

From

Dr. S. Antony Dominic Christopher,
Head of the Department,
Department of Physics,
Nanjil Catholic College of Arts and Science,
Kaliyakkavilai.

To

Rev. Fr. Secretary,
Nanjil Catholic College of Arts and Science,
Kaliyakkavilai.

Through

The Principal,
Nanjil Catholic College of Arts and Science,
Kaliyakkavilai.

Respected Father,

Subject: - (Requisition for getting permission to conduct Village Adoption)

As we planned to conduct Village Adoption programme
“**Medical Camp on Weight Management**” at Nithiravilai for the members of self
help group on 13-03-2024. I kindly request you, grand permission to conduct the same
and permit III B Sc students, boys from our department and three staffs to leave from
the college at 12.15pm to conduct the same.

Thanking You,

Kaliyakkaviali,

07/03/2024.



Yours faithfully,



Dr. S. Antony Dominic Christopher
HOD, Department of Physics

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE, KALIYAKKAVILAI

Department of Physics

REPORT ON EXTENSION PROGRAM

The extension program creates a connection between the students and the community. Organizing such programs brings out a bridge between the higher educational institutions and the society. On focusing to that, the department of Physics of Nanjil Catholic College of Arts & Science, Kaliyakkavilai has organized a “**Medical Camp on Weight Management**” for the women of Self Help Group in Nithravilai on **13/03/2024** at 2pm. 18 students along with three staff members went to Nithravilai regarding the program. Around 40 people gathered there. The special invitees were **Dr. Nice Mol**, AMO, Naturopathy Wing, GH, Kuzhithurai and **Dr. Archana**, Senior Consultant, Marvel Nature Cure Hospital, Marthandam.

Dr. S. Antony Dominic Cristopher, the HoD of the Physics gave a small introduction of the program and the status of our institution. The program started with Tamil Thai Vazhthu and Prayer song. **Ashika** of III B.Sc. Physics welcomed the gathering. **Dr. Nice Mol** gave a good talk on the importance of caring and maintaining the weight of the body of the women. She explained in detail about the food that has to be taken and also that has to be avoided in our day-to-day life. It was really inspirable and informative to the society. **Dr. Archana** demonstrated well the breathing exercise which can be done by every people. Also, this is a good treatment for lowering the Blood Pressure.



The doctors interacted well with the people and clarified their doubts regarding the health issues. After hearing the feed back from the people the words of gratitude was delivered Sujitha . S of III Bsc Physics . the Program ended by 4.30 pm with the national anthem.



Signature of HOD

Head

Department of Physics,
Nanjil Catholic College of Arts & Science,
Kaliyakkavilai - 629 153, Tamil Nadu

Jr. M. Amalanathan, M.Sc., M.Phil., Ph.D.
PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153

Nanjil Catholic College Of Arts And Science, Kaliyakkavilai

Department Of Zoology

From

The Head

Department of zoology

Nanjil Catholic College of Arts And Science,
Kaliyakkavilai.

To

The Secretary

Nanjil Catholic College of Arts And Science, Kaliyakkavilai

Through

The Principal

Nanjil Catholic College of Arts And Science, Kaliyakkavilai.

Sub: The permission for Extention Activity- Reg

Respected Rev Father.

Our zoology department planning to undertake a Extention Activity on 13.03.2024 at Vallavilai village.. So please kindly give permission for the same.

Thank You

Kaliyakkavilai

03.03.2024.


03/03/24


06/03/24

Yours faithfully

Dr.C.Amutha Rani



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

Department of Zoology

The department of zoology organized a extension activity programme in Kollamkode village on 13-03-2024 at 3pm . The faculties and the students were actively participated .Dr.Amutha Rani Explained the drug abuse and ill effects of drugs to the village people and mainly focus the young generation. They are very interested and cooperated on this programme . Finally the programme concluded successfully.



[Signature]

Head

Department of Zoology
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153, Tamil Nadu



[Signature]

PRINCIPAL

Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153.

From

Dr.L.Thomas Robinson,
Head of the Department,
Dept of Computer Science.
Nanjil Catholic College of Arts and Science
Kaliyakkavilai.

To

Rev. Fr. Dr. M. Eckermens Michael,
Secretary and Correspondent,
Nanjil Catholic College of Arts and Science
Kaliyakkavilai.

Respected Rev. Father,

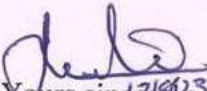
Sub: Request to provide permission for conducting Disabled person training program in collaboration with KIDSS-reg.

Warm greetings. I am so grateful to you for permitting us to conduct Computer skill development job oriented training program in collaboration with KIDSS of Kuzuthurai Diocese, from 19/8/2022 to 25/08/2023. We planned it as a 20 hours program with 7 sessions. 11 beneficiaries interested to join this training program. Father , please grand us permission to conduct the program. I thank you for guiding us continuously for the upliftment of our departmental activities.


Thank you.

Place: Kaliyakkavilai

Date:17.08.2023


Yours sincerely,

Thomas Robinson L.


17/8/23


17/8/23

**NANJIL CATHOLIC COLLEGE OF
ARTS & SCIENCE**

Kaliyakkavilai

***Skill Development Course
Validiction Programme***

Conducted by

**Kuzhithurai Integral Development
Social Service (KIDSS)**

&

Dept. of Computer Science, NACCAS

TIME : 2.30 PM

DATE : 19.08.2023

VENUE : E-LIBRARY

WE GRADUALLY INVITES YOU ALL.



Nanjil Catholic College of Arts and Science
Kaliyakkavilai – 629153, Kanyakumari District, Tamilnadu

**Skill Development Job Oriented Computer Training Program
for Differently Abled Persons**

INAGURAL FUNCTION

Date: 19-08-2023

Time: 10.00 AM

Venue: E-Library

Programme Schedule

Prayer Song	:	Department Choir
Welcome Address	:	Mr.G.S.Adwin Shijo I M.Sc.Computer Science
Presidential Address	:	Rev.Fr.John Michael Raj Director, KIDSS
Felicitation	:	Dr.M.Amalanathan, Principal, NACCAS
Vote of thanks	:	Ms.Reshma S J I M.Sc.Computer Science





Nanjil Catholic College of Arts and Science
Kaliyakkavilai – 629153, Kanyakumari District, Tamilnadu

**Skill Development Job Oriented Computer Training Program
for Differently Abled Persons**

VALEDICTORY FUNCTION

Date: 30-08-2023

Time: 2.30 PM

Venue: E-Library

Programme Schedule

- Prayer Song : Department Choir
- Welcome Address : Dr.L.Thomas Robinson
Head of the Department of Computer
Science
- Felicitation : Rev.Fr.Dr.M.Eckermens Michael,
Secretary, NACCAS
- Felicitation : Dr.M.Amalanathan,
Principal, NACCAS
- Chief Guest Address : Rev.Fr.Jesu Rethnam
Director, KIDSS
- Vote of thanks : Mrs.Christilda
Project Coordinator, KIDSS



Nanjil Catholic College of Arts and Science

Kaliyakkavilai

**Skill Development Job Oriented Computer Training
Program for differently abled persons -2023**

Report

“Serving together for a better future”.

The main aim of skill development job oriented computer training program is to provide Self Employment and Job Opportunities by giving Free Skill Development Computer Training to differently abled persons and young widows every year. As part of this , the department of Computer Science organized a computer training program from 19/08/2023 to 30/08/2023.



Prayer Song by Department Choir

Welcome address by Adwin Shijo G S(I M.Sc)

The training programme started with inaugural function on 19/08/2023 at 10.00am with prayer song by Computer Science department choir . Mr. G.S . Adwin Shijo of I M.Sc welcome the gathering.





Presidential address by Rev.Fr. John MichaelRaj

In the presidential address Rev.Fr. John Michael Raj mentioned that “Strength does not come from physical capacity. It comes from an impossible to defeat or frighten, even in a difficult situation will”. He congratulate the Department of Computer Science for their efforts to make this program a grand success. Additionally the environment here is surfeit with academic, practice activities, which will strengthen this programme. He assured that the training program will be an enriching experience for all the beneficiaries. He appreciate each and every one of who have worked day in and day out in making this event a grand success.

The felicitation was delivered by Our college principal Dr. M. Amalanathan. In his speech , he quoted that everyone has special unique talents . Someone identify and enrich the talents. They will shine like stars. Someone fail to identify their talents, they only suffer . Here the computer training programme is arranged to make you a entrepreneur or self help person. All of you use this precious opportunity and sine like stars.

After the inaugural session over the regular classes were started. Three staff members and three PG students helped the beneficiaries to complete their practical works.

The syllabus designed to know about simple documentation through MS word and simple calculations through MS Excel. The next part of training deals with online applications such as online fee payments, aadhar card pan card linking and online ticket booking etc...



The end of course the valedictory session was arranged on 30/08/2023. Dr. L Thomas Robinson Head of the department of Computer Science welcome the gathering.



Welcome address by Dr. L. Thomas Robinson

The Secretary of our college Rev.Fr. Dr.M.Eckermens Michael felicitate the meeting. In his speech he quoted that , we are always help to you. You can ask any doubts at any time and clear yourself .



Felicitation by Rev. Fr. Dr. M. Eckermens Michael

He assure the beneficiaries that , they can come and use the college infrastructure at any time.





Presidential address by Rev.Fr. Jesu Rethnam

The Chair person Rev.Fr. Jesu Rethnam appreciated the beneficiaries for their self confidence, and motivate them to develop their skills and earn some money for their betterment.



Experience Sharing by Mrs.Kala

The information session was carried out by beneficiaries. Information Sharing by Mrs. Kala who told that the session was very useful to them , and good hospitality is maintained during the course period .



Rev.Fr.Jesurethnam distributed the course completion certificates to the beneficiaries. Our college Principal Dr.M.Amalanathan and KIDSS director Rev.Fr.John Michael Raj were felicitated the gathering. Mrs.Christilda, KIDSS project coordinator delivered the vote of thanks. The meeting was ended at 3.45pm.

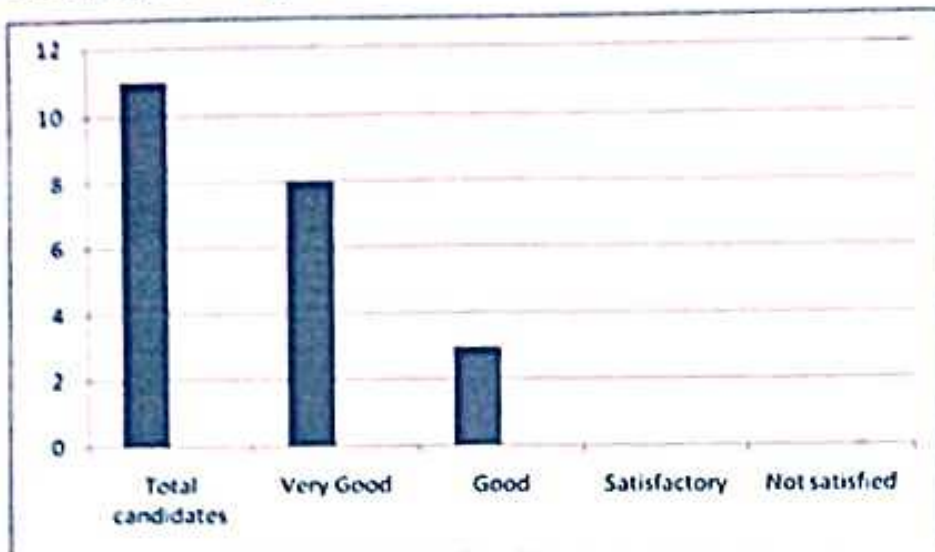


PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153



Head, Department of Computer Science
Nanjil Catholic College of Arts & Science
Nedumcode, Kaliyakkavilai - 629 153

Feedback Analysis



Feedback Analysis Report

Questionnaire is based on nature of course , structure of course , explanation methodology , lab facility ,practical handling, help in practice , approaches of faculties and overall opinion about the course. Total 11 candidates gave feedback. Eight members gave very good feedback and 3 candidates gave good feedback.

PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153.



Head, Department of Computer Science
Nanjil Catholic College of Arts & Science
Nedumcode, Kaliyakkavilai - 629 153

Nanjil Catholic College of Arts & Science

Kaliyakkavilai



Accredited by NAAC with 'A' Grade (CGPA 3.24)

Approved by UGC section under 2(f)&12(b)

(Approved by the Government of TamilNadu &

Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

DEPARTMENT OF COMPUTER SCIENCE

CERTIFICATE

This is to Certify that Mr/Ms/Mrs.-----
has participated in Skill development - Job Oriented Computer training
which has been organized by Kuzhithurai Integral Development Social
Services (KIDSS) & Department of Computer Science of Nanjil Catholic
College of Arts & Science from 19.08.2023 to 28.08.2023.

Dr. L. Thomas Robinson
Head of the Department

Dr. M. Amalanathan
Principal

Rev.Fr.Dr.M.Eckermens Michael
Secretary

களியக்காவிளை நாஞ்சில் கல்லூரியில் திறன் மேம்பாட்டுப் பயிற்சி முகாம்



பயிற்சி முகாமில் பங்கேற்றோர்.

களியக்காவிளை, செப். 2: களியக்காவிளை நாஞ்சில் சுத்தோலிக்க கலை-அறிவியல் கல்லூரி, கிட்ஸ் அமைப்பு சார்பில் மாற்றுத் திறனாளிகள் இளம் விதவையருக்கான கணினித் திறன் மேம்பாட்டு வேலைவாய்ப்புப் பயிற்சி முகாம் அண்மையில் நடைபெற்றது.

பயிற்சி நிறைவு நாளில் நடைபெற்ற சான்றிதழ் வழங்கும் விழாவுக்கு, குழித்துறை மறைமாவட்டத் தொடர்பாளர் ஜேசுரத்தினம் தலைமை வகித்து பயிற்சிபெற்றவர்களுக்கு சான்றிதழ்களை வழங்கினார். தாளாளர் எம். எக்கர்மென்ஸ் மைக்கேல், கிட்ஸ் நிர்வாக இயக்குநர் ஜான் மைக்கேல் ராஜ், கல்லூரி முதல்வர் எம். அமலநாதன் ஆகியோர் வாழ்த்திப் பேசினர். கணினி அறிவியல் துறைத் தலைவர் எல். தாமஸ்ராபின் சண் வரவேற்றார். கிட்ஸ் அமைப்பின் தொடர்பாளர் கிறிஸ்டில்லா நன்றி கூறினார். ஏற்பாடுகளை கணினி அறிவியல் துறைப் பேராசிரி



From

The Head of the Department
Department of Computer Science
Nanjil Catholic College of Arts and Science
Kaliyakkavilai
Pin: 629153

To

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakkavilai
Pin: 629153

Respected Sir,

Subject: Seeking Permission for Old Aged Home Visit-reg.

Warm greetings! Our department has planned for an Old Aged Home visit to St.Joseph Aged Home, at Vallavilai. We are planned to Visit on 14.10.2023 (Saturday). 39 students from II B.Sc., III B.Sc., and II M.Sc. are registered their name for the visit, Mrs.Suja Merlin V (Asst Prof.) and Mrs.Saranya R Benedict (Asst Prof.) are accompanying with them. Please grant us permission for the visit.

Thank You.

Kaliyakkavilai
12.10.2023

Yours Sincerely,



Mr.K.C.Abhilash Sam Paulstin



Nanjil Catholic College of Arts and Science

Kaliyakkavilai

Department of Computer Science

Old Aged Home visit

Academic Year 2023-2024

Visiting an old age home can be an eye-opening experience. It can give us a short experience into the lives of the elderly and the challenges they face.

During the months of October 2023, our department planned to visit an old aged home. For that, the department staff made necessary steps to arrange programme on 14th October 2023. We visited St. Joseph Aged Home, Vallavilai, Kollemcode, which is run by DSS Sisters Congregation.



A total of 84 students made their contributions for the success of the event. 39 students from 2nd B.Sc., 3rd B.Sc., and 2nd M.Sc., and 2 faculty members Mrs. Suja Merlin V and Mrs. Saranya R Benedict were visited and spent time with the elderly inmates (40 members) of the Old Age Home.

As we entered the old age home, we are struck by the quiet and peaceful atmosphere. The residents went about their activities calmly, and there was a sense of peace. However, there was also a hint of a feeling of sadness which lasts for a long time.



We observed the residents participating in various activities throughout the day. Some were socializing with their peers. A group of residents was engaged in exercises, which was heartening to see. It was evident that the staff at the home made an effort to keep the residents engaged and active.



We spent some time interacting with the residents and listening to their stories. They shared their experiences, both happy and sad, and it was humbling to hear them.

Spending time with them made me realize the importance of valuing our elderly and the impact that a small gesture of kindness can have on their lives. The students enjoy their interactions with the senior citizens there and looked forward to participating in this activity every year.

In conclusion, our visit to the old age home was an enriching experience. It made us appreciate the elderly and their contributions to society, and also made us aware of the challenges they face. We left the home with a sense of gratitude and respect for the residents and the staff who take care of them.




PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153.


Head
Department of Computer Science
Nanjil Catholic College of Arts & Science.
Kaliyakkavilai - 629 153, Tamil Nadu.

From

Dr. N. Vinil Kumar

NSS Program Officer

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

To

The Secretary

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Through,

The Principal

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Respected Sir,

Sub: Permission to Inaugurate NSS for the Academic Year 2023-24

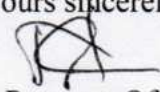
I wish to inform you that, I have to plan inaugurate NSS for the Academic Year 2023-24 in our college on 11th August 2023 for the 1st year Students. So I request you to grant me permission to conduct the programme.

Thanking you

Place : Kaliyakkavilai

Yours sincerely

Date : 05/08/2023,


NSS Program Officer


5/8/23


05/8/23



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE KALIYAKKAVILAI

Approved by the Government of Tamilnadu and affiliated to Manonmaniam Sundaranar University, Tirunelveli

Re -Accredited by NAAC with 'A' Grade CGPA 3.24

Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.

NSS INAUGURATION PROGRAMME

CHIEF GUEST

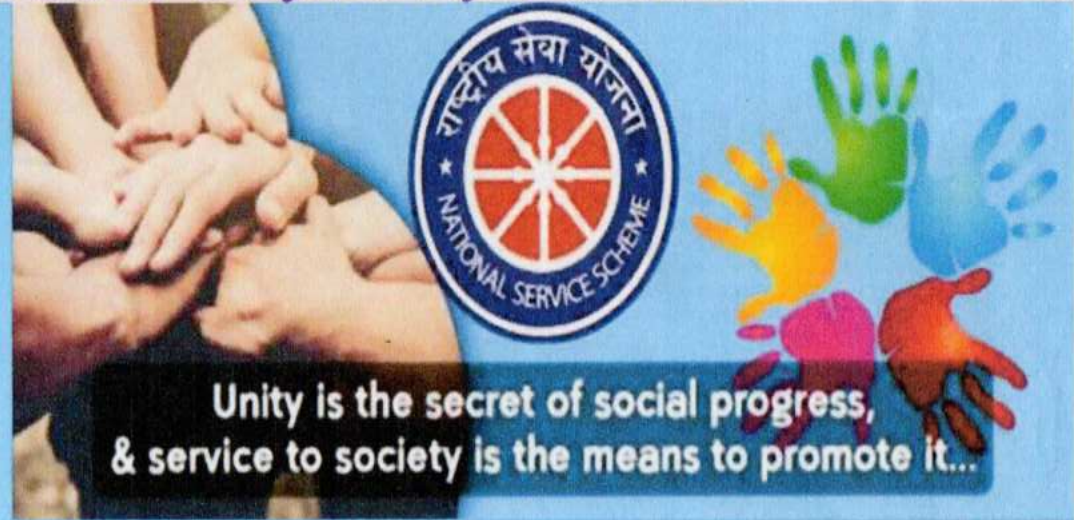
DR. J. SREEJA

ASSISTANT PROFESSOR

DEPARTMENT OF ECONOMICS

SREE DEVI KUMARI WOMEN'S COLLEGE

KUZHITHURAI



Unity is the secret of social progress,
& service to society is the means to promote it...

Organised by

Date :11-08-2023

NSS UNIT No.: 147

Venue : Seminar Hall

Nanjil Catholic College of Arts & Science

Kaliyakkavilai

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

NSS INAUGURATION PROGRAMME

11th August 2023

Time : 12.30pm

Venue: Seminar Hall

Programme Schedule

- Prayer Song : NSS VOLUNTERS
- Welcome Address : Anoja. P (I.Zoology)
- Presidential Address : **Rev.Fr.Dr. M.Eckermens Micheal**
Secretary, NACCAS.
- Felicitation : **Dr. M. Amalanathan**
Principal, NACCAS.
- Keynote Address : **Dr. SREEJA J. P**
Assistant Professor
Department of Economics
Sree DeviKumari Women's College
Kuzhithurai
- Vote of Thanks : Dr. N. Vinil Kumar
Program Officer, NACCAS.
- Master of Ceremony : H.M. Nandhana & J.S. Joshika (II.B.Sc Maths)



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT on NSS INAUGURATION PROGRAMME = 2023-24

The NSS Inauguration Programme was organized by NSS. Unit: 147, Nanjil Catholic College of Arts and Science, Kaliyakkavilai on 11th Aug. 2023 at 12.30 pm in the College Seminar Hall - 1. The meeting began with a Prayer song by NSS Volunteers. **Rev. Fr. Dr. M. Eckermens Micheal**, Secretary of our college presided over the meeting. He addressed the gathering by elaborating on the need of the society and how the present youth are the only hope for the better future of our mother India. Miss. P. Anoja of Ist B.Sc Zoology, Welcomed the gathering. **Dr. M. Amalanathan**, Principal of our college listed out the aims and objectives of National Service Scheme. He informed that the NSS programme aims to inculcate social service in students, and to serve the society without any bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite the scarcity of resources.



Dr. Sreeja J. P. Assistant Professor, Department of Economics from Sree Devi Kumari Women's College, Kuzhithurai delivered an inspiring keynote address. She spoke at



length on the importance of National Service Scheme in the College campus life. She informed that what good practices the students practice in the campus will follow throughout their life. She mentioned that education is not just knowing and learning but also practically applying in life for the betterment of the self and the betterment of the society.



Dr. N. Vinil Kumar, Program Officer of NSS Unit -147 proposed the Vote of Thanks. 61 NSS Volunteers participated the meeting. H.M. Nandhana & J.S. Joshika, II.B.Sc Maths Students acted as the Master of Ceremony. The programme came to an end with the National Anthem.



[Handwritten Signature]
PRINCIPAL
 Nanjil Catholic College of Arts & Science
 Kalyakkavilai- 629 153

[Handwritten Signature]
Dr. N. Vinil Kumar
Program Officer
Programme Officer,
NSS UNIT No : 147
 NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
 Kalyakkavilai-629153, K.K.Di

INAUGURATION PROGRAMME = 2023-24



நாஞ்சில் கத்தோலிக்க கல்லூரியில் நாட்டு நலப்பணி திட்ட தொடக்க விழா

களியக்காவிளை, ஆக.13-
களியக்காவிளை நாஞ்சில் கத்தோலிக்க கலை அறிவியல்
கல்லூரியில் 2023-24-ம் ஆண்டுக்கான தேசிய நாட்டு நலப்
பணி திட்ட தொடக்க விழா நடைபெற்றது. மாணவி
அனோஜா அனைவரையும் வரவேற்றார். கல்லூரி செயலா
ளர் அருட்பணியாளர் எக்கர்மென்ஸ் மைக்கேல் தலைமை
உரையாற்றினார். கல்லூரி முதல்வர் அமலநாதன், ஸ்ரீதேவி
குமாரி கல்லூரி பேராசிரியை ஸ்ரீஜா ஆகியோர் வாழ்த்து
பேசினர். இதில் மாணவ-மாணவிகள் உள்பட பலர் கலந்து
கொண்டனர். நிகழ்ச்சியை நாட்டு நலப்பணி திட்ட ஒருங்கி
ணைப்பாளர் வினில் குமார் ஒருங்கிணைத்தார்.



From

Dr. N. Vinil Kumar

NSS Program Officer

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

To

The Principal

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Respected Sir,

Sub: Permission to conduct Campus Cleaning

I wish to inform you that, I have planned to conduct Campus Cleaning program on 14th Aug, 2023 by NSS Volunteers of our College. So I request you to grant me permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date : 10-08-2023


10/8/23

Yours sincerely


NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYAKAVILAI

Circular

11/08/2023

NSS - CAMPUS CLEANING

The NSS Unit No.: 147, Nanjil Catholic College of Arts and Science, Kaliakkavilai organizes the NSS - CAMPUS CLEANING on 14/08/2023 at 12:30pm in the College Ground. Kindly motivate the 1st&IInd Year NSS Volunteers to participate the same without fail.

Departments	Signature
Dept. of English	
Dept. of Mathematics	
Dept. of Physics	
Dept. of Chemistry	
Dept. of Zoology	
Dept. of Computer Science	
Dept. of Physical Education	
Dept. of B.BA	
Dept. of B.Com	


14/08/23
PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai-629 153



Signature

Dr. N. Vinil Kumar

(NSS Program Officer)

Programme Officer

NSS UNIT No : 147

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K.Dt.



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Approved by the Government of Tamilnadu and affiliated to Manonmaniam Sundaranar University, Tirunelveli

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Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE KALIYAKKAVILAI

Date :14-08-2023

Time: 12:30 pm



Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NATIONAL SERVICE SCHEME; UNIT NO. : 147

REPORT ON CAMPUS CLEANING

NSS has given us a platform to serve the society and bring happiness and smile on many faces. NSS volunteers work to ensure that everyone who is in need gets help to enhance their standard of living and lead a life of self-respect. Foremost important is to develop the feeling for social responsibility. All the NSS volunteers were gathered by the NSS PO to give a thorough motivation on cleanliness on 14th Aug, 2023. **Dr. M. Amalanathan**, Principal of our college offered felicitations to the volunteers on the occasion. He highlighted the importance of safeguarding our environment. Every individual is responsible and answerable to the society. **Dr. M. Peril Threse**, HOD of Tamil delivered an inspiring keynote address on the importance of cleanliness. Also she gave many advices to the students to improve their environment. She gave an insight about how various types of pollution are affecting the health of Indians. She insisted that a clean environment has to be promoted and this initiative should start from every home and its surrounding. She advised the students to make their surrounding clean and to have disease free life. It was a thought provoking address and our volunteers showed a strong determination to follow her advice.



Dr. N. Vinil Kumar., NSS Programme Officer gave the necessity to maintain a clean bathroom & toilet and a clean kitchen that is the basic that determines the health of a family. Self-cleanliness habits with taking bath daily, washing hands before and after food with soap and wearing clean clothes were discussed and he recommended the volunteers to separate the degradable and non-degradable wastes while throwing them away and help the corporation cleaners for a better environment. 55 NSS Volunteers participated this cleaning program.



All the NSS volunteers were appreciated by our Secretary **Rev.Fr.Dr. M. Eckermens Micheal** and our Principal **Dr. M. Amalanathan** for their commitment and service. The management, staff and other students appreciated them for their initiative and service with perfect coordination and harmony.



Dr. M. Amalanathan

PRINCIPAL

Nanjil Catholic College of Arts & Science
Kaliyakkavilal- 629 153

Dr. N. Vinil Kumar

Dr. N. VINIL KUMAR

NSS Program Officer,
Programme Officer

NSS UNIT No : 147

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilal-629153, K.K.Dt

From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Respected Sir,

Sub: Permission to Celebrate Independence Day

I wish to inform you that, I have planned to Celebrate Independence Day program on 15th Aug, 2023 by NSS Volunteers of our College. So I request you to grant me permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date : 11-08-2023



Yours sincerely


NSS Program Officer



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

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Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.

NSS UNIT NO.: 147

77TH INDEPENDENCE DAY - INVITATION



Independence Day Address : Dr. M. Amalanathan

Principal, NACCAS

Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date :15-08-2023 Time: 07:30 am Venue : College Ground

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

77TH INDEPENDENCE DAY

15th August 2023

Time : 07.30am

Venue: College Ground

Programme Schedule

Tamil Thaa Vazhthu : NSS Volunteers

Welcome Address : ShiniJhon (I B.Com)

**Presidential Address : Rev.Fr.Dr. M. Eckermens Micheal
Secretary, NACCAS.**

**Flag Hoisting : Dr. M. Amalanathan
Principal, NACCAS.**

Flag Song : NSS Volunteer

Pledge : Selvin Jose (I B.Sc Computer Science)

**Independence Day Address: Dr. M. Amalanathan
Principal, NACCAS.**

**Vote of Thanks : Dr.N. SeemaMole
Asst. Prof. of Tamil, NACCAS.**

National Anthem : NSS Volunteers

Master of Ceremony : S. Akshaya & R.S. Selin(I BA. English)



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NATIONAL SERVICE SCHEME; UNIT NO. : 147

REPORT ON INDEPENDENCE DAY CELEBRATION

The Independence Day celebration was organized by the NSS unit number 147 at Nanjil Catholic College of Arts and Science, Kaliyakkavilai on 15th August 2023 at 7.30 am. The function was presided over by our Secretary **Rev. Fr. Dr. M. Eckermens Micheal**. Nearly 42 students and staffs participated in the event. The program begins with Tamil Thai Vazhthu. Shini John of IstB.Com welcomed everyone.



The Principal **Dr. M. Amalanathan** hoisted the tri-colour flag and delivered the Independence Day address. Selvin Jose of IstBsc Computer Science leads everyone with the Pledge. Everyone gathered honoured and celebrated the sacrifice of the National leaders for our freedom.







The Vote of thanks was delivered by **Dr.N. Seema Mole**, Assistant Professor of Tamil. The program was arranged by NSS PO **Dr. N. Vinil Kumar**. The programme was hosted by S. Akshaya and R.S. Selin of Ist BA English. The programme was concluded with the National Anthem and sweets were distributed to everyone at the end.



Dr. N. Vinil Kumar

PRINCIPAL

**Nanjil Catholic College of Arts & Science
Kaliyakkavilai-629 153**

Dr. N. Vinil Kumar

Dr. N. Vinil Kumar

NSS Program Officer

Programme Officer

NSS UNIT No : 147

**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K.Dt**

களியக்காவிளை கல்லூரியில்...



சுதந்திர தின விழாவில் உறுதிமொழியேற்ற கல்லூரி முதல்வர், மாணவர்கள்.

களியக்காவிளை, ஆ.க. 16: களியக்காவிளை நாஞ்சில் கத்தோலிக்ககலை, அறிவியல் கல்லூரியில் சுதந்திர தின விழா கொண்டாடப்பட்டது.

கல்லூரிச் செயலர் அருள்தந்தை எம். எக்கர்மென்ஸ் மைக்கேல் தலைமை வகித்தார். கல்லூரி முதல்வர் எம். அமலநாதன் தேசியக் கொடியேற்றினார். மாணவர்கள் உறுதிமொழி எடுத்துக்கொண்டனர். மாணவி ஷினி ஜான் வரவேற்றார். தமிழ்த் துறை உதவிப் பேராசிரியை என். ஷீமா மோள் நன்றி கூறினார். ஏற்பாடுகளை நாட்டு நலப்பணித் திட்டப் பொறுப்பாளர் என். வினில்குமார் ஒருங்கிணைத்தார்.



From

Dr. N. Vinil Kumar

NSS Program Officer

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

To

The Secretary

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Through,

The Principal

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Respected Sir,

Sub: Permission to Celebrate Literacy Day

We wish to inform you that, we have plan to Celebrate Literacy Day in our college on 26th Sep 2023 for the NSS Volunteers. So I request you to grant me permission to conduct the programme.

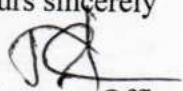
Thanking you

Place : Kaliyakavilai

Date : 22/09/2023,


22/9/23

Yours sincerely


NSS Program Officer


22/9/23



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

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Sundaranar University, Tirunelveli

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Email: nanjlccas@gmail.com, Ph:04651-244788, 8903013368.

NSS UNIT NO.: 147



WORLD LITERACY DAY CELEBRATION



CHIEF GUEST

: Dr. N. SEEMAMOLE

Asst. Prof. of Tamil, NACCAS

Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date :26-09-2023 Time: 12:30 pm Venue : Seminar Hall - I

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

WORLD LITERACY DAY CELEBRATION

26th September 2023

Time : 12.30pm

Venue: Seminar Hall - I

Programme Schedule

- Prayer Song : NSS Volunteers
- Welcome Address : R. Ariya (I Physics)
- Presidential Address : Rev.Fr. Dr. M. Eckermens Micheal
Secretary, NACCAS.
- Felicitation : Dr. M. Amalanathan
Principal, NACCAS.
- Keynote Address : Dr.N. SEEMAMOLE
Assistant Professor
Department of Tamil
NACCAS
- Vote of Thanks : Vijisha Raj (I B.Com)
- Master of Ceremony : Akshya . S & Selin .J (I BA English)
- National Anthem : NSS Volunteers



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT on WORLD LITERACY DAY CELEBRATION

Nanjil Catholic College of Arts & Science, Kaliyakkavilai organized the celebration of **World Literacy Day** by NSS. The function was presided over by the secretary of NACCAS, **Rev. Fr. Dr. M. Eckermens Micheal**. The NSS volunteers gathered in the occasion. The program began with a prayer song. **Ariya. R** of I - B.Sc. Physics welcomed everyone. The Principal of the NACCAS, **Dr. M. Amalanathan** delivered the felicitation address. **Dr. N. Seema Mole**, Assistant Professor in the Department of Tamil delivered the key note address and emphasized the importance of education.



Vote of Thanks was delivered by **Vijisha Raj C.V** of I B.Com. The program was arranged by NSS PO **Dr. N. Vinil Kumar**.



The entire program was hosted by Selin and Akshaya of I-BA English. The program came to an end with National Anthem.


— PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153


Dr. N. Vinil Kumar
Programme Officer,
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K. DISTRICT



From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Principal
Nanjil Catholic College of Arts & Science
Kaliyakkavilai

Sub: Requesting Permission for conducting a Poster Making Competition

Respected Sir,

This letter is to inform you that the Poster Making Competition for the students and NSS Volunteers on 11-10-2023 at 1:00 pm in the Library by Electoral Literacy Club and NSS Unit No:147. So I request you to grant permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date: 10-10-2023

Yours sincerely

Dr. N. Vinil Kumar



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

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Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



POSTER MAKING COMPETITION ON IMPORTANCE OF VOTING



Organised by

ELECTORAL LITERACY CLUB

&

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date :11-10-2023 Time: 1.00 pm

Venue : Library

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

ELECTORAL LITERACY CLUB

&

NSS UNIT NO.: 147

POSTER MAKING COMPETITION ON IMPORTANCE OF VOTING

11TH OCTOBER 2023

Time : 1.00 pm

Venue: Seminar Hall -2

Programme Schedule

- Prayer Song : NSS Volunteers
- Welcome Address : R.Ariya(I-Physics)
- Presidential Address : Rev.Fr.Dr. M.EckermensMicheal
Secretary, NACCAS.
- Felicitation : Dr. M. Amalanathan
Principal, NACCAS.
- Keynote Address : Dr.Murali
Head of the Department
Department of Chemistry
NACCAS
- Vote of Thanks : J. Shini John (I-B.Com)
- Master of Ceremony : Akshya . S & Selin .J(I-BA English)
- National Anthem : NSS Volunteers

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE, KALIYAKKAVILAI

REPORT ON POSTER MAKING COMPETITION

NSS Unit No: 147 of Nanjil Catholic College of Arts and Science, Kaliyakkavilai collaborated with Electoral Literacy Club conducted the competition of **Poster Making** on the theme of **Importance of Voting** on 11th October 2023 at 1.00pm in the Seminar Hall - I. The Competition is conducted to create awareness on the significance of voting. **Jamena Defhy J.J** of 1st BSC Chemistry welcomed everyone. The programme was presided over by the Secretary of NACCAS, **Rev.Fr. Dr. Eckermens Michael**. He gave a talk on how voting drives change at local and national levels. **Dr. M. Amalanathan**, Principal of the NACCAS delivered the felicitation address. He stressed the idea how voting acts as a primary language of a democracy in his address.

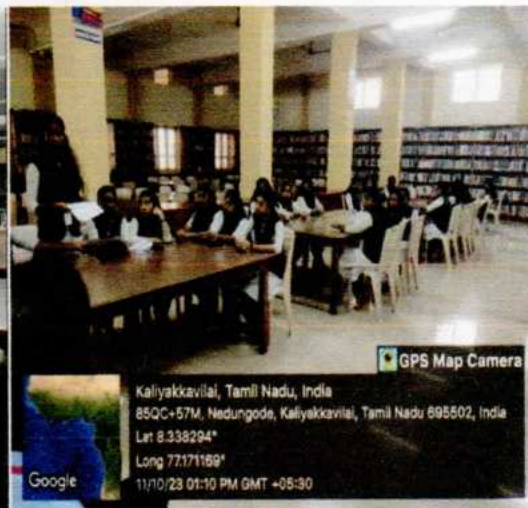


Dr. R. Murali, Head of the Department of Chemistry NACCAS delivered the key note address.





He gave an insightful talk on the theme of poster making competition **J. Shini John** of 1st B.Com thanked everyone. **Akshaya & Selin** of 1st BA English hosted the programme. 32 students participated in the competition and exhibited their talents.



The entire programme was organised by **Dr. N. Vinil Kumar**, Assistant Professor in the Commerce Department & NSS Programme Officer.

[Handwritten Signature]
PRINCIPAL

Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153



[Handwritten Signature]

Programme Officer,
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K. DI

From

Dr. N. Vinil Kumar

NSS Program Officer

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

To

The Principal

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Respected Sir,

Sub: Permission to conduct Meri Maati Mera Desh Program


I wish to inform you that, I have to plan conduct Meri Maati Mera Desh Program on 25th October 2023 for the NSS Volunteers. So I request you to grant me permission to conduct the programme.

Thanking you

Place : Kaliyakavilai

Date : 21-10-2023

Yours sincerely


NSS Program Officer





NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE KALIYAKKAVILAI

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MERI MAATI MERA DESH



Organised by

Date :25-10-2023

NSS UNIT No.: 147

Venue : Seminar Hall - I

Nanjil Catholic College of Arts & Science

Kaliyakkavilai

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

MERI MAATI MERA DESH

25th October 2023

Time : 1.00pm

Venue: Seminar Hall - I

Programme Schedule

- Prayer Song : NSS Volunteers
- Welcome Address : Anoja. P (I.Zoology)
- Presidential Address : Rev. Fr.Dr. M.EckermensMicheal
Secretary, NACCAS.
- Felicitation : Dr. M. Amalanathan
Principal, NACCAS.
- Chief Guest Address : Dr. L. Thomas Robinson,
HOD of Computer Science
- Pledge : R. Monika
- Vote of Thanks : Dr. N. Vinil Kumar
Program Officer, NACCAS.
- Master of Ceremony : H.M. Nandhana & J.S. Joshika (II.B.Sc Maths)

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON MERI MAATI MERA DESH PROGRAM

Nanjil Catholic College of Arts & Science, Kaliyakkavilai, NSS Unit No:147 organised Meri Maati Mera Desh Program on 25th October 2023 at 1pm in the Seminar Hall – I to honour all the brave souls who have given the ultimate sacrifice for the Nation. It is a unique and innovative way of celebrating the 77th Anniversary of Independence. The program was presided over by the Secretary of NACCAS, **Rev. Fr. Dr. M. Eckermens Micheal**.



The program began with the Prayer song NSS Volunteers. Anoja. P (1st Zoology) welcomed everyone. The Principal of the NACCAS, **Dr. M. Amalanathan** delivered the felicitation address. **Dr. L. Thomas Robinson**, Head of the Department of Computer Science delivered the chief guest address.





