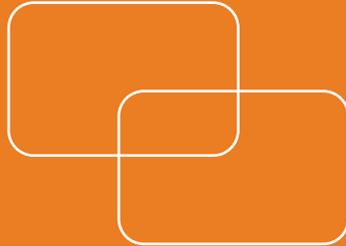




M. A. Social work programme

"For development of the all; for welfare of the all."



*Shape your career  
with Social Work*



Department of Social Work



## JAMMU - THE CITY AND PEOPLE

Jammu is situated on the banks of the popular river Tawi. It is also the winter capital of the Jammu & Kashmir state. Owing to the large number of historical temples located within the city, it is also known as the City of Temples. The city is well connected with other cities by air, train and road. The city derives its name from Raja Jambulochan, the founder of the city. It is believed that during one of his hunting campaigns, he saw a goat and a lion drinking water at the same place. The Raja was amazed, abandoned the idea of hunting and returned to his companions. Recounting what he had seen, he exclaimed that this place, where a lion and a lamb could drink water side by side, was a place of peace and tranquillity. The Raja commanded that a palace be built at this place and a city was founded around it. Tourism is the largest industry in Jammu. Millions of devotees visit Jammu in connection with the holy pilgrimage to Mata Vaishno Devi shrine and the city is also a base for the holy Amar Nath yatra. It is also a focal point for the visitors to Kashmir valley, Ladakh and other parts of the Jammu & Kashmir state. The city witnesses tourists from various parts of the country throughout the year.

The social composition of Jammu and Kashmir is highly diverse and complex contributing to a unique socio-political and economic character. The state is characterised by potent minority communities in religious, regional and tribal basis. Economic backwardness also defines the sense of minority and regional discrimination is another cause of discontent among the people. This is manifested in displacement of people from one region to another. Jammu is quite peaceful and free from strife.



## About the course

Social work is an interdisciplinary course based on the humanitarian principle of social justice, equality and solidarity with the aim of creating an egalitarian society. Amelioration of human sufferings with a scientific outlook lies at the helm of this course. It draws most of its theories from other humanities viz sociology, psychology, economics, philosophy, anthropology. The course utilises specific methods that can be applied while dealing with problems at the individual, group and community level.

Social work is a practice based profession which emphasises upon the inculcation of ethics and values amongst the students while working with people in actual practice settings. It is because of this purpose, continuous training throughout the course becomes its essential feature. Students are provided 'hands on job' fieldwork training in industries, social service institutions, hospitals, correctional institutions, welfare agencies, panchayati raj and other developmental institutions as well as open communities.

### Vision of the university

To be a leading Centre of higher learning, integrating culture, knowledge, philosophy and value system of our heritage with modern and emerging concepts, skills, technology and management practices.

### Mission of the university

- Impart education which in its breadth and scope represents the three main symbols in our logo; iridescent like the rising Sun, immortal as the Banyan Tree and infinite like the Sky.
- Inculcate self confidence; which when combined with disciplined study, leads to faith in one's strength and conviction.
- Develop talent for sustainable growth in academics, administration, business and research by laying emphasis on organised thought, self-discipline and discriminative faculty.
- Encouraging inter-disciplinary focus, as also collaborative research with leading Institutions aimed at the optimum development of human resource and integration of new ideas and innovations.
- Provide a modern, environmentally sustainable, healthy and vibrant Campus in consonance with the principles of Green technology.
- Play participatory role in the affairs of people of surrounding areas in particular and civil society in general.

## Department of Social Work

The scope of social work practice is remarkably wide. There are certain common skills and responsibilities that all social workers have that enable them to work with all populations.

Social work is both inter disciplinary and trans- disciplinary and therefore believes in curriculum integrated approach. The main objective is to provide opportunities, knowledge, skills, attitudes and values appropriate to work with individuals, groups, communities and organizations.

Social work is a practice profession. The course content incorporates components of practice learning opportunities through professional guidance. One third of the course credit is apportioned for Field practice. The training facilitates all those desirous of making career in the field of social work.

In India social work was started in the year 1936 in Mumbai and today there are about 500 Institutions offering social work course across the country. Social work programme at Central University of Jammu was instituted in the year 2014.

