



SMART INDIA FOUNDATION

SMART VOICE

SEPTEMBER 2024



CONTENT

1. Editorial	3
2. Rural Camp SAMATHWA	5
3. Manual work	7
4. Teacher's day celebration	9
5. Medical camp	10
6. Organization visit	12-16
7. Surveys	17- 24
8. Orientaion Sessions	25-29
9. Book digitalization	30
10. Social awareness program	32
11. SATHVA elder wellness campaign	33-37
12. UNARV anti-drug campaign	38-42
13. Onam Celebration	

The Power of Volunteerism in Building Stronger Communities.

At Smart India Foundation, we firmly believe that a thriving community is built on the foundation of selfless service and collective action. In every community, volunteers are an irreplaceable resource. These are the individuals who dedicate their time, skills, and energy to improve lives, expecting little in return beyond the fulfillment of contributing to a greater cause.

Volunteer efforts, whether focused on education, healthcare, environmental sustainability, or supporting vulnerable groups, create lasting ripples of positive change. Each act, no matter how small, strengthens the social fabric, bringing people together to address challenges and fostering resilience.

Moreover, the benefits of volunteerism extend far beyond the recipients. Volunteers gain a deeper understanding of their community's needs, enhance their skills, and cultivate empathy. Many find that these experiences shape their lives, reaffirming the value of service and giving.

As we face ongoing societal challenges, from economic inequality to environmental crises, we see time and again that sustainable solutions start locally. Through volunteerism, we can drive impactful change, often in areas overlooked or underserved.

This month, Smart India Foundation encourages each of us to reflect on how we can contribute. Whether you're a seasoned volunteer or considering your first engagement, remember that every effort counts. Together, through acts of service, we can build communities rooted in compassion, inclusivity, and mutual support—foundations that will drive lasting progress.

For Team SMART
Dr.Semichan Joseph

"സമത്വ" Rural Camp

The Smart India Foundation, in collaboration with St. Albert's College Medical and Psychiatric Department, proudly conducted a significant 7-day rural camp at Sreemoolanagaram Panchayat.



This comprehensive program encompassed a range of activities, including manual work, house visits, detailed surveys, social awareness initiatives, Book digitization, organization visits, medical camp, and cultural events. The camp was inaugurated by Panchayat President on September 3, 2024, at the Family Health Centre, marking the beginning of a week filled with community connection and meaningful impact.



Manual work at FHC in chowara

The "SAMATHWA" rural camp began with a focused manual task at the Sreemoolanagaram Family Health Centre. The primary objective was to clean and beautify the surroundings of the FHC, ensuring a cleaner and more pleasant environment for the community members who rely on the center for healthcare services.





The cleaning activity was successfully completed. The surroundings of the Sreemoolanagaram FHC were left significantly cleaner, contributing to a more welcoming atmosphere for the patients and staff of the center.

Teacher's Day Celebration



The Teachers' Day celebration at Buds Rehabilitation Centre in Sreemoolanagaram was a heartfelt tribute to the dedicated educators shaping the lives of differently-abled children. Special recognition went to Ms. Smitha and Ms. Febina, who have spent many years in this significant position. One of the ward members of Sreemoolanagaram Panchayat Mr. C. P. Muhammed provided gifts as a token of appreciation, honouring their unwavering commitment and impact. It was a day filled with gratitude and appreciation for their hard work and compassion.

Medical Camp

On September 8-9, 2024, the SMART India Foundation, Pulari Residents Association, EDRAAC Sreemoolanagaram, and Dr. Agarwal's Eye Hospital jointly organized a free eye testing camp. The camp was inaugurated by Mr. V.M. Shamsudheen.





Approximately 80 patients attended the camp, where they received counseling and various other services. The event was well planned and executed, offering facilities for counseling, optical services, and testing. The camp was organized by the students of St. Kuriakose College and St. Albert's College. Their interaction and volunteer service made the camp more successful and effective.

ORGANIZATION VISIT

MARIYALAYAM VISIT



As part of the SAMATHWA Rural Camp, interns from the SMART India Foundation visited Mariyalayam. This organization serves individuals with intellectual disabilities and provides a safe and nurturing environment for girls with such disabilities. The center offers support along with yoga and meditation to promote their overall well-being.

