



CHRIST
(DEEMED TO BE UNIVERSITY)
D E L H I - N C R , I N D I A

Department of Psychology

CHRIST (Deemed to be University) Delhi NCR

April 2023

B.Sc. Psychology (Hons.)

SERVICE LEARNING

BPSY281N

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FINAL REPORT

CHAPTER I- INTRODUCTION

Overview of Service Learning

Service learning BPSY281 was a compulsory subject which was a part of our course. The mandate 30 hours created a push for the students to get a good exposure of community service and helped fulfill the criteria of service, which is one of CHRIST's messages. The course included an open choice for us to work with whatever type of NGO we liked- educational, health related, criminal victims, orphanages, oldage homes etc. It helped in fostering skills both as a human as well as a psychologist for me personally.

Experience prior to starting service learning

Prior to service learning I had also been associated with Lightworks Foundation where I was the youngest volunteer. The work I did there was quite similar to the work I did here- both involving teaching. As teaching is something I have good command over and I am patient with kids as well, I taught a class of 30 4 year olds for a month. Apart from this I also participated in community building activities with the 'Interact Club' in my school pre COVID-19 lockdown and went on plantation drives as well as distributed clothes during the winter break in the nearby Pushp Vihar slum.

CHAPTER II- PROFILE OF THE ORGANIZATION

About the Organization

“ ‘Pehel’, literally meaning ‘initiative’, signifies our effort as a change agent for inclusive and sustainable social development and our commitment towards amplifying people’s voices.” Jagran Pehel is the social outreach program of Jagran who also run a newspaper called Dainik Jagran. Pehel is a division of the Shri Puranchandra Gupta Smarak Trust. Back when it had just started in 2002 it was primarily spread in the northern Hindi-speaking belt across states like Delhi, Haryana, Uttar Pradesh and Bihar, Jharkhand.

It targets a variety of social issues by spreading awareness as well as creating need-based intervention. Some of the social issues involve promotion of hygiene and sanitation, sensitization against child marriage, empowering girls, awareness campaigns against tuberculosis and diabetes, encouragement for education etc.

With many Government and Non Government Organizations, across primarily the Hindi speaking heartland, Pehel aims to resolve these issues and create a more empowered community with a brighter future by advocating equity and equality for all.

Role and Responsibilities in the Organization

- ‘Dettol- Banega Swachh India’ campaign: the project caters to 100 villages across multiple cities in Uttar Pradesh like Etawah, Kannauj, Varanasi etc and 100 villages across Bhagalpur in Bihar. It focuses on creating

behavioural change towards hygiene and sanitation and involves faith-based leaders, mothers and frontline health workers.

- Swachhta Chakra- an Android app for frontline workers: To overcome the challenge of illiteracy in rural areas, digital technology is used to make the people aware of the importance of health, hygiene and sanitation. It has a question answer format and its target audience involves primarily mothers and children.
- Wall painting: to get the message of health and education out to the wider audience, volunteers, interns and children who are provided the education facilities from Pehel paint walls from time to time.
- Panchayati Raj institutes: these are manuals provided to the panchayat or local village heads in the village administration system to train them to connect more with the villagers as well as help in efficient administration. One of the key features of this training is to come up with area specific ideas to reduce the problem of open defecation in villages.
- Project Hope: it is an initiative by Reckitt Benckiser Limited India in partnership with Save the Children. The program aims at reducing mortality of children under 5 years age group arising out of diarrhoea through ensured execution of WHO's 7-point plan.

CHAPTER III- SERVICE LEARNING

Projects Assigned

On the basis on my prior experience and what I thought I was capable of handling, I decided to apply as a volunteer to teach in Pehel funded organization set up to educate children of age 10 years and under. Volunteers, full time interns and permanent teaching faculty help in the smooth functioning of these organizations. I taught in the Pehel's organization located in Okhla Industrial area. My task was to develop a course plan for 30 hours and conduct classes during the weekdays. I made the course plan on the primary subjects, which include Maths and Art.

The course plan was then implemented and taught to a class of 25 girls of age range 4-6 all in the same grade. Developing maths was necessary for the promotion of stem related fields to young girls as these fields are generally something girls are not encouraged in. Teaching artistic skills is also necessary to provide scope for creative development of young girls.

