



CMI SOCIAL APOSTOLATE NEWS LETTER



JUNE-NOVEMBER 2020

Editorial



COVID-19 still not over nevertheless we have hope as vaccine is getting ready in the laboratory and not far off from now, after due scientific trial and approval it will be readily available for general public. Together with CMI social apostolate, CEVA coordinated diverse activities during the past 10 months ranging from distribution of drinking water, food materials, sanitation items, helping people to remain in quarantine and seek front line health care and treatment services. College hostels and other institutions were converted as quarantine centers to accommodate COVID suspected people and our volunteers joined hands with the local administration to curb corona virus pandemic were indeed praise worthy.

As official social work organ of CMI congregation, our responsibility is to play a proactive role for fulfilling people's aspirations in this difficult time. This news letter edition would give details about ongoing project activities in nutshell. Editorial team marvelously compiled reports to show case volume of excellent work we have been doing for the poor and needy cutting across region. Positively we were able to deliver range of humanitarian aid services during lockdown period integrating COVID-19 interventions as part of on going programmes. For sustainable growth and inclusive development thrust should be given on income generating activities by strengthening community level groups. Moreover, networking with various government departments would help to access projects. Hence, ensure close coordination and linkage with local self-government administration to implement projects in partnership. Building up relationship with local stakeholders is the key to success.

May I take this opportunity to thank Rev. Fr. Varghese Vithayathil, former General Councilor cum Moderator, all Members of Social Council, Rev. Fr. Dr. Varghese Kakkadan and Rev. Fr. Shaji Elamthuruthy, Secretary cum Treasurer and Regional Secretary, CEVA respectively, for dedicated service and extend best wishes for their future ministry.

I am privileged and honored to assume office as the Secretary cum Treasurer, CEVA along with Rev. Fr. Biju Vadakel, General Councilor cum Moderator, Members of Social Council and Rev. Fr. Thomas Kollikolavil, Regional Secretary during this great crisis. The challenge before us is restoring communities from the grip of social problems. As we are gearing up for Christmas may Infant Jesus be born to fill the broken hearts with His peace, joy and hope. Together as a team, CEVA would continue to make visible impact on people in the days to come with powerful leadership at the realm,

Fr. Mathew Kiriyanthan CMI
Secretary cum Treasurer, CEVA





PRIOR GENERAL Message

It is with great joy and appreciation I do write this note congratulating CEVA for all the social involvement it has been making in the year 2020 especially when the entire world was hit by the unexpected pandemic COVID 19. The social involvement of the Department of Social Apostolate of the CMI Congregation and of different provinces which is coordinated through CEVA speaks of the fact that the CMI Congregation tried to journey in this year along the roads of history together with the humanity. We cannot ignore the truth which Jesus revealed to us that we are called to live in the world, although we are not of the world (cf. Jn 17:14-16). Our mission here is to help people find and fulfill their God-given identity. We are all created in the image and likeness of God and so each human being deserves to be treated with dignity and compassion. This belief is an important hallmark of our faith. Therefore, Social Apostolate creates the forum to serve the world by engaging in constant dialogue with the social issues and problems as a sign of solidarity, respect and affection for the whole human family.

The social problems that we face today are not a necessary evil but often the result of social, economic, political, and religious systems marked by injustice, exploitation, and oppression. Approximately eight hundred million people in the world are destitute, and their plight is often supported by the rich and powerful of the society. Evil is not only in the human heart but also in social structures. Because God is just and merciful, hating evil and loving righteousness, there is an urgent need for us who believe in the Gospel truth to commit ourselves to acting in mercy and seeking justice. We must, therefore, respond to immediate social problems, and stand for social transformation.

The unexpected pandemic situation of COVID 19 gave us the realization, as Pope Francis rightly pointed out in his Encyclical Fratelli Tutti that “no one can face life in isolation...We need a community that supports and helps us in which we can help one another to keep looking ahead” (FT 8). What CEVA is trying through the social involvement, therefore, is to enhance the communitarian feeling of belonging to same human family sharing the same flesh and a common habitat of our mother earth.

Fr. Dr. Thomas Chathamparampil CMI
Prior General



M^{GENERAL COUNCILLOR}essage

Corona virus pandemic brought about misfortunes and good lessons for humanity. In solidarity with the suffering humanity, the CMI Social Apostolate and CEVA fraternity have made great efforts in mitigating the sufferings of the people and helping them to bounce back to life. The department of social apostolate feels great optimism and sense of satisfaction that its efforts are touching the lives of the people and giving great results in the integral development of the society and individual. Drawing inspiration from our Lord Jesus Christ and our founder St. Kuriakose Elias Chavara, we joined hands with Government machineries in the battle against virus. It gives me immense joy and satisfaction in sharing the details of the activities our social apostolate team engaged in the contribution of our best possible means and facilities like building infra-structure, finance and human resource for providing succor and humanitarian services to the needy especially migrant laborers, sick, elderly and differently abled people and still continuing as fore runners in this mission.

The main thrust of all our undertaking and activities is the "Compassionate Love for the Poor " which means integral/all-round development of the society and individual, especially the less privileged, marginalized, the, poor, the sick, the suffering, the vulnerable and the needy. The department believes that the human happiness and welfare can be achieved only through the philosophy of sustainable and integral development. In this regard the main objectives of the department are the clean and safe environment, water-harvesting, building infrastructure for the promotion and propagation of renewal energy,

affordable health for all, the empowerment and education of the poor and the marginalized, safe and secure and dignified living conditions, protection and promotion of the fundamental rights envisaged in the Constitution of our Country and ensuring of human rights and dignity.

I hope this news edition would enlighten social work practitioners with a road map in building resilient communities. United as a team, let us translate all lessons learned during the pandemic period into action through volunteering and inspiring people, sharing our prosperities, mission and vision with joy sighting all nations as single family. Let's devote post COVID-19 period to uphold disadvantaged and deprived people close to our heart by transforming communities to lead a happy and blissful life. Together with commitment and concerted effort we would strengthen all organizations based at grassroots community to take development activities forward in sustainable manner.

Essentially, social work department as a team leader would engage in sustainable development through inter departmental coordination and networking with local NGOs and stakeholders. With gratitude, I am delighted to acknowledge all our noble ventures initiated in this direction. CEVA as a voice of CMI congregation would like to congratulate and convey its best wishes to newly appointed team for taking the vision and the mission forward to create a just society.

Fr. Biju Vadakkel CMI
General Councillor for Social
Apostolate & Moderator, CEVA

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COVID – 19 ROLE OF NGOS

Milieu

Unprecedented corona virus outbreak popularly known as COVID-19 divided humanity into two eras. It is momentous to be called planet earth as an era of pre COVID and post COVID in the history. Crisis seems unending as second and third wave of corona virus infection reported from many countries even after curbing cases. Fortunately, many countries including India have almost developed preventive vaccines which will be available to people after scientific trial and approval. Corona virus infected over 53 million people world wide killing more than 1.2 million including over a quarter million deaths in United States of America. Toll steadily increasing without sparing any country since first case reported at Wuhan in China way back on 17th November, 2019. Over a span of year, tiny corona virus created havoc cutting across boundaries.

Aftermath

World economy crumbled pushing Indian business toppling down and hundreds of thousands migrant labourers sitting home without work compelling them to live in utter poverty. Psycho social problems hit routine life pathetically with paradigm shift. Population at large together with the Government machineries is battling the virus on war foot. General public were enforced to remain home with safety protocols such as social distancing, wearing mask, handwashing with soap and sanitizers. Everybody became health conscious to use

soap and sanitizers frequently for disinfecting hands. Social gatherings, rituals, functions and festivals were put off while devotees observed religious ceremonies with enforced restriction. Worship centers, meetings, parties, picnics, outings, cinema halls, entertainment centers, swimming pool, gymnastics, yoga centers became stand still created a vacuum especially in spiritual life. Psycho-social problems such as migration, unemployment, immigration, irritability, mental sickness, sleepless, neurological disorders, stress, distress, fatigue, hastened suicide tendency among people scaled up. Suicide rate among children is a cause of major concern. Corona virus pandemic related suicides were reported globally and also from within the country. Kerala alone recounted over 63 cases during shutdown period. Dreams and aspirations of people were shattered with no choice to worship, nourish spiritually, relax, entertain and recreate. Humanity is still reeling under fear and utter chaos despite proactive measures taken by the Government.

Challenge

Millions of migrant workers from gulf and other European nations including America have returned home. Out of nearly 2.5 million migrant domestic workers from other states, Bangladesh and Nepal working in Kerala have come back after lockdown period. Uncertainty is prevailing everywhere due to financial instability and insecurity. People struggling to breathe wearing mask,

close and intimate relatives in the family either infected positive or succumbed to COVID. Similar situation around the world is posing greater challenge to NGOs. Development agencies have to adapt new habits and practices for survival rather than brooding over the crisis. Novel corona virus replaced erstwhile golden days. Way forward is building resilient communities by learning to live with the virus inculcating safety protocols.

Road Map

Strategically Non-Governmental Organizations (NGO) needs to initiate proactive measures with possible innovative interventions. It includes:

Community Based Organizations (CBOs)

Normally development takes place in two-way process i.e. micro and macro level. Micro level development starts from the bottom (individual as a micro unit) to top while macrolevel development from the top (United Nations) to bottom. For instance, at macro level, global development vision, mission, policy initiatives passed at the United Nations Organization (UNO). Based on these resolutions member countries make development policies to achieve universal goal and objectives by contributing to it. Each country evolves policies, legislations, welfare schemes and development initiatives in line with the vision, mission and overall goals set by the UN assembly, for example, "Plan - 2030" for Sustainable Development Goals (SDGs). Volunteer organizations can join hands with local government machineries to ensure benefits are reached at the grass root level communities. Meaning to ensure welfare assistance reaches to the last person living in the remote village through bridging gap between Government mechanism and target community. Therefore, NGOs has proactive role to play as a facilitator or catalyst or coordinating and networking or link agency working in partnership with various development machineries. This is possible through formation and strengthening of community-based organizations enabling to take development initiative forward in a sustainable manner.

Employment Generation

Facilitate community-based groups to start income generating activities. Provide complimentary and supplementary services to target population by working in partnership with various national and international development agencies including Corporates with their CSR funding. Make intervention to train and capacitate Self Help Groups (SHGs), Joint Liability Groups (JLGs),

Farmer Producer Organizations (FPO), Mahila Mandal, Farmers Club, Civil Society Groups, Federations, Village Development Committees (VDC) or any other Community Based Organizations/Local Voluntary Groups (LVGs) to carry out livelihood activities by tapping resources from Government Departments like Micro Small Medium Enterprises (MSME), Agriculture, Women and Child Development, Skill Development and Entrepreneurship, Family Health and Welfare, Rural Development, NABARD etc. In addition, mobilize, motivate and train grass root level eligible community groups to start income generating activities like pickle making, cookies, banana chips, snacks, bakery items, candle making, hand wash, soap, sanitizers, tailoring, cloth mask, cloth bags, paper bags, leaf plates, food processing unit, agriculture, horticulture, animal husbandry, handicrafts making, face cover and Personal Protection Equipment (PPE). Ideally enable self-help group members to manufacture cloth mask, face cover, PPE, soap and sanitizers as means of their livelihood. Initiate innovative projects to empower community-based groups to earn daily income for quality life. Employment creation is essential by linking with ongoing government schemes and projects for inclusive and sustainable development

Digital Innovation

WhatsApp helps in connecting with target group during pandemic. Messages could be sent for disseminating information on different topics and services to needy people. NGOs can rely on this method to stay connected with Self-Help Group, Local Voluntary Group, and Village Development Committee etc. Moreover, this is an effective tool for conducting online training program for animators and staff. Maximum 250 members can join in the whatsapp group at a stretch. Other digital platforms can be used amidst corona virus pandemic to conduct various training, share information and to transfer technology effectively. Similarly, this method is beneficial for observing days of importance, conducting quiz and other cultural competitions. Rules and regulations regarding games could be shared among group members in advance enabling participants to share their performance during allotted time. National and International days of importance such as Children's Day, Women's Day, Mother's Day, Father's Day, Water Day, Environment Day, Health Day, Disability Day and AIDS Day can be observed meaningfully by organizing thematic seminars, workshops including competitions like singing, dancing, mimicry, mono act, poster, elocution, speech,

painting and drawing. Adjudged winners could be given away certificate and prize. However, while connecting with community use these platforms very responsibly ensuring communication is taking place only with target population who wish to receive messages from us.

