



College of Social Work  
Nirmala Niketan

COLLEGE OF SOCIAL WORK NIRMALA NIKETAN  
(EMPOWERED AUTONOMOUS)

# TRANSFORMING SOCIETY: VOICES & EXPERIENCES

# NEEN



Student's  
Magazine

MARCH 2026



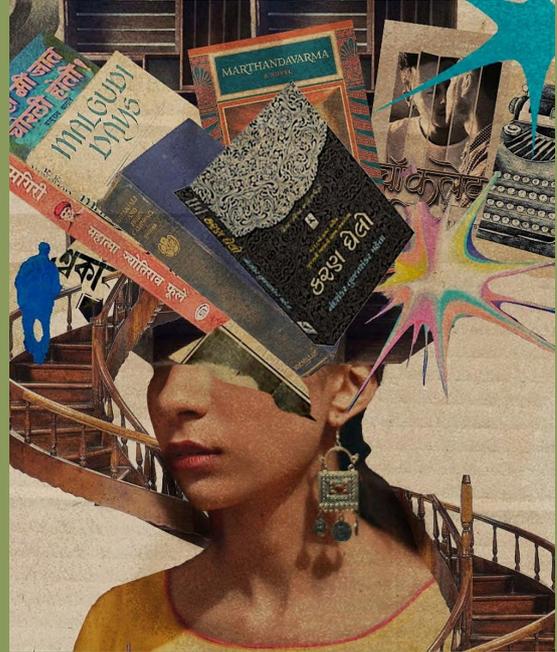
*Nirmala Niketan is not just a college building  
It is a space where compassion, knowledge, and commitment  
come together to create future social workers.*

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# WHAT IS NEENV ?

Neenv is a student-initiated annual magazine produced and published by the students every academic year and this since 2017. It serves as a platform for students to express their experiences, learning, and perspectives through articles, poetry, narratives, reflections, and other creative forms of writing. Neenv captures students' journeys both inside and outside the classroom. It reflects academic learning, fieldwork experiences, and lived realities, allowing students to connect theory with practice and personal insight.



Writing in Neenv is encouraged as a means of reflection, expression, and growth, rather than as a tool to impress.

A central value of Neenv is inclusivity. The magazine invites participation from all students, irrespective of their academic performance or prior writing experience. By creating a supportive and non-judgmental space, Neenv helps students build confidence in their ideas and develop their writing skills. The magazine is edited by student editors under the guidance of faculty members, who support students in selecting, refining, and strengthening their work. This editorial process ensures quality while also promoting critical thinking, ethical awareness, and intellectual development among students.

Neenv emphasizes the importance of sharing thoughts that can inform, inspire, transform and resonate with fellow students. Through collective contribution and collaboration, the magazine remains a living record of student voices and experiences. By encouraging continuous participation, Neenv sustains a culture of reflection, creativity, and meaningful dialogue within the academic community.

# PRINCIPAL SPEAKS

As we celebrate the Platinum Jubilee year of the College of Social Work, Nirmala Niketan, our hearts are filled with gratitude for the many blessings we have received. We fondly recall the contributions of everyone who has been part of this remarkable journey of excellence.

NEENV, the students' magazine, is a unique platform where our students are able to share, express, and articulate their experiences and learnings. This year, with immense joy, I present the 10th edition of NEENV, which focuses on the theme "Transforming Society: Voices and Experiences."



In this edition, students have shared stories of courage, highlighted unseen and unsung heroes, reflected on lessons from fieldwork and ground realities that have shaped their lives, and expressed how social work has broadened their vision—helping them understand who they are and what they aspire to do to bring about change in society, while promoting values, human dignity, and unity.

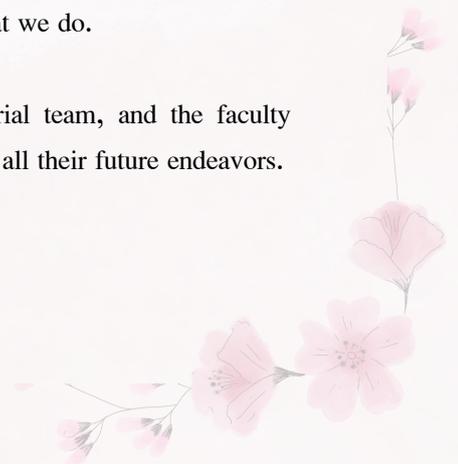
This initiative has helped students become more expressive, creative, and confident—not only in their writing but also in their organizational skills and teamwork, as they encourage and support one another. NEENV also provides a valuable platform for students to develop editorial skills and add a professional touch to the magazine.

The College has always remained true to its vision, mission, and values, and we continue to strive steadfastly in that direction. The college motto, "The highest law of love is service," resonates deeply with the words of Saint Mother Teresa: "Not all of us can do great things. But we can do small things with great love." This message beautifully affirms that love is most meaningfully expressed through humble acts of service. It reflects the spirit of dedication and commitment that defines our college where we are called to deepen our commitment through selfless and loving service, and to give our very best in all that we do.

I would like to sincerely thank the guiding faculty members, the student editorial team, and the faculty editorial team for their hard work and dedication. I wish them continued success in all their future endeavors.

***Prof. Dr. Lidwin Dias***

***Principal***



## A MESSAGE FROM THE STUDENT COUNCIL CONVENOR'S DESK

As the Faculty In-charge of the Student Council, it gives me immense pride and heartfelt joy to present this edition of NEENV. True to its name—the foundation—this magazine stands as a testament to the ideas, courage, creativity, and lived experiences that form the bedrock of a progressive society.

The theme, “Transforming Society: Voices and Experiences,” is both timely and timeless. It is an attempt to present the experiences of our students during the intensive fieldwork practice that they undergo as a part of their training in Social Work. Field work as they say is the heart and soul of Social Work and hence this edition of NEENV is both heart touching and soul stirring. Transformation does not begin in grand assemblies or distant corridors of power; it begins in classrooms, in conversations, in questions asked with sincerity, in simple field work tasks and in stories shared with courage. Every voice matters. Every experience carries within it the potential to inspire understanding, empathy and change.

Our students have expressed themselves with remarkable honesty and insight in these pages. Through articles, reflections, poems, photographs, and narratives, they have explored social challenges, celebrated diversity, questioned norms, and envisioned a future shaped by compassion and responsibility. This edition of NEENV is not merely a compilation of creative work—it is a mirror to our collective consciousness and a window into the society we aspire to build.



In an era where change is rapid and often overwhelming, it is essential that young minds learn not only to adapt but also to lead with integrity and awareness. The Student Council has consistently demonstrated that leadership is not about authority, but about listening—about amplifying unheard voices and creating spaces where dialogue can flourish.

Transformation begins with awareness, grows through dialogue, and sustains itself through action. I hope this magazine encourages each reader to reflect, to engage meaningfully with diverse perspectives, and to recognize their own role in shaping society. May these voices inspire empathy, ignite critical thought, and strengthen our resolve to contribute positively to the communities we inhabit.

I extend my sincere appreciation to the literary committee for working tirelessly to bring forth this edition. Their teamwork and dedication are exemplary. My special gratitude to our Principal Dr. Lidwin Dias for taking a special interest in guiding the students at each and every step. Heartfelt gratitude to the contributors, mentors, faculty editors, and every individual whose effort has made this edition possible. Your passion and perseverance have laid yet another strong brick in the foundation—our NEENV. May we continue to build, to question, to create, and above all, to transform.

*With warm regards,*

*Dr. Saman Afroz*

*Faculty In-charge, Student Council*

# A MESSAGE FROM THE GENERAL SECRETARY

With immense gratitude and pride, I pen down this note for NEENV 2026. Being entrusted with the responsibility of serving as the General Secretary this year has not just been a position it has been a journey of growth, learning, and transformation.

The theme of this year's magazine, "Transforming Society: Voices & Experiences," is not merely a title; it reflects the very spirit of social work and the lived realities we encounter every day. As students of social work, we do not just study society we listen to it, engage with it, and strive to transform it. Every voice matters, and every experience carries the power to create change.

Over the years at the College of Social Work (Empowered Autonomous), Nirmala Niketan, I have witnessed how education here goes beyond classrooms. From fieldwork experiences and community interactions to live case hearings and academic research, each opportunity has shaped my understanding of society and my role within it.



Listening to women seeking justice, understanding the struggles of marginalized communities, observing systemic gaps, and working toward solutions these experiences have strengthened not only my professional skills but also my empathy, resilience, and sense of responsibility.

This institution has been a space where ideas are encouraged, leadership is nurtured, and growth is constant. The guidance of our respected faculty members has played a vital role in shaping my perspective. Their mentorship has taught me that true leadership is not about authority, but about accountability, sensitivity, and collective progress. The support received from peers and the Student Committee has made every initiative meaningful and impactful.

Transformation does not happen overnight. It begins when voices are heard, when experiences are acknowledged, and when individuals are empowered to express themselves. This magazine is a reflection of that transformation. Every article, poem, reflection, and creative expression within these pages represents courage: to speak, to question, to reflect, and to evolve.

As a General Secretary, I have learned that leadership is deeply rooted in collaboration. Organizing events, coordinating teams, managing responsibilities, and balancing academics with commitments have been challenges that taught me patience, adaptability, and perseverance. Most importantly, they reminded me that growth happens when we step beyond our comfort zones.

Nirmala Niketan is more than an institution; it is a foundation a Neenv that prepares us to build a more just and compassionate society. It instills in us the values of dignity, equality, and service. It transforms students into sensitive professionals and responsible citizens.

I extend my heartfelt gratitude to our Principal, faculty members, non-teaching staff, the Literary Committee, and every contributor who has brought this edition of NEENV to life. Your dedication and belief in collective growth have made this possible.

To every student reading this, "Never underestimate the power of your voice and your experience, you have the strength to transform not only your life but also the society around you."

Let us continue to listen to our voices within, believe in ourselves and work towards bringing out change !

With gratitude and hope,

Purvi Waghela  
General Secretary  
CSWNN  
2025-26



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# A SMILE INSIDE THE PRISON WALL

George Peter, MSW-1

Today was not an ordinary day for me. Sometimes, life reminds us that learning does not end with a master's degree in our hands. In fact, some of the most powerful lessons come from the places we least expect.



During my visit to one of the largest prisons in Asia, I came across a man whose calm smile stood out sharply against the harshness of the place. He was walking past me confidently, as if the prison walls did not define him. Hesitant, yet curious, I stopped him and asked, “Why do you look so happy today?” He looked at me and replied with quiet joy that it was the last day of his trial. He introduced himself as a businessperson who was imprisoned due to a legal case. However, he went to the court thinking that he would get bail and would be free to go home, but unfortunately, he had to stay back.

What deeply moved me was how he spoke about his time inside the prison. He said that his four years of prison life taught him a truth he had never faced outside. Earlier, he was a harsh man towards everyone. He had no patience to wait for others, and he expected everything to happen according to his wishes. He would get angry even over small and insignificant matters. Time, for him, was something that belonged only to himself.

Prison life, however, revealed another side of his existence. He said here, “I have to wait in a queue for at least thirty minutes just to receive food. To speak to my wife and children, I have to wait for an entire week. To get something from outside or to see somebody I have to undergo thorough security check. These moments of waiting taught me patience, humility, and self-reflection. He said that this experience forced him to pause and genuinely think about his life and the way he had lived it. He did not speak with anger or shame. Instead, he spoke with maturity and gratitude. He smiled and said, “This place changed me. I lost my freedom, but I found myself.”

This brief conversation stayed with me long after I left the prison. It reminded me that every individual carries a story worth hearing. For me, that day truly became an extraordinary day because I learned an extraordinary lesson from a man society often chooses not to see.

# WHY SOCIAL WORK MATTERS TO ME?

Eshaan Pinto, BSW-III



Social work matters to me because its value system deeply aligns with my own personal values. The profession stands for dignity, equality, justice, and respect for all individuals, especially those who are marginalized or excluded. These principles are not just theoretical ideas for me; they shape how I see society and how I believe change can take place. Social work gives a structured and ethical direction to values that I already hold close.

At the same time, social work remains a highly undermined and an under regulated field in India. Despite the immense responsibilities social workers carry, the profession often lacks adequate recognition clear regulatory frameworks, and institutional support. Many social workers continue to work in challenging conditions with limited resources, and their contributions remain invisible or unvalued. This gap between the importance of the work and the recognition it receives makes the

field both challenging and in need of urgent attention.

Social work, advocacy, and action are especially crucial in today's context because Indian society is extremely complex and diverse. Factors such as caste, class, gender, religion, region, language, disability, and economic status intersect in ways that shape peoples lived realities. Social issues in India are therefore never simple or uniform; they are layered, nuanced, and deeply interconnected. Addressing such issues requires an intersectional approach: one that understands how multiple forms of inequality and oppression operate together rather than in isolation.

To effectively respond to these realities, social workers cannot work in isolation. We need collectives of like-minded social workers and activists who share a common vision for social justice. Change cannot be achieved in isolation. It requires collaboration, shared learning, and sustained action rooted in ethical practice and critical understanding. A strong collective allows social workers to amplify voices, challenge oppressive systems, and work across communities and movements.

Lastly, it is essential to recognize the contributions of past and present social workers and activists. Their movements, struggles, and sacrifices have laid the foundation for many of the rights and protections that exist today. Remembering their work is not just about acknowledging history; it is a moral responsibility. Building upon their efforts ensures that their struggles were meaningful and that the pursuit of justice continues with renewed commitment. Social work, for me, is both a continuation of this legacy and a responsibility to carry it forward with integrity and purpose.

# UNSEEN HEROES IN THE COMMUNITY

Shephali Mahanta, BSW-II

Fieldwork is an important part of social work education, as it helps students understand real-life situations beyond classroom learning. Through fieldwork, students are able to interact with communities and observe the daily challenges faced by people. One of the most meaningful lessons learned from fieldwork is recognising the presence of unseen heroes within the community.

