Empowering Minds, Transforming Lives...

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

"THE COMMUNIQUE"

NEWS LETTER OF BHARATA MATA SCHOOL OF SOCIAL WORK

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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.

BSW SUMMER INTERNSHIP



Sevasadanam, located at Sree Keralavarma College Road, Thrissur, has been serving as a home for destitute girls since 1940, offering food, accommodation, healthcare, and quality education to girls aged 5 to 18. The institution is managed by a qualified team including Manager Mrs. Renju and Social Worker Mrs. Anyna, supported by caretakers and staff. Children are encouraged to participate in extracurricular activities and have achieved recognition in state and national-level competitions. During the internship day, engaging sessions such as crafts, debates, and an awareness class on social and health issues were conducted, providing a meaningful and educational experience.



Malavika S. and Karthik T. S., Bachelor of Social Work students from Bharata Mata College, successfully completed a 21-day internship at Gandhi Bhavan, Sharanalayam, Kareepra. The internship provided valuable exposure to the operations of a residential care home for the elderly and mentally challenged. Active participation included caregiving tasks, assisting in therapeutic and rehabilitation activities,

welcoming guests, and serving meals. Recreational activities such as games, songs, and dances were organized to engage residents. Meaningful interactions with residents deepened understanding of their emotional and psychological needs. The commitment and compassion demonstrated by the staff served as a strong model of social work practice, enhancing professional skills and empathy toward vulnerable populations.



Diya C. Dinu, a BSW student from Bharata Mata School of Social Work, successfully completed a 21-day summer internship at Mariyasadanam, a psychosocial rehabilitation center. The internship provided valuable exposure to institutional operations, staff coordination, and therapeutic engagement with residents, including individuals with mental retardation, schizophrenia, bipolar disorder, and elderly care needs. A highlight of the experience was organizing a Schizophrenia Day program, which featured handmade cards, flowers, and joyful interactions. Collaborative planning alongside interns from Rajagiri College, Hindustan College, SRM University, St. Joseph's University, and MG University added depth and significance to the experience, making it both impactful and memorable.



Jayalakshmi Jayesh, a social work trainee, successfully completed a 20-day individual internship at Karunalayam, Thrikkakara—an institution dedicated to the care of elderly destitute individuals and women with mental health challenges. The internship involved active participation in caregiving, emotional support, hygiene assistance, documentation, and organizing personal spaces for residents. One-on-one interactions with residents provided insights into their personal experiences and needs. The experience offered practical exposure to institutional care, emphasized the importance of empathy in social work practice, and reinforced a commitment to serving vulnerable populations with compassion and dignity.



A 20-day summer internship was completed at Arike Palliative Care, Palarivattom, Kochi, by Bachelor of Social Work students Alfina Shaibu, Sarah Prince, Siyona Felix, and Salman N. Arike, a non-governmental organization, offers both free and paid home-based palliative care services to terminally ill and bedridden patients. The internship provided exposure to the interdisciplinary nature of palliative care and its emotional depth. Activities included data entry, patient follow-ups, homecare visits, community outreach, interdepartmental coordination, and event planning. The team organized a Nurses Day program and a healthcare awareness session for high school students. A visit to Udbodh NGO offered further insight into dementia care. The experience highlighted the critical role of social workers in holistic healthcare and emphasized the compassion and collaboration required in palliative service delivery.



BSW students Alex Unni and Mariam Anna Sajan undertook a 20-day internship at Bethlehem Geriatric Center, located in Painumkalpara, Mulanthuruthy, Ernakulam, a facility dedicated to the care and rehabilitation of elderly individuals with physical and mental disabilities. The internship provided practical exposure to key aspects of geriatric care, including assisting bedridden patients, observing medical protocols, and participating in daily caregiving routines. Classroom concepts such as empathic listening, active engagement, and social interaction were integrated into practice. Close observation of the staff and institutional operations offered deeper understanding of the emotional, physical, and psychological challenges faced by the elderly. The experience fostered a more professional and compassionate approach toward aging and highlighted the importance of social responsibility in elder care. Overall, the internship strengthened awareness and readiness for roles in healthcare and social service sectors.



