

# THE CHANGE

CENTRE FOR SOCIAL CHANGE Quarterly Newsletter

Volume 3, Issue III

## Charity with Responsibility

The year 2020 witnessed immense practice of charity. When we give to charity, we experience happiness. We feel good about it by sharing happiness with others. Some happiness money could buy, and through charity we provide such happiness especially to the underprivileged, for whom shortage of money deprives them of even essential services. Most forms of charity are concerned with providing basic necessities such as food, water, clothing, healthcare and shelter. Whatever we give, whenever we give, we always have one concern that it must reach the needy. And, for this we need effective altruism, the evidence and reasoning to determine the most effective ways to help others.

Seventy-two-year-old Raviram, a rag-picker for 35 years and a widower for 20 years, belonged to a remote village of Uttar Pradesh. His mother died when he was 6 months old. His father married again and life became tough for him with a step mother and her children. He left his village for good and started rag-picking in the city. When his wife gave birth to their fifth child, she died. One of his son also died in couple of years' time. Raviram did not marry again as he could not forget the pain of growing up as a step son. He used to go for rag-picking holding his two months old in his back. He remained illiterate but has the best of literary knowledge of proverbs and scriptures. He was good with numbers too. He was happy that his all three daughters were married and son was not a rag-picker but a daily wager. Raviram might have received lots of charity support throughout his life, while bringing up his children and even now too, as an old man. What he did not receive was responsible charity. Had there been influence of responsible charity in his life Raviram's children would have received education. With formal education and skill training, his son would have had a better life for himself and for his father too. He would not have continued in the same cluster with his father. Raviram did not see much change in his life in last seventy years. Now, it's



the time to look into the changes in his son's life.

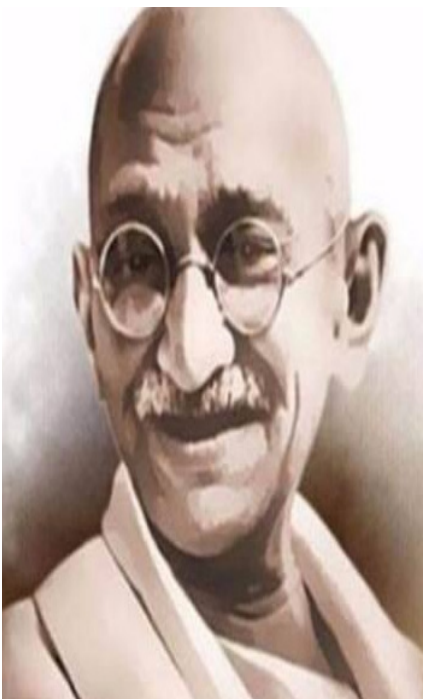
Everyone is capable of giving something or other, it may be time, money or knowledge. But when we give and also become responsible about it, it becomes a game changer. Most of the time we give with trust that it's at the right hand. When we have effective altruist to help us in this process, involvement of self as a responsible giver would make more difference. It may be a better way to identify a neighborhood area, identify a cause dear to us, identify a family and invest our charity in such a way that we could track the progress our charities have made in the lives of people we are supporting. There is a possibility that in the long run we might be able to involve more people to serve a cause and more funds could be generated for a cause which would bring sustainable change.

Dr.Bani Bora  
From the Director's Desk

## Peer Learning and Volunteering

CSC initiated peer learning during the post-lockdown phase amongst the students of class IX, X and XI. Kumkum, student of Class XI (Science) helped six students of class X in completing the Science and English course. Rinki, student of Class XI (Science) was into basic education for eight children from nearby rag-pickers cluster. Cleanliness, mask, sanitization and social distancing were taken care of during the interactive time and more of home work was given to the children. CSC facilitated online English learning training to both Kumkum and Rinki during the lockdown phase.

It was important that CSC stayed connected with the children and keep them engaged with some learning. CSC used to call senior class children and give home work for the siblings and elders were taught to help the younger ones in completing their work. In the process, CSC adopted family based volunteering support also to facilitate learning for all the children in one family. Annu Kohli from Noida and Hritik Seth from Ludhiana were our two of the most valued volunteers continuing online teaching with persistence.



## Gandhi Jayanti and International Day of Non-Violence

Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. Father of the Nation, as he was called, led India's freedom movement along with many other national leaders against the British rule in India.

