BHARATA MATA SCHOOL OF SOCIAL WORK
BHARATA MATA COLLEGE (AUTONOMOUS), THRIKKAKARA

"THE COMMUNIQUE"

NEWS LETTER OF BHARATA MATA SCHOOL OF SOCIAL WORK

JANUARY 2026 | VOLUME 4 | ISSUE 13

The Communiqué is the monthly newsletter of Bharata Mata School of Social Work, created by MSW students as a student-led initiative. It highlights the extension and outreach activities of the institution, the achievements of the department and students, and reflections from students. The newsletter also provides a summary of important day observances, seminars, webinars, and faculty development programs (FDPs) conducted in the previous month. Through this initiative, we aim to share updates, celebrate accomplishments, and keep everyone informed about the dynamic activities of our school.

BHARATHION INTERNATIONAL CONFERENCE 2025 EXPLORES CLIMATE JUSTICE, POWER AND ECOLOGY

The Bharathion International Conference 2025, organised by the Bharata Mata School of Social Work, Bharata Mata College (Autonomous), Thrikkakara, Kochi, was held on December 1 and 2, bringing together academicians, researchers, practitioners, students, and community representatives from across India. The conference reaffirmed Bharathion's role as a significant academic platform that promotes interdisciplinary dialogue on contemporary social issues through the lens of justice, equity, and lived experience.



Over the years, Bharathion has evolved into a space that bridges academic inquiry with community realities. The ninth edition of the conference continued this legacy by foregrounding voices often marginalised in mainstream climate discourse and by emphasising the role of social sciences, especially social work, in responding to global environmental challenges. Through lectures, technical sessions, paper presentations, and exhibitions, the conference encouraged critical reflection on how climate change intersects with power, inequality, governance, culture, and human wellbeing

SOLEY MANJEY: A THEME ROOTED IN LIVED REALITIES

The 2025 theme, "Soley Manjey: Reimagining Climate Change—Power, Justice and Ecology in a Changing Planet," drew inspiration from the dialects of the Kurumba and Paniya tribal communities. Soley refers to the environment, while Manjey signifies human life, together expressing the idea that human existence and ecological systems are deeply interconnected. The theme challenged dominant, technocratic approaches to climate change and instead called for justice-centred, community-rooted, and ecologically sensitive responses.



The concept of Soley Manjey highlighted that climate change is not merely an environmental phenomenon but a lived social reality that affects livelihoods, identities, mental health, and cultural continuity. By grounding the theme in indigenous language and knowledge systems, the conference emphasised the importance of recognising local wisdom, historical injustice, and unequal vulnerabilities in climate action

INAUGURAL SESSION AND KEY ADDRESSES

The conference commenced with a cultural presentation that set a reflective and inclusive tone, followed by the inaugural ceremony. College authorities and academic leaders addressed the gathering, underlining the urgency of climate action in the present context. Speakers emphasised that climate justice cannot be separated from social justice, as the impacts of climate change are disproportionately borne by marginalised communities such as fisherfolk, tribal populations, farmers, women, children, and informal workers



The inaugural addresses called for collective responsibility and ethical engagement with nature, stressing that sustainable futures can only be built through inclusive dialogue, interdisciplinary research, and community participation. The symbolic lighting of the lamp, themed around nature, reinforced the message of harmony between humanity and the environment



TECHNICAL SESSIONS: COMMUNITY-CENTRED CLIMATE ACTION

The technical sessions focused on rethinking climate responses through community engagement and co-created knowledge. One of the key sessions highlighted the limitations of purely technological and data-driven climate solutions, emphasising that climate services become meaningful only when grounded in local realities. Drawing from examples of floods, coastal erosion, saltwater intrusion, and landslides in Kerala, the speaker illustrated how communities experience climate change daily and how their observations, coping strategies, and resilience must inform policy decisions.

The session stressed that climate adaptation and mitigation require collaboration between communities, scientists, governments, and institutions. It also highlighted that displacement or relocation alone cannot address climate vulnerability without addressing underlying structural and social inequalities.





