



SMART INDIA FOUNDATION



SMART VOICE

DECEMBER 2024



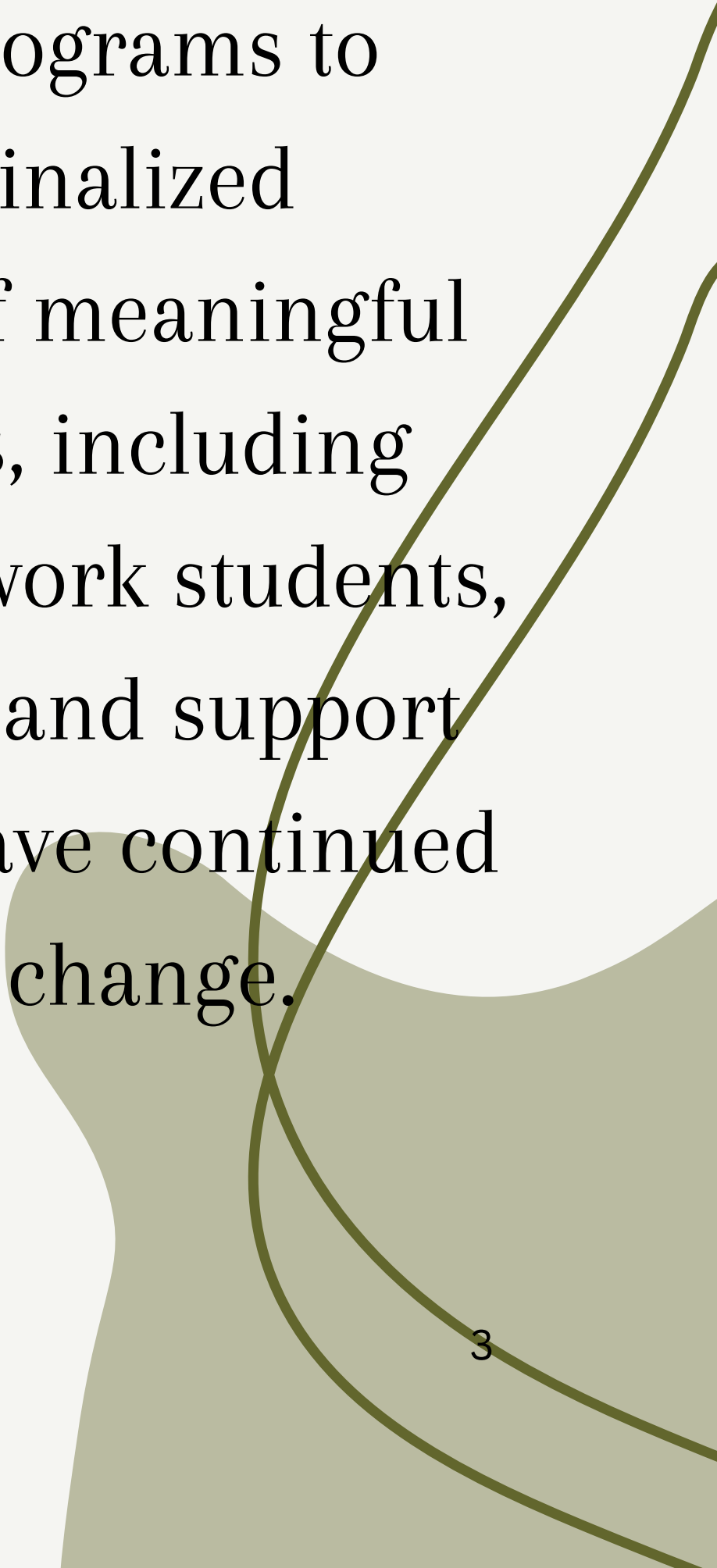
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EDITORIAL

As we close another remarkable year at SMART India Foundation, we reflect on the impact we have created through our mission-driven initiatives. Guided by our commitment to social transformation, we have strengthened our focus on empowering individuals, fostering community development, and advocating for sustainable change. From skill-building workshops and youth leadership programs to grassroots interventions in marginalized communities, 2024 has been a year of meaningful engagement. Our flagship initiatives, including capacity-building seminars for social work students, mental health awareness campaigns, and support services for vulnerable populations, have continued to bridge gaps and create lasting change.



