

# COMMUNITY SEVA CENTRE

## **ANNUAL REPORT 2011-2012**

### **COMMUNITY SEVA CENTRE**

**(An ISO 9001:2008 certified Organization)**

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**COMMUNITY SEVA CENTRE**  
**PUDUCHERRY-ANNUAL REPORT**  
**2011-2012.**

**Helping to Grow...**

**Growing to Help...**

***FROM THE DIRECTOR'S DESK***

I am A.K. Nehru, Director of Community Seva Centre happy to submit the Annual Report of **Community Seva Centre** for the year 2011-2012. This annual report carry out our Organization's development work done under various sector include Health, Nutrition, Education, ECCD & Basic Education for 0-6 years, 6-14 years and 14-19 years, Youths, Adolescents, Community Level Stake Holders and for the Communities. As far as all the Donner project concerned we have extended our service to 16 villages and this year CSC concentrated on the development programs for the 1097 who been enrolled and in that 871 children been sponsored and welfare of its families.

To encourage women empowerment and economic growth that the Community Seva Centre formulated 281 SHG in Puducherry, 50 SHG in Kalvarayan Hills.

I take this opportunity to release this Annual Report as a meager achievement towards the welfare of large miseries of our community. And expect the same kind of help and co-operation from the people and organizations who helped us directly and indirectly to continue our service.

**Introduction:**

**Community Seva Centre** is a social service organization serving for the poorest of the poor in the villages of Ariyankuppam Commune in Pondicherry UT and Kalvarayan hills in Tamilnadu since 1993, covering nearly 64 contiguous villages. We are working for development of women, children and youth in order to improve socio, economic and health condition in our target villages. Community Seva Centre serving the community by serving

the people who are in need, who need helping hand to rise and awake for the better tomorrow.

### **BACKGROUND OF THE ORGANISATION:**

Community Seva Centre is a non-governmental organization registered under Indian society act of 1860 and started serving the society from then. It is purely service oriented NGO, not influenced by any political party or communal organization, believes in equality. Community Seva Centre is mainly for the development of children, and their families and Community. It has a partnership with state and central government, the Bryan Guinness charitable trust UK, Nanri -Italy, Many University, Medical colleges of Pondicherry and many Indian and Foreign Volunteer,

### **Goal:**

Community fulfilled with basic needs, health services, education and having the sustainable income

### **Vision and mission:**

- Community Seva Centre is dedicated to support the weaker sections of the society with a holistic, sustainable and diversified approach.
- Social and economical, and educational development of backward communities and villages is our main motto.
- We focus on child development, youth development, women empowerment and care and support for aged people.

### **GEOGRAPHICAL AREA OF WORKING:**

Community Seva Centre is working in 16 villages for the overall development of the community people in the target village.

**Distribution of Population in Ariyankuppam Commune:**

Total Rural Population in Pondicherry:325726, SC 88545

Total Urban Population in Pondicherry:648619, SC69226

**Ariyankuppam Commune Population:**

***Total Population:***54769

***Male :*** 27614

***Female :*** 27128

***No. of females per 1000 males:***981

**The Community Seva Centre is progressing with the following objectives:-**

**OBJECTIVES:**

- To promote and arrange sponsor for children to render help for education Of Children and there by promote the welfare of the families.
- To help the economically, socially weaker Sections.
- To start and commence all Socio Economic and advancement programmes
- To take over, merger, amalgamate, aide, control, manage, administrate the Institutions or units organization those who are having similar objects.
- To render help to free training centers for tailoring embroidering housekeeping, knitting, small savings Literacy, Social education Child care, Sanitation, Computer IGP etc., for girls and restitutes.
- To set up small scale units under self-employment scheme to educate youths and girls.
- To affiliate and maintain close liaison with the other similar social service organizations both in and out of India and to act as an agency to the supporting organization.

- To engage in social service activities aimed at to promote the living condition and general welfare of the poor without discrimination of race, community, cares, of creed.
- To create housing project through helping institutions.
- To develop agriculture and environmental growth wasteland development and run co-operative agriculture society.
- To conduct research and training in folk arts and ancient medicines
- To encourage and form self Help Groups among women and Men.
- To work for the welfare and upliftment of the poor Tribals and their children in Kalvarayan Hills.

### **HEALTH & SANITATION:**

**Health** is the level of functional or metabolic efficiency of a living being. In humans, it is the general condition of a person's mind, body and spirit, usually meaning to be free from illness, injury or pain (as in "*good health*" or "*healthy*") The World Health Organization(WHO) defined health in its broader sense in 1946 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Although this definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word "complete", it remains the most enduring . Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health.

Systematic activities to prevent or cure health problems and promote good health in humans are undertaken by health care providers. Applications with regard to animal health are covered by the veterinary sciences. The term "healthy" is also widely used in the context of many types of non-living organizations and their impacts for the benefit of humans, such as in the sense of healthy communities, healthy cities or healthy environments. In addition to health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic and social conditions; these are referred to as "determinants of health".

Sanitation is the hygienic means of promoting health through prevention of human contact with the hazards of wastes. Hazards can be either physical, microbiological, biological or chemical agents of disease. Wastes that can cause health problems are human and animal feces, solid wastes, domestic wastewater (sewage, sullage, greywater), industrial wastes, and agricultural wastes. Hygienic means of prevention can be by using engineering solutions (e.g. sewerage and wastewater treatment), simple technologies (e.g. latrines, septic tanks), or even by personal hygiene practices (e.g. simple hand washing with soap).

### **IEC ON IMMUNIZATION:**

Immunization, or immunisation, is the process by which an individual's immune system becomes fortified against an agent (known as the immunogen). Immunization is done through various techniques, most commonly vaccination. Vaccines against microorganisms that cause diseases can prepare the body's immune system, thus helping to fight or prevent an infection. The fact that mutations can cause cancer cells to produce proteins or other molecules that are unknown to the body forms the theoretical basis for therapeutic cancer vaccines. Other molecules can be used for immunization as well, for example in experimental vaccines against nicotine (NicVAX) or the hormone ghrelin in experiments to create an obesity vaccine. Before vaccines, the only way people became immune to a certain disease was by actually getting the disease and surviving it. Immunizations are definitely less risky and an easier way to become immune to a particular disease. They are important for both adults and children in that they can protect us from the many diseases out there. Through the use of immunizations, some infections and diseases have almost completely been eradicated throughout the United States and the World. One for example is polio. Thanks to dedicated health care professionals and the parents of children who vaccinated on schedule, polio has been eliminated in the U.S. since 1979. Polio is still found in other parts of the world though so certain people could still be at risk of getting it. This includes those people who have never had the vaccine, those who didn't receive all doses of the vaccine, or those traveling to areas of the world where polio is still prevalent.

Active immunization/vaccination has been named one of the "Ten Great Public Health Achievements in the 20th Century".

