

Department of Social Work
St. Joseph's College (Autonomous), Irinjalakuda
Field Work Placements to Local Self-government Institutions
(June -November-2024)

The Department of Social Work emphasizes experiential learning by integrating fieldwork placements into students' training as part of their academic curriculum. One significant initiative involves placing students in various Panchayats, Municipalities, and Corporations. This hands-on engagement provides an in-depth understanding of the **administrative structure and functions of the Panchayati Raj system**, a critical component of India's decentralized governance framework.

The fieldwork placements are designed with the following objectives:

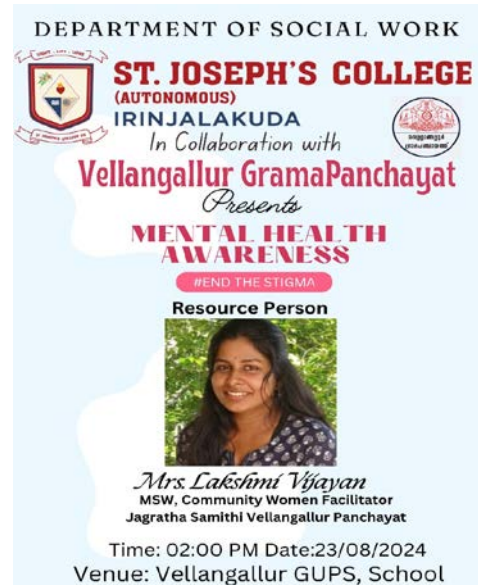
1. To familiarize students with local self-governing bodies' administrative processes and governance functions, including the Panchayats, Municipalities, and Corporations.
2. To study and evaluate the **various developmental projects and programs** implemented by these bodies for the welfare of the community.
3. To conduct a **social analysis of the fieldwork community**, identifying their needs, challenges, and pressing issues.
4. To assess and map the **available resources** within the Panchayat/Municipality/Corporation and explore their optimal utilization.
5. To actively participate in the **developmental and administrative activities**, gaining practical insights and contributing meaningfully to the initiatives run by these institutions.

This structured fieldwork approach enables students to bridge theoretical knowledge with practical applications, honing their skills in community assessment, resource mapping, and participatory development. It also empowers them to work alongside local bodies, understand grassroots challenges, and contribute to the holistic development of the communities they serve.

1. Field Practice at Vellangalore Block Panchayath

Mental Health Awareness Class

On the 23rd, the social work trainee took a class on Mental Health awareness as part of the ongoing campaign of Jagratha Samthi of Vellangallur Gram Panchayat at Vellangallur GUPS School. The session was conducted for the students of the 5th and 7th standards, totaling 78 participants aim to engage in a discussion and reduce the stigma through creative expression.



On October 2, 2024, Master of Social Work (MSW) students organized an impactful "Balasadass" community program in Ward 18 and 19 of the Vellangallur Panchayat. The event took place at Ward 18, Chirattakunnu, and engaged 20 children from the age group of 5 to 17 years. The program was held under the tagline, "Onnichirikkam, Othiriparayam," which translates to "Let's Be Together, Let's Share More."

Mr. Mukesh M.M., former Panchayat President and current Ward Member led the inauguration ceremony. His presence and speech highlighted the program's mission to nurture the physical, mental, and creative growth of young children within the community. The event's carefully planned activities were aimed at fostering holistic development, encouraging the children to explore their talents, engage in team-building exercises, and enhance their overall well-being. The programme was well-received by the community, and the enthusiastic participation of the children marked

its success. This initiative by MSW students is a commendable step towards community welfare, contributing positively to children's development within the local context of Vellangallur Panchayat.

Participation In the Gandhi Jayanti Program and Community Clean-Up

The trainee actively participated in the Gandhi Jayanti program organized by the Vellangallur panchayat. Additionally, the trainee engaged in the “Thumboormuzhi Project,” an initiative focusing on



waste management in schools, aimed at raising awareness and promoting sustainable practices among students. The trainee also collaborated with Harithakarmasena in a community clean-up drive, contributing to environmental preservation and hygiene.

Through these activities, the trainee gained valuable insights into the importance of fostering active community participation and understanding how collaboration among local groups can drive positive change. This experience provided a practical understanding of engaging community members in social and environmental projects. The trainee's participation in these events strengthened their understanding of community-based initiatives and reinforced key social work principles, preparing them for future responsibilities in similar projects.

