



# SMART INDIA FOUNDATION



JANUARY, FEBRUARY, MARCH - 2025

# SMART VOICE

[smartindiafoundation.org](http://smartindiafoundation.org)

# Contents

|                                           |    |
|-------------------------------------------|----|
| 1. Editorial.....                         | 3  |
| 2. Social Work Day Celebration.....       | 5  |
| 3. Helping People to Help Themselves..... | 11 |
| 4. Activities from the Field.....         | 14 |
| 5. കടലുകടക്കും മുമ്പ്.....                | 23 |
| 6. Day Observances.....                   | 30 |
| 7. SEP Sessions.....                      | 46 |
| 8. Organization Visits.....               | 55 |
| 9. Campaign.....                          | 62 |
| 10. Community Programmes.....             | 68 |
| 11. Feedbacks.....                        | 81 |
| 12. Our Initiatives.....                  | 87 |

# A Call to Action – Social Work’s Response to Drug Abuse



Drug abuse remains one of the most pressing social challenges of our time, affecting individuals, families, and communities across the globe. As the crisis deepens, social work stands at the forefront, playing a crucial role in prevention, intervention, and rehabilitation. Social workers not only address the immediate needs of individuals struggling with substance use disorders but also work tirelessly to combat the systemic issues that fuel addiction, including poverty, mental health struggles, and lack of social support. At Smart India Foundation, we recognize that tackling drug abuse requires a multi-faceted approach—one that combines advocacy, education, policy change, and grassroots interventions.



Our commitment to this cause is reflected in our wide-ranging initiatives aimed at both prevention and recovery. Through awareness campaigns, we seek to educate youth and communities about the dangers of drug abuse while also promoting healthy alternatives. We support rehabilitation programs that provide holistic care, ensuring that individuals receive psychological, social, and vocational assistance to rebuild their lives. Furthermore, the Smart India Foundation actively collaborates with policymakers to advocate for reforms that strengthen the social safety net, enhance mental health services, and implement effective harm reduction strategies.

However, this is not a battle that social workers or organizations can fight alone it demands a collective effort. We urge stakeholders, including government bodies, community leaders, and the general public, to join hands in creating a supportive environment where those affected by drug abuse can access help without stigma. The Smart India Foundation remains steadfast in its mission to drive meaningful change, and through continuous collaboration and dedication, we believe that a future free from the devastating impacts of drug abuse is within reach. Together, let us reaffirm our commitment to social justice and human dignity, ensuring that no one is left behind in this fight.

Editorial team  
SMART Voice



# **SOCIAL WORK DAY CELEBRATION**

# A Day with Ms. Daya Bai

The SMART India Foundation, in collaboration with the Department of Social Work at St. Albert's College, Ernakulam, celebrated Social Work Day with Chief Guest Ms. Daya Bai, a renowned social activist. The event honored her for her remarkable contributions to social work and recognized winners of the Reels and Poster Competition for BSW and MSW students. The day featured vibrant performances, including a flash mob, street play, and a dance portraying Daya Bai's life. Ms. Deepa Bijan and Mr. Garsho Rahul were also honored for their exceptional service. The event concluded with an insightful interactive session by Daya Bai, leaving attendees inspired and motivated.



# Glimpses





# Glimpses





# Glimpses









# ARTICLE

# Helping People to Help Themselves



Dr.Xavier Vinayaraj

ആധുനിക യുഗത്തിൽ കണ്ടുവരുന്ന രണ്ടു തരം വിഭാഗം ആണ് സ്വന്തം കാര്യം സ്വയം ചെയ്യാൻ പര്യാപ്തരായവരും സ്വന്തം കാര്യം സ്വയം ചെയ്യാൻ പറ്റുന്നവരാണെങ്കിലും എന്തിനും ഏതിനും മറ്റുള്ളവരെ ആശ്രയിക്കുന്നവരും.

സാമൂഹിക പ്രവർത്തനത്തിലെ വളരെ പ്രധാനപ്പെട്ട ഓശയമായ Helping people to help themselves എന്നതിനെ ഇതിനോട് ചേർത്ത് വേണം വായിക്കാനും മനസ്സിലാക്കാനും.

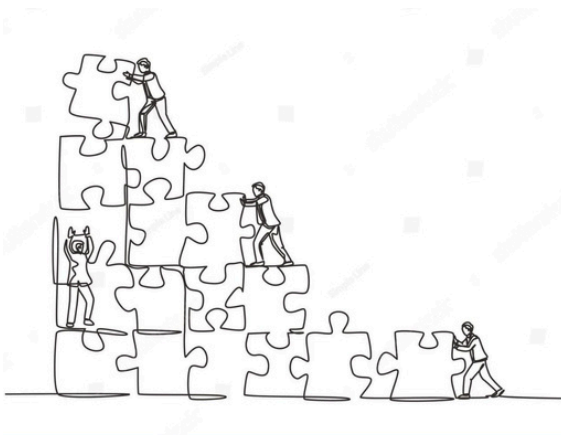


ആത്മ വിശ്വാസം നഷ്ടമാകുന്നവരെ ആത്മവിശ്വാസത്തിന്റെ ചിറകുവിടർത്തി പറക്കാൻ കഴിയുന്നവരാക്കാൻ സാമൂഹിക പ്രവർത്തകർക്ക് കഴിയണം.



പ്രവർത്തന മണ്ഡലത്തിൽ കണ്ടുമുട്ടുന്ന ഓരോ വ്യക്തികൾക്കും ഇത്തരം പ്രചോദനത്തിന്റെ വെള്ളി വെളിച്ചം ആകാൻ ഒരോ സാമൂഹ്യപ്രവർത്തകനും പ്രവർത്തകക്കും കഴിയുമ്പോഴാണ് സമൂഹത്തിൽ മാറ്റം ഉണ്ടാവുക .

വ്യക്തികളും കുടുംബങ്ങളിലും സമൂഹത്തിലും ഇത്തരം മാറ്റത്തിന്റെ പതാക വാഹകരും വക്താക്കളുമായി മാറേണ്ട സാമൂഹ്യ പ്രവർത്തകർ തങ്ങളുടെതായ ചെറിയ ലോകത്ത് ഒതുങ്ങി പോകുന്ന കാഴ്ച വേദനാ ജനകമാണ് . ദയാബായിയെപ്പോലുള്ള സാമൂഹ്യ പ്രവർത്തകർ വ്യത്യസ്ഥരാക്കുന്നത് ഇവിടെയാണ്. തങ്ങളുടെ കംഫർട്ട് സോണുകളെ മറി കടന്ന് കൊണ്ട് പാർശ്വവത്കരിക്കപ്പെട്ടവരിലേക്ക് ഇറങ്ങി വന്ന് പ്രവർത്തിക്കുന്ന ഇത്തരം സാമൂഹ്യ പ്രവർത്തകർ നമുക്ക് ഉണ്ടായേ പറ്റൂ . ലോക സാമൂഹ്യ പ്രവർത്തന ദിനവും മാസവുമൊക്കെ നമ്മെ ഓർമ്മപ്പെടുത്തുന്നതും അത് തന്നെയാണ്. വരു നമുക്ക് ഇരുട്ടിനെ പഴിക്കാതെ ഒരു ചെറിയ മെഴുക് തിരി എങ്കിലും കത്തിച്ചു വെക്കാം



# **ACTIVITIES FROM THE FIELD**

# Book Digitalization

The SMART internship initiative at Janaranjini Library in Chowara concentrated on augmenting the accessibility and availability of literary resources through digitalization. This endeavor sought to elevate library services, thereby facilitating easier access to books for the community and cultivating a more robust reading culture. By establishing a digital catalog of the library's holdings, residents are now empowered to ascertain the availability of books from the convenience of their homes through an online platform.





# Group Work, Case Work, and Rehabilitation Activities

Interns from SMART India Foundation engaged in group work, casework, and rehabilitation activities at Cottolengo Vocational Higher Secondary School. They facilitated group activities to improve communication and teamwork, worked on individual cases to address personal and academic challenges, and supported students with disabilities through rehabilitation efforts. This hands-on experience allowed the interns to apply their social work knowledge, develop essential skills, and gain insight into the challenges faced in educational and rehabilitation settings.



# Socio- Economic Suvery at Njarackal Panchayat

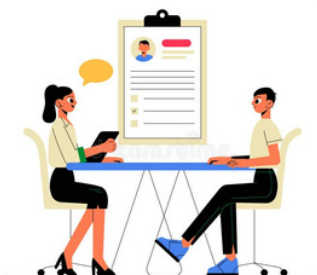


A socioeconomic survey conducted by the SMART India Foundation in the Njarackal Panchayat, fisherman community, revealed challenges such as declining fish stocks, inadequate infrastructure, limited market access, and poor cold storage facilities. Environmental issues like coastal erosion, pollution, and climate change further impact the community. Fishermen face irregular incomes, limited access to government schemes, and a lack of awareness about available support. The survey emphasizes the need for better infrastructure, government support, and sustainable practices to ensure the community's well-being and economic stability.



# Mental Health Survey

On the first of January, in the year 2025, SMART Interns surveyed MG Road, Kochi, to evaluate the awareness surrounding mental health, the strategies employed for coping, and the knowledge regarding available services. The results illuminated a burgeoning consciousness and a willingness to engage with mental wellness, yet they concurrently revealed that a significant proportion of older adults predominantly rely on familial and social networks for support, eschewing formal counseling avenues. Numerous elderly individuals exhibited a notable ignorance concerning accessible counseling services, resulting in a marked underutilization of mental health resources, despite a general awareness. This survey accentuates the imperative for enhanced outreach and educational initiatives to ameliorate access to professional services for the senior demographic.





