

2019

Skill Development Workshop

Dr. Mohan A K
Associate Professor and Head
Department of Social Work, Central University of Kerala



TABLE OF CONTENTS

INTRODUCTION.....	1-2
PROGRAMME SCHEDULE	3-5
WORKSHOP DAY 1.....	6-7
SESSION 1.1 – ORIENTATION TALK	6
SESSION 1.2 – KNOW OTHER’S BETTER.....	6
SESSION 1.3 – EVALUATION	7
WORKSHOP DAY 2.....	7-9
SESSION 2.1 – ENERGISER	7
SESSION 2.2 – TEAM BUILDING.....	7-8
SESSION 2.3 – BASIC NECESSITIES OF STREET PLAY	8-9
WORKSHOP DAY 3.....	9-10
SESSION 3.1 – KNOW YOUR INSIGHT	9
SESSION 3.2 – OBSERVE & REFLECT	9
SESSION 3.3 – SCRIPT WRITING	9-10
WORKSHOP DAY 4.....	10-11
SESSION 4.1 – FLASH MOB.....	10
SESSION 4.2 – STREET PLAY IN SOCIAL WORK	10
SESSION 4.3 – VOICE MODULATION, MUSIC	10
SESSION 4.4 – SKIT	10-11

WORKSHOP DAY 5..... 11

SESSION 5.1 – SCRIPT WRITING 10

SESSION 5.2 – REHEARSAL STREET PLAY 10

WORKSHOP DAY 6..... 11-12

SESSION 6.1 – REHEARSAL..... 11

SESSION 6.2 – PRESENTATION OF STREET PLAY 11-12

SESSION 6.2 – EVALUATION AND VALEDICTORY 12

Introduction

The department of social work, Central University of Kerala was established in the year 2012, with a lofty vision of social change through academically excellent social work practitioners. The department has been observing this vision right from the days of its inception and has been giving rigorous training to the students; ranging from academic excellence to skill development. The potential social workers admitted to the department undergo a one-week skill development workshop every year to get acquainted with the tools, techniques, and skills required in social work practice.

Skill Development Workshop:

Skill development is the process of identifying an individual's skill gap, developing and perfecting their skills. It is an important process, that determines the ability to achieve the tasks with success. Even if the raw materials are plenty, if the working skill is not present there will be no use of the raw materials. Likewise, without the right tools, cannot make productive stuff. It's the same with goal achievement, skills are the tools for the goal achievement. An individual will need the right skills at the right quantity for building goal. Without the right skills, individual will frustrate themselves, waste time, and

spend a lot of time dealing with basic level issues caused by the lack of skills, as opposed to progressing in the goal.

In most of the professional courses, skill development is neglected, firstly people are impressed by what friends have accomplished, without understanding what others have gone through to get there. We see only their victory, not the toiling behind the victory. Secondly, individuals are heavily critical. We see how successful others are and conclude that you yourself cannot achieve it.

Skill development is where we turn from beginner to novice, to intermediate, to senior, to expert.

Objectives

- To get acquainted with each other and consequently build a we-feeling towards the sense of a group feeling.
- To know oneself better and become aware of the immense potential he/she has so that a self-perception would develop towards the development of a better personality.
- To discover talents that are hidden within the individual through tasks and programmes so that such talents could be put to efficient use while practicing social work.

- To enable the candidates to develop communication skills. The candidates are expected to gain in the areas of public speaking, verbal and nonverbal communication and stage confidence.
- Teamwork is considered as one of the important aspects of social work in the era of the multidisciplinary approach. The workshop aims at inculcating the spirit of teamwork in the candidates by assigning group tasks and other activities that require cooperating and coordinating with other participants.
- Making the right choices at the face of contingencies and crises is the face mark of social work practitioners. The workshop aims at inculcating the character of appropriate decision making among the practitioners through simulations and psychoanalytic tools.
- A social worker is a leader who is able to influence the community at large and organize them towards the cause of common good. The workshop aims at making the participants realize the need and importance of being a good leader. The leadership qualities of the participants are to be discovered and nurtured.
- A theatre is an important tool that could capture the minds of the viewers and initiate social change. The workshop shall train the participants in the basic theatre skills so that they could put these skills into efficient use to capture the attention of the community members and bring about social change.

