



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE • INDIA

**APRIL 2018 - MARCH 2019**

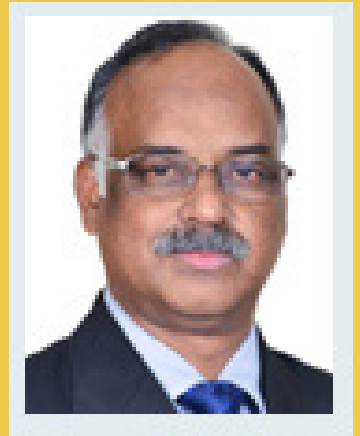
# **SOCIAL NEWSLETTER**

**DEPARTMENT OF SOCIAL WORK**

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# Preface

**Dr. Victor Paul**  
**Professor and Head**  
**Department of Social Work**



The Department of Social Work, CHRIST (Deemed to be University), offers MSW HRDM, MSW CCP, and MSc Development studies, MPhil, Ph.D., and Post-Doctoral Fellowship programmes. The curriculum offered by the Department provides opportunities for the holistic development of the students and blends learning from the classroom with experiential learning. In order to ensure a more applied and dynamic curriculum, we place a high emphasis on dissertations, internships, and data analysis training and motivate students to embrace new academic challenges to hone their critical thinking skills and enhance their competitive advantage in the job market.

In addition to its focus on academic engagement, the department strives to engage in providing services to society through student-led projects for communities in need of support. The Department also works towards the pursuit of excellence in academics and skill training of students aspiring to be social work professionals.

The Department organizes researches, educational programs, seminars, workshops, camps as part of its curriculum. The value of learning through service is significantly incorporated in academic programmes. The research output of the faculty is quite current and change-making. The Department has tie-up with national organizations for long-term consultancy. The Department regularly organizes guest lectures and conducts workshops for researchers and faculty in other universities.



## MEDITATION AND YOGA

20 JULY 2018



Meditation is a technique for relaxation. It is not about concentration. It will not allow you to focus on one thing but instead make you thoughtless. The benefits of meditation comprise calmness, improved concentration, enhanced clarity and communication, and relaxation of mind and body. Those who regularly practice meditation have lower levels of the stress hormone. The session on meditation was started by Dr. Anuradha Sathyaseelan, Associate Professor, Department of Psychology, with a note on the significance of mindfulness meditation in our life. Dr. Anuradha led a 15 minutes meditation session for the participants. The feedback on the session was given by the participants and clarified their misconceptions about meditation.

The yoga sessions began with Breathing exercises and Pranayama. Ms. Samyukta S and Ms. Malathy V, 1st MSW HRDM students were the instructors of the yoga sessions. Participants joined to follow the demonstrations. Each posture of yoga was demonstrated along with annotations on the benefits to health. The program was coordinated by the Social work students' Association (SAMARTH) and they decided to take up this program as a regular activity to persuade the positive feedback received from the participants.





# VOLUNTARY ORGANIZATIONS' CONCLAVE

Department of Sociology and Social work, in association with Dream India Network and Federation of Voluntary Organization for Urban and Rural Development – Karnataka organized a two-day program on “Voluntary organizations’ Conclave” on 18 and 19 of July 2018. The presentations on six relevant topics were the highlight of the program. The topics were on Volunteering – insights into the current status, Perceptions about the field of volunteering, Experiences in the field of volunteering, Relationship between voluntary organizations and government, Reflections and guidance required for the strengthening of the field of volunteering, and Experiences of women executives in the field of volunteering.

There were Group discussions to strengthen the functioning of voluntary organizations. The topics discussed were Norms for getting membership into the Federation, Perceptions about the Five-Yearly Action Plan of the Federation, Specific expectations from the member organization to the Federation, Organizations, and Reasons and solutions for the lack of dignity and respect for the field of volunteering.

The program continued on the second day with a recap of the previous day’s sessions. Dr. Fr. Abraham V. M., CMI Pro-Vice-Chancellor, CHRIST (Deemed to be University), Bengaluru inaugurated the Technical sessions of the program. The sessions of the second day of the program began with the presentation of Dr. Victor Paul, on conceptualization, objectives, Vision, Mission, and Action Plans of Voluntary Organizations. This session imparted relevant knowledge and information to the participants. This inspired the FEVOURD – K to decide on organizing zone-wise training programs for the voluntary organizations in Karnataka. Sri. Vittal Rao, Accountant, Bengaluru, gave a thematic presentation on 12AA, 80G, F.C.R.A. & Finance management.



