



SMART INDIA FOUNDATION



SMART VOICE - NOVEMBER 2024

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EDITORIAL

A World for Every Child: Protecting Their Tomorrow

As we celebrate Children's Day this November, we are reminded of the precious role children play in shaping the future of our societies. It is also an opportune moment to reflect on the global commitment to upholding children's rights, enshrined in the United Nations Convention on the Rights of the Child (UNCRC).

Adopted in 1989, the UNCRC remains the most comprehensive international legal instrument for the protection and promotion of children's rights. It recognizes children as individuals with their own set of rights, including the right to survival, development, protection from harm, and participation in decisions that affect their lives. These rights apply to every child, regardless of their background, abilities, or circumstances.

Yet, even after three decades of progress, many children around the world remain vulnerable to violence, exploitation, and neglect. Millions are deprived of education, healthcare, and basic necessities. The theme for this year's Children's Day—Invest in Our Future, Invest in Our Children—underscores the urgent need to translate commitments into meaningful actions.

In India, significant strides have been made in areas such as universal primary education, child health initiatives, and legislative protections like the Juvenile Justice Act and the Protection of Children from Sexual Offenses Act. However, challenges such as child labor, trafficking, and discrimination continue to persist. Bridging these gaps demands collaborative efforts from governments, civil society, educators, and communities.

At the heart of this mission lies awareness. Every adult must recognize the transformative potential of listening to children, valuing their voices, and empowering them to be active participants in society. Schools, families, and institutions must nurture an environment where children can dream fearlessly and flourish without barriers.

This Children's Day, let us renew our pledge to prioritize the rights, safety, and well-being of every child. By investing in their future, we invest in a more just, equitable, and compassionate world.

At Smart India Foundation, we are dedicated to creating a brighter future for children. Join us in our mission by becoming a volunteer and driving meaningful change in their lives.

Together, we can advocate for children's rights, build inclusive communities, and inspire hope for a better tomorrow.

Visit our website or contact us to learn more about how you can contribute and be part of this transformative journey.

Every action counts, and together, we can make a difference!

Dr Semichan Joseph
Team SMART

www.smartindiafoundation.com

SOCIAL WORKER'S EMPOWERMENT PROGRAMME



On 4th November 2024, SMART India Foundation organized a one-hour session titled "Empathy in Action: Stories from the Field", presented by Mr. Josymon Joy, a fellow at the Piramal Foundation. The session aimed to provide social work students with insights into the importance of empathy in social work practice, how fellowship opportunities like the one Mr. Josymon Joy is undertaking can enhance career prospects, and share real-life experiences from his fieldwork journey. He shared a wealth of knowledge about both the process of securing a fellowship and the lessons he has learned from his direct fieldwork experiences.



On November 5, 2024, Smart India Foundation hosted a one-hour session on "The Importance of Fitness Therapy in Day-to-Day Life," led by fitness expert Mr. Basil K. Varghese. The session emphasized the role of fitness therapy in enhancing mental clarity, emotional resilience, and physical well-being—essential qualities for social workers navigating a demanding profession. Mr. Basil highlighted fitness therapy as a holistic approach combining physical exercise, mindfulness, and proper nutrition to promote overall health. He underscored the importance of maintaining a balanced lifestyle to thrive both personally and professionally in today's fast-paced, stress-filled world.



On 8th November 2024, the Smart India Foundation hosted a one-hour session on Social Welfare Administration, led by expert Mr. Garsho Rahul. Aimed at social work students, the session covered the role of administrators in addressing societal issues, focusing on policy implementation, resource allocation, and program evaluation. Mr. Rahul emphasized the interdisciplinary nature of the field, integrating sociology, policy, psychology, and law, while highlighting key responsibilities such as policy development, program management, budgeting, and community impact assessment.

**SMART INDIA FOUNDATION**
SOCIAL WORKER'S EMPOWERMENT
PROGRAMME (SEP -55)
**A PRACTICAL
PERSPECTIVE TO
COUNSELLING**
Ms.SINI SEBASTIAN
Counsellor
11 NOVEMBER, 2024
8 PM
Google Meet

On 11th November, the Smart India Foundation hosted a one-hour session titled Practical Perspective to Counselling, led by seasoned counselor Ms. Sini Sebastian as part of the Social Workers' Empowerment Programme. Aimed at social work interns, the session offered practical insights into the counseling profession, emphasizing essential skills, approaches, and real-world challenges. Ms. Sebastian discussed strategies to address client resistance, the impact of cultural context on counseling, and the importance of self-care to prevent burnout, providing interns with actionable strategies for their professional practices.

CHILDREN'S DAY SPECIAL



Children's Day Celebration at KLUMP School, Eroor



SMART India Foundation celebrated Children's Day with great enthusiasm at KLUMP School, Eroor. The event was a vibrant and joyful occasion filled with a variety of activities. The session began with engaging games that brought out the playful spirit in the children, followed by a lively class session where students actively participated.

The highlight of the day was the cultural programs, where the children showcased their talents through dances and songs. These performances not only entertained but also reflected their creativity and confidence.

Children's Day Celebration at Kaliveedu



SMART India Foundation, in collaboration with CFI College of Education, celebrated Children's Day at Anganwadi with immense joy and excitement. The little children were dressed in outfits resembling Chachaji, adding a special charm to the event.

The celebration began with an official session, where the importance of Children's Day was highlighted. This was followed by a variety of engaging games and fun-filled cultural programs, where the children actively participated, showcasing their enthusiasm and creativity.

