



MES COLLEGE ERUMELY

EXTENTION PROGRAMME 2021 - 2022

TARGETED GROUP WORK

MENSTRUAL CUP AND ITS USAGES

Student Social worker of MES College Erumely conducted an awareness class on the topic "Menstrual cup" for Kudumbasree members in Mundakayam Panchayat on 06/05/2022 as a part of 1st semester field work. There were 7 participants for the session. The Student Social worker first introduced herself. First Student Social worker asked them about the menstrual cup and its usages.. Most of them were not aware of it. Then the Student Social worker showed the menstrual cup. They saw it for the first time. Student Social worker were able to understand how much they were unaware about menstrual cups. Then the Student Social worker started to explain the material used for the menstrual cup, its usage, different insertion methods, and benefits and also shared her own experience of using the menstrual cup. After hearing about all these, they were so excited and their doubts were asked. The event got a lot of positive responses from the women who participated in it.



GROUP DISCUSSION ON WASTE MANAGEMENT

Student Social workers of MES College Erumely in batch 2021-23 conducted a focused group discussion in Mundakayam Grama Panchayat as a part of the first semester field practicum. This was conducted on 6th May 2022. The programme started at 2.30 pm. There were 32 participants included in the FGD. The major topic that was discussed in this event is 'Waste management'. Through the field work, the student social workers identified the major issues of Mundakayam Grama Panchayat as having to do with the waste management. After the discussion, the group concluded that the activities of the haritha karma Sena should be extended into the shops that belong to Mundakayam Panchayat. And also the participation of the people into such kinds of projects should be ensured by the Panchayat officials.



FOCUS GROUP DISCUSSION AT ERUMELY PANCHAYATH ON ‘DOMESTIC VIOLENCE’

The student social workers of MES College Erumely conducted a focus group discussion on the topic ‘Domestic Violence’ on 9th May 2022 as part of their community field work of 1st semester. The discussion was designed to gather information from the community itself. The discussion was conducted in 2 sessions. The programme started at 10.30 am and it was inaugurated by MLA of Poonjar Assembly Constituency Mr. Sebastian Kulathunkal. Panchayat President Mrs. Thankamma, Vice President Mrs. Anusree, ward members were present in the first session. The second session was focused on ADS and CDS members.



AWARENESS CLASS ON ‘IMPORTANCE OF MENTAL HEALTH’

MES College Erumely, Department of Social Work students conducted some programs in Vellavoor Grama Panchayath. On 18/01/2022 an awareness class was conducted for MNREGA Labourers - Women on the topic of IMPORTANCE OF MENTAL HEALTH. WHO defines mental health as mental well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community. This class was conducted by ASSEEF P HASSAN (Student social worker / Social work trainee). The outcome of the program is to bring about the attention of labourers towards developing a positive mental health along with the physical health.



AN AWARENESS CLASS ON 'ELDER ABUSE'

On 18/01/2022 an awareness class was conducted for MNREGA Labourers - Women at chellakannu ward on the topic of ELDER ABUSE. The abuse of older people, also known as elder abuse, is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. This type of violence constitutes a violation of human rights and includes physical, sexual, psychological and emotional abuse; financial and material abuse; abandonment; neglect; and serious loss of dignity and respect. This class was conducted by FATHIMA N (Student social worker / Social work trainee). The outcome of the program is to make them aware of various kinds of abuses occurring elderly and about preventive measures.



AWARENESS CLASS ON 'LIFE STYLE DISEASES'

On 19/01/2022 an awareness class was conducted for Women above 50 years at chellakannu ward on the topic of IMPORTANCE OF MAINTAINING LIFE STYLE AND ON LIFE STYLE DISEASES. The combination of four healthy lifestyle factors - maintaining a healthy weight, exercising regularly, following a healthy diet, and not smoking - seem to be associated with as much as an 80 per cent reduction in the risk of developing the most common and deadly chronic diseases. This class was conducted by FATHIMA N (Student social worker / Social work trainee). The outcome of the program is to generate an overall idea regarding various lifestyle diseases and as well as about importance of developing a healthy lifestyle.



AWARENESS CLASS ON ‘GOOD TOUCH AND BAD TOUCH’

On 20/01/2022 an awareness class was conducted for CHILDREN BELOW 10 YEARS on the topic of GOOD TOUCH AND BAD TOUCH. How to prevent child abuse, protect themselves and importance of communicating it to parents. This class was conducted by FATHIMA N & ASEEFF P HASSAN (Student social worker / Social work trainee). The feedback of the program is to make them aware of instances of child abuse as well as about good and safe touch. Also aims at making them capable of saying ‘NO’ at right moments.



