



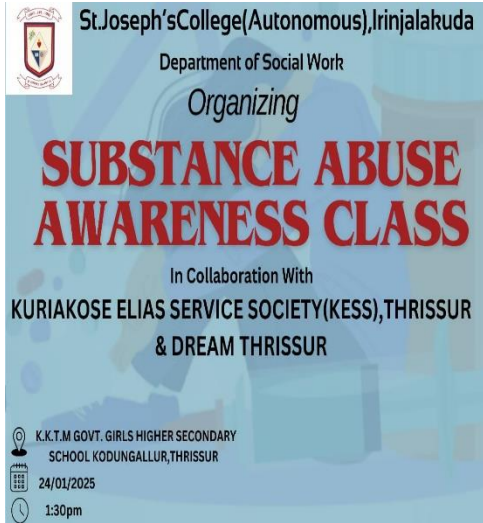
Lighted to Enlighten

St. Joseph's College (Autonomous), Irinjalakuda

Voice of Social Work @ SJC

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AWARENESS CLASS ON SUBSTANCE ABUSE FOR 9TH STANDARD STUDENTS

On Friday, 24th January 2025, a social work trainee organized a Substance Abuse Awareness class at KKTM Government Girls Higher Secondary School, Kodungallur, at 1:30 pm as



part of concurrent fieldwork. The session, conducted for 9th standard students, was led by Ms. Anna, social worker and KESS coordinator. She delivered an engaging talk highlighting the harmful effects of substance abuse. Interactive activities, such as balloon and juice straw games, were also conducted, with gifts awarded to the winners. .

Awareness Class on Carrier Development and Placement Preparation

On Friday, 28th February 2025, a social work trainee organized a Career Development and Placement Preparation Awareness Class at KESS Vocational Training Institute, Nadathara, at 10:00 am as part of concurrent fieldwork. The session was conducted for vocational training students. The program was inaugurated by Fr. Thomas Vazhakkala, with the inaugural address delivered by Fr. Ginto. The welcome address was given by Mrs. Anna. The social work trainee

then engaged with the students through interactive sessions and activities.



Awareness Program on Nutrient Food for Harithakarmasena Workers

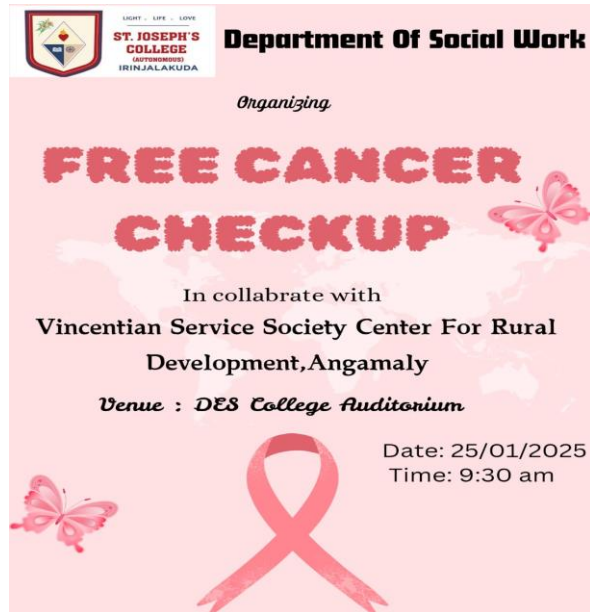
On
March 1,
2025,
social
work
trainees



organized an awareness class on nutritious food for Harithakarmasena workers, in collaboration with VSSCRD, as part of International Women's Day celebrations. The session, held at the DES Auditorium at 10:00 am, was attended by 41 workers. Ms. Josepheena, a social worker from VSSCRD, served as the resource person for the class. The program began with an ice-breaking session, followed by a discussion on the importance of nutrient-rich food for the workers. The event concluded with a lively Zumba dance session, in which both social workers and Harithakarmasena workers participated enthusiastically. The program was well-received, offering valuable knowledge in a fun and engaging way.

