

IN TUNE

..... en route to change

**The Newsletter of 2021-23 MSW Batch
Vimala College Autonomous Thrissur**



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EDITORIAL BOARD

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Twinkle K Sunny



Vimala college (Autonomous) Thrissur which was established as a citadel of education, enlightenment and progress of young women in 1967 set up the Department of Social Work in the year 1995-96 in response to the college's responsibility to address the issues of the society. The Department which was inaugurated by Kiran Bedi IPS completed its Silver Jubilee last year with utmost pride and happiness. The Department of Social Work is actively involved in providing evidence-based, quality oriented Social Work education through most advanced and emerging domains of practice, research and field interventions.

We proudly present the newsletter of the first semester activities in the 21-23 batch entitled, ' IN TUNE'

- EVELIN THOMAS

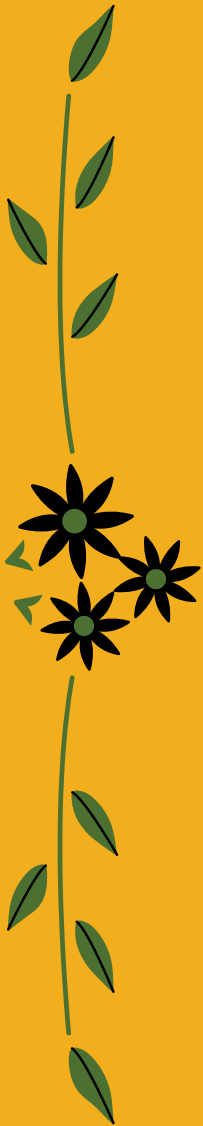
TWINKLE K SUNNY





Although came from many places and studied various subjects, we were here together for the same goal. As each class hour paved the way for each discussion, our thoughts were growing unknowingly. Every word the teachers told inspired us to break the crust out of the frames and fly. We learned to look at anything through the eyes of a social worker. Our teachers! They inspired us to see the world through our heart. They enlightened our INSIGHT.

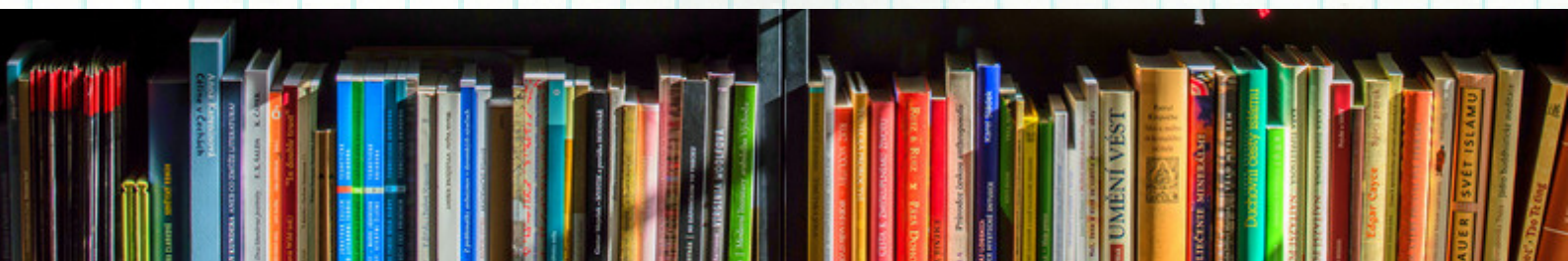
- ASWATHY P.R



ACADEMICS

Despite the pandemic, it's a year to be thankful. The 2021-2023 MSW batch started their journey with the offline classes on October 25th. Most of the graduates were of different age groups and different course backgrounds. We have a vibrant set of very supportive teachers. Many events and experiences happened within this short period. Our seniors welcomed us to the social work family with a freshers party. As our first offline performance, we got an opportunity for performing a theme dance and this came out to be something great and beyond our expectations. And then we had a theatre workshop and the two days were the best we would have had, reflecting on ourselves and pushing our inhibitions aside. Our fieldwork opening was in coordination with the Thrissur corporation office. We were blessed with an opportunity to meet a renowned personality Fr.Prashant Palakkappillil, a professional social worker and a solo bike rider who spread the message of green goals. The 6th Kerala social work congress was held on an online platform jointly organized by KAPS, Vimala College, and St Thomas College, Thrissur. A certificate course is offered on gender sensitization. A rural camp was organized at Annamanada Grama Panchayat and unfortunately, the camp was discontinued due to the peak in covid cases. And then we had a shift to online classes for a week and now everything's back to normal with offline classes and exams.