Awareness Generation

Engage in spreading awareness on various issues including COVID-19 and other killer diseases. Disseminate information on prevention, early diagnose and treatment method. Urban people are rather aware about pandemic and preventive measures. It is not as same as people living in the rural areas especially tribal pockets. Small projects to create awareness among rural community could be explored from local grampanchayat, health department, woman and child development department etc.

Counseling Services

Counseling services to parents for healthy parenting is good option in this difficult time. Adolescent issues can be addressed through counseling services. NGOs can take up counseling services to spouses and children in order to address problems such as inconsistent behavior, dis-obeying, irritability, fighting and aggressive nature, tendency to speak lies, violent, grumbling and mourning, disliking studies, and unhealthy eating habits. Psycho social problems can be addressed through counseling services by engaging qualified psychiatric counselors or providing referral services to Government run agencies.

Natural Farming

NGOs can play a proactive role for promoting natural farming by converting non agriculture field into cultivable land. This is possible through coordination with local panchayat and agriculture office (Krishi Bhawan). Engage FPOs and JLGs to identify unproductive land within the jurisdiction of gram panchayat to start cultivation with support from local panchayat, krishi bhawan or co-operative society. Encourage natural farming method for cultivating green vegetable, paddy, wheat, banana and tapioca depending upon season and fertile nature of soil. Train and motivate members to practice organic and natural farming to fetch a decent income by selling poison free fresh, green vegetables and fruits within the local community.

Agriculture Innovation

Farmer led approach for any cultivation, livestock rearing and horticulture is good option. Explore opportunities depending upon geographical conditions, social set up,

population, culture, food habits and terrain to make farming as a lucrative business. By making fruit garden, cultivating medicinal plants and herbals target community could earn decent income. For example, inter cropping and integrated farming method for growing orchid, flowers, fruits, vegetables, rambutan, grapes, orange, apple, pineapple, Banana, Muringa/drumstick, Pappaya (BMP), pomegranate, lemon, and guava as source of income could be adopted. However, ensure to conduct feasibility study based on SWOT (Strength, Weakness, Opportunity & Threat) analysis before choosing husbandry/horticulture. For example, live stocks such as cow, buffalo, goat, piggery, rabbit, Pollution Free Poultry Farm; honey bee rearing can be carried out based on the study report. Hence, facilitate interested Self Help Group members and FPOs to start cultivation or micro entrepreneurship as means of livelihood seeking support from NABARD or Government departments concerned.

Rain Water Harvesting (RWH)

Encourage rainwater harvesting among target population especially villages prone to flooding and drought. Rain water that runs off from roof tops and open grounds could be stored and preserved for later use especially when there is water scarcity. This is an effective and brilliant way of living in a more environment friendly manner. As a sustainable practice avoid water wastage as much as possible. Ensure our living place and surroundings including target community have in built rain water harvesting mechanism. It would be appropriate to create Water Absorption Trunk (WAT) by making small pits on agriculture field to absorb water into deep soil and prevent water flowing out. Encourage and facilitate community to start water harvesting to overcome drought situation by making small check dams, bunds, cleaning and deepening open wells, ponds and sewages. Innovative agriculture projects would prevent natural calamities such as flooding, water inundation, soil erosion, land slip and landslides. Promote tree plantation as an ongoing activity to make environment cool and clean without pollution. Ensure to create oxygen belts through planting trees for a healthy living.

Environment Protection

Ensure wherever possible, every households in the operational area to install solar panel as source of alternative energy to protect environment. Explore possibility to work in collaboration with local electricity board to promote home based solar power plant. Encourage and motivate

each household to switch over to solar energy for energy conservation. NGOs can facilitate residents to install solar panels to reduce electricity bills, save energy and improve quality life. Adequate energy for domestic purpose can be produced in this way by creating awareness in community. Encourage each family to use LED bulbs in the place of tube lights and ordinary bulb to save energy consumption. Make it a point to buy only 5 stars certified and labeled electrical gadgets in order to save maximum unit of power. Moreover, ensure home appliances such as mixture cum grinding machine, iron box, washing machine, induction cooker, AC, water heater not used during peak hours between 6.00 pm to 10.30 pm to reduce maximum unit of power consumption. Motivate people to use solar power for operating household electrical apparatus. Ensure each family is having proper wiring and electrification system in place to avoid electricity wastage and save energy to reduce electricity bills.

Building Resilient Communities

Build communities resilient through environment protection and livable friendly activities. Livability has five fundamental aspects they include robust and complete neighborhoods, accessibility and sustainable mobility, a diverse and resilient local economy, vibrant public spaces, and affordability. In order to build resilient communities, encourage families to make vegetable garden at back yard of kitchen or on roof top. Promote natural farming and encourage model creation for others to replicate. In this garden families can grow herbs, vegetables and fruits for domestic purpose. Facilitate target community to produce vegetables and ensure each household is growing vegetables in grow bags over the terrace or at the back yard. Innovation in agriculture can help target community resilient to life style diseases such as diabetic and cancer by eating fresh green vegetables while protecting the environment.

Inclusive and Sustainable Development

Strategically give thrust on sustainable and inclusive development while implementing innovative projects. Ensure inclusive and sustainable growth is taking place by focusing on equal participation and equitable access to resources. NGOs should safeguard rights-based people centric approach. Sustainable development is “development that meets the needs of the present without compromising the ability of future generations to meet their own needs” (United Nations General Assembly, 1987, p. 43). Hence, ensure optimum use of resources available to harness activities for the benefit of all while planning, evolving, designing and developing projects.

Inter-Agency Networking & Coordination

Integrating networking and coordination with like minded agencies will be rewarding and stimulating. It will ensure to increase knowledge and understanding, improve relationships and communication between agencies. Organizations can share their professional expertise, techniques and knowledge among networking group. Concerted and collective effort with proper networking and coordination could improve service delivery and avoid duplication of work. Give and take relationship would eventually benefit everyone including Government agencies and stakeholders.

Conclusion

NGOs as development practitioners have significant role to perform during the difficult time. Prominently issues such as hunger, poverty, unemployment, malnutrition and mental illness have to be addressed effectively to achieve Sustainable Development Goals (SDGs) by 2030. Development is a process of improving the quality of all human lives by raising people's living standard, human dignity and respect. Ensure to enhance people's freedom to choose from the basket of choices and services not degrading environment and climate. Hence, people centered activities are necessary to bridge the gap between grassroot community and stakeholders.

Aniyan Cheriyan



2 MENTAL, PHYSICAL AND EMOTIONAL CHANGES AMONG CHILDREN

Introduction

Articles is preapred in the light of study conducted among children during lockdown period in Niravilpuzha.

Physical Changes

In the lockdown period comparatively physical activities were very less among children. More than 71% of children were facing problem of inactivity and lack of exercise during this period. The main physical changes noticed were loss of muscular activities. More than 66% of children gained extra weight due to lack of exercise. Reduced physical exercise and increased consumption of food resulted obesity. Children were restricted to have their usual games and other physical exercise.

Mental Changes

Fifty nine per cent were suffering from mental stress, 23% were victims of anxiety and a nominal 10% were affected with fear. Covid 19 added additional stress and anxiety among children. Modern children are facing a number of stress and pressure from their school, family and society. They are in the midst of stress and pressure from school, peers, family and community. Schools are closed indefinitely. There is no sign of reopening schools in near future.

Social Changes

Most of children were lacking social contact (59%) and facing communication problems (23%), rest faced loneliness. Social changes and mental changes are interrelated. One can't stand alone. Positive change affects positively and vice versa.

Mobile Phone Addiction among Children

Majority of parents opined that their children were not addicted to mobile phone. As mobile phones are inevitable for their learning purposes, parents are encouraging to use it. Writing notes, participating class and exams are done through phones. In this particular situation parents encourage children to use mobile phones.

Total Time Spent With Mobile Phone

A vast majority of children are spending more than five hours with mobile phone. They spend most of their time in mobile game. For online class and cartoon, they spent more or less same time ie one hour each. Only half an hour is spending on whatsapp or face book.

It is a serious issue to be dealt with. Parents and children are unaware of health issues behind it. Health issues manifested by way of sin the form of constant head ache, eye pain, fatigue, dullness, lack of interest in various activities etc.

Behavioral Changes After and Before Lockdown

Seventeen percent of children were not affected with shut down. There is no difference in their behaviour before and after lockdown. But significant change was that before lock down hardly one per cent had problem of angry, whereas after lockdown 15% children affected with angry or rather better to say they lost patience and begin to react and burst out for no reasons. Earlier two percent of children were less sociable but now 15% children are not sociable. Two per cent of children had communication problem or fear of facing others but now it has increased to 20%. Earlier children were not stubborn but after lockdown they are very stubborn and difficult to obey their parents. It all reveals that children were being introverted and gained many negative feelings which directly or indirectly affect their behaviour.

Children's Attitude towards Education

Children are very interested in playing games, cartoons but not in their studies. 82% of children are lethargic towards their education. They are not much interested in on line education. Besides this they lost their reading

habits. They are satisfied with bare minimum attending online class. A vast majority of children are not worried about their education. So lockdown changed student's attitude towards education. They give more importance to mobile games and other activities apart from their studies.

Mental Status of the Children

Majority of studentse experience laziness (18 children) and one third of them experience anxiety (15 children). This is because of influence of social media and they don't have proper guidance for making their day active. Rest of them (5 children) feel fear and 2 children are enjoying lockdown period and classes with their works.

Conclusion

As a whole, COVID-19 is worldwide phenomenon which affected all over the world irrespective of caste, creed, language and nations. Calamities whether it is natural or manmade worst hit people are always children, elders and women. Corona is not an exception to it. We need a joint venture to face this problem especially to tackle problem of children.

Joseph Dominic

3

ACTIVITIES UNDER COMMON INSTITUTION

Dharamaram College, Bengaluru

Dharmaram College and ASHWAS jointly implementing diversified development projects to empower under privileged communities in and around the College. In solidarity with COVID -19 both organizations has integrated relief and rehabilitation activities as part of its ongoing social work interventions.