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## TRAINING ON CAMPUS TO CORPORATE July 17,2018

The Department of Sociology and Social Work organized a day-long training program for III semester MSW-HRDM students on the theme 'Campus to Corporate'. The trainers were Mrs. Ritu Chaubey, Director, HR-India, and Mr. Raghu, Manager- HR, ARRIS, Bangalore.

The session started with a talk on 'It all begins from me' and it centered on the development of self-leadership. The training began with the understanding of the concept of self-development and was mostly an interactive session. During this session, the trainers shared their life experiences to give us a better understanding of the concept.

As the session proceeded, the activities that were planned for the day began. The first activity highlighted the importance of acknowledging the differences and uniqueness within oneself and working towards bettering. The second activity emphasized how it is important to focus on oneself and personal growth. If one continues to be a part of the rat race, self-growth gets shunted. The objective of the next activity was to showcase the importance of being able to adapt to situations and circumstances. Each role in the corporate world will have different demands from employees and for any employee to reach their full potential; they will have to be prompt at adapting to these situations and rapid change.

Post Lunch the session moved on to a group discussion activity where each group was asked to come up with 5 core values that the group believes it has. At the end of this activity, it was concluded that all the trainees aimed towards achieving similar values such as empathy, optimism, trust, teamwork, integrity, etc. After further discussion, it was concluded that the class of III MSW-HR collectively wishes to accomplish all the above-mentioned values.

The final activity of the day was a group activity where each group was asked to enact any machine. This activity threw light on how good teamwork is a prerequisite for the proper smooth functioning of any organization.

As an end note, the trainers discussed more on the topic of self-leadership and with the help of examples and stories gave answers to many questions and queries that the trainees had. The training session proved to be beneficial for all trainees as it reminded them of the importance of constantly enhancing one's skillset and being able to adapt to new situations. The conversation and discussions helped the trainees understand better the reality that is soon to be faced in corporate life.

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## LAUNCHING OF A CAMPAIGN TO END CHILD SEXUAL ABUSE



Cruelty is the prime issue affecting children today. But it doesn't have to be this way. We believe that violence against children is a violation of the life desires for every child. The magnitude of sexual violence against children is unknown. It is a problem that not only harms each child but jeopardizes their future survival, health and education. We consider that a world without violence against children is possible. With these thoughts, the Department of Sociology and Social Work, CHRIST (Deemed to be University) in collaboration with World Vision, Bangalore, organized a programme to launch campaign to end Child Sexual abuse in Karnataka. The campaign seeks to involve stakeholders - from local NGOs to children themselves, in order to prevent child sexual abuse. The Campaign will be led by the members from Child Protection Units - representatives from local NGOs, community-based organizations, Police, self-help groups, ASHA workers and MSW students of CHRIST (Deemed to be University) and Kristu Jayanthi college, Bengaluru. The campaigning involves distributing personal safety workbooks among government school children aged between 6 and 12. These books talk about personal safety, safe and unsafe touch in

Dr. Kripa Alva, Chairperson of the Karnataka State Commission for Protection of Child Rights, presided over the programme. The eminent guests attended the programme include Dr Usha, District Child Protection Officer, Dr Prakash, Assistant Commissioner of Police, Bytranapura, Mysore Road, Mr Sony Kutty George, Child Protection Specialist, UNICEF, Dr. Venna, MBBS, Medical officer, GG Halli Primary Health Centre, Mr. Rajendran, International Justice Mission, Bangalore, and Rajkumar Selwyndoss, Manager, Children Fund, Bengaluru.

The programme concluded with a panel discussion. The three panelists discussed the various ways in which communities could help in protecting children. Dr Sangeeta Saksena, the Founder of Enfold - an NGO working to support child sexual abuse survivors, gave three cases studies to put across her point. She concluded her session by a point on "When you see something, say something; do something."

