



# Annual Report 2017-18

One More Year Towards Development Support

## From The Desk of Executive Director

I am happy to note that during the reporting year 2017-18, Foundation for Development Action (FDA) has made its presence felt at Thiruvananthapuram and Pathanamthitta districts through implementing project titled ‘Psychosocial Care for Children in Conflict with Law’ (KAVAL PROJECT)’ with funding support from District Child Protection Units under ICPS. Acknowledging the results of Kaval Project in pilot districts, Department of Women and Child Development, Government of Kerala has scaled up the project to 6 new districts and made us partner NGO for Pathanamthitta district. At Thiruvananthapuram, we have succeeded in extending psychosocial care and support to 50 children in conflict with law with technical guidance from National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru. Various services like; counselling to children and their parents; life skill education for children, parent management training for parents of CCL’s; group work exercises for CCL’s; mental health services; livelihood services by linking children with DDUGKY scheme for skill upgradation and employment; educational and legal aid support etc. While implementing Kaval Project, we have experienced that, few of the children are addicted substances. Disorientation in family, peer pressure and easy way of making money leads them to such behaviour and situation. It was the triggering factor for us to submit a new project to District Child Protection Unit Thiruvananthapuram under ICPS to address addiction among children. Children de-addiction project is then approved by ICPS and is now being implemented at 4 taluks of Thiruvananthapuram district

I do hope that in the upcoming years, the organisation will be able to establish its presence in the community for whom we work for. At this point in time; I on behalf of the organisation is extending our heart left thanks and appreciation to all those who have supported us and boosted our morale to take up new challenges. Good luck to whole FDA Team.

Thanking you,

Sincerely Yours's



Ramesh Krishnan  
Executive Director

## Message of President

I am happy to learn that, the organisation under the leadership of our Executive Director is implementing projects and programme in a successful manner. The number of new professionals joining the organisation in various positions are indicators of a growing organisation. I wish the year 2018 brings lots of happiness and new areas of interventions, projects and programmes for the organisation.

Sincerely Your's



Anish Kumar  
President

## 1. Who We Are

Foundation for Development Action (FDA) is a budding Not-For-Profit development organization registered on 19<sup>th</sup> 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 by legislation is entitled to work in the entire fourteen districts of Kerala, India. However the organisation is currently working in select districts namely; Pathanamthitta; Kollam; Alappuzha and Thiruvananthapuram.

## Activities implemented during the reporting period

### **1. KAVAL – Psychosocial Care for Children in Conflict with Law – Thiruvananthapuram**

Foundation for Development Action (FDA) is partner NGO to the Department of Women and Child Development for implementing project titled “KAVAL” - Psychosocial Care for Children in Conflict with Law at Thiruvananthapuram district since August 2016. The project is funded under ICPS of Government of India and implemented at community with support from Juvenile Justice Board and District Child Protection Unit. Technical support of the project is provided by National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru. The purpose of the project is to reach out to children in conflict with law and provide psychosocial services for them and their family. During the reporting period of 2017-18 we have reached out to a total of 47 (20 old children & 27 new children) children in conflict with law. The project intends to ensure holistic care focusing on curative aspects of mental health of children in conflict with law. Component of the project include; preparation of Individual Care Plan for each child, based on which types of services are decided for a particular child; counselling to child and her/his parent; life skill trainings; group work exercise; parental management training programme and linking the child to various national flagship programme for livelihood and education support.

### **Life Skill Education Training Programme**

Life skills are those which help a child develop skills to understand and identify ways to prevent from problems that may arise in their life. Life skill education training programme was conducted at training hall of Manickal Grama Panchayat, Pirappancode in two batches. Batch one training programme was conducted on 30<sup>th</sup> and 31<sup>st</sup> of May 2017, in which 33 children and 5 parents participated. Batch two training programme (Theatre Workshop) was conducted on 18<sup>th</sup> and 19<sup>th</sup> August for 24 children. Project Coordinator of Kaval project FDA, Ms. Sibi. A was the chief facilitator and co facilitated by Ms. Theresa Thomas, Case Worker Kaval Project FDA and Mr. Bristin Raj, MSW trainee, Central University Karnataka. The ice breaking activity helped to bring better interaction between children. World Health Organization had listed 10 Life Skills (Self-Awareness; Creative Thinking; Critical Thinking; Decision Making; Problem Solving; Interpersonal Relationships; Effective Communication; Coping with Emotions; Coping with Stress & Trauma and Empathy) which are essential for every individuals to lead positive growth and good quality life were practised. Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. Under the project, Life Skill training was provided to children through adopting activity based methodology which was recommended by NIMHANS – the technical agency of KAVAL project. The proposed methodology connects real life situations of the CCL's. Before starting of the training programme a pre assessment exercise was undertaken to know what all skills the children possess and what are the skills they lacks. The assessment revealed that the children have satisfactory communicative, creative thinking, interpersonal relationships and empathetic attitude skills with them. Whereas decision making, problem solving, critical thinking, coping with emotions and stress, self-awareness were lacking in them.

