



Unifying the World through IDEA: A Global Call for Inclusion



Able Basalel Sajan

The Department of Social Work at Kristu Jayanti College, in collaboration with the University of Waikato, New Zealand, hosted a two-day International Conference on Inclusion, Diversity, Equity, and Accessibility (IDEA) on March 10–11, 2025.

The conference opened with a powerful inaugural ceremony featuring addresses by Fr. Dr. Augustine George and Mr. Sri Das Suryavamshi, who emphasized the urgent need for human-centric inclusion policies. Over two days, ten thought-provoking sessions brought together global scholars and practitioners committed to advancing IDEA in education, workplaces, and public policy. The main highlights included sessions by Ms. Tina Vinod, who connected DEI principles to social justice and corporate success, and Mr. Dinesh Athyadi, who focused on workplace inclusion and leadership.

International perspectives were shared by Dr. Mami Katsumi from Japan and Dr. David Luke from the U.S., while Dr. Gitanjali Govindrajan emphasized inclusive education through the arts.

The second day spotlighted healthcare and elder care challenges, with insights from Dr. Kelly Glubb-Smith (New Zealand) and Dr. S. Kumaravel. Legal and policy frameworks for disability inclusion and social welfare were addressed by Dr. Veena Shenoy and Prof. Abdel Wanis from Egypt.

The conference concluded with paper presentations by students and professionals exploring unique topics like medical clowns and cemetery workers' wellbeing.

With diverse voices and cross-cultural insights, IDEA 2025 served as a powerful platform to rethink inclusion and inspire action toward a more equitable world.

Empowering Voices: Women in Leadership and AI – A Panel Discussion

Riya Shaji

The Department of Social Work at Kristu Jayanti College celebrated International Women's Day 2025 with a profound panel discussion themed 'Women Leadership in AI Era: Opportunities and Obstacles'. The event aimed to spotlight the evolving role of women in leadership within technology-driven domains, addressing challenges and advocating for inclusivity and empowerment. A series of engaging panel discussions followed, each providing unique insights into the intersections of gender, technology, and leadership. Ms. Ruth Alice Thomas, speaking on 'Technology and Tradition: The Dual Challenge for Women in Law', discussed the underrepresentation of women in India's legal field and stressed the importance of integrating technology to empower female legal professionals. Ms. Ashima Gupta, in her session on 'Overcoming Stereotypes: Redefining Leadership in the AI Era', challenged gender stereotypes in tech spaces and advocated for empathy and collaboration as core leadership qualities in the AI age.



Ms. Amulya Kulkarni Kanade, in her talk 'Representation Matters: The Need for Women Role Models in AI', highlighted the importance of visible role models and shared inspiring personal stories to encourage young women to pursue leadership and innovation. Concluding the panel series, Ms. Ria Singh addressed 'Breaking the Glass Ceiling: Gender Bias in the World of Real Estate', urging students to embrace resilience, build strong support networks, and lead with confidence in male-dominated spaces. Each session featured vibrant student participation and ended with thoughtful Q&A discussions. The panel discussions served as a powerful platform to reflect, learn, and inspire action. Students walked away encouraged to challenge norms, embrace their strengths, and contribute to building a more inclusive and equitable future in AI and beyond.

Building Resilience: A Student - Led Seminar on Stress Management for Teachers



Alan Tom

As part of the student-led training initiative by the Department of Social Work, Kristu Jayanti College, second-year MSW students organized a session on "Stress Management" for the teachers of Mariyanad A.L.P School, Irulam, Wayanad, Kerala. The program aimed to raise awareness about stress and equip the teachers with effective strategies for managing it, thus promoting resilience and better work-life balance.

The first part of the session, led by Ms. Aleesha P.A., introduced the concept of stress, its types (eustress and distress), signs, symptoms, causes, and ways to control it. This was followed by a session by Ms. Catherine Ann Joseph, who explained stress management strategies such as positive thinking, interpersonal communication, relaxation, time management, and the importance of maintaining a healthy balance between personal and professional life—especially tailored to the teaching profession.

The final session, facilitated by Ms. Sania, focused on art therapy. Teachers participated in an interactive activity where they drew a person in the rain. The drawings were later interpreted, offering insights into personality traits and emotional well-being. The session was well-received, with teachers sharing positive feedback. The students also distributed books and pens as tokens of appreciation, marking a successful and enriching experience for all.