Fr Edward Thomas, Mentor and advisor at Dream India Network, spoke about the role of the State Commission for Protection of Child Rights and educated the participants its procedures and functions. Advocate Manju, Member of Child Welfare Committee, made an emotional appeal to parents to pay attention to their children and what they have to say. There are so many children who are being abused who tell me that no one cares about them. There is so much sorrow in them that it's heart-breaking. Their parents are busy working but have no time to listen to what their children have been through," she said. Dr. Jonas Richard presented the things that can be done in our own families and neighbourhoods to ensure that children feel safe enough to come and confide in us. He added, "Unless we make children a part of the solution, we cannot eradicate child sexual abuse." He highlighted three levels of interventions that we can undertake as preventive, curative and rehabilitative.

## **INTERACTION WITH NOBLE LAUREATE MR. KAILASH SATYARTHI JULY 14,2018**

**“CHILDHOOD MEANS SIMPLICITY. LOOK AT THE WORLD WITH THE CHILD’S EYE- IT’S VERY BEAUTIFUL”, WAS SAID BY, NOBLE LAUREATE KAILASH SATYARTHI, WHOSE HUMBLE NATURE AND SIMPLICITY WON MILLIONS OF HEARTS, AND WHOSE PASSION TOWARDS CHILD PROTECTION AND CHILD RIGHT GAVE BIRTH TO BACHPAN BACHAO ANDOLAN, THE KAILASH SATYARTHI CHILDREN’S FOUNDATION, GLOBAL MARCH AGAINST CHILD LABOUR, AND GOOD WEAVE INTERNATIONAL. AND THE DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK, SAMARTH-SOCIAL WORK STUDENTS’ ASSOCIATION HAD IMMENSE PLEASURE TO ORGANISE THE INTERACTION WITH MR KAILASH SATYARTHI ON 14TH JULY 2018 WHICH WAS GRACED AND ENLIGHTENED BY THE PRESENCE OF HIS WIFE SUMEDHA KAILASH, WHO SHARED THEIR JOURNEY TOWARDS CHILD PROTECTION AND CHILD EMPOWERMENT, WITH THE PRESENT MSW STUDENTS, STAFF, MEMBERS FROM CHILD CARE INSTITUTIONS IN KARNATAKA AND MEMBERS OF BACHPAN BACHAO ANDOLAN (BENGALURU).**

**Mr. Satyarthi projected the essence of unity- a power no one can defeat. He stated, “Individuals who can think independently and are eager to do something for the betterment of the society has to come together and come closer to make a group and work towards a better future” and gave the example of the student movement in the U.S.A. to protest against gun violence on students. He also mentioned about his new agenda to approach all the major data providers to stop circulating free porn and to bring a law regarding the same that shall state that all the data providers will be held accountable if they did so. He gracefully ended the discussion by answering participant’s queries on the implementation of POCSO Act, Functioning of Child Care institutions and Protection of Children. Mr. Sathyarthi reminded all to rope in the intellectual wealth and our experience for the greater good**

**MR SATYARTHI STARTED WITH A SMALL FACT THAT, “WE ARE HONOURED TO HAVE A CHILDHOOD” AND THAT PROJECTED HOW BLESSED WE ARE. ON THIS OCCASION, HE FONDLY REMEMBERED THE JOURNEY OF BACHPAN BACHAO ANDOLAN, WHICH EMERGED FROM DELHI AND HAD IMPACTED INDIA AND ITS POLICY. THE SPEAKER ALSO MENTIONED AN UPCOMING BILL WHICH WILL PROVE TO BE A STEPPING STONE TOWARDS A WORLD WHERE EACH AND EVERY CHILD WILL BE PROTECTED. IN TODAY’S WORLD WHERE CRIME RULES THE NEWSPAPERS, THE OPTIMISTIC VIEW OF THE SPEAKER BELIEVES THAT THERE IS A SLOW AND GRADUAL IMPROVEMENT IN THE WORLD AS MORE AND MORE CASES ARE REPORTED AGAINST CHILD ABUSE, WHICH IS THE BEGINNING OF POSITIVE CHANGE IN THE SOCIETY. MR. SATYARTHI IN THE TRUEST SENSE SKETCHED THE ACCURATE CHALLENGE OF THE WORLD AGAINST SEXUAL ABUSE OF YOUNG BOYS, AS IT IS NOT STEREOTYPICAL BUT THE TRUTH OF THE WORLD.**



