



Empowering Future Social Workers: A Transformative Workshop on Counseling Skills



Keren Mary Jose

A three-day workshop on 'Counseling Skills and Techniques' was successfully conducted to equip social work students with essential competencies for effective client interactions. Through interactive sessions, role-plays, and case studies, the program emphasized active listening, empathy, rapport-building, and intervention strategies to enhance participants' ability to provide meaningful support in diverse settings.

The inaugural session set an inspiring tone, with Dr. Jonas Richard A., highlighting the vital role of counseling in social work. Fr. Dr. Stanley Alex OFM and Ms. Swathi served as expert facilitators, guiding students in translating theoretical knowledge into practical application.

Key sessions covered fundamental and advanced counseling techniques, including assessment methods,

active listening, questioning techniques, crisis intervention, and ethical considerations. Engaging activities such as art therapy, role-plays, and group counseling exercises provided hands-on learning experiences. The workshop also addressed managing difficult client interactions and building therapeutic relationships, ensuring that students gained practical insights into real-world challenges.

A highlight of the workshop was the 'Person in the Rain' art therapy exercise, which allowed participants to explore subconscious emotions through creative expression.

The valedictory ceremony celebrated the participants' enthusiasm and commitment, with Fr. Dr. Stanley Alex OFM emphasizing the need for ethical and empathetic counseling. The workshop served as a transformative experience, laying a strong foundation for students to excel in their future social work careers.

Setting up for Success: An Empowering Workshop

Riya Shaji

The Department of Social Work organized a Skill Enhancement Workshop titled 'Setting Up for Success,' led by Shri. Rakesh K.P, a dynamic business leader, with an aim to equip final-year social work students with essential skills for a smooth transition into the professional world. He introduced "The Iceberg Illusion," explaining how success is often perceived without recognizing the hard work behind it. He emphasized that success is a 'journey', not

a 'destination' and stressed the importance of having clear goals. Key discussions included 'perseverance' as the most crucial quality for success, the significance of 'not giving up', and the detrimental effects of 'social media as a weapon of mass destruction' on focus and productivity. He also underlined communication skills, especially 'public speaking', as the most vital skill for professional growth, recommending 'Toastmasters' Club' for skill enhancement. The speaker encouraged



students to 'think like a CEO' in any role they undertake. He elaborated on the concept of 'network quotient' and the new language of 'upskilling,' stressing the need to stay updated with AI and corporate trends. Additional insights

included focusing on effort rather than results, and recognizing procrastination as the enemy of success. The session effectively guided students on how to navigate their professional journeys with confidence and resilience.

Empowering Inclusion: Insights from an Alumna on Social Work in Education



Reeya Devi

The Department of Social Work recently hosted an engaging session under the Alumni Interaction Series on The Role of Social

Workers in Inclusive Education. Held on February 1, 2025, at Kristu Jayanti College, the session was attended by 50

enthusiastic first-year MSW students eager to gain real-world insights into their field.

The guest speaker, Ms. Anita Varghese, an alumna from the 2021-2023 batch and now an Assistant Child Psychologist at INSIGHTE Childcare Pvt. Ltd., shared her journey from student to professional.

She provided valuable perspectives on working with children requiring special educational support and highlighted the crucial role social workers play in fostering inclusive education.

Ms. Anita captivated the audience with her experiences, discussing both the challenges and rewards of her profession. Her insights inspired students to explore the vast opportunities in social work, reinforcing the impact they can create in the field of child development.

The session concluded with a vote of thanks and a memento presented to Ms. Anita in appreciation of her time and knowledge. The students left feeling motivated, with a clearer understanding of their career paths and the power of social work in transforming lives.



Brighter Vision, Better Lives: Nayana Eye Camp 2025

Yugapriya C.

