Introduction

Vincentian Service Society Centre for Rural Development is an NGO Registered by Mary Matha Province of Vincentian Congregation under the ***Charitable Society Act 12 of 1953,*** Registration number ***ER 213/78***.It has been working to mobilize its resources and efforts to bring them to the forefront of the society through a responsible holistic development.

Our motto is "Reaching to the Unreached". We support the poor, marginalized, needy, the sick and differently abled people in the community without any discrimination of caste and creed. In addition VSS helped the people with disabilities to gain equal rights in the society and enable them to participate in the community by removing the barriers for accessing various services provided by the Government Departments and civil society organizations.

During the last one year of its vibrant occurrence in the society through its vigorous programmes contributed much to the lives of poor and marginalized in the society. The programmes were focused on education, awareness, women empowerment, health care, Geriatric Support Etc.

Objectives	Vision	Mission
✔ To promote, foster and regulate the charitable, social, literary and Educational activities. ✔ To help the Poor,Needy,Sick and Differently abled members of the community without distinction of caste and creed	Establishment of Just and Peaceful society with social integration"	To create an integral society through sustained effort by promoting wide range of economic growth for the people who are unprivileged, reducing inequalities, raising basic standards of living, fostering equitable social development and promoting sustainable management of natural resources.

✔ To promote healthy environment and healthy living ✔ To initiate, implement and promote public health activities that enhance quality of life and standard of living.		

Educational Assistance

Education is the most important tool offers inner and outer strength to a person. Education is the fundamental rights of everyone and capable of bringing any desired change and upliftment in the human mind and society. The purpose of providing educational assistance is to assist students in furthering their education goals.

De Paul Continuing Education Programme(DCEP)

De Paul Continuing Education Programme (DCEP) is one of the projects of Vincentian Service Society. This project is supported by People of Berkheim under the leadership of Rev. Fr. Albert Kannaen VC. This project helped the poor students who are unable to continue their education due to poor economic surroundings. This project helped the students to improve the educational status and to meet the developmental goals. During the last one year VSS has supported **25** Students to continue their education. Furthermore we have also granted interest free educational loan for **12** students in various location. Under ***Varkey Katarath Memorial Scholarship*** project we supported **18** students to continue their education. We also assisted **20** students to persist their education under ***One Time Educational Assistance Programme.***

All together we have assisted 75 students to continue their education during the last year

Scholarship Student's Meet

Scholarships are grants or monetary support for a student's education, that are awarded based on academic achievements. Vincentian Service Society organized ***Scholarship Student's Meet*** on 13th February 2018. The gathering was inaugurated by Rev. Fr. Francis Naduviledathu VC, Social Work Councilor, Marymatha Province,Angamaly**.** Scholarship students meet provided an opportunity for the students to learn more about themselves, their goals, and their strengths. Furthermore they learned from how other students handle certain situations and test their current knowledge. It also helped to find out what are they good at, whether that's multitasking, staying organized, generating ideas, or serving others. There were **25** students from different locations actively participated for this programme.

Soft Skill Training for the Scholarship Students

Life skills are the skills we need to deal effectively with the challenges in everyday life, whether at school, at work or in our personal lives. Vincentian Service Society organized "Life Skills training" on 13th February 2018. The training programme was inaugurated by Rev. Fr. Francis Naduviledathu VC, Social Work Counselor, Marymatha Province,Angamaly. Through this training programme we helped the students to acquire values and skills that they can rely on throughout their lives. It also provided an opportunity to lead good lives as individuals and as citizens of their communities. Soft skills provided students a positive style, strong in communication, thoughts logic etc.There were 25 students actively participated for this programme.

Community Development Programme

Our community development programmes focus on both arias ie, tribal development and rural development.Community development programmes are planned in accordance with the needs of people. Various initiatives are taken to bring out the marginalized person in the forefront of the society. It also strengthened the community and society.

Year of Mercy Project

Vincentian Service Society as a part of community loyalty and embracing the celebration of extraordinary Jubile year of Mercy planned to conduct charitable works through house construction for homeless,medical and educational assistance and other charity works by the inspiration of our patron St.Vincent De Paul.

Under this project called **Year of Mercy**, ViNSA mobilized **18 lakhs** rupees through prize cupon called '***KANIVU***' for various charity works. We began our Charitable works from July 28th 2016 and we accomplished our task by the end of August 2018. Thus we bulit 4 houses, at the same time partial assistences were given for 23 families for completing their house construction, 48 children were supported in their education, 30 people were supported to meet their medical needs, 16 young girls were given assistence to get married and 11 families were given support to begin self employnent programmes.

Women Empowerment

Women Empowerment focused on increasing and improving the social, economic, political and legal strength of the women, to ensure a comfortable hazard free life for women, and to make them confident enough to raise their voice for their rights. VSS has developed many activities and projects to empower the women socially and economically thus leading to mental and emotional empowerment.

Umbrella Making Training

Umbrellas are very commonly and extensively used in our country to protect against sun and rain. The demands for umbrellas depend on different climatic conditions. Vincentian Service Society organized **2** trainings on an umbrella making for its beneficiaries located in different location of Kadakkarappaly and Angamaly area. The aim of the training was to develop the entrepreneurial capabilities of the people and improve their knowledge and appreciation on the value of money and household financial management in general. Moreover it helped them to develop livelihood activities which the people can themselves effectively manage and provide employment in the area. There were **23** beneficiaries from different arias actively participated for the training programme in two occasions.

