed & guided our extension students in both the terms. Her valuable guidance helped the students in completing their project work.

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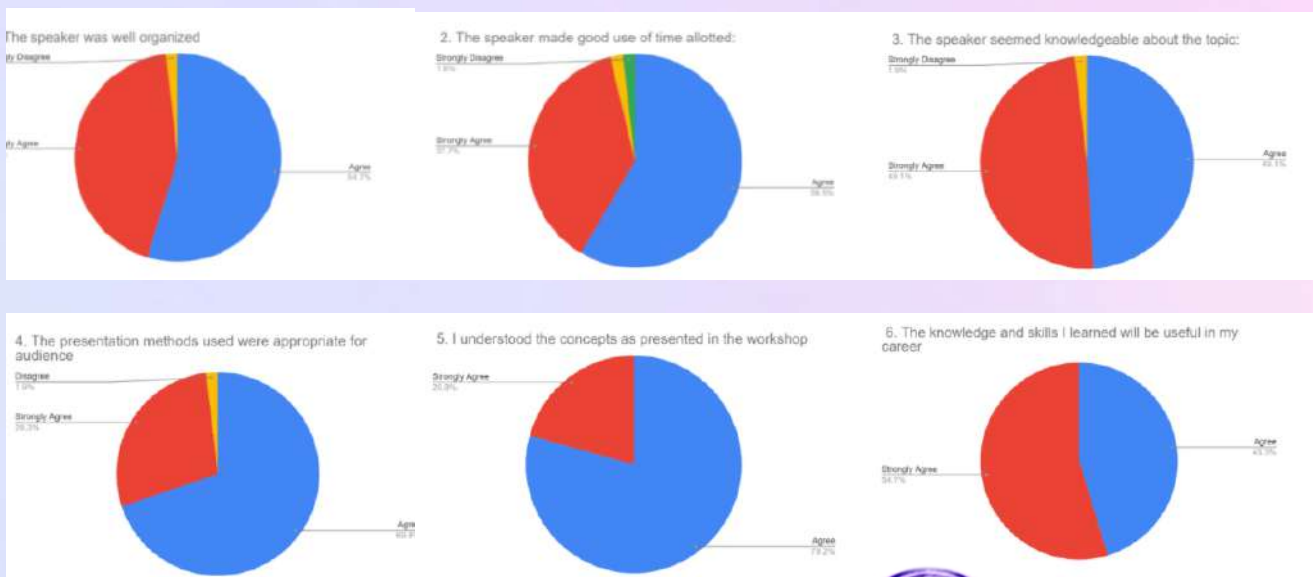


**List of activities conducted in the Academic Year 2020-2021 are as follows:**

- Pandemic time pushed us all into this online mode!!! So, we began by training students on how to make google forms. We conducted two such training sessions on 4th January, 2020 for degree students and 13th January, 2021 for SFC students. Our extension teacher Mr. Sandeep Gupta guided and trained our students on this.
- Research all over the world suggested that the isolation caused because of the lock down pushed many youngsters into anxiety and depression. So, the Department organized an Online Workshop on - "Treating the Pandemic Wave of Anxiety and Depression Among Youngsters" on 16th January 2021. The workshop was devised to train students on how to handle the mind and overcome such negative emotions. Mr Amol Wagle, International Faculty, Art of Living was invited as a resource person for this session. The workshop was well received by the students and a brief summary of the feedback is mentioned below:



- We organised a Two- Day Online Workshop on “How to write a good research paper” on 3rd and 4th March, 2021. Dr. Swati Desai, Research Guide, JJT University was invited as the resource person for this workshop. The objective of this workshop was to explain students about each component of research paper and also to explain students on how to analyse the data using Excel. The workshop was well received by the students and a brief summary of the feedback is mentioned below:



*Amol*

# PRIZES FOR RESEARCH ARTICLES OF -SANSHODHAN 2021

1 <sup>st</sup> Rank	Title of the Research Topic	Names of Students	Class	Strength of the Research Article
Group 10	EXERCISE, FITNESS AND LITERATION- WAYS TO COPE WITH STRESS	Dhuri Dhruvisha Mangesh Manali	SYBCOM A	Analysis and Data Interpretation
		Bhannu Rutuja Sandeep Smita	SYBCOM A	
		HORANA KARISHMA MUKESH SHARMILA	SYBCOM A	
		GHADGE LALITA RAJARAM VAISHALI	SYBCOM A	
		Bhagde Harshada Milind Manali	SYBCOM A	
		Dhanavde Priya Vishnu Vira	SYBCOM A	

2 <sup>nd</sup> Rank	Title of the Research Topic	Names of Students	Class	Strength of the Research Article
Group 7	How to flatten the emotional distress curve caused due to COVID-19	KOTIAN SHIVANI PRAKASH RESHMA	TYBCOM B	Analysis and Data Interpretation
		Satghare Vedant Vijay Romali	TYBCOM B	
		Tarvi Bannoikar	TYBCOM C	
		Charvan Vaidehi Naresh Pooja	TYBCOM C	
		MISHRA ANKITA SANJAY MASMITA	TYBCOM B	

3 <sup>rd</sup> Rank	Title of the Research Topic	Names of Students	Class	Strength of the Research Article
Group 9	REDUCING THE TEEN LITERACY RATE DUE TO FREQUENT TEXTING	Bharis Sanjay Purvi Manin	SYBCOM A	Analysis and Data Interpretation
		Bhindee Shruti Santosh Suvarna	SYBCOM A	
		Ansari Rizwan	SYBCOM A	
		Ghag Gauri Nitin Neta	SYBCOM A	
		CHIKHALE SAVITA UDDHAV KEVAL	SYBCOM A	
		Ghage Javri Manoj Angha	SYBCOM A	

1 <sup>st</sup> Consolation	Title of the Research Topic	Names of Students	Class	Strength of the Research Article
Group 3	A STUDY TO ASSESS SUSTAINABILITY ON DAILY ROUTINE AT HOUSEHOLD	Lokegankar Manav Pambodhan Manali	FYBCOM C	Questionnaire Data analysis and interpretation (however should have explained in terms of percentages, rather than numbers)
		Miyekar Mrunali Sandi Nilima	FYBCOM C	
		Kandwaha Sargma Rajesh Kumar Smita	FYBCOM C	
		Marolga Rushin Divyesh Daksh	FYBCOM C	
		Lotekar Mayuri Ramanath Rachita	FYBCOM C	

2 <sup>nd</sup> Consolation	Title of the Research Topic	Names of Students	Class	Strength of the Research Article
Group 5	A STUDY TO ANALYSE ANXIETY AND DEPRESSION AMONG YOUNGSTERS DURING COVID-19 PANDEMIC	Swarangi Joshi	TYBCOM A	All components added neatly and explained well
		Smitanjali Behera	TYBCOM A	
		Priyanka Banawal	TYBCOM A	
		Ritika Gaur	TYBCOM A	
		Abhishek Anantwar	TYBCOM A	

3 <sup>rd</sup> Consolation	Title of the Research Topic	Names of Students	Class	Strength of the Research Article
Group 6	Changing household expenditure pre and post covid 19	Jain Ayushi Dilip Jyotsna	TYBCOM A	Questionnaire Data analysis and interpretation
		Tahir Idrisi	TYBCOM A	
		Jain Vidya Mohlal Pushpa	TYBCOM A	
		Joshi Bhakti Nityanand Kamla	TYBCOM A	
		Joshi Himani	TYBCOM A	
		KHAN HAJRA NISAR AHMAD JAMILA	TYBCOM A	
		Karajiya Vaishali Santosh Gayatri	TYBCOM A	

