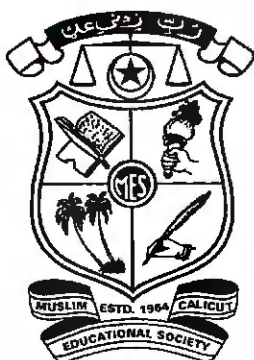


MES COLLEGE ERUMELY



ANNUAL REPORT OF EXTENSION ACTIVITIES

2018-2019

AKK

Prof. (Dr.) ANIL KURUP
PRINCIPAL
MES COLLEGE ERUMELY



RURAL CAMP: PADAVUKAL JANUARY 2019 (2018-2020 Batch)

Rural Camp is an integral part of the training programme for the students pursuing Social Work Education. The rural engagement programme, PADAVUKAL 2K19, was conducted by Department of Social Work MES College Erumely from 23rd January to 29th January 2019 at Elappara Gramapanchayat. The objective was to create a platform for the students to understand and analyze the Rural Social System, Strategies used by the Non-Governmental Agencies, Nature of Government Intervention for the development of the poor, and to facilitate students' experiences of group living. During this camp, the students were encouraged to organize and carry out programmes and events for social awakening and development of the people and conduct a survey on socio-economic and educational status of people at Elappara Gramapanchayat.



The main aim of the camp was to provide an opportunity to the student to gain practical skills and get exposed to the rural areas. The students were divided into several committees and groups to take different tasks and responsibilities. The rural camp provides an opportunity to get rural exposure, rural lifestyle, understand their culture, education status, occupational style, social and economic aspects of individuals in their panchayat. The students could improve many of their social work skills and abilities through the camp. From the department, Mr. Sajjan Antony (Head of the Department), Ms. Sulthana T Suliman (Faculty) and Ms. Dani Thomas (Faculty), coordinated the camp and provided instructions and guidelines for the students.

OBJECTIVES

- To understand the rural social system and community living.
- To acquire skills in planning, organizing and implementing camp programs.
- To understand the influence of social institutions such as grama panchayath on the life pattern of people.
- To identify the needs of the rural communities and to provide them with information.
- To understand the development level of government intervention and its impact on people.

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ACTIVITIES



The student social workers and faculties reached Elappara panchayat in Idukki District. The camp was inaugurated by Mrs Kanakamma Ravindaran, Vice President of Elappara Grama panchayat. Mr. Maheen M. N, Principal, MES College Erumely, Head of the Department of Social Work and other faculties splendid the event with their presence. The students performed a Kerala Style Dance performance for the audience. In the evening, an ice breaking session was conducted for the students by Mr. Hareesh. He established rapport with the students and made a positive attitude among students. Then the students had camp evaluation and the faculties provided instructions for the next day.



On the second day, the student social workers conducted a field survey on the functioning of the Grama Panchayat. The students were divided into five groups and with the instructions of faculties they achieved the target number. The afternoon session consisted of a seminar about Self Help Group (SHG), handled by Mr. Jayathis. In the evening session, the student social workers organised cultural events. Then the faculties and students evaluated the camp, findings and observations were discussed.



The Third day (25/01/2019) of Padavukal 2K19, the student social workers conducted field surveys in the 13 wards of Elappara Gramapanchayat. The students could analyse the problems faced by the people like transportation, water scarcity and high density of population. In the evening, the students organised cultural events. The day was splendid with the programmes performed by the students.



In the morning session of the fourth day, the students were preparing for the Training classes for the Kudumbasree members. The class was organised at the Community Hall at Elappara Gramapanchayat. Mr. Sajan Antony, Head of the Department of Social Work had welcomed the guests. Mr. Rajendara inaugurated the event. The event was facilitated by Mrs. Rasheeda, ICDS Chairperson. The student social workers conducted the awareness classes. The afternoon session was reserved for the preparations of cultural events. Each group of students were assigned to prepare a skit on the topic "Love". In the evening, the groups presented their programmes and Mr. Prakash, as a representative of the Panchayat joined with the students along with his family for the cultural programme. Then the students had camp evaluation and discussions about the next day programmes.

On the Fifth day, the students prepared for the food fest in the morning session. The food fest was conducted in the community hall. The student social workers prepared different dishes for the food fest. Mr. Rajendran R, Panchayat President, and Mrs. Kannamma, Vice President also joined with the students. The food fest turned out to be a great success and the prizes were also distributed.

