LOYOLA COLLEGE OF SOCIAL SCIENCES
THIRUVANANTHAPURAM

CRITERIA 3 - Research, Innovations and Extension
3.4 – Extension Activities

3.4.1 Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and Impact thereof during the last five years.

Detailed reports of the extension activities for the year 2020-21

Total Number of Reports: 13

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LOYOLA COLLEGE OF SOCIAL SCIENCES

THIRUVANANTHAPURAM

CRITERIA 3- RESEARCH, INNOVATIONS AND EXTENSION

3.4 – Extension Activities

NSS Camp Report 2020-21

NSS CAMP 2021

DHWANI

February 15th to February 21st

About NSS

National Service Scheme is under the Ministry of Youth Affairs & Sports Government of India, popularly known as NSS was launched in Mahatma Gandhi's birth centenary year 1969, in 37 universities involving 40,000 students. The primary focus of NSS is the development of personality of students through community service. Today, NSS has more than 3.2 million student volunteers on its roll spread over 298 universities and 42 (+2) senior secondary councils and directorate of vocational education all over the country. From its inception, more than 3.75 cores students from universities, colleges and institutions of higher learning have benefited from the NSS activities as student volunteers.

The scheme now extends to all the states and universities in the country and covers +2 levels also in many states. Students, teachers, guardians, government, universities and college/schools and the people in general now realize the need and significance of NSS. It has aroused among the student youth an awareness of the realities of life, a better understanding and appreciations of the problems of the people. NSS is, thus, a concrete attempt in making campus relevant to the needs of the community.

Community service entered university and +2 levels students has covered several aspects like adoption of villages for intensive development work carrying out the medico-social surveys, setting up of medical centers, programmers of the mass immunization, sanitation drivers, adult education programmes for the weaker sections of the community, blood donation, helping patients in hospitals, helping residents off orphanages and physically handicapped etc. NSS volunteers did commendable relief work during natural calamities / emergencies such as cyclones, flood, famine, earthquakes etc. from time to time all over the world.

The NSS students have also done useful work in organizing companions for the eradication of social evils, and popularization of the nationally accepted objectives like nationalism, democracy, secularism, social harmony and development of scientist temper.

OBJECTIVES OF NSS

The main objectives of National Service Scheme (NSS) are;

1. Understand the community in which they work
2. Understand themselves in relation to their community
3. Identify the needs and problems of the community and involve them in problem solving
4. Develop among them a sense of social and civic responsibility
5. Utilize their knowledge in finding practical solutions to individuals and community problems.
6. Develop competence required for group living and sharing of responsibilities
7. Gain skills in mobilizing community participation
8. Acquire leadership qualities and democratic attitudes
9. Develop capacity to meet emergencies and natural disasters and practice national integration and social harmony

NSS & LOYOLA

Loyola College of Social Sciences was founded by the Society of Jesus (Jesuits) in 1963, the college offers courses in MA (Sociology, Social Work & Human Resource Management) & MSc. Counselling Psychology. The college is affiliated to the University of Kerala and is a recognized research Centre of the University. The Centre prepares the students for Ph.D. in Sociology, Social Work and Management studies and also takes up sponsored research projects. A full-fledged extension services, Loyola Extension Services (LES) is a unique feature of the college. The LES acts as a social lab of the college. The LES acts as the social lab of the college.

True to the Jesuit tradition of MAGIS (excellence) and the commitment to faith and justice, Loyola strives to reach the benefits of higher education to the people, especially the marginalized. In reaching this goal, we are guided by the Ignatius vision of life and its application in Jesuit education. NSS unit of the college has a history of more than 45 years. While Kothari commission propagated NSS at the National Level, Loyola became instrumental in the establishment of NSS in Kerala University. Fr. Puthenkalam S.J, the first principal of Loyola, took the pain for the initiation of the NSS programme in Loyola and the

end fruit was unit KL-07-011, functional NSS unit in the college. Voluntary membership of all the students joining the college is the uniqueness of this college.

To build social sensitivity in the youth, NSS always promoted rural live in campus where the students live with a selected community for a period of 10 days to have a real-life experience of that community for a period of 10 days to have a real-life experience of that community. Later these 10 days is reduced to 7 days by the University. A seven-day group living with limited amenities and the interactions with the community, give the student a first-hand picture of the struggle, a common man in that particular community has to face, to make to make the ends meet. Normally, a social-economically backward are will be the priority. Loyola has a history of vibrant and live memories of camp life, cherished by the various batches of 1963 onwards.

This year the camp was organised in the college. The camp was named ‘Dhwani’. It was organised from February 15th to February 21st.The seven day camp was inaugurated by Sri.Prasanth MLA, Principal Dr.Saji.P.Jacob presided the function. The camp was planned to give a real life experience for the students. In the afternoon there was programme by Sri.Brahma Nayakam Mahadevan, NSS trainer and Motivational speaker. In that students were given live lessons for waste management and they were asked to take a short film for 10 minutes. The students were made into groups and there was a presentation by students and it was evaluated. A green audit was taken up by the students for two days and that covered Bio diversity audit, water audit and energy audit. Dr.Francina and Dr,Joice gave orientation to students for doing the green audit.

An awareness programme on youth and health in the context of COVID-19 was taken by Dr. Amar S Fettle, State Nodal Officer, COVID-19 and youth health. The other programmes in the camp include how to start organic farming in the campus. The session was taken by Dr. Manoj Agricultural officer, Kollam As part of the camp students conducted COVID -19 survey along with green protocol awareness in Cheruvikkal area. There were two alumni interactions one by Ms.Asha Babu and the second one by Mr. Ajith Pozhiyoor, both of them has won the recent panchayath elections. There was a session taken by Ms.Uma Kalyani on Yoga and nutrition. As part of the camp, students planted 100 plants in pots with the guidance from our beloved Gopi Chettan. A programme titled ‘A Smile’ was taken by Mr. Hari GV . The session was well taken by the students. Shramadhan was organisd in the college and also in the Janamaithri Police station. In the last day there was a musical concert by the Kerala Police. There was camp evaluation and in the closing ceremony Dr.Saji P Jacob presided over the function. The camp magazine ‘Kaioppu’ was released during that time by Fr. Sabu P Thomas. Both camp report and survey report were presented. The camp came to an end with the cultural programmes by the volunteers.

SURVEY REPORT

Household Survey To Assess The Impact Of Covid-19 On Livelihood Among Residents Of Cheruvikkal Ward, Sreekaryam

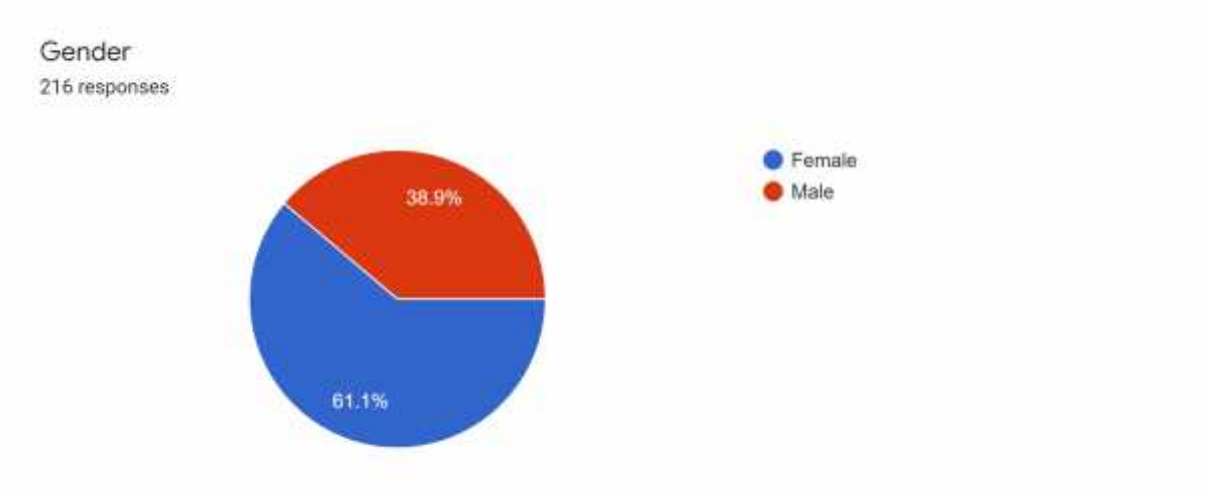
A household survey was held on 17 February 2021 by the NSS unit of Loyola College of Social Sciences, Thiruvananthapuram. The study was conducted to assess the impact of Covid-19 pandemic on livelihood among residents of Cheruvikkal area, Sreekaryam. 68 students from 5 different departments went to 3 densely populated pockets of Sreekaryam namely Sai Baba Colony, Oolamkunnu and Ayodhya Nagar.

The highly motivated and driven batch of students interviewed 216 respondents and collected data required for this study. The survey questionnaire was carefully put together under the guidance of Dr. Jyothi Krishna, HoD, Department of Disaster Management and the tool used for this survey was Google form.

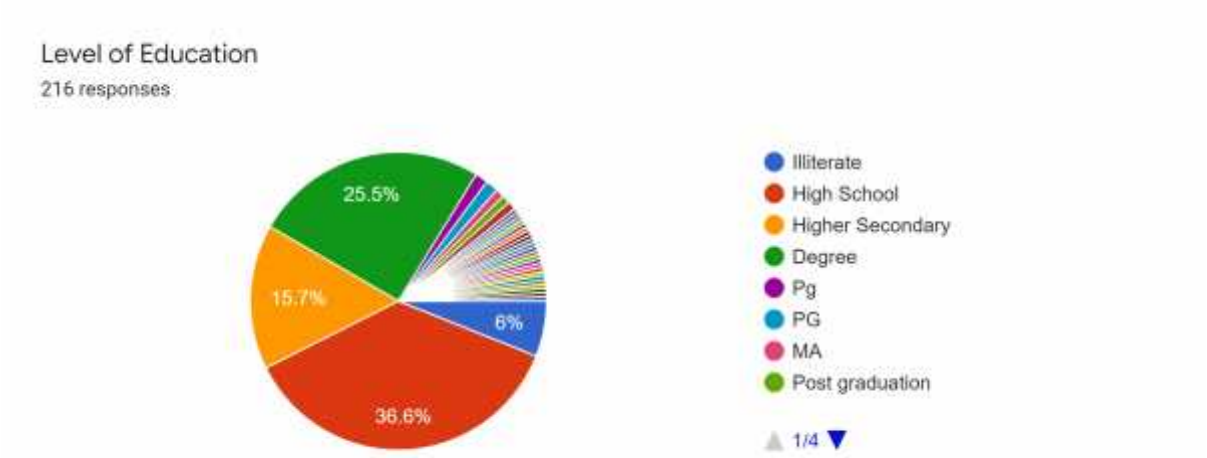
Due to some practical difficulties the target population was not interviewed much. The samples consist of people mostly from middle class and above. People belonging to economically weaker sections were not found in these areas.

Major Observations

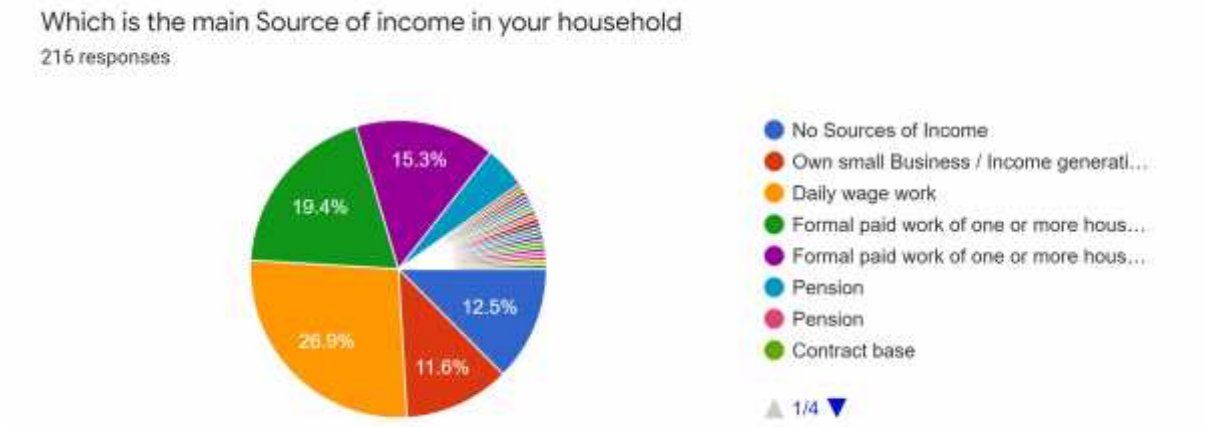
- Out of 216, 61.1% respondents were female and 53.2% were head of households.



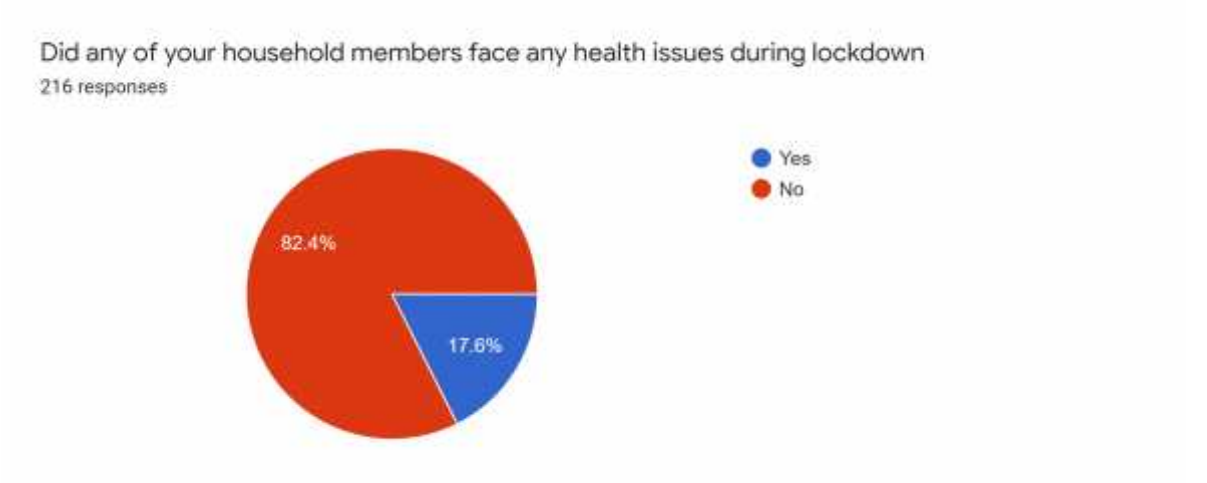
- Most of the respondents were educated, 36.6% studied till high school, 25.5% had graduation, 15.7% studied till higher secondary and 6% were illiterate.

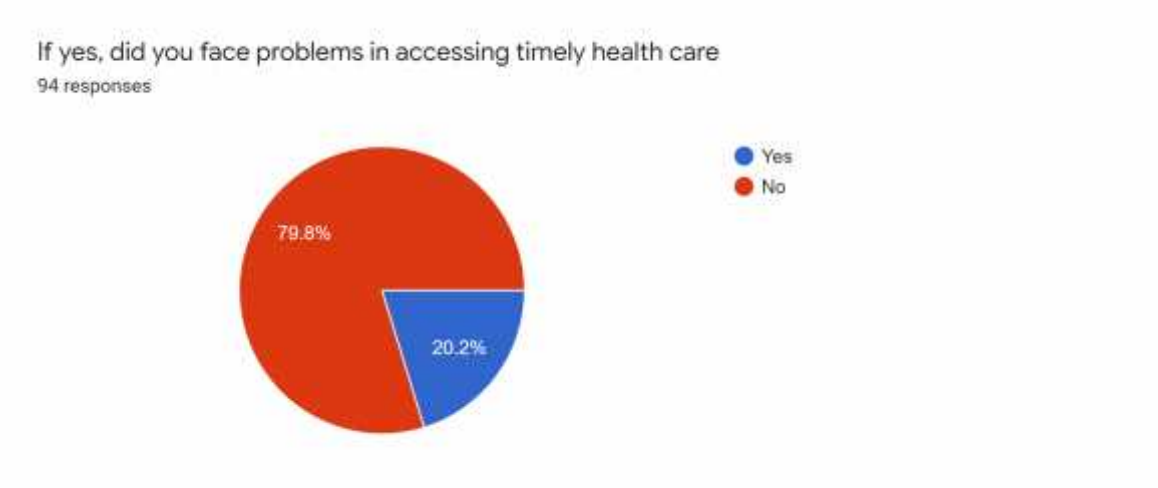


- Data on sources of income showed that 26.9% were daily wage work and 12.5% had no source of income at all. Likely 19.4% worked in the private sector and 15.3% in the public sector.

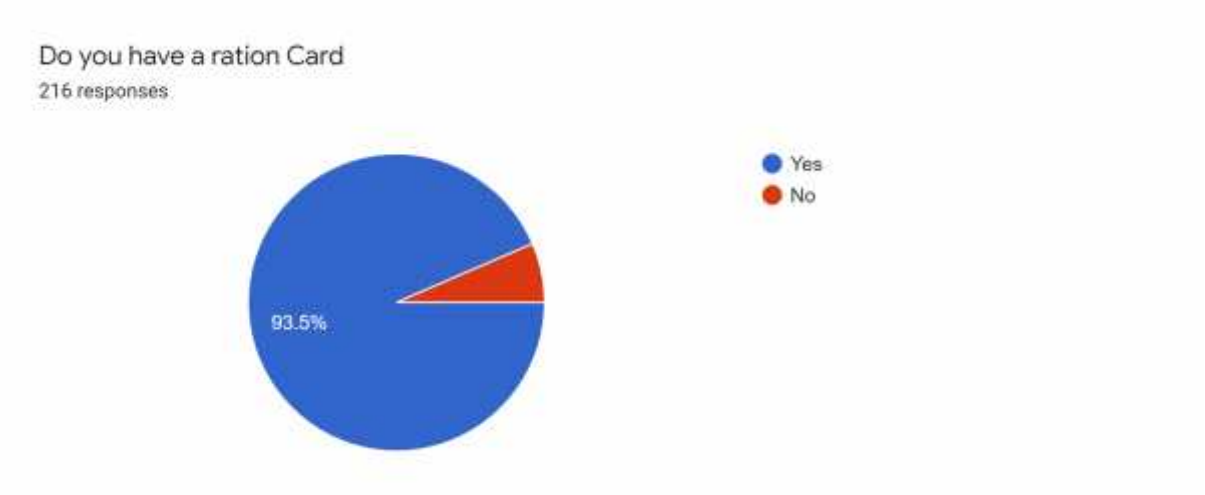


- Out of 216 respondents, 17.6% had some kind of health issues during the lockdown period and in that 20.2% couldn't get timely access to health care facilities.

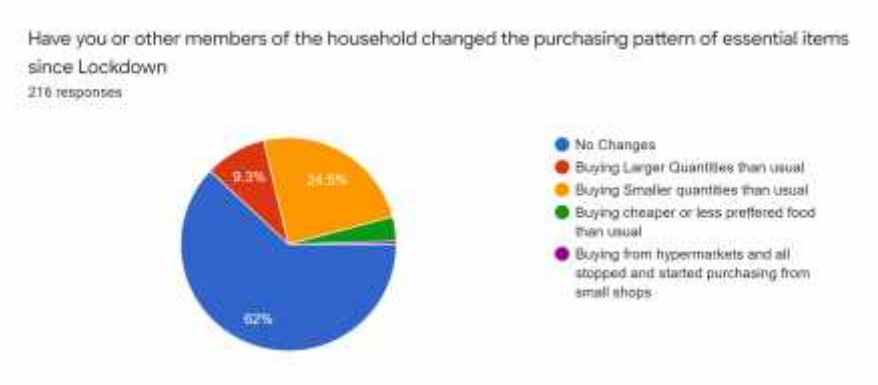




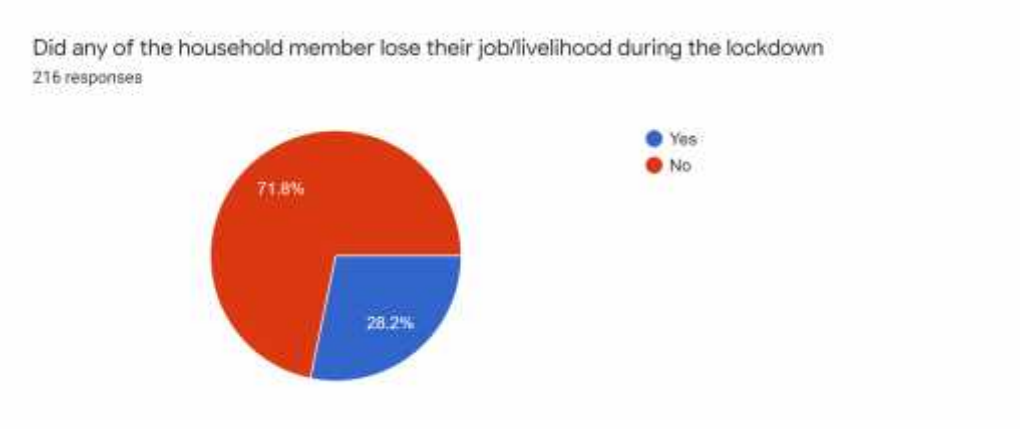
- Even Though there were some confusions regarding the ration card details, our collected data shows that even now in the capital city, we have 6.5% people belonging to lower economic conditions without ration cards. Each one of them has their own reason for this.



- Another major finding was that there is a change in purchasing pattern of essential items among these respondents. 24.5% respondents started buying smaller quantities of products, while 3.7% started buying cheaper products.



- Pandemic had an impact on the livelihood of people too, 28.2% lost their livelihood during the lockdown period.



Constraints

Finalizing the mode of survey. Last minute issues with getting permission from the authorities and Covid-19 protocol were the major constraint that we faced during this survey.

Limitations

- Design flows like no option for marking the widow and ration card color was a mandatory question.
- Questionnaire wasn't tested.
- Issues with the data entry in the Google form affected the overall output. For instance, pension can't be kept as a main source of income but most students marked it like that.

Pointers for future exploration

- What is the nature of livelihood loss that people in the informal sector suffered?
- How did they cope with it?
- These areas can be taken up for future research or study?

Learnings

The analysis of the data from this survey indicates that the Covid-19 pandemic and the resultant lockdown mainly affected the lives of people from lower economic backgrounds. Loss of job, difficulty in accessing health care facilities on time, changes in purchasing pattern to adapt with the lower income level are major impacts that lockdown had on them.