According to General Assembly resolution A/RES/61/271 of 15 June 2007, which established the commemoration, the International Day is an occasion to "disseminate the message of non-violence, including through education and public awareness". CSC students of class Xth prepared a video talk on the theme of non-violence, and paid tribute to Mahatma Gandhi and Lal Bahadur Shastri on their birthday, 2nd October

## Nav Durga: Kanyaa Puja

Kumari Puja is a Hindu holy ritual, carried out on the eighth and ninth day of the Navaratri festival. The ceremony primarily involves the worship of nine girls, representing the nine forms of Goddess Durga (Navadurga). This year it was different. People could not invite girls to their homes and offer puja and gifts. Few residents of ACH requested CSC if something could be organized at the centre. CSC invited girls in batches and arranged for puja and rituals on 24th October, 2020 on behalf of Mansha and her mother, Poonam, Abhilasha, Avilasha, Anamika and Bobita.



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## Celebration of Birthday with CSC kids

This is the first time in 2020, a family shared their happiness with CSC kids on 9th November, 2020 on the occasion of their daughter Tanya's birthday. Tanya, her mother Poonam ji and the family celebrated the day by distributing 50 blankets, cakes and wafers to CSC kids. One member from each family were invited to come and receive the gifts, maintaining safe distance and hygiene. A very happy birthday and best wishes to Tanya Gupta.



## Cloth carry bags , three layered masks, decorated diyas in making

Cutting and stitching unit at CSC made cloth carry bag from materials and designed it too. The new batch of trainees became expert in bag stitching and mask making. Now our products are ready for marketing. CSC's team is ready for custom designed items too. Thank you Abhilasha Hayaran and Neetu ma'am for your initiative and efforts.

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## “Ma ki rasoi se”

“Ma ki rasoi se”, from Mom's kitchen, second time this competition was organized by CSC on 7th November 2020. This time FSSF (Fair and Sustainable Support Foundation) joined us to create more nutritional awareness amongst children and mothers. Ms. Promila Joshi was the expert on this occasion, who had a lucid online talk on home cooked nutrition rich diet and judged the dishes prepared by children/ mothers from nutrition rich content perspective. Mothers and kids from ten families participated in this event. All the participants were awarded a gift with special appreciation for the best three. Excellent team work by Pratibha Thakur from FSSF, Anamika and Neetu from CSC, and Mridul for the beautiful clicks.



## Diwali Celebration at CSC

This Diwali CSC created awareness amongst children by making posters on 'Say No to Crackers' and 'Pollution Free' Diwali. Rangoli and Diya's were a part of a small group celebration of Diwali at CSC on 12th November,2020.



## Gender inclusive approach at CSC: Karwa Chauth during Covid

Celebration of festivals in high rise societies has its own charm. This time it was different though because of prevailing Covid situation. However, for CSC and Ramya Goswami, it is the third consecutive year, where the residents of ACH society extended warm welcome to this transgender artist. On 3rd November,2020, Ramya came with all safety measures to put mehendi to one person at a time in the club house. The number of residents who could design their hands by Ramya were limited. But everyone gave her immense love and respect. Nisha Gupta gifted her a suit and a packet of sweets. Sonika and Megha ensured that Ramya takes her dinner before the fast starts. Ramya has amazing talent of mehendi art. CSC students wanted Ramya to come and teach them mehendi art.

## World Children's Day

3Is, Innocence, Inclusiveness and Inquisitiveness defines childhood. To make this phase as interactive as possible CSC provides opportunities to its children to learn, share and develop. During one such occasion, Nishita and Kusum participated in Assamese poem recitation virtual competition organized by Assam Association Delhi (AAD). Their efforts were well appreciated by everyone. Awareness, integration and love of another culture begins with learning the language of the land. Beautiful trophies couriered by AAD were awarded to Nishita and Kusum on this day, 20th November,2020, World Children's Day.



## Merry Christmas

CSC shared love, care and happiness with one family at a time on 23rd December,2020 and conveyed Christmas wishes and New Year greetings to all family members.