PAPER PRESENTATIONS: DIVERSE VOICES AND PERSPECTIVES

A major component of Bharathion 2025 was the extensive paper presentation sessions conducted across multiple venues. Scholars, faculty members, research students, and undergraduate students presented research on a wide range of themes including climate justice, environmental governance, mental health and climate anxiety, disaster resilience, indigenous adaptation practices, gender and climate equity, grassroots climate movements, and corporate social responsibility.

Several papers examined the psychological impacts of climate change, revealing growing concerns related to anxiety, trauma, ecological grief, and long-term stress among climate-affected populations, particularly youth and vulnerable communities. Other presentations highlighted how caste, gender, class, and location shape people's exposure to climate risks and access to resources.



Grassroots initiatives led by fisherfolk, tribal communities, farmers, and local collectives were discussed as effective models of climate resilience rooted in local knowledge and collective action. Presentations also explored the role of social workers as key agents in disaster preparedness, community rehabilitation, mental health support, and policy advocacy.



SOLEY MANJEY CLIMATE DIALOGUE EXHIBITION

One of the most impactful elements of the conference was the Soley Manjey Climate Dialogue Exhibition. The exhibition visually narrated the relationship between humans and nature through installations representing floods, droughts, landslides, coastal life, forests, mangroves, and traditional farming and fishing practices. Each installation conveyed stories of loss, resilience, and coexistence, allowing visitors to engage emotionally with climate realities.

The exhibition highlighted indigenous practices such as Pokkali rice cultivation, Chemmenkettu fishing systems, and the role of mangroves as natural protectors of coastlines. Symbolic displays like the Chekutty Pava dolls reflected community resilience after disasters, while other sections drew attention to plastic pollution, biodiversity loss, and the fragility of ecosystems. The exhibition reinforced the central message of Soley Manjey—that humans and the environment are not separate entities but part of a shared existence.





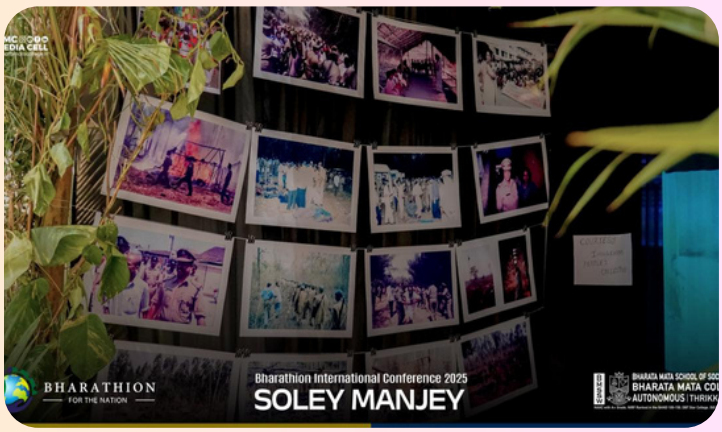
CONCLUSION: TOWARDS JUSTICE-CENTRED CLIMATE FUTURES

Bharathion International Conference 2025 concluded with a strong call for action rooted in justice, empathy, and ecological responsibility. The conference underscored the need to move beyond abstract climate debates and to centre lived experiences, indigenous knowledge, and community voices in climate responses.

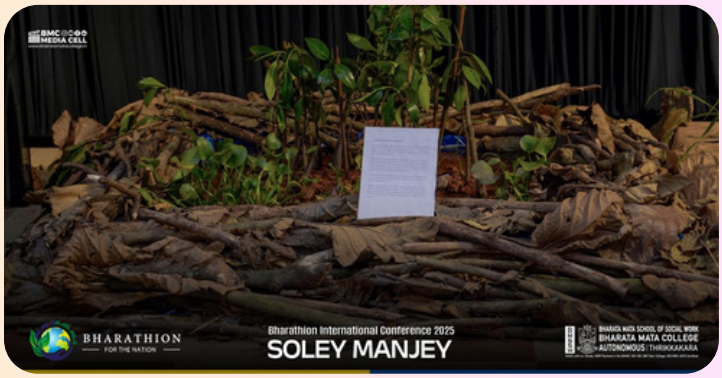
By integrating academic research with social realities, Bharathion 2025 successfully created a space for critical dialogue and collective learning. The conference reaffirmed that addressing climate change requires not only scientific innovation but also ethical commitment, social inclusion, and sustained community engagement to build a more just and sustainable future.












