

**April
2025**

SMART VOICE

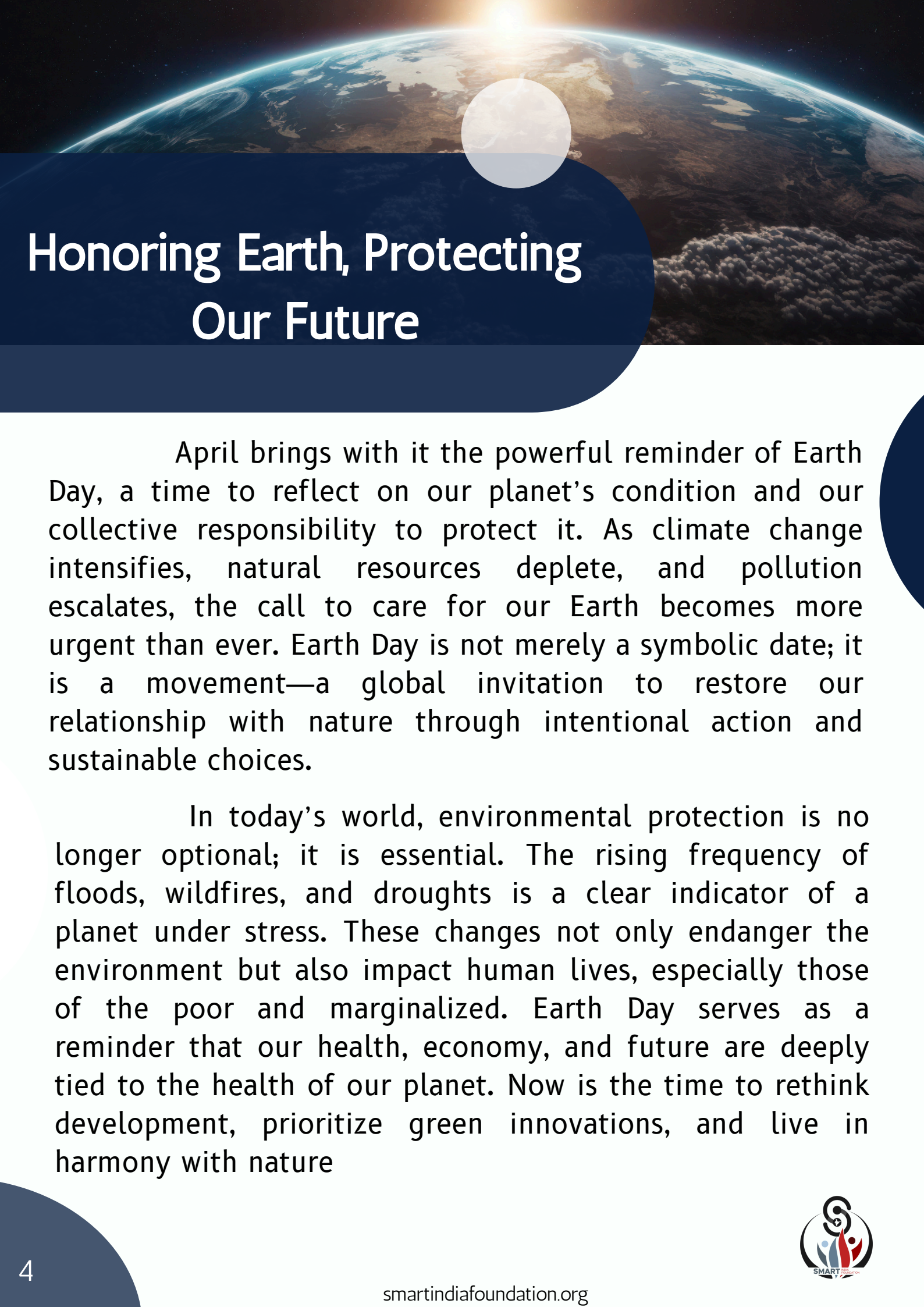


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Editorial



Honoring Earth, Protecting Our Future

April brings with it the powerful reminder of Earth Day, a time to reflect on our planet's condition and our collective responsibility to protect it. As climate change intensifies, natural resources deplete, and pollution escalates, the call to care for our Earth becomes more urgent than ever. Earth Day is not merely a symbolic date; it is a movement—a global invitation to restore our relationship with nature through intentional action and sustainable choices.

In today's world, environmental protection is no longer optional; it is essential. The rising frequency of floods, wildfires, and droughts is a clear indicator of a planet under stress. These changes not only endanger the environment but also impact human lives, especially those of the poor and marginalized. Earth Day serves as a reminder that our health, economy, and future are deeply tied to the health of our planet. Now is the time to rethink development, prioritize green innovations, and live in harmony with nature





At SMART India Foundation, we believe that meaningful change begins with small, committed steps. Through local clean-up drives, awareness campaigns, eco-education programs, and tree planting initiatives, we are striving to do our part for a healthier planet. We proudly endorse the efforts of our SMART Volunteers and Interns, who are actively conducting environmental campaigns, community events, and engaging summer camps for children. Their dedication is planting the seeds of awareness and action among the next generation.

