

College of Social Work (Empowered Autonomous) Nirmala Niketan

A Project



NIRMALA NIKETAN PRAVAS

Annual Report 2025 – 2026

Introduction

Pravas Project is a field action project started by the College of Social Work Nirmala Niketan, Mumbai to help the senior citizens living in the Urban Marginalized Communities. The project was initiated to form self-supporting groups of senior citizens. The College of Social Work had organized a National Conference on Healthy Ageing in Dec 2018 at the College Extension Centre in Goregaon East, Mumbai in which many papers on elderly issues were presented by the professionals and the plan of action was decided in the conference. The concept arose from the proceedings of this National Conference and Pravas Project was started by the College. It aims to create awareness among the elderly population about healthy ageing and to provide Health Service Facilities and Senior Citizen Cards so that they can avail government facilities that are specially designed for them. Final goal of the project is to work towards promoting 'Healthy Ageing' for underprivileged elderly and hence it works dedicatedly to understand their care and protection in a community setting. This project is focusing more on creating a safe space and blissful environment for the senior citizens along with strong support systems.

Project Implemented by:

1. Dr. Lidwin Dias, Principal, College of Social Work (Autonomous), Nirmala Niketan
2. Ms. Nilima Rodrigues, Associate Director, Extension Centre, College of Social Work
3. Ms. Swati Rane, Program Officer, Extension Centre
4. Mr. Sandesh Lalge, 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

Socio Demographic Profile

The beneficiaries of the Pravas Project are Elderly Domestic Workers whose age group is 55 and above and who are engaged in informal labour and because of their age and occupation they come under the most vulnerable sections of the society. They are mostly retired, jobless due to the pandemic and undergoing health issues.

The project began in Bhagat Singh Nagar No. 1, 2 and 3, in Chatrapati Vasahat and in Indira Nagar at Goregaon West, Mumbai. Now the project has been expanded to Santosh Nagar and Vitt Bhatti communities at Goregaon East. As the name rightly denotes, 'Pravas Project' means 'Travel/ Walk' and hence it works with the elderly in these communities to make their travel of life easier and more comfortable.

The Pravas Project believes that by strengthening democratic processes, nurturing a spirit of comradery, adopting scientific approaches to social welfare and by mobilising the assets brought forth by every individual, it can provide comprehensive solutions to social problems. These communities live in a large slum colony. This group of senior citizens are generally unlike the ones belonging to the upper-class sections of society as they are generally composed of migrants whose livelihoods depend on the informal sector.

The various activities and programmes conducted by Pravas Project for the senior citizens during the academic year, 2025-26 are presented here. Total individual beneficiaries during the year are 135 senior citizens.

A. Livelihood Generation and Skill Development Programme Initiatives

Keeping in mind the vision and mission of Parvas Project, that is to reach out to the elderly and make them independent and productive, the Extension Centre organised a livelihood programme to help the senior citizens to be independent and stand on their own feet.

1. Soap, Candle & Agarbatti Production

The Pravas Project staff and 10 senior citizens collectively made a total production of Soaps, Candles, and Agarbattis of Rs.38,960/-, at the Extension Centre on 10th, 12th July, 3rd November, 3rd to 5th December 2025 and 13th February 2026. The senior citizens enjoyed the process. Day by day this process is helping the senior citizens to be more confident as the process is giving them an opportunity of connect with the otherworld. Vittbhatti community Senior citizens also could involve themselves in some productive and independent activity, wherein they got an opportunity

to use their skills which they learnt. This production gave senior citizens of both the communities the confidence to be independent and self-sufficient. And it has changed their attitude and perspective towards life.

2. Crochet Making Training

The Pravas Project organised 'Crochet Making' training programme on 24th January 2026 for urban marginalised 15 senior citizens of Bhagat Singh Nagar Community & Vitt-Bhatti Community. The training was held at Goregaon Campus of College of Social Work. Ms. Swati Rane was the resource person.

This training programme taught the skills of making Crochet Hairband. The senior citizens were enthusiastic and felt happy to take this training as it was their interest area too. This training gave them an opportunity to acquire new artistic skill.