## Awareness on Mission Shakti

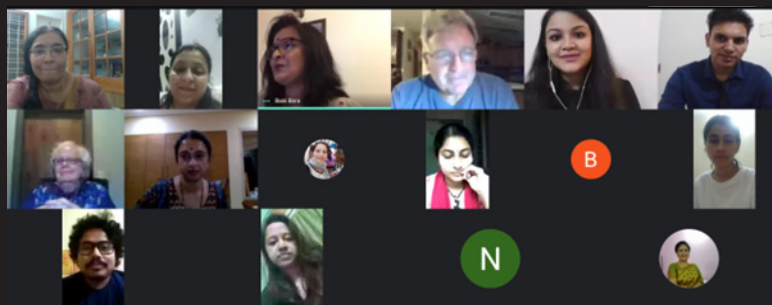
Mission Shakti, launched by Hon.C.M. Yogi Adityanath vows 'zero tolerance' to crimes against women. CSC created awareness amongst mothers and daughters to understand how the process of standing up against any kind of violence against them would be supported by the police personnel.

## Know your community : Rag pickers cluster

An evening at the neighborhood community of CSC on 28th December, 2020, a cluster of rag-pickers. Though the clusters were made of cardboards it had neat and beautiful interiors. They said, "happy to be with what we have, only working hard for a secured future". An interesting interaction with one Ravi Ram ji, 73 years old rag-picker. His respect for his work, his awareness about self-worth, and most of all, understanding of his responsibility towards his children, all of these were lessons learnt from life.



## Online celebration of International Days/Webinars International Day of Elder Persons



An international webinar was organised by CSC India on October 1, 2020 the occasion of the International Day for the Older Persons. The theme was "Pandemics: Do they change how we address Age and Ageing". Dr. Bani Bora, the Founder Director of CSC India welcomed the four guests of honour and introduced the participants to the social and welfare activities undertaken by CSC India. Dr. Rohit Kumar Kankar from HelpAge India, New Delhi who focused upon community involvement in delivering long term coping of the elderly population. Prof. Sue C. Jacobs from the Oklahoma State University (USA) laid emphasis upon counselling and its importance towards various Elderly related issues. Dr. Dimpay Mahanta, Founder Head of

Department of Psychology, Cotton University (Guwahati, India) spoke about Work & Workplace Wellbeing of Older Adults. Dr. Mahanta also emphasised on both the organizational level and individual level intervention strategies for Older Workers to cope with the present pandemic better. Mr. Matt Perelstein, the CEO EQ4Peace Foundation USA elaborated on the need and importance of high emotional intelligence for positive ageing. It was attended by participants from 15 states and was a grand success.

# International Day for the Elimination of Violence Against Women

2020 UNiTE Campaign Theme: “Orange the World: Fund, Respond, Prevent, Collect!”

As the world retreated inside homes due to the lockdown measures introduced to curb the COVID-19 pandemic, reports showed an alarming increase in the already existing pandemic of violence against women.

“Accompanying the crisis has been a spike in domestic violence reporting, at exactly the time that services, including rule of law, health and shelters, are being diverted to address the pandemic,” stated the UN Secretary-General’s report, “Shared Responsibility, Global Solidarity: Responding to the socio-economic impacts of COVID-19”.

The color orange symbolizes a brighter future, free of violence.

It also serves as a means of demonstrating your solidarity in eliminating all forms of violence and it is therefore used as the color of the International Day for the Elimination of Violence against Women.

Violence against women and girls (VAWG) is one of the most widespread, persistent and devastating human rights violations in our world today remains largely unreported due to the impunity, silence, stigma and shame surrounding it.

In general terms, it manifests itself in physical, sexual and psychological forms, encompassing:

- intimate partner violence (battering, psychological abuse, marital rape, femicide);
- sexual violence and harassment (rape,



**Dr. Manda Parikh**  
Director: RUDMI, Ahmedabad



**Rajneesh Dhar**  
DGM: Hexagon, Dehi



**Dr. Bhavna Sood**  
Asst. Prof. MCM DAV College, Chandigarh

forced sexual acts, unwanted sexual advances, child sexual abuse, forced marriage, street harassment, stalking, cyber-harassment);

- human trafficking (slavery, sexual exploitation);
- female genital mutilation; and
- child marriage.