As we move forward, we seek your encouragement and support for our upcoming SMART Kids Project, an initiative focused on the empowerment of adolescent boys and girls through life skills, mental health awareness, and gender equity education. Together, let us make every day a step toward a more compassionate, conscious, and sustainable world. Because when we invest in our youth and protect our Earth, we nurture the roots of a brighter tomorrow.

TEAM SMART VOICE



Organizational Visits

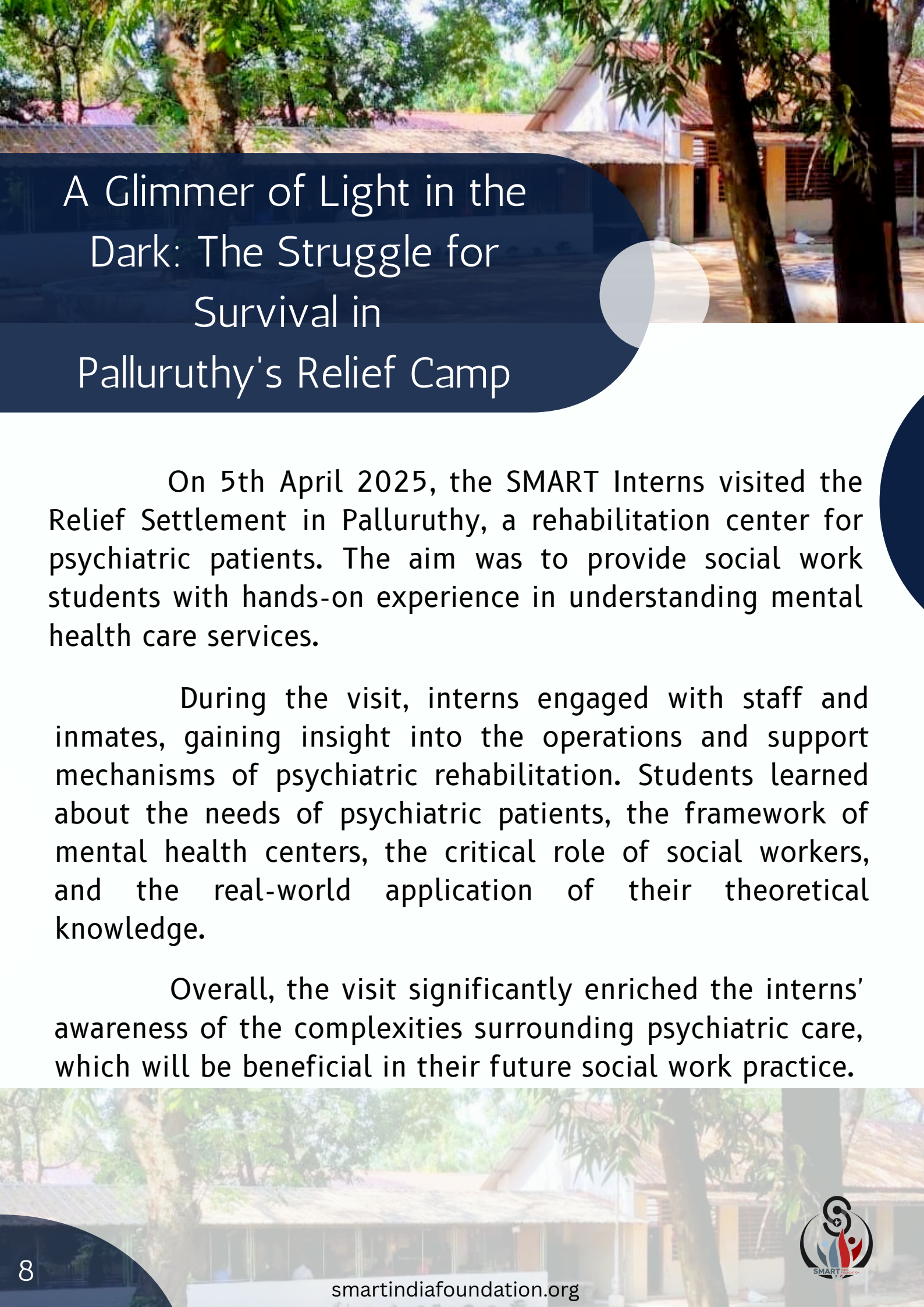


Fostering Felicity Among the Aged: Interns from the SMART India Foundation at Poornathreyeesha Old Age Home

On the 4th of April, 2025, the interns of the SMART India Foundation undertook an expedition to the Poornathreyeesha Old Age Home, driven by the imperative of community engagement. Their aims encompassed a comprehensive grasp of the home's operational dynamics, personal interaction with its elderly residents, and the exploration of potential avenues for assistance.

A warm reception awaited the interns, who immersed themselves in the history, mission, and services provided by the home, while engaging in substantive dialogues with the inhabitants. Conversations with staff illuminated the multifaceted challenges faced and the requisite support necessary. The visit yielded profound insights into the existence of the elderly and the steadfast dedication of caregivers, underscoring the paramount significance of empathy and community investment.

