



Mitra Milan - A Collaborative Exchange



Riya Shaji Mathew

The Mitra Milan Program, was organised by the Department of Social Work, Kristu Jayanti College, Autonomous as an initiative aimed at enhancing meaningful interactions between the MSW Students of Sacred Hearts College, Tirupattur, and Kristu Jayanti College Autonomous, Bangalore. This collaborative initiative provided a platform for students to share insights about their respective institutions, including academic structures, the Social Work course curriculum, and unique teaching methodologies. Both colleges provided a comprehensive overview of their respective institutions, covering aspects such as infrastructure, faculty, clubs, curriculum highlights, student development initiatives, community engagement, and practical exposure.

Ms. Angelin James and Ms. Deborah Daniel, through a PowerPoint presentation, highlighted the unique features of the Department of Social Work. This was followed by an insightful presentation by the student coordinators of Sacred Hearts College, who detailed the strengths and initiatives of their social work department. The session was followed by a group activity to discuss on the various settings of social work and their implications on other fields of life. The activity led the students to make a tour around the campus and also indulge in meaningful discussions. The students expressed overwhelmingly positive feedback on the program, highlighting its value as an enriching and eye-opening experience. They appreciated the opportunity to interact with peers from a different institution, exchanging ideas and insights about the field of social work.

Bright Smiles for Future Stars: Spreading Christmas Cheer

Keren Mary Jose

The Department of Social Work successfully organized the heart warming program 'Bright Smiles for Future Stars' on December 19, 2024. This initiative aimed to bring festive cheer and emotional support to 150 orphan children from various NGOs. Anchored by social work trainees, the event provided a joyful and inclusive Christmas celebration, fostering a sense of love, belonging, and community spirit.

The program commenced with a formal session led by Ms. Anagha Sajan, who warmly welcomed the children and highlighted the celebration's significance. This was followed by an informal session, curated by Ms. Cindrella, featuring lively dance performances, soulful carol singing, and engaging games. The children actively participated, sharing their talents through captivating performances, adding vibrancy to the

event.

A memorable cake-cutting ceremony encapsulated the festive spirit, followed by a shared dinner symbolizing unity and compassion. Each child received a thoughtful gift, spreading joy and bringing smiles to their faces. The students' efforts embodied the true essence of Christmas by nurturing a warm and inclusive atmosphere that celebrated the values of love, care, and togetherness.

The program received resounding appreciation from children, NGO representatives, and organizers alike. The children expressed immense happiness and a sense of belonging, deeply cherishing the festive cheer.

The program left an indelible impact, creating lasting memories for the children and stands as a testament to the power of collective effort in spreading love and hope during the season.



Inspiring Action: Highlights from Social Work Camp 2024

Yugapriya C.

The Department of Social Work organized an impactful Social Work Camp 2024, themed 'Namma Samudaaya, Namma Belavanige' (Our Community, Our Development), fostering community engagement through diverse and meaningful initiatives.

Day 1 focused on Community Development with a vibrant rally, a flash mob, and an inspiring inaugural ceremony attended by dignitaries like Bro. James and Mrs. Nagamani. Cultural performances fostered inclusion and joy, setting a positive tone for the camp. Day 2, themed Health and Hygiene, included a health camp led by Dr. Gangapa and a survey revealing vital insights into community health practices. A rally and cultural evening further spread awareness,

blending education with entertainment.

Day 3 emphasized Child Rights, featuring a sports day for children, a survey on child rights and an engaging cultural program with performances like mimes and skits that captivated the audience. Day 4, centered on Women Empowerment and Youth Development, included a survey, a rally, a dynamic cultural program showcasing talents and delivering powerful messages of unity and growth.

The camp concluded on Day 5 with a Cleaning Drive, a rally on environment and sustainability, and a heartfelt closing ceremony. These initiatives united the community, inspired action and paved the way for meaningful social change.



Jingle & Joy: A Celebration of Togetherness

Heera S. Xavier

On December 16, 2024, the Department of Social Work, Kristu Jayanti College, hosted a heartwarming Christmas celebration titled “Jingle & Joy” at Guanella Preethi Nivas, a home for senior citizens in Karnataka. This event aimed to spread the warmth and joy of Christmas while addressing loneliness and fostering emotional connections among the elderly.

The celebration began at 6:30 PM with a formal session led by Ms. Abiya Susan Tojo, who extended a warm welcome to the attendees. The department choir set the mood with a soulful prayer song. Fr. Kulandaisamy, Director of Guanella Preethi Nivas, delivered an inspiring address, followed by a heartfelt message from Dr. Jonas Richard A., Head of the Department of Social Work. The session

concluded with a felicitation ceremony honoring Dr. Jonas Richard A and the Guanellian Fathers for their contributions.

