

# **Report of Activities conducted by Society for Family Harmony at Perumpadanna from April 2021 to March 2022**

Jeevodaya Province of Holy Family Congregation established Holy Family Charitable Service Society in 1999. Santhitheeram was a subunit of Holy Family Charitable Service Society till 2017. Then Santhitheeram was separated and registered named as Society For Family Harmony (EKM/TC/354/2017). Society for Family Harmony is a Society Registered under Travancore Cochin Literary, Scientific and Charitable Societies Registration Act, 1955 (no. EKM/TC/354/2017) And having its Registered office at Perumpadanna, North Paravoor Ernakulum district, PIN – 683513, the main object of which are to establish counseling centers for family enrichment, promoting healthy and strong family relations through training programs for couple enrichment, parenting skills, communication skills, personality development, premarital guidance etc.

To provide shelter and protection to family, woman and children in distress and help them to rediscover the joy in relationship to overcome depression and grief to set relief from anxiety and stress.

To conduct psycho-social training programs for trainers/leaders to expertise them in their respective areas to both government and public sector.

To start centers for widows to provide them care to make them engaged in some good cause to assist in utilizing their skills and knowledge for the wellbeing of the society at large.

## **VISION**

To help create a community where families live in harmony and mutual understanding.

## **MISSION**

The organization shall endeavor to deliver quality services to families in distress (irrespective of religion, cast or creed) by providing ventilation & crisis intervention through individual and family counseling services by utilizing state of the art psychological therapeutic facilities and psycho education to achieve a holistic development fully functioning person.

To full fill above objectives society conducted number of programs which are given below:-

### **1.Basic counseling course**

Basic counseling course is of 150 hours certificate program to enrich themselves and help them to lead a healthy social life .21 classes have been conducted .Topics like Communication skills, Developmental psychology, Theories of personality, Abnormal psychology, Alcoholism, Psycho spiritual integration, Family therapy, Social evils etc.



## **2. Webinar**

3 Webinar have conducted for parents about how to cope with lock down difficulties in family by Director Sr. Rose Jose.

## **3. Meetings**

General, Governing (3) board and Staff meetings (12) have conducted, when it is necessary

## **4. Joice Memorial Quiz**

All Kerala Joice memorial General on line Quiz competition has been held at santhitheeram every year. 300 participants were attended



## **5. TV Program**

TV channel Programs about relationship tips have been taken by Sr. Rose Jose.



## **6. Awareness Class**

Awareness classes have been taken for different age groups by staff of society









### **7. Online Program**

7 online programs have been conducted in corona lock down period by Sr. Rose Jose

### **8. Book Publishing**

1 Book named as "njanum neeyum nammalum" has been Published by Sr. Dr. Rose Jose.

### **9. Couples Program**

14 Couples enrichment Programs conducted at santhitheeram and Jeevalaya kalady.





#### **10. YouTube Channel**

10 Programs have been uploaded in society for family harmony channel about healthy family relationships

#### **11. Program for Auto Drivers**

Sr. Rose Jose has taken 1 enrichment program for auto drivers.

#### **12. Municipality Meeting**

Representative of society has attended 6 municipality meeting in N. Paravoor.

#### **13. Insight Psycho Spiritual Program**

This single program has been conducted by Sr. Rose Jose for personality development.







#### 14. Youth Program

1 Youth program has been conducted at santhitheeram.50 participants was attended.





### **15. Marriage preparation Classes**

Sr. Rose Jose has taken 36 Classes on Emotional unity in marriage, for marriage preparation course people, at Jeevalaya Kalady. 2160 participants were attended



### **16. Parenting Classes**

36 strengthening parenting classes have been taken by Sr. Rose Jose at Renewal Center, Kaloor and jeevalaya kalady. 3600 participants were enriched.



### **17. Joice memorial home**

society has been managed a Rescue Home For Women. We rehabilitated 20 helpless women.





### 18. Short stay home

This program aims to emotionally disturbed women and help them to get emotional mental health. This year we give help to 22 individuals.

### 19. Counselling services

Here we have been managed a counseling centre for needy. we have qualified resource persons. this year we helped 240 families at santhitheeram .Our staff give counseling services at different institutions .





## 20. Health club

We maintain a fitness and yoga centre for the needy



## 21. Love and care

We give help to marginalized group as food packets, groceries, clothes, stationary etc at the time of pandemic.





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It aims to empower the trainer's quality according to the need of the time. This year we conducted 5 programmes .20 important topics are covered. All together 300 Participants completed this programme.



