



College of Social Work (Empowered Autonomous)  
Nirmala Niketan

# NEENV 2025

ANNUAL STUDENT'S MAGAZINE

*"You Be You"*







PHOTO BY RAMCHANDRA DHURI, BSW II



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Photo By Ganesh Khanpat, MSW I

# WHAT IS NEENV 2025?

Neenv is a magazine initiated by students since 2017, aimed at reflecting students' experiences, learning, and insights through articles, poetry, and other creative forms of expression. It serves as a platform for students to share their thoughts and ideas, promoting academic and fieldwork practices. The significance of Neenv in fostering an inclusive atmosphere by encouraging all students, regardless of their academic performance, to participate and gain confidence in their writing skills. The magazine is edited by student editors under the guidance of faculty members who assist in selecting and refining articles to ensure quality and promote intellectual growth and critical thinking among students. Furthermore, it emphasizes the importance of writing not just to impress others but to share thoughts that can benefit fellow students and help them become more expressive and confident. The content of the Neenv magazine and inspire more students to contribute their articles, poems, and stories, thus keeping the initiative alive and thriving in the future.

**Theme: "You Be You" - A Celebration of Individuality and Self-Expression**

"You Be You" embraces the beauty of authenticity, encouraging students to explore their personal journeys and share stories that reflect their unique experiences. This theme promotes diversity, inclusivity, and self-discovery during the transformative college years. To guide contributors, the theme includes sub-themes such as self-discovery, celebrating uniqueness, breaking stereotypes, expressions of identity, courage, vulnerability, empathy, and redefining success. These aspects inspire reflections on individuality, creative expression, overcoming societal expectations, and finding strength in authenticity. Through this theme, students are encouraged to embrace their true selves and contribute thought-provoking, meaningful content.

**Photo By Babita Yadav, MSW II**





## From the Principal's Desk

It gives me immense joy to present the 9th edition of NEENV, featuring the activities and writings of our dear students through various forms of expression, including articles, poetry, stories, innovative programs such as Idea Hackathon, Junoon, Riwayat, unique conference such as vocal conference and national student led conference and life experiences. These works reflect their personal journeys as individuals, initiative in organising events with confidence and maturity as budding social work professionals who aspire to make a difference in the lives of people and society.

This initiative has helped students become more expressive, creative, and confident in their writing, organising skills, team work while encouraging one another. NEENV also provides a platform where students develop skills in editing and adding a professional touch to the student magazine.

This year, our college also received the prestigious status of "Empowered Autonomous" & in June 2024, a recognition from the University of Mumbai. This status allows our graduates receive their degree certificates adorned with both the University and College logos, marking a significant milestone in our history. The college has always remained true to its vision, mission, and values, and we continue to strive for the same. The college motto, & quote; The highest law of love is service & quote; resonates deeply with the words of Mahatma Gandhi, who said, " The best way to find yourself is to lose yourself in the service of others."

This quote beautifully encapsulates the spirit of service and commitment that defines our college. It calls us to dedicate ourselves to loving service and to give our best in everything we do.

I would like to thank the guiding faculty members and the student editorial team for their hard work and commitment, and I wish them all the best.

Dr. Lidwin Dias  
Principal, CSWNN



It is with great pride that we are introducing the 9th edition of our college students' magazine NEENV which is a remarkable compilation of students' efforts towards their personal growth and self-discovery during the formative years of college aligning with this year's central theme of NEENV magazine, "YOU BE YOU".

NEENV magazine for the year 2024-25 is a great collection of poems, memoirs, stories and reflective narratives of students' personal struggles wherein they have tried to explore and analyse their personal experiences ultimately offering insights into their own journey of growth and resilience. It is through their creative writings that the students across all the classes have been able to share their experiences and emotions with the audience, allowing readers to connect with the writers' struggles and triumphs.

While deconstructing grand narratives in a post-modern world, individual narratives of student contributors (focusing on personal experiences and subjective truths), have engaged with significant themes including patriarchy, breaking stereotypes and expressions of identity etc. It was great reading through each and every narrative in the magazine. A heartfelt gratitude to all the student contributors for their significant write-ups.

We also would like to congratulate and express our gratitude to all the members of the literary committee for tirelessly working towards ensuring that the NEEV sees the light of the day.

**DR. RENU SHAH & DR. SAMAN AFROZ**  
FACULTY IN-CHARGE, EXTRA-CURRICULAR ACTIVITIES COMMITTEE, CSWNN

With immense gratitude and love, this note is begun, cherishing the opportunity to share thoughts in NEENV, the college magazine. It is truly an honor to express appreciation to everyone whose contributions have made this magazine a reality. First and foremost, heartfelt thanks are extended to the Literary Committee, whose tireless efforts and invaluable time have been devoted to this magazine. It is through their dedication and creativity that this masterpiece has been brought to life. While NEENV may be a compilation of pages, it is the contributors who breathe life and soul into it. On that note, deep gratitude is extended to every individual whose efforts have shaped this magazine. After much brainstorming, the theme “You Be You” was arrived at for this year. Upon reflection, it is believed that this theme naturally emerged due to the culture and essence of the college.



## MESSAGE FROM GENERAL SECRETARY

At the College of Social Work(Empowered Autonomous) Nirmala Niketan, every individual has always been encouraged to be their true self and express their ideas freely. The spirit of “You Be You” has been inherently woven into the identity of every NNite. On a personal note, the impact of this culture has been profoundly experienced, allowing the true self to be embraced over the past two years. Serving as the General Secretary of the college has been a transformative experience one that has taught me invaluable lessons. The freedom to express ideas has always been given, and with every passing moment, lifelong learning has been gained. The memory of organizing the first event remains vivid several mistakes were made, challenges were not anticipated, and inexperience as a coordinator was evident. However, as a team, missteps were learned from, shortcomings were identified, and improvements were made with every event. This journey of growth and teamwork remains one of the greatest learnings and will always be cherished. Throughout the year, numerous opportunities to lead ranging from collegiate to intercollegiate events were provided by the college. At every step, ideas were freely expressed, and each voice was valued. Among the most profound lessons learned was the true essence of leadership. Faculty members played a crucial role in shaping the understanding that leadership is not only about leading from the front but also about leading from behind, empowering others to grow. This reflection is shared with those reading this note as a reminder that opportunities are given to all in this college it is up to each individual to seize them and make the most of them. It is truly believed that College of Social Work(Empowered Autonomous) Nirmala Niketan is more than just a college; it is an emotion, a community, and a family where individuals uplift and inspire one another. This institution is a life-changing experience no one leaves as the same person who first entered. With this thought, this note is concluded with deep gratitude and love for the incredible teaching and non-teaching staff, whose guidance has been instrumental in shaping this journey. To the Student Committee, appreciation is expressed for allowing ideas to be shared, mistakes to be made, and growth to be embraced. And to friends, sincere gratitude is extended for their unwavering support none of this would have been possible without them.

To every NNite reading this: embrace who you are, seize every opportunity, and always remember —  
You Be You.

MR. JAISON CHERUVELI  
GENERAL SECRETARY & LITERARY HEAD,  
CSWNN 2024-25





## LITERARY COMMITTEE'S NOTE

Dear Students and Faculties,

As we approach the end of another remarkable year, the Literary Committee would like to take a moment to reflect on the incredible journey we have shared together. From engaging writing to thought-provoking discussions and performances, we have witnessed an inspiring outpouring of talent from students across all disciplines. Each poem, essay, story, and speech has added to the rich tapestry of ideas and voices that make our college community so unique. Your passion and participation have been the driving force behind every event, and for that, we are truly grateful.

The Literary Committee is thrilled to announce the theme for this year's literary events: BE YOU. In a world that often encourages conformity, we believe it's important to embrace individuality and celebrate what makes each of us unique. BE YOU is more than just a theme – it's a call to action. It's an invitation to express yourself authentically, to speak your truth, and to create without fear of judgment. Whether it's through writing, speaking, or performing, the power of literature and art lies in the ability to communicate one's true self.

As we draw this chapter to a close, we want to thank everyone who contributed to the success of this year. Whether you were a writer, a performer, a listener, or a supporter, your involvement has helped make this year unforgettable. We hope that these experiences have inspired you to continue exploring and nurturing your literary interests, and that the connections made through our events will endure beyond this academic year. Though the events may be winding down, we encourage all of you to carry the spirit of creativity and self-expression forward into the future.

The Literary Committee will continue to be a space for innovation, dialogue, and inspiration, and we look forward to welcoming you back for another exciting season of literary exploration.

Thank you once again for making this year so special.

We wish you all the best in your future endeavors, and may your love for literature continue to grow.

With warm regards,  
Literary Committee, ECC 2024-25, CSWNN





## **STUDENT'S COUNCIL 2024-25**



## **EXTRA-CURRICULAR ACTIVITIES COMMITTEE 2024-25**

# STUDENT'S CONTRIBUTION

1. **Branches of my Life**  
by Namrata Anil Sandhewal, BSW I
2. **Jeena Kya Hai?**  
by Mansi Umesh Gangurde, BSW I
3. **Embracing My Own Rhythm**  
by Hrishita Sharma, BSW II
4. **Beauty isn't Flawless**  
by Prapti Polekar, BSW II
5. **Discovering Myself**  
by Jeremy Jospeh, BSW II
6. **मन माझं**  
by Juee Sakpale, BSW III
7. **वास्तव**  
by Ganesh Khanpat, MSW I
8. **Joy in Every Role I Play**  
by Priyanka Kannan, MSW I
9. **Passion in Compassion**  
by Vaishali , MSW I



10.

अशीच आहे मी...!

by Asmita Salve, MSW I

11.