Bharathion International Conference 2025
SOLEY MANJEY



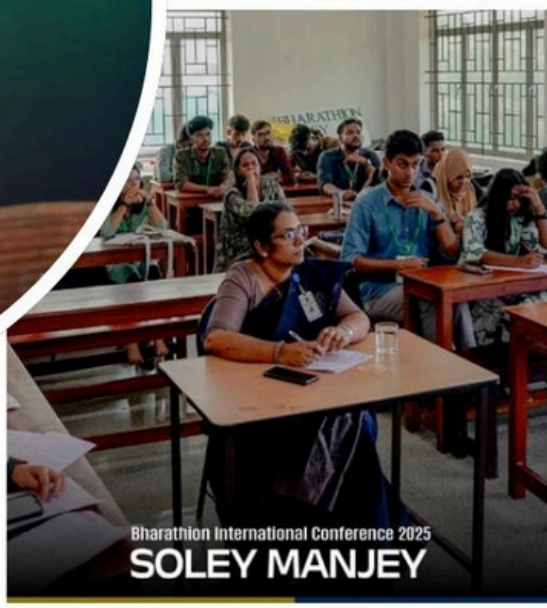

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Bharathion International Conference 2025
SOLEY MANJEY







SIGN LANGUAGE AWARENESS CLASS IN ASSOCIATION WITH DEPARTMENT OF PSYCHOLOGY

The Sign Language Awareness Class was successfully conducted by the Bharata Mata School of Social Work and the Department of Psychology in association with Samarthanam Trust for the Disabled.

The programme was facilitated by three experienced resource persons who delivered informative sessions on the basics of sign language and its practical application. They explained and demonstrated how sign language can be effectively used while working with persons with hearing impairment. The resource persons also highlighted the significance of sign language in the fields of psychology and social work, particularly in counselling, community engagement, rehabilitation, and inclusive service delivery.

Psychology students actively participated in the programme, making the session highly interactive through demonstrations, practice activities, and discussions. The programme enhanced student's awareness, sensitivity and skills related to inclusive communication and professional practice.



ABA PRINCIPLES AND BEHAVIOUR SKILL TRAINING

ABA Principles and Behaviour Skill Training workshop was conducted by Dr. Beema Clinic for Child Development at Bharat Mata School of Social Work. The session was facilitated by Dr. Beema Shaji and provided a practical orientation to Applied Behavior Analysis (ABA).

The program focused on explaining the fundamental principles of ABA, behaviour skill training techniques, and their relevance in the fields of psychology and social work. Emphasis was placed on the practical application of ABA strategies in addressing behavioral concerns among children. The program witnessed active participation from students of the Second MSW and Second BSW, making the session interactive through discussions and engagement.



PARTICIPATION IN NATIONAL CONFERENCE @RCSS

The program was organized at RCSS – Hill Campus, Kalamassery, by the Department of Social Work. Second year BSW students attended the YESummit – Kerala Edition 2025 held on 6 December 2025. The inaugural session included invocation, welcome address, lighting of the lamp, and inaugural addresses by invited speakers.

The program was open to both young and experienced individuals, and participants included people from tribal, transgender, and other marginalized communities who presented ideas aimed at the upliftment of their communities. Students also shared innovative ideas, including the use of artificial intelligence, showing how even simple concepts can create a positive impact on society.

The program featured business professionals from Kerala who delivered motivational talks and shared practical insights.Panel discussion was also held on entrepreneurship, innovation, and social responsibility. As part of the program, students were able to visit the library, which made it a truly wonderful learning opportunity.



CERTIFICATE PROGRAM ON EXCEL & POWER BI

A two-day certificate training programme on Microsoft Excel and Power BI was conducted at Bharata Mata School of Social Work, Bharata Mata College, Thrikkakara, on December 5, 2025. The programme was held in the MBA Computer Lab and led by the NeST Company training team, with around 41 students participating.