3. Marketing & Selling of Candles, Soaps & Agarbatties

Marketing & selling of the Candles, Soaps and Agarbatties is very important to provide the market to the products and to generate the income by selling the products made by the senior citizens. Hence, the Pravas Project staff used different strategies to approach the different groups, NGOs and individuals. Pravas had put the stalls in different locations like College of Social Work, Nirmala Niketan Churchgate Campus on 7th October 2025, Tata Institute of Social Science Govandi Campus on 12th and 13th November 2025 and College of Homescience, Churchgate. Pravas team have done a total sale of Rs.18,550/- during the year. The benefit is shared among all the senior citizens involved in the production.

B. Promoting Health and Wellbeing through Preventive, Promotive and Curative models of intervention

Pravas Project conducted the various activities like sessions, workshops, Yoga sessions. Total beneficiaries were 135 senior citizens. The details of the activities are as below:

1. Creative Sessions/ Workshops with Elderly for Promotion of Psychological Well-being

Pravas Project organised several creative sessions / workshops like health and nutrition, Body Movement through Dance & Music, discussions, Rakhi making, workshops etc. throughout the year with elderly for promotion of psychological well-being. The outcome of these sessions / workshops was as below:

➤ Session on Body Movement through Dance & Music:

The sessions were conducted on 20th June and 21st June 2025 at Bhagatsingh Nagar community and Vittbhatti community. A total of 34 senior citizens participated in these sessions. Mr. Shankar Suryavanshi, Ms. Swati Rane and Student Social Workers conducted the sessions. The sessions included the activities like a light Zumba with the help of music and quiz of old songs. These sessions helped to create a joyful and nostalgic atmosphere by dance and music.

The outcome of the sessions were:

- Senior citizens actively participated.
- Zumba helped in contributing to physical well-being in an enjoyable way.
- Old song quiz created nostalgia, joy, and a sense of cultural connection.
- The activities built confidence and encouraged seniors to express themselves.

➤ **Session on Health & Nutrition:**

The sessions were conducted on 26th June 2026 and 11th July 2025 at Bhagatsingh Nagar community and Vittbhatti community. A total of 26 senior citizens participated in these sessions. Student Social Workers conducted the sessions. The objectives were to inform senior citizens how to incorporate the healthy diet in their daily routine to improve their health. The goal was to promote body movements and highlight the role of good nutrition in maintaining health and reducing common health issues.

➤ **Yoga & Nature Walk | A Celebration of Wellbeing & Environment**

On 28th June 2025, to mark International Yoga Day and World Environment Day, College of Social Work, (Empowered Autonomous), Nirmala Niketan hosted an inspiring blend of inner reflection and ecological awareness at the Extension Centre, Goregaon Campus. A total of 16 senior citizens members had participated.

The session began with Prof Cletus Zuzarte who guided yoga and meditation, encouraging mindfulness, gratitude, and physical rejuvenation amidst nature. This was followed by an enriching nature walk by Environmentalist Mr. Jayesh Harsora where participants explored green campus and discovered the silent wisdom of native trees and biodiversity.

The event reminded us that wellness and sustainability go hand in hand when we care for nature, it nurtures us in return.

“Walk with Nature, Flow with Breath.”

2. Yoga Sessions: Three days in a week for entire year in the community to promote healthy aging (32 Senior Citizens) in Bhagatsingh Nagar & Vittbhatti Community

The Pravas Project had initiated this programme to improve the physical and mental health of the Senior Citizens.

Bhagatsingh Nagar Community:

In the beginning to achieve this objective, Pravas Project team hired Certified Yoga Trainer, Ms. Sakshi Oza to conduct the yoga sessions and this year from the beginning Mr. Shankar Suryavanshi is conducting the yoga sessions which he and participants has learnt from Ms. Sakshi Oza. The process should not stop and since they have experience the importance of Yoga, with the self-motivation the members are continuously doing the Yoga under the guidance and supervision of Mr. Shankar Suryavanshi. During this year 40 members have taken the benefits of the sessions. A total of 110 sessions has been conducted during the year.

