



Applied Social Work: The Impact of Social Work Camp 2023 – 24

Anusha V

The Department of Social Work, Kristu Jayanti College, Bengaluru in collaboration with SEBAMA Foundation, Dharmapuri, Tamilnadu organized the Social Work Camp for the first-year students in the Pappinaickanahalli village from the 15th to the 20th of December, 2023 which is located in the Dharmapuri taluka of Dharmapuri district of the Tamil Nadu state of India. Some of the main objectives of the camp included understanding the rural social system with specific reference to a specific poverty group; to develop the capacity to undertake critique of the intervention of both the voluntary organizations and government agencies in relation to the specific poverty group; to experience group living, appreciate its value in terms of self-development, interpersonal relationships, sense of organization, management and taking on the responsibility; to acquire skills in planning, organizing, implementing the camp through conscious use of time, communication skills, team spirit, handling relationships, conflicts and difference of opinion, decision making, evaluation and appreciation. The social work camp focused on themes such as

community health & personal hygiene, Human Rights, Youth Welfare and Environment. The social work trainees conducted community visits, surveys, rallies, cultural events like role play, skits, dance, flash mob, video showcasing, group songs etc. everyday based on the themes. The highlights of the camp were plantation drive and visits to Sri Lankan Refugee Camp, man-made forest located in Pennagaram district, Tamilnadu and fisherman community, Biligundulu, Krishnagiri, Tamilnadu.

The social work camp gave a beautiful learning experience to the social work trainees to practice and develop the skills that they learnt theoretically. The experience definitely imbibed gratitude in terms of their professional career exposure. It enhanced community bonding, skill development, increased environmental awareness, and sense of connection to nature among the social work trainees.



Yoga for Wellness



Larisha Wahlang

A Community organization program on the topic Yoga for Wellness which was organized on the December 13, 2023 at Ananda Sagara Foundation, led by the student coordinators Ms. Yuga Priya and Mr. Sachin, that focussed primarily on introducing Yoga to Children. Ms. Riteeka served as a resource person of the program who guided the session, emphasized the holistic advantages of regular yoga practice. The session affirmed that yoga is not only contributes to the physical well-being by enhancing flexibility, balance, strength, and coordination but also plays a crucial role in nurturing emotional health among children. Moreover, it highlighted the importance of yoga in promoting body awareness and the development of focused attention in the present moment. Through this engaging program, children were exposed to the sophisticated advantages of yoga, aligning their physical and emotional growth in a harmonious manner.

Empowering Safety: Insights on Personal Body and Safety Rules

Diya Benny

In collaboration with MANNA, the Department of Social Work at Kristu Jayanti College organized a community program on 'Personal Body and Safety Rules' at Jordan High School, Bangalore, on December 12, 2023.

ABA therapist Mr. Kevin, the resource person for the day highlighted the importance of mental and physical well-being, emphasizing mindfulness practices. It aimed to

encourage individuals to be fully present in each moment, fostering a holistic approach to personal safety. Mr. Kevin provided valuable insights on recognizing personal boundaries, understanding the significance of consent, and adopting practices that promote a safe and secure environment for everyone. This initiative sought to empower the community by promoting awareness and understanding of essential personal safety rules.



Social Skills Workshop at Diya Foundation

Esther Inafo Feofaaki

Imagine navigating life's bustling streets with poise and confidence, forging connections with ease, and facing every challenge with a smile. It all starts with mastering something vital : essential social skills.

That's precisely what the students of Kristu Jayanti College's Department of Social Work accomplished in their captivating collaboration with Diya Foundation. Titled "Unmasking the Magic of Social Skills," the workshop held on December 7th was a vibrant tapestry of learning and laughter.

Jiju, a bright Diya student, kickstarted the event with a soulful song, setting the stage for Ms. Aswathi A.M, the student coordinator, to extend a warm welcome. Ms. Padma, the Employability Trainer at Diya, then took the spotlight, introducing the concept of essential social skills with contagious enthusiasm.

But learning wasn't confined to lectures. The session came alive with video demonstrations of skills like anger management, the power of a social smile, and the art of greeting others. Soon, the air crackled with energy as Ms. Padma skillfully transformed students into actors, conducting role-plays that brought social skills to life. The program, nurtured by the invaluable guidance of Social Work faculty members, left a lasting impression on the participants.

"It was so much more than just a workshop, We didn't just learn; we experienced the magic of connecting and navigating life with confidence."

