

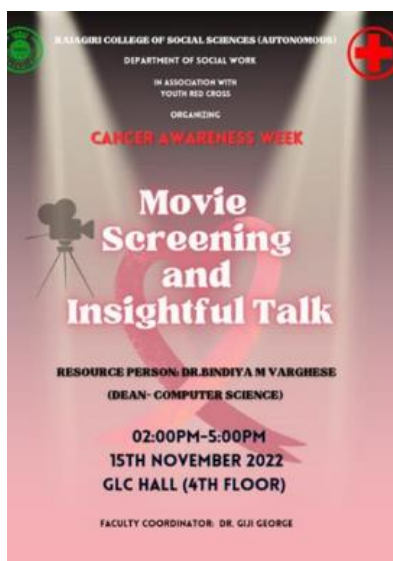
7.1.8 Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities

2022-2023

1. Movie Screening and Insightful Talk as part of Cancer Awareness Week

Name of the Programme	Movie Screening and Insightful Talk as part of Cancer Awareness Week
Organised by	Youth Red Cross (YRC), RCSS
Date of the programme	15th November 2022

Marking Cancer Awareness Week, Youth Red Cross hosted an insightful talk session and a movie screening on 15th November 2022 from 2 pm to 5 pm. BSW first years and third-year students attended the session. The program was held in the GLC hall and began with a welcome speech by Dr Giji George, YRC Programme Officer. This was followed by a session by Dr Bindiya M. Varghese, Dean, Computer Science Department, RCSS. She talked about how not all cancer patients want to be told that people are praying for them. There are other ways to support cancer patients instead of telling them that prayers are being said especially for them. She also talked about how important it is not to cry or express pity in front of cancer patients as it does nothing to help them or give them hope. She advised treating cancer patients like normal people and respecting their privacy. After the session, a movie, My Sister's Keeper, was screened. Due to limitations of time, the movie couldn't be completed. But the members later discussed what the movie was about and shared their personal experiences and how they dealt with it. There were also students who could relate to the movie.



2. Food Stall at Staff Welfare Association Food Fest

Name of the Programme	Food Stall at Staff Welfare Association Food Fest
Organised by	RCSS
Date of the programme	22nd November 2022

The students of MSW I set up a food stall as part of SWARAJ at the food fest organized by the Staff Welfare Association, RCSS. Princy Maria Jose, Sumalu Thomas and Jeslin Jejo were the coordinators of the food stall. The menu featured five items, including fruit salad, oats omelette, mango smoothie, egg sandwich and pokkali rice porridge. The theme of the food stall was "EAT HEALTHY". The students used this food stall as a means of promoting Dyuti 2023. Through the food stall, the students managed to create an awareness about healthy eating habits. The profit generated from the food stall will be donated to the World Food Program (WFP) a zero hunger SDG initiative of the United Nations.



3. Session on Mullaperiyar Dam: Yesterday, Today, Tomorrow

Name of the Programme	Session on Mullaperiyar Dam: Yesterday, Today, Tomorrow
Organised by	RCSS
Date of the programme	24th January 2023

SWARAJ hosted Adv. Russell Joy for a session titled 'Mullaperiyar: Yesterday, Today, Tomorrow' on 24 January 2023. Mr. Russell is an advocate at the Supreme Court of India and has been at the forefront of the movement for decommissioning the dam. Before the session, a short film about the dam's current condition and the risk it poses was screened for the students of the Department of Social Work. The inaugural address was delivered by Dr. Fr Joseph M.K., Head of the Department of Social Work. This was followed by an illuminating talk by Mr. Russell, who narrated the history of the dam and the ongoing struggle for getting the government to take action for the safety of the people. He called upon the students to become a part of the movement and answered their queries about the issue. The session came to an end with the vote of thanks by Princy Maria Jose.



4. Session on Introduction to Public Policy

Name of the Programme	Session Introduction to Public Policy
Organised by	RCSS
Date of the programme	31st January 2023

The last SWARAJ session of the month took place on 31 January 2023 at the golden Aureole. It was an interactive session conducted by Anu Maria Francis from the Centre for Public Policy Research (CPPR), Kochi. She spoke to the first-year MSW and MSc Psychology students about public policy and public policy research. After a brief introduction to her area of work, she spoke about the legal barriers faced by the people and how policies can be formulated to help people. The career opportunities in public policy were also discussed by the speaker. The session came to an end with a question-and-answer segment.



5. Session on Family Life Education

Name of the Programme	Session on Family Life Education
Organised by	RFCC, Rajagiri outreach
Date of the programme	19th June 2022

The intern Mr Fadumo Paul and Ms. Aleesha P at RFCC in collaboration with Rajagiri outREACH, organized a programme on Family Life Education. The session was led by RFCC interns Mr Fadumo Paul and Ms. Aleesha P. The session took place at the MSW first year classroom and began 3.00 pm, around 55 students attended the session.

The session started with introduction and welcoming of participants (students) to the session by the interns. After that there was an ice breaking session in which trainees were asked to introduce themselves with a word that defines them and all the participants were actively involved in the ice breaking session. After the ice breaking session the trainees explained the meaning of Family Life Education (FLE) and the topic which they are going to discuss which is Decision making and family budgeting. The average expectation from the interns perspectives are family savings, plan, decision making style and budgeting.

The groups presented their expenses break down to all their representatives (one each) and they all satisfied the expectations set by the interns even though it was not revealed to participants until after the activity. The session ended up about 4.30 pm with a vote of thanks by both interns.



6. Seminar on Importance of Mental Health

Name of the Programme	Seminar on Importance of Mental Health
Organised by	RFCC
Date of the programme	25th July 2022

Rajagiri Family Counselling centre in collaboration with Rajagiri centre for skill development has organized a seminar on importance of mental health in human life or healthy life. This class was for students from Rajagiri centre for skill development project. The session was led by Ms Rose



Maria Devassy, Family counsellor (RFCC). The session was held for students on 25th Monday July 2022 at 3.00pm. The introductory speech by Mr. Shyam, who is the project coordinator RCSD.

In this session focussed on importance of mental health and how we can improve the mental among students. At the end of the session students asked their doubts regarding the class. After the class we got excellent feedback from the beneficiaries.

7. Awareness Program on Physical & Mental Health Among Adolescents

Name of the Programme	Awareness Program on Physical & Mental Health Among Adolescents
Organised by	RFCC
Date of the programme	21st October 2022

The session was organized with an intension to spread awareness about mental health. Ms. Rose Mariya Devassy, councillor, RFCC took a class on Physical and Mental health among adolescence of Varnakootam at ICDS Vazhakulam, Aluva. The class began with a question what is health and one child replied that it is strength of a person. Then, Ms. Rose Mariya Devassy explained what is health according to W. H. O's definition that it is the absence of disease and physical, mental and social well-being.



There are micro and macro nutrients which is needed for the human body like plants need sunlight, water, fertilizers, etc. for their growth. Excess or lacking these nutrients cause underweight or over weight. The junk food has major role to affect the health which has no nutrient values. But these foods are part of our lifestyle. This can cause hormonal imbalance. So, people should take protein rich food like fish, meat, etc. but excess can cause cholesterol. The food which includes carbohydrate is the other need of healthy body. This can be wheat, rice, etc. Fruits should be added in the diet. Calcium food is another need which includes egg, milk, curd, etc. There are three food pattern which are breakfast, lunch and dinner and do not skip them. Then the resource person said about importance of vitamin A, vitamin C, vitamin B12, iron, water and exercise. Based on mental health the speaker, addressed the use of smart phones, social media, cyber-crime, screen addiction and controlled use of these areas.