PHOTO FIESTA

EXHIBITION

നാഷണൽ സർവ്വീസ് സ്കീം
വാർഷിക സപ്ത ദിന ക്യാമ്പ്

DHWANI 2021
Annual 7days Special Camp
National Service Scheme – Kerala University Unit KL-07-011
Loyola College of Social Sciences, Trivandrum
15 th February to 21st February 2021

Sutter Hall, Loyola College of Social Sciences

Sl. No.	Class No.	Name of the Camper	Enrollment No.	I	II	III	IV	V	VI	VII	Remarks by PO
				15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	
1	MSW 01	1. AARYA MATHEW	KL-07-011-19-01								
2	MSW 02	2. ALAN BERCHMANS	KL-07-011-19-02								
3	MSW 03	3. ALBY PJ	KL-07-011-19-03								
4	MSW 04	4. ALIYATH SUMAYYA K V	KL-07-011-19-04								
5	MSW 05	5. ANGEL MARIYA DOMINIC	KL-07-011-19-05								
6	MSW 06	6. ANN ROSE MATHEW	KL-07-011-19-06								
7	MSW 07	7. ANNU THOMAS	KL-07-011-19-07								
8	MSW 08	8. APARNA RAJ A	KL-07-011-19-08								
9	MSW 09	9. ATHIRA VARMA S	KL-07-011-19-09								
10	MSW 10	10. BIBIN Y THOMAS	KL-07-011-19-10								
11	MSW 11	11. DEVIKA PRASAD	KL-07-011-19-11								
12	MSW 12	12. GOURI S. NATH	KL-07-011-19-12								
13	MSW 13	13. HEERAKRISHNA R	KL-07-011-19-13								
14	MSW 14	14. HIMA ROY	KL-07-011-19-14								
15	MSW 15	15. JEENA S RAJ	KL-07-011-19-15								
16	MSW 16	16. JINCY BABY	KL-07-011-19-16								

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17	MSW 17	17. JOSEY JAMES	KL-07-011-19-17								
18	MSW 18	18. JOSHNI JOSE	KL-07-011-19-18								
19	MSW 19	19. JUMY GEORGE	KL-07-011-19-19								
20	MSW 20	20. K ANAGHA SOMAN	KL-07-011-19-20								
21	MSW 21	21. LIBIN VARGHESE	KL-07-011-19-21								
22	MSW 22	22. REJITHA RAVI	KL-07-011-19-22								
23	MSW 23	23. ROSEMARY PAUL	KL-07-011-19-23								
24	MSW 24	24. SREE LEKSHMI J S	KL-07-011-19-24								
25	MSW 25	25. SREEHARI A K	KL-07-011-19-25								
26	MSW 26	26. VINAYAK S KARTHIKEY	KL-07-011-19-26								
27	HRM 01	1. AKSHAYA PRAKASH	KL-07-011-19-27								
28	HRM 02	2. AMBILY E.H.	KL-07-011-19-28								
29	HRM 03	3. ANSUN JACOB	KL-07-011-19-29								
30	HRM 04	4. APARNA PADMAKUMAR	KL-07-011-19-30								
31	HRM 05	5. ARAFATH MOHAMMED A	KL-07-011-19-31								
32	HRM 06	6. ATHUL JAMES	KL-07-011-19-32								
33	HRM 07	7. AUGUSTINE SOORAJ K J	KL-07-011-19-33								
34	HRM 08	8. CHIPPY RAJ	KL-07-011-19-34								
35	HRM 09	9. CHRIS MARIA FRANCIS	KL-07-011-19-35								
36	HRM 10	10. DANIEL WILLIAM	KL-07-011-19-36								
37	HRM 11	11. HAMNA THARAYIL	KL-07-011-19-37								
38	HRM 12	12. KALYANI NAIR G H	KL-07-011-19-38								
39	HRM 13	13. NIRMAL T SEBASTIAN	KL-07-011-19-39								
40	HRM 14	14. PARVATHY P J	KL-07-011-19-40								
41	HRM 15	15. ROSHNI REX	KL-07-011-19-41								

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42	HRM 16	16. RYAN K	KL-07-011-19-42								
43	HRM 17	17. SUNITH T S	KL-07-011-19-43								
44	HRM 18	18. THEJAS M S	KL-07-011-19-44								
45	HRM 19	19. VISHNU SHAJI	KL-07-011-19-45								
46	SOC 01	1. ABHIRAMIKRISHNAN S	KL-07-011-19-46								
47	SOC 02	2. ALEENA N	KL-07-011-19-47								
48	SOC 03	3. AMAL DEV OB	KL-07-011-19-48								
49	SOC 04	4. ANAMIKA U P	KL-07-011-19-49								
50	SOC 05	5. ANANDHU B S	KL-07-011-19-50								
51	SOC 06	6. ANGEL RAJ	KL-07-011-19-51								
52	SOC 07	7. ANJALI G P	KL-07-011-19-52								
53	SOC 08	8. ANJITHA M C	KL-07-011-19-53								
54	SOC 09	9. ARDRA ANIL	KL-07-011-19-54								
55	SOC 10	10. ARUN SB	KL-07-011-19-55								
56	SOC 11	11. BHAGYA S KUMAR	KL-07-011-19-56								
57	SOC 12	12. DIJA M.	KL-07-011-19-57								
58	SOC 13	13. DIVYA UNNI	KL-07-011-19-58								
59	SOC 14	14. DRISYA P LAL	KL-07-011-19-59								
60	SOC 15	15. FEVI WILLIAM F	KL-07-011-19-60								
61	SOC 16	16. GOWRI LEKSHMI P S	KL-07-011-19-61								
62	SOC 17	17. JANCY JHONS S	KL-07-011-19-62								
63	SOC 18	18. JINCY RAJ S S	KL-07-011-19-63								
64	SOC 19	19. JINO P JOHN	KL-07-011-19-64								
65	SOC 20	20. JINU CHANDRAJ R	KL-07-011-19-65								
66	SOC 011	21. KAVYA B S	KL-07-011-19-66								

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67	SOC 22	22. KRISHNENDHU B	KL-07-011-19-67								
68	SOC 23	23. MARIAM JACOB	KL-07-011-19-68								
69	SOC 24	24. RESHMA N R	KL-07-011-19-69								
70	SOC 25	25. SALMAN	KL-07-011-19-70								
71	SOC 26	26. SARANYA T J	KL-07-011-19-71								
72	SOC 27	27. SREE SIDHARTH M S	KL-07-011-19-72								
73	SOC 28	28. SREELEKSHMI MV	KL-07-011-19-73								
74	SOC 29	29. SREETHU SREENIVASAN	KL-07-011-19-74								
75	SOC 30	30. UNNIMAYA L K	KL-07-011-19-75								
76	PSY 01	1. AGRA S KUMAR	KL-07-011-19-76								
77	PSY 02	2. AJINA T	KL-07-011-19-77								
78	PSY 03	3. ALEENA ANDREWS	KL-07-011-19-78								
79	PSY 04	4. AMMU CHRISTOPHER	KL-07-011-19-79								
80	PSY 05	5. ANAKA RAJENDRAN	KL-07-011-19-80								
81	PSY 06	6. ANCHU A S	KL-07-011-19-81								
82	PSY 07	7. ANJU S M	KL-07-011-19-82								
83	PSY 08	8. ANU ABRAHAM	KL-07-011-19-83								
84	PSY 09	9. ASNA SUBHAKUMAR	KL-07-011-19-84								
85	PSY 10	10. AVANI V S	KL-07-011-19-85								
86	PSY 11	11. AYSHA AREEBA	KL-07-011-19-86								
87	PSY 12	12. BIJI BAKER G	KL-07-011-19-87								
88	PSY 13	13. D S POOJA	KL-07-011-19-88								
89	PSY 14	14. FAYIZA FYZEE	KL-07-011-19-89								

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90	PSY 15	15. JITHILA WILSON	KL-07-011-19-90								
91	PSY 16	16. NISHA S	KL-07-011-19-91								
92	PSY 17	17. OMJAYASREE ERUPPAK	KL-07-011-19-92								
93	PSY 18	18. SANIKA DAS A K	KL-07-011-19-93								
94	PSY 19	19. SREELAKSHMI P S	KL-07-011-19-94								
95	PSY 20	20. VAISHNAVI S	KL-07-011-19-95								
96	PSY 21	21. VARSHA B M	KL-07-011-19-96								
97	DM 01	1. ABHIRAMI S	KL-07-011-19-97								
98	DM 02	2. AKSHARA SOBHANAN	KL-07-011-19-98								
99	DM 03	3. APARNA R	KL-07-011-19-99								
100	DM 04	4. ARUN ANIL	KL-07-011-19-100								
101	DM 05	5. ASHIN P J	KL-07-011-19-101								
102	DM 06	6. BILBILAL P SAJI	KL-07-011-19-102								
103	DM 07	7. BRIJITH MARIA THOMAS	KL-07-011-19-103								
104	DM 08	8. DELNA JOHN	KL-07-011-19-104								
105	DM 09	9. EBIN THOMAS BABU	KL-07-011-19-105								

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106	DM 10	10. FATHIMA N	KL-07-011-19-106								
107	DM 11	11. GOPIKA RAJENDRAN	KL-07-011-19-107								
108	DM 12	12. HIMA S H	KL-07-011-19-108								
109	DM 13	13. JILSHA A B	KL-07-011-19-109								
110	DM 14	14. NAYANA SCARIA	KL-07-011-19-110								
111	DM 15	15. NELEENA SCARIA	KL-07-011-19-111								
112	DM 16	16. NITYA NIBU	KL-07-011-19-112								
113	DM 17	17. PRIJIN S KUMAR	KL-07-011-19-113								
114	DM 18	18. ROSHAN JOHN NETTO	KL-07-011-19-114								
115	DM 19	19. SAM SANTHOSH MATHI	KL-07-011-19-115								
116	DM 20	20. SHILU S AJAI	KL-07-011-19-116								
117	DM 21	21. SHYMA A	KL-07-011-19-117								
118	DM 22	22. SNEHA MATHEW	KL-07-011-19-118								

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Extension activity by the three departments during the COVID pandemic- 2021

During the 2nd lockdown, 2021 when students were in their respective hometown the three departments namely Social Work, Disaster Management and Counselling Psychology collaborated with NSS Unit of Loyola College, Kerala State Mental Health Authority and District Mental Health Program (DMHP) for providing psycho-social intervention for the COVID affected patients. This initiative was conceived as a two-step process: (1) webinar by Kerala State Mental Health Authority on Psycho social Care Protocol and Strategy, (2) tele-counselling to provide psycho-social support for the patients under quarantine or in isolation due to the covid-19 disease. Students and faculty in-charges of all the three departments actively participated in the extension activity.

(1) Webinar by Kerala State Mental Health Authority on Psycho social Care Protocol and Strategy

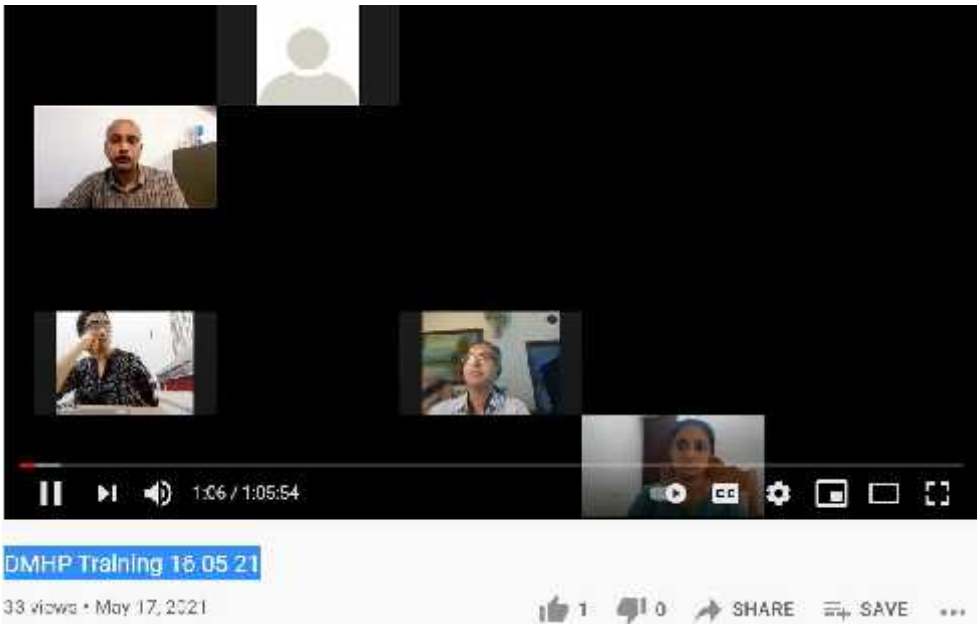
Theme:	"Psycho-social Care Interventions" organized by Kerala State Mental Health Authority and DMHP-Thiruvananthapuram
Date:16 May2021	**Time:**10.00 am-12.00 pm
Resource person:	Dr. Kiran P.S., Secretary-Kerala Mental Health and Dr .Unnikrishnan Nair, Head, DMHP-Trivandrum
Zoomlink	https://esh-se.zoom.us/j/66151137914
Participants	75 students from MSW, MSW-DM and MSc. Counselling Psychology, Loyola College, Trivandrum
Faculty coordinator	Dr. Sonny Jose, Head, Department of Social Work
Faculty-in charges	Dr. Jyothi, Dr. Pramod, Dr. Francina and Dr. Ammu
Youtube link	https://youtu.be/CMYKSEujflc
Outcome	⟩ Orientation on psycho social care protocol and strategy was given. ⟩ Districts except Thrissur was declared open for support care. ⟩ Timeslots was specified from2-8pm to accommodate class ⟩ WhatsApp Group was created. ⟩ Booster training was assured.

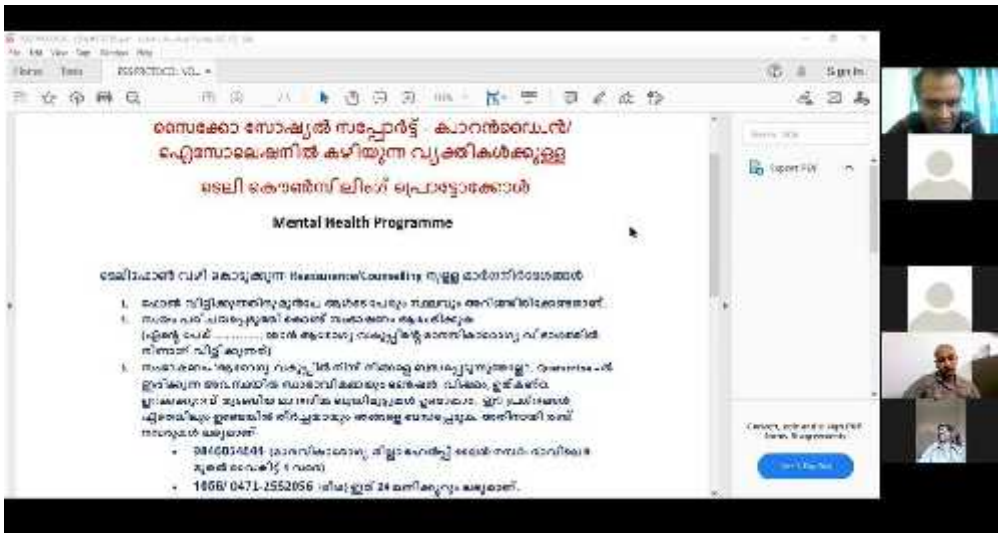
75 students from MSW, MSW-DM and MSc. Counselling Psychology attended the webinar. Dr. Kiran and DMHP Trivandrum Team lead by Dr. Unnikrishnan oriented the students on Psycho social Care for COVID-19 on 17 May 202. Dr. Nirmal, Mr. Hari Vijay, Ms. Sreeveena and Remya from DMHP were also present during the webinar.

Dr.Kiran welcomed them into a historical initiative that clocked 8.5 million calls, perhaps clocking the entire number of calls to NIMHANS in one day. Reassurance calls to attend to

those in quarantine. Follow-upon 20th day after recovery. With escalation in cases in May the focus turned to COVID positive and receives almost 50000 calls. Providing support to health workers as well as public supported on two Hotline numbers associated with 'Ottakkalla Oppam Und'. There are innumerable genuine calls. He warned the students that sometimes the data is not available he contacts and hence it takes great caution to introduce oneself to the contact; he for warned that the responses might be reactive to passive. They need to also anticipate persons who are VIPs.

Eventually, Dr. Unnikrishnan oriented the students on how to deal based on a Psychosocial Care Protocol. He listed a host of instructions – 1. Confirming the details as per list provided; 2.introducing the counsellor/ support worker as part of Health Services; 3.Reconfirming with them specific checklist to assess sleep disturbances, somatic illness, breathlessness, if there is any complaints asking them to call either Mental Health Authorities two numbers between 9-4 pm and always 1056 and 104 to DISHA. If any symptoms cited then note the number and intimate the data consolidation team and assure of call back. The basic strategy is allowing them to ventilate and then only reassure those that they will be followed up by higher authorities.





(2) Tele-counselling to provide psycho-social support for the patients under quarantine or in isolation due to the covid-19 disease.

After the preparation webinar, students who volunteered for the tele-counselling got integrated with the DMHP work which is part of the Government's Ottakalla oppemundu" program. This program aims to provide psycho-social support amongst the patients under quarantine or in isolation due to Covid-19diseasevia tele-counselling. The various duties undertaken by the students included:

- Toundertaketele-counsellingtoprovidepsycho-socialsupportforthepatientsin quarantine or in isolation due to thecovid-19 disease.
- Toreportthecasesofpatientssufferingpsychologicalsymptomssuchastension,sadness, anxiety, sleep issues.
- To report the cases of patients suffering due to social problems such as lack of access to medicine and food.
- To share the Government helps line numbers with these patients.
- To follow up with the patients who have completed their quarantine to provide psycho-social care.

<u>Department wise consolidation of tele-counselling undertaken</u>

1. **Department of Social Work**

Sl.No.	Particulars	Numberof calls
1.	No. of student volunteers for tele-counselling:	28
2.	Number of days completed as on 20-08-2021	41days
3.	Number of Covid positive patients contacted	14961

4.	Number of follow-up calls made post quarantine (patients suffering psychological symptoms such as tension, sadness, anxiety, sleep issues.)	4744

2. **Department of Disaster Management**

Sl.No.	Particulars	Numberof calls
)	No. of student volunteers for tele-counselling:	2
)	Number of days completed as on 21-09-2021	200days
)	Number of Covid positive patients contacted	1159
)	Number of follow-up calls made post quarantine (patients suffering psychological symptoms such as tension, sadness, anxiety, sleep issues.)	755

3. Department of Counselling Psychology

Sl.No.	Particulars	Numberof calls
)	No .of student volunteers for tele-counselling:	12
)	Number of days completed as on 20-08-2021	30 days
)	Number of Covid positive patients contacted	2140
)	Number of follow-up calls made post quarantine (patients suffering psychological symptoms such as tension, sadness, anxiety, sleep issues.)	200

Outcome:

-) Students got trained on the basic psycho-social support for the patients in quarantine or in isolation due to the covid-19 disease
-) Students learned to integrate themselves and work with an outside governmental agency
-) Students learned responsible reporting to DMHP supervisors
-) At college level this extension activity could show-case interdepartmental coordination and extension of student services to governmental organization DMHP when COVID pandemic was at its peak and uncertainty had hit everyone's mental health.

Participant list:

1. Webinar by Kerala State Mental Health Authority on Psychosocial Care Protocol and Strategy

Sl. No	Course	Year	Name

1.	MSc Counselling Psychology	2nd	Arathy. S. V
2.	MSc Counselling Psychology	2nd	Aiswarya Jayan. R
3.	MSc Counselling Psychology	2nd	Arathy. B. Kumar
4.	MSc Counselling Psychology	2nd	Narthana. B. Suresh
5.	MSc Counselling Psychology	2nd	Kavya. B. K
6.	MSc Counselling Psychology	2nd	Sulekha. D
7.	MSc Counselling Psychology	2nd	Wincy Bibi
8.	MSc Counselling Psychology	2nd	Anaz Narayan
9.	MSc Counselling Psychology	2nd	Megha T. G
10.	MSc Counselling Psychology	2nd	Devika
11.	MSc Counselling Psychology	2nd	Shilpa
12.	MSc Counselling Psychology	2nd	Mehana
13.	MSc Counselling Psychology	2nd	Abhirami
14.	MSc Counselling Psychology	2nd	Jeeva varghese
15.	MSc Counselling Psychology	2nd	Asumptha
16.	MSc Counselling Psychology	1st	Anju S M
17.	MSc Counselling Psychology	1st	Varsha B M
18.	MSc Counselling Psychology	1st	AyshaAreeba
19.	MSc Counselling Psychology	1st	Anakha Rajendran
20.	MSc Counselling Psychology	1st	D.s pooja
21.	MSc Counselling Psychology	1st	Anu Abraham
22.	MSc Counselling Psychology	1st	Ajina.T
23.	MSc Counselling Psychology	1st	Sreelekshmi. P. S
24.	MSc Counselling Psychology	1st	Sanika
25.	MSc Counselling Psychology	1st	Agra
26.	MSc Counselling Psychology	1st	Avani
27.	MSc Counselling Psychology	1st	Jithila

28.	MSc Counselling Psychology	1st	FayizaFyzee
29.	MSc Counselling Psychology	1st	Aleena Andrews
30.	MSc Counselling Psychology	1st	Nisha S
31.	MSc Counselling Psychology	1st	Vaishnavi.s
32.	MSc Counselling Psychology	1st	Omjayasree
33.	MSc Counselling Psychology	1st	Biji
34.	MSW in Disaster Management	1st	Sneha Mathew
35.	MSW in Disaster Management	1st	Gopika Rajendran
36.	MSW in Disaster Management	1st	Akshara Sobhanan
37.	MSW in Disaster Management	1st	Shyma A
38.	MSW in Disaster Management	1st	Arun Anil
39.	MSW in Disaster Management	1st	Fathima N
40.	MSW in Disaster Management	1	Abhirami S
41.	MSW in Disaster Management	1st	Aparna R
42.	MSW in Disaster Management	1st	Delna John
43.	MSW in Disaster Management	1st	Brijith Maria Thomas
44.	MSW in Disaster Management	1st	Nayana Scaria
45.	MSW in Disaster Management	1st	Sam Sathosh Mathew
46.	MSW in Disaster Management	1st	Bilbilal P Saji
47.	MSW in Disaster Management	1st	NeleenaScaria
48.	MSW	1st	Aarya Mathew
49.	MSW	1st	Alan Berchmans
50.	MSW	1st	Alby PJ
51.	MSW	1st	Aliyath Sumayya K Y
52.	MSW	1st	Angel Mariya Dominic
53.	MSW	1st	Ann Rose Mathew
54.	MSW	1st	Annu Thomas
55.	MSW	1st	Anu Biju
56.	MSW	1st	Aparna Raj A
57.	MSW	1st	Athira Varma S
58.	MSW	1st	Bibin Y Thomas
59.	MSW	1st	Devika Prasad
60.	MSW	1st	Gouri S. Nath

61.	MSW	1st	Heerakrishna R
62.	MSW	1st	Hima Roy
63.	MSW	1st	Jeena S Raj
64.	MSW	1st	Jincy Baby
65.	MSW	1st	JisnaJ S
66.	MSW	1st	Josey James
67.	MSW	1st	Joshni Jose
68.	MSW	1st	Jumy George
69.	MSW	1st	K Anakha Soman
70.	MSW	1st	Jibin Varghese
71.	MSW	1st	Rejitha Ravi
72.	MSW	1	Rosemary Paul
73.	MSW	1st	Sreehari A K
74.	MSW	1st	Sreelekshmi J S
75.	MSW	1st	Vinayak S Karthikeyan

2. Tele-counselling to provide psycho-social support

Sl. No	Course	Year	Name
1.	MSc Counselling Psychology	2nd	Arathy. S. V
2.	MSc Counselling Psychology	2nd	AiswaryaJayan. R
3.	MSc Counselling Psychology	2nd	Arathy. B. Kumar
4.	MSc Counselling Psychology	2nd	Narthana. B. Suresh
5.	MSc Counselling Psychology	2nd	Kavya. B. K
6.	MSc Counselling Psychology	2nd	Sulekha. D
7.	MSc Counselling Psychology	1st	Varsha B.M
8.	MSc Counselling Psychology	1st	Anju S.M
9.	MSc Counselling Psychology	1st	Anakha Rajendran
10.	MSc Counselling Psychology	1st	Nisha S
11.	MSc Counselling Psychology	1st	Ajina .T
12.	MSc Counselling Psychology	1st	Sreelekshmi. P. S
13.	MSW in Disaster Management	1st	Akshara Sobhanan
14.	MSW in Disaster Management	1st	Abhirami S
15.	MSW	1st	Aarya Mathew
16.	MSW	1st	Alan Berchmans
17.	MSW	1st	Alby PJ

18.	MSW	1st	AliyathSumayya K Y
19.	MSW	1st	Angel Mariya Dominic
20.	MSW	1st	Ann Rose Mathew
21.	MSW	1st	Annu Thomas
22.	MSW	1st	Anu Biju
23.	MSW	1st	Aparna Raj A
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38.	MSW	1st	Rejitha Ravi
39.	MSW	1	Rosemary Paul
40.	MSW	1st	Sreehari A K
41.	MSW	1st	Sreelekshmi J S
42.	MSW	1st	Vinayak S Karthikeyan

Covid Relief Activities 2020-21

2021

NSS unit of Loyola College of Social Sciences along with the department of Social work and Disater managemnt initiated Covid Relief activities in the pandemic period. Given the limitations imposed by the college the Department limited its activities primarily to coordinating the on-line services throughout May to August 2021. The two engagements were primarily the KCBC and DHMP Helplines for remote counselling. The primary activities engaged with were follow-up of Covid positive as well as those who had been qurantined by the Government Department. The following were the list of students engaged.

List of Students willing to engage with KCBC Psychosocial Care Services Initiative
Department of Social Work, Loyola College of Social Sciences (14 May 2021)

Name	Email-address	Mob	Remarks	
			Online	Field
1. Josey James	sebastianmancherikalam@gmail.com	9495060795		
2. Angel Mariya Dominic	angelmariyadominic@gmail.com	7902698006		
3. Jincy Baby	jincybabysh33@gmail.com	9446903900		
4. Libin Varghese	libinmanackalettu@gmail.com	7510340156		
5. Aliyath Sumayya KY	sumisumayya224@gmail.com	9745333669		
6. Alby PJ	srjothi89@gmail.com	8075367847		
7. Jumy George	jumygeorge01@gmail.com	7025947114	☒	
8. Bibin Y Thomas	bibin9447@gmail.com	8281251486		
9. K Anakha Soman	anakhaks1999@gmail.com	9778087657		
10. Anu Biju	anubj96@gmail.com	8589040034		
11. Sreehari A K	sreehariak4599@gmail.com	9562987149		
12. Aarya Mathew	lathaaarya@gmail.com	9495074121		☒
13. Annu Thomas	annmaria93999@gmail.com	9497375828		☒
14. Rejitha Ravi	rejithathankam19@gmail.com	9497108753		☒
15. Heerakrishna R	krishnaheera1998@gmail.com	8281964639		☒
16. Joshni Jose	joshnijose1999@gmail.com	7034634248		☒
17. Gouri S Nath	gourikailas1998@gmail.com	8921871363		☒
18. Hima Roy	himaroy2000@gmail.com	8086852575		☒
19. Athira Varma	athira.varma@gmail.com	8943714688		☒
20. Sree Lekshmi J S	sreelekshmi0819@gmail.com	8848082856 8547170819		☒
21. Jeena S Raj	jeenasharon05@gmail.com	7593074736		☒
22. Ann Rose Mathew	annrosemathew30@gmail.com	9188649097		☒
23. Devika Prasad	devikaprasadpzm@gmail.com	9567919583		☒
24. Aparna Raj A.	aparnarajasha@gmail.com	9685939101		☒
25. Jisna J.S.	jisnajssajan@gmail.com	9496679462		☒

P.S.:

1. This engagement would be **besides** their online classes from 8.30am-1.30pm (Mon-Sat)
2. 10 among them indicated in **red**, are specific regarding engagement **exclusively on-line / exclusively offline** (for range issues)
3. In the eventuality of a need arising, we may shift some to work with the Government, with prior information regarding the same

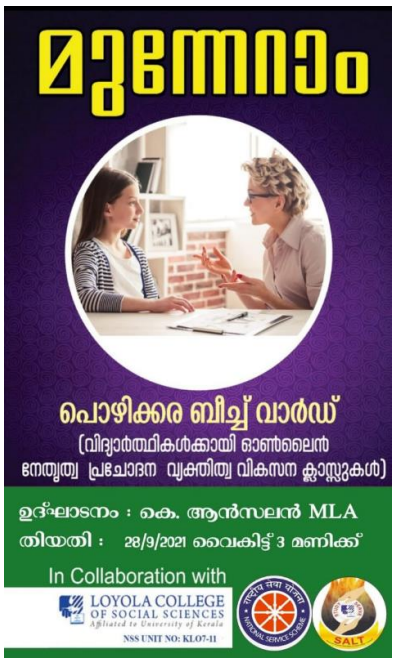
Student Details

Many of the students limited their work to their own domiciles; for instance those in Idukki did tremendous work- Libin continued to mobilise kits for the elderly and the infirm, recruited volunteers to gather kits and educational kits in tribal hamlet; Vinayak assisted the FHC in vaccine campaign; Angel did group work with children in the community; Sreelekshmi joined QSSS in Kollam to support their field work; Gouri suppproted her PHC in the vaccine campaign in Ooruttambalam, etc. Those who supported DMHP clocked anywhere between 425 to 670 calls for follow-up as well as Psychosocial Care Support.