Dry bouquet making Training

Flowers have always remained an integral part of man's life and love for natural flowers is an inherit instinct. Fresh flowers though quite attractive, are very expensive and short lived as well as available only during a particular season. Dried flower products on the other hand are long lasting and retain their aesthetic value irrespective of the season. The beauty and value of the dried flowers are that they can be kept and cherished for years, which survive the cold of winter and heat of summer. With growing eco-consciousness, the use of more and more nature-friendly things like these come as a natural choice for decoration. On 26-09-2017Vincentian Service Society organized a training programme for its beneficiaries on dry bouquet making. The beneficiaries have got an opportunity to learn 5 different items. 8 beneficiaries have shown willingness to engage themselves in this dry artificial flower making work. There were **30** beneficiaries from different place actively participated for the training. Beneficiaries are passionate about the training and confident about their success in near future.

Candle Making Training

Candle making is an art form and candles have become decorative works of art that come in an infinite variety of shapes, sizes, colors & fragrances. They are generally used to create a peaceful, romantic ambiance and are treasured for their relaxing effect. Candles have

recently become a big part of home decor and this has encouraged the development of new techniques and materials. The Vincentian Service Society organized a training programme for DPO Members of Snehateeram on Candle Making. It provided earning opportunity to develop skills to set up candle manufacturing business at home without investing much capital .There were **10** beneficiaries actively participated for the training

Establishment of Candle Making Unit

The Livelihood programme aimed to develop life skills of communities and empower them in overcoming social, economic and environmental challenges. As a part of sustainability and to improve economic condition Snehateeram DPO ***(Disabled People Organization)*** under Vincentian Service Society has started Candle making unit at Ottamassery.They have established this unit as a group venture. There are **12** members actively involved in it.

Awareness Programme

Providing awareness is an important tool to support thebeneficiaries. Awareness classes were arranged for the beneficiaries located in Alappuzha, Ernakulam regions. The core objective of the programmes were raise awareness on the various aspects of preventive healthcare measures, educate the villagers on information to identify and prevent common diseases, raise awareness on the nutritional needs of young children, build capacity and develop skills within the community to handle local health issues effectively and promote overall good health of the local community

Environment Day Observation

Humans are both creatures and moulder of their environment, which gives them physical sustenance and affords them the opportunity for intellectual, moral, social and spiritual growth. Each World Environment Day is organized around a theme that focuses attention on a particularly pressing environmental concern.VSS organized the environment day programme at Nazareth Nagar in Angamaly.The programmme was its effort in creating a green environment by various programmes that the organization undertakes as part of its

commitment towards the nature. Nearly **40** people actively participated for the programme

Blood Donation Camp

Vincentian Service Society Centre for Rural Development has launched a venture few years ago that is Blood Donors' Club. Every year we used to conduct a blood donation camp in order to increase the volunteer member in the club. This year we organized blood donation camp at DiST Annex Auditorium in collaboration with DiST, HDFC Bank and Lourdes Hospital, Ernakulam. There were **100** students from various departments actively participated for this programme.There was also an awareness session on ***Importance of Blood Donation*** by Dr.Soosan, Medical Officer of Lourdes Hospital. There were **35** students came forward and voluntarily donated blood

Awareness campaign on Grassroots Comics

Vincentian Service Society Centre for Rural Development has organized an awareness campaign for differently abled children through grassroots comics. The concept of grassroots comic in the field of disability rehabilitation put forward the idea of securing participation of children and adolescents in local grassroots level campaigning. Children and adolescents with disabilities will get opportunities to exhibit their capabilities through stories to their own community. The life experiences and difficulties of the children will be reflected through the grassroots stories. The camp was led by Mr.Dalin Dias, There were **27** differently abled children attend the camp. They got an opportunity to sketch a mixture of comics in relation with their disability

Diabetic Awareness Class and Screening Camp

Vincentian Service Society conducted an Awareness Class on Diabetic as part of World Diabetes Day on 2017 November 18th, Saturday at Angamaly De Paul College Auditorium. It was inaugurated by Rev. Fr. Varghese Menachery VC, the class was led by Dr.Naseema Najeeb**,** Superintendent of Taluk Hospital Angamaly. The programme enabled and encouraged the participants to make health choices, understand nutrition, reduction of fats,

salts and sugars, plan meals, eat healthy on a budget. Moreover it helped them to learn some light exercise that they can continue at home. Furthermore the doctor reminded in the class of a healthy living style to have a healthy body. There were 120 Members actively participated for the Diabetic Awareness Class and Screening Camp

Disability Day Celebration

Vincentian Service Society Organized International World Disability Day on 8th December 2017 at De Paul College Auditorium. The day was greatly emphasized to celebrate it yearly in order to promote the awareness about the people with disabilities as well as to encourage them by implementing a lot of assistance in their real life to enhance their way of life and remove the social stigma towards them. The purpose of the Celebration was to ***understand the unique abilities of Differently abled children.*** Differently abled children showed their talents by performing on the stage with great enthusiasm and vigor. The programme was inaugurated by Mr.Roji M. John, MLA, Angamaly.Rev. Fr. Paul Parekkattil VC, the Councilor for Popular Mission, Retreats and Pastoral Work of Marymatha Province, Angamaly presided over the function. VSS honored each differently abled child who had participated in the program and prizes were distributed to the Differently abled children who have performed their talents before the spectators. It was a colorful event with the participation of 8 special schools. The entire programme was ended with delicious lunch. There were around **250** people participated

Awareness class on 'Legal Rights of Person with Disability'

Raising public awareness on disability can have multifold objectives such as sharing information to people without disabilities about the rights and abilities of persons with disabilities and the existence of prejudices which are difficult to eradicate and often based on myths. Public campaigns can also focus on raising awareness among persons with disabilities themselves about their rights, their abilities and the need to co-create with relevant stakeholder.VSS organized an awareness class on '***Legal Rights of Person with Disability'*** on 13th February 2018 at VSS Seminar Hall, Angamaly. The core objectives of the training was to make aware of people about the responsibility of the state towards the prevention of disabilities, protection of rights, provision of medical care, education,

training, employment and rehabilitation of persons with disabilities. Mr.Chackochan, State Coordinator of DPO at VOSARD was the resource person for the training. He has handled the session on Person with Disability Act-2016, Rights of PWD Act and UNCRPD Act. There were 20 parents of Differently abled Children were actively participated for the training.

