



# ***THE CATALYST***

NEWSLETTER OF SOCIAL WORK DEPARTMENT (UG)

*Edition 1*

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I alone cannot change the world, but I can cast a stone across the waters to create many ripples

-Mother Teresa

## ***MESSAGE FOR OUR READERS***

It is indeed a great honour for the Department of Social Work (UG) to release the 1<sup>st</sup> Edition of the Department Newsletter "*The Catalyst*". In this edition, we will recount the various activities which the students and faculty members were actively involved in their own areas of practice especially during the Pandemic and post Pandemic. The Department has been hosting online events, workshops and fieldwork sessions for the students to explore their abilities and achieve their dreams. We will have a chance to read about such activities in this newsletter.

A huge thank you to all the persons who contributed in writing the wonderful short articles without which there would not have been this newsletter issue. Last but not the least; the Newsletter Team would like to thank the Management, Department members and Students for their everlasting support.

### **Rural Camp- 2019**

The Department of Social Work hosted the rural camp at Ummar, Ri Bhoi District from 11<sup>th</sup> to 17<sup>th</sup> March. The camp provided an opportunity for the students to gain practical exposure of working with people in the rural areas. It also offered the student social workers with an opportunity to share life and participate in activities with the community while living in a group. They practiced theoretical learning for developing a sense of teamwork while attending this rural camp. It helped them to break from self-circle or self-centered thinking created by them. Additionally, they developed their ability to assume responsibility, acquire management skills, plan and organize community programs and conduct socio economic survey and analysis.



### **Being Close to Godliness: Hygiene and Cleanliness on 27<sup>th</sup> July 2019**

The Student Social Workers conducted a session on cleanliness and personal hygiene for the children of God's Dream Home. The objective of this activity was to sensitize the children towards the significance of cleanliness and personal hygiene and how it can help them prevent the spreading of germs and illnesses, having a healthy body mean that this will enable them to become productive individuals in the society. The session was a small initiative from the Student Social Workers as part of fieldwork activity.

### **National Domestic Worker's Movement (N.D.W.M)**

The Student Social Workers of St. Edmund's College was placed at 'National Domestic Workers Movement', Shillong. The students joined their fieldwork in the month of July 2019 and worked with the Staff of the Organization, the Domestic Worker's, Children of Domestic Workers and the Underprivileged Children. Fieldwork had taught the students to be persons who respect the roles of people working in different fields. The students not only learn but also sensitize people and create awareness to others that every work is unique and important, one could not do every work but needed others to fulfill and create a peaceful environment.







## Webinar on Drug Addiction

A webinar on drug addiction was organized by Ms. Aibakor Kharbuli in collaboration with resource persons from COSEHDA.

The student through this session learned about the preventive programs which are associated with reduced potential for drugs use. COSEHDA and its team provide counsellors with knowledge on drugs, drug addiction and its consequences, drug treatments and relapse prevention therapy to enhance the effectiveness of their work with drug users and recovering drugs addict. They learned that if an individual abuse harmful substances it may lead to certain consequences like mental and physical conditions, although some of the conditions maybe temporary but their effects may last for a life time.



## Case Study on 'Physical Abuse'

During Covid-19, A student social worker conducted an online case study on a specific 10-year-old child from 1<sup>st</sup> to 30<sup>th</sup> October, 2020. The study revealed that the family was experiencing financial difficulties as a result of the pandemic, and that the father was an alcoholic who physically abuse the child and her mother, which made the child to become withdrawn. The child, however, had a special talent for storytelling and listening skills. However, she found it difficult to maintain her physical and mental health as a result of the circumstances. There are numerous other children out there with various stories of adversity; this is just one of them.

## Path to Creation....

Path to Creation is an Organization based at Mawlai Shopping complex. The objective of the agency is to gain knowledge in working with individuals and groups in a structural setting and it mainly focuses on individual development and understanding of oneself. "MIND MAPPING" an activity was conducted by the Students Social Workers in 2019 which enables an individual to reason better, clear visualize things and self-reflection. The student social workers promoted this activity to the students of Pahsyntiew Memorial Secondary School in Nongkrem.