The Weird Me!

by Purvi Waghela, MSW I

12.

Being Me: A Journey of  
Self-Discovery and Boldness  
by Arva Shikari, MSW I

13.

Meri Zindagi ke Zanjeeron Mein  
by Lenoy, MSW II

14.

SILENCE

by Gaurav Sansare, MSW II

15.

माझा कष्टकरी बाप...

by Ganesh Chavhan, MSW II

16.

Empathy and Understanding:  
The Bridge That Connects Us All  
by Neha Yadav, MSW II

17.

सफलता की नई परिभाषा:

एक रचनात्मक दृष्टिकोण

by Rushikesh Pote, MSW II

18.

Courage to Be Myself: A Journey of  
Strength and Self-Acceptance  
by Snehal Tiwari, MASIE I

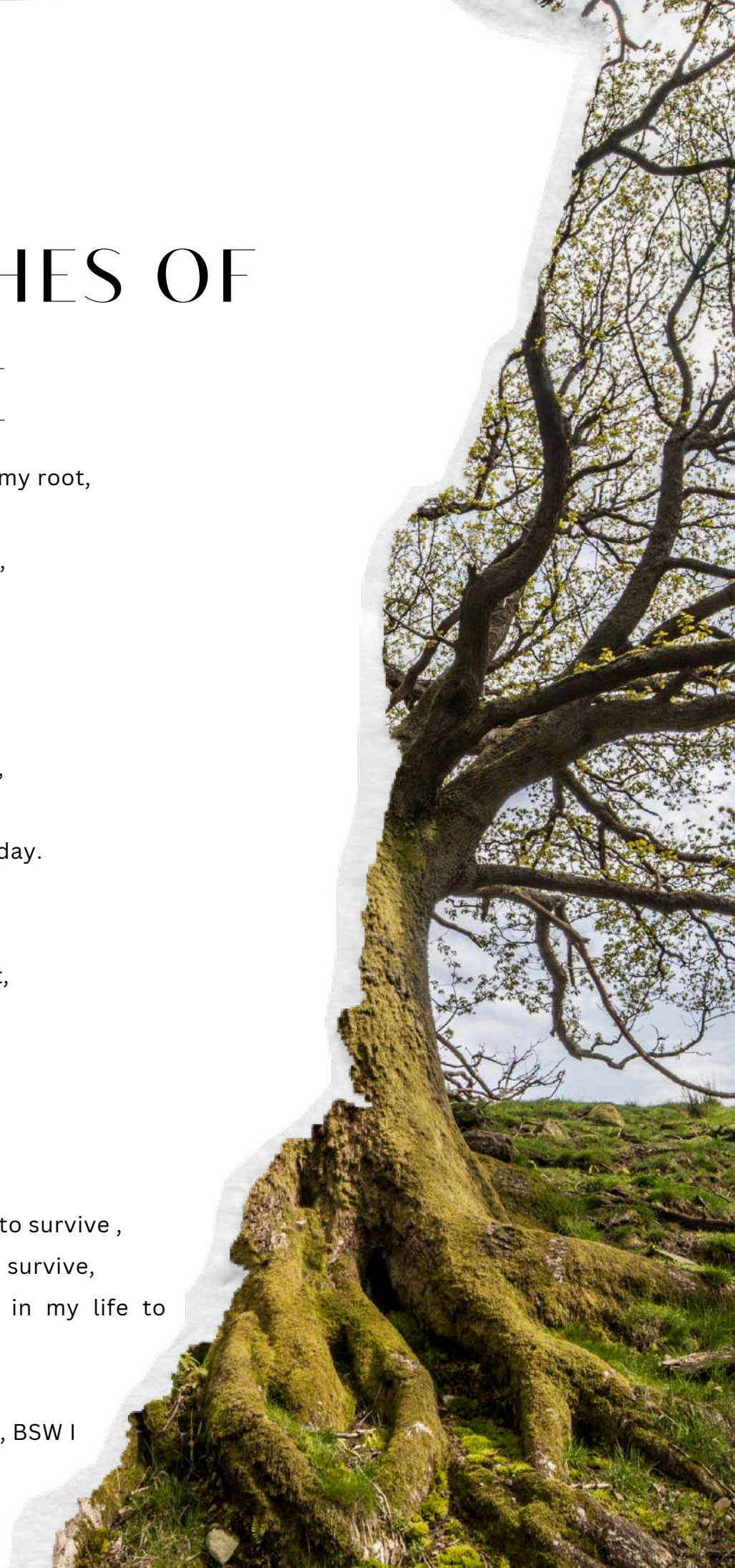
# BRANCHES OF MY LIFE

I love how you protected my root,  
When i am not blooming,  
your pouring water on me,  
To bloom well at the end  
When my strengths and,  
Faith are low,  
You have been my roots.  
Your caring ,your support,  
Your love have been,  
Making me strong day by day.

My branches and my,  
Roots are nothing without,  
Your prayer and support.  
I am blooming now  
Because of your faith,  
And love in me.

Just as tree need a water to survive ,  
Human need an oxygen to survive,  
Just as this I need you in my life to  
survive.

- Namrata Anil Sandhewal, BSW I







# JEENA KYA HAI?

Yeh kaise masle hai joh  
Hal nhi ho paa rahe. Kya inko pata hai  
Ki anjaam kya bhugtna pad raha hai?

Yeh kaisi guzarishe hai jinhe  
Khwabon ke darwaje hi nhi mil rahe.  
Par unn guzaarisho ko pata hai kya  
Ki kitne khwab chodne pad rahe hai?

Zindagi bhi kuch aisi kashmakash hai  
Jaha maut tak Raja nahi ho paa rahi,  
Kya uss zindagi ko malum hai  
Ki kitni mauto se guzarna pad raha hai?

Khudkhushi kehte hai ke  
Khud ki khushi milte Jaa Rahi hai,  
Kya iss zindagi ko bataye  
Pata nhi jaan kyu nhi le rahi hai?

Aur har uss zarre ko mitate  
Umare bit jayegi har  
mukkamal chiz bhi dhalti rahegi,

Fir unn zarro ko kaise bataye  
Umar ke saath jhelna Sikh Jaya karte  
hai!!!

-Mansi Umesh Gangurde, BSW I



# EMBRACING MY OWN RHYTHM

Once upon a time, there was a girl who excelled in everything she did. From the time she was young, academics came easily to her. She was bright, determined, and loved learning. But there was something else that tugged at her heart—dance. She always dreamed of learning Kathak, the graceful classical dance form. However, life didn't always allow her the freedom to follow her passion.

Growing up as an only child, she often felt the weight of loneliness. Her father was always busy with work, and her mother had her own commitments. Though she was surrounded by family, she often found herself yearning for deeper connections. She felt like something was missing, especially as her teenage years brought new challenges. In school, she faced the weight of societal expectations, experiencing gender discrimination and the limitations that came with being a girl. The patriarchy around her made her question her place in the world, and even though she was talented and admired for her achievements, she felt misunderstood and isolated.

Her closest companion through those difficult times was her grandfather, who always made her feel special. He saw the brilliance in her and encouraged her to follow her dreams, even when others didn't understand. Despite his love and support, she continued to struggle with her feelings of loneliness. She excelled in academics, but her heart was often heavy with sadness.

By the time she turned 18, something inside her began to shift. She realized that it wasn't necessary to constantly seek validation from others or to be surrounded by people to feel happy. Happiness, she discovered, could come from within—by embracing who she truly was, without needing approval.

She no longer felt the need to please others or conform to societal expectations. Instead, she focused on what brought her joy—learning Kathak in her own way, spending quiet moments in her own company, and cherishing the small but meaningful friendships she had built. Her circle was small, but it was genuine. People admired her for her strength, her warmth, and her authenticity.

And so, she chose to follow her own path, confident that her worth wasn't determined by others' perceptions. Her journey was one of self-love, acceptance, and learning to be at peace with herself. Now, she was truly happy—because she had finally found happiness in being herself.

- Hrishita Seema Hrishikesh Sharma, BSW II



# DISCOVERING MYSELF

In the stillness of the morning light,  
I journey inward, beyond the sight.  
Through tangled paths, my heart does roam,  
Seeking a place I can call home.

The mirror whispers truths untold,  
Reflections of a soul grown bold.  
In every scar, in every line,  
A story of strength, a spark divine.

The shadows rise, the fears take form,  
Yet I stand firm amidst the storm.  
For in the depths where doubts reside,  
Lies the courage I cannot hide.