Awareness Generation Programme on Health

The key challenges in the health care domain are poor accountability, low-quality care, lack of health awareness and limited access to health facilities. As a result, majority of people turn to local private health sector as their first choice of care. Local private health care is expensive and unregulated sometimes. Moreover it is focused towards making people aware of how they can maintain a healthy lifestyle while undertaking various preventive measures. Vincentian Service Society Organized ***'An awareness generation programme on Health'*** on 20Th February 2018 at VSS Seminar Hall, Angamaly. Fr.Francis Naduviledathu VC, Director of VSS inaugurated the programme. The main chief guest of this programme was Sr. Dr. Christina who is a medical officer in the Lisie hospital, Ernakulam. She explained different mechanism of physiotherapy and its usefulness. She then showed some regular physiotherapy and its sound effects on a person. There was **30** People actively participate in this programme

Awareness Seminar on Cancer

Cancer is a leading cause of death worldwide. We all are aware of the fact that life style choices impact our overall health and that many types of cancer are directly associated with unhealthy habits. Vincentian Service Society Organized Cancer Awareness Seminar at Snehakoodu ***(Pakalveedu for Senior Citizens)*****,** Nazareth Nagar, Angamaly. The main objective of this training was to help the people to recognize the early signs and symptoms of cancer, thus enabling them to seek treatment at an early stage. The program encouraged the participants to seek prompt medical attention for symptoms which may include lumps, sores, bleeding, hoarseness, weight loss, cough and pain, etc. Dr. Abhijith Das Medical Surgeon at Angamaly Thaluk Hospital led the class for public and he clearly explained about cancer, its types, how it affects the human body etc. There were 40 people actively participated for the seminar

Campaign on "Ring the Bell"

Vincentian Service Society under the CHAI-LF Project organized a Campaign in collaboration with BRC, Angamaly at Government LP Schools, Neeleeshwaram and Chully.The name of the Campaign was ***"Ring the Bell".*** Differently abled children need extra care and facilities in the schools. The society has the responsibility to provide and make the schools accordingly or raise their voice for it therefore the authorities may hear their voice. Ring the Bell is a such campaign to raise voice together with the society to bring the attention of everyone to the problems of differently abled children and the barriers in educating them. The theme of this Campaign was **Accessibility of Schools**. Rev. Fr.Francis Naduviledathu VC, Director of VSS inaugurated the campaign. Sr.Celin CMC, Lecturer, Snehasadhan Special College began her key note address. She highlighted the importance of inclusive education and various conveniences to prevent disability. All together there were **175** people actively participated for the programme.

Health Awareness Camp

Towards creating a healthier society by popularizing preventive measures, Vincentian service society organized **2** medical camps in two occasions. The health camp was conducted to provide primary healthcare services to the differently abled children Dr.Sr.Christina examined each differently abled children in detail .The physiotherapist Mr.Arun explained various physiotherapy methods to the needy and taught them how to do them at their home. There were **36** parents with their disabled children benefited out of it.

Youth Parliament Inauguration and One day Seminar for the Youth

Vincentian Service Society in association with NYKS (Nehru Yuva Kendra Sangathan) Ernakulam and DiSTNSS unit (De Paul Institute of Science and Technology) Angamalyorganized Youth Parliament and one day Seminar for the Youth at DiST campus The objectives of this programme was to provide a platform for the youth in a particular area to come together, meet, discuss and plan activities for their own improvement as well as that of the society.The programme was inaugurated by Mr.Roji John,MLA,Angamaly. The seminar session handled with Dr.K.M Iqbal,NYK Recourse Panel Member handled the

sessions on Youth Motivation and Various Government Schemes. There were 70 youth were actively participated in this seminar

Assistance Services

Marriage Assistance

The Vincentian services society had given assistance to many young girls to get married and fulfill their dream of a family life. The VSS has given marriage assistance to **10** deserving families who could not meet the expenses of a marriage and their daughter's marriage could have been a question mark.

Housing Assistance

Shelter is the basic necessity of every human being. Today many deprived of it. To build a house today is highly expensive and many unable to find their dream of having a house come in true. VSS provided financial assistance to **21** poor families during the last year. Other than that VSS provided financial support to the**10** poor and needy families' through various Unit of VSS.*Altogether we have given financial assistance to **31** needy and deserving people*

Medical Assistance

Vincentian Service Society provided medical assistance to various diseases affected patients we could provided financial assistance to the patients who are poor and no aid to raise money for their treatment. During the last year we have given financial assistance to **87** patients to meet their medical expenses and get proper treatments for their good health.

Self Employment Assistance

Self-employment is one potential pathway to exit a spell of unemployment. It provided an avenue for combining income support during periods of unemployment with activities related to starting one's own business. In order to promote one's own Career and earn

one's livelihood to reduce economical burden Vincentian service society financially assisted **10**people to have their own livelihood activities. We also provided interest free loan to the beneficiaries according to their needs.

Geriatric Care

Ageing does not just affect the elderly it affect everyone in the society in one way or the other. Everyone has a part to play for the wellbeing of the elderly. VSS has formed a special group for the senior citizens and named as ***De Paul Fellowship of Senior Citizens at Angamaly*** **(DEFOSCAA).** It is group of 140 senior citizens. There were regular meeting were conducted for the members. All member of the club gathered in every second Saturday of the month. We have arranged various programme for the senior citizens.

