

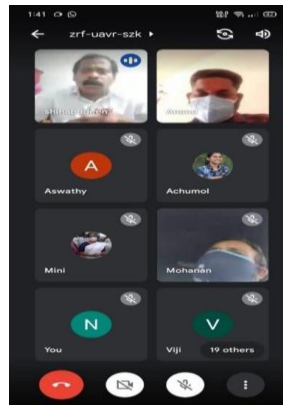


MES COLLEGE ERUMELY

EXTENSION PROGRAMME 2020 - 2021

POSSIBILITIES AND CHALLENGES OF ONLINE EDUCATION

As a part of field work practicum, the Social Work Trainee conducted a Community Event at Pampadumpara Grama Panchayat. Due to these circumstances, it was conducted through a virtual platform on 04/06/2021. Minimum 30 members participated in this session. The event was inaugurated by the Pampadumpara Grama Panchayat president. The ward member Anand C.V (development standing committee chairman, Pampadumpara Grama Panchayat), and 3,5,10,11,13,15 ward members participated in this session. Anand C.V took an effective awareness class about “POSSIBILITIES AND CHALLENGES OF ONLINE EDUCATION”. All participants are very active in this Community Event.



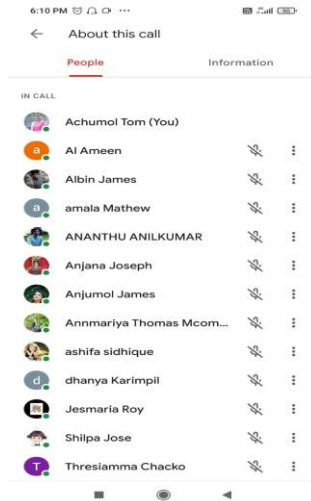
AWARENESS SESSION ON CYBER CRIME

As part of the field work practicum, social work trainee of M.E.S College Erumely conducted an online awareness session on the topic ‘CYBER CRIME’. The session was conducted on 01/06/2021 at Chadayamangalam Grama Panchayat. The session was focused to impart knowledge about the different types of Cyber-attacks. The session was led by student social work trainee Mr.Abin D Kumar. Trainees also detailed different measures to prevent cyber-attacks and the necessary precautions to be taken. There were about 9 members who attended the session.

TARGET GROUP DISCUSSION ON ‘VIDEO GAMES: ADVANTAGES AND DISADVANTAGES’

The Social Work trainee of M.E.S College Erumely conducted a Target Group Discussion on the topic ‘Video Games: Advantages and Disadvantages’. The discussion was conducted on 01/06/2021 at 06.00 pm. Due to the Covid pandemic situation the meeting was scheduled through a virtual platform. There were 12 participants between the age group 8 to 13 years. Trainee was

the moderator. The topic was introduced before the participants. Participants expressed their view points and the meeting concluded at 8.30 pm. Video games are online interactive, sometimes multiplayer games where people play for survival in the digital fantasy world. These online games can cause psychological damage to a growing child.



COMMUNITY EVENT REPORT

On 4th June 2021 was conducted by a community event for the community people. The topic of the community event was **“A walk through our garden and let's be conscious about covid 19”**. This function was inaugurated by Mr. C.V. Varghese the KSRTC Board President. And the resources persons are Mr.K Bhasi the state general secretary of PFA and Mrs. Sneha Mathew the Anastasia Technician. The community event conducted by google meeting at the time of 7:30pm. This community event was conducted by Albiya Shaji, a student of MES College Erumely. The main purpose of this event was awareness about the Covid-19, farming and cultivation.



AWARENESS CLASS ON 'ROAD SAFETY'

Student social work trainee of M.E.S College Erumely conducted an awareness session on Road Safety at Chadayamangalam Grama Panchayat. The session was conducted on 2nd June 2021 through virtual platform due to covid crisis. Social work trainee Mr. Abin D Kumar led the session. The Session mainly focused on the need of Road safety awareness and as well as about the different road safety rules. There were about 8 members attended the session and an interaction session was also there to clarify the doubts of the participants.

AWARENESS CLASS ON 'DISEASES DURING RAINY SEASON AND ITS PREVENTIVE MEASURES'

The social work trainee of M.E.S College Erumely conducted an awareness class at Thanneermukkom Grama Panchayat as part of the community event. The session was based on the topic 'Diseases during rainy season and its preventive measures'. The target group for the awareness session was MNREGS Labourers. The session began by 11.30 am. Trainee gave a detailed description about different type's diseases occurring during the rainy season as well as about the precautions and preventive measures needed. There were about six participants and the session ended by 12pm.



