



Endeavour

2025

A Magazine of the Department of Social Work



Dr. Bhim Rao Ambedkar College
University of Delhi



Message by the Principal

It is a matter of immense pride and satisfaction to witness the publication of Endeavor, the annual magazine of the Department of Social Work at Dr. Bhim Rao Ambedkar College, University of Delhi. This magazine is not only a platform for creative expression but also a reflection of the academic and field-based engagement that defines the discipline of social work. The contributions featured in this edition are compelling narratives of learning, resilience, and social awareness. They highlight the critical role our students play in understanding and addressing the multifaceted challenges of our society. In a world marked by growing inequalities, rapid urbanisation, and evolving socio-economic landscapes, the role of social work becomes even more significant. I am delighted to see that the Department is preparing its students not only with theoretical knowledge but also with the sensitivity and skills needed for real-world engagement. I congratulate the entire editorial team, including faculty and students, for their tireless efforts in curating this thoughtful and inspiring volume. Special appreciation is due to the Managing Editor, Mr. Kumar Satyam, and Chief Editor, Prof. Tushti Bhardwaj, for their dedication, leadership and vision. I hope Endeavor will continue to be a source of learning, reflection, and action in social work.

With best wishes,

Prof. Sada Nand Prasad

Principal

Dr. Bhim Rao Ambedkar College

University of Delhi



Message by the Teacher In-charge and Chief Editor

It brings me great joy to present to you the most recent issue of Endeavor, the annual magazine of the Department of Social Work, Dr. Bhim Rao Ambedkar College, University of Delhi. This magazine is more than just a collection of student writings; it is also a lively expression of their thoughts, creativity, field experiences, and commitment to social work values.

The voices of young social workers who have engaged with communities meaningfully, diverse societal structures, and envision change through their practice are echoed in every article, poem, and reflection in this edition. The essence of social work education is captured in each contribution, combining theory with grounded realities through field narratives and poetic expressions. I am proud of how our students have used their pens to reflect empathy, critical thinking, and resilience. This edition would not have been possible without the dedicated efforts of our Managing Editor, Mr. Kumar Satyam, whose unwavering commitment, editorial excellence, and meticulous coordination have shaped Endeavor into a publication of great substance. I also appreciate the contributions of our esteemed editorial board members and the vibrant student editorial team for their enthusiastic participation and collective ownership of this project. Endeavor is not just a magazine; it exemplifies the department's intellectual spirit and social commitment. I hope this edition engages, inspires, and initiates dialogue on various social issues that matter.

Prof. Tushti Bhardwaj

Chief Editor



Preface

It gives me immense pleasure to present this edition of Endeavor, the annual magazine of the Department of Social Work at Dr. Bhim Rao Ambedkar College, University of Delhi. As the managing editor, I am proud to witness this creative and intellectual collaboration come to life, bringing together the voices, visions, and vibrant experiences of our students. The title Endeavor is no coincidence. It reflects the persistence, resilience, and sincere efforts of every student who has worked to make this edition meaningful. This magazine is a reflection of lived experiences, emotional journeys, field realities, and inner reflections, in keeping with the spirit of social work. Through poems, essays, fieldwork accounts, and narratives, our students have articulated the challenges of marginalised communities, the complexity of identities, and the transformative potential of empathy and social action. Each piece in this edition is a testimony to the powerful engagement our students have with society, not only through their rigorous fieldwork but also through a deep process of self-reflection. From the streets of Delhi to the homes of resilient children, from the intimate struggles of body image to the courage of overcoming addiction, the stories included here move beyond classroom learning into the realm of transformative action and advocacy. They highlight how social work is not a subject confined to theory but a practice rooted in human connection and dignity. This year's edition also reflects the growing consciousness among students about the intersection of local realities and global challenges, such as mental health, gender justice, migration, urban poverty, digital vulnerabilities, or generational transitions. I am especially proud of how our young social workers have used writing as a tool not only for expression but also for empowerment. I want to express my sincere gratitude to the Principal, Prof Sada Nand Prasad, for his constant support and vision, and to our Chief Editor, Prof Tushti Bhardwaj, for her direction. I also thank the esteemed members of the Advisory Board and my colleagues on the editorial committee for their valuable inputs. It is important to express our gratitude to the student editorial board and all contributors who have contributed with their energy, emotions, and honesty to these pages. As we flip through each page of Endeavor, let us remember that the path of a social worker is not characterized by recognition, but by actions rooted in compassion, courage, and dedication. This magazine is a milestone to that journey.

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Faculty Profile
Department of Social Work

			
Prof. Avtar Singh	Prof. Richa Chaudhary	Prof. Sangeeta Sharma Dhaor	Prof. Atul Pratap Singh
			
Prof. Tushti Bhardwaj	Prof. Bishnu Mohan Dash	Dr. Ravindra Singh	Dr. Deepshikha Chowdhary
			
Dr. Anjali Suman	Mr. Kumar Satyam	Dr. Kislay Kumar Singh	

Department Activities (Academic Year 2024-25)

The Department of Social Work organised a five-days orientation program from 30th August 2024 - 5th September 2024, to orient the newly enrolled students of B.A (Hons.) Social Work to their academic discipline and field work essential requirements. A number of field practitioners, experts and academicians were invited to give invaluable opportunity to students to interact with experts and learn from their experiences. The orientation programme focused on hands-on training, simulation exercises and preparing programme media for masses. The esteemed guests and resource persons included: Prof. Sanjoy Roy, Head, Department of Social Work, University of Delhi, Ms. Kalyani, Chairperson Action India NGO, Ms. Rajni, Programme Manager at Katha NGO, Ms. Mahduraj, Entrepreneur and Mr. Dinesh, Art and craft Expert. The students were taken to Aanchal Charitable Trust, Vaishali for an exposure to field realities and working with special children.

The Department proudly celebrated the 5th National Social Work Week on 20th August 2024. This event was an opportunity to highlight the critical role of school social work. The students reflected their expressions through a series of competitive activities including “Poster-making, “Slogan Writing” and “quiz competition”. The winners were:

Event	Poster	Slogan	Quiz
I winner	Reising Keishing (III Yr)	Varsha Jha (III Year)	Sarthak Chopra, Shrish Chaubey, Daksh Suresh, and Arzhil Khan
II winner	Chhavi (II Yr)	Manish Kumar (II Yr)	

The Department organised an inclusive job fair on 30th August 2024 in collaboration with Samarthanam Trust for Disabled supported by Barclays. Prof. Rajkishore Sharma, Research Dean from DU presided over the function as chief guest, other guests included Mr. Satish K, Placement Head Pan India Samarthanam Trust and Mr. Shivram Deshpande, operation Head Samarthanam Trust, Mr.Mohammed Al-Herbish (Managing Director), Mr.Sabyasachi Dasmohapatra (Vice president, Public Affairs), Mr.Rajat Kumar (Manager, Public Affairs), Ms.Reetuparna Dutta (Public Affairs Specialist) from Aramco. The company donated 9 motorized wheelchair to differently abled persons. A total of 371 prospective candidates appeared in the Job fair for the interview, 117 candidates were shortlisted on the spot. The job fair brought 23 companies together to offer job opportunities in various fields based on skill set and experience of the candidates.

National Consultation on "Bharatiya Models of Community Development" was held on 15th October, 2024. Distinguished guests, including Prof Neera Agnimitra, Chair of the International Relations Committee, Prof

Balaram Pani, Dean of Colleges, DU and Dr Yugal Jha, Principal of KKM College participated and shared valuable insights.

The Department organized a First Aid Training Program on 24th September, 2024 in association with Indian Oil to equip students with essential lifesaving skills. Mr. Gaurav Gupta, Manager at Indian Oil and Dr. Chandradeep Chandra conducted a live demonstration on CPR techniques, providing practical insights into handling cardiac emergencies.

The students of semester V were taken to CASA an NGO in Udaipur for five days rural camp from 30th September- 5th October 2024 to give them exposure to rural life, interaction building with community people using PRA techniques and group living.

The students were taken to a day long exposure visit to National Commission on Human Rights (NHRC), New Delhi on 6th November 2024 for expert discussion about the role of NHRC in India.

The Department organised a skill development workshop on “Dealing with mental health issues” on 6th December 2024. The resource person Ms. Niharika Dogra gave quick tips and simple exercises to handle the emotional concerns of the students and promote their mental health.

The Department of Social Work has conducted a National Seminar on “Networking and Community Building” on 6th March 2025, Thursday in the college campus. The seminar witnessed enthusiastic participation and proved to be a confluence of thought-provoking discussions and productive networking opportunities. It conducted a series of engaging and insightful activities including student-centric networking activities and open visits to Information, Education, and Communication counters. The technical session titled "Field Work Realities – Challenges and Expectations" featured a panel discussion with representatives from 24 participating NGOs who shared critical insights into fieldwork supervision and collaboration. Prof. Sushma Batra, Retired professor from Department of Social Work graced the occasion as valedictory guest. The academic speakers were Prof. Neena Pandey, Prof. Archana Kaushik from Delhi School of Social Work and Prof. Beena Reji from Aditi Mahavidyalaya, DU.

Department organized a workshop on Palliative Care on 21st March 2025. Ms. Anamika from CanSupport interacted with the students and briefed them about the role of counsellors in palliative care. Students also learnt about the nature of activities Can support offer to patients and their families.

Department collaborated with Sanjhi Sikhiya for offering internship and fellowship opportunities to the students. Mr. Siddhant Talwar interacted with the students on 17th April 2025 and guided them to apply for the two offers.

A LESSON BEYOND BOOKS: MY EYE-OPENING INTERNSHIP AT JANSANDESH

Atul

B.A. (Hons.) Social Work- IV Semester

When I first joined Jansandesh, an NGO which works towards the improvement of the lives of underprivileged communities, I thought my work would be simple: distribute flyers, teach students, and assist in organizing classes. But what I experienced went far beyond my expectations. It wasn't just an internship, it was a reality check, a lesson that taught me resilience and made me understand what it means to be a social worker.

