



Regional Development Works

2022-23

2022-23



2022-23 CHILDREN'S CAMP

As part of BSW curriculum, the fourth semester social work trainees of Department of Social Work from Christ College (Autonomous), Irinjalakuda are required to do 20 days concurrent community-based field work. One of the major objectives of the field work was to acquire and utilize skills in organizing different programmes relevant to the needs and problems of the client system. As part of this trainees conducted children's camp at various panchayats and municipality like Vadanappally, Aloor, Chalakudy, Velukkara, Nattika and Padiyur.



വാടാനപ്പള്ളി ഗ്രാമപഞ്ചായത്ത് ജന്റേൻ റിസോഴ്സ് സമിതിയുടെ ആഭിമുഖ്യത്തിൽ വർണക്കുട്ടികളെ കൂട്ടികൾക്കായി നടത്തുന്ന ളിദിന അവധികാല ക്യാമ്പ്

അലഞ്ഞാളം

BREAK THE LIMITS

11-05-2023 - 12-05-2023 ഗവൺമെന്റ് ഫിഷറീസ് യു പി സ്കൂൾ

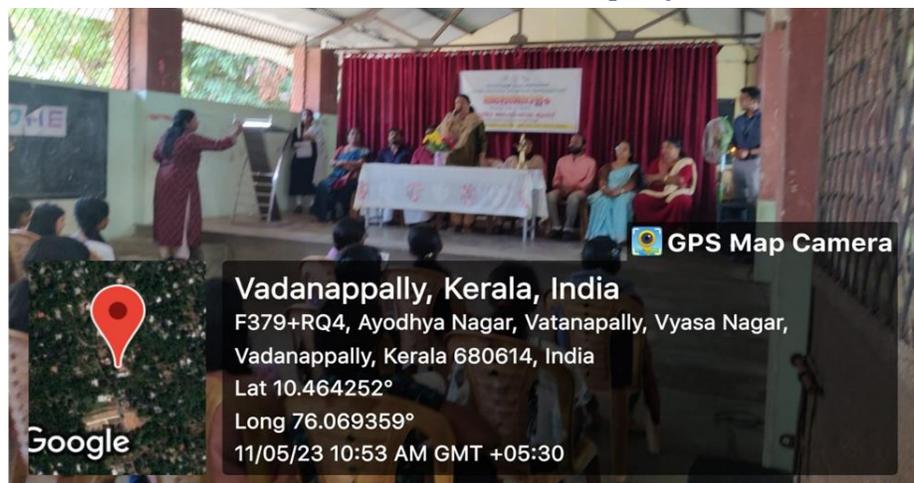




Children's camp done at Vadanappally

As part of the fieldwork, trainees had conducted children's camp on 11/05/2023 to 12/05/2023 at Govt. Fisheries U P School Thrithallur for the adolescent group. The children's camp was inaugurated by Mrs. Shanthi Bhasi Vadanapally Gram panchayath President, program coordinated by welfare standing committee chairperson Mr. Sabith N. S and ICDS Supervisor Mrs. Vydehi K.R. The social work trainees conducted life skill education, public speaking, craft making and martial arts. The life skill education were given by Mr. Suresh (Faculty, DIST thrissur) and public speaking session was taken by Mr. Styju sir, craft session was taken by Mr. Athul sir. 30 students from different wards of Vadanapally

panchayath had participated in the camp.



Children's camp done at Aloor

As part of the fieldwork, trainees had conducted children's camp on 13th April 2023 from 10am to 1pm at Urumbunkunnu anganwadi of Aloor gram panchayath for children of age 10 to 15. The program was inaugurated by Mrs. Savitha Biju, member of 7th ward of Aloor and the presidential address was given by Mrs. Sheela, the teacher of Urumbunkunnu anganwadi and the trainees conduct different games and activities with the aim to motivate and encourage the children to achieve their goals, to understand the importance of team work, to make awareness about current scenario of social and personal problems. 26 children from Thaanipaara and Urumbunkunnu anganwadi had participated in the camp.



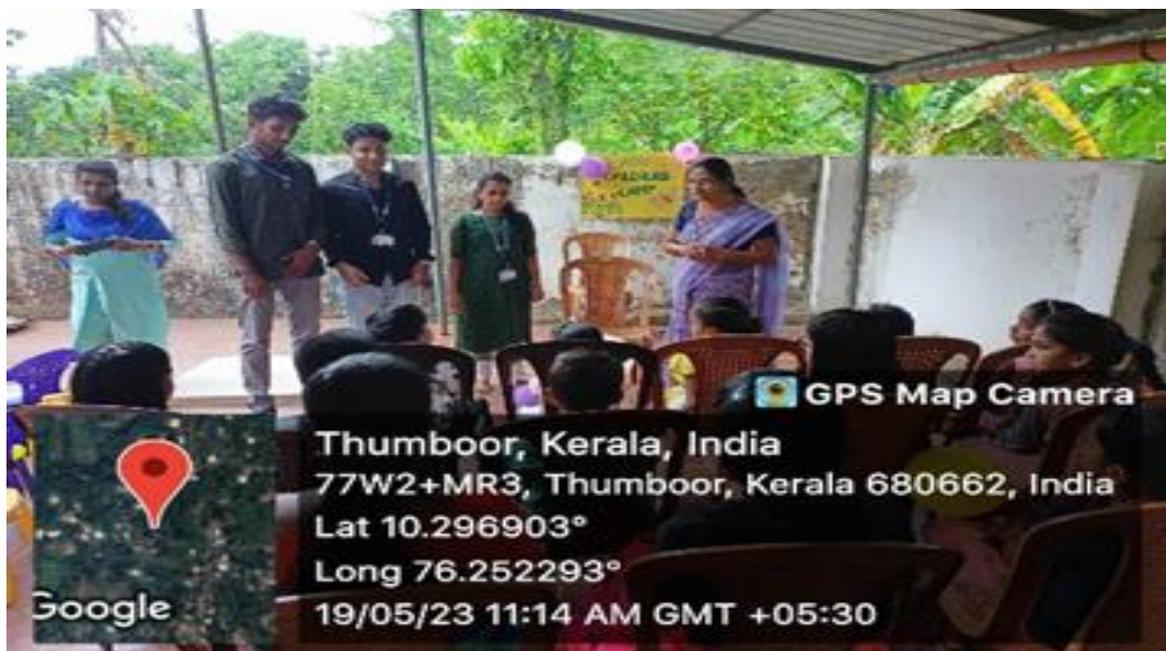
Children's camp done at Chalakudy

As part of the fieldwork, trainees had conducted children's camp on 20/05/2023 for adolescent group in the 36th ward of Chalakudy municipality (karunalayam). The childrens camp was inaugurated by Mrs.Bindhu Lonappan ICDS supervisor, Chalakudy municipality and the presidential address was given by Dr. Ajeesh George, assistant professor, Christ college (autonomous) Irinjalakuda. The social work trainees conducted skill training sessions, awareness classes, recreational activities and distribution of study materials for the students. The skill training session was done by the social work trainee Ms. Ninitha Thomas and the awareness classes was taken by Ms. Annmary K. A and Ms.Sneha Shaji. Accompanying this, a session of recreational activities was also conducted by the trainees Mr.Richard Babu and Mr.Robin T.J. At the end of the camp the study materials were distributed by Dr. Ajeesh George, assistant professor, Christ college (autonomous) Irinjalakuda and Mrs.Bindhu Lonappan ICDS supervisor, Chalakudy municipality. More than 30 students from different wards of Chalakudy municipality had participated in the camp.



