



PUNJAB ASSOCIATION'S ANNA ADARSH COLLEGE FOR WOMEN

Affiliated to University of Madras
(Re-accredited by NAAC with A+grade)

VOLUME-2 | ISSUE-2 | AUGUST 2022

PG DEPARTMENT OF SOCIAL WORK

MSW

WE CHANGERS



Let's Make a Difference Together



PRINCIPAL'S MESSAGE



“Education is the most powerful weapon which you can use to change the world” -Nelson Mandel

I am happy that PG students of social work Department has come up with the second issue of newsletter “WE CHANGERS”. I believe these changers are sure to transform our society for the good of all. I appreciate the editorial board and students for their efforts in bringing out the newsletter.

R. Shanthi

Principal

Anna Adarsh College for Women

VICE PRINCIPAL'S MESSAGE



I am extremely happy to see the enthusiasm and involvement in which this 2nd issue of the newsletter has been brought out. I appreciate their creativity and smart-work. Congrats to the editorial team who shaped this newsletter and to all those who are instrumental in bringing out this edition successfully. Best wishes to many more to come

Meena Kumar V

Vice Principal

Anna Adarsh College for Women

MESSAGE FROM HEAD IN - CHARGE

MSW SHIFT - II



“A journey of thousand miles begins with a single step”- as the saying goes, our Department of Social Work have stepped into our Second Newsletter with full of joy in sharing our experiences of our department activities and achievements.

“A Good Education is a Foundation for A better future”- Elizabeth Warren, Our Newsletter elicits the MSW student's scope of thinking to identify possible changes, deepening the understanding of their strength and availing the opportunity in any given situation.

I wish all my Staff members and Students for the team work and Solidarity.

A handwritten signature in blue ink that reads "Meevanthi".

Mrs. M. Jeevanthi,
Head In- Charge,
Department of Social Work,
Anna Adarsh College for Women



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DEPARTMENT EVENTS

GO GREEN CAMPAIGN



In response to climate change, increased water scarcity and to inculcate the importance of environment protection to students, MSW Shift II collaborating with Enviro club organized the "Go Green Campaign with the theme Co-Building a new eco-social world leaving no one behind" on 22nd March 2022. With the support of Forest Department, GOI, MSW dept received 100 free tree saplings and it was all distributed to students and staffs of the college. The program was inaugurated by Dr. R. Shanthi, Principal of Anna Adarsh College, and Dr. Anita Raman, Vice-Principal & Dean (Academics) by planting the saplings in the college compound.

WOMEN'S DAY

(SHIFT -1)

PG Department of Social Work, organized a program to celebrate Women's Day on the theme “BREAK THE BIAS” on March 7, 2022.

Picture of poster making competition

Poster making competition was held for the students. Students actively participated and made posters on gender equality, women empowerment, and various legal support systems. The posters were exhibited at various places such as the entrance, backstage, and side entrance of the college to enrich the knowledge and awareness about gender equality and rights to the students.



Picture of voting poll

A voting poll was conducted on 7th March,

1. Can't Women talk Business and Politics?
2. Why Questions on Women?
3. Are Men only Sports Stars?
4. Labelling a woman by their cloth choice?

The result of the poll was announced the next day. 70% voted to break the bias of “Labelling a woman by their cloth choice?”.

Picture of Photo frame and palm print

A photo frame of wings which symbolizes liberty and empowerment of women was kept and the students and staffs were encouraged to place their palm print to vouch for the cause



(SHIFT - II)

MSW Shift II organized a Programme 'Nostalgia' (Down Memory Lane) on March 8th, 2022 in observance of International Women's Day. The objective of the Programme was to celebrate the child in every girl/woman. Live games such as Hula Hoop, Broken Telephone, Grab the coins, look for the snake path, Ring toss, pin the tail on the donkey, nail art and play with terra were conducted. Students and Faculties from all departments and non-teaching staff participated in the games and had fun. To all the participants a book mark with a positive message was given



FIELD WORK

Field work practicum helps in preparing the students to become a social work professionals. It provides opportunities to integrate theory knowledge with practice, thus preparing them to become professional social workers. Students were placed in close to 20 different organisation who work with vulnerable and weaker sections of the society.