Anganwadi Visit

"On July 26, 2024, social work trainees visited the Manakkalappadi Anganwadi in Ward 5 to gain insights into the functions of an Anganwadi center and understand the roles



of its staff in activities such as immunization programs, awareness sessions, and nutrition distribution."

"Balasadass" Program



On 2nd October 2024, a community engagement program named "Balasadass" was organized in wards 18 and 19 of Vellanagallur Panchayat. The event was coordinated by a social work trainee and aimed to foster holistic development among children in the locality. The tagline

of the program, "Onnichirikkam, Othiriparayam" (meaning "Togetherness and Sharing"), reflects its emphasis on unity, learning, and creativity among children. The program focused on children from Ward 18, Chirattakunnu, with 20 participants aged 5 to 17 years. The diverse age range allowed for the inclusion of children at different stages of development, which added a dynamic element to the activities. Mr. Mukesh M.M., the former Panchayat president and current ward member, inaugurated the event. In his inaugural speech, Mr. Mukesh highlighted the importance of community-based initiatives in nurturing young minds. He encouraged children to make the most of such opportunities for their personal growth and skill development.

Mental Awareness Class

On 16th August 2024, a mental awareness class was conducted by social work trainees in collaboration with the Jgaratha Samithi, Vellanagallur Panchayat. The session aimed to raise awareness about mental well-being



among young students, helping them identify symptoms of common mental health issues and providing coping mechanisms. The session was guided by Mrs. Lakshmi Vijayan, the Community Woman Facilitator. The session was attended by **75 students** from the **6th and 7th standards** of **GUPS Konathukunnu**. The age group of these students made them an ideal audience for introducing the concepts of mental health and well-being.

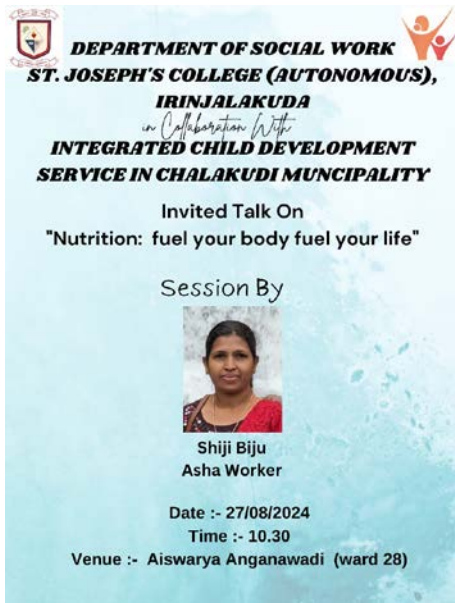
Program Highlights

1. **Interactive Discussion:** The session began with an open discussion on mental well-being, with a special emphasis on the signs and symptoms of mental health problems.
2. **Q&A Sessions:** Students were encouraged to ask questions related to mental health and wellness. This allowed for personalized responses and provided a safe space for students to express their concerns.
3. **Origami Activity:** As part of promoting mindfulness, an origami session was conducted. The activity not only helped in focusing attention but also served as a creative outlet for students to relax and de-stress.
4. **Coping Mechanisms:** Practical techniques for dealing with stress and anxiety, such as deep breathing and mindfulness, were introduced to students.



2. Field Practice at Chalakudy Municipality

Nutrition Awareness Class



On August 27, 2024, a nutrition awareness class was organized by a social work trainee at Aiswarya Anganawadi in Ward 28. The primary objective of this session was to educate parents on the importance of a balanced diet and to promote healthy eating habits, particularly for children. This initiative aimed to raise awareness about the nutritional needs of children to support their growth and overall well-being.

During the class, the social work trainee, along with a designated resource person, discussed key topics related to children's nutrition, including:

1. **Balanced Diet:** Understanding the components of a balanced diet and its benefits for children's health.
2. **Healthy Eating Habits:** Strategies to encourage children to adopt healthy eating habits from a young age.
3. **Nutritional Deficiencies:** Information on common deficiencies in children and how to prevent them.
4. **Food Safety and Hygiene:** Emphasizing the importance of safe and hygienic food

