

**Lighted to Enlighten**  
**St. Joseph's College (Autonomous), Irinjalakuda**  
***Voice of Social Work @SJC***



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### **“Sanjo Craft” Exhibition Cum Sale**

In connection with the “Rithu International Environment Film Festival” the Department



of Social Work organized an Exhibition cum sale of eco-friendly products of the Sanjo Craft project on 27<sup>th</sup> June 2024. The project aims to ensure the self-sufficiency of physically challenged people through the sale of products they produce. The products include paper crafts, paintings,

and eco-friendly products.

### **Field Observation Visits**

Under the guidance of Ms. Sruthy, Assistant Professor in the Department of Social Work, MSW first-semester students undertook six observation visits as part of their academic training. These visits aimed to familiarize the students with diverse social welfare initiatives, community services, and rehabilitation programs, enhancing their understanding of social work practices.

### **Day 1: Visit to the House of Providence, Irinjalakkuda**

**Date:** July 1, 2024

The students visited the House of Providence, a haven for the elderly and destitute, offering shelter irrespective of caste, creed, race, or religion. The organization exemplifies compassion and inclusivity, providing care and support to its residents. The trainees interacted with the residents, gaining insights into their lives, challenges, and the emotional support provided by the institution.

## Day 2: Visits to Kottapuram Integrated Development Society and Pratheeksha Bhavan

Date: July 2, 2024

### 1. Kottapuram Integrated Development Society (KIDS), Kodungallur

The society's community development initiatives focus on sustainable growth and empowerment. The trainees observed various projects



targeting rural upliftment and environmental conservation, fostering a holistic understanding of community-centric social work.

### Pratheeksha Bhavan

Operating under the Pratheeksha Charitable Society, Pratheeksha Bhavan aims to build an inclusive society for individuals with disabilities. The students explored the institution's training center, which helps individuals realize their potential through skill development and therapy programs.

## Day 3: Visits to the National Institute for Physical Medicine and Rehabilitation and Dharsana Family Counseling Centre

Date: July 4, 2024

### 1. National Institute for Physical Medicine and Rehabilitation

This institute specializes in comprehensive



rehabilitation services for physical disabilities and speech and hearing

disorders. The students observed the various therapies and assistive technologies used to enhance the quality of life for individuals with disabilities.

## 2. Dharsana Family Counseling Centre

A dedicated center supporting families and students, Dharsana focuses on resolving conflicts, improving relationships, and promoting mental health. The trainees learned about the counseling approaches and techniques used to address familial and social challenges.

### Day 4: Visit to the Central Prison and Correctional Home, Viyyur

**Date:** July 8, 2024

The visit to the Central Prison and Correctional Home offered the students a glimpse into the state's correctional system. The facility not only detains individuals but also emphasizes rehabilitation and skill-building programs. This visit provided a deeper understanding of social work's role in correctional settings, focusing on reformative measures for inmates.

The observation visits allowed the students to experience diverse aspects of social work in real-world contexts. Each visit enriched their academic understanding and provided valuable practical exposure, shaping their perspectives on addressing various societal issues through compassion, professionalism, and innovation.

### INSPIRE 2024

The Department of Social Work organized a four-day induction program for the new batch of 2024-26 MSW trainees from 9<sup>th</sup> July 2024 to 12 July 2024 to build good interpersonal relationships



with social work families and help them understand the scope of social work. It contained a workshop designed and facilitated by Mr. Gopinath T Menon, Rtd. Chief

UNICEF, Maharashtra State Office. The induction program Invited a talk on Unleashing the Power of Social Work by Ms. Ambi Joseph, Director, Bet Psychotherapy Foundation, Aluva on 9<sup>th</sup> July 2024. Alumnae Interaction by Anagha & Meenu.

## **INDUCTION PROGRAMME “ENTHUS”-2024**



The Department of Social Work, St Joseph’s College (Autonomous), Irinjalakuda conducted an induction program “ENTHUS” as part of UJJWAL 2024, marking the commencement of a new academic era with its four-year undergraduate program. This event

aimed to provide an insightful introduction to the field of social work for newly enrolled Social Work (BSW) students. It was held on July 24, 2024, the session featured Ms. Christeena P V, a Medical and Psychiatric Social Worker from Apollo Adlux, Kochi who led the proceedings. She delivered a comprehensive overview of the roles and responsibilities of social workers in both medical and community settings. Her presentation offered the freshers a clear understanding of the practical aspects of their future profession.