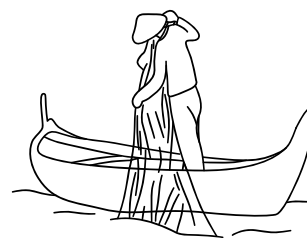
# Elderly Interview

On January 25, 2025, SMART interns conducted interviews with elderly individuals to gain insights into their lives. The interviews revealed a range of strengths, weaknesses, opportunities, and threats faced by the elderly community.

Strengths included valuable life experience, resilience, and strong family and community ties. Weaknesses highlighted physical limitations, health issues, and challenges with technology. Opportunities included engaging in social activities, exploring hobbies, and utilizing advancements in healthcare. Threats focused on financial insecurity and social isolation. The interviews emphasized the need for supportive environments to address the elderly's challenges and improve their quality of life.



## Mini Research



As part of the internship program for social work students, a mini-research project was conducted to explore the challenges faced by fishermen. The research focused on identifying key issues affecting their livelihoods, health, and well-being. Fishermen face economic challenges such as unstable incomes due to fluctuating fish prices, high operational costs, and limited access to modern equipment. Environmental issues like overfishing, declining fish stocks, and the impacts of climate change further threaten their sustainability. Health and safety concerns are prevalent due to inadequate protective gear, unsafe working conditions, and limited access to healthcare services. Additionally, social challenges include restricted educational opportunities for their children and a lack of awareness about legal rights and government support schemes. This report highlights the urgent need for targeted interventions to address these issues and improve the overall well-being of the fishing community.

## Mini Projects

Interns from the SMART India Foundation recently engaged in an activity to understand the key components of a project proposal. They learned how to structure a comprehensive proposal, focusing on identifying project objectives, methodology, expected outcomes, and resource requirements. To ensure the accuracy and relevance of their proposals, the interns collected authentic data directly from the target group. This data collection process enabled them to perform meaningful data analysis, helping them to address the specific needs of the community effectively. Based on their findings, the interns developed mini project proposals that reflected a deep understanding of community requirements and showcased practical solutions tailored to real-world issues. This exercise not only enhanced their project management skills but also emphasized the importance of data-driven decision-making in community development initiatives.





# Documentary



The SMART Interns created a documentary to explore how mental health affects people in the community. They interacted with individuals from diverse backgrounds in different settings. Through interviews, they captured personal stories, expert opinions, and everyday life visuals. The interns used video and audio tools to document these experiences and edited the footage to create an engaging narrative. The documentary highlights the varied challenges people face, the stigma surrounding mental health, and the importance of support systems.



# ARTICLE

# കടലുകടക്കും മുമ്പ്



ഡോ. സെമിച്ചൻ ജോസഫ്



ഫോൺ ബെല്ലടിക്കുന്നതു കേട്ടാണ് എഴുന്നേറ്റത് ,  
 നിനച്ചിരിക്കാതെ ലഭിച്ച അവധി ദിനത്തിന്റെ  
 ആലസ്യത്തിൽ തെല്ലു മയങ്ങിപ്പോയതാണ്.  
 അങ്ങേത്തലക്കൽ എനിക്കേറെ പ്രിയപ്പെട്ട  
 വിദ്യാർഥികളിലൊരാൾ നമുക്കവളെ തത്കാലം  
 പ്രിയ എന്ന് വിളിക്കാം. വിടർന്ന കണ്ണുകളോടെ ,  
 കാര്യമാത്ര പ്രസക്തമായ ചോദ്യങ്ങളിലൂടെ  
 ക്ലാസുമുറിയിൽ നിന്നും മനസ്സിൽ ഇടം നേടിയ പ്രിയ  
 പലപ്പോഴും സംശയ നിവാരണത്തിനും  
 നിർദ്ദേശങ്ങൾക്കുമായി വിളിക്കാറുള്ളതാണ്.  
 ഇത്തവണത്തെ വിഷയം വളരെ രസകരമായിതന്നെ  
 അവൾ അവതരിപ്പിച്ചു.



"മാഷെ ഞാൻ യുകെയിൽ പഠിക്കാൻ പോകുന്നതിനെക്കുറിച്ച് എന്താ അഭിപ്രായം " സാമൂഹ്യ പ്രവർത്തനത്തിൽ ഉയർന്ന മാർക്കോടെ ബിരുദാന്തര ബിരുദം നേടിയ, സിവിൽ സർവീസ് സ്വപ്നം താലോലിക്കുന്ന പ്രിയയിൽ നിന്നും അത്തരം ഒരു ചോദ്യം പ്രതീക്ഷിക്കാതിരുന്ന ഞാൻ ഒരുവേള ഒന്ന് മുളുക മാത്രം ചെയ്തു.

"അല്ല മാഷെ ഞങ്ങളുടെ ബാച്ചിലെ ഇരുപത്തിയേഴുപേരിൽ പതിനാലുപേരും കടല് കടന്നു മാഷെ , എനിക്കാകെ മൊത്തം ടോട്ടൽ കൺഫ്യൂഷനാ , ഒരു തീരുമാനം എടുക്കാൻ പറ്റണില്ല അതാ മാഷെ വിളിച്ചു , ഞാനിപ്പോ എന്താ ചെയ്യാ "

വല്ലാതെ അസ്വസ്ഥമാണ് ആ കൗമാര മനസ്സു , എന്ത് പറയണം എവിടെ തുടങ്ങണം ഒരു നിമിഷം ഞനുമൊന്നു പതറിപോയി. ഏതായാലും അൽപ്പം വിശദമായി തന്നെ പ്രിയയോട് സംസാരിക്കാം എന്ന് വിചാരിച്ചു.

" അഹനും അമ്മയും എന്ത് പറയുന്നു എന്താ അവരുടെ അഭിപ്രായം

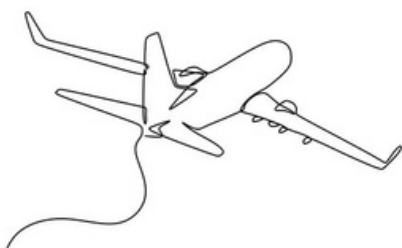
" അത് മാഷെ അച്ഛൻ പറയുന്നത് നീ എങ്ങനെങ്കിലും ഈ നാട്ടിൽ നിന്നും രക്ഷപെട്ടോ ഇവിടെ തേരാ പാരാ നടന്നിട്ടൊന്നും ഒരു രക്ഷയുമില്ല , വീട് പണയം വെച്ചിട്ടായാലും പൈസ നമുക്ക് സങ്കടിപ്പിക്കാം എന്നാ "





ഓട്ടോറിക്ഷ ഓടിച്ചു ഉപജീവനം നടത്തുന്ന ജോസേട്ടനും  
റാണിച്ചേച്ചിയും മകളുടെ ഭാവിക്കുവേണ്ടി എന്ത് ത്യാഗവും  
സഹിക്കാൻ തയ്യാറാണെന്ന് വസ്തുത അവരോടുള്ള  
സംസാരത്തിൽ പലപ്പോഴും ഞാൻ നേരിട്ട്  
മനസ്സിലാക്കിയിട്ടുള്ളതാണ്.

പ്രിയയുടേത് ഒറ്റപ്പെട്ട സംഭവമോ സംശയമോ അല്ല.  
ഒരാഴ്ചയിൽ ചുരുങ്ങിയതു മൂന്നോ നാലോ പേർ  
സമാനമായ ചോദ്യങ്ങളുമായി സമീപിക്കാറുണ്ട്.  
"രക്ഷപെടാൻ" നാടുപേക്ഷിക്കുന്നവരുടെ സമൂഹമായി നാം  
മാറുന്ന കാഴ്ചക്ക് സാമൂഹ്യ ശാസ്ത്രപരമായ നിരവധി  
മാനങ്ങളുണ്ട്. പ്രവാസം ഒരു കാലത്തും മലയാളിക്കു  
അന്യമായിരുന്നില്ല എന്നതാണ് വസ്തുത. സമൃദ്ധിയുടെ,  
പ്രത്യാശയുടെ കാനാൻ ദേശം തേടി രാജ്യത്തിനകത്തും  
ഭൂഖണ്ഡങ്ങൾ താണ്ടിയുമൊക്കെ  
സഞ്ചരിച്ചുകൊണ്ടിരിക്കുന്നവരുടെ സമൂഹമാണ് നമ്മുടേത്,  
എന്നാൽ 'രക്ഷപ്പെടണമെങ്കിൽ കേരളം വിടണം' എന്ന  
പൊതുബോധനിർമ്മിതി വർത്തമാന കാലത്തു  
സാധാരണക്കാർക്കിടയിൽ വിശേഷിച്ചു കൗമാരക്കാർക്കും  
യുവതീ യുവാക്കൾക്കുമിടയിൽ ആഴത്തിൽ  
വേരൂന്നിക്കഴിഞ്ഞിരിക്കുന്നു .



## എന്തുകൊണ്ട് കേരളം വിടുന്നു?

കേരളത്തിലെ തൊഴിൽ സാഹചര്യവുമായി തട്ടിച്ചുനോക്കുമ്പോൾ വിദേശത്തെ തൊഴിൽ സാഹചര്യവും വരുമാന സാധ്യതകളുമാണ് ഏറ്റവും പ്രധാനമായി വിദ്യാർത്ഥികളെ ആകർഷിക്കുന്നത്. എന്ന പൊതുവെ അംഗീകരിക്കപ്പെട്ട നിരീക്ഷണം മുന്നോട്ടുവെക്കുന്നത് എഴുത്തുകാരനും പ്രഭാഷകനുമായ മുരളി തുമ്മാരുകുടിയാണ്.