Programme Schedule

Date	Time	Session/ Activities	Incharge	Assistance / Reporting
16.07.2019	10.00 am to 11.00 am	Inauguration		Jayachandran Ph.D. Scholar
	11.00 am to 12.00 am	Orientation to Central University of Kerala/ Dpt. of Social Work	Dr. Dilip Diwakar G Asst. Professor Dpt. of Social Work Central University of Kerala	
		Theory Components of Social Work –A brief overview	Dr. Laxmi Asst. Professor Dpt. of Social Work Central University of Kerala	
		Practical Components of Social Work- A brief overview	Dr. Jilly John Dpt. of Social Work Central University of Kerala	
	12.00noon to 1.00 pm	Know others Better	Dr. Mohan AK Head of the Department Dpt. of Social Work Central University of Kerala	Prakasha Amin & Swasthik Ph.D. Scholars
	1.00 pm to 2.00pm	Lunch Break		
	2.00 pm to 4.30 pm	Know others Better		
	4.30 pm to 5.00 pm	Evaluation		
17.07.2019	10.00am to 11.00 am	Energiser	Swasthik Ph.D. Scholar	Andria John
	11.00am to 1.00 pm	Team Building	Prakasha Amin Ph.D. Scholar	
	1.00 pm to 2.00 pm	Lunch Break		
	2.00 pm to 4.30 pm	Basic Necessities for Street Play <ul style="list-style-type: none"> • Postures & gestures • Costumes & Props • Stage etiquettes 	Swasthik Ph.D. Scholar	Aneesh Ph.D. Scholar `

	4.30pm To 5.00 pm	Evaluation	Dr. Laxmi Asst. Professor Dpt. of Social Work Central University of Kerala	Prakasha Amin & Swasthik Ph.D. Scholars
--	-------------------------	------------	----------------------------------------------------------------------------------------	-----------------------------------------------------

18.07.2019	10.00am to 11.00 am	Energiser	Prakasha Amin Ph.D. Scholar	Anoop Choolayil Ph.D. Scholar
	11.00 am to 1.00pm	Know your Insight – A Key for Positive Thinking		
	1.00 pm to 2.00 pm	Lunch Break		
	2.00 pm to 3.00pm	Observe & Recollect	Swasthik Ph.D. Scholar	Visakh Ph.D. Scholar
	4.30 pm	Script writing		
	4.30 pm to 5.00 pm	Evaluation	Dr. Dilip Diwakar G Asst. Professor Dpt. of Social Work Central University of Kerala	Prakasha Amin & Swasthik Ph.D. Scholars
19.07.2019	10.00 am to 11.30 am	Out of the Box -		Austin Sinesh Das Ph.D. Scholar
	11.30 am to 1.00 pm	Street play in Social work	Prakasha Amin Ph.D. Scholar	
	1.00 pm to 2.00 pm	Lunch Break		
	2.00 pm to 4.30 pm	Voice Modulation Music/ Songs	Swasthik Ph.D. Scholar	Akhila Sivan Ph.D. Scholar
		Composing songs for Street Play		
4.30 pm to 5.00 pm	Evaluation	Dr. Mohan AK HoD Dpt. of Social Work	Prakasha Amin & Swasthik Ph.D. Scholars	

