



SpotLight

Light To Life

KRISTU JAYANTI (DEEMED TO BE) UNIVERSITY | SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

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Celebrating Founder's Day: Remembering St. Chavara's Vision for Social Transformation



St. Kuriakose Elias Chavara

Akuminla Imchen

On the occasion of Kristu Jayanti's Founder's Day, the Department of Social Work, organised a group discussion on the theme "St. Chavara: The Social Reformer" on 3 January 2026. The programme was conducted for the first year MSW students as part of academic enrichment and value-based learning, aiming to help students understand the relevance of visionary leadership and social reform in contemporary society.

The session was led by the Head of the Department, Dr. Jonas Richard A., who shared an insightful overview of the life and mission of Saint Kuriakose Elias Chavara. He highlighted St. Chavara's pioneering contributions to education, especially his efforts to make education accessible to all sections of society regardless of caste or social status. Dr. Richard also emphasized the patron's role in promoting social equality, moral integrity, community welfare, and empowerment of marginalized groups. He encouraged students to draw inspiration from St. Chavara's values and apply them in their journey as future social work professionals.

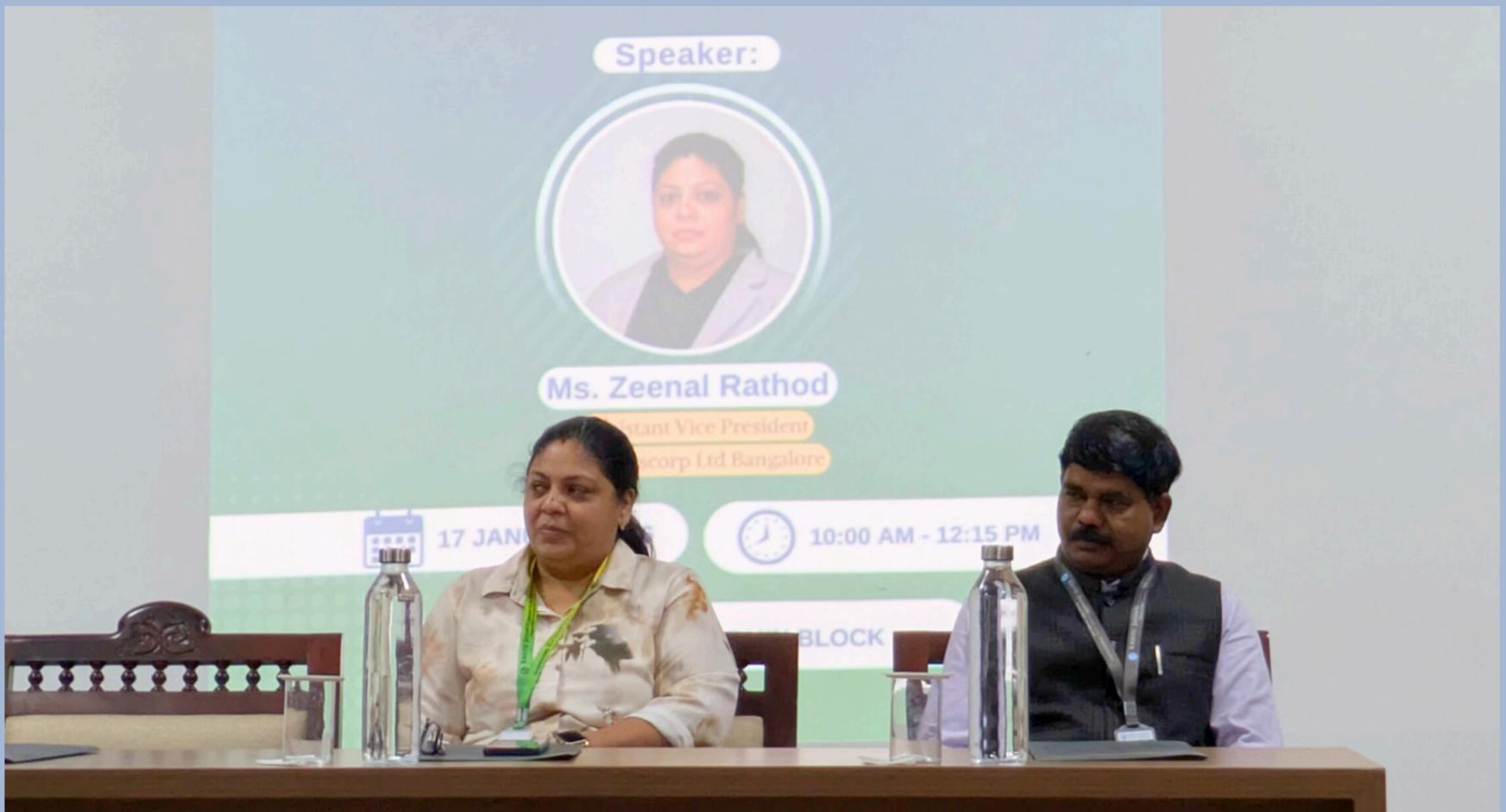
The group discussion that continued further, witnessed enthusiastic participation from the students, reflecting on

