

## RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)

### CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT ACTIVITIES

#### LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

#### HOME MADE HAND WASH MAKING

**Date of the Programme:** 17/07/2020

**Organizer/s of the Programme:** Junior Swaraj, Youth Red Cross, Rotaract Club, ENCON Club and NSS; Department of Social Work, RCSS

The Social Work Students of Rajagiri College of Social Sciences (Autonomous) representing Junior Swaraj, Youth Red Cross, Rotaract Club, Encon Club, and NSS initiated a livelihood programme offering free training in making Homemade Hand Wash. The coordinators of the programme made an official WhatsApp group for the interested participants named Homemade Hand wash Making. It was a 4- DAY programme. 32 students took part in this training. The participants were also provided with e-certificates.



## **SOCIAL WORK RESPONSE DURING PANDEMIC**

**Date of the Programme:** 5<sup>th</sup> June 2020

**Organizer/s of the Programme:** Department of Social Work, RCSS, and OYSTER (Alumni Association)

The webinar session “**Social Work response during pandemic: Education, Research and Practice**” was organized by the Department of Social Work, RCSS, and OYSTER (Alumni Association) of Rajagiri College of Social Sciences (Autonomous) on 5<sup>th</sup> June 2020. This was an earnest effort from the Department of Social Work, Rajagiri College of Social Sciences (Autonomous) to value and disseminate the efforts of Social Work Alumni of Rajagiri across the world in various sectors during the time of the pandemic. The programme was organized to value the efforts of many sectors working to fight against the pandemic. Presently the world is witnessing unusual changes that are triggered by the “lock-down” effect of this pandemic, such as the return of migrants and immigrants to their native place, educational reforms, reintegration of the vulnerable population, etc.

The speakers of the day were, Dr Fr. Joseph CMI, Dr George Palattyil, Dr M.P. Antony, Dr Shaju K.K., Ms Meena Kuruvila, Dr Fr. Saju M.D. CMI and Fr. Shinto Joseph CMI. The speakers spoke about the online classes conducted during the pandemic, the changes that took place in the educational system as well as in the working sectors, and also in the other areas which made an impact on the way of living.

The speakers gave a note on the role of social workers in the deep value of bringing relief, restoration, resilience, and empowerment to vulnerable lives. As a Social Service Centre, Rajagiri has initiated many programmes and projects under the Rajagiri outREACH to provide assistance and provisions to help the vulnerable population. The session came to

an end by 04.30 pm. On the whole, it was an interactive and informative session. The guidance and concept were clear and practicable in life.

**RCSS**  
RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)

**RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)  
DEPARTMENT OF SOCIAL WORK &  
OYSTER (ALUMNI ASSOCIATION)**

**Presents**

**WEBINAR ON  
SOCIAL WORK RESPONSE DURING PANDEMIC:  
EDUCATION, RESEARCH AND PRACTICE**

**Moderator**

  
**Dr. Fr. M K Joseph CMI**  
Head, Department of Social Work  
RCSS

  
**Dr. George Palattiyil**  
MSW Programme Director and  
Fellow of the Higher Education  
Academy University of Edinburgh

  
**Dr. M. P. Antony**  
Ex-Member, Kerala Child  
Rights Commission

  
**Mr. Shaju K. K.**  
Center In-charge  
Rajagiri Centre For Skill  
Development (RCSD)

  
**Ms. Meena Kuruvila**  
Project Director  
Rajagiri outREACH

  
**Dr. Fr. Saju M. D. CMI**  
Vice-Principal and Associate  
Director, RCSS

  
**Fr. Shinto Joseph CMI**  
Assistant Director  
RCSS

**5 June 2020  
3:00 pm - 4.15 pm**

## WORLD BLOOD DONORS DAY

**Date of the Programme:** 14<sup>th</sup> June 2020

**Organizer/s of the Programme:** Social Work students

“Every blood donor is a lifesaver”

The Social Work students of Youth Red Cross Club, Rajagiri College of Social Sciences (Autonomous) Kalamassery, observed World Blood Donors Day on 14<sup>th</sup> June 2020. This day is celebrated every year to spread awareness about the significance of blood donation and to recognize the contribution of blood donors in saving lives. The Youth Red Cross club of Rajagiri College of Social Sciences (Autonomous), acknowledged and thanked each and every blood donor and also shared thoughts about every blood donor who is a hero in someone’s life. The Social Work students created a poster and shared it through social media to promote blood donation.



## **CORONA OUTLIVE**

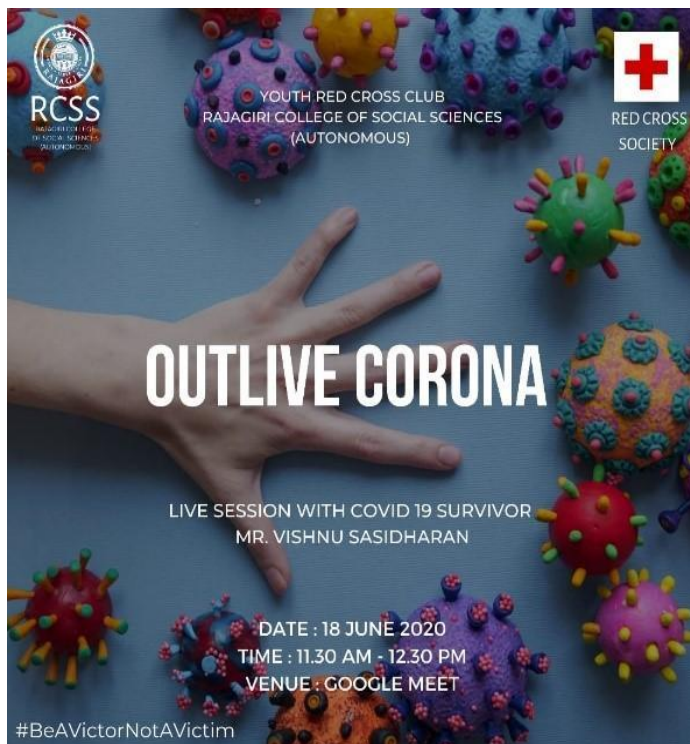
**Date of the Programme:** 18<sup>th</sup> June 2020

**Organizer/s of the Programme:** Youth Red Cross, Department of Social Work, RCSS

“Be a victor, not a victim”

The Youth Red Cross of Rajagiri College of Social Sciences (Autonomous) Kalamassery, conducted a talk with COVID-19 survivor, Mr Vishnu Sasidharan named

‘Corona Outlive’ on 18<sup>th</sup> June 2020 at 11:30 am. There were around 70 participants in the Google Meet.



