SEVAKIRAN CHARITABLE SOCIETY
(Registration No. ER-548/2011)
Thrikkariyoor PO, Kothamangalam, Ernakulam, Kerala – 686692
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This year set a landmark in the history of our development. Many projects were planned, drafted and sent for approval by various funding organizations including CSR funders, Central and State Governments and so. This year, the organization was able to set up a full fledged website and start fundraising through online mode, making the best out of TAN acquired during the previous year. We were able to qualify grant in aid from different government departments and conduct programmes as agreed, in a successful manner.

VAIBHAV, the project exclusively for tribal development took an active implementation phase and new developments took place. Our newly developed team of experts showed their caliber in finishing these remarkable tasks in the stipulated time. Combined to the fulfillment of formal standards; handful of programmes for the existing service users and various stakeholder platforms of the organization were planned and conducted in a more charming and error-free way like never before. By learning from the productive results of imparting more knowledge, skills and resourceful hands, we are in the way of developing our organization in such a way that it remains the destiny of equal minded people in the horizons of selfless service.

Making the best out of services of interns from various institutions, we were able to finish a couple of surveys in tribal settlements of Kothamangalam taluk and identify several needs to be addressed through VAIBHAV thereby. We are keeping ahead with surveys and various types of studies as part of the fulfillment to the requirements of various stages of different projects and developing comprehensive knowledge in all the fields of our interventions. The enthusiasm and optimistic smiles in the faces remains the best ever rewards in our journey. We strive to remain a guiding light to all those in need and believe in the capacities of individuals, families and groups to seek and find out their means with required minimum support towards permanent solution of the problem faced. So, we engaged in the capacity building process with prime importance; which was found to be more effective in solving community problems.

Warmest Regards,
President
Sevakiran Charitable Society
The smiles of fulfillment are the highest ever rewards, that is conveyed from heart to heart and the joy of which crosses all achievable levels of glory. Though we can claim our achievements among success in the sense that it involves the fulfillment of organizational goals, we like it to be called our way of life!

If a way shows path to a world of equality, justice and fair fraternity; we are sure that it will stand all storms; moving ahead unless the goal is reached. We are not scared in the least manner even if we happen to take hundreds or thousands of suffering and needy in this journey with us since another thousand able and mighty men are there on the way, to us in the journey.

Another year of fulfillment!!! Many more smiles to add to our legacy!! Many more men to join us in the long and at times; devastating journey to the Promised Land!! This is where we are now!!

Spirits ever high!!
Sevakiran Team
**Vision, Mission and Objectives**

**Vision**
Integrated and Sustainable society with humane values through care as well as spreading the bliss of prosperity, empowerment and wisdom

**Mission**
To serve the poor, marginalized and unorganized sections of the society with equal harmony through promoting and strengthening them for sustainable development.

**Objectives**
1. To ensure healthy and safe economy through environmental protection.
2. To promote and protect traditional lifestyle, culture and conventional agricultural practices in tribal communities.
3. To mobilize, organize and create awareness among women, the need for education, self-reliance, self-dependence and development.
4. To strengthen families to reduce family friction.
5. To build capacity of youth, women and tribes
6. To develop Personality and Soft skills, of women and children through training and Entrepreneurship development programs
7. To rehabilitate abandoned children and provide innovative child welfare programmes
8. Promote vocational skills of tribal communities for alternative means of livelihood through innovative practices.
Areas of intervention

Rural Development
What we do: Ensuring villages better ever place to live in.
● Career guidance support for youth
● Capacity building & skill development towards employability of youth
● Promotion of organic farming for livelihood support
● Family livelihood support
● Grama Vikas Samitis

Women, Child and family development
What we do: Ensuring that women are not falling behind in education, vocations or family life.

