

## TESTIMONIAL

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*“Only that education deserves emphatically to be termed cultivation of the mind which teaches young people how to begin to think.” – Mary Wollstonecraft*

The Oxford College of Arts has been pivotal in shaping my personality by providing the best platform, infrastructure and opportunities to engage more in my field of interest. It has helped me to pursue my career in the field of health and mental health. I am glad I was once part of the Social Work Department.

I am a PhD scholar from the School of Social Work, Tata Institute of Social Sciences, Mumbai and my area of research is Sexual and Reproductive Health. I have completed my M.Phil. from the Department of Social Work, University of Delhi, and my research study was on Socio-cultural practices of menstruation and its impact on women, a study among the Galo tribes of Arunachal Pradesh. Altogether, I have four years of working experience, which comprises teaching experience (Kathmandu, Nepal) and project-based work on menstrual hygiene management and smoking and smokeless tobacco (Delhi, India).

I would like to express my gratitude to the Professors of the Department who assisted me with fieldwork reports and guided me with my dissertation. Social Work has helped me grow my skills personally and professionally. The weekly task of submitting field reports improved my observation and writing skills. Choosing mental health has helped me develop empathetic and listening skills. Planning, organizing, and engaging in rural and urban camps boosted my confidence and improved my management and communication skills. This learning was an amalgamation of theory and practice, and I wouldn't have achieved it without my professors' supervision.

Social Work is the right course for anyone considering working with the community. This course (MSW) and the institute are where I began to think critically about the prevailing social issues in our country and ways to contribute to making a better society. Overall, it was a wonderful learning experience, and I thank my professors (present and former) again for their dedication in shaping me as a responsible individual.

***-YOMRI DABI, MSW (2011-2013)***