The meeting was started by the Red Cross Club President, Libin Babu welcoming COVID- 19 survivor to the online platform on behalf of all the Red Cross Club members and later introducing him to the rest of the participants. Then with a smile on his face, Mr Vishnu shared his experience of being a Covid patient for more than 30 days, telling out what all he went through

during that time. All his ups and downs being in the hospital were shared out with the public. The session was very interactive and informative, the participants were eager to share their queries. It was an informative session as he could explain to us what all precautions we all are supposed to take during this pandemic period and also briefed out what all he had seen in the hospital, the day and night hard work of the doctors, nurses, and even the other co-workers, working and taking care of the patients. Being a new platform too

Mr Vishnu was willing and very friendly to solve out all doubts shared by the participants. The session came to an end by 12:30 pm.



- (55)
- Madhavi Manoj Warriar (You)
  - libin babu
  - Jebi Benedict
  - Risva M.
- Also in the meeting (51)



- (55)
- Madhavi Manoj Warriar (You)
  - Sony Shaju
  - libin babu
  - Jebi Benedict
- Also in the meeting (51)



## S.A.F.E. FORUM

**Date of the Programme:** 29/06/2020 - 01/07/2020

**Organizer/s of the Programme:** Social Work Students.

S.A.F.E forum 2020, an online engagement where brilliant young minds are given the opportunity to present their social initiative or project ideas to curtail substance



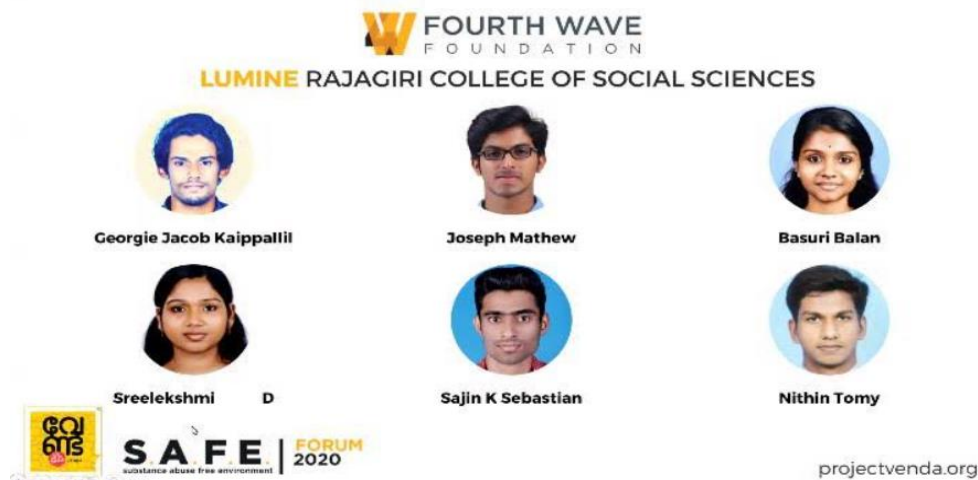
abuse among youth, was going on from 29<sup>th</sup> June 2020 to 1<sup>st</sup> July 2020. Among the 5 teams participated from Rajagiri College of Social Sciences, two teams were MSW II, year students. The two teams consisted of 6 students each and the teams were named “Lumine” and “BTA”.

The S.A.F.E.(Substance Abuse Free Environment) Forum is

a multi-stakeholder forum organized by Fourth Wave Foundation, initiative project VENDA, annually in the month of June commemorating the International Day Against Drug Abuse and Illicit Trafficking. Project VENDA empowers teenagers to say “No” to substance abuse and help to rehabilitate addicted and affected teenagers. The S.A.F.E Forum 2020 is the third in the series of S.A.F.E forums. In the sessions from 29<sup>th</sup> June 2020 to 1<sup>st</sup> July 2020, various eminent personalities like Dr Dharav S Shah (Consultant Psychiatrist of Mumbai National Consultant, NIMHANS), Mr Shane W Varcoe (Executive Director of Dalgarno Institute, Australia,), Mr Abhijeet Bardse, Co-founder, Slum Soccer, Ms Regina Mattsson, Secretary-General, WFAD, Sweden, Srhruthi Bopiah, Head of Client Engagement and Communications at Bridgeweave and, the Indian Musician Mr Stephan Devassy were all part of the platform. The panel discussion on the Role of Alternative Pursuits among youth in creating a Substance Abuse Free Environment discussed various relevant ideas like the role of sports and other physical activities in connection with mind

and body wellbeing and the need to discover the interest of youth so that they can be made productive.

The forum discussed issues, challenges, and solutions in the context of drug abuse. The participant teams of students from various colleges in Kerala came up with project



proposals regarding the eradication of drug abuse. 7 teams were shortlisted and the shortlisted teams got an

opportunity to present the project proposal before Mr Balagopal (Independent Director, Federal Bank), Joe Ikareth (Fashion designer, co-creator movability), Swarup BR, (co-founder. Stark Communications), Tina S George (Associate vice president, Muthoot Capital Services). The “Lumine” team was one of the 8 shortlisted teams. After the final presentation, the best project proposals were declared. The project proposal titled “Prakasham Parakatte” prepared and presented by team “Lumine” received 2<sup>nd</sup> place. The team members were Georgie Jacob Kaippallil, Joseph Mathew, Basuri Balan, Sreelakshmi D, Sajin k Sebastian and Nithin Tomy.