In order to provide an over view of social work and its practice base to the people of Jammu, Kashmir and Ladakh. We have solicited inputs from outstanding social work educators across the country. The fraternity gracefully acceded to our request to write a BRIEF for Central University of Jammu.



## Social Work

**Prof. R.R. Singh**

*Former Director  
Tata Institute of Social Sciences  
Mumbai*

The purpose of professional social work is to alleviate human suffering, promote human development and community well-being, eradicate poverty in all its forms, and work for social and economic justice, human rights, as also social, inclusive and sustainable development. The profession seeks to promote social change, liberation and empowerment through intervention where people interact with their environment. The

units of social work intervention are individuals, groups, families, neighborhoods, communities, social networks, organizations and politics - the latter in terms of social policies, legislations, development and welfare programmes and social activism. Apart from developing its own knowledge base (including practice wisdom), social work has borrowed knowledge from allied human and social sciences, life sciences, law and ecology. Life cycle and ecological perspectives are basic to social work and its acknowledged approaches are social casework, group work, community organization, social work research, social welfare administration and social action. Social work is one of the human service professions where relief, therapy, correction, rehabilitation, reform, reconstruction and rights constitute a continuum. The beginnings of the profession can be traced in friendly visiting and charity but it has moved, over the years, towards rights approach.





**Prof. Geeta Gopalkrishnan**

*Principal*

*College of Social Work*

*Nirmala Niketan, Mumbai*

## Field Work

Social work education can play a vital role in developing competence in the performance of social work tasks in the framework of a developing economy, the aim of which should be to promote equity and social justice (Desai, 2004). A social work education program is based on the premise that preparation for professional practice requires a core of knowledge as well as skill in the application of that knowledge (Kerson, 1994). Only in the transition of knowledge into practice, acquired in the field, does social work education achieve professional justification (Kadushin, 1992). The sanction for social work practice is embedded in social work training. As training proceeds, students are expected to develop commitment to the professional ideals.

Social work education has always emphasized the importance of the field placement for students. In the field, social work students have the opportunity to test what they learn in the classroom; integrate theory with practice; evaluate the effectiveness of interventions; contend with the realities of social, political and economic injustice; strive for cultural sensitivity and competence; deliberate on the choices posed by ethical dilemmas; develop a sense of self in practice; and build a connection to and identity with the profession (Kerson, 1994; Lager, 2004).

Field work provides initial opportunities to engage the student in applied use of newly acquired knowledge, skills and attitudes. Field work is worthy of sustained attention because it affects so many individuals in social work education. Field work practicum, according to Desai (2004), specifically aims at **(1)** critical analysis of components of the knowledge objectives, by observing their implications at the micro level; **(2)** development of critical self awareness about one's attributes, values and sensitivities with reference to the ideological and ethical requirements of social work profession, by way of experiencing; and **(3)** observation, learning and practice of knowledge and value-based social work methods and skills, through direct exposure to field realities.

The field instruction process must meet the challenge of creating a collaborative learning environment in which the student is challenged to critically reflect on her or his actions and re-examine underlying beliefs, values, and theoretical constructs (Rogers & McDonald, 1992 cited in Gray et al, 1999).



**Prof. C.P. Singh**

*Chairman*

*Department of Social Work*

*Kuruksbetra University*

*Kuruksbetra*

## Social work practice in rural areas

During the past two decades, Social Work has experienced a notable increase in the number of institutions to provide trained practitioners in the field of welfare and development. Undoubtedly it is the need of the hour, provided we are able to fulfill the gap with professionally trained social workers to reach to the grass roots for helping the needy at all levels. India is a country of villages and the Indian economy is still predominantly agriculture based in which about 75 percent of the population is directly or indirectly involved in it. Therefore, it is important that social work as a practice based subject should reach the rural population to help in dealing the problems like poverty, malnutrition, poor standard of public health, lack of awareness and illiteracy and improving life and living.

In fact some of the schools of social work had included rural social work in their course curriculum before community development programme in 1952, but could not contribute significantly. According to The First Five Year Plan each community centre was to work in 50-60 villages to begin with, and the plan clearly laid down that “a social worker of the requisite caliber, background and training will be the pivot for the centre”. But it could not be materialized in the implementation and the programme of human development was reduced to economic development and it has become a puppet in the hands of administrators, politicians and agro-technicians. Unfortunately our rural population suffered a lot and still suffering with many other problems which are now cumulative with other complex problems like, drug abuse and trafficking, terrorism, migration, child-abuse, human trafficking, female feticide, youth unrest etc.

