



NIRMALA NIKETAN YOUTH DEVELOPMENT CENTRE (NNYDC)

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

Nirmala Niketan

Annual Report: 2025 - 2026

Introduction

Nirmala Niketan Youth Development Centre (Anubhav Mumbai: 1997-2019) is a project of the College of Social Work renamed as Anubhav Youth Development Centre (AYDC – September 2020 onwards) and from 2025-2026 it has been renamed as Nirmala Niketan Youth Development Centre. The College had decided to start NNYDC as a Youth Development Centre from the Extension Centre, Goregaon. The main focus of NNYDC was organising workshops on Constitutional Values, Personality Development, Mental Health, Developing Skills and Livelihood for city level college and community youth.

Looking at the holistic development of the youth, the various activities and programmes performed by NNYDC during the academic year, 2025-26 are presented here.

Model/ Approaches

- Youth Motivation / Youth Community Engagement through Participation in Citizenship and Governance, & 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
2. Ms. Nilima Rodrigues, Associate Director, Extension Centre
3. Mr. Sandesh Lalde, Program Officer, Extension Centre
4. Ms. Swati Rane, Program Officer, Extension Centre
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. Ram Dhuri, BSW-III
2. Ms. Muskan Gupta, BSW-III
3. Mr. Bairam Yadav, BSW-II
4. Ms. Sonam Kori, BSW-II

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. Shailendra 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. Pralhadrai Dalmia Lions College, Malad, Mumbai.
9. Aaryansh Academy, Santosh Nagar Community, Goregaon, Mumbai
10. Bhagatsing Nagar Community, Goregaon East, Mumbai.

❖ Promoting Health and Wellbeing through Preventive, Promotive & Curative Models of Intervention (Total 643 beneficiaries)

1. Sessions and Workshops

NNYDC tried to promote health and wellbeing through preventive, promotive, and curative models of intervention by conducting 5 sessions / workshops / One to one discussions for 277 participants on Art Therapy, Clay Therapy, Youth & Mental Health, Self-Awareness, Relationship and Personal Counselling in the below Colleges:

N. K. College NSS Camp, Shailendra Degree College, Ghanshyadas Jalan College and at the Extension Centre.

The discussions / sessions / workshops focused on the importance of self-awareness, importance of focusing on oneself, mental health, types of relationships and how one can manage their relationship and how a positive attitude makes a difference in our lives. Clay 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, 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 face several problems in their personal and social life due to unhealthy habits in their day to day life.

2. Educational Sports Club

Under the umbrella of ‘Promoting Health & Wellbeing through Preventive, Promotive & Curative Models of Intervention,’ College of Social Work conducting the ‘Educational Sports Club’ once in a week i.e. on Sunday at the Extension Centre, Goregaon through Nirmala Niketan Youth Development Centre Project. Educational Sports Club started with the following objectives:

- To build up sportsmanship.
- To increase various skills like coordination, management, leadership, critical thinking, positive thinking skills etc and hence employability.
- To build the sense of ownership about the sports club & motivate the youth to take different initiatives.
- To reduce stress and improve health.
- To support in developing a positive attitude, self-confidence, courage and patience.
- To get to meet new people and build a sense of community.
- 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. NNYDC 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 NNYDC is working. The educational background of all the participants is ranging from 9th standard to Post Graduates. Total 95 youths are taking benefits of this initiative.

This year Eight NNYDC Educational Sports Club youth namely Mr. Shubham Chaubey, Mr. Bhavin Shah, Mr. Musavir Mulla, Mr. Sajid Shaikh, Mr. Umar Khan, Mr. Mayur Bhatt, Mr. Mohan Sirvi, Mr. Ankit Tripathi, Mr. Rushikesh Kadam gave the sponsorship for different purposes like; buying new bats, purchasing balls, Snacks, Badminton Racket.

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

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

3. Youth & Mental Health Awareness Program

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.

