



The Social Spectrum

**A NETWORK OF PROFESSIONAL SOCIAL WORKERS - INDIA INITIATIVE
FREE EDITION, ISSUE 6**

CONTINUOUS SOCIAL WORK EDUCATION IN INDIA

Speech is just a medium of communication, but sign language is one of the many languages through which people communicate. It is an art which involves both facial expressions and hand gestures. Sign language course helps in enabling trainees to understand the nuances of sign language and in realizing the fact that it is just as unique and different as the various languages spoken across the country. Social workers learning this language help in breaking stereotypes about it. It does not make one any less of a person just because they communicate through a language not understood by others.

Did you know that sign language can be used by firefighters, rescue forces during times of emergencies? During the floods in Tamil Nadu in December 2015, the difficulty that the National Disaster Response Force faced was communication due to language barriers. It is during instances such as this that sign language comes handy.



NPS India had organized a basics of sign language learning program for social work professionals in Chennai. Eleven participants had completed the Basics in Sign Language Certificate Course conducted over a period of 3 months by Mr. Ramu, certified sign language interpreter from Vidhyasagar, Chennai. The course was conducted every Sunday for an hour. This course was organized to fill the gap between the need for sign language interpreters and actual number of sign language interpreters. This course enabled the participants to be able to understand and communicate with hearing impaired persons. This

program has enabled social workers to appreciate nonverbal communication and build their own skill set for their professional life.

NPS India is also proud to present the first of its kind Continuing Professional Development program along with Niraivagam. A Clinical Social Work Skill Development Program has been devised keeping in mind the need to improve the quality of services offered by social work and mental health professionals with 3+ years of experience in the field. Details of the course are given below:

Hurry! There are limited seats only. This program will also be offered online for select individuals as a pilot study for the feasibility of offering training across borders. Together lets create a better future for the social work profession in India.

- Team NPS INDIA

PROUDLY ANNOUNCING FIRST TIME IN INDIA

CONTINUOUS EDUCATION PROGRAM

CLINICAL SOCIALWORK SKILL DEVELOPMENT PROGRAM

SAMPLE OF THE SYLLABUS

<p>ICD 10 AND DSM 5</p> <p>Counseling</p> <p>Psychotherapy</p> <p>Psychometric test</p> <p>Transnational analysis</p>	<p>CBT/REBT</p> <p>Cognitive retraining</p> <p>Gestalt therapy</p> <p>Person centered therapy</p> <p>Cognitive analytic therapy</p> <p>Mindfulness management</p>
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course duration: 6 months to 1 year

Classes : second Saturday of every month

Place: Chennai ,Kilpauk Seats(seats)

Fee :500 rs per month

For further info and registration
Contact: Mr.Manikandan.s (Nps)
9841765402

Mail ur resume to:
ccnpsindia@gmail.com

Certificate will be provided as qualified practitioner by
Niraivagam team - Don Bosco Institute of Psychological sciences

THANK YOU!

3000 MEMBERS!
IN 11 WATSAPP GROUPS

Hero of the Month

Ms.Chitraleka
Head,
Social Service Wing
Jipmer, India



Ms.Chitraleka, head of social service wing of JIPMER, has 30 plus years of experience and brought many changes as psychiatric social worker. She is a alumni of MSSW (1981-83) batch. She is one of the eminent psychiatric social workers who brought major changes at JIPMER. She is a down to earth person, easily approachable and one can be a bright student of social work under her guidance.

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REAL LIFE HERO!!!

Q & A with Ms. Chitraleka

Head,
Social Service Wing,
Jipmer,
India



Q. Could you share with us your trail into becoming a Social Worker?

A. “Serving as Head, Social Service, JIPMER, Pondichery for 5 years now. Formerly I was a psychiatric social worker for 28 years. I have served at JIPMER since December 1986, at the Department of Psychiatry. Post graduation I started work at the Center for Women and Aged that was under the supervision and guidance of lawyers and headed by a Professor from MSSW. Further to this I joined as a research assistant for a longitudinal study of people living with schizophrenia in urban communities, our study focused at Chintadripet, Chennai. It was a door to door screening test under the guidance of Dr. Rajkumar a leading psychiatrist. The skill of administering case history was identified as an much lauded skill by the Head of the Department, at MSSW. Post this stint I joined JIPMER as a psychiatric social worker and I was privileged to be appointed as the first psychiatric social worker at JIPMER. I headed to JIPMER for internship as a part of learning and worked out case history taking, assessments etc. I was guided by a medic and was trained to administer case history and to work with patients of any case history be it neurotic or psychotic”.