			Central University of Kerala	
--	--	--	------------------------------	--

22.07.2018	10.00 am to 11.00 am	Theatre exercise	Swasthik Ph.D. Scholar	Indu Nair Ph.D. Scholars
	11.00 am to 12.00noon	Act Out (participants need to perform Skit on Given topic)	Swasthik Ph.D. Scholar	
	12.00noon to 1.00pm	Street Play Performance	II MSW Students Department of Social Work Central University of Kerala	
	1.00am to 2.00 pm	Lunch Break		
	2.00 pm to 4.30 pm	Division of participants into different groups and assigning street play script writing task on a given topic	Swasthik Ph.D. Scholar	Anoop Choolayil Ph.D. Scholar
	4.30 pm to 5.00 pm	Evaluation	Dr. Laxmi Asst. Professor Dpt. of Social Work Central University of Kerala	Prakasha Amin & Swasthik Ph.D. Scholars
23.07.2019	10.00 am to 1.00 pm	Rehearsal		Raneesh C Ph.D. Scholars
	1.00 pm to 2.00 pm	Lunch Break		
	2.00 pm to 3.30 pm	Presentation of Street Play by the participants		
	3.30 pm to 4.30 pm	Feedback by the participants & Evaluation	Dr. Mohan AK Head of the Department Dr. Laxmi Asst. Professor Dr. Dilip Diwakar G Asst. Professor	Prakasha Amin & Swasthik Ph.D. Scholars

Brief description of the activities carried out

Day 1

Inauguration

The Skill development workshop was conducted by the Department of Social Work, for First Semester Master of Social work students to enhance their individual and interpersonal skills which will equip them for the social work curriculum. The inaugural session was conducted on 16th July 2019, at 10:00 Am, in Sabarmati Hall. Hon. Registrar of Central University of Kerala, Dr. A Radhakrishnan Nair was the inaugurator. Dr. Mohan A K presided over the function. The faculties of the Social Work department, Dr. Jilly John, Dr. Laxmi and, Dr. Dilip Diwakar was present.

The inaugural session was initiated with university anthem, which was succeeded by the welcome speech by Fr Mani K J, Research Scholar, Department of Social Work. Anoop C Choolayil, Research Scholar of Department of Social Work, throw light on the importance of this orientation program. Hon. Registrar, Dr. A Radhakrishnan Nair felicitated the event and threw a light on the need for inculcating social skills for the social worker. Dr. Mohan A K, Head, Department of Social Work delivered

the Presidential address and Mrs. Indu V Nair, delivered the vote of thanks.

Session 1: Orientation talk

Dr. Dilip Diwakar, G Assistant Professor, provided a brief overview of the functioning of the department and Central University of Kerala. Dr. Jilly John, Assistant Professor shared a gist of the theoretical components of the social Work, and Dr. Laxmi, Assistant Professor introduced students to the uniqueness of the Master of Social Work course which is the fieldwork practicum.

Session 2: Know Others Better

Dr. Mohan A K, Head of the Department conducted the session titled “Know Others Better”, in this session different games for skill development was included. The session started with interpersonal skill development and leadership qualities (Group work Method in social work). In the second session, different games for skill development was conducted. The skill development games were conducted for concentration and induction activities. After the section, all the candidates were familiarized with the name of their classmates and their educational and family background. This session was a true icebreaker, which reduced participant’s inhibition towards each

other and helped form a “we” feeling towards each other.



Session 3: Evaluation

Evaluation session was handled by Dr. Mohan A K and feedback was asked to the participants. Participants expressed their views about the sessions carried out on the first day. Session was concluded by Dr. Mohan A K, briefing about the second days' sessions.

Day 2

17-07-2019

Session 1: Energiser

Mr. Swasthik A S, a scholar of the Department of Social Work conducted the second days' first session of the workshop. The session started with energizer session for students. Students were asked to stand in a circle and were grouped in ascending order starting from single to whole thirty-eight-member group. In each stage, trainer increased the number of the members of the group starting from the individual,

two-member group, followed by the three-member group and so on. Succeeding this, the students were requested to sing a song of their liking loudly in each stage. In the end, in the single group stage, all students discussed which each other considering the minority students who were from other states of the different linguistic group. The message the trainer intended the students to imbibe from the energizer was the importance of considering the voices of minorities in the group and the importance of group decision-making skills.