### **FAMILY PLANNING:**

Family planning is the planning of when to have children,<sup>[1]</sup> and the use of birth control and other techniques to implement such plans. Other techniques commonly used include sexuality education, prevention and management of sexually transmitted infections, pre-conception counseling and management, and infertility management.

Family planning is sometimes used as a synonym for the use of birth control, however, it often includes a wide variety of methods, and practices that are not birth control. It is most usually applied to a female-male couple who wish to limit the number of children they have and/or to control the timing of pregnancy (also known as *spacing children*). Family planning may encompass sterilization, as well as abortion.

Family planning services are defined as "educational, comprehensive medical or social activities which enable individuals, including minors, to determine freely the number and spacing of their children and to select the means by which this may be achieved.

### **REGULAR WEEKLY MEETING AMONG PEER GROUPS**

A peer group is both a social group and a primary group of people. Peer group may be defined as a group of people who share similarities such as age, background, and social status, with whom a person is associated, and who are likely to influence the person's beliefs and behaviour. Members of a particular peer group often have similar interests and backgrounds, and are bonded by the premise of sameness.<sup>[2]</sup>

Regular weekly meeting for peer groups (adolescent girls, adolescent Boys and SHG's) were provided to strength peer groups socially and psychologically. 4 representatives from each peer groups were participated and gained and updated their knowledge on Reproductive and Child Health, Personal hygiene, Immunization, Family Planning, HIV/AIDS and Nutrition in regular meeting. This program helps them to share their problems. Through these they are implementing the same with the peer groups and identified 8 RCH patients and referred them to the GH by the peer educators.

### **Awareness on Personal Hygiene**

Participants participated in Awareness on Personal Hygiene and gained knowledge on importance of maintaining personal hygiene and causes due to lack of maintaining personal hygiene. Participants gained on

## **Good Personal Hygiene**

Good hygiene is important in taking care of you physically as well as emotionally. People often have infections because they don't take good care of themselves physically, which can lead to emotional difficulties as well. To avoid physical problems associated with poor hygiene, consider the following ideas to keep yourself clean:

### **Dental Care**

The mouth is the area of the body most prone to collecting harmful bacteria and generating infections. In order to have and maintain good oral hygiene, it is critical to visit your dentist at least every six months. In some cases, your dentist may recommend every four months, depending on how much tartar builds up on your teeth and how often you need to have it removed. To keep your teeth free from tartar build-up and tooth decay, make sure you visit your dentist as frequently as he or she recommends. This will ensure your teeth and your mouth stay healthy and strong.

**Brushing Your Teeth.** For best results, invest in an electric toothbrush. Crest and Oral B both make excellent electric toothbrushes designed to clean your teeth and gums. Regardless of the type of toothbrush you use, make sure you brush your teeth at least two times per day, if not after every meal. This will help minimize the amount of bacteria in your mouth which leads to tooth decay, and will help you maintain a healthy, happy smile.

**Flossing Your Teeth.** In addition to regular brushing, it is critical to floss your teeth at least once a day, usually before you go to bed. This will enable you to reduce plaque in the more difficult to reach places—between teeth and at the back of your molars. Flossing also keeps your gums healthy and strong, and will help protect your mouth from a variety of diseases that could eventually cost you your teeth.

## **Physical Care**

Cleanliness of Your Body. Taking a bath or shower once daily is very important to ensuring your body stays clean. Cleaning your body is also important to ensure your skin rejuvenates itself, as the scrubbing of your arms, legs, and torso will slough off dead, dry skin and help your skin stay healthy and refreshed.

Washing Your Face. It is important to wash your face at least once a day to remove all dirt and grime that you have come in contact with during the course of the day. This will keep your face freer from wrinkles and pimples, which are the result of clogged pores. Using some sort of moisturizer will also ensure your face stays rejuvenated and fresh.

### **Trimming Your Nails.**

Keeping your nails trimmed and in good shape is also important in maintaining good health. Going to a professional to learn proper nail care will help you get on the right track to trimming your fingernails as well as toenails. Proper trimming techniques will also help you avoid hangnails and infected nail beds.

## **Washing Your Hands**

***Before Meals.*** It's important to have clean hands before you sit down to eat. Washing with hot water and soap will clean your hands so that they do not carry bacteria to your family and friends as you pass the bread!

***After Restroom Use.*** To ensure you don't carry fecal or other bacteria to other parts of the body or to other individuals, you will want to wash your hands after every time you use the restroom. Make sure you wash your

hands immediately afterward—don't touch your nose or mouth to avoid unnecessary illness.

***Before Preparing Food.*** Washing your hands before you prepare food is very important to ensure you don't spread bacteria to your food. Wash them with hot, soapy water for at least 2 minutes before you begin working with food, particularly poultry or red meat. This will keep your food free from bacteria, and will ensure your food is healthy to serve once it's cooked!

***After Preparing Food.*** Again, washing your hands for at least 2 minutes with hot, soapy water after you have prepared food (and before serving) will ensure you don't carry bacteria with you, thus potentially infecting you or others.

Good hygienic habits are easy to begin and maintain. Starting with a few of these ideas will help you start on your way to developing good hygiene for both you and your family. Personal hygiene Includes washing hand with the help of soap, wearing clean clothes, cutting nails, washing hairs, taking bath twice a day, brushing teeth twice a day etc. Participants had knowledge on maintaining personal hygiene through IEC materials and IEC Movie.

## **LIFE SKILL EDUCATION FOR ADOLESCENCE:**

Life skill education for adolescence has been organized in our target village through this program adolescence were shine up in different skills like

### **Communication and Interpersonal Skills**

#### **Interpersonal communication skills**

- Verbal/Nonverbal communication
- Active listening
- Expressing feelings; giving feedback (without blaming) and receiving feedback

#### **Negotiation/refusal skills**

- Negotiation and conflict management
- Assertiveness skills
- Refusal skills

#### **Empathy**

- Ability to listen and understand another's needs and circumstances and express that understanding

#### **Cooperation and Teamwork**

- Expressing respect for others' contributions and different styles
- Assessing one's own abilities and contributing to the group