On the sixth day of the camp, the student social workers had evaluation and activity planning in the morning session. Then the student social workers went for trekking in Vagamon. In the evening, an overall camp evaluation about all the activities were conducted. The faculties and students

The sixth day (28/01/2019) The social work trainees start their day at 6 clock. The morning section programs such as newspaper reading, exercise, day Observation, activity planning are conducted. The day trekking to vagamon was a pleasure activity. It was the last night for the camp to conduct an evaluation section of all activities including the achievement and faults of the entire camp.

The seventh day of our rural camp started as usual with the daily exercise and newspaper reading. It was the last day of the camp so the trainees packed their languages for the return. After the breakfast the trainees sent their evaluation and feedback to the authority. Then there was an ending ceremony, in which award distribution and account settlement were the main events. Mr Najil Chacko and Mrs Lija Esther Thomas were the best campers. Mrs Melbin Joseph and Mrs Aryaprasad are the best entertainers. At 1.p.m the trainees were returned and at 3pm they joined the college.



VILLAGE STUDY

The social work department in association with Unnath Bharat Abhiyan conducted a village study in two panchayats in order to achieve a deeper understanding regarding the resources, culture, social system, needs, wants, and livelihood of those two panchayats.

Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India. The Mission of Unnat Bharat Abhiyan is to enable higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth. It also aims to create a virtuous cycle between society and an inclusive academic system by providing knowledge and practices for emerging professions and to upgrade the capabilities of both the public and the private sectors in responding to the development needs of rural India. In Order to make a preliminary study about panchayats student social workers from MES college erumley took an initiative to gain an understand about the two panchayat named Vellavoor and Manimala Grama Panchayath in Kottayam District. Student social workers were focused these panchayat as socially and economically in backward position. Through a better rapport students gained a good understanding about the conditions of those Panchayath .



FIELD SURVEY AT ITTIYAPPARA, RANNY

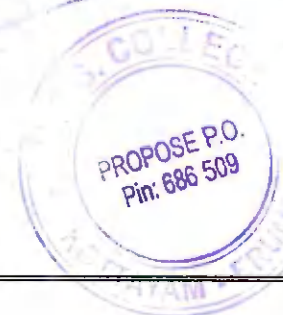
The student social workers of first year MSW had conducted a survey in association with the Social Justice Department, Pathanamthitta. The trainee had conducted a survey in 30 houses that were severely affected by the flood that hit Ranni on 14th August 2018. The student social workers had a talk with the members of the family and made notes of their difficulties and observed their emotional and social difficulties. The field survey focused on collecting details regarding the loss and needs of the people. The student representative of the social justice department ensured that they were provided with the resources in an equal way. The field survey was conducted on 6th September 2018.

The student also visited the flood relief camp and enquired about them. They complained about the kit they received. The health of the people was cared carefully by the panchayat as providing them with medical care and support.

The survey was to know the needs and satisfactory level of people regarding distribution of resources equally or not.

Fieldwork plays a pivotal role and provides the basis to apply the theoretical content covered in the classroom to real-life situations as part of a student's preparation to become a professional social worker. It offers an environment where students are given opportunities to align theoretical knowledge and learning with the needs of society and the marketplace. Furthermore, fieldwork is an opportunity for aligning theoretical knowledge and learning, with the needs of society and the marketplace. It also gives students the opportunity to take responsibility for addressing people's problems. If handled effectively, fieldwork becomes an important tool that is appropriate and responsive to social development issues. It is designed to give the student exposure and experience on the functioning of social welfare agencies and social welfare provisioning.

The field survey was successful and even the students got appreciation from the social justice department.



UNARVU: LEARNING SESSION

Department of Social Work of MES College Erumely and IRDC, Palakkad jointly conducted a Learning session for the marginalized and common people of Kottathara in Palakkad district. The programme was named 'UNARVU-2018', scheduled on 18th May 2018, Friday. The venue is at Thamb Computer Center, Chanthakkadu, Kottathara. The session was carried out by Charithra Maya (Lokh Manj Coordinator- Aadhi) about the topic "The secrets of life success".

Kottathara is a village in Sholayur grama panchayat of Palakkad district in Kerala state, India and belongs to the central division of Kerala.

Kottathara village was earlier part of Mannarkkad taluk prior to the formation of Attappady taluk. The average literacy of Kottathara village is about 94%. The coordinator took the class in a simplest and humble way. Most of the people were tribes and a few people are literated there. Thus, only common language might be taken for their understanding and to upbringing a new generation. She gives some general ideas about life and its basic ideas, their known tips and techniques of the modern generation. Also quoted some importance of education and its value. The obstacles of success in a common man's life are little things like a lack of self-discipline, fear, or insufficient motivation. Importantly, "Success doesn't come to them, they have to go out and get it for themselves" -she quoted this in the session.