വിദ്യാഭ്യാസം കൂടുംതോറും ശമ്പളം കുറയുന്ന രീതി പലപ്പോഴും

കേരളത്തിലെ പുതു തലമുറയെ കടലുകടക്കാൻ

പ്രേരിപ്പിക്കുന്നതാണെന്നു അദ്ദേഹം ചൂണ്ടിക്കാണിക്കുന്നു. വ്യക്തി ജീവിതത്തിലേക്കുള്ള അനാവശ്യ കടന്നു കയറ്റങ്ങളും , രാഷ്ട്രീയ

അതിപ്രസരം നിറഞ്ഞ കലാലയങ്ങളുമെല്ലാം മുട്ടു തലമുറയെ

മാറി ചിന്തിക്കാൻ പ്രേരിപ്പിക്കുന്നു. പഠനം ആഗ്രഹിക്കുന്നവർക്ക്

ലോൺ നൽകാൻ ബാങ്കുകൾ തയ്യാറാവുകയും പഠനത്തിനുശേഷം

സ്റ്റേ ബാക്കും വർക്ക് പെർമിറ്റും രാജ്യങ്ങൾ കണ്ടുപിടിക്കാൻ

സഹായിക്കുന്ന കൗൺസൽട്ടൻസികളുടെ വരവുമെല്ലാം ഈ

പ്രവണതയെ പ്രത്യക്ഷമായി തന്നെ സഹായിക്കുന്നുണ്ട്.

കാര്യങ്ങളുടെ നീണ്ടതാണ് .

## ചില വസ്തുതകൾ

സർക്കാരിന്റെ കണക്കുകൾ പ്രകാരം 2019 ൽ 30000 ൽ അധികം

കുട്ടികളാണ് പഠനാവശ്യത്തിനു വിദേശ രാജ്യങ്ങളിലേക്ക്

കുടിയേറിയതെങ്കിൽ 2023 ൽ അത് 80000 നു മുകളിലാണ്. ഒരു

വർഷം കേരളത്തിൽ ജനിക്കുന്നത് ഏകദേശം നാലര ലക്ഷം

കുട്ടികളാണെന്നു കണക്കാക്കിയാൽ തന്നെ ജനസംഖ്യയുടെ

നല്ലൊരു പങ്കു ഇത്തരത്തിൽ കടൽ കടക്കുന്നു എന്ന് വേണം നാം

മനസ്സിലാക്കാൻ.



എൺപതുകളിലും തൊണ്ണൂറുകളിലുമൊക്കെ വിദേശങ്ങളിലെ മികച്ച സർവകലാശാലകളിൽ സ്കോളർഷിപ്പോടെ ഏതാനും പേർ മാത്രം പോയിരുന്ന സ്ഥാനത്താണ് തൊഴിൽ തേടി വർഷാവർഷം ആയിരക്കണക്കിന് കുട്ടികൾ നാടും വീടും ഉപേക്ഷിച്ചു പോകുന്നത്. ഇതു കേരളത്തിൽ സൃഷ്ടിക്കാൻ പോകുന്ന സാമൂഹ്യ സാഹചര്യത്തെക്കുറിച്ച് നമ്മുടെ ഭരണകർത്താക്കൾ ചിന്തിച്ചിട്ടുണ്ടോ എന്ന് പോലും സംശയമാണ്.

മനുവശത്തു വിദേശങ്ങളിലെ സാഹചര്യങ്ങളും മാറുകയാണ്. യുകെയും കാനഡയും പോലുള്ള മലയാളിയുടെ പല സ്വപ്ന ഭൂമികളും വാതിലുകൾ പതിയെ കൊട്ടിയടക്കാൻ തുടങ്ങിയിരിക്കുന്നു. സ്റ്റേ ബാങ്ക് പരിമിതപ്പെടുത്തിയും പങ്കാളികൾക്കുള്ള വർക്ക് വിസ ഒഴിവാക്കിയുമൊക്കെ പരമാവധി കുടിയേറ്റം കുറയ്ക്കുക എന്ന നയത്തിലേക്കു അവിടങ്ങളിലെ ഭരണകൂടങ്ങൾ മാറിക്കഴിഞ്ഞു. ഭാരിച്ച റൂം വാടകയും ജീവിത ചിലവുകളും മലയാളീ വിദ്യാർത്ഥികളെ ചെറുതല്ലാത്ത സമ്മർദ്ദത്തിൽ ആക്കിയിട്ടുണ്ട്.

ശ്രദ്ധിച്ചു തീരുമാനം എടുക്കാം.....

വിദേശത്തു പഠിക്കാൻ ആഗ്രഹിക്കുന്നവർ സ്വയം ചോദിക്കേണ്ട ചില ചോദ്യങ്ങൾ കുറിക്കട്ടെ

എന്തുകൊണ്ട് ഞാൻ വിദേശത്തു പഠിക്കാൻ ആഗ്രഹിക്കുന്നു?

ജീവിത/പഠന ചെലവുകൾക്കായി എത്ര തുക ഞാൻ ചിലവഴിക്കേണ്ടി വരും?

ഏത് രാജ്യമാണ് തിരഞ്ഞെടുക്കേണ്ടത് ?

ആ രാജ്യത്തെ കാലാവസ്ഥയും ജീവിത ചിലവുകളും സാമൂഹ്യ സാഹചര്യങ്ങളും എത്രമാത്രം എനിക്ക് അനുയോജ്യമാണ്?

ഏതു സ്ഥാപനത്തിൽ , ഏത് കോഴ്സ് ആണ് തിരഞ്ഞെടുക്കേണ്ടത്?

ചോദ്യങ്ങളുടെ നിര അങ്ങനെ നീണ്ടു പോകുന്നു. വിവര ശേഖരണത്തിന് അനവധി മാർഗ്ഗങ്ങൾ ഇന്ന് നമുക്ക് മുന്നിലുണ്ട്. ഏജൻസികളുടെ മോഹിപ്പിക്കുന്ന പരസ്യങ്ങളോ, ഇൻസ്റ്റാഗ്രാം റീലുകളെയും മാത്രം ആശ്രയിക്കാതെ വ്യക്തിപരമായി അവിടങ്ങളിൽ പഠിച്ചിട്ടുള്ള , പഠിച്ചുകൊണ്ടിരിക്കുന്ന മുൻഗാമികളോട് ചോദിച്ചറിഞ്ഞും യൂണിവേഴ്സിറ്റികളുടെയും സർക്കാരിന്റെയും വെബ്സൈറ്റുകൾ സന്ദർശിച്ചും ഉചിതമായ തീരുമാനത്തിൽ എത്താൻ കഴിയും.

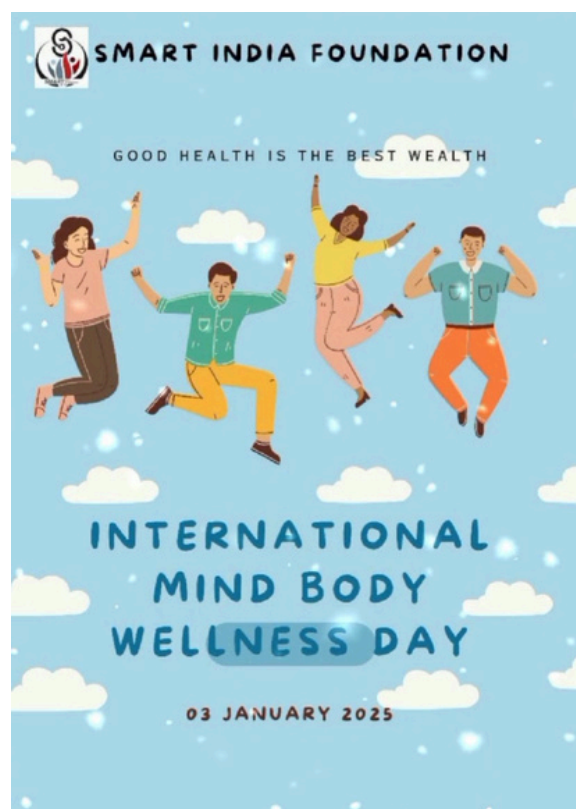
ദീർഘമായ സംഭാഷണം അവസാനിക്കുമ്പോൾ മറുതലക്കൽ പ്രിയയിൽ നിന്നും ആശ്വാസത്തിന്റെ നെടുവീർപ്പ് ഉയർന്നത് പോലെ തോന്നി. ഭാവിയെക്കുറിച്ചു ഉചിതവും പ്രായോഗികവുമായ തീരുമാനങ്ങളിൽ എത്തിച്ചേരാൻ ഞങ്ങളുടെ കുട്ടികൾക്ക് വഴികാട്ടണേ നല്ല തമ്പുരാനെ എന്ന പ്രാർത്ഥനയായിരുന്നു എന്റെ മനസ്സു നിറയെ.

# DAY OBSERVANCES

# International Mind-Body Wellness Day Celebration

In honor of International Mind-Body Wellness Day on January 3, 2025, SMART India Foundation created an impactful short video to emphasize the importance of mental and physical well-being. The video aimed to raise awareness about the vital connection between mind and body, encouraging individuals to adopt healthier lifestyles and prioritize self-care.

Through this initiative, SMART India Foundation successfully reached a wide audience, inspiring positive changes in health practices and raising awareness about the importance of both mental and physical well-being. The celebration encouraged individuals to take charge of their health and embrace a balanced approach to wellness.