The training aimed to develop essential data-handling and analytical skills. The first day covered Excel basics such as data entry, formatting, removing duplicates, and simple data analysis. The second day focused on functions like SUM, AVERAGE, and VLOOKUP, along with hands-on activities. Students were also introduced to Pivot Tables, dashboards, and Power BI. Overall, the programme was informative and beneficial



PARTICIPATION IN GLOBAL CONCLAVE ON HEALTHY AGEING

As part of academic and field exposure, the students of BSW Batch 2025–2029 from Bharata Mata School of Social Work, Bharata Mata College, Thrikkakkara, volunteered in a two-day Healthy Ageing & Senior Care Programme held at Chittilapilly Square Auditorium. The programme commenced at 9:30 a.m. and focused on healthy ageing, senior care services, and emerging trends in the ageing sector.

The event brought together healthcare professionals, academicians, entrepreneurs, policymakers, and social work experts to discuss challenges and opportunities in senior living. On Day 1, students assisted with participant registration, guided attendees, and supported the inaugural session. Various panel discussions addressed topics such as financial security for seniors, dementia care, assisted living, legal frameworks, and career opportunities in the ageing sector.

Students also supported stage management, speaker coordination, and special sessions including award ceremonies, product demonstrations, and networking events. The volunteering experience enhanced students' practical understanding of ageing-related social work and strengthened their communication and organizational skills.



PARTICIPATION IN INTERNATIONAL CONFERENCE – EXCLUSION AND SECURITY: FROM A MULTIDISCIPLINARY OUTLOOK

On 16 December 2025, MSW 2nd Year students of Bharata Mata School of Social Work—Alen Shilson, Aakash P.R., Nikhila K.S., and Anannya Jose participated in an International Conference on "Exclusion and Security – From a Multidisciplinary Outlook" held at Holy Cross College, Kozhikode, organized by the Department of Social Work and the Department of Economics in association with the Research Cell and IQAC, where two students presented research papers, gaining valuable academic exposure.





'SAMAWAYAM'- CULTURAL PROGRAM AT DISTRICT JAIL KAKKANAD

As part of Jwala 2025, students from the Bachelor's and Master's programmes of Bharata Mata School of Social Work, along with faculty members, visited Ernakulam District Jail on 20 December 2025 from 3:30 p.m. to 4:30 p.m. The visit aimed to promote social awareness, creative expression, and positive interaction among inmates through cultural activities.

The team arrived at the jail at 3:00 p.m. and was warmly welcomed by a police officer. The programme began at 3:30 p.m., during which students presented songs, dances, mono acts, and a mime highlighting the issue of drug abuse. These performances provided entertainment while conveying meaningful social messages and encouraging reflection.

The programme concluded at 4:30 p.m. A police officer sang a song and presented a memento as a token of appreciation. After a tea break, the participants dispersed. Overall, the visit was a meaningful and enriching experience for all involved.





A DAY OF VOLUNTEERING AT KSACS

On December 20, 2025, ten Master of Social Work students from Bharata Mata School of Social Work participated in a one-day volunteering programme at the Kerala State AIDS Control Society (KSACS) BEFORE Transgender Suraksha Project in Olari, Thrissur. The students attended an orientation session that offered detailed insights into KSACS's objectives, strategies, and scope of work in HIV/AIDS prevention and control.

The session helped students understand public health interventions and the importance of inclusive services for transgender communities. In addition to the orientation, the students actively assisted the staff in charting and organizing data related to ongoing projects. The volunteering experience provided valuable field exposure and enhanced the students' understanding of social work practice in health-related community interventions.

