

## **Centre for Child and Adolescent Wellbeing -CCAW 2022-2023**

Centre for Child and Adolescent Wellbeing (CCAW), earlier known as the Child Guidance Centre is a demonstration project by the Department of Social Work, University of Delhi. It was instituted in the year 1971 as Child Guidance Centre which later came to be known as the Centre for Child and Adolescent Wellbeing. Earlier the centre provides diagnostic, treatment and referral services to children, adolescents and their family members. The services of the centre were suspended in the year 2016 due to lack of funds from the University. The Social Worker was appointed in July 2018 with a tenure up to July 2019. Because of this the centre had to curtail its services in house and focused on outreach activities instead. In the year 2020-2021, all the activities at the Centre were suspended due to the onset of the Covid-19 Pandemic.

Now in the year of 2022 the centre revived its outreach activities and services under the new appointment of Hon. Director Dr. Shashi Rani Dev. In last one year centre focused revival of its activities, infrastructure arrangement, registration of children with consent of parents and school authorities and growth and development outreach activities, network and alliance with nearby school and community. All mentioned activities of CCAW revived and started again with social work trainees, these are Kanak, Ruhi, Ajay, Maninder, (MA IVth Semester), Stanzin, Mansi and Shiv Kumari(MA Ist Semester). They have demonstrated their potential and skills with proper use of supervisory inputs.

### **MAJOR ACTIVITIES AT CENTRE 2022-23:**

- **The Revival and New Registration** – The centre for Child and Adolescents well-being (CCAW) which functions at the Department of Social Work, University of Delhi. The main aim of the centre is to provide diagnostic treatment and referral services to emotionally deprived children, adolescents and their families. The centre was closed for more than 3 years due to the pandemic and its services had been on halt. Under the current Hon. Director of the centre Dr. Shashi Rani Dev, the centre is functional again from last seven months. Various services are being provided regularly by CCAW, these are Career counselling, Skill Training, Personality development, Sports, Recreation, Speech and Writing, Remedial Classes etc. To start the CCAW services and activities again, the new registrations were done after reopening of University in physical mode in 2022. The children of teaching and non-teaching staff of the Department of Social Work were registered in the centre. Also to extent the outreach services Children from CIE school, Department of Education University of Delhi and Indira Basti, Timarpur community were registered for various services. The consent of parents and school teachers were taken for participation of children in various developmental activities.
- **Orientation and Training of Social Work Trainees-** The social work trainees placed at CCAW were oriented through various sessions. In order to provide them theoretical knowledge the Session on orientation about the centre conducted by Hon. Director CCAW Dr. Shashi Rani Dev. The Session on children growth and

development taken by Sh. Narendra Singh. The next Session on child safety and protection was organised by Mr. Shubham Kumar. The Session on Theories and Practice working with children conducted by Dr. Shashi Rani Dev. The session with children and parents was also conducted by trainees at the community.

- **Services at Schools** -The activities started at CIE school of Department of Education, University of Delhi. The student trainees placed at the centre regularly go to these schools and exercise wellbeing programmes and family life education with children of different classes. Centre also organised workshops and different programmes in schools for the holistic development of children. The themes for the workshops and programmes are picked through assessment , observation and consultation with school principle, teachers and students. This year, centre has organised games to enhance spirit of games and healthy competition among children. Games like chess, race in individual and team for the wholesome participation of the children organised by CCAW.
- **Services at the Communities-** To meet the objective of promoting well-being of the children and the adolescents, the Centre has extended its services at the Indira Basti, Timarpur community. Social Work student trainees extend the services of the centre in the community through non formal education activities for school dropouts/ out of school children, life skills for boys and adolescent girls, health sessions with children, session on parental skills for understanding and developing sensitivity in handling adolescence issues etc, Also trainees involved community children for educational games such as fun learning games word games, puzzles, and movement based games etc. Drawing and colouring activities conducted at community, children made beautiful hand made paintings and these paintings were distributed to faculty at New Year.
- **Social Assessment-** The socio economic assessment of the community and school school children done by social work trainees. This is done to design and plan for psycho-social interventions, maintained records of the clients, to organized case based session. The social worker also organized the visits of MCD office for planning of health, sanitation and cleanliness interventions. Social work trainees are also taking up responsibility of working with youth, career counselling and digital literacy.
- **Talent Show Programme on 24th February, 2023-**The CCAW organized a wonderful talent show cultural programme with school and community Children on 24th February, 2023. The school principle, teachers and community members were very happy that their children are able to participate in this event. The programme started with plantation at the lawns by Prof Pamela Singla, Head, Department of Social Work and Dr. Shashi Rani Dev, Hon.Director CCAW, they were joined by all faculty and non teaching staff. After that cultural programme presented by school and community children. All children accompanied by school and parents at the event day, the teaching and non-teaching staff, MA students and research scholars of Department of Social Work attended the programme with full enthusiasm. All the children were presented certificate of participation and medals. The small children