# **Child Care Institutions' Meet (CCI MEET 2018)**

**CHILD CARE INSTITUTIONS' MEET 2018 (CCI 2018) WAS ORGANIZED BY THE DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK IN ASSOCIATION WITH DREAM INDIA NETWORK AND WORLD VISION INDIA- MY CITY INITIATIVES IN BANGALORE, ON 7 JULY, 2018. MEMBERS FROM 78 CHILD CARE INSTITUTIONS FROM BANGALORE AND MSW STUDENTS WERE THE PARTICIPANTS OF THE PROGRAMME.**

**DR. TONY SAM GEORGE, DEAN, HUMANITIES & SOCIAL SCIENCES, CHRIST (DEEMED TO BE UNIVERSITY), IN HIS INAUGURAL ADDRESS, CONVEYED RELEVANT RESEARCH EVIDENCE OF ADVERSE CHILDHOOD EFFECTS ON ADULT LIFE AND ITS EFFECTS IN TERMS OF HEALTH, SOCIAL RELATIONS, INTERPERSONAL COMMUNICATIONS, AND INTERACTIONS. HE STRESSED ON "WHAT WE DO TODAY HAVE A LONG-LASTING EFFECT ON THEIR LIFE" AND SPOKE ABOUT IMAGING TECHNOLOGY TO UNDERSTAND BRAIN FUNCTIONING, EFFECTS OF CARETAKERS, AND PRACTITIONERS' INTERACTIONS ON CHILD'S BRAIN AND INFANT MENTAL HEALTH. HE CONCLUDED WITH THE RELEVANCE OF VALIDATION OF THE CHILD CARE INSTITUTIONS THROUGH RESEARCH. THE ENGAGEMENT OF THE UNIVERSITY IN EXTENDING TRAINING PROGRAMMES AND COLLABORATIVE PROGRAMMES FOR THE WELFARE OF CHILDREN WAS COMMUNICATED BY DR VICTOR PAUL IN HIS FELICITATION MESSAGE.**

**DR. B. USHA, DISTRICT CHILD PROTECTION OFFICER, BANGALORE URBAN ADDRESSED THE PARTICIPANTS AND SPOKE ABOUT THE MANAGEMENT OF CHILD CARE INSTITUTIONS ADV. S. MANJU DISCUSSED THE IMPORTANCE OF THE CCIS, TYPES OF INSTITUTIONAL CARE, PROCEDURES, ADOPTION, FOSTER CARE, SPONSORSHIP VISHESHA PALANA YOJANA, AND IN THE INSTITUTIONAL CARE, THERE ARE, OBSERVATION HOME AND OPEN SHELTERS. FURTHER, SHE GAVE DETAILED INFORMATION ON JUVENILE JUSTICE BOARD, POCSO ACT, AND PROCEDURES TO BE FOLLOWED BY EACH INSTITUTION. THE INTERACTION SESSION WITH THE DISTRICT CHILD PROTECTION OFFICER (DCPO) AND CHILD WELFARE COMMITTEE (CWC) MEMBERS WAS INITIATED BY FR EDWARD THOMAS, MENTOR, DREAM INDIA NETWORK, BENGALURU. THE PROGRAMME WAS CONCLUDED WITH AN INSPIRING MESSAGE BY REV. DR. FR. THOMAS C. MATHEW, THE VICE-CHANCELLOR OF CHRIST (DEEMED TO BE UNIVERSITY) WHO SHARED THE MESSAGE ON HOW TO HELP THE CHILDREN TO GROW IN THIS MODERN TIME OF TECHNOLOGY AND COMMUNICATION.**



*A National Level Research conference* was held on July 13, 2018 to enhance the research culture at the department. This conference was inaugurated by Dr. Jyotsna Jha, Director Centre for Budget and Public Policy. She delivered a keynote address during the inauguration on "Social science research at Crossroads". The inaugural session was followed by a panel discussion on "The emerging horizons of social science research". This panel discussion was chaired by Dr. Tony Sam George, Dean for social sciences and director of the research center, CHRIST(Deemed to be University). The panelists were Dr. Janardhan, Additional Professor, Department of Psychiatric social work, NIMHANS Dr. Manoj Kumar, Professor at KHPT- Karnataka Health Promotion Trust, and Dr. Seeta Raman Kakkala, Professor. Azim Premji University.

