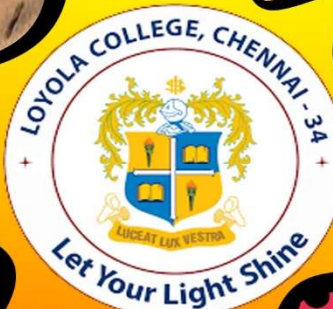


SADHANA FARMS

RURAL SOCIAL WORK PERSPECTIVE CAMP REPORT 2019-20



**DEPARTMENT OF SOCIAL WORK (SHIFT II)
LOYOLA COLLEGE AUTONOMOUS**

**Department of Social Work
Loyola College, Chennai**

**RURAL SOCIAL WORK PERSPECTIVE
Report-2019
Shift-II**



RURAL SOCIAL WORK PERSPECTIVE - Report-2019 - Shift-II

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PRE-CAMP WORK:

GENERAL BODY MEETING-I:

DATE: 21.09.2019

TIME: 05:30 pm

- The election for the position of camp leaders took place under the supervision of Prof. Vincent.
- Munishwaran from boys was anonymously was elected as the camp leader for the boys.
- Romina and Roseline stood for the post of camp leader, for the girls.
- Roseline won and was selected as a camp leader for the girls.

GENERAL BODY MEETING-II:

DATE: 23.09.2019

TIME: 05:30 pm

- The camp leaders divided the students into various committees. The list was only tentative. The leaders also added that only after the place is decided, the committee's will be finalised.
- The trainees were also asked to suggest places for the rural camp. The places they suggested were- Poondi, Dharmapuri, Kolli hills, Kanyakumari, Thiruvanamalai, Thanjavur and Theni.

GENERAL BODY MEETING-III:

DATE: 04.10.19

TIME: 05:30 PM

-
- The session was started by Praveen Mark, a second-year student asking the trainees about their ideas on rural camp. This session was more on input and sharing from the seniors. The various committee leaders of the previous years shared their knowledge.

Joel- Programme Committee:

- Time Frame, Schedule, Punctuality, arranging for cultural programmes, Rally and the banner for rural camp.

Julius - Cultural Committee:

- Training teams, conducting events and programs,
- Challenges in training peer groups.

Vimal - Finance Committee:

- Collecting rural camp money, noting down income and expenditure, getting signature in the voucher book before receiving cash, the presentation of bills.

Praveen Mark – Health:

- Suggested us to use natural remedies as medicines and to keep a track on sanitation.

Sunil- Transportation:

- Bulk booking, DP, LSS Office, shift 1 and 2, getting various permissions, attaching details of all the students and get it signed. Submitting the letter to the reservation officer.
- Use the resources available in the community during the rural camp.

Amar-Food committee:

- Always keep track of the Veg and non-veg count.

Agil- Manual work:

- Waking up early, carrying out daily activities, Cleaning, Farming.

Marlika and Castro- Documentation committee:

- Make note of everything and pre-plan the format before the rural camp.
- The report should be descriptive and analytical.

GENERAL BODY MEETING- IV:

DATE: 09.10.2019

TIME: 06:00 PM

- There was a presentation about the Pilot visit 1 by Munishwaran, Rahul and Abirami.

Post which, there was a discussion carried out. Trainees had concerns about the food and sanitation. The questions put forth were,

1. What if the food doesn't agree, due to the sudden change in food pattern?
2. Sanitation facility for girls?

GENERAL BODY MEETING-V:

DATE: 18.09.2019

TIME:12:30PM

All the trainees were present during the meeting; the meeting was conducted in the presence of Prof. Vincent and Dr. John Paul.

-
- The documentation committee started the meeting with a small recap of all the previous General Body Meetings.
 - Mr. Kannan and Mr. Naveen presented their Pilot Visit to Agavizhi.
 - Ms. Pudhunila and Ms. Sheetha presented their Pilot Visit to Thirutanni.
 - Post which, there was a discussion carried out by all the members of the class and the location for the Rural Camp was finalised.
 - The discussion included the opinions of all the trainees.

Thiruttani-

- No separate accommodation for the trainees.
- Very short distance.
- In comparison with the other two options, might procure minimal learning outcomes.

Agavizhi-

- Could be a different experience. But still most trainees weren't convinced.

Sadhana Forms-

- Platform to procure learning from different dimensions.
- Captivated the interest of most members in the class.

Conclusion from the meeting:

- Thirutanni was ruled out as none of the trainees were willing for it.
- Agavizhi was still an option, but only 8 trainees supported the idea.
- Hence, Sadhana Forms was selected as the location for the Rural Social Work Perspective.

PILOT VISIT- 1:

PLACE: Sadhana Organic Farms, Zaminkaliyapuram, Pollachi.

VISITED BY: Mr. Muneshwaran, Mr. Rahul and Ms. Abhirami.

DATE: 07.10.2019

On the 6th of October, few social work trainees from first year, shift 2, left for the Pilot visit from Koyambedu bus stand at 09:00 pm. The main objective of the visit was to get the feel of the place. To experience a life oriented to nature. To get a live-in experience of a village environment/ rural community.

The objectives of the Rural Social Work Perspective are as follows:

- To understand the Socio-economic status of Zaminkalayapuram village and the neighbouring villages.
- Self-transformation through self-examination.
- To learn about the indigenous farming, housing, food and lifestyle.

Sadhana forms aims at promoting and living a sustainable lifestyle by making use of available resources. They're involved in organic farming, mud house building, yoga/meditation, etc. Mr. Robinson has been in the field for fifteen years, and the organization has carried out this mud house construction project for 5 years. The trainees started visiting communities around 03:00pm. They interacted with the locals there to understand their way of living, occupation. It was understood that organic farming is mostly their occupation. Nearby villages: Kalathur (3km), Solakal (2km), Sennuir (2km), Kupana Koundanur (1km).

Problems identified in the community by the Social work trainees: Caste issues, no proper facilities to commute, open defecation, no proper housing for marginalized people.

Roles and Responsibilities expected of the students during the camp: Must abide by the norms of the organisation, problem solving must be the main motive of every trainee, time management and being true to his/her own self.

The mode of commute from Chennai to Pollachi is by train and then followed by Van/Bus travel. Since it's an organic farm, all items brought should be organic and plastic should be avoided at all costs. Every meal in the farm is organic and accommodation is provided for both girls and boys separately. The social work trainees returned to Chennai on the 8th of October after the Pilot visit.

PILOT VISIT-2:

PLACE: Thanjavur, Agavizhi.

VISITED BY: Mr. Naveen and Mr. Kannan.

DATE: 13.10.2019

On the 12th of October, another set of social work trainees left for the second pilot visit to Agavizhi, Pattukottai. The objectives were to observe the village and community people, to learn about the local resources available, to learn skills and acquire knowledge, to find out problems in the society, to know about the people's pattern of life and occupation, to find accommodation, food and travel facilities for the trainees.

This organization is located in a village called Pichinikadu. Their main occupation is Organic farming and Agriculture. The problems faced by the community were, Caste issues, lack of transportation facilities and no proper housing for the marginalized people.

The transportation for the trainees would be from Chennai → Pattukottai → Tamarangkottai → Agavizhi. It would take about 8 hours through bus travel. The villages nearby are of walking distance. They are: Athiveti, Vattankottai, Kalaraiurai and Mapa Kaadu. The main aim is to have a live-in experience of a village lifestyle/ environment and to learn more about the indigenous characteristics of a rural community.

The rules and regulations are as follows:

- Only organic products are allowed.
- Each individual should bring their own bedsheet.
- 2-3 sets of normal clothing to work in the field.
- Every girl trainee must wear chudidhar which is formal and modest.
- No one should leave the campus post 10:00pm.

