



## Breaking Chains: Effective Approaches to Prevent and Respond to Human Trafficking

**Abraham Sanjay**

A serious crime and a flagrant violation of human rights is people trafficking. It entails the use of coercion, fraud, or force to exploit people for a variety of reasons, such as forced labour, sexual exploitation, debt bondage, or even organ trafficking. It is one of the most heinous crimes that occurs in society and The Department of Social Work, Kristu Jayanti College had organized an awareness session on the same subject.

The comprehensive discussion delved into multifaceted strategies aimed at halting, treating, rehabilitating, and reintegrating victims of illegal trafficking within the

*If slavery is not wrong,  
nothing is wrong.*

*- Abraham Lincoln  
former U.S. President*

nation, showcasing significant advancements achieved in this domain. The Department's initiative extended to fostering clear awareness through the dissemination of

substantive content on the subject matter, coupled with a deep comprehension of human trafficking dynamics and preventive methodologies.

The session encompassed a wide range of remarkable topics highlighting the influential initiatives led by non-governmental organizations (NGOs) operating with official endorsement. These endeavours have brought about a remarkable transformation in societal dynamics, marked notably by the significant reduction in the presence of human traffickers. Furthermore, there has been a commendable shift witnessed in the landscape, with former brothels undergoing a remarkable metamorphosis into visually appealing public spaces. This dual accomplishment underscores the profound impact of collaborative efforts in combatting human trafficking while simultaneously revitalizing urban environments. Such endeavours stand as exemplars of effective social intervention, heralding a brighter future for affected communities.





# WASH: Ensuring Health through Hygiene Practices

**Larisha Wahlang**

On December 8, 2023, the students of the Department of Social Work, Kristu Jayanti College organized a community program with Sumangali Seva Ashrama, addressing "WASH: Water, Sanitation, and Hygiene". The program was led by Ms Karen Mary Jose and Ms Libiya Raju (students coordinators). Ms. Parvathi M, the resource person, discussed pure and impure water sources, water-borne diseases, preventive measures, and the importance of daily water intake. Topics covered

included self-care, sanitation, hygiene practices, and menstrual health. The session emphasized the significance of regular handwashing, a balanced diet, and healthy habits.

The event underlined the important role of education in fostering water, sanitation, and hygiene awareness. It also, highlighted the critical role of community engagement and cooperation in implementing sustainable WASH practices for the betterment of public health and well-being.

## Homeopathy and Community Resilience

**Mosoni Roseline**

The Department of Social Work at Kristu Jayanti College, Bengaluru collaborated with People's Trust India to organize a comprehensive program on Homeopathic Education and Advocacy. Under the guidance of Dr. Kiran from Government Homeopathic Medical College and Hospital, the session provided valuable insights into the practical application of homeopathy for various health conditions. Additionally, Dr. Kiran highlighted the rigorous process involved in manufacturing and ensuring the quality of homeopathic medicines. The program concluded with a successful health

check-up camp, benefiting around 30 participants from neighbouring towns. This initiative not only increased awareness about homeopathic practices but also provided tangible health benefits to the attendees.

The active participation and positive feedback received from the participants reflect the growing acceptance and interest in homeopathic treatments within the community. Such enthusiasm signifies a desire for more accessible and integrated healthcare options that complement conventional medicine, promoting overall well-being and empowering individuals to take an active role in their health journey.



## Fostering Growth: The Path to Healthy Parenting



**Abraham Sanjay**

Ms. Heera S. Xavier and Ms. Arunima Babu, students of the Social Work Department, Kristu Jayanti College, had conducted Community organization program on the topic "Adopting a Healthy Parenting Style" in collaboration with SUKRUPA in SUKRUPA Education Centre in Bangalore. Mrs. Vijayalakshmi, the resource person, began the session by emphasizing the crucial roles of parenting and learning in a child's development, elaborating on various parenting styles including authoritative, permissive and over parenting styles.

The meticulously planned program, orchestrated under the guidance of the Department of Social Work faculty, garnered widespread appreciation from all attendees. It successfully cultivated positive communication, emotional well-being, and supportive atmospheres, while also advocating for balanced discipline, ensuring children's security, and nurturing robust parent-child relationships. These outcomes are perceived as pivotal factors driving enhanced academic performance, strengthen social aptitude, and heightened emotional resilience among the student Participants.





# Negotiating Variances: The Role of Peer Mediation in Conflict Resolution

**Kanchan Kumari**

The Department of Social Work hosted an insightful expert talk with Professor Livino S. Zhimo, a renowned member of the Department of Social Work at the North East Institute of Social Sciences and Research, Nagaland, who shared her invaluable insights on the role of Peer Mediation in Conflict Resolution. Peer Mediation is a confidential process for resolving conflicts. Participants have the

opportunity to talk through their disputes with the help of trained mediators and resolve it. The head of department of social work, Kristu Jyanti College welcomed everyone, establishing an inclusive atmosphere for the occasion. Followed by a peace song, beautifully rendered by talented students from NEISSR. A moving peace song, expertly performed, brought a sense of tranquility to the event. After that, Professor Zhimo guided the

participants through several phases of conflict resolution while illuminating the vital skills needed for effective peace mediation. More than ninety participants participated in the session, who were divided into groups expertly led by NEISSR peer mediators who provided a practical introduction to conflict resolution. The college sincerely thanked Professor Zhimo as the event came to an end, reaffirming its dedication to fostering a climate of

peace and understanding among its community. We resolve in togetherness; we flourish in peace, enduring spirit of collaboration was the message delivered by the session to the youth of today who are the change makers.