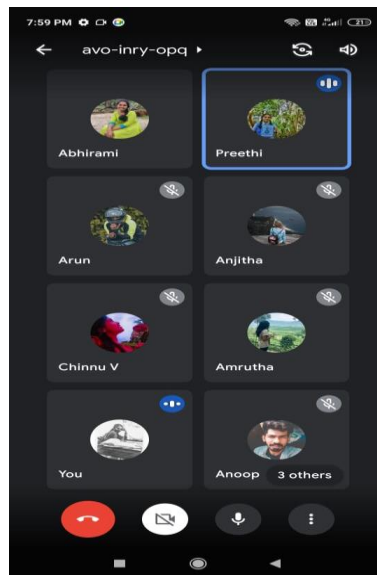
TARGET GROUP DISCUSSION ON 'POSTPARTUM DEPRESSION'

The social work trainee as part of their field work, conducted an awareness session for pregnant women and mothers on the topic 'Postpartum Depression'. Trainee conducted the session through virtual platform on 2nd June 2021 at 12.30 pm. The primary objective of the session was to create an awareness about postpartum depression, its symptoms and as well as the necessary interventions. Trainee gave a detailed class on the above topics. The session was organized by selecting target group within an anganwadi limit with the help of ADS members. The session was concluded by 1.30pm.



AWARENESS CLASS ON ‘ONLINE GAME ADDICTION AMONG TEENEGERS

The social work trainee of M.E.S College Erumely conducted an awareness class on the topic ‘Online game addiction among teenegers’ on 3rd June 2021 at 7pm. The session was conducted through virtual platform. The objective of the session was to discuss the ill effects caused by online games in teenage group. Trainee selected a target group of ten teenagers and gave a detailed description on addiction caused by online games. The participants also presented their views and clarified their doubts. The session ended by 8.30 pm.



WEBINAR ON ‘ADDICTION OF ONLINE GAME DURING LOCKDOWN’

The Student social work trainee of M.E.S College Erumely conducted an online awareness session at Chadayamangalam Grama Panchayat. The session was conducted on 31/05/2021 on the topic ‘Addiction of Game During Lockdown’. The session was led by social work trainee Mr. Abin D

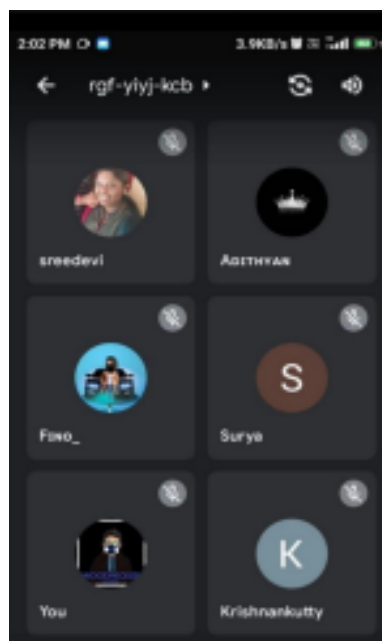
Kumar and it was conducted through a virtual platform. The primary objective of the session was to make people aware of the ill effects of Addiction towards online games. Trainee also briefly described the various ways to overcome addiction. There were about 7 participants.

TARGET GROUP DISCUSSION ON ‘HOW TO PREVENT COVID 19 THROUGH NATURAL MEDICINE?’

Social work trainee of M.E.S College Erumely conducted a target group discussion on the topic how to prevent Covid 19 through natural medicine on virtual platform on 2nd June 2021. The social work trainee Mr.Akhil Jacob led the discussion. The topic was introduced before the participants afterwards the participants expressed their opinion. The severity of Covid 19 symptoms can range from mild to severe according to the immunity of the people. Immunity can be naturally boosted through herbal medicines such as turmeric, ginger, garlic, lemon etc. There were 8 participants and the session was concluded by 12.30 pm.

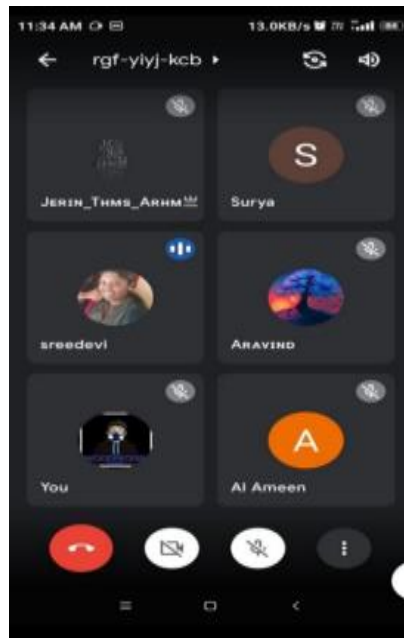
SOCIAL MEDIA- ADVANTAGES AND DISADVANTAGES

On behalf of the field work activity, the social work trainee had conducted a group work on the topic 'Social media- advantages and disadvantages'. The interactive session was conducted on 31st may 2021 at 2.00 pm through virtual platform Google meet. There were about 5 participants. The session had a duration of about 20 minutes. The session was very active with participation. Everyone had joined the meeting on time without any delay. The social work trainee introduced herself to the participants and gave a brief description about social media. All the participants had actively participated in the group activity and share their opinions and thoughts. The meeting had come to an end by thanking all the participants for their active participation. Thus the program had concluded.