the various social reforms initiated by St. Chavara and their continued relevance in addressing present-day social challenges. Students critically examined how his vision aligns with the fundamental principles of social work such as social justice, human dignity, equality, and service to humanity. The exchange of perspectives fostered critical thinking, collaborative learning, and a deeper appreciation of value-based practice. Many students expressed how St. Chavara's dedication to inclusive education and social upliftment remains a guiding light for aspiring social workers committed to community transformation.

An informative video was presented by Mr. Alen Antony Michael, I MSW, showcasing the timeline and lasting impact of St. Chavara's reformative initiatives, enhancing the students' understanding, stimulated deeper reflection and connect historical contributions with contemporary social realities.

Overall, the session was meaningful and inspiring, enabling students to appreciate the enduring legacy of St. Chavara and motivating them to embody his values of compassion, service, and ethical leadership in their academic and professional pursuits.

Shaping Tomorrow's Leaders: Insights into Future-Fit Leadership and People Management Trends



Shanila Takhelmayum

The Department of Social Work, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be University), organized an expert lecture titled “Future-Fit Leadership: Emerging People Management & Leadership Trends” on 17 January 2026 at the A2 Auditorium, Admin Block. The programme was designed to provide MSW students with exposure to contemporary leadership practices and evolving trends in people management within the corporate sector. The session was attended by I and II MSW students along with faculty members of the department.

The expert lecture was delivered by Ms. Zeenal Rathod, Assistant Vice President, Quesscorp Ltd., Bangalore, who brought valuable industry perspectives and practical insights into leadership development and people management. Drawing from her extensive professional experience, she shared her personal and career journey, highlighting key leadership challenges, growth opportunities, and critical lessons learned while navigating the corporate environment. Her narrative helped students gain a realistic understanding of organisational dynamics and leadership responsibilities in today’s fast-changing workplaces.

The session was further enriched through the use of short video clips featuring renowned global leaders, which enabled students to connect leadership theories with real-world applications. The lecture was highly interactive, encouraging students to actively participate through questions, reflections, and discussions. This interactive approach helped students critically examine leadership styles, organisational cultures, and the role of effective people management in achieving organisational success.

Ms. Zeenal Rathod emphasized essential competencies such as adaptability, emotional intelligence, ethical decision-making, and strategic thinking as key attributes of future-fit leaders. She also discussed emerging leadership trends and the growing importance of continuous learning in a competitive professional landscape. Overall, the expert lecture served as a meaningful platform for bridging academic knowledge with corporate expectations, offering students clarity on leadership pathways and people management roles. The programme successfully aligned with the department’s objective of preparing socially responsible, competent, and industry-ready social work professionals.

