



RAJAGIRI SAHRUDAYA SERVICES AND CHARITIES

ANNUAL REPORT 2023-24

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Message from the Provincial



Sahrudaya- The Art of Giving

The Sacred Heart of Jesus is a constant reminder for us in generous giving. It's a heart full of vibes of compassion and concern. The last drop of blood and water that came out of the pierced Heart of Jesus, is the eternal sign of his selfless and limitless giving. The Sacred Heart of Jesus teaches us the Art of Giving. Jesus has expressed the beauty of giving by saying, "It's more blessed to give than to receive" (Acts 20:35). Our giving of service and help to others definitely will give joy and hope to them. *Sahrudaya Rajagiri* imbibes this spirit of heartfelt giving and trying in its own humble way to emulate it.

This annual report presents the various ways through which the Social Apostolate of the Sacred Heart Province, Kochi under the banner of *Sahrudaya Service & Charities* has attempted to reenact the selfless giving acts of the Sacred Heart. *Sahrudaya* believes in the Art of Giving. This Art of Giving is realized through different humanitarian and charitable works envisioned and executed by the *Sahrudaya*. It gives us immense joy to note that we could really give hope, joy and peace to many individuals and families through the very Art of Giving generously. Our giving helped to heal many a family, shape the future of many students, helping many to have shelter and so on. I congratulate Rev. Fr. Shinto Thalian CMI, the Councillor of Social Apostolate and his team for the remarkable service they do through *Sahrudaya*.

Mother Theresa of Kolkata was once asked by a journalist about her humanitarian works," What are you really doing?" She said: "I am helping these people to smile before they die." May our Art of Giving help others to smile.

Fr. Benny Nalkara CMI
Provincial

Message from the Chairman



Dear Priors, Superiors, Prefects & Fathers, Partners and Friends,

As we conclude another impactful year at Sahrudaya Services and Charities, I am thrilled to share our 2023-2024 annual report with you. This year has been a testament to what we can achieve together through dedication, collaboration, and unwavering commitment to our mission. Our work has touched countless lives and made a significant difference in the communities we serve. I am proud to present the highlights of our major projects and activities, showcasing the strides we have made in housing, education, healthcare, and mental health. This annual report provides a comprehensive overview of our key activities, highlighting our major projects and their successes.

This year, our Housing Project saw remarkable advancements. We successfully constructed 4 new houses and renovated 15 homes, providing safe and secure shelter. Our Child Scholarship Program has continued to transform lives by providing educational opportunities to children from low-income families. In the 2023-2024 academic year, we awarded scholarships to 400 students. This initiative not only alleviates the financial burden on families but also empowers the next generation with the knowledge and skills they need to succeed. Our scholars have shown outstanding academic performance and a deep commitment to their education, demonstrating the program's positive impact. The Heal a Family Project aims to support families facing significant medical challenges. This year, we extended our reach to 32 families, offering comprehensive support that includes medical treatment, counselling, and financial assistance. Mental health is a critical component of overall well-being, and our Community Mental Health Centres have played a vital role in providing accessible mental health services. In 2023-2024, we expanded our network to 13 new centres, increasing our capacity to serve more individuals. These centres offer counselling, therapy, and support groups, helping individuals manage stress, anxiety, depression, and other mental health challenges. Our dedicated mental health professionals have been instrumental in fostering a supportive and inclusive environment where community members can seek help without stigma.

As we move forward, we remain committed to our mission of creating positive change and empowering communities. The achievements of this past year inspire us to set even higher goals for the future. We will continue to innovate, expand our programs, and deepen our impact, ensuring that we reach more individuals and families in need.

We extend our heartfelt thanks to all priors, superiors, prefects, fathers and friends. Your unwavering support and generosity make our work possible.

