



ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು-570006

ಜಾಗೃತಿ ಸಮಾಜಕಾರ್ಯ ಶಿಬಿರ-2022  
ದಿನಾಂಕ: 25-07-2022 ರಿಂದ 04-08-2022

ಸ್ಥಳ : ಏಕಲವ್ಯ ಮಾದರಿ ವಸತಿ ಶಾಲೆ, ಸೊಕ್ಕೇಪುರ ಹಾಡಿ  
ಹೆಚ್.ಡಿ.ಕೋಟೆ ತಾಲ್ಲೂಕು, ಮೈಸೂರು ಜಿಲ್ಲೆ

ಪ್ರೊ./ಡಾ||ಶ್ರೀ/ಶ್ರೀಮತಿ -----  
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ಶಿಬಿರದ ನಿರ್ದೇಶಕರುಗಳು

1. ಡಾ. ಜ್ಯೋತಿ ಹೆಚ್.ಪಿ. ಸಹ ಪ್ರಧ್ಯಾಪಕರು ಮತ್ತು ಅಧ್ಯಕ್ಷರು
2. ಡಾ. ಚಂದ್ರಮೌಳಿ, ಸಹ ಪ್ರಧ್ಯಾಪಕರು

ಶಿಬಿರದ ಸಹ ನಿರ್ದೇಶಕರುಗಳು

1. ಡಾ. ಗಂಗಾಧರ ವೈ.ವಿ., ಉಪನ್ಯಾಸಕರು
2. ಕುಮಾರಿ. ಉಮ್ಮೇ ಹನಿ, ಉಪನ್ಯಾಸಕರು
3. ಶ್ರೀ ಮುಖೇಶ್ ಪವನ್ ಕುಮಾರ್, ಉಪನ್ಯಾಸಕರು
4. ಶ್ರೀ ಸುಖೇಶ್ ಪಿ, ಉಪನ್ಯಾಸಕರು

ಸರ್ವರಿಗೂ ಸುಸ್ವಾಗತ

ಅಧ್ಯಕ್ಷರು, ಬೋಧಕರು, ಬೋಧಕೇತರ ಸಿಬ್ಬಂದಿ, ಸಂಶೋಧನಾ ವಿದ್ಯಾರ್ಥಿಗಳು,  
ಸಮಾಜಕಾರ್ಯ ವಿದ್ಯಾರ್ಥಿಗಳು

## ಉದ್ಘಾಟನೆ

ದಿನಾಂಕ: 26-07-2022  
00

ಬೆಳಿಗ್ಗೆ :11-00 ರಿಂದ ಮಧ್ಯಾಹ್ನ 12-00

ಉದ್ಘಾಟನೆ

:

**ಶ್ರೀ ನಾರಾಯಣಸ್ವಾಮಿ,**

ತಾಲ್ಲೂಕು ಪರಿಶಿಷ್ಟ ವರ್ಗಗಳ ಕಲ್ಯಾಣಾಧಿಕಾರಿಗಳು  
ಹೆಚ್.ಡಿ.ಕೋಟೆ, ತಾಲ್ಲೂಕು, ಮೈಸೂರು ಜಿಲ್ಲೆ ಮತ್ತು  
ಪ್ರಾಂಶುಪಾಲರು, ಏಕಲವ್ಯ ಮಾದರಿ ವಸತಿ ಶಾಲೆ  
ಸೊಳ್ಳೆಪುರ ಹಾಡಿ, ಹೆಚ್.ಡಿ.ಕೋಟೆ ತಾಲ್ಲೂಕು

ಮುಖ್ಯ ಅತಿಥಿಗಳು

:

**ಶ್ರೀಮತಿ ಪಾರ್ವತಿ ಕೃಷ್ಣ**

ಗ್ರಾಮ ಪಂಚಾಯತಿ ಸದಸ್ಯರು, ಚಕ್ಕೋಡಹಳ್ಳಿ ಗ್ರಾಮಪಂಚಾಯತಿ  
ಹೆಚ್.ಡಿ.ಕೋಟೆ ತಾಲ್ಲೂಕು, ಮೈಸೂರು ಜಿಲ್ಲೆ

:

**ಶ್ರೀ ಶೈಲೇಂದ್ರಕುಮಾರ್**

ಅಧ್ಯಕ್ಷರು, ಕರ್ನಾಟಕ ಅರಣ್ಯ ಮೂಲ ಬುಡಕಟ್ಟು ಸಮುದಾಯಗಳ ಒಕ್ಕೂಟ

:

**ಶ್ರೀ ವಿಜಯ್‌ಕುಮಾರ್**

ಮುಖಂಡರು, ಬುಡಕಟ್ಟು ಕೃಷಿಕರ ಸಂಘ, ಹೆಚ್.ಡಿ.ಕೋಟೆ

:

**ಶ್ರೀ ಜಿ.ಸ್ವಾಮಿ**

ಮಾಜಿ ಗ್ರಾಮ ಪಂಚಾಯತಿ ಸದಸ್ಯರು, ಚಕ್ಕೋಡಹಳ್ಳಿ,  
ಗ್ರಾಮ ಪಂಚಾಯತಿ, ಹೆಚ್.ಡಿ.ಕೋಟೆ ತಾಲ್ಲೂಕು

ಅಧ್ಯಕ್ಷತೆ

:

**ಡಾ. ಚಂದ್ರಮೌಳಿ**

ಸಹ ಪ್ರಧಾನಪಕರು ಮತ್ತು ಶಿಬಿರದ ನಿರ್ದೇಶಕರು  
ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು

## ಶಿಬಿರದ ಉದ್ದೇಶಗಳು

- 1) ಶಿಬಿರಾರ್ಥಿಗಳಲ್ಲಿ ಸಮಯಪ್ರಜ್ಞೆಯನ್ನು ಬೆಳೆಸುವುದು.
- 2) ಶ್ರಮದಾನದ ಮೂಲಕ ಕಾರ್ಮಿಕ ಗೌರವವನ್ನು ಹೆಚ್ಚಿಸುವುದು.
- 3) ಗುಂಪುಜೀವನ, ಸಮುದಾಯ ಭಾಗವಹಿಸುವಿಕೆ, ಹಂಚಿಕೆಯ ಮನೋಭಾವವನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುವುದು.
- 4) ಸಮಾಜಕಾರ್ಯ ಸಂಶೋಧನೆಯನ್ನು ಕಲಿಸುವುದು.
- 5) ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳು, ಬೀದಿನಾಟಕಗಳು ಮತ್ತು ಜಾಥಾಗಳ ಮುಖಾಂತರ ಸಾಮಾಜಿಕ ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸುವುದು. ಸಮಸ್ಯೆಗಳನ್ನು ಬಗೆಹರಿಸಲು ಪ್ರಯತ್ನಿಸುವುದು ಮತ್ತು ಶಿಕ್ಷಣ ನೀಡುವುದು.

### ಸರ್ವರಿಗೂ ಸುಸ್ವಾಗತ

ಅಧ್ಯಕ್ಷರು, ಬೋಧಕರು, ಬೋಧಕೇತರ ಸಿಬ್ಬಂದಿ, ಸಂಶೋಧನಾ ವಿದ್ಯಾರ್ಥಿಗಳು,  
ಸಮಾಜಕಾರ್ಯ ವಿದ್ಯಾರ್ಥಿಗಳು



ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು-570006

ಜಾಗೃತಿ ಸಮಾಜಕಾರ್ಯ ಶಿಬಿರ-2022  
ದಿನಾಂಕ: 25-07-2022 ರಿಂದ 04-08-2022

## ಸಮಾರೋಪ ಸಮಾರಂಭ

ದಿನಾಂಕ: 03-08-2022  
ಮಧ್ಯಾಹ್ನ : 3-30 ರಿಂದ ಸಂಜೆ 5-00

ಸ್ಥಳ : ಏಕಲವ್ಯ ಮಾದರಿ ವಸತಿ ಶಾಲೆ, ಸೊಳ್ಳೇಪುರ ಹಾಡಿ  
ಹೆಚ್.ಡಿ.ಕೋಟೆ ತಾಲ್ಲೂಕು, ಮೈಸೂರು ಜಿಲ್ಲೆ