Beyond Balance to Harmony: Rethinking Integrated Living for Student Well-Being



Dhaniya Shirin

The Department of Social Work, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be University), organized an Expert Lecture titled “Beyond Balance: Designing an Integrated Life” on 24 January 2026 at the H2 Auditorium, Humanities Block. The programme aimed to encourage students to rethink the conventional idea of work–life balance and embrace a more holistic and sustainable concept of work–life harmony in response to growing academic, professional, and personal demands.

The session began with an invocation song, setting a calm and reflective tone for the programme. The lecture was facilitated by Dr. Lyola Thomas, Associate Professor, Department of English and Associate Director, Centre for Global Networking & Collaborations, Kristu Jayanti (Deemed to be University), Bengaluru. Drawing from her academic expertise and experiential insights, Dr. Lyola Thomas emphasized the need to move away from compartmentalizing life into rigid roles and instead focus on integrating personal, academic, and professional dimensions meaningfully.

To make the session experiential and student-centered, Dr. Lyola Thomas conducted a brief mentor–mentee survey that helped participants

identify key areas of their lives most affected during periods of stress. The survey findings served as a foundation for reflection and discussion, enabling students to recognize common stressors and patterns affecting their emotional and academic well-being. This interactive approach fostered openness, self-awareness, and peer learning among the participants.

The lecture further highlighted practical and evidence-based strategies to achieve work–life harmony. Dr. Lyola Thomas discussed the importance of building resilience, nurturing spiritual connectedness, and practicing self-reflection as essential tools for managing stress. She introduced journaling and art therapy as simple yet effective techniques to support emotional regulation and personal growth. The interactive nature of the session encouraged active participation and thoughtful dialogue.

Overall, the expert lecture was insightful and impactful, equipping students with practical tools and perspectives to cultivate a healthier, more integrated approach to life. The programme aligned with the department’s commitment to promoting holistic development and emotional well-being among future social work professionals.

Rooted and Resilient: Exploring the Lives, Cultures, and Challenges of Tribal Communities in India



Komal Yadav

The Department of Social Work, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be University), Bengaluru, organized an expert lecture titled “Rooted and Resilient: Tribal Communities in India” on 24 January 2026 at the H2 Auditorium, Humanities Block. The programme aimed to deepen students’ understanding of tribal communities in India, with a focus on their cultural identities, social structures, and the socio-economic challenges they continue to encounter. The session was attended by MSW students and faculty members of the Department of Social Work.

The programme began with Ms. Kezia Elsa Sam, II MSW, who served as the emcee and formally welcomed the gathering. She briefly highlighted the relevance of the topic within social work education and its significance in promoting inclusive and culturally sensitive practice. This was followed by a welcome address by Ms. Jessie Pale, II MSW, who warmly welcomed the resource person and emphasized the need for future social workers to engage meaningfully with indigenous communities and their lived realities.

The expert lecture was delivered by Dr. Giftys Dorcas E., Assistant Professor, Department of English, Kristu Jayanti University. Dr. Giftys designed the session as a journey through different “destinations” of tribal life, making the lecture engaging and reflective. She began by explaining the meaning and historical evolution of the term “tribe” and its sociological significance. The lecture provided an overview of major tribal communities in India, highlighting their state-wise distribution, unique cultural practices, languages, and belief systems. Real-life examples enabled students to connect academic concepts with lived experiences.

The session further addressed contemporary challenges faced by tribal communities, including displacement, land alienation, cultural erosion, and limited access to education and healthcare. Dr. Giftys stressed the importance of ethical research, policy advocacy, and culturally sensitive social work interventions to preserve tribal heritage and promote sustainable development. The programme concluded with a vote of thanks by Mr. Able Besalel Sajan, II MSW. Overall, the lecture offered valuable insights and reinforced the role of social workers in advancing social justice while respecting cultures.

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