The SMART India Foundation remains unwavering in its dedication to continue bolstering such establishments through initiatives of voluntarism and heightened awareness.



A Glimmer of Light in the Dark: The Struggle for Survival in Palluruthy's Relief Camp

On 5th April 2025, the SMART Interns visited the Relief Settlement in Palluruthy, a rehabilitation center for psychiatric patients. The aim was to provide social work students with hands-on experience in understanding mental health care services.

During the visit, interns engaged with staff and inmates, gaining insight into the operations and support mechanisms of psychiatric rehabilitation. Students learned about the needs of psychiatric patients, the framework of mental health centers, the critical role of social workers, and the real-world application of their theoretical knowledge.

Overall, the visit significantly enriched the interns' awareness of the complexities surrounding psychiatric care, which will be beneficial in their future social work practice.



A Day of Joy and Hope at Don Bosco Boys Home

On the 10th of April, 2025, a cohort of social work scholars embarked on a visitation to Don Bosco Boys Home as part of their experiential fieldwork. This initiative, orchestrated by SMART Interns, sought to illuminate for the students the operational dynamics of organizations dedicated to assisting disadvantaged children.

The students engaged in dialogue with both staff and residents, assimilated information regarding the array of services offered, and examined the multifaceted needs of boys residing in institutional care.

Don Bosco Boys Home provides sanctuary for boys hailing from precarious backgrounds through the provision of shelter, educational opportunities, counseling, and life skills development. Throughout the visit, the students interacted with a variety of staff members, had informal exchanges with the boys, traversed the facilities, and deliberated on intervention methodologies.



This visit enabled students to deepen their comprehension of social work principles, align theoretical knowledge with practical application, and appreciate the myriad challenges confronting children under care. Collectively, the experience augmented their understanding of child welfare and underscored the indispensable function of social workers in advocacy and support.

Media Insights and Ethical Frameworks: Interns Learn the Ropes at Rashtradeepika



In alignment with the SMART India Foundation's staunch dedication to experiential learning, an insightful visit to Rashtradeepika, a distinguished media institution, was orchestrated on April 24, 2024.

This initiative afforded interns invaluable perspectives on media operations and their societal ramifications. The itinerary encompassed a comprehensive overview of Rashtradeepika's organizational architecture, content creation methodologies, and ethical frameworks, meticulously illustrating editorial workflows and journalistic instruments.

The interns gleaned insights into the media's profound impact on public perception and societal transformation, effectively linking theoretical knowledge with practical application. They expressed gratitude for Rashtradeepika's gracious hospitality and drew inspiration for prospective careers in journalism and media ethics.



The visit proved to be a richly rewarding educational endeavor, harmonizing with the SMART India Foundation's objective to cultivate the next generation of media professionals, with heartfelt appreciation extended to the Rashtradeepika team for their unwavering support.

SMART Interns Embark on Educational Visit to Swanthanam Organization



As part of their community engagement initiative, the SMART Interns visited the Swanthanam Organization on 23rd April 2025. Swanthanam is dedicated to supporting and empowering the LGBTQ community

During the visit, the SMART Interns met with officials working at the organization and gained insights into its operations, goals, and the various programs being implemented for the welfare of LGBTQ individuals.

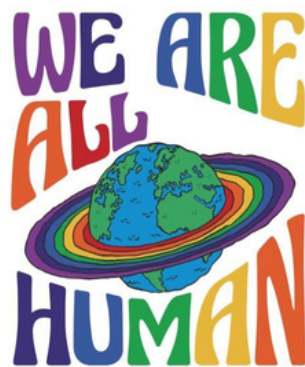
The interns were briefed about the ongoing projects focused on mental health support and community empowerment.

The interns also had the opportunity to interact with members from different identities within the LGBTQ community. These interactions provided a valuable learning experience, enabling the interns to understand the real-life challenges, experiences, and aspirations of the community.





The visit to Swanthanam Organization was an eye-opening and educational experience for the SMART Interns. It deepened their understanding of LGBTQ issues and reinforced the importance of inclusion, empathy, and social responsibility in community development efforts.



Case Work & Group Work

Case Work and Group Work



Interns from the SMART India Foundation took casework and group work at Tabitha Old age home in Thripunithura and the Relief Settlement in Palluruthy as part of their fieldwork training. They adeptly implemented social work theories, such as group dynamics and case management, in practical settings. They facilitated group sessions that fostered social interaction, emotional articulation, and the development of essential life skills.

Furthermore, they engaged in individual case management to comprehend the residents' histories and requirements, devising tailored care plans under supervision.



Awareness Sessions



April 14th

THE QUALITY DAY OF AMBEDKAR JAYANTI

LET'S CELEBRATE THE LEGACY OF DR. B.R. AMBEDKAR, A CHAMPION OF EQUALITY, JUSTICE, AND SOCIAL REFORM. HIS VISION CONTINUES TO INSPIRE US TOWARDS A MORE INCLUSIVE AND EQUITABLE SOCIETY.



Dr. Ambedkar Jayanti



The Smart India Foundation commemorated Ambedkar Jayanti on 14th April 2025 to pay tribute to the birth anniversary of Dr B.R. Ambedkar, the chief architect of the Indian Constitution and a respected leader who devoted his life to supporting labourers, women, and disenfranchised communities.