# Glimpses

MIND AND BODY WELLNESS IS ESSENTIAL FOR LEADING A HEALTHY AND BALANCED LIFE. IT EMPHASIZES THE INTERCONNECTEDNESS OF MENTAL, EMOTIONAL, AND PHYSICAL HEALTH, PROMOTING A HOLISTIC APPROACH TO WELL-BEING. WHEN INDIVIDUALS MAINTAIN A BALANCE BETWEEN THEIR MIND AND BODY, THEY EXPERIENCE REDUCED STRESS, BETTER FOCUS, AND IMPROVED OVERALL HEALTH.

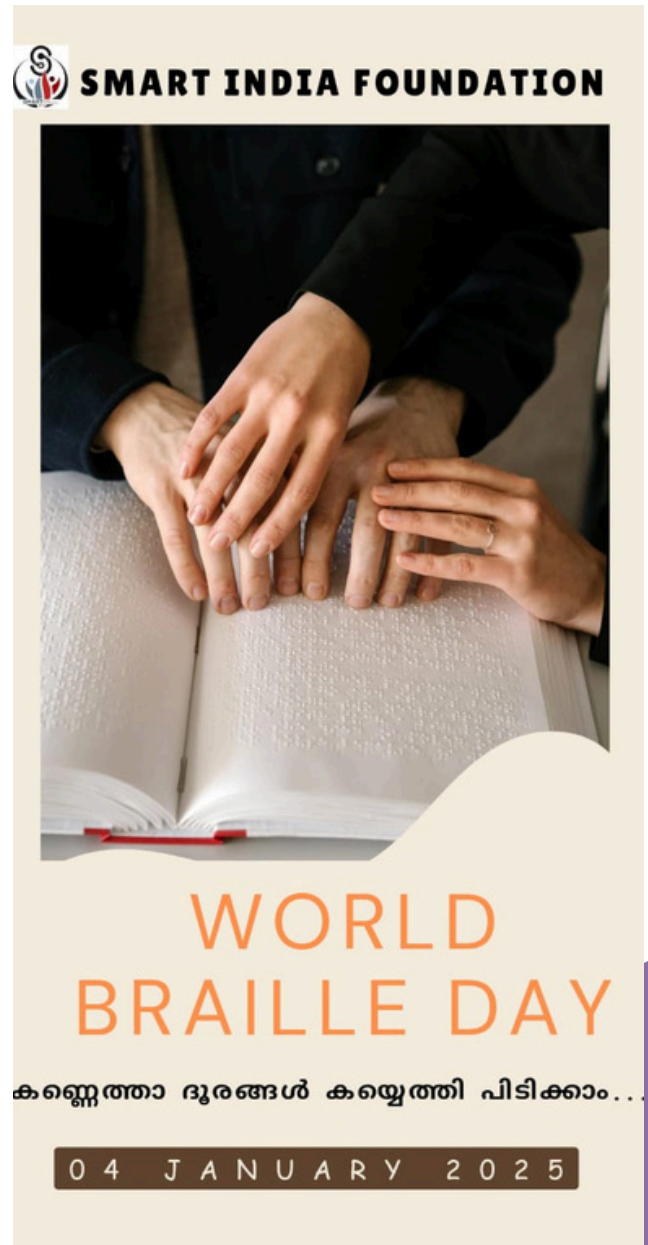


The SMART India Foundation successfully reached a broad audience through this initiative, inspiring positive changes in health practices and raising awareness about the importance of mental and physical well-being. The celebration motivated individuals to take control of their health and adopt a balanced approach to wellness.

# World Braille Day Celebration

On World Braille Day, the SMART Interns actively participated in raising awareness about the significance of Braille in promoting accessibility and inclusion for visually impaired individuals. The interns collaborated to create an engaging short video highlighting the importance of Braille.

Through this initiative, the SMART Interns demonstrated their commitment to social responsibility and advocacy for inclusivity, making a meaningful impact on World Braille Day.

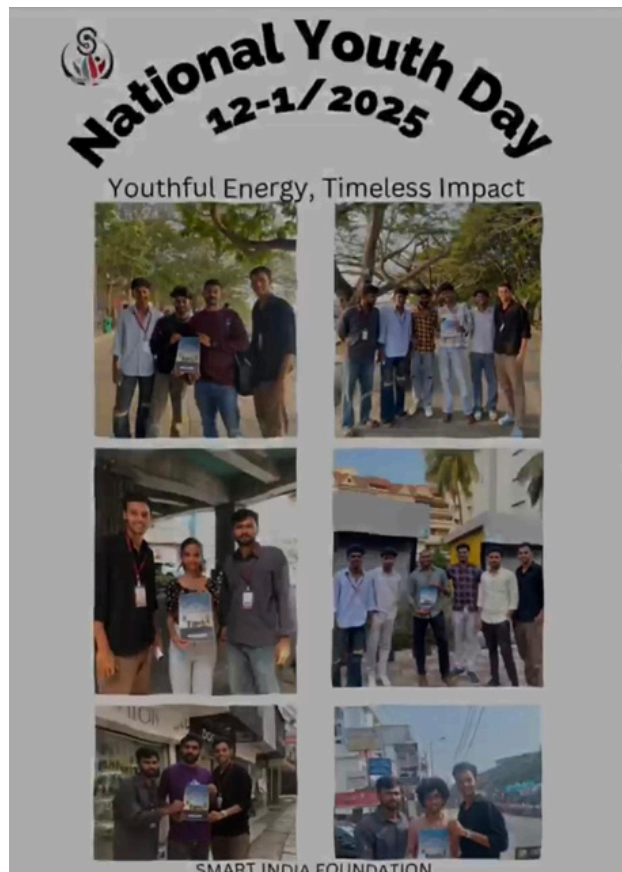
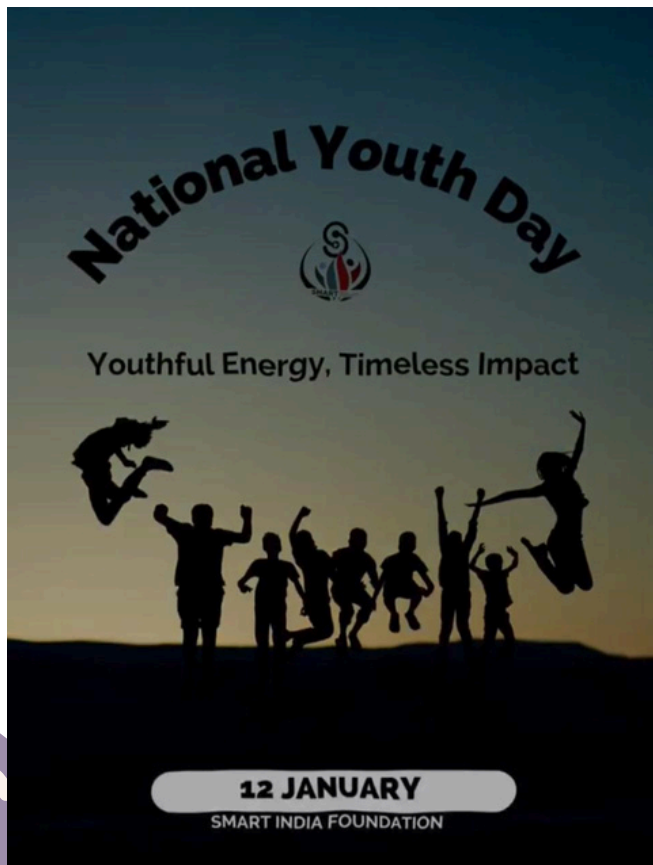


# Youth Day Celebration



On January 12, 2025, the SMART India Foundation released a short video to commemorate Youth Day. The video, creatively designed by the foundation's interns, aimed to engage and inspire young people. It emphasized the significance of the day and encouraged youth to reflect on their roles in shaping the future.

This initiative successfully captured the attention of young people, motivating them to take responsibility for both their personal growth and the development of society.





# February

## World Cancer Day Celebration

On February 4, 2025, SMART India Foundation hosted "Hope" at Holy Cross Hospice for World Cancer Day, offering emotional support and uplifting experiences to terminally ill cancer patients, especially women. The event featured interactive dialogues, cultural exhibits, and activities like chair volleyball, aimed at boosting morale and fostering a sense of community. It successfully brought joy and emotional comfort to patients and staff, emphasizing the importance of emotional support in palliative care. Smart India Foundation remains committed to continuing such initiatives to bring hope to cancer patients and their families.





# Are we listening to our children enough?

In observance of the World Day of Social Justice, the SMART India Foundation organized a three-day panel discussion, running from the 19th to the 21st of February 2025. The event focused on the crucial topic, "Are We Listening to Our Children Enough?", which addressed the need for giving children a platform to voice their thoughts and concerns. The panel aimed to create awareness about the importance of engaging with young minds in meaningful dialogue about their needs, challenges, and aspirations, thereby fostering a culture of inclusivity and respect for children's rights.

20 February 2025  
WORLD DAY OF  
SOCIAL JUSTICE

SMART INDIA FOUNDATION

**3 DAY PANEL DISCUSSION**

*Are We Listening To Our Children Enough.?*

Our Panelists

Shaima S Shaji  
Psychologist

Anjali Thomas  
Child Helpline  
Supervisor

Fasila  
Legal cum  
probation  
officer

Garsho Rahul  
Social worker

P. S Sudhir  
Teacher

Dr Acty George  
Parent

Izza Fatima  
Student

On February 19, 20 and 21  
At 8pm -9pm, Via Google Meet

The three-day event featured several renowned experts, activists, and child rights advocates from various organizations. The panel discussions explored diverse themes revolving around the rights of children, the power of active listening, and how society can create an environment that nurtures children's voices.