Fathima Nazrin and Shradha S, BSW students (Batch 2024–2028), attended an internship orientation program at The Bluepoint Organization, Thrikkakara, conducted in collaboration with the Juvenile Justice Board (JJB). The session offered a detailed introduction to two key government initiatives —Kaval and Kaval Plus—implemented by the organization. Resource persons elaborated on the objectives, structure, and community impact of both projects, emphasizing their significance in juvenile justice and child protection. The orientation also shed light on the collaborative role of the JJB in ensuring the successful execution of these interventions. This session enhanced the students' understanding of field-level practices and strengthened their awareness of government-supported programs addressing the needs of vulnerable children and youth within the community.



Shreya Carmel and Parvathy Sunilkumar completed a 20-day summer internship at Don Bosco Welfare Centre Society, Palluruthy, Ernakulam, a prominent non-governmental, non-profit organization committed to the rehabilitation of underprivileged and at-risk children in Cochin, Kerala. Shreya was assigned to Sneha Bhavan, a family-like shelter for boys under 13 rescued from the streets, while Parvathy was placed at Don Bosco Boys Home, which provides education for older boys who have undergone initial rehabilitation. During the internship period, both contributed to the successful planning and execution of 'MELA 2K25,' a

vibrant summer camp that included educational sessions, physical activities, games, and a prize distribution ceremony. The experience offered practical exposure to child-centered rehabilitation and community-based social work.

Megha Mathew (BSW), from Bharata Mata College, School of Social Work, completed a 20-day summer internship (07/05/2025–26/05/2025) at Balika Mandiram, Perumbavoor—an institution dedicated to empowering underprivileged girls through free education and career support. The internship involved full-time residential participation, enabling active engagement in daily routines and academic support for students in Classes 11 and 12. Responsibilities included teaching, assisting with cleaning and kitchen duties, and supporting staff in various tasks. Close interaction with children fostered trust and emotional bonding, promoting holistic guidance. Additional involvement with office and kitchen staff provided broader institutional understanding. The experience offered valuable exposure to the realities of institutional care and significantly contributed to personal and professional development in the field of social work.



A 21-day internship at an old age home provided a meaningful and enriching experience. The time was spent listening to residents' life stories, engaging them in indoor games, and facilitating interactive activities that fostered emotional connection. Holding hands during conversations reflected their warmth and need for companionship. The experience highlighted the importance of patience, compassion, and attentive care. With the field incharge occupied, the social worker took complete responsibility for guidance and support.
Involvement included organizing small activities, conducting an awareness session, and participating in a memorable trip sponsored by IHNA Australia. The internship fostered both professional and personal growth.

Ashiya Nasreen K.A completed a 20-day internship at Bahjah Omani Orphans Society, a non-profit organization dedicated to enhancing the welfare of orphaned children across Oman. The internship involved assisting with documentation, coordinating internal programs, and supporting staff in day-to-day organizational activities. Exposure to administrative operations and interactions with beneficiaries provided valuable practical experience. Observation, empathetic listening, and communication skills were strengthened through active participation. The internship offered insight into the significance of social services in promoting community well-being and highlighted the operational aspects of charitable institutions. This experience greatly contributed to both professional and personal development, reinforcing a strong sense of social responsibility and offering a deeper understanding of the impactful role of social work in institutional settings.



Midhun Alias completed a social work internship at Guardian Angel Peace Mission Centre, an organization focused on geriatric care. Alongside fellow trainees Nayana (MSW) and Abhirami (BSW graduate), support was provided in daily activities that enhanced residents' physical and emotional well-being. Participation in morning doctor rounds, encouraging residents to engage socially, and organizing indoor games, breathing exercises, and storytelling sessions helped foster interaction and joy among the elderly. A brochure was developed to inform visitors and families about the Centre's services, enhancing community awareness. A fingerprint painting created with the inmates symbolized unity and individuality. The experience offered meaningful exposure to institutional care and emphasized the importance of empathy, creativity, and active engagement in elder support services.