COMMUNITY ORGANIZATION

Community organization engages the community to solve either one of the identified problem or based on the need of the community and try to bring solution through their collective involvement. Some of the Community organisation program organised by the students are given below

COMMUNITY ORGANIZATION PROGRAM

The students from Masters of Social work shift II, Priyadharshini.R and Shanmathi.R held a Community Organization program at the Institute of Child and Health Hospital for Children, Egmore, Chennai on the topic " Clean Hospital Campaign" on 27th April 2022 from 4.PM to 6.PM . The chief guest of the program was Dr. S. Elilarasi, M.D.DC.H, Director and Superintendent.



The press was invited to the programme to cover this occasion and there were around 200 participants. The program's goal was to raise awareness about the importance of cleaning and hygiene procedures in hospitals. The knowledge was given to beneficiaries through street theatre, mime, and puppetry. At the end of the session it was observed that the participants were using trash cans and cleansing their hands before eating, and participants found the programme to be helpful and they applied what they had learnt.



The student from Master of social work shift I, Viji Harsha has conducted an awareness gainst suicide and Drug Abuse along with Educational Awareness by using a cricket match as the common interest. The need for the programme arised as the community had witnessed over 13 suicides last year and 4 in this year.

The contribution of suicidal thoughts leads to various sources such as poor economic status,Unemployment illiteracy,lack of awareness and education in the community. The Resource person for the program were Assistant Commissioner Mr.Sathyamoorthy Cricket Coach Mr Chandrasekaran Psychiatric Social worker Mr Katrthikeyan.

FIRE SAFETY PROGRAM

A program on "Fire Safety Awareness" was organized at Anna Adarsh College for Women on 12th April 2022, where a student from the Master of Social Work department participated. The foundation provides industry-need-responsive vocational skills, product quality, and technological awareness, the students at the foundation primarily receive electronic-based training, and they must be aware of fire safety hazards. Hence Mr. K. Suresh Babu, Business Head of "180 Seconds" - Safety and Life Skills Training Company was invited as chief guest to create awareness of fire safety.

The speaker led an interactive session in which he showed video clips of real-life fire accidents and discussed how they could have been avoided. He gave many tips on how to escape a fire and to never panic. He stated that if there is a fire, all people should be evacuated immediately. Because we can put the fire out in 180 seconds (3 minutes). Hence, we should leave in 3 minutes to avoid any casualties. He informed the fire department's evacuation plan. When an alarm sounds, you should respond immediately, evacuate the area, then assemble, roll call, and evaluate. At the end of the program, he explained how the fire starts and demonstrated how to use fire extinguishers

PARTICIPATION CORNER

SPORTS DAY

On sports day, MSW students both Shift I and II participated in the march past. Ms. Sindu, National silambam player performed by exhibiting various forms of it such as DOUBLE STICK SILAMBAM, VALL SILAMBAM, FIRE EVENT, THATTU PAADAM



CONFERENCE

MADRAS SCHOOL OF SOCIALWORK

Madras School of Social Work (MSSW) conducted a paper presentation competition for the students & faculties on 31st March 2022. It is a National Conference conducted by the college. Around 10 - 15 students participated. The topic for the paper presentation was Climate Resilience and Sustainability. The students were able to understand and gain knowledge about climatic changes



MADRAS CHRISTIAN COLLEGE (DEPARTMENT OF SOCIAL WORK) – TWO DAY TRAINING PROGRAMME

Madras Christian College has conducted a two-day training program on ‘Social policies in India for young social workers in Tamil Nadu’ which was organized by the department of social work from 11th to 12th of March 2022. The program covered different aspects of policy-making like challenges in policy advocacy, analysis in policy formulation, the success and failures of government welfare programs, welfare schemes of weaker sections and a critical analysis of the government’s approach to marginalized sector. This two-day training programme helped the students to gain a wide knowledge about many social policies and schemes that are available for each and every citizen of India



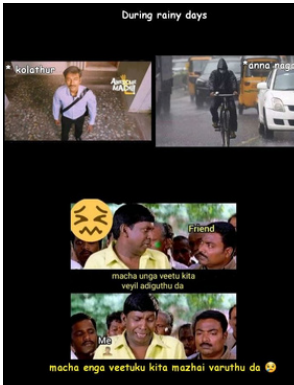
CULTURALS

On April 28, 2022 Sherly Preijitha P, Priyadharshini R and Swati from the Department of Social Work shift - II has participated in culturals on topic " Prop Art " they made mahabalipuram shore temple using thermocol for 2 ft.



