



ANUBHAV YOUTH DEVELOPMENT CENTRE (AYDC)

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

Nirmala Niketan-Extension Centre

Annual Report: 2024 - 2025



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 & Dignity of Labour'.

Mental Health: 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.

Dignity of Labour: In Indian society, the "Dignity of Labour" is crucial because it promotes equality by valuing all forms of work, regardless of social status, fostering a sense of personal fulfilment, contributing to social cohesion, and ultimately driving economic prosperity by ensuring every individual's contribution is recognized and respected, aligning with the teachings of prominent social reformers like Mahatma Gandhi who emphasized the importance of respecting all types of labour. By acknowledging the worth of every job, from manual labour to intellectual pursuits, dignity of labour combats social discrimination based on occupation, promoting a more equitable society. When individuals feel valued for their work, regardless of its nature, it enhances their self-esteem and sense of purpose, leading to increased productivity and motivation i.e. it helps for personal empowerment. Recognizing the value of all labour contributes to a robust economy by encouraging participation in the workforce across different sectors and skill levels. Mahatma Gandhi strongly advocated for the dignity of labour, seeing it as a key principle for social reform and self-reliance, emphasizing the importance of manual labour and its contribution to society. In a diverse Indian society, respecting the dignity of labour helps to bridge gaps between different social groups and fosters a sense of shared responsibility i.e. cultural impact.

Looking at the above scenario and for the holistic development of the youth, the various activities and programmes performed on the theme "Mental Health & Dignity of Labour" by AYDC during the academic year, 2024-25 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.

Project Implemented by:

1. Dr. Lidwin Dias, Principal, College of Social Work (Empowered Autonomous), Nirmala Niketan
2. Dr. Sonia Rodrigues, Faculty In-Charge, AYDC Project
3. Ms. Nilima Rodrigues, Associate Director, Extension Centre, College of Social Work
4. Mr. Sandesh Chandrakant Lalge, Program Officer, AYDC Project
5. Mr. Shankar Suryavanshi, Paraprofessional Social Worker cum Office Assistant

Students Social Workers (SSWs) placed in the year from College of Social Work:

1. Mr. Lipton Patil, MSW-I
2. Mr. Cherian K. J., MSW-I
3. Mr. Harsh Bankar, MSW-I

Collaboration with Suburban Colleges through Mumbai University NSS Department and Collaboration with Community Stakeholders:

1. Nagindas Khandwala College (Empowered Autonomous), Malad, Mumbai
2. DTSS College of Commerce, Malad, Mumbai.
3. Shailendra Degree College, Dahisar, Mumbai.
4. Shailedra Junior College, Dahisar, Mumbai.
5. Kandivli Education Society's BK Shroff College of Arts and MH Shroff College of Commerce (Autonomous), Kandivli, Mumbai.
6. Jashbhai Maganbhai Patel College of Commerce, Goregaon, Mumbai.
7. Ghanshyamdas Jalan College of Science & Commerce, Goregaon, Mumbai.
8. Aaryansh Academy, Santosh Nagar Community, Goregaon, Mumbai.
9. Bhagatsingh Nagar Community, Goregaon, Mumbai.

❖ **Promoting Health & Wellbeing through Preventive, Promotive & Curative Models of Intervention (Total 879 beneficiaries)**

1. Sessions and Workshops

AYDC tried to promote health and wellbeing through preventive, promotive, and curative models of intervention by conducting 26 sessions / workshops / One to one discussions for 414 participants on Art Therapy, Youth & Mental Health, Self-Awareness, relationship, Personal Counselling in the below Colleges:

N. K. College, Shailendra Degree and Jr. College, J. M. Patel College, KES College, Santosh Nagar Community, in NSS Camps and at Centre.

The discussions / sessions/ workshops focused on the importance of self-awareness, importance of focusing on oneself, types of relationships & how one can manage their relationship 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 etc.

2. Educational Sports Club

Under the umbrella of 'Promoting Health & Wellbeing through Preventive, Promotive & Curative Models of Intervention,' since 2023 College of Social Work conducting 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.
6. To increase the centre level participation of youth.

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, Dalmia College – Malad, Veena College, Vasai 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 9th standard to Post Graduates. Total 85 youths are taking benefits of this initiative.

