

# Skill Development Programmes

Under RUSA 2.0



Department of Social Work

University of Kashmir

NAAC Accredited A+



A Brief Report

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## ***Patron***

### **Prof. Nilofer Khan**

Hon'ble VC, University of Kashmir

### **Prof. Naseer Iqbal**

Registrar

Head, Department of Social Work

### **Prof. Shazia Manzoor**

Principal Investigator RUSA 2.0

### **Dr. Aadil Bashir**



### **Message from the Honorable Vice Chancellor**

It gives me immense pleasure to witness the University of Kashmir's commitment to holistic education through innovative programmes that address contemporary societal challenges. The launch of the programmes in Counselling Skills in Drug De-Addiction and Fashion Designing under RUSA 2.0 is a significant step towards equipping individuals with the knowledge and skills necessary for both professional growth and societal well-being.

Substance abuse has emerged as a grave concern, and empowering professionals with the right counselling skills is crucial in combating this menace. Simultaneously, skill-based initiatives like fashion designing not only foster entrepreneurship but also contribute to self-reliance and economic sustainability. These programmes reflect our vision of an inclusive and progressive educational environment that bridges academic learning with practical application.

I commend the Department of Social Work for their dedicated efforts in designing and implementing these programmes. I am confident that these initiatives will make a tangible impact on individuals and communities alike.

Best wishes to all participants and stakeholders!

**Prof. Nilofer Khan**  
Honorable Vice Chancellor  
University of Kashmir



### **Message from the Registrar**

The University of Kashmir has always been at the forefront of academic excellence and social responsibility. The introduction of skill-based programmes under RUSA 2.0 is yet another testimony to our dedication to fostering education that is responsive to societal needs.

The Counselling Skills in Drug De-Addiction course will empower individuals with the expertise to address the growing issue of substance abuse, offering them a structured approach to rehabilitation and intervention. On the other hand, Fashion Designing not only nurtures creativity but also provides avenues for sustainable livelihoods, especially in a region known for its rich cultural heritage in arts and crafts.

I extend my appreciation to the Department of Social Work and all involved in this initiative. I encourage students and professionals to make the most of these opportunities and contribute meaningfully to society.

Best wishes for a successful learning experience!

**Prof. Naseer Iqbal**  
Registrar  
University of Kashmir



### **From the Desk of the Head, Department of Social Work**

The Department of Social Work has always been dedicated to creating meaningful educational programs that address pressing social issues. The introduction of skill development programmes in Counselling Skills in Drug De-Addiction and Fashion Designing is a testament to our mission of combining academic rigor with practical impact.

Substance abuse continues to pose significant challenges, and it is imperative that we equip individuals with the necessary counselling skills to aid in prevention and rehabilitation. At the same time, vocational training like fashion designing provides an avenue for empowerment and economic independence, particularly for youth and women.

I am grateful to the University administration, and RUSA 2.0 for their support in making these programmes a reality. I also extend my best wishes to the participants.

May this be a transformative journey for all of you!

**Prof. Shazia Manzoor**

Head, Department of Social Work  
University of Kashmir





### **A Note from the Principal Investigator (P.I.), RUSA 2.0**

The RUSA 2.0 initiative at the University of Kashmir is dedicated to fostering innovation, skill development, and community engagement. The launch of skill development programmes in Counselling Skills in Drug De-Addiction and Fashion Designing in 2021 aligns with our broader vision of equipping individuals with industry-relevant skills that have a lasting impact.

The counselling course addresses a critical social need, preparing individuals to support those battling addiction with compassion and expertise. Meanwhile, fashion designing taps into the rich artistic legacy of Kashmir, creating new avenues for employment and entrepreneurship. These programmes are a step toward a more skilled, self-sufficient, and socially responsible workforce.

I express my sincere gratitude to the University administration and all the collaborating organizations for their support in the smooth implementation of these programmes.

I congratulate the Department of Social Work and all stakeholders involved in this initiative. May these programmes serve as a beacon of learning and change!