Seminar on Elderly problem

Growing older is no longer something to be feared. Ageing of a population is a matter of great concern for the health sector. The elderly are, on the whole less healthy than the non-elderly. Among the elderly, increasing age is associated with higher morbidity and higher use of health services. Vincentian Service Society Organized a seminar for the Elderly people at De Paul Auditorium.Dr.Trincy, medical officer handled a session on Elderly problem. She also explained about the Elderly problems and their safety measures. All the 134 members were actively attended for the Seminar.

Awareness Training on Elderly Citizen Welfare and Protection Act.

At the present time Elderly are forced to live alone and are exposed to various kinds of problems such as lack of physical, social, emotional and financial support. Indian society laid high importance on providing care and protection for parents and elderly to provide more effective provision for maintenance and welfare of parents and senior citizens. Vincentian Service Society Organized an awareness training programme for the DEFOSCAA Members at De Paul Auditorium. Mr. Johns Augustine who handled a session on Elderly Citizen Welfare and Protection Act. There were 145People gathered for the meeting

Onam Celebration

As Onam is around the corner in all its pomp and fanfare in every nook and cranny in Kerala, it is also an occasion for DEFOSCAA members to look back at the good old days they spent with their near and dear ones.Vincentian Service Society Organized Onam Celebration for the DEFOSCAA ***(De Paul Fellowship of Senior Citizen at Angamaly)*** members at De Paul College Auditorium. The name of the Onam Celebration was ***Ponnonapulary.***This celebration was inaugurated by Very.Rev.Fr. James Kallumkal V.C, Provincial Superior of Mary Matha Province, Angamaly. There were 4 competitions were conducted. Couples of competitions were conducted on aria wise namely Malayali Manga/Mannan and Onappattu. Supplementary two other competitions were conducted on GroupWise explicitly Spinning the Ball and Magic Roap.A Scrumptious Onam Sadhya was arranged for all soon after the competitions.

Elderly Day Celebration

The International Day of Elderly People is an opportunity to highlight the important contributions that Elder people make to society and raise awareness of the issues and challenges of ageing in today's world. Vincentian Service Society Observed an Elderly day for the DEFOSCAA Members at De Paul Auditorium. This day is observed to focus on the importance of senior citizens who sometimes are neglected in our society. This day emphasizes on our responsibilities towards our elder people in order to make their lives happier. The programme began with an empowering session by Rev.Fr. Varghese Menachery VC who dealt with ***-Old Age problems and how to live a happy life***. There were **120** Members actively participated for the Elderly Day Celebration.Rev.Fr. Francis Naduviledathu VC was the Chief Guest of the Programme. The meeting has honored Smt. Annamkutty DevassyArackal, the senior most member of DEFOSCAA. There were 120 club members participated in the programme

DEFOSCAA Tour

Elders play an important role in the society Old age is a sensitive phase; elderly people need care and comfort to lead a healthy life without worries and anxiety. As people age,

exercise remains important to maintaining good health .Vincentian Service Society Organized Annual Tour for the ***De Paul Fellowship of Senior Citizens at Angamaly (DEFOSCAA)*** members on 4th December 2017.They have visited St. George Syro-Malabar Catholic Forane Church, Edappally, National Shrine Basilica of Our Lady of Ransom, Vallarpadam,St. Francis Church, Cohin, Paradesi Synagogue,Mattancherry . There were **64** Elderly people actively participated and enjoyed their one day with full swing.

Christmas Celebration

Christmas is a time to celebrate the joy of giving. Vincentian Service Society Organized a Christmas Programme for the ***De Paul Fellowship of Senior Citizens at Angamaly (DEFOSCAA)*** members at De Paul College Auditorium. The name of the programme was "***NamukuBathelehemilekuPokam"***. The programme was inaugurated by Very Rev. Fr. James Kallumkal VC, Provincial Superior, Marymatha Province, Angamaly. Soon after the inauguration Santa Claus reached into the Auditorium with a Carol song. Santa greeted them and gave his blessings to all the club members. There was a Christmas Cake Cutting by all the dignitaries on the stage. There were 160 club members participated in the programme.

Community Based Rehabilitation for Differently Abled

Vincentian Service Society Centre for Rural Development has been supporting differently abled children from Alappuzha and Ernakulam districts. For the last one year i.e. ***1st April 2017 to 31st March 2018,*** VSS assisted **46**differently abled children to overcome their disability by assisting them to identify their potentials those were hidden in them and other aspects of their life too. The supports were given for health care, Livelihood, Social and education. In Ernakulam district, there were 28 children, 18 children from Alappuzha and were given assistance to tackle their difficulties.

Health	Intervention	Number of beneficiaries
	Medication	**11**
	Occupational Therapy	**1**
	Physio Therapy	**4**

	Speech Therapy	**6**
	Training/ awareness raising parents	**36**
Subtotal Health		**58**
Education	**Intervention**	**Number of beneficiaries**
	Integrated Pre-School	**1**
	Integrated Primary	**9**
	Integrated Secondary	**1**
	Special Primary	**6**
	Special Secondary	**4**
	University	**4**
Sub Total Education		**25**
Social	**Intervention**	**Number Of Beneficiaries**
	Awareness Campaign	**175**
	Disability Day Celebration	**250**
	Awareness Training	**25**
Sub Total Social		**450**

VSS-Skill Training Programme

Enhancing Employability through Vocational and Skill Training among Youth in Angamaly aria VSS has started a Skill Training Programme in collaboration with ***MY QUEST ALLIANCE,Bangalore.***Through this Programme we are trying to contribute towards the educational development of youth and acquaint them with modern world through modern technology and knowledge and make them to encourage self employment and improve the livelihood opportunities.

