



SMART VOICE

AUGUST-2024



www.smartindiafoundation.org

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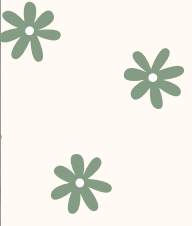
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AUGUST -2024

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Editorial

Celebrating Progress and Inspiring Change

Dear Readers,

It is with great pride and excitement that we present to you the inaugural issue of Smart Voice, the monthly newsletter of the Smart India Foundation. As we unveil this first edition, we reflect on the humble beginnings of our journey, which started just last year as a small initiative by a dedicated group of professional social workers from Kerala. United by a shared vision, we established SMART—Social Work Movement for Action Research and Training—to bring about meaningful change in our communities through action-oriented research and grassroots training.

Though we are still in the early stages of our journey, the progress we've made in such a short time is a testament to the power of collective effort and unwavering commitment. This month's edition of Smart Voice highlights the activities and programs that marked August 2024, showcasing the impact of our work and the enthusiasm of those who have joined us in our mission.

August was a month of significant milestones for the Smart India Foundation, marked by several impactful activities that aligned with our core mission. We successfully hosted the Green Social Work Conference, bringing together thought leaders and practitioners to explore sustainable practices in social work. This event sparked vital discussions and laid the groundwork for future environmentally responsible initiatives.

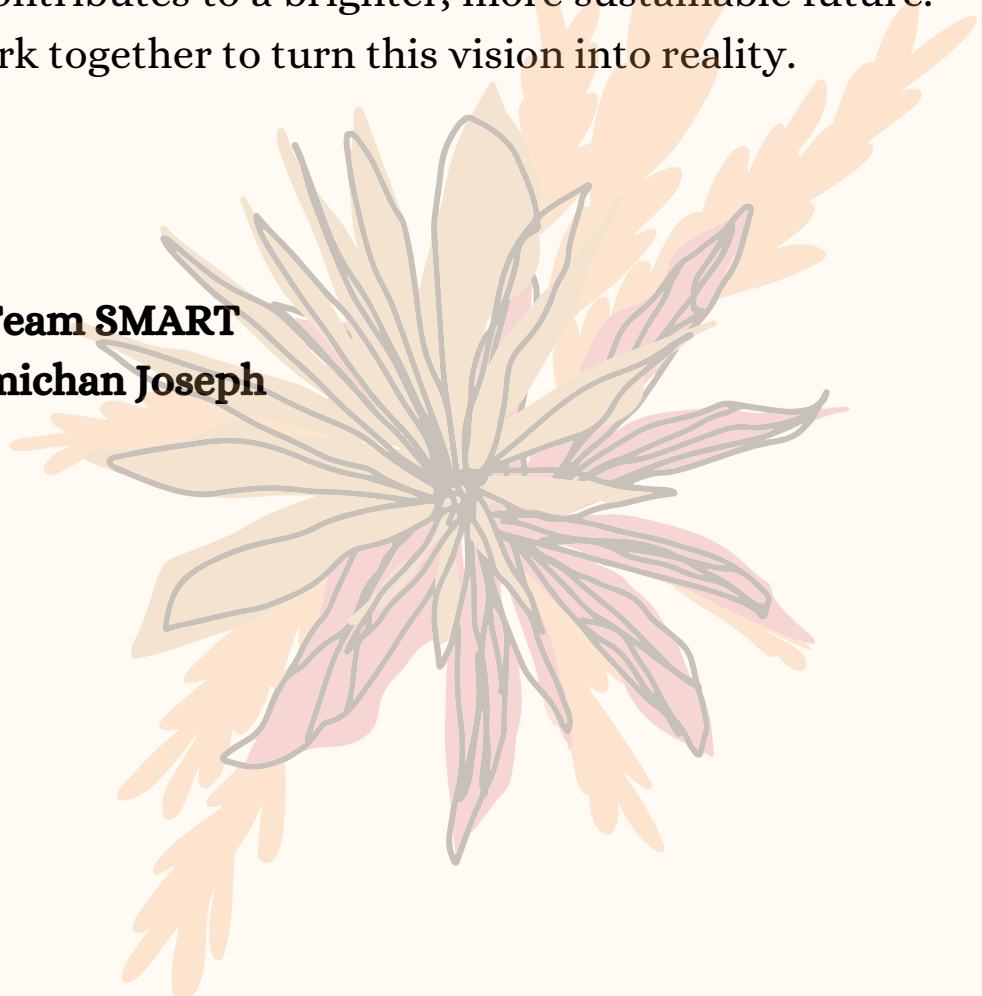
In addition, our Social Workers Empowerment Program continued as an ongoing webinar series, offering valuable training and resources to social workers across Kerala. These sessions have been crucial in enhancing their skills and equipping them to tackle the complex challenges within our communities.



