

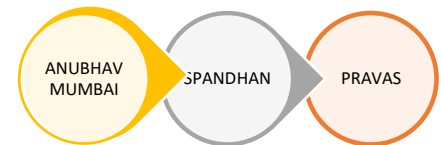


NAAC RE-ACCREDITED

7.2.1 - Provide the web link on the Institutional website regarding the best practices as per the prescribed format of NAAC

### BEST PRACTICES

The College's contribution through grassroots mobilization, leadership training, and empowerment through the interventions of its Field Action Projects; Disaster Management Response to the Covid-19 pandemic, and the initiatives of the Nimriti Centre for Social Innovation and Entrepreneurship were unanimously perceived by all stakeholders as its best practices.



### FIELD ACTION PROJECTS

*ANUBHAV MUMBAI: Youth for Good Governance*



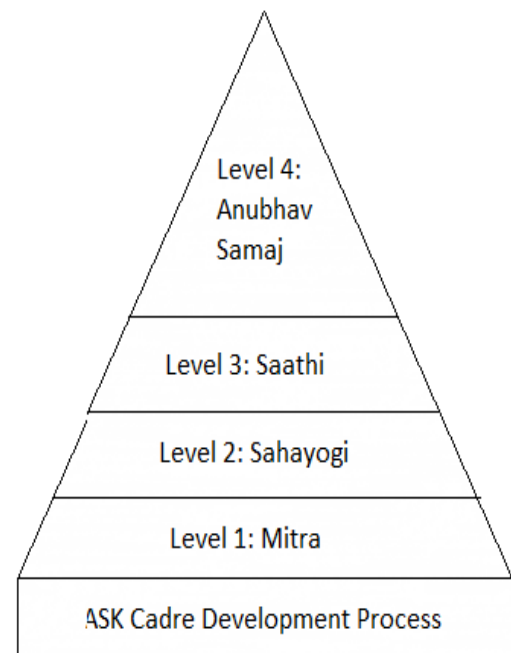
Anubhav Mumbai (AM) is a Field Action Project of the College of Social Work, Nirmala Niketan initiated in June 1997 in collaboration with “Anubhav Shiksha Kendra”. The vision of the project is the development of youth as concerned citizens committed to social transformation and the mission of the project is to educate youth to be leaders and change agents in society. Anubhav Mumbai is also a part of the National Youth Foundation (NYF). Anubhav Mumbai works with the students and non-student youth and aims at enabling youth to discover themselves and contribute positively to the development of society as concerned and responsible citizens. It mainly works with colleges in the suburbs of Mumbai i.e. from Matunga to Dahisar, as well as with the youth from the communities of Santosh Nagar, Goregaon East, Ekta Adivasi Pada, Rajodi Village, and Virar. Anubhav Mumbai is guided by three intervention strategies which are *Youth Motivation*, *Youth Exchange*, and *Youth Forum Building* implemented at cadre levels which are Mitra, Sahyogi, Sathi, and Anubhav Samaj. The beneficiaries of all the project activities are youth studying in 8<sup>th</sup> Standard and above till they reach the age of 35.

Through its active mobilization of youth, the project engages the youth through various sessions conducted in colleges and communities based on core values: Democracy and Secularism, Gender Justice, Social Justice, Environmental Justice, Scientific Temper, Dignity of Labour, and Honesty and Integrity. A rural camp is organized to orient beneficiaries on the life, culture, issues, and concerns of people.



NAAC RE-ACCREDITED

The main objectives of Anubhav Mumbai are to sensitize youth towards the various social and developmental concerns; to make youth aware of their capacities and enable them to participate in and contribute to various developmental activities; to work for the social, cultural, and political transformation of the society along with other similar organizations and marginalized groups; and to provide youth orientation to the existing intervention strategies in response to developmental issues. Every year the project selects a socially relevant theme and conducts campaigns, awareness programs as well as sessions among the youth related to that theme. This academic year the project continued to focus on the theme “Youth Accountability in Good Governance’ through a series of activities.



*Interventions: 2020-2021:* The main events organized by Anubhav Mumbai were Group meetings and Counselling for youth mentorship; Covid 19 response; organization of Webinars/Online Sessions on Mental Health such as Psychosocial Well Being During COVID-19, 24<sup>th</sup> June 2020(65 participants), a session on Meditation 9<sup>th</sup> August 2020 for youth (15 participants) and a session on Effective ways of Time Management, 16<sup>th</sup> August (17 participants).

Exploring the way forward Anubhav Mumbai organized a meeting with Mr. Hinge, the State Director, Nehru Yuva Kendra, and NSS Programme Officers of Shailendra Degree College, Shailendra Junior College, DTSS College, Rizvi College, and KES College.

Twelve Online Orientations on AYTC and sessions on Constitutional Values in Shailendra Degree College, Shailendra Jr. College, KES College, and Nanavati College between September 21<sup>st</sup> 2020, and February 23<sup>rd</sup>, 2021. An online Session on Stress and Stress Management, unemployment, laws during the pandemic, laws related to farmers, and Human and Organ Trafficking was organized on September 27<sup>th</sup>, 2020, 29<sup>th</sup> November 2020, January 31<sup>st</sup>, 2021, February 27<sup>th</sup>, 2021,



NAAC RE-ACCREDITED

and 28<sup>th</sup> March 2021 respectively for the Sanghmitra group, Alumni Association of the Paraprofessional Course.

The other events organized by the project included the Online Mumbai Suburban Youth Festival on March 21<sup>st</sup> 2021, and events such as Short Film, Essay Writing, Poetry Writing, Speech, Awareness Song Competition, Poster Making, Photography, and Quiz Competition between March 1<sup>st</sup> to 31<sup>st</sup> 2021.

### SPANDAN



Spandhan is a Field Action Project started in 2017 to promote sustainable development for better livelihoods of the tribes. The project focuses on malnutrition in Savroli and Anvir villages of Talsari block of Palghar district, Maharashtra.

In its initial stages, 'Spandan performed a baseline survey to assess the sociocultural factors that are linked to malnutrition. Spandhan has undertaken various programmes at Savroli and Anvir villages to address the issues faced by the villagers.

#### *Spandan Projects Activities*

**Sashakt** is a programme initiated to create awareness of the health, causes, and effects of malnutrition. Through the programmes training sessions are organized on various topics (personal hygiene, importance of nutrition, reproductive health, importance of family planning, breastfeeding practices, complementary feeding, and attitudes building during pregnancy) to promote capacity building to address the situation.

**Kishordhara** is a programme initiated for school-going adolescents in Talasari. Through the programme sessions on personal hygiene, menstruation and menstrual hygiene, reproductive health, stages of human development and ill effects of early motherhood, the importance of nutrition and diverse diet, safe-unsafe touch, personality development, career guidance; workshop on Warli Art, paper making, Rakhi making and basic computer and electronics have been organized for the youth. These sessions aimed to tackle anemia and early pregnancy widespread among adolescent girls in the communities.



NAAC RE-ACCREDITED

**Sakhi** is a project with women from Self Help Groups to promote livelihood and health. Through Sakhi, various input sessions on the importance of Self Help Groups, personal hygiene, diverse diet personality development, financial literacy, documentation, survey and marketing strategies, Gram Panchayat Development Planning (GPDP), and the role of women in village development.