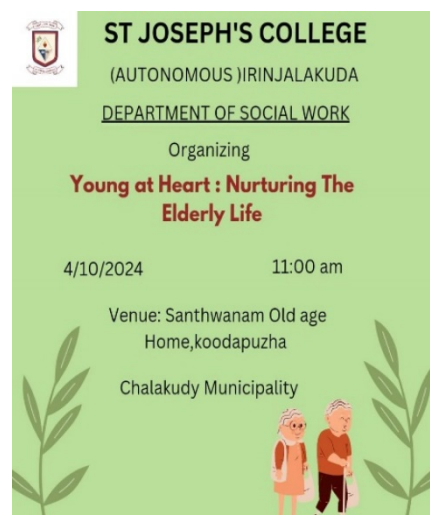


The awareness class was attended by parents from the local community, who showed keen interest in learning more about nutrition and healthy lifestyle practices for their children. The nutrition awareness class successfully met its objectives of informing parents about the importance of balanced nutrition for children. This event highlights

the role of social work trainees in community outreach and education, contributing to the long-term health and well-being of the community.

“Young at Heart: Nurturing the Elderly Life” Programme

On October 4, 2024, a social work trainee organized a gathering at Swanthanam Old Age Home under the theme “Young at Heart: Nurturing the Elderly Life.” The event was designed to provide elderly participants with an opportunity to connect, exchange stories, and offer mutual support in a warm and welcoming environment. By allowing the elderly to come together in a supportive setting, the event sought to address issues of isolation and loneliness, which can often affect older adults in residential facilities.



The primary purpose of the “Young at Heart: Nurturing the Elderly Life” program was



to bring together the elderly residents of Swanthanam Old Age Home to foster companionship, prevent loneliness, and provide emotional support. Recognizing the importance of social connections in maintaining mental and emotional well-being, this program aimed to create a space where the elderly could form

friendships, share their experiences and feel a sense of community.

Awareness on Mental Health

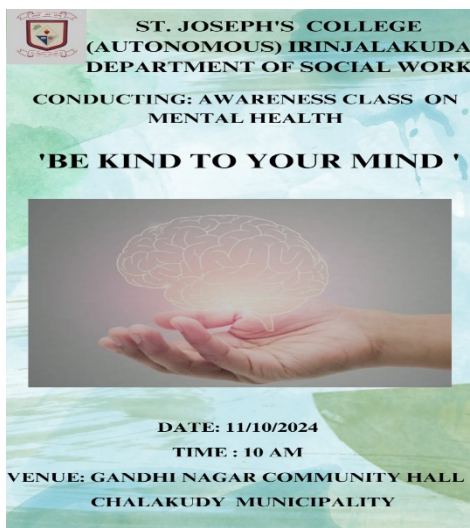
On October 11, 2024, a social work trainee organized a mental health awareness session at the Gandhi Nagar Community Hall. The class was designed to provide elderly participants with information on maintaining emotional well-being and achieving a balanced state of mind. Recognizing that mental health can often be

overlooked, especially in older age, this program focused on providing valuable insights and practical tips to help elderly individuals care for their mental health.

The mental health awareness class aimed to educate elderly residents of Ward 13 on the importance of mental well-being for maintaining a balanced and fulfilling life. Mental health plays a vital role in enabling individuals to



work efficiently, build healthy relationships, and manage life's challenges with resilience. This session sought to empower the elderly to prioritize their mental health and recognize its impact on their overall quality of life.



Key topics covered in the session included:

1. **Understanding Mental Health:** A discussion on what mental health means, including the importance of emotional balance and mental resilience in daily life.
2. **Managing Stress and Anxiety:** Techniques to handle common stressors and reduce anxiety, with a focus on relaxation methods such as deep breathing and mindfulness exercises.
3. **Building Healthy Relationships:** Emphasis on the importance of social connections and companionship for mental well-being, and strategies for fostering positive relationships within the community.
4. **Self-Care Practices:** Guidance on simple self-care routines that can improve mental health, such as physical exercise, hobbies, and staying mentally active.
5. **Seeking Support:** Encouragement for participants to reach out for help when needed, along with information about available resources for mental health support within the community.

The awareness session was well-received by the elderly participants, who actively engaged in discussions and expressed gratitude for the information provided. Many attendees shared their own experiences with mental health challenges and found comfort in knowing they were not alone. The class fostered a supportive atmosphere, where participants felt encouraged to prioritize their mental health and consider the positive impact of mental well-being on their lives.

Digi Keralam Training Class

On September 28, 2024, a social work trainee organized the Digi Keralam training class at the Ward 19 community hall, Chalakudy. This training program focused on helping elderly participants develop fundamental digital skills, particularly in using smartphones. With the increasing digitalization of services, especially in areas like healthcare, communication, and banking, digital literacy has become essential for older adults to stay connected and informed.