SATVA Elderly Awareness Campaign made significant strides in raising awareness about the rights and needs of the elderly, fostering dignity and respect for our senior citizens through targeted workshops and community engagement. These activities reflect our unwavering commitment to building a smarter, more compassionate society.

As we look ahead, we recognize that the mission of sustainable change is one that requires collective effort and collaboration. We invite all stakeholders—social workers, community leaders, schools of social work, organizations and individuals—to join hands with us in this journey. Together, we can amplify our impact, share knowledge, and create innovative solutions that drive lasting change. Your involvement is crucial as we strive to build a smarter, more resilient India where every action contributes to a brighter, more sustainable future. Let's work together to turn this vision into reality.

For Team SMART
Dr. Semichan Joseph





Empathetic Care: The Need of the Hour for Our Aging Population

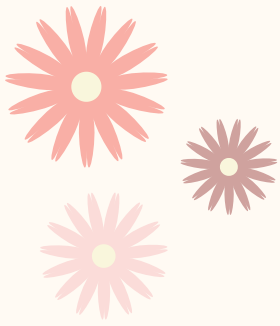
As the global population ages, the world faces a demographic shift of significant proportions. The World Health Organization (WHO) estimates that by 2030, 1 in 6 people worldwide will be aged 60 years or over, increasing from 1 billion in 2020 to 1.4 billion. By 2050, the population of people aged 60 years and older is expected to double to 2.1 billion, with the number of individuals aged 80 years or older projected to triple to 426 million. This unprecedented growth of the aging population brings forth new challenges and demands a reevaluation of how society approaches aging and elder care.

Understanding Aging: A Diverse Experience

Aging is a unique and diverse experience for every individual. The WHO emphasizes that there is no typical older person. While some 80-year-olds maintain physical and mental capacities comparable to those of 30-year-olds, others may experience significant declines at much younger ages. This diversity in aging is not random; it largely stems from individuals' physical and social environments and how these environments influence their opportunities and health behaviors.

The Role of Attitude, Self-Esteem, and Self-Confidence in Healthy Aging

"Age is just a number" is more than just a saying; it highlights the importance of attitude, self-esteem, and self-confidence in shaping one's experience of aging. Those with positive self-esteem and attitudes, coupled with self-confidence, are more likely to navigate life's challenges with resilience and optimism. In contrast, individuals with low self-esteem, low self-confidence, and negative attitudes often struggle to maintain momentum in their daily lives, leading to unhealthy aging.



Challenges Faced by the Aging Population

As people age, particularly beyond 60, they encounter a range of physical, mental, social, and emotional challenges. Post-retirement life can bring time management issues, financial instability, and feelings of purposelessness. Furthermore, the increasing prevalence of the empty nest syndrome—where children migrate abroad for education or work—exacerbates feelings of loneliness and isolation among the elderly. While the depth of these challenges varies from person to person, the underlying issues remain consistent across the aging population.

The Importance of Empathy in Elder Care

One common need among the elderly is empathy. Whether in home care or institutionalized care, paid or unpaid, older individuals yearn for empathetic treatment rather than mere sympathy. They seek to feel valued, counted, and accountable, and this can only be achieved through empathetic care that engages them with their potential.

Empathy in elder care involves more than just providing physical care; it requires spending quality time with them, listening to their concerns, and showing genuine availability and accountability. This empathetic approach is crucial for family members, support workers, and care institutions. As the aged care industry grows increasingly competitive, with various facilities marketing their services, it is vital that the focus remains on providing care rooted in empathy.

Person-Centered Care: A Call to Action

The role of social workers and caregivers is critical in meeting the needs and expectations of the elderly. Research underscores the importance of person-centered care, which focuses on the individual rather than solely on their problems. Many older adults seek care that includes listening, understanding, and the reassurance of feeling protected as they face the reality of death.

It is imperative that society makes both individual and collective efforts to support the elderly with empathy, rather than approaching their care from a business-minded perspective. These individuals have been the strong pillars of our society, and they continue to offer valuable contributions. Reducing the generation gap with an open heart and a commitment to empathy will ensure that they feel respected, valued, and supported in their later years.

Conclusion

As the world prepares for an aging population, the need for empathetic care becomes increasingly important. By fostering an environment where older individuals feel engaged, protected, and valued, we honor their past contributions and support them in continuing to lead meaningful lives. Let us unite in our efforts to bridge the generation gap and approach elder care with empathy, recognizing the dignity and worth of every aging individual.