The S.A.F.E. Forum officially came to an end on 1<sup>st</sup> July 2020 with the vote of thanks delivered by Roshan Kunjachan. This was an insightful opportunity for the participants and was able to broaden the view towards understanding and assimilating the issue.



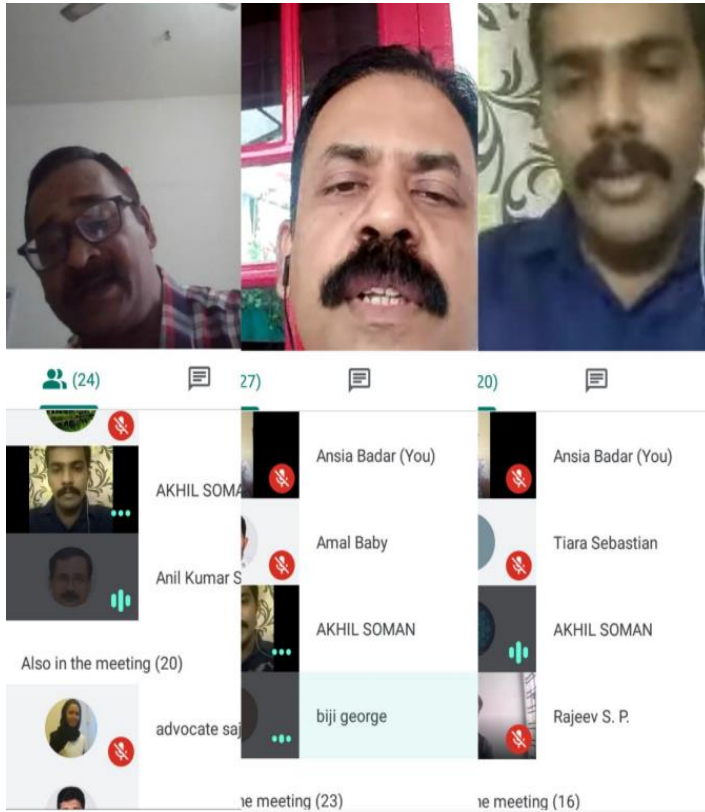


## Anti-Human Trafficking Awareness

**Date of programme:** 09/08/2020

**Organiser of the programme:** College Students

The Anti-Human Trafficking and awareness program was conducted on 9th August 2020 at 10 am through Google meet. The program started with the welcome



speech by Amala. D, 2nd year MSW student Rajagiri College of Social Sciences. Mr. S K Anil Kumar, Secretary, Sub Judge, Dist. Legal Services Authority (DLSA), officially inaugurated the meeting. He explained, in short, the different trafficking that exists in society such as, bonded labor, child labor, a violation against women, drug dealings, etc.

According to Article 21, human trafficking is completely prohibited, and in support of this, IPC 370, 371, 372 are also against trafficking. Mr. Biji George, Asst.

Commissioner of Police, Crime Branch, Kochi City Police, and Nodal Officer of AHTC, Ernakulam, explained the importance of making society aware of human trafficking. Human trafficking is a critical issue that must be talked about among school children, college students, etc. During the pandemic, the rate of trafficking has significantly increased. As responsible citizens, we must be equipped to prevent trafficking and protecting society. Mr. Akhil Soman, AHTC co-ordinator, talked in detail about the laws associated with trafficking, and the other authorities related to AHTC. The organization came into effect 6 years ago and is under the guidance of the government. Anyone witnessing any of the issues related to trafficking can dial 112 and inform the police. The details must include the informer's name, landmarks of the place where trafficking happens. These calls will be recorded spot and will be accounted for in the documentation process.

The important points discussed in the meetings are as follows:

1. Identification of cases: We must be able to observe and identify a person who is part of any kind of violent activity. Their physical body language, emotional state of being must be observed clearly and needs to be reported if it is a relevant one. The uniform service agencies are the anchoring units. There are rapid response teams and subcommittees (e.g.: child protection, women protection units).
2. Reporting: As we identify a case we need to report it to the officials and check whether they have taken any actions or not. If not, we can further contact the higher officials, the Childline, etc.
3. Rescuing: Once the case is reported the officials will take action to rescue the victims.
4. Rehabilitation: The victims who are rescued must be rehabilitated. Unfortunately, due to the lack of financial aid, many victims are unable to get rehabilitation.
5. Sensitizing the System: All units that could help in anti-trafficking should be brought together.
6. Awareness Creation: It is important to create awareness among the general public so that they will be able to identify, observe and report the violations that happen within their society.

The session concluded with the vote of thanks by Dr. Rajeev S P, Faculty-in Charge, AHTC Unit Coordinator, Rajagiri College of Social Sciences.

## CANCER PREVENTION AWARENESS

**Date of programme:** 25.08.2020

**Organiser of the programme:** Junior SWARAJ

Cancer is not a death sentence, but rather it is a life sentence; it pushes one to live.

A webinar on Cancer Prevention and Healthy Lifestyle was organized by Sanjeevani Life Beyond Cancer in association with SWARAJ, Department of Social Work, RCSS Rajagiri on 25<sup>th</sup> August 2020. Sanjeevani- Life Beyond Cancer is an award-winning

SANJEEVANI LIFE BEYOND CANCER  
IN ASSOCIATION WITH  
RAJAGIRI COLLEGE OF SOCIAL SCIENCES  
(AUTONOMOUS)

DEPARTMENT OF SOCIAL WORK  
SWARAJ

PRESENTS

WEBINAR ON  
CANCER PREVENTION  
& HEALTHY LIFESTYLE

Ms. Sumki Begum  
Program Coordinator (Outreach)  
Sanjeevani Life Beyond Cancer

Dr. M. K. Joseph CMI  
Head, Dept of Social Work  
Rajagiri College of Social Sciences  
(Autonomous)

INAUGURATION

25 AUGUST 2020  
TIME : 2.00 PM  
JOIN US ON ZOOM  
MEETING ID : 882 7995 1612  
PASSCODE : 418483

non-profit organization working for prevention, early detection, counseling, and rehabilitation of cancer and cancer patients. SLBC focuses on navigating them from disease to wellness and is a pioneer in Comprehensive Cancer Care.