Pragathi Balabhavan
● Institutional and day care services for children at Pragathy Balabhavan
● Rehabilitation of Abandoned Children from Marginalized communities
● Advocacy services to protect Children's Rights
● Support programmes for children in difficult circumstances of domestic violence

Vivekananda Vidyalayam
● Programmes with special focus on the girl child
● Developing a national system of education with values and culture
● Facilitating education of tribal children to develop a society of responsible citizens
● Honoring Children for Bravery
● Honoring artistic talents of children
● Seminars and symposiums for the holistic development of children and parents

Sevakiran Women Empowerment Society for Total Integrity (SWESTI)
● Mobilize, organize and create awareness among women about the need for education, self reliance and development
● Promote vocational skills of women for alternative means for livelihood
● Motivate potential women entrepreneurs to help in income generating activities for women and micro-enterprises.
● Strengthen family bonds to reduce instances of broken families and single parenthood
● Organize meetings, seminars exhibitions and trainings to promote exchange of knowledge and solution for social problems affecting women

Tribal welfare (VAIBHAV)
● Tribal Students Development Programme (TSDP)
What We Do: Ensuring that no child among the tribes in the age group of 5 to 24 fail, dropout or discontinue studies for whatsoever reason
● Educational support
● Inclusion and technical assistance for tribal people to enter in to central and state schemes.
● Skill trainings for students and youth towards employability
● Coaching for competitive exams
• **Locality development**
  **What we do:** Working towards better homes, green energy, drinking water and conveyance to improve life in isolated locations.
  - Welfare programmes in the field of health and sanitation
  - Infrastructure development support for isolated tribal communities
  - Tribal community hall
  - Tribal cultural centre
  - Drinking water supply scheme

• **Social Welfare programmes**
  **What we do:** Ensuring Livelihood through indigenous farming, traditional forms of arts and crafts, interventions towards better health and elderly life
  - Treatment assistance for the identified needy from the tribal communities
  - Support for indigenous farming methods through group farming
  - Support for promoting production and sale of indigenous forms of art and handicrafts.

• **Healthcare support programmes**
  **What we do:** ensuring that health of individuals and families are not affecting their social well-being, earning power and successful aging.
  - Counseling services: Ashakiran family Counseling Centre
    - Individual counseling
    - Family counseling
    - Pre-marital counseling
    - Substance dependence and behavioral disorder counseling
  - **Health awareness programmes**
    - Preventive measures towards seasonal air/water/vector borne diseases through community mobilization and action.
    - Awareness to promote blood donation and organ donation
    - Awareness programmes for women and children on health and hygiene
    - Awareness among school children on dental hygiene
    - Awareness for aging persons and vulnerable groups on lifestyle diseases
    - Awareness for all on environmental hygiene and need of plastic minimization
    - Medical camps in selected specialties as identified by communities.
    - Promotion of AYUSH streams for healthcare towards cost effective promotive health
    - Provision for mobility aids for persons living with disabilities

• **VIVEKANANDA YOGA KENDRAM**

• **SANJEEVANI blood donation forum**

**Disaster Management (SMART)**
Sevakiran Disaster Management and Rescue Team

Preparedness- early intervention trainings
Disaster risk reduction measures at disaster locations
Awareness programmes for the general public towards disaster preparedness
Rehabilitation and development of resilience among disaster affected communities
Healthcare management of disaster affected communities
Youth Development Programs

There was a youth training programme on August 15th at Sevakiran School premises. This was a one day motivational/leadership secession, which guided the participants to develop their dreams into working plans and to materialize it systematically. Mr Arundev PR and Mr. Sajeev PG handled the secessions and over 100 youth participated in the programme. The programme was evaluated to be very effective by participants during feedback.

Career Guidance Program

This year, we were able to conduct follow up of career guidance secessions conducted last year at Vadassery, Kottappady, and Thankalam. We ensured with these follow up secessions that nobody is left behind and nobody stands back. A continuous intervention is needed to improve career orientation of youth around, who have no affluent access to technology and internet.

