



World Suicide Prevention Day: Changing the Narrative on Suicide



Feba Susan George

The Department of Social Work, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be) University, Bengaluru, observed World Suicide Prevention Day on 11th September 2025 under the global theme “Changing the Narrative on Suicide.” The programme was organized and coordinated by the II MSW students, with the objective of spreading awareness, fostering dialogue, and inspiring positive action to prevent suicide, particularly among young people.

The event commenced with a poster presentation, where students expressed their perspectives on suicide prevention through impactful visual storytelling. Each poster carried messages of hope, resilience, and the importance of building supportive communities in addressing suicidal ideation.

This was followed by a group discussion that created a safe and empathetic space for students to openly share their thoughts, challenges, and experiences. Many participants spoke about personal encounters and real-life struggles connected to mental health, making the session deeply moving and relatable. The discussion emphasized early intervention, emotional support, and the significance of breaking the stigma surrounding suicide.

The programme concluded with a thematic role play,

dramatizing real-life situations related to suicide risk, coping mechanisms, and supportive interventions. The enactments highlighted the power of compassion, active listening, and timely help in transforming despair into hope.

Through its interactive and reflective activities, the programme reinforced the importance of solidarity and collective responsibility in addressing suicide. It shifted the narrative from silence and despair to awareness and hope, reminding everyone of the role they can play in fostering mental well-being.

The programme enhanced awareness among students on the significance of suicide prevention and the role of empathy, dialogue, and timely intervention in saving lives. It encouraged participants to challenge stigma, build openness around mental health, and strengthen their commitment to nurturing a culture of hope and resilience within the community.

As Albert Camus once said, “In the midst of winter, I found there was, within me, an invincible summer.” The observation of World Suicide Prevention Day left students with a renewed sense of responsibility to stand together in support of one another and to foster a compassionate environment where life and hope are valued.

Learn from Leaders Series: The Art of Personal Financial Planning and Budgeting



Akuminla Imchen

The Department of Social Work at Kristu Jayanti (Deemed to be University), Bengaluru, hosted an engaging session under its Learn from Leaders Series titled “The Art of Personal Financial Planning & Budgeting” for II MSW students on 12th September 2025. The session was led by Dr. Madhu Druva Kumar, Head, Department of Commerce, who shared valuable insights on building financial discipline and awareness among young professionals.

The interactive session shed light on the importance of managing finances wisely in both personal and professional life. Dr. Madhu emphasized that effective financial planning goes beyond saving — it involves

informed financial choices.

Students had the opportunity to design their own budget plans through a hands-on activity, helping them reflect on spending habits and explore ways to balance needs, wants, and savings. The activity encouraged lively discussions and self-awareness among participants.

The session concluded with appreciation for Dr. Madhu’s practical guidance and the Department’s efforts in creating meaningful learning opportunities that prepare students to lead financially responsible and balanced lives. The session inspired students to view financial management as a vital life skill, empowering them to plan their futures with confidence and responsibility.

Equipping Social Work Students with Basic Life Support Training in Collaboration with Apollo Hospitals



Abhiram G Nair

The Department of Social Work, in collaboration with Apollo Hospitals, Sheshadripuram, organized a Basic Life Support (BLS) Training Session for

I MSW students on 29th September 2025. The session was led by Mr. Manjunath, Nursing Incharge at Apollo Hospitals, who brought valuable clinical expertise to the session.

The interactive training aimed to equip students with essential life-saving skills to respond effectively during medical emergencies such as cardiac arrest, choking, or sudden collapse. Mr. Manjunath provided a detailed explanation of the BLS protocol, focusing on the importance of immediate action and calm decision-making. Students had the opportunity to engage in hands-on demonstrations of Cardiopulmonary Resuscitation (CPR) and the use of Automated External Defibrillators (AED), enhancing their practical understanding of emergency response.

The session proved to be highly informative and empowering, instilling confidence and preparedness among future social workers. It emphasized the vital role of first-response skills in both professional and community settings, ensuring that students are better equipped to handle real-life crises with competence and compassion.

Honouring Mentors, Celebrating Guidance: Teachers' Day Celebration at the Department of Social Work



Dhaniya Shirin

The Department of Social Work celebrated Teachers' Day on September 5, 2025, with great enthusiasm, warmth, and heartfelt appreciation. The event was a collaborative effort of the first- and second-year MSW students, who came together to honour their mentors for their unwavering dedication, inspiration, and guidance in shaping their academic and personal journeys.