The session started at 2.30 pm with the prayer song of Akhila K.V (3rd year BSW). Ms. Rekha Maria Biju (Secretary, Junior SWARAJ) delivered the welcome speech. Dr. Fr. Joseph MK, (Head, Department of social work, RCSS) inaugurated the webinar. After the inaugural address, Ms. Samodrita Neog (Program Executive, SLBC)

presented a brief introduction about the organization.

Ms. Sumki Begum (Program Coordinator Outreach, SLBC) was the resource person of the session. The session included videos with messages on tips for a healthy lifestyle and preventive measures for cancer from Ms. Ruby Ahluwalia, the founder of the organization and who herself is a cancer survivor. Ms. Sumki Begum stressed the need for the early diagnosis of cancer and the importance of identifying the symptoms. Students were able to understand the most common forms of cancer, risk factors of cancer, and most importantly, the do's and don'ts while dealing with cancer patients. The session was highly informative, and the students understood the social responsibilities that social work trainees undertake to enhance the lives of cancer patients. A quiz was conducted at the end of the session. All the students participated in the same. Ms. Ruby Ahluwalia, the founder of SLBC, joined us and enriched the session with her personal experiences. SLBC also offered virtual internship opportunities for the students of RCSS. Dr. Rajeev SP (Assistant Professor and Faculty Coordinator, SWARAJ) expressed sincere gratitude to the SLBC Team. The session ended with a pledge on Cancer battle, organized by Dr. Rajeev RCSS and taken by all the participants. A vote of thanks to the webinar was proposed by Mr. Vishnu Prasad (2nd Year MSW). There were 160 attendees for the webinar, and it ended by 4.10 pm.

## **TRAINING FOR VOLUNTEERS ON COVID 19**

**Date of the Programme:** 28/9/2020

**Organizer/s of the program:** National Service Scheme Unit

A training Programme on COVID 19 was organized by the NSS Unit of Rajagiri College of Social Sciences on 28<sup>th</sup> September from 11.30 AM to 1.30 PM. The speaker of



The poster is a vertical rectangular graphic with a light blue background. At the top left is the RCSS logo (Rajagiri College of Social Sciences, Autonomous). At the top right is the NSS logo (National Service Scheme). In the center, there is a portrait of Dr. Savitha K. Below the portrait, the text reads: 'Rajagiri College of Social Sciences (Autonomous) Presents TRAINING FOR NSS VOLUNTEERS ON COVID 19'. Below this, it says 'Dr. Savitha K Dy. DMO & Dist. Nodal officer (Covid Training) Dist. Medical Office Ernakulam'. At the bottom left, there is an image of a hand sanitizer bottle, a surgical mask, and a face mask. At the bottom right, there is a calendar icon showing '29 Sep 2020', a clock icon showing '11:00 am - 01:00 pm', and a Google Meet icon.

the program was Dr. Savitha. K., Dy. DMO and District Nodal Officer (COVID Training), District. Medical Office, Ernakulam. Dr. Savitha explained about Corona Virus, Symptoms, Precautions to be taken, Donning and Doffing, Future of the Corona Virus, and so on. The program was conducted on the Google Meet platform and there were 92 participants participated in the training program.



## MENTAL HEALTH OF YOUTH- WEBINAR

**Date of the Programme:** 09/10/2020

**Organizer/s of the Programme:** Department of Social Work (SWARAJ)

A webinar on Mental Health of Youth I am okay/ I am not okay – How do we know?

RAJAGIRI COLLEGE OF SOCIAL SCIENCES  
DEPARTMENT OF SOCIAL WORK

**Mental Health of Youth**  
**AM OK/AM NOT OK – HOW DO WE KNOW?**

We will explore the natural systems that enable us to know when we are not well and how our natural mental health "immune system" returns us to wellness. Does being young make it easier or harder? We will explore why and what to do to find what is possible – for you!

**Resource Person: RICHARD HILL**  
Co-author, The Practitioners Guide to Mirroring Hands  
Managing Editor The Science of Psychotherapy  
Past-President GAINS  
Patron ASCH

**09/October/2020**  
**9.30 am**

**Meeting ID:**  
940 4137 6362  
**Passcode:** rcss

**Moderator: DR. M.K. JOSEPH CMI**  
Head of the department  
Rajogiri College of Social Sciences

**ZOOM LINK:** <https://zoom.us/j/94041376362?pwd=V0RlVnRlZGp1aThlbnR1a0pYd0FkZ0Y9>

was organised by SWARAJ, Department of Social Work, RCSS on 9th October 2020 at 9.30 am as part of Mental Health Week. Fr. Joseph MK (Head, Dept. of Social Work, RCSS) moderated the webinar. Dr. Rajeev S P (Assistant Professor & SWARAJ Faculty Coordinator) delivered the welcome address and introduced the resource person Dr. Richard Hill (Co-author of The Practitioners Guide to mirroring Hands, Managing Editor of The Science of Psychotherapy, past president of GAINS and

Patron of ASCH). He spoke about mental health and physical status, the undifferentiated and differentiating idea of therapeutic experience. In the end, he concluded the session by quoting "Curiosity is a way of life and it is very important and we need to be curious in our life". It was a curious session and attendees raised their quires. Mr. Tibin Thomas (2nd Year MSW) delivered the vote of thanks. There were 100 attendees and the session was concluded at 10.40 am.


