



Lighted to Enlighten

St. Joseph's College (Autonomous), Irinjalakuda

Voice of Social Work @SJC

Volume 2, Issue 1

2023 December -2024 January

Study Tour

The Department of Social Work at St. Joseph's College (Autonomous), Irinjalakuda, organized an enriching two-day study tour to Kodaikanal on December 2nd, 3rd, and 4th, 2023. This experiential learning trip was designed to



offer students (BSW) an opportunity to explore the natural beauty of the region while fostering camaraderie and personal growth. The study tour was meticulously coordinated by staff members Ms. Krishnendhu K. B., Ms. Delia, and Ms. Mary Amrutha K. C. Under their expert guidance, the tour was efficiently planned and executed. Student coordinators Ms. Amritha E. M. and Ms. Risvana P. M. played an instrumental role in ensuring smooth communication and logistical arrangements. The team of 30 (BSW) students, including the coordinators, embarked on this journey with great enthusiasm and a spirit of togetherness.

Block Field Work of MSW Third-Semester Students

The third-semester Master of Social Work (MSW) students of St. Joseph's College (Autonomous), Irinjalakuda, completed their one-month block fieldwork from December

6, 2023, to January 4, 2024. This placement, an integral part of the MSW curriculum, aimed to provide students with practical exposure and hands-on experience in professional social work settings.

Jubilee Mission Medical College, Thrissur

This multi-specialty hospital provided students with opportunities to engage in medical social work, assisting patients and families in navigating healthcare systems, accessing resources, and coping with medical challenges.



Government Mental Health Centre, Thrissur

At this psychiatric care facility, students focused on understanding mental health disorders, counseling patients, conducting group therapy sessions, and supporting rehabilitation programs.

National Institute of Physical Medicine and Rehabilitation (NIPMR), Kallettumkara

Students were involved in assisting individuals with disabilities and their families, coordinating rehabilitation activities, and participating in therapeutic interventions.

S.H. Hospital, Paynkulam

This hospital placement allowed students to work closely with healthcare teams, addressing the psychosocial needs of patients and facilitating health education sessions.

CAMP (Centre for Advanced Mental Health Practices), Calicut

Students engaged in advanced mental health practices, supporting individuals with psychiatric illnesses, conducting awareness programs, and implementing therapeutic strategies.

Nair's Psychiatric Hospital, Ernakulam

This specialized psychiatric hospital provided exposure to various therapeutic approaches, including individual and group counseling, psychiatric evaluations, and community mental health initiatives.

Study on Youth Suicides in Kerala- December 2023

The first-year MSW students of St. Joseph's College (Autonomous), Irinjalakuda, actively collaborated with the Kerala State Youth Commission to conduct a significant study on youth suicides in Kerala. This pioneering initiative aimed to address the growing concern of suicide among young people and explore preventive strategies. The study, undertaken in Thrissur district, covered all police stations to gather data on suicides involving youth. **The primary objectives included:**

1. Identifying the underlying causes and trends of youth suicides.
2. Understanding the impact on families and communities.
3. Developing actionable recommendations to prevent suicides among youth in Kerala.

Key steps involved in the study included:

- **Data Collection:** Visiting families referred by police stations and documenting insights with sensitivity and confidentiality.
- **Coordination:** Working in tandem with the Kerala State Youth Commission and law enforcement authorities.
- **Analysis and Reporting:** Organizing the data systematically for analysis and submission to the Youth Commission.

Impact and Outcomes

St. Joseph's College became the first institution in Kerala to successfully complete this comprehensive survey, marking a milestone in social work education and research.

The Kerala State Youth Commission aims to use the findings to:

- Develop targeted interventions to reduce youth suicides.
- Create awareness campaigns emphasizing mental health and emotional resilience.
- Advocate for policy changes and enhanced support systems for at-risk youth.

Recognition and Session by Mr. Stanlin T. R.

To honor the students' contribution, the Kerala State Youth Commission organized a certificate distribution ceremony. A session was also conducted by Mr. Stanlin



T. R., Retired Health Inspector, who shared valuable insights on suicide prevention strategies and the importance of community-based mental health programs.