One of the most powerful moments came when I met a young girl named Aarti (Name Changed). She was barely ten, yet her hunger for knowledge was insane. Despite her family's financial struggles, she showed up every day, eager to learn. Her determination made me realize that education is more than just a school, it's a lifeline for the people who want to change their life. Each time she answered a question correctly, I was able to see the eagerness in her eyes to engage more, and that made all the efforts worthwhile.

Another aspect of my work involved distributing flyers about job opportunities. This led me to interact with people struggling to find stable work, daily wage laborers, single mothers, and young men eager to break free from poverty. Some were interested, while others were skeptical, having faced disappointments before. It made me understand the importance of trust and rapport building in social work.

Managing outdoor classes was another challenge in itself. With no fixed classrooms, we had to be creative, sometimes engaging under a tree, other times in a small courtyard. Distractions were constant, from honking vehicles to curious onlookers. We struggled to make sure that the students remained focused.

This internship reshaped my perspective on privilege and responsibility. I thought I would be teaching, but I ended up learning far more from the experiences of these communities; from the unbreakable spirit of children like Aarti, and from the countless untold stories of struggle and hope. Jansandesh didn't just give me work experience; it gave me purpose, something no classroom can teach.

A SMALL WORLD IN THE CAPITAL

Harsh

B.A. (Hons.) Social Work- IV Semester

As a student who is pursuing a degree in Bachelor of Social Work (Hons), I had a remedial experience of almost two years in field work practicum which is a core part of our course. On this note, I am sharing about the dust filled life of a metropolitan city, which is none other than the capital of India- New Delhi.

Many people migrate to a city for better opportunities, aiming for a lavish life but the reality is different than what is often showcased in typical Bollywood movies. Most of the people migrate to cities after selling their rural plots in search of job opportunities but that decision can either prove right or wrong and if they fail, they merely have no other choice but to return to their villages. Typical movies can be considered as a factor which influences people to take up such persuasive steps. My field placement is aimed to tackle the challenges of street people and children who have given up their well-established village setups and migrated to the city to meet their necessities and to withstand a position in the society.

I was able to closely examine these sections of people and analyzed the issues they were facing. Most of them are rag pickers or vehicle pullers, limiting their work opportunities. They are often neglected during festivals or nationally celebrated days and are isolated as they are considered as an ill particle of an urban structure. It was at Meena Bazar, Jama Masjid - the part of Old Delhi which are considered as some of the most important locations of the capital- were I experienced these realities.

The harsh working conditions of the people just to earn mere wages for a living had a profound impact on me. They have to adjust in discrete conditions with no proper earning and do not have respectable stand in the society.

Throughout my fieldwork, I conducted sessions with people, primarily children living on the streets, to help them learn basic and equip them with the skills needed to address societal issues. These are the conditions of a central location in Delhi, we can't even imagine about the conditions of other underprivileged locations of the capital but as a social worker, my duty is to understand such problems existing in the society which can help develop a new age thinking.

A JOURNEY OF PASSION, LEARNING AND EXPLORATION

Tasfia Juned Chowdhury

B.A. (Hons.) Social Work- IV Semester

Pursuing a degree in social work was not merely an academic choice for me; it was an intrinsic calling. As a B.A. (Hons) student in Social Work at Dr. Bhim Rao Ambedkar College, University of Delhi, my journey has been characterized by personal growth, resilience, and enriching experiences. Originating from Bangladesh, I embarked on this path fueled by a profound passion for assisting others, which has unveiled the truly rewarding and transformative nature of this field. Since my initial days in the course, I felt a strong affinity towards my studies. The encouragement and support from my professors, peers, and mentors cultivated my confidence and a solid sense of purpose. Beyond classroom learning, social work has offered me the opportunity to engage actively with communities, address pressing social issues, and gain insights into the challenges faced by diverse groups in society. Through internships with various NGOs, I have gained invaluable experience working at the grassroots level and witnessed the tangible impact of social work on individuals' lives.

Among the most fulfilling elements of my journey have been the individuals I have encountered. Residing in India, away from my family, posed initial challenges, yet I have been privileged to be surrounded by remarkable teachers, friends, and supervisors who have provided support during my struggles. The internship experiences I have had have been particularly enriching because I worked with dedicated professionals, both senior and junior, who inspire me every day. These interactions have not only deepened my knowledge and skills but have also facilitated my personal development.

A Passion for Travel and Adventure

Besides my academic and professional pursuits, I am a passionate traveler, photographer, and videographer. My passion for travel ignited in childhood, leading me to explore numerous locations in both Bangladesh and India. Traveling solo has proven to be an empowering experience, endowing me with independence, resilience, and adaptability to new environments.

During my time in India, I have visited Shillong, Meghalaya, Himachal Pradesh, Kashmir, Ladakh, Rishikesh, Dehradun, Nainital, Kerala, and many other breathtaking locales. Each journey has represented a new adventure filled with unforgettable memories. Whether camping under the stars, trekking through mountains, hitchhiking to uncharted territories, or embracing daring challenges,

each experience has contributed significantly to my personal growth. Solo travel, in particular, has instilled the courage to confront challenges directly and has served as a means of healing and self-discovery. As a passionate photographer and videographer, I relish capturing moments that tell stories. I strive to capture the unique charm of every location through my lens, whether it's the bustling streets of Delhi or the tranquil landscapes of Ladakh. Photography transcends mere hobby for me; it represents a method to preserve experiences, emotions, and the world's beauty. Balancing my academic responsibilities with my passion for travel has occasionally posed challenges, yet it has simultaneously rendered my journey all the more exhilarating. Although social work and travel may seem to be separate paths, they are intrinsically linked to me. Both revolve around understanding people, embracing diverse perspectives, and stepping beyond one's comfort zones. Travel has heightened my empathy, awareness, and appreciation for the rich cultures and communities our world offers.

Life is a continuously evolving journey, and I eagerly anticipate what lies ahead. I will always be passionate and enthusiastic about every experience, whether it's helping a community in need, capturing a captivating sunset, or conquering a new mountain trail. In the end, life is all about learning, exploring, and making an impact one step at a time.

A JOURNEY OF REDEMPTION: OVERCOMING TRAGEDY THROUGH RECOVERY

Rivik Aggarwal

B.A. (Hons.) Social Work- IV Semester

In life, the human spirit often faces challenges that seem unreal. For many individuals, personal loss, heartbreak, and trauma events can become triggers for an abnormal life. One such individual, a person known to have suffered numerous tragedies—ranging from the death of a close family member to losing friends due to his own drug addiction—ultimately found the strength to overcome his struggles and reform his life. This is the story of an individual Sunil (Name Changed) who, after experiencing a series of tragedies, turned away from drug addiction and towards recovery, proving that reform is always within reach, even in the darkest moments of life.

The story is about a individual name Sunil, he was in very vulnerable situation because of his drug use history. He lives in South Delhi. The dark story began with the death of a loved one. An unexpected loss of a close family member, someone the individual held dear, left him feeling depressed and shocked. The emotional weight of this loss was unbearable, and for a time, it seemed

impossible to move forward. Sadness and sorrow took root in his heart, and in his vulnerability, he found peace in substances. Drugs became a temporary escape from reality and the pain he felt. Regrettably, what began as a way to escape soon indulged into full-blown addiction. The journey of addiction was a difficult one. The more he sought comfort in drugs, the more it distanced him from his reality and family. His relationships with friends, family, and colleagues began to deteriorate. As many of his friends distanced themselves because of the destructive cycle of drug abuse, his isolation deepened. He found himself alone, alone in a world that once felt full of connection and meaning. The people who mattered most to him became strangers, and he began to feel like a worthless.

However, the combination of sadness and loneliness was not the end of his story. It was, in fact, the making for his eventual recovery. As time passed, he realized the damage addiction had done not only to his body but also to his soul. The things he was trying to fill with drugs were still there, no matter how much he used. He understood the full extent of his losses when he hit reality check and looked at the present situations in his life: relationships ending, health damage, and missed opportunities.

The courage to change was found in this moment of change. He took help from a support group, where he met others who had walked similar paths of destruction and rehabilitation. Through the

group, he could confront his demons, comprehend his addiction, and work through the pain he had been avoiding for so long. It was through this support system, and with the guidance of compassionate mentors, that he began the slow but steady process of healing.

With each day of growth, he rebuilt his life. Slowly, he reconnected with friends who had once turned away, offering heartfelt apologies and explaining the depths of his struggles. While some relationships were beyond repair, many were reconnected thanks to honesty, vulnerability, and dedication to change. The pain of losing a family member never fully disappeared, but he learned to carry it with him in a healthier way, without letting it define or destroy him.

The resilience of the human spirit can be seen in this individual's journey. He found a new way forward through pain, loss, and addiction, one that leads to recovery, reconciliation, and hope. His story is a reminder that no matter how deep the tragedy or how lost someone may feel, there is always the possibility of healing and rehabilitation. It is never too late to seek help, make amends, and find peace within ourselves.

WOMEN SAFETY

Dushmant Parida

B. A. (Hons.) Social Work- IV Semester

In India, people worship Sati, Savitri, Durga, Laxmi, and other goddesses, but the fact is that real women never feel safe here. In the Vedas, women are glorified as mothers who are the creators of life. But we can see that every day, every minute, every passing second, a woman (a mother, a sister, a wife, young girls, or a baby girl) is being harassed, molested, and abused at places all over the country. These places have become the territory of women's hunting. Almost every day, we are informed of a new case of violence, rape, or assault against a woman in the newspaper or TV. As women step out of their homes to discover and realize their full potential, there is a rapid increase in these cases.