Christ University, Bengaluru

COVID is not over yet, the world is facing severe and acute health and survival problems and still it is creating lot of discomfort to human race. People have lost jobs, heath and wealth. Few are coping up with the situation and many are still not able to come back to their normal life. Christ University, Bengaluru through its Centre for Social Action (CSA) intervened using all its resources and partnerships with other likeminded organizations to help community to overcome the crisis. CSA adopted urban slums and villages near to college to manage pandemic situation effectively. Series of relief and

rehabilitation activities were carried out integrating with ongoing development projects implemented by CSA. All families were supported with essential food materials and sanitizers throughout lockdown period as solidarity response. Immediate intervention and hand holding support helped local community to survive corona virus pandemic situation.

Survival and Protective Kits Distribution

Poor and needy community members were finding it very difficult to run and manage food for their families. CSA team identified needy families and supplied basic survival and protective kit which helped them to manage the situation. In order to support people who were grave need, project team in coordination with local administration distributed survival kits. Networking helped volunteers to reach out to most needy and vulnerable groups. Moreover, it avoided duplication of service. Hundreds of thousands beneficiaries served with relief materials included Widow, Devadasies, Differently Abled, Orphan and Old age

people living in 11 villages far and near to college. Village Communities including tribal families at Niravilpuzha, Wayanad District of Kerala state benefitted through this programme. COVID response activities were carried out in collaboration with Kindernothisilfe, BREADS and Response Net - Partnerships for Corporate Social Responsibilities.

Skill Training

While carrying out need analysis during network meeting with the local administration project team identified that there is a huge need for involving youth/Adolescent (both boys and girls) for a productive purpose. Cluster Level Association (CLA) members also expressed the same opinion to start some skill trainings for youth who are unemployed or migrated due to COVID situation. Based on this felt need skill development training programme have been launched for the selected jobless youth. As of now, more than 250 aspirants are undergoing skill development training on different trade such as tailoring, handicrafts, mason, electrical etc.

Provided Educational and Recreational Material Support

After the lock down many children have lost their interest towards studies, in order to motivate the children to continue their studies the project decided to provide educational and recreational materials to the children to engage themselves in educational and recreational activities during this lockdown. Majority of the rural children do not have the privilege of attending online classes, so this support from the project helped the children to get occupied and also keeps the same interest towards their studies. 657 children in the villages are getting benefit through this activity

Learning Support Centre (LSC)

Ever since pandemic started children were not going to school or not attending any online classes. Children are simply roaming around the village. Some places teachers are sending recorded classes but due to poverty they are not afford to have devices to support to view the classes. There is a general fear that the children may get dropped out, because many of the children are going with their parents for work. In order to avoid such circumstances, the project decided to start learning support centre to support the children to study their subjects and make them feel comfortable about their studies. Project team is conducting LSCs in 31 of its target villages and 846 children are getting benefit out of the program both in Karnataka and Chhattisgarh.

Distributed Health and Sanitation Materials

Health and sanitation material distribution for women and adolescent girls carried out in the LR Nagar, Ambedkar Nagar and Janaki raman layout at Urban Slum in Bangalore. This activity was collaborated with the Arogya Seva Organization. CSA mobilized sanitary napkins and distributed to its beneficiaries. A total of 75 adolescent girls and 230 women in LR Nagar and Ambedkar Nagar slums were benefitted and 250 packets were distributed in Janakiraman Layout slum beneficiaries. The beneficiaries include the parents of the sponsored children, Self-Help group women adolescent girls in the locality.

CYRIAC ELIAS VOLUNTARY ASSOCIATION (CEVA)

Succor to Elderly People

During lock down period, CEVA initiated COVID-19 relief activities for providing succor to hundreds of poor families. Activities included distribution of food kit with rice and groceries needed to survive over three months. Unavailability of medicine and travel restriction badly affected old age people with life style diseases like diabetics, cancer and liver ailments. Hence, CEVA arranged medicine for all elderly people and still continue to support them with essential medicines at their door step.

Restored Flood Affected Families

CEVA in collaboration with Indian Catholic Community (ICH), Germany restored flood affected families at Kainakary in Alappuzha. Project team carried out construction work as per envisaged plan with constant monitoring of housing construction at different stages. Completed houses were blessed.





Integrated Community Development Project (ICDP)

Integrated Community Development Project (ICDP) with the support of Centre for Social Action, (CSA), Bengaluru has been implemented at Niravilpuzha, Wayanad. Project is aimed at holistic development of community integrating diversified activities to improve their overall living condition.

Mask Distribution

As an immediate response to COVID-19 we have stitched 2655 masks. Out of that we have sold 853 for a nominal price for rupees 5 each per piece. 40 pieces are given freely to children.

COVID-19 special kit

Due to COVID-19 many lost their job, some could not go for work due to government restrictions etc. At this juncture we plan to distribute a special kit to those who are economically poor and deprived of the community. We have prepared a list of most needy 200 families with the support of ward members, scheduled tribe promoters, anganwadi teachers from three wards of our project area, a special preference is given to scheduled tribes.



The inauguration of the distribution was done by Rev. Fr. Biju Vadakkal, General Counselor of Social Apostolate. So far we have distributed 64 families. The rest will be distributed coming months. The details of provision distributed as follows

SL.No	Item	Price/ Kg
1	Ground nut	1 kg
2	Red cowpeas	1 kg
3	Dhal	1 kg
4	Tea	250gm
5	Sugar	1 kg
6	Coconut oil	500 gm
7	Flattened rice	1 kg
8	Jaggery	1 kg
	Total	Rs.500/-

Conducted Adolescent Training

Conducted webinar presentation on problem faced by adolescent children during Corona Virus Pandemic. YUVA (adolescent group) team actively participated during interactive session. Participants were given opportunity to share their problems and clear doubts. Resource person Ms. Nancy Paul demonstrated psycho social issues faced by adolescents and measures to solve issues effectively.



Distributed Glucometer, Seeds & Saplings

CEVA in collaboration with Lions Club distributed Glucometer, vegetable seeds & saplings for poor people living in and around CEVA Bhavan. Importance of natural farming, kitchen garden and growing vegetables on rooftop were discussed. Preventive ways of diabetics and life style diseases were included in the deliberation. Live demonstration on Glucometer was given to participants.

Conducted Online Review Meeting

A webinar on CMI Response to COVID-19 was conducted for Social Work Team. Members of Social Apostolate from 15 provinces actively participated. Online platform helped to review activities carried out during corona virus pandemic. Suggestions were invited while planning future course of action. It was decided to focus on pandemic relief activities coupled with rehabilitation and development of vulnerable community.

Housing Project, Udaya colony

Housing project at Udaya colony started with laying foundation of Ms. Sarojini Amma, first project beneficiary.



Foundation work of three beneficiaries is under progress and expected to complete it by January 2021.

Santhwanam

Santhwanam- support group of PLHA discuss common issues and problems within the group. CEVA in solidarity with suffering people provided emergency food kit and sanitary items to all families. Project is aimed at rendering care and support to people living with HIV/AIDS (PLHA).



Poor people affected by HIV/AIDS, Cancer, Liver, Kidney and Heart Ailments served through financial assistance for treatment and scholarship support to their children.

Pranamam

Pranamam project aimed at providing medical care and support to senior citizens. Elderly people with chronic ailments were given medical assistance for treatment. Project ensured un-interrupted medical care and treatment of elderly people through distribution of free medicines at their door step.

Yuva

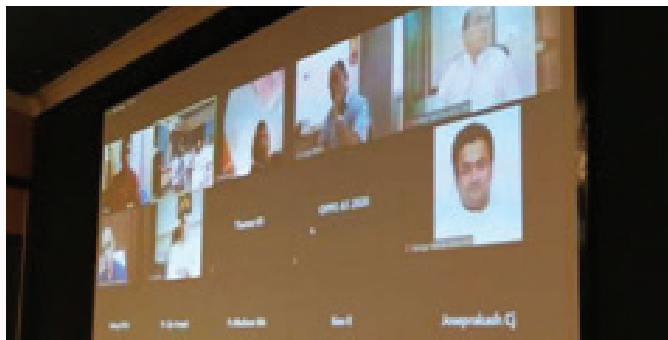
Yuva as a group of adolescent children discuss their common issues and find solutions with peer support. Attending online classes during COVID-19 was one of the issues they addressed. Young students were satisfied with ongoing educational support and relief activities amidst pandemic. During the meeting young participants were encouraged to put up cultural events like songs, speech

and mimicry to have fun and entertainment keeping safety protocols. Yuva project is aimed at helping children from poor families to complete their studies with scholarship support.

Annual General Body Meeting (AGBM)

During the 33rd General Body Meeting, new board members of CEVA were elected. Members will work as a team guided by Moderator Fr. Biju Vadakkel CMI, General Councillor- Social Apostolate.

The team of board members elected included Mr. Antony Gregory, President, Fr. Paulson Paliakkara CMI, Vice President, Fr. Mathew Kiriyanthan CMI, Secretary cum Treasurer, Mrs. Mary Venus Joseph, Member, Fr. Joshy Malekkudy CMI, Member, Fr. Jose Prakash Chelakkal CMI, Member, Fr. Jose Antony Padinjareparambil CMI, Member, Fr. Jaic Francis Chittettu CMI, Member, Sr. Tresanto FCC, Member, Mr. Alan G Thenammakkil, Member, Mrs. Monamma Kokkad, Member Mrs. Jolly K James, Member, Fr. Prasant Palakkappilly CMI, Member and Mr. M.P Antoni, Member.



Initiated Outreach Activities

With an objective of reaching out to families affected by land slide at Pettimudi near Rajakkad, CEVA team visited



communities of land slide affected area and interacted with surviving families. They appreciated relief, rehabilitation and development activities initiated by CMC sisters. Team handed over household furniture, table and chairs to families lost their dear and near ones. Compassionate gesture was appreciated by all including beneficiaries.

CHAVARA CULTURAL CENTRE

Conducted Webinar on Ban on Smoking in Public Places

A webinar on smoking ban on public places and present scenario was held. Prominent speaker was Justice Devan Ramachandran. Others spoke included Justice K. Narayana Kurup, Former Acting Chief Justice High Court of Madras, Fr. Biju Vadakel CMI, General Councillor for Social Apostolate, Prof. Monamma Kokkad Director, Kerala State Minorities Development & Finance Corporation, Fr. Baby Shepherd CMI Prior, I. H. Monastery, Varandharappilly, Adv. M. R Rajendran Nair, Sri.T A Varkey, Director, Medilaband Sri. Abraham Karickam, Regional Coordinator, URI Asia. Speakers threw light on present scenario after landmark judgement banning smoking in the public places.

Observed World White Cane Day:

Chavara Cultural Centre, Society for Rehabilitation of the Visually Challenged (SRVC), Cyriac Elias Voluntary Association (CEVA), Envision Trust and Chavara International Institute for Visually Challenged (CIIVC) jointly organized a webinar on the occasion of World White Cane Day. During virtual meeting challenges faced by visually challenged in public places and significance of White Cane were discussed in length. Prominent participants included Fr. Biju Vadakkel CMI General Councillor for Social Apostolate, Mrs. Radhika Regional Head Asianet broadband, Mr. Adarsh Kumar Senior DGM Urban Transport KMRL and Mr. Benny Shijin.



4

WILL THIS PANDEMIC STUNT OUR CHILDREN?

As we are months into the pandemic, we are all experiencing a shared issue: we feel disconnected and isolated from loved ones, friends, co-workers etc. Even as things are slowly starting to reopen, socialising we once knew is now a foreign concept. We all know how important connecting with others is for our well-being. The most frequently asked question: 'How will masks, social distancing, and lack of interaction with other children affect our kids' social and emotional development'? The mother of a seven-month-old baby expresses her concern: "The things that keeps me up at night is what it means that my daughter essentially has no idea other babies exist. Is she going to have problems socializing in the future?"