## **BSW Students Spread Joy Among Elderly at Santhi Sadhanam**

In a heartwarming display of community engagement, first-year Bachelor of Social Work (BSW) students visited Santhi Sadhanam, a local old age home, as part of their field study program. The visit, which took place on India's Independence Day, aimed to bridge the generational gap and provide students



with hands-on experience in elderly care management. The students, eager to apply their classroom knowledge to real-world scenarios, spent the day observing the home's operations and interacting with its residents. Staff at Santhi Sadhanam noted a marked improvement in the mood and energy levels of the residents following the

students' visit. The visit was more than just an academic exercise for the BSW students. Many expressed a deepened empathy and a renewed commitment to serving the elderly.

### **Independence Day Celebration**

In collaboration with Perinjanam Grama Panchayath, students of first-year MSW organized a quiz competition on the topics Hiroshima, Nagasaki, and Independence Day at Govt. U P School Perinjanam on 16<sup>th</sup> August 2024. Around 30 students



participated in the quiz competition, the first prize was taken by Ms. Ananya Anilkumarr std 7 C, the second Prize was for Nirmal M D of std 7 A, and the

Third prize went to Ms. Ameya N S std 7 B, The panchayat president hands over the prize to the winners.



### **JWALA BSW RURAL CAMP 2024: Hands-On Experience in Rural Development**

The Department of Social Work, in collaboration with the Kottapuram Integrated Development Society (KIDS), successfully concluded a three-day rural camp for third-year Bachelor of Social Work (BSW) students. The Jwala BSW Rural Camp,



held from August 21 to 23, 2024 provided students with a unique blend of theoretical knowledge and practical fieldwork experience. The camp's primary focus was to

familiarize students with Participatory Rural Appraisal (PRA) tools and their real-world applications. And bridge the gap between classroom learning and on-ground realities of social work. The PRA Sessions were handled by Dr. Kiran Thambi, Assistant Professor, Rajagiri College of Social Sciences, Kalamassery. The Students gained insights into the problems and needs of community members through hands-on practice. In addition to household visits, the students conducted resource mapping exercises with community participants and Self-Help Group (SHG) promoters. This activity helped identify local resources that could potentially be leveraged for community development.

### **Insights Into Dialysis Unit**

To bridge the gap between theoretical knowledge and practical experience, second-year social work students from St. Joseph's College (Autonomous) Irinjalakuda recently completed a series of observation visits to St. Vincent Diabetes Hospital and Research Centre. The



visits, which took place on August 24, 26, and 28, 2024 aimed to provide students with a comprehensive understanding of dialysis care and the role of social workers in this critical medical field. Under the guidance of Sr. Suma, the administrator of St. Vincent Diabetes Hospital and Research Centre, and Mrs. Febi, the Head Nurse, students were immersed in the world of dialysis treatment. The program was designed to cover various aspects of dialysis, including its types, purposes, methods, and processes. The visit also highlighted the interdisciplinary nature of healthcare, showcasing how medical professionals and social workers can collaborate to provide holistic patient care.

## Awareness Class on Issues Faced by Adolescents



First-year Master of Social Work (MSW) trainees organized an educational session at R.M. Vocational Higher Secondary School in Perinjanam, focusing on adolescent problems and their solutions. The invited talk, which took place on July 16, 2024, was led by Ms. Shiyona Joy, a recent MSW graduate. The event aimed to address common issues teenagers face and provide practical strategies for overcoming them. Students from the school participated in the interactive session, where topics such as peer pressure, academic stress, and emotional well-being were discussed. The collaboration between the MSW trainees and R.M. Vocational Higher Secondary School highlights the importance of bringing professional expertise to educational institutions to support student development.

## Sneharamam And Thanalidam

In collaboration with Irinjalakuda Municipality social work trainees initiated a garden-making activity in Irinjalakuda. planted blossoming planting in the barren lands of Irinjalakuda municipality. The initiative was inaugurated by Adv. Jesha Joy, 33<sup>rd</sup> Ward Education and Sports



standing committee Chairperson on 16<sup>th</sup> August 2024. also planted some in Subjail, Irinjalakuda.

## Awareness Program on Malnutrition



In a proactive effort to combat malnutrition among children, a specialized awareness program was conducted in the tribal area of Sasthampooam, under the Mattathur Grama panchayat. The event, titled "Malnutrition: A Threat to Future," aimed to educate local mothers about

the critical issue of childhood malnutrition and its prevention. The program, which took place on August 23, 2024, at 10:00 am, was led by Ms. Anagha K S and Ms. Helen Jaimon. It brought together 15 mothers of Anganwadi children, two Anganwadi workers, and an Asha worker, fostering a collaborative environment for learning and discussion.