Children's camp done at Velukkara

As part of the field work the social work trainees conducted a childrens camp on 19/05/2023 from 10:00 am to 1:00 pm at ward 12 Nalanda Anganwadi (Thumboor West) of Velukkara Panchayat for children of 9 to 12 years of age. The camp was inaugurated by Mrs, Shaila and Kikkili, the anganwadi teachers accompanied by the helper. The camp was attended by 20 students of ward 12. The trainees were able to conduct games and activities and provide rewards for the same along with refreshments. The camp concluded successfully after the interactive session.



Children's camp done at Nattika

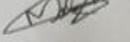
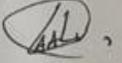
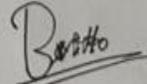
As part of field work social work trainees conducted the children camp on 12th may 2023 from 10:00 am to 1:00 pm, for children under the age group of 15, at Vazhakulam anganwadi. The camp was attended by 18 children of 12th ward. Trainees conduct different activities and games for the children.

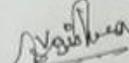
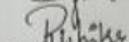
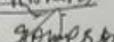
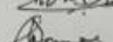
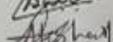
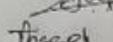
Children's camp done at Padiyur

As part of the fourth semester curriculum a group of five BSW students of Christ College (Autonomous) Irinjalakuda conducted a Children's camp at a Angamwadi in Padiyur Panchayat. The children's camp was conducted on 24-05-2023 at 6th ward Anganwadi. The participants of the camp were 20 members of 'Varnakoodu' it is an organisation for teenagers to exhibit their talents and work for the welfare of the community. The camp consist of various games which in return brought out the creative and imaginative skills .Through the camp the social work trainee could encourage the competitive spirit among the children and help them to be more independent which in turn helped to boost up the self-esteem in children.



LIST OF PARTICIPANTS

PARTICIPANTS	SIGNATURE
1) Anitha	
2) Athira	
3) Jahn	
4) Jessel	
5) Malavika	
6) Sabith	
7) Akmal	
8) Akbar	
9) Antony	
10) Azeesh	
11) Laalu	
12) Vijay	
13) Surya	
14) Tovino	
15) David	
16) Britto	

17) vasshnav	
18) Reahma	
19) Thomas	
20) Angelina	
21) Rishika	
22) Romeson	
23) Dawn	
24) Shibu	
25) Akshay	
26) Jopai	
27) Joseph A.C	
28) Julie	

List of Participants Date: 13/01/2023

Participants	Sign
1. Joseph John	
2. Anyanacha K.P	
3. Anoop	
4. Venisha	
5. Aneka	
6. Adolph	
7. Abinash M.N	
8. Sreeharri	
9. Aleana	
10. Binson	
11. Ashik	
12. Alen	
13. Benny	
14. Theres	
15. Maniya	
16. Kesenthana	

17. Anasua	
18. Abinami	
19. Vivek	
20. Anas	
21. Anjitha	
22. Michuna	
23. Dona	
24. sheon Bida	
25. Anolnya Bida	
26. MATHEWS PAUL SHAJU	

List of participant

202223	Name of student	ward	signature
1)	Sivadhara EB	36	
2)	Sivadhaksha EB	36	
3)	Sivathesual EB	36	
4)	Alin Liso	36	Alin
5)	Alona Jose	36	
6)	UmaSankari OV	36	
7)	Abhimanyu viswan	35	
8)	Rithunandha TS	36	
9)	Sreenandha TS	36	
10)	Arvin TS	36	Arvin
11)	Anvika TS	36	Anvika
12)	AnavKrishna	35	Anav
13)	Justina Judy	35	Justina Judy
14)	Amrutha Sabu	35	Amrutha Sabu
15)	Joel Manoj Jose	36	
16)	Harikrishnan EN	36	
17)	Annmary varghese	35	Anni
18)	Sneha shaji	36	Sneha
19)	Sona shaji	36	

20)	vishnu	36	
21)	Gokul		
22)	Jeswin Manoj Jose	36	
23)	Johann Manoj Jose	36	
24)	Asher shibu	36	
25)	A. Devasurya	36	A. Devasurya
26)	A. Devika	36	
27)	Harisree	36	
28)	Agna Elizabeth Joseph	36	
29)	Sarang	36	
30)	Devanandha	36	
31)	Christo Johny	35	
32)	Gayathri	35	
33)	Elga Mary Jaison	35	

19. Merin
20. Jerry
- 1) Amilu
 - 2) Meghna
 - 3) malavika
 - 4) Betsu
 - 5) Adithyan
 6. Robin
 7. Lakshmi
 8. Akhil
 9. Na
 - 10 Shreya
 11. Eva
 - 12 Nikala
 - 13 Anu
 - 14 Kelsin
 - 15 Mija
 - 16 Liza
 - 17 Anu
 - 18 Anjali

- 1) Harish
 - 2) ASWATHY
 3. Anna
 4. Anitta
 - 5 Sanal. N
 - 6) Gayathri
 - 7) Dasappan
 - 8) Akera
 - 9) Ramanan
 - 10) Babu
 - 11) Lakshmindra.M.N.
 - 12) Surya.
 - 13) Jaselin Alex
 - 14) Deepa
 - 16) vijay .PN
- 17) Riyas.P.N → ~~Purpala~~
- 18) Absor.P ~~Akera~~
- ~~Ana~~
- Anitta
- ~~Sanal.~~
- ~~Gayathri~~
- ~~Das~~
- ~~Akera~~
- ~~P~~
- ~~Babu~~
- ~~Antra~~
- ~~Surya~~
- ~~Alex~~
- ~~Deepa~~
- ~~vijay~~

List of Participants

1) Nimal Babu	<u>Nimal Babu</u>
2) Emmanuel	<u>Emmanuel</u>
3) Rohit	<u>Rohit</u>
4) Manu	<u>Manu</u>
5) Rahul K.	<u>Rahul</u>
6) Anmmary John	<u>Anmmary John</u>
7) Hanna M.N	<u>Hanna</u>
8) Sneha Jose	<u>Sneha</u>
9) Aiswarya Shobit	<u>ASAANT</u>
10) Kalyani Varun	<u>Kalyani V</u>
11) Pavithra K.A	<u>Pavithra</u>
12) Balakrishnan	<u>Balakrishnan</u>
13) Devdath Shaji	<u>Devdath</u>
14) Aaron Philip	<u>A.P.</u>
15) Arya Ashok	<u>Arya</u>
16) Nikhil S.P	<u>S.P.Nikhil</u>
17) Prakash Raj	<u>Prakash Raj</u>

18) Aman Sandeep	<u>Aman Sandeep</u>
19) Tharunima R	<u>Tharunima</u>
20) Abijith D.	<u>Abijith</u>

OUTCOMES

- Social work trainees learned to mobilize the resources within the community by negotiating the people.
- Social work trainees learned to treat children with controlled emotional involvement.
- Social work trainees learned the procedures and the process that have to be done while conducting a children's camp.
- Social work trainees learned to interact formally with the officials.
- Social work trainees learned to effectively apply the skills and principles of the social worker in the field.

