

**BUILDING  
A NEW  
SOCIAL ORDER**



**ANNUAL REPORT 2020-2021**  
**COLLEGE OF SOCIAL WORK (AUTONOMOUS), NIRMALA**  
**NIKETAN**  
**NAAC RE-ACCREDITED "A" GRADE (THIRD CYCLE)**  
**WITH CGPA 3.53 ON A SCALE OF 4**



**INNOVATION CELL**  
(Government of India)



**Ministry of Education**  
(Government of India)



**ATAL RANKING OF INSTITUTIONS  
ON INNOVATION ACHIEVEMENTS**

# Certificate of Recognition

This is to certify that

**COLLEGE OF SOCIAL WORK NIRMALA NIKETAN 38 NEW MARINE LINES MUMBAI  
- 400 020**

is recognised in the band "PERFORMER" under the category

"General (Non-Technical)"

in Atal Ranking of Institutions on Innovation Achievement (ARIIA) 2021,  
a flagship program of the Ministry of Education, Government of India.

29th December 2021.

**Dr. Anil D Sahasrabudhe**  
Chairman, AICTE

**Shri K Sanjay Murthy**  
Secretary (HE), MoE

**Dr. Abhay Jere**  
Chief Innovation Officer  
MoE's Innovation Cell

## **INTRODUCTION**

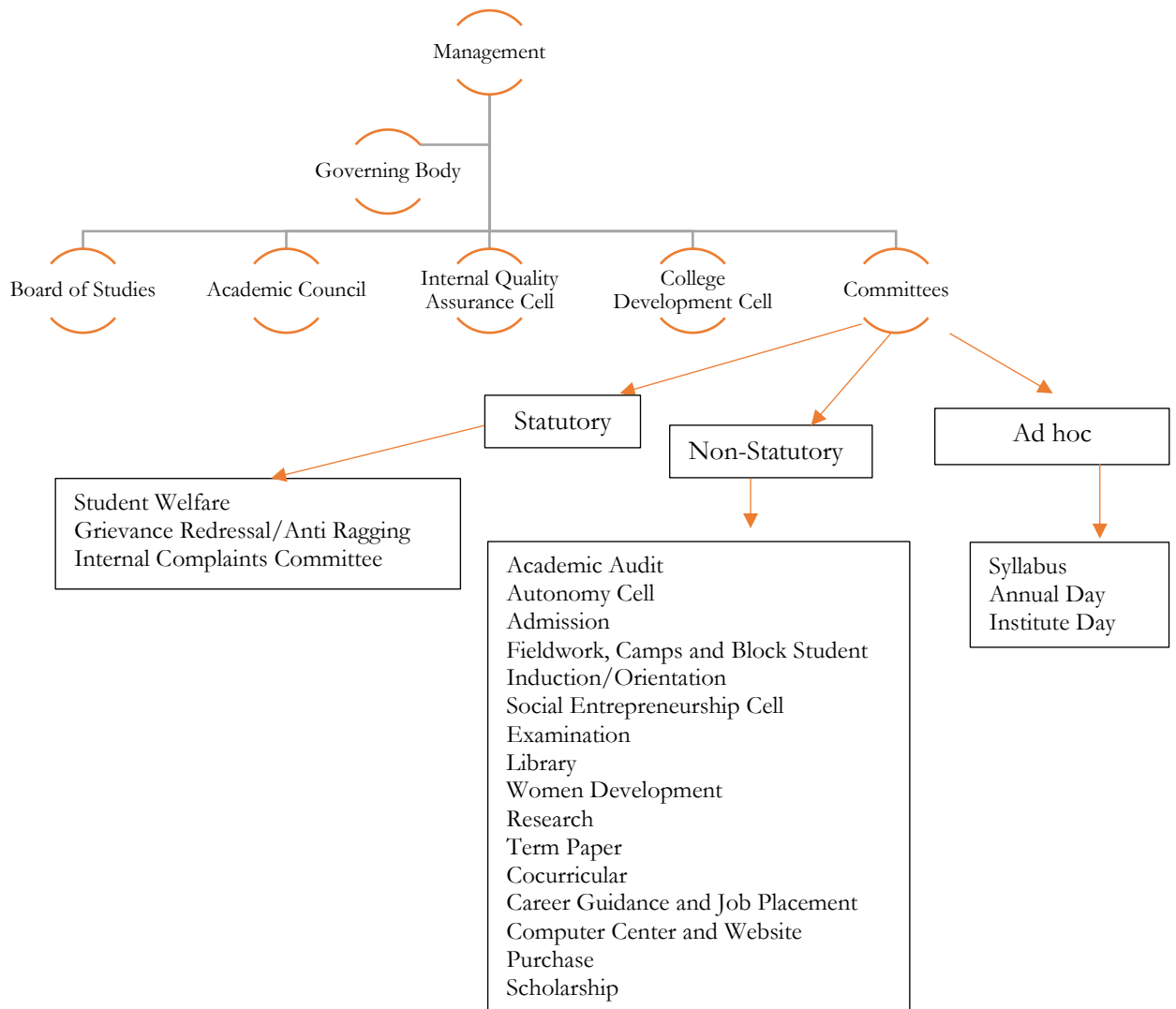
The College of Social Work- Nirmala Niketan since its inception in 1955 has been dedicated to the pursuit of excellence in social work education. At various junctures, the College has made efforts in updating its knowledge base and making its educational initiatives relevant to the existing national and global socio-economic realities.

The Year 2020-2021 has been a remarkable and memorable journey for the College. The College continued to provide learning opportunities and practice for students embracing changing and innovative teaching-learning pedagogical approaches in the context of the pandemic.

The Annual Report 2020-2021 bears testimony to the spirit, zeal, hard work, and commitment of the Teaching Faculty, Non-teaching staff, students, Management; the support of donor agencies; guidance, and feedback of members of statutory bodies such as the Board of Studies, the Academic Council, Internal Quality Assurance Cell, College Development Committee, partner organizations, the alumni, and parents and families of our staff and students helping the Institute achieve quality education. The College expresses its sincere gratitude to the programme of the government Rashtriya Uchchatar Shiksha Abhiyan (RUSA), the University of Mumbai, Social Welfare Department for their constant support, guidance, encouragement, and valuable opportunities.

## GOVERNANCE AND LEADERSHIP

Democratic values permeate all decision-making processes of the College. The decision is implemented through the establishment and functioning of statutory, non-statutory, and ad-hoc committees. The committees with internal and external experts from various fields engage in dialogue, review, feedback, and evolve innovative ideas towards academic excellence



## **ADMISSIONS REGULAR PROGRAMMES, CHURCHGATE CAMPUS**

Two hundred and seventy-nine students are currently enrolled in the regular academic programmes of the college. Eighteen students are pursuing their doctoral studies, from which three have submitted their thesis and are awaiting their viva.

## **ADMISSION, SHORT TERM COURSES**

### **SHORT TERM COURSES, CHURCHGATE CAMPUS**

One hundred fifty-six students are enrolled across the seven short-term courses (three graduate and four post-graduate) conducted at the Churchgate Campus. The undergraduate courses include the Certificate Course in law and Social Work (35 students) and the Certificate Course in Peace Education (24 students). This year the Extension Centre introduced a new course Certificate Course in Legal Skills in Social Work Practice. Forty-six students enrolled for the course. The Post Graduate Courses include the Post Graduate Diploma in Therapeutic Counselling (23 students), Post Graduate Diploma in Child Rights and Child Protection (8 students), Post Graduate Diploma in Inter-Religious Dialogue and Water for Sustainable Development (15 students), and the Certificate Course in Advanced Social Research Methodology (7 students).

#### *Brief details of the courses*

Courses commenced online from October 2020. The online mode of the course ensured the enrolment of students from and outside Maharashtra.

The Post Graduate Diploma in Therapeutic Counseling commenced on 14<sup>th</sup> October 2020. The twenty-three students enrolled for the course included social work practitioners working in NGOs, professionals in social work colleges, graduates in psychology, and some of them from non-social science backgrounds. Students are pursuing their field practicum through online mode for two months at various settings such as private clinics of psychiatrists/psychologists, NGOs, etc.

The Post Graduate Diploma in Child Rights and Child Protection commenced on 27<sup>th</sup> December 2020. Eight students from Jharkhand, Delhi, and Madhya Pradesh enrolled for the course. The fieldwork practicum was organized online for the students. Students got an opportunity to [participate in the webinar on Child Centric Disaster Risk Reduction Training](#) organized by the Government of India Ministry of Home Affairs and Manas Foundation. As

a part of field practicum students were involved in the online mode of Fieldwork and some of them will be preparing the research proposal.

Seven students from Mumbai, Delhi, Haryana, Kerala enrolled for the Certificate Course in Advanced Social Research Methodology. The course commenced on 20<sup>th</sup> January 2021. Two students completed their research practicum by appearing for the viva voce examinations.

The Post Graduate Course on Interreligious Dialogue and Water for Sustainable Development' a co-branded programme conducted in collaboration with multiple partner agencies, namely UNESCO and Cardinal Paul Poupard Foundation Chair at St. Andrew's College; Institute of Indian Culture; and Nirmala Niketan College of Social Work (Autonomous). The fourth batch of the course this year was launched as Post Graduate Diploma in Sustainable Development. The course commenced on 5<sup>th</sup> October 2020 and had 15 admissions.

The 'Certificate course in Law and Social work' was conducted in the association of 'Majlis' from 15<sup>th</sup> July 2020 to 5<sup>th</sup> August 2020. The course contains 12 modules comprised of online lectures and presentations. Thirty-five students from Delhi, Bhopal, and different districts of Maharashtra. enrolled for the course.

The 'Legal Skills in Social Work Practice course is a new course introduced by the Short-Term Courses Unit this academic year with the support of RUSA. The course includes 12 modules based on the Indian Constitution, Criminal Procedure Code, Environmental Laws, Socio-legal aspects, and laws related to Children, senior citizens, women, and persons with disabilities. There were 46 students enrolled for the course from Mumbai, Delhi, Chattisgarh, Bangalore, Jharkhand, and even Saudi Arabia. Forty-one students complete the course. The course aims to equip field-level social workers with the basic knowledge and skills to understand and address legal issues in the field.

On 21<sup>st</sup> September 2021, the Centre commemorated International Peace Day online. Participants presented posters and quotes on the theme of Peace and Communal harmony.

## SHORT TERM PROGRAMMES, GOREGAON CAMPUS

The Extension Centre of the College located at the Goregaon Campus successfully conducted the 49<sup>th</sup> Batch of Para-Professional course, 36<sup>th</sup> Batch of the Certificate in Social Work for Senior Citizens, Semester II of the 3<sup>rd</sup> and 4<sup>th</sup> Batch of the Post Graduate Diploma in Corporate Social Responsibility, 5<sup>th</sup> and 6<sup>th</sup> Batch of the Certificate in Management of Non-Profit Organizations and 10<sup>th</sup> Batch of Certificate in Basic Skills in Counseling. The Centre also runs the Field Action Project of the College, Anubhav Mumbai.

### *Brief highlights of the courses*

The 49<sup>th</sup> batch of the six-month Certificate in Social Work for Paraprofessionals was started in January 2020. Nineteen participants included professionals working in NGOs, College students, and homemakers. The course entailed insights on various topics related to Social Work and experiential learning on puppet making, first aid, and so on. *Sanghmitra*, the alumni group of paraprofessionals met twice during the lockdown. They engaged themselves in outreach activities for individuals affected by the pandemic by organizing essential supplies for migrant labourers and assisting in Covid isolation wards.

The 36<sup>th</sup> batch of the Certificate in Social Work for Senior Citizens commenced in October 2020. The Alumni Association of Senior Citizens meets regularly on 2<sup>nd</sup> Thursdays and organized various activities for the Alumni Association. Ms. Navnita Parmar, a professional dancer and founder of the Ever-Young Dance Group of the Association ensured that members are engaged in dance online through regular training. The members prepared three videos during lockdown based on the theme ‘Don’t Worry, Have Faith’’, ‘Creating Awareness during Lockdown on Corona Virus’ and ‘Independence Day’ dedicated to Corona warriors.

The Semester II of the 3<sup>rd</sup> batch of the Post Graduate Diploma in Corporate Social Responsibility was conducted in May 2020. Six students enrolled in the course. The 4<sup>th</sup> batch started online on 12<sup>th</sup> September 2020 with a total enrolment of 16 students. A new component of 180 hours of internship/ work-integrated learning for the students was introduced in this CSR programme.

Certificate in Management of Non-Profit Organisations is a six-month course offered six workshops on six topics like Governance and Legal Framework for NPOs, Project Planning and Project Proposal, Monitoring and Evaluation, Human Resource Management and

Communication in NPOs, Financial Management, and Fundraising. Each workshop is conducted on the 2<sup>nd</sup> Saturday of every month. Looking at the need for the hour and the changing situations of the NGOs and NPOs, the Extension Centre decided to offer this course in workshop mode. The students can also choose to attend any single workshop/s and can receive a participation certificate. These workshops help to gain management skills and knowledge.

The 5<sup>th</sup> batch of the Certificate in Management of Non-Profit Organisations was started in October 2019 and its last workshop was conducted in June 2020. Eleven students attended the online workshop. The 6<sup>th</sup> batch of the Certificate in Management of Non-Profit Organisations started online in August 2020. A total of eight students enrolled in the course. To receive the course certificate, the students must write four assignments on any four workshops and submit them online.

The 10<sup>th</sup> batch Certificate in Basic Skills in Counseling started in March 2020 with 15 students.

## **ACADEMICS**

The academic programme for the Year 2021-2022 included the Student Induction/Orientation Programme; Online classes, remedial classes, RUSA sponsored workshops, virtual field visits, webinars, and Value-Added Courses.

*Student Induction Programme/Orientation Programme:* The purpose of the Student Induction Programme is to help new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution, help them build bonds with other students and faculty members, and expose them to a sense of larger purpose and self-exploration. Induction means the whole process whereby the incumbents adjust to or acclimatize to their new roles and environment. It is a planned event to educate the new entrants about the environment in a particular institution and connect them with the people in it. Students are also given information about the professional social work course to which they have got admission, the nature, structure, contents, and processes of the course along with academic requirements in terms of attendance, assignments, examination, and the significance of their active participation in all the activities and processes in the college.