## **A WEBINAR ON MENSTRUATION**

**Date of the Programme:** 10/10/2020

**Organizer/s of the Programme:** Social Work students

A webinar titled "Menstruation" was organized on 10<sup>th</sup> October 2020 from 7:30 PM to 8:30 PM through Google Meet. The key speaker was Mrs. Premalatha Raju, ASHA Worker of Udayamperoor Panchayat. There were about 40 participants took part in the

session. As part of the menstruation, skill training was also organized on how to make cloth pads at home. The program was organized for men and women as both need to know about its importance in women's health. The faculty coordinator was Dr. Giji George.



DEPARTMENT OF SOCIAL WORK  
RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KALAMASSERY  
PRESENTS  
**SAHASRA**  
A New Reasoning  
**MENSTRUATION**  
Awareness class about Menstruation & Menstruational Hygiene

**MRS. PREMALATHA RAJU**  
ASHA Worker  
Udhayamperoor Panchayat

Faculty Co-ordinator

**Time : 7.30 - 8.30 PM**  
**Date : 10 Oct 2020**  
**Venue : Googlemeet**

Student co-ordinator  
Athira Menon  
PHN: 8547009731

Dr. Giji George  
Phn : 9744489040

## SOCIAL MEDIA AND MENTAL HEALTH-WEBINAR

**Date of the Programme:** 10/10/2020

**Organizer/s of the Programme:** Social Work Students

The agency supervisors provide support and confidence to conduct the webinar. The webinar was conducted with the help of the agency coordinators and the College faculty coordinators and the resource person who taken the session.

The poster is for a webinar titled "SOCIAL MEDIA & MENTAL HEALTH". It is organized by the Department of Social Work at Rajagiri College of Social Sciences, associated with Your Amigos Foundation. The webinar is presented by the college and is scheduled for 3:00 pm to 4:00 pm on 10th October 2020 via Google Meet. The resource person is Merlyn Baby, a psychologist and school counselor. The faculty co-ordinator is Sr. Bincy Maria. Student co-ordinators are Krishnadas K S, Liya T Saji, and Neha Rose Vincent. An e-certificate will be provided. The poster includes logos for Your Amigos, RCSS, and various social media icons.

**Your Amigos**

**DEPARTMENT OF SOCIAL WORK  
RAJAGIRI COLLEGE OF SOCIAL SCIENCES  
ASSOCIATED WITH  
YOUR AMIGOS FOUNDATION**

**PRESENTS  
WEBINAR ON**

**SOCIAL MEDIA & MENTAL HEALTH**

**E-certificate will be provided**

**Time: 3.00 pm to 4.00 pm  
Date: 10th October 2020  
Platform : Googlemeet**

**MERLYN BABY  
PSYCHOLOGIST  
SCHOOL COUNSELOR**

**FACULTY CO-ORDINATOR**

**SR. BINCY MARIA  
PH: 8281905630**

**STUDENT CO-ORDINATORS**  
Krishnadas K S  
Liya T Saji  
Neha Rose Vincent

**For More Information  
CONTACT: 9188562925**

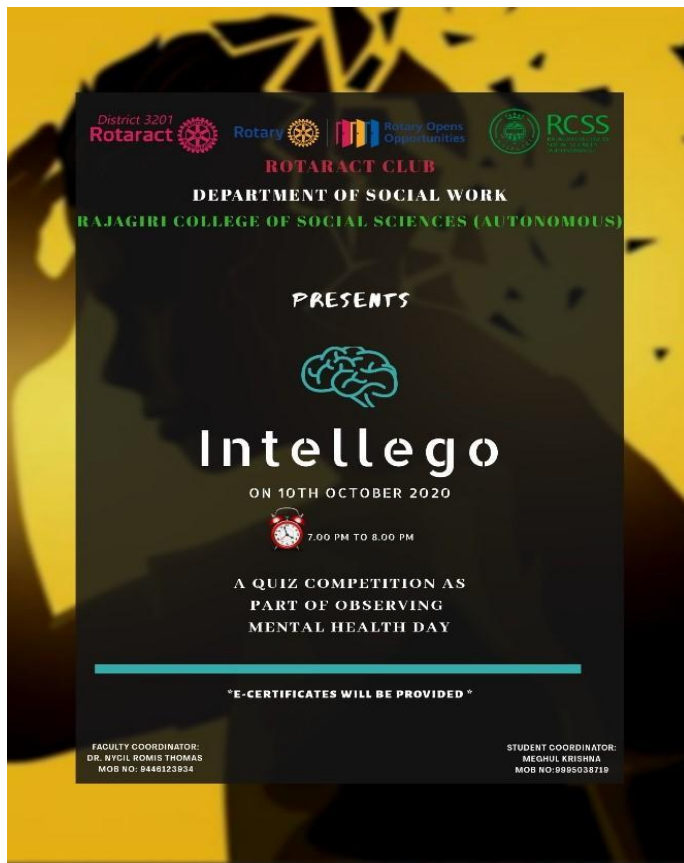
The social worker trainees started the program by 3 pm and ended at 4 pm. The session was handled by Mrs. Merlyn Baby who was a psychologist and a school counsellor who is presently working at Dhirubhai Ambani Reliance Foundation in Gujarat. The session was about social media and mental health and how social media influences mental health.

## INTELLEGO-WORLD MENTAL HEALTH DAY

**Date of the Programme:** 10/10/2020

**Organizer/s of the Programme:** Rotaract Club, Department of Social Work, RCSS

World Mental Health Day is observed on 10<sup>th</sup> October every year to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. The Mental Health Day provides an opportunity for all stakeholders working in the mental health field to talk about their work and what needs to be done to make mental health care a reality for people in the world.