There are various ways used by men to dominate women, such as sexual harassment, rape, domestic violence, and so on. The main issue is rape. It is a sinister act and has no limit. It doesn't differentiate between a 10 months old child and a 60 years old lady. The situation regarding women's safety is alarming in India. According to the NCRB (National Crime Records Bureau) report 2024, cases of women being raped have increased by up to 7%. India ranks as low as 128th out of 177 countries in the Women's Peace and Security Index. This indicates a significant decrease in women's perception of safety.

When compared to other countries India's safety record for women is concerning. For instance, while many countries have seen improvements in women's safety, India still continues to struggle with high crime rates. The NCRB data shows that approximately 88 rape cases are reported daily, with many more likely going unreported. This paints a grim picture of women's safety in the country. The Indian government has taken significant steps to improve women's safety through various laws and initiatives such as 'Nirbhaya fund' which was established to support initiatives aimed at enhancing women's safety across the country.

Additionally the Criminal Law (amendment) Act, 2018 introduced stiffer penalties for sexual offences, including the death penalty for certain cases. The women safety division was established on May 28, 2018 to enhance measures for the safety of women across the country. To provide immediate assistance, the government has launched several helplines and support centers such as 181 women helpline, one stop centers, cybercrime portal, etc.

“The persistent challenge of crimes against women in India demands a comprehensive, multi prolonged approach this deep entrenched societal problem”

To improve women's safety it is crucial to address the challenges through strengthening the justice system to ensure a timely resolution and training law enforcement officials to handle cases sensitively and effectively. These steps will set a great example for all the men and they will never attempt such crimes against women. Men must learn to respect women from childhood and women must be educated and financially dependent to raise their voices against such crimes. If such things are initiated, the crime rate will automatically go down.

A SOCIALIST AMONG CAPITALIST

Rivik Aggarwal

B.A. (Hons.) Social Work- IV Semester

The battle between socialist and capitalist ideology has lasted for a long time in history, but neither has been accepted as a way to deal with society. The world has always been divided into two poles for defending these two ideologies, for example, the USA for capitalism and Russia for socialism. There is also a third way which has emerged, liberalism. Each of these ideologies is justifiable in its own way, yet they often spark intense debates as supporters defend their perspectives.

During my field work practice, I was placed with Anchal Charitable Trust where I worked with a special school for especially abled children, mostly intellectually challenged. The organization was doing an impactful work on these groups of society by providing them with basic education through special interventions and education methods. The school was fully structured as a non-profit entity, embodying the true essence of socialist ideology.

However, the twist is that the school was located in close proximity to large industries and trading businesses, as it operated in an industrial area. These capitalist and money-minded individuals were just working for their personal interests, overlooking the hazardous environment in which the school was located. The special school was dedicated to social upliftment and creating a positive impact on society, particularly among those who are financially conscious.

This real situation seems ironic, but it is a bold example of balancing social upliftment through social services with economic growth. The proportion of social change organizations among

business-oriented organizations is very concerning. We need to consider the ideas we are launching for economic and political development.

ONLINE SCAM

Dushmant Parida

B. A. (Hons.) Social Work- IV Semester

Nowadays, all work is carried out efficiently in the online world. From medicines to clothes, everything is brought and sold online. From cooking to eating, we have found comfort in all kinds of information available in the online platforms. It implies that except biological activities of our bodies, everything can somehow be performed through the internet. It's also very easy to get information of someone from online platforms, also known as 'stalking'. We are so engaged in the internet world that we are busy in broadcasting our lifestyle, our privacy and our important information with the world, which is perhaps an illusion. Internet is the unexceptional and a mysterious illusional trap, which miserably traps people unknowingly. Online scamming today primarily happens through methods like phishing emails, fake online stores, social media scams, romance scams, job scams, investment scams, digital arrest and frauds. These scams use advanced technologies like AI-powered deepfakes to appear more credible and target victims more effectively and essentially. Scammers create fake scenarios to trick people into giving away personal information or money online, often through convincing but fraudulent websites, messages or profiles. To smoothly combat online scamming, a multi-pronged approach is necessary, involving authorised individual awareness. It is important that possible security measures by online platforms are undertaken and proactive enforcement by regulatory bodies are applied, we need to educate users about potential scams, protecting sensitive data, and deterring malicious actors from perpetuating fraudulent activities online by making strong passwords for combating the newly method tricks of the scammers. This issue is persistently highlighted in many places and is a hot topic in debates. Awareness on not to share personal information and other important things like photos, numbers, OTP, etc. online are being continuously circulated. While online scamming is a persistent issue, a concerted effort by individuals, online platforms, and regulatory bodies to educate users, enhance security measures, and actively combat fraudulent activities can significantly reduce the prevalence of online scams and protect consumers from financial losses.

By adopting a proactive approach, we can create a safer online environment for everyone. Moreover, we should show unity and humanity to create a healthy society in response to this violence. If someone around us is having a hard day as a victim of this violence, we should show our affection, extend support and respect their space.

MORE THAN THEIR PAST: A STORY OF DREAMS, STRENGTH AND GROWTH

Rona Sabu

B.A. (Hons.) Social Work- IV Semester

I worked with children during my first year fieldwork placement at a Child Care Institution (CCI), a home for orphaned, abandoned and neglected girls. Initially, I was apprehensive about my placement since I was assigned alone to the CCI and had no idea what to expect. I admit – that I was scared.

But then I met with twelve incredible girls, each unique with captivating personalities that made them instantly endearing. I had approached the experience with certain prejudices, influenced by societies bias against unorthodox circumstances - in this case, life in a CCI. However, these preconceptions immediately melted away when I got to know them. They were just like any other teenagers - down-to-earth, full of life and driven by passion - only with a different upbringing.

At first, I struggled to break the ice with them. They were wary and cautious, ensuring that they didn't speak too much around me. But gradually, as my visits became more frequent, I was slowly integrated to their weekly Wednesdays and Saturdays. Overtime they began opening up about their lives, their dreams and even their fears. These girls had big dreams. One aspired to be an artist, another a flight attendant. One worked and studied tirelessly to become a doctor. I clearly remember my first day. While talking to the girls for the first time, I casually mentioned my interest in drawing and sketching. One of them, excited, brought out a huge art file and showed me her paintings and drawings. Her passion was infectious, and in that moment, I realized how resilient and determined they were despite their circumstances.

As a part of my daily routine, I was engaged with the children through structured activities, balancing play, teaching and discussions. Most of them were under 15, ages ranging from 10-18. My primary role was to teach and I also conducted sessions on topics such as mental health, physical touch, communication and stress management. I would often have discussions with them

about menstrual health and would clear their queries regarding the tabooed topic, thus ensuring a structured and educational approach.

One time, one of the girls shared how she had always wondered what it would feel like to have parents. They had passed away when she was young, leaving her and her siblings to rely on each other. Though she had never experienced parental love, she deeply longed for it. It was heartbreaking yet humbling to witness their resilience despite the pain they carried. The girls were also worried about what would happen after they turn 18, fearing that financial and emotional constraints might stand in the way of their dreams.

Through this internship, I had the opportunity to learn extensively. I gained a deeper understanding of how the JJ Juvenile Justice (care and protection of children) Act operates at the grassroots levels, its connection with the Child Welfare Committee (CWC) and how the CWC oversees and effectively manages CCIs under its jurisdiction. Beyond legal frameworks, this experience strengthened my understanding of resilience. It taught me that people are not defined by their circumstances, but by their strength to rise above them.

THE GROWING PUZZLE

Smriti

B. A. (Hons.) Social Work- IV Semester

I was just FIVE,
Thought it's a story of every family,
every friend Yet it was not
Slowly and gradually
I was TEN and got to know
the whole scenario clear,
But there wasn't any role of mine
Cause who could ever understand
the puzzles jumbled in my head
These jumbles grew so strong
They mixed reality with dreams,
Once I was FIFTEEN.

Things went the way they were supposed to,
good becoming best , worse getting worst
But my mind grew quite differently,
The mixture no one knows
One second everything's on my side and
the other it's all gone
Now that I'm close to EIGHTEEN,
These puzzles are becoming a huge arcade,
Tougher than you think and stronger than
you're built.
Never mind I'm NINETEEN now and it feels
a little numb to begin with!

FAMILIAR STRANGENESS

Smriti

B.A. (Hons.) Social Work- IV Semester

I remember how I couldn't sleep well,
I remember that strange feeling I had,
I remember how I had no appetite at all,
I remember how I kept remembering
everything that made me sad,
I remember the loneliness I felt,
I remember well; the strangers, the new faces
I remember the following morning too which
found me up early than usual,
I remember how the day felt so long, and

nights a little short,
But I can't remember well how I grew
comfortable, when I thought it was not
something I was made for!
Certainly, I can't remember how it's been
years already and I became habituated to
them?
Or how accustomed I became to the
beginnings I feared earlier!

THE SON

Purbaa Jagannath
B. A. (Hons) Social Work- VI Semester

In a room where shadows softly play,
A mother rises, facing the day.
Her hands, though torn, grasp with might,
The weight of dreams through endless night.
Her world is small, the edges frayed,
Yet in her heart, a light is laid.
A tornfull night of endless gleam
She saw the love for her son as light through
darkness beam,
The boy once walked with his mother
The mother so weak she could not speak
Now he held her by the arm, comparing her
With the women of his mind farm,
He ensured not to harm but a little duckling
wasn't at luck
He ran fast to catch the bird not her feathers
weren't enough
The poor bird cried of help
Everybody hid their pupils away
Shame was welcomed with flowers of clay
The bird helpless on farm land lay

The mother awaited her son now so big
Proud she is for she got a son,
There she read in every God's favorite book a
son to be a boon
The duckling layed there to bleed, while the
mother awaited for her beloved son in her old
creed.
Son was happy back home not once he
remorsed the act indeed
Now the show of blame game starts
Why so shocked?
The bird to be blamed for her feathers were
unflocked
She did not ran, she did not fought
Oh how fragile she could be
So let her lay dead but protect the other birds
in the farm
Thought the son, while
hugging his mother in love not knowing,
She too lay dead in his arms.

