



Foundation for
DEVELOPMENT
ACTION
Thriving for Resilience



2018 Kerala Flood, Peringara, Tiruvalla Taluk, Pathanamthitta District, Kerala

Annual Report

2018-19

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Ramesh Krishnan, Executive Director, FDA receiving memento from the Principal Secretary, Revenue and Disaster Management, Govt. of Kerala for participating in REBUILD KERALA INITIATIVE

FROM THE DESK OF EXECUTIVE DIRECTOR

With a heavy heart, I would like to present the Annual Report of our organization – Foundation for Development Action for the financial year 2018-19. WE consider the year 2018 - a black year for the entire state of Kerala.

The state in the month of August 2018 has experienced torrential rainfall, resulting in the opening up of all major and minor dams across the state of Kerala causing flood in all the 14 districts of Kerala and landslides in the high ranges. Government of Kerala estimated around 5.4 million people affected by the disaster and 433 persons lost their lives. Foundation for Development Action joined hands with international organization called Save The Children (STC) in extending succour to the affected people and communities of Pathanamthitta and Alappuzha districts by way of supporting STC with able human resources, community mobilization, networking & linkages with government departments & other agencies, opening of Child Friendly Spaces in government run relief centres and distribution of relief kits to the affected families and individuals. During 2018 Kerala floods, many national and international development organizations approached us for implementing FC supported flood response activities, but we couldn't heed to it with the sheer reason of the absence of FC a/c. Disasters are said to be an opportunity for every affected individual, organizations and communities to grow and become resilient to emergencies. We as an organization took this as an opportunity and start working on it and applied for 12AA, 80G certification and FCRA registration. I am proud to announce that, FDA is now certified with 12AA & 80G and registration for FCRA is under process.



We continued with the implementation Psychosocial Care for Children in Conflict with Law (KAVAL) project at Thiruvananthapuram and Pathanamthitta districts with support from Department of Women and Child Development (DWCD), GoK. During the same year, with funding support from the same department – the DWCD are have started implementing a new project which focus on under 18 school children who are in the clutches on drug and other substance abuse under project banner called, "Recovery and Mainstreaming of Substance Abused Children to School and Family – RMSASF". Disaster Risk Reduction is one of our prime focus area, under whose banner we have started building institutional and human resource capacities of Saraswathi Vidyalaya, Vattioorkavu for making their school safer to disasters.

I took this opportunity to sincerely thank our team who are striving hard to take the organization to the next level of excellency. Last but not the least, I would like to thanks, all our donors, various government departments, local self-governing institutions, domain experts, individuals, general body & executive committee members of FDA and all others who have supported us in beading the chain of humanitarian actions. I wish FDA team good luck.

Thanking you,

RAMESH KRISHNAN
EXECUTIVE DIRECTOR

MESSAGE FROM THE DESK OF PRESIDENT

I feel delighted to put on record that, our team of development professionals are exhibiting exemplary service contributing to attain the vision, mission statement and of the overall growth of the organization. Let all grow nurture under the leadership of the Executive Director and our board of directors who are the guiding light of the organization. It will be wise enough to start thinking on organizational development by giving thrust for staff capacity building and empowerment. A board of subject experts can be constituted based on our thematic area and develop new and innovative projects to be implemented differently with much greater visibility. Good luck to all.

Thanking you,

ANISH KUMAR
PRESIDENT

1. Who We Are

Foundation for Development Action (FDA) is a budding Not-For-Profit development organization registered on 19th of June 2008 under Travancore Cochin Literary, Scientific and Charitable Societies Registration Act 1955. The organization is working with people living in most vulnerable locations by strengthening individual, community as well as institutional capacity in reducing disaster risks; help children enjoy childhood, thus enabling them to lead a dignified life and facilitate youth to engage in sustainable livelihoods for economic and social transformation. The organization is run by an army of young, energetic and talented professionals representing various disciplines namely; Social Work; Health; Environmental Science; Law and Counselling.

2. Vision

Foundation for Development envisions safer societies, empowered communities and resilient nation through active engagement of children, youth and communities at large

3. Mission

Our mission is “to partner with vulnerable communities in shaping disaster-resilient society; ensure every child enjoy childhood to live a life with dignity and engage youth to achieve exceptional performance in their business enterprises”.

4. Core Values

Professionalism	We act with highest integrity, provide quality service, being reliable and responsible and uphold positive work culture.
Team Work	We provide support to each other, work cooperatively and respect one another's views and opinion and make working environment a joyous one.
Learning and Adaptability	We keep ourselves open to learn from “Best Practices” and want to learn something new from every person and every community for whom we work.
Innovative and Creative	We always believe doing things in a different manner. For this we will have community consultation and listen to our stakeholders. While doing this we will keep it in our closest concern not to compromise on human ethics and damage environment.
Transparency and Accountability	We commit ourselves to maintain high level transparency and accountability in our actions and in our dealings with project beneficiaries, donor agencies, government, partner agencies, public and our own staff members. We will make all effort to inform general public about the work we undertake with resource support from donor agencies.

5. What We Do

- Disaster Risk Reduction
- Child Right / Protection
- Livelihood Security
- Training and Capacity Building

6. Where We Work

Foundation for Development Action is working in the entire fourteen districts of Kerala.

