



Yuva Avishkar: Empowering students through experiential learning

Yugapriya C.



The Jayantian Extension Services of Kristu Jayanti College in collaboration with the Department of Social Work has organized “Lab on Wheels” initiative, a stepping stone in providing the 1st year students of Kristu Jayanti College, an opportunity to have hands on

experience on experiments and projects that triggers the critical knowledge of students, also cultivating interest in students to develop their creative ideas in a productive and useful way.

The event was launched on 10th September, 2024 at the college premises. Principal Fr. Dr. Augustine George honored the event with his presence. During his address, he encouraged the students to develop their knowledge in diverse fields in order to grow as responsible citizens. Mr. K. N. Prabhakaran, the chief head of CSR at L&T Technology services limited highlighted the importance of linking knowledge and skills for a right societal act. The models were focused on Scientific principles and Robotics that emphasized holistic development, sustainability, economic growth, health, wellness, ethics, values and environment. The event brought a profound significance on every student's thought process and creativity.

Unlocking Potential: Effective Study and Time Management Strategies for Students

Roopashree S.

The Department of Social Work, Kristu Jayanti College recently organized a Student-Led Training Programme at Don Bosco High School, Kothanur, aimed at 8th and 9th graders. The program focused on equipping students with study skills and time management strategies to enhance their academic performance and personal growth.

Second-year MSW students, under the guidance of Dr. Jonas Richard A., Head, Department of Social Work, and training coordinator Dr. Winnie Joyce, led the sessions. Ms. Roopashree and Ms. Anagha Sajan introduced effective learning techniques like SQ3R, Mind Mapping, Chunking, and Visualization to improve retention and comprehension. Ms. Ringchamsuiliu Pamei covered time management, focusing on SMART goals, study schedules, and the Eisenhower Matrix to help students prioritize tasks effectively.

Interactive activities keep students engaged throughout the program, which concluded with a vote of thanks to



Mr. Richard Edmund Valliath, Principal, Don Bosco High School. Both students and faculty praised the initiative for its practical approach and valuable insights.

This initiative showcased the potential of student-led programs in making a meaningful impact on younger students' lives. Through interactive learning and practical techniques, the participants gained essential skills that will serve them well throughout their academic journey and beyond.

Fostering Peace and Empathy: Celebrating International Peace Day

Jeneepeaceful Iawphniaw

The Department of Social Work at Kristu Jayanti College, commemorated International Peace Day on September 23, 2024, through an event aimed at educating youth on the importance of peace in resolving conflicts from local to international levels. The program was inaugurated by Fr. Joshy, Head, Department of English, and Dr. Jonas Richard A, Head, Department of Social Work.

The event featured a variety of activities, including a group dance set to Michael Jackson's iconic song "Heal the World" and a poster presentation. The activities were designed to inspire and inform students about the vital role of peace in society.

The event highlighted the significance of peace education in promoting empathy, conflict resolution, and global



citizenship. By fostering a culture of non-violence and critical thinking, the program encouraged participants to contribute

to build a just and harmonious society, underscoring the idea that peace is a virtue that need be practiced daily.

Time to Act on Dementia, Time to Act on Alzheimer's: Raising Awareness

Indira Renjini Roy



The Department of Social Work, Kristu Jayanti College, observed World Alzheimer's Day on September 23, 2024, with a series of engaging activities to raise awareness about the disease based on 2024's

theme "Time to Act on Dementia, Time to Act on Alzheimer's." The event focused on educating students about the symptoms, prevention, and the critical role of family and community support in managing the

disease.

Inaugurated by Prof. Gopakumar A V, Dean of the Faculty of Humanities, and Dr. Jonas Richard A., Head, Department of Social Work, the program featured key aspects of Alzheimer's, such as early signs, treatment options, and the importance of caregiving through poster presentations.

Additionally, a role play depicted the emotional and psychological impact of Alzheimer's on patients and their families. The performance highlighted the significance of empathy, patience, and

proper care in improving the quality of life for those affected by the disease.

The objective of the event was to raise awareness among the student population and address the misconceptions and stigma associated with Alzheimer's. It also emphasized the importance of social support in improving the lives of patients and caregivers. Through these activities, the department created a platform for learning and spreading awareness about Dementia and Alzheimer's disease.