ACHIEVEMENTS

On April 31 , 2022 students from Social work department participated in a meme contest on the topic Climate resilience and sustainability which is conducted by Madras School of Social work and won cash price.



Gayathri S, I MSW Shift - I

Words from the Winners:

I took part in a meme contest with the theme of sustainability and the climate. With a cash prize of Rs 500, I took first place. My meme demonstrates that on rainy days, some areas in the same region experience severe rain while others do not.

I participated in the meme competition about climate change and sustainability, and I won third place Rs 150 cash price. My meme explains how laypeople and activists are trying to work towards a sustainable environment and the global leaders not working towards a sustainable environment and ignoring the ongoing climate crisis



Swati.P, I MSW Shift - II



Sherly Preijitha.P, I MSW Shift - II

Words from Winner:

I participated in the poster making competition on Social Workers day on topic role of Medical Social worker. I have won the competition with Rs 500 Voucher for free check up in Be Well Hospital.



RURAL CAMP

Students of the Department of Social work went to Sristi Village at Tindivanam for Rural camp from 16th to 20th May 2022. Rural Camp provides an opportunity to understand about the living condition and problems faced by the rural community.

Sristi foundation is a non-profit organization based in rural Tamil Nadu, India that works towards improving the lives of people with intellectual and developmental disabilities. They use a combination of education, life skills training, and income generation activities to help the intellectually disabled people to integrate in to mainstream society.

MSW students had a good opportunity to put theoretical knowledge into practical use. The trainees used the PRA methods such as transect walk, social mapping, and focused group discussions to understand the lives of rural community. The students were also provided with guest lectures from special educators and CDPO, ICDS to know more about the issues in mother and child care at rural areas. The students conducted an awareness program using street theatre on the theme "alcoholism" which had a great impact on the people. This gave a rare opportunity to have a real-life experience and exposure to know about the rural community



STUDENT'S CORNER

OUT OF THE BOX



SHERLY PREIJITHA P
IMSW SHIFT-II

My love for photography started a decade ago, during my ninth standard, when a friend of mine had a DSLR camera. I didn't know how to use it, but it kindled an aspiration in me to become a photographer. I loved to capture nature, things around me. I kept exploring and self-learning on concepts of photography. I built an interest in product photography, light painting, macro photography and wild-life photography. After school, I wanted to make my career as a full-time photographer but life had other ideas. Though my dream was quick to vanish as a click of the shutter, it didn't stop me from doing what I love to keep the clicks going. The exposure continues with my mobile and there will never be a saturation to my love for photography.

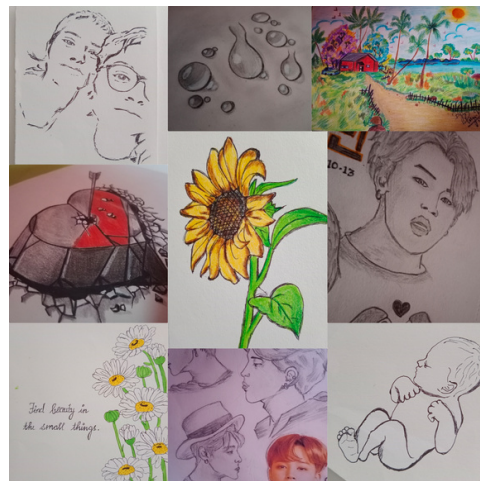


Destin Sparks, an award-winning landscape photographer once said, 'Photography is the story I fail to put into words.' It is very true and I wish to keep my story heard through my lens.

I'm Priyadharshini, I fell in love with writing while pursuing my bachelor's degree in English literature. I enjoy reading literary works, and literary writers motivated me and made writing as my passion. I began writing under the pen name "Priyal" in 2020, and I've published my poems and short stories in an anthology. I gradually began working as a Project Head for the Odisha-based publication Secrets of Ink. I also compiled four anthologies, which are now sold on Amazon and other online retailers. Other than writing I really enjoy drawing, and I particularly enjoy using a variety of colours. Only sketching and writing, in my opinion, can make me happy.



**PRIYADHARSHINI R
IMSW SHIFT-II**



**ASWINI V
IMSW SHIFT-II**

I'm Aswini.V, I have been interested in chalk art ever since My Tamil teacher in high school used to teach about Chennai Arunchatchiyagam. In Tamil class, I carved a tea cup as my first piece of chalk art. I used to use a sharp needle and whatever items are available to carve chalk.