Q. What are the changes you have brought about in this field?

A. “Being the first social worker at JIPMER there was no immediate recognition and paved way for a mistaken perception on social work that only making the patients feel at home was the job! Hence I had to prove the mistaken notion wrong and showcase the importance of the role of social work. As patient interactions became more with me and fellow social workers, patients received ideal support”.

Top three achievements .

“I have dealt with many individuals from all walks of life and have been instrumental in the patients lives, there is no greater achievement than this! I am proud to have etched my identity as the first psychiatric social worker at JIPMER, Pondicherry . During my service in social work I have been instrumental in setting up a separate department for social work named as, Social Service Wing which is currently being headed by me alongside a team of thirty medical and one psychiatric social worker”.

Q. Message for NPS -INDIA.

A. To all Medical and Psychiatry social workers continue to enjoy and pursue your career in the field of psychiatry. Social work is a field that can sustain and ensure develop as an individual. Be proud and prestigious to be studying and/or pursuing the professional field of social work.

NPS should reach to higher peaks and much more recognition has to be given Social Work by way of publishing more on Social Work issues and philosophical write ups to instill passion and flavor to fellow social workers.

Interviewed by: A.P.JEYA SHREE
C.SHANMUGA PRIYA
GOPINATH.S
(2nd Year MSW, MSSW, Chennai)



THE UGLY TRUTH

STAND. SPEAK. ACT.

BEING JUDGEMENTAL ABOUT NON - JUDGEMENTAL

“Non-Judgmental!” Are you kidding me?!!! I stared bluntly into the eyes of my Professor, trying to figure out whether she meant it for sure! I don't know if it was a shocker for you all, but for me definitely a YES! By the end of my graduation, I knew for sure that each one of them (my professors) meant it and followed it. I used to think one cannot practice the non -judgemental attitude. I know for sure we all judge!

"Her eyes are baggy; perhaps she'd been crying all night." "He's not shaved." "She's smiling at her phone perhaps a message from the love of her life." and the list goes on. Well let's think of all the other possibilities. Her eyes could be baggy from reading all night and cried her heart out after reading her favourite Novel. He's not shaved because he's planning on a new makeover and she's got a message from her long lost friend who contacted her after ages! The fact is, we all come up with assumptions. Human enough!

Being a social worker, it ain't easy to practice the Non Judgemental Attitude. It's one of the fundamental principles that is instilled in you. All human beings have dignity and worth. It is intrinsic. It is by nature. The principle of non-judgmental attitude means that social workers do not judge others as good or bad, worthy or unworthy, dignified or undignified, etc. However, it does not imply that social workers do not make decisions; rather it implies a non-blaming attitude and behaviour.

Social workers do not blame the client for being incapable of solving his problems; neither the worker blames him/her for being the cause of a particular problem. The worker remains non-judgmental. It is the way social work works—being non-judgmental.

But how am I supposed to practice it when I see a child waiting for me in the counselling room, a family that needs support or a person in the community with hopes. Many of us are judged in our place of work, while in the field, by our clients, by our superiors so it's vice versa. But how am I going to start being non - judgmental?

The first step is just adapting it simply in our day to day life. We should start treating people the way, we expect to be treated. It means you do not judge the person or persons I am helping, I would treat them in the way I would expect others to treat me if I was in the similar situation and not put them down or criticize them.

So here's to each and every one of us trying to make it to the non – judgemental world, that each of us hope to live in and to making it a reality.

Rhona Tully MSW
Proposal Associate ,
Xerox,
Chennai.