## Webinar on Women and Child Abuse during the lockdown period

A webinar on Women and Child Abuse was organized by Ms. Aibakor Kharbuli in collaboration with other resource persons to highlight the harassments that has been practiced on children and women.

Women and children have faced a lot of abuse and harassment since long before the pandemic. During the pandemic, the cases of domestic violence has increased and with the lockdown and schools being shut, children coming from vulnerable homes are left to face a number of consequences especially with a high stress level over many overwhelming situations such as, unemployment which would subsequently lead to poverty etc. The Student learnt that the organization has been able to come up with ways to bring down the cases during such a time through the help of technology and awareness programs as well as collaborations with other organizations.



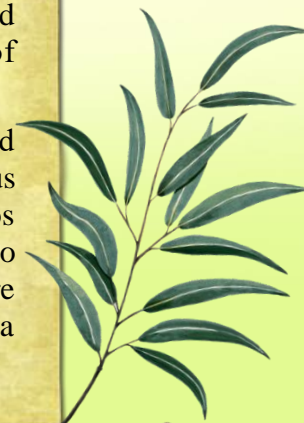
# Post Card



## **Empowered Women: Empowered Nation**

A Webinar was organized on the 12<sup>th</sup> December, 2020 by Ms. Iarisa A. R. Dorphang, a faculty of Social Work (UG) whereby Ms Ivyreen Warjri was invited as the resource person; the theme of the session was “Situational Analysis of Women in India and Meghalaya”.

The resource person stated the difference of women’s status in the past and modern era, how they have been empowered to be independent and courageous enough to take up profession in many fields of specialization despite the taboos and discrimination that was inflicted on them. She also stressed the importance to assist women in recognizing and withholding their honor by making them aware of their legal and fundamental rights in order for them to be able to acquire a respectable position in society and to lead a solemn life.



## **Experiencing the Reality of Rurality**

The Rural Camp of 2022 was organized at Bhoi Kyrweng, West Jaintia Hills from 25<sup>th</sup> to 30<sup>th</sup> April, 2022. The activities that were conducted during the camp were: (i) Participatory Rural Appraisal (ii) Baseline Study (iii) Recreational activities for the children and youths of the community (iv) Free eye-care checkup (v) Skits with social issue themes (vi) Indigenous cooking competition (vii) Visits to different stakeholders within the community (viii) Cultural programme and Talent fest. The students learnt to take up responsibilities, gain management skills, skills in planning or organizing programmes and skills in building rapport with the community.

### **Right Hope School**

Right Hope School, is situated at Mawbyrshem, Nongstoin, West Khasi Hills District. The educational institution is a result of a vision for the recognition of the impoverished in India through a totally different, all-encompassing educational method. Australian couple Mark and Celia Fisher founded the school, which is still run under their direction today. The student social workers were very eager to take the tour because it was their first chance to visit an organization after the lock down. The Right Hope School visit taught them on how to become aspiring social workers and that every child has the right to an education and to be treated with dignity irrespective of class, caste, colour, creed, or background.

### **Wisdom Centre**

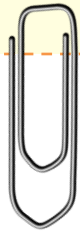
The Second Semester of St. Edmund's College Shillong visited Wisdom Centre at Umdihar village, Ri Bhoi District of Meghalaya on 10<sup>th</sup> May 2022. They were accompanied by Mr. Daniel N. Kharkongor and Ms. Aibakor Kharbuli. The resource person, Rev. David Jamir, a pastor, an author, musician and counselor highlighted on the services practiced by the organization towards drug addiction and alcoholism. He inspired the students to be persons of understanding towards such problems and not to be judgmental towards a person no matter how they live their life but showering them with love and care for that is the remedy to cure people and to change their lifestyle.