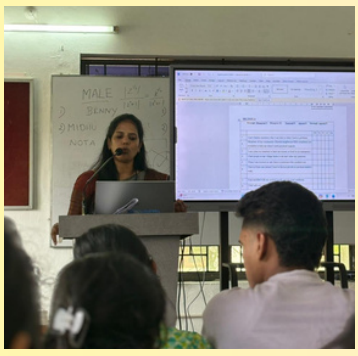


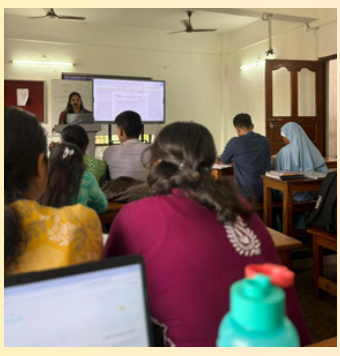
BHARATA MATA KNOWLEDGE SUMMIT 2025



As part of the Bharata Mata Knowledge Summit, students actively participated in enriching sessions focused on professional skill development and innovative thinking. MSW first- and second-year students attended a panel discussion on "Skills for the Future – New Skill Sets for the 21st Century," where experts highlighted communication, adaptability, critical thinking, digital awareness, emotional intelligence, and lifelong learning. MSW second-year students also joined a session on "Nurturing Entrepreneurship – The Roadmap for Start-ups," gaining insights into innovation, funding, sustainability, and social entrepreneurship. Additionally, BSW first- and second-year students participated in a Master Class on Design Thinking, learning creative, user-centered approaches to problem-solving applicable to social work and community development.

SPSS WORKSHOP





On 6 December 2025, Bharata Mata School of Social Work conducted a full-day SPSS workshop for MSW second-year students, commencing at 9:30 a.m.

The morning session was facilitated by Dr. Megha, Assistant professor,BMIM , introduced the fundamental concept of research and explained how SPSS serves as an essential analytical tool within the research process. She guided students through defining research problems, formulating clear objectives, understanding the stages of research, and developing appropriate research designs. A key highlight of the session was an in-depth discussion on questionnaire construction, focusing on types of questions, characteristics of effective research tools, and the importance of clarity, relevance, logical flow, and pretesting.

The afternoon session was handled by Dr. Anchu P. R., Assistant Professor, BMIM, and focused on practical data management using SPSS. Students learned data entry, variable labeling, handling missing data, and preparing datasets for accurate statistical analysis. Overall, the workshop strengthened students' research skills and enhanced their confidence in handling and analyzing research data effectively.

CHRISTMAS CELEBRATION

Bharata Mata School of Social Work joyfully celebrated Christmas with a vibrant and heartfelt event, featuring soulful cultural performances, a lively cake-cutting ceremony, and the exchange of thoughtful gifts. This joyful gathering embodies the institution's spirit of unity, gratitude, and shared values, creating a warm, festive atmosphere filled with togetherness and harmony.



PARTICIPATION IN NOVARE INTERNATIONAL CONFERENCE

Eight students from BSW Second Year attended the NOVARE 2025 International Conference held at St. Albert's College, Ernakulam, on 5th and 6th December 2025, themed "From Preparedness to Resilience: Integrating Social Work in Global Disaster Management." The conference highlighted the role of social work in disaster preparedness, response, and recovery through expert sessions and discussions.

Day 1 focused on humanitarian assistance, covering disaster response, community resilience, vulnerable populations, and emerging approaches such as artificial intelligence in disaster risk assessment. Day 2 emphasized disaster risk reduction, key disaster management concepts, institutional roles, and the disaster management cycle. The conference concluded with a panel discussion stressing awareness, preparedness, and proactive strategies, supported by major disaster case examples from India.
Overall, the conference enhanced students' understanding of disaster management and the role of social work in resilience building.

COMMUNITY PROGRAM

AN AWARENESS CLASS ON PALLIATIVE CARE

An awareness class on palliative care was conducted for NSS camp students on 31 December 2025 at Government L.P. School, Murikkumvayal, from 3:15 p.m. to 4:20 p.m. The session aimed to educate students on the importance of palliative care and its role in improving the quality of life of individuals with life-limiting illnesses. The programme was led by Ms. Khaira Shehza, a first-year MSW student from Bharata Mata College, Ernakulam, with support from her father, Mr. Mohammed Riyas, Kottayam District Consortium Secretary of Palliative Care.