**Yuva Farmer Club:** Kitchen Garden Initiation.'

This year the focus of Spandhan was the successful completion of the CIF-sponsored school project in Anweer for renovation. Project manager Ms. Reshma Mistry and field co-coordinator of CIF- Spandan, Mr. Pramod Gharat were responsible for monitoring and reporting the schoolwork. Several visits were made to the villages by the team of the College of Social Work to encourage villagers to take ownership of the school. The school project was successfully inaugurated on 7<sup>th</sup> April 2021. Staff members from the College of Social Work, Dr. Prabha Tirmare, Faculty Project In-charge, Ms. Sabeena Gonsalves, Administrator, Ms. Greta Lopes, (Financial Head), Ms. Roshni Alphonso, (Faculty Member), and Adv. Clera Gonsalves and Mr. Jaiwant the Gram Panchayat Sabhasad, Mr. Vasant Wangard, School Secretary, and Mr. Gadhari the School Principal were welcomed and facilitated by the school staff. At the inaugural school children shared what the renovated school building meant to them. It was overwhelming to listen to the children share that they were happy and excited and blessed to have their school renovated with facilities provided: separate washrooms for boys and girls, drinking water, and a computer room. The teachers too expressed that they felt motivated and rejuvenated entering the school with needed facilities. Parents of ex-students who also had once studied in the school appreciated the grit and determination of the College of Social Work for fulfilling their commitment with the valuable support of the Concern India Foundation. They pledged their support to be caretakers of the school. The College of Social Work team endorsed the value of education as the gateway to a life of opportunities and a key to empowerment. They encouraged the villagers present at the inaugural to send their children to the school that will ensure a bright path not only for their children but for the village, nation, and the world. Education is one powerful weapon against social evils such as child labour and child marriages. At the inaugural students of social work presented a skit on the importance of health and education.

Timeline Spandan-CIF: Anwir School Infra Project (Patlipada)



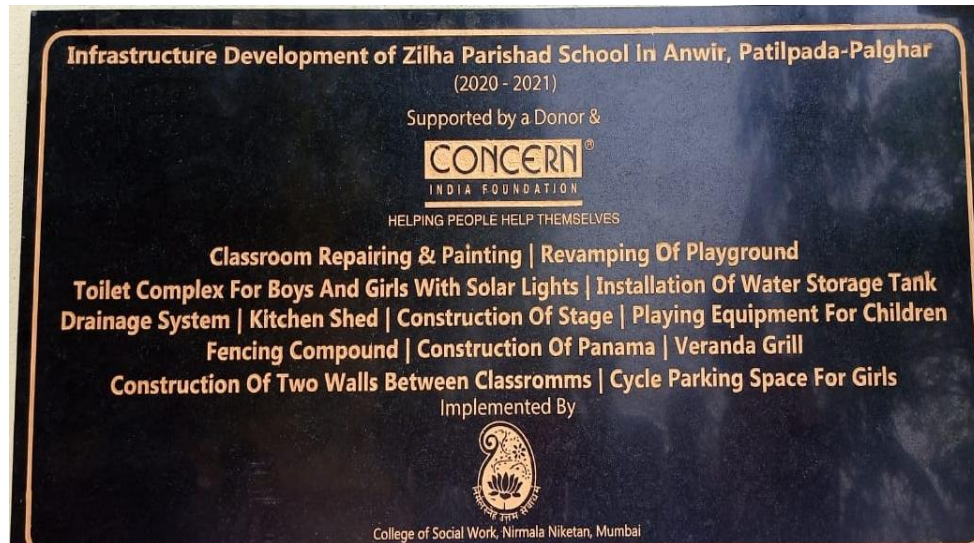
First Visit of CIF Team to Talasari: April 2019	To explore Spandan's work, future collaboration, and the possibility of work in Sawroli and Anwir, Spandan arranged the first CIF team to Talasari in April 2019. During this visit, the CIF team explored the Sawroli and Anwir villages. After exploring the area meetings with local stakeholders of both villages, Gram Panchayat of Sawroli-Anwir, Talasari Panchayat Samiti, were held and possibilities of collaborative ventures were explored. Spandan shared the results of a baseline study of Sawroli-Anwir, 11 school assessments, 11 Anganwadi's assessments, and 24 self-help group need assessments as per CIF's requirements.
Meeting in Mumbai: May 2019	In May 2019 a meeting was organized by CIF at CIF's Mumbai office to decide the possibilities of work and to discuss the strategies for future interventions. At the meeting issues of livelihood, village development, education, school infra, and health projects were discussed and the Anwir School Infra and Village development project was finalized.
Second visit to Talasari: June 2019	In June 2019, the CIF team visited Talasari to obtain knowledge of the logistics needed for the project. The team committed to supporting the Anwir Patilpada school infra project, piloting with self-help group women for Poultry, Nursery, Agri-business, and food processing. The CIF team explored Anwir village, Anwir Patilpad Zilla Parishad school, and met Mr. Rahul Mhatre (BDO-Talasari block) The project proposal, the village needs assessment, and school assessment was provided to CIF as per their requirements.
Third visit to Talasari: September 2019	In September 2019 the CIF team visited Talasari to explore the scope of future projects in Anwir village development in terms of infra, water resources, and development of school infrastructure. The team visited the schools, anganwadi, and hamlets to assess the availability of water resources and other basic amenities. The CIF team was provided details of the budget needed for the Anwir School project, details of a self-help group, a blueprint, photos of Anwir school, and the need assessment report of Anwir village.
Fourth visit to Talasari: February 2020	The CIF team visited Anwir to obtain information on accurate measurements and detailed work plans from teachers. The NOC from Anwir School, Gram Panchayat of Sawroli- Anwir, BDO, and BEO of Talasari Block, and quotations from three vendors for the project were provided to CIF.



# College of Social Work (Autonomous) Nirmala Niketan Institute

Affiliated to the University of Mumbai

NAAC RE-ACCREDITED



Handwash facility



Boys washroom



Girls washroom



NAAC RE-ACCREDITED

Seven students were placed in Spandan for Fieldwork. During the first semester (November-December 2020) students had the opportunity to engage in direct intervention in the communities, visit the Panchyat Samiti and Savroli-Anvir Gram, and collaborate with Anganwadi Sevikas and Asha workers. A play of awareness songs on sickle cell and anemia was organized at the suggestion of the Block Development Officer (BDO) Mr. Rahul Mathre in Warli language. Street plays on the health concerns of pregnant women and social evils such as child marriage were also conducted. Students also attended the Ration Card and Food distribution seminar, and conduct a survey in Anvir village on the health concerns, educational needs of the villagers, and the availability of documents with them. Ms. Reshma Mestri, Mr. Pramod Gharat, and Adv Meena were the Field Contacts of the students. During the second semester (April-May 2021) Sr. Clera Gonsalves was the Field Contact for students. Students were given the responsibility to work with specific groups: children, women, youth, and farmers. Students received permission letters from the Sarpanch of Savorali-Anwir Grampanchyat, Ms. Khanti Jevaliya to work in the villages. Ms. Khanti asked the student social workers to work on caste certificates and provided the support of contact persons to help us in the respective villages. As a follow-up strategy student, social workers contacted members of the Gram Panchyat to collect the list of widows, youth groups, children, and farmers. They succeeded in obtaining the list of families who do not have their ration cards and the list of widows. An online study on the needs of primary school children, obtaining the lists of Zilla Parishad, Private and Ashram Schools, contacting school teachers to assess the syllabus for the student of 1st to 4th standard, review of government schemes such as the National Social Assistance Programme (NSAP), the National Old Age Pension Schemes (NOAPS); National Family Benefit Scheme (NFBS); National Maternity Benefit Scheme (NMBS); Indira Gandhi National Old Age Pension Scheme (IGNOAPS); Indira Gandhi National Widow Pension Scheme (IGNWPS) and Indira Gandhi National Disability Pension Scheme (IGNDPS), visit Tehsildar office to identify procedures to avail the schemes, contacting local resources such as camp, Hakkadarshak for individual caste certificates, explore the SBI Youth For India Scheme were other important interventions made during Fieldwork.