8. Drug and Mental Health Awareness Class

Name of the Programme	Drug and Mental Health Awareness Class
Organised by	RFCC
Date of the programme	3rd November 2022

Rajagiri Family Counselling Centre (RFCC), Kalamassery, collaborated with Deen Dayal Upadhyaya Grameen Kaushalya Yojana (DDU – GKY) conducted the Drug and Mental Health Awareness class on the 3rd of November, 2022 at the DDU – GKY classroom. The purpose of the session was to spread awareness about usage of drugs and mental health among youth.

The first session about drug awareness was conducted by the RFCC counsellor Ms. Rose Maria Devassy. The session began with an ice – breaking session, then an introduction about drugs and their impact. Then the session was conducted by Mrs. Venus Varghese.

With an ice – breaking session, she entered into the session about mental health, how to obtain it and how to maintain it in day – to – day life. Also, provided an awareness class on ‘Vigilance’ based on Vigilance Awareness Week with the theme “Corruption Free India for a Developed Nation.” Associated with this, Ms. Rose Maria Devassy took an oath with the students. Finally, one of the students among the class delivered the vote of thanks.



In the session, there were students who participated. The session was a success because the students gave the feedback as the session was a good experience, interesting and involved them with active participation, helpful to attain mental health.

9. Awareness Class about Good Mental Health and Importance of Counselling in Families

Name of the Programme	Awareness Class about Good Mental Health and Importance of Counselling in Families
Organised by	RFCC
Date of the programme	7th December 2022

An awareness class on domestic violence and good mental health, was given to ICDS anganwadi workers and to the general public in AWC- 32, cheranellor on 07/12/2022 at about 11AM to 01 PM. The class was organized by RFCC and RSPC in collaboration with the anganwadi. Mrs. Sahana, ICDS supervisor welcome all to the session. Legal counsellor Adv. Aparna took a class about domestic violence. Mrs. Venus Varghese, family counsellor explain about the topic good mental health and its techniques to achieve, also gave an orientation about the RFCC’s counselling services. Both sessions ended up with a group discussion and the counsellor cleared the doubts of participants. Mrs. Bindhu teacher of anganwadi No. 53 had delivered vote of thanks.



10. Psycho-Social First Aid Camp at Varappuzha

Name of the Programme	Psycho-Social First Aid Camp at Varappuzha
Organised by	RFCC
Date of the programme	3rd March 2023

A catastrophic event occurred on February 28, 2023, in Muttinakam, a location in Varapuzha. A domestic building used to store fireworks caught fire, resulting in a terrible incident that resulted in one person's death and four others' hospitalization. Families in the neighborhood witnessed the occurrence up close and personal, traumatizing many of them. Along with the appropriate authorities, the Varapuzha police department collaborated with the Rajagiri Family Counselling Centre Kalamassery in association with Department of Social Work Rajagiri College of Social Sciences to organize a Psycho-Social First Aid Camp.

The day began with a training session led by the college's Vice Principal, Dr Fr. Saju M D. Seventeen MSW students in their final year and two counsellors from the Rajagiri Family Counselling Centre, Mrs. Venus TV and Ms. Rose Mariya Devassy participated in the training. The training began at about 9 a.m. and ran till 10 a.m. The training included how the trainees should communicate and intervene with clients and the precautions they should take when in the area. A brief introduction to the numerous approaches that can help customers relax and overcome their current situation.

Varapuzha s Panchayat and Police departments greeted the counsellors with open arms. An opening ceremony was held on the Muttinakam St. Mary's Church premises. More than thirty mothers and schoolchildren participated. During the opening ceremony, the groups were divided between working with children, adolescents, and the elderly. Adults participated in individual sessions, while children engaged in group activities. Children were encouraged to interact with the counsellors and other youngsters through games. The counsellors provided seniors with individual counselling sessions. Many clients reported how they and their families were touched by the incident they witnessed during the fruitful session. Many of them discussed their past traumas aroused by the explosion.

The volunteers reflected on their experiences during an interactive session with the Inspector of Varapuzha after lunch following the therapy sessions. The counsellors engaged in a productive session.

By 2:00 p.m. in the afternoon, the counsellors, along with police officers and volunteers, conducted house visits in the vicinity of the incident. Visits were made to the homes that sustained significant damage. The local families complied with the counsellors when they inquired about their well-being and offered assistance. More than thirteen residences were visited and examined for any unease experienced by family members. The day on the field concluded at the Varapuzha Police Station, where the counsellors reported the day's events to the SI and pondered the day's events. Suggestions and responses regarding what may be done

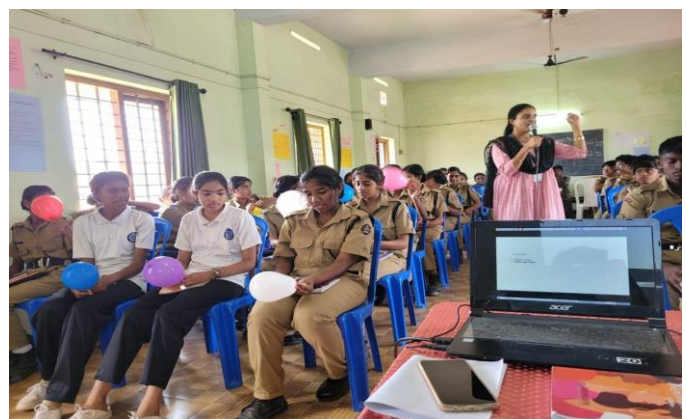
to improve the situation in the area and assist individuals in recovering from the shock were presented. The department of police accommodated the entire camp and the volunteers admirably. After the camp in Muttinakam, Varapuzha, the counsellors met with Dr Fr. Saju at the college to discuss the day. He commended all the volunteers for undertaking the responsibilities and achieving the goals. The counsellors discussed their experiences and provided input on what else may be done to assist the residents of Muttinakam.



11. Life Skill Training Class for Student Police Cadets

Name of the Programme	Life Skill Training Class for Student Police Cadets
Organised by	RFCC
Date of the programme	27th April 2023

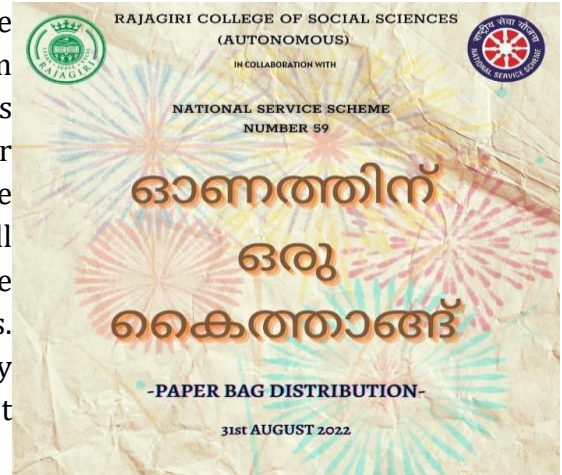
Rajagiri Family Counselling Centre in Collaboration with St. Philomena's Higher Secondary School, conducted a life skill training session on 27/4/2023 from 11am to 1pm. The participants were Student Police Cadets, who were about 50 in numbers. The class was associated with their 4 days' vacation camp. SPC teacher Mrs. Shiji Mathews welcomed our team. Rajagiri Family Counselling Centre's Family Counsellor led the session about 10 Life skills were discussed and described to students. An introduction to Family Counselling Centers are also given to them. In the next session, SPC Legal Counsellor, Adv. Ehlas Haleema, narrated them about how Service Providing Centre works & its administration structure, nature of problems, objectives etc. Class was fully engaged with various activities and debates. A good feedback were given by the students. Vote of thanks were given by the Head Mistress of the School, Gloria.