**Dr. Aadil Bashir**

Principal Investigator, RUSA 2.0  
University of Kashmir

## About the Skill Development Programmes

The Department of Social Work, School of Social Sciences, University of Kashmir, established in 2003, is committed to fostering social justice, empowerment, and community development through education, research, and field engagement. Skill development, training and knowledge are the driving forces of economic growth and social development of any country. The Department has been running two skill development programmes since 2021 under the Rashtriya Uchchatar Shiksha Abhiyan (RUSA) 2.0 namely “Counselling Skills in Drug De-Addiction” and “Fashion Designing” with the aim of training and developing the skillful human resource in the areas of drug de-addiction and fashion designing. The duration of both of these programmes is six months. The students with the required academic qualification are selected on the basis of merit. Since 2021, four batches have passed these two skill development programmes. These programmes aim to bridge the gap between theoretical knowledge and practical expertise, ensuring employability and professional growth. The detailed description of these two programmes is given below.

### Counselling Skills in Drug De-Addiction Course

With drug addiction or Substance Use Disorder (SUD) on the rise, trained professionals in de-addiction counselling are crucial. This course equips learners with essential counselling techniques to support individuals battling SUD, fostering recovery and resilience.



First Batch of the Students of the Course “Counselling Skills in Drug De-Addiction”

## Objectives

The course was started in the year 2021 by the Department of Social Work, University of Kashmir, under RUSA 2.0 keeping in view the following objectives and learning outcomes:

**Major Objective:** To provide prospective counsellors and allied workers with knowledge on drug use and its consequences and drug de-addiction counselling techniques, and relapse prevention therapy to enhance the effectiveness of their work with targeted clients.

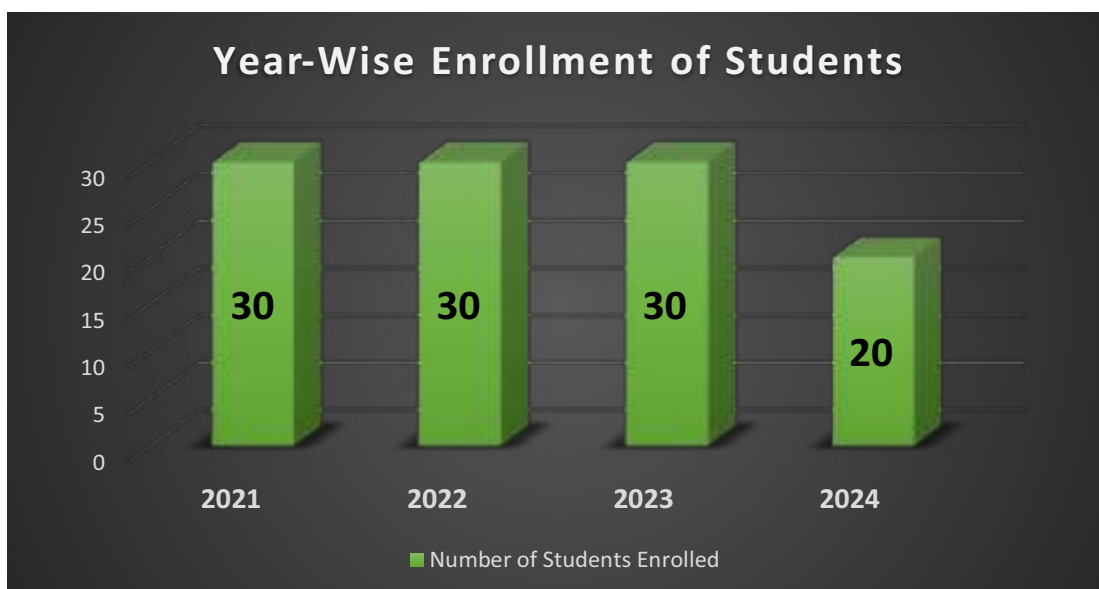
### **Specific Objectives/Learning Outcomes:**

The course shall enable learners to:

- Gain basic knowledge about common drugs, drug use patterns and consequences of drug use as relevant to the regional context.
- Learn various determinants of drug addiction, recovery and relapse.
- Understand the roles and responsibilities of de-addiction counsellors.
- Know different models of drug addiction treatment.
- Be aware of substance use disorder treatment services available in J&K.
- Understand the counselling process and learn about the components and steps involved in conducting a client assessment.

## Batches

Since 2021, four batches have been successfully trained in the course. The year-wise breakup of the students is given as follows.



