



## Transforming Approaches for People with Developmental Disabilities: A National Conference



### Indira Renjini Roy

The Department of Social Work, Kristu Jayanti College hosted a transformative National Conference on Developmental Disabilities, bringing together experts, practitioners, and educators to share innovative strategies for empowering individuals with developmental disabilities.

The event began with an insightful inaugural session. Dr. N.S. Senthil Kumar, CEO of the Association of People with Disabilities, shared impactful experiences from the organization's 75-year legacy. His address emphasized neuroplasticity, early intervention, and the importance of community-driven change, grounded in the principles of Enabling, Empowering, and Equipping.

Key sessions explored diverse dimensions of developmental disability. Dr. Candida Preetham provided an overview of the challenges and opportunities in addressing developmental disabilities in India, stressing the role of social workers in bridging service gaps.

Ms. Tamil Thendral and Ms. Sarannya E.V. highlighted Applied Behavior Analysis as a tool for fostering self-management and social skills in individuals with developmental disabilities.

Other sessions focused on unique approaches, including Community-Based Rehabilitation by Shri N.V. Ranganatha, the critical role of parents discussed by Shri Prabhakara Rao, and the impactful contributions of NGOs like the Tamahar Trust, presented by Ms. Vaishali Pai. A special keynote by Ms. Renuka Jiothiswaroopan highlighted her personal journey and the significance of tailored special education.

The conference concluded with a vibrant paper presentation session moderated by Dr. Chellaraj Emmanuel, featuring innovative research and practical solutions.

This event set a progressive tone for future interventions, showcasing a collective commitment to transforming the lives of individuals with developmental disabilities.

# Instilling Enlightenment through Knowledge to Young Minds



## Keren Mary Jose

The School Training Program, organized by the 2nd-year MSW students of Kristu Jayanti College, aimed to enhance awareness and equip school students with essential life skills, enhancing their holistic development. Groups of three students conducted these interactive sessions in various schools, addressing relevant topics to promote physical, mental, and social well-being among young learners.

At St. Mary's English High School, the session focused on Health and

Wellbeing, emphasizing healthy lifestyle choices. At Shreyan World Public School, students explored Time Management Skills, helping participants prioritize tasks effectively. Bishop Sergent High School delved into Goal Setting and Achievement, motivating students to set realistic goals. Wisdom Montfort International School and East Point Academy tackled the Positive Use of Social Media and the Internet, highlighting the importance of responsible online behavior. Jordan High Bangalore

concentrated on Skill Development, preparing students for future challenges.

NITTE International School emphasized Creative Thinking and Problem Solving, while St. Theresa Bacq Public School highlighted Mastering Sleep Hygiene. Ebenezer Public School provided insights on Menstrual Hygiene, and Manasa Public School engaged students on Life Skills. Yuvalok Foundation and Don Bosco Public School focused on Study Skills and Memory Techniques and Study Skills with Time Management, respectively. Royal Academy Public School discussed Challenges Faced Using Mobile Phones and Internet, and St. John's High School conducted a Career Enhancement Program. Other schools, including

Morning Star Public School, Sree Saraswati Vidyalaya, Clone International School, and St. Mary Crescent School, addressed critical themes such as Health and Nutrition and Personal Hygiene.

These programs successfully instilled essential knowledge and practical skills in young minds, contributing to their growth and empowerment. The student coordinators and educators learnt the art of taking educational sessions through presentations and activities in the form of ice breakers. All of these sessions helped the students' build their confidence and career as prospective educators. It also highlighted the students' commitment to community development and the holistic education of future generations.





# Touching Lives: Action Research Projects by 2nd Year MSW Students

**Riya Shaji Mathew**

The 2nd Year MSW students, from the Department of Social Work, Kristu Jayanti College Autonomous, Bangalore, had carried out their Action Research Projects. The objective of this Action Research Project in the Social Work curriculum, is to enable the students to learn the process of needs assessment, project initiation, resource mobilization, fundraising, budgeting etc., keeping the betterment of the society in their mind. The students were divided into 11 groups of 5 members each.

Project Akshayapatra, led by Ms. Heera S. Xavier and team, aimed at providing some groceries, sanitary pads, and blankets for about 50 families belonging to the migrant community of N. Nagenahalli.