हाँ, मैं बिहार हूँ

Prithvi Raj Kumar
B.A. Hons. Social Work- II Semester

मैं बिहार हूँ, मैं शांति के प्रतीक बुद्ध का बिहार हूँ
मैं चाणक्य का ज्ञान, मैं तक्षशिला का बिहार हूँ
मैं अखंड भारत का नींव रखने वाला, सम्राट
अशोक का बिहार हूँ
मैं एकता का प्रतीक, हिन्दू, बौद्ध, सिख, जैन
महावीर का बिहार हूँ
मैं प्रेम का प्रतीक, मैं दशरथ मांझी का बिहार हूँ

मैं ज्ञान का दीप नालंदा का बिहार हूँ
मैं शौर्य का प्रतीक हूँ, मैं शांति का प्रतीक हूँ,
प्रेम का प्रतीक हूँ, मैं एकता का प्रतीक हूँ
हां मैं बिहार हूँ
मैं शौर्य भी हूँ, मैं शांति भी हूँ, मैं सच्चा प्रेम भी हूँ
हाँ मैं बिहार हूँ।

गरीब

Farhan Ali

B. A. (Hons) Social Work- II Semester

एक गरीब ही तो है
यह गरीब ही तो है
यह गरीब ना होता तो कैसे पलता यह देश
यह गरीब ना होता तो किस रूप में ढलता यह देश
वो गरीब ही तो है जो देता है आकर समाज को
वो गरीब ही तो है जो रोकता है बंधुत्व के विनाश को
यह गरीब ना होता तो कौन करता गुलामी विदेश की
यह गरीब ना होता तो कौन जलाता ज्वाला स्वदेश की
गरीबी ही तो है जो बोता है बीच देशभक्ति का
यह गरीब भी तो है
जो घोटता है गला भ्रष्टाचार की शक्ति का
वह गरीब ही तो है
जो रोता है अनाथ की मौत पर

वह गरीब ही तो है
जो सोता है लाचार मां की गोद पर
वो आम्बेडकर भी गरीब थे
जिन्होंने बदलाव समाज को
वह हर भारतीय भी गरीब है
जो बदलें भारत के आज को
एक गरीब का बेटा भी गरीब है
गरीब की दुल्हन भी गरीब
गरीब का चश्मा भी गरीब है
गरीब की लाठी भी गरीब
असल बात तो ये है कि
गरीब की देखी ये पूरी दुनिया
कुछ नहीं बस गरीब ही तो है।

अब याद आती है

Prithvi Raj Kumar

B.A. Hons. Social Work- II Semester

अब याद आती है
उस नीम की छांव,
जहाँ बैठकर दिन गुजर जाते थे,
फूस की झोपड़ी, चूल्हे का धुआँ,
सब कुछ इतना अपना लगता था।
तालाब का वो ठंडा पानी,
जहाँ बचपन की कहानियाँ गुँजती थीं।
डूबकर तैरना, कंचे खेलना,
सब कुछ जैसे कल की बात हो।
खेतों की मेड़, सरसों की महक,

धान के खेतों में हरियाली का नजारा,
कटाई के गीत और सुकून भरी हवा,
सब कुछ बस यादों में बसा है।
माँ की आवाज,
उसके प्यार भरे डाँट की मिठास,
दादी की कहानियाँ, बाबा का साथ,
सब कुछ अब भी दिल में जिंदा है।
मंदिर की घंटियाँ,
भोर की पूजा की शांति,
गाँव की पगडंडियाँ,

सब एक अलग ही सुकून देते थे।

शहर में भी सब कुछ है,
सुविधाएँ हैं, रौनक है,
लेकिन वो मिट्टी की खुशबू,

वो अपनापन, कहीं नहीं मिलता।

बस, कभी-कभी गाँव की याद आ जाती है,
शहर में रहते हुए भी, दिल वहीं लौट जाना चाहता
है।

THE GIRL BY THE WINDOW

Bhavya K B

B.A. (Hons.) Social Work- II Semester

I never knew how breathtaking
a smile could be
Even when you're not searching for it,
Yet it finds you.
There she was,
glowing like the happiest soul on earth,
Not just in the world, but in her world.
Smiling at the smallest of things,
Grateful for moments most of us overlook.
Her joy was contagious,
A reminder of the child within,
The one who sees puzzles and colors,
Not problems.
Blending them into art,
Turning chaos into beauty.
In the midst of this fast,
rushing city life,
She taught me to pause,
To take a deep breath,

And to see the unseen
Life may not always be kind.
It may burden you with pain.
But sometimes,
a pause does more than a stop.
It doesn't halt the world;
it gives you a moment—
To find a path,
To uncover a lesson,
To just be.
So let the world be kinder, starting with you.
Let the compliment you've been holding back
escape your lips,
Even if you fear judgment.
Let the rain wrap its arms around you,
And remind you
that some of the best things in life
Is simply felt.

A HAND TO HOLD

Ritika

B. A. (Hons) Social Work- II Semester

Not with a grand gesture or a loud command,
but with a gentle touch of support.

And in the quiet moments,
where the shadows dictate,

I extend a hand, a listening ear,
To those whose burdens are heavy to bear,
To children who consider garbage heaps as
treasure and pour their lives into them.

I walk alongside them,
on rough and steep paths,
Where the fragile flame of hope struggles to
keep its flicker alive,
In the winds of despair, a hungry man's hope
struggles to fight death.

I whisper with encouragement,
that someone cares.

I see the unseen, the untold stories,
I hear the pleas of the helpless mother of a
starving child.

Pain that is buried, hearts turning cold.
And people turning into stone statues.

I navigate complex and vast systems,
Advocating for justice,
so that fairness prevails.

It's not about fixing or waving a wand,

But about building relationships where trust
can respond.

Empowering voices that were once silenced,
Helping them rise up with new fortitude.

I gather the pieces of shattered lives,
And offer a framework for a new beginning.
A support that's like a drop of water to hands
that have been thirsty for years.

I celebrate the victories, big and small,
For every step forward,
every step I take to stand tall.

The burden of the world, I carry too,
The stories I hear resonate inside me.

But in every small act of kindness,
I plant a seed,

Of resilience and strength and love,
that continues to grow.

Because in the quiet moments,
a difference is made,

A life that's filled with empathy,
a spirit that's unwavering.

So I extend my hand, steady and true,
The calling of a social worker, whatever I do.
It mends my broken spirit and prevents my
heart from turning to stone.

THINGS I REALLY WISH FOR

Smriti

B.A. (Hons.) Social Work- IV Semester

I wish to have no care in this world.
To let my self breathe without any guilt.
How am I to laugh, when in fact I smile
hesitantly.
Were I only born to deal with it all?
Raised to follow the path laid?
I wish they had a son, they desperately crave
for, when he'll burn the house to ashes, drive
the car till it crashes? Under influence? He
still be considered the HERO for whatever
reason! He was born a male and that's his
achievement, I can't compete since I'm weak,

maybe, or I understand too deeply?
They laugh it off, silly things HE does, and I
know for sure if I ever tried the same I'll be
the sinner for all.
I know, I know, how a good daughter is
supposed to be! They taught me well and kept
no example a secret.
I guess the term good-son comes as it is, by
default, or just inseparable, how they never
emphasized the need to teach. Not even the
basic deeds!

BODY SHAMING

Abhay

B.A. (Hons.) Social Work- IV Semester

राह चलते लोगों को बड़ी फ़िक्र है हमारी,
यार ज़रा-सी पतली होती तो क्या फ़िगर होती तुम्हारी।
फ्लैट चेस्ट हो तो लड़की लगती है अधूरी,
यार, केराटिन करवा ले, चम्पू लगती है पूरी...
मेरे चश्मे पर ही टिक जाती है हर आँख,
और फिर वही चार आँखों वाला घिसा-पिटा मज़ाक...
अरे लटका कर, अभी भी टाइम है, हाइट खिंच लेगी,
5'3 ही रहेगी तो बच्ची ही लगेगी...

अच्छा, बचपन से साँवली है या टैनिंग है ?
नैन-नक्श ठीक हैं, बस नाक थोड़ी मिसमैचिंग है..
अरे हाय, इतने पिंपल ? स्किन केयर नहीं करती क्या ?
इंसान से ज़्यादा स्किन की केयर ? ये ठीक नहीं यार !
पेट इतना भरा ? अरे प्रेग्नेंट है क्या ?
खैर, मुझे लोगों की जजमेंट्स से क्या ?
पर सच बोलूँ तो... नहीं, फ़ील होता है...

ये तो रही लड़कियों की बात,
लड़कों के भी हैं वही हालात।
भाई, जाया कर जिम, कंकाल लगता है,
इतनी तगड़ी बॉडी ? अरे 'माल' लेता है माल...
ब्रो, तू डार्क स्किन है, वही डार्क ही रहेगी !
तू तो 'नर्ड' लगता है, लड़की भी एवरेज ही मिलेगी !
इसकी तो अब तक दाढ़ी ही नहीं आई !
अरे डॉक्टर को दिखा ! मर्द है ना भाई ?
अच्छी नहीं लगती लड़कों की पतली आवाज़,
'सिग्मा मेल' बन डूड ! क्या है ये नरम मिज़ाज ?

ये एक बड़ी समस्या है, दोष देना नहीं है मकसद,
यही तो है जिसे हम कहते हैं 'बॉडी शेमिंग' का जख्म।
बहुत आसान होता है किसी को टोक देना...
पर आसान नहीं होता उससे उबर पाना !
थोड़ा सोच के देखो, ये किसी डरावने सपने जैसा है...
ये देती है एंज़ायटी और कम आत्म-सम्मान जैसा
एहसास।
अगर आप समाज के आदर्श सदस्य हैं,
तो प्लीज़, रोकिए इसे — ये कोई सेंस ऑफ ह्यूमर नहीं
है !!!