Some of the beneficiaries shared that the sports club is benefiting to them because of different reasons like;

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

3. Youth & Mental Health Awareness Program

On August 23, 2024, The College of Social Work (Empowered Autonomous), Nirmala Niketan, through its project Anubhav Youth Development Centre (AYDC), had conducted the session on 'Youth & Mental Health' Shailendra Degree College, Dahisar. The session has been initiated by Yashwantrao Chavan Centre, Mumbai in which total 122 students from 26 colleges of Mumbai has been participated. Ms. Swati Rane, Program Officer, College of Social Work, Nirmala Niketan was the resource person of the session.

Following dignitaries were present for the program: Mr. Santosh Mekale, Youth Vertical Head, Yashwantrao Chavan Centre, Ms. Dipika Sherkane, Health Vertical Head, Mr. Atul Tandel, Youth Coordinator, Yashwantrao Chavan Centre, Dr. Swati Pitale, Principal, Shailendra Degree College and Prof. Aditya Dhyafule, NSS Program Officer, Shailendra Degree College.

The resource person covered the following important topics:

The workshop was a great platform for students to showcase their creativity, understand social issues, and foster respect and collaboration. The session ended with students gaining the skills to write and direct their own scripts, reflecting the valuable learning and sharing that took place.

4. Sports Competitions

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 30th November 2024 and 7th December 2024 at Goregaon Campus, in which total 380 youth from 26 Colleges, 4 communities and AYDC's alumni members (Sathi Youth) participated.

Total Four sports were played namely; Box - Cricket (Male - Female Mix), Badminton (common for boys and girls), Chess (common for boys and girls) and Carrom (common for boys and girls).

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 participation of 2 girls was made compulsory. Anubhav Youth Development Centre received good participation in each sport, which were as below:

Box-Cricket: 30 teams (300 Participants), Badminton: 43 participants (Male 28 & Female 15), Chess: 20 participants (Male 15 & Female 5) and Carrom: 37 participants (Male 31 & Female 6).

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 86 numbers of female youths participate in all these sports.

5. Personal Counselling

During the year Ms. Swati Rane & Mr. Sandesh Lalge done the Personal Counselling of 13 AYDC youth. The issues they were facing like family, stress, team work, love relationship, friendship, managing the situations etc. One to one counselling helping the youth to tackle the issue which they are facing, which is important for their mental peace. The counselling sessions has been done on Sundays at the Extension Centre, Goregaon East.

❖ Peace and Resilience Building through Participation and Advocacy

1. Youth Meetings

The AYDC had organized several meetings with college and community youth during the year 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.

2. Sessions on Constitutional Values & Anubhav Orientation based on Module '*Laher (Wave)*'

The AYDC conducted 15 sessions beginning from July 2024 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 and DTSS College. Total 825 youth benefited at Mitra Level.

The topics were:

1. Democracy and Secularism
2. Gender Justice
3. Social Justice
4. Honesty & Integrity and Dignity of Labour
5. Scientific Temper

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 'Mental Health & Dignity of Labour' and about the yearly plan of college level and centre 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 Life Skills Sessions, Youth Festival, Sports Club and Sports Competitions 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 requested the youth to contribute by spreading the awareness on constitutional values in the society. The best way of spreading the awareness in the society is by taking the small steps in their personal and family life, because 'Take the first step to becoming a global change maker, Global change making begins at the individual level'. For example: to ask others be honest, firstly oneself needs to be a honest in every situation.

Observation: 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.

3. Awareness and Celebration of Constitution Day

The 'Constitution Day' (Samvidhan Divas) was celebrated under the theme of 'Peace and Resilience Building' and the Constitutional Value of 'Secularism', through which AYDC could spread the awareness to total 276 youth, the details are as under:

- On 26th November 2024, at Shailendra Junior College, Dahisar, conducted the session on Preamble of India.
- On 13th October 2024 and 5th January 2025, at Goregaon Campus by Celebrating the Interreligious Festivals through AYDC's Educational Sports Club.
- On 11th January 2025 at Shailendra High School, Dahisar, conducted the session on Preamble of India.

