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Monthly Newsletter

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BENCH FELLOWSHIP PROGRAM REPORT

Session 1



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.

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

PARTICIPATING COLLEGES



The inaugural session of the Bench Fellowship took place from November 1-3, 2024, at the serene Maramon Retreat Center in Kozhencherry

The inaugural session focused on fostering a supportive community through self-awareness, team building, meditation, and creative expression. The primary aim of this session was to establish rapport among fellows, facilitate acquaintance, and lay the groundwork for effective teamwork.

DAY 1: THEATRE WORKSHOP

The Bench Fellowship program commenced with an engaging Theatre Workshop, led by renowned Theatre Director, Mr. Jibu. The session took place from 6:30 pm to 9:30 pm.

- Break the ice and establish a comfortable atmosphere among participants.
- Foster rapport building and teamwork.
- Enhance communication skills.
- Boost self-confidence.
- Explore the role of art in social awareness.
- Understand the impact of street plays and drama on social change.
- Develop creative expression and confidence.

OBJECTIVES



Under Mr. Jibu's expert guidance, participants immersed themselves in interactive theatre exercises, games, and activities designed to:

- Encourage creativity and spontaneity.
- Develop effective communication and listening skills.
- Build trust and camaraderie.
- Overcome inhibitions and showcase individual talents

DAY 2: GUT-YOUR SECOND BRAIN

The second activity of Day 2 was an engaging discussion on "Gut Feeling," expertly facilitated by Dr. MJ Elizabeth. This thought-provoking session aimed to help fellows understand the significance of their "second brain" and listen to their body's intuition.

Dr. Elizabeth delved into the fascinating world of gut-brain connection, exploring:

- The enteric nervous system and its functions.
- How gut health impacts emotions and cognitive processes.
- Techniques to tap into and trust one's gut feelings.

HIGHLIGHTS



The second day of the Bench Fellowship commenced with a serene Meditation session, skillfully led by Mr. Jibin. Held from 6:30 am to 7:30 am, this enriching activity emphasized the significance of mindfulness in daily life.

Day 2 Continued with Theatre Workshops, Discussions, Fun and Reflections



DAY 3: SELF AND SELF AWARENESS

Third day at the Bench Fellowship Camp focused on self-awareness and Concept of Self.

Lovewin K Cherian facilitated self-awareness session.

Concept of Self was led by Dr.Barsleebby Alex

Lovewin K Cherian facilitated the session, emphasizing the significance of self-love and self-respect. His engaging presentation made the discussion truly exceptional, providing valuable insights to the participants.

The final discussion of the camp focused on "The Concept of Self", providing valuable insights. He explained what "self" means and the different types of self.

HIGHLIGHTS



CONCLUSION

The inaugural Bench Fellowship Camp concluded on a highly successful note, achieving most of its objectives. Throughout the three-day camp, fellows actively participated in all activities, demonstrating remarkable energy, enthusiasm, and cooperation.

Feedback from the fellows was overwhelmingly positive, with appreciation for the food, accommodations, and resource personnel who contributed to the camp's success. The fellows felt comfortable sharing their thoughts and feelings, fostering a sense of camaraderie and connection with Team Bench.

Key Achievements:

Built rapport with fellows and established connections between fellows and Team Bench.

Provided a platform for fellows to share their thoughts and feelings.

Achieved the camp's objectives, as envisioned by Team Bench.