



**KALVARAYAN HILLS-ANNUAL REPORT
2012-2013**

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Introduction

Today; community seva centre is a well established NGO working with overall development of several communities in the most isolated areas of pudhucherry and Tamilnadu in india. The organization is active in the socio-economic, cultural development of the society especially for the rural poor and needy children and women with a view to serve more targeted population in various areas.



Our Thrust Areas

Education –

community seva centre wants that all children should have the right to a good-quality basic education! In particular, since we consider children to be the most important agents of change. By working with the children, we can change the habits of the past, deal with the present and look into the future. Bringing the children to school is an important step to break the ongoing circle of poverty. To be able to work with the children, we also have to work with their parents. We aim to educate them and raise awareness about the importance of sending their children to school. To improve quality life of children, community seva centre started orphanage for most poorest of poor children

Orphanage:

"This organization was founded on Faith, Hope Love" Child Care is the most important feature of this organization. Since its inception, it has been the policy of the organization to put the child in the



center of all its activities. It is said that a child is a lamp to be lit and not a vessel to be filled. They are the future of our country.

The main aim of this organization is to relieve the human sufferings of some of the poor, neglected and destitute children below poverty line irrespective of caste, colour, creed and religion. This organization is working very hard to provide some children with good education and help these children to reach certain standards in the society. This organization is very committed to prevent child labour and provide them with the basic education.



Preference is being given to orphans, neglected, semi-orphans and to children from broken families. Orphan children are taken care until they get married. Each and every child is given good education, food and shelter and this organization takes care till they are well settled in their life.

This year there are 280 children under our care in orphanage Home.

Apart from giving them free food, clothing, accommodation and good education, we build their character and mould them in such a way, so that they may become good citizens of India.

SEVA PRIMARY & MIDDLE SCHOOL

Primary & Middle school was initiated for poorest of poor children in kalvarayan Hills at Villupuram district in Tamilnadu. Activities of Seva Primary School are



Activities:

1. Regular classes from 1st Std. to VIIIth std

2. Uniform for the children
3. Books for the children
4. Tuition centre for the children
5. Sports Materials for the children
6. Science Equipments for the children
7. Annual Day celebration in the school
8. Educational Tour for the children
9. Regular Health check up for the children
10. Capacity Building for school Teachers
11. Life skills Education program for Children
12. Children's club
13. School Based quality improvement program at school

2. Elder to Elder Home

The elder to elder home which was started in 2004. The Home for the Elderly covers an area of 30 villages situated around the main village: Vellimalai. More than 200 old age people are in the home in which we have provided shelter, food for Elders.



Elder to Elder is a non political, non commercial and non religious association. It is not depending on humanitarian organizations. It is financed by private donations and funds. To begin with it was family and friends, that formed the

base of the association, but now there are many active members outside the family.

3. Health and Sanitation

Awareness building on Pre natal and Post natal care

Prenatal & Postnatal Care Programs provide support & training to expectant parents before and after birth.

Antenatal Class/ Prenatal awareness Programs are an informative session which was conducted for pregnant mothers and mothers who have recent child birth on stages of pregnancy, stages



of labor, what to expect during labor, positions during labor, pain & pain relief options, relaxation techniques (acupressure, hypnotherapy etc), yoga, massage, delivery & lactation.

Pre Natal & Post Natal Care Programs:-

- Prenatal Program
- Prenatal Exercises
- Labor & birth
- Lactation Program
- Baby Care Program
- Postnatal Program
- Postnatal Exercises
- Cesarean Birth program

- Customized class on pregnancy

We conduct a range of programs and services to help expectant and new parents to cope with the demands of Pregnancy, Labor, Birth, Breastfeeding, Infant Care, and Parenting

Awareness building on Immunization program

Social, cultural, and economic factors continue to inhibit women from gaining adequate access even to the existing public health facilities. This handicap does



not merely affect women as individuals; it also has an adverse impact: on the health, general well-being and development of the entire family, particularly children. This area is of grave concern in the public health domain. In the vulnerable sub-category of women and girl child, this has a

multiplier effect for the future generations

‘Any attempt to reduce fertility without reducing mortality would be like putting the cart before the horse’ Thus to reduce fertility, child survival rate should be raised first. And this can be best done by universal immunization to all eligible mothers and children. This would in turn raise the overall health standard of the mass; reduce morbidity and mortality and lower fertility. For that purpose we gave awareness program for pregnant mothers, parents and care takers and teachers of crèche