The Nayana Eye Camp, organized by the Department of Social Work and Jayantian Extension Services (JES) in collaboration with Narayana Nethralaya Eye Hospital, was successfully conducted on February 20, 2025, at Preethi Nivas Trust. The initiative aimed to provide free eye check-ups for 21 elderly residents, diagnosing vision-related issues and ensuring access to quality eye care. The event was inaugurated by Fr. Jais V. Thomas (Director, JES), Mr. Phani Kishore (CTO, Narayana Nethralaya), and Fr. Kulandaisamy (Administrator, Preethi Nivas Trust), who emphasized the importance of accessible healthcare for vulnerable communities. Dr. Aleesha from Narayana Nethralaya outlined the screening process and the hospital's commitment to vision care.

The camp facilitated comprehensive eye examinations by a skilled medical team, addressing issues such as cataracts and refractive errors. Beneficiaries received personalized consultations, and those needing prescription glasses were identified. The event also included lunch and refreshment breaks for both volunteers and participants. By the end of the camp, 21 beneficiaries received corrective eyewear, which was distributed by Fr. Mathias. Each recipient was guided on the proper use and maintenance of their glasses. To appreciate the contributions of the organizers and resource persons, mementos were presented.

The Nayana Eye Camp reinforced the power of collaboration in bridging healthcare gaps, ensuring improved vision and well-being for the elderly.

Empathy in Action: Shaping Future Social Workers Through Role-Play

Heera S. Xavier

The Department of Social Work organized a role-play event, Empathy in Action, on February 7, to help second-year MSW students understand real-life social work scenarios. The event aimed to enhance their empathy, critical thinking, and problem-solving skills by simulating situations they might encounter in their professional careers. Students were divided into five groups, each enacting different real-life challenges. These included an elderly man dealing with grief, a young widow



facing family conflicts, a working mother struggling to balance personal & professional duties, a man experiencing a mid-life crisis, and a youth coping with childhood trauma leading to substance abuse. Each team creatively showcased how social workers could intervene, provide emotional support, and guide individuals toward positive solutions. This helped in bridging the gap between theoretical knowledge and real-world applications in social work.



Empowering the Displaced: Strategies for Migrant Empowerment

Monica Ann George



The Department of Social Work at Kristu Jayanti College successfully hosted a Guest Lecture on the Practice of Social Work Methods among Migrant Labourers for the 1st-year MSW students. The session aimed to deepen students' understanding of migration challenges and equip them with practical intervention strategies. Dr. Gundappa delivered an engaging and insightful session, covering various facets of migration, its socio-economic impact, and the role of social work in addressing these challenges. He elaborated on the six core social work methods, illustrating their practical application through case studies and real-life experiences from both domestic and

international contexts. To enhance student comprehension, he incorporated audio-visual aids, including documentary clips and real-world scenarios. The session resonated deeply with students, broadening their perspectives on migration-related hardships and the need for social intervention. The interactive discussion encouraged students to actively engage, share insights, and clarify doubts, fostering a dynamic learning environment. The session proved to be an enriching experience, empowering students with practical knowledge on supporting migrant communities through social work interventions.

Honoring the Legacy of Kuriakose Elias Chavara

Anagha Sajan

On February 10th, 2025, the second-year MSW students of the Department of Social Work organized a student-led seminar to commemorate the 220th birth anniversary of St. Kuriakose Elias Chavara, a visionary social reformer and educationist. The event aimed to spotlight his significant contributions to education, social development, women's empowerment, and healthcare. The seminar featured four panelists, each focusing on different aspects of St. Chavara's contributions. Ms. Mariya Thomas spoke on his work in social development, while Ms. Ann Maria Treasa discussed his contributions to women's empowerment. Ms. Ann Maria George highlighted his impact on education, and Ms. Delna Mary Jaison emphasized his work in healthcare. Mr. Paul Sebastian, the moderator, facilitated discussions, summarized each panelist's key points, and encouraged participant engagement through questions and reflections. The event concluded with closing remarks from Mr. Sebastian, who drew parallels between St. Chavara and Plato's Allegory of the Cave. Dr. Jonas appreciated the panelists' insightful contributions, acknowledging everyone's efforts. The seminar successfully concluded with active participation and thoughtful discussions.



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