Kalyakkavilai, Tamil Nadu, India
 85QC+57M, Nedungode, Kalyakkavilai, Tamil Nadu 695502, India
 Lat 8.338294°
 Long 77.171169°
 25/10/23 01:41 PM GMT +05:30

R. Monika of 1st B.Com let everyone with the Pledge. Nearly 100 NSS volunteers attended the program.

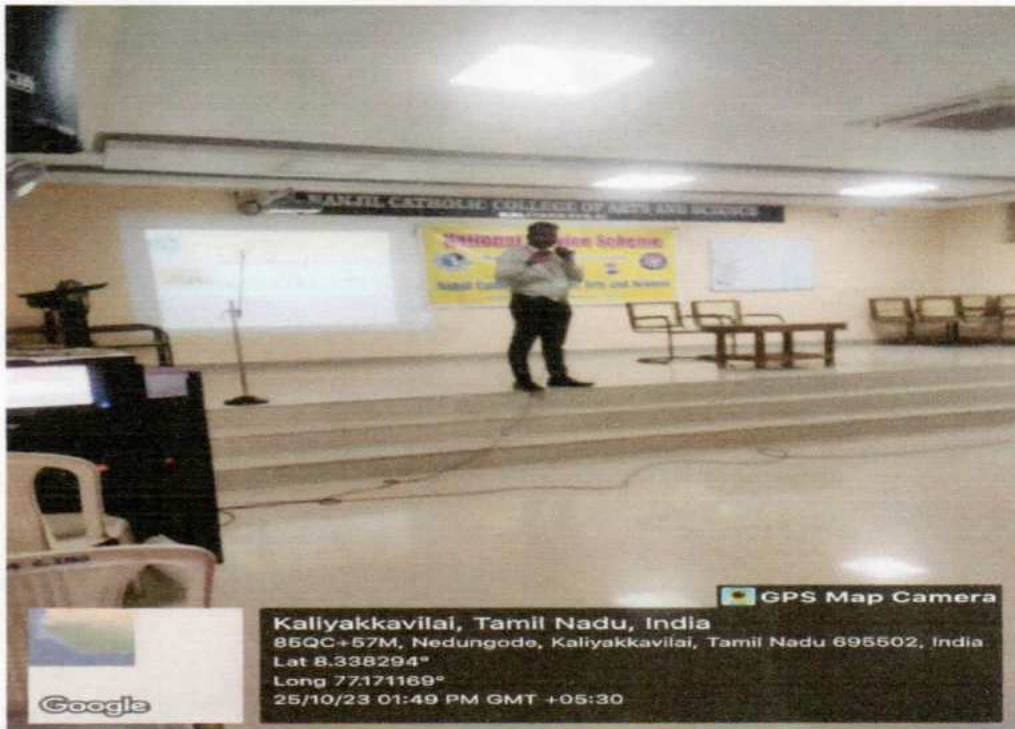


Kalyakkavilai, Tamil Nadu, India
 85QC+57M, Nedungode, Kalyakkavilai, Tamil Nadu 695502, India
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 Long 77.171169°
 25/10/23 01:46 PM GMT +05:30



Kalyakkavilai, Tamil Nadu, India
 85QC+57M, Nedungode, Kalyakkavilai, Tamil Nadu 695502, India
 Lat 8.338294°
 Long 77.171169°
 25/10/23 01:46 PM GMT +05:30





NSS Program Officer Dr. N. Vinil Kumar delivered the Vote of Thanks. H.M. Nandhana & J.S. Joshika, II.B.Sc Maths Students acted as the Master of Ceremony. The programme came to an end with the National Anthem.

PRINCIPAL
Nanjil Catholic College of Arts & Science
Kalyakkavilai - 629 153

Programme Officer,
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kalyakkavilai-629153, K.K. Dt.



From

Dr. N. Vinil Kumar

NSS Program Officer

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

To

The Secretary

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Through,

The Principal

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Respected Sir,

Sub: Permission to Drug Addiction Awareness Rally

I wish to inform you that, I have planned to conduct Drug Addiction Awareness Rally program on 26th October 2023 by NSS Volunteers of our College. So I request you to grant me permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date : 20-10-2023


20/10/23


19/10/20

Yours sincerely



NSS Program Officer



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

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Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.

NSS UNIT NO.: 147



DRUG ADDICTION AWARENESS RALLY

NO



DRUGS



Keynote Address : Mr. S. Babu Raj
Sub Inspector of Police
Kaliyakkavilai.

Special Address : Mr. A. Suresh
President of Panchayat
Kaliyakkavilai

Organised by
NSS UNIT NO.: 147
NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE
KALIYAKKAVILAI

Date : 26-10-2023

Time: 10:00 am

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

DRUG ADDICTION AWARENESS RALLY

26TH OCTOBER 2023

Time : 10.00 am

Venue: College

Programme Schedule

- Prayer Song : NSS Volunteers
- Welcome Address : Jemema Defy J.J(IstB.Sc Chemistry)
- Presidential Address : Rev.Fr.Dr. M.Eckermens Micheal
Secretary, NACCAS.
- Felicitation : Dr. M. Amalanathan
Principal, NACCAS.
- Keynote Address : Mr. S. Babu Raj
Sub Inspector of Police
Kaliyakkavilai.
- Special Address : Mr. A. Suresh
President of Kaliyakkavilai Panchayat
- Pledge : Vijeeshha Raj (1st B.Com)
- Vote of Thanks : Dr. N. Vinil Kumar (NSS PO)
- Master of Ceremony : Akshya . S & Shini Jhon



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON DRUG ADDICTION AWARENESS RALLY

Nanjil Catholic College of Arts and Science, Kaliyakkavilai NSS Unit: 147 was organized the Drug Addiction Awareness Rally on 26th October 2023 at 10.00 am in the College. The theme of the rally is drug addiction awareness to educate common people about the hazards of using addictive drugs. **Rev.Fr.Dr. M. Eckermens Micheal**, Secretary of our college presided over the meeting. The program began with **Jemema Defy J.J** of 1st B.Sc Chemistry Welcoming everyone. **Dr.M. Amalanathan** Principal of the NACCAS delivered the Felicitation Address. He gave an insightful talk on the prevention of drug usage.



Mr. S. Babu Raj, Sub-Inspector of Police, Kaliyakkavilai, delivered the key note address. He stressed the importance of educating youngsters against using drugs and other addictive substances. **Mr. A. Suresh**, President of Kaliyakkavilai Panchayat, delivered the special address. He made people aware of the negative effects of drug use.



Vijeesh Raj of 1st B.Com let everyone with the Pledge. After finishing the Pledge, the rally was started by chief guests waving the Green Flag. Nearly 100 NSS volunteers participated in the rally. The rally started from Our College. The Principal of the college, the Sub Inspector of Police, Kaliyakkavilai and the Panchayat President of Kaliyakkavilai attended the rally that marched the main road of kaliyakkavilai.





Kaliyakkavilai, Tamil Nadu, India
 85QC+57M, Nedungode, Kaliyakkavilai, Tamil Nadu 695502, India
 Lat 8.338294°
 Long 77.171169°
 26/10/23 10:45 AM GMT +05:30



Kaliyakkavilai, Tamil Nadu, India
 85QC+57M, Nedungode, Kaliyakkavilai, Tamil Nadu 695502, India
 Lat 8.338294°
 Long 77.171169°
 26/10/23 10:43 AM GMT +05:30

Finally, the rally ended at the college campus. In the end, **Dr. N. Vinil Kumar (NSS PO)** thanked everyone to make the rally a success and promised to arrange more awareness raising programmes in future.

PRINCIPAL

Nanjil Catholic College of Arts & Science
 Kaliyakkavilai - 629 153

Programme Officer
 NSS UNIT No : 147
 NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
 Kaliyakkavilai-629153, K.K.Dt



நாஞ்சில் கத்தோலிக்க கல்லூரியில்
போதை விழிப்புணர்வு பேரணி



▶ களியக்காவிளை நாஞ்சில் கத்தோலிக்க கல்லூரியில் நடந்த போதை விழிப்புணர்வு பேரணி.

களியக்காவிளை, அக். 30: களியக்காவிளை நாஞ்சில் கத்தோலிக்க கல்லூரியில் போதை விழிப்புணர்வு பேரணி நடந்தது. கல்லூரி முன்பாக நடந்த தொடக்க நிகழ்ச்சியில் மாணவி ஜெயிமா டே.பி.வரவேற்றார். கல்லூரிதாளாளர் அருட்தந்தை எக்கர்மன்ஸ் மைக்கேல் தலைமை வகித்தார். முதல்வர் முனைவர் அமலநாதன் முன்னிலை வகித்தார். களியக்காவிளை இன்ஸ்பெக்டர் காளியப்பன், எஸ்.ஐ முத்துக்குமார், பாபராஜ் ஆகியோர் போதை விழிப்புணர்வு குறித்து பேசினர்.

மாணவி விஜிஷா ராஜ் உறுதி மொழி வாசித்தார். மாணவர்கள் உறுதிமொழி ஏற்றனர். தொடர்ந்து பேரணியானது கல்லூரி வளாகத்தில் தொடங்கி களியக்காவிளை, செப்போஸ்ட், கோழிவிளை, பஸ் ஸ்டாண்ட் வழியாக மீண்டும் கல்லூரியை அடைந்தது. பேரணி ஏற்பாடுகளை பேராசிரியர் வினில்குமார் தலைமையிலான குழுவினர் ஒருங்கிணைத்தனர்.

போதை ஒழிப்பு
விழிப்புணர்வு பேரணி

களியக்காவிளை, அக். 30- களியக்காவிளை நாஞ்சில் கத்தோலிக்க கலை அறிவியல் கல்லூரி என்.எஸ்.எஸ் மாணவர்கள் சார்பில் போதை ஒழிப்பு விழிப்புணர்வு பேரணி நடந்தது.

நிகழ்ச்சியின் துவக்கமாக மாணவி டெபி வரவேற்றார். கல்லூரி செயலர் எக்கர்மன்ஸ் மைக்கேல், முதல்வர் அமலநாதன், சப் இன்ஸ்பெக்டர் முத்துக்குமார், களியக்காவிளை பேரூராட்சி தலைவர் சுரேஷ், பாபராஜ் பேசினார். மாணவி விஜிஷா ராஜ் தலைமையில்

மாணவர்கள் போதைக்கு எதிராக போராடுவோம் என உறுதிமொழி எடுத்து கொண்டனர்.

களியக்காவிளை இன்ஸ்பெக்டர் காளியப்பன் விழிப்புணர்வு பேரணியை துவக்கி வைத்தார்.

கல்லூரியில் இருந்து துவங்கிய பேரணி களியக்காவிளைபஸ்ஸ்டாண்டு வழியாக கல்லூரி வந்தடைந்தது. அக்ஷயா வினி ஜான் நிகழ்ச்சியை தொகுத்து வழங்கினார். கல்லூரி என்.எஸ்.எஸ் ஒருங்கிணைப்பாளர் பேராசிரியர் வினில்குமார் நன்றி கூறினார்.



▶ களியக்காவிளை நாஞ்சில் கத்தோலிக்க கலை அறிவியல் கல்லூரி என்.எஸ்.எஸ் மாணவர்கள் சார்பில் போதை ஒழிப்பு விழிப்புணர்வு பேரணி நடந்தது.



From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Secretary
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Through,

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Sub: Requesting Permission for conducting a National Unity Day

Respected Father,

This letter is to inform you that the **National Unity Day** arranged for the NSS Volunteers on 31-10-2023 at 11:00 am in the Seminar Hall- I by NSS Unit No: 147. I request you to grant permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date: 30-10-2023



Yours sincerely

Dr. N. Vinil Kumar





NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE KALIYAKKAVILAI

Approved by the Government of Tamilnadu and affiliated to Manonmaniam Sundaranar University, Tirunelveli
Re -Accredited by NAAC with 'A' Grade CGPA 3.24
Approved by UGC Section 2(f) & 12(B)
Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



National Unity Day

Organised by

NSS UNIT No.: 147

**Nanjil Catholic College of Arts &
Science
Kaliyakkavilai**

Date :31-10-2023

Venue : Room No. 67

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

National Unity Day

31st October 2023

Time : 11.00am

Venue: Room No. 67

Programme Schedule

- Prayer Song : NSS Volunteers
- Welcome Address : J.S. Aswin (II- BBA)
- Presidential Address : Rev. Fr. Dr. M. Eckermens Micheal
Secretary, NACCAS.
- Felicitation : Dr. M. Amalanathan
Principal, NACCAS.
- Chief Guest Address : Dr. K. Lucas,
HOD of Commerce
- Pledge : C. Saranya (B.Sc C.S)
- Vote of Thanks : Dr. N. Vinil Kumar
Program Officer, NACCAS.
- Master of Ceremony : Dhanya Mol. B & Anclin Femi. J



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON NATIONAL UNITY DAY PROGRAM

Nanjil Catholic College of Arts & Science, Kaliyakkavilai, NSS Unit No:147 organised Rashtriya Ekta Diwas (National Unity Day) Program on 31st October 2023 at 11 am in the Room No. 67 On behalf of the Birth Anniversary of late Sardar Vallabhbhai Patel.

The program was presided over by the Secretary of NACCAS, **Rev. Fr. Dr. M. Eckermens Micheal**.



The program began with the Prayer song by NSS Volunteers. J.S. Aswin (II- BBA) welcomed everyone. The Principal of the NACCAS, **Dr. M. Amalanathan** delivered the felicitation address. **K. Lucas**, Head of the Department of Commerce delivered the chief guest address.



C. Saranya of 1st B.Sc Computer Science let everyone with the Pledge. Nearly 80 NSS volunteers attended the program.



NSS Program Officer Dr. N. Vinil Kumar delivered the Vote of Thanks. H.M. Nandhana & J.S. Joshika, II.B.Sc Maths Students acted as the Master of Ceremony. The programme came to an end with the National Anthem.


PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153




Dr. N. Vinil Kumar

NSS Program Officer
Programme Officer,
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K.Dt

From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakkavilai.

To

The Secretary
Nanjil Catholic College of Arts and Science
Kaliyakkavilai.

Through,

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakkavilai.

Respected Father,

Sub: Requesting Permission to conduct Letter Writing Competition

I wish to inform you that, I have to plan Letter Writing Competition in the theme of "Importance of Voting" on 04th January 2024 for the NSS Volunteers. So I request you to grant me permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date: 03/01/2024.

[Handwritten signature]
3/01/24

[Handwritten signature]
03/01/24

Yours sincerely

[Handwritten signature]

NSS Program Officer



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Approved by the Government of Tamilnadu and Affiliated to
Manonmaniam Sundaranar University, Tirunelveli

Re -Accredited by NAAC with 'A' Grade CGPA 3.24

Approved by UGC Section 2(f) & 12(B)

Email: nanjilecas@gmail.com, Ph:04651-244788, 8903013368.



LETTER WRITING COMPETITION ON IMPORTANCE OF VOTING



Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date : 04-01-2024

Venue : Seminar Hall - I

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

LETTER WRITING COMPETITION

ON

IMPORTANCE OF VOTING

04th January 2024

Time : 1.00pm

Venue: College

Programme Schedule

- Prayer Song : NSS Volunteers
- Welcome Address : Nandini H.M (II B.Sc CS)
- Presidential Address : Rev. Fr. Dr. M. Eckermens Micheal
Secretary, NACCAS.
- Felicitation : Dr. M. Amalanathan
Principal, NACCAS.
- Chief Guest Address : Mr. K.C Abhilash Sam Paulstin,
HOD of Computer Science
- Vote of Thanks : J. Shini John (I-B.Com)
- Master of Ceremony : S. Akshya & R.S. Selin (I.BA English)

**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,
KALIYAKKAVILAI**

**REPORT ON LETTER WRITING COMPETITION ON IMPORTANCE OF
VOTING**

NSS Unit No: 147 of Nanjil Catholic College of Arts and Science, Kaliyakkavilai conducted the competition of Letter Writing on the theme of Importance of Voting on 4 January 2024 at 1.00pm in the Seminar Hall - I. The Competition is conducted to create awareness on the significance of voting. **Nandini H.M** of 1st BSC Chemistry welcomed everyone. The programme was presided over by the Secretary of NACCAS, **Rev.Fr. Dr. Eckermens Michael**. He gave a talk on how voting drives change at local and national levels. **Dr. M. Amalanathan**, Principal of the NACCAS delivered the felicitation address. He stressed the idea how voting acts as a primary language of a democracy in his address.

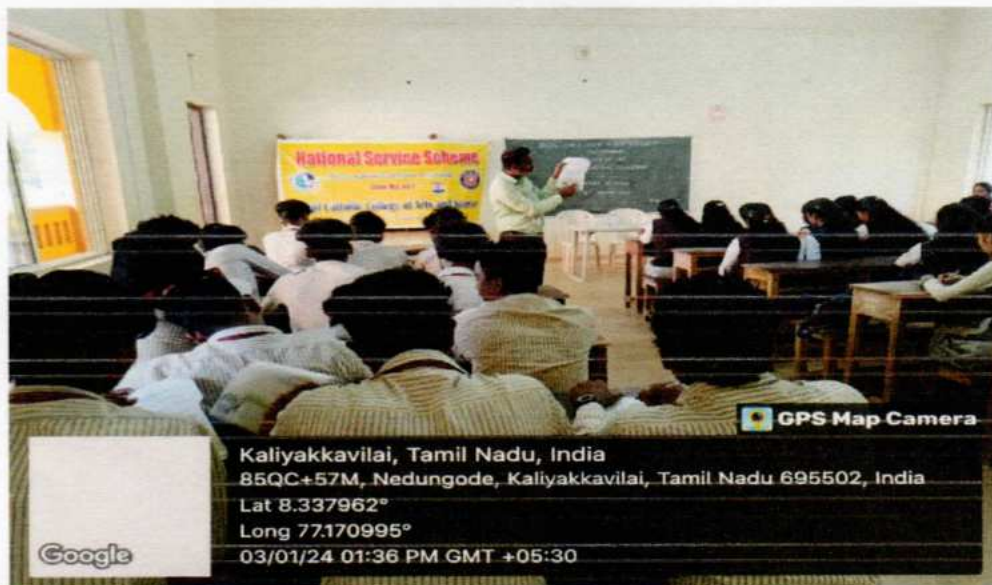


Mr. K.C Abhilash Sam Paulstin, Head of the Department of Computer Science NACCAS delivered the key note address.






He gave an insightful talk on the theme of Letter writing competition **J. Shini John** of 1st B.Com thanked everyone. **Akshaya & Selin** of 1st BA English hosted the programme. 42 students participated in the competition and exhibited their talents.



The entire programme was organised by **Dr. N. Vinil Kumar**, Assistant Professor in the Commerce Department & NSS Programme Officer.


PRINCIPAL
 Nanjil Catholic College of Arts & Science
 Kaliyakkavilai - 629 153




Programme Officer
 NSS UNIT No : 147
 NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
 Kaliyakkavilai-629153, K.K. Dt

From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Principal
Nanjil Catholic College of Arts & Science
Kaliyakkavilai

Sub: Requesting Permission for conducting a Tamil Nadu Global Investors Meet 2024

Respected Father,

This letter is to inform you that the Tamil Nadu Global Investors Meet 2024 for NSS Volunteers on 07-01-2023 and 08-01-2023 at 10 am in the Seminar Hall-II. So, I request you to grant permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date: 04-01-2024



Yours sincerely

Dr. N. Vinil Kumar



4/1/24



4/1/24



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Approved by the Government of Tamilnadu and Affiliated to
Manonmaniam Sundaranar University, Tirunelveli

Re -Accredited by NAAC with 'A' Grade CGPA 3.24

Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



Guidance
TamilNadu



TAMIL NADU
GLOBAL INVESTORS
MEET - 2024

100
1924-2023

Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date : 7th & 8th January 2024

Time: 10.00 am

Venue : Seminar Hall -II

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

GLOBAL INVESTORS MEET

7th & 8th January 2024

Time : 10 am

Venue: Seminar Hall -2

Programme Schedule

Prayer Song	:	NSS Volunteers
Welcome Address	:	R. Gnana Selvam (II-B.Com)
Inaugural Address	:	Hon'ble Chief Minister Thiru M.K. Stalin
Presidential Address	:	Rev.Fr.Dr. M.EckermensMicheal Secretary, NACCAS.
Felicitation	:	Dr. M. Amalanathan Principal, NACCAS.
Chief Guest Address	:	Mr. Piyush Goyal Hon'ble Union Minister of Commerce & Industry, Consumer Affairs, Food, & Public Distribution and Textiles
Vote of Thanks	:	J. Shini John (I-B.Com)
Master of Ceremony	:	Akshya . S & Selin .J (I-BA English)
National Anthem	:	NSS Volunteers

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON GLOBAL INVESTORS MEET

The Tamil Nadu Global Investors Meet 2024 was held on January 7th & 8th at the Chennai Trade Centre. **Hon'ble Chief Minister Thiru M.K. Stalin** inaugurated the two-day mega event and delivered the inaugural address.



Mr. Piyush Goyal, Hon'ble Union Minister of Commerce & Industry, Consumer Affairs, Food, & Public Distribution and Textiles was the Chief Guest at the inaugural ceremony.





The Tamil Nadu Global Investors Meet was organized, aiming to enhance the already excellent investment climate fostered over the last two and a half years and to showcase the strong and outstanding industrial ecosystem and future-ready workforce of the State to global investors. The Meet was organized with the pivotal themes of leadership, sustainability, and inclusivity. The Global Investors meet was view on live screening in the colleges.




Nanjil Catholic College of Arts and Science, Kaliyakkavilai, participated in the mege event on 7th and 8th January, 2024 by Online. This is organised by NSS Unit No.147. Before



beginning the program, College Secretary **Rev.Fr.Dr. M. Eckermens Micheal** delivered the Presidential Address and **Dr. M. Amalanathan** Principal Felicitated the gathering.



85 N.S.S Volunteers and 15 Staffs had participated in the meet. Three entrepreneurs had visited the College. The government's aim of creating more jobs for women and youth in the rural areas has attracted many entrepreneurs to invest in Tamil Nadu. NSS Program Officer **Dr. N. Vinil Kumar** organised the program.


PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153


Programme Officer,
NSS UNIT No : 147
MANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K.Dl.



From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Secretary
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Through,

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Sub: Requesting Permission for conducting a National Voters Day Pledge


Respected Father,

This letter is to inform you that the **National Voters Day Pledge** arranged for the NSS Volunteers on 24-01-2024 at 1:00 pm in the Seminar Hall- I by NSS Unit No: 147. I request you to grant permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date: 22-01-2024


Yours sincerely

Dr. N. Vinil Kumar







NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

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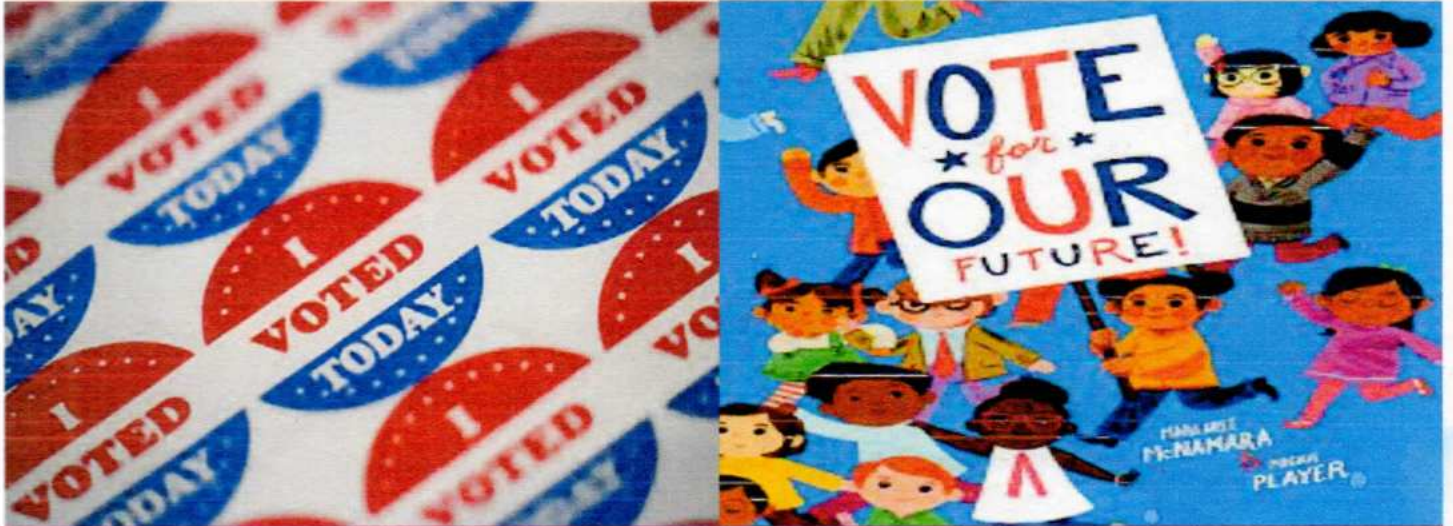
Re -Accredited by NAAC with 'A' Grade CGPA 3.24

Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



NATIONAL VOTERS DAY - PLEDGE



Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date :24-01-2024 Time: 1.00 pm

Venue : Seminar Hall

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

NATIONAL VOTERS DAY PLEDGE

24 January 2024

Time : 1.00pm

Venue: Seminar Hall - I

Programme Schedule

Prayer Song : NSS Volunteers

Welcome Address : Dhanush K

Presidential Address : Rev. Fr.Dr. M.Eckermens Michael
Secretary, NACCAS.

Felicitation : Dr. M. Amalanathan
Principal, NACCAS.

Chief Guest Address : Dr. E. Sahaya Ujin Mary
HOD of Department of Commerce

Pledge : Bhuvana A.D

Vote of Thanks : Dr. N. Vinil Kumar
Program Officer, NACCAS.

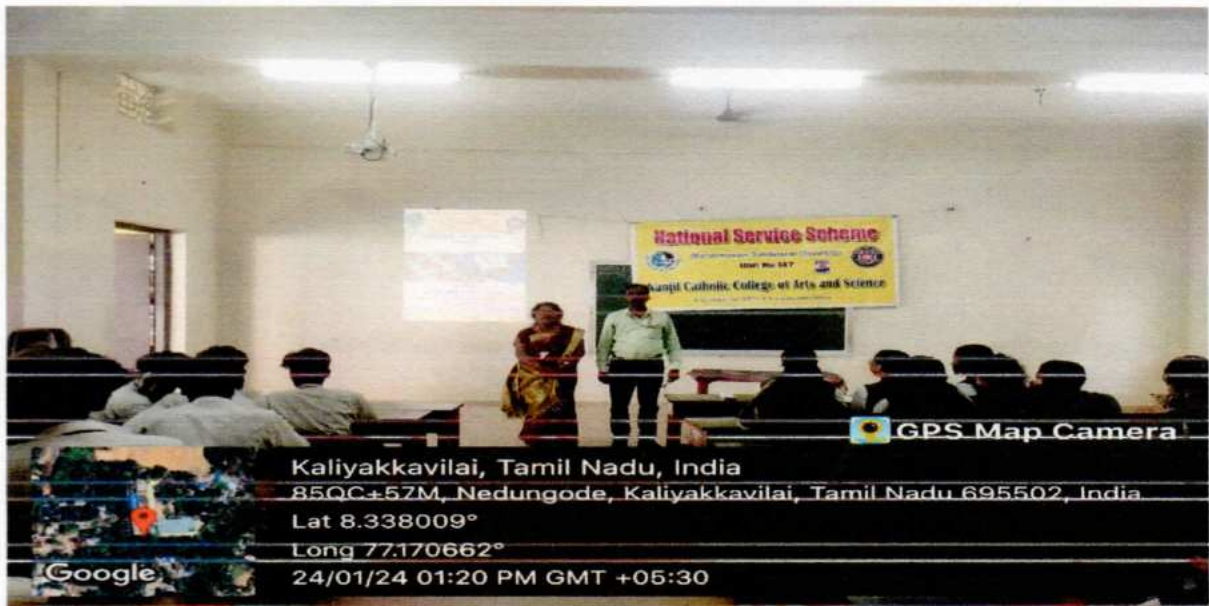
Master of Ceremony : H.M. Ariya R & Greeshma S.S

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON NATIONAL VOTERS DAY

On account of National Voters Day, Nanjil Catholic College of Arts & Science, Kaliyakkavilai, NSS Unit No:147 organised National Voters Day Program on 24 January 2024 at 1pm in the Seminar Hall – I to emphasize the importance of voting among students. The program began with a prayer song. NSS Volunteer **Dhanush K, II BCom** welcomed everyone who attended the program. The program was presided over by the Secretary of NACCAS, **Rev. Fr. Dr. M. Eckermens Micheal**. He spoke how a single vote has the capability to change the fate of a nation and asked everyone to register their votes in the upcoming elections



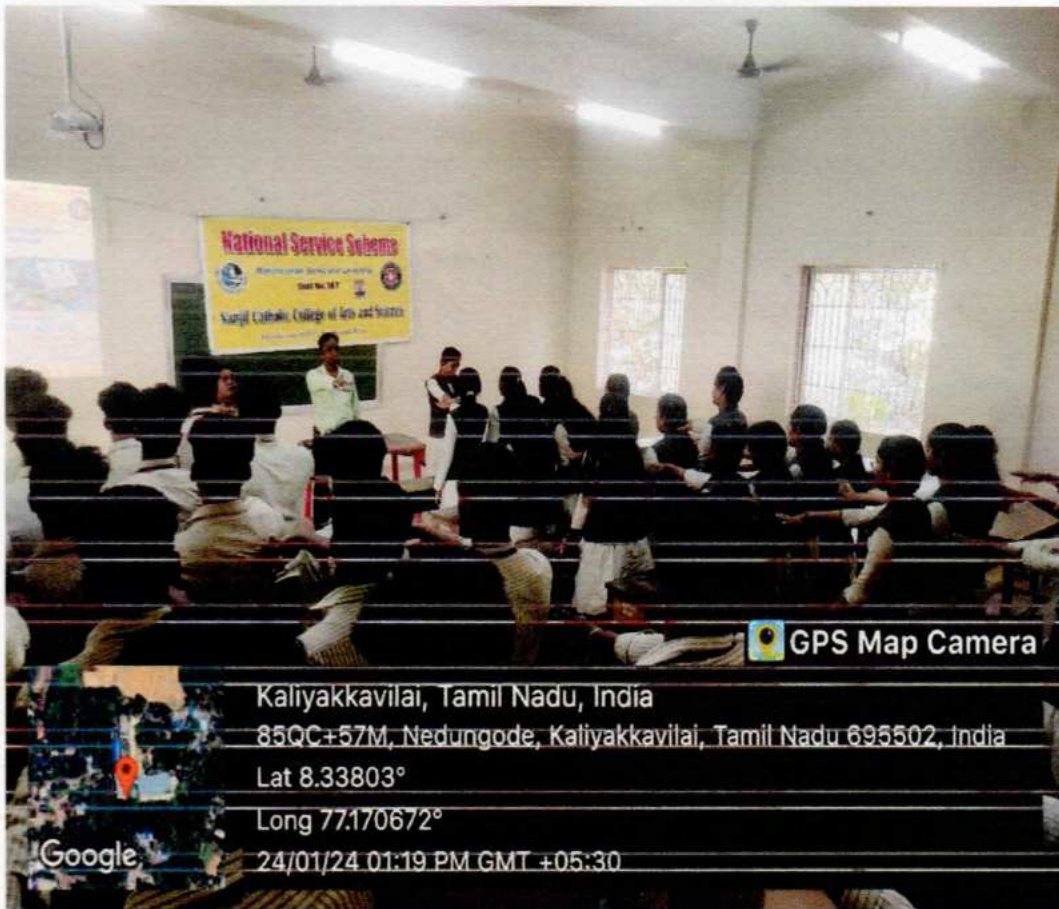
The Principal of the NACCAS, **Dr. M. Amalanathan** delivered the felicitation address. **Dr. E. Sahaya Ujin Mary**, Head of the Department of Commerce delivered the chief guest address. The Chief Guest of the program gave a talk on creating awareness about the significance of voting among common people.





Bhuvana A.D let everyone with the Pledge. Nearly 100 NSS volunteers attended the program.





NSS Program Officer **Dr. N. Vinil Kumar** delivered the Vote of Thanks. **H.M. Ariya R & Greeshma S.S** acted as the Master of Ceremony. The programme came to an end with the National Anthem.


PRINCIPAL
 Nanjil Catholic College of Arts & Sci
 Kaliyakkavilai - 629 153




Programme Officer
NSS UNIT No : 147
 NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
 Kaliyakkavilai-629153, K.K.DI

From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Principal
Nanjil Catholic College of Arts & Science
Kaliyakkavilai

Sub: Requesting Permission for Participating a Voters Awareness Rally

Respected Father,

This letter is to inform you that the Voters Awareness Rally arranged for the NSS Volunteers on January 25, 2024 at 9 am in the Collector Office, Nagercoil. So, I request you to grant permission to participate the programme.

Thanking you

Place: Kaliyakkavilai

Date: 22-01-2024



Yours sincerely

Dr. N. Vinil Kumar





NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

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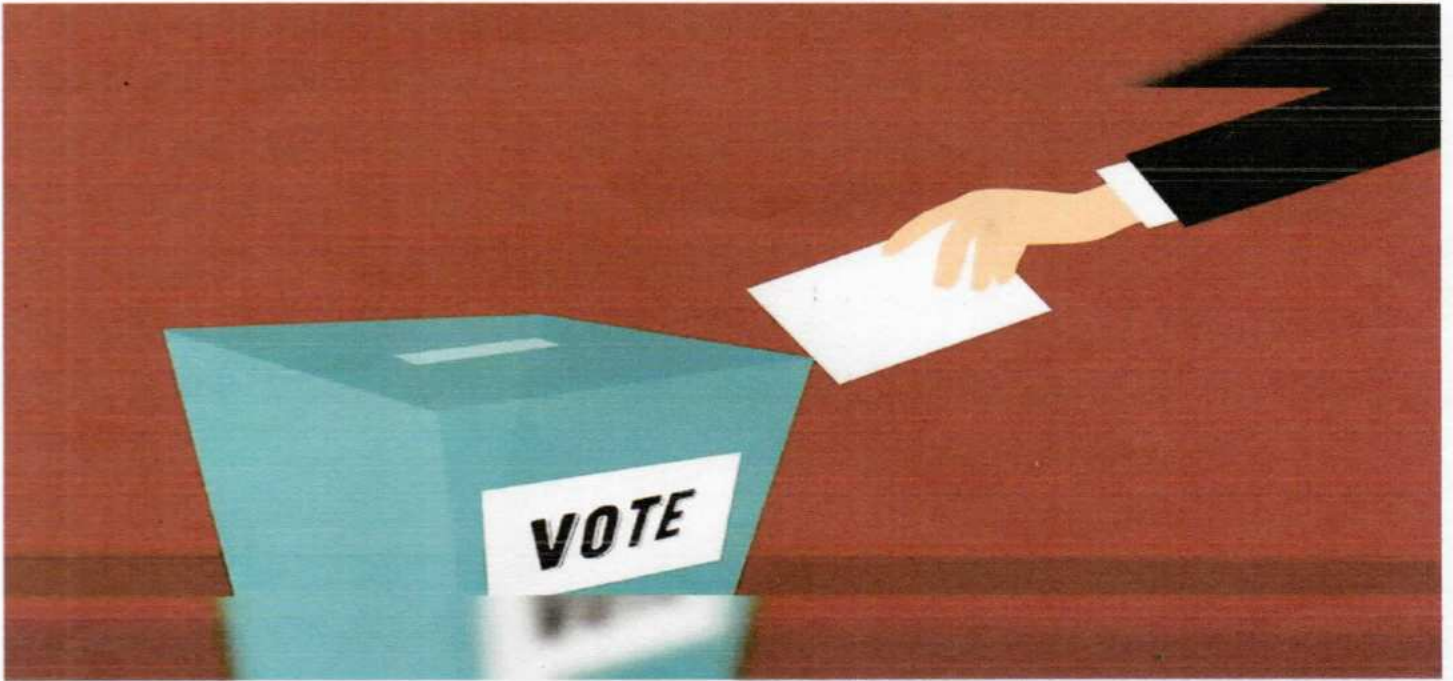
Re -Accredited by NAAC with 'A' Grade CGPA 3.24

Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



VOTERS AWARENESS RALLY



Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date : 25/01/2024

Time: 9 am

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

VOTERS AWARENESS RALLY

25 JANUARY 2024

Time : 9.00 am

Programme Schedule

Prayer Song : NSS Volunteers

Welcome Address : Jemema Defy J.J (1stB.Sc Chemistry)

Presidential Address : Rev.Fr.Dr. M.Eckermens Micheal

Secretary, NACCAS.

Felicitation : Dr. M. Amalanathan

Principal, NACCAS.

Special Address : Thiru. P.N. Sridhar, I.A.S.

District Collector

Vote of Thanks : Mrs. S. Mary Pelsit

Master of Ceremony : Akshya . S & Shini Jhon

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON VOTERS AWARENESS RALLY

Nanjil Catholic College of Arts and Science, Kaliyakkavilai NSS Unit: 147, Department of Social Welfare and Women Empowerment and Department of Social Work was organized the District level awareness rally on January 25, 2024 at 9 am.

DEPARTMENT OF SOCIAL WELFARE AND WOMEN EMPOWERMENT KANYAKUMARI DISTRICT

Rotary Chapter 5212 JCI

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE, KALIYAKKAVILAI
Department of Social Work & NSS

நப்த்நம்
பென் குழுக்கைகளை காப்போம்... பென் குழுக்கைகளுக்கு கற்பிப்போம்...
போதைமிகலா தந்தியாவை உருவாக்குவோம்
தேர்தல் விழிப்புணர்வு

மாண்புமிகு அளவினான
நடைப்பயணம்
நாகர்கோவில் - களியக்காவினை
நாள் : 25.01.2024, துவங்கும் இடம் : ஆட்சியர் அலுவலகம்

Organized by

Dr. R. Jaya Singh
President, NSS Unit 147

JCI Dr. S. Jeevika
President, JCI Chapter 5212

Mr. Adv. A. Arish Jerome
President, FMS Unit 147

Jointly Organized by

Dr. P. V. S. Suresh Kumar
Principal

Dr. M. Anjanathan
Professor, NSS Unit 147

Ms. S. Mary Disha
NIP

Dr. N. Vinil Kumar
NSS Program Officer

MEDIA PARTNER
CAPE CAMORA

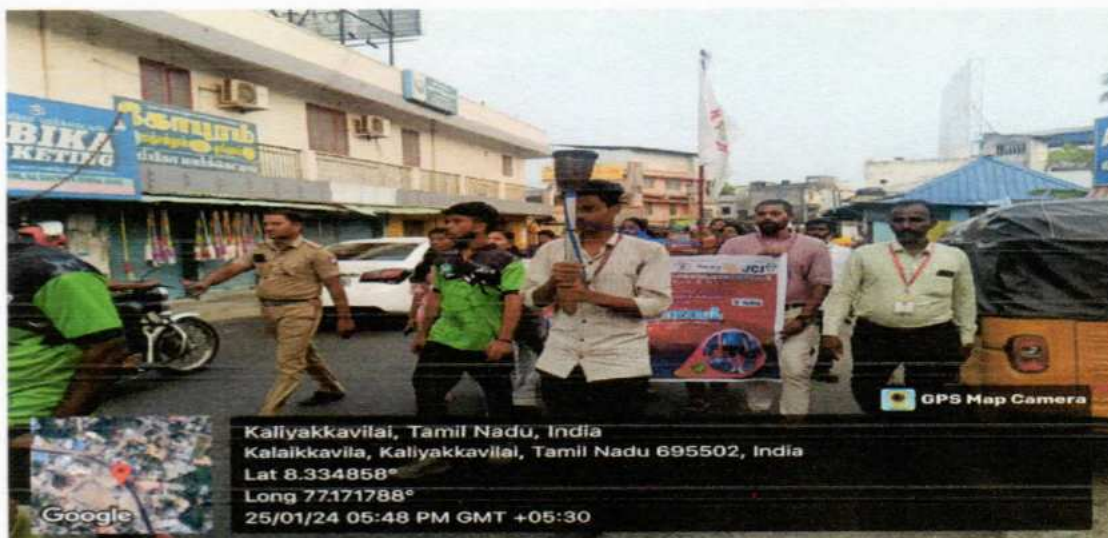
It was arranged to create consciousness on various areas like educating female children, drug addiction awareness and voting awareness among people above the age of

18.