Following this session, concurrent sessions were organized for research scholars both carrying out M Phil and Ph.D. to make presentations. During Session one, four presentations were made. This session was chaired by Dr. Rajeev K and Co-Chaired by Dr. Norby Paul of the department of Sociology and Social work. The second session was chaired by Dr. Maya Mohan and Co-chaired by Dr. Ameresha from the department of sociology and social work. Four papers were presented during this session

Post lunch two sessions were held. The first session was chaired by Dr. Om Prakash and co-chaired by Dr. P M Mathew. Five presentations were made by the scholars during this session. The final session was chaired by Dr. Arul Roncalli, from CSA, and was Co-Chaired of Dr. Hemalatha from the Department of Sociology and Social work.

The presenters were given feedback by the experts. The complete manuscripts will be collected by the organizers and an edited book will be brought out by the Department of Sociology and Social work.

# **“SNEHASPASHAM” Flood Relief Rural Camp of MSW Clinical and Community Practice (CCP) (Batch 2017-2019)**



**BENGALURU SOCIOLOGY STUDENTS SEMINAR  
(BSSS), 2018. “CONNECTING THE DOTS” –  
UNDERSTANDING CHANGE AND DEVELOPMENT  
IN THE 21ST CENTURY”**





## **NEW GEN RISK: CHILD AND ADOLESCENT MENTAL HEALTH**

**30 AUGUST, 2018**

The talk was very enriching and enlightening to the audience. She captured the attention of the audience with her sense of humor and a great stage presence. It was a learning experience to everyone present. The audience got to know many facts and details about how our brain functions. To conclude, it was a very productive and interactive session.



## RURAL CAMP REPORT, MSW HR 2018-2020



### ACTIVITIES CONDUCTED DURING THE RURAL CAMP

Street Plays, where the students demonstrated plays on CHILD LABOUR and IMPORTANCE OF TOILETS IN EVERY HOUSE. Along with the proposed tasks the students also took part in various other activities like celebrating Teacher's day along with the community, Yoga sessions among the students, Camp fire and Game sessions to strengthen the bond among students.

The Department of Social Work, Christ University organized rural camp in collaboration with Centre for Social Action (CSA) for I Semester MSW students specializing in Human Resource Development and Management (2018-2020 Batch) at Kolar, Karnataka. The camp focused on providing Cross- Cultural exposure to students in the villages.

The Rural camp was held from 02nd September to 07th September, 2018. The students were divided into eight committees that catered to the different aspects of the camp. Also, at the camp site students were further divided into four groups for village visits in Kolar, in order to collect required information that meets the objectives of the camp.

### ABOUT THE PROJECT

The CFCD-Chetana Project between KNH-CCCYC and CSA worked for seven years, spread across Kolar and Bangalore Rural districts, Hoskote and Malur Taluks. It was a project meant to enrich the performance of CSA in promoting child focused community development programs in a participatory manner with the goal of improving the quality of life of marginalized communities and their children. Over the seven years of the project, CSA, with the guidance of KNH-CCCYC has tried several strategies and innovations in order to draw the best results out of the project.

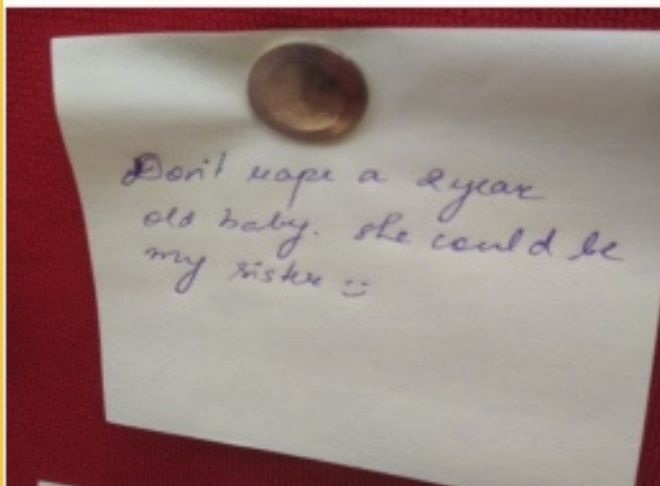
### OBJECTIVES OF THE RURAL CAMP

- 1.Exposure to rural life and camp living.
- 2.To develop team work and leadership skills.
- 3.To observe the functioning of Centre for Social Action (CSA).
- 4.To understand the challenges faced by the community through interaction.
- 5.To create awareness on various sensitized and practical concepts.
- 6.To participate in developmental projects.
- 7.Conduct impact assessment of CFCD