PRAVEGA 2022

REPORT ON RURAL EXPOSURE CAMP

NELLIYAMPATHY, PALAKKAD

20/08/22 – 23/08/22

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ACKNOWLEDGEMENT

The students of MSW 21-22 take this opportunity to thank everyone who played a role in making 'PRAVEGA 2022' - Rural Camp a great success. Our heartfelt gratitude to Rev. Fr. Jolly Andrews (Principal, Christ College), Rev Fr. Wilson Tharayil (Director, Self-financing) and Dr. T. Vivekanandhan (Self-financing coordinator) for their encouragement and guidance. We extend our gratefulness to each and every faculty member of the school of social work, especially Ms. Rosemary T George (Head Of The Department) and Mr. Saijith NS (Assistant Professor), and Ms Meghna (Faculty) who were with us as the guides and Motivators. We take this opportunity to express our appreciation to all the faculty members, who helped us in many ways throughout the camp. We are thankful to the peoples of Nelliampathy for their support and cooperation to complete the camp in a successful way.

INTRODUCTION

The Calicut University requires the students of Masters in Social Work (MSW) to have a Rural Exposure Camp for minimum of 5 days as a part of their curriculum. This is meant to give an exposure to the MSW students about the rural realities and make them respond to the needs in the villages. This also gives them an opportunity to start using their professional skills in which they are trained and becomes a field to link theory and practice.

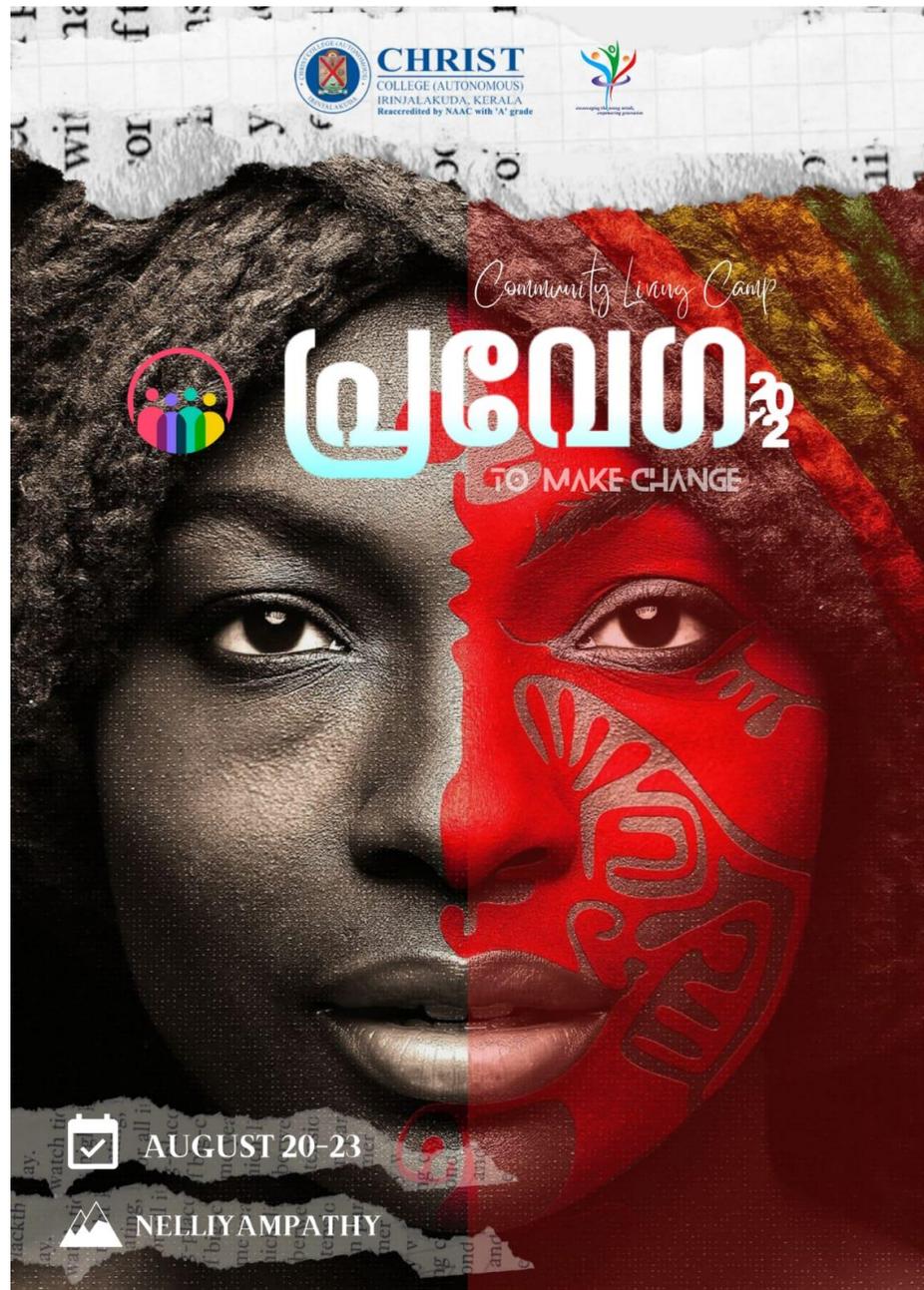
The rural camp is designed to evoke a living experience for the students and planned as a stayed program for the entire camping period. The direct experience of the rural living will always bring a change in the attitude of the students when the philosophical and theoretical perspectives of social work profession are explained during the guidance and supervision sessions.

The program is decided in such a way that it gives participate, reflective and analytical learning for the social work trainees, the camp activities included home visits study about the rural community, manual work and cultural program. The rural camp experience is one of the key factors in equipping students towards their goal of becoming professionals. With this intention the university has placed rural camp as an important requirement in the curriculum. As per the mandatory requirement, the students of the Department of Social Work, Christ college autonomous irinjalakuda conducted the rural camp at Nellyampathy from 20/08/22 to 23/08/22. It helped the students to make the curriculum more skill based, practical & also gave an exposure to rural life style on the basis of education, health and occupation, social & political status of the village.

The name given for the camp was PRAVEGA -2022

2022-23

The duration of the camp was 4 days. It aims at helping the students to understand the rural community and its problems. The camp provides an opportunity to work with the people in creative and constructive way, in order to upgrade their social relationship with a rural perspective.



