



## Unifying Perspectives in Counselling and Psychotherapy

### Esther Feofaaki Inafo

In the realm of mental health, the National Seminar, organized by the Department of Social Work, on 20th October, 2023 is a beacon of integration and well-being. With the objective of addressing the intricate nature of mental health concerns, this symposium served as a collaborative platform for mental health professionals, researchers, and educators, wherein the 1st session Rev. Dr.

Stanley OFM, Director of the Fountain Institute of Psychology and Psychotherapy and Research, Krishnagiri, the keynote speaker, masterfully illuminated the indispensable skillset required for practitioners in the field of counseling and psychotherapy. His profound wisdom culminated in addressing the formidable challenges that counselors and psychotherapists encounter during their vital work, while also

sharing invaluable tips for navigating these challenges.

The 2nd session was led by Dr. Srikanth Goggi, the visionary founder of the GVA Institute of Psychology, Clinical Hypnotherapist & Behavioral Trainer, Bangalore in practical segment unfolding a mesmerizing demonstration of hypnotherapy. The ethereal experience rendered one student's hand numb, impervious to the prick of a needle. Another student's taste buds underwent a bewitching transformation, perceiving water as a bitter elixir. The climax arrived when a student temporarily forgot their own name, underlining the mystique of hypnotherapy.

*Guiding the labyrinth of our emotions, illuminating the path to self discovery and healing*

The 3rd session by Dr. Anandhi G, Psychologist and Assistant Professor at Montfort College, delved into counseling skills and therapeutic techniques.

Her discussion encompassed the nuances of observation skills, paraphrasing, empathy, and effective communication, among other indispensable qualities. Additionally, she delved into the subtle art of deciphering a client's behavior and attitude, decipherable through body language, gestures, voice tone, emotional cues, and eye contact.

The seminar concluded with a session on by Ms. Harmeet Bajaj, an Academic Counselor & Career Coach. She unveiled key competencies such as positive criticism, a helpful attitude, effective networking, rapport building, appreciation, negotiation skills, and the nuances of interpersonal skills. She expertly closed the session by revealing how these competencies can be harmonized with clients' career aspirations and academic pursuits to foster success.

Counsellor





# Harmony in Focus: Nurturing Peace through Conflict Resolution & Peer Mediation

## Diya Benny

The insightful session on "Peace Building and Conflict Resolution through Peer Mediation," held on October 26th, was a pivotal exploration of strategies aimed at fostering peace within our communities.

Collaboratively organized by the Department of Social Work at Kristu Jayanti College and the

North East Institute of Social Sciences and Research (NEISSER), the event delved into the critical aspects of peace-building and conflict resolution. Fr. Dr. CP Anto, the distinguished Founder and Principal of NEISSER, Dimapur, Nagaland, brought forth a wealth of expertise in Conflict Studies and Conflict Transformation. His comprehensive

knowledge provided invaluable insights into resolving conflicts and cultivating peace within our society. Dr. Jonas Richard A, Head, Department of Social Work, honored Fr. Dr. CP Anto with a memento, acknowledging and appreciating the valuable contribution made to the discourse on conflict resolution and peace-building strategies.

The session was distinguished by its interactive nature, allowing attendees to actively engage with the speaker, and fostering a vibrant exchange of ideas and knowledge. These collaborative initiatives stand as essential steps in our shared journey towards a more harmonious and peaceful society.

# Cultivating Community Cognition

## Anna Sebastian

In a lively initiative focused on fostering sustainable food growth within the community, Sacred Heart Society (Birds) unfolded an impressive occurrence when Ms. Ashihrii Athine and Ms. Vaishali, social work scholars from Kristu Jayanti College, organised an extraordinary

community mobilization initiative centred around the concept of "Sustainable Food Production."

Mr. Ns. Jesu doss, The Director of Green Planet Society, and Mrs. Hilda William, the financial overseer at Birds, actively participated and shared their extensive expertise to propel the success of this dynamic initiative.

This initiative sought to emphasize not only the vital aspects of food preservation and conservation but also shed light on the pivotal role of food processing. It aimed to intricate details of the

processing procedures, the associated advantages, time management, and the sequential measures to be undertaken throughout the processing phase.