The informal session, emceed by Ms. Heera S. Xavier and Ms. Indira Renjini Roy, featured vibrant cultural performances, including mesmerizing dance routines and soulful songs by the senior residents. Interactive games brought joy and laughter to the gathering. A surprise appearance by Santa Claus energized the atmosphere, spreading festive cheer. The event concluded with a cake-cutting ceremony and a vote of thanks by Ms. Deborah Daniel. The evening didn't end there. Students served dinner to the elderly, while others sang carols, creating a joyful and festive dining experience. The senior citizens expressed heartfelt

gratitude for the thoughtful initiative, appreciating the students' efforts in making their Christmas special.

For the students, this event was more than just a celebration; it was an opportunity to embody the spirit of Christmas by giving, sharing, and creating lasting memories. The occasion not only brightened the lives of the elderly but also strengthened the bonds of compassion and intergenerational

connection. The joyous laughter, heartfelt interactions, and shared moments of happiness emphasized the importance of empathy and community. The event reinforced the value of small acts of kindness in bringing immense joy and left both students and residents with cherished memories.

“Jingle & Joy” stands as a reminder of the power of love and togetherness, leaving a lasting impact on everyone involved.



Empowering Change: A Dynamic Human Rights Day Seminar



Jeneepeaceful Iawphniaw

On December 10, 2024, the Department of Social Work at Kristu Jayanti College, Bengaluru, organized a student-led seminar to commemorate Human Rights Day. The theme, “Our Rights, Our Future, Right Now,” highlighted the enduring relevance of human rights as a transformative force for good.

The seminar, held for second-year MSW students, featured student speakers Ms. Greeshma Maria Mathew, Ms. Sorormi Jessy Zimik, Mr. Sebastian Paul, and Ms. Riteeka Chourasiya, with Ms. Riya Shaji Mathew moderating. Opening with a prayer song by the department choir, the event began with an introduction by Ms. Riya, who set the tone for the discussions.

Ms. Greeshma provided a historical overview of Human Rights Day, followed by Ms. Sorormi, who emphasized the importance of promoting and protecting human rights. Mr. Sebastian explored the philosophical dimensions, while Ms. Riteeka discussed the pivotal role of social workers in safeguarding rights.

The session concluded with a call to action, urging students to become advocates for human rights. Faculty members commended the initiative, and students appreciated the platform for enhancing their knowledge and skills. This seminar underscored the role of youth in advancing human rights, fostering awareness, and creating a more equitable world.

Enhancing Social Work Skills in Perinatal Care

Reeya Devi

An orientation session on Perinatal Social Work was conducted on December 14, 2024, with 55 participants. The program aimed to enhance students' understanding of the psychosocial, emotional, and practical needs of mothers and families during the perinatal period. The inaugural session, hosted by Ms. Sorormi Jessy Zimik, included a prayer by the college choir, a welcome address by Ms. Prethusha Philip, and an overview by Dr. Jonas Richard A., Head, Department of Social Work, Kristu Jayanti College. Experts from NIMHANS conducted the sessions, each focusing on crucial aspects of mental health.

Mr. Ripiudaman Singh provided a comprehensive overview of mental health, exploring its causes, symptoms, and the role of support systems in promoting well-being. Mr. Manukrishnan discussed the connection between women's physiological changes and mental health across life stages, covering topics like menstrual health, pregnancy, and menopause. Mr. Remy Lobo addressed perinatal mental health, highlighting conditions such as antenatal depression and postpartum anxiety, and the importance of timely interventions.

Students gained insights into the importance of gender-sensitive approaches, maternal care, and the pivotal role of social workers in addressing these issues. Participants highly praised the program, noting its relevance and depth in preparing them to support vulnerable populations effectively. The program equipped them with the knowledge and tools to provide empathetic, evidence-based interventions, ensuring the well-being of mothers, families, and communities.



EDITORIAL BOARD

CHIEF EDITOR

Dr. Jonas Richard A

STAFF EDITORS

Dr. Winnie Joyce A
Dr. Sathish Kumar R
Dr. Bijaya Laxmi Sahoo

STUDENT EDITORS

Ms. Riya Shaji, Ms. Keren, Ms. Heera,
Ms. Reeya Devi, Ms. Jeneepeaceful,
Ms. Yugapriya, Ms. Angelin,
Ms. Balarihun, Ms. Deborah

LAYOUT EDITOR

Ms. Indira Renjini Roy