

# **LOYOLA COLLEGE OF SOCIAL SCIENCES THIRUVANANTHAPURAM**



## **Criteria 3- Research, Innovations and Extension**

### **3.2- Innovation Ecosystem**

#### **3.2.1 Institution has created an ecosystem for innovations and has initiatives for creation and transfer of knowledge**

##### **3.2.1-9: The Centre for Lifeskills Training and Research**

# THE CENTRE OR LIFE SKILLS TRAINING AND RESEARCH

By Praveen Varghese

Member of Loyola Life and Active Participant in LiveLab and Eko-Life

Praveen Varghese has associated with Loyola College of Social Sciences in 2014 for a World Bank-funded project. During this time, he got in touch with Dr. Sonny Jose and his Ph.D. scholars, which instigated an urge to further associate with the college, especially to join the bunch.

Later in 2015 August, Praveen Varghese enrolled for Ph.D. under the research center and became part of a thinktank, namely Life scholars. Life scholars was then a group of 5 research scholars who engaged in various discussions, projects, and programs. This group has motivated him to be more proactive and visionary.

## Evolving with Loyola Life

Each discussion among the LIFE scholars has helped the individuals evolve and remain productive throughout the research tenure. It has developed a sense of group work and a quest for innovation.

In 2015 Praveen had represented Indian youth in the Commonwealth Youth meeting, followed by the BRICS youth meet in 2016. He has identified himself as an academic trainer and qualitative researcher through idea pitching sessions with his supervisor and the LIFE scholars. Later this group has conceptualized an innovation workshop in 2015 and founded an Innovation Entrepreneurship Development Cell (IEDC) with the support provided by Kerala Startup Mission, Trivandrum.

## Venturing out with Life Scholars



LIFE scholars have come up with various research papers, conceptualized various innovative programs, attended various workshops, seminars, etc. Such programs have enhanced the innovation culture in Loyola College of Social Sciences. In 2017 Praveen found an NGO, namely the Centre for Lifeskills Training and Research, which has already completed more than 1000 sessions for teachers, students, and parents. Praveen has innovatively extended his research work and completed 2000+ sessions and interactions across India. His research concerns encompass multiculturalism, different forms of exclusion, youth development, and community health. His operational area includes research, consultancy, creative writing, and theatre (arts) integration in social work and facilitation. He identifies himself as a qualitative researcher and holds a passion for capturing

young people's reality and lived experiences, victimized by multidimensional exclusion.

എല്ലാ വിഭാഗം കോമൺവെൽത്ത് യൂത്ത് മിറ്റിംഗ് ഫലമായി സാന്നിധ്യം



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വിദ്യാർത്ഥനമാരും: ന്യൂഡൽഹിയിൽ നടന്ന എല്ലാ വിഭാഗം കോമൺവെൽത്ത് യൂത്ത് മിറ്റിംഗ് ഫലമായി സാന്നിധ്യം പങ്കിടുന്ന വർഗ്ഗീയ സോഷ്യൽ. വർഗ്ഗീയ പ്രതിനിധികൾക്കെതിരെ

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Praveen attributes his contribution as a by-product of Loyola's Innovation culture

"days in Loyola made me more reflective and proactive, I am what I am because of innovative culture in this campus"

## Innovative programs conceptualized



## 2 T'PURAM

### Pvt College to be Trailblazer in Integrating TGs into Social Mainstream

By Meera Menon

**T'Puram** Loyola College of Social Sciences in Thiruvananthapuram is all set to become the state's first transgender (TG) inclusive Gender Variant Friendly Campus. And the formal inauguration in this regard will be made on Friday on the sidelines of Transgender Day of Remembrance.

which is celebrated every year on November 20 to commemorate those who lost their lives as a result of transphobia.

From the coming academic year, the college will chalk out a detailed action plan and council all the stakeholders to ensure its successful implementation, which will be carried out with the help of Dileep Group of Institutions, a non-profit organisation that runs projects for the welfare of the TG community.

"The interest of our students have prompted us to think about making the campus TG inclusive. So from the next academic year, TG students will be granted admission on the grounds required to let them be marked as TGs in admission form and certificates," said college principal Jose John K.

Two months ago, the students of the college had an interaction with TG cine artist Soorya, which was organised under the aegis of the Department of Sociology, following which they marked the idea. "We want to put an end to gender discrimination on the campus with this initiative by expressing our support to the TG community," said Soorya.

During the first leg, members of transgender community will be invited to sign a permanent plaque declaring a TG inclusive campus will come upon the college premises.

campus where college superintendents will affix their signature and have palm impressions, which will be supported to the community. And the students and TG guests will jointly sing the prayer song on the occasion. Besides, a permanent plaque declaring a TG inclusive campus will come upon the college premises.