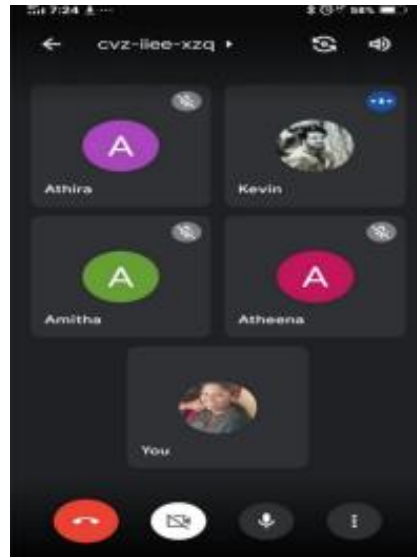
GROUP WORK ON 'HEALTH AND HYGIENE'

On behalf of the field work activity, the social work trainee had conducted a group work on the topic 'health and hygiene '. The interactive session was conducted on 1st June 2021 at 11.30 am through virtual platform Google meet. There were about 4 participants. The session had a duration of about 20 minutes. The session was very active with participation. Everyone had joined the meeting on time without any delay. The social work trainee introduced herself to the participants and gave a brief description about health and hygiene. All the participants had actively participated in the group activity and shared their opinions and thoughts. The meeting had come to an end by thanking all the participants for their active participation. Thus the program had concluded.



FOCUSED GROUP DISCUSSION ON 'INDIA AND COVID CRISIS'

On behalf of the field work activity, the social work trainee had conducted a focused group discussion. The FGD was held on June 2, 2021 at 7.00 pm through online platform google meet. The members in the group were the social work students of Carmelgiri College, Adimali. The group mainly discussed 'India and Covid Crisis '. The program started by introducing themselves. The social work trainee moderates the discussion. Everyone in the group had shared their opinion. Moderator had gave chances to each and every person in the group to share their opinion about the topic. It was a calm and quiet discussion. The group discussion gave confidence in the mind of participants to share their views and opinions about the topic. As all the members share their views and opinions about the topic the discussion comes to a conclusion phase. The social work trainee had concluded the meeting by thanking all the participants for sharing their opinion.



GROUP WORK ON ‘STRESS AND MENTAL HEALTH OF WOMEN’

On 29th May 2021, a group work was conducted on the topic “Stress and Mental Health of Women”, it was to address the mental health issues of women affected by Covid-19.

The meeting was scheduled on a virtual platform. Target group contains women of the age group between 45 and 60 residing in different parts of Pazhavangadi Grama Panchayat. There were a total of 8 members who participated in the meeting. Trainee provided an introduction and an interactive session. Later a discussion on the topic was conducted and the session was about 15 minutes. Covid lockdown affected the mental health of people a lot, especially women. Major problems faced by them were addressed.



Target Group Meeting

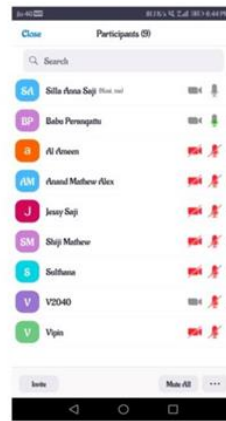
Participants in the meeting

FOCUS GROUP DISCUSSION

As part of First Semester Field Work, conducted a Focus Group Discussion (FGD) on 25th May 2021 at 6.00 PM. The participants of FGD were the traders in Ranni affected by the flood in 2018. The FGD was conducted on virtual platform. The major objective of the FGD was to assess the situation after flood. The Social Work trainee Ms. Silla Anna Saji took the role of both moderator and observer. Moderator made an introduction and as well as presented the topic. Later the discussion was done between the participants. The duration of the FGD was 30 minutes.



Conducting Focus Group Discussion



Participants during FGD

COMMUNITY PROGRAMME- COVID CRISIS AN MENTAL HEALTH

A community event was conducted on 4th June 2021 at 7.30 PM, on the topic “Covid Crisis and Mental Health” by Mr. Anub Thomas, Consultant Family Therapist and Premarital Counselling Faculty, Government of Kerala. Ms. Anitha Anilkumar, President Pazhavangadi Panchayat, inaugurated the webinar. Mr. Bobby Abraham, former panchayath president, did the presidential address and felicitations were given by different elected ward members. Resource person provided a detailed class on how the covid pandemic affected the mental health of the community. The programme had a duration of 1 hour and about 70 participants were there.



GROUP WORK ON THE TOPIC ‘MENSTRUAL HYGIENE’

The social work trainee conducted a group work at Vathikudy grama panchayat on 1st June 2021 through virtual platform. The awareness session was on the topic ‘Menstrual hygiene’ and the session was handled by Ms. Amrita Santhosh (Nurse, Dharma Giri Hospital). The session started by 7pm and there were six participants. The social work trainee gave an introduction on the topic and also introduced the resource person to the audience. The resource person gave a detailed description on menstruation and the importance of hygiene during those days. The session ended by 7.30 pm.

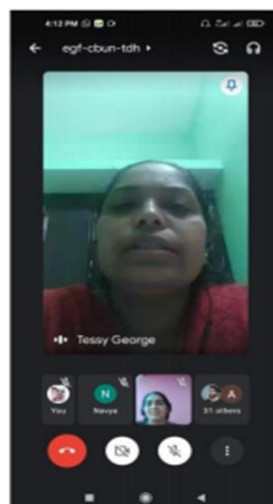
GROUP WORK ON THE TOPIC ‘HEALTH AND NUTRITION’

The social work trainee conducted an awareness session on ‘Health and Nutrition’ on 2nd June 2021. The session was conducted through an online platform. The student social worker Ms. Sangeetha Sajeevan led the class. Trainee briefly described on the need of good health and how it is related to good nutrition. Trainee also elaborated on various schemes implemented at the government level for better nutrition especially for the vulnerable session i.e. women and children through anganwadis. The session concluded by the interrogation on the topic.