District	Student Names
Kasargod	1. Neleena Scaria
Idukki	2. Angel Mariya Dominic 3. Libin Varghese 4. Vinayak S Karthikeyan
Wayanad	5. Ashin P J 6. Nayana Scaria 7. Delna John
Thrissur	8. Thrissur
Ernakulam	9. Bilbilal P Saji 10. Sreehari A K
Kottayam	11. Brijith Maria Thomas 12. Ebin Thomas Babu
Alappuzha	13. Aparna R 14. Sam Santhosh Mathew 15. Sneha Mathew
Pathanamthitta	16. Arun Anil
Kollam	17. Roshan John Netto 18. Fathima N 19. Gopika Rajendran 20. Shyma A 21. Sreelekshmi JS
Trivandrum	22. Abhirami S 23. Akshara Sobhanan 24. Hima S H 25. Nitya Nibu 26. Shilu S Ajai 27. Prijin S Kumar 28. Aarya Mathew 29. Alan Berchmans 30. Alby PJ 31. Aliyath Sumayya K Y 32. Ann Rose Mathew 33. Annu Thomas 34. Anu Biju 35. Aparna Raj A 36. Athira Varma S 37. Bibin Y Thomas 38. Devika Prasad 39. Gouri S. Nath 40. Heerakrishna R 41. Hima Roy 42. Jeena S Raj 43. Jincy Baby 44. Jisna J S 45. Josey James 46. Joshni Jose

	47. Jumy George 48. K Anakha Soman 49. Rejitha Ravi 50. Rosemary Paul

As on 28 September, the department launches the *Onnayi Munnottu* Campaign to support the children of coastal Pozhiyoor, Porzhikkara Ward. The students of MSW offered to give them Life Skills Education, Mentoring as well as Psychosocial Support.



കാര്യപരിപാടികൾ

സ്വാഗതം : ശ്രീ. അജിത് പൊഴിയൂർ, ആരോഗ്യ വിദ്യാഭ്യാസ സ്റ്റാൻഡിങ് കമ്മിറ്റി ചെയർമാൻ

അധ്യക്ഷൻ : ഡോ. റവ: സാബു പി തോമസ് (വൈസ് പ്രിൻസിപ്പൽ, ലയോള കോളേജ് ഓഫ് സോഷ്യൽ സയൻസസ്, തിരുവനന്തപുരം)

ഉത്ഘാടനം : ശ്രീ. കെ ആൻസലൻ (എം എൽ എ)

ആശംസകൾ:

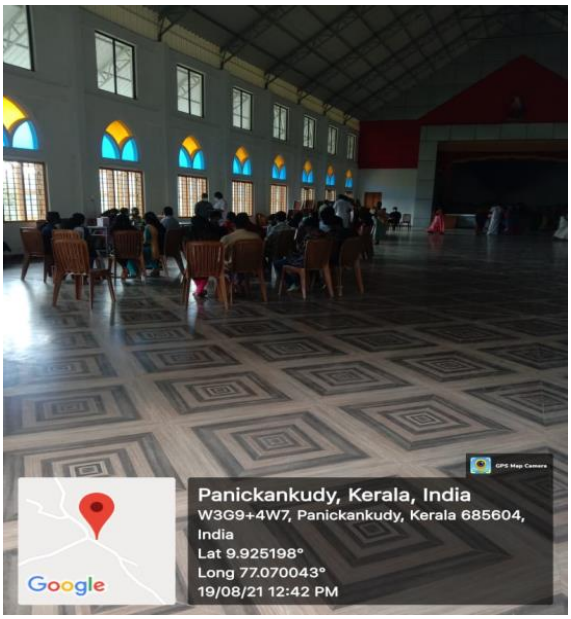
- ശ്രീമതി. സൂര്യ (ജില്ലാ പഞ്ചായത്ത് അംഗം)
- ശ്രീമതി. സോണിയ ആന്റണി(ബ്ലോക്ക് പഞ്ചായത്ത് അംഗം).
- ഡോ. സോണി ജോസ് (സോഷ്യൽ വർക്ക് വിഭാഗം മേധാവി, ലയോള കോളേജ് ഓഫ് സോഷ്യൽ സയൻസസ് തിരുവനന്തപുരം).
- ഡോ. ഫ്രാൻസീന പി എക്സ് (അധ്യാപക പ്രതിനിധി, സാൾട്ട് & എൻഎസ്എസ്)

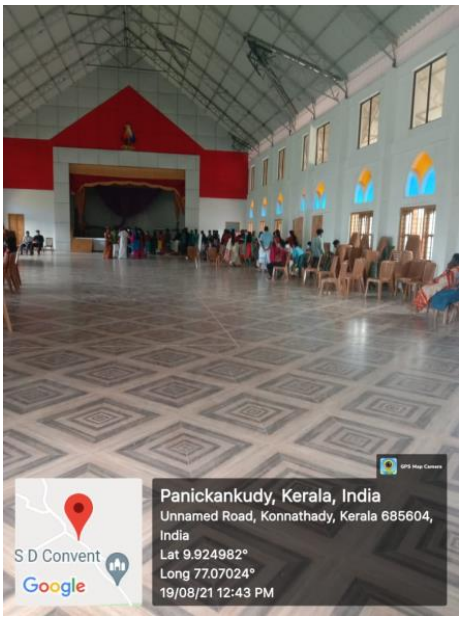
നന്ദി : ഹിമ (വിദ്യാർത്ഥി പ്രതിനിധി, സാമൂഹ്യ പ്രവർത്തനം വിഭാഗം)

Covid Related Activities Done by NSS and Department of Social Work

During the pandemic period, due to lock down all our students were in their home town. Though there were restrictions, many of our students tried to volunteer in the Covid Related Activities of the local Self Government in their respective localities. The major activities engaged are the following:

1. **Engagement with Konnathady Grama Panchayath, Idukki:** Ms. Angel Maria Dominic has been working with 6th ward of Konnathady Grama Panchayat, Idukki District, Kerala focusing on covid related activities at community level. She has worked in the areas of
   - Formation of Jagratha samithi and area assignment to rapid response team
   - Collection of quarantine details of the ward
   - Formation of Emergency response team
   - Format preparation for updation of covid vaccination
   - Data collection of all members of that particular ward for vaccination
   - Covid situation analysis among aged people through google forms and telephone
   - Data updation of members
   - Covid vaccine registration





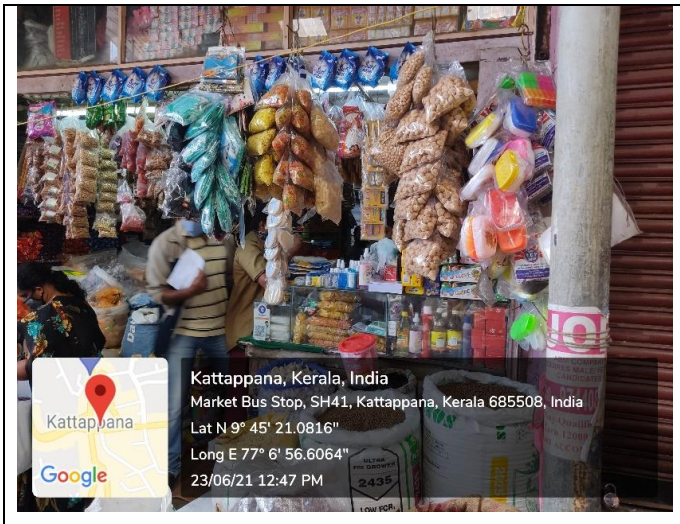
2. **Engagement with Kanchiyar Grama Panchayath, Idukki: Libin Varghese** working as a volunteer at various Covid 19 related activities at Kanchiyar Panchayat Idukki. The major activities included the following:

   a. **Volunteer as Spot registration and vaccination for tribes of Kozhimala**: This was done on 8th June 2021. 385 tribes got registered and vaccinated on this day. The details were collected as per the requirements of the site. The procedure of the vaccination was first they wanted to register their details on spot vaccination site meanwhile people were being verified by the volunteers. After vaccination there had 30 minutes observation. The whole people were gathered with the help of ward members. There was a duty doctor, 6 nurses, 4 ward members, 2 technicians, an Anganawadi teacher, 4 ASHA workers and a social work trainee.

Volunteer- Spot registration for vaccination

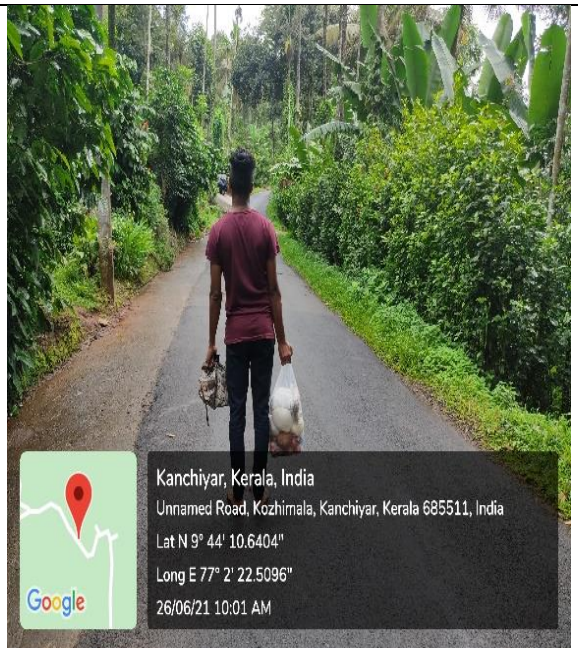
b. **Registration of Senior Citizens in Ayyapankovil and Kanchiyar Panchayath:** A google form was used to collect information from around 50 senior citizens, who live alone without the help of their children, were selected for this programme. The trainee helped them to register for covid vaccination.

c. **Distribution of Food Kits for senior citizens of Ayyapankovil and Kanchiyar Panchayath:** On 23rd June 2021, social work trainee bought the food kit materials and medicines for the senior citizens . On 24th June 2021, with the help of volunteers the trainee packed the food kits for the distribution. Finally on 26th June 2021, they distributed the food kit along with medicines to the senior citizens.



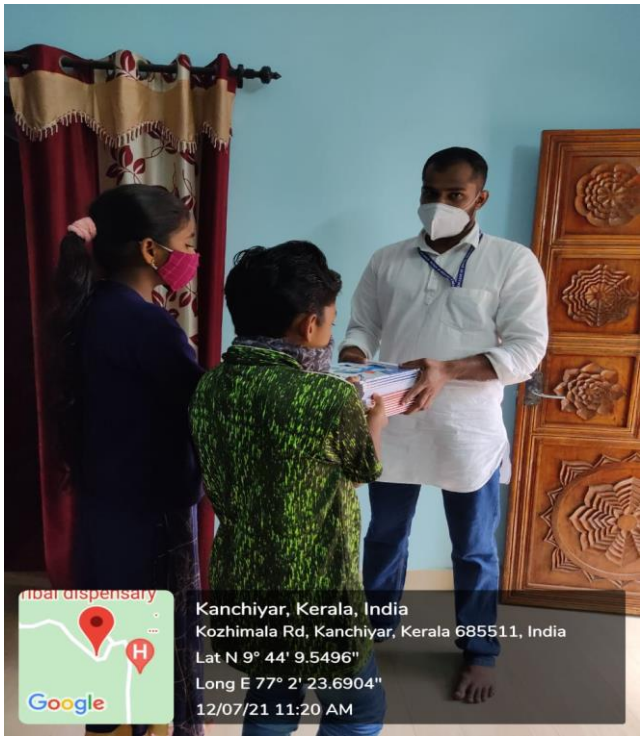
Buying, Packing of food kits

Packing of food materials



Distribution of food kits

d. Facilitation of distribution of Free Study Guide (Labour India) to economically backward students of Idukki districts: On 30th may 2021, Libin sent an email to Labour India a request to provide support by providing Labour India Guide to 10,000 disadvantaged students in Idukki district. Labour India Publications Limited is **an educational publisher** based in Marangattupally, Kottayam, Kerala, India. It publishes educational monthly journals in three languages, for students of pre-primary level to Plus Two level and entrance exams. Labour India team accepted this request. He distributed the form to collect details from students who would need Labour India. He collected filled in forms through youth volunteers of Idukki district and reached these forms to Labour India office in Marangattupally. After receiving these forms, Labour India team supplied the books to the eligible students.



Distribution of Study materials

3. **Covid Related interventions done at Thiruvananthapuram coastal areas:** Josey James was able to animate a group of youth and laity from his parish and was able to do considerable work in relation to Covid Pandemic. The details are given below:

<table>
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<td>

a. Distribution of Study Materials to Economically backward students: Due to Covid pandemic all the school going children have online classes.

- They distributed study materials distributed for 200 students at St. Mary's School, Pattom on 15/06/2021.
- In this activity he was able to mobilise 20,000books, 1000pens, 1000 pencils, 200scales to the students those who coming from coastal area.

</td>
<td>

Study Materials distributed to students from Coastal areas studying in St. Mary's high school.

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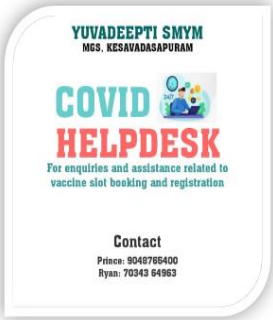

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b. Medical kit: Medical kit is provided to around 50 poor families at Kesavadasapuram ward on 27/06/2021.

In this medical kit pulse oximeter, 10-glose, 2-bottle sanitizer, 10-mask, termometer, vaporizer with the help of family Apostolate changanacherry

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c. COVID 19 help desk - Helped old people for slot registration to take Covid vaccine started on 15/06/2021. Through this activity the trainee co-ordinated for enquiries and

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assistance related to vaccine slot booking and registration.

d. Dress distribution in Sadhana Mental Rehabilitation Centre, Monvila on 28/06/2021.

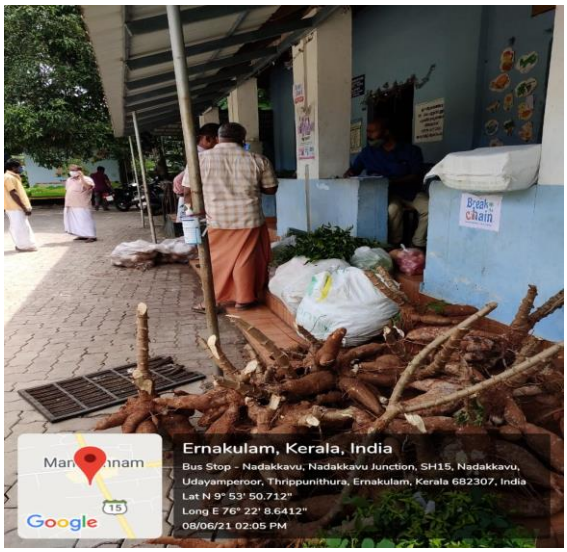
The trainee collected money from people and bought dresses like1200 Lungi, 800T-Shirts, 800 Bermudas for the mentally challenged residents of the Manvila Sadhana centre.

e. Distribution of SMART Phones to Economically backward students: Phone, sim and net recharge for one year to the students for the online classes

f. Tele-counselling from 20/05/2021 for the old people who are living alone in Kesavadasapuram ward, Thiruvananthapuram. The trainee talked with old age people who are living alone in their houses. People shared their tension, anxiety and problems related to their children who are abroad. Total calls 50.

4. **Community Kitchen of Udayamperoor Grama Panchayath (Ernakulam district): Mr.** Sreehari A K, worked as a volunteer in the Community Kitchen of Udayamperoor Grama Panchayath (Ernakulam district) for 15 days from 07/06/2021 to 21/06/2021. The community kitchen was opened in JBS LP School Udayamperoor. The major activities included participation in consolidating the list for the food supply (Those who are Covid

positive and home quarantined); Cleaning activities related to community kitchen; effective waste management in the community kitchen; food supply in the 15 ward of Udayamperoor Grama Panchayath and arrangement of sponsorship for the community kitchen. .



5. Voluntary Service at Family Health Centre (FHC) Konnathady

The Social work trainee got an opportunity to do voluntary service at Family Health Centre (FHC) Konnathady during the 2nd wave of the covid 19 pandemic. The trainee started his service from 3rd May 2021 and ended it by 30th June 2021. During those days the trainee was able to do different services for the people.

a. **Work in relation to Rapid Response Team**: The First duty assigned for the trainee was to handle the Covid19 Jagratha account of Medical Officer (M.O) FHC Konnathady. The major works of Jagratha portal are; Daily compilation of new list of covid positive patients of Konnathady Panchayath; contacting them to enquire about location of their residence and transfer their profile to the jagratha accounts of the respective health staffs who are in charge of monitoring them. It's calling "RRT Mapping" (Rapid Response Team Mapping). He also assisted redirecting details of people living in other Panchayath, who by mistake come to their panchayath account. For this too he had to call patients, collect their details and transfer them to the account of their respective PHC's or FHC's.

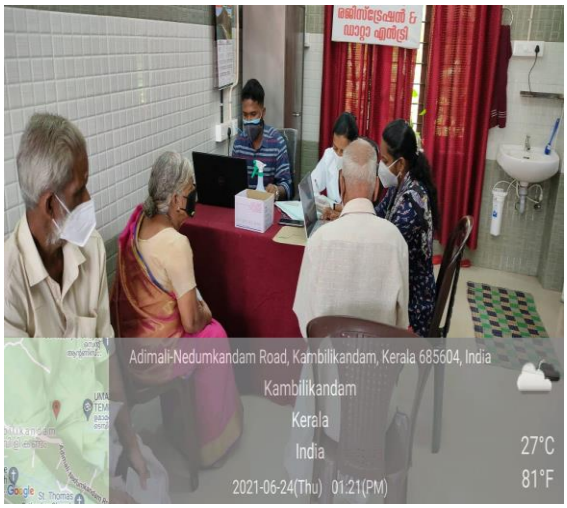
b. He also assisted in the work related to daily release of Covid positive patients who completed 17 days of quarantine from FHC Konnathady's Jagratha account. This is done by giving negative remarks and also release them from the quarantine completed list. He also done death marking of the positive patients. Also maintained a list of positive patients, who are referred to Hospitals and CFLTCs. Also assisted in downloading covid negative certificates from the jagratha portal.

c. Covid test duty: Registering people for RTPCR test at "LAB Diagnosis Management System" account" of FHC Konnathady. Antigen test result entry, , verification and approval at "labsys account", giving the printouts of the test results to people as per their request, helping the health staff in doing spot registration for RT PCR test, writing down the details of the people who registered for RT PCR test on a name slip and pasting it to the bottles given to them for collecting their swab for the test were the main activities done in this regard.

d. Covid vaccination duty; Here Vinayak has helped the people to mainly to register themselves for vaccination and also helped with spot registration of the people who came for vaccination. He also assisted in verification and confirmation works.

Pic: Covid Vaccination Duty at Family Health Centre, Konnathady

e. **Covid vaccine observation room duty**: Where the trainee wrote down the details of the people who came for vaccination in the Hospital register, gave a slip to the people about the name of the vaccine taken, date of the first dose taken and date for the second dose and also gave four paracetamol tablets.



Covid Vaccine Observation Room Duty

f. **Covid vaccine registration camp at Muniyara Anganvadi**: This was done along with his classmate Angel. The trainees did vaccine registration to the economically backward elderly in the locality. The camp was conducted as per the request of the ASHA workers of that area. Besides this, he has extended his Taking printouts of the office documents as per the requests of the Health staffs. He has also helped in the data entry works of the field staffs as and when required.

6. Ms. Aliyath Sumayya K Y started Covid related Community field work in 8th ward of Edavilangu panchayath from 12/07/2021. She visited the Domiciliary care centre and interacted with staff and RRT member.

Conclusion

Even in the midst of Covid Pandemic all the students of the department were actively involved in the Covid related interventions in their own area. While most of them engaged in the extension activities related to DMHP, seven of them were able to associate with the local self-government and work as volunteers. They stopped the work temporarily as the university exams begin on 2nd September 2021.

Dr. Francina P. X
Faculty in-charge – I & II sem. (Extension Activities)
Dept. of Social Work, LCSS

Participant list

1. Aarya Mathew
2. Alan Berchmans
3. Alby P J
4. Aliyath Sumayya K Y
5. Angel Mariya Dominic
6. Ann Rose Mathew
7. Annu Thomas
8. Anu Biju
9. Aparna Raj A
10. Athira Varma S
11. Bibin Y. Thomas
12. Devika Prasad
13. Gouri S Nath
14. Heerakrishna R
15. Hima Roy
16. Jeena S Raj
17. Jincy Baby
18. Jisna J S
19. Josey James
20. Joshni Jose
21. Jumy George
22. K Anakha Soman
23. Libin Varghese
24. Rejitha Ravi
25. Rosemary Paul
26. Sree Lekshmi J. S
27. Sreehari A K
28. Vinayak S Karthikeyan

INTEGRATED CHILD PROTECTION SCHEME (ICPS)
WOMEN & CHILD DEVELOPMENT DEPARTMENT
POOJAPPURA, THIRUVANANTHAPURAM, KERALA-695012
0471 2342235, icpskerala@gmail.com
www.wcd.kerala.gov.in

Date :

Acknowledgement Letter

To
The principal
Loyola College of Social Science
Thiruvananthapuram

Dear sir,

This letter is to acknowledge the receipt of the books we have received from your institution for children in Govt Child Care Institution. We sincerely thank you for your effort and commitment to Our Responsibility to Children Project under Women and Child Development Department, Kerala and really appreciate you for such assistance you have provided.

Thanking You

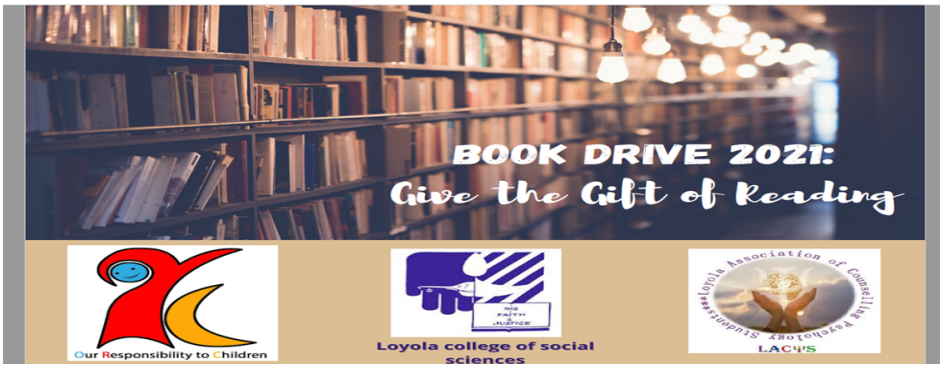
Place: Poojappura
Date :07/12/2021

Yours sincerely

Sri Venu V S
Programme Manager
ICPS- Kerala

BOOK DRIVE 2021: GIVE THE GIFT OF READING

Our responsibility to Children is an innovative initiative of the Integrative child protection scheme(ICPS) under the department of women and child development.



An integral part of their program was to develop equipped libraries in children's home across all districts in Kerala.

Loyola association of counselling psychology(LACS) ,along with NSS Unit of Loyola College of social sciences Trivandrum had taken an active role in lending hands to establish these libararies. Students from the department of counselling psychology started collecting books from 6th May 2020. Dr ammu lucose was the faculty coordinator for the program.

BOOK HANDING OVER CEREMONY

As part of the book collection program the students have collected around 200 books from Kerala and Banglore.

On 26 th July Fr. Sunny kunnappalli handed over the books to childline members in the presence of college principal Dr.saji. p. Jacob and Dr. Ammu Luckose, faculty of department of counselling psychology. Dr. Pramod S K, being the course coordinator endowed enormous support for the successful completion of this program

STUDENT PARTICIPANTS

PARTICIPANTS 2019-2021

1. Arathy B Kumar

2. Asumptha Mary Antony

3. Sulekha B

4. Wincy bibi

5. Abhirami

6. Aishwarya jayan

7.Anaz Narayanan

8.Arathy S V

9. Devika S

10. Jayaprakash Narayanan

11. Jeeva Varghese

12. Kavya B K

13. MEGHA T G

14. Mehna Nawas

15. Narthana Suresh

16. Rohith raj

17. Shilpa

18. Agra S Kumar

20. Ajina

21Aleena Andrews

22Ammu Christopher

23ANaka Rajendran

24Anchu A S

25Angitha

26 Anju S M

27Anu Abraham

28.Areeba

29. Asna

30. Avani

31. Biji

32.Faiza

33. Jithila

34. Nisha

35.Om jayasree

36. Pooja

37. Sanika

38. Sreelakshmi

39. Vaishnavi

40. Varsha

Faculty members

Dr. Ammu Lukose

Dr. Pramod S K

Dr. Leena S T

Photo Gallery

This Office is under
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HERBAL
NUTRITY

Snehanidhi 2021

We witnessed the most unforeseen event in our near history when a virus forced the whole world to confine to their homes. Almost every aspects of human life were affected. After the initial shock, people slowly started to adjust and come up with new alternatives to keep the life moving. Online education was one such initiative which enabled the most important facet of human civilization – education went on. But it was immediately clear that not everyone among us had the luxury to afford the electronic gadgets and other infrastructure requisites to support the online education. Digital Divide emerged as a major issue of these new challenging times. It was in this context Loyola College of Social Sciences decided to offer a lending hand to at least a few young people around us. To help students from the tribal settlements get access to online learning, Loyola College of Social Sciences and our NSS unit, in association Childline Thiruvananthapuram has come up with 'Snehanidhi'. In this scenario, students from 2019-21 batch actively participated for fund raising drive.48 students participated for the fund collection drive and covered different areas in and around Trivandrum. The major areas covered are: Karamana, Thampanoor, Manjalikulam and Sreekaryam. A Whatsapp campaign was also organized by the students.