### **Nongpoh District Jail**

The Second semester students visited the Nongpoh District Jail as part of their study tour on April 11, 2022, they were accompanied by Ms Edaneolla Kynta and Ms Aibakor Kharbuli. The students interacted with the Assistant Superintendent of the District Jail and had a healthy conversation about the concept of a Correctional Setting. The students were divided into two groups, males and females and visited the inmates respectively. The visit to Nongpoh District Jail was extremely important because it helped the students understand "life inside a prison." Furthermore, it not only changed the students' attitudes toward prisons, but it also educated them on the daily routines of the inmates who live there and the correctional activities inside the prison.

### **NESFAS (North East Slow Food Agrobiodiversity Society.)**

The Social Work Students visited NESFAS Organization at Khweng Village, Ri Bhoi District. It is an organization which promotes the use and consumption of Local Food. They presented on different indigenous food by taking the students around the gardens where they planted different vegetables and fruits. NESFAS specially focuses on accelerating their products at the community level, networking to promote local communities to celebrate and defend the diverse food and agricultural practices and to have a say at local, national and international level for policies that will sustain their well-being and protect their land and resources.



### **Webinar on Organ Donation**

A webinar on Organ Donation was organized by Ms. Aibakor Kharbuli with other resource persons that she had collaborated with. The webinar was attended by 45 participants.

The session was an informative and understandable for the students. They had been motivated and felt the importance of organ donation, the students attending this session are inspired for it is something deals with saving someone's life in need.

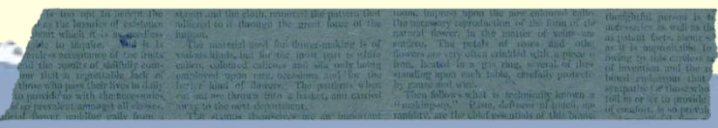


### **SOS Children's Village**

The Student Social Workers visited SOS Children's Village at Umiam. They were accompanied by Dr. Mrs. B. W. Nongbri and Ms. Aibakor Kharbuli. At the very sight of the place the students were filled with awe at the beauty and aesthetic arrangements of the Centre, which transcended their expectation. The students were impressed by the way the organization catered to the children in all aspect of life. Mr. M.K Pradhan and Mr. Biswajit Tirkey enlightened the students about the functions of the village. The students learnt that relationship is built and nurtured only when there is mutual love, care and support. One could feel very close to another when one feels that he is loved.







## Training on Basic Communication Skills

The Department of Bachelor of Social Work (UG) organized training on Basic Communication Skills. The workshop was coordinated by Miss. Aibakor Kharbuli (Field Work Coordinator). The resource person was Mr Baiairjingmut Kharbuli, Free Lance, Soft Skills Trainer. Fifty participants participated in the training. The workshop was organized through an online platform. The Department used Google Meet for the workshop. The link for the sessions is: <https://meet.google.com/nde-xtpx-ueh>. The training programme has been aimed to address the students on the importance of Communication Skills. The resource person explains on the importance of having a good communication and its importance in every part of an individual life. Having a good communication skill is the key to success in every task. The resource person has covered the content of the training. The students who attended the training were very active and they participate in it wherever is required.



*Everyone thinks of changing the world, but no one thinks of changing himself – Leo Tolstoy*

