



**SOCIAL SERVICE LEAGUE,
MERCY COLLEGE PALAKKAD
2023 - 24**

SOCIAL SERVICE LEAGUE

Mercy College, Palakkad

The Social Service League of Mercy College functions with various units like FCC, SPC, Mercy Home, Creche, Kaval Plus

MERCY HOME

Mercy home, home for Aged And Destitute women houses 25 senior citizens who are above 60 years age

FAMILY COUNSELLING CENTER

Family Counseling Centre established in 1991 it was functions under the Social Service League of Mercy College and it is aided by Central Social Welfare Board, Department of Child and Women Ministry Government of India.

Objectives:

- To provide support for the development of women , child and family.
- To conduct awareness programmes for the economically backward women& children of the locality.
- Counselors seek advice from Psychiatrists, Psychologists, lawyers and police officials.

Activities:

- Conducts outreach programmes in collaboration with various Government and non-Government Institutions.
- Organizes subcommittee meetings at regular intervals
- Creates awareness and mobilize public opinion on social issues.
- Facilitates Individual counseling, group counseling, family therapy, behavior modification therapy, environment modification therapy, marital therapy, reality therapy and psychological support to the client and family members
- Counseling services are extended to the different Government bodies like Women Cell, Women's Commissions and Family Court, Palakkad.
- Deals with all types of cases such as marital problems, family problems, Alcoholism, Adolescents and psychiatric problems.

- Conducts Pre-marital counseling, Counseling to family issues like dowry cases, property disputes and Counseling for marital mal- adjustment problems.

Context & Practice:

Practice of Year	Activities	Target Group	Collaborating agencies	Faculties.
Family Counseling Centre (1991)	1.Students,family, Pre-marital, personal counseling. 2.Training, School counselors, Anganwadi workers, Capo's Supervisors etc.,	Individuals, Parents, Teachers Students, and families in need of counseling.	Kerala Social Welfare Board, Kerala Police, Protection Officer, District Education Department, Social welfare department, Women Cell, Psychiatrists, District Jagratha Samithi, NGO's ,Local Panchayaths And Municipalities.	Separate Building, Two qualified Counsellors and two Office assistants.

Awareness class conducted by Family Counsellors

Sl.No	Date	Topic	
1.	15/7/2023	Parenting Issues	Parents of children in Crèche Mercy College , Palakkad
2.	22/8/2023	Orientation	Zoology and Botany students Mercy College , Palakkad
3.	14/9/2023	Awareness class	Zoology , Physics and Botany students Mercy College , Palakkad
4.	25/9/2023	Toxic relationship	First year students Mercy College , Palakkad
5.	29/9/2023	Anxiety	First year students Mercy College , Palakkad.
6.	4/10/2023	Activity oriented Class	Mercy college Palakkad.
7.	20/10/2023	Emotional Management	Mercy college Palakkad.
8.	22/11/2023	Toxic relationship	MercyCollege,Palakkad
9.	27/11/2023	Orientation	MercycollegePalakkad.
10.	31/1/2024	Personality Development	Moyans school
11.	14/3/2024	Debate Competition	MercyCollege,Palakkad
12.	7/3/2023	"Orientation Class"	Naniyod G.H.S.S

WORKSHOP AND SEMINARS ATTENDED BY COUNSELLORS

Sl.No	Date	Topic	Placed
1	12/6/2023	Vanitha Commission Megha Adalath	Collectrate Hall ,Civil station Palakkad
2	18/8/2023	Vanitha Commission Megha Adalath	Collectrate Hall ,Civil station Palakkad
3	13/10/2023	Vanitha Commission Megha Adalath	Taluk Conferance Hall
4	20/1/2024	Vanitha Commission Megha Adalath	Govt. Gust house Hall
5	15/3/2024	Vanitha Commission Megha Adalath	Govt. Gust house Hall

SUCCESS RATE OF FAMILY COUNSELING CENTRE 2021 APRIL TO 2022 MARCH

Total Number of Cases	-	172
Follow-up Cases	-	166
No.ofBeneficiary	-	419
Referredcases	-	33
Successful Cases	-	167



Service Providing Centre

During this period 65 cases were handled for Legal Counseling and 63% follow ups were done. 35 Cases settled through the counselling, Court and DLSA

Creche

Creche provides maximum facility for children below five years age of socially and economically backward women and working mothers of locality at subsidized rates. Children are provided with health check-up, are given nutritious food free of cost. Two support staff take care to improve the academic, communicative and social skills of children.