The rally started with the waving of green flag by the Collector of Kanyakumari. It commenced from the District Collector Office, Nagercoil. The rally was presided by **Rev.Fr.Dr. M. Eckermens Micheal**, Secretary of the NACCAS, Kaliyakkavilai. He gave an enlightened speech about creating awareness among youngsters to avoid drugs and addictive substances. Felicitation Address was given by **Dr.M. Amalanathan**, Principal of the NACCAS, Kaliyakkavilai. He talked about the needs of educating female children and also about voting and its crucial role.



The rally ended around 5.30 pm at SMART Hospital, Kaliyakkavilai. Nearly 100 NSS Volunteers, Social Work Students and other volunteers participated in the rally. Mrs. S. Mary Pelsit, Head of the Department of Social Work thanked everyone to make the rally a success.

கடந்த 25ம் தேதி தொடர்ந்து செய்தார். அருள் வாழ்வாய மக்கள் அன்பின் செய்திருந்தனர்.

தேர்தல் விழிப்புணர்வு பேரணி

களியக்காவிளை, ஜன.27-
 களியக்காவிளை நாள்கில் கத்தோலிக்க கலை அறிவியல் கல்லூரி சார்பில் தேர்தல் விழிப்புணர்வு பேரணி நடந்தது.
 கன்னியாகுமரி மாவட்ட சமூகநலம் சார்பாக பெண் குழந்தைகள் கற்பிப்போம் நாசா முகத் அபியான் திட்டம் மற்றும் தேர்தல் விழிப்புணர்வு பேரணி மாவட்ட கலெக்டர் அலுவலகத்தில் இருந்து துவங்கி களியக்காவிளையில் நிறைவடைந்தது.



பேரணிக்கு, கல்லூரி செயலர் அருட்தந்தை எக்கர் மென்ஸ் மைக் கேல் தலைமை வகித்தார். முதல்வர் அமலநாதன் முன்னிலை வகித்தார். நாட்டு நலப்பணி திட்ட அலுவலர் விலில் குமார், சமூக நலப்பணி தலைவர் மேரி பெல்சிட், நாட்டு நலப்பணி திட்ட அணி எண் 147 மாணவர்கள், மற்றும் சமூக நலப்பணி மாணவர்கள் பங்கேற்றனர்.

The entire program was coordinated by **Dr. N. Vinil Kumar**, Program Officer of NSS Unit no.147. The program ended with a positive note.



PRINCIPAL

Nanjil Catholic College of Arts & Science
 Kaliyakkavilai - 629 153



Programme Officer
 NSS UNIT No : 147
 NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
 Kaliyakkavilai-629153, K.K.Dt



From

Dr. N. Vinil Kumar

NSS Program Officer

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

To

The Secretary

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Through,

The Principal

Nanjil Catholic College of Arts and Science

Kaliyakavilai.

Respected Father,

Sub: Permission to conduct Untouchability Eradicating Awareness program

I wish to inform you that, I have to plan Untouchability Eradicating Awareness program on 30th January 2024 for the NSS Volunteers. So I request you to grant me permission to conduct the programme.

Thanking you

Place : Kaliyakkavilai

Date : 23-01-2024



h.M.
23/1/24

Yours sincerely


NSS Program Officer

**NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE
KALIYAKKAVILAI**



Approved by the Government of Tamilnadu and affiliated to
Manonmaniam Sundaranar University, Tirunelveli

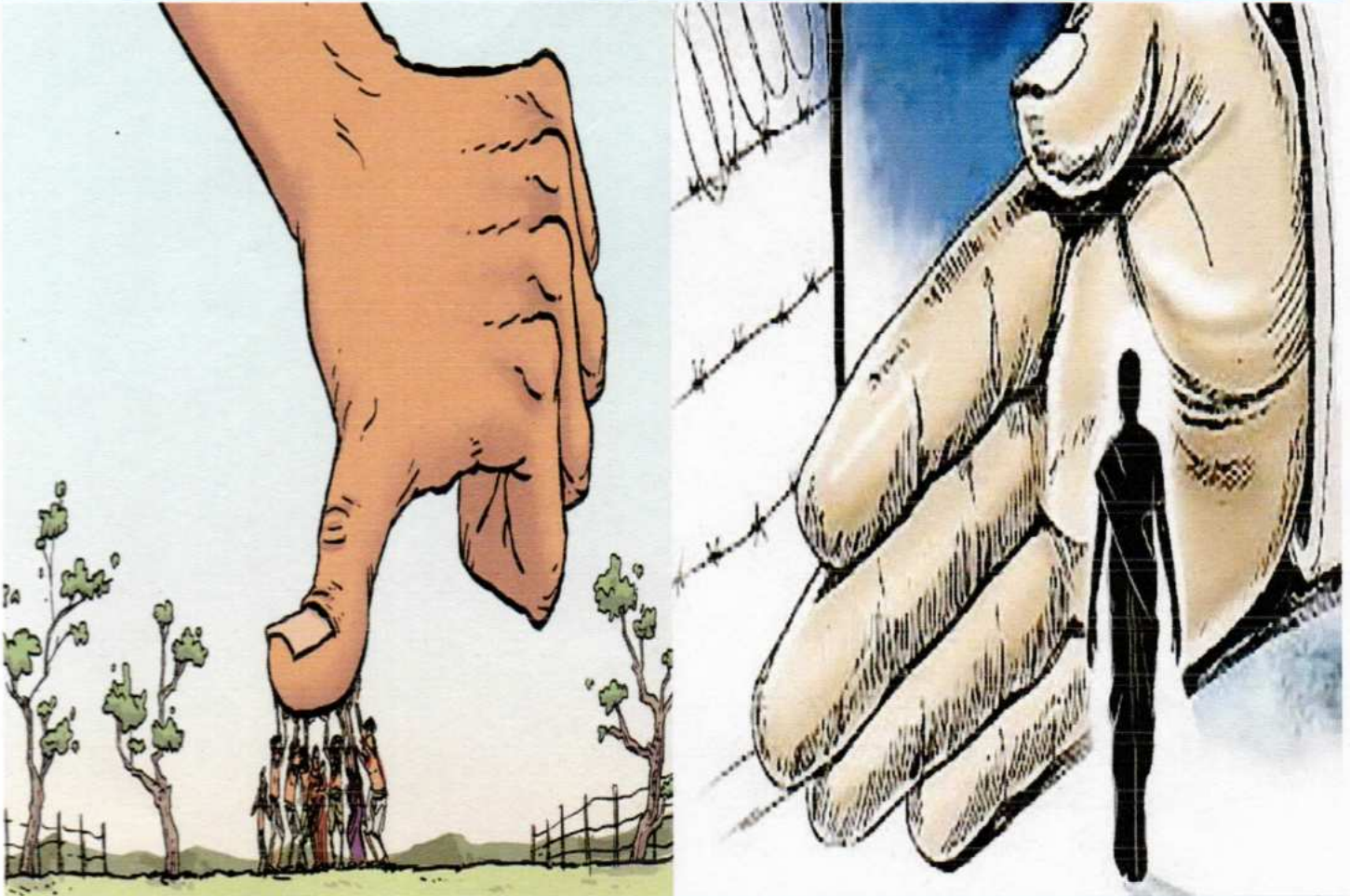
Re -Accredited by NAAC with 'A' Grade CGPA 3.24

Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



UNTOUCHABILITY ERADICATING AWARENESS



Organised by

Date :30-01-2024

NSS UNIT No.: 147

Time: 10.30am

Nanjil Catholic College of Arts & Science

Kaliyakkavilai

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

UNTOUCHABILITY ERADICATING AWARENESS

Date : 30-01-2024

Time : 10.30am

Programme Schedule

Prayer Song : NSS Volunteers

Welcome Address : Abishek, IInd Physical Education

Presidential Address : Rev. Fr.Dr. M.EckermensMicheal

Secretary, NACCAS.

Felicitation : Dr. M. Amalanathan

Principal, NACCAS.

Chief Guest Address : Mr. G. Lawrance

Physical Director, NACCAS.

Pledge : R. Meera Jasmin

II B.Sc. Physical Education

Vote of Thanks : Dr. N. Vinil Kumar

Program Officer, NACCAS.

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON UNTOUCHABILITY ERADICATING AWARENESS

A program on creating awareness about eradicating this evil of Untouchability was organized by the NSS Unit.147, Nanjil Catholic College of Arts and Science Kaliyakkavilai on 30th January, 2024. It was arranged to create awareness among students about Untouchability and discriminations and it's malevolent effects on society.



The program began with the program began with a prayer song. NSS Volunteer Abishek, IInd Physical Education welcomed everyone who attended the program. The Presidential Address was given by Secretary of NACCAS **Rev. Fr. Dr. M. Eckermens Michael**. He gave a wonderful speech on eradication discriminations based on Gender, Race, Caste and Religion. The Felicitation address given by **Dr. M. Amalanathan** Principal of NACCAS. He spoke about the importance of eliminating untouchability. The chief guest address was given by **Mr. G. Lawrance** Physical Director in the Department of Physical Education, NACCAS and he talked about how awareness on untouchability plays a crucial




role in shaping our society. A people on eradicating untouchability. A pledge on eradicating untouchability was taken by R. Meera Jasmin II B.Sc. Physical Education.



The program came to an end with the vote of thanks by **Dr. N. Vinil Kumar NSS**

Program Officer.


PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153


Programme Officer,
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K.Dt



From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Secretary
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Through,

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Sub: Requesting Permission for conducting a Special Camp Preparatory meeting

Respected Father,

This letter is to inform you that the **Special Camp Preparatory meeting** arranged for the NSS Volunteers on 12-02-2024 at 12:00 pm in the Seminar Hall- I by NSS Unit No: 147. I request you to grant permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date: 08-02-2024



Yours sincerely

Dr. N. Vinil Kumar



h. M
08/2/24



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

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Sundaranar University, Tirunelveli

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Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.

NSS UNIT NO.: 147



SPECIAL CAMP PREPARATORY MEETING



Keynote Address : Dr. M. Amalanathan
Principal, NACCAS

Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date : 12-02-2024 Time: 12 pm Venue : Seminar Hall - I

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

SPECIAL CAMP PREPARATORY MEETING

12th February 2024

Time : 12pm

Venue: Seminar Hall - I

Programme Schedule

- Prayer Song : NSS Volunteers
- Welcome Address : Jenisha (II BA English)
- Presidential Address : Rev.Fr.Dr. M. Eckermens Michael
Secretary, NACCAS.
- Felicitation : Dr. N. Vinil Kumar
NSS. Program Officer, NACCAS.
- Keynote Address : Dr. M. Amalanathan
Principal, NACCAS.
- Vote of Thanks : Asvin A.S (II B.Com)
- Master of Ceremony : Sujith & Selin (II BBA)
- National Anthem : NSS Volunteers

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI-629 153.

SPECIAL CAMP PREPARATORY MEETING

Our NSS Unit No. 147 of Nanjil Catholic College of Arts and Science, Kaliyakkavilai conducted a Special Camp Preparatory meeting with the enrolled Forty One campers on 12th Feb, 2024. The program began with the program began with a prayer song. NSS Volunteer Jenisha (II BA English) welcomed everyone who attended the program. The Presidential Address was given by Secretary of NACCAS **Rev. Fr. Dr. M. Eckermens Michael**. He gave a wonderful speech on Special Camp. Our beloved Principal **Dr. M. Amalanathan** spoke at length about the important role of NSS camp during the volunteer period and also the experience they are going to gain during the camp period.



The Felicitation address given by **Dr. N. Vinil Kumar** N.S.S Program Officer of NACCAS. He spoke about the important activities of students during the camp.



Asvin A.S (II B.Com) delivered the Vote of Thanks. The programme came to an end with the National Anthem.


PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153




Programme Officer
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K. Dt.

From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Secretary
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Through,

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Respected Father,

Sub: Permission to conduct My First Vote for Country program

I wish to inform you that, I have to plan My First Vote for Country program on 14th March 2024 for the NSS Volunteers. So I request you to grant me permission to conduct the programme.

Thanking you

Place : Kaliyakkavilai

Date : 11-03-2024


11/3/24


11/3/24

Yours sincerely

NSS Program Officer

**NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE
KALIYAKKAVILAI**



Approved by the Government of Tamilnadu and affiliated to
Manonmaniam Sundaranar University, Tirunelveli

Re -Accredited by NAAC with 'A' Grade CGPA 3.24

Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



My First Vote for Country



**MY
FIRST
VOTE**



Organised by

Date :14-03-2024

NSS UNIT No.: 147

Time: 11.30am

Nanjil Catholic College of Arts & Science

Kaliyakkavilai

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

MY FIRST VOTE FOR COUNTRY

Date : 14-03-2024

Time : 11.30am

Programme Schedule

Prayer Song : NSS Volunteers

Welcome Address : Jino Jhon, IInd Physical Education

Presidential Address : Rev. Fr.Dr. M.Eckermens Michael

Secretary, NACCAS.

Felicitation : Dr. M. Amalanathan

Principal, NACCAS.

Chief Guest Address : Dr. K. Lucas

Head and Assistant Professor of Commerce, NACCAS.

Pledge : R. Jenisha, II BA English

Vote of Thanks : Dr. N. Vinil Kumar

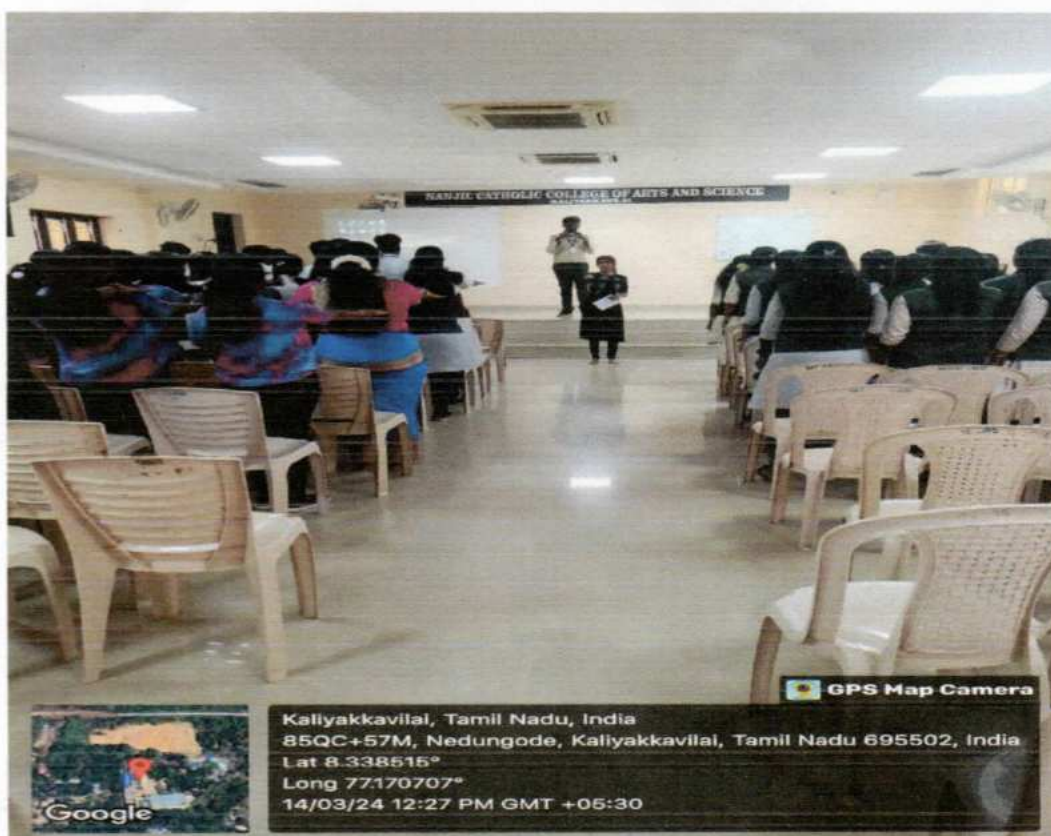
Program Officer, NACCAS.

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON MY FIRST VOTE FOR COUNTRY

Nanjil Catholic College of Arts and Science Kaliyakkavilai, NSS Unit.147 organized "My First Vote for Country" on 14th March 2024 to create awareness among youngsters to register their votes in the upcoming Parliament elections. The program began with the program began with a prayer song. NSS Volunteer Jino Jhon, IInd Physical Education welcomed everyone who attended the program. The Presidential Address was given by Secretary of NACCAS **Rev. Fr. Dr. M. Eckermens Michael**. He gave a wonderful speech on importance of voting. The Felicitation address given by **Dr. M. Amalanathan** Principal of NACCAS.




He spoke about the rights and powers our valuable vote. The chief guest address was given by **Dr. K. Lucas** Head and Assistant Professor of Commerce, NACCAS and spoke



how a single vote has the capability to change the fate of a nation and asked everyone to register their votes in the upcoming elections.



A pledge was taken by R. Jenisha II BA English. The program came to an end with the vote of thanks by **Dr. N. Vinil Kumar** NSS Program Officer.


PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153




Programme Officer
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
Kaliyakkavilai-629153, K.K.Dt.

From

Dr. N. Vinil Kumar
NSS Program Officer
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

To

The Secretary
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Through,

The Principal
Nanjil Catholic College of Arts and Science
Kaliyakavilai.

Sub: Requesting Permission for Participating a Vote for Safety

Respected Father,

This letter is to inform you that the **Vote for Safety** program arranged for the NSS Volunteers on 27/04/2024 at 9am in Seminar Hall-II. So, I request you to grant permission to conduct the programme.

Thanking you

Place: Kaliyakkavilai

Date: 25-04-2024



Yours sincerely

Dr. N. Vinil Kumar



25/4/24



h. M. 25/4/24



NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

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Approved by UGC Section 2(f) & 12(B)

Email: nanjilccas@gmail.com, Ph:04651-244788, 8903013368.



VOTE FOR SAFETY



Organised by

NSS UNIT NO.: 147

NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE

KALIYAKKAVILAI

Date : 27/04/2024

Time: 9 am

Rev. Fr. Dr. M. Eckermens Michael
Secretary

Dr. M. Amalanathan
Principal

Dr. N. Vinil Kumar
NSS Program Officer

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

NSS UNIT NO.: 147

VOTE FOR SAFETY

Date: 27/04/2024

Time : 9.00 am

Programme Schedule

Prayer Song : NSS Volunteers

Welcome Address : Shanu Plomin (II BA English)

Presidential Address : Rev.Fr.Dr. M.Eckermens Micheal

Secretary, NACCAS.

Felicitation : Dr. M. Amalanathan

Principal, NACCAS.

Chief Address : Dr. A. Adlin Jeba

Assistant Professor of Tamil, NACCAS

Vote of Thanks : S. Varsha (II BA English)

Master of Ceremony : Akshya . S & Shini Jhon

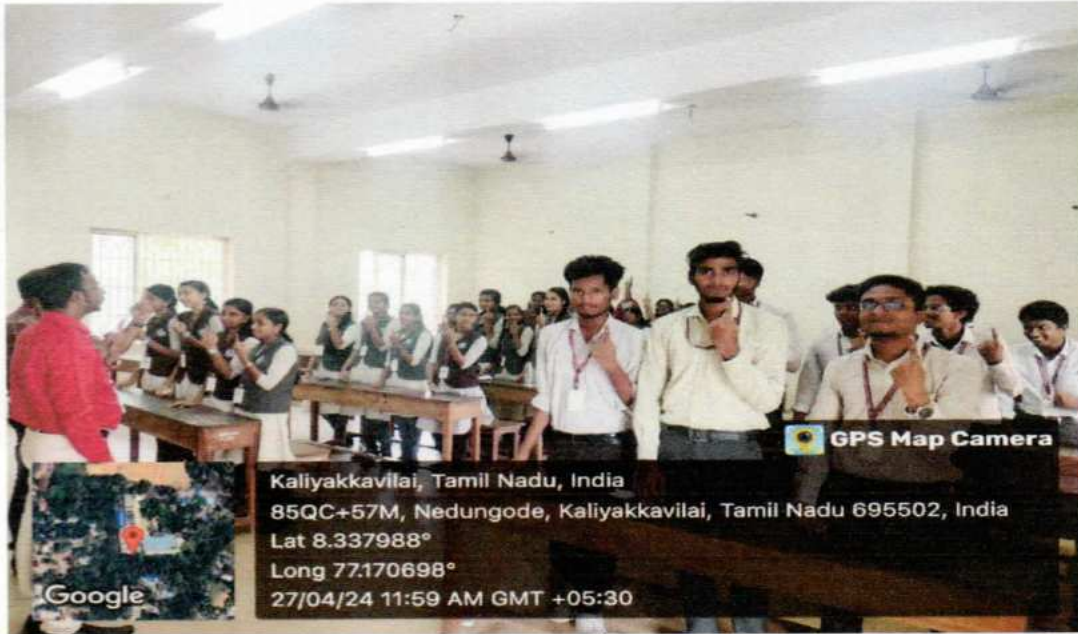
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI

REPORT ON VOTE FOR SAFETY

Nanjil Catholic College of Arts and Science, Kaliyakkavilai NSS Unit: 147 was organized the **Vote for Safety** on 27/04/2024 at 9am. All the NSS volunteers are gathered in that program.

It was arranged to create the effects of vote among people above the age of 18. Welcome speech delivered by **Shanu Plomin** of II BA English. The Presidential Address was given by Secretary of NACCAS **Rev. Fr. Dr. M. Eckermens Michael**. He gave about how to select good people by voting. Felicitation Address was given by **Dr. M. Amalanathan**, Principal of the NACCAS, Kaliyakkavilai. He spoke about the voting rights.




The chief guest address was given by **Dr. A. Adlin Jeba**, Assistant Professor of Tamil, NACCAS and spoke how how to avoid money for voting.





A pledge was taken by **S. Varsha** of II BA English. **N. Dhanush** of II B.Com thanked everyone to make a success the program. The entire program was organized and coordinated by **Dr. N. Vinil Kumar**, Program Officer of NSS Unit no.147 .The program ended with a positive note.


PRINCIPAL
 Nanjil Catholic College of Arts & Science
 Kaliyakkavilal - 629 153


Dr. N. Vinil Kumar
Programme Officer
NSS UNIT No : 147
 NANJIL CATHOLIC COLLEGE OF ARTS & SCIENCE
 Kaliyakkavilal-629153, K.K.Dt



MANONMANIAM SUNDARANAR UNIVERSITY

TIRUNELVELI



NATIONAL SERVICE SCHEME

UNIT NO. : 147

SPECIAL CAMP REPORT 2023-24

**CAMP SITE: ST JOHN OF THE CROSS CHURCH-
COMMUNITY HALL, SILUVAIPURAM, KOLLEMCODE P.O,
KANYAKUMARI DISTRICT.**

15/02/2024- 21/02/2024



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYAKKAVILAI - 629 153.

Introduction:

The National Service Scheme has been in existence in Nanjil Catholic College of Arts and Science, Kaliyakkavilai since 2014. The National Service Scheme in our college continues to uphold and reinforce the traditions with dignity and pride. Starting with strength of 50 volunteers, now it has the sanctioned strength of 100 volunteers.

"National Service Scheme (NSS) is a main 'out of the classroom' student-centric activity where teachers provide only guidance and act as coordinators while the students are the main actors. Students contribute through service to the community and conservation of the physical environment. It also inculcates in students a sense of leadership and teamwork enabling them to identify and resolve community issues. Hence leadership, collectivism, social responsibility, activism and community participation are at work at the same time. All these attributes are what make a student a complete citizen. This activity also brings them close to the social and environmental realities. In view of the importance of NSS in nation-building our endeavour is to strengthen NSS by increasing participation of students through widening the scope and increasing the number of events organized by us.

The programme aims to inculcate social service in students, and to serve the society without any bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite the scarcity of resources. It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster victims.

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to other living beings. The philosophy of the NSS is well doctined in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.

Annual NSS SPECIAL Camp:

Camps are held annually, funded by the government of India, and are usually located in a rural village or a city suburb. Volunteers are involved in activities such as:

- ❖ Cleaning

- ❖ Afforestation
- ❖ Stage shows or a procession creating awareness of such issues as social problems, education and cleanliness
- ❖ Awareness Rallies
- ❖ Inviting doctors for health camps

There are no predefined or pre-assigned tasks; it is left up to the volunteers to provide service in any way that is feasible. A 7-day is organized every academic year in the adopted village or urban slums.

Adopted Village:

The National Service Scheme Unit Number 147 in Nanjil Catholic College of Arts and Science, Kaliyakkavilai has adopted the village named Siluvaipuram which is around 7 km from the College Campus.

NSS SPECIAL CAMP REPORT 2023-2024

15th Feb 2024 - 21st Feb 2024

NSS has given a platform to serve the society and bring happiness and smile on many faces. NSS volunteers work to ensure that everyone who is in need gets help to enhance their standard of living and lead a life of self-respect. The foremost important thing is to develop the feeling for social responsibility.

According to William James, “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind”. To achieve the desired changes in terms of responsibility, team work, discipline, dedication, adjustability, adaptability and leadership, the NSS volunteers are given a chance to participate in the 7-day camp from 15th Feb 2024(Thursday) to 21st Feb 2024(Wednesday).

In this 7 days special camp, 41 NSS volunteers participated out of which 22 were male and 19 were female volunteers. The volunteers were of different departments. The NSS Programme Officer, **Dr. N. Vinil Kumar**, Assistant Professor in the Department of Commerce accompanied the volunteers throughout their camp duration.

They stayed at St. John of Cross Church in the adopted village named Siluvaipuram, Kollemcode.

VOLUNTEER DETAILS

S. No	Enrollment No.	Name of the Volunteer	Sex	Father's Name	Date of Birth	Course
1	2207301	M. Renjith	Male	C. Mani	01-09-2003	B.Sc Phy. Educat
2	2207302	M. Meera Jasmine	Female	L. Mohan	08-05-2004	B.Sc Phy. Educat
3	2207303	M.S. Deepan Kumar	Male	Shiva kumar	04-11-2004	B.Sc Phy. Educat
4	2207304	J. Jebarin	Male	Saraswathi.P	22-03-2003	B.Sc Phy. Educat
5	2207305	P.P Pramoth	Male	M. Pradeep	31-07-2003	B.Sc Phy. Educat
6	2207307	Mithun. M.S	Male	Mohanraj.K	12-04-2004	B.Sc Phy. Educat
7	2207308	R.S Abishek	Male	T. Rajan	01-12-2003	B.Sc Phy. Educat
8	2207309	N. Akash	Male	L. Nirmala	02-01-2004	B.Sc Phy. Educat
9	2207310	Jino Jayan	Male	N. Jayan	31-07-2004	B.Sc Phy. Educat
10	2207311	S. Arafa	Female	M. Shajahan	13-06-2004	B.Sc Chemis
11	2207312	SM. Navya	Female	R. Madhu	09-10-2004	B.Sc Chemis
12	2207313	S. Anjana	Female	Suraesh	06-07-2004	B.Sc Zoolo
13	2207314	A. Aslin	Male	V. Augustin	14-06-2005	B.Sc Compu
14	2207315	HM. Nandini	Female	M.Mukundan Nair	02-01-2005	B.Sc Compu

15	2207316	C. Saranya	Female	K. Chellathurai	22-04-2005	B.Sc Compu
16	2207317	J. Shelphin Riniba	Female	P. Joshva	05-04-2005	B.Sc Compu
17	2207319	S. Aksha	Female	P. Salamon	09-10-2004	B.Sc Compu
18	2207320	C.J. Aarthi	Female	R. Chandrasekhar	11-04-2005	B.Sc Compu
19	2207321	R.S. Abisha	Female	J. Rajakumar	09-08-2004	BA English
20	2207322	S. Arya	Female	Sunil kumar	31-07-2003	BA English
21	2207323	Ashika S.E	Female	Y. Sundar raj	03-01-2005	BA English
22	2207324	R.S Varsha	Female	S. Rojikumar	12-01-2005	BA English
23	2207325	D. Sneha	Female	L. Denney	11-11-2003	BA English
24	2207327	J. Jenisha	Female	N. Jeyadhas	13-09-2004	BA English
25	2207328	Berssy M	Female	T.Mani	10-09-2004	BA English
26	2207329	Shanu Plomin	Female	Antony Victor	14/02/2005	BA English
27	2207330	H.M Nandhana	Female	M. Mukundan Nair	02-01-2005	B.Sc Maths
28	2207331	JS. Joshika	Female	A. Josber	26-01-2004	B.Sc Maths
29	2207334	RS. Dhanush	Male	Rajan	12-12-2004	B.Com
30	2207345	A.S. Aswin	Male	T. Thanga Kumar	15-08-2005	B.Com
31	2207336	J.V. Aslesh	Male	C. John rose	18-08-2005	B.Com
32	2207337	K. Ebinesh	Male	R. Krishankumar	06-09-2004	B.Com
33	2207338	D. Dhana Selvam	Male	I. Dharmapaul	01-01-2005	B.Com
34	2207339	V.S. Vijin	Male	Vijayakumar	24-10-2003	B.Com
35	2207340	P. Pragin	Male	M. Pradeep	13-11-2004	B.com
36	2207341	S. Lijin	Male	Sundar raj.j	02-05-2005	B.com
37	2207342	R. P Abishek	Male	Philip A	25/04/2002	B.com
38	2207343	V. Sujith	Male	Vjayakumar	10-11-2002	BBA
39	2207344	R. Babin	Male	Raju. P	13-12-2004	BBA
40	2207347	K. Abinesh	Male	Konakaraj	19-03-2005	BBA
41	2207348	Abinesh. JA	Male	Jayakumar. S	12-06-2004	B.com

DAY -1 REPORT

15/02/2024 - THURSDAY

INAUGURAL FUNCTION

The first day of the camp started with full enthusiasm and eager expectation from the volunteers. The volunteers were greeted and blessed by our beloved Secretary **Rev. Fr. Dr. M. Eckermens Michael** and our **Principal Dr. M. Amalanathan**. We started from the College campus at 10:00 am with 41 volunteers to the campsite St. John of Cross Church, Siluvaipuram.

The volunteers were given ample time to study the campus. After studying the camp site, they kept their belongings in their respective places. Also, they prepared the location to cook for the next day. They got accommodated and discussed the duties of each committee for the entire special camp duration.

The volunteers were divided into several teams. Each team were allotted with their tasks for each day.

Then they prepared themselves for the inauguration function.

Dignitaries for the evening function:

- Rev. Fr. Dr. M. Eckermens Michael, Secretary, NACCAS

- Rev. Fr. R. Ajin, Parish Father, St. John of Cross Church, Siluvaipuram
- Dr.M. Amalanathan, Principal, NACCAS
- Dr. N. Vinil Kumar, NSS Program Officer
- Mrs. Rani Stephen, Municipal President, Kollemcode
- Dr. M. Peril Therase, HOD, Department of Tamil, NACCAS
- Dr. C. Amutharani, Asst. Professor Dept. of Zoology, NACCAS
- Dr. N. Seema Mol, Asst. Prof. Department of Tamil, NACCAS
- Dr. R. Adlin Jeba, Asst. Prof. Department of Tamil, NACCAS
- Mrs. Reshma Raju, Asst. Prof. Department of English, NACCAS

The evening function started with a prayer song by our volunteers. Dr. N. Vinil Kumar welcomed the gathering.



Rev.Fr. Dr. M. Eckermens Michael, Secretary delivered the Presidential Address. He motivated the NSS volunteers to actively participate and learn

many new lessons needed for their life. He explained that this camp will be a pride event of their future life.

Rev. Fr. R.Ajin, Parish Priest and **Dr. M. Amalanathan**, Principal felicitated the gathering and explained the importance of the special camp in every volunteer's life.



Dr.N. Seema Mole delivered the Special Guest address and she encouraged the students to actively participate in the Camp. **Jenisha J** of II BA English delivered the vote of thanks.

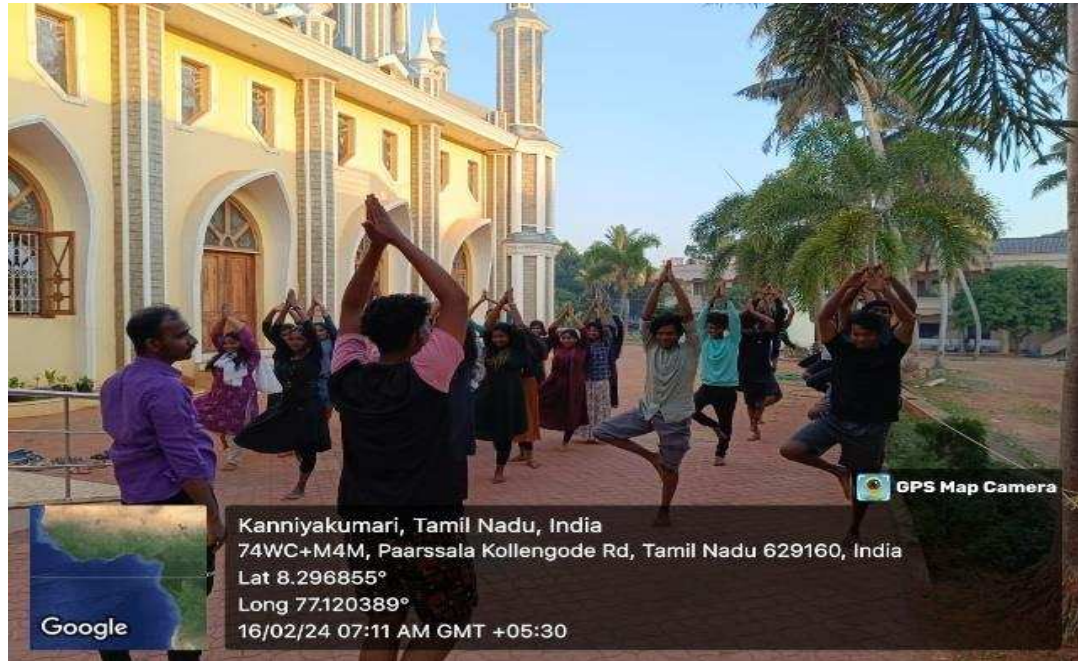


DAY 2 - REPORT

16/02/2024- FRIDAY

ENVIRONMENTAL DAY

The second day of the camp started with yoga in the morning.



The volunteers were allotted to clean the Primary Health Centre in Kollemcode. The program begins with an inaugural address by **Dr. N. Vinil Kumar**, NSS Program Officer. He gave an energetic talk about the duties of every volunteer and how a volunteer can make use of this special camp day effectively.



DR. Sreeji, Medical Officer, Primary Health Centre, Kollemcode gave an inspirational talk to the volunteers. Then the volunteers started their cleaning activities in Primary Health Centre, Kollemcode. In order to protect our environment, plastics were removed and dried leaves were gathered and burnt. The surroundings of the health centre were cleaned.





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வர்கள் கொல்லங்கோடு
அரசு ஆரம்ப சுகாதார
மையத்தினை சுத்தம்
செய்தனர். என்.எஸ்.எஸ்.

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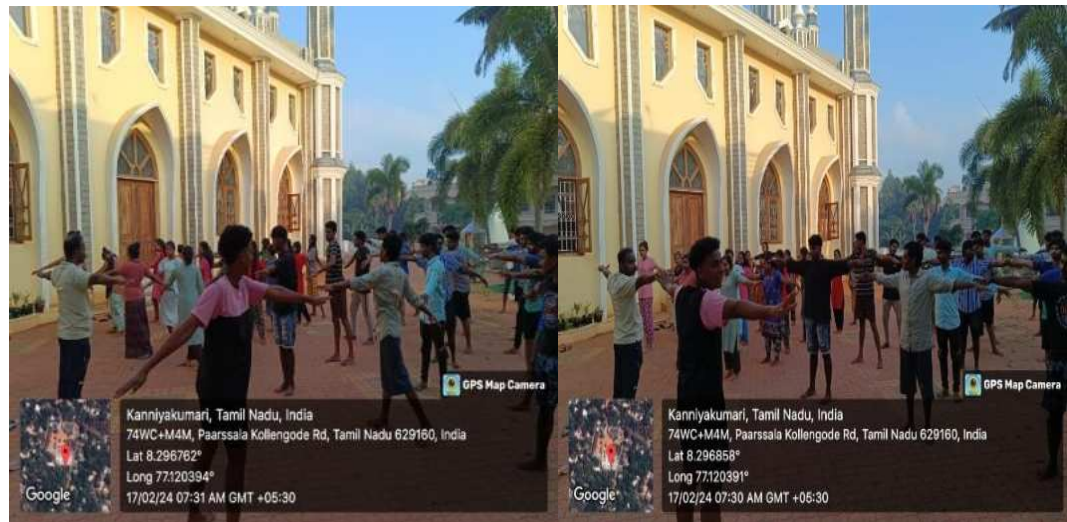
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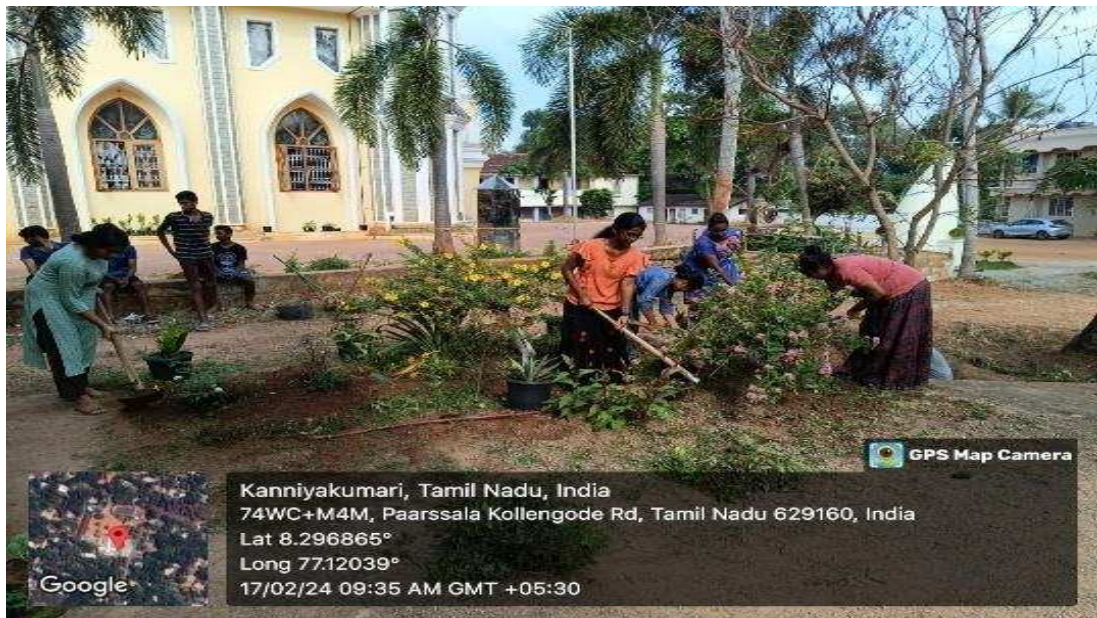
DAY 3 - REPORT

17/02/2024 SATURDAY

PERSONALITY DEVELOPMENT DAY

The third day started with yoga in the morning. The entire campus of St. John of Cross church, Siluvaipuram was cleaned by our volunteers.





After this **Dr. V.C. Prasanth**, HOD& Assistant Professor, Department of History, Lekshmiapuram Arts and Science College, Neiyor gave a talk on the topic Personality Development.





Dignitaries for the evening function:

- Rev. Fr. Dr. M. Eckermens Michael, Secretary, NACCAS
- Mrs. S. Mary Pelsit, HOD, Department of MSW
- Dr. G. Rajesh Babu, HOD, Department of BBA
- Dr. R. Ruben Rajashekar, HOD, Department of English

The evening function started with a prayer song by our volunteers. Miss **Nandhini** of II B.Sc Computer Science welcomed the gathering. Five volunteers shared their experience about the special camp. **Mrs. S. Mary Pelsit** gave a motivational talk to the volunteers.



The session was handed over to **Dr. Rajesh Babu**. He gave a talk and motivated the volunteers. **Mrs. Nandhana** of II B.Sc. Maths delivered the Vote of Thanks. The volunteers provided various cultural events.