12. Paper bag Distribution

Name of the Programme	Paper bag Distribution
Organised by	RCSS
Date of the programme	31st August 2022

There were 6 volunteers who packed them and made them ready to transport. Out of which 4 of them travelled to sell them to the shops. The volunteers moved from college at 2:15 PM. There were 170 paper bags which were made by the NSS volunteers. The volunteers decided to sell 30 bags for Rs. 10. sold all these paper bags within 30 minutes. The bags were sold to grocery stores, pharmacies and to bakeries. From selling these bags, they earned Rs. 57, which they donated to the NSS fund as their volunteers' first contribution.



13. Anti- Drug Awareness Programme

Name of the Programme	Anti- Drug Awareness Programme
Organised by	RCSS
Date of the programme	8th October 2022

The trainees gave awareness classes in several schools on the 8th and 14th of October to increase awareness about the negative effects of using drugs and how to make opportunities to raise voices against drug misuse in public areas.

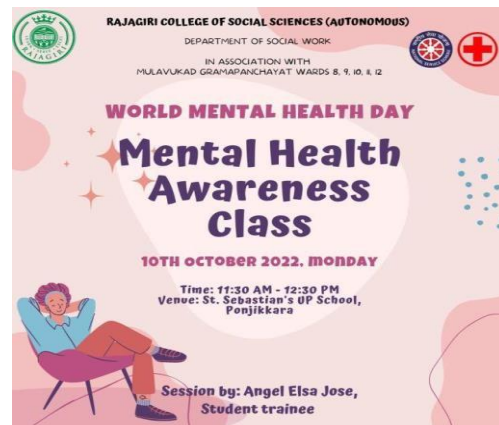
The primary objective of the anti-drug awareness campaign was to educate participants about the harmful effects of using drugs and other substances like alcohol.



14. Mental Health Awareness Class

Name of the Programme	Mental Health Awareness Class
Organised by	RCSS
Date of the programme	10th October 2022

The NSS volunteers conducted a Mental health awareness session in St. Sebastian's UP school, Ponjikkara on 10th Oct - 11:30- 12:30 pm. The session was taken by NSS volunteer Sectary Miss. Angel Elsa Jose, raised awareness about the mental health continuum and helped in reducing the stigma associated with mental illness in the age group.

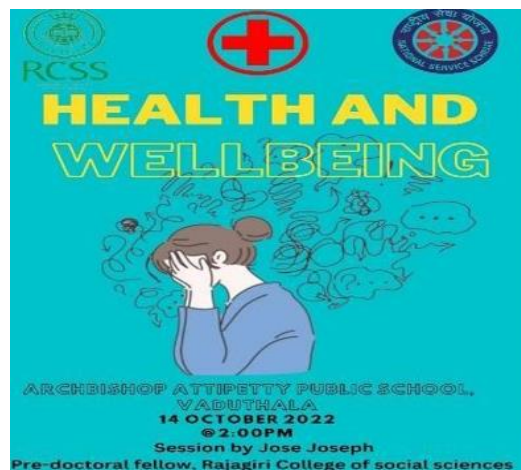


15. Session on Mental Health and Well- Being

Name of the Programme	Session on Mental Health and Well- Being
Organised by	RCSS
Date of the programme	14th October 2022

Mr Jose John and Prof. Mathews T John of RCSS led a session on mental health and well being in connection with the NSS unit of RCSS at Archbishop Attipetty Public School, Vaduthala on October 14.

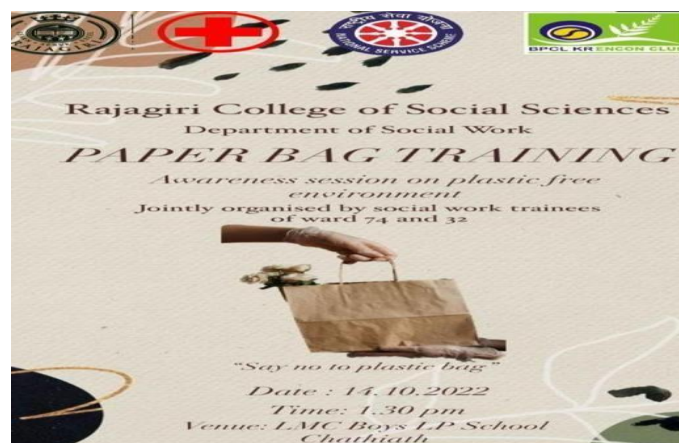
Mental health shapes how we think, feel, and act. It affects how we handle stress, react to others, and make good decisions. Mental health is vital at any age, so the session was for adolescents.



16. Paper Bag Training

Name of the Programme	Paper Bag Training
Organised by	RCSS
Date of the programme	14th October 2022

On 14th Oct, students of class 4 at LMC boys school, Chathiath participated in a paper bag training that was organised by NSS volunteers of RCSS. The trainees educated the audience on the importance of reducing their use of plastic and showed them how to construct paper bags out of old newspapers. The children assembled 25 paper bags entirely on their own.



17.Punarjani 2022 Mass Campaigning

Name of the Programme	Punarjani 2022 Mass Campaigning
Organised by	RCSS
Date of the programme	16th October 2022

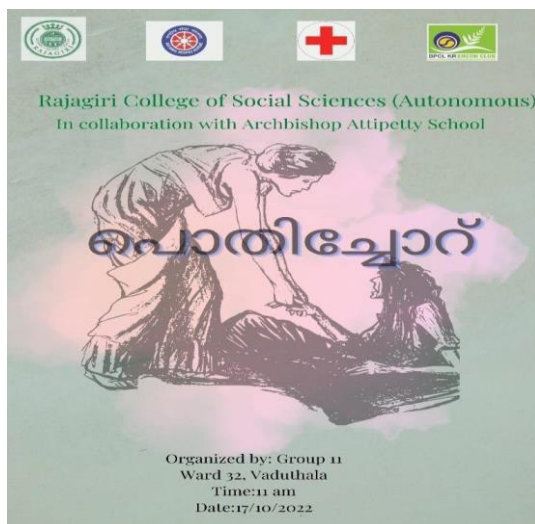
The football Penalty shoot-out was conducted as part of the Anti- Drug awareness campaign on Oct 16 under the PUNARJANI mass campaign 2022 held in Mulavukad Panchayath in connection with, RCSS, Yodhav, etc.