Project Annadaana, carried out by

Ms. Anagha Sajan and team, aimed at providing some dry ration essentials and sanitary napkins, to the 45 families belonging to the Belahalli Bande Community.

Project Anbu Urai, led by Ms. Angelin Baby James and team, worked towards providing winter essentials such as blankets, sweaters and jamkhanas to around 45 families, from the Frazer Town Slum Community.

Project Anbin Kaikootam, carried out by Ms. Sorormi Jessy Zimik and team, focused on providing some groceries, along with blankets and mats for 50 rag-picker families from the Kalkere Community.

Project Light and Love, led by Mr. Pratap Raj and team aimed to provide some winter essentials along with solar lamps to the families belonging to the nomadic donkey breeders community,

originally from Andhra Pradesh.

Project Swastha Bhojan, carried out by Ms. Shijina Shiju and team, provided essential food supplies, such as rice, pulses and cooking oil, to the 36 families belonging to the Vanitha Community, in K. Narayanapura.

Project Sahaya Hasta, led by Ms. Arunima Babu and team, focused on providing some rations, hygiene products as well as Winter essentials to the 20 migrant families, living in the Nagenahalli community.

Project Manna Vriksha, headed by Mr. Ajal Thomas and team, provided some daily use products and food essentials to the 36 families from the Jappudi Community in K. Narayanapura.

Project Nirgama, led by Ms. Arunima Roy and team, aimed at providing ration kits, blankets and

tarpaulin sheets to support the 33 migrant families in the Kalkere Community.

Project Sanjeevani, led by Ms. Riya Shaji Mathew and team, focused on providing some daily essentials along with blankets and mats for about 35 migrant artisanal families belonging to the Koracha and Nayika Community, residing around T C Palya, Bangalore.

Project Udaya Vikasa, headed by Mr. Jeson Mathew Rajan and team provided winter essentials such as mattresses, blankets and sweaters for the 35 migrant families, living in Rammaiah Colony.

All the communities were really grateful to the Department and the College for taking up this initiative through impactful community development programs to ensure their well-being.

# Learning Through Service: A Journey of Community Engagement

Yugapriya C.



The Department of Social Work, Kristu Jayanti College, organized a series of Community Organisation Programmes in November 2024, addressing diverse societal needs through collaborations with NGOs and institutions. These events aimed to empower communities, promote well-being, and foster social responsibility.

The series commenced with student coordinators Ms. Akshaya, Ms. Deini, and Ms. Kezia organizing a life skills education programme at Shishu Mandir, led by Ms. Alice Devaraj. Ms. Feba facilitated a session on coping with exam stress at St. George School with Ms. Sumitha Joshua from Karnataka Rehabilitation Centre. Ms. Rini and

Mr. Hemanth hosted a workshop on community empowerment and livelihood, facilitated by Ms. Shirley Margaret from Debora Foundation at People's Trust.

Ms. Soubia and Mr. Nikhil led a session on acts of kindness at the Akshadhaa Foundation, with Mr. Ansa P.A. offering insights. The next day featured multiple activities: Ms. Hanna coordinated a children's educational awareness programme at Kyalasanahalli Government School with BIRDS, Mr. Abhiram and Ms. Shalina hosted a cancer prevention session with Global Concerns India, and Mr. Joel and Ms. Ankita facilitated a mental health session for parents at Marthoma Opportunity School.

Mr. Martin and Ms. Monica organized a juvenile justice film screening with ECHO.

Ms. Swarna and Ms. Mariam discussed social and human responsibilities at Guanella Preethi Nivas, while Mr. Akum and Ms. Aleena raised awareness on child rights and safety at Liza's Home. Mr. Abhishek and Ms. Pui conducted a session on menstrual health and hygiene with Sr. Litveena from FIDES and Ms. Pallavi and Ms. Shalina addressed safe boundaries with Dr. Nandini Vijay Kumar from SWAM.

The series concluded with Ms. Komal and Ms. Dhaniya hosting an art therapy workshop with Dr. Sandra K.S. from Dream India Network, and Mr. Abel and Ms. Arya leading

a health and hygiene session with Mr. Abhin Philip from Ashalaya Trust.

Under the guidance of Dr. Jonas Richard A the department fosters holistic education, equipping students with practical skills and instilling a profound sense of social responsibility.



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