AWARENESS CLASS ON ‘MONSOON DISEASES AND PREVENTION’

As part of the First Semester An 18-day fieldwork was conducted in Kanchiyar grama panchayat, as part of which, on the last day, 4-06-2021, a community event was conducted. The Last day of Field work Community event were conducted by a large community with the help of panchayat president, vice President, panchayat ward members and class taken Junior public health inspector "Tessy madam". In the topic of MONSOON DISEASE AND PREVENTION. The community program was conducted through online platform. The panchayat president Suresh Sir" vice President 'Sally Jolly madam" panchayat ward members were attended. Eighteen above peoples were joined the event.

Community work class Taken by Tessy madam



AWARENESS SESSION ON IMPACT OF TOBACCO

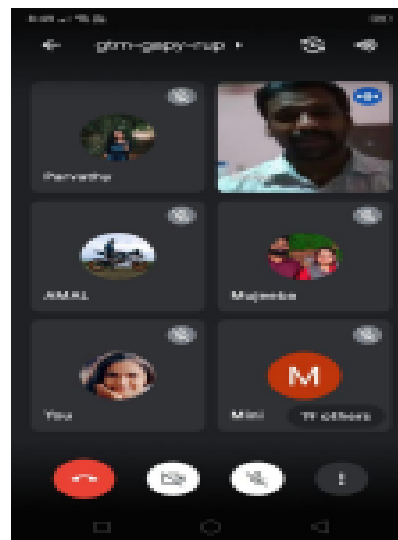
Student social work trainee of M.E.S College Erumely conducted a group work for the purpose of providing an awareness on the impact of tobacco usage among the young generation. The awareness class was conducted through a virtual platform on 03 rd June 2021 at 06.40 pm. The session was conducted for the inhabitants of Bharananganam Grama Panchayat. The primary aim of the session was to provide an overall awareness and as well as about ways to overcome tobacco usage. There were about 10 participants and the target group was youth aged between 18 and 22 years. The session ended by 07.30 pm.

AWARENESS SESSION ON 'IMPORTANCE OF SELF PRIORITY

As part of the field practicum, social work trainee of M.E.S College Erumely conducted an awareness session in Bharananganam Grama Panchayat. The awareness class was on the topic 'Importance of Self Priority'. The session was conducted on 03/06/2021 through a virtual platform. The session was led by a social work trainee Ms. Devika Mohandas. The major objective of the session was to provide awareness about the importance of self-priority and the necessity of giving me time. There were about 10 members attended the session. There was also an interaction session to clarify the doubts of the participants. The session lasted for about 40 minutes.

VALUE EDUCATION

As part of first semester fieldwork a community event was organised in Thuravoor Grama panchayat of Alappuzha district on 04/06/2021. An awareness session on the topic VALUE EDUCATION Community event was conducted and organised on an online platform on topic value Education the class was taken by Mr.Renju Chandran, professor of naipunnya School of Management. Almost 25 participants are in the webinar conducted by the student coordinator, Jayalakshmi KJ

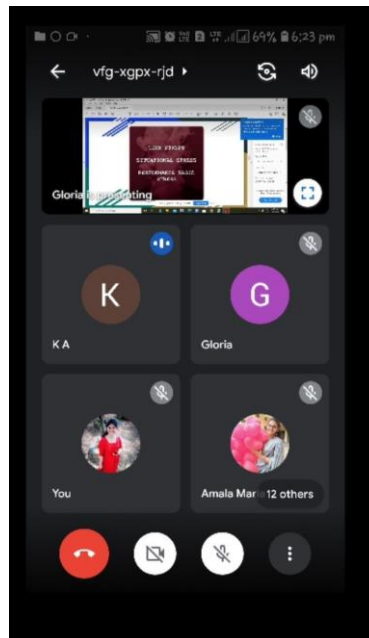


GROUP WORK ON ‘MENSTRUAL HYGIENE’

As part of the field practicum, social work trainee of M.E.S College Erumely conducted an awareness session at Vellavoor Grama Panchayat. The session was on the topic Menstrual Hygiene and it was taken on 02/06/2021 through a virtual platform. The session began by 12 pm. The primary objective of the session was to make the people aware of the importance of keeping menstrual hygiene. The session was taken by student social work trainee Ms. Aleena Denny. There were 5 participants attended the session. Trainee briefly described the potential risks of keeping poor menstrual hygiene.