The event commenced with a PowerPoint presentation that showcased Dr. Ambedkar's life, accomplishments, and significant contribution to the drafting of the Indian Constitution. The session featured an in-depth overview of the essential components, sections, and timelines of the Constitution, promoting awareness and comprehension among those involved.

Members of the Smart India Foundation were actively involved in creating posters and announcements to celebrate the event. A reflective discussion session took place, during which participants contemplated Dr. Ambedkar's challenges and his significant impact on social reform and justice.

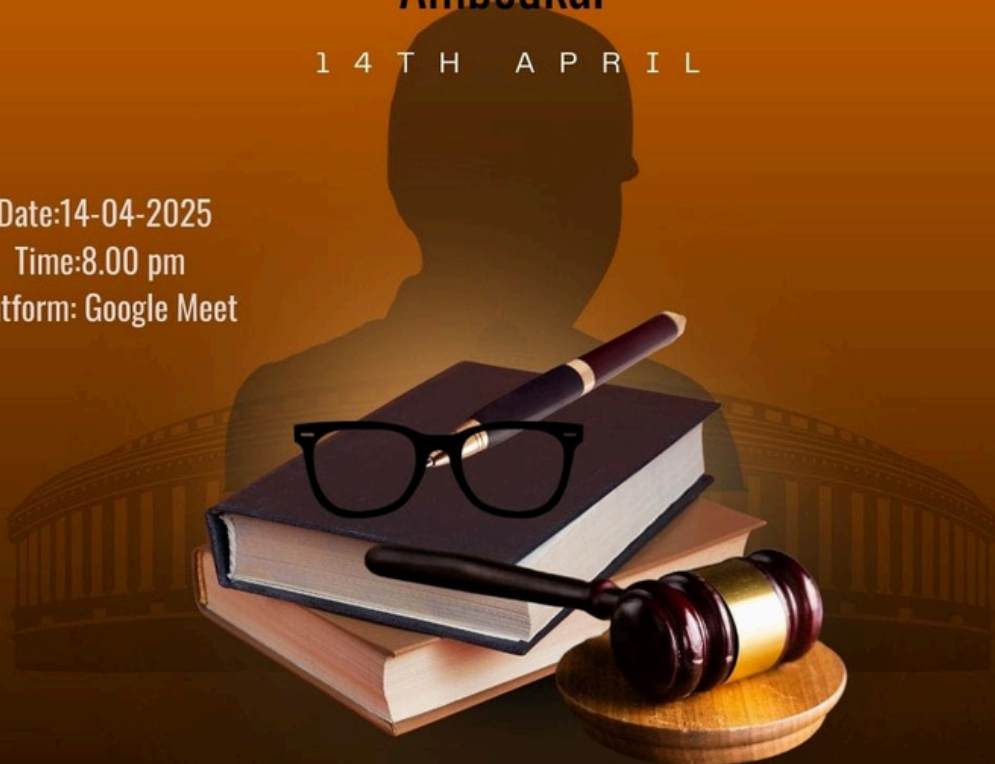




Webinar on
"The Constitution of India – A Vision by Dr. B.R. Ambedkar"

1 4 T H A P R I L

Date: 14-04-2025
Time: 8.00 pm
Platform: Google Meet



Join us in remembering the legacy of Dr. B.R. Ambedkar, a visionary leader, jurist, economist, and social reformer who championed justice, liberty, and equality for all.

www.smartindiafoundation.org

A quiz contest focused on the life and legacy of Dr. Ambedkar was held, with enthusiastic involvement playing a major role in the event's success. The event acted as an inspiring reminder of Dr. Ambedkar's lasting legacy and strengthened the Foundation's dedication to social equality and education.



Students Shed Light on Mental Health Issues in Kerala, Emphasizing Need for Awareness



Social Work students from the SMART India Foundation conducted a survey in Kerala to study mental health issues and awareness. The survey, spanning various age groups in urban and rural areas, revealed high stress levels, stigma toward seeking help, and low awareness of mental health services. Students gained practical skills and a deeper understanding of mental health applications in real life, fostering empathy and commitment to promoting awareness.

The findings revealed that over 60% of participants experienced frequent stress, while many still held stigmas around seeking mental health care. Awareness of available services was low, especially in rural areas. Youth commonly reported stress from exams and social pressure, whereas elderly participants often felt isolated and emotionally unsupported.

**Health
is wealth**



SMART Foundation Hosts Pioneering De-addiction Awareness Session

The SMART India Foundation orchestrated a profound and enlightening interactive session on 9th April 2025, under the aegis of Mr. Francis Moothedan, an esteemed authority in addiction recovery.

This initiative was specifically tailored for SMART interns to enhance their comprehension of addiction and the intricacies of rehabilitation.

Mr. Francis Moothedan imparted a deeply personal and experiential viewpoint during the session. Drawing from his extensive tenure in addiction counseling and rehabilitation, he recounted compelling narratives and authentic case studies that illuminated the multifaceted nature of addiction and the myriad challenges encountered by individuals striving for recovery.