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# ***HUMAN RIGHTS WISH LIST By ANTI HUMAN TRAFFICKING MISSION and SATHYARTHI VICHAR MANCH DECEMBER 2018***





## **STUDENT-FACULTY INTERACTION PROGRAMME JANUARY 2019**

**The Department of Sociology & Social Work at CHRIST (Deemed to be University) organized a Student-Faculty interaction program with 28 students and two faculty members of the Department of Social Work from Tilak Maharashtra Vidyapeeth, Pune, on 10 January 2019.**

**Dr. Victor Paul began his presentation about the department with Robert Frosts' famous quote "Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference". The responses from the students on the quote made a momentum to the program. Dr. Paul emphasized the learning process, integration of graduate attributes in the curriculum, extracurricular and skill enhancement programs, contributions of the department to the society, various projects are undertaken, internship, and the support system and facilities of the CHRIST (Deemed to be University). The students of Social Work gave a presentation on their learnings out of their involvement in service-learning, journal club, research, current affairs, internship and rural camp.**

**The programme concluded with a note of thanks by the Faculty and students of Tilak Maharashtra Vidyapeeth along with their learnings from the visit to Department of Sociology and Social Work. They positively commented and appreciated Departments' significant contributions to Rural and Urban community Development and the networking with International Universities.**



# ***International Social Work Week 2019***

The Department of Sociology and Social Work organized International Social work Week for the Zurich University of Applied Sciences, Switzerland on the occasion of the International Social Workweek. A total of eleven students from under graduation and post-graduation in social work along with the two faculty members from Zurich University of Applied Sciences visited CHRIST (Deemed To Be University) as a part of their student exchange program. The exchange program commenced with a traditional welcoming that was given to students and faculty members. Dr. Victor Paul began his presentation about The CHRIST (Deemed To Be University) and the Department of Sociology and Social Work. Dr. Victor Paul emphasized the learning process, integration of graduate attributes in the curriculum, extracurricular and skill enhancement programs the inaugural session also included further discussion about the events, programs, organization visits, and the sessions that were to be conducted throughout, during the Study Trip 2019. Prof. Cyril John, Assistant Professor of the Social Work department delivered a speech on various guidelines that were to be followed by the ZHAW students during their stay in CHRIST (Deemed To Be University).

The exchange program comprised of academic sessions conducted by Dr. Rajeev K, assistant professor at the Department of Sociology and Social Work. There was another session conducted by Brindha (Director of Global Concerns India). Dr. Hemalatha K, Associate Professor at the Department of Sociology and Social Work handled a session on Social Work Education in India there were sessions conducted by Dr. Victor Paul HOD of the Department of Sociology and Social Work.

The team visited many places where they could understand the actual situations of India K.R Market ZHAW team had a morning walk in the city markets of Bangalore. The city market in Bangalore is a very busy place from very early in the morning where products for sale across the city are managed. For the rural exposure, the team visited Yeldur in Kolar, Muthukapalli Village where they had interactive sessions with self-help groups. The team also visited Chetana Project at Yelachamanahalli then had a Federation meeting and interaction with the board of directors of the Federation. An employee and the president of the Federation shared details about the history of the self-help group, the initiation of the model project (Chetana), and the functioning and other details of the project the team also visited the L.R Nagar Slums. The team also visited the scenic beauties of the city namely Mysore Palace, Mysore Zoo, Chamundi Hills.

Students from Zurich University were also given an opportunity to intern in different organizations like Nightingale Trust, Project Smile Trust, Action Aid, Shahi Exports as a part of the exchange program. The students were grouped along with CHRIST students to go in for internships at selected organizations. In order to have field exposure and to experience the zest of the actual work conditions in Indian organizations, the Zurich students were assigned to different institutions where they interned for a day with the students from CHRIST.