The meals would be provided by the organization, Rs.150/- per day. Providing with morning refreshments, lunch and dinner. The accommodation for girls and boys is separate with few bathrooms and 4 toilets. The social work trainees returned to Chennai on the 14th of October.

PILOT VISIT-3:

PLACE: KG Kandigai

VISITED BY: Ms. Sweetha and Ms. Pudhunila.

DATE: 16.10.2019

Two social work trainees went on for a one day pilot visit to St.Thomas Church, KG Kandigai which is located at Alphonsapuram, Thiruttani. This organisation is a home for children. The train on Farming and manual labour. The main objectives are to observe the village and community

people, to find problems in the community, to know about people's life pattern and occupation. And also find the accommodation, food and travel facilities for the trainees, and to find the local resources available for the trainees to acquire skills and knowledge. The travel is through train and bus, for about three hours. From Chennai → Tirutanni → KG Kandigai. The main villages nearby are Cherkunoor (4km), CG Kandigai (7km) and Nochili (4km).

Rules and Regulations for the students are as follows:

Strict use of organic products, every individual should bring their own bed sheets. Every girl trainee should wear Chudidhar which is modest.

The food will be the same food they provide for the children in the boarding. The accommodation for the girls is separate with bathroom and the accommodation for the boys is along the boarding children. The students returned to Chennai on the very same day after the visit.

ON CAMP REPORT

THE SIX GROUPS IN RURAL CAMP

All the 36 students were divided into 6 groups during the rural social work perspective.

GROUP – 1			GROUP - 2		
1	Puthunila	F	1	Kannan	M
2	Prince Evarist A P D	M	2	Mike steve	M
3	Sharon	F	3	Jofina	F
4	Madhan	M	4	Dominic	M
5	Samyuktha	F	5	Roshini	F
6	Mary Valanteena Sweetha	F	6	Moni	F
GROUP – 3			GROUP - 4		
1	Jayaharshini	F	1	Divya	F
2	Josi	F	2	Raghavi	F
3	Nimisha	F	3	Dhanush	M
4	Greatwin	M	4	Abirami	F
5	Annish	M	5	Kiran	F
6	Leander	M	6	Munishwaran	M
GROUP – 5			Group 6		
1	Romina	F	1	Monesh	M
2	Lissy	F	2	Shanmugapriya	F
3	Rahul	M	3	Pastin	M
4	Naveen	M	4	janesh	M
5	Tanya	F	5	Bryan	M
6	Roseline	F	6	Steffy	F

DETAILED REPORT:

DAY1: 14th NOVEMBER

08:50 am - Reached Pollachi

09:30 am - 10:20 am - Breakfast

10:20 am - 11:10 am - Road journey

11:10 am - 02:00 pm - Refreshment and preparation of lunch

02:00 pm - 02:50 pm - Lunch (Aval veg mix and beetroot sweet)

Session 1- 3:00 pm- 4:10 pm

The social work trainees were welcomed by Mr. Ananth and his team, post which the trainees were asked to assemble at the Meditation Hall for our first session.

The session was focused on the 3 values:

1. Compassion
2. Composure
3. Concentration

Mr. Raghu elucidated the three values in detail and suggested the trainees to practice them in their every activity for the following days.

Break - 04:10 pm- 04:25 pm

Session 2- 04:25 pm to 05:25 pm

Alter-narratives:

The session was conducted by Mr. Raghu. The main aim of the camp was for the trainees to narrate/ attempt to narrate their own stories at the end of the last day.

He told "Life happens here and now". It's a series of instances we consolidate and try to make sense of. The difference between a story and a narrative was discussed. A story is something that is either real or fictitious. Specific facts, specific incidents happen in a certain sequence. It always contains causes and effects.

A narrative is nothing but the telling of the story, a particular version of it. Every individual's very own perspective is what makes a narrative.

The objective was to get sensitized to narratives in this journey and be able to carry one for oneself at the end.

Farm tour-05:25 pm - 06:40 pm

Mr. Ananth and Mr. Robinson took the trainees around the Farm and explained how the farm came into form over the years. The farm is 50 acres, and the trainees covered as much as they could before it became dark.

Refreshment and Dinner- 07:00 pm- 08:00 pm

Brown rice with pumpkin and potato sambar, with spinach side dish.

Reflection session- 08:15 pm- 10:00 pm

The trainees expressed how happy they were about the Farm tour, They added that it was a very new and enriching experience. They said it was hard adjusting to the food and will try to adapt.





DAY 2: 15th NOVEMBER

06.30 am to 07.15 am - Meditation and yoga

07.15 am to 07.30 am - Green juice

07.30 am to 09.15 am - Agriculture

Group 1 – Pulicha keerai Group 2 – Siru keerai

Group 3 – Palak keerai Group 4 – Thandu keerai

Group 5 – Kothamalli Group 6 – Red keerai

09.15 am to 10.20 am - Fruit Salad

10.20 am to 01.05 pm - Agriculture

01.10 pm to 01.50pm - Lunch and story narration (about Mr. Robinson)

02.00 pm to 04.30 pm -Group 1 and 5 in construction,

Group 2 in cooking, Health drink (Sathumaavu kanji) was given in the middle of work.

04.30 pm to 07.15 pm - Story of Chinese bowl

07.30 pm to 08.30 pm - Dinner

08.40 pm to 10.40 pm - Reflection

ELABORATION OF ACTIVITIES:

The trainees gathered at the yoga hall for exercise and meditation. Mr. Anand taught yoga and meditation. The session continued for one hour and after that the trainees were put into groups and asked to go for agriculture and mulching activities. At 09.15am the trainees had a break for breakfast. After an hour they again had agriculture. And after lunch they had a session with Mr. Raghu, he spoke about Mr. Robinson and his life stories. After the lunch the trainees were asked to go for construction. After refreshment the trainees were asked to assemble for a session, Mr. Raghu told the story of Chinese bowl to the trainees. Around 08:00 pm the trainees had their dinner followed by reflection session. Soon after the session the lights were off.





DAY 3: 16th NOVEMBER

06.25 am to 07.15 am -Yoga and stretches

07.15 am to 09.00 am -Paar Making

08.00 am -Lemon Grass Tea

09.00 am to 09.45 am -Breakfast

Mr. Robinson's story was narrated by Mr. Raghu during breakfast.

Mr. Gunasekaran shared his stories

09.45 am to 012.45 pm -Construction by group 2 and 4

-Paar making by group 1, 5 and 6

-Cooking by group 3

12.45 pm to 01.45 pm -Lunch

01.45 pm to 04.40 pm -Continuation of construction and Agriculture.

04.45 pm to 05.00 pm -Health drink (Sathumaavu kanji)

06.15 pm to 06.45 pm -Evaluation

06.45 pm to 09.30 pm -Reflection

09.30 pm to 10.05 pm -Dinner

ELABORATION OF ACTIVITIES

The Social work trainees reported at the Yoga Hall at 06:25am for yoga session. Today the trainees were taught Surya Namaskara together with other physical exercises by Mr. Anand.

Paar Making - Each team was given a minimum of two Paars to make and the teams completed the work in the given time.

Mono fruit Strategy - (Watermelon was served for breakfast). The story about the dinner hall and kitchen was narrated by Mr.Raghu.

Groups 2 and 4 was involved in mixing the concrete and fixing the pillars for the building. At the same time groups 1, 5 and 6 were involved in making the Paar and group 3 was in cooking.

Mr.Guna shared us his stories. He was doing business for the past 25 years and was a civil engineer by profession in Coimbatore. There are different types of organic farms today, but in his days, there were no such farms. So, he had to travel 200 to 300 kilometres in search of a good farm. He also explained about micro food, cow dung, monocropping and multi cropping.