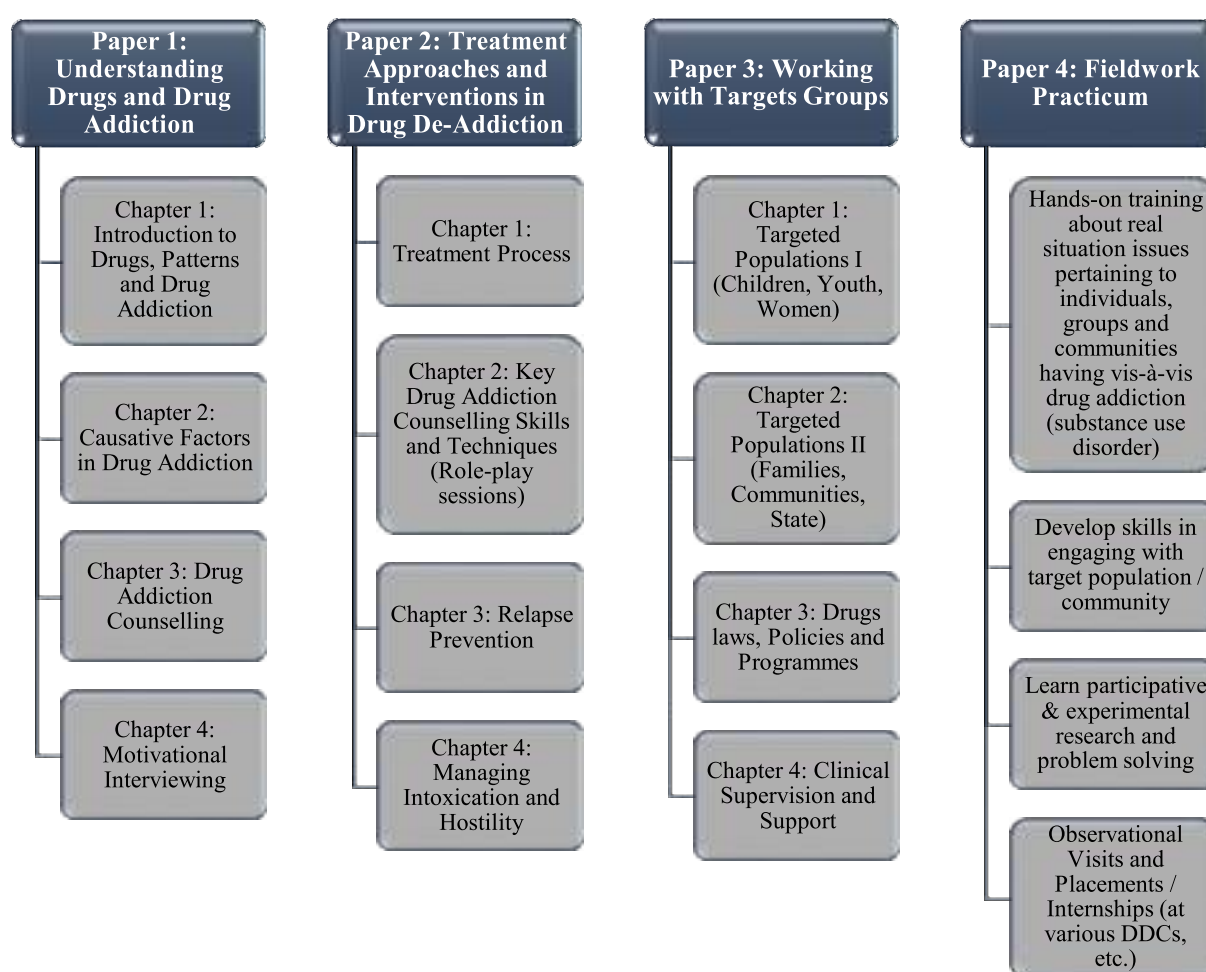


## Eligibility Criteria

The eligibility criteria for admission to the six-month skill development course in “Counselling Skills in Drug De-Addiction” is P.G. in Social Sciences, with preference given to Social Work, Psychology, and Sociology candidates. Students are selected on the basis of merit obtained at the P.G. level.