Social Work is a dynamic profession which gives professional training to social workers and one of the challenging aspects of being a helping professional involves the ability to question, explore and analyze. Therefore, the various developmental approaches based on economic and technical models need to be questioned and reviewed for the present state of our rural populations. The shift of welfare perspective to empowerment has a wide scope of social work intervention in rural areas for which we need to develop our own methods dealing with the issues of individual, group and community life in Indian villages.

### **Some steps for Social Work Practice in rural areas:**

Placement of MSW students in rural areas/villages to learn and use practice of social work philosophy and methods for organizing communities at grass root level.

Organizing awareness generation campaigns in villages on local issues and general problems.

Neighbourhood/ locality level (10-15 houses) meetings with people to promote participatory approach and counter selfish motives.

Organize people to take active participation in village level development activities.

Develop an action plan for priority wise programmes to meet people's needs through an organized structure of community people with active participation and cooperation of PRI in the village.

## Community Development



**Prof. Manohar Pawar**

*Professor*

*School of Humanities and Social Sciences  
Charles Sturt University, Australia*

Historically, the social work profession has played a significant pioneering role in community development practice. Broadly speaking, hundreds of trained social work professionals have significantly contributed to community development from various perspectives such as teaching, training, research, administration and program implementation, awareness-raising, mobilization, social action, etc. The social development oriented community development practices aim for comprehensive development of individuals, families, communities and their institutions in terms of cultural, educational, health, political, economic, ecological and similar multi-faceted dimensions.

Focusing on just one area of practice is not enough. Comprehensive development of people and their communities will help them to become self-reliant and sustainable. Purposeful training is desirable to practice social development oriented community development. It is important to imbibe certain core values and principles of practice and develop basic skills of working with people and communities.



**Prof. B. Devi Prasad**

*Professor*

*Centre for Equity for Women,  
Children and Families School of Social Work  
Tata Institute of Social Sciences, Mumbai*

## Family Welfare

Family is a universal, basic social institution performing certain social functions in human society.

It provides an identity, a space for belongingness and nurturant socialization for its members. Although we are all significantly different from one another, we all came from a *family*, whatever way it is defined. And we tend to make decisions that influence our relations with others, based on how we are *raised*. Hence, family as an institution deserves attention. In the contemporary society, families are facing a

variety of challenges and therefore they need to be supported and strengthened so as to make them perform better.

It is important that the state and civil society need to safeguard and support the family from the shocks that it suffers because of the internal and external challenges. In this sense, the welfare of the family becomes fundamental to the well being of human societies and as such family welfare is an important field of engagement for professional social work.

**Social and mental health****Prof. R. Parthasarathy***Professor**National Institute of Mental Health  
and Neuro Sciences, Bangalore*

The term 'mental health' means many things to many people in simple words; the mental health includes three aspects: how frequently one feels happiness: how frequently others feel happiness in his/her presence and the lesser egoism better is happiness. The first one is psychological principle, the second one is interpersonal principle and the third one is spiritual dimension. The combined effect of the three aspects is one's mental health. The horizon of mental health is expanding every moment. Application of social work methods-case work, Group work, Community organization, Welfare Administration, social action and social work research in the field of mental health could be termed as Psychiatric Social Work. Psychiatric Social Workers are engaged in the activities which promote mental health, prevent mental health problems, therapeutic activities and rehabilitation and after care programmes.

The Psychiatric Social Workers have a vital role in Institutes of Mental Health, Psychiatric Rehabilitation Centres, De-addiction programmes. Child and Adolescent Mental Health Family Therapy, Neurology and Neurosurgery Centres, Casualty and Emergency units, community mental health programmes and research projects sponsored by National and International Organizations. Implementation of National Mental Health Programmes and District Mental Health Programmes increase the scope of psychiatric social work practice. Newer areas include HIV/AIDS care, psychosocial disaster care, school Mental Health Life Skills Education, Premarital counseling, Sexual minorities and other such areas. Many Psychiatric Social workers with M.Phil and Ph.D work as Faculty in the PG Department of Social Work, Institutes of Mental Health and Advanced Centres of Education and Research.

