

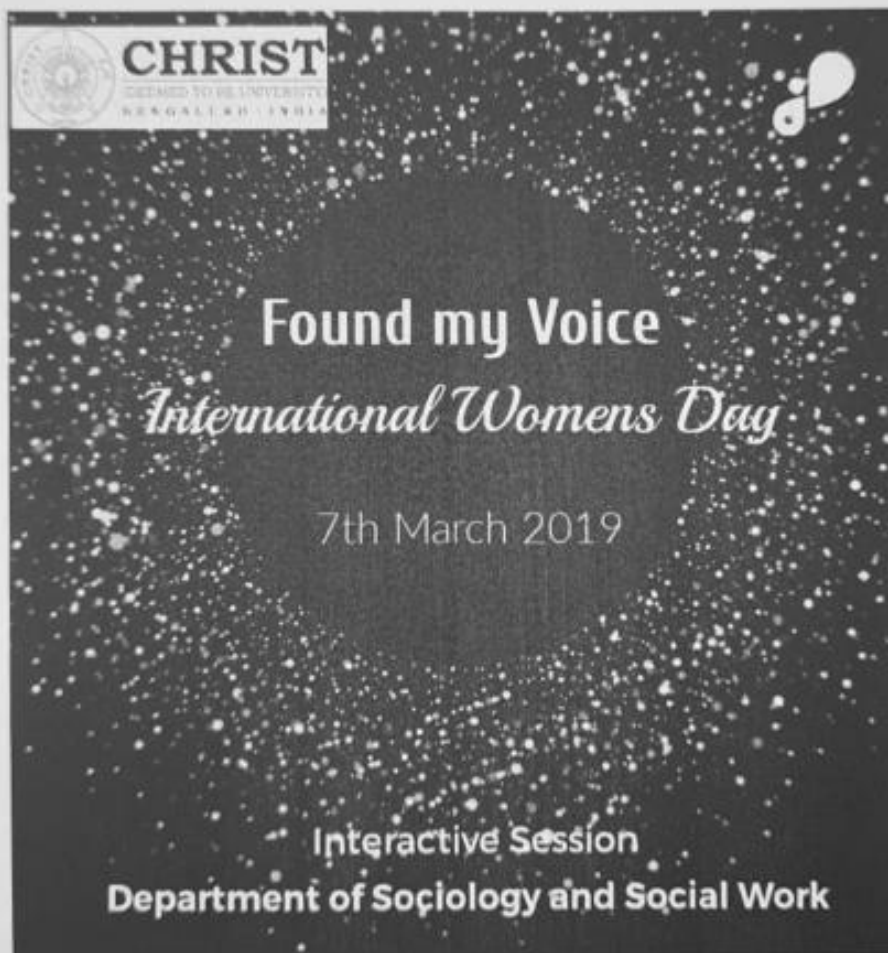


CRITERIA 3

REPORT OF ACTIVITIES 2016 -2021

DEPARTMENT OF SOCIAL WORK

'Found my Voice': International Women's Day 2019
- 7th March 2019: An Entrepreneurship & Motivational Program



CHRIST (Deemed to be University)





The Department of Sociology and Social Work organized a Talk Series "Found my Voice" on behalf of International Women's Day on 7th March, 2019. This was in collaboration with change.org., New Delhi. The talk series of women with inspiring stories narrated their challenging journeys to students and motivated them. Through these motivational talks, a discussion between the change makers and the students through powerful storytelling was enabled to help them pursue their dreams and overcome challenges. The Change makers include Ms. Mariam Rauf, Ms. Pranay Manjari, Ms. Garvita Gulathi and Ms. Sonali Gupta, and Ms. Chinmay Sripada.

The first interaction was with Ms Mariam Rauf, who is a survivor of Child sexual abuse with a strong background story of how she fought all odds to fight back and start a new journey. She is now a Personal Safety trainer and goes to school teaching about body safety. The interaction included her speaking about her journey and how she has impacted a lot of other young girls to bring their stories forward and fight back. She also mentioned about the classes she takes up with children teaching them about "Body Safety" using play and song. So that the children learn about the basic good and bad touch and are aware about any negative contact happening to them. The session concluded with her including the audience in an activity of how she teaches her children about safe touch.

The second interaction was with Ms. Pranay Manjari, who is currently heading the CSR division of an Architectural design consultancy firm, working in the space of Education, with the construction working kids and have managed to make Science schools for the children and then later help them get admission into Government schools. They also run community learning centers in urban slums. Her petition on change.org has received more than 17,000 signatures. The interaction included her speaking up about how daughters are not considered bread winners of a family and she is here to change that mentality as women also can contribute to their families after marriage as well.





The third interaction was with Ms. Sonali Gupta who was born and raised in United States and has been travelling back and forth from US to India in the past ten years for her different treatments. The main focus of the discussion with Ms. Sonali was how Disabilities are seen or dealt with in both the countries. She managed to beautifully put in the answer by explaining how they is more infrastructure and health facilities available in US and in India people lack awareness about physical disabilities and look down upon people with the same. She emphasized on how the level of sensitization should be increased in India about the physical disabilities. Her petition in change.org about the same has gathered a lot of attention.

The fourth interaction was with Ms. Gavita Gulhati, who is currently a student in Bangalore and has written a petition to end the wastage of around 14 million liters of water. The interaction with her throw light upon how she initiated her venture with her group of friends which did not turn out to be very effective, after which Ms Sonali through change.org and help with the members of the team figured out where exactly she needs to reach out to make her voice known which The National Restaurants Association was. Through this she continued her initiative encouraging hotels and restaurants to fill the glasses half full of water; this not only reduced water wastage but also helped people gain a wider perspective on how they should take only how much they need.