A Webinar on Girls and Women, Nutrition – Health and Wellbeing: Covid 19, Issues and Challenges was organized. Dr. Veena Yardi was the resource person at the webinar. Dr. Veena highlighted the importance of nutrition and a wholesome diet for girls and women. A healthy diet protects the body from anemia and prevents malnutrition.



## **PRAVAS प्रवास**

*Working towards marginalized groups of senior citizens in urban communities through Capacity Building Interventions, Empowerment, Enhancement for the Promotion of Healthy Ageing, Dignity & Worth*

Pravas was started by the College of Social Work Nirmala Niketan, Mumbai to help the senior citizens living in Urban Marginalized Communities. The project was named to imply the support of the project to the elderly in their journey facilitating initiatives to make their travel easy and comfortable. Pravas believes that by engaging democratic processes, nurturing a spirit of comradery, adopting scientific approaches to social welfare, and mobilizing the strengths of the human being, it can promote a comprehensive and integrated approach to issues and concerns of the elderly. The project aims to create awareness about healthy ageing; provide health service facilities and senior citizen cards to facilitate access to government provisions; form self-supporting groups of senior citizens and create a safe space and blissful environment for the senior citizens along with strong support systems. The beneficiaries of the interventions of the project are elderly domestic workers (most of them migrants) aged 55 years and above. Most of them are facing multidimensional challenges: economically, socially, and physically. The Covid 19 pandemic only worsened their already existing challenges. The project began in Bhagat Singh Nagar 1, 2, and 3, Chhatrapati Vasahat, and Indira Nagar, at Goregaon West. These communities live in a large slum colony generally known as Bhagat Singh Nagar.

### *Pravas Project Activities*

#### **Outreach work: Covid-19 Response**

In April 2020 the project in partnership with Big Bazaar distributed ration kits to 170 beneficiaries at Bhagat Singh Nagar. The kits included grains, oil, pulses, rice, dal, and other essential food items. Medicines were also arranged. Alumni of the College collaborated with the project to distribute ration kits to families (elderly, transgenders, rickshaw drivers, daily wage earners, single women, and domestic workers.) who could not avail of facilities of the Public Distribution System due to the non-possession of ration cards. Ration kits were also provided to 52 families of construction workers

**Session on 'Domestic Workers' Union', 11<sup>th</sup> October 2020**





NAAC RE-ACCREDITED

The session was organized by the staff of 'Maharashtra Rajya Gharkamgar Union' Ms. Sunita More and Ms. Surekha Kandalgaonkar. Thirty-four beneficiaries participated in the session and obtained valuable information on the support services available for domestic workers.

#### **Session on 'Generic Medicines', 15<sup>th</sup> December 2020**

The session attended by 15 beneficiaries was organized in collaboration with 'Prabhodhan Aushadhpedi' (PA), a Generic Medical Store, Goregaon West. The project is also mobilizing the support of the store to provide medicines for the beneficiaries at a subsidized rate.

#### **Formation of the fourth group of beneficiaries, 15<sup>th</sup> December 2020**

The painstaking efforts of the staff to mobilise the participation of the beneficiaries in Bhagat Singh Nagar led to the formation of three groups consisting of 15-25 male, and female members: *एकता*, (*unity*), *प्रेरणा*, (*motivation*) and *यश* (*success*). This year the project formed its fourth group *नम्रता* (*humble*) which means unity, motivation, and success. The groups provided a platform to foreground the agenda of Healthy Ageing through educational sessions, engagement of the beneficiaries in grassroot campaigns, and empowering them by facilitating accessibility to need-based provisions and schemes. Each group has appointed a leader who facilitates communication between the project staff and the beneficiaries. The names of the groups were selected by the members.

#### **Recreational Activity Training, 16<sup>TH</sup> December 2020**

Student Social Workers, placed with Pravas, organized a therapy session for 20 beneficiaries. They taught the elderly to prepare greeting cards. The process helped in initiating an active role for the elderly.

#### **Session on 'Group Bonding', 30<sup>th</sup> January 2021 for 27 beneficiaries.**

The session aimed to promote social interaction through games, awareness, and action songs. Twenty-seven beneficiaries of *एकता* and *यश* groups actively participated in the session.

#### **Report on the Effect of the Pandemic on Senior Citizens**

In May 2021, an online study was conducted to assess the employment status of the elderly in the context of the pandemic, the type of jobs held, the openness of employers for negotiation and to



NAAC RE-ACCREDITED

assess the challenges to the socio-economic and health status of the elderly. The results of the study helped the project evolve an action plan for the next financial year.

***Journeying with Pravas: A compilation, 8<sup>th</sup> May 2021.***

A short documentary on *Journeying with Pravas: A compilation* was prepared by the student social workers with the support and expertise of the beneficiaries in Bhagat Singh Nagar.

**Survey on the Impact of the Covid-19 Pandemic**

Another study *Impact of Covid-19 Pandemic on the Lives of Elderly People Living in Urban Marginalised Communities of Goregaon West* was conducted by student social workers to assess the needs and challenges of the elderly in the context of the pandemic. The main findings of the study: the respondents were either retired or lost their jobs due to the pandemic, while some could not take up employment due to their health conditions. Respondents worked as industrial workers or domestic workers. Among the female respondents (all within the age group of 60-69 years) also most of them lost their jobs, while some could not take up any alternative means of livelihood due to their health conditions. More than most of the respondents had received some form of relief provided by the project. These included masks, sanitizers, and essential items. The common ailments the respondents complained of were diabetes, blood pressure, arthritis, and Asthma. They had to devote some part of their income to medicines. None of the respondents had Senior Citizens' Cards and many of the respondents had not taken the first Covid 19 vaccine. None of them tested positive for Covid on the date of the data collection. Relief kits were provided to all respondents at the end of the study.

**Provision of Senior Citizens' Cards**

Staff at Pravas submitted the application for Senior Citizens' Cards at the District Collectors' Office and obtained assurance that the cards would be delivered by end of September 2021 specifically to 11 members who have submitted the required documents. The staff is working round the clock to obtain documents of others so they could avail of this service. The grit, passion, and vision of the project staff, the partnership of the beneficiaries in the initiatives of the project, the support of the College, social work students, and staff, and the unconditional support of the well-wishers encouraged and led the project to explore need-based assessment even in these unprecedented times, making the journey meaningful and worthwhile.



