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- **Contribute to building a new social order based on human dignity and social justice.**
- **Work with a preferential option for the vulnerable and exploited, both locally and globally.**
- **Build cadre of young, competent professionals having a global perspective and a strong value base of compassion, personal integrity, moderation, tolerance and self-respect.**

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EDITORIAL

The field of social work is continually evolving to respond to emerging social realities, shifting demographics, and the growing need for interdisciplinary and evidence-based practice. Today, social workers are engaging with diverse concerns ranging from preserving indigenous knowledge systems and promoting digital inclusion among the elderly, to addressing adolescent health vulnerabilities and fostering socio-emotional development through innovative interventions. In this edition of *Perspectives in Social Work*, five authors present their research and insights that reflect these expanding frontiers. The articles explore the role of traditional healers in community health, the impact of digital safety programs on elderly satisfaction, lifestyle risk factors for non-communicable diseases among adolescents, mindfulness-based interventions to enhance social intelligence, and a bibliometric analysis of community participation in public health. Together, they offer valuable perspectives on how social work can remain responsive, resilient, and relevant in a rapidly changing world.

The first article by Onessimos Shangdiar and Dr. Noorul Ain titled *"Traditional Healers: Advertent on Intrinsic Knowledge of Khasi Tribe, Meghalaya"* explores the indigenous healing practices of the Khasi Tribe in Meghalaya and their role in enhancing primary healthcare. Using a mixed-methods approach with surveys of Khasi beneficiaries and case studies of traditional healers, the study highlights the healers' deep spiritual connection with nature and their holistic approach to health. It reveals that traditional healers derive knowledge from natural signs and symbols, using both spiritual rituals and herbal remedies rooted in cultural and customary practices. The study emphasizes the significant role of traditional healers in community healthcare.

The second article by Saheli De Sarkar and Dr. Vandana Chakrabarti titled *"Digital Safety Program and Elderly Satisfaction: A Study of Elders in Recreation Centres in Mumbai"*

examines elderly engagement with digital safety programs and their satisfaction with these services. Conducted as a cross-sectional study among elderly participants in Mumbai, it explores socio-demographic differences and perceived benefits of digital safety learning. The study found that many participants valued the free nature of the service, while others appreciated access to updated information. Statistical analysis revealed that perceived benefits had a significant effect on satisfaction, especially among those who gained technological knowledge. The study highlights the role of digital safety programs in promoting digital awareness among elderly people, including those with physical impairments.

The third article by Dr. Aakanksha Agarwala and Dr. Manab Deka titled *"Lifestyle Vulnerabilities: Non-Communicable Disease Susceptibility in Adolescent Population of Kamrup (Metro) District, Assam"* investigates the prevalence and clustering of behavioural and lifestyle risk factors of non-communicable diseases (NCDs) among adolescents. Based on a primary survey of school and college-going adolescents, the study used descriptive statistics and ratio analysis to identify risk factor patterns. The findings reveal that insufficient physical activity, inadequate fruit and vegetable intake, and daily junk food consumption were the most common risk factors. A considerable proportion of adolescents reported multiple risk factors, with boys showing a notable clustering of alcohol consumption and insufficient physical activity.

The fourth article by Sachu M, Dr. Lizy, and Dr. Akhila titled *"Mindfulness-Based Social Work Intervention for Adolescents' Social Intelligence"* examines the effectiveness of mindfulness practices in enhancing social intelligence among adolescent girls. The study used an intervention design where participants were randomly assigned to experimental and control groups. The experimental group participated in mindfulness-based sessions focused on mindful breathing. The intervention aimed to help adolescents develop better control over their body, mind, and emotions to strengthen social intelligence. Results showed a

marked improvement in social intelligence among the experimental group, indicating the effectiveness of mindfulness-based interventions in fostering adolescents' social and emotional development.

The fifth article by Shaista and Dr. Naved Jamal titled *"A Bibliometric Analysis on Community Participation in Public Health"* examines the evolving research landscape on community participation in public health over the past several decades. Using bibliometric methods, the study analyzed a large body of English-language articles and review papers identified through keywords such as "Community Participation," "Community Engagement," "Community Involvement," and "Public Health." VOSviewer software was used to map research themes, intellectual connections, keyword relationships, and citation patterns. The analysis found a recent year to be the most productive, with one article on community-based participatory research being the most cited. The study offers insights into research trends and thematic clusters, contributing to an understanding of current and future directions in this field.

In recent years, the landscape of social work has been shaped by shifting social realities, technological disruptions, and new understandings of human wellbeing. *Perspectives in Social Work* responds to this changing context by curating scholarship that reflects both the diversity of contemporary practice and the urgency of innovation. This edition highlights research that crosses boundaries of disciplines, geographies, and methods demonstrating how social work continually adapts to serve communities in complex and evolving environments.

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