I'm doing a business on customized handmade gifts named "INSIDE HAPPINESS". I totally found my interest on miniature handmade gifts, portrait drawings, string art, and many more in most affordable rate with maximum satisfied customers. I started this as a hobby, then gifted to my closed ones. One of my close friend wanted me to start a business to bring out my hidden talents. In 2019, I have started this business and reached 50+ customers with positive feedback.



PRIYANKA C
IMSW SHIFT - I



KRITHICA R
IMSW SHIFT - I

It is an interesting hobby as the result are often quite diverse and creative. what is the best about the hobby is the one need not learn it from anyone ,as all it need is creativity and of course, some pots,paints and brushes too.Im interested to draw and do craft things and I'm blessed with that,I personally love the materials which I used to make any items.After having finished decorating a pot one gets a great sense of satisfaction and pleasure is far better than any gift.



FOOD FOR THOUGHT

PRIDE IN INDIA

LGBTQIA+ is an inclusive term that includes people of all genders and sexualities, such as lesbian, gay, bisexual, transgender, questioning, queer, intersex, asexual, pansexual, and allies. While each letter in LGBTQIA+ stands for a specific group of people, the term encompasses the entire spectrum of gender fluidity and sexual identities. Around the world, people of the LGBTQIA+ Community face discrimination in almost all aspects of their lives. They are marginalized and attacked solely for their gender expression and orientation. In India, mental, physical, emotional and economic abuse towards the LGBTQ+ people continues to be a concern. Many people lack support from family, community, or the police.

Pride began as a protest before it became a celebration. In 28th June, 1969, a riot broke out in Stonewall Inn, New York City. The Inn served as a safe haven for those of the LGBTQIA+ people. The City Police who were harassing and assaulting queer patrons in the Inn and other such places, for the first time met resistance of such magnitude. Stonewall changed the trajectory of LGBTQIA+ rights worldwide. Exactly a year from that morning – on 28th June, 1970 – world's first Pride Parade took place in New York City.

The history of the Indian Pride movement is tied closely with the discourse surrounding Section 377 of the Indian Penal Code (IPC) that criminalized homosexuality. On 6 September 2018, the Supreme Court issued its verdict legalizing homosexuality in India. The Supreme Court also directed the Government to take all measures to properly broadcast the fact that homosexuality is not a criminal offence, to create public awareness and eliminate the stigma members of the LGBT community face, and to give the police force periodic training to sensitize them about the issue. Due to extensive stigma, India has a restricted culture for LGBTQIA individuals. However, living circumstances and media portrayal have improved in recent years, particularly in terms of transgender persons.

Pride month embraces LGBTQIA+ communities throughout the world, as well as their rights and culture. It is marked by a spirit of resistance and acceptance rather than shame. Pride is currently recognized as a large-scale event that includes marches, rallies, and parades. People congregate in large numbers all across the world and express themselves in a variety of ways.



-SWATI P
IMSW SHIFT-II

LEARNING BY DOING

01.

I work under the Arunodhaya agency for my concurrent fieldwork. The agency works for street children. In my fieldwork, I learnt about the reality of the society from my visit to areas like Thiruvottiyur, Ennore, Korukkupet. Through the interaction with people I came to know about the problems in their community and its causes. overall this fieldwork experience changes my perception of society and it was great exposure for me and I learned a lot.

- Keerthana
IMSW Shift - I

02.

I did my field work in Myrtle social welfare network, which is working for the development of the underprivileged community. I visited many communities and learnt more about the problem which is faced by community people. It was a great experience which also developed my skills and learnings.

- Shanmathi R
IMSW Shift - I

03.

I did my field work at ICCW which works for children aged under 18. I learned about various issues faced by children and I learned how to deal with children. I also had the opportunity to meet new people and experience how an NGO operates.

- Swati P
IMSW Shift - II

04.

I did my field work in ARUWE which is located in Kodambakkam. The main aim of the organization is to develop rural underprivileged women and youth empowerment. I learnt to work as a professional and learnt more about child protection.

- Sherly Prejjitha P
IMSW Shift - II

05.

