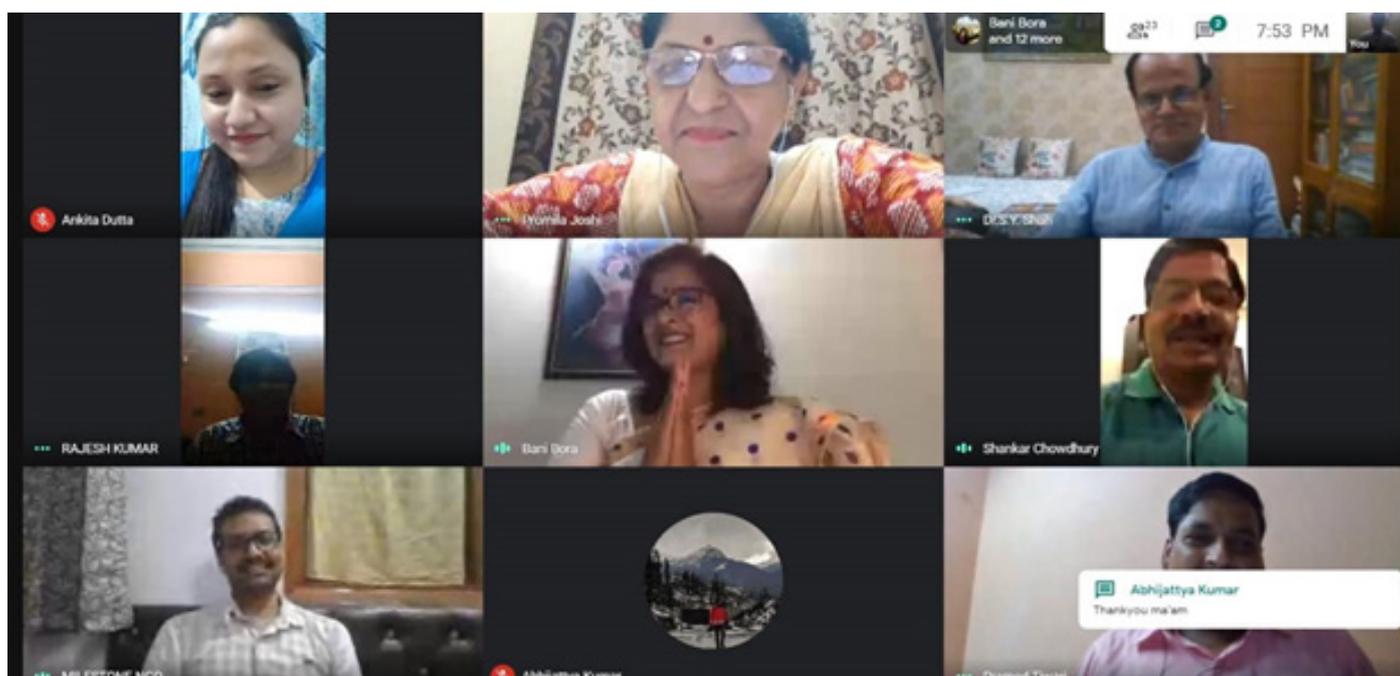


THE CHANGE

CENTRE FOR SOCIAL CHANGE Quarterly Newsletter

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Counselling...the helping skills



Tackling Covid 19 pandemic was a challenging time for people worldwide. During the lock-down phase specially towards the end of May and beginning of June, 2020, the visible need and importance of counselling services were realized by many. Free counselling services, online counselling services to the doctors, patients, family members of the deceased, to the elderly and otherwise anxious people became the talk of the time. The professionals from the field and the counsellors honed their skills, managed their time to volunteer and to reach out to those who understood its need and importance. However, the need was much higher compared to the availability of the professionals. The plight of millions of migrated population during the pandemic crisis made us re-evaluate the need for counsellors, specially to reach out to the huge marginalized population of our Country. We wished if we could have had enough of grassroots professionals with counselling skills to ease out the pain, sufferings and insecurities of migrated labourers. To put our thoughts into action, we brainstormed the possibilities of starting an online course on Certificate in Counselling Skills. Counselling is a vast subject and to become a professional in counselling one must go

through rigorous training and study. This six-week course aimed at providing a base to the profession through experiential teaching of the counselling skills so that people already working in the field, who, otherwise were providing the similar services without any awareness about these skills and their implementation process, could be better equipped with counselling skills to help and empower community people in need. With the positive responses from the core team of experts and specialist from the field, CSC announced its first six weeks online Certificate in Counselling Skills programme from July 15 – August 30, 2020. The course was well received by the people. CSC is hopeful to create a cadre of counselors who would be capable of empowering marginalized communities to decide a better life and better future for themselves.