Activities implemented during the reporting period

1. PSYCHOSOCIAL CARE FOR CHILDREN IN CONFLICT WITH LAW (KAVAL)

Foundation for Development Action in association with Department of Women and Child Development (WDCD), Government of Kerala is providing psychosocial care and protection to Children in Conflict with Law at Thiruvananthapuram and Pathanamthitta districts with technical assistance from National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru under project "KAVAL". FDA has reached and provided various services to a total number of 75 CCL's. Following are the brief of activities implemented under Kaval projects of Thiruvananthapuram and Pathanamthitta.

Home visits

Home visit is the first entry point of providing services to children in conflict with law. After the list of CCLs are received from the District Child Protection Units, the project team undertake visits to all the homes of the children and build rapport with the CCL and with his/her family members. First-hand information of the case is collected from the CCL and family followed by several visits to prepare a plan of action for intervention. Subsequent home visits are also considered as a tool to observe and understand changes happening or has happened in a child. In total 273 houses were visited during the reporting period.

Pre assessment and data collection

Before a child is included into the project, a pre assessment survey is conducted. In the pre assessment survey, data is collected on the parameters like anxiety level of the child, childhood trauma, addiction details of the child (if any) and parental care etc. By doing so, we get an understanding of the psychosocial and behavioural patterns of the child. Likewise, parental version of pre assessment survey is also taken to know parents understanding about the child and to assess family boundaries. During the period 89 children and their parents were covered under the pre assessment survey and data collection.

Individual counselling

Individual counselling sessions are perceived as pillar stone of behavioural modification in a child. Through the counselling sessions we collect inferences of a child's behaviour, his/her habits, peer influence, interpersonal relationship between siblings and assess family boundaries. During the period 123 counselling sessions were conducted with children in conflict with law.

Parental Management Training

Socialization of a child starts at family. It is through this process the child learns social norms and family is considered as the basic unit to provide care and protection to the children and bring positive upbringing in children. Studies shows that, a larger chunk of Children in Conflict with Law represent from broken families, single parent. The impaired family functioning and other vulnerable factors within the family lead the child to more complications. There is also lacking family enrichment activities. Many parents are unaware about the needs of the child and how to deal children in problematic situations. The main objective of the training programme is to identify root causes of family dysfunctional and address those issues more scientifically through family enrichment programmes, build capacity of parents to learn and imbibe skills to understand their child as they are and how to deal children and adolescents. At Pathanamthitta 20 parents attended the PMT, whereas at Thiruvananthapuram inputs of the PMT was included in exclusive counselling sessions of parents.

Parental counselling and orientation

Parental issues and related family problems are the major reasons for a child becoming CCL. Family disputes, broken families, single parent families, alcohol and drug addiction of father and other family members, mental health diseases all leads to traumatic life experiences for a child. Also, child don't get parental love, care, affection and protection from parents and other family members. This leads to the evolution of problems and behavioural dysfunctional among children. Most of the parents are unaware about child's needs and their issues. During adolescent age children's issues are more complicated and parents ignore those issues and thus it slowly started becoming behavioural problem. Parents may not know symptoms of ADHD, Autism, other behavioural and conduct

disorders, addiction to substances etc. Parental counselling helps the parents to solve the issues of children and parents and they treat their child in a more scientific manner. It also facilitates in settling down issues within family members, give guidance for their financial management, educational guidance and other matters related to family. It helps the parent to get a knowledge about child's behaviour and its remedial measures. A total of 59 parents were part of the parental counselling and orientation programme.

Group work sessions

The main objective of group work is to ventilate child's feelings of a difficult situations. Mental health condition of the maximum children are weak. Through GW we mainly aim to develop and install ray of hope and prosperity among the children. It includes how to cope up with stressful situations, how to change daily routine from idleness to enthusiasm and engaged, how to interact with family members, how to reduce peer influence and action plan for future etc were part of the discussion. Group work sessions help to find out group dynamics among CCLs in the same category and thus guidance was given to the CCL according to their needs. Facial expression cards, story writing, family portrait, clay modelling, thematic expression card, writing, drawing and doll play etc were the major tools used. 19 group work sessions were organised in which 47 CCL's participated.

Life Skill Training

Life skill training programme is to help children to use their life skills in such a way to overcome their own crisis situations. Lack of life and social skills make the child vulnerable to unlawful activities. (WHO) defined life skills as abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. In the case of children in conflict with law it is necessary to provide them with those key skills. Self-Awareness, Creative Thinking, Critical Thinking, Decision Making, Problem Solving, Interpersonal Relationships, Effective Communication, Coping with Emotions, Coping with Stress & Trauma, Empathy are the LIFE SKILLS followed and practiced by the CCL. Each skill was explained through group games / exercises. A life map exercise was done with the children to identify their current status, goals and future plans. They were asked to depict the contents on a chart and to explain in the group. Problem solving games, puzzles and games on communication skills, short film and documentaries were showed. At Pathanamthitta 10 children participated in life skill programme.