PSC/UPSC coaching

We have registered 180 participants who are regularly attending the weekend classes and the classes are proceeding in an excellent manner. Dreaming of a government job and not having sufficient resources to support learning was alleviated for 180 aspirants with this humble initiative. We focused mainly on the marginalized groups of the society, such as Tribal youth, women and candidates from BPL families.
Balabhavan completed its first floor with spacious accommodation for the residents. With this added space, the centre grew up into a well-furnished place for the residents with ample space for leisure and studies. This year, we completed accreditation formalities under JJ act, with social justice department of the State. The main objective of Pragathi Balabhavan is to provide good shelter and homely care to the children who are denied their precious childhood and rightful education for no fault of theirs. We believe that with proper guidance and value-based education, we can mould the children into true patriots and good citizens with academic and professional excellence. We are arranging teachers and providing trainings to the students, in Music, Art, and drawings with a vision and mission of good efficient pupils of our society, we provided an environment of yoga, meditation, etc. to the students staying with Pragathi Balabhavan. The students are being provided with hygienic protein-rich diet as advised by medical officers and dieticians. This year Pragathi Balabhavan did new construction to increase the living area for children.

For the smooth running of Pragathi Balabhavan, we are getting a lot of help and aid from various corners of the society. The people come and spare their time with the children of Pragathi Balabhavan on special occasions and endorse the great achievement and express appreciation of the works/efforts done through Sevakiran Charitable Society. The Sevakiran Charitable Society and Pragathi Balabhavan are planning to improve their activities with a proper guidance from government officials and social development authorities. Presently we have 18 children as residents and our staff strength is five including Two Warden. For the enrichment and development of children we are observing and organizing many programmes in the Home like Training classes to children every week about various topic, Vishu festival, Independence Day Celebration, Study tour and Onam fest. This year Pragathy Balabhavan celebrated its Anniversary on the Deepavali Day with family get-together of local residents. This year, we had dignitaries like Dr Sabine, Rtd Justice. Ramachandran and many others to bless the occasion.
SWESTI
(Sevakiran Women Empowerment Society For Total Integrity)

SWESTI, has become the most successful project of Sevakiran within a short span of two years. Women Empowerment refers to increasing the social, economic, political and spiritual, strength of individuals and communities. Women Empowerment can be viewed as means of creating a social environment in which one can make decisions and make choices either individually or collectively for social transformation. It strengthens the innate ability by way of acquiring knowledge, power and experience. Empowerment is the process of enabling or authorizing individual to think, take action and control work in an autonomous way. Women empowerment means to control the physical, human, intellectual and financial resources and ideologies. Women empowerment is very essential for the development of society, which aim improve self-confidence, Capacity and knowledge for accessing the resources.

- To improve decision-making power of Women
- To build the capacity to access information and resources for their empowerment
- To develop self-confident in decision making and make change in the community.
- To empower women for Self-employment activities.
- To increasing one's positive self-image and overcoming stigma

This year we were able to conduct many programmes like

Unit executive’s training programme

A training programme was organized for unit members of all units under the theme of women empowerment: possibilities and practices by Mr. Arundev PR. This was an interactive training programme in which different units staged their skill sets through small programmes, discussed in an open venue; about the scope and limitations faced in the field of women empowerment practice, aspirations for development and so. The training proved to be an ice-breaking for the newly joined volunteers and a refresher course for the existing persons.

SWESTI executive committee training programme

There was training for the executive committee members of SWESTI on 26-01-2018, in which all executive committee members participated actively. There was a leadership training led by Mr. Manu (open up India solutions CEO and trainer) which was conducted in an interactive way. Personality training proved effective for the members in the day-to-day functions improvement to a great extent.

Lifestyle diseases awareness programme Kothamangalam

There was a lifestyle diseases awareness programme for the general public at kothamangalam at Vivekananda Vidyalayam Hall. The session was handled by Dr Jayalekshmi, an eminent trainer and was attended by more than 100 persons from the general public. SWESTI volunteers did a good work in organizing this programme and completing community mobilization.