The Digi Keralam training class was conducted to enhance digital literacy among the elderly residents of Ward 19, empowering them to use smartphones and access digital resources independently. Digi Keralam is a state initiative by the Kerala government aimed at improving digital literacy, promoting connectivity, and expanding technology access across the state. The primary goal of this session was to equip the elderly with the skills needed to navigate smartphones and benefit from digital tools in their everyday lives.

3. Field Practice at Alagappa Panchayath

Sign Language Workshop

A Sign Language Workshop was successfully conducted on August 23, 2024, at R.M.V.H.S. School. This initiative was a collaborative effort between a dedicated social work trainee and the Samarthanam Trust for the Disabled, Kochi. Aimed at promoting inclusivity and understanding,



the workshop was specifically designed for higher secondary students to introduce them to the fundamentals of sign language and raise awareness about communication barriers faced by the deaf and hard-of-hearing community. The primary goal of the workshop was to equip students with basic sign language skills to foster effective communication with individuals who are deaf or hard of hearing. Additionally, the program sought to cultivate empathy, sensitivity, and a deeper appreciation for the challenges faced by people with hearing disabilities. The workshop had a profound impact on the participants, as evidenced by their enthusiasm and positive feedback. Students expressed their appreciation for the opportunity to learn sign language and their newfound ability to engage with members of the deaf community.

Awareness Program on Mental Health and Well-Being

On September 20, 2024, an awareness program focusing on mental health and well-being was organized for teenagers at Achamkandam Anganwadi (87) under the Perinjanam Grama Panchayat. This initiative was a collaborative effort between the social work trainee and the ICDS Department. The program aimed to educate teenagers about the significance of mental health, promoting self-awareness, resilience, and emotional well-being. The primary goals of the program were:



1. To raise awareness about mental health and its impact on overall well-being.
2. To equip teenagers with coping strategies to manage stress, anxiety, and peer pressure.
3. To create a safe space for discussions about mental health, reducing stigma surrounding the topic.

Quiz Competition

As part of an initiative to enhance students' knowledge and encourage academic engagement, a quiz competition was organized on August 16, 2024, at Government U.P. School, Perinjanam. The event, spearheaded by a social work trainee in collaboration with Perinjanam Grama Panchayat, focused on the themes of 'Hiroshima, Nagasaki, and Independence Day,' aligning with the spirit of remembrance and patriotism in August.



4. Field Practice at Aloor Panchayath



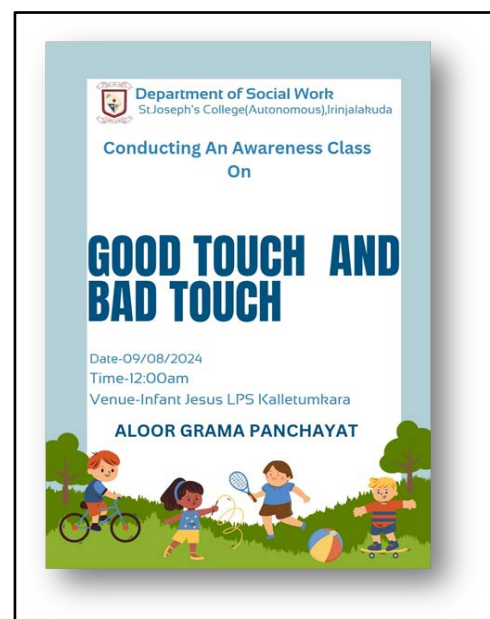
Report on Good Touch and Bad Touch

Awareness Class

Date: 09/08/2024

Venue: Infant Jesus LP School, Kallettumkara

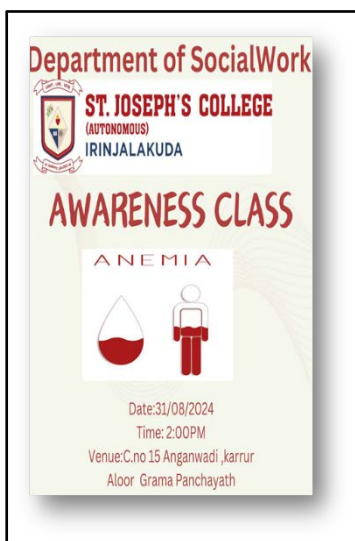
Target Group: Students of Classes III and IV



As part of social work field activities, an awareness session on "Good Touch and Bad Touch" was conducted to educate children about body safety and empower them to recognize safe and unsafe physical contact. The initiative aligns with the broader goal of creating a safe and supportive environment for children, fostering their emotional and physical well-being. The awareness class on "Good Touch and Bad Touch" was a meaningful step towards ensuring the safety and empowerment of children. Such initiatives are crucial in building their confidence and ability to handle challenging situations. The school management expressed interest in organizing more such sessions in the future to promote holistic child development.