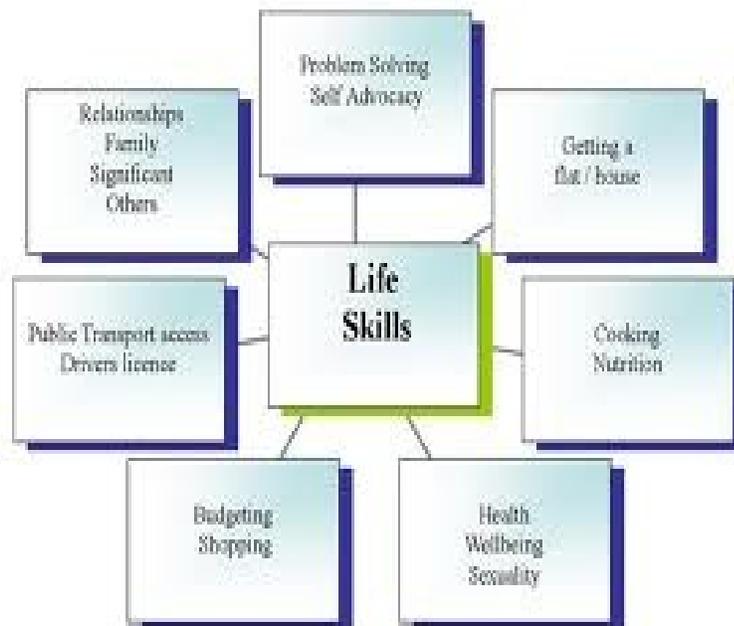
#### **Advocacy Skills**

- Influencing skills & persuasion
- Networking and motivation skills

## **Decision-Making and Critical Thinking Skills**

### **Decision making / problem solving skills**

- Information gathering skills
- Evaluating future consequences of present actions for self and others
- Determining alternative solutions to problems
- Analysis skills regarding the influence of values and attitudes of self and others on motivation



### **Critical thinking skills**

- Analyzing peer and media influences
- Analyzing attitudes, values, social norms and beliefs and factors affecting these
- Identifying relevant information and information sources

## **Coping and Self-Management Skills**

### **Skills for increasing internal locus of control**

- Self esteem/confidence building skills
- Self awareness skills including awareness of rights, influences, values, attitudes, rights, strengths and weaknesses
- Goal setting skills
- Self evaluation / Self assessment / Self-monitoring skills

### **Skills for managing feelings**

- Anger management
- Dealing with grief and anxiety
- Coping skills for dealing with loss, abuse, trauma

### **Skills for managing stress**

- Time management
- Positive thinking
- Relaxation techniques

 This program helps adolescence to decide their life in the future.

## **HEALTH CAMP FOR ADOLESCENCE AND MOTHERS**

Health camp has been organized for the adolescence and mothers. Through this health camp around 640 mothers and adolescence were benefited. 42 adolescence were identified who is having regular white discharge and referred to local PHC for treatment, 6 RTI infected cases has been identified and referred to local PHC for treatment.

## **WORLD HAND WASH DAY**

Hand washing with soap is among the most effective and inexpensive Ways to prevent diarrhea diseases and pneumonia, which together are Responsible for the majority of child deaths. Every year, more than 3.5 million children1 do not live to celebrate their fifth birthday because of diarrhea and

Pneumonia. Yet, despite its lifesaving potential, hand washing with soap is seldom practiced and not always easy but we promote World Hand Wash day which helps participants the importance of Hand Wash and way of hand wash. This program insists participants the importance of personal hygiene. The hand wash must be with the help of soap is the best hand wash and reduces the causes of health issues. Around 260 participants participated and gained knowledge about the importance of Hand Wash.

### **PRE-MARITAL COUNSELING SESSION**

Two hundred and sixty adolescent participated and gained knowledge through this session. Times are changing and so are we .With our hectic lifestyles and ever mounting pressure to reach our goals and expectations, there is a need for some form of guidance to help us with what sometimes seem like insurmountable issues.

Some common issues we face today include:

- difficulty in relationships
- balance between work and home
- managing the stresses of an accelerating pace of life
- handling problem children
- managing conflicting cultural values
- handling cultural differences
- managing issues of repatriation
- depression
- loneliness
- anxieties and fears
- study -related problems
- meeting parental expectations
- Poor self-esteem or self confidence issues
- finding meaning in life
- handling ageing parents
- handling conflict situations

We are usually unaccustomed or uncomfortable discussing our personal issues with our family members or friends. And since we are not able to deal

with the problems on our own, they grow until they assume a life of their own and begin to affect our day-to-day behavior in ways that can be surprisingly debilitating! This is when we can take the help of a trained professional to help resolve and deal with our problems/issues. That's why we planned to have premarital counseling sessions for adolescent girls in our target villages. Pre-Marital Counseling session helps adolescence for Physical, Psychological and Social Preparedness before and after marriage. This program helped adolescence to bring their problems before and after marriage and to find out the solution for their problems in future. 260 participants were participated and gained knowledge on their problems and how to tackle that.

### **Training for Health Workers on RCH and Communication Skill**

Training on RCH through application of various communication methods provided to 60 Health workers of Sub centers and Anganwadi teachers and they gained knowledge on RCH in terms of symptoms and causes. Through this training participants were trained on how to organize meeting with mothers and caregivers for giving training on Personal hygiene, overall development of the children, Immunization, Environmental hygiene, home based care to the children, immediate first aid in case of child infection etc.

### **Training for Health Workers on Antenatal and Post Natal Care**

Through this training 30 Health workers from sub-centre and anganwadi teachers participated and gained knowledge on Pre-natal care includes which include on Prenatal care is a program of care for a pregnant woman before she gives birth to her baby. Most women begin their prenatal care in the first trimester of pregnancy. Several tests are performed during these visits. Tests performed during the first visit include blood tests to check blood type, Rh factor, anemia, and immunity to several diseases including rubella (German measles) and hepatitis B. Urine tests to check for sugar and protein as signs of diabetes and kidney changes, respectively, are also performed.. Subsequent visits will include the collection of urine samples to continue to check for sugar and proteins, measuring blood pressure, measuring weight to

make sure the expectant mother is gaining enough, listening to the fetal heartbeat (typically after 12 weeks) and checking the size and position of the uterus and fetus. The doctor can also perform various tests to check the fetus for birth defects.

Prenatal care consists of much more than just monitoring the mother's diet and weight. Keep in mind that during pregnancy it is not just the health of the pregnant woman that must be watched, but also the health of the unborn baby. Maternal difficulties such as diabetes (which can develop as a result of being pregnant even if diabetes was not present before), insufficient weight gain, and high blood pressure, if gone untreated, can be harmful to the fetus and we also give knowledge on post natal care which include

The mother is assessed for tears, and is sutured if necessary. Also, she may suffer from constipation or hemorrhoids, both of which would be managed. The bladder is also assessed for infection, retention and any problems in the muscles. The major focus of postpartum care is ensuring that the mother is healthy and capable of taking care of her newborn, equipped with all the information she needs about breastfeeding, reproductive health and contraception, and the imminent life adjustment. Some medical conditions may occur in the postpartum period, such as Sheehan syndrome and peripartum cardiomyopathy. In some cases, this adjustment is not made easily, and women may suffer from postpartum depression, posttraumatic stress disorder or even puerperal psychosis.

### **Psychological**

Early detection and adequate treatment is required. Approximately 25% - 85% of postpartum women will experience the "blues" for a few days. Between 7% - 17% may experience clinical depression, with a higher risk among those women with a history of clinical depression. Rarely, in 1 in 1,000 cases, women experience a psychotic episode, again with a higher risk among those women with pre-existing mental illness. Despite the wide spread myth of hormonal involvement, Rather, these are symptoms of a pre-

existing mental illness, exacerbated by fatigue, changes in schedule and other common parenting stressors.