The visit was followed by a vibrant cultural program, featuring various activities that brought immense joy and laughter to everyone involved.



OLDAGE HOME VISIT

SMART India Foundation interns conducted a cultural program for the inmates at Karunabhavan, an institution dedicated to elderly women. This visit provided insights into their real lives and the institution's successful 50-year history. With the support of local leaders, the interns learned about the services provided to the residents by various organizations. After interacting with the inmates, they organized cultural events, including dance performances and group songs, which brought joy to everyone involved.

ORGANIZATION VISIT

The SMART India Foundation, in collaboration with St. Kuriakose College, conducted an organizational visit, case work, and group work at the Cottalengo Vocational Training Centre in North Paravur. Legally registered in 2013 as a special school for differently-abled children, the center emphasizes vocational training over traditional academic learning. As a result, they prioritize vocational activities for their students.



SURVEYS

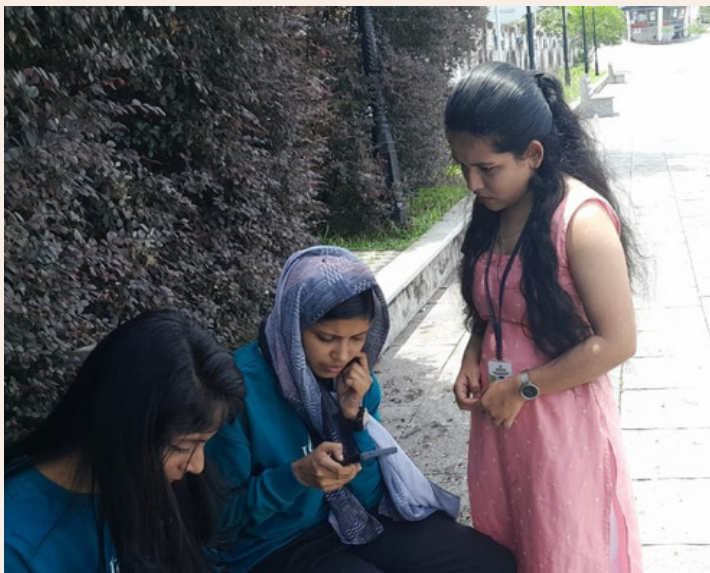
Socio-economic Surveys



The SMART India Foundation conducted a socio-economic survey in the Sreemoolanagaram panchayat. With the support of local leaders, the survey was successful. This survey included various aspects of the community, such as the services provided by different organizations, their effectiveness, waste management and disposal practices, the usage and disposal of sanitary napkins, the sources of drinking water, and the services offered by Haritha Karma Sena. The collected data revealed several social concerns that required the attention of the authorities, so submitted the survey reports to local leaders.

Mental Health Survey

The SMART India Foundation, in collaboration with St. Kuriakose College, conducted a mental health survey. Mental health is a crucial aspect of overall well-being, significantly influencing a person's thoughts, emotions, and behaviors. Despite its importance, mental health issues are often hidden, stigmatized, or misunderstood. To address these challenges and promote a culture of understanding, a mental health awareness survey was conducted at Marine Drive.



During the interviews, it became clear that the younger generation faces many difficulties. Parents should primarily grant their children the freedom to make their own choices, as many tend to impose their own desires on them. Good parenting is crucial for the mental health of children. A survey conducted with individuals over 21 revealed that there should be more mental health awareness classes offered in colleges and schools.



The survey was successful due to high participation. The participants were cooperative with the survey

Elderly interview

The SMART India Foundation interns conducted interviews with elderly individuals aged 60 and above. They explored various issues, including economic challenges, social difficulties, health concerns, socialization, and spiritual needs. Additionally, they inquired about mental health and the psychological challenges faced by this age group.

Elderly individuals often encounter several social issues, such as loneliness, isolation, social discrimination, ageism, and the challenges that come with retirement. Many feel disconnected from their families, friends, and communities, and they struggle with financial difficulties and health problems. However, some elderly people also express feelings of peace and gratitude.

From the interviews, we found that the participants are enjoying their old age alongside their families and friends. They have also experienced an increase in their spiritual beliefs.