Individual care plan

Individual care plan is a detail action plan prepared for each CCL after a series of counselling session with the CCL and his/her parents/guardians and based on the pre assessment data collected and also from the inferences of group work exercises. It is a detailed work report of the child and all psycho social activities given to the child for his/her holistic development. During the period 84 Individual care plans were prepared and submitted to the concerned district child protection units of Thiruvananthapuram and Pathanamthitta.

Vocational skill trainings

Economic rehabilitation for needy CCL is also taken care by FDA on a case to case basis. Preference is given to children from poor economic and social background and whose parents are terminally unemployed. As part of it, orientation programme for parents was organised in which resource persons from national/state flagship programme was invited to speak on the scope and prospects of the trades available with them and admission norms and conditions. After conducting orientation programme, individual siting was held with the parents and child to select the trade / vocation as per the interest and aptitude of the child and thus he/she is groomed to clear the screening test. Nine children joined various trades like Basic Car Service, hospitality, Diploma course for AC mechanic, Basic Computer courses, Electrician course under DDUGKY, NULM/NRLM schemes and few courses of ITI & Polytechnique. For allowing one CCL to join the vocational skill training programme, the organization has arranged sponsorship of Rs. 5000 for one CCL to join mechanical trade at OGTM Skill training academy at Kottiyam, Kollam.

De addiction treatment

From individual counselling session, it was found that four of the CCL's are having habit of using cannabis on a regular basis. At Thiruvananthapuram two children were linked to Vimukthi centre run

by the Excise Department Government of Kerala for de-addiction treatment and for psychiatric medical support the children are getting help and medicine from Mental Health Centre, Peroorkada. At Pathanamthitta, the project team converted it into a community intervention programme, wherein with the help of CCL's, they have identified more children addicted to Cannabis and few are also carriers of it. By gaining the confidence of CCL and other children, they together formed a group called Community Based Change Group (CBCG) with 6 members. The project team started working with them to persuade them to shake off using cannabis. Regular meeting and interaction with CBCG members and their parents are in progress.

Educational support & special classes

As part of the intervention the project team of Pathanamthitta provided special training to three CCL's for preparing for National Defence Academy examination. Other than this the team has provided educational support to sixteen CCL's to clear their examination.

Staff training and capacity building

Project staff are being trained by the Department of Women and Child Development and National Institute of Mental Health & Neuro Sciences on regular intervals. As part of it project team from both Thiruvananthapuram and Pathanamthitta had attended three days residential training at NIMHANS campus, Bengaluru.

MIS Data entry

The Department of Women and Child Development and Integrated Child Protection Scheme jointly developed a online platform for entering detail of all Children in Conflict with Law including their Individual Care Plans (ICPs), basic data, weekly action plan and progress report. During the period, ICP's of 71 CCL's were entered into the web portal.

Follow up activities

Follow up activities are additional works undertaken by the organization for the betterment of Children in Conflict with Law of phase 2 (Sept 2017-Aug 2018). At Thiruvananthapuram, six CCL's were groomed and they joined various vocational skill training programmes under DDUGKY - national flagship programme, RCI and of other private vocational skill training centre. Five CCL's with addiction to cannabis and other substances were admitted to Medical College Thiruvananthapuram for de-addiction treatment and psychiatric treatment.

2. RECOVERY AND MAINSTREAMING OF CHILDREN ON SUBSTANCE ABUSE (RMCSA)

With support from the Department of Women and Child Development (DWCD), Govt of Kerala under Integrated Child Protection Scheme (ICPS) Govt of India, FDA is implementing project titled "Recovery and Mainstreaming of Children with Substance Abuse to School and Family". The project is piloted at 20 selected High Schools and Higher Secondary Schools at Thiruvananthapuram, Neyyanttinkara, Nedumangad & Chirayinkeezhu taluks of Thiruvananthapuram district. The project



basically focuses on children under 18 years of age with substance abuse. Brief of the activities implemented during the reporting period are narrated below.

Formation of internal and external panel of experts

The objective behind the formation of internal and external expert panel is to guide the implementing NGO - Foundation for Development Action (FDA) on how to take the project in right direction. The NGO had several rounds of meetings and consultations with subject experts like; Psychiatrists, Psychologist, Physician, middle level officers of excise department on various dates and had finally constituted External and Internal Panel of experts. In both the panels, three psychiatrists, two psychologists, one each of physician and counsellor were included.

Selection of schools

The project team with the help of Excise offices of Thiruvananthapuram, Neyyattinkara, Nedumangad and Chirayinkeezhu range had prepared list of schools where addition related cases are reported high. Hot spot schools are then selected from the list of schools and submitted to District Child Protection Unit, Thiruvananthapuram for approval.