Awareness program on safe drinking water

India’s huge and growing population is putting a severe strain on all of the country’s natural resources. Most water sources are contaminated by sewage and agricultural runoff. India has made progress in the supply of safe water to its people, but gross disparity in coverage exists across the country. Although access to drinking water has improved, the World Bank estimates that 21% of

communicable diseases in India are related to unsafe water. In India, diarrhea alone causes more than 1,600 deaths daily the same as if eight 200-person jumbo-jets crashed to the ground each day. Hygiene practices also continue to be a problem in India. Latrine usage is extremely poor in rural areas of the country; only 14% of the rural population has access to a latrine. Hand washing is also very low, increasing the spread of disease. In order to decrease the amount of disease spread through drinking-water, latrine usage and hygiene must be improved simultaneously we organized awareness program on safe drinking water for children's club, adolescent boys and adolescent girls and self help groups and youth club

Awareness program on STI/RTI

Community Seva Centre works on the globally accepted premise that increased awareness, leads to a change in behavior. Effective communication is the key in achieving the objective of



- ◆ To create awareness on TI/STI/HIV/AIDS among various sections of the people,
Including those in high-risk categories;
- ◆ To provide accurate information on HIV/AIDS and dispel myths and misconceptions;
- ◆ To create a supportive environment and generate demand for quality health services;
- ◆ To promote behaviour change for prevention of new infections;
- ◆ To promote community involvement in care and support of PLHA.

In that context, community seva centre gave a awareness on HIV/AIDS, RTI/STI to the young people in the kalvarayan hills area.

LIFE SKILL EDUCATION FOR ADOLESCENCE:

Life skill education for adolescence has been organized in our target village through this program adolescence were shine up in different skills like

Communication and Interpersonal Skills

Interpersonal communication skills

- Verbal/Nonverbal communication
- Active listening
- Expressing feelings; giving feedback (without blaming) and receiving feedback

Negotiation/refusal skills

- Negotiation and conflict management
- Assertiveness skills
- Refusal skills

Empathy

- Ability to listen and understand another's needs and circumstances and express that understanding

Cooperation and Teamwork

- Expressing respect for others' contributions and different styles
- Assessing one's own abilities and contributing to the group

Advocacy Skills

- Influencing skills & persuasion
- Networking and motivation skills

Decision-Making and Critical Thinking Skills

Decision making / problem solving skills

- Information gathering skills
- Evaluating future consequences of present actions for self and others
- Determining alternative solutions to problems
- Analysis skills regarding the influence of values and attitudes of self and others on motivation

Critical thinking skills

- Analyzing peer and media influences
- Analyzing attitudes, values, social norms and beliefs and factors affecting these
- Identifying relevant information and information sources

Coping and Self-Management Skills

Skills for increasing internal locus of control

- Self esteem/confidence building skills
- Self awareness skills including awareness of rights, influences, values, attitudes, rights, strengths and weaknesses
- Goal setting skills
- Self evaluation / Self assessment / Self-monitoring skills

Skills for managing feelings

- Anger management
- Dealing with grief and anxiety
- Coping skills for dealing with loss, abuse, trauma

Skills for managing stress

- Time management
- Positive thinking
- Relaxation techniques

This program helps adolescence to decide their life in the future.

4. Supplementary Nutrition

Supplementary Nutrition Programme is provided to children below 6 yrs of age, pregnant and nursing mothers and adolescent girls of low income group to improve health and nutritional status with 300 feeding days in a year. Supplementary nutrition was provided to the pre-school children as a regular. 250 children are benefiting through regular supplementary meals from five pre school centre. Child health status has been increase through regular meals and nutritional refreshment at the evening.

5. Livelihood programs

Self Help Groups are being formed for women and men who belong to tribal communities of Kalvarayan Hills. More than 900 women and men have become members of SHGs. various income generation programs are being planned and implemented



Vegetable cultivation

Land leveling, vegetable Cultivation, income generation program, employable skill training, milk animal, goatry, rabbit rearing also being done in order to promote livelihood program in Kalvarayan hills

Conclusion

With great pleasure, we thank all the people who have extended their Co operation and support to our organization to achieve this goal this year. This achievement is not a single man's show but the result of the excellent Team work performed by the staffs under the guidance of our able President Sr.Xavior Mary. We will be ever grateful to all individuals, the organizations, Government Departments, for their generous contributions and support extended to our organization in helping the poor and downtrodden, for their growth and enlistment. With the same team spirit, we enter into the New Year with great confident of achieving more for the welfare of tribal and other poor suppressed people of the Community. Before conclude, I once again extend our warm greetings to all the well wishers of our organization and request them to be with us this year too and guide us in our efforts in helping the growth of poor and suppressed people of the Community.

Thanking you,
Yours Sincerely,

A.K.NEHRU,
Secretary,
COMMUNITY SEVA CENTRE.