



## ANUBHAV YOUTH DEVELOPMENT CENTRE (AYDC)

*A Project of the College of Social Work (Autonomous),*

*Nirmala Niketan-Extension Centre*

**Annual Report: 2023 - 2024**



### **Introduction**

Anubhav Mumbai (1997-2019) is a project of the College of Social Work (Autonomous), Nirmala Niketan renamed as Anubhav Youth Development Centre (AYDC – September 2020 onwards). The College of Social work had decided to start AYDC as a Youth Development Centre from the Extension Centre, Goregaon. The main focus of AYDC was organising workshops on Constitutional Values, Personality Development, Developing Skills and Livelihood for city level college youth and community youth.

The theme of AYDC for this year was 'Mental Health & Citizenship'. The World Economic Forum Report, 2020 alarms us to the impact of mental illness among the youth on a range of developmental skills including social engagement, educational attainment, employment prospects, romantic and intimate relationships, housing security, family connectedness, and self-confidence and self-efficacy, mental capital and mortality. Suicide is the second most common cause of death globally for young people aged 15–29 and of the estimated 800,000 people who die by suicide annually, the majority are young. The National Youth Policy 2021 articulates a ten-year vision for youth development that India seeks to achieve by 2030. The policy has emphasized on health, education, skill-building, entrepreneurship, and leadership training. Looking at the above scenario and for the holistic development of the youth, the various activities and programmes performed on the theme "Mental Health & Citizenship" by AYDC during the academic year, 2023-24 are presented here.

### **Model / Approaches**

- Youth Motivation/Youth Community Engagement through Participation in Citizenship and Governance, Disaster Mitigation Efforts & Sensitisation.
- Leadership and Capacity Building through the module 'LAHER' (Constitutional Values: Democracy and Secularism, Gender Justice, Social Justice, Honesty and Integrity, Environmental Justice, Dignity of Labour) with a focus on experiential learning.
- Youth Centered Spaces for dialogue and Action / Youth Forum Building.

- Advocacy and Networking with Stakeholders.
- Need Based Interventions.

### **Promoting Health & Wellbeing through Preventive, Promotive & Curative Models of Intervention (Total 1,112 beneficiaries)**

#### *Sessions and Workshops*

AYDC tried to promote health and wellbeing through preventive, promotive, and curative models of intervention by conducting 15 sessions/ workshops for 764 participants on Art Therapy, Stress Management, Positive Thinking, Self-Awareness, Love & Affection, Bullying and Staying Safe in the below Colleges:

N. K. College, Shailendra Degree and Jr. College, J. M. Patel College, KES College, DTSS College, Dalmia College, Rizvi College, AYDC Communities and in NSS Camps.

The sessions/ workshops focused on the importance of self-awareness, importance of focusing on oneself, positive thinking and how a positive attitude/ stress management makes a difference in our lives. Art Therapy helped the participants to identify one's and others' feelings. The overall focus was given on students' positive thinking and how they can focus on their self-goals and targets which will bring success in their lives. The sessions were conducted in the form of discussion, art forms, counselling, games and activities. The learners were provided with a safe space where they were able to share their concerns and questions regarding their career, future plans, interests, feelings, problems and fears. It has been observed by the resource person that sometimes learners are afraid to identify the different opportunities suitable for them, because it might create confusion between other opportunities and pre-decided career goals. The maximum number of students are going through several problems in their personal and social life due to social media, excessive use of mobile phones, unhealthy habits etc.

These sessions helped the students to be aware of their problems and think about themselves positively. These sessions also taught them different exercises to be followed to be healthy in their lives. These exercises were like talking to themselves, talking in front of a mirror, noting down their feelings/ interest areas, day to day learnings and difficulties faced by them, sharing positive thoughts to others and themselves etc.

### *Workshop on Art Therapy*

The 3 days' workshop on 'Art Therapy' was conducted at the Extension Centre, Goregaon on 1<sup>st</sup>, 2<sup>nd</sup> and 9<sup>th</sup> July 2023. The workshop objectives were:

- To help the participants to identify their feelings.
- To enable the participants to heal themselves with the help of Art Therapy techniques.
- To enable the participants to work on their mental health.

The following topics were covered during the workshop:

1. Exploring Metaphors: Understanding of mind-body integration and diversity of experience in expressive art therapy.
2. Being with Self and Others: Comprehending the dynamics of relationships, boundaries and individual needs via various expressive arts modalities.
3. Self-care Symphony: To foster a multi-layered understanding of self-care, while drawing from the existing cultural languages of care. And also to experience, reflect and curate self-care practices for integration in personal life through the arts.