4. Sensitization Campaigns on 'Peace Building and Resilience' through Street Theatre

College of Social Work (Empowered Autonomous), Nirmala Niketan has conducted Three Street Play Workshops at DTSS College, Malad on 29th August 2024, at the Goregaon Campus with Shailendra Degree College on 4th September 2024 and on 16th December 2024 at N. K. College NSS Camp, Roha through AYDC. The workshops observed 215 enthusiastic learners' participation. Mr. Sandesh Lalge and student social workers gave the inputs on the street play. The team conducted the different activities to motivate the students for their active participation and to learn the different techniques of street play. Three groups of the DTSS College focused on topics like 'Save Water', 'Voting Awareness' and 'Cyber Security' and Four groups of Shailendra Degree College focused on topics like Youth and Mobile Addiction & Women Empowerment and One group of N. K. College focused on Substance Abuse topic.

Each group was guided on crafting, engaging scripts and delivering impactful performances. Key elements such as costume design, posture, dialogue delivery, eye contact and voice modulation were emphasized, helping students enhance their presentation skills.

The workshop was a great platform for students to showcase their creativity, understand social issues, and foster respect and collaboration. The workshop ended by imparting new skills to the students on writing and directing their own scripts, reflecting on the valuable learning from the workshop and by sharing their experiences.

Happy to share that Two Colleges participants performed the plays during the Ganesh Festival in their adopted communities to spread the awareness on the topics and N. K. College performed the play in Villages of their Camp site, PEN.

College of Social Work (Autonomous) Nirmala Niketan students group participated in the Street Play Competition organised by Andha Shraddha Nirmulan Samiti at Panvel in which group won 3rd Prize. This helped the students to get the knowledge about the theme 'Governance' and build the confidence to present the play in front of a huge audience.

5. Rural Camp

Three days rural camp was organized at 'TIERRA PROJECT' at Khargaon, Roha from 27th December to 29th December, 2024. The project has been initiated by College of Social Work Master of Arts in Social Innovation student Ms. Bridget in collaboration with 'Senhavardhani Charitable Trust', Roha with College of Social Work support. Total 32 students from different colleges such as Shailendra Degree College, Shailendra Junior College, DTSS College, Nagindas Khandwala College, J. M. Patel College and KES College along with AYDC's alumni (Sathi) participated and benefited from this camp.

The camp objectives were:

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

On the first day of the camp, Tierra project orientation was given by the Project Head, Ms. Bridget. Further the River side livelihood opportunities like Boating and Fishing has been showed to the participants. At the same time participants got an opportunity to enjoy the Boating, Bathing and Fishing. In the night participants interacted with the village youth. Participants discussed with village youth about education status, livelihood opportunities, challenges which villagers are facing etc. First day ended with the group discussion with the participants about their day experience and learnings.

On the second day, the various activities done like trekking to the heart of spring, spring meal, cleanliness drive and played the cricket with the village youth. In the late evening the team had a discussion with village youth about the forming of the Sports Association. Several ideas has been discussed with the youth along with the project head Ms. Bridget and Ms. Carmelita Noronha. In the night camp participants planed the games for the village children and youth in which village children and youth (Boys and Girls) had participated and enjoyed. The ended with the Camp Fire in which all the villagers took the part.

On the third day, we had an exposure to the 'Agricultural' and 'Well Fishing' opportunities created under the project. The camp ended with the learnings and feedback sharing.

The 3 days' rural camp was truly a great learning and enriching experience. The credit goes to 'Tierra Project' and AYDC Youth.

6. Mumbai Suburban Youth Festival 2024 - 25

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, Reels Making, Poster, Speech, Rangoli, Photography, Essay and Poem. These competitions were organised during January 2025.

The Youth Festival was celebrated on 1st February, 2025 with a cultural program and prize distribution ceremony to honour the winners of the competitions and AYDC volunteers. Total 600+ youth from all over Mumbai participated in all the above competitions and 230 students attended the Mumbai Suburban Youth Festival.

The program began with the welcome song by AYDC Sports Club youth and the lighting of the lamp by the Chief Guest, Hon. Sitaram Shelar (Managing Trustee, Centre for Promoting Democracy and Convener Pani Haq Samiti), Dr. Lidwin Dias (Principal, College of Social Work, Nirmala Niketan), Ms. Sabeena Gonsalves (Vice-President, Nirmala Niketan Institute) and Ms. Nilima Rodrigues (Associate Director, Nirmala Niketan Extension Centre).