In many families, facing economic difficulties, caregivers—especially mothers and elderly family members—play a major role in supporting children. Despite limited income, poor living conditions, and a lack of resources, they make continuous efforts to provide care, safety, and emotional support to their children. Their daily lives are shaped by struggle, yet they continue to prioritise their children's nutrition, safety, and emotional well-being. Their dedication to the well-being of the family often goes unnoticed.

During fieldwork, I observed that families whose children have health or developmental concerns showed great tenderness, patience, and responsibility towards the child. Even without professional guidance, they tried to understand the child's needs and adjusted their daily routines accordingly. Simple actions such as spending time with the child, encouraging movement, and seeking help whenever possible from community members reflected their commitment and love for their children.

Community members also played a supportive role. Neighbours often helped by looking after children while parents worked, women shared food during times of scarcity, and elders offered guidance and emotional reassurance during difficult times. These small acts of kindness showed a strong sense of togetherness and mutual support within the community.

As a student social worker, these experiences helped me understand that social work is not only about identifying problems but also about recognising strengths within individuals and communities. The unseen heroes—caregivers and supportive community members—show constant resilience, responsibility, and care in their everyday lives. Their stories deserve space, visibility, and appreciation—not only in our reports, but in our collective conscience.

# FROM RAW TALENT TO REAL CHANGE : Music as a Social Movement

Ashish Minal Milind Jadhav, MSW-II

College life has always been more than classrooms and textbooks. For me, it was a space where cultural events, folk dance, orchestra, and spontaneous performances created a raw platform for raw talent. These moments were not just performances; they were expressions of identity, struggle, joy, and resistance. Somewhere within this vibrant cultural chaos, the seed of “क-कलाकाराचा” (K-Kalakarancha) was planted.

After completing my 12<sup>th</sup> Standard and Bachelor of Social Work, I stepped into the working world. Even while managing responsibilities, the idea of “क-कलाकाराचा” stayed alive. Throughout the year, I kept working on this concept by observing, learning, and imagining how music could go beyond applause and become a voice for the society.

The real turning point came during my master’s journey. I met friends’ (young men) with passion, raw voices, and courage to sing on the spot, perform without preparation, and connect instantly with people. They were not trained artists with big platforms, but they had their stories. Their enthusiasm and honesty added depth to the concept. That is when “क-कलाकाराचा” evolved from a cultural idea into a social musical movement.

The Concept: From street vibes to soulful gigs, we capture live music and give every passionate musician their stage. We celebrate diversity, beats, and stories that connect us all.

But this was never meant to be just entertainment.

Music With a Social Purpose.

“क-कलाकाराचा” believes that music can educate, awaken, and mobilize. Through songs, we address constitutional values, social justice, equality, mental health, gender sensitivity, caste realities, and youth responsibility. Music becomes a medium of awareness, simple, emotional, and accessible.

When people may resist speeches, they listen to songs.  
When words feel heavy, music makes them human.

Our performances aim to create awareness, not noise. They create conversations, not distractions. This is music where the Constitution meets creativity, where social issues meet rhythm, and where youth find a voice.

## Youth as Change-Makers.

Today's youth do not lack talent, they lack platforms. "क-कलाकाराचा" becomes that space where young musicians, especially from marginalized or unheard backgrounds, can express themselves freely.

It proves that change does not always begin in offices or movements; it can begin with a guitar, a beat, or a voice raised with purpose.

It Matters Because

This is not just a musical group.

It is a social effort.

It is awareness through art.

It is youth choosing purpose over popularity.

*Most importantly, it is proof that when passion meets responsibility, change finds its rhythm.*



# PSYCHOLOGY EMPOWERS AN ECO-SYSTEM

Narayani B., MSW-I

In order to support children with multiple disabilities, including visual impairment (MDVI), Muskan Foundation's environment is shaped by a holistic, child-centered, and inclusive approach that combines physical space, emotional climate, and professional collaboration. Recognizing that family dynamics, socioeconomic circumstances, and resource accessibility have a significant impact on a child's development, the foundation's setting extends beyond classrooms into homes and communities. Whilst counsellors help create an emotionally safe environment by addressing parental stress, acceptance, and coping mechanisms. Special educators use multisensory materials to create structured yet flexible learning spaces. Children and caregivers benefit from this integrated environment, which lowers anxiety, promotes involvement, and builds trust.

In order to change the environment from a service-based setting to an empowering ecosystem, social workers are essential. They close gaps between families, institutions, and systems through home visits, advocacy, awareness-raising, and government program facilitation, ensuring that environmental constraints like small living quarters, poverty, or stigma do not become obstacles to a child's development. When they are around, the psychological atmosphere changes from helplessness to participation, hope, and a well-informed decision.

Working in this setting demonstrated how psychology is intricately entwined with relationships, environments, and social structures rather than being restricted to individual behaviour. Children and families react with increased engagement, confidence, and resilience when professionals consciously create supportive environments, as the fieldwork experience highlighted. This knowledge reaffirmed the lesson that psychologically supportive environments based on empathy, inclusion, and cooperation are just as important for long-term change in disability work as interventions.

# MY PRACTICAL EXPERIENCE AS A STUDENT SOCIAL WORKER

Esther George, BSW- I

My practical experience as a student social worker was meaningful and transformative. During my fieldwork, I directly interacted with the community through home visits and centre-based activities. I observed real-life challenges such as lack of awareness about services, schemes, health, sanitation issues, and overcrowding which helped me understand society beyond lectures. Working with children, families, and community groups taught me patience, empathy, and active listening. Initially, I felt unsure of myself, but with guidance I gradually gained confidence in communicating, documenting, and handling responsibilities both independently and as part of a group. I also learned the importance of teamwork, time management, and maintaining professional boundaries. Fieldwork exposed me to grassroots-level realities and helped me understand the roles and responsibilities of a social worker in bringing positive change. This experience helped me recognize my strengths and areas of improvement and confirmed my interest in social work.

# TRANSFORMING SOCIETY THROUGH CSR: INTEGRATING FIELD EXPERIENCE AND CSR PLANNING

Arshiya Arifkha Pathan, MA-SIE-II

India is the first country in the world to legally mandate Corporate Social Responsibility (CSR), requiring eligible companies to spend two percent of their profits on social development. While this percentage may appear small, it carries significant responsibility, as it reflects how seriously corporations choose to engage with society beyond profit making. This mandated contribution has the potential to create meaningful social change when it is planned carefully, implemented ethically, and guided by the real needs of communities.

My internship with Larsen & Toubro (L&T) and its implementing partner NGO, Seva Mandir in Rajasthan, provided me with an opportunity to understand CSR not only as a policy requirement but as a practical and evolving process.

During this internship, I gained experience in both fieldwork and desk-based CSR planning. I spent one month engaging directly with communities and another month involved in planning, documentation, coordination, and understanding CSR frameworks. This combined exposure helped me see how CSR initiatives move from ideas and strategies developed at the desk to the actions conducted on the ground, and how each stage influences social impact.

During my field engagement, I realised that CSR is much more than fulfilling legal obligations. In practice, it acts as a bridge between governance systems and community needs, especially in contexts where government programmes face limitations. India has several government schemes related to education, health, livelihood, water, and sanitation.

However, despite good intentions, many of these programmes face challenges such as limited administrative reach, rigid implementation structures, and difficulty in adapting to local contexts. As a result, marginalised communities often do not receive the full benefits intended for them.



Through my work with Seva Mandir, I observed how CSR initiatives can complement government efforts by addressing these gaps. CSR does not replace the role of the State but strengthens existing systems by providing flexibility, additional resources, and targeted interventions. Field exposure helped me understand the importance of listening to community voices, recognising their lived realities, and involving them in decision making processes. This experience reinforced the idea that development initiatives become meaningful only when they are grounded in people's experiences.

Alongside fieldwork, my desk-based responsibilities gave me valuable insight into how CSR initiatives are planned and managed within corporate structures. I gained experience in programme planning, reviewing project documents, understanding compliance, and reporting requirements, and observing coordination between corporate teams and NGO partners. This phase of my internship showed me that planning and documentation are not merely administrative tasks but essential components of responsible CSR practice. Clear planning ensures that interventions remain focused, resources are used effectively, and outcomes can be monitored and evaluated.



*Where Community Comes Together: Stories from the field*

This experience became especially meaningful when viewed alongside my academic journey in social work and social innovation. Through my Bachelor of Social Work (BSW), I developed a sturdy foundation in understanding community realities, social inequalities, ethics, participation, and empowerment. Field engagement during my internship allowed me to apply these values in real situations, helping me see people not merely as beneficiaries but as active stakeholders in development processes. At the same time, my Master's in Social Innovation and Entrepreneurship (MASIE) strengthened my understanding of planning, governance, documentation, and strategic decision making within CSR initiatives. The integration of field experience with desk-based planning helped me clearly understand how corporate strategies, governance systems, and community needs intersect. I learned that CSR is not merely a legal obligation or a financial contribution; even at two percent, it can reflect a 100 percent commitment to society when ethical planning is guided by field realities. This experience reinforced the importance of linking classroom learning with practice, showing me that CSR and social innovation can succeed only when decisions made at the desk are informed by voices from the field.

CSR also provides an important space for social innovation. Through both field engagement and planning work, I learned that social innovation does not always involve advanced technology or large-scale projects. Often, it involves small but meaningful changes that respond to local realities. This includes adapting interventions to community contexts, encouraging

participation, and designing solutions that are culturally sensitive and practical. Innovation in CSR becomes effective when it is informed by field realities and supported by strong planning systems.

The partnership between L&T and Seva Mandir highlighted the importance of collaboration in CSR implementation. L&T contributed structured planning, governance mechanisms, monitoring systems, and strategic oversight, while Seva Mandir brought deep community knowledge, long-term engagement, and trust built over years of grassroots work. This collaboration ensured that CSR initiatives were not only efficient but also socially relevant and sustainable. Observing this partnership helped me understand that meaningful social change requires cooperation between corporates, NGOs, and communities.

Another important learning from this experience was the value of field exposure for students of social management and social innovation. Plans developed without understanding ground realities often remain theoretical and disconnected from people's actual needs. At the same time, fieldwork without planning may lack direction and sustainability. Experiencing both allowed me to understand how CSR initiatives move from community engagement to structured action, ensuring accountability and long-term impact.

In conclusion, CSR is not merely a legal mandate but a powerful tool for social transformation when implemented with responsibility, ethics, and thoughtful planning. My internship allowed me to gain meaningful experience in both fieldwork and CSR planning, helping me understand how governance systems, corporate strategies, and community needs come together in practice. This integrated learning experience strengthened my professional understanding and reinforced my belief that sustainable social change begins when field realities guide planning decisions. As a student of social work and social innovation, this experience has been central to my learning and has prepared me to engage responsibly and effectively in the field of CSR and development practice.

# A WONDERFUL CONVERSATION WITH STREET VENDORS

Benedicta Mary, MSW-I

In an effort to learn about informal migrant communities, the MSW-1 students were given the group work of interviewing a few street vendors. We asked their permission to record the interview and take their photos. They were cordial and answered all our questions with calmness. They are migrants and were here to seek livelihood for themselves and their family. They seem to have robust resilience to face the challenging situation in their jobs. One of the vendor has his land and home in his native village, while the other is a labourer. He faces atrocities of the police and lawmakers with courage and determination. The other vendor working as a cobbler is here for thirty years; he has the vendor's union registration numbers who are at present inactive. He has faced many challenges from the political parties and the police. He has two names one shows his real identity (OBC), and the other identity fits his job as a cobbler (SC), which allows him to place his shop on the footpath. He keeps a framed picture of the street vendors union and registration number, which protects him from the cruelties meted by the police. The sugarcane juice vendor is new to this job as his uncle is the owner of the shop. His uncle is here for forty years. The man we interviewed is here for two years. Although, he is a graduate in Arts the social issue of unemployment has made him turn to this option. His wife and family are at his native place, where he goes during the farming season to work on his land as a farmer.



## **Personal Insights, Empathy, & Understanding Gained about Migration and Livelihood**

While taking a walk on the streets of the city we see many street vendors selling eatables like bhel, dosa, samosa or tea, juice etc. Also, other useful things like bags, jackets, footwear, and many more such items. They are selling these products in a confined place on footpaths or street corners made for people to walk and get protection from speeding vehicles. The disparity in India is so visible and accepted as a normal thing because survival has taken an upper hand for every person living in the city of Mumbai.

Some years back the lawmakers tried to chase these people out of the city, it was at this time we saw their unity in upholding the right to life and survival proclaimed boldly on the same streets that gave rise to the Street Vendors Act, 2014, shifting focus from eviction to inclusion. The fact that they get to earn a good income proves that there is demand from the public for street vendors. The encroachment on footpath, road congestions, chaotic traffic makes walking unsafe for pedestrians, although, the 'need' has found its way for 'survival'.

One person's want is another person's survival. As I heard a toy seller repeating, while selling his goods in the train, "Aapka bacha khelega tabhi toh hamara bacha khayega" (only if your child plays will my child get some food to eat). The informal migrant community reflects the negligence of the local government to cater to the needs of its people. The poor function at the panchayat level and further on the district level, leads to migration of people to the cities in search of a better livelihood. It also reflects the corruption in the governing body of our country resulting in 'fascism' destroying democracy, with people being aware and unable to protest in large numbers. The people's movement, a collective action is a strong response and solution to the 'live and let live' approach to well-being of every individual.

# LESSONS FROM FIELDWORK

Laagni Mangrola, MSW - I

Fieldwork for me was more of a learning space than just an academic requirement. Along with exposure to the development sector, it helped me understand people and their problems better. Of course, understanding problems do not solve them, but I got an understanding of the social work profession and how my actions can bring a gradual change and can ease their problems.



So far in my fieldwork journey, I experienced working with children, women and adolescent girls, farmers, youth and elders where I got to work on aspects like local governance, sustainable fuel alternatives, water harvesting and conservation, youth and women vocational trainings, WASH, gender inequality and recreation for elders. It helped me built knowledge, a place of learning along with joy. The fieldwork experiences gave me a reality check about the problems that I studied during the class. It also made me realize the significance of studying the theory along with practical fieldwork, and that made me more interested in learning the theory concepts. I learned about how we humans share interdependence with one another. In addition, how a helping profession like social work can bring a positive change within lives. Empathy was something that I learned during fieldwork. Watching individuals and their situations closely helped me understand about their lives. One more important quality I developed was patience. As an individual, I was an impatient person and made mistakes not only in the field but also in my personal life. Here the guidance by my supervisors helped me in identifying my mistakes and correct them.