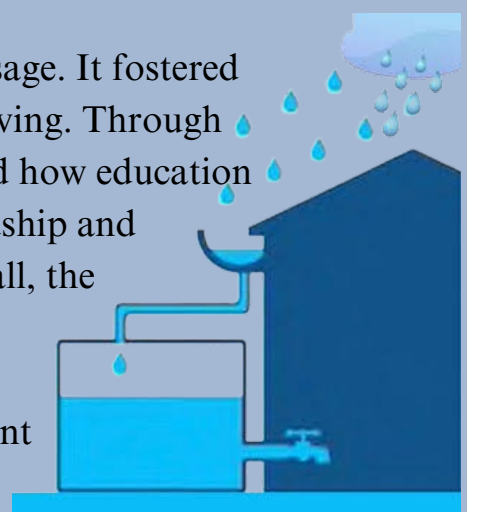


## Nature Reward: The Beauty and Benefits of Rainwater Harvesting

**Kanchan Kumari**

On December 7, 2023 students from Kristu Jayanti College collaborated with India Cares Foundation for a Community Organisation Program on Rainwater Harvesting in Bengaluru, after that, Ms. Meena Dave, CEO of India Cares Foundation, highlighted the importance of water conservation. Ms. Ann Maria George elaborated on rainwater harvesting practically. The session aimed to educate and empower students to

advocate for responsible water usage. It fostered critical thinking and problem-solving. Through this initiative, students showcased how education can foster environmental stewardship and community empowerment. Overall, the event inspired individuals to embrace sustainable practices, promoting a greener, more resilient future.





# From Fieldwork to Field Goals



## Anusha V

Sports help students in fostering physical fitness, impart leadership and teamwork, provide socialisation opportunities, and support both academic performance and general well-being. Students are always encouraged to get involved in extracurricular activities at Kristu Jayanti College, Bangalore in order to develop their talents and discover opportunities in domains other than academics. Chavra Cup, the Annual Sports Meet for PG students was conducted on 16th and 17th, January 2024. Various events such as Basketball, Volleyball, Throw ball, Football, Dodgeball, Cricket were conducted where all the departments of the college participated. Each department rallied their finest athletes, fostering fierce yet friendly competition and

showcasing their diverse talents.

Mr. Pratap Raj, student of 1st year MSW was part of the Basketball team and won the first place. His teamwork, attacking and defending skills helped his team top in the match. Ms. Mariya K V, Ms. Shijina Shiju and Ms. Shilpa Subhash K V, students of social work who are part of the College's Basketball Team won 1st place in Intercollegiate Bangalore North University Tournament conducted on 12th, January 2024. Along with the passion for social work, these students also engaged in the activities which helped them in developing various skills that were useful for both professional and personal growth. The resounding success of the event highlighted the college's commitment to fostering holistic development and fostering a supportive and inclusive campus culture.

# Development Goals for A Better Future

## Mosoni Roseline

The Orientation on Sustainable Development Goals organized by the United Nations Academic Impact (hub for SDG 1) club in collaboration with the Department of Computer Science (UG). The event, held on January 18th, 2024, from 12:00 pm to 12:50 pm, was a resounding success, with enthusiastic participation from various departments, including the Department of Social Work (2nd year) and MA English (1st year).

The program began with an introduction by Dr. Jonas Richard, the Head of the Department of Social Work and Coordinator of the United Nations Academic Impact hub for SDG-1. Following that, Professor Sevuga Pandian, the Head of the Department of Computer Science (UG), addressed the gathering, setting the tone for an enlightening session.

One of the highlights of the event was the presentation of the Sustainable Development Goals by five talented students. Three students from Department of Social work namely, Mosoni Roseline from 2nd year MSW, Ashihrii Athine 2nd year MSW and Muhammed Hafis 2nd year MSW, along with two other students from UG. Their informative and engaging presentations not only showcased their dedication but also inspired others to contribute towards achieving these crucial goals. As we continue on this journey towards a better future, let us remember the words of Mahatma Gandhi: "Be the change you wish to see in the world." Together, we can make a significant impact and create a more sustainable and equitable world.



## 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. Anusha V, Ms. Larisha Wahlang  
Ms. Mosoni Roseline,  
Ms. Kanchan Kumari, Mr. Abraham Sanjay

### LAYOUT EDITORS

Mr. Muhammed Hafis N H,  
Mr. Tom Sebastian.