Social awareness - nice one

CDP instruction (Lovely Professional University)

Community Development Project

On

Social Awareness

Submitted By –

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Registration No. –

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In partial fulfilment for the requirements of the award of the degree of

"B-Tech CSE"

"School of Computer Science and Engineering"

Lovely Professional University
Phagwara, Punjab

CERTIFICATE

OF APPRECIATION

IS PRESENTED TO

Arjun

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for his achievements in spreading Social Awareness and
working with our teams for total 30 hours.

Vikram Singh
General Manager

Shivam Kumar
Director

ATHMA NGO, TELANGANA

Certificate of Completion

Introduction

The definition of social awareness is the ability to respond appropriately to social situations through making a conscious effort.

The meaning of social awareness is to empathetically consider the perspectives of those around a person and apply that knowledge to guide an individual's choice of words and actions within a specific social situation. This lens of social awareness will bring about a more cohesive, positive interaction between an individual and their surroundings.

Social awareness is a skill that is developed during childhood and perfected as an individual ages.

Social awareness is all about taking the focus off ourselves for a moment and beginning to think about those around us. This can be very difficult to do for some of us, especially if we are often wrapped up in ourselves and consumed by our own thoughts.

It requires suspension of selfishness and self-absorbed thinking in order to accurately identify and understand how those around us think and feel.

The easiest way for me to understand social awareness is by

one simple word: consideration. It all boils down to taking a second to consider how our thoughts, emotions, and actions impact others. This is a large aspect of external self-awareness which is why the two skills are often intertwined.

Consideration to me is a much simpler way of thinking about social awareness because since I was a kid, I've heard the phrase, "Be considerate of others."

Problem and cause of the problem

Social awareness and consciousness serve as a precursor to social movement. There are a lot of social problems like female infanticide, domestic violence, rape, corruption, maltreatment, alcoholism, drug abuse, and superstitious beliefs etc. which are still a huge problem in India

Social awareness requires staff and educators to acknowledge, value, support, and respond to the cultural values, traditions, communication, learning styles, contributions, and relational patterns of all students in the classroom.

According to the current scenario social awareness is a main subject that is to be taught to people of all age groups.

People from all around the country make lots of efforts to make sure that people from various parts of India are aware of a lot of things that they weren't aware of before.

Social awareness is very important for people in any country because social awareness leads to the actual development of a country.

Objective to be achieved

The main objective is to propagate social awareness via social media platforms.

Apart from this objective includes learning several measures to adopt social awareness in our lives.

The aim includes reaching out to the public regularly, measuring that outreach accurately, and motivating the public to take action. Campaigns deliver messages to an audience, and organizations measure how many people receive the message.

To encourage people to take positive actions in support of a cause.

Awareness is knowledge and knowledge are power. This means when we create awareness among people. We are also empowering them to face certain difficult situations and at the same time we are helping them to overcome these difficulties. There is an argumentative relation between social awareness and social existence. The social existence is the basis upon which the social awareness is built. The intellectual component of society represents science, theories, knowledge beliefs, ideas and concepts that help the individuals to understand, think, and search

for possible solutions for social problems facing them. Awareness has positive relation with science and knowledge. The starting place for becoming socially aware is self-awareness. Self-awareness is essential in order to understand the feelings and emotions of others. Open communication plays an essential role in managing diversity and building an awareness of social situations

Steps taken to achieve the objective

To achieve the objective, I took participation in an NGO named Athma NGO and learned

techniques to achieve social awareness like-

Learned the skills that develop social awareness like:

Various components contribute to a person developing their social awareness.

- Emotional awareness is the ability to understand a person's internal feelings and the effect that their emotions can have on others. In just two hours, a person's emotions can have an effect on those around them.
- Self-regulation is a person's ability to can keep calm and avoid acting on emotions within a social situation. This is done by being aware of their rising emotions and using cognitive skills to overcome those impulsive thoughts.
- Empathy is an individual's ability to understand another person's feelings

and discern their frame of mind. This makes it easier for individuals to relate to others because they can understand the rationale behind the actions and feelings of others in a social situation.

- Actively listening is meticulous listening to another person and providing non-verbal cues and affirmations so they understand they are being heard. The person listening might nod in agreement, paraphrase what the other person is stating, or provide feedback that is relevant to the conversation.
- Kindness is the personal quality of being friendly and personable to someone else. This means being generous and considerate to other people.
- Cooperation is the learned skill of working together to meet a common

goal. This may include compromising, active listening, and using empathetic communication styles.

- Respect is understanding human dignity. It is placing value on another person and what they hold sacred.

By practicing all the concepts mentioned above, an individual can further develop their social awareness.

As we grow in social awareness, discrimination towards other people will decline.

Whether this is discrimination based on culture, race, class, or any other factor, being socially aware helps to eliminate such thinking.

The reason for this lies in empathy.

Understanding how another person thinks and feels makes it incredibly difficult to discriminate and think poorly of them. Once you get to know the inner-workings of someone, you look less at their external appearance and condition and view them more for their internal beliefs and emotions.

Also, having the ability to understand multiple perspectives makes discrimination difficult to hold onto.

Most of the time, discrimination is rooted in differing beliefs. We feel that the way we think is right and so naturally, the other persons must be wrong. And wrong typically means we view it as inferior.

Instead, when we exhibit high social awareness we can empathize and understand why someone else thinks and believes differently than we do. This does not mean we must then agree with them or adopt the same views, but we can appreciate them for their unique opinions and outlook on the world.

Effectiveness of the project

I learned that One of the key benefits of building social awareness is the strength of connections and relationships it provides. A lot of the time when we hear these terms, we automatically think in a romantic sense. Yes, social awareness improves these relationships, but it is not limited to the romantic world.

I was successful in propagating social awareness in my community.

I took participation in NGO which conducted several social awareness campaigns.

I learned conflict management, increased positivity and several components of social awareness like empathy, kindness, respect, how to become a better listener etc.

I also propagated knowledge of Emotional self-awareness, self-regulation, motivation, listening actively and cooperation.

Conclusion

Being the third step in developing emotional intelligence, social awareness is a skill that we all must work to build within ourselves. In a broad sense, it means having an awareness and understanding of the world around us.

Social media is a means, not an end. Awareness is a tactic, not a goal.

So, I conclude my CDP (Community Development Project) by giving thanks to all the members who assigned me such a project and the people who helped me throughout my project which was full of experience and learnings.