# GLIMPSES

**19**  
FEBRUARY

**SMART India Foundation**

**OPEN  
PANEL  
DISCUSSION**

**ARE WE LISTENING TO  
CHILDREN ENOUGH?**

**Day 1: Support Systems -  
The Role of Schools and Helplines  
in Child's Decision-Making.**  
Time: 8PM - 9 PM  
Via Google meet

**PANELISTS**



**Mr. Sudhir P. S**  
Teacher  
VHSS Panangad  
Ernakulam



**Ms. Anjali Thomas**  
Child Help Line  
Supervisor

**SMART India Foundation**

**ARE WE LISTENING TO  
CHILDREN ENOUGH?**

**DAY 2 :- LISTENING MATTERS-  
A PSYCHOLOGICAL AND  
PARENTAL APPROACH**

**20 February , 2025**  
8pm - 9 pm

**PANELISTS**



**Shaima S Shaji**  
MA clinical psychology  
Psychologist (ORC)  
DCPU Alappuzha



**Dr Acty George**  
Parent



**Izza Fatima.P.M**  
Student  
Greetings Public school

**SMART INDIA FOUNDATION**

**ARE WE LISTENING TO  
CHILDREN ENOUGH?**

**Day 3 : Advocacy and Action - Legal and Social Responsibilities in  
Protecting Children's Voices**

**DATE** 21.02.2025 **TIME** AT 8:00 PM

**PANELISTS**



**Ms. Fasila A**  
LEGAL CUM PROBATION  
OFFICER, DCPU ALAPPUZHA



**Mr. Garsho Rahul**  
SOCIAL WORKER

**Join Open Panel Discussion Via Google Meet**



# World NGO day Celebration

On World NGO Day, SMART India Foundation visited four NGOs across Kerala to celebrate their contributions to community development. The visits included the ATMA Foundation, Sevasadhanam, Hope Community Village, and Magic Bus India Foundation. Each organization focuses on empowering marginalized communities through education, healthcare, and skill development. The visits provided interns with valuable insights into the vital role NGOs play in societal change, emphasizing the importance of compassion, collaboration, and innovation in the nonprofit sector





# Glimpses



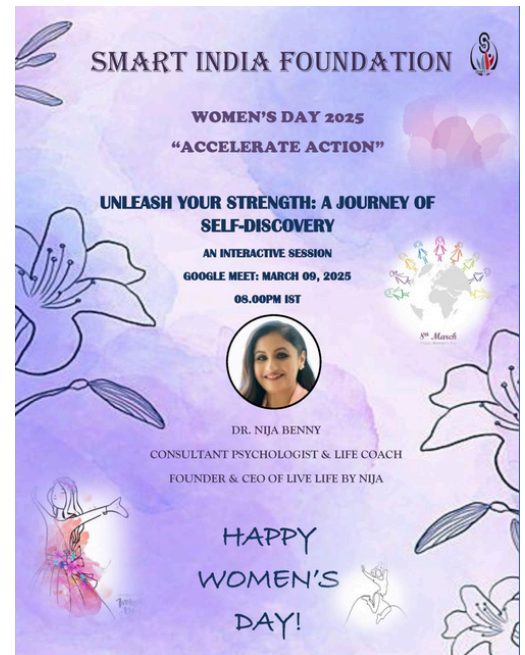


# Glimpses



# Unleash Your Strength: A Journey of Self-Discovery

An inspiring session on 'Unleash Your Strength: A Journey of Self-Discovery' by Dr. Nija Benny, Consultant Psychologist and Life Coach, Founder & CEO of Live Life. A transformative experience empowering women to embrace their true potential, organized by SMART India Foundation in celebration of International Women's Day.



## International Women's Day Celebration

On International Women's Day, SMART India Foundation hosted a transformative session with Dr. P. Jelaja, Associate Professor (retired), Maharajas College, on empowering women through education.





# The Power of Prevention

SMART India Foundation organized an interactive session on "The Power of Prevention: Understanding Childhood Vaccination" in celebration of National Vaccination Day. The session, conducted by Ms. Anjana, Junior Public Health Nurse, Valappad, highlighted the importance of childhood vaccinations, their role in disease prevention, and the long-term health benefits for communities.



**SMART India Foundation** 

## NATIONAL VACCINATION DAY

**The power of prevention:  
Understanding Childhood  
Vaccination**

**Meet Our Speaker**

  
**March 16, 2025**  
Time: @ 8:00 pm  
Via Google meet

  
**Ms. Anjana**  
(Junior Public Health Nurse, Valappad)



# International Day of Happiness



SMART India Foundation celebrated the International Day of Happiness by hosting a transformative session focused on stress management and positive thinking. Led by Ms. Jamuna Yesudas, a teacher from Gujarathi School in Mattancherry, participants acquired valuable tools to embrace happiness and cultivate a positive mindset in their everyday lives.

 **SMART INDIA FOUNDATION**

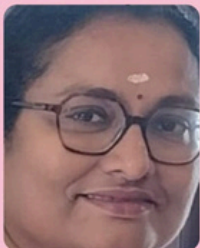
**Spreading Smiles**

**International Day of Happiness**

**Stress Management and**

**Importance of**

**Positive Thinking**



**March 18, 2025**

**8 PM** 

**Ms. Jamuna Yesudas**  
Teacher, Gujarathi School,  
Mattancherry

# Spreading Smiles and Positivity



**SMART** India Foundation

Happiness is not just a destination  
but a way of life.

On this WorldHappiness Day,  
let's cherish the little moments,  
spread kindness and  
make the world a brighter place  
one smile at a time.

Remember, joy is contagious,  
so pass it on! ❤️"

**March 20**  
**World Happiness Day**

On International Day of Happiness, SMART Interns created a joyful video highlighting the power of positivity. They distributed notes with uplifting affirmations to strangers in public places, spreading smiles and warmth. The video was shared on social media, inspiring others to share happiness.



# World Water Day Celebration

On March 22, 2025, SMART India Foundation hosted a panel discussion for World Water Day on the theme “Water Literacy for Water Abundant Kerala: Understanding Kerala’s Water Paradox.” The session, moderated by Mr. Dalin Dias, featured experts like Mr. Akhilesh Ramesh, Mr. Abraham Thomas Renjith, and Dr. Semichan Joseph. The discussion focused on Kerala’s water paradox, where abundant water resources are challenged by pollution, poor management, and climate change. The panel stressed the importance of water literacy and the need for community involvement in sustainable water practices. The session ended with a call to action for citizens to play an active role in water conservation for a water-secure future.

**WEBINAR**

UN WATER  
**22 MARCH  
WORLD WATER DAY**

**WATER LITERACY FOR WATER ABUNDANT KERALA**  
**UNDERSTANDING KERALA'S WATER  
PARADOX**

**Dr. Semichan Joseph**  
Deputy Managing  
Trustee, SMART India

**Abraham Thomas Renjith**  
Project Manager,  
Plastic Fisher India

**Akhilesh Ramesh**  
Project Manager,  
WASH Institute

**22 March, 2025 08:00 pm - 9:00 pm**

SCAN TO ATTEND

SMART INDIA FOUNDATION  
[WWW.SMARTINDIAFOUNDATION.ORG](http://WWW.SMARTINDIAFOUNDATION.ORG)



# **SOCIAL WORKER'S EMPOWERMENT PROGRAMME**

# Introduction to Counselling



**SMART India Foundation**  
Social Worker's Empowerment Programme  
(SEP-59)



**AN  
INTRODUCTION  
TO  
COUNSELLING**

**Ms. Parvathy Ravikumar**

MSW, UGC-NET  
Capacity Building Assistant  
Kerala, WASH Institute, New  
Delhi

**11 JANUARY, 2025**

**8:00PM**

**VIA:GOOGLE  
MEET**

[www.smartindiafoundation.org](http://www.smartindiafoundation.org)

On the 11th of January, 2025, as an integral facet of the Social Worker's Empowerment Programme, Ms. Paravathy Ravikumar, a distinguished holder of a Master of Social Work degree and the UGC-NET qualification, led an illuminating session entitled "Introduction to Counselling" for both BSW and MSW candidates. Presently serving as a Capacity Building Assistant at the WASH Institute, Ms. Ravikumar imparted her vast expertise in the realms of social work and counselling.

# Overview of Therapies in Counselling

On 12th January 2025, as part of the Social Worker's Empowerment Programme, Ms. Paravathy Ravikumar conducted a session for BSW and MSW students on the "Overview of Therapies in Counselling." The session aimed to deepen students' understanding of various therapeutic approaches in counseling and mental health.

She emphasized the importance of therapy in the counseling process, focusing on the therapeutic relationship between counselor and client as the foundation for healing and growth. She explained that therapy goes beyond providing solutions, encouraging individuals to explore and understand their emotions and behaviors.





# From Internship to Impact: A Social Work Journey

On February 6, 2025, Mr. Jose Michael, Joint Secretary of the SMART Volunteer Team, delivered a presentation titled "From Internship to Impact: A Social Work Journey" to BSW and MSW students. He shared his experiences during his internship at SMART India Foundation, discussing the challenges and opportunities he encountered and emphasizing the importance of combining theoretical knowledge with practical skills. Mr. Jose encouraged students to take a proactive approach in their internships, seek mentorship, and engage in impactful projects.