Dr.Xavier Vinayaraj N V

**Joint Managing Trustee,
SMART INDIA FOUNDATION**

NATIONAL SEMINAR



NATIONAL SEMINAR ON

GREEN SOCIAL WORK

CLIMATE CHANGE AND THE WASH SECTOR

JOINTLY ORGANIZED BY SOCIAL WORK DEPARTMENT OF
KMM COLLEGE OF ARTS AND SCIENCE THRIKKAKARA,
SMART INDIA FOUNDATION AND WASH INSTITUTE

19TH AUGUST 2024 | COCHIN PUBLIC SCHOOL AUDITORIUM | FROM 9.30 AM TO 5.00 PM

National seminar on Green Social Work: Climate Change and the WASH Sector

This National Seminar, organized jointly by Smart India Foundation, KMM College, and WASH Institute, aims to bridge the gap between climate change and the WASH sector through the lens of social work. By equipping social work students, working professionals, and academicians with the necessary knowledge and skills, the seminar seeks to foster a new generation of climate-conscious social workers who can effectively address the pressing challenges at the intersection of these two critical areas.

Climate change is one of the most pressing issues of our time, with far-reaching impacts on environmental, social, and economic systems. As these changes intensify, vulnerable populations are disproportionately affected, necessitating a multifaceted approach to mitigate and adapt to these impacts.





The field of social work, with its commitment to social justice and advocacy, plays a crucial role in addressing these challenges. Green social work, which integrates environmental sustainability with social work practice, is emerging as a vital area of focus. This seminar aims to explore the intersections of climate change and the Water, Sanitation, and Hygiene (WASH) sector, emphasizing the role of social work in promoting sustainable and resilient communities.



കളമശേരി കെ.എം.എം. കോളജിൽ കാലാവസ്ഥാ വ്യതിയാനവും ഗ്രീൻ സോഷ്യൽ വർക്കും എന്ന വിഷയത്തിൽ നടന്ന ദേശീയ സെമിനാർ പ്രിൻസിപ്പൽ സബാന ബക്കർ ഉദ്ഘാടനം ചെയ്യുന്നു.

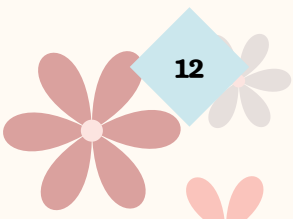
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കളമശേരി: കാലാവസ്ഥാ വ്യതിയാനവും ഗ്രീൻ സോഷ്യൽ വർക്കും എന്ന വിഷയത്തിൽ കെ.എം.എം. കോളജിൽ നടന്ന ദേശീയ സെമിനാർ പ്രിൻസിപ്പൽ സബാന ബക്കർ ഉദ്ഘാടനം ചെയ്തു. കോളജ് സോഷ്യൽ വർക്ക് വിഭാഗം, സ്മാർട്ട് ഇന്ത്യാ ഫണ്ടേഷൻ, വാഷ് ഇൻസ്റ്റിറ്റ്യൂട്ട് എന്നിവയുടെ സഹകരണത്തോടെയായിരുന്നു സെമിനാർ.

കാലാവസ്ഥ വ്യതിയാനവും ശുചിത്വവുമായി ബന്ധപ്പെട്ട വിഷയങ്ങളിൽ സാമൂഹ്യ പ്രവർത്ത

കരെ പരിശീലിക്കുക എന്ന ലക്ഷ്യത്തോടെ സംഘടിപ്പിക്കപ്പെട്ട സെമിനാറിൽ ഡോ. സെമിച്ചൻ ജോസഫ്, അഖിലേഷ് രമേഷ്, സഹനാ ഗോസ്വാമി, ശ്രീധർ ശെൽവരാജ്, അഞ്ജു വർഗീസ്, ഡാലിൻ ഡയസ് എന്നിവർ വിവിധ വിഷയങ്ങളിൽ പ്രബന്ധങ്ങൾ അവതരിപ്പിച്ചു. 250 ൽ അധികം വിദ്യാർത്ഥികൾ പങ്കെടുത്തു. സെമിനാറിന് എം.എ. ഷൈമി, ബേസിൽ കെ. വർഗീസ്, കാതറിൻ തെരേസ, പാർവതി രവികുമാർ എന്നിവർ നേതൃത്വം നൽകി.