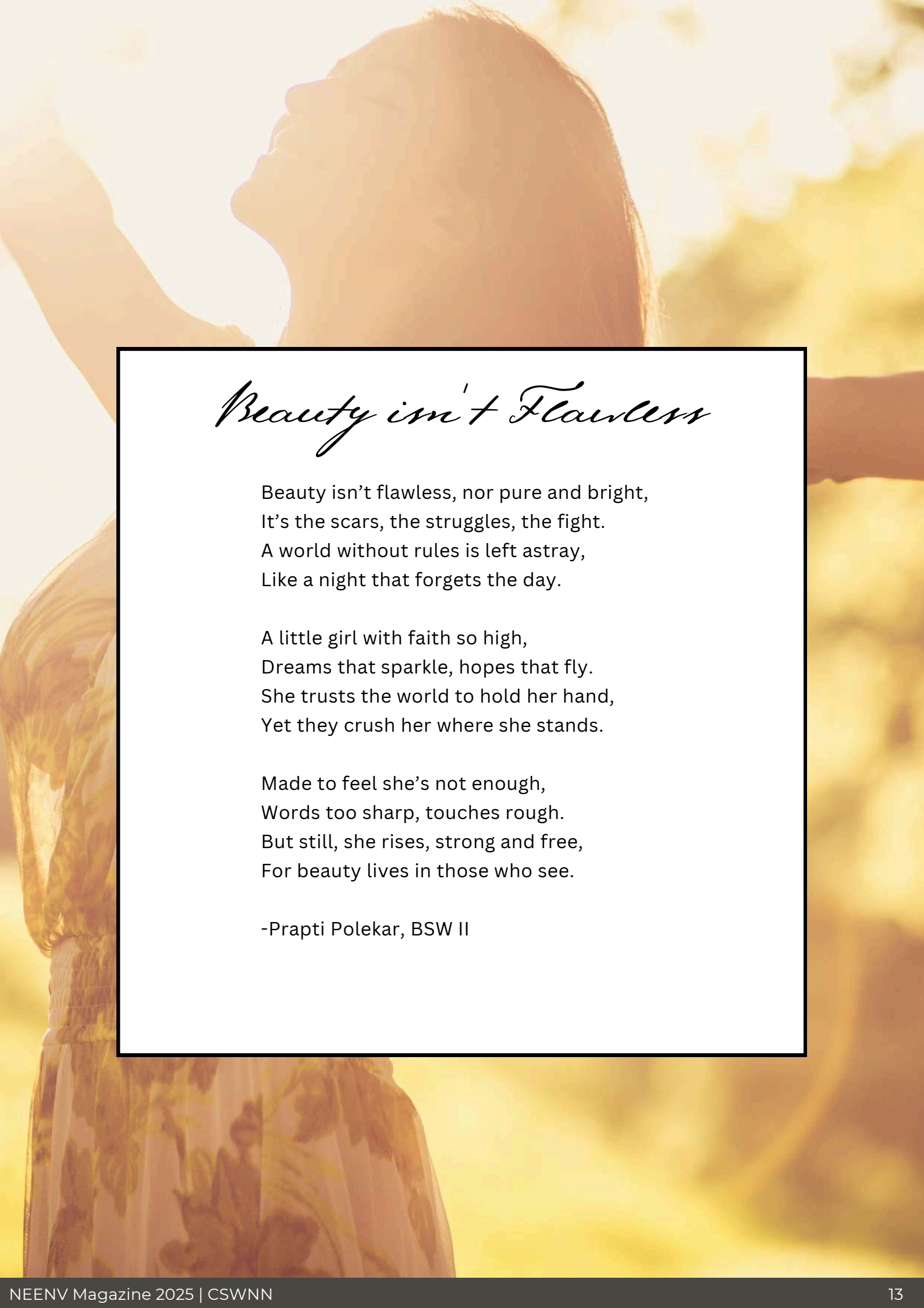
Each failure, a lesson, a step ahead,  
Each tear, a pearl where wisdom is bred.  
Through trials, I shape my truest art,  
Unveiling the compass within my heart.

I find the pieces I thought were lost,  
The dreams that came at a heavy cost.  
Reclaiming joy, embracing strife,  
Breathing new purpose into my life.

Now I stand, a beacon of light,  
A soul that dances through the night.  
For in discovering myself, I see,  
The boundless beauty of simply being me.

-Jermy Joseph, BSW II



A woman with long hair, wearing a floral dress, is shown from the chest up, looking upwards towards a bright sun. The background is a warm, golden-yellow color, suggesting a sunset or sunrise. The woman's face is partially in shadow, and her expression is one of contemplation or awe. The overall mood is peaceful and inspirational.

## *Beauty isn't Flawless*

Beauty isn't flawless, nor pure and bright,  
It's the scars, the struggles, the fight.  
A world without rules is left astray,  
Like a night that forgets the day.

A little girl with faith so high,  
Dreams that sparkle, hopes that fly.  
She trusts the world to hold her hand,  
Yet they crush her where she stands.

Made to feel she's not enough,  
Words too sharp, touches rough.  
But still, she rises, strong and free,  
For beauty lives in those who see.

-Prapti Polekar, BSW II



## मन माझं

कंटाळा आलाय कुठल्या गोष्टीचा. ते काही कळेना.  
वळविण्याचा प्रयत्न केला.  
तरीही मन माझं वळेना.

मनात माझ्या साचलेत बरेच गुड रहस्य.  
मनात मात्र दुःख पण. मुखावरती हास्य.

दुःखा मागचं कारण शोधण्याचं मन माझं प्रयत्न करेना.  
विचार माझे एका कळीसम. 'खुलता कळी ही खुलेना!'

विचार बरेच येतात मजला.  
कधी- कधी निरर्थक वाटे मला.  
विचारावसं वाटतं स्वतःला. 'ऐ मना! काय झालं तरी काय रे तुला!'

असं वाटतं बराच वेळ बोलावे स्वतःशी. खूप वेळ द्यावा स्वतःला.

विसर पडेल ह्या विचित्र विचारांचा जेव्हा.  
अंतर्बाह्य मन माझं होईल मोकळं तेव्हा.

जोपासावे एक छंद.  
ज्यात गुंतून मन होईल गुंग.

रहस्यमय हे मन माझे.  
व्यक्तिमत्त्वाचे अनेक माझे रंग.

आश्चर्य वाटते मलाच माझे.  
भिन्न ते विचार मनात चाले.

वाटते मजला  
चालावेसे चांदण्यांच्या या पायवाटेवर..

मोकळे होईल हे मन जर  
साथ स्वतःचीच असेल तर

कोडं मनातील विचारांचं उलगडेल जेव्हा.  
स्वतःला स्वतःशीच प्रेम वाटेल तेव्हा.

- जुई सकपाळे -

# वास्तव

माझ्या कवितेनं काय लिहावं,  
माझ्या कवितेनं वास्तव लिहावं,  
भुकेल्याची भूक लिहावी,  
तहानलेल्याची तहान लिहावी,  
अनवाणी पायाची चप्पल लिहावं,  
अडाण्याचं शिक्षण लिहावं,  
सुशिक्षितांच अडाणी पण लिहावं,  
माझ्या कवितेने सदैव वास्तव लिहावीत ॥

बिना छपराच्या घराचं छपरं लिहावं,  
अनधिकृत बांधकामांच वास्तव लिहावं,  
डोळास न दिसणारी प्रश लिहावीत,  
डोळाआड घातलेली पुन्हा उजळणीस आणावीत,  
माझ्या कवितेनं अशीच काही वास्तव लिहावं ॥

कष्टकऱ्यांच्या कष्टाची मेहनत लिहावी,  
अन र्थेबार्थेबातल्या घामच ऋण लिहावं,  
डोळास न दिसणारा दुःख लिहावं,  
डोळ्यात न दाटणार पाणी लिहावं,  
हसत्या चेहऱ्यामागचा त्रास लिहावा,  
शांतते दडलेलं एकांत लिहाव,  
ह्या कवितेने अशीच वास्तव लिहावित ॥

शोषितांचे शोषण लिहावं,  
शोषणकर्त्यांचं जुलूम लिहाव,  
समते मधली विषमता लिहावी,  
न्याय मधला अन्याय लिहावा,  
बंधुता मधली दंगल लिहावी,  
माणसातला हरवलेला माणूस लिहावा,  
माझ्या कवितेने सदैव असंच वास्तव लिहाव ॥

- Ganesh Chandrakala Shivaji Khanpat, MSW I



# JOY IN EVERY ROLE I PLAY

Once I was a dreamer, boundless and free,  
A spark in my heart, an ocean in me.  
Life called me softly, in two voices clear,  
One for the world, and one held near.

I chose the path of social care,  
To heal, to listen, to always be there.  
Through stories of sorrow, and lives in pain,  
I found a purpose, a joy to sustain.

Yet, within me burned a fiery art,  
An entrepreneur's passion, a beating heart.  
To create, to build, to carve my way,  
Balancing two lives each and every day.

In the morning's light, I wear one hat,  
A social worker, where empathy's at.  
Hearing voices, wiping tears,  
Building hope, calming fears.

By evening's glow, I shift my stance,  
Into the world of business, I dance.  
Crafting ideas, chasing dreams,  
Flowing through life like endless streams.

It isn't easy, this juggling act,  
With challenges that come, sharp and intact.  
But in the chaos, I find my grace,  
A joyful light,  
My four-legged baby, my heart's delight.  
A wagging tail, a bounding leap,  
Love so pure, it runs so deep.



Through chaotic days and sleepless nights,  
She's my calm, my star so bright.  
With playful eyes and boundless cheer,  
She makes my struggles disappear.  
For every story that touches my soul,  
And every venture that reaches its goal.

So here I stand, a work in progress,  
With lessons learned, and dreams to confess.

A social worker, an entrepreneur, a friend,  
And a dog mom too,  
Living a life that's uniquely true.

-Priyanka Dinesh Kannan, MSW I

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# PASSION IN COMPASSION

"Compassion is action without motive, without selfinterest, without any sense of fear, without any sense of pleasure".

"To a social worker working for others is not a job, it is a joy"...

Passion in compassion is the driving force for me their emotional connection to my work fuels a commitment to making a positive impact on the lights of those they serve its a profound empathy that goes buy on professional duty reflecting a genuine desire to alleviate suffering and promote wellbeing. it means emerging ourselves in the stories of those we also feeling the struggles as if they are where our own it's a relentless dedication to a force to the positive change driven not just by duty, but by a profound love for humanity compassion without passion lacks the transformative power needed to make a lasting impact.