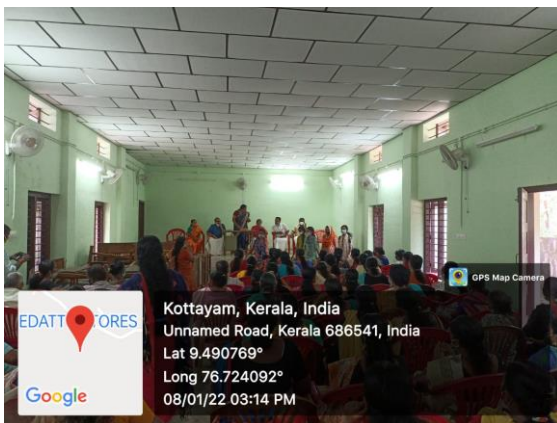
GROUP DISCUSSION ON EFFECTIVENESS OF WASTE MANAGEMENT SYSTEM & ACTION PLAN FOR FUTURE

On 07/05/2022 an awareness class was conducted for FOCUS GROUP DISCUSSION on the topic of EFFECTIVENESS OF WASTE MANAGEMENT SYSTEM & ACTION PLAN FOR FUTURE. A waste management system is the strategy an organization uses to dispose, reduce, reuse, and prevent waste. Possible waste disposal methods are recycling, composting, incineration, landfills, bioremediation, waste to energy, and waste minimization. The participants of the discussion are Village officer, health inspector, School teachers, Haritha Karma Sena coordinators, VEO etc. This class was conducted by Student social worker / Social work trainee. The feedback of the program is to discuss and identify problems in existing waste management system and the effort needed in the near future.



COMMUNITY EVENT

On 09/05/2022 an awareness class conducted a COMMUNITY EVENT on the topic of EXISTING WASTE MANAGEMENT ISSUES IN VELLAVOOR PANCHAYATH AND MEASURES TO IMPLEMENT AN EFFECTIVE WASTE MANAGEMENT SYSTEM. The participants of the class 3 units of MNREGA AND WARD MEMBERS OF 9 & 4. This event was conducted by Student social worker / Social work trainee .The feedback of the class is to make them aware of the drawbacks of existing system and also general ideas regarding efficient and innovative waste management system.



COMMUNITY EVENT ON ‘CAREER GUIDANCE’

Student social workers of MES College Erumely conducted a community event in anganwadi hall at Chenappady on 10/05/2022 at 10 am. The event was on the topic career development orientation in collaboration with DDU GKY. The event was mainly organised for youths between age group 28 to 35. It was a career development Guidance class in order to encourage the youth for building their future. The session provided an elaborate description about various competitive exams and courses in the higher education level. A total of 20 participants participated in the event. The class was led by student social work trainees.



FOCUS GROUP DISCUSSION ON DRUG ADDICTION

As part of field practicum the student social worker conducted a focus group discussion on 9th May 2022. The topic is drug addiction as it is a widespread social problem in the region. It was done to understand the depth of the problem in the panchayat. The existing vulnerable conditions which aid drug addiction and the effectiveness of various campaigns like that of VIMUKTI conducted by the excise department were also discussed. The panchayat president, ward members, standing committee members and representatives of school teachers, anganwadi workers and ASHA workers participated in the discussion.

AWARENESS CLASS ON DRUG ADDICTION

The student social worker as the part of field practicum conducted an awareness class on 9th May 2022 at the community hall in the panchayat. It was conducted to create awareness about the problems that were created in the region due to drug addiction. It was done to make the people aware about the increasing cases of drug addiction at an alarming rate and its impact on the community in the long period. The roles of parents, teachers, politicians and police were given importance in the awareness class. The methods and features to identify a drug addict and ways to deal with them were discussed. Twenty five people participated in the awareness class.



FOCUS GROUP DISCUSSION ON SCARCITY OF WATER

As part of field practicum the student social worker conducted a focus group discussion on 20th January 2022. The topic was scarcity of drinking water in the locality as it is a widespread social problem in the region. It was done to understand the depth of water scarcity in the region and to

find the months in which the people had to face acute shortage of water. Water scarcity is mainly due to geographic features of the region. Implementation of Jal Jeevan Mission is in slow progress in the locality due to the presence of huge rocks. Presently the residents are buying water for all their needs. The measures to overcome water scarcity were discussed.



TARGET GROUP INTERVENTION ON CHILD ABUSE

8/01/2022-Target group intervention on child abuse.

No of participants: 12

Resource person: Amritha s

Student social worker of MES College Erumely conducted an awareness class as a part of block field work intervention with MGNREGA members, was organized as the part of 1st year academic activities. The program was on 8/1/22, 11.30a.m to 12.15p.m in the house of a kudumbasree member. The class was on the topic "CHILD ABUSE" at, Ward 4.