The Importance of Socialization

Socialization is the process where by children learn to display behaviors and imbibe the beliefs and values of their social group. Simply put, through socialization your child learns how to behave in social situations and picks up important social skills, such as getting along with peers, resolving conflicts, and interacting with a wide range of people, from friends to authority figures. Young children crave attention. They learn from their peers. They thrive on interactions that help them grow. For young children, in particular, learning how to connect with others is a vital skill for their development. Play and

socialization are the 'work' of early childhood. During this period, children are learning how to navigate social scenarios, such as when and how to join in with others, taking turns, conversation skills, emotion regulation, frustration tolerance, emotional expression, and more. These lessons seem simple, but they are foundational to healthy social development. Socializing whether in person or by using technology as simple as the phone - is essential to maintain our emotional, psychological, and social well-being. It satisfies our feelings of belongingness and connecting with other people. And it's as important as our need for shelter and food.

How to Overcome the Effects of Social Distancing

- Parents, be positive. Children around the world are unable to do what they ought to be doing at their age. Not being able to do ordinary things like going out or playing with friends or celebrating birthday parties is affecting them both mentally and physically. As parents, we need to step in and find ways to reduce the effects of social isolation on our children. You likely also face social depletion and are overwhelmed with all the work and news. This dynamic environment impacted your job or business. But let's remember, your child/children are dependent on you. You set the tone inside the house. If you are resentful, anxious, and blame other people in front of your children, they will inherit the toxic emotions.

Hence, keep upbeat, and show your efforts in adapting to the changes, be positive.

- Spend some time with children. You don't have to spend ALL your time with them. But make conscious blocks of time when you are truly present. Spending some time, around thirty minutes after daily work, helps. For example, read a book, doodle on paper, or watch a TV together. It is relaxing, and you can have some common topics to talk about. Give a peek at their academics. A peek means casually talking about how they are doing with their school work but not dabbling the water too much. But always check in to see where they need help.
- Have some outdoor activities. Some kids spend so much time in their rooms that they do not want to move their feet out of the door. As a parent, you will need to give them a nudge. Once they are outside, they are like cheerful birds flying around. . However, selecting the right place is important at this time of the pandemic.
- Make use of tech assistance. Social distancing doesn't mean social isolation. So help your child use technology to stay connected with her peers. Video calling, phone conversations, texting, and social media are some ways she can interact with her friends. Ensure that you have on-going conversations with her about cyber security risks as well as the parameters and expectations regarding gadget use when communicating with friends. If used well, technology can prove to be a valuable ally. Depending on your child's age, you can use technology for serve-and-

return conversations, getting your child to join online clubs, or learning new skills.

If your child or teen feels disappointed right now, let her express her feelings, and validate them. Share your own disappointments and how you are managing your feelings. During this time, children will be most comforted by parents' words of reassurance that you will get through these challenging times together, and that life will return to normal eventually. Although this pandemic is not the situation that we would have chosen for our kids to face, experiencing adverse events, with their parent's support, will help kids build resiliency. They will be able to look back on this time and reflect on how they were creative in finding ways to connect with their friends online, how they found new ways to entertain themselves at home, and how they persevered over new challenges, such as attending school online.

And, as to the question," Will our children be stunted due to social isolation?", experts' opinion can be summed as follows: The majority of neurotypical kids will be able to socialize just fine, even if we're still wearing masks in a year. A lot of socialization happens implicitly through interactions with caregivers. And even if there are some social setbacks in the next year or two, development is a lifelong process. There's not a skill or domain in which children can't get better or work at.

- Dr. Jose Cletus Plackal, CMI,
Jeevass Family Centre, Aluva

5

RELIEF ACTIVITIES THROUGH SOUTH INDIAN PROVINCE

1. St. Joseph's Province, Thiruvananthapuram

Housing Construction

Construction of a new house to Ms. Susheela- kitchen staff of CMI Malarnilayam Balabhavan and a widow with two kids - is in the final stage. Social Work Department team of the province has initiated series of housing projects at different sites. Completed houses were blessed.



COVID Relief Activities of Sargakshetra, Chethipuzha

Sargakshetra initiated various activities ranging from preventive measures to reintegration during this pandemic period. "Together Lets fight Corona" is the prime focus of all

these activities. Sargakshetra distributed free masks and food materials to poor families in our neighborhood and children's home. They were encouraged and supported to remain safe and healthy during the crisis. Basic necessities were also distributed to ensure that general public gets enough to eat. Hygiene Kits helped to fight against the virus. Community was sensitized about safety measures to combat COVID-19.



Distribution of hygiene kits and basic necessity items to poor homes and children's home

Conducted Online Training

Free online training programs were organized at regional, national and international levels. Training on Space Science and for various competitive exams like UGC NET, IBPS were organized by Sargakshetra. Summer Track-free online training program was 50 days training in which around 900 students participated. The prime focus of the program was to sensitize students about the pandemic at the same time help them to build their character, develop a responsibility towards nature and to strengthen the family bond. Career guidance and personality development classes ensured students get engaged during pandemic and focus on their career.

Orientation Programs

Children in conflict with law from two districts were provided orientation on overcome various challenges. It helped children to develop creative skills, enhancing family relationships and reduce their anti-social activities. They are also provided career guidance, tuitions and tele-counseling. Senior citizens were provided tele-counseling, emotional support and free medicines. Sargakshetra promoted organic farming and natural method of cultivation, Cultural Trainers (Gurus) were provided with financial support along with organized a video contest to sensitize them about corona virus pandemic and preventive measures.



Promotion of Organic farming and distribution of Seeds



Free Covid-19 Check Ups

2. ST. JOSEPH'S PROVINCE, KOTTAYAM

Community care and support to senior citizens

Community care and support to senior citizens project supported by MISEREOR, Germany. It addresses needs and issues of elderly people in five Panchayat in Idukki District, Kerala viz. Chakkupallam, Vandanmedu, Erattayar, Kanchiyar, Kamakshy and Kanjikuzhy Panchayat. Moreover Chakkupallam become self-sustaining under the guidance of Voluntary Organization for Social Action and Rural Development (VOSARD). Senior citizens were provided with different schemes such as Eco- Farming, Seed Money, Goat Rearing, Medical Aid, Marriage Assistance, and Business support to improve their monthly income. Online Conference meeting hosting with federation leaders.



Onam celebration in ESHGs



Glucometer Distribution Inauguration

Community Based Rehabilitation Programme

VOSARD in association with CHAI-LF is supporting 212 children with various types of disabilities for their education, surgery, medication and distribution of assistive devices. CHAI-SLF functions in 5 panchayats of Idukki district. Promotion and strengthening of state level network of Disabled Persons Organizations (DPOs) functioning in seven districts of Kerala since 2013. The state level network was formed in the name of Kerala Confederation of the differently-abled (KCDA) and it was registered under society's act. Number of PwDs identified in SDPO is 13,480. So far there are 635 VDPOs (9115 members) as active members of this network.



Distribution of vegetable plants from PRIs



Grievance solving meeting

Family Counseling Centre

The Centre started in 2004 and is functioning under the support and directions of Central Social Welfare Board, New Delhi and Kerala State Social Welfare Board (Social Justice). From June to October 89 cases were registered and follow up of old cases were done. Types of cases reported were: Depression, Lockdown related issues, Anxiety marital mal adjustment, family problems, property issues, alcoholism, personality problems and behavioral problems.

Service Providing Centre

It is a project of Kerala State Social Welfare Board under Domestic Violence (Prevention) Act-2005 for the protection of women from domestic violence. The Service Providing Centre (SPC) for the protection of women from domestic violence started to function in 2008. A Lady advocate is employed in the center for providing free legal service to the women who are victims of domestic violence.

Integrated Watershed Programme, Vathikudy

Disaster relief works supported by Bensheim Hilft Germany and KARL KUBEL STIFTUNG (KKS) Germany initiated integrated watershed programme for building resilient communities. Livelihood support activities carried out included Dairy Unit, Goat Farming, Biogas unit, Nutrition Garden, Cattle Shed, Rain Harvesting, Vermi-compost unit and Nursery Garden etc.

Jeevajyothi Apex Federation of the disabled (JAF)

Jeevajyothi Apex Federation (JAF) is a district level Disabled Persons Organization (DPO) promoted by VOSARD under CBR programme. Now, DPO is functioning independently and addressing the needs of 1989 differently-abled persons in the district. There are 89 village disabled persons organization and 14 Panchayat level DPOs.



Onam Celebration & Independence Day Observation

Local Level Committee -LLC

Social Justice Department appointed VOSARD as a NGO Member in Idukki district, Local Level Committee (LLC) of National Trust constituted under the chairmanship of District Collector.

KAVAL Project

Kaval project which was launched in January 2019 is a project from Social Justice Department of Government of Kerala implemented through DCPU (District Child protection Unit). The main purpose of this project is to provide psycho social care and reintegration of Children

in Conflict with Law. Nearly, hundred children have given support.

KKS Project

KKS Project at Kanchiyar has been initiated with the support of Karl Kubel Stiftung in Kanchiyar Panchayat. The main objective of the project is holistic development of marginalized families in the area through women empowerment and child development. As the project is at its first phase, Self Help groups and Child clubs have been formed. All the activities done through groups in which the members become more responsible and come forward in to the mainstream of the community. The project involves generating a sustainable method for livelihood promotion for the targeted people of the area.



Saplings Distribution

Chrysalis Education and Health Care Project

Project started on 20th July 2020 as a joint venture of VOSARD with the IBS Software Private Limited (IBS). The project has two streams, Education and Healthcare. The activities may also include livelihood and rehabilitation to support families having such children or youth, so that they are able to sustain themselves in the long run. Target beneficiaries are Underprivileged children or youth below 21 years of age who are seeking education or healthcare preferably in Trivandrum, Kochi or Bangalore. Primary objective of the Education stream is to help beneficiaries



progress in their education and equip them for a brighter future. Whereas the objective of the healthcare stream is to make healthcare available to beneficiaries who are otherwise not able to afford treatment for ailments that prevent them from leading a normal life.

Quest Global Food Kit Distribution:

With the support of QuEST Global, Technopark Campus, Trivandrum, Kerala, Food Kit Distribution for poor and Marginalized families were carried out. COVID-19 Relief food kit distribution enabled the target families to fight poverty and get back to their normal living conditions. Project locations included 10 panchayats of Idukki district. Target beneficiaries included 470 vulnerable people such as widows, differently-abled persons, senior citizens, daily wagers small & marginal farmers.

Habitat for Humanity India

With the support of Habitat for Humanity India distributed essential foods kits as an immediate relief to the people affected by COVID 19 pandemic in Idukki district, Kerala. Distribution of food materials and sanitation items covered in the regions of Udumbanchola, Idukki and Peermadu Taluk of Idukki districts. Tens of hundred families benefitted.



Kit Distribution

KELI Higher Education Scholarship

With the support of Rajagiri Outreach Service Society (ROSS), Kochi 20 poor students pursuing professional courses were given financial support ranging between Rs. 15,000 to 20,000. ROSS is reaching out to poor communities with the funding support from KELI, Switzerland.

CNEWA- Career Development Programs

CNEWA- Career Development Programs for poor marginalized children is initiated in seven panchayats of Kattappana block of Idukki district in Kerala. It is aimed at

supporting marginalized children for career development. They are provided value education class along with scholarship support. Currently hundreds of children from marginalized families being supported with scholarship.