DAY 4: 17TH NOVEMBER

- 06.15 am to 07.30am - Meditation and Yoga
- 07.30 am to 08.00 am - Green juice
- 08.00 am to 08.45 am - Watering
- 08.45 am to 10.10 am -Construction
- 10.10 am to 10.45 am - Breakfast
- 10.50 am to 12.45 am - Organic Farming Session
- 12.45 pm to 02.00 pm - Construction
- 02.00 pm to 03.00 pm - Lunch
- 04.00 pm to 05.15 pm -Pottery and Traditional games
- 06.00 pm to 07.45 pm - Reflection
- 08.00 pm to 08.45 pm - Dinner
- 08.45 pm to 09.30 pm -Nature cure

P.S.

22 trainees went to Pollachi to attend mass in Lourdes Church together with Dr. John Paul.

14 trainees who stayed back in Sadhana Farms: Jofina, Roshini, Puthunila, Harshini, Divya, Roselin, Samyuktha, Abirami, Kannan, Munishwaran, Leander, Madhan, Josiphida, Nimisha.



Day 5- 18/11/2019

06.00am to 07.00am	- Meditation and Yoga
07.00 am to 09.40 am	- Paar making (group 4,6)
	Group 3 - Planting
	Group 1,2 - Mulching
09.45 am to 10.20am	-breakfast
10.20 am to 01.20pm	-Group 3,4 -Construction
	Group 1,2 -Planting
	Group 6 -Construction
	Group 5 -Food
01.30 pm to 03.00pm	- Break and food
03.00 pm to 05.00pm	-Environment Session
05.30 pm to 08.00 pm	- Reachout
08.30pm to 09.30pm	- Dinner
09.30 pm	- Reflection

Elaboration of Activities

The trainees gathered at the yoga hall for daily exercise. Mr. Anand taught yoga and meditation. The session continued for one hour and after that the trainees were asked to go for both agriculture and construction activities. At 09.45am the trainees had a break for breakfast. After an hour we again had construction and agriculture. At 01:35 pm the trainees were dispersed for lunch. After the lunch the trainees were given time for refreshment. After refreshment the trainees were asked to assemble for a session. Mr.Kalidas spoke about environment. He discussed about climate change, and advised that the student of social work should be kept updated. He also told story about snakes and dodo bird. The trainees left to Anipur and Zaminkalyapuram villages. In the evening, after the trainees had their final interaction with the villagers some people offered dinner for a group of trainees. Meanwhile the other trainees had their dinner at Sadhana farms followed by reflection session. At 10:00 pm the lights were off.





Day 6 19th NOVEMBER

06.00am to 07.00am	- Meditation and Yoga
07.00 am to 09.40 am	- Paar making, plantingmulching
09.45 am to 10.20am	-breakfast
10.20am to 11.00 am	-planting,Construction
11.45am to 01. 30am	- Sustainable living
01.30 pm to 02.00pm	- Break and food
02.00 pm to 06.00pm	-PRA Session
06.00pm to 08.00 pm	- Outreach
08.30pm to 09.30pm	- dinner
09.30 pm	- reflection

ELOBORATION OF ACTIVITIES

The trainees gathered at the yoga hall for daily exercise. Mr. Anand taught yoga and meditation. The session continued for one hour and after that the students were asked to go for agriculture, construction and mulching activities. At 09.45am the trainees had a break for breakfast. After an hour we again had construction, and agriculture activities. The trainees then had a session by Mr. Ajay on Sustainability living and even shared his life stories. At 01:30 pm the trainees were dispersed for lunch. After the lunch the trainees were given time for refreshment. After refreshment the trainees were asked to assemble for a Session. This time Mr.Ajay spoke about PRA. He discussed about Climate Triangle , and told about principle of handing over the stick.

LIFE IS BEAUTIFUL, LEARN TO LOVE YOUR LIFE!!

In the evening, the trainees left to Anipur and Zaminkalyapuram villages respectively. The trainees after their final interaction with the villagers were offered dinner by a particular family in the village. Meanwhile the others had their dinner at Sadhana farms followed by the reflection session. Soon after the session was over, the lights were switched off.



DAY 7: 20th NOVEMBER

06.00 am - 07.00 am	-Yoga and meditation.
07.00 am - 07.15 am	-Green juice.
07.15 am - 09.15 am	-Agriculture work, construction work (Team 1,3,4,5,6)
09.30 am - 10.30 am	-Breakfast.
11.00am	- Session on nature and cure
	<ol style="list-style-type: none">1. Energy flow.2. Wellness dimensions.
01.00 pm - 2.00 pm	- Lunch
02.00 pm- 4.15 pm	- Session on Nature and cure
04.15 pm- 4.30 pm	-Health drink
04.30 pm -7.30 pm	- Village visit
	<ol style="list-style-type: none">1. Anipur.2. Zamikaliyapuram.
08.00 pm - 09.00 pm	-Dinner.
09.15 pm - 10.30 pm	-Reflection

ELABORATION OF ACTIVITIES:

The trainees gathered at the yoga hall for daily exercise. Ms. Suguna taught yoga and meditation. The session continued for one hour and after that the trainees were asked to go for both agriculture and mulching activities. The trainees had a break for breakfast at 09:30 am.

After an hour the trainees again had a session on Nature cure. At 01:35 pm the trainees were dispersed for lunch. After the lunch the trainees were given time for refreshment. After refreshment the trainees were again asked to assemble for a session. Mr.Anath continued talking about Nature cure. Around 04:30 pm the trainees left for Reach-Out to Anipur and Zaminkaliyapuram villages respectively. In the evening after their interaction the trainees had their final interaction with the villagers and they even offered dinner for few of them. Meanwhile the other group of trainees had their dinner at Sadhana farms followed by a reflection session. At 11:00 pm the lights were off.





DAY 8: 21st NOVEMBER

06:00 am - 7:00 am Yoga and Meditation

07:00 am - 10:00 am Agriculture and Construction work

10:00 am - 11:00 am -Breakfast

11:00 am - 12:00 pm -Session on Disease, it was a questioning session

12:00 pm - 1:45 pm -Session on Nature cure, the session was about vitality

01:45 pm - 2:30 pm -Lunch

02:30 pm - 3:30 pm -Break for refreshing

03:30 pm - 4:30 pm -Cultural practice

04:30 pm - 10:30 pm -Reachout Cultural Program at Anipur

10:00 pm - 11:30 pm -Nature cure

ELABORATION OF ACTIVITIES

The trainees gathered at yoga hall for the daily exercise session. Since it was day 8 the students were made to do their exercise on their own with the supervision of Ms. Suguna. The session continued for one hour and after that the trainees were asked to go for both agriculture and construction activities respectively. At 10:00 am the trainees had a break for breakfast. After an hour they had a questionnaire session on health and disease. The trainees eagerly asked many questions regarding health and disease. As the session continued and the students were introduced to a new session on vitality. At 1:45 pm the trainees were dispersed for lunch. After the lunch the trainees were given time for refreshment. During this time the girl trainees went

to the river for bathing whereas boy trainees used their accommodation for refreshment. After refreshment the trainees were given an hour for cultural practice as we were planning to perform a cultural program for the people of Anipur village. The trainees practiced with sincerity and around 04:30 pm a vehicle was arranged and the students left to Anipur village for the cultural program. After gathering the people of the village, the students started their cultural program around 6:30 pm in the evening and the program lasted till 08:30 pm. The trainees had their final interaction with the villagers and in one house they even offered dinner for a group of trainees. Meanwhile the other trainees had their dinner at Sadhana Farms followed by Nature cure session. At 11:50pm the lights were off.