FREE CANCER CHECKUP FOR GERIATRIC CLUB

On January 1, 2025, a free cancer checkup and awareness session was held at DES Auditorium, organized by social work trainees in collaboration with VSSCRD for the DFOSCAA Geriatric Club. The event, attended by 75 participants, focused on cancer prevention and early detection, offering free breast cancer screenings. The program featured an informative session on early



detection, screenings, and lifestyle changes, followed by discussions on cancer prevention, diet, habits, and symptoms. An ice-breaking session with games and activities helped engage participants. The event concluded with refreshments and informal discussions on cancer prevention. Overall, the session successfully increased awareness and highlighted the importance of regular health checkups.

NATIONAL GIRL CHILD DAY OBSERVATION

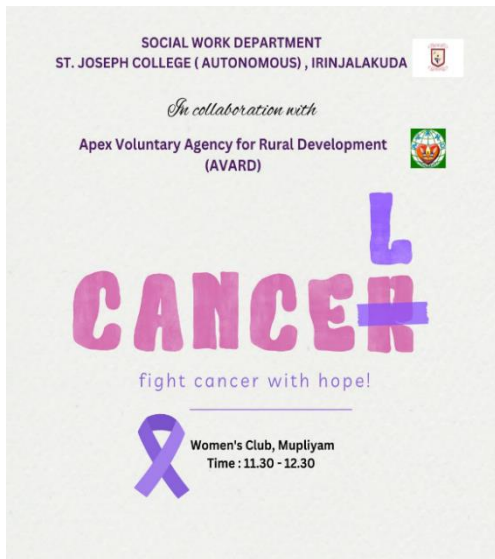
On 25th January 2025, the social work trainees conducted an educational session at Kuttikad Children's Club to raise awareness about the significance of National Girl Child Day and

International Education Day. The session aimed to emphasize the importance of empowering girls and promoting inclusive education for all.



CANCER AWARENESS SESSION

The social work trainees organized a series of cancer awareness programs across various Mahila Ganams and Children's Clubs to educate women and children about the causes, symptoms, and prevention of cancer.



SUPPORT SESSION FOR ADHD CHILDREN

On March 1, 2025, the social work trainees conducted academic support sessions for students with ADHD and learning difficulties. The initiative aimed to enhance their learning experience through tailored strategies and individualized support.

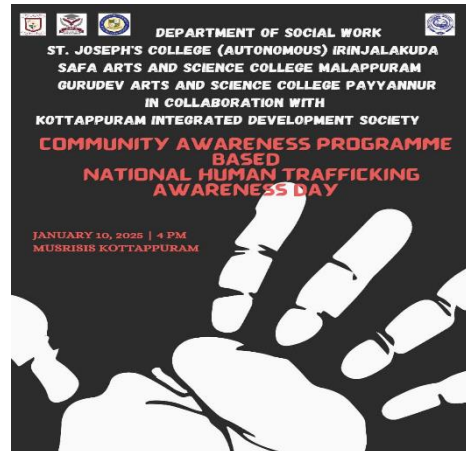


Street play on National Human Trafficking Awareness

The social work trainee conducted a street play on National Human Trafficking Awareness on 10th January 2025 at Muziris, Kottappuram. The social work trainees performed in the play, with interns from SAFA Arts and Science College, Malappuram, and Gurudev Arts and Science College, Payyannur, Kannur also participating.

Street Play based on Cancer Awareness

The social work trainee organized a street play on cancer awareness as part of Cancer Awareness Month on 21st February 2025 at Don Bosco Hospital, North Paravoor.



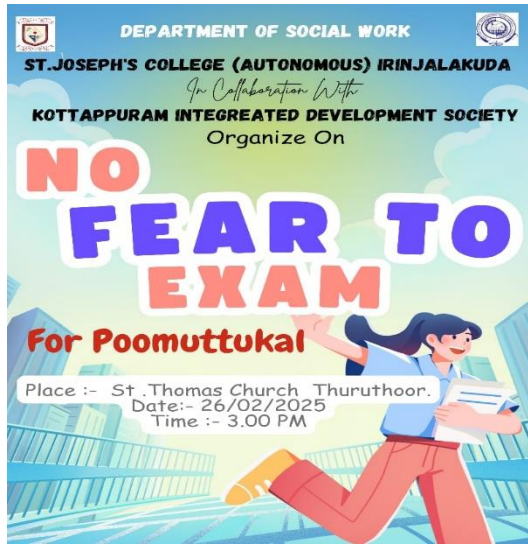
The social work trainees performed in the play, along with interns from Naipunya College, Pongam, and St. Joseph's College, Kannur.

