

7.2 Best Practices (2019-20)

BEST PRACTICE: This year there were three best practices which can be specially mentioned. The college always envisages to reach out to the most vulnerable and also significant groups in the society. We were able to develop specific interventions for these three groups.

1. Youth both in the colleges in Mumbai and in the community
2. Community based intervention for the elderly population staying in the slums of Mumbai.
3. Our own College students belonging reserved categories and other vulnerabilities

1. YOUTH CIVIC ENGAGEMENT

Appreciation Programme in Constitutional Values for Youth. Youth participation in Good Governance is essential for a democratic society. According to Armitage (2010), participation is defined as a process where the youth acts in response to the concerns of the public, raises their opinions on the decisions that affect them, and thus takes responsibility for the changes that affect them and the entire community. When provided the adequate space for participation and opportunities to empower themselves, youth are effective agents of change for shaping their development and that of their communities. The initiative Appreciation Programme in Constitutional Values for Youth was organized to increase the understanding and awareness of the values and rights at the basis of democracy, to inculcate the constitutional values among youth uphold the rights of those affected by social issues, and develop active citizenship. The programme consists of a series of experiential workshops targeting youth and enriched with games, discussions, and reflections. The workshops were of 12 hours, which include six modules of two hours. The modules focused on Democracy and Secularism, Gender Justice, Social Justice, Environmental Justice, Scientific Temper, Dignity of Labor, and Honesty and Integrity. The programme aimed to make participants experience the importance of the Constitution's principles in their daily life. A total of 55 workshops reaching out to 685 youth were conducted at the Mitra Level (First Stage of Anubhav Mumbai leadership training programme) in all the networking colleges in Mumbai: Shailendra Degree College, Shailendra Junior College, KES College, DTSS College, Nagindas Khandwala College, Rizvi College, College of Social Work, Nirmala Niketan (Autonomous) and Santosh Nagar (??) The initiative achieved to encourage young people to use a rights-based approach and imbibe non-violence pedagogy in the practice of active citizenship. Youth Accountability in Good Governance' Based on its theme of Youth Accountability in Good Governance' adopting training, advocacy, and campaigning as core strategies Anubhav Mumbai organized a one-month (10th November 2019 to 10th December 2019) campaign with networking colleges: DTSS

College, Rizvi College, Shailendra Degree College, Shailendra Junior College, Dahisar KES College and Nagindas Khandwala College. The campaign included training youth on The Right to Information Act, awareness and sensitization sessions on civic issues, and civic engagement through social media. Participants were encouraged to file RTIs in their respective Wards on civic issues. As an outcome, 160 RTIs were filed by the youth participants and sixty photos on civic issues such as garbage disposal, traffic signal, pothole, sewage, maintenance, and repair and were posted on Twitter tagging Ward level officials. A “Press Release” was organized during which the campaign reports were presented and handed over to concerned authorities for further action. The key factor of the success of the programmes was the commitment and motivation of the youth and organizers to facilitate youth engagement. Peer-to-peer learning encouraged youth to actively engage and turn into potential agents of social change. Experiential Training by experts provided real-life insights into social issues and grass root realities. An action-oriented campaign facilitated faith and self-confidence.