Skill Development Training

There was a one day training programme for the volunteers who were interested in participating in skill development secessions. This was provided towards improving income through skill development. The secession was handled by Dr Nirmala Padmanabhan, associate professor/St Terasa’s College Ernakulam, who has been in to this training and running livelihood programmes by various SHGs around the district. This was a new opening for the members who participated. We are planning to set up a skill development centre for the general public in near future.
The anniversary of SWESTI was conducted on 24-07-2017. This function was presided by Dr Jayalekshmi, director of SWESTI, EN Narayanan Namboothiri, President of Sevakiran and decorated by Sevakiran officials. There were various programmes as conducted by members of various units and the function helped to build increased solidarity among the members. Group members shared their experiences as well as learning outcomes on associating with SWESTI. The future plans were discussed and a synopsis of the coming year’s programmes was scheduled as the concluding part of the meeting and all members clarified their roles in these programmes.

A State level seminar on “Various Issues Faced by Women who are Victims of Violence in the State of Kerala” was jointly organized by National Commission for Women and Sevakiran Charitable Society on 27th August, 2017 at Mark Residency Thalassery Kannur. The selection of the location was made; on the basis of the highest number of violence cases reported in Kerala being the district of Kannur. Majority of these cases were of the kind of violence against men as part of political rivalry as heinously planned and executed by different political parties from time to time. It was identified and projected by the media that women of these households remained deeply affected by these unfortunate and heinous acts of crimes which pointed out the need of conducting a well planned measure to assess the depth and gravity of such incidents on the lives of female members of such households. Nothing less than a direct interaction with the affected females could be used successfully since other forms of research couldn’t provide first hand information on the issue. Apart from this; such a venue was to be planned in an open platform for discussion and sharing so that; the voiceless and yet; deprived and marginalized female voices could be brought to the mainstream of the society and thereby; inviting timely attention of a highly reputed body of the nation such as NCW. After 4 months of planning and arrangements to make it a reality; in a controlled and moderated environment; we entered in to its realization on 27th of August 2017, Sunday.

The seminar was inaugurated by Prof Richard Hay, Honorable Member of Loksabha by addressing the gathering, Ms.SushamaSahu; the honorable member of the NCW rendered her wholehearted support by way of participation and active roles in the programme to make it a rich and rewarding learning exposure. The other dignitaries were Dr.Jayalakshmi, Director SWESTI and representatives from local self government institutions.
Programme structure
Session I- Legal Awareness for violence victims
Session II- Sharing of inspirational experiences
Session III- Counseling & Motivation to the victims
Session IV- Suggestions and Recommendations from the audience

Inaugural Session
The inaugural session began with a one minute silent prayer.

Welcome address : Adv. Aparna Renjith
Presidential address : Dr. S Jayalakshmi
Inaugural note : Prof. Richard Hay (Hon'ble Member of the Lok-Sabha)
Keynote address : Ms. Sushama Sahu (Hon'ble member of the National Commission for Women)
Felicitations : Mr. P Ramesh, Mr. K Lijeesh (representatives of the LSGI)
Vote of Thanks : Ms Devi Murali (exe. Member, SWESTI)

Prof Richard Hay, Hon’ble Member of Loksabha inaugurated the seminar by addressing the gathering. The MP through his speech raised the question whether Kerala is a safe place for women? He stressed that political assassinations have become a fashion in Kerala and women are the ultimate losers of such atrocities. He also said that Kerala despite being advanced in the fields of literacy, standard of living and status of the society the rate of reported crimes against women according to Crime Records Bureau is 67% in Kerala; which is higher than national average.

Figure 1: Ms. Sushama Sahu (Member/NCW addressing the programme

He expressed his concern that marginalized groups such as Dalit women and children are quite unsafe in this society and workplace abuses are also increasing alarmingly. He mentioned the recent issues that happened in Kerala such as persistent abuse of 17 girls in an orphanage, actress being abused on the way back home to elucidate that women are treated with sheer disrespect in the society of Kerala. He also urged the audience and National commission for women to conduct a positive discussion and suggest some amicable solutions to the issues faced by women.