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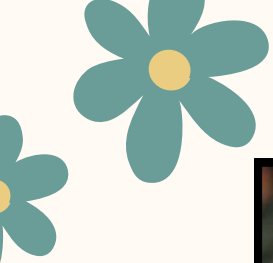




Dr. Semichan Joseph

INTRODUCTION TO GREEN SOCIAL WORK

Dr. Semichan Joseph delivered an insightful session on Green Social Work, introducing the concept, its principles, and practices. Green Social Work focuses on addressing the social and environmental issues that arise due to environmental degradation and climate change. The approach integrates ecological concerns into social work, advocating for sustainability, environmental justice, and the well-being of both people and the planet. The class emphasized the importance of interdisciplinary collaboration, community engagement, and the promotion of policies that protect vulnerable populations from the adverse effects of environmental issues. The principles of Green Social Work encourage professionals to take an active role in advocating for ecological integrity while ensuring social equity and justice.



Akhilesh Ramesh

SOCIAL WORK RESPONSE TOWARDS CLIMATE CHANGE AND WASH

Mr. Akhilesh Ramesh led a session on the social work response towards climate change and WASH (Water, Sanitation, and Hygiene). The session emphasized the critical role that social workers play in addressing the impacts of climate change on vulnerable communities, particularly through WASH interventions. He discussed strategies for integrating climate resilience into social work practice, highlighting the need for advocacy, community engagement, and sustainable solutions to ensure access to clean water and sanitation. The class provided an overview of how social work can contribute to mitigating climate risks and promoting environmental justice.



Sahana Goswami

CLIMATE CHANGE AND ITS IMPACT ON VULNERABLE COMMUNITIES

Ms.Sahana Goswami delivered a lecture on the impact of climate change on vulnerable communities. She explained how climate change, driven by factors like greenhouse gas emissions and deforestation, disproportionately affects low-income families, indigenous communities, and those in disaster-prone areas. These groups face significant challenges such as food insecurity, displacement, and health risks. Sahana also discussed the importance of climate justice and sustainable development in addressing these issues, urging participants to advocate for and support the most affected populations. The session provided valuable insights into building climate resilience.



Sridhar Selvaraj

UNDERSTANDING THE WASH SECTOR AND ITS CHALLENGES

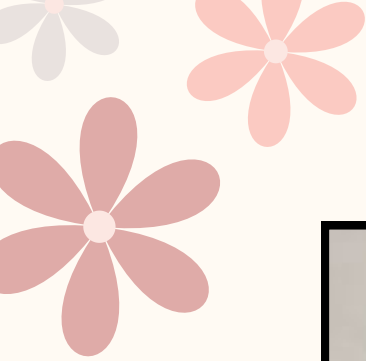
Mr.Sridhar Selvaraj provided a session focused on understanding the WASH (Water, Sanitation, and Hygiene) sector and its challenges. He emphasized the critical role of WASH in public health, particularly in preventing waterborne diseases and improving overall community well-being. Sridhar highlighted key challenges such as inadequate infrastructure, lack of access to clean water, poor sanitation facilities, and insufficient hygiene practices, especially in rural and underserved areas. He also discussed the importance of sustainable solutions, community involvement, and policy support in overcoming these challenges to ensure equitable access to WASH services for all. The session provided a comprehensive overview of the sector's complexities and the need for continued efforts to address its challenges.



Anju Varghese

CASE STUDIES : SUCCESSFUL CLIMATE RESILIENT WASH INTERVENTIONS

Ms. Anju Varghese, the Program Coordinator at BORDA, led a session on successful climate-resilient WASH (Water, Sanitation, and Hygiene) interventions. The session focused on real-life case studies that highlighted how effective WASH strategies can help communities adapt to climate change. She discussed various projects that have successfully integrated WASH solutions, emphasizing the importance of sustainability and resilience in these interventions. The class provided valuable insights into how WASH initiatives can be tailored to meet the specific challenges posed by climate change, ensuring long-term benefits for vulnerable communities.



Mr. Dalin Dias

MODERATOR OF PANEL DISCUSSION

Dalin Dias provided an overview of the activities conducted during the National Seminar and highlighted the roles of social workers in such settings. He emphasized the importance of social workers in facilitating discussions, organizing events, and engaging with diverse stakeholders to address pressing social issues. The seminar included various sessions, including a panel discussion where experts shared insights on current challenges and opportunities in social work. Dalin highlighted how social workers contribute to these discussions by bringing in-ground perspectives and advocating for vulnerable communities. The seminar underscored the critical role of social workers in shaping policies and practices in various social sectors.



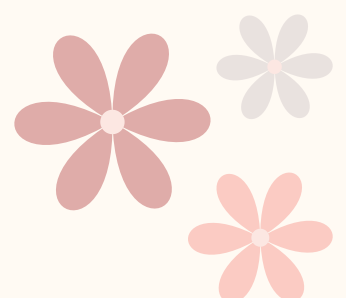
Paper Presentations

The seminar featured three paper presentations, including two group presentations and one individual presentation. This offering innovative perspectives on Green Social Work, climate change and sustainable development.