KAVAL PLUS

Kaval plus is an innovative program by the Department of Women and Child development, Govt. of Kerala. The beneficiaries of the program are children in need for care and protection and survivors of child sexual abuse. The project aims at the community based rehabilitation of children. The individual cases of each child dealt by Kaval plus are initially directed from Child Welfare Committee through District Child Protection Unit. Once the cases are received a detailed collection of socio-demographic data and assessments are being done from the first few house visits of the child. According to the assessment each child is categorized into either severe, moderate or mild. After this identification phase a separate ICP (Individual Care Plan) is prepared. Social Service League of Mercy College is the NGO which lays the platform for Kaval Plus in Palakkad district from 2021 (from pilot project itself). The hierarchy of staffs includes a Project Co-ordinator and separate case workers for

both CNCP and CSA children. For the time being there are totally 139 cases in CNCP and in CSA there are 106 cases.

Apart from these other services that are provided through the project are

Individual and Family counselling

Counseling services are being provided for both individual children and their families for the up-liftment of the child and family and to sort out the chaos experienced by the child and the one that exists within the family.

Parent Management Training

A complete day session exclusively for a group of parents of children which are included in the project. Detailed discussions and awareness classes along with activities are given to them in order to increase their motivation and to develop a responsible attitude in parenting.

Life Skill Training

A day or two sessions are given for children which includes 10 different skills that are very essential for a fruitful life. For each skill a minimum of two engaging activities will be given and through these activities children are educated practically about the respected skills.

Group Work

A complete day session exclusively for children included in the project. Here a group or cluster is formed after detailed scrutinization. Each member of the group are selected on reason and the activities and all other sessions will be planned according to that reason or a solution for that reason.

Physical and Mental Health Support

As per the need of the children and their family services will be provided by the help of government doctors either mental or physical health like De-addiction.

Educational Support

Helping children to continue education by providing guidance and support both emotionally and financially, helping the dropout students to their re-entry to schools and providing career guidance and motivating the children to take job-oriented diploma courses.

Connecting with various resources

After preparing ICP according to the need of the child and the family case workers will find out the appropriate government or non-governmental

resources that are applicable for the child and his/her family, these resources can be either economical, legal and so on.

Services provided with the help of Social Service League.

From the beginning stage itself NGO has been a huge help for the progression of the project, many of the children and families got effective services with the help of the NGO. Those are listed below.

- ☐ Conducted Community Awareness programme on POCSO Act and Prohibition of Child Marriage at Sundaram Colony at Kalapathy with help of Child Line and District Child Protection Unit (DCPU).
- ☐ Life skill training sessions were organized for CSA and CNCP children.
- ☐ Provided educational and legal support to children and their parents.



CHILDREN IN NEED OF CARE AND PROTECTION

Children in need of care and protection are at higher chances of entering into multiple problems in life. As most of them do not have adult support to help them in such difficulties that aggravate their problem. Many of these children experience physical abuse, sexual abuse, discrimination, termination from education, labeling and isolation. It is essential to ensure the safety and security of children to prevent the occurrence of future untraded events. There is a need to support these children through community-based supportive programs to reduce victimization

Other activities of SSL

Our league is lead by staff coordinators Sr. Jemini Jose and Ms. Delmy Davis K mainly directed by our principal Dr. Sr. Jorry T.F. SSL nearly has 50 students as social service representatives from each class who are active without any grace marks and profits. Our objective is the well being of every individual inside and outside of the college so they can reach their potential.