Session 2: Team Building

Mr. Prakasha Amin, research scholar of the Department of Social Work was the trainer for the second session “Team Building”. The trainer gave a brief introduction before beginning the session. He initiated the session by sharing the importance of a smile in the smooth running of daily life. He asked, how much the participants know about themselves. Trainer through activities and videos explained the importance of understanding about the self and its relevance in the social work profession and especially in the fieldwork. The trainer also conducted breathing exercise, as a way of relaxing in a busy and stressful life.

The trainer oriented the students about three types of learning, “Visual,

auditory and kinesthetic”. He also asked the participants to identify themselves in a category of learner they belong to; so that it will be very beneficial for them in their future endeavors.



Session 3: Basic Necessities of Street Play

The second session started at 2:00 pm in the Sabarmati and Mr. Swasthik A S, research scholar handled the session. Before starting the session Mr. Prakasha Amin has delivered a welcome speech and gave a brief introduction to the session. Initially, the trainer gave basic information about the necessity of street play and its importance in the social work profession. The session started with a warm-up exercise and gave participants a task to introduce themselves differently. He gave freedom for students to express their talent and skills shown in the group and also asked to introduce themselves. Most of the students introduced themselves differently and some of them introduced themselves through singing,

dancing, acting, and storytelling. It was a good and memorable experience for them. After the introduction session, the trainer divided the group into five sub-groups and gave some tasks. The trainer gave some instructions and each group has followed that. It helped to improve the unity and relationship with each member of the groups. After the group session, the trainer has taught some common gesture and all the students have imitated the gestures like walking like an elder person, dog, ant, and some simple walking exercises. Most of the exercise were body exercise. After the exercise trainer gave a task to perform a skit without any sounds. He explained the rules and regulation of the work and gave 30 minutes for preparation. the theme of the skit was “water scarcity in a rural area”. The presentation started at 4 pm and each group performed very well and they communicated the idea very easily. After the presentation trainer discussed the activities done in the session and gave some exercise.

Session 4: Evaluation Session

Dr Laxmi, Assistant Professor, Department of Social Work, handled the second days' evaluation session. Each student was given an opportunity to express their views about the whole day session. The students happily

expressed their views and evaluated the sessions of the day. The session was concluded by thanking the chairpersons and trainers.

DAY 3

18-07-2019

Session 1: Know your insight- A key for positive Thinking-

The day started with the theatre exercise conducted by Mr. Swasthik A S, students were made to perform various theatre exercises such as mirroring, facial expressions and body flexibility.

The “**Know your insight- A key for positive Thinking**” session was conducted by Mr. Prakasha Amin, various activities such as balancing the pole in the tip of the finger, passing the cards along with inspirational videos on team-building were screened.

Session 2 : Observe & Recollect

Afternoon, the Third session was commenced by 2 pm. The session began with an ice breaker session. The game called “who is the culprit” was used as the ice breaker activity. In “who is the culprit”, the group members were made to stand in a circle and one person was temporarily moved out of the vicinity. Another person was selected and he/she was given the task of giving

out actions which the others have to emulate. The person who was sent away has to come back and find the person who gives out the actions. It was a fun-filled activity.

Session 3: Script Writing

After that, a brief session of performance was conducted where students showcased their artistic skills. By 3 pm, Trainer started the next session. Students were divided into 5 groups. They were briefed about how to write a script. Each group was assigned to prepare a script on the theme “alcoholism”. 15 minutes were provided for this purpose. After 15 minutes, in a surprising twist, the scripts were collected and given to other groups at random in such a way that they have to perform to the scripts created by other groups. All five groups performed well. After the performance, the analysis was conducted. The students were given a chance to do a self-evaluation and later Swasthik and Prakash evaluated the performance and gave suggestions about how to improve their performance. Feedback of the entire day was collected from the students.

Evaluation

Evaluation session was chaired by Dr. Dilip Diwakar G., Assistant Professor,

Department of Social Work, Central University of Kerala. Students were asked to evaluate their participation in the activities and importance of team-building were briefed by Dr. Dilip Diwakar. The student were given homework, for preparing a flash mob on a social theme.