18.Pothichoru Distribution

Name of the Programme	Pothichoru Distribution
Organised by	RCSS
Date of the programme	17th October 2022

The NSS volunteers organised a ‘pothichoru’ collection and distribution programme on International Day for Eradication of Poverty. The volunteers collected 300 pohichoru, packed food students bought from home, from three different institutions- St. Joseph Boys Home, Carmel Old Age Home, and A Residence Home for Migrant Workers



19. Sustainable Vegetable Garden

Name of the Programme	Sustainable Vegetable Garden
Organised by	RCSS
Date of the programme	18- 20th October 2022

On October 18, 19, and 20, the trainees held a 3-day campaign on sustainable vegetable gardening at the BUDS, a rehabilitation centre for people with mental disabilities.

The goal was to raise awareness about the importance of living a healthy life. The students located a space, cleaned it up, and began growing vegetables.



20. Blood Donation Drive

Name of the Programme	Blood Donation Drive
Organised by	RCSS
Date of the programme	20th October 2022

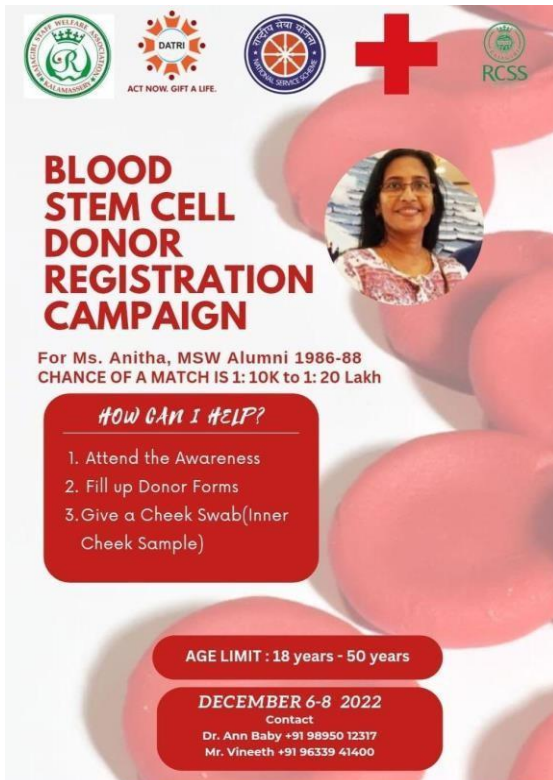
On the 20th of October, Unit 59 NSS volunteers organised a blood drive, Sparsham with Cochin Corporation units. The counsellor and other officials, Fr. Shibu, and St. Anthony's students were also there. IMA initiated the Blood Donation Camp and collected the blood and did the needed. Anti-Drug Awareness Exhibition was held to prevent drug usage. Sixteen people donated blood for a great cause.



21. Donation of Blood Stem Cell

Name of the Programme	Donation of Blood Stem Cell
Organised by	RCSS
Date of the programme	6-8th December 2022

This program was conducted for Mrs Anita who is suffering from a rare type of cancer where she needs blood stem cells and the possibility of getting a match is 1:10k - 1:20 lakh. DATRI Foundation incorporated with the National Service Scheme of Rajagiri College Of Social Sciences held this program at Esperanza Hall. The program started at 9:00 Am but the volunteers were given a training session of 30 mins before the start of the program. 30 volunteers were assigned for taking the samples, 2 volunteers for assigned for the orientation process, 8 volunteers were assigned for the registration process & 4 volunteers were assigned for bringing the students from various classes. Students, faculties, teaching and non- teaching staff also took part in this program. By 4:30 Pm the event came to an end.



22. Blanket Collection Campaign

Name of the Programme	Blanket Collection Campaign
Organised by	RCSS
Date of the programme	20th October 2022

The NSS wing of RCSS, in collaboration with the Department of Social Work, is organizing "Warm with Us", a blanket collection campaign for the patients of Ernakulam Medical College to celebrate this Christmas. The campaign will be set into motion on the 30th of November 2022 and concluded on the 10 of December 2022. Donation boxes & QR scanner codes were placed in front of Carmel Hall. The NSS volunteers were able to donate about 35 blankets to the Ernakulam Medical College thanks to the donations that were given to us, which contributed to the meaning and purpose of Christmas through the many acts of compassion that were undertaken.



Rajagiri College Of Social Sciences
(Autonomous)
NSS Unit :59

Blanket Collection Campaign

WARM WITH US

Make donations from 30.11.22-10.12.22

PLEASE DONATE NEW OR GENTLY USED BLANKETS AND HELP US SHARE THE WARMTH WITH THE PATIENTS IN MEDICAL COLLEGES. MONEY IS ALSO ACCEPTABLE.

DROP OFF LOCATION- CARMEL HALL RECEPTION

Faculty Coordinator: Dr.Gigi George- 97444 89940
Student Coordinator: Angel Elsa Jose- 8848947296

കാരുണ്യത്തിന്റെ പുതച്ചുമായി രാജഗിരി വിദ്യാർത്ഥികൾ

കളമശേരി • അതിശൈത്യം അനുഭവപ്പെടുന്ന ഡിസംബറിൽ മെഡിക്കൽ കോളജിലെ രോഗികൾക്കും അയ ഓൾഡ് എജ് ഹോമിലും കാരുണ്യത്തിന്റെ സഹായഹസ്തവുമായി കളമശേരി രാജഗിരി കോളജ് ഓഫ് സോഷ്യൽ സയൻസിലെ വിദ്യാർത്ഥികൾ.

പുതച്ചും മറ്റ് അനുബന്ധ വസ്തുക്കളും നൽകി അവർ മാതൃകയായി. 'വാം വിത്ത് അസ്' ബ്ലാങ്കറ്റ് കലക്ഷൻ പ്രചാരണത്തിലൂടെയാണു വിദ്യാർത്ഥികൾ ഇവ ശേഖരിച്ചത്.

കോളജിലെ സോഷ്യൽ വർക്ക് ഡിപ്പാർട്ട്മെന്റിന്റെയും എൻ എസ്എസ് യൂണിറ്റിന്റെയും നേതൃത്വത്തിലായിരുന്നു പരിപാടി. എൻഎസ്എസ് പ്രോഗ്രാം



എറണാകുളം ഗവ.മെഡിക്കൽ കോളജിലെ രോഗികൾക്കു നൽകുന്നതിനായി കളമശേരി രാജഗിരി കോളജ് ഓഫ് സോഷ്യൽ സയൻസിലെ വിദ്യാർത്ഥികൾ ശേഖരിച്ച പുതച്ചുകൾ ആശുപത്രി സെക്രട്ടറി അബ്ദുൽ നബീവിനു കൈമാറുന്നു.

ഓഫീസർമാരായ ഡോ.ജിജി ജോർജ്ജ്, പ്രഫ.യു.വി. വിനീത്, എയ്ഞ്ചൽ എൻസ ജോസ്, ദേവനാരായണൻ എന്നിവർ നേതൃത്വം നൽകി.

23. Oldage Home Visit

Name of the Programme	Oldage Home Visit
Organised by	RCSS
Date of the programme	22nd December 2022

The Department of Social Work and the NSS unit of the RCSS conducted a visit to the ABHAY Old Age Home in Kalamassery. Volunteers from the National Social Service Scheme (NSS) raised money to purchase woollen shawls for the residents of the elderly care facility as a warm and kind gift for the upcoming winter season. The date of the visit was December 22, 2022. After lunch, nearly fifty members of the NSS unit along with faculty coordinators from the NSS made a visit to a senior home, where we celebrated Christmas by slicing the cake and distributing it to residents as a sign of our affection. In addition, the residents and volunteers came together to celebrate by participating in a variety of cultural activities.