### **Life Skill Education Training Programme (Theatre Workshop)**

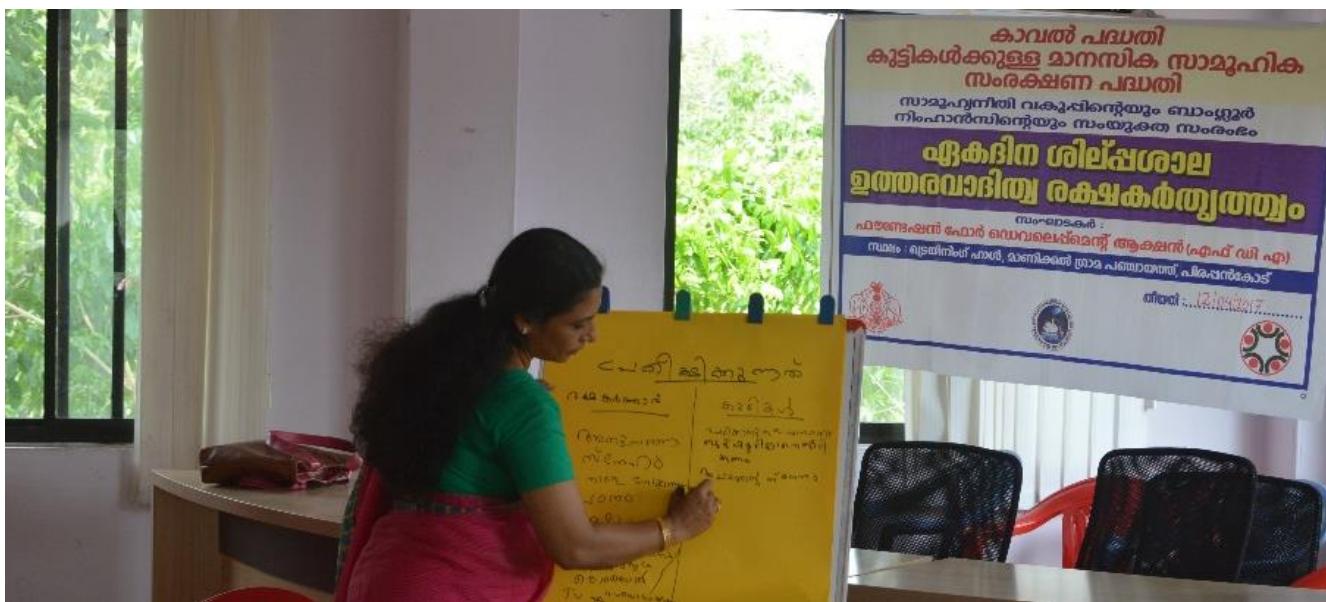
Foundation for Development Action organised two days Life Skill Education training programme through theatre as a medium of expression and performance on 18<sup>th</sup> and 19<sup>th</sup> of August 2017. The programme was held at training hall, Manickal Grama Panchayat, Pirappancode and was attended by a total of 43 children. Day one programme was attended by 24 children and day two by 19 children. Shri. ABOOBECKER. A, retired High School teacher from Calicut was the facilitator cum trainer of the two day workshop.

The workshop aims psychosocial development of children in conflict with law through various group activities and games. The programme helped the children to stimulate their thinking capacity and intellectual abilities manoeuvring their body in various directions back and forth, right and left, ups and down which made them regain their lost energy and enthusiasm. The group activities helped them to release stress and strain and made them feel on lighter side. The attraction of the programme was helping and encouraging the children to demonstrate their innate qualities and abilities.

### **Parent Management Training (PMT) Programme**

FDA- the implementing Agency of Kaval Project (Psycho social care for Children in Conflict with Law) conducted had conducted 05 batches of Parent Management Training programmes attended by a total of 77 parents – (26 parents on 12<sup>th</sup> April 2017; 21 parents on 20<sup>th</sup> Sept 2017; 15 parents on 30<sup>th</sup> Oct 2017, 10 parents on 10<sup>th</sup> Jan 2018 and 09 parents on 9<sup>th</sup> Feb 2018.

The objective of the programme was to sensitize parents about problems of children in conflict with law. The facilitator made aware parents about the issues of CCL's. Children who committed crimes generally falls in the age group 14-17 years and the age group is considered as adolescent period. Adolescent age is considered as experimental period where children tried out many new things out of curiosity and sometime it ends up in anti-social activities and thus they are labelled as juveniles (previously) and now recognized as 'Children in Conflict with Law'. It is in this particular age, children undergoes lot of changes –biological, chemical and physical. But most of the parents are unaware about adolescent



characteristics. Peer pressure is another important feature of this period. Due to peer influence, children often get to engage in anti-social activities like breaking defined and social norms, drug addiction, behavioural problems, poor academic skill, lacking perception about future etc.

The major topics covered includes a) Features of adolescent age b) Conducive atmosphere for the development of child in family c) Role and responsibilities of parents in upbringing a child and challenges d) Conduct disorders among children e) Major problems faced by the adolescents f) mental health issues of adolescents g) possible solutions h) parental techniques i) dos and don'ts of parenting j) family circles k) Scholastic under performances in children and causes l) Household management m) importance of life skill education. Parents discussed the common problems facing by them in managing their children.