Gadgets like tablets and power banks for six children of the Malapandaram tribal group were handed over to the Tribal Development Department officers in Pathanamthitta. In the second phase, 13 mobile phones were distributed to tribal students in the Thiruvananthapuram district identified by the ST promoters of the tribal department and Childline officials.

Students Involved in Fund raising

1. ANANDHU B L
2. ARYA GHOSH (MSW)
3. ASWINI VIKRAMAN (MSW)
4. AMRITHA V S
5. ANN MARY SAJI JACOB
6. ANNA ALLIAS
7. DIVYA P

8. FEBA K R
9. GRACE M LEGHU
10. JAYASREE M
11. MOHAMMAD SAHAL M I
12. NEHA JOSEPH
13. PRIYA V NINAN
14. JOMES T (MSW)
15. KESIYA ELSA MATHEW (MSW)
16. SINI DAS (MSW)
17. SREELAKSMI SRI (MSW)
18. VARSHA K MADHU (MSW)
19. AADHIL K U (M.A. Sociology)
20. AJAYA GHOSH (M.A. Sociology)
21. AKHILA LAKSHMAN (M.A. Sociology)
22. ANUGRAHA ANEESH (M.A. Sociology)
23. ARCHANA A B (M.A. Sociology)
24. ANJALI P S (M.A. Sociology)
25. ANJIMA M S (M.A. Sociology)
26. APARNA A M (M.A. Sociology)
27. KAVITHA K (M.A. Sociology)
28. KRISHNA ANIL (M.A. Sociology)
29. MEGHA ELSA JOHN (M.A. Sociology)
30. PRAJITHA C (M.A. Sociology)
31. RESMI J NAIR (M.A. Sociology)
32. ANSU JACOB (MAHRM)
33. AJAY SHANKAR K U (MAHRM)
34. ALEENA MATHEW (MAHRM)
35. ARUNIMA MADHUSUDHANAN (MAHRM)
36. BIBIN N C (MAHRM)
37. FATHIMA ANZAR (MAHRM)
38. HARIKRISHNAN G (MAHRM)

39. ANAZ NARYANAN (MSc Counselling Psychology)
40. NARTHANA SURESH (MSc Counselling Psychology)
41. ROHIT RAJ (MSc Counselling Psychology)
42. AISHWARYA JAYAN (MSc Counselling Psychology)
43. WINCY BIBI (MSc Counselling Psychology)
44. SULEKHA DESTHAGEER (MSc Counselling Psychology)
45. KAVYA B K (MSc Counselling Psychology)
46. ASUMTHA MARY JOHN (MSc Counselling Psychology)
47. ARATHY B KUMAR (MSc Counselling Psychology)
48. MEHNA NAWAZ (MSc Counselling Psychology)

Faculty Members involved

1. Dr Saji P Jacob
2. Fr Renjit I George

News paper coverage

https://www.newindianexpress.com/cities/thiruvananthapuram/2021/jun/29/snehanidhi-to-provide-gadgets-for-tribal-students-2322697.html

Image Gallery

KTDC motels according to ... side the cars," he adds.

'Snehanidhi' to provide gadgets for tribal students

SYENI SIMON

PRAVEENA (name changed), a Class X student who belongs to the Malapandaram tribe, lives with her family in a shanty made of tarpaulin sheets near the forest in Pathanamthitta. There are just about 250 families remaining in this nomadic tribal group, all living in poverty, devoid of basic necessities. Praveena is probably one of the first in many generations to go to school. However, with no access to a mobile phone and the internet, she has lost all hope of continuing her education.

To help students from the tribal settlements get access to online learning, Childline Thiruvananthapuram, in association with Loyola College of Social Sciences, Sreekaryam, has come up with 'Snehanidhi'. Gadgets like tablets and power banks for six children of the Malapandaram tribal group were handed over to the Tribal Development Department officers in Pathanamthitta.

"There are more than 30,000 tribal students in the state. Their learning has been interrupted since classes went online. To reduce this digital divide, we thought of providing the necessary equipment to these children," said Johi Kondoor, district coordinator of Childline Thiruvananthapuram. "Initially, the plan was to implement the project only in Thiruvananthapuram district. However, due to requests from other districts, we have extended the operations," he added.

The fund for the project was contributed by Loyola College. In the second phase, mobile phones will be distributed to tribal students in the Thiruvananthapuram district identified by the ST promoters of the tribal department and Childline officials.

"We will distribute 15 mobile phones to students from tribal settlements in Kuttichal panchayat in Thiruvananthapuram. The project will not just focus on tribal areas. Children in coastal and hilly areas in the state where internet connectivity is a major problem will also get help," said the Childline official.

Contribute to the project. Contact: Johi Kondoor, district coordinator, Childline Thiruvananthapuram, Ph: [illegible]

13 / 16

TUESDAY | 29.06.2021 | 2

"There are more than 50,000 tribal students in the state. Their learning has been interrupted since classes went online. To reduce this digital divide, we thought of providing the necessary equipment to these children," said Jobi Kondoor,district coordinator of Childline Thiruvananthapuram.

"Initially, the plan was to implement the project only in Thiruvananthapuram district. However, due to requests from other districts, we have extended the operations," he added. The fund for the project was contributed by Loyola College. In the second phase, mobile phones will be distributed to tribal students in the Thiruvananthapuram district identified by the ST promoters of the tribal department and Childline officials.

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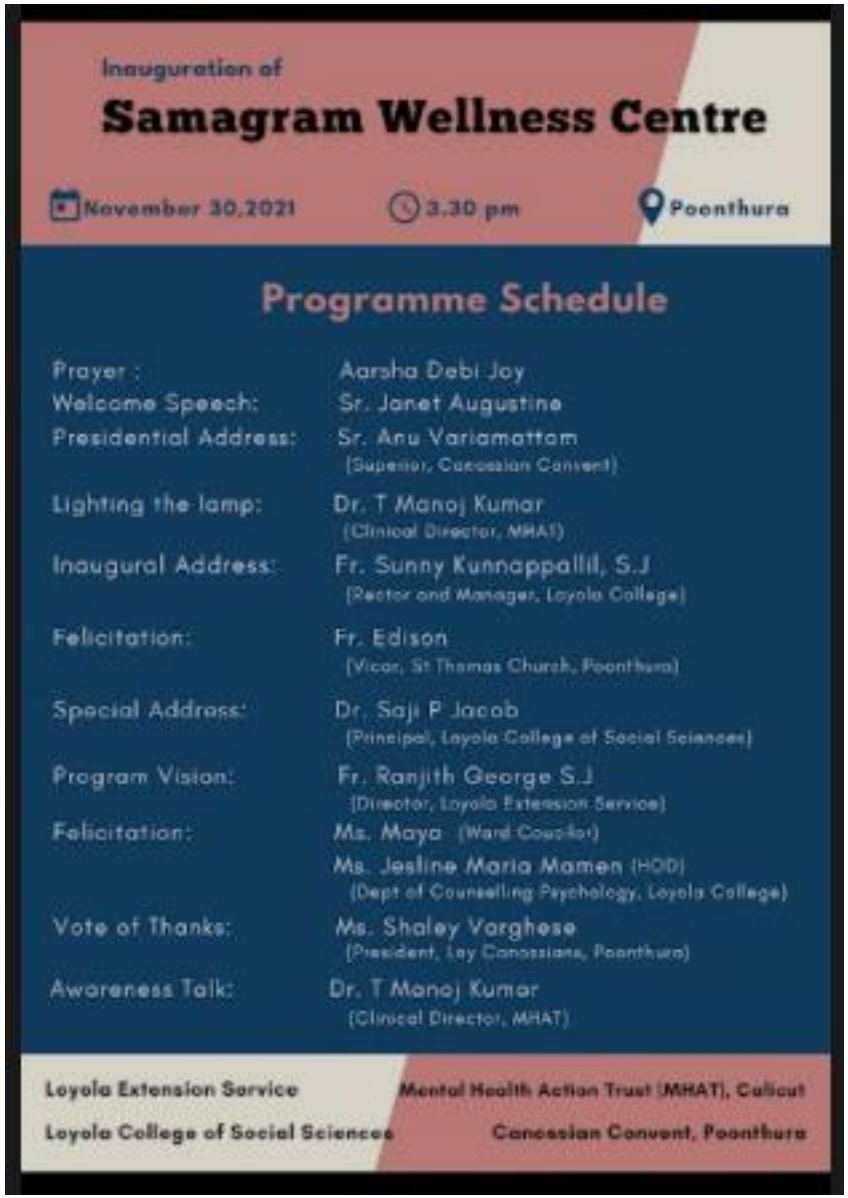
Department of Counselling Psychology

Programme Name	Inauguration of Samagram Wellness Centre at Poonthura, Thiruvananthapuram	**Organizer**	Department of Counselling Psychology, Loyola College of Social Sciences(Sreekaryam), Loyola Extension Services (Sreekaryam), Mental Health Action Trust (MHAT, Calicut), Canossian Convent (Poonthura)
Date	November 30, 2021	**Time**	3.30 pm – 6.00 pm
Venue	Canossa English Medium Nursery school, Poonthura	**Faculty in charge**	Ms. Jesline Maria Mamen, Dr. Ammu Lukose & Dr. Pramod S.K.
Programme Objectives	To develop students: • Understanding on how to initiate community engagement for the purpose of setting up a mental health centre in the community. • How to engage in the community for need assessment. • By interacting with community members, to gain counseling skills. • Collaborative and interpersonal skills by working together with the MHAT team and the Canosian sisters.		
Resource person	Dr. Manoj Kumar (Psychiatrist, Clinical Director, MHAT)		
Participants	● Manager and Rector, Loyola College of Social Sciences ● Principal, Loyola College of Social Sciences ● Director, Loyola Extension Services ● All faculties and students from the Department of Counselling Psychology ● Vicar, St. Thomas Church, Poonthura ● Natives of Poonthura ● Canossian sisters and Lay Canossian members		

Programme activities	The Inauguration of "Samagram Wellness Centre", a collaborative project of Mental Health Action Trust (MHAT) Calicut, Canossian Convent, Poonthura, Loyola Extension Services (LES), and the Department of Counselling Psychology, Loyola College of Social Sciences, Trivandrum, was held at Canossa English Medium Nursery School, Poonthura, on November 30, 2021, at 3:30 pm. This programme aimed to inaugurate a wellness center at Poonthura, providing wellness and supportive counselling facilities to the natives of Poonthura. Poonthura is a coastal area where about 17,000 people reside. The program started with a welcome speech given by Sr. Janet Augustine, Facilitator, Networking & Partnership of the Samagaram Project. It was followed by the presidential address of Canossian convent superior, Sr. Anu Variamattom. Both of them provided an overview of the work done by Canossian sisters in the Poonthura community. The chief guest, Dr. T. Manoj Kumar, inaugurated the program. After which, Fr. Sunny Kunnappallil, Rector and Manager of Loyola College of Social Sciences, delivered the inaugural speech. In the felicitation speech given by Fr. Edison (Vicar, St. Thomas Church, Poonthura), he explained the problems that exist in the Poonthura community and emphasized the need for psychological support for the wellbeing of this community. The Director of Loyola Extension Services, Fr. Ranjit George, gave a talk on the vision of the program. Ms. Jesline Maria M. Mamen (HOD, Dept. of Counselling Psychology, Loyola College of Social Sciences) extended the psychology department's wholehearted support to the vision of the wellness centre. Dr. Manoj, the Clinical Director of MHAT, pointed out in his awareness talk how the wellness centre is planning to work in the Poonthura community and how it will help to tackle the community members' problems, as well as the importance of such a wellness centre in Poonthura. After his awareness talk, a discussion was carried out during which some of the residents of Poonthura and the Lay Canossian Members addressed their concerns and doubts. Dr. T. Manoj Kumar and his team, along with Fr. Ranjit, cleared all their doubts and also gave an idea about how Counselling Psychology students can take part in this project.
Programme Outcomes	● Samagram Wellness Centre has started working in the Poonthura community from 01 December 2021. ● Department has also initiated collaboration discussions for bridge program and clinical training for the students with MHAT. ● Department has also initiated discussions on possible community engagement along with the Canossian sisters with regard to non-clinical mental health counselling like adolescent counselling, career counselling, student counselling etc.

Supporting documents	Brochure, Participants List, Photos of the Inauguration of the Samagram Wellness Centre Programme at Poonthura

Participant's list- https://drive.google.com/drive/folders/1FjiQv9pL-Lx_AQcykyuUDsGctrvc7fjL?usp=sharing


Inauguration of
Samagram Wellness Centre
November 30,2021
3.30 pm
Poonthura
Programme Schedule
Prayer : Aarsha Debi Joy
Welcome Speech: Sr. Janet Augustine
Presidential Address: Sr. Anu Variamattam
(Superior, Concession Convent)
Lighting the lamp: Dr. T Manoj Kumar
(Clinical Director, MHAT)
Inaugural Address: Fr. Sunny Kunnappallil, S.J
(Rector and Manager, Loyola College)
Felicitation: Fr. Edison
(Vicar, St Thomas Church, Poonthura)
Special Address: Dr. Saji P Jacob
(Principal, Loyola College of Social Sciences)
Program Vision: Fr. Ranjith George S.J
(Director, Loyola Extension Service)
Felicitation: Ms. Maya (Ward Councilor)
Ms. Jesline Maria Mamen (HOD)
(Dept of Counselling Psychology, Loyola College)
Vote of Thanks: Ms. Shaley Varghese
(President, Lay Concessians, Poonthura)
Awareness Talk: Dr. T Manoj Kumar
(Clinical Director, MHAT)
Loyola Extension Service
Loyola College of Social Sciences
Mental Health Action Trust (MHAT), Calicut
Concession Convent, Poonthura

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Poonthura, Thiruvananthapuram

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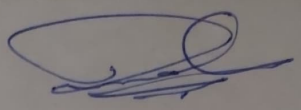
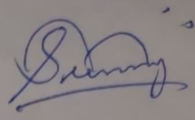
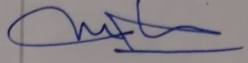
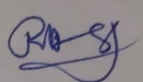
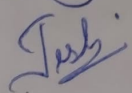
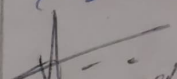
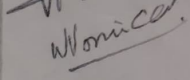
INAUGURATION OF SAMAGRAM WELLNESS CENTRE

Sl no	NAME	DESIGNATION	SIGNATURE
1.	Dr. Pramod, S.K	Assistant Professor LCSS	
2.	Fr. Sunny SJ	Rector and manager, Loyola College	
3.	Dr. Saji P Jacob	Principal, LCSS	
4.	Fr. Ranjith George	Director, LES	
5	Ms. Jesline Maria	HOD, Dept. of C.P, LCSS	
6.	Dr. Ammu Lukose	Assistant Professor, LCSS	
7.	Ms. NIKKI VERONICA	Guest Lecturer, LCSS	

INAUGURATION OF SAMAGRAM WELLNESS CENTRE

2nd year

Sl No	NAME	DESIGNATION	SIGNATURE
1.	Anu Abraham	Student	
2.	Sreelakshmi	Student	
3	Anchu A-S	Student	
4	Varsha B M	"	
5.	Anaka Rajendran	"	
6.	Sanika	"	
7.	Fayiza	"	
8	Avani	"	
9	Asna	"	
10	Agra	"	
11	Jaya	"	
12.	Jithila	"	
13	Vaishnavi	"	
14	Aleena	"	
15.	Ammu	"	
16	Areeba	"	
17	Nisha.	"	
18	Biji	"	

INAUGURATION OF SAMAGRAM WELLNESS CENTRE

1st yeare

Sl no.	NAME	DESIGNATION	SIGNATURE
1.	Jacob Mathew	student	
2.	Shahana. M. K	"	
3.	NOOPURA-S	Student	
4.	Anagha. B. Murukan	"	
5	Sharon Ann Mathew	"	
6.	Geetha lekshmy. V. S	"	
7	Avani V.S	"	
8	Fayiza	"	
9.	Sanika	"	

INAUGURATION OF SAMAGRAM WELLNESS CENTRE

Sl No	NAME	DESIGNATION	SIGNATURE
	Fr. Edison	Vicar, St. Thomas Church	
	Sr. Anu	Superior, Canossian Cnvt	
	Sr. Janet	Facilitator	
	Dr. T. Manoj Kumar	Clinical Director, MHAT	
	Ms. Maya	Ward Counsellor	
	Ms. Shaley Varghese	President, Lay Canossian	
	Sr. Agnes Joseph	Teacher	
	Sr. Boby Sebastian	"	
	Sona K N	MHAT, Calicut	
	Dr. Jasmine	MHAT, Calicut	
	P. S. Gopchayan	Social worker 9496848220	

INAUGURATION OF SAMAGRAM WELLNESS CENTRE

Holy Confessions

Sl no	NAME	DESIGNATION	SIGNATURE
1.	OMANA	Community Members	Omana
2.	Juliana Antony		
3	sugantha pushpam		
4	Delphine		
5	Freeda . P		
6	Leena		
7	Jaya		
8	Sharlet		
9	Sara Rogers		
10	sugantha pushpam		
11	J Reeta		
12	Nirmala		Nirmala
13	Dalbin .		
14	MARY D		
15.	Sindhu S		

RUN FOR SAFE CHILDHOOD

In connection to **International Children's Day** Trivandrum Child Line organized an awareness programme titled as '**RUN FOR SAFE CHILD'.** NSS Volunteers of Loyola College of Social Sciences actively participated for the eventwhich was held on 20th November 2021. The area was destined between TSSVellayambalam to Kowdiar Park.

16 Students from First Year Sociology Department and 4 faculties from Loyola College of Social Sciences participated for the event throughout. The event began by 7am and Fr. Thomas P D, the Director of Trivandrum, Don Bosco Child Line officially welcomed the gathering. Ron George Valiaveetil, Inidan National Team shooter at Kerala State shooting Championship officialy inaugurated the event. After the street play the torch was lighted as the initiation of the programme. There were around 150 participants for this awareness campaign. The participants reached at TSS Vellayambalam by 6:30 am and official inauguration started at 7 AM. Followed by the lighted torch was handed over to the respective heads and the run was started. The team reached the final destination that is at Kowadiar Park. Finally the coordinators of the event proposed the words of thanks to all the participants. The whole event came to an end by 8:10 am with breakfast provided.

PARTICPANTS

1. ANNADHU BS
2. ARUN S B
3. SREETHU SREENIVASAN
4. SLAMAN R
5. ALEENA
6. SREESHIDHARTH MS
7. GOURI LAKSHMI
8. JINO JOHN
9. KRISHNEDHU B
10. ANAMIKA U P
11. JANCY JHONES
12. FEVI WILLIAM
13. DIVUA UNNI
14. ANGEL
15. ANJALI
16. AMAL DEV B

Faculties

1. Dr. NISHA JOLLY NELSON
2. DR. FRANCINA P X
3. ANDREW MICHAEL
4. HASHIM

Loyola College of Social Sciences

Department of Disaster Management

River flood mapping extension programme in Pathanamthitta district

Partner agency: District Disaster Management Authority, Pathanamthitta, Kerala

The department of Disaster Management of Loyola College of Social Sciences, has been engaging in regular fieldwork at vulnerable locations as a part of curricular and societal commitments. From 10th to 17th November 2021, the department collaborated with the Pathanamthitta district administration by undertaking a flagship flood mapping survey programme of the River Pamba. This novel initiative was aimed at a community-based flood vulnerability assessment investigation of the three major rivers in Pathanamthitta district namely, Pamba, Manimala and Achenkovil.

On 10th of November all the MSWDM students along with a faculty representative reached Pathanamthitta Collectorate. The flood mapping programme started with an orientation by the officials of District Collector volunteers (DC Volunteers) and the District Disaster Management Authority (DDMA). The district collector Dr. Divya S Iyer IAS and Additional District Magistrate Mr. Alex P Thomas interacted with the student interns. The proposed flood action plan of Pathanamthitta, the basic geography of the district, the tributaries and distributaries of major rivers, the dams and their significance, the sampling sites etc. were covered in detail in this orientation programme.

Fig:1 MSWDM students and other members of the flood mapping survey team with Pathanamthitta Dist Collector and other officials

From the second day onwards, students were divided into five groups for the river survey with a datasheet. On an average every team covered five sampling locations along the Pamba, Achenkovil and Manimala rivers. The travel arrangements were made by the DC volunteers through the district administration. A group visit was arranged to Pamba Thriveni to get a holistic understanding of the course of all the rivers. The experts from DDMA and DC volunteers explained the working of automated weather station and community based early warning dissemination in the ground scenarios. The student volunteers were assigned sampling locations in and around the Pathanamthitta district and they completed the task within the time frame. 26 vulnerable sites of Pamba river, 15 locations of Achenkovil river and 22 places of Manimala river covered for the flood survey programme.

Fig: 2 Geotagged photographs of the field survey

After the field survey, the students interns and DC volunteers worked together and compiled the activity report into a final document for submission to the District Collector. The major observations and recommendations of this initiative are the following-

Observations

- Flood plain encroachments were observed at several locations and this will increase flood vulnerability
- Even though the district has an effective mechanism for early warning dissemination, community based early warning system should be strengthened
- Several respondents said that government compensation was not in accordance with the losses incurred as flood surveys were taken only when the situation was returning to normal.
- Discontinuity of the riparian vegetation was observed along the three rivers and this was adding to the vulnerability

- Bamboos especially yellow bamboos (*babbusa vulgaris*) creates blockages under bridges and this causes diversion of flood water. This blockage is hard to remove and may cause structural instability of the bridges.
- Drainage facility is inappropriate in several towns in the study area, which can aggravate the flood situation
- Flood adaptive construction practices such as structural elevation was not observed in the study area.
- The geographical peculiarities of Pathanamthitta have a significant role in the incidence of flooding. From the cross-section analysis, it is clear that the district has a highly undulatory terrain and uneven slope especially in the Ranni region.
- We observed a dumping of plastic and other non-degradable wastes into water bodies at several locations
- Community awareness regarding natural calamities was observed to be inadequate in several locations. Residents nearby Manimala and Achencovil rivers still thinks the flooding was due to failure in dam operations.

Recommendations

- Community based early warning system at grass root level needs to be strengthened
- Periodical removal of debris, old structures and delta formation from the major canals so that the flood water have a clear channel to flow
- Panchayath level river monitoring committee to be formed.
- Room for the river programme should be implemented properly with the support of all the line departments
- A detailed resource inventory of all the emergency resources and their contact details needs to be maintained in all Panchayaths and its timely updation needs to be ensured.
- Accurate flood level markings of the previous year's events should be done at least in every one kilometre
- Detailed river survey for marking flood plain along the three rivers.
- Seasonal flood mock drills can be organized with the support of fire and rescue department
- Government should implement building codes for all constructions in the flood plain area and also promote flood adaptive building designs such as structural elevation.

- Removal of water hyacinths and deposited wastes from the water bodies to be regularly undertaken for the free flow of water
- Scientific and comprehensive studies to be conducted before initiating developmental projects near flood plains
- Community shelters need to be identified prior to the flood season and also logistical arrangements should be in place.
- Strengthen the riparian vegetation with suitable native species through social forestry or community biodiversity programmes. The thirteenth working committee of the local self-government departments can be utilized for this purpose.

By offering a pioneering academic discipline (MSW in Disaster Management), the department of Disaster Management looks forward to establishing strategic partnerships with emergency management institutions at various levels. The 7-day internship at District Administration Pathanamthitta turned out to be a fruitful one for MSWDM students who interned with DC Volunteers. The collaboration with DDMA is of great value because of its key position in the entire disaster management process. The MSW Disaster Management department will further explore such flagship collaborations.

Participants List

1. Abhirami S
2. Akshara Sobhanan
3. Aparna.R
4. Arun Anil
5. Ashin P.J
6. Bilbilal P Saji
7. Brijith Maria Thomas
8. Delna John
9. Ebin Thomas Babu
10. Fathima N

11. Gopika Rajendran

12. Hima S H

13. Jilsha A B

14. Nayana Scaria

15. Neleena Scaria

16. Nitya Nibu

17. Prijin S Kumar

18. Roshan John Netto

19. Sam Santhosh Mathew

20. Shilu S Ajai

21. Shyma. A

22. Sneha Mathew

Community Engagement DM Livelihood survey

UNDERSTANDING COASTAL VULNERABILITY

As a part of understanding Coastal Vulnerability , NSS unit of Loyola College and students of

MSW-DM have been engaging with coastal communities in two pockets of Trivandrum district, viz. Anchutengu and Poontura.

The coastal areas and coastal communities are one of the most vulnerable with respect to disasters. The coastal tract has been subject to coastal erosion not just during the monsoon months, but during intermittent cyclones, the frequency of which is increasing. In May-June 2021 for instance,many parts of coastal Trivandrum were severely ravaged by sea erosion.

As a part of ongoing concurrent field work and as a part of building the understanding of students regarding coastal sea erosion, vulnerability of coastal communities, post disaster rehabilitation and relocation of fishing households proposed by the government, students have been making regular visits to both these coastal pockets. Through household visits, students are making attempts to understand household level vulnerability. The department is also in the process of developing tools and methodologies to assess post disaster recovery and rehabilitation.

The field work is being undertaken in collaboration with NGOs working in the field, viz Sneharam in Anchutengu and the St Philomena convent in Poontura.

LIVELIHOOD SURVEY

During the second lockdown in 2021, MSW DM students conducted telephonic interviews with people whose livelihoods had been affected by the pandemic. Since students were largely compelled to remain indoors, they conducted telephonic interviews to assess the extent of livelihood loss experienced by people mostly working in the informal sector. Respondents were identified based on local contacts. Since students were physically located in their places of residence, it was possible to identify respondents from different parts of the state.

An interview schedule was developed for this purpose and converted into a google form, so that the information collected could be viewed on a single sheet. This process is ongoing and the information collected will be consolidated into a single report.