Miss R.S Varsha and **Shanuplomin** of II BA English were the master of ceremony. The function came to an end with the National Anthem.



DAY 4 - REPORT

18/02/2024 SUNDAY

MEDICAL CAMP DAY

The fourth day was started with yoga in the morning.



The medical camp conducted in Siluvaipuram Church by the Doctors of the Smart Medical Center Kaliyakavillai. The program started at 10 am with Prayer Song.



The NSS Program Officer **Dr. N. Vinil Kumar** welcomed everyone. **Dr. P. Adlin Jeba** delivered the Presidential Address. Felicitation was given by **Mrs. Reshma Raju**, Assistant Professor of English.



The Chief Guest address was given by **DR. Vimal**, Director of Smart Medical Center Kaliyakavillai and the camp ended by 1pm. More than 200 people were benefitted from this medical camp.



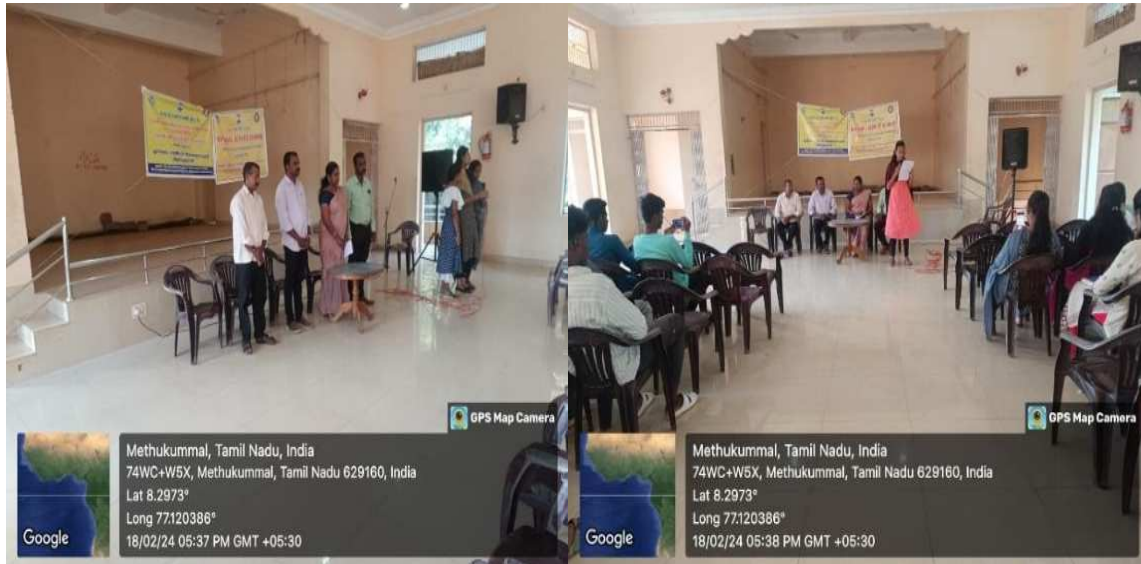


Dignitaries for the evening function:

- Rev. Fr. Dr. M. Eckermens Michael, Secretary, NACCAS
- Dr. M. Amalanathan, Principal, NACCAS
- Mrs. P. Shammy, Assistant Professor, Arunachala College of Arts and Science (Women).
- Mr. Jose, Parish Secretary
- Mr. Christudas, Former Parish Secretary

The evening function started with a prayer song by our NSSVolunteers. Ms. **R.S. Abisha** of II BA English welcomed the gathering. Few Volunteers shared their experience about the special camp.

There was an interactive session with various villagers of different educational, cultural and occupational background. The session was very lively and soul-touching.



The session was handed over to **Mrs. T. Shammy** who with his rhyming and timing words made the function so lively that even the rural people got so involved in her speech. The crowd was constantly applauding for her thought provoking talk on health and hygiene.



Mr. L. Jose delivered an informative speech with real life examples and how the practice of cleanliness must be developed from every home to make India achieve the goal of Clean India.

Mr. K. Christudas felicitated the gathering and appreciated the volunteers for their constant effort and service in the camp.



Abisha. S of II B.A. English delivered the vote of thanks. The volunteers entertained each with various cultural programs.



Miss. Nandana H.M II B.Sc Maths and Mr. P. Pragin II B.Com were the master of ceremony.



Kanniyakumari, Tamil Nadu, India
74WC+M4M, Paarssala Kollengode Rd, Tamil Nadu 629160, India
Lat 8.297013°
Long 77.120404°
18/02/24 06:17 PM GMT +05:30

DAY - 5 = REPORT
19-02-2024 - MONDAY
CLEAN INDIA

The fifth day of the program started with yoga.



The volunteers were to the Government Higher Secondary School, Kollemcode.



There the School Headmaster **Mr. M. Manikandan** welcomed the NSS team and the volunteers cleaned the school ground and the campus.





Dignitaries for the evening function:

- Rev. Fr. Dr. M. Eckermens Michael, Secretary, NACCAS
- Dr. M. Amalanadhan, Principal of NCCAS
- Dr. K. Lucas (HOD & Assistant Professor of Commerce)
- Mrs. Reshma Raju (Assistant Professor of English)

The evening function started with a prayer song by our volunteers.

Mrs. Joshika welcomed the gathering. Few volunteers shared their experience about the special camp.



Rev. Fr. Dr. M. Eckermens Michael delivered the keynote address on how the addiction to liquor and drugs starts, the ill-effects caused physically, mentally and socially and what can be done for de-addiction.



Rev. Fr. R. Ajin felicitated the gathering and appreciated the volunteers for their constant effort and service during the camp.



Dr. M. Amalanathan, Principal delivered a special address for the volunteers and appreciated their cooperation, discipline and hospitality.



Dr. M. Lucas delivered an informative speech with real life examples and how the practice of cleanliness must be developed from every home to make India to achieve the goal of Clean India.



Miss Nandana. H.M delivered the vote of thanks. The volunteers were entertained with various cultural events. **Miss Nandini** of II B.Sc Computer Science and **Mr. V. Sujith** II BBA were the master of the ceremony. The function came to an end with the National Anthem.

DAY - 6 = REPORT

20/02/2024- TUESDAY

VOTERS AWARENESS RALLY

The Sixth day started with the Yoga in the early morning.



The rally organized by our unit. It was based upon the topic “**Voters Awareness**”. This event started with a welcome speech by **Jenisha J, II B.A** English.



The Presidential Address was given by **Rev. Fr. Dr. M. Eckermens Michael. Rev. Fr. R. Ajin** and **Dr. M. Amalanathan**, Principal felicitated the gathering.



The Chief Guest Address was delivered the **Mr. S. Thomas**, Inspector of Police, Kollemcode Police Station. He explained about the importance of every once citizen to vote, followed by him **Mr. Wilson**, Sub Inspector of Police,

Kollemcode advised the volunteers to use helmet while driving and always carry license. He delivered some valid message to NSS Volunteers. Next followed by him **Mr. G. Lawrence**, Physical Director in NACCAS, delivered a speech regarding the importance of voting among the youth. Followed by him all the guest delivered their words of honor. The Pledge taken by all the NSS Volunteers about voting rights.



Miss. Joshika, II BSC Mathematics delivered Vote of Thanks. **Mr. S. Thomas** and **Mr. G. Lawrence** waved the flag and the rally began. The Rally started from Siluvaipuram church and ended in the Kollemcode Junction.





Dignitaries for the grand evening function:

- Rev. Fr. Dr. M. Eckermens Michael, Secretary, NACCAS
- Rev. Fr. R. Ajin
- Dr. M. Amalanadhan, Principal of NCCAS
- Mr. K.C Abhilash Sam Paulstin (HOD & Asst. Prof of Computer Science)
- Dr. R. Shoba Rani (Assistant Professor of Commerce)

The grand evening started with the prayer song by our volunteers. **J.S. Joshika** (II Maths) who welcomed the gathering. **Rev. Fr. Dr. M. Eckermens Michael**, **Rev. Fr. R. Ajin** and **Dr. M. Amalanadhan** felicitated the gathering.



They have been observing the volunteers throughout the camp duration and so they were full of appreciation for their love, dedication, coordination and discipline.



Mrs. Reshma Raju delivered the presidential address. A special address was given by **Mr. K.C Abhilash Sam Paulstin**. He recalled his college days and service in NSS.



Dr. R. Shoba Rani delivered the keynote address. She congratulated the NSS unit as a whole on the successful completion of the first NSS special camp

for the college. She expressed her happiness as we got direct appreciation from the local people.



Dr. N. Vinil Kumar., the NSS Programme Officer delivered the vote of thanks. **Arthy M** and **Dhana Selvam W.B** were the Masters of Ceremony.

After a variety of cultural programmes the function came to an end with the National Anthem.

DAY 7 - REPORT

21/02/2024 - WEDNESDAY

VALEDICTORY DAY

The final day of the camp begins with a yoga session in the morning.



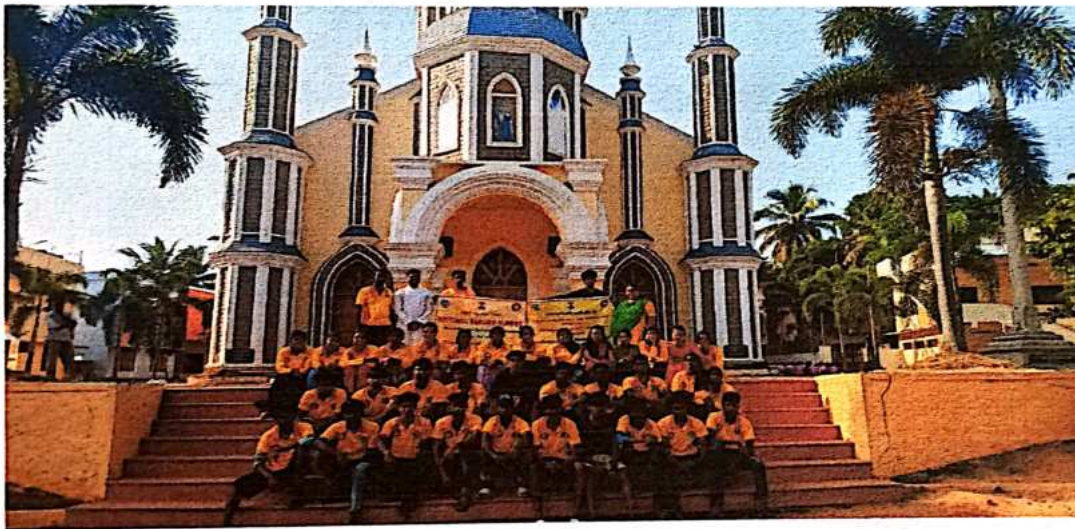
The NSS Volunteers planted and watered many plants in the church campus of Siluvaipuram and they cleaned the place where they stayed.



The Parish Priest **Rev. Fr. R. Ajin** congratulated and motivated the volunteers to continue their service with the same team spirit.



Finally, the camp was to analyze the effectiveness of the special camp. The volunteers and the local people including Rev. Fr. R. Ajin, Mr. M. Jose and Mrs. Rani Stephen gave their feedback. It was very positive and motivating as it was the special camp for our NSS unit. They also gave suggestions like giving more entertainment programmes during the evenings in the future camps.



The Volunteers shared their experience with joy and then departed to Kaliyakkavilai bus stand to go back to their respective homes.


Dr. M. Amalanathan, M.Sc., M.Phil., Ph.D
PRINCIPAL
Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153


Programme Officer,
NSS UNIT No : 147
NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
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Senior Consultant Paediatrician



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Consultant Neurologist



Dr. ANUBHAV
MBBS, MS (GEN SURGERY)
Consultant Laproscopic Surgeon



Dr. SIDDHARTH RAVEENDRAN
MBBS, MS (Ortho), PhD
Consultant Orthopaedic Surgeon



Dr. NISHY NATHAN
MBBS, MD (GEN MED),
DNB (NEPHROLOGY)
Consultant Nephrologist



Dr. VIMAL
MPT (Ortho), PhD
Consultant Ortho
Physical Therapist



Dr. JITHU VINCENT
MBBS, MS (ENT), ORNENT (ENT),
MRACENT)
Consultant Head &
Neck Surgeon



Dr. SUSANMA EBENEZER
MBBS, DDVL
Consultant Dermatologist



Dr. EBENEZER E J DEV
MBBS, MS (Neuro)
Senior Consultant Neuro Surgery



Dr. CHELLA KANNAN
MBBS, MS (GEN SUR), MCh (Uro)
Consultant Urologist



Dr. SRINIVASA KUMAR
D.S.C (PC), Post Doc, PhD MD
Consultant Medical Research



Dr. NIGITH
MPT (Neuro), PhD
Consultant Neuro
Physical Therapist



Dr. D.A. SAKI
MPT (Cardio), FCR, MBA, PhD
Consultant Cardio Resp.
Physical Therapist



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BEST MOMENTS

















REPORT ON
**“CANCER AWARENESS AND RESOURCE
MOBILIZATION PROGRAMME”**

**NANJIL CATHOLIC COLLEGE OF ARTS AND
SCIENCE, KALIYAKKAVILAI**

**DEPARTMENT OF SOCIAL WORK
AND
MARTHANDAM INTEGRATED DEVELOPMENT SOCIETY
Jointly Organize.**

**CANCER AWARENESS
AND
RESOURCE MOBILIZATION
PROGRAMME**

04_02_2024

**Sunday , 3.00PM
Place: Kaliyakkavilai**



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE, KALIYAKKAVILAI

DEPARTMENT OF SOCIAL WORK

AND

MARTHANDAM INTEGRATED DEVELOPMENT SOCIETY

JOINTLY ORGANIZE

CANCER AWARENESS AND RESOURCE MOBILIZATION PROGRAMME

Date:04/02/2024

Time:3.00PM

Place:Kaliyakkavilai

Programme Schedule

- Prayer Song : Anu.P.S
(I MSW)
- Welcome Address : Delphin.B.P
(II MSW)
- Inauguration : Rev. Fr. Dr. Jerome C
(Director,MIDS)
- Felicitation : Mrs.S.Mary Pelsit
(Head of Social Work Department , Nanjil Catholic College Of Arts & Science)
- Introductory Speech : Sithara Raveendran
(I MSW)
- Flash Mob : I and II MSW Students
- Pledge
- Resource Mobilization : I and II MSW Students
- Vote of Thanks : Rosy.V (I MSW)

Introduction:

Community Organization is the process of bringing people together within a community to work towards common goal or address a shared concern. As part of the concurrent field work, the trainee conducted community organization programme on Cancer Awareness and Resource Mobilization.

Aim:

“Close The Care Gap”

Objectives:

- To create cancer awareness among people.
- To mobilize resources for helping the cancer patients.
- To raise awareness about available services for cancer patients.
- To increase public awareness about cancer, its risk factors and preventive measures.

Planning of the programme:

The trainee discussed with the agency guide about the topic and assortment of place for the community organization programme. The agency guide directed the trainee to choose Kaliyakkavilai for the programme and the topic was Cancer Awareness and Resource Mobilization Programme. The trainee also referred with the social work department faculty guide Mrs. S. Mary Pelsit about the community organization program. In view of their proposition, the trainee met Mr.Shabin in the agency and discussed it with him and also he gave some ideas about the programme.

Selection of the topic:

Existing knowledge says that ionizing radiation can cause cancer. In Kanyakumari district, there is many people were affected by the diverse type of cancer. The trainee found that many people in the village have cancer, both men and women of all ages. Increasing cancer awareness in that area could help to reduce health inequalities and improve cancer outcomes. Based on that, the trainee chosen the topic. And also the trainee discussed it with the agency guide, along

with the guidance of the agency guide the trainee decided to organize “Cancer awareness and resource mobilization programme” in Kaliyakkavilai.

Approval of the Programme:

After the trainee planned the community organization program, the trainee gave the proposal to the faculty guide Mrs. S. Mary Pelsit for the approval of the program. The trainee received approval from the faculty guide for the community organization program.

Preparation for the programme:

The trainee prepared the programme schedule, invitation, pamphlets, banner and all the necessary needs for the programme. The trainee got permission from Padanthalumoodu Transport Office with the help of MIDS staff to conduct awareness program in Kaliyakkavilai bus stand. And also, the trainee coordinated the trainees to practice flash mob. The trainee invited college secretary, principal, all department staffs and the social work trainees. They agreed to participate in the programme.

Number of Participants

About eighteen MSW trainees from Nanjil Catholic College , two staffs from the college and the director of MIDS participated in that Cancer awareness and resource mobilization programme.

Program Execution

The program started at 3.00 pm with a brief prayer Anu.P.S , I MSW. Delphin.B.P,II MSW delivered the welcome address. After the director of MIDS Rev.Fr.Dr.Jerome C inaugurated the event and gave an orientation about cancer and how to prevent from the wrath of cancer. Then first year MSW student Sithara Raveendran delivered the introductory speech about the program. Mrs. S. Mary Pelsit, Head of Social work Department,Nanjil Catholic College Of Arts and Science gave felicitation.

After that the social work trainees of performed a flash mob on cancer awareness.The people watched this performance. Afterwards participants took the pledge on eradicate the cancer.

Following this, the trainees were divided into six groups to mobilize money for helping the cancer patients.The trainees went to six different sides of the area and collected money from

nearby shops and distributed pamphlets to the public. During this resource mobilization, some people positively responded and some people negatively responded to the trainees.

After mobilization over, the trainees assembled in Kaliyakkavilai church and the social work trainee collected the money from the trainees which they collected from the public and nearby shops. Following this, first year MSW trainee Rosy.v proposed vote of thanks. The program was concluded at 4.30pm. Then the staff and trainees had small refreshment and returned to their homes.

Skills Required

To effectively implement the community organization program, the trainee needs the following skills:

1. Planning Skill:

Ability to create effective plans to achieve program objectives.

2. Communication Skill:

Essential for building rapport with higher authorities and target audiences.

3. Mobilization Skill:

Ability to gather resources from various sources to support program implementation.

4. Organizational Skill:

Necessary for coordinating activities and ensuring smooth implementation of the program.

Learning:

- The trainee learned to organize the awareness program.
- The trainee learned to communicate with public people.
- The trainee learned to mobilize and utilize the resources.
- The trainee learned to apply the theory into practical.

Budget

S.No	Expenditure		Amount
1	Flex	1*400	Rs.400
2	Program Schedule	3* 10	Rs.30
3	Invitation	25* 10	Rs.250
4	Tea and Snacks		Rs.350
5	News Paper publishing		Rs.500
		Total	Rs.1530

Evaluation

The program has created awareness among the participants and the public people. The trainee was satisfied with the programme. The trainee got appreciation from the staffs and the agency guide. While mobilizing the resources for helping the cancer patients the trainee got some positive and negative responses from the people.

Outcome

The participants increased their understanding of cancer and its implications. They will identify available resources and support systems for cancer patients and their families.

Feedback

The participants told that the program was useful for them. While mobilizing the resources for helping the cancer patients, the public people told that it is a good initiative.

Conclusion:

The program helped the trainee to learn a lot about organizing and working with communities. The trainee got to put the classroom knowledge into practice, understand what the community needs, and do social work. The positive and negative feedback also mould the trainee to be a good social worker.

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ANNEXURE





களியக்காவிளையில் - புற்றுநோய் விழிப்புணர்வு மற்றும் நிதி திரட்டல் நிகழ்ச்சி



நாகர்கோவில், பிப். 9
நாளுக்குள் கத்
தேரலீக்கக் கலை மற்றும்
அறிவியல் கல்லூரி
சமூகப் பணித்துறை
மற்றும் குழித்துறை
மிட்ஸ் நிறுவனம்
இணைந்து புற்றுநோய்
விழிப்புணர்வு மற்றும்
நிதி திரட்டல் நிகழ்ச்சி
களியக்காவிளையில்
நடைபெற்றது. மிட்ஸ்
நிறுவனத்தின் இயக்குனர்
அருட்தந்தை ஜெரோம்
நிகழ்ச்சியை தொடங்கி
வைத்து, புற்றுநோய்
ஏற்படுவதற்கான
காரணங்கள் மற்றும்
புற்று நோயின்
பாதிப்புகள் குறித்தும்

பேசினார்.
கல்லூரி சமூகப்
பணித்துறை தலைவி
மேரி பெல்சிட் வாழ்த்
துரை வழங்கினார்.
சமூகப் பணித்துறை
மாணவி லெட்கமி
சந்தோசு அறிமுக
உரை நிகழ்த்தினார்.
இந் நிகழ்ச்சியில்
மாணவர்கள் திடீர்
நடனம் ஆடி
பேருந்து நிலையத்தில்
இருந்தவர்களிடம்
விழிப்புணர்வு
ஏற்படுத்தினர். பின்னர்
புற்றுநோய் ஒழிப்பு
பற்றிய உறுதிமொழி
அனைவராலும் ஏற்கப்
பட்டது.



அதன் பின்
மாணவர்கள் ஒவ்வொரு
குழுக்களாகப் பிரிந்து
புற்றுநோயால் பாதிக்கப்
பட்டவர்களுக்கு உதவி
செய்ய நிதி திரட்டு
வதற்காக சென்றனர்.
ஒவ்வொருவருக்கும்
புற்றுநோய் விழிப்புணர்வு
பற்றிய சிற்பேடு
 வழங்கப்பட்டது. மேலும்
இந்நிகழ்ச்சியை கல்லூரி
சமூகப் பணித்துறை
முதலாமாண்டு
மாணவி ஜெனிபா
ஒருங்கிணைத்திருந்தார்.
இறுதியில்
சமூகப் பணித்துறை
மாணவி நோசி நன்றி
கூறினார்.

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REPORT ON
“AWARENESS CLASS ON BEYOND JUST SAY
NO:EMPOWERING PARENTS TO SUPPORT
HEALTHY CHOICES IN THEIR TEENS”



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYAKKAVILA
DEPARTMENT OF SOCIAL WORK

&

PARASSALA GRAMAPANCHAYATH

Jointly Organise
AWARENESS CLASS
Beyond just say No: Empowering
parents to support Healthy
choices in their Teens

Inauguration: Mrs. Maya T S (Inchivila Ward Member)
Resource Person: Mr. Sasi (Excise Officer Amaravila)

Date: 19/02/2024
Time: 2:30 pm

Place: Inchivila



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE, KALIYAKKAVILAI

DEPARTMENT OF SOCIAL WORK

&

AMBOORI GRAMA PANCHAYATH

JOINTLY ORGANIZE

Awareness Class On

**Awareness Class (community organization) on Beyond just say No: Empowering
parents to support Healthy choices in their Teens**

Date: 19/02/2024

Time: 2.30pm

Place: Inchivila

Programme Schedule

Welcome Address	:	Mrs. Sithara Raveendran (1 MSW, NACCAS, Kaliyakkavilai)
Presidential Address	:	Mrs. S. Mary Pelsit (HOD, Department of Social Work, NACCAS, Kaliyakkavilai)
Inaguration & Inagural Address	:	Mrs. Maya T. S. (Inchivila Ward Member Parassala GramaPanchayath)

Chief Guest / Resource	:	V. Sasi (Preventive Officer, Dept. of Excise, Govt. of Kerala)
Person		
Felicitation	:	Ms. Seethu Vijayan (Asst. Prof, Department of Social Work, NACCAS, Kaliyakkavilai) Mrs. Jeba Cristy (Asst. Prof, Department of Social Work, NACCAS, Kaliyakkavilai)
Vote of Thanks	:	Mr. Lijin Chandran C. L. (1 MSW, NACCAS, Kaliyakkavilai)

INTRODUCTION

Adolescence is a difficult time for young people. During those years, they face physical changes, peer pressure, curiosity towards drugs, alcohol, and sexual relationships, and increased expectations as well as scrutiny from parents, teachers and society. So teenage parenting is the most difficult stage in the whole parenting journey. Teenager craves independence. The level of space parents should give their teens when it comes to decision-making depends on the individual teen, their maturity level, and the specific decision at hand. It is a process that requires ongoing communication, trust-building, and adapting to the changing needs of the teenager as they transition into adulthood. Implementing decisions of parents on teenagers may lead to detrimental effects on the future of children. Unfortunately, many parents ignore the independency of their children even though the child is matured enough. So when it comes to decision-making, it's important for parents to strike a balance between providing guidance and giving space to their teens.

NEED OF THE TRAINING PROGRAMME

The teen years pose some of the most difficult challenges for families. Teenagers, dealing with hormone changes may feel angry, alone, and confused while facing complicated issues about identity, peers, sexual behavior, drinking, and drugs.

**REPORT ON
“ELECTORAL AWARENESS
PROGRAMME”**

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,
KALIYAKKAVILAI

DEPARTMENT OF SOCIAL WORK
AND
KANYAKUMARI SOCIAL SERVICE SOCIETY

JOINTLY ORGANIZE

**ELECTORAL
AWARENESS
PROGRAMME**

VOTING IS A CIVIC SACRAMENT
23-02-2024

FRIDAY, 10:00 AM
MANGARAI



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE, KALIYAKKAVILAI

DEPARTMENT OF SOCIAL WORK

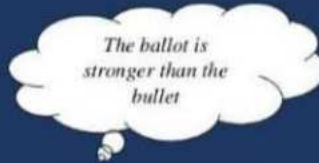
AND

KANNIYAKUMARI SOCIAL SERVICE SOCIETY

JOINTLY ORGANISE

ELECTORAL AWARENESS PROGRAMME

23/02/2024
10:00 am



FRIDAY
Mangarai

Programme Schedule

Invocation	:	Anu Jeas (<i>IMSW</i>)
Welcome Address	:	Jerald Stephen (<i>IMSW</i>)
Inauguration	:	Fr. Thomas Poovathummoottil (<i>Director of Kanyakumari Social Service Society</i>)
Felicitation	:	Mrs S. Mary Pelsit (<i>Head of Social Work Department, Nanjil Catholic College of Arts & Science</i>)
Chief Guest Address	:	Adv.A.Antush Jerome (<i>NMBC Volunteer, Social Welfare Department, Marthandam</i>)
Pledge	:	Anu Jeas (<i>IMSW</i>)
Vote of Thanks	:	A. Antony Muthu (<i>IMSW</i>)

Introduction:

Community Organization is the process of bringing people together within a community to work towards common goal or address a shared concern. As part of the concurrent field work, the trainee conducted Community Organization Programme on *Electoral Awareness*.

Aim:

“No Voter to Be Left Behind”

Objectives:

- To persuade people who lack access to the vote for variety of reasons including poverty, illiteracy and intimidation.
- To educate the people about Suffrage.
- To impart knowledge on Voting procedure.

Planning of the Programme:

The trainee discussed with Kanniyakumari Social Service Society (KSSS) about the topic and assortment of place for the Community Organization Programme. The agency guide directed the trainee to choose Mangarai for the programme and the topic was Electoral Awareness Programme. The trainee also referred with the Social Work Department Faculty Guide Mrs.S.Mary Pelsit about the Community Organization Programme. In view of their proposition, the trainee met in the agency and discussed it with him and also he gave some ideas about the programme.

Selection of the Topic:

Election is the process through which people can express their political opinion. The election is certainly a vital pillar of democracy. Voting is an essential duty of each citizen of India. The trainee found that many people in the village lack awareness on election. Increasing Electoral Awareness could help to make the people realise the importance of voting. Based on that the trainee decided to choose that topic. The trainee discussed it with the guide and with the guidance of the guide, decided to organize Electoral Awareness Programme in Mangarai.

Approval of the Programme:

After the trainee planned the Community Organization Program, the trainee gave the proposal to the faculty guide Mrs. S. Mary Pelsit for the approval of the program. The trainee received approval from the Faculty Guide for the Community Organization Programme.

Preparation for the Programme:

The trainee prepared the programme schedule, invitation, pamphlets, banner and all the necessary needs for the programme. The trainee got permission from Rev. Fr. Jothi Sebastin, Parish Priest of Mangarai with the help of KSSS to conduct awareness program in Mangarai. And also, the trainee coordinated the people to take oath on election. The trainee invited college Secretary, Principal, all department staff and the social work trainees. They agreed to participate in the programme.

Number of Participants

About eighteen MSW trainees from Nanjil Catholic College, two staff from the College and the Director of KSSS participated in that Electoral Awareness Programme.

Program Execution

The program started at 10:00 am with a brief prayer by Anu Jeas, I MSW. Jerald Stephen, I MSW delivered the welcome address. The Director of KSSS, Rev. Fr. Thomas Poovathummoottil inaugurated the event and gave an orientation about Election and the importance. Mrs. S. Mary Pelsit, Head of Social work Department, Nanjil Catholic College Of Arts and Science gave felicitation. Chief Guest Address was given by Adv. A. Antush Jerome (NMBC Volunteer, Social Welfare Department, Marthandam). Afterwards participants took the pledge on voting in the election.

During this awareness programme, some people positively responded and some people negatively responded to the trainees. Following this, first year MSW trainee A. Antony Muthu proposed vote of thanks. The program was concluded at 1.30pm. Then the staff, trainees and the people gathered there had small refreshment and returned to their homes.

Parents may be frustrated and angry that the teen seems to no longer respond to parental authority. Methods of discipline that worked well in earlier years may no longer have an effect and parents may feel frightened and helpless about the choices their teen is making. If a parent is resorting to hitting or other violent behavior in an attempt to maintain discipline, this is a strong danger sign. So proper training for parents to handle their children in teenage is very important.

PLANNING

The trainee discussed with the Incharge ward member Smt. Maya T. S. and the natives. Based on the suggestion the trainee decided to conduct an awareness program on parenting in the concerned area. The trainee decided to have an officer from excise department as the resource person and a request was submitted to the excise department as the initial step and Mr. Sasi V. (Preventive Officer) was allotted as the resource person which was accepted by the faculty advisor. The trainee prepared budget for the programme.

SELECTION OF THE TOPIC

In the discussion the natives shared the need of parental training especially for handling their teens in this current scenario of increased drug abuse among children. The trainee also felt the topic as relevant and decided to conduct an awareness program in the topic " Beyond just say No: Empowering parents to support Healthy choices in their Teens.

AIM

To create a responsible future generation through proper and guided parental support in their teenage thereby creating a passionate and determined young generation.

OBJECTIVES

At the end of the training the trainees should be able to describe the following objectives.

- To create awareness on importance of good parenting especially at teenage which helps in developing normal behavior aspects in the children throughout their life.
- To create awareness about the prevailing social crises like drug abuse, alcohol addiction etc. among the schooling going children and measures to protect the children from such hazards.
- To create awareness among the parents about the detrimental effects of toxic parenting and its effects on children
- To provide proper guidance to parents for understanding the behavioral changes and danger signs shown by their children during teenage.
- To create awareness about the importance of counselling and medical support in case of any reckless behavior and addiction among the teenagers.
- To create awareness on the punishment against use of illegal drugs and further consequences.

CURRICULUM

- ❖ Basic information on good parenting.
- ❖ Adverse effect of toxic parenting.
- ❖ Important of teenage and parental support.
- ❖ Teenagers and curiosity towards drug abuse and other social evils.
- ❖ Need of acceptance between parents and children.
- ❖ Pros and cons of mobile phone usage and other modern communication techniques among teenagers and monitoring of parents.
- ❖ Methods to understand the danger signs shown by teenagers.
- ❖ Need of counseling in case of any addiction.
- ❖ Punishments given to illegal activities.

METHODOLOGY USED

Lecture cum discussion

NUMBER OF PARTICIPANTS

About 38 number of people, Ward member of Inchivila and 6 MSW students from Nanjil Catholic College of Arts and Science, Kaliykkavilai had participated in the awareness programme. (Participants list was enclosed in Annexure)

PROGRAMME EXECUTION

The programme was started at 2.30 pm with prayer song which was followed by welcome address by Lijin Chandran C.L. (1st MSW Student, NCCAS) and Inaugural address by Mrs. Maya T.S. (Inchivila Ward Member). In the inaugural address the ward member shows her gratitude towards the trainee and the college for conducting an awareness programme in her ward. She pointed out the relevance of this awareness programme at prevailing social conditions. After the inaugural address the resource person Mr. Sasi V. began the session in the topic “Beyond just say No: Empowering parents to support Healthy choices in their Teens”

In the session initially the resource person pointed out the evolution of drug abuse in our teenagers starting from tobacco to MDMA. Then he explained adverse effect of such substances in the body both physically and mentally and also the behavioral aspects like reckless behavior and vandalism among the users. Further he shared his official experiences regarding the increased use of drugs among the teenagers and its consequences. Then he provided certain tips to the parents to monitor their children periodically to keep them away from drugs and other substances. He also pointed out the increased use of mobile phones among the teenagers and its good and bad effect. Finally, he described the importance of counseling in case any addiction among the children and explained the legal consequence and punishments regarding the drug abuse.

After the session Felicitation was given by Mrs. S. Mary Pelsit (HOD, Dept. of MSW, NCCAS) felicitated the programme and showed her gratitude the ward member and resource person. Also she felicitated the trainee for arranging a successful community organization. She told that the programme was relevant in this social environment and would help the participants to develop a new insight on the topic. Following this felicitation was given by Ms. Seethu Vijayan (Assistant Professor, Dept. of MSW,

NCCAS) and Mrs. Jeba Cristy J. (Assistant Professor, Dept. of MSW, NCCAS). A momentum was given to the resource person in the presence of Mrs. Maya T.S. (Inchivila Ward Member) and Mrs. S. Mary Pelsit (HOD, Dept. of MSW, NCCAS). Finally, Mrs. Sithara Raveendran extended vote of thanks and the programme ended at 5.00 p.m.

SKILLS REQUIRED

1. Skill in planning

Planning will guide one's actions to be effective. To achieve the objectives of the training programme the trainee required skill in planning.

2. Communication skill

Communication is the soul of any programme organization. To build good rapport with the higher authorities and the target people good communication is essential.

3. Skill in mobilization

Resource mobilization is one of the basic skills for implementing any programme. So the trainee mobilized the resources from others for implementing the programme successfully.

4. Skill in organization

To implement the planned coordination of the activities, the social work trainee required skill in organization.

LEARNING

At the end of the training the trainee learned the following skills,

- Planning skill
- Organizing skill
- Evaluating skill
- Resource mobilizing skill
- Communication skill

- The trainee learned to maintain schedule
- The trainee learned to organize the programme based on the theme.
- The trainee learned to utilize the skill of others.
- The trainee got more clarifications about good parenting
- The trainee came to know the importance of counseling among the teenagers.

EVALUATION OF THE PROGRAMME

The awareness program on parenting the teens had gained appreciation from the participants, ward member & faculties. The program had proceeded as per the schedule without much obstacles. Participation of the beneficiaries was also up to the expectation. The ward member and natives were very happy to attend the awareness program in their place itself as the place is on the outskirts of town. The participants were able to understand many parenting tips from the session. The cooperation from the authority and natives had led to the success of the program and the trainee was satisfied in organizing the awareness program.

OUTCOME

The participants realized the difference between good parenting and toxic parenting. Also they gained knowledge about the handling of teenagers and the importance of counselling in that age if the situation demands. They came to know about the need of such awareness programs also.

BUDGET

SL NO.	REQUIRED ITEMS	AMOUNT
1	Banner (2''X4'')	300
2	Programme schedule	10
3	Notice & Presentation	900
4	Refreshment(25x60persons)	1500
Grand Total		2710

CONCLUSION

Good parenting means taking responsibility to understand the needs of children and provide them with attention and care. This awareness class will help the parents to understand the teen problems and methods to handle such situations. Toxic parenting mostly comes from unawareness about the teen psychology. The tips explained in the session would help the participants to tackle this condition. Also, the program helped the trainee to upgrade his organization skill, communication skill and planning skill.

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ANNEXURE



ബോധവൽക്കരണ ക്ലാസ് സംഘടിപ്പിച്ചു

തിരുവനന്തപുരം

പാറശ്ശാല ഗ്രാമപഞ്ചായത്തും, നാഞ്ചിൽ കാത്തോലിക് കോളജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് കളിയിക്കാവിലയിലെ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി സംഘടിപ്പിച്ച ബോധവൽക്കരണ ക്ലാസ്സു സോഷ്യൽ വർക്ക് ട്രെയിനി ശ്രീ ലിജിൻ ചന്ദ്രൻ അധ്യക്ഷത വഹിച്ച പരിപാടിയിൽ ഇഞ്ചിവിള വാർഡ് മെമ്പർ ശ്രീമതി റ്റി. എസ്. മായ ഉദ്ഘാടനം നിർവഹിച്ചു. അമരവിള എക്സൈസ് ഓഫീസിലെ പ്രവെന്റിവ് ഓഫീസർ ശ്രീ. വി. ശശി "ലഹരിവസ്തുക്കളുടെ ദുരുപയോഗവും കൗമാരത്തിലെ പരേന്ദിത്തം" എന്ന വിഷയത്തെ കുറിച്ച് ക്ലാസ്സ് എടുത്തു. നാഞ്ചിൽ കാത്തോലിക് കോളജിലെ അസിസ്റ്റന്റ് ട്രിപ്പാഫസർമാരായ ശ്രീമതി. മേരി പെൽസിട്, കുമാരി. സീതു വിജയൻ, ശ്രീമതി. ജബ ക്രിസ്റ്റി എന്നിവർ പങ്കെടുത്തു.



പാറശ്ശാല ഗ്രാമപഞ്ചായത്തും, എലിശോറിംഗ് നാഞ്ചിൽ കാത്തോലിക് കോളജ് സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി ഹാജർമാർക്ക് സോഷ്യൽ വർക്ക് ട്രെയിനി ശ്രീ ലിജിൻ ചന്ദ്രൻ അധ്യക്ഷത വഹിച്ച പരിപാടിയിൽ ഇഞ്ചിവിള വാർഡ് മെമ്പർ ശ്രീമതി റ്റി. എസ്. മായ ഉദ്ഘാടനം നിർവഹിച്ചു.

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Skills Required

To effectively implement the Community rganization Programme, the trainee needs the following skills:

1. Planning Skill:

Ability to create effective plans to achieve program objectives.

2. Communication Skill:

Essential for building rapport with higher authorities and target audiences.

3. Mobilization Skill:

Ability to gather resources from various sources to support program implementation.

4. Organizational Skill:

Necessary for coordinating activities and ensuring smooth implementation of the programme.

Learning:

- The trainee learned to organize the awareness program.
- The trainee learned to communicate with public.
- The trainee learned to mobilize and utilize the resources.
- The trainee learned to apply the theory into practical.

Budget

S.No	Expenditure		Amount
1	Flex		350
2	Program Schedule	3* 10	30
3	Invitation	25* 10	250
4	Bites	30*10.5	350
5	TA (Chief Guest)		1000
		Total	1980

Evaluation

The program has created awareness among the participants and the public. The trainee was satisfied with the programme. The trainee got appreciation from the staff and the agency guide. While mobilizing the importance of voting the trainee got some positive and negative responses from the people.

Outcome

The participants increased their understanding on election process. They will emerge other people about the need of voting for the right candidate.

Conclusion:

The program helped the trainee to learn a lot about organizing and working with communities. The trainee got to put the classroom knowledge into practice, understand what the community needs, and do social work. The positive and negative feedback also moulded the trainee to be a good social worker.


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ANNEXURE



மாங்கரையில்

தேர்தல் விழிப்புணர்வு நிகழ்ச்சி

நாகர்கோவில் மார்ச்.2.

நாஞ்சில் கத்தோலிக்க கலை மற்றும் அறிவியல் கல்லூரி சமூகப் பணி துறையும், கன்னியாகுமரி சமூக சேவை சங்கமும் இணைந்து நடத்திய தேர்தல் விழிப்புணர்வு நிகழ்ச்சி கிள்ளியூர் பஞ்சாயத்துக்கு உட்பட்ட மாங்கரையில் நடைபெற்றது.

இதில் கன்னியாகுமரி சமூக சேவை சங்கத்தில் பணியாற்றும் சுஜிலெட்சுமி நிகழ்ச்சியை தொடங்கி வைத்து நாம் நல்ல நபர்களுக்கு வாக்களித்தால் மட்டுமே நல்ல தலைமை உருவாகும் என்பதை விளக்கி கூறினார். அதன்பின் கல்லூரி சமூகப் பணித்துறையின் பேராசிரியையும்



ஜே.சி.ஐ-யின் உறுப்பினருமான ஜெபாகிறிஸ்டு அறிமுக உரையாற்றினார்.