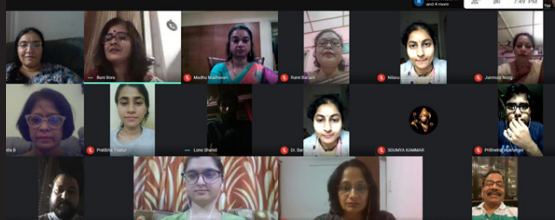
Eminent Resource persons who shared their knowledge and experience on that day were:

Dr. Manda Parikh, Director, Rural Development & Management Institute, Ahmedabad

Major Rajneesh Dhar, Electronics & Telecommunications Engineer from Mumbai University and management graduate from XLRI, Jamshedpur is a passionate sales professional.

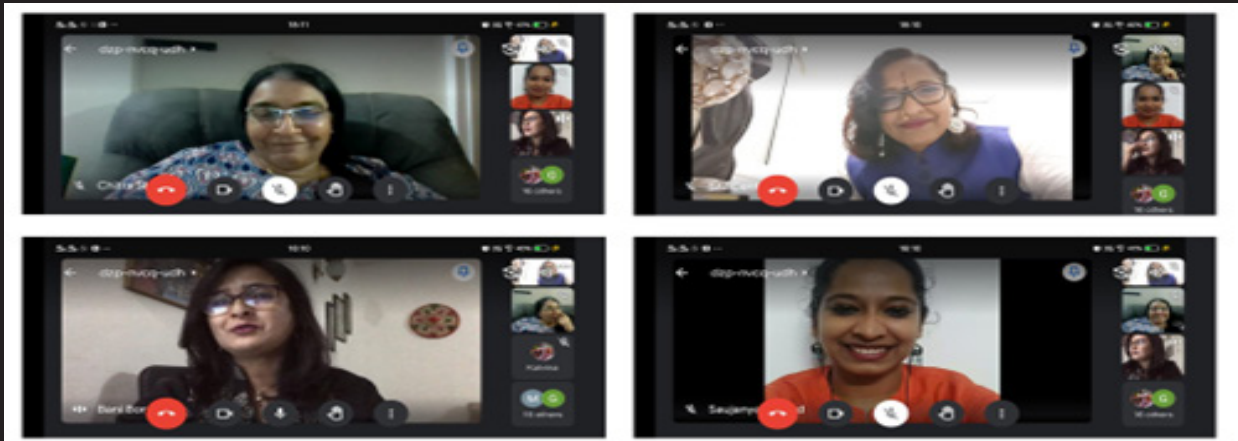
Dr. Bhavna Sood, Asst. Professor, Mehr Chand Mahajan DAV College for Women, Chandigarh.

Dr. Bani Bora moderated the discussion and participants actively interacted and shared their experiences too.



## World AIDS Day: Ending the HIV epidemic, Resilience and Impact

The theme reminds us of all we can achieve together when we focus on impact by using data to deliver high quality, people-centered HIV prevention and treatment services to those most in need, tackling stigma and discrimination, and empowering communities. It reaffirms the essential role of resilience, which enables individuals and communities to meet the challenge of HIV/AIDS even in times of adversity. A session by Dr. Shankar Chowdhury on this was not only informative but also interactive. Participants of the Certificate in Counselling Skill program found the program immensely useful.



## International Day of Persons with Disabilities

UNESCO marked the International Day of Persons with Disabilities with a week-long programme from 25 November to 3 December 2020 under the theme: “Building back better: towards an inclusive, accessible and sustainable post COVID-19 world by, for and with persons with disabilities”.

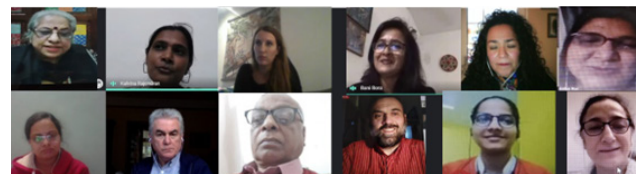
A session, full of learning, sharing and experiencing the disability in a family, a sibling’s journey, mother’s activism and people’s participation. Each one’s

role with so much of positivity, energy and empathy that it made this world a beautiful place for all to live. Our eminent speakers were Chitra Shah, KVJ Dr Sumithra Prasad and Saujanya Prasad, who’s contribution from life experiences made the learning not just experiential but also very much valuable.

