

**BADUKU COMMUNITY COLLEGE
(SAMVADA, BANGALORE)**



INVITES APPLICATIONS FOR

A 3 Month Post Graduate Certificate Course in

Facilitating Women's Wellness and Justice

June – August 2016

IN JOINT CERTIFICATION WITH

**CENTRE FOR LIFELONG LEARNING
(TATA INSTITUTE OF SOCIAL SCIENCES, MUMBAI)**



CONTACT

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THE DREAM: What led to a Course on Women's Wellness and Justice?

In the wake of rapid economic and cultural changes in the last two decades, we're seeing new forms of structural oppression, injustice and violence emerge on a daily basis, experienced mostly by communities that are already vulnerable. New kinds of personal crises arising out of familial conflict, ill health, substance abuse, state neglect and economic hardships are calling out for our attention and care. In this atmosphere, the need to support each other with empathy, compassion and understanding has become stronger than ever.

In spite of almost half a century of the Indian women's movement having existed and worked towards gender equality, the issues faced by women today are still deeply embedded in structural, psychological and institutional systems that need to be uprooted. Through the Facilitating Women's Wellness and Justice course, we propose that feminist counseling is an important part of this process since it emerges from a feminist framework rooted in communitarian care, lack of hierarchies, and subjective experience. The course is built on the belief that this mode of feminist counseling can work towards uprooting other systems of inequality as well, ones that are based on class, caste, sexual and gender identity, and religion.

We recognise the crucial fact that counselling and mediation interventions that address personal well being within the realm of social justice are simply not available to a vast majority. These interventions need to be rooted in a holistic approach to ideas of wellness and justice, which takes into account the social, economic and cultural worlds that women occupy. The decisions that women take not only determine the course of their own lives, but also either lead to a reproduction of unjust social norms or enable resistance to oppressive practices/structures that exist in the name of culture and tradition.

Our dream in offering this course is to enhance the understanding and skills of people who want to work with women and other marginalized communities, by a) introducing them to existing feminist perspectives on various aspects of law, health, medicine, governance and family; b) giving them counseling, mediation, networking and mobilization skills based on these perspectives; and c) including self-work that will enable participants to deal with issues in their own lives.

THE POLITICS OF CARE: Our Approach to Counselling

We therefore attempt to ground counselling within a framework of rights, wellness and social justice, drawing on social and cultural analysis as well as feminist theory and critical studies. A course on "Counselling for Wellness and Justice" was conducted in the years 2009, 2011 and 2013, and was well received by women's organisations in several parts of Karnataka.

The course modules focused on the social contexts of women's dilemmas and struggles, and skills/perspectives necessary for functioning as effective counsellors and mediators. Intersections between gender, caste, class and community were examined using the participants' own experiences of working with women. The complex ways in which these intersections impacted women's lives guided our thoughts on how to bring healing through justice.

We strongly believe that a counseling process that takes social, cultural and economic contexts into account and does not try to leave our social identities at the door, opens the door to the above-mentioned healing through justice. We also then imagine the field of counseling changing shape and becoming open to people from different backgrounds and communities.

SMASH PATRIARCHY! Feminist Mobilisation and Action

The other set of skills that the course offers you is in conceptualizing and planning political action of various kinds, from the mindwork of imagining campaigns, short-term and long-term interventions to the physical tasks of designing material and creating networks for political and feminist action. All course participants will draw on the perspectives gained through the theoretical classroom sessions in order to plan and execute short-term campaigns (either individual or group-based) as part of the course.

CERTIFICATION by CLL (TISS)

In August 2014, the course was accredited by the Centre for Lifelong Learning, Tata Institute of Social Sciences, Mumbai. The certificate granted for course completion will therefore be a joint certificate from Baduku (Samvada) and CLL (TISS).

THE THREE PILLARS OF THE COURSE

In the perspectives segment, we will address different facets and forms of counselling that women need; the importance of a contextualized understanding of religion, caste, sexuality, and disability; and the ways in which women negotiate the institutions of law, health and family. The skills segment involves training in counselling and mediation skills as well as referral skills, to enable counsellors to link women with legal, medical, psychiatric or other services as required. This segment also includes learning on how to plan and execute campaigns and actively mobilize to bring about social change. Our third pillar is Self Work, which involves intensive reflection on the processes you've gone through and are going through, so that you are able to carry out the work of wellness and justice with empathy and sensitivity to different conditions and contexts.

