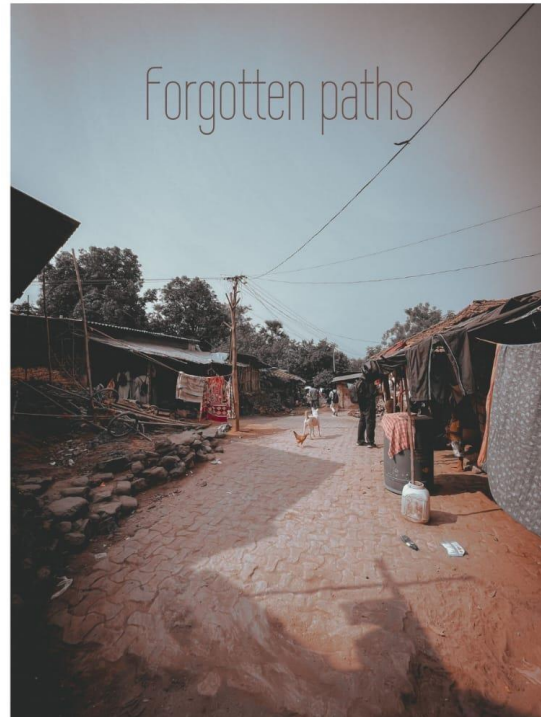




AMITY UNIVERSITY MAHARASHTRA

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Tribal Visit to Adivasipada, Fanasawadi Village near Amity University Mumbai





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Report of Community Outreach Program

Participated by Students of

B.A. in Applied Psychology (Honours with research), Semester 7 and

B.Sc. in Clinical Psychology (Honours with research), Semester 7

Amity Institute of Behavioural and Allied Sciences (AIBAS)

Amity University Mumbai

Date and Time: Sunday, 24th November 2024, 9 AM – 4 PM.

Place: Fanaswadi Village, Amity University Road, near Amity University, Mumbai.



Program Structure:

The Tribal Visit was structured and divided into following stages:

1. Research Survey

The students from Semester 7 had been allocated into groups of 3-4 individuals and were tasked with establishing rapport and conducting a baseline survey for the members of the village and tribal community. The students used their learnt techniques and few survey scales such as the Aggrawal's Socio-Economic Status (SES) Scale and the WHOQOL-BREF questionnaire to assess and understand the well-being of the respondents. An additional screening questionnaire - the WHO-ASSIST scale was also administered for the families that reported use of substances amongst their family members. The students even designed and included a checklist of official documents that they were expected to have along a checklist of the policies and welfare schemes made available to them to encourage growth and support for the tribal population.



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The survey was smoothly conducted over a time period of 2 hours where students visited the village houses and interacted with the family members personally. The results of the survey presented that a majority of individuals were unaware of the welfare schemes and policies and often failed to receive the true benefits of the same. These families were also working multiple jobs and were working progressively towards upskilling themselves and their children but often experienced a lack of support and resources in terms of transportation, facilities alongside access to quality services and opportunities.

2. Creative Session



a.) *Artistic Zone:*

Especially curated for the children of the village; the Artistic Zone Segment included some artistic activities that could help rejuvenate the children while also showcasing a message and fun time for the children. Initially, an art session was arranged where the children were provided with art supplies and blank canvases that they filled with their poignant masterpieces and



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imagination curating a fun and empowering moment while breaking barriers between the children and the students

This was followed by a live musical performance where a student played the guitar and another gave a heartfelt musical performance that brought smiles to the audience as they enjoyed the rhythm of the music. Consequently, a dance session was also arranged where children along with the students danced their hearts out to some groovy tunes and beats while fostering a sense of connection and mutual joy amongst everyone present.



b.) *Psychoeducation*



A small informative session was also included in this segment which aimed to address and raise awareness of some important events that could benefit the residents of the village. Initially, a small informative session was conducted mainly for the children of the village on the theme of Good Touch and Bad Touch where the students highlighted the concerns of safety and the action steps for the children if they were to experience such unfortunate

experiences. Psychoeducation focused on the mental health issues, de-addiction of substance usage by children, and prohibition of child marriages.