GENERATIONS IN THE FLUX

Rabhya

B.A. (Hons.) Social Work- IV Semester

In the late afternoon when I usually take my metro to head home, I was looking at the skyline by the window. On one of those days, when lost in thought, I heard two people sitting ahead of me having a conversation. It was certainly a mother-daughter duo. What they had to say brought me to thoughts about the differences in outlooks on life between generations. The two most discussed generations, Millennials and Gen Z, definitely have varying life approaches in so many ways. Millennials, for example, are better aware of the value of entertainment. They would wait a whole week to see a new episode of their favorite shows, while Gen Z does not know what waiting for an episode is. They just binge-

Millennials, who are known for having long and straightforward conversations, are quite different from Gen Z, who prefer to communicate using their own language. It's like learning a new dictionary for Millennials just when they think they're up to speed with terms like 'sus' and 'lit,' Gen Z has already upgraded to something new like 'periodt' and 'BRB.' While Millennials pioneered the introduction of 'mental health' into the conversation, Gen Z has turned it into a core aspect of their identity, making it okay to talk about self-care and therapy. Millennials witnessed the evolution from 'You've Got Mail' to streaming on Netflix, whereas Gen Z

watch the entire show and skip the suspense. side hustles while simultaneously watching YouTube videos on 'how to be more productive'. Given all the fast evolving happening with each successive generation, one thing Millennials and Gen Z have in common is their preoccupation with societal issues and their importance to them, although different in approach. Millennials set the stage for most social transformations and encouraged open conversations about different issues. They were the first to tackle topics like LGBTQ+ rights and mental health, first through social media platforms to challenge was practically born with smartphones in their hands. The irony is that many Gen Zers juggle the status quo, shatter taboos, and destroy stereotypes. Gen Z, on the other hand, has taken a more action-oriented and urgent stance. They depend even further on social media to share their opinions and call for change. They also welcome individuals' identities more freely than any generation before.

In the end, although Millennials and Gen Z view life differently, they can certainly unite and learn from one another in their collective pursuit of progress and diversity.

BEYOND THE BOOKS: ON-GROUND EXPERIENCE

Iti Srivastva

B.A. (Hons.) Social Work- IV Semester

Fieldwork has been aptly described as entering the other person's world, but for me, engaging with a gang of energetic young girls was akin to entering a treasure box full of secret gems- every single one more beautiful and special than the next. They were not mere children in need of protection and care (CNCP); they were survivors, visionaries, and constructors of a brighter future. The Non-Formal Education (NFE) center that I worked for was a refuge for hardship were heard with empathy, support, and optimism. Their history was marked by abandonment, neglect, or challenging situations, but their eyes sparkled with a resilience that seemed to transcend adversity. Since the day I started my sessions, there was a palpable energy in the room. These girls, with their questioning smiles and tentative laughter, bore the burden of what they had of the transformative potential of a safe space.

these girls, a heaven where their histories of
They seemed to have made up their minds that
no one could take away the pleasure of the
moment. One of the sessions involved an art
activity in which I asked them to split a sheet
of paper into three sections- Past, Present, and
Future-and draw their lives. There was initial
silence, interrupted only by the sound of
pencils scratching across the paper and the
occasional muted whisper. But as their
thoughts became more concrete, their
imaginings overflowed into the room. A
quiet girl whose eyes tended to be far-off drew
her life in the past as a storm-a wild turbulence
of black cloud and rain. "It was a period that I
would want to forget," she murmured. Her life
now, by contrast, was a garden basking in the
sun, strewn with blooming flowers. "This is
how I am now," she continued, this time in
firmer tones. Her future? A tall woman
wearing a white coat. "I'll be a doctor one
day," she declared, her determination shining
through. Another girl, with fire and boldness,
pulled her past as a closed gate, representing
the limitations she had endured. Her present
was an open field, filled with light and color.
Her future? A courtroom where she stood at
the center. "I want to be a lawyer," she declared
firmly. "No one should ever feel powerless." It
was moments such as these that reminded me

these girls didn't simply tell their stories—been
through but came to each activity I presented
them with surprising enthusiasm.

they claimed them. Every activity became a
stage upon which they renowned their stories
and imagined futures dictated by their
aspirations, not their histories.

Of course, fieldwork with CNCP girls was not
without its difficulties. Emotional wounds
tended to emerge-reluctance to trust, outbursts
of anger, or periods of withdrawal. But through
games, narrative, and patient encouragement,
their defenses started to break down. I
witnessed the strength of patience,
compassion, and steady care as their laughter
became louder and their voices more
confident. What I learned from these girls was
more than what I might have taught them. They
taught me the resilience it requires to dream
after having faced adversity, the heart to trust
again, and the need for creating spaces where
all children are treated as valuable.

As I left the NFE center for the last time, their
smiles and stories lingered with me. These
girls were not just a group of subjects for my
fieldwork; they were proof of hope and
resilience. It was taught to me that the human
spirit can rise, dream, and shine despite the
worst situations.

DISABILITY IN INDIA

Shrish Chaubey

B.A. (Hons.) Social Work- IV Semester

India is the largest democracy but also the most successful democracy in the world and this clearly states that the Indian constitution is the bedrock for making India a successful democracy.

Before diving into the further aspects of disability in Indian context, firstly I would like to give a small insight on what a disability is. A disability is a condition that limits a person's ability to do certain activities or participate in daily life. Disabilities can be physical, mental, developmental, or cognitive and can be present from birth or acquired later in life.

In Indian context, from past decades, the attitude or the behavior towards disability or disabled persons was not very acceptable. People with disabilities were seen as wicked or deceitful, or as unable to progress to adulthood and dependent on charity and pity for assistance. In such scenarios, people with disabilities were often socially segregated, often as a result of ingrained cultural and religious attitudes toward disability.

According to the 2011 census, 20.3% of people with disabilities in India have movement disabilities, 18.9% have hearing impairments

and 18.8% have visual impairments. The 2011 census additionally collected data on mental disability for the first time and found that 5.6% of Indians with disabilities fall into this category.

But as India is a democratic country and works for the welfare of the society irrespective of any category, race, gender, sex, etc. they belong from, there were some very helpful measures that were taken for the betterment and wellbeing for the person with disabilities. Not only on the national level but also on the international level, India has taken measures for person with disabilities. Further ahead there are some key measures that are being taken by the Indian government for the betterment and wellbeing of persons with disability.

In earlier decades people with disabilities were not given equal opportunities as well as equal representation on the grounds of incapability of performing tasks that a normal person could. All in all, there was always a comparison made between a person who is fit and fine and between the specially abled persons. Keeping all this in mind, the Indian government took

steps for the betterment and wellbeing for them. India is a part of the United Nations convention on the rights of person with disabilities having signed the treaty on 30th March 2007.

Indian government came forward with some Acts and agencies that would provide them with equal opportunity and recognition. India enacted the Persons with Disabilities (Equal Opportunity, Protection of Rights and Full Participation) Act in 1995 to provide recognition to the rights and special needs of disabled people in the country. It also provided for reservations for persons with disabilities in government jobs and higher educational institutions. The Rights of persons with Disabilities Act, 2016 replaced the earlier legislation and increased the number of recognised disabilities from 7 to 21. While the 1995 legislation had reserved 3% of government jobs, the new legislation reserves 4%. Under the new legislation, all institutions of higher education run or funded by the government must reserve 5% of their spaces for enrollment for people with disabilities.

The rights of persons with psychosocial disabilities are protected under the Mental Health Care Act, 2017.

The Rehabilitation Council of India Act, 1992 created the Rehabilitation Council of India which is tasked with training rehabilitation professionals and promoting research in rehabilitation and special education. Another law governing disability affairs in India is the National Trust for the Welfare of Persons with Autism, Cerebral Palsy, Mental Retardation and Multiple Disabilities Act, 1999, or simply National Trust Act. This law created National Trust which is a government body that works with volunteer networks and Disabled People's Organizations and also forms local-level committees that appoint legal guardians for people with disabilities.

In the last few decades as already mentioned above, India has made a recognizing progress in supporting persons with disabilities, the major challenge that was lying in terms of accessibility, employment, education and in the social sphere. The government has taken steps and is working for the implementation of all the policies and enforcing them in every possible aspect. A truly inclusive India can be built by providing equal opportunities to the disabled persons so that they could also contribute to the society.

BRINGING CHANGE THROUGH EDUCATION

Himanshu

B.A. (Hons.) Social Work- IV Semester

I was placed with St. Stephen's Community Health Centre for my fieldwork. I got the opportunity to work with child-to-child education program. This highlights a need for better educational support systems within the community.

Education (CE) Project. This project provides remedial education to children from the community. It also offers the empowering opportunity to youth by bringing them in the project as remedial educators and support them with remuneration. In the Sunder Nagri community, these challenges emerged as significant barriers to children's education. Financial instability, lack of awareness and limited parental involvement in academics further contribute to educational gaps. Many children struggle to understand

During the fieldwork, several key observations and learnings emerged. The home visits provided deep insights into the socio-economic challenges faced by families, particularly the impact of low parental lessons at CCE (child to child education program), leading them to prefer other tuition centres. Additionally, issues like poor living conditions and household responsibilities impact their ability to focus on studies.

education on children's learning. Many fathers I could realize that to address these challenges, earn between ₹12,000 to ₹18,000 through interventions such as parental awareness programs and innovative teaching methods private jobs or labour, while mothers, having and structured engagement activities for children would be the best solution. studied only up to grades 5th to 10th, remain Furthermore, strengthening in-house library and responsibilities at home, they are unable to and accessibility will help create a more actively support their children's learning, supportive learning environment for the leading to children seeking alternative tuition children. instead of benefiting from the Child-to-Child

LADAKH AND DELHI: BETWEEN HOME AND PROGRESS

Mohammad Baqir

B.A. (Hons.) Social Work- IV Semester

Ladakh is often associated with a beautiful location that is surrounded by massive snow-covered mountains, rivers, lakes, and green landscape. Ladakh is situated at a high altitude, and due to its high altitude, Dras, a village in Kargil, is one of the coldest places in the world. Kargil Vijay Diwas is celebrated in India every year on July 26th to commemorate India's victory in the Kargil War of 1999. On October 21st, 2019, Ladakh became an autonomous region and was separated from Jammu and Kashmir. I come from this beautiful place and there have been several differences and challenges that I have faced after coming to Delhi. Ladakh, Kargil is my home but unfortunately, I had to come to Delhi with a heavy heart for my higher education purpose as there are limited opportunities and resources available there. Delhi isn't perfect either. The language barrier is the most significant obstacle for me here. It is sometimes difficult for me to express myself, understand others, and fully participate in conversations. The process involves adjusting and striving to match the opponents. And then, there is the challenge of air pollution, it affects my health badly, at some point even I find it difficult to breathe and it generally makes me feel unwell. It is mainly because I have always been surrounded by fresh air and nature. I believe both places are affecting me in a way, but in a completely opposite manner. Ladakh gives me the feeling of being at home, while Delhi gives me the feeling of progress.