Quiz

Quiz improve or expanding one's knowledge of things, either general or in specific area
To create awareness among the people about our tradition, history and bring closer to our nature we organized a Quiz programme.People from different categories participated in this competition irrespective of age and caste.

Awarenesss Classes

Social Awareness is the ability to take the standpoint of and empathize with others from dissimilar backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports. Social Awareness is a crucial component which contributes to an environment conducive to learning. Social awareness is also widely established as an important factor in workforce success. We organized number of awareness class on various topics such as ; promoting healthy life style, food habits of people causing Lifestyle Diseases, Mental Health and Lifestyle and Role of parents in bringing healthy lifestyle among the children'. A good number of people have actively participated for this awareness classes

Chakka Maholsavom(Jackfruit Festival)

Jackfruit is an exotic tropical fruit with a subtle sweet flavor that is consumed in many parts of the world. It provides a moderate amount of calories in addition to lots of fiber, vitamins, minerals and antioxidants The main objective of this festival was to bring awareness in people regarding use of Jackfruit. It showed preparation of thirty items of Jackfruit. The Class was very effective and many of the recipes were new to them and very easy to practice. Furthermore it helped the participants to understand the importance of Jackfruit as a vegetable and in preparation of various processed products.

Homeo Medical Camp

The numbers of patients using homeopathy, are growing worldwide The use of homeopathy however, is not limited to adults but is also common in children with homeopathy one of the most popular. Homeopathy gives importance to the physical as well

as mental symptoms of the patient .The centre organized a Homeo Medical Camp. Doctors and health workers from four clinics participated in the Homeo Medical camp. The doctors treated the patients with holistic healing remedies of Homeopathy and gave advice to patients for preventive, conservative approach and free of cost Homeopathic medicines were distributed to the patients who were prescribed by the concerned homeopathy physician .Besides examining the patients and prescribing medicines, they conducted an awareness class on Lifestyle Diseases.

Awareness class on Organic farming

Farming, as we know, is a traditional occupation that's been followed since time immemorial. But the organic farming concept is gaining prominence in India not only in the farming community, but also among the city dwellers as we can see a lot of individuals venturing into this field. Farmers as well as urban individuals are adopting organic farming practices and reaping more benefits; the more organic and natural the produce, the safer and healthier it is for us and for the environment. The Jagratha mission unit has organized an awareness class on Organic farming for the people. Following information was taught to the farmers gathered there: A detailed explanation about the evils of using the artificial fertilizers. Moreover explained about the defects to the soil fertility being caused by the artificial fertilizers. . It was emphasized that the usage of vermicost is the only remedy for all those defects and damages

Seminar for the senior Citizen

Seniors Citizens are the respected & matured members of the family as well as society, which is why they had a privileged status.Jagratha Mission, organized a seminar for the senior Citizen Mr.P.V. Anilkumar (psychologist), Mr.Madhu Kainakary (Film worker) Mr. M.Abu (Coordinator of Residence Associations) led the seminar. It was emphasized that the work experiences & maturity of the aged can help build an excellent new generation; while at the same time the problems of the aged will also get resolved. The topics that were extensively discussed were - Senior Citizens & Familial Problems, Balance in the Old age, Science of happy living, Life in retired age. They were insisting on continuing the program on a monthly basis

Scientific Counseling

Counselling can afford you with constructive techniques and skills. It might assist you to think about your existing behaviors and feelings in a dissimilar way. It might stop stress and triggers before they shape your whole life.Counselling are a professional relationship that focuses on personal problems. The counseling relationship differs from both social friendship and patient doctor contact. Unlike friends, counselors are able to be objective. They are not involved in your daily lives.Counsellors don't give explicit opinion or tell you what to do. Instead they serve as skilled listeners who help you to clarify issues, discover your truth and effectively with problems. This seminar highlighted counseling by professionals for psych-social problems. It helped people to clear the mis-conceptions regarding counseling and the wrong systems prevailing in the community. More over it helped the participant to clarify issues, discover your truth and effectively with their problems.

Pinakdimi Unit

'Save A Life' - Blood Donation Camp

Blood donation is definitely a noble act. Many clinics and hospitals constantly require blood for several purposes. This makes the idea of blood donation a noble gesture as it provides life-saving help to people and patients. Many people require urgent blood and by donating our blood we easily give them life. This is one of the biggest satisfactions one can experience. It makes us proud and can also give us a purpose of life – the feeling that you made a difference to someone's life.Pinakdimi unit organized a blood donation camp in collaboration with Good Samaritan hospital Eluru and De Paul College students rendered their valuable support for the success of this programme.There were 100 students actively participated for the success of this programme.

One Day with the Destitute

Healthy bodies and minds require nutritious meals at every age. But when people don't have enough food or have to choose inexpensive foods with low-nutritional value, it can seriously impact their health. Poverty, food insecurity, and poor nutrition and health are among the most pernicious problems eroding quality of life and limiting economic productivity.As part of the Christmas celebration we could spend one day with physically and mentally challenged people who are under taken by charity brother of Thnagalamudi-Eluru. Brothers from minor seminary prepared food and served them and they performed cultural programmes for them.

Education Help

Education transforms children's lives by helping them overcome poverty. This leads to better health and increased income opportunities. Without it, many children remain trapped in a life of poverty and hardship. To help the poor students in their education DePaul College and hostel used to support them with concession in their college fee and hostel fee. Our assistance helped to improve the educational status of poor children. It also initiated the community to advocate for support and education of poor children, to increase the enrollment of students in school, to increase the access of poor children to education, to change the life condition of poor children through education and to empower the households of poor children economically.

