



Enhancing Employee Health and Safety: National Seminar on Workplace Wellness



Riya Shaji Mathew

The Department of Social Work, Kristu Jayanti College, Autonomous, Bangalore had organised a one day National Seminar on the topic, “Workplace Wellness: Enhancing Productivity and Well-being Modern Work Environments” on the 14th of October, 2024. There were about 162 beneficiaries, including both external and internal participants. The Seminar aimed to enhance students’ understanding of mental, physical, and emotional well-being in professional settings. It sought to equip social work students with tools to promote healthy work environments, address stress management, and enhance productivity and resilience in their future careers. The Seminar included 4 sessions, on areas such as Work-life Balance, Ergonomics, Employee Engagement, and Leadership and Wellness, which were taken by well-

known speakers. It successfully equipped students with essential knowledge on promoting well-being and productivity in modern workplaces. Through insightful sessions on work-life balance, ergonomics, employee engagement, and leadership, attendees gained practical tools to address mental, physical, and emotional health in professional settings. The seminar received overwhelmingly positive feedback from participants.

Attendees appreciated the range of topics covered, noting that the sessions were both informative and engaging. Many praised the resource persons for their expertise and interactive delivery methods, particularly the incorporation of real-life examples and practical tips. The inclusion of Q&A sessions was well-received, allowing participants to clarify doubts.

Nurturing Wellness: A Health and Hygiene Awareness Initiative

Reeya Devi

On October 23, 2024, the Department of Social Work at Kristu Jayanti College, Bengaluru, collaborated with Rise Against Hunger India (RAHI) to host a community program on "Health and Hygiene" at Sneha Joythi Children Orphanage Home, benefiting 17 children. The session, led by Mr. Sagar Potalkar, Senior Program Executive at RAHI, aimed to raise awareness about the importance of

personal hygiene and its role in preventing infectious diseases, while also promoting healthy habits and routines.

Mr. Potalkar delivered an engaging talk on effective health practices, body and food hygiene, and the prevention of infections. He also stressed the importance of regular exercise for overall well-being. Complementing this, Ms. Balarihun presented a detailed PowerPoint covering



topics like oral hygiene, hand care, nail care, and intimate hygiene. The children also

watched an educational video emphasizing handwashing, balanced diets, and active lifestyles.

Equipping Social Workers for a Global Stage: Key Skills and Insights



Yugapriya C.

The Department of Social Work at Kristu Jayanti College, Bengaluru, organized an international lecture on "Essential Skills

for Becoming a Global Social Worker" for first-year MSW students. The session was led by Mr. Samuel Mammen,

Program Director at Oak Hill Ranch, Canada, who shared his extensive expertise in international social work. He emphasized the importance of cultural competence, adaptability and effective communication while addressing the challenges of working across diverse cultural and societal contexts. He also highlighted essential skills such as advocacy, cross-cultural collaboration and ethical decision-making in global environments, engaging students with practical insights and real-world examples.

The interactive session inspired students to broaden their perspectives, recognize the global dimensions of social work and equip themselves with the skills needed for cross-cultural practice. Students appreciated the opportunity to gain valuable insights into international social work and feeling motivated to pursue professional growth with a global mindset. The lecture was a testament to college's dedication towards fostering professional excellence among the students.



The Rights of Childhood: Child Safety & Protection

Keren Mary Jose

The Department of Social Work, Kristu Jayanti College, Bangalore, hosted a National Seminar on “Child Safety and Protection” to on 28th of October 2024, to enhance understanding of child welfare in India. The seminar aimed to equip participants with knowledge about child protection laws, policies, and best practices. The inaugural session, led by Dr. Shoba Devi, Chairperson of the Child Welfare Committee, emphasized policies addressing the needs of marginalized children. Four expert-led sessions followed. Dr. Rajesh Kumar discussed the risks of digitization and online child safety. Fr. Dr. Anthony Sebastian highlighted juvenile justice, focusing on rights-based approaches and rehabilitation. Dr. Ashwini N V emphasized prevention strategies in