KHUSHIYO KA MELA WITH A SOCIAL WORKER

Niharika

B.A. (Hons.) Social Work- IV Semester

I was placed in the Vishva Yuvak Kendra where along with other trainees and the agency staffs, I organized a Khushiyon Ka Mela in the swami Vivekananda Camp, on 29th January 2025. "Khushiyon Ka Mela" is designed to be a stress-relief festival, bringing together people from

different backgrounds to experience happiness through games, cultural performances, and fun activities. The mela promotes emotional well-being, social interaction, and mental relaxation through traditional and modern games encourage physical activity and teamwork. Music, dance, and storytelling to uplift moods and reduce anxiety. As a result, we had planned a lot of activities in which many of the community children had participated. Here is a brief about the activities organized in the mela:

1. Dance Performance

The dance performances at Khushiyaon Ka Mela witnessed enthusiastic participation from numerous community children, who showcased their talents through both group and solo performances. One of the standout performances was on the song “*Desh Rangeela*” which filled the atmosphere with patriotism and cultural pride. This song resonates deeply with the youth, as it highlights the diversity and unity of India, inspiring them to take pride in their heritage and contribute positively to their communities. Additionally, cultural dance performances reflecting statehood and regional traditions were presented. Songs from Himachal Pradesh, Uttarakhand, and Haryana were played, showcasing the rich folk traditions of these states.

2. Singing Competitions

The singing performances brought an emotional and motivational touch to the event. A group of talented participants sang “*Choti Si Aasha*” a song that beautifully conveys the power of dreams and hope. This song holds a deep influence on youth, as it encourages them to pursue their dreams despite challenges. Overall, the dance and singing performances at Khushiyaon Ka Mela not only entertained but also inspired the youth to engage more actively in cultural and social activities, fostering a spirit of unity, hope, and national pride.

3. Engaging in Games and Team Activities

Various interactive games were conducted to encourage teamwork and fun learning. The interns took the lead in forming six teams, each representing a historical city namely Nalanda, Prayagraj, Rameshwaram, Patliputra, Banaras and Ujjain. At the end of the event, the programme coordinator and the VYK team delivered an inspiring speech to motivate the youth to channel their energy in a positive and constructive direction. They emphasized the importance of hard work, dedication, self-growth, community participation and leadership, preserving cultural values while striving for progress. During the speech, powerful quotes were shared to ignite patriotism and motivation among the youth. These words left a lasting impact, encouraging the young participants to stay

motivated, work for their dreams, and contribute positively to society. Through this program, I learned the process of community engagement, team building and programme organization.

A DAY IN A LIFE OF SOCIAL WORK STUDENT

Yuvraj Singh

B.A. (Hons.) Social Work- IV Semester

Social work is a practical based course. It focuses on introducing student to the knowledge of values and skills required for administration and planning for human services. I am a second year student. I have experienced life-changing events over the past three semesters. Before this course, I had no idea about the fundamentals of social work, such as understanding society for social work, working with individuals, and working with communities. With the guidance of our members faculty helped us to gain a broad understanding of community engagement with NGO's and how to handle the problems and situations that occur in the field. I have worked as an intern at Praja Foundation in 1st year. In this placement, I visited different MCD offices and collected data about general sanitation and filed RTI's for the same at civic centres. This year I have been a part of Delhi Tuberculosis Association. I got the opportunity to be a part of a survey conducted by this association for tuberculosis which involved taking case -

-history in the families and meeting patients affected with tuberculosis. I have got a better understanding about the symptoms of TB and its management. Currently, I am part of the TB screening program for senior citizens who suffer from diabetes, alcohol addiction, tobacco use, smoking, etc. I collected data about them and gave it to our agency, who conducted tests accordingly. Throughout this experience, my problem solving and critical thinking skills have been polished. I have grown as an individual with better management and communication skills, which I learned through social work course. I am looking for more social work opportunities in the future that would help me grow. I am so thankful for my teachers and my class-mates who helped me throughout this experience. Finally, I would like to say to my colleagues that this degree in social work will not only provide you with theoretical knowledge but also expose you to the practical aspects of life.

मेरा फील्ड वर्क अनुभव: एक प्रेरणादायक यात्रा

Jyothi

B.A. (Hons.) Social Work- VI Semester

समाज कार्य केवल एक व्यवसाय नहीं, बल्कि सेवा का एक महत्वपूर्ण माध्यम है। यह हमें समाज के उन पहलुओं से अवगत कराता है, जिनसे हम अक्सर अनजान रहते हैं। मेरा अब तक का फील्ड वर्क अनुभव अत्यंत शिक्षाप्रद और प्रेरणादायक रहा है। इन तीन वर्षों में मैंने न केवल समाज को करीब से देखा और समझा, बल्कि स्वयं को भी एक नई दिशा में विकसित किया। जब मैंने पहली बार फील्ड वर्क में कदम रखा, तो मन में असंख्य प्रश्न थे—क्या मैं इस कार्य को सफलतापूर्वक कर पाऊँगी? यह कठिन होगा या आसान? प्रारंभ में मुझे लगा कि यह कार्य सरल होगा, लेकिन जब वास्तविकता सामने आई, तो एहसास हुआ कि यह जितना सोचा था, उससे कहीं अधिक चुनौतीपूर्ण है। उस समय मैं पहली बार दिल्ली आई थी और यहाँ के सामाजिक परिवेश से पूरी तरह अनजान थी। मैंने हमेशा दिल्ली की चमक-धमक और ऊँची-ऊँची इमारतों को देखा था, लेकिन जब झुग्गी-झोपड़ियों में रहने वाले लोगों की वास्तविक स्थिति देखी, तो मन में गहरी संवेदना जागी। एक छोटे से कमरे में पाँच-छह लोगों का रहना, शिक्षा की सुविधाओं का अभाव, सही भोजन और कपड़ों की कमी, गंदगी और अस्वच्छता—इन परिस्थितियों को देखकर मन विचलित हो गया। यह मेरे लिए एक नया और कठिन अनुभव था। कभी-कभी इन स्थितियों को देखकर घिन भी आती थी, लेकिन साथ ही, कुछ नया सीखने की ललक भी बनी रहती थी। धीरे-धीरे मैंने लोगों से संवाद करना शुरू किया, उनकी समस्याओं को समझने का प्रयास किया और यह जानने की कोशिश की कि हम उनके लिए क्या कर सकते हैं?

फील्ड वर्क से मिली सीख: आत्म-विकास और नेतृत्व कौशल

फील्ड वर्क ने मुझे कई महत्वपूर्ण जीवन-परिवर्तनकारी गुण सिखाए। पहले मैं बहुत अंतर्मुखी (इंट्रोवर्ट) थी, लेकिन इस अनुभव ने मुझे बहिर्मुखी (एक्स्ट्रोवर्ट) बना दिया। समाज कार्य में संवाद अत्यंत आवश्यक होता है, और यह गुण मैंने धीरे-धीरे विकसित किया। मैंने धैर्य, संवाद कौशल, नेतृत्व क्षमता और संबंध निर्माण जैसी महत्वपूर्ण चीजें सीखी हैं।

पहली बार जब मैं समुदाय में गई, तो किसी से बातचीत करने में हिचकिचाहट हो रही थी। लेकिन धीरे-धीरे, मैंने लोगों के साथ एक आत्मीयता स्थापित की। हालाँकि, इस दौरान कई चुनौतियाँ भी सामने आईं। कई बार ऐसा लगा कि यह काम बहुत मुश्किल है और मुझे इसे छोड़ देना चाहिए। लेकिन जब भी मैंने वहाँ के बच्चों को शिक्षा के लिए तरसते हुए देखा, तो मुझे एहसास हुआ कि मैं कितनी सौभाग्यशाली हूँ कि मुझे यह अवसर मिला है। कई बच्चे स्कूल तक नहीं जा पाते, और जो जाते भी हैं, वे कॉलेज तक पहुँचने के लिए संघर्ष करते हैं। यह देखकर मेरा संकल्प और मजबूत हुआ, और मैंने निश्चय किया कि मैं पूरी ईमानदारी और समर्पण के साथ इस कार्य को जारी रखूँगी।

अब मुझे समुदाय में काम करना, लोगों से मिलना, उनकी समस्याओं को सुनना और समझना अच्छा लगता है। मेरी झिझक अब समाप्त हो चुकी है और मैं पूरी आत्मविश्वास के साथ समाज के साथ संवाद कर सकती हूँ। फील्ड वर्क

केवल एक कार्य नहीं है, बल्कि यह समाज के लोगों से जुड़ने, उनकी स्थिति को महसूस करने और उनकी समस्याओं को हल करने के प्रयास का एक माध्यम है।