Participants List

1. Abhirami s
2. Akshara sobhanan
3. Aparna.r
4. Arun anil
5. Ashin p.j
6. Bilbilal p saji
7. Brijith maria thomas
8. Delna john
9. Ebin thomas babu
10. Fathima n
11. Gopika rajendran
12. Hima s h
13. Jilsha a b
14. Nayana scaria
15. Neleena scaria
16. Nitya nibu
17. Prijin s kumar
18. Roshan john netto
19. Sam santhosh mathew
20. Shilu s ajai
21. Shyma. A
22. Sneha mathew

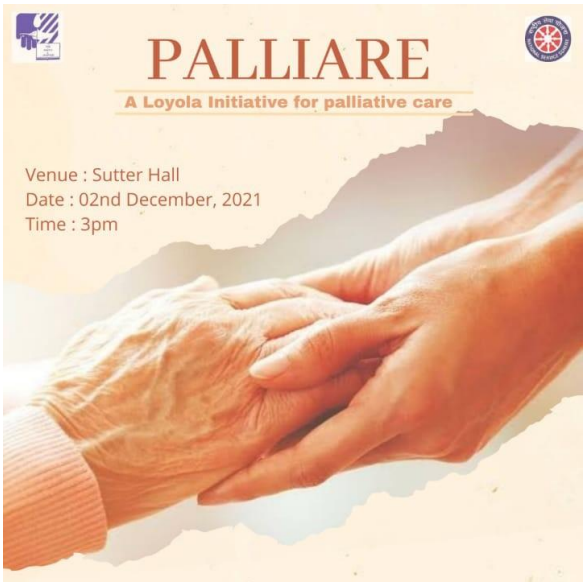
Palliaire

Loyola initative of Palliative care in association with NSS

Care Always

LOYOLA COLLEGE
OF SOCIAL SCIENCES
Affiliated to University of Kerala

NAAC Reaccredited with CGPA 3.72 out of 4 Grade A in its 3rd Cycle



Major activities of the Palliare

1. Students Volunteers training at University Level
2. Inauguration of Palliative club (Palliare) at the college level
3. Interventions by students in their Local Self Government (During Christmas Holidays)
4. Distribution of Wheel Chair

Programme Name	Common programme –University level Palliative Care Training Programme-SANS Pain-08	**Organizer**	Kerala University National Service Scheme cell, Department of student's services and Pallium India
Date	01/11/2021 -06/11/2021	**Time**	10:00am – 12:00 noon
Venue	ZOOM https://echo.zoom.us/j/91628255172?pwd=NkJibWlxRW5YeXJQZXppeG5HcTZYUT09	**Faculty in-charge**	Dr. Francina P. X
Programme Objectives	➢ To organize student volunteers from different colleges under Kerala university to a university level training Programme – SANS Pain 08 ➢ To create an awareness in student volunteers who represent NSS units of their respective colleges about need of palliative care ➢ To know about services and related areas of palliative care. ➢ To come across various skills while working as volunteers under the initiative of palliative care.		
Participants	150 volunteer representatives of National Service Scheme from 70 Colleges under Kerala university. 2 from each affiliated colleges ensured their active participation in training programme.		

Programme activities

Date and Day	Time	Programme and resource person	Learning objectives
01/11/2021 Monday	10am to 12pm	Introduction to Palliative Care by Dr Sunil Kumar	1. Define palliative care 2. Essential principles of palliative care 3. Need for palliative care 4. Different models of palliative care

			deliver
02/11/2021 Tuesday	10am to 12pm	Home Based Palliative Care by Sr Sheeba RS	1. Why Home based care 2. Components of HBC 3. Need of HBC 4. Services of HBC 5. Types of HBC
03/11/2021 Wednesday	10am to 12pm	Psychosocial Support and Community Participation by Mr Babu Abraham	1. Importance of Psychosocial care 2. Components Psychosocial care 3. Concept of NNPC & CCC 4. What is CBPC & Its rationale 5. How to initiate community support 6. Different type of community support 7. Role of community volunteers *NNPC- Neighbourhood Network in Palliative Care *CCC- Compassionate Community Care *CBPC-Community Based Palliative care
04/11/2021 Thursday	10am to 12pm	Communication - Ms Reshma Ramachandran	1. Need of Medical communication 2. Barriers to effective communication 3. Steps to effective communication 4. Differentiate between good and poor communication 5. Develop listening skills
		Concept of SANS	1. Concept of SANS-Pain 2. SIPC(Student Initiative in

05/11/2021 Friday	10am to 12pm	Pain and Student Initiative in Palliative Care – Mr Bharath Mohan	Palliative Care) 3. Role of Student Volunteers in Palliative Care
06/11/2021 Saturday	10am to 12pm	Testimony by SIPC Volunteers and Feed Back Session and Action Plan	1. Experiential sharing of knowledge

On the bases of the schedule prepared for the days students attended the zoom meeting from 09:45 and on the bases of the assigned topic, the discussions and awareness were initiated. After each session the platform was open for experience sharing and discussion which helped volunteers to gather information about nature of service and beneficiaries.

Programme outcome:	1. Students were able to identify various dimensions of palliative care and also their individualistic role in the field of palliative care and support. 2. From various discussions and experience sharing the entire group came across practical understanding about palliative services. 3. Trainees came across the impact of volunteerism with palliative patients and their family members. 4. The role of volunteers in mobilizing needed services and resources to make them feel better. 5. The possibilities of raising funds to manage the need of beneficiaries was introduced with successful examples helped the students to know about the community. 6. The need of follow ups with palliative patients was introduced through awareness sessions
Supporting Documents	**1Photos, 10 seconds video, PPT if any**

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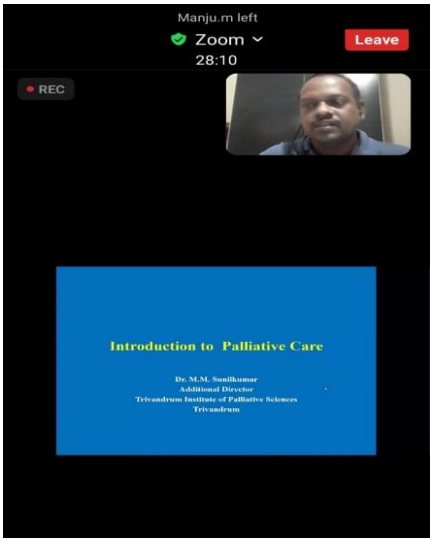
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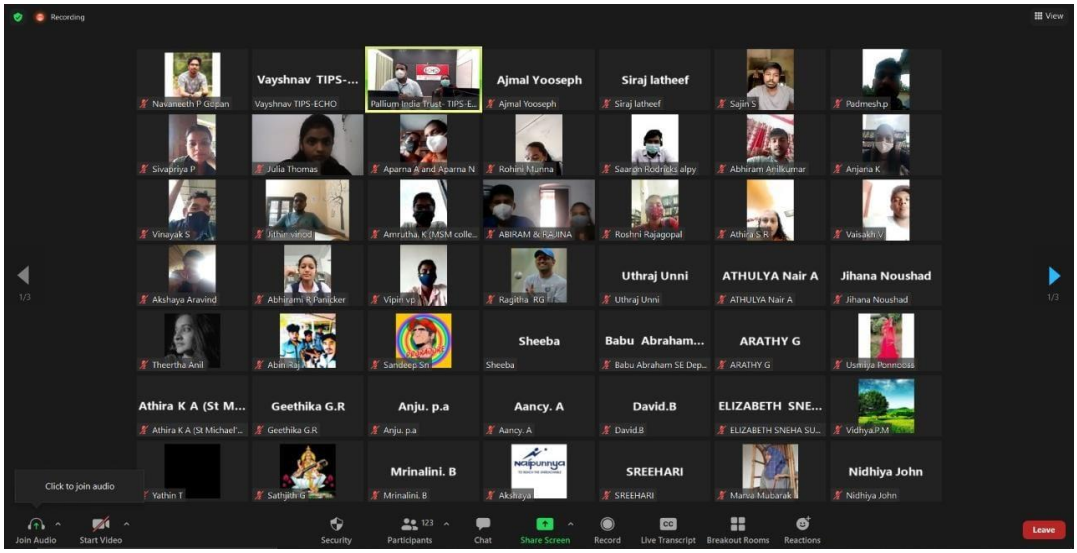
Dr. M.M. Sunilkumar
Additional Director
Trivandrum Institute of Palliative Sciences
Trivandrum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Jihana Noushad
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Babu Abraham...
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Athira K A (St M...
Geethika G.R
Anju. p.a
Aancy. A
David.B
ELIZABETH SNE...
Mrinalini. B
SREEHARI
Nidhiya John
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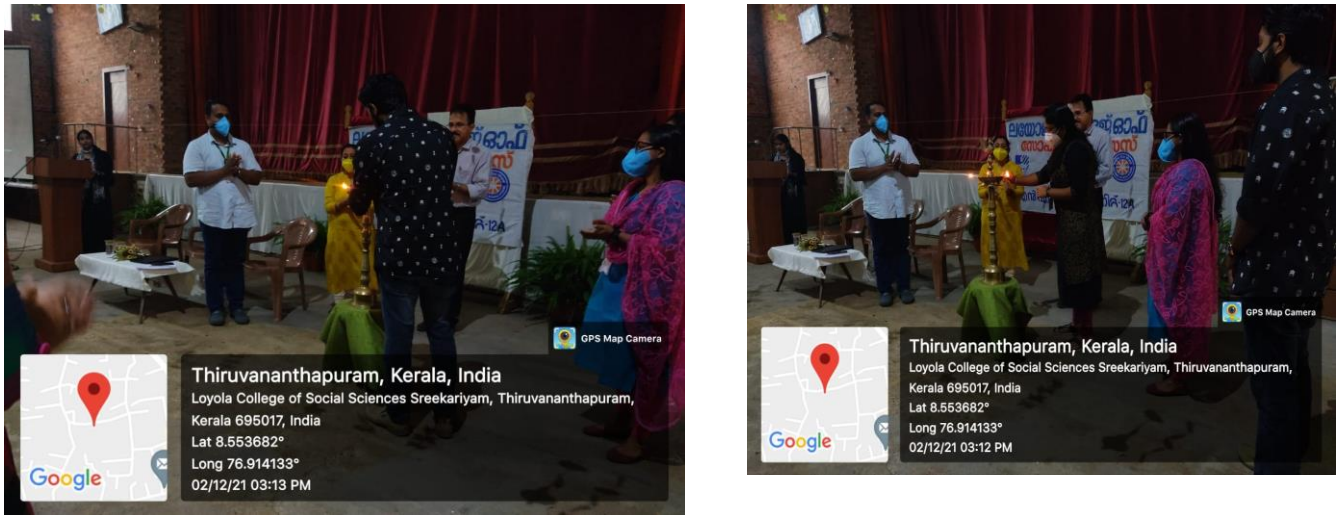
Report for Activity: Palliative Care

Programme Name	Inauguration of Palliare (A Loyola initiative for palliative care)	**Organizer**	National Service Scheme
Date	2nd December,2021	**Time**	3-4.30 p.m.
Venue	Sutter Hall	**Faculty in charge**	Dr. Francina P X

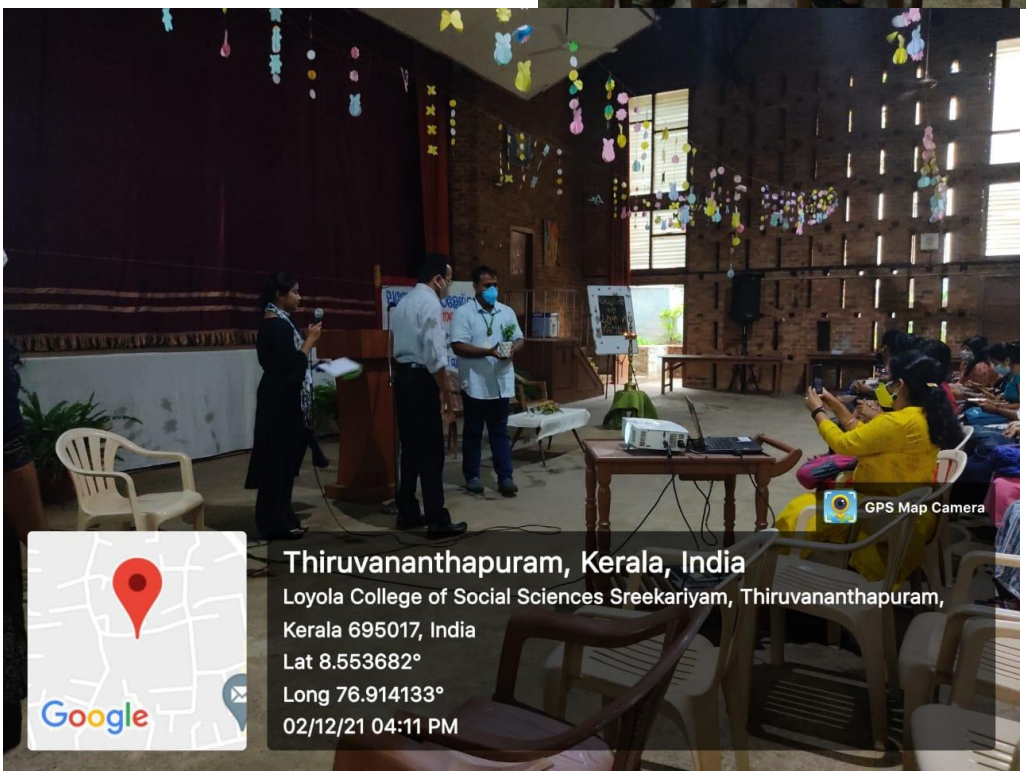
Programme Objectives	• To inaugurate Palliare (A Loyola initiative for palliative care) in collaboration with Pallium India. • To impart awareness on palliative care to students of Loyola / NSS Volunteer
Resource person	**Mr. Babu Abraham** **Head, Social Engagement Department** **Pallium India, Thiruvananthapuram**
Participants	Faculties and students of Loyola College of Social Sciences
Programme Activities	• The program began with prayer song by Krishnedhu B and Sreethu Sreenivasan, 2nd year , Sociology. • Dr. Francina P X, faculty coordinator welcomed the gathering and the resource person. • Dr. Saji P Jacob, Principal, Loyola College of Social Sciences inaugurated the program followed by inaugural address. • Mr. Babu Abraham, Head- Social engagement department taken session on palliative care. He shared videos and presentation and explained about Pallium India and Palliative care. • Palliative care is treatment of serious health-related suffering (SHS)**.** It includes management of pain and other symptoms and addresses psychological, social and spiritual suffering of patients and their families. • Palliative Care is not restricted to those at the End of Life. However, Palliative Care encourages conversations about the end of life. Palliative Care advocates for "a good death" which is pain-free and hopefully surrounded by loved ones, friends and family.

	• Pallium India is a national registered charitable trust formed in 2003. Pallium India strives to alleviate health related suffering. They demonstrate, educate and facilitate to integrate palliative care into mainstream healthcare. • Home Visits form a crucial part of their services. There are thousands of people who cannot access a healthcare facility because they are bed bound, elderly, living alone with no one to accompany them or geographically isolated. • In-patient services are available at the *Trivandrum Institute of Palliative Sciences* and delivered by a Interdisciplinary team involving Doctors, Nurses, Medical Social Workers, and Physiotherapists. Patients are admitted for short or long term symptom control as well as for hospice services to facilitate appropriate end of life care. • Pallium India is committed to improving the overall quality of life of patients and families. They recognise that illness-related suffering has many aspects – physical, mental, socio-economic and spiritual. Therefore, rehabilitation services form an integral part of the support they offer. • Pallium India runs a unique "Halfway Home" Programme where patients with spinal cord trauma are housed and rehabilitated in a facility that includes a kitchen, a wheelchair accessible room, and restroom so they can be trained in using these facilities before they are sent home. • Dr. Saji P Jacob handover a sapling to Mr..Babu Abraham as token of love. Ms. Aparna Padmakumar, 2nd Year, Personnel Management proposed vote of thanks. • As a beginning of Palliare, Dr. Saji P Jacob and Dr. Francina P X along with student coordinators and other faculties and students planted a sapling near smrithivanam.
Programme Outcomes	• The programme of "Palliare (A Loyola initiative for palliative care)" inaugurated officially. • The faculties and students of Loyola College of Social Sciences get an idea about Palliative care and Pallium India
Supporting Documents	Photos

Fig: 1 - Programme posters



Pic: Inauguration of Palliare by Dr. Saji P Jacob



Hand overing the sapling to resource person

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Report for Activity Log SI. No.:			
Programme Name	Palliative care visit in home community	**Organizer**	Students Loyola College Trivandrum in association with Palliate initiative of Loyola NSS
Date	24/12/2021 -31/12/2021	**Participants**	Students-Loyola College
Place and Beneficiaries	Home community palliative patients of students	**Faculty in-charge**	Dr. Francina P. X
Programme Objectives	• To know about palliative services that are given to the needy in local areas of the students. • To identify the duty of the palliative volunteers who actively deal with the community services and engage with local self- government. • To interact with people who are in need of palliative services and also facilitate them to the volunteer if required. • To identify the work and initiatives of palliative care organizations, which are working in rural and urban settings • To interact with the people who are under the palliative services and also with their family members and their care givers and extend continuous psycho-social support to them.		

Programme activities

As part of 'Palliare'- a Loyola initiative in palliative care which functions under NSS of Loyola College of Social Sciences, students were requested to make a visit to their home community to know the nature of palliative services and organizations that functions in their community.

During Christmas vacation of 10 days students made visit to their nearby community, they visited at least one palliative patients in their residence, made interaction with their family or caregivers. The nature of the services that the beneficiaries get and the activities of the volunteers in a setting of palliative care was brought to their knowledge with the field experience of houses visits of palliative patients. Some students made their visits initiating interaction with representatives of respective local self- government and ASHA workers.

The experience as volunteers in the field of palliative care was brought into their knowledge base through this interaction with them. Some students were guided through palliative field units of palliative institution. This gave an idea about the nature of the service they get through the institutions. The students identified how to do need assessments and also how to establish a rapport with the service providers while interacting with the patients. The care givers also shared their concerns about giving services and also about the need of a systematic guidance in caregiving. Those who had less knowledge about the services of palliative care were given enough information through this field experience in nearby community. Some of them became able to mobilize the services of the volunteers on the basis of the need assessment they done during the interaction with the patients and their family or care givers.

Programme Outcomes

1. The students were able to familiarize themselves with the function and structure of palliative care services.
2. They were able to identify unnoticed concerns of the palliative patients and also their caregivers and addressed the same to the concerned authority.

3. Students got familiarized with the role of volunteers in palliative care setting both in urban and rural areas.
4. It was an enriching experience to most of the students as they had a first-hand experience in palliative care and it made their Christmas and new year vacation more meaningful.

Details of the visits conducted by students

	Name	District	Date of palliative visit	No. of houses visited	Place of visit
1.	Aarya Mathew	Trivandrum	30/12/2021	1	Maruthoor, Kalpada, Trivandrum
2.	Angel Mariya	Idukki	02/01/2022	1	Konnathady, idukki
3.	Sree Lekshmi J S	Kollam	31/12/2021	1	Mayyanad, Kollam
4.	Aliyath Sumayya	Thrissur	29/12/2021	1	Eriyad,Thrissur
5.	Annrose Mathew	Idukki	30/12/2021	2	Edavetty,Thodupuzha Idukki
6.	Jeena S Raj	Trivandrum	30/12/2021	1	Planthottam, Thirupuram, Trivandrum
7.	Gouri S Nath	Trivandrum	30/12/2021	1	Planthottam, Thirupuram,Trivandrum
8.	Aparna Raj A	Trivandrum	29/12/2021	1	Chaithanya Gardens, Kesavadasapuram. Trivandrum
9.	Joshni Jose	Thrissur	01/01/2022	1	Pongam,Koratty, Thrissur
10.	Libin Varghese	Idukki	03/01/2022	1	Kozhimala, Ayyappankovil, Idukki
11.	Heerakrishna R	Ernakulam	01/01/2022	1	Kedamangalam, Paravur Ernakulam
12.	Athira Varma	Ernakulam	02/01/2022	1	Puthiuyakavu, Thripunithura, Ernakulam

13.	Rosemary Paul	Trivandrum	01/01/2022	1	Azhoor, Trivandrum
14.	Abhaya Pradeep S	Kollam	29/12/2021	1	Kadakkal, Kollam
15.	Akhina Benny	Kannur	29/12/2021	10	Naduvil, Kannur
16.	Alfa S L	Thiruvananthapuram	26/12/2021	1	Panhgappara, Thiruvananthapuram
17.	Angel Antony	Ernakulam	27/12/2021	2	Vazhiyanchira, Ernakulam
18.	Anjali A S	Thiruvananthapuram	02/01/2022	1	Thottam, Ambalathara Thiruvananthapuram
19.	Anjali P	Malappuram	25/12/2021	2	Kondotty, Cheppilakkunnu, Malappuram
20.	Arsha N D	Thiruvananthapuram	31/12/2021	1	Santhivila, Nemom, Thiruvananthapuram
21.	Avani L S	Kollam	30/12/2021	2	S N Puram, Pavithreswaram, Kollam
22.	Charulatha S Kumar	Kollam	30/12/2021	1	Paripally, Kollam
23.	Darsana S Babu	Kollam	24/12/2021	3	Kudavattoor, Kollam
24.	Devika Rajan	Thiruvananthapuram	31/12/2021	1	Madathil Mada, Punchakkari, Thiruvananthapuram
25.	Ganga Babu B	Thiruvananthapuram	26/12/2021	2	Kulamangode, Parappara, Thiruvananthapuram
26.	Jefin Sam Thankachan	Kollam	28/12/2021	10	Aryankavu, kazhuthurutty Kollam
27.	Jesna Jacob	Kottayam	31/12/2021	1	Kuravilangad, Kottayam
28.	Jince Joseph	Kottayam	30/12/2021	2	Athirampuzha, Kottapuram, Kottayam
29.	Kavya Shaji C S	Thiruvananthapuram	28/12/2021	1	Aryanad
30.	Krishna Viswanathan B	Thiruvananthapuram	28/12/2021	8	Vellanad

31.	Punnya S Pradeep	Thiruvananthapuram	27/12/2021	6	Velavoor, Thiruvananthapuram
32.	Rakhi Mohan	Kollam	27/12/2021. 28/12/2021	4	Thattarkonam, Kuripally
33.	Santhi Krishna S	Alappuzha	27/12/2021	1	Vathikulam
34.	Thomas Tomy	Idukki	29/12/2021	14	Thamarakandam , Roosapookandam
35.	Tony Thomas	Thiruvananthapuram	31/12/2021	3	Karakulam,Vattappara, Thiruvananthapuram
36.	Vyshak Suresh	Pathanamthitta	25/12/2021	1	Karimpenakuzhy
37.	Kripa A V	Thiruvananthapuram	27/12/2021	3	Kesavadasapuram, Thiruvananthapuram
38.	Anandhalekshmi S	Trivandrum	29.12.21	1	Thirumala, Trivandrum
39.	Anagha b murukan	Trivandrum	02.01.22	1	Malayam , Trivandrum
40.	Adarsh B S	Trivandrum	02.01.22	1	Vettinadu , Trivandrum
41.	Aswathy Krishnan G S	Trivandrum	02.01.22	1	Ottashekaramangalam, Trivandrum
42.	Deepasikha	Trivandrum	23.12.21	1	Pallam, Trivandrum
43.	Fahwa T	Malapuram	28.12.21	1	Mangalam, malapuram
44.	Greena John	Pathanamthitta	02.01.22	1	Muthoor, Pathanamthitta
45.	Gishnu R	Kollam	02.01.22	1	Pathanapuram, Kollam
46.	Gopika S M	Kasargod	02.01.22	1	Eachikkoval , Kasargod
47.	Hari krishnan B	Trivandrum	01.01.22	1	Mukkolakkal, Trivandrum
48.	Jacob Mathew	Trivandrum	01.01.22	1	Sreekariyam, Trivandrum
49.	Kavya satheesan	Trivandrum	01.01.22	1	Venkavila, Trivandrum
50.	Lekshmi k S	Kollam	26.12.21	1	Kundara, Kollam
51.	Noopura S	Ernakulam	01.01.22	1	Kaloor, Ernakulam
52.	P Krishnapriya	Trivandrum	01.01.22	1	Venkavila,Trivandrum
53.	Preetha p	Trivandrum	02.01.22	1	Adayamon, Trivandrum

54.	Parvathy madhukumar	Alappuzha	27.12.21	1	Alapuzha
55.	Seethalekshmy V S	Trivandrum	27.12.22	1	Ulloor,tvm
56.	Shahana m k	Trivandrum	31.12.21	1	Paruthikuzhy, Trivandrum
57.	Sharon ann	Kottayam	24.12.21	1	Thiruvalla, ktym
58.	Stephy Chacko	Kollam	29.12.21	1	Cherumoodu,klm

Supportive documents – Pics of students along with Palliative team / ASHA Workers in their locality. We have instructed them not to take pics of the patients.