Session on 'Youth & Mental Health: Creating Secure Attachment Habits':

On 22nd of January 2026, Nirmala Niketan Youth Development Centre Conducted the session on 'Youth & Mental Health: Creating Secure Attachment Habits' for the students of Nagindas Khandwala College in their NSS camp at Nallasopara. The 75 students attended the session alongwith Vice-Principal, NSS Program Officers and 2 professors of the college. The resource persons for the session were Ms. Swati Rane and Mr. Sandesh Lalge (Program Officers, Extension Centre). To fulfill the below objectives resource persons conducted different activities like Worksheet Based on Attachment Therapy, Creating Secure Attachment Habits, Practical steps to strengthen trust, safety, and connection etc.

Objectives:

- Identify the four primary attachment styles (Secure, Anxious, Avoidant, and Disorganized) and how they manifest in adolescent behavior.
- Develop "Co-regulation" techniques that help youth navigate emotional spikes through shared calm rather than isolation.
- Establish consistent "Safe Base" rituals—predictable daily interactions that reinforce a sense of physical and emotional security.
- Model "Earned Security" through transparent communication, showing youth that trust can be rebuilt even after a conflict or "rupture."

Facilitators Observations:

- Participants were taking time to think about their secure, unsecure habits and trigger points.
- They were trying to reflect on their responses.
- They were finding the session interesting and important for building healthy relationships.
- The participants were keen and hence they were asking their doubts.
- Few participants were finding difficult to think about their relationship trigger points.

Participants Feedback:

- Almost all the participants shared that this was their first time they thought about their habits.
- Participants were able to reflect about their relationships.
- In the handshake activity many students expressed their apology to the persons to whom they wanted to apologies but they were hesitating to do so. After that participants were feeling relaxed and happy.
- Appreciation helped the participants to increase their motivation.
- Participants came to know the technique of keeping relationship healthy which is very important for keeping mental health.

Session on ‘Stress Management: Mastering Your Energy’:

On 18th March 2026, Nirmala Niketan Youth Development Centre Conducted the session on ‘Stress Management: Creating Secure Attachment Habits’ for the students of Yashwantrao Chavan Centre at Nariman Point. The 42 students attended the session alongwith Mr. Santosh Mekale, Youth Wing State Head, Yashwantrao Chavan Centre and 2 staff. The resource persons for the session were Ms. Swati Rane and Mr. Sandesh Lalde (Program Officers, Extension Centre). The resource persons conducted different activities like paper plate game to understand problem solving techniques, noting down stress pointers & stress releasers through stress buckets. Art Therapy to guide the participants to understand how to identify

the energy pointers and mastering the energy. The session witnessed a participation of **42 youth** and 3 staffs of Yashwantrao Chavan Centre, Mumbai.

4. Intercollegiate Sports Competition: Sports for Mental and Physical Health and Gender Equality Initiative

The College of Social Work (Empowered Autonomous), Nirmala Niketan, under its field action project, the **Nirmala Niketan Youth Development Centre (NNYDC)**, successfully conducted an Inter-Collegiate Sports Competitions. The initiative was organised to highlight the importance of physical activity and holistic well-being, specifically focusing on mental health and the promotion of gender equality.

The primary objective of the event was to provide a platform for youth to experience the psychological benefits of sports, including:

- **Mental Well-being:** Enhancing mood, resilience, and confidence while mitigating symptoms of anxiety and depression.
- **Gender Sensitization:** Utilizing sports as a medium to empower women and promote gender-neutral and female-focused participation.
- **Youth Leadership:** Encouraging a sense of responsibility and organizational ownership among the members of the NNYDC Educational Sports Club.

The event witnessed a participation of **150 youth** representing **20 colleges**, along with NNYDC alumni members.

The following sports were conducted:

- **Box-Cricket:** Mixed (Male/Female): 7 Teams (Mandatory female participation)
- **Badminton:** 30 Participants
- **Carrrom:** 20 Participants
- **Chess:** 18 Participants

Dr. Lidwin Dias, Principal of the College of Social Work, presided over the valedictory ceremony. In her address, she covered the below aspects:

- The essential role of physical activity in maintaining a balanced lifestyle for students.
- The importance of creating vibrant spaces for youth engagement.
- Acknowledging the NNYDC youth for their proactive role in organizing an event that prioritized mental health over competitive stress.