Social Work in Canada

In Canada, Social workers work in a variety of settings: family services agencies, children's aid agencies, general and psychiatric hospitals, school boards, correctional institutions, welfare administration agencies, federal and provincial departments. An increasing number of social workers work in private practice. The consumers of social work services in Canadian communities often belong to the most vulnerable populations. In order to protect their safety and to be sure that quality programs and services are being provided by highly-trained, competent professionals, each province has its own College which regulates the license associated with professional practice. The process of licensure ensures competency and adherence to ethical practice and holds Social Workers registrants legally accountable for their actions. Applications for registration involve proof of Social Work qualification (e.g. BSW, MSW); areas of specialized training as acquired through internship or employment, affirmation of ethical standards and a membership fee. Each year, Social Workers are required to renew their membership with the College they are affiliated with. This involves declaring and providing proof of ongoing professional training to demonstrate professional competence. All legal actions and their out-comes must also be declared at this time. Fees associated with liability and regulation must be paid in full as per renewal of membership with the College. At the present time, the Canadian Association of Social Workers (CASW) is working on standardizing licensure requirements across provinces. British Columbia is the first province to introduce a licensing exam to qualify for membership in the College. Within the next few years, it is expected that the other provinces will also require examinations as part of an overall strategy to standardize the basic knowledge and practice requirements to qualify for professional practice as a "Social Worker" in Canada. These Standards of Practice have been adopted through the International Federation of Social Workers (IFSW).

Vinita Puri MSW, RSW, M.Phil
Canada



New Education Policy – An Alert to the Civil Society

The Ministry of HRD has officially released few additions on the draft New Education Policy (NEP). It clearly indicates some of the agendas, future plans, inclusions and changes that would be made by the ministry in the education streams. This draft has created many debates and raised various questions these days. The 'Preamble' of the draft speaks on the 'Gurukul System', which will undoubtedly bring back the old Varna System. Many of the social reformers like EVR Periyar, had fought against these system and eradicated the Gurukul system, as this system excluded the oppressed from main streams. But certainly the ministry is proposing and hailing this Gurukul system, which is a real threat to the society. Another fear is that this draft is very much particular about the imposition of Sanskrit and Vedic Education.

The major default of this NEP is, it was prepared by a committee which consists of 5 members headed by Mr. T. S. R. Subramanian. Amongst the five, only one is an academia, whereas others are four retired IAS officers. This contradiction of 1:5 ratio, leads to question the loyalty of the draft.

Some of the recommendations really brought public tension and such are as follows.

- **“Open Schooling.”** Facilities will be expanded to enable dropouts and working children to pursue education without attending full time formal school. This can indirectly promote and encourage child labour.
- **“Periodic Renewal.”** NCERT (National Council of Education Research and Training) will undergo periodic renewal of curriculum and pedagogy. This can shake the federalism of our Indian constitution, which means the power of the state government will be under trial.
- **“Two-level Exams.”** Class X Board Examination in Mathematics and Science will take place in 2 levels: Part A at higher level and Part B at a lower level. Students who wish to complete their studies at Class X, by choice, have to appear in Part B only. Those who want to take up future courses involving higher mathematics will have to take Part A. On-demand board exams are to offer flexibility and reduce year end stress of students. This idea can indirectly bring in the Gurukulam system.
- **“Contract teachers appointed by the state government will be phased out gradually.”**
- **“Assessment Tests for Teachers.”** Promotions /Increments of the teachers will be made through periodic assessments, both in government and private school. Teachers will have to appear an assessment test every 5 years.
- **“Imposition of Sanskrit.”** Keeping in view the special importance of Sanskrit to the growth and development of Indian languages and its unique contribution to the cultural unity of the country, facilities for teaching Sanskrit at the school and university stages will be offered on a more liberal scale.
- **“Centralized Kitchens.”** The practices of engaging the services of reputed community organisations to provide the mid-day meals cooked in centralized kitchens and distributed in the schools will be encouraged. This will wipe out the employment opportunities of Anganwadi workers.
- **“No to No Detention.”** The report says no detention policy should be discontinued after class V. Detention provision can be restored, but with the provision of remedial coaching and at least two extra chances to each student to move to a higher class. Also to amend RTE Act to bring minority institutions back into the fold.
- **“Independent Teacher.”** Recruitment commissions are to ensure transparent, merit-based norms for selection. For elementary schools, recruitment should be done at district level.

Hence it is the duty of civil society, more specifically, professional social workers to urge the Centre to withdraw the draft New Education Policy, as it would pave way for privatization of higher education in the country and a real threat to the ideology of Social Justice.