**Disability**

Disability is one of the niche concerns that social work responds to. Social work practice in the field of disability rehabilitation recognizes that persons with disabilities are not only disenfranchised but also socially excluded. Hence it becomes imperative to work with individuals, groups, families of persons with disability; their communities and advocate for affirmative and enabling policies that promote well-being of persons with disability. While working in the disability sector, it is important to use critical perspectives that give primacy to the person rather than disability. Hence use of contemporary perspectives in Social Work, such as the strengths perspective, anti-oppressive and partnership perspectives and frameworks assist in dealing with the apathy and lack of sensitivity of our communities and state to the issue of disability. While disability is not a homogenous sector and there are gender, caste and class dimensions that affect persons with disability, it is imperative that Social Work addresses the diversity within the disability sector. Social work as a profession has the versatility to offer services in the field of disability.

**Dr. Srilatha Juvas***Associate Professor and Chairperson  
Centre for Disability Studies and Action  
Tata Institute for Social Sciences,  
Mumbai*

## Social Defence



### **Prof. D.P. Singh**

*Professor and Head  
Department of Social Work,  
Punjabi University, Patiala*

Social Work intends to help people and society to bring about a meaningful individual and social change. At individual level, it is about improving the role performance while at the social level, it aims at providing greater justice and equality by bringing a better fit between the needs and the resources of the people by creating favourable societal conditions. As such, social defense, in brief, is understood as a process of creating an environment conducive to the prevention of any socio-economic and structural deviance through a systematically organized and coherent action by the

State as also the civil society including the social work professionals. From this point of view, if we want a more equitable, justice oriented egalitarian society, it has to be less violent in terms of power sharing and the ownerships. Social defense is, thus, that pathway which replicates and advances these social work ideals. It is not just about focusing on individuals who are criminals but also reaches out to those who are likely to be exposed to any such vulnerability. In that way, Social defense is an overarching concept that aims at perfecting the system by reconciling the exploitative, hegemonic and violent socio-economic transactions between the individuals, systems and organizations resulting into inequality, poverty, exploitation, exclusion and disempowerment. It ensures social justice, protects human rights, reduces social inequalities, cultural discrimination and all sorts of social and economic handicaps that breed crimes. Social defense is a process that aims at destroying the self-generating and self-sustaining capacity that has manifestation in crime causation, widening gap between the rich and poor and intensifying caste and religious conflicts.

It is an important area of social work practice wherein these professionals work in institutional and non-institutional arrangements primarily in the fields of crime prevention, correctional administration, prison reforms, juvenile justice, for prevention of marginalization and vulnerability of the poor, ensuring balanced development to minimize social strife, racial discriminations, religious bigotry and social fragmentation.

To achieve the aforementioned mandate social workers are usually placed in the prisons, community welfare projects, educational homes, observation homes, day-care centers, criminal justice systems, social welfare and development agencies, voluntary institutions, drug de-addiction and counseling centers and plethora of other agencies of the similar nature and functions.

## Psychosocial care in disaster management

The social work profession promotes social change, problem solving in human relationships and the empowerment and liberation of people to enhance well being. Utilising theories of human behaviour and social systems, social work intervenes at the points where people interact with their environments. Principles of human rights and social justice are fundamental to social work" (IASSW, 2004). As the definition goes, social workers have wider scope in practising social work in the context of disaster mental health.



**Prof. K. Sekar**  
*Professor and Head  
National Institute of Mental Health  
and Neuro Sciences  
Bangalore*

The wide role of the social workers in disaster intervention starts from the immediate rescue through relief, rehabilitation and long term rebuilding process. Comprehensively, the psychosocial care during rescue phase is more to ensure the safety and security among the survivors with provisions of basic needs. In relief phase with practical help, providing information and ensuring immediate Emotional First Aid is very important. In rehabilitation phase the task is to facilitate a more healthy social well-being by providing mutual support and rebuilding social support, whereas in long term reconstruction phase, the focus is to ensure a long term development with established sense of belongingness with the place of stay and ensuring psychosocial competencies to deal with future problems as well as to lead a more efficient life. This phase involved integrating a Comprehensive disaster mental health program for the affected communities. Disaster preparedness and education is a continuous activity coupled with overall community development.