The three resource persons headed the workshop, namely Ms. Krittika Dhoke, Ms. Krati Girhotra, Certified Expressive Art Therapy Practitioners and Ms. Namita Thawani, Visual Artist & Mental Health Professional from Dr. Drama Institute, Mumbai. Total 12 students participated and benefited from this workshop. During the workshop many of the participants shared their feelings like how they feel at different situations, what they like and don't like. All the participants were very much active during the workshop. The team from Dr. Drama made the workshop very lively with the help of different activities. Overall, it was an enriching experience for the students.

### *Educational Sports Club*

Under the umbrella of 'Promoting Health & Wellbeing through Preventive, Promotive & Curative Models of Intervention,' College of Social Work decided to conduct the 'Educational Sports Club' once in a week at the Extension Centre, Goregaon through Anubhav Youth Development Centre Project. Educational Sports Club started with the following objectives:

1. To build up sportsmanship.
2. To reduce stress and improve health.
3. To improve skills and enhance employability.
4. To support in developing a positive attitude, self-confidence, courage and patience.
5. To get to meet new people and build a sense of community.

Educational Sports Club participants are from lower- and middle-class families residing in different communities of western suburb. They are from different colleges of western suburbs namely; Shailendra College - Dahisar, Naganidas Khandwala College - Malad, Sathey College - Vile Parle, St. Andrews College – Bandra, J. M. Patel College - Goregaon and DTSS College - Malad. AYDC alumni youth who are working in various fields are also participating in the sports. Some of the participants are from Santosh Nagar Community, Goregaon East with whom AYDC is working. The educational background of all the participants is ranging from 9<sup>th</sup> standard to graduate. Total 75 youths are taking benefits of this initiative. Beneficiaries shared that (28 beneficiaries) the sports club is benefiting to them because of different reasons like;

- Helps to meet new people and playing with them brings fun, stress relief and entertainment,
- Helps to participate in college activities, to lead healthy life,
- It attracts people with similar values and interests,
- It motivates to exercise and elevate one's mood, improves health,
- It brings gathering of friends in today's busy life,
- Helps to teach life skills such as teamwork, leadership, accountability, patience, self-confidence and prepares to face challenges of life,
- It provides peace, refreshment from daily work and helps to focus on future goals.
- Helps to release the stress, to increase the physical flexibility due to physical movements,
- Helps to refresh and relax the mind which in turn helped to increase the focus on personal and professional life,
- Helps to improve one's ability to do daily routine activities.

Under the theme of 'Sports for Development and Peace', the participants (youth) of AYDC's Educational Sports Club took the initiative and organised sports competitions on 30<sup>th</sup> December 2023 and 6<sup>th</sup> January 2024 at Goregaon Campus, in which total 280 youth from 25 Colleges, 2 communities and AYDC's alumni members (Sathi Youth) participated. Total Six sports were played namely; Box - Cricket (Male - Female Mix), Volleyball (Male - Female Mix), Badminton (common for boys and girls), Chess (common for boys and girls), Carrom (common for boys and girls) and Running (100 mtr., 200 mtr., 400 mtr.). It has been observed and shared by many sports' people that taking part in physical activity can have a profound and positive impact on mental wellbeing. Being physically active can improve mood, enhance resilience, confidence, empowerment, decrease the chance of depression and anxiety and lead to a better and more

balanced lifestyle. Each and all games were designed women friendly and it was open to all those who don't know how to play. Hence, each and every participant was free while playing the games. In the Box-Cricket and Volleyball team, participation of 2 girls was compulsory.

Anubhav Youth Development Centre received good participation in each sport, as stated below: Box-Cricket: 13 teams, Volleyball 11: teams, Badminton: 74 participants, Running: 100 participants, Chess: 24 participants and Carrom: 57 participants. Through these sports competitions, AYDC observed improved teamwork and a sense of responsibility among the youth. One of the purposes behind organising the sports competitions was to increase the girls' participation by providing them space to participate in the sports. This purpose was accomplished by seeing 87 numbers of female youths participate in all these sports.

## **Peace and Resilience Building through Participation and Advocacy**

### *Youth Meetings*

The AYDC had organized several meetings with college and community youth during the year at their respective colleges' premises such as N. K. College, KES College, Shailendra Degree College, Shailendra Jr. College, DTSS College and in Santosh Nagar Community and Bhagatsingh Nagar Community. The meetings were also organised at the Extension Centre, Goregaon East. As per the need to discuss upcoming/ ongoing programme status, the meetings were organised at different levels and at different places to enable the maximum youth to participate and to share their ideas and give suggestions. The major outcome of these intervention strategies was to create safe spaces for adolescents and youth to share, dialogue, learn, reflect and engage.