The winners were awarded with **Trophies, Medals, and Certificates** by the Principal.

The NNYDC observed a significant sense of accountability and communal harmony among the participants. By mandating female participation in sports like Box-Cricket and providing a safe space for competition, the initiative successfully promoted gender equality and female empowerment within the collegiate sports framework.

The Inter-Collegiate Sports Competition concluded as a great success, fulfilling its mission to integrate health with social equality. It was due to the **NNYDC Educational Sports Club Members** for their exceptional coordination and commitment to institutional values.

5. Personal Counselling

During the year, Ms. Swati Rane & Mr. Sandesh Lalde did the Personal Counselling of 5 NNYDC youth. The issues they were facing like love relationship, unhealthy habits, career, friendship, managing the situations etc. One to one counselling helped the youth to identify and tackle the issues which they are facing, which is important for their mental peace. The counselling sessions were organised on Sundays at the Extension Centre.

❖ Peace and Resilience Building through Participation and Advocacy (Total 2274 Beneficiaries)

1. Youth Meetings

The NNYDC had organized several meetings with college youth during the year at Extension Centre. The meetings were organised to enable the 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 & Nirmala Niketan Youth Development Centre Orientation based on Module '*Laheer (Wave)*'

The NNYDC conducted 14 sessions beginning from July 2025 with its orientation on below topics at College Level in the colleges namely, Shailendra Degree College, Shailendra Jr. College, KES College, J. M. Patel College, N. K. College, DTSS College, Dalmia College and G. D. Jalan College. Total **448 youth** benefited at College Level. The topics were on core values namely: Democracy and Secularism, Environmental Justice, Gender Justice, Social Justice, Honesty & Integrity, and Dignity of Labour.

During these sessions, the facilitators gave the inputs on the vision, mission, objectives, and strategies of NNYDC. The students were informed about the yearly plan of college level and centre level activities alongwith the objectives. NNYDC staff also discussed the topics covered during the year i.e. seven core values. The topics for the discussion were Life Skills Sessions, Courses offered by the College, Youth Festival, Educational Sports Club and Sports Competitions.

In order to make youth aware and understand the importance of six core values on personal, social and political level, NNYDC conducted sessions on these values. After each session, NNYDC requested the youth to contribute by spreading awareness on constitutional values in the society. The best way of spreading 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 not to throw garbage / plastic on the road, firstly oneself needs to follow the same.

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 senior students of each colleges who had previously attended the session they also shared the importance of each values. The staff experienced that the students were sharing their views and 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' (Sanvidhan Divas) was celebrated under the theme of 'Peace and Resilience Building' through which NNYDC could spread the awareness to total **178 youth**, the details are as below:

- On 26th November 2025 at Prakash College NSS Camp, Saphale conducted the talk and took Outh of Preamble of India.
- On 2nd December 2025 5 at Shailendra Jr. College conducted the session on Preamble of India.

4. Inter-religious Festivals Celebrations

The youth members of the NNYDC Educational Sports Club done the Inter-religious Festivals Celebrations by celebrating Navratri, Christmas and Ramzan EID at Extension Centre, details are as under:

1. On 21st September 2026 celebrated Navaratri. Twenty-One youth participated in the celebration.
2. On 11th January 2026 celebrated Christmas. Thirty-Eight youth participated in the celebration.
3. On 22nd March 2026 celebrated Ramzan Eid. The Sports Club members completely sponsored the event, providing fresh fruits and traditional Sheer Khurma for everyone in attendance.

Sports clubs are microcosms of society. When youth from diverse backgrounds come together to celebrate Navratri's energy, Christmas's spirit of giving, and the reflection of Ramzan Eid, it reinforces the idea of "Unity in Diversity." It shifts the focus from religious differences to shared human values like joy, charity, and gratitude. By participating in the rituals of others—whether it is the rhythmic dance of Garba, the carols of Christmas, or the breaking of a fast (Iftar)—youth develop relational literacy. They learn to navigate different cultural nuances with respect rather than hesitation, which is a vital soft skill in a globalized workforce.