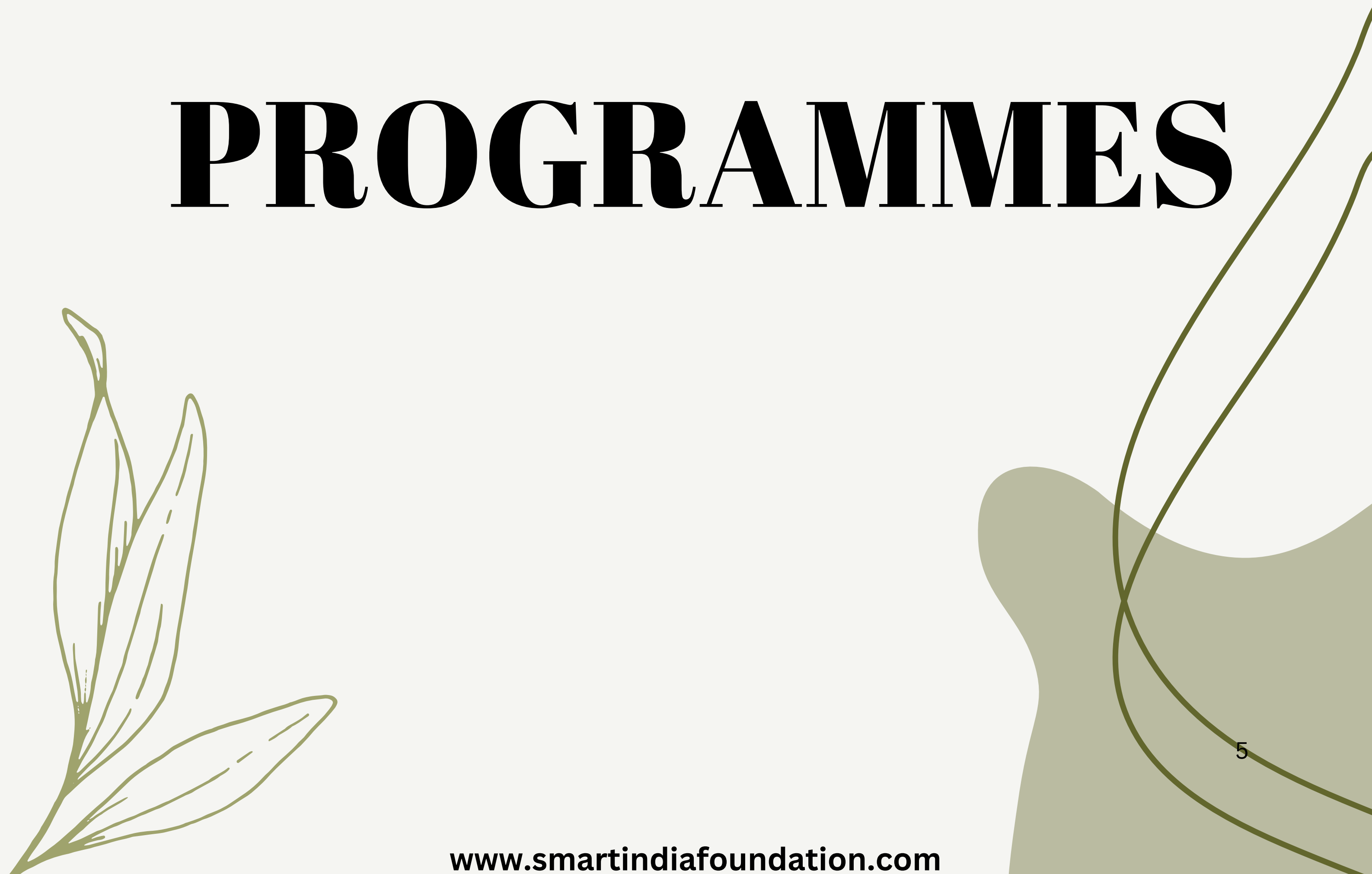
A significant milestone this year has been the launch of Mind Bliss Counseling Center, a dedicated initiative of Smart India Foundation aimed at promoting mental well-being. With the rising need for accessible and professional mental health support, this center provides counseling, therapy, and emotional support to individuals facing psychological challenges. Mind Bliss is designed to be a safe space where trained professionals offer guidance and coping strategies, ensuring that mental health is given the priority it deserves. This initiative aligns with our broader vision of holistic well-being, reinforcing our commitment to building healthier and more resilient communities.

As we step into the new year, we extend our gratitude to our supporters, volunteers, and partners who have been instrumental in our journey. With renewed energy and purpose, we look forward to expanding our reach and impact in 2025. Together, let's continue to be the change we wish to see.