This enthusiasm shows itself in the capacity to relate to people on a human level and genuinely comprehend their challenges. It explores the intricacies of every person's particular situation, going beyond the obvious surface level of problems. An atmosphere where people feel listened, respected, and supported is created by this sympathetic connection, which also fosters rapport and trust. When confronted with societal issues and systematic injustices, compassion's enthusiasm serves as a catalyst for activism and change. With this kind of passion, social workers are motivated to question the existing quo and address the underlying issues rather than settling for band-aid fixes.

This dedication to equality and justice is based on a strong sense of empathy that forbids the continuation of suffering. Another aspect of compassion's passion is cultural humility. It entails having a sincere regard for variety and making an effort to comprehend the cultural backgrounds of people being assisted. This method acknowledges that in order to be effective, interventions must be considerate of each person's distinct background and experiences, promoting inclusivity and cultural competence. Even though social work can be emotionally taxing, compassion and passion serve as a shield. It turns obstacles and failures into chances for development and education. This internal drive serves as a form of resiliency, empowering social workers to approach the challenges of their line of work with unshakable commitment.

Ultimately, the core of successful social work is compassion and passion. It turns the work from a job into a vocation, in which each action is motivated by a feeling of purpose and a dedication to improving the lives of people and communities. Prominent social workers are driven by a passion that propels them to be agents of positive change in their surroundings.

- Vaishali Karpaiya, MSW I



# अशीच आहे मी...!

मी माझ्या मार्गावर स्थिर आणि मुक्त चालते,  
बदलण्याची गरज नाही, पळून जाण्याची गरज नाही.  
मी माझे मन स्पष्ट आणि खरे बोलते,  
प्रशंसा मागत नाही, हक्क मागत नाही.

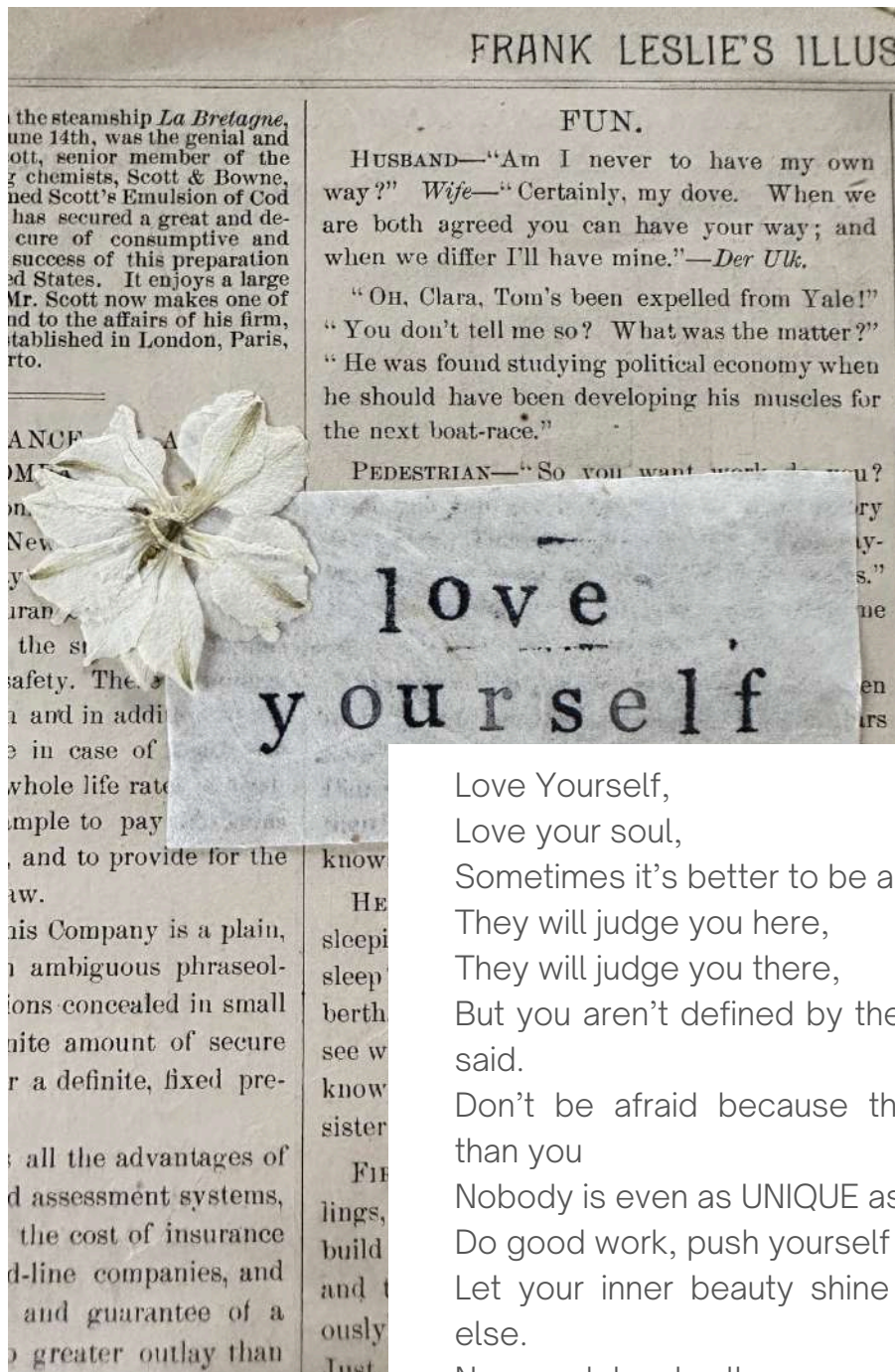
मी खूप मोठ्याने हसते, मी खूप मोठे स्वप्न पाहतो,  
निर्भय पावलांनी जीवनाला स्वीकारते,  
मी पडते, मी उठते, मी तुटते, मी दुरुस्त होते,  
बनावट करण्याची गरज नाही, वाकण्याची गरज नाही.

काही जण भुसभुशीत होऊ शकतात, काही जण टक लावून  
पाहू शकतात,  
पण मी कुठेतरी फिट होण्यासाठी बदलणार नाही.  
कारण माझ्या हृदयात, मला नेहमीच माहित आहे,  
मी स्वतः आहे,

म्हणून मला जसे मी निवडते, तसे घ्या,  
निःसंकोचपणे, पूर्णपणे मुक्त.  
कोणताही मुखवटा नाही, भीती नाही, कपट नाही—  
फक्त मीच आहे,  
मी अशीच आहे...!  
मी अशीच आहे....!  
मी अशीच आहे.....!

-Asmita Satish Salve, MSW I

# THE WEIRD ME!



Love Yourself,  
 Love your soul,  
 Sometimes it's better to be alone,  
 They will judge you here,  
 They will judge you there,  
 But you aren't defined by the words they  
 said.  
 Don't be afraid because they're better  
 than you  
 Nobody is even as UNIQUE as you  
 Do good work, push yourself  
 Let your inner beauty shine like nothing  
 else.  
 No need to dwell on your past, which  
 makes no sense  
 Focus on your future, it's in your hands  
 Beauty is flawless, it shines even through  
 your flaws  
 The weird me says....  
 You are rare  
 Just be the way you are!!

-Purvi Waghela, MSW I



# Being Me: A Journey of Self-Discovery and Boldness

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Growing up as a woman in India, within an Islamic family, I was constantly bombarded with societal expectations. The unspoken rule was clear: marriage by twenty-one, at the latest twenty-five. This narrative, however, never resonated with me. Drawn to stories of independent women in the books I devoured, I yearned for a life where my choices were my own. I craved a life beyond the traditional confines of marriage and motherhood, a life where I could pursue my own ambitions and define my own success.

Early entry into the workforce, driven by both ambition and necessity, opened my eyes to a world beyond the expectations placed upon me. Working in diverse environments, interacting with people from diverse backgrounds, and facing the challenges of the professional world fostered a sense of independence I had never experienced before. I began to experience the thrill of earning my own living, the satisfaction of achieving my own goals, and the joy of making my own decisions, free from the constraints of familial expectations.

However, this journey of self-discovery was far from easy. I encountered the harsh realities of patriarchy and misogyny at every turn. The workplace, despite its promise of equality, often presented its own set of challenges. Subtle and not-so-subtle forms of discrimination, from dismissive comments to outright sexism, were a constant reminder of the societal biases I was constantly navigating.

The idea of a fulfilling partnership evolved into a search for an equal, respectful partner, a belief that continues to guide my relationships. I realized that a truly fulfilling relationship required mutual respect, shared values, and an unwavering commitment to equality. I refused to settle for anything less than a partnership where my voice was heard, my opinions valued, and my individuality cherished. Through years of introspection and personal growth, I have shed the societal pressures surrounding marriage and family. I have prioritized personal and professional growth, focusing on cultivating a life of purpose and meaning. From graduation to working hard to climbing the professional ladder, and winning awards for my work, now, I am pursuing my MSW. My achievements – from this dedicated career path to completing my master's in social work – stand as testaments to my resilience and dedication. I have built a life I am proud of, a life where I live on my own terms, where my choices are guided by my own aspirations and values.

Yet, this independence has come at a cost. The stigma surrounding an unmarried woman in my community is palpable. Family and community members often express their disapproval, their concerns veiled as "concern" but often laced with judgment and disapproval. Whispers and gossip circulate, questioning my choices and casting doubts on my character.

These experiences have been deeply isolating, reinforcing the sense of alienation I often feel within my own community. Despite the challenges, I have learned to navigate these societal pressures with grace and resilience. I have cultivated a dedicated support system consisting of my immediate family, finding solace and encouragement in friendships and professional networks. I have learned to prioritize my own well-being, to nurture my passions, and to find joy in my own company.