In sports, trust is the foundation of performance. Celebrating together creates "social capital." A team that understands each other's cultural identity is less likely to experience internal friction and more likely to exhibit strong communication and empathy on the field or court. Direct, positive interaction during festive occasions is one of the most effective ways to dismantle deep-seated biases. When a sports club hosts these events, it provides a "safe space" where curiosity is encouraged and stereotypes are replaced by personal experiences and friendships.

Beyond physical fitness, an educational sports club aims to build "the complete person." Inter-religious celebrations teach:

- **Patience:** Observed through the discipline of Ramzan.
- **Vibrancy and Discipline:** Learned through the coordinated movements of Navratri.
- **Generosity:** Emphasized during the Christmas season.

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

Nirmala Niketan Youth Development Centre, a Project of the College of Social Work (Empowered Autonomous), Nirmala Niketan conducted 7 dynamic street play workshops with different Colleges like DTSS College, Malad, Ghanshyamdas Jalan College, Goregaon, Shailetra Degree and Junior College, Dahisar, Dalmia College, Malad, KES College, Kandivali and Clara's College, Andheri, NNYDC youth. Through these workshops the resource person Mr. Sandesh Lalge, **trained 200 students** and spread the awareness on different topics like Substance Abuse,

Women Empowerment, Cyber Security, E-Waste Management, Mental Health, Mobile Addiction, Road Safety etc.

The workshop included various activities designed to encourage active participation and teach different street play techniques. Each participant received guidance on crafting engaging scripts and delivering impactful performances. Key elements such as costume design, posture, dialogue delivery, eye contact and voice modulation were emphasized to help students enhance their presentation skills.

The workshops served as an excellent platform for students to display their creativity, deepen their understanding of social issues and foster collaboration. By the end of the each workshop, participants had gained new skills in writing and directing their own scripts.

The students of Shailendra Degree and Junior College, DTSS College, Clara's College had performed the street play in their adopted communities at different occasions and at rural areas during their NSS Camps. Shailedra Degree College exclusively spread the awareness on Cyber Security in collaboration with Mumbai Police. Nirmala Niketan Youth Development Centre Educational Sports Club youth performed the play on Cyber Security at Bank Of India Head Office, BKC in front of their more than 100 employees. Six Colleges had participated in Mumbai Suburban Youth Festival (Riwayat) Street Play Competition in which different social issues has been covered. It helped to spread the message to **more than 2000 people** of communities and youth from the colleges.

Following are the brief details of the workshops conducted:

- 26th & 27th June 2025 – G. D. Jalan College, Goregaon East.
- 18th July 2025 - Extension Centre, Shailendra Degree College Students.
- 25th August 2025 – DTSS College, Malad East.
- 12th & 19th October 2025 - Extension Centre, Street Play on Cyber Security.
- 24th October 2025 at Bank of India Head office, BKC, Bandra.
- 20th December 2025, Street Play Competition at Extension Centre, Goregaon East.
- 11th February 2026 – NSS Camp, Clara's College, Bhatane Village.

The student's group of College of Social Work participated in the Street Play Competition organised by Andha Shraddha Nirmulan Samiti at Panvel in which group won the tile of 'Best Director'. This helped the students to get the knowledge about the theme 'Constitutional Values & current democratic situation of India' and build the confidence to present the play in front of a huge audience.

6. Sensitisation Campaigns on Digital Safety and Environmental Responsibility

The College of Social Work (Empowered Autonomous), Nirmala Niketan Extension Centre is pleased to share the progress of its ongoing campaigns on 'Cyber Security Awareness & E-Waste Management'. This initiative was launched in October 2025 through the College's Field Action Projects, 'Nirmala Niketan Youth Development Centre (NNYDC)' and 'Pravas' to empower both youth and senior citizens with the skills to navigate the digital world safely while simultaneously sensitizing the community regarding responsible e-waste disposal.

The impact of the Campaigns until date is:

- Cyber Security Outreach: **Over 700 youth** and community members engaged.
- E-Waste Management Outreach: **Over 450 individuals** sensitized.
- Environmental Action: 15 kg of e-waste successfully collected from the community.