*Online Student Induction Programme for Master of Social Work and Bachelor of Social Work Semester I (Kindly refer to Annexure I for the schedule)*

The Student Induction programme for Master and Bachelor of Social Work Semester I was organized from 2<sup>nd</sup> September-5<sup>th</sup> September 2020. The first day of the programme commenced with an inaugural, orientation on the induction programme and the schedule, and interaction with senior students Ms. Soumya Nair and Mr. Shivshankar. The senior students shared their knowledge and experiences of the subjects, credits, timetable, and Fieldwork. The students motivated the students to understand the relevance of the course in empowering the marginalized and in nation-building. The programme was planned according to the Socializing and Associating component of the University Grants Commission Guidelines Five online input sessions were organized for students during the Induction on various topics:

- ✓ Values and Rights based on the framework of the constitution, human rights, and human values by Professor S.M.Michael;
- ✓ Understanding the profile of the rural and tribal population in Thane, Raigad, Palghar by Ms. Anjali Kanitkar.
- ✓ Know Your Mumbai its geography, local governance structure, Transport/communication system, and Informal settlements by Mr. Anand Jagtap.
- ✓ Understanding Diversity and Creating Multicultural ethos with a focus on the values of multi-religion, Secularism, communal harmony, Peace, Nondiscrimination; the journey from sympathy to empathy working with vulnerable groups/marginalized groups shifting from a Charity approach to right based approach by Dr. Vaijayanta Anand and
- ✓ Psychosocial wellbeing that focused on Knowing self, relating to others /making friends, Covid 19 related anxiety issues, learning languages to make friends by Dr. Nilima Mehta. Parents meeting was also organized during which parents/guardians were given an orientation on academics, fieldwork, programmes, and expectations in terms of attendance, academic performance, and code of conduct.

*Online Orientation programme for Bachelor of Social Work Semester III and V (Kindly refer to Annexure-II for the schedule)*

The Orientation Programme for Bachelor of Social Work, Semester III, and V was held from 27<sup>th</sup> July 2020 to 1<sup>st</sup> August 2020. The focus of the orientation programme for the Bachelor of Social Work was the *governing* and *experiencing* component of the Student Induction Policy as specified by the University Grants Commission. Lecture inputs, activities, workshops were planned based on the content of various courses/subjects offered. Pre-orientation material including Student Induction Programme Policy and Netiquette Guidelines were provided to

all students before the programme. The inaugural session was organized for the Bachelor of Social Work Semester III and V together.

The inaugural included a welcome by Hon Principal; orientation on Fieldwork; new normal of the teaching-learning process; norms for online classes/netiquette, and ethical code of conduct. Parents meeting was organized to apprise parents of examinations, fees, and fieldwork. Four input sessions on Building Responsible Netizens; BMC Structure, Functioning, Roles and Responsibilities in the Ward; Grassroot works as a tool of Community Organization and Importance of Documentation in NGO Management were organized for the Bachelor of Social Work Semester III. Five input sessions on book review; Mental Health and Psychiatric Evaluation; Cyber Security; Spirituality and Social Work Practice and Patient Rights and Right to Health was organized for Bachelor of Social Work, Semester V. The total time allotted to the programme was 30 hours.

Group report presentation was scheduled for both classes. The Group Report Presentation event included feedback shared by six volunteers from the class; Internal Quality Assurance Cell Convenor address; online feedback form filling by students; sharing on the format for Individual reports; announcements related to the date of submission, and mode of submission of individual report; and instructions on online classes and timetable.

A series of subject-based skills lab sessions was organized for the Master of Social Work, Semester III during the orientation week on Gestalt Therapy, Rational Emotive Behaviour Therapy, and Transaction Analysis by Therapeutic Skills Course Teacher Dr. Anitha Machado.

## **FIELDWORK**

### *Webinar “Re-Imagining Fieldwork During Times of Global Pandemic”*

To explore the scope of Fieldwork practicum in the current context a webinar “*Re-imagining Fieldwork during times of global pandemic*” was organized on 10<sup>th</sup> July 2020. The organizing committee included Faculty representatives of the Fieldwork Committee Dr. Vaijayanta Anand, Mr. Elvis Thomas, Dr. Renu Shah; IQAC Subject Experts Dr. Geeta Balakrishnan and Mr. Noel Pinto, and College Development Committee Subject Expert Mrs. Farida Lambay. Through the webinar, it was hoped that participants could reorient and revisit Fieldwork modalities in the present context and dialogue with partnering Field-based organizations on the possible exposure that could be provided to students through Fieldwork practicum. The resource persons for the webinar were Mrs. Farida Lambay; Former, Vice Principal College of Social Work, Nirmala Niketan, Co-founder Pratham; Dr. Deepak Walokar, Director, Karve Institute of Social Sciences; Dr. Shailesh Wagle-Manager, United Way Mumbai, and Dr. Poonam Gulalia-Field Work Coordinator, School of Social Work, Tata Institute of Social Sciences. Three hundred participants including representatives from 20 field-based organizations participated in the webinar. The webinar was live streamed on the College Youtube Channel. The resource persons at the webinar highlighted the importance of Fieldwork practice especially in the context of the pandemic that has impacted the life, families, and livelihoods of all sections of society. Interventions such as networking with organizations; being proactive in identifying need-based interventions during the pandemic; exploring need-based interventions such as education, tele-counseling, research, and coordination of essential supplies were identified.

The painstaking efforts of the Fieldwork Committee and the Faculty Members/Field Instructors ensured the placement of students in 99 organizations across India for online Fieldwork. A review meeting at the end of the academic year on the learning and challenges of Online Fieldwork and coordination of assessment and feedback of students were important tasks accomplished by the Fieldwork Committee.

## STUDENT ENGAGEMENT, SUPPORT, AND PROGRESSION

### STUDENT COUNCIL

The Student Council made sincere efforts to coordinate activities online in the best interest of the student community despite the challenges faced. The main events organized by the Student Council included conducting the Student Council elections; the celebration of Annual Day; the coordination of the Annual Magazine-NEEV; organizing committee-based events, and the commemoration of World Suicide Prevention Day. Events organized by the Student Council included:

*Coordinating the Student's Council Representatives class-wise elections:* Ms. Reny Rajan: Election Officer

The results of the elections:

	<b>Class Representative</b>	<b>Cultural Representatives</b>	<b>Sports Representatives</b>	<b>Literary Representatives</b>
Bachelor of Social Work-First Year	Fiona Buthello	Saiee Waingade Godwin Baby Anatharackal	Chaitanya Abraham Mohak Pavale	Noeme Henriques Joel Rodrigues
Bachelor of Social Work-First Year	Nitin Pawar	Nikita Gawli Enrica Emmanuel	Seema Rose Dung Dung Shyamrao Jadhav	Nimisha Jadhav Siddhi Kadam
Bachelor of Social Work-First Year	Ashna Ghosh	Ashish Jadhav Deepshika Sharma	Nirgam Malya Shroen Deshmukh	Amit Ghayal
Master of Social Work First Year	Sayali Kadam	Nilesh Rathod Benedict Antony	Ketaki Patil Clody Dmonte	Joyce Jestin Devika Singh
Master of Social Work Second Year	Garima Shree	Shruti Pai Mayuri Lad	Aneeta Sajan Sitaram Barga	Mrunmai Jadhav

### *Online Annual Day*

The online Annual Day organized by the Cultural Committee was celebrated on the 28th March 2021 on the theme “*Mama earth! What have we done to you?*” One hundred and Thirty participants including Faculty members, students, and their families joined the programme online. The main events at the programme were an inspiring speech by the Hon Principal and video presentations of pre-recorded events of each class. Music, Song, and dance were the main highlights of the performance by students from Master of Social Work, Second Year, and students from Bachelor of Social Work. Students from Master of Social Work Second Year also presented mono acting while Master of Social Work, First Year students presented memes and group singing. The Bachelor of Social Work, First Year students also presented posters, poetry, song, and dance.

### *Games*

An online game was hosted by the Sports Committee. Twelve students from Bachelor of Social Work, Second Year (10 girls and 2 boys) and twenty students from Master of Social Work, First Year (18 girls and 2 boys) participated in the event. Three students from Master of Social Work, Ms. Agnes Mariam, Ms. Himangi Sawant, and Ms. Nishita Bhotra, and three students from Bachelor of Social Work, First Year, Ms. Nimisha, Mr. Altamash, and Ms. Gandhali were declared winners of the event.

### *Magazine*

The literary committee of the Student Council chose the theme 'Re-thinking 2020-21: Problems and Prospects for the Annual College Magazine NEENV 2020-21- chosen. The Committee received one article, seven poems, two pieces of artwork, and one poster for the magazine.

### *World Suicide Prevention Day*

On 16<sup>th</sup> September 2020, the Students Council organized a session #LetsTalk to commemorate World Suicide Prevention Day. The programme was streamed live on the College youtube channel. The main events included reflections on the theme by students through poem and speech; inputs on suicide prevention, first aid, and emotional support by the resource persons Ms. Madhuri Dedia, and Ms. Sunitha Ramachandra. Ms. Madhuri Dadia is a counselling psychologist and certified Suicide First Aid responder, certified tutor for the Suicide First Aid program at Safe Space India, and in Incharge of training and development at Safe Space. Ms. Sunitha Ramachndra, Samaritans Mumbai is a senior mentor and trainer at Samaritans Mumbai and a volunteered for seven years in the field of suicide prevention.

The resource persons enlightened the participants on the importance of mental health, understanding the warning signs in individuals with suicide thoughts to prevent suicide, and first aid interventions based on the guidelines of the World Health Organization. Students from the Master of Social Work, Second Year commemorated World Suicide Prevention by lighting a candle at 8 p.m. sharp in memory of those who lost their lives to suicide and in solidarity with their families and loved ones. A presentation of a video on 'let's talk' by student representatives across classes was also shown during the event. A pledge on Save Life Choose Life created by the College was taken at the end of the event.

## ROTARACT CLUB

The Rotaract Club of the College is registered (Club No:215365) under the Mumbai District (3141) of the Rotary International. It is supported by the Rotary Club of Bombay South. The reported year saw membership of 30 Rotaractors in the Rotaract Club of College. A Board of Directors in the administration of Club Activities in the College was also elected along with office bearers of Rotaract and were installed to action on 30<sup>th</sup> September 2020.

### Office Bearers

Immediate Past President: Ms. Pranoti Dharankar (Master of Social Work, Semester II)  
President: Ms. Sweta Bhanushali (Bachelor of Social Work, Semester III)  
Vice President: Ms. Rhea Dcruz (Bachelor of Social Work, Semester III)  
Secretary: Ms. Tanishka Thokle (Bachelor of Social Work, Semester III)  
Treasurer: Mr. Altamash Mulani (Bachelor of Social Work, Semester III)  
Sergeant At Arms: Ms. Sharvari Bhawe (Bachelor of Social Work, Semester -II)  
Club Service Director: Ms. Deepali Khandare (Bachelor of Social Work, Semester II)  
Community Service Director: Mr. Sahil Shaikh (Bachelor of Social Work, Semester II)  
Professional Development Director: Ms. Rhea Dcruz (Bachelor of Social Work, Semester III)  
Digital Communications Director: Ms. Shagufta Shaikh (Master of Social Work, Semester I)

Activities 2020-2021.

### *The Fourth Installation Ceremony of Office Bearers of College Rotaract Club*

The Fourth Installation Ceremony of Office Bearers of CSWNN Rotaract Club was organized on 10<sup>th</sup> October 2020 by the core team of the college Rotaract Club. Participants included 45 Rotractors, 7 Faculty Members, 6 Rotary Club Dignitaries – 2 District Representatives, 6 Representatives from other College Clubs. The purpose of the event was the Installation of the Core Team and Board of Directors, an introduction to the theme of the year, and proposed activities. The main events at the Installation ceremony included the presentation of the Secretarial Report for 2019-2020; introduction to the Core Team and Board of Directors for 2020-21 and Oath taking ceremony of the team as per their new office and responsibilities. The College Rotaract Theme was *Year #YouMatter*. Students were encouraged to participate actively in the planned activities and build on the Rotary Club tradition and heritage, undertake initiatives with the support of Rotaract and collaborate with Rotaract Clubs in other Colleges in undertaking socially relevant projects.

### *Webinar on "Polycystic ovary syndrome (PCOS), 30<sup>th</sup> September 2020*

In collaboration with Rotary Clubs of Vikhroli, Mulund East, Thane Central, and Rotaract Club of SPN Doshi Women's College, our Rotaract Club organized an awareness session on PCOS. Dr. Laxmi Basutkar was the resource person for the session and provided valuable

information on the prevalence, effects, precaution, and bio-psychosocial interventions in dealing with PCOS. The webinar was attended by 60 participants from various clubs.

*Life in Lockdown, 1<sup>st</sup> October 2020*

The Rotaract Club joined in the efforts of the Parent Club Rotary Club of Mumbai South and Hustolegoal Foundation in organizing the session “Life in a Lockdown”. Ms. Prachi Shah, Fitness influencer and Clinical Dietician, the speaker for the session focused on the effects of lockdown and social distancing on human lifestyle, psychological effects, physical activity, eating habits, and the solutions to tackle it. The session was attended by 42 Rotaractors from clubs under the Mumbai South.

*Introspection #talkyourmind*

The Rotaract Club organized a series of IGTV live meets to commemorate World Mental Health Day in October 2020. The theme of the sessions were youth mental health and wellness, relationships, academic/work-life balance, and media. Dr. Manjusha Warriar, Ms. Poonam Shah, Ms. Diana were invited as speakers. The initiatives are aimed at reaching out to youth and creating a safe space to foreground issues concerning mental health and identify ways to address challenges to mental health.

*#Let'sbeKind, 13<sup>th</sup> November 2020.*

The IGTV live session was organized on the importance of Kindness on International Kindness Day. Mr. Siddharth Shah and Mr. Rohit Rajharia were the speakers at the session.

*Community-Based Peace Building, 25-27<sup>th</sup> November 2020*

The Constitution Day was observed through a three-day webinar on Community-Based Peace Building. Dr. Ram Punyani, Dr. Meena Longjam, and Mrs. Swati Kishor Rane were the guest speakers. The sessions underscored the importance of upholding the Constitutional values in practice, the challenges and concerns of women, youth, and the importance of opportunities.