DAY 9: 22nd NOVEMBER

- 06:00 am to 07:00 am - Meditation and Yoga
- 07:00 am to 07.30 am - Green juice
- 08:00 am to 10:00 am - Mr. Ragu Alter narratives guidance 4 shifts and 3 values
- 10:00 am to 10.45 am - Breakfast
- 10.45 am to 01.45 pm - Group narration
- 01.45 pm to 02.35 pm - Lunch
- 02.45 pm to 04.30 pm - Individual story
- 04.30 pm to 06:00 pm - Sharing of Individual story
- 06:00 pm to 09.30 pm - Rural Camp-Final Evaluation
- 09.30 pm to 10.10 pm - Dinner
- 10.20 pm to 11.20 pm -Valediction

ELABORATION OF ACTIVITIES

The student trainees gathered for yoga and meditation for one last time in Sadhana Farms, Ms. Suguna taught joint stretches with breath awareness. The doubts were asked by the trainees were clarified. The trainees were asked to practice yoga and meditation on daily basis. Mr. Ragu asked the students to reflect on the 8 days experience of staying at Sadhana Forms. He taught about the four shifts, Consumption - Contribution, Transaction to Trust, Scarcity to Abundance, Isolation to Community and also, he spoke about 3 values Compassion, composure and Concentration. At 10:00 am the student trainees had a break for breakfast. After an hour they

had a group narration session. Mr. Raghu asked the trainees to discuss about their experiences and learnings and asked them to sit in their respective groups. Each and every group of individuals were assessed by Mr. Raghu, Prof.Vincent and Dr.John Paul according to their narratives. At 01:45 pm the trainees were dispersed for lunch. After the lunch the trainees were given time to create their own stories using the four shifts till 04.30 pm. After this, the interested trainees were asked to share their own stories. Few individuals begun telling their stories, and the session extended till 06:00 pm. After this session, the final day evaluation begun and everyone shared their views, including the pros, cons, shortcomings, improvement and finally everyone got their chance to express their views. After that session, there was a discussion about the next day arrangements for sight-seeing and it went on till 09.30pm. After this discussion the trainees had their followed by Valedictory function till 11:45 pm. After a short span of time the lights were off.



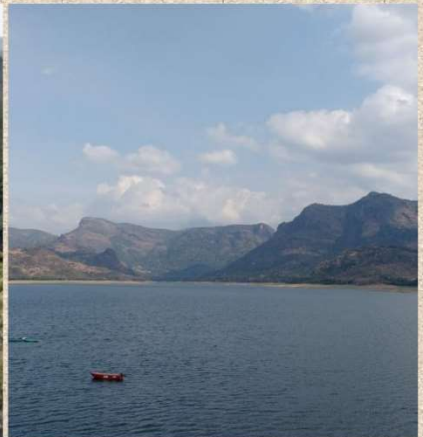
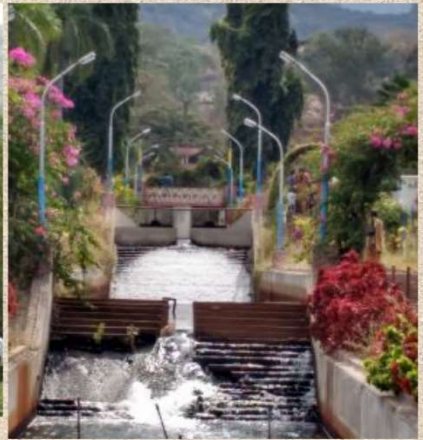
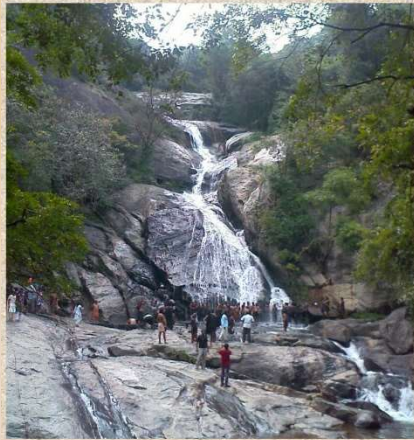


Day 10 23rd NOVEMBER

07:00 am to 07.30 am	- Green juice
08:00 am to 10:00 am	- Travel to Aliyar Dam
10:00 am to 10.45 am	- Breakfast
10.45 am to 12.30 pm	-Aliyar Dam
12.35 pm to 01.10 pm	-Lunch
01:15pm to 02:00 pm	-Travel to monkey Falls
02:00 pm to 02:45 pm	-Monkey Falls
02.45 pm to 03.10 pm	-Travel back to Railway Station
03:30 pm	-Train Back to Chennai.

ELABORATION OF ACTIVITIES:

Early in the morning the trainees had their banana shake. Around 08:00 am the trainees had their final group photos and waved good bye to the members, volunteers and the workers of Sadhana Farms and started to Aliyar Dam near Pollachi. After reaching the Dam, the trainees spent around 2 hours in the Dam. Simultaneously they finished both their breakfast and lunch in the shops near Aliyar Dam. Soon after eating, the trainees left to Monkey Falls. After spending nearly an hour in the Falls, the trainees reached the Pollachi Railway Station around 03:10 pm. Finally, the trainees boarded the Pollachi Chennai Super-fast Express around 03:30 pm and bid farewell to Pollachi.



COMMITTEES' LIST

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Leader: Prince Evarist A P D

Assistant leader: Divya

Members: 1. Madhan, 2. Jofina, 3. Lissy, 4. Roshini, 5. Sharon, 6. Raghavi

Program committee:

Leader: Sweetha

Assistant leader: Puthunila

Members: 1. Rahul, 2. Nimisha, 3. Bryan, 4. Pastin joe, 5. Annish

Cultural committee:

Leader: Romina

Assistant leader: Monesh

Members: 1. Dhanush, 2. Moni, 3. Steffy, 4. Abirami, 5. Naveen, 6. Tanya

Travel and accomodation:

Leader: Greatwin

Assistant leader: Harshini

Members: 1. Janesh, 2. Nithiesh, 3. Kannan, 4. Samyuktha

Health Committee:

Leader: Leander

Members: 1. Kiran, 2. Josiphida

Finance committee:

1. Shanmugapriya, 2. Mike Steve

Camp Leaders:

1. Muneeshwaran, 2. Roselin

POST CAMP REPORT

CAMP LEADERS REPORT

Happiness lies in the joy of achievement and thrill of creative effort.

Franklin. D. Roosevelt

First of all, we would like to thank the Almighty for making this Rural Social Work Perspective 2019 a memorable and successful one. One can't understand the intensity of a situation until and unless they go through it. Rural Camp 2019 paved the way for the students to understand the problems existing in our rural areas. Social work is all about putting oneself in the shoes of others.

Rural camp was a place where we were able to interact with one another a lot more and where each and every one of us were able to learn something new. Right from the discussion stage of the rural camp, everyone was involved and we always had their support. All the committee leaders had different roles. Their co-operation produced fruitful results. Selection of place, making a schedule and following that throughout the camp was a difficult task. Everything went well with the help of Camp Directors and the Campers. We got continuous support from the committee leaders and also from all the Campers because of whom everything went on well. Organizing was one thing among all my learnings that helped me to interact with the campers and solve all our problems when we faced them.

One thing we have learnt is that a leader is supposed to be a guide and not a commander. A leader should not stop people from putting their ideas into action even if it does not look practical or doable. As a leader we learnt to take the view points of each and every individual into consideration even when there was a difference in the opinion. It is very important for a leader to not to put down anyone and help everyone in working together as a team. As an individual we

both learnt to strive no matter how difficult the journey looked. Our confidence increased in the process of speaking in front of people. It was a time which mentally drained us, but it was all part of the journey. This journey was full of knowledge that helped us to improve ourselves. It made us more empathetic and sensitive.

