

**BRIEF REPORT
ON
GLOBAL ALUMNI MEET BY CENTRE FOR SOCIAL WORK,
PANJAB UNIVERSITY, CHANDIGARH ON 22ND JANUARY, 2021**

Centre for Social Work has organized an event on 22nd January, 2021 on Mann Ki Shanti for their alumni members. Mann Ki Shanti is an organization which works on the overall holistic health of an individual which includes mental, physical, social and emotional aspect through Yoga and Meditation. Dr. Manisha Sharma, ex – student of Centre for Social Work is a naturopath and owner Mann Ki Shanti. She is a Professional Social Worker and certified yoga facilitator.

The event started at 11:00 A.M. through google meet. Twenty participants were there. The Chairperson, Dr. Monica Munjal Singh gave the welcome address to all the alumni members. She said that not only it was a moment for happiness and nostalgia for us but also an opportunity to reflect on our learnings and achievements. Our alumni have established themselves as successful individuals in almost every field of their lives and we could not be any prouder. The event started with introducing each one and sharing of their achievement in their personal and professional lives.

Members shared that there are countless memories attached with this department. Organizing events, going to field work, rural camps and extra-curricular activities organized by the department which has increased our exposure and made us confident and helped us a lot in striving and becoming what we are today. Field works, orientation visits have given us a sense of responsibility towards our society.

The event “Mann Ki Shanti” started by Dr. Manisha Sharma. She had been also honored by Ex- Mayor of Chandigarh for helping underprivileged. She had taken the opportunity to talk about following:

1. What is spirituality?
2. What it means for you as an individual?
3. What are the benefits of being spiritual?
4. Combination of spiritually and social work.
5. How spirituality will help you do better social work?

As per the session delivered by Dr. Manisha Sharma “Mann Ki Shanti” spirituality is not about any religion or caste or nationality or god. Whereas spirituality is your inner most connection with your own self. It is about your inner light and higher supreme. It is about being centred. She also added that inner peace is only possible when you are satisfied from within. When inner contentment is there when you feel oneness with yourself. Firstly an individual becomes more intuitive and which is very important for a professional social worker to be intuitive as they have to work on field in different circumstances with people from different backgrounds followed with different mind - set in adverse situations. Being

intuitive it helps them to understand themselves and problem better. Secondly as we know that a social worker must have the qualities of a problem solver, act as mediator, must be a good listener, confident with good communication skills and above all must be a sorted person in himself before he serves his clients. Keeping the qualities of a Professional social worker in mind following a spiritual path is must for a social worker as it will help them to understand their client and also able to take better decisions. Besides that it will also help a social worker to stay calm and composed from inside. Thirdly it is must for a professional social worker to burn out their stress, anxiety and problems on regular basis as most of the times they are surrounded by the problems of their clients in the form of -

Chronic mental disorders
Physical loss
Personal loss
Disaster due to environment change
Relationships
Behavioural problems
Inner turmoil of people

When spirituality will intervene social work it will connect people with higher purpose. Spirituality will help clients to have better understanding of love as a whole in the form of gratitude, Forgiveness, acceptance which will directly and indirectly improve their relationships and their behavioural related problems. Spirituality will help clients to cope and adapt with the situation in a better manner. It will also help the client to shift their focus from problem to solution. Inner strength of client will be enhanced and dependency of looking for solution outward from others will be solved. Client will become self - sufficient and self - reliant for solving his own problem by looking inwards.

In the end Dr. Manisha Sharma concluded that spirituality is must in today's scenario from a professional worker, client or from a lay man point of view for "Mann Ki Shanti" i.e., for peaceful life in holistic way!

So one must do some sadhana -meditation, exercise, yoga, spend some quality time with nature, pursue a hobby of choice and include a good nutritious natural diet to live a peaceful, calm, relaxed life for physical, social, emotional, mental and spiritual well - being. She also suggested to all the Alumini's of Centre for Social Work that they must first experience and explore spirituality first then suggest or recommend to their clients.

At the end Mr. Prashant Field Supervisor expressed his hearty gratitude to each of the alumni member for taking out time from busy Schedules to be with us on a digital platform on this occasion. He also thanked Chairperson, Dr. Monica Munjial and Dr. Gaurav Gaur for organising this event.

With thanks.

Dr. Monica Munjial
Chairperson