Discussed details of cases of children whose parents attended the PMT and what all follow up actions need to be taken by Kaval project and parents. Discussed on the talents and qualities of the children.

The facilitator discussed the reasons behind this problematic behaviour. The participants actively participated in all discussion. Major discussion points are as follows.

- Family problems
- Lack of getting proper care and attention from parents
- Single parenting
- Economic issues
- Scholastic backwardness and
- Bitter experience in life

The groups discussed on 'Responsible Parenting'. The facilitator engaged the participants in a discussion mode wherein majority of the parents were women. The participants shared their own life experience pertaining to the alcoholic nature of father, conflict between child and father and other members of family, damaging property, hurting family members etc. It was observed that, participants lacks skills to solve issues of both child and parent. The facilitator explained on how to handle adolescent children. What are the do's and don'ts in handling adolescents. The facilitator shared with the participants on the importance of family enrichment activities, need of proper encouragement and motivation to restrain from aggressive behaviour, helping child to reduce stress level, anger management techniques. The facilitator provided tips to parent for timely identification of issues in their children, seek professional help to solve their issues and accept the child as he/she is.

In the post lunch session, the facilitator shared the content of counselling sessions held with their child, but without naming child's name. The facilitator disclosed that, during counselling session, children opened up by saying that, along with society, family members also pointed fingers on them and blamed them for what has happened in their life. Because of the blame gaming and throwing mud on child, they lost happy familial atmosphere, it led to breaking up of cohesiveness and relationship between parent and child, the quantum and frequency of conversation between parent and children and sibling to sibling had drastically reduced. This resulted in developing feeling of loneliness, dejection and as sense of unwanted person in family. The facilitator added that, many a times we as parent fail to think from child's perspective and point of view. During conversation, smt. Vanaja (*name changed to keep anonymity*) broke up by saying that, "*if I know this earlier, I could have definitely heard and supported my child at his challenging time and if I would have done so, I could have retain happiness of my family.*" The discussion ended wherein parents took a pledge, that they will definitely change their attitude toward their children and will give them patience hearing when needed.

Both the sessions focussed mainly focused on understanding the problems within the family of children in conflict with law. Parents also shared their problems in family and thus they got an insight that the problem which they encounter in their family is also common and happening in other families of CCL. Common problems parents observed in children are increased level of anger, spending more time on watching TV and smart phones, laziness, irritable behaviour, substance abuse, peer pressure, wondering and financial hardships and these causes the child to high risk behaviour. The facilitator gave management tips to parents, provided corrective measures and techniques to deal with unaccepted behaviour of child such as understanding adolescent behaviour, complications in brain development, promoting and practicing positive reinforcement, negative reinforcement, negative punishment and positive punishment.

## Group Work Exercise

During the reporting period five Group Work Exercises for Children in Conflict with Law were organised on various dates. The activity was attended by a total of 28 CCL (4 children on 23-Dec-2017; 5 on 19-Jan-2018; 8 on 06-Feb-2018; 7 on 23-Feb-2018 and 4 children on 02-Mar-2018). The main motive of the Group Work is to enhance psychosocial care of children through using various tools (FACIAL EXPRESSION CARDS; CLAY MODELING; FAMILY PORTRAIT & DAILY ROUTINE PREPARATION) developed by NIMHANS, Bengaluru. Group work is a method which helps children to enhance their individual, family and social functioning through purposeful group experiences and to cope more



effectively with their personal, family or social problems. The session mainly focuses on understanding the problems of children at various level and its reasons and impact on their daily life. In GWE, children are motivated to select cards of their choice which best suits their mental status and the facilitator facilitates the session by asking the child, why had he selected a particular card, what could be the reason, what is his feeling, how he could have managed the trauma in a positive and better manner and many more. Through 'Family Portrait' tool, children were asked to draw their own family structure, which they did in a satisfying manner. Drawing exercise gave us better insights in understanding the relationship of the child and between other members of the family. It also helped to understand family problems; style of communication; barrier; family boundaries; leadership trait in family and structure of the family. The session helped to identify issues persisting within the family and provided feeder to plan action points to work with families of children in conflict with law.

Daily routine is a tool for setting goals. Discussion on substance abuse were made with children in a friendly manner. During conversation children opened up and shared their own behaviour which includes using of alcohol and smoking at many occasions. From Daily Routine, it came to the light that most of the children are not spending quality time with family members, rather they are more interested to spend time watching TV, play mobile games and roam around with friends. This led and increased the risk and vulnerability to them being engaging in antisocial activities; using substances and engaging in other high risk activities. Through Daily Routine Exercise, the children were motivated to spend quality time for themselves and for their family, tips on strengthening relationship with family members were taught to them. Children came to know the importance of family in nurturing and development of a person. They also discussed about responsibilities of a member in a family. Group Work Exercises helped project team to identify various kinds of problems among CCL such as; confusion in role taking; poor self-

esteem; substance abuse; isolation from family, school and society; anxiety; lack of support; health issues and peer pressure. At family level they experience lack of support and acceptance; blaming; increased criticisms; restrictions over freedom; broken or single parent family and financial hardships. In the school they face labelling of anti-social; isolation; lack of confidence; teasing and bullying from friends and poor academic performance and at community level they are also facing labelling of anti-socials; isolation and bad impression. These problems at various level jointly lead the child to high risk factors.