All the campers were tuned towards their pre camp preparations, committee wise as well as group wise with the directions from the Camp Directors. The campers sheer hard work was slightly unnoticed during the postponement of Rural Camp. It was the commitment and definitely the dedication which made the campers to accomplish their task. Almost all the conflict resolution techniques were used by different group of campers to set right their motivation, physical energy and communication level between neutral to high. Majority of the campers were relationship oriented than task oriented in a 24-hour schedule for 10 days. The campers were also able to understand the dignity of labour while working in the agricultural fields and construction. The nature cure classes which were new to all us had created a huge impact in the thought process of all the campers. The exclusive work done by all the committees also were highly commendable and also a special thanks to all the dimensions who were spontaneous in getting things done.

The great efforts taken by the Documentation committee (Prince Evarist, Divya, Roshini, Madhan, Sharon, Jofina & Ragavi) has to be placed on records for their exceptional Documentation process. A special appreciation for the governance team (Puthunila & Leander Poius).

The sportsmanship and the calibre of us and the campers was accepted by Prof. Vincent and Dr. John Paul who played an integral role in paving the way to our road. To be recognized with this leadership position gives us immense joy and pleasure and we will always cherish it till the end.

CULTURAL COMMITTEE REPORT

The Cultural committee decided to conduct cultural practice on the 11th and 12th of November 2019 from 09:30am till 12:30pm.

CAMP SONG:

During the 2nd GB meeting, the Committee leader Romina Antonette composed the camp song which included the issues of farmer, importance of Education, alcohol addiction and hygiene.

CULTURAL PRACTICE:

11/11/2019

The students assembled near the department. There were only 13 students who attended the practice. The students learned the camp song and also made note of the lyrics.

12/11/2019

The students assembled near the department. Only 15 students assembled on the second day. The students rehearsed the camp song. The committee members also met Mr. Kalishwaran regarding the cultural properties.

At 07:30 pm the committee members Dsouza Kingsley Monesh, Mike Steve and Nithies together collected the properties (Parai, Kaliyal, Olyil and Karagam- 10 sets in each) from Mr. Kalishwaran.

21/11/2019

The committee members were separated and were made in charge of different dance forms

- Kaliyal - Steffy.

-
- Oyil - Monesh.
 - Street Theater – Tanya.
 - Show Host - Naveen, Monesh, Nithies, Abirami.
 - Parai – Romina, Pastin, Kannan and Leander.

Around 03:30 pm the practice sessions were held and the students were separated according to their teams and started practicing the Camp song, Street Theatre and other dance forms.

22/11/2019

The main event was planned and executed in the village of Anipur of Pollachi District. The programs included, Oyil dance, Kalliyal dance, songs including Manjal Kungumam, Maram Valarpom, Kaaikarri Thottam and a Street play named 'Naai' which tells about the importance of girl child and gender equality. Few games were conducted to energize the minds of the village kids. Prizes for the events were distributed and the function ended with gay and laughter.

Our Camp Song

Vanga aiya vanga

Sidhi soluron vanga

Loyola manavargal sidhi soluron vanga (2)

Vanga aiya vanga kadhैया konjam kelunga

Samuga pani manavargal kadha soluron

Idha ketu unga vazhka sezhithidanum

Pasi patini dhana ooril nirambi irukudhu

Vivasaiyale dhana nmma nadu sezhikudhu

Padika medhai podhum nadu nenaikudhu

Padikum kalvi dhana ariva vaalrkudhu

Kudiyala kudiyaal keduthuvidadhe

Kudimagam aaga vaha marandhuvidadhe

Sutham sugadharam namaku theva

Arokiyam arudhalum vazhaiyil serka

FOOD COMMITTEE REPORT

1. The Food Committee contacted Mr. Dhamu (the food in charge at Sadhana Farms) and got the food menu for all the 9 days from 14. 9.2019 to 23. 9.2019.
2. The following were the food timing of the camp,
 - Morning drink - 07:00 am
 - Breakfast - 09:30 am
 - Lunch - 01:00 pm
 - Evening snacks - 04:30 pm
 - Dinner - 07:00 pm

3. The food provided everyday was different and new. The food provided were millets mixed with vegetables, raw vegetables, fruits etc.

4. At first the students found it difficult to adapt, as it was completely different from their normal routine. But then they slowly learnt to adapt to the food.

5. Josiphida suffered the most as she wasn't able to adapt to the food. She was given fruits as an alternate.

Our Camp food Diary:

- Papaya milkshake.
- Yellow pumpkin sambar, Brown rice and potato poriyal.
- Sathumavu laddu.
- Red rice puttu.
- White gravy, Indian palak chapathi, beetroot chapathi and carrot chapathi.
- Millet pongal and papaya gravy with white channa.
- Vegetable Dip with coriander chutney and mango chutney.
- Tomato flattern rice, coriander flattern rice, curd rice, coriander chutney, mango pickle and beetroot payasam.
- Sathumavu kangi.
- Veg sweet and spice flatiron rice.
- Arugampul juice.

HEALTH COMMITTEE REPORT - BOYS

Leander - wasn't able to adapt to the climate and food from the beginning. He developed an allergy problem. They gave him nature cure treatment and since he didn't recover, they took him to hospital.

Problem: High fever, cold and severe cough.

Treatment: Jogging, Tona, wet mud pack and diet

Rahul - suffered a head injury with the shovel accidentally. Immediate treatment was given to him with the nature cure, by putting a wet cloth on his head. Due to unbearable pain they had to take him to Pollachi hospital.

Problem: Hitting shovel in head.

Treatment: Wet pack, Took Tablets and ointment by consulting doctor.

Greatwin - had a muscle pull near the spine. He wasn't able get up by himself. Later they gave Nature cure treatment by making him sit in bath tub for the pain to reduce. Later they took him to hospital and gave him tablets and put an injection for the pain to reduce.

Problem: Severe back pain

Treatment: Tona, water bath in tub by nature cure method and finally took tablets, injection and medicine by consulting doctor.

Janesh - On the last day of the rural camp, the students went to Monkey Falls. Due to heavy flow of water he slipped down and broke his teeth hitting the rock.

HEALTH COMMITTEE REPORT- GIRLS

Student 1 – had fever and nature cure treatment was given with chilled cloth kept on her head. She was not given any solid food except fruits. At night she was given tender water. And on the last day of the camp she took tablets.

Student 2 – had fever and nature cure treatment was given to her. It included drinking lemon honey and taking rest.

Student 3 – had menstrual problem. She was initially given nature cure with the application of oil, mud pack, ice pack, and drinking fenugreek water. Later she was taken to the Pollachi hospital and was given an injection and few tablets.

Student 4 – had fever and menstrual problem. She was given nature cure with the application of mud pack.

Student 5 – had stomach sprain and fever. She was given nature cure with application of chilled cloth kept on her head and stomach.

Student 6 – had urinal infection and nature cure treatment was given with the application of mud pack.

GOVERNANCE COMMITTEE REPORT

-
- On 8.11.2019 Puthunila and Leandar had conference call with Mr.Ananth .
 - We were asked to prepare draft for camp.
 - Camp objective
 - Camp design
 - Value system
 - Problem resolution.
 - On 11.11.2019 a draft was completed and sent to Prof. Vincent for approval.
 - On 12.11.2019 the draft was successfully delivered to Ananth sir.
 - During camp days we were instructed to assist the Execution committee.
 - Sharon and Puthunila (governance and outreach) worked together to split team for Reach out programme.

PROGRAMME COMMITTEE REPORT

- Sweetha, Puthunila and Nimisha worked in preparing OD Letters, Concession letters, etc.
- Sweetha prepared a tentative schedule on 21/10/2019.
- Sweetha and Rahul had a conference call with Sadhana Farms.
- On 24/10/19, we had a meeting with Prof. Vincent, the Programme committee leader Sweetha and Asst. leader Puthunila attended the meeting to discuss the requirements of the camp.