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Kozhim
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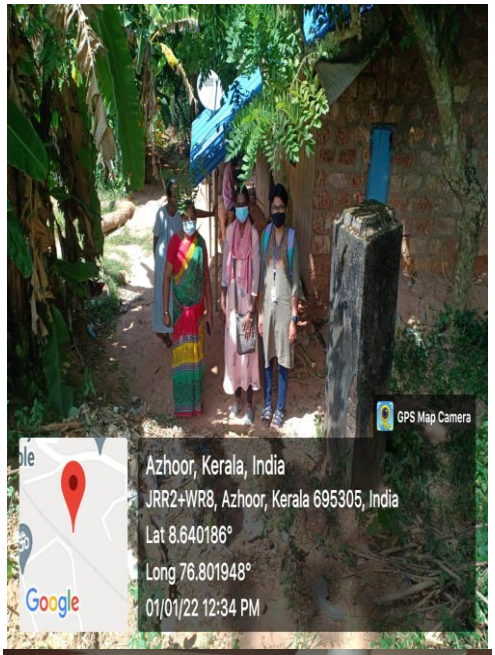
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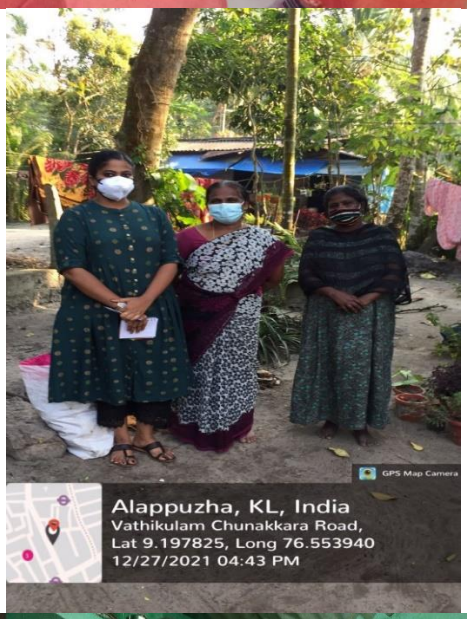
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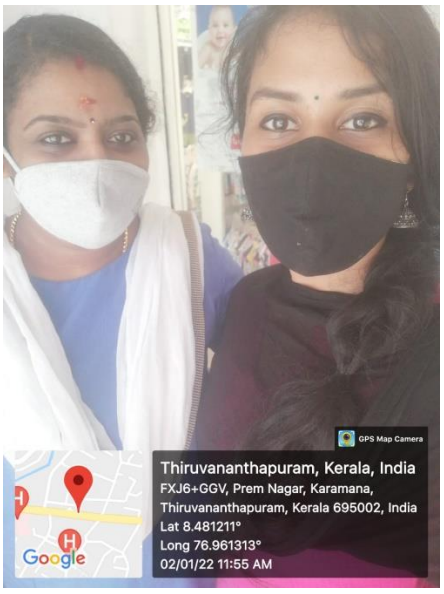
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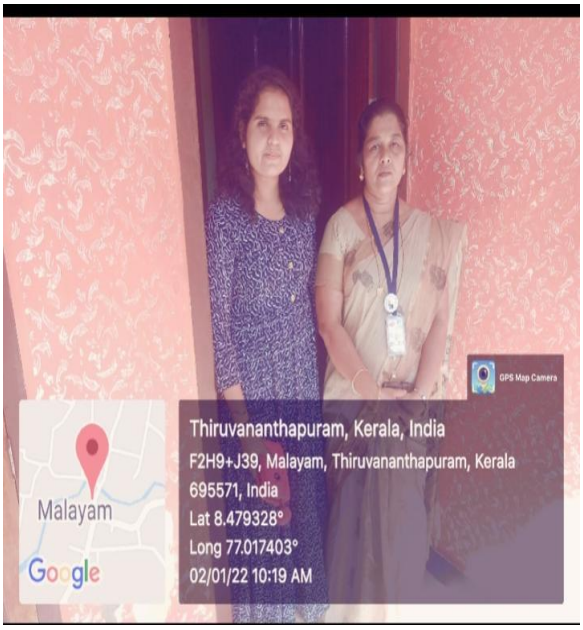
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Malayam
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Report Activity Log Sl No:			
Program Name	Giving Wheel Chair to a person in need of palliative care	**Organizer**	NSS – Loyola College of Social Sciences, Sreekaryam
Date	17/01/2022	**Time**	06.00 pm to 7.00 pm
Venue	Pozhikkara, Pozhiyoor	**Faculty in Charge**	Dr. Francina P X
Programme Objectives	• To interact with the family members of the palliative person • To give wheel chair to the person who paralyzed due to Polio		
Resource Person			
Participants	Dr. Sabu P Thomas S. J.,(Vice Principal), Dr. Francina P. X (Programme Officer) Mr. Ajith Pozhiyoor (Panchayath Member), Libin Varghese, Alfa S. L, , Divya Unni, Deepasikha, Jeena and Residents of Pozhikkara		
Programme Activities	• The NSS volunteer representatives and faculties of Loyola College visited Pozhikkara as part of giving wheel chair to the palliative person who is paralyzed due to Polio. The Pozhikkara beach ward member Mr. Ajith, Youth volunteers Ms. Brijini, Mr. Vinod and the residents warmly welcomed the students and faculties of Loyola College to the community. • The team interacted with the family members of the palliative person and they shared their happiness. • Gave the wheel chair to the palliative person		
Program Outcomes	• The program helped to provide wheel chair to the palliative person that provides satisfaction and happiness to the family members as well as NSS volunteers and the residents of Pozhikkara • Probably it helps to increase independent mobility, engage in social activities and quality of life of palliative person • Wheel chair helps to improve the palliative person's health in many ways and it helps to reduce common problems like pressure sores, the progression of deformities or contractures and other secondary conditions associated with poor postures.		

Supporting Documents - Photos

Dr. Francina P. X
NSS Programme Officer
LCSS, Trivandrum

ROTARACT CLUB- INTERNATIONAL DAY OF THE GIRL CHILD:-

QUIZ AND ELOCUTION PROGRAMMES

As part of UN International day of girl child observed on October 11th, Rotaract club of Loyola College of social sciences organized Quiz, Elocution and other online competitions and prizes were distributed to the winners. As we go through the program details the quiz was mainly conducted in a structured manner where three rounds were there. In the first two rounds the participants got direct questions and the last round was a rapid fire round where three questions were asked by each teams. And in regard of Elocution competition topics were given on the basis of choices of the participants, were both these competitions were conducted in transparent and reliable manner. Elocution was mainly conducted in both English and Malayalam languages. And other programswere also conducted in online platform were the participants took part in fully competitive and healthy manner.

The competitions were very much worthwhile and we can mainly get a chance to unfold so many historical leaps of women through this quiz and also we could find good orators and enough aspiring ideas that evolve from the elocution competition. Rather the programs provide greater insights of flexibility and reliability among the co-coordinators and how they corporate with the participants. Moreover it was a fertile ground to earn more knowledge and aspirations about the women empowerment from diversified views of participants which gives us a wide spectrum of enlightenment in this scenario of women empowerment in society as a whole.

WINNERS

Elocution (Malayalam):-

- **Sreehari (First) MSW**
- **Vishnu Shaji (Second) MAHRM**
- **Ansun Jacob (Third) MAHRM**

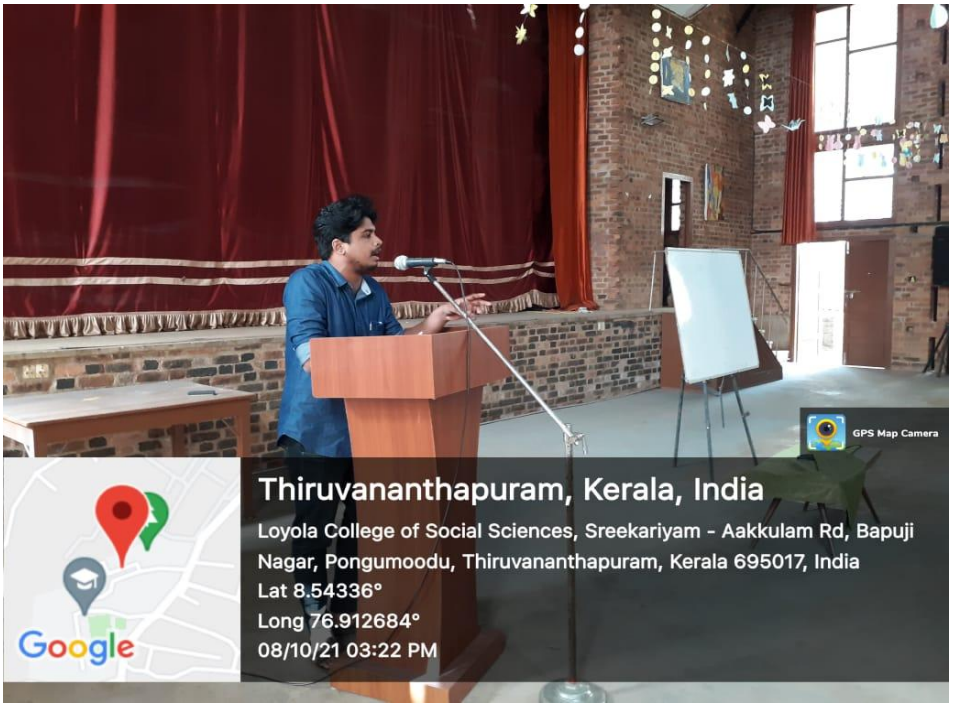
Elocution (English):-

- **Ambily E.H (First) MAHRM**

- **Anamika (Second) Sociology**
- **Augustine(Third) MAHRM**

Quiz-Girl Empowerment:-

- **Team Augustine and Sunith (First) MAHRM**
- **Team Jumy and Angel (Second) MSW**
- **Team Sreethu and Anjitha (Third) Sociology**



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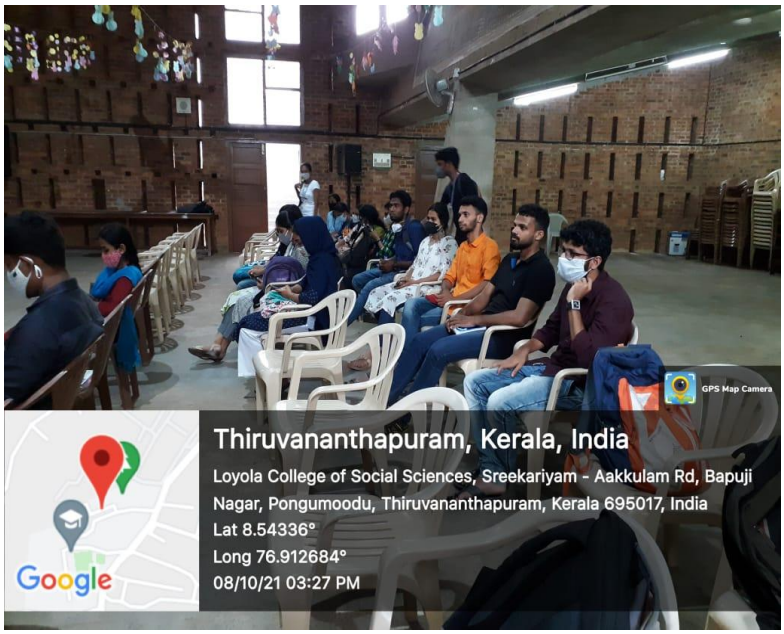
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MENSTRUAL DISORDERS AND PCOD

DATE: 09/10/2021

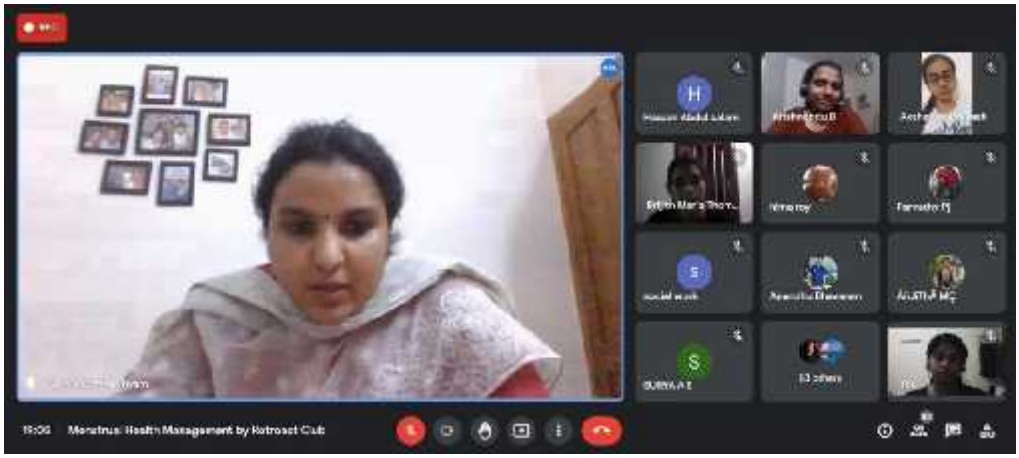
TIME: 7.00 pm – 8.00 pm

As part of UN International day of girl child observed on October 11th, Rotaract club of Loyola College of social sciences organized a webinar on the topic MENSTRUAL DISORDERS AND PCOD. The session was handled by

Dr. S. Minupriya (consultant Gynecologist and Fertility Specialist). The session was conducted in order to provide a platform to raise awareness and to clear the concerns regarding the menstrual disorders and PCOD. There were many participants from inside and outside the campus for the webinar. There were almost 105 participants who attended the webinar. The members of the Rotaract club of Loyola college organized the webinar and the staff coordinator was Dr. Anitha (assistant professor of department of personnel management).

- Master of the ceremony was by Krishnendu (department of sociology)
- Welcome address was by Annu Thomas (department of MSW)
- Introducing about Rotaract and the chief guest was by Arafath (department of personnel management)
- Vote of thanks was by Anandhu (department of sociology)

It was a very informative and insightful session. The session ended by 8.30 pm. discussion part went on well. The presentation made by the doctor was very informative for the students and helped them to clear their doubts on PCOD and what all should be done to cure PCOD, the causes for PCOD was also explained well. Dr. Minupriya, is presently working at Bishop Benziger hospital, Kollam. She has also taken many webinars online and offline at many colleges.



Menstrual Health Management by Rotaract Club

Menstrual Health Management by Rotaract Club

Rotary

Rotaract

Rotaract Club of Loyola College of Social Sciences Trivandrum

Webinar

Menstrual Disorders and PCOD

Dr.S.Minupriya

Consultant Gynaecologist &
Fertility Specialist

https://meet.google.com/
ivv-jgbm-sas?hs=224

09/10/2021

7.00 pm - 8.00 pm

ROTRARY CLUB FUNCTIONS HELD IN LOYOLA COLLEGE OF SOCIAL SCIENCES, SREEKARYAM 2021 - REPORT

Rotaract Club of Trivandrum has organized an amazing Rotrary club functions at Loyola College of Social Sciences in Trivandrum. It was indeed a special day for all the Rotarians who've took part in that. The programme started sharply at 12 noon in Sutter Hall of Loyola. All the students including the chief guest and the other dignitaries were also presented on the time.

The program was held on 11th October 2021. And they discussed on regard with EMPOWERMENT ON GIRLS as a part of International Day of Girl Child.

The programme starts with the Welcome Address by Miss. Brijith Maria Thomas and then we had our beloved Principal Dr. Saji P Jacob's principal's address to the corresponding agenda. Then we had an address by our Rotararian, Rtn. Mr. Antony Thomas, followed by Mrs. Parvathy has given a special key note on regarding with the event and the specialty of that day too. Then we had an Introduction for our chief guest Miss. ADITHI NAIR R who is an young rapist known as young rap kid in India and she has been recorded for many more designations for her renowned hardwork and quench to hold her title to be as a rap kid in India as her career within this 16 year old, by Ms. Jancy Johns.

Then the club had a wonderful speech of Ms. Adithi followed by her ceremony of prize distribution to various winners for the competitions conducted by the Rotarary club members. Then the club had a wonderful splendid fabulous rap performed by the rap kid Adithi for the students of Loyola College and also along with that Miss. Parvathy, who is the president and stood as a backbone to all the functions held in Loyola, on behalf of Rotrary has appreciated by a special gift by Mrs. Parvathy mam. That was a mesmerizing moment too. Then club functions had wind up with the vote of thanks by Vinayak .Indeed we had a splendid fabulous motivating day by the rotarary club mates.

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Rotaract Club Activities:

OVERCOMING PROCRATINATION WORKSHOP

Date: 01/12/2021

Time: 1.30 pm to 3 pm

Speaker: Ms Sreekala Shivji

Staff in charge: Dr Anitha

Organizer: Personal management department in coordination with Rotaract club.

The workshop on overcoming procrastination by Sreekala Shivji, founder of balloon international nursery was held on 1st December, 2021 at JM Hall. The session was for one hour coordinated by Rotaract club of Loyola College of Social Sciences, Trivandrum.

Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline. This is something we all experience and this session has given many ideas to overcome this. No matter how well-organized and committed you are, chances are that you have found yourself frittering away hours on trivial pursuits (watching TV, updating your Facebook status, shopping online) when you should have been spending that time on work or related projects.

The workshop was very helpful for the students. She explained in detail about procrastination and gave ideas to overcome procrastination. She also shared her personal experiences and made the session more interesting. All the students were asked to share their thoughts on procrastination and their experience. The platform had an interesting interactive session. Her presentation was very informative and gave the students a clear picture on procrastination and the ways to overcome.

Some ideas explained by her to overcome were:

- Create a To-Do List with Specific Deadlines
- Break Bigger Projects into Manageable one
- Set Aside Time and Space for Work
- Remove Distractions
- Tackle hard things first
- Do one task at a time and not multitasking
- Believe in yourself

These are some if the steps which can be used to overcome procrastination. The session ended by 3pm.

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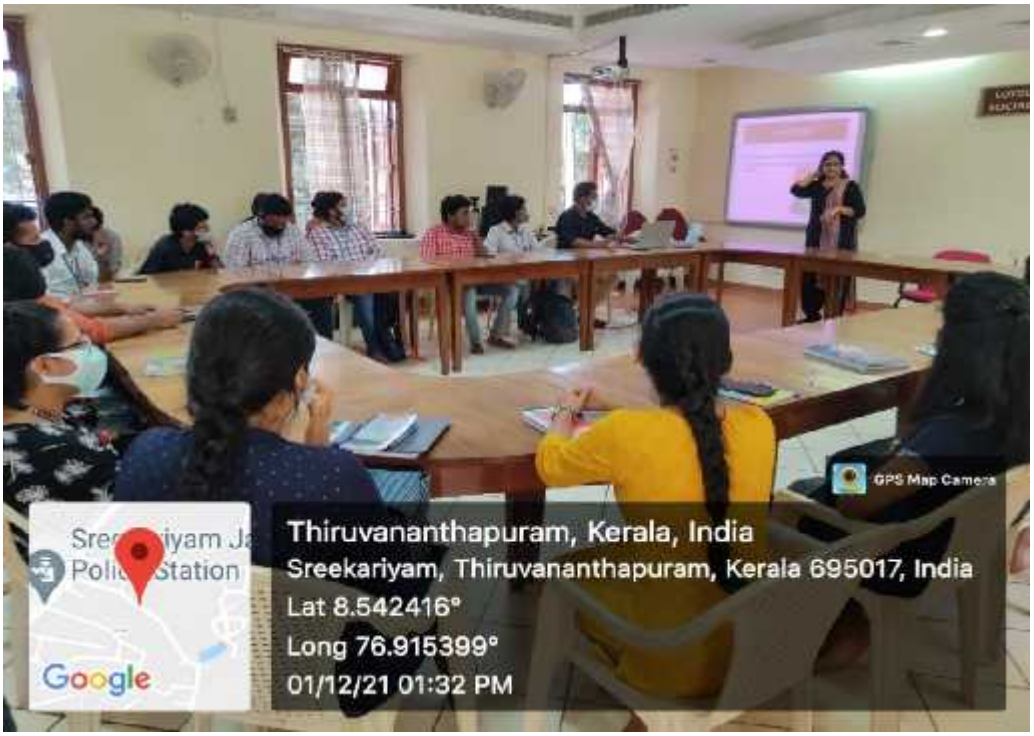
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ROTRACT CLUB OF LOYOLA

Date - 8/10/2021
Time - 3 pm - 4 pm 4:10 pm
Venue - Sutterball

Title of the programme: ~~competition~~
Election and quiz ~~programme~~
conducted by Rotaract club:
No of participants: 19

Participants

	Name	Dept	Signature
1.	Arsuo Jacob	MA HRM	
2.	Sreehari A.K.	MSW	
3.	Vishnu Shaji	MA HRM	
4	Hamna	MA HRM	
5	AMBILY E.H.	MA HRM	
6	Anamika U.P	MA Sociology	
7.	Akshara Sobhanan	MSW DM	
8	Arun Anil	MSW DM	
9.	Anjitha M.C	MA Sociology	
10.	Sreethu Sreenivasan	MA Sociology	
11.	Jilsha A.B	MSW DM	
12.	Angel Maria	MSW	
13.	Jumy George	MSW	
14.	Augustine	MA HRM	
15.	Sunith	MA HRM	
16	Reshma N R	MA Sociology	
17.	Arun SB	"	
18	Sunith	MA HRM	
19	Augustine Sooraj KJ	MA HRM	

ROTARACT CLUB OF LOYOLA

Date: 11/10/21
Time: 12pm to
Venue: Golkshill

Title of the programme

International Girl child day - Prize distribution ceremony

Conducted by Rotaract club

No. of participants:

Participants

	Name	Department	Signature
1.	Sneha Mathew	MSW DM	
2.	Neleena Scaria	"	
3.	Anjitha. M. C	Sociology	
4.	Sreethu Sreenivasan	MA Sociology	
5	Navya Mathew	MSW	
6.	Aparna Raj. A	MSW	
7.	Alby P.J.	MSW	
8.	Angel Mariya Dominic	MSW	
9.	Jincy Baby	MSW	
10.	Jumy George	MSW	
11.	Ansun Jacob	HRM	
12.	Fathima. N	MSW DM	
13.	Anamika UP	Sociology	
14.	Aqliyath Sumayya KY	MSW	
15.	Soorbari	MSW.	
16.	Bilbilal	MSW DM	
17.	Sam Santhosh Mathews	"	
18.	Nitya Nibu	"	
19.	K. Anaitha Soman	MSW	
20.	Rejitha Ravi	"	Rejitha Ravi
21.	ANBILY E.H.	MAHRM	

22.	APARNA PADMALOCHAN	MAHRM	
23.	Angel Raj	MA Sociology	
24.	Jinu chacko	"	
25.	Anjali G.D	"	
26.	Mariam Jacob	"	
27.	Arun S.B	"	
28.	Drisya P.Lal	"	
29)	Abhiramikrishnan	"	
30)	Fevi Williams	"	
31)	Sasanya T.J	"	
32)	Reshma N.R	"	
33)	Aardra Anil	"	
34)	Divyalakshmi	"	
35)	Sonal Low.O.B	"	
36)	Sree Sidharthan	"	
37)	Salman	"	
38)	Aleena N	"	
39)	Kalyani Nair	MA HRM	
40)	Angustine	"	
41)	chippy Raj	"	
42)	Unnimaya L.K.	MA Sociology	
43)	Jincy Raj S.S	MA Sociology	
44)	Bhagya S. kumar	"	
45	Sunith T.S	MA HRM	
46	Vishnu Shaji	" "	
47	Gopika Rajendran	MSW DM	
48.	Hima Hareendran	"	
49.	Shyma A	"	
50	Krishnendu B	MA Sociology	
51	Bijith M T	MSW DM	
52	Anandhu BS	MA Sociology	
53	Akshaya S Prakash	MA HRM	
54	Parvathy PJ	MAHRM	
55)	Vinayak S Kashikagan	MSW	
&	Alan	MSW	

സർവോദയ

ജനകീയ ആസൂത്രണ നവീകരണ ക്യാമ്പയിൻ

പൊഴിക്കര ബീച്ച് വാർഡ്

തീയതി : 14/10/2021 - 20/10/2021

In collaboration with

DEPT OF SOCIAL WORK

LOYOLA COLLEGE
OF SOCIAL SCIENCES
Affiliated to University of Kerala

NAAC Reaccredited with CGPA 3.72 out of 4 Grade A in its 3rd Cycle

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

Programme Name	Sarvodaya Campaign	Organizer	Department of Social Work, Loyola College of Social Sciences in collaboration with National Service Scheme
Date	14-10-2021 to 20-10-21 (Camp in Pozhikkara beach ward)		
Venue	Pozhikkara Beach ward	Faculty in charge	Dr. Francina P X

Introduction

The social work trainees of Loyola College of Social Sciences along with Pozhikkara Beach ward community initiated a campaign named "Munneram" for the personality development children from 2 to 10th standard by building their capacities, nurturing their talent, enhancing new skill sets, working on their weaknesses, and transforming them into strengths. The social work trainees who were planning to do an Online group work for children of Pozhikkara community had a meeting on 23-10-2021 to discuss and plan about the online group work. All 15 social work trainees joined the meeting. The list of students available for online group work was shared by Ms. Heera Krishna. The list had details of 79 children comprising their names, age, class, name of parents, contact number and school name. The group members in each group were divided by Ann rose Mathew and Hima Roy which was shared in the meeting based on their age group. It was decided that trainees can divide themselves into groups of two members each and that there will be 7 groups in total in which one group will have three trainees who will deal with primary school students. For not being biased in formation of groups the names of each trainee were written on chits and were selected randomly allocating trainees to different groups. Social work trainees raised their concerns with regard to online groupwork such as availability of mobile gadgets to students and range issues. It was decided to raise these concerns in a common forum were the members from Pozhikkara is present. A common meeting along with teachers and ward member was planned to be conducted on Monday – 27th September. Devika Prasad and Hima Roy were selected as the student program coordinators of the program.

On 27th September 2021, social work trainees had an online meeting with faculties with regard to “Munneram. Online meeting is conducted to include the ward member Mr. Ajith Pozhiyoor. Dr. Francina PX, Fr. Sabu P Thomas, Ms. Parvathy ML, Ms. Ann Mary and Mr. Ajith Pozhikkara ward member were all present in the meeting. Mr. Ajith Pozhiyoor explained the basic background of the students who are attending online group work. Concerns about availability of resources were raised by trainees and was put forward in front of ward member who explained that arrangements can be done accordingly to tackle the lack of availability of electronic devices. He also explained the expectations from the side of social work trainees and suggested the trainees to focus on improving creative side of the students as well as English speaking skills. Dr. Francina P.X gave valuable insights regarding how to carry out the online group work. The coordinators explained basic background work done as part of online group work such as dividing the students into group and assigning each group to social work trainees. The trainees were asked to contact the parents as soon as possible. It was decided to conduct an online inauguration ceremony for the program. An online inaugural ceremony was conducted on 28th Tuesday and online group work started from 29th September through Google meet. The trainees created WhatsApp group for the students which was a medium of communication.