Intellego was a quiz competition conducted by the Rotaract Club of Rajagiri College of Social Sciences (Autonomous) on 10<sup>th</sup> October 2020 from 7:00 PM to 8:00 PM as part of World Mental Health Day. More than 100 people participated in the competition. The quiz was conducted to impart awareness about the importance of mental health. Today many people are facing mental health issues and thus they fail to carry out their responsibilities. More than 100 people participated in the competition.







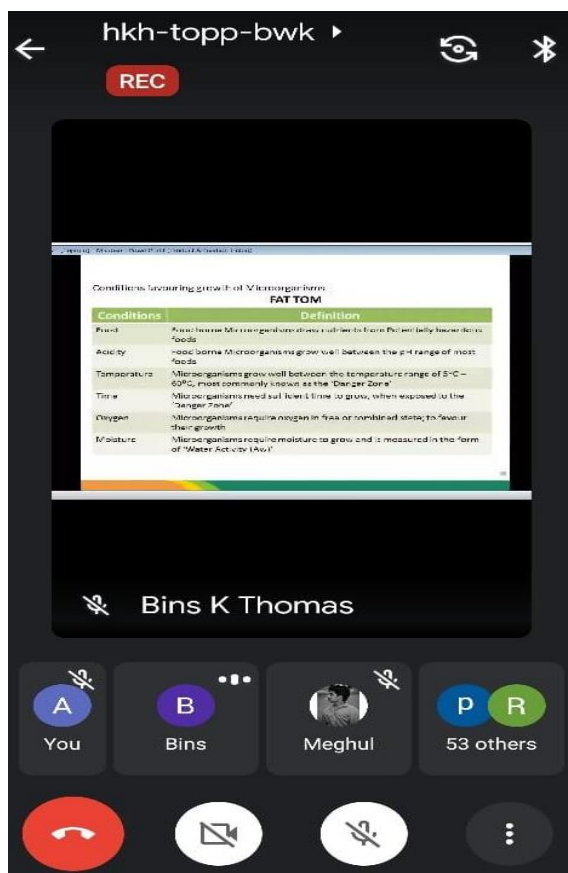
## WEBINAR ON HEALTHY LIVING AND FOOD SAFETY

**Date of the Programme:** 23/10/2020

**Organizer/s of the Programme:** Rotaract Club, Junior Swaraj, Department of Social Work

We often say that "Health is Wealth" but a question remains, 'is our wealth correctly being utilized for our health?' The issue of an unhealthy lifestyle is very serious, but people take it very lightly and continue to follow the unhealthy pattern of lifestyle which can harm both the body and mind.

Rotaract Club and Junior Swaraj of Rajagiri College of Social Sciences (Autonomous) Kalamassery organized VERDURAS a webinar on "Food Safety and Health Life" as part of observing International Food Day 2020. This webinar aims to make people get familiar with food safety and healthy living. The Resource person for the webinar was: Prof. Bins K Thomas (M.Sc. Food Science and Technology) Assistant Professor at ST. Georges College, Aruvithara). More than 70 participants attended the program and everyone shared good feedback, participants certificates were provided for all participants.



District 2201 Rotaract Rotary Rotary Opens Opportunities RCSS

ROTARACT CLUB AND JUNIOR SWARAJ  
DEPARTMENT OF SOCIAL WORK  
RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)

PRESENTS

# VERDURAS

A WEBINAR ON FOOD SAFETY AND HEALTHY LIVING

DATE: 23RD OCTOBER 2020  
10.00AM TO 11.00AM

VENUE  
Google Meet

Dr. M.K Joseph CMI  
Head Department of Social Work

Mr. Bins K Thomas  
(M.Sc. Food Science and Technology)  
Assistant Professor at ST. Georges  
College, Aruvithara

Dr. Nyeil Romis Thomas  
Faculty Coordinator  
MOB NO: 9446123934

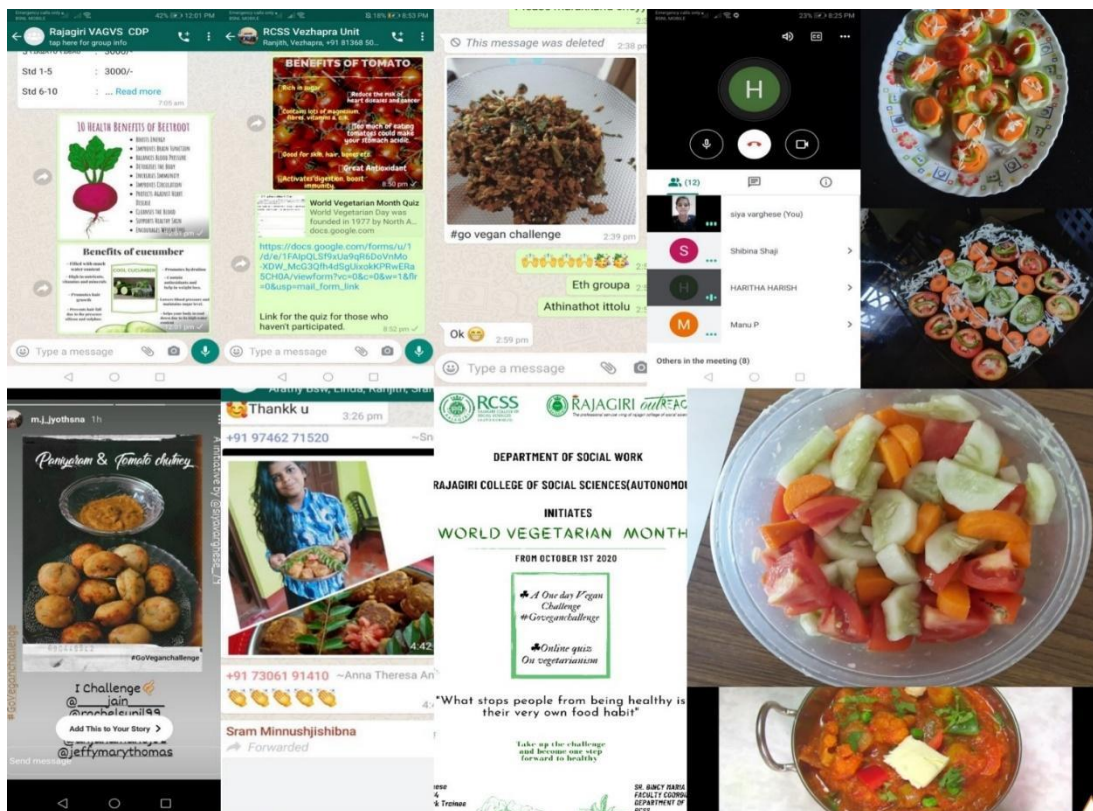
For more information contact: Sanjai Menon, 7902244123