NAAC RE-ACCREDITED



·DOMESTIC WORKERS' UNION' SESSION  
11<sup>TH</sup> OCTOBER 2020

FORMATION OF NAMRATA

SESSION ON GENERIC MEDICINES 15<sup>TH</sup>  
DECEMBER 2020

RECREATIONAL ACTIVITY TRAINING, 16<sup>TH</sup> DECEMBER 2020

GROUP BONDING 30<sup>TH</sup> DECEMBER 2020



## COVID 19 RESPONSE

The College of Social Work (Autonomous) Nirmala Niketan responded to the COVID-19 pandemic within the framework of the Global Humanitarian Response Plan, with the following strategic priority: *Protect, assist, and advocate for refugees, internally displaced people, migrants, and host communities particularly vulnerable to the pandemic.* The Covid 19 response centered on reaching out to vulnerable populations in Maharashtra through *information, outreach, and collaboration.*

- INFORMATION WEBINARS

*Webinars* were organized to identify issues and concerns emerging in the context of the pandemic, dispel myths and misconceptions about Covid 19, and promote best practices in health care. It was hoped that the insights and direction provided through the webinars would inform practice.

*A Webinar on "COVID-19- The response and preparedness of the Indian Health Care System" was organized on 17<sup>th</sup> June 2020.*

The webinar was organized in the context of the gross inadequacies of the Indian Health Care system and its response to the first wave of the Covid 19 pandemic. One Thousand One hundred and eighty-nine professionals, teaching Faculty, and students belonging to different fields of public health and social work participated in the webinar. The speakers at the webinar were Dr. Rama Baru, Professor, Centre for Social Medicine and Community Health, Jawahar Lal Nehru University, Delhi, and Dr. Abhay Shukla, renowned activist in the field of public health and part of various advisory bodies on health for the Indian government. At the welcome address, the importance of strengthening the health system through political will, increasing manpower in the implementation of health care, and increasing testing facilities was emphasized. Dr. Baru presented a conceptual framework for the preparedness of the health system in the wake of the pandemic that included the interaction of hardware and software elements. The hardware elements include surveillance, infrastructure, medical supplies, human resources, and communication, while the software elements include trust and governance, and surveillance at the hospital and community levels. The need to do contact tracing, plan for the availability of testing kits, increase the supply of personal protective types of equipment and kits, provisions of ventilators, and jumbo centers with ICU facilities were emphasized as the need of the hour. Dr. Baru identified long and short-term measures for improving the response of the health systems such as efforts by the government to nationalize the private sector, increase the expenditure allocated for health, explore livelihood options of migrant workers



NAAC RE-ACCREDITED

during the lockdown, implement a ceiling on charges of private hospitals and management of fake news related to Covid-19. Dr. Abhay Shukla with the help of a graph highlighted how the number of cases in both Kerala and Maharashtra was the same. It was the preparedness of the health care systems in Kerala that ensured committed efforts to test, contact tracing, and home quarantine that enabled the state to contain the pandemic at an early stage. Dr. Shukla enumerated the *panchsutras* to contain the spread of COVID including increasing testing facilities and services followed by isolation and early treatment; meticulous contact tracing of all cases (up to 100 contacts per case); stringent home quarantine; support to patients who are undergoing home quarantine and testing of all such contacts leading to identification and management of further cases. Dr. Shukla compared the skewed expenditure on health in the states of Maharashtra, Gujarat, and Kerala and the discrepancies in the available manpower in health services in the states of Gujarat, Maharashtra, Bihar, and Chattisgarh. The services of the National Urban Health Mission (NUHM) have been severely impacted with only 1.4 percent of the Union Health budget allocated to it. He alarmed the participants of the discrepancy in records of deaths of Covid-19 patients and expressed concerns about the situation in Mumbai which accounts for 70 percent of cases in Maharashtra and one-third of deaths in the country. A silver lining in this grim scenario he stated was the crisis response of civil society groups across sections in terms of providing medical and food supplies, shelter, and counselling. He suggested that civil society groups should set up help desks or help centres in public hospitals for tracking the epidemic and disseminating scientific information. Appreciating the initiative of the government to order private hospitals to cap their rates for COVID treatment although a delayed measure he said was a welcome move. He informed that the Mahatma Jyotiba Phule Jan Arogya Yojana needs to be publicized. Dr. Shukla ended his valuable insights by stressing the implementation of the Right to Health Care and Universal Health Care (UHC) to ensure everyone is protected, ensuring that social logic, not profit logic should take over, strengthening primary health care, and regulating the private sector. He also enumerated ten lessons the pandemic taught us: public health care services are our lifeline; primary health care is of primary importance; outreach-based public health care strategies are core to epidemic control; frontline workers are critical to protect and care for us; wealthy cities are not healthy; urban health services need to be given higher importance; health care insurance schemes are proving less relevant for the protection of public health; the market never regulates health care in the public interest and hence states must ensure this; private hospitals must fulfill public health obligations, now and in future; public health



NAAC RE-ACCREDITED

demands active public involvement and spaces must be created for states and people to work in synergy.

The sessions were followed by several questions by participants related to steps to adjust to the new normal post-pandemic especially work; understanding her community; strategies by Kerala to deal with the pandemic; right to health; and social distancing. In response to the questions the speakers discussed the importance of following Covid-19 protocols of social distancing and personal protection; capacity building of NGOs on digital communication; provisions of good quality personal protection for fieldworkers; staggered programmes in communities online and offline based on the needs; providing guidelines for home quarantine and practical solutions for patients having challenges of space during home quarantine.

Dr. Shukla explained that over some time Covid 19 would spread to a very large population and hence severity and virulence will decline. He appealed to participants to join the Jan Swasthya Abhiyan Maharashtra and India to promote health advocacy. Dr. Baru expressed concern that social distancing has led to the exclusion and the 'othering' of the marginalized.

*A webinar on Mental Health Concerns of Individuals and Families in a Pandemic: Meaningful Social Work Interventions was organized on July 4th, 2020.*

The current COVID-19 pandemic, exposed us to multiple challenges due to the public health emergency, making an impact on the well-being of individuals and families. In addition to the stressors inherent in the illness, the restrictive measures to contain the spread of the infection led to new challenges and norms/realities of social distancing, wearing masks, working from home, loss of employment, online schooling, lack of physical contact with extended family members and inadequate resources for medical emergencies. All these concerns have translated into a range of emotional reactions and mental distress. The need for helping professionals to reach out effectively to mitigate the emerging psycho-social concerns at the individual level and in the family was strongly felt. Meaningful Social work interventions can play a pivotal

*The objectives*

- Increase understanding of the psychosocial implications of a pandemic (Covid 19), and its inevitable impact on peoples' mental health.
- Bring focus on factors in the Covid-19 situation that are leading to mental health concerns among individuals and families, and look for ways of coping and
- Enlighten how tele-counselling has emerged as perhaps the most powerful mental health interventions to reach out to those affected by the pandemic



NAAC RE-ACCREDITED

role in providing tools and empowering families, communities, and high-risk groups to respond to the crisis in a way that their mental health is not endangered.

The aim of the webinar, therefore, was to disseminate information, raise awareness, and initiate critical thinking among social work professionals and students on how they can act as a safety net and facilitate interventions to encourage 'Positive Mental Health' among individuals, families, and communities. The purpose of the webinar was to highlight the impact of a pandemic (during and post) on the mental health of individuals and families and provide exposure to useful Mental Health interventions.