### **Preparation of Individual Care Plan (ICP)**

Major deliverable of KAVAL project is preparation of Individual Care Plan for each child. ICP is a document which primarily speaks about socio demographic profile of the child, details of networking required with various stakeholders like; police, judiciary, other government departments, non-governmental organizations, status of family and personal self, needed family intervention and support services, physical and mental health needs, support services to manage substance abuse, details of educational and vocational services required by the child, needed legal services, relationship with society and institutions, output and outcome of groups work, counselling, life skill education etc. Out of 82 children, the organization had brought 50 children into the ambit of KAVAL project and ICP's were prepared for 46 children.

### **Awareness Generation Programme at ITC, Kilimanoor**

Foundation for Development Action in association with Industrial Training Centre (ITC), Kilimanoor had decided to conduct awareness generation programme on project Children in Conflict with Law, as well as on issues and concerns of youth. The awareness generation programme was held in three batches on three different dates.



First programme was held on 13<sup>th</sup> Sept, 2017, second on 13<sup>th</sup> Oct and third programme was on 16<sup>th</sup> October 2017. A total of 175 person attended the awareness programme held in three batches, which includes 167 students and 8 instructors. 73 person attended batch one, followed 40 and 62 respectively. In all the programmes, welcome speech was delivered by Shri. T K Reghu, Principal of Gurudev ITC. Ramesh Krishnan, Executive Director of partner NGO gave an introduction to project on Children in Conflict with Law. Major points includes scope, objectives and deliverables of CCL project.

Ms. Sibi. A, Project Coordinator, KAVAL Project, FDA made detail deliberation and discussion. She started the session by providing a brief introduction to the project. She started by discussing what is Youth hood, what are its basic characteristics and how to transform youth energy for constructive and productive works for the development of family and society. Four stages of human life cycle namely; Saisavam (Infancy), Balyam (Childhood), Kaumaram (Adolescent), Youvanam (Adulthood) and



Vardhakyam (Old age) was discussed with the participants. She discussed various issues and problems of youth from the backdrop of CCL project and experiences of other project. She told how to build positive attitude towards anything that comes before them. Anger, lust and frustration will ruin our life and thus becoming POSITIVE is answer to all failures.

Youth generally make mistakes when they are in groups, with friends and in the influence of peer pressure. 99% of the alleged crime made by children occurred when they are in group. She cited few examples from CCL project wherein children committed crimes in group like; stole computer from school lab, stole rubber sheet from neighbour's home; quarrel at school on various reason etc and all these happened because, youth are not mature enough to think on what is right and what is wrong and are over reactive to a situation which make them vulnerable to being into conflict with law.

Addiction to internet, mobile phone and its latent threat and risks factors were also discussed with students. She narrated how a group of children got access to adult CD, mobile phone and as part of experimentation they abused an under aged girl of their colony and later they were booked under POCSO Act. She narrated in detail risk factors of youth and how those risks and vulnerability factors can damage a person and how it can be managed by imbibing 10 life skills into a person's life. She briefly described all the 10 Life Skills with examples. A short feedback session was held. Few students said, the session was informative and knowledgeable. ITC instructors said, the programme provided them with good amount of information on CCL, problems of youth, how it can be managed with life skills.

#### **Half day orientation for teachers of Gurudev UP School, Nagaroor, Kilimanoor**

Foundation for Development Action (FDA) in association with management of Gurudeva Upper Primary school, Nagaroor, Kilimanoor had organised an orientation programme for teachers on 13<sup>th</sup> Oct, 2017, 2.00 PM at school premise. The programme was inaugurated by PTA President Shri Vijayakumar and attended by 13 teachers (Male teacher: 02 & Female teacher: 11).

Ramesh Krishnan, Executive Director, FDA provided an over view of project on Children in Conflict with Law (KAVAL), what are its objectives, what government of Kerala intends with KAVAL project, what the organisation had done in the last one year, what are future programmes etc. Ms. Sibi. A, Project Coordinator, Kaval Project of FDA provided a detailed outline on the intervention made by FDA. She said the organization in is currently providing various service like; individual counselling, life skill trainings, group work training to 50 children in conflict with law. Apart from this parental management trainings are also provided for parents. After collecting data and assessment of psychosocial conditions of a child, Individual Care Plan is prepared for extending required services. Apart from this as well as on other required services like physical health, legal service, education, livelihood training and support



(need based) are also provided. Ms. Sibi shared with teachers, the basic and common problems observed in CCL's, nature of cases they are involved in, family atmosphere, social conditions, mental stress experienced by children as well as parents, social exclusion, factors responsible for a child becoming CCL. She said, during counselling sessions children admitted that they are addicted to ganja, tobacco products like; cigarettes, chewing tobacco and liquor. She said, bad family atmosphere, lack of value systems in family, unhealthy relationship between children and parents, siblings to siblings, seclusion at family and lack of parenting skills are all contributing for the making of a CCL.