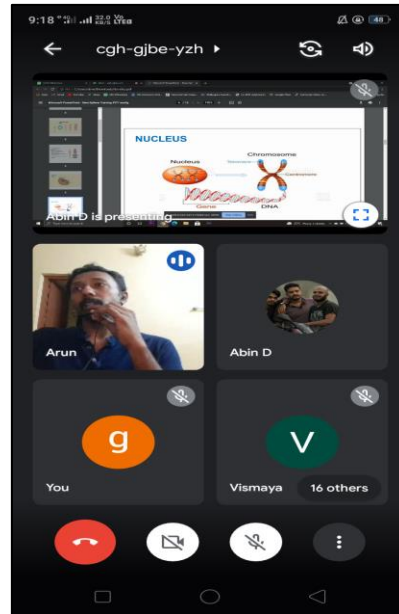
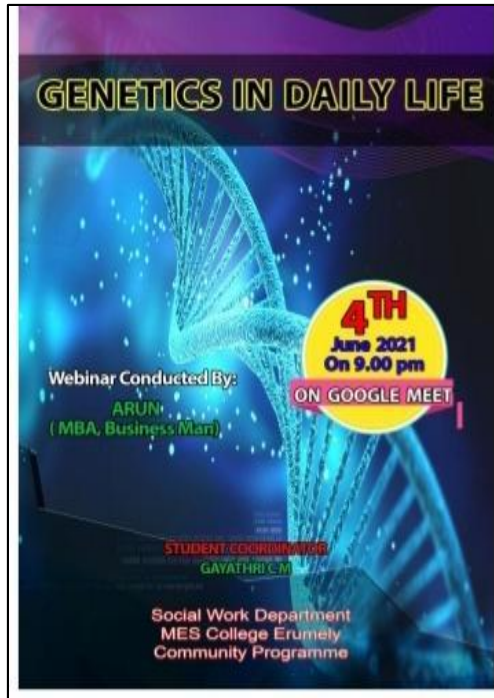
WEBINAR ON STRESS, SKILL, SURVIVAL.

As part of the first semester fieldwork a community event was organized at Vellavoor Grama Panchayat of Kottayam district on 04/06/2021. The topic was “**Stress, Skill, Survival**,” and it was conducted using an online platform. The session was handled by Ms. Gloria Varghese (Mentor and Writer). The sudden outburst of the COVID 19 pandemic has brought many changes to how you live your life and with it, at times, uncertainty, altered daily routines and social isolation etc. So it was important to make people aware and what kind of measures to be undertaken for reducing stress and improving their skills and to survive for the rest of their life.



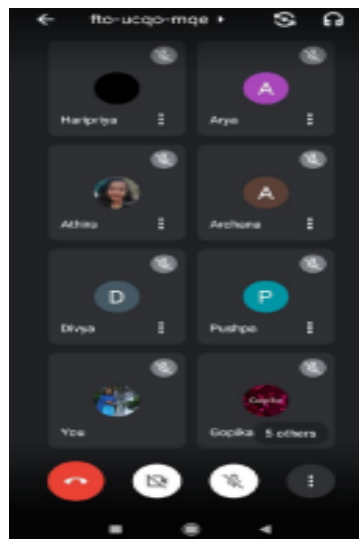
GENETICS IN DAILY LIFE

As part of first semester fieldwork a community event was organised in Thuravoor Grama panchayat of Alappuzha district on 04/06/2021. An awareness session on the topic GENETICS IN DAILY LIFE was conducted using an online platform. The session is based on the genetics that were useful for the community. With the help of genetics the community can identify the Immunity and diseases they were affecting in future life. Any diseases can identify earlier and give treatment at the present situation itself. The session was taken by Mr Arun.



WEBINAR ON MINDFULNESS AND STRESS REDUCTION

As part of the Community field work, Department of Social Work, M.E.S College Erumeli organized a webinar on the Topic 'Mindfulness and Stress' for the community people in Chirakkadavu Grama Panchayath. The Webinar was organized on Google meet on 04/06/2021 from 03.00pm to 05.00 pm. The session was handled by Dr.Aneesh & Dr. Dhanya (Ayurveda doctors), Swapna T.M and Anu Jacob (Telecounsellors). The webinar mainly focused on the need for stress reduction amidst the covid 19 pandemic by providing an awareness about necessary things to be kept in mind about Covid 19 and also by following instructions from the health department. There was also an interaction session for the public for clarifying their doubts regarding the covid pandemic situation.



AWARENESS AND TRAINING OF FIRST AID TO MAKE COMMUNITY A BETTER PLACE

The social work trainee of M.E.S College Erumely conducted an awareness session at Peruvanthanam Grama Panchayat on 04/06/2021 at 10.30 am. The session was on the topic 'AWARENESS AND TRAINING OF FIRST AID TO MAKE COMMUNITY A BETTER PLACE'. The session was led by Social Work trainee Mr. Amith Lal Dious, through virtual platform. The primary objective of the session was to make people aware of the importance of necessary first aid in emergency situations. There were about 30 participants attend the session. The session ended by 11.30 am.