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- Sweetha helped in getting suggestions for the camp theme and reported the same to Prof.Vincent, and finalized the camp theme.
 - Puthunila had a conference call with Sadhana Farms and got the schedule.
 - On 29/10/2019, the entire Programme committee had a conference call to prepare a tentative budget for stationary, the tentative budget was around Rs. 2500.
 - On 30/10/2019 Sweetha and Puthunila produced the committee's budget and asked for suggestions / doubts on the budget.
 - Prof.Vincent suggested that we could conduct games in community and distribute prizes.
 - Roseline and Munishwaren listed out the in charges for various dimensions
 - ❖ Executing Committee - Nimisha and Pastin Joe
 - ❖ Programme Committee -Sweetha and Rahul
 - ❖ Accommodation - Anissh and Bryan
 - ❖ Governance - Puthunila
 - On 02/11/2019 the budget was fixed as Rs. 4000.
 - On 09/11/2019 Rahul represented the committee and introduced various dimension in charges to explain their schedule.
 - On 11/11/2019 with the help of Roseline, the programming committee prepared a banner for camp.

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- On 12/11/2019 Sweetha and Puthunila went to Pothys Hyper for Camp purchase and Higginbotham's in Mount road to purchase Memento.
 - On 13/11/2019 Puthunila purchased bowl and towel.
 - On 20/11/2019 and 21/11/2019 Sweetha and Rahul rescheduled the activities.
 - On 22/11/2019 Rahul was the anchor, coordinating the validation programme and Puthunila assisted him.
 - The Total amount spent by the programme committee in total was Rs. 6074.

TRAVEL COMMITTEE

1. Drafted permission letter for the rural perspective camp, explaining its details and got permission from the coordinator.

2. The committee then booked two-way tickets for 38 people.

Details -

Chennai Central to Pollachi (Palakkad Express super-fast express) on 13.9.19, 09.40 pm

Pollachi to Chennai Central (Chennai Palakkad super-fast express) on 23. 9.19, 04.30 pm

Ticket cost - 1 ticket 350 rupees

For 38 people - 13,300 rupees

3. Cancelled 4 tickets and rebooked on 10. 9.19 for Camp Preparation activities at Sadhana Farms.

-
4. Arranged bus transport to pick students from station on 14.9.19 at 09;00 am and drop them at Sadhana Farms which costed Rs. 4000.
 5. Arranged for bus transport from Sadhana Farms to visit Alayar dam and Monkey falls and finally drop at Pollachi station which cost 9000 rupees.
 6. Arranged transport for outreach programs for four days from 18.9.2019 to 21.9.2019.

YOGA AND MEDITATION

- Students were trained in various form of yoga, stretching exercises, breathing exercises and meditation.
- Yoga's incorporation of meditation and breathing can improve a person's mental well-being.
- Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress pattern; centers attention; and sharpens concentration.

AGRICULTURE:

- The students were given a brief orientation about organic agriculture. They were taught how the process of agriculture was done step by step.
- The students were involved in the process of de-weeding and loosening of soil.
- After that process, according to the various types of plants, different types of beds, bunds and pathways were created by the students with the help of Mr. Robinson.

-
- After the beds were formed, manuring, mulching and wetting the soil was done.
 - Cow dung was used for manuring and dry coconut leaves were used for mulching. Then the students sowed different types of spinach, vegetables and fruits seeds.
 - The responsibility of watering the plants daily was given to the students. The plants started to grow after 3 days.
 - The students also learnt about food forest. They even created a food forest.

FOOD FOREST (Unavu Kaadu)

- Mr. Robinson took the students to his own model of food forest which was already existing.
- According, the students were asked to make new food forest with his guidance.
- Dimension of Par
 - ¾ feet of width
 - 25 feet length
 - one feet of pathway between the pars.
- Tools used by each team
 - 2 Manvetti
 - 2 Kothu
 - 2 Bond
 - 1 Knife.

-
- Each team made 2-3 pars.
 - In each par, the students planted different kinds of plants and watered them.
 - Mulching process in food forest is done in a different way as leaves were chopped finer and covered over it.
 - For mulching the students went to fields nearby with an Aruva.
 - On the other side of field watermelon seeds were planted.
 - The students are asked to water the plants every day in the mornings and evenings for a natural food forest.
 - Mr. Robinson taught about the manuring procedure which helps in plant growing healthy.

CONSTRUCTION:

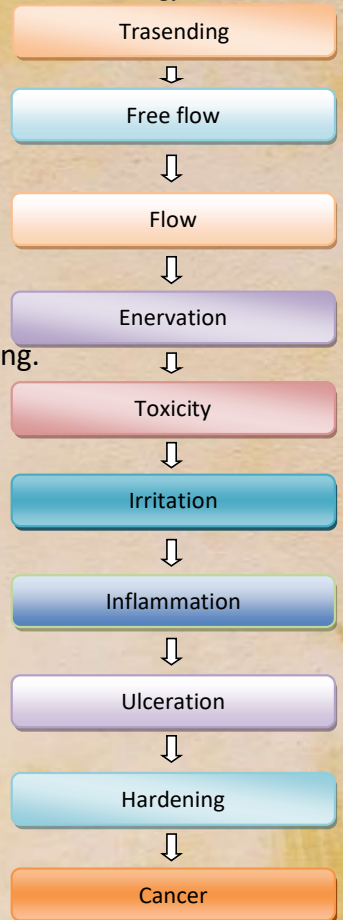
- The students were practically taught to build a temporary shelter.
- Holes were dug at different places for 9 pillars.
- Calculation for mixing the concrete, were taught.
- The mixture was poured to make the pillars stand.
- The roof of the shelter was made with woods cut from the farm.
- The students climbed up and tied the woods on either side through the middle pillar.
- Thatched roof was made from the dried coconut leaves for the roof as well as the side walls.
- The teams were shuffled and all the students contributed towards the shelter.

NATURE CURE:

Wellness deals in all aspects from **Physical to Spiritual Dimension.**

- **Physical**- Elimination, Hunger, Sleep, Agility
- **Environmental**- Connecting with the nature by loving it.
- **Emotional**- Being aware of the emotions and being happy, not suppressing.
- **Social**- Good understanding the relations.
- **Sexual**- Creative energy by more conscious and aware.
- **Career**- Make life successful by choosing and make use of opportunity.
- **Financial**- Money and Resources at a limit.
- **Intellectual**- Factual, Realistic.
- **Creative** – More thinking by which creation happen.
- **Spiritual**- Equanimity, Balancing, Gratitude- Smallest thing can flow.

Energy flow



In every action there is energy which takes place under a form and sometimes formless. Energy flow continues and changes.

REACH OUT:

- The main event was planned and executed in the village of Anipur in Pollachi district.
- The programs included, Oyil dance, Kalliyal dance, songs including 'Manjal kungumam', 'Maram valarpom', 'Kaaikarri thottam' and a Street play named 'Naai' which tells about the importance of girl child and gender equality.

-
- Few games were conducted to energize the minds of the village kids.

Prizes for the events were distributed and the function ended with gay and laughter.

REFLECTION SESSION: EVALUATION

MADHAN: • Didn't find co-ordination amongst groups.

- Think we wasted more time.

PRINCE: • Helped each other during the work.

- We worked together with a motive, should be appreciated.

MIKE: • Nice co-ordination within the team; appreciated everyone in team-2.

- Everyone lacked punctuality, many skipped classes, it could have been avoided.

KANNAN: • Coming for a rural camp for the first time, everybody feels like a family.

- Farming was a very new experience

NITESH: • Built stronger bonds with everyone; used every opportunity well.

- Good team co-ordination, girls worked very hard.

NAVEEN: • Cultural could have been better; students could have avoided talking amongst themselves.

- Appreciated Rahul's work; team-mates supported him a lot.

MONESH: • Witnessed a lot of change, with regard to usage of mobile phones.

-
- Started eating raw vegetables, got adjusted to it.

GREAWIN: • Grateful for the care given.

- Understood that he was overthinking a lot.