With gratitude,

Fr. Shinto Thalian CMI

Chairman

Sahrudaya Services and Charities

SAHRUDAYA ADMINISTRATION



Fr. Benny Nalkara CMI
Provincial



Fr. Shinto Thalian CMI
Chairman

SOCIAL APOSTOLATE – ADVISORY COUNCIL



Fr. Jaimon Oliyapuram CMI
Consultor



Fr. Alex Varappuzhakkaran CMI
Member

EXECUTIVE COUNCIL MEMBERS



Fr. Dibin Mangalath CMI
Secretary



Fr. Paul Nedumchalil CMI
Treasurer



Fr. Martin Mundadan CMI
Member



Fr. Jaison Chirepadickal CMI
Member



Fr. Jaison Parappilly CMI
Member



Fr. James Aeranat CMI
Member

OFFICE STAFF



Joseph V J
Project Coordinator



Mathews Manuel
Project Officer



Annumol Raju
Asst. Project Coordinator

COUNSELLORS



Dr. Manju P Emmanuel



Akhila Mohanan



Roselin Mary Benny

ANIMATORS



Aniamma Vinod



Farisha P S



Neena Jacob



Sincy Jomon



Reetha Benny

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SAHRUDAYA SERVICES AND CHARITIES

ANNUAL REPORT 2023-24

ABOUT US

Sahrudaya Services and Charities is a legally registered Society in the district of Ernakulam, Kerala, India, in the year 1979 (Reg. No. 205/1979). CMI (Carmelites of Mary Immaculate) S.H. Province, Rajagiri, Kochi is the founder of Sahrudaya. Most of its running funds are contributed by each and every CMI Monastery of this province by way of tithing. Sahrudaya's motto, "Uniting Hearts for Empowerment and Development", is quite realistic and relevant today.

All the Projects and Programs of Sahrudaya flow from the philosophy that social action must empower people, especially at grass roots level, making them aware of their rights and strengthen their determination to obtain their legitimate rights. Sahrudaya believes when people are so empowered, there will be less corruption and good governance

VISION AND MISSION

SAHRUDAYA'S Vision is "Uniting Hearts for Empowerment and Development", Our Mission is to promote sustainable development by social animation of the units of CMI SH Province as well as for the coordination of the activities of the social apostolate of the province and setting up replicable models of development.

GOAL

All round development of children, especially those who are quite vulnerable, irrespective of caste, creed or religion

Provide financial & organisational support to envisage and enhance socio economic upliftment of the poor and needy families.

Integrated development based on multi sectorial approach for the solution to problems of rural areas with the people's participation.

AN OVERVIEW OF RAJAGIRI SAHRUDAYA PROGRAMMES

Serial no	Name of the project	Number of beneficiaries
1.	The Parppidam Project	19
2.	Heal A Family	32
3.	Students Scholarship Programs	379
4.	Community Mental health Centre	595
5.	Senior Citizens Program	304
6.	Sahrudaya Medical Insurance Program	216
7	Charitable Aids	40
8.	De-Addiction Project	2
9.	Self-Help Groups	12
10.	Prathyasa Project	3
11.	Endoscopy Project	15
12.	Gift A Goat; Lift A Life Project	1

1. SAHRUDAYA PARPPIDAM PROJECT

Sahrudaya is committed to build new houses for providing shelter to the poor and the homeless people in the neighbourhoods of our monasteries, houses and centres. The scheme is implemented with the participation of Sahrudaya, beneficiaries, corresponding CMI houses, and respective local self-government bodies.

Type of support	Number of beneficiaries	Amount of expenditure
Fully Supported houses	2	10,00,000
Partially supported	2	5,00,000
Maintenance support	15	5,09,500
Total	19	2,009,500

1.1 Fully Supported Houses

1.1.1. Neeleeswaram- Ms. Rama Arackal

The beneficiary works as a helper at the nearby CMI monastery. After losing her husband to cancer, she raised her three children alone in a small hut. They own a piece of land in a muddy area and are promised of financial aid from the Panchayat through the Life Mission Project. Their home had one hall, a small bedroom, and a kitchen for the four family members, with access only through a narrow pathway.

Sahrudaya decided to help the family by building them a new home. The key exchange ceremony took place on February 22, 2024, with Reverend Father Provincial handing over the key to the family in the presence of Sahrudaya's Chairman and staff.