Currently standardized training programme and training kits are available to a larger extent. Information leaflets and manuals to the individuals, families, community level workers, working with women and children are currently available in various Indian languages.

Doctoral research has been carried out to demonstrate the differences in reaction between natural and human made disasters, stress among community level workers, impact of the event, disability, quality of life among vulnerable population like, orphan and semi orphan children, adolescents, aged, women and the disabled. At the State level psychiatric social workers are appointed as Members of the State Disaster Management Authority which gives a larger scope for implementation of the policy and programmes at State level.



### National and international social work professional organisations

**Prof. Vimla Nadkarni**

President, International Association of Schools of Social Work  
Founder Dean (Retd)  
School of Social Work  
Tata Institute of Social Sciences

Networking among social work educational institutions serves several purposes, the major ones being to share knowledge, provide common fora for debates and discussions through joint conferences, and thus strengthen the quality and credibility of the profession of social work. It was in 1928 that a few European and American faculty of social work came together in an international conference and made a landmark decision to institute an international association of social work education. Not only was the International Association of Schools of Social

Work ([www.iassw-aiets.org](http://www.iassw-aiets.org)) conceived but also the International Federation of Schools of Social Workers ([www.ifsw.org](http://www.ifsw.org)) and the International Council of Social Welfare ([www.icsw.org](http://www.icsw.org)).

Over time, these organisations brought in countries in the South. While each of these three international organisations have their respective goals and missions, they also work together to give greater leverage on particular social issues. Together, they have, for example, developed international statements on Ethics in Social Work, New Definition of Social Work, and the Global Agenda for Social Work and Social Development. The Global Agenda is a vehicle through which social work educators and practitioners across the continents are lobbying for social and economic equality, promoting human relationships and environmental sustainability as well as dignity and respect for people. It is very essential that all schools of social work all over the world join hands with international organisations for growth and development of the profession and enhancing the lives of the poor and oppressed populations through promoting human rights, equality and social justice.

## Job prospects in social work



**Prof.R.B.S.Verma**

*Former Head*

*Department of Social Work*

*University of Lucknow*

### **Government Sector:**

1. As a subject for Civil Services of State (state of U.P. and Uttrakhand)
2. Social Welfare- Officer (District Level), Superintendents of Homes, In-charge of Training Institutions, Counselors (Family Welfare/Services) Drug-Dedication Centers, Prohibition Officers, Probation officer, CDPOS, Supervisors etc.

### **Health Sector**

Medical and Psychiatric Social Workers, Public Relations Officers in hospitals, District and Block Level Coordinators (District and Block Levels) under NRHM etc. District AIDS control Societies (Training Officer etc).

### **Development Sector**

District and Block level Coordination under MNREGA, Food Security, Livelihood Programme and other Development Programmes and Schemes, Programme officer in Tribal Institutions and Development Institutions, BDOs, ADOs, Village Development Officer etc.

### **Research and Development Institutions**

Research Officer, Research Assistant

### **Private Sector**

Corporate Sector:

Welfare Officers in Factories, mines and Plantations, HR Personal, Industrial Relations Officers, Coordinator of Development Centers Established by Corporate under CSR.

Consultancy Services, Project Management, Career Counselling, Counselling Agency for diverse groups and Advocacy agencies.

### **Civil Society Organization**

NGO's Funding Agencies, Charitable Trusts, Schools and Voluntary Organizations, Community Workers, Motivators, Social Actionist etc.

### **Inter National Organizations:**

UNICEF, UNDP, WHO etc.

### **Educational Institutes:**

Teachers, Project Officers and Researcher etc.

In the present environment, a number of professionals have started their own institutions/organisations to work independently in various areas cited above-consultants, researchers, service organizations, human right and advocacy groups. Many of them have also started e-learning portals reaching out to people far and wide. Therefore, the employment opportunities in the 'Social sector' empower you to DREAM, IMAGINE, BUILD, CREATE and SERVE.

## **Outline of M. A. Social Work programme offered at the Department of Social Work, Central University of Jammu**

The course offered in Central University of Jammu focuses on four broad areas.