### **WORLD AIDS DAY**

It was observed December 1 each year, is dedicated to raising awareness of the [AIDS Epidemic](#) caused by the spread of [HIV](#) infection. It is common to hold memorials to honor persons who have died from HIV/AIDS on this day.

World Aids day program was observed in project area. More than 320 members were participated in this program and gained knowledge on causes and prevention of HIV/AIDS, Care and support given to the infected cases and also about the referral services. In this program stake holder from Positive network participated as a resource person. Through script, awareness songs and opinions of various important personalities about the HIV/AIDS, Causes and prevention method was imparted

### **IEC PROGRAM ON MALARIA**

**Malaria** is a mosquito-borne infectious disease of humans and other animals caused by protists (a type of microorganism) of the genus *Plasmodium*. It begins with a bite from an infected female mosquito, which introduces the protists via its saliva into the circulatory system, and ultimately to the liver where they mature and reproduce. The disease causes symptoms that typically include fever and headache, which in severe cases can progress to coma or death.

### **TUBERCULOSIS**

Tuberculosis, MTB, or TB (short for *tubercle bacillus*) is a common, and in many cases lethal, infectious disease caused by various strains of mycobacteria, usually *Mycobacterium tuberculosis*. Tuberculosis typically attacks the lungs, but can also affect other parts of the body. It is spread through the air when people who have an active TB infection cough, sneeze, or otherwise transmit their saliva through the air. Most infections

are asymptomatic and latent, but about one in ten latent infections eventually progresses to active disease which, if left untreated, kills more than 50% of those so infected.

The classic symptoms of active TB infection are a chronic cough with blood-tinged sputum, fever, night sweats, and weight loss (the latter giving rise to the formerly prevalent term "consumption"). Infection of other organs causes a wide range of symptoms. Prevention relies on screening programs and vaccination with the bacillus Calmette–Guérin vaccine.

### **Tuberculosis Causes**

All cases of TB are passed from person to person via droplets. When someone with TB infection coughs, sneezes, or talks, tiny droplets of saliva or mucus are expelled into the air, which can be inhaled by another person.

- Once infectious particles reach the alveoli (small sac-like structures in the air spaces in the lungs), another cell, called the macrophage, engulfs the TB bacteria.
  - Then the bacteria are transmitted to the lymphatic system and bloodstream and spread to other organs occurs.
  - The bacteria further multiply in organs that have high oxygen pressures, such as the upper lobes of the lungs, the kidneys, bone marrow, and meninges -- the membrane-like coverings of the brain and spinal cord.
- When the bacteria cause clinically detectable disease, you have TB.
- People who have inhaled the TB bacteria, but in whom the disease is controlled, are referred to as infected. Their immune system has walled off the organism in an inflammatory focus known as a granuloma. They have no symptoms, frequently have a positive skin test for TB, yet cannot transmit the disease to others. This is referred to as latent tuberculosis infection or LTBI.
- Risk factors for TB include the following:
  - HIV infection,
  - low socioeconomic status,
  - alcoholism,
  - homelessness,
  - crowded living conditions,
  - diseases that weaken the immune system,

- migration from a country with a high number of cases,
- and health-care workers.

### **Tuberculosis Symptoms and Signs**

You may not notice any symptoms of illness until the disease is quite advanced. Even then the symptoms -- loss of weight, loss of energy, poor appetite, fever, a productive cough, and night sweats -- might easily be blamed on another disease.

- Only about 10% of people infected with *M. tuberculosis* ever develop tuberculosis disease. Many of those who suffer TB do so in the first few years following infection, but the bacillus may lie dormant in the body for decades.
- Although most initial infections have no symptoms and people overcome them, they may develop fever, dry cough, and abnormalities that may be seen on a chest X-ray.
  - This is called primary pulmonary tuberculosis.
  - Pulmonary tuberculosis frequently goes away by itself, but in 50%-60% of cases, the disease can return.
- Tuberculous pleuritis may occur in 10% of people who have the lung disease from tuberculosis.
  - The pleural disease occurs from the rupture of a diseased area into the pleural space, the space between the lung and the lining of the abdominal cavity.
  - These people have a nonproductive cough, chest pain, and fever. The disease may go away and then come back at a later date.
- In a minority of people with weakened immune systems, TB bacteria may spread through their blood to various parts of the body.
  - This is called miliary tuberculosis and produces fever, weakness, loss of appetite, and weight loss.
  - Cough and difficulty breathing are less common.
- Generally, return of dormant tuberculosis infection occurs in the upper lungs. Symptoms include
  - common cough with a progressive increase in production of mucus and
  - coughing up blood.
  - Other symptoms include the following:
    - fever,
    - loss of appetite,
    - weight loss, and
    - night sweats.
- About 15% of people may develop tuberculosis in an organ other than their lungs. About 25% of these people usually had known TB with inadequate treatment. The most common sites include the following:
  - lymph nodes,
  - genitourinary tract,
  - bone and joint sites,
  - meninges, and
  - the lining covering the outside of the gastrointestinal tract.

## **POSITIVE DEVIANCE HEARTH**

Participants initially oriented on concept of

- Identifying Solutions to Community problems within the Community
- Asset based approach based on existing resources
- Home based rehabilitation and practice which having a goal of

Enable communities to reduce their levels of malnutrition in a sustainable way, using their own resources & Prevent malnutrition of future generations

- Positive Deviance hearth program organized in two different villages for 15 days. 50 participants includes malnourished child mother and caregivers were participated and gained knowledge on personal hygiene, Nutrition, Overall Development of the Child, Environmental hygiene, preparation of low cost nutritious food, in order to develop their child physically and mentally. Before that we had positive inquiry which dealt with
  - Feeding Practices
  - Caring Practices
  - Hygiene Practices
  - Health Care practices of community people and based on the findings Positive deviant families were identified and we came to understand attitude, behaviour of towards their nutritional activities

A hearth session was planned for Malnutrition children and their mothers for twelve days. After having it, once in fifteen days, we monitored growth monitoring chart of every child very carefully

## **WORLD BREAST FEEDING WEEK**

### **OBJECTIVES of WORLD BREASTFEEDING WEEK**

- To draw attention to the vital role that breastfeeding plays in emergencies worldwide.
- To stress the need for active protection and support of breastfeeding before and during emergencies.
- To inform mothers, breastfeeding advocates, communities, health professionals, governments, aid agencies, donors, and the media on

- how they can actively support breastfeeding before and during an emergency.
- To mobilize action and nurture networking and collaboration between those with breastfeeding skills and those involved in emergency response.