Mini Research



The SMART India Foundation and St. Albert's College jointly conducted a mini research study in Sreemoolanagaram Panchayat, Chowara, Aluva, to gather information about the floods. In 2018, the village was severely affected by flooding caused by the overflowing of the Periyar River, which led to significant crop losses and impacted the livelihoods of farmers. Currently, one of the major issues faced by residents is the lack of access to safe drinking water. Following the disaster, many residents required psychological support and community assistance to cope with the trauma and the healing and recovery process.

Interactive Session With MGNREGA WORKERS

The SMART India Foundation and St. Albert's College conducted an interactive session with MGNREGA employees at Sreemoolanagaram Panchayat, Ward 6. During this session, participants shared their experiences. Most of the employees have been working for around 8 to 13 years. They discussed the benefits they have received from their jobs as well as their concerns regarding their work. The session was very informative and engaging.



ORIENTATION

SOCIAL WORK & SKILL DEVELOPEMENT

On 5th September 2024, the SMART India Foundation conducted an orientation session led by Mr. P.S. Vinayan, focusing on the importance of social work and skill development. The session provided valuable insights into improving communication skills, leadership, willpower, courage, confidence, and patience.





Additionally, Mr. Vinayan discussed the formation of residents' associations and how to work for the public to address their needs. Overall, it was a meaningful session that motivated and inspired students to contribute positively to society.

BACK TO PAST

As part of the Rural Camp, Smart India Foundation interns visited local experts. During this visit, the interns attended an orientation session led by Narayanan Mash and Bhaskaran Mash, where they learned about the history of the area and the changes that have occurred over the years. They also had the opportunity to gain insight into farming practices. Their narration was engaging, and the interns acquired valuable knowledge about our country's past.





They also delivered a lecture on the connection between shipment and social work, highlighting its contribution to social development. He shared his insights on the history and lifestyle of previous generations, particularly during the pre-independence era. He explained concepts such as slavery, racism, and segregation, emphasizing the significant changes that have taken place over time.

Book Digitalization

The SMART India Foundation, in collaboration with St.Kuriakose college Kuruppampady and St. Albert's College Ernakulam has completed the digitalization of books at Janarajini Library in Chowara. Nearly 2,000 books have been successfully entered into a digital database. This initiative enables individuals to easily find the books they are looking for, overcoming the limitations of available physical copies in the community library. Digitizing the collection allows users to search online for the books they need and identify which library has those books.



Social awareness program



The SMART India Foundation and St. Albert's College jointly organized a social awareness program for students at Government Higher Secondary School in Chovvara. There were two programs: one focused on drug abuse and the other on waste management. Both programs were successful and aimed to educate and raise awareness among the students about these important topics. The students had the opportunity to clear their doubts during the sessions, and they actively participated in both programs.

SATHVA

ELDER WELLNESS CAMPAIGN

Bethsaida old age home Thevara

As part of the Elder Wellness Campaign, the SMART India Foundation organized a comprehensive one-hour event at Bethsaida Old Age Home, specifically tailored for handicapped girls. The primary focus of the campaign was to promote awareness about mental health and its importance in overall well-being.



The event began with an informative class that addressed various aspects of mental health, encouraging participants to share their thoughts and experiences. This was followed by engaging icebreaking sessions, designed to foster connection and build a sense of community among the residents.

Throughout the event, every member of the institution actively cooperated with the SMART team, contributing to a positive and supportive atmosphere. The campaign was a meaningful initiative that aimed to uplift the spirits of the residents while emphasizing the significance of mental wellness.



Caritas Home for Elderly

An elder wellness campaign was conducted at Caritas Home for the Elderly, which is a paid institution for senior citizens. The residents include individuals with various professional backgrounds, such as doctors, teachers, and lawyers. The campaign lasted for one and a half hour and helped us gain a deeper understanding of the lives of each resident. These interactions provided valuable knowledge and insights.



Tabitha old age home

Tabitha Old Age Home, located in Thrippunithura, was established in 2006 and is permitted to accommodate only 26 inmates. Funding and sponsorship primarily come from the local community. All inmates are over the age of 60, with many being orphans and some having been abandoned by their children. Recently, the SMART team organized a program for these residents, allowing them to share their knowledge and experiences, helping them feel more at ease.