The first part assimilates fundamental knowledge drawn from various branches of social science disciplines viz. Sociology, Political Science, Economics, Governance, Psychology. The second part focuses on various methods used in social work practice, developed by social work professionals with their long standing experience of working with people. The third part is the application part devoted to human service areas where social work knowledge can be applied in intervention process. The fourth part is the Field work training. It is one third of the course apportioned to provide opportunity for all the trainees for 'on the job training experience' in a selected setting in the entire course. The trainees are mentored through individualised supervision by the faculty.

An outline of the M. A. Social Work course offered at the Central University of Jammu is presented hereunder-

### **1. Foundation Courses-**

- a. Society, Polity, Governance and Economy
- b. Human Psychology and Social environment

### **2. Method Courses-**

- a. Case Work- Working with individuals
- b. Group Work- Working with groups
- c. Community Organisation- Working with community
- d. Social Work Research
- e. Social Welfare Administration
- f. Social Action

### **3. Application Courses- Fields of Social work (multiple option papers are provided)**

- a. Family and child welfare
- b. Disability
- c. Development
- d. Mental Health
- e. Disaster Management

### **4. Research Dissertation (*Project work*)**

### **5. Field work training/ practicum- 15 hours a week/ two days a week**

### **6. Block placement- *Internship at the end of the last semester***

In addition, there are provisions for rural camps/ relief camps/ theme camps and tours.

The university also provides the opportunity of interdisciplinary learning to its students (IDC). Presently, the courses on Communication skills, Statistics and HRD are being availed by our students from other departments. For more details log on to the university website. [www.cujammu.in](http://www.cujammu.in)



### Department in NEWS

#### SOCH, RPF jointly hold 'awareness cum material distribution' camp



**Each: Zameer Bhatti**

SOCH, RPF members during awareness cum material distribution camp in Jammu.

**JAMMU**, 14.07. As part of the efforts to create a child-friendly society and promote awareness on child rights, Society for Child Helpline India (SCH) in association with Railway Police Force (RPF) Northern Railway organized awareness cum Material Distribution Camp for the down-trodden children particularly involved in rag picking from the tracks of Jammu Javeli Railway station.

Dr. Dipika Phukan, Central University, Deputy Chief Officer, Jammu Shiksha, Raha, Javeli of Poojapriya Bajaj Sharma and Volunteers of SCH rendered their missionary services. Earlier it commenced with a brief lecture from Shri. Yash in stature of Social Work who aroused the children about the importance of education.

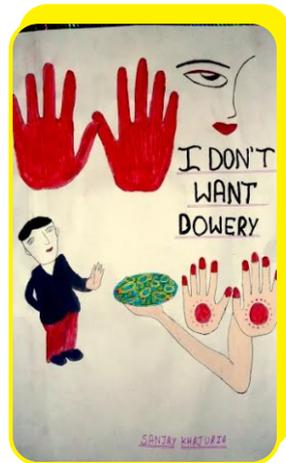
The lecture was followed by various learning activities organized by SCH volunteers and students from Department of Sociology and Social Work, Central University of Jammu. Social Work, Central University of Jammu (C.U.J). Resource persons also shared the community leader project in the court to ensure that the childhood of these children should not lose. The

event concluded with the distribution of warm clothes, food items and notebooks and pencils among the children.

Meanwhile speaking to the media person present on the occasion, Manoj Singh, member in SCH highlighted the plight of the children who are involved in rag picking.

She mentioned that these children did not have access to basic facilities and their conditions of living are highly exploitative and unethical from an environment. She mentioned several cases where the children suffered serious injuries while rag picking between tracks. Singh also thanked the District Administration and RPF, Northern Railway for extending their due cooperation to hold such an event.

Highlighting the commitment of SCH towards the creation of a child-friendly society, Singh said that in the coming months the organization is planning to initiate a remedial school for these children and a vocational training center for the adolescent girls in the low-income communities near the station. She also lauded the efforts of Javeli Shiksha, for its missionary and hoped it will improve the plight of the weaker sections of the society in Jammu & Kashmir.



## Assignment posters

by  
**Applied Mathematics students under IDC by Social Work**



*'Architect view of the new campus of Central University of Jammu'*

Address for Communication

**Department of Social Work**

Temporary Academic Block

Sainik Colony

Jammu-180 011

for more details contact: **L. S. Ghandi Doss, Professor and Head**

email: [cujammusw@gmail.com](mailto:cujammusw@gmail.com)

url: [www.cujammu.in](http://www.cujammu.in)