Bensil K Babu, Sharon Joy Joseph, and Ashlin Maria completed a 21-day internship at Christu Raja Beggar Home, Kakkad, gaining hands-on experience in social work practice. Initial days were spent understanding the organizational structure and building rapport with the residents. Engagement activities included games, mind games, and interactive sessions to foster connection. Workshops and awareness classes were conducted on topics such as drug and alcohol abuse, mental health, hygiene, and self-care, along with short film presentations. Small individual counseling sessions were held with selected inmates for deeper understanding of behavioral patterns. Group work, case work, and Individual Care Plans (ICP) were implemented. Study sessions on psychological disorders further enriched the learning experience, offering meaningful exposure to real-world social work settings.

Adithyan Anilkumar successfully completed 20 days internship at Maher Ashram, an elderly care home, gaining hands-on experience in assisting and supporting senior residents. Responsibilities included aiding with personal hygiene, meal preparation and distribution, and medication management. Active participation in planning and facilitating recreational activities such as music sessions, games, and engaging conversations promoted social interaction and emotional well-being among residents. Close collaboration with both the elderly and professional caregivers provided valuable insight into the physical, emotional, and psychological challenges of aging. The experience enhanced interpersonal skills, patience, and the ability to work under

pressure. The internship fostered a deep appreciation for caregiving professions and instilled a strong sense of responsibility, empathy, and respect toward the elderly, making it a rewarding and transformative experience.

Samson Saji completed 21-days summer internship at Pelican Centre, Kuliyettikara, Kanjiramattom, a psycho-social rehabilitation centre. As the sole intern, there was an opportunity to closely observe and understand the challenges faced by individuals with mental health issues. Key responsibilities included taking clients' case histories, identifying their concerns, engaging in voluntary work, and assisting in daily care routines. Support was also provided in serving food to residents, fostering a sense of connection and empathy. The internship offered valuable insights into client-centered care and significantly deepened interest in the field of social work, making it a meaningful and educational experience.



As part of internship, Anamika Vineeth worked at Santhwanam Charitable Trust, Kottayam—an institution dedicated to the care of elderly destitute individuals and women with mental health challenges. The internship involved active participation in caregiving, emotional support, hygiene assistance, documentation, organizing personal spaces, and making necessary arrangements for residents. One-on-one interactions were conducted to better understand the personal experiences and needs of the residents. This enriching experience provided practical exposure to institutional care, emphasized the importance of empathy in social work, and reinforced a strong commitment to serving vulnerable populations with compassion and sensitivity.

Benson Joy successfully completed his BSW internship at VSSCRD, Angamaly, from the 6th to the 30th. During this period, active participation took place in various activities such as home visits, awareness classes, office assistance, and observing the role of social workers in supporting individuals in need. Visits to different communities provided insight into the impact of social issues on daily life. Involvement also included organizing small events and preparing daily reports. The internship offered valuable lessons in respectful communication, active listening, teamwork, proper record-keeping, and time management. With continuous guidance and feedback from the supervisor, the experience fostered personal growth, responsibility, confidence, and a deeper commitment to the social work profession.

Eldho Wilson completed his internship at Bethsada Destitute Home, where close engagement with residents offered a deeper and more personal understanding of real-life experiences and emotions. The internship experience extended beyond the application of academic knowledge, emphasizing learning through genuine human connection. Confidence in communication improved, along with the development of greater empathy and adaptability guided by care and awareness. Each day highlighted the importance of patience, the value of small progress, and the impact of presence and support. The journey provided opportunities for self-discovery, personal reflection, and recognition of inner strengths. This internship served as a meaningful step forward in the path toward compassionate social work.



The social work trainee, C H Ibrahim, completed a BSW summer internship at Welfare Services Ernakulam (Sahrudaya) from May 5 to June 5. Key responsibilities included maintaining NGO registers, verifying beneficiary documents, assisting in skill development training, and conducting digital literacy sessions. The trainee also visited health facilities such as the physiotherapy unit and Marivillu Clinics. Active participation in coordinating community programs enabled meaningful engagement with marginalized groups, including the transgender and elderly communities. Through these experiences, the trainee gained practical insights into the functioning of NGOs, legal procedures, and inclusive development approaches. The internship served as a valuable platform to apply theoretical knowledge in real-life settings and further strengthened the trainee's commitment to the principles and practices of social work.