Child Abuse can be defined as harming (whether physically, emotionally, or sexually), ill-treatment, abuse, neglect or deprivation of any child. It is not always easy to recognise that a child is being hurt or is at risk, some form of protection issues are visible and obvious such as a child begging on the street or child labour or physical abuse at home or substance abuse etc. In such circumstances, a child may or may not speak to you about the abuse but since it is obvious, you can immediately help the child. Some protection issues tend to go undetected such as neglect, sexual abuse or emotional abuse which can be just as damaging, if not more, as physical abuse. Because of ignorance and dependency on the abusers, children often are unable to express that they are abused. As adults, it is our responsibility to observe child behavior and encourage them to speak up.

Finally there was a feedback section. Some of them shared their experiences, some of them responded that class was very helpful and interesting, they can connect themselves. The event ended at 12.15pm.



TARGET GROUP WORK ON 'IMPORTANCE OF WOMEN'S HEALTH'

Social work trainees of M.E.S College Erumely conducted a target group discussion on 20/01/2022 on the topic 'Importance of Women's Health'. The session was organized at Chirakkadavu Grama Panchayat. The participants for the discussion were the Kudumbasree members of Ward 15. The primary objective of the session was to impart awareness regarding the importance of women's health and the need for developing healthy dietary practices in women. Women's health is an indicator of a nation's political, social and economic development. Participants presented their opinion and views regarding the topic.

AWARENESS CLASS ON WOMEN EMPOWERMENT

7/5/2022-Awareness class on women empowerment.

No of participants: 42

Resource person: Amritha.s

Student social worker of MES College Erumely conducted an awareness class as a part of block field work intervention with kudumbasree members, was organized as the part of 1st year academic activities. The program was on 7/5/22, 11.00a.m to 12.00p.m in the panchayath conference hall. The class was on the topic "women empowerment".

The student of social work first introduced herself and gave a brief explanation of the event. The awareness class about women empowerment. Firstly the student of social work asked them about their knowledge about the topic and they gave some points about the topic. The main objective is to provide knowledge about women empowerment and to build self confidence and self-esteem. The members actively participated in the session.

Women play an important role in society and the whole family is dependent on women for its daily activities. They play the role of mother, wife, homemaker, cook, teacher, friend, Nurse all at the same time while catering to everybody's needs.

A key part of this empowerment is through education. Education is one of the most important means of empowering women with the knowledge, skills and self-confidence necessary to participate fully in the development process.

As females were given poor education or no education they are not able to get good jobs. Thus either they have to stay at home or do lesser paid jobs. Thus the male always remains the bread earner of the family. So the women hardly get economic independence.

Women empowerment also means when the society will also accept women as decision-makers for the economic and financial decisions of the family. We shall encourage women from all sections of society to make their own decisions. They need not take permission from men.

Women empowerment can be referred to as equality or free from discrimination.

Before the concluding session there is a group discussion. The secretary of the kudumbasree unit, explained her viewpoint on the topic. The member explained they have to work independently like the men. Their confidence is the reason to organize the unit. They have their own job to earn their income and they continue to live with their own money and their confidence. They are economically independent. They care about their job with their self-confidence. One of the members said that the member is studying and preparing for her 10th class exam under the saksharatha mission. That was her empowerment through education and aim to get a job. That's her goal to empower herself and make self-confidence. They should have a safe and secured working location with proper privacy. They should make their decision, by their own choice.



FOCUS GROUP DISCUSSION ON 'DECENTRALIZATION'

Student social work trainees of M.E.S College Erumely conducted a Focus Group Discussion at Chirakkadavu Grama Panchayat on the topic Decentralization. The discussion was held on 09/05/2022 at the Panchayat hall. Respected panchayat president inaugurated the session at 10.30 am and provided an introduction to the topic. Members actively participated in the session and presented their views on the topic. Many officials from the community also participated in the meeting such as Police officers, Health Inspector, Asha workers, Panchayat members, ADS and CDS members etc. The discussion ended by 11.45 am.

AWARENESS CLASS ON PREVENTION OF DRUG ABUSE

Student social work trainees of M.E.S College Erumely conducted an awareness class as part of first semester field work intervention at Chirakkadavu Grama Panchayat. The programme was conducted on 9th May 2022, 2.00pm to 03.30 pm. The session was conducted at Deepam Library of ward 6 on the topic 'Prevention of Drug Abuse'. The session was led by student social work trainees. Trainees briefly described various types of drug addiction and the various measures to overcome drug addiction. There were about 26 kudumbasree members participated in the session.

TARGET GROUP DISCUSSION ON COVID 19 AND PREVENTIVE MEASURES

The student social worker conducted a targeted group discussion on 18th January 2022 on CoVID-19 and its prevention in the community. The targeted group was kudumbasree members and MGNREGA workers. The importance of prevention of CoVID-19 and its impact were discussed. Importance of maintaining a healthy lifestyle and practicing social distancing were discussed with special reference to the measures instructed by the Health department. The Kudumbasree and MGNREGA workers are more vulnerable to the spread of disease. Thirty people participated in the discussion