*Human Rights Day, 10<sup>th</sup> December 2020.*

On Human Rights Day, the club organized a webinar in association with Free Life Bahuuddheshiya Samajik Sanstha, Satara. Mr. Ghanshyam Pundlik Thorat was the main speaker. He endorsed the importance of human rights, concerns related to human rights violations, and the importance of social activism to ensure accountability and advocacy.

### *Poetry Slam, 8<sup>th</sup> March 2021*

On Women's Day, the club hosted an in-house poetry slam session which included a recital of poems written by students as well as selected poems. The event provided an avenue for creativity and expression.

## **COMMITTEES**

### *EXAMINATION COMMITTEE*

The Examination Committee geared itself to evolve student-friendly protocols, mode of examinations, and standard operating procedures considering the University Grants Commission, University of Mumbai and Government of India, and Government of Maharashtra guidelines about the pandemic. Before the examinations (A.T.K.T and End Semester Examinations), the Committee explored the challenges, lived realities of students, and evolved the procedures for the conduct of examinations accordingly through an online survey using google forms. The Continuous Internal Assessment Policy was revised with a Caveat. The dates of submissions of marks, preparation of timetables, supervision lists, the conduct of mock online examinations, orientation to Invigilators, and students on online examinations were some of the tasks the committee contributed to.

### *WOMEN DEVELOPMENT CELL*

The Women's Development Cell (WDC actively promotes gender awareness and equality through its planned activities each year, and the program budget is approved by the principal. Every year, the committee lines up a session on a topic on gender requiring awareness in July, celebrate friendship day in August, conducts the Kranti Jyoti Savitribai Phule Lecture series in January, and culminates it with the observance of the International Women's Day in March. The Women Development Committee includes Faculty Representatives (Dr. Prabha Tirmare as Convenor, Dr. Renu Shah and Dr. Smita Bammidi as Members), Non-Teaching Staff (Ms. Sulabha and Mr. Wilson as members), and students (Ms. Asha Gaikwad, Master of Social Work Second Year) and Ms. Vaishali Singh, (Bachelor of Social Work, Third Year).

### *10th Kranti Jyoti Savitribai Phule Lecture Series*

The WDC organized the 10th Kranti Jyoti Savitribai Phule Lecture Series on the 190<sup>th</sup> Birth Anniversary of Savitribai Phule on the theme Women's Wisdom in Pandemic: Recalling Savitribai's Response in Crisis and towards Social Change on 25<sup>th</sup> January 2021. Hundred and Fifty participants joined the event. The speaker for the session was Kamala Bhasin. Ms. Kamla Bhasin has been actively engaged with issues related to social development, gender



empowerment, girls' education, responsible media, and other socially relevant issues since 1970. Currently, she works with Sangat – A Feminist Network as Advisor as well as with JAGORI, A Women's Resource and Training Centre, and with Jagori Rural Charitable Trust, she is an active member. She is actively engaged with several initiatives at a time- she is the South Asia Coordinator of One Billion Rising, a global campaign to end violence against women and girls; Co-Chair of the Worldwide Network for Peace of Women across the Globe; and member of South Asians for Human Rights (SAHR). Before this, she worked with the Food and Agriculture Organization of the United Nations for 27 years. The lecture series program began with the Master of Ceremonies extending a warm welcome to everyone, followed by the college prayer (Chalo Jindagi Ko Azad Kar de) which gave a very peaceful start to the event and an inspiring message by Hon Principal. A Monologue Act on Reflections of Kranti Jyoti Savitribai Phule on her learnings from her life and work was portrayed by Ms. Mayuri Lad –MSW II that ended with the singing of the motivating song “Shahu Petali Mashal”

Kamla Bhasin shared the importance of love which should be all-inclusive: self, family, school. Institutions and workplace. She reflected on the relationship between Savitribai Phule and Jyotiba Phule characterized by unconditional love and respect, care, and common vision. Both could do wonders with the support they got during their journey of social transformation from their life-long friends and supporters- Fatima Shaikh and Usman Shaikh. Elaborating her sarcastic stream of calling out those in power, she went on to say that there is a different kinds of viruses that were far more dangerous, disabling and fatal than the corona virus-like discrimination based on gender, caste, a race of individuals, classist attitudes, effects of poverty, inequality in treatment and so on, but the leaders do not talk about it, because that is not bothering them even slightly, does not affect their lives or current quality of life status. She emphasized that it is our responsibility to take inspiration from the work and life of the likes of Kranti Jyoti Savitribai to reach out to those in need especially in the context of the pandemic.

#### *Panel discussion to mark International Women's Day 2021*

The Women's Development Cell at the College of Social Work Nirmala Niketan (Autonomous) organized a Panel discussion to mark International Women's Day 2021 on 13<sup>th</sup> March 2020. The theme of the event was: Ownership, Visibility, and Livelihood of Women Farmers: Achieving an Equal Future. The Keynote Speaker was Smt Neelam Gorhe, Deputy Chairperson, Maharashtra Legislative Council, Mumbai. A presentation by Dr. Seema Kulkarni (SOPPECOM), Pune was moderated by Ms. Dipti Raut, TV Journalist and Alumni CSWNN, Mumbai at the programme.

The programme included sharing of students' experiences by Mr. Ajinath Devade MSW II, representing Ahmednagar women, and Ms. Sonali BSW- III representing Warli community, Talasari; welcome and reflections by Hon Principal Dr. Lidwin Dias; announcement of three winners of the "WDC sponsored Caption the photograph" competition; presentation of WDC Report 2020-2021 and inputs by the speakers. The Keynote speaker Shri Nilima shared about the recent budget and the various positives in the year's budget for women. The speaker, Dr. Seema Kulkarni gave very enriching statistics about the various levels of contribution and the roles played by women in farming/agriculture. Their invisibility or suppression by their male counterparts in this form of livelihood was also highlighted. Ms. Dipti Raut presented information and evidence highlighting the invisibility or minimizing the contribution of women farmers. Lack of support, recognition, conducive environment for their involvement, of land ownership, no tailor-made literacy to retain them in farming and no access to market their produce, and farm widow's phenomenon were highlighted.

#### *Signature Campaign!*

On Friday 9<sup>th</sup> October 2020, the report of the signature campaign launched by the College for seeking immediate interventions for the family of the brutal gang-rape victim at Boolgarhi village in Hathras, Uttar Pradesh was sent to the Hon. Prime Minister's Office, Hon Chief Minister, Uttar Pradesh, and the District Magistrate, Hathras. The College received 832 responses to the signature campaign and suggestions for interventions at various levels to end the endemic of sexual violence in our country. The report included the demands and suggestions of concrete measures for the state to implement so justice could be done to the family and safe spaces are created for women across the country.

The College of Social Work, Nirmala Niketan (*Autonomous*) Management, Principal, Staff, Students, Alumni, likeminded NGOs, and individuals stands united with the family of the brutal gang-rape victim at Boolgarhi village in Hathras, Uttar Pradesh, and every Indian citizen who protests at the loss of collective dignity and decency by the shameful treatment to victims and their families in the aftermath of sexual violence. The Hathras case is a blatant case of caste-based atrocity operating through both, socially sanctioned violence and state agencies. The details of how the case was wilfully mishandled -- from the refusal of the police to file an FIR to not providing the victim enough medical aid to denying her rape to inhumanly cremating her in the middle of the night without the consent or presence of her parents and family members... raises so many questions on the conduct of the administrative authorities and the impunity with which the police functions. The epidemic of sexual violence has gripped the country with impunity for

decades. The Hathras gang rape and its aftermath underscore the intersectionality of sexual violence deeply rooted in caste and class politics nurtured, strengthened, and protected by the state. From Khairlanji to Hathras lie lakhs of stories—many of the corpses—of brutalized women and their families, especially poor, Dalit, and tribal women, all of whom bear the brunt of toxic masculinity along with gender or caste supremacy on their bodies. Sexual Violence is maintained as a tool to assert power and reinforce existing caste, social and gender hierarchies. Barely 24 hours after the remains of the 19-year-old-Dalit woman were consigned to flames by the police in Uttar Pradesh's Hathras, more reports of aggravated sexual violence on Dalit women and brutalizing injuries have come in from Balrampur, Bulandshahar, Azamgarh in UP. We believe that a proper course of justice, fair investigation, holding the guilty persons and police, and other state officials responsible hoping that it serves as a deterrent for perpetrators of caste-based gender violence is the only way forward. It is only fear of certain justice and accountability that can stop privileged men from committing such crimes. The state must not, we repeat NOT, push rhetoric of death penalty for rape – for we have seen time and again that that is not the answer to stopping crimes, sexual or otherwise, anywhere in the world! After all, in our own country, it is barely six months since the hanging of those held guilty of the December 2012 gang rape and murder in Delhi. Has it stopped the guilty of Hathras, or Balrampur, or Bulandshahr or Azamgarh, Unnao, Kathua, Badaun... or anywhere else?

#### Summary of Petition: TOGETHER WE DEMAND IN THE HATHRAS CASE

1. Registration of a rape case based on the Dying Declaration of the victim
2. Both, the criminals, and negligent state officials who failed to fulfill their duty towards the victim be prosecuted for caste atrocities, by invoking the SC/ST Prevention of Atrocities Act
3. Police officials who refused to file an FIR be booked under the CLA
4. Police personnel responsible for cremating the victim surreptitiously in the dead of the night must be immediately dismissed and charged with destroying evidence.
5. All officials involved in covering up and attempting to destroy the case, be it the district Magistrates, Police, and other members of the ruling government must be held accountable.
6. Instead of the SIT as instituted by the state government, we urge the Lucknow Bench of the Allahabad High Court to commission an independent and fearless inquiry against the guilty without any delay.
7. The family of the victim must be provided with security and safety.
8. A nationwide hearing to critically review the impediments to the implementation of the SC/ST

Atrocities Act.

9. Safety audit of cities, villages to create safe spaces for women, children in collaboration with social work organizations.
10. A National Helpline for those vulnerable to caste atrocities to be centrally managed through state and public partnerships
11. Blacklisting of states and severe sanctions for impunity is shown in preventing and handling heinous caste-based, gender-based
12. Justice and security for the family
13. No restrictions to meet the family
14. Monetary and social benefits for the family
15. A respectful treatment of the victim's family and the provision of immediate help and respite
16. Building egalitarian societies
17. Proper sex education in schools. More and more investment in education.
18. Sex education and Moral science lectures should become mandatory in schools for young boys and girls to start developing respect, morals, and appropriate behaviour early on in life
19. Creating societal awareness on equality, human rights, and prevention of sexual harassment
20. Awareness of laws about crimes against women and the penal action thereof.
21. That education in India should have a mandatory sensitization towards gender equality. Speak about what matters to young children at an early stage and repeatedly so they grow into humane adults
22. Zero violence Tolerance Policy
23. Change in the language used by the citizens of our country, the mere use of bad words that condemn women sexually.
24. Safer spaces for humans in general and women. Erase the word Rape and its deep-rooted culture and call it sexualized violence. Women and girls are not victims but survivors of abuse. The boy should be taught to behave within the limits, not to limit the girl
25. Value-based education leads to the fall of patriarchal systems. More women from all regions walk of life in education and at work.
26. Removal of caste-based discrimination, corruption, and patriarchy from Indian land. Take all corrective actions to bring perpetrators to the punishment for their actions and protection of the SC/ST communities from any backlash from people in power due to the current situation. Taking atrocities against Dalit women seriously and ensuring speedy justice.
27. Justice and stringent laws to punish sexual violence crime especially caste-based discrimination Justice

for all specifically women and socially marginalized communities such as the Dalits.

28. Strong implementation of an Atrocities Act
29. Dismantling of the oppressive system that leads to caste-based violence along with an end to administrative apathy
30. Justice for crimes against Dalit and minority
31. Strict laws against Sexual violence against women and caste-based atrocities
32. An expeditious independent and honest investigation into all the sexual and caste-based violence against women in India and particularly in Uttar Pradesh.
33. Increase in female police personnel in tribal areas. Providing opportunities for Dalit, tribal women to seek self-defense training.
34. To end the 'power, politics, protection' triad
35. Independence of the Criminal Justice System Free the police from political and economic influence.
36. Accountability of the governance systems and commitment to upholding the dignity and worth of every human being in this country
37. Accountability and better police action
38. Speedy Justice Mechanisms and Stricter Laws
39. A fair trial
40. Empower the courts to finish trials soon. Punishing all those involved in this act
41. गुन्हागारांना शिक्षा झाली पाहिजे.
42. Strict rape laws and a secular perspective from our very own leaders Child and girl Safety in India to be prioritized
43. The legal procedures should be fast-tracked and should be transparent to the public since legal authorities are tampering with evidence
44. Swift action and arrest of all accused until proven innocent
45. A thorough, unbiased investigation and trial of every politician and police personnel involved
46. Law and Order must be integrated and strict. Clear investigation
47. A proper inquiry into the circumstances of the case, and swift, sure retribution once guilt is established
48. CBI inquiry, a special court for justice, shift case to Delhi or Mumbai high court, provide safety to family and shift them from UP to MH or Delhi
49. Women's Commission to be set up Proactive measures by the state