Promoting Hygiene Awareness: WASH Programme for Slum Children

Anna Treessa

The Department of Social Work, Kristu Jayanti College (Autonomous), Bengaluru, in collaboration with SOS Children's Villages of India, Bangalore, organized a community organization program on Water, Sanitation, and Hygiene (WASH) on March 2, 2025, at the Old Bagalur Layout Tailoring Centre.

Resource person Mr. Sathish K N from Catalyst Management Services led an engaging session that highlighted the importance of handwashing, dangers of contaminated water, and personal hygiene practices. Through educational videos, real-life examples, and live demonstrations, children were taught practical and essential hygiene habits.

To make learning fun, an action song about hygiene and a lively quiz helped reinforce



the session's key messages. The interactive methods encouraged participation and created lasting impact. Children showed great enthusiasm, actively engaging with the resource person and reflecting on their hygiene practices.

This initiative successfully empowered young minds with knowledge and motivation to adopt better hygiene habits in their daily lives.

WORLD SOCIAL WORK DAY 2025



Monica Ann George

Every year, World Social Work Day is celebrated across the world on the third Tuesday of March. This year it was celebrated on 18 March 2025 and the theme is 'Strengthening Intergenerational Solidarity for Enduring Wellbeing', which emphasizes the importance of caring and respecting across generations to build strong

societies, sustain the environment, and share wisdom for a better future.

This theme builds upon previous concepts like Ubuntu and Buen Vivir, acknowledging the interdependence of people and expanding these ideas to focus on intergenerational caregiving. It challenges societal norms that often frame care as solely 'women's work' and underscores that caregiving is a shared responsibility. By promoting respect and collaboration across age

groups, the theme aims to address economic and environmental challenges, ensuring that future generations inherit sustainable and healthy conditions.

Social workers are encouraged to facilitate the transfer of knowledge across generations, valuing the wisdom of elders and ancestors while also recognizing the role of younger generations in reinterpreting this wisdom to address contemporary challenges.

Alumni Interaction Series: Insights into Industrial HR and Career Readiness

Monica Ann George



The Department of Social Work, Kristu Jayanti College (Autonomous), organized an Alumni Interaction Series session for the second-year MSW students, featuring alumna Ms. Upasana Das, currently working as an HR Generalist at HIL (CK Birla Group). Drawing from her professional journey, Ms. Upasana shared valuable insights on the functions of an HR Generalist and the real-world challenges faced in Industrial Relations. Emphasizing the pivotal role of social workers as mediators and counselors in resolving industrial disputes, she encouraged students to enhance their interpersonal skills and emotional intelligence. Ms. Upasana stressed the importance of becoming

job-ready” by continuously upgrading skill sets and focusing on personal branding. She also highlighted effective strategies for networking with potential employers both online and offline. The interactive session served as a bridge between academic knowledge and practical field insights, equipping students with a realistic understanding of HR functions and career preparedness. She also encouraged students to stay updated with current industry trends and labor laws, suggesting that a proactive approach to learning beyond the classroom will give them a competitive edge. The session concluded with students feeling inspired and better informed about navigating their future careers in the HR and Industrial Relations sector.

Alumni Interaction Series: Gaining Corporate HR Insights from the Field

Anagha Sajan

The Department of Social Work organized an Alumni Interaction Series on 01 March 2025, titled “Orientation on Corporate HR Skills” for final-year MSW students. The session featured Ms. Anusha V, an alumna now working in the corporate HR sector, who shared valuable insights from her professional journey. Ms. Anusha highlighted key HR functions such as recruitment, onboarding, employee engagement, and performance management. She emphasized the importance of communication, adaptability, and professionalism for thriving in corporate environments. Drawing from her own experiences, she offered practical guidance on navigating the transition from student life to the corporate world. The session was highly interactive, with students engaging in a lively Q&A segment. Topics like resume building, interview preparation, and long-term career planning were explored. Ms. Anusha’s responses were insightful and encouraging, leaving a lasting impact on the participants. The session successfully helped students align their academic learning with real-world HR expectations.



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