were motivated through distribution of painting books and colour with certificate and medal for participating in the competition. The event was very well captured by all mainstream online media.

## **MAJOR ACTIVITIES AT CENTRE 2023-24:**

### **Orientation program for CCAW Summer Workshop (13<sup>th</sup> June, 2023)**

The orientation program was held at the CCAW premises on June 13, 2023. The Director of CCAW, Dr. Shashi Rani Dev, along with the workshop trainers, led the session. The program began with a warm welcome and an introduction to the objectives of the summer workshop, aimed to familiarize participants with key requirements of the workshop, including healthy homemade food, loose and comfortable cotton clothes, health conditions, and the overall importance of holistic psychosocial development for children.

### **Summer workshop (14<sup>th</sup> – 24<sup>th</sup> June, 2023)**

The summer workshop organised by Centre for Child and Adolescent Well-Being (CCA)W under the guidance of honorary director Dr. Shashi Rani Dev aims at providing an engaging and supportive platform that nurtures their physical, intellectual, social and emotional well-being. The workshop strives to create a positive impact on children's lives, equipping them with essential skills, knowledge and values that will contribute to their personal and academic growth.

#### **List of Activities during summer workshop (14<sup>th</sup> – 24<sup>th</sup> June, 2023)**

1. **Yoga Session:** The workshop began with a yoga session, which served as a holistic and calming introduction for the children. The yoga exercises focused on relaxation, concentration, and body awareness. The session aimed to help children develop physical flexibility, mental clarity, and emotional stability
2. **Good Hygiene Habits Session:** Topics covered included proper handwashing techniques, dental care, personal grooming, and the significance of maintaining cleanliness to prevent the spread of diseases. Visual aids, demonstrations, and interactive discussions were used to engage the children and reinforce the importance of these habits.
3. **Educational Movie Screening:** Movie "Phone Addiction" to address the issue of phone addiction among children, an educational movie was screened during the workshop. The movie highlighted the potential negative effects of excessive phone usage, such as social isolation, sleep disturbances, decreased physical activity, and impaired academic performance. It also emphasised the importance of balancing screen time with other activities and developing healthy digital habits.
4. **Interactive Discussions and Group Activities:** Throughout the workshop, interactive discussions were facilitated to engage children in thought-provoking conversations related to yoga, hygiene, and phone addiction. Open-ended questions were posed to encourage critical thinking, reflection, and the sharing of opinions