From the Director's Desk
Dr. Bani Bora

Happy Independence Day, 2020

CSC celebrated the Independence Day with children and mothers of 7 new families from the nearby cluster of rag pickers. Children came with their mothers. Little ones were worried, scared. They were in the age group of 5-11 years and all were out of school kids. They came without masks, we distributed masks and told them the need to wear it. Sanitized everyone's hand and ensured that everyone maintains social distancing. CSC distributed nutritional package, hygiene and learning kits to the families. However, it was realized that the cluster needed regular intervention to help the families practice cleanliness and hygiene. Mothers expressed their wish to provide learning facilities to their children at CSC. Five women from the cluster also wanted to learn cutting and tailoring at the CSC. Everyone paid tribute to the freedom fighters of the Country and ended the programme by singing National Anthem.



Stitching Centre reopens:

It's nearly six months that there was no training took place at the stitching centre of CSC. With many participants willing to learn stitching, cutting and tailoring, CSC started its post lockdown training on stitching to begin with stitching of masks as well as cloth carry bags from 15th August ,2020 onwards. Five learners per batch, two batches per day would receive training. Maintaining distance, safety and personal hygiene would be must during the time of training. Our hearty appreciations to CSC team members Neetu, Anamika and Abhilasha for their commitments and willingness to take up the tasks in hand.



Happy Teacher's Day

CSC celebrated teacher's day, 5th September,2020 with the presence of CSC team members and online volunteers. CSC wished its teachers Anamika Pandey, Neetu Kumari, Chunnu Devi, Abhilasha Verma and all virtual teachers and volunteers including Anju Ma'am, Shreya, Mehak, Ritika, Vishal for sharing your time, knowledge and expertise with CSC families and children.

Our special thanks to Hritik Seth who volunteered to teach Biology to these two students, though he is based out in Chandigarh. After a few days of rapport building Hritik started his first session from today i.e 5th September,2020. Welcome to CSC on your new role as a virtual teacher. Let's co-create positive changes to the lives of people around us through teaching.



Student's Scholarships

Our two young student volunteers who joined Class XI in Science this year, assisted in learning Science and English to five students of class X. We are providing monthly scholarship of Rs.500/- (Five hundred only) to both of our student volunteers, starting on the Teacher's Day. Thank you Kishore Das for sponsoring their scholarship

People's Participation at CSC

People's participation for bringing positive changes to someone's life is the motto of CSC. And it actually happened when Nisha Rai got us connected to Karuna Bhalla. With the active initiative of Karuna Bhalla, she ensured that CSC children get all the possible facilities, so that their learning keep going even at such a crisis situation. Following were the list of items received:

- Ritu Jain sent basic learning kits for 75children. (11th August,2020)
- Dry nutritional ration packets (Dalia, Suji, Channa, Gur) for 40 families (1st - 13th August, 2020).
- Inner Wheel Club, Noida facilitated CSC kids with pencils made with tulsi seeds (31st August,2020).
- When we all are trying to keep ourselves safe staying indoors, Renu Grover from Delhi made it a point to share the beautiful learning kits with CSC kids in person (2nd September,2020). We are deeply obliged @Renu Grover . Thank you Karuna Bhalla ma'am for getting us connected. You are our inspiration.

We were reaching out to forty CSC families in the third phase of nutritional support (packets of gur, channa and hari mung) programme. Thank you dear Karuna Bhalla and Prof.S.Y.Shah for making it happen. This time CSC provided the food materials in CSC made cloth carry bags. Every time CSC distributed food items or learning kits, awareness on nutrition, hygiene, environment care and Covid 19 safety measures were discussed with the family representatives. (26th - 30th September,2020



Tribute:



We, at CSC India pay our heartfelt tribute to Karunasri, whose sudden departure left us all in a state of deep shock and sorrow. Karunasri and her niece Sritanaya sponsored two full scholarships to CSC's Certificate in Counselling Skill course participants. The scholarships were given to two transgender participants Rihana and Satendra (Leena). This is the first time a transgender participant receives training on Counselling skills organized by CSC. The course started from 3rd September and Karunasri left for heavenly abode on 4th September,2020. Karunasri's left behind her parents and brother, who are based out in Hyderabad and sister Shyamasri and her family in Delhi. We pay our heartfelt condolences to the family members of Karunasri. May the departed soul rests in peace. Karunasri, we would always remember your love for humanity with gratitude.