The speakers explained the concept of palliative care in a simple and student-friendly manner, emphasizing its four dimensions—physical, psychological, social, and emotional or spiritual care. They highlighted how chronic illnesses affect both patients and their families, stressing the need for holistic and long-term care planning. The session was interactive, featuring discussions, real-life examples, and demonstrations, which encouraged active student participation. Overall, the programme successfully enhanced awareness of compassionate care and community responsibility.



AWARENESS CLASS ON POSTPARTUM DEPRESSION



An awareness class on Postpartum Depression was conducted at Padamugal, Olikuzhy, on 27 December 2025 at 4:00 p.m., with the aim of promoting awareness on maternal mental health among women and family members. The session was led by Ms. Fidha Fathima U.A., an MSW trainee from Bharata Mata School of Social Work.

The programme focused on explaining postpartum depression and distinguishing it from normal baby blues. Participants were informed about common symptoms such as persistent sadness, anxiety, mood swings, sleep disturbances, and difficulty in bonding with the baby. The session also addressed major risk factors including hormonal changes, lack of social support, previous mental health concerns, and family-related stress. Special emphasis was placed on the importance of early identification, professional intervention, counselling, and self-care practices for postnatal mothers. The programme was interactive, allowing participants to share experiences and clarify doubts. Overall, the session effectively increased awareness and encouraged families to provide emotional support and seek timely professional help.

MENTAL HEALTH AWARENESS PROGRAMME





A Mental Health Awareness Programme was conducted on 27 December at St. Mary's Church, Chengannoor, with the objective of promoting awareness and a positive understanding of mental health among community members. The session was attended by 54 participants aged between 15 and 75 years, and the content was designed to suit all age groups. The programme was led by Ann Mary Abraham, MSW first-year student from Bharata Mata College. The session emphasized the importance of mental health as a vital component of overall well-being and discussed various factors affecting mental health, including personal challenges, family issues, academic and work-related stress, peer pressure, and societal expectations. Special focus was given to addressing stigma and correcting common misconceptions related to mental health. The importance of early identification and seeking professional support was highlighted.

Healthy coping strategies such as stress management, emotional regulation, self-care, and building supportive relationships were also discussed. Overall, the programme successfully enhanced awareness, reduced stigma, and promoted positive attitudes toward mental health within the community.

LIBRARY FORMATION PROGRAMME

A Library Formation Programme was successfully conducted on 28 December 2025 at Manmmathan Paly UNNATHI, Kallumukku, Wayanad, from 7:00 PM to 8:30 PM with the objective of promoting reading habits and supporting the education of tribal students. The programme was attended by 25 tribal students along with their parents. A total of 50 books were collected in advance, and the library was officially formed on the same day. The programme began with an inaugural address by UNNATHI Moopan Sri. Ganapathi, who highlighted the importance of education and community responsibility. This was followed by a talk by Ms. Nisha TB on the value of libraries and reading. Students actively interacted with the books and showcased cultural performances. Cake distribution and carol songs added joy, concluding the programme meaningfully.

