



ANUBHAV YOUTH DEVELOPMENT CENTRE, (AYDC)

***A Project of the College of Social Work (Autonomous),
Nirmala Niketan-Extension Centre***



Annual Report 2021 - 2022

Introduction

Anubhav Youth Development Centre (AYDC) is a project of the College of Social Work (Autonomous), Nirmala Niketan, under the RUSA since July 2019. Until September 2020 it was known as Anubhav Mumbai. The College of Social work has decided to start AYDC as a Youth Training Centre from the Extension Centre, Goregaon. The main focus of AYDC is organising workshops on constitutional values, personality development, developing skills and livelihood for city level college youth and community youth.

The various activities and programmes performed on the theme “Intervention during Covid-19 Crisis” by AYDC during the academic year, 2021-22 are presented here.

1. Youth Meetings

The Anubhav Youth Development Centre had organized online meetings with Sahayogi, Sathi and Anubhav Samaj level youths on 7th August 2021 to discuss the new vision, mission and activity plan. Total 21 youths were present for the meeting. All liked the newly formed vision and showed their excitement to participate in the activities. Some of them also expressed that these activities were very important for personal growth which was the need of the current scenario.

The second meeting cum get-together was organized offline on 21st November. Total number of participants was 25. The meeting was conducted by AYDC staff. This meeting was intended to provide youth a platform to share their ideas on spreading the awareness among the youth on various opportunities available in the market. The staff shared with them that many NGOs and governments have introduced skill development programmes and courses. Youth can take the benefit of such courses free of cost or with the minimum cost. Since many youths were not aware about such opportunities, they were unable to take the benefits of the same. Hence, being a team AYDC, all can start sharing such initiatives so that youth can take the benefit. Everyone liked the idea and some of the youth shared few opportunities which they knew. Finally, all had decided to share such initiatives and to help each other.

Further the staff also discussed the personality development module in which Sahayogi and Sathi level students can participate. The meeting ended with vote of thanks and with the awareness song by Sathi students.

2. Sharing the oppourtunies

Looking to the current pandemic situation and as per the theme “Intervention during covid-19 crisis, AYDC had decided to share different opportunities available in the market. Accordingly, team AYDC shared following opportunities throughout the year:

❖ **Several fellowships & scholarships:**

- State Bank of India fellowship
- Nirman Youth Leadership Programme
- Facebook Fellowship which is supporting Ph.D. students
- UDAAN fellowship for youth leaders and policy makers who want to work in the field of leadership, management, politics, governance, democracy and public policy
- UNESCO information fellowship which has the focus on intersectional feminism and digital rights. It is designed to be a thought-provoking experience and fellows will be equipped with skills that help them amplify marginalized voices and stories
- Kotak Kanya Scholarship initiated by Kotak Education Foundation, for the first year undergraduate girl students.

❖ **Youth Awards:** Yashwantrao Chavhan State Level Youth Award 2021-22. Sports and Social Youth Award.

❖ **Trainings & Courses:**

- Nursing course offered by Hinduja Hospital, Mahim under the government scheme, 90 days training programme.
- Free Crash Course for UPSC Prelims 2021 course, duration 17th March to 20th June 2021, Under career kutta, 10 days MPSC training programme organized by MITSC, Job openings, Taj CSR initiative for women professionals, District Level Yuva Puraskar by District Sports Office. Chief Minister Maha-Arogya Kaushalya Vikas Prashikshan Karyakram dated 8th July 2021.
- Opportunity for Technical Career, initiated by Don Bosco Industrial Training Institute, with 80% scholarship.
- National Chanakya Centre Training Organisation – defense training programme.
- Fire Brigade Volunteer Training Programme called Project Mumbai in collaboration with MCGM on 7th August 2021. On every Saturday training programme was conducted on Fire-Brigade for Fire Prevention and Firefighting.
- ITI, Byculla, Mumbai training program, contact on www.admission.dvet.gov.in
- MCED (Maharashtra Udyojakta Development Centre) 2021-22 free.
- Eklavya & PATH Foundation, Law Entrance Preparatory Program, free coaching for all top law entrances including CLAT, AILET and MH CET law.
- State Level Speech Competition by Higher Education Department, Maharashtra.

❖ **Important Websites and Booklets:**

- Website of Blood donor: <http://friends2support.org>
- A booklet on Modus Operandi of Financial Fraudsters released by Reserve Bank of India.

The team AYDC successfully shared as much as information they can share for the development of youth. They tried to encourage the youth to apply for different opportunities shared with them and to enhance their skills and abilities.

3. Livelihood Generation Programmes:

In Collaboration with 'Shwas Youth Career Guidance Institute, LLP', AYDC shared the course of Account Executive with the youth. This course was offered by 'American Indian Foundation'. The course is free of cost and after completion of the course youth will be getting the job placement in account field by American Indian Foundation. Total 32 students took the admission and now they are under training.

In Collaboration with Nehru Yuva Kendra, Mumbai, AYDC provided an opportunity to the youth to contact 50 youth mandals & NGOs to register them with the Nehru Yuva Kendra. Total 10 youth showed their interest and out of that, 8 youth actively participated. Each youth was given the responsibility of registering the 5 mandals. Nehru Yuva Kendra will be paying each youth Rs.1,200 for the work done by them.