Through a combination of interactive sessions, group activities, and street plays, the campaigns have been successfully implemented across various educational institutions and communities who are the partners in these campaigns:

- DTSS College
- Shailendra Degree and Junior College
- Nagindas Khandwala College
- Prakash College
- J. M. Patel College, Goregaon West
- Clara's College, Andheri West
- Bhagatsingh Nagar & Vitbhatti Communities of Goregaon East
- NNYDC Alumni Group

This impact is driven by the dedicated efforts of Student Social Workers (placed in the Projects for field internship), working alongside Projects' staff members, Ms. Swati Rane, Mr. Sandesh Lalge and Mr. Shankar Suryavanshi. Their commitment, supported by the Nirmala Niketan Extension Centre team, bridging the generational gap by spreading vital awareness among both youth and senior citizens.

7. Inter-Collegiate Rural Camp

The College of Social Work (Empowered Autonomous), Nirmala Niketan Extension Centre had organised 3 days successful Intercollegiate Rural Camp through field action project 'Nirmala Niketan Youth Development Centre (NNYDC)' at Yashwantrao Chavan Centre, Nanded from

26th to 28th December 2025. The camp was organised in collaboration with Yashwantrao Chavan Centre, Nanded. The program provided a platform for **35 students** from Shailendra Degree College, DTSS College, Nagindas Khandawala College, KES College, and NNYDC to engage with rural development models.

The major/ entire arrangement at Nanded has been headed by Mr. Shivaj Gavande, Secretary, Yashwantrao Chavan Centre, Nanded and Mr. Santosh Mekale, Head of Youth Wing, Yashwantrao Chavan Centre, Maharashtra. Ms.Swati Rane & Mr. Sandesh Lalge, Program Officers of College of Social Work (Empowered Autonomous), Nirmala Niketan Extension Centre were the facilitators of the camp.

The camp objectives were:

1. To help youth to understand & analyse the village structures, socio-economic background and community needs.
2. To expose youth to diverse rural entrepreneurship and cooperative models.
3. To foster in youth interreligious understanding through heritage visits.
4. To study institutional initiatives in conservation and resource management.

The educational exposures were given through site visits and dialogues with key stakeholders as below:

1. Institutional Visits such as Swami Ramanand Tirth Marathwada University, Javaharlal Nehru, College of Social Work, Nanded and the Agricultural Science Centre, Tondapur.
2. Visits to Economic Hubs such as Bhaurao Cooperative Sugar Factory, Jaggery Factory and Godavari Credit Society Bank (featuring a keynote by founder Ms. Rajashree Hemant Patil).
3. For Rural Governance, a consultation with the Sarpanch of Nanded's first "Alcohol-Free" Grampanchayat and community visits to Patnur village and Dev wadi village interacting with villagers.
4. For Social & Mental Health, a dedicated session was conducted on Mental Health at Jata Shankar Temple. Visits to the Vishnupuri Project, Kaleshwar Temple and Gurudwara. Home visits to sugarcane cutters workers. Collectively food preparation & lunch on Sidoba Mountain.

We extend our professional gratitude to Mr. Shivaji Gavande (Secretary, Yashwantrao Chavan Centre, Nanded) and Mr. Santosh Mekale (Head of Youth Wing, Maharashtra) for their

leadership and logistical coordination. We also recognize the efforts of Program Officers, Ms. Swati Rane and Mr. Sandesh Lalde for their facilitation.

Through such immersive field action projects, the College remains committed to developing socially conscious leaders equipped to address the complexities of rural development.

8. Mumbai Suburban Youth Festival 2025 - 26

The College of Social Work (Empowered Autonomous), Nirmala Niketan, Mumbai, successfully organized Mumbai Suburban Youth Festival alongwith RIWAYAT 2025, its annual inter-collegiate socio-cultural fest, on 12th, 19th, and 20th December 2025 at the Goregaon campus. Anchored in the powerful theme “Beyond the Boundaries,” RIWAYAT 2025 created a dynamic platform for students to express creativity, voice ideas, and celebrate diversity beyond conventional limits.

