

A Workshop on Enhancing Social Work Competency

Date: 29th of February 2016, CUK

Inaugural Function

Inaugural function began at 10.00 am, 2 year MSW Student Mr. Jobin Abraham anchored the programme. Dr. Dilip Diwakar [Assistant Professor of Department of Social Work] delivered the welcome speech and given an introduction on the importance of the workshop. He introduced the trainer Mr.Thaddeus Alphonso [Associate Director, Niraivagam, Chennai], Prof.(Dr) M.S.John [Dean of Humanities and Social Science & HoD of international Relationship]. Prof. M.S. John talked about the relevance of social work and the need for improving the competencies of the social work student to serve the society better. And he also mentioned Social Work is helping profession like Medicine, Psychiatric etc. Social hierarchy and caste system etc. are still exist in our Society. So the Social Worker has role of an activist in this condition, he also mention that competency is essential to overcome the challenges.



After that, the honourable Vice Chancellor of Central University of Kerala, Prof. G Gopakumar lightened the lamp and inaugurated the function. In his key note address he highlighted that India is a largest democracy in the world but it is only in quantity but not in the quality. Children and youth are not trained in India to make use of their potential fully. They were also not properly politically oriented and not developed socially and economically. He mentioned that there is a huge importance of Social Work & Social Work department in this contest. Dr.Jilly John HoD in charge department of Social Work proposed the vote of thanks.

Report of Workshop

The workshop started with the objective of enhancing Social Work profession. Mr. Taddues Alphonsa the Associative Director of NIRAIVAGAM was the trainer of the Programme. The workshop asked the students to introduce themselves. The first year

and second year Social Work students were the participants of this Workshop. The workshop has activity oriented. The first session was on self-identity.

a) Self-identity

The students were divided into four groups by giving number 1-4 to each of the members. The trainer kept a ball in the middle of the hall. Four groups were made to stand in the four corners. Then gave the names of the fruits to each member. Then the trainer called names of a fruit the person in each team having that name have to walk and take the ball. The person who is taking the ball that group will get one point. The objective of this activity was to understand about the importance of the self-identity. A social worker has his/her own identity.

The learning from the activity:

- To concentrate our identity
- To increase team spirit
- To increase our strength
- To follow the rules even during competition.



b) Self-awareness

The students were divided into five groups. The trainer provides a chart to each group. Then he said to write what he/she was **thinking** during the weekend, what was there **feeling** and what did they do (**behavior**) of each member. Then each member noticed their thoughts and feeling and behaviour are interrelated. After that each groups presented their charts. Then questions were asked to each team.

Afternoon session was started at 2.30 P.M Group discussion was conducted as a continuation of previous activity. This activity was to understand the importance of the self-awareness. Social worker should create self-awareness. We should aware about ourselves. How our thinking, feeling and behavior are inter-related and how one leads the other.

The learning from the activity are:

- We should shape our on thinking, feeling and behaviour.
- Appropriate thinking and feeling will lead to appropriate behaviour.
- Don't create irrational thinking, feeling and behaviour
- Positive thinking should create a social worker, it will leads to positive feeling and positive behaviour.

c) Self-management

Students were divided into 4 groups. Trainer gave ball and said to carry ball on the head of the one student from each group. The students were made to stand closely in a square shape, whoever covers the square without dropping the ball on their head that group will get a point. Other group can try to make the person drop the ball with actions, gestures, jokes, but they should not physically touch him. This activity was conducted to understand the importance of self-management

Learning from the activities:

- Self-control is the importance skill of a person
- Self-control means focus of control. It is mainly two types of internal focus of control and external focus of control
- We are able to control our self's external factors should avoid.



d) Empathy

The trainer shows the video clip this was about empathy. Then after that trainer said to discuss about video clips, which was the understanding from that clip. The learning from the video

- Professional social worker should develop an empathetic skill.
- Empathy can develop through observation we can understand others feelings.

e) Collaboration and networking (4.10-5'clock)

The resource person divided students into four groups. Each group consist of 10 students. The resource person said with the use of ten students make a chain. Whichever group makes the big chain they will get the prize. Some of the team used innovative methods to increase the length. Some used belt and other things they had with them. Some even lie down on the floor to make their chain longer. This activity was conducted to understand the importance of collaboration and networking. How group thinking can bring in innovative ideas and better use of available resources.

Learning from the activity

- As a Social Worker he/she have work within the group, so each member should communicate with others. That collaboration and networking will increase social competency.
- Field work practice, group discussion, group study etc. will help to collaboration
- If we are good in collaboration we can survive in this world. All competencies are interlinked.

f) Ethical principles

The last session started at 5 o' clock. Again students were divided into four groups. The activity was to fill the bottle with water.

Before starting the game, the resource person gave certain rules; like don't turn to right side and fill the water according to their order and don't run during the time of competition.

But many students couldn't follow this rule. This game was to understand the ethical principles among students.

Learning from the activity:

- Social Worker should follow ethical principles to enhance the social work profession.
- We should ready to accept our faults.
- The workshop was ended with vote of thanks by Febina at 5.30 P.M