



Department of Social Work

MSW Semester-I SKILL LAB

Thematic Workshop Series - 1: Self & Professional Development

Date: 22/07/2025

S.No.	Date	Hrs	Workshop Theme	Facilitator
1	21.08.2025	6	Becoming Professional	Dr. Md Aftab Alam
2	28.08.2025	6	Essential Communication Skills	Prof. Md. Shahid Raza
3	04.09.2025	6	Perspective Building on Constitutional Values	Dr. Siddharth Gangale
4	11.09.2025	6	Mental Health Well – Being	Dr. Siddharth Gangale

Venue: Room No.206, Department of Social Work

Timing: 10.00-1.00(Morning 3 hours)

1.00-2.00(Lunch)

2.00-5.00(Afternoon 3 hours)


22.7.25

Dr. Siddharth Gangale
Fieldwork Coordinator
Dept. of Social Work, MANUU


22/7/25


Prof. Mohd. Shahid
HoD, Dept. of Social Work
MANUU, Hyderabad.
Department of Social Work
Maulana Azad National Urdu University
Gachibowli, Hyderabad- 500032

MSW Semester-I Skill Lab
Thematic Workshop Series – I: Self and Professional Development
Workshop Theme: Becoming Professional
Resource Person: Dr. Md. Aftab Alam, Assistant Professor, MANUU, Hyderabad

Learning Objectives	The learners will be able to develop: <ul style="list-style-type: none">• Art of Looking Within• Art of Self reflection• Future Prediction Ability	
Learning Outcomes	Learners will develop understanding and ability to take initiatives towards becoming a professional	
Key Skills	<ul style="list-style-type: none">• Developing Analytical Ability• Rational Decision Making	
No. of Hours	6 Hours (21 st August, 2025; 10:00 am – 5:00 pm)	
Material/Stuff Required	<ul style="list-style-type: none">• A-4 Size Paper and pen• Courage to be; Ready to dive into your guilt/innocence; Come out from fear and Shame; and be honest.	
Session Plan		
S. No.	Activity	Timings
1	Greetings of Participants and Introduction to the Workshop	20 Minutes
2	Ice-Breaking Exercise – Professional Value Ranking	45 Minutes
3	Answering to the Question: What is Professionalism/Being Professional	20 Minutes
Practice Exercise – I: Know Yourself		
4	Briefing of Self Concept and introduction to the Practice Exercise – I	15 Minutes
5	Practice Exercise – I : Know Yourself	45 Minutes
6	Presentation by Each Participant	45 Minutes
Lunch Break		1:10 PM – 2:10 PM
7	Reflection on the Exercise by Resource Person and Participants	20 Minutes
Practice Exercise – II : Letter to Future Self		
8	Briefing of Future Self Concept and Introduction to the Practice Exercise – II	20 Minutes
9	Practice Exercise II : Letter to Future Self	45 Minutes
10	Presentation by Each Participant	45 Minutes
11	Reflection on the Exercise by Resource Person and Participants	20 Minutes
12	Feedback	20 Minutes

Resource Person




HEAD
 Department of Social Work
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 Gachibowli, Hyderabad-500032
 2. File



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Thematic Workshop Series- I: Self and Professional Development

Workshop Theme: Essentials for Communication Skills

Learning Objectives	Learners will be able to: <ul style="list-style-type: none"> Understand the different aspects of communication by using verbal and non-verbal skills like listening, speaking, interacting, decision-making, etc. Communicate with her/himself and others. Develop skills of listening, ability of articulation, and develop effective and compassionate professional relationships
Learning Outcomes	Learners will be able to: <ul style="list-style-type: none"> ✓ Learn the ability to express, articulate, prompt, and reflect ✓ Observe, analyze, and learn from dynamic group interaction ✓ Learn the Improvement of effective listening and communication ✓ Explain the importance of eye contact and body language for effective communication.
Key Skills	Impromptu response, Group communication, Thinking, Talking, understanding; Explaining, Attentive listening and response, Use of non-verbal communication skills
No. of Hours	6Hours [28th August 2025]
Material Required	Magic box and theme slip written by participants, Group discussion Topic/theme, written script, Theme
Facilitator/Trainer	Prof. Md. Shahid Raza, Department of Social Work, MANUU

Session Plan

Day-1 [28th August 2025]