24. Residential Camp at Kuttampuzha

Name of the Programme	Residential Camp at Kuttampuzha
Organised by	R-COMBAT and Childline
Date of the programme	23-24th October 2022

On 23rd and 24th October 2022, four students of MSW first year, Rajagiri College of Social Sciences(Autonomous)attended a two-day residential camp at the tribal pre-matric hostel in Kuttampuzha, organized by the ODIC Project in collaboration with R-Combat and Childline Ernakulam. The children enthusiastically participated in the craft activities where they made different origami items like hats, butterflies,lanterns, etc. They also painted a wall as part of a drug awareness campaign. The MSW students also had one-on-one counselling with a few of the students. The highlight of the camp was the lighting of the candles by all the students of the hostel on the evening of 23 October followed by a pledge against sub-stance abuse. On the second day, the students performed a street play on the issue of healthcare in their "ooru." They were trained by the MSW students to do the same.



25. Pokkali Farming, Nayarambalam Chapter- 2

Name of the Programme	Pokkali Farming, Nayarambalam Chapter- 2
Organised by	RCSS
Date of the programme	23-24th October 2022

In Chapter Two of Grassroute Pokkali Farming Workshop, participants learned how to broadcast the Pokkali seeds. There were 75 students from various colleges including Sacred Heart College, Thevara, SNM College, Maliankara and Rajagiri College of Social Sciences(Autonomous) Kalamassery. The workshop started with a short introductory session on Pokkali Farming by Mr K.K. Reghuraj, Farm Superintendent, KUFOS. Students, Farm workers and Grassroute



activists broadcasting the Pokkali seeds. By 9.00 AM all the participants marched to the Pokkali field with seeds in their hands. Thanks to the good climate, participants spent more time in the field to broadcast the seeds. All the participants have done the job under the leadership of four senior experienced farm workers. Some teachers also actively participated in the 21 workshop. After the completion of the work, students left the farm by 11:30 AM. And in return, some students visited the Grassroute Mangrove Nursery also.

26. 'Tring a Smile'- Ride along with the Nature

Name of the Programme	'Tring a Smile'- Ride along with the Nature
Organised by	RCSS
Date of the programme	25th 2022

Tring a Smile' program was conducted on 25th July 2022 at Grand Hyatt Kochi Bolgatty. Donation of 1000 bicycles to needy girl students celebrating the visit of Rotary International President Jennifer E. Jones. Five ROTARACT club members of Rajagiri College of Social Sciences (Autonomous) volunteered the programme.



27. Njaru Nadeel Ulsavam

Name of the Programme	Njaru Nadeel Ulsavam
Organised by	RCSS
Date of the programme	26th August 2022

The Social Work Department Rajagiri College of Social Sciences(Autonomous), in association with Kanjoor Cooperative Bank, Kerala Karshaka Sangham, Rajagiri outREACH, NSS unit no. 59, Krishibhavan Kanjoor, Puthiya Mannu Karshaka Koottayma organized a "Njaru Nadeel Ulsavam" on 26th August 2022 at Kanjoor. Dr Fr. M.K. Joseph (HOD, RCSS), T.D.

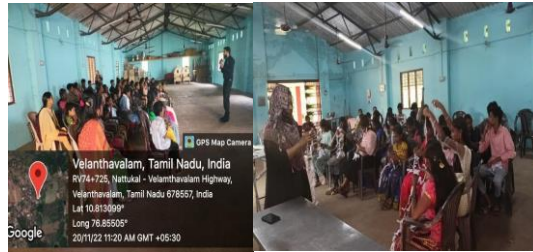
Robert (a model farmer from Kanjoor), representatives from Kanjoor Cooperative Bank, Kerala Karshaka Sangham,30 Puthiyamannu Karshaka Koottayma and faculty members Dr Nycil Romis Thomas (BSW Program Co-ordinator) and Dr Giji George were present during the program.



28. Offline Session on Life Skill and Career Guidance at Vadakarapathy

Name of the Programme	Offline Session on Life Skill and Career Guidance at Vadakarapathy
Organised by	Rajagiri OutREACH
Date of the programme	20th November 2022

As part of the Geojit Student Development Program, Life Skill and Career Guidance Training was conducted for the children of Vadakarapathy Panchayat of Palakkad district on 20th November 2022. It was a full-day program in which all the sessions were handled by Triple N Institute of Training from the Palakkad district itself. The team conducted the sessions with group activities and games so that children could actively participate in the program and understand the concepts. There were 60 students in total to attend the program and parents of these children, also attended the program. The morning session was dealing with the topic; of 'Life Skills' and afternoon they got intensive training on 'Career Guidance'. Lunch and refreshments were arranged for all the participants.



29. A session on Mental Health to the Scholarship Children

Name of the Programme	A session on Mental Health to the Scholarship Children
Organised by	TRANSCEND
Date of the programme	23rd July 2022

A session on Mental Health was taken by the internship students from Department of Psychology, Rajagiri College of Social Sciences (Autonomous), Kalamassery on 23rd July 2022.

The topics covered during the class were:

- About Mental Health
- Exam Anxiety
- Causes of exam anxiety
- Exam depression
- Memory tips
- Relaxation tips

During the class some fun activities like, creating stories with given words and some whisper challenge games were given to the children. The students were really attentive and responsive during the class.



30. A session on Hygienic Practices

Name of the Programme	A session on Hygienic Practices
Organised by	Rajagiri OutREACH
Date of the programme	25th February 2023

On 25th February 2023 at 2.00 pm, children's meeting was held at Kannakkari Colony where nearly 30 students participated in the meeting. Rajagiri outREACH & internship students took session on developing hygienic practices and also conducted group activities. The students were actively involved in the meeting, which was concluded around 3:30 PM.



31. A Session on Life Style Diseases

Name of the Programme	A Session on Life Style Diseases
Organised by	Rajagiri OutREACH
Date of the programme	30th July 2022

A session was arranged for the students and parents at Kunnathunadu about life style diseases. It was taken by Mr. K Suresh Coordinator, My Life Style Marketing Global Private Limited on 30th July 2022. He conducted the class on different types of life style diseases and its remedies. He spoke on how to protect our health and protecting our health is most important in saving our life, so we should adopt food pattern accordingly and also need good exercise.



32. Rajan & Grace Foundation Higher Education Scholarship Programme

Name of the Programme	Rajan & Grace Foundation Higher Education Scholarship Programme
Organised by	Rajagiri OutREACH
Date of the programme	23rd October 2022

Rajan and Grace Foundation (RGF) has supported 280 students so far. This year RGF scholarship programme was organized on 23/10/2023 at 10.00 a.m. supporting 24 students. The programme was conducted at Carmel Hall, Rajagiri College of Social Sciences (Autonomous), Kalamassery. During the meeting the 82nd birthday of Capt. Verghese Kuruvilla was celebrated. Capt. Varghese Kuruvilla, Managing Trustee, RGF, Smt. Grace Kuruvilla, jointly distributed the Scholarship fund. Dr. Binoy Joseph, Rev. Fr. Shinto Joseph CMI, Sri. Abin Simon, Smt. Meena

Kuruvilla felicitated the function. Sri. Ranjith K.U, Coordinator of the Higher Education Scholarship Programme delivered the welcome address and Smt. Meena Kuruvilla, Project Director, RAJAGIRI out REACH delivered the vote of thanks. Rs.1,20,000 was distributed to 24 students.