**Editorial Team,
SMART Voice**



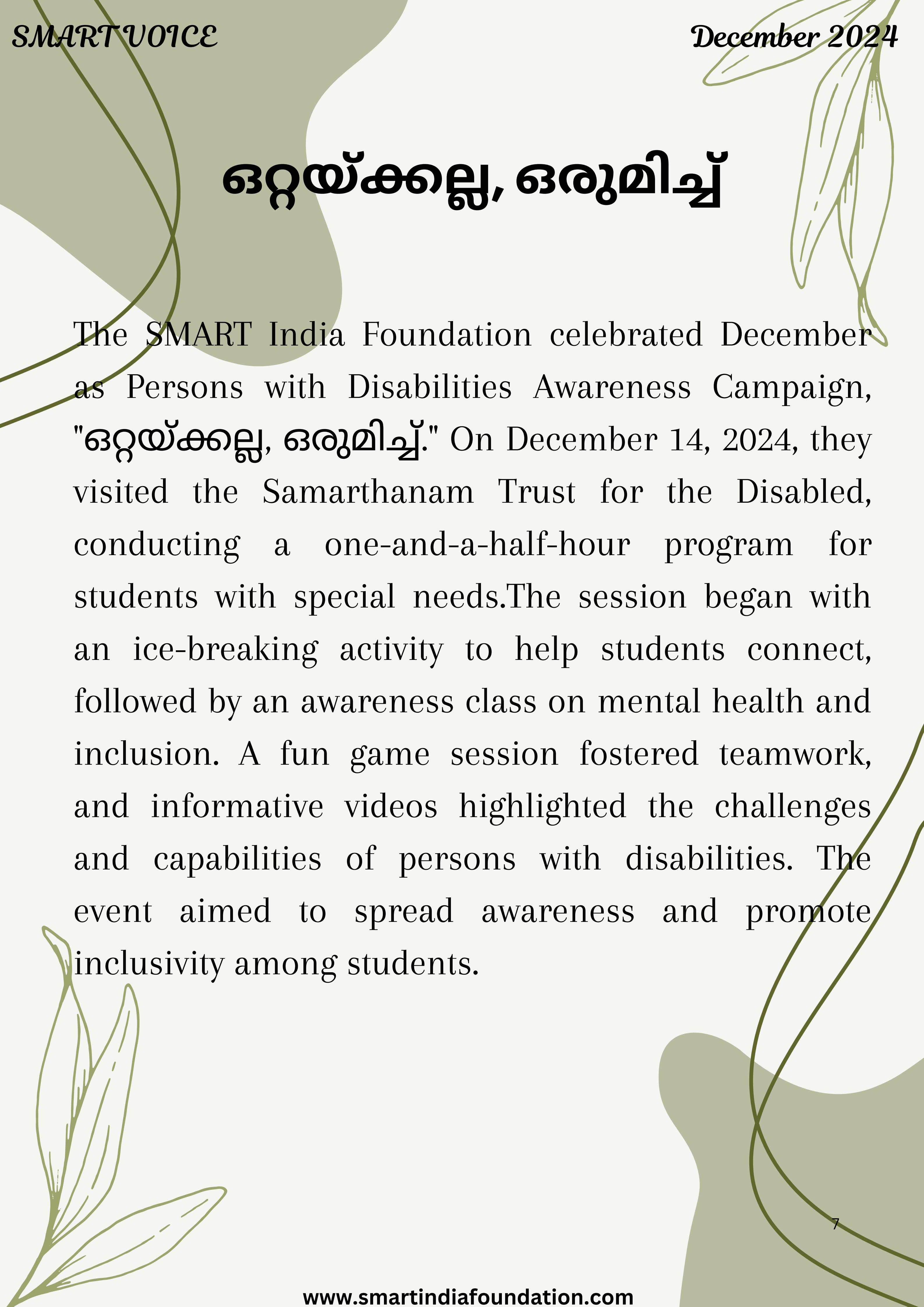
PERSONS WITH DISABILITY PROGRAMMES



International Day of Persons with Disabilities

On December 3, 2024, the SMART India Foundation celebrated the International Day of Persons with Disabilities at the Reksha Centre in Kochi. All the activities were designed to engage and uplift the children and young adults at the center. The hands-on activities in carpentry, cooking, tailoring, and IT, in particular, were highlighted as valuable tools for fostering independence and preparing the children for life beyond the center. These vocational skills provide not only practical knowledge but also boost the self-esteem of the children, helping them to feel more empowered and capable in their daily lives.





ഒറ്റയ്ക്കല്ല, ഒരുമിച്ച്

The SMART India Foundation celebrated December as Persons with Disabilities Awareness Campaign, "ഒറ്റയ്ക്കല്ല, ഒരുമിച്ച്." On December 14, 2024, they visited the Samarthanam Trust for the Disabled, conducting a one-and-a-half-hour program for students with special needs. The session began with an ice-breaking activity to help students connect, followed by an awareness class on mental health and inclusion. A fun game session fostered teamwork, and informative videos highlighted the challenges and capabilities of persons with disabilities. The event aimed to spread awareness and promote inclusivity among students.

GLIMPSES



കേൾക്കാൻ ഒരാളെങ്കിലും ഉണ്ടായിരുന്നെങ്കിൽ.....