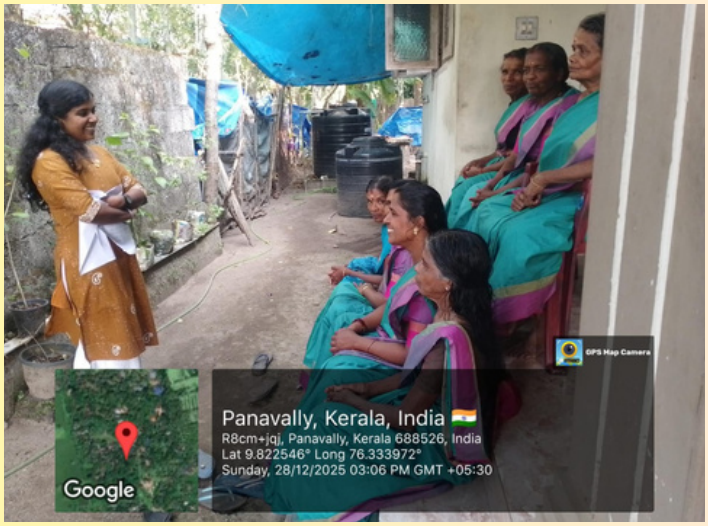


AN AWARENESS CLASS ON CARCINOGENS

An Awareness Class on Carcinogens was conducted on 28 December 2025 at Irumalappady, Nellukuzhi, at 5:30 pm. The programme was organized by Shereefa Mol KR, MSW trainee from Bharatha Mata School of Social Work, with the objective of creating awareness about carcinogens and their health risks, especially among people exposed to furniture-related chemicals. The session focused on explaining cancer, sources of carcinogens, and the dangers of long-term exposure to substances used in plywood, paints, foam, and adhesives. Special emphasis was given to safe practices such as proper ventilation and protective measures in furniture workshops. An interactive discussion allowed participants to share experiences and clarify doubts. The programme successfully improved awareness and encouraged healthier and safer work practices within the community.



LIFE SKILLS DEVELOPMENT AWARENESS CLASS



A Life Skills Development Awareness Class was conducted at Valummel, Panavally, Kerala, from 2:00 PM to 4:30 PM for children and mothers from the fishermen community. The programme was organised and facilitated by Abhisha B, MSW trainee from Bharata Mata School of Social Work, Bharata Mata College, Thrikkakara, with the support of the Department of Fisheries and the Kudumbashree unit under the Fisheries Department. A total of 34 participants attended. The session focused on life skills such as self-awareness, communication, decision-making, problem-solving, and coping skills through interactive discussions. The programme successfully created awareness and promoted community development through practical social work intervention

ENTE NAADU JANAKEEYA KOOTAYIMA' – SOCIAL AUDIT BY BHARATA MATA COLLEGE

The Social Audit of Ente Naadu Janakeeya Kootayima, functioning under the Kothamangalam Municipality, was successfully completed by the Department of Social Work, Bharata Mata College (Autonomous), Thrikkakara.

The one-month-long audit focused on evaluating the impact, usefulness, and reach of the various programs implemented by Ente Naadu. The process saw the active involvement of faculty members and student volunteers, ensuring a participatory and effective assessment of the initiative.


പത്ത് വർഷം പിന്നിട്ട കോതമംഗലത്തെ എന്റെ വീട് ജനകീയ കൂട്ടായ്മയുടെ സോഷ്യൽ ഓഡിറ്റ് റിപ്പോർട്ട് കൊച്ചിയിൽ കോൺഗ്രസ് പ്രവർത്തക സമിതി അംഗം രമേശ് ചെന്നിത്തല പ്രകാശനം ചെയ്യുന്നു. സി.പി.ജോൺ, ടി.ജെ.വിനോദ് എംഎൽഎ, ഷിബു തെക്കുംപുറം, മോൻസ് ജോസഫ് എംഎൽഎ, കെ.എം.കുര്യാക്കോസ്, ഷീന രാജൻ ഫിലിപ്പ്, ബിജി ഷിബു, ഷെറിൻ വർഗീസ് എന്നിവർ. സമീപം. ചിത്രം● മനോരമ

'എന്റെ നാട്' സോഷ്യൽ ഓഡിറ്റ് റിപ്പോർട്ട് പ്രകാശനം ചെയ്തു

ACHIEVEMENTS

We are delighted to announce that Dr. Sheena Rajan Philip, Assistant Professor in the Department of Social Work at Bharata Mata College (Autonomous), Thrikkakara, has successfully published two significant patents titled “Student Anxiety Monitoring Seat” and “Survivor Trauma Monitoring Device.” These innovative contributions reflect her commitment to integrating technology with social work practice to address critical mental health and trauma-related concerns.

The patents highlight her dedication to research, innovation, and the development of practical solutions that can enhance student well-being and survivor care. Dr. Sheena’s achievement is a matter of great pride for the institution and serves as an inspiration to the academic community. We extend our heartfelt congratulations to her on this remarkable milestone and wish her continued success in her future research endeavors.







BHARATA MATA COLLEGE
(AUTONOMOUS)

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