The students from MSW take part in this learning session. The people from the community also took part in this community event which was successful.

CANCER DIAGNOSIS CAMP

As a part of the academic curriculum the student social workers of MSW department conducted a Breast cancer diagnosis camp in kanjirappally Taluk on 25th December 2018. The camp was conducted in N. H. A UP school Kanjirappally. The objectives of the camp is to assist and help the doctors and to understand the role of social workers in the field. The student social workers collected the details about the patient. Around 350 women had participated in the camp. The camp coordinators Mrs. Sumina Jalal and Mrs Seena M John expressed their gratitude toward the management and members of MES and the student social workers Liya Esther and Divya mol, Anju had shared their experience. The student social workers evaluated that the camp was very beneficial to them.

The Cancer diagnosis camp was very beneficial for the women in Kanjirappally taluk as there were so many concerns regarding the diseases. The camp was beneficial for the people. The camp also provided psychological support for the needs under the supervision of a counselor.

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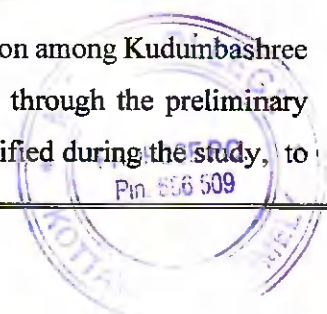
Field Level Intervention With Kudumbashree Members

Sakhi Saheli is an initiative by the social arm of MES College Erumely, since 2017 which conceived and performed by the students of the institute. This program is synonymous with concern, care, respect and companionship, with a human touch. The goal of this initiative is to learn from the empowered women from Kudumbashree, thus nourishing the knowledge and experiences of students and also it is an initiative that reaches out to the disenfranchising women and needy. Over the years, this activity of MSW students has become more organized and consolidated. This is considered as a great opportunity for the students to engage with empowered women even though they are vulnerable.

The focus is to serve the women who are underprivileged. We, as a team, have a mission to accomplish not only empowerment or nourishment and physical presence but also to share our happiness with them. Our vision is the empowerment of women in rural as well as urban areas, bringing women together from all spheres of life to fight for their rights or for empowerment and also to develop skill among them. Empowerment of women and their participation in the development process has been considered an essential feature of development. It is presumed that real development is possible only if the women and men work in equal terms. Empowerment of women is recognized globally as a key element to achieve progress in all areas. Rural women are regarded as voiceless and defenceless. So they are to be empowered to fight against the evils faced by them. Kudumbashree project was started in Kerala in 1998. Women empowerment is one of the important objectives of Kudumbashree along with poverty eradication. The aim of the Kudumbashree scheme is to improve the standard of living of poor women in rural areas by setting up micro-credit and productive enterprises. It opened a new string of expected events in our development history. Kudumbashree is the poverty eradication mission of the state of Kerala and also women want to identify their inner strength, opportunities for growth and their role in reshaping their own destiny through Kudumbashree.

The mission of this initiative is to educate and empower women, with the skills and confidence, create a healthy lifestyle and acquaint the learners with the various social problems faced by women that often come across by given extension field work activity and to reach the root cause of these problems. In this manner the learners are encouraged to apply their theoretical knowledge in practice.

The objective of the initiative is to understand the nature of collectivisation among Kudumbashree members, to identify the key thematic areas which need intervention through the preliminary study, to develop and implement plan of action for the challenges identified during the study, to

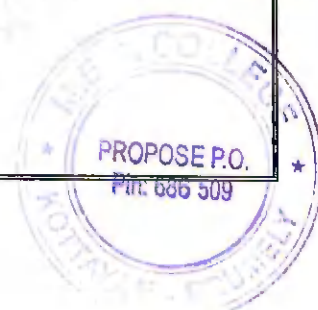


analyse on how Kudumbashree empowering the women among the poor to improve their individual and collective capabilities by organising them into Neighbourhood Groups at the local level, Area Development Societies at the local government ward level and Community Development Societies at the local government level, also to develop skill in them, standing together and never giving up even when all odds stand in their way, to study the structure, functions and process of Kudumbashree and convergence of services at local level and how far they have been incorporated in the overall programme, to study the measures taken by Kudumbashree for economic empowerment of women with special focus on micro-credit and micro-enterprises development, to study how the Kudumbashree programme enhanced the decision making leadership and political empowerment of women.

As part of Masters of Social Work external activity, the Department of Social work directed the students to do their field work in different Kudumbashree units. The students got the opportunity to do external field work in various Kudumbashree, which has been contributing in the field of women empowerment and poverty alleviation. Through this field work the student social workers got an opportunity to know more about the Kudumbashree.