Fri, 26 November 2015  
paper: newindianexpress.com/7285415

## DECCAN Chronicle

### IN BRIEF

**Loyola first Indian college to be TG inclusive**

Thiruvananthapuram: The Loyola College of Social Sciences, Thiruvananthapuram declared itself as the first transgender-inclusive college in India on the Transgender Day of Remembrance on Friday. City police commissioner Venkatesh IPS inaugurated the programme held by Kerala Sociological Society's Loyola College Unit and Social Sciences department. Actor Surya of Comedy Stars who calls herself a transsexual was present. She opined that it was important for the society to eradicate the identity crisis transgender community faces.

## Loyola stands up for third gender

College To Provide Transgender-Friendly Facilities, To Reserve Seats For Them

**Thiruvananthapuram:** A year ago, a transgender student who studied for library and social sciences, declared her intention to study for a degree in social sciences. The college is now set to accept her as an official student. The college is now set to accept her as an official student. The college is now set to accept her as an official student.

**EMPOWERING THEM WITH EDUCATION**

A study conducted by 'Sangam' for social justice department has found that around 90% of transgender students drop out before 10th grade. As many as 14% drop out before 10th grade. Seven harassment and gender-related negative experiences.

According to the college principal Jose John K, the move towards allowing transgender students to study for a degree in social sciences is a welcome move. The college is now set to accept her as an official student. The college is now set to accept her as an official student.

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### കോമൺവെൽത്തിൽ മാനാറിന്റെ ശബ്ദം

17 വയസ്സുള്ളവരുടെയും അമ്മമാരുടെയും സംരംഭം കോമൺവെൽത്തിൽ വെച്ച് നടത്തിയ പരിപാടിയിൽ മാനാരിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു. മാനാരിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു. മാനാരിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു. മാനാരിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു.

### Pvt College to be Trailblazer in Integrating TGs into Social Mainstream

Almost everyday, edible food goes to the dump yard. These who do this have plenty of reasons to cite, say for instance it is not tasty or it does not match up to barely meals. Some people don't even know their own appetite. I used to have discussions about this issue in hostel. And in all such discussions follows counter my stand by saying that it's all their personal freedom to eat food or not. Because most of them think that they have the freedom to waste food as they have paid for it.

**Praveen Varghese Thomas**, Loyola College of Social Sciences, Sreekrishnan

### കാമ്പസ് പഴയ കാമ്പസല്ല ഭൂഖാ...

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### കോമൺവെൽത്തിൽ മാനാറിന്റെ ശബ്ദം

കോമൺവെൽത്തിൽ മാനാറിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു. മാനാരിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു. മാനാരിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു. മാനാരിന്റെ ശബ്ദം കേൾക്കാൻ സാധിച്ചു.

### CHRONICLE

#### 'Uyaraam Orumichu'

A school which organizes regular sessions in approach to the school children. The school has a rich list of every thing from books to toys to the children. School bags, books, umbrellas, water bottles and pencil boxes are given to the children in need. The school has a list of every thing from books to toys to the children. School bags, books, umbrellas, water bottles and pencil boxes are given to the children in need.

## Recognition



**WHISPERS OF THE PSYCHE**

**Sneha John**

An art aficionado-turned-activist, Praveen Thomas uses the medium of psychodrama to reach out to the underprivileged sections of society.

The 30-year-old has organised over 1,900 sessions across the country.

Increasing rate of divorce is a cause of concern in our times. I believe psychodrama will help couples step outside the constraints they have set for themselves, understand the point of view of others.

—Praveen V Thomas

**TUESDAY 28-04-2020 3**

Popular theatre was my tool in research data collection. In the beginning, many children were hesitant to open up. But then, I came across a boy who used to dramatically narrate his experiences - in a way re-enacting events of his past. It inspired me to exploit the possibilities of spontaneous dramatic activity to explore their lives. When I told other kids to act in front of me their living experiences, they enthusiastically joined in."

Praveen, who is a recipient of Young Professionals Fellowship at Commonwealth Youth Programme, Asia Centre.

Since then, Praveen is keen to add the essence of psychodrama in his awareness classes. He even dreams of freeing psychodrama from being labelled as pseudoscience and to use it as an intervention strategy for propelling the audience into introspection.

"Doubling" is one of the methods of this specific genre used by Praveen. According to him, it helps recreate emotions and recognise repressed traumas that might possibly hinder the potential of a person or create a rift in relationships. He has performed for a local NGO 'Centre for Life Skill Training and Research' and at a programme organised by Mar Thoma Church in Changanassery to impart awareness on drug abuse. He even invented a character called 'Soulman' along his journey. He upholds the idea of "experiential learning" in his training sessions for kids.

On his future perspective, Praveen says he wants to use art to help people mend broken family bonds. "Increasing rate of divorce is a cause of concern in our times. I believe, psychodrama will help couples step outside the constraints they have set for themselves, understand the point of view of others and thereby experience enrichment," says Praveen.

Art forms like this, according to Praveen, are neither solely meant for the intelligentsia nor for the eccentric. And as such, he wishes it to serve the purpose of social commitment and reach out to the common man.