Bhimadole Development Society

Educational Support Programme

BDS with the help of ***"SIDE BY SIDE INDIA"*** implemented an educational support program for the poor students in rural aria. The major driving force of this program was the empowerment of the vulnerable through education. It also helped the students to provide an opportunity to continue and complete their education with the hope that in the future they will be able to work to earn a decent living and move out of the poverty in which they find themselves. At present we support 43 talented students who are stepping towards achieving their dreams and aspirations

Awareness Programme

Awareness programme is designed to increase awareness among the people about the sanitation, dreadful diseases, financial savings, education, income generation activities, etc. Door to Door awareness program was conducted by the field manager and gathered all the information regarding the people, their living standards and the difficulties faced by them

Income Generating Activities

This was a new initiative for creating income-generating activities and developing small businesses for women as a means of increasing food production and raising living standards. Having completed tailoring course for the women in our four villages, we have stepped into the new venture of saree painting and hand embroidery. We have successfully completed training of the same at Kothuru village and completed the training at four villages

Toilet Construction

Toilet use is essential to the survival and development of people. As exposure to human waste causes diseases such as diarrhoea.Toilets are important to ensure cleanliness and hygiene. Moreover, the aim of setting up proper sanitation system cannot be achieved without aiming for toilets at houses and other places. In order to comply with the sanitation standards, it is compulsory to set up toilets for everyone's access at public places. Exposure to faecal matter is the reason behind many diseases. In addition, to this the use of toilets and proper sanitation system enhances the dignity of the users. In order to make the people feel safe and comfortable we have distributed materials for the construction of 32 toilets in Kothamupparu, Thallagudem and Burayagudem villages.

Health Check up Camp

BDS organize free medical camps in our four villages. We invite specialized doctors from renowned hospitals and give them general health checkups, eye checkups, and other medical checkups to them. We also provide free medicines and treatments to people according to their need. Through this, we help the underprivileged people to have the

access to healthcare services freely. This year we have already completed 18 medical camps.Mental health is a major public health problem in the society. Many of the mental health problems are correctable if detected early. The primary objective was to operate a community-based mental health program in the defined catchment areas. This year we have conducted four mental health camps in our villages. In relation to that we planned to have community camps, street plays, pamphlets, and posters distribution containing all information related to, and meeting the needs of, disabled people in the catchment area (our four villages) of study

Formation and maintain ace of Group

BDS has formed and trained groups of women and men to become self-dependent. They are learned to make monthly saving and they themselves take the money on loan to satisfy their needs. People cooperated with members of the group on social as well as economic grounds to reach satisfactory levels. They tried to reduce their tensions and achieve satisfaction. Individuals interest each other only when they have common attitudes and sentiments.BDS played the role of a facilitator.

Vocational Training Programme

The Organization is given training to many village youth in tailoring and given employment opportunity for **70** women for the manufacturing of the Electronic Voltage Stabilizers with good salary

De Paul Extension Service Unit

Survey Orientation Class

Survey orientation class to the students was given by Mr. APJ Nair, the faculty of KILA in MSW department as an initiation to the survey which is going to be conducted at the end of February in Nedumbassery Panchayat. It was in preview of the upcoming survey in the Nedumbassery Panchayat for analyzing the areas to which major funds to be allocated

Workshop on Waste Management

The workshop on waste management was organized by DES in collaboration with clean Kerala company ltd and NSS. The workshop was mainly organized for making the students

aware about the problems that waste creates in the current society and act against it. A paper pen was introduced to the campus in the workshop as a part of building eco -friendly campus

Women Empowerment Day Celebration

Women Empowerment day was celebrated at Parakkadavu Block Panchayath. The programs began with a rally from school ground to Parakkadavu Block Panchayat The participants of the rally were from ICDS, Kudumbashree, Anganwadis, Local Self governments and students from different colleges. They recited slogans against injustice done to the woman folk. Later official inauguration was done by the block president of Parakkadavu.Students from DiST performed a street play named'Chuvarukalkkappuram'

Bench making with waste plastic bottles

DES made a total of 8 benches in different parts of the Neumbassery Panchayat using waste plastic bottles. They were made using the support of the local people

International Women's day celebration in DiST

The international women's day was celebrated in DiST campus in collaboration with DES and NSS. A pink ribbon was given to every woman in the campus as a part of respecting and honoring them in the college. The students of Social Work organized

Nature Camp at Vazhachal

34 NSS volunteers, 19 MSW students, 2 foreign students from James cook university, Australia and 6 faculty members reached at Vazhachal. An orientation was given to the team by Mr. Appachan P O, Retired section forest range officer, about environmental protection. He discussed in his session about the different kinds of pollution caused to earth water and air and the possible remedies to it. Students clarified their doubts about forest and related topics in this session.

World Environment Day Celebration at DiST

DIST team observed the world environment day with a theme 'Connecting people to

nature' to create awareness among the students about the necessity of protecting the nature and become its lovers.

Homeopathy Medical Camp in Nedumbassery

De Paul Extension Services In Collaboration With Kerala Government Homeopathic Department, De Paul School Of Social Work And Nedumbassery Residential Association Conducted A Free Homeopathic Medical Camp In The 118th Anganawadi Of Nedumbassery Panchayat. Dr. Latha A G, The Chief Medical Officer, Ernakulum Division Conducted An Awareness Class on The Importance of Effectiveness of Homeopathic Medicines Against Different Types of Contagious Disease And The Changes one Should Bring In his life and surroundings for preventing many diseases and maintaining a healthy life. She discussed about the life style diseases and Its causative factors.

Cleaning Vegetable Garden at Pakalveedu

National Service Scheme in collaboration with De Paul extension services organized a half day cleaning programme at Pakalveedu (Nazrat Nagar) Angamaly. 38 student NSS Volunteers and 3 staff coordinators participated in the programme. They also conducted different entertaining programmes for them. Together, with the NSS volunteers, the residents of Pakalveedu were very enthusiastic and cooperative to clean the premises of Pakalveedu and make a neat vegetable garden in its backyard.