COURSE AT A GLANCE

The course consists of 30 credits, each involving 15 hours of learning. This is spread over 3 main sections:

| <u>Work on the Self: Women's Wellness in Context</u> | <u>Skills for Wellness and Justice</u> | <u>Feminist Perspectives of Wellness and Justice</u> |
|---|---|---|
| 1.1 Conceptualising the Self | 2.1 Becoming a Counsellor | 3.1 Understanding Women's Lives in Context |
| 1.2 Uncovering One's Inner World | 2.2 Mediation, Referral and Networking | 3.2 Theorising and Conceptualising Counselling for Women |
| 1.3 Understanding the Embodied Self | 2.3 Conceptualising and Planning Political Actions | 3.3 Journey to Justice: Women and the Legal System |

FAQs

FAQ 1: Who can apply?

If you are part of a women's group, a youth group, a community-based organisation, an NGO, a counselling centre, a HR team, or are a student considering work in the field of counseling, mediation and activism, feel free to apply!
Applicants should either be at least 21 years old and have an undergraduate degree, or considerable work experience in the field of social justice. The course will be conducted in English and other languages, and the ability to read and write in English is a prerequisite.

FAQ 2: What's the schedule like?

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|-------------------|------------------------------------|--|
| SEGMENT I | June 1 – July 15 2016 | Coursework (Theoretical and Practical) |
| BREAK | July 15 – July 22, 2016 | Holiday |
| FIELDWORK | July 23 – August 14, 2016 | Field Placement for Experience (based on interests) |
| SEGMENT II | August 15 – August 31, 2016 | Coursework (Theoretical and Practical) |

The course will be spread over a period of 3 months, beginning in June 2016 and extending till August 2016. The course is divided into 55 days of theoretical learning and 20 days of practical field learning. For field work, the participants will be sent back to their organizations or placed with organizations in Bangalore, so that they can put their theoretical and workshop-based learning into practice and return with an analysis of their experience.

FAQ 3: Can I work as a counsellor after this course?

You can become a counselor with the certificate that this course will award. However, Samvada will ensure that the standards of ethical counseling and the requirements of casework sharing are met by all participants before awarding the certificate. If you do want to practice counseling, we will link you to established counselors who will a) oversee your counseling work and provide guidance on cases that are taken up; and b) ensure that you continue to work on the self.

FAQ 4: What are the Selection Criteria?

Selection will be on the basis of the application and an aptitude test. Participants have to attend all modules for successful completion of the course.

FAQ 5: What's the Course Fee?

The basic tuition fee is Rs. 5,000. Sponsoring organizations would be required to (i) pay the course fee for the participant, and (ii) meet travel expenses of candidates from their place of work to Bangalore for all the course segments. Baduku can provide shared accommodation and food for a maximum of 12 participants, for an additional fee of Rs. 12,500 (@Rs 250 per day). Applicants are required to justify their need for accommodation and food separately, since preference will be given to those who most require these facilities.

CONTACT US!

TO APPLY OR ENQUIRE, please write to us at baduku.fcwj@gmail.com or call us at (080)84692184; (0)9916482928

ABOUT US

SAMVADA, Bangalore

Samvada works with young people to make the world a more humane, socially just, safe, sustainable and peaceful place. Over the last 20 years, our interventions have helped young people to:

- Rethink “development” and “justice”;
- Create spaces to change self and society;
- Find socially and economically sustainable livelihoods,
- Explore various forms of activism and youth action.

Our sensitization programme focuses on issues of gender, class, caste, pluralism and sustainable development.

www.samvadabaduku.org

BADUKU COMMUNITY COLLEGE (Samvada, Bangalore)

Set up in 2007 as a college for alternative livelihoods, Baduku influences professions and equips young people with perspectives and skills to address emerging social and environmental concerns. Courses in

- Sustainable Agriculture
- Community Based Eco-Tourism
- Urban Water Solutions

- Teaching for Social Change
- Counseling for Wellness & Justice
- Journalism for Peace & Development

have helped young people combine their ideals and convictions with meaningful and sustainable careers or enterprises.

Course Email: baduku.fcwj@gmail.com

CENTRE FOR LIFELONG LEARNING (TISS, Mumbai)

CLL works with adult learners who seek to work with the disadvantaged and vulnerable sections of society. The Centre conducts a range of outreach, short-term and part-time programmes for professionals, para-professionals and volunteers. The thematic contents of these programmes focus upon work-related needs as also self-growth and individual development.

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TATA INSTITUTE OF SOCIAL SCIENCES, Mumbai

TISS-Mumbai is an institution of excellence in higher education that continually responds to changing social realities through the development and application of knowledge, towards creating a people-centred, ecologically sustainable and just society that promotes and protects dignity, equality, social justice and human rights for all.

www.tiss.edu