OBJECTIVES OF THE CAMP

- Understanding a community in terms of its geographical, social, economic and political system, power structure and their inter relationships based on the theoretical understanding obtained from the courses in the semester.
- Understanding the values and code of ethics of professional social work practice and familiarize with the principle of social work.
- Understand and emphasize with the living conditions and the problems of the rural communities.
- Understand and appreciate the culture, norms, and values of the community varied section of the society.
- Develop understanding of the assumption's principles, phases, and models of community organization.
- Demonstrate professional rapport building skills with the people in the community.
- Demonstrate skills in the social analysis and need assessment, program planning, implementation, and evaluation framework in a community setting.
- PRA to develop and incorporate the knowledge and opinions of rural people in the planning and management of services.

AREA PROFILE OF THE CAMP

Nelliyampathy is a hill station within the Nelliyampathy Forest Reserve, in the southwest Indian state of Kerala. The road to it, which goes through the dense forests of the Western Ghats, is known for its many hairpins turns. To the west is Kesavan Para, a vantage point with views of nearby tea plantations. Farther west is the 19th-century Pothundi Dam. Northeast is the Seetharkundu Viewpoint, with waterfalls nearby.

Nelliyampathy is better known as Poor Man's Ooty, due to its unexplored virgin hill station status, famed for its large bio-farms, plantations and orange gardens. The hills are part of highly sensitive Western Ghats and was once thick dense teak forests inhabited by tribals.

Nearest city: Nenmara and Kollengode

District: Palakkad

ABOUT AGENCY

CENTRE FOR LIFE SKILLS TRAINING (CLSL)

CLSL is a registered NGO that works for holistic development of young people. CLSL was founded with a view to assist and guide an individual for the development of rural and urban areas, to give life skill learning, to enhance the development in the areas such as health, education, agriculture, environment, agriculture, environment, research, sports, art & Culture. CLSL supports social reformation to stimulate individual minds in terms of policy and programs enhancement and generations to come.

VISION

CLSL visualize personalities and people shall be empowered, self-responsible, self-reliant and reliable to take informed decision as they gradually grow and thus secure world peace.

MISSION

- Primarily CLSL provides Life skill education to people and of different age group living within the expanded area of CLSL in order to realize their goals and maximize their potential
- To reach the unreached: CLSL targets to reach maximum number of assumed inaccessible personalities by empowering them through needful training with purpose.

PROJECTS UNDER CLSL

- **Abhyudaya:** India's youthful manpower, a result of the demographic dividend needs to be provided with skill and ability to tackle global challenges. It is important to prepare for them today itself.
- **Lakshya:** palakkad has got the highest dropout rate in schools between SSLC and HSS among the districts of Kerala. CLSL functions the project under the supervision of nemmara legislative assembly to uplift the dropout youth to a standard level through academic and nonacademic support.
- **Prithvi:** This project aims to protect the environment that we live in and to allow people to imbibe knowledge of ecology and its roles towards human existence.it envisages educating people on various environmental management programs and cope with pre and post natural disasters and environmental changes.
- **Parivarthan:** it works on Empowerment of women especially in rural women The project opens a window to the mainstream of society through continuous skill training and interactive sessions with eminent personalities of various fields.
- Other projects are:
 - o Raksha
 - o Disa

- o Vayanamoola
- o Nervazhi
- o Naivedya
- o Save mango farmer's project

ACTIVITIES DONE

1. OFF CAMP ACTIVITIES:

• PLANNING

As primary to any activities proper planning is required. The planning to conduct a rural camp as part of the syllabus was taken on June 2022 with the faculty in charge and with other faculty members, explained the importance and objectives of the camp. Hence, we selected the place Nellyampathy, Palakkad. And further more discussions were held in order to devise plans, programmes, sources of fund, food and other materials required.

• ORGANISING AND DIRECTING

Under the guidance of faculty members two students, Mr. Arjun Ravindran and Ms. Mariyathulhisana were selected as camp coordinators. Then the students were divided into 5 committees;

Programme, Documentation, Food, Discipline, Finance, Travel and Accommodations. Each committee deal with perspective objectives and each group meant to deal with each day inside and outside the camp.

SCHEDULE GROUPS AND DUTIES

SCHEDULED COMMITTEES

Programme	Finance	Documentation	Food & Cleaning	Travel & Accomodation	Discipline
Deena	Shifna	Anna	Abhi	Devika	Rinu
Aina	Aswathy	Ashly	Sona sekera	Jismy	Athul
Dona	Aiswaria	Shilpa	angel	Anamika	Roseme
	Sona sajan			Jesse	

Date	Program	Finance	Documentation	Food & Cleaning	Travel & Accommodati on	Discipline
20/08/22	Deena,aina,dona	Shifna,aswathy,aiswaria,sonasajan	Anna,ashly,shilpa	Abhi,sona sekera,angel	Devika,jismy,anami ka,jesse	Rinu,athul,roseme
21/08/22	Rinu,athul,roseme,anna,ashly,shilpa		Deena,aina,dona,shifna	Devika,anamika,aswathy,jesse,jismy,aiswaria		Sona sekera,abhi,angel
22/08/22	Abhi,angel,sona sekera		Aswathy,aiswaria	Rinu,anna,rosmee,ashly,athul	Shilpa,shifna,deena,sona sajan	Devika,anamika,jesse,jismy
23/08/22	Jismy,jesse,devika,anamika,		Roseme,athul	Abhi,sona sajan	Aiswaria,aswathy,ashly	Deena,shilpa,shifna,aina,anna

BUDGETING

For meeting all the expenses of the camp

for finance were instructed to prepare a budget

for 22 students and 2 faculty members. The budget formulated for the camp is given below.

Rural camp amount

Camp fee - 3000 per student. Travel fee - 966 per student.

Total amount of camp fee - 66000/-

Travel fee - 21260/- (1260 \$ for toll)

Total = 66000 + 21260 = 87,260/-

DOCUMENTING

It was an important task to Summarise all the activities that held in the Camp. And was systematically documented, which would help the students to evaluate and monitor the activities planned and brought to action.

ON CAMP ACTIVITIES

Based on the objectives the following activities were carried out during 4 days of the rural camp;

DAY 1

Everyone reached the college on 20th August 2022 at 9 am as scheduled

A small meeting was conducted with ms rosemary t George HOD and faculties in charge of Pravega before leaving.

Left college at 9:45 am. Reached nemmara Town at 12 pm and Visited Pothundi Dam nemmara . The food was at 2 pm arranged in forest office nemmara .

After that the inauguration session and a small icebreaking session conducted under mr. Satheesh.

INAUGURATION CHART

The inauguration function of PRAVEGA 2022 conducted on 20/08/22 at Nemmara , Palakkad the function was inaugurated by Shri CK Babu (MLA)

PROGRAM CHART

- Comparing: Aina Margrat
- Prayer: Dona tenson
- Welcome speech: Mr arjun Ravindran (student coordinator)
- presidential adress : Mr saijith NS (Asst professor , Faculty Incharge Christ college irinjalakuda)
- Inaugural address: Shri CK Babu (MLA)
- felicitation: Mr sujin (Forest officer)
 - : Mr Ajmal (Youth welfare board, Kozhikode)
 - : Ms meghna (Asst professor, Christ college)
 - : Shri ashok nemmara (DIRECTOR CLSL)
- Vote of thanks: Ms Mariyathulhisana (student coordinator)

After the inauguration and ice breaking & gaming sessions which was conducted on the basis of groups divided. Divided the students into 3 groups. Reached polachirakkal school at 6:15 pm.