The session was truly informative and specially designed for the children and was able to captivate the children's attention and deliver the message in a powerful manner.

c.) *Skit: Women Empowerment*



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The students also demonstrated a powerful skit addressing the issues of domestic violence and gender inequality while showcasing the struggles and mistreatments that women are often susceptible to. The skit also displayed how this did not simply affect the victims but also made a lasting impact on the children and their future generations, which empowered the audience to advocate for a better and safer future for themselves and their children. The audience felt touched and moved by the performance which exhibited that the skit had successfully shed light and emphasized on these societal issues!



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3. Informative Session

a.) *Yoga Session:*

Amongst the students, a dedicated Yoga practitioner who also facilitates Yoga workshops and classes regularly, conducted an engaging session to empower the audience with the benefits of Yoga. An informative dialogue was held where the student explained the benefits and applications of Yoga in our daily lives to achieve and maintain balance and stability in our lives.

The practitioner then conducted a few activities ranging from breathing exercises and meditation to promote balance and alertness followed by demonstrations of two Yoga Poses to be done in early morning and late evening to help prepare the body for the day and also relax after a tiring day to empower and ensure a stronger and relaxed feeling for the next day! The attendees were very enthusiastic and quickly followed suit in practising these exercises which showcased that the session was empowering and productive indeed!



b.) *Life Skills and Personal Hygiene:*

The students also ensured to curate safe spaces for the women and the children so that they could feel comfortable in discussing personal hygiene practices that are vital for their daily lives. The students along with the facilitator held discussions on the topics of personal and overall health hygiene where they promoted certain measures to safeguard their personal



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hygiene while also conducting a demonstration showcasing the correct methods to use sanitary pads and its disposal.

These discussions further extended to their life skills and practises where the women discussed topics such as early marriages that remain a common occurrence in the village and the widespread use of substances amongst the children and adults and how this had a consequent impact on the quality of life for the individuals themselves. The community members were interactive and continuously engrossed in these conversations enabling the students to facilitate a productive and engaging discussion as well!



c.) *Welfare Scheme Awareness*

This was then followed with an informative session by the students where the families were explained about various welfare schemes that are specially designed for tribal families and how they could check their eligibility and benefit from the same. It was a truly enriching and informative session which showcased how the individuals were unaware of these policies and often did not even receive the benefits and provisions that have been disbursed or allotted to them due to various barriers.

4. Donation Drive



Towards the end of the program once all activities were completed, the students conducted a donation drive which was an important highlight of the entire program. Considering the challenges and conditions of these villagers, the students have specially curated small kits which included blankets, hygiene products and other daily essentials that could be utilised and would benefit the community members.

The students in the preceding days had also held smaller collection drives through which they gathered various forms and materials of donations in clothes, blankets and home essentials that was also distributed amongst the villagers as a token of support and as a move to provide immediate relief for their most pressing needs. These donations and kits were provided to the community members individually and accompanied with bright smiles and photos that curated the best way to end the day with joy a sense of togetherness.



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Conclusion:

The Tribal Visit Program aimed to enhance community outreach and provide base level insight and understanding amongst the students for the lack of awareness and barriers that exist amongst individuals while focusing on the needs of the community members. The structure of the program right from the research survey to the donation drive aimed to inculcate an understanding of various methods and strategies that can be used to provide assistance and support for the tribal populations.

While not only providing an opportunity for students to demonstrate and practice their skills like rapport building and conducting research; the program presented a sense of realization towards the complexities of the challenges present amongst the community and the importance of psychological concepts such as empathy and cultural sensitivity in practice. Many students also reported feeling touched and motivated to further work along marginalized communities for their upliftment and betterment with an emphasis to advocate for mental health and well-being of the community members.

Acknowledgement:

The Community Outreach Program was a powerful initiative which was smoothly executed as a result of relentless efforts and careful planning by the volunteers, facilitators and the community team. We would like to take a moment to express gratitude towards the Sarpanch of the Adivasi pada village, Mr. Sanjay Gharat who helped us arrange and facilitate these sessions in their community Centre. We extend our thanks to the Anganwadi workers who provided uninterrupted support and resources to ensure the success of the program and the women's self-help groups volunteers for their continued dedication and unwavering insight that helped us mould this program to provide in-depth relief and awareness amongst the Tribal communities!



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Perspective



FREEDOM



responsibility vs opportunity





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