ഡോ. സെമിച്ചൻ ജോസഫ്

ഉള്ളിൽ സങ്കടങ്ങൾ ഒളിപ്പിച്ചിട്ട് സ്വയം മറന്ന്
ചിരിക്കാൻ ശ്രമിക്കുന്നവർ, ആരും കാണാതെ കണ്ണ്
പൊത്തി കരയുന്നവർ, തലയിണകളെ
കൈലേസുകളായി പരിവർത്തനം ചെയ്യാൻ
വിധിക്കപ്പെട്ടവർ . ചങ്ക് പറിച്ച് കൊടുത്ത് സ്നേഹിച്ചിട്ടും
അവഗണനയും 'തേപ്പും' മാത്രം തിരിച്ച് കിട്ടിയവർ .
ഇനിയും ചിലർ
ആൾക്കൂട്ട ആരവങ്ങൾക്കു നടുവിലും
തനിയെയായിപ്പോയവർ. അത്തരം ഒരു പിടി
ജീവിതങ്ങളെ ഈ നാളുകളിൽ കണ്ടു മുട്ടാൻ ഇടവന്നു.
അവരൊക്കും തിരിച്ച് ചോദിച്ച ചോദ്യം എന്നെ
കേൾക്കാൻ ഒരാളെങ്കിലും ഉണ്ടായിരിന്നെങ്കിൽ
എന്നതാണ്. അതെ നമുക്ക് ആരെയും കേൾക്കാൻ
കഴിയാതായിരിക്കുന്നു . പറയാനും പ്രസംഗിക്കാനും
മറിയില്ലാത്ത നാം കേൾവിയുടെ ജാലകങ്ങൾ അപരനു
മുന്നിൽ കൊട്ടിയടച്ചുകളഞ്ഞതിന്റെ പൊരുൾ
തേടിയുള്ള യാത്ര അതീവ സങ്കീർണ്ണമാണ്.