## **RATIONALE**

- Children are the most vulnerable in emergencies – child mortality can soar from 2 to 70 times higher than average due to diarrhoea, respiratory illness and malnutrition.
- Breastfeeding is a life saving intervention and protection is greatest for the youngest infants. Even in non-emergency settings, non-breastfed babies under 2 months of age are six times more likely to die.
- Emergencies can happen anywhere in the world. Emergencies destroy what is 'normal,' leaving caregivers struggling to cope and infants vulnerable to disease and death.
- During emergencies, mothers need active support to continue or re-establish breastfeeding.
- Emergency preparedness is vital. Supporting breastfeeding in non-emergency settings will strengthen mothers' capacity to cope in an emergency.

With this concept and goal of this program, Lactating Mothers, Pregnant mothers were oriented on Importance of exclusive feeding and the causes like weight loss, malnourishment, diarrhea due to lack of breast feeding. And also they oriented about basic things of as **Breastfeeding** is the feeding of an infant or young child with breast milk directly from female human breasts (i.e., via lactation) rather than from a baby bottle or other container. Babies have a sucking reflex that enables them to suck and swallow milk. Most

mothers can breastfeed for six months or more, without the addition of infant formula or solid food.

Human breast milk is the healthiest form of milk for human babies. There are few exceptions, such as when the mother is taking certain drugs or is infected with tuberculosis or HIV. Breastfeeding promotes health, helps to prevent disease, and reduces health care and feeding costs. Artificial feeding is associated with more deaths from diarrhea in infants in both developing and developed countries. Experts agree that breastfeeding is beneficial, but may disagree about the length of breastfeeding that is most beneficial, and about the risks of using artificial formulas.

Exclusive breastfeeding for the first six months of life and then supplemented breastfeeding for at least one year and up to two years or more. While recognizing the superiority of breastfeeding, regulating authorities also work to minimize the risks of artificial feeding.

### **MOTHERS AND COMMUNITY MEETING ON GROWTH MONITORING AND SENSITIZATION OF DEWORMING:**

Participants briefly oriented about the human parasites viz., hookworm, pinworm, roundworm, tapeworm and whipworm and their life cycle, their entry points, preventing them from getting contracted etc. Still, the world is full of parasites that there are chances of acquiring them however clean you are. For instance, a simple lick from your pet, a barefoot walk on your lawn, a swim in a reservoir or a pool with untreated water or negligence on your part to wash hands thoroughly before eating/preparing food after gardening or unwashed salad or untreated drinking water/milk/fluids or under cooked meat or school going children in your family can get you the eggs/larvae of these parasites.

UNICEF report of "The state of the world's children 1998" says that about 1.5 billion people have roundworms, making it the third most common human infection in the world, whipworm infects 1 billion people, including nearly one third of all children in Africa and more than 1.3 billion people carry hookworm

in their gut. Hence the picture is very clear; the chances of these parasites creeping inside ourselves are very high.

Worm infestations often cause serious health problems and impact a child's ability to attend and perform well in school and another UNICEF report says researches have shown that regular deworming can substantially increase school attendance and significantly improve a child's ability to learn in school. Eventually the growth rate and weight gain of children who are regularly dewormed is pretty higher than those who aren't. Hence regular deworming is the best solution for many of the childhood illnesses.

Now the pertinent question arises; participants also oriented on deworming duration. Especially you should have a fair knowledge on deworming frequencies when there are school going kids or thumb sucking toddlers at home..

Now, the answer to the question is that in most cases, deworming once every six months is sufficient. But, if you suspect/notice that your child is getting worms more frequently, then deworming your child/whole family more frequently as deemed appropriate by your primary health practitioner may be necessary. Except tapeworms (as in the case of pinworm or whipworm infection), a second dose may be necessary after two weeks or 73-75 days after the first dose to break the life cycle/to kill the migrating larval forms of these parasites.

In any case, deworming the whole family twice a year is necessary. Mebendazole/albendazole in suspension or chewable tablet form/Liquid form is the conventional drug of choice and the side effects too are few and those side effects that there are, are usually caused by dead worms being expelled from the body, rather than by the drug itself.

By this program 260 mothers gained knowledge on monitoring chart and the importance of growth monitoring chart and deworming and causes due to lack of deworming

**SUPPLEMENTARY NUTRITION:**

Supplementary Nutrition Programme is provided to children below 6 yrs of age, pregnant and nursing mothers and adolescent girls of low income group to improve health and nutritional status with 300 feeding days in a year. Supplementary nutrition was provided to the pre-school children as a regular. 360 children are benefiting through regular supplementary meals. Child health status has been increase through regular meals and nutritional refreshment at the evening.

### **PROVISION OF KITCHEN GARDEN:**

Vegetables occupy an important place in our daily life particularly for vegetarians. Vegetables are the only source to increase not only the nutritive values of foods but also its palatability. For a balanced diet, an adult should have an intake of 85 g of fruits and 300 g of vegetables per day as per the dietary recommendation of nutrition specialists. But the present level of production of vegetables in our country can permit a per capita consumption of only 120 g of vegetables per day.

Kitchen Garden Considering the above facts, we should plan to have program called promotion of kitchen garden through which participants should produce our own vegetable requirements in our backyards using the available fresh water as well as the kitchen and bathroom wastewater. This will not only facilitate prevention of stagnation unused water which will be hazardous to our health through environmental pollution, but can be useful for successful production of our own requirement of vegetables Cultivation in a small area facilitates the methods of controlling pests and diseases through the removal of affected parts and non-use of chemicals. This is a safe practice, which does not cause toxic residues of pesticides in the vegetables produced and participants also being oriented on

### **Kitchen Garden Site Selection:**

There will be limited choice for the selection of sites for kitchen gardens. The final choice is usually the backyard of the house. This is convenient as the members of the family can give a constant care to the vegetables during leisure and the wastewater from the bathrooms and kitchen can easily be diverted to the vegetable beds. The size of a kitchen garden depends upon

the availability of land and number of persons for whom vegetables are to be provided. There is no restriction in the shape of the kitchen garden but wherever possible rectangular garden is preferred to a square one. With succession cropping and intercropping, five cents of land would be adequate to supply vegetables for an average family of four to five persons.

### **Land preparation:**

Firstly a through spade digging is made to a depth of 30-40 cm. Stones, bushes and perennial weeds are removed. 100 kg of well decomposed farmyard manure or vermicompost is applied and mixed with the soil. Ridges and furrows are formed at a spacing of 45 cm or 60 cm as per the requirement. Flat beds can also be formed instead of ridges and furrows.

### **Sowing and planting:**

Direct sown crops like bhendi, cluster beans and cowpea can be sown on one side of the ridges at a spacing of 30 cm. Amaranthus (meant for whole plant pull out and clipping) can be sown after mixing 1 part of seeds with 20 parts of fine sand by broadcasting in the plots. Small onion, mint and coriander can be planted/sown along the bunds of plots.