He also stressed that social work is not just a profession, but a vocation requiring patience, perseverance, and initiative. The session inspired students to maximize their internship experiences and contribute meaningfully to society.



SMART INDIA FOUNDATION

## From Internship To Impact; A Social Work Journey



**Mr. JOSE MICHAEL**

Joint Secretary  
SMART Volunteer Team

06  
FEBRUARY,  
2025

08.00 PM



 [www.smartindiafoundation.org](http://www.smartindiafoundation.org)



# Empowering Change through Knowledge

On March 19, 2025, Mr. Garsho Rahul, a Ph.D. research scholar from the Department of Social Work at Bharathidasan University, delivered an insightful and transformative session titled "The Art of Casework: Insights and Practices." This session was part of the Social Worker's Empowerment Programme, organized by the SMART India Foundation. It provided social work professionals with a deeper understanding of casework strategies, best practices, and the vital role they play in social welfare.



**SMART INDIA FOUNDATION**

Social Worker's Empowerment Programme (SEP 61)

## THE ART OF CASEWORK: INSIGHTS AND PRACTICES



**Mr. Garsho Rahul**  
Ph.D Research Scholar  
Department of Social work  
Bharathidasan University

**19 MARCH 2025**

**8:00 PM** 

[www.smartindiafoundation.org](http://www.smartindiafoundation.org)

# Building Stronger Foundations for Social Work



**SMART INDIA FOUNDATION**

Social Worker's Empowerment Programme (SEP 62)

## PROFESSIONAL SKILLS FOR SOCIAL WORKERS



**Mr. Basil K Varghese**  
Assistant Professor  
KMM College of Arts and Science, Thrikkakara

**21 MARCH 2025**  
**8:00 PM**

[www.smartindiafoundation.org](http://www.smartindiafoundation.org)

On March 21, 2025, Mr. Basil K. Varghese, an Assistant Professor at KMM College of Arts and Science in Thrikkakara, led an empowering session on "Professional Skills for Social Workers." This event was part of the Social Worker's Empowerment Programme organized by the SMART India Foundation.

The session offered invaluable insights into the essential skills needed for social workers to excel in their roles. It emphasized professional development, effective communication, and ethical practices.



# Transforming lives through the harmony of mind, body, and spirit



Dr. Smitha Pillai, International Yoga Therapist and Mentor, led an enlightening session on 'Yoga and Life' on March 23, 2025, as part of the Social Worker's Empowerment Program organized by SMART India Foundation. As the Director of Five Points International Yoga Studio, Kochi, Dr. Pillai shared her invaluable expertise, inspiring transformative well-being for all participants.

# Need and Relevance of Research in Social Work Practice



On 27th March 2025, Mr. Nibu Toms Ninan led an inspiring session on the Need and Relevance of Research in Social Work Practice, organized by SMART India Foundation. The session explored how research drives evidence-based decisions, shapes impactful interventions, and transforms social work practices for a better tomorrow.



**SMART INDIA FOUNDATION**

SOCIAL WORKER'S EMPOWERMENT PROGRAMME (SEP 65)

**NEED AND RELEVANCE  
OF RESEARCH IN  
SOCIAL WORK PRACTICE**



**MR. NIBU TOMS NINAN**  
Research Scholar  
Department of Social Work,  
Bharathidasan University, Tiruchirapalli

 8 PM

**27 MARCH 2025**

[www.smartindiafoundation.org](http://www.smartindiafoundation.org)

# Foundations of Counselling

On 28th March 2025, SMART India Foundation hosted an inspiring session on Foundations of Counseling, led by the insightful Ms. Priya S Dev. This session was crucial in equipping social workers with essential counseling skills to support and uplift communities effectively. It highlighted the power of empathetic communication in driving meaningful social change.





# **ORGANIZATIONS VISIT**

# Old Age Home Visit



Interns visited the Poornathrayeesha Old Age Home in Thrippunithura. This visit provided an opportunity for them to interact with the elderly residents, understand their experiences, and learn about the agency's role in offering care and support.

The primary goal of the visit was to engage the residents in enjoyable game sessions, promoting their mental and physical well-being. Upon arrival, the interns were introduced to the residents and spent time conversing with them, learning about their life stories, challenges, and emotional needs.

This interaction helped the interns recognize the importance of old age homes in providing emotional, physical, and social support to senior citizens, highlighting the essential role these facilities play in enhancing the quality of life for the elderly.



# Cottolengo Special School

On January 15, 2025, interns from the SMART India Foundation visited Cottolengo Special School in North Paravur to gain insight into the specialized care and education offered to children with physical and mental disabilities. The visit included a tour of the school's classrooms and facilities, where the interns observed inclusive teaching practices, individualized lesson plans, and therapy sessions.

They interacted with the children, participating in activities that promoted social and emotional development. The experience provided valuable exposure to working in an inclusive educational environment, emphasizing the importance of empathy, understanding, and collaboration in supporting children with disabilities.





# Visit to Vimalabhavan, Fort Kochi



On 30th January 2025, a group of interns visited Vimalabhavan in Fort Kochi, a charitable institution supporting marginalized women, including those who are destitute, differently-abled, elderly, or mentally challenged. The visit aimed to provide insight into social service, focusing on care for women facing challenges like disability and aging. Vimalabhavan offers shelter, medical care, and emotional support, prioritizing both physical and mental well-being. The interns observed daily operations, interacted with residents, and learned about the care provided, gaining valuable insight into the social service sector.

# A Day of Bonding and Growth

On February 7, 2025, SMART India Foundation interns visited Karuna Special School to gain insights into its operations and interact with students. The visit highlighted the school's commitment to children with special needs and its individualized teaching methods. Interns toured classrooms and therapeutic spaces, observing practices like sensory integration therapy. The experience deepened their understanding of special education, emphasizing the importance of patience, creativity, and collaboration. The visit inspired the interns to contribute to inclusive learning environments and showed them the significant impact of tailored support on student development. The SMART India Foundation extends gratitude to Karuna Special School for this enriching experience.



# Relief Settlement, Palluruthy

On 20th February 2025, SMART Interns visited the Relief Settlement in Palluruthy to learn about its services, including shelter, healthcare, nutrition, skill development, and psychosocial support. The interns interacted with residents, gaining insight into their challenges and the organization's role in improving their quality of life.

The interns organized a cultural program featuring music and dance, followed by inclusive games and recreational activities, which brought joy and unity to the residents. The visit was impactful for both the residents and interns, fostering empathy and understanding. It provided practical insights into social work and highlighted the importance of community support and kindness.





# Organization Visit at House of Providence

On 24th February 2025, SMART Interns visited the House of Providence, a facility dedicated to the care of elderly individuals. The visit aimed to help the interns understand the organization's operations and interact with the residents. The interns learned about the shelter, medical care, emotional support, and social activities provided to elderly individuals in need.

They engaged with residents, gaining insights into the challenges faced by elderly people in care homes and the impact of personalized care. The staff shared challenges like limited funding and the need for volunteers. The visit highlighted the importance of community support, empathy, and personal connections in enhancing the well-being of elderly individuals. This experience deepened the interns' understanding of social care and the value of compassion in improving lives.



# CAMPAIGN

# Importance of Aarogya Padavukal



The "Aarogya Padavukal" (Steps to Health) campaign, organized by the Smart India Foundation, promotes physical health and well-being among differently-abled students. It creates an inclusive environment for fitness activities, boosting self-confidence and independence. The initiative addresses unique health challenges in special education settings, supporting both physical and mental well-being. By raising awareness and providing specialized support, the campaign empowers students to overcome challenges, lead healthy lives, and contribute positively to their communities.



# Arogya Padavukal at Smiriti Special School



On 9th January 2025, the SMART India Foundation, in association with Gurudev College, Payyanur, conducted the Arogya Padavukal Health Care Campaign at Smiriti Special School. The campaign aimed to raise health awareness and promote wellness among the students and staff through engaging activities, interactive sessions, and fun exercises. The event was a success, fostering a positive and collaborative environment while providing valuable health knowledge in an engaging way.

# Asadeepam Special School

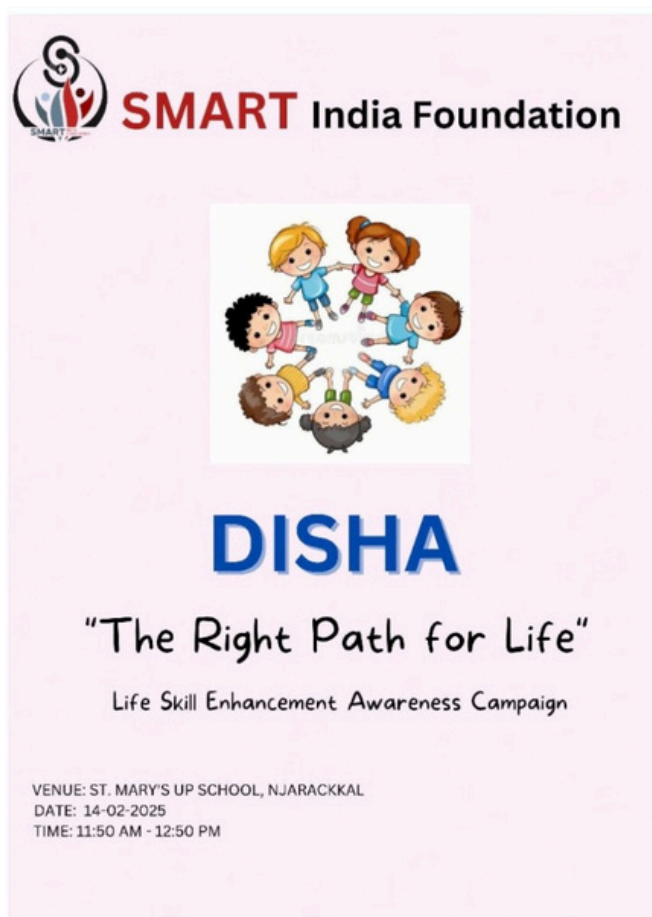


On 10th January 2025, the SMART India Foundation, in collaboration with Gurudev College, Payyanur, organized the "Arogya Padavukal – Health Care Campaign" at Asadeepam Special School. The initiative aimed to raise health awareness among the special children of the school through engaging activities like ice-breaking sessions, fun games, and health-related discussions. The event was impactful, providing an inclusive platform for the children to learn about health in a fun and interactive way, making a significant contribution to their well-being.