### *Sessions on Constitutional Values & Anubhav Orientation based on Module 'Labar (Wave)'*

The AYDC conducted 21 sessions beginning from July 2023 with its orientation on below topics at Mitra Level in the colleges and communities namely, Shailendra Degree College, Shailendra Jr. College, KES College, J. M. Patel College, N. K. College, DTSS College, Dalmia College and Santosh Nagar Community. Total 540 youth benefited at Mitra Level.

The topics were: Democracy and Secularism, Gender Justice, Social Justice and Environmental Justice

During these sessions, the facilitators gave the inputs on the vision, mission, objectives, strategies and theme of AYDC. The students were informed about the theme 'Citizenship & Mental Health' and about the yearly plan of college level activities under this theme. AYDC staff also discussed the topics covered during the year i.e. seven core values namely, Democracy and Secularism,

Gender Justice, Social Justice, Environmental Justice, Scientific Temper, Dignity of Labour, Honesty & Integrity. The topics for the discussion were Personality Development, Youth Festival and Sports Club as well.

In order to make youth aware and understand the importance of six core values on personal, social and political level, AYDC conducted sessions on these values. After each session, AYDC also gave the students some practical work to be done on the basis of each core value. For example, under the Democracy and Secularism session, youth were given the task of being a part of governance by using twitter. Youth can tweet any problem observed by them in their community by keeping BMC or concerned authority in a loop asking them to solve the problem.

Environmental Justice Session was not conducted in a closed classroom but the learners were taken to Sanjay Gandhi National Park, to provide them a close interactive experience with the environment along with learning. The learners gained insights into the concept of environmental justice. This helped them appreciate the importance of addressing environmental issues in a fair and equitable manner, ensuring that vulnerable communities are not disproportionately affected. Various activities and games were conducted to make the session interesting while learning these concepts.

Sessions helped the students to be aware and learn about the constitutional values which are very important in their personal and social life. The students were happy, enjoyed and got connected to the topics. The staff experienced that the students were sharing their views and were participating in the discussion. The sessions helped them to realise the powers which lie within every citizen, the rights which these values have given to them and how they as youth can exercise these values, rights and duties in bringing about the difference instead of being passive lookers. Youth can be the 'Change Agent' in their families as well as in society.

#### *Celebration of Constitution Day*

The 'Constitution Day' (Samvidhan Divas) was celebrated on 26<sup>th</sup> November 2023, at the Extension Centre, Goregaon. Under the theme of 'Sports for Development and Peace' and the Constitutional Value of 'Secularism', the participants (youth) of AYDC's Educational Sports Club took the initiative of sharing the values and importance of different religions to mark the occasion of the 70<sup>th</sup> Constitution Day. Among the participants, 4 youth shared the ideology and teaching of 4 religions namely, Christian, Hindu, Muslim and Buddhist followed by the discussion on the same.

The staff of AYDC, Mr. Sandesh Lalge concluded the discussion by mentioning the common and important value shared by all the religions and that is 'Humanity'. The celebration ended by exchanging the values of love, hope and joy by giving the gifts and sharing the good thoughts about each other.

#### *Sensitization Campaigns on 'Peace Building and Resilience' through Street Theatre*

AYDC conducted 3 street play workshops in different Colleges namely DTSS College, Clara's College & College of Social Work (Autonomous), Nirmala Niketan. Total 85 students got trained through these workshops. AYDC motivated the participants to take part in the competitions with themes of 'Democracy & Secularism', 'Substance Abuse' and 'Scientific Temper'. AYDC conducted 2 Street Play training sessions of 30 participants to train them on substance abuse, 1 training session with 25 participants to train them on Scientific Temper and 4 training sessions with 10 participants to train them on Democracy & Secularism. The result of which Substance Abuse and Scientific Temper role plays were presented in the different communities and Democracy & Secularism group participated in the Street Play Competition organised by Andha Shraddha Nirmulan Samiti at Panvel in which group won 3<sup>rd</sup> Prize. This helped the students to get the knowledge about the themes and build the confidence to present the play in front of a huge audience.

#### **Foundation Course in Social Work**

In collaboration with K. J. Somaiya College of Arts and Commerce (Autonomous), Mumbai AYDC conducted the 3 days training on 'Foundation Course in Social Work Level-1' for their degree level students from 24<sup>th</sup> to 26<sup>th</sup> August 2023. The training purpose was to train volunteers in social service. Hence the training was planned in such a way that at the end of the course, learners will be able to reflect on the societal issues, practice simple problem-solving skills necessary for volunteers and demonstrate appropriate volunteer attributes.