1. “Integrating Green Social Work to mitigate climate change and promote Sustainability” by TSW Annie Anna Thomas and TSW Aleena Susan Varghese from PG Department of Social Work, Kuriakose Elias College, Mannanam.
2. “Green Social Work: Advancing water and Sanitation for Sustainable Communities” by TSW Jyalakshmi Jayamon and TSW Sona, 2nd year MSW students from PG Department of Social Work, Kuriakose Elias College, Mannanam.
3. “Adapting Global Sanitation Solutions for Sustainable Water Management in Ernakulam” by Allen George and Sujil Saji from the Department of Social Work, St.Thomas College, Konni

BEST SOCIAL WORK STUDENT AWARD

SMART India Foundation proudly presented a unique opportunity for social work students in Kerala to shine and be recognized as the Best Social Workers. This one year program aims to encourage and celebrate outstanding social work students to demonstrate exceptional skills, innovations, and dedication to making a positive impact. We invite social work colleges and students to participate by nominating their top students based on specific criteria. Selected nominees will undergo a rigorous evaluation process, and the top three social workers will be awarded at our Annual Meeting. We look forward to identifying and honouring the next generation of social work leaders in Kerala.





SOCIAL WORKER'S EMPOWERMENT PROGRAMME

SOCIAL WORKER'S EMPOWERMENT PROGRAMME

The social workers empowerment program is designed to elevate the skills, knowledge, and capabilities of social workers, ensuring they are better equipped to meet the needs of the communities they serve. These programs typically feature workshops, training sessions, and discussions led by experts in the field of social work, offering valuable insights and practical tools for addressing complex social issues.

The core objectives of a Social Work Empowerment Programme include enhancing professional skills, promoting best practices, and fostering collaboration. By providing advanced training in areas such as case management, community engagement, advocacy, and social justice, these programs ensure that social workers are well-prepared to implement effective solutions. Additionally, they create opportunities for social workers to connect and share experiences, challenges, and strategies, which strengthens the social work community and encourages the adoption of best practices.

A key focus of these programs is the practical application of social work methods, techniques, and principles within real-world settings. Participants learn how to apply core social work methods like assessment, intervention, and evaluation directly in community environments. Techniques such as active listening, empathy, and advocacy are explored through role-playing and case studies, helping social workers refine their approaches to client interaction. The principles of social work—such as respecting individual dignity, maintaining confidentiality, and promoting social justice—are emphasized in every aspect of the training. These elements are not only taught but practiced, ensuring that social workers can integrate them into their daily work with clients, ultimately leading to more effective and ethical practice.

**Emerging Trends
in Social Work
in India**

NIBU TOMS NINAN

Ph.D. Scholar
Department Of Social Work
Bharathidasan University

**1 AUGUST 2024
THURSDAY
08.00pm**

EMERGING TRENDS IN SOCIAL WORK IN INDIA

On 1st August 2024, Thursday, Mr.Nibu Toms Ninan, a Ph.D. Scholar from the Department of Social Work, delivered an insightful class on "Emerging Trends in Social Work in India." He covered key areas shaping the field, including the Integration of Technology, Community-Based Approaches, Policy Advocacy and Social Justice, and Mental Health Awareness.

Mr. Nibu also discussed the impact of Corporate Social Responsibility (CSR), Disaster Management and Relief Work, Education and Skill Development, and Environmental Sustainability on social work practice. Additionally, he highlighted the importance of Gender Equality and Women Empowerment and emphasized the need for Research and Evidence-Based Practice to ensure effective interventions.

The session provided students with a clear understanding of the current trends in social work in India, equipping them with the knowledge to contribute meaningfully to the field.

INTRODUCTION TO SOCIAL CASE WORK



On 5th and 6th August 2024, the Social Workers Empowerment Program led by Kripa Mariya, Assistant Professor in the Department of Social Work, conducted an insightful class on Social Case Work, covering essential topics that form the foundation of this crucial practice in social work.

During the session, she began by defining Social Case Work, emphasizing its role as a method of helping individuals overcome personal difficulties through one-on-one interaction. She detailed the core methods used in case work, which include assessment, planning, intervention, evaluation, and termination. These methods are essential for providing personalized support tailored to the unique needs of each client.

Overall, the class provided students with a comprehensive understanding of Social Case Work, preparing them to apply these concepts in real-world scenarios. Kripa Mariya's expertise and clear explanations made the session highly engaging and informative, contributing significantly to the students' learning experience.