### **Seminar On Early Childhood Development of Children Below Three Years**

In a collaborative effort to address the crucial topic of early childhood development, the Department of Social Work at St. Joseph's College (Autonomous), Irinjalakuda, and the Vellangallur Block Panchayat jointly organized a seminar focused on children under three years of age. The event took place on August 24, 2024, at the college campus. The seminar, which brought together experts, educators, and local officials, aimed to highlight the importance of the first three years of a child's life and discuss strategies for optimal development during this critical period.

Dr. Sr. Jessy K C, Head of the Department of Social Work, opened the proceedings with a warm welcome address, setting the tone for the day's discussions. Dr. Sr. Siji P.D,



Principal of St. Joseph's College, delivered the presidential address, highlighting the institution's commitment to community development and education. The seminar was inaugurated by Ms. Sudha Dileep and Sri.

Unnikrishnan Kuttiparamban, President and Vice President of Vellangallur Block Panchayat respectively, underscoring the local government's support for early childhood initiatives. A key highlight of the event was a workshop conducted by Mr. Gopinath T Menon, Retired Chief of UNICEF Maharashtra State Office. Mr. Menon's session focused on the crucial aspects of early childhood development for children under three years, drawing from his extensive experience in the field. Ms. Maya Sukumaran, National Trainee from the National Rural Livelihood Mission (NRLM), provided insightful remarks, linking early childhood development to broader social and economic factors. The seminar also saw the participation of several notable figures who felicitated the event, Smt. Sheela Ajayagosh, Thrissur District Panchayat President, Smt. Liji, President of Padiyoor Grama Panchayat and Mr. John Nithin Thomas, Lions Club Zonal President

## **Sign Language Workshop**

In a series of innovative educational initiatives, social work trainees have successfully conducted two sign language workshops in collaboration with Samarthanam Trust for the Disabled, Kochi. These workshops, held at different educational institutions, aimed to promote inclusivity and enhance communication skills among students.



The first workshop took place on August 23, 2024, at R.M. V. H. S. School in Perinjanam. Approximately 60 students attended this session, eager to learn the basics of sign language. Following this, a second workshop was organized on August 27, 2024, at Thiagarajar Polytechnic College in Vendore, where 100 NSS (National Service Scheme) students participated.

Both workshops were conducted by Ms. Asma K K and Mr. Vivek Paul, experienced sign language teachers from Samarthanam Trust. The sessions focused on teaching participants basic signs and emphasizing the importance of sign language in communicating with individuals who have hearing impairments.

## Invited Talk on Addiction

To address growing concerns about addiction among youth, Master of Social Work students organized an informative session at Mata High School in Mannampetta. The invited talk, focusing on the causes and effects of drug and smartphone addiction, was held on August 23, 2024, and featured expert insights from a professional counselor. The session was conducted by Mrs. Jibi Jhony, a family counselor from Darsana



Counseling Centre. A total of 62 students participated in the program, which aimed to educate and raise awareness among young minds about the dangers of addiction and its impact on mental and physical health. Mrs. Jibi Jhony provided valuable insights into identifying

addictive behaviors and coping mechanisms to prevent addiction. The session was well-received by the participants.

## **Awareness Class on The Benefits of Regular Exercise**



In a collaborative effort between Little Flower High School and the Irinjalakuda Municipality, an awareness class on the benefits of regular exercise for mental health was held on Friday, 23 August 2024. The session, aimed at educating students about the vital connection between physical activity and mental

well-being, attracted enthusiastic participation from the student body. The class highlighted the various ways in which regular exercise can improve mental health, including reducing anxiety, alleviating symptoms of depression, and enhancing overall mood and cognitive function. Social Work trainees discussed how integrating physical activity into daily routines can positively impact academic performance and reduce stress levels.

## **Mental Health Awareness Class**

on August 16, 2024, the trainees organized a mental health awareness session for the students of the 7th standard at G.U.P.S School, Konathukunnu. The session was conducted at the Vellangallur Panchayat Community Hall. The awareness program focused on the importance of mental health, aiming to educate young students about the basics of mental well-being, common mental health issues, and ways to seek help if needed. A total of 64 students attended the session, accompanied by three teachers who provided support and helped facilitate the event. The class was co-facilitated by

Mrs. Lakshmi Vijayan, a community woman facilitator, alongside the social work trainee, Thara Santhosh. The session was interactive, involving discussions,



presentations, and activities designed to engage the students and enhance their understanding of mental health. One of the key components of the session was a therapy segment aimed at helping the

students express their thoughts and feelings in a supportive environment. The following week, on August 23, 2024, the social work trainees continued their mental health awareness efforts by conducting another session, this time at G.P.U.S School, Vellangallur, for students in the upper primary section. The session was attended by 70 students. Similar to the previous week, the class was led by Mrs. Lakshmi Vijayan, along with social work trainee Anna Mariya Johnson.