Students engage in various programmes that are assets in rural as well as in urban areas for the development and empowerment of women and thus strengthening families. These programmes in general help to motivate these women in bringing out their inborn skills and employ it to create a stream of earning. Many of the beneficiaries of these programmes, who have gone to do well in their area of interest. It is essential to mention here that the programmes have been highly successful in instilling in the beneficiaries self-worth and self-confidence, which has enriched them to earn better positive acceptance and stature in their families as well as in their communities. This is a brief glimpse into the various activities that have been implemented: Skill training on reed craft, tailoring, manufacturing of handicrafts, organic farming and creation of jewellery. The students conducted workshops and awareness classes subsequently understanding those particular Kudumbashree units.

Every year, the Masters of Social Work student's successfully complete field level intervention with Kudumbashree members. This field work gave the students a wonderful opportunity to understand more about the agency, especially their programs and developments. The trainees could fulfil most of the objectives of fieldwork which was given by the department.



AWARENESS CLASS: 'CHILD MENTAL HEALTH'

The student social worker named Meera M R of first year MSW in association with 'Karuna' Kudumbasree unit conducted an awareness class on the topic 'Child Mental Health' for the women who were part of Karuna Kudumbashree unit of 9th ward of Vazhoor Grama Panchayath. The class was conducted on 10th September 2018, Monday at 3:30 pm.

The class was hosted in one of the members' houses named Jalaja Gopi as they take part in their meeting among the members' home cyclically. Mental health of every child should be needed to know by their parents. It is good for a child friendly atmosphere. Mental health problems affect around one in six children. They include depression, anxiety and conduct disorder, a type of behavioural problem, and are often a direct response to what is happening in their lives. Children's emotional wellbeing is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Child mental health, the complete well-being and optimal development of a child in the emotional, behavioral, social, and cognitive domains. Children's mental health is often defined as different from adult mental health and more multifaceted because of the unique developmental milestones that children experience. The student social worker highlighted the importance of parents, teachers, and other caregivers who can seek guidance from trained professionals. These people include child welfare workers, school psychologists, counselors, psychologists, and psychiatrists.

They may have a more challenging temperament, shown in impulsive or reactive behaviour. Sometimes this pattern can lead to difficulties with attention, aggression or oppositional behaviour. Externalising behaviours cause difficulties for others as well as for the children themselves. These facts to be learned by the parents as it is important for the parents to learn their child's mental health.



1. ന്യൂനതയുള്ളവർ - Subh
2. കോളേജ് വിദ്യാർത്ഥികൾ - Subh
3. വായനക്കാർ - Asha
4. കമ്മ്യൂണിക്കേഷൻ - Vidya
5. സാമൂഹിക സർവ്വേ - Ratna
6. സാമൂഹിക - Iq
7. സാമൂഹിക - Subh
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10. സാമൂഹിക - Subh
11. സാമൂഹിക - Ratna
12. സാമൂഹിക - Iq

For Kottayam Kudumbasree Association
Reg No. 10, Ward VIII

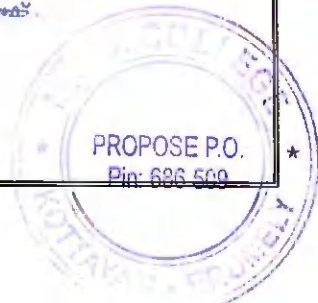
From,
The Secretary,
Kudumbasree
Kottayam
KOTTAYAM

To,
The HOD
Social work Department
MGS College Erumely.

അഭ്യർത്ഥനകൾ നൽകി.
കോ.ജ നീ അടയ്ക്കൽ അഭ്യർത്ഥിച്ചിട്ടുള്ളവർക്കു
കുടുംബ സഹായം നൽകി വേണ്ടി കോ.ജ നീ അടയ്ക്കൽ
കോളേജ് വിദ്യാർത്ഥികൾ വേണ്ടി കോ.ജ നീ അടയ്ക്കൽ
"കുടുംബ" അഭ്യർത്ഥനകൾ 10/9/18 തിങ്കളാഴ്ച 3:30 pm ന്
'അഭ്യർത്ഥനകൾ സമ്മതിച്ചു നൽകാൻ' എന്ന വിഷയത്തെ പറ്റി
അഭ്യർത്ഥനകൾ കോ.ജ നീ അടയ്ക്കൽ അഭ്യർത്ഥിച്ചിട്ടുള്ളവർക്കു
അടയ്ക്കൽ നൽകാൻ.