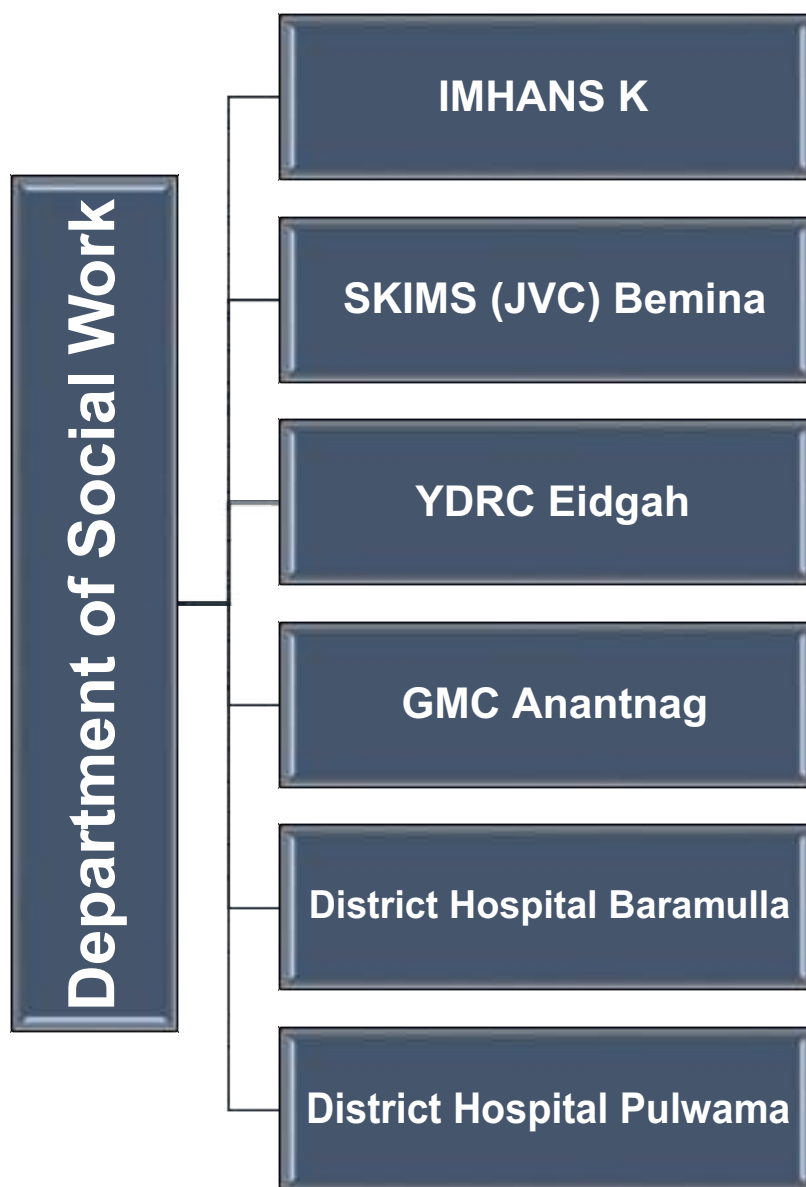
## Key Topics Covered

There are four papers in the course, each of four credits, with various chapters and sub-chapters which are as follows:



### **Collaborations**

The department has collaborations with various government as well as non-government agencies for the fieldwork placement of students during the course which include Institute of Mental Health and Neurosciences Kashmir (IMHANS-K), SKIMS Bemina (JVC), Youth Development and Rehabilitation Centre (YDRC) Eidgah (formerly, DDC, J&K Police Control Room), Government Medical College (GMC) Anantnag, District Hospital Pulwama, District Hospital Baramulla, CAUSE NGO, etc.



**Students of CSDD Course During Field Work Placement  
in Various Agencies**

**IMHANS K**



**SKIMS (IVC) Bemina**

## GMC Anantnag



## YDRC Eidgah





### **Fashion Designing Course**

Fashion designing is a dynamic and creative field that blends artistic vision with technical expertise to shape the global clothing and textile industry. Creativity meets skill in this course, where aspiring designers learn the fundamentals of fashion, from sketching to garment construction, enabling them to carve a niche in the industry.



### **First Batch of the Students of the Course “Fashion Designing”**

#### **Objectives**

The course was started in the year 2021 by the Department of Social Work, University of Kashmir, under RUSA 2.0 keeping in view the following objectives and learning outcomes:

#### **Major Objectives:**

- To introduce the trainees to various commercial aspects of the apparel industry.
- To facilitate the students to establish entrepreneurial units and make them self-reliant by developing their competencies.
- To provide a balanced mix of theory and practical knowledge tied up with several situations in styling industry.