The cleaning activities was done by the students. After the refreshments an orientation class was conducted for students about nellyampathy and CLSL And most importantly on rural camp schedule

. Orientation class was led by Mr Ashok nemmara (DIRECTOR, CLSL), in that session divided the students in groups for the Activites for the coming days. Dinner was served at 9:30pm under the food committee. after dinner Divided the students for next day committees. And selected the students to perform street play. The street play practice was extended to 12 am.

After finishing the practice everyone has gone to sleep.

DAY 2

- *YOGA SECTION*
The second day of the camp started with yoga. It was conducted from 6.00 to 7.30 a.m which was handled by Mr. Anilkumar, (CLSL, member) and social work trainee Ms.Dona Tenson. And trainees practiced various types of Asanas during the section.
- *STREET PLAY PRACTICE SECTION*
After yoga, street play practice was conducted under the leadership of social work trainees Mr. AbhiShankar, Ms.Jismi John and Ms. Aiswarya Reghunath from 7.30 p.m- 8:30 p.m. The street play was on the topic Childrens rights and Mobile addiction. All the trainees were actively participated in the practice section.

SESSION 2: - PARTICIPATORY RURAL APPRISAL

The second session was handled by Mr. Ashok Kumar, Director of Center for Life Skill Learning. The session was welcomed by Ms.Sona Sajan, social work trainee. The class was on the topic "What is PRA and how is it to be used in the community?" He also detailed about the various PRA tools such as Transcent walk, resources map, social

map, historical time line, seasonal calendar, Janam Vanam, problem of the society etc. and how to use these in the community. This session lasted for one hour from 10:00 am to 11.00 am.

- PADI VISIT

After that at 11.30 the social work trainees were divided into two groups and went to two Padi to take PRA. The trainee visited Koonam Palma and pothumpara padi and understood the lifestyle of the people there and the problems they faced and observed their resources. Here trainees applied the PRA tools Social Map, Resource Map, Transcend Walk, Historical Timeline Seasonal Calendar and Janam Vanam. After all this, the trainees came back at 2 o'clock.

SESSION: 3 LISTENING

The 3rd session was handled by Mr. Satheesh on the topic 'Listening'. That was very vibrant session and he managed the trainees very well. The main topics covered in the class were Intellectual listening, Selective listening, Prejudiced listening, Emotional listening etc. And after the session the resource person also conducted a dance competition and other games in the divided 4 Groups as a group activity and to make us more energized. The session ended at 4.30. Pm.

- Tribal colony visit

After that we went to visit Pudianpara tribal colony at 5.30 pm. Interacted with the people and talked about their lifestyles and the challenges they face. Interacted with the head of the tribal community who is in the thirtieth position of that colony and asked and understood what changes he wishes to see in the colony. Trainees returned from there at 6.45 pm.

- Evaluation

After the colony visit and dinner trainees were sitting together for the evaluation section. Mr. Asokan Nenmara, both the faculties and the trainees given their feedback on the day. And after that they have given some duties to be done and discussed the next day programme schedule

PRA CONCLUSION

- About Koonampaalam village

Koonampalam village is an electoral ward in nellyampathy gramapanchayth. As a part of applying PRA tool, our group visited the koonampalam village. The objective was to interact with the village people, to learn about their life style and to gain information about the village. Most of the village people are mostly the employees of AVT tea estate workers. They are paid 420 rupees per day. Those people who are the employees of AVT estate lives in the quarters provided by company. Village people are very friendly and cooperative. They were open about their problems and life situations and shared their experiences. It was an unforgettable experience to interact with the people and explore the village.

Through PRA tools such as transact walk, resource map, social map, historical timeline, seasonal calender can help to understand their living condition and collect various information about the village.

About pothupaara

Trainees visited pothupaara to study and analyze the resources in paadis through PRA tools. The paadis are provided by AVF Tea company in which most of the rural people work. most of the paadis are built by British and it has a long history of about 100 years .

Trainees applied PRA tools such as transects walk, Resource map , social map , historical timeline , seasonal calendar , Janam vanam with respect to the Area .

- About puliyanpara tribal colony

After visitng koonampalam village, trainees got oppurtunity to visit a tribal colony named pulianpara. It's a tribal area where people live together and shared a common life style. Group visited 4 families and tried to apply PRI there also. It was the first experience of the group menmbers to visit and gain knowledge regarding

a tribal colony. The tribals in pulianpara includes malaya caste and their lifestyle is different from the urban people. Recently only 3 families got electricity connection

Conclusion of PRA

In order to make the students experience group living and to initiate and participate in developmental works in nellyampathy and to know the village people very PRA studies was conducted. It paved the way for building confidence, problem solving, stimulated sense of adventure, encouraged social interaction.

It provided a chance a chance to rewind and think about us from luxury life to middle life. For every trainee through the application of PRA tools, they identified resources and history of village.

OBSERVATIONS

1. Trainee observed that their life is insecure
2. Trainee observed that almost all village people are suffering from economic issues.
3. Most of them are living in low standard of life.
4. Most of them doesn't have a little piece of land by their own.
5. Tea is the main plantation at there
6. They all suffer from difficulties in transport facilities
7. They all suffer sudden attack from wild animals.
8. They have no efficient hospital
9. Most of the children stop their studies after higher secondary

DAY 3

The third day of the camp, 22/08/22 started with yoga by Mr.Anil kumar. The yoga started by 6.00 am and lasted for one and quarter hours. Then the social work trainees shifted from Polachirakkal Higher Secondary School to Hill top residency, followed by food.

- **HOME VISIT AND CLEANING AT POTHUMALA**

Social work trainees left Nellyampathi in 11.10 am to go to Pothumala, where they helped an elderly mentally retarded woman, Shanthamma. Social work trainees reached the home at 12.32 pm. Trainees were divided into groups and one group cleaned the house of Shanthamma which was in bad condition, while the other group cleared the off road to Pothumala by filling the pits with stones and pebbles. Trainee spend around four hours interacting with Shanthamma and cleaning.

The trainees reached back at the residency at 5.30 pm. By 6.00 to 7.00 trainees prepared the report of first and second day. The next session was conducted by Ms. Anitha, secretary of CLSL and counsellor of Palakkad Medical College. She explained about counselling and the risk factors associated with it. The session was an interactive one and all the trainees participated with full heart.

It was followed by food and campfire. The campfire started at around 9.45 pm, where the director of CLSL Mr.Asokan Nenmara, Mr.Anil Kumar, Mr.Saijith N S, Ms.Anitha and Ms.Meghana Davis participated. It was a campfire and evaluation session which all of the trainees enjoyed and concluded at 11.00 pm.

DAY 4

- **Yoga session:**

On 23/08/2022, yoga session was conducted for trainees from 6.45am to 7.30am under the guidance of Mr. P R Anilkumar. Mr. Saijith N S and Mrs. Meghana Davis had given the instruction about the report and newspaper presentation.