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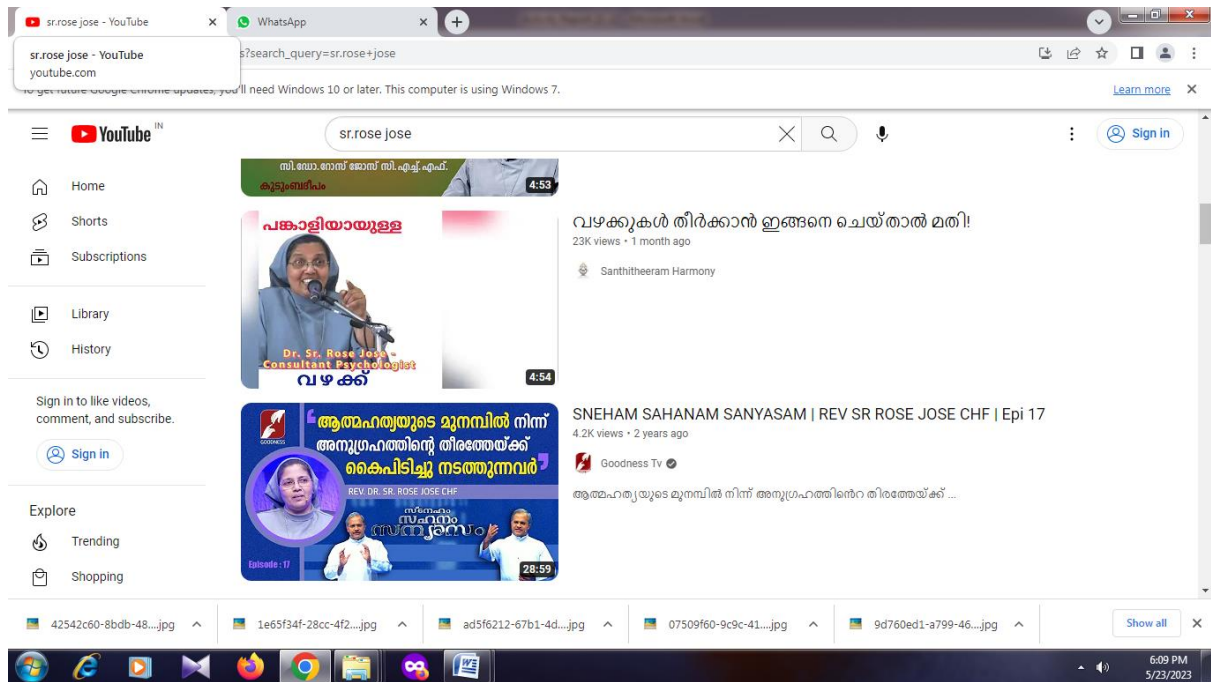
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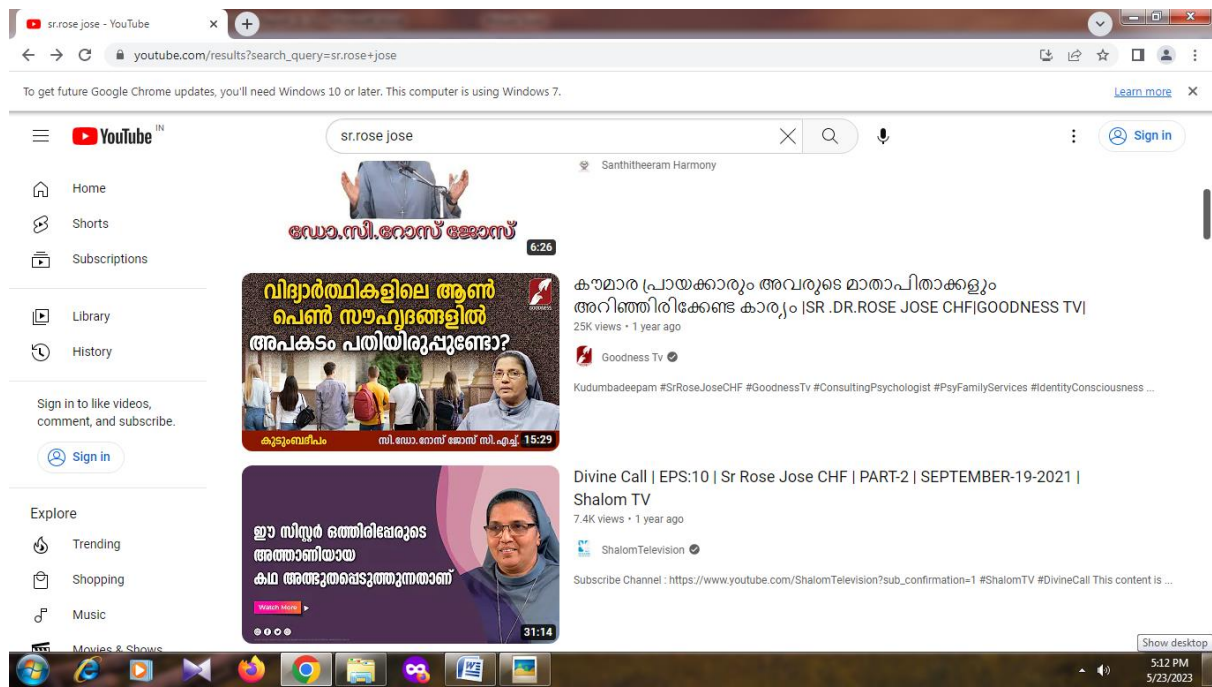
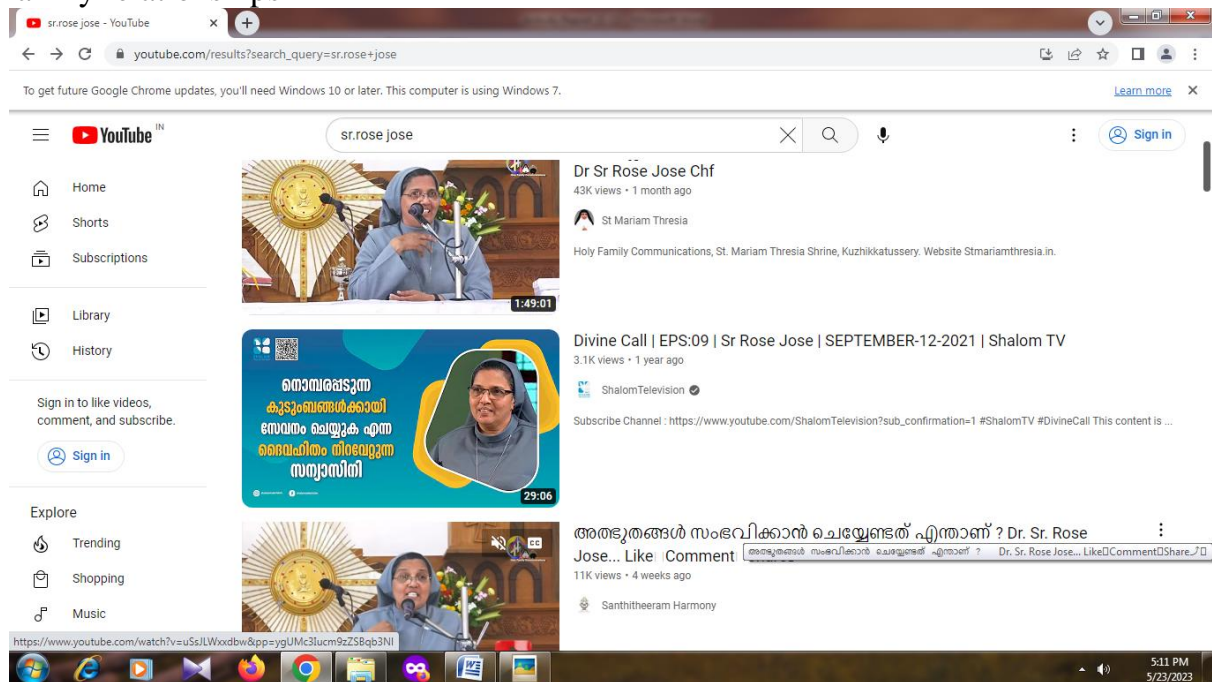