Conducted a Class on Digital Literacy

The social work trainee conducted a class based on "Digital literacy" in federation meeting for agricultural and natural resource center members on 15th February 2025 at 10: 00 A M at OK Mini Hall, Kodugalloor. There were around 50 attended the meeting.

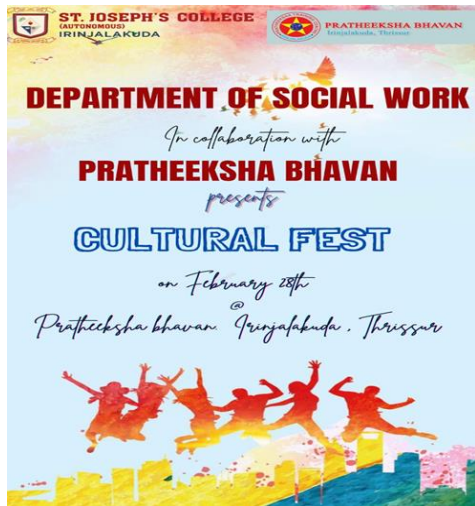
Awareness class on reducing exam fear: "No Fear of Exam"

The social work trainee conducted a session titled “No Fear of Exams” on 26th February 2025 at 3:00 pm at St. Thomas Church, Thuruthoor, for the students of Poomuttukal. Around 70 participants attended the session.



Cultural Fest

The cultural program was held on February 28, 2025, at the Pratheeksha Training Center, with 60 participants from the Pratheeksha Training Special School. The event was designed to create an atmosphere of joy and engagement for the children, allowing them to express themselves freely through various activities. It played a significant role in promoting emotional intelligence,



enhancing socialization skills, and supporting cognitive development. Through music, dance, and interactive performances, the program provided a platform for the children to build confidence, develop creativity, and experience a sense of belonging in a supportive environment.

Awareness Workshop on Good Touch and Bad Touch

On March 7, 2025, a Good Touch and Bad Touch awareness program was conducted at Pratheeksha Bhavan School Hall, with the participation of 70 students from Pratheeksha Bhavan. The session was led by Ms. Anna and Ms. Elsha, fieldwork students from St. Joseph's College (Autonomous), Irinjalakuda. The program aimed to enhance children's awareness of self-esteem and body image, particularly among children with disabilities. Through interactive discussions and activities, the session helped the students understand personal boundaries and empowered them to recognize and respond to inappropriate behavior.




ST. JOSEPH'S COLLEGE
 (AUTONOMOUS)
 IRINJALAKUDA

DEPARTMENT OF SOCIAL WORK

Organizing

**GOOD TOUCH AND BAD TOUCH
AWARENESS CLASS FOR
PRATHEEKSHA BHAVAN
STUDENTS**

**Venue: Pratheeksha Bhavan School
Hall**

*Date: 6-03-2025
Time: 11.00 A.M.*

Tips For Teaching Good Touch & Bad Touch To Your Child



Conducted Cultural programme

On 1st February 2025, a social work trainee organized a “cultural programme” at Sanjo Sadan center in Anadapuram. The purpose of the programme is to bring joy entertainment and cultural enrichment to the center's residents. This programme will foster a sense of community and support for individuals undergoing deaddiction.



Awareness class on “ Effects of Alcoholism ”

On 4th January 2025, a program on “*Effects of Alcoholism*” was held at Sanjo Sadan De-Addiction Centre, Anandapuram. The session was led by Mrs. Jewel Julius, Counsellor at Sanjo Sadan De-Addiction Centre. Patients of the center participated in the awareness class. The purpose of the program was to promote self-awareness, encourage self-understanding, and reduce alcoholism. It also aimed to raise awareness about the importance of following a healthy lifestyle.