Martin Mahimaiddoss MSW.,M.Phil
Ph.D Scholar
Loyola College
Chennai

A Little Bit Of Everything

A Touch Away

Long time ago, when we had to relay messages to someone far off, it was considered as a nerve wrecking process. Welcome to the era of social networks, you are just one click away from the other side the universe! Whatsapp, facebook, twitter and instagram have become an integral part of our lifestyle; a single day without these could probably prove to be appalling. It has made life easier with everything being one touch away. Everything has its pros and cons, so does these social networking sites.

Surely one would agree that these social networking sites have made life easy, immediate access to information around the world, connectivity to people and so on. The important fact is it has globalised advocacy and a better platform to share one's viewpoint. Reaching it out on a social sphere helps in pooling in resources and acts as an agency for the voiceless. The recent Chennai floods stood as a testimony to prove the outreach of social networks. Resources flew in from all parts of the country and also from abroad, everyone came together for a greater cause and portrayed their solidarity. Be it the issue of Kanahiya Kumar, Nirbhaya, Jisha or even the latest issue of Swathi, who was murdered in broad daylight saw a nationwide uproar for justice all through these social networks.

But that's just not all of it! This is just the bright side; the negative are infinite in number and is uglier. The world is not a perfect place and one should be aware of what is really going out in the world. Virtual world acts as a mask, everyone hides behind this anonymity. It's hard to understand the character of a person when you are on the virtual world. Recent lash out of Sourav Ganguly on Ravi Shastri shows how people use the platform to take out on each other. Then we would have long episodes of others commenting on the same and adding more fuel to the fire! The other set of people are the ones who are full of talks and no action. Some mishap occurs, suddenly you could see you being added into a new "group", where all are commenting about it, suddenly the profile picture is made black and group name gets changed. Everything occurs so quickly that we don't even know what's happening around and goes to the extent of annoying the person. But the real question is "Are we doing anything to fix the problem?" Ranting about it on Whatsapp, twitter or Facebook wouldn't bring a solution all the time. It's the need of the hour to act up and move out from our comfort zones of virtuality into harsh realities to make a difference.

RENEY.M.SEBASTIAN
2nd Year MSW
Stella Maris,
Chennai.

a little bit of **HAPPINESS** every day.

A fair Chance for every Child

Capacity building workshop for health journalists on Inequity in health

Venue: Rain tree

Date: 24.06.2016

Mr. Sugata Roy welcomed the gathering and expressed his gratitude to everyone for their presence. He asked everyone to introduce themselves. The session started with the presentation presented by Job Zachariah, Chief, UNICEF office for Kerala and Tamil Nadu.

FIRST 1000 days and 21 Interventions:

First 1000 days from conception to second year of birth is the most critical period in life of a person. This period decided everything for the person (eg: height, weight, Intelligent Quotient, happiness etc.). no one knows about this first 1000 days. This research was published in Lancet(the publication where health related research are published.

21 Interventions:

1. Initiate breastfeeding
2. Ensure exclusive breastfeeding
3. Begin complementary feeding
4. Ensure better neonatal care
5. Reduce anaemia
6. Improve maternal nutrition
7. Ensure rest, care and health check up
8. Reduce pre-term birth and low birth weight
9. Prevent malnutrition
10. Ensure 5 immunizations
11. Prevent /treat diseases
12. Prevent & treat birth defects
13. Ensure Vitamin – A supplementation
14. Use toilet
15. Drink safe drinking water
16. Wash hands with soap
17. Improve adolescent health
18. End child marriage of girls
19. Ensure quality education for all girls
20. Early stimulation of babies
21. Use of iodized salt

This 21 interventions can do lot of changes. This should be achieved with marginalized. The 21 interventions can increase the growth rate upto 25 %- 30%

Explanations for the question:

Millets are the healthy foods which disappeared. We should bring back the millets by creating awareness. The scientific proven medicines will be promoted. The teachers should educate the students and parents about the importance and purpose of the IFA tablets. Pesticides and pollution which also affect the children's health. In media serial so they are not creating awareness and they are giving importance to the myth followed by people (Ex: giving sugar water). If film stars are interested they can include anyone of the interventions in their movie and to reach them we are in need of media support. The serial in Doortharshan "Amma Soldranga" created awareness on these 21 interventions.

Deepak Raj
State Consultant
Unicef
Chennai.