## BEST VIDEOS – SFC :

Congratulations !!!!				
PRIZE	NAME	CLASS	THEME	STRENGTH OF THE VIDEO
1 <sup>st</sup>	Riya Dhakan	TYBMS A	Famous Women Athletes of the World	Content, message, presentation, engagement with the audience
2 <sup>nd</sup>	Anushree Kokate	FYBAF B	Top 10 women achievers in India	Content, End note
3 <sup>rd</sup>	Rahul Jangid	FYBAF B	Rani Lakshmi Bai- Warrior of Jhansi	Start quote, Background music, engagement with the audience
1 <sup>st</sup> Consolation	Prarajy Ladbde	FYBAF B	Women Leaders in the World	Content, engagement with the audience
2 <sup>nd</sup> Consolation	Yukta Bobra	FYBAF A	Struggle of Woman from Womb to Tomb	Narration in own voice, matter
3 <sup>rd</sup> Consolation	Shivani Damani	FYBBI A	Traditional role of women – fetching water from long distances and health issues related to it.	Content

## BEST VIDEOS – DEGREE :

PRIZE	Group No	THEME	STRENGTH OF THE VIDEO
1 <sup>st</sup>	4	Meditation and Exercise-Ways to live a Stress-free life	Content, message, presentation, engagement with the audience, (Characters (personal involvement)
2 <sup>nd</sup>	7	Save our Seas	Content, message, presentation, engagement with the audience
3 <sup>rd</sup>	10	Women's Safety- Self-Defence Tips	Content, message, Characters (personal involvement)
1 <sup>st</sup> Consolation	13	Women Achievers of India and their Achievements	Content, engagement with the audience
2 <sup>nd</sup> Consolation	6	Pros and Cons of Online Higher Education	Funny, pointed out the reality quite well
3 <sup>rd</sup> Consolation	1	Save Tigers	Content

## BEST PPT AND PRESENTATION:

CONGRATULATIONS !!!!				
Rank	Name	Class	Topic	Marks out of 10
1 <sup>st</sup>	Bobra Yukta Rajesh	FYBAF	The Medical Termination of Pregnancy (MTP) Act 1971	9
2 <sup>nd</sup>	Ranasaria Krishna Arvind	TYBMS	Role of National Commission for Women in Protection of Women in India	8
2 <sup>nd</sup>	Dudheria Raviraj Ranjeet	M.COM II	Provisions under Dowry Prohibition Act ,1961 to save women from dowry death	8
2 <sup>nd</sup>	Dhakan Riya Rajendra	TYBMS	The National Plan of Action for the Girl Child (1991-2000)	8
3 <sup>rd</sup>	Keni Gauravi Shambo	FYBAF	Features of National Policy for the Empowerment of Women in India	7

## BEST ESSAYS: DEGREE:

CONGRATULATIONS..!!!!!!				
Rank	Name	Class	Topic	Marks out of 10
1 <sup>st</sup>	Jain Vidya Mohlal Pushpa	TYBCOM -A	Status of women in India	10
2 <sup>nd</sup>	Joshi Himani Praveen Asha	TYBCOM -A	Violence against women	9.5
3 <sup>rd</sup>	Ghadge Lalita Rajaram Vaishali	SYBCOM- A	Noise pollution	9

## BEST ESSAYS: DEGREE:

CONGRATULATIONS..!!!!!!				
Rank	Name	Class	Topic	Roll no
1 <sup>st</sup>	NADAR JENIFER DINAKARAN ARPUDAMERY	FYBAF	Preservation of Environment	1111
2 <sup>nd</sup>	Shah Kavi Alpesh Chhaya	M.com - I (Management)	Women status in india	1170
3 <sup>rd</sup>	KUMAWAT DIPTI OMPRAKASH PUSHPA	TYBBI	Industrial pollution	3040