MSW SUMMER INTERNSHIP



Alen Shilson, MSW trainee from Bharata Mata School of Social Work, completed a 20-day summer internship at Aashrayam Rural Development Society, Palakkad. Alongside trainees from Don Bosco College, Kottiyam, Holy Cross Institute of Management and Technology, Kozhikode, and Vimala College (Autonomous), Thrissur, he organized summer camps, conducted PRA and surveys, performed a street play on environmental conservation, led a seed ball throwing initiative in Nariparakunnu, and took part in a plastic clean-up drive at Seetharkundu Waterfalls.



As part of a 20-day fieldwork internship, social work trainees Deena Davis and Angel were placed with the Society for Nutrition, Education and Health Action (SNEHA) under the Maternal and Child Health (MCH) Programme in Bhiwandi. During the internship, the social work trainees actively participated in a range of community-based interventions aimed at enhancing maternal and child health outcomes in vulnerable urban settlements. Key activities included conducting home visits for antenatal and postnatal care, monitoring child nutrition and growth at Anganwadi Centres, and taking part in awareness sessions on family planning, menstrual hygiene, and non-communicable diseases. Social work trainees also observed the implementation of various government schemes related to health and welfare-

such as the Janani Suraksha Yojana and contributed to tracking cases of Moderate and Severe Acute Malnutrition. Additionally, we attended a KRA (Key Result Area) meeting, which provided us with valuable insights into the overall programme implementation and strategic goals of SNEHA. Social Work trainees were also given the opportunity to attend training sessions organized for Program Officers (POs) and Community Organizers (COs), which deepened their understanding of field-level coordination and capacity building. As part of our academic engagement, we presented a paper on the role of volunteers in community-based organizations, highlighting their vital contribution to sustainable health interventions.



As part of our international internship at The Cerebral Palsy Children's Association of Penang, Malaysia, we Anannya Jose, Fathimathu Sharafiya, and Honey K Prahalad had an opportunity to work closely with children diagnosed with cerebral palsy. Our responsibilities included assisting with therapy sessions, supporting children in their daily routines, and helping them develop essential motor skills. We also facilitated play and recreational activities, contributing to their overall development and well-being. This experience not only helped us to get deeper understanding of disability care but also allowed us to build meaningful connections, enhancing both our professional skills and personal growth.



The summer internship for the month of May was undertaken by four trainees: Arundhathi Regi, Dona Stephen, Nikhila K S, and Athulya Unnikrishnan, at Don Bosco Welfare Centre Society. The internship commenced with an orientation session that provided the trainees with an overview of the organization, its mission, and the various activities and initiatives it undertakes. Following the orientation, the trainees were allotted to different centres under the organization, namely: Snehabhavan, Boys Home, Valsalyabhavan, and Valsalyabhavan Annexe.The primary objective of the internship was to educate and support vulnerable children residing in these institutions. As part of their responsibilities, the trainees actively participated in life skills education and took initiatives to build essential skills among the children. Various developmental activities were organized to enhance the children's social, emotional, and cognitive abilities.Trainees had the opportunity to interact closely with the children. These interactions helped in building rapport and gaining a deeper understanding of the children's vulnerabilities and lived experiences.Trainees also assisted in several programmes organized by the Department of Childline. They also participated in a skill development session conducted by the head of a national-level institution.The children in these institutions fall under the category of CNCP (Children in Need of Care and Protection) and are protected under the guidelines of the Child Welfare Committee (CWC) and related laws.

Social work trainees of Bharata Mata School of Social work including Aswin Prasad, Anitha Abraham, Jiss Benny, Alen Raju, and Adhithyan K.S gained valuable experience at Sevagram Avedhana Bhavan Hospice a palliative care organization.The major activities included organizing cultural events, accompanying patients on park visits and providing clinical and psychological support under nursing staff guidance and supervision. These experiences promoted social interaction, reduced stress and enhanced patient well-being. We learned that cultural activities and human connections play a vital role in palliative care and the internship deepened our appreciation for holistic care and its impact on patient's lives.



