



Value Added Course on Gender-Based Violence in Collaboration with NIMHANS, Bengaluru



Monica Ann George

The Department of Social Work at Kristu Jayanti (Deemed to be) University in collaboration with the National Institute of Mental Health and Neurosciences (NIMHANS), organized a five-day Value Added Course on “Psychosocial and Mental Health Care for Women Facing Gender-Based Violence” for II Year MSW students from 10th to 15th July 2025. The program aimed to deepen students’ understanding of the psychological, emotional, and social consequences of gender-based violence (GBV), and to develop their capacity for professional, trauma-informed intervention.

The sessions were facilitated by experts from NIMHANS, including Mr. Remy Lobo, Ms. Margarisha, Mr. Ripudaman Singh, Mr. Manu Krishnan, and Mr. Mohammed Shamil Hussain. The course combined theoretical input with real-world perspectives, using case studies, participatory activities, and debates to foster active learning, elaborating on critical themes such as trauma response, legal provisions, ethical practices, and the role of social workers in multidisciplinary teams.

The course also shed light on the need for coordinated responses that involve families, communities, institutions, and legal systems. Students were introduced to the importance of intersectoral collaboration between mental health professionals, legal bodies, and social workers. Techniques for active listening, safety planning, trauma-sensitive communication, and survivor empowerment were discussed, emphasizing how social workers can act as catalysts in both preventive and rehabilitative efforts. This practical knowledge was reinforced through activities that simulated field situations and allowed students to apply theoretical concepts in a guided setting.

The students gained insight into the complexity of GBV and its far-reaching impact on women’s mental health. This value-added course served as a significant step in empowering future social workers with the skills and sensitivity required to support survivors effectively and advocate for gender justice in diverse settings, encouraging reflection on their own attitudes and biases, fostering a more compassionate and inclusive professional outlook.

Learn from Leaders Series: Insights on High-Stakes Leadership and Strategies for Success

Mathews K. Saji

The Department of Social Work, Kristu Jayanti (Deemed to be) University, Bengaluru, organized an engaging session under its Learn from Leaders Series titled “High-Stakes Leadership: Strategies for Success” on 18th July 2025. The session, held exclusively for second-year MSW students, was led by Dr. Baba Gnanakumar P, Professor and Director of the Centre for Consultancy and Corporate Training, Kristu Jayanti School of Management.

Through an insightful and thought-provoking talk, Dr. Gnanakumar explored what it truly means to lead during high-pressure situations, moments when clarity, resilience, and moral courage are needed most. He emphasized that leadership isn't just about managing tasks or teams, but about staying grounded and making thoughtful decisions when stakes are high and outcomes are uncertain.

The session struck a chord with the students, sparking conversations around leadership in social



work, especially in emotionally demanding and ethically sensitive settings. The talk encouraged them to think beyond traditional ideas of leadership and to reflect on their own values, decision-making styles, and responsibilities as future professionals.

With its blend of historical insight and real-world relevance, the session offered more than just theory, it left students with a deeper understanding of leadership as a balance of strength, empathy, and thoughtful action in practice, inspiring students to cultivate these qualities in their personal and professional journeys.

Reflective Dialogue on Human Trafficking: In Collaboration with Project Rescue India



Feba Susan George

On July 19, 2025, the Department of Social Work at Kristu Jayanti (Deemed to be) University, hosted a deeply reflective session on Human Trafficking and Response, featuring Dr. Mathew K. Daniel and Ms. Suhasini Daniel from Project Rescue India. The session offered a sobering yet hope-filled perspective on the silent, systemic nature of trafficking, moving beyond facts to center survivor voices.

Dr. Mathew K. Daniel illuminated how trafficking often begins with false promises rather than force, and highlighted cultural practices like the devadasi and jogini systems that normalize exploitation. His words underscored the need for awareness, advocacy, and systemic change.

Ms. Suhasini Daniel brought a powerful human dimension to the conversation, addressing the psychological, emotional, and spiritual wounds that survivors carry. Her call for trauma-informed care and treating survivors with dignity resonated deeply.

The session also introduced students to the impactful work of Project Rescue India in healing and rehabilitating survivors through counselling, shelter, and education. As future social workers, the dialogue encouraged students to engage meaningfully in anti-trafficking efforts.

Dr. Mathew's closing words—"It is not the injustice that drives us, it is the magnitude of hope and love"—left a lasting imprint of compassion and purpose.