50. That we have Gender friendly policy initiatives
51. A safe country when everyone's dignity is respected
52. Adequate representation of people from the SC community in the police force End of rape culture
53. Rigorous use of technological solutions towards the safety of society among others, etc
54. More efficient police patrolling & surveillance system. Rape cases are increasing day by day in India.
55. The country should declare a rape emergency Creating safe spaces: Private and public
56. Change in the language used by the citizens of our country, the mere use of bad words that condemn women sexually
57. Changes and improvements in the Cultural structure of our society to end all kinds of violence and harassment overall gender spectrum
58. Investigation under Supreme Court Judges
59. Sensitization workshop for boys and men across schools, communities, and offices
60. Sensitization of police dept, training on gender and caste-based violence
61. That education be provided and made compulsory in the rural area
62. That education in India should have a mandatory sensitization towards gender equality.
63. Speak about what matters to young children at an early stage and repeatedly so they grow into humane adults
64. Gender friendly policy initiatives
65. Accountability of those involved: perpetrators and the state
66. *Action against the UP cops first for not filing the FIR and secondly for not handing over the body of the victim to the family. Also, would like to know why is the UP government supporting these inhuman acts. Is there any other country in the world where the men are busy raping innocent girls instead of taking care of themselves and others against COVID-19???*
67. All elected representatives to be answerable for crimes in their constituency
68. Responsible media coverage of injustice towards females. Media not to politicize this issue. Media should be under scrutiny; any misleading or incorrect information should lead to strict action against the channel and must be condemned. Media go "Black" while this case is being investigated
69. The guilty must be punished; the police officers responsible for the extra-constitutional powers they assumed, to be suspended immediately
70. Strict action be taken against the DM for threatening the family members of the victim, the police for destroying the evidence, and the accused be punished as per the law
71. Lodged an FIR, including the atrocities under the SC/ST atrocities Act and Enquiry under the

working Judge of Allahabad High Court

72. Press Conference with the Hon Prime Minister on the issue.

## INTERFAITH COMMITTEE

### *Online Catholic Youth Fest 2021 – Deepen your Spirituality*

On 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> January 2021, ten students from the College of Social Work participated in the three days Online Catholic Youth Fest 2021 – *Deepen your Spirituality* arranged by St. Josephs College (Autonomous) Tiruchirappalli on behalf of Xavier Board of Higher Education In India. Fifty-five Catholic Minority Colleges and 158 students participated in the programme. The programme included an inaugural and welcome speech by Rev Fr. Harmon Carduz, Keynote Address by Rev. Fr Richard, SJ, input sessions by experts on ‘Becoming A Wise Citizen’, ‘Jesuit Education For Leadership’, Praise Fest’, ‘St. Joseph An Inspiration For Today’s Christian Youth’, ‘Being Emotional Wise’, ‘Homebound: The Journey To The Father's Heart’, ‘Today’s Youth Wise And Inspiring’, ‘Discern Wise’, ‘How To Listen To The Voice Of God’, ‘Divine Creative’ And Christian Leadership For Youth. According to the feedback of the students, the sessions motivated them to strive for wise citizenship sensitive to the needs of society and evolve as genuine good samaritans. The input sessions were grounded in constitutional values and Ignatius philosophy with an emphasis on the promotion of social justice and education for equity. Values of forgiveness and the importance of leadership as modeled by CHRIST were shared through thought-provoking analysis of parables in the Holy Bible. Student participants appreciated the integration of spiritual growth and humanitarian approach towards fellow human beings stressed through the programme. The resource persons for the session were Mr. R. Vijay Shankar, Rev. Fr Francis P Xavier, S.J., Mr. Christopher, and Ms. Valentina, London, U.K; Reve. Fr. Jerry Rosario, Chennai, Reve. Fr Dr. Wilson Sundar, OFM Cap, Dindigul, Ms. Michelle Caren D’silva, Qatar, Rev Robert Simar, SDB, Rev Fr. Dr. Pavulraj S.J. Rome, Rev Fr. Joseph Edattu, EVC, Professor Herman Cardoz, and Rev Dr. Joyce James, S.J. Names of student participants:



19	CEOYF20-690	Mr.Chaitanya Joy Abraham	Nirmala Niketan
20	CEOYF20-692	Mr.Stany Macwan	College of Social Work Nirmala Niketan
21	CEOYF20-693	Ms.Rhea Dcruz	College of Social Work Nirmala Niketan
22	CEOYF20-694	Ms.Sr. Sarika D'souza	College of Social Work Nirmala Niketan
23	CEOYF20-695	Ms.Bella Bhosle	College of Social Work Nirmala Niketan
24	CEOYF20-696	Ms.Criselle Rodrigues	College of Social Work Nirmala Niketan
25	CEOYF20-697	Ms.Sandra Pinto	College of Social Work Nirmala Niketan
26	CEOYF20-698	Mr. Cecil Barack	College of Social Work Nirmala Niketan
27	CEOYF20-699	Ms.Asha Popat	College of Social Work Nirmala Niketan
28	CEOYF20-700	Mr.Telston Lobo	College of Social Work Nirmala Niketan

## RESEARCH AND TERM PAPER COMMITTEE

The Research and Term Paper Committee coordinates the assignment of topics, allotment of guides, student seminars for presentation training in skills of research through workshops and SPSS programme. This year all students had to explore the option of Term Paper due to the lockdown that impacted the data collection process.

One of the important events coordinated by the convenor of the Research Committee annually is the Avishkar Research Convention organized by the Department of Student's Development, University of Mumbai. The 15th Inter-Collegiate / Institute / Department Avishkar Research Convention: 2020-21 organised on Virtual Platform by the University of Mumbai on June 29, 2021. Avishkar Research Convention was initiated in the academic year 2007-2008 by His Excellency, the Governor of Maharashtra, and the Chancellor of the Universities, State of Maharashtra, Hon'ble Shri. S.M. Krishna to promote research engagement at every level. The objectives of the Avishkar Research Convention is to: To identify the hidden innovative scientific talents and capacities of students; To provide opportunities for inculcating research attitude in the students and teachers; To create academically sound youth by developing knowledge, skill, and attitude of research and To promote aptitude with emphasis on high standards of research and development activities for the benefit of students and teachers.

A workshop was conducted by the organizers of Avishkar on 16<sup>th</sup> June 2021 to give orientation about online presentations during two rounds of research convention. Dr. Ronald Yesudas and Dr. Anita Panot attended this workshop along with the student and teacher participants. A screening committee was formed to review the proposals submitted by seven students at the College. Of the 7, 6 students were selected to represent for selection round at District and Zonal level. Faculty Members Ms. Pallavi Xalxo and Ms. Reny Rajan, research guides Dr. Ronald Yesudas, Dr. Anita Panot, and Dr. Renu Shah were members of the committee. The students who participated were

- 1) Selection Round (District/Zone Level): In the selection round, the 6-research proposal of MSW students and one Ph.D. student (Faculty Member) was sent which was invited online. There was no presentation of the research proposal. Names of the students whose proposal was selected: Mr. Arshak Babu; Ms. Shruti Kulkarni; Ms. Nishita Bothra; Ms. Melvisha; Ms. Sayali Kamble and Ms. Niocle Coutinho. Ms. Sonia Rodrigues was a Ph.D. scholar.
- 2) Final Round (University Level)

The selected proposals were invited for the final round. Selected proposals had to make a presentation to the expert panel. The proposal of three students Ms. Shruti Kulkarni; Ms. Nicole Coutinho; Ms. Nishita Bothara and **Faculty and Ph.D. scholar** Ms. Sonia Rodrigues were selected.

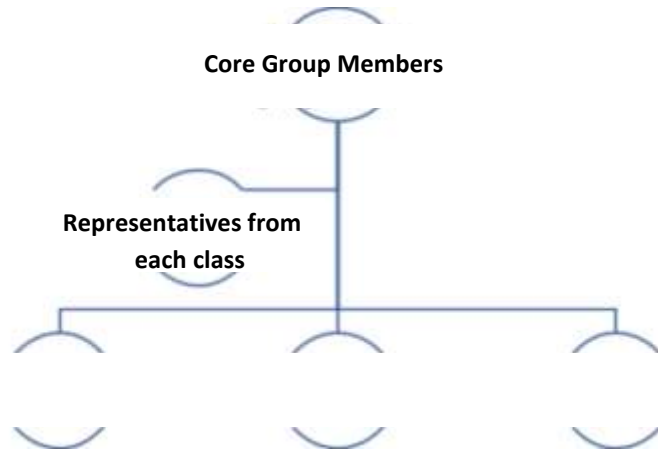
Ms. Shruti Shruti Pravin secured the second rank for her presentation on *Financial Literacy and Behaviour among Women in Chalisgaon Town in Jalgaon District of Maharashtra* in Humanities, Languages, and Fine Arts category and PG level and Ms. Nicole Jane Coutinho secured the third rank for her presentation on *Food Habits and Meal Patterns Among Warli Tribes in Sogave, Dahanu* at the Final Round of 15th Inter-Collegiate / Institute / Department Avishkar Research Convention: 2020-21 organized on Virtual Platform by University of Mumbai on June 29, 2021. Both candidates participated and presented a research proposal under the Humanities, Languages, and Fine Arts category and PG level. Dr. Ronald Yesudas and Dr. Anita Panot received a certificate of Merit for guiding students Ms. Shruti Kulkarni and Ms. Nicole Coutinho

#### STUDENT WELFARE COMMITTEE

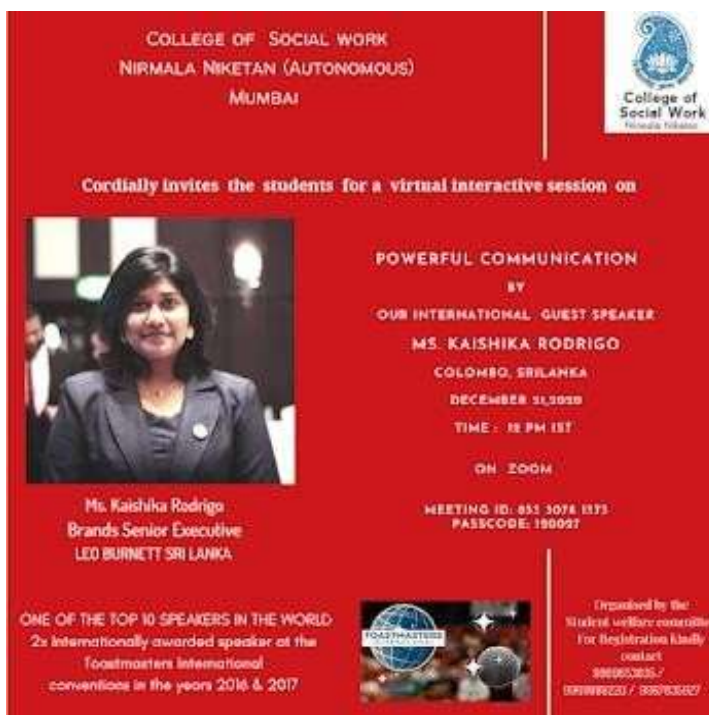
Students occupy a pivotal position in all activities in the college. The major role of the Social Welfare Committee is to foster students representing the reserved category, minority, and students with disability to address their academic, social, and psychological problems; to facilitate students support in academic and co-curricular activities through proper social, sports, and cultural activities that will enable the students to maintain strong relationships among students; ensure adequate representation of students in intercollegiate events; address students difficulty in academics by forming student circles and submitting progress of the group to the Student Welfare Committee, identify students facing financial difficulties, and initiate innovative activities for the students.

An Orientation on the role of the Student Welfare Committee was organized for each class (Bachelor of Social Work, Semester III, and V, 28th June 2020), Bachelor of Social Work, Semester and Master of Social Work, Semester III) during the Student Induction/ Orientation Programme by the Faculty Representatives of the Committee. The relevance of the committee, activity calendar, structure, and purpose of the Student Welfare Committee was explained in detail during the orientation. Students were encouraged to become members of the Committee. Through a structured voting process, the Student Welfare Committee was formed

Structur



The first programme organized by the Students Welfare Committee was a workshop on Mind Management on 13th February 2021. The resource person for the workshop was Dr. Aakash Wankhede, Certified counsellor, and founder-director of Good Life Healing Centre. Dr. Akash emphasized the importance of mind management as fundamental for living a peaceful and successful life. He guided students on how to stay positive even in the worst situation. The entire session was interactive, filled students with enthusiasm and positivity. Students were provided with an optimistic view towards life on how circumstances are designed in life for a purpose to be fulfilled and circumstances won't change until the purpose is fulfilled. They were encouraged to reach their full potential and confront the blocks to self-growth and actualization.



The second programme organized by the Student Welfare Committee was on *Powerful Communication* by Ms. Keishika Rodrigues on 21<sup>st</sup> December 2020. Ms. Keishika Rodrigo (Colombo, Srilanka) is a public speaker and motivational coach. The major emphasis of the session was on different methods that can be resorted to become an efficient and powerful speaker. The session was very interactive and lively.

The major contents focused during the Session The beautiful art of Story Telling and sharing one’s narratives which has the power to impact the audience. • Developing Confidence while communicating • Face your fears • Learning to communicate with authenticity [Speak from your heart] • Communication made powerful through personal narratives • Importance of voice modulation Being an award winner of the Toast Masters Club Ms. Keishika has the credibility of being a renowned Motivational speaker with global recognition. She also shared her humble journey as an orator and how she used the podium to champion for the causes of justice. Ms. Keishika also enthused the students to participate in international events. The session was well attended to by the

students, and they were also motivated listening to her humble journey reaching the pedestal of being one of the internationally acclaimed speakers.

## 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

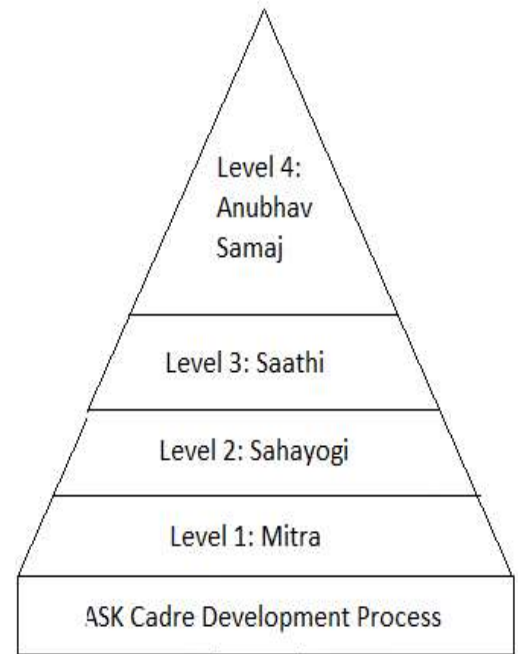
### *ANUBHAV MUMBAI: Youth for Good Governance*



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, 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.

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 towards 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 Orientation 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, 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, 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 livelihood of the tribes. The project focusing on malnutrition at Savroli and Anvir villages of Talsari block of Palghar district, Maharashtra.