Vittbhatti Community:

This year Pravas started the Yoga Sessions at Vittbhatti Community from the month of November 2025 under the guidance of Ms. Swati Rane and Mr. Shankar Suryavanshi. A total of 36 sessions has been conducted during the year. Total 15 members are taking the benefit of Yoga sessions.

The participants are getting benefits from this initiative and hence they are sharing and motivating other senior citizens to join yoga sessions.

Hence, till date, total 40 senior citizens have taken the benefit of this training programme. The outcome of the training programme has been seen through below sharing of the participants:

- a. Getting good sleep,
- b. Body flexibility has been improved,
- c. Helped to lose their weight,
- d. Reduced knee pain and improved the movement capacity,
- e. Reduced body aches and pains,
- f. Some members who are highly motivated and trained, conduct the yoga training in absence of a yoga teacher.

C. Interventions towards the Knowledge Building and Strengthening of the Group

Pravas Project organized several activities for the knowledge building and strengthening of the group in which overall 110 senior citizens got involved. The outcome of it helped in increasing the knowledge about different topics which are beneficial to senior citizens, bonding of team members, rapport building with each team member and with their family members, brought the smile on their face, it also helped the organization to build more trust on the staff/ organization.

Pravas Project staff and SSWs organised the educational and group work sessions namely; Group Bonding, Friendship Day, Inter-religious Festival Celebration, Social connections & Home Visits. Total 5 sessions have been organised by the Pravas Project team with the help of SSWs. All these activities helped to motivate the senior citizens to discuss, share and motivate each other. It also helped to keep them engaged in different activities which led to mental peace. Day by day they are becoming more active and vibrant.

1. Home Visits

During the year, the Pravas Project staff and the SSWs paid the regular home visits to Pravas members. These visits helped the staff to interact with the family members of the senior citizens. It also helped to understand the current needs and situations of each family member. These visits helped Pravas Project team to update and prepare a need-based action plan and motivate the members to take active participation in the plan and in cyber security and E-waste management campaign. It has been observed that home visit is a very important tool for effective intervention.

2. Rakhi Making Workshop

The workshop was conducted on 8th August 2025 with Vittbhatti community members by Student Social Workers. A total of 6 senior citizens participated in the workshop.

The objectives were:

- To engage participants in creative Rakhi and card-making.
- To encourage self-expression, nostalgia.
- To create meaningful bonds in an eco-friendly and participatory manner.
- To promote values of trust, care, equality, and mutual respect.

In this workshop all participants were encouraged to use natural theme like decorating with leaves, flowers, and other eco-friendly items. Then each one of them asked to draw a memory on the card like any special Raksha Bandhan moment they remembered and write a greeting to go with it. Student Social Workers supported those who needed help in writing. The activities and sharing brought out many heart-warming stories, rekindled old memories, and created a joyful atmosphere.

The session concluded with an important learning message:

- A real brother may protect you, but protection and care can come from anyone you trust.
- You can tie a Rakhi to anyone man or woman if there is a bond of trust and respect.
- Raksha Bandhan is not limited to blood relations or gender; it celebrates protection, equality, and meaningful connections.

These activities brought back happy memories, strengthened bonds, and promoted the idea of gender equality and universal protection.

Outcome:

- Senior citizens actively participated in Rakhi making, card designing, and sharing memories, showcasing their creativity and engagement.
- Participants reflected on meaningful bonds beyond blood relations, promoting trust, care, and mutual respect.
- The session reinforced values of gender equality and universal protection, creating a joyful and inclusive atmosphere.
- Activity-based methods enhanced participation, interaction, and overall enjoyment of the celebration.

3. Cyber Crime & E-waste Management Campaign

On 26th June, 18th & 20th November 2025 in Vittbhatti community & Bhagatsingh Nagar community, Pravas Project team conducted the ‘Cyber Crime Session and E-Waste Management Session’. A total of 31 senior citizens were actively involved. The sessions and home visits aimed to educate senior citizens on the risks of online fraud, cyber threats, and safe internet practices, especially as digital platforms are increasingly becoming part of everyday life, even for senior citizens. One more aim was to spread the awareness on E-waste management in senior citizens and making them actively involved in the campaign.