# Student Manager of the Year:

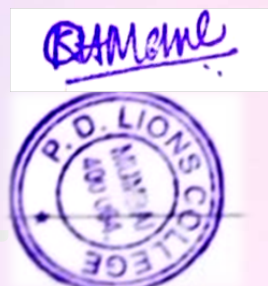
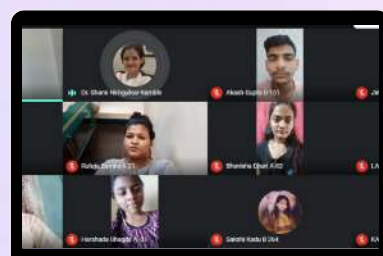
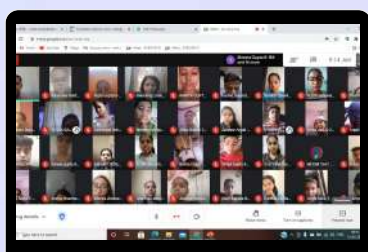
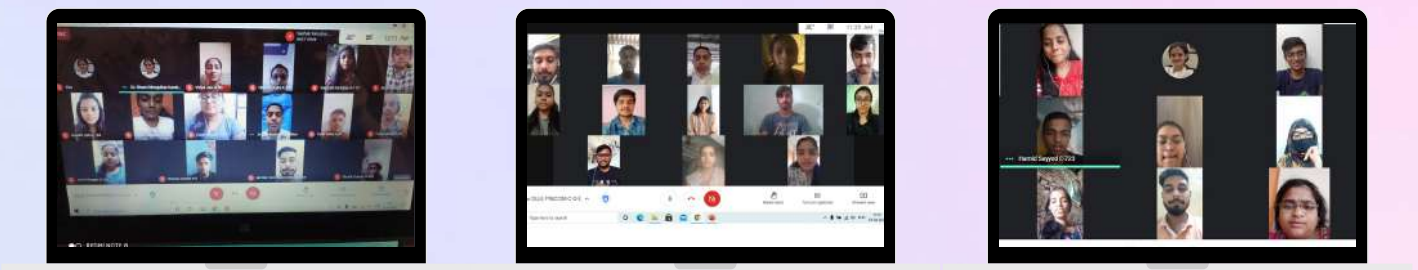
Mr. Omkar Mahadik, Mr. Adwait Khatu, Mr. Rhutik Kokate and Mr. Ronak Jain.