Soft Skill Training for Future Social Workers

Reeya Devi

With an aim to enhance skills such as communication, leadership, teamwork and emotional intelligence, which are crucial for a professional social worker, the Department of Social Work, Kristu Jayanti College, organized a session on Soft Skills Training on 23rd September 2024 for 1st year MSW students. The resource person, Mr. Bipin Philip, Coordinator, Centre for Employability and Corporate Relations (CECR) & Talent Transformation Team led an engaging session with the students.

The session aimed to develop crucial interpersonal and professional skills. It started with a focus on communication where students explored both verbal and non-verbal techniques essential for engaging with diverse communities. Role-play

exercises were used to practice active listening, empathy, and conflict resolution in real-world social work settings.

Next, the session shifted to teamwork, emphasizing the importance of collaboration, shared responsibilities, and building trust through group activities. Leadership skills were also covered, introducing students to various leadership styles and their application in different social work contexts. The session wrapped up with emotional intelligence training, helping students manage their own emotions, understand others, and respond thoughtfully in stressful situations. The training session was an immense success as it resulted in equipping the students with the necessary skill set required for social work and community engagement.



To Beautiful Beginnings

Riya Shaji Mathew

The 2nd Year MSW students of the Department of Social Work, Kristu Jayanti College, organised Kalos Oritos- an event to celebrate the beautiful beginning of the 1st year MSW students on 9th September, 2024. The event started with a formal session, graced by the presence of the HOD, Dr. Jonas Richard A and the other faculty members. Dr. Jonas addressed the crowd, especially the first-year students, and thanked them for trusting Kristu Jayanti College with their future. After the formal session, the informal session was taken over by Ms. Riya Shaji

and Ms. Roopashree. The informal session started on a fun note, followed by a series of different cultural activities, involving both the 1st and 2nd Year students. Through the event, two rounds of Mr. and Ms. Freshers were also organised to find out the hidden talents among them. The exciting evening came to an end, with the distribution of the gifts and snacks prepared by the 2nd year students for their juniors. The program was well organized and very fun filled. The first years had quite an entertaining evening and they enjoyed it to the fullest.

An Awareness on Suicide Prevention

Heera S. Xavier



An event aimed at spreading awareness about suicide prevention and mental health issues was organized by the first years, Department of Social Work, led by Dr Jonas Richard A on 10th September, 2024 in Kristu Jayanti College. The primary goal was to educate students on the importance of recognizing early warning signs of suicide and the role of timely intervention. Through a series of impactful skits and role plays, students showcased real-life scenarios of individuals dealing with mental health challenges. The performances emphasized the importance of active listening and timely support, breaking the stigma around discussing mental health.

Dr. Richard's opening speech stressed the responsibility students

hold in adapting with change and supporting mental well-being. The dramatizations brought attention to critical issues and empowered students to engage in meaningful conversations about suicide prevention. By spreading awareness about the warning signs and intervention techniques, the activities reinforced the importance of a proactive approach to mental health. The program provided a safe platform for open interaction, enabling participants to express their thoughts and share experiences. The event left students feeling more empathetic and informed, with a heightened understanding of how to support those in distress. Ultimately, the program contributed to the formation of a more compassionate and mentally healthy community.

Dissertation Proposal Presentation Session

Keren Mary Jose

On September 5th, 2024, the Department of Social Work held a Dissertation Proposal Presentation session for 2nd-year MSW students. The session commenced at 9:30 a.m. with a silent prayer, followed by an introductory address by Dr. Jonas Richard A., Head, Department of Social Work. Dr. Richard outlined the objectives of the session, which aimed to guide students in refining their research topics and ensuring the research aligns with academic standards.

Each student was invited to present their research proposal, highlighting the aims, objectives, and methodology. Professors provided constructive feedback, challenging students to critically assess the feasibility and impact of their chosen topics on the field of social work. This interactive session allowed students to refine their ideas, while also considering the academic rigor required for their work.

The collaborative environment fostered peer learning and exchange of ideas, encouraging a sense of community among students. The session proved highly beneficial for students, offering valuable insights from both faculty and classmates on refining research methodology and analysis processes. Overall, the session played a critical role in helping students align their research proposals with the expectations of the department and the broader social work field. The sessions also helped the students understand the scope of research in the field of Social Work by discussing about the research topics and their research ability.



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