My field work placement with "Thozgamai" gave a vast knowledge and experience about the urban community. I was able to build a good rapport with the people in Semmencheri and Perumpakkam. I Meesanallur, a model village which was made for the tribal people, who have been working as bonded labour in Brick kilns were rescued and been placed in this village. I was able to do my group work with the girls on menstrual hygiene. They also did a community development program by creating awareness on the importance of education.

- Yazhini
IMSW Shift - I

FAMOUS SOCIAL WORKERS

DR. R. SAGAYANATHAN



Dr. R. Sagayanathan is a social worker with 25 years of experience. He is the Director of the UDAVUM ULLAM SAMUGA NALA SANGAM. For the past 25 years, he has been a member of the Our Voice Cultural Troop as a folk artist and trainer. He is the Coordinator of Greater Chennai FOP, the Director of the Yendrum Ungalukkaga Trust, a member of the Nattupura Kalaignargal Nala Vaariyam, and a District Member of the Chennai District Art and Culture.

He is an expert in the field of Folk Art such as Paraiyattam, Karagattam, Social Awareness street play, and Oyilattam. He has been spreading awareness about POCSO ACT to orphanages, girls' homes, HIV-positive homes, and government and corporation schools. Dr. Sagayanathan has organised hundreds of camps such as eye camp, dental camp, and blood donation camp. He has been planting saplings along the side of the road and in the street for 20 years. MGR University honored him with a Doctorate for Humanity Service, and HCL Company and the Director-General of Police awarded him the Best Social Worker.



PADMA SHRI. DR.SHANTHI RANGANATHAN



Dr. Shanthi Ranganathan is an Indian social worker and the founder of T. T. Ranganathan Clinical Research Foundation, a non governmental organization managing the TTK Hospital, a medical centre based in Chennai for the treatment and rehabilitation of drug and alcohol addicts. Dr. Shanthi Ranganathan was widowed in 1979, at the age of 33, when her husband died of health issues related to alcohol addiction which prompted her to focus her attention to the problem of substance abuse and addiction.

She founded the T. T. Ranganathan Clinical Research Foundation, which includes TTK Hospital, a 65 bedded treatment facility, the first Indian hospital dedicated for the treatment of drug and alcohol addiction. The institution works in coordination with United Nations Office on Drugs and Crime and is a participant of the anti-substance abuse programmes of the Government of India. She is also associated with the Swami Dayananda Saraswati Educational Society, and sits on its Board of Directors. In 1999, when United Nations instituted the United Nations Vienna Civil Society Award, she was selected for the award for her Outstanding Contributions in the Fight Against Drug Abuse and Crime, making her the first recipient of the award. She is the recipient of the 1992 Padma Shri, the fourth highest civilian award from the Government of India for her contributions to the society and received the Avvaiyar Award by the Government of Tamil Nadu for the year 2015.



YOU HAVE NO IDEA!



Bhutan does not believe in GDP as an indicator of economic growth and development. It has introduced another measurement known as Gross National Happiness. Bhutanese people have four pillars or quantitative indicators for the measure of GNH, which are sustainable development, preservation and promotion of cultural values, good governance and a healthy environment.



Up to 50% of water is lost through leaks in cities in the developing world. In some countries, less than half the population has access to clean water. Only 1% of all the water on our Earth can be drunk. The rest is ocean water and is frozen in the Arctic. All life is dependent on water and saving water is dependent on you, save water save lives

Every year we lose 50 million acres of rainforest – that's an area the size of English, Wales and Scotland all together. This means the deaths of many different animals and plants and even the extinction of hundreds if not thousands of species, some of which we have not yet even discovered.



Antarctica does not have any trees or shrubs, and only has two species of flowering plants Antarctic hair grass (*Deschampsia antarctica*) and Antarctic pearlwort (*Colobanthus quitensis*). These occur on the South Orkney Islands, the South Shetland Islands and along the western Antarctic Peninsula.

EDITORIAL

STAFF EDITOR'S MESSAGE



In this digital age, where there's overflow of information all data available in just a click, newsletter stands necessary in helping youths to partake their knowledge and creativity. Our department with the guidance and support of our beloved management team takes pride in furnishing this platform to our girls to raise their voice and stand for the under privileged. They learn valuable skills like writing, editing, designing and importantly team work. My hearty congratulations to all the pioneer batch of students who were a part of this and who'll surely inspire numerous expiring social workers to make the fullest use of this newsletter "WE CHANGERS" and come out colourfully.

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