Addiction survey and sensitization programme for parents, teachers and students

We have conducted school-based sensitization programme followed by survey among parents. The objective of the programme was to enhance knowledge base of parents on the problems faced by adolescents, its management and to identify addictive behaviour among children. Topics covered in the sensitization programme includes, Physical, emotional, psychological characteristics of adolescents, adolescent risk factors lead to drug abuse, parenting style, family impeding factors leads to substance abuse and symptoms of drug abusers. Major times was spent on sharing more on addiction and addictive behaviour among adolescents. This session was informative for the



parents as it gave them an insight on symptoms of drug usages in children like, child spending most of his/her time alone, showing high level of aggressive behaviour, craving in sweets, spending more time in bathroom, deep fantasy thinking, high level of energy or depression, small scratches in hand, destroying equipment or things at home, loss of appetite or excessive hunger, insomnia / excessive sleep, hallucinations, paranoid behaviour, philosophical talk, poor academic performance and poor concentration and requesting for more pocket money or indulging in theft. Towards the end of the sensitization programme the parents were given survey questionnaire to fill. The counsellor explained all the question one by one and guided the parents on marking their responses in the questionnaire. The objective of the survey was to assess whether their child has substance abused. During the period we had sensitised 238 parents under six awareness programmes.

Two- days Teacher's Training on identification of children with substance abuse

Foundation for Development Action in association with the Department of Women and Child Development, Government of Kerala has provided training to 47 teachers from 23 schools in two batches. The purpose of the two-day training programme was to build the skills and capacity of the teachers to identify substance-drug users in schools. The experts working in the field of child psychiatry and de addiction facilitated all the technical sessions of the training programme. Topics



of the training programme were finalized after having consulting with subject experts and development of training module. Topics covered in the training programme are; introducing the project objectives and components' Substance abuse- An overview; Adolescents mental health problems; Knowing the adolescence; experience sharing by officials of excise department, De addiction treatment; objectives and activities of a likeminded project named – KAVAL and Counselling techniques.

Identification of children with substance abuse through teachers

After conducting two batches of teachers training programmes, we have received more than 100 identified substance users from various Schools. Among those, 32 students are identified as substance/drug users. Out of these 32 drug users, 6 students are referred to Thiruvananthapuram Medical College for treatment and they are undergoing through the treatment process. Due to examination and other tight academic schedule we couldn't reach out to the remaining students. The process of contacting the remaining students are under progress. Our project team is still doing school outreach sessions to identify more substance abusers and build rapport with the children.

Counselling Sessions and Psychometric Assessment

The project team which included the Coordinator and the Counsellor provided counselling services to all the identified children with addiction as part of psychological first aid. The children were then taken to the Psychologist for undertaking psychometric assessment to scientifically prove the level of addiction and substance use. After conducting psychometric assessment, 6 children were referred for treatment at Thiruvananthapuram Medical College and the counselling sessions are continuing as per the need of the client.

Parenting training

One day training was given to 22 parents of children with addiction on 24th of February 2019 on positive parenting and management of children with addiction and behavioural dysfunctional. The session was handled by Psychiatrist and Psychologist.

Development of knowledge material

A brochure of the project was developed with the help of experts working in the field of addiction. The brochure consists, services available in FDA for the management of child addiction; basic information on drugs and addiction; precautions against drugs and list of institutions in Thiruvananthapuram district where de-addiction treatment and rehabilitation services are available.



3. SCHOOL SAFETY PROGRAMME AT SARASWATHI VIDYALAYA

Foundation for Development Action (FDA) is providing technical support and guidance to Saraswathi Vidyalaya based at Vattiyoorkavu, Thiruvananthapuram, Kerala to implement a comprehensive School Safety Programme by following National School Safety Policy Guidelines 2016 of National Disaster Management Authority (NDMA). The initiative is a first of its kind in the state of Kerala. MoU was signed with the school management on 24th of March 2018.



Saraswathi Vidyalaya was founded in May 1991 by late Prof. N. C. Nair, an eminent educationist under Ananthapuri Educational Society, a philanthropic and charitable Institution. The school follow syllabus prescribed by the Central Board of Secondary Education (CBSE) 10+2 system. The school has grown into a gigantic educational complex consisting of more than 3334 students, 129 teachers and 156 non-teaching staffs. The aim of the project is to build capacities of the school management, teaching and non-teaching staff and students on managing disasters both natural and human induced. A twenty- member School Disaster Management Committee (SDMC) was formed with representatives from Police, Kerala Fire & Rescue Services, Revenue Department, Health and

School Management under the chairmanship of School Principal. Following are the brief of activities implemented at school by involving government departments, agencies and other organizations.

Awareness programme on safe driving practices

A half day awareness programme on safe driving practices was organised on 9th May 2018 for 53 school bus drivers and conductors. The awareness programme was facilitated by Motor Vehicle



Department, Government of Kerala. The aim of the programme was to create awareness among school bus drivers and attenders on safely transport children from home to school and back to home. Topics covered were; mob psychology after an event of road accident, government's guidelines on credentials required for driving a school bus; roles, duties and responsibilities of school bus drivers and conductors; safety measures to be followed while picking up, transporting and alight children; conditions of the road network & proliferating number of vehicles; casualties of road accidents with year wise data; do's and don'ts before taking a bus on road; permissible speed; importance of wearing seat belt while on wheels, importance of side mirror & checking black spot while moving forward the bus from static position; condition of tyres and air differences etc. The trainer also explained safety measures to be taken after an accident including the role of driver during an accident if he/she is not physically injured to respond to emergency situations, bus drivers and conductor should have technical knowhow and skills to administer first aid and finally promotion of personal health and hygiene.