33. The 6th Sense Intuitive Entertainment

Name of the Programme	The 6th Sense Intuitive Entertainment
Organised by	RCSS
Date of the programme	21st June 2022

The 6th sense, intuitive entertainment and mind reading program jointly organised by Kerala State Productivity Council, Kalamassery and Rajagiri College of Social Sciences, was conducted on June 21, 2022, at Rajagiri College of Social Sciences. Prof. Riya Mary from the Department of Commerce was the MC for the programme. As scheduled the program started at 2 pm at Golden Aureole Hall with the Rajagiri Anthem. Principal Dr. Binoy Joseph delivered the welcome speech for the session. Then Mr. A R Satheesh President, Kerala High Tension and Extra High Tension Industrial Electricity Consumers Association addressed the gathering and gave an introduction about the programme and the chief guest. The Chief Guest of the program was Lt. Cdr. Praveen, Merlin Award Winner. Then the mind reading show started, there were different kinds of mind reading activities. Students from MCA, MSc. Computer Science, B. Com and MSc. Statistics and faculties from various departments attended the session. The mind reading show was amazing. All the participants enjoyed the event very much. They attended the event with great enthusiasm. Lt. Cdr. Praveen conducted a number of mind reading tasks between students and teachers and successfully completed all the activities. As a token of gratitude principal gave mementoes to all dignitaries. And then the program ended by 4:00 pm with a vote of thanks by Dr. Jaya Vijayan, Dean Rajagiri Centre for Professional Studies.



34. Golden Boot Award Ceremony”

Name of the Programme	Golden Boot Award Ceremony
Organised by	RCSS
Date of the programme	18th March 2023

The Golden Boot Award Ceremony was held on March 18th 2023 at Valley Campus. Shri. Anurag Thakur, the Honourable Union Minister for Sports, Youth Affairs, Information and Broadcasting was the Chief Guest of the ceremony. The minister honoured a group of Former and Current National & International players with the Golden Boot award. Minister presented the awards to Ms. Mercy Kuttan, Mr. C.C Jacob, Ms. Leelamma Thomas, Mr. George Thomas, Mr. K Jayaraman, Mr V. Srinivasan and Ms. A Radika Suresh. Rev. Dr. Saju M.D. CMI, Secretary for Education, SH Province, CMI Congregation honoured the Central Minister with a memento. The Minister also inaugurated the new Stag Table Tennis Academy on this occasion. Dr. Fr. Francis Sebastian CMI, Assistant Director Valley campus proposed the vote of thanks. Dr. Binoy Joseph, Principal RCSS, Smt. Padmaja S. Menon, President, Kerala Table Tennis Association and Smt. Saji Varghese, Principal, Rajagiri Christu Jayanti Public School were also present at the occasion.



35. Indo - Pacific Quiz Competition

Name of the Programme	Indo - Pacific Quiz Competition
Organised by	RCSS
Date of the programme	19-21st November 2022

The Indo-Pacific Quiz organised by Rajagiri College of Social Sciences, supported by the U.S. Mission in India and the project partner, Rajagiri Business School was held from November 19th to 21st, 2022. Ms. Judith Ravin, U.S. Consul General was the Chief Guest for the Valedictory Ceremony. Quiz Master was Mr. Mitesh Agarwal, Managing Director, Customer and Partner Engineering, Google Cloud. The students from the University of Moratuwa, Sri Lanka became the International winners. The students from Government Medical College Hospital, Chandigarh were national winners.



The students from Government Medical College Hospital, Chandigarh were national winners.

36. Inauguration of Afro- Indian Centre for Social Work

Name of the Programme	Inauguration of Afro - Indian Centre for Social Work
Organised by	RCSS
Date of the programme	3rd Novemember 2022

The inaugural ceremony of the Afro-India Centre for Social Work was held on November 3rd, 2022 at Carmel Hall. This centre marks the beginning of a five-year-long collaboration between Rajagiri College of Social Sciences and the University of Johannesburg to facilitate social work research in India and South Africa. Dr. Varoshini Nadesan, Senior Lecturer, Department of Social Work and Community Development, University of Johannesburg, was the Chief Guest of the ceremony.



37. Drive to Life

Name of the Programme	Drive to Life
Organised by	RCSS
Date of the programme	17th January 2023

Rajagiri TRANSCEND & Rajagiri Business School organized the closing ceremony of Road Safety Week “Drive to Life” in association with Government of Kerala on January 17th 2023. “Drive to Life”, a unique initiative by Rajagiri students to develop a new responsible driving culture on Kerala roads. The project intended to ensure safety on the road through sensitization, retraining and other various advocacy initiatives. Sri Pinarayi Vijayan Honourable Chief Minister, Kerala, Sri Antony Raju Minister, Road Transport and Sri P Rajeev, Minister of Industries, Law and Coir have graced the occasion with their presence.



38.CPR Training Session

Name of the Programme	CPR Training Session
Organised by	RCSS
Date of the programme	21st February 2023

Rajagiri College in association with The Health Care Foundation of India and Bharat Petroleum Cooperation conducted a CPR training session-Phase 1 on 21st of February. Ms. Limi Rose Tom, Chief Operating Officer of Heart Care Foundation, gave a brief orientation about the "Save A Life, Save A Lifetime" project. Mr. Kiran



N M, Director of Basic Responders, briefed about the impact of cardiac arrest globally and in India and addressed the importance of hands-on CPR training to the participants. 120 undergraduate students participated in the CPR training Phase 2 on 28th February and got hands-on experience in performing CPR. Dr. Jo Joseph, senior interventional cardiologist, Lisie Heart Institute, Ernakulam was the chief guest. Mr. Kiran NM, gave practical experience in giving CPR. On completion of both the practical session and the objective test, certificates were distributed.

39. Community Training Program on Drug Prevention and Adolescent Psychology

Name of the Programme	Community Training Program on Drug Prevention and Adolescent Psychology
Organised by	Ministry of Social Justice and Empowerment, Government of India
Date of the programme	23rd July 2022

Community-Based Peer-Led Intervention (CPLI), initiated by the National Institute of Social Defence, under Ministry of Social Justice and Empowerment, Government of India, had conducted a community training session at the ICDS Anganwadi Centre of Division 30 (ICDS Worker Mrs. Sindhu), Ramanattukara Municipality, Kozhikode on 23rd July 2022 from 11.00 - 12.30 pm. The training was proposed for the community people, mainly targeting adolescents and parents. There were 19 participants including parents who had attended the training.

A community training session was conducted at the ICDS Anganwadi Centre of Ward 08 (ICDS Worker Mrs. Sheeja K), Olavanna Panchayath, Kozhikode on 23rd July 2022 from 02.45 - 04.30 pm. The training was proposed for the community people, mainly targeting adolescents and parents. There were 26 participants including parents who had attended the training. The session began with a welcome speech by the Anganwadi teacher Mrs. Sheeja K. After that, the trainer cum counsellor Ms. Arsha Raj K. K., gave an orientation about the project and the services provided by the CPLI team. Then, the trainer cum counsellor handled the whole session on drug abuse prevention and adolescent psychology.