தொடர்ந்து இந்நிகழ்ச்சிக்கு தலைமை தாங்கிய வழக்கறிஞரும், ஜே.சி.ஐ களியக்காவிளை அமைப்பின் பொறுப்பாளருமான ஆன்துஸ்ஜெரோம் வாக்களிப்பதன் முக்கியத்துவத்தையும், நமது உரிமை. கடமை.

மற்றும் பொறுப்புணர்வு பற்றியும் விளக்கி உரையாற்றினார். அதன்பிறகு மருத்துவரும், ஜே.சி.ஐ களியக்காவிளை அமைப்பின் தலைவருமான ஜெனீரா பெண்களின் நலன்குறித்து தெளிவாக உரையாற்றினார். பின்னர் தேர்தல் விழிப்புணர்வு பற்றிய உறுதிமொழி அனைவராலும் ஏற்கப்பட்டது.

இந்நிகழ்ச்சியை கல்லூரி சமூகப்பணித்துறை முதலாமாண்டு மாணவர் அந்தோனிமுத்து ஒருங்கிணைத்து இறுதியில் அனைவருக்கும் பொன்னாடைப் போர்த்தி நன்றி கூறினார்.


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REPORT ON
"EYE CAMP"

NANJIL CATHOLIC COLLEGE OF ARTS AND
SCIENCE, KALIYAKKAVILAI

DEPARTMENT OF SOCIAL WORK
AND
KANYAKUMARI SOCIAL SERVICE SOCIETY
JOINTLY ORGANIZE

Eye Camp

Date:27/02/2024
Day: Tuesday

Time:10 am
Place: Christhurajapuram



**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,
KALIYAKKAVILAI**

DEPARTMENT OF SOCIAL WORK

AND

KANYAKUMARI SOCIAL SERVICE SOCIETY

JOINTLY ORGANIZE

EYE CAMP

Date:27/02/2024

Day :Tuesday

Time:10.00 AM

Place:Christhurajapuram

Programme Schedule

Prayer Song	:	Anu P.S (I MSW)
Welcome Address	:	Antony Muthu (I MSW)
Inauguration	:	Fr.Thomas Sebastin (Director of KKSSS)
Felicitation	:	Mrs.S.Mary Pelsit (Head of Social Work Department , Nanjil Catholic College of Arts & Science)
Procedure	:	Mr.Ahilan (Vasan eye care,P.R.O)
Vote of Thanks	:	Jerald Stephen A (I MSW)

Introduction

A community organization program aims to empower and mobilize members of a community to address common issues, foster social cohesion, and promote positive change. These programs often involve collaborative efforts, grassroots initiatives, and capacity-building activities tailored to the needs and aspirations of the community. So the trainee conducted eye camp as community organization program.

Aim

“Promote eye health in community”.

Objectives

- To provide free or affordable eye care services to underserved populations.
- To conduct screenings and identify common eye conditions and diseases.
- To offer diagnostic tests to assess vision health.
- To provide treatment options for identified eye problems.
- To educate community members about the importance of eye health and preventive measures.
- To identify people with cataract and provide them with necessary treatment.

Planning of the program

The trainee discussed with the agency guide Sr. Merin Rose about conducting eye camp as community organization programme. She gave permission to conduct eye camp and also she instructed the trainee to choose Christurajapuram for conducting the program. Subsequently, the trainee informed it with social work department faculty guide Mrs. S. Mary Pelsit about the community organization programme.

In view of their proposition, the trainee went to Christurajapuram, met Fr. Jommy and got permission to conduct community organization programme. He also gave permission to conduct community organization programme at Christuraja Church Auditorium.

Selection of the topic

Cataract is the major cause of blindness. In the present scenario many of them are affected with vision problems due to the over use of mobile phones, including children to elders. During the visit to Christurajapuram, the trainee found that eye camp is felt need of that area. So the social work trainee decided to conduct eye camp in Christurajapuram.

Approval of the programme

After that trainee planned to conduct eye camp, the trainee gave the proposal to faculty guide Mrs. S. Mary Pelsit for the approval of the eye camp. Then the trainee got approval from the faculty guide for conducting eye camp as community organization programme.

Preparation of the programme

The trainee prepared the programme schedule, invitation, banner, notice, budget for the programme. After that the trainee invited college secretary, principal, all department staffs and the social work trainees to the eye camp as well as distributed the notices to the community peoples to invite them in that programme. Also got permission from Fr. Jommy for conducting the program in his church auditorium.

Number of participants

About thirty three self help group members in Christurajapuram, eleven students from Jaya Matha matriculation school, two staffs from the college, assistant director of KKSSS, priest from christurajapuram parish, three staffs from KKSSS, six technicians from Vasani Eye Care were participated in the eye camp.

Programme execution

The program began at 11.30am with a prayer song by Anu.P.S , I MSW. Followed that Antony Muthu, I MSW delivered the welcome address. Afterwards, the assistant director of kanyakumari social service society Rev.Fr.Ajin.C.Raj inaugurated the event by lighting the 'lamp' with all the guest of honours. Then he gave an orientation about eye care and the cause of vision problems.

Followed that, Mrs. S. Mary Pelsit, Head of Social work Department, Nanjil Catholic College of Arts and Science gave felicitation in the program. After that Mr. Ahilan, PRO of Vasani Eye

Care Hospital, Nagercoil instructed the participants about eye checkup and the procedure of the program.

Followed that the technicians of Vasani Eye Care Hospital were conducted free eye checkups for all participants. During this some of the participants were got cataract advice, some of them got glass prescription and some of them got normal eye checkup.

After the completion of eye checkups, the program was concluded with vote of thanks by Jerald Stephen.A, I MSW. Eye Camp was wind up at 2.30pm.

Skills Required

The following skills are required for conducting community organization programme:

1. Planning Skill:

Ability to set plans to reach program objectives.

2. Communication Skill:

To build a rapport with higher authorities and target people.

3. Mobilization Skill:

Ability to gather and utilize the resources from various sources to support program execution.

4. Organizational Skill:

The ability to manage different elements and resources effectively.

Learning

- The trainee learned and organize the community organization programme.
- The trainee learned to communicate with the community people .
- The trainee learned to collaborate with the healthcare professionals, local authorities and community members and execute the eye camp.
- The trainee learned to plan for event, resource mobilization for conducting the eye camp.
- The trainee learned to apply the theory into practical.

- The trainee learned the importance of involving the community in every step of the program it to be successful.

Budget

S.NO	EXPENDITURE		AMOUNT
1	BANNER	1*300	Rs.300
2	PROGRAMME SCHEDULE	10*3	Rs.30
3	INVITATION	20*10	Rs.200
4	NOTICE	30*1	Rs.30
5	LUNCH	50*6	Rs.300
		TOTAL	Rs.860

Evaluation

The program was satisfied to the trainee. Due to the late coming of technicians from the hospital, the trainee started the programme an hour late. The trainee got appreciation from the staffs and the agency guide. The program has helped the participants to get free eye checkup and the participants got the knowledge about causes of vision problems.

Outcome

The participants increased access to eye care services for underserved communities. They improved the vision of individuals through distribution of eyeglasses or referral for treatment of eye conditions. They raised awareness about eye health and the importance of regular eye check-ups.

Feedback

The participants told that attending the eye camp was very beneficial for the community. The technicians were professional and took time to thoroughly check the eyes of the people. However, they were very late for the programme this led to many participants leave the eye camp

Conclusion

The program helped the trainee to learn a lot about organizing. The social Work trainee was also benefited in developing personal qualities such as leadership, organizing skills, communication, event management and financial management.


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Annexure





2 7.3.2024

NAGERCOIL

கிறிஸ்துராஜபுரத்தில் - இலவச கண் பரிசோதனை முகாம்



நாகர்கோவில்..மார்ச் 7

நாஞ்சில் கத்தோலிக்கக் கலை மற்றும் அறிவியல் கல்லூரி, சமூகப்பணித்துறை, கன்னியாகுமரி சமூக சேவை சங்கம் மற்றும் நாகர்கோவில் வாசன் ஐகேர் கண் மருத்துவமனை இணைந்து இலவச கண் பரிசோதனை முகாம் கிறிஸ்துராஜபுரத்தில் நடைபெற்றது. இறைவனக்கத்துடன் தொடங்கப்பட்ட இந்நிகழ்ச்சியில் கல்லூரி முதலாமாண்டு மாணவன் ஆன்றணி முத்து வரவேற்புரை கூறினார். கன்னியாகுமரி சமூக சேவை சங்க நிறுவனத்தின் துணை இயக்குனர் அருட்தந்தை அஜின் சிராஜ் இந்நிகழ்ச்சியை தொடங்கி வைத்து, பார்வை குறைவு ஏற்படுவதற்கான காரணங்கள் குறித்து பேசினார்.

கல்லூரி சமூகப்பணித்துறை தலைவி மேரி பெல்சிட் வாழ்த்துரை வழங்கினார். நாகர்கோவில் வாசன் ஐகேர் கண் மருத்துவமனை மக்கள் தொடர்பு அதிகாரி இந்நிகழ்ச்சியின் செயல்முறைகள் குறித்து பேசினார்.

இந்நிகழ்ச்சியில் 44 பேர் பங்கேற்றனர். இவர்களில் 4 பேருக்கு கண்புரை அறுவை சிகிச்சை செய்ய பரிந்துரை செய்யப்பட்டது. மேல் சிகிச்சை மற்றும் கண்ணாடி அணிய பரிந்துரைக்கப்பட்டவர்கள் 9 பேர், அதே கண்ணாடியை அணிய பரிந்துரை செய்யப்பட்டவர்கள் 15 பேர் மற்றும் 16 பேருக்கு சாதாரண பரிசோதனை செய்யப்பட்டது. மேலும் இந்நிகழ்ச்சியை கல்லூரி சமூகப்பணித்துறை முதலாமாண்டு மாணவன் ஜெரால்டு ஸ்டீபன் ஒருங்கிணைத்து இறுதியில் நன்றி கூறினார்.


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REPORT ON
"AWARENESS CLASS ON WOMEN AND MENTAL
HEALTH"



NANJIL CATHOLIC COLLEGE OF
ARTS AND SCIENCE, KALIYAKKAVILAI

DEPARTMENT OF SOCIAL WORK
AND
CHENKAL GRAMA PANCHAYAT
JOINTLY ORGANIZE

Awareness class on

Women
&
Mental health

March | 5 | 2024

Time: 9.30 am

Place: Udiyankulangara





**NANJIL CATHOLIC COLLEGE OF ARTS AND
SCIENCE, KALIYAKKAVILAI**

DEPARTMENT OF SOCIAL WORK

AND

CHENKAL GRAMA PANCHAYAT

JOINTLY ORGANIZE

Awareness class on

WOMEN AND MENTAL HEALTH

Date:05/03/2024

Day :Tuesday

Time:9.30am

Place: Udiyankulangara

Programme Schedule

- Welcome Address** : **Mr. Lal Revi R J**
(Welfare Standing Committee, Chairman)
- Inauguration** : **Mrs. R.Girija**
(President of Chenkal Grama Panchayat)
- Felicitation** : **Mrs. S.Mary Pelsit**
(Head of Social Work Department ,Nanjil Catholic College of
Arts & Science)
- Chief Guest** : **Mrs. Omanamma**
(EHV Faculty member,Sri Sathya Saying Baba Organization)
- Resource Person** : **Mr. Rakesh Chandran**
(Founder& Chairman of R Tree Foundation)
- Vote of Thanks** : **Harris Ron**
(IMSW)

Introduction:

Community Organization is the process of bringing people together within a community to work towards common goal or address a shared concern. As part of the concurrent field work, the trainee conducted community organization programme on Women and Mental Health.

Aim:

“Empowerment of Women’s mental stability”

Objectives:

- To create an awareness on women’s mental health.
- To improve their mental stability.
- To make them ready to face critical situations boldly by themselves.

Planning of the programme:

The trainee discussed with the Panchayat guide about the topic and assortment of place for the community organization programme. The Panchayat guide directed the trainee to choose Udayankulagara for the programme and the topic was an awareness class on Women and mental health. The trainee also referred with the social work department faculty guide Mrs. S. Mary Pelsit about the community organization program. In view of their proposition, the trainee met Mrs. Princy Raj in the Panchayat and discussed it with him and also he gave some ideas about the programme.

Selection of the topic:

Commonly women have to face lot of challenges from childhood to death. They face these in their society, workplace due to family, gender and cultural norms, can affect their physical and mental health. Women’s mental health supports them to face crucial situations in their lives. So the trainee analysed above things. Based on that the trainee decided to choose this topic. And also the trainee discussed it with the guidance of the panchayat guide decided to organize women and mental health awareness class in Panchayat Hall in Udayankulagara.

Approval of the Programme:

After the trainee planned the community organization program, the trainee gave the proposal to the faculty guide Mrs. S. Mary Pelsit for the approval of the program. The trainee received approval from the faculty guide for the community organization program.

Preparation for the programme:

The trainee prepared the programme schedule, invitation, pamphlets, banner and all the necessary needs for the programme. The trainee got permission from Chenkal Gram Panchayat Office with the help of Panchayat staff to conduct awareness program on “Women’s mental

health” at Panchayat Hall in Udayankulagara .The trainee invited college secretary, principal, all department staffs and the social work trainees

Number of Participants

About 150 members attended including Panchayat members ,resource person, chief guest, HOD , Chairman of the Panchayat ,trainee also attended .

Program Execution

The program started at 10.00 am with a prayer song Palvadi teachers .Welcome address by Lal Revi R J .After that Mrs R Girija inaugurated the event and gave an orientation about women mental health . Then resource person Mr Rakesh Chandran took the class about women and mental health . Mrs. S. Mary Pelsit, Head of Social work Department,Nanjil Catholic College Of Arts and Science gave felicitation. .Following this, first year MSW trainee Harris Ron proposed vote of thanks.Then all the participant had lunch and attended the next programme representating Women’s Day .The programme concluded at 8 pm

Skills Required

To effectively implement the community organization program, the trainee needs the following skills:

1. Planning Skill:

Ability to create effective plans to achieve program objectives.

2. Communication Skill:

Essential for building rapport with higher authorities and target audiences..

3. Organizational Skill:

Necessary for coordinating activities and ensuring smooth implementation of the program.

Learning:

- The trainee learned to organize the awareness program.
- The trainee learned to communicate with public people.
- The trainee learned to mobilize and utilize the resources.
- The trainee learned to apply the theory into practical.

Budget

S.No	Expenditure		Amount
1	Flex		400
2	Program Schedule	3* 10	30
3	Invitation	25* 10	250
4	Refreshment	2500	2500
5	News Paper publishing		
6		Total	3180

Evaluation

The program has created awareness among the participants and the public people. The trainee was satisfied with the programme. The trainee got appreciation from the staffs and the agency guide..

Outcome

The participants increased their understanding of Women mental health and its importance.

Feedback :

We greatly value your feedback on our women's mental health awareness community organization program. Your insights help us refine our efforts and better serve the community. We appreciate any suggestions for improvement and are committed to continuously enhancing our programs to address the needs of women's mental health effectively. Thank you for sharing your thoughts with us.

Conclusion:

The program helped the trainee to learn a lot about organizing and working with communities. The trainee got to put the theoretical knowledge into practice, understand what the community needs.


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ANNEXURE





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Abhi
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**REPORT ON
“AWARENESS CLASS ON STRESS
MANAGEMENT”**

**NANJIL CATHOLIC COLLEGE OF ARTS AND
SCIENCE, KALIYAKKAVILAI
DEPARTMENT OF SOCIAL WORK
&
PRATHEEKSHA IRCA
JOINTLY ORGANISE
AN AWARENESS CLASS ON:**

"STRESS MANAGEMENT"

RESOURCE PERSON : MR. PANICKER M JACOB
(Director of Phoenix Counsellors, TVM)

DATE : 08/03/2024

VENUE : PRATHEEKSHA IRCA

TIME : 11.00 AM

PLACE : SHANGHUMUKHAM





**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,
KALIYAKKAVILAIKALIYAKKAVILA**

DEPARTMENT OF SOCIAL WORK

AND

PRATHEEKSHA IRCA

JOINTLY ORGANISE

An awareness class on

"STRESS MANAGEMNET"

PROGRAM SCHEDULE

Payer Song	:	Inmates (Pratheeksha IRCA)
Welcome Speech	:	Mrs. Libin (Counselor, Pratheeksha)
Inauguration	:	Sr. Mary Panikkasheri (AO, Pratheeksha IRCA)
Felicitation	:	Mrs. S Mary Pelsit (HOD, Nanjil Catholic College of Arts And Science, Kaliyakkavilai)
	:	Ms. Susan (Counselor, Pratheeksha IRCA)
Chief Guest Address	:	Mr. Panicker M Jacob (Guest of Honour)
Vote Of Thanks	:	Ms. Gayathri S L (I MSW)

INTRODUCTION

Community Organization is the process of solving the problems of a community through the collective effort of the community people itself. It aims at, making desired improvements to a community's social health, well-being and overall functioning.

As part of the curriculum, the trainee conducted Community Organization Program on 'Stress Management' awareness class. The report explores the impact of community organization's efforts in addressing the pressing issues of stress through education, support and empowerment.

AIM:

"Lead balanced and healthier life.'

OBJECTIVES:

- To create awareness among people to handle themselves.
- To make the people able to cope with their stress.
- To equip people with practical tools and strategies to alleviate stress.
- To help the people to achieve a better mental stability as well as to enhance their social functioning.
- To promote holistic wellness within the community.
- To empower participants to take control of their well-being.

PLANNING OF THE PROGRAMME:

The trainee primarily discussed with the agency guide as well as faculty guide Mrs. S Mary Pelsit about choosing a topic and beneficiaries. The faculty guide gave needed instructions. The trainee proposed of conducting the program at pratheeksha IRCA and got approved. The faculty guide agreed with the suggestion. Then the trainee met the agency guide and administrator for informing and getting permission about conducting the Community Organization Program at Pratheeksha IRCA for the patients there. They also agreed to the trainee's decision. The only condition of the agency was to fix a good and experienced resource person. Through the combined analysis by the faculty guide and agency guide, the trainee arrived at a conclusion to take an awareness class about 'Stress Management'. Stress is very common and utmost problem among DE-addiction patients. Hence it would be beneficial to take an awareness class for the same.

The trainee then discussed it with the faculty guide Mrs. S Mary Pelsit and planned to conduct Community Organization Programme on March 1, 2024. But due to some inconvenience, the program was rescheduled to March 8 2024. The trainee then contacted Mr. Panicker M Jacob, the director of Phoenix Counselors for fixing him as the resource person. Most welcomely he agreed for being the resource person.

SELECTION OF TOPIC:

Stress is well known risk factor in the development of many unhealthy practices in life. It is one of the main reasons for the development of addiction in a person and also in-addiction relapse vulnerability. A series of population-based and epidemiological studies have identified specific stressors. As there is a strong link between stress and substance abuse, the trainee decided to organize 'an awareness class on Stress Management for DE-Addiction patients. The importance of stress management cannot be overstated, as chronic stress has been linked to a myriad of physical and mental health problems. Also, the trainee discussed the topic with agency guide as well as the faculty guide and got approval.

APPROVAL OF THE PROGRAMME:

After the trainee planned the Community Organization Program, the trainee submitted proposal for the same to the faculty guide, Mrs. S Mary Pelsit for the approval. The trainee received approval from the faculty guide for conducting Community Organization Program. After getting approved, the trainee contacted the agency guide and confirmed the programme.

PREPERATION FOR THE PROGRAMME:

The trainee prepared the program schedule, invitation, banner and all the necessary needs for the program. The trainee did the last minute confirmation with the resource person. The trainee invited college Secretary, Principal, all department staff and the social work trainees to the program. Also, the trainee invited agency guide Ms. Susan, Administrative Officer Sr. Mary Panikkasheri and all the other staffs of agency. The trainee then mailed the invitation cum program schedule to the resource person Mr. Panicker M Jacob. The trainee then went to the program venue and arranged the needed preparation to be done with the help of agency staffs and DE-addiction patients.

NUMBER OF PARTICIPANTS:

Around 28 participants were there for programme. From that, 17 of them were patients, 5 by-standers, 4 agency staffs and 2 college faculties. The participation list of the same is attached in the annexure.

PROGRAM EXECUTION:

The program started at 11 am with a prayer song by one of the by-stander named Bindu. Mrs. Libin (counselor) delivered the welcome address. The Administrative Officer of Pratheeksha Sr. Mary Panikkasseri inaugurated the event. She also mentioned about the day's specialty as it was Women's Day. And then followed by the 1 hour class taken by Mr. Panicker M Jacob. The resource person took an interactive session which really stole the attention of each and every participant. There were some disapproval about his opinion from the agency center as it was against their ethical rules. He corrected his statement as the agency guide mentioned it. Towards the end of the session some of the patients asked their doubts and shared positive comments about the class. The trainee arranged refreshments for all the participants as well as for the guests.

After the session, Mrs. S Mary Pelsit (Head of Social Work Department, Nanjil Catholic College of Arts And Science and Ms. Susan (Head Trainee, Pratheeksha IRCA felicitated the program. Following, Gayathri S L (IMSW) proposed vote of thanks. The program came to an end at 12:45pm.

The program covered the aspects such as stress awareness, coping strategies, relaxation techniques etc. By providing accessible and evidence based resources, our program seeks to empower participants to take control of their well-being and lead healthier, more fulfilling lives.

SKILLS REQUIRED:

To effectively implement the community organization program, the trainee needs the following skills:

1. Planning Skill:

Ability to create effective plans to achieve program objectives.

2. Communication skill:

Key stone to build a rapport with authorities and target groups.

3. Mobilization skill:

The ability to gather needed resources for the sake of program.

4. Organizational skill:

Highly needed for coordinating activities and ensuring smooth implementation of program.

5. Leadership skill

Capability to inspire and motivate others to participate in the program.

6. Evaluation and assessment skill

Ability for program evaluation to assess the effectiveness and impact of the program. Also skill in analyzing data and feedback

LEARNING:

- The trainee learned to organize an awareness program.
- The trainee learned to identify community needs effectively.
- The trainee learned to allocate the needed resources.
- The trainee the importance of promoting self-care practices as essential tools of stress management
- The trainee learned about the power of education and awareness in empowering individuals to recognize and manage stress effectively.
- The trainee learned to coordinate a program.
- The trainee learned to plan, implement and manage a program by her own.
- The trainee learned about the factors to be taken care of while conducting a Program.
- The trainee learned to adapt activities based on participant feedback.

BUDGET:

S.No	Expenditure	Nos.	Amount
1	Flex	1	300
2	Program Schedule	6*10	60
3	Invitation	10*10	100
4	Refreshment		300
		Total	760

EVALUATION:

The program aimed to provide community members with tools and resources to better manage stress and improve over-all well being. The program has created awareness among the participants about coping with their own mental health. The trainee has been satisfied with the program. The trainee was appreciated by the staffs as well as agency members for organizing such a program by own effort. Even though the trainee did a great effort in making this program come true, the trainee felt the need for more preparation to obtain more effective result. The trainee got a positive responds from the participants.

OUTCOME:

The participants' capability to cope up with their social and mental environment increased. It created a confidence and positivism among people. It helped the participants to create an idea about reducing the stress level. Empower participants to develop resilience skills to better cope with and bounce back from stressful situations, leading to improved mental and emotional well-being. The participants feels a sense of belonging and connection with community. Effective stress management can lead to improved physical health outcomes, such as lower blood pressure; reduce risk of heart disease, improved immune function, etc. Hence it helps to obtain a better and peaceful lifestyle.

CONCLUSION:

The community organization program about Stress Management has proven to be highly effective in raising awareness, equipping participants with practical skills and fostering a supportive community as well as family environment for stress reduction. The program helped the trainee to know and learn about organizing and working with communities. The

trainee could clearly analyze the needs and requirements of a community. Also, it helped to improve the skills of the trainee.

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ANNEXURE





ബോധവൽക്കരണ ക്ലാസ്



പാഠശാലാമാനസിക സമ്മർദ്ദം എങ്ങനെ നേരിടാം എന്ന വിഷയത്തിൽ കളിയിക്കാവിള നാഞ്ചിൽ കാത്തലിക് കോളേജും ശംഖുമുഖം പ്രതീക്ഷ ഐആർസിഎയും സഹ്യുക്തമായി നടത്തിയ ബോധവൽക്കരണ ക്ലാസ് പ്രതീക്ഷ അഡ്മിനിസ്ട്രേറ്റർ സി.മേരി ഉദ്ഘാടനം ചെയ്തു. ഫിയോനിക്കസ് കൗൺസിലേർസ് ഡയറക്ടർ പണിക്കർ എം.ജേക്കബ്, കോളജ് അധ്യാപകരായ മേരി പെൽസിട്, സീതുവിജയൻ, സുസൺ, ലിബിൻ തുടങ്ങിയവർ പ്രസംഗിച്ചു.

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**REPORT ON
“AWARENESS CLASS ON PERSONAL
HYGIENE”**

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILA
DEPARTMENT OF SOCIAL WORK
&
TRIVANDRUM DISTRICT PANCHAYAT
Jointly Organise
AWARENESS CLASS

Topic : Personal Hygiene
Resource Person : Ms. Stella (Social Worker)

Date : 12/03/24
Time : 3.15 PM
Venue : Charity Village, Venjaramoodu



COMMUNITY ORGANISATION PROGRAMME

Personal Hygiene

Date	:	12/03/2024
Venue	:	Charity Village, Vengarammode
Time	:	From 3.15 PM
Resource persons	:	Smt. Stella, Social Worker, PHC, Venjaramoodu
Introductory Speech	:	Smt. Mary Pelsit Head of the Department Master of Social Work, Nanjil Catholic College of Arts & Science, Kaliyakkavilai
Inauguration	:	Ms. Anitha S, CPT District Member,
Programme organizer	:	Bindu KK
Agency	:	Charity Village, Vengarammode

Introduction

Personal hygiene is the practice of maintaining cleanliness and grooming of the body to preserve health and prevent the spread of illness and disease. It encompasses a range of habits that individuals incorporate into their daily routines to promote overall well-being and present a positive image to others. Proper personal hygiene involves regular bathing or showering, washing hands frequently, brushing and flossing teeth, caring for nails, and wearing clean clothes. Additionally, it includes practices such as covering the mouth and nose when sneezing or coughing, disposing of waste properly, and maintaining a clean environment.

In the pursuit of promoting health and well-being among communities, Charity Village, located in Venjaramoodu, we have initiated a program focused on personal hygiene. This program is designed to educate individuals, particularly in underprivileged or marginalized communities, about the importance of personal hygiene practices and how they can be incorporated into daily life. Through workshops, seminars, and hands-on demonstrations, Charity Village aims to raise awareness about the significance of personal hygiene in preventing the spread of diseases and enhancing overall quality of life. The program provides practical tips and guidance on various aspects of personal hygiene, tailored to the specific needs and challenges faced by the community. Charity Village collaborates with local healthcare professionals and volunteers to offer free hygiene kits, which may include essentials such as soap, toothpaste, toothbrushes, hand sanitizers, and menstrual hygiene products. By addressing both knowledge and access barriers, the program strives to empower individuals to adopt and maintain healthy hygiene practices. Charity Village seems very particular on personal hygiene serves as a catalyst for positive change, fostering healthier habits and contributing to the well-being of inmate individuals and communities in Venjaramoodu and beyond. Through education, outreach, and practical support, it endeavors to create a lasting impact on hygiene-related behaviors and outcomes, ultimately improving health outcomes and enhancing the quality of life for all participants.

Pre-planning of the program

Social work trainee had a discussion with the Agency Supervisor Mr. Anil and connected with the Manager in Charity Village, Venjaramoodu regarding community organization program on 07/03/2024. The manager provided guidelines on the community organization program and also discussed about the area, resource person, budget, banner and invitation about the program.

The social work trainee guided the entire program based on the draft plan. Faculty guide Ms. Mary Pelsit and agency Supervisor Mr. Anil Kumar and the manager Charity Village, the social work trainee jointly discussed about the program. As per their suggestion, the idea of creating awareness on the topic of 'personal hygiene' is one of the relevant for the inmates and the caretakers of the organization.

Selection of the Topic

Identified the community needs by conduct a needs assessment within Charity Village to determine areas where education and support are most needed. Consider factors such as demographics, health concerns, and existing knowledge levels. The the review has taken of the previous programmes and evaluated the success and impact of previous programs conducted at Charity Village. Identify any gaps or areas for improvement in health education initiatives. Engage in discussions with stakeholders, including staff, residents, and community members, to gather input and suggestions for potential program topics. Consider factors such as relevance, feasibility, and potential impact. Review made in local health data and trends related to hygiene-related illnesses and conditions. Consider the prevalence of hygiene-related issues within the community and the potential for preventive interventions.

We considered the of resources and assess the availability of resources, expertise, and partnerships that can support the implementation of a hygiene-focused program. Consider factors such as budget, staff capacity, and community partnerships. Do consultation with experts and seek input and guidance from healthcare professionals, hygiene experts, and other relevant stakeholders to inform the selection of the program topic. Consider their insights on priority areas and effective strategies for health education. Based on the information gathered and discussions held, make a collective decision on selecting the topic of personal hygiene for the program at Charity Village. Ensure that the chosen topic resonates with the needs and interests of the community and has the potential to make a positive impact on residents' lives.

Confirmation and Planning

Once the topic has been selected, confirm the decision with all stakeholders involved and begin planning the program in detail. Develop a program outline, set objectives, identify resources, and establish a timeline for implementation. By following this process, Charity Village can ensure that the selection of the topic for the program on personal hygiene is informed, inclusive, and aligned with the needs and goals of the community.

Aim

The main aim of the community organisation program on “personal hygiene” is to create better awareness about personal hygiene

Objective

- ✓ Raise Awareness: Disseminate information about the importance of personal hygiene to lead quality of life.
- ✓ Community Engagement: Foster a sense of belonging through community events, workshops, and collaborative projects that promote quality of life.
- ✓ Advocacy: Advocate for policy changes that enhance access to quality services and address systemic barriers

Date & Time

The agency supervisor and the social work trainee made arrangements with the help of the Charity Village Manager selected the venue. After that a discussion with the resource person about her availability. Accordingly the date and time were fixed.

Date : 12/03/2024 Day : Tuesday Time : 3.15 AM

Preparation for the program

Included in the program preparation process

1. Planning of the community organization
2. Planning of program need assessment
3. Planning of the venue
4. Planning to organize the event
5. Implementation of the program

The trainee planned to create awareness about the topic ‘personal hygiene. After the confirmation of the program on the scheduled day, prepared the invitation letter, banner, program schedule and venue of the program.

Program Execution

- ✓ Community Organization Program held on 12/03/2024. The Program started at 3.15 PM and concluded at 5 PM. at Charity Village,
- ✓ Charity Village, Venjaramoodu, about 28 inmates of the center, staffs of the center, more than 6 MSW trainees were participated in the program. Bindu KK, MSW trainee delivered welcome address followed by a salient prayer. The chief guests and all the participants were welcomed.
- ✓ Master of Social Work Department Head (Nanjil Catholic College of Arts and Science) Smt. Mary Pelsit delivered the introductory speech. The Manager, Charity Village inaugurated the program. The resource person Smt. Stella, Community Social Worker, PHC, and Venjaramoodu took the classes on the topic the 'personal hygiene'. Personal Hygiene is an essential part of quality of life along with promotion of good health, prevention of disease, treatment and palliative care.
- ✓ Ensure all necessary materials and resources for the program is ready, including hygiene kits, educational materials, and venue setup. Arranged the set up designated areas for different program activities, such as seating and demonstration facilities
- ✓ Welcome and Registration:- Greet participants as they arrive at Charity Village and assist them with the registration process. Provide participants with program agendas, informational materials, and hygiene kits.
- ✓ Begin the program with an introduction by Ms. Mary Pelsit Ma'am, welcoming participants and thanking them for their attendance. Provide a brief overview of the importance of personal hygiene and the objectives of the program. Conduct a series of awareness sessions on various aspects of personal hygiene, including hand washing, dental care, bathing, and menstrual hygiene.
- ✓ Organize hands-on activities to reinforce key hygiene practices demonstrated during the educational sessions. Set up stations for participants to practice proper hand washing techniques, dental hygiene routines, and other personal care habits under the guidance of volunteers and staff members.
- ✓ Encourage sharing of personal stories and challenges faced in maintaining good hygiene practices. Distribute hygiene kits containing essential items such as soap, toothpaste, toothbrushes, hand sanitizers, and menstrual hygiene products to all participants. Provide instructions on how to use the items effectively and encourage participants to incorporate them into their daily hygiene routines.

- ✓ Reinforce the importance of practicing good hygiene habits for overall health and well-being. Collect feedback from participants through surveys or verbal feedback to assess the effectiveness of the program and identify areas for improvement. Use feedback to inform future hygiene education initiatives and tailor programs to better meet the needs of the community. Provide information on additional resources and support services available to participants for maintaining good hygiene practices.
- ✓ Encourage participants to continue practicing the skills and habits learned during the program and offer ongoing support as needed. By executing this program effectively, Charity Village aims to empower participants with the knowledge and resources they need to improve their personal hygiene practices and promote better health outcomes within the community. The MSW trainee Ms. Sreeja deliver vote of thanks and concluded the program at about 4.15 PM

Outcome

- ✓ **Increased Awareness:** Measure the community's understanding of personal hygiene through pre- and post-awareness surveys.
- ✓ **Community Participation:** Track the number of individuals actively engaging in different programs and community events.
- ✓ **Policy Impact:** Monitor changes in local policies related to rehabilitation of disabled and assess the organization's advocacy impact

Learning

- ✓ The trainee learned how the charity village activities.
- ✓ The trainee learned how to organize and implement an awareness program.
- ✓ The trainee understood the importance of community organization program and how to carry it out effectively.
- ✓ Trainee learned how the organization structured

Evaluation

Through this community organization, we aim to weave a tapestry of support, understanding, and empowerment and rehabilitation of disabled needs for the differently abled and special children. By recognizing the importance of rehabilitation of disabled, our community will

evolve into a beacon of resilience, fostering an environment where individuals facing challenges can embark on a journey of renewal and regain control over their lives. Together, let us embark on this mission to build a community that champions the cause of disabled rehabilitation of disabled, embodying the principles of compassion and unit.

Budget

Sl.No.	Required Item	Amount
1	Banner(2"x4") – 1 No.	250.00
2	Programme Schedule	50.00
3	Notice	100.00
4	Refreshment (Donation)	2000.00
	GRAND TOTAL	1870.00

Conclusion

Social work is a form of professional service that incorporates scientific knowledge and skills and community organisation. It was learned that the social worker in community organisation should have good technical skills and should be able to interact well with the community as a facilitator and a linking role, which creates awareness in the community about the dreaded disease.

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ANNEXURE





ജില്ലാ പഞ്ചായത്തും നാഞ്ചിൽ കോളജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസിലെ എം.എസ്.ഡബ്ല്യു വിഭാഗവും സംയുക്തമായി വെഞ്ഞാറമൂട് ചാരിറ്റി വില്ലേജിൽ സംഘടിപ്പിച്ച ബോധവൽകരണ പരിപാടിയിൽ സോഷ്യൽ വർക്കർ സ്റ്റേല്ല ക്ലാസ് നയിക്കുന്നു.

ബോധവൽകരണ പരിപാടി സംഘടിപ്പിച്ചു

തിരുവനന്തപുരം: ജില്ലാ പഞ്ചായത്തും കളിയിക്കാവിളയിൽ പ്രവർത്തിക്കുന്ന നാഞ്ചിൽ കോളജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസിലെ എം.എസ്.ഡബ്ല്യു വിഭാഗവും സംയുക്തമായി ബോധവൽകരണ പരിപാടി സംഘടിപ്പിച്ചു. വെഞ്ഞാറമൂട് ചാരിറ്റി വില്ലേജിലെ ഭിന്നശേഷി വിഭാഗത്തിൽപ്പെട്ട കുട്ടികളുടെ കെയർ ടേക്കേർമാർക്കായാണ് പേർസണൽ ഹൈജീൻ എന്ന വിഷയത്തിൽ ബോധവൽകരണ പരിപാടി സംഘടിപ്പിച്ചത്. ഭിന്നശേഷി കുട്ടികളുടെ പരിചരണം, ശുചിത്വം, ആരോഗ്യശീലങ്ങൾ തുടങ്ങിയ വിഷയങ്ങളിൽ സോഷ്യൽ വർക്കർ സ്റ്റേല്ല ക്ലാസ് നയിച്ചു. കമ്മ്യൂണിറ്റി ഓർഗനൈസേഷന്റെ ഭാഗമായാണ് തിരുവനന്തപുരം ജില്ലാ പഞ്ചായത്തുമായി സഹകരിച്ചു പരിപാടി സംഘടിപ്പിച്ചത്.

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REPORT ON
“AWARENESS CLASS ON THE
IMPORTANCE OF
REHABILITATION”



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILA
DEPARTMENT OF SOCIAL WORK

&
TRIVANDRUM DISTRICT PANCHAYAT

Jointly Organise

AWARENESS CLASS

Topic : The importance of rehabilitation

Resource Person : Mrs. Nanda
(Psychiatric Social worker,
Mental Health Centre, Peroorkkada)

Date : 12/03/2024

Time : 11 AM

Venue : Rehabilitation Centre, Venjaramoodu

**NANJIL CATHOLIC COLLEGE OF ARTS AND
SCIENCEKALIYAKKAVILAI**

**COMMUNITY ORGANISATION
PROGRAMMEPROGRAM SCHEDULE**

Date	:	12/03/2024
Venue	:	Shradda Care Home, Vengarammode
Time	:	From 10.a.m to 4.30 p.m.
Resource persons	:	Smt. Nanda, Psychiatric Social Worker Mental Health Center, Trivandrum
Introductory Speech	:	Smt. Mary Pelsit Head of the Department Master of Social Work, Nanjil Catholic College of Arts & Science, Kaliyakkavilai
Inauguration	:	Mr. Sobha Kumar, Welfare Standing Committee Chairman, Block Panchayath

Programme organizer : M A Pushpa Kumari

Agency : Shradda Care Home/Rehabilitation
Centre, Vengarammoodu

Introduction:

Community Organization is the process of bringing people together within a community to work towards common goal or address a shared concern. As part of the concurrent field work, the trainee conducted community organization programme on ‘Importance of Rehabilitation’

Aim:

The main aim of the community organisation program on “importance of rehabilitation” is to create better awareness about the “importance of rehabilitation”.

Objectives:

- To create awareness on the topic rehabilitation among people.
- Public stigma against family members of people with mental illness is a negative attitude by the public which blame family members for the mental illness of their relatives. To raise awareness about what is mental illness and the importance of rehabilitation and to reduce such stigma
- To increase public awareness about need of rehabilitation of the people who recovered from mental illness.

Planning of the programme:

The trainee discussed with the agency guide about the topic and assortment of place for the community organization programme. The agency guide directed the trainee to choose Shradda Care Home, Venjarammood for the programme and

the topic was importance of rehabilitation. The trainee also referred with the social work department faculty guide Ms. Sethu Vijayan about the community organization program. In view of their proposition, the trainee met Mr. Anil Kumar in the agency and discussed it with him and also he gave some ideas about the programme.

Selection of the topic:

1 in every 8 people in the world live with a mental disorder. Mental disorders involve significant disturbances in thinking, emotional regulation, or behavior. There are many different types of mental disorders. Effective prevention and treatment options exist. Most people do not have access to effective care. Public stigma against family members of people with mental illness is a negative attitude by the public which blame family members for the mental illness of their relatives. Family stigma can result in self social restrictions, delay in treatment seeking and poor quality of life. This stigma prevented them for accepting the family member those who were recovered from the mental illness. Not only in the case of mental health people in many other cases also it is very essential to understand the importance of rehabilitation. It is a special topic so that the socialwork trainee selected this topic.

Approval of the Programme:

After the trainee planned the community organization program, the trainee gave the proposal to the faculty guide Ms. Sethu Vijayan for the approval of the program. The trainee received approval from the faculty guide for the community organization program.