Training on Rescue and Basic Fire-Fighting Techniques

Foundation for Development Action (FDA) in association with Kerala Fire & Rescue Services, Government of Kerala had organized four batches of training programme on 'Rescue and Basic Fire-Fighting Techniques for school bus drivers; conductors; security staffs; teachers, lady helpers (Aya) and students. The training programme was attended by a total of 158 persons. Detail of training programmes conducted are given in the table below.

Target Group	Date of training	Number of participants
School Bus Drivers, Conductors and Security Staffs	11-May-2018	44
Teachers	21-May-2018	46
Lady Helpers (Aya)	26-May-2018	31
Students Response Team	06-July-2018	37
	Total	158

The aim and objectives of the training programme was to enhance knowledge level, create awareness and impart basic skills among targeted groups to adopt various rescue and basic fire-fighting techniques during an emergency situation at school or in community. Topics covered were, 1) definition, phenomenon, physics and chemical properties of fire; 2) classification of fire under categories of A, B, C, D and E; 3) methods to control fire such as 'Starvation', 'Blanketing' and 'Cooling'; 4) importance of installing necessary fire safety equipments in school building, its regular maintenance; 5) use and operation of fire hydrants, water sprinkling systems and alarm system; 6) building capacities of teaching and non-teaching staffs to handle fire safety equipments; 7) demonstration of step-by-step method to operate fire extinguisher and practice by trainees; 8) types of accidents (Water, Gas and Road) and its rescue methods; 9) Do's and Don'ts while using an LPG cylinder at home or at work place; 10) Water Rescue – its types and methods and; 11) types of carrying methods like, two hand seated, three hand seated, four hand seated, firemen lift method, back board method & pack strap carry method with demonstration and practice by the trainees.



Training on Basic Life Support (First Aid)

With technical support from Indian Institute of Emergency Medical Services (IIESM) Kottayam, a total of 139 person were trained under four batches of training programme on Basic Life Support (BLS) for school bus drivers, conductors, security staffs, teachers, lady helpers and student response teams. Details of training provided are mentioned in the table below.

Target Group	Date of training	Number of participants
School Bus Drivers, Conductors and Security Staffs	16-May-2018	31
Lady Helpers (Ayaa)	17-May-2018	31
Teachers	18-May-2018	42
Students Response Team	06-Sept-2018	35
Total		139

The aim and objective of the training programme was to enhance knowledge & impart skills on administering first aid during medical emergency and thus to bring down the level of casualty and damages. Topics covered in the one-day training programme includes; 1) definition of Emergency Response including the aim and objectives of Emergency Response is to save life, prevent harm, be safe and keep safe; 2) life threatening emergencies such as choking, chest pain, stroke, serious

bleeding, unconsciousness etc. and its symptoms; 3) Basic Life Support (Adult and Infant) - definition of BLS, purpose and importance of BLS and on basic anatomy; 4) what is CPR (Cardiopulmonary Resuscitation) including steps to administer CPR in both adult and infant; 5) demonstration and practice by trainees on the steps of providing CPR; 6) procedure of using an Automatic External Defibrillator (AED); 7) foreign body airway obstruction in adult & infant and methods of administering first aid in different scenario like; heart attack, stroke, epilepsy, electric shock, road accidents, nose injury leading to bleeding, eye injury and 8) how to provide first aid at time of chopping of body organs like fingers, palm, wrist and hand.



Training on Stress Management

One day training on stress management was organised on 24th May 2018 for 24 school bus drivers and conductors in association with Praanaa Counselling Centre Sreekariyam. The aim and objectives of the training programme was to build awareness among school bus drivers and conductors on how to manage stress through various group games and other techniques.



Transporting children from home to school and back to home is the most important and cumbersome activity the school has to manage on a day to day basis. Even though school management has appointed experienced bus drivers, sometime stress at workplace and home became a cause of concern. Poor stress management skills of school bus drivers and conductors may lead to catastrophes. The session covered topics like; definition of stress, type of stress (eustress and distress), how it happens, its impact on daily life, personal health, profession self, family, functions of stress hormones and adrenaline gland. Stress assessment of the trainees was done using a simplified questionnaire. This was done to identify the level of stress among trainees. Other activities conducted was a number game with the intention to increase concentration and breathing technique to cope with stress which was practiced by the trainees.

Awareness on Life Style Diseases & Health Promotion

Half day awareness programme on Life Style Diseases & Health Promotion was organised for 40 persons (14 Drivers & 26 Attenders) on 1st June 2018. The purpose of the programme was to build awareness among school bus drivers and conductors on various life style diseases & ways to promote health and wellbeing. Physical and mental health of a driver is directly related to the driving behaviour and safety of children on board a school bus.



Thus, health promotion and awareness on life style diseases are an inseparable part of School Safety Programme. The session was facilitated by Assistant Director, Health Services, Thiruvananthapuram. Issues discussed includes risk factors contributing to life style diseases such as unhealthy diet; use of alcohol; tobacco; stress; poor hygiene and lack of physical exercises. He focused on the preventive measures as well as on precautions to be adopted to get rid of life style diseases. The importance of yoga, steps needed to change style of life and adopting to acceptable food habits and standards are needed for a healthier life was also discussed.