10/9/18
10/9/18

secretary : Subh
president : nyayana nyayana



AWARENESS CLASS: 'IMPORTANCE OF HORTICULTURE AT HOME'

As a part of the academic requirements the student social work trainee had conducted an awareness class on Importance of horticulture at home. The programme was conducted with the members of Shakti kudumbasree of ward 4 of Perunad panchayath. The Class was conducted on 8 September 2018 at 3.00pm. The programme had started with a prayer song and Mrs. Aisha, president of Shakthi kudumbasree, had welcomed the members and Mrs. Saraswathi had presented the report of the previous meeting. After that the student social work trainee was welcomed by the secretary to give an idea about the importance of horticulture. As an introduction the social work trainee had an interactive section with kudumbasree members and had shared about the importance of horticulture. Horticulture gives more return than the field crops, the horticultural crops are important as its nutritional element is high, the fruits and vegetables gives enough nutrition and vitamins. The crops are sustainable for small and marginal farmers.

The importance of vermicomposting was also discussed. Vermicomposting is a type of composting in which certain species of earthworms are used to enhance the process of organic waste conversion and produce a better end-product. It can improve the biological, chemical, and physical properties of the soil. Among other things, organic farming avoids the use of synthetic fertilizers, pesticides, and genetically modified organisms, all of which can boost the amount of crops produced per acre. Instead, organic farmers rely on things like animal manure and compost, and practices such as crop rotation, which involves growing different plants throughout the year to improve soil health. Mrs. saleena, member of Shakthi Kudumbasree had thank the trainee for giving information on horticulture and the program concluded at 5.00pm



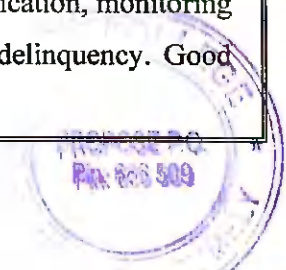
AWARENESS CLASS: 'PROTECTION OF WOMEN'

The Department of Social Work conducted a class on the topic of protection of women. . The programme was conducted with the members of Aishwarya kudumbasree of ward 309/18 of Mundakayam panchayath . The Class was conducted on 1 September 2018 at 2.00pm. The programme had started with a prayer song and Mrs. Girija secretary of Aishwariya kudumbasree had welcomed the members .After that the student social work trainee was welcomed to conduct a class on protection of women.The issue of protection of women in India is a very important issue. The protection of women is very important whether it is home or office. We all know that our country, Hindustan, is famous for its different customs and culture throughout the world. In India, it has been a tradition since ancient times that women are given special honor and respect. India is a country where special care is taken of the safety and respect of women. In Indian culture, women have been given the status of Goddess Lakshmi. If we talk about the twenty-first century, then women are working on the shoulders of men in every field, whether it is politics, banking, school, sports, police, defense sector, own business or the desire to fly in the sky. We can not say that there is no problem in the security of women in our country, but we can not ignore some positive points too. The increasing number of acid attacks, rape cases and sexual harassments indicates that the safety of women is in danger. Mrs. Sumitha Abhilash, president of Aishwarya kudumbasree had thanked the social work trainee for conducting the class.

AWARENESS CLASS: 'MISBEHAVIOUR AMONG CHILD AND YOUTH'

As part of the academic requirements the student social work trainee had conducted an awareness class on the Basis of misbehaviour among child and youth. The programme was conducted with the members of Pulari kudumbasree of ward 10 of Arpookara panchayath. The Class was conducted on 9 September 2018 at 3.30pm. The social work trainee had an interactive session with kudumbasree members. In recent years there has been a greater interest in the role of family environment in the development of children's behavior including protective and risky behavior. Once children enter school, they get involved in activities which are beyond the direct supervision of parents. In such activities there is a need for more active parental monitoring to get information about the child. Monitoring practices can include a variety of information gathering strategies, maybe involving parents' awareness of their child's activities and also

Their interests outside the home, knowledge of their whereabouts and getting to know their child's friends. Monitoring can be associated with elements of parental control like imposing rules and restrictions on children's activities. But if there is good parent-child communication, monitoring can have a greater impact than parental surveillance and control on decreasing delinquency. Good



communication has been shown to be important for monitoring purposes, as more information can be gathered about adolescents' activities from their own willing disclosure than from active surveillance by their parents. The programme ended after the words of gratitude.