Preparation for the programme:

The trainee prepared the programme schedule, invitation, pamphlets, banner and all the necessary needs for the programme. The trainee invited college secretary, principal, all department staffs, the social work trainees and the community people. They agreed to participate in the programme.

Number of Participants

About 6 MSW trainees from Nanjil Catholic College ,MSW Department HOD Smt. Mary Pelsit from the college and the co-ordinator of Shradha Care Home, Block Panchayath Welfare Standing Committee Chairman Sri. Sobha Kumar and the resource person Smt. Nanda, Psychiatric Social Worker, Mental Health Center, Oolanpara, Peroorkada, Trivandrum and 31 inmates and staff of the carehome were participated in the programme.

Program Execution

Community Organisation Program held on 12/03/2024. The Program started at 11 A.M and concluded at 4 P.M. at Vengarammodu Rehabilitation center (Shradha Care Home).About

19 inmates of the center, staffs of the center, more than 6 MSW trainees and the students of resource person and Block Panchayath Welfare Standing Committee Chairman Mr. Sobha Kumar participated in the program. M.A. Pushpa Kumari, MSW trainee delivered welcome address followed by a salient prayer. The Chief guests and all the participants were welcomed.

Master of Social Work Department Head (Nanjil Catholic College of Arts and Science) Smt. Mary Pelsit delivered the introductory speech. Mr. Sobha Kumar, Block Panchayath Welfare Standing Committee Chairman inaugurated the program. The resource person Smt. Nanda, Psychiatric Social worker of Mental Health Center, Oolampara, and Trivandrum take classes on the topic the 'Importance of Rehabilitation'. Rehabilitation is an essential part of universal health coverage along with promotion of good health, prevention of disease, treatment and palliative care. Rehabilitation is not simply means to give accommodation to a person. It means helps a child, adult or older person to be as independent as possible in everyday activities and enables participation in education, work, recreation and meaningful life roles such as taking care of family.

Rehabilitation is more than a personal journey; it is a communal responsibility. By investing in rehabilitation programs, we not only empower individuals to regain control over their lives but also contribute to the overall health and vitality of our community. Rehabilitation fosters resilience, reduces deterioration, and enhances the social fabric by creating an environment of understanding, compassion, and support.

Rehabilitation is highly person-centred, meaning that the interventions selected for each individual are targeted to their goals and preferences. Rehabilitation can be provided in many different places, such as inpatient or outpatient hospital settings, outpatient physiotherapy or occupational therapy practices, and community settings such as an individual's home, a school or a workplace.

He told a story of one of her client who was a student in 7th std. He was very intelligent, smart and talkative. But the teachers always complained about him. One day when one of the teacher took classes, she had a phone call and she gone out with her mobile. After the period was lunch break and the teacher comeback after completing her phone call and she asked the students to attended the class 15 minutes more by reducing their lunch break. But this boy argued that this washappened not because of the mistake of the students and he gone out of the class for lunch. He was suspended form the school. He was so depressed and sad and his parents were unable to solve the problem. They came to the mental health center to meet

Mrs. Nanda. She collected all the details and asked his parents to rehabilitate him with her. After giving counselling and all other measures he came to his school and discussed with the authorities to withdraw the suspension. But the boy did not like to join that school. Then with the help of Nanda Mam they selected another school and arranged admission in that school. After that he joined that school and he recovered from depression. Now he is a doctor. She told that this is what is called rehabilitation.

Games

The trainee along with the resource person and some of the MSW trainees conducted games for the inmates of the rehabilitation center to get relaxation of the group. The group members actively participated in the game and the trainee gave prizes to the winners. The MSW trainee Lawrence. P.J delivered vote of thanks and concluded the program at about 4 P.M.

Skills Required

To effectively implement the community organization program, the trainee needs the following skills:

1. Planning Skill:

Ability to create effective plans to achieve program objectives.

2. Communication Skill:

Essential for building rapport with higher authorities and target audiences.

3. Organizational Skill:

Necessary for coordinating activities and ensuring smooth implementation of the program.

Learning:

- The trainee learned to organize the awareness program.
- The trainee learned to communicate with public people.

- The trainee learned to mobilize and utilize the resources.
- The trainee learned to apply the theory into practical.

Budget

Sl.No.	Required Item	Amount
1	Banner(2"x4") – 1 No.	250
2	Programme Schedule	20
3	Notice	100
4	Refreshment (20x50 persons)	1500
	GRAND TOTAL	1870

Evaluation

Through this community organization, we aim to weave a tapestry of support, understanding, and empowerment. By recognizing the importance of rehabilitation, our community will evolve into a beacon of resilience, fostering an environment where individuals facing challenges can embark on a journey of renewal and regain control over their lives. Together, let us embark on this mission to build a community that champions the cause of rehabilitation, embodying the principles of compassion and unit.

Outcome

- ❖ **Increased Awareness:** Measure the community's understanding of rehabilitation through pre- and post-awareness surveys.
- ❖ **Community Participation:** Track the number of individuals actively engaging in rehabilitation programs and community events.
- ❖ **Policy Impact:** Monitor changes in local policies related to rehabilitation and assess the organization's advocacy impact

We all understand what is rehabilitation and the importance of rehabilitation. All the participants were impressed very well about the awareness class. All the inmates were very happy because of exercises, plays, music etc.

Conclusion:

The program helped the trainee to learn a lot about organizing and working with communities. The trainee got to put the classroom knowledge into practice, understand what the community needs, and do social work. The positive and negative feedback also mould the trainee to be a good social worker.

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ANNEXURE







ബോധവൽക്കരണ പരിപാടി സംഘടിപ്പിച്ചു

അദ്ധ്യക്ഷനായും സമ്മേളനം സംഘടിപ്പിച്ചു. അദ്ധ്യക്ഷനായും സമ്മേളനം സംഘടിപ്പിച്ചു. അദ്ധ്യക്ഷനായും സമ്മേളനം സംഘടിപ്പിച്ചു.

പ്രൊഫോഷനിലൂടെ റിസർവ് ഫോറസ്റ്റ് വാച്ചർമാർ
 ജോലി സാധ്യത അടയ്ക്കുന്നതിൽ ആശങ്കയുണ്ടായി നാക് ഹോൾഡേഴ്സും



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**REPORT ON
“AWARENESS CLASS ON
GERIATRIC MENTAL HEALTH”**



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILA
DEPARTMENT OF SOCIAL WORK

&
TRIVANDRUM DISTRICT PANCHAYAT

Jointly Organise

AWARENESS CLASS

Topic : Geriatric Mental Health
Resource Person : Dr. Sampath
Date : 15/03/24
Time : 12.30 PM
Venue : Sathyanweshana Charitable Society,
Nediyavila, TVM



COMMUNITY ORGANISATION PROGRAMME

GERIATRIC MENTAL HEALTH

Date	:	15/03/2024
Venue	:	Sathyanweshana Charitable Society, Nedyavila, TVM
Time	:	From 12.30 p.m to 4 p.m.
Resource persons	:	Dr. Sambath
Introductory Speech	:	Smt. Mary Pelsit Head of the Department Master of Social Work, Nanjil Catholic College of Arts & Science, Kaliyakkavilai
Inauguration	:	Mr. Muraleedharan, Social worker.
Programme organizer	:	ANITHA SUNIL
Agency	:	Thiruvananthapuram Jilla Panchayat

INTRODUCTION

The social work trainee organized a community organization program at Sathyanweshana Charitable Society Nedyavila, (NjanaSelvamMemorial old age home) Trivandrum district Thiruvananthapuram. The programme was started with a salient prayer. The welcome address was delivered by one of the trust member. The programme was inaugurated by Mr. Radhakrishnan, Dist. Panchayath Welfare Standing Committee Chairman. Resource person was Dr. Sampath. One of the trust member Mr. Muralidharan and three other members delivered felicitations. We took classes to the inmates in the topic geriatric care. The NjanaSelvam Old Age Home, managed by the Sathyanweshana Charitable Society, recognizes the importance of addressing the mental health needs of the elderly residents. As part of its commitment to holistic care, the organization has initiated a Community Organization Program focusing on Geriatric Mental Health.

This old age home is under Sathyanweshana Charitable Trust in which more than 200 members were the members were in this trust. 71 cents of land with a building was donated by one Mr. R.J. Richardson for this old age home and he requested to give the name of his mother Njanaselvam to the old age home. 20 women and 12 men are there now. Now State Bank of India allotted two lakh rupees from their CSR fund for more rooms and facilities. Now the construction of new building is going on. All the inmates are satisfied with the facilities available there. One Ambulance was donated by Film Actor Sri. JagathiSree Kumar and they also gave this ambulance for the service of the community people. Condition of the old age home was very neat and the every month medical check-up was conducted for the inmates. . We had our lunch with the inmates and we gave some amount as donation.

Pre-planning of the program

Before implementing the program, thorough pre-planning is essential. This includes assessing the current mental health needs of the elderly residents, identifying available resources, and understanding any existing challenges in addressing mental health issues in this demographic. The trainee planned to create awareness about the topic 'Geriatric Metal Health'. After the confirmation of the program on the scheduled day, prepared the invitation letter, banner, program schedule and venue of the program.

Selection of the topic

The topic of Geriatric Mental Health was selected based on the recognition of the high prevalence of mental health issues among the elderly population and the lack of adequate attention and resources dedicated to addressing these issues.

Aim

The aim of the program is to improve the mental well-being of the elderly residents of NjanaSelvam Old Age Home by providing them with access to mental health support and resources.

Objectives

- ✓ To raise awareness about common mental health issues affecting the elderly.
- ✓ To provide psychoeducation and coping strategies for managing mental health challenges.
- ✓ To facilitate access to professional mental health services for residents in need.
- ✓ To create a supportive environment within the old age home that promotes mental well-being.

Date & Time

Date : 15/03/2024

Day : Friday

Time : 12.30 P.M

Preparation of the Program

The program preparation involves collaborating with mental health professionals, designing educational materials and workshops, organizing support groups, and training staff members on identifying and addressing mental health concerns in the elderly.

Program Execution

The program is implemented through a series of workshops, support groups, individual counseling sessions, and recreational activities aimed at promoting mental wellness. Regular assessments are conducted to monitor the progress and effectiveness of the

program. Community Organization Program held on 15/03/2024. The Program started at 12.30 P.M and concluded at 3 P.M. at Sathyanweshana Charitable society, Nediyaivila, Trivandrum.. About 36 participants were there in the programme. More than 6 MSW trainees, The social work trainee reached at Sathyanweshana Charitable Trust at 10am and met its director Sri.

Soman and the manager Sri Murali and sought permission or the preliminaries of the program. After that the trainee talked to the inmates of the center and understand the conditions of each one to reach that place. After that all the inmates including trainee ate food and all were taken to the meeting hall. Sri inaugurated the Community Organization Programme jointly conducted by Nanjil Catholic College and Thiruvananthapuram Jilla Panchayath. Vilappil Radhakrishnan, Standing Committee Chairperson of Welfare Affairs, Thiruvananthapuram Jilla Panchayat. In the inaugural address, he spoke about the importance of the protection of the elderly and the need to protect them in the society. Dr. Sampath conducted an awareness class about "Elderly and their Mental Health" Director Sri. Soman and manager Sri. Murali congratulated the program and the trainee thanked all the members of the Charitable Trust and all the inmates of the institution for giving an opportunity to present a program in that institution as part of the community organization.

Outcome

The outcomes of the program are evaluated based on various factors such as the improvement in residents' mental health symptoms, their engagement in activities, feedback from residents and staff, and any observed changes in the overall atmosphere of the old age home.

Learning, Observation, Evaluation

Throughout the program, valuable insights are gained regarding the unique mental health needs of the elderly population, effective strategies for addressing these needs, and the importance of ongoing support and follow-up care. Continuous evaluation helps in refining the program and adapting it to better meet the needs of the residents.

Budget

Sl.No.	Required Item	Amount
1	Banner (2"x4") – 1 No.	350
2	Programme Schedule	100
3	Notice	100
4	Refreshment (20x50 persons)	1000
	GRAND TOTAL	1550

Conclusion

The Geriatric Mental Health program implemented at NjanaSelvam Old Age Home underscores the significance of prioritizing mental health care for the elderly. By providing comprehensive support and resources, the program aims to enhance the overall quality of life and well-being of the residents, fostering a nurturing and supportive environment within the old age home.


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ANNEXURE





ബോധവൽകരണക്ലാസ്സ് സംഘടിപ്പിച്ചു

തിരുവനന്തപുരം ജില്ലാ പഞ്ചായത്തും, നാഞ്ചിൽ കത്തോലിക് കോളേജ് ഓഫ് ആർട്സ് & സയൻസിലെ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട് മെന്റും ചേർന്ന് തിരുവനന്തപുരം വിളപ്പിൽ ശാല നെടിയവിള വയോജനങ്ങൾക്കായി മാന സികആരോഗ്യത്തെക്കുറിച്ച് സെമിനാർ നടത്തി. തിരുവനന്തപുരം ജില്ലാ പഞ്ചായത്ത് സ്റ്റാൻ ഡിംഗ് കമ്മിറ്റി ചെയർമാൻ വിളപ്പിൽ രാധാ കൃഷ്ണൻ ഉദ്ഘാടനം ചെയ്ത പ്രോഗ്രാമിൽ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റ് ഹെഡ് ശ്രീമതി. മേരി പെലിസിറ്റ്, അസിസ്റ്റന്റ് പ്രൊഫസർ ജബ്ബാ ക്രിസ്റ്റി, സീതു വിജയൻ എന്നിവർ പങ്കെടുത്തു.



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REPORT ON
"GERIATRIC COUNSELLING
PROGRAMME"



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILAI

DEPARTMENT OF SOCIAL WORK

&

ALZHEIMER'S AND RELATED DISORDER SOCIETY OF TVM

JOINTLY ORGANISE

*Geriatric Counseling
Programme*

Date : 15th March 2024

 : 9 am

Venue: Youngsters club pettah TVM



ARDST
Providing Compassionate Care

**NANJIL CATHOLIC COLLEGE OF
ARTS AND SCIENCE
KALIYIKKAVILAI**

**DEPARTMENT OF SOCIAL WORK
&
ALZHEIMERS & RELATED DISORDERS SOCIETY OF TVM**

GERIATRIC COUNSELING PROGRAMME

**15/3/2024
9 AM**

VENUE : YOUNGSTERS CLUB PETTAH TVM

PROGRAMME SCHEDULE

WELCOME ADDRESS

B ATHULYA (1 MSW)

INAUGURATION

**DR ROBERT MATHEW
(NEUROLOGIST -ANUGRAHA
CARE HOME PATTAM TVM)**

RESOURCE PERSONS

**DR. DYUTHI (PSYCHIATRIST)
MS.MERLYN(SOCIAL ACTIVIST)
DR. PRINCY(PSYCHIATRIST)
MR. NANDU S DAS
(ADMINISTRATOR ARDST)**

VOTE OF THANKS

**MR.KUTTAPAN
(SECRETARY OF ARDST)**

INTRODUCTION

In response to the evolving landscape of healthcare, our Geriatric Care Counselling Program emerges as a beacon of support and guidance for the elderly population and their families. Aging is a natural process that may present challenges before many individuals and their families. All adults may experience a variety of issues affecting physical, mental, and social health as they approach and pass through elderly years. As we navigate the challenges and opportunities presented by an aging society, this program stands as a testament to our commitment to holistic and compassionate care for older individuals. With a focus on promoting the well-being of seniors, the Geriatric Care Counselling Program seeks to provide a comprehensive range of services that extend beyond mere medical attention. Understanding that aging encompasses various facets of life, from health concerns to emotional well-being, our program is designed to address the unique needs of older adults in a manner that respects their dignity, autonomy, and individuality. Through a team of skilled and empathetic counsellors, our program aims to foster open communication and collaboration among seniors, their families, and healthcare providers. By offering personalized counselling sessions, educational resources, and support networks, we aspire to empower the elderly to navigate the complexities of aging with grace and resilience.

NEED OF THE TRAINING PROGRAMME

The need for a geriatric counselling program is underscored by the multifaceted challenges that aging individuals encounter. By addressing physical, mental, and social aspects of aging, such programs contribute to a more holistic and supportive approach to geriatric care.

- **Rising Aging Population:** With an increasing proportion of the population entering the senior age group, there is a growing need for specialized programs to address the unique challenges and concerns faced by older adults.
- **Complex Health Issues:** Geriatric individuals often contend with multiple health issues simultaneously. A counselling program can provide tailored support for managing chronic conditions, medications, and overall health maintenance.
- **Psychosocial Challenges:** Aging is accompanied by various psychosocial challenges, including loneliness, depression, and anxiety. A geriatric counselling program plays a pivotal role in addressing these issues, promoting mental well-being and emotional resilience.
- **Transition and Life Changes:** Seniors undergo significant life transitions, such as

retirement, loss of a spouse, or relocation to assisted living. A counselling program helps individuals navigate these changes, offering guidance and coping strategies.

- Family Dynamics and Caregiver Support: Family dynamics can become more complex as seniors age. Geriatric counselling provides a platform for addressing familial concerns and facilitates open communication. Additionally, it offers support for caregivers, reducing stress and burnout.
- It focuses on promoting meaningful activities, social connections, and a sense of purpose.

PLANNING

By implementing this community organization program, we aim to create a supportive and informed environment for old-age care centre staff, equipping them with the skills and knowledge necessary for providing holistic care to the elderly residents. This program not only benefits the staff but also enhances the overall quality of life for the seniors under their care. The trainee discussed with the agency supervisor about the capacity building training as a part of her field work activity. As suggested by the agency supervisor, the trainee planned to conduct “Geriatric Counselling programme” for the persons who are working in this field. Along with the agency supervisor, trainee decided to invite Dr. Dyuthi & Dr. Anjana (psychiatrist), Ms. Merlyn (Social Activist), Mr Nandu S Das (Social worker) to this programme as resource persons. The trainee prepared budget for the programme.

SELECTION OF THE TOPIC

The selection of geriatric counselling as a community organization topic reflects a proactive response to the evolving needs of an aging society. It underscores a commitment to fostering a community that values and supports the well-being of its elderly members.

- As the population ages, there is a growing need for specialized support to address the unique challenges faced by older adults. Geriatric care counselling is essential for promoting their well-being.
- Older adults often contend with complex health issues and emotional concerns. Geriatric care counselling is designed to address these multifaceted needs comprehensively.

- Geriatric care counselling focuses on improving the overall quality of life for seniors, not just managing health conditions. It emphasizes emotional well-being, social engagement, and a sense of purpose.
- The program recognizes the importance of supporting families and caregivers of elderly individuals. Geriatric care counselling provides tools and strategies to enhance the caregiving experience.
- Proactive mental health care is crucial for seniors. Geriatric care counselling aims to identify early signs of mental health issues, providing preventive interventions and support.
- The program acknowledges the pivotal role of care providers in the lives of older adults. Geriatric care counselling offers training and resources to enhance the skills and effectiveness of those providing care.

APPROVAL FOR THE PROGRAMME

After selecting the topic, trainee ask the agency supervisor, Head of department , and Faculty members for giving approval to conduct the programme. This program aims to address the unique mental health needs of elderly individuals in our community and provide specialized training to the people who are working old-age care centre's .

AIM

- To create a supportive, informed, and compassionate community that prioritizes the well-being of its older members through targeted and holistic interventions.
- To enhance the skills and knowledge of staff in old-age care centers, enabling them to provide more effective and compassionate care through geriatric counseling techniques.
- To address social isolation and loneliness among seniors by implementing community-based programs that promote social connections and meaningful interactions.

OBJECTIVES

At the end of the training the trainees should be able to describe the following objectives.

- To foster emotional resilience and well-being among older adults by addressing the emotional challenges associated with aging.

- To Improve communication skills for both older adults and their caregivers to enhance understanding, empathy, and meaningful interactions.
- To support older adults in adjusting to major life transitions, such as retirement, loss of a loved one, or relocation, through counselling strategies.
- To facilitate social connections and engagement among older adults, reducing social isolation and promoting a sense of community.
- To develop problem-solving skills among older adults to address daily challenges and make informed decisions about their living arrangements and care.
- To facilitate family counseling sessions to improve communication and understanding among family members involved in the care of older adults.
- To provide a supportive environment for discussing end-of-life preferences, facilitating advanced care planning, and addressing existential concerns.

PREPARATION OF THE PROGRAMME

Firstly, comprehensive training sessions should be organized to educate staff members about the unique mental health needs of elderly residents, including common issues such as loneliness, depression, and cognitive decline. Additionally, workshops focused on effective communication techniques and empathetic listening skills can enhance caregivers' abilities to provide emotional support and companionship to residents. Furthermore, collaboration with mental health professionals and local counselling services can provide valuable resources and referral pathways

for residents in need of specialized care. Lastly, ongoing evaluation and feedback mechanisms should be established to ensure the effectiveness and continuous improvement of the geriatric counselling initiatives within the old-age home community.

CURRICULUM

- Basics of Counselling & geriatric Counselling and Its Importance
- Understanding Elder abuse, Legal Counselling & Family Counselling
- Mental Health Problems among Elderly
- Knowledge, Skills, Attitudes & Techniques of Counselling – Ethical

Principles in Elderly Care & Counselling.

- Discussion on documentation of activities, reports and maintenance of records, registers in Care Homes.

METHODOLOGY USED

- Lecture cum discussion
- Presentation
- Practice sessions

TEACHING AID USED

- LCD

NUMBER OF PARTICIPANTS

- Total 25 participants are there . Selected participants are currently working in geriatric care centres. (selected by government officials.

PROGRAMME EXECUTION

The programme was started at 9.30 a.m. with “payer song ” followed by welcome address by Mrs. B. Athulya (1 MSW). The programme was inaugurated by Mr. Praveen (nightingale of India) , he explained about the relevance of geriatric counselling in current century. After that pre-test questions were asked by the trainee to identify existing knowledge belief and attitudes prior to the session.

First session was on the topic “Basics of Counselling & geriatric Counselling and Its Importance” taken by Dr. Dyuthi (psychiatrist). Doctor explained about counselling and its importance , mainly geriatric counselling , providing support, guidance, and therapeutic interventions to individuals facing challenges. Old age or senescence is the final stage, and can be the most rewarding in the lifetime of an individual. It is a phase when a majority of an individual’s social aspects are influenced by the relationship of the physiological effects of aging and the collective experiences and shared values of a generation particular to the structure of the society in which it exists. While being often perceived as the ‘Golden years’ in an adult’s life, in many ways, there are several challenges that the elderly population face. Geriatric counselling focuses on addressing the unique emotional and psychological needs of older adults. Health issues and stress among the elderly population are among the

most noticeable traits as they approach and pass middle age. Geriatric Counselling is a process involving physical and psychological assessment services for older adults. The intervention of a therapist or a mental health professional may help ease the adverse effects of this transition. It's crucial for enhancing their mental well-being and coping with issues like loss, health concerns, or isolation. Tailoring counselling approaches to the specific needs of older individuals is vital in promoting their overall mental health and quality of life. After the session 15 minutes there is tea break .

Second session was started at 11 am on the topic “ understanding Elder abuse, Legal Counselling & Family Counselling ” taken by Ms. Merlyn (social activist). She emphasized that elder abuse is any intentional or negligent act that causes harm or distress to an older person. It can take various forms such as physical, emotional, financial, or neglect. Recognizing signs, fostering awareness, and implementing preventive measures are essential in addressing elder abuse. Counselling plays a role in supporting victims, helping them cope, and empowering them to seek assistance or legal intervention. Legal counselling for the elderly involves providing guidance on legal matters specific to their needs, such as estate planning, wills, healthcare directives, and protection from exploitation. Assisting older individuals in understanding their rights, navigating legal processes, and ensuring their wishes are legally documented contributes to their overall well-being. It also helps prevent potential legal issues related to finances, property, or healthcare decisions. Family counselling in the context of geriatrics aims to address the complexities of familial relationships when dealing with aging relatives. It involves facilitating communication, resolving conflicts, and supporting family members in understanding and coping with the challenges of caring for an elderly loved one. This type of counselling helps strengthen family bonds, promotes cooperation in caregiving, and enhances the overall support system for the elderly individual .After this session lunch break for half an hour.

At 1 pm third session was started with the topic “mental health problems among the elderly” taken by Dr. Dyuthi (psychiatrist) , she encompass a range of conditions that can impact their emotional well-being and daily functioning. Common issues include depression, anxiety, dementia, loneliness, grief, substance abuse, and adjustment disorders. Factors such as physical health decline, loss of loved ones, social isolation,

and chronic illnesses contribute to these challenges. Recognizing and addressing mental health issues in the elderly is essential for promoting overall well-being and ensuring they receive appropriate support and care. A holistic approach involving counselling, social engagement, and, when necessary, medical intervention is crucial in managing mental health concerns in older individuals. At 2 .30 pm next session was started with the topic “Knowledge, Skills, Attitudes & Techniques of Counselling – Ethical Principles in Elderly Care & Counselling” , taken by Dr. Dyuthi (psychiatrist). She explained in depth regarding knowledge, skills, attitudes, techniques of counselling.

Knowledge:

- Understanding psychological theories, developmental stages, and issues specific to the elderly.
- Awareness of various counselling approaches, including cognitive-behavioural therapy, person-centred therapy, and narrative therapy.

Skills:

- Active listening and empathetic communication to establish rapport.
- Assessment skills to identify mental health issues and tailor interventions.
- Problem-solving and goal-setting to collaboratively address concerns.

Attitudes:

- Empathy and cultural sensitivity in recognizing diverse experiences among elderly individuals.
- Non-judgmental attitude to foster a safe and trusting counselling environment.
- Respect for autonomy and dignity, acknowledging the unique strengths of each client.

Techniques:

- Cognitive restructuring for addressing negative thought patterns.
- Validation and reminiscence therapy to explore and process past experiences.
- Relaxation techniques for managing anxiety or stress in older clients.

At 3pm tea break for 15 minutes. Next session started at 3.15 pm . Session was taken by Mr. Nandu S Das (administrator) about documentation of activities, records and

maintenance of registers in a care home . In care homes, proper documentation is crucial for effective management.

Key records and registers include:

Resident Admission Record:

- Captures essential details during admission, such as medical history and personal information.

Care Plans:

- Outlines individualized care strategies for residents, addressing their specific needs and preferences.

Daily Activity Logs:

- Records daily routines, activities, and notable events for each resident.

Medication Administration Record (MAR):

- Documents medication administration details, ensuring accurate and timely dispensing.

Health Assessment Records:

- Tracks residents' health status, including regular check-ups, vital signs, and any health-related concerns.

Staff Duty Roster:

- Outlines staff assignments and responsibilities

during shifts.

Maintenance Log:

Records details of maintenance activities and repairs within the care home.

- Complaints Register:
 - Logs resident or family complaints, outlining the nature of the concern and actions taken to address it.

Inventory Records:

- Maintains a list of equipment, supplies, and other inventory within the care home.

Infection Control Register:

- Tracks infection control measures and incidents, ensuring a safe and hygienic environment.

Quality Assurance Reports:

- Summarizes assessments and evaluations of care services to maintain and improve quality.

After the sessions trainee collect feedback from the participants .Participants express a heightened understanding of the unique challenges and mental health needs of the elderly. Feedback indicates that the program contributed to increased empathy and sensitivity when working with older adults. Mementos were given to dignitaries of the programme . At 4.30 pm programme ended by vote of thanks , trainee expressed heartfelt gratitude's to all the dignitaries and participants.

SKILLS REQUIRED

- Skill in planning
- Communication skill
- Skill in mobilization
- Skill in organization
- Leadership

LEARNINGS

- Enhanced understanding of the unique mental health challenges faced by the elderly.
- Improved skills in tailoring counselling approaches to the specific needs of older individuals.
- Increased awareness of ethical considerations in geriatric counselling.
- Strengthened ability to establish rapport and communicate effectively with elderly clients.
- Trainee learned the importance of building rapport.
- Expanded knowledge of evidence-based practices and interventions for geriatric mental health.
- Trainee learned how to engage.
- Heightened sensitivity to cultural diversity and its impact on counselling outcomes.
- Enhanced capacity for assessing and addressing the psychosocial aspects of aging.

- Improved competence in dealing with grief, loss, and end-of-life issues in geriatric populations.
- Increased confidence in facilitating family counselling sessions for elderly clients and their relatives.
- Acquired practical experience through supervised counselling sessions with elderly individuals.

EVALUATION OF THE PROGRAMME

Trainee got many positive comments from the agency staff and faculty advisor. Participants expressed a heightened awareness of the unique mental health challenges faced by the elderly. Positive feedback indicated that the program improved participants' skills in tailoring counselling approaches to meet the specific needs of older individuals. Positive impact was noted in participants' ability to establish rapport and communicate effectively with elderly clients. Participants reported an increased understanding of ethical considerations in geriatric counselling, highlighting the importance of maintaining ethical standards. Some participants expressed concerns about the limited opportunity for practical application during the program. A few participants mentioned feeling time-constrained, impacting their ability to delve deeper into certain topics during the program.

OUTCOME

- Enhanced competence in addressing the unique mental health needs of the elderly.
- Improved communication skills and rapport-building with elderly clients.
- Increased cultural sensitivity and awareness.
- Application of ethical principles in geriatric counselling.
- Expanded knowledge base on evidence-based practices for geriatric mental health.
- Limited practical application opportunities during the programme.
- Challenges in addressing cultural diversity in geriatric counselling.
- Time constraints impacting in-depth exploration of certain topics.

CONCLUSION

The geriatric counselling program demonstrated positive outcomes, enhancing participants' competence in addressing the unique mental health needs of the elderly. Improved communication skills, cultural sensitivity, and ethical application were notable strengths. However, challenges such as limited practical application opportunities, difficulties in addressing cultural diversity, and time constraints were identified. Overall, the program succeeded in expanding participants' knowledge base, contributing to a more nuanced and effective approach to geriatric counselling. As we navigate the challenges and opportunities presented by an aging society, this program stands as a testament to our commitment to holistic and compassionate care for older individuals. Future iterations should focus on addressing identified challenges to further optimize the program's impact.


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ANNEXURE

PARTICIPANTS LIST

S.No	Name	Designation
1.	Bindhu.D	Superintendent (Day Care Centre and Old Age Home (Women), Thiruvananthapuram)
2	Meena O S	Superintendent(Government Old age Home, Pathanamthitta)
3	Isha Beevi K M	Superintendent (Old Age Home for Physically Handicapped, Alappuzha)
4	Thresia Sebastian	Social Worker
5	Sheeba M S	Social Worker
6	Amala Joseph	Social Worker
7	Vijila K	Social Worker
8	Sreejesh K S	Social worker
9	Anu Kuriyan	Social worker
10	Namitha E.P	Social worker
11	B. Athulya	Social Worker
12	Nandu S Das	Administrator (ARDST)
13	Merlyn	Social Activist
14	Santha S	Social Worker
15	Dr. Shiraz bhava	Nims hospital
16	Soumya s	Caretaker of ARDST
17	Vasanthi G.A	Caretaker of ARDST
18	Manju D	Care taker of ARDST
19	Vasanthakumari M	Caretaker of ARDST
20	Bindhu Lekha S	Care taker of ARDST
21	Susheela D	Care taker of ARDST
22	Vasantha R	Care taker of ARDST
23	Vimala S	Caretaker of ARDST
24	Praseetha. N	Caretaker of ARDST
25	Chithra P	Caretaker of ARDST

ബോധവൽക്കരണ ക്ലാസ് സംഘടിപ്പിച്ചു



തിരുവനന്തപുരം : ജെറിയാട്രിക് കെയർ കൗൺസിലിംഗ് എന്ന വിഷയത്തിൽ കളിയിക്കാവിലൂ നാഞ്ചിൽ കാത്തോലിക് കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസിലെ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും അൽഷിമേഴ്സ് & റിലേറ്റഡ് ഡിസോർഡേഴ്സ് സൊസൈറ്റി ഓഫ് തിരുവനന്തപുരവും സംയുക്തമായി സംഘടിപ്പിച്ച ബോധവൽക്കരണ ക്ലാസ്സ് എ. ആർ.ഡി.എസ്.റ്റി സെക്രട്ടറി സി. കുട്ടപ്പൻ ഉദ്ഘാടനം ചെയ്തു. ഡോ. ദൃതി , അജന (സൈക്യാട്രിസ്റ്റ്), മെറിലിൻ (സോഷ്യൽ ആക്ടിവിസ്റ്റ്), നന്ദു എസ് ദാസ് (അഡ്മിനിസ്ട്രേറ്റർ ഓഫ് ആർ.ഡി.എസ്.റ്റി) തുടങ്ങിയവർ ക്ലാസ് എടുത്തു.

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**REPORT ON
“AWARENESS CLASS ON
SANTHWANAM”**



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILA

DEPARTMENT OF SOCIAL WORK

&

TRIVANDRUM DISTRICT PANCHAYAT

Jointly Organise

AWARENESS CLASS

Topic : Santhwanam

Resource Person : Syam Kumar (Community Worker)

Date : 15/03/2024

Time : 9.30 AM

Venue : Amma Charitable Trust, Nedumkuzhi, TVM

COMMUNITY ORGANISATION PROGRAMME

Santhwnam – Mental Health Awareness

Date	:	15/03/2024
Venue	:	Amma Charitable Trust, Nedumkuzhi, TVP
Time	:	From 9.30 AM to 11 AM
Resource persons	:	Mr. Syam Kumar (Community Worker)
Introductory Speech	:	Smt. Mary Pelsit Head of the Department Master of Social Work, Nanjil Catholic College of Arts & Science, Kaliyakkavilai
Inauguration	:	Mrs. Anitha Sunil
Programme organizer	:	BISMINA L
Agency	:	Thiruvananthapuram Jilla Panchayat

INTRODUCTION

The AMMA Charitable Trust in Thiruvananthapuram recently conducted a community program aimed at promoting mental health among men who have been cured from mental illness. Recognizing the importance of ongoing support and education in maintaining mental well-being, the organization focused on addressing this vital aspect of recovery. The concurrent field visit to AMMA Charitable Trust in Nedumkuzhi, Trivandrum, aimed to assess the effectiveness of the organization's interventions in addressing community needs. We have done one community organization program. This report provides an overview of the visit's objectives, activities, observations, and learnings. Agency: AMMA Charitable Trust, Thiruvananthapuram, Participants of the program were inmates Men Cured from Mental Illness, topic discussed are Mental Health and program duration were 9:30 AM to 11:00 AM.

Pre-planning of the program

Before implementing the program, thorough pre-planning is essential. This includes assessing the current mental health needs of the elderly residents, identifying available resources, and understanding any existing challenges in addressing mental health issues in this demographic. The trainee planned to create awareness about the topic Metal Health. After the confirmation of the program on the scheduled day, prepared the invitation letter, banner, program schedule and venue of the program.

Selection of the topic

The topic of mental health was chosen based on the critical need observed within the community of cured mental illness inmates. Many individuals face challenges in adjusting to life post-recovery and require guidance and resources to support their ongoing mental well-being.

Aim

The aim of the program was to empower cured mental illness inmates with the knowledge, skills, and support necessary to maintain positive mental health and lead fulfilling lives post-recovery.

Objectives

- ✓ To raise awareness about the importance of mental health maintenance post-recovery.
- ✓ To provide education and resources on coping mechanisms, stress management, and emotional regulation.
- ✓ To foster a supportive community where individuals can share experiences, seek guidance, and build resilience.

Scope of the program

The program encompassed a wide range of topics related to mental health, including understanding emotions, managing stress, building healthy relationships, and accessing community resources for ongoing support.

Date & Time

Date : 15/03/2024

Day : Friday

Time : 9.30 A.M

Preparation of the Program

A team of mental health professionals, counselors, and community organizers meticulously planned the program. They collaborated to design interactive sessions, informative presentations, and supportive activities tailored to the specific needs of the participants.

Program Execution

The program commenced at 9:30 AM with a warm welcome to all participants. It included engaging workshops, presentations by mental health experts, group discussions, and therapeutic exercises aimed at promoting self-awareness and emotional well-being. The program is implemented through a series of workshops, support groups, individual counseling sessions, and recreational activities aimed at promoting mental wellness. Regular assessments are conducted to monitor the progress and effectiveness of the program. Community Organization Program held on 15/03/2024.

The Program started at 9.30 A.M and concluded at 11AM. at AMMA Charitable society, Trivandrum. About 30 participants were there in the programme. More than 6 MSW trainees ,The social wok trainee reached at organization at 8 am and met it's the manager sought permission for the preliminarie of the program. After that the trainee talked to the inmates of the center and understand the conditions of each one to reach that place . After that all the inmates including trainee ate food and all were taken to the meeting hall.Sri inaugurated the Community Organization Programme jointly conducted by Nanjil Catholic College and Thiruvananthapuram Jilla Panchayath. Vilappil Radhakrishnan, Standing Committee Chairperson of Welfare Affairs,Thiruvananthapuum Jilla Panchayat. In the inaugural address,hespoke about the importance of the protection of the elderly and the need to protect them in the society. All the inmates of the institution for giving an opportunity to present a program in that institution as part of the community organization

Outcome

The program achieved its intended outcomes by equipping participants with valuable knowledge, skills, and resources to support their mental health post-recovery. Participants reported feeling empowered and motivated to take proactive steps towards maintaining their well-being. The outcomes of the program are evaluated based on various factors such as the improvement in residents' mental health symptoms, their engagement in activities, feedback from residents and staff, and any observed changes in the overall atmosphere of the old age home.

Learning

Participants gained a deeper understanding of the importance of self-care, resilience, and seeking support when needed. They learned practical strategies for managing stress, regulating emotions, and building healthy coping mechanisms to navigate life's challenges.

Observation

Throughout the program, it was observed that participants actively engaged in discussions, shared personal experiences, and expressed gratitude for the opportunity to learn and grow together. There was a sense of camaraderie and mutual support among the participants, fostering a positive and inclusive environment.

Evaluation

Feedback collected from the participants indicated high satisfaction with the program. They appreciated the valuable insights, practical tools, and supportive community atmosphere provided by the program, recognizing its importance in their ongoing journey of recovery and well-being.

Budget

S/N	Required Item	Amount
1	Banner (2"X4") 1	250
2	Programme schedule	100
3	Notice	50
4	Refreshment	1000
	GRAND TOTAL	1400

Conclusion

In conclusion, the community program on mental health organized by the AMMA Charitable Trust in Thiruvananthapuram was a resounding success. It served as a beacon of hope and support for cured mental illness inmates, empowering them to prioritize their mental health and lead fulfilling lives post-recovery. By addressing the unique needs of this population, the program contributes to building a more inclusive and compassionate community where individuals can thrive and support one another in their journey towards mental well-being. This report underscores the importance of community organizations in providing ongoing support and education to vulnerable populations, highlighting the transformative impact of mental health initiatives in promoting recovery, resilience, and empowerment.


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NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILA

DEPARTMENT OF SOCIAL WORK & TRIVANDRUM DISTRICT PANCHAYAT

JOINTLY ORGANISE

AWARENESS CLASS

Topic : **SANTHWANAM**

Resource Person : **Syam Kumar** (Community Worker)

Date : 15.03.2024 Time : 9.30 AM

Venue : Amma Charitable Trust, Nedumkuzhi, TVM.



**REPORT ON
“AWARENESS CLASS ON WASTE
MANAGEMENT”**



**NANJIL CATHOLIC COLLEGE OF ARTS AND
SCIENCE, KALIYAKKAVILAI
AND
NUTHANA TRUST
Jointly organize**

Awareness class on

Waste Management

MARCH 15, 2024

Time: 9.00AM

Place: Swamiyarmadam



**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,
KALIYAKKAVILAI**

DEPARTMENT OF SOCIAL WORK

AND

NUTHANA TRUST

JOINTLY ORGANIZE

Awareness class on

WASTE MANAGEMENT

Date:15/03/2024

Day :Friday

Time:9.00am

Place: Swamiyarmadam

Programme Schedule

Prayer Song	:	Mrs. Anisha (SHG Member)
Welcome Address	:	Lalitha R S (I MSW)
Inauguration	:	Dr. C. Clement Winsley (Director of Nuthana Trust)
Felicitation	:	Mrs. S. Mary Pelsit (Head of Social Work Department, Nanjil Catholic College of Arts and Science)
Chief Guest	:	Mrs. Esaiyas (Panchayat President,Swamiyarmadam)
Motivation Song	:	Mrs. Pushpam (Nuthana Trust)
Vote of Thanks	:	Lalitha R S (I MSW)

Introduction

Community Organization is the process of bringing people together within a community to work towards common goal or address a shared concern. As part of the concurrent field work, the trainee conducted community organization programme on “Waste Management”.