schools, addressing bullying and abuse. Lastly, Ms. Sinimol P J explored legal frameworks, discussing the Juvenile Justice Act, POCSO Act, and community interventions. A dramatic performance by MSW students depicted societal neglect of marginalized children, resonating deeply with attendees. The seminar concluded with actionable recommendations to strengthen child safety measures, urging collaboration among stakeholders. The event received positive feedback, with participants appreciating its engaging format and practical insights. They highlighted the sessions on legal frameworks and child abuse prevention. The seminar highlighted the collective responsibility of society to create a safer environment for children.

Prioritizing Wellness at Work

Indira Renjini Roy

Mental Health Day 2024 highlights the critical theme, "Mental Health at Work", emphasizing the necessity of prioritizing mental well-being in professional environments. Workplaces often form a significant part of our lives, influencing our emotional, psychological, and social health. This year's theme sheds light on the importance of creating inclusive, supportive spaces where employees feel valued and secure. Mental health at work is not a luxury; it is a necessity. Stress, burnout, and anxiety can severely affect productivity, morale, and overall workplace culture. Employers have a



responsibility to implement policies promoting work-life balance, addressing stigma, and offering resources like counseling or wellness programs. This year calls for organizations and employees alike to collaborate in fostering environments where mental health thrives. Recognizing that a healthy mind drives success, let us commit to making workplaces havens of growth, compassion, and well-being. Together, we can redefine workplace wellness.

J-Gate Workshop for Academic Success

Heera S. Xavier



On October 23, 2024, the Library Resource Usage Optimization Committee, in partnership with the Department of Social Work, organized a workshop at Kristu Jayanti College. The session, titled “Effective Utilization of J-Gate for Learning, Teaching, Research, and Project Work”, was attended by 53 first year MSW students.

The session was led by Mr. Ratish Iyer, Training and Business Development Manager at Informatics Publishing Ltd. Mr. Iyer introduced J-Gate, a globally renowned e-journal platform, emphasizing its role in simplifying research by providing access to a vast collection of academic resources. He guided students on navigating the platform

effectively, searching for relevant journals, and overcoming common research challenges. His engaging delivery, enriched with real-life anecdotes, kept the participants captivated throughout the session.

The workshop proved to be a transformative experience, offering students practical knowledge of using J-Gate to enhance their research and project work. Attendees gained confidence in accessing and utilizing global academic resources efficiently. The program concluded with heartfelt thanks, recognizing its success in empowering students with valuable skills. This insightful program marked an important milestone in their journey toward research excellence.

Webinar on Diplomacy in Turbulent Times

Abiya Susan Tojo

The UNAI Hub for SDG-I and the Department of Social Work jointly organized a webinar on “Diplomacy in Turbulent Times: Honouring UN Day” on October 24, 2024. The event commemorated the UN Charter's birth and promoted global peace, security, and human rights.

Dr. Bernard D' Sami, a renowned Senior Fellow, delivered an enlightening lecture, tracing the UN's history from its formation to its current global efforts. He highlighted the organization's three major pillars: maintaining world peace, protecting human rights, and achieving the MDGs and SDGs.

Participants praised the webinar, appreciating Dr. Sami's engaging storytelling and the informative content. The event fostered a deeper understanding of the UN's mission and impact, serving as a valuable learning experience for students, faculty, and social work professionals. The webinar's success underscores the importance of promoting global citizenship, diplomacy, and sustainable development. As the UN continues to play a vital role in addressing global challenges, events like this webinar inspire future leaders to work towards a more peaceful, just, and equitable world.

The event also emphasized the need for collective action, encouraging participants to become active contributors to the UN's Sustainable Development Goals (SDGs). By promoting awareness, education, and community engagement, the webinar aimed to empower individuals to make a positive impact on global issues.



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