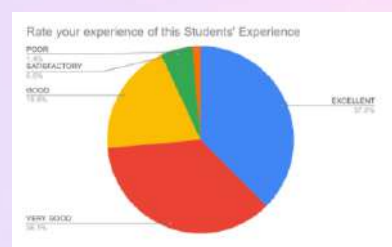
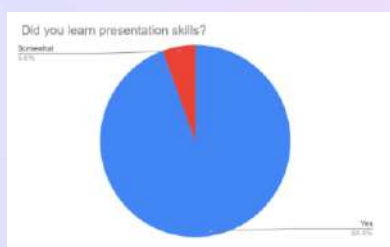
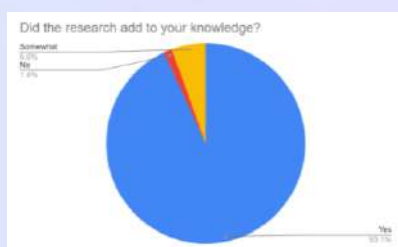
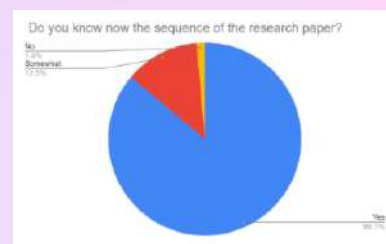
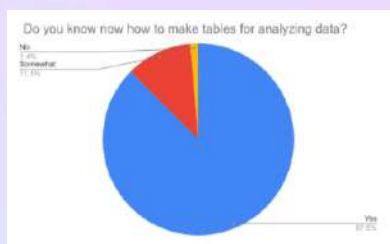
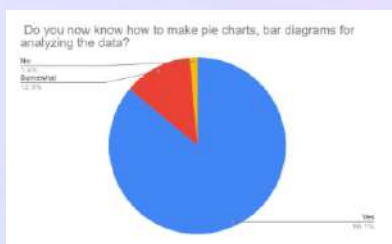
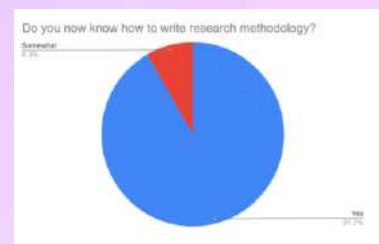
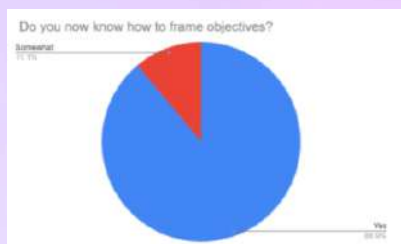
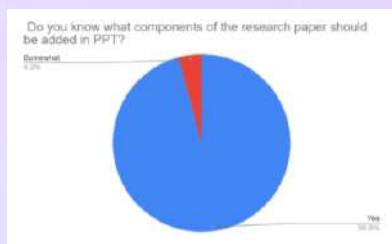
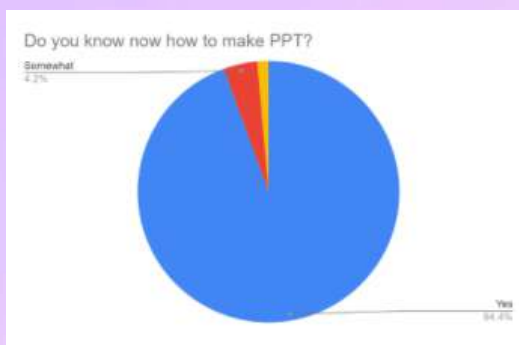
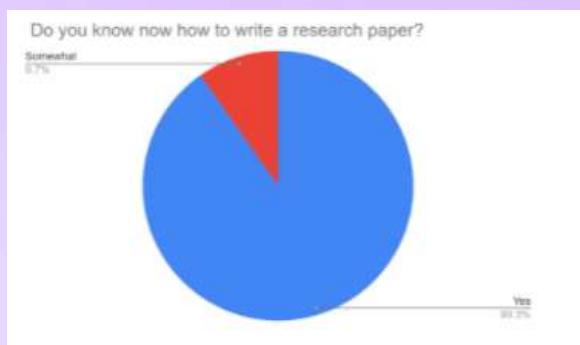
## Workshop on Treating the Pandemic Wave of Anxiety and Depression among youngsters –