ಪ್ರೊ./ಡಾ||ಶ್ರೀ/ಶ್ರೀಮತಿ - - - - -

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### ಶಿಬಿರದ ನಿರ್ದೇಶಕರುಗಳು

1. ಡಾ. ಜ್ಯೋತಿ ಹೆಚ್.ಪಿ.  
ಸಹ ಪ್ರಧ್ಯಾಪಕರು ಮತ್ತು ಅಧ್ಯಕ್ಷರು
2. ಡಾ. ಚಂದ್ರಮೌಳಿ,  
ಸಹ ಪ್ರಧ್ಯಾಪಕರು

### ಶಿಬಿರದ ಸಹ ನಿರ್ದೇಶಕರುಗಳು

1. ಡಾ. ಉಮ್ಮೇ ಹನಿ, ಉಪನ್ಯಾಸಕರು
2. ಶ್ರೀ ಮುಖೇಶ್ ಪವನ್ ಕುಮಾರ್, ಉಪನ್ಯಾಸಕರು
3. ಶ್ರೀ ಸುಖೇಶ್ ಪಿ, ಉಪನ್ಯಾಸಕರು

### ಸರ್ವರಿಗೂ ಸುಸ್ವಾಗತ

ಅಧ್ಯಕ್ಷರು, ಬೋಧಕರು, ಬೋಧಕೇತರ ಸಿಬ್ಬಂದಿ, ಸಂಶೋಧನಾ ವಿದ್ಯಾರ್ಥಿಗಳು,  
ಸಮಾಜಕಾರ್ಯ ವಿದ್ಯಾರ್ಥಿಗಳು

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು

ಜಾಗೃತಿ ಸಮಾಜಕಾರ್ಯ ಶಿಬಿರ - 2022

ಏಕಲವ್ಯ ಮಾದರಿ ವಸತಿ ಶಾಲೆಯಲ್ಲಿರುವ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ  
“ಕೌಶಲ್ಯಾಭಿವೃದ್ಧಿ ಕಾರ್ಯಕ್ರಮ”  
ವಿಶೇಷ ಉಪನ್ಯಾಸ

- ಉದ್ಘಾಟನೆ ಮತ್ತು  
ವಿಶೇಷ ಉಪನ್ಯಾಸ : ಪ್ರೊ. ಜಿ. ವೆಂಕಟೇಶ್ ಕುಮಾರ್  
ಅಧ್ಯಕ್ಷರು, ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗ ಮತ್ತು ಮಾನ್ಯ ಸಿಂಡಿಕೇಟ್ ಸದಸ್ಯರು  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು
- ಮುಖ್ಯ ಅತಿಥಿಗಳು : ಶ್ರೀ ಅನಿಲ್ ಚಿಕ್ಕಮಾಡು  
ಮಾನ್ಯ ಶಾಸಕರು, ಹೆಚ್.ಡಿ. ಕೋಟೆ ತಾಲ್ಲೂಕು  
ಶ್ರೀ ರಾಜೇಶ್ ಗೌಡ  
ನಿರ್ದೇಶಕರು  
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಬುಡಕಟ್ಟು ಸಂಶೋಧನಾ ಸಂಸ್ಥೆ, ಮೈಸೂರು  
ಶ್ರೀ ಪ್ರಭಾ ಎಸ್. ಅರಸ್  
ಜಿಲ್ಲಾ ಪರಿಶಿಷ್ಟ ವರ್ಗಗಳ ಕಲ್ಯಾಣಾಧಿಕಾರಿಗಳು  
ಮೈಸೂರು ಜಿಲ್ಲೆ
- ಅಧ್ಯಕ್ಷತೆ : ಡಾ. ಜ್ಯೋತಿ ಹೆಚ್.ಪಿ.  
ಅಧ್ಯಕ್ಷರು  
ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು
- ಉಪಸ್ಥಿತರು : ಶ್ರೀ ನಾರಾಯಣ  
ಪ್ರಾಂಶುಪಾಲರು, ಏಕಲವ್ಯ ಮಾದರಿ ವಸತಿ ನಿಲಯ  
ಹೆಚ್.ಡಿ. ಕೋಟೆ ತಾಲ್ಲೂಕು  
ಡಾ. ಚಂದ್ರಮೌಳಿ  
ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು  
ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು

ದಿನಾಂಕ : 29.07.2022  
ಸಮಯ : ಸಂಜೆ 05.30

ಸ್ಥಳ : ಏಕಲವ್ಯ ಮಾದರಿ ವಸತಿ ಶಾಲೆ  
ಹೆಚ್.ಡಿ. ಕೋಟೆ ತಾಲ್ಲೂಕು

ಸರ್ವರಿಗೂ ಆದರದ ಸ್ವಾಗತ

ಸಮಾಜಕಾರ್ಯ ಶಿಬಿರದ ಶಿಬಿರಾಧಿಕಾರಿಗಳು  
ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ  
ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು

**UNIVERSITY OF MYSORE**  
**DEPARTMENT OF STUDIES IN SOCIAL WORK**  
**MANASAGANGOTHRI MYSORE**

**Introduction:**

Social work camp intend to make students to understand better about community life, people's need and problems. It encourage the students to develop a sense of empathy and accept community life with great respect.

The department of studies in social work, University of Mysore, Manasagangothri provided opportunity to the students and organized the social work camp at Sollepura Hadi, HD Kote, Mysore.

The camp started from 25 July 2022 till 04 August 2022.

**Objectives:**

- To develop better understanding about tribal community.
- To understand the need and problems of the people.
- To understand the life style of the tribal people.
- Creating awareness about social issues through cultural programmes, such are street plays and Jathas.
- To develop punctuality among the campers.

## **25 July 2022**

**Time : 1:00 pm**

Every students and staffs arrived at the department and each and everyone along with help of seniors packed the luggages.

2:20 pm – Every campers and camp supervisors left the campus.

4:30 pm – All the students reached Yekalavya Madari Vasathi School, Sollepura.

6:30 pm – Everyone cleaned their room and kitchen room and had tea.

7:00 pm – All the committees gathered and discussed with the supervisors.

8:00 pm – Volunteer prepared our dinner like rice and Vegetable Sambar.

9:30 pm – All finished their dinner (Rice, Vegetable Sambar, Pickle, Pappad) and discipline committee members collected everyone's cell phone and kept in kitchen room.

10:30 pm – All the students went to their bed.

## **Day 1 - 26 July 2022**

5:00am - Alarm rang, everyone woke up and freshup and assembled near Kitchen room

6:30 am - All sang the National Anthem.

7:00 am - Everyone did Exercise

8:00 am - Fresh up-and Research committee went to prepare flower bokke around the school.

9:00 am - Everyone finished breakfast and went to arrange the stage for inauguration programme in Ekalavya school dining hall.

9:30 am - Research Committee with the help of finance committee arranged the programme.

10:00 am to 11:00 am - Time to get ready for inauguration function.

11:00 am - programme started.

12:00 am - program ended.

12:30 pm - Dhanush one of the alumini of our department who is working at forest department in HD kote, he gave speech.

1:00 pm camp supervisor told trainees to right their expectations in the camp

2:00 pm - We had lunch [ Rice Kadlekalu sampor, pickle]soon after finishing lunch everyone went Jatha to sollepora.

4:30 pm - Trainees assamblea punavarathi Samudaya Bhavana of sollepora and director of wild life conservation Interacted with Trainees.

5:00 pm - Research committees presented the Street play

5:30 pm - All left the Sollepura

5:.45 pm - Dr Chandramouli sir Waiting For Trainees

6:30 pm – Trainees Had Break to Freshup



7:20 pm - Discipline committee collected the all cell phone which was given During Jatha

7:45 pm – Evaluation Started

8:30 pm - Evaluation Ended

10:00 pm - Everyone finished their Dinner [Rice, Bele Samber masala papad Pickle]

10:30 pm - Everyone Went to bed [ Lights off]

## **Day 2 – 27 July 2022**

Day: Wednesday

Time:

5:00 To 6:00PM all students woke up to 6:00 AM

6:00 AM TO 6:15AM-Students and our faculty sang national antham

6:20 AM TO 6:30AM-Break time(gave lemon tea)

6:30 AM TO 7:10-All the students along with the teacher went for a walk till Basavanagiri (except for the discipline committee because the cooking was their)

7:15 AM TO 7:30AM-Then we all did the excircise.