40. Rajagiri Basket Ball League

Name of the Programme	Rajagiri Basket Ball League
Organised by	RCSS
Date of the programme	20-23rd February 2023

Rajagiri Basket Ball League, RBL 2023 hosted by the Physical Education Department of Rajagiri College of Social Sciences is an intense national level basketball competition where in the best teams from all over India compete for the Championship title, prize money, and the ever rolling trophy. The competition having its start in 2017 was formerly conducted as Fr Moses Memorial Ever-rolling Trophy Tournament give this sport of athleticism and agility



a new identity. The Fifth edition of the RBL was conducted from February 20th to 23rd in Rajagiri College Basket Ball Court in association with Masaco Global, Miles Education, Muthoot Fincorp,

Decathlon, Vedhik IAS Accademy, Maptho Printers, Quality Bakers and Redbull where on which nine teams: SRM College Chennai, St. Joseph's College Devagiri, Naval Academy Ezhimala Kannur, St. Joseph's College Trichy, Mar Ivanious College Trivandrum, SB College Changanacherry, Sahrudaya College Kodakara, Sacred Heart College Thevara and Sree KeralaVarma College Thrissur were participated. The tournament conducted on knock - out cum league basis in which Sree KeralaVarma College Thrissur titled the championship against SB College Changanacherry for the score 79-64. RBL 2023 also promoted and witnessed the wheel chair basketball exhibition match for differently abled people as the part of social sensitization. The valedictory ceremony was inaugurated by Ernakulam Basketball President Mr. Shibab and the Director Dr. Fr. Jose Kuriedath, Principal Dr. Binoy Joseph, Associate Director Dr. Fr. Saju MD, Assistant Director Fr. Dr. Shinto Thaliyan, Sports In charge Fr. Angelo Baby, Dean Student Affairs Dr. Ann Baby and Physical Education Department HoD Dr. Santhosh Kuriakose K graced the occasion.

41. TFK Winter School

Name of the Programme	TFK Winter School 2023
Organised by	RCSS
Date of the programme	16 - 20 January 2023

Four students from MSW first year - Elizabeth James, Elown M. Alwyn, Sumalu Thomas, and Aleena Mariam Babu attended the Team Finland Knowledge Winter School 2023 from 16 to 20 January 2023. The theme of the programme was 'Climate Change, Migration and Crisis Preparedness'. The Winter School is organized as a collaboration of four institutions: University of Jyväskylä (Finland),



University of Eastern Finland (Finland), Rajagiri College of Social Sciences (India) and Tata Institute of Social Sciences (India). Four students from each university were accompanied by two faculty members. In the case of RCSS, Dr. Anish K.R. was the faculty member in charge. The first three days of the Winter School took place in the TISS Mumbai campus. After two days of lectures and panel discussions on the themes of the programme, the participants were taken on a field visit to Mahaveer Quarry, which is part of TISS's field action project: TANDA (Towards Advocacy, Networking and Developmental Action). The last two days were scheduled to take place in RCSS Kochi campus. On the fourth day, after the morning lectures, the students presented their group assignments post lunch. On the last day, field visits were carried out to Mithradham (Renewable Energy Centre), Aluva, and KIDS Kottapuram. The Winter School provided an excellent opportunity for the students to exchange ideas and knowledge and learn how social work practice and education differ across countries. It was also a forum for networking and ended with the promise of continuing collaborations in the future.

42. Hyderabad International Conference

Name of the Programme	Hyderabad International Conference
Organised by	RCSS
Date of the programme	1-2 April 2023

Rajagiri College co-hosted the International Conference on Sustainable Development Goals: Opportunities, Challenges and the Future along with Fathima College, Madurai and St. Josephs Degree and PG College, Hyderabad on March 31, April 1 & 2, 2023. Faculty members presented papers and were also panel members. Fr. Dr Francis Sebastian, Dr Angela Susan Mathew, Dr Anto Joseph, Dr Ajay Lunawat and Dr Joji Alex from Valley campus. Fr Dr Saju M S, Dr Kiran Thampi, Dr Ayana Johny, Dr Bindiya M Varghese, Dr Sabeen Govind from Hill campus attended the conference.



43. Alumni Homecoming Day

Name of the Programme	Alumni Homecoming Day
Organised by	RSOM
Date of the programme	18th February 2023

RSOM, the management studies wing of Rajagiri College of Social Sciences celebrated the annual Alumni Homecoming Day on 18th February 2023 at the campus. The programme started at 3:00 p.m. Dr. Binoy Joseph, Principal of the college welcomed the alumni fraternity and Rev. Dr Francis Sebastian CMI addressed the gathering.



The management honoured the silver jubilee and decennial batches of the programme. It was followed by an experience sharing session between the alumni and the faculty members of the Department. Later, a musical event by the Rajagiri Band was staged at the Amphitheatre. The event concluded with a High Tea at Bella Vista at 7:00 p.m.

44. Shikshagrah Invitation

Name of the Programme	Shikshagrah Invitation
Organised by	TRANSCEND
Date of the programme	19th August 2022

Shikshagrah, “An initiative to Lead and Learn”, a remedial tuition program for the ones who require it to aid them in their studies further and thereby contributing to community development. Transcend members decided to flag off the sessions for the Shikshagrah students for the academic year (22-23) by visiting the families and inviting each student to the sessions. On 19th August 2022, a team of Transcend volunteers (37 Junior and 18 senior volunteers) gathered at Bella Vista at 4:50 pm; coordinators provided juniors instructions about visiting and inviting Shikshagrah students. The team started from the campus at 5.20 pm. The team divided into different groups covered the houses in Chittethukara, and invited the students back to Shikshagrah. Juniors were so excited about the new experience.



45. Musical Eve at Metro Station

Name of the Programme	Musical Eve at Metro Station
Organised by	RCSS
Date of the programme	12th August 2022

A musical eve was organized by the team EUPHORIA 2k22 of the department of CS as part of the national level FEST “EUPHORIA 2k22” curtain raiser whis is about to happen on 12th day of August, 2022. The students band performed about 1.30 hours, and it was partnered by CLUB FM 93.5. RJs Gaddafi and Ajay coloured the program with their performance too.



46. Workshop on Special Education Training

Name of the Programme	Workshop on Special Education Training
Organised by	RCBSR
Date of the programme	7th January 2023

The Department of Psychology at Rajagiri Centre for Behavioral Sciences and Research (RCBSR) organized a "Training on Special Education" workshop on January 7, 2023, aimed at providing second-semester MSc Psychology students with an orientation before their special school training. Led by MC Ms. Nidhuna Narayanan, the event commenced with a welcome address by Dr. Amal Tom Jose, Assistant Professor in Psychology, and an inauguration by Fr. Dr. Varghese K. Varghese, the Dean and Head of the Department. Ms. Sudheesha K.S, the resource person, introduced the theme, leveraging her expertise in Applied Psychology and Special Education. The workshop delved into various aspects of special education, including disabilities commonly encountered in special schools, classroom organization, and children's rights. Demonstrations of brain gym exercises heightened student engagement, fostering a dynamic learning environment characterized by active participation and valuable insights into special education practices.



47. Development Seminar

Name of the Programme	Development Seminar
Organised by	Rajagiri outREACH
Date of the programme	21st December 2022 and 5th January 2023

Development seminars were conducted at two different locations in Kattoor Grama panchayat for Key stakeholders 21st December 2022 and 5th January 2023. Rajagiri outREACH, the ISA intends to bring together people from various parts of the community and initiate discussions about the availability of water, the scope of putting an end to exploiting the existing water resources, and the facilitation of a proper plan to ensure that the best connection facilities may be implemented in the panchayat.