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**യോഗ പരിശീലനം**  
 പെരുമ്പടന ശാന്തിതീരത്തിൽ  
 ജനുവരി 1 മുതൽ ആരംഭിക്കുന്നു



കുടുംബ അംഗങ്ങൾ ഉപകരണങ്ങളുടെ സേവനങ്ങളും





കൂടുതൽ വിവരങ്ങൾക്കായി ബന്ധപ്പെടുക

  
**SANTHITHEERAM**  
 PERUMPADANNA, NORTH PARAVOOR  
 7594871477, 9605895584



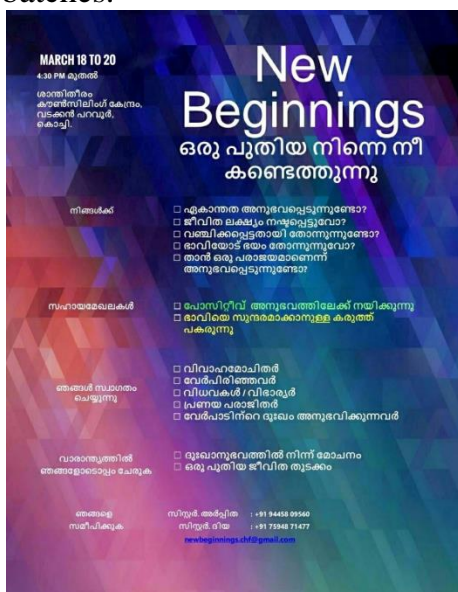
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This 3 days residential program is designed to the individuals those who are struggling to manage death of relationship issues like Divorcees, Separated, Death of loved one & Love failures etc. 25 participants were attended in October & march batches.



### 23. Disadharsan, Prabhadarsan, Udayadarsan

These camps focus to different age group of children. Disadharsan for adolescent, Prabhadarsan for UP students & Udayadarsan for LP children. This programme helped them to realize their skills and abilities and guide them to lead a healthy social life.



### 24. Vaccination camp

At covid time we conducted free vaccination camp two times for the needy.





**സൗഹൃദ റസിഡന്റ്സ് അസോസിയേഷന്റെയും ശാന്തിതീരം കൗൺസിലിന്റെ സെന്ററിന്റെയും നേതൃത്വത്തിൽ കോൺഫെഡറേഷൻ ഓഫ് ഇൻഡൻ ഇൻഡസ്ട്രിയുടെ (CII) സഹകരണത്തോടെ**

**വാക്സിനേഷൻ ക്യാമ്പ്**

**2022 മാർച്ച് 20-ാം തീയതി ഞായറാഴ്ച രാവിലെ 9.30 മുതൽ പെരുമ്പടന്ന ശാന്തിതീരം കൗൺസിലിന്റെ സെന്ററിൽ വച്ച്**

പ്രിയമുള്ളവരെ,

പെരുമ്പടന്ന സൗഹൃദ റസിഡന്റ്സ് അസോസിയേഷന്റെയും ശാന്തിതീരം കൗൺസിലിന്റെയും സെന്ററിന്റെയും നേതൃത്വത്തിൽ കോൺഫെഡറേഷൻ ഓഫ് ഇൻഡൻ ഇൻഡസ്ട്രിയുടെ (CII) സഹകരണത്തോടെ 2022 മാർച്ച് 20-ാം തീയതി ഞായറാഴ്ച രാവിലെ 9.30 മുതൽ ഉച്ചയ്ക്ക് 3.00 മണി വരെ ശാന്തിതീരം കൗൺസിലിന്റെ സെന്ററിൽ വച്ച് വാക്സിനേഷൻ ക്യാമ്പ് നടത്തപ്പെടുന്നു.

അസോസിയേഷൻ കോഓഡിനാതി ശ്രീ. അനൂ വട്ടത്തറ അദ്ധ്യക്ഷത വഹിക്കുന്ന ചടങ്ങിൽ വച്ച് ശ്രീ. കെ.പി. മനപാലൻ Ex. MP ഉദ്ഘാടനം ചെയ്യുന്നു. പ്രസ്തുത ക്യാമ്പിൽ കോവിഷിൾഡ്, കോവാക്സിൻ എന്നീ വാക്സിനുകളുടെ ഫസ്റ്റ് ഡോസ്, സെക്കന്റ് ഡോസ്, ബുസ്റ്റർ ഡോസ് എന്നിവയും, 15 വയസ്സ് കഴിഞ്ഞ കുട്ടികൾക്കുള്ള വാക്സിനും ലഭ്യമാണ്. വാക്സിനുകൾ ആവശ്യമുള്ളവർ താഴെ നൽകിയിട്ടുള്ള ഫോൺ നമ്പറുകളിൽ വിളിച്ച് പേരുകൾ മുൻകൂട്ടി രജിസ്റ്റർ ചെയ്യേണ്ടതാണ്.