7:30 Am TO 8:15Am then the teacher did shramadaan for all students.

8:15 Am TO 9:15Am fresh up

9:30 Am TO 10:15 AM –Breakfast(upma,curd,pickle)

10:30AM TO 11:30AM-Interaction about yesterday jatha with Sukesh sir, Umme Hani ma'am ,and Mukesh Pavan kumar sir.

11:45AM TO 12:00PM- Then we prepared UCH programme.

12:15PM Then University Career Hub (UCH)

Mentor came arrived (Vinod, Gautham & Prajwal Sir)

First the asked why you are going to the community. Then what you do there. Then he told you how to communicate with tribal peoples.

Then he got a questionnaire from the research committee and told how to go to people and ask question and get answers.He also made an activity as an example.

12:40PM TO 1:15PM- Break time

1:15PM Class start again

An activity was played.We have to compare anything that match our character and why we compared it to a thing in 30 seconds. After that everyone asked what are the expectations from the camp

1:45 PM TO 2:30PM Discussed the work given UCH

2:45PM TO 3:15PM Lunch break ( Black tea,rice,cucumber samber+pickle)

3:30PM TO 5:00PM -He said by doing an activity to tell how to get data collection.there is a problem that can be seen from a different angle

5:00PM TO 5:45PM We had tea break

5:45PM TO 6:45PM –Played Cricket

6:45PM TO 7:30PM- Break (Fresh up)

7:30PM TO 8:45PM –Cultural committee conduct the cultural activity.

9:00PM TO 9:30PM- We had dinner(rice,vegetable sambar+pickle,chapathi ,egg burji)

9:45PM TO 10:30PM Did the Evaluation ,

- like did you do it from morning till night?
- What did UCH mentors teach him?
- What did you learn from it?

After the completion evaluation.

10:30PM –Everyone went to their respective rooms..

### **Day 3 – 28 July 2022**

Day:Thursday

Time : 05:00am- 06:30am all students woke up and got ready to the day .

06:45am= prayed a national anthem and discussed about the servay and today's Jatha programme and had a break for lemon tea.

07:15am= all social work trainees start the working and finished at 08:00am

After 5 minutes break all students and camp supervisiours discussed about the servay quetionnaires and cleared their doubts on it.

08:50am - 09:30am - we had breakfast (puliyo gare)

09:30am-10:00am - break for fresh up to go for servay to solle pura,

10:30am-01:45pm - all social work students from the hostel to sollepora and collected the information about their life basic information .each committee divided into some groups to make work easy to do data collection and around 01:45pm we finished the data collection and came back to the Eklavya madari vasati school .

02:00pm - it was the time for lunch(curd rice with pickle)

02:20pm-03:00pm - break time to the students

03:15pm-05:27pm - going to servy for collecting data sollepora haadi and also some of few students conducted sports activities to the eklavya madari vasati school students like –musical chair ,memory game ,sports activity and at 05:30pm and 06:00pm - evening tea break

And 06:00pm our faculty and students played a sports (cricket) ,

06:00-07:20pm - we had a break for fresh up.

08:20pm every one assemble infront of the kitchen area .and evaluation was conducted.

09:30pm - evaluation ended

10:00pm - we had dinner (ragi boll mixed vegetable samber ,rice ,bajji(potato and banana) and pickle ).

10:45pm - Everyone went to their bed.

## **Day 4 – 29 July 2022**

### **Friday**

5:00 am – 6:00am – Everyone finished their work and gathered near Kitchen.

6:00am – 6:10am – Supervisor of the camp and students sang the National Anthem and prepared the schedule of the day.

6:40am – 7:00am – This was the time for walking

7:00am-7:15am – Exercise

7:15am – 7:20am – Tea Break

7:40am-9:20am- By cleaning drainage Shramadhan was conducted and some plants were planted.