UNARV

ANTI -DRUG CAMPAIGN

RLV Government UP school, Thrissur

As part of the UNARV initiative, the SMART India Foundation and St. Kuriakose College Kuruppampady jointly organized a one-hour program for the students at RLV Government UP School in Thrissur on September 27, 2024. The program included an awareness class, an ice-breaking session, interactive discussions, and various activities aimed at educating the students about the dangers of drugs and encouraging them to avoid substance abuse. The students participated attentively and provided positive feedback about the experience. The campaign concluded with an anti-drug pledge.



Government LP school, Padivattam

Smart interns conducted an anti-drug campaign at Government LP School, Padivattom, on September 24, 2024. The campaign began with an introductory session, followed by a 10-minute ice-breaking activity. An awareness class was held for the students to educate them about the dangers of drug use. We also presented a video clip related to the anti-drug theme. The students attended the campaign attentively. Overall, the campaign was a success.



ONAM CELEBRATION



The SMART Volunteer team celebrated Onam with the inmates of Vimalabhavan in Fort Kochi. The program was wonderful and included interactions with the inmates, cultural performances, and traditional Athappookkalam. The volunteers prepared and presented various cultural events, such as Thiruvathira and Onappatt.



This event also provided the volunteers with an opportunity to reconnect with their teammates from different locations while celebrating a meaningful occasion with these amazing individuals. Both the volunteers and the inmates enjoyed every moment of the celebration, especially when they received wishes from Mahabali. Overall, it was a beautiful and memorable moments for everyone involved.

RESEARCH WORKSHOP



5 DAYS RESEARCH METHODOLOGY WORKSHOP ON QUANTITATIVE AND QUALITATIVE RESEARCH

October 21 - 25
8 PM via, Google meet



ORGANIZED BY
SMART INDIA FOUNDATION

About us

The SMART India Foundation is a voluntary organization dedicated to fostering positive change. The acronym "SMART" represents the "Social Work Movement for Action, Research, and Training," which underscores our commitment to utilizing social work methodologies to effect sustainable progress for individuals, groups, and communities. In pursuit of our objectives, we actively collaborate with a diverse array of governmental and nongovernmental entities.

About workshop

The workshop on research methodology is focused on essential topics such as research design, planning, data collection methods, and data analysis techniques. It is led by esteemed experts in the field and aims to provide participants with practical knowledge and assistance in identifying challenges encountered during research. This workshop presents a valuable opportunity for social work trainees to gain critical insights and enhance their practical experience. Additionally, it facilitates the opportunity to clarify doubts and paves the way for job opportunities in the field of social work.

5-DAYS RESEARCH METHODOLOGY WORKSHOP FOR MSW & BSW STUDENTS

Day 1: Introduction to Research Methodology

Definition and significance of research in social work

Types of research (quantitative, qualitative, mixed-methods)

Overview of the research process

Day 2: Research Design and Planning

Formulating research questions and objectives

Selection of research designs

Day 3: Data Collection Methods

Universe and Sampling (Sampling Techniques)

Quantitative data collection methods (surveys, questionnaires, scales)

Qualitative data collection methods (interviews, focus groups, observations)

Day 4: Writing Research Proposals and Reports

Structure and content of research proposals and reports

Writing tips and best practices

Disseminating Research Findings

Presentation and publication of research findings

work.
Reference, Chapterisation, Abbreviation, Annexure

Day 5: Data Analysis Techniques

Quantitative data analysis

Qualitative data analysis

Statistical Tests

Parametric Tests

Non Parametric tests



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Register now!

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Target Group

MSW & BSW students

Registration fee: 200/-

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SMART INDIA

JOURNEY OF SMART INDIA FOUNDATION

ഇവിടെ 'സ്മാർട്ടാണ്' സാമൂഹ്യപ്രവർത്തനം

കൊച്ചി: സാമൂഹ്യപ്രവർത്തനം പഠിക്കുകയും പഠിപ്പിക്കുകയും വ്യത്യസ്തമായ മേഖലകളിൽ ഒരു പതിറ്റാണ്ടോളം പ്രവർത്തിക്കുകയും ചെയ്ത മൂന്നു സുഹൃത്തുക്കൾ ചേർന്ന് രൂപം നൽകിയ സന്നദ്ധ സംഘടന ശ്രദ്ധേയമാകുന്നു. സോഷ്യൽ വർക്ക് മൂവ്മെന്റ് ഫോർ ആക്ഷൻ റിസർച്ച് ആൻഡ് ട്രെയിനിംഗ് (സ്മാർട്ട്- ഇന്ത്യ ഫൗണ്ടേഷൻ) ഇന്ന് 600ലധികം സന്നദ്ധ പ്രവർത്തകരുടെ കൂട്ടായ്മയാണ്.