വാക്സിനേഷൻ ക്യാമ്പ് പരമാവധി പ്രയോജനപ്പെടുത്തുവാൻ എല്ലാവരും ശ്രദ്ധിക്കണമെന്ന് വിനയപൂർവ്വം അഭ്യർത്ഥിക്കുന്നു.

എന്ന്,

<p>ഫ്രാൻസിസ് (കുഞ്ഞുകോൻ) സെക്രട്ടറി അസോസിയേഷൻ 9947828476</p>	<p>സിസ്റ്റർ റോസ് ജോസ് ഡയറക്ടർ, ശാന്തിതീരം കോൺസെന്റ് 9562040484</p>	<p>എ.ഡി. വിദ്യാകരൻ പ്രസിഡന്റ്, അസോസിയേഷൻ 995360852</p>
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**വിശദ വിവരങ്ങൾക്ക് : 9249347374, 9947828476, 9562040484**

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**അമൃത വെള്ളിറ്റമ്പിൾസ്**  
**മാതൃകാ വ്യാപാരം**  
പെരുമ്പടന്ന ജവഹർ, എൻ. പാമ്പൂർ, കോണം : 9495514087

എല്ലാത്തരം പ്രമുഖരും പഴങ്ങളും പച്ചക്കറികളും ഹോൾസെയിൽ വിലയിൽ



## 25.Home mission

We adopted a village stayed with them and help them accordingly. Through this life. Conducted 2 programmes in this year





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We maintain a charity account through the sponsorship of different benefactors. We helped for housing,study,self employment,debtors.





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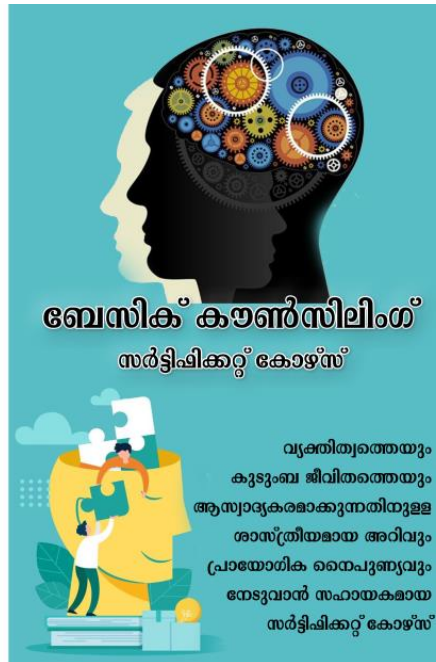
കോഴ്സുകൾ  
ഓൺലൈൻ ആയിരിക്കും

പ്രായപരിധി  
18 വയസ്സിന് മുകളിൽ

കോഴ്സ് ഫീസ്  
6000 രൂപ

കോഴ്സ് ആരംഭം  
17 ഒക്ടോബർ 2021

കൂടുതൽ വിവരങ്ങൾക്ക്  
ശ്രദ്ധയിൽപ്പെട്ട് കൗൺസിലിംഗ് സെന്റർ  
തോർത്ത് പാവൂർ  
📞 9445809560