8:20am – 9:45am – Breakfast

9:45am – 10:30am – Time to get ready for the survey

10:30am-10:50am- Camp supervisor had discussion with students about Social Mapping and gave information about Mapping like how to Map, how to observe, what are the types of mapping and they divided the students in to two groups. Campers went to Basavanagiri Haadi and Sollepura Haadi PRA (Participatory Rural Appraisal).

Campers were separated into two groups – one group accompanied by Supervisor Mukesh and other went with Supervisor Umme Hani.

After Transact walked, Campers prepared Resource Map, Social Map, Seasonal Map.

10:55am-11:00am- In the place of where the PRA was conducted supervisor divided each group into three subgroups regarding social mapping, resource mapping and seasonal mapping. All the students had healthy discussion with people and collected the information from them and also observed.

Then around 1 O' clock everyone returned from their survey and gathered near Ekalavya Madari School.

1:30pm-2:00pm – This was the time to have a lunch.

2:30pm-4:00pm - Each group took a drawing sheet to prepare the mapping and cultural committee members went to prepare the flower Bokke for the programme of Skill Development.

4:15pm-5:30pm - Students of the Ekalavya Madari Vasathi school had a sports day. The lots of waste like plastic, plats, paper glass etc thrown by the people in sports day. Campers took responsibility to clean it.

5:30pm-6:00pm- Evening Tea Break

6:00pm – 7:20pm: All were played the Cricket with faculties.

7:20PM-8:20PM – It was the break time for fresh up.

8:20pm – Everyone assembled for the Evaluation. Here students expressed their experience. Students told they understood about Tribal community problems. Camp directors evaluated the campers' activities of this day.

9:30 pm – Evaluation ended.

10:00pm – This was the time for having dinner (Ragi ball, Mixed vegetable sambar, Rice, Bajji (Potato&Banana), Pickle.

## **Day 5 – 30 July 2022**

Day: Saturday

Time: 5:30 AM – All Social work students woke up at 5:30Am and the committee had cleaned the rooms and toilets. Who were mentioned

in time table. Then all students and camp directors assembled to sing National Anthem.

6:00 AM TO 6:07 AM – All campers and camp directors song National Anthem. The all were discussed about ‘To do plans of the day’. Afterward all were got ready for further program.

7:07AM - Campers cleaned the place where the were refining till 7.33AM

7.35AM- all were went for walking from Ekalavya Madhari School to Basavanahadi highway

8.38AM –Campers came back from the morning walk and had Tea, and later discussed about the day’s plans.

9.00AM –Research committee members went to collect flowers to prepare bouquet.

9:40AM Campers had breakfast, and then went to decorate stage for the programme.

10:10AM – Campers welcomed the guests with ovation.

11:30AM- The programme was started.

“Health management of Adolescent Girls”.

### **PROGRAMME REPORT**

Programme Name: Health Management of Adolescent Girls

Date: 30 July 2022

Day: Saturday

Time: 11:30am to 1:00pm

Resource Persons : **Mrs Shaheena Thaj**

Counsellor

Family Planning Association of India (FPAI), Mysore

**Dr Sapna M S**

Professor, DOS in Journalism and Mass

Communication

Manasagangothri, University of Mysore

Chief Guest: Mrs Pavithra Y K

Member of Syndicate Bank

University of Mysore

Presence: Mrs Parvathikrishna

Member, Grama Panchayath Chakkodanahalli

H D Kote Taluk, Mysore District

President : Dr Jyothi H P

Chairperson

Department of studies in social work

Manasagangothri, university of mysore

Participants: - High school Girls

Ekalavya Madari Vasati School, Sollepura

- Social Work Students

DOS in Social Work, Manasagangothri

Objectives of the programme:



- To spread awareness and knowledge about Menstruation to Highschool Girls.
- To give awareness about health Management of Adult Girls.
- To provide knowledge about how to getting periods.
- To speak about the problems and mental weakness in the time of Menstruation.
- To give awareness about Napkin Disposal.

And there is another one session regarding “Communication Skill”.

- To elaborate the importance of Communication.
- To give knowledge about how to be a good communicator.
- To know the barriers and how to overcome it.

Details of the Programmes:

On 30 th July 2022 from 11:30am Social Work Department of Manasagangothri organized the programme about “Health Management of Adolescent Girls” at Ekalavya Madari Vasathi School, Sollepura Hadi, H D Kote Taluk, Mysore.

