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Monthly Newsletter

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# BENCH FELLOWSHIP PROGRAM REPORT

## Session 2



The Bench Fellowship is a part-time program tailored for first-year MSW students in Kerala, spanning 45 to 60 days over an 18-month period. This innovative initiative aims to unearth and nurture exceptional qualities in young individuals, empowering them to make a meaningful impact within their communities.

- Assumption College Changanacherry
- St. Thomas College, Thavalappara
- St. Gregorios College, Parumala

### PARTICIPATING COLLEGES



The Second Session Bench Fellowship Camp, themed "Emotional Aesthetics: Towards Harmonious Living," was successfully conducted from December 20-22, 2024, at the serene Tau Compassion Hub in Thumpamon. The session was expertly facilitated by M Noushad, who guided 17 students from three prestigious institutions in exploring the nuances of emotional aesthetics.

# DAY 1: Emotional Aesthetics

First day provided a unique opportunity for students to delve into the concept of emotional aesthetics, fostering a deeper understanding of the importance of harmonious living. The diverse group of participants, hailing from esteemed institutions, engaged in meaningful discussions and activities, paving the way for a more empathetic and compassionate community.

- Fostering a deeper understanding of the importance of harmonious living
- paving the way for a more empathetic and compassionate community.

## OBJECTIVES



The evening was marked by two significant activities: personality development and a candlelight therapy session. Both activities were profoundly impactful, offering the Fellows valuable insights and tools to enhance their personal lives.

## DAY 2: Emotional Aesthetics

The second day of the camp commenced with the fellows gathering outside in the morning. Mr. Noushad divided them into groups and instructed them to embark on a silent walk amidst nature, collecting items along the way. Upon their return, he asked each group to create an art form using the natural materials they had gathered.

After completing their artwork, Mr. Noushad invited the groups to observe and appreciate each other's creations. In a subsequent exercise, he instructed them to collect additional natural materials and integrate them into another group's artwork.

### HIGHLIGHTS



Through this innovative activity, Mr. Noushad illustrated the importance of responsible social work. He emphasized that when working with communities, it is essential to respect and preserve their cultural heritage, rather than disrupting it. Instead, social workers should strive to add value and introduce new ideas that complement the existing culture, ultimately enriching the community.

# DAY 3: Emotional Aesthetics

The final day of the camp commenced with an early morning meditation session led by Mr. Noushad. This thought-provoking exercise effectively conveyed the significance of self-awareness, leaving a lasting impact on the Fellows.

Between 9 am and 1 pm, Mr. Noushad facilitated an engaging session, commencing with a walking activity. This was followed by a unique and impactful exercise dubbed "Blind Walking." By relying on their peers for guidance, the Fellows developed a deeper sense of trust and reliance on others.

## HIGHLIGHTS



Feedback from the fellows was overwhelmingly positive, with appreciation for the food, accommodations, and resource personnel who contributed to the camp's success.

### Key Achievements:

Tools to enhance their personal lives and harmonious living.

Fellows developed a deeper sense of trust and reliance on others.

Paving the way for a more empathetic and compassionate community.



## CONCLUSION

This innovative activity proved to be an effective tool for fostering teamwork and camaraderie. The camp drew to a close at 1 pm, marking the end of a transformative and enriching experience for the Fellows.