Ms. Sushama Sahu; Honorable member of National Commission for Women was then invited to give the Key note address on the topic. She being the chief guest of the programme and engaged in the field of women issues for years was able to share wide perspectives on the actual issues faced by women. She specified that the alarming increase in the rate of violence against women in Kerala had actually scared everyone including her. There is no security for women in the contemporary Kerala. The oppressors are engaging in continued atrocities because they regard it essential for their continued existence. She also mentioned that the accused in cases of violence against women often remains unpunished.
Throwing light upon the issues at Kannur, she mentioned the cases of political riots show merciless acts of violence against women and children without any humanitarian consideration. She also felt that the women individually or in groups must come forward to seek remedy and must file their complaints to police or in other case they must seek assistance from the NCW. Giving motivation to the gathered audience she asked them to be self empowered. According to her only through self empowerment women can overcome the violence done against them. She also stated that whoever be the actual participants in the act of violence, women became the ultimate victims of them

Recommendations/Action Points

Those relating to Local Administration and/or its agencies

- Form support group of victims and engage the group by giving awareness and motivation classes to empower and motivate them to take right decisions on right time.
- Extend legal support from the legal service authority to these groups
- Extend counseling support free of cost to the needy persons of these groups as initiated by NGOs.
- Extend livelihood assistance to these support groups by imparting skill training and financial aid for starting up income generation activities.
- Render support for relocation for the needy.

STATE LEVEL WORKSHOP ON ISSUES FACED BY WOMEN AND THE REMEDIES
ORGANISED BY SEVAKIRAN CHARITABLE SOCIETY IN ASSOCIATION WITH NATIONAL COMMISSION FOR WOMEN

Sevakiran charitable society organized a State level Workshop in association with National Commission For Women “issues faced by women and the remedies” on 11th June 2017 at Hotel Vrindavan Inn ,Trissur. Shree.A VPrasad was the coordinator of the workshop. Welcome speech was given by Shri. Shankar Ram, Patron ,Seva Bharathi. Shri. Shabarinadh, Vice President , Sevakiran Charitable Society gave the felicitation.

The workshop was inaugurated by Shri. Sreedar Sagar , Director, Hindu seva pratishthan. Chief resource person was Shri Raman V. Ramalingam, from National Commission for Women, he gave an in depth presentation and spoke extensively about issues faced by women and the remedies. The Workshop was attended by 57 members from various organizations from the state. The workshop was concluded at 4.30pm with an interactive session which seems very helpful for the participants.
Sevakiran charitable society organized a State level Workshop in association with National Commission For Protection Of Child Rights on “Children Related Issues, Remedies And Rights” on 11th June 2017 led by Mr Priyank Kanooho at Hotel Vrindavan Inn, Trissur. Mr.PR ArunDev was the coordinator of the workshop. Welcome speech was given by Shri.PR Arundev, Secretary Sevakiran Charitable Society. Shri. Shabarinadh, Vice President, Sevakiran Charitable Society and Shri. Sreedar Sagar, Director, Hindu seva pratishthana gave Felicitation. The seminar gave an overview about the scope and magnitude of children’s rights and its implications pertaining to child rights based issues.
An educational institution named Vivekananda Vidyalayam is working in Thankalam, Kothamangalam for 24 years. The main objective of this institution is to provide quality education to each and every section of the society, irrespective of their caste, religion or economic condition. Vivekananda Vidyalayam of Thankalam got approval from Bharathiya Vidya Nikethan, and NIOS accreditation. School introduced new innovations to improve the extracurricular activities of the children like Yoga, Physical Education, Music, Sanskrit etc. We are providing training classes for capacity building of children towards higher exams like IAS by the VIAS Academy. Health Card, Daily Routine Card, Skill Development programs, Reading Corner, Observation of important days etc are maintained for the holistic development of children. At present we have 186 students in different classes and divisions. The institution is running with staff including the Head Mistress, 13 teachers, 4 helpers, 1 Office staff and 2 drivers.