## Two Days Workshop on "Google forms"

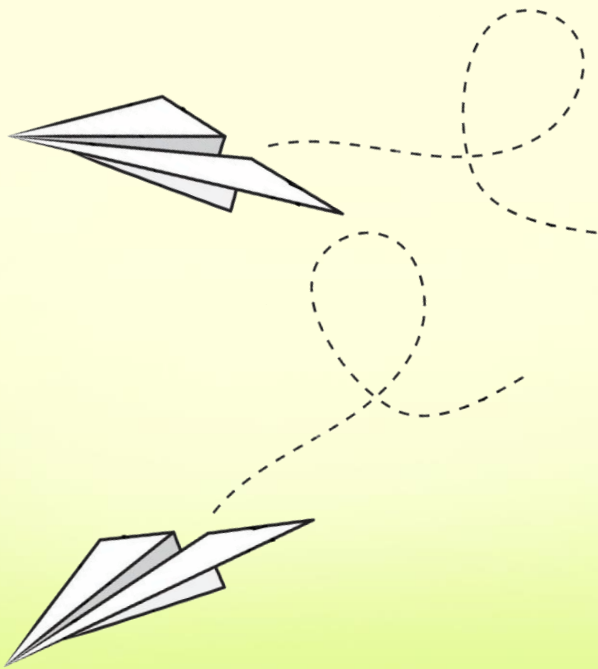
The Department of Social Work (UG) organized a two days workshop on Google forms. The workshop was coordinated by Miss. Aibakor Kharbuli (Field Work coordinator) The resource person was Dr. Wandaia Syngkon (Asst.Professor Department of Social Work M.S.W). The workshop was organised through the online platform. The Department has used Google Meet for the workshop. The link for the sessions is: <https://meet.google.com/oqn-ibke-ohn>. Google forms are web- based app that can be used to generate online surveys, collate and present online results. It can be used by anyone teachers, administration, students, business person etc can use Google forms. It can be used to make surveys, quizzes, event registration, feedback sheets etc

The Workshop held for two days was very informative and beneficial for the Student Social Workers. They can conduct online surveys especially during the pandemic as radically changed the process of field work and has posed a unique challenges to the Students.



## **DIETARY DIVERSITY SCORE**

The student social workers from St. Edmund's College who were placed in S.U.R.E (Society for Urban and Rural Empowerment) Organization went to different schools and different villages to explain the people about the need and importance of DDS (Dietary Diversity Score). They covered the following villages and schools:- SSA School, Skhenpyrsit and Skhenpyrsit village, 7 Shnong Mupyut U.P School and Mupyut village, Spring of Glitters English School, Ksehrynchang and Ksehrynchang village, Presbyterian SSA school, Pynthor Langteñ and Pynthor Langteñ village, Cham Cham Wah SSA School and Cham Cham village, Kiang Nongbah Govt. Primary School , Mynso and Mynso village, Kremlabit school, Mulum and Mulum village and Tyrshang SSA upper primary school and Tyrshang village. The students at first find it difficult to convince the people of having a healthy dietary using poverty as the main reason. Later the student social workers found out a solution to this difficulty by making use of the different vegetables and fruits that is available in the village. They learnt to tackle situations and find out alternative solutions accordingly.



## **A micro study on the roles of ASHA and Anganwadi worker at Nongstoin**

The Student Social Worker under the supervision of Ms. Edaneolla Kynta had conducted a micro study on the roles ASHA and Anganwadi Worker at Nonstoin. During this field work, the student learnt many things from the ASHA who worked very hard for the betterment of the locality and the Anganwadi worker for their hard work in distributing rice, sugar to the household who are in need which was given by the government during the pandemic, and she learnt how to appreciate little things because it matters for those who are in need. As a student, she learnt not to look down on those family who has been quarantining themselves because of the Covid-19 virus.





## Cyberbullying

The Internet and technologies make our lives easier, that is for sure. However, we have faced the flip side of our era, that is cyber bullying and difficulties to stop it. Society should be truly concerned with the harmful effects of digital abusive behavior.

The 6<sup>th</sup> semester Student Social Worker under the supervision of Ms. Edaneolla Kynta conducted an online survey on "Cyberbullying" as part of their fieldwork activity using Google forms. The types of questions on the survey are both open-ended questions and close-ended questions. In this survey, the student social worker focused the survey on Under-graduate students. There were 34 responses. The study aims to understand the number of people who had been victims of cyber bullying through social media platforms.


## A Step Towards Self-Sustainability & Good Eating Habits

The student social workers under the supervision of Mr. Randolph V. Langstieh who were placed at Grassroot organization set up a Kitchen Garden at Arya Vidyalaya Secondary School, Mawprem. The school provided mid-day meals to students on a regular basis, thus, setting up a kitchen garden can aid the school to cut down on expenditures for groceries and to acquire fresh organic food.

