

THE 6th NATIONAL SOCIAL WORK WEEK

The **6th National Social Work Week** (15th–21st August 2025) was celebrated across the country. On August 21, 2025, the final day of the celebration, the MSW Department of IISWBM hosted a seminar on “*Social Work in Health Setting: Bridging Care and Compassion*” at the Assembly Hall, IISWBM. The keynote speaker was Ms. Swati Chatterjee (Psychological Counsellor). Other participants included Dr. Sudeepa Banerjee, Professor & Head of the MSW Programme, Dr. Gita Khawas, Assistant Professor, MSW Department and Mr. Arindam Mukherjee, Placement Officer, who also actively contributed by sharing their experiences and observations.

Some of the main highlights of the interaction were as follows:

- Ms. Swati Chatterjee began by discussing the importance of mental health and explained its relevance, particularly in the field of Social Work, including its impact on practitioners and communities.
- She explained important concepts such as emotions, psychology, social well-being, the notion of *Nature vs. Nurture*, and the difference between *personhood* and *patienthood*.
- She dispelled myths related to mental illnesses and psychological disorders.
- She emphasized the importance of *Breaking the Silence*.
- She highlighted the barriers that hinder the identification and resolution of mental health issues, particularly the stigmas associated with them.
- She stressed the right approach: always attempt to cure and eliminate the illness, but never spread hatred against the patient.
- She clarified the difference between a *Psychiatrist* and a *Psychologist*.
- Elaborated on the role of counselling and the responsibilities of a counsellor.
- She emphasized the need for *Empathy* as a key element and driving force in the profession. Guided the participants on the roles of MSW professionals/practitioners, discussing do's and don'ts, recognizing when to be concerned about someone, identifying subtle warning signs, and distinguishing between effective and ineffective ways of helping individuals.
- She discussed strategies for coping successfully with *Stressors* and explained the concept of *Fight vs. Flight*.
- She introduced the 4D Rule: (i) Deviation from the Normal, (ii) De-Stress, (iii) Dysfunctional, and (iv) Dangerous. She also explained the concept of *U-Stress*.
- She highlighted problematic areas such as Identification, Treatment, and Recovery.

- She discussed warning signs of mental illnesses and psychological disorders.
- She briefed the participants on various types of mental issues, including illnesses, disorders, and phobias.
- She elaborated on different types of psychological therapies, shared practical tips, and even provided live demonstrations.
- She highlighted damaging practices that affect psychological balance and mental stability.
- She reflected on the potential and capability of AI in supporting mental health care, as well as its limitations.

In addition, during the post-lecture question-and-answer session, she shared further valuable insights, including:

- Who qualifies as “*Willing Candidates*” and the meaning of the term.
- The importance of acquiring accurate information and data in order to guide clients effectively and avoid mistakes in practice.
- The significance of providing *Closure* to clients in counselling.
- A few recommended apps to combat psychological problems and promote mental well-being, such as **Stay Free, Re-Gain, In-Built**, among others.



PICTURES OF THE DAY.