Empowering Futures: Life Skills Education Workshop for Aspiring Social Work Professionals

Ashish Ashok Jadhav



The Department of Social Work successfully conducted a Life Skills Education Workshop from 25th to 29th July 2025, aimed at equipping budding social work professionals with essential life competencies. Designed as an induction programme, this was the first major training initiative for the newly joined first-year MSW students, offering them a meaningful start to their academic journey.

Under the guidance of Dr. Jonas Richard A, Head of the Department, along with Dr. Winnie Joyce A., Dr. Bijaya Laxmi S. Dr. Unnikrishnan T.S., and Ms. Akanksha Verma, the week-long session witnessed enthusiastic participation and interactive learning.

The workshop covered ten core life skills including self-awareness, empathy, critical and creative thinking, decision-making, problem-solving, effective communication, interpersonal relationship skills, and coping with stress and emotions. These skills were brought to life through role-plays, group discussions, storytelling sessions, reflective journaling,

Shubh Aarambh: Reorienting for a Year of Growth and Specialisation



Marking a fresh beginning with renewed purpose, the Department of Social Work at Kristu Jayanti College held the reorientation for II MSW students on 9 August 2025 under the banner Shubh Aarambh. Dr. Jonas Richard A., Head of the Department, extended a warm welcome and shared valuable insights into

the evolving landscape of social work. He highlighted emerging skills outlined by the World Economic Forum 2025, new scopes in professional practice, and exciting skill enhancement initiatives, inspiring students to embrace their specialisations with vision and vigour. The session set an energizing tone for the year ahead, reminding students that with the right skills and heart, social work can be a force for lasting change.

and case-based problem-solving exercises.

Highlights included an empathy walk to understand others' perspectives, a decision-making maze, and stress-release activities like guided meditation. Communication games and creative art-based exercises fostered group bonding and emotional expression.

This enriching initiative helped students introspect, connect, and strengthen their emotional and social intelligence—vital attributes for any social work professional. The department continues its commitment to holistic development through such impactful engagements

Learn from Leaders Series: Winning Habits for a Successful Career

Akuminla Imchen

On 25th July 2025, the Department of Social Work, Kristu Jayanti (Deemed to be University), Bengaluru, hosted a highly engaging session under its “Learn from Leaders” series titled Winning Habits for a Successful Career. The session was conducted exclusively for the II MSW students and featured Dr. D Joseph Charles Tamilmaran, Associate Professor and Head, Kristu Jayanti Institute of Management. Drawing from his professional journey, he introduced the SHIFT strategy—Self-discipline, Hunger for learning, Integrity, Focus, and Team spirit—as key pillars for building a successful and fulfilling career. The session was rich with real-life examples and practical takeaways that made the concepts deeply relatable for budding social workers. Students actively participated in the dialogue, seeking ways to apply these values in their personal and professional



lives. The session not only motivated the students but also emphasized that leadership and success are grounded in consistent habits, value-based action, and self-awareness.



Social Work in Practice: Observations from MANNA, VISTHAR, and BIRDS

Dhaniya Shirin

The Department of Social Work organised Observation Visits for first year MSW students to Manna, Visthar and BIRDS as an introductory visit before their fieldwork practice.

The students' visit to 'Manna - Developmental Disability Center' introduced them to a place that supports children with special needs and their families.

Ms. Candida, Manna's founder, shared her personal journey as a mother of two autistic children, emphasizing the importance of societal awareness about developmental disabilities.

Students interacted with the children and participated in an eye-opening role-play activity led by Ms. Candida. This activity helped the students understand the difficulties children with developmental disabilities face in everyday situations, deepening their empathy and reinforcing the need for social workers in this field.

The visit to VISTHAR, a Civil Society Organization committed to social justice and peace, followed. Dr. Jonas Richard, Head, Department of Social Work, introduced VISTHAR and Ms. Savithri, Program

Manager. Ms. Savithri explained VISTHAR's work since 1989, focusing on supporting other NGOs and working at the community level. The organization's efforts address issues like bonded labor, sexual abuse, alcoholism, and suicide among women. A display of handmade dolls representing these issues left a profound impact on the students, sparking reflection on the seriousness of these social problems.

The visit to Brothers Integrated Rural Development Society (BIRDS). Br. A James Antony, the director of

BIRDS, provided an overview of the organization's history and activities. Founded in 1997, working across over 200 marginalized villages with a focus on women's empowerment, The students were guided on the community and social development projects they have undertaken.

The three visits offered valuable insights into developmental disabilities, social justice, and community development. The students were inspired by the dedication of these organizations and the vital role social workers play in promoting inclusion and equity.

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