Avanti fellows

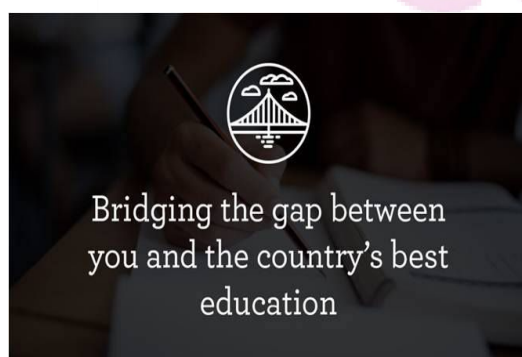


Avanti fellows are an pan India educational organization which focuses on improving learning outcomes among young adults (Grade 9 - Grade 12). We are currently partnering with the Chennai Corporation and are running an after school intervention program for around 1500 students. Next year we are expecting to reach out to more than 3000 children and 15 communities.

During the past one year, we have faced a lot of challenges in improving behavioral outcomes and now currently looking to partner with an organization which focuses on behavioral improvement. After brainstorming, we decided that integrating sports and behavior improvement is the way to go. Thus currently we have various types of intervention Avanti grade level content, prantam for bridge content and S4D for behavioral changes. We also reach out to the community through home visits, parents meeting and other community based outreach programs.

We have around 20 facilitators working in around 15 schools. Facilitators are a mix of Social workers and science graduates who have the passion to bring about a positive change with the students.

BENJAMINE.C
Avanti Fellows
Chennai



Empowering widow mothers to be better care takers

On May 2016, an art camp was conducted in building the communities for action. Geetha, a widow mother living with HIV was one of the trainee who attended the trainer of trainer workshop handled by Ms.Esther Joosa from Arts of the earth, Singapore.



Mrs. Geetha, had to stop her studies when she was in her 10th standard to be married to a lorry driver. A silent and a humble person had to adapt her life style to become a housewife at the age of 16 and had three girl children. Being in a gender dominated community, having three girl children was not a welcoming one for her and in addition to this struggle, her

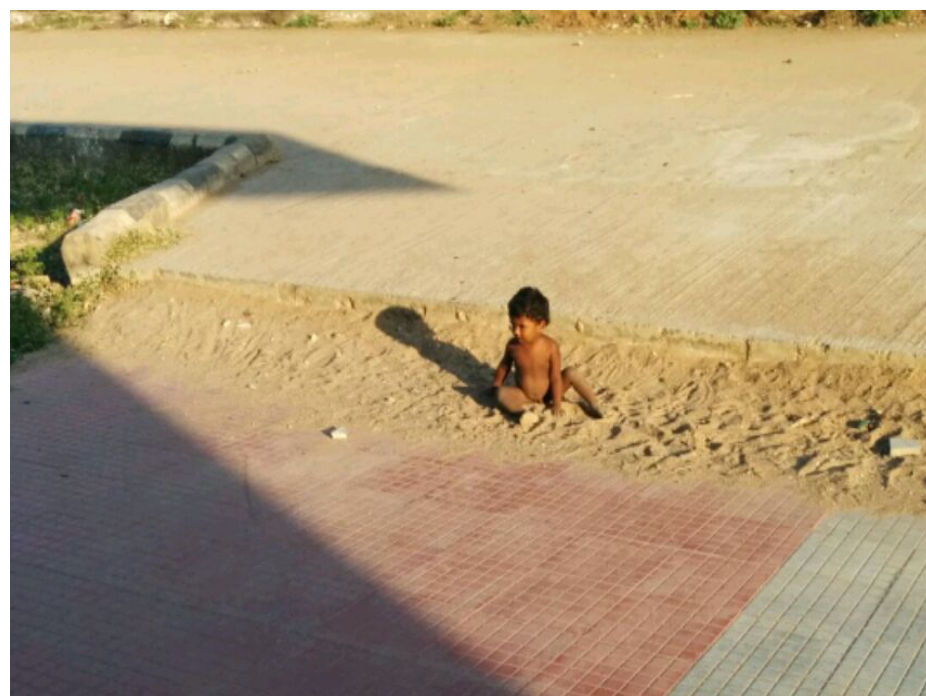
husband died due to AIDS when her third daughter was just 2 years old.