ANNISH: • Good platform to get closer to his fellow- classmates.

- Agriculture and construction were a new experience.

MUNISHWARAN: • Agriculture and construction were very new and helpful.

- Pre- camp participants were very hardworking.

LEANDER: • Pre-camp work was a lot, three others were very supportive, very grateful.

- Inspired by Mr. Robinson.

SHARON: • 13 days brought in new experiences every day.

- Learnt to do every small work with concentration.

ROSELIN: • Everyone practiced the three values.

- Very grateful for the faculties, and the co-camp leader.

JAYAHARSHINI: • Group division was good; there was good co-ordination.

- Village visit was a good experience.

DIVYASREE: • Appreciated everyone who were a part of the program.

- Grateful to the camp- leaders and faculty.

ABIRAMI: • Realised the 'dignity of labour' from both the dimensions of work.

-
- The session might have been boring, but it feels like it will definitely help.

JOFINA: • Perspectives about everyone changed.

- Interacted a lot with everyone.

ROSHINI: • There were gossips within groups; Sessions were sleepy.

- Good cultural program, learnt about PRA

JOSIPHIDA: • Experience about village visit; not much interaction was there.

- There was a good adaptation among students.

NIMISHA: • Was a different type of rural camp, gained a lot of live in experience.

- Answers for questions during Nature cure class weren't answered.

JANESH: • Everyone did good work.

- Learnt adoption.

ROMINA: • Learnt about agriculture and construction.

- Nobody utilized the cultural practice time.

PASTIN: • Grateful to Vincent sir.

- Appreciates Josi and the camp leaders.

SHANMUGAPRIYA : • Learnt lot of new stuff.

- Grateful for everyone.

MONI: • Waking up early was hard, but slowly overcame it.

-
- Usually wasted food, but realized the worth of it after coming here.

LISSY: • Judgements were broken and changed.

- Had very supportive team members.

KIRAN : • Village interaction was lesser.

- Learnt a lot about other people.

STEFFY: • Tried to adjust, but regardless I felt sick.

- Very grateful for her team- members.

TANYA: • Built good bonding amongst friends.

- Grateful for the boys, the whole team.

DHANUSH: • Focused on personal goals.

- Realized a lot of caste issues in villages.

SAMYUKTHA: • Focused mainly on adopting to this food style.

- Understood the hardships of agriculture and farming.

RAGHAVI: • Procured a lot of happiness.

- Adapted to vegetables.

RAHUL: • Grateful for Prof.Vincent; Didn't find the need to intervene.

- Hospitality of villages were outstanding, students behaved well with good conduct.

PUTHUNILA: • To have more interaction.

-
- Everyone gained the experiences they needed.

Dr. JOHNPAUL: • Appreciated the camp site.

- was nice to see students adopting to natural farming.
- Appreciated organic farming, all the team members and the resource persons.

POST CAMP REFLECTION:

Roseline Morena - Rural camp was a place where we were able to interact with one another a lot more and where each and every one of us were able to learn something new.

One thing I have learnt is that a leader is supposed to be a guide and not a commander. A leader should not stop people from putting their ideas into action even if it does not look practical. As a leader I learnt to take the view point of each and every person into consideration even when there was a difference in their opinion. It is very important for a leader to not to put down anyone and help everyone in working together as a team. As an individual I learnt to strive, no matter how difficult the journey looked. My confidence level increased in the case of speaking in front of people. It was the time which mentally drained me as an individual, but it was all part of a journey. This journey was full of knowledge which helped me improve myself as an individual. It made me more empathetic and sensitive.

Leeyander- Learned the value of compassion towards nature. Only money cannot give us content life. We must love our Nature and spend our time with it. It gives you more and more happiness, and helps to live a healthy life.

Puthunila- Trainee had a different exposure and experience. Trainee realised that these exposures were pathway to understand how nature leads her life in a positive way. It was an

opportunity to extend her gratitude towards nature for making her realise the good things she received in her life and gratitude towards her mom who was supporting and taking care of her, understanding her throughout her life. The trainee's happy that nature guides her throughout her life and pushing her by giving an opportunity to understand the laws of nature.

Raghul - This camp really helped me in knowing who I am? and what I'm capable of. I personally learned a lot about my behaviour and what are the things that I should change. This camp gave me the spark and motivated me to come forward to express my thoughts in front of others.

Josipida- First time experiencing how strict the caste system is in the rural areas of mainland India.



The students with their respective team members

THE FINAL ALTERNARRATIVE:

THE ALTERNRRATIVE OF STUDENTS FROM THE CAMP

End of the second day, one of our classmates shared,

“I called up my mom and cried.”

He was our friend.

That statement above, captures a lot about the critical issues faced by millions of people around the world, especially young people like us. It also captures hope in a not so obvious way.

Our Classmate’s grief was not due to some insurmountable difficulty he had faced at the farm. Like 35 other students, he was asked to do farm work for about six hours between 7 am and 4 pm with breakfast and lunch breaks. Breakfast was fruit salad and raw vegetable salad buffet was the lunch. This was supposed to be part of the learning, agreed upon before the program started.

Yes, farm work can be hard. And a raw-food diet twice a day can be harder (dinner was cooked).

It is easy to dismiss this as an anomaly, as one unusually weak student. But over the next eight days, we discovered a similar state of mind in most of us. Some were good at hiding it. Some were not.

It reveals how underdeveloped and under-prepared most people are, physically and psychologically, in dealing with two fundamentals of life: work and food.

This lack of readiness is due to the extremely narrow perspectives people have, unintentionally, on work and food.

Through Alternarratives, the organizers attempted to design and implement a program that might broaden the perspectives of us in two ways:

Do farm-based work and eat natural food in particular ways that help ourselves to discover more dimensions about work and food.

Listen to and reflect on alternarratives – narratives of people, places, objects and activities that are not affected by the Complex and hence have greater diversity and depth.

On day one, in the orientation session, we were requested to do the farm work, prepare and eat food and listen and reflect on alternarratives through the lens of three values: Compassion, Composure, and Concentration (3Cs).

It is this condition – to work, eat, listen and reflect with compassion, composure, and concentration that drove our classmate to call up his mom and cry on day two. Not that he but all of us were trying hard to imbibe these values. We were being held in a space created by volunteers who embodied these values. Therefore, we could not externally react to what they were subjected to with anger and frustration. Besides attempting to react through humour, we had no other outlet. And hence our classmate thought of his mom. Many others who followed him opened up about how difficult it had been for them, physically and mentally, to work with shovels, crowbar, machete, and cow dung; and have raw fruits, veggies, greens and sprouts for breakfast and lunch. We confessed that the work and food were challenging enough and we were not able to even remind ourselves of the values we are supposed to imbibe. Yet, unconsciously, we were mirroring the 3Cs embodied by the volunteers.

Another classmate, a girl shared, “Frankly, I was disinterested and even disgusted at the mud and the manure. The digging was not easy at all. It was an unacceptable ordeal. On day four, I saw little sprouts of the seeds that I had planted. That sight deeply churned me. I thought that if those seeds can push themselves up through the soil, manure, and mulch to find air, sun and life, I too can. My life has been covered by layers of stuff that I used to think of as an undeserved burden. Now I will just think of them as the compost through which I need to find nourishment and break free.”

On day 3, our classmate who cried showed up at the kitchen as an enthusiastic volunteer. And he walked an extra mile by being a bridge between volunteers and 3 other students who did not want to touch fruits or vegetables and for their change of heart. He definitely had the knack of turning his grief into compost.

36 students were divided into six teams of six each. In the morning, we worked in the field and planted many greens and vegetables. Post lunch, we constructed a 400 sq. ft. shed with casuarina polls, bamboo, and dry coconut leaves. Every day, a new team prepared lunch and dinner guided by the volunteers. They also did the pre and post kitchen work.