### വിഷയങ്ങൾ

- ഗ്രൂപ്പ് ഡൈനാമിക്സ്
- സെൽഫ് അഡ്വാൻസ്
- സെൽഫ് മാനേജ്മെന്റ്
- തീയറിസ് ഓഫ് പേഴ്സണാലിറ്റി
- ഇമോഷണൽ ചെല്ലിംഗ്
- കമ്മ്യൂണിക്കേഷൻ സ്കിൽസ്
- മെമ്പർഷിപ്പ് ഓഫ് സൈക്കോളജി
- സിംഗിൾഷിപ്പ് ഓഫ് സൈക്കോളജി
- അബ്സോർബൻസ് ഓഫ് സൈക്കോളജി
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- ആർ.ജി.എസ്
- ഷാലിംഗ് കൗൺസിലിംഗ്
- ആന്റി-ഡ്രഗ്സ് കൗൺസിലിംഗ്
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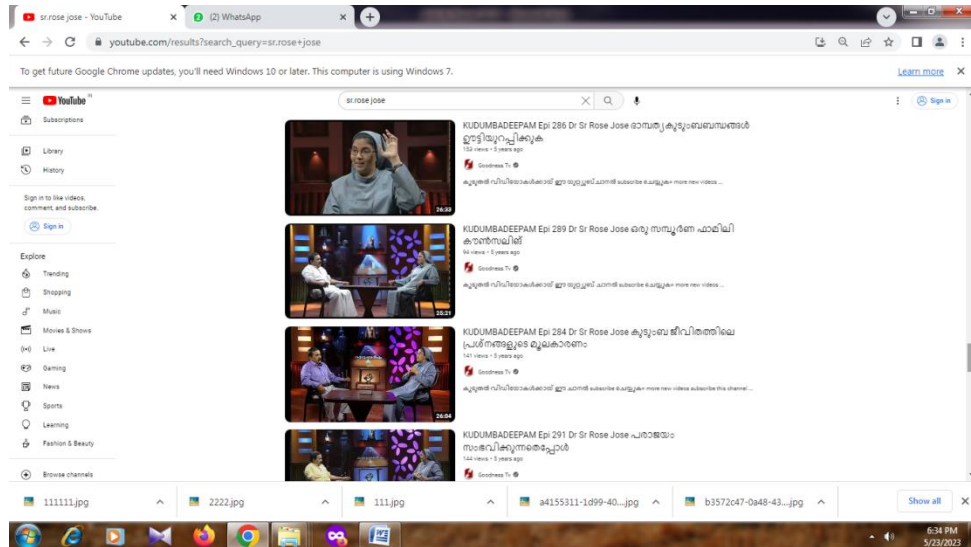
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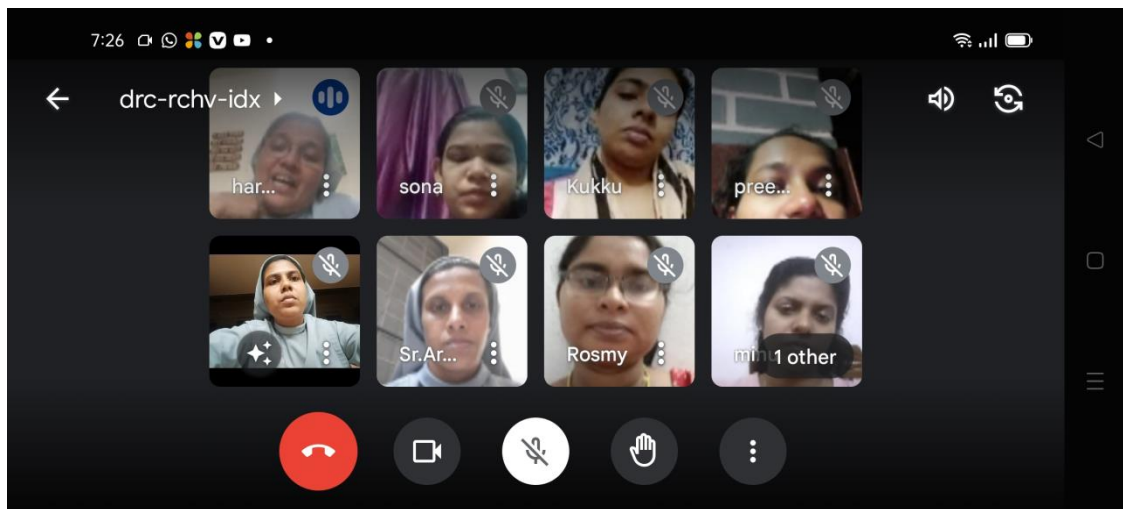
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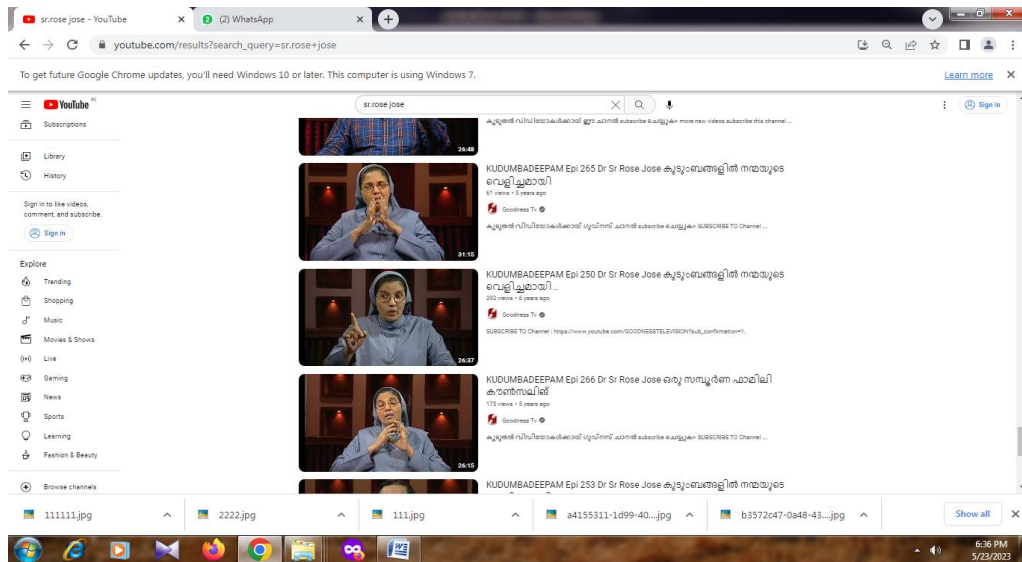
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## ‘ഭിശാദർശൻ’

ഹോളി ഫാളിംഗ് സിസ്റ്റേഴ്സ് ഒരുക്കുന്ന  
താമസിച്ചുള്ള ത്രിദിന പ്രോഗ്രാം.

2022  
ഡിസംബർ  
27 മുതൽ 29  
വരെ

പെരുമ്പടന്ന ശാന്തിയിൽ സെന്ററിൽ  
എട്ടാം ക്ലാസ് മുതൽ പ്ലസ് ടു ക്ലാസ്സ്  
വരെയുള്ള കുട്ടികൾക്കായ്.

താല്പര്യമുള്ളവർ ഡിസംബർ 20ന്  
മുമ്പ് പേരുകൾ നൽകുക

Contact No. 8289837723, 9445809560



#### 24. Home mission

We adopted a backward village stayed with them ,visited their homes,find out their felt need and help them accordingly.Through this 15 days programme they will get a peaceful and standard living situation.Conducted 2 programmes in this year in Illithode & Valamangalam.

#### 25.Jwala

Jwala programme proposed to individuals those who are facing social insecurity,emotional disturbances,personality problems etc.Through this enlightening programme participants gain self esteem and they become fully functioning person.35 participants were attended.





# ജ്വാല

നിന്നെത്തന്നെ കണ്ടെത്തി...  
സ്വയം സ്നേഹിച്ച്....  
ബന്ധങ്ങൾ മെച്ചപ്പെടുത്തി...  
ധീരതയോടെ മുന്നേറുവാൻ...  
**ഏപ്രിൽ 22 മുതൽ 24 വരെ**  
ഞങ്ങൾ നിങ്ങളെ ക്ഷണിക്കുന്നു...