The training was conducted in the premises of K. J. Somaiya College in which total 14-degree level students successfully completed the training. The resource persons were Ms. Swati Rane and Mr. Sandesh Lalge, Program Officers of College of Social Work, Extension Centre.

At the end of the 3 days training, the students shared their learnings. They found the training informative and encouraging. They learnt about the concept of professional social work, problems faced by society, major components of social structure, concept of individual work & group work,

community mobilization, gender sensitivity, self-understanding, consolation skills and basic communication skills. The most appreciated part of the training was the way resource persons presented the information through games and brainstorming activities that made the training lively and fun. This helped the participants to be attentive and participative during the training.

### **Rural Camp**

Three days rural camp was organized at 'Snehavardhini Social Trust' at Varse Village, Roha from 1<sup>st</sup> to 3<sup>rd</sup> March, 2024. Total 32 students from different colleges and one community such as Shailendra Degree College, Shailendra Junior College, DTSS College, Dalmia College, Nagindas Khandwala College, J. M. Patel College and Santosh Nagar Community along with AYDC's alumni (Sathi) participated and benefited from this camp.

The camp objectives were:

- To help youth to understand the village structure, socio-economic background and needs of tribal communities.
- To give the youth exposure to livelihood generation programs of tribal communities.

On the first day of the camp, agency orientation was given by the Snehavardhini's Head, Ms. Carmelita Noronha and the staff Ms. Ashwini Pawale. Further the participants alongwith 4 rural youth were given the training on Participatory Rural Appraisal (PRA) by Anubhav Sathi Mr. Santosh Mekale, currently working with Yashwantrao Chavan Centre as a State Youth Coordinator. Participants were also given the training of Street Play by Mr. Sandesh Lalge on the topic 'Teenage Pregnancy'. The reason behind selecting this topic was the problem of pre child marriage pregnancy which was observed in the Padas visited during the camp. The inputs on the topic 'Teenage Pregnancy' were given by Ms. Swati Rane. On the second day, the participants were divided in 3 groups and were sent to 3 Padas: Sambhe, Madali and Khargaon. Each group performed the street play in each pada on 'Teenage Pregnancy'. This helped to create an awareness on the problems of early pregnancy and child marriage. All 3 groups also conducted the PRA in all 3 padas. Visits to the padas helped the youth to understand their socio-economic, educational and health status. The youth got an exposure to the income generation activities of the tribal people and their different livelihood initiatives. The three days' rural camp was truly a great learning and enriching experience. The credit goes to 'Snehavardhini Social Trust' and AYDC Youth.



## **Mumbai Suburban Youth Festival 2023 – 24**

Anubhav Youth Development Centre (AYDC) celebrated Mumbai Suburban Youth Festival which is the Culmination Programme of the year. Youth Festival gives youth a platform to showcase their talents through the different competitions like Street Play, Awareness Song, Short Film, Poster, Speech, Rangoli, Photography, Essay and Poem. These competitions were organised during February 2024. The Youth Festival was celebrated on 24<sup>th</sup> February, 2024 with a cultural program and prize distribution ceremony to honour the winners of the competitions and AYDC volunteers. Total 330 youth from all over Mumbai participated in all the above competitions and 270 students attended the Mumbai Suburban Youth Festival. The program began with the welcome dance by AYDC youth and the lighting of the lamp by the Chief Guest, Hon. Shri. Satish Hiwale (Member Secretary Mumbai Suburban District Legal Service Authority), Guests of Honour, Adv. Nilesh Khanvilkar (AYDC Alumnus & Sanvidhan Pracharak) and Adv. Chandrashekhar Kininge (Retired Assistant Labour Commissioner), Dr. Sonia Rodrigues (Associate Professor, College of Social Work, Nirmala Niketan) and Ms. Nilima Rodrigues (Associate Director, Nirmala Niketan Extension Centre). Dr. Sonia Rodrigues welcomed the gathering and introduced the theme of the year and motivated and encouraged the youth to take care of their mental health. The Chief Guest of the program Hon. Shri. Satish Hiwale & Adv. Chanrashekhar Kininge shared about the importance of understanding the legal aspects for the betterment of the society and how youth can help others. The Guest of Honour, Adv. Nilesh Khanvilkar shared his experience as one of the AYDS alumni and how AYDC helped him for his personal growth. He also shared about the importance of constitutional values. The trophies and certificates were awarded to the winners and volunteers of AYDC for their valuable contribution. The winner of the Best College Trophy was awarded to the Nagindas Khandwala College from Malad West, Mumbai.

## **Capacity Building, Skill Development & Livelihood Generation Programme**

### *Workshops on Career Guidance in Colleges and Communities*

Career Counselling Programme is important for the development of an individual as it helps to understand oneself like one's interest area, strengths, skills, abilities, learning style, personality, career motivators and suitable career path. During this year, the AYDC has done the Career Counselling of its 2 students. AYDC delivered the classroom sessions on 'Career Counselling' for 150 youth of Dalmia College, Shailendra College & Bhagatsingh Nagar community. The outcome of this programme was an upsurge in skills and adoption of right attitudes towards career selection and to face the job market.

### *Group Bonding Sessions*

The 'Group Bonding Sessions' were successfully conducted in Shailendra Degree College on 28<sup>th</sup> July 2023, N. K. College on 1<sup>st</sup> August 2023 and Ghanshyamdas College on 8<sup>th</sup> September 2023. The resource person was Mr. Sandesh Lalge. The student social workers of Nirmala Niketan College assisted him in conducting the sessions. Total 135 learners participated in these sessions. The sessions emphasized on the importance of Team Work and Group Bonding. The resource person used the methodology as activities, discussion and the presentations to make the session effective and to get the active participation of the learners.

### *Disaster Management Training*

Disaster Management Training was organised on 6<sup>th</sup> & 7<sup>th</sup> November 2023 in collaboration with the Disaster Management Department of the Government of India at Lower Parel main office. Mr. Rajendra Lokhande, Chief Officer and Mr. Mahendra Khambalekar, Training Officer of Disaster Management Department of BMC conducted this training. The topics covered were meaning of Disaster Management, importance of calm down in the emergency situation, emergency numbers, not to spread rumors, applying presence of mind, First Aid training, CPR, Body lifting & Fire and Flood training. At the end of the training, the disaster management department issued the certificates to the participants towards the completion of the training. Total 32 students participated in the training from different colleges. After the training, AYDC had requested the students to prepare the chart of emergency numbers and to put the same in their home first and then in their colleges as well.

### *Helmets 4 Life*

'Helmets 4 Life' programme was organised in collaboration with United Way Mumbai on 2<sup>nd</sup> December 2023 at the Extension Centre. In this training, a session was conducted on safe riding of two-wheelers for people who are between the age of 18 to 35 years. This programme offered free helmets to people who participated in the session and those who are having the valid driving licence. The objective of the programme was to train people on wearing helmets and being safe on roads in order to avoid accidents. A total of 135 members participated across 3 batches of 50 each. Resource person, Mr. Bhavesh Vetam (Trainer, United Way Mumbai) gave the inputs on safe 2 wheelers drive by following road protocols. He also delivered the importance of wearing the helmet while driving. He said that only ISSAI accredited helmets should be worn that have the sign being embedded in the helmet. Participants were told to prohibit wearing helmets that are sold on the streets with fake ISSAI accredited stickers that are broken after 2-3 weeks.

### *Sharing the Opportunities*

The team of AYDC shared the information about different fellowship programmes, online and offline, free and paid courses, job opportunities, different competitions, youth awards, scholarship programmes, career fairs, international virtual conference on innovation, technology, artificial intelligence & entrepreneurship ecosystem, Tata Strive courses details and legal aid training for the development of youth. The AYDC staff tried to encourage the youth to apply for different opportunities shared with them and to enhance their skills and abilities. Five AYDC youth participated in the 'Proposal Writing' Workshop conducted by the College of Social Work, eleven youth participated in the 'Do Gubbare' Movie screening organised by Yashwantrao Chavan Centre, Mumbai, Two youth attended the Narmada Bachav Andolan meeting at Churchgate, organised by College of Social Work.

### *Some of the Achievements*

- Twenty-five Anubhav youth helped in Malad Relief Work. Wherein they showed the value of working for the benefits of the society.
- One Anubhav girl volunteered to help a visually challenged student as a writer during the exam.
- Anubhav students are helping in marketing of Pravas project materials (candles and aggarbattis made by urban marginalized senior citizens).
- Two senior sathis donated two trophies and 100 medals to felicitate upcoming leaders and sports competition winners.
- Youth are motivating other youths to participate in Anubhav initiatives like sports club, value-based sessions/ workshops.
- The participation in centre level activities and students' personal sharing has been increased because of sports club initiative.
- Students took the major responsibilities of sports competitions and Mumbai Suburban Youth Festival and showed their leadership qualities.

\*\*\*\*\*