## **Sports Day Celebration “GOAL”**



Social work trainees in collaboration with Irinjalakuda municipality conducted a talk on the topic of how to develop a career in sports and a food ball batch in connection with the sports day on 26<sup>th</sup> August 2024 at

Irinjalakuda Municipality Council hall and Stadium. The session was handled by Mr. Thomas Kattukaran, Retd Police Officer, Former Indian Police Player, and currently worked at Avittathur Girls Football Academy Coach. The Football match was women-friendly, two teams participated one was LBSM Girls Football Academy, Avitathur and the other group was Soccer Girls, irinjalkuda. Ms. Femi Ebin Vellanikaran, Development affairs standing committee .

chairperson was delivered the inaugural address and Presidential Address was provided by Mr. Jaison Parekkadan, PWD Standing Committee chairman.

## **Reunion Of Batch 2002-2004**

The MSW 2012 Batch students of St. Joseph College (Autonomous) College reunited on 26<sup>th</sup> August 2024 after 12 years, reminiscing about their memorable journey and celebrating their accomplishments. The reunion is a momentous occasion, fostering reconnections and strengthening bonds among the alumni.



## **Talk On Positive Parenting**



The socialwork trainee organized awareness programme for parents in collaboration with the integrated child development service department in perinjanam grama panchayat.

The session was handled by the social work trainee Ms.Raihanath R K about “ Positive Parenting”. On 17 th August 2024 ( Saturday), at Vamadhevan memorial Anganwadi (141) and Arya Anganwadi (93).

## **Beach Cleaning Drive**

In 26, August 2024, the first-year MSW students conducted a cleaning drive in the coastal area of Perinjanam Grama Panchayath. They collected and segregated the waste as



plastic, glass, paper, etc, and handed over it to Haritha Karma Sena of the panchayath. The Drive was led by Ms. Sruthy, Assistant Professor, Department of Social Work, St. Joseph's College (Autonomous), Irinjalakuda and, Shenadath and Radhakrishana, members of the Panchayath.

### **NUTRITION: FUEL YOUR BODY FUEL YOUR LIFE**

On 27<sup>th</sup> August 2024, MSW Trainees in collaboration with Integrated Child Development Services in Chalakudi Municipality conducted an invited talk on Nutrition at Aiswarya Anganwadi, Ward 28 of Chalakudi Municipality. Ms. Shiji Biju,



an Asha Worker, handled the session. The Awareness class was conducted for the parents aiming at Disease prevention and healthy eating habits knowledge. The program aimed to Increase nutrition knowledge and improve healthy eating habits, mental health, and well-being. Ten parents have participated.

**Step Up Your Health** First-year MSW students conducted a fitness awareness session at Cyrine Special School for Mentally Handicapped, Mattathur. The Session was led



by Ms. Anagha K S and Ms. Helen Jaimon on 27<sup>th</sup> August 2024. 32 students have participated. The program aimed to educate students on the importance of regular exercise and promote overall health and well-being. Through interactive activities, the facilitators emphasized how physical activity can enhance both physical and mental health, particularly for individuals with special needs. The session was well-received, with active participation from the students, making it a valuable step towards encouraging a healthier lifestyle for the students at Cyrine Special School.

## **AWARENESS CLASS ON ANEMIA**

On 31 August 2024, MSW trainees organized an awareness class on anemia at C.No. 15 Anganwadi, Karrur in Aloor Grama Panchayat. To conduct an awareness class for parents on the subject of anemia, emphasizing its significance as a critical issue in today's modern generation were the objectives of the program. Parents and teachers participated on the program. The program focused on raising awareness about the causes, symptoms, and prevention of anemia, particularly in children and young adults. Parents and teachers actively participated in the session, engaging in discussions on how to prevent and manage anemia through proper nutrition and healthcare. The event emphasized the



importance of early detection and intervention to improve overall health outcomes within the community.

## Achievements



### Angeline Rebecca Emil (BSW)

2<sup>nd</sup> Prize in Veera, Kargil Day Competitions conducted by 7 Kerala Battalion NSS, Thrissur at St. Joseph's College (Autonomous), Irinjakuda.

### Sree Nandhana (MSW)



First runner-up in 26<sup>th</sup> Senior Women's Inter District State Championship 2024 organized by Pathanamthitta District Football Association on 12<sup>th</sup> to 20<sup>th</sup> August 2024 at Thiruvalla.

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