2. PRAVAS PROJECT: PROMOTING ACTIVE AGEING BOTTOM UP APPROACH

College of Social Work, Nirmala Niketan, Mumbai has started a field action project named “PRAVAS” for senior citizens based in Urban Marginalized Communities in the year 2019. One of the goals was to form self-supporting groups of senior citizens. The project began in Bhagat Singh Nagar 1, 2, and 3, ChatrapatiVasahat and Indira Nagar, Goregaon West. As the name rightly explains, it works with the elderly in these communities. College of Social Work, Nirmala Niketan had organized a National Conference on Healthy Ageing in 2018 at Extension Centre at Goregaon East, Mumbai, and Maharashtra. So the concept arose from the roots of the National Conference to enhance the Healthy Ageing of Senior Citizens in the Slum Community. It was initiated by an associate professor as a field action project. The aim was to provide an opportunity for the students to start a community-based intervention for the elderly under the guidance of the faculty. Pravas has a principle of promoting Healthy Ageing as the main AIM. It works dedicatedly to understand the care and protection of the elderly in a community setting. The project doesn't work as an institution for the elderly. It is focusing more on creating a safer space in the community for the elderly and also to create strong systems of care and support of senior citizens in the community itself. A Need Assessment survey of 100 senior citizens was conducted in the community by the students in the first Semester. Some of the senior citizens do have lots of health issues. It was also observed that the elderly have so potential, are resourceful and they are skillful. They have lots of stories about the development of the slum community Two medical health check-up camps were conducted for Senior Citizens The camp was organized by the College of Social Work, Nirmala Niketan Extension Centre,

Senior Citizens Project, in association with SRV. Hospital, Goregaon West. Around 120 people came for the medical health check-up camp. Around 50 elderly persons could avail their services. Besides elderly women and children also visited the camp and availed themselves of the services. In 6 months, the students along with the field contacts and fieldwork faculty, the 3 senior citizens groups have been formed. They are named "YASH", "EKTA", and "PRERNA" respectively. Each group consists of 15 to 25 members. They include both women and men. The purpose of forming the group is to help the senior citizens towards healthy aging which includes various aspects such as physical issues, mental issues, emotional issues, psychological issues, and so on. Around three capacity-building sessions were conducted for each group. This year's ending program was organized for the senior citizens who belong to YASH, EKTA, and PRERNA group. 85 senior citizens participated, youth and children are also present so altogether 100 participants took part in this. Students were also able to do some case studies to understand the individual stories of the elderly.

3. Student Welfare Committee Students occupy a pivotal position in all activities in the college. Adhering to the responsibility of the Student Welfare Committee to maintain and improve a conducive atmosphere to the pursuit of academic goals and to promote maximum students from all categories in college activities and programmes, soft skills development and also enhance their language skills to promote better participation in academics. Four students representing the general, reserved categories, minorities, and persons with disabilities were elected from every class was elected to form the Student Welfare Committee. They were sworn into office on the 15th July 2019 and they met regularly in meetings every month to plan for the various programmes chalked out. The first programme organized by the SWC was the Pre-Admission Orientation Programme for reserved category candidates to develop their perspective and enable them to have equitable participation in Entrance Tests and Admission Procedures. CSWNN organized a 'Language Lab' in the English Language for three months in collaboration with 'Leap for Word' where a resource person had two hours of classes every week for 45 enrolled students across classes thus providing them equal opportunity to develop the language and participate actively in all academic courses. A Leadership Workshop was facilitated by Fr. Sandeep Borges for Students across all classes with a focus on those from disadvantaged backgrounds to train them in leadership skills and enable them to become effective leaders. To enable students to broaden their scope of understanding in career opportunities a session 'Giving direction and meaning in life' was held where the resource person, Prof. Wankhede inspired the students to pursue their aspirations through all the options available through social work sector. An Orientation Session by the Resource Person was provided for all students on the various Scholarships available for all students especially those from the scheduled caste and tribe

backgrounds enabling them to receive financial grants from the state and central government. In another session information was shared by Mr. Digambar on Competitive Examinations and Opportunities available to apply for and take part in the Entrance Tests applicable to the social work and government sector. Yoga Sessions were held regularly every Wednesday from 4.30 pm to 5.30 pm with Dr. Mansi a certified Yoga Trainer who started by first orienting the students on the 30th July 2019 on the benefits and outcomes of Yoga in one's personal and professional life. An interactive session on Emotional Intelligence, entitled "Emotional Intelligence and its applications in social work" was facilitated by Ms. Sharon D'souza on the 11th of Sept 2019, over 100 students and faculty too