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. The three-day fest witnessed the enthusiastic participation of **238 students** from 31 colleges across Mumbai, making it a vibrant convergence of talent, innovation, and collaboration. The event was strongly supported by RUSA (Rashtriya Uchchar Shiksha Abhiyan) as the major sponsor, whose generous funding played a pivotal role in the smooth and successful execution of the fest.

The festival commenced on 12th December, dedicated to literary and creative events such as Vichar Abhivyakti (Essay Writing), Kavyasutra (Poem Writing), Kalakriti (Poster Making), along with online submissions for Lenscape (Photography) and Reel-O-Graphy (Reel Making). These events provided students with an opportunity to articulate thoughts, emotions, and personal stories aligned with the fest’s theme. On 19th December, the campus was transformed into a canvas of colours during Rangotsav – the Rangoli Making Competition, where participants creatively narrated stories through vibrant, eco-friendly designs.

The main day on 20th December marked the grand culmination of Mumbai Suburban Youth Festival & RIWAYAT 2025, featuring the maximum number of competitions and performances. Events such as Taal Tarang (Solo & Group Dance), Sur Sangam (Solo Singing), Badlav Ki Dhun (Awareness Group Singing), and Surat-E-Riwayat enthralled the audience with energy, emotion, and social relevance. The fest also hosted 10 stalls, adding to the lively and celebratory atmosphere of the campus.

Mumbai Suburban Youth Festival & RIWAYAT 2025 stood as a testament to student leadership, cultural expression, and social consciousness. The fest successfully reinforced the institution's commitment to holistic education by encouraging students to step out of comfort zones, celebrate individuality, and engage creatively with society.

9. International Women's Day Celebration: "Honouring Women, Championing Equality"

The College of Social Work (Empowered Autonomous), Nirmala Niketan, under its field action project, the **Nirmala Niketan Youth Development Centre (NNYDC)**, celebrated an 'International Women's Day' on 8th March 2026 at Nirmala Niketan Extension Centre, Goregaon. The initiative was organised with a spirit of unity and play. By organizing dedicated games for girls and inviting all participants both boys and girls to write tributes to the influential women in their lives, the club moved beyond just "playing a game." A total of **25 youth** took the active part in the celebration.

This initiative aligns directly with the United Nations Sustainable Development Goals, serving as a localized effort toward global progress:

- **SDG 3: Good Health and Well-being:** By promoting sports for girls, the event ensured equal access to health-building exercises, which are fundamental to cultivating confidence and leadership opportunities.
- **SDG 4: Quality Education:** The initiative created the scope of education beyond the classroom to enhance critical social awareness. The reflective exercises taught the participating youth valuable lessons in empathy and the historical importance of women's rights.
- **SDG 5: Gender Equality:** By encouraging both boys and girls to acknowledge and reflect on the important contributions of women, the NNYDC actively helped breaking down traditional stereotypes and cultivate a culture of mutual respect.

The NNYDC's International Women's Day celebration reinforced a core institutional belief: "Equality is not just a 'women's issue'; it is a human rights issue that benefits everyone in the community." The College of Social Work remains committed in fostering these values through continuous community engagement and youth empowerment.

❖ Capacity Building, Skill Development & Livelihood Generation Programme (Total 750 Beneficiaries)

1. Capacity Building Training

College of Social Work (Empowered Autonomous), Nirmala Niketan has conducted the 'Intercollegiate Capacity Building Training' which was organised by the College project, 'Nirmala Niketan Youth Development Centre (NNYDC)' on 13th September 2025. Mr. Cletus Zuzarte, Director Extension Centre and Mr. Yadnesh Kadam, Assistant Professor, MASIE were the Chief Guests of the programme. The Training was facilitated by Mr. Ram Dhuri, Ms. Muskan Gupta & Mr. Baliram Yadav, Student Social Workers of College of Social Work and Ms. Swati Rane & Mr. Sandesh Lalge, Programme Officers of Extension Centre. Mr. Santosh Mekale, Head of the Youth Vertical at Yashwantrao Chavan Centre, shared how his journey with the Nirmala Niketan Youth Development Centre positively impacted his life. Total **101 participants** from the suburban Colleges like Shailendra Degree College, Shailendra Junior College, D.T.S.S College, Nagindas Khandwala College, Ghanshyamdas Jalan College, KES College, J. M. Patel College and Pralhadrai Dalmia Lions College had participated. Nirmala Niketan Educational Sports Club's 7 members volunteered in the Training.