I acknowledge the internal struggles I have faced, embracing both my strengths and difficulties. I have learned to embrace the complexities of my emotions, acknowledging, and integrating both my positive and unconstructive aspects. This self-awareness has empowered me to discern between necessary battles and those best left uncontested, to choose my battles wisely and to conserve my energy for what truly matters.

While my voice may not always be heard, I possess the courage to stand up for myself, even when it means facing opposition and adversity. I believe in the power of personal agency, the right to choose my own path, to prioritize my own goals, and to live life on my own terms, irrespective of societal expectations.

Inspired by Deepika Padukone's "My Choice" campaign, I hope to inspire other women to break free from societal constraints and live authentically. It is time for us to embrace our own choices, to pursue our dreams, to prioritize our own well-being, and to live lives that are truly our own. We deserve the freedom to define our own success, to build the lives we desire, and to live authentically, without fear of judgment or societal disapproval.

This journey of self-discovery has been challenging, but it has also been incredibly rewarding. It has taught me the importance of resilience, the power of self-belief, and the importance of living a life that is true to myself. I am still on this journey, constantly evolving and growing, nevertheless, I know that my path, however unconventional, is my own.

-Arva Shikari, MSW I



# MERI ZINDAGI KE ZANJEERON MEIN

कहाँ खो गया मैं, खुद से ही दूर,  
क्यों ये ज़िन्दगी है अब इतनी बेनूर।  
नशे की इस दलदल में फंसा हूँ,  
हर दिन का दर्द बस सहता हूँ।

हाथ बढ़ाऊँ तो हर कोई पीछे हटे,  
ऐसी हालत में कौन मुझे समझे।  
अब न किसी से है कोई रिश्ता बाकी,  
मैं खुद से ही अब जुड़ा नहीं।

ये नशा मेरे हाथों की जंजीर बन गया,  
हर ख्वाब का तूफ़ान, हर आस का साया।  
तन, मन और दिल को बर्बाद कर गया,  
हर चाहत को मेरे आगे गिरवी रख गया।

खून में ये असर, ये जैविक जंग,  
जैसे लहू में ही आग का संग।  
मेरी सोचों पे पहरा है हरपल,  
अब कौन कहे, ये कैसी बेमानी हलचल।  
सामाजिक रिश्ते टूटे, मैं खुद से हार गया,  
न परिवार, न दोस्त, कोई साथ नहीं अब मेरा।  
जो भरोसा था मेरा, वो भी छूट गया,  
हर इज्जत का धागा मेरे हाथ से टूट गया।

ये नशा मेरे हाथों की जंजीर बन गया,  
हर ख्वाब का तूफ़ान, हर आस का साया।  
तन, मन और दिल को बर्बाद कर गया,  
हर चाहत को मेरे आगे गिरवी रख गया।

पैसे की तंगी, सपनों का बोझ,  
हर कदम पे लगती है जंजीरों की रोक।  
घर की दीवारें मुझे देखते हैं यूँ,  
जैसे हर किसी ने कर दिया मुझे दूर।  
रिश्तेदार, सगे-संबंधी भी अब दूर खड़े,  
मेरी हालत पे सबकी नज़रें सख्त पड़े।  
कभी जो मेरे अपने थे वो पराए बन गए,  
मेरे दर्द से जैसे सब बेज़ार हो गए।

दिमाग में हलचल, दिल में उदासी,  
हर लम्हे में जैसे घुल रही है प्यास भरी प्यास।  
कहने को है ये राहत, पर है ये ग़लत,

ये नशा हर सपने को बर्बाद कर देता है अनंत।  
इक लाचारी, बेबसी का हाल,  
जैसे हर साँस पे टिका हो सवाल।  
हर खुशी को इसने कुचल दिया,  
मुझे ज़िन्दगी की रौशनी से दूर किया।

ओ खुदा, अब मुझसे दूर हो गया है हर कोई,  
इस नशे की दलदल में मैं खो गया हूँ।  
क्या कभी मुझे फिर से मिल पाएगी राह,  
या ये नशा ही बन जाएगा मेरी पनाह।

(The above is a song on the experiences  
of an addict)

-Lenoy, MSW II



# माझा कष्टकरी बाप...



माझा बाप शेतात राब राबतो तसाच  
तो शेवट पर्यंत सगळ्यांसाठी काम करतो  
रानात जाऊन जीवाची हाडेएक करतो ,  
तरी तो तुम्हाला ररकामाच वाटतो

बाप ऊन्हातान्हात जममनीची मशागत करतो,  
कपाळावर आलेल्या घामान ओला मचांब होऊन जातो  
पेरणीसाठी पावसाची वाट डोळ्यांत तेल घालून पाहतो,  
पाऊस मात्र माझ्या बापाची मज्जाच बघत बसतो

पावसाला मात्र माझ्या बापाची मज्जाच बघार्यची होती,  
माझ्या बापानांपण कष्ट करार्यची मजदू सोडली नव्हती  
आला काळ असा पाऊसही माझ्या बापासमोर हरला,  
माझ्या बापाच कष्ट पाहुन आभाळही ढसाढसा रडला

जममनीवर नुसत पाणीच पाणी के ला,  
पावसामळु माझा बाप आता खशु झाला  
आता पेरणीचाही मिवस उजाडला,  
सार्यासांकटाचा सामना माझ्या बापानां के ला

पेरणीवेळी मात्र बापनां सावकाराचा बोझा अंगावर  
घेतला  
पेरणी करताना कपाळावरच्या घामाचा मठपका  
धान्याबरोबर जममनीत तसाच मरुला  
पेरलेल्या मपकाला धान्याचा बहर आला बापानां  
के लेल्या कष्टाचा सार्याघरिाराला आनंद झाला

बापाच्या कष्टान घरात धान्याचा घास आला  
परांतुसावकारानां तो घास तसाच महसकावनू नेला,  
माझा बाप तसा कोपयांत जाऊन दुःख लपवत बसतोर्य  
बापाच्या अंतः करणचा अंदाज कोणालाही नाही  
समजला

शेवटी खचनू न जाता बाप मात्र पुन्हा कामाला राहतोर्य  
माझा बाप अजूनही जीवाच रान करुन कष्ट मात्र तसाच  
करतोर्य.

-Ganesh Chavhan, MSW II

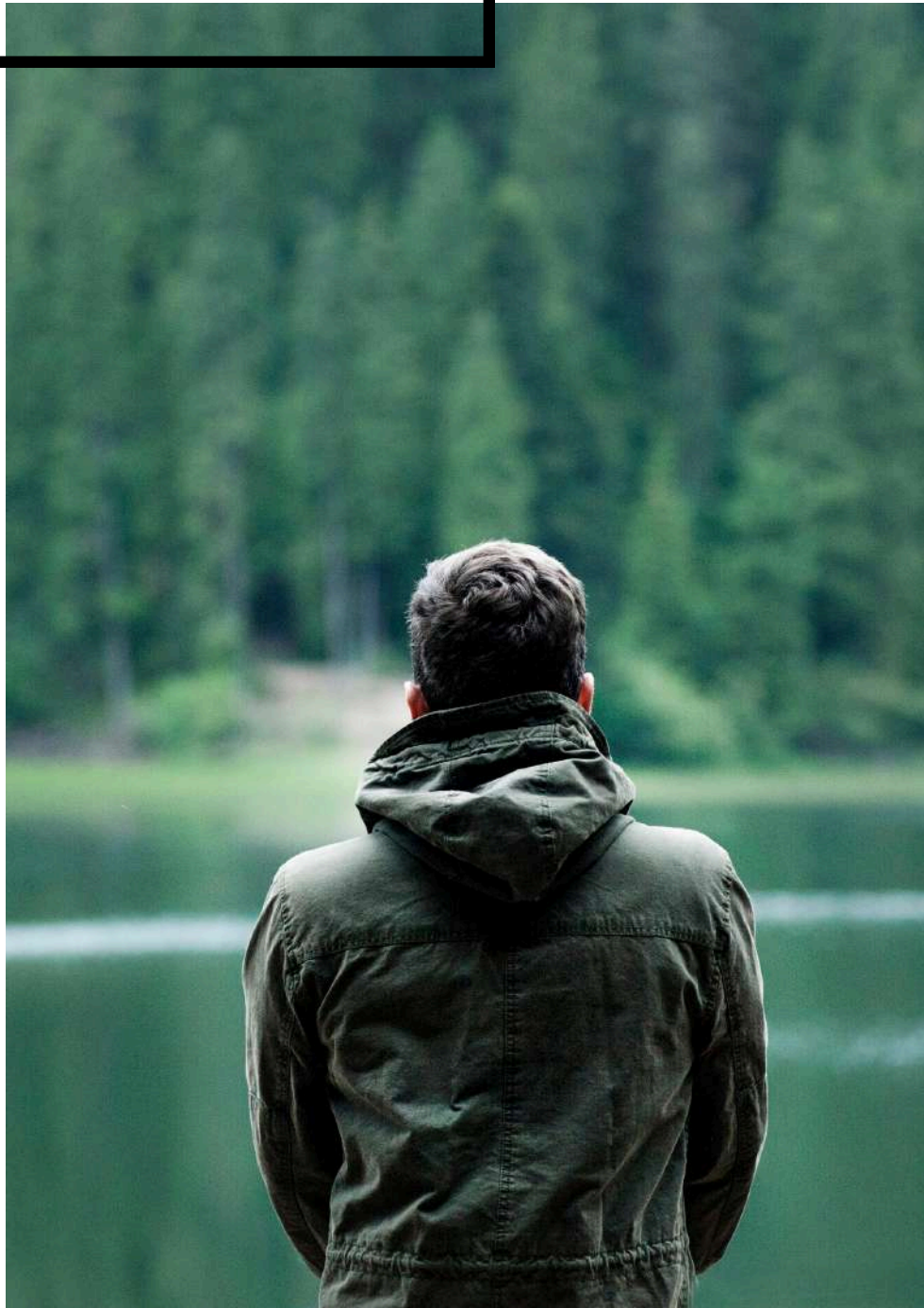
# S I L E N C E

In the depths where turmoil creeps,  
Silence, like a shadow, gently greets.  
Reason unclear, a mystery untold,  
Consciousness questioned, a story unfolds.