ശാന്തിതീരം  
പെരുമ്പടന്ന

Contact:  
828 983 77 23  
944 580 95 60





## 26. Therapeutic Clasess

We conducted a therapeutic training programme for school councilors.18 participants were attended .







## 27. Santhitheeram koottu

We organized alumina for BCC group .Under the leadership of alumina ,group of doctors conducted a JEEVAN RAKSHA WORKSHOP named as SPANDHANAM.

ഏപ്രിൽ 30 ഞായർ രാവിലെ 10 മണി

**ഹെൽപ്പ് ഫോർ ഹെൽപ്പ്ലെസ്സിന്റെ നേതൃത്വത്തിൽ**

**ശാന്തിതീരം കൂട്ട് ഒരുക്കുന്ന**

**സ്പന്ദനം 2023**  
ജീവൻ രക്ഷാപരന ക്ലാസ്

**FIRST AID**

**ഉദ്ഘാടനം**

**അഡ്വ. വി.ഡി.സത്യശ്രീ** ബഹു.പ്രതിപക്ഷ നേതാവ്

പ്രഥമ ശുശ്രൂഷ കൊണ്ട് എങ്ങനെയാക്കെ ഒരു ജീവൻ രക്ഷിക്കാം കൺമുൻപിൽ ജീവൻ പൊലിയാതിരിക്കാൻ അറിയേണ്ട കാര്യങ്ങൾ അനുഗ്രഹ പ്രഭാഷണം:ഡോ.സി.റോസ് ജോസ് (ഡയറക്ടർ-ശാന്തിതീരം സൊസൈറ്റി ഫോർ ഹാമിലി ഹാർമണി)

**സന്ദേശം:ഡോ. മനു പി വിശ്വം**  
(പ്രസിഡന്റ്- Help for Helpless)

**ആശംസകൾ:ശ്രീ അനു വട്ടത്തറ**  
(പ്രൊഫസർ-കേരളകാര്യ സ്റ്റാൻഡിംഗ് കമ്മിറ്റി-പറമ്പൂർ ജൂനിയർ കോളേജ്)

**ശാന്തിതീരം പെരുമ്പടന്ന,N.പറമ്പൂർ**

പ്രസിഡന്റ് VS അബ്ദുൾ ജബ്ബാർ 9747572560 സെക്രട്ടറി ഡെന്നീസ് ജോസഫ് 9496628536



## 28. Residence association

We collaborate with residence association and started a VAYOJANA CLUB for senior citizens.





## 29. Baby shine

We organized a learning and supportive program for pregnant ladies. Through this, pregnant women can lead a peaceful & healthy life and they acquire life tips to get a healthy child .



## 30. Charity Services

We maintain a charity account through the sponsorship of different benefactors. We helped for housing, study, self-employment, debtors.

### **31. Leadership programme**

The leadership programs are a transformative initiative designed to empower both religious superiors and lay people. Through a comprehensive approach that includes classes, activities, counseling, prayer, and therapies, participants gain the skills, wisdom, and spiritual depth necessary to excel in their leadership roles. By fostering personal growth and development, these programs enable individuals to navigate the complexities of leadership with grace, compassion, and vision. By empowering both religious and lay leaders, this initiative aims to build a more compassionate and effective leadership that can inspire and guide others towards a brighter future.

#### **Therapy sessions**

The therapy sessions conducted for BCC students aim to provide a supportive and inclusive environment where students can gain higher knowledge, motivation, and experience sharing. Through these sessions, students have the opportunity to engage in meaningful discussions, explore their thoughts and emotions, and develop coping strategies to navigate life's challenges. The therapy sessions are designed to empower students with the skills and confidence needed to achieve their goals and reach their full potential. By providing a safe and non-judgmental space, these sessions foster personal growth, self-awareness, and resilience, enabling students to excel in their academic and personal lives.

### **32. Yoga**

The Yoga Health program celebrated International Yoga Day with a special event led by renowned Yogacharya. The program featured a comprehensive yoga class, where participants engaged in various asanas, breathing techniques, and meditation. Expert guidance by Yogacharya enabled participants to deepen their understanding of yoga's transformative power. The event aimed to promote physical, mental, and spiritual wellbeing, highlighting yoga's potential to harmonize body and mind. By sharing the wisdom of yoga, this program inspired participants to embrace a holistic approach to health and wellness, fostering a sense of community and inner peace.

### **34. Angel Meet**

Angel Meet is a monthly program designed to enrich children physically, mentally, spiritually, and emotionally. The program offers a holistic approach to child development, providing tips and guidance on studies, life skills, and social behavior. Through engaging stories, action songs, games, and interactive



activities, children learn valuable lessons on how to behave in society, interact with parents and peers, and practice cleanliness and hygiene. The program aims to nurture well-rounded individuals with good values, confidence, and a positive attitude, preparing them for a bright future. By attending Angel Meet, children can develop essential life skills, make new friends, and have fun while learning and growing.

### **35.New Beginning Programme**

The New Beginning program is a supportive initiative designed for individuals who have experienced divorce, separation, widowhood, or love failures. This program aims to empower participants to reboot their lives, overcome emotional pain, and discover a new sense of purpose. Through a combination of relaxation techniques, journaling, counseling, talks, and therapy sessions, individuals can gain clarity, heal emotional wounds, and develop a positive outlook. By providing a safe and non-judgmental space, this program enlightens and guides participants towards a brighter future, helping them to rediscover themselves and embrace a new chapter in their lives.

### **36.Abacus Training Program at Santheetheeram**

The Abacus training program at Santheetheeram is an innovative initiative aimed at enhancing the mathematical skills and overall cognitive development of students. Conducted every public holiday as well as on Saturdays and Sundays, the program focuses on training students to perform calculations faster and more efficiently than using a calculator. This report outlines the structure, objectives, and benefits of the program.