## Engaging Minds on Responsible Social Media Use

### Esther Feofaaki Inafo

In the modern world, social media is an omnipresent force that touches the lives of everyone. It has become an essential part of our daily existence. Recognizing the significance and potential hazards of social media, the students of MSW designed a training program to raise awareness at St. Mary's PU College, Bangalore on 16th October, 2023. The session commenced with an invocation, seeking blessings for a fruitful discourse, followed by a warm welcome address delivered by Ms. Saishree Basnet, our diligent student coordinator. To set a friendly and interactive tone, Mr. Venuto Kapu, another student coordinator, conducted engaging icebreaker sessions, after which Ms. Esther Feofaaki Inafo, initiated a discussion on the social

media platforms students use and their screen time. She also delved into the concept of digital citizenship, online safety, and privacy. Mr. Abraham Sanjay Thomas took the stage to tackle the issue of cyberbullying and the importance of maintaining a positive online presence. Subsequently, Mr. Alwyn Victor provided insights on time management, the utilization of the internet and social media for enhancing career prospects through online courses, internships, and academic and job opportunities. The outcome of the lecture was an enhanced sense of responsibility among students regarding their social media use, a clearer understanding of how social media can shape their careers and expand their digital knowledge, and knowledge of best practices for responsible social media usage.



### PROFESSIONAL ODYSSEY

## Empathy in Action

My Experience of Practicing Medical Social Work began with the fieldwork at Karunashraya, a Palliative care for Cancer patients. It is located in Varthur Road, Marathahalli, Bangalore.

Karunashraya – literally meaning “abode of compassion”- is a joint project of Indian Cancer Society and Rotary Bangalore Indiranagar. Karunashraya provides free-of-cost quality palliative care to advanced stage cancer patients who are beyond curative medical treatment. It imparts compassionate palliative care for people with a life-limiting illness, and for those important to them, through quality medical, emotional, spiritual and social support.

As a social work trainee, my recent experiences assisting the counsellor in the psychosocial assessment of cancer patients in palliative care have been both challenging and incredibly rewarding. Every day, I have the privilege of stepping into the lives of these brave individuals, each fighting their own unique battle with remarkable strength and resilience.

Through these assessments, we delve deep into the emotional, social, and practical challenges that come with a cancer diagnosis. It offered a safe space for patients to express their fears, anxieties, and hopes, allowing us to provide support that addresses their specific needs and concerns. While the emotional weight of this work had been heavy at times, the connections forged and the trust established with these patients and their families are beyond measure. It is an honour to be a part of their journey, to provide solace, and to advocate for their holistic well-being.

Together with the counsellor and the palliative care team, I strived to create a supportive environment that fosters dignity, respect, and comfort for the patients during this delicate phase of life. In closing, I am grateful for the opportunity to contribute to the lives of these remarkable individuals, and I look forward to continue this meaningful work with compassion and dedication in my upcoming professional life.

*Anna Sebastian*  
II MSW





# Hygiene Initiatives Empowering Communities' Health



## Diya Benny

Understanding the significance of health and hygiene in our daily lives is fundamental to our overall well-being. Such a promotion on health and hygiene took center stage as Ms. H. Vanlalmuankimi and Ms. Mosoni Roseline, second-year MSW students of Kristu Jayanti College, Bengaluru, in collaboration with the New Mighty Grace Charitable Trust (NMGCT) hosted a Community Organization Program on “*Community Hygiene*” for the Kalkere Community at the New Mighty Grace Charitable Trust on 22 October 2023. The session's spotlight was handed over to the resource person, Dr.

Mohan, the Founder (Chairman) of New Mighty Grace Charitable Trust. Dr. Mohan's address emphasized the paramount significance of hygiene, elaborating on the myriad benefits of maintaining proper hygiene for overall health and well-being. He emphasized the integration of hygiene practices into daily routines as a means to foster a healthy and safe environment for both individuals and the community.

The program's successful execution as well as the seamless planning were made possible through the guidance of the faculty members of the Department of Social Work. The participants extended their heartfelt gratitude to the student coordinators for organizing

such an informative session. Their efforts have contributed significantly to helping the community maintain their health and

promote a clean environment for themselves and those around them.

## Academic Synergy: Signing Of MoU With NEISSR, Nagaland

### Sani Kazhine

Resolving conflicts in a peaceful manner is crucial for maintaining stability, fostering positive relationships, and building a peaceful society. The collaboration between NEISSR and Kristu Jayanti College aims to address these issues and work towards promoting peace and conflict resolution through various initiatives.

The Department of Social Work at Kristu Jayanti College (Autonomous) Bengaluru, Karnataka, India, signed an MOU with the North East Institute of Social Sciences and Research (NEISSR) Dimapur, Nagaland,

India, on 26th October 2023. The purpose of this agreement is to foster academic, research, and scientific cooperation, as well as continuing education between the two institutions. They aim to collaborate on various objectives, such as reciprocal exchange of students, hosting of short-term programs, exchange of staff and faculty, joint academic programs, collaborative research projects, professional development activities, peer mediation training, and other mutually agreed activities. This agreement serves as the foundation for any specific programme agreements between the parties.



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