സാമൂഹ്യ പ്രവർത്തകരും ഗവേഷകരുമായ ഡോ. സെമിച്ചൻ ജോസഫ്, ഡോ. സേവ്യർ വിനയരാജ്, ഡാലിൻ ഡയസ് എന്നിവർ ചേർന്ന് 2023ലെ

ലോക സാമൂഹ്യപ്രവർത്തന ദിനത്തിലാണു കൊച്ചി കേന്ദ്രമായി സ്മാർട്ട് ഇന്ത്യ ഫൗണ്ടേഷൻ തുടക്കമിട്ടത്.

അക്കാദമിക്-സാമൂഹ്യ പ്രവർത്തകരെ ബന്ധിപ്പിച്ച് സോഷ്യൽ വർക്കേഴ്സ് എംപവർമെന്റ് പ്രോഗ്രാം എന്ന പേരിൽ സംഘടിപ്പിക്കുന്ന പ്രതിവാര സംവാദങ്ങൾ ആയിരക്കണക്കിന് വിദ്യാർത്ഥികൾക്ക് പ്രഫഷണൽ സോഷ്യൽ വർക്കിന്റെ പ്രായോഗിക പാഠങ്ങൾ നൽകുന്നു.

തെരഞ്ഞെടുക്കപ്പെട്ട ഗ്രാമങ്ങളിൽ ജനകീയ പങ്കാളിത്തത്തോടെ വികസന പോരായ്മകൾ കണ്ടെത്തി അതിന് പരിഹാരം നിർദ്ദേശിക്കുന്ന പദ്ധതി

തിയാണു സ്മാർട്ട് വില്ലേജ്. സാമൂഹ്യ പ്രവർത്തന വിദ്യാർത്ഥികളും സന്നദ്ധ പ്രവർത്തകരും ഇതിന്റെ ഭാഗമാണ്. ഞാറയ്ക്കൽ, കുമ്പളങ്ങി പഞ്ചായ

ത്തുകളിലെ തെരഞ്ഞെടുക്കപ്പെട്ട പ്രദേശങ്ങളിൽ വിവര ശേഖരണം പൂർത്തിയാക്കി.

സാമൂഹ്യപ്രവർത്തനത്തിലൂടെ പുതിയ തലമുറയിൽ പൗരബോധവും സാമൂഹിക പ്രതിബദ്ധതയും വളർത്തുകയാണ് സ്മാർട്ട് ഇന്ത്യയിലൂടെ ലക്ഷ്യമാക്കുന്നതെന്ന് മാനേജിംഗ് ട്രസ്റ്റി ഡാലിൻ ഡയസ് പറഞ്ഞു.

മാസത്തിലൊരിക്കൽ അഗതിമന്ദിരങ്ങൾ സന്ദർശിക്കാനും അവരോടൊ

പ്പം സമയം ചെലവഴിക്കാനും ദീപാബിജൻ, നീതു എസ് പി എന്നിവരുടെ നേതൃത്വത്തിലുള്ള സ്മാർട്ട് വോളണ്ടിയർമാരുണ്ട്.

മലയാളിയുടെ മാനസികാരോഗ്യത്തെക്കുറിച്ച് ആഴമേറിയ ഗവേഷണ പഠനത്തിന്റെ പണിപ്പുരയിലാണ് സ്മാർട്ട് ഇന്ത്യയുടെ പ്രവർത്തകരിപ്പോൾ. മൈൻഡ് ബ്ലിസ് എന്ന പേരിൽ കൗൺസിലിംഗ് സെന്ററും സ്മാർട്ടിന്റെ മേൽനോട്ടത്തിൽ പ്രവർത്തിക്കുന്നു.

ബിഎസ്ഡബ്ല്യു, എംഎസ്ഡബ്ല്യു, വിദ്യാർത്ഥികൾക്ക് ഫീൽഡ് പ്രവർത്തനങ്ങളിൽ പരിശീലനവും സ്മാർട്ട് ഇന്ത്യ നൽകി വരുന്നു.





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