Distributed Cashew-nut sapling, Chairs

Over 3000 Cashew-nut saplings were distributed in different areas of Kanjikuzhy, Vaathikudy and Pala. Prisoners at Ponkunnam Jail were provided with chairs and other furniture. It was carried out with the support of Rotary Club Changanacherry.



Articles as part of Social Teaching

Articles on Social Legislation, Mental health, Enhancing Well-being of Senior Citizens and articles related to various acts and laws were published in daily news.

3. CARMEL PROVINCIAL HOUSE MUVATTUPUZHA

COVID 19 Pandemic Carmel Social Interventions

Carmel Province Muvattupuzha through the department of social work and by the houses/ institutions in every place have supported with possible interventions based on the situations prevailed. At this time as Govt. of Kerala has been prepared enough to meet the challenges with proper administrative system at all levels. Therefore, in general our support and help were not that much necessitated in many areas. Even then we have offered our readiness, help and institutional support to the local administrative bodies in advance. In general we have tried to help the families who are closely associated to us in houses, institutions that are working and also deserving families as neighbours. They were given salary during lock down days and other support as per the need.

Carmel Ayurveda Villages and Research Centre Bhoothathankettu

Carmel Ayurveda Village and Research Centre is a dream project of Carmel Province with high potential for an eco friendly and interacted living environment. The works of the centre is completed and it is blessed and



Inauguration ceremony of Ayurveda villages

inaugurated on August 17, 2020 the first day of Chingam 1196 on farmers day by Bishop of Kothamangalam Mar George Madathikandathil and inaugurated by His Excellency Adv PS Sreedharan Pillai Governor of Mizoram, in the presence of Rev Fr Paul Parakkal CMI Provincial, Rev Fr Josey Thamarassery CMI Vicar General CMI Congregation, Fr Mathew Manjakunnel Councillor for Social Work, Adv Dean Kuriakose MP Idukki, Sri Antony John MLA Kothamangalam, Sri Thomas Parackel Member APEDA Govt. of India, Sri Biju P Nair Member Pindimana Panchayath, Fr John Anikottil Director Nirmalgram Welfare Centre were presided over the function. It could be developed and sustained as a hub of Ayurveda Reserch Centre, Indian spirituality and yoga, imparting trainings and a hub of organic way of life with unique contribution to the society. It would be a centre of sustainable development and self-reliance by promoting Bio-fruits farm, vegetables farm, spices garden, herbal garden fish farming, live stock gallery, pet animals, birds and organic farming with bio- central nursery. Fish farm, dairy farm poultry farm and live stock gallery of pet animals would be an attraction for all.

Distribution of Masks and Green bags

Social Work Department of Carmel Province at this covid 19 times supplied green bags and masks freely in Govt. Taluk Hospital Muvattupuzha and Nirmala Medical Centre Muvattupuzha. The function was inaugurated by Adv Dean Kuriakoseldukki MP and Fr Mathew Manjakunnel Councillor for social work presided over the function. Mr Thomas Parackal, Superintendent of Hospital, Sri Cyriac Mathew, Mr Boddwin Joy and Mr Alan G Thenammakkil were present in the function.



Distribution of fruit plants

In order to face the challenges of Covid 19 and to make self reliant families, Social Work Department supplied fruit plants and grows bags for the 50 families of Mudikkara Colony. The function was inaugurated by Sri EldhoseAbrahan MLA and Fr Mathew Manjakunnel presided over the function. Sri Xavior K J Ward Member, Fr Joy Arambankudy, MrCyriac Mathew, MrBodwin Joy, Mr Alan G Thenammakkil were presided over the function



Distribution of fruit plants

Distribution of Mask, Green bag, Ring compost and Fruit plants

At this time of Covid 19 Social Work Department distributed free Green bag and Ring compost and Fruit plants at KolanyParakkadv colony to 100 families. The function held at Primary health centreParakkadavthe distribution was inaugurated by Thodupuzha MLA Sri PJ Joseph and Fr Mathew Manjakunnel presided over the function, Sri Cyriac Mathew, Sri Bodwin Joy, Sri Mathew OJ, SmtSuja were presided over the function.



Housing Aid

Department of Social Apostolate Carmel Province financially assistedpoor homeless people to build house. Housing construction of Mr. Joseph Puthenpurayil, Pandipara Parish, Idukki Diocese is almost finishing stage. Department of Social Apostolate could provide 8 lakhs rupees to the family for housing construction,



Spiritual sharing

Department of Social Apostolate and pastoral ministry of Carmel Province Muvattupuzha jointly assist ordinary people through spiritual sharing. 22 experts solve the problems like depression, worries, parenting, pre-marital issues, family problem, through phone calls. 12 priests from Carmel Province and 10 sisters from other religious convents areavailable from 9am to 6 pm every day.

4. SACRED HEART PROVINCE, KOCHI

Corona Relief Activities

Sahrudaya addressed adversities during COVID period. Team distributed food kitsto deserving families of Ernakulam district with the help of Sargakshethra Changanacherry. We could distributemasks and sanitizers among Senior Citizens of Kottayam, Alappuzha and Ernakulam. Other support included running community kitchen with support of Kalamasserry Municipality. Educational institutions like Rajagiri College of Social Sciences, Kalamasserry, Viswa Jyothi College, Vengoor, Rajagiri Public School, Kakkanad, Viswa Jyothi Public School Angamaly, St. Joseph's CMI Monastery of Koonammavu, Chavara Darsan School, Sacred Heart Monastery, Sacred Heart College and Monastery Church, Thevarawere converted as quarantine facility including cum front line health service center for curbing corona virus surge. Kochi Province altogether utilized Rs. 68,95,600 for COVID related relief and rehabilitation programme.



Sahrudaya Gloves Packing Centre At Vallakom

COVID -19 has made vacuums in the employment opportunities of mankind all over the world. Large mass of people has squashed their livelihood. As per Mahatma Gandhi our Indian villages should follow rule of production by masses. But unfortunately, we are seeing mass production instead of production by masses rejecting manual labour. The idea of neighborhood groups and kudumbashree in Kerala has made good effect in promoting cottage industries and enterprises navigated by our women groups. Two maxims highlighted by such self-help groups are mitigation of poverty and empowerment of women. At Vallakom in association with a local entrepreneur Mr. Sunil, Sahrudaya could initiate a gloves packing unit.



Rev. Fr. Paul Nedumchalil CMI, Chairman, Sahrudaya blesses the Gloves Centre and packing gloves

5. DEVAMATHA PROVINCE, THRISSUR

COVID Relief and Rehabilitation Activities

Following Government's instructions regarding social distancing and preventive measures, all interventions were carried out. Manufacturing and distribution of re-usable cloth masks, disposable masks and face shields, essential health requirements to 'break the chain' campaign such as Personal Protective Equipment (PPE), hand sanitizers, liquid soaps and hand gloves were initiated. People from all over district were involved in manufacturing masks. Distribution of mask, medical kit and sanitary items was carried out among panchayat, police station, health centre, hospital and general public. Medical kit including masks were great sigh of relief to health workers, police forces, panchayat members as it helped greater



Distribution of Mask

protection and safety for personnel involved in pandemic prevention, care and treatment. PPEs manufactured were distributed to hospitals and medical colleges, including military hospitals of Arunachal Pradesh.

Provision kits including groceries, vegetables and items for daily meals and other necessary support were distributed to poor, especially those incapable of arranging it for themselves. Poor people living near Ashrams were supported directly and through community kitchens.

In order to fight against hunger and malnutrition selected beneficiaries' were provided with nutritious food items. Malnourished people from very poor families of neighboring households were supported with food kit consisting 16 quality items.

Saluting our Police and Fire forces with a difference

KESS saluted selfless efforts of Police and fire force by distributing fresh fruits, boiled eggs and other easily edible fresh food items to various checkpoints and police stations in the district, especially during lockdown period.

In order to help poor families who had lost work due to pandemic were provided Nutritious Food Kit. It was a great relief for poor people in great despair to meet their daily needs. Packs of nutritious kits were distributed on a monthly basis. Vibrant health workers, especially of Govt. Medical College and Amala Hospital were appreciated and honored for their dedicated service and selflessness in tackling present Corona health crisis.

Treatment facilities

Medical preparations had begun as early as January 2020, during COVID-19 threat perceived by medical wing of the Province- Amala Institute of Medical Sciences, Thrissur. Various processes undertaken began with Triage, where patients are examined and categorized. Then fever clinic was initiated, where patients with symptoms or are suspicious were kept. As cases increased, COVID ward with 35 beds began for treatment of COVID for positive patients. It covered 20 General beds, 5 ICUs with

ventilator and 5 without as HDU beds. A reserve facility for 40 more beds has been prepared. Testing facilities like RT-PCR, Truenat and Antigen test are made available.

Quarantine facilities

Jerusalem Retreat Centre was amongst first institutions to provide its infrastructure for quarantine facilities. 50 rooms with bedding and bath attached have been provided to health department since March before the lockdown began. Presently with numbers going up and actual infected cases on the rise, retreatcentre is provided for clinical requirements to treat corona virus infected people.

Employment generation activities

Neediest and deserving families identified in the community were provided income generation opportunities, in accordance with Government instructions of social distancing. It helped daily wage earners who lost work during lockdown.

Tailoring

Poor people with knowledge of stitching and tailoring, cloth cutting etc were provided an opportunity to manufacture masks and PPE. They were provided with remuneration besides providing tailoring machines for those who did not own one. It helped many deserving people to earn their living during the crisis.



Farming

Ashrams opened its farms and fields for poor farmers to sow and nurture agriculture products for their own use. Poor farmers who had no land or fields as well as others capable of manual labour were provided employment opportunities in the farms associated with the Ashrams. Saplings, seeds of vegetables and fruits were developed and distributed to poor and those interested in cultivation.

It helped poor people during lockdown to start cultivation and now they are able to produce and consume fresh, home-grown yields. Support to farmers

As poor farmers lost their means to earn daily bread during lockdown, Province supported for purchasing their yields higher than market prices. These farm products were in turn distributed to other poor families who had no means of food at all. Through this support different sections of people in economic crisis were benefitted.



Awareness Generation

Materials for awareness generation such as posters, booklets and pamphlets containing Govt. approved information on keeping oneself safe from Corona virus, prevention, symptom, contact details for care and treatment were distributed. Awareness generation activities helped auto drivers to know more about COVID-19 pandemic and safety measures.



Financial & material support

Besides providing food materials, families did not have fund for various needs such as payment of bills, loans etc due to pandemic lockdown were supported with finance. Most deserving people benefitted and they were able to meet their contingencies during the crisis.

TV became greatest asset during lockdown because of various advantages such as reliable source of knowledge and entertainment, a stress reliever and a family binder. News updates and discussions of this pandemic could generate awareness among public, safety of their homes,

which could not have been possible otherwise. Ashrams and institutions of the province gifted TVs as it was basic need during this period, to poor families, whose children's had to attend virtual learning in new academic year.

Two wheelers were gifted to empower poor families. It helped families in dire need of this basic convenience to access health care facilities. Family members could take ailing parents/siblings to hospital as and when needed from their remote village in the absence of public transport facility.



Telephone counseling- an ear to the unheard

A comforting voice and a supportive ear were provided through counseling to those in despair and desperation, over the phone. For those who were alone, distressed and unaided, without proper support of food, fund and other resources were provided help through this intervention. Rehabilitation centers were provided food kits, timber, cattle and other necessities during the difficult time. This kind gesture helped inmates of rehabilitation centre to survive without any problem.