Awareness programme on basics of disaster management for students and teachers

Foundation for Development Action in association with Kerala State Disaster Management Authority (KSDMA) had organized awareness programme on basics of disaster management for 1966 students and 30 teachers. UNDP State Project Officer facilitated the awareness programme. He started the session with a short animation video developed by District Disaster Management Authority (DDMA), Pathanamthitta on environment protection, impact of climate on forest and environment.

Major points discussed and covered includes; definition of disaster, displayed images of various types of hazards, concepts of disaster managements like; hazard, vulnerabilities & risk, global disaster events, multi-hazard prone districts of India, history of disasters in Kerala, types of disasters, disaster management cycle – Mitigation, Preparedness, Recovery and Response, impact of disasters, institutional framework for disaster management in India, inclusion in DRR, relevance of school safety programme, definition of safe school, seasonality of hazard, Do's and Don'ts of various hazards, family emergency kits & family disaster preparedness plan, early warning & dissemination systems, relevance of mock drills, different types of knowledge material (IEC's) on DRR for students for joyful learnings and community mobilization through social media campaign



Fire mock drills

Foundation for Development Action provided all technical and supervisory support to Saraswathi Vidyalaya for conducting FIRE MOCK DRILL on 15-Dec-2018. The drill was organized in joint association with school management; Kerala State Disaster Management Authority (KSDMA); Health Department; Indian Medical Association (IMA); Kerala Fire & Rescue Services (KFRS), Kerala Police. Around 900 students, 65 teachers and 60 non-teaching staffs participated in the drill. A detailed script was prepared narrating time, event, who should do what and when, roles of teaching, non-teaching staffs, students, external departments and agencies, drill observes and of floor managers. on 14-Dec-2018 an orientation was provided to all students, teaching, non-teaching staffs and government department who are going to be part of the drill.

At 9.45 AM smoke was created in 2nd floor of the main school building. The security officer immediately inspected the fire point and rang the bell and informed the Incident Commander (School Principal) on telephone about fire outbreak. On the direction of the Incident Commander, the Security Officer intimated School Emergency Response Team (Basic Fire Fighting) to put the fire under control. The ERT tried their level best to doze the fire, but couldn't contain it fully. The Incident Commander then made a quick stock of the situation and called 101, 100 and Health Department for assistance and took control of the Emergency Operation Desk established near to assembly ground. On hearing sound of the bell, the students, teaching and non-teaching staffs evacuated the school building in less than 10 minutes and assembled in the open ground. The Incident Commander and Assistant Incident Commander informed the Rescue Officer of School Emergency Response Team (Rescue) about missing students and directed them to rescue the students trapped in various class rooms. School Emergency Response Team (Basic Life Support) quickly established Emergency Medical Corner. Within 15 minutes, members of School Emergency Response Team succeeded in rescuing 10 students by adopting various rescue methods. Emergency medicine and first aid was provided by School Emergency Response Team (Basic Life Support) to the victims.

After around 25 minutes, Kerala Fire and Rescue Services (KFRS) with fire brigade and rescue equipments entered the school compound and took over the rescue operations from the Incident Commander and rescued 14 students from the school building by adopting firemen lift, pack strap carry; two hand; stretcher and through rope methods. Medical team from Indian Medical Association (IMA) and district Medical Office joined the emergency response and provided advanced medical aid and undertook medical evacuation. Police team were also present at the disaster site. By 10.45 AM the entire rescue operation, medical first and evacuation was completed and the Incident Commander declared fire mock drill end and complete. A de-briefing and feedback session were held towards the end of the drill.



4. KERALA 2018 FLOOD RECOVERY PROGRAMME

The low pressure formed at north-west of Bay of Bengal, concentrated into depression and caused heavy to heavy rain in the entire 14 districts (Alappuzha, Ernakulam, Idukki, Kozhikode, Kottayam, Kannur, Kollam, Kasaragod, Palakkad, Malappuram, Pathanamthitta, Thrissur, Thiruvananthapuram and Wayanad) of Kerala. From 30-05-2018 to 19-08-2018, the state of Kerala has received a rainfall of 1854.64 mm which resulted in opening of several dams across the state coupled with rivers taking different direction, landslide which culminated to severe flooding and inundation. The flood havoc has affected 54,11,712 population coming under 775 revenue villages and has claimed 373 lives.

As part of understanding ground realities of the extent of damages and sufferings, four-member team of Foundation for Development Action (FDA) visited severely affected locations and relief camps at Pathanamthitta and Alappuzha districts from 19th to 24th August 2018. Place visited includes five Grampanchayats namely; Peringara, Nedumpuram, Kadapra, Niranam and Parts of Muttar which comes under Pulikeezhu block situated at Upper Kuttanad area and Pandanad village of Alappuzha district and few sites at Aranmula in Pathanamthitta district which is severely affected village. The team also visited temporary relief camps functioning at Pandalam and Chengannoor. Services of relief camps at Pandalam and Chengannoor are good with facilities like; packed food, dry foods, drinking water, medicines, clothing provided to camp inmates by various religious organizations, merchant associations, residence associations, government and volunteers. In few of the camps sanitation facilities are defunct and blocked. The area is cut off from the main land and inundation upto 5 to 6 feet at most of the places. We had a discussion with stranded men and women, it was noted that they were living without any provisions of food, drinking water, clothing and sanitation facilities. Government machineries are yet to intensify relief distributions at their location. Local