Support to flood victims of Assam and Bihar

It was again that time of the year when continuous rain created havoc to a major part of Assam and Bihar. Millions of people became homeless and forced to take shelter at alternative high rise places. This time the situation was more challenging considering the fact that Covid 19 pandemic situation demanded social distancing and more of sanitation and personal care, whereas for flood affected people to get even basic facilities was a challenge. CSC believed in people's contribution, whether small or big, together we can make change happen. With this belief, CSC started a campaign to collect generic medicines for the flood affected people in Assam and Bihar. A total of 33kg of generic medicines were contributed by the residents of Aditya Celebrity Homes, Lotus Panache and Prof. S.Y.Shah and Amar Gupta. On 3rd August,2020, we sent the medicines and cotton masks by courier to Indian Council of Child Welfare, Kamrup District, Assam and Sochit Sewa Sangh, Bihar.





Certificate in Counselling Skills

Batch I : 15th July- 30th August,2020

Batch II: 1st September – 15th October,2020

Learning is a continuous process in the life of a human being irrespective of age, time and profession. “Learn till I Live”, is the motto behind “Ajeevan Siksha” programme of CSC. So to create an opportunity for online learning irrespective of age, CSC’s Founder, Dr.Bani Bora took an initiative to start a counselling skills experiential teaching programme so that with the increased number of trained helping service workers the counselling service would be able to reach more people at the grassroots. This online course on Certificate in Counselling Skills is designed to provide necessary foundation to develop an ability to scale-up one’s interpersonal skills and empathetic understanding and use counselling skills ethically and safely.

There were 25 participants in the Batch I and 29 participants in Batch II, from eleven states of India, who participated in the course. The course experts were: Prof. Rajesh, Professor and Head of the Department (Former), Member Community Development Cell, University of Delhi, Dr. Priya Bir : Associate Professor, AMV, University of Delhi, Dr.Dimpi Mahanta: Founder Head, Dept.of Psychology, Cotton University, Guwahati, Assam. Other special invitees were: Prof.Shankar Choudhary, Prof.S.Y.Shah, Dr.Mridula Seth, Dr. Steffani , Ramon Martinej, Anupama Jain, Aditi Singh, Minu Tuteja, Gaurav Malhotra, Dr.Rohit Kumar, Dr.Sue C.Jacobs, Dr.Matt Perelstein, Dr.Anwar Husain and Jenny Fehrenbacher.



CSC organized one web discussion on Counselling, Empowerment and Lifelong Learning : International Perspective, as a part of the programme. Dr.Steffani Kronner from Germany and Ramon Martinej from Spain talked about counselling as a profession in Europe and had a critical analysis on need for counselling.

The course was well received by the contributors as well. In Batch II, there were two individual sponsorship for Transgender participants, five each corporate sponsorships for Kashmir and Assam. CSC’s effort is to make this course fully sponsored so that maximum participants from lower economic background could join the course.

Web discussion:

TEACHERS: LEADING IN CRISIS, REBUILDING THE FUTURE

“A Web discussion”



Dr. Dimpy Mahanta
Founder Head,
Dept. of Psychology
Cotton University, Assam



Dr. Bhavna Sood
Assistant Professor,
Mehr Chand Mahajan DAV
College for Women, Chandigarh



Hiramoni Saikia
Teacher
Army Public School, Narengi, Guwahati
Assam



Promila Joshi
Head Teacher, St.Mark's School
Lucknow, Uttar Pradesh

Teachers: Leading in Crisis, Rebuilding the Future

A teacher is known by many names – Guide, mentor, advisor, trainer, guru, educator, tutor, instructor, master, coach, supervisor, lecturer, professor, pedagogue, etc. But as stated by Radhakrishnan, “True teachers are those who help us think for ourselves”. India celebrates

5th September as Teacher’s Day since 1962 in remembrance of Sarvepalli Radhakrishnan whose birth anniversary is a reminder to recognise the contribution of teachers in the making of human and the society.