The celebration commenced with a gracious welcome address, setting the tone for an afternoon filled with joy, gratitude, and togetherness. The programme reflected the spirit of Guru Devo Bhava — the timeless Indian value that places teachers as guiding lights who nurture minds and build futures.

The students organized a series of fun-filled games and interactive activities that brought smiles and laughter to the faculty members. Teachers enthusiastically participated, displaying the same energy and team spirit that they bring into the classroom every day. The hall resonated with cheerful applause and friendly banter, creating moments that blended respect with camaraderie.

A special highlight of the celebration was a heartfelt video presentation prepared by the students. The video featured short clips, creative montages and

messages of gratitude that beautifully captured the profound impact of teachers in shaping values, confidence, and compassion among the students. The emotional response from the faculty was a testament to the deep connection shared between mentors and mentees.

In addition to the video tribute, a few students shared personal reflections and anecdotes, expressing how the guidance of their teachers had transformed their perspectives and helped them overcome challenges both in academics and fieldwork. Their words reflected the essence of social work education — learning not just from books, but through mentorship that cultivates empathy, ethics, and empowerment.

As a gesture of love and appreciation, the students presented tokens of gratitude to each teacher. The programme concluded with a note of thanks, accompanied by warm smiles, shared laughter, and collective photographs that captured the spirit of the day.

The celebration was not merely an event, but a heartfelt tribute, a reminder that every great learner stands on the shoulders of dedicated educators who continue to inspire the next generation of social workers with knowledge, compassion, and purpose.



Community Organization: 'Social Media Awareness and its Impact for Urban Slum Students'



Shanila Takhelmayum

The Department of Social Work at Kristu Jayanti (Deemed to be University), Bengaluru, in collaboration with Brothers Integrated Rural Development Society (BIRDS), organized a Community Organization Programme on "Social Media Awareness and Its Impact for Urban Slum Students" on 23rd September 2025 at Maria Tuition Centre, Jalahalli. The objective of the initiative was to

create awareness among urban slum students about the influence of social media and to promote responsible and meaningful digital engagement.

The session was facilitated by Mr. Gnana Prakash, Rural Coordinator at BIRDS, who highlighted both the benefits and challenges of social media usage, emphasizing the importance of digital responsibility. Students actively participated in an engaging chart presentation activity, where they reflected on their personal experiences with social media platforms.

The interactive approach of the programme encouraged critical thinking among students regarding online behavior, misinformation, and digital well-being. The event concluded with a vote of thanks by Ms. Shanila Takhelmayum, I MSW, followed by a group photo with the participants, teachers, and staff.

The programme successfully empowered students to adopt healthier digital habits, making it a meaningful step toward fostering awareness and responsible online practices in the community.

Bridging Campus to Career: MSW Students Trained for Professional Readiness



Mathews K Saji

The Department of Social Work, in collaboration with the Centre for Employability and Corporate Relations (CECR), organized a Placement Orientation & Training Programme (POTP) on 11th September 2025, under the initiative GATE 2026 – Opening a Passage. The session was led by Prof. Sen B. Mathews, Director of CECR, who

shared insightful guidance on professional preparedness, emphasizing self-awareness, communication, and adaptability as key employability skills.

Prof. Mathews highlighted the importance of aligning academic learning with real-world expectations and encouraged students to utilize CECR's training and mentoring support. The interactive session also covered practical aspects of interview preparation and résumé building, helping students gain clarity about placement processes and employer expectations.

The programme proved to be an inspiring and informative platform, motivating II MSW students to confidently navigate their upcoming placement journey and build successful careers in the field of social work.

EDITORIAL BOARD

CHIEF EDITOR

Dr. Jonas Richard A

STAFF EDITORS

Dr. Winnie Joyce A
Dr. Bijaya Laxmi Sahoo
Dr. Unnikrishnan T.S.
Ms. Akanksha Verma

STUDENT EDITORS

Ms. Akuminla Imchen, Mr. Mathews K Saji,
Ms. Komal Yadav, Ms. Feba Susan George,
Ms. Dhaniya Shirin, Mr. Abhiram G Nair,
Ms. Dimple Maria, Mr. Ashish Ashok Jadhav,
Ms. Shanila Takhelmayum

LAYOUT EDITOR

Ms. Monica Ann George