

2020

MONTHLY REPORT OF JUNE

**Department of
Social Work:
NSS & UBA**

Strengthening the NSS Core Team - Online Leadership Training and Skill Development

Following a brief break to recover from the emotional and physical turmoil caused by Amphan, the students were glad to resume the leadership and skill development programme on the 8th June. The programme resumed with a feedback session of the Raghampur students on their assignment of preparing a programme schedule, followed by a short recap of the programme so far.

In the last week of the training programme, the students got an insight on **Stress Management** through a peer sharing session facilitated by Prof. Cheryl Francis. During the session, the students were encouraged to share how they were coping with their stress. This not only made them feel better (to talk about it) but also helped their friends to take example. In the current situation where everything is virtual, it was important for the students to learn how to schedule online meetings for both their personal as well as professional needs. Therefore, Ms. Shrawani Jha conducted a practical session on “**How to schedule a Webex meeting**” for the students. Then they were given the task of scheduling a Webex meeting, which everyone could do successfully.

The leadership programme came to a close with a session on **Decision making** for which Ms. Anne Prabhu, a Mumbai based Executive and Life Coach, trusted advisor to start-ups, SMEs, Indian Conglomerates and Multinationals, was invited as a resource person. It was a very interactive session and Ms. Anne stressed on the importance of being self-aware, mindful and analysing the situation before taking any decisions. She also highlighted the fact that it was important to lead oneself first before leading others.

During a feedback session, the students shared that this leadership training served as a boon to them both personally as well as professionally. Amidst the lockdown and especially when everyone was neck deep in uncertain and trying times, this opportunity to interact with the whole NSS family as well as learn life skills through this training has definitely boosted the morale of the students. As Sahil Samuel Ahmed the NSS President rightly said, *“I always feel more positive after attending each session. This has been one of the best training I have participated in and am certainly trying hard to put into practice the concepts learnt during the session.”* Shubham Vaidya, an outgoing student from Commerce (Morning) said, *“My main learning from this session is how to say a smart ‘No’ in both my personal as well as professional life.”*