Whilst addressing the origins, progression, and therapeutic modalities surrounding addiction, the crux of the session resided in his sagas—providing a rare and candid insight into the tribulations faced by those ensnared by substance dependency. His methodology underscored the virtues of compassion, patience, and the paramount significance of human connectivity in the healing continuum.

The interns were particularly touched by his accounts of metamorphosis and resilience. His contemplations accentuated the pivotal roles of attentive listening, communal support, and persistent endeavor in the voyage toward de-addiction

The session transcended mere informational discourse, emerging as a profound emotional experience, inspiring interns to approach the subject of addiction with empathy rather than scorn.



Nurturing Safety - Conscious Professionals: SMART Interns' Initiative

The SMART Interns organized an awareness session for social work students on May 1, 2025, aligning with International Workers' Day to mark World Day for Safety and Health at Work. Led by Ms. Sufiya Rai under the guidance of Ms. Katherine, the event aimed to educate students on workplace health and safety standards, emphasizing the rights and responsibilities of employers and employees.

The session included:

- Official theme for World Day for Safety and Health at Work 2025
- Global and local significance of occupational safety and health
- Key safety measures for risk prevention
- Real-world examples showcasing effective practices
- Segment on Labour Welfare Legislation by Ms. Thajunnesa



Interactive discussions highlighted practical applications of safety standards across sectors, fostering a safety-conscious mindset among students. The Department commends the student team's initiative, especially Ms. Sufiya Rai's leadership in content development.

This initiative reinforces the institution's commitment to nurturing socially responsible professionals well-versed in human-centric workplace policies and practices.



Bridging the Gap: Exploring Yoga's Impact on Social Work with Dr. Smitha Pillai

The SMART India Foundation adeptly orchestrated a stakeholder interview for its interns on the 8th of April, 2025, featuring Dr. Smitha Pillai, an esteemed International Yoga Therapist and Mentor at the Five Points International Yoga Studio in Kochi. This session is intended to delve into the multidisciplinary links between yoga and social work, bestowing invaluable insights for fledgling social workers.

Dr. Pillai underscored the significant influence yoga can exert on both the personal and professional growth of individuals immersed in social work. She illuminated how yoga cultivates mental acuity, emotional fortitude, and physical wellness—attributes indispensable for social workers often maneuvering through high-pressure settings and intricate community dilemmas. The engaging session further explored pragmatic strategies for integrating yoga within daily practices and the realm of social work, accentuating its capacity to augment self-awareness, empathy, and holistic service provision.



The interns enthusiastically engaged in the dialogue, contemplating how these revelations might shape their future vocations and enhance their efficacy in community service. This event culminated with a succinct mindfulness exercise led by Dr. Pillai, invigorating participants and inspiring renewed motivation. This session represented a pivotal advancement in fostering holistic learning and well-being for the forthcoming cohort of social workers.