# VEGETARIAN CAMPAIGN – OBSERVING WORLD VEGETARIAN MONTH

**Date of the Programme:** October

**Organizer/s of the Programme:** Social Work Students, Rajagiri Outreach

The social work trainee of Rajagiri College of Social Sciences organized a vegetarian campaign as part of observing the “World Vegetarian Month”. The programmes included an online quiz through Google forms on vegetarianism and nutrients. E-certificates were provided to those who scored above 50 percent on the quiz. The second was a vegan challenge that aimed to promote the healthy habit of including vegetables in our diet and promote vegetarianism. In the vegan challenge, the participants were asked to prepare a vegan dish and put it as a status with the hashtag #Goveganchallenge and aware other people. The programme was open from 4<sup>th</sup> October 2020 to 10<sup>th</sup> October 2020. About 105 responses were there for the vegetarian quiz and about 15 participants for the vegan challenge. This was conducted in collaboration with the Rajagiri outreach. Also, the posters showing the benefits of vegetables were shared through the Whatsapp groups.

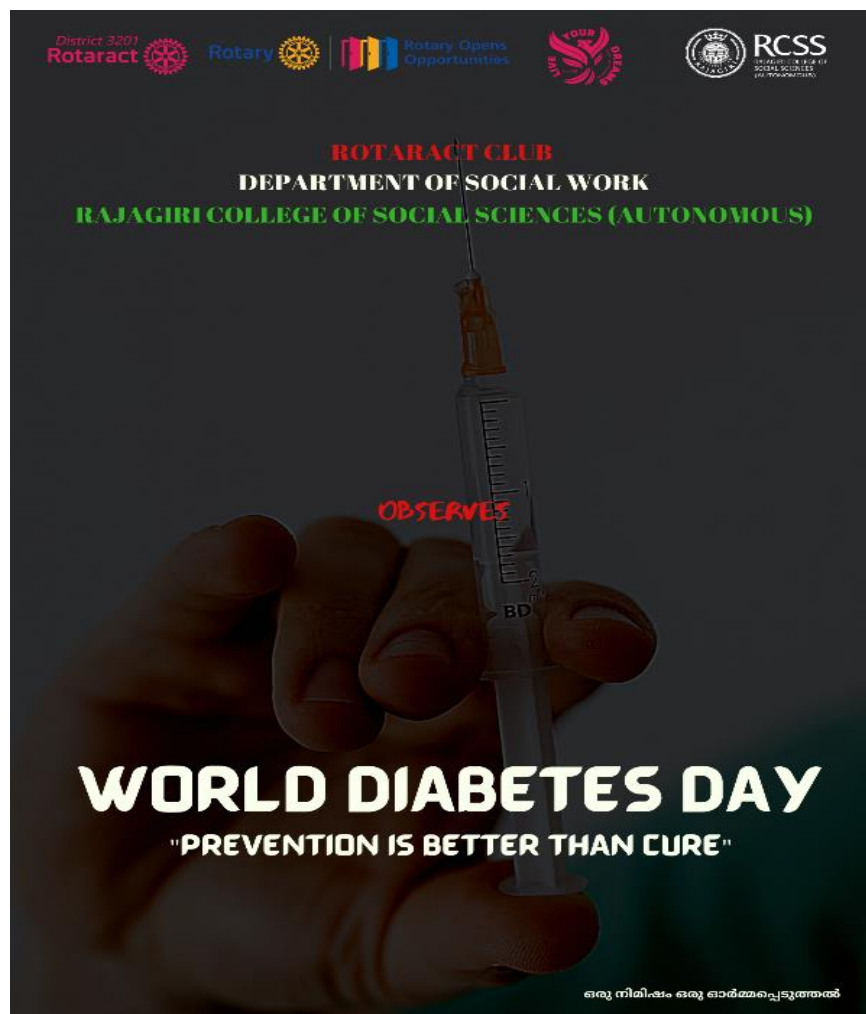


## WORLD DIABETES DAY

**Date of Programme:** 14/11/2020

**Organizer/s of the Programme:** Rotaract Club, Department Of Social Work, RCSS

World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed



by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

WDD is the world's largest diabetes awareness campaign reaching a global audience of over

1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight

Rotaract Club of Rajagiri College of Social Sciences organized an Awareness campaign as part of World Diabetes Day because always prevention is better than cure we can control and avoid diabetes through practising some healthy tips in our life. Nowadays the number of diabetes patients are increasing day by day so we can do whatever possible by ourselves for being Healthy.