Centre for Social Change organized a webinar on teacher’s day with the eminent speakers from Assam, Uttar –Pradesh, Chandigarh. They were: Dr.Dimpy Mahanta and Hiramoni Saikia from Assam, Promila Joshi from Uttar Pradesh and Dr. Bhavna Sood from Chandigarh. Dr.Bani Bora, Director CSC moderated the discussions. During the discussion, Promila Joshi gave her inputs on parents teachers responsibility in shaping the learning base for young kids. Hiramoni Saikia talked about present time challenges with adolescent students during on-line teaching and how to overcome such challenges in a positive direction. Referring to the theme Dr. Bhavna Sood stated that the dedication of teachers to continuously teach even in today’s testing times. They have always accepted the challenges and are working like a cohesive team, learning new skills to keep students engaged online. Dr.Dimpy Mahanta emphasized

on teacher's role in higher education as well as in mentoring adult students in achieving their goals.

Summarizing the discussion, Dr. Bani Bora stated that counselling skills of a teacher is one such dimensions which would be playing a major role both at the time of crisis and while rebuilding the future. The quote of Radhakrishnan was aptly referred, "The end product of education should be a free creative man who can battle against historical circumstances and adversities of nature". And for doing this teacher need to play a pivotal role. Participants from eleven states attended the discussion online.

Hundred percent adult literacy in India: Vision to Action

"Literacy is not the end of the education, nor even the beginning." - Mahatma Gandhi

International Literacy Day (ILD) was celebrated annually around the world, to remind the public the importance of literacy as a matter of dignity, human rights, and to advance the literacy agenda towards a more literate and sustainable society. Despite progress made, literacy challenges persist with at least 773 million adults worldwide lacking basic literacy skills today.

In India, where the average literacy rate is maintained at 77.7% in the contemporary times, the New Education Policy is seen as the new vantage point to elevate it, to the perfect 100% adult literacy. As an ambitious goal to transform the vision into action, Centre for Social Change (CSC) organized a discussion forum for the proposals from many participants, enrolled in the course of Certificate of Counseling Skills from various states of India.

On 8th September, 2020, CSC celebrated International Literacy Day by organizing an webinar. Enterprising speakers from different backgrounds highlighted the following visionary key points while being the proponents to elevate the literacy rate in India:



Parinita Batra said that equal prominence of Adult Education as an opportunistic tool, for achieving the higher literacy objectives whilst, focusing on the continuum of learning from Early Childhood Education to Continuing Education. She said role of volunteerism and community mobilization so that each one can at least teach one.

Abhijatya Kumar emphasized on insights on current status of education department of the most populous state in India, Bihar. He said portrait of the educational infrastructure of the state, and the essentiality of its up gradation.

Manish Sharma stated that accentuated the high drop rate as an equal potent factor as the poor enrollment rate in schools, responsible for the low average literacy rate. He said that right to elementary education be considered as an obligation to elementary education, and the need to introduce the concept of Digital Literacy in this breakthrough era.

Siya Bihari said that propitious prospects of New Education Policy, and its linkage with the existing prototype education scheme. Initiating a milestone step to enable someone to read for a long journey - educating the enthusiast.

Chitra Shah stated that vast disparity between the statistical lucrative figures of the states with maximum literacy rate and the ground reality. She said that paramount need to include the degree of change observed in daily life, while labeling someone literate.

Madhu Madhavan stated that relocate the sight from the fancy average literacy rate of a state to its constituent elements, for brining transparency to the substantial disparities. Differences such as literacy rates of urban vs. rural, and males vs. females to be recognized. She said that spreading legal literacy for enabling socio-legal equal roles that play twin entities, while coming to a decision for a juvenile accused, for instance.

Ananya Saikia said that vision to educate the marginalized, and the various initiatives undertaken in Assam. She also gave an overview of the status of Assam in terms of education infrastructure, and literacy.