Within, a struggle, a battle so real,  
Sky above clouds conceal.  
One thought echoes, a constant hum,  
What holds me in this turmoil drum?

I reassure myself, saying it's okay,  
facing the truth when skies are gray.  
In silence, self-refinement may reside,  
Listening within, where truths abide.  
Life dances, a constant change,  
Fleeting, wavering, in its range.  
Yet, something stays, at its core,  
My worth within, pondering more.  
Silence, a pathway to self-discovery,  
Issues unveiled, a symphony of recovery.  
Worries and tensions, a burdensome load,  
Face them now, with courage bestowed.

- Gaurav Sansare, MSW II





# Empathy and Understanding: The Bridge That Connects Us All



“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” – Leo Buscaglia

In a world filled with noise, confusion, and distractions, it's easy to overlook the struggles of others. We often get wrapped up in our own lives, focused on our own problems, and forget that everyone we encounter has their own story each one of us carrying a burden of our own. But what if we stopped and took the time to truly see others, to walk a little while in their shoes?

Empathy, the ability to understand and share the feelings of another is the invisible thread that connects us. It's not always about doing something grand or courageous; sometimes it's the little things, the everyday acts of kindness, that truly make a difference. As I reflect on my experiences in the field of social work, I realize how vital empathy is. During my fieldwork, I often came across children begging on the streets, some of whom were no older than me. They weren't just children asking for money they were children asking for help, for someone to notice them, for someone to care.

I remember one instance when I encountered a young boy sitting on the edge of a busy street. His eyes were dull with despair, and his clothes were tattered. Instead of passing by as most people did, I stopped and spoke to him. He didn't say much, but the way his eyes lit up when I asked if he needed help spoke volumes. It wasn't a solution to his struggles, but it was a moment of connection, a reminder that he was seen, that he mattered.

Through these moments, I learned that empathy doesn't always have to be a grand gesture. Sometimes, it's just about being present. It's about listening without judgment and offering comfort without expecting anything in return. In a world that's often focused on self, empathy is a gift we can give to others and to ourselves.

Empathy also teaches us to be vulnerable. It reminds us that we don't have to have all the answers. We don't need to fix every problem. What matters is that we show up, that we care, and that we make the choice to be kind, even when it's hard. In my journey, I've come to realize that empathy isn't just a skill to develop, it's a way of life.

It's about embracing our shared humanity, recognizing that we all have moments of joy and moments of pain. We all need someone to lean on, someone to say, "I see you, and I care." Empathy is not a one-time act, it's a ripple effect. When we offer a kind word or a listening ear, we set off a wave of goodness that spreads beyond us. We inspire others to do the same. This is how we build a community, how we create a world where kindness, compassion, and understanding are the norms.

As I continue my work, I strive to lead with empathy in all I do, knowing that every act of understanding can make the world a little bit better. And to everyone reading this, I encourage you to do the same. The next time you see someone struggling whether it's a friend, a family member, or even a stranger take a moment. Listen. Be present. Offer a kind word. “No one has ever become poor by giving.” – Anne Frank

Remember, your act of kindness, no matter how small, could be the one thing that changes someone's day. It could be the bridge that connects you, that heals, and that helps us all feel less alone in this vast world.

Let's make empathy not just something we do, but who we are. Together, we can create a world where everyone feels seen, heard, and valued.

- Neha Yadav, MSW II

# Courage to Be Myself: A Journey of Strength and Self-Acceptance



"Kuch toh log kahenge, logon ka kaam hai kehna." – A timeless Bollywood truth, yet it took me years to understand its depth.

From a young age, I have always been different—bold, outspoken, and unfiltered in my words. I spoke my mind without hesitation, never sugarcoating the truth. Yet, from preschool to school, I was constantly told to be soft-spoken, gentle, and "act like a girl." But how could I? As the eldest daughter in a joint family, maturity and independence became my only goals.

By the time I was in 8th grade, I had already started earning by teaching in classes and taking tuitions to support my own expenses. People gossiped and judged, accusing my mother and me of greed. Their words cut deep, shaking my confidence and making me question myself. I lacked the strength to ignore their opinions, and despite my mother's unwavering support, their words affected my mental health.

But life has a way of bringing the right people into your path when you need them the most. A few true friends helped me rediscover my spark. They embraced me for who I was, showing me that my authenticity was my greatest strength. In 2024, I made a resolution: No matter what, I will stay true to myself. Because at the end of the day, the opinions of others will not shape my destiny—I will.

There were times when I suffered in silence, hoping someone would notice that I wasn't okay. Growing up as the one who always had to be strong, I became the helper, never learning how to ask for help.

I built walls so high that even when I was breaking inside, no one saw it. But deep down, I longed for someone to ask, "Are you okay?"

But here's the twist: when you start believing in yourself, the universe conspires to make things happen for you. Just like in every Bollywood movie where the protagonist rises against all odds, I, too, have learned to embrace my journey. I may not have fully gathered the courage to be unapologetically me, but I am well on my way. This process has cost me friendships and classmates, but it has also helped me find my real people—the ones who see me, understand me, and stay. My circle has grown smaller, and I have transformed from an extrovert to an ambivert, but I have gained clarity about who truly values me.

Through my struggles, I've realized that being misunderstood is not a flaw—it is a sign of growth, resilience, and self-discovery. Every challenge has shaped me, every scar has made me stronger. I have learned that my kindness is not dependent on how others treat me. Even when life tests me, I choose to remain true to myself, knowing that strength is not just in standing tall but in refusing to let the world dim my light.

This journey is far from over, but today, I stand with more courage, embracing my individuality and letting go of the fear of judgment. If being myself costs me people, then so be it—because those who truly belong in my life will always stay.

And while many tried to divert me from my path, being myself has brought me closer to my dreams. Once you decide to stay true to who you are, the universe aligns to push you toward your goals. The right people, opportunities, and experiences find their way to you. No matter how difficult the road may seem, authenticity is the key to unlocking everything you aspire to be.

So, to every girl reading this—who has ever felt misunderstood, judged, or pressured to fit into a mold—remember: Zindagi badi honi chahiye, lambi nahi. Live it on your own terms, embrace your quirks, and chase your dreams fearlessly. Because when you choose yourself, the world chooses you too.

- Snehal Kiran Sunil Tiwari, MASIE I



# सफलता की नई परिभाषा: एक रचनात्मक दृष्टिकोण

सफलता का मतलब केवल दौलत और प्रसिद्धि हासिल करना नहीं है। यह हमारे अंदर के जुनून, हमारे मूल्यों और हमारे सपनों को जीने की कला है। यह एक ऐसी यात्रा है, जहाँ हर मोड़, हर ठहराव, और हर चुनौती हमारे जीवन को निखारने के नए अवसर लेकर आती है।

रचनात्मक दृष्टिकोण से सफलता सफलता को परिभाषित करने का रचनात्मक तर का यह है की हम इसे जीवन के हर पहलू में तलाशें।

- सफलता उस मुस्कान में है जो आपकी मेहनत से किसी और के चेहरे पर आती है। इसका

उदाहरण मैं देना चाहूंगा अपने मम्मी डैडी बच्चे के लिये सब कुछ करते हैं उनकी हर एक

जिद्द पुरी करने की कोशिश करते हैं बच्चों में ही अपनी खुशी ढूँढते हैं यह सफलता की व्याख्या है।

- सफलता उस संतोष में है, जब आप अपना सर्वश्रेष्ठ देते हैं, भले ही परिणाम उम्मीदों के

विपरीत हो। वन साइड लव यानी एक तरफा प्रेम आपको पता है सामने वाला व्यक्ति आपसे

प्रेम करता है या ना करता इससे आपको फरक नहीं पडता पर आप पूर ज़िंदगी या

ज़िंदगी के चुनिंदा पल आप उस व्यक्ति पर न्योछावर कर देते हैं।

- सफलता वह है जब आप गिर्ने के बाद उठने की हिम्मत करते हैं। ज़रूरी नहीं आप जीते या हारे पर धगरने के बाद समपवण ककये बगेर उठना ह सफलता है।

सफलता वह जो हौसलों को हदखाए,

हर मुष्कल से लड़कर मींजल तक ले जाए।

जो कभी न रुके, न झुके, न थके,

ऐसी ह कोसशशें इनतहास रचाए।

एक प्रससद्धि शायर अहमद फ़राज़ का उदाहरण सलया जा सकता है, षजनकी शायर ने न के वल हदलों को

छुआ, बष्क उनके हौसले और सींधिव को भी उजागर

ककया। अहमद फ़राज़ ने अपनी शायर में हमेशा

सच्चाई और समाजक मुद्दों पर बात की। वे पाककस्तान के

राजनीनतक माहौल और तानाशाह के

खखलाफ खड़े रहे, और अपनी शायर के माध्यम से जन जागरूकता फै लाते रहे। उनके जीवन में कई सींधिव थे,

लेककन उन्होंने कभी हार नहीं मानी और अपनी शायर से जनता में हौसला जगाया। उनके

मशहूर शेरों में से एक है:

”ससर्फ़ ताबिश ही नहीं, सहिों की गवाही है,

तुम तक जो भी पहींचा है, वो मुहब्ति ही नहीं है।“

उनकी शायर न केवल हदलों को छूने वाल थी, बष्क समाज के सामने सत्य और साहस का प्रतीक बनगई।

सफर की हर धुल में सितारे ढूँढे,

ओीरों में रोशनी के सहारे ढूँढे।

हारा नहीं , झुका नहीं, बढ़ता रहा,

अपने मन के ओींदर सारे इशारे ढूँढे।

सफलता की नई परिभाषा: एक रचनात्मक दृष्टिकोण

चिनात्मकता का जादू:

सफलता को रचनात्मक नजररये से देखने का मतलब है,

- अपनी असफलताओं को अपने अनुभवों में बदलना।

- जीवन को एक canvas मानना, जहाँ हर हदन एक नई तस्वीर उके र जा सकती है।

- हर ईंसान को उसकी षवसशटिता में स्वीकार करना।

रींग भरो अपनी दनुनया में,

शब्द बुनो अपनी कषवता में।

सफलता वह , जो तुम्हें तुम्हारे हदल से जोड़ दे।

सफलता वह है जब आप अपने डर को पार करके, अपने हदल की आवाज़ सुनकर, और हर नए हदन का

स्वागत उत्साह के साथ करते हैं। यह के वल गीतव्य नहीं, बष्क यात्रा का जकन है।

सफलता वो गीत है जो आत्मा गाती है,

खुद की खोज में जो रोशनी लाती है।

-Rushikesh Pote, MSW II

# CREATIVE CORNER



Angela Ann Saji,  
BSW I

Samruddhi Sonawane  
BSW II



Arva Shikari  
MSW I



# BEST PHOTOS

## 2024 - 2025



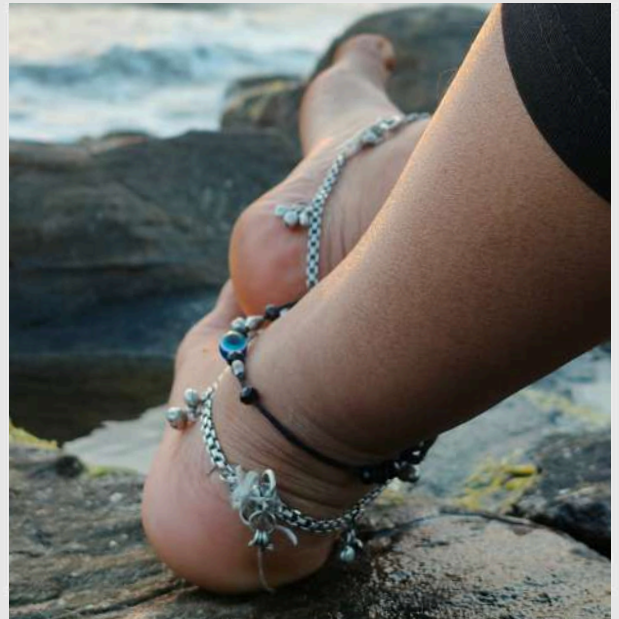
*Sariput Badrike*  
*BSW I*



*Hrishita Sharma*  
*BSW II*



*Ram Chandra Dhuri*  
*BSW II*



*Arya Khanolkar*  
*BSW I*



# BEST PHOTOS

## 2024 - 2025



*Bhakti Gorivale*  
*BSW III*



*Rohit Rathod*  
*BSW III*



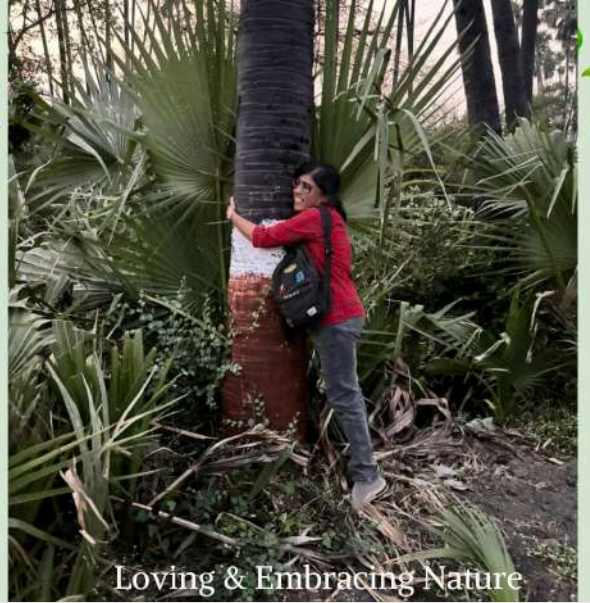
*Ganesh Khanpat*  
*MSW I*



*Aniket Magar*  
*MSW I*

# BEST PHOTOS

## 2024 - 2025

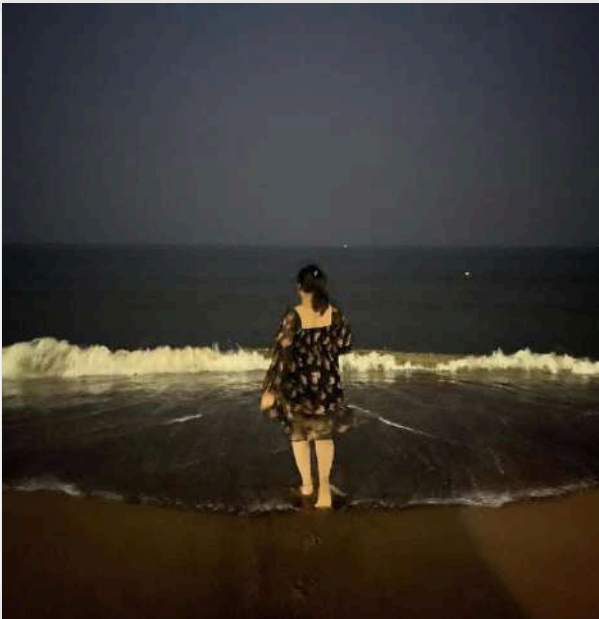


Loving & Embracing Nature

*Loving & Embracing Nature*  
*Arva Shikari, MSW I*



*Empathy and Understanding... Breaking stereotypes*  
*Shelley Babble, MSW I*



*Beauty isn't Flawless!*  
*Prapti Polekar, BSW II*



*Celebrating Uniqueness & Success*  
*Arva Shikari, MSW I*



# *Celebrating the life of* KUSUM TIWARI



With profound sorrow, we mourn the sudden passing of Kusum Tiwari on 3rd November 2024. A dedicated 3rd-year Bachelor of Social Work student at the College of Social Work, Nirmala Niketan. Kusum was known for her exceptional commitment to fieldwork and academic excellence. Her kindness, passion, and hard work will always be remembered.



# Student Council and Extra-Curricular Committee Activities: 2024-2025

The Student Council of the College of Social Work, Nirmala Niketan, actively contributed to raising awareness on social issues, fostering academic discourse, and promoting extracurricular involvement throughout the year.

## Session on "Understanding the Issues of Violence Against Women & Standing Against Rape Culture"

Featuring Advocate Abha Singh, this session provided critical insights into legal frameworks, social responsibility, and systemic change. The discussion inspired students to advocate for women's rights and justice reform.



## Inter-Collegiate Seminar

A platform for students from various colleges to engage in meaningful discussions on social issues, public policy, and community interventions. This seminar fostered cross-institutional collaboration and intellectual growth.

## Annual General Body Meeting

A structured discussion reviewing the council's initiatives, student participation, and future directions to enhance student engagement and advocacy.



The Extra-Curricular Committee played a pivotal role in organizing cultural and awareness-driven programs, ensuring holistic student development.

- **International Yoga Day** (Led by Ms. Ammatula) – Promoted mindfulness, health, and well-being.
- **Orientation Program:** "Young India Unchained" (In collaboration with Prakruti Organization) – Encouraged youth leadership and social engagement.
- **Fresher's Party** – Welcomed new students into the vibrant college community.
- **Independence Day Celebrations** – Featured singing, elocution, and poetry competitions fostering patriotism.
- **Teachers' Day Celebration** – Honored faculty members for their dedication and contribution to student growth.
- **Suicide Prevention Awareness Program** (Led by Dr. Avinash) – Focused on mental health awareness and suicide prevention strategies.
- **Christmas Celebration** – Brought students and faculty together in the festive spirit, fostering a sense of unity and joy.

The **Annual Day Celebration**, held on 22nd February 2025, was a grand success, centered around the theme:

"Bharat: Kal, Aaj, Kal" (India: Past, Present, Future)

Through these dynamic initiatives, the Student Council and Extra-Curricular Committee strengthened student engagement, promoted social awareness, and enriched the academic and cultural landscape of the institution.



# SPORTS ACTIVITIES

Sports have always been an integral part of student life, fostering teamwork, discipline, and a spirit of healthy competition. The academic year 2024-2025 witnessed an array of sports events, allowing students to showcase their athletic skills and sportspersonship.