MUSIC SHOW

On 2nd March 2025, a social work trainee organized a recreational programme — a music show by the Raga Music Band of St. Joseph’s College (Autonomous), Irinjalakuda — at Divyakarunyashramam Children’s Home and Old Age Home, Kalletumkara. The purpose of the



programme was to bring joy and entertainment to both the young and the elderly. It provided not only entertainment but also emotional relief for the residents.



Mobilization Drive for Samarthanam Trust

On 23rd, 24th, and 26th from 9:30 am to 4:00 pm, an awareness campaign was conducted at Anthikad Panchayat to mobilize support for Samarthanam Trust, an organization dedicated to empowering students with disabilities. The campaign aimed to educate the public about the importance of supporting students with disabilities. The mobilization drive was a successful initiative that raised both awareness and support. Despite the challenges faced, it achieved its objectives and paved the way for future initiatives.



Christmas Celebration at Snehaveedu, Anthikad

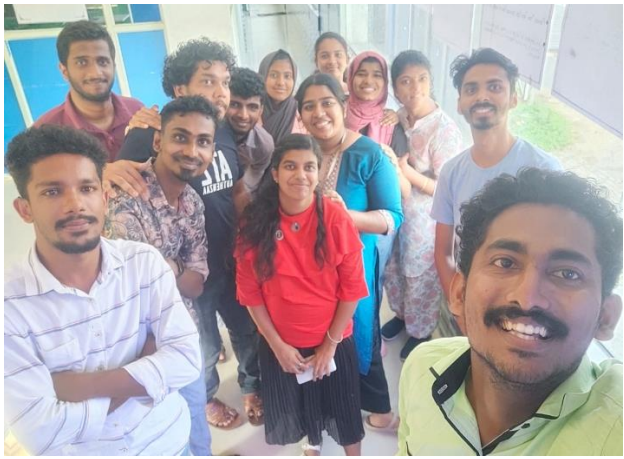
26th December (Evening) Snehaveedu, Anthikad To entertain and spend quality time with elderly grandmothers residing at Snehaveedu, promoting joy, companionship, and festive spirit. The Christmas celebration at Snehaveedu was a heartwarming success, bringing joy, companionship, and festive cheer to the elderly grandmothers. The event highlighted the importance of community engagement, socialization, and support for vulnerable populations.

Volunteer Work at Disability Kalolsavam, Thrissur West Region

On 27th, from 9:00 am to 5:00 pm, the Disability Kalolsavam was held at Puthenpedika Centenary Hall. The Kalolsavam is an annual event that brings together individuals with disabilities from the Thrissur West Region to participate in various cultural and artistic competitions.



Paper Craft Training for Students with Disabilities



At Samarathanam Trust for the Disabled, Kochi, on the 21st from 9:30 am to 12:00 pm, a paper craft training session was conducted as part of ongoing efforts to empower students

with disabilities. The session aimed to equip students with the skills to create handmade crafts using paper, promoting creativity, fine motor skills, and confidence.



Improving Mental Health through Meditation

An awareness class was organized for the students of Samarathanam Trust for the Disabled, Kochi, on the 11th from 11:00 am to 12:00 pm. The session aimed to educate students on the benefits of meditation for improving mental health, promoting relaxation, and enhancing overall well-being.

Cultural Fest at Samarathanam Trust for the Disabled, Kochi

On 7th February, a cultural fest was organized to encourage students with disabilities and promote inclusivity by showcasing their talents and abilities. The fest was a resounding success, providing a platform for students to develop their skills, demonstrate their talents, and foster inclusivity. We look forward to building on this success and creating more opportunities for our students to shine.



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for



Mobilization Program at NIPMR



On 7th March, from 10:00 am to 12:30 pm, an event was held at the National Institute for Physical and Medical Rehabilitation (NIPMR) to mobilize support and resources for individuals with physical and medical disabilities, promoting inclusivity and empowerment.