The sub-themes of the webinar were Mental Health of Individuals and Families in Pandemic Situation: Ways of Coping by Ms. Srilatha Juvva (Ph.D.), Professor, Centre for Equity and Justice for Children and Families, School of Social Work, Tata Institute of Social Sciences, Mumbai, India; and Tele Counselling as a Mental Health Intervention in a Pandemic Situation by Mr. Gladston Xavier (Ph.D.), Associate Professor, Department of Social Work, Loyola College, Chennai, India.

The presentation by Ms. Srilatha Juvva (Ph.D.) presentation emphasized the different dimensions of mental health and how it impacts families and tips to move from stress to resilience and coping. Mr. Gladston Xavier (Ph.D.), focused on the objectives of initiating the Tele counselling centre in collaboration with The Greater Chennai Corporation (GCC). He highlighted the contribution of the GCC Tele counselling team that strives to fulfill the following needs of the Tele counselling initiatives which emphasized three important aspects medical, psychosocial, and physical.

*A session on understanding Covid 19 and health under the current situation was organised on 9<sup>th</sup> December 2020*

The session was organised for the staff of the College by the Management. Thirty-two participants including Non-teaching Staff, Support Staff, and Management representatives were present at the session. The session aimed to create awareness of the effectiveness and relevance of homeopathy medicines, especially during this pandemic. Dr. Vedati Packiam, founder of Health Concept was the resource person at the session. Dr. Vedati explained the various symptoms of COVID 19 the relevance of Homeopathy medicines, and how different remedies like drinking hot water, taking inhalation, eating healthy and timely, and sufficient rest were necessary as immunity boosters. She emphasized how fear was a major factor in creating panic. She reassured the participants that they



NAAC RE-ACCREDITED

could call her at any time for telephone consultation. Dr. Vedati distributed a free kit that included essential supplies to each participant for treating seven symptoms of Covid 19 care.

*A Webinar on 'Healthy Ageing: Body was organized by the Regional Resource Training Centre (RRTC), Centre for Study of Social Change (CSSC) in collaboration with a College supported by the Ministry of Social Justice and Empowerment, Government of India, National Institute of Social Defense on 9<sup>th</sup> December 2020.*

At the webinar, the importance of focusing on the well-being of senior citizens, initiatives undertaken by the College, such as the senior citizen's course, organization of the National Conference on Healthy Ageing, the implementation of the Field Action Project 'Pravas' as an outcome of the National Conference to focusing on community-based intervention model was highlighted. Dr. Nirmala Samant shared that the goal of the Ministry of Social Justice and Empowerment and The National Institute of Social Defence was to organize webinars on issues concerning older persons through the Regional Resource Training Centre established under the aegis of Centre for the Study of Social Change. She highlighted the importance of acknowledging Active Ageing, the stages in our life, and important aspects of Healthy Ageing. Dr. Shubha Raul, Former Mayor, Member task force for Covid 19, Government of Maharashtra focused on the impact of Covid 19 on the elderly, the symptoms of Covid 19, and the importance of post-Covid-19 care to handle complications such as re-infection, lung fibrosis, lack of sleep, mental disturbances, anorectal bleeding, hearing loss and sometimes vocal cord paralysis.

The importance of maintaining healthy lifestyle measures to build immunity, following Covid 19 protocols (maintaining personal hygiene, wearing a mask, washing hands), strengthening coping mechanisms, and the significance of Ayurveda and herbal medicines such as tulsi and turmeric were also emphasized. Some of the tips for dealing with the situation were enumerated: Exposure to sunlight for vitamin D; steam therapy; practicing regular yoga with pranayama exercises; maintaining a balanced diet with nutritious content. Dr. Anuradha Sovani Professor, Head of the Department of Psychology, SNDT, and practicing Clinical Psychologist explained the concept of Happier Ageing or '*Niramay Vardhakya*'. Dr. Anuradha dwelled on the aspects of healthy and happier ageing, when to connect and when to detach'; positive neuropsychology propagated by Dr. Randolph; complex interactions involving genes, social relationships, environments, and lifestyles; the importance of remaining physically healthy by following a healthy lifestyle, nutrition, and regular exercise regime; and strengthening coping mechanisms. Dr. Anuradha shared the initiative of the Institute for Psychological Health (IPH) under the leadership of Dr. Shubha Thatte '*Sapta Sopan*' seven steps to





NAAC RE-ACCREDITED

wellness, a project that aims to promote psycho-social and cognitive wellness promotion. The senior citizens or elderly are encouraged to meet regularly and spend time being creative, happy, and connecting socially. A hundred participants benefitted from the webinar.

*A webinar on “Psychosocial Well-Being During COVID-19” organized by Anubhav Mumbai*

The objectives of the webinar are to provide awareness to the beneficiaries on stress management techniques, facilitate interpersonal skills, and encourage participants to be part of Anubhav Mumbai's youth initiatives. The main speaker at the webinar was Dr. Nilima Mehta. Dr. Nilima Mehta is a Social Worker, Counselor, Life Coach, and Psychotherapist by Profession. She has completed her MSW and Ph.D. in Social Work. She is proud to be an alumnus of the College of Social Work, Nirmala Niketan. Her areas of work are Child Protection, Juvenile Justice, and Adoption. Her special interest is in Human Behaviour and Relationship Management. The webinar began with a welcome speech by Hon Principal. Dr. Lidwin emphasized how the Covid 19 pandemic has led to uncertainties for all, especially early adults in areas of education, job opportunities, family, and social being. In this entire situation, one needs to be positive and has to recall the positive experiences of life. The more we grow into being helpful and empathetic the happier the world will be and endorse the need to seek help and reach out to those in need. Dr. Lidwin ended the welcome address by mentioning a famous quote by Mr. R. Roger a well-known Psychologist “Good life is a process and not a state of being”. Mr. Sandesh Lalge, Documentation Officer at the College of Social Work provided an overview of the mission, vision, strategies, and theme of Anubhav Mumbai interventions in the current year.

Dr. Nilima Mehta acknowledged the impact of the pandemic on one and all. She highlighted how Covid-19 has led to both physical and social distancing with people confined to their homes and away from people, leading to mental burnout, hopelessness, and helplessness, and has challenged our sense of well-being. She stressed the importance of coping strategies to deal with the challenges of the current situation and the need to understand wellness and well-being holistically considering all its dimensions: mental, emotional, psychological, spiritual, physical, financial, occupational, and environmental. The present situation is challenging it is crucial during these times to nurture positivity by having a rational perspective of situations.

We should focus on what we want rather than what we don't want. She said a statement that whether “Roses have thorns or thorns have Roses”. It depends on us how we see things and our perspectives matter. An effective self-management strategy centered on all dimensions of well-being can prevent



NAAC RE-ACCREDITED

us from becoming vulnerable to stress and extreme sadness even depression. She shared that just like the famous saying “*As you sow, so shall you reap*”, our thoughts are an important seed. If we think positively, we will act accordingly. Dr. Nilima provided information on important and effective self-management techniques: There are many things that we can do for our self-management. Time management, making a schedule, maintaining sleep hygiene, proper diet, staying connected with our peers, friends, neighbors, ensuring time for recreation and relaxation despite busy schedules, exercise, and meditation (yoga, meditation, deep breathing) to develop calmness and concentration. Some important themes that emerged from Dr. Nilima Mehta’s session were: “My Wellness and Well-being is my Concern and challenge”, “Being aware of what is in my control and what is outside my control”, and “It is Okay to seek Support”. She said that when we realize our mental health is impacting us it is important to seek professional help rather than coping alone. The Question-and-Answer session was animated by Dr. Renu Shah, Assistant Professor, College of Social Work, Nirmala Niketan, and Ms. Swati Rane, District Youth Coordinator, Anubhav Mumbai.