Day by day, largely unconsciously, we were establishing connections with the soil, air, water, and sky; with simple farm tools, with demanding farm work, with fresh produce and the kitchen; and with volunteers and the stories they shared.

We put our energies in constructing an observation hut and it came out structurally elegant. Some of us said that even if the camp ends, we would stay back and finish it 😊

Whenever we became aware of one or more of these connections, it surprised us, inspired us and kindled something inside us that we did not know existed. We shared these moments of awareness every evening.

Another classmate shared, “I used to think that to plant seeds simply meant take some seeds and put them in the soil. I had no clue that it involved de-weeding and loosening the soil, designing the planting area into different types of beds, bunds and pathways; manuring, mulching, wetting... and then planting the seeds. Not to mention considerations of the type of seed, season, cost, yield and potential revenue. I will never look at food the same way again.”

Another classmate asked the farm guide whether the seeds that he planted will sprout. The guide asked back, “Don’t you have confidence that the seeds you plant will sprout?” He later shared in the reflection session, “The farm guide’s question just hit me hard. I wondered if I had gone

through life without this confidence. And I resolved to work with faith and confidence – my seeds will sprout.”

A few of our classmates developed fever, headache, stomach ache, one was throwing up, one got accidentally hit by another in the head... and they were all asked to fast, rest and do simple hydro-therapies. To their surprise, with no doctor visits, no medicine, and no panicking, they all got well within a day.

From day 5, we went into the villages to meet, observe and understand the people there. In spite of initial resistance, we took to the villages like fish to water. The organisers had invited some friends to teach us pottery, local songs, and dance and share with us their transformational life stories. These experiences added the much-needed fun, relaxation and loosening up.

Throughout the ten days, our two professors who had accompanied us supported the whole process in ways unimaginable by an average college lecturer. They kept time, listened to our complaints, cajoled us to keep the enthusiasm and also worked with us on the farm. They also worked with the volunteers, to understand the process better and coordinate with us. They made many valuable observations and gave the organizers important suggestions to make the experience better for us. They clearly went beyond their duty.

On the last day, we were asked to spend the whole day working in groups and individually, to conceive and write a new narrative of our life – past and future.

For the first five days, most of us could not understand all the concepts they shared, could not make sense of what they meant by values-based action and reflection. In spite of being students of the course Master of Social Work, our general knowledge, communication skills, and many life skills were lacking.

They empowered us by not supplying anything from the outside, but by helping us find our own inner resources. Confronted with a reality where they could not see much inner resources, some of the volunteers thought that this program could just crash out.

In the evening, everyone of us assembled for the final session. Honestly, they did not think that more than a few students would have managed to write something worth sharing. They underestimated and thought the session would not last more than half an hour. They were partially right: none of us literally wrote a story of their life. We are not used to that kind of literary exercise. But life is life. When it is touched, it responds. And respond we did.

A lot of us had re-written our stories in our hearts which we shared without inhibition in our own voice, literally and figuratively. A narrative is anyway the act of telling, not writing.

One of our fellow classmate shared, “I had always been shy, indecisive, fearful of failure and hence never initiated anything in my life but just followed instructions. On the other hand, I had always found faults with others and never missed a chance to tease or accuse others in many small ways. I could see that I was unconsciously pushing others to be like me and it indeed negatively affected people. My new story is that I resolve to turn my negative behavior into its opposite: I will appreciate at least one person in my life every day for one little reason. I realize that more than bringing a smile to someone, over days and months, it will transform the very way I look at the world and draw me out of my shell.”

Another girl shared that now she is able to see very clearly all the sacrifices and hard work of her mother and how much she had been nurtured and influenced by her mother. She felt deeply grateful.

After a couple of more stories, one of our classmates dared to share a very moving and heart-wrenching account of his whole life – in the third person. In this version, he acknowledged the good parts, the good friends and support he had received and was looking at his life as a triumph over unfortunate circumstances. Immediately three others followed up with similar stories, all in

the third person. We had never done this before and are not skilled at it. So unconsciously we switched to the first person, caught ourselves and switched back to the third person and this particular awkwardness made many people tear up.

Many of us came back to the 3Cs again and again and shared that they are able to see the importance of these values in real ways.

The narrative of this program had some coherence to us. It painted a discernable picture. But the way it unfolded was pretty messy. The volunteers were clearly disappointed and re-appointed many times. They laughed at their foolishness in attempting something like this with an unfiltered group of students like us who have very little idea what we were signing up for.

But they kept at it in the spirit of, and trust in the power of, the inclusiveness that fosters diversity and depth. It is best illustrated by what Mr. Raghu shared in the first session on day three:

The session was supposed to start at 7 am. He had woken up at 5 am, drove his motorcycle for an hour and a half and showed up at the venue at 7:03 am, a bit guilty of missing three minutes. But then, all us were not there. It took another ten minutes for most of us to assemble. And then it took another forty minutes for the last five of our classmates to show up. We were an hour late. He sat in front of us in silence, waiting for the very last student to show up. One of our lecturers even asked him to just start and deal with the late comers later. But he simply waited.

He then opened the session by saying the following:

“I believe waiting for the last few students and including them in this circle is far more valuable than saving an hour. People get left behind in the world for many different reasons. Most of the time we tend to place the blame on the people themselves. Instead, we could all ask ourselves, “How we have contributed to their delay in some ways? How are we responsible for their tardiness?”

Mr. Anand shared with us Jordan Peterson's story of Aleksandr Solzhenitsyn, a Russian soldier who, under the most impossible condition of finding himself in a war prison for the second time in his life (first time by the Germans and the next time by his own country) asked himself an extraordinary question, "What did I do to get here?" This question resulted in him writing the revolutionary book, *The Gulag Archipelago* which played a critical role in the fall of the Soviet Union.

He told us that inclusiveness is a way of taking collective responsibility. It generalizes our weaknesses and amplifies our strengths. By leaving some people behind, we are ultimately leaving ourselves behind.

On the last day, in the last session, our classmate who was part of the late comers said, "I was ok being late. But after that first session, I was not at all ok with devaluing another person's commitment. It hurt me to know that someone woke up at 5 am to be here for me at 7 am and I took it for granted."

Mr. Anand finished the last session telling , It's a joy to see seeds sprouting.

RESOURCE PERSONS:

Mr. KALIDAS: He is an environment social worker. He told stories about snakes and advised us to learn a lot of things related to social work and keep ourselves updated.

Mr. AJAY: He is a person who is ideal, and passionate about school children. He passed out from Loyola College, Department of Phycology in 2000. He taught us about PRA.

Mr. GUNASEKARAN: He was a civil engineering doing business for past 25 years in Coimbatore. Now he's a volunteer and is showing great interest in organic farming.

Mr. DHAMO: He came as a volunteer, and just liked the food style and methods they are practicing. Now he stays there as a volunteer. Although he has his own profession, he has took organic farming as his passion.

MR. ANATH: He is the chief of Sadhana forms. He is in charge of all schedules. He gives instructions to everyone in the farm. He took Nature cure sessions, yoga and meditation for us.

Mr. RAGHU: He taught us about the alter narratives together with three C's and four shifts. He also taught us to create own stories. He explained many things which is related to our life and food.

Ms. SUGUNA: She stays in Sadhana farms and during camps she cooks and does treatments for the campers with natural products. She is also an expert in yoga and meditation.

Mr. ROBINSON: He is an expert in agriculture and construction. He has 3 kids, 2 of them staying in hostel and 1 with him and his wife. His teachings were very interesting and made us concentrate more on work. He has worked with Lord Berker and has learnt the skill of building houses using mud. He has constructed all houses in Sadhana farms and get 1000₹ per day for construction.

Mr. RAVI: He was once a great business man. Now he has quite his business and has took up farming and taught us about simple life.

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