

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has"*

*-Margaret Mead*

## Democracy café



Democracy café was an initiative by Dr Swaroop Rawal in our department of social work which I enjoyed thoroughly. The discussions with Dr. Ratan Sharda.

Link: <https://www.youtube.com/watch?v=ewdqGP-gxRc>

Video on my learnings through participating into democracy café.

Link: <https://www.youtube.com/watch?v=9adV9SC5IdE>



## Awareness programme on 'World Cancer Day'

## What I believe

I believe in equality, justice, human rights, dignity and worth of the person, not only as a social worker but as a human being too. Along with core principle of social work, these are my top values also. These values help me to bring the change I want to see whether it is small or big. 'Helping people to help themselves' is actually meaning of empowering people, making them self-reliant.

## Qualitative Research

For my Master's thesis I carried out an action research on the topic "The role of life skills education in building empathy to prevent anti-social behaviour in 8<sup>th</sup> std students of a school of Vadodara" under the guidance of Dr S.D. Mishra and Dr Swaroop Rawal.

Article link: <https://cutt.ly/sQeYxr5>

## Action Research Networks of the Americas (ARNA)



A team presentation at an international platform provided by ARNA. Our paper- "Balancing research and action to enhance learning: an experience of two post-graduate students and their teachers".

Video link: <https://www.youtube.com/watch?v=Nkzqlh78OhA>

## Why do I do what I do

My value of service encourages me to do what I do. Social workers have the power to impact at large. They are empowered to restore the rights of not only individuals, not only groups but they have power to impact the whole community.

We have the opportunity to really shape how someone's current situation is and how their future looks. And that's a pretty amazing power.



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Self-video link: <https://www.youtube.com/watch?v=b9phUTRfGLI>

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