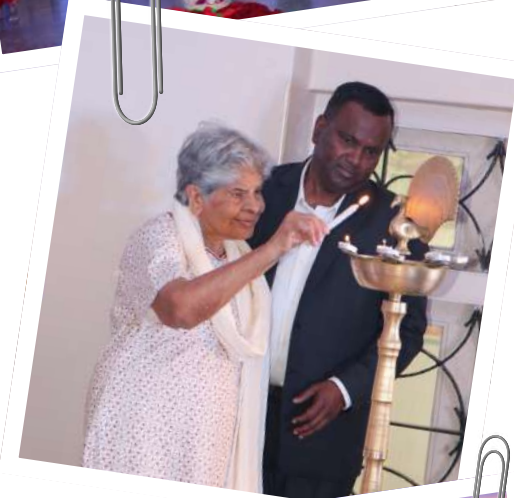
The Indoor Sports Day on 28th August 2024 saw enthusiastic participation in chess, carrom, table tennis, badminton, and other engaging activities. Students displayed strategic thinking, agility, and competitive spirit, making the event a resounding success. Our students also proudly represented the college in Inter-Collegiate University Tournaments, competing in kabaddi (boys' team) and table tennis (boys' team). Their participation reflected the institution's commitment to encouraging sports at a competitive level.

The much-anticipated Annual Sports Day on 11th January 2025 was a grand celebration of athleticism and teamwork. Students competed in track events like the 200m race, 400m relay, and 50m sack race, as well as field events including shot put, discus throw, and javelin throw. Team games such as kabaddi (boys and girls), football, volleyball, and tug of war witnessed immense energy and participation.

Through these events, the college successfully promoted physical fitness, teamwork, and camaraderie, ensuring that sports remain a vibrant and cherished part of campus life.







RIWAYAT 2025, the much-anticipated intercollegiate cultural fest, embraced the theme Incredible and Inclusive India, showcasing artistic brilliance and intellectual vibrancy. The grand inauguration by Dr. Lidwin Dias and Chief Guest Mr. Michael Thevar set the stage for an unforgettable experience.

The festival featured diverse events: Khula Munch (poetry, storytelling), Bharat Ki Jhalak (documentary screenings), Nrityotsav (dance performances), Rangsaaz (art competition), Vichar Vimarsh (debate), Aloktā (photography contest), Suno Hamari Boli (street play competition), Sangam (music performances), and Surat-e-Riwayat (cultural showcase).

With 25 colleges, 138 registered participants, 15 on-spot entries, and 125 students from our college, RIWAYAT 2025 was a resounding success. The festival concluded with a Prize Distribution Ceremony, honoring winners across categories.

We extend heartfelt gratitude to our chief guest, dignitaries, faculty, organizers, volunteers, and participants for making RIWAYAT 2025 a true celebration of talent, diversity, and cultural unity.



# National Student Led Conference 2024

The National Student-Led Conference (NSLC) 2024, hosted by the College of Social Work (Empowered Autonomous), Nirmala Niketan, was held on 27th & 28th September 2024 at the Goregaon Extension Center. Centered on the theme “Equity and Social Justice: Exploring Strategies for Inclusive Social Work Practice,” the conference focused on vulnerabilities of marginalized groups, innovative interventions for social inclusion, and practicing equity in contemporary social work.

Guided by Dr. Ronald Yesudas, Dr. Anjana Parmar, and Mr. Albin Thomas, with student conveners Chaitanya Abraham (MSW-II) and Zainab Shaikh (BSW-III), the event fostered meaningful dialogue and knowledge exchange. 51 participants from 9 universities across India and 120 students from the host college engaged in discussions on advocacy, fair resource distribution, and social work’s role in fostering inclusivity.

Through insightful sessions, research presentations, and interactive dialogues, the NSLC 2024 provided a platform for future social workers to collaborate on strategies addressing social disparities. The event reinforced the importance of inclusive policies and interventions, strengthening the commitment to equity and social justice in social work practice.



The first day of the National Student-Led Conference 2024 commenced with a formal inauguration, featuring the college anthem, lamp lighting ceremony, and inspiring addresses by dignitaries.

The Keynote Address was delivered by Prof. Helen, who explored the themes of Equity, Justice, and Inclusion through the impactful initiatives of SALOKHA in peace education and community harmony. A thought-provoking Plenary Session featured:

- Dr. M.T. Joseph, who examined vulnerabilities and social inclusion, addressing privilege, historical injustices, and systemic barriers.
- Ms. Priti Patkar, who shared innovative strategies for social inclusion, drawing from Prerna’s work with children of sex workers.
- Adv. Flavia Agnes, who highlighted legal frameworks and justice mechanisms, shedding light on the challenges of advocating for marginalized communities.



Engaging Parallel Paper Presentations covered diverse topics, including child beggary, political participation of young women, educational barriers for children of sex workers, and ethical dilemmas in social work.

The day concluded with a Cultural Program, celebrating India’s rich diversity through dance, music, and poetry, fostering an atmosphere of unity and artistic expression.

The second day of the National Student-Led Conference 2024 featured Inter-theme Paper Presentations, where students explored a diverse range of social issues, including climate change and tribal women, NGO interventions, menstrual hygiene for HIV-positive girls, school dropout prevention, utilization of Pradhan Mantri Jan Arogya Yojana, ageism, sex workers’ living conditions, and elderly care in old-age homes. These discussions provided valuable insights into contemporary social work challenges and innovative solutions.



The Valedictory Session was marked by an insightful speech from Dr. Vajanta Anand, who critically examined structural inequalities and stressed the need for policy advocacy and systemic change to achieve social justice.

The conference concluded with the Certificate Distribution and Vote of Thanks, recognizing the contributions of participants, faculty, and organizers. Reflections on inclusive development and actionable change underscored the event’s success in fostering meaningful discourse and inspiring future social work practitioners.

The National Student-Led Conference 2024-25 provided a transformative platform for student social workers to engage in critical discussions, research, and advocacy. It fostered collaboration, deepened understanding of systemic inequalities, and reinforced the role of social workers in promoting inclusive development. The event inspired attendees to translate their learnings into action, keeping equity and justice at the core of their practice.



# JUNOON 2025

Rotaract club of College of Social Work (Empowered Autonomous), Nirmala Niketan organised an entrepreneurial exhibition on 9th January 2025. The major objectives of the exhibition were to provide an opportunity to the small business enterprises to showcase their products in a public forum. It was also a fundraising activity by the club in order to mobilise resources for the Rotaract Club and the student welfare fund. As club members, the students got an opportunity to learn how to manage an event from start to end right from contacting the stalls, venue management, fundraising for the event, mobilising the participants to managing the accounts and hospitality during the day of the event. Junoon 2025 was a completely sponsored event with zero budget taken from the college. Students were able to mobilise the resources for the stalls, lighting, print, food for the business persons and the club members.

The programme started at 10.00 am with the inauguration of the event by Dr. Lidwin Dias, Principal, College of Social Work (Empowered Autonomous) Nirmala Niketan. There were 14 stalls in total that participated in the programme which sold various products. The products ranged from clothes, food stalls, jewellery, cosmetics and so on. Because of the prime location that the college has in south Mumbai, and being surrounded by the different office spaces and other colleges, there was a footfall of more than 500 people who had visited the exhibition on the day of the event. The event concluded at 8.30 pm.

Students were able to mobilise an amount of Rs.33200 as sponsorship for the programme. From the stalls, an amount of Rs. 43000 was generated for the club activities and the student welfare fund. The stalls also had good returns for their investment and were really appreciative about the hospitality provided by the students in the college premises.





# THE VOCAL CONFERENCE 3.0

The Vocal Conference 3.0, held at College of Social Work (Empowered Autonomous), Nirmala Niketan, fostered critical discussions on social justice, caste discrimination, and legal reforms through an exploration of influential literary works. The event commenced with a welcome address by Dr. Lidwin Dias, followed by an insightful review of the past two editions of the conference.

Four thought-provoking presentations were delivered:

- Pratiksha Chimaji Wargude analyzed Dr. B.R. Ambedkar's Who Were the Shudras?, shedding light on the historical oppression of Shudras and their marginalized status.
- Mansi Umesh Gangurde discussed Ambedkar's Hindu Code Bill, emphasizing its role in ensuring gender equality and property rights for women.
- Premasagar Bagade explored Mahashweta Devi's Aranyacha Adhikari - Birsa Munda, highlighting Birsa Munda's rebellion against colonial and feudal oppression.
- Pavan Vagh presented on Shahu Maharaj's contributions to education, caste equality, and social reforms, inspiring reflection on his enduring legacy.

The conference concluded with an engaging Q&A session, reinforcing the power of knowledge and action in shaping an equitable society. The event left participants with a renewed commitment to challenging discrimination and advocating for social change.





# STUDENTS ACHIEVEMENTS

**Mr. Sariput & Mr. Swayam (BSW 1) – 3rd Prize in the Inter-College Carrom Tournament (Men's Doubles)**

**Mr. Sariput (BSW 1) – 3rd Place in the Carrom Competition at Pillai College.**

**Ms. Angela Ann Saji (BSW 1) – 1st Prize in Story Writing Competition at NN College of Home Science.**

**Baliram Yadav (BSW 1) – Selected as 'Cabinet Minister' in Youth Parliament.**

**Dnyaneshwar Ishte (BSW 1) – Selected as 'Organization Officer' in Youth Parliament.**

**Sariput Bhadrake (BSW 1)– 3rd Place in National Level Inter-Collegiate Competition.**

**Laxmi (BSW 2) – 2nd Prize in the Youth Competition for Indian Classical Dance.**

**Arva (MSW 1)- 2nd Prize in Inter Collegiate Slogan Writing Competition**

**MA Social Innovation & Entrepreneurship Students – 3rd Prize in the Street Play Competition at Anubhav Mumbai Festival.**

# CLASS OF 2024 - 2025



**BSW 1**



**BSW 2**



# CLASS OF 2024 - 2025



## BSW 3



# CLASS OF 2024 - 2025



**MSW 1**



**MSW 2**



# CLASS OF 2024 - 2025



**MASIE 1**



**MASIE 2**