#### OUTREACH RELIEF WORK

The outreach was organized across the country in collaboration with staff, alumni, and NGOs to organize relief services for food and medical supplies. Eight Hundred and Seventy-six beneficiaries including migrant workers, construction workers, domestic workers, auto-rickshaw drivers, rag pickers, sugarcane workers, widows, senior citizens, sex workers, and students were provided relief services. The outreach efforts included:

- ✓ Food provisions of 5 kg rice, two kgs dal one liter of oil worth arranged and distributed to 170 beneficiaries including daily wage earners (construction workers, domestic workers, senior citizens from Bhagatsingh and Laxmi Nagar Slum community, Goregaon West, Mumbai
- ✓ Cooked lunch for 300 senior citizens from Bhagatsingh Nagar Slum community, Goregaon West, Mumbai in collaboration with Manthan Foundation, Versova organized daily from 29<sup>th</sup> March 2020.
- ✓ In collaboration with Good Shepherd Convent, Versova medicines for Blood Pressure and Diabetes were arranged for five senior citizens from Bhagatsingh Nagar Slum community, Goregaon West, Mumbai.
- ✓ A ration kit of rice and dal was organized for 80 migrant workers from Badlapur.
- ✓ A ration kit of wheat, rice, dal, and oil was provided to 60 ragpickers from Bhimnagar, Thane. In collaboration with Myna, 500 sanitary napkins were arranged for the group.



NAAC RE-ACCREDITED

- ✓ Food provisions were organized for 30 daily wage earners and autorickshaw drivers from Bhiwandi; 60 Sugarcane workers from Indapur, Pune; and 72 daily wage earners from Beed.
- ✓ Food provisions were arranged for 30 migrant workers in Baddi, Himachal in collaboration with Nirmala Niketan Institute.
- ✓ Ration Kits are provided to 200 sex workers' families and 19 individuals worth Rs 2,40,000 only.
- ✓ After the Nisarg cyclone, 200 tarpaulin sheets costing Rs 2,02,000 were sent to Raigad.
- ✓ Livelihood provision for one widow who was provided with a garlic peeling machine worth Rs 17,800 only.
- ✓ Thirty families from Shivaji Nagar, Mumbai impacted by the electric pole accident were provided with utensils, and blankets worth Rs 73,650 only.
- ✓ A library cupboard was given to Jeevandhara Institute, Kolad amounting to Rs 11,210.
- ✓ Medical aid costs Rs 17,2055. was provided to 13 individual families.
- ✓ One thousand nine hundred soap bars costing Rs 38,000 were sent to Roha, Kollad, Mangaon, Talasri, and Goregaon.
- ✓ Six students were provided financial aid of Rs 1,29,040 for payment of school/ tuition fees.
- ✓ Financial Aid was provided to students whose families were impacted by the loss of livelihoods. Free ship of fees was implemented for 32 students from Bachelor of Social Work and Master of Social Work for the academic year 2020-2021. Tele-Counselling was arranged for students battling mental health and the financial implications of the lockdown.

OUTREACH RELIEF WORK: FIELD ACTION PROJECT ANUBHAV MUMBAI

The Covid-19 Response of Anubhav Mumbai centered on Information and Capacity Building. Through the project '*Engaging Youth in Disaster Prevention and Mitigation*', a project by Anubhav Youth Training Centre in Santosh Nagar community of Goregaon, Mumbai, Anubhav Mumbai conducted pre-and post-assessment of 1000 community residents on Covid-19 causes, symptoms, and protocols. Youth and elderly were mobilized, sanitization efforts in the area, and awareness sessions on preventive health care during the pandemic were organized.

A webinar on Group Bonding Workshop was organized. The webinar was attended by 84 students across colleges in Mumbai. Participants were given important insights on the impact of the Covid-



**NAAC RE-ACCREDITED**

19 response, the importance of volunteerism and group bond, teamwork, and resource mobilization in addressing the impact of the pandemic.

One-day offline 'Disaster Management' Workshop was conducted by Anubhav Youth Training Centre. The valuable inputs given by resource persons, Mr. Mahesh Narvade, Retired Havaldar, Army helped participants gain valuable information on disaster management, rescue, fire safety measures, and crisis interventions during disasters. Based on the online survey results of the responses from 155 students Anubhav Youth Training Center (AYTC) identified the needs and concerns of students such as mental health services, psychosocial support, and career counselling. As an outcome of the survey, two offline workshops on Career Counselling workshops were conducted benefitting 105 students of AYTC and the College of Social Work. Individual counselling sessions were organized based on aptitude tests as a follow-up.

A webinar on Psychosocial Well Being during Covid-19 on 24<sup>th</sup> June 2020 was attended by 65 participants; sessions on meditation on 9<sup>th</sup> August 2020 attended by 15 youth and Effective ways of Time Management on 16<sup>th</sup> August 2020 attended by 17 youth were also organized.

A campaign 'Voice of 2020: Gratitude towards Covid-19 Warriors' was organized to felicitate Covid-19 warriors. Members were encouraged to nominate youth for selfless service during the pandemic. The AYTC received nominations of 21 youth volunteers from Mumbai who were honoured, appreciated, and acknowledged through an online press release on 27<sup>th</sup> February 2021.



NAAC RE-ACCREDITED

## NIMRITI CENTRE FOR SOCIAL INNOVATION AND ENTREPRENEURSHIP

The Nimriti Centre for Social Innovation and Entrepreneurship centre aims to support social entrepreneurship and offer academic programs where the students, immediately after graduation, get guidance, mentoring, physical space, and a network for funding and value-based collaboration. The Centre is located on the third floor of the College.



Pre-Incubation Meeting Room is also available on the third floor of the College.

*Staff:* The college has nominated the following staff for Nirmiti Centre for Social Innovation and Entrepreneurship:

Name	Role In The Nimriti Centre For Social Innovation and Entrepreneurship	Domain
Dr. Lidwin Dias	President, IIC	
Ms. Sabeena Gonsalves	Vice President, IIC& ARIIA Nodal Officer	
Mr. Cletus Zuzarte	Coordinator (Nirmiti Centre for Social Innovation and Entrepreneurship) & Co-Convenor, IIC	
Mr. Sameer Mohite	Add-on Course in Social Entrepreneurship & EDP	E-CELL
Ms. Reny Rajan	IIC Awareness Activities	
Ms. Pallavi Xalxo	Pre-Incubation	Entrepreneurship Ecosystem
Mr. Albin Thomas	Incubation	
Dr. Ronald Yesudhas	Developing MA in Social Entrepreneurship & Convenor, IIC	Academics