Fieldwork has been a great grounding place for me and is an important aspect that made me join social work in the first place. It also helped me realize what I want to do with my life. I had good experiences and bad ones too, but all of them carried learnings for me. Involvement in fieldwork in social work makes it different from other courses, and I always think about the fact that how glad I'm for taking my parent's guidance and choosing social work.

# LEGACY OF SHYAM RAGHUSHE

Snehal Tiwari from MASIE – II

More than a coach, an enduring  
influence on lives and communities

Some men raise children.  
Some raise communities.  
A rare few do both  
without ever asking to be seen.  
You spoke in silence,  
trained through trust,  
and taught the world  
that hearing is not required  
to belong.

Shyam Raghushhe, Om's father's brother, was a close family presence, not a distant relative. Within the family, he was steady, firm when needed, gentle when required, and always a guide. Beyond home, he carried this responsibility into the broader community.

His work with the hearing-impaired community, particularly through football at Slum Soccer, gave his life clear direction. Shyam was more than a coach; inclusion was about creating spaces where everyone could participate with dignity.

For Shyam, football was a language. Communication relied on movement, gestures, and eye contact, as trust did not require sound. In this environment, hearing-



काका, तू गेला नाहीस तू माझ्या हृदयात, माझ्या प्रत्येक निर्णयात आणि माझ्या कामाच्या प्रत्येक उद्देशात जिवंत आहेस.

- तुझा ओम



impaired players were not expected to adjust to the system; the system was adjusted for them. Teamwork was built on understanding, patience, and shared rhythm.

Through football, he instilled discipline, confidence, perseverance, and self-belief. The field became a space where players were recognized for their ability, not their impairment. Shyam's consistency and integrity inspired trust in everyone he led, making him a mentor whose impact cannot be measured in trophies but in lives redirected.

For Om, Shyam was a father figure, guiding not just decisions but providing perspectives in life. On 4th December 2024, Shyam passed away, yet his presence continues in the people he guided, the systems he strengthened, and the values he lived by.

Today, that legacy continues through Om, who is building a social enterprise for the hearing-impaired community, rooted in the same principles Shyam embodied: inclusion, dignity, and opportunity.

Shyam Raghushhe's life reminds us that true impact does not end, it carries forward.

# JENIFER SWAMI :

## A JOURNEY OF GRIT, GRATITUDE, AND GROWTH

– Parthsingh Rajput, BSW-II



A testament to perseverance and the life-changing support from Modern Educational & Cultural Organization (MESCO).

Coming from a humble background, with her father working as a painter, Jenifer Swami faced significant challenges in meeting her educational expenses. MESCO's sponsorship, which supported her from 8th Standard through her professional studies, became a strong foundation in her life. This consistent support enabled her to continue her education with confidence, stability, and determination.

Today, Jenifer proudly holds a professional qualification as a Cost and Management Accountant (CMA) and is working in the Finance Department of IBM Corporation Limited. Her achievements stand as a testament to her perseverance and hard work, along with the invaluable guidance, encouragement, and financial assistance provided by MESCO.

Jenifer expresses deep gratitude to MESCO for believing in her potential and helping her transform her dreams into reality. Inspired by the support she received, she aspires to give back to society with the same spirit of integrity, compassion, and encouragement that shaped her own journey.



## A TRAIN RIDE THAT REFLECTED THE REALITY OF SOCIAL WORK

Ms. Willsy Reji C., BSW-III

The train was moving steadily, filled with the usual sounds of people talking, vendors calling out, mobile phones ringing, and the constant rhythm of the wheels on the tracks. I was seated comfortably, tired but relaxed, carrying my bag filled with books, a phone in my hand, and the assurance that once I reach home, there would be food waiting for me. It felt like an ordinary journey, nothing special or memorable.

This changed when I noticed two children enter the compartment.

They were much younger than me, barely old enough to be travelling alone, let alone working. One child carried a small bundle of pens and mini notebooks, while the other held packets of wet tissues. They moved slowly from one seat to another, speaking politely, requesting passengers to buy something. Their voices did not demand attention; they pleaded quietly, as if they had learned not to expect much from people.

I already had enough pens. I already had notebooks at home. Yet, when they reached me, I bought from them.

Nevertheless, this story is not about that purchase.

As they moved away, something heavy settled in my heart. I began to think about their lives, which are different from mine. These children were not doing this work because they enjoyed it or wanted to earn extra money. They were doing it because they 'had to.' For them, selling pens and tissues was not a choice; it was a means to survive, to earn enough for at least one meal that day.

At that moment, I stopped seeing them only as children on a train. I began seeing them through the lens of social work.

These children were living examples of child labour, economic exploitation, and denial of basic rights. Instead of being in school, learning, playing, and dreaming about the future, they were navigating crowded trains, learning how to convince strangers to buy something. Their childhood was not protected; it was negotiated for daily survival.

As a social work student, we often read about poverty, inequality, and vulnerable populations in

textbooks. We discuss policies, laws, and theories in classrooms.

However, that day, social work was not a subject, it was a lived reality sitting right in front of me.

I reflected on my own life. How often do we skip meals when food is easily available? How casually we complain about home-cooked food, comfort, or minor inconveniences? Many of us have parents or guardians who worry about our education, health, and future. These children, however, were worrying about food before anything else. For them, hunger came before education, and survival came before dreams.

Social work teaches us the importance of empathy, dignity, and social justice. It reminds us that people are shaped by their social and economic environments. These children were not 'lazy' or 'irresponsible.' They were victims of circumstances like poverty, lack of access to education, unemployment of adults, and weak social safety systems.

Buying something from them gave temporary relief, but it also made me question myself. Is charity enough? Or does real change require something more? Social work emphasizes that while individual acts of kindness matter, they cannot replace systemic change. Children should not have to work to eat. The responsibility lies with society, the state, and institutions to protect their rights.

This particular train journey reminded me why social work is not just a profession but a commitment. A commitment to stand with the marginalized, to raise questions where silence is easier, and to work towards a society where children are not forced to sacrifice their childhood for survival.

I returned home that day and ate my meal, something I have taken for granted. Although this time, I ate with awareness. With gratitude. With a deeper sense of responsibility.

This particular day, I did not just buy pens and notebooks. I carried back a powerful lesson, to be thankful for what I have, to acknowledge the struggles of others, and to work towards a more just and compassionate society.

# EDUCATION GAINS MEANING WHEN IT CONNECTS US TO REAL LIVES AND REAL STRUGGLES

**Benzina Koprya, MSW-I**

Some lessons are not taught in classrooms; they are felt, lived, and remembered forever. Field work brings us face to face with real people, hardships, and quiet strength. My field work experience became a deeply emotional and inspiring journey one that reshaped my understanding of society, responsibility, and compassion.

As a part of my field work, I conducted a gender sensitization activity with children. During this process, I met a 10-year-old boy, Rahul (name changed), who was studying in the 5<sup>th</sup> standard. He was soft-spoken, sincere, and unusually mature for his age. As our interactions grew, he slowly began to trust me. One day, with hesitation in his voice, he asked me to meet his mother and understand their situation.

When his mother attended the session, her story unfolded through trembling words and tears in her eyes. Married at a very young age, she became a mother early and moved to Mumbai with dreams of building a better future for her family. Those dreams were soon shattered when her husband abandoned her, leaving her alone with three children the youngest only four months old. With no support system and limited resources, hunger became a painful part of their daily life. Her silent tears spoke louder than words, revealing years of struggle, sacrifice, and helplessness. In the midst of this hardship, Rahul became the pillar of his family. Even though he was ten years old, he worked in a small shop, washed dishes and did odd jobs. Every day, he handed over his limited earnings to his mother so that his siblings could eat and continue their studies. Childhood was taken from him too soon, yet he carried his responsibilities with quiet courage and strength far beyond his age.

This experience touched my heart deeply. It exposed the harsh realities of social inequality and gender injustice that force children into adult roles. At the same time, it revealed the incredible resilience hidden in young hearts and struggling families. Through continued interaction and sensitization, we provided emotional support to the family and encouraged the values of education, equality, and hope. This field work taught me that change begins with listening, empathy, and presence. One conversation can heal, one effort can inspire, and one experience can transform a life including our own. This journey strengthened my belief in social work and deepened my commitment to building a society rooted in dignity, equality, and humanity. This was not merely a fieldwork experience; it was a lesson in life, courage, and compassion one that will remain with me forever.

# A STORY OF QUIET COURAGE

Arya Khanolkar, BSW - II



This is a case I came across during my field work, and it taught me the true meaning of courage.

She was married with hopes of a happy life, but within just one month, her marriage turned into pain. Her husband and mother-in-law tortured her every day. She faced both physical and mental violence. Many times, she was beaten till she bled. Yet, she did not give up and continued to live this life. Every morning, she woke up and took care of her two children. She cooked for them, sent them to school, and smiled for them, even when her heart was broken.

Her children were her biggest strength. She lived for them and believed that one day life would change. For a long time, she stayed silent, hoping for peace. But one day, she understood that courage is not suffering forever. Courage is choosing a better life.

With fear in her heart but hope in her eyes, she made a brave decision. She chose independence. Today, she drives an auto rickshaw and earns for her children. She is standing on her own feet with dignity. Her story shows us that courage can be quiet, strong, and powerful. Sometimes, the bravest step is starting again.



# MORE THAN JUST FIELDWORK

Bhasha Rikkal, BSW-I

The first step inside,  
felt unreal.

As a first-year BSW student, standing where responsibility shadowed  
I remember the scent of the CWC, thick, strange, as if the room itself exhaled weight.

Meeting the staff,  
not knowing where I fit,  
I felt different.  
Strangely, fulfilled.

Work was placed in my hands.  
Not just tasks but trust.

Then the children.

Corridors echoed with movement,  
classrooms held quiet warmth.  
Being there, working there,  
felt softer than I had expected  
a feeling words still fail to convey.

At first, silence stood between us.  
Age, hesitation, distance.

Time unravelled it all.

Strangers became familiar.  
Kindness replaced formality.

The children who once looked past us,  
Now smiled,  
Now said Hi!

That single word  
felt like something earned.

The lanes of home visits  
once unknown and intimidating  
were now open themselves without fear.

Fieldwork changed us academically, yes.  
But that is not the part that stays.

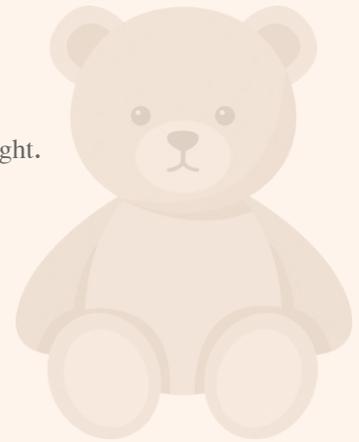
What stays  
is the way unfamiliar spaces began to feel like our own.  
The way silence turned into conversation.  
The way hesitation turned into confidence.

What stays  
is the first smile from a child who once ignored us.  
The first greeting that felt earned.  
The first lane that no longer felt unknown.

Somewhere in these six months,  
we stopped being just students fulfilling requirements.  
We became listeners.  
We were present.

We learned that social work  
does not always look like change written in reports.  
Sometimes it looks like being remembered.

This is where fieldwork truly shaped us.



# VOICES OF COLABA

Priyanka Kannan - MSW II

In the narrow lanes of Colaba,  
Where stories live behind each door,  
I walked not as a stranger,  
But as a learner, listening more.

Children laughed with hopeful eyes,  
Older hands held memories deep,  
Women spoke of silent strength,  
And the pain they carried in their sleep.

I saw courage in small homes,  
Where resources were few,  
Yet kindness flowed freely,  
In everything they chose to do.

Health talks under open skies,  
Lessons on care, on right and wrong,  
From self-hygiene to self-worth,  
I learned where I truly belong.

Case files held more than words,  
They held lives, fears, and trust,  
Teaching me empathy, which was not an option,  
It is a duty, honest and just.

Children taught me patience,  
That change walks slowly, hand in hand,  
That social work is not fixing lives,  
But helping people firmly stand.

I entered to complete my fieldwork,  
With books and theories in my mind,  
I left carrying human stories,  
And lessons that time will not leave behind.



# WHERE I LEARNED TO STAY

Jermy Joseph, BSW-III

I did not enter social work to be brave.  
I was afraid of poverty, of pain,  
Of stories I could not fix with words.

But fieldwork does not ask you to fix.  
It asks you to stay.

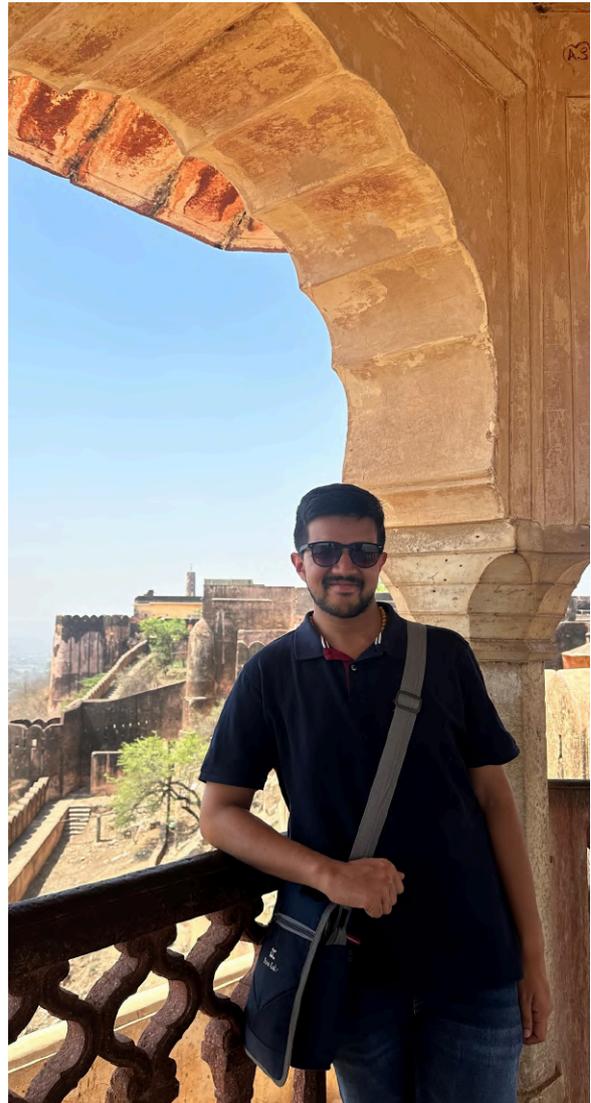
I stayed when a child spoke in silence,  
When hunger hid behind a smile,  
When homes were made of tin sheets  
And hope was made of patience.