In the second part of her deliberation, Ms. Sibi. A changed on a discussion mode. She enquired how teachers feel about it, what problems they observed in their children. She added, teacher have good role in helping a child to become responsible citizen and not a trouble maker or a problematic child. Students spend more time with teachers and in school. Hence teacher shall learn and know identifying problems among children and re-direct them to expected behaviour. On asking few teachers shared the following points.

- Some children are hyperactive and are uncontrollable.
- Some children use abusive words, which they probably learn from their home.
- Few are impulsive in nature. Do not give a second thought.
- Severe anger – one day a child thrown away his bag and books and went to the field and sat alone for many hours.
- Cases of problem in family, problems between parents also came to their knowledge.
- Children are mimicking what they saw in their family.

- Some children are addicted to tobacco products.
- Parents are not giving adequate time for children. They do not spend quality time with children and,
- Heightened influence of social media among parents. Spending more time in WhatsApp. One child told, her mother does not allow her to see WhatsApp messages.

Ms. Sibi in her concluding remarks requested the teachers to spend good amount of time with problematic child, talk to them, listen to them and pacify them. Teachers shall talk to their parents on the emotional disturbances the child is passing through, how it negatively affecting her/his academic performance, vulnerability of the child in becoming and branding as bad child etc. PTA shall take proactive role in this direction, the issues of children shall be discussed in PTA meeting and solutions need to be find out. Teacher shall make a plan for each problematic child and see what all services are required for behavioural modification of that child. Existing resources of government programmes need to be linked with the child and their family. Teachers requested Ms. Sibi to attend a PTA meeting and share her views on various facets of issues seen among children and on parenting. So that it gives a push forward for PTA to take decision and start implementing programmes for addressing mental health of students. The meeting ended at 3.00 PM with a vote of thanks delivered by a teacher.

#### **Awareness Generation on KAVAL Project for block level coordinators of NYKS, Thiruvananthapuram**

Foundation for Development Action (FDA) in association with District Office of Nehru Yuva Kendra Sangathan (NYKS), Thiruvananthapuram had organised half day orientation on Psychosocial Care for Children in Conflict with Law (KAVAL) and De-addiction (children) projects for block level coordinators on 17<sup>th</sup> November 2017. The programme was attended by 15 block level coordinators who are volunteers of NYKS. Mr. Ramesh Krishnan, Executive Director, Foundation for Development Action (FDA) delivered introductory speech. He shared with the participants on the origin of KAVAL project and snapshots of the project being implemented by eight Non-Governmental Organizations in three districts of Kerala namely; Thiruvananthapuram, Palakkad and Kozhikode on a pilot basis since September 2016. He said KAVAL project is rendering its support to around 350 children in conflict with law with aid from Social Justice Department, Government of Kerala and technical support is provided by NIMHANS, Bengaluru. At Thiruvananthapuram district, three NGO's are working and FDA is entrusted to work in



three taluks namely; Nedumangad, Chirayinkeezhu and Varkala. During 2016-17, FDA had succeeded in reaching out to 50 CCL's from these three taluks.

Following the introductory speech of ED, Ms. Sibi. A, Project Coordinator, KAVAL project of FDA made a detailed presentation of the objectives and end result of the project. She said prior to 2016, government was unknown on the status of CCL after they been freed from the cases they being booked for, but after the project was launched, NGO's started doing follow up and monitoring the activities of these CCL's from a close quarters. The process of project implementation starting from receiving list of children from JJB, through District Child Protection Unit (DCPU), home visits, rapport building, data collection and assessment of children, analysis, preparation of preliminary Individual Care Plan (ICP) and its regular updation and linking the children to various schemes and programmes of government (both central and state) was described. The project provides greater emphasis on training and capacity building of children for behavioural modification through Life Skill Education (LSE) Trainings programme, Group Work activities, individual counselling and regular follow up and monitoring. The kind of services that need to be provided to a child, primarily depends on the data collection, its assessment and analysis. Detail ICP is prepared for every child and the plan of action is prepared based on ICP. She said, the project gives equal importance to build the capacity of parents. Training on Parenting and several round of counselling is also provided to parents to understand, the intricacies of adolescence age, its characteristics and management techniques. To make her points clearer and understandable, she shared few case studies and experiences of working with Children in Conflict with Law.