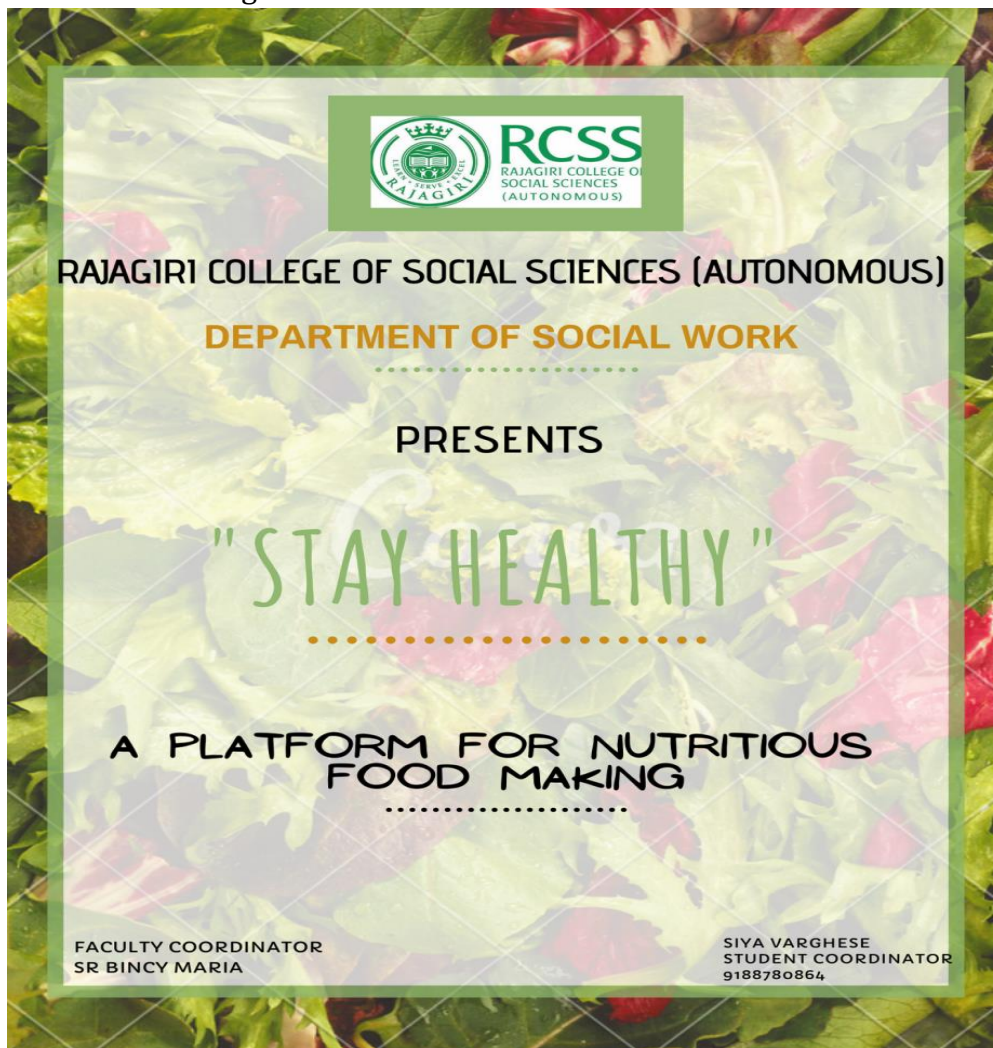


## **STAY HEALTHY” - NUTRITIONAL FOOD MAKING PROGRAMME.**

**Date of Programme:** 25/11/2020

**Organizer/s of the Programme:** **Social Work Students**

The Social Work trainees of Rajagiri College of Social Sciences conducted a nutritional food making platform for women and adolescent girls. This was conducted via the WhatsApp group. It was aimed to create a sense of awareness among the changing trends happening in the time of covid19 and inspire the members to switch towards healthy nutritious foods that could contribute positively towards our health. There were nearly 60 participants in the nutritional food making group. Videos of homemade nutritional foods were shared in the group. Group members were also given chance to share their food making videos.





## **WEBINAR: DOMESTIC VIOLENCE AND MENTAL HEALTH**


**Date of the programme:** 9/12/ 2020


**Organizer/s of the programme:** Rajagiri College of Social Sciences

A webinar on 'Domestic Violence and Mental Health' was Organised by Rajagiri College of Social sciences and School of Social Work in association with Rajagiri Service Providing Centre and Rajagiri Family Counselling Centre on 9th December 2020. The webinar was organised through the Google Meet platform The Resource Person was Dr Aneesh V Pillai, Assistant Professor, School of Legal Studies, CUSAT. The webinar was from 2.30 PM to 3.45 PM. There were 64 participants in total. Dr Aneesh started the session by explaining domestic violence. He explained about the victims of Domestic Violence, the types of Domestic violence, the characteristics of Domestic Violence and the reason behind it. Some of the students raised their doubts and asked questions to Dr Aneesh.

 **RAJAGIRI COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS) & SCHOOL OF SOCIAL WORK**  
*in association with*  
**Rajagiri Service Providing Center & Rajagiri Family Counselling Centre**  
*Presents*

  
*a webinar on*  
**DOMESTIC VIOLENCE AND MENTAL HEALTH**

  
Resource Person

  
**Dr. Aneesh V Pillai**  
Assistant Professor,  
School of Legal Studies  
CUSAT

*Join us on*  
**Venue: Google Meet**  
**Date: 09/12/2020**  
**Time: 2:30pm -3:30pm**

Contact: 9447381364  
[rajservice@gmail.com](mailto:rajservice@gmail.com)




## PAPER BAG MAKING TUTORIAL

**Date of the Programme: 12/07/2020**

**Organizer/s of the Programme: ENCON Club, Department of Social Work**

As part of Paper-Bag Day, which was on July 12th, 2020, the ENCON club, in collaboration with the NSS of Rajagiri College of Social Sciences, hosted a DIY paper bag making tutorial video. The video tutorial for making a paper bag was shared on social media, along with a small message about the negative effects of plastic use. The video was created in Malayalam, Hindi, and English. This has helped to promote the use of paper bags and avoid the use of plastic.



  
BINOY JOSEPH Ph. D  
Principal  
Rajagiri College of Social Sciences  
(Autonomous)  
Rajagiri P.O., Kalamassery-683104