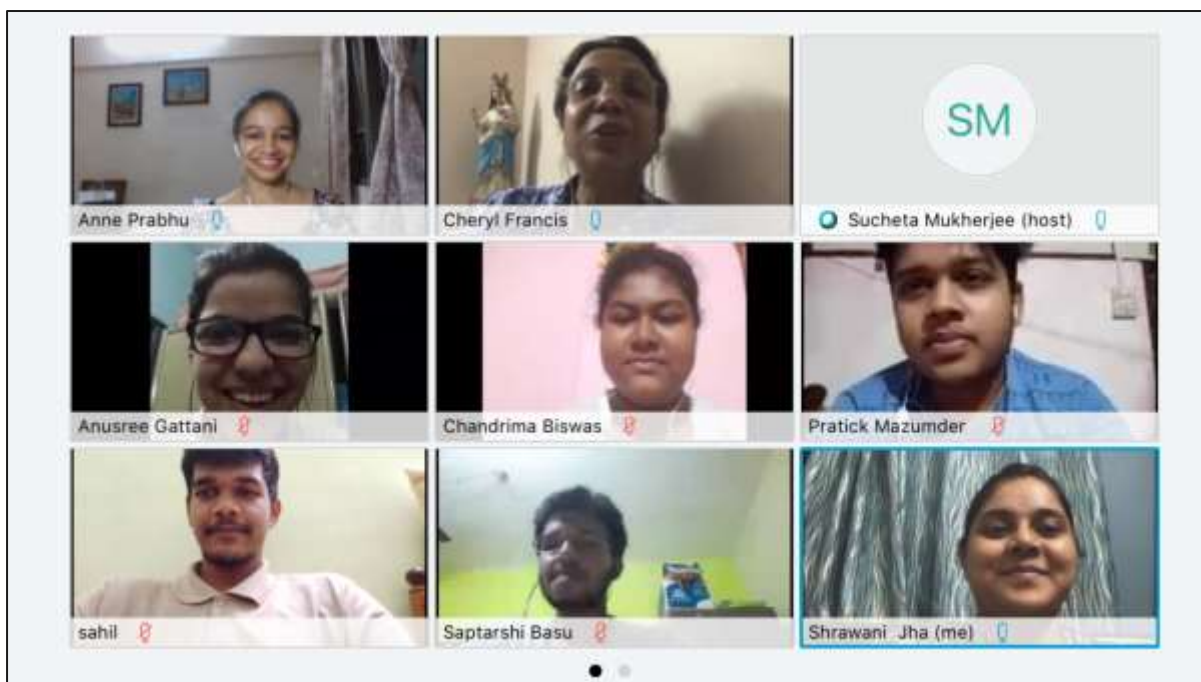


Figure 1: A glimpse of some of the participants who attended Ms. Prabhu's session

Relief Operation For Cyclone Amphan : Gift A Roof initiative

In continuation to the relief operation that was initiated last month, this month a second list was prepared with 29 students from Raghbapur campus and 4 staff of St. Paul's High School, Raghbapur. This second list was sent to the College Alumni Association for the transfer of funds.

Unnat Bharat Abhiyan

This month, 90 household survey data have been uploaded in the UBA reporting portal for further analysis. Beside this the staff attended two webinars which was collaborated by National Coordinating Institute (NCI) – IIT Delhi. Below is a synopsis of the webinars:

- a) **International Webinar on Science and Engineering for Nature Conservation** scheduled on 5th June 2020: The Webinar was divided into two sections – (i) Industry and Environment and (ii) Sustainable Development Vs Developmental Engineering. The sessions focused on advocating for incorporating the environment sensitive developmental ideas for any form of socio-economic development. For example, rejuvenation of rivers or other water bodies through preserving biodiversity around it or by developing or conserving wet lands. Several industrial representatives spoke about ways to incorporating environment friendly development plans. Such as the real estate industry can promote and ensure construction of green building which has amenities such as rain water harvesting units, installation of solar panels and having a significant patch of greenery incorporated in the plan. Representatives from ASSOCHAM also spoke about the same and also shared about an initiative called GEM (Green & Ecofriendly Movement), which is sustainability certification programme for construction of buildings in an eco- sensitive way.
- b) **National Webinar on Role of Technologies in Rural Areas for Skill Development, Livelihood for Atmanirbhar Bharat** scheduled on 16th June 2020: During the introductory speech, Prof. Virendra Kumar explained how it is getting compulsory for faculty and staff to be involved in UBA. Faculty promotion will depend on the number of hours, the faculty has spent on outreach work. Also students will soon have to undertake outreach work for 2 credits. All the sessions elaborated how one can go

local for the benefit of the nation. Dr. Acchal Mittal, Head, Structural Engineering, CSIR-Central Building Research Institute, Roorkee took a session on ***Contribution of CSIR-CBRI Technologies in Housing and Skill Development*** wherein he explained that sustainable technologies focused on four focal points namely- (i) Affordability, (ii) Sustainable and energy efficient technologies, (iii) Labour intensive, (iv) Rural centric economic model. Prof Vivek Kumar, Professor, Centre for Rural Development and Technology, IIT Delhi took a technical session on ***Karigar Aur Kutir Udyog and Skill Development***, highlighting that higher education & technical institutes can have a major role in knowledge intervention and technical innovation to revive the handicraft industries and skill development of the artisans. He also added that pandemic situation has resulted in the migration flow back to the rural areas which can be utilized as a scope for the revival and strengthening of this sector as a whole. The session on ***Processing Agro-Residue to Value Added Products*** by Prof. Priyanka Kaushal from IIT Delhi lay focus on correlation between energy and human development. She also spoke about Biomass Conversion and scope for technological innovation in sustainable and efficient utilization of the energy resources. Dr. Vandit Vijay (IIT Delhi) during his session on ***Energy Self-Sufficiency in Rural Areas using Biomass: A model of Gram Urja Swaraj*** gave an insight into the scope for energy self-sufficiency in rural areas using locally available energy resources. He emphasized that there is need for Local Energy Planning keeping in mind 4As- Accessibility, Acceptable quality, Affordability, and Adequate availability. This local energy planning is to be done with the respective rural community to make it more practical and efficient and most importantly sustainable. He also shared about a project based on same approach, conducted at IIT Delhi.