In its initial stages, 'Spandan performed a baseline survey to assess the socio-cultural 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*

**Sashaskt** is a programme initiated to create awareness on health, causes, and effects of malnutrition. Through the programmes training sessions are organized on various topics (personal hygiene, importance of nutrition, reproductive health, and 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.

**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 o 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 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. In 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 results of a baseline study of Sawroli-Anwir, 11 school assessments, 11 Anganwadi's assessments, 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 on 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, 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 the 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.



Handwash facility



Boys washroom



Girls washroom

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 and awareness songs on sickle cell and anemia were organized on 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, 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 of students. Students were given the responsibility to work on specific groups: children, women, youth, and farmers. Students received permission letters from the Sarpanch of Savorali-Anwir Grampanchayat, 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 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 the 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 among the on 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 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**

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, 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, 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* group actively participated in the session.

### **Report on Effect of 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 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 Impact of 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 were tested positive for Covid on the date of the data collection. of them were tested positive for Covid-19. 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 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.



**'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, towards 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 on 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, surveillance at the hospital and community level. The need to do contact tracing, plan for availability of testing kits, increase the supply of personal protective types of equipment and kits, provisions of ventilators, and jumbo centers with ICU facilities was 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 in the expenditure allocated for health, exploring livelihood options of migrant workers during the lockdown, implementing 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 that included 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 that 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 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 herd immunity; 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 wellbeing 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 of 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 role in providing tools and empowering the 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 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*

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 could call her at any time for telephonic 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 Regional Resource Training Centre (RRTC), Centre for Study of Social Change (CSSC) in collaboration with 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, 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 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 alumna 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 endorsed 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 that "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 the 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 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 Wellbeing 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, NGOs to organize relief services of 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, 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, oil was provided to 60 ragpickers from Bhimnagar, Thane. In collaboration with Myna, 500 sanitary napkins were arranged for the group.
- ✓ 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, blankets worth Rs 73,650 only.

- ✓ A library cupboard was given to Jeevandhara Institute, Kolad amounting to Rs 11,210.
- ✓ Medical aid costing 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 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 with 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 of 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-19 response, the importance of volunteerism and group bond, teamwork, 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 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 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 27th February 2021.

## 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 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.

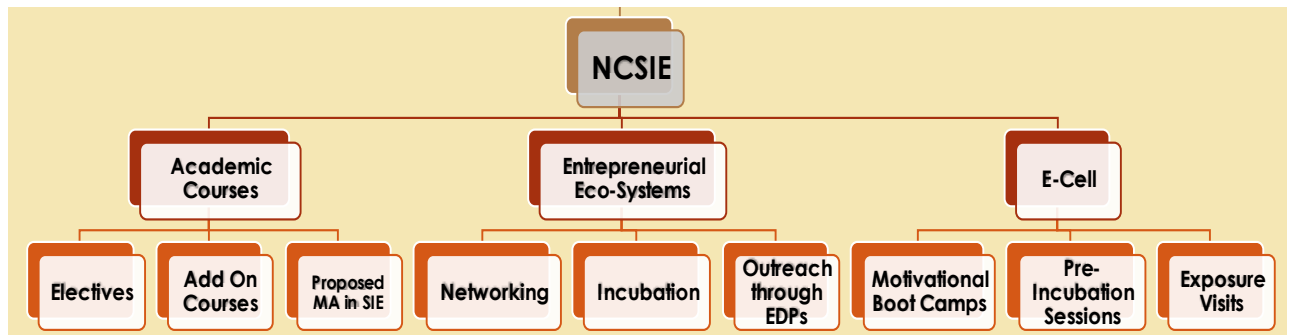
*Staff:* The college has nominated the following staff for Nirmiti Centre for Social Innovation and Entrepreneurship:

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

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 2022-23 batch. Official approvals are being sought, 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> October 2020 and completed on the 19<sup>th</sup> of April 2021. The resource persons included Navayuvak Entrepreneurs and contacts from the College network. Thirty-Three students enrolled for the program and 13 completed fulfilling the 75 percent attendance and course requirements.



### *Value-added course on 'Psychodrama'*

The RUSA-sponsored online course on Psychodrama “On Self Exploration, Self-Expression, Wellness and Creativity” was organized between 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 to fully 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 JAYARATHNAM.  
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 registrations 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
- ✓ Rural Entrepreneurship Development Programme was conducted for 30 externals 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. Rural Entrepreneurship Development Programme was conducted for 30 externals 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.

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 (<sup>®</sup>), 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 (<sup>©</sup>) 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 with 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 license, 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 consists of an Entrepreneurship Development Toolkit and a Manual for Training of Trainers in Entrepreneurship. This has been made available online through Creative Commons License.



*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 amongst 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:

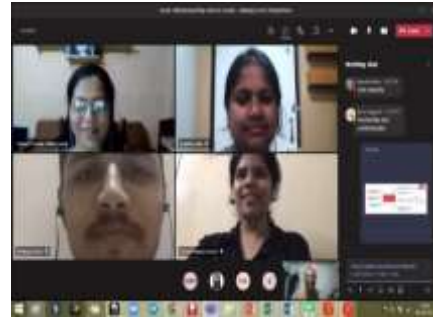
### *Sessions*

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)

**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 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 months process 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 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 responsibilities 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 wellbeing 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, Talasari, 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> 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.



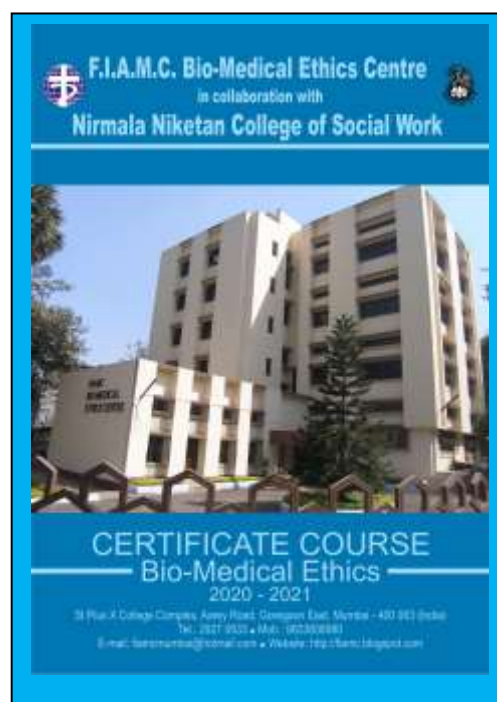
*Participation by Staff and Students in Co-Curricular Events*

- 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 the 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.

## PARTNERSHIPS AND COLLABORATION

*Certificate Course in Bio-Medical Ethics 2020-2021 by F.I.A.M.C Bio-Medical Ethics Centre in collaboration with the college.*

The launch of the Certificate Course Bio-Medical Ethics 2020 - 2021 in collaboration with the College provided an enriching platform for thought-provoking deliberations on philosophical, social, and legal issues arising in medicine and the life sciences concerned with human life and well-being. Designed on the lines of the Master of Global Ethics- Online Program (UNESCO Chair on Bioethics and Human Rights) the course dealt with the respect for the sanctity of life, the integrity of the human being, and the protection of health from conception to natural death, considering the person in his [or her] singularity, always as an end and never simply as a means.



The nine modules, with four topics in each module, provided insightful knowledge dissemination and provoked dialogue and reflection. The nine modules focused on Bio-Medical Ethics- the what, the why, and the when (Module 1), Ethical Concerns at the Beginning of Life Issues (Module 2), Concerns regarding Current Sexual Behaviours (Module 3), Ethical Issues in Human Organ Donation & Transplantation (Module 4), Issues in Mental Health Diagnosis and Treatment (Module 5), Ethical Issues in Acutely ill and Intensive Care Settings (Module 6), Ethical Issues Arising in Surgical and Cancer Care (Module 7), Ethical Issues in Handling Deviant Behaviours (Module 8) and End of Life Issues (Module 9). The course brought together knowledge, life experiences, and perspectives of lifelong learners, professionals, laity, social workers, psychologists, counsellors, other healthcare providers, caregivers across the globe and empowered each one to develop a critical perspective grounded in human rights, social work values principles and a pro-life framework upholding the value of life and the inherent dignity of the human person in every capacity. Eighty-Eight participants enrolled for the course, including two students pursuing their Master of Social Work, Second Year.

The assignment topics encouraged participants to develop a multidisciplinary perspective on ethical concerns with a humanistic, person-centered, and informed approach. The topics

included: tenets of biomedical ethics and their relevance as an emerging focus of concern in today's world; development in the field of assisted and other forms of reproduction including surrogacy and woman transplants; an explosion in globalization leading to an upsurge in the disparity of cult, mixed and other non-traditional marriages; special concerns of vulnerable people in health care settings; ethical arguments in the uses of organ donation, especially for non-related altruistic and financial consideration; breach of confidentiality of the patients status by health care providers; miraculous cures using gene, stem cell, and embryonic cell lines; consideration of violation of ethical boundaries in genetic manipulation or cloning and evolving ethical and practice guidelines for these experiments and so on

The organizing team initiatives to ensure the engagement included encouraging participants to attend online webinars such as World Bioethics Day (18<sup>th</sup> October 2020) and online outreach sessions on health organized by the Archdiocese of Mumbai. The team also posted relevant reference material for perspective building on the content offered in the nine modules. In these unprecedented times, the official WhatsApp group evolved as an online support group with organizers, experts, and participants reaching out to each other by providing relevant information on Covid 19 related myths, misconceptions, vaccines, recent developments in testing and care, home care management, success stories, humanitarian efforts, and the human and material resources available. The College provided inputs on the syllabus and assessment patterns of the course.

#### *The Global Campus Online Peace Education programme*

The Global Campus Online Peace Education programme was organized in collaboration with the Global Campus Programme of Tokyo University of Foreign Studies, Japan, and Universities in South Asia- the Gadjah Mada University (Universitas Gadjah Mada), Indonesia; the Pannasastra University, Cambodia; the Peradeniya University, Sri Lanka; Quaid- Azam University, Islamabad, Pakistan; and the Islamic University of Science and Technology, Srinagar, India. The programme aims at building societies based on principles of sustainable peace, human dignity, and equality through university partnerships. The programme is based on five modules. Forty-Five participants including students and Faculty Members enrolled in the programme

Post Graduate Diploma in Sustainable Development cobranded with UNESCO-Cardinal Paul Paupars Chair at St Andrew's College, Institute of Indian Culture and College of Social Work. The course includes Four papers: Water, religions an Interreligious Dialogue; Governance and

Development; Sustainable and Alternative Energy; and Project Work. Fifteen students completed the course

## **IQAC INITIATIVES**

The IQAC has been at the forefront in ensuring that academic vigour and community engagement continued through dialogue with stakeholders and peers and grassroot interventions. The IQAC spearheaded various discussions with stakeholders on responding to the challenges to education caused by the Pandemic. Development of a plan of action for curriculum and Fieldwork based on need assessment; guiding and providing feedback to committees for implementation of annual plans; review of value-added courses; coordinating feedback; review and finalization of syllabus, prospectus; documentation and report writing were important initiatives taken by the IQAC. The IQAC also organized webinars and staff development programmes during the academic year.

Finalizing the academic calendar was the first major and challenging tasks of the IQAC.

### **ACADEMIC CALENDAR 2020-2021**

<b>JUNE 2020</b>		
Webinars In June and July 2020		
17th June 2020		Covid 19 The Preparedness and Response Of The Indian Health Care System
24th June 2020		Wellbeing During Covid 19 For Youth
27th June 2020		Reverse Migration and Agrarian Economy
<b>JULY 2020</b>		
3rd July 2020		Preparing Field Work Practicum Along with Field Work Agencies
4th July 2020		Mental Health Concerns of Individuals and Families in A Pandemic
11th July 2020		Re-Imagining Field Work During Times of Global Pandemic- A Webinar on Field Work Practicum
27 July-1 <sup>st</sup> August 2020		Orientation For Bachelor of Social Work, Semester III, and V.
		Workshops For Master of Social Work, Semester III
27th July 2020		Parents Meeting
<b>AUGUST 2020</b>		
3rd August 2020 onwards		Regular Online Classes: Bachelor of Social Work Semester III, V, and Master of Social Work Semester III
<b>SEPTEMBER 2020</b>		
2nd September 2020		Inauguration: Bachelor of Social Work, Master of Social Work.

3rd -5th September 2020		Student Induction Programme: Bachelor of Social Work, Master of Social Work, Semester I
September 2020 onwards		Regular Online Classes for BSW I And MSW I
<b>OCTOBER 2020</b>		
11th November 2020		Last day of classes for all courses
<b>NOVEMBER 2020</b>		
12th -18th November 2020		Diwali Vacation
19th November-17th December 2020		Fieldwork for all classes
18th-19th December 2020		International Conference on community-based peacebuilding: challenges and opportunities
<b>DECEMBER 2020</b>		
20 <sup>th</sup> -24 <sup>th</sup> December 2020		Regular classes for all
24 <sup>th</sup> December-3rd December 2020		Study leave
<b>JANUARY 2021</b>		
4th -20 th January 2020		End Semester Examination for all
12th January to 31st March 2021		Regular Online Classes for Bachelor of Social Work, Semester VI
17th January to 31st March 2021		Regular Online Classes for Bachelor of Social Work, Semester IV
22nd January to 31st March 2021		Regular Online Classes for Bachelor of Social Work, Semester II
22nd January to 31st March 2021		Regular Online Classes for Master of Social Work, Semester IV, II
<b>MARCH 2021</b>		
15th March to 31st March 2021		ATKT Exams for all classes (Online/Offline)
<b>APRIL 2021</b>		
1st April to 4th April 2021		Short Break
5th April to 8th May 2021		Continuous Field Work for all classes
<b>MAY 2021</b>		
9th May to 17th May 2021		Study leave for Bachelor of Social Work, Semester VI
18th May to 21st May		Bachelor of Social Work, Semester VI University Semester End Exams
9th May to 20th May 2021		Study leave for Master of Social Work, Semester IV
21st May to 31st May 2021		MSW Sem IV Autonomous Sem End Exams
9th May to 21st May 2021		Study leave for Master of Social Work, Semester II
22nd May to 31st May 2021		Master of Social Work, Semester Autonomous Sem End Exams
9th May to 23rd May 2021		Study leave for Bachelor of Social Work, Semester II, and Semester IV
24th May to 31st May 2021		Bachelor of Social Work, Semester II and Semester IV Autonomous: Semester End Exams
<b>JUNE 2021</b>		
1st June to 4th July 2021		Vacations for Bachelor of Social Work students
1st June to 11th July 2021		Vacation cum Research data collection and term paper for Master of Social Work students



*A webinar on “Reverse Migration and Agrarian Economy”*

A webinar titled “Reverse Migration and Agrarian Economy” was organized on 27<sup>th</sup> June 2020. Thirteen hundred and fifty participants registered for the webinar; 704 participants completed the feedback. An overwhelming response was received from the participants. The resource person for the webinar was Social Activist, Ms. Medha Patkar, and Prof. Manish Jha. The resource persons focused on the need to be in touch with grassroots realities, the rights of the migrants, understand the impact of the exploitation of land rights, modern-day slavery perpetuated by capitalism, and the need for government intervention.