I learned that courage looks ordinary,  
A mother skipping meals,  
A worker returning every day,  
A child laughing despite the weight of the world.

There were days I returned heavier,  
Carrying stories which my notebook could not hold.  
Yet something in me kept growing,  
A quiet strength, rooted in compassion.

Social work became personal  
The moment I realised:  
I am not here above anyone,  
I am here with them

If change begins anywhere,  
It begins when we choose not to look away.  
And I choose, again and again,  
To stand where humanity still breathes.



# FIELDWORK

Purvi Waghela, MSW-II

One day she dreamt of bringing out change,  
Social work ran deep within her veins.  
Thursday, Friday, Saturday fieldwork days,  
Where learning came in quiet, powerful ways.  
Timesheets, reports, and case studies in hand,  
Stories of lives she came to understand.  
Not just books, but people taught her the truth,  
Of pain, of strength, of hope, of youth.  
Tired feet, full heart, lessons real and raw,  
Fieldwork shaped who she is and what she saw.  
From classrooms to communities far and wide,  
A social worker was born slowly, with pride.





# YOUTH AND SOCIAL CHANGE

Nibha Ganesh Choudhari, MSW-1

Young brains wonder; young hearts dare!  
They desire justice, fairness, and care!  
With brave footsteps and optimistic eyes,  
They correct wrongs and rewrite the skies.  
Youth does not wait for change to arrive,  
They are the change, loud and powerful!

# BLINDFOLDED

Namrata Sandhewal, BSW - II



If we decide to do something,  
we try our best to do it,  
but somehow, we are all blindfolded.  
Yes, we make mistakes.  
Then we learn from them.  
But somewhere, we stop trusting ourselves.  
Somehow, we start placing too much trust in someone else,  
so much that we don't even realize  
when we've become blindfolded.  
If you know you can do it,  
that should be enough for you.  
Why do you always need someone else  
to encourage you, trust you, or love you?  
Sometimes, trusting them too much is also a blindfold.  
If we can trust others, then why not ourselves?  
Try to remove the blindfold.  
Wake up and take that cloth off your eyes.  
If you have the power to remove the blindfold,  
then you already have the power  
to trust yourself,  
love yourself,  
believe in yourself,  
and have faith in yourself.  
That's all that matters now.



# VOICE WITHOUT MICROPHONES

Vishwadeep Devendra Mehere, BSW - I

Amid the noise of the city,  
there are voices that do not ask for microphones,  
only for a heart willing to listen.  
In the field,  
we did not just encounter people—  
we encountered circumstances,  
and the quiet courage of standing tall within them.  
Someone in a ration line  
was protecting their dignity,  
someone else was trading a smile  
to hide a lifetime of pain.  
And we?  
We were learning  
that social work is not merely help—  
it is a responsibility.  
The unseen heroes  
are not the ones who speak on stages,  
but those who choose  
the right side every day,  
without applause.  
That is why social work matters—  
because when systems grow tired,  
it is human beings  
who hold one another  
And as long as this question lives—  
“What can I do?”  
know this:  
we are still alive!





## A FUTURE SHE CHOSE TO BUILD

Taniya Waghmore from MSW - 1

Once upon a time, there was a young woman who left Karnataka with a bag that weighed nearly thirty kilos and a quiet determination to build a future she could call her own. Inside that bag were clothes and books, but also uncertainty, the kind that comes with stepping into an unfamiliar world. She travelled with ambition rather than confidence, trusting that growth often begins long before clarity arrives.

Her first test came in Pune. The city moved to a rhythm she did not yet understand, speaking a language unfamiliar to her. Daily interactions required more observation than participation. Conversations flowed around her, rarely toward her. She learned to listen carefully, to read expressions, and to understand meaning through context. In that phase of her life, silence was not absence; it was adjustment.

At her field placement, she made a deliberate choice. If words failed her, her work would speak. She focused on sincerity, consistency, and presence. Each day, she observed closely, supported quietly, and showed up without hesitation. Language remained a barrier, but effort slowly became a bridge. Over time, fear softened into familiarity, and her presence began to carry confidence.

Her learning extended beyond academics. She faced challenges that required emotional strength navigating personal boundaries, managing unwanted attention, and confronting self-doubt.

She questioned her confidence, her communication skills, and her sense of belonging in unfamiliar spaces. These experiences were uncomfortable, yet formative. They taught her reflection, the importance of limits, and the value of emotional awareness.

One lesson, however, stood out above all others was the cost of silence. For a long time, she believed that staying quiet would protect the people she cared about. Instead, it delayed understanding and deepened pain.

When her family finally understood what she had been carrying alone, their response showed her that support cannot exist without honesty. From that moment onward, sharing became a strength rather than a burden.

Slowly and imperfectly, she began learning Marathi. Each new word reduced distance. Each attempt, even when incorrect, built confidence. Communication became less intimidating, and participation gradually became possible. In time, she was entrusted with conducting sessions for adolescent girls, speaking about growth, emotions, and change. Standing before others with clarity and purpose marked a significant shift from where she had begun.

Throughout her journey, family remained a steady source of stability. Her father, a farmer, valued resilience and emotional control. Her mother embodied quiet strength through consistency and care. An uncle, with his humour and reassuring presence, often restored balance during difficult moments. Their support did not remove challenges, but it made facing them possible.

After a year, she moved again to Mumbai this time. The transition felt different. Experience replaced uncertainty, and self-awareness guided her decisions. Mumbai was demanding yet accepting. It was here that she formed a meaningful relationship, built on communication, respect, and mutual understanding. This connection encouraged personal growth, renewed creative expression, and reinforced the importance of emotional support in her journey.

Looking back, her travel across cities reflected more than physical relocation. It marked a process of learning, adapting, and becoming. Each phase – including language barriers, fieldwork, family support, and relationships – shaped her perspective and strengthened her resilience.

She continues to learn and reassess her abilities. Confidence, she knows now, is not constant; it develops through experience and reflection. Her story stands as a reminder that progress does not require perfection, only commitment, openness to learning, and the courage to move forward despite uncertainty.

Moral of the Story: Growth begins when courage replaces fear, and honesty replaces silence.

# FROM RIGHTS ON PAPER TO LIVES IN REALITY

*Adv Chetan Yadav, MSW-1*

Looking at the world through the lens of social work has gently but deeply changed the way I see people and their struggles. Earlier, I often viewed social problems from a distance, mostly through my professional identity as an advocate, where facts, laws, and outcomes matter the most. However, social work taught me to slow down and truly see the human being behind every issue. I began to understand that suffering is not always loud or visible. Many people live with pain, injustice, and exclusion every day, carrying it silently as a part of their normal life. Social work helped me realise that behind every case, every statistic, and every legal file, there is a person with emotions, fears, hopes, and dignity. This understanding changed my attitude from merely solving problems to standing with people in their journey.

Through social work, I learned that people who suffer are not weak; they are often strong in ways we fail to recognise. Poverty, caste, gender discrimination, disability, migration, and lack of access to education or healthcare shape lives in ways that the law alone cannot always address. Earlier, I used to look at situations from my understanding, logic, and professional training. Social work enabled me to look at many sides of every situation. It taught me to listen before speaking, to understand before advising, and to feel before judging. This shift made me more sensitive, patient, and aware of my own limitations.

As an advocate, I also realised that constitutional provisions have real meaning only when they touch the lives of common people. Social work showed me that empowering communities is as important as representing them in court. Creating awareness, providing counselling, trust-building, and community participation are powerful tools of change. Sometimes, a simple conversation, guidance, or emotional support can restore hope where formal systems fail. Social work helped me understand that justice is not only about winning cases but about restoring dignity and creating spaces where people feel heard and valued.

This humanistic perspective changed my professional approach and my personal values. I now see social change as a shared responsibility, not as an individual achievement. Every interaction with a person becomes an opportunity to learn, to support, and to grow. Social work has taught me compassion without pity and action without arrogance. It reminded me that the world does not need more experts, it needs more humanity, understanding, and committed individuals. This change in vision has made me a better advocate and, more importantly, a more grounded human being.

# THE SIGNIFICANT CORNERSTONE OF HEALTHCARE - SOCIAL WORKER

Kedarnath Rane, MSW-II

I was placed at the Sukoon Nilaya Palliative Care Centre (SNPCC) for my 2nd year Master of Social Work (MSW) fieldwork. I learned about the importance of Social Workers in Healthcare settings. One might think that as an intensive healthcare setting, the most essential elements of the Sukoon Nilaya Palliative Care Centre are the doctors and the nurses, but Social Workers have a tremendous share of contribution to the setting themselves. They are the backbone of the organisation.

## ***Social Workers @SNPCC***

The Social Workers at the SNPCC play a key role in the growth of the organisation as they participate in various crucial tasks such as filing and compiling of case papers, detailed case studies of patients, networking and promotion of the organisation, numerous follow-up calls to discharged patients, coordinating between patient's relatives and ambulance service, building a connection between the patients and the multi-disciplinary team, ward rounds, and more. As an observer all the tasks mentioned above had difficulties, struggles and stressors involved as it was performed by a single Social Worker. In addition, there is also a constant pressure of meeting the targets within the deadline which also includes approaching the communities and the hospitals. Approaching the communities unaccompanied has a lot of risk.

The role played by the Social Worker in the Palliative Care setting eventually leads to an increased unbalanced amount of stress levels. Similarly, the reality of the Social Workers in other hospitals may be the same.

## ***Maintaining the Promise of "Abode of Tranquillity"***

Social Workers here ensure the patients and their relatives/caregivers do not face any inconveniences or discomfort. They focus on building friendly relations with everyone. Social Workers are important and different than

mental health professionals who may not be able to ensure a stress- and struggle -free experience of the patients and relatives/caregivers.

## ***Social Workers future @SNPCC***

As SNPCC is progressing every single day from the year of inception, it suggests that there is a need of more involvement of the Social Workers in the Palliative Care setting. In the future, SNPCC need to recruit more Social Workers as currently the organisation only has one Medical Social Worker.

I have seen during my visits to the hospitals and the communities that the Social Workers there have always supported my field contact (Social Worker at SNPCC) in terms of hospitality, rapport building and agreeing upon the patient referrals and partnerships. This is the reason Social Workers are the most vital link which connects the professional world with the common people.

An important aspect about the Social Work fraternity is its role in connecting people with resources. Social Workers can be prioritized in other sectors as well.

## ***Respect for Social Workers***

We can see that the SNPCC allows their staff to freely interact with each other and that is possible because the working desks are closer to each other, having lunch together and a constant interaction of the multi-disciplinary team with each other facilitates a healthy atmosphere for the Social Worker to grow along with the colleagues. The Social Worker can feel a sense of relief due to the camaraderie the workplace provides which does not create the thought of unhealthy competitiveness resulting into a more friendly approach and serving the society. It is worth noting that the Social Workers are respected and engage in whatever activities and initiatives taken which results in an enthusiastic approach towards work.

### ***More than just “Heroes”***

According to my observations, just calling the Social Workers “Unsung Heroes” is not enough because Social Workers are not blessed with any supernatural powers but have the capacity to bring in the miraculous change in the lives of the millions. Along with doctors and nurses, the Social Workers strive harder to fulfil the needs of the patients. I have witnessed four magical moments while being at the Centre. Out of the four instances, I would like to express one moment where a paralytic patient’s family was worried about their household expenses surprised everyone by walking without any support when she regained consciousness. What made the moment more memorable was that it was her birthday – she has just turned 52. Her 23-years-old daughter expressed that she can now continue with her studies and balance both her college life and job comfortably.

The Social Worker played a significant role in this case. Their timely efforts of allotting the bed and constant support throughout her recovery helped in the patient’s recovery and contributed to the family’s life return to normalcy. This shows why Social Workers are important – to You, to Me, and our Society.

### ***My Takeaways***

As a Student Social Worker, it was a great place to have my 2nd year of fieldwork as I got to learn numerous things from the Medical Social Worker. Getting the opportunity to perform most of the tasks which are regularly performed by the Social Worker was something I personally feel would be helpful in my future and guiding me in my job preparedness.

Additionally, I believe that the Social Worker could have received more assistance by employing a fresh Social Worker because I saw that the Social Worker felt comfortable and was working with enthusiasm because of my fieldwork partners’ and my assistance which seemed handy. The Social Worker is expected to accomplish volumes of work per day which helps in setting the platform for the doctors and nurses to continue with their proceedings.



Lastly, the journey of the six months helped me gain abundant knowledge, the understanding of what is the future of a Social Worker in a palliative care setting and how we can tackle the problems or the stressors that cross our pathway that impact our work progress. I have learned that while I am mentioning that the Social Workers are the “Cornerstone” of the healthcare, it is understood that this is possible because of the strong bond that Social Workers share across different work settings in Mumbai which is full of Humility, Respect, and Caring Attitude. It is the common aim of helping people having issues in their lives which helps them connect with each other making them the ‘superheroes’ striving towards serving our society.

# A VISION OF CARE & COMMITMENT:

## A Conversation with Dr Eric Borges, Chairperson, Sukoon Nilaya Palliative Care Centre

Arva Shikari, MSW-II

### *The Story of Sukoon Nilaya*

**Dr Eric Borges says:** To understand the creation of Sukoon Nilaya Palliative Care Centre (SNPCC), one needs to understand that this centre is part of the King George V Memorial Trust, which is a public charitable trust that was started in 1938.