Your Contribution

I contributed in designing a 30-hour course plan and managed the time and sessions to ensure that equal stress was given on both the subjects. Apart from plain theory I also tried to devise fun activities which would help the children to learn new concepts through an interactive approach.

The main effort had to be put in the execution of the same. It was important for

me to be punctual to set an example for the children. Besides this, the main task was to make the sessions engaging and interactive thus conducting multiple activities and ensuring the curiosity of the children was persistent throughout the duration.

Since the goal was not to simply deliver the concepts but also ensure that they were being received and comprehended by the children, the teaching during the session hour was divided in ways to prevent saturation of either subject among the children. My course plan for maths involved counting up to 100, addition and subtraction of numbers up to tens place. The course plan for art involved 2d figures, 3d figures, illusions, shadows, and painting.

Skills Acquired

- Time management: to be organized and manage your time well in order to ensure that I cover all the necessary material within the allotted time frame.
- Patience: to ensure that the concepts are being delivered properly.
- Creativity: coming up with new plans to keep the children engaged in class even though they have short attention span.
- Communication- to communicate effectively with children to make sure they understand the lesson by listening to them and using clear language to respond appropriately.
- Organization: by keeping track of lessons, assignments, and progress of each individual child.

- Enthusiastic: by having a positive tone and aura all the time and creating a good impression of the concepts about to be covered in the session to inspire the children.

Overall Learnings

During the 30 hour sessions I learnt a lot of skills like time management while making the course plan, organization of the assignment lessons, better communication to clearly convey the message to the children and creativity in making up activities to make the class more engaging. It is also necessary to be empathetic and try to put oneself in the shoes the child. This will help in rapport formation and building a positive relationship hence creating a better learning environment. Besides this, another thing I learnt was that of problem solving. Sudden problems might arise related to academics or general class conduct. During these times it is essential to not generate further panic but to try and resolve the issues and reduce the discomfort of the child. It is also necessary to be a good leader. Only if the teacher sets a good example will the children wish to study and engage in classroom. Apart from simply solving problems it is also essential to know how to keep the interaction going while at the same time motivate the children to reinforce them to do better and take interest in the topics.

Challenges Faced and Accomplishment

One of the biggest challenges I faced as a socially anxious person was on the first day as I wondered how to create a good bond with the children. Since first

impression is the last impression, I wanted to create a good first impression to make sure the children were comfortable with me. I started the class on a positive note. I thought me introducing myself and opening up would encourage the kids to do the same. So I did that and avoided being too pushy or too distant and then the children began giving their introduction as well. I listened intently to give them the right amount of attention and encourage them to participate in class. Another challenge was to come up with activities. All the students had different ways of learning and different methods to understand concepts. However I realized that the common thread was that all students were responsive in interaction based lessons. So the more the activities, the more the participation hence greater the understanding as well as bonding in the class. Another problem for me was to stay calm in stressful situations. In case of little class fights or arguments I tried to calmly mediate them with the help of other on-site full time workers. This was a task for me as I panic easily myself but over the 30 hours I learnt to become a calmer individual.

Insights

The 30 hour sessions helped me understand the importance of community service and how to serve the under. It is essential to nurture children especially so that a strong foundation can be set up. Girl child education is essential to keep them motivated in academics and encourage them to prepare themselves for high paying job settings.

To do the same it is important to be patient with the children. Keeping them

engaged in activities helps them grasp contexts better as activities help in making the sessions more interactive and fun. It is necessary to be calm and composed in front of the children. They pick up habits quite easily and to set a good example as well as help them out in situations when needed it is necessary to be patient and empathize with the children. Time management and organization are other important skills necessary for teaching children. Punctuality and good leadership are other traits required to set a good example for the children as well.

The sessions also helped me with my social anxiety as it gave me a chance to interact with children as well as communicate with them so that they could be given benefits with combined efforts from both sides.

CHAPTER IV- SUMMARY & CONCLUSION

The 30 hours course in which I acted as a volunteer and taught maths and art to a classroom of 25 girls of age range 4-6 acted as a medium for exposure and provided a new learning experience. The course plan was designed by me and consisted of components of primary level maths and art. Apart from simply explaining theory, the concepts were explained via activities that kids of that age could enjoy. Not only did it help me fulfill Christ's motto of 'service' but also helped me in attaining skills like problem solving, time management, adaptability, empathetic attitude as well as leadership. Overall the sessions were great with a lot of training to become adaptable and better leaders as well as give back to the community.