Education Support

Poor families without electronic gadgets to supplement their children's educational needs, smart phones, TVs and laptops were mobilized and distributed. Study materials such as books and stationery items were also distributed as education aid.



Medical Support

Well-being and safety of HIV affected families was ensured, especially during Corona pandemic. Regular support was provided through telephonic counselling. Lobbying with Government authorities, KESS ensured infected people access their regular ART medications either supplied to nearest health centre or at their doorsteps especially during lockdown. Volunteers and regional Societies formed by KESS in different districts, helped distribute masks, provision kits and education kits to affected families. Overall well-being of cancer affected families was ensured through telephonic counseling and assessment. Food materials, provision kits, masks and saplings were distributed apart from facilitating medical, financial and emotional care. Their children were provided study materials to begin their academic year with ease.

COVID Insurance

COVID pandemic is a dangerous health hazard that can fall upon anyone at any time. Need to be safe and secure against it is a basic requirement in present day scenario. Province decided to provide such as protection barricade in the form of an insurance policy for its staff, domestic workers and auto drivers, reflecting care and gratitude for committed work of its people. 125 people were provided insurance for which Province spent 2.5 lakhs.

Office Functioning With Safety

All areas of works functioning in tune with Government and health specified regulations. With face masks and social distancing, everyone is tested for body temperature with a thermal gun, then disinfected using sanitizers or liquid soap. Office rooms were disinfected on a regular basis. Personal safety is a primary responsibility, which the province promotes for each of its 'personnel'.

Environment day observation

World Environment Day was observed by the Province during first week of June, initiating fruit gardens throughout its Houses and institutions especially at

Government Medical College, Amala Institute of Medical Sciences and CMI Provincial House. Saplings of various crops, plants and trees were also distributed.



KESS YUVA-Online Launch

Vocational training institute as part of KESS- YUVA was launched with an aim to uplift youth. With an aim to empower economically poor, unmotivated youth, STED council certified courses in computer accounting, multimedia, DTP, fashion designing and hotel management are now provided through online medium. Add-on sessions for English proficiency, computer basics and personality development are also provided to increase their potential.

Onathinu 'Kudayum, Kulayum, Maskum'

Poor people living in and around Ashram were provided help during Onam. They were given onakulas (bunch of bananas) along with food kits and green kit. Considering monsoon necessity umbrellas and face masks were also distributed along with other essential safety requirements. It promoted brotherhood among people.



Webinar on 'Breast Cancer Awareness'

As part of breast cancer awareness, a webinar was organized on the topic "Breast cancer-challenges in detection & treatment" by Dr. Sunu Cyriac, Asst Prof. of Dept of Oncology and Head of Clinical research unit in Amala Hospital. It was attended by more than 120 people consisting of academicians, students, members of different congregations and organizations.

VaravillumpokkillumOruMaram

Snehagiri Society reflected a wise thought for all by planting a sapling in the campus. This idea of tree plantation was

taken forward among staff and community. It was an initiative as part of our commitment to protect environment from climate change and global warming.

Observation of World Mental Health Day

Day was observed throughout all institutions mainly at Sevanagiri Sevanalaya, home to orphaned mentally challenged individuals. Awareness generation sessions were provided apart from honoring nurses who are full time caretakers of these residential angels, in recognition to their selfless services round the clock.

Coming soon-KESS COVID Cell in Action

As part of a long term post pandemic care and management system, Province will soon be launching 'COVID helpline cell' through its social wing-KESS. It will be a first step to provide counseling services regarding pandemic related issues and concerns. Project will provide range of services to poor people in despair due to loss of job and income.

Motherly health care in Palakkad

Paalana Hospital in Palakkad has been providing free counselling services, treatment facilities and medicines for TB patients in coordination with the government project called STEP. Emotional support and awareness were given to people living with HIV/AIDS to take ART medicines. Over 900 free dialysis were provided to poor patients. In response to COVID situation, Paalanawas the first private hospital to start Antigen and True nat tests in Palakkad district providing 1200 true nat tests and around 6800 antigen tests. Treatment facilities were also provided to COVID patients. Groceries were distributed to poor people lost job due to pandemic. Paalana is all prepared to commence 'AmmayumKunjum' project, which will provide free treatment to poor pregnant women up to delivery. An 'Ashraya' project is also on the way to provide free dialysis treatment to more people.



6. ST. THOMAS PROVINCE, KOZHIKODE

House for homeless-handed over the key

With the vision to empower socially peripheral communities and their struggle for survival and sustenance, STARS, social flagship of the Province accumulated funds for house construction with a massive support from Devgiri Public school at Mullankolli, Wayanad and constructed beautiful house and handed over key to identified beneficiary.



Rescue Rangers - Disaster Rescue Team

STARS has started a new Endeavour at Wayanad district and mobilized a group of young dynamic people to provide help to those who are struck by calamity or disaster. This is achieved by motivating people to help themselves and others who have suffered loss during natural or man-caused catastrophe. The basic theme is to involve the entire community in various aspects of emergency and disaster activity viz. prevention, preparation and response & recovery methods in order to safeguard the people when struck by disaster.

RESCUE RANGERS are given a proper training and educated not only to help themselves but also others in their community during any crisis. To stand together, the organization provided uniform to every member of the team. Their deeds win them respect of others in their community and they achieve the great satisfaction of helping people through team work along with their skilled mates. Their duty is not just making themselves available whenever there is a disaster; they regularly attend training sessions, community meetings and also maintain their respective equipment all the time.



COVID-19: A Special Task Force

The Centre has set up a task force to monitor the situation arising out of novel corona virus with 5 representatives from different streams under the leadership of Fr. Sanish Chuzhanyil. The move came amidst reports of novel corona virus where people stood terrified to entomb victims in their region. Illustrious founding fathers of the task force spread awareness to prevent spread of virus. People are urged to stay at home and maintain social distancing for safety from novel corona virus infection.



Food Kits distribution amid covid-19

In an attempt to ensure basic essentials to all during this corona virus pandemic, social work department of the province has begun food kit distribution. Hundreds of poor and marginalized families at Edapuzha Kannur benefitted.

Online class at Ashakirana special school

Ashakirana special school has arranged online class during corona global pandemic. The improvements were mostly realized in study contexts, that blended online instruction with in-person contact, with additional instructional elements that would be responsible for the improvements. A whatsapp group has been formed. A teacher and eight students joined in the group. Nevertheless, parents of students seized on this opportunity to praise merits of web-based learning and advocated to continue the programme.

DDU GKY - Skill training program

STARS has set another momentous breakthrough in the hearts of 30 fledgling minds when they all have been placed in Kerala and outside even in COVID-19 circumstances after a skill development industrial training on welding courses. Exemplary accomplishment by STARS has generated a huge impact in every one of them and in their families. The twinkling action through STARS will inspire others to look for a sustainable per capita consumption for their survival in the community.



7. PRESHITHA PROVINCE, COIMBATORE

Proactive Measures to Curb COVID-19 Pandemic

With the objective of mitigating sufferings of pandemic affected families SPANDAN-SYRO MALABAR SOCIAL DEVELOPMENT NETWORK of CMI PRESHITHA PROVINCE, COIMBATORE swung into action from the day one of the lockdown period keeping in mind safety protocol and social distancing. We reached out to vulnerable people like pregnant women, cancer patients, migrant workers, geriatrics and differently abled people living in the neighborhood of CMI Ashrams, Parishes and Schools including tribal communities near Pollachi. During unprecedented situation of COVID-19, socialapostolate team provided succor to over 20000 families and communities by joining hands withPreshitha Service Society (PSS), Pollachi and other networking NGOs. Our interventions included:

Distributed Food And Food Kit:

Realizing the need of the hour SPANDAN-Syro Malabar Social Development Network team and volunteers supported by Social Apostolate Department, Coimbatore, distributed food items and groceries like rice, pulses, sugar,tea,spices including sanitizing items such as soap, liquid hand wash, sanitizer, dettol and cloth masks to poor needy families. Cooked food items and nutrients were fed to poor desperate and starving people. Essential provisionincluding sanitizers were distributed to poor migrant laborers, expectant and lactating mothers, differently able, sick and elderly people to support their family forone month. Proactive steps enabled to provide succor to 550 beneficiaries at their own door step which was a great relief for them amidst corona virus pandemic. Distribution was carried out by project staff

and volunteers following safety protocols issued by the Government authorities.

Distributed Cloth Masks and Sanitation Items

Masks were stitched with two layer cotton cloth by our own women Self Help Group Members. Cloth and other necessary items were provided to the group members. It helped them to earn some income during pandemic and subsequent lockdown period. Masks along with sanitation items were distributed to over 18000 people including tribal families living in and around operational areas of Preshitha Service Society (PSS), Pollachi. Sanitary and hygiene items distributed to marginalized and underprivileged communities were appreciated by all, especially by the local stakeholders.

Supported Sick Families Financially

During COVID-19 crisis,in coordination with social apostolate,project team helped sick families with chronic ailments to meet their medical bills and support children for their online classes. Direct cash benefits were given to 8 families to fulfill their contingencies in the pandemic situation.

Set Up ultra Violet (UV) Disinfection Chambers

Two disinfection chambers were set up for the purpose of sanitizing front line health workers and sterilizing personnel protective equipment in our operational areas. This initiative was highly admired and accessed by community people engaged in healthcare service delivery including our staff.

Conducted COVID-19 awareness campaign

Awarenesscampaign was conducted to disseminate information regarding corona virus, symptomsof COVID-19 and ways and means of preventing virus spread,importance of wearingmask, social distancing and isolation, personal hygiene, use of sanitizers, handwashing practice and correct use of Personal Protection Equipment(PPE) with different community based groups. Topics included during awareness campaignhelped participants to know about the seriousness regarding social distancing, hand washing with soap, using sanitizers and wearing mask.

Fact Sheet:

S.N.	Activities	Beneficiaries	Amount (INR)
1	Distribution of food & food materials.	550	400000
2	Direct cash support.	8	75000
3	Drinking water distribution.	1000	10000
4	Mask distribution.	18000	180000
5	Sanitizers & hand wash kit distribution.	125	125000
6	Organizing awareness campaign.	5	15000
7	UV disinfecting chamber installation.	2	150000
8	Inverter Installation.	1	60000
		Total	1015000

8. ST. PAUL'S PROVINCE, MYSORE

House Building in Kodagu

Social Work Department with the support of Dharmaram College, Bengaluru constructed 15 houses at Kodagu District at the cost of Rs. 87 lakh. Beneficiaries were selected without any discrimination. Completed houses were blessed.



Cleaning Drive

In order to ensure hygiene in the flood affected villages, cleaning drive program at Kushalnagar, Bettathukadu, Nelliahudikeri, Puzhakara, and Kumbarahundi villages were undertaken. Brothers from Dharmaram College, Bangalore joined the cleaning work under the leadership of Fr.GeorgeEdayadil, Rector, Dharmaram College, Fr.RajeshKavalackal and Fr. Justin. All of them stayed one week at the flood hit areas and completed the cleaning works.

Distribution of Food Kits amidst Corona Virus Pandemic

In an attempt to ensure basic essential to all during lockdown due to coronavirus pandemic, Social Work

Department along with Carmel Bhavan team, Mysore distributed 600 food kits for the poor and marginalized people at Udayagiri village in Mysore district, Karnataka.