AWARENESS CLASS: 'SAFETY MEASURES TAKEN IN EVERYDAY LIFE'

As a part of the academic requirements, MSW students from MES College had done an extension activity with kudumbasree. The focused panchayat were Meenadom Grama Panchayat in association with Jyothi Kudumbasree

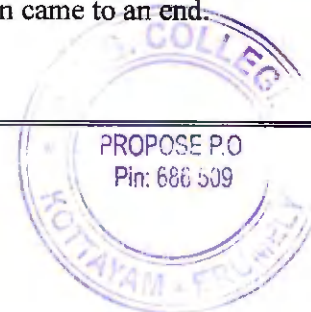
The main objective of the extension activity was to take a session of awareness on the 'Safety measures which have to be taken in our daily life'. The session started with gaining opinions from the participants and made into an interactive session. All members actively listened and gave instructions to all members. After the class session, Smt. Susamma, president of the panchayath, gave a summarised information from the class session.

AWARENESS CLASS: 'THE NEGATIVE EFFECTS OF MOBILE PHONE ON CHILDREN'

Department of social work conducted an extension activity based on kudumbasree, student social workers from MSW department organised this activity. The focused panchayat was Manimala grama panchayat ward 13. The session began at 11.30 am on Saturday and the topic selected was 'The negative effects of mobile phones on children'. There were almost 7 participants. The session begins after the inaugural function. Student social workers then took an awareness class about the topic. All the members were actively listened to and the session turned into a grand success. Thanks to the good communication skills of the students and the participants. After the session all the doubts were clarified.

AWARENESS CLASS: 'IMPORTANCE OF HEALTHY ENVIRONMENT'

As part of the academic requirements the student social work trainee had conducted an awareness class on the topic 'Importance of healthy surroundings'. The focused municipality was Manangalloor municipality and the kudumbasree named Sneha. The session began with a prayer and then was inaugurated by the secretary Kunjumol. The class session was an interesting one. All the participants actively listened to the class and after the session there was an interactive session which clarified all the doubts and gained opinions about the session. Kudumbasree president Mrs. Daisamma gave vote of thanks by 5.30 pm and the session came to an end.



AWARENESS CLASS: 'MOBILE ADDICTION AMONG CHILDREN'

Department of social work conducted an extension activity based on kudumbasree, student social workers from MSW department organised this activity. The focused kudumbasree was Navadeepam kudumbasree and the venue was at an anganwadi building. The session begins with an official inauguration. The topic chosen was the mobile addiction among children. It was almost a 15 minutes session and within a short period of time the trainee conveyed the important messages that had to be conveyed. All the participants actively listened to the session and then came to an end by giving an official vote of thanks.

AWARENESS CLASS: 'WOMEN WELFARE'

As part of the academic requirements the student social workers of MES College Erumely conducted an extension activity with Kudumbashree named "Udaya". They focused on Nedumkandam Grama Panchayat for conducting an awareness class on the topic 'Women Welfare'. The activity was conducted on 20 November 2018 at 3:00 PM. The president facilitated the function. The members collectively engaged with the interactive session.

Women welfare focuses on improving the social, economical, health and nutritional status of women and the physical, mental, intellectual, and nutritional status of children. There were 15 members who participated in the session which included the president, secretary and the members of the Kudumbashree. All the members actively listened and cooperated with the trainee and they shared their ideas and the trainee clarified their doubts.

AWARENESS CLASS: 'PREVENTING CHILDREN'S SUICIDE PRACTICE'

MES College Erumely Department of Social Work first year social work students conducted a kudumbasree extension program named as "SNEHANJALI" at Karunapuram Panchayat 9th ward, Idukki. The social work trainee conducted awareness class about the topic "Preventing Childrens' Suicide Practice". The class started with prayer then the welcome speech by President Mr. Mani Sukumaran. Then the social work trainee took effective session about preventing Childrens' Suicide Practice. Suicide is a serious public health problem that can have lasting, significant effects on youth, families, peers, and communities. The causes of suicide among youth are complex and involves many factors. Reducing risk factors and increasing protective factors and resilience is critical. And the trainee also discussed about which are the factors can help children from suicide. All the members actively participated in this session then the session was concluded with vote of thanks .



AWARENESS CLASS: 'PREVENTION OF FLOOD RELATED DISEASES'

MES College Erumely, Department of Social Work first year social work trainees conducted a kudumbasree extension program in "SNEHA KUDUMBASREE " at Kanjirappally Panchayat. The social work students took an awareness class about "Prevention Of Flood Related Diseases And Healthy Life" the class started with prayer and the secretary said the vote of thanks then students provided valuable information about flood are the common natural disaster occurring worldwide. The main reasons for floods are high intensive rainfall in a short duration, poor or inadequate drainage capacity of rivers, unplanned reservoir regulations and failure of flood control structure. Flood can potentially increase the transmission of communicable disease like typhoid fever, cholera, hepatitis etc. The session concluded with a vote of thanks by Ms.Jassi Mathew.