women reported that, at Chathenkeri people are standing on building rooftop waiting for food to be distributed. Sanitation is one of the major problems, toilets are filled with flood water and poisonous snakes and women are facing it hard to meet their basic necessary. Clothing are damaged, foot got bruised by walking in contaminated flood water, children lost their books, school bags. Many people have lost their valuable documents like; land title deeds, ID cards, ration cards and other certificates. While having chat with local resident a truck with few bread and plantain passed and people started running after the truck for food. Peringara Grampanchayat is situated at upper Kuttanad area of Pathanamthitta district. Apart from Peringara GP, other worst affected Grampanchayats includes; Nedumpuram, Kadapra, Niranam in Pathanamthitta district and Muttar in Alappuzha district.

Psychosocial Care and Rehabilitation of children affected by flood

The Department of Women and Child Development in association with ICDS, ICPS and the Child Rights Protection Commission of Pathanamthitta organized one day training programme on 21st August 2018 for professional Social Workers for providing psychosocial care and rehabilitation to children devastated by 2018 flood at Pathanamthitta district. FDA was also partner to the initiative. A training programme named 'Shilpashala' was conducted with the aim of identifying post-traumatic stress disorders among Children and provide curative interventions. In the training programme the participants were divided into different sub groups with 6 members in each and to share their views on conducting psychosocial assessment of the children at flood relief camps. In the post lunch session, the group visited a nearby temporary relief camp and interacted with children and their family and conducted group games and other participatory action programme to ease the trauma among children. In the following days, FDA team was assigned with the responsibility take care of five temporary relief shelters at Tiruvalla taluk and organise child friendly activities. Major activities implemented in the camps were group entertainment sessions, games for the children, identified their needs and provided support to the children's family. The activities were continued till all the temporary relief shelters were officially closed by the government.

Association with Save The Children (STC), India

Save the Children is a global non-profit organisation which was founded in the year 1919. STC is India's leading independent child rights NGO. STC started functioning in 2008 in India and registered as 'Bal Raksha Bharat'. Foundation for Development Action (FDA) is providing all community mobilization, linkages and networking support to Save The Children India for establishing CFS (Child Friendly Space) at temporary relief centres and to take up immediate restoration works at remote locations of severely affected villages.

On 21st August 2018, FDA organized one day orientation cum training programme on Child Friendly Learning Space for 18 volunteers (MSW professionals and NRHM health workers) at FDA's project office at Pandalam with resource support from STC India. The agenda of the training programme were; (a) To know about Save the children and Child Rights, who are affected by disasters; (b) To



know the skills of volunteers and (c) To know that how to set up Child Friendly Learning Space in the disaster affected areas. Discussion points includes:

- Management of psycho social issues of children in distress.
- Reduction of trauma through activity-oriented programmes and make them laugh.
- Communication strategies - how to make children active through plays and activities of joyfulness.
- Improving manipulative skills of the children, life skills, imaginary skills, physical skills etc.

In the post lunch, the team which includes resource persons from STC India and FDA staffs and volunteers visited NSS English Medium School Pandalam for identifying suitable room for establishing CFS – CHILD FRIENDLY LEARNING SPACE. FDA team during their first visit to camps on 19th August 2018 had made a good rapport with NSS volunteers and revenue officials manned at the relief camps which helped STC India and FDA team to easily identify appropriate corner for CFS.

Opening up of CFS – Child Friendly Learning Space

On 22nd August 2018, Child Friendly Learning Space was established at NSS English Medium School at Pandalam. Volunteers of supporting organization – FDA mobilized 16 children aged between 2 to 10 years from the camp. The programme was inaugurated by Adoor Tahsildar Mr. Onamnakuttan and attended by STC (India and overseas) key officials – Mr. Ray Kancharla, Head of Disaster Risk Reduction & Climate Change Adaptation (DRR-CCA), India; Dr. Unni Krishnan, Director, Emergency Health Unit, Australia; Mr. Nitin, Assistant Programme Manager, STC Hyderabad' Mr. K. Ranganathan, Programme Coordinator, FDA team and revenue officials supervising the relief camp. Purpose of the camp includes;

- To make recreation for children in the relief camp.
- To analyse the psycho social status of each child.
- To find out the difficulties faced by the children.

To achieve the purpose of CFS, resource persons facilitated the interactive session with children at CFS and introduced them to various play materials and activities like; drawing, puzzle solving, building block making, cricket, badminton, chess, snake and ladder games, fun activities, group oriented and action plans. After few minutes from starting CFS, the children became lively and involved. The activities of CFS made children feel relaxed, enjoyed and shed apart sorrows of their recent experience of losing homes and loveable items at their possession. The space helped the children to ventilate their feelings and became interactive and lively.