As part of the summer internship program, Nandana V S and Navya Saji were placed at Rajagiri outREACH, a well-known organization involved in various community development initiatives. During the internship, the interns had the opportunity to observe and participate in several projects run by the agency, including Suraksha, Kaval, Social Impact Assessment (SIA), and Women Entrepreneurship etc. These projects focus on areas such as child protection, social research, women empowerment, and community development. Interns also took part in a summer camp organized for children, where they assisted in various activities and interacted with the participants. Interns also involved in the SIA public hearing, contributing by helping with the registration process. The internship proved to be a valuable and enriching experience, offering the interns practical exposure to the field of social work. It will help to improved their skills in organizing, coordinating, and understanding community needs. Overall, this internship at Rajagiri outREACH allowed the interns to explore multiple dimensions of social work practice.

Hima Krishnan K P and Emy Mary George successfully completed a 20-day summer internship starting from 01/05/2025 at SOS Children's Village, an international NGO focused on the holistic development of parentless children. The organization provides Family Like Care, with 15 houses where each mother cares for 8–9 children in a family setting. The trainees conducted remedial tuition in English, Malayalam, and Maths, and organized a personal hygiene awareness session. They also facilitated educational games and activities to promote overall development. Additionally, they participated in a community sports meet and assisted with office tasks like uploading children's details, banking support, and admission data entry.



During the summer internship at Quilon Social Service Society (QSSS), Kollam, the intern gained valuable exposure to community development programs, grassroots-level initiatives, and the functioning and challenges of an NGO for social development. QSSS is a well-known nongovernmental organization that implements a wide range of development projects focused on marginalized groups.
During the internship, the intern conducted personality development sessions for CNCP children, first aid and emergency procedures training for SHG members, and life skills training for adolescents, all of which contributed to improved communication, facilitation, and program planning skills. The intern participated in the palliative care outreach initiatives of QSSS and led drug awareness sessions, allowing for the application of

theoretical knowledge in practical contexts and the establishment of rapport with varied populations. Also, visited the Vimukti De-addiction Centre, DCPO, JJB, Children's Home, Suraksha, Darsan Foundation, centres for autistic children, and a candle-making unit run by paralyzed women. These visits provided insights into the functioning of various institutions, deepened understanding of diverse populations and their distinct needs, identified different forms of people-centred initiatives for them, and strengthened the awareness of the importance of vulnerable populations and specialized, timely, and inclusive services for them in society. As a social work trainee, the 20-day summer internship provided me with an in-depth understanding of the types of interventions that can be effectively implemented in the communities that align with the best interests of the participants and address the specific needs of the target population.





ACADEMIC REFLECTIONS

Sickle Cell Anemia in Attappadi: A Genetic Shadow Over a Vibrant Culture

Tucked away in the hills of Kerala lies Attappadi, the state's only tribal taluk—a land rich in tradition, forests, and community spirit. Home to three major tribal groups—the Irula, Muduga, and Kurumba—this region consists of 192 tribal hamlets where people live closely with nature, preserving their ancestral ways of life. But beneath this scenic beauty and cultural richness, a silent health crisis is brewing. One that doesn't make headlines every day, but deeply affects lives: sickle cell anemia. A Silent, Inherited Enemy During field visits to health centres across Attappadi and conversations with healthcare workers, a recurring concern echoed through every corridor: the widespread presence of sickle cell disease among the tribal population. Sickle cell anemia is not like other illnesses. It's a genetic disorder—passed from parents to children—where red blood cells change shape, turning from their usual round, flexible form into rigid, sickle-like shapes. These malformed cells block blood flow, causing excruciating pain, organ damage, and fatigue. A study by researchers Feroze M and K.P. Aravindan (Sickle Cell Disease among Tribals of Attappadi) revealed that all three major tribes in Attappadi show a high prevalence of the sickle cell gene. This makes the disease not just a medical condition, but a generational burden. Nowhere is the impact more heartbreaking than in maternal and child health. Pregnant women with sickle cell anemia face higher risks of complications, miscarriages, and low birth weight in babies. At the ICDS office in Agali, the CDPO (Child Development Project Officer) shared a hopeful initiative: through Anganwadi's, special millet-based nutritious and therapeutic food is given to high-risk pregnant women—especially those with sickle cell disease or those who are underweight. It's a small but crucial step to protect the next generation before they're even born. Breaking the Cycle: Awareness and Access as Lifelines Sickle cell disease can't be eradicated easily—it's inherited. But it can be prevented and managed. And that begins with education and awareness. One of the root causes contributing to the spread of this condition is consanguineous marriage—marriage within close relatives—which is still common in many tribal communities. To address this, we must go beyond medical treatment and offer genetic counselling services, so families can make informed choices.