A Workshop on Protection for Women

A workshop on Protection for women from domestic violence act 2005 conducted by De Paul Extension services (DES). The resource person was Ms. Lisssy Thomas, women Protection officer Ernakulum state and Sandhya V K, regional counsellor, Kerala state social welfare board Trivandrum. The workshop was conducted to create awareness among the students of DIST about the increasing domestic violence activities in the current society and the prevention strategies against them.

Domestic Violence Act Awareness Campaign

De Paul Extension Services organized a street play and a flash mob at Angamaly, Aluva Railway Station and Lulu mall in collaboration with Service Providing Centers in Ernakulum and MSW students of DiST to make aware the society about the Protection of women from domestic violence act, 2005'.

The Young Generation and the Growing Trend of Addiction

An awareness class on 'The young generation and the growing trend of addiction was organized by De Paul Extension Services and MSW students of De Paul Institute of Science & Technology in the community hall in Maikkad, Karkkattukunne. A number of people from different fields participated in the meeting. Mr. Hari, the sub inspector of police, Nedumbassery led the sessions. The sessions were on 'The young generation and the growing trend of addiction'.The class focused mainlyabout the adverse effect of carelessness

Sacred Heart Region

St. Theresa's Parish Kalimoni, Kenya

Parish is helping 34 needy families in our Churches with food items, detergents, toilet papers and so on,(14 families from St. Theresa and 20 families from Divine Mercy). Other than that we helped 6 sick patients with medicine and other health care materials.

We assisted 11 primary school children and 7 secondary school children with their school fees partially, some other children as per their request with school fees and study materials. Every year during Advent and Lenten season Church is seriously helping directly and through Small Christian Communities and Church groups various hospitals, prisons, elderly homes and orphanages with clothes, food items, stationary items and financial assistance.

Church has helped three families to construct their homes partially. Ever year during Chief's camp Church is providing many materials to help the needy in the society.

Many other ways also Church is extending her hands to the needy, especially to the sick people to pay their hospital bills, poor couples to marry in the Church and to the families to conduct the burial of their beloved ones

Vincentian Retreat Center, Thika, Kenya

Every Year we spend vast amount of money for helping the poor for treatment and Education. More over we provide free bread and tea for 3000 people who attend the one-day prayer service.

Vincentian Prayer House, Nairobi, Kenya

Every Year we spend good amount of money for helping the poor for treatment and Education. our major seminarians give classes for the street children (150-200) and provide bread and tea for them. Every week we provide free bread and tea for 3000 people who attend the one-day prayer service. We celebrated Christmas and Easter with the poor and provided good meal for them.

Vincentian Prayer House, Kisumu, Kenya

We always keep a share for the poor from our income. For the Christmas and Easter celebration, we with our team members gave out food-kits for 50 poor neighbors. Every week we provide free bread and tea for 1000 people who attend the one-day prayer service and every 2nd Saturday for 2500 people.We also assisted two children for school fee.

Vincentian Retreat Center Entebbe, Uganda

We gave partial assistance to build two houses for the poor.We also provided educational assistance to 10 students for their school fee every year.Furthermore we provided medical assistance to 3 people for their surgery and did much other small financialassistance to the sick and needy. Every week we also provided free bread and tea for 300-400 people who attend the one-day prayer service

Vincentian Retreat Center, Kabulassoke, Masaka, Uganda

All our retreat programs are for free and we provide food for them even for the residential retreats. The people who attend our center are utterly poor so all our services are charity.

We assisted one person to do surgery and did small assistance in daily basis.

De Paul Boys' Home, Kayunga, Masaka, Uganda

We provided educational assistance to 49 poor children to continue their education.

St. Vincent's Parish, Katubuka, Kigoma, Tanzania

In regular basis we assist the sick who deserve our support. Other than that 8 students are partially supported for their school fees. Housing Assistance was given for a poor person for constructing a small house.

VSS Unit, Premagiri

Free Food and Accommodation for the Retreatants :-

Our Vincentian house Premagiri extents its social help for all who come to this Prayer centre .we have regular programs in every month two retreats in a month and first Friday and second Saturday. Many people come from different states and places to receive the blessing of the Lord and to hear the word of God. We conduct the programs freely without any registration. As part of the social work and fraternal charity we provide free food and accommodation for the retreatants.

Sanitary Help :-

We have a lay preacher in our retreat centre Bro.Antony and he is a handicapped person. He has been working here since fourteen years. He comes from a remote village called Madhur where they do not have proper facilities for sanitation. He has a small family wife and children. Since his family condition is very poor, he requested us a small help to construct a toilet in his house. So under the guidance and support of the Good Shepherd Regional Service Society we helped him partially for the sanitation.

Education Help for the Poor Students:-

We have many poor families in our area where we live. People go for the field work every day to earn their daily wage in order to run their houses. Their financial status is very low and parents are not able to afford the school fee for their children. So we have found a few students who are really in need of money and books. So as part of charity we bought books and note books and distributed them.

Divine Care Centre

Indoor and outdoor games

In divine care centre the inmates get opportunity to play indoor and outdoor games. They play caroms and chess, in alternative days male inmates play football under the supervision of staff. It allowed people to practice and develop physical skills such as hand eye coordination and motor skills. Interactive games helped the inmate's to learn the advantages of moving as a group and the strength of unity. This learning enhanced essential life skills like cooperation and teamwork.