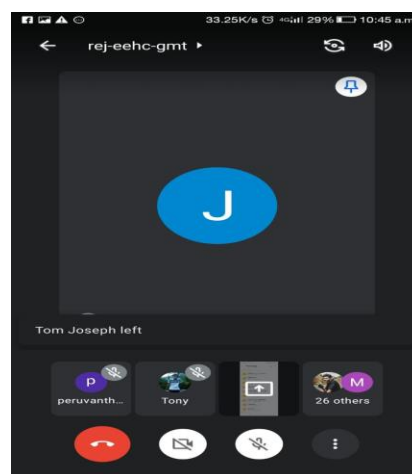
Community programme

4th JUNE 2021
time : 10:30 am
on Google meet



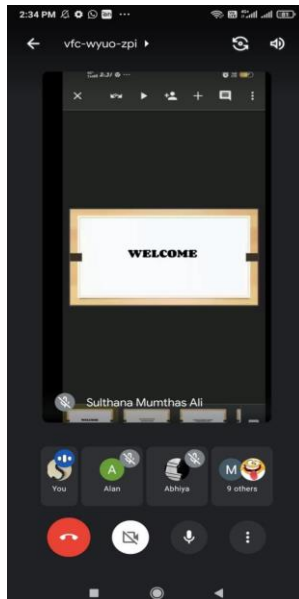
by

Amith lal dious
Social work department
MES college erumely



GROUP WORK ON EFFECTIVE WAYS TO ACCEPT TOUGH SITUATIONS IN LIFE

As part of first semester fieldwork, the student social work trainee conducted a group work on the topic 'Effective ways to accept Tough situations in life'. The group work was conducted on 28th May 2021 at 2: 30 pm. The session was led by student social work trainee Ms.Salma Ali. The case work done by the social work trainee led to this group work. There were about 28 participants including students and youth in the group work. Tough situations are great hazards for the smooth functioning of an individual's life. Everyone must be capable of overcoming the different problems they face in their life. The social worker presented a PowerPoint presentation on the topic of group work. The session ended by 03.30 pm.



FUNDRAISING

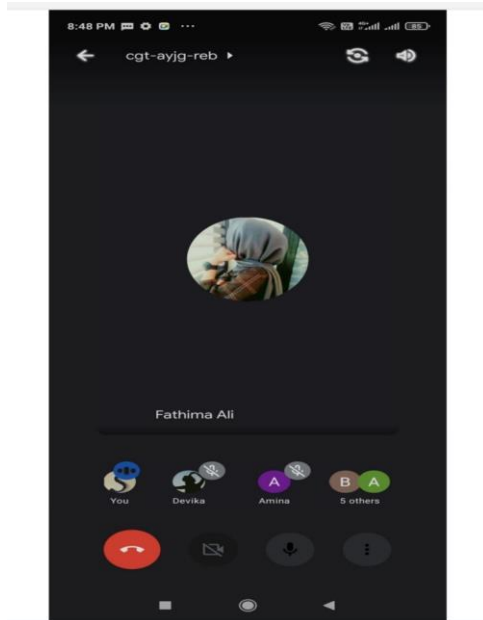
The student social worker, Salma Ali of MSW department fundraised as part of fieldwork practicum III on 17th April 2022. The aim of this fundraising is to fulfil the basic needs of visually challenged people in Trivandrum district. The beneficiaries reside in an organization named Welfare for visually challenged. The student social worker arranged the necessities through fundraising. Many people contributed to the fundraising. The student collected the money and arranged the need as preferred by the beneficiaries.



Awareness on Food and Nutrition

The student social worker, Salma Ali of MES College Erumely has organised an awareness class on Food and Nutrition to Covid Patients and Covid Survivors. The session was conducted through

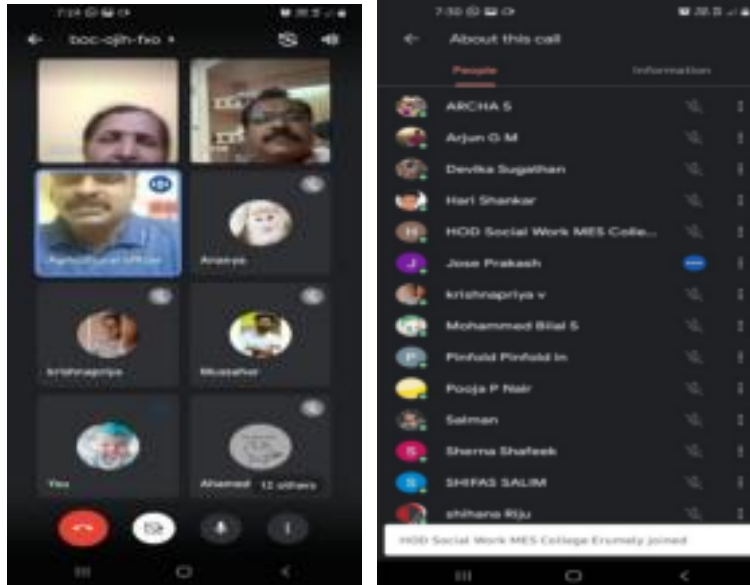
an online platform, Google meet. The meeting was conducted on 30th April 2021. There were more than 10 people participating in the class. The student social worker shares the information as per the supervision of the medical officer. The event was successful.



WEBINAR ON “MODERN GENERATION AND AGRICULTURAL INTERESTS”

At the final day of first fieldwork practicum at Navaikulam Panchayat, the social work trainee conducted a final community program based on the topic “*Modern Generation and Agricultural Interests*” on 4th June 2021 at 7pm. The function has been inaugurated by the Panchayat President “*Baby Raveendran*”, Presidential Address by the Ward Member “*Jose Prakash*” and the major Resource Person is “*Biju*” Assistant Agricultural officer. There were about 20 members attended the session. The session briefly described the need for developing agricultural practices in modern and young people.