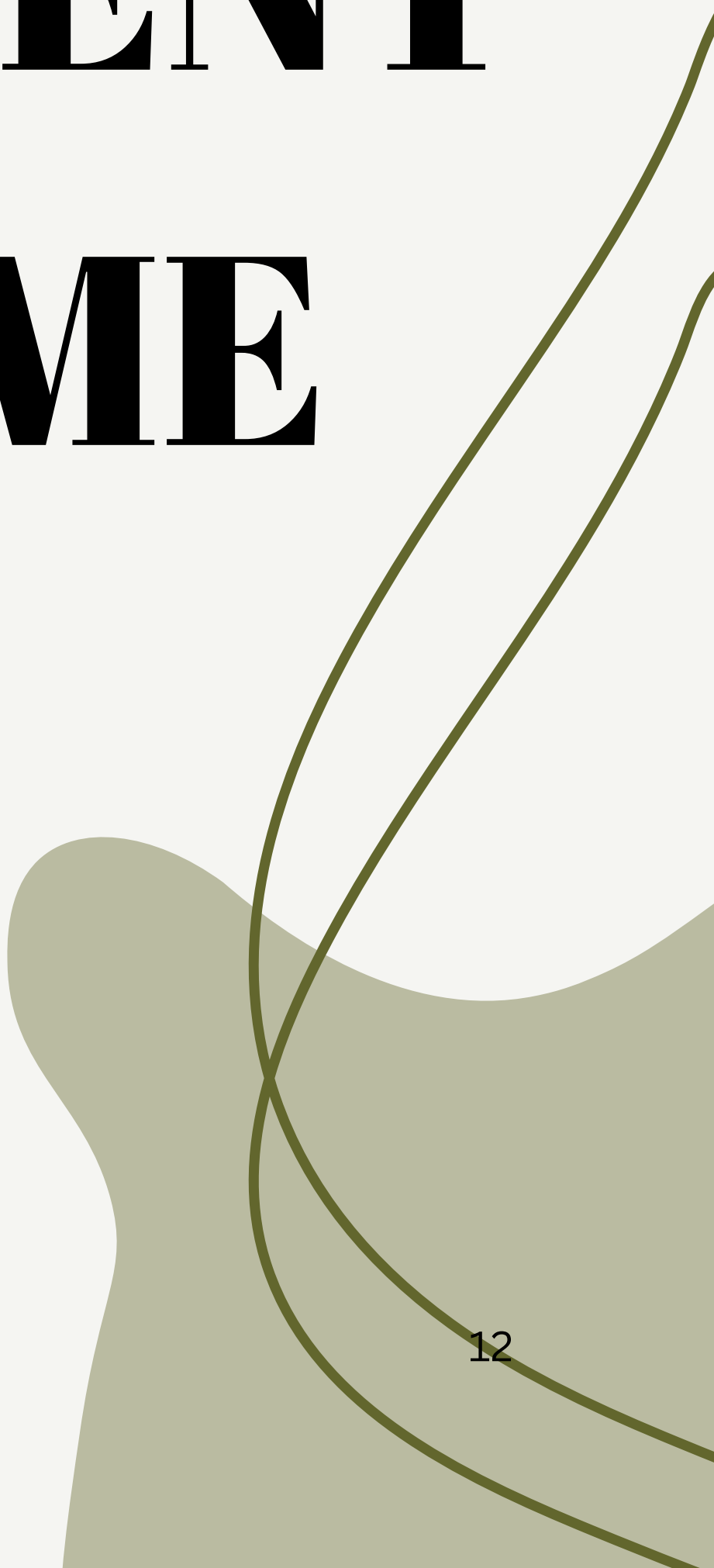
ഏതാനും വർഷങ്ങൾക്കു മുൻപത്തെ ആ നവംബർ മാസ രാത്രി എനിക്കൊരിക്കലും മറക്കാൻ കഴിയാത്ത ഒന്നാണ്. ഒരു ദീർഘയാത്രയുടെ ക്ഷീണകൊണ്ട് അത്താഴം പോലും കഴിക്കാതെയാണ് ഞാൻ അന്ന് കിടന്നത്. ഏകദേശം 11 മണി കഴിഞ്ഞ സമയത്ത് നിർത്താതെയുള്ള ഫോണിന്റെ റിംഗ് കേട്ട് അൽപ്പം ദേഷ്യപ്പെട്ട് കൊണ്ട് തന്നെയാണ് കോൾ അറ്റൻ ചെയ്തത്. മറുതലക്കൽ ഒരു ചെറിയ തേങ്ങൽ മാത്രം കേൾക്കാം ഡിഗ്രിക്ക് ഒപ്പം പഠിച്ച സുഹൃത്താണ് "നിങ്ങൾ ആരും ഇനിയെന്നെ കാണില്ല ഞാൻ ഈ രാത്രി മരിക്കും, എനിക്കൊരുമില്ല എല്ലാരും എന്നെ തോൽപ്പിക്കുകയാടോ" ഇടക്കിടക്ക് മുറിഞ്ഞു പോകുന്ന വാക്കുകൾ ഇടവേളകൾ തീർക്കുന്ന ഏങ്ങലടികൾ. വർഷങ്ങളായി ഹൃദയത്തിൽ കൊണ്ട് നടന്ന പ്രണയം പരാജയപ്പെട്ടതിന്റെ നൊമ്പരമാണ് അയാൾ കരഞ്ഞ് തീർത്തത്. രാവ് പുലരും വരെ നീണ്ട് നിന്ന ആ ഫോൺ കോളിന്റെ അവസാനം യാഥാർത്ഥ്യ ബോധത്തോടെ തീരുമാനം എടുക്കാൻ ആ സ്നേഹിതന് കഴിഞ്ഞു എന്നതിൽ ഇന്നും എനിക്ക് അഭിമാനവും സന്തോഷവുമുണ്ട്. ഞാനെഴുതുന്ന എല്ലാ കുറിപ്പുകളും വായിക്കുകയും അഭിപ്രായം രേഖപ്പെടുത്തുകയും ചെയ്യുന്ന ആ നല്ല സ്നേഹിതൻ ഇതും വായിക്കുമെന്നെനിക്കറിയാം. ഇവിടെ ഉള്ളുലഞ്ഞവന്റെ മുന്നിൽ ഒരു നല്ല കേൾവിക്കാരനായിരിക്കുക എന്ന എന്റെ നിയോഗത്തിന് ഒരു ജീവന്റെ വിലയുണ്ടായിരുന്നു എന്നതാണ് സത്യം.

കേൾക്കുക (hearing) എന്ന ധർമ്മം നിറവേറ്റപ്പെടുന്നത് ശിരസ്സിന്റെ രണ്ട് ഭാഗത്തായി സ്ഥിതിചെയ്യുന്ന പഞ്ചേന്ദ്രിയങ്ങളിൽ ഒന്നായ കർണ്ണങ്ങൾ കൊണ്ടാണ്. ശബ്ദം തിരിച്ചറിയുക, സ്വീകരിയ്ക്കുക, ശബ്ദതരംഗങ്ങളെ ന്യൂറോൺ വഴി തലച്ചോറിലേയ്ക്ക് എത്തിക്കാനുള്ള സംവിധങ്ങൾ ഒരുക്കുക എന്നതാണ് ഇവയുടെ ധർമ്മം. ഇതൊരു ശാരീരികമായ പ്രക്രിയയാണ്, വല്ലതും കേൾക്കാൻ നമ്മൾ ആഗ്രഹിച്ചാലും ഇല്ലെങ്കിലും ഉപബോധ മനസ്സ് അത് ചെയ്തിരിക്കും എന്നാൽ ശ്രവിക്കുക (listening) എന്നത് ബോധമനസ്സ് അറിഞ്ഞുകൊണ്ട് ചെയ്യേണ്ട ഒന്നാണ്, ഇതിൽ ബോധപൂർവ്വം മസ്തിഷ്കം കൂടെ അതിന്റെ യഥാർത്ഥ പങ്കാളിത്വം ഏറ്റെടുക്കേണ്ടതുണ്ട്. അതുകൊണ്ടാണ് കേൾക്കാൻ മാത്രമല്ല മനസ്സിലാക്കാനും കൂടെ കഴിയണം എന്ന് പറയുന്നത്. അതിനാൽ തന്നെ കേൾവി ഒരു സങ്കീർണ്ണമായ ഒരു കലയാണ്.