*Celebration Of International Social Work Day 16<sup>th</sup> March 2020*

The College commemorated the International Social Work Day on Tuesday, March 2016 through Assembly across classes. A Joint webinar was organized by the College of Social Work, Nirmala Niketan, and Roshni Nilaya was also organized on 23rd March 2021 on the theme *Challenges for Social Work Education and The National Council Of Social Work Bill A Way Forward.*

*Online International Conference*

**Community Based Peace Building: Challenges and Opportunities**

A Two Day Online International Conference, organised by College of Social Work - Nirmala Niketan (Autonomous) Mumbai, India 18th & 19th December, 2020. 11.00am to 2.00pm (IST)

**Theme: Community Based Peace building: Challenges & Opportunities**

The conference aims to

- Understand the importance of peace and explore the strategies for community based peace building.
- Create a platform for meaningful deliberation of the sub themes of this conference.
- Analyse the key issues and challenges faced by vulnerable populations at the international level and understand the opportunities for community based peace building.
- Suggest a road map for strengthening these initiatives to take them forward.

**Mr. Christophe Jaffrelot**  
KEYNOTE SPEAKER  
Professor, Kings India Institute, London & French Political Scientist

**Dr (Ms) Ranu Jain**  
LEAD SPEAKER  
Professor, Centre for Studies in Sociology of Education, TISS, Mumbai

**Dr. Fatima Sajjad**  
LEAD SPEAKER  
Assistant Professor, Dept. of Political Science & International Relations, University of Management and Technology, Lahore

**Adv. Irfan Engineer**  
LEAD SPEAKER  
Director, Centre for Study of Society & Secularism, Mumbai, India

**Dr Mubashar Hasan**  
LEAD SPEAKER  
Adjunct Research Fellow at HAORI, University of Western Sydney, Australia

**Dr. Harsh Mander**  
VALEDICTORY SPEAKER  
Director, Centre for Equity Studies, New Delhi, India

Participants Registration link - <https://forms.gle/ZEp1S1Simm8Z6mcu9>



A Two Day Online International Conference '*Community-Based Peacebuilding: Challenges and Opportunities*' was

organized on 18 and 19 December 2020. The keynote address at the conference was given by Dr. Christophe Jaffrelot Professor, CERI-Science Po/CNRS, and King's College (London). Dr. Jaffrelot began his talk by mentioning that this conference is relevant to present times, and he was delighted to contribute to the conference mainly in terms of analyzing the nature, form, and trajectory of communal violence in India over some time. As part of the introduction to his talk, Dr. Jaffrelot emphasized that for decades, ever since the 1980s and the beginning of the Ram Janmabhumi Movement, politics of riots aimed at polarizing the voters before elections. He shared a reflection made in Steven Wilkinson's famous book that "There was a correlation between the timing of the election and the waves of riots". Dr. Jaffrelot made important suggestions to strengthen peacebuilding: lobby for police reforms and representation of people from all sections of society in the police system; development of critical consciousness in analyzing state policies and proactive role of social work organizations in raising their voice against social injustice; and fostering reconciliation between hostile groups through grassroots campaigns by NGOs. The conference consisted of three parallel sessions on three sub-themes. There were three lead speakers at the parallel sessions based on subthemes. Nine paper presentations were made by experts, scholars, academicians on peacebuilding strategies in their socio-cultural and historical context. One thousand one hundred and Thirty-Three participants had registered for the workshop.

Parallel Session I, Group I was chaired by Dr. Vaijayanta Anand Associate Professor, College of Social Work (Autonomous), Nirmala Niketan, Mumbai, India. The Lead Speaker at the session was Prof Ranu Jain Professor, Centre for Studies in Sociology of Education, Tata Institute of Social Sciences (TISS), Mumbai, India. There were three paper presentations by Dr. Archana Kaushik on *Converting Corona Crisis into Opportunity for Cordial Living: A Case Of Civil Society Intervention, India*; Dr. Anita Panot on *'Engaging in Community Peacebuilding Process: Bottom-Up Approach in Peacebuilding'* and Ms. Ariba Anwaar on *'Community Based Peace-Building Efforts during Covid-19-ReExploring the role of Youth in Preservation of Positive Peace'*. Parallel session II, Group II was chaired by Ms. Sonia Rodrigues Assistant Professor, College of Social Work (Autonomous), Nirmala Niketan, Mumbai, India. The lead speaker at the session was Dr. Fatima Sajjad Assistant Professor, Department of Political Science, University of Management and Technology Lahore, Pakistan. There were three paper presentations by Ms. Meghna Vesvikar on *Spirals of Silence: A Theoretical Framework for Understanding and*

Handling Conflict; Mr. Neeraj Kerketta on SAMVAAD A Community -based Peace Building Initiative in Western Uttar Pradesh and Dr. Summar Iqbal Babar on Post-Conflict Peacebuilding through Reconciliation: A Case study of Pakistan's Tribal Area.

Group, I on the second day of the conference was chaired by Dr. Prabha Tirmare Associate Professor, College of Social Work (Autonomous), Nirmala Niketan, Mumbai, India. The lead speaker for the session was Adv. Irfan Engineer Director, Centre for Study of Society and Secularism, Mumbai, India. There were three paper presentations by Ms. Aiman Siddiqui on Peace Building Communication and Women, Mr. Mohammad Jabir on Building Peace in Community: An Exploration of Peacebuilding Frameworks, and Ms. Vidushi Srivastava on Community Organising as a Strategy for Peace Building.

The Valedictory Address was delivered by Dr. Harsh Mander Director, Centre for Equity Studies, New Delhi, India. The grand success of the conference is attributed to the guidance and supervision of patron Hon Principal and Advisory Committee members Dr. Nilima Mehta, Mr. Kenji Isezaki, Dr. S.M.Michael, and Ms. Farida Lambay; the able leadership of Mr. Elvis Thomas and Dr. Anita Panot, convenors of the conference, and the diligence and efforts of the co-convenors Dr. Renu Shah and Dr. Smita Bammidi. The special rapporteurs and the rapporteurs ensured the essence of the conference proceedings was captured in words providing insights into the way forward in strengthening peacebuilding strategies.

#### *Staff Development Programmes for Non-Teaching Staff*

A one-day offline workshop on *Stress Management and Time Management* was organized for the non-teaching staff on Saturday, 21<sup>st</sup> November 2020. Twenty-four staff members participated in the workshop. The resource person for the workshop was Mr. Sandesh Lalge. The resource person provided inputs on steps of stress and time management and demonstrated stress and time management strategies through four fun-filled games and activities. The focus of the games and fun-filled activities was to develop mindfulness by concentrating on instructions; realizing one's capacity and potential; prioritizing tasks based on the order of importance; maximum use of available resources; ensuring alternatives; teamwork; working smart; understanding the value of prime and quality time; support and encourage colleagues through praise and constructive feedback; ensure a daily diary to the state to-do list; enforce Me time; maximum optimization of travel time and avoid hypostress by learning to say No. Participants expressed that the workshop

helped them to relieve their stress, develop healthy team spirit, and recommended that such workshop are organized regularly to facilitate self-growth and team building.

*Staff Development Programme “Understanding Self, Society and Social Outreach at Raigad*

A Staff Development Programme “Understanding Self, Society and Social Outreach at Raigad” was organized for non-teaching staff on, March 9-March 10, 2021. The Non-Teaching staff was given field exposure to the social work projects the College is engaged in at SarvaVikas Deep, Mangaon, Raigad. The objective of the programme was also to enable the staff to understand self, colleagues; build teamwork and interpersonal relationship through coordination, planning, implementation, and evaluation; develop an understanding of the social work interventions; appreciate the role of non-governmental organizations in the empowerment of tribals and to obtain an insight into the culture and challenges faced by the tribal population. The programme included orientation, inputs, visits, reflective activities.

An orientation visit was organized to the tribal projects of Snehavardini and Jeevandhara, Kolad centre. An input session was conducted on the “Overview of Rural India, issues of Tribal and role of SVD” by Rev Richard Quadros Director, SVD. A field visit was organised to two villages in Mangaon (Muthavali Village and Rudravali Village, Mangaon, Raigad District). Through the village visits, the staff received insights into the livelihood issues and challenges of the tribals such as land rights, the interventions of SVD in the empowerment of women and children through self-help groups and child parliament, networking with the government to ensure access and availability of livelihood options for tribals, capacity building activities and inputs for women agricultural laborers and, success stories. The main highlights of the orientation visits, inputs, field exposure was interacting with the social work professionals, community animators, tribals, community lunch, reflections on learnings gained, and evaluation. Team building activities were conducted and a visit to the Kolad Dam Visit was also organized. The organization of the programme by the various committees' Finance; Travel: Food Social Outreach activities, Entertainment, First Aid, Photography, Documentation, Discipline, and timekeepers and overall coordination by the planning committee ensured the smooth conduct of the programme. Thirty-three staff members (Female 18, Male 15) participated in the programme. The staff expressed their gratitude for the learnings obtained through the programme. They expressed the need for the administrative staff to be abreast of the engagements of the College, the involvement of social work students and professionals that gives context and value to their work. Many expressed they

felt motivated and empowered. Some felt the need to contribute to social work interventions that give meaning and purpose to life.

## RESEARCH UNIT

The Research Unit Team Mr. Rahul Bhandare (Research Coordinator), Ms. Pritam Noronha and Ms. Linsa Sabu, Ms. Veena Sharma (Research Officer), and Ms. Reshma Pereira (Accounts Clerk) proposed/undertook the following studies under the able leadership of Dr. Kalyani Talvelkar, Associate Director, Research Unit.

<b>Proposed Research Studies -2020-2021</b>			
<i>Sr. No.</i>	<i>Name of the study</i>	<i>Commissioning Agency</i>	<i>Proposal sent on</i>
1.	Catholic-Sponsored Care for Children and Children with Disabilities in India	Catholic Care for Children International/ International Union of Superiors General and GHR Foundation	8 <sup>th</sup> February 2021
<b>Research Studies undertaken</b>			
1.	To Evaluate the Effectives of Interventions and Contributions of IJM, Mumbai to Improved Judicial Processes across Maharashtra	IST Research Corp (ISTR)	Ongoing
2	Experiences Of Caregivers Of Non-COVID-19 Patients With The Healthcare System In Context Of Covid 19 Pandemic	RUSA [Rashtriya Uchchar Shiksha Abhiyan ] Ministry of Human Resource Development, Department of Higher Education, Government of India.=	Completed
3.	Experiences Of Caregivers Of Non-COVID-19 Patients With The Healthcare System In Context Of Covid 19 Pandemic	RUSA [Rashtriya Uchchar Shiksha Abhiyan ] Ministry of Human Resource Development, Department of Higher Education, Government of India.	

*Capacity Building Online Workshops organised by the Research Unit 2020-2021*

Sr. No	Title of the Workshop	Date/Day	Time	No. of beneficiaries
1.	RUSA Sponsored Professional Development Program-Basics of Qualitative Research	5 <sup>th</sup> February to 28 <sup>th</sup> February 2021 (Friday, Saturday, and Sunday-18 hours)	5.00 - 6.30 p.m	42
2	Professional Development Programme (PDP) in 'Statistical Package for the Social Sciences (SPSS) – Jamshedpur Jesuit Society.	23 <sup>rd</sup> November 2020 to 20 <sup>th</sup> December 2020 (Friday, Saturday, and Sunday-12 hrs)	3:30 - 5:00pm	16

Every year Research Unit also undertakes capacity-building workshops for NGOs, Government employees, and corporate staff based on qualitative and quantitative research techniques. Training on research methodology is also imparted to Staff and students. The Associate Director, Research Unit is also invited as a guest speaker in various institutions, educational and otherwise for conducting workshops/sessions on topics related to Research, Statistics.

## RUSA SPONSORED WORKSHOPS

Twenty-Three RUSA-sponsored subject-specific workshops were organized across classes.

<b>BACHELOR OF SOCIAL WORK SEMESTER II: (3)</b>	
February 11	Workshop on Program Media
March 6	Workshop on Budget - A Tool for Policy Analysis
March 20	Workshop on Policy Framing Mechanism in India - An Analytical Review
<b>BACHELOR OF SOCIAL WORK SEMESTER I: (1)</b>	
March 26	One Day Workshop on 'Planning and implementing a Life Skills Training Program for Client groups in Social Work Settings'
<b>BACHELOR OF SOCIAL WORK SEMESTER VI (2)</b>	
February 16	Workshop on New Education Policy, 2020
February 13	Workshop on Community Participation towards ensuring quality learning for children in urban slums
<b>MASTER OF SOCIAL WORK SEMESTER II (8)</b>	
January 28	Workshop on Relevance of Street Play and Action Songs as an Important Programme Media while working with Groups
February 4	Workshop on Relevance of Street Play and Action Songs as an Important Program media while working with Groups
February 11, 13	Workshop on the Relevance of Using Expressive Art Therapies while working with Groups: Relevance of Psycho Drama Recreational Artwork and Dance Therapy
February 18, 25	Workshop on the Relevance of Story Telling Puppet Show and Music Therapy while working with Groups
March 4	Workshop on the Relevance of Story Telling Puppet Show and Music Therapy while working with Groups
March 6	Workshop on Budget - A Tool for Policy Analysis
March 12	Online Workshop on Academic Writing Skills and Proposal Writing
March 20	Workshop on Policy Framing Mechanism in India - An Analytical Review
<b>MASTER OF SOCIAL WORK SEMESTER IV (10)</b>	
February 1	Peace Education
February 11	Workshop on Toxic Masculinity by MAVVA: Film Review and Analysis
March 4	Workshop on Perception of survivors on gender-based violence with specific reference to Acid Attacks
February 27	Legal Awareness Workshop
March 6	Workshop on Gender-based violence in the context of socio-economic and political realities
March 13	Workshop on Trafficking and the Role of Social Work practitioners
March 15	Role Played by International Community, Government, and Civil Society in India.
March 24, 25	Workshop on Gender and Law I
March 26	Workshop on Gender and Law II
March 29	Police and Human Rights



Legal Aid Awareness Workshop - MDR 2 Jan 21 - Human Rights

Legal Awareness Workshop

by

**Mr. Bharat Kale**  
& **Adv. Gajanan Lasure**

at

**College of Social Work-NN**

Participants: Chandan Jadhav, Adv. Gajanan Lasure, Ananta Lagan, Ananta Lagan, Ananta Lagan, Ananta Lagan, Ananta Lagan.

