



## Personal Branding for a Sustainable Future



### Riya Shaji Mathew

**P**ersonal Branding for a sustainable future is about creating an identity that not only resonates with one's professional goals but also with the broader needs of the society. It involves cultivating a personal brand that embodies values such as, integrity, transparency, and a dedication to make a positive impact. This approach not only enhances one's professional image but also contributes to the

global movement towards sustainability, making the world a better place for future generations.

The Department of Social Work organized a workshop on "Personal Branding for a Sustainable Future" on the occasion of World Youth Day, to make the students learn and work on building their self-branding for a sustainable future. The esteemed resource person for this workshop was Mr. Venkat Kumaresan, who is a Communication Coach.

Mr. Venkat, started the session with a brief introduction of himself and further moved on towards the basic and unique skills of self-introduction in an interview. He divided the class into groups and made them to work on the techniques learnt. The students were actively participating and each group made an attempt to introduce themselves using those techniques.

The workshop focused on the unique techniques and the etiquettes to be

followed in an interview process, pointing towards the minor mistakes to major challenges involved. The workshop provided the students with the opportunity to dive more into the aspects of presenting oneself to the society, and creating their own significance in their specialized field.

The students gained insights on the unique styles of self introduction, building a brand for oneself that helps in their professional aspirations.

# The Ultimate Research Tool for Social Workers

Keren Mary Jose



The Department of Social Work, Kristu Jayanti College organised a workshop on 'Quantitative Analysis using SPSS' for the MSW students of the batch 2023-25 on the 31st of August, 2024. The session was led by Dr. Arthi R., faculty of the School of Management.

The primary objective of this workshop was to equip MSW students with the knowledge and skills to utilize SPSS for conducting social work research.

The teachings and demonstrations covered data entry, management, and cleaning data; descriptive and inferential statistics (t-tests, ANOVA, chi-square, regression); survey data analysis; interpreting SPSS outputs; and report writing.

These skills enhanced the ability of the students to conduct evidence-based social work research and make data-driven decisions.

Hence, the SPSS workshop was highly effective, equipping the students with essential statistical tools and practical skills, enhancing their research capabilities and igniting confidence in evidence-based social work practices.

## Holistic Wellness as a Value Added Course

Riya Shaji Mathew

Holistic Wellness refers to an approach of health and well-being that explores the whole person- their physical, mental, emotional, social and spiritual aspects. To equip the students with a deep understanding of the spectrums of holistic wellness and the potential to create a positive social change related to health and behaviour, a value-added course on Holistic Wellness was organized for the first-year students of MSW.

The course was held for a duration of 6 days, i.e., from August 8th to August 13th, 2024, featuring multiple daily sessions. Throughout the span of the course, the resource persons, taught the students about the meaning and definition of

holistic wellness, its scope, characteristics, historical development of the concept, significance of this concept in today's society, recent and emerging trends etc.

Holistic wellness aims to empower individuals to make informed choices and adopt healthy habits. It acknowledges the relation between mental and physical health, recognizing that mental stress can manifest as physical illness & vice versa.

The students were able to understand its importance and the course turned out to be educative, informative and effective, covering the essentials of holistic wellness, its global and local perspectives, and the role of social workers in this field.

## Uncovering the World of Research: Taking the First Step

Abiya Susan Tojo

The Department of Social Work, Kristu Jayanti College (Autonomous), Bangalore, organized an orientation session on "Dissertation" for 2nd-year MSW students on August 8, 2024. The session aimed to provide students with a better understanding of dissertation and research methodologies.

Dr. Satish Kumar, Faculty, Department of Social Work, introduced the session's objectives. He explained the basics of research, including the steps to be followed, and went through the key topics such as review of literature, methodology, and outcomes. The session focused on providing



clarity on presenting a research proposal.

This orientation session is a crucial part of the MSW curriculum, as final-year students are expected to undertake research in their interested fields. By providing a comprehensive understanding of dissertation and research, the Department of Social Work aims to equip students with the necessary skills to carry out their research effectively.



# Social Work in Practice: Observations from Manna, VISTHAR, and FIDES

**Indira Renjini Roy**

The Department of Social Work organised Observation Visits for first year MSW students to Manna, Visthar and Fides as an introductory visit before their fieldwork practice.