S. No.	Activity	Timings
1	Welcome, Introduction, and Workshop Briefing	10.00 – 10.10
2	Ice-breaking: Exercise-two truths and a lie/Blind drawing/Charades, Perfect Square	10.10 – 10.40
Practice Exercises: 1. Extempore and 2. Chinese Whisper		10.40 – 12.00
3	1. Extempore - Brief about exercise, Exercise, and Feedback	10.50 – 12.00
Break		12.05 – 12.10
4	2. Chinese Whisper - Brief about exercise, Exercise, and Feedback	12.10 – 13.20
Lunch Break		13.20 – 14.20
5	Ice-breaking: Exercise-two truths and a lie/Charades/Blind drawing/ Perfect Square	14.20 – 14.40
Practice Exercises: 3. Communication without Looking and 4. Fishbowl		14.40 – 16.00
6	3. Communication without Looking - Brief about exercise, Exercise, and Feedback	14.40 – 16.00
Break		16.00 – 16.10
7	4. Fishbowl - Brief about exercise, Exercise, and Feedback	16.10 – 17.30

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MSW Semester-I Skill Lab

Thematic Workshop Series-1: Self & Professional Development

Workshop Theme: Perspective Building on Constitutional Values

Learning Objectives	Learners will be able to: <ul style="list-style-type: none">Understand the concept of a constitution and its significance in a nation.Analyse the key elements of the Indian Constitution’s Preamble.Explore the fundamental values enshrined in the Preamble.	
Learning Outcomes	Learners will be able to: <ul style="list-style-type: none">Understand the significance of the Constitution in daily lifeRecognize that Constitutional values help enrich the self	
Key Skills		
No. of Hours	6 Hours [4 th September 2025]	
Material Required	PPT, Projector, Laptops, Markers, White Board, Handout with the Preamble of the Indian Constitution (one per participant), Chart paper & Prints for Group Exercise etc.	
Facilitator/Trainer	Dr. Siddharth Gangale, Department of Social Work, MANUU	
Session Plan		
S. No.	Activity	Timings
	Day-1 [20th August 2025]	
1	Welcome, Introduction	10.00 – 10.10
2	Expectation of Participants from the Workshop & Workshop Briefing	10.10 – 10.30
3	Brainstorming session on Myths about the Constitution	10.30 – 11.30
	Break	11.00 – 11.10
4	Defining the Concept “WE” through Activity & followed by discussion	11.10 – 01.00
	Lunch Break	13.00 – 14.00
5	Brief History of the Making of India’s Constitution	14.00 – 14.30
6	Cover Values of the Constitution Group Exercise & Presentation	14.30 – 15.45
	Break	15.45 – 16.00
7	Understand Equality: Power Walk-Activity & Discussion	16.00 – 16.35
8	PPT Presentation on Right to Equality	16.35 – 17.00
9	Q & A / Feedback and Summing Up	17.00 – 17.30

Siddharth
29.8.25.

Siddharth
29/8/25
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Thematic Workshop Series-1: Self & Professional Development

Workshop Theme: Mental Health & Well-being

Learning Objectives	Learners will be able to: <ul style="list-style-type: none">• Raise awareness among the participants to understand general wellness to mental illness.• To educate participants on the myths and misconceptions surrounding mental health conditions.• Encourage participants to develop a personalized self-care plan.	
Learning Outcomes	Learners will be able to: <ul style="list-style-type: none">• Articulate an understanding of mental health and well-being.• Participants will be able to identify personal triggers for stress and depression.• Engage in Self-Care: Participants will be able to create and commit to a simple self-care routine.	
No. of Hours	6 Hours [11th September 2025]	
Material Required	PPT, Projector, Laptops, Markers, Whiteboard, Handouts, Chart paper & Prints for Group Exercises, etc.	
Facilitator/Trainer	Dr. Siddharth Gangale, Department of Social Work, MANUU	
Session Plan		
S. N.	Activity	Timings
	11th September 2025	
1	Welcome, Introduction	
2	Expectation of Participants from the Workshop & Workshop Briefing	10.00 – 10.10
3	Understand Stress-Distress & Stress Management skills	10.10 – 10.20
	Break	10.20 – 11.10
4	Anger and Ager Management skills	11.10 – 11.20
	Lunch Break	11.10 – 01.00
5	Depression signs and symptoms	13.00 – 14.00
6	Group Exercise & Presentation on Case Studies	14.00 – 14.30
	Break	14.30 – 15.45
7	Mental Health First Aid	15.45 – 16.00
8	Myths about Mental Health	16.00 – 16.35
9	Q & A / Feedback and Summing Up	16.35 – 17.00
		17.00 – 17.30

Siddharth
9.9.25
Dr. Siddharth Gangale
Associate Professor
Dept. of Social Work
MANUU, Hyderabad

Siddharth
9/9/25
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