## International Volunteer Day

International Volunteer Day (IVD) mandated by the UN General Assembly in 1985, is held each year on 5 December. It is viewed as an unique chance for volunteers and organizations to celebrate their efforts, to share their values, and to promote their work among their communities, non-governmental organizations (NGOs), United Nations agencies, government authorities and the private sector. Together We Can Through Volunteering was the theme for the year 2020. The COVID-19 pandemic has ravaged across the world, volunteers have been at the forefront of medical, community and societal responses. Headlines in the world’s media have paid credit to volunteers for all kinds of work, from helping to provide medical care, to doing shopping for vulnerable neighbours, or checking up on elderly people living alone. The COVID-19 Strategic Preparedness and Response Plan by the WHO identifies community volunteers as key stakeholders for risk communication and community engagement. This indicates the valuable and great effort the WHO believes volunteers are doing during COVID-19.

Our deep gratitude to the resource persons of IVD2020 , Dr. Mridula Seth , Kevin Hickey, Cecilia Gamez Cam-



panella ,Jorge Ruiz Villasante for their valuable inputs and sparing their time to be with us. It was a privilege to have two authors in the panel, Dr. Mridula Seth and Jorge Ruiz Villasante whose books were a product of their volunteering experiences. Jorge Ruiz Villasante, from Spain, who volunteered in India for two years, authored and published a book on 2nd October 2019 and organised a photo exhibition to celebrate Gandhi’s 150th birthday. Kevin Hickey, professional in the intercultural exchange and volunteering field for 30 years and Cecilia Gamez Campanella trains and promotes volunteering in Mexico. Thank you dear participants and guests, specially Ray Shivaji Nath, Former Chairman , EIL India, Patna, Anju Kohli , Canada, Gabi Pi ,Austria, Nisha Rai,Noida for your active participation and inputs.

# Human Rights Day

This year's Human Rights Day theme relates to the COVID-19 pandemic and focuses on the need to build back better by ensuring Human Rights are central to recovery efforts. We will reach our common global goals only if we are able to create equal opportunities for all, address the failures exposed and exploited by COVID-19, and apply human rights standards to tackle entrenched, systematic, and intergenerational inequalities, exclusion and discrimination.

CSC organized an online web discussion session on 10th December, 2020 with the participants of Certificate in Counselling Skill programme. Participants gave group presentations on the themes as follows:

- Illegal trafficking
- Child labour
- Disabled peoples rights
- Women's rights
- Transgender persons rights



The session was facilitated by eminent Advocates of Supreme Court of India, Adv. Samdarshi Sanjay and Adv. Monika Sharma. A very enriching learning happened during the session and it was once again established that implementations of the law is the essence of ensuring our rights.

## Happy New Year 2021

Dear Little precious ones, loving mothers, and our CSC family members,

We all fought together to stay safe during pandemic 2020 and by the grace of the Almighty we all are ready to welcome the new year 2021 with new hope. Today, let's join together to thank each and every person who helped us and stood by us throughout the year. Our gratitude to each one of you, our precious volunteers, resource persons from India and abroad, participants of Certificate in Counselling Skill programme from all over India, and dear CSC team members who continued reaching out to children and families.

Wish you all a safe, happy, fulfilling New Year ahead



Jenny Fehrenbacher  
Research fellow  
University of Education Freiburg  
Germany



Dr. Anwar Husain  
Director  
Institute of Palliative Medicine  
Medical College Campus, Calicut, Kerala, India

## Web Discussion

Individual Social Responsibility, Self-Concept, Palliative Care

On 9th October, 2020, CSC organized a web discussion on three different topics. Dr. Bani Bora initiated a discussion on individual social responsibility, where case studies of people who contributed towards betterment of humanity were discussed.

International PhD scholar Jenny Fehrenbacher from Germany spoke on the topic of self-concept and individual learning. Her presentation focused on the opinion which individuals had about oneself. She spoke on the three self's – The ideal self, public self and the real self. She also dealt with evaluation of behavior in specific situation.