Planning with Community Members

As an extension to Munneram, social work trainees of Loyola College of Social Sciences along with Pozhikkara Beach ward community decided initiated a campaign named Sarvodaya for the development and reformation of the community members of the Pozhikkara beach ward. There was a discussion regarding the programme schedule along with the community gatekeepers and volunteers for the programme on 9th October 2021. Trainees were divided into different committees. The program committee comprised of Ms AnnuThomas, Ms Aliyath Sumayya and Mr LibinVarghese. The major programs which had to be conducted were waste management, parenting, leadership, career orientation, healthy relationship and Panchayati Raj which came forward after a discussion with Mr Ajith Pozhiyoor, Ward member. The program committee scheduled the programs in accordance with these objectives and based on the availability of participants as conveyed. Changes were incorporated in program sheet after discussion with Dr Francina P X (Faculty in charge) and Mr Ajith Pozhiyoor. The poster for Sarvodaya campaign was designed by Ms Aparna Raj A.

The questionnaire for conducting a socio-economic survey was prepared by the survey committee under the guidance of Dr Francina P X.

Programme Objectives	⁾ To initiate the seven-day camp by interacting with the community people by inaugurating the campaign. ⁾ To study more about the community through transect walk and interaction with gatekeepers ⁾ To impart life skill training for children and Youth of Pozhikkara Beach ward. ⁾ To create an awareness about good parenting and healthy parent child relationship ⁾ To create awareness about safe pregnancy and child care. ⁾ To create an awareness about menstrual hygiene and healthy relationships. ⁾ To create awareness about the role of leadership in the empowerment of the new generation. ⁾ To facilitate children for preparation of cultural programme. ⁾ To create an awareness about waste management and engage in cleaning the premises of Pozhikkara beach ward. ⁾ To provide self-defence training to girls of Pozhikkara beach ward. ⁾ To create awareness about importance of exercise in life. ⁾ To make the community members aware about the various legal services that can be availed. ⁾ To create an understanding on Gandhithwam and origami. ⁾ To conduct an exhibition based on Gandhithwam. ⁾ To provide awareness on sports as a career and the importance of activity in life. ⁾ To provide vocational training for youth and women. ⁾ To give craft training to children of Pozhikkara Beach Ward ⁾ To provide career guidance counselling to children and youth of Pozhikkara Beach Ward and to facilitate PSC registration of a selected few ⁾ To conduct the valedictory function of Sarvodhaya campaign

Day 1: 14-10-2021(Thursday)

Major Activities

1. **Departure from Loyola College to camp site (Pozhikkara)**

   The social work trainees of Loyola College gathered at the college portico around 9 a.m. Fr. Sabu P Thomas conducted a small prayer along with the trainees. After the prayer, trainees started the journey and they were accompanied by program coordinator, Dr Francina P X. Trainees travelled in the bus of Loyola Institutions. They reached the community around 11.45 a.m.

Trainees before departing from college

Trainees and faculty thanking the Almighty for the opportunity

2. **Welcome by community and Transect walk**

   Trainees reached the community at 11.45 a.m. Trainees had a very warm welcome at Pozhikkara. Arrangements were made so that trainees can freshen up themselves. After meeting with youth volunteers, trainees finalised the program schedule along with the leaders of the community. Later, trainee along with faculty and youth volunteers left for a transect walk to attain a brief overview of the community. Through this, we could understand about the locality and major geography of the community.

Welcome by the community members	Transect walk through the ward

3. Inauguration of the campaign

The campaign started with an inauguration including many of the community members, college faculties and the social work trainees of Loyola College of Social Sciences. The programme started with a prayer song by Kumari Aparna Raj A and the anchoring was done by Kumari Annrose Mathew. After the welcome speech by Mr. Ajith Pozhiyoor (ward member), the programme was inaugurated by Mr. G Sudharjanan (Kulathoor Panchayath President) and the presidential address was given by Dr. Saji P Jacob (Principal, Loyola College of Social Sciences, Trivandrum). Dr. Sonny Jose (HOD, Department of Social Work, Loyola college of Social Sciences) gave an overview of the seven-day campaign and a felicitation speech was given by Rev. Fr. Davidson (Assistant Vicar, St Mary's Church Pozhiyoor). After each trainee introduced themselves, one of the trainees, Ms. Aliyath Summaya presented the programme schedule of the coming day. Fr. Sabu P Thomas and Dr. Francina P. X, the staff coordinator of the programme also felicitated the meeting. The meeting came to an end by the vote of thanks by the student coordinator Ms. Devika Prasad.

Welcome by Shri. Ajith Pozhiyoor, Ward Member

The participants…community members

Presidential address: Dr. Saji P Jacob, Principal, Loyola College

Inaugural address by Shri. G Sudarjanan (Kulathoor Panchayath President),

Kulathoor, Kerala, India
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14/10/2021
Thursday

12

Camp Day-1 - Social work Students

Sasudays - Camp Day -1

Objectives

1. To initiate the seven day camp by interacting with the community members by inaugaratry the campaign.
2. To study more about the community through transect walk and interaction with gatekeepers.
3. To make clarity regarding the programs sheduled for the camp.

Sl no.	Name	Signature.
1.	Aparna Raj A	
2.	Devika Prasad	
3	Hima Roy	
4	Joshni Jose	
5	Anna Thomas	
6.	Jeena S Raj	
7.	Ann Rose Mathew	
8.	Aliyath Sumayya	
9	Gouri S Nath	
10	Heera Krishna	
11.	Rajitha Ravi	
12	Vinayak S Kaethikeyan	
13	Libin Hargees.	

DAY 2: **15-10-2021(Friday)**

Major Programs

1. **Group activity:** A common group activity and ice breaker sessionwasconducted for children from 9-10a.m**.** The session was handled byMs. Jeena S Raj, Ms. Hima Roy, Ms. Joshni Jose, Ms. Annu Thomas, Mr. Vinayak S Karthikeyan, Ms. Heera Krishna, Ms. Aparna Raj A, Ms. Ann Rose Mathew, Ms. Devika Prasad, Ms. RejithaRavi, Mrs. Aliyath Sumayya K Y and Fr. Libin Varghese. The social work trainees conducted a ball passing game for the purpose of building rapport with the children. First, of all the children were asked to come up voluntarily for self introduction and none of them were willing for coming up to the front for self introduction. So, the trainees came up with the ball passing game. Though the social work trainees knew most of the children through online programme, this activity helped us to understand the children and establish rapport with them.

Group activity and ice breaker for children by trainees

Group activity and ice breaker for children by trainees

2. **Life Skills Training for Youth**

   Life skill training session was conducted for youth from10 am to 12:30 pm. The session was handled by Ms. Aliyath Sumayya K Y and Fr. Libin Varghese. The session mainly dealt with the session for youth dealt with inculcating self-awareness, empathy and skills to cope with stress and emotion.First of all, the youth members were divided into groups with an activity of giving them balloons of different colours and asked them to fill the balloons and given a time of one minute for forming groups based on the colour of balloon and the group formed first were given extra points. The

group formed first was given the information regarding their formation by breaking the balloons. Then a self introduction within the groups and also a name was given to each groupby themselves. The names of the groups were blue, green, brown and yellow. Then they were asked to make a theme song for their groups and to present before the other group members. Points were given for the best performed group and the time management. Then, they were taught on the importance of life skills in daily life and taken a brief session on four life skills - self-awareness, empathy, coping with stress and coping with emotions. Next, for the session on self-awareness, they we asked to write their positives and negatives in a piece of paper and this was passed over to the person sitting nearby and asked the second person to write other positives of the first person. This was taken into evaluation at last with their own papers and was asked to reflect on the positives others had noticed in them. They reflected that they were unexpected with some of the positives others had noticed about them. Then the youth were taught about the importance of empathy in life and also the need for differentiating sympathy and empathy. They were shown a video on differentiation of empathy and sympathy and the need of practicing empathy in daily life. The next session on coping with stress and coping with emotions was on the basis of different stressed life situations of the group members. They volunteered to share their stressful life situations and the coping mechanisms they had adopted to overcome the same. Also, the group in overall came to a conclusion that every people handle the stressful situations of their own way and a person to share these stressful moments are important. All the group members had written their names and signature in the attendance book and had an evaluation session at last. In the evaluation, they had a suggestion that more than doing some activities, the methods for daily life practice of these skills are important and asked the trainees for the same from the next day onwards. There were 36 members present for the life skill session.

Life skill session for youth by Ms. AliyathSumayya K Y and Fr. Libin Varghese	Life skill session for youth by Ms. AliyathSumayya K Y and Fr. Libin Varghese

3. **Life skills Training for Children**

   There had been a parallel session of life skill training for children from classes six to twelve. The session was from 10 am to 12:30 pm and the resource persons wereMs. Jeena S Raj, Ms. Hima Roy, Ms. Joshni Jose, Ms. Annu Thomas, Mr. Vinayak S Karthikeyan, Ms. Heera Krishna and Ms. Aparna Raj A. The session mainly focussed on enhancing their Communication skills, Problem solving ability and Creative thinking.

4. **Session on Effective Parenting**

   The session on good parenting was conducted from 2:30 to 5:00 pm. It was handleby Ms. Annu Thomas and Ms. Aparna Raj A. There were 50 members were presented in the session. The session was about types of parenting styles and its pros and cons. The resource persons let the members to choose the best parenting styles among all. The resource persons also spoke about some tips for good parenting. They give opportunity to the members to share the positives of their children. The parents after the session were asked some doubts regarding how to control the over usage of mobile. The resource person responded as instead of annoying to them to stop the

usage of phone while they are using the phone talk, about it during the pleasure time between the parents. They also showed video of Maya'a Amma on 4 tips for great parenting. The video created a great reflection among the parents. The parents told that they were now able to understand how to handle the children positively and how to maintain a healthy parent-child relationship.

5. **Survey:**

To get a better picture of the community houses were visited by trainees in five teams as part of socio-economic survey .

6. **Evaluation :**

Trainees had an evaluation of the programs conducted on the day along with Mr Ajith Pozhiyoor, Ward member. The programs planned for next day were also discussed.

Life skill session for children by Ms. Jeena S Raj, Ms. Hima Roy, Ms. Joshni Jose, Ms. Annu Thomas, Mr. Vinayak S Karthikeyan, Ms. Heera Krishna and Ms. Aparna Raj A

Children performing communication activity as part of life skill training

 Session on parenting by Ms Annu Thomas and Ms Aparna Raj A	 Session on parenting by Ms Annu Thomas and Ms Aparna Raj A
 Trainees carrying out socio economic survey with youth volunteers	 Trainees carrying out socio economic survey with youth volunteers

Evaluation with Mr AjithPozhiyoor , Ward member

Sarvodaya Camp Day - 2

Objectives

1. To provide life skill training for children and youth of possible care reach ward
2. To create an awareness about good parenting and healthy parent-child relationships.

Sl no	Name	Signature
1.	Aparna Raja	
2	Devika Prasad	
3	Hima Roy	
4.	Joshni Jose	
5	Jeena S Raj	
6	Annu Thomas	
7	Ann Rose Mathew	
8	Adityath Sumayya	
9	Heera Krishna	
10	Rajitha Ravi	
11	Vinayak S Kaithakeyan	
12	Libin Varghese.	

Day 3: 16-10-2021(Saturday)

Major Activities

1. **Group work**

   The third day of Sarvodaya campaign started with group work sessions for children of Pozhikkara Beach Ward conducted in 6 separate groups based on age. It was held from 9 am to 10 :30 am

2. **Life skill session for youth.**

   A life skill training session was conducted for youth of Pozhikkara beach ward from 10:30 am to 12:30 pm. The session was handled by Ms Ann Rose Mathew and Mr Libin Vargehese. It focussed on enhancing communication and critical thinking. Mr Libin Varghese also made youth aware about ill effects of increased usage of digital devices especially mobile phone.

3. **Session on safe pregnancy and childcare:**

   A session on safe pregnancy and childcare was held for pregnant women and breast feeding mothers of Pozhikkara beach ward from 10:30 am to 12:30 pm. A total of 14 participants attended the session. It was inaugurated by Dr Shiji Shelto (FHC, POZHIYOOR). The resource person Mrs Soumya (ICDS Supervisor) detailed about the importance of breast feeding, proper diet and immunisation.

4. **Session on menstrual hygiene and healthy relationships:**

   A session to create awareness about menstrual hygiene and healthy relationships was conducted for Girls from classes 5-10 and boys from classes 8-10.The session was held from 2: 30 to 4:30 pm. The total number of participants in the session was 33. The session was handled by social work trainees Ms Heerakrishna and Ms. Aliyath Sumayya. It focussed on creating awareness that menstruation is normal and introduced various menstrual hygiene products such as sanitary pads, tampons, menstrual cups etc and how safe each of them is.

5. **Session on role of leadership in the empowerment of the new generation:**

   Session on role of leadership in the empowerment of the new generation was conducted for ADS Members, Asha workers, Sanitation committee members, Mate,

Anganwadi teachers, Gramasabha members, Woman executives, Youth executives and Fishermen representatives. A total of 26 participants attended the session which started at 2:30 pm and ended at 5 pm.The session were handled by Dr Angelo Mathew, Assistant Professor, Department of Personnel management, Loyola College of Social Sciences. He detailed about 5 things vital for development. It was followed by a discussion regarding the different problems existing in the community and the solutions possible. The discussion was conducted in 4 groups each facilitated by a social work trainee. After presentation of the summary of discussion in each group it was decided that another meeting will be held on 18-10-2021 to continue with the discussion.

6. **Survey:**

   After the session houses were visited by trainees in three teams as part of socio economic survey.

7. **Evaluation :**

   The daily evaluation was conducted by trainees along with Mr Ajith Pozhiyoor, Ward member. The programs planned for next day were also discussed.

Group work session for children from1st to 3rd class by Ms Devika Prasad, Ms Annu Thomas.	Group work session for children from 4 to 6 th class by Ms Heerakrishna and Mr Vinayak S Karthikeyan
Group work session for 7th class students	Life skill session for youth by Ms Ann

By Ms Aparna Raj A and Ms Ann Rose Mathew	Rose Mathew and Mr Libin Varghese
Mr. Libin Varghese creating awareness about mobile phone addiction	Session on Safe pregnancy and childcare : Welcome address by Mr AjithPozhiyoor , Ward member

Inaugural address by Dr Shiji Shelto (FHC , POZHIYOOR)	Key Note Address by resource person: Mrs Soumya (ICDS Supervisor)
 Session on Menstrual hygiene by Ms Aliyath Sumayya and Ms Heerakrishna	
 Session on role of leadership in the empowerment of the new generation Welcome address : Aparna Raj A	 Session on role of leadership in the empowerment of the new generation Key Note Address by resource person: Dr Angelo Mathew

Group discussion about community problems and solutions	Presentation of the key ideas in discussion
Socio economic survey	Socio economic survey

Evaluation with Mr AjithPozhiyoor , Ward member

16/10/21 29

Sasthodaya Camp Day 3

Objectives:

1. To conduct group work for children of different age groups
2. To provide life skill training for youth & Postmatrons beach ward.
3. To create awareness about safe pregnancy and child care
4. To create awareness about menstrual Hygine and healthy relationships
5. To create awareness about role of leadership in the empowerment of new generation

Sl No:	Name	Signature
1.	Aparna Raj A	
2.	Hima Roy	
3.	Devika Prasad	
4.	Jeena S Raj	
5.	Joshni Jose	
6.	Annu Thomas	
7.	Heera krishna	
8.	Rejitha Ravi	
9.	Gouri S Nath	
10.	Aliyath Sumaayya	
11.	Anurose Mathew	
12.	Libin Varghese	
13	Vinayak S karthikeyan	
14.	Sreehari A K	

Day 4: 17-10-2021(Sunday)

Major Activities

1. **Group work:**
   The fourth day of Sarvodaya campaign started with a group work for children of Pozhikkara Beach Ward from 11am to 12pm.

2. **Cultural program practise**:
   Trainees facilitated the children for preparing for various cultural programme from 12 pm to 1 pm.

3. **Session on waste management:**
   Afternoon session from 2:30 pm to 5 :00 pm was based on the topic waste management. After the welcome address by Mr AjithPozhiyoor, Ward member, session was inaugurated by Sonny Anotony, Block member. In the beginning of the session Mr Joice, Block Coordinator detailed about how improper waste disposal can lead to lifestyle diseases, other ill effects of dumping waste especially into waterbodies and explained importance of Green cards which are distributed by of Haritha Karma Sena. The session was then taken by social work trainees Mr Vinayak S Karthikeyan, Ms Ann rose Mathew and Ms Rejitha Ravi who explained the problems caused by waste as well as the solutions to solve them. Many waste management methods unknown to the people were discussed in the session.

4. **Cleaning:** Trainees engaged in cleaning some parts of the beach area from 5:30 to 7 :30 pm with the help of youth volunteers in the community and disposed it properly.

5. **Evaluation:** The daily evaluation was conducted from 7:30 pm to 8:30 pm by trainees along with Mr Ajith Pozhiyoor, Ward member. The programs planned for next day were also discussed.

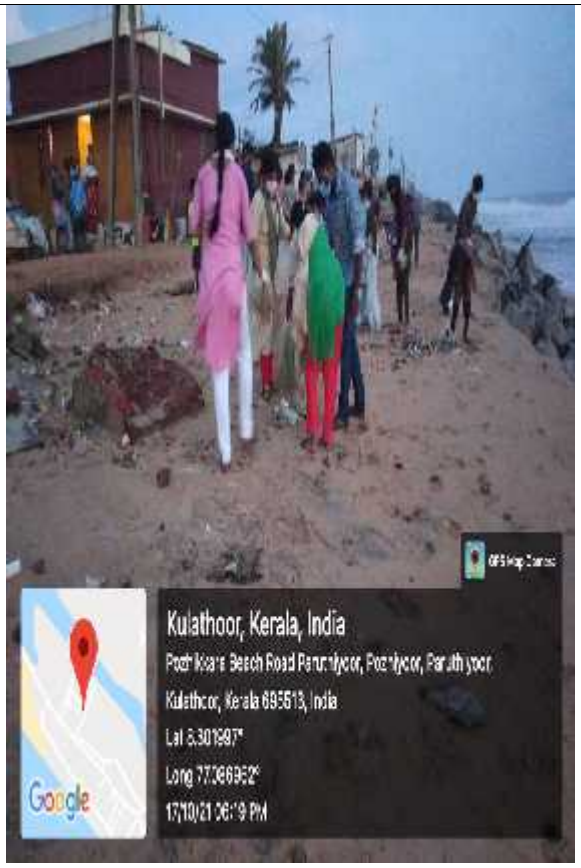
Group work for children of 6th class

Group work for children of 7th class

Cultural program practise

Cultural program practise

Session on Waste management Welcome address : Mr AjithPozhiyoor, Ward member	Session on Waste management Inaugural address : Sonny Antony , Block Member
Session on Waste management key note address : Mr Vinayak S Karthikeyan	Session on waste management key note address: Ms Ann Rose Mathew

	
Session on waste management key note adsress: Rejitha Ravi	Trainees and youth volunteers engaged in cleaning
Trainees and youth volunteers engaged in cleaning	Trainees and youth volunteers engaged in cleaning

Seaweedays Camp Day-1.

Objectives

1. To conduct group work for children of Poabitkaar beach ward
2. To create awareness about waste management
3. To engage in cleaning the premises of Poabitkaar beach ward.

S/no	Name	Signature
1	Gowri S Nath	
2	Veena S Raj	
3	Vinayak & Karthik Jashni	
4	Vinayak. S. Kardhikeyan.	
5	Libin Clayees.	
6	Hima Roy	
7	Anna Thomas	
8	Sreehari A K	
9	Aparna Raj. A	
10	Veena S Raj Rajitha Ravi	
11	Heera Krishna R	
12	Devika Premal	
13	Ann Rose	
14	Aathiyath Sunayaya.	

Day 5: 18-10-2021(Monday)

Major Activities

8. **Group work :**

   The fifth day of Sarvodaya campaign started with a group work for children of Pozhikkara Beach Ward.

9. **Self-defence training :**

   The session on self-defence was handled by J Mary ,Sulfath, Athulya and Anees Banu , Self Defence trainers from Police Department. Girls from 6th standard and above attended the session. discussed about importance of self-defence in the present world and involved demonstration of some self-defence methods. The various issues and problems caused by smartphone usage was discussed and participants were also made aware about how they can legally deal with such situations.

10. **Session on Importance of Exercise :**

    The session was held for boys from 5th standard. The resource person for the session was Mr Vinod, Youth executive member and volunteer of Pozhikkara beach ward. It focussed on the importance of exercise in one's life. The resource person also facilitated the participants in doing exercises that they can do every day.

11. **Session on Legal services:**

    The afternoon session from 2:30 pm to 4:00 pm on legal services was taken by Advocate Mr Pradeep Kumar . It focused on discussion about current issues prevalent in the society and role of law to prevent it. The participants were also made aware about the various legal services that can be availed.

12. **Extension of Gramasabha discussion:**

    Social work trainee Mr Libin Varghese gave some group activities from 4:00 pm to 4:30 pm to energise the group and discussed about qualities that are vital to be an effective leader. It was followed by the extension of gramasabha discussion. Trainees conducted house visits as part of survey and facilitated the children for preparing for various cultural programme.

13. **Cultural Practise:**

Trainees facilitated cultural program practise of children from 4:00 pm to 5:30 pm and helped them prepare for their solo and group events.

14. **Survey:**

Social work trainees in different teams visited different houses and carried out the survey from 5:30 pm to 6:30 pm.

15. **Evaluation:**

The daily evaluation was conducted by trainees from 7 :00 pm to 8:30 pm along with Mr Ajith Pozhiyoor, Ward member . The programs planned for next day were also discussed.

<table>
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Group work for children of 7th class</td>
<td>

Group work for children from 8th to 10th</td>
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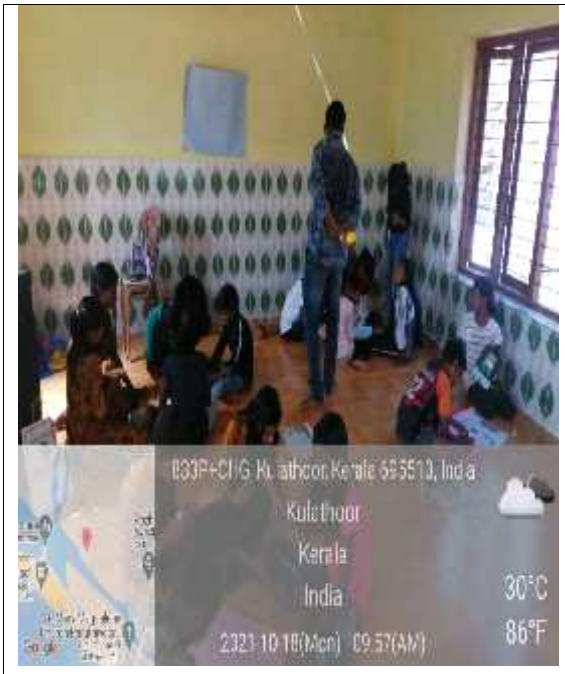
	
Group work for children of 6th class	Self defence training session
Session on importance of exercise by Mr Vinod	Session on legal services by Advocate Pradeep Kumar

Group activity and session on leadership by Mr Libin Varghese

Extension of Gramasabha discusssion

Cultural program practise

Socio economic survey

Socio economic survey

Socio economic survey

Socio economic survey

Socio economic survey

Evaluation with Mr AjithPozhiyoor , Ward member

Saturdays Camp Day - 5

Objectives.

1. To conduct group work for children
2. To provide Self defence training to girls
3. To create awareness about importance of excercise like
4. To create awareness about legal services
5. To conduct Survey

Slno.	Name.	Signature.
1	Jochmi Jose	
2	Hima Roy	
3	Vinayak. S. Karthikeyan	
4	Litin Varghese	
~~5~~	~~Hima Roy Aparna Roy A~~	
5	Annu Thomas	
6	Sreehari A K	
7	Aparna Roy. A	
8	Dailo Prasad	
9	Jeens S Roy	
10	Gouri S Nath	
11	Heera krishna	
12	Rajitha Ravi	
13	Adhiyath Samayas	
14	Annsose Mathew	

Day 6: 19-10-2021(Tuesday)

Major Activities

1. **Waste management Session:**

   The sixth day of the Sarvodaya campaign started with the waste management session from 7:30 to 8:30 am by Mr Vinayak S Karthikeyan, Ms Annrose Mathew and Ms Rejitha Ravi, the social work trainees of Loyola College of Social Sciences, Trivandrum. Children from 5th class and above attended the session which was held in the church area.

2. **Survey:**

   Trainees then engaged in socio-economic survey at Pozhikkara Beach ward and 30 houses were visited by the trainees in 7 groups from 8:30 am to 10:30 am.

3. **Session on Gandhitwam and Origami:**

   A session on Gandhithwam and origami was held for children from 6 th class and above. The session was taken by Mr. Selvaraj Joseph, who had received the award for best teacher in the state level from 10:30 am to 12:00 pm. He talked about Mahatma Gandhi and taught origami to children who made Gandhi caps using newspaper.

4. **Exhibition:**

   Social work trainees were engaged in making arrangements for the exhibition held from 12:pm to 1:00 pm. It was based on variety of valuable stamps and other material related to Gandhiji. The trainees were briefed about it by Mr. Selvaraj Joseph. Later trainees welcomed children who came for exhibition and explained to them about the materials exhibited.

5. **Session on Sports** :

   An awareness session on Sports was conducted for children from 6th class from 3:00 pm to 4:30 pm. The session was handled by Sri. Sreehari A K and Ms. Joshni Jose, Social work trainees of Loyola college of Social Sciences, Trivandrum. The session focussed on creating awareness about how sports can be developed as a career, qualities to be inculcated to be a successful sports person and the importance of sports in life.

6. **Vocational Training:**

   At the same time, a parallel session on Vocational training for youth and women were taken by Mrs. Gouri S Nath and Ms. Jeena S Raj, social work trainees of Loyola college of Social Sciences, Trivandrum. The session was held from 3:00 pm to

4:30pm. The session focused on teaching the youth and women on how to make paper bags and lotion which are useful for the day-to-day life. Participants engaged in both paper bag making and lotion making activities through the session.

7. **Cultural Practise:**

   The trainees were engaged in facilitating and monitoring the final cultural program practise of children from 4:30 pm to 5:30 pm. Trainees also prepared themselves for cultural program (Group dance) from 5:30 to 6:30 pm.