Following are the activities that have been done by the Vivekananda Vidyalayam last year.

1. Started construction of new block
2. Food Festival
3. Kids Fest 2017
4. Savishkar 2018
5. Exhibition
6. Sports Day
7. World environment day

The construction work of first and second floors is nearing completion and the school will be able to accommodate 1000 children from next academic year onwards.
Hon.MLA Shri.Antony John was Inagurating Savishkar 2018
WORLD ENVIRONMENT DAY
VAIBHAV (Project for Tribal Welfare)

Taluk of Ernakulam District. It is having a wide number of tribal people consisting of communities like: Muthuvan, Mannan, Arayan and Ulladan. We have to conduct a long and tiresome journey, to reach the places of their lives. The social, economic and cultural development of this area is the main objective we have for implementing, Vaibhav

Tribal insurance scheme: Prathan Manthri suraksha Beema Yojna & Prathan Manthri jeevan Jyothi yojna

The insurance scheme offered to tribal families is assessed to be continued by more than 89% of the families. Though no need for claims being made so far; they can best utilize this plan when in need of treatments of advanced medical care nature.

Insurance Certificate distribution was conducted at Uriyampetty community hall to the tribal families, who opted policies. This kick started a new era of tribal families getting covered by health insurance. In the present scenario of treatment costs increasing tremendously; this gives them a new ray of hope by getting covered for most of the critical illnesses at very minimal cost.

Tribal community hall

The tribal community hall constructed at Uriyampetty is being handed over to the residents. As monitored by the ICDS supervisor and maintained by a log book, it has been utilized for community gatherings, panchayath meetings, PHC related programmes and camps and much more since the last one year; free of cost. This is an evident utility for the community and even residential camps can be planned making use of this facility.

Internship posting

Social work interns were posted to various tribal settlements of kuttampuzha region, who were able to conduct different types of studies. One of the groups, who were assigned to uriyampetty stayed back for a week and completed the task of digging a pond for drinking water during summer.
Lifestyle diseases awareness programme

Lifestyle awareness programme was conducted for the residents of kottappady location at Ayappara. More than 60 persons participated in the programme. The programme gave an overview of lifestyle diseases, its risks and ways to stay safe. A general feedback about the camp was very positive and participants expressed their willingness to keep watch on their BMI, food habits and positive health seeking behaviors.

Ashakiran Counseling Centre

Ashakiran successfully completed another year of functioning. With a view to conducting family counseling, pre-marriage counseling and old age counseling for the needy, we have formed a Counseling Centre named “Ashakiran” as our first project for the benefit of the society. To give relief and ease tensions and strengthen the students with mental strain and stress, to bring back the persons addicted to drugs and liquor to normal life and embolden the disappointed families for a better life are the main objectives of the Counseling Centre.

It has played a fruitful and key role in student counseling, family counseling and adolescent counseling. We succeeded in giving awareness to a number of people who were addicted to drugs and provided them strength to lead successful lives. With our committed work, we were able to bring back to life some people with suicidal tendencies, depression, disappointments and mental disorders. We have also played major role in settling family problems of many couples who were on the wedge of divorce and separation.

We have conducted a lot of orientation programme to provide awareness of different subjects to the youth. We have done awareness programme and seminars in blood donation and HIV AIDS. We also conducted a career guidance course with the help of Socio-Educational Organization through Ashakiran Counseling Centre.

In the year 2016-2017, Ashakiran Counseling Centre provide counseling in different field, they are 89 Individual Counseling, 64 Family Counseling,46 Student Counseling, 11 Pre-Marital counseling, 7 Awareness Classes.
SMART (Project for Disaster Management)

SMART is a project of Sevakiran with the objective of doing rescue operations by the help of socially committed and trained volunteers. This year was comparatively hassle free and no major disasters or natural calamities affected the region. So, our activities were limited to monsoon preparedness training and general orientation for the volunteers as routine refresher course.