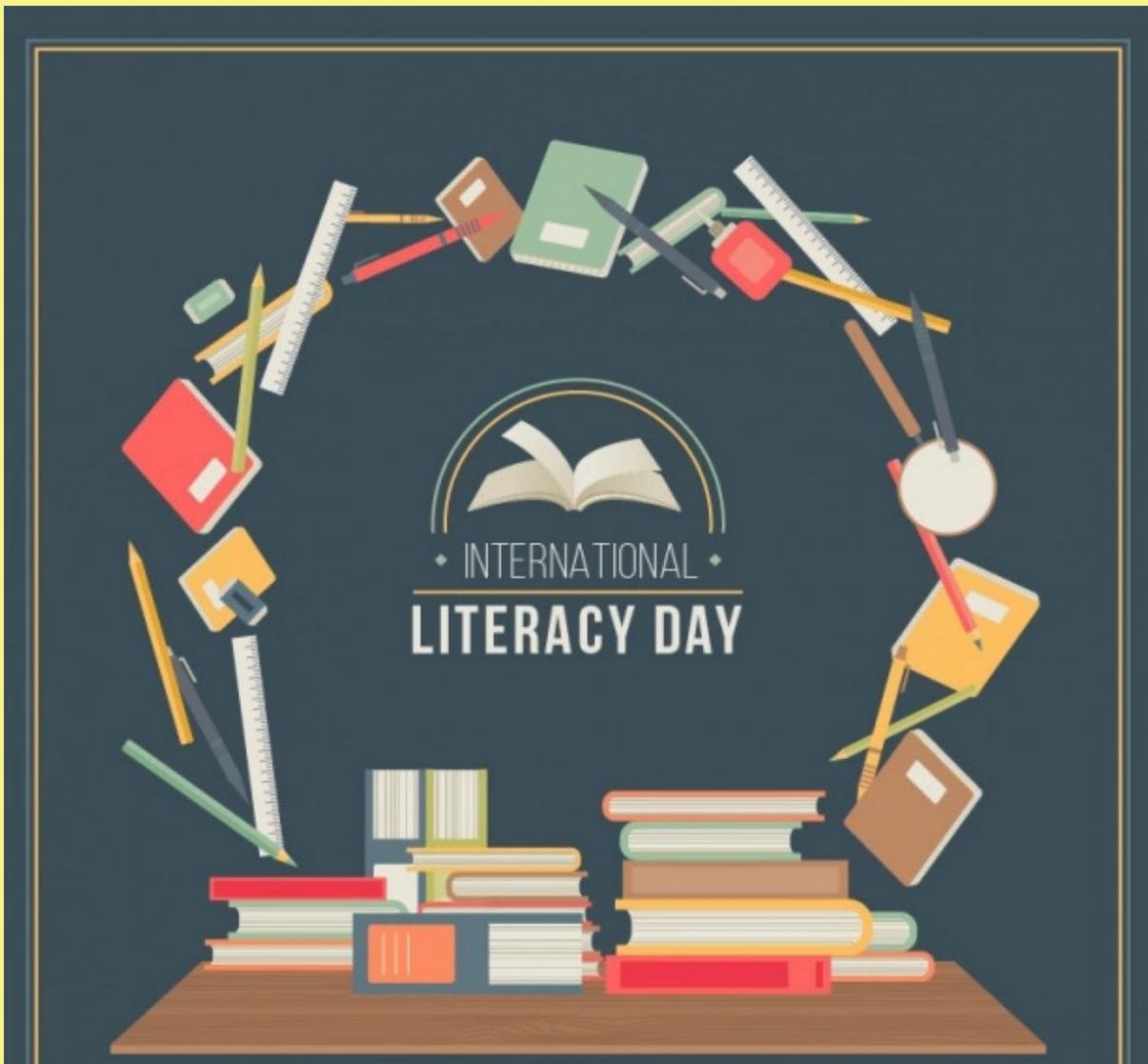
Web discussion:

Hundred Percent Adult Literacy in India: Vision 2 Action



Speakers: Parinita Batra (Delhi), Abhijatya Kumar (Bihar), Manish Sharma (Delhi), Siya Bihari (Bihar), Soumya Kammar (Karnataka), Tahseen Imtiyaz Khan (Kashmir), Chitra Shah (Puducherry), Madhu Madhavan (Maharashtra), Ananya Saikia (Assam)

Inputs pertaining to the concerns and challenges, raised by other participating members to find possible solutions, enriched the discussion further. Dr. Bani Bora, summarized the discussion stating that there was an immense scope for a surge in the literacy patterns of the nation. Her faith in achievement of 100% adult literacy in India had been deepened, after witnessing the passionate and inventive thoughts from the participants who were sowing the individual seeds of actions, for accomplishing the mutual vision.



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