एक समाज कार्यकर्ता के रूप में मेरी भूमिका

इस दौरान मैंने सीखा कि एक समाज कार्यकर्ता के लिए सबसे महत्वपूर्ण बात यह है कि वह समुदाय के लोगों के साथ घुल-मिल जाए, ताकि वे अपनी समस्याएँ खुलकर साझा कर सकें। समाज के कमजोर वर्गों को आत्मनिर्भर बनाने के लिए हमें उनके साथ खड़ा रहना होता है। उनके बीच समानता का अनुभव कराने के लिए पहनावे और व्यवहार में सादगी रखना आवश्यक होता है, ताकि वे यह महसूस न करें कि हमारे और उनके बीच कोई बड़ा अंतर है।

फील्ड वर्क के दौरान मुझे विभिन्न प्रकार के अनुभव प्राप्त हुए। कुछ लोग हमें सहयोग देते थे, तो कुछ लोग हमारा मज़ाक उड़ाते थे। पहले इससे गुस्सा आता था, बुरा लगता था, लेकिन धीरे-धीरे मैंने सीखा कि हमें ऐसे लोगों से भी सही तरीके से पेश आना चाहिए, ताकि वे भी हमारे प्रयासों को समझें और संवाद के लिए तैयार हों।

इस पूरी यात्रा में विभिन्न संस्थाओं (NGOs) और सुपरवाइजर्स ने मेरी बहुत मदद की। उन्होंने मुझे सही दिशा दिखाई और जब भी मुझसे कोई गलती होती थी, तो उसे सुधारने में सहायता की। यह अनुभव न केवल समाज को समझने का था, बल्कि मेरे व्यक्तिगत विकास का भी एक अभिन्न अंग बन गया।

भावनात्मक और मानसिक रूप से सशक्त होने की यात्रा

फील्ड वर्क के शुरुआती दिनों में जब मैं झुगगी-झोपड़ियों में जाती थी, तो वहाँ के हालात देखकर कई बार मेरी आँखें भर आती थीं। मुझे भावनात्मक रूप से कमजोर महसूस होता था, लेकिन धीरे-धीरे मैंने खुद को मानसिक रूप से मजबूत बनाया। यह आवश्यक था क्योंकि एक समाज कार्यकर्ता को सिर्फ भावनाओं से नहीं, बल्कि ठोस कार्यों से बदलाव लाना होता है।

समाज में बदलाव लाने के लिए हमें केवल संवेदनशील होना ही नहीं, बल्कि सक्रिय होकर समाधान की दिशा में काम करना भी आना चाहिए। मैंने यह भी अनुभव किया कि लोगों को जागरूक किए बिना कोई बड़ा परिवर्तन संभव नहीं है। इसलिए, मैंने समुदाय में लोगों को उनकी शिक्षा, स्वास्थ्य और अधिकारों के प्रति जागरूक करने का कार्य भी किया।

निष्कर्ष: समाज कार्य की शक्ति

आज, जब मैं अपने इस सफर को पीछे मुड़कर देखती हूँ, तो गर्व महसूस होता है कि मैं समाज कार्य की छात्रा हूँ और खुद को समाज की समस्याओं को हल करने योग्य बना रही हूँ। फील्ड वर्क ने मुझे यह सिखाया कि परिवर्तन लाने के लिए सबसे पहले खुद को बदलना पड़ता है। यह अनुभव मेरे जीवन का सबसे बेहतरीन हिस्सा रहा है और आगे भी मैं समाज में बदलाव लाने के लिए अपनी पूरी निष्ठा और समर्पण के साथ काम करना चाहूंगी।

फील्ड वर्क ने मुझे यह समझने में मदद की कि समाज में कई तरह की समस्याएँ हैं, लेकिन अगर सही दिशा में प्रयास किए जाएँ, तो बदलाव संभव है। मेरा सपना है कि मैं एक ऐसी समाज कार्यकर्ता बनूँ जो न केवल समाज की समस्याओं को पहचाने, बल्कि उन्हें हल करने में भी योगदान दे।

**EMPOWERING YOUNG GIRLS:
A TRANSFORMATIVE FIELDWORK EXPERIENCE**

Chhavi

B.A. (Hons.) Social Work- IV Semester

My fieldwork experience with young girls in community slums has been a transformative journey, focused on empowering them through interactive sessions and activities. These sessions addressed crucial topics such as menstrual hygiene management, where girls learned proper hygiene practices, dispelled myths, and embraced menstruation with confidence. Workshops on good and bad touch awareness helped them recognize inappropriate behavior, set boundaries, and seek help, ensuring their physical and emotional safety.

To make learning engaging, I incorporated sports for development programs, using games like Bich ka Bandar and Das Pass Handball to teach teamwork, communication, and trust-building. These activities also fostered conflict resolution, strategic thinking, and leadership skills, making learning enjoyable and applicable to real-life situations.

One of the most rewarding aspects was witnessing the girls' transformation. Initially shy, they gradually became more confident, vocal, and self-aware. They started discussing sensitive topics openly and took on leadership roles, reflecting the impact of the sessions. Their resilience in overcoming challenges reinforced the importance of creating safe spaces where they can learn, grow, and thrive.

This journey also enriched my own perspective. It taught me invaluable lessons about community engagement, empathy, and adaptability. Working in resource-limited settings required creativity, patience, and cultural sensitivity, as each girl had unique challenges that needed tailored solutions. Most importantly, I saw the power of safe, supportive environments in unlocking young girls' potential.

This experience has shaped my approach to development work and strengthened my commitment to community-based initiatives. It reaffirmed my belief in education and empowerment as key drivers of change, inspiring me to continue making a meaningful impact.

EXPANDING HORIZONS

Sowmya Ranjan
B. A. Hons. Social Work- II Semester

“A reader lives a thousand lives before he dies. The man who never reads lives only once.”

-George R.R. Martin

How does it feel to see a bright shining star in the winter skies? Gleeful right! Honestly, I feel quite delighted by just having a thought of it. These processes are not simply a collection of letters or words, but rather a north star that reflects my journey through life. It has been a kind of understanding and harmony in a few moments of my life when I'm feeling despondent, my source of zeal and passion when I felt lost, and my gateway into an endless world of stories, imaginations, fictions, and learning.

Through the pages of these books, I have traveled across several continents, generations, and parallel worlds. This exposure to various cultures and perspectives has enriched my understanding of human experiences, fostering a sense of worldwide awareness. Nevertheless, the purest gift that literature has given me is the sense of affection. By walking a mile into the shoes of characters from different walks of life, I've perceived to see the world through their eyes- an aptitude that feels pivotal in a world full of conflicts, wars, hardships, and clashes.

In the serene companionship of these books, I feel a sense of fearlessness and coherence. Literature always provides us with a sense of accomplishment and reminds us that we can always excel and rise despite the hardships of life. It illuminates the path forward, like a north star, shepherding me towards purpose and resilience.

In the canvas of my existence, literature has been a golden twine that binds everything together. It has woven moments of vision, contemplation, and understanding into the tapestry of my existence. Through these scripts I've explored new horizons, formed connections with fellow seekers of truth, and unveiled the countless traits of my own core. Like a shining star, literature has been my ray of hope, reflecting the endless possibilities of humanity.

MY EXPERIENCE WORKING IN EVENT MANAGEMENT TEAM IN THE KHO KHO WORLD CUP

Vanshita
B.A. Hons. Social Work- II Semester

I had an amazing opportunity to work as a volunteer for 15 days in the Kho Kho World Cup. I was assigned to the kitting department, where I learned many new things, improved my skills, and got to interact with people from different countries. It was a fun and exciting experience that also helped me grow as a person.

In the kitting department, my main job was to manage and distribute kits for all the participating teams. This included uniforms, accessories, and other equipment needed by the players. It may sound simple, but it required a lot of organization and teamwork. I had to make sure that every team got their kits on time without any mistakes. This taught me how to plan well, manage time effectively, and pay attention to small details. One of the best parts of volunteering was meeting people from different countries. I interacted with players, coaches, and team members from all over the world. Talking to them was a great experience as I learned about their cultures, traditions, and love for Kho Kho. These conversations helped me improve my communication skills and gave me more confidence when interacting with new people. Being part of such a big event also gave me a chance to see how event management works. I observed how every small task plays an important role in making the event successful. From planning to execution, everything needed proper teamwork and coordination. Sometimes, there were last-minute changes, and I had to think quickly to solve problems. This taught me how to handle pressure and work efficiently. Apart from the work, I really enjoyed watching the matches. The energy and enthusiasm of the players and the cheering crowds were truly inspiring. It made me feel proud to be a part of such an event.

In summary, this experience was the perfect blend of learning and enjoyment. My organizational skills were enhanced, my teamwork skills were enhanced, and I was able to manage my responsibilities. The most significant thing to me was feeling happy and proud to have made a contribution to such a significant event.

I have been inspired to explore more opportunities in event management by volunteering at the Kho Kho World Cup. I will always remember it as a journey that was both rewarding and memorable.

MY JOURNEY WITH SHRISTI INSTITUTE FOR CHILD & ADOLESCENT EMNTAL HEALTH

Stanzin Thinles
B.A. (Hons.) Social Work- II Semester

Shristi Institute for Child and Adolescent Mental Health, established in 1995, is a renowned organization in Delhi dedicated to empowering and mainstreaming children with special needs. Over the past three decades, Shristi has significantly contributed to the management of learning and developmental difficulties, offering a holistic approach to child development. Luckily, I got golden opportunity to be a part of Shristi Institute for Child and Adolescent Mental Health as a trainee from Department of social work Dr Bhim Rao Ambedkar College.

Work Environment: On a regular basis we go on Wednesday and Saturday at institute and work with team work, observation, continuous learning and compassion. Trainee got ample of learning opportunities from the supervisor and got skills how to deal with children with special need and also we have been to Maharajpur and Jhilmil village to spread awareness about disabilities and to spread vision and mission of Shristi Institute for Child and Adolescent mental Health.