College of Social Work  
Nirmala Niketan  
(Autonomous)  
Dates January 28th and February 4th 2021

Relevance of Street Play and Awareness Songs  
as an important Program Media while  
Working with Groups

Mr. Sandesh Laje  
Trainer and Documentation officer  
ANUBHAV Mumbai

We extend our Sincere Gratitude to our Resource Persons for their Kind Presence

Ms. JULIE JOSHI  
FOUNDER MEMBER  
KOLKATA SANVED

Ms. JULIE JOSHI  
FOUNDER MEMBER  
KOLKATA SANVED

We extend a warm welcome to our  
Esteemed Guest

MS. JULIE JOSHI  
CERTIFIED INTERIOR DESIGNER &  
MASTER TRAINER IN ART AND CRAFT COURSES

AAKRUTI SCHOOL OF ART'S MUMBAI

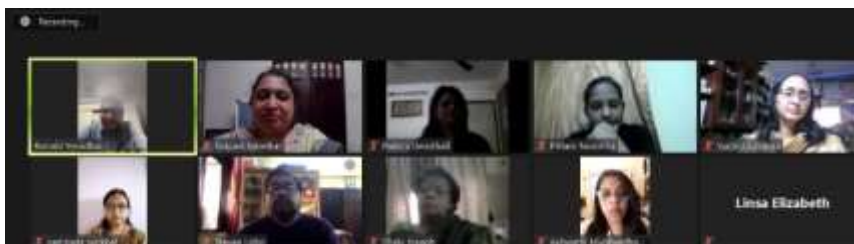
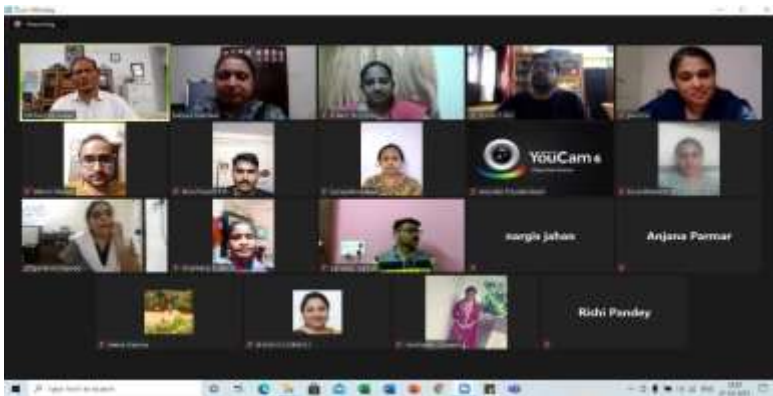
Activity session : Using Art work as an engaging Strategy  
while working with Recreational/ Therapeutic groups

# PROFESSIONAL DEVELOPMENT PROGRAMME: BASICS OF QUALITATIVE RESEARCH

**RUSA Sponsored Professional Development Program**  
**"BASICS OF QUALITATIVE RESEARCH"**

Organized by Research Unit,  
College of Social Work (Autonomous), Nirmala Niketan, Mumbai  
*(NAAC re-accredited 'A grade' with CGPA of 3.53 on four point scale)*  
5<sup>th</sup> February to 28<sup>th</sup> February 2021.

The banner features a blue and white background with a yellow ribbon graphic at the top. On the left is the logo of the Research Unit, Nirmala Niketan, Mumbai. On the right is the logo of the National Higher Education Research Agency (NHERA).





The Research Unit of College of Social Work (Autonomous), Nirmala Niketan has been conducting research studies on social issues, evaluation of projects, and exploration of emerging social realities since 1993. It functions in line with the overall vision of the College of Social Work and its commitment to alleviate human suffering and promote social development for last more than 25 Years. This PDP was organized to address this gap and train professionals in qualitative research methodology. The objectives behind this programme were to enhance the understanding of the participants about the qualitative paradigm of research and the way it differs from quantitative research and to provide inputs on the process of a qualitative research study from its conceptualization to report writing. The program was designed in the form of 12 sessions over one month. It was designed to provide inputs on the nature of qualitative research, qualitative research design and process, data collection methods, and qualitative data analysis. This PDP was open to post-graduate students, Ph.D. scholars, practitioners in human service professions like health, social work, and education. Each of the sessions was for 1 hour 30 minutes; there were sessions on three days per week (Friday, Saturday, Sunday) The PDP started on 5<sup>th</sup> February and concluded on 28<sup>th</sup> February 2021. The organizing committee included Dr. Lidwin Dias, Dr. Kalyani Talvelkar, Dr. Ronald Yesudas, and Ms. Pritam George, Research Officer, Research Unit. The external resource persons included: External Resource Persons: Dr. Srilatha Juvva, Professor, Centre for Equity and Justice for Children and Families, School of Social Work, Tata Institute of Social Sciences; Dr. Sebastian Michael, Emeritus Professor and Adjunct Faculty of Cultural Anthropology, University of Mumbai; Director of the

Total Registered	51	
Registered & Paid	41 Paid +1unpaid = 42	State/ District Wise
NN Faculty	4	CSWNN
Assistant Professor External	11	Jalgaon, Amaravati, Indore, Solapu Satara, Mumbai, Hyderabad, Shiloi
Ph.D Scholars	12	New Delhi, Kerala, Vadodara, Mumbai, Pondicherry
Social Worker	3	Tamilnadu, Kerala
Students	4	Mumbai, Kerala, Haryana
Research Officers NN	3	Mumbai
Others	5	Gujrat, Mumbai

Institute of Indian Culture; Dr. Padma Deosthali, Former Coordinator – CEHAT; Visiting Faculty, Advanced Research Methodology Course, College of Social Work; Dr. Yamini Suvarna, Consultant – Research and Documentation; Advisory Board Member–Research Unit, College of Social Work and Dr. Melita Vaz, Monitoring and Evaluation Consultant, International Justice

Mission (IJM).

There were Forty-Two (42) participants in total. Out of these 42 participants, fifteen (15) were

faculty members in different colleges in India. Twelve (12) participants were Ph.D. scholars and three were research officers. Out of the remaining participants, four (4) were postgraduate students, three (3) were social workers. Five (5) participants had not given this specification. The advantage of this PDP being online was its accessibility to people outside Mumbai, all over India. The table shows the districts or states from which these participants attended the PDP.

*Proceedings / Session reports:*

There were twelve (12) sessions in total that covered ten (10) broad topics. The resource persons and the PDP coordinators covered these ten topics. A brief description of the content and process of each of these sessions are highlighted: Day one, session one was initiated with a welcome speech by the Principal, Dr. Lidwin Dias. She gave a brief history and information about the Research Unit of the College and introduced the objectives of the PDP. 5<sup>th</sup>. This was followed by a session on 'Introduction to Qualitative Research' by Dr. Kalyani Talvelkar. She started with the historical evolution of the Qualitative Research Paradigm in social science research. Then she briefly explained the epistemological framework of Qualitative Research including definition, assumptions, characteristics of qualitative research method, and its value framework. In the second session, Dr. Ronald Yesudas covered the philosophical orientation of qualitative research and explained qualitative research designs such as constructivist research design, interpretivist research design, and phenomenological research. Participants asked questions related to the difference between quantitative research design and qualitative research design. There was also a discussion on ontology and the meaning of 'paradigm'. In the third session, Dr. Srilatha Juvva gave an overview of the qualitative research process. Later (5<sup>th</sup> session) She also explained conceptual mapping and gave individual assignments to the participants to prepare a conceptual map based on their research proposal. The participants shared their conceptual map and there was a lively discussion on the important aspects of the research process and conceptualization. The fourth session was taken by Dr. Sebastian Michael who introduced the Anthropological method of qualitative research. Later (11<sup>th</sup> session) he also took a session on data collection in an Anthropological study. These two sessions covered the method in detail with examples of various studies. Participants found the sessions very helpful especially because many of the examples were anthropological studies done in India. Dr. Padma Deosthali explained three methods of qualitative data collection, namely qualitative interviewing, focus group discussion, and systematic observation. There were many questions asked at the end of the session wherein participants wanted inputs on the best data collection method for their studies. The next session (7<sup>th</sup> session) also was on

qualitative data collection methods in which Dr. Yamini Suvarna described various creative methods and tools of data collection such as group interviews, document analysis, drawing analysis, Participatory Rural Appraisal tools including community resource mapping, social mapping, and transect walk. She also highlighted the factors that make for good data collection. The participation in this session was enthusiastic and many participants shared that the tools taught were new to them. Dr. Kalyani Talvelkar talked about the ethical concerns in qualitative research in the next session. Giving examples of five ‘controversial’ qualitative research studies due to ethical questions raised, she highlighted the significance as well as the complexity of maintaining ethical standards in qualitative research. She discussed various ethical concerns due to the very nature of qualitative research, ethical guidelines, ethical dilemmas, and ethical concerns specifically in visual research. The session was concluded with a discussion on strategies to minimize risk to the research participants in qualitative research. Dr. Melita Vaz took two sessions on qualitative data analysis. The method she used in her sessions was very innovative using activities and quizzes. She discussed three aspects of data analysis – data management, data reduction, and conceptual development. She explained the types of coding and what are the elements of a good code with relevant examples. Participants shared that they were very much helped by the way Dr. Vaz made analysis simple to understand and at the same time clarified what would be good data management and analysis. The last session of PDP was on qualitative report writing which was taken by Dr. Padma Deosthali. She started with a brief overview of the research process and different ways of analyzing qualitative data. The way data is analyzed paves the way to the quality of the research report. She also gave a format for a qualitative research report.

All (100%) participants said that the contents of the PDP suited their requirements, and they were satisfied with the PDP in Basics of Qualitative Research. They said that they would recommend this session for others also to attend. All (100%) participants said that they would like to join the PDP in the Advanced Level of Qualitative Research Training. Seventy-three percent (73%) participants would like Research Unit, CSW, NN to organize workshops or PDPs in topics such as SPSS, Qualitative Data Analysis (in details), Software for Analysis, professional development programme in Quantitative Research and Mixed Methodology and workshops on each Qualitative Research Design or Method such as Ethnography, Phenomenological Research, literature review and referencing and action research.

### Schedule

<b>Date</b>	<b>Day</b>	<b>Timing</b>	<b>Session Topic</b>	<b>Resource Persons</b>
05.02.2021	Friday	5.00 pm – 6.30 pm	Welcome, Introduction to the Course, Introduction to Qualitative Research	Dr. Lidwin Dias Dr. Kalyani Talvelkar
06.02.2021	Saturday	5.00 pm – 6.30 pm	Philosophy of Research Methodology & Overview of Qualitative Research Designs	Dr. Ronald Yesudhas
07.02.2021	Sunday	5.00 pm – 6.30 pm	Qualitative Research Process	Dr. Srilatha Juvva
12 / 02 / 2021	Friday	00 pm – 30 pm	Anthropological Method of Qualitative Research	Dr. Sebastian Michael
13 / 02 / 2021	Saturday	00 pm – 30 pm	Conceptual Mapping in Qualitative Research	Dr. Srilatha Juvva, Professor
14 / 02 / 2021	Sunday	5.00 pm – 6.30 pm	Qualitative Data Collection Methods and Tools	Dr. Padma Deosthali
19 / 02 / 2021	Friday	5.00 pm – 6.30 pm	Qualitative Data Collection Methods and Tools	Dr. Yamini Suvarna
20 / 02 / 2021	Saturday	5.00 pm – 6.30 pm	Ethical Concerns in Qualitative Research	Dr. Kalyani Talvelkar
21.02.2021	Sunday	5.00 pm – 6.30 pm	Qualitative Data Analysis- I	Dr. Melita Vaz
26.02.2021	Friday	5.00 pm – 6.30 pm	Qualitative Data Analysis- II	Dr. Melita Vaz
27.02.2021	Saturday	5.00 pm – 6.30 pm	Data collection in Anthropological study	Dr. Sebastian Michael
28.02.2021	Sunday	5.00 pm – 6.30 pm	Qualitative Report Writing Wrap Up and Question-Answer Session	Dr. Padma Deosthali Dr. Kalyani Talvelkar Dr. Ronald Yesudas

## TEN RESEARCH STUDIES SPONSORED BY RUSA

### Research by Faculty Members

1. *Access To Water Sanitation and Hygiene in Mumbai Slums*: Dr. Ronald Yesudhas
2. *Need-Based Assessment of Elderly in Bhagat Singh Nagar, Goregaon, Pravas Field Action Project of College of Social Work, Nirmala Niketan*: Dr. Vaijayanta Anand and Team
3. *Problems Faced by Girls from Scheduled Caste Communities Studying In The Colleges Of South Mumbai*: Mr. Albin Thomas and Ms. Pallavi Xalxo
4. *Awareness of Protection of Children Against Sexual Offences Act, 2012 among aided School Teachers in Mumbai: An Empirical Study*: Ms. Roshni Alpanso
5. *History of Mumbai through the eyes of Mumbai Senior Citizens of Slum Community*-Dr. Vaijantha Anand.
6. *Mothers' knowledge and Perception about Risk factors and Protective strategies regarding Child Abuse- a study among slum inhabitants of Dharavi and Malad, Mumbai*. Dr. Renu S and Dr. Saman A
7. *A Qualitative Exploration on Transition and Resilience of Young Care-Leavers in Mumbai*: Ms. Reny Rajan
8. *Health Status of Kathkari Women, Adolescent Girls, and Children from Raigad District in COVID times – Mr. Cletus Zuzarte.*

### Research Unit

1. *Experiences of medical practitioners of private clinics treating patients during the Covid 19 Pandemic*: Research Unit.
2. *Experiences of Caregivers of Non-Covid 19 patients with the health care system in the context of the Covid 19 Pandemic*- Research Unit

## ADITYA BIRLA MEMORIAL LIBRARY

The library was started in 1958 with 2000 books. On Golden Jubilee Year of the College (2003-2004), the library was renovated with financial aid from Aditya Birla Group. Library Team: Mr. Pravin Gavli, Librarian; Mr. Pralhad Ade, Ms. Sulbha Kulkarni, Staff; Ms. Maya Barsing, Library Clerk; Mr. Ashok Taralkar, Mr. Santosh Phadke, Support Staff. The total number of books in the library till date are 25964; periodicals 62; Thesis and Term Paper 1541; Article indexing 27922; Newspapers 11; Magazines/UPSC&MPSC 5; Bound Journals 3458; Special Reports 715; Conference Papers – 39; UPSC/MPSC Books – 325 and Book Bank Books – 475. The online resources provided by the library include Nlist Databased and 4 Sage Journals.