- **Newspaper presentation:**

The trainees prepared for the newspaper presentation and submission of the daily report. Presentation of those pending newspaper was completed at 10.30am to 11.00am in front of Mr. Saijith N S and Mrs. Meghana Davis and the whole CLSL team. Trainees were divided into 4 teams at the 1st day of the camp. One team had already presented their newspaper and the remaining 3 teams presented at the given time.

- **Awareness classes:**

Trainees were divided into 10 groups which include 2-3 members each and then conducted an awareness classes for 5-10 classes of Polachirakal Higher Secondary School on different topics such as drug addiction, life skills, social media addiction etc.. at 11.20am to 12.15pm. Ms. Ashly Shajan welcomed the Mrs. Shetty, the HM of the school and H M introduced the school to the trainees and after taking classes Mr. Nair Arjun Ravinderan thanked the HM for providing the opportunity.

- **Inauguration of closing ceremony:**

The inauguration of closing ceremony was conducted at the Forest office station Nellyampathy by the forest ranger Mr. Vaishak, Army officer from 1.15pm to 1.45pm. Ms. Anamika Chandran welcomed the officer.

VALEDICTORY FUNCTION

Valedictory function of 'PRAVEGA 2022' rural camp was held on 23rd August 2022

at CLSL Office nemmara , palakkad

Silent Prayer Emcee: Jesse lijo

Welcome Speech.: Ms meghna (faculty, christ college ijk)

Inauguration: Shrimathi sreeja rajan (vice-president)

Valedictory message.: shanthan master (Block member)

Felicitation: Mr. Satheesh (Social development specialist)

Felicitation. : Mr saijith NS (Faculty in charge , christ college ijk)

Vote of thanks.: Mr arjun Ravindran (Student coordinator)

Prizes distributed for the following;

Best emerging social worker: Jismy John Best camper: Devika ps

Best entertainer: Jesse lijo

- **Visited view point of Nellyampathy:**

On the way to CLSL agency, the trainees visited view point of Nellyampathy, and observed the beauty of nature from 2.37pm to 3.00pm.

- **Evaluation and prize distribution:**

At 4.00pm evaluation was done by the trainees, teachers and agency supervisors about the 4 days of the camp in CLSL agency. And then the guest arrived for the closing ceremony. Mr. Jesse Lijo anchored the program. It was inaugurated by Mrs. Sreeja Rajeev, block vice president and the chief guest was Mr. Guatham, block member. Mrs. Meghana Davis presided over the program. And later prize was distributed. Ms. Dhevika P S was selected as the best camper, Mr. Jesse Lijo as the best entertainer, Ms. Jismy John as the best emerging social worker. By 5.30pm each group submitted their rural camp report to the agency.

- **Way back:**

By 7.45 pm trainees reached Christ College (Autonomous), Irinjalakuda after the 4 days of rural camp.

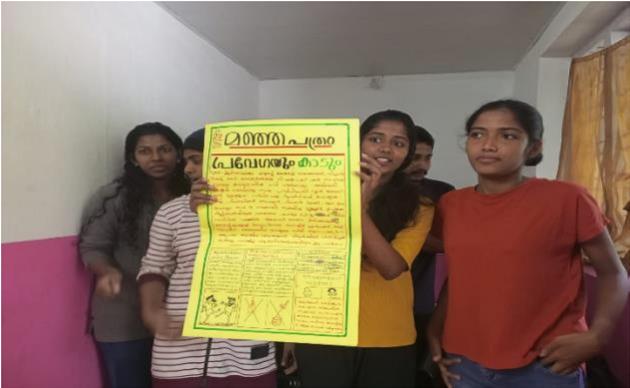
CONCLUSION

The camp was a huge experience learning for all the trainees. The objectives that were laid down for the camp were fulfilled by the trainees. The rural camp helps. The most important benefit of the camp was that the students learn to work as a team. The weather and the surrounding were different and the students interacted extremely well with the local community as well as adjusted admirably to the rural setting. Trainees got an opportunity to interact with the people in that community. The students also interacted with the trainees in the school and conducted classes for them. The rural camp was a very good occasion for the students to Exercise their social work principles and skills and the students benefited immensely by the experience.

PHOTOS









LIST OF PARTICIPANTS

NO:	NAME
1	Abhisankar M D
2	Aina Margret T Chiramel
3	Aiswarya Reghunath
4	Anamika Chandran P
5	Angel Peter
6	Anna Baby
7	Ashly Shajan
8	Aswathy ES
9	Athul P R
10	Deena T. A
11	Devika P. S
12	Dona Tenson
13	Jesse Lijo
14	Jismy John
15	Mariyathul Hisana KY
16	Arjun Ravindran
17	Rinu Augustain
18	Roseme Paul
19	Shifna A A
20	Shilpa Varghese
21	Sona Sajan
22	Sona Sekera

2022-23

AARAVAM 2K22

ONE DAY CAMP

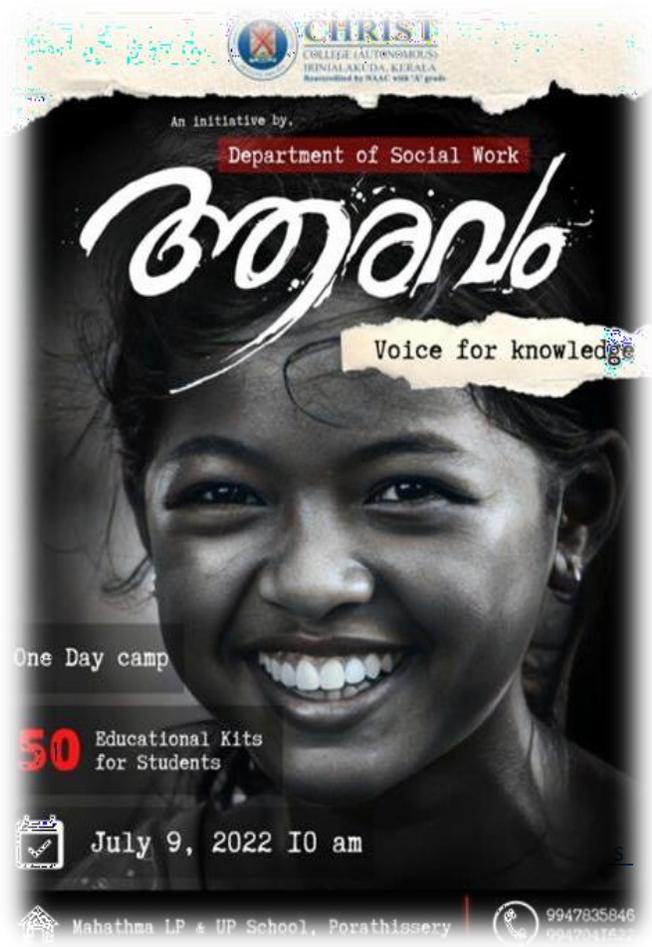
VENUE: MAHATMA LP & UP SCHOOL, PORATHISSERY DATE:

JULY 9, 2022

AARAVAM 2K22, a one-day camp for students and distribution of educational kit to 60 children was conducted at Porathissery Mahatma LP, UP school under the initiation of social work department of Christ College (Autonomous), Irinjalakuda on 9th July 2022 (Saturday) at

10.00 am. Around 60 children from ward 35 participated in the camp.