Webinar

Earth Day 2023: A Global Call to Protect Our Planet

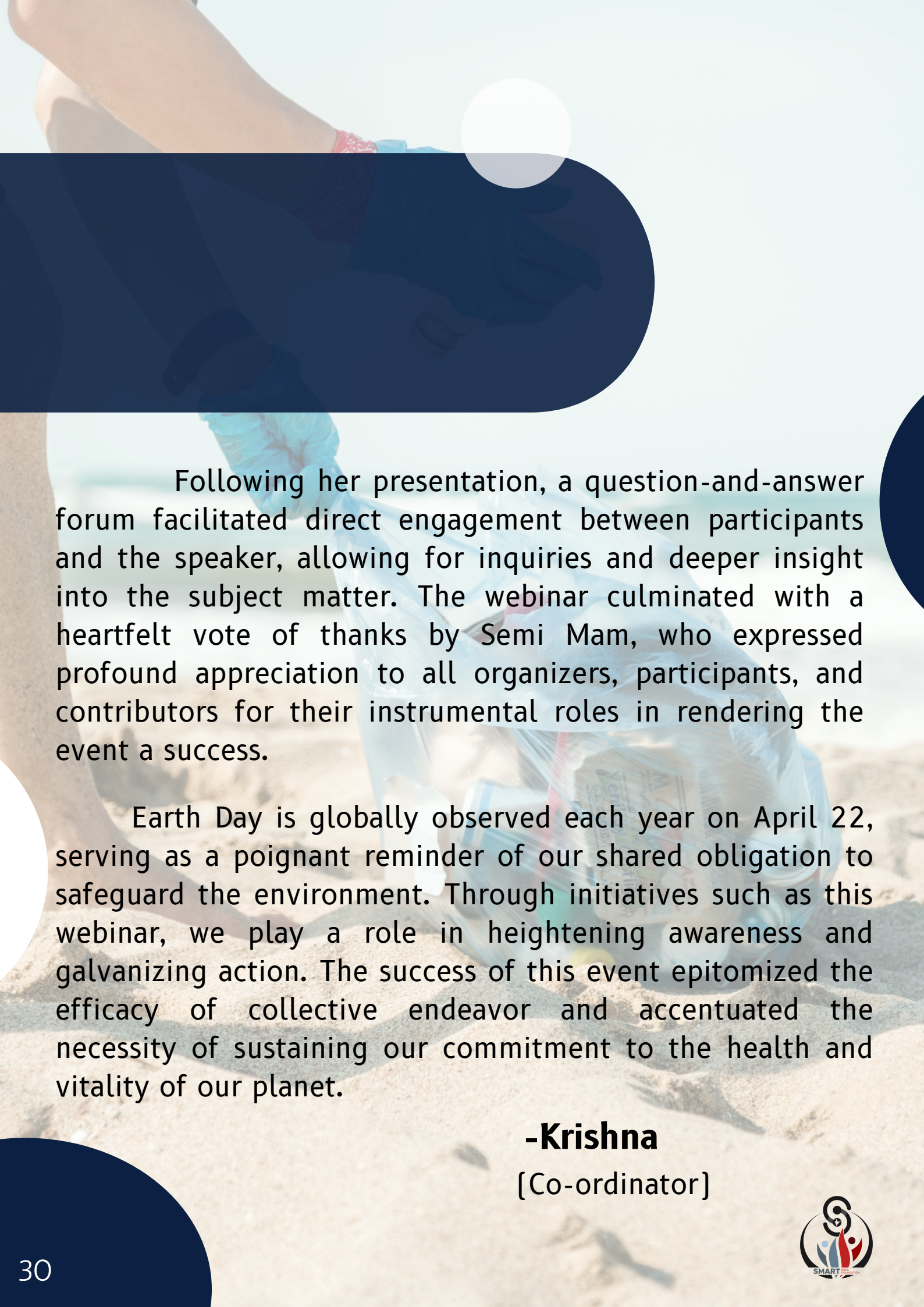


On April 22, the SMART India Foundation orchestrated a distinguished webinar in honor of Earth Day, with the objective of advancing environmental consciousness and advocating sustainable practices. This year's theme, "Planet vs. Plastic," underscored the imperative to diminish plastic pollution while nurturing eco-centric development. The event convened participants from diverse spheres to partake in profound discussions regarding the preservation of our planet.

As the coordinator, I, Krishna, had the privilege of extending a warm welcome to the attendees and establishing the event's tone. Additionally, I presented a PowerPoint exposition elucidating the significance of terrestrial conservation and the measures we can undertake to mitigate environmental detriment.

The principal session was conducted by our expert, Sreedevi, who delivered an insightful and captivating discourse on ecologically-friendly agriculture. She imparted invaluable perspectives on sustainable farming practices, urging all to embrace methodologies that resonate with nature.





Following her presentation, a question-and-answer forum facilitated direct engagement between participants and the speaker, allowing for inquiries and deeper insight into the subject matter. The webinar culminated with a heartfelt vote of thanks by Semi Mam, who expressed profound appreciation to all organizers, participants, and contributors for their instrumental roles in rendering the event a success.

Earth Day is globally observed each year on April 22, serving as a poignant reminder of our shared obligation to safeguard the environment. Through initiatives such as this webinar, we play a role in heightening awareness and galvanizing action. The success of this event epitomized the efficacy of collective endeavor and accentuated the necessity of sustaining our commitment to the health and vitality of our planet.

-Krishna

[Co-ordinator]



Activities From the Field



SMART INDIA FOUNDATION

"BLOOM"

Nurturing Health, Confidence & Safety

Workshop for adolescent girls on menstrual hygiene, self-esteem, and personal safety

8 April 2025
10 am

At
Sevasadanam
Thrissur





Breaking Barriers: Menstrual Health Awareness at Sevasadanam

On the 8th of April 2025, interns of the SMART India Foundation embarked on an enlightening visit to the Sevasadanam Orphanage in Thrissur as an integral component of their community outreach initiative. They presented a collection of sanitary napkins, generously contributed by the entire cohort, to promote menstrual hygiene among the adolescent girls residing within the institution.

An informative awareness session was conducted, centering on menstrual hygiene, the cultivation of self-confidence, and personal safety. This session sought to dismantle the entrenched taboos surrounding menstruation, equip the girls with knowledge of proper hygiene practices, and empower them through awareness of self-care and safety protocols.

The interns fostered an environment conducive to open dialogue, systematically addressing widespread misconceptions and responding to inquiries from the attendees.



The girls participated enthusiastically, sharing their narratives and apprehensions, while the orphanage officials conveyed their profound appreciation for both the valuable donations and the enlightening session. This visit proved to be an enriching experience for both the interns and the orphanage residents, underscoring the significance of menstrual health awareness and the empowerment of adolescents. This undertaking represented yet another stride in the interns' unwavering commitment to social responsibility and communal welfare.





Pilot Study

On the 24th of April 2025, the SMART Interns cohort embarked on a preliminary investigation on Kari Island as a preparatory measure for the forthcoming summer camp. During their excursion, they engaged with Mr. Ajith Michel to discern and evaluate the extant local resources conducive to the camp's success.