FIELDWORK ACTIVITIES



SURVEY

On 23rd November 2024, Smart Interns conducted a survey to assess the mental health of Keralites. The survey aimed to understand how the people of Kerala view their mental health and the kinds of support systems they rely on. A significant majority of the respondents stated that they prioritize their mental health and consider it an essential aspect of their overall well-being. This indicates a growing awareness and importance placed on mental health within the community.

INTERVIEW

On 22nd November 2024, Smart Interns conducted interviews with elderly individuals as part of an ongoing initiative aimed at improving the well-being of senior citizens. The goal of the program was to identify the strengths and weaknesses of the elderly, understand the factors that affect their happiness, and spend meaningful, quality time with them. The interviews were designed to encourage open dialogue, allowing the elderly to share their personal experiences, health concerns, and emotional needs.

During the interviews, several strengths were identified. Many elderly individuals spoke of their resilience, life experience, and strong family connections. Despite facing challenges such as mobility issues or health concerns, many highlighted their ability to adapt to changes, showing a sense of strength that comes with age.

However, weaknesses were also evident, with common themes being physical limitations, health-related struggles, and feelings of social isolation.

ORGANIZATION VISIT



As part of internship program, the SMART interns visited the Cottolengo Vocational Training Center in North Paravur on 25-11-2024. The visit aimed to provide interns with a deeper understanding of the operations of vocational training for differently-abled individuals and to offer an opportunity to interact with the children and staff at the center. The interns engaged in meaningful conversations with the children, learning about their daily routines, challenges, and the skills they are developing at the center.

CASE WORK AND GROUP WORK



The SMART interns recently had the opportunity to apply theoretical knowledge into practice through casework and group work at Cottolengo Special School. This experience allowed them to enhance their skills and understanding of working with children with special needs, while contributing to the educational and developmental goals of the school.

COMMUNITY DEVELOPMENT PROGRAMMES

Green Panchayat Campaign

SMART India Foundation, in collaboration with CFI College of Education, conducted a successful Green Panchayat Campaign aimed at promoting environmental sustainability in the local community. The campaign took place at the Poya Junction, where paper bags were distributed to shops to encourage eco-friendly practices and reduce plastic usage.

The initiative focused on raising awareness about the harmful effects of plastic and offered a practical alternative with paper bags, which are biodegradable and environmentally friendly. Volunteers from both organizations engaged with shopkeepers and the local public, explaining the benefits of using paper bags over plastic ones.





Entrepreneurship Skill Development Programme

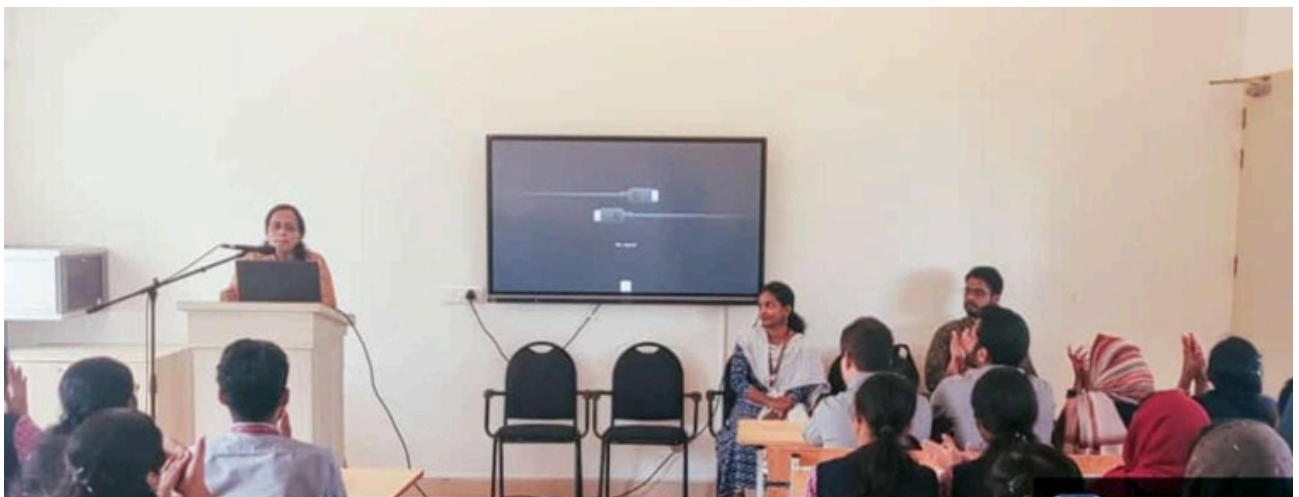
SMART India Foundation, in collaboration with CFI College of Education, recently organized an Entrepreneurship Program aimed at fostering innovative thinking and entrepreneurial skills among participants.



Career Orientation Programme

SMART India Foundation, in collaboration with CFI College of Education, successfully conducted a Career Orientation Program aimed at guiding students towards making informed career choices.

The event took place at the CFI College of Education campus, with active participation from students, educators, and career experts.



Vocational Training Programme

SMART India Foundation, in collaboration with CFI College of Education, successfully conducted a vocational training program aimed at enhancing employability and skill development among youth.



Awareness Programme

SMART India Foundation, in collaboration with CFI College of Education, organized a Say No to Dowry awareness program at the college campus. The event aimed to raise awareness about the negative impacts of dowry and promote social equality among students.



NO LIMITS, ONLY POSSIBILITIES

As part of International Day of Persons with Disabilities, SMART India Foundation conducted an inspiring interview with Ms. Anumol Sebastian, an active volunteer and a person with a disability. The interview, which was featured on the official website of the foundation, highlighted her remarkable journey, accomplishments, and the challenges she has overcome. Despite being differently abled, Ms. Anumol's resilience and determination shine as an example of how barriers can be broken with perseverance and support.





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