Mask Stitching and Distribution

At a time when many pharmacies are charging exorbitant prices for masks in the backdrop of high demand due to coronavirus pandemic, social work department has come up with several measures to fight the pandemic. Team distributed masks to 500 families at Hallikerehundi&Godinapura village, Najangud.

Awareness Campaign in villages

Bold and decisive leadership of St. Paul's province, Mysore has implemented remarkable strategies to protect livelihood of people especially in Godinapura & Hallikerehundi villages. Members of the organization visited houses and gave proper information on protective measures during the coronavirus pandemic. Evidently, organization has taken huge steps to spread awareness about global pandemic and urged people to protect their lives and livelihood amid coronavirus outbreak.



6

MENTAL HEALTH & COVID 19

Mental illness is one of the leading global health challenges of the 21st century and is a major factor in the overall disease burden worldwide. Despite the prevalence of mental illness, current treatment methods are woefully inadequate and, in response, rates of mental illness continue to grow. If we do not fully address the complications associated with these debilitating conditions, the consequences will be detrimental to both individual and societal functioning.

It is clear that advances in our current understanding, combined with research into alternative treatment methods, are pivotal in confronting this on-going epidemic. As existing treatments fail to reduce the rate of mental illness, research into promising new therapeutic methods is essential.

What is Mental Health

Mental health is more than the mere lack of mental disorders. The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Concepts of mental health include subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence and recognition of the ability to realize one's intellectual

and emotional potential. It has also been defined as a state of well-being whereby individuals recognize their abilities, are able to cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their communities. Mental health is about enhancing competencies of individuals and communities and enabling them to achieve their self-determined goals. Mental health should be a concern for all of us, rather than only for those who suffer from a mental disorder. Mental health problems affect society as a whole, and not just a small, isolated segment. They are therefore a major challenge to global development. No group is immune to mental disorders, but the risk is higher among the poor, homeless, the unemployed, persons with low education, victims of violence, migrants and refugees, indigenous populations, children and adolescents, abused women and the neglected elderly. For all individuals, mental, physical and social health is closely interwoven, vital strands of life. As our understanding of this interdependent relationship grows, it becomes ever more apparent that mental health is crucial to the overall well-being of individuals, societies and countries. Unfortunately, in most parts of the world, mental health and mental disorders are not accorded anywhere the same importance as physical health. Rather, they have been largely ignored or neglected.

Economic Burden and Mental Health

The prevalence of mental health and substance-dependence problems in adults and children, it is not surprising that there is an enormous emotional as well as financial burden on individuals, their families and society as a whole. The economic impacts of mental illness affect personal income, the ability of ill persons – and often their caregivers – to work, productivity in the workplace and contributions to the national economy, as well as the utilization of treatment and support services. The cost of mental health problems in developed countries is estimated to be between 3% and 4% of GNP. However, mental disorders cost national economies several billion dollars, both in terms of expenditures incurred and loss of productivity. The average annual costs, including medical, pharmaceutical and disability costs, for employees with depression may be 4.2 times higher than those incurred by a typical beneficiary. However, the cost of treatment is often completely offset by a reduction in the number of days of absenteeism and productivity lost while at work.

A combination of well-targeted treatment and prevention programmes in the field of mental health, within overall public strategies, could avoid years lived with disability and deaths, reduce the stigma attached to mental disorders, increase considerably the social capital, help reduce poverty and promote a country's development. Studies provide examples of effective programmes targeted at different age groups – from prenatal and early infancy programmes, through adolescence to old age – and different situations, such as post-traumatic stress following accidents, marital stress, work-related stress, and depression or anxiety due to job loss, widowhood or adjustment to retirement. Many more studies need to be conducted in this area, particularly in low- and middle-income countries. There is strong evidence to show that successful interventions for schizophrenia, depression and other mental disorders are not only available, but are also affordable and cost-effective. Yet there is an enormous gap between the need for treatment of mental disorders and the resources available. In developed countries with well organized health care systems, between 44% and 70% of patients with mental disorders do not receive treatment. In developing countries the figures are even more startling, with the treatment gap being close to 90%.

COVID 19 Scenario

Unemployment stress

The COVID-19 pandemic has gravely impacted our mental health in more ways than one. A majority of individuals are anxious about the unknown, and millions of Americans are experiencing a financial crisis after losing their jobs. We are not only mandated to stay home, but we are mandated to remain home while trying to cope with financial adversity.

Mental Health and Job Loss

Whether you've been laid off, downsized, forced to take early retirement, or seen contract work dry up, losing your employment is one of life's most stressful experiences. Aside from the obvious financial anguish it can cause, the stress of losing a job can also take a heavy toll on your mood, relationships, and overall mental and emotional health.

Our jobs are often more than just the way we make a living. They influence how we see ourselves, as well as the way others see us. Even if you didn't love your job, it likely provided you a social outlet and gave a structure, purpose, and meaning to your life. Suddenly finding yourself out of work can leave you feeling hurt, angry, or depressed. You might be questioning your identity, grieving all that you've lost, or feeling anxious about what the future holds.

Depending on the circumstances of your unemployment, you may feel betrayed by your employer, powerless over the direction of your life, or blame yourself for some perceived shortcoming or mistake. The stress and worry can feel overwhelming.

Unemployment negatively affects our mental and emotional health. Beyond the negative impact of an economic disaster, COVID-19 presents additional challenges such as fear of the virus itself, collective grief, prolonged physical distancing, and associated social isolation that all compound the impact on our collective psyche.

A job is not just a job for many people. Many individuals take pride in how they make a living, and their career becomes a part of who they are; it becomes their identity. So when this is stripped away, an individual's identity is also robbed.

The Impact of Job Loss on Family Mental Health

The negative income shock due to job loss can affect the mental health status of the individual, who directly experiences the displacement, as well as the psychological

well-being of her/his partner; also, job loss may have a large detrimental effect on life satisfaction, self esteem and on the individual perceived role in the society. All these elements are likely to have repercussions for family members' mental health.

Unemployment and Suicide

Studies have shown that unemployment is highly linked to suicide, and unemployment during this COVID-19 pandemic is no different. Our country and the world are at an increased risk for suicides, no matter how you see it. Unfortunately, many Americans who are now unemployed are now uninsured and, as a result, are unable to afford mental health treatment. It is a lose-lose situation.

In 2008, the Great Recession ushered in a 13 percent increase in suicides attributable to unemployment, with over 46,000 lives lost due to unemployment and income inequality in that year alone.

This economy crash affects everyone, regardless of his or her job or income. Layoffs have occurred across the board from blue-collar workers and health care professionals to white-collar executives. Budget cuts are being made in nearly every industry because of the doomed economy. Many small businesses have been forced to shut their doors, leaving employees and business owners struggling to pay the bills. Regardless of employment status, bills need to be paid, and mouths need to be fed.

The economic stimulus and unemployment benefits have been a godsend for many, but how long will the government be willing to help those 21 million individuals who are unemployed and cannot find work?

This pandemic has created a mental health and financial crisis. Many highly educated and highly skilled individuals are unable to find jobs because the economy is closed. Very few sectors are hiring, so the only option is to keep searching and wait this out...but for how long?

Isolation and Depression

Mental health experts have argued as far back as the great depression that unemployment damages mental health and undermines the social fabric of society. Involuntary joblessness can elicit feelings of helplessness, self-doubt,

anxiety, depression, and low self-esteem.

Individuals who suffer unintended job loss are less likely to socialize with their friends and family because they feel ashamed or embarrassed, leading to isolation, which leads to depression, and more isolation. It is hard for many to socialize with friends who are gainfully employed when one is struggling to find any job leads, especially during this pandemic.

The economic impact of depression

The World Health Organization has noted that depression and anxiety have an estimated cost to the global economy of \$1 trillion per year in lost productivity. A likely surge of people experiencing acute behavioral health problems, both those with new symptoms and those with existing conditions has the potential to strain the health care system further and add cost to an already unprecedented economic downturn.

Interventions

Some of the following interventions can be included in the post COVID 19 scenario

- Cognitive behavioral therapy
- Health-related advice
- Counseling
- Job-search training
- Vocational training
- Promote small business
- Promote Innovation
- Promote Agriculture

References:<https://www.who.int/teams/mental-health-and-substance-use/covid-19><https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html><https://www.nejm.org/doi/full/10.1056/NEJMp2008017><https://academic.oup.com/qjmed/article/113/8/531/5860841><https://economictimes.indiatimes.com/news/economy/indicators/41-lakh-youth-lose-jobs-in-india-due-to-covid-19-pandemic-ilo-adb-report/articleshow/77613218.cms>

-Eldhose George

1. MARY MATHA VICE- PROVINCE, HYDERABAD

Provided Support to PLWHA

Jeevadan Seva Samaj (JSS) supported by social apostolate department, Mary Matha Vice Province, Hyderabad provided blankets and bed sheets to poor people living with HIV/AIDS (PLWHA). JSS has been serving poor families with chronic ailments by taking care their treatment and educational support to children. Tens of hundred families benefitted with this project over a period of time.



Supplying Bed Sheets and Woolen Blankets to HIV Patients

Celebrated Christmas with young children

At Kottappilly, Christmas was celebrated with young children. Christmas message was delivered followed by carol singing and cake cutting. Children were given Christmas gift and cakes. Group of young children participated with lot of fun and enthusiasm.



Christmas Celebration with the Youth and Children at Kottappilly

JSS collaborated with Diocesan Social Department (DSS)

In coordination with DSS, Jeevadan Seva Samaj mobilized 1, 69,800 rupees through Plantain Sale. Fund was effectively utilized for helping poor villages such as distribution of woolen blankets and food provisions. With collective effort JSS could reach out to hundreds of under privileged families of Adilabad region.

2. NIRMAL PROVINCE, JAGADALPUR

Sangam, Metuguda

A well furnished office has been set up for department of social work apostolate at Sangam. Infrastructure facilities of Sangam at Metuguda is being utilized for conducting training programs for BDKS, outside NGOs.



Promotion of Primary Education among Children of Bakawand

Promotion of Primary Education among Tribal Children of Bakawand Block through Bal Panchayat (Children's Club) is carried out with the support of Kinder Mission, Germany. Project is implemented in 25 government primary schools at Karpawand block covering 1230 tribal children and approximately 4000 people are indirectly benefitted. Project is in the first year phase and expected to benefit over 1340 children and 5360 parents and their siblings by second year.



Bal Panchayat

"Bal panchyat is an innovative approach to organize village children". Through Balpanchayat all types of children come to a common platform, make fun, joy, mutual sharing in a child to child approach. In a joyful way child learn about health, hygiene, discipline and child rights.

Tribal Community Development

Sustainable Tribal Community Development in the Context of Socio-Economic Empowerment through Self Help Groups. Project is supported by Manos Unidas, Spain. Gond tribes especially women and children shaken by lack of natural resources, oppression, abuse, trafficking, migration, disease and poor education will be organized to build their capacity through comprehensive approach intervening directly with women self-help groups simultaneously addressing communities and service providers.



Computer based Adult Literacy Program

Computer Based Functional Learning of Adult Literacy Program has been initiated by BDKS in partnership with Tata Consultancy Services through Development Focus, Bangalore. Project has been initiated to develop basic life skills of common village people in Bastar district of Chhattisgarh. Innovative IT instrument in the field of social welfare services especially in the Adult Literacy Program has been used effectively.