Schedule of the Training The Abacus training is held on:

Public holidays

Saturdays

Sundays

This ensures that students can participate in the program during their free time without conflicting with their regular school schedule.

3. Objectives of the Program The primary objectives of the Abacus training program are:

To improve mathematical skills and calculation speed in students.

To develop cognitive abilities such as memory retention, concentration, and logical reasoning.

To increase the brain's processing capacity.

To foster personality development, building confidence in problem-solving.

4. **Benefits of the Program** The benefits of the Abacus training extend beyond just mathematical development. These include:

**Enhanced Brain Capacity:** The use of the abacus stimulates both sides of the brain, leading to better cognitive functioning.

**Personality Development:** By increasing students' confidence in their abilities, the program promotes overall personality growth.

**Increased Speed and Accuracy:** Students trained in abacus methods can solve mathematical problems faster and more accurately than those using traditional methods or calculators.

The training at Santheetheeram also incorporates strategies to help students prepare for competitive exams such as entrance tests and PSC exams. The focus is on equipping students with the ability to solve complex problems efficiently under timed conditions, giving them a significant advantage in exams.

The Abacus training at Santheetheeram is a valuable opportunity for students to not only improve their mathematical capabilities but also enhance their cognitive development and personality. By offering regular sessions during weekends and holidays, the program ensures that students can consistently work on these skills without disruption to their academic schedules.

### **37. Widow Empowerment Program at Santheetheeram**

The Widow Empowerment Program at Santheetheeram is a compassionate initiative aimed at supporting and empowering widows in the community. This program is conducted on every second Saturday and provides essential resources, training, and support systems to help widows rebuild their lives with confidence and dignity. The report highlights the structure, objectives, and impact of the program.

2. **Schedule of the Program** The Widow Empowerment Program takes place on: Every second Saturday of the month.

This regular schedule ensures that participants have consistent access to the support and services provided.

3. **Objectives of the Program** The primary objectives of the Widow Empowerment Program are:



To provide emotional, financial, and social support to widows in the community.

To equip them with skills that promote self-sufficiency and independence.

To offer platforms for widows to connect, share experiences, and build a supportive network.

To improve their overall well-being, confidence, and ability to navigate societal challenges.

4. Structure of the Program The program includes a variety of activities, such as:

**Skill Development Workshops:** Offering training in areas like tailoring, handicrafts, or small business management to help widows earn a livelihood.

**Counseling and Emotional Support:** Professional counselors are available to help widows cope with emotional trauma and challenges.

**Financial Literacy Sessions:** Teaching widows how to manage finances, save money, and explore opportunities for financial independence.

**Legal Aid:** Providing basic legal advice and information on rights related to inheritance, property, and government benefits.

5. Benefits of the Program The Widow Empowerment Program at

Santheetheeram has far-reaching benefits, including:

**Improved Financial Independence:** By learning new skills, widows can generate income and support their families.

**Emotional and Social Support:** The program fosters a sense of community, reducing isolation and helping widows feel more connected.

**Increased Confidence and Self-Esteem:** The training and counseling sessions aim to boost the confidence of widows, enabling them to face life's challenges with resilience.

**Access to Resources and Opportunities:** Widows are informed about various government schemes, subsidies, and other resources available to them.

The Widow Empowerment Program at Santheetheeram is a significant step towards building a more inclusive and supportive community. By offering regular training, counseling, and opportunities for personal growth, the program is empowering widows to lead independent, fulfilling lives.

### 38. Distribution of Electric Scooters, Cycles, Water Purifiers, School Kits, Laptops, and Sewing Machines for Women



The National NGO Confederation has launched a comprehensive initiative aimed at uplifting underprivileged communities by providing essential resources such as electric scooters, bicycles, water purifiers, school kits, laptops, and sewing machines for women. This program seeks to address key issues related to mobility, access to clean water, education, digital inclusion, and women's empowerment, thus fostering sustainable development in rural and semi-urban regions.



## Objectives:

1. **Promote Sustainable Mobility:** Providing electric scooters and cycles to improve commuting options for students and workers in remote areas.
2. **Access to Clean Drinking Water:** Ensuring families have access to purified water, which is vital for health and well-being.
3. **Support Education and Digital Access:** Bridging the gap in education by providing school kits and laptops, especially for students in underserved communities.
4. **Empowerment of Women:** Distributing sewing machines to women to promote financial independence and entrepreneurship through skill-based work.

## Beneficiaries:

**Students:** From low-income families in need of school supplies, digital tools, and transportation to access education.

**Families:** Especially in rural areas, benefiting from water purifiers for clean drinking water.

**Women:** Empowered through the provision of sewing machines to start or grow home-based businesses.

**Young Workers and Professionals:** Gaining sustainable transportation solutions to improve access to jobs and reduce commuting time.

## Distribution and Implementation Strategy:

### 1. Electric Scooters and Bicycles:

Distributed to students and workers, primarily in rural areas with inadequate public transportation.

Partnered with vehicle manufacturers and local vendors to supply durable, eco-friendly electric scooters and bicycles.

Workshops conducted for recipients on safe riding and vehicle upkeep.

### 2. Water Purifiers:

Focused on distributing to families in areas where clean drinking water is scarce.

Collaborated with health agencies to identify target communities facing water-related health issues.

Provided training on the proper use and maintenance of water purifiers.

### 3. School Kits:

Distributed to students in under-resourced schools.

Kits included notebooks, stationery, backpacks, and hygiene supplies.

Collaboration with local schools ensured the kits reached the most deserving students.

#### 4. Laptops:

Focused on bridging the digital divide by providing laptops to students and educational institutions.

Digital literacy workshops held to ensure proper usage of the laptops for academic and professional purposes.