Day 4

19-07-2019

Session 1: Flash Mob

The students were given flash mob as homework, and five teams were made. The fourth day began with a flash mob performed by the students on social themes such as “poverty, social discrimination, and child labour”. Each team was allotted five minutes for their performance and they executed it well.

Session 2: Street play in Social Work

The second session “street play in social work” was handled by Mr. Prakasha Amin. The session included information on need and importance of street play in social work, various forms of presentation of street play, possible themes for street play and Do’s and Dont’s of street play were discussed.

Session 3: Voice Modulation & Music/ Songs

The second session started with a warm-up session at 2 pm and was handled by Mr. Swasthik A S. Students were asked to do actions like that of birds like CROW. He has given instructions to do the actions, how crow walks and looks around. The participants were divided into two groups. One group included 5 members and the other was a big group. The five group members acted as a skit. The trainer gave instruction to do some acts. Members acted well according to the instructions. Trainer shared his knowledge on what drama is, how it is to be done and discussed the important points about acting and practice. After that participant were grouped into pairs and were given a blank paper. Participants were given instruction to divide the paper into two equal parts and shared the piece of paper with a pair. After that trainer gave instruction to draw the picture of their pair in the paper. It was a fun-filled activity and some of them sketched their pair image well.

Session 4: Skit

In the fourth session, a skit was conducted, and participants were divided into five groups. Themes were discussed in groups and were given 20

minutes for group discussion. Themes were fisherman community issues in Flooded Kerala, lack of parental care, transgender issue and alcoholic father. They acted very well. Interested member among the groups acted well. After the performance, the trainer has summarized the messages and critically analyzed their performance. The trainer also gave suggestions to improve.



Evaluation

Evaluation session was conducted to know students feedback on whole day session, and it was found that they were satisfied with the sessions. Members had given a self-evaluation as well as overall evolution for each session of the day. The next days' programme schedule was briefed by Swasthik A S .

Day 5

30-07-2019

Session 1: Script Writing

The fifth days' session began with energizer game, conducted by Mr. Prakasha Amin, later participants were

divided into five teams for a street play performance. Themes such as child labour, environment conservation, women protection, alcoholism and transgender were given. Students were asked to develop the scripts based on the themes given.

Session 2:

In the afternoon session, students were asked to engage in the rehearsal of the street play on the topic given. The trainer monitored the rehearsal sessions and suitable suggestions were given.

Evaluation

The evaluation of the day was handled by Mr. Prakasha Amin. The feedback of the students was asked regarding the script and rehearsal. Guidelines were given on performance, casting of characters and overall theme presentation.

Day 6

31-07-2019

Session 1: Rehearsal

In the first session students did their final rehearsal, and got themselves ready for the final stage. Prompt corrections and suggestions were given by the trainers for each group.

Session 2: Presentation of Street Play by the participants

Each group presented their street play on themes such as alcoholism, child labour, environment conservation, child marriage, and transgender issues. Each group presented their act well.

Session 3: Evaluation & Valedictory

The valedictory session began with University Anthem, followed by a welcome speech by the participants. The participants shared the experience and learnings of the workshop. A documentary of the workshop was screened. Trainer, as well as faculty members of the department, expressed their views on students participation during the workshop. Dr. Mohan A K, Head of the department, appreciated the students for their active involvement in the workshop and the workshop concluded with a positive note.