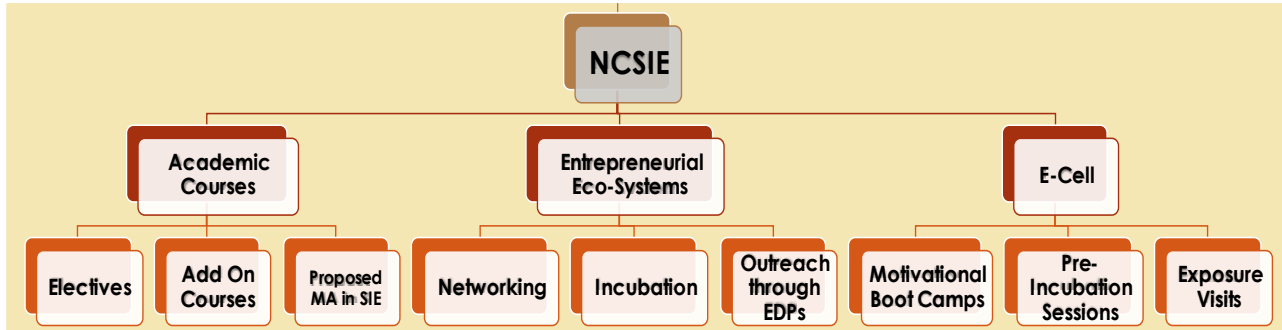
External Experts/ Agencies for Mentorship

- Sharon Dsouza continued as the Emotional Intelligence Coach-cum- External Expert
- Irene Tayashree continued as Mentor for Social Entrepreneurship



NAAC RE-ACCREDITED

The various activities of the Centre can be divided into three components: Academic Courses; Entrepreneurial Eco-systems; and the E-Cell. Under each of these components, various activities are coordinated.



### Academic Courses

#### *Elective Course*

An elective on Social Entrepreneurship of Four Credits (60 hours) is offered at the Bachelor of Social Work, Semester V. The duration of the course was from 1<sup>st</sup> September to 30<sup>th</sup> November 2020. A total of 17 students enrolled for the same. The college is planning to offer a MA Programme in Social Innovation and Entrepreneurship from the 2022-23 batch. Official approvals are being sought, and a draft curriculum too has been prepared and is being reviewed.

#### *Add on Courses*

The Actionable Social Entrepreneurship Programme 2020-2021 was inaugurated on the 16<sup>th</sup> of October 2020 and completed on the 19<sup>th</sup> of April 2020. The resource persons included Navayuvak Entrepreneurs and contacts from the College network. Thirty-Three students enrolled in the program and 13 completed fulfilling the 75 percent attendance and course requirements.





NAAC RE-ACCREDITED

*Value-added course on 'Psychodrama'*

The RUSA-sponsored online course on Psychodrama “On Self Exploration, Self-Expression, Wellness and Creativity” was organized in January-March 2021. Twenty students completed the programme. The facilitator of the course was Ms. Magdalene Jayarathnam – A certified Trainer from the Indian Institute of Psychodrama, Chennai. Ten sessions were conducted from 8<sup>th</sup> February to 1<sup>st</sup> April 2021 for 30 hours.

Indian Institute of Psychodrama  
Empowering people. Help themselves

College of Social Work  
Nirmala Niketan

COLLEGE OF SOCIAL WORK NIRMALA NIKETAN (AUTONOMOUS)  
VALUE ADDED COURSE (ACADEMIC YEAR 2020-2021)  
**PSYCHODRAMA**  
FOR SELF-EXPLORATION, SELF-EXPRESSION, WELLNESS, AND CREATIVITY  
FACILITATED BY: MS. MAGDALENE JEYARATHNAM  
CERTIFIED PSYCHODRAMATIST, CERTIFIED TRAINER OF PSYCHODRAMA AND COUNSELLOR

What is Psychodrama  
Psychodrama is an active and creative method that enables participants to use guided drama and role-playing to explore various issues of personal and professional concern.

Under the Auspice of the Social Entrepreneurship Cell  
College of Social Work, Nirmala Niketan  
Course Coordinators:  
Dr. Anita Machado & Ms. Sonia Rodrigues  
Faculty College of Social Work, Nirmala Niketan



### Entrepreneurial Eco-systems

Three Entrepreneurial Development programmes were offered

- ✓ Urban Entrepreneurship Development Programme was held online in four full-day workshops on four Sundays: 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> February, and 7<sup>th</sup> March 2021 for 12 enrolled students who also completed the 30-hour programme. The resource persons were Dr. Radha Iyer and Dr. Prema Basergekar and the team from K.J. Somaiya Institute of Management SP Jain Jaihind College, and IIT Mumbai. As an outcome of the programme three groups and six individual participants presented their business ideas to the panel. Three ideas were ready for registration and incubation. Two potential partnerships – Errickson & SBI were identified. A follow-up was planned with participants – once every fortnight through registration, sessions, and handholding sessions with E-Cell Incubation – NCSIE
- ✓ The rural Entrepreneurship Development Programme was conducted for 30 external rural - *kathkari* tribal students and networking partner staff at Jeevandhara in Kolad, Raigad District from 25<sup>th</sup> February to 28<sup>th</sup> February 2021 (four full days) in collaboration with four networking partners. The rural Entrepreneurship Development Programme was conducted for 30 external rural – *warli* tribal students and staff from Dayanand Nursing School, Vadoli, Talaseri, Palghar District, from 18<sup>th</sup> to 21<sup>st</sup> March 2021 (four full days) in collaboration with five networking partners. The 30-hour Rural Entrepreneurship Development Programmes included inputs, discussions, exposure visits, and a business lean canvas presentation by the participants which was evaluated by a team of experts from the field.
- ✓ A Faculty Development Programme on “Intellectual Property Rights (IPR)” was organized on 12<sup>th</sup> December 2020 on Microsoft Teams (3-5 p.m.). Adv. Laher Shah a senior associate in Intellectual Property Rights litigations was the resource person. A total of 24 staff members including Faculty Members and Project and Short-Term Courses staff participated in the programme. The objective of the programme was to orient Faculty and staff members about the growing importance of Intellectual Property Rights and the processes of availing them. The Workshop commenced with a welcome address from Principal-in-charge, Dr. Lidwin Dias. Conveying welcome greetings, Dr. Lidwin stressed the importance of contextualizing the benefits of Intellectual Property Rights for humanitarian projects. This was followed by a formal introduction of Adv. Laher Shah was given by Dr. Ronald Yeshudas. Adv. Laher Shah engaged the session with an approach to educating even novices about the umbrella of Intellectual Property Rights facilitating a meaningful discussion at the end.





NAAC RE-ACCREDITED

The session covered detailed inputs on Trademarks (distinctive appeal of a Trademark, processes of registering for a trademark, and validity of trademarks, services/goods that cannot be trademarked, the distinction between superscripts of Trademark<sup>TM</sup>, Registered (®), and irreplicability of well-known marks); Copyrights (types of copyrights reserved for multiple works, notions of Author and Owner of Copyrights, registration of copyrights, the validity of copyrights, differences in Contract of and Contract for Services, Non-Disclosure Agreements and other kinds of Agreements for preserving ingenuity of work and application of Watermarks or Copyright (©) logos); Patents (the concept of Patents along with patentability of objects, the process of filing, the importance of specifications on claims, supported by drawings); Rights and Remedies applicable in cases of infringement of Intellectual Property Rights such as filing of suit against infringements, injunctions/stay on further infringements, seeking damages on profit of accounts); and Designs (importance of applying for design rights to protect the originality of products and services delivered, usefulness of design rights in protecting services and products from being duplicated and infringement of Intellectual Property Rights). Adv Laher suggested that as an institution, the college needs to emphasize ownership of all projects and creations. The session was later followed by a clarification of doubts moderated by Mr. Cletus Zuzarte, which enabled a clear understanding of titles and Intellectual Property Rights with common brand names, use of franchise licenses, filing for infringements, processes of copyrighting of project-related documents, and college documents along with a brief understanding of drug patenting. Mr. Cletus proposed the vote of thanks and a summary of points covered in the session. Dr. Lidwin Dias made closing remarks about the session and emphasized how the session has been fruitful in conveying that filing for IPR can be considered in the academic forum.