Seeds of transplanted crops like tomato, brinjal and chilli can be sown in nursery beds or pots one month in advance by drawing lines. After sowing and covering with top soil and then dusting with 250 grams neem cake so as to save the seeds from ants. About 30 days after sowing for tomato and 40-45 days for brinjal and chilli and big onion the seedlings are removed from nursery and transplanted along one side of the ridges at spacing of 30-45 cm for tomato, brinjal and chilli and 10 cm on both the sides of the ridges for big onion. The plants should be irrigated immediately after planting and again on 3rd day. The seedlings can be watered once in two days in the earlier stages and then once in 4 days later.

The main objective of a kitchen garden is the maximum output and a continuous supply of vegetables for the table throughout the year. By following certain procedures, this objective can easily be achieved. The perennial plants should be located on one side of the garden, usually on the

rear end of the garden so that they may not shade other crops, compete for nutrition with the other vegetable crops.

The adjacent to the foot path all around the garden and the central foot path may be utilized for growing different short duration green vegetables like Coriander, spinach, fenugreek, Alternant era, Mint and A cropping pattern, which may prove helpful for kitchen garden under Indian conditions (excepting hill stations) is suggested below.

### **Perennial plot**

Drumstick, Banana, Papaya, Tapioca, Curry leaf and Agathi. It may be observed from the above crop arrangements that throughout the year some crop is grown in each plot without break (Succession cropping) and where ever possible two crops (one long duration and the other a short duration one) are grown together in the same plot (companion cropping).

### **Economic benefits of gardening**

Gardeners feed their families first and then sell, barter or give away surplus garden foods. In certain contexts, however, income generation may become the primary objective of the home garden. In any case, it is counterproductive to impose the nutrition objective to the exclusion of the income generation objective, since in most contexts they are linked and compatible.

The potential economic benefits of home gardening include the following:

Gardening gives dual benefits of food and income generation;

Gardens provide fodder for household animals and supplies for other household Needs (handicrafts, fuel wood, furniture, baskets, etc.); Marketing of garden Produce and animals is often the only source of Independent income for Women.

50 families were benefited by getting seeds includes brinjal, green leaves, bitter guard, chilly, Tomato etc., Through this program the vegetables has been used from Kitchen garden and the health status of the beneficiaries families has been improved

## **ECCD**

### **ECCD Committee Meeting**

The ECCD Committee is a volunteer forum that brings representatives from all sectors in the child care community together. Our purpose is to discuss issues, make plans and to advocate on behalf of young children, families and the early child care community. It also supports professional development opportunities for child care providers and care teachers.

ECCD management committee was organized every month in the pre-school centre and project having 13 management committee each committee have 7 members include Panchayath Leader, SHG, Childfund India parents, parents of children in the crèche, Youth club, pre-school Teacher. Problems and issues were addressed by ECCD Management committee and lot of things which it has done astonishingly as it gave financial support to clean crèche centre and play ground where most of the children access for playing and it has supported to form kitchen garden

### **Regular Parents Meeting for Mothers and Caregivers**

Project has conducted a regular meetings with the parents and care givers on growth monitoring chart, personal hygiene, environmental hygiene, period of Immunization, water and sanitation , causes of health issues for deworming, Malaria, Tuberculosis, Teaching methodology, preparation of low cost nutritious food.

## **BASIC EDUCATION**

### **Global Action Week:**

The Global Campaign for Education is calling on world leaders to keep their promises and ensure early childhood care and education for every child – right from the start. Global action week celebrated in our project area to improve the Education standard of every child and make dropouts to come for the schools with the objective of Education for all.

In 2011, Global Action Week targeted girls' education with the '**Make it Right**' campaign. In 2005 the world missed the first target agreed within the framework for the Millennium Development Goals (MDGs): to eliminate gender disparity in primary and secondary education by that year.

Disparity in enrolments between boys and girls has shrunk since 2000, but completion and progression rates remain shockingly low: in 47 out of 54 African countries, girls have less than a 50% chance of going to secondary school, and women and girls still make up the majority of adults and children who cannot read.

More than 300 children 100 mothers and youth were participated. In this program through conduct the sports, competitions for drawing and easy, cultural program. Quality education has been explained to the parents.

### **Educational Support for performing and needy girl children**

Educational support was provided to 46 girl children. Four drop out children from the school was identified and counseling was provided to them. For that child educational support were provided to buy books, uniforms and learning materials.

## **CHILD AGENCY**

### **Awareness program on UNCRC for community Service providers**

Awareness program on UNCRC for community service providers was being given and they had being oriented them on role of UNICEF, policies evolution and rights of children.

The UNICEF mission is to advocate for the protection of children's rights, to help meet their basic needs and to expand their opportunities to reach their full potential. UNICEF is guided in doing this by the provision and principal of the convention on the Rights of the Child. The government has been framed the rule in the year 1989 for child RIGHTS and PROTECTION and implemented in the year 1992 .This rule will be applicable for children who are between 0-18. The program explain the child rights such as Right to survival, Right to Protection, Right to Participation and Right to Development. In this program 30 Anganwadi workers are participated and gained knowledge on UNCRC.

### **Addressing Female infanticide and girl child discrimination**

In the parents meeting and self help group meetings, we addressed about Female infanticide and gender equity

### **Gender equity**

Socially constructed roles too often thwart the potential of girls and women. Discrimination denies them health care and education. It hides information that they can use to protect themselves from HIV/AIDS. Discrimination robs girls and women of the power to make decisions, to earn a living and to be free from violence, abuse and exploitation. Often it deprives them of any legal protection.

Community seva centre is committed to leveling the playing field for girls and women by ensuring that all children have equal opportunity to develop their talents. We work to ensure that all babies receive the best start to life through gender-sensitive, integrated early childhood care. We work so that all children are afforded quality education, one that prepares them for a productive life.

By recognizing and addressing discrimination against girls and women, success in the fight against all forms of discrimination -- class, race, ethnicity and age -- will become more likely, and more lasting. We have learned that entire societies develop when girls and women are enabled to be fully contributing community members.

For that we have a program called awareness on gender equity in which 30 adolescence and youths were participated and gained knowledge on the importance of gender equity and equal rights has to provide for both male and female and there should not be gender discrimination.

### **Translation & supply of Child Protection policy to CBOs**

Child Protection Policy is provided for various CBO's like Children's club, Adolescent Club, Child Well Being Committee and SHG's to promote the Child rights and protection. Community Seva Centre (CSC) is committed to the well-being of the children it serves. One of the core values of the organization embraces the "intrinsic worth of each child." The Mission refers to creating "...an environment of hope and respect for needy children..."

CSC strives to create positive environments in which children grow up amidst respect, hope and social justice. Recognizing the inherent worth of each child, CSC accepts its responsibilities to protect children from harm, to promote children's rights and to ensure children's healthy development.

The agency continually examines, develops and implements standards and programs designed to protect children from abuse, neglect, harassment and exploitation by staff, sponsors and others with whom they have contact.