"എനിക്ക് കേൾക്കാൻ ഇഷ്ടമാണ്. ശ്രദ്ധാപൂർവ്വം കേട്ടതിൽ നിന്ന് ഞാൻ ഒരുപാട് കാര്യങ്ങൾ പഠിച്ചു ." കിഴവനും കടലും പോലുള്ള വിഖ്യാത കൃതികൾ സമ്മാനിച്ച ഏണസ്റ്റ് ഹെമിംഗ്വേയുടെ വാക്കുകൾളാണ് മുകളിൽ ഉദ്ധരിച്ചത് . അപരനെ കേൾക്കുക എന്നത് അത്ര എളുപ്പമുള്ള കാര്യമല്ല അപാരമായ ക്ഷമയും സഹനവും അത് നമ്മിൽ നിന്നും ആവശ്യപ്പെടുന്നുണ്ട്. എന്നാൽ ഈ കഴിവ് നാം സ്വായത്തമാക്കിയാൽ വ്യക്തിജീവിതത്തിലും കുടുംബ ജീവിതത്തിലും സാമൂഹ്യ ഇടപെടലുകളിലുമൊക്കെ വിജയിക്കാൻ നിഷ്പ്രയാസം നമുക്ക് സാധിക്കും.



SOCIAL WORKER’S EMPOWERMENT PROGRAMME



Methods Of Social Work

On December 5, 2024, the SMART India Foundation organized a session on Methods of Social Work for the interns. The session was aimed at enhancing the knowledge and skills of future social workers, providing them with valuable insights into the methods and practices of social work. The session was conducted by Mr. Muhammed Shalih C., a Junior Research Fellow Research Scholar in the Department of Social Work at Bharathidasan University. The session was very informative and enriching for the interns. Mr. Muhammed Shalih C. covered various social work methods, including casework, group work, community work, and research, highlighting their role in addressing social issues. The session emphasized core social work values such as empathy, empowerment, and social justice, which are fundamental to the profession.



SMART INDIA FOUNDATION

Social Worker's Empowerment Programme
(SEP-56)

METHODS OF
SOCIAL WORK



Mr.MUHAMED SHALIH C

JRF Research Scholar
Department of Social Work
Bharathidasan University

5 DECEMBER 2024

08.00 PM



CODE OF ETHICS AND PRINCIPLES



SMART INDIA FOUNDATION
Social Worker's Empowerment Programme
(SEP 57)

CODE OF ETHICS AND PRINCIPLES

10/12/2024
8:00 PM



Mr. GARSHO RAHUL
PH.D RESEARCH SCHOLAR
DEPARTMENT OF SOCIAL WORK
BHARATHIDASAN UNIVERSITY

GOOGLE MEET 

www.smartindiafoundation.org

The SMART India Foundation hosted a session on 10th December 2024 to deepen interns' understanding of the ethical principles in social work. Led by expert Mr. Garsho Rahul, the session offered valuable insights into the values guiding social work practice, supporting the foundation's goal of enhancing interns' professional skills.

Community Organization

On 11th December 2024, Ms. Diya Cyril, a social work professional, led a session on community organization as part of Social Workers' Empowerment Programme. She shared tools and techniques for engaging communities, fostering collective action, and addressing social issues through grassroots mobilization. The session emphasized building resilient networks, assessing community needs, and implementing sustainable solutions. Ms. Diya Cyril highlighted the role of social workers as facilitators linking communities to resources, addressing challenges such as poverty, healthcare, education, and environmental sustainability.