The ZHAW team also visited institutions like Indian Social Institute there was a session conducted by the director of the institute Fr. Selvaraj Arulnathan and Smarthanam Trust that works for the disabled. The organization work's for the disabled to empower them by providing e-education which one of a significant effect on personal development. the students went for a visit to St. Johns Medical College Hospital and were oriented about medical and psychiatric social work practices in India. Medico Social Work Team at St. Johns Medical College Hospital gave a detailed account of the work that is carried out by social workers in the hospital.

The team also had an Indian cooking class in BHM restaurant in the Christ (Deemed to be a university campus ) which was an activity organized for the team. The exchange program came to its end by hosting a valedictory function for the team. The session had an evaluation and experience sharing by the students and faculty the session was initiated by Dr. Victor Paul. This was followed by the distribution of certificates to the students and faculty by Dr. Victor Paul. The session was concluded with a thanking note proposed by Prof. Cyril John. This was followed by the photo session post this there was lunch served with which the whole ceremony concluded.

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## **"FOUND MY VOICE" INTERNATIONAL WOMEN'S DAY 2019**

The Department of Sociology and Social Work organized a Talk Series "Found my Voice" on behalf of International Women's Day on 7th March 2019. This was in collaboration with change.org., New Delhi. The talk series of women with inspiring stories narrated their challenging journeys to students and motivated them. Through these motivational talks, a discussion between the change-makers and the students through powerful storytelling was enabled to help them pursue their dreams and overcome challenges. The Changemakers include Ms. Mariam Rauf, Ms. Pranay Manjari, Ms. Garvita Gulathi and Ms. Sonali Gupta, and Ms. Chinmayi Sripada.

The first interaction was with Ms. Mariam Rauf, who is a survivor of child sexual abuse with a strong background story of how she fought all odds to fight back and start a new journey. She is now a Personal Safety trainer and goes to school teaching about body safety. The interaction included her speaking about her journey and how she has impacted a lot of other young girls to bring their stories forward and fight back. She also mentioned the classes she takes up with children teaching them about "Body Safety" using play and song. So that the children learn about the basic good and bad touch and are aware of any negative contact happening to them. The session concluded with her including the audience in an activity of how she teaches her children about safe touch.

The second interaction was with Ms. Pranay Manjari, who is currently heading the CSR division of an Architectural design consultancy firm, working in the space of Education, with the construction working kids and have managed to make Science schools for the children and then later help them get admission into Government schools. They also run community learning centers in urban slums. Her petition on change.org has received more than 17,000 signatures. The interaction included her speaking up about how daughters are not considered breadwinners of a family and she is here to change that mentality as women also can contribute to their families after marriage as well.

The third interaction was with Ms. Sonali Gupta who was born and raised in the United States and has been traveling back and forth from the US to India in the past ten years for her different treatments. The main focus of the discussion with Ms. Sonali was how Disabilities are seen or dealt with in both countries. She managed to beautifully put in the answer by explaining how they are more infrastructure and health facilities available in the US and in India people lack awareness about physical disabilities and look down upon people with the same. She emphasized how the level of sensitization should be increased in India about physical disabilities. Her petition in change.org about the same has gathered a lot of attention.

The fourth interaction was with Ms. Garvita Gulathi, who is currently a student in Bangalore and has written a petition to end the wastage of around 14 million liters of water. The interaction with her threw light upon how she initiated her venture with her group of friends which did not turn out to be very effective, after which Ms. Sonali through change.org and help with the members of the team figured out where exactly she needs to reach out to make her voice known which The National Restaurants Association was. Through this she continued her initiative encouraging hotels and restaurants to fill the glasses half full of water; this not only reduced water wastage but also helped people gain a wider perspective on how they should take only how much they need.

The last and final interaction was with Ms. Chinmayi Sripada. She came up with her story of online trolls and how she tried to curb it down single-handedly in the industry she is in and how she had been mentally tortured and is still being in the process. She voiced her opinion so that the other online trolls learn a good lesson and also know that online harassment is too punishable by law. Her journey has not been a simple one being a known face in the film fraternity but that never hindered her determination to stand up to what was right. She is an inspiration to all the young girls on social media facing all these abuses on a daily basis and also mentioned how the girls should never sit back and just block the person and there will be others as well. Her inspirational story and strong personality have motivated a lot of girls throughout the country.