Potential Collaboration for Outreach With Various Organisations

a) Rotary Club Calcutta South Circle

An interesting development took place on 5th June 2020. The Rotary Club Calcutta South Circle expressed their desire to become an associate partner with SXC-RGP Campus in the social outreach programme. Initially, they would like to offer 4/Rickshaw or 5 tailoring machines to the needy in a participatory model with the stakeholders.

Through a teleconference with Fr. Johnson Padiyara, S.J., the Vice Principal of Raghampur campus and the Rotary Club President Mrs. Amrita Paul and Secretary, Mr. Jayanta Chattopadhyay, it was suggested that the Rotary Club could donate a few sewing machine to one SHG. The members of the SHG could be trained in making low cost but effective masks which could be packed and sold. It would also provide an alternative source of income for the SHG members.

A meeting with the Rotary club members, SHG representative and the Social Work department of Raghampur campus, maintaining all COVID-19 protocols and guidelines, **will be held after 20th June 2020, to take this plan further.** This partnership with Rotary Club and one SHG will become a model in the process of sustainable development and a step towards Atmanirbhar Bharat.

It was decided by Fr. Johnson, the Vice Principal and Ms. Cheryl Francis, the Social Work Director, that a team be formed consisting of staff and students who would plan and implement this programmes. Ms. Cheryl also suggested that this matter needs to be communicated to Fr. Principal so that we are able to work formally with RC.

b) World Vision India

On 13th June 2020, Mr. Joachim Campoo, Programme Manager – Programmes of World Vision India emailed the Department seeking its expertise and resources to conduct online classes for underprivileged children residing in slums. To make

concrete meaningful impact, a zoom meeting was scheduled on 18th June 2020 which was attended by Prof. Cheryl Francis, Ms. ShrawaniJha and Ms. Sucheta Mukherjee from the Department and Mr. Joachim Campoo, Ms. Preety Ekka, and Ms. Mercy Jishing from World Vision India.

After this initial meeting, it was decided that World Vision will work out the modalities and send a formal request to the Department, which we received on 24th June 2020. At the onset of this collaboration, the Department staff will be the resource persons and gradually students will be trained to take up sessions under the guidance of the staff. These sessions will begin from next month.

Symphony Of Mind And Body: Observing International Day Of Yoga on 21st June 2020

Yoga from time immemorial has been instrumental in maintaining and promoting both physical & mental well-being. Hence, during this current period of uncertainty, it is only imperative to fall back on to this age old practice, so that the mind and body is in synchronization with one another. Therefore, the Department in collaboration with XADAM (Xaverian Academy of Dance and Music) observed International Day of Yoga on 21st June 2020, through a video presentation. The students demonstrated various yoga asanas. The video was uploaded in the official facebook page of the college as well as was posted on the college website.

In the beginning of June, when the Department reached out to its student with a suggestion of observing International Day of Yoga virtually, the response was overwhelming. The students were excited to not just observe International Day of Yoga but to practice Yoga regularly for their physical and mental wellbeing.