Intellectual Property: The College has worked on creating modules for Entrepreneurship Development Programmes which consist of an Entrepreneurship Development Toolkit and a Manual for Training Trainers in Entrepreneurship. This has been made available online through a Creative Commons License.



NAAC RE-ACCREDITED



Sessions



Exposure Visit



Sessions



Exposure Visit



Certificate Distribution



Experts Panel for Lean Canvas



Inauguration



Media Coverage



### **Infrastructure & Facilities to Promote I & E Activities: Student Clubs, Innovation, Pre-Incubation, and Incubation Facilities, Services, and Supports**

The E-Cell (Students Club), established in 2019 is an *Idea Club* initiative of the Nirmiti Centre for Social Innovation and Entrepreneurship that aims to foster the spirit of entrepreneurship among the students at college. Currently, 55 students are enrolled in E-Cell and Mr. Cletus continues to be the Faculty In-Charge of the E-Cell. Ms. Shruti Kulkarni (Master of Social Work, First Year I) was the Student Representative for Start-Up / Internship. Ms. Nicole (Master of Social Work, First Year) was the Student Representative for Intellectual Property Rights. Ms. Bella Bhosale (Bachelor of Social Work, Third Year) was the Student Representative for Innovation / social media. Some of the events organized were:

#### *Sessions*

1. A session on “Understanding Social Entrepreneurship - the Entrepreneurial way” on 23<sup>rd</sup> October 2020, by Ms. Annie Theodore from Logos
2. A session on “Start-Up Eco-System” on the 17<sup>th</sup> of November 2020, by Mr. Gaurav Mishra from Navayuvak Enterprises.
3. Session on “Impact Investment” on 20<sup>th</sup> November 2020 by Mr. Mahavir Pratap Sharma from TiE Global
4. A session on their inspiring journeys as social entrepreneurs on 27<sup>th</sup> November and 18<sup>th</sup> December 2020 by Mr. Ronit Ranjan and Mr. Vaibhav Gholap.
5. Session on “Women in Entrepreneurship” with Dr. Aparna Rao and IIT Mumbai Network Team of Mentors and Life Coaches on 10<sup>th</sup> April 2021
6. On 26<sup>th</sup> February 2021, the students had exposure visits to various field sites of Swades Foundation – Cashew Process, Goat Rearing, and Organic Farming.
7. On 19<sup>th</sup> March 2021, the students visited a Fish Breeding Enterprise and a cooperative group running an organic Vegetable Farm Enterprise
8. On 10<sup>th</sup> April 2021 the students joined the students of IIT Mumbai on an interactive mentoring Students Day Out (Students spend time with an Entrepreneur/ Enterprise- for a day)



NAAC RE-ACCREDITED

**Bootcamp:** On 16<sup>th</sup> April 2021, a Workshop was facilitated on ‘Crafting a Business Plan’ by Mr. Cletus Zuzarte, Assistant Professor.

**Pitch:** On 5<sup>th</sup> March 2021, Mr. Gaurav Mishra, Founder, and Director of Navayuvak Enterprises conducted a session on “Making a Business Pitch in Five Minutes”



### Pre-Incubation

The pre-incubation stage starts with ideation. During this period, a potential entrepreneur develops the idea into a ‘proof of concept’ and prepares to understand the technical feasibility of the idea proposed. Once a marketable service/product idea gets evolved, prototyping and testing are done, and the suitable students will be then referred for the Incubation Stage. On 31<sup>st</sup> March 2021, eight teams were in this stage.

### Incubation

The incubation programme will be fully functional from October 2021. The incubation stage will be five monthly processes of helping start-up companies/ non-profits graft products/services and prepare themselves for marketing. The center offers a wide array of value-added services to speed



NAAC RE-ACCREDITED

up the incubation cycle. As of 31<sup>st</sup> March 2021, three persons/teams were being prepared to undertake this stage of Incubation.

### **Idea Generation, Venture Establishment, and Awards**

#### *Anubhav Youth Development Program*

1. Idea: Mobilizing youth to equip them with skills of social responsibility and self-awareness. It aspires to build a cadre of youth leaders. Anubhav conducts training programmes, exposure visits, camps, and exchange programmes to meet its objectives and make youth responsible citizens.
2. Stage of Innovation/Stage of TRL: it started receiving Support during the Financial Year 2020-21: Idea Stage (TRL-O)
3. Stage of Innovation/Stage of TRL progressing as of 31st March 2021: Basic research (TRL-1)
4. Venture Establishment: None
5. Awards: None

#### ***Pravas:***

1. Idea: organizes senior citizens to secure their rights and well-being through a series of community-based activities
2. Stage of Innovation/Stage of TRL: it started receiving Support during the Financial Year 2020-21: Idea Stage (TRL-O)
3. Stage of Innovation/Stage of TRL progressing as of 31st March 2021: Basic research (TRL-1)
4. Venture Establishment: None
5. Awards: None

### **Fund/Investment Mobilized & Co-Creation of I & E**

The College collaborates with various rural and urban development organizations to co-create an entrepreneurship ecosystem.

1. Antarang Foundation, Mumbai, (MoU on 1<sup>st</sup> July 2019),
2. Jeevandhara (Institute of Social Service), Kolad, Raigad Dt. (MoU on 29<sup>th</sup> January 2021)
3. Nirmala Institute, Karajgaon, Talaseri, Palghar Dt. (MoU on 7<sup>th</sup> March 2021)

Initial coordination meetings were held with the Director of Innovation, Mumbai University, Dr. Samir Kulkarni, and Mr. Aadesh Suryarao from Mumbai University – Ideas on the 13<sup>th</sup> of February 2021



#### *Co-Curricular Events Conducted*

- An Online Workshop on Exploring Possibilities with Lateral Thinking – Six Thinking Hats was conducted by Mr. Gaurav Mishra from Navayuvak Entrepreneurs who facilitated the Masterclass on 25th September 2020. 125 students across all classes participated in the event.



#### *Participation by Staff and Students in Co-Curricular Events*

- Mr. Cletus Zuzarte participated in an Online Faculty Development Programme "Launching Basic Entrepreneurship Programmes on Campus" conducted by Atal Innovation Centre - Rambhau Mhalgi Prabhodhani Foundation from 15 to 19 September 2020.
- Mr. Cletus Zuzarte participated in Confluence on Entrepreneurship 2020 - Entrepreneurship and Sustainability: a way of the self-reliant hinterland, organized by Tata Institute of Social Sciences - Tulzapur Rural Campus from the 30<sup>th</sup> to 31<sup>st</sup> December 2020.