The creation of this trust was to help many destitute and beggars who were commonly seen on the streets of Mumbai. Thus, a Parsi family named Jehangir donated this land to the municipal corporation for a philanthropic purpose. This property, which is on seven acres of land, had multiple small barrack-like structures to house these patients. They were looked after by a staff initially and after independence in 1947, the centre was looked after by the Salvation Army for a couple of decades. Later, a trust was formed with the municipal corporation and the Governor appointed trustees to help run the place as there were less people being referred to this facility. The numbers dwindled from 100 people to 40.

In the 1980s, the government and the municipal corporation decided to close the beggars' facility and continue with the infirmary which looked after sick destitute patients. Thus, the people who were housed and sheltered were shifted to the periphery of Mumbai in another facility. Therefore, there was a large area vacant on this seven-acre plot. The committee which looked after the King George Memorial Trust decided to allot this space to various nationally recognised NGOs to conduct their activities.

On this campus, we have partnered with many NGOs like CPAA, NMBT, Om Creations, Bal Asha, Vatsalya Foundation, Aured Charitable Trust, National Association of the Blind, Shraddha Charitable Trust, and Ratna Nidhi Charitable Trust.

During the pandemic of COVID-19, Mumbai was in chaos and many sick people had nowhere to go. I was the chairperson of the King George Trust and being a doctor (the only doctor on the board of trustees), I proposed to my colleagues that we could start a palliative care centre to deal with non-cancer patients. This decision was taken based on the information that there are substantial number of facilities available in the city for cancer patients who need palliative care and they are existent for the last 30-40 years. In contrast, non-cancer patients who have serious illnesses and need palliative care did not have such a centre in the city or anywhere in Maharashtra.

Thus, a pioneering decision was taken to start such a centre. When we took this decision, we were conscious of the fact that health care anywhere in the world is an extremely expensive proposition and this will be a public charitable trust. We knew that we needed sponsors for this trust. Thus, we started in a small way and gradually expanded the facilities as more funds became available.

We called the palliative care centre as Sukoon Nilaya which means abode of tranquillity. To provide tranquillity when an individual is seriously ill and mentally upset and their family is in a stage of agitation, anxiety, and fear. This is the most compassionate thing that we can do. Thus, we called it Sukoon Nilaya.

I have coined the name, Sukoon Nilaya and designed the logo as well. Our logo which is displayed prominently shows a wounded butterfly, just like a wounded human being. A wounded butterfly comes with a broken wing and sits on the flower to rest, recuperates, has tranquillity, gets better and then flies away. My vision is same for all the patients who are admitted here.

The Palliative Care Centre project started small and now we have gradually expanded it over in the last three years. We are extremely grateful to the donations we have received from multiple sources, but a special mention of Cipla Foundation is pertinent as they funded a large part of our operating expenses which includes food, medicines and salaries of doctors, nurses, and other staff. Apart from Cipla helping us we asked other organizations as well for the capital expenditure that we incurred and some part of the operating expenditure as well.

There is a huge gratitude to all our donors without whom we would never have been able to start or run this Centre. We started with 10-12 beds as a pilot project, and we have grown to 35 beds. Initially we debated and concluded that just treating the patients with a chronic illness like a stroke, lung conditions, bad liver or kidney or prolonged illness and often the management of these patients is done by a home caregiver. They could be a mother, father, brother, sister, husband, or wife, and these people may not know how to look after these patients because they have never been trained. Each patient has specific needs. Thus, we decided to treat the patient and train the caregiver as well.

When a patient is referred to our Centre for palliative care from different government hospitals, municipal hospitals, private practitioners, and private hospitals we insist that they recruit a home caregiver. We make certain that during the period they spend with us which can vary from 15 to 21 days the caregiver is trained, and the patient is given various kinds of care that he or she may need along with the drugs and medicines as the focus of palliative care is to relieve pain and suffering.

Pain is not only a physical issue where you get a headache or stomach-ache. It can be spiritual pain, psychological pain, financial pain, and social pain. These several types of pain need to be addressed and sorted out. In our Centre we address every type of pain. We have a psychologist, physiotherapist, nutritionist, social worker, apart from the doctors and nurses. We also provide yoga classes. We perform various activities which help the overall relief of pain and give the patient and his relatives a sense of happiness and tranquillity. Briefly, this is what we do at this Palliative Care Centre. Now we realised that there is no one who has been trained in palliative care at all.

Palliative care is not a subject taught at the university in medicine field or nursing cadre. The nurses were not trained in palliative care. Thus, we decided that the only way to sort this out is to train personnel and let them populate other centres in the city, the state and then nationally as well. We approached various academic organisations like the Maharashtra University of Health Sciences who has agreed to give us a Fellowship in Palliative Care at the end of their course with acquired proficiency in palliative care from our Centre. Similarly, they are giving us permission to train nursing aides (not nurses) who help nurses in the treatment of various patients. They will be given a certificate of proficiency in palliative care as well. We need to have people who are trained. We have also approached the SNDT University who have given us the permission to train nurses. Currently, we are in the process of starting a course on how to train qualified nurses in palliative care. The Nursing Council has insisted that palliative care should become a part of the nursing course curriculum. Those nurses who enrol for a B.Sc. degree in nursing are obliged in the curriculum from this year to acquire training in palliative care. This is a welcoming step, and I salute the National Medical Council for this. In fact, last week the B.Sc. nursing students from Bombay Hospital School of Nursing have started coming here for training in palliative care. We are into education in a big way and hope to expand our educational facilities. We will be the primary beneficiaries of the people we are training, and those people are free to work at other places as we can absorb a small portion of the trained professionals into our Centre. They can use their skills to train other people in palliative care, and it will be like a ripple effect in a pond.

#### **Legals planning in setting up Sukoon Nilaya:**

Dr Eric Borges describes: This is a regulated health care industry. We have government and municipal regulations. To start this facility, we needed to comply with all the legal requirements in terms of space, facility for oxygen, firefighting, garbage disposal methods as we have bio-waste here. Legal requirements included meeting the regulatory body (the municipal corporation here) where the health ombudsman issues the licence to start a health care facility if all their requirements are complied with. When we expand the number of beds say from 10 beds to 20 beds or from 20 to 35 beds, they inspected us all over again every time to make certain that we comply with all the requirements. Then they give a licence for it. We are accountable since we are employing doctors and nurses and they come under the Maharashtra Medical Council, Nursing Medical Council, the Central Medical Council and the Central Nursing Council and their degrees, their training is all under the supervision of these various government and quasi-government bodies. Everything is very tightly regulated. Thus, we have complied with everything that is required.

There are fees for these licences, but it is not a huge amount as the government understands that this is a free service we are offering. We are an NGO. We are barely breaking even with all the facilities that we offer, and many of our facilities are not available even in private hospitals. The kind of work done at Sukoon Nilaya is legendary.

We are in the process of expansion since we are the only non-cancer patient Palliative Care Centre in Maharashtra. There are a few centres in a few places which deal with specific aspects but nothing like Sukoon Nilaya. I hope and pray that many more centres like Sukoon Nilaya come up everywhere because the need is so great. For example, the Maharashtra Police have tied up with us because their personnel need palliative care. They have sent a circular to all the police stations in Maharashtra that if any police personnel or their families need palliative care, they can avail our facilities.



Our facility is free of cost completely for them and everybody who needs palliative care. The Bombay Port Trust has a hospital called the Mumbai Port Trust Hospital, but they do not have palliative care, so they have tied up with us.

We have tied up with many other organisations like these. We also run the lung/ respiratory/ pulmonary palliative care at JJ Hospital. Our doctors, physiotherapists, dieticians, and other professionals go to JJ to help them and their healthcare professionals to run their palliative care centre. The ultimate goal is to, as long as I am here, make this a Centre of excellence so anybody in India who thinks of palliative care the first name that should come to mind is Sukoon Nilaya Palliative Care Centre in Mumbai. I would be awed if we can achieve that dream and we are looking closely at ways and means of achieving that dream. It would be a legacy of the King George V Memorial Committee and a gift from them to the city of Mumbai, in the State of Maharashtra and to our beloved country, India.

Our lobby and the wards are full of paintings. We have the most advanced equipment which exists in a rehabilitation world. In fact, these machines do not exist even in the best private hospitals of the city. We train our patient's muscles and joints and place them back on their feet.

The two successive Governors of Maharashtra donated a generous sum of money and was appreciative of the work that we are doing at Sukoon Nilaya. We invested this money in developing the rehab centre. We want to offer the widest possible services in palliative care, for treatment, education, and public awareness.

We routinely go to all the government hospitals, especially our doctors and medical social workers. Many of my colleagues in the medical field have delivered lectures all over the city – at clubs, colleges, and universities – spreading the message of palliative care and displaying the facilities that we have. It is a multi-pronged effort to place us on the map.

#### **Inspiration from individual journey (professional and personal)**

**Dr Eric Borges elaborates:** It is an exceptionally long story. I am a doctor, and I come from a family of doctors. As a young boy I was exposed to medicine, medical suffering, and other medical aspects. It was one of the driving forces that made me seek a career in medicine. I trained in medicine at the Topivala National Medical College, Mumbai (Nair Hospital). I completed my post-graduation in cardiology. Then I went abroad multiple times for short periods for specialized training and later I joined the Bombay Hospital as a full-time cardiologist, and I have been there for the last 45 years.

Later, I decided that I needed to start this facility in the city. But before that, I have spread education and started medical facilities at many places in the world. I have been the Chairperson of Campion School for 15 years. It is the number one boys' school in India under my leadership. I intend to do the same with Sukoon Nilaya. Every human being is born with a sense of altruism. Now that sense of altruism has to be nurtured. Right through childhood to my teenage period and beyond I was heavily influenced by the work done by Mother Teresa. She had an Ashram called Asha Daan close to Nair Hospital and the Topiwala National Medical College. From a medical student to being a staff at Nair Hospital I used to regularly visit the Centre to help with the treatment of the destitute patients. I had the privilege of meeting Mother Teresa many times. It was an inspiration just to meet her and see the kind of compassion, love, and empathy that she exuded from her persona. It was a wonderful experience. It was an epiphany which drove me to spend as much time and money on relief of suffering. It is the essence of what I do here. I spend a lot of time in this Centre. I do it with a passion that I hope will drive this Center to greater heights. I am surrounded with a wonderful team of administrators, doctors, nurses, physiotherapists, and paramedical staff. With their active work and support we have achieved the kind of work we do in this Centre.

#### **Biggest operational challenge**

**Dr Eric Borges states:** The biggest challenge that we have is the availability of funds. People who kindly donate are extremely gratified by the wonderful use that we put their money to. It is the only limiting step though. It limits the rate at which we can expand, breadth of our services, and the quantum of the service. Philanthropists who may read this interview or hear about Sukoon Nilaya may want to contribute.

#### **Funding Model**

**Dr Eric Borges declares:** Well, it is all donations. Corporate social responsibility funding, donations from other trusts, and personal trusts, which many wealthy people have created to give to charity. We approach them and other civil societies, ordinary citizens who can contribute in whatever way they can.

I follow the philosophy of King George V Memorial Trust. We have a trust document by the founding fathers, and we are following those principles.

#### **Designing Sukoon Nilaya**

**Dr Eric Borges affirms:** At present we are using the space that was used by the infirmary. We have reassigned the space to suit our needs but very shortly we shall be expanding our services. We will be rebuilding an

infrastructure hopefully to about 12 to 16,000 square feet to expand the availability of at least 100 beds. When we rebuild there will be space for separate outpatient department, speech therapy physiotherapy, swallowing therapy, and counselling. Also, we will have an auditorium where we can conduct small meetings, a space for people to pray/ meditate. Hopefully, we will be starting that construction in a month or so. We have received a certain amount of donation already. We are still looking for more donors to fund the project. We will be building it in stages depending on the availability of funds, have the right staff on board, and have fewer operating expenses since ours is purely a public charitable trust.

#### **Sukoon Nilaya Services**

**Dr Eric Borges confirms:** Sukoon Nilaya offers free palliative care services, focusing on non-cancer patients with chronic illnesses. Services include outpatient and inpatient care, symptom and pain management, physiotherapy, occupational therapy, speech therapy, and counselling for patients and families. The Centre also provides caregiver training, free medicines, and assistive devices. We have chosen our services according to the patients' needs. They need medical care, rehab care, psychosocial care, and other services. Depending upon what the requirement is, we provide those services.

#### **Impact of Sukoon Nilaya**

**Dr Eric Borges says:** There are many individual stories. We crafted a shadow play and performed at a big event about three years ago at the Nehru Centre. Shadow acting is when you see shadows, not the people. It tells a story which is amazing.

#### **Motivating my team**

**Dr Eric Borges discloses:** I am lucky that I have been surrounded by people who are committed to this cause. My staff go out of their way to do their work. I just lead by example. The best style of management is when your juniors

see that you are prepared to work hard, they are going to work hard too. I spend 3 to 4 hours every day here at the Centre. I need things to happen in this place. When the juniors see that they understand that something is expected out of them and I am happy to say that they have many times over performed.

#### **Looking back at the journey till now**

**Dr Eric Borges states:** This is a pioneering effort. I have no previous dashboard to go by. I am writing the rules as I go along in the development of this Centre. If there was a model, I would have learned from them. There was no template that I could use. I started with standard operating procedures and am seeing how it goes. If it does not work, I will change. After 10-15 years we can see how it is doing as currently it is an incredibly young organization. History will judge what we have done. One of my driving principles is having foresight. I hope I have infected my juniors with this driving principle. Think five or six steps ahead, prepare for every eventuality, make certain that we have thought of everything. This is my message to any young professional; in whichever field they are.