The special talk given by Mrs Shahina Taj, Counsellor, FPAI, Mysore to highschool girls, Ekalavya Madari Vasathi School. She explained about Menstruation, how it will be happened, what are the problems the adolescent girls are facing and how to be overcome it.

Then another one special talk given by Dr Sapna M S, Professor, Journalism and Mass Communication Department, Manasagangothri, Mysore University about “Communication Skill”. She talked about the importance of communication, barriers of communication and how to be an effective communicator.

Afterwards chief guests talked regarding the camp and programme. The Presidential remark given by Dr Jyothi H P, Chairperson, DOS in Social Work, Manasagangothri, University of Mysore.

Learning of the Programme:

- “Menstruation” is a natural process in every girl’s life. There is no issue to hesitate or fear about it. And maintaining individual cleanliness very essential in the time of adolescence- means in the time of periods. There are many physical and psychological variations will happened in the time of Menstruation.
- “Communication Skill” is much needed for survive. And good communicator can win easily everywhere. And learning language is much needed for sharpen communication skill.

1:30PM – Lunch time.

2:30PM - Campers drew social mapping, seasonal mapping and resource mapping of Basavanagiri and Sollepura Community.

5:03PM – Tea break

5:30PM- Sports Time for an hour, Campers played Cricket with the Supervisor.

6:30PM – Campers Reassembled to perform next activity.

7:00PM- With the guidance of the Supervisors, Campers prepared the Social Mapping, Resource Mapping, & Seasonal Mapping.

9:30PM- Dinner time

10:30PM- Evaluation was conducted.

The Supervisor's directed the Campers how they should improve the work for the next day.

Completion of Evaluation.

11:11PM- All went to sleep.

## **Day 6 – 31 July 2022**

Day: Sunday

Time:

6:30 am –woke up

7:00 am – Students and faculty sung national anthem

7:00 to 7:45 am – Students participated in shramadana [clean the ground]

8:00 am – Social work trainees had tea break and then students and faculty members played a cricket

8:45 am- At this time Research team members participated in preparing the bouquet then students had breakfast time prepare for the health camp .

9:30 to 10:30 am- We had breakfast [chow chow bath, pickle]

11:00 am- Social work trainees reached the health camp .

11:15 am – Every students again went to jaatha Sollepura to make people assembled in the Punarvasathi Samudaaya Bhavana in Sollepura.

11:45 am – Health camp was started. Dr. Chandrashekar inaugurate in the health camp programme and the student of the Manasagangothri students gave the blood sample.

3:00 pm – Every students and faculty of the Manasagangothri left the Sollepura haadi

3:15 pm – We had lunch [Assam tea, chicken biriyani, rice, tomato samber, pickle, papad]

4:00 to 6:00 pm – Sports time, playing the cricket.

6:05 pm – Tea break [black tea]

8:00 pm – Cultural events

9:00 pm – We had dinner [Chicken biriyani, rice, tomato samber, pickle, lemon, cucumber]

9:45 to 10:30 pm – Camp supervisor conducted the evaluation programme about the day and the health camp.

10:45 pm- Everyone went to their bed.

## **Day 7 – 01 August 2022**

Day-Monday

Time: 5:00AM TO 6:00AM –All campers woke up and got ready to the day.

6:05 AM TO 6:15 AM –Campers and directors of the camp assemble together and sang National Anthem.

6:15 PM To 6:48 Am –Group discussion about activities which were organized for the students of “Ekalavya Madari Vasathi School, Sollepura”,

6:48AM TO 7:00- Tea break

7:00AM TO 8:30AM –Skit practice

8:30AM TO 9:00AM – Breakfast

9:20AM TO 10:50AM- Research committee members went to ‘Ekalavya Madari Vasathi School’s office to ask permission to organize the cultural programme for the students at night.

Committees performed the skit in front of camp supervisors which will be performed later in community people.

10:50AM-12:46PM-Campers went to Sollepura Haadi with camp supervisor to perform street play.

Campers invited the community people of Sollepura haadi to watch street play, done in front of Rehabilitation Center of Sollepura haadi.