Dr. Anwar Hussain practicing doctor from Kerala at the Institute of Palliative Medicine working on Palliative Care talked on 'Palliative care and community participation'. He referred that elderly people faces problems at the three levels : Physical Level, Emotional Level and Spiritual Level

He presented figure which were a sort of revelation for all that 95% of Palliative care is in Kerala as compared to less than 5 % in rest of India. There are 1.5 lakh trained volunteers for palliative care. He also shared the palliative caregivers training module with the participants.



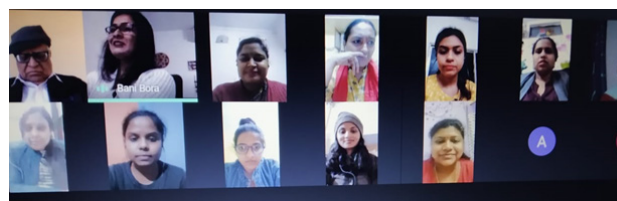


# Certificate in counselling skills

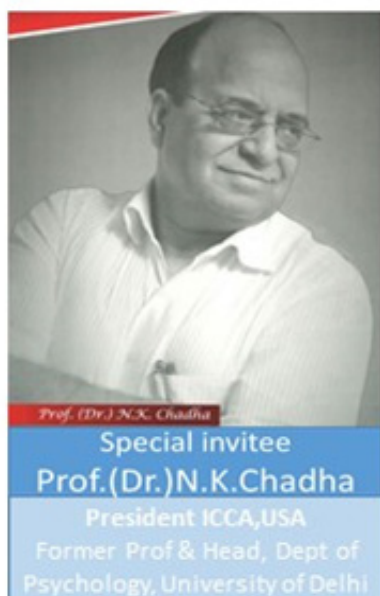
Batch III : 1st November -15th December,2020

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 "Ajevan Siksha" programme of CSC. So to create an opportunity for online learning irrespective of age, CSC initiated 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 program 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 and Batch III had 20 participants, from various states of India. The course experts were: Dr. Priya Bir : Associate Professor, AMV, University of Delhi, Dr.Dimpi Mahanta: Founder Head, Dept.of Psychology, Cotton Uni-



versity, Guwahati, Assam, Dr.Shankar Chowdhury, Gurgaon. Dr.Mridula Seth was external evaluator of the program. Apart from regular sessions, web discussions, group work, secondary research and individual presentations were important aspect of the program. The program was well received by the contributors as well. In Batch III, there were five sponsored participants from NGO sectors, sponsored by R.S. Engineers. CSC's effort is to make this course fully sponsored so that maximum participants from rural India could join the course. Prof N K Chadha, from USA was our special invitee on the day of valediction who gave his valuable inputs to CSC regarding the program.



Certificate in Counselling Skills  
1<sup>st</sup> November -15<sup>th</sup> December,2020

Valedictory : CCS Batch III

15<sup>th</sup> Dece,2020 : 6.00 PM – 7.30 PM (IST)



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Designer: Nitin Lakra, Email: [nitinlakra799@gmail.com](mailto:nitinlakra799@gmail.com)

# SHARE AND CARE AT CSC

Ghaziabad based NGO, WE CARE contributed blankets to 12 CSC families, 100 sanitary pad packets to mothers and daughters, books and candies for all the kids on the occasion of 72nd Republic Day. Thank you Tanushree Bose and Trustees WE CARE for getting connected to CSC and sharing happiness with us.



Laptop contributed by Neeru Ma'am from Indirapuram on 3<sup>rd</sup> December, 2020, facilitated by Nisha Rai, Noida

On 22nd January, CSC distributed beautiful stoles to the girl contributed by Vinita Jagdish Singh, supported by Karuna Bawa, distributed by Nisha Rai and Chaaru.



Eleven blankets contributed by baby Aahana (Mansha and Gaurav Kamboj) on 28<sup>th</sup> December, 2020

CSC conveys it's deep gratitude to :

Dr.Mridula Seth  
Gireeja Rajesh  
Sandhya Yadav  
Nupur Chopra  
Sweety Sony  
Ramya Pradeep  
Priyanka Gumber  
Manupriya Kaushik  
Megha Khosla  
Sita Rawat  
Sunita Raina  
Sujata Pandey  
Parul Rastogi  
Nidhi Drabu and  
Priya

Two pair of socks, head band and cotton musks were distributed to 100+ CSC kids in a week's time strating from 19th December, 2020