COMMUNITY EVENT- LIFE AND MENTAL HEALTH IN THE TIME OF COVID

The student social worker, Salma Ali, of MES College Erumely organised a community event in Kattappana Municipality. The event was conducted on 4th May 2021 at 7:00 pm. The event was inaugurated by Municipal Chairperson, Ms Beena and the event was presided by Health Inspector- Mr Joseph. The session was taken by Ms Febini M Joseph, Counselor and Assistant Professor at School of Engineering, Ernakulam. She discussed and presented ways to deal with life in the time of Covid especially on lockdown. She explained the ways to engage the children and how to deal with the stress along with how to mitigate the mobile addiction. More than 80 people took part in the event.

MES COLLEGE ERUMELY
Department of Social Work

Community Program

June 4 2021 at 7 pm

**കോവിഡ് കാല ജീവിതവും
മാനസികാരോഗ്യവും**

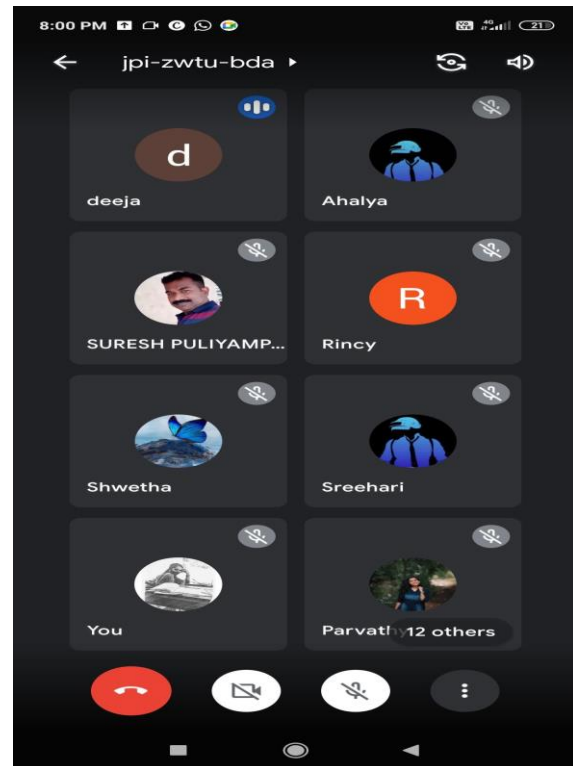
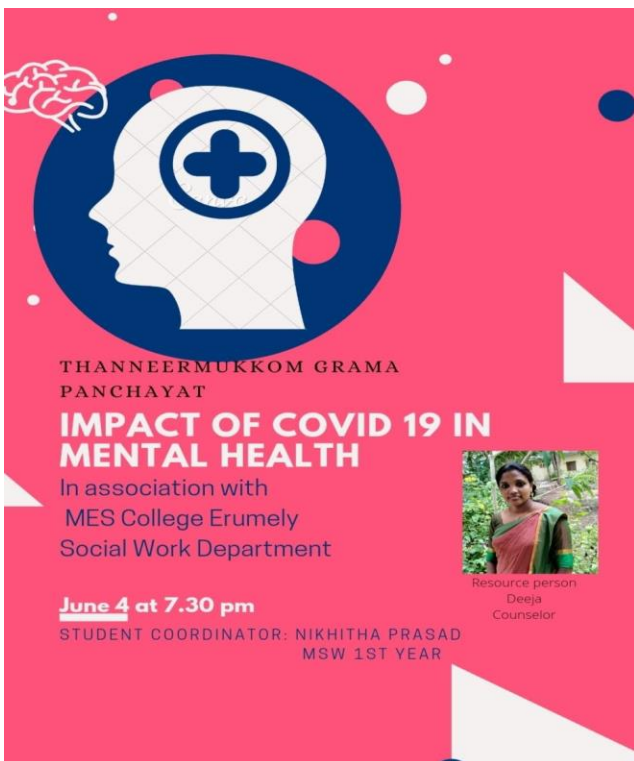
Resource Person:
Febini M Joseph
Councillor & Assit. Professor,
School of Engineering & Technology,
Ernakulam

Student Coordinator
Salma Ali

On Google Meet

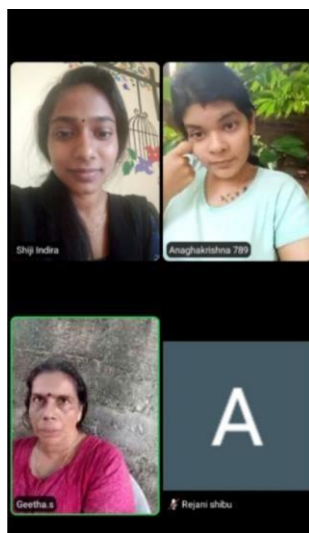
IMPACT OF COVID 19 IN MENTAL HEALTH

As part of first semester fieldwork a community event was organised in Thanneermukkom grama panchayat of Alappuzha district on 04/06/2021. An awareness session on the topic Impact of Covid 19 in mental health was conducted using an online platform. The sudden outburst of the pandemic has caused stress, anxiety, depression and other mental health problems among the public. Hence it was important to make them aware of having a positive mental health, measures to be taken to be taken and the supporting services they can avail during such situations. The session was taken by Mrs Deeja, counselor.



