



New Year Greetings!

Well, I still remember vividly the peak of anxiety I felt at the very first day I stepped into the college. The thought of meeting new people, faculty and new environment was a little too much for me to take as I was not ready for all of it as yet. I was preoccupied with the thought of only what could go wrong instead of focusing on what blessings could come along the road. 'Optimism' had left me and I had actually forgotten the word. I had stepped into the college with a very low self-esteem expecting nothing much with myself but that has changed gradually over the months and I could not help but keep thanking the faculty members of the Department of Social Work.

Getting acquainted to a new environment was not at all easy. Yes, I've had my highs and lows throughout the course of pursuing masters but that has taught me many lessons way more than I would learn both personally and professionally had I been in a different college. One thing which I feel every college or every department must have is a student friendly environment, a non-judgmental attitude and a positive regard towards every student. And I've found these in the Social Work Department in Oxford.

The department has molded me and gave me a better platform to broaden my horizons. The knowledge that I had gained from all the field exposures are far beyond bookish knowledge. Classes and lectures were always interesting as it was fun, educational and interactive. I found fun in learning which gave me a better clarity on the concepts of my subjects. It also helped me discover myself and set goals for my future. What directed me to pursue my further studies in Psychiatric Social Work was after I did my field work at Spastic Society of Karnataka. Working with the special children and seeing them made me realize that much work is needed in such area. These innocent little children need to be brought to the mainstream. The society needs to pay more attention to them instead of stigmatizing them. The exposure from the college made me want to learn and understand about them better. It was an eye opener for me. Had I not been given the freedom to do my field work there I would still be indecisive about my career and will not be where I am today. Thanks to the Oxford College especially the department of Social Work for shaping me to who I am today.

Neinunnem Grace Khaute
MPhil Scholar
Psychiatric Social Work Department
NIMHANS, Bangalore