House of Ms. Rama Arackal, Neeleeswaram

1.1.2. Manappuram- Mr. Antony Varkey

The beneficiary, along with his wife and two sons, lived in a cramped, insecure house. Their previous home was destroyed by the Gaja Cyclone in 2016. Since then, they've been striving to rebuild their lives but faced difficulties in securing housing. Despite numerous applications to various government and voluntary organizations, they struggled to find financial support. Fortunately, Sahrudaya Rajagiri stepped in to offer assistance, providing a ray of hope for their housing needs.



House of Mr. Antony Varkey, Manappuram

1.2 Partially Supported Houses

1.2.1 Karukutty 1- Mr. Prinson Varghese

The beneficiary, along with his wife and two children, rented a house for several years. He supports his family by working daily wage jobs, while his wife manages the household. Despite their limited income, they struggle to meet their family's needs and afford their children's education. They own four cents of land nearby, and Sahrudaya pledged to provide some assistance. Additionally, they received a promise of help from a Rotary Club to construct a new home.

1.2.2 Karukutty 2- P. A Paulose

The beneficiary, a man in his forties who is unmarried and physically disabled, lives with his mother in a rented house. They previously owned a house but had to sell it to afford medicine for his mother. Recently, they received 3 cents of land from a friend, and both the Rotary Club and Sahrudaya have promised to help them build a new house.