5. **Self Defence workshop:** Self-defence class organised by the resource person Mr. Shakti from the Delhi police to teach children some basic self-defence techniques. The workshop highlighting the importance of self-defence and personal safety. The session covered various aspects of self-defence, including Awareness and Prevention, Verbal Assertiveness, Practical Exercises.
6. **General Knowledge and awareness session:** The session included a broad spectrum of educational content, ranging from health and social sciences to English and science, all delivered in an engaging and interactive format utilizing plays, roles, and activities.
7. **Art and Craft session:** The creative aspect of the workshop was highlighted through painting, art, and craft activities. The children were provided with art supplies and guidance from the trainees to explore their artistic abilities. They created colorful paintings, crafted unique art pieces, and expressed their imagination through various mediums.
8. **Dancing and singing activities:** The Singing group focused on nurturing the vocal talents of children who expressed a love for music and singing. The participants worked together to learn the patriotic song. The Dance group comprised children who exhibited a passion for rhythmic movements and self-expression through dance. Professional dance instructors led the group, teaching different dance forms and choreographies. The sessions emphasized coordination, musicality, and fostering a sense of confidence and creativity on the dance floor.
9. **Kids play/games:** Play therapy is a therapeutic approach that uses play to help children communicate, explore emotions, and resolve issues. Social workers trained in play therapy provided a safe and supportive space where children can engage in various types of play, such as imaginative play, art, or games. Through play, children can express their thoughts, feelings, and experiences, allowing the social worker to better understand their needs and concerns.

(Summer workshop Video- [https://drive.google.com/file/d/1B9DCOAnOiqw3PCZiNQBbhYnKMGC0S4t5/view?usp=drive\\_web](https://drive.google.com/file/d/1B9DCOAnOiqw3PCZiNQBbhYnKMGC0S4t5/view?usp=drive_web))

- **CCAW Flood Relief Assistance at Signature Bridge, Delhi** - under the guidance of honor. Director of CCAW Dr. Shashi Rani Dev, CCAW team visited the Signature Bridge camp to observe the situation firsthand. CCAW team of volunteers witnessed the slums submerged in water, prompting temporary settlement under tents on the bridge. Various organizations were actively engaged, providing support and medical camps. However, we noticed that a specific group was being overlooked—the children aged 2-3 years. While many efforts were focused on providing food and drink, essential needs such as sanitary pads and bed nets were being neglected. Due to the water accumulation, infants were at a heightened risk of waterborne diseases, particularly malaria and dengue. After conducting the need assessment the CCAW team recognized the urgency and importance of addressing the immediate needs,

CCAW took action to provide clothing, bed nets to children and women. Also the sanitary pads were arranged and distributed to young girls and women as per their need. This initiative aimed to address the immediate and pressing needs of the community residing at the Signature Bridge relief camp, Delhi during floods at Delhi .

### **CCAW Activities October 2023-**

CCAW team of the trainees under the supervision of Director CCAW planned for systematic activities related to growth and development of children. Various activities were planned and conducted. The details of activities given here-

**Cleaning Drive at CCAW Office ( October 2023) :** CCAW team of the trainee, along with her co-workers cleaned the CCAW office and organised it according to their needs. The trainee then listed out the literature available at CCAW library and sorted out the toys for the children. Additionally, they organised different files that had case-data.

**Profiling of Community Children and School Students (October 2023):** CCAW team of the trainees along with her co-workers developed a comprehensive student profile to know more about children and have sessions with them and keep its data. The profiling was very time consuming as the trainee worked according to children's comfort and pace to take as accurate data as she can. Most of the sections of the profile were highly subjective so it was necessary that the children feel comfortable while providing answers.

**Meeting with local leader (October 2023):** CCAW team of trainees had meeting with local leader were done to discuss the plan and activities of CCAW to organise in the community (Indira Basti). Further other stakeholders meeting was planned to work on collaborative activities.

**Survey on menstrual practice (November):** CCAW team of the trainees done survey on menstrual hygiene among girls and women to assess and discussing the significance of identified myths and practices, their potential impact on health and well-being.

**Distribution of Sanitary Napkins (November 2023):** CCAW collaborated with HLL (HLL Lifecare Limited, a PSU based in Kerala) and distributed sanitary pads to women to provide them an economical alternative for expensive menstrual products. They also talked about the possibility of starting an outlet for HLL sanitary pads for the community by themselves. This would also open for them more entrepreneurial opportunities

**Career Counselling for Drop-out Children/Adolescents (November 2023):** CCAW team of trainees collected data on drop-out children -the reason for dropping out, what they are doing currently and what their plans are for the future. The trainees would analyse the data

and make arrangements for career counselling. CCAW is already working with Tech Mahindra Foundation to introduce them to Job-Oriented Courses provided on scholarship bases with the surety of job placement.