St. Xavier's College (Autonomous), Kolkata

DEPARTMENT OF SOCIAL WORK : NSS & UBA

in collaboration with

XAVERIAN ACADEMY OF DANCE AND MUSIC

observes

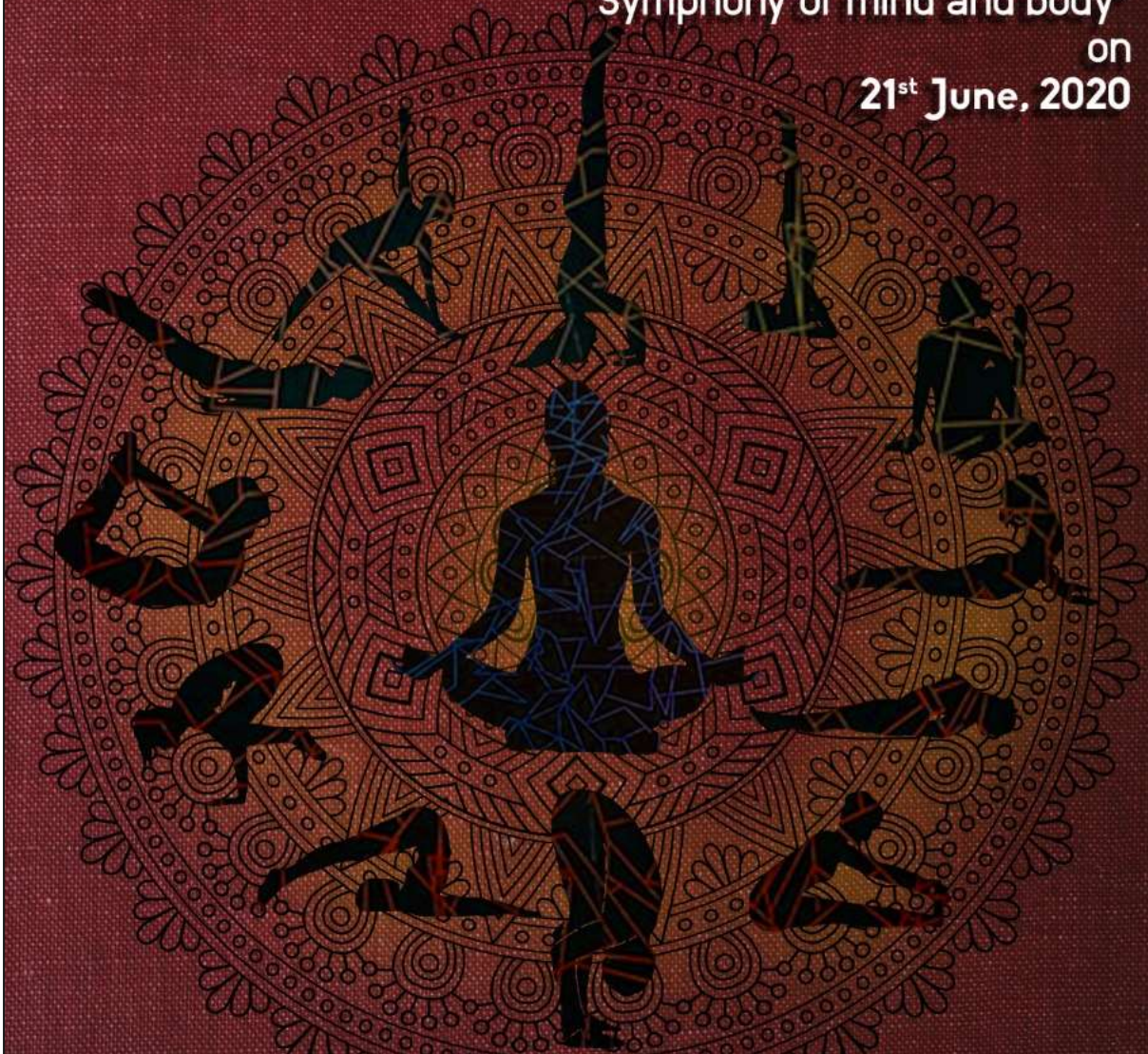


International Day of Yoga

"Symphony of mind and body"

on

21st June, 2020



Mentoring Social Worker Internship Students

Ankita Kumari, a MSW student of St. Xavier's University, interning with our department was assigned to volunteer online for an NGO, Society for Indian Children's Welfare (SICW), this month. Under the guidance of our staff, Ankita prepared progress reports of 15 youth who received sponsorship through SICW. She was also assigned the task of preparing success stories for the organisation as well. This assignment has given Ankita opportunity to interact with the youth and get an insight into their struggles and challenges. This experience has also made Ankita more sensitive. It provided her an opportunity to continue her field work training. Expressing her gratitude to the Department Ankita said, *"I am gaining more confidence to talk professionally with the beneficiaries and this assignment is further improving both my writing as well as my presentation skills"*.