Dr. Lidwin Dias gave welcomed address to the gathering and shared the Anubhav Youth Development Centre Journey and about the different initiatives taken by College of Social Work, Nirmala Niketan. She also thanked youth for their active participation and motivated and encouraged the youth to participate in AYDC's activities. The Chief Guest of the program Hon. Shri. Sitaram Shelar shared on the theme Dignity of Labour. He shared the importance of Dignity of Labour in personal life as well for the betterment of the society. He emphasized that youth can play an important role by inculcating this value in them and by spreading the awareness in the society.

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 (Empowered Autonomous), Malad West, Mumbai.

On the day of Youth Festival, one different but important awareness drive on 'Menstrual Hygiene Management' has been initiated by College of Social Work in collaboration with 'Myna Mahila Foundation'. The awareness video on Menstrual Cycle has been shown to each and every youth (Girls and Boys) to sensitize them about the Menstrual Hygiene Management. The participants also has been on boarded on 'Myna Bolo Chatbot' for future follow-ups and providing the consultation support. The Sanitary Pad Packets has been distributed to the girls and boys (4 packets to the girls and 2 packets to the boys). The Myna team informed the boys to give the packets to their sister, mother, friend or girlfriend, which will help to create the gender sensitivity about the topic.

❖ Capacity Building, Skill Development & Livelihood Generation Programme

1. Life Skills Sessions

College of Social Work (Empowered Autonomous), Nirmala Niketan has conducted the 7 Life Skills Sessions on Sundays from June 2024 – August 2024. The Sessions has been conducted in collaboration with 'Healing Dove Foundation' at College of Social Work, Nirmala Niketan Extension Centre, Goregaon Campus Hall. The resource person for all the 7 Life Skills Sessions was Ms. Mridul Soparkar (Trainer, Fashion Couch). Total 23 youth from different communities

and colleges took the benefits of the sessions. The maximum participants were Sports Club Youth, who comes every Sunday to play the sports.

The Life Skills Training has started with the Introduction & importance of life skills and Self-exploration. Further the sessions were conducted on Professional Grooming, Negotiation & Persuasion, Networking and Relationships Building, Public Speaking and Presentation Skills, Elevator Pitch, and Excellence in Customer Service. The resource person used the different techniques / methods like PPT presentation, group discussion, individual assignments, group assignments, demonstrations and home work.

The students found the sessions very interactive and their learning were understand own limitations and work on them as much as possible, everyone is unique, how to build the confidence, how to explore themselves, communication skills, how to introduce yourself and business, how to prepare the elevator pitch, marketing skills, learnt about mental illness and self-confidence, what should be the body language while giving the interview, presentation techniques, how to present your product, self-care & grooming, customer handling skills etc.

2. Capacity Building Training

College of Social Work (Empowered Autonomous), Nirmala Niketan has conducted the Capacity Building Training on 17th August 2024 at College of Social Work, Nirmala Niketan Extension Centre, Goregaon Campus Hall. Dr. Lidwin Dias (Principal, College of Social Work, Nirmala Niketan) was the Chief Guest of the rogramme. The resource persons were Mr. Santosh Mekale (State Youth Coordinator, Yashwantrao Chavan Centre), Mr. Sandesh Lalde, Mr. Lipton Patil, Mr. Cherian K. J. & Mr. Harsh Bankar. Total 82 learners from suburban colleges like Shailendra Degree College, Shailendra Junior College, D.T.S.S College, Nagindas Khandwala College, Ghanshyamdas College, KES College & J. M. Patel College has participated.

The objectives of the training were to Enhance Skills and Competencies, to Foster Teamwork and Collaboration, to Increase Awareness and Knowledge to Promote Personal and Professional Growth, to Strengthen Organizational and Community Impact. The different activities like team building games, presentations, drawing, sharing the ideas, group discussions short clips screening etc. has been conducted to fulfil the objectives.

The program was successful and provided a valuable opportunity for youth to express their views, learn more about AYDC, and foster positive thinking and collaboration. The students engaged actively, learned to work together, and encouraged each other towards a common goal. The event served as an excellent learning platform for the youth. Participants demonstrate improved skills and competencies relevant to their roles, such as leadership, and problem-solving. This often translates into better job performance and increased effectiveness in their respective areas of study. There is a noticeable improvement in teamwork and collaborative efforts among participants. Teams work more cohesively, communicated more effectively, and achieve collective goals more efficiently, leading to enhanced organizational performance and productivity.