Narration: Awareness Class on “Anemia”

Date: 31/08/2024

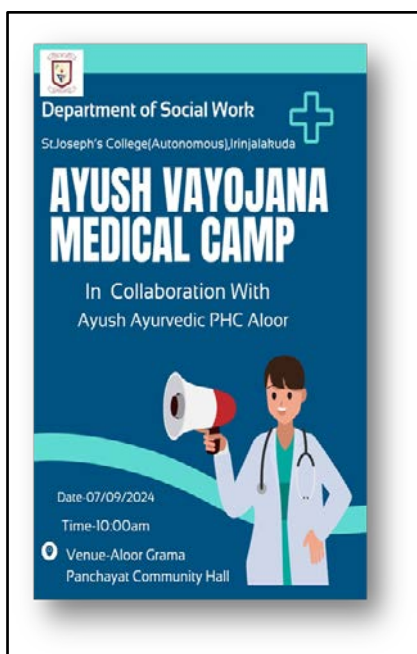


Venue: Center No. 15 Anganwadi, Karoor

As part of community engagement and health promotion activities, a social work trainee conducted an awareness class on "Anemia" at Anganwadi Center No. 15 in Karoor. The session was specifically designed for the parents of children attending the Anganwadi, aiming to address a



crucial public health issue and enhance awareness about the causes, symptoms, and prevention of anemia.



Ayush Vayojana Medical Camp

Date: 07/09/2024

Venue: Aloor Grama Panchayat Community Hall

Aiming to promote the importance and benefits of Ayurveda, a medical camp for elderly people was organized in collaboration with Ayush Ayurvedic PHC, Aloor, at the Aloor Grama Panchayat

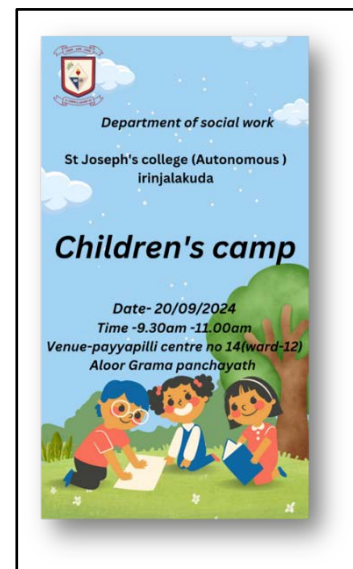
Community Hall. The camp, titled "Ayush Vayojana," was a dedicated initiative to enhance the well-being of senior citizens through Ayurveda-based health services. The program was inaugurated by Mr. K. R. Jojo, the President of Aloor Grama Panchayat, who emphasized the significance of Ayurveda in addressing the health concerns of the elderly. His speech underscored the growing relevance of traditional medicine systems in promoting holistic health and preventing lifestyle-related illnesses.

Children's Camp

Date: 20/09/2024

Venue: Anganwadi, Payyapilly Center No. 14

A children's camp was organized at Anganwadi, Payyapilly Center No. 14, by the social work trainee on 20th September 2024. The camp aimed to provide a fun-filled learning environment where children could develop essential skills such as social and leadership abilities through interactive activities. The children's camp was a resounding success, contributing to the holistic development of the children at the Anganwadi. Both the children and the Anganwadi staff expressed their gratitude and appreciation for the initiative. This event highlighted the importance of creating opportunities for children to learn and grow through interactive and playful methods.



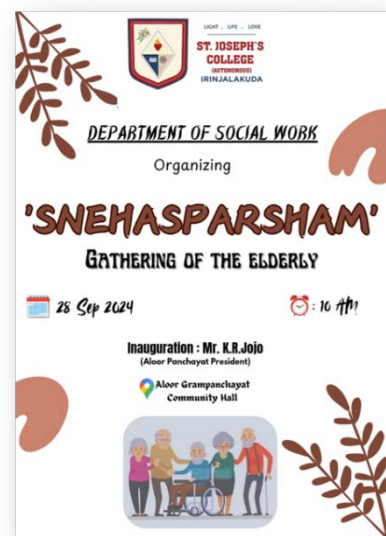
Report on "Snehasparsham"