# Disha Campaign: Life Skills Education Initiative



The \*Disha\* campaign, organized by SMART India Foundation, is a life skills education initiative designed to raise awareness among school students about the importance of essential life skills such as communication, decision-making, teamwork, problem-solving, and time management. The campaign was carried out in five schools across the Vypin area, including BVHSS Nayarambalam, Govt. UP School Edavanakkad, Govt. VVHSS Njarackal, Fisheries UP School Njarackal, and St. Mary's UP School Njarackal. Through engaging sessions and interactive activities, Disha aimed to enhance students' personal development, equipping them with valuable skills to navigate both academic challenges and real-life situations.



# Glimpses





# Glimpses



# **COMMUNITY PROGRAMMES**



# International Youth Day Celebration

SMART India Foundation celebrated International Youth Day with the "Voice of Tomorrow" event at Government Higher Secondary School. The event focused on youth empowerment, mental health awareness, and creative expression. It featured an Icebreaking Session, a session on Mental Health, Games and Activities promoting teamwork, and Cultural Programmes showcasing student talents. The event inspired participants to reflect on their potential and make a positive impact in their communities.





# Awareness Class on Child Marriage & POCSO Act

On 18th January 2025, SMART India Foundation held an awareness session for teenage girls at Mukkola Anganwadi, focusing on Child Marriage and the POCSO Act. The session highlighted the harmful effects of child marriage and the legal age of marriage, encouraging education and personal development. It also covered the legal protections provided by the POCSO Act against sexual abuse, empowering the girls to speak up for their rights. The session ended with a Q&A, leaving participants informed and confident about their legal protections.



# Yoga Session

On 14th February 2025, SMART India Foundation interns hosted an event at Cottolengo Special School, Fort Kochi, promoting well-being through yoga, cultural programs, and a gratitude session. The yoga session focused on relaxation and mental peace, while the cultural program showcased talents, creating a vibrant atmosphere. The gratitude session encouraged reflection on appreciation and building positive relationships. The event offered a well-rounded experience, leaving a positive impact on the students.





## Rabies Awareness class

On 17th February 2025, SMART India Foundation organized a Rabies Awareness class at Hajiessa Hajimoosa Memorial High School in Mattancherry to educate students about rabies prevention. Led by Mr. Renjith K. Joy, the session covered the dangers of rabies, its transmission through animal bites and scratches, and symptoms in both animals and humans.

Mr. Joy emphasized the importance of vaccinating pets, avoiding contact with stray animals, and seeking immediate medical attention if bitten or scratched. The session also highlighted the life-saving role of post-exposure rabies vaccination. Students actively participated, asking questions and sharing experiences, leaving with a thorough understanding of rabies prevention.



**SMART India Foundation**

smartindiafoundation.org  
8848533312

**Rabies awareness class**

Let's ensure our furry friends are rabies-free

**Resource person**  
**MR. RENJITH K. JOY**

**Venue:-HajiEssa Haji  
Moosa Memorial High  
School Mattancherry**

**TIME :  
11:30 AM  
17  
MONDAY**





# Glimpses



# KARUTHAL

On 21st February 2025, SMART Interns organized "Karuthal," a community program at Anganwadi, Beach Seashore Colony, Njarackal, to educate women on health, hygiene, parenting, and government schemes. The session covered personal hygiene, positive parenting practices, and how to access welfare programs. A Q&A session followed, addressing participants' concerns. The program successfully empowered women with valuable knowledge to improve their health, parenting, and access to support, and SMART Interns plan to continue future initiatives in the community.





# Glimpses





# Awareness Class About Lifestyle Diseases



On 9th March 2025, SMART India Foundation organized an awareness class on lifestyle diseases for Aishwaraya Kudumbashree members in Kumbalangi Grama Panchayat. The session, led by a health expert, focused on the causes, prevention, and management of diseases like diabetes, hypertension, and heart disease. Participants actively engaged, sharing experiences and seeking advice on healthier habits. The session successfully raised awareness and encouraged participants to adopt healthier lifestyles, with a positive response from the community. Follow-up sessions and health check-ups were recommended to sustain the impact.



# March

## Clean Drive Programme

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SMART India Foundation organized a successful clean drive at Fort Kochi Beach on 30th March 2025, inaugurated and graced by the presence of our Honourable MLA, Mr. K. J. Maxi. The event aimed to raise awareness about environmental conservation while actively engaging the community in beach cleanup efforts. This impactful initiative was coordinated by our dedicated interns from SMART India Foundation, who are passionate social work students driving positive change.





# Glimpses





# Glimpses





# Glimpses



സ്മാർട്ട് ഇന്ത്യയുടെ നേതൃത്വത്തിൽ ഞായറാഴ്ച ഫോർട്ട്കൊച്ചിയിൽ ശുചീകരണ പരിപാടി നടത്തിയ സന്നദ്ധപ്രവർത്തകർ കെ.ജെ. മാക്സി എംഎൽഎയ്ക്കൊപ്പം

## ഫോർട്ട്കൊച്ചി കടലുറത്ത് ശുചീകരണ പരിപാടിയുമായി സാമൂഹിക പ്രവർത്തകർ

മട്ടാഞ്ചേരി സ്മാർട്ട് ഇന്ത്യ ഫൗണ്ടേഷന്റെ നേതൃത്വത്തിൽ സാമൂഹിക പ്രവർത്തകരും വിദ്യാർത്ഥികളും ഫോർട്ട്കൊച്ചി കടലുറത്ത് ഞായറാഴ്ച ശുചീകരണ യജ്ഞം നടത്തി. കെ.ജെ. മാക്സി എംഎൽഎ പരിപാടി ഉദ്ഘാടനം ചെയ്തു. മാലിന്യസംസ്കരണം, പരിസരശുചിത്വം എന്നിവയുടെ പ്രാധാന്യം വിളിച്ചോതുന്ന തുടർപ്രവർത്തനങ്ങൾക്ക് സ്മാർട്ട് ഇന്ത്യ ഫൗണ്ടേഷൻ നേതൃത്വം നൽകുമെന്ന് പ്രോഗ്രാം മാനേജർ കാതറിൻ തെരേസ പറഞ്ഞു. ശാസ്ത്രസാഹിത്യ പരിഷത്ത് ഫോർട്ട്കൊച്ചി യൂണിറ്റ് സെക്രട്ടറി സന്തോഷ്, പ്രസിഡന്റ് ഗോവിന്ദരാജ്, പ്രോഗ്രാം കോഡിനേറ്റർ കെ.എം. അഷറഫ്, പ്രോഗ്രാം കൺവിനർ നിവേദിത വി. രാജമോഹൻ, വിദ്യാർത്ഥികളായ എൽദോ മാത്യു, ലാലി കാർത്തികേയൻ, പത്മരാജ്, സെറിൻ ഐപ്പി, അപർണ കെ.ബി., ദിയ വർഗീസ്, മഞ്ജു ലോറൻസ്, ഫൗസിയ പി.കെ. എന്നിവർ നേതൃത്വം നൽകി. ഡിടിപിസിയിലേയും കൊച്ചിൻ ഹെറിറ്റേജ് സോൺ കൺസർവേഷൻ സൊസൈറ്റിയുടെയും സഹകരണത്തോടെയാണ് പരിപാടി സംഘടിപ്പിച്ചത്.



സ്മാർട്ട് ഇന്ത്യ ഫൗണ്ടേഷന്റെ ആഭിമുഖ്യത്തിൽ ഫോർട്ട്കൊച്ചി ബീച്ചിൽ നടത്തിയ ശുചീകരണ പ്രവർത്തനങ്ങളിൽ പങ്കാളികളായവർ കെ.ജെ. മാക്സി എംഎൽഎയ്ക്കൊപ്പം.