Aim

Promote awareness on waste management among community people.

Objectives

- To create waste management among people.
- To minimize the production of waste.
- To ensure sustainability
- To frame a responsible and promising citizen in the country.

Planning of the programme

The trainee discussed with the agency guide about the topic and assortment of place for the community organization programme. The agency guide directed the trainee to choose Swamiyarmadam for the programme and the topic was “Waste Management Programme”.

The trainee also referred with the social work department faculty guide Mrs. S. Mary Pelsit about the community organization programme to conducting awareness class on waste management in Swamiyarmadam panchayat office. In view of their proposition the trainee went to Swamiyarmadam, met panchayat president Mr. Esaiyas and got permission to conduct community organization programme at Samiyarmadam panchayat office.

TRANSCET WALK

The Transect Walk is a group exercise that entails walking between two points to intentionally cross or transect a community. The group explores environmental and social resources, conditions and systems by observing, asking, listening, looking and producing a transect diagram. On 12-03-2024 the trainee along with agency staffs and 2 of the local people visited Swamiyar Madam, and

observed the waste management and disposal at that particular area, the trainee prepared a map denoting her analysis. The trainee arranged community organization class along with the basis of this analysis map.

Selection of the topic

The Social work trainee decided to choose this topic. And also the trainee discussed it with the agency guide. Along with the guidance of the agency guide, the trainee decided to organize waste management programme.

Approval of the Programme

The trainee planned the community organization program and gave the proposal to the faculty guide Mrs. S. Mary Pelsit for the approval of the programme. The trainee received approval from the faculty guide for the community organization programme.

Preparation for the programme

The trainee prepared the programme schedule, Invitation, banner, Flex, Cap and all the necessary needs for the programme.

Number of participants

Thirty members from the community were participated in the community organization program.

Program Execution

The programme started at 9.00 am with a brief prayer by the Nuthana Staff. Mrs. Anisha (SHG Member), followed by the welcome address by R.S. Lalitha I MSW, Nanjil Catholic College of Art & Science. The director of Nuthana trust Mr. Dr. C. Clement Winsely inaugurated the event then IMSW Student R.S. Lalitha delivered the introductory speech about the programme. Mrs. Jeba Cristy, Assistant Professor of Nanjil Catholic College of Art and Science gave a felicitation.

After that the social work trainee provides caps for the street sweepers Swamiyarmadam panchayat. Then the social work trainee also spoke about effects of transect walk. Then the panchayat

president Mr. Esiayas gave a orientation about waste management and how to prevent environment. Followed that the trainee took a transect walk and spoke with surrounding people's and with panchayat officers about the waste management in the particular area.

The trainee also mobilized cap's for panchayat people from different shops with a help of staffs of the Nuthan trust and co-trainee. The program was ended at 11.30am.

Skills Required

To effectively implement the community organization programme the trainee needs the following skills.

Planning skill:

Ability to create effective plans to achieve the programme objectives.

Organization skill:

Necessary for coordinating activities and ensuring smooth implement of the programme.

Communication skill:

Essential for building rapport with higher authorities and target audiences.

Mobilization skill:

Ability to gather resources from various sources to support programme implementation.

Learning

- The trainee learned to communicate with public people.
- The trainee learned to organize the awareness programme.
- The trainee learned to utilize the resources.
- The trainee learned to apply the transect walk theory into implemented.

Budget

S.NO	Expenditure		Amount
1	Flex	1	Rs.300
2	Program Schedule	10x10	Rs.100
3	Invitation	10x10	Rs.100
4	Juice and snacks		Rs.200
5	Gift	3	Rs.400
6	Cap	28	Rs.2000
		Total	Rs.3,100

Evaluation:

The programme created awareness among the public people the trainee was satisfied with the programme. The trainee was appreciated by the panchayat officer's while mobilized cap's for the panchayat employees the trainee got some positive response from the people.

Outcome

The participant increased their understanding of reduction in waste management Generation the public people came to know about the proper disposal preaches and environmental impact Reduction.

Feedback

The participants told that the awareness class on waste management was useful to them. They got the clear explanation about waste management.

Conclusion

Community organization programme Is very important to develop and fine tune their skills, capacity building programme include many steps, which were strictly followed by the social work trainee. This can mould her to organize various training programme any level. A part from the theoretical knowledge the trainee got practical knowledge.

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ജില്ലാ പഞ്ചായത്തും നാണിൾ കാത്തോലിക് കോളജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും ചേർന്ന് അമ്മ ചാരിറ്റബിൾ ട്രസ്റ്റിൽ സംഘടിപ്പിച്ച ബോധവൽക്കരണ പരിപാടിയിൽ നിന്നും.

സ്വാന്തര മാനസികാരോഗ്യം ബോധവൽക്കരണ പരിപാടി

തിരുവനന്തപുരം: ജില്ലാ പഞ്ചായത്തും കളിയിക്കാവിളയിൽ പ്രവർത്തിക്കുന്ന നാണിൾ കാത്തോലിക് കോളജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി പ്രത്യേക ബോധവൽക്കരണ പരിപാടി സംഘടിപ്പിച്ചു.

തിരുവനന്തപുരം ജില്ലാ പഞ്ചായത്തിനു കീഴിൽ വിളപ്പിൽ പഞ്ചായത്തിൽ പ്രവർത്തിക്കുന്ന അമ്മ ചാരിറ്റബിൾ ട്രസ്റ്റ് ഹാളിൽ

സംഘടിപ്പിച്ച പരിപാടിയിൽ നാണിൾ കാത്തോലിക് കോളജ് അസിസ്റ്റന്റ് പ്രഫ. മേരി പെൽസിറ്റ് അധ്യക്ഷത വഹിച്ചു.

സാന്ത്വന മാനസികാരോഗ്യത്തെക്കുറിച്ച് കമ്മ്യൂണിറ്റി വർക്കർ സത്യം കുമാർ ബോധവൽക്കരണ ക്ലാസ് നയിച്ചു.

നാണിൾ കാത്തോലിക് കോളജിലെ എം.എസ്.ഡബ്ല്യു. ട്രെയിനി ശ്രീജ സ്വാഗതവും പുഷ്പകുമാരി നന്ദിയും പറഞ്ഞു.

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REPORT ON
“AWARENESS CLASS ON MENTAL
HEALTH OF THE PARENTS OF
PHYSICALLY DISABLED CHILDREN



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILA
DEPARTMENT OF SOCIAL WORK

&
TRIVANDRUM DISTRICT PANCHAYAT

Jointly Organise

AWARENESS CLASS

Topic : Mental Health of the Parents of Physically Disabled Children

Resource Person : Shri. Harikrishnan Alungal

Date : 15/03/2024

Time : 11 AM

Venue : BUD School, Vilappilsala



INTRODUCTION

The social work trainee organized a community organization program at BUD School, Trivandrum district Thiruvananthapuram. The programme was started with a salient prayer. The welcome address was delivered by one of the trust member. Mr. Radhakrishnan, Dist. Panchayath Welfare Standing Committee Chairman, inaugurated the programme. Resource person was Pro. Dr. Harikrishnan. We took classes to the inmates in the importance of Mental Health of caretakers of disabled children. The BUD School in Vilappilsala recently conducted a community program aimed at supporting parents of disabled children. Recognizing the unique challenges faced by caretakers of disabled children, the organization focused on addressing mental health issues among this group.

Pre-planning of the program

A team of educators, mental health professionals, and community organizers meticulously planned the program. They collaborated to design engaging activities, informative presentations, and supportive discussions tailored to the needs of the participants.

Selection of the topic

The topic of mental health for caretakers of disabled children was chosen based on the pressing need observed within the community. Many parents expressed concerns about their own well-being while caring for their children with disabilities, highlighting the importance of addressing this issue.

Aim

The aim of the program was to provide support and resources to parents of disabled children to improve their mental well-being and coping mechanisms.

Objectives

- ❖ To raise awareness about the mental health challenges faced by caretakers of disabled children.
- ❖ To provide strategies and resources for managing stress, anxiety, and other mental health issues.
- ❖ To foster a supportive community where parents can share experiences and seek help from one another.

Date & Time

Date : 15/03/2024

Day : Friday

Time : 11.30 A.M

Preparation of the Program

A team of educators, mental health professionals, and community organizers meticulously planned the program. They collaborated to design engaging activities, informative presentations, and supportive discussions tailored to the needs of the participants.

Program Execution

The program commenced at 11:00 AM with a warm welcome to all participants. It included interactive sessions, presentations by mental health experts, group discussions, and sharing circles where parents could express their thoughts and feelings in a safe environment.

Outcome

The program achieved its intended outcomes by providing valuable insights, practical strategies, and a sense of community support to the participants. Parents reported feeling empowered and better equipped to manage their mental health challenges.

Learning

Participants gained a deeper understanding of the importance of self-care, setting boundaries, and seeking support when needed. They also learned effective coping mechanisms and stress management techniques to improve their overall well-being.

Budget

S/N	Required Item	Amount
1	Banner (2''X4'') 1	100
2	Programme schedule	80
3	Notice	900
4	Refreshment	1430
		2510

Observation

Throughout the program, it was observed that parents actively engaged in discussions, shared personal experiences, and offered support to one another. There was a palpable sense of camaraderie and solidarity among the participants.

Evaluation

Feedback collected from the participants indicated high satisfaction with the program. They appreciated the opportunity to learn from experts, connect with other parents facing similar challenges, and gain practical tools for enhancing their mental health.

Conclusion

In conclusion, the community program on the mental health of caretakers of disabled children organized by BUD School in Vilappilsala was a resounding success. It served as a valuable resource for parents, empowering them to prioritize their own well-being while caring for their children with disabilities. By addressing the mental health needs of caretakers, the program contributes to building a more supportive and resilient community for families of disabled children. This report highlights the importance of community organizations in addressing the diverse needs of vulnerable populations and underscores the significance of prioritizing mental health support for caregivers.


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**REPORT ON
“EYE CAMP”**



Nanjil Catholic College of Arts and Science
Kaliyakkavilai,
Department of Social work
&
Marthandam Integrated
Development Society
Jointly Organize

Eye Camp

March 15, 2024

Time: 10. am
Place : Soosaipuram



**NANJIL CATHOLIC COLLEGE OF ARTS AND
SCIENCE, KALIYAKKAVILAI**

AND

**MARTHANDAM INTEGRATED DEVELOPMENT
SOCIETY**

JOINTLY ORGANIZE

EYE CAMP

PROGRAM SCHEDULE

Welcome Speech	:	Jeniba D (I MSW)
Inauguration	:	Rev.Fr.Dr. Jerome C (Director of MIDS)
Presidential Address	:	Mrs. S Mary Pelsit (HOD, Nanjil Catholic College of Arts and Science, Kaliyakkavilai)
Felicitation	:	Mr. Sajan Joseph (MIDS Project Officer)
Resource person	:	S Maria Ramesh (PRO.Dr. Suresh Eye Hospital)
Eye Checkup		
Vote of Thanks	:	Ms. Rosy V (I MSW)

Introduction

In this most effective way of providing eye care service to a large number of people in a short time. We identify a large number of cataract patients through these eye camps. It is completely free for patients. This programme helped the people to understand the importance of maintaining good eye health and eyesight by regular eye check-ups. So that training conducted the eye camp as community organization programme in Soosaipuram.

Aim

“To promote eye health in Soosaipuram community”

Objective

- To provide medical care and treatment to people in rural area
- To provide free and affordable eye care service to the communities
- To aware about treatment options related to eye problems
- To detect refractive errors and provide corrective glasses free cost to the community

Planning of the program

The trainee discussed with the agency guide Mr. Sajan Joseph about the eye camp. He gave permission to conduct eye camp and also he instructed that trainee to choose Soosaipuram for conducting the programme. Subsequently, the trainee informed it with social work department faculty guide Ms. Seethu Vijayan about the community organization programme. In view of their proposition, the trainee went to Soosaipuram and met Fr. Ajeesh and got permission to conduct community organization programme. He also gave the permission to conduct community organization programme at Soosaipuram church auditorium.

Selection of the topic

Cataract is the major cause of blindness. In the present scenario many of them are affected with vision problems due to the over use of mobile phones, including children to elders. During the visit to Soosaipuram, the trainee found that eye camp is the felt need of that area. So the social work trainee decided to conduct eye camp in Soosaipuram.

Approval of the programme

The trainee planned to conduct eye camp, the trainee gave the proposal to the faculty guide Ms. Seethuvijayan for the approval of the eye camp. Then the trainee got approval from the faculty guide for conducting eye camp as community organization programme.

Preparation of the programme

The trainee prepared the programme schedule, invitation, banner, notice and budget for the programme. After that the trainee invited college secretary, principal, all department Staffs and the social work trainees to the eye camp as well as distributed the notice to the community people's to invite them in the programme. Also got permission from Fr. Ajeesh for conducting the programme in his church auditorium.

Number of participations

Sixty two Soosaipuram community people, Director of MIDS, five staffs from the agency and one staff from the college were participated in the eye camp.

Programme Execution

The programme began at 10:00 AM which followed by welcome address by Jeniba D IMSW. Afterwards the Rev. Fr. Dr. Jerome C director of MIDS Inaugurated the event. Then he gave an orientation about eye care and the cause of vision problems.

Followed the Fr. Ajeesh correspondent of home special school inaugurated the event. Followed that Mr. Sajan Joseph MIDS project officer and Mr. Devraj MIDS NVS, organiser gave felicitation in the programme.

Followed that Ms. Seethu Vijayan, Assistant professor of social work department, Nanjil Catholic College of arts and Science gave presidential address in the programme.

After that Mr. S. Marie Ramesh PRO of Dr. Suresh eye hospital, Marthandam, he advised the participants about eye check-up and the procedure of the programme.

Followed that the technicians of the Dr. Suresh eye Hospital were conducted free eye check-ups for all participants were got cataract advice and some of them got normal eye check-up.

After the completion of eye check-ups, the programme was organized with vote of thanks by Rosy V, IMSW. Eye camp was ended at 1:00 PM.

Skills Required

Organising an eye camp, need a variety of skills such as coordination, medical knowledge, logistics management, community outreach and teamwork. Effective communication, empathy, and the ability to work under pressure or also crucial skills in conducting community organization program.

Skill in planning

Effective planning ensures that actions are directed towards the goals of the training programme.

Communication skill

Essential to effectively convey information to the community about the camp, its purpose, and the service offered. Clear and empathetic communication plays a vital role in building trust and encouraging participation.

Skill in Mobilization

Effective mobilization involves reaching out to the community, raising awareness about the camp, and encouraging participation. Building strong relationships with local leaders and organization can help in Mobilizing resource and support for the event.

Skill in organization

Proper organization involves coordinating medical staff, equipment, logistics and community outreach effectively. It's essential to have a well-structured plan, clear communication among team members and attention to detail to ensure the eye camp runs smoothly.

Learning

- The trainee learned to organise the community organization programme.
- The trainee learned to communicate with the community people.
- The trainee learned to apply the theory into practical.

Budget

S. No	Expenditure	Rate	Amount
1	Flex		Rs. 350
2	Programme Schedule	8×10	Rs. 80
3	Invitation	13×5	Rs. 65
4	Notice	3×500	Rs. 1500
5	Snacks	30×10	Rs. 300
6	Lunchbook	15×70	Rs. 1050
7	Gift		Rs. 500

Evaluation

The programme has helped the participants to get free eye check-up and the participants get knowledge about causes of vision problem. The trainee learned to handle the new circumstances. The trainee got appreciation from the faculty guide and the agency guide.

Outcome

- At the end of the programme, the participants obtain perception eyeglasses to improving their vision and quality of life.
- Learn about proper eye care practice to prevent future eye problems.
- Raise awareness about the importance of regular eye check up and maintaining good eye health within the community.
- Address barriers to accessing eye care service, particularly in rural or underserved areas.
- Improve overall community health and productivity by addressing vision related issues.

Feedback

- Eye camp contribute to improving the quality of life for many individuals by ensuring better eye health and vision care.
- These camps often importance service like eye screening, distributing glass and referring individuals for further treatment if needs.

Conclusion

Cataract was found to be the major causes of blindness followed by refractive error. conducting eye screening and surgical camp helps in restoring vision to the residents of remote area. Thus reducing the burden of blindness due to cataract and refractive error.

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ANNEXURE





சூசபுரத்தில் இலவச கன் பரிசோதனை முகாம்



நாகர்கோவில் மார்ச் 24 நாளுசில் சுத தோலீக்கக் கலை மற்றும் அறிவியல் கல்லூரி, சமூகப்பணித்துறை, மார்த்தாண்டம் ஓருங்கிணைந்த வளர்ச்சி சங்கம் மற்றும் மார்த்தாண்டம் கரேஷ் கண மருத்துவமனை இணைத்து இலவச கன் பரிசோதனை முகாம் சூசபுரத்தில் நடைத்தப்பட்டது. இறைவனைக்கத்துடன் தொடங்கப்பட்ட இந்நிகழ்ச்சியில் கல்லூரி முதலாமாண்டு மாணவி ஜெனியா வரவேற்புரை கூறினார். மிட்ஸ் நிறுவனத்தின் இயக்குனர் அருட்தந்தை ஜெரோம் நிகழ்ச்சியை தொடங்கி வைத்து, பார்வை குறைவு ஏற்படுவதற்கான காரணங்கள் குறித்து பேசினார். ஜேரோம் சிறப்பு பள்ளியின் நிர்வாகி தந்தை அஜீஸ் தொடக்கவுரை கூறினார். கல்லூரி சமூகப்பணித்துறை பேராசிரியை சீது விஜயன் வாழ்த்துரை வழங்கினார்.

இதனைத் தொடர்ந்து மிட்ஸ் நிறுவனத்தின் பணியாளர்கள் ஷாஜன் ஜோசப் மற்றும் தேவராஜ ஆகியோர் சிறப்புரை ஆற்றினர். கரேஷ் கண மருத்துவமனை மக்கள் தொடர்பு அதிகாரி மரிய ரமே முகாமின் செயல்முறைகள் மற்றும் கன் சிகிச்சைக்கான வழிமுறைகள் குறித்து பேசினார். இந்நிகழ்ச்சியில் 62 பேர் பங்கேற்றனர். இவர்களில் 17 பேருக்கு மேற்கிச்சை செய்ய மருத்துவமனைக்கு செல்ல பரிந்துரை செய்யப்பட்டது. கண்ணாடி அணிய பரிந்துரைக்கப்பட்டவர்கள் 15 பேர், அதே கண்ணாடியை அணிய பரிந்துரை செய்யப்பட்டவர்கள் 5 பேர் மற்றும் 25 பேருக்கு சாதாரண பரிசோதனை செய்யப்பட்டது. மேலும் இந்நிகழ்ச்சியை கல்லூரி சமூகப்பணித்துறை முதலாமாண்டு மாணவி ஜோசி ஓருங்கிணைத்தார். இறுதியில் ஜோசி நன்றி கூறினார்.

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REPORT ON
“AWARENESS CLASS ON LIFE STYLE DISEASES”



NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE

KALIYIKKAVILA

DEPARTMENT OF SOCIAL WORK

&

TRIVANDRUM DISTRICT PANCHAYAT

Jointly Organise

AWARENESS CLASS

Topic : Life Style Diseases

Resource Person : Shri. Sabari Nath

Date : 15/03/2024

Time : 2.30 PM

Venue : Kudumbasree, Peyad Ward, Vilappil Panchayat

Introduction:

Community Organization is the process of bringing people together within a community to work towards common goal or address a shared concern. As part of the concurrent field work, the trainee conducted community organization programme on 'Life Style Diseases'

Aim:

The main aim of the community organisation program on "life style diseases" isto create better awareness about the importance of health.

Objectives:

- **Raise Awareness:** Disseminate information about the importance of healthy life style. Give awareness on maintaining a healthy weight, regularly exercising, eating a healthy diet, and not smoking reduces the riskof developing chronic diseases by 80 percent. An unhealthy lifestyle formsthe root cause of all lifestyle diseases, as they often originate in childhood,develop silently over time, and manifest without warning, also called silentkillers.
- **Provide Resources:** Adopting healthy behaviors, improving physical activity, stopping tobacco, a high-fiber, low-fat diet to control body weight,good sleeping habits, avoiding excessive alcohol, coping with stress, and seeking support as needed, reduces the risk of death due to lifestyle diseases.
- **Community Engagement:** Foster a sense of belonging through communityevents, workshops, and collaborative projects that promote inclusivity.
- **Advocacy:** Advocate for seeking help from health professionals for ahealthy and stress free life style.

Planning of the programme:

The trainee discussed with the agency guide about the topic and assortment of place for the community organization programme. The agency guide directed thetrainee to choose one of the Kudumbasree Unit at Peyad, Trivandrum for the programme and the topic was Life Style Diseases. The trainee also referred withthe social work department faculty guide Ms. Sethu Vijayan about the communityorganization program. In view of their proposition, the trainee

met Mr. Anil Kumar in the agency and discussed it with him and also he gave some ideas about the programme.

Selection of the topic:

Chronic diseases is a significant global public health issue. The World Health Organization (WHO) estimates that chronic lifestyle diseases will account for 70 percent of global deaths by 2030. Women worldwide face unique health concerns due to unhealthy ways of living. Most women are hardwired to look after families first without paying attention to their own health and in fact neglecting it on most occasions. And this is further compounded if they are working women trying to balance home and work. Balancing home and work is a difficult process and requires considerable skill. This may lead to irregular meal patterns, missing meals, lack of sleep, stress, lack of physical activity, addictions, poor relationships—all of which contribute to the development of lifestyle diseases (chronic diseases or non-communicable diseases). Heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary disease, and some types of cancer are some of the lifestyle diseases. They can lead to loss of independence, years of disability, or death, imposing a considerable economic burden on health services.

Number of Participants

About 6 MSW trainees from Nanjil Catholic College, MSW Department HOD Smt. Mary Pelsit from the college and the Peyad Ward Member Mr. Suresh, and the resource person Sri. Sabarinath, Social Worker, Shradda Care Home, Venjaramoodu, Trivandrum and 40 Kudumbasree members participated in the programme.

Program Execution

Community Organization Program held on 15/03/2024. The Program started at 2 P.M and concluded at 4 P.M. at 'Kudumbasree Unit, Peyad'. About 26 Kudumbasree Members were participated in the programme. More than 6 MSW trainees, Mr. Suresh Kumar, Ward Member of Vilappil Panchayath were also participated in the programme. M.A. Pushpa Kumari, MSW trainee delivered welcome address followed by a salient prayer. The Chief guests and all the participants were welcomed.

Master of Social Work Department Head (Nanjil Catholic College of Arts and Science) Smt. Mary Pelsit delivered the introductory speech. Mr. Suresh Kumar, Vilappil Panchayath Ward Member inaugurated the program. The resource person Mr. Sabarinathan, Social worker

of Sradda Care Home, Venjarammoodu, Trivandrum took classes on the topic the 'Life Style Diseases'. He said adopting healthy behaviours, improving physical activity, stopping tobacco, a high-fibre, low-fat diet to control body weight, good sleeping habits, avoiding excessive alcohol, coping with stress, and seeking support as needed, reduces the risk of death due to lifestyle diseases.

The resource person also explained that a lifestyle disease is linked to the way a person lives. Lifestyle diseases are ailments that are primarily based on the day to day habits of people. Habits that detract people from activity and push them towards a sedentary routine can cause several health issues that lead to chronic non-communicable diseases with life threatening consequences. A primary intent of this article is to educate readers about the risk factors associated with Lifestyle diseases as well as to encourage them to follow a healthy lifestyle in order to reduce the chances of developing a Lifestyle related disease later in their lives. The MSW trainee Sreeja. G deliver vote of thanks and concluded the program at about 4 P.M.

Skills Required

To effectively implement the community organization program, the trainee needs the following skills:

1. Planning Skill:

Ability to create effective plans to achieve program objectives.

2. Communication Skill:

Essential for building rapport with higher authorities and target audiences.

3. Mobilization Skill:

Ability to gather resources from various sources to support program implementation.

4. Organizational Skill:

Necessary for coordinating activities and ensuring smooth implementation of the program.

Learning:

- The trainee learned to organize the awareness program.
- The trainee learned to communicate with public people.
- The trainee learned to apply the theory into practical.

Budget

Sl.No.	Required Item	Amount
1	Banner (2"x4") – 1 No.	350
2	Programme Schedule	100
3	Notice	100
4	Refreshment (20x50 persons)	1000
	GRAND TOTAL	1550

Evaluation

Through this community organization, we aim to weave a tapestry of support, understanding, and empowerment. By recognizing about life style diseases, they will control their food habits, will do exercises and build up a healthy life.

Outcome

- ❖ **Increased Awareness:** Measure the community's understanding of lifestyle diseases through pre- and post-awareness surveys.
- ❖ **Community Participation:** Track the number of individuals actively engaging in different programs and community events.
- ❖ **Policy Impact:** Monitor changes in local policies related to life style and assess the organization's advocacy impact.

We all understand about life style diseases. All the participants were impressed very well about the awareness class. All the inmates were very happy because of exercises, plays, music etc.

Conclusion

The program helped the trainee to learn a lot about organizing and working with communities. The trainee got to put the classroom knowledge into practice, understand what the community needs, and do social work. The positive and negative feedback also mould the trainee to be a good social worker.

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ANNEXURE



ബോധവൽക്കരണ ക്ലാസ് സംഘടിപ്പിച്ചു

തിരുവനന്തപുരം

തിരുവനന്തപുരം ജില്ലാ പഞ്ചായത്തും, നാഞ്ചിൽ കാത്തോലിക് കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് കളിയിക്കാവിളയിലെ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി വിളപ്പിൽ പഞ്ചായത്തിലെ പേയാട് വാർഡിലെ കടുബശ്രീ അംഗങ്ങൾക്കായി സംഘടിപ്പിച്ച കമ്മ്യൂണിറ്റി ഓർഗനൈസേഷൻ പ്രോഗ്രാമിൽ നാഞ്ചിൽ കാത്തോലിക് കോളേജിലെ അസിസ്റ്റന്റ് പ്രൊഫസർ ശ്രീമതി. മേരി പെൽസിറ്റ് അധ്യക്ഷത വഹിച്ചു. വിളപ്പിൽ പഞ്ചായത്ത് അംഗം ശ്രീ. സുരേഷ് കുമാർ ഉദ്ഘാടനം നിർവഹിച്ചു. ജീവിത ശൈലി രോഗങ്ങളെ കുറിച്ച് സോഷ്യൽ വർക്കർ ശ്രീ. ശബരിനാഥൻ ബോധവൽക്കരണ ക്ലാസ്സ് നടത്തി. നാഞ്ചിൽ കാത്തോലിക് കോളേജിലെ എം എസ്സ് ഡബ്ല്യു ട്രെയിനി ശ്രീമതി. പുഷ്പ കുമാരി സ്വാഗതവും ശ്രീമതി. ശ്രീജ നന്ദിയും പറഞ്ഞു.



തിരുവനന്തപുരം ജില്ലാ പഞ്ചായത്തും, നാഞ്ചിൽ കാത്തോലിക് കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് കളിയിക്കാവിളയിലെ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി സംഘടിപ്പിച്ച ബോധവൽക്കരണ ക്ലാസ് പഞ്ചായത്ത് അംഗം ശ്രീ. സുരേഷ് കുമാർ ഉദ്ഘാടനം നിർവഹിക്കുന്നു.

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**REPORT ON
“CAPACITY BUILDING
PROGRAMME ON SOAP
MAKING”**



NANJIL CATHOLIC COLLEGE OF ARTS
AND SCIENCE, KALIYAKKAVILAI
AND
KANYAKUMARI SOCIAL SERVICE SOCIETY
JOINTLY ORGANIZE

*Capacity building
Programme*

MARCH 19, 2024
TIME: 10 AM

PLACE: ST. THOMAS CHURCH
AUDITORIUM, MATHAMPALA

NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENE KALIYAKKAVILAI

DEPARTMENT OF SOCIAL WORK

AND

KANYAKUMARI SOCIAL SERVICE SOCIETY

JOINTLY ORGANIZE

"CAPACITY BUILDING PROGRAMME"

Date: 19/03/2024

Day: Tuesday

Time : 10.00 AM

Place : Mathampaala

PROGRAMME SCHEDULE

- Prayer Song* : **Self help group members**
- Welcome speech* : **Antony Muthu**
(1st MSW)
- Inauguration* : **Rev. Fr.Thomas sebastin**
(Director of KKSSS)
- Felicitation* : **Miss. Seethu Vijayan**
(Assistant Professor of social work
department Nanjil catholic college of arts
and science)
- Procedure* : **Sr.Sheen Maria CHF**
(MSW, Provincial secretary)
- Vote of Thanks* : **Anu P.S.**
(1st MSW)

Introduction:

Community organization is committed to empowering women through capacity-building programs aimed at enhancing their skills, knowledge, and confidence. This report outlines recent initiative designed specifically for self-help groups, focusing on capacity building through various activities such as surf, ujala, and floor lotion making.

Aim:

The aim of the program is to empower women within self-help groups by providing them with valuable skills, knowledge, and resources to enhance their economic independence and social well-being.

Objectives:

- To impart practical skills through activities like surf, ujala, and floor lotion making.
- To facilitate team-building and communication through group dynamic games.
- To promote mental well-being through relaxation therapy sessions.
- To inspire and motivate participants through motivation classes.
- To enhance financial literacy and awareness through financial awareness workshops.

Planning of the Program:

The trainee discussed with the agency guide Sr.Merin Rose about conducting Capacity building as community organization programme. She gave permission to conduct the Capacity building for self help group and also she instructed the trainee to choose Mathampala, Palukal for conducting the program. Subsequently, the trainee informed it with social work department faculty guide Mrs.JebaCristy about the community organisation programme. In view of the St. Thomas church, Mathampala, Palukal. And met Fr. Jacob and received permission to conduct community organisation programme.

Selection of Topics:

The topics were selected based on their relevance to the participants' needs and their potential for skill development and empowerment. In present scenario many of them are saving the income through their partner or children so the trainee conducted capacity building programme for self help group for earning money for themselves. During the visit to Mathampala, the trainee

found that capacity building is felt need of self help group. So the social work trainee decided to conduct capacity building at MathampalaSt.Thomas church.

Approval of the Program:

The program proposal was presented to relevant stakeholders within the community organization and received approval based on its alignment with organizational objectives and community needs. After the trainee planned to conduct Capacity building ,the trainee gave the proposal to the faculty guide Mrs.JebaCristy for the approval of the Capacity building programme. Then the trainee received the approval from the faculty guide for conducting capacity building programme training programme as community organization programme.

Preparation of the Program:

Preparation involved securing necessary resources, arranging venue logistics, recruiting facilitators, and designing session materials. The trainee prepared the programme schedule, invitation, banner, budget for the programme. After that the trainee invited college secretary, Principal, all department faculties and the social work trainees as well as the community peoples for the programme. Also got permission from Fr.Jacob for conduct the program in his church auditorium.

Number of Participants:

The program aimed to accommodate a diverse group of participants from various self-help groups, with a focus on inclusivity and accessibility.

Program Execution:

The program was executed according to the planned schedule, with each session conducted efficiently and effectively.

Procedure of the Program:

Participants engaged in a series of workshops, games, therapy sessions, and classes designed to impart skills, promote well-being, and enhance awareness. The program began at 10 : 00 am with a prayer song by Self help group member , I MSW which was followed by welcome address Antony Muthu ,Afterwards, under the Kanyakumari Social Service Society Angel garments co-ordinator Sr. Mary kutty inaugurated theCapacity building programme. Then She gave an orientation about capacity building for self helpgroup,and motivated them.

Followed by that, Miss. Seethu Vijayan assistant professor of Social work Department, Nanjil Catholic College Of Arts and Science gave felicitation to the participant. After that Sr. Sheen Maria procedure of the training program.

After the completion of the program, Anu P. S., IstMSW, delivered the vote of thanks. The Capacity building program concluded at 12:15pm.

Skills Required:

Participants were encouraged to actively participate and engage in the activities, requiring skills such as teamwork, creativity, communication, and critical thinking.

Learning:

Participants learned practical skills related to surf, ujala, and lotion making, as well as valuable insights into teamwork, relaxation techniques, motivation, and financial management.

Budget:

The program budget covered expenses related to venue rental, materials, facilitator fees, and refreshments, ensuring the smooth execution of all activities.

S.NO	EXPENDITURE	RATE	AMOUNT
1	BANNER	200	200
2	PROGRAMME SCHEDULE	20*10	200
3	INVITATION	5*12	
4	T/A		60
5	REFRESHMENT		800
6	RESOURCE PERSON		500
	TOTAL		1760

Evaluation:

The program's effectiveness was evaluated through participant feedback, observation of engagement levels, and assessment of skill acquisition and knowledge retention.

Outcome:

The program resulted in empowered women who gained valuable skills, improved confidence, enhanced social connections, and increased awareness of financial matters.

Conclusion:

Capacity-building program for self-help groups successfully empowered women through a holistic approach encompassing skill development, well-being promotion, motivation, and financial awareness. Trainee remain committed to continuing such initiatives to foster lasting positive change within the community.


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Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153, Tamil Nadu.


PRINCIPAL
Nanjil Catholic College of Arts & Science
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ANNEXURE



பங்கலில் - நிறர் வளர்த்தல் பயிற்சி முகாம்

நாள்: 15.05.2023

கனியக்காவிலை நாள்கில் கத்தோலிக்க கலை, அறிவியல் கல்லூரி, அறிவியல் கல்லூரி, சமூகப்பணித்துறை மற்றும் கன்னியாசுமரி சமூக சேவை சங்கம் இணைந்து நிறர் வளர்த்தல் பயிற்சி முகாம் மத்தம்பலா, பங்கலில் நடைபெற்று இறைவனக்கருது வர் தொடங்கப்பட்ட இப்பயிற்சியில் கல்லூரி முதலாமாண்டு மாணவள் ஆன்ரணி முத்து வரவேற்புரை கூறினார். இதனைத் தொடர்ந்து அருட்சோதிர் மேரி சூடடி நிகழ்ச்சியை மூலமாக வைத்து தொடக்கவுரையாற்றினார். பின்னர் சமூகப்பணித்துறை உதவி பேராசிரியை சீது விஜயன் வாழ்த்துரை வழங்கினார். அதனைத்தொடர்ந்து நிகழ்ச்சியின் பங்கேற்பாளர்களுக்கு வருவாய் உருவாக்கம் பற்றிய கருத்துரை வழங்கப்பட்டது. பின்னர் நிகழ்ச்சியின் சிறப்பு விருந்தினரான அருட்சோதிர் மரியா சோப உருவாக்கம் குறித்த பயிற்சியை பங்கேற்பாளர்களுக்கு வழங்கினார். இப்பயிற்சியில் 30 பேர் கலந்து கொண்டு பயன் பெற்றனர். இறுதியில் நன்றி கதி முடிக்கப்பட்டது. இந்நிகழ்ச்சியை கல்லூரி முதலாமாண்டு மாணவி அனு ஒருங்கிணைத்திருந்தார்.



கனியக்காவிலை நாள்கில் கத்தோலிக்க கலை, அறிவியல் கல்லூரி, அறிவியல் கல்லூரி, சமூகப்பணித்துறை மற்றும் கன்னியாசுமரி சமூக சேவை சங்கம் இணைந்து நிறர் வளர்த்தல் பயிற்சி முகாம் மத்தம்பலா, பங்கலில் நடைபெற்று.



கனியக்காவிலை நாள்கில் கத்தோலிக்க கலை, அறிவியல் கல்லூரி, சமூகப்பணித்துறை மற்றும் கன்னியாசுமரி சமூக சேவை சங்கம் இணைந்து நிறர் வளர்த்தல் பயிற்சி முகாம் மத்தம்பலா, பங்கலில் நடைபெற்று.

S. Mary Reksit
Head

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Abhi

PRINCIPAL

Nanjil Catholic College of Arts & Science
Kaliyakkavilai - 629 153, Tamil Nadu.



REPORT ON
**“AWARENESS CLASS ON LIFESTYLE
MANAGEMENT IN PCOS”**



**NANJIL CATHOLIC COLLEGE OF
ARTS AND SCIENCE
KALIYAKKAVILAI**

**DEPARTMENT OF SOCIAL WORK
&
NUTHANA TRUST**

**JOINTLY
ORGANIZE**

AWARENESS CLASS ON
Lifestyle management in

PCOS

(Polycystic ovary syndrome)

RESOURCE PERSON:

Ms.Sonia.V.R

*MSc(N), HOD OBG Department,
Professor,
St. Antony's College of Nursing, Enayam.*

MARCH 26,2024

PLACE:MULAGUMOODU

TIME:2.00PM



**NANJIL CATHOLIC COLLEGE OF ARTS AND SCIENCE,
KALIYAKKAVILAI**

DEPARTMENT OF SOCIAL WORK

AND

NUTHANA TRUST

JOINTLY ORGANIZE

Awareness class on

Date:26/03/2024

Time:2.00pm

**lifestyle management in
PCOS**
(Polycystic ovary syndrome)

Day :Tuesday

Place: Mulagumoodu

Programme Schedule

- Prayer Song** : **Mrs. Anila**
(SHG MEMBER)
- Welcome Address** : **Anila. K**
(I MSW)
- Inauguration** : **Dr. C. Clement Winsley**
(Director of Nuthana Trust)
- Felicitation** : **Mrs.J. Jeba Cristy**
(Asst professor of Social Work Department,
Nanjil Catholic College of Arts and Science)
- Chief Guest** : **Ms. Sonia.V.R**
MSc(N), HOD OBG Department, Professor,
St. Anthony's college of nursing, Enayam.
- Vote of Thanks** : **Anila. K**
(I MSW)

Introduction:-

Community organization is the process of bringing people together within a community to work towards common goal or address a shared concern. As part of the concurrent field work, the trainee conducted community organization programme on “**lifestyle management of PCOS**”.

Planning of the Programme:-

The trainee discussed with the agency guide about the topic and assortment of place for the community organization programme. The agency guide directed the trainee to choose kalluvilai for the programme and topic was “**Lifestyle management on PCOS**”. The trainee also referred with the social work department faculty guide Mrs. Jebacristy about the community organization program.

Selection of the Topic:-

In the present scenario many of the women are affected with “**PCOS and PCOD**”. Based on that the trainee decided to choose this topic. And also the trainee discussed it with the agency guide and decided to organize awareness about “**Lifestyle management on PCOS**”.

Aim:-

“Achieving and maintaining women healthy”

Objectives:-

- To awareness among the women
- To Create Improving insulin Sensitivity
- To promote regulating hormonal Balance
- To promote enhancing fertility
- To create improving of lifestyle

Date;Time and Venue:-

Date: 26/03/2024

Time: 2.00 pm

Venue: Kalluvilai (Nuthana Trust)

Approval of the programme:-

The trainee planned the community organization program, The trainee gave the proposal to the faculty guide Mrs.Jebacristy for the approval of the program.Then trainee received approval from the faculty guide for the community organization program.

Preparation for the Programme:-

The trainee prepared the programme schedule ,Invitation ,Banner and all the necessary needs for the programme.

Number of Participants:-

About twenty six members of Nuthana staffs and SHG members and director of Nuthana Trust Participated in the Programme,"**Lifestyle management on PCOS**".

Program Execution:-

The program started at 2.00 pm with a prayer by Nuthanastaff.Followed by the welcome address by Anila.K(I MSW). The director of Nuthana Trust Dr.C.Clementwinsleyinaugrated the event. Then Mrs. J. Jebacristy(Asst. Professor of Social Work Department, Nanjil Catholic College of Arts and Science)gave a felicitation.

After that Dr. Mrs. Sonia,(Head of Department OBG, St. Atony college of Arts and Science, Enayam).She gave an orientation about the topic "**Lifestyle management on PCOS**".The SHG member also asked several questions about maintaining weight gain and loss.