The chief guest Rev. Fr. Dr. Jolly Andrews CMI inaugurated the program and after the official inauguration the sessions begin with ice breaking session and followed by classes on topic social media addiction, life skills and craft class along with activities in order to encourage children. The program was a remarkable one.



INAUGURATION

The inauguration of AARAVAM 2K22 begins from 10.20 am. The program started with the blessing of God, prayer was done by Ms. Dona Tension (MSW student). The chief guest of the inauguration was Rev. Fr. Dr. Jolly Andrews CMI, principal Christ College (Autonomous) Irinjalakuda. He inaugurated the ceremony by lighting the lamp also gave the inaugural address. Mr. Ajeesh K George (Assistant professor of department of social work) chaired the inaugural meeting. Welcome speech was done by Mr. Saijith N. S (Assistant professor of department of social work). Irinjalakuda municipality 35th ward counselor CC Shibin (Welfare standing committee chairman) inaugurated the meeting. Distribution of educational kit to students was introduced by Rev. Fr. Dr. Jolly Andrews. Mr. T K Vivekanandan (Self-financing course coordinator, Christ College (Autonomous),Irinjalakuda), Ms. Lini M B (Head Mistress of Mahatma LP & UP School), Mr. Jeevanlal (Cultural activist and writer) offered greetings. Student coordinator Aswathi E S gave vote of thanks.





ICE BREAKING SESSION

After the official inauguration, the classes began with ice breaking session from 11.02am to 11.50am in order to make the children relax and more energetic. This session was handled by social work trainees Jesse, Angel, Aswathy and Aina. The children were divided into 5 groups the major activities were related to enhance their team spirit and cooperation.



SESSION - 1

At 10.45 am, the session on social media addiction were started. The session was initially handled by the social work trainee Jesse Lijo on the introduction to social media. Later the session was handled by the trainee Angel Peter, she shared the advantages and disadvantages of social media. And finally social work trainee Abhisankar M. D shared the causes and effects of social media. The session ended up on 11.30 am.

At 12.10 am, an action song was shown up by the social work trainees Dilshana P V and Shilpa Varghese. And all the participants acted together. It was just a 4 minutes session.



SESSION - 2

The next session at 12.14 pm was on the topic "life skills ". Under life skills various sub topics was handled by the social work trainees. The first topic was "self-awareness" and it was handled by Ashly Shajan and Aiswarya Regunath. Ashly discussed on what is life skill, what is self-awareness. Aiswarya shared the importance of self-awareness and the ways to improve self-awareness. After the session, an activity using balloon was conducted by Deena and team.

After discussing on self-awareness, social work trainee Arjun Ravindran mentioned about critical thinking through an activity. The activity was assuming them in a problematic situation, which made them to think critically and take decisions. Later he explained critical thinking.



OPEN STAGE / CULTURAL ACTIVITIES

After the lunch the children were engaged in various cultural activities such as dancing and singing from 1.00pm to 1.20pm.



CRAFT SESSION

The craft session was held by the social work trainee Mr. Athul Raman from 1.20pm to 2.45pm. The children were divided into 10 groups with consist of 6 members each. The children were shown the video of craft making. Children were so excited to complete it. The first completing group has got point.



DISTRIBUTION OF EDUCATIONAL KIT

After the craft session, the educational kit was distributed to children by Mr. Shibin (ward counselor), Mrs. Rosemary. T. George (HOD, Christ College (Autonomous), Irinjalakuda), Mr. Saijith N. S, Mr. Ajeesh George, Mr. Lalu P. Joy, Mrs. Meghana Davis faculties of (Christ College (Autonomous), Irinjalakuda) and later by the social work trainees.



CLOSING CEREMONY

After 3.10 pm the vote of thanks was given by the social work trainee Abhisankar M. D. After that, the two students named Asif and Bhadra gave feedback about the camp and the activities. Prizes were given to those teams who won the games and participated well in the program. After concluding the program there was an evaluation session for the trainees and discussed the merits and demerits of the program. Each student and faculties shared their opinion about the program.

LIST OF PARTICIPANTS

SL NO:	PARTICIPANTS	CLASS
1	Anandh	3 rd
2	Ananya C S	3 rd
3	Akshay V P	4 th
4	Manay	4 th
5	Anjana	5 th
6	Adithdas C V	5 th
7	Vaiga	5 th
8	Aadharsh	6 th
9	Nikhil Raj	6 th
10	Asniya	6 th
11	Devanandha	6 th
12	Vaishnav P V	6 th
13	Kailas V V	6 th
14	Anagha Rajeeh	7 th
15	Arjun	7 th
16	Rasi	7 th

17	Aadilakshmi M S	7 th
18	Aryalakshmi	7 th
19	Bhadhra	8 th
20	Anchal	8 th
21	Aradhi	8 th
22	Arjun	8 th
23	Deepthi T V	8 th
24	Devanandh	8 th
25	Karthik Vinod	8 th
26	Varadha M R	8 th
27	Abhijith K P	8 th
28	Jithina Sajeevan	8 th
29	Sreebadhra	8 th
30	Sreehari P B	9 th
31	Philip Vincent	9 th
32	Abhinand K A	9 th
33	Gayathri	9 th
34	Banediet Benny	9 th
35	Avin Jose	9 th
36	Haritha	9 th
37	Ashna	9 th
38	Krishna Thulasi	9 th
39	Sreeraj K R	9 th
40	Sayanth K S	9 th
41	Hisham	9 th
42	Abdul Anas	10 th
43	Amalendhu	10 th
44	Aswinnadan	10 th
45	Abhiram Krishna	10 th
46	Arya Saraswathi	10 th
47	Adithyan M S	11 th

48	Gopika	11th
49	Aiswarya	11th
50	Lakshmipriya	11th
51	Shaheedha Navas	12th
52	Thripathi	12th
53	Ashwin V B	12th
54	Amal	12th
55	Suhana	12th
56	Amaranth	12th
57	Ashna C P	12th
58	Hashin Nasser	12th
59	Sreekuttan	12th
60	Kailas V P	12th

RECHARGE

STUDENT EMPOWERMENT AND ENRICHMENT PROGRAM

A PROJECT BY DEPARTMENT OF SOCIAL WORK

The Inauguration of 'Recharge' (Student Empowerment and Enrichment Program); a project by BSW 3rd year students, was held on 29th July 2022 at 1:30 p.m. at S.N.H.S.S, Irinjalakuda. Maneesha Sudhir K, Student coordinator of Recharge program welcomed all the dignitaries present on and off the dais. The Presidential address was presented by Asst. Professor Sajith N. S (Dept. of Social Work). This was followed by the Inauguration and Inaugural address by Fr. Joy Peenikaparambil (Vice Principal of Christ College (Autonomous), Irinjalakuda). Then the much-awaited keynote address was delivered by Smt. Akitha P. M (HM, SN Higher Secondary School Ijk) who emphasized about students' empowerment and enrichment. Felicitation was delivered by Dr. T. Vivekanandhan(Coordinator, Self-financing courses, Christ College (Autonomous), Ijk). Smt. Asha C. J (Class in charge of BSW, 2020-2023) delivered the Vote of Thanks, thanking everyone present and everyone who had supported and made time for the special event.