The team had observed that,

- Most of the senior citizens were unaware of basic cyber threats such as OTP fraud, UPI scams, fake calls, and phishing. They were also not aware about the E-waste management.
- Participants were curious and asked questions about how to protect their bank details and mobile phones.

The outcome of the campaign was senior citizens took active participation in the spreading the awareness about the cyber-crime in the community by mouth to mouth sharing and pasting the information on their doors and stores. The senior citizens also collected 18 kg. E-waste from their nearby houses and handed over to Pravas staff.

4. Inter-Religious Festival (Diwali) Celebration by Marginalized Senior Citizens

On October 15, 2025, College of Social Work (Empowered Autonomous), Nirmala Niketan (Mumbai) celebrated 'Inter-Religious Festival: Diwali' with marginalized senior citizens from Bhagat Singh Nagar and Vitbhatti communities of Goregaon West, through field action project 'NN-Pravas'. Total 47 Senior Citizens from different castes, classes and religions participated in this program. The program was organized at the Extension Centre, Goregaon with the aim of promoting festive joy and interfaith dialogue among senior citizens from different communities.

The event was graced by the Chief Guest, Dr. Lidwin Dias, Principal of College of Social Work, Nirmala Niketan, Mr. Cletus Zuzarte - Director and Ms. Nilima Rodrigues - Associate Director of the Extension Centre. The Principal conveyed the importance of celebrating Diwali and the message of Diwali Festival. The event was inaugurated by senior citizens from both the communities, Extension Centre staff and student social workers together, which revealed the festival's message of inclusivity and unity. A touching moment in the program was the exchange of beautiful lamps which the senior citizens had painted themselves on 11th and 13th October 2025 during the workshops organised in both the communities. It was a symbolizing love, light, and mutual respect. This was followed by various exciting games, in which senior citizens happily participated. Along with this, a Rangoli competition was also held, while others performed Garbha dance on traditional songs, which added colour and excitement to the event. The festive joy was seen overflowing on the faces of all the senior citizens, and the main objective of the program was achieved.

At the end of the program, gifts were given to all the participants. Along with this, traditional Diwali snacks and refreshments were also served. The joy, laughter and enthusiasm that spread throughout the afternoon was a glimpse of the success of the program. The College of Social Work strongly feels that everyone should celebrate Diwali like this to spread happiness among senior citizens because we are forgetting that old age is a second childhood. Let us take a vow today to celebrate a different Diwali by bringing together our elderly parents, grandparents, and senior citizens from our neighborhood.

5. Educational & Empowered Exposure Visit of Senior Citizens”

On November 14, 2025, College of Social Work (Empowered Autonomous), Nirmala Niketan (Mumbai) organised ‘Wellness & Social Trip’ for the senior citizens of Bhagat Singh Nagar Community of Goregaon West and Vitbhatti Community of Goregaon East, through its field action project called ‘NN-PRAVAS’. Total 45 senior citizens participated in this trip, which was planned to get the experience of four famous spots of Mumbai namely, Kamla Nehru Park, Nehru Planetarium, Museum and Juhu Beach. The main goal was to create a joyful environment, unique experience and learning among members.

The exposure visit was linked to the mission of the PRAVAS project that is to foster learnings among senior citizens, make strong support groups, and stay healthy and independent through community activities. The mission was fulfilled as the nature walk in Kamala Nehru Park helped to get experience of green mountains, cool breeze, birds chanting among the trees and an ocean view from a height. The sky show at Nehru Planetarium was something more than expected for senior citizens as the screen was dome shaped and the projection was above our heads. It was quite informative giving the experience of space walk. The visual representations of Indian history grabbed the attention of members. Lastly, the visit at Juhu beach after a long day trip provided a relaxing and calm environment to cool down and enjoy the view.

It was observed that the exposure visit went successful as the members left with the fully satisfied feelings. They expressed that their day was meaningful which provided significant learning, offered valuable new experiences and gave the joy of ageing gracefully.