Geetha's thoughts of building up her family and seeing a secure and bright future for her daughters were all shattered at the news of her husband's death and HIV infection. yes it was only then she realised that she was also affected by HIV, but greatly relieved that all her three children were not affected by HIV. She then moved along with her children to her mother's place and started working as a daily wage worker. She started attending different meetings at different organisations and in one such meeting at Buds of Christ she was given an opportunity to become a field staff of a centre. She was very happy to accept the task as a field worker and now has grown up to be the centre manager of Buds of Christ at Tiruchengode. She has been become an inspiring role model to many other women living with HIV in Namakkal and Salem. She has been a participant in the first workshop in the year 2011, another workshop in 2013 organised by Ms.Esther Joosa and now has evolved herself as a trainer in the arts workshop in 2016. She is more happier to see herself as a trainer for children and other women affected by HIV and AIDS. She recalls her first experience as fearsome with more doubts about the future, but now in 2016 she stands empowered, the reason being a stronger hope about her future.

Jeyapaul MSW
Founder Director
Buds of Christ



Organization	Job Title	Eligibility	Salary	Contact Details
Thozhamai Chennai	Life Skill Trainer	Female, Social work, Freshers	Negotiable	9789897498
HDFC CSR Azhapula	Project Incharge	Male, MSW 2yrs Exp,	Negotiable	9495240909
Bishop Heber College, Tiruchi	ASST. Prof for CD, M&P	MSW NET/SET Or Ph.D	15,000 to 39,000	www.bhc.edu.in
HCL CSR Chennai	CSR Executive	2yrs Experience	Negotiable	joshua.livings tone@hclfoundation.org



Picture of the Month - Renev Sebastin Chennai

A Social Worker's Perspective on Cleaning Vellore City

I am a social worker. "Oh! You are the one who is going to sweep and clean the city?"

Vellore had the privilege of being the seat of the Pallava, Chola, Nayak, Maratha, Arcot Nawabs and Bijapur Sultan Kingdoms. It was described as the best and the strongest fortress in the Carnatic War of the 17th Century. It was witnessed the massacre of European soldier during the mutiny of 1806. It is well connected by rail and bus routes to major towns of the neighbouring states like Andhra Pradesh, Karnataka and Kerala.

Sand mining: With the ban on sand quarrying activities extended for another three years in the neighbouring district of Kanchipuram, the burden on Palar riverbed in Vellore will continue. Will this lead Vellore to develop as a smart city? A woman has died due to illegal sand mining. A safe and sustainable city should be focused.

Water Scarcity: Water scarcity is a huge problem in Vellore. There have been measures to tackle water scarcity but concrete solutions and reusing waste water should be emphasised. Scope for recharging water scarcity is the need for the hour rather than solid waste management. Letting out untreated water into Palar river is the worst thing to happen in Vellore. The finding of the groundwater quality study briefs how bad Palar riverbed is affected. The water from Cauvery river had the trail run. But still, we are depending upon exploiting the water resources rather than conservation. A robust system in treating water can be implemented with collaborating VIT and CMC with their small scale or decentralised system. It is high time to implement systems for recycling waste water.

Transportation: Travelling in Vellore is so difficult because The Vellore Corporation is laying underground sewerage system, and many of the places in the roads have been dug up. Green Circle flyover has to expand from Vellore to Katpadi stretch. District Traffic Advisory Committee should include people from all walks of life moving in and out of Vellore. Tourists for The Golden Temple, Vellore Fort and patients to CMC have a responsibility in using designated road route to commute.

Airport in Vellore is a big dream for people. Access to health can be increased where CMC has almost 10,000 patients visit the hospital per day. It is high time for the government to propose and implement commercial services from Vellore to other places.

Renovation of the existing parks: Sathuvachari, Gandhinagar and Throapadi has a park which is not functional because it is not maintained well. Grade 1 cities have well-maintained parks. It is important to have an enabling environment for the community people. In other few places, parks have been converted for storage tanks for capturing water. Vallalar (Phase -3) Residents Welfare Association has also made a writ petition on converting the children's park into a garbage dumping yard.

The 21 smart solutions by the Government of India should focus on sustainability of the environment which helps to increase the quality of life of future generations. The smart solutions need to fill the gaps in the existing problems.

Sam Daniel Rajakumar

TNUSSP

CHENNAI



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