After the Inaugural ceremony 3 out of 8 groups take a session to Upper Primary Students of SN Higher Secondary School, Ijk. Ice breaking, student interaction activities and Group number 3 take awareness classes on the topics Child body safety, Group number 6 take awareness classes on the topic body shaming and Group number 8 take awareness classes on the topic positive thinking and impact of sports were included in the session. Students interacted really well

2022-23

and cooperated with the trainees. The program marked its conclusion by 3:30 p.m. Group number: 3

Topic – Body shaming

Total no. of students:28





Group number: 6

Topic – Child body safety

Total no. of students:33

Time: 2.30 – 3.30





ACTION PLAN

The first phase of the project is dividing the students of BSW 3rd year Christ College (Autonomous), with the strength of 46 into 8 groups containing 5 to 6 members each.

Each group is in charge of handling each class of Upper Primary and High School students of selected schools of Irinjalakuda Municipality. Each group is planning to conduct a one hour session for the school students. The one hour session

includes an ice breaking session, awareness class on selected topics, student interaction activities, programs, games and a feedback session. The project is planning to be executed in 10 months, by conducting monthly one session.

OUTCOME

The program itself is named as a “student empowerment and enrichment program”. The social work trainees did not really get the opportunity to practice in the area of school social work. The program expects the outcome of the social work trainees to gain a good experience in interactive with the target group, which helps the students to improve their skills in communication, presentation and critical thinking. The trainees will also get the opportunity to gain knowledge

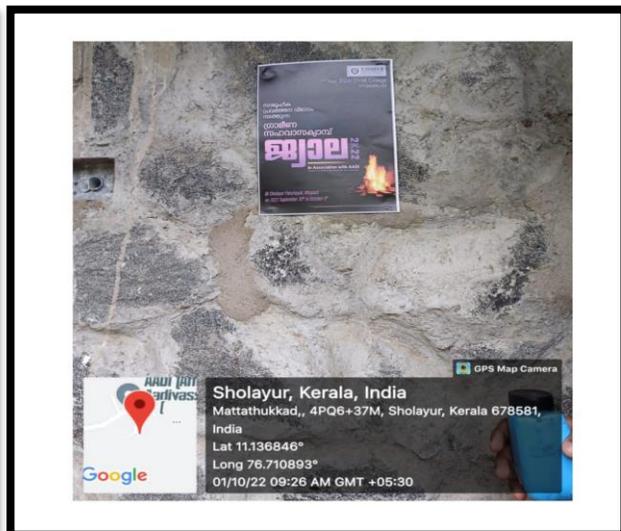
on how to organize a program, technical skills. It also aims to provide knowledge for the target group on several topics. The students interacted well with the team members and students gained awareness about the topics

CONCLUSION

The program named "student empowerment and enrichment program" first phase was a great success. All the students co-operated with the team members. The students interacted well and gain the awareness about the topics. All the students participated in the program with great pleasure. The social work trainees got a practical experience by this program. The program was a good starting point to the social work trainees.

JWALA: THE COMMUNITY LIVING CAMP

JWALA, the four-day Community Living Camp for the second year BSW students of Christ College (Autonomous), Irinjalakuda in association with AADI institution and Sholayur Panchayat, Attapadi was conducted starting from September 30th to October 3rd.

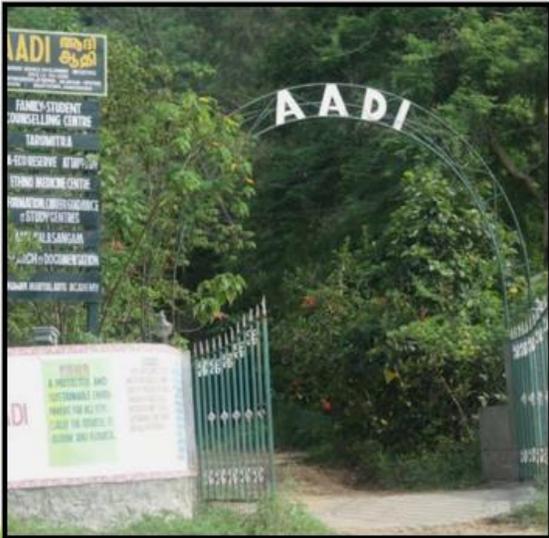


OBJECTIVES

- To know the community and its functioning.
- To study about LSG and PRI systems.
- To study the role of PRIs in community development.
- To understand the role of NGOs towards the local community development.



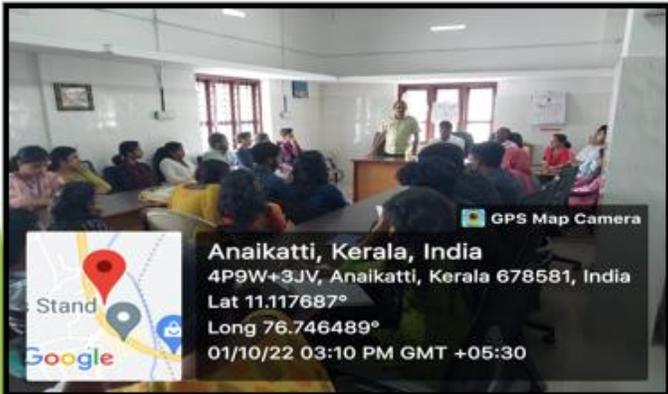
ORIENTATION SESSION ABOUT AADI



SUCHITWA RALLY



PANCHAYAT VISIT



TREKKING



WALL ART



PUPPETRY WORKSHOP



SHRAMADAN



A VISIT TO THE DIRECTOR



VALEDICTORY FUNCTION



OBSERVATIONS

- The social work trainees were able to learn more about the lives of people in Attapadi.
- The social work trainees got the opportunity to observe many historic treasures of Attapadi.
- Due to the usage of plastic or any harmful substance is restricted, the forest and surrounding areas remained clean.
- The traditional system of administration within the tribal communities happens through “oorukoottam” which is a gathering within the community that takes collective decisions.
- Many assumptions regarding Attapadi was proved wrong.
- The Adivasis in Attapadi has become a shattered community.
- Adivasi have become a minority in Attapadi and are living amidst of the settlers’ contractors and politicians.

EVALUATION AND CONCLUSION

- The social work trainees were able to interact well with the community members and members of various tribal groups.
- The social work trainees got an idea about how the Local Self Governments and Panchayati Raj Institutions work.
- The social work trainees learnt that AADI aims at inherent progress of the tribals in Attapadi.
- The social work trainees were able to observe that AADI is committed to be with adivasis for their development and to preserve mother earth through their ecological interventions to ensure sustainable living conditions for all in Attapadi.