But access is key. These services need to reach the interiors of Attappadi, where roads may be rough, but the people are resilient.

Preserving a People, Not Just Treating a Disease

Tribal communities are more than just statistics or vulnerable populations. They are living archives of ancient wisdom, language, and harmony with nature. Their health is our shared responsibility. If we want to preserve these cultures, we must first protect their people—from preventable diseases like sickle cell anemia that threaten not only lives but legacies. Tribal communities are the custodians of unique traditions, languages, and cultures. Their health and well-being must be prioritized not just as a medical obligation but as a moral and social responsibility.



Anjali A. S
Second Year MSW

UNDERSTANDING CEREBRAL PALSY AND THE ROLE OF SOCIAL WORK IN SUPPORTING INDIVIDUALS WITH DISABILITIES

A person can become disabled at any point in their life, and among the many problems that fall under this category, cerebral palsy is one of the most prevalent neurological conditions that affect children. It is frequently seen as a birth defect since it typically arises from the abnormalities in the development of the brain prior to during or soon after birth. In many cultures, people with disabilities are often marginalized on social, economic and cultural levels and they make up the largest minority population in the world.

Ross and Deverrell (2010) defined "Cerebral palsy as a group of disorders affecting movement and posture, leading to activity limitations due to non-progressive disturbances in the developing infant brain. Though the brain damage is non-progressive, the effects can be lifelong and vary widely among individuals."

In Malaysia, one of the most vulnerable minority groups is people with disabilities (PWDs). As of December 2012, 359,203 people with disabilities were registered with the Department of Social Welfare; many of them encounter obstacles in their pursuit of social inclusion, work, education, and healthcare.

Cerebral Palsy is classified into four based on the muscle control and movement. The most prevalent type of CP is spastic, which results in jerky, tight muscles. Athetoid CP is characterized by erratic, uncontrollable movements. The rarest kind of CP is ataxic CP, causes unstable movements by impairing balance and coordination. Mixed CP causes a variety of motor problems by combining symptoms of several categories, most commonly seen is spastic.

The role of social workers in supporting individuals with intellectual and developmental disabilities (IDD)

For people with cerebral palsy and other intellectual and developmental disabilities, social workers are essential in improving their quality of life. They battle stigma, encourage inclusion, support equal access to resources and enable people to advocate for themselves. Social workers provide continuing support and create individualized care plans, coordinate services and link the people to community resources by evaluating each person's particular strengths and problems. Along with offering education and fostering the development of solid support networks, they also help families deal with logistical, emotional and financial challenges. Social workers make sure that care is comprehensive, well- coordinated and focused on the needs of the individuals by -



Honey K. Prahalad
Second Year MSW

collaborating closely with physicians, therapists, educators and other professionals

Like many disabilities cerebral palsy causes difficulties that last lifetime. People with CP can have happy, purposeful lives if the proper support networks are in place. Social workers play a crucial role in this process by providing individuals and their families with advocacy, individualized care, and both practical and emotional support. Their work is crucial to advancing equality, inclusion and dignity for individuals with disabilities in Malaysia and gobally.

BHARATA MATA COLLEGE (AUTONOMOUS)

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