The students' visit to 'Manna - Developmental Disability Center' introduced them to a place that supports children with special needs and their families.

Ms. Candida, Manna's founder, shared her personal journey as a mother of two autistic children, emphasizing the importance of societal awareness about developmental disabilities. She highlighted that one in every six children in India has a disability, with one in sixty-six being autistic. Ms. Candida encouraged the students to

advocate for inclusion, break down barriers, and support families of children with disabilities. Students interacted with the children and participated in an eye-opening role-play activity led by Ms. Candida. This activity helped the students understand the difficulties children with developmental disabilities face in everyday situations, deepening their empathy and reinforcing the need for social workers in this field.

The visit to VISTHAR, a Civil Society Organization committed to social justice and peace, followed. Dr. Jonas Richard, Head, Department of Social Work, introduced VISTHAR and Ms. Savithri, Program Manager. Ms. Savithri explained

VISTHAR's work since 1989, focusing on supporting other NGOs and working at the community level. The organization's efforts address issues like bonded labor, sexual abuse, alcoholism, and suicide among women. A display of handmade dolls representing these issues left a profound impact on the students, sparking reflection on the seriousness of these social problems.

The third visit was to Family Integral Development and Education Scheme (FIDES). Sr. Sumi Joseph, the directress of FIDES, provided an overview of the organization's history and activities. Founded by Sr. Nancy Pereira in 1993, FIDES focuses on the holistic development of

families, particularly women and children from socioeconomically disadvantaged backgrounds.

Sr. Sumi highlighted FIDES's educational and economic development programs and discussed the challenges the organization faces. The students toured the campus, visiting the school, computer center, stitching unit, and dental care center, all of which provide free services to the community.

The three visits offered valuable insights into developmental disabilities, social justice, and community development. The students were inspired by the dedication of these organizations and the vital role social workers play in promoting inclusion and equity.

# Youth in Action: Highlights from World Youth Day

**Reeya Devi**

A program on World Youth Day was organized by the Department of Social Work, Kristu Jayanti College Autonomous, Bangalore on 24th July 2024 for the first year MSW students.

The program was kickstarted by an inspiring message from Mr. Ashish Ashok Jadhav, who emphasized the critical role that youth play in society. He highlighted that young people are the driving force behind societal growth and development, positioning them as the future leaders of their families, communities, and the nation. Mr. Jadhav also addressed the challenges faced by today's youth, particularly in India, and stressed the importance of education, skills development, and practical experience. His message was clear: young people must empower themselves to become valuable assets to their country. The event also featured a series of student performances, showcasing talent and creativity



through group dances, songs, and solo acts. These performances were not only entertaining but also aligned with the program's theme of enhancing youth skills and empowerment. Drawing from his extensive experience in teaching and mentoring, Dr. Jonas Richard A. underlined the importance of skill development and applying knowledge effectively. He urged the first-year students to make the most of the resources available to them, encouraging them to strive not only for personal growth but also to contribute to society and the nation. The program successfully delivered its main objective which is to raise awareness regarding the issues faced by today's youth and how introducing skill enhancement programs for the youth can help curb such challenges.

# POTP: Preparing Students for Career Success

**Ringchamsuiliu Pamei**

In today's competitive job market, possessing the right set of skills is more important than ever. To equip students for the challenges ahead, the Centre for Employability and Corporate Relations organised an engaging Placement Orientation and Training Program (POTP) for Department of Social Work. The event aimed to bridge the gap between academic learning and the demands of the professional world, ensuring students are well-prepared to thrive in their future careers.

The program focused on critical aspects of employability such as skill development, nonverbal communication, and interview readiness. It offered practical experiences like mock interviews and group discussions, enabling students to sharpen their communication skills, recognize their strengths, and identify areas for improvement. One of the key messages was the importance of adaptability, with an emphasis on viewing challenges as opportunities for growth. The session encouraged students to adopt a positive mindset, assuring them that the right attitude, coupled with thorough preparation, is essential for success in the placement process.

The students responded enthusiastically, feeling more confident and better equipped to face the challenges of employability. The practical insights gained during the training provided a clearer understanding of industry expectations, empowering them to take charge of their professional journeys. Through such initiatives, students are not only ready for the workforce but are set to excel in their careers.



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