Date: 28/09/2024

Venue: Aloor Grama Panchayat Community Hall

The first-ever gathering for elderly people, titled "Snehasparsham," was organized by Aloor Grama

Panchayat on 28th September 2024. This



initiative aimed to create a platform for senior citizens to come together, interact, and celebrate their invaluable contributions to the community. The event was inaugurated by the President of Aloor Grama Panchayat, Mr. K.R. Jojo, who expressed his gratitude to the elderly participants and emphasized the importance of community support for senior citizens. The program included interactive sessions, entertainment activities, and refreshments, making it a memorable day for the participants. The gathering provided a space for the elderly to share their experiences, build connections, and feel valued by the community.

Report on Awareness Class on “Anti-Drugs”

Date: 18/10/2024

Venue: S.N.V.U.P School, Aloor

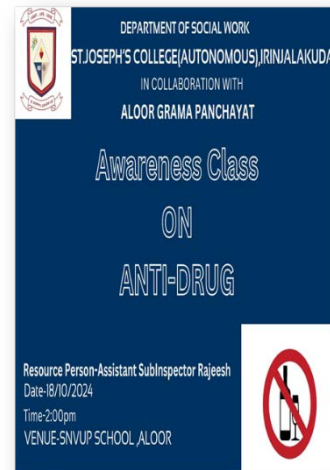
An awareness class on "Anti-Drugs" was organized by the social work trainee on 18th October 2024 at S.N.V.U.P School, Aloor. The session targeted students from classes six and seven, aiming to



educate them on the dangers of

drug use and empower them to make healthier lifestyle choices. The program commenced with an inaugural session led by Mrs. Savitha, the 7th Ward Member, who highlighted the importance of creating

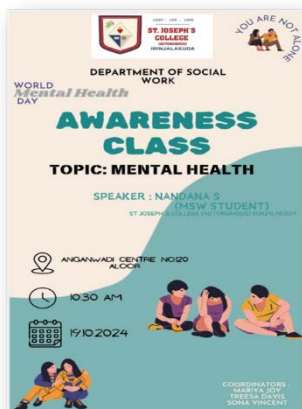
awareness about drug abuse among young students. The program facilitation was carried out by Mr. Roni, Principal of S.N.V.U.P School, who extended his support to the initiative and encouraged the students to actively participate.



Report on Awareness Class on “Mental Health”

Date: 19/10/2024

Venue: Anganwadi Center No. 120



The social work trainee organized an awareness class on *Mental Health* on 19th October 2024 at Anganwadi Center No. 120. The session aimed to educate the participants on the importance of mental health and how to maintain it effectively. The class included an interactive segment

where participants could share their thoughts, ask questions, and discuss challenges they face in maintaining their mental well-being. The trainee encouraged open dialogue and provided practical strategies to handle stress and anxiety. The participants actively engaged in the session, gaining valuable insights into the importance of mental health. Many expressed their appreciation for the knowledge shared and their interest in implementing the suggested practices in their daily lives.

Report on Awareness Class on “Breast Cancer”

Date: 29/10/2024

Venue: Lavanya Kudumbasree, Aloor

An awareness class on *Breast Cancer* was conducted by the social work trainee on 29th October 2024 at Lavanya Kudumbasree, Aloor. The session focused on educating participants about the risk factors, prevention strategies, and importance of early detection and timely treatment of breast cancer. Participants were encouraged to ask questions and share their concerns. The trainee demonstrated the correct method for self-examination and provided practical tips for adopting a healthier lifestyle to reduce risks.

The session was well-received, with active participation from the attendees. Many participants expressed their appreciation for the detailed information provided and showed a keen interest in practicing the preventive measures discussed during the

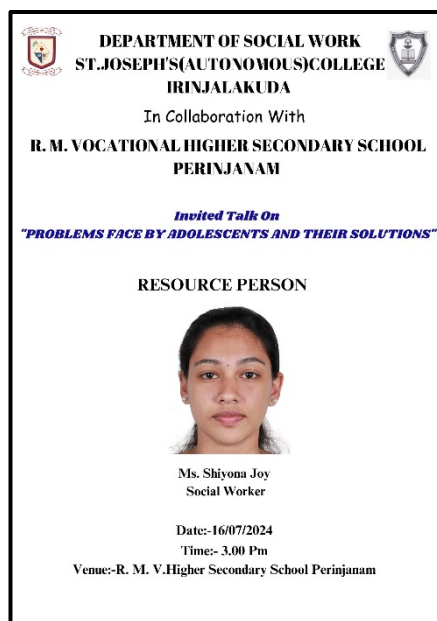
class. The awareness class on *Breast Cancer* was a significant step toward promoting community health and encouraging proactive measures for cancer prevention and treatment. By fostering awareness and equipping participants with knowledge and tools for early detection, the session contributed to the well-being and empowerment of the community members.