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 and to strengthen organizational and community impact. The different activities like team building games, group discussions and presentations, drawing, sharing the ideas, short clips screening etc. were conducted to fulfil the objectives.

The training was successfully conducted by providing a valuable opportunity for youth to express their views, learn more about NNYDC, and foster positive thinking and collaboration. The participants 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.

2. Individual Career Counselling & Self Awareness Session

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, Nirmala Niketan Youth Development Centre have kept the platform open to the youth to visit the Extension Centre during the week days and specially on Sunday's for individual career and personal counselling. Mr. Sandesh Lalge and Ms. Swati Rane have done the individual counselling's of **16 students** during the year. Mr. Sandesh Lalge conducted the Self Awareness Session with G.D. Jalan College Students. A total of **47 students** took the benefit of the session.

3. Leadership Skills / Group Work Sessions

A total of 7 sessions were successfully conducted in following colleges by Mr. Sandesh Lalge, Ms. Swati Rane and Student Social Workers in which **433 students** had participated:

- Shailendra Degree College, Dahisar on 12th July 2025. Total 65 students participated.
- Ghanshyamdas Jalan College, on 15th July 2025. Total 30 students participated.
- KES College, on 16th July 2025. Total 52 students participated.
- Dalmia College, on 25th July 2025. Total 110 students participated.
- Nagindas Khandwala College, on 5th August 2025. Total 45 students participated.
- Dalmia College NSS Camp, on 6th January 2026. Total 89 students participated.
- Ghansyamdas Jalan College, on 12th January 2026. Total 43 students participated.

The sessions emphasized on the Leadership Skills and importance of Team Work. The resource persons used the methodology as activities, discussion and the presentations to make the session effective and to get the active participation of the learners.

4. Life Skills Sessions

College of Social Work conducted 6 Life Skills sessions and English Speaking Session at the Extension Centre and Ghanshyamdas Jalan College. The resource persons were Mr. Sandesh Lalge and Mr. Shubham Chaubey, NNYDC Senior Sathi. The sessions has been conducted through activities and group discussion. A total of **120 students** participated.

5. Sharing the Opportunities

The team of NNYDC shared the information about different fellowship programmes, online and offline, free and paid courses, job opportunities, different competitions, youth awards, scholarship programmes, career fairs, Tata Strive courses for the development of youth.

The NNYDC staff tried to encourage the youth to apply for different opportunities shared with them and to enhance their skills and abilities. Total **71 NNYDC** youth took the benefit of Artificial Intelligence and Music Workshop organized at Goregaon Campus. One NNYDC Sports Club Student applied for Sports Fellowship and got selected for the second round.

❖ Achievements of the Project

- ✓ NNYDC Educational Sports Club youth taking initiative to give different sponsorship to sports club.

- ✓ Colleges Youth are motivating other youths to participate in Nirmala Niketan Youth Development Centre initiatives like sports club, value-based sessions / workshops and Campaign.
- ✓ Three NNYDC youth have shown the interest to deliver the sessions on English Speaking at Centre Level on Sundays.
- ✓ The participation in centre level activities and students' personal sharing has been increased because of the sports club initiative.
- ✓ Students took the major responsibilities of sports competitions, Mumbai Suburban Youth Festival preparation and conducting the competitions in different colleges. They have shown their leadership qualities.
- ✓ Overall reach-out of this year is more than 1500 adolescents and youth.

❖ **Challenges Faced by the Project**

- ✓ Limited funds.
- ✓ Facing the challenges in getting the dates from colleges. 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, the membership of sports club is not increasing as expected.