



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

Volume 1, Issue 3

2023 October-November

As part of 20th anniversary of department of social work released a newsletter 'Voice of social work @ SJC' on 6 th November 2023 by Principal Dr. Sr. Blessy with the presence of self-financing Co-ordinator Dr. Sr. Rose Bastin , Dr. Binu, IQAC Co-ordinator and faculty and students of department of social work .



Life Skills : a Step For a Brighter Future



On 2nd October 2023, Ms. Anna Peter and Ms. Elna Jose first semester MSW students, organized a class for adolescence about "life skills" at Kuraganpara aganwadi .The session was handled by Ms. Elna Jose and Anna Peter

"Build-Up a New World Without Waste"

Ms. Anupama K V and Ms. Smrithi K, First semester MSW students of St. Joseph's Autonomous college Irinjalakuda organized seminars, flash mob and street Play based on the theme of "Build-up a new world without waste" named "Mukti 2023" on 05/10/2023 in collaboration with Sreenarayanapuram grama panchayat and NSS unit of MES Asmabi College, Vemballur. The program inaugurated by Mr. M S Mohanan, president of Sreenarayanapuram Grama panchayat. The first session was taken by the chief guest Mr. Ernest C. Thomas, Suchitwa mission coordinator about the topic waste manage-



ment through children. The second session about the activities and aim of Haritha karma sena and Haritha sena, was taken by Mr. Indrajit K S, IRTC Resource person. The NSS volunteers of MES Asmabi college P.Vemballur presented a flash mob and Street play about waste management .

SANJO CRAFTS EXHIBITION



The Diamond Mega Exhibition held at Don Bosco School, Irinjalakuda on 5th October 2023 at 9.30 am, was a resounding success, bringing together esteemed guests and dignitaries from various fields. The event was inaugurated by Shri. P. S. Sreedaran Pillai, Governor of Goa, who graced the occasion with his presence. The exhibition showcased the work of students

and alumni of the school and students from various colleges in a wide range of fields, including arts, craft, science, technology, and humanities. Several people from different schools, colleges, and other walks of life came to watch the exhibits. The students Ms. Rosemary Antu, Ms. Anusree Deepan, Ms. Giftiya Joy, and Ms. Amani K A of 2 year BSW along with the teaching faculty Ms. Sruthy S (Assistant professor) and Ms. Deliya (Assistant professor) of Department of Social Work at St. Joseph's College (Autonomous) Irinjalakuda organized exhibition cum sale of the products made by individuals with locomotor disabilities collected under the programme of Sanjo Crafts in it.



The Happiness Hack

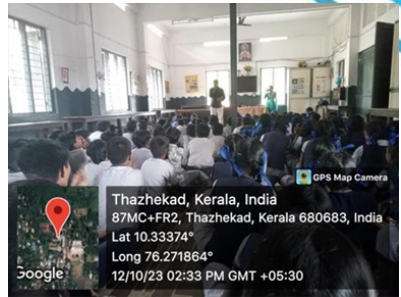


Sr. Tincy Mathew and Ms Vaishnavi. P, 1st year MSW students of St Joseph's college, Irinjalakuda conducted a class for senior citizens about the topic " 5 tip's to make our life happy" at Thara Anganawadi in Vellangallur grama panchayat on 8th October 2023. The

session focused on educating the elderly citizens about the importance happiness which is not solely determined by external factors, such as wealth, status, or possessions. Instead, this is largely influenced by our inner thoughts, beliefs, and behaviors, and also about how they could stay happy.

Stretch, Breathe And Find Your Peace

On 12th October 2023 Ms.Sandra Varghese, Ms.Hridya Haridas, and Ms. Angel James V, First semester MSW students of St. Josephs College Irinjalakuda organized a class about yoga and its importance on daily life by Mr. Sukumaran ,yoga trainer Gov. Homeo hospital,Aloor . The students from standard 5, 6 &7 were attended.



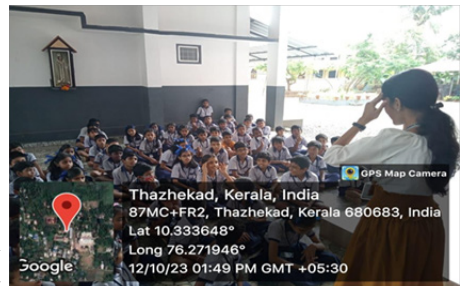
We All Bleed Red



On 12th October 2023 an awareness class on 'Human Rights' at Model Polytechnic Kallettumkara was conducted by First semester MSW students Ms. Sandra Vargese, Ms.Hridya Haridas and Ms. Angel James V with the collaboration of N.S.S unit of Model Polytechnic Kallettumkara. The class was led by Adv. P. S Vishnu Prasad.