Socio-political leaders, Anganwadi teachers, Kudumbashree members, MGNREGA workers' representatives, daily wage workers, retired workers, and other community members participated in the seminar. During the session, issues and concerns of the participants were also identified.

48. Millet Distribution and Sowing Festival at Kanjoor Grama Panchayat

Name of the Programme	Millet Distribution and Sowing Festival at Kanjoor Grama Panchayat
Organised by	Rajagiri outreach
Date of the programme	28th February 2023

The UN General Assembly adopted by consensus a resolution sponsored by India and supported by over 70 nations declaring 2023 as the International Year of Millets, aimed at raising awareness about the health benefits of the grain and their suitability for cultivation under changing climatic conditions. The resolution



titled 'International Year of Millets 2023' was initiated by India with Bangladesh, Kenya, Nepal, Nigeria, Russia and Senegal and was co-sponsored by over 70 nations. The 193-member General Assembly unanimously adopted the resolution, declaring 2023 as the International Year of Millets. FAO is the lead agency for celebrating the Year in collaboration with other relevant stakeholders. Millets can grow on arid lands with minimal inputs and are resilient to changes in climate. Generally, millets are small-grained, annual, warm-weather cereals belonging to the grass family. They are highly tolerant of drought and other extreme weather conditions and have a similar nutrient content to other major cereals. They are therefore an ideal solution for countries to increase self-sufficiency and reduce reliance on imported cereal grains. As part of the International Year of Millets, Rajagiri outREACH in association with Rajagiri College of Social Sciences, Kanjoor Service Cooperative Bank, Organic Kerala Charitable Trust, jointly organised the millet distribution and sowing festival in Kanjoor Grama Panchayat at Ward 14 on 28.02.2023 from 10.00 a.m. at Kanjoor Kallumkootam (Near to Mr. Lenin Moovattil's house). The program began with a silent prayer and was inaugurated by Mrs. Simi K.S, Agricultural Officer of Kanjoor Krishi Bhavan and the presidential address was given by Mr. Sasidharan Master, President of Kanjoor Service Cooperative Bank. The welcome speech was given by Mr. T.D Robert, Board Member of Kanjoor Service Cooperative Bank. Mrs. Meena Kuruvila (Project Director of Rajagiri outREACH), Mrs. Chandravathi Rajan (Ward member of Kanjoor Grama Panchayat), Mr. M.G Gopinadh (Angamaly Area Committee of Kerala Karshaka Sangham), Mr. Varghese Koyikkara (Retd. Chief Manager of Federal Bank Ltd and Agricultural Researcher), Mr. Varghese K.O (Training Coordinator of Rajagiri outREACH) and Mr. Baby Sasi (Board Member of Kanjoor Service Cooperative Bank) had felicitated the gathering. Mr. Lenin from Kanjoor Service Cooperative Bank delivered the vote of thanks.

49. Energy Conservation Workshop on Lifestyle and Energy Efficiency

Name of the Programme	Energy Conservation Workshop on Lifestyle and Energy Efficiency
Organised by	Rajagiri outreach
Date of the programme	7th February 2023

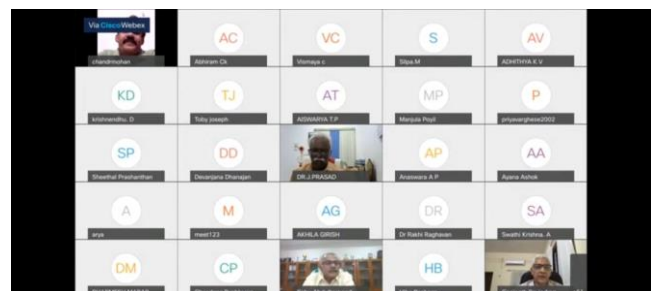
The Department of Electricity, Government of Kerala, Energy Management Centre, Centre for Environment, Thiruvananthapuram, Rajagiri outREACH and Mulanthuruthy Grama Panchayat, Dept. of Computer Science jointly organized an Energy Conservation Workshop on Lifestyle and Energy Efficiency on Tuesday, February 7, 2023 from 10.30 am to 1.30 am. Smt. Indira Soman, CDS Chairperson, Mulanthuruthy Grama Panchayath welcomed the participants and the Workshop was inaugurated by Smt. Mariamma Benny, President, Mulanthuruthy Grama Panchayath and Smt. Binu Varghese, Panchayat Secretary, Smt. Sunu Mary Abraham, Faculty, Department of Computer Science, Rajagiri College of Social Sciences and Sister Jincy Jose also conveyed her best wishes and coordinated the household survey on Energy Conservation. The workshop was attended by people's representatives, CDS members and ADS members, while Energy Management Centre Resource Person, and Coordinator of NRM, Rajagiri outREACH , Shri. Ranjith K.U and EMC Resource Person Prof. K.P. Mohandas led the class. LED bulbs were gifted to the winners of the Energy Quiz Competition.



50. Webinar on the Role of Young Professionals in the Creation of Nava Keralam

Name of the Programme	Webinar on the Role of Young Professionals in the Creation of Nava Keralam
Organised by	Rajagiri outreach
Date of the programme	28th February 2023

The Coordinator participated in the 3-day webinar held as a part of Navakeralam Project on 25th, 27th and 28th February 2023. The topic of discussion on the first day was the “Role of Young Professionals in the Creation of Nava Keralam”. This webinar was held from 11:00 PM to 4:30 PM on 25.02.2023. The topic of discussion on the first day was the role of Haritha Karma Sena and its function and role of the Haritha Keralam project in the creation of Nava Keralam and discussions were held on Waste management in the Municipality and Panchayat, the demolition of solid waste, the role of local self-government.



51. Ethnic Day Celebration

Name of the Programme	Ethnic Day Celebration
Organised by	RCSS
Date of the programme	23rd February 2023

Students celebrated 'Ethnic Day' on 23rd February at RCSS, with the autonomy to choose and dress according to ethnicity and culture. The official function was conducted at the basketball court of Hill Campus. Dr. Binoy Joseph, Principal, Fr. Dr. Saju



M.D, CMI, Vice-Principal and Asso. Director, Fr. Dr. Shinto Joseph CMI, Assistant Director, and Dr. Ann Baby, Dean, Student Affairs were present for the function. It was followed by various dance and music performances by the students. It was a platform for the students to express themselves and their ethnic culture.

52. Award Ceremony and Honouring of Suraksha Migrant Project

Name of the Programme	Award Ceremony and Honouring of Suraksha Migrant Project
Organised by	Rajagiri outREACH
Date of the programme	1st December 2022

Rajagiri outREACH Suraksha Migrant Project, Perumbavoor, received best Project award for the year 2018-2020 from Kerala State AIDS Control Society, Government of Kerala on 1st December 2022 in connection with Worlds HIV/AIDS Day. Mrs Meena Kuruvilla, Smt Maria Tency and Smt Sapna from Suraksha Migrant Project Perumbavoor jointly received the award



L. J. Joseph

PRINCIPAL
Rajagiri College of Social Sciences
(Autonomous)
Rajagiri P.O., Kalamassery-683 104