#### **Replica of Sukoon Nilaya**

**Dr Eric Borges asserts:** Anybody with a passion for palliative care with loads of compassion and a desire to help suffering can replicate Sukoon Nilaya. I have one major advantage that I am a board member of King George V Memorial Trust, and the Trust has the advantage of having land. I refuse to build it like a high rise because I want to maintain the heritage and nature of this property. At the most we will build one more floor, but nothing further than that. Shortly, we will be starting a paediatric palliative care center. I am going to start a butterfly park in this place as well. Hopefully, this will attract the citizens who can see how suffering is relieved and to enjoy the serenity and beauty of nature, and the butterflies.



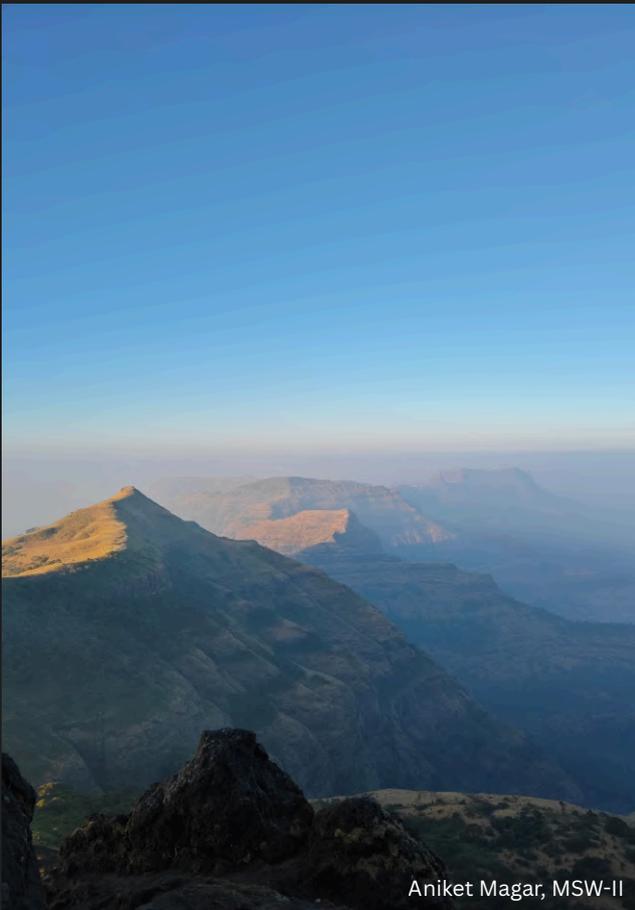
Arshiya Pathan, MASE-II

A Quiet Moment of Childhood



Ganesh Khanpat, MSW-II

“यू ही नहीं इसके से साथ कई शाम बिताई है,  
ये सिर्फ ढलता सूरज और विशाल सा समंदर नहीं है,  
हर एक की इसके साथ अपनी कहानी जुड़ी हुई है ॥”



Aniket Magar, MSW-II

“Sometimes we need to step back to  
see the bigger picture.”



Ramchandra Dhuri, BSW-III

“Where the earth breathes green and  
the sky whispers peace.”



Arva shikari, MSW-II

Arva Shikari Co-facilitating activities at Sukoon Nilaya



Anuj Jagtap, BSW-III

“Under one small light, a thousand flowers wait.”



Arshiya Pathan, MASIE-II

“Women Navigating Everyday Rural Life”

# सहानुभूतीचे पाऊल

~ Kalpana Vijay Mundhe, BSW-1

विद्यार्थी समाजकार्यकर्ती म्हणून मला अनेक अनुभव मिळाले, आणि त्यापैकी एक अनुभव-मी गावाकडून शहरात आले, तेव्हा हातात स्वप्न होती पण मनात भीती— इथे मला कोणी समजून घेईल का? मुलगी म्हणून गाव सोडून शहर गाठणं फक्त प्रवास नव्हता, तो स्वतःशी चाललेला संघर्ष होता. नवी माणसं, नवं जग आणि प्रत्येक टप्प्यावर स्वतःचं अस्तित्व सिद्ध करण्याची लढाई. पण आयुष्याने मला शिकवलं— जिथे इच्छा प्रामाणिक असते, तिथे वाटा स्वतः उलगडतात. निर्मला निकेतन कॉलेजमध्ये माझ्या आयुष्याला नवी दिशा मिळाली आणि Fieldwork ने माझ्या विचारांना नवा अर्थ दिला. Fieldwork सुरू करताना मला वाटलं होतं— मी लोकांना शिकवायला जाणार आहे, त्यांच्या आयुष्यात बदल घडवून आणणार आहे. पण काही दिवसांतच कळलं— Fieldwork म्हणजे शिकवणं नाही, ते शिकणं आहे. बोलण्यापेक्षा ऐकणं, सल्ला देण्यापेक्षा समजून घेणं. मी ज्या लोकांना भेटले, त्यांच्या आयुष्यात संघर्षच संघर्ष होता— अनिश्चित उत्पन्न, दैनंदिन गरजांची धडपड आणि उद्याबद्दलची न संपणारी चिंता. तरीही त्यांनी हार मानली नव्हती.

कधी शब्दांशिवाय त्यांची शांतताच सांगून जात होती—

“जगायचं असेल, तर वेदनांमधूनही हसू शोधावं लागतं.”

Fieldwork ने मला समाजाचा खरा चेहरा दाखवला. गरिबी म्हणजे फक्त पैशांचा अभाव नाही, ती संधी, शिक्षण आणि सुरक्षिततेच्या अभावाचं नाव आहे. आणि या सगळ्यात सर्वांत आधी गमावतात त्या— स्त्रिया आणि मुली. घरची जबाबदारी, आर्थिक अडचणी आणि समाजाच्या अपेक्षा यांच्या ओझ्याखाली सर्वप्रथम दाबलं जातं मुलींचं शिक्षण. स्वप्न पाहायच्या आधीच त्यांना जबाबदाऱ्यांत अडकवलं जातं. “उडायची इच्छा असते, पण पंख आधीच छोटले जातात.”

हे वास्तव पाहताना मन आतून हादरतं. आपण स्वातंत्र्याचा अभिमान बाळगतो, पण आजही अनेक मुलींना स्वतःच्या इच्छेनुसार मोकळेपणाने जगता येत नाही.

याच अनुभवातून  
माझ्या मनात एक ठाम निर्णय झाला—  
हा बदल कुठेतरी सुरू व्हायलाच हवा,  
आणि तो बदल  
माझ्यापासूनच सुरू होईल.

Fieldwork ने मला शिकवलं—  
सर्व प्रश्नांची उत्तरं आपल्याकडे असणं गरजेचं  
नाही,  
पण संवेदनशील मन  
आणि ऐकण्याची तयारी  
हेच सामाजिक कार्यकर्त्यांचं खरं बळ आहे.  
आज मला उमगलं आहे की  
सामाजिक कार्य म्हणजे  
कुणाचं आयुष्य आपल्या मर्जीने बदलणं नव्हे,  
तर त्या व्यक्तीला  
स्वतःच्या पायावर उभं राहण्यासाठी  
विश्वास देणं आहे.  
शाळेतील Fieldwork ने  
आणखी एक महत्त्वाची गोष्ट शिकवली—  
मुलांना फक्त पुस्तकी ज्ञान पुरेसं नसतं.  
त्यांना आयुष्य कसं जगायचं,  
हे शिकवणं तितकंच महत्त्वाचं असतं.  
हसत-खेळत,  
गाणी, खेळ, उपक्रम  
आणि अभ्यास यांचा समतोल साधत  
शिकणं आनंददायी होतं.  
तेव्हाच मला जाणवलं—  
शिक्षण म्हणजे परीक्षा पास होणं नव्हे,  
ते माणूस घडवण्याचं साधन आहे.  
आजही माझ्या डोळ्यांसमोर दिसतात  
त्या मुली—  
ज्यांच्या मनात शिकण्याची तीव्र ओढ आहे.  
घाबरू नका मुलींनो.  
तुमच्यासाठी उभं आहे  
विश्वासाचा एक खांब—  
हात धरायला,  
पंख देण्यासाठी,  
आकाश गाठण्यासाठी.

शेवटी सांगायचं इतकंच—

फील्डवर्कने शिकवलं,  
प्रश्न कागदावर नाहीत, जीवनात असतात.  
उत्तर भाषणात नाही, कृतीत असतं,  
आणि छोट्या पावलांनीच मोठा बदल घडतो.





# सामाजिक कार्य – एक प्रवास

- Mayuri Gite, BSW-I

सामाजिक कार्य म्हणजे फक्त प्रश्न सोडवणं नाही,  
ते माणसामागची वेदना शांतपणे वाचणं आहे काही.

समस्या नाही माणूस, ही शिकवण मला मिळाली,  
Fieldwork नेच मला जीवनाची खरी ओळख दिली.

जे बोलू शकत नाहीत, त्यांचं ऐकणं शिकवते,  
शब्द नसलेल्या नजरा अर्थपूर्ण करते.

हसण्यामागचं दुःख जे डोळ्यांत साठलेलं असतं,  
सामाजिक कार्य ते न बोलताच ओळखतं.

इथे intervention पेक्षा presence मोठी ठरते,  
शेजारी बसलेली शांतताच आधार देते.

उपायांपेक्षा ऐकणं जेव्हा गरजेचं होतं,  
तेव्हाच माणूस माणसाशी खऱ्या अर्थाने जोडतं.

गाव माझं लहान, विचारही काहीसे बंद,  
घोषणा मोठ्या, पण वास्तव अजूनही थंड.

“मुलगी वाचवा, मुलगी शिकवा”,  
“मुलगी शिकली, प्रगती झाली”  
म्हणतो समाज मोठ्या आवाजात,  
पण स्वातंत्र्य अजूनही हरवतं अनेक सवालात.

शिकायच्या आधीच लग्नबंधनात अडकते तिची वाट,  
उडण्याआधीच छाटले जातात स्वप्नांचे पंख, आणि  
राहते तशीच अंधारी रात.

नौका पार होण्याआधीच कोसळते मोठी लाट,  
स्वप्नांच्या काठावरच थांबते तिची प्रत्येक वाट.

एका बेडकाप्रमाणे विहिरीबाहेरचं जग पाहायच्या आधी,  
तिची झेप थांबवली जाते भीतीच्या सावलीत कधी.

म्हणतात बदलाची सुरुवात स्वतःपासून होते,  
छोट्या पावलांतूनच मोठी वाट साकार होते.

असं एक पाऊल मी धैर्याने उचललं,  
निर्मला निकेतनपर्यंत माझं स्वप्न पोहोचवलं.

“Social work का?” जेव्हा प्रश्न मला विचारला,  
माझ्या गावाचा आरसा मी निर्धाराने समोर ठेवला.

कारण हा अभ्यासक्रम नाही, हा जीवनमार्ग आहे,  
स्वतःसह इतरांनाही घडवण्याचं हे पहिलं पाऊल आहे.

बदल कदाचित छोटा असेल, पण प्रामाणिक असेल तो,  
अंधारातही उजेडाची वाट दाखवेल तो.

एक पाऊल, एक आवाज, एक संवेदनशील हात,  
यातूनच बदल घडतो  
हेच सामाजिक कार्य सांगतो.

म्हणूनच सामाजिक कार्य माझ्या श्वासात सामावलं,  
माझ्या विचारांना, कृतींना, अस्तित्वाला आकार दिलं.

हा प्रवास इथे थांबत नाही, इथूनच सुरू होते,  
कारण सामाजिक कार्यातच माझं खरं “मी” उमलते.

# शब्दांमधील विचार : एक साहित्यिक समीक्षा

Baliram Yadav, BSW-II

पुस्तकानावचे: आशेच्या गुंगीत लटकलेले तारुण्य  
लेखक: न्यानेश्वर जाधवर

आशा काहीतरी मिळवण्याची आशा, काहीतरी बनण्याची आशा, आपली असलेली स्थिती बदलण्याची आशा, कधीतरी आपली स्वप्ने पूर्ण होतील याची आशा. एक जीवन असते जे आपण जगत असतो आणि एक जीवन असते जे आपल्याला जगायचे असते; या दोघांच्या मधली नाळ म्हणजे आशा.

'आशेच्या गुंगीत लटकलेले तारुण्य ही ज्ञानेश्वर जाधवर यांची कादंबरी आहे. या कादंबरीत त्यांनी पुण्यात आयएएस, आयपीएस बनण्याची आशा बाळगणाऱ्या स्पर्धा परीक्षा म्हणजेच यूपीएससी, एमपीएससीची तयारी करणाऱ्या विद्यार्थ्यांचे वास्तवदर्शी चित्रण मांडले आहे.

खरं म्हणजे अत्यंत सहज आणि प्रामाणिकपणे त्यांनी स्वतःच्या जीवनातील स्पर्धा परीक्षेचा काळ मांडला आहे. सामाजिक व्यवस्थेने गोरगरीब आणि खालच्या वर्गातील घटकांना स्पर्धा परीक्षेच्या माध्यमातून जे ग्लॅमरस जीवन दाखवले जाते,

त्यामागील कटू सत्य न दाखवता विद्यार्थ्यांना या जीवघेण्या चक्रात ओढले जाते. अनेक विद्यार्थ्यांची सुटका त्यांच्या जीवनाच्या अंतातूनच होते ही भयानक वस्तुस्थिती त्यांनी अधोरेखित केली आहे.

खरं म्हणजे शिक्षणाचा मूळ उद्देश नोकरी मिळवून देणे हा नव्हताच. शिक्षण म्हणजे माणसाला माणूस बनवण्याची प्रक्रिया होती. माणसाला त्याच्या जीवनाचा बोध व्हावा, जीवनातील खरे सत्य समजावे, त्याच्या आवडीनिवडी व कौशल्यांना वाव मिळावा आणि मूल्य, नीती, न्याय यांची बीजे त्याच्यात रुजावीत हेच शिक्षणाचे मुख्य उद्दिष्ट होते. शिक्षणामुळे माणूस आर्थिकदृष्ट्या स्वावलंबी व्हावा हा नेहमीच दुय्यम भाग होता.