BEYOND THE BOOKS : REAL LIFE LESSONS IN SCHOOL WORK AND COMMUNITY BUILDING

SMART INDIA FOUNDATION

SOCIAL WORKER'S EMPOWERMENT
PROGRAMME
SEP - 51

MR. JOSYMON JOY
GANDHI FELLOW, PIRAMAL FOUNDATION

**"Beyond the Books: Real-Life Lessons in Social
Work and Community Building"**

**WEDNESDAY 8:00 PM,
14 AUGUST 2024**

On 14th August 2024, Wednesday, Mr. Josymon Joy, a Gandhi Fellow with the Piramal Foundation, delivered an insightful session where he shared his experiences and real-life lessons in social work and community building. He provided a detailed overview of the fellowship's syllabus across different semesters, offering a glimpse into the structured learning that shaped his journey.

Mr. Josymon also shared his experiences with the culture and system in North India, highlighting the differences between the Panchayat Raj system in Kerala and North India. He emphasized how these regional variations in culture and administration significantly impact community development efforts, offering valuable lessons in adaptability and cultural sensitivity.

The outcomes of the session were significant. Students gained a deeper understanding of the practical challenges faced in different regions of India, the importance of cultural awareness, and the need for flexibility in social work practice. The session equipped participants with valuable insights and practical knowledge that will enhance their effectiveness in community building and social work, particularly in diverse and challenging environments.



Activities from the field...



Cottolengo Vocational Rehabilitation Centre, North Paravoor

On August 6, 2024, SMART India Foundation, in collaboration with JPM Arts and Science College, Labbakkada, hosted recreational activities at the Cottolengo Vocational Rehabilitation Centre in North Paravoor.



We had the privilege of engaging with 18 remarkable individuals, building rapport and fostering a sense of connection through various activities. This initial interaction set a positive tone for the programme, which concluded with cherished memories and meaningful conversations

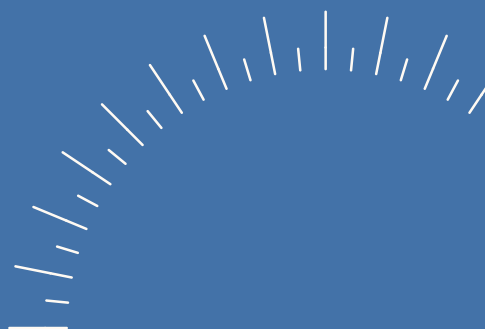


The center's officials were incredibly supportive, welcoming us warmly and playing a key role in the success of our programs. Their cooperation and warmth made the experience truly enriching





GROUP WORK & CASE WORK

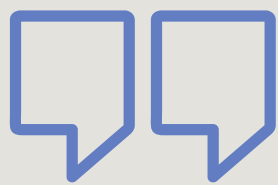


GROUP WORK AND CASE WORK CONDUCTED AT COTTOLENGO VOCATIONAL REHABILITATION CENTRE, NORTH PARAVOOR

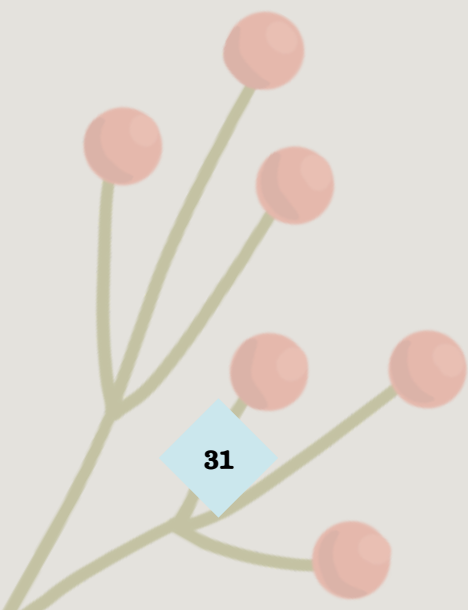


On August 7, 2024, Wednesday, interns from SMART India Foundation led a Group Work session at the Cottolengo Vocational Rehabilitation Centre. The focus of this session was twofold: enhancing communication skills and promoting basic hygiene practices. The objective was to impart practical knowledge that would empower the members to communicate more effectively and maintain better hygiene—key elements for their overall well-being.

The following day, August 8, 2024, Thursday, the interns conducted individualized case work with the members. This one-on-one interaction provided an opportunity for the interns to gain deeper insights into each member's personal challenges, feelings, and needs. By offering tailored interventions, the interns aimed to address specific issues and improve the overall quality of life for each individual.