After completing the input on Psychosocial Care for Children in Conflict with Law (KAVAL), she switched over to project title, "Recovery and mainstreaming of substance abused adolescents to school and family (De-addiction project for children). She said, with financial assistance from Social Justice Department, Government of Kerala, FDA is shortly going to implement the project with support and through networking with various government and non-governmental organizations. She shared her concern on more children becoming dependant on various types of addiction like; alcohol, ganja and other banned tobacco products (Cool, Haanz etc). FDA had conducted a micro-research at

Pathanamthitta district among school going adolescent and the findings of the micro-research were alarming. She said, de-addiction project will be implemented from a preventive and curative mode. Services of various stakeholder organizations like; education department, police, excise, NHM, ICDS, Kudumbashree, PTA and school management and agencies like Nehru Yuva Kendra Sangathan will be sought during, planning and implementation phase. Apart from referrals, Services of counsellor Psychologist, Psychiatrist and Yoga master trainers will be ensured. Training for teachers, parents on early detection of substance use will be provided along with parenting skills, training on drug addiction and prevention. She said, the project targets a total of 100 addicted children and their parents. Towards the concluding part of the awareness programme, she requested the volunteers of NYKS to support FDA in identifying 100 children. A feedback session was organised. Many of the volunteers, said they know few children who are vulnerable from becoming a CCL or an addicted child. The volunteers said, they will help FDA in identifying required number of addicted children. The volunteers said, they personally knows many schools, where the issue of drug addiction persists. The meeting ended at 01.15 PM with a vote of thanks delivered by a NYKS volunteer.

### **Networking and Linkages with District Mental Health Programme (DMHP)**

During data collection, it was observed that, Ramakanth (*name changed*) and his sister are in borderline. To ensure it, they were brought to DMHP clinic at Varkala. DMHP Psychologist did clinical assessment and diagnosed them as borderline personalities. The Psychologist advised Psycho-education for the CCL for a period of 3 months. On deeper interaction with the CCL and his family members, it was learned that, the CCL have interest in gardening and agricultural activities. Possibility of linking the child to Haritha Kerala Mission of Varkala Municipality was explored with Chairperson of Varkala Municipality. It was learned that the entire works of the mission is of voluntary nature and the child will not get any monetary benefit out of it. But the Chairperson agreed to hire the child as casual labour during pilgrimage season or appoint him in some institutions run and managed by the Municipality. The CCL and his family does not have their own house. The need was discussed with the Chairperson of the Municipality to include the family in centrally sponsored scheme of Pradhan Mantri Awas Yojana (PMAY). But, PMAY scheme mandate the beneficiary shall have their own land for house construction, which they doesn't have. As an alternative, the ULB agreed to include the family in housing scheme funded by the Municipality. The project team is making necessary follow up with the CCL, his family and the Chairperson to include the family under housing owned by the ULB.

### **De-addiction treatment service to a Children in Conflict with Law (CCL)**

Shyam Mohan S (*name changed*) age 19 years was referred to Karunasai Psychopark at Vellanadu, Thiruvananthapuram for de-addiction treatment. The child was admitted for a period of around 45 days. At de-addiction centre, other than regular medication had participated in yoga-meditation session, various cultural events, extempore speech etc. The child is now cured from additions and is leading a healthy



life. His mother is providing him mental support to help keep him sober and started guiding the CCL in a better and fruitful manner. The take home messages from Parental Management Training programme helped the mother to understand various dynamics of adolescent age, its characteristics, challenges and management.

## **2. KAVAL – Psychosocial Care for Children in Conflict with Law – Pathanamthitta**

Department of Women and Child Development, Government of Kerala has extended implementation of Kaval – Psychosocial Care for Children in Conflict with Law in six new districts and Pathanamthitta district is one among the new districts. On 20-June-2017, Foundation for Development Action submitted Expression of Interest to implement KAVAL project at Pathanamthitta. An MoU was signed between District Child Protection Unit, Pathanamthitta and Foundation for Development Action on 16-Jan-2018.

### **Convergence Meeting**



District Child Protection Unit, Pathanamthitta Under the chairmanship of Hon; Principal Magistrate (JJB) organised a convergence meeting at Government Children's Home, Puthamon, Ranni on 19/01/2018. The Convergence meeting had participants from NIMHANS, JJB, CWC, DCPU, Foundation for Development Action (FDA) and other Line Departments such as Police, Education And Kudumbashree (DDUGKY). Respected Principal Magistrate delivered a brief introduction about the Kaval Project and the need of convergence between various key stakeholders for the success of the project. Dr: Kavitha, Coordinator of KAVAL project, NIMHANS elaborated the components of project activities and road map to take the project forward. Mr. Subair KK, State Project Coordinator of Kaval Project, Department of Women and Child Development shared his experience of kaval projects in three pilot districts of Kerala.

### **Induction Training Programme for new Project staffs at Thiruvananthapuram**

Two-day induction programme for new project staffs was organised at FDA's Thiruvananthapuram project office. Ramesh Krishnan, Executive Director oriented the Kaval Project staffs of Pathanamthitta about the NGO and its programmes. ED and Kaval Project Coordinator of Thiruvananthapuram district Ms. Sibi A, made a detail presentation especially the history and origin of Kaval project, achievements and developments of the last one year. On second day, the project team was oriented on reporting formats of FDA and NIMHANS as well as HR Policies of the organization.

As part of the induction training the project team got an opportunity to visit homes of two children who already are part of the project. The project team felt it beneficial as the team could interact with two children and members of their family. Moreover, the team could identify the vulnerabilities of children and the need for special attention for the development of children and their reintegration into the society.