This year, we were able to conduct successful flood relief activities at Thrikkarriyoor during monsoon 2017. We were able to serve more than 30 affected families, providing food, basic medicines and supplies.
Sanjeevani blood donation forum

This forum is working to create awareness among the general public about the importance of blood donation and thereby make timely arrangements for all blood groups for the needy in a time-bound manner. We have developed a volunteer forum for regular donation of blood and awareness generation campaigns in public places, schools and colleges. This year Sanjeevani donated 1288 units of rare group blood and saved 60 lives.

We are conducting different interventions for the community to promote awareness towards organ donation. Combined with this; we are deeply engaged in providing healthcare interventions for the general public, delivered in the forms of awareness secessions, screening camps, medical and dental camps and much more.

Days Observation & important functions

- **Treatment supports**
  Treatment supports were provided to 6 needy persons on the basis of identified emergency treatment needs. An amount of 55000/- was distributed to meet treatment costs. Funds were allotted to three persons for treatment for critical illnesses. This helped them to meet treatment cost for at least a minimum period.

- **Educational supports**
  Thirty six (34) students were provided with financial assistance to continue education and a total amount of 307095/- was distributed. With this, we ensured that financial constraints is not restricting chance for education to the deserving persons without any discrimination.

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**Food Grain distribution (Onam Kits)**

Onam is considered as the festival of Happiness and Prosperity. During that time so many families are not able to earn their daily bread. As part of the festival Sevakiran distributed Rice Kits to 100 families at various panchayath of Kothamangalam Taluk. With this initiative; we were able to support 100 families who were struggling to make their both ends meet for reasons like illnesses, lack of income, aging and an isolated life from the mainstream society.

A total amount of 45000 worth kits were distributed. One kit contained rice, food grains, cooking olis, masalas and other groceries sufficient for ten days.

**Days observed**

Sevakiran observed the days like Environment Day, World Yoga Day, Women’s day, World Youth Skill Day etc. We have developed a routine of observing days of National importance with various deprived classes of the Society; bringing them a ray of hope. Most of such celebrations have helped us to identify still unmet needs of the society; by facilitating a warm and rewarding venue for interacting freely without barriers and thereby understanding the issues and challenges faced in the day-to-day life by the communities.
Sevakiran, in association with AYUSH department; observed International Yoga Day in Ernakulam and Idukki. There were 14 mini camps conducted in association with this; training above 1000 from the general public. The main camp at Ernakulam was at Indoor Stadium Kaloor in which 1000 people participated. Second largest camp was at Nangelil Medical College (Ay) Auditorium, in which 500 people participated. In Idukki, the main camp was at Thodupuzha. Sri PJ Joseph (MLA) participated in the function and more than 600 people participated in the Yoga training. Yoga training was able to reach thousands of people in both the districts during the year.

Sevakiran charitable society celebrated the Yoga Day on 21st June at Idukki with the presence of Yoga / Allied science experts. The day was also celebrated as the valedictory function of Yoga celebrations. 682 members attended the seminar conducted at Idukki. Many civil society members along with the students and teachers of nearby schools, and other institutions attended the function.

The programme began at 7 AM in the morning and Thodupuzha Municipal Vice Chairman T K Sudhakaran Nair presided over the function. Thodupuzha MLA Sri PJ Joseph was the Chief Guest. He inaugurated the function by lighting the lamp. Sri J Prameeladevi, Member of State Commission for Women gave the Yoga Day message to the audience.
International Yoga Day

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Yoga day programmes: Idukki

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Many dignitaries such as Deputy collector P G Radhakrishnan, District Youth Welfare Officer V S Bindhu, Sevakiran Executive Member V M Mani, Former Santhosh Trophy Holder P A Salimkutty and T D Mohan talked to the audience about the importance of Yoga. The programme also included the seminar session lead by K Ratheep, M M Manjuhasan and T S Rajan the about the importance of yoga and breathing techniques in the prevention and treatment of diseases and leading a healthy life.