6. New Year Celebration under Project ‘NN-Pravas’

On January 30, 2026, the College of Social Work (Empowered Autonomous), Nirmala Niketan, organized a New Year Celebration through its field action project, 'NN-Pravas'. The event was held at the Nirmala Niketan Extension Centre in Goregaon. It was attended by 53 senior citizens residing in the Bhagat Singh Nagar Community (Goregaon West) and the Vitbhatti Community (Goregaon East). The event was graced by the Guests of Honor, Dr. Lidwin Dias, Principal of the College and Ms. Nilima Rodrigues, Associate Director of the Extension Centre.

The primary objective of the celebration was to bring together residents from both the communities to cultivate a sense of togetherness and unity among them. The program aimed to strengthen a spirit of self-help and mutual assistance, encouraging senior citizens to actively support one another. Additionally, the celebration provided them a platform to articulate and discuss their specific needs. The event fulfilled the Project's aim by the distribution of essential government welfare cards and disseminating detailed information regarding their utility to ensure all participants could access the benefits of these cards.

The program commenced at 1 pm with a community lunch, followed by a formal welcome address. Mr. Sandesh Lalge and Ms. Swati Rane, Program Officers of the Extension Centre, conducted a series of four interactive games to enhance team spirit and collective decision-making.

A key component of the event was the distribution of 48 government welfare cards to eligible senior citizens by the Guests of Honor, namely, Ayushman Cards: 12, Abha Cards: 28 and E-Shrm Cards: 8. Following the distribution, Mr. Shankar Suryawanshi, Para-Social Worker, shared the specific uses and benefits of each card, ensuring the beneficiaries are equipped to utilize them effectively. Dr. Lidwin and Ms. Nilima delivered motivational addresses, praising the participants for their active involvement in previous initiatives such as the Yoga sessions, Cyber Security Campaign, and E-Waste Campaign. The event concluded with the distribution of utility gifts.

The celebration yielded the following outcomes:

All 53 members participated with enthusiasm, reflecting a positive improvement in morale.

The event successfully delivered not only the physical government cards but also the critical knowledge required to utilize these welfare schemes.

Group activities successfully encouraged every member to take initiative, resulting in visible improvements in coordination and team effort.

Participants expressed deep gratitude towards the College for its sustained efforts in adding meaning and support to their lives.

D. Implementation of Government Schemes

Government Schemes Sessions & Government Card Making Camp

Pravas project had conducted two sessions on government schemes for senior citizens on 4th July 2025 and 17th January 2026 the result of which the need for different government cards has been observed. Hence, Pravas Project organised the different government card making camp on 23rd January 2026 in both the communities from which 48 card has been made. The following different cards were made out of which 38 senior citizens got benefited; Ayushman Cards: 12, Abha Cards: 28 and E-Shram Cards: 8. The campaign will be helping the senior citizens to get the basic but important government benefits.

Outcome:

- One of the primary outcomes was to help the eligible community womens to avail the benefit of the government scheme.
- To help the community womens to get some monetary benefit, which will help them to fulfill atleast basic need.
- It will also help the Pravas team to build a rapport with community people, which will help the team to get more support from the community for more effective implementation of the project.

❖ Outcome of the Pravas Project's Programmes and Activities

1. One Hundred & Thirty-Five senior citizens benefited.
2. Increase in the Skill of Crochet making.
3. Helped senior citizens with their cognitive functions and also to improve their limb movement and coordination.
4. Helped in increasing the bonding of team members of both the communities.
5. Rapport building with each team member and their family members.

6. Helped to spread the awareness on the preventive health measures among the senior citizens and among their family members.
7. Helped to improve the physical and mental health of group members.
8. Self-motivation about the yoga helping in self-sustaining the yoga training programme in Bhgatsingh Nagar Community.
9. Helped to bring joy and a smile to the faces of senior citizens.
10. Centre level activities helped to create more bonding and to build more trust in Pravas Project.

❖ **Challenges faced by the Project**

- Sustaining the community place.
- The population is a migrating population. The number of members are high but the active members are few.