This Child Protection Policy document is composed of three parts. The first part is the organization **Policy**. The second part is the **Standards** section, which has six sub-sections:

- Organization Awareness & Advocacy
- Recruiting and Screening of Personnel
- Program Planning

- Sponsorship
- Regional Training and Support
- Allegation and Incident Management

The third section is the annex that includes the Interaction Child Protection Standards for Child Sponsorship Agencies and the Interaction Task Force Report on the Prevention of Sexual Exploitation of Displaced Children. These have been incorporated into CSC's policy Through this program around 462 CBO's members has been benefited.

### **Child Rights Convention for child federation**

13 village children club leaders, Secretary and Treasure of children club were participated. Children oriented about the Child rights and Child Protection. This activity which aimed of all children is developed at five levels. Learning to know, Learning to do, Learning to live together, and Learning to be .Federation Members oriented about their role and responsibilities.

## **Sponsors Day Celebration**

Sponsor day was celebrated with the objective of remembering sponsors and children also gave a gratitude to their sponsors. Children were enjoyed by participating in various competitions like sports and cultural program. Prizes were distributed to all the children and through cultural program children expressed their individual talents.

## **Child consultation meet**

### **Child Consultation**

*"Family mediation can hugely reduce the level of acrimony in family breakdown by assisting those involved to move forward into their changed lives with better communication and understanding, which in turn greatly helps any children affected"*

### **What is child consultation?**

- A separate meeting for a child (over 8 years) to speak confidentially with your mediator (younger siblings are always included)
- An opportunity for a child's voice to be heard
- A facility that allows a child's wishes and feelings to be understood
- A means of feeding back the child's views to the parents if that is their wish
- Child consultation should not be confused with **child counselling**

### **How does child consultation work?**

- It can be incorporated as part of the overall **mediation process**
- Children may ask to be included in the mediation process
- Parents may ask their mediator for a meeting for their child
- Children are made aware that their parents will listen to their views but that they as parents will make the final decisions
- Child consultations last approximately 1 hour
- A highly trained specialist mediator will have a face to face meeting with the child
- Siblings will be seen separately or together if they wish
- Parents can access this service regardless of whether they are using the mediation service
- There will be an assessment/planning meeting, the child's meeting and then a feedback meeting for both parents

### **Supply of sport & Play material for children club**

Sports and Play material provided to 15 children Club in our target villages. This program helps them to Develop their individual talents by having Play Materials which include carom board, chess board, Cricket ball and bat, volley ball, food ball and use it very effectively. More than 300 children Benefited by this program.

### **Livelihood and Economic Enhancement Programme**

#### **MILCH ANIMAL:**

93 pairs of Milch Animal were provided to 93 Families. And the maintenance of the milch animal has been explain to them.

#### **Shelter:**

Shelters should be constructed in such a way that it provides a comfortable resting place for the animals. It must contain facilities for feeding, watering and protection from rain, wind, Sun, cold and dampness. A shed measuring six square metres is ideal for Indian cows. Buffaloes require a little more space. Proper cleaning of the shelter is necessary not only for the production of clean milk but also for the health of the animal. The floor of the shed must be sloping, to facilitate cleaning and keeping their resting place dry. The shed should have cross ventilation with sufficient number of inlets and outlets.

### **Animal feeds have two main contents:**

#### **Roughage**

This includes fibres like green fodder, silage, hay and leguminous plants like berseem, lucerne and cowpea.

#### **Concentrates**

This contains high content of proteins and other nutrients but is low in fibres. These include grains of maize, oats, barley, jowar, gram and by-products of agriculture like wheat bran, rice bran, gram husk, oil seedcakes and molasses. A balanced feed, which contains all the nutrients in the right proportion, is supplied to the cattle. On an average the daily ration for a cow is 15-20 kg of green fodder and 4-5 kg of grain mixture. In addition nutrients

in the form of additives are mixed with the feed. These additives contain antibiotics, minerals and hormones. They increase the yield of milk and protect them from diseases. Finally cows need 30-40 litres of water to drink.

<b>Viral Disease</b>		
<b>Disease</b>	<b>Symptoms</b>	<b>Prevention and Control</b>
<b>Foot and mouth diseases</b>	Eruptions in the mouth and on the feet	Isolation
	Decrease of functional efficiency and breeding capacity	Vaccination
<b>Blue tongue</b>	High fever	Vaccination
	Blue appearance on mucosa of mouth and tongue	
	Severe depression	
	Erosions in the mouth, tongue, nostrils etc.	
<b>Rinderpest or cattle plaque</b>	Congested conjunctiva	Isolation
	Loss of appetite	Avoid direct or indirect contact with diseased animal
	Diarrhoea	Inoculation with rinderpest antiserum
	Faeces are stained with blood	
	Lesions appear on the buccal mucosa, lips and gums and finally animal dies	

**RABBIT REARING:**11 Rabbits has been provided to the community for their self business in our target village and explain them how to care the rabbits. Rabbit rearing is one of the self employment of the women to enhance their livelihood and to satisfy their basic needs. With the meat situation what it is and the economy in a turmoil, now is a good time to consider the rabbit business. The best way to know to put good food on the table and a few dollars in your pocket, without a large investment, is raising rabbits. The profits can come in many ways: we can sell the urine for laboratory use, the

manure for fertilizer or worm growing, even the feet for good luck charms. Meat, however, is by far the most important product.

### **Rabbit Care**

It is essential that your rabbit be healthy and have all its needs met in order to have success with training and to be a happy pet. Some important information that you must have if you own a rabbit or are considering adopting a rabbit is listed below. Please consult the rabbit care resource guide for links to more information on all these topics.

### **Housing**

Rabbits require a comfortable cage or other escape-proof enclosure free from hazards such as electrical wires, poisonous plants and predatory pets such as cats and dogs. Wire bottom cages are not comfortable for rabbit's feet, so please get a cage with a solid bottom. The rabbit should have room to move about and is most happy if there are multiple levels and a house to hide in and sit on. One or preferably two litter boxes should be provided.

### **Feeding**

Rabbits must have hay available at all times and should not be fed a diet that is mostly made up of commercial rabbit pellets. Grass hay consisting predominantly of timothy is best. A diet high in alfalfa-based hay or alfalfa-based pellets can cause urinary crystals due to the high calcium content. Commercial rabbit pellets made from timothy hay should be fed in small amounts (a handful) every day since these provide essential nutrients. These are great to use as training treats.

Rabbits require green vegetables every day and also enjoy receiving carrots, fruit and other vegetables. Add a new food in small amounts, gradually increasing over time since a sudden change in diet can cause diarrhea which can be fatal in rabbits.

### **Veterinary and Health Care**

Take your new rabbit to the veterinarian to be sure it is healthy. Try to find a veterinarian with experience in looking after rabbits. Not all general practice

vets are trained in rabbit care. If you rabbit's behavior suddenly changes and especially if your rabbit stops eating, a visit to the veterinarian is in order. Visit the House Rabbit Society website to find out about the symptoms of various rabbit ailments and how to treat and prevent them.