Street dance by the campers and song performance by the school students were done before street play.

First, Cultural committee performed street play and spread awareness regarding how ‘Alcoholism’ is ruining the lives of the people.

Second, Finance Committee performed about ‘Child Marriage’ which is common in Tribal community.

Third, Food Committee also performed regarding ‘Alcoholism’.

12:46 PM to 1:45PM - Practice session for Skit and Cultural event.

1:45PM to 2:30PM – Lunch (Raagi ball, rice, allesande, kadlekaalu, with pickle.

2:30PM to 3:30PM- Practice Time.

3:30PM to 5:30PM- For 6<sup>th</sup> ,7<sup>th</sup> & 10<sup>th</sup> Students Campers organized some observational, Listing mental ability and funny games as a Competition.

5:30PM to 6:30PM – Dance and skit practice which was for cultural performance.

6:30 PM to 8:30PM- The cultural programme was organized by campers at dining hall of the Ekalavya Madari Vasathi School. All students were attended that programme. School Children also gave cultural events like dance, song. Campers gave dance, song performance as well as skit performance regarding to 'Menstruation'.

8:45PM to 10:00PM – Evaluation

10:00PM to 10:30PM- Dinner (Raagi ball, rice, tomato samber, egg burji, pickle)

10:30 pm- Everyone went their room.

## **Day – 02 August 2022**

Day: Tuesday

Time: 06:00am - everyone arrived near kitchen room and finished prayer .

Finance committee had food in charge so they prepared breakfast (puliogare)

08.00am - all had their breakfast

10.00am - jeep came to drop students to the metikuppe haadi for survey.

12:45pm - all finished their survey

12.45pm to 01.45pm - social work trainees conducted the cultural program at metikuppe school

02.00pm to 02.45pm - trainees and supervisors had their lunch in metikuppe school which was prepared by the school workers .

03.00pm - some students went to make social mapping in metikuppe

03.30pm - all the students left the metikuppe after finishing their servay .

04.00pm - break time

05.00pm - sports time

06.00pm - tea break then trainees and supervisors discussed about the day and social mapping

08.00pm - started to prepare dinner

10.30pm - dinner time

11.15pm - all went to their bed.

**Date : 03.08.2022**

Day : Wednesday

Time: 06:30am - Everyone woke up and came in front of the kitchen area .

06:45am - Prayer(national anthem)

07:00am - Walking went by faculty and students

08:00am - Return from the walking

08:15am - Research committee prepared break fast .

09:00am - We had breakfast ( puliyoggaru,curd rice,jeera rice, pickle and chapatti)

10:00am - Social mapping of metikuppe .

12:30pm – Our seniors prepared the lunch of chicken gravy,ghee rice ,payasa,.

02:30pm - Time to practice skit

04:30pm - research committee members went to ekalavya school to ask permission to send the students of our cultural programme .

05:30 pm - farewell programme and psychology professor give lecturing to students who are assemble in the programme and prize distribution was given by the chairperson to the students who are won the game which was conducted on 01.07.2022 by the students of the camp

07:30pm - then farewell was ended ,

07:45pm - cultural awareness programme started by the manasagangothri students and they presented the skit related to education , hygiene and the students of ekalavya school even participated in the programme through singing and dancing .

09:05pm - around 9oclockcultural program ended



09:15pm - research committee prepared the dinner .

10.17pm - we had dinner( rice,groundnuts samber,)

11.00pm - every one went their bed.

## **Day 10 – 04 August 2022**

Day :- Thursday

Time

6.30 AM –Woke up and get fresh up and came near kitchen room

6.45AM – Prayer and had tea [Assam Tea]

7.00AM –Everyone help to prepare the breakfast

8.00AM –And some social work trainees went pack the luggage and to get ready

9.00AM –We had breakfast [pulav, pickle, rice payasa]

9.45AM –Everyone help to wash the dishes pack the remaining groceries and stationeries and mapped drawing sheets

12.00PM –Bus came to pick up us with staff member

1.00PM –Everyone got in bus then went to safari

2.45PM-We are reached safari head quarter and finish lunch [puval]

3.00PM-we went safari

5.00PM – came back

