8. **Evaluation:**

   The daily evaluation was conducted by trainees from 7:00 pm to 8:30 pm along with Mr AjithPozhiyoor, Ward member. The programs planned for next day were also discussed.

Session on waste management

Session on waste management

Session on Gandhitwam and Origami

Social work trainees making arrangement for exhibition

Some materials exhibited for exhibition

Some materials exhibited for exhibition

Exhibition	Exhibition
Ice breaker for session on Vocational training	Vocational training session Lotion making

Trainees and participants displaying the lotions made during the session	Participants with paper bag made by them during the session.
Session on sports by Mr Sreehari A K and Ms Joshni Jose	Demonstration of warm up exercises that can be done daily

Socio economic survey	Socio economic survey
Trainees monitoring cultural practise of children	Trainees practising cultural program

Sarvodaya Camp Day 6.

Objectives.

1. To create awareness about waste management
2. To conduct Survey
3. To create awareness on Gandhism and Origami
4. To guide the children to establish their Sports career.
5. To provide vocational training for youth & Women

Sl no.	Name.	Signature.
1	Annu Thomas	
2	Joshni Jose	
3	Nivedh Skanthikaya	
4	Libin Varghese.	
5	Hima Roy	
6	Sreehari AJ k	
7	Aparna Raj. A	
8	Dasika Prasad	
9	Heera Krishna	
10	Rajitha Rani	
11	Ann Rose Mathew	
12	Aaliyath Sumayya.	
13	Gouri S Nath.	
14	Jeena S Raj	

Day 7: 20-10-2021(Wednesday)

Major Activities

1. **Art and Craft Training:**

   The last day of Sarvodhaya campaign started with the Craft training for the children of Pozhikkara Beach Ward by Ms. Devika Prasad and Ms. Hima Roy. Children from 7^{th} class and above attended the session held from 10:00 pm to 1:30 pm. The session focused on training children in bottle art and paper craft training.

2. **Career Guidance and PSC registration:**

   Career guidance was provided to children and youth of Pozhikkara beach Ward from 9 am to 1:30 pm. Mr. Libin Varghese, Social Work trainee gave careerguidanceto 15 students and made them aware about the importance of registering in PSC. Ms. Joshni Jose, Ms. Heera Krishna and Mr. Vinayak S Karthikeyan then conducted the PSC registration. A WhatsApp group was also created so that they can update each other about notifications and learn together.

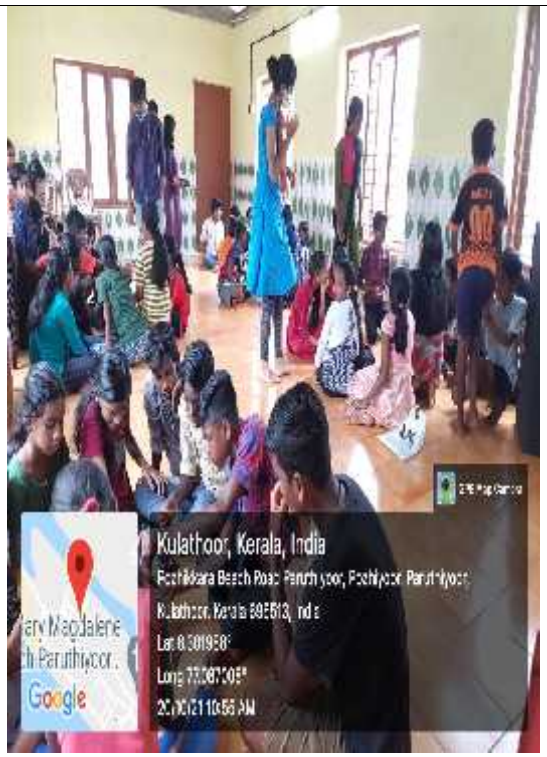
3. **Valedictory Function:**

   The valedictory function was held from 3 pm to 7 pm. It was inaugurated by Mr. K Ansalan, MLA of the Neyyatinkara Constituency. It was followed by the camp report presentation by Ms. Ann Rose Mathew and survey report presentation by Mr. Sreehari A K. Staff coordinator Dr. Francina P X , Dr. Sabu P Thomas, Vice principle, Loyola College of Social Sciences, Fr. Davidson (Assistant Vicar, St. Marys Magdalena Church , Paruthiyoor), Mr. Midhun (Santhosh trophy winner) participated in the function. Mr Ajith Pozhiyor, Ward councillor and the volunteers of Pozhikkara Beach Ward, gave a token of gratitude to the social work trainees, and all the community members who worked behind the programme. The NSS volunteers of Loyola College of Social Sciences visited the community and hand over the study materials they collected for the students of Pozhikkara. It was followed by the cultural programs of children.

4. **Evaluation:**

   Trainees had an evaluation of the programs and the camp from 7:00 pm to 8:00 pm along with Mr AjithPozhiyoor, Ward member.

Art and Craft training: Bottle art



Art and Craft training: Bottle art

Bottle art work done by children

Paper craft training

Craft work by children

Career guidance by Mr Libin Varghese

PSC registration

PSC Registration

Welcome address by StudentCoordinator Ms Devika Prasad	Inaugural address by MLA Ansalan
Survey report presentation by Mr Sreehari A K	Sarvodaya Camp report presentation by Ms Ann Rose Mathew

Child represntative of pozhikara beach ward handing over a token of gratitude to social work trainee Ms Rejitha Ravi	Mr. Midhun (Santhosh trophy winner) presents a token of gratitude to social work trainee Ms Annu Thomas
Mr. Ajith Pozhiyoor, Ward member presents a token of gratitude to social work trainee Ms. Hima Roy	Cultural program

Cultural program

Cultural program

Cultural program

Evaluation

20/6/2021 96

Saturday Camp Day - 7

Objectives

1. To give craft training to children in Paper bike cass beach award
2. To conduct the valedictory function
3. To provide career guidance and facilitate PSC Registrations

Sl	Name	Signature
1.	Anju Thomas	
2	Joshni	
3	Vinayak	
4	Libin	
5	Hima Roy	
6	Aparna Raj. A	
7	Sreehari A K	
8	Rajitha Ravi	
9	Gowri S Nath	
10	Jeena Shaj	
11	Heera Krishna	
12	Ammose Mathew	
13	Aaliyath Samayas.	
14	Devika S	

Programme Outcomes	⁾ The seven-day camp named Sarvodaya was successfully inaugurated. ⁾ Children of Pozhikkara Beach ward became aware of life skills and its importance. Their creative thinking, problem solving, and communication skills were enhanced. ⁾ Youth of Pozhikkara Beach ward got an understanding about communication skills, critical thinking, importance of empathy, how it is different from sympathy, how to be empathetic. Their skills in coping with stress and emotions as well as self-awareness were also improved. ⁾ Mothers of Pozhikkara beach ward became more aware about good parenting and attained valuable insights to foster healthy parent child relationship ⁾ Pregnant woman and Breast-feeding mothers of Pozhikkara beach ward understood the benefits of breast feeding for both mother and child. They also became aware of how much vital immunisation is. They were familiarised with some of them such as OPV, BCG, Pentavalent etc and realised importance of exercise and good habits during pregnancy. ⁾ An awareness was created about what menstruation is, why it occurs and that it is normal. Also various menstrual hygiene products such as sanitary pads, tampons , menstrual cups etc were introduced and how safe each of them is was explained. ⁾ ADS Members, Asha workers, Sanitation committee members, Mate, Anganwadi teachers, Gramasabha members, Woman executives, Youth executives and Fishermen representatives understood how they can be effective leaders and got valuable insights such as importance of Developmental planning, System building, Disciplined networking, Ideology , self-concept. They also got a better idea about the different problems existing in their community such as improper waste management, lack of 24 hr service of doctors, need of footpath to ensure safety of women , substance abuse, need of pakal veedu etc and some possible

	solutions through their fruitful discussion. - The community members became aware about the perils of improper waste disposal. - The community members got a better idea about the purpose and importance of Green card of Haritha karma sena. - The community members learned about the various methods to manage biodegradable and non-biodegradable wastes. - Trainees along with youth volunteers were able to clean beach and dispose waste properly. - The girls of Pozhikkara beach ward became aware about the importance of self-defence in the present world , various issues and problems caused by smartphone usage , how they can legally deal with such situations and also equipped them some self-defence tactics and methods. - The boys of Pozhikkara beach ward realised the importance of exercise in one's life, its benefits and helped them learn some simple exercises that can be practised daily to keep themselves fit. - The community members learned about the role and power of Supreme court, High court and difference between Sessions court and District court. Participants also understood concepts such as writ, Habeus corpus and got familiarised to some important acts dealing with dowry death, abuse, domestic violence etc. - Community members understood the qualities vital to be a good and effective leader. - Community members were able to come up with solutions through which they can themselves deal with some of their community problems such as reducing dropouts making provisions whereby educated community members provide adequate support to children who need it, proper monitoring to prevent substance abuse etc. - An awareness was created among the children on the importance of waste management. - The social work trainees got an idea regarding the socio-economic status of the Pozhikkara beach ward community and concluded that

	the major source of income is fishing. Also, the social work trainees identified that most of the people were not aware of the benefits for fishermen community and regarding the reservation they have and gave them awareness regarding the same. ⟩ The children and youth of Pozhikkara beach ward understood more on Gandhithwam and regarding origami. ⟩ Children got an understanding on how to choose a career based on sports and became aware regarding some vital qualities one should possess to be successful in sports field. ⟩ Women and youth got a practical experience of making lotion and paper bag that will enable them to be self-reliant. ⟩ Children of Pozhikkara became aware of the bottle art and paper craft ⟩ Children and youth of Pozhikkara Beach Ward got better idea about how to pursue a career. ⟩ Youth of pozhikkara got registered in PSC. ⟩ The valedictory function of seven-day camp comprising cultural programs of children in community was successfully conducted.

Evaluation and major

⟩ Trainees learned to put PIMER approach into practice.

P- Planning: Trainees planned various activities to be held as part of Sarvodaya camp through various meetings. As part of its trainees divided themselves into different committees as follows:

Program and time management committee: Mr Libin Varghese, Mrs Aliyath Summayya, Ms Annu Thomas

Documentation committee: Ms Aparna, Raj A, Ms Joshni Jose, Ms Rejitha Ravi, Ms Devika Prasad.

Food, Accommodation and transportation: Mr Vinayak S Karthikeyan, Ms Jeena S Raj

First aid committee: Mrs Gouri S Nath, Ms Annrose Mathew

Cultural committee: Ms Heerakrishna, Ms. Hima Roy and Mr Sreehari A K

Finance committee: Mr Libin Varghese

I – Implementation: After proper planning in respective committees the programs were implemented by trainees

M-Monitoring and E -Evaluation: Trainees monitored the activities carried out daily and. The challenges faced in carrying group work, survey etc were all discussed during daily evaluation and inputs from other trainees and ward member was helpful to deal with it. Also, mid evaluation held with faculties helped to incorporate changes to improve the effectiveness of the programs held in the upcoming days.

R- reporting: All activities carried were also reported by the trainees through Survey report, Camp report and daily reports

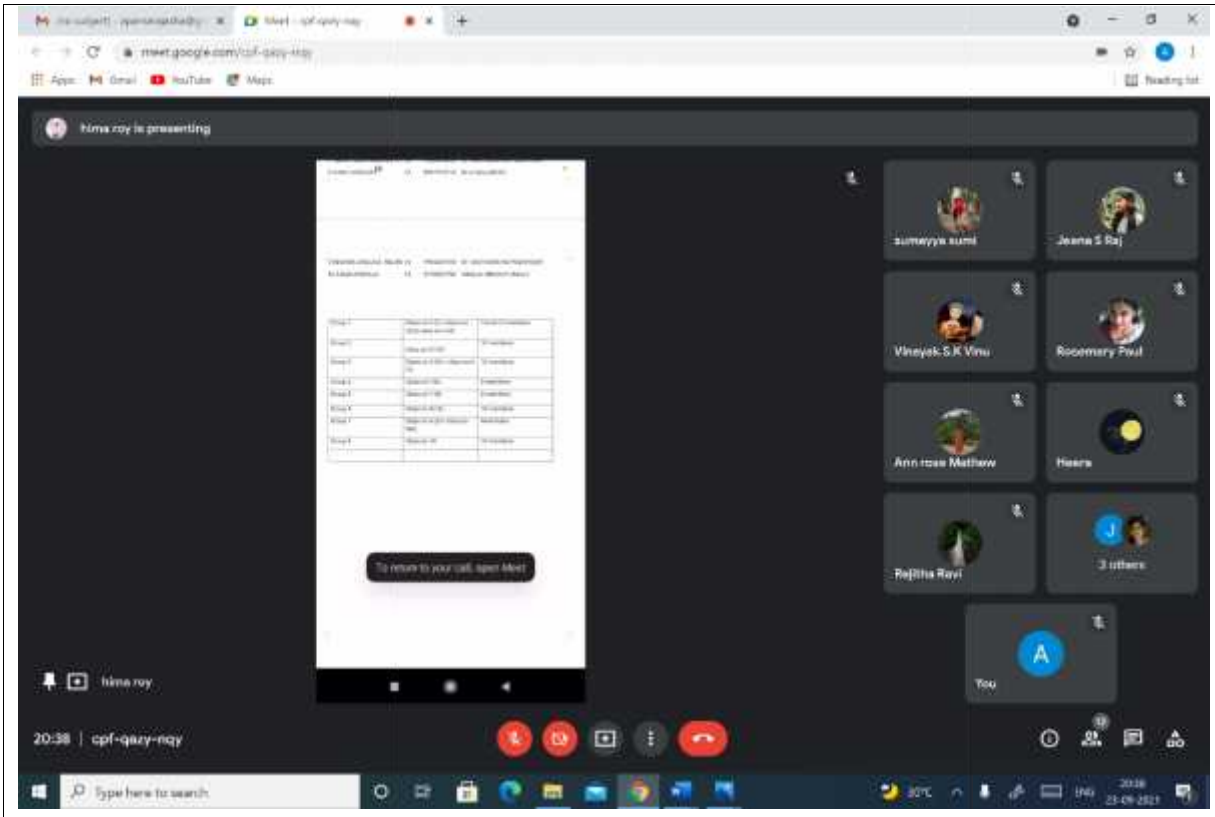
- Trainees learned that Pozhiyoor is a coastal village in the district of Thiruvananthapuram in the State of Kerala in India that has gradually grown to a well-known tourist destination in India.Most of the people in the village are engaged in fishing and related activities therefore fishing is the major source of income of the village. Pozhiyoor is where the backwater meets the sea. The beach attracts many tourists every year. It is also a natural resourced area with boating facilities and backwater tourism.There are many resorts in the bank lake and tourism is the second most source of income. Pozhiyoor is well known for its sports enthusiasm and spirit and is popularly known as the 'Football Capital' of Kerala. Pozhiyoor is also known as the Santhosh Trophy Village. Both SMRC (a Trivandrum District Super Division Qualified Soccer Club) and Udhaya made a vital role to encourage and develop football in the region. It also has contributed many football players to national and state teams. In 2017 Santosh Trophy Tournament, Pozhiyoor was the only village to contribute 10 players representing different teams across India. Two players have played in the 2018-19 I-league season. S.Rajesh for Gokulam FC and Britto P.M for Mohun Bagan.
- Social work trainees leaned that Pozhikkara beach ward is a small geographical area with large population. The houses are arranged in lines, and each line contains about twenty houses. Due to the lack of good drainage system and lack of proper waste management systems it is easy for a communicable disease to spread over the community.

- Trainees learned about various community problems through discussion of community members as well as survey which are as follows: Lack of availability of proper drinking water, waste dumping, need of footpath construction to ensure safety of women, need of 24-hour service of doctors, need of “Pakalveedu” for those who are ill and no one to take care of them, need of rebuilding of drainage, need of educating illiterate elderly, Substance abuse. It was learned that alcoholism is very prevalent in the community. It is something very normal for the community members and trainee must keep this in mind when carrying out the survey.
- Trainee learned that when conducting survey rather than asking questions in a very formal way questions can be asked in an informal manner and some questions can be combined with others as it will help to save time and help attain information more easily. Also, when carrying out survey it is essential to keep in mind that dysfunctional families exist in the community. Moreover, many families don’t have a regular income and face different challenges and issues. Thus, questions must be asked sensitively.
- Social work trainee learned that a key element of offering parenting support is ensuring the social worker helps them to reflect on their parenting style, what influences it and how this might impact on their thoughts, feelings, and behaviours. Importantly it also helps them reflect on how these might influence the thoughts, feelings, and behaviours of their child.The parenting style needs change according to the societal changes. Awareness regarding parenting style is very important in modern parenting. Even though most of the functions of families have been taken over by other societal institutions parents remain the major socializers of their children. Thus, their style of parenting has important consequences for society.
- Trainees learned about various factors essential for development. The importance of Developmental planning, System building, Disciplined networking, Ideology, self-concept etc and role of leadership in development of community was understood.
- Trainees acquired valuable insights to work with women as they approach child-bearing such as the importance of breast feeding for both mother (reduced chances of breast and ovarian cancer, postpartum depression etc.) and for child (protection from infections, rich in nutrients, less chance to be obesities.), medicines that can be taken during pregnancy period, Importance of immunization and different vaccines such as OPV, Pentavalent etc. that needs to be taken during pregnancy and its

purpose, normal birth weight , purpose of anomaly test etc. Trainees were also familiarized to My plate concept which is a simple and easy model representing what an ideal meal should look like, without too many dietary restrictions. The main food groups are as follows: Vegetables, Proteins, Grains, Fruits and Dairy etc.

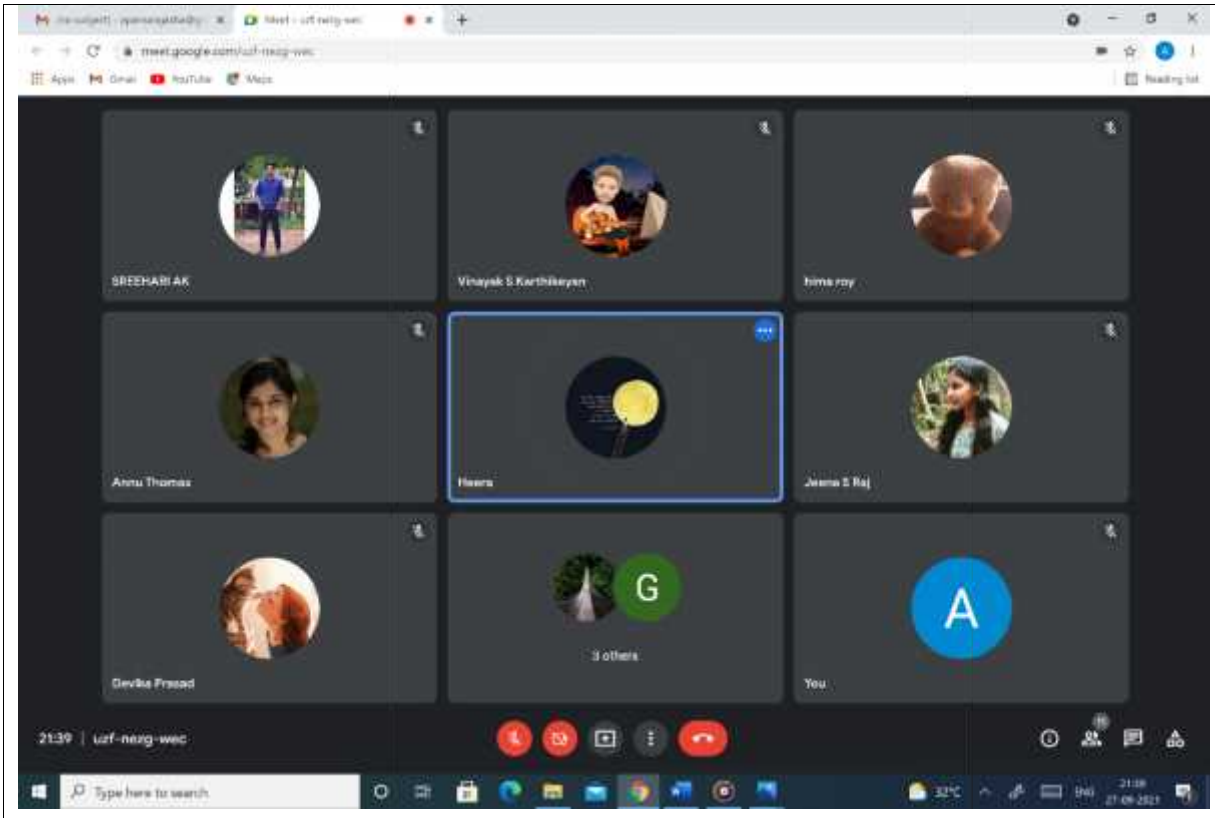
- Trainee learned about the effects of lack of proper waste management (to environment, health) , how to manage biodegradable and non-biodegradable wastes effectively such as Thumboormuzhi model, in which biodegradable waste, with the help of aerobic bins, will be converted to compost, which can then be used for soil conditioning for farming and gardening and the role of Haritha Karma Sena .
- Trainees learned about the various services provided to coastal community members such as for Rehabilitation there exist a program meant for rehabilitating fishermen families residing within 50m from the High Tide Line to safer dwelling places in the coastal area. Kerala Government has launched major rehabilitation schemes and established multiple flat complexes and has rehabilitated fishermen families in Muttathara, Thiruvananthapuram district. Also, there are programs offering Educational assistance for children of fisherfolk family for post metric studies. In this, education expenses and lodging expenses are sponsored by the department for students getting admissions in government seats.
- Trainees learned about the importance an application of various legal services such as Writ (formal order), Haebus corpus (protects against unlawful and indefinite imprisonment) etc. and familiarized with acts such as Senior citizens act and purpose of certain sections such as Section 498-A which protects women from harassment , Section 304-B deals with dowry death etc.
- Trainee learned that there is a need for an active role of social workers within coastal communities through the promotion of sustainable livelihoods and development, as well as capacity-building for resilience with regards to the effects of climate change, natural disasters and environmental degradation.
- Sarvodaya camp has helped trainees to acquire lot of valuable insights. All programs did not take place as planned and some sessions such as Panchayati Raj session were called off. However other programs such as session on legal services, exhibition etc could be conducted by trainees mainly due to the support received from community members and youth volunteers. From the feedback of community members, it was clear that every program conducted was useful and relevant for the community. Every

task carried out by trainees as part of Sarvodaya camp has enhanced competence and skills of trainees. Trainees found the practical experience of working in coastal community very fruitful.



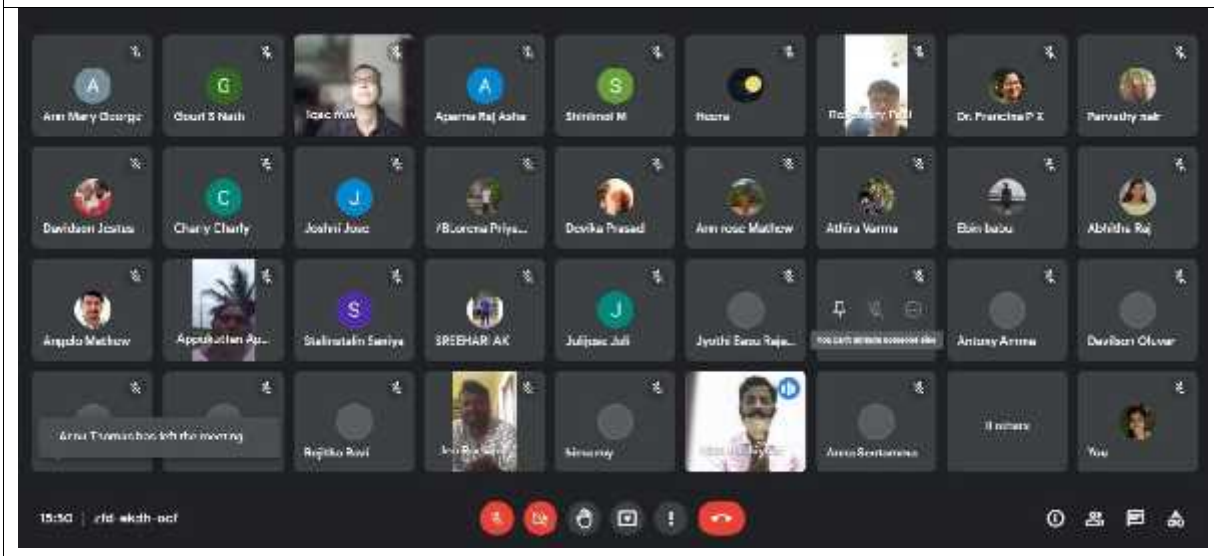
Planning meeting by trainees on 23/09/2021 @ 8:30pm .Saturday , September 23, 8:30 – 9:30 pm

Google meet joining info : Video call link : https://meet.google.com/cpf-qazy-nqy



Planning meeting by trainees on 27/09/2021 @ 8:30pm . Monday , September 27, 9:30 – 10:30 pm

Google meet joining info : Video call link : https://meet.google.com/uzf-nezg-wec



Munneram Inaugral function , Pozhikara - "Onnay Munneram"Tuesday, September 28 · 3:00 – 4:00pmGoogle Meet joining infoVideo call link: https://meet.google.com/zfd-ekdh-ocf

Planning meeting by trainees on 10/10/2021 @ 11 am Sunday , October 10, 11-12 pm

Google Meet joining info: Video call link:https://meet.google.com/bwc-naez-cmp

Pozhikkara Planning meeting 11/10/21 @7.00 p.m. Monday, October 11 · 7:00 – 8:00pm

Google Meet joining info: Video call link: https://meet.google.com/kke-bsmj-nop

 Trainees visit to beach area and interaction with fisher women	 Trainees lunch at resort with Mr AjithPozhiyoor and youth volunteers
 Camp fire	 Final presentation and evaluation at college level

Final presentation and evaluation at college level	

Conclusion:

The seven-day Sarvodaya camp at Pozhikkara was a very new kind of learning experience for the traineesand could make a difference in the lives of lot of members in Pozhikkara beach ward. The camp has left an everlasting impression and will always be cherished by trainees.

REDMI NOTE 9 PRO
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