Nurturing The Younger Generation

An awareness class on the topic 'Good touch & Bad touch' was conducted by first semester MSW students Ms.Sandra Vargese, Ms.Hridya Haridas and Ms.Angel James for grade 3 students at Infant Jesus LP School, Thazhekad on 12th October 2023. The session focused on spreading awareness about good touch and bad touch and the importance of recognizing those, which is essential for empowering children to protect themselves and seek help when needed. The key to protecting children is to empower them with body awareness and the confidence to speak up when they feel uncomfortable.



Don't Let Drugs Steal Your Dreams



First semester MSW students Ms. Ashitha V.R, Ms. Angel Paul & Ms. Mereena A.S conducted an awareness class about “Anti-Drugs” for plus one and plus two students of Boys Higher secondary school Chalakudy on 12th October 2023. The session was handled by MR. Satheesh V.V, Sub inspector of Police, Chalakudy Child

welfare officer. The session focused on the misuse of drugs and how it could affect an individual and the risk factors that follows it.

World Postal Day

Ms. Rani Mary Jose, Ms. Richa Joseph & Ms. Thasneem Sulthana, the 1st Year MSW students of St. Joseph 's college (Autonomous) Irinjalakuda, observed “World Postal Day” and conducted class about the postal history and how to post letter for the students of St. Sebastian Anglo Indian UP school, Vellangallur on 12th October 2023.



Daughters Are Precious, Not a Price Tag



On October 19th 2023, Ms. Smrithi K S and Ms. Anupama K V, the trainees of MSW, St. Joseph's College (Autonomous) Irinjalakuda organized a session about “Dowry prohibition Act, 1986” for plus two Commerce department students of HSS Panangad. The session was handled by Ms. Smrithi K S. and which focused on the harmful tradition of dowry that deep-rooted social and economic

implication, particularly for women which perpetuates gender inequality, promotes materialistic values, and fuels violence against women. Dismantling of the dowry system, could create a more just and equitable society where women are empowered to pursue their dreams and aspirations without fear of discrimination or violence and also would pave the way for a world where marriages are built on love, mutual respect, and shared values, not on financial transactions and societal pressures.

Life Skills

Ms. Rani Mary Jose, Ms. Richa Joseph and Ms. Thasneem Sulthana, the 1st Year MSW Students of St .Joseph’s college (Autonomous) Irinjalakuda, conducted awareness class about “Life Skills “ for the students of 6 th students of St .Sebastian Anglo Indian School, Vellangallur, at Padiyur grama panchayat on 19th of October 2023.



Menstrual Hygiene: A Silent Crisis



First semester MSW students Ms. Mereena A.S, Ms. Angel Paul & Ms. Ashitha V.R organized a awareness class about “Menstrual Hygiene” for the student from grade 7 to grade 10 of G.V.H.S.S Vijayaraghavapuram, Chalakudy on 19th October 2023. This class was handled by Mrs. Remya Chitharan , HOD of psychology department, St Joseph’s College (Autonomous) Irinjalakuda.

Silence Hides Violence:-

On 19TH October 2023, Ms. Smrithi K S and Ms. Anupama K V, the trainees of MSW, St. Joseph’s College Irinjalakuda organized a session about “Domestic violence “ for plus two students of HSS Panangad at 3:00 pm to 4:00 Pm. The session was handled by Ms. Anupama K V. The class focused on raising awareness about domestic violence which is a serious problem that has been affecting millions of people around the world. It is a pattern of abusive behavior that can include physical, emotional,sexual, and financial abuse. Since domestic violence can happen in any relationship, regardless of gender, race, ethnicity, religion, or sexual orientation the students were given awareness about the signs of domestic violence which in turn would help them recognize those signs and know when and where to get help.



Blood Sugar & Kidney Function Test – Medical Camp

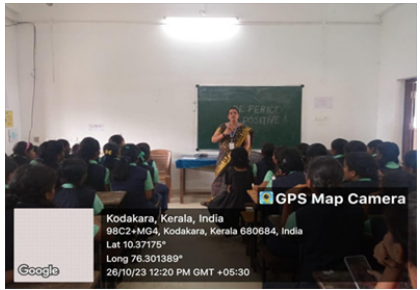


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Ms. Thasneem Sulthana, Ms. Richa Joseph & Ms. Rani Mary Jose, the 1st year MSW conducted a medical camp- “ Blood Sugar & Kidney Function Test “ at Padiyur grama panchayath hall. Medical camp coordinator MR. Johnson kollankanni (Lions club, kombodinjammakkal) addressed the presidential speech. The programme was conducted in collaboration with Metro health care hospital in Padiyur grama panchayat on 22nd of October 2023.

Guide to effective Leadership

On 26th October 2023, Ms. Hariet Shajan, and Ms. Dona Francis, the students of first semester of MSW, St Joseph’s College Irinjalakuda organized a class about “leadership qualities “at Kodakara GGHS. The session was handled by Ms. Dhanya , KILA focusing on Leadership qualities, leadership is a complex and multifaceted concept, and there is no one- size-fits-all definition of what makes a great leader. The students were taught about various qualities a great leader upholds and about how these qualities could be learned and developed in order to make a significant difference in a person’s ability to lead others.