**Green Diwali' Campaign (7<sup>th</sup> – 9<sup>th</sup> November 2023):** CCAW team of the trainees campaigned for green Diwali with community children. They asked the children about Diwali, the reason for celebrating it and how to be a part of the festival in a way that it promotes social harmony and is good for the environment. The trainees executed an activity where children participated by making posters and greeting cards on the theme of 'Green Diwali'. They ended the session after taking an oath on the same.

**Session on Menstrual Hygiene (23<sup>rd</sup> November 2023):** CCAW team of the trainees organised a session in the community about menstrual hygiene where they engaged with women and adolescents' girls and spread awareness about myths and facts about menstruation.

**Collaboration with Tech Mahindra Foundation for providing Scholarship and Training (23<sup>rd</sup> November 2023):** The Director and trainees identified adolescents who dropped out after high school and collaborated with Tech Mahindra Foundation to provide almost free training in the medical sector if they were interested in working. The foundation promised 100% placement to those enrolled. CCAW facilitated this collaboration directly between Tech Mahindra Foundation and the community people.

**Celebrating 'Constitution Day' (26<sup>th</sup> November 2023):** CCAW team of trainees under the supervision of director planned for exposure Visit to Rashtrapati Bhavan CCAW facilitated an exposure visit to Rashtrapati Bhavan where the trainees took the children there and everyone enjoyed a guided tour to the place. The trainees did thorough research on what mode of transport to take, the lunch and pre-visit and post-visit assessments of children.

**Starting Debate-Culture at School (28<sup>th</sup> November 2023):** CCAW team of the trainees formed a debate club at school to teach children the values of deliberation and discussion and enhance self-confidence and communication skills

**Celebrating Days of Importance at School and in the Community (10<sup>th</sup> October 2023 – 25<sup>th</sup> January 2024):** The trainee under directors supervision celebrated days according to the activity calendar made by the trainee's co-worker. They conducted session on these days e.g. World AIDS Day, International Day for Persons with Disabilities and Mahaparinirvan Divas of Dr. Bhimrao Ambedkar, National Voter Day, National Girl Child Day and Republic Day.

### **List of Trainee Placed at CCAW**

**CCAW Trainee 2022-23:** Saavi Srivastava, Thupten Choetso, Kanak Pathak, Ruhi Afreen, Meraj Sharif, Manindra Kumar, Mansi Yadav, Stanzin Yangchan, Monjir Terangpi, Mansi, Kirti, Stanzin, Shiv Kumari, Anshuman

**CCAW Trainee 2022-23:** Aishwarya S Anil, Muhammad Fayiz Shamsudeen, Varnika Tyagi, Aman Deep, Akshara S, Bidigi Sai Kumar, Kailash Kumar.

**CCAW Activities and Event Pictures:**

<https://www.instagram.com/ccaw?igsh=NmtmcnN6dGV6M2U0>

<https://www.thestatesman.com/education/post-covid-delhi-university-revives-engagement-with-under-privileged-children-1503157893.html>

[https://drive.google.com/file/d/14KZc3GgTV6548ONmU-tZ9p6rj8VPYAd4/view?usp=drive\\_web](https://drive.google.com/file/d/14KZc3GgTV6548ONmU-tZ9p6rj8VPYAd4/view?usp=drive_web)

[https://drive.google.com/file/d/1B9DCOAnOiqw3PCZiNQBbhYnKMGCOS4t5/view?usp=drive\\_web](https://drive.google.com/file/d/1B9DCOAnOiqw3PCZiNQBbhYnKMGCOS4t5/view?usp=drive_web)

The report submitted by

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