Interaction with Children: I got opportunity to observe Chaaya (name changed) an intellectual disability child. She has slightly visionary problem and I tried to teach her and achieve goal from Madras developmental program scale. I worked to help her achieve goal like gross motor skills, learning and writing skills. I have taught her how to write two letter words and addition and subtraction in mathematics. Working closely with children with diverse needs, ranging from developmental delays to learning disabilities, is both challenging and rewarding.

Challenges: Such cases require patience, empathy, and resilience. However, the support system at Shristi, including mentorship from staff ensures that you never feel overwhelmed I coming from Ladakh am slightly challenging to know their diverse environment, language and culture.

The institute gave me the opportunity to truly understand the challenges that children with special need face and to be part of their growth journey. It's a place that transforms lives and changes you as a person. In summary, working at the Shristi Institute is a mission to make a positive and lasting impact on the lives of children and their families. It offers insight into the daily lives of children with disabilities and helps us understand their feelings and emotions. The experience of working with children with special needs is both rewarding and joyful.

STRUGGLES OF LIFE

Vedant Bhaskar
B.A. Hons. Social Work- II Semester

I understood that in this world if you want to live a lavish lifestyle then you need to earn good amount of money. Initially my education was decent but due to financial constraints, I had to take a drop year from my previous college but I didn't lose hope and instead I promised myself that I would get into Delhi University so that I can get a degree from reputed Government College. With my hardwork, I was able to crack CUET exams and I am currently pursuing Ba (Hons.) Social Work from Dr. Bhim Rao Ambedkar College, DU. By not giving up in the tough situation and losing hope, I had a comeback in my education journey.

When I was in Grade 11, I used to have no goal in my life or had no clarity over what career I needed to choose. So I did my research and after spending 1 week on social media and browsing, I decided to earn passive income and become a Profitable Forex Trader. I have developed a model of success in 4 Phases with my own experience.

- Phase 1 is the beginning in which I used to blindly believe on the knowledge provided by influencers which was a mistake and traded the entire amount without knowing market dynamics which resulted in a loss in phase 1.
- Phase 2: The failure of phase 1 made me thinking of quitting which would result the growth to become stagnant. But I chose to not quit and instead I stopped trading for a temporary period of time.
- Phase 3 is about the clarity and confidence which I build by gaining quality knowledge and concepts from someone who had already reached to success in the market.
- Phase 4 is the success you achieve in your life.

Learning: Definition of success is different for others and instead of focusing on success you should be more focused on the process which will get you to success in the end.

MY GREATEST ACHIEVEMENT

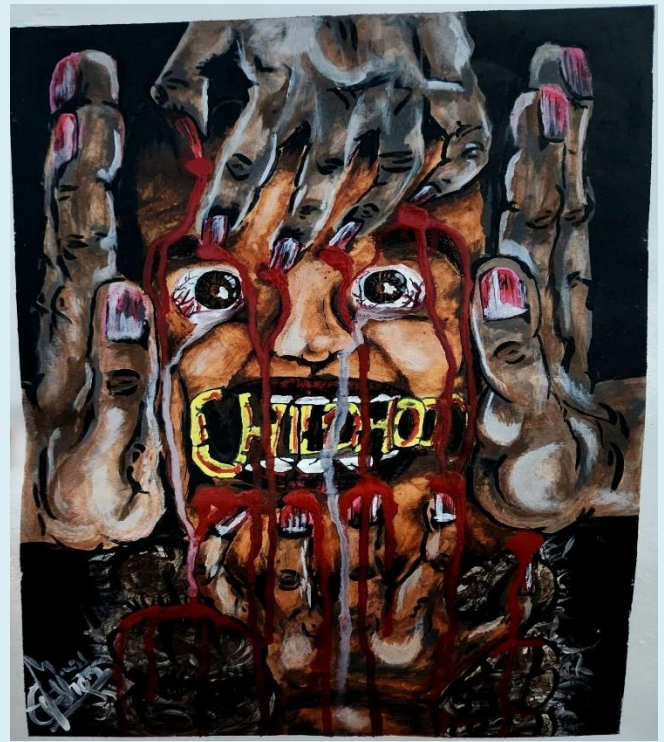
Jobin Joe Andrews
B.A. Hons. Social Work- II Semester

I never really felt that I had made my parents proud or did anything worth of appraisal. As a child, I watched other children being complimented and appreciated on their good grades, winning excellence in sports and games, or talents, and I was just in the background. I wasn't great at anything, just really average and I usually felt like nothing I did was important. No matter how much I worked hard, there were always people who did so much better than me. I wondered if I would ever find a moment in which I could see my parents being truly happy because of me. That day finally came, unexpectedly, on the day my 12th board results. I was extremely nervous before to checking my grades. My heart was pounding, and my hands were trembling as I put my roll number and other details. So many thoughts were running through my mind, what if I had failed? What if I had to repeat this year? What if I let my parents down like I always had? I had worked hard, but I really wasn't certain if it was enough.

I was taken aback when my grades appeared on the screen. My score was higher than I ever thought. It wasn't the best, but it was good for me. I knew that it would make my parents extremely happy, even better than that. When I turned to inform them, I could see them eagerly waiting just to hear that I didn't fail. When I gave them my result, their faces beamed with joy and surprise. My mother hugged me and smiled, and my father hugged me too and said, 'Very good jobin!' Those were the most precious words to me. After a long wait, I finally heard them. For some, my grades might have been mediocre, but for my parents and me, they were a really big deal. My focus wasn't on the numbers on my report card; it was on demonstrating my ability to do something. It was a matter of watching my parents is proud of me. That was something I had never felt before, and I wanted to keep it forever.

That day, my parents called up my relatives, and proudly told them my grades. It was a humble celebration, but for me, it was the greatest day ever in my life. It made me realize that this happiness can never be bought and is ever so priceless. It's pure emotion that cannot be measured, only felt. And in that moment, I was completely overwhelmed. That was the first time ever that I felt so proud of myself, and I had ever been this happy. The feeling of making my parents proud is the greatest achievement I could ever imagine or even dream of. I really thank God for letting me experience this feeling.

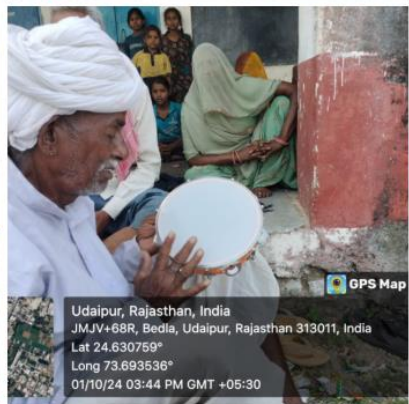
A GLIMPSE OF THE ARTS AND CRAFTS BY THE STUDENTS



COLLAGE OF VARIOUS PROGRAMS OF THE DEPARTMENT



COLLAGE OF VARIOUS PROGRAMS OF THE DEPARTMENT



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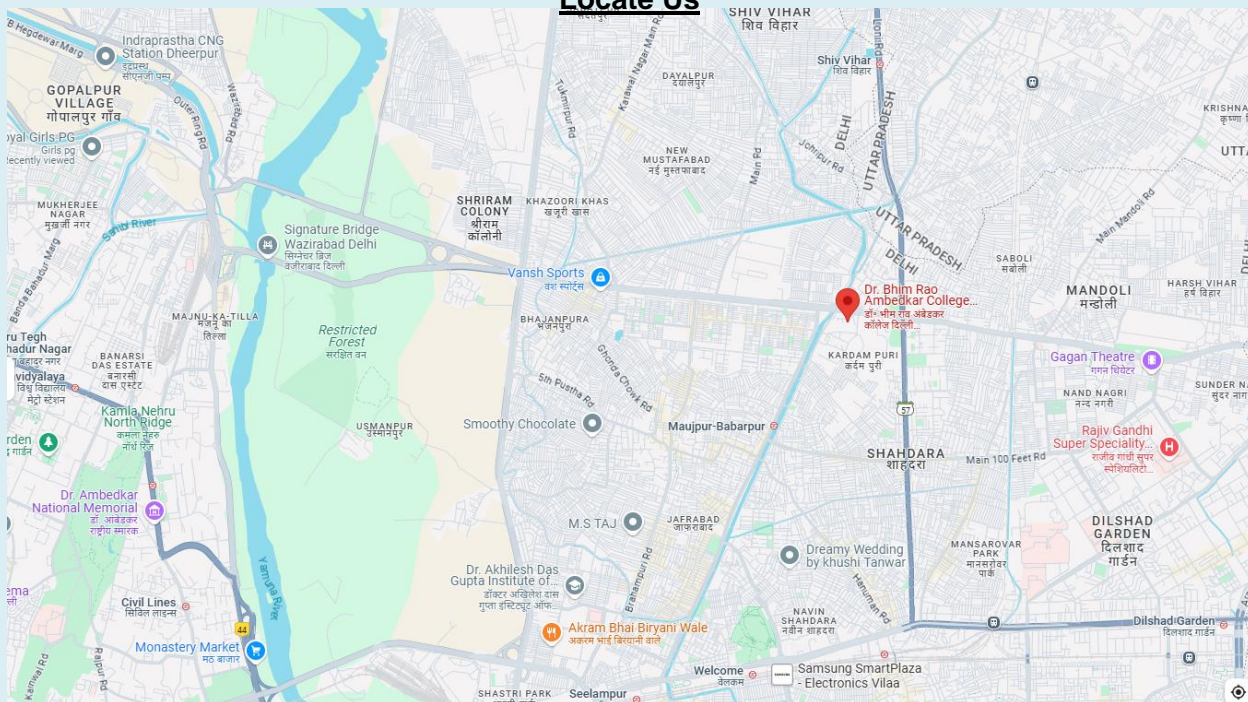
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