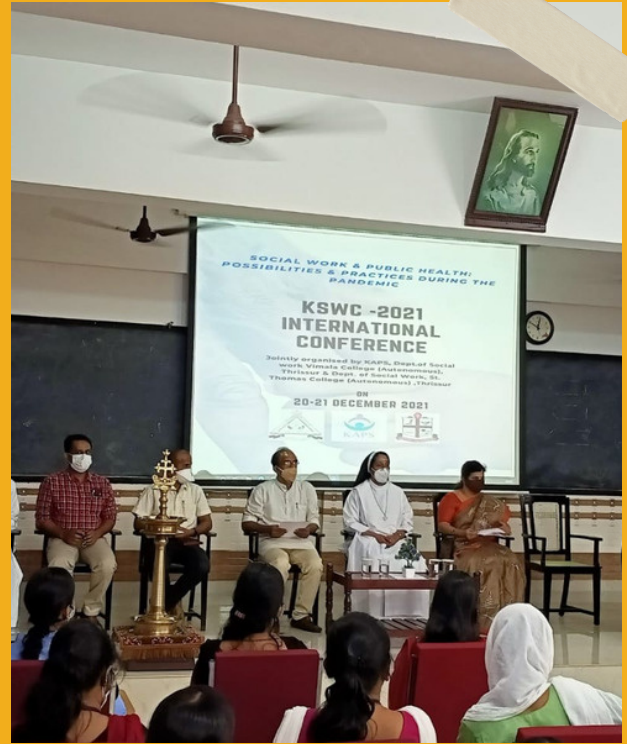
- LIS DAS and NIVEA JOHNS



International Conference of Professional Social Workers

The International Conference of Professional Social Workers jointly organized by Kerala Association of Professional Social Workers, Vimala College (Autonomous), Thrissur and St. Thomas College (Autonomous) Thrissur was conducted on 20th and 21st December 2021. Social work professionals, government officials and social work institutions from various parts of the country and other countries came together to deliberate on the theme "Social work and Public Health: Possibilities and Practices During the Pandemic". The conference was attended by about 532 delegates and students. The Conference was held in hybrid mode. The inaugural function and valedictory programme were held offline form, Vimala College, Thrissur and St. Thomas College respectively. Rest of the sessions, paper presentations, panel discussion and expert input sessions were held online.

- SHIJINA R R
- ANJU VISWANATH
- AMRUTHA LAKSHMI



Theme Dance

As part of the 'Childline Se Dosti Week', the 1 Year students of MSW from the Department of Social Work organised a theme dance on 18th November 2021. The theme of the dance was child labour, child begging and child trafficking. The theme dance was performed at Thrissur Railway Station, Sakthan Bus Stand and Vadekke Bus stand respectively. The reason for choosing these locations was to reach to the maximum public and spread awareness about the social evils that are still prevalent the society. It was the first time experience for the students to use theme based dance as a medium of communication and information. It was a fruitful day as lot of people gathered around and gave a positive feedback about the performance.

- BINI PHILIP



THEATRE WORKSHOP

Two days workshop on theatre was held at silver jubilee hall in vimala College on 22,23 November 2021, hosted MSW 1st batch include 21 students, worship guide under qualified expert in teaching Drama artist Mr Anoop and Arun .

It was new experience about as , the workshop covered different aspects of acting ranging from movements of body, voice, props, how to speak and act while some one is watching and listening to as carefully, we learned the importance of listening also include how to feel and appreciate silences. We tried out nonsensical language " Jibberish " . We were given creative freedom to improvise and come up with their own stories, every students participated in the given task with great zeal. We performed team work, meditation, we shared past of one self unforgettable moment in life. That was short duration workshop. This workshop offered a new insights and it made us realise "what we really are".

- Nisha P.U

Anaswara C.S



THE THEATRE WORKSHOP





'KOODE' CAMP: BACKUPED

'Koodé', the rural camp was organised by first years and second years, with the coordination of Annamanada Panchayat. The camp started on 17th Jan 2022 and backup on 19th Jan 2022, due to Covid issues. The camp was decided to commence till 22nd Jan 2022. The main agenda of the camp is to take survey from the old age (above 60 years) people in the panchayat. And to make the panchayat an old age friendly panchayat. By the effort of the students, there were more than 600 samples collected within 2 days.