The resource person also gave many valuable points about weight management,lifestyle of women in modern generation,food habits etc.Following to this the trainee Anila.K proposed vote of thanks.Then the program was concluded with an national anthem at 4.00 pm.

Skills Required:-

1. Planning Skills:

Ability to create effective plans to achieve program objectives.

2. Communication Skill:

Ability skill to effectively communicate with diverse group, to raise awareness about PCOS and Lifestyle management.

3. Organizational Skill:

Necessary for coordinating activities and ensuring smooth implementation of the program.

4. Motivational Skill:

Adopt sustainable Lifestyle changes to manage PCOS affectively.

Learning:-

- The trainee learned to organize the awareness program.
- The trained learned to communicate with public people
- The trainee learned to apply the theory into practical
- The trainee learned about 'PCOS' and health of women

Budget:-

S.No	Expenditure		Amount
1.	Flex		300
2.	Program Schedule	12*10	120
3.	Invitation	25*5	100
4.	Tea and Snacks		240
		Total	760

Evaluation:-

The program has created awareness among the public people. The trainee was satisfied by the programme. The trainee was appreciated by the staff of Nuthana Trust and agency guide. While the C.O program session the trainee got positive response from the people.

Outcome:-

The participants increased their awareness of “Lifestyle management on PCOS”.The community people improved symptom management and better metabolic health

Feedback

1. The participants told that the program was useful to them
2. The participants told that they got some ideas about the topic
3. Every individual was very happy about the program and its uses

Conclusion:-

The program helped the trainee learn a lot about awareness of PCOS and work with communities. The trainee also put the classroom knowledge into practice and also understand what the community needs and social work. The positive and negative feedback helped the trainee to learn more for the future.


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ANNEXURE



முன்குழுட்டில் - வாழ்க்கை முறை மேலாண்மை குறித்த விழிப்புணர்வு நிகழ்ச்சி



நாகர்கோவில், ஏப்.11

களியக்காவிளை
நாஞ்சில்
கத்தோலிக்க கலை,
அறிவியல் கல்லூரி
சமூகப்பணித்துறை
, மற்றும் நூதனா
டிரஸ்ட் இணைந்து
வாழ்க்கை முறை
மேலாண்மை குறித்த

விழிப்புணர்வு நிகழ்ச்சி
முன்குழுட்டில்
நடைபெற்றது.
இறைவணக்கத்துடன்
தொடங்கப்பட்ட
இந்நிகழ்ச்சியில்
கல்லூரி முதலா
மாண்டு மாணவி
அனிலா வரவேற்புரை
கூறினார். அதனைத்

தொடர்ந்து நூதனா
டிரஸ்ட் இயக்குநர்
இந்நிகழ்ச்சியை
துவங்கி வைத்து
தொடக்கவுரை
வழங்கினார்.
பின்னர் கல்லூரி
சமூகப்பணித்துறை
பேராசிரியை ஜெபா
கிறிஸ்டி வாழ்த்துரை
வழங்கினார்.
இதனைத் தொடர்ந்து
நிகழ்ச்சியின் சிறப்பு
விருந்தினரான
சோனியா வாழ்க்கை
முறை மேலாண்மை
குறித்த சில பயனுள்ள
அறிவுரைகள் மற்றும்
ஆலோசனைகளை
வழங்கினார்.

இறுதியில் நன்றி
கூறி முடிக்கப்பட்ட
இந்நிகழ்ச்சியை
சமூகப்பணித்துறை
முதலா மாண்டு
மாணவி அனிலா
ஒருங்கிணைத்தார்.

S. Mary Reksit
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Abhi
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REPORT ON
"AWARENESS CLASS ON
ROLE OF EDUCATION IN
ENTREPRENEURSHIP
DEVELOPMENT"

NANTIL CATHOLIC COLLEGE OF ARTS AND
SCIENCE, KALIYAKKAVILAI
DEPARTMENT OF SOCIAL WORK
AND
AMBOORI GRAMA PANCHAYAT

jointly organize

AWARENESS CLASS ON:

ROLE OF EDUCATION IN
ENTREPRENEURSHIP DEVELOPMENT

Resource Person : Dr. SONY P
Senior Research Officer,
SIEMAT
Dept. of General Education
Govt. of Kerala

DATE : 26-03-2024

TIME : 11:00 am

VENUE : COMMUNITY HALL, CHAKKAPARA



അന്യൂരി ഗ്രാമപഞ്ചായത്തും, നാണ്ടിൽ കാത്തലിക് കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് കളിയിക്കാവിള സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന ബോധവൽക്കരണ ക്ലാസ്സ്
വിഷയം: സംരംഭകത്വ വികസനത്തിലും വ്യക്തി ജീവിതത്തിലും വിദ്യാഭ്യാസത്തിന്റെ പങ്ക്

തീയതി: 26/03/2023

സമയം : 10.30 am

സ്ഥലം: അന്യൂരി കാര്യപരിപാടികൾ

- സ്വാഗതം** : ശ്രീമതി. സിന്ധ്യാ രവീന്ദ്രി
(1 MSW, NACCAS, Kaliyakkavilai)
- അദ്ധ്യക്ഷൻ** : ശ്രീ. കൃഷ്ണൻ കുട്ടി
(Oonu Mooppan)
- ഉദ്ഘാടനം** : ശ്രീമതി. അഖില ഷിബു
(Thodumala Ward Member, Amboori Grama Panchayath)
- മുഖ്യാധിനി** : **ഡോ. സോണി പി .**
(Senior Research Officer, SIEMAT Kerala, Dep. Of General Education, Govt of Kerala)
- ആശംസകൾ** : ശ്രീമതി. എസ്.മേരിക്ക സിദ്ദ്
(HOD, Department of Social Work, NACCAS)
ശ്രീ. വിനോദ് ഡാനിയൽ
(Head clerk(Rtd) Rural Development Department)
ഡോ. ഗോപിക പരമേശ്വരൻ
(Noorani Ayurveda Hospita,l Pachalloor)
ശ്രീ. ഷിബു വി.
(Former member of Thodumala Ward)
ശ്രീമതി .സരള ദേവി
(Aasha worker)
ശ്രീമതി . പാർവതി
(ST Promoter)
ശ്രീമതി . ശ്രീജ
(ST Promoter)
- കൃതജ്ഞത** : **ശ്രീ അനൂരാഗ്**
(1 MSW, NACCAS, Kaliyakkavilai)

INTRODUCTION

Community Organization is the process of solving the problems of a community through the collective effort of the community people itself. It aims at, making desired improvements to a community's social health, well-being and overall functioning. The trainee conducted Community Organization Program on the topic; 'Role of Education in Entrepreneurship Development'.

AIM:

“empower and educate thus attain economic growth and self-reliance.”

OBJECTIVES:

- To create awareness among people about the benefits of Entrepreneurship.
- To make the people aware about the need of education.
- To teach or educate the community people about how entrepreneurship fosters economic growth.
- To highlight the crucial link between education and entrepreneurship.
- To promote holistic wellness within the community.
- To equip individual with the necessary skills, knowledge and mindset to succeed as entrepreneurship.

PLANNING OF THE PROGRAMME:

The trainee primarily discussed with the faculty guide Mrs. JebaCristy about choosing topic and its beneficiaries. At first the trainee decided to conduct a behavioral modification class for ITI college teachers. But due to some reason the program had been cancelled. After various discussion, the trainee decided to conduct an awareness class for the tribal people in AmbooriGramaPanchayat. The faculty guide also agreed with the decision. The major thing that the trainee was adamant about is a good resource person. A program became successful only if there is a good capable resource person who can manage the participants well. Through the combined analysis with the faculty guide, the trainee arrived at a conclusion to take a class about 'The role of Education in Entrepreneurship Development.'.

The trainee then discussed it with the faculty Head of the Department Mrs. S Mary Pelsit and planned to conduct Community Organization Programme on March 26, 2024. The

trainee then contacted Dr. Sony P, Senior Research Officer at SIEMAT for fixing him as the resource person. He agreed for being the resource person for the same.

SELECTION OF TOPIC:

Education plays a crucial role in promoting entrepreneurship in India by equipping individuals with the necessary skills, knowledge and mindset. Entrepreneurship is considered as a vital element in economic growth and development of a country. It helps in reducing unemployment, increases production and productive ability, promotes innovation and creativity and thus creating wealth. In the present scenario entrepreneurship is termed as a force of growth and development for both organization and society.

The target group of the trainee is the tribal people of Amboori Grama Panchayat who don't have any clear idea about the importance of education as well as the relevance of entrepreneurship. Hence it is essential to teach a person the role of education in entrepreneurship development. Also, the trainee discussed the topic with agency guide as well as the faculty guide and got approval.

APPROVAL OF THE PROGRAMME:

After the trainee planned the Community Organization Program, the trainee submitted proposal for the same to the faculty guide, Mrs. Jeba Cristy for the approval. The trainee received approval from the faculty guide and Head Of the Department for conducting Community Organization Program. After getting approval, the trainee contacted the agency guide, Amboori Panchayat member, Dr. Sony P, the resource person and confirmed the program.

PREPERATION FOR THE PROGRAMME:

The trainee firstly visited the Amboori Panchayat and interacted with the tribal people, the Oorumooppa and Member. Trainee then prepared the program schedule, invitation, banner, gifts for the guest, memento and all the necessary needs for the program. The trainee did the last minute confirmation with the resource person. The trainee invited College Secretary, Principal, all the department staff and the social work trainees to the program. Also, the trainee invited agency guide Ms. Keerthana, Amboori Panchayat member and all other staffs of the panchayat. The trainee then mailed the invitation cum program schedule to the resource

person Dr. Sony P. The trainee then went to the program venue and arranged the needed preparation to be done with the help of panchayatstuffs and fellow trainees.

NUMBER OF PARTICIPANTS:

Around 41 participants were there for program. From that,2 of them were fellow trainees and Department head, Mrs. S Mary Pelsit. The participation list of the same is attached in the annexure.

PROGRAM EXECUTION:

The program started at 11 am. The fellow trainee Mrs. SitharaRaveendran delivered the welcome address.Mr. Krishnan Kutty (OoruMooppan) did the presidential address. Thodumala Ward Member Smt. AkhilaShibu inaugurated the event.She mentioned about the relevance of education and need for self-dependency And then followed by the 1 hour interesting class taken by Dr. Sony P, Senior research officer at SIEMAT. The resource person took an interactive session which really stole the attention of each and every participant. The people were too engaged in the session. Towards the end of the session some of the patients asked their doubts and shared positive comments about the class. The trainee arranged refreshments for all the participants as well as for the guests.

After the session, Mrs. S Mary Pelsit (Head of Social Work Department, Nanjil Catholic College of Arts And Science and Smt. Sarala Devi (ASHA Woeker), Mr. Shibu V (Former Ward member Thodumala), Mr. Vinod Daniel(clerk, Rural Development department) felicitated the program. Following, Anurag V(IMSW) proposed vote of thanks. The program came to an end at 12:45pm.

The program covered the aspects such as importance of education, the need for being independent, the role of education in entrepreneurship development, the link between entrepreneurship and economic growth etc. By providing accessible and evidence based resources, this program seeks to empower participants to take control of their well-being and lead an economically stable life.

SKILLS REQUIRED:

To effectively implement the community organization program, the trainee needs the following skills:

1. Planning Skill:

Ability to plan the event to obtain maximum output.

2. Communication skill:

To build a rapport with the officials and beneficiary groups. Communication is the heart of any program's success.

3. Mobilization skill:

The ability for mobilizing resources needed for the program.

4. Organizational skill:

Coordinating the activities and ensuring smooth implementation of program.

5. Leadership skill

Capability to inspire and motivate others to participate in the program.

LEARNING:

- The trainee learned to allocate the needed resources.
- The trainee learned to select topic through proper analysis of the need.
- The trainee learned the importance of creating an impact in the community.
- The trainee learned about the power of education and awareness in empowering.
- The trainee learned to coordinate a program.
- The trainee learned to plan, implement and manage a program by his own through proper evaluation and research.
- The trainee learned to identify community needs effectively by conducting effective survey and analysis.
- The trainee learned about the factors to check while conducting a Program.
- The trainee learned to modify program based on participant feedback and their need.

BUDGET:

S.No	Expenditure	Nos.	Amount
1	Flex	1	300
2	Program Schedule	20*10	200
3	Invitation		300
4	Refreshment		1000
5	Lunch		2000
6	Remuneration		1500
7	News publishing		1500
8	Gift		800
9	Pilot Visit cum survey		1500
		Total	8300

EVALUATION:

The program aimed to make community members aware about the need for being independent and thereby achieving a satisfied and peaceful life. It makes them capable for critical thinking, problem solving and innovation. Also, they get a clear knowledge about mentors and resources that support entrepreneurial endeavors. The program has created awareness and made the people enough knowledgeable to handle their own life through achieving economic stability. The trainee has been satisfied with the program. The trainee was appreciated by the staffs as well as the participants and other staffs of the panchayat for organizing such a program by own effort. The trainee got an optimistic feedback from the participants' side.

OUTCOME:

The participants' became able:

- In increasing their understanding
- Improvise their knowledge
- Got ideas to attain a good economic development.
- They felt motivated to share their awareness within their community.

- Understand the link between education and entrepreneurial outcomes.
- Inspire the people to develop an independent status.

CONCLUSION:

The community organization program about Role of Education in Entrepreneurship development has been highly effective in raising awareness, equipping participants with novel information's, relevance of entrepreneurship development and its impact on human toll. Hereby fostering a supportive community as well as economic growth. The program helped the trainee to know and learn about organizing and working with communities. The trainee could generate and develop his skills. Also he could analyze the factors that need to be taken into consideration while coordinating any event.

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ANNEXURE





ബോധവൽക്കരണ ക്ലാസ് സംഘടിപ്പിച്ചു

തിരുവനന്തപുരം

അന്യൂരി പഞ്ചായത്തും, നാഞ്ചിൽ കാത്തോലിക് കോളജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് കളിയിക്കാവിളയിലെ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി സംഘടിപ്പിച്ച കമ്മ്യൂണിറ്റി ഓർഗനൈസേഷൻ പ്രോഗ്രാമിൽ നാഞ്ചിൽ കാത്തോലിക് കോളേജിലെ അസിസ്റ്റന്റ് പ്രൊഫസർ ശ്രീമതി. മേരി പെൽസിറ്റ് അധ്യക്ഷത വഹിച്ചു. അന്യൂരി വാർഡ് മെമ്പർ ശ്രീമതി. അഖില ഷിബു ഉദ്ഘാടനം നിർവഹിച്ചു. "സംരംഭകത്വ വികസനത്തിലും വ്യക്തി ജീവിതത്തിലും വിദ്യാഭ്യാസത്തിന്റെ പങ്ക്" എന്ന വിഷയത്തെ കുറിച്ച് സിമാറ്റ് കേരള റിസർച്ച് ഓഫീസർ ഡോ. സോണി പി. എന്ന വിഷയത്തെ കുറിച്ച് ബോധവൽക്കരണ ക്ലാസ്സ് നടത്തി. നാഞ്ചിൽ കാത്തോലിക് കോളേജിലെ എം എസ്സ് ഡബ്ല്യു ട്രെയിനി ശ്രീ. അനൂരാഗ് വി. സ്വാഗതവും, ലിജിൻ ചന്ദ്രൻ നന്ദിയും പറഞ്ഞു.



അന്യൂരി ഗ്രാമപഞ്ചായത്തും കളിയിക്കാവിള നാഞ്ചിൽ കാത്തോലിക് കോളേജും സംയുക്തമായി സംഘടിപ്പിച്ച ബോധവൽക്കരണ ക്ലാസ്സ് അന്യൂരി വാർഡ് മെമ്പർ ശ്രീമതി. അഖില ഷിബു ഉദ്ഘാടനം നിർവഹിച്ചു.

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REPORT ON
“AWARENESS CLASS ON
IMPORTANCE OF HIGHER
EDUCATION”



**NANJI CATHOLIC COLLEGE OF ARTS &
SCIENCE, KALIYIKKAVILAI
DEPARTMENT OF SOCIAL WORK
&
KARUMKULAM GRAMA PANCHAYATH, PUTHIYATHURA**

Jointly Organize
AWARNES CLASS

Topic : **Importance of Higher Education**
Resource Person : **Soulwin.Y.S**
(Corporate Trainer)
Krishna.M.S
(Life Foundation NGO, Neyyattinkara)
Venue : **Ward - 10, Sub Center,
Puthiyathura, Karumkulam**

Date & Time 26/03/2024, 10 am

Introduction

The greatness of a community is most accurately measured by the compassionate actions of its members.

Community organization as a method used to take efforts and directed towards community needs. It develops integration within the community and helps the people co-operate each other. Community organization aims to organize, mobilize and educate people to build a sense of community. By doing so, the community gains power or influence over issues concerning their welfare. It is a democratic method which believes in the equality of all men and women and dignity provided to individuals. The main purpose of conducting an importance of higher education class is to give knowledge of higher education provides people with an opportunity to reflect on the critical, social, economic, cultural, moral and spiritual issues facing humanity which contributes to national development through dissemination of specialized knowledge and skill.

Higher education is not limited to earning a degree or getting a good job, can be seen as a personality development tool. By the way, Social work trainee conducted an importance of higher education class in Karumkulam Grama Panchayath, Puthiyathura... and this programme was organized successfully by the social work trainees in the selected locality.

Pre-planning the programme.

The social work trainees had discussed about the community organization programme with the agency guide on 23-1-2024. The agency director Beena. Mam gave guidelines about the community organization programme and discussed about the selection of area and resource person to conduct the community organization programme which include Budget, Banner, invitation etc. Based on the draft plan, social work trainee driven the whole programme. The social work trainee discussed with faculty guide Ms. Seethu Vijayan. The agency guide Ms. K. Vishna.P gave the idea to conduct an importance of higher education awareness as a community organization programme. So the social work trainee chose to conduct an importance of higher education programme. The social work trainee went for a pilot visit in between days of concurrent study field work days. So that social work trainee discussed about awareness class programme for the Karumkulam Grama Panchayath president, Miss. Freda Simon. She accepted the trainee to give permission to give conducting awareness class in ward -10 and she

introduced ward member Mr. Pushpam Simon. so that ward member introduced community people. Social work trainee were done the Survey and approach to conduct and community organization programme for the community people.

Selection of the topic

The social work trainees Selected the topic based on the needs of the community people. As the social work trainee focused to Conduct community organization programme on costal community due to theive lack of awareness of higher education and their importance so that social work trainee selected the topic.

Aim

To give awarness for what are the advantage for doing higher education to provide people to develop social, economic, cultural, moral, spiritual, importance through education.

Objectives

- ✓ To give awareness regarding How to choose your career.
- ✓ To raise awarness for importance of higher education.
- ✓ To give awareness for what are the advantage for doing higher education to provide people to develop social, economic, cultural, moral, Spiritual importance through education.

Date & Time

Area was assorted by the agency and the venue was arranged by the trainee. So the trainee had selected the venue with the help of community ward member. According to that date and time was set with the support of agency.

Date: 26-3-2024

Time: 10 Am to 12: pm

Preparation for the programme.

The process of preparation include,

1. Planning of community organization programme
2. Planning for the need assessment of the programme
3. Pilot study about the fact finding of community people.
4. Planning for the venue.
5. Planning for organizing the programme.
6. Implementation of the programme.

The trainees had planned to give awareness about importance of higher education. After the confirmation of the programme on the particular day the social work trainees arranged invitation, Banner, notice & programme schedule, resource person and venue for implementing community organization programme.

Program execution.

The Community organization programme was held 26-3-2024. The programme began at 10:15 am and ended 12:00pm at Ward-10 Sub center, puthiyathura, karumkulam grama panchayath. The formal reception was given to all the participants by the trainee. 27 community people had participated in the community organization programme and get benefits. The programme started with silent prayer and welcome address delivered by miss. Delphi Jose (ward member-11) karumkulam grama panchayath.

Felicitation was given by Ms. seethu Vijayan. Asst. professor department of social work (Nanjil catholic college of arts & science, Kaliyakkavilai) guest of honor was given by Mr. Solwin.

Y.S (corporate trainer) The guest gave a key not on importance of higher education. Hope the impact of the programme will change the life of the community people. The vote of thanks was delivered by the social work trainees ended the community organization programme with group photo. Thus, the programme ended successfully at 12:00 pm.

Out Come

The community of costal people of karumkulam, Puthiyathura people understood the importance of higher education, that will can be seen as personality development. To give motivation through parents of community to give children to provide higher education for thedevelopment of life style.

Learning

The trainee learned acquired knowledge to plan and prepare for a successful programme. The trainee learned and gained idea to organize and implement the awareness programme. The trainee learned about the importance of community organization programe and now to performance it in effective way

Observation

The Social work trainee observed the active participation of community people in the awarness programme. The trainee observed the efforts of agency staffs, and institutional Staffs, faculties to bring the programme a sucessful one to the community people. Through this trainees improved the inter personal skill and qualities.

Budget

Sl.No	Expenditure	Amount
1	Invitation	200
2	Banner	250
3	Resource person.	1000
4	water & refreshment	700
5	Petrol	200
6	notice	300
Total		2650

Evaluation

The programme can evaluate in both positive and negative way. The program is very sensible and Very informative to the community people as the people were very active and had an interactive session.

Conclusion

Social work is a form of professional service composing a composite of scientific knowledge and skills all the people of the community are concerned in its health and welfare service Representation of all interests and elements in the population and their full and meaningful participation are the essential part in community organization. Social worker in community organization is supposed to have good, technical skills and be able to get along well with community people as catalyst, facilitator a linking role etc. It generates the awarness for community people regarding dreadful disease.

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ANNEXURE





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REPORT ON
“AWARENESS CLASS ON EMPLOYEES
WELLNESS”



STAFF COUNCIL OF
GOVT. INTERNATIONAL ITI
DHANUVACHAPURAM
AND
SOCIAL WORK DEPARTMENT OF NANJIL
CATHOLIC COLLEGE OF ARTS AND SCIENCE
KALIYIKKAVILAI

JOINTLY ORGANISE
AWARENESS CLASS ON

**EMPLOYEES
WELLNESS**

RESOURCE PERSON

Mrs. KALA KAMAL MAHAL

LIFE SPECIALIST & FOUNDER AND DIRECTOR OF BODHYAM
(WOMEN & CHILD EMPOWERMENT PLATFORM)

DATE : APRIL 6, 2024 | TIME : 02 PM

PLACE : GOVERNMENT INTERNATIONAL ITI
DHANUVACHAPURAM CONFERENCE HALL

INTRODUCTION

Employee wellness is paramount in fostering a thriving workplace environment. Prioritizing employee wellness encompasses physical, mental, and emotional health. Offering comprehensive wellness programs, including fitness initiatives, mental health support, and access to resources such as counseling or stress management workshops, demonstrates a commitment to the well-being of staff. Encouraging work-life balance, providing ergonomic workstations, and promoting healthy habits like regular breaks and nutritious food options contribute to a culture that values the holistic health of employees. Ultimately, investing in employee wellness not only enhances productivity and engagement but also cultivates a supportive and fulfilling workplace community.

NEED OF THE TRAINING PROGRAMME

Implementing an awareness class on employee wellness is crucial for several reasons. Firstly, it educates employees about the importance of maintaining their well-being, both at work and in their personal lives. By raising awareness about various wellness topics such as stress management, nutrition, exercise, and mental health, employees are equipped with knowledge and strategies to lead healthier lifestyles. Additionally, these classes can help reduce stigma surrounding mental health issues and encourage open dialogue within the workplace. Furthermore, fostering a culture of wellness through education can lead to higher job satisfaction, increased productivity, and lower rates of absenteeism and turnover. Overall, investing in an awareness class on employee wellness not only benefits the individual employees but also contributes to a more positive and productive work environment.

PLANNING

The trainee discussed with the NGO director and colleagues trainee planned to take a survey to surrounding homes. In the survey trainee includes the physical, mental and psychological questions to ask. Most of the people attended in the survey was govt employees. From that survey trainee came to know that most them were mentally and physically tired and frustrated because of their works and poor handling of work place. After the critical thinking the trainee decided to approach a educational institution to arrange a class to make the employees for their mental and physical health. Then the trainee met the principal of ITI and discussed about this.

SELECTION OF THE TOPIC

In the discussion with the principal of ITI the trainee came to know that students, teaching and non teaching staff were suffered from same problems and the current situation also very ambiguous. So an awareness class is very meaningful. Then the trainee and principal decided to conduct an awareness class on employees wellness.

AIM

The aim of employee wellness initiatives is to promote the holistic health and well-being of staff members within an organization. This includes physical, mental, and emotional wellness. By implementing wellness programs and policies, employers aim to create a supportive environment that encourages healthy behaviors, reduces stress, and enhances overall quality of life for employees. Ultimately, the goal is to improve employee satisfaction, productivity, and retention while also reducing healthcare costs and absenteeism. Moreover, fostering a culture of wellness demonstrates a commitment to the welfare of employees, contributing to a positive employer brand and organizational reputation.

At the end of the training the trainees should be able to describe the following objectives.

1. Promote physical health through fitness programs, health screenings, and access to nutritious food options.
2. Support mental health by offering resources such as counseling services, stress management workshops, and mindfulness sessions.
3. To encourage work-life balance through flexible scheduling, remote work options, and paid time off.
4. To reduce workplace stressors by implementing ergonomic workstations, providing clear communication channels, and fostering a supportive organizational culture.
5. To educate employees about the importance of wellness and empower them with knowledge and tools to make healthy lifestyle choices.
6. To Improve overall employee satisfaction, engagement, and morale, leading to increased productivity and retention rates.

7. To lower healthcare costs for both employees and the organization by preventing chronic illnesses, reducing absenteeism, and promoting preventive care measures.
8. To enhance the employer brand and reputation as a socially responsible and caring organization that prioritizes the well-being of its workforce.

CURRICULUM

1. **Physical Wellness:** Include activities such as fitness classes, nutrition workshops, ergonomic assessments, and access to fitness facilities.
2. **Mental Wellness:** Offer stress management workshops, mindfulness training, counseling services, and resources for coping with work-related challenges.
3. **Emotional Wellness** Provide sessions on emotional intelligence, resilience building, and fostering positive relationships in the workplace.
4. **Social Wellness:** Arrange team-building activities, community service initiatives, and opportunities for employees to connect and build supportive relationships.
5. **Financial Wellness:** Offer workshops on budgeting, financial planning, retirement savings, and investment strategies to help employees manage their finances effectively.
6. **Work-Life Balance:** Provide resources and policies that support flexible work arrangements, time management training, and strategies for achieving a healthy balance between work and personal life.
7. **Health Screenings and Preventive Care:** Organize health fairs, screenings for common health issues, and provide information on preventive care measures.
8. **Skill Development:** Offer training and development programs to enhance employees' skills and knowledge, fostering a sense of personal and professional growth.
9. **Feedback and Evaluation:** Continuously gather feedback from employees to assess the effectiveness of the wellness program and make adjustments as needed.
10. **Incentives and Recognition:** Recognize and reward employees who actively participate in wellness activities and achieve health-related goals.

METHODOLOGY USED

Lecture cum discussion

NUMBER OF PARTICIPANTS

About 69 and 6 MSW students from Nanjil Catholic College of arts and science participated in the awareness programme. (Participants list was enclosed in Annexure)

PROGRAMME EXECUTION

The programme was started at 2.30 pm with prayer song which was followed by welcome address by Lijin Chandran C.L. (1st MSW Student, NCCAS) and Inaugural address by Mr. ANILKUMAR SV (Principal Govt. ITI, Dhanuvachapuram)In the inaugural address the principal shows his gratitude towards the trainee and the college for conducting an awareness programme in the institution.He pointed out the relevance of this awareness programmes. After the inaugural address the resource person Mrs Kala Kamal Mahal began the session in the topic Employees Wellness.

In the session the resource person firstly interact with the beneficiaries of the class. She makes the people mentally relaxed. She conduct a interaction section with eachother. From that she ask them their problems facing currently in work place. After that most of them said the students attittudes towards the teachers. Then the resources personinvite them back to their teen age and compare them to the students. And she make the beneficiaries to the world of happiness and gave many activities and finally realise themto importance of wellness

After the session Felicitation was given by Mrs. S. Mary Pelsit (HOD, Dept. of MSW, NCCAS) felicitated the programme and showed her gratitude to the college authorities and resource person. Also she felicitated the trainee for arranging a successful community organization. She told that the programme was relevant in this social environment and would help the participants to develop a new insight on the topic. Following this felicitation was given by Ms. Seethu Vijayan (Assistant Professor, Dept. of MSW, NCCAS).A momentum was given to the resource person in the presence of Mrs. S. MaryPelsit (HOD,

Dept. of MSW, NCCAS). Finally, Mrs. Sithara Raveendran extended vote of thanks and the programme ended at 4.30pm.

SKILLS REQUIRED

1. **Project Management:** Ability to plan, organize, and coordinate various aspects of the program, including scheduling, budgeting, and resource allocation.
2. **Communication :** Effective communication skills are essential for conveying program details, promoting participation, and providing support and guidance to participants.
3. **Leadership:** Ability to inspire and motivate others, lead by example, and foster a positive and supportive environment for wellness initiatives.
4. **Problem-Solving:** Capacity to identify challenges and barriers to program implementation and develop creative solutions to address them.
5. **Interpersonal Skills:** Strong interpersonal skills are necessary for building relationships with participants, collaborating with stakeholders, and resolving conflicts that may arise.
6. **Organizational Skills:** Being well-organized helps in managing program logistics, maintaining records, and ensuring that all necessary resources are available.
7. **Empathy:** Understanding and empathy towards the needs and concerns of participants are crucial for designing a program that meets their diverse wellness needs.
8. **Data Analysis:** Ability to collect and analyze data related to program effectiveness, participant feedback, and health outcomes to inform program improvements.
9. **Networking:** Building and maintaining relationships with external partners, such as health professionals, fitness instructors, and wellness experts, can enhance the quality and breadth of the program offerings.
10. **Flexibility:** Being adaptable and open to adjusting program plans based on feedback, changing circumstances, and emerging wellness trend.

LEARNING

At the end of the training the trainee learned the following skills,

- Planning skill
- Organizing skill
- Evaluating skill
- Resource mobilizing skill
- Communication skill
- The trainee learned to maintain schedule
- The trainee learned to organize the programme based on the theme.
- The trainee learned to utilize the skill of others.
- The trainee got more clarifications about employees wellness
- The trainee came to know the importance of counselling among the employees

EVALUATION OF THE PROGRAMME

The awareness program on parenting the teens had gained appreciation from the participants, ward member & faculties. The program had proceeded as per the schedule without much obstacles. Participation of the beneficiaries was also up to the expectation. The ward member and natives were very happy to attend the awareness program in their place itself as the place is on the outskirts of town. The participants were able to understand many parenting tips from the session. The cooperation from the authority and natives had led to the success of the program and the trainee was satisfied in organizing the awareness program.

OUT COME

The participants realized the importance of employees wellness. Also they gained knowledge about the handling of teenagers and the importance of counselling in that age if the situation demands. They came to know about the need of such awareness programs also.

CONCLUSION

In conclusion, implementing an employee wellness program can yield numerous benefits for both employees and the organization as a whole. By prioritizing the physical, mental, emotional, and social well-being of employees, organizations can create a more positive and supportive work environment. Through comprehensive wellness initiatives, employees can improve their overall health, reduce stress, enhance job satisfaction, and increase productivity. Additionally, fostering a culture of wellness can lead to higher employee morale, lower absenteeism, and improved retention rates. To ensure the success of an employee wellness program, it's essential to tailor initiatives to meet the diverse needs and preferences of employees, continuously gather feedback, and adapt strategies accordingly. By investing in the health and well-being of their workforce, organizations can foster a happier, healthier, and more engaged workforce, ultimately contributing to their long-term success.

ANNEXURE



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REPORT ON

"CAPACITY BUILDING TRAINING ON
PLASTIC WASTE MANAGEMENT"

Nanjil Catholic College
of Arts and Science
Kaliyakavilai

Department of Social Work
&
Kanjiramkulam Panchayath

*Jointly Organise
Awareness class on*

TOPIC - SAY NO TO PLASTIC

RESOURCE PERSON - MR. CHANDRAN
KARICAL WARD MEMBER

09/04/2024 Time - 3pm.

Introduction

The plastic waste is a major health problem all over the world is a multifaceted disease and is not only a problem of medical fraternity, it also a problem to social, economic, and industrial fronts. Number of studies suggest that good counseling assists people to make informed decisions, cope better with their health condition, lead more positive lives and prevents further transmission of . Counseling is sometimes provided by trained counselors, through nurses and care givers are often in the ideal position to provide effective counseling, advice and support. However when nurses and care givers are busy, emotional caring and support can give any volunteers, fieldworkers in NGOS, and also support group leaders, if they know how to give counseling and emotional support. One of the strategies is to build the capacity of various individual who are directly or indirectly involved in the prevention and care and support.

Need of the Training programme

The importance of counseling in the area of plastic waste management can no longer be ignored. Plastic waste requires special care and attention to the client. Although the concept of counseling in medical services is well known, the practice of this strategy in developing countries is almost absent. In India, efforts have been made to provide counseling services at least in some of the medical institutions. However much needs to be done so that more and more people may take up counseling as their profession and may seek the required training in this field. In this training we shall try to define the concept of counseling and other introductory characteristics pertaining to the areas of counseling.

Planning

The trainee discussed with the agency supervisor about the capacity building training as a part of her field work activity. As suggested by the agency guide, the trainee planned to conduct a training programme on “plastic waste management counseling” for volunteers, support group leaders, field workers in kanjiramkulam panchayath. Along with the agency guide the trainee decided to invite Mrs JAYASREE (project co-ordinator) Mr CHANDRAN., have a resource persons, which was accepted by the faculty advisor. The trainee prepared budget for the programme.

Selection of the topic

Plastic waste management counseling and testing is a key intervention for plastic waste control in developing countries. counseling and testing improves knowledge of status, encourages and is an entry point for care and treatment services. Increasing, and discrimination and mobilize communities to respond to the epidemic. So the trainee selected “Plastic waste management Counseling” as the topic for training programme. The trainee has enclosed training modules in annexure.

Aim

To equip participants with knowledge and skills in waste management counseling and testing to enable them offer quality services to individuals, couples, families and community.

Objectives

At the end of the training the trainees should be able to describe the following objectives.

- To enable the participants describe and discuss the plastic waste management including control.
- To enable the participants, plan, implement and monitor intervention strategies.
- To enable the participants get better insight about skills and techniques in counseling.
- To enable participants describe risk levels plastic management.
- To enable the participants describe the crisis intervention.
- To develop skills of planning, organizing, communication and building rapport.

Curriculum:

PLASTIC WASTE MANAGEMENT

- ❖ Basic information on plastic waste management
- ❖ Magnitude and prevalence.
- ❖ Vulnerable groups
- ❖ Basic counseling skills and techniques
- ❖ Counseling for care and treatment
- ❖ Crisis intervention
- ❖ Family counseling.

Methodology used

Lecture cum discussion, and presentation.

Number of participants

About 6 MSW students from Nanjil Catholic College, 6 field workers from Kanjiramkulam panchayath, and 16 support group leaders participated in that capacitybuilding training.

Programme Execution

The programme was started at 3 p.m. with which was followed by welcome address by Ms. S.Mary pelsit. The purpose of the programme was given by Mrs Jayasree project (coordinator, learning and Resource centre). questions were asked by the trainee to identify existing knowledge belief sand attitudes prior to the training. Then the trainers and trainees introduced themselves to create good learning environment..Mr Chandran. (Ward member karichal). Felicitated the programme and expressed few words about the importance and need of that programme. Followed to the felicitation under 4 headings, 4 sessions were conducted to the audience.

First session was on “ Basic information on plastic waste management Counseling ”, the resource person was Ms.Jayasree (social worker), she explained about the meaning of natural history of social worker, An over view of epidemiological issues at the Global level, national level, state level and district level. She also taught about stages of progression, benefits of counseling, who should receive counseling, to the participants.

Second session was on “Basic counseling skills and techniques on plastic waste management” by Mr. Chandran, (ward member). He emphasized on skills required for counseling, methods and techniques of counseling and qualities of a counselor. He also insisted on do's of counseling.

Third session was on “family counseling and crisis intervention counseling”, by Mrs Geetha (CDS). The main focus was on “Family Dynamics and interaction pattern. Followed to the above talk, she has explained about crisis intervention counseling. He insisted about definition of crisis, Crisis counseling stages of crisis, techniques involved in crisis intervention counseling.

Mementos were given to dignitaries of the programme .After the tea break the trainee conducted ice break games in order to elicit interest of the participants. Before starting each session the purpose and structure of the session was given by Mrs Mary Pelsit. After finishing all the session certificates were issued to the IMSW students of by Mrs Jayasree, Mr. Chandran,. Before issuing certificates Mr. Chandran asked feed back from the participants. 7 participants shared their experience and gave feedback about the programme. One of the support group leader gave it was heart touching programme and was changed her life also. In the end, Ms. S. Mary pelsit extended vote of thanks and the programme ended at 4.30 p.m.

Skills required

1. Skill in planning

Planning will guide one's actions to be effective. To achieve the objectives of the training programme the trainee required skill in planning.

2. Communication skill

Communication is the soul of any programme organization. To build good rapport with the higher authorities and the target people good communication is essential.

3. Skill in mobilization

Resource mobilization is one of the basic skills for implementing any programme. So the trainee mobilized the resources from others for implementing the programme successfully.

4. Skill in organization

To implement the planned coordination of the activities, the social work trainee required skill in organization.

Learning

At the end of the training the trainee learned the following skills,

- Planning skill
- Organizing skill
- Evaluating skill
- Resource mobilizing skill Communication skill
- The trainee learned to maintain schedule
- The trainee learned to organize the programme based on the theme.
- The trainee learned to utilize the skill of others.
- The trainee got more clarifications about plastic management counseling.
- The trainee came to know to counsel others easily

Evaluation of the programme

The training programme has surely created some inspiration among the participants. The ignorance, myth and misconceptions of the participants could be eradicated through that programme. Due to the late coming of support group leaders, the trainee started the programme an hour late. It was adjusted in all 3 sessions. The trainee was satisfied with the

programme on fulfilling the objective. Trainee got many positive comments from the agency staff and faculty advisor.

Out come

The participants realized the need of emotional support and counseling plastic management. They will take initiative to prevent waste In order to reach the grass root level and to implement the programmes in an innovative way more counselors may be increased.

Conclusion

Counseling in the context has become important in the provision of prevention, of waste over the past years. In order to evolve qualified and skilled counselors and peer counselors regular waste management counseling trainings are important, to develop and fine tune their skills. Capacity building programme includes many steps, which were strictly followed by the social work trainee. This can mould her to organize various training programmes at any level. Apart from the theoretical knowledge the trainee got practical knowledge.

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ANNEXURE



ബോധവൽക്കരണ ക്ലാസ്

കോവളം

കാഞ്ഞിരംകുളം ഗ്രാമപഞ്ചായത്തും കളിയിക്കാവിലയിലെ നാഞ്ചിൽ കാത്തോലിക് കോളേജ് ഓഫ് ആർട്സ് ആൻഡ് സയൻസ് സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റും സംയുക്തമായി ബോധവൽക്കരണ ക്ലാസ് സംഘടിപ്പിച്ചു. ആര്യ അശോകൻ അധ്യക്ഷയായി. കാഞ്ഞിരംകുളം പഞ്ചായത്തിലെ സോഷ്യൽ വർക്കർ ജയശ്രീ ക്ലാസെടുത്തു. കുരിച്ചൽ വാർഡ് മെമ്പർ ഡി ചന്ദ്രൻ, നാഞ്ചിൽ കാത്തോലിക് കോളേജിലെ അസിസ്റ്റന്റ് പ്രൊഫസർമാരായ മേരി പെൽസിട്, സിതു വിജയൻ, ജബ ക്രിസ്റ്റി, സി ഡി.എസ് മെമ്പർ ഗീത വാസു എന്നിവർ സംസാരിച്ചു.

ദേശാഭിമാനം 

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