All the participants took pledge for spreading the message of Yoga in their neighborhood. The movie ‘Nobody’s Trip to Nowhere’ was displayed in the middle of celebrations. It is a beautiful movie about gurus, places, meditation, and the meaning of yoga in India. It’s a half-documentary, half-road movie. We also distributed IEC materials to the participants who attended the programme.

The enthusiasm and interest of the participants were clear from the regular participation of them in the programme. The camps were organized strictly administering the Common Yoga Protocol prepared by the CCRYN. The times scheduled at each location were either from 6.00AM to 7.00AM in the morning or from 5.00PM TO 6.00 PM in the evening. People from different sections of the society such as different age groups, gender, religion, caste etc… participated in the camps wholeheartedly.

Yoga helps to achieve the perfect harmony between mind, body and soul. It drives away all negativity from the system and promotes in the achievement of a healthy and a happy life. All participants were happy and we hopefully believe that the participants achieved benefit out of the classes. Five Yoga instructors who are well experienced or qualified were engaged as trainers in each district. All classes were having one hour’s duration.
Sevakiran charitable society celebrated the Yoga Day on 21st June at Ernakulam with the presence of Yoga / Allied science experts. The day was also celebrated as the valedictory function of Yoga celebrations. 531 participants attended the programme organized at Nangelil Ayurveda Medical College Auditorium, Kothamangalam, Ernakulam. The students and teachers of the medical college, along with the students and NSS volunteers of nearby schools, and public people attended the function.

The programme began at 7 AM in the morning and Sevakiran President Sri E N Narayanan Namboothiri presided over the function. Kothamangalam MLA Sri Antony John was the Chief Guest. He inaugurated the function by lighting the lamp. Dr. Vijayan Nangelil, Managing Director, Nangelil Ayurveda Medical College gave the Yoga Day message to the audience. Dr. A G Prasannakumari (Principal, Nangelil Ayurveda Medical College), Dr. Preejush Soman, Dr. Shibu Varghese, K G Pradeep (Sevakiran Executive member) and P M Jose (Yoga expert) also talked to the audience about the importance of Yoga.

The programme also included lectures given by the faculties of Nangelil Ayurveda Medical College about the importance of yoga and breathing techniques in the prevention and treatment of diseases and leading a healthy life.

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Sevakiran successfully organized 21 batches of Yoga classes in Ernakulam district from 21-05-2017 to 20-06-2017, all batches got 15 days of training each. At Ernakulam, 848 members participated in the yoga camps organized at different locations.

A minimum of 30 participants attended the camps at each location. The enthusiasm and interest of the participants were clear from the regular participation of them in the programme. The camps were organised strictly administering the Common Yoga Protocol prepared by the CCRYN. The times scheduled at
Yoga day programmes: Ernakulam

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WOMEN’S DAY CELEBRATION. 2018

International women’s day was celebrated on March 8th in a colorful manner, as initiated by SWESTI units. Justice Subitha Chirackal, first class Judicial Magistrate inaugurated the meeting and there were cultural programmes conducted by members of different units. The senior most members of all units participated. Adv Seemanthini delivered the message for the day and Sr Preitha, CWC member and director of Dharmagiri Vikas delivered the technical secession. There was Quiz competition for children from the member’s families and different cultural programmes afterwards. Ms. Rathi Narayanan, famous journalist gave felicitation and other office bearers of SWESTI shared the venue.
Way ahead

With new innovations and effectively implemented projects; we provided an effective set of services to the needy during the year. We have plans to provide sustainable solutions to all the segments of the society in the coming years. With this vision; we have planned up lot more projects for the coming year in the field of Education, Capacity Development projects for Women, Tribal development projects and Child Welfare programmes. We have finished preparatory registrations and cleared the formalities towards entering in to new proactive fields of services. We have gathered a team of volunteers and professionals to move towards these goals. According to Swami Vivekananda; “Arise, awake and stop not till the goal is reached” remains our guiding light. So, we never hesitate to move ahead.