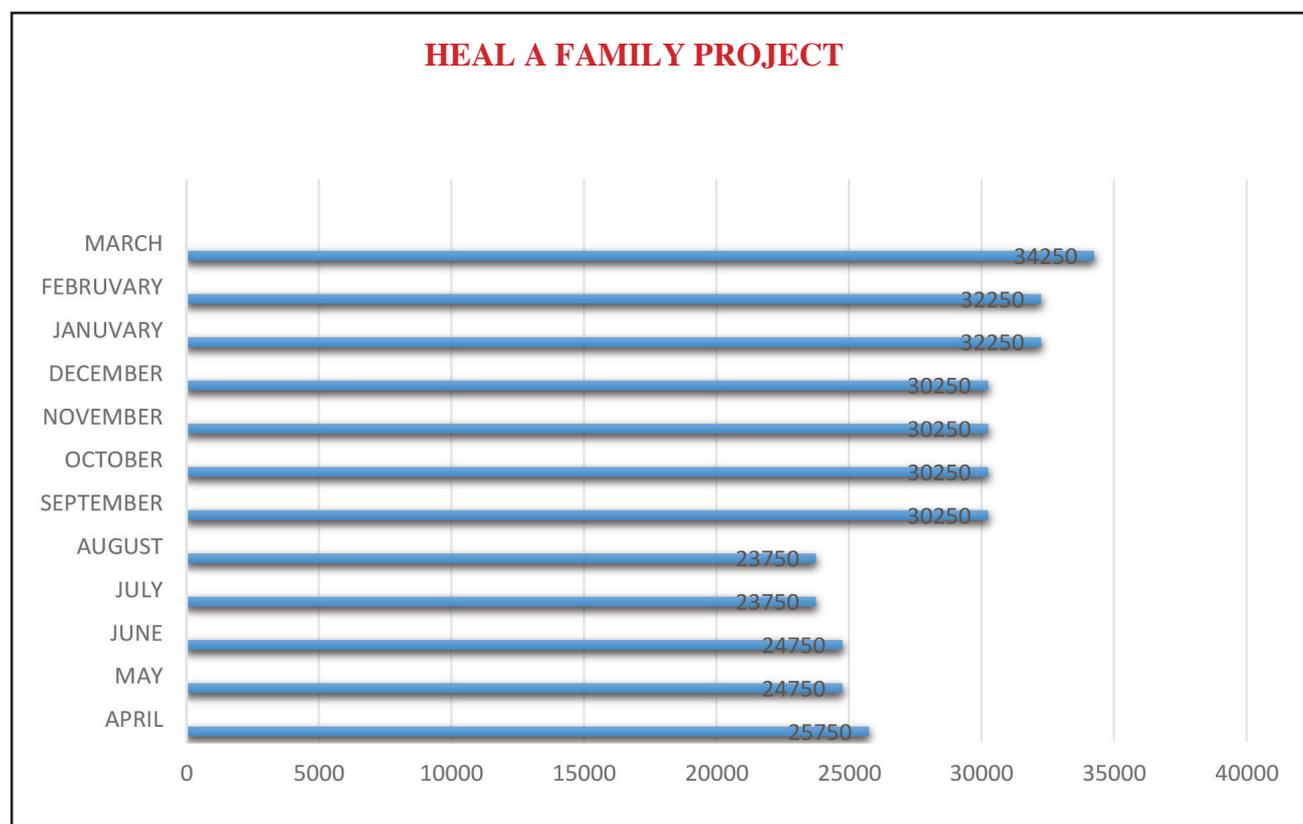
1.3 Maintenance Support

Sahrudaya also supported numerous individuals with various maintenance tasks for their homes, encompassing plumbing, electrical work, adding extra rooms, and roofing, among others. As a result, Sahrudaya provided financial assistance to 15 beneficiaries, totalling Rs. 5,09,500.

2. HEAL A FAMILY PROJECT

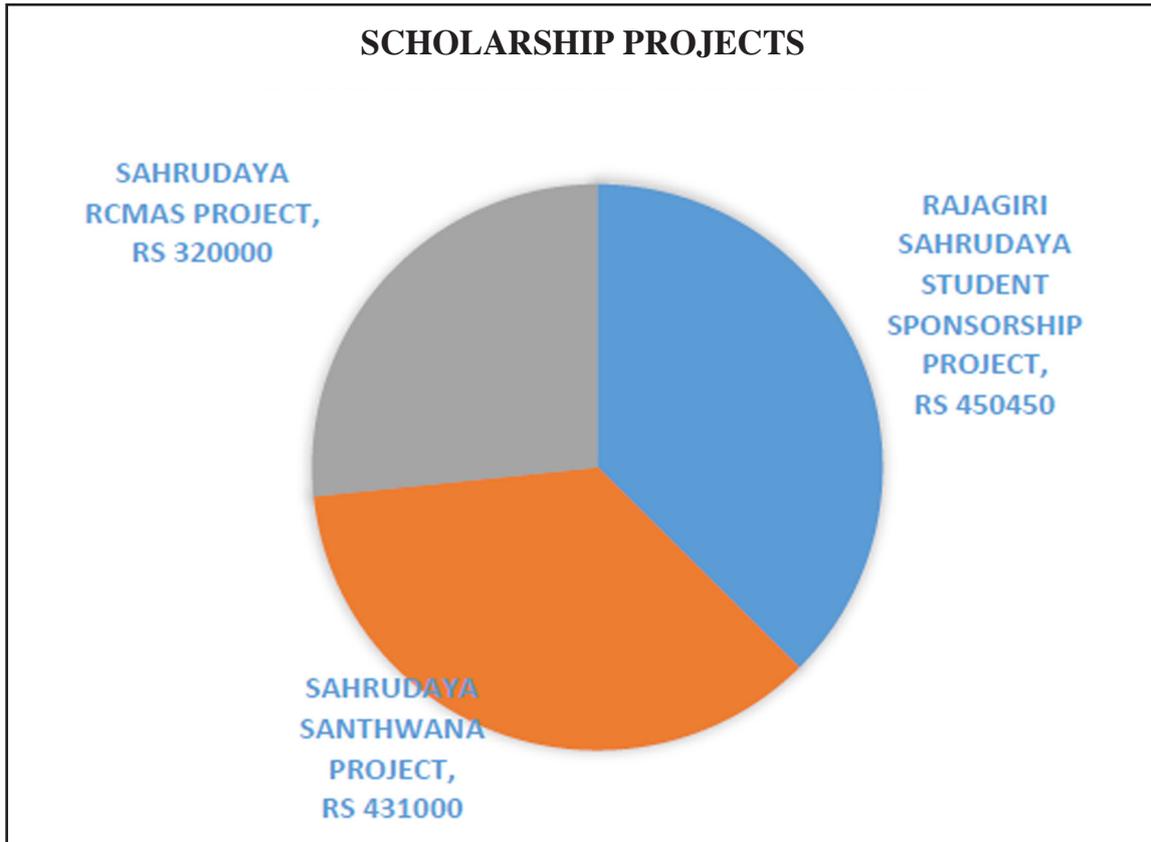
Heal a family is a holistic project by Sahrudaya in order to heal each family which are wounded by terminal illness or disabilities. The projects covers families of the centers of SH Provincial House. In every month a definite amount is deposited in the accounts of the beneficiaries in order to support them to meet there medical expenses. In the financial year 2023-2024, an amount of Rs 3,42,500 has been distributed.