5. Field Practice At Perinjanam Grama Panchayat

Problems Faced by Adolescents and Solutions

On August 16, 2024, a social work trainee organized an awareness program at R.M.V.H.S. School, Perinjanam. The session was facilitated by Ms. Shiyona Joy, a social worker. Sixty students participated in the program, which aimed to raise

awareness about the challenges faced by adolescents and strategies to address them.



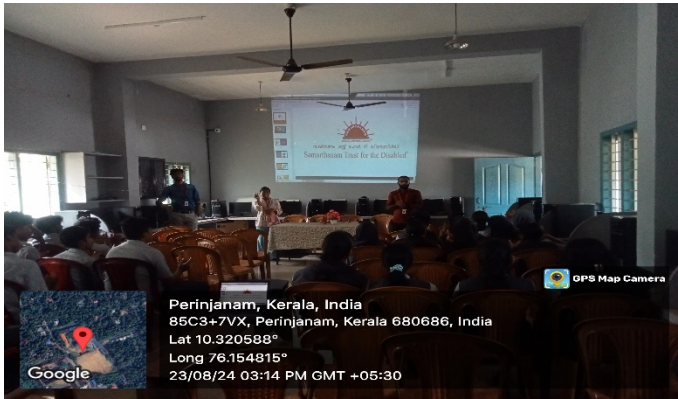
Positive Parenting

On August 17, 2024, a social work trainee conducted an awareness class for parents in collaboration with the ICDS Department at Perinjanam Grama Panchayat. The session was held at two Anganwadi centers: Vamadhevan Memorial Anganwadi (141) and Arya Anganwadi (93). Twenty parents participated in the program, which was facilitated by Kumari Raihanath R.K., a social work trainee.

Sign Language Workshop

On August 23, 2024, a social work trainee organized a Sign Language Workshop in collaboration with the Samarthanam Trust for the Disabled, Kochi, at R.M.V.H.S. School. The workshop, aimed at higher secondary students, had 40 participants. Its

objective was to equip students with the skills to communicate effectively with people who are deaf or hard of hearing, thereby fostering empathy and understanding.



Beach Clean Drive

On August 26, 2024, a social work trainee organized a Beach Clean Drive at Aarattukadav, Perinjalam. Nine social work trainees participated in the activity. The primary objective of the clean drive was to promote a clean and hygienic environment.

St. Joseph's College(Autonomous) Irinjalakuda
In collaboration with
 Perinjalam Grama Panchayat &
 Jossine Reach
BEACH CLEAN DRIVE
 26th August 2024, Monday 10.00AM
 Arattukadav, Perinjalam Beach Road



തിരദേശം പ്ലാസ്റ്റിക് വിമുക്തമാക്കി വിദ്യാർത്ഥികൾ

പെരിഞ്ഞനം - തിരദേശം പ്ലാസ്റ്റിക് വിമുക്തമാക്കുന്നതിന്റെ ഭാഗമായി ഇരിങ്ങാലക്കുട സെയിന്റ് ജോസഫ്സ് കോളേജ് ഓട്ടോണമസ് നോംവർഷ എം.എസ്.ഡബ്ല്യു. വിദ്യാർത്ഥികൾ പെരിഞ്ഞനം ഗ്രാമ പഞ്ചായത്തിലെ കടൽത്തീരത്തു നിന്ന് പ്ലാസ്റ്റിക് മാലിന്യം ശേഖരിച്ചു. കടൽത്തീരത്തുണ്ടായിരുന്ന പ്ലാസ്റ്റിക്, കടലാസുകൾ, ചില്ലു കൂപ്പികൾ എന്നിവ വേർതിരിച്ച് ചാക്കുകളിലാക്കി പഞ്ചായത്തിലെ ഹരിതകർമ്മസേനയ്ക്ക് കൈമാറി. സ്വതന്ത്രം വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. സാമൂഹിക പ്രവർത്തന വിഭാഗം അസിസ്റ്റന്റ് പ്രൊഫസർ ശ്രുതി ദീപക്, ക്ലാസ് പ്രതിനിധികളായ മരിയ ജോയ്, ഹൈനാസത്ത്, പഞ്ചായത്തംഗങ്ങളായ സ്മനോദത്ത്, രാധാകൃഷ്ണൻ എന്നിവർ നേതൃത്വം നൽകി.