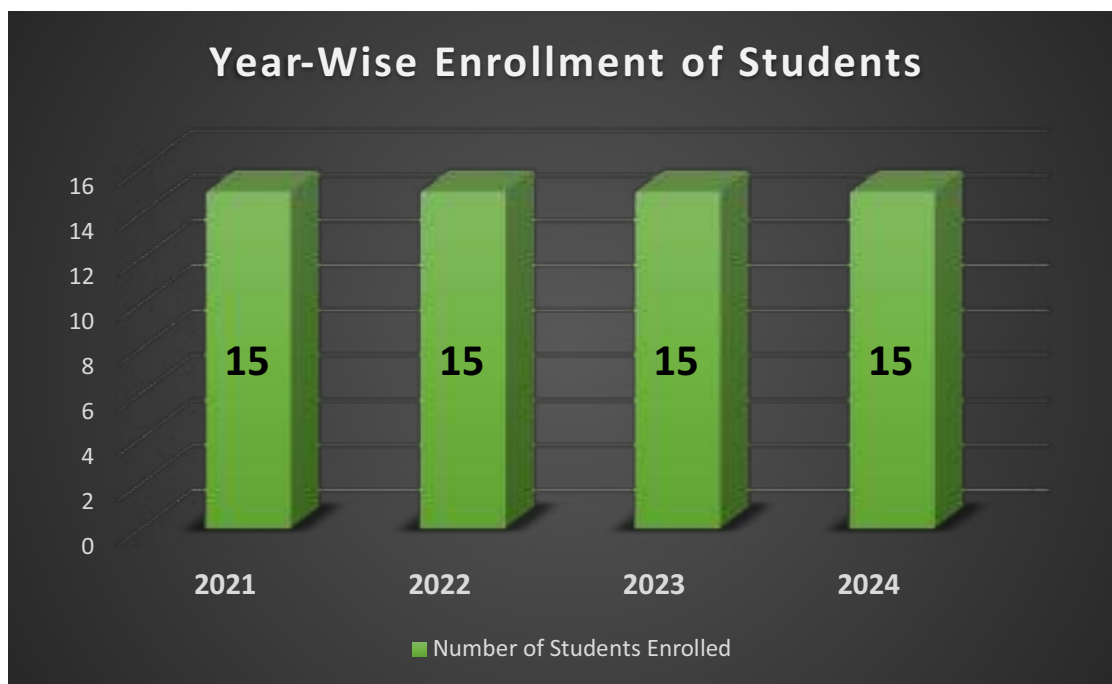
- To introduce to the students, the rudiments of sketching and its perspectives.
- To focus on experimental learning through understanding of basic and simple styling solutions to challenging authentic results.

#### **Learning Outcomes:**

- Learn the importance of fashion designing.
- Understanding the designing of garments with the help of elements using principles of design and colour scheme.
- Importance of embroidery, dying, and printing in fashion designing.
- Learning the basic stitches, seams and edge finishes with operation of Sewing machine.
- Skills in identifying different fibres and fabrics along with weaves and knits.
- Learn how to apply garment details in fashion illustration.

#### **Batches**

Since 2021, four batches have been successfully trained in the course. The year-wise breakup of the students is given as follows.