SL. No	Months	No of beneficiaries	Amount
1	April 2023	24	25750
2.	May 2023	23	24750
3.	June 2023	23	24750
4.	July 2023	22	23750
5.	August 2023	22	23750
6.	September2023	25	30250
7.	October 2023	25	30250
8.	November 2023	25	30250
9.	December 2023	25	30250
10.	January 2024	27	32250
11.	February 2024	27	32250
12.	March 2024	28	34250



3. STUDENTS SCHOLARSHIP PROGRAMS

SL. no	Name of the project	No of beneficiaries
1.	Rajagiri Sahrudaya student sponsorship project	323
2.	Sahrudaya Santhwana scholarship	42
3.	Sahrudaya RCMAS Scholarship Project	14



3.1 Rajagiri Sahrudaya Student Sponsorship Project

The Rajagiri Sahrudaya Student Sponsorship Project is for communities near the centres or monasteries of SH Province. The students are selected by the approval of the priors or the vicar of each centres. At the time of school opening they are provided with school bags, umbrella, pouch etc. which necessary for the students to attended the school. The project does not stop after the distribution of the school items the project also considers the holistic development of each student. The students are required to attend theme based classes on second Saturday on their own respective centres. Along with classes the marks of each student in each exam are collected and analysed to know their improvements.

SL. No	Centre Name	Number of students
1.	Karukutty	33
2.	Pothy	24
3.	Manappuram	40
4.	Neeleeswaram	21
5.	Koonammave	40
6.	Thevara	20
7.	Malayattoor	26
8.	Vypin	30
9.	Kottarappally	40
10.	Vallakom	32
11.	Assisi Bhavan	17
	Total	323

3.1.1 Study materials distribution among the children at various centres

Number of centres	11
Total Number of Scholarship Children	323
List of Study Materials distributed	School Bags, Note Books, Instrument Boxes,
Cost of the materials / Medical Insurance and distribution (Bag 500+ Bks 140+ IB 120+ Insurance 600 = 1360) + Travelling Expenses	Rs. 450450.00
Program	Prayer/ Welcome/ Presidential Address/ Inauguration- Motivation – Orientation- Sharing Parents Opinion- Kit Distribution / Felicitation / Concluding Session..
Number of participants	690



Pothy



Manappuram



Kottarappally



Karukutty



Neeleeswaram



Assisi



Vypin



Thevara



Koonammavu



Vallakom



Malayattoor

3.1.2 Onam Souhrudam







3.1.2 Rajagiri Sahrudaya Summer Souhrudam Camp

Sahrudaya Services & Charities annually organizes a three-day Summer Souhrudam camp, welcoming children from diverse communities. The camp focuses on fostering children’s mental and social development through a variety of programs and activities. This initiative, a prominent offering of Sahrudaya Rajagiri, is conducted in collaboration with numerous monasteries. Not limited to scholarship students, the camp extends its reach to children across communities. The expert management of the camp is ensured by the administrative staff of Sahrudaya, along with animators and brothers from the Seminary. Throughout the three-day program, which is predominantly led by the brothers, participants engage in ice-breaker activities, group tasks, orientation sessions, and games. Drawing over 500 students from various centres, the camp commences with an official inauguration ceremony, led by the Prior of the Monastery. The activities and lessons offered during the camp aid children in developing essential social