Attendance 2019

Department of Social Work (2019 Batch)

Sl No	Register No	Name (in CAPITAL)	Mobile No	Email ID
1	SSW051901	AKHILA V R	8547680300	akhilavijayraj@gmail.com
2	SSW051902	ALBIN THOMAS	9605035798	albinthomasmutholickal@gmail.com
3	SSW051903	ALEESHA CHEENAY	8301967406	aleeshacheenay@gmail.com
4	SSW051904	AMRUTHA KURIAN	9961969607	ajkurian007@gmail.com
5	SSW051905	ANANYA A K	8301985828	ananya.madhavam@gmail.com
6	SSW051906	ANJALI LAL	9567361490	prarthanalal@gmail.com
7	SSW051907	ANJANA AGNESS BENNY	9207367105	anjanabenny421@gmail.com
8	SSW051908	ANJANA M N	9400678802	anjanakalloli@gmail.com
9	SSW051909	APARNA P	9497604113	aparnap551@gmail.com
10	SSW051910	ARDRA R	7591950360	bindumzr@gmail.com
11	SSW051911	ARYA K	9747259370	aryakizhakkayil@gmail.com
12	SSW051912	ARYA S KUMAR	9495679792	aryaskumar14@gmail.com
13	SSW051913	ASHWATHI P	7591927697	ashwathip1997@gmail.com
14	SSW051914	ASMA M P	9745196280	asmamp1997@gmail.com
15	SSW051915	ASWATH T ANAND	9074923959	aswathanand5555@gmail.com
16	SSW051916	ATHIRA P V	9400496663	athirapviswanath@gmail.com
17	SSW051917	AVITHA V	7356136716	avithav98@gmail.com
18	SSW051918	DONA F	7994258257	fdona1998@gmail.com
19	SSW051919	DURGAM ROJA	9849846992	rojadurgam3@gmail.com
20	SSW051920	EMIL JOSE	9447316107	emiljvu97@gmail.com
21	SSW051921	FATHIMATH IRFANA IZZATH	8075023164	irfanaizzath995@gmail.com
22	SSW051922	GUGULOTH NARESH	8143060706	gprincenaresh143@gmail.com
23	SSW051923	JOBIN JOSE	9656678135	jobinjosethms080@gmail.com
24	SSW051924	KEERTHI MADHAVAN	8078402187	keerthikallar@gmail.com
25	SSW051925	MANISHA K	7510566152	manishamdk17@gmail.com
26	SSW051926	MOHAMMED ASHIQ M S	8281567936	ashiqashi763@gmail.com
27	SSW051927	MUHAMMAD HALEEL A K	9745392712	mhaleelak@gmail.com
28	SSW051928	MUHAMMED MANSOOR ALI	9061074123	muhammedmansoor9061@gmail.com
29	SSW051929	NASIR K	8943601009	nasirabdulla987@gmail.com
30	SSW051930	NAVANEETH L B	7293632509	navaneeth3@gmail.com

31	SSW051931	NISHITHA K K	9447870053	nishithasaji@gmail.com
32	SSW051932	NIVEDITHA P JOY	9446452250	niveditha0210@gmail.com
33	SSW051933	PARVATHI	6282562409	parvathi.stos@gmail.com
34	SSW051934	PRAVEEN N	9961616482	praveenprn61@gmail.com
35	SSW051935	RAMTENKI MAMATHA	9398948263	mamatharamtenki@gmail.com
36	SSW051936	SARANYA B K	7356487114	saranyabk1996@gmail.com
37	SSW051937	SARANYA K M	8129974303	saranyakmperalam@gmail.com
38	SSW051938	SAVIN KUMAR V	9539292177	savinkumar1997@gmail.com
39	SSW051939	SHAMNA V	7025834563	shamnayoosaf17@gmail.com
40	SSW051940	SHARANYA M	7902513693	sharanyagangadharannair@gmail.com
41	SSW051941	SHUAIB KV	9746010838	shuaibbnshafi2@gmail.com
42	SSW051942	SREEJISHA K	8330842813	sreejishak97@gmail.com
43	SSW051943	SREERAJ PAVITHRAN	8078170726	spsreepavi@gmail.com
44	SSW051944	STEBIN MANOJ	9207237589	stebinmanoj3k@gmail.com
45	SSW051945	SUHANA R H	9526419667	suhanahakkimiji@gmail.com
46	SSW051946	VIJITH KUMAR K	8593063404	vijithknk@gmail.com
47	SSW051947	VISHNU M	8086240586	vishnum270597@gmail.com