परंतु आज आपल्याला याची उलट स्थिती पाहायला मिळते. शिक्षण फक्त नोकरी मिळावी याच उद्देशाने घेतले जात आहे. नोकरीच्या स्पर्धेमध्ये आपण स्वतःला इतके गुंतवून घेतो की जीवनाचा खरा आनंद घ्यायला विसरतो. त्यामुळे स्वप्न साध्य करूनसुद्धा माणूस निराश, हताश होतो आणि आयुष्यात काहीतरी राहिले, काहीतरी हरवले आहे या भावनेने जगत राहतो.



त्यामागील कटू सत्य न दाखवता विद्यार्थ्यांना या जीवघेण्या चक्रात ओढले जाते. अनेक विद्यार्थ्यांची सुटका त्यांच्या जीवनाच्या अंतातूनच होते ही भयानक वस्तुस्थिती त्यांनी अधोरेखित केली आहे.

खरं म्हणजे शिक्षणाचा मूळ उद्देश नोकरी मिळवून देणे हा नव्हताच. शिक्षण म्हणजे माणसाला माणूस बनवण्याची प्रक्रिया होती. माणसाला त्याच्या जीवनाचा बोध व्हावा, जीवनातील खरे सत्य समजावे, त्याच्या आवडीनिवडी व कौशल्यांना वाव मिळावा आणि मूल्य, नीती, न्याय यांची बीजे त्याच्यात रुजावीत हेच शिक्षणाचे मुख्य उद्दिष्ट होते. शिक्षणामुळे माणूस आर्थिकदृष्ट्या स्वावलंबी व्हावा हा नेहमीच दुय्यम भाग होता.

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या साऱ्या परिस्थितीमागील कारणे आणि स्पर्धा परीक्षेच्या विद्यार्थ्यांची या व्यवस्थेमध्ये डाव्या व उजव्या विचारसरणींच्या संघर्षात कशी पायमल्ली होते, हे लेखकाने दाखवले आहे. चतुर भांडवलदारांनी आधुनिक जगात लाखो सामान्य नागरिकांना शासकीय व खाजगी पदे, प्रतिष्ठा आणि श्रीमंतीची स्वप्ने दाखवली. त्याचा परिणाम गावागावांतील माणसांवर झाला आणि ही माणसे आशेच्या गुंगील जगू लागली.

आज कित्येक मुले पुणे, मुंबई, दिल्लीसारख्या शहरांत स्पर्धा परीक्षेची तयारी करताना दिसतात. यातील अनेक मुलांचे आई-वडील गरीब शेतकरी किंवा रोजंदारीवर काम करणारे असतात. हाताला मिळेल ते काम करून पैसे कमवतात आणि शहरात राहून स्पर्धा परीक्षेची तयारी करणाऱ्या आपल्या मुलांना महिन्याला पैसे पाठवतात. स्वतः नीट खायला मिळाले नाही तरी चालेल, पण मुलाच्या खोलीचे भाडे, मेसचा खर्च, क्लासेस व लायब्ररीचा खर्च स्वतःचे पोट मारून पुरवतात या आशेवर की आपला मुलगा साहेब होईल, आपले नाव मोठे करेल.

मुलाचे आयुष्यही सोपे नसते. वयाच्या २२-२३ व्या वर्षी तो स्पर्धा परीक्षेच्या तयारीला लागतो. नदीत पोहण्याआधी प्रवाहाचा अंदाज घ्यावा लागतो, तसेच या क्षेत्राची माहिती नसल्यामुळे सुरुवातीला अनेक विद्यार्थी भोळे आणि स्वप्नाळू असतात. स्पर्धा परीक्षेच्या नावाखाली ज्यांनी कधी प्रिलिम्ससुद्धा काढलेली नसते, असे अनेक जण क्लासेस सुरु करतात. ते विद्यार्थ्यांना खोटी स्वप्ने दाखवतात, आश्वासने देतात आणि फसवतात. स्पर्धा परीक्षेचेही भांडवलीकरण झाले असून त्याला विद्यार्थी बळी पडतात.

स्पर्धा परीक्षा आज जीवघेणी बनली आहे. लाखो विद्यार्थी उतरतात आणि जागा असतात हजार. स्पर्धा समुद्राएवढी आणि संधी थेंबाएवढी. आधी प्रिलिम्स, मग मेन्स आणि शेवटी मुलाखत. मुलाखतीत अपयश आले तर साप-शिडीच्या खेळात ९९ वर साप चावल्यासारखे पुन्हा सुरुवातीपासून सुरु करावे लागते. जे विद्यार्थी एकदा तरी मेन्स किंवा मुलाखतीपर्यंत पोहोचतात, त्यांना "आपण करू शकतो ही आशा मिळते. मग या आशेच्या आधारावर ते कित्येक वर्षे स्पर्धा परीक्षाच देत राहतात. वयाच्या ३८व्या वर्षीही लग्न न करता, नोकरी न करता फक्त तयारी करणारी माणसे मी पाहिली आहेत.

या चक्रातून बाहेर कसे पडायचे हेच त्यांना कळत नाही. गावाकडे परत जाण्याची हिंमत होत नाही. नोकरी केली

तर अभ्यास बिघडेल या भीतीने तीही करत नाहीत. बेरोजगारीमुळे लग्न होत नाही, मानसिक ताण वाढतो, नैराश्य येते, माणूस व्यसनांकडे वळतो. या काळात प्रेम झाले तर तेही टिकत नाही. "आपण काहीच करू शकलो नाही, आई-वडिलांच्या आशेवर खरे उतरलो नाही" या विचारांत अडकून अखेर काही जण आत्महत्येकडे वळतात. मग यातून मला काय कळले?

ज्ञानेश्वर जाधव यांनी या पुस्तकात स्पर्धा परीक्षेचे वास्तव अत्यंत प्रभावीपणे मांडले आहे. खरं सांगायचं तर बारावीनंतर माझ्याही मनात स्पर्धा परीक्षेचा विचार आला होता तो अजूनही कुठेतरी आहे. पण स्वतःला विचारले की ही स्पर्धा करण्याची तयारी, कुवत आपल्यात आहे का, तेव्हा स्पर्धा परीक्षा देण्याची हिंमत झाली नाही.

आपली क्षमता आणि मर्यादा ओळखता आल्या पाहिजेत. कमतरता दूर करून क्षमता वाढवण्याची तयारी असली पाहिजे. या पुस्तकातून मला सर्वात महत्त्वाची गोष्ट समजली ती म्हणजे प्लॅन बी. ध्येय साध्य करताना प्लॅन बी असायलाच हवा, म्हणजे पुढे फजिती होणार नाही. काही जण म्हणतात की प्लॅन बी ठेवल्यामुळे मुख्य ध्येयापासून आपण दूर जातो; पण ते पूर्णपणे खरे नाही.

आपण एक विशिष्ट कालावधी ठरवला पाहिजे. उदाहरणार्थ, स्पर्धा परीक्षेसाठी मी वयाच्या २६व्या वर्षापर्यंत पूर्ण ताकदीने प्रयत्न करेन; पण तेव्हा यश मिळाले नाही तर प्लॅन बीची तयारी सुरु ठेवेन. काहीच नसण्यापेक्षा काहीतरी असणे केव्हाही चांगले.

आणखी एक महत्त्वाची गोष्ट म्हणजे 'लेट इट गो' मिळत नसेल तर सोडून देण्याची क्षमता. कारण आयुष्य म्हणजे फक्त नोकरी, पैसा किंवा प्रतिष्ठा नाही; ते एक प्रवास आहे. अनेक गोष्टी येतात आणि जातात. एका गोष्टीसाठी संपूर्ण जीवनाची माती करणे योग्य नाही. म्हणतात ना जर ते तुमच्या मनासारखे असेल तर ते चांगले, जर नसेल तर ते आणखी चांगले (**FROM FILM ANAND**, दिग्दर्शक - हृषिकेश मुखर्जी). कारण जीवन लांब नाही, तर मोठे असावे.

वो सब जानता है, पर मानता नहीं है,  
सच सामने हो फिर भी पहचानता नहीं है।  
दुनिया के हर राज का उसे अंदाजा सही है,  
पर खुद के दिल की आवाज उसे सुनना नहीं है।

वो मुस्कुराता है तो चमक जाता है जहां,  
जैसे अंधेरी रात में खिल उठे आसमान,  
उसकी हंसी के पीछे छुपा रहता है गुमान,  
के वो खुद से ही कभी करता नहीं है बयान।

वो सबका बोझ उठा लेता है बिना कोई शोर,  
पर अपने ही ख्वाबों से रह जाता है दूर,  
सबको मंजिल दिखा देता है रोशनसी भोर,  
पर खुद के रास्ते पे चलने का ना हिम्मत ना जोर।

शायद एक दिन रुक कर खुद को पहचाने वो,  
जो दिल से भागा था उससे भी जाने वो,  
जिस दिन खुद के दर्द को अपनाए वो,  
उसी दिन सच में मुस्कुराना जाने वो।

ये भी मुमकिन है के कल वो खुद से मिल जाए,  
अपनी ही खामोशी में नया साज़ पाए,  
जो था बिखरा हुआ, उसे धीरे धीरे समेट जाए,  
और अपनी कमजोरियों को भी ताकत बना पाए।

उस दिन उसकी मुस्कुराहट सिर्फ रोशनी नहीं होगी,  
बल्कि सुकून की एक गहरी सी कहानी होगी,  
वो जो सबके लिए जीता रहा बेपरवाह सा,  
अब खुद के लिए जीने की भी एक निशानी होगी।



## उसकी आवाज

Mansi Gangurde, BSW-II

क्या तुमने बच्चों के रोने की आवाज़ सुनी है?  
मशीनों के शोर ने उनकी खुशी छीन ली है।

छोटे कदम सपने देखने से पहले ही थक गए,  
मजदूरी के बोझ ने उनका बचपन ले लिया।

जहाँ हँसी, खेल और कहानियाँ होनी चाहिए थीं,  
वहाँ डर और अँधेरा बस गया है।

न पक्षियों की चहचहाहट है, न मिट्टी की खुशबू,  
धरती भी दुखी हो जाती है जब बच्चा बोझ उठाता है।

उन्हें न पैसा चाहिए, न सोना, न बड़ा शहर,  
बस इतना चाहते हैं — उन्हें अकेला और मजबूर न किया जाए।

उनकी मौन-सी प्रार्थना धरती पर गिरती है,  
और आकाश भी उनका दर्द महसूस करता है।

वे कहते हैं:  
“हमें जीने दो, पढ़ने दो, प्यार और सम्मान महसूस करने दो।”

पर लालच और धन उनकी आवाज़ दबा देते हैं,  
और बचपन अँधेरे में खो जाता है।

जब झूठी प्रगति के नाम पर बच्चा रोता है,  
तो मानवता ही मर जाती है।

याद रखो, दुनिया तभी अच्छी बनेगी,  
जब हर बच्चा स्वतंत्र और खुश होगा।



“बचपन छीन लया गया”  
(गज़ल)

Gargi Tiwari, MSW-I



*We Fondly Remember With Gratitude and Love*



**PROF. DR. ARMAITY DESAI**

*1934-2025*

(OUR FORMER VICE PRINCIPAL AND FACULTY MEMBER)

for her dedicated leadership and guidance  
towards the growth of College of Social Work,  
Nirmala Niketan (Empowered Autonomous)



# EVENTS OF THE YEAR



## **Celebration of International Yoga Day-17th June & 21st June 2025**

A yoga session was organized on 17th June 2025 by the Student Council at the College of Social Work, Nirmala Niketan, to celebrate International Yoga Day, which is observed every year on 21st June. The session was led by Ms. Sakshi Oza, a certified and experienced yoga teacher and founder of Oza's Fitness. She guided the students through a refreshing morning practice that included Pranayama, Surya Namaskar, various asanas, and simple meditation techniques aimed at enhancing physical, emotional, and mental well-being. A total of 80 students participated in the session.



Another yoga session was organized on 21st June 2025 by the Student Council in collaboration with the Orientation Committee. This session was specially conducted for the BSW I students as part of their orientation programme.



## **Session on SIP: "Growing Wealth Through Mutual Funds: A Beginner's Guide – A SIP to Crorepati: Harnessing the Power of SIP" – 16th July 2025**

This session was organized by the Sharekhan Company. The resource person for the session was Mr. Naveen Sharma, ND Channel Head, ICICI Prudential AMC.

The session was organized to create awareness among students about Systematic Investment Plans (SIPs) and mutual funds. The objective was to encourage students to develop a habit of saving and financial planning at an early age, helping them secure their future. The session received a positive response from students as well as teaching and non-teaching staff.



# EVENTS OF THE YEAR



## Freshers' Party-23rd August 2025

A Freshers' Party was organized by the BSW II, BSW III, and MSW II students to welcome the freshers of BSW I and MSW I. The program was held in the BSW Hall. The event was attended by teaching and non-teaching staff along with students.

Various classes presented performances, and several spot games and competitions were conducted, including the selection of Mr. and Ms. Fresher of the academic year 2025-2026. The event was vibrant and joyful, filled with excitement, laughter, and meaningful bonding between seniors and freshers. The program successfully made the newcomers feel warmly welcomed into the college community.



## Friendship Week-30<sup>th</sup> July to 6<sup>th</sup> August 2025

The first major activity of the Women Development Cell was Friendship Day Week 2025, organized from 30th July to 6th August 2025. The week-long programme focused on strengthening values of empathy, solidarity, inclusion, and emotional support within the campus community. A variety of creative and reflective activities such as storytelling, reel-making, letter writing, interactive games, and a friendship photo booth were arranged throughout the week, encouraging active participation from students and staffs.

The final day marked the formal celebration of Friendship Day, which concluded with an enriching session by an expert, Ms. Binaifer on "Building Positive and Healthy Friendships." She guided students on the importance of trust, empathy, healthy boundaries, and respectful relationships, bringing the Friendship Day Week celebrations to a meaningful and reflective close.



# EVENTS OF THE YEAR



## **Independence Day Celebration–13th August 2025**

The programme was organized to celebrate the 77th Independence Day. The theme for the event, decided by the Student Council, “The Unfinished Revolution: A Call for Responsibility.”

The programme began with an address by Dr. Hazel D’Lima, the senior-most member of the management and former Principal of the college. This was followed by various performances and competitions, namely Skit and Extempore Competition.