SMART India Foundation

Social Worker's Empowerment Programme
(SEP-58)

Community Organization

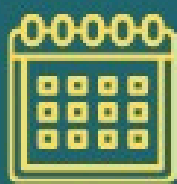


Ms. Diya Cyril

Ph. D Scholar NET
MSW Gold Medalist
Amity University Noida, Delhi

www.smartindiafoundation.org

11 December, 2024



8:00pm



VIA:GOOGLE
MEET

For More Information
☎:8848533312



ORGANIZATION VISITS



Njarackal Panchayat

On December 6-7, 2024, the interns from SMART India Foundation conducted a field and organization visit at Njarackal Panchayat. This visit was part of a training program aimed at providing Bachelor of Social Work (BSW) and Master of Social Work (MSW) students with an opportunity to explore the community, assess its resources, and better understand its needs. The objective of the visit was to expose the students to real-world community dynamics and enhance their fieldwork experience by engaging directly with the local community. The program aimed to provide students with practical exposure to community-based social work, enabling them to understand various aspects of community life. The visit focused on observing the strengths and challenges within the Njarackal Panchayat, evaluating existing resources, and identifying the specific needs of its residents. It bridged theory with practice, preparing students for their future roles as social workers.



VIMALABHAVAN

Smart Interns recently conducted an organizational visit to Vimalabhavan, an institution dedicated to social service, where they learned about the care and support provided to its residents, who include women, differently-abled individuals, and bedridden persons.



Poornathrayeesha Old Age Home

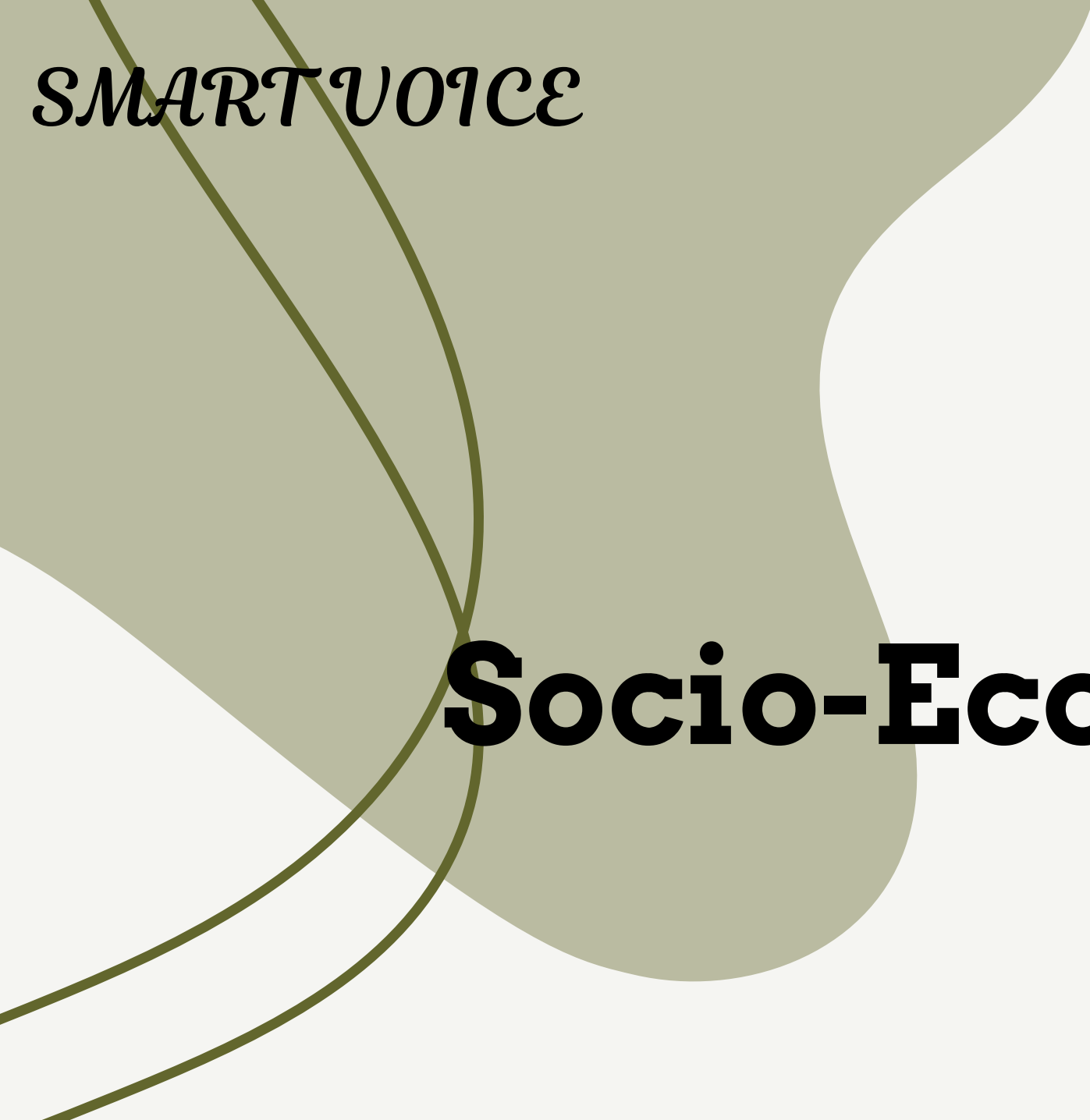
On 13th December 2024, Smart Intern organized a visit to Poornathrayeesha Old Age Home to engage with elderly residents and understand their needs. Interns interacted with the inmates, listened to their life stories, and assessed their physical and emotional requirements. The staff shared insights into the challenges of running the facility and caring for the elderly. The visit highlighted the social, psychological, and healthcare needs of senior citizens, fostering empathy and awareness of their realities.