27/08/2024 KODUNGALLUR Pg 04

Suicidal Tendency Among Teenagers

On September 20, 2024, a social work trainee conducted an awareness program for

teenagers in collaboration with the ICDS Department at Perinjanam Grama Panchayat. The session, held at Achamkandam Anganwadi (87), was facilitated by Kumari Raihanath R.K., a social work trainee. The program aimed to educate teenagers about the importance of mental health and well-being.

Changes in Behavioural Patterns in Adolescents

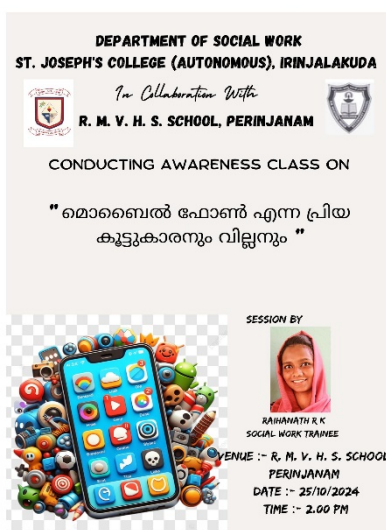
On October 18, 2024, a social work trainee organized an awareness class on ‘Changes in Behavioural Patterns in Adolescents’ at Perinjanam East U.P. School. The session, aimed at upper primary students, had around 45 participants.



Kumari Raihanath R.K., a social work trainee, facilitated the session. The program’s objective was to promote self-

awareness and self-acceptance among adolescents.

The Dual Role of Mobile Phones: Friend and Foe



On October 25, 2024, a social work trainee conducted an awareness program titled ‘The Dual Role of Mobile Phones: Friend and Foe’ at R.M.V.H.S. School, Perinjanam, targeting high school students. Kumari Raihanath R.K., a social work trainee, facilitated the session. The program aimed to raise awareness about the benefits and risks of mobile phone usage and provide strategies for responsible usage.

6. Field Practice At Irinjalkuda Municipality

Organized Activities

Cleaning Space for Sneharamam (15/8/2024)

Venue: Ward No. 32 Irinjalakuda Municipality.

Sneharamam { A Community Garden } Date:16/8/2024

Venue: Ward No. 32, Irinjalakuda



Benefits Of Regular Exercise (Date:23/8/2024), Venue: Little Flower School, Irinjalakuda.

How To Develop a Career in Sports (Date: 26/8/ 2024), Venue: Irinjalakuda Municipality town hall Match Based on National Sports Day }



Sign Language Class

Entertainment Hour to Grandpaa's {House of Providence} Date: 26/8/2024,

Venue: House of providence



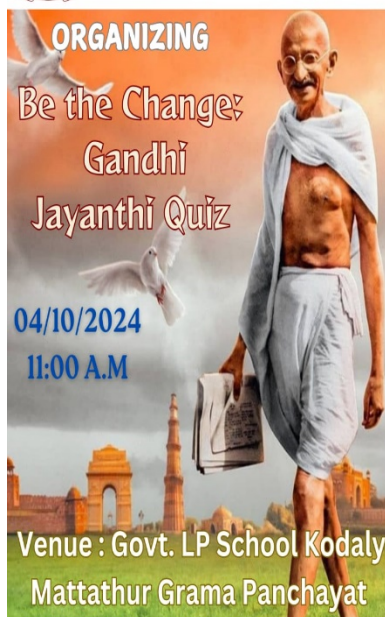
Field Practice At Mattathur Grama Panchayat Awareness

Class on Malnutrition

On August 23, 2024, a social work trainee conducted an awareness class titled “*Malnutrition: A Threat to Our Future*” at the Sasthampooвам Tribal Colony Anganwadi (Ward 9). The session targeted mothers, educating them about the dangers, causes, signs, and prevention strategies of malnutrition to ensure a healthier



future for their children.



Gandhi Jayanthi Quiz Competition



On October 4, 2024, a quiz competition was conducted at Government LP School, Kodaly. Thirty-eight students from the third and fourth standards participated. The competition encouraged students to learn about Gandhiji’s life, principles, and contributions to the Indian freedom struggle.