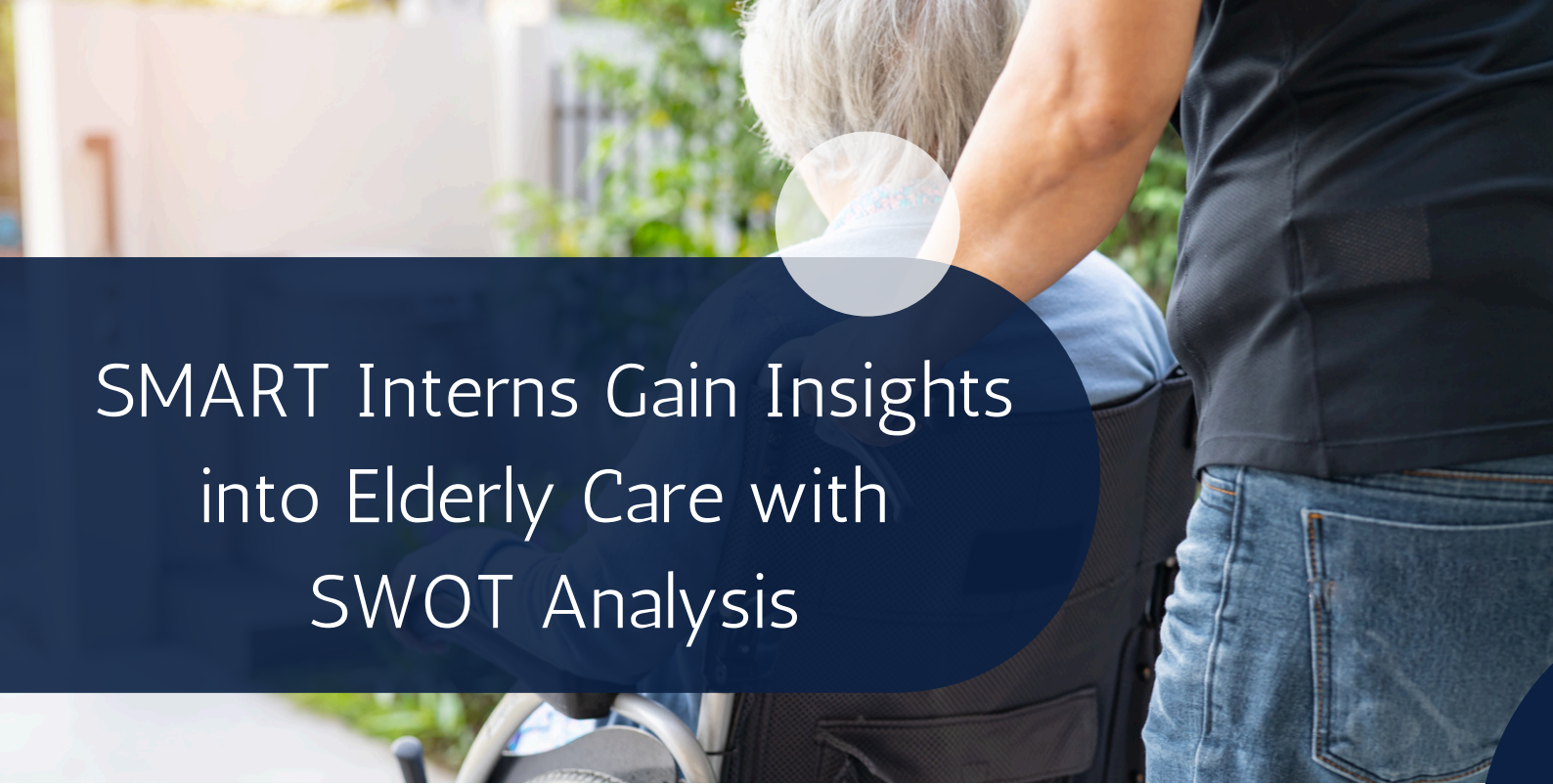
Furthermore, the team undertook familial visits to apprise parents and guardians regarding the camp while extending personal invitations for their attendance at the Programme. They also liaised with local leaders to cultivate community support and active participation in the initiative.



Social Need Assessment

The SMART Kids initiative, a progressive endeavor under the aegis of the SMART platform, aspires to bolster the educational journey of school students. Acknowledging that this phase is frequently characterized by academic rigors, the exigencies of personal growth, and the pressures of future planning, the project seeks to implement specific interventions.

To ensure that the project's design adequately reflects the genuine needs of students, a comprehensive social need assessment was undertaken by SMART interns among diverse demographics from the public during April 21 and 22, 2025.



SMART Interns Gain Insights into Elderly Care with SWOT Analysis

The SMART Interns conducted a SWOT analysis on elderly individuals as part of their academic and field training. The analysis aimed to deepen the students' understanding of the challenges and capabilities of this target group while enhancing their grasp of social work theories and practices.

The SWOT analysis revealed strengths such as rich life experience, strong value systems, and family and community bonds. Weaknesses included physical and mental health decline, economic dependency, social isolation, and limited digital literacy. Opportunities included growing focus on elderly care in government and NGO policies, community programs, training, and development of elder-friendly infrastructure.

Threats included increasing neglect, rising healthcare costs, social stigma, and a lack of inclusive public policies for elderly welfare.