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Report on Adalathu

The Service Providing Centre, in collaboration with the Social Service League of Mercy College, organized an **Adalathu (Legal Assistance Camp)** at Mercy Home, Palakkad on 11/01/2024. The event commenced with a warm welcome by the Coordinator of the Social Service League. It dedicated one-on-one counseling sessions were held for individuals with sensitive or complex cases. The counselors provided emotional support and ensured confidentiality while addressing their concerns. This initiative aimed to address the grievances of vulnerable individuals and provide them with access to legal assistance, guidance, and solutions.



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Student Coordinator

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Staff Coordinator



Principal *[Signature]*
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Report on 'Koodu'

The social service league organized a community outreach program on 22/12/2023 to distribute the clothes to the deserving. The drive was a huge success with a large number of donations pouring in from students, faculty and staff. The donated clothes were sorted and segregated by the SSL Cell students based on size, gender and type before being distributed to the beneficiaries. The students handed over the collected clothes to the orphanage authorities of Palakkayam at Mercy College, Palakkad. The beneficiaries were overwhelmed with joy and express their gratitude towards the initiative. The social Service League also gave an awareness campaign about the importance of clothing donations and how it can help in reducing waste and helping the less fortunate. The students emphasized the need for everyone to donate old clothes that are in good condition which can be reused by someone else. It was inspiring to see young people coming forward to take up such initiatives that go beyond academics and have a positive impact on society. The Social Service League of mercy College hope continue such initiatives in the future and make a difference in the lives of those in need.



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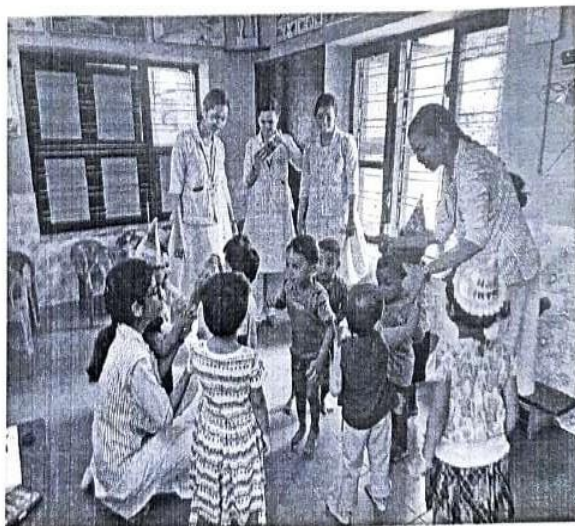
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Report on Children's day


The SSL students organized various activities for the children at the crèche (age group- 6 months to 6 years) like drawing and colouring, singing and dancing and story-telling on 14 November 2023. The student Coordinator Ms. Anagha Suresh introduced about Jawaharlal Nehru, Former prime minister of India, who been called lovingly by the children as 'Chachaji'. The children were thrilled to receive the sweets and eagerly participated in the fun activities. The event was a great success and the SSL students were delighted to see the children enjoying themselves. They express their gratitude to the crèche staff for allowing them to celebrate children's day with the children. Overall, the event was a heart-warming experience for everyone involved and the SSL students left the crèche with a renewed sense of purpose and commitment to serving their community.




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Report on Padheyam

The Social Service League of Mercy College, Palakkad, has always been at the forefront of community welfare activities. On October 4, 2023, the League launched a noble initiative titled "**Pandeyam**", aimed at providing noon meals to the needy every Thursday. This ongoing effort reflects the college's commitment to alleviating hunger and fostering compassion within the community. The primary purpose of "Pandeyam" is to support underprivileged individuals by ensuring they have access to at least one nutritious meal every week. By addressing the basic need for food, the initiative seeks to promote dignity and solidarity among those who are less fortunate.



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Report on Nurturing Young Minds

Social Service League of Mercy College, Palakkad, conducted a meaningful and interactive program titled "**Nurturing Young Minds**" for the parents of children on 15th July 2023. The class was taken by Bindhya P, family counsellor, Family Counselling Centre. It aimed to enhance parental awareness and equip them with effective strategies to foster their children's holistic growth during their formative years. The primary goal of the session was to emphasize the critical role of parents in shaping the emotional, intellectual, and social development of their children. The program received an overwhelmingly positive response. Parents expressed gratitude for the opportunity to learn and grow in their parenting journey.




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