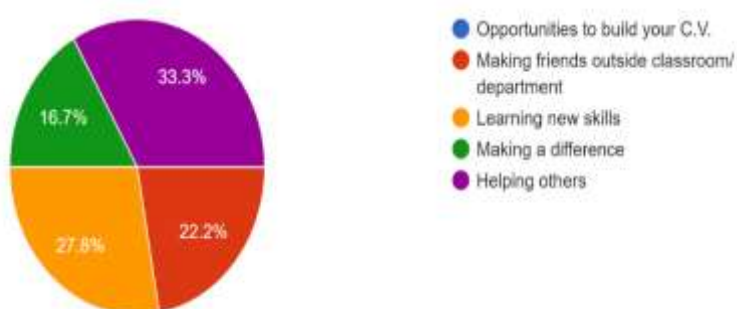
Experience of Students Who Are Part Of NSS core team

Since its inception in 1969, the Department has been meaningfully contributing towards the Jesuit mission of *'creating men and women for others'*. Over the years, thousands of students who internalised the NSS motto of *'Not Me, But You'* continue to be humane and responsible citizens. The Department initiated a short survey for its core team to understand the experience of a Xaverian, to be part of the core team.

An online survey was conducted titled, *'Experience of being an NSS Core Team Member'*. Eighteen respondents comprising of the board members, advisors and outgoing students from both main as well as Raghampur campus participated in this survey. A total of 8 questions were framed to understand how the Department functions and how far it is instrumental in nurturing potential youth leaders. Below are the findings of the survey:

1. What appeals to you most about NSS?

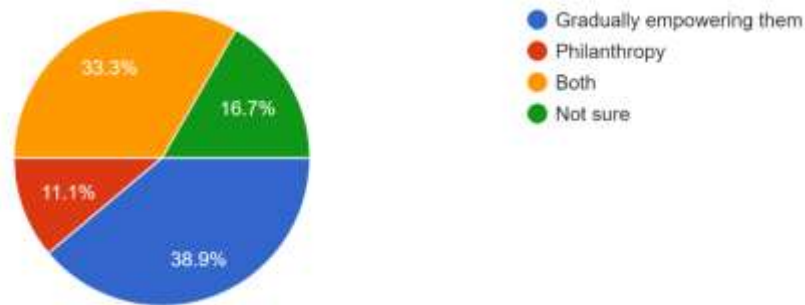
18 responses



33% of the respondents said that the main motivation for them to join NSS was the opportunity they got to help others. The Department with a lot of dexterity guides the students in formulating activities providing them ample opportunities to help others in need. Another appealing point of joining NSS was to learn new skills, which was pointed out by 27.8% of the respondents. Therefore, it can be concluded that the students joined NSS for both personal as well as professional development.

2. What's the best way of helping the underprivileged?

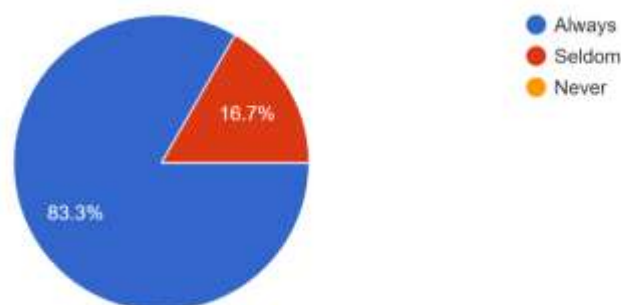
18 responses



As shown in the chart above 33.3% of the respondents believe that a mixture of philanthropy and gradual empowerment of people was the best way to help the underprivileged. Whereas, majority of them i.e. 38.9% believe that gradual empowerment of the underprivileged was the best way to ensure development of the underprivileged.

3. How often are you involved in the planning of department's various activities?

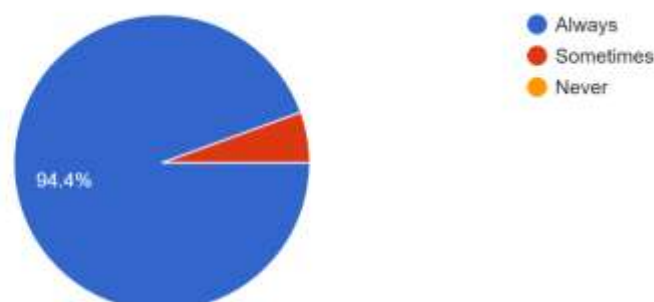
18 responses



It is evident from the chart given above that NSS Board Members were involved in the planning process of the various activities conducted and undertaken by the Department as 83.3% of the total respondents have said that they were always involved in the planning process. Therefore, it can be inferred that NSS Board Members were encouraged to participate in planning process thereby building their skills of planning and implementation of any activities or events.