As part of field exposure, the project team visited another Kaval Project implementing NGO at Thiruvananthapuram called 'BLIUE POINT'. The project team could participate in a Group Work session and visited Karimadam Colony. At the colony the visiting the team met and interacted with Children in Conflict with law and also could observe vulnerabilities of children living in the colony.

### **Three days training programme on Kaval Project at Kuttikanam, Idukki**

Department of Women and Child Development, Government of Kerala and NIMHANS has jointly organized three days training programme at Marian College Kuttikanam from 1<sup>st</sup> March to 3<sup>rd</sup> March. The training programme was organised for project staffs (NGO PC & Case Worker; OH Counsellors, CH Counsellors and LCPO's) of new project districts. This three day's residential training programme was facilitated State Nodal Officer of Kaval Project Mr. Subair KK and Dr. Kavitha P- kaval Project Coordinator of NIMHANS.

### **Home visits**

The FDA project team visited the homes of five CCL's and made the initial assessment of the child using reporting formats issued by NIMHANS. The list of children was given by Juvenile Justice Board, Pathanamthitta through District Child Protection Unit, Pathanamthitta.

### **Networking & Linkages**

As part of networking and linkages with key departments, the project team visited District Scheduled Caste Development Office; Children's Home; Adoor Police Station and Malayalapuzha Saksharatha Mission office to cater to the need of Children in Conflict with law.

### **3. Recovery and Mainstreaming of Substance Abused Adolescents to School and Family (Children's De-Addiction Project)**

Foundation for Development Action has signed Memorandum of Understanding (MoU) on date 24<sup>th</sup> February 2018 with District Child Protection Unit, Thiruvananthapuram for implementing project titled 'Recovery and Mainstreaming of Substance Abused Adolescents to School and Family' under Integrated Child Protection Scheme (ICPS) of Government of India for a period of one year.

### **Consultative meeting with line departments and NGO's**

A consultation meeting was held at District Child Protection Unit (DCPU), Thiruvananthapuram on Monday 12<sup>th</sup> March of 2018 at 10.45 am to discuss on the newly approved project tilted 'Recovery and Mainstreaming of Substance Abused Adolescents to School and Family' (Children's De-Addiction Project). Representatives from the department of Excise, Education, Police and Non-Governmental Organization's attended the consultation meeting. The consultation meeting started with a self-



introductory round by the participants. Mr. Subair K.K, District Child Protection Officer introduced the project to the participants. Fr. Thomas PD, Director, Don Bosco Children's Home Thiruvananthapuram presented outcome and findings of the study they conducted on drug dependency among school children in Thiruvananthapuram district. Followed by a presentation made by Mr. Ramesh Krishnan, Executive Director FDA and Project Coordinator on the strategies, activities and outcomes of the project on 'Recovery and Mainstreaming of Substance Abused Adolescents to School and Family'.

#### **Meeting with Circle Inspector – Excise Thiruvananthapuram Taluk**

A meeting was held on 14<sup>th</sup> March 2018 at the office of Mr. Anil Kumar, Circle Inspector, Excise, Thiruvananthapuram taluk at his Karamana office. The team had a detail discussion on the proposed children's de-addiction project and networking and lesioning required with various line departments and community. Mr. Anil Kumar shared his experience of working in the field of addiction control, its enforcement as well as dealing with children and the challenges he and his team faced while working with children. He opined that, Excise department shall put in place Psychologist and Social Workers in excise unit office for providing professional help to addicted children and support their families to overcome the menace. He also shared a critical case of a 27 year old person from a respectable family, who in his early teen age has started substance abuse and now has become a chronic drug addict. He concluded by saying that, he will render all his support for making the project a success.

#### **Consultative meeting with Psychologist, Abhayagramam, MITRA Hospital, Thachottukavu**

On 15<sup>th</sup> March 2018, the project team visited Abhayagramam, MITRA Hospital, Thiruvananthapuram. The purpose of the visit was to learn more about the services being provided by the hospital; discuss detail of the de-addiction project and to explore the possibility to include the Consultant Psychologist Mr. Manoj Sankar. V in the internal panel of the implementing organization. The Psychologist gave his suggestions for the smooth implementation of the project, but said he may not be take up the responsibility of Psychologist owing to his busy schedule at Abhayagramam.

#### **Consultative meeting with Director, Karunasai Psychopark, Vellanadu**

On 21<sup>st</sup> March 2018, FDA team – Executive Director Ramesh Krishnan; Vice President and Project Coordinator of Kaval Project Ms. Sibi A; Counsellor – Children's De-Addiction Project Ms. Vandana PS visited Karunasai Psychopark and met Dr. Madhujan and had a discussion on taking the De-Addiction Project forward. He provided his valuable suggestions and said he will provide Psychologist and

Psychiatrist for internal panel. He also shared list of experts (Psychologist and Psychiatrist) who are working in different organizations. Dr. Madhujan then directed FDA team to his Psychologist who explained us in detail regarding the treatment procedures and brief on various types of addiction.