## Sanshodhan 2021- Students' Conference :

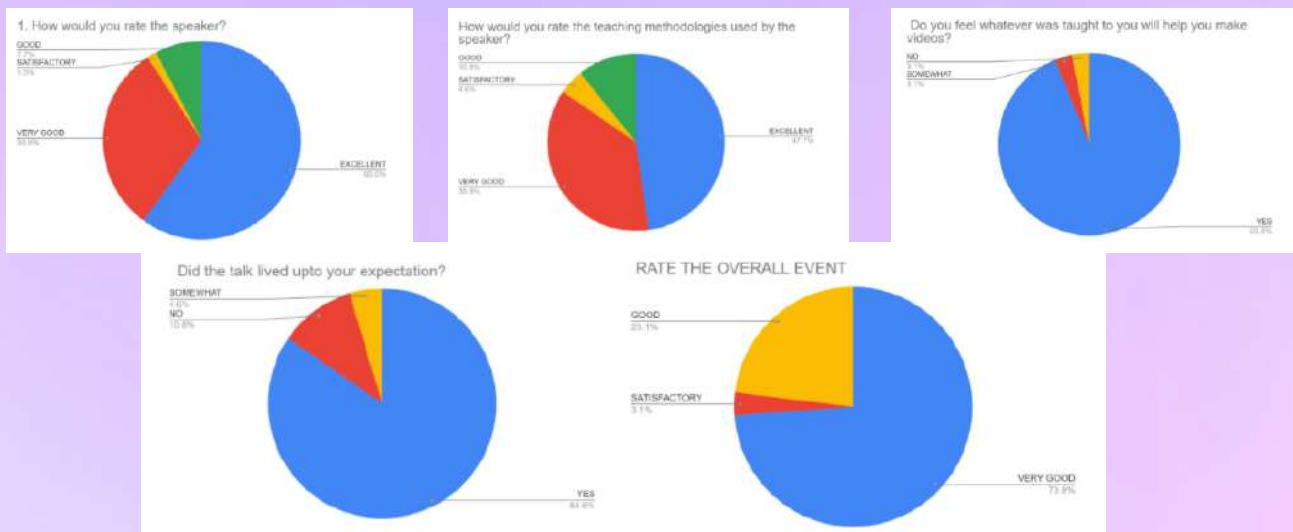


- The Department organized Students' Conference- Sanshodhan 2021 from 31st March, 2021 to 8th April, 2021. Thirteen different Research Topics were given to 13 PEC groups. Students made a questionnaire, which was assessed by teachers. After the necessary approval, the questionnaire was converted into google form by students and posted in class WhatsApp groups. The responses received were analyzed by the students using Excel. A formal research paper was written by the students on the said research topic and was presented during the Students' Conference- Sanshodhan – 2021 with the help of PPTS. All students were sent e-certificates for participation. Best three research papers were selected and were given e-certificates. Three consolation prizes were also given & e-certificates were also mailed to them. The workshop was well received by the students and the suggestions given by the extension teachers helped students understand the nuances on how to conduct and write a research report. A brief summary of the students' feedback is mentioned below:



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- The Department organized a One Day Online Workshop on “Video Editing Using Android Phones” on 7th March, 2021. Mr. Arun Kumar Pandey, Producer-Documentary films, HOD (Journalism & Mass Communication – JJT University) was invited as the resource person for this workshop. The workshop was well received by the students and a brief summary of the feedback is mentioned below:



- Video Editing Competition: Students were given topic for Video Making related to socio-economic, gender, environment, related issues. They made videos (upto 2 minutes duration). Best Three Videos were selected and were mailed appreciation certificates. Plus, three more videos were given consolation prizes.
- Survey of Women’s Status: The questionnaire on SWS was converted into google form and posted in class groups. On the basis of the responses received from the respondents, each google form was analysed and a separate conclusion sheet was made for each respondent.
- Preparing PPTs on Women related Laws and Presentation: All students enrolled for SWS were given topics related to laws for women. Students gathered information on the said law and made PPTS. These PPTs were presented by the extension students in various classes. Students were assessed on a scale of 10 marks. Ans the best three presentations were appreciated and were given e-certificates.
- Essay Writing Competition: Students wrote an essay (upto 2000 words) on various socio, economic, cultural, gender and environmental issues as a part of their extension work. All essays were graded and best 3 essays each from degree and self-financing courses were given e-certificates.
- On behalf of the Lions Club of Malad Borivli along with Prahladrai Dalmia Lions College Of Commerce and Economics had organized a session inviting innovative ideas "Inspire to Serve." The Department of Lifelong Learning and Extension of our college proposed three projects. Out of these 3 projects, 2 projects were selected by the Lions Club of Malad-Borivli and have sanctioned Rs.10,000 each for executing the project at community level.

Mr. Omkar Mahadik was awarded the “Best Student Manager” for the year 2020-2021 by the college for his untiring zeal to accomplish goals as student manager.

The Department is grateful for all the help & support provided by the Management, I/C Principal - Dr. Kiran Mane, Field Co-ordinator- Dr. Sulbha Raorane, teaching & the non-teaching staff.

**Members:**

- Dr. Mahendra Pachadkar
- Mr. Sandeep Gupta
- Ms. Priyanka Radhakrishnan



**Dr. Shami Nimgulkar-Kamble**  
Convenor