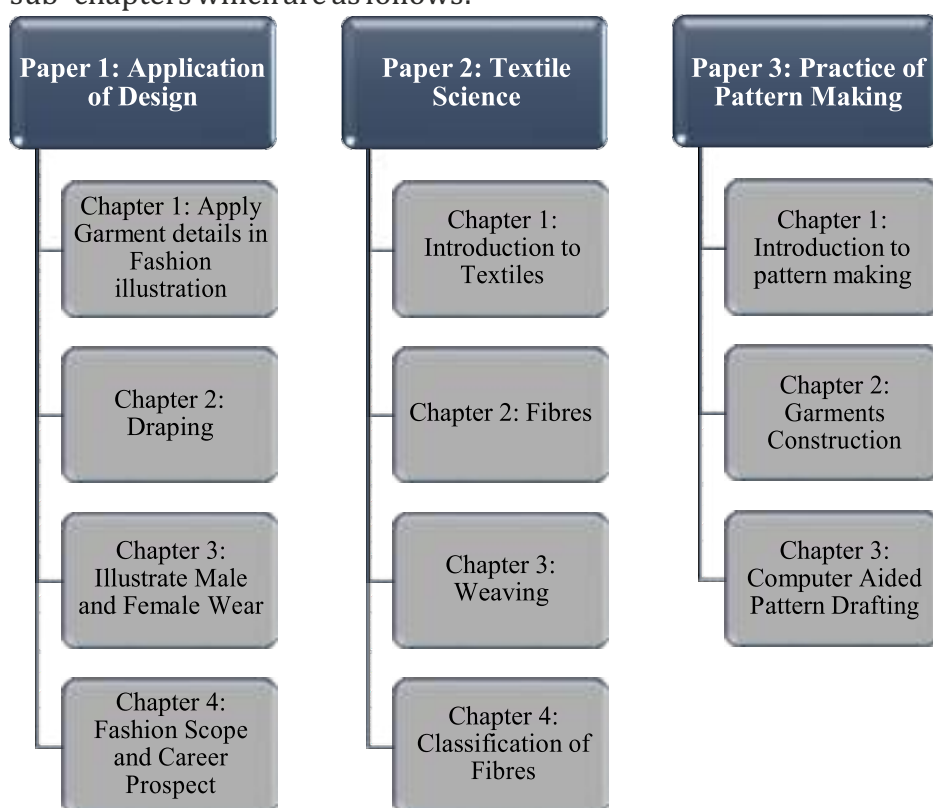


### Eligibility Criteria

The eligibility criteria for admission to the six-month skill development course in “Fashion Designing” is 10 +2 in any stream with prior experience in the area. Students are selected on the basis of merit obtained at 10+2 level.

### Key Topics Covered

There are three papers in the course, each of four credits, with various chapters and sub- chapters which are as follows:



### Extensive Training

Students in Fashion Designing course have been exposed to factory setting and various business outlets in order to make them reliable to innovative ideas in local business sphere. They also underwent numerous computer-based trainings which have helped them to gain technical knowledge of the computers besides the knowledge of software like CLO 3D Fashion Design, etc. A computer-aided skill lab was also established to facilitate the training of students in Fashion Designing.

**Students of Fashion Designing During their  
Training and Field Visits to Various Factory Settings  
and Business Outlets**













## Course Highlights

The programmes offered under RUSA 2.0 are designed to equip students with essential skills and practical knowledge. Some of the major course highlights are given as under:

- **Curriculum Design:** Vast practical and theoretical knowledge is imparted to candidates to sharpen their skills, so that they may get job opportunities. Besides, an expert committee was constituted for curriculum designing which included psychiatrists, counsellors, people from law enforcement agencies, people from fashion industries, etc. Various presentations were also given before the experts prior to finalizing the curriculum.
- **Hands-On Training:** Through a blend of theoretical insights and hands-on training, these programmes aim to enhance professional competencies and career readiness. Students from both the skill development programmes are also provided with the field work opportunities across various collaborative agencies to give them a practical experience of the on-ground situation and the work being done at the grassroots level.
- **Acknowledgement by Concerned Institutions:** The concerned agencies for job placement have acknowledged these programmes. E.g., SKIMS Medical College, for the position of counsellor, has clearly mentioned the preference to the candidates who have experience in substance abuse. Furthermore, the Counselling Skills in Drug De-Addiction course is considered as a part of the eligibility by the Government of J&K in establishing the ATFs (Addiction Treatment Facilities) in all the districts.
- **Certification Mechanism:** The certification is based on two-tier evaluation. The practical part of the skill course is evaluated by different agencies and by hired instructors, and the theoretical part is evaluated through credit based examination system, presentation, and viva voce.





### Students During the Written Evaluation of the Course



**Establishment of Labs:** The Department of Social Work, University of Kashmir, under RUSA 2.0, has established two labs for the students of the programmes – a Computer Lab with high configured systems and interactive digital panel, and a Fashion Designing Lab with highly equipped sewing machines.