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From Nurtured to Care Givers



Sr. Tincy Mathew, Ms.Vaishnavi.P ,1st year MSW Students of St.Joseph’s College(Autonomous) Irinjalikuda organized a scrap challenge and raised funds and other supplies for patients receiving palliative care, Vellangallur Grama panchayat. The students collected 5000 rupees, air bed, and catheter tube and nasogastric tub for patients .

Speed Thrills But Kills

On 26th October 2023, First semester MSW students Ms. Ashitha V.R, Ms. Mereena A.S and Ms. Angel Paul organized a session about “Road safety” to the students of Govt. ITI, Chalakudy. In order to educate students about the dangers of road traffic accidents and the importance of following the rules of the road and also to highlight the impact that road accidents have on individuals, families, and communities. The session was handled by Mr. Sathesh V.V, Sub inspector of Police, Chalakudy & Child welfare officer.



Behind The Headlines: The Human Cost of Suicide



First semester MSW students Ms. Angel Paul, Ms. Ashitha V.R & Ms. Mereena A.S the social work trainees of St Joseph college Irinjalakuda organized a session about “Suicide Prevention” for plus one and plus two students of G.V.H.S.S Vijayarghavapuram on 26th October 2023.

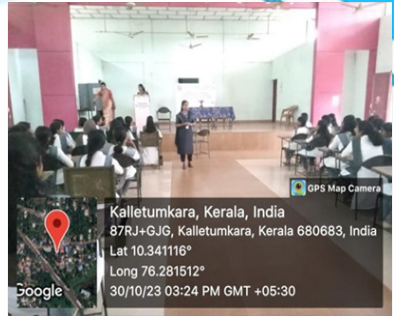
The session was handled by Ms. Mariya Gifty Thomas, Counsellor & Assistant professor of psychology, St Joseph college (Autonomous) Irinjalakuda. The session focused on suicide which is a complex and often tragic issue that affects individuals, families, and communities worldwide. It is the act of taking one’s own life, often as a result of overwhelming distress or hopelessness.. The session had focused on the risk factors that leads to suicide and how to detect early signs and also on how to prevent someone or themselves from not doing it.

Health is Wealth

Ms. Rani Mary Jose, Ms. Richa Joseph and Ms. Thasneem Sulthana, the 1st Year MSW students of St. Joseph ‘s college (Autonomous) Irinjalakuda, conducted an awareness class for community people subjected to “ Health is Wealth” in collaboration with the Orien’s group, Kol- lengode held at Padiyur grama panchayat on 28/10/23.the class was handled by Mr.Satheesh Kumar,Wellness consultant of Orien’s group.

Menstrual Health and Education

On 30th October 2023 a session based on menstrual hygiene was conducted at Model Polytechnic College by Dr. Manasa, Medical officer, Govt.Homeo hospital, Aloor. This class was organized by Ms.Sandra Varghese, Ms. Hridya Haridas and Ms.Angel James V. The program was inaugurated by Ms. Sheeja P R, Principal, Model Polytechnic College and 50 students attended.



Sanjo Crafts Exhibition Cum Sale



In accordance with the Diamond Jubilee of St. Joseph's College (Autonomous) Irinjalakuda, a Mega Exhibition was held in the campus on 17th and 18th of November where Department of Social Work put forth a hand by organizing an exhibition which focused on helping the individuals for livelihood with locomotor disability. Exhibition cum sale of products was made by the students of various agencies like Cyren Special School Annamanada, Ashabhavan Vocational Training School for People with Disabilities Chalakkudy, KIDS Kottapuram. The students also contributed their craft works for exhibition in the students corner where it's 20% of cost was funded to carry out the programme. Various products like paper crafts weaved hand bags and files, pickles, and many other handcrafts were exhibited in the stalls. The exhibition provided a platform for the beneficiaries of the programme to sell their products. The exhibition was of complete success as it helped the students to enrich their knowledge sphere as well as team work.

Observation Visit

The Department of Social Work at St. Joseph's College, Irinjalakuda, organised a one-day observation visit for first-year students of BSW on October 29, 2023. Students were taken to KIDS' Campus in Kottapuram, Kodungallur, Thrissur District and Pratheeksha Training Centre, Irinjalakuda.



Kottapuram Integrated Development Society (KIDS), which was founded in 1987, is the designated agency for social action for the Diocese of Kottapuram. Its primary goals were to coordinate social welfare and development programmes for the underprivileged, irrespective of caste, creed, or community.

The Congregation of Sisters of Charity founded the Pratheeksha Training Centre in Irinjalakuda in 1986 with the intention of rehabilitating the socially abandoned mentally ill. The Pratheeksha Charitable Society oversees the Pratheeksha Training Centre.

International Karate Tournament



Ms. Devika N Namboothiri, BSW first semester student participated in international karate competition conducted by Japan Shotokan Karate Association of Sri Lanka on 18th November 2023 in Banbaragama indoor stadium Sri Lanka as got second prize in Kata and Kumite in the category of under 21 female.

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