If you have outdoor cats and dogs in your house, be sure that they are treated for fleas and have had their shots so as to keep your rabbits healthy and flea-free as well.

Rabbits require regular grooming with a soft brush or a damp cloth, especially when they are shedding excessively. Rabbits do a lot of grooming of themselves and each other and ingestion of too much fur can cause intestinal blockage. Nails should be clipped monthly since long nails can cause painful deformities of the foot.

### **GOAT REARING:**

Goat is known as 'Poor man's cow' in India and is a very important component in dry land farming system. Marginal or undulating lands unsuitable for other types of animals like cow or buffalo, goat is the best alternative. With very low investments goat rearing can be made in to a profitable venture for small and marginal farmers. 10 goats has been provided for the beneficiaries to improve their business and explain them about the feeding management and vaccination.

### **Feeding Management:**

- Grazing along with concentrate feeding gives maximum growth rate
- Feeding protein rich green fodder such as acacia, leucerne and cassava and are important sources of dietary nitrogen.
- Farmers can cultivate agathi, subabul and glaricidia trees along the border of the farm and used as green fodder
- Fodders and trees cultivated in one acre of land is enough to feed 15-30 goats
- Concentrate feed can be prepared as follows.

<b>Ingredients</b>	<b>Kid ration</b>	<b>Growing</b>	<b>Lactating Goat</b>	<b>Pregnant goat</b>
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		<b>Ration</b>	<b>Ration</b>	<b>Ration</b>
Maize	37	15	52	35
Pulses	15	37	---	---
Oil Cakes	25	10	8	20
Wheat Bran	20	35	37	42
Mineral Mixture	2.5	2	2	2
Common salt	0.5	1	1	1
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

- Kids should be provided with 50- 100 gms of concentrate for first 10 weeks.
- For growing ones concentrates should be provided 100 -150 gm daily for 3-10 months.
- For pregnant goat concentrates maybe given upto 200 gm daily.
- Milch goats producing 1 kg milk are provided 300 gms of concentrate daily
- Mineral blocks with rich copper (950-1250 ppm) should be provided in the goat stalls.

#### **Deworming:**

- Before breeding the doe should be dewormed. Those goats affected with worm infestation are lean and dull
- Kids should be dewormed at one month of age. The life cycle of worms is three weeks, so de-worming again at two months of age is recommended
- Pregnant does should be dewormed 2-3 weeks before kidding.
- Does in early pregnancy (upto 2 months) should not be dewormed to avoid abortion.

#### **Vaccination:**

- Kids should be given first dose of Enterotoxaemia and Tetanus vaccination at 8 weeks of age and again at 12 weeks of age..
- Does should be given Enterotoxaemia and Tetanus vaccination 4-6 weeks before breeding season and 4-6 weeks before kidding.
- Bucks should be vaccinated with Enterotoxaemia and Tetanus once in a year

## **TAILORING TRAINING CENTRE**

A tailor is a person who makes, repairs, or alters clothing professionally, especially suits and men's clothing. Under the Employable skill program, we are providing tailoring training to 30 Adolescents. They were taught Embroidery, blouse stitching and also about the preparation of various decorative items for the House. During the evening, they were taught about Wire Spinning. Through this the Adolescents learn to make Wire Hand Bags and many Handicraft items using the different color Wires. Through this training 20 Adolescents were trained in tailoring and self employed.

## **COMPUTER COURSE**

Getting the right kind of information is a major challenge as is getting information to make sense. College students spend an average of 5-6 hours a week on the internet. Research shows that computers can significantly enhance performance in learning. Students exposed to the internet say they think the web has helped them improve the quality of their academic research and of their written work. One revolution in education is the advent of distance learning. This offers a variety of internet and video-based online courses.

Under Employable Skill Training for the 17 adolescent girls in target villages were provided a 4 month Advance Diploma in Computer Application for free of cost and With certificate. Through this course they are well versed in Ms Office, Ms Excel, Ms PowerPoint , Adobe PageMaker, Adobe Photoshop and Internet Concept.

## **BEAUTICIAN COURSE**

Beautician is a person who gives cosmetic treatment.

### **Beautician Eligibility:**

To open a parlour one must know the basics of beauty therapy. Those who want to take it up as a career must undergo full-fledged intensive professional training. The cost of the course varies from institute to institute. Skin care is more scientific while hair care is more creative. There are a number of courses that are offered where a candidate is taught to take care of basically, the skin, which would include facials, epilation processes, bleaching, manicure, pedicure, make-up, massage and diet. On the other hand, hairdressing includes treatment of the hair, as well as styling and cuttings.

Under Employable Skill Training Beautician Course for 4 months with certificate were provided to 19 girls in our target villages. This program helps them for their individual development as well as economic development. Through this training they are well versed in Cosmetic treatments.

## **DRIVING**

Driving is the controlled operation and movement of a land vehicle, such as a car, truck or bus. Driving in traffic is more than just knowing how to operate the mechanisms which control the vehicle; it requires knowing how to apply the rules of the road (which govern safe and efficient sharing with other users). An effective driver also has an intuitive understanding of the basics of vehicle handling and can drive responsibly.

## **Driving as a physical skill**

In terms of the basic physical tasks required, a driver must be able to control direction, acceleration, and deceleration. For motor vehicles, the detailed tasks include:

- Starting the vehicle's engine with the starting system
- Setting the transmission to the correct gear
- Depressing the pedals with one's feet to accelerate, slow, and stop the vehicle, and if the vehicle is equipped with a manual transmission, to modulate the clutch
- Steering the vehicle's direction with the steering wheel
- Operating other important ancillary devices such as the indicators, headlights, and windshield wipers
- Observing the environment for hazards

## **Driving as a Mental Skill:**

Avoiding or successfully handling an emergency driving situation can involve the following skills:

- Making good decisions based on factors such as road and traffic conditions
- Evasive maneuvering
- Proper hand placement and seating position
- Skid control
- Steering and braking techniques
- Understanding vehicle dynamics

Under Employable Skill Training the Driving course is provided for 4 months for 30 youths in our target village with of free of cost and certificates has been issued. Through this training 30 youths were benefited and self employed.

## **CONCLUSION**

With great pleasure, we thank all the people who have extended their Co operation and support to our organization to achieve this goal this year. This achievement is not a single man's show but the result of the excellent Team work performed by the staffs under the guidance of our able President Sr.Xavior Mary. We will be ever grateful to all individuals, the organizations, Government Departments, for their generous contributions and support extended to our organization in helping the poor and downtrodden, for their growth and enlistment. With the same team spirit, we enter into the New Year with great confident of achieving more for the welfare of poor suppressed people of the Community. Before conclude, I once again extend our warm greetings to all the well wishers of our organization and request them to be with us this year too and guide us in our efforts in helping the growth of poor and suppressed people of the Community.

Thanking you,  
Yours Sincerely,

A.K.NEHRU  
Director,  
COMMUNITY SEVA CENTRE