

Commitment to change

Exploring The True Essence And Evolution Of Social Work With Dr Rahul Kapoor



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Dr. Rahul Kapoor, an assistant professor in the Department of Social Work at Gautam Buddha University, is a dedicated social worker, a humanitarian and an author. With numerous research articles published in national and international journals on topics like human rights, feminism, and marginalization, he shares his insights on the essence of social work and how one can contribute to this field effectively.

Social work as a mindset

To truly engage in social work, one must cultivate a mindset for the same early on. My journey in the field began at Amitasha, a school for



GT reporters with Dr Rahul Kapoor

the less privileged girlchild, where I served as a program coordinator for over a year. It was during this stint that my desire to pursue a career in this field solidified. I went on to pursue a PhD in gender and social work, write two books, and eventually become a social work educator. Initially, my family was skeptical about my career choice, but I was confident about my decision. It's been eleven years since then, and my conviction has only deepened.

Social work beyond charity

Social work is not just about helping the underprivileged; it is about

empowering them to help themselves. We need to equip the marginalised with the skill set required to lead a better life. A significant challenge is that people do not understand the difference between social work and social service. Many NGOs focus solely on charity without creating a lasting impact because they lack the strategies to empower individuals sustainably.

Social work must keep evolving

A positive trend in recent times is that social work has begun to encompass diverse issues including gender rights, human rights etc. For instance, the recent amendments to

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the Persons with Disabilities Act have expanded the definition of disability to include acid attack survivors, allowing them access to various provisions and schemes. It is crucial for social work to evolve continually to address new and emerging challenges.

Social work needs commitment

Many people give up on social work because funding becomes an issue. However, success in this field requires a lot of commitment and I advise starting small, leveraging online platforms and crowdfunding to initiate minor projects. Once you have started making an impact, it is easier to secure government grants

Message for Amitians

Be kind to your friends and family, and most importantly, to yourself. With the right intentions, success will follow. Even as students, you can make a difference. Start by visiting urban slums and exploring how you can support these communities in various ways. [G.U.](#)

India This Week

Yohana Shikha Prasad, GT Network

While we sit on our couch just breathing, a lot of things happen around us, and sometimes in our very own country. We bring you the ones worth mentioning.

Criminal laws changed

News: In a historic move, the Indian Penal Code and Indian Evidence Act, were replaced by the Bhartiya Nyaya Samhita and Bhartiya Sakshya Adhiniyam, respectively. Recognising the need to address contemporary issues in a more holistic manner, the new legislations predominantly focus on justice rather than punishment. Notable highlights include the introduction of community service as a punishment for petty offences, a broadened definition of terrorism that now encompasses acts intended to intimidate public

order, and the elevation of electronic records from secondary to primary evidence. These changes aim to enhance communication and reduce paperwork, thereby strengthening the judicial system and ensuring the delivery of speedy justice.

Views: The opposition has expressed its distress about the acts, highlighting the drastic increase in police powers, and the hasty enactment of the laws, labelling them as 'draconian' and 'regressive'. However, supporters of the new legislations are optimistic about the replacement of the archaic laws. The new legislations address con-



temporary issues including hate crime in a more comprehensive manner, aiming to revolutionise the criminal justice delivery system. That said, the concerns of the opposition and other stakeholders regarding lack of deliberation and expansion of police powers cannot be overlooked. It is evident that these new laws will significantly impact many citizens.

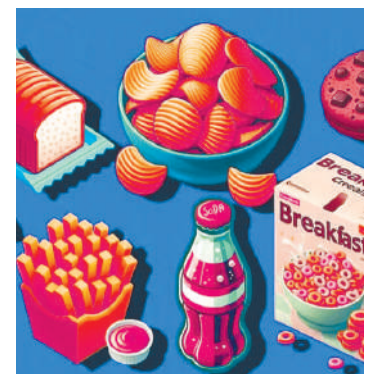
Thus, open dialogue and debate are the only way forward in order to maximise the potential benefits of these new laws. [G.U.](#)

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Nutritional amendments

News: The Food Safety and Standards Authority of India (FSSAI) has approved a proposal mandating the prominent labelling of nutritional values on packaged food, specifically highlighting saturated fat, sugar, and sodium chloride in larger, bold font. This amendment to the Food Safety and Standards Regulations 2020 aims to foster a more health-conscious community. By empowering consumers with clear and accessible nutritional information, it seeks to reduce the incidence of non-communicable diseases. Furthermore, this measure aims to prevent food companies from disseminating false information about the benefits and authenticity of their products, ensuring that consumers can make informed choices about what they consume.

Views: Recently, ASCI found that around 81% of the 8299 ads evaluated in 2023-24 were misleading. In the light of influencers and ad-



vertisers promoting products on social media, and cases like that of Patanjali continually making news, this step will be instrumental in helping consumers make informed choices. Further, it will act as a nudge for companies to follow ethical guidelines as issued by the FSSAI. This step is vital for re-establishing consumer trust and loyalty while ensuring transparency and authenticity from the institutions, and in turn promoting a healthy ecosystem. [G.U.](#)

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