3. 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. Hence, College of Social Work (Empowered

Autonomous), Nirmala Niketan has conducted the Career Guidance Sessions in different College, Santosh Nagar Community and at Goregaon Campus. Total 286 learners got benefited.

- On 20th September 2024 at College of Social Work, Nirmala Niketan Extension Centre, Goregaon Campus Hall. The resource persons were Mr. Satish Jadhav, Founder of Vijeta Academy and Mr. Sandesh Lalge.
- On 29th September 2024 at Santosh Nagar Community with 9th standard to 12th Standard students. The resource person was Mr. Sandesh Lalge.
- On 4th January 2025 at J. M. Patel College NSS Camp, Virar East. The resource person was Mr. Sandesh Lalge.
- On 14th January 2025 at KES College NSS Camp, Virar East. The resource person was Mr. Sandesh Lalge.
- During the year Fifteen students Individual Career Counselling has been done at Centre (Goregaon Campus).

The key takeaways from the Sessions:

SWOT Analysis Activity: Students engaged in a SWOT analysis, identifying their strengths, weaknesses, opportunities, and threats.

Understanding Government Jobs & Overview of Government Exams: the different types of government jobs, highlighting opportunities in central and state sectors. He explained the pros and cons of both, helping students make informed choices. Sessions outlined key exams like UPSC, MPSC, SSC, Banking etc. detailing the eligibility criteria and stages of each process.

Different opportunities: Sharing had on the opportunities available all the stream (Arts, Science, Commerce & Vocational Education).

Interactive Q&A: Students asked thoughtful questions, gaining clarity on how to prepare for their future careers.

Feedback and Follow-Up: encouraged students to reflect on their learnings and share their personal interests for future visits related to their aspirations. The team will be taking the follow-up with participants on the basis of the home work given to them, as home is compulsory for all the participants to help them to achieve their career goals.

4. Leadership Skills / Group Work Sessions

The 'Leadership Skills / Group Work Sessions' were successfully conducted in following colleges by Mr. Sandesh Lalge and Student Social Workers:

- Shailendra Degree College, Dahisar on 30th July 2024. Total 58 students participated.
- Nagindas Khandwala College, NSS Camp on 16th December 2024. Total 90 students participated.
- Ghanshyamdas Jalan College, NSS Camp on 12th February 2025. Total 51 students participated.

The sessions emphasized on the Leadership Skills and importance of Team Work. 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.

5. 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. Twenty Three AYDC youth took the benefit of Life Skills Sessions organized at Goregaon Campus, Fifteen youth participated in the 'Savitribai Phule' Day Celebration organised by College of Social Work, Churchgate and One Street Play team and few other participants had participated in 'Riwayat Festival' at Churchgate, organised by College of Social Work.

❖ Some of the Achievements

- ✓ Three AYDC Sports Club youth sponsored Forty-one T-Shirts for Sports Club members and One Sports Club youth donated two Cricket bats for sports club.
- ✓ Anubhav students are helping in marketing of Pravas project materials (candles and aggarbattis made by urban marginalized senior citizens).
- ✓ One senior sathi donated two trophies to felicitate upcoming leaders (Rising Starts of AYDC which are from different colleges).
- ✓ Youth are motivating other youths to participate in Anubhav initiatives like sports club, value-based sessions/ workshops.
- ✓ Twenty-three youth participated in Life Skills session organized by AYDC at Centre Level on Seven Sundays.
- ✓ 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 preparation and conducting the competitions in different colleges. They have showed their leadership qualities.
- ✓ Overall reach-out of this year is to 1401 adolescents and youth.

❖ Challenges Faced by AYDC

- ✓ Limited funds.
- ✓ Time constraint due to Colleges' semester pattern.
- ✓ Though AYDC have buildup good rapport with the Colleges, facing the challenges in getting the dates from colleges as per our expectations. It is because of colleges involvement in several activities mentioned in education policy 2020.
- ✓ Flexible entry and exit of the youth.
- ✓ Though sports club have made the project vibrant but the membership of sports club is not increasing as expected.
- ✓ Not received any date from CSWNN to conduct the sessions on Constitutional Values.