AWARENESS CLASS ON WOMEN EMPOWERMENT

MITHRAM KUDUMBASHREE in PANGODU GRAMA PANCHAYATH rural peoples attended the Awareness Program conducted by social work trainee about the topic” **WOMEN EMPOWERMENT**” on 04/06/2021. The session was started at 1.30 pm through virtual platform. The trainee used her mode of communication that is conveyable to the local community people also use the PowerPoint presentation and videos regarding the topic the trainee easily catch the attention of the participants. This method help the participants to get Idea more about the topic easily. Total there are 9 members attended the awareness session taken by the trainee. Everyone actively participated and interact in this session. Most of the people asked their queries and doubt in this session and the trainee clarified them. The session was concluded at 5pm and Mrs. Devakiamma secretary of the MITHRAM KUDUMBASHREE, delivered vote of thanks for the trainee and the trainee to thanked them for their active participation.



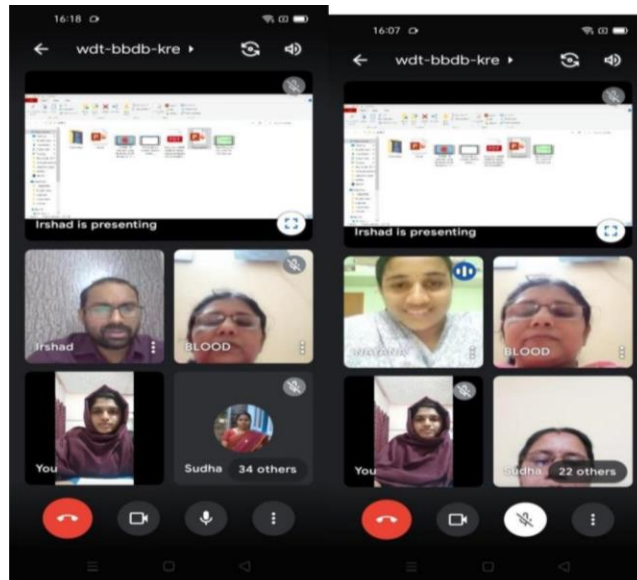
COMMUNITY EVENT ON “WHY VACCINATION IS IMPORTANT?”

The social work trainee had organised a Community Event as part of the field work practicum. The trainee had well organised the event with the complete cooperation and coordination of the Ranni Grama Panchayat and Community members. The community events was organised as an awareness class on the topic " Why Vaccination are important" and the class was handled by Dr. Irshad Ali, Assistant professor, Kottayam Medical College . The various stakeholders such as Panchayat President, Block Panchayat representatives, ward members, CDS Chairperson and community members participated in the community event which held through online platforms. The trainee had found that the major population of the Panchayat is afraid to take the vaccine because of some unwanted fears and superstitions and so, the trainee had chosen vaccination as the main issue of the community and organised an awareness class for the Community with the cooperation of Ranni Grama Panchayat.

കോവിഡ് വാക്സിൻ :
ആശങ്കകളും ഭയവും ഇനി വേണ്ട !
 ബോധവൽക്കരണം
 4 June 2021
ON GOOGLE MEET
 4.00 PM
 Resource person :
 Dr. Irshad Ali K M
 Assistant Professor, Department of Medicine
 Government Medical College, Kottayam

DEPARTMENT OF SOCIAL WORK
 MES COLLEGE ERUMELY

Student coordinator :
SHEDHA SHAHUL
 1st year MSW



COMMUNITY EVENT ON 'KAINAKARY IN THE PRESENT DAYS'

As part of the curriculum, social work trainee had conducted community event at Kainakary panchayat. Trainee conducted the event based on the importance and relevance of rehabilitation of the community. The event was conducted on 4th June 2021 at 6pm. Ms. Shakhiya S led the event. Due to covid pandemic the session was conducted on online platform. There were about 19 members attended the session. The inaugural address was given by Mrs. Praseeda Binil Kumar (Vice President, Kainakary Panchayat). The session ended by 7.00 pm. The session gave an overall detailing about the livelihood, lifestyle and geographical features of Kainakary panchayat.



GENDER EQUALITY AND WOMEN EMPOWERMENT

As part of first semester fieldwork a community event was organised in Pazhavangadi grama panchayat, of Pathanamthitta district on 04/06/2021 at 6pm. An awareness session on the topic GENDER EQUALITY AND WOMEN EMPOWERMENT was conducted using an online platform. Mr. Kishore Abraham (President, Lantern Association, Sree Sabareesha College Murikkumvayal) was the resource person. The programme was inaugurated by Adv. Madhu Kumar (Retired Professor, NSS College). Gender inequalities are still deep-rooted in every society. Women suffer from lack of access to decent work and face occupational segregation and gender wage gaps. Around 25 participants attended the event.