- SEREENA C S

FIELD WORK

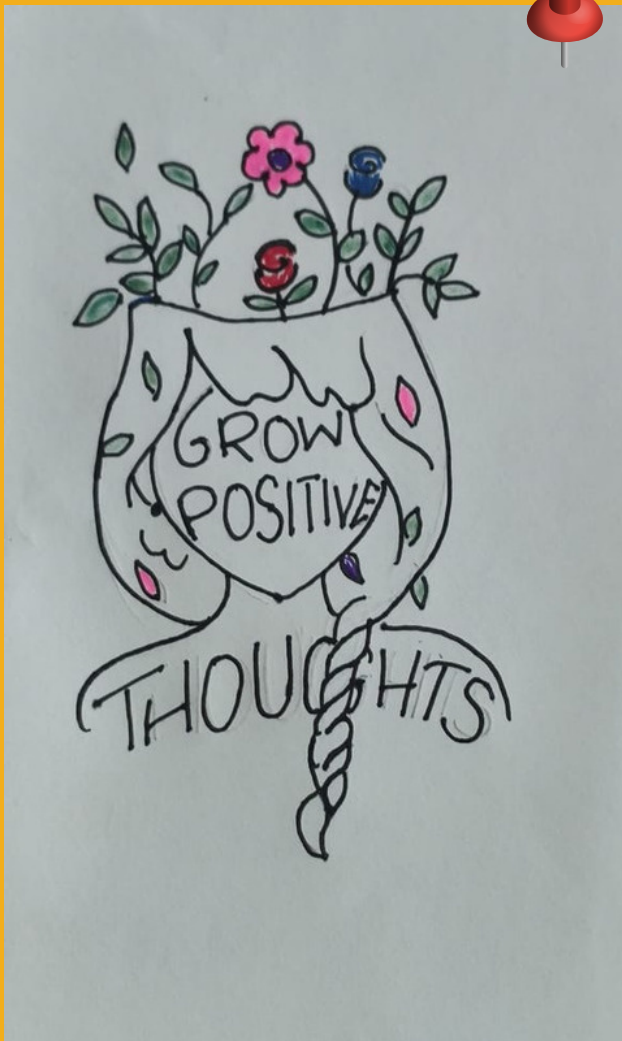
Thrissur corporation gave an opportunity to the MSW Students of Vimala College in Life Mission project. It was completed within 5 days. 10 groups with 2 students in each group visited Olarikkara, Ayyanthole, Korkkenchery, collected details and photographs from more than 1000 houses. Students committed on the backgrounds of the beneficiaries and also stated whether they were eligible or not for the financial assistance. It was an opportunity to improve communication, assessment as well as problem solving skills.

- NAVYA JAMES
AIRIN JOY

WEBINAR

- "Ormakoot 2k21" as a part of community geriatric care programme
- Session on Professional associations in social work
- Webinar in connection with National human rights day
- "CONSCIENTIA 2022" on early childhood interventions for social work students
- Taluk level webinar on Probation of offenders act
- Session on Possibilities of social interventions on child rights
- Participating in a webinar series on legal literacy for women

- NIVEA JOHNS



- ANJANA S

SAMVAAD

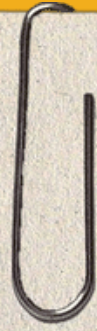
The 'SAMVAD' Alumni lecture series is an initiative of Department of Social Work, Vimala College (Autonomous) Thrissur. It's a series of lectures that invites alumni to share their experience and interact with the faculty & students. The first alumni session by Ms. Jeny, She is currently working as a co-ordinator of childline, Thrissur. She explains about childline, its services, nodal and collab organizations, how to report a case through childline etc. In Thrissur, Vimala college is working as a nodal organization of childline. The next session is based on a "Role of a Social worker in legal system". The session was conducted by Ms. Bini Sebastian, Technical Asst in Revenue department, Thrissur collectorate. She talks about importance of social workers, scope & share her experiences. The next session was taken by Ms. Dhanya. She is currently working as a social worker a NHM, Malappuram. She is a Psychiatric Medical Social Worker. Through the interaction between she talks many more things about their experiences. Through her speech we know the importance of a social worker in every situations in the society. Another session is with Ms. Villy Jijo, She is a councillor of the 9 th Ward , Thrissur corporation. We met with her in a programme of childline "Childline-se-dosti".

- ROSMIN JOSEPH





It was a pride moment of our college to win the first Asian games Softbaseball championship in all categories which was held at Nepal. Sayana K the student of first year MSW was part of that team and it was a pride moment for our Social Work Department



**Your identity should be made by what
you think you should be – Jay Shetty**