ORGANIZATION VISIT



Bethzaitha Old age Home, Thevara



As part of our outreach program, the interns from SMART India Foundation recently visited The Bethzaitha Old Age Home in Thevara. The visit aimed to spend quality time with the residents, offering companionship and engaging in activities to brighten their day while gaining insight into the social, physical, and mental challenges they face.

During the visit, the interns facilitated recreational activities that went beyond mere entertainment. These interactions allowed for personal connections with the residents, uncovering their diverse interests and talents and providing a deeper understanding of their individual needs and preferences.

The experience was both joyful and enlightening, providing us with a greater appreciation for the wisdom and abilities of the elderly community. As we departed, we felt enriched by the connections we made and more committed than ever to fostering a sense of belonging and respect for our elders.





INDEPENDENCE DAY CELEBRATION

Independence Day Celebration at The Bethzaitha Old Age Home Thevara



On August 15, we had the privilege of celebrating Independence Day at The Bethzaitha Old Age Home in Thevara. The day began with the hoisting of the national flag, accompanied by the singing of the national anthem, filling everyone with a sense of pride and patriotism.

To make the day special for the residents, we organized a variety of activities, including singing, dancing, and a mono act performance. These activities brought smiles and energy to the celebration, with many residents actively participating and enjoying the festive atmosphere. We also delivered a brief speech highlighting the significance of Independence Day, reflecting on the sacrifices made by our freedom fighters and the importance of the values they fought for.

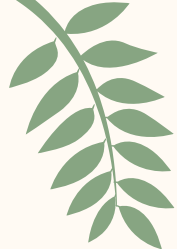


To conclude the celebration, we distributed sweets to all the residents, adding a sweet touch to the joyful day. The event was filled with laughter, music, and meaningful engagement, leaving everyone with cherished memories of a truly enjoyable and patriotic occasion.



SATVA

ELDER WELLNESS CAMPAIGN



SATVA: ELDER WELLNESS CAMPAIGN

Kerala, known for its high education and health standards, has a significant elderly population. These seniors have witnessed the state's transformation from farming communities to modern advancements while preserving Kerala's rich traditions, festivals, and community life. Their lives reflect stories of resilience, overcoming hardships, and personal loss. Their wisdom continues to guide younger generations, and their strong connections with family and community uphold the values that shape Kerala's society. Their resilience in adversity serves as a powerful example of strength and determination.

SMART India Foundation in collaboration with JPM Arts and Science College decided to conduct a campaign at five Old Age Homes with the aim of making a positive impact on the lives of the elderly residents. These campaigns are vital as they provide an opportunity to engage with the elderly, who often experience loneliness and social isolation. By organizing various activities, we aim to create a sense of community, offer emotional support, and bring joy to their daily lives. The campaign also allows us to better understand their needs and challenges, helping us to address them more effectively. Through this initiative, we hope to enrich their lives and ensure they feel valued and cared for.



Campaign at Sree Poornathrayeesha Vridha Sadanam, Thripunithura

This August, we proudly launched our Elder Wellness Campaign, starting with a heartfelt visit to Sree Poornathrayeesha Vridha Sadanam in Thripunithura on August 24, 2024. The experience was truly heartwarming. From the moment we arrived, we were welcomed with warmth and kindness by both the residents and the staff, fostering an atmosphere of genuine hospitality. The exceptional cooperation from the staff ensured that our activities ran smoothly and that we felt well-supported throughout the day. Their invaluable assistance played a crucial role in the success of our visit.

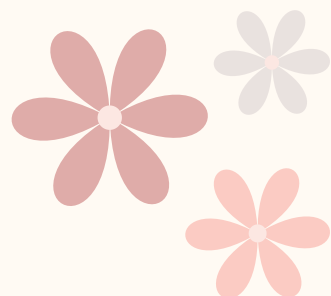


During the campaign, we conducted a variety of interactive activities aimed at engaging the residents and building rapport with them. These activities were not only enjoyable but also provided an opportunity to connect with the residents on a personal level. Through these interactions, we were able to foster a sense of community and belonging among everyone involved. The residents were eager to participate, which made the day lively and fulfilling.

As part of our engagement, we spent time getting to know the residents, listening to their stories, and learning about their lives. Their openness and willingness to share their experiences made this process both insightful and rewarding. The cooperation we received from the residents was touching, and it allowed us to form meaningful connections with them



Overall, the campaign at Sree Poornathrayeesha Vridha Sadanam was a day filled with memorable moments. The positive energy and enthusiasm of the residents, combined with the support of the staff, made this visit an unforgettable experience. We left with a deeper appreciation for the importance of such engagements and a renewed commitment to making a difference in the lives of the elderly. This day will remain a highlight in our ongoing efforts to bring joy and support to the residents of Sree Poornathrayeesha Vridha Sadanam.