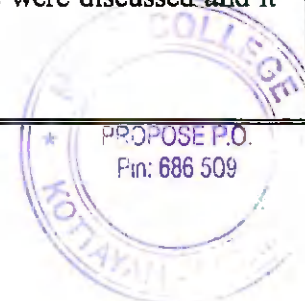


AWARENESS CLASS: 'IMPORTANCE OF COMMUNICATION IN FAMILIES'

The social work trainees MES college Erumely 1st semester MSW department conducted a programme on Pazhavangadi panchayat Ranni taluk 17th ward 2nd number "Dhiya Kudumbasree" on 30/09/2018 Sunday 4pm on the topic "Importance of communication in families"

The programme started with the prayer of student social workers. Mrs. Omana Rajan delivered the main speech on communication gap in families. Communication Gap is causing lack of trust among the family members that leads to frequent fights among them. People don't share problems and joys and remain confined to themselves. Lack of communication with children makes them vulnerable to bad habits. It's observed to say that communication gap or down in communication process are said to cause radical problems, business failure, divorce was and many other business problems.

The overall session was very effective and productive. Most of the topics were discussed and it was very informative. The session ended with a thank you note at 5 pm.



AWARENESS CLASS: 'MENTAL DISTRESS IN CHILDREN'

Department of Social work MES College Erumely in association with Karuna Kudumbasree, 9th ward in Vazhoor panchayat, conducted an awareness for Kudumbasree members on 10th September 2018. The theme of the session was mental distress in Children. The programme was well organised by student social workers which started at 3.00 pm with prayer. Mrs. Jalaja Gopi, Member of Kudumbasree delivered the welcome speech. Mrs. Asha. P. G (Asha worker) inaugurated the function. After the report presentation and discussion by Sreeja Jayan (the Secretary), Student Social workers conducted the awareness class. Due to many reasons like lack of communication, overuse of technology, lack of attention from parents, comparison with others, children get distress. Sometimes they show various types of symptoms. This can take the form of stomach aches, nausea or headache. Parents should ensure the mental condition of these children. Pay attention to them. If you notice something, treat it properly. The class was very helpful for most of the mothers and discussed their life experiences.

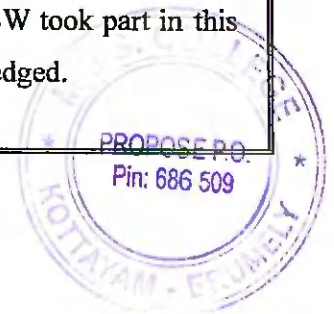
FLOOD RELIEF ACTIVITIES

August 2018 will always be embedded in the memory of Keralites. On the eve of Onam, an unprecedented flood turned Kerala topsy-turvy. Heavy rainfall and the subsequent opening of 35 dams across the state created havoc in the state of Kerala. In the ensuing rescue operations everyone joined hands transcending barriers of caste, class and creed. As a socially committed educational institution M.E.S College Erumely could also play its leading role in rebuilding Kerala. Continued by that October also fell in flood by Kerala.

The Department of Social Work initiated the flood relief activities representing the college. As the news spread that a number of families were displaced, isolated and were shifted to camps on account of the heavy rains and flood in Chengannur, we distributed lotion, which is made by the students. It was just the beginning to months long dedicated team work to rebuild the state of Kerala. The activities were conducted in October 2018.

One day was devoted by MES Kerala to clean and renovate the district of Alappuzha; which was worst affected by the flood. As per decision, around 40 volunteers from MES arrived at Alappuzha and gave their service to various flood affected institutions of Kuttanad .

The MES team reached Chengannur by 7.00 AM and the work started around 8.30 am. The cleaning activity proceeded without any break till 04.00 PM. Though it was a herculean task the volunteers of Clean Chengannur Campaign could return with elated hearts. The MES management arranged medical care, technical support and transportation for this cleaning mission. There were 15 volunteers from first year MSW and 25 volunteers from second year MSW took part in this service. The support and initiative by the representatives need to be acknowledged.





FLOOD RELIEF ACTIVITY

The social work trainees and NSS volunteers gathered at MES College auditorium at 9.30 am on 22nd September 2018 and they went to Ranni Athikkayam Panchayat to conduct flood relief activities. The program was inaugurated by the Sub Inspector of Police, Erumely. Around 12.00 clock the team reached the flood area. The NSS volunteers and social work trainees splitted into 4 groups. Each group distributed bleaching powder, lotion and dishwashing liquid to 45 houses. The flood relief houses are really Pathetic and the majority of houses are fully destroyed. They have no home, properties, clothes and food.