The objective of this activity was to sensitize the students and staffs of the school about self sufficiency, to help them realize the potential of their own efforts and to assist them in acquiring organic food products that were free from toxic chemicals. The activity required a handsome amount of funds, so, the students conducted a fundraising in the college. The students along with the school authorities were able to implement the kitchen garden in the school premises.

## Webinar on “Working environment and mental health status of working women”

The BSW students attended a webinar on ‘Working Environment and Mental Health Status of Working Women’ organized by the MSW Department with the goal of understanding the status of working women, particularly during the COVID-19 situation, the problems they faced, and how they dealt with these different problems. The students who took part deemed it to be extremely educational, moving, and motivating. The quantifiable state of many women as a result of the rise in domestic violence and other factors really highlighted how still inadequate our thoughts and mentalities are as a nation. It was also astounding to learn how many working women managed to survive the pandemic crisis with their perseverance, creativity, and dedication to their jobs. The webinar most importantly mentioned a social worker's professional assistance in the form of counseling and inspiration helped to improve the mental health of the women.





### **A micro study on the effects of Covid-19 on self employed persons at Shillong.**

The study was conducted by the BSW 6<sup>th</sup> Semester students under Ms. Aibakor Kharbuli supervision. The objective of this study was to determine how businesses were impacted by COVID-19. An online survey was conducted. Additionally, if it is having an impact on them emotionally, mentally, financially, etc. The survey was conducted online from the comfort of the respondents' homes because the Student Social Workers were unable to meet them in person due to social distancing. The survey revealed how the pandemic has significantly impacted many people's lives, particularly of those who owned businesses. They have been seriously impacted, primarily financially. However, since they are confined to their homes during the lockdown, some have benefited from this by trying out new hobbies like baking and sewing. Some have even started their own small businesses as a result of this. However, stock availability continues to be an issue for most businesses. The majority of respondents are, above all, taking safety precautions for both themselves and their clients, which was a good thing.

### **Alienated Education System Evolved to Learning Experience**

*The pandemic was prevalent- Institutions were closed- Students took to the virtual world to pursue their education.*

Being alienated by the new system of imparting education, the students all over were struggling like fish out of the water, especially regarding the Fieldwork paper for the students of the Social Work Department. They had missed on a lot of opportunities to visit fields and gain first hand experiences from the communities and the social environment and functions surrounding it; instead they had to take up different webinars that were fruitful efforts on the faculty staffs' part. As a part of their fieldwork activity, they were able to address problems that were faced by students regarding online classes through an online survey that was conducted on the topic "Psychological Impact on Students during Covid- 19", whereby 39 students actively participated in the mentioned activity.

However as time flew, the students were able to adjust quite well to the virtual mode of interaction in pursuance of their education; they were grateful for the situations they had gone through, for this had emerged as a great learning experience for them to utilize the resources that were available to them to their best capacity in order to make their fieldwork classes more meaningful, interesting and fun.



# Post Card



## Online workshop on CV writing for Development Sectors

Passion for development is considered a positive factor and this should be highlighted in the CV (e.g. Issues relating to the poor and marginalized, particularly those of women, tribal/indigenous people and Dalits have been central to aspirants work). It is important to have an effective CV to be selected or short listed even in development sectors. We must make sure that the CV is effective so that it is easily short listed. It is possible to train and orient aspirants to make an effective CV for the development sectors which even include international organizations like the United Nations. Thus with this regards the Department of Social Work (UG) organized an Online Workshop on CV Writing for Development Sectors on 13th July, 2021 with 142 participants.



## Implementing of a BCC in Khasi dialect

Being a youth member in the community made the Student Social Worker of 6<sup>th</sup> semester realized that during the lockdown of 2020, standard Behaviour Change Communication (BCC) materials were distributed in English to the community leaders. Thus, it was of utmost importance that it should have been translated in the local language so as to ease the Community Awareness Team for imparting the necessary Covid Care required at the community and family level. Once the translation was done in the Khasi dialect, the medium of communication for awareness was carried out through using of loudspeakers.



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## Photo Gallery