### **Consultative meeting and review of project with District Collector at Civil Station, Thiruvananthapuram**

District Collector conveyed a meeting at her chamber on 22<sup>nd</sup> March 2018 to review the progress made under three different projects. Dr. Thomas PD of DON BOSCO Veedu Society made a presentation of the findings of study on De-Addiction which they did among adolescent children at various schools in Thiruvananthapuram. Mr. Ramesh Krishnan made presentation on Children's De-Addiction project focusing largely on the strategy of project implementation. FDA ED brought to the attention of the District Collector that there may be threat from drug mafia to the staffs who are working in the de-addiction project, because the project may drastically effect the supply and demand of substances among school going children.



Snapshots of the decisions of the meeting are as follows.

- FDA shall submit list of police stations under which the project will be implemented. Police will give adequate protection to project staffs.
- Police to strengthen surveillance to nab vendors selling tobacco related products.
- De-addiction project shall also reach out to private public schools.
- Excise department shall ensure that project proposal for setting up of child specific de-addiction clinic / hospital.
- FDA shall consult and build networks with all de-addiction centres / hospitals in Thiruvananthapuram.

## Two day orientation and training on De-addiction and Substance Abuse for staff at Karunasai Psychopark, Vellanadu

Karunasai Psychopark, Vellanadu had organized two days orientation and training on addiction treatment and substance abuse for project staffs of NGO - Foundation for Development Action organized on 26<sup>th</sup> and 27<sup>th</sup> of March 2018. The training programme was organized under the aegis of project titled 'Recovery and Mainstreaming of Substance Abused Adolescents to School and Family being supported by the Department of Women and Child Protection", Government of Kerala.

Karunasai Psychopark De-Addiction and Mental Health Research Institute Vellanadu was started as a venture of a team of psycho therapist for the families of alcoholic and mentally ill person. The centre was established on 01-01-2001. It is a non-profit service oriented welfare organization dedicated to the treatment and rehabilitation of retarded and alcohol and drug addicts. It is a treatment centre specially



meant for mental illness, alcoholism and drug dependence. Karunasai is the first De-Addiction centre in Kerala to use Mind Fullness Based Cognitive Therapy (MBCT) as a treatment method. The centre offers services of a team of professionals, skilled in their area of specialization and are deeply committed to the centre. A comprehensive treatment facility covering both medical and psychological are provided at the centre. The orientation cum training programme was facilitated by Dr. LR Madhujan - Director Karunasai Psychopark and his team of professionals including psychologist and psychiatrist. The two days input sessions aimed to orient the project staffs of FDA get a brief knowledge on drug addiction, substance abuse and its treatment. Many topics such as; substance abuse, therapies, neuro psychology etc were discussed in the training programme.

#### **4. School Safety Programme at Saraswathi Vidyalaya, Vattiyoorkavu Thiruvananthapuram**

Foundation for Development Action (FDA) is providing technical support to Saraswathi Vidyalaya, Vattiyoorkavu, Thiruvananthapuram, Kerala to implement a comprehensive School Safety Programme. MoU was signed with school management on 24<sup>th</sup> of March 2018. Saraswathi Vidyalaya was founded



in May 1991 by late Professor N. C. Nair, an eminent educationist under Ananthapuri Educational Society, a philanthropic and charitable Institution. The school follows the syllabus prescribed by Central Board of Secondary Education (CBSE) 10+2 system. The school has grown into a gigantic educational complex consisting of more than 4500 students, around 400 teaching and non-teaching staff. The aim of the project is to build capacities of school management, teaching and non-teaching staff on managing disasters both natural and human induced.

Following the National School Safety Policy Guidelines 2016 of National Disaster Management Authority (NDMA), Saraswathi Vidyalaya based at Vattiyoorkavu Thiruvananthapuram – a school recognized under CBSE has initiated a comprehensive School Safety Programme – a first of its kind in the state of Kerala with technical assistance from Foundation for Development Action (FDA) – a non-profit development organization. A twenty member School Safety Committee inclusive of representatives from Police, Fire & Rescue Services, Revenue and Health was formed and inaugurated by Ward Counsellor Shri. S. Harishankar who is also the Chairperson of the School Safety Committee. Snapshots of the programme is as follows:

Highlights of the SSP Programme
Sensitization Programme on Safe Driving Practices and School Bus Management for Drivers and Bus Attendants
Training on Stress Management, Post-accident Response and Promotion of Personal Health for Drivers and attendants
Training on Rescue, Emergency Evacuation and Basic Fire Fighting Techniques for School Bus Drivers, Bus Attendants, Security Staffs & Helpers
Training on Basic Life Support (BLS) / First Aid for School Bus Drivers, Bus Attendants, Security Staffs, Helpers, Teachers and Students
Mock Drill on School Bus Accident for School Bus Drivers, Bus Attendants and Students

General Awareness on Basics of Disaster Management for Students
Orientation on School Safety Programme for Students, Teaching and Non-Teaching Staffs
Conducting Participatory Capacity Vulnerability Assessment (PCVA) for Students and Teachers
Fire Mock Drill for Students, teachers, volunteers of students response teams
Preparation of School Disaster Management Plan and Dissemination

Mr. Anish Kumar  
President

Date: 03-08-2018

Office Seal

Mr. Ramesh Krishnan  
Executive Director

Date: 03-08-2018