Pictures From The Computer Lab Established Under RUSA 2.0





Pictures From The Fashion Designing Lab Established Under RUSA 2.0





### **Faculty and Resource Persons:**

The following faculty members have been engaged by the Department to teach the course of “Counselling Skills in Drug De-Addiction”:

1. Prof. Shazia Manzoor, Head, Department of Social Work
2. Dr. Aadil Bashir, Associate Professor, Department of Social Work
3. Dr. Wakar Amin Zargar, Associate Professor, Department of Social Work
4. Dr. Saima Farhad, Sr. Assistant Professor, Department of Social Work
5. Dr. Sarafraz Ahmad, Assistant Professor, Department of Social Work
6. Dr. Javaid Rashid, Assistant Professor, Department of Social Work

The Department has also engaged the following external resource persons for teaching the course of “Counselling Skills in Drug De-Addiction”:

1. Dr. Shabana Khurshid
2. Dr. Asma Jan
3. Ms. Nazia Fayaz Baba

The following external resource persons have been appointed as trainers for the course of “Fashion Designing”:

1. Ms. Shamiya Ali
2. Ms. Sameena Rasool

For the smooth functioning of both the programmes and for various administrative tasks, the Department has designated the following non-teaching staff members:

1. Mr. Mohammad Abbas Lone
2. Mr. Ab. Rashid Malik
3. Mr. Aijaz Ahmad Baba

- **Guest Lectures:** The Department has also arranged numerous guest lectures both in-person and online, especially for the students of the “Counselling Skills in Drug De-Addiction” course. The guest speakers were from various government departments and non-governmental agencies, working in the field of de-addiction at the grassroots level, e.g., trainers, counsellors, psychiatrists, government officials, etc. The Department had also arranged numerous guest lectures by Mr. Alfred Gnanaolivu, a mental health expert from Bengaluru, Karnataka.

- **Workshops Conducted:** As part of the ongoing efforts to address substance abuse through education and capacity building, the Department of Social Work, University of Kashmir, has successfully organized four impactful workshops:

## 1. One-Day Consultative Workshop on Drug Addiction and Certificate Distribution (22nd December, 2021)



A one-day consultative workshop was conducted by the Department on 22nd December 2021 at Gandhi Bhavan, University of Kashmir, aimed at fostering discussions on drug addiction by bringing together the various stakeholders in the field including psychiatrists, counsellors, persons from law enforcement agencies, and officials from the University of Kashmir.



The workshop also included the distribution of certificates to the first batch of students on the successful completion of the skill development course of "Counselling Skills in Drug De Addiction".





Two-Day Training Programme for Civil Society Organizations on Identification and Referral Services for Substance Abuse (12th - 13th May, 2022)



A two-day workshop was organized by the Department on 12th and 13th May, 2022, at Gandhi Bhavan, University of Kashmir, which brought the members of the civil society and various NGOs together, who were trained by the experts in dealing with substance abuse for two consecutive days. The training programme focused on equipping the Civil Society Organizations with skills to identify and refer individuals struggling with substance abuse.

### **3. International Day Against Drug Abuse and Illicit Trafficking (27th June, 2022)**



While the International Day Against Drug Abuse and Illicit Trafficking is globally observed on 26th June, since it fell on a Sunday in 2022, the Department of Social Work, University of Kashmir, marked the occasion on 27th June with awareness sessions and discussions on strategies to combat drug abuse. Centered on the theme “Share Facts on Drugs, Save Lives”, the day featured various discussions related to the topic by the experts, at Gandhi Bhavan, University of Kashmir, followed by an awareness rally held across the university campus. A



signature campaign was also held highlighting the need for a collective response to the drug abuse from all the stakeholders.

**4. Two-Day Training Programme for College teachers on Identification and Referral Services for Substance Abuse (6th-7th December, 2022)**



The Department organized a two-day training programme for college teachers (of Kashmir valley) on 6th and 7th December, 2022, at Gandhi Bhavan, University of Kashmir. Recognizing the pivotal role of educators in early detection and intervention, this training programme was designed to equip college teachers with the necessary skills to identify students at risk of substance abuse and refer them to appropriate support services.



The workshop covered key aspects such as understanding the psycho-social factors contributing to substance abuse among youth, recognizing early warning signs and behavioral indicators in students, referrals mechanisms, and the role of educators in linking students with professional help.







These workshops have played a crucial role in strengthening awareness, enhancing intervention strategies, and fostering collaboration among stakeholders in the fight against substance abuse.