Nursing students visit

Every year nursing students from various nursing schools and colleges visit Divine care centre. The nursing colleges include Little Flower institute of nursing, St. James institute of nursing and Jubilee mission institute of nursing etc. During the visits students get an opportunity to learn and understand the functioning of a rehabilitation centre as well as mental health. Meanwhile the inmates get an opportunity to interact with the students. The students also entertain the inmates by performance such as singing, dancing and conduction various games and activities for the inmates

Visit to Koratty church

Prayer is the major thing that gives immense happiness and satisfaction to the inmates in the centre. As requested by the inmates of the rehabilitation centre, the management

arranged a visit to the Koratty church during the feast. Most of the male and female inmates who are physically able were taken to the church and given a chance to pray. This visit was under the supervision of the nursing in charges Sr.Lilly Mullamkuzhiyil and Sr.Shanty Mazhuvenchery. Enough staff members were there to care the inmates during the visit.

Santhi Geetham

On 2nd April 2018 Mr.Thomas and Mr.Jijo who are the member's of Kalady Santhikendra trust visited the Divine cares centre and conducted a program called ***SanthiGeetham***. It was a beautiful light and sound show mixing the essence of secularism and spirituality. The performers could convey the message of loving each other and helping each other irrespective of their religion, cast and color.

18th Annual meeting

The 18th annual meeting of Divine Care Centre was conducted on 28th of April 2018 at 10.00 am. Fr.Janson Kootumkal VC (The Director Divine care centre) delivered the presidential address. Around **150** family members attended the meeting. Fr.Janson Kootumkal VC explained about the various amendments made in the mental health act. The family members raised certain doubts and the Director cleared all of them in a simple manner. The meeting ended with a vote of thanks to the participants

Celebrations

The institution celebrated all the important festivals, feasts and days in a grant manner. On August 15th the *Independence Day* and *The Assumption of Mother Mary into Heaven* was celebrated in the centre.

Onam - the traditional festival of Kerala was celebrated in a grant manner. The celebrations lasted up to one week. The staff members conducted various activities and games for the inmate's .Onam celebration became a grant success and memorable day.

Rosary Month -The month of October became a prayerful experience as the month is especially dedicated to the rosary of mother Mary.

Christmas **–** Christmas celebration began from the 1st day of the December itself .The staff members and the inmates started to prepare a beautiful crib and conducted carol for the inmates.

Awareness program for the students

Uses of alcohol and drug abuse are one of the major challenges that the society faces today. There are many teenagers and youngster get addicted to alcohol and drugs. Like this many people especially youngsters spoil their lives. Indeed, it is one of the important areas which have to be focused on with much importance. Divine De-Addiction centre conducts awareness programs for the school and college students to make them aware that they are not objects which are to be destroyed with the destructive power of alcohol and other drugs but they are citizens who have the responsibility to make their country proud. The awareness classes are conducted by Mr.Jojen, project coordinator Divine De-Addiction centre,Meloor and Mrs.Bindu, Counsellor Divine De-Addiction centre, Meloor.

Anti-Narcotics day program 2017

The international day against drug abuse and illicit trafficking is a United Nations international day against drug abuse and illegal drug trade. It is observed annually on June 26th. Every year the divine de addiction centre conducts various awareness classes and programs for the alcoholics and drug addicts with regard to the anti-narcotics day. The classes were handled by Mr.Jojen Choorackal, project coordinator Divine De-Addiction centre and Mrs.Bindu, Counsellor Divine De-Addiction centre.

Arts and Sports day

Arts and sports are inevitable in a child's development and it plays an important role as the academic do. Both arts and sports help children to develop various skills, good coordination and good leading skills .though the major focus of the home is to provide quality education and facilities to the children, we also provide them opportunities to enjoy arts and sports. On 4th and 5th of October 2017 various arts and sports competitions were conducted for the children.

The children were divided into different groups then the completions started. Everyone participated and contributed their best to win. Acting, singing, poem writing and presentation, running, walking, long jump and high jump were the items. Fr.JansonkootumkalVC, the Director DePaul home appreciated everyone for taking active participation and prizes were given to the winners.

Bala sabha

Bala sabha is a group activity conducted ones in every month. This activity aims at developing good coordination skills, interaction, strengthening interpersonal relationships, and motivating children to take up leaderships. Children are divided into different groups and the groups are controlled by a team which includes a president, vice president and program coordinator. This program has helped many children in the home to overcome stage fear and perform well in front of a crowd.

Celebrations

De Paul home celebrates all the important festivals and makes the children happy and satisfied. The mainly celebrated festivals are children's day, Onam, Easter, Christmas and independence day . During onam celebrations various competitions are conducted and prizes are given to the winners. This year also Onam was celebrated in a grand manner. During Christmas celebration crib and other illumination arrangements are made before the children leave for vacation.

Recreational activities

Recreation is an inevitable factor in a human beings life. **Alphonsa home** has arranged various recreational facilities for the happy living of the inmates. The facilities include indoor games such as chess, caroms, television and some outdoor activities also.

Occupational therapy

The main purpose of occupational therapy is to improve the skills of the inmates. This helps the inmates to improve the physical, psychological and social functioning. The

activities include cultivation of food corps, gardening and rosary making. This helps the inmates keep themselves healthy and refreshed.

Palliative care

Palliative care is a multidisciplinary approach to specialized medical and nursing care for people with life limiting illnesses. It focuses on providing relief from the symptoms, pain, physical stress, and mental stress at any stage of illness. ***Divine Palliative Care Centre*** focuses on providing the same services to its inmates as mentioned above but they provide all those things with lots of love and affection which is the most powerful medicine. Presently there are twenty-five terminally ill patients in ***Divine Palliative Care Centre***, who belong to different places, religion and cast but they all are taken care equally and live as a family.

Conclusion

Vincentian Service Society supports grass roots initiatives as well as recognizing and responding to the realities of the local people.VSS also flexible in becoming accustomed to local conditions and responding to the local needs.