## ഫോർട്ട്കൊച്ചി ബീച്ച് ശുചീകരിച്ചു

കൊച്ചി: പൊതു ഇടങ്ങൾ വൃത്തിയാക്കുവാനും പരിസ്ഥിതി സൗഹൃദ വ്യവസ്ഥകൾ എന്ന സന്ദേശം ഉയർത്തിപ്പിടിച്ച് സ്മാർട്ട് ഇന്ത്യ ഫൗണ്ടേഷന്റെ നേതൃത്വത്തിൽ സാമൂഹ്യ പ്രവർത്തകരും വിദ്യാർത്ഥികളും ഫോർട്ട്കൊച്ചി ബീച്ച് ശുചീകരിച്ചു. കെ.ജെ. മാക്സി എംഎൽഎ ഉദ്ഘാടനം നിർവഹിച്ചു. ശുചീകരണ പ്രവർത്തനത്തിലെ ഭാഗമായി ബീച്ചിലെ പ്ലാസ്റ്റിക്, ഗ്ലാസ്, മറ്റു മാലിന്യങ്ങൾ എന്നിവ ശേഖരിച്ച് പുനഃസജ്ജീകരണം നടത്തി. മാലിന്യ സംസ്കരണം, വ്യക്തി-പരിസര ശുചിത്വം എന്നിവയുടെ പ്രാധാന്യം വിളിച്ചോതുന്ന തുടർ പ്രവർത്തനങ്ങൾക്ക് സ്മാർട്ട് ഇന്ത്യ ഫൗണ്ടേഷൻ നേതൃത്വം നൽകുമെന്ന് പ്രോഗ്രാം മാനേജർ കാതറിൻ തെരേസ വ്യക്തമാക്കി. ശാസ്ത്ര സാഹിത്യ പരിഷത്ത് ഫോർട്ട്കൊച്ചി യൂണിറ്റ് സെക്രട്ടറി സന്തോഷ്, പ്രസിഡന്റ് ഗോവിന്ദരാജ്, പ്രോഗ്രാം കോ-ഓർഡിനേറ്റർ കെ.എം. അഷറഫ്, പ്രോഗ്രാം കൺവിനർ നിവേദിത വി. രാജമോഹൻ, സാമൂഹ്യ പ്രവർത്തക വിദ്യാർത്ഥികളായ എൽദോ മാത്യു, ലാലി കാർത്തികേയൻ, പത്മരാജ്, സെറിൻ ഐപ്പി, കെ.ബി. അപർണ, ദിയ വർഗീസ്, മഞ്ജു ലോറൻസ്, പി.കെ. ഫൗസിയ എന്നിവർ നേതൃത്വം കൊടുത്തു. ഡിടിപിസിയിലേയും കൊച്ചിൻ ഹെറിറ്റേജ് സോൺ കൺസർവേഷൻ സൊസൈറ്റിയുടെയും പ്രവർത്തകർ ശുചീകരണ സംരംഭത്തിൽ സഹകരിച്ചു.

ദീപിക

## വിദ്യാർത്ഥികൾ ഫോർട്ട്കൊച്ചി ബീച്ച് ശുചീകരിച്ചു

ഫോർട്ട്കൊച്ചി • സ്മാർട്ട് ഇന്ത്യ ഫൗണ്ടേഷന്റെ നേതൃത്വത്തിൽ വിദ്യാർത്ഥികൾ ഫോർട്ട്കൊച്ചി ബീച്ച് ശുചീകരിച്ചു. കെ.ജെ.മാക്സി എംഎൽഎ ഉദ്ഘാടനം ചെയ്തു. പ്രോഗ്രാം മാനേജർ കാ

തറിൻ തെരേസ, ശാസ്ത്ര സാഹിത്യ പരിഷത്ത് ഫോർട്ട്കൊച്ചി സെക്രട്ടറി സന്തോഷ്, പ്രസിഡന്റ് ഗോവിന്ദ രാജ്, കെ.എം.അഷറഫ്, നിവേദിത പി.രാജമോഹൻ, എൽദോ മാത്യു, ലാലി കാർത്തികേയൻ തുടങ്ങിയവർ നേതൃത്വം നൽകി. ഡിടിപിസി, കൊച്ചിൻ ഹെറിറ്റേജ് സോൺ കൺസർവേഷൻ സൊസൈറ്റി പ്രവർത്തകരും സഹകരിച്ചു.



# FEEDBACKS



# Experience sharing

*Seby Johnny*

MSWC STUDENT, IGNOU

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I am deeply thankful to Smart India Foundation for the invaluable learning experience during my Concurrent and Block placements. The organization offered insightful SEP sessions, practical exposure through community work and surveys, and opportunities to enhance skills through presentations, group discussions, and creative activities like poster/video making as well as insight on fieldwork journaling.

The guidance from the founders, program coordinator, and co-interns made this journey enriching, boosting my confidence and contributing to my successful MSWC course completion. The continued support as part of the volunteer team has been invaluable, giving me the true essence of social work.

Heartfelt thanks to Smart India Foundation for an empowering experience, and I wish them success in their noble mission to uplift society.



**AMRITHA  
RAMACHANDRAN**

Being an intern in Social Work under SMART India Foundation, I appreciate SMART India Foundation for the initiative in major innovative programs for the development of society. Experienced guidance and support staff made my internship a valuable lesson and provided a good learning experience. I am grateful for giving opportunities in the works and programs provided that hugely changed my perspective of being a social worker and improved my skills and expertise in delivering my experience in my internship.



**REMYA P**

I have done my Internship at Smart India Foundation, and I must say it was an incredible experience.

The staff at Smart India Foundation were supportive and provided me with guidance throughout my internship.

I highly recommend Smart India Foundation to anyone looking for a meaningful internship experience. The organization's dedication to serving others is truly admirable, and I am grateful to have been a part of their team.

**ASMA K.K**

Fieldwork is an essential and useful experience for students. When I joined SMART India for my fieldwork, I initially felt some tension. However, after the first week, I was able to choose and connect correctly with the work. SMART India provided me with an opportunity to work on various activities. I was able to engage in social casework, group work, and detailed practical learning. I was able to clarify my doubts and gain knowledge through discussions with trainers. I sincerely thank the SMART India Foundation for providing me with this valuable training.

**Dr.RENJISHA R**

I am grateful to the Smart India Foundation for providing the opportunity to complete my IGNOU MSWC course through this internship. The expert-led sessions, especially with Dr. Xavier Vinayaraj and Dr. Semichan Joseph, enhanced my knowledge, while the flexible structure allowed deep engagement with social work practices. Thanks to Ms. Katherine's support and Team Smart's efforts, this internship has been invaluable for my professional growth.





## **SAMVRUTHA SURESH**

**Student from Sree Narayana  
Guru College, Paingottoor**

SMART India Foundation has provided a platform for a comprehensive learning experience that has been instrumental in shaping the skills and knowledge of a trainees. From February 1, 2025, we were engaged in various activities that not only enhanced our skills and knowledge but also allowed us to contribute meaningfully to the community. One of the most significant projects undertaken during this tenure was a survey of fishermen's problems in Kochi. This project involved interacting with the fishing community, understanding their challenges, and identifying potential solutions. We had the opportunity to visit fishing villages, interact with fishermen, and gather data on the various challenges they face. This experience was not only enlightening but also helped us develop a deeper understanding of the complexities of the fishing industry.

In addition to the survey, we also had the opportunity to provide skill development classes to 7th standard students. This experience was rewarding and helped us develop teaching and mentoring skills. We were able to design and deliver interactive sessions that helped students develop important life skills.

A mini research project was also conducted on the problems faced by fishermen. This project involved collecting and analyzing data, identifying patterns and trends, and drawing conclusions. The findings of this research project are included in this report and provide valuable insights into the challenges faced by fishermen.

Furthermore, we had observation visits to various organizations and institutions, including cancer centers, special schools, relief settlements, and old age homes. These visits broadened our understanding of the social sector and allowed us to interact with diverse groups of people. We were able to gain a deeper understanding of the various social issues that affect different segments of the population. Throughout this tenure, the trainees were able to develop a range of skills, including research, teaching, and communication. The experience at SMAT India Foundation has been enriching, and being part of their team has been a valuable experience. The skills and knowledge gained during this tenure will be invaluable in future endeavors.



# OUR INITIATIVES



# Free Orientation Session for NET-JRF Online Coaching

On 25th February 2025, SMART India Foundation hosted an orientation for their online NET-JRF coaching program. Mr. Sibin Antony M.V and Mr. Garsho Rahul introduced the program, aligned with the NET-JRF syllabus, and discussed career opportunities for qualifiers. The session included a Q&A segment, offering insights into exam preparation and academic careers. It provided participants with valuable information to support their NET-JRF journey and future careers in academia.



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**SMART INDIA FOUNDATION**



8 PM  
25-02-2025

Free Orientation on  
**NET-JRF**  
PREPARATION



Mr.Sibin Antony M V  
First Rank Holder HSST Social Work Kerala PSC,  
Department of Higher Secondary Education  
Government of Kerala



Mr. Garsho Rahul  
NET,Ph.D Research Scholar  
Department of Social work  
Bharathidasan University

**CONTACT US** admin@smartindiafoundation.org or 8848533312



# Exciting Opportunity with SMART India Foundation!

We are delighted to offer a unique internship program designed for students pursuing a Bachelor of Social Work (BSW) or Master of Social Work (MSW). At SMART India Foundation, we aim to provide students with an enriching experience that enhances their skills, knowledge, and professional growth in the field of social work.

Our internships are not just about observation, they offer an immersive, hands-on approach where students can actively engage with real-world issues. This experience will help interns develop practical skills and gain critical insights that will empower them as future professionals in the social work sector.

A promotional poster for SMART India Foundation. It features a light blue background with a faint geometric pattern. On the right, there is a black silhouette of a person in a suit pointing upwards. The text is arranged in a clear, hierarchical manner. At the top, it asks if the reader is a social work student looking for a meaningful internship. Below this, the organization's name is prominently displayed. Further down, it specifies the eligible programs: IGNOU BSW / MSW, Regular MSW / BSW. A banner indicates the start of a new batch on 7 April, 2025. At the bottom, there is a 'TO KNOW MORE' section with contact details including a phone number, an email address, and a website URL.

ARE YOU A SOCIAL WORK STUDENT  
LOOKING FOR A MEANINGFUL  
INTERNSHIP EXPERIENCE ?

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INDIA  
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