Advanced software, various new books, and journals, computerized database of books created, services such as reserved counters, book bank scheme, photocopying service, interlibrary services, peer learning cubicles, and Ph.D. room with access to computers enhanced the scope and quality of reference. From 1<sup>st</sup> April 2020 to 31<sup>st</sup> April 2021, the total number of books added to the library from 1st April 2020 to 31st March 2021 was 108. Sixty-eight books were purchased, and 40 books were donated. Article indexing 1933.

The library also organizes Marathi Bhasha Diwas or Marathi Day celebrated on February 27 every year on the birth anniversary of eminent Marathi poet Vishnu Vaman Shirwad.

The librarian Mr. Pravin Gavali also leads the team for orientation to recruits during the Student Induction/Orientation Programmes and conducts lectures on access to online resources and referencing protocols.

Personal attention to the needs of learners by the library staff has been the hallmark of the service provided by the library. The librarian Mr. Pravin Gavali proactive initiatives to ensure access to e-resources, orientation on the same to all Faculty Members, staff, and students ensure learning never stops and facilitated easy access to references.

## **COMPUTER CENTRE**

Team: Mr. Priyadarshan Naik; Computer Instructor; Mr. Pandit (Technician); Mr. Santosh Jagtap (Support Staff). Computer Centre aims to equip students with skills and knowledge in the area of information technology to enhance their performance in academics and practice. There are various services coordinated by the Computer Center.

The Computer Centre has thirty desk computers with windows 7, windows 8.1, windows 10, Microsoft Office 2013, 2 laser printers, one scanner one big LED Screen with windows functionality. Each machine is equipped with DVD ROM a USB Port and an Internet facility. The Centre also has MTNL Broadband and Hathway connections which supply internet to all computers in the college. The computer lab is equipped with a Wi-Fi facility. For security purposes, Dell SonicWALL (firewall) system is provided with a Worry-Free Business Security solution (Antivirus) with each system. A total number of 27 desk computers are provided to students.

The Computer Center Lab Instructor Mr. Priyadarshan Nak is the course coordinator of Computer Applications taught at the Bachelor of Social Work, Semester III. The courses include inputs on

Advance Ms-Office; HTML Language, and the basic requirement of the Internet and the Concept of Firewall and Computer Virus, Movie Maker.

The training programmes organised by the Research Unit and Research/Term Paper committee on, Statistical Packages for Social Sciences are organized in the Computer Center. On average, the computer center caters to 50 visitors including staff and students per day.

## **AUDIO VISUAL UNIT**

**Team:** Mr. Mukund Modak (Audio Visual Unit Officer); Mr. Vishal Koli (Support Staff).

The Audio-Visual Unit has reached out to many students and faculty in their teaching-learning processes and Fieldwork interventions. The Audio Visual is responsible for audio-visual facilities in lecture rooms, making video productions for educational purposes such as web lectures, info-clips, promotional films, recording of special events, conferences, and film impressions, technological support during college events, and documentation of important events.

Specific contributions include preparing appropriate banners and posters, the layout of banners and bookmarks for special events as well as making arrangements for photography and audio-visual equipment during events organised by the college such as Annual Day celebrations, Dorothy Baker's Chair lecture, Krantiveer Savitribai Phule Lecture Series, Valedictory function, Degree Distribution, Farewell, Sports day, MahaWalkaton, SPSS workshops for the Research Unit and other fundraising and outreach events. The Unit provides copy printing, photocopying, Identity card printing and formatting and layout of Prospectus, Syllabus, Annual Reports, the Journal of 'Perspectives in Social work' and other important documents.

The A.V Unit now has 847 CDs/DVDs films, which are classified under Child, Movies, Women, Communal Harmony, Health, Environment, Media and Development, Education, Management, Right to Information, and General Documentation. Faculty and students have benefitted greatly by borrowing audio-visual aids from the Unit to enrich classroom teaching as well as for use in the field. There is also an increase in the use of laptops and LCD projectors for classroom presentations. This academic year 25 programmes were added to the resources of the Unit. A total of 63 CDs were borrowed by students and 30 programmes were borrowed by Faculty Members for teaching and Fieldwork practice. The Audio-Visual Unit also manages the laptop bank started for the welfare of the students in 2016.

## ANNEXURES

### ANNEXURE I

#### Student Enrollment Status 2020-2021

COURSES OFFERED AT CHURCHGATE CAMPUS							
Sr No	Academic Programme	Duration	Entry Qualification	Medium Of Instruction	Total Number Of Students		Overall Total
					Male	Female	
1	Bachelor of Social Work (BSW)	Three Years	H.S.C	English			
	First Year Number of applications received:120	One year	-----	English			
	Second Year	One year	-----	English			
	Third Year	One year	-----	English			
2	Master of Social Work (MSW)		Graduation in any discipline	English			
	First Year Number of applications received: 320	One year		English			
	Second Year	One year	----	English			
3	Ph.D. in Social Work		Post-Graduation in Social Work PET/NET/ SET	English			
	Total	-----	-----	-----			



SHORT TERM COURSES AT CHURCHGATE CAMPUS							
Sr No	Academic Programme	Duration	Entry Qualification	Medium of Instruction	Total Number of Students		Overall Total
					Male	Female	
	<b>Undergraduate</b>						
4	Diploma in Social Work	1 year	HSC	English			
5	Certificate Course in Law and Social Work in association with Majlis Legal centre: A forum for women's rights discourse and legal initiatives	36 hrs. Two months	HSC	English + Hindi			
6	Certificate Course in Peace Education	38 hrs. One month	HSC	English + Hindi			
----	<b>Post Graduate</b>	----	----	----	----	----	----
7	Diploma in Therapeutic Counselling	1 year	Any Graduation	English			
8	Diploma in Child Rights and Child Protection	1 year	Any Graduation	English			
9	Diploma in Inter-Religious Dialogue and Water for Sustainable Development	1 year	Any Graduation	English			
10	Certificate Course in Advanced Social Research Methodology	6 months	Post-Graduation	English			
	Total	----	----	----			

COURSES OFFERED AT THE EXTENSION CENTRE: 5									
Sr No	Academic Programme	Contents	Starting & Ending Date	Duration	Entry Qualification	Medium Of Instruction	Total Number Of Students		Overall Total
							Male	Female	
11	Certificate in Social Work for Para Professionals (Youth)	Course 1: Social Problems Course 2: Methods of Social Work Course 3: Skills for Para Social Workers Course 4: Work Integrated Learning/ Field Work Practicum	17/10/20 to 07/03/21	Six months	VIIth Std	Hindi/ Marathi	12	38	50
12	Certificate in Social Work for Senior Citizens	-Foundation of Social Work -Health and Wellbeing -Yoga Movement and Spirituality -Financial Planning -Dealing with Abuse -Media Literacy	07/12/20 to 12/02/21	Three months	SSC	English	2	4	6
13	Post Graduate Diploma in Corporate Social Responsibility (CSR)	Module 1: Environment, Sustainability, and Business Module 2: CSR History, Theory, and Concepts Module 3: CSR Law, Policy and Practice Module 4: Research Methods Module 5: Urban and Rural Community Development Module 6: Water, Sanitation and Health Module 7: EIA, SIA and Social Audit Module 8: Project Management in CSR Module 9: Internship/ Work Integrated Learning	13/09/20 to 08/08/21	One Year	Graduate in any discipline	English	7	6	13

Sr No	Academic Programme	Contents	Starting & Ending Date	Duration	Entry Qualification	Medium Of Instruction	Total Number of Students		Overall Total
							Male	Female	
14	Certificate in Management of Non-Profit Organizations (MNPOs)	Workshops 1: Governance and Legal Framework for NPOs Workshop 2: Project Planning and Project Proposal Workshop 3: Monitoring and Evaluation Workshop 4: Financial Management Workshop 5: Human Resource Management and Communication in NPOs Workshop 6: Fund Raising	15/08/20 to 09/01/21	Six months	HSC	English	7	11	18
15	Basic Skills in Counselling	Mental Health, Social Psychology, Conflict and Conflict Management, Introduction to Counseling, Counseling Process, Counseling Interview, Stress and Stress Management, Special Counseling Area, Approaches to Counseling and Various Types of Counseling	14/03/20 to 06/09/20	Three Months	HSC or Certificate in Social Work	Hindi/ Marathi	4	14	18
	Total			----	----	----	32	73	105



**ANNEXURE-II**

**SCHEDULE STUDENT INDUCTION/ORIENTATION PROGRAMME**

**ANNEXURE III**  
**LIST OF 45 PARTICIPANTS CERTIFICATE COURSE: ONLINE PEACE EDUCATION**  
**December -January 2021**

Faculty Members		Students		Alumni	
Name	Email id	Name	Email id	Name	Email id
Dr Anita Panot	anita.panot@hotmail.com	Deeksha Sharma	sharmadeeksha73@gmail.com	Ms. Mariam Prasad -	mapra1997@gmail.com
Sonia H Rodrigues	soniacardoz28@gmail.com	Vidya Anton Londhe	vidya26shm@gmail.com		
Cletus Zuzarte	cletusz@gmail.com	Ichcha Suresh Shinde	Ichchashinde@gmail.com		
Meghna Vesvikar	meghnavesvikar@yahoo.co.in	Ninad Pandya	ninadp72@gmail.com		
Virochan Paramanand Raote.	virochan@gmail.com	Joyce Jestin	Joycejestin@gmail.com		
		Rakhee Borade	boraderakhi154@gmail.com		
		Sayali Kadam	Sayalikdm97@gmail.com		
		Chionia D'souza	chioniard105@gmail.com		
		Kajol Rotele	kajolrotele@gmail.com		
		Mohini Prajapati	mohidp128@gmail.com		
		Ashish Kumar	ashishpaulsj@gmail.com		
		Prajakta Hardas.	prajaktahardas68@gmail.com		
		Nishita Bothra	nishita.bothra@gmail.com		
		Agnel George	c.agnelvc@gmail.com		
		Cecil Baraik	cecilbaraik@gmail.com		
		Suprita Dutta	suprita.bd28@gmail.com		
		Shinoj K J	shinosvd@gmail.com		
		Paavani Asthana	paavaniasthana@gmail.com		
		Santhi V	shanthivin85@gmail.com		
		Shubham Dixit	shubhamd261995@gmail.com		
		Supriya Nandkumar Surywanshi	supriyarpatil123@gmail.com		
		Anwasha Sinha Chowdhury	anweshasinha@gmail.com		

Faculty Members		Students		Alumni	
		Nilesh Madhukar Rathod	nileshrathodcsn19 99@gmail.com		
		Nicole Coutinho	student.nicole.cout inho@gmail.com		
		Arshak Babu	arshakbabu20@ gmail.com		
		Agnes Mariyam Anne	agnesmariyamanne 1999@gmail.com		
		Panenkaden Rini Lawrence	rinilorasw@ gmail.com		
		Gayatri Dhargalkar	gayatrirobin@ gmail.com		
<b>Other participants</b>					
Sanjot Shirsath			sanjot.subhash@gmail.com		
Kailas Waman Randive.			surah.randive@gmail.com		
Prachi Salgaonkar			kprachi53@gmail.com		
Eram Khan			eramkhan633@gmail.com		
Ms.Aiman Shamim Siddiqui			siddiquiaiman823@gmail.com		
Mary Therese Kurkalang			marytherese.kurkalang@gmail.com		
Aarti Madhukar Naringrekar			aarti.naringrekar9@gmail.com		

## ANNEXURE IV

### LIST OF 24 PARTICIPANTS FACULTY DEVELOPMENT PROGRAMME INTELLECTUAL PROPERTY RIGHTS

Sr. No	Faculty Members	Sr No	Staff Members
1	Dr. Lidwin Dias	1	Ms. Sabeena Gonsalves, Administrator
2	Dr. Elvis Thomas	2	Ms. Nilima Rodrigues, Associate Director, Extension Centre
3	Dr. Prabha Tirmare	3	Mr. Sandesh Lalge, Documentation Officer, Anubhav Mumbai
4	Dr. Vajjanta Anand	4	Ms. Swati Rane
5	Dr. Anita Panot		
6	Dr. Anita Machado		
7	Ms. Sonia H Rodrigues		
8	Dr. Renu Shah		
9	Ms. Meghna Vesvikar		
10	Dr. Kalyani Talvelkar		
11	Ms. Roshni Alphonso		
12	Dr. Saman Afroz		
13	Dr. Smita Bammidi		
14	Dr. Ronald Yesudas		
15	Mr. Albin Thomas		
16	Ms. Pallavi Xalxo		
17	Mr. Sameer Mohite		
18	Mr. Cletus Zuzarte		
19	Ms. Irene Tayshete		
20	Ms. Reny Rajan		