4. How often department welcome volunteers and encourage them to get involved in activities that interest them?

18 responses

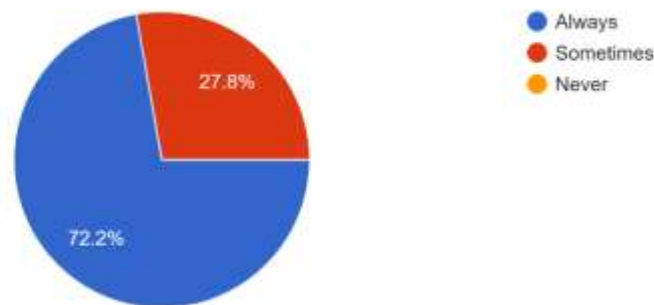


When asked, whether the NSS Board members and volunteers were encouraged to take up or get involved in the activities of their interest, approximately 95% of the respondents said that they were provided the opportunity to get involved in the activities that interested them. It is

important to note here that the Department helped the students enjoy the work that was assigned to them.

5. How often does the department provide opportunities to its students that nurture leadership qualities?

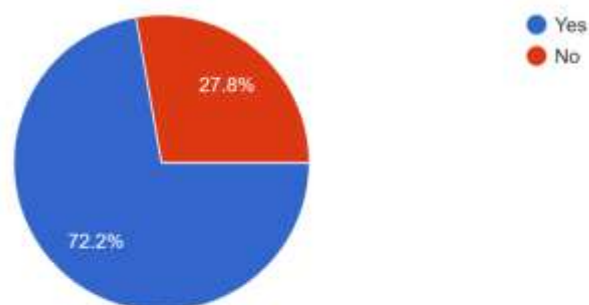
18 responses



It was heartening to see that 72.2% of the respondents agreed that the Department provided ample opportunities to its students to evolve into youth leaders.

6. Would you ever consider being a youth leader in the near future?

18 responses



It was very encouraging to see that 72.2% of the respondents have said that they would like to become a youth leader in the future. However, it is important for the Department to identify the reasons/factors that caused 28% of the respondents to opine that they do not want to be youth leaders in the future.

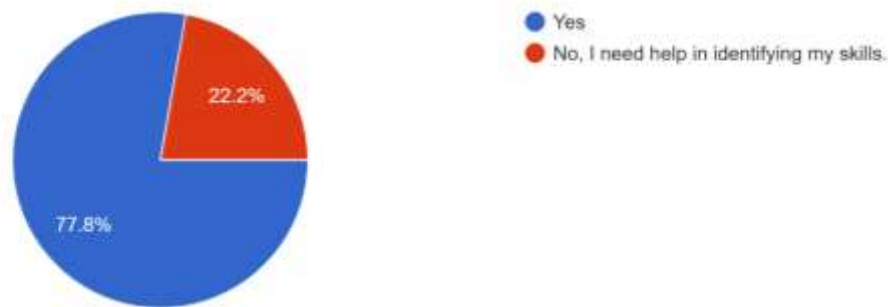
7. If yes, what are the steps you will take to be a leader?

Below are the key responses for the above question:

- a. They would motivate their team members to participate actively in decision making.
- b. They will also ensure clear communication between and among the team members.
- c. They also said that they would become such leaders, who would undertake actions which would serve as an example for the team to learn and follow.
- d. Setting goal, delegating tasks to the team and being creative and positive were some of the other steps mentioned by the respondents.

Can you identify your own skills and then Utilize it as a leader?

responses



It can be seen in the chart given above that approximately 78% of the respondents were confident that they could identify and utilize their leadership skills by themselves, whereas 22% of them felt that they would need assistance in identifying and implementing such skills in them and ways of utilization of the same.

Action points

Below are some of the key action points which the Department would undertake in the future:

1. Organise bi-annual leadership and skill development workshop for the core team
2. Provide more opportunities to the student to nurture leadership skills and be confident to be youth leaders in the future
3. Organise personality development workshop for the team
4. Undertake such survey for the core team to better cater to the needs of the students

Conclusion

The Department has got an insight on the students' perspective on how it benefited them to be part of the core team. All the responses have been constructive and would help the Department to function more effectively in the future.

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