- Paul Sebastian
Student Coordinator



Move Your Body, Mend Your Mind: Dancing for Wellness

Esther Inafo Feofaaki

In a joyous burst of music and movement, the Kristu Jayanti College Department of Social Work students partnered with Liza's Home for a unique wellness event: "Dance Therapy and Wellness." With Dr. SK Subramanian setting the stage on the importance of physical activity, our own Priyanka Kalita, a Sattriya dance teacher and MSW student, took center stage for the main act.

Priyanka's session wasn't just about fancy footwork. It was a journey through the mind-body connection, where simple poses became tools for building strength, boosting flexibility, and finding balance – both literally and figuratively.

We learned how dance unlocks the magic of endorphins, those feel-good hormones that chase away stress and paint smiles on faces.

And then, the music started! Inmates and staff alike shed inhibitions and embraced the rhythm, guided by Priyanka's infectious enthusiasm. Action songs filled the air with laughter and joy, reminding us that happiness often lies in the simplest moves.

The session, a tapestry of knowledge and movement, concluded with heartfelt thanks exchanged all around. Liza's Home, now a little lighter on their feet and a lot lighter in their hearts, welcomed the gift of wellness with open arms.

Building Genuine Corporate Relationships

Anusha V

A major criterion for the success of an organization is the perception of the public about the organization. Corporate communication and public relations plays a significant role in 'controlling how the world sees the organization'.

Ms. Sorormi Jessy Zimik and Ms. Catherine Ann Joseph, the student coordinators conducted a community organisation programme on Public Relations and Corporate Communication in collaboration with ECHO Center for Juvenile justice, Bengaluru at Eurindian Hotel Management Learning Center, Kammanahalli, Bangalore on 7th December, 2023.

The Resource person for the programme Ms. Sharanya, Assistant program coordinator, ECHO Center for Juvenile justice underlined the

importance of public relation in hotel management for promoting the hotels brand, handle media inquiries, organizing events and for maintaining good relationship with the local community. Further she stressed on the role of public relation in crisis management by ensuring that any issue or negative situations should be handled effectively and transparently. She concluded the session by giving an overall idea on corporate communication for the students of hotel management.

There were about 40 beneficiaries who gain knowledge about the methods to improve corporate image, better stakeholder engagement, and a more strategic approach to communication within the organization



Career Guidance and Planning: Essential for Success

Larisha Wahlang

The Career Planning and Guidance program was conducted at Katherina Home on the 08 December 2023 led by the student coordinators Ms. Ann Maria Treesa and H. Ramdinmawii. Mr. Abhin Philip, who was the resource person of the program lectured and guided on this educational session and focused on the critical aspects of career selection, discussion on defining a career, point out the value of strategic career planning,

and enlightened effective methods to prosper in one's chosen professional path. These initiatives aimed to help the participants assess their strengths, weaknesses, and areas of interest, empowering them with the insights needed to make well-informed decisions regarding their future careers. The collaborative effort of the student coordinators and resource person, facilitated a comprehensive understanding among participants.

Healthy Habits for Happier Childhood



Tarini J

In sowing the seeds to students of Government Lower School in K Narayanapura, to adopt the long-term benefits of lifestyle practice and encourage the children to embrace a all-rounded approach to their overall well-being, the department of social work student coordinators Mr. Pratap Raj and Ms. Riya Shaji Mathew, featuring Dr. M. Paul God Praise as the resource person organised

an event which guided the importance of "Promotion of healthy lifestyles among children". By communicating the importance of well-being, this initiative aimed not only to educate, but also to encourage a lifelong commitment to practices that contribute to fulfilling and satisfying lives. The students gained knowledge about the importance of adapting healthy lifestyle to maintain one's overall well-being

Kindred Spirits

Tarini J

Humanity and compassion serve as the cornerstones of communication. Tiny deeds of kindness and compassion build a culture of respect and regard at work, encouraging teamwork and increasing the team's overall performance. In St Don Bosco High School, K Narayanapura, Ms. Deborah Daniel and Mr. Jeson, Kristu Jayanti college students demonstrated the importance of kindness and empathy. The programme focused on educating the students on Kindness and

Empathy which guided them on responding to requests for help, emphasizing the crucial role of kindness in such situations. The programme also imparted Kindness and Empathy to the children and understanding this knowledge would enable them to build healthy network with others and promote positive interactions throughout of their life. It promotes open communication between parents and their children and teaches them better interpersonal abilities that could have a favourable impact on them.



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