This **initiative highlights** the commitment of St. Joseph's College (Autonomous), Irinjalakuda, to social responsibility and community engagement. The study not only enriched the students' learning experience but also contributed to a vital cause. The Department of Social Work expresses its gratitude to the Kerala State Youth Commission for this opportunity and looks forward to continuing collaborative efforts to address social challenges effectively.

Participation in the Speak for India Competition

On January 22, 2024, the social work trainees of St. Joseph's College (Autonomous), Irinjalakuda, participated in the prestigious **Speak for India** competition held at Christ College (Autonomous), Irinjalakuda. Organized by *Mathrubhumi* in collaboration with *Federal Bank*, this competition provided a dynamic platform for young minds to

articulate their perspectives on the topic: **“Women Reservation Must for Women Empowerment.”** The Department of Social Work extends its gratitude to *Mathrubhumi* and *Federal Bank* for organizing such an impactful event, and to Christ College (Autonomous) for hosting it. Special appreciation is due to the first-year MSW trainees for their enthusiastic participation and to the faculty of St. Joseph’s College for their guidance and encouragement. Participation in the **Speak for India** competition underscored the commitment of St. Joseph’s College to developing socially conscious and articulate leaders. The event was a testament to the college's dedication to fostering intellectual growth and advocacy skills among its students.

Participation in ASWAS'24 National Conference and Social Work Meet

The social work students at St. Joseph’s College (Autonomous), Irinjalakuda, had the privilege of participating in the **National Conference and Social Work Meet “ASWAS’24”** held on January 24, 2024, at **St. Albert's College (Autonomous), Ernakulam**. This



esteemed event brought together academicians, practitioners, and students to delve into critical issues in **Geriatric Social Work**, focusing on themes like family migration dynamics, healthy aging, and palliative care. The central theme of the conference was **“Geriatric Social Work: Family Migration Dynamics, Healthy Aging, and Palliative Care.”** It aimed to shed light on the challenges faced by the elderly population amidst changing family structures and to explore strategies for enhancing their quality of life. Participation in **ASWAS’24** enriched the academic and professional journey of the social work students, equipping them with insights and skills to address the challenges faced by the elderly population. Events like these reaffirm the importance of collaborative

efforts in fostering social work practices that create a lasting impact on vulnerable communities.

National Conference on “Advanced Approaches and Emerging Trends in Medical Social Work

The Master of Social Work (MSW) students of St. Joseph’s College (Autonomous), Irinjalakuda, participated in the **National Conference on “Advanced Approaches and Emerging Trends in Medical Social Work: An Overview”** held on January 13, 2024. The conference was organized by the **Department of Medical**



Social Work, Amala Institute of Medical Sciences (AIMS), Thrissur, and featured a distinguished session by **Dr. Sojan Antony**, Associate Professor, NIMHANS, Bangalore. Participation in the **National Conference on “Advanced Approaches and Emerging Trends in Medical Social Work: An Overview”** was a valuable academic opportunity for the MSW students of St. Joseph’s College. The insights and skills gained during the conference will significantly contribute to their professional development and prepare them to meet the challenges of the medical social work field effectively.

Participation in DENOVA 23: International Conference

The Master of Social Work (MSW) students from St. Joseph’s College (Autonomous), Irinjalakuda, actively participated in the **International Conference - DENOVA 23**, held on **30th January 2024**. The conference focused on the theme: **“Wellbeing and Quality of Life on a Finite Planet: Unfolding the Notion of Growth”**, and offered a platform for

engaging discussions on sustainable development and human wellbeing in the context of global resource limitations.



Ms. Agil Mary Qualified NET Exam and was Awarded Chief Minister's Merit Scholarship

Placement Drive



Ms. Agil Mary and Ms. Niya K.M are Selected in the placement drive Accenta Education



Ms. Sina K.S MSW Second year selected in the placement drive as an Executive trainee at ESAF Bank

Faculty Editors: Dr. Jessy K.C (HOD), Ms. Reshma Paul, Ms. Mary Amrutha

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Voice of Social Work @ SJC (Online)

Published by the Principal, St. Joseph's College (Autonomous)
Irinjalakuda. Pin - 680 121, Ph: 8301000125, 7994042456. Private
circulation only, For More Info: socialwork@stjosephs.edu.in