The last and the final interaction was with the Ms. Chinmayi Sripada. She came up with her story of online trolls and how she tried to curb it down single handedly in the industry she is in and how she had been mentally tortured and is still being in the process. She voiced her opinion so that the other online trolls learn a good lesson and also know that online harassment is too punishable by law. Her journey has not been a simple one being a known face in the film fraternity but that never hindered her determination to stand up to what was right. She being an inspiration to all the young girls on social media facing all these abuses on a daily basis and also mentioned how the girls should never sit back and just block the





person and there will be others as well. Her inspirational story and strong personality has motivated a lot of girls throughout the country.

The programme was concluded with an open question answer round for the students and many questions were asked to the changemakers to bring a change in life.



Department of Social work

Participant list

Sl No	Register No	Student Name
1	1937901	ADITYA SINCHURY
2	1937902	AJAY BHIDE
3	1937903	ALAN THOMAS MATHEW
4	1937904	AMOS JOHNSON
5	1937905	ANAND P M
6	1937906	ARUN JATHIN
7	1937907	ASHISH SABU
8	1937908	GOVINDA DAWADI
9	1937909	HITESH PAMNANI
10	1937910	ISAAC ASHISH R
11	1937911	KIRAN N J
12	1937912	MIDHUN M NAIR
13	1937913	SANJITH DAVID R
14	1937914	A SOWMYA
15	1937915	AARTI LAKHANI
16	1937916	AMIRTHA VARSHINI R
17	1937917	ANGEL JOSE
18	1937918	ANU AISI
19	1937919	DAKSHI SAHOTA
20	1937920	DEVAYANI AMITABH
21	1937921	DIVYA TRIPATHI
22	1937922	EVANJALIN ROSHINI L
23	1937923	GAURIKA BABAL
24	1937924	GAYATRI SOOD
25	1937925	GIRIJA B
26	1937926	HARSITHA A
27	1937927	KA BHAVADHARINI
28	1937928	KAREN MARIA RAJAM A
29	1937929	KAVITHA C

30	1937930	KEERTHI M R
31	1937931	LAVANYA S K
32	1937932	M IRENE OVIYA
33	1937933	MANISONE BOUNCHALEUN
34	1937934	MARIA JOSE
35	1937935	MEGHA M
36	1937936	NAMBOODIRI APARNA SURESH
37	1937937	NEELIMA K M
38	1937938	NEENA MARIAM JACOB
39	1937939	NIHARICA SINGH
40	1937940	PRATHEEBA N C
41	1937941	R ARCHANAA
42	1937942	RAPUNKI SIKDAR
43	1937943	RITUPARNA DEY
44	1937944	SAHANA S
45	1937945	SAKSHI CHOUDHARY
46	1937946	SALEENA SHRESTHA
47	1937947	SHARON NOELEEN BARROWS
48	1937948	SHARRIL EVELYN PRISCILLA RUBAN
49	1937949	SHIVANGI SINHA
50	1937950	SIMRAN KAPOOR
51	1937951	SMITA XAVIER D SOUZA
52	1937952	SOUNDARYA R
53	1937953	SUKRITHA SANKARAN
54	1937954	TANISHA GAGNEJA
55	1937955	UTHARA HARIKUMAR
56	1937956	VIDYA K PILLAI
57	1937801	A R ALAGARSAMI
58	1937802	AASHIK MATHEWS B PALIYATH
59	1937803	AKHIL BABU K V
60	1937804	ALBIN MICHAEL
61	1937805	BRUNO RABELO GUMERATO

62	1937806	GOPI D
63	1937807	PRINCE THOMAS
64	1937808	SIJO PUTHUKULANGARA
65	1937809	VENKATESH K
66	1937810	AINA KURIAN
67	1937811	AKHILA V V
68	1937812	ALANA BABU
69	1937813	ALEENA JOY
70	1937814	ALTHEA CIANE TERESA A
71	1937815	AMRUTHA RADHAKRISHNAN
72	1937816	ANNU ALEX
73	1937817	ANU JOSEPH
74	1937818	ANU TONY
75	1937819	ANUJA ANNA THOMAS
76	1937820	ANUPA RAICHEL MATHEW
77	1937821	APURBA PATTANAIK
78	1937822	AYUSHI CHAKRABORTY
79	1937823	BAISALEE KHARGHARIA
80	1937824	BASUNDHARA DEBNATH
81	1937825	BEULAH PRAISY V
82	1937826	BHAGATH ANNIE NAMRATHA
83	1937827	DELNA GEORGE
84	1937828	DIYA MARIAM SAJI
85	1937829	GIRWANI RAJYA LAXMI RANA
86	1937830	JAIN MARIAM DANY KOSHY
87	1937831	JOMOL JOHNSON
88	1937832	MALAVIKA K ARUN MENON
89	1937833	MEREENA JOSEPH
90	1937834	NEENU CHACKO
91	1937835	NIRANJANA S
92	1937836	PATIL CHINMAYEE ABHAY
93	1937837	RAGHA M G
94	1937838	RINCY JOSEPH
95	1937839	SAMEENA BANU B
96	1937840	SANJEETA KAKATI
97	1937841	SHALEEN MARIA WILSON
98	1937842	SHRUTHI R
99	1937843	SHUBHANGI GUPTA
100	1937844	SIMRAN SAMPAT PAWAR
101	1937845	SMITHA P S
102	1937846	SRAVYA JANDHYALA
103	1937847	SRISHTI G
104	1937848	STEPHY ELIZABETH VARUGHESE
105	1937849	STISHA STEPHEN

106	1937850	TANVI KISHORE
107	1937851	UDITA SRIVASTAVA
108	1937852	VARSHA
109	1937853	VARSHA G K
110	1937854	VIJAYAMBIGAI T