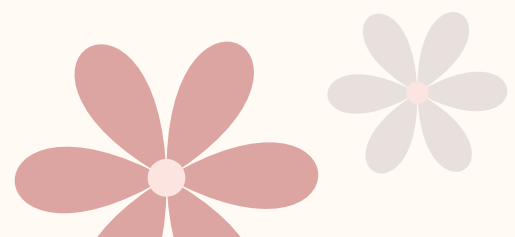


CAMPAIGN AT FIH SANTHIBHAVAN CONVENT OLD AGE HOME, EDAKOCHI.

On 26-8-2024 SMART India Foundation in collaboration with JPM Arts and Science College visited the FIH Santhibhavan Convent Old Age Home to conduct a campaign designed to engage the residents through various activities, making the day enjoyable and meaningful. The campaign began at 11 AM and lasted for one hour, with 6 out of the 10 residents present.



Interacted with one another and built rapport. Following this, we conducted a class on basic hygiene, emphasizing the importance of maintaining personal and environmental cleanliness to prevent illness and promote overall health.



Next, held a group discussion, encouraging the residents to share their personal experiences and engage in conversation, which helped foster a sense of community. We also conducted a "Difference Between" game, designed to improve their observation and thinking skills.



The campaign was concluded with a discussion summarizing the day's activities, including the hygiene class, the group discussion, and the observation game. The residents participated actively and expressed their enjoyment, making the campaign a successful and memorable experience for everyone involved. The staffs there were so cooperative and helped us to complete the campaign successfully.



CAMPAIGN AT BROTHERS OF ST. JOSEPH COTTOLENGO PALLURUTHY, ERNAKULAM

On 27 – 08 - 2024 ,SMART India Foundation in collaboration with JPM Arts and Science College conducted a campaign at the Brothers of St. Joseph Cottolengo Palluruthy, Ernakulam Old Age Home to engage the residents and bring joy to their day. The home has 45 residents, of whom 26 were present and participated in the campaign.

The program began at 11 AM and lasted for an hour. The day started with an orientation provided by the sisters, who gave us valuable insights into the old age home and the



residents. This helped us tailor our activities to better suit the needs and interests of the residents.

Among the residents, some were mentally retarded, yet they actively participated in various activities. Conducted an ice-breaking session to help build rapport and create a warm and friendly atmosphere. Additionally, some residents were involved in making brooms and floormats, which visitors could purchase. These activities not only keep the residents active but also give them a sense of purpose and satisfaction in their daily lives.



The campaign concluded successfully, leaving both the residents and our team with a sense of fulfillment. The day was indeed memorable, filled with positive interactions and meaningful activities that contributed to the well-being of the residents.



CAMPAIGN AT AMMAKUYIL CHARITABLE TRUST, MAMANGALAM, ERNAKULAM

On 28 - 08 - 2024, SMART India Foundation in collaboration with JPM Arts and Science College organized a campaign at Ammakuyil Charitable Trust, Mamangalam, Ernakulam Old Age Home aimed at engaging the residents and making the day enjoyable. The program started at 10 AM and involved various activities designed to keep the residents active and involved.



Following that, we conducted a game focused on improving and assessing their memory power and vision. The residents participated enthusiastically, and the activities were well-received.



The staff at the old age home were very cooperative, playing a significant role in the smooth execution of the campaign. Their support was essential in making the event a success. The day was memorable, filled with positive interactions and joyful moments for both the residents and our team.



CAMPAIGN AT ABHAYA OLD AGE HOME, KALAMASSERY, ERNAKULAM

On 29 – 08 - 2024, SMART India Foundation in collaboration with JPM Arts and Science College organized a campaign at Abhaya Old Age Home in Kalamassery, Ernakulam, with the goal of engaging the residents through a series of interactive and recreational activities. The program started at 11 AM and lasted for one hour, during which 8 residents participated.

The session began with an Ice-breaking activity designed to foster interaction and build rapport among the participants. This was followed by a memory and vision game, aimed at assessing and enhancing the residents' cognitive abilities in a fun and engaging manner. Additionally, a short class on basic hygiene was conducted to educate the residents on maintaining personal and environmental cleanliness.

The campaign was successfully completed, with the residents actively participating and enjoying the activities. The staff at Abhaya Old Age Home were very supportive, playing a crucial role in ensuring the smooth execution of the program. Overall, the day was both productive and memorable for everyone involved, leaving a positive impact on the residents.



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