## **Nature and Ecology Exposure Trek to Karnala Bird Sanctuary– 24<sup>th</sup> August 2025**

The Rotaract Club of Nirjala Niketan College organized a Nature and Ecology Exposure Trek to Karnala Bird Sanctuary with the objective of promoting environmental awareness, teamwork, and experiential learning. A group of 28 students and 2 faculties travelled to Panvel, after which the trek began following a detailed safety briefing.

The trek through the forest terrain provided students with an opportunity to observe bio-diversity and natural ecosystems firsthand. Despite the physically demanding terrain and weather conditions, students demonstrated discipline, perseverance, and cooperation throughout the activity. The descent was carried out carefully with mutual support among students, ensuring safety and coordination.

The programme concluded with a shared meal, fostering a sense of unity among students and faculties. The trek enhanced students’ understanding of environmental conservation and ecological balance, while reinforcing the values of teamwork, responsibility, and sustainable interaction with nature.



# EVENTS OF THE YEAR



## Teachers' Day Celebration–3rd September 2025

The Student Council organized a programme on the occasion of Teachers' Day to honour and felicitate the teaching and non-teaching staff. The event included a variety of performances by students, such as songs and dance, dedicated to appreciating the efforts and contributions of the teachers.

Students also invited the teachers to present a small performance, which added joy and warmth to the celebration. The programme created a cheerful atmosphere, and the teachers and staff were deeply touched by the appreciation and love expressed by the students.



## Suicide Prevention Program–10th September 2025

A Suicide Prevention Programme was organized by the Student Council and the Students Counsellor, Ms. Sadaf Bhimani in collaboration with the Talk to Me organization by Ms. Roshni Tiwari and Ms. Gunjan Adnani. The resource persons spoke about the importance of mental health awareness and the role of early intervention in preventing suicide.

The session was conducted with great sensitivity and clarity, engaging the audience through real-life insights and practical coping strategies. The speakers also emphasized that seeking help and reaching out for support is a sign of strength, encouraging students to be more open about mental health and to support one another.



# EVENTS OF THE YEAR



## **Treasure Hunt–7th October 2025**

The Rotaract Club organized a Treasure Hunt for its club members under the guidance of the faculty in-charge, Ms. Nirmiti Bhor and Mr. Albin Thomas. Participants were divided into Team Green and Team Blue, and were required to solve clues and complete tasks placed at different locations across the college campus.

The activity was filled with excitement as teams strategized, coordinated, and raced from one clue to the next. Team Green emerged as the winner. The post-activity reflection highlighted the importance of teamwork, communication, and unity, as effective coordination played a key role in the team's success.

Overall, the activity strengthened group bonding and reinforced the value of cooperation in achieving shared goals.



## **Indoor Sports Day Celebration–15th December 2025**

Indoor Sports Day was organized for the various classes to promote physical fitness, mental alertness, teamwork, and healthy competition among students. The event featured a variety of indoor games, including the Balancing Obstacle Game, Target Throw Game, Carrom (Doubles), and Chess, for both boys and girls.

Students from BSW and MSW actively participated with enthusiasm, demonstrating coordination, focus, strategy, and sportsmanship. The lively atmosphere, supportive peer interaction, and well-organized games made the event enjoyable and engaging.

Overall, the Indoor Sports Day was a successful initiative that encouraged holistic development, camaraderie, and positive recreation among students.



# EVENTS OF THE YEAR

## **Student Council Planning and Review Meeting–16th December 2025**

A Student Council Initiative Meeting was conducted to review past activities and plan upcoming events. The meeting was led by Ms. Purvi, General Secretary, in the presence of faculty members Dr. Saman Afroz, Ms. Sabeena Gonsalves, and Ms. Vinnarasi Arokkiya.

The session included a review of the student council events held throughout the academic year, an explanation of the Student Council structure and scoreboard system, and announcements regarding upcoming initiatives. Important highlights included the introduction of the college magazine “NEENV,” a briefing about the major event RIWAYAT 2025 with the theme “Beyond the Boundaries,” and preliminary details of Annual Day 2026, themed “UDAAN – Wings of Hope.”

The meeting concluded with announcements, clarification of attendance norms, and a vote of thanks, making it an informative and well-organized session.



## **JUNOON 2.0–17th December 2025**

Junoon 2.0 was organized by the Rotaract Club of the College of Social Work, Nirmala Niketan (RCNN) as a live entrepreneurial exhibition aimed at empowering local businesses and supporting community-driven initiatives. The event brought together 19 entrepreneurs and organizations from sectors such as art, textiles, food, fashion, and social enterprises, providing them with a platform to showcase their products and innovations. The event recorded a footfall of 1,091 participants, reflecting its growing reach and impact compared to previous edition.

The event served as an important experiential learning opportunity for Rotaract members, enabling them to develop skills in planning, coordination, promotion, and financial management. The activity reaffirmed RCNN’s commitment to entrepreneurship, student leadership, and community engagement, while creating a vibrant platform for innovation and collaboration within the community.



# EVENTS OF THE YEAR



## **RIWAYAT 2025-12th, 19th, and 20th December 2025**

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

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 supported by RUSA (Rashtriya Uchcharat Shiksha Abhiyan) as the major sponsor, whose funding contributed to the smooth and successful execution of the fest. The official RIWAYAT 2025 T-shirts were partnered by the Loyola Institute of Business Administration (LIBA), Chennai.

The festival commenced on 12th December with literary and creative events such as Vichar Abhivyakti (Essay Writing), Kavyasutra (Poem Writing), and Kalakriti (Poster Making), along with online submissions for Lenscape (Photography) and Reel-O-Graphy (Reel Making). These events provided students with opportunities to express their ideas, emotions, and creativity in alignment with the fest’s theme.



# EVENTS OF THE YEAR



## **Krantijyoti Savitribai Phule Lecture Series-7<sup>th</sup> January 2025**

As part of its academic and social awareness initiatives, the Women Development Cell organized the 14th Krantijyoti Savitribai Phule Lecture Series. The theme of the lecture was “Contemporary Perspectives on Crime Against Women and Social Justice.”

The guest speaker, Ms. Gauri Ashok Vichare, Head Constable, Crime Against Women Cell (CAWC), CID Crime Branch, Mumbai, delivered an insightful and engaging session. The programme witnessed the participation of approximately 140 participants, including around 120 students, along with teaching and non-teaching staff.

The session encouraged critical reflection on issues related to crime against women, legal safeguards, and mechanisms for social justice, creating greater awareness among the participants.



## **Financial Awareness Session for Girls-12<sup>th</sup> January 2025**

The Women Development Cell organized a Financial Awareness Programme for Girls in collaboration with Mirae Asset Mutual Fund (Mirae AMC) and CIEL. The programme aimed to enhance financial literacy among female students and create awareness about the importance of early financial planning, saving, and investing.

The session introduced the concept of Systematic Investment Plans (SIPs) and mutual fund investing as accessible tools for young women. It also highlighted the importance of developing responsible financial habits at an early stage.

Overall, the programme reinforced the institution’s commitment to empowering students with practical life skills and encouraging young women to become informed savers and investors in the future.

# EVENTS OF THE YEAR

## **Dissemination of HUMRAH Video Series on POCSO-13<sup>th</sup> January 2025**

The Dissemination of the HUMRAH Video Series on the POCSO Act was organized in collaboration with Prerana. The session began with Ms. Priti Patkar, Founder of Prerana, who introduced the topic by speaking about the Protection of Children from Sexual Offences (POCSO) Act, highlighting issues related to child rights, safety, and access to justice.

This was followed by a video screening from the HUMRAH series conducted by the Prerana team, along with an interactive discussion and question-and-answer session. The programme helped students gain a deeper understanding of child protection laws and emphasized the role of educational institutions' in safeguarding children.



## **Outdoor Sports Day-24th January 2025**

Outdoor Sports Day was held at St. John the Evangelist Church Ground – Marol, aiming to promote physical fitness, teamwork, discipline, and sportsmanship among students. The event began with an inaugural address by Dr. Saman Afroz and Ms. Purvi Waghela, the General Secretary, followed by a torch-lighting ceremony symbolizing unity and determination. Students actively participated in several track events, including the 100-meter race, relay race, CrossFit race, and sack race. The CrossFit event was newly introduced and tested participants' endurance through running, push-ups, and sit-ups. Field events such as Shot Put, Discus Throw, and Javelin Throw showcased students' strength and technique under the guidance of a national-level referee.



The day also included team events like Kabaddi, Volleyball, and Tug of War, which highlighted coordination and team spirit among participants. With the involvement of over 300 students, the event concluded successfully, fostering enthusiasm, unity, and healthy competition within the student community.

# ACHIEVEMENTS

- 17th September 2025, Parthsingh Rajput from BSW-II secured 1<sup>st</sup> Prize in AARAMBH 2025 Idea Hackathon Competition.
- Avaneesh Shinde from BSW-III was awarded 3<sup>rd</sup> place in MGC Sports League at Municipal Corporation Ground, Vashi.
- 17th August 2025, College of Social Work (Empowered Autonomous), Nirmala Niketan, won the Best Director's Award at the Vivek Jagar Karandak Street Play Competition 2025, held in Panvel and organised by the Maharashtra Andhashradha Nirmulan Samiti. The competition was based on the theme "Manuskichi Hatya" (Murder of Humanity).

The award was received for the impactful direction by Mr. Sandesh Lalge, supported by a dedicated team of students from the Bachelor's and Master's programmes of Social Work.

Participating Students:

Mr. Kalpesh Ramesh Masmar, Mr. Shyam Raju Gaikwad, Ms. Arya Khanolkar, Mr. Saish Surendra Salgavkar, Ms. Dipanshi Aggrawal, Ms. Mansi Umesh Gangurde, Mr. Chetan Chhagan Yadav, Mr. Yogeshwar Chintamani Bajare, Mr. Sangharsh Rajkumar Agre, Mr. Baliram Ananda Yadav, Mr. Ganesh Shivaji Khanpat, Mr. Ashish Milind Jadhav, and Ms. Mansi Ganpat Raut.

# BSW-I



# BSW-II



# BSW-III



MSW-I



MSW-II



# MASIE-I

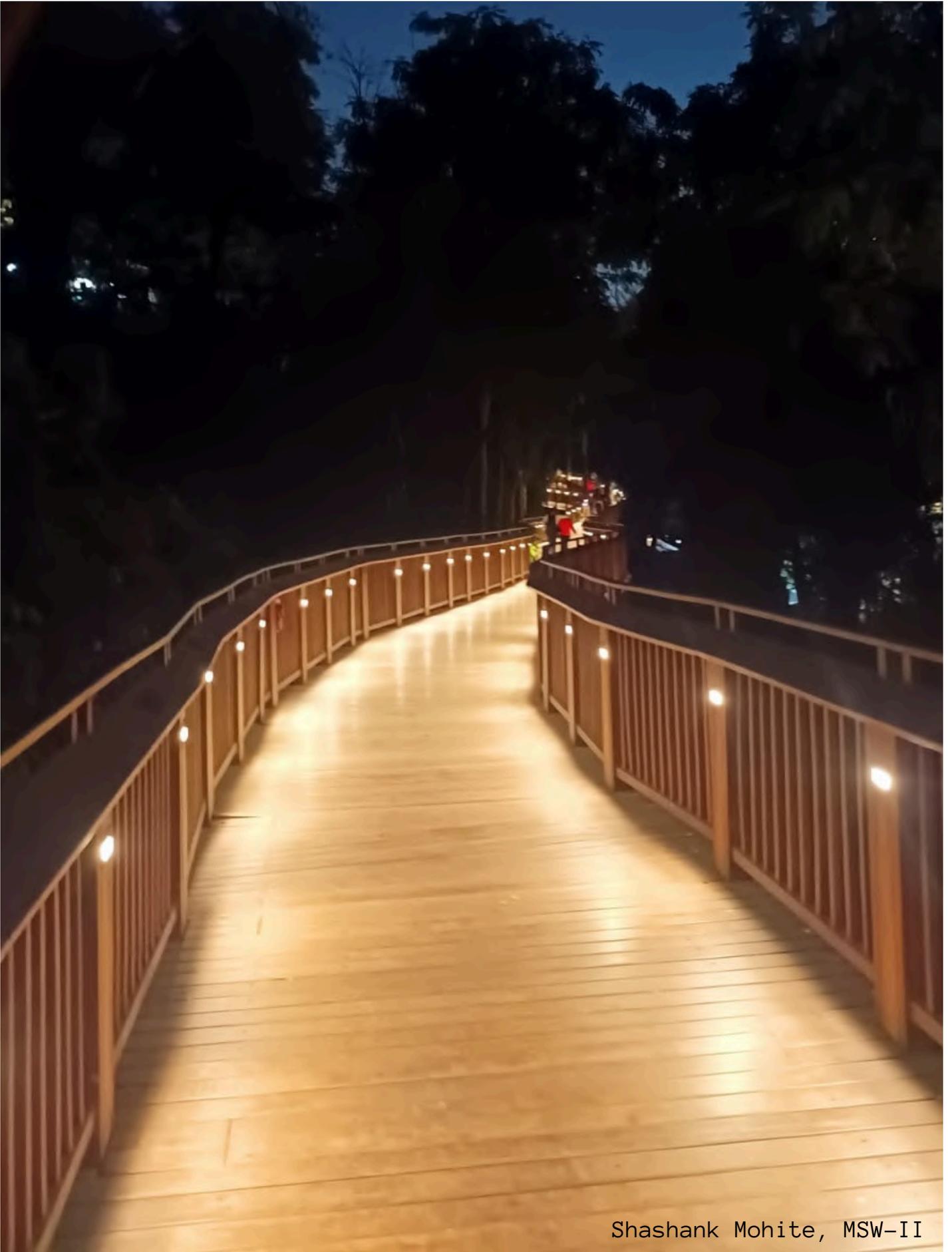


# MASIE-II



# STUDENT COUNCIL





Shashank Mohite, MSW-II

Be the Light That brightens the Path to a Better World.



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# UNTOLD STORIES

Students' Magazine  
2025-26