### Overall Details of Training Workshops Under RUSA 2.0

S. No.	Trainee	Number of Trainees	Area of Training
1	Civil Society Organizations	25	Early Identification and Referrals in case of Substance Abuse
2	College Teachers	40	Early Identification and Referrals in case of Substance Abuse

### Alumni Achievements: Celebrating Success

The alumni of the certificate programmes in “Counselling Skills in Drug De-addiction” and “Fashion designing” have made remarkable strides in their respective fields. This section highlights some of their major achievements, showcasing the impact of their learning and dedication.

### Alumni Achievements: Counselling Skills in Drug De-Addiction

Graduates of this course have been actively contributing to mental health and de-addiction initiatives. Here are some of their key achievements:

S. No.	Name	Batch	Key Achievements
1	Farsheen Nabi	2021	Working as a PIU at Save The Children (NGO)
2	Naireen Jan	2021	Worked as a Field Supervisor in a Study by IMHANS K Working at DDC IMHANS K, as a Counselor
3	Aifa Shafi	2021	Worked as a Field Supervisor in a Study by IMHANS K
4	Rafia Jan	2021	Worked as a Field Supervisor in a Study by IMHANS K
5	Shameema Majeed	2021	Working as a Social Worker at Special Cell for Women (TISS)
6	Ienan	2021	Completed M.Phil. in Clinical Psychology
7	Muneera Ali	2021	Completed PG Diploma in Rehabilitation Psychology
8	Tanzeela Mubashir	2021	Completed PG Diploma in Rehabilitation Psychology
9	Rafia Jan	2021	Working as a Social Worker at Special Cell for Women (TISS) in Kulgam

<b>10</b>	Anzar Ul Aijaz	2021	Worked as a Field Supervisor in a Study by IMHANS K Pursuing Ph.D. in the Field of Mental Health and Substance Abuse
<b>11</b>	Mohsina Mushtaq	2022	Working as a Project Field Officer at HWVO (NGO)
<b>12</b>	Aamer Ahmad Ahanger	2022	Working as a Mental Health Counsellor at Kashmir Lifeline & Health Centre (NGO)
<b>13</b>	Nusrat Jan	2022	Counsellor at Drug De-Addiction Centre Kulgam
<b>14</b>	Bisma Ashraf	2022	Working as a Caseworker at One Stop Centre Budgam
<b>15</b>	Faryalla Farooq	2023	Pursuing Ph.D. in the Field of Substance Abuse
<b>16</b>	Insha	2023	Working as a Programme Trainer at Kashmir Lifeline & Health Centre (NGO)
<b>17</b>	Afshan Mir	2023	Working as a Field data Collector in National Mental Health Survey (NMHS – 2), conducted by NIMHANS Bangalore in collaboration with MoHFW, GoI
<b>18</b>	Aiman Bashir	2023	Counsellor at Child Care Institution (Mission Vatsalaya) in Shopian
<b>19</b>	Rameez Raja	2024	Counsellor at SACPPE (NGO)

### Alumni Achievements: Fashion Designing

The alumni of this course have made remarkable contributions in the fashion industry, entrepreneurship, and creative fields. Here are some of their key achievements:

S. No.	Name	Batch	Key Achievements
1	Mahoor Mukhtar	2021	Working as a Supervisor at a Fashion Enterprise
2	Bazeela Jehangir	2021	Also, working from home as a Fashion Entrepreneur
3	Nowreena Bashir	2021	Working as a Master Designer at a Boutique
4	Fozia Snober	2021	Also, Providing Professional training Services
5	Bisma Mohidin	2021	Pursuing Fashion Designing at ITI Baramulla
6	Aqiba Gulzar	2021	Established a Boutique
7	Mariya Gulzar	2021	Established a Boutique
8	Asma Shafi	2021	Intern at a Delhi-based Fashion Brand “Sila Atelier”
9	Shafeeqa Akhter	2021	Working from home as a Fashion Entrepreneur
10	Aamina Abdullah	2023	Working as an Art & Craft Teacher at a School in Pulwama
11	Zara Syed Shah	2024	Homepreneur
12	Nasreena Akhter	2024	Started Fashion Designing at Home
13	Ruquia Shafi	2024	Running a Boutique in Pulwama
14	Gazala Jan	2024	Pursuing PG in Islamic Studies (Distance Mode) Also, engaged in Stitching at Home
15	Nurgis Yousuf	2024	Homepreneur
16	Iman Rafiq	2024	Homepreneur
17	Rohi Shafi	2024	Homepreneur



## Social Impact of these Skill Development Programmes