The program was concluded with an open question-answer round for the students and many questions were asked to the changemakers to bring a change in life.



## **“CHRIST WOMAN OF THE YEAR 2019” MARCH 7,2019**



Dr Kunjomana AG, Professor, Department of Physics & Electronics and Ms Sangeetha J, Housekeeping staff were honoured and presented the prestigious award title “CHRIST Woman of the year 2019” by the Department of Sociology & Social work. The winners were presented their awards by Rev Fr Dr Abraham V M, Vice Chancellor, on the occasion of International Women’s Day celebrations organized on 7 March 2019 by the Department. “CHRIST Woman of the year 2019” is introduced by the Department of Sociology & Social work this year and Dr Victor Paul, Professor & Head of the Department believes in recognizing the potential in every individual for a transformational society.

Dr A G Kunjomana received the award in recognition of her contributions to research and publications throughout her career and the inspiration she provides for the students and research scholars. Professor Kunjomana joined in the Department of Physics of Christ College in 1993 and served the academic community for 26 years. As a committed researcher with noble research experience, she has made significant contributions to various aspects of crystal growth, thin films, nanomaterials and their characterization. She is a recipient of best reviewer awards from Elsevier (Netherlands) and American Chemical Society (ACS). During her award acceptance speech, Dr Kunjomana enlightened the audience with her journey of learning and the fruits of success.

Mrs. Sangeetha J received her award in recognition of dedication, commitment and integrity towards her roles and responsibilities. Mrs. Sangeetha is joined as a House keeping staff at CHRIST (Deemed to be University) in 2011. She is a mother of three children. She came across stacks of hurdles in life, however she works hard to educate her children. She is proud of working with CHRIST and she considers education as an important tool for success to both boys and girls. She gave a message on the award occasion that, allow girl children to study according to their wish and do not stop them from achieving success. Respecting our elders should be a courteousness rooted in each one of us.

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## **WORKSHOP ON SUSTAINABLE DEVELOPMENT GOALS MARCH 2019**

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**The Department of Sociology and Social work in association with the Indian Institute of Human Settlements organized a workshop on “Sustainable Development Goals for a better future” on 23 March 2019 for the students of Social work. Seven members from IIHS took a session on the importance of seventeen sustainable goals and their implementation. This is the final call to make a positive change and to make the globe a better and happier place for the next generation. They wanted to incorporate the ideas and actions from the student community of various institutions on this particular topic. The team described and discussed about the seventeen Sustainable Development Goals and it's prevalence in the community.**

**Some of the important things discussed during the workshop with the students were:**

**Responsible Consumption and production were addressed on new inventions and the importance of marketing them properly and making the public aware of such products that contribute to the sustainability of the planet. The threat to life below water, where some of them are in danger of endangerment and extinction, and how it is our moral obligation to actively work against this and salvage as much as possible while putting a stop to its causes.**

**Gender equality, where the students raised concerns and views were exchanged on certain aspects under the subject, like atrocities against women and the negligence of the third gender citizens. The team showed some statistical reports on Industry Innovation and Infrastructure which was quite unacceptable. Because the claims made by our ruling and the opposing parties are usually baseless. The rural infrastructure projects are totally a failure in many states. Public-Private partnership is suggested in order to make it stronger and useful for the new generation.**

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## **WORKSHOP ON SUSTAINABLE DEVELOPMENT GOALS MARCH 2019**

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**Affordable and Clean Energy is another goal that is found to be neglected in the present day. Though various plans were made to improve in this aspect they were never implemented and still remained as they were, useless to the rest of the world. Good health and well-being are also under question.**

**At the conclusion of the session, the students thanked the organizers and the faculty members who were behind the workshop. The workshop was mainly an interactive session where the students were able to share their opinions and suggestions regarding the topics under discussion. The session served as a reminder and also a platform for actualizing the solutions suggested by the social work students, subsequently, after some time-bound tasks were assigned on how to mainly achieve the seventeen SDG. The sessions were an eye-opener to those who attended, as they took away a few small ways in which they could live by and contribute sustainability of the planet.**





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