Visit to flood ravaged villages at upper Kuttanad, Pathanamthitta

Foundation for Development Action (FDA) during 2016-17 had implemented CBDRM (Community Based Disaster Risk Management) programme at Peringara, Thiruvalla taluk, Pathanamthitta district with funding support from UNDP India. With the intension to do the needed FDA team and STC India

revisited the Grampanchayat on 22-August-2018. STC team included Mr. Ray Kancharla, Head of Disaster Risk Reduction & Climate Change Adaptation (DRR-CCA), India; Dr. Unni Krishnan, Director, Emergency Health Unit, Australia and Mr. Abraham, former WASH Expert, STC UK. At Chathenkeri, the team interacted with lactating mothers who were inmates of a temporary makeshift on 2nd floor of a building. Dr. Unni Krishnan advised lactating mothers on how to take care of babies during flood. He insisted that they should refrain from giving baby food (lactogen etc) which may cause serious health issues with children. The feeding bottle may sometime have bacteria and it may destabilize infant health and encouraged them for breast feeding.



Interaction with flood affected villagers of Peringara Grampanchayat, Tiruvalla Taluk, Pathanamthitta



Families sheltered on roof top of a building

The entire Grampanchayat is vulnerable to epidemic outbreak. Their major concerns were on Water and Sanitation (WASH), debris clearance, de-sledging of toilet, de-watering at institutions like PHC and Schools. Mr. Ramesh Krishnan, ED FDA and WASH expert Mr. Abraham remained in the village and continued with rapid environmental impact assessment. The team observed that due to lack of sanitation facilities, the inmates of the camp are doing open defecation inside the camp. They don't have any other option to meet their basic need as the area is submerged with water from all sides.

The team also visited two other camps at SNDP High School and SNDP English Medium School. Portion of the school was damaged and need repair and restoration. The school building was surrounded with water, the assessment team waded through water and reached the shelter and had interaction with the inmates. Everybody has their own story to narrate. After completing the assessment, the team met Grampanchayat President and other PRI members at their temporary GP office established at Edinjillam.



STC WASH expert Mr. Abraham and a villager heading towards the building to visit families sheltered

Pandanad, Alappuzha (Severely affected villages)

On 23/08/18 FDA team visited Pandanad Village along with STC's media team to make a video documentary. Pandanad it is the worst affected area in the southern Kerala with many deaths. Pandanad is a village in Chengannur taluk of Alappuzha district. There are more than 12000 people residing in the village. All the families of the village are severely affected by the flood water.



Image of a house at Pandanad, Alappuzha District

Water level came up 10 feet of the first floor of the building. It was a flash flood, so none of the families were able to evacuate from the area. Most of them were trapped on their second floor and were not able to evacuate. Many of the trapped and marooned people were finally rescued by rescuers using boats. Because of the high under water current most of the compound walls fell down. All the houses are filled with mud slurry and water contamination is at higher level. Many of them lost

their loved pets and are not able to find suitable place to bury the carcass due to high flood water level around. Children lost their school text and note books and other study materials.

5. MITRA – ONE DAY CONFERENCE ON INCLUSIVE DRR

One day conference on Inclusive Disaster Risk Management named 'Mitra' was jointly organized by Kerala Disaster Management Authority (KSDM) and CARE India on 20th of March 2019 at Mascot Hotel Thiruvananthapuram. Foundation for Development Action (FDA) having rich experience in implementing Disaster Risk Reduction programmes was selected as consulting organizing for organizing the entire activities of 'MITRA' conference on Inclusive DRR. MITRA provided a forum where experts who has worked at national level and experts who have worked in 2018 Kerala floods share their rich experiences, present case studies, best practices and identify the gaps in the current system and make a road to deliberately include vulnerable groups in disaster risk reduction programme and planning. 69 persons representing Government departments, NGOs, Colleges and Universities participated in the event.



Dr. Sekhar Kuriakose, Member Secretary, Kerala Disaster Management Authority delivered the presidential address along with a speech on "Inclusion in the Context of Kerala Floods". Keynote address was delivered by Padmashree Dr. M R Rajagopal, Director Pallium India and Ms. Sheeba



George IAS, Director, Department of Women and Child Department Government of Kerala inaugurated the conference and released Braille Brochure on SUN BURN HAZARD.

Four technical sessions and best practices of each sessions were held namely; 1) Inclusion of 'Persons with Disability' in DRM- by Mr. Joe John George, State Project Officer UNDP; 2) Inclusion of 'Elderly' in Disaster Risk Management- by Mr. Biju Mathew, Director & State Head of Help Age India (HAI); 3) Inclusion of 'Children' in Disaster Risk Management by Dr. Kavitha P, Consultant UNICEF – NIMHANS WDC, SCERT Programme Kerala and 4) Inclusion of 'Women' in Disaster Risk Management by Ms. Annie George, State Coordinator, UNDP. Post lunch session was used for conducting sector wise group discussion and preparation of recommendations.

6. ORGANIZATIONAL TURNOVER

Rs. 24,63,839.40 (Twenty-four lakhs sixty-three thousand eight hundred and thirty-nine rupees, forty paise)



Mr. Anish Kumar
President

Date: 15-11-2018



Office Seal



Mr. Ramesh
Krishnan
Executive Director

Date: 15-11-2019