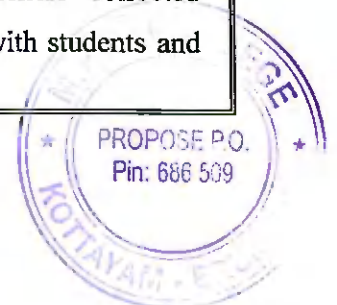


DAMAGE ESTIMATION SURVEY

Natural disasters have marked human existence throughout history and have always caused peaks in mortality and morbidity. MES College, Erumely conducted a Damage Estimation Survey in association with Paliyam India on 3rd and 4th September. Student social workers focused Ranni area of Pathanamthitta District. In order to conduct the survey the students were divided into several groups under the guidance of Mr Rajan Kuriyan, Head of the Department, Mr Sajan Antony and Miss. Sultana Sulaiman of Social Work Department. While conducting the survey student social workers gained a proper understanding about the geographical and socioeconomic status of that particular area which were focused.

The flood has deposited a large quantity of sand on the river bed and the depth of the river has been badly affected in the Ranni area. The floodwater from the river entered the Ranni town and caused traffic disruptions at several locations. The field survey points towards long term solutions including an advanced flood warning system to create an effective mitigation and preparedness plan to reduce the risk from the fury of future floods and for a resilient community. In addition to this, student social workers gained a proper understanding about the disaster and the effects in human life.

Floods can have a devastating impact on life, property and economic resources. However, the systematic collection of damage data in the aftermath of flood events can contribute to future risk mitigation. Such data can support a variety of actions including the identification of priorities for intervention during emergencies, the creation of complete event scenarios to tailor risk mitigation strategies, the definition of victim compensation schemes, and the validation of damage models to feed cost-benefit analysis of mitigation actions. Student's social workers of MES college Erumely associate with department of social justice govt of Kerala conducted a survey on damage estimation. Survey program started on 17th September 2018. student's social workers prepared a questionnaire for understanding how people were affected by flood. The faculties of MES college and department of social justice helped students social workers to prepare a reasonable questionnaire. Student's social workers reached ranni, Pathanamthitta at 9:am .40 students divided into 8 groups and along with faculties. The sudden flood affected a lot of people's life and their property. immediate impacts of flooding include loss of human life, damage to property, destruction of crops, loss of livestock, and deterioration of health conditions owing to waterborne diseases. Floods can also traumatised victims and their families for long time .The sudden flood affected a lot people's life and their property ,The students social workers collected information about 75 flood affected families. The people are very cooperate with students and



students collect a lot of confirmation about survivors of flood. Heavy losses to life, property and crops etc had been reported. The survey helped the Students to understand how people are adversely affected by the flood and how they are suffering to build a normal life .The students took part in this survey very effectively and their efforts needed to be acknowledged. The survey was a great learning experience for the students.



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FLOOD RELIEF ACTIVITIES

At the outbreak of flood during August, our students actively participated in the flood relief activities. They collected dresses, food items, utensils etc and gave it to the needy people.



PREPARATION OF LOTION & DISH WASH TO THE FLOOD AFFECTED AREAS

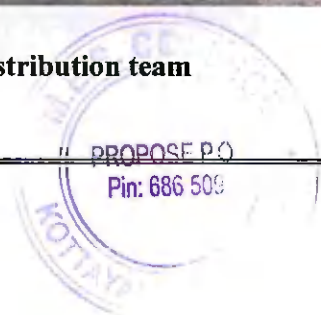
BBA Department and EDC of MES College Erumely cordially conducted a campaign for making 1000 bottles of dish wash and lotion for distributing to the flood affected area



Distribution of lotion



Distribution team



Preparation Team

1. Abdul Muneer V N
2. Anwar Shaji
3. Arun Kumar A S
4. Azarudeen P A
5. Ihsan Latheef
6. Midhun Raj
7. Mohammed Riyas
8. Nelson Mathew
9. Sanu Sabu
10. Sooraj Nandakumar
11. Ashik Asharaf
12. Ashik Vinod
13. Shabir Shaji
14. Vishnu Anil
15. Vishnu Dev K.B
16. Vyshakh P S
17. Al Ameen Aneesh
18. Rameez Nizar
19. Ranju Prasanth
20. Rekish Mohan
21. Shanavas T M
22. Seathu Soman
23. Muhammad Rashid
24. Jibin Jasper J
25. Ameen K A
26. Alameen A M
27. Rahul T A
28. Vishnu Suresh