Promotion of Tailoring Program

Unemployed youth and women of Mardoom and Bandamwere given short term course on tailoring for three months. Trainees got ample opportunity for enhancing their livelihood. During this period more than hundred youth were trained in tailoring and engaged in earning livelihood. Skill development training is very useful for unemployed youth and women because they can start tailoring center at their own house itself. They can look after household activities meanwhile during free time involve in stitching clothes to earn money. So far 80 youth benefited under tailoring program and living a decent life.



Functional Vocational Training and Research Society (FVTRS) Project at Kapsiand Junawar

Training for youths onskill development program wasinitiated at Kapsi and Junawar in Kanker district. During the period morethan 300 unemployed youths were trained on motor repairing, welding, plumbing, electrical, and automobile and placed in different organizations and shops for jobs. The skill development program is implemented with financial support from FVTRS, Bangalore. Around 300 students have enhanced their skills.



Jeevan Jyoti Netralaya, Jagdalpur

Jeevan Jyoti Netralaya (Eye Hospital) came into existence under the management of BIRDS to take care of eye caring programme in Bastar Division of Chattisgarh. Now the hospital is functioning at newly built full-fledged multi story building adjacent to MPM hospital, Jagdalpur. Hospital is involved in comprehensive eye care program, support and rehabilitation of tribal families. Services included free cataract surgeries, treatment of glaucoma and retina patients, refractive errors, eye screening, early detection of eye related problems, awareness building, comprehensive eye care etc. Over 1500 cataract surgeries were performed out of which around 1100 surgeries conducted free of cost.



Palliative Care Home (PCH)

Inaugurated palliative Care home in collaboration with SMS sisters at CC building behind MPM Hospital. Poor patients who are seriously ill and at the death bed are served through PCH.



Multi-Skill Development Centre

Construction of 10000 sq ft Multi-Skill Development centre for promoting skill development for unemployed youth of Bastar has started at Sangam, Mettuguda.

Awareness Generations on Cancer Disease

Awareness generation campaign on cancer disease were conducted among tribal families. Early detection

and preventive ways of cancer was some of the topics included. World Cancer Day was observed and ten cancer patients of Bastar district of Chhattisgarh has been supported by CEVA Kochi.



Capacity Building to the Staff:

A two-day Capacity Building Training to the Staff of like minded Civil Society Organizations of Bastar District of Chattisgarh was conducted supported by CEVA, Kochi. It was organized with the objective of mobilizing talents and skills of staff through different capacity building exercise and modifying rules and regulations of the society a tune with changing needs. Participants were given series of exercise for enhancing their capacities and skills.



10. ST. PAUL PROVINCE, BHOPAL

PACE Coaching Center at Silwani

Pauline Academy for Competitive Excellence (PACE) is an initiative to motivate tribal children of remote villages of Silwani Tehsil to prepare them for competitive exams. Currently, 80 aspirants attend regularly through contact classes and on-line discussions. Special tuition for mathematics and reasoning for weak students were arranged by experts in this remote place. Mock test and weekly tests were arranged to assess their learning capacity.

Health Care Programs of RDSS, Silwani

Community health is one of the major areas of interventions of RDSS with special focus on women and children. Health

needs of villagers are catered through dispensaries based at Pratapgarh, Searmau and Silwani. RDSS collaborates with government for pulse polio, vaccination, health awareness generation, health and hygiene campaigns in the villages. Many poor patients were given financial and emotional support to go for better treatment in Bhopal and elsewhere. Our campaigns to lead people from superstitions to real world, won the hearts of many who were mentally and physically affected. Divine touch of Lord through dedicated staff of RDSS makes evangelizing possible in the lives of afflicted people.



Care of the Elders (Senior Citizens): A Mission with Compassion

Mahatma Gandhi Old Age Home is a government supported welfare program taken up by RDSS. At present there are 25 elders who are being taken care by RDSS. Government officials, heads of the department of Social Justice, OSF sisters, community members and the public of Raisen Township make occasional visits to provide various kinds of support services and to entertain elderly people.

Observed Days of Importance

People from various quarters, institutional groups come and occupy one day each for festivity and entertainment in the Ashram. Occasions like Independence Day, Gandhi Jayathi, Rakshabandhan, and World Elderly Day were celebrated. Visiting institutions prepare special food for senior citizens and entertain them with the help of group games, dance, singing and outing.



Home visits and online one to one class for hostel students

At present 30 children with disabilities are at home due to COVID. As all schools were having on line classes for students, our children with disabilities from remote villages of Chindwara district were not able to join classes as Android mobiles were not available in their own houses or villages. Small kids were not only able to learn something new, but also, they were slowly forgetting what was learned in the last year as most of them were the first-generation learners in their homes. In this dangerous situation, we provided them counselling services along with study materials and individual tuition.

Read the signs of times and interpreting it for the needy

In the remote villages near Surlakhpahas suffered as much as any other villages due to COVID- 19. With the support of funding agency, 250 migrant workers were provided 45 days' work at their villages itself as livelihood support. Food kits for 100 neediest families were distributed in the neighboring villages. Special care and services provided to differently able people living in 50 villages, near Chindwara.

Butterflies must fly

Under the banner of Anchel, in Bhopal we are running 7 schools for children of slum dwellers. Under privileged children unable to attend formal schools are provided accessibility to education, healthy living and entertainment in their own surrounding. Over 283 children are attending informal school out of which 168 are girl children. During the time of pandemic they were given food, mask and other necessities of day to day living.



Hello, child line here

After Railway Child Line Bhopal, Child line Narsinghpur was entrusted to Sanjeevani. With the support of dedicated and committed staff we were able to save lives of many children. During this tragic time of pandemic, as there were less movement of people, focus was given to awareness generation, mask distribution, classes on malnutrition and ways to improve the situation.

COVID special project for migrant workers

We have undertaken a project for migrant workers including persons with disabilities. Through project we have provided them employment opportunities for those who have returned home due to lockdown. Project aimed at making them self-sufficient. Main activities included daily wage programme, sale of vegetables and groceries, manufacturing things which will not need training. Migrants and neediest villagers are benefitted through this programme.



11. ST. JOHN'S PROVINCE, BIJNOR

Attended meeting chaired by District Magistrate (DM)

Mr. Harender Kumar, Coordinator of Chavara Seva Samaj (CSS) attended a meeting at District Headquarter called by DM of Bijnor to evaluate steps taken to deal with COVID-19. In line with direction of district administration following activities was undertaken.



Distributed masks

Hundreds of daily workers including their families were supported by cloth masks and sanitizers with the support of social apostolate department.

Conducted awareness programs

COVID-19 awareness classes were conducted to disseminate information about corona virus pandemic, symptoms and ways of prevention as directed by government health department. SHGs members actively participated cleared their doubts regarding corona virus.

Celebrated Independence Day

Keeping government restrictions and protocols regarding COVID-19, Independence Day was celebrated with local community. Patriotic songs and speeches were delivered after flag hosting.





8

PANDEMIC PERIOD – RISKS AND SAFETY FOR OLD PEOPLE

With aging, the ability to do daily activities (functional ability) declines to some degree in every person. Also, older people, on average, tend to have more disorders and disabilities than do younger people. But the changes that accompany aging are more than just changes in health. Social issues (such as living arrangements or type of daily activities) influence an older person's risk and experience of illness. The age-old mantra- "prevention is better than cure" is the solution in hand and is especially important for those who taught us the same, the senior citizens of our society. The elderly is at a greater risk against COVID 19, and those with pre-existing problems are all the more vulnerable. Since the beginning of the pandemic, it has been recommended that the elderly stay home, maintain social distancing, and practice proper respiratory and hand hygiene. This pandemic poses a greater challenge in taking care of them, and with the on-going lockdown, has perhaps in all ways, been the hardest on the elderly. It becomes more difficult to reach out to those who live far away. Not only are they in the high-risk category and hence constantly worried about the contraction of the virus, but the many ways they used to pass time are also now inaccessible. Sitting in the park, mild exercise, meeting with their friends who live nearby, reading the newspaper or books were some of the ways they would while away time. Spending time with their children or grandchildren was also something they would look

forward to, but given that most professionals are working from home, and children are now studying through online classes, the elderly are finding them lonely and stressed, which may also have an adverse effect on their health. More than six months into the pandemic, the COVID-19-induced social isolation has triggered a spate of mental health issues in the elderly. Help lines opened by the Social Justice Department receive hundreds of calls a day from senior citizen who are grappling with mood disorders and depression as their whole worlds have been turned upside down. From loneliness and lack of social interaction to missing grandchildren and weekly church service, the older adults find it very difficult to cope with the new post-pandemic routine. The greatest of all learning during this pandemic has been the lost respect for human lives. Amidst this chaos, there is the peace that some of us are there with our families to fight it together. While most of us spend all our time on social media, scrolling through different apps, older people are not as tech-savvy, nor does the virtual world interest them as much. So if you think you are bored in this lockdown, you can only imagine what they must be going through. Online technologies could be harnessed to provide social support networks and a sense of belonging, although there might be disparities in access to or literacy in digital resources. Interventions could simply involve more frequent telephone contact with significant others, close family and friends, voluntary

organizations, or health-care professionals, or community outreach projects providing peer support throughout the enforced isolation. Beyond this, cognitive behavioural therapies could be delivered online to decrease loneliness and improve mental wellbeing.

Most of us are worried for our loved ones that are older and living far away from us. They might face anxiety because they live alone, are on a fixed income or pension, no longer drive and cannot take public transport; their routine health checkups are delayed. They could also have un-diagnosed or poorly managed depression. For millions of elderly COVID-19 has amplified their already-existing worries.

Many of us are witness to the above, we either have parents who do not live in the same city or we have elderly couples who are neighbors. Here are a few things that young people can do to support the older generation to feel safe and connected:

Social support

Check in on them regularly through phone calls.

Send them a message.

Leave a note on their front door. Just to let them know someone is thinking about them.

Cook something for them and leave it outside their dooring the bell or let them know in advance that you are delivering a home cooked.

Meal for them. Remember: always give it in a disposable container, sanitize the outside of the container by wiping with disinfectant.

Run errands

Buy them daily essentials like milk, bread, eggs, vegetables, fruit etc.

Run to the grocery shop.

Ensure their medical supplies are stocked up.

Send them a little reminder asking them if they took their medication?

Practice social distancing but not social isolation

Limit in-person visits.

Help them understand the need to practice social distancing to keep them safe.

It is tough for older adults who cherish the time spent with friends and family members to maintain social distancing, so reassure them that you aren't going anywhere.

Help them stay connected, feel involved, purposeful and less lonely

Show them how to video chat with others using smart phones, laptops or tabs.

Encourage them to telephone their friends and family and to write kind notes to lift everyone's spirit

Postpone unnecessary medical visits

Help them stay in touch with their doctors if they offer tele-medicine.

As much as possible doctors and patients should communicate over video, email or other means rather than face-to-face.

Set up emergency contacts and speed dials

Identify one person nearby who they could rely on to care for them in case you are not available or far away.

Help them to put all important phone numbers in speed dial.

Add the COVID-19 emergency helpline numbers to their contacts and speed dial.

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STAY HOME, STAY SAFE, STAY HEALTHY
BREAKE THE CHAIN



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CEVA Bhavan, Monastery Road, Karikkamuri, Kochi-682011

Ph: 0484 4070225-228, Mob: +91 9447305569

Email Id: cevakochi@gmail.com | Website: www.cevaindia.org