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# case study

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## Anubha's Journey of Self Discovery: Youth-n- Democracy Fellowship

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I am Anubha Gopal and I hail from a small and peaceful city called Raebareli in UP. I am the youngest of all in my family. I had completed my graduation from DU, and I am currently pursuing 2nd year of Masters in Social Work from Delhi University. As compared to my city, Delhi is chaotic, costly, fast, but at the same time, it is full of opportunities to let me explore various things which otherwise I couldn't have done there in Raebareli. The diversity of people that I found here is just amazing.

I got to know about the Youth-n-Democracy fellowship through my professors. The fellowship intrigued me for its inclusion of various themes like Democracy in everyday life, development of self on an individual level, identity creation, etc. Upon joining the fellowship I came across fellows from diverse backgrounds and we quickly became friends. Over the



course of the fellowship, I have grown as an individual; I have become much more aware and rich internally. The sessions helped me reflect more deeply on issues like identity, power relationships and mental health that I used to take casually before, and through that, I have become more conscious of my potential. The experts taking our sessions helped me in understanding not just various psychological and sociological theories but also how such complex theories can be useful when they are made simple and contextual.

When it came to choosing my Social Action Project, the module on 'Self' influenced my choice for the topic. My understanding of 'Self' made me realize the issue of lack of awareness about sexual abuse among the children and how they need it the most due to being the most vulnerable. Through my Social Action Project, I wish to see my target

group of children emerge as ambassadors for generating awareness about Child Sexual abuse in the society. This opportunity has helped me immensely in developing the skills of networking and interacting with people from diverse backgrounds. This fellowship has made me realize that I want to imbibe certain values like simplifying complex things, encouraging horizontal power-relations and be a sensitive person in my life not just on the professional front but also as an individual.