Summer Camp



Summer Camp on Kari Island: A Celebration of Community Spirit and Youth Potential

The SMART India Foundation convened a three-day summer retreat from the 28th to the 30th of April, 2025, at Kari Island, specifically tailored for pupils within the jurisdiction of Chellanam Gram Panchayat.

The camp was inaugurated by Ward Member Ms. Margaret, who underscored the importance of youth development. Its primary objective was to empower students through comprehensive learning, enhancement of social skills, and the cultivation of awareness regarding substance misuse.

Sessions conducted by experts encompassed themes of health, communication, teamwork, and personal evolution. Participants engaged in a variety of sports, games, and cultural activities, thereby nurturing fellowship and self-assurance.



The camp epitomized community spirit and the latent potential of youth, imparting a favorable influence on attendees and advocating for the emergence of a healthier and more self-assured generation.

The camp's efficacy is encapsulated in its profound transformative effects, which accentuate education, active participation, and empowerment, thereby fostering the development of responsible and assured individuals.

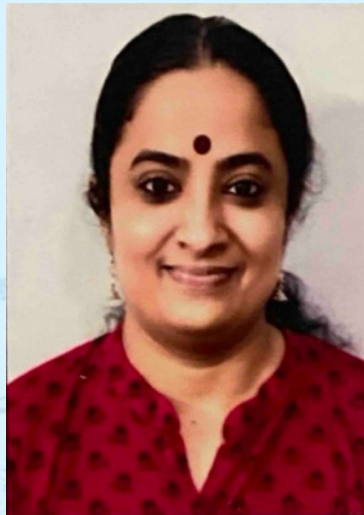






Articles

Every Drop Counts



Anjana Raghavan
MSW (IGNOU)

World Water Day is celebrated annually on March 22, with the primary goal of raising awareness about the water crisis and ensuring access to safe water for all. Water plays an important role in maintaining the balance of ecosystems, making it essential to manage this resource efficiently.





In the current scenario, education on Water Budgeting and Water ATM is vital. Water budgeting is similar to financial budgeting, the process involves managing and allocating water resources to meet the needs of individuals, households, industries, communities, etc.

On the other hand, a Water ATM is an innovative solution that provides clean drinking water through an automated machine. These are either coin or card-operated and can even accept digital payments like UPI and QR codes. They can dispense specific quantities of water.

Some models even come with solar power to improve energy efficiency, making them a sustainable and efficient method for water distribution



Rainwater harvesting should be encouraged in all households, since many regions in our country receive up to 4000mm of rainfall, but much of it is lost after mixing with seawater. The capturing and utilising of rainwater can help improve access to safe water resources economically and sustainably.

Water is a fundamental resource that must be managed wisely to ensure a sustainable future. By adopting water budgeting, investing in water ATMs, and implementing rainwater harvesting, individuals and communities can contribute to water conservation efforts. Let us pledge to take proactive steps toward responsible water management and ensure clean, accessible water for future generations.

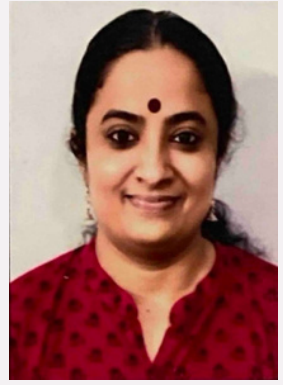


A Dream Come True



It's amazing how life can bring us full circle to meet our inspirations. I have always looked up to three incredible women—Mother Teresa, Rani Lakshmi Bai, and Daya Bai. Their selflessness, strength, and unwavering dedication are qualities we can all aspire to have.

Meeting Daya Bai through the Smart India Foundation was nothing short of surreal. Being able to hug her and give her a kiss on the cheek is a moment that I will surely cherish forever. Her presence exuded warmth and wisdom, reinforcing the values I hold. It was more than just a meeting; it was a moment of deep connection and affirmation.



Anjana Raghavan
MSW (IGNOU)

Rani Lakshmi Bai is an iconic figure, an embodiment of bravery and leadership during wartime, who has made her an immortal figure in history. It was fascinating to learn that Daya Bai and I share a common love—horses! Hearing Daya Bai speak about her admiration for Rani Lakshmi Bai's stories about horses made the experience even more special.

Her stories about Mother Teresa's Missionaries of Charity brought back fond memories of my siblings and me greeting Mother Teresa in the 80s at the old airport in Ernakulum. That encounter, much like meeting Daya Bai, was a reminder of how life sometimes gives us the extraordinary gift of meeting our inspirations in person.

These experiences reaffirm that inspiration can come from anywhere, and sometimes, life gives us the chance to meet them in person.



Glimpses





LIVE WEBINAR

LIVE STREAMING

From soil to sustainability : Earth-friendly farming for future Generation

A photograph of Dr. Shrimathi Shreedevi, a woman with dark hair, wearing a red patterned dress, sitting outdoors on a rock.

TUESDAY
22/4/25
8PM

യൂവ കർഷക ശ്രീമതി ശ്രീദേവി

The SMART India Foundation logo, featuring a stylized 'S' and 'I' with a flame-like shape.

www.smartindiafoundation.org







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