ACTIVITIES FROM THE FIELD





Socio-Economic Survey

The SMART India Foundation conducted a socio-economic survey in Njarakkal Panchayat's 13th ward on December 9th-10th, 2024, revealing significant challenges. The coastal region faces regular tidal surges, causing extensive damage to homes and leading to financial instability. Most residents rely on fishing, which offers limited economic opportunities, especially for women, who face high unemployment due to gender roles. The lack of education further restricts job prospects, perpetuating financial difficulties in the community.





HUMAN RIGHTS DAY PROGRAMMES



CELEBRATING HUMAN RIGHTS DAY

On December 10, 2024, SMART Interns created an awareness video and shared it on the official website to mark Human Rights Day. The video aimed to educate the public about human rights and highlight the theme for 2024: "Dignity, Freedom, and Justice for All."

The video explained the concept of human rights, emphasizing equality, dignity, and non-discrimination. It also showcased real-world examples of human rights issues and linked these challenges to the 2024 theme, urging viewers to reflect on justice and freedom for all.



Dhyuthi Campaign

SMART India Foundation organized impactful programs to raise awareness about human rights. The initiative focused on promoting the importance of human dignity and ensuring the recognition of rights for all individuals.

The programs were conducted at two old age homes in Thrippunithura, Tabitha Old Age Home and Poornathrayeesha Old Age Home. Residents and staff members participated in activities, and awareness sessions designed to emphasize the significance of respecting human rights, especially for the elderly.

Through this initiative, SMART India Foundation successfully fostered a deeper understanding of human rights, highlighting the importance of compassion, respect, and equal treatment for all individuals, regardless of age or background. The event contributed to a more inclusive community, raising awareness of the essential need to protect the dignity of every person.

Dhyuthi Campaign at Tabitha Old Age Home

On December 13, 2024, Smart India Foundation, in collaboration with Don Bosco College, organized a one-hour human rights awareness campaign titled "Dhyuthi" at Tabitha Old Age Home. The campaign aimed to educate elderly residents about their basic human rights, empowering them to understand and assert their entitlements, with a focus on dignity, equality, and social justice.

SMART team engaged with the elderly, introducing human rights concepts and discussing key issues such as the right to live with respect and the importance of social justice for senior citizens.

Dhyuthi Campaign Glimpses



Dhyuthi Campaign at Poornathrayeesha Old Age Home

On 15th December 2024, the Dhyuthi Campaign, a one-hour awareness program aimed at educating elderly residents about their human rights, was successfully conducted at the Poornathrayeesha Old Age Home. The event, organized by SMART team, aimed to empower elderly individuals by informing them of their rights, thus promoting dignity, respect, and self-awareness among the senior citizens.





COMMUNITY PROGRAMMES



DISHA

On 20th December 2024, SMART India Foundation conducted the "Dhisha" community program at Karuna Buds School to introduce children with special needs to yoga and meditation for their physical and mental well-being. Experienced instructors guided the children through simple yoga exercises focusing on stretching, breathing, and posture, followed by a meditation session teaching basic mindfulness and breathing techniques to reduce stress and promote calmness. The "Dhisha" program successfully introduced practices that improved the children's physical and emotional health, with potential for sessions to enhance their well-being further.

DISHA PROGRAMME



SNEHA SADAN

On 26th December 2024, SMART India Foundation organized a heartfelt visit to Sneha Sadan, an old age home located in Thrippunithura. This initiative aimed to bring joy, festive cheer, and emotional support to the 16 elderly women residents, most of whom face challenges due to the lack of family support. The event, centered around the Christmas celebrations, included a series of activities to foster emotional connection, interaction, and entertainment.





CHRISTMAS CELEBRATION



GLORIA 2K24

On Christmas, the Smart Volunteer Team organized a celebration at Holy Cross Hospice, which cares for terminally ill cancer patients, aiming to bring joy and comfort during the festive season.

Volunteers engaged with patients through interactions and cultural programs, spreading cheer and creating a warm, festive atmosphere at the hospice.

The event was inaugurated by Mr. Roji Joseph, a renowned singer, motivational speaker, bodybuilder, and community advocate. He was honored for his exceptional contributions to society, adding significance to the occasion.







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