Collaborated with tech companies to procure refurbished laptops or new low-cost devices.

#### 5. Sewing Machines for Women:

Distributed to women to promote self-employment, allowing them to either start or enhance their tailoring businesses.

Workshops on tailoring skills, business development, and marketing conducted to maximize the benefits. Established partnerships with local women's groups and self-help collectives to ensure long-term support.

The National NGO Confederation's initiative has successfully addressed critical needs in transportation, education, health, and women's empowerment. The program has had a transformative impact, especially in rural and marginalized communities, by promoting sustainable mobility, access to clean water, digital literacy, and entrepreneurial opportunities for women. By integrating community participation and creating local partnerships, the initiative has created a foundation for long-term development and empowerment.

Moving forward, continued efforts will be made to expand the reach of this initiative, address the challenges of digital access, and provide ongoing support to beneficiaries to ensure lasting impact.

### **39. Awareness Class and Motivational Speech for School Children, Youth, Couples, Parents, and Grandparents**





An awareness class and motivational speech event was organized to cater to a diverse audience, including school children, youth, couples, parents, and grandparents. The objective of the program was to inspire each group through tailored motivational content, raise awareness on crucial topics, and foster intergenerational understanding.

**Objective:** The primary goal of the event was to provide guidance on personal development, social awareness, and emotional well-being for individuals across different life stages. By addressing the specific needs of each group, the program aimed to enhance their ability to navigate challenges, promote healthy relationships, and foster self-growth.

**Program Structure:**

**1. Session for School Children:**

Importance of education and self-discipline.

Building self-confidence and setting goals.

Overcoming peer pressure and making good choices.

Developing empathy, kindness, and teamwork.

**Motivational Speech Highlights:**

Encouraged children to dream big and believe in their abilities.

Shared real-life examples of individuals who achieved success through perseverance.

Emphasized the importance of learning from mistakes and developing a growth mindset.

**2. Session for Youth:**

Navigating academic and career choices.

Importance of time management, resilience, and mental health.

Handling societal expectations and digital challenges.

**Motivational Speech Highlights:**

Addressed the challenges faced by youth, including stress, anxiety, and uncertainty about the future.

Inspired youth to embrace opportunities, stay focused, and invest in personal development.

Shared insights on balancing passion and purpose in life to achieve fulfillment.

**3. Session for Couples:**

Effective communication and conflict resolution.

Strengthening emotional intimacy and trust.

Balancing personal goals with relationship goals.

**Motivational Speech Highlights:**

Focused on building strong relationships based on mutual respect and understanding.

Highlighted the importance of empathy, patience, and support in a lasting partnership.

Encouraged couples to work as a team in managing life's ups and downs.

#### 4. Session for Parents:

Parenting in the digital age and fostering positive values.

Understanding children's emotional needs and encouraging open communication.

Nurturing children's talents and supporting them through their challenges.

Motivational Speech Highlights:

Encouraged parents to create a supportive and nurturing environment for their children.

Emphasized the importance of listening to children's perspectives and adapting parenting styles.

Discussed the value of self-care for parents in maintaining a healthy family dynamic.

#### 5. Session for Grandparents:

Bridging generational gaps and supporting younger generations.

Staying active and involved in family and community life.

Sharing wisdom and experiences with the younger generation.

Motivational Speech Highlights:

Celebrated the vital role grandparents play in the family and the passing down of values.

Encouraged them to stay engaged and contribute to the emotional well-being of the family.

Motivated them to embrace lifelong learning and self-care.

The awareness class and motivational speech event was a resounding success, with participants from all age groups expressing gratitude for the insights, inspiration, and practical advice shared. The program fostered understanding between generations, encouraged personal growth, and strengthened family bonds. By tailoring the sessions to the specific needs of each group, the event was able to provide a comprehensive and impactful experience for all attendees.

### **40.Livestock Donation Program for Poverty Alleviation**



This project focuses on providing livestock, specifically cows and goats, to poor families in rural or low-income communities. The primary goal is to create a sustainable means of income and improve the livelihoods of the beneficiaries. The project operates under a unique model where the initial livestock donation serves as a starting point for the family to grow their herd and gain financial stability. When the cow or goat gives birth, the family returns the offspring to the project, which is then passed on to another needy family, thus continuing the cycle of support.

### Objectives

1. **Poverty Reduction:** To provide poor families with sustainable means of income through livestock rearing.
2. **Food Security:** To improve the food security of poor families by providing them with milk and meat sources.
3. **Sustainability and Growth:** To create a self-sustaining model that benefits multiple families over time.
4. **Community Building:** To foster a sense of responsibility and cooperation within the community as families support each other through this process.

### Implementation Plan



### 1. Identification of Beneficiaries:

Families are selected based on need, verified through a community assessment.

Priority is given to households with limited income and access to other livelihood opportunities.

### 2. Distribution of Livestock:

Each identified family receives either a cow or a goat, depending on their preference, land availability, and capacity for care.

Training is provided to the families on how to care for the animals, ensure their health, and manage livestock for income generation.

### 3. Animal Care Support:

Veterinary services are made available to ensure the animals remain healthy.

Monitoring visits are conducted by the project team to check on the well-being of the livestock and the family's progress.

### 4. Return Process:

When the donated cow or goat gives birth to its first offspring, the beneficiary family returns the calf or kid to the project.

The returned livestock is then passed on to another poor family to start the cycle again.

Conclusion

This livestock donation program has proven to be a promising model for sustainable poverty alleviation. By providing families with a tangible, long-term resource, we are not only improving their financial situation but also fostering a culture of giving and community support. With the continued birth of offspring and the commitment of participating families, we believe this initiative will positively impact hundreds of lives over the coming years.

Further investments in training, veterinary care, and resource provision will ensure the project's long-term success and scalability.