4. Meeting with NSS Programme Officers

Mr. Sandesh Lalge and Ms. Swati Rane both had an offline meetings in the month of August and September 2021 with NSS Programme Officers of Shailendra Degree College, Shailendra Junior College, DTSS College, KES College, Ghanshyamdas Jalan College and J. M. Patel College with regards to the activities to be conducted for the year 2021-22. All the Programme Officers showed their interest in continuing work with AYDC. The college NSS Programme Officers informed the AYDC staff that they will give the dates to conduct online or offline activities.

5. Orientation to AYDC and Sessions on Constitutional Values

Anubhav Youth Development Centre has conducted 14 sessions, 9 offline and 5 online. AYDC started the sessions from September 2021 on below mentioned topics at Mitra Level in the Colleges namely, Shailendra Degree College, Shailendra Jr. College, KES College, J. M. Patel College and Santosh Nagar Community. Total 242 youth benefited at Mitra Level.

1. Anubhav Orientation
2. Democracy and Secularism
3. Gender Justice
4. Social Justice

In the above sessions, the facilitators were given the inputs on the vision, mission, objectives, strategies and theme of AYDC. In these sessions, the students were informed about the theme 'Crisis Intervention During Covid-19' and the yearly plan of Mitra under the theme. AYDC staff also discussed the topics covered during the year i.e. six core values namely Democracy and Secularism, Gender Justice, Social Justice, Environmental Justice, Scientific Temper, Dignity of Labour, Honesty & Integrity, Group Bonding and Career Counselling.

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. Further this year 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.

Observations: AYDC observed that students were more comfortable with offline sessions instead of online. The staff also feel more comfortable while conducting the offline sessions, as it was challenging to the staff to convey these important sessions online. The staff experienced that the students were sharing their views and sessions that helped them to realise the powers which lies within every citizen, the rights which these values have given to them and how they as youth can exercise these values in bringing about the difference instead of being passive lookers. Youth can be the ‘Change Agent’ in their family as well as society.

6. Webinar on ‘Youth Training Program on Prevention of Substance Use’

The webinar on this topic was organized on 4th May 2021. The speaker of the session was Mr. Sameer, Experiential Counsellor from Kripa Foundation, Mumbai. Total 20 youth attended the webinar.

7. Workshops on Personality Development

Anubhav Youth Development Centre conducted the workshops on Interpersonal Skills and Communication Skills under the Personality Development. The details for the same as below:

- **Interpersonal Skills:** Organised on 5th December 2021 for Sahyogi & Sathi level youth who were from different colleges and Santosh Nagar community. Total 47 participants were present for the workshop. The student social workers conducted the workshop. The workshop focus was on meaning, importance and types of interpersonal skills like listening skills, communication skills, acceptance, empathy etc. The workshop had also focused on building relationships and the purpose of making relationships. The workshop was full of activities and discussion. All the students liked and learnt many things from the workshop. Almost 90% of them were did not know the concept of interpersonal skills. They learnt the importance of these skills in their personal and professional lives. They were also looking very enthusiastic for future workshops.
- **Communication Skills:** Organised on 26th December 2021 for Sahayogi & Sathi level youth from different colleges and Santosh Nagar community. Total 37 participants were present for the workshop. The student social workers conducted the workshop. The workshop focus was to increase awareness on communication skills, to explain the importance of communication skills, the habits which can enhance the communication skills, barriers in the communication and to explain the benefits of effective communication. At the end of the workshop, Mr. Sandesh gave them home work like, stand in front of the camera and see your posture, body language while speaking, write down the communication barriers faced by them and try to overcome it. The outcome of the workshop was: students learned the communication skills,

they got to know what should be done to improve the communication skills and they also learned the barriers in communication which they can now avoid while having communication.

8. Network NGO's Meeting with Nehru Yuva Kendra (NYK)

Nehru Yuva Kendra had arranged the meeting of Mumbai based NGOs at Mumbai University on 15th December 2021. This meeting was called to discuss the future plans of NYK and how NGOs can work in collaboration with NYK. Mr. Sandesh Lalge and Ms. Swati Rane were AYDC representatives and shared AYDC initiatives.

9. Sports Competitions

On 7th January 2022, the half day sports competitions were organised by AYDC in collaboration with NYK. There were a total of 48 participants from different colleges and communities. The competitions were Chess (Male, female), Running 100 mtr, 200 mtr, and 400 mtr for both male and female. The inauguration of the sports competition was done by Dr. Lidwin Dias, Principal of College of Social Work (Autonomous), Nirmala Niketan with her welcome and motivational speech. The prize distribution of the programme was done by two honourable guests namely; Mr. Yashwant Mankhedkar, Dy. Director, NYK-Mumbai and Dr. Lidwin. The programme ended with the motivational speech by Mr. Yashwant and vote of thanks by Mr. Sandesh, Youth Facilitator & Documentation officer, AYDC.

Upcoming Events:

- **Career Counselling Programme**

Career Counselling Programme is important for the development of an individual as it helps them to understand themselves like their interest area, strengths, skills and abilities, learning style, personality, motivators and suitable career path. AYDC has planned to conduct the programme for 300 students in March-April 2022.

- **Rural Camp**

The rural camp will be organized as an exposure to rural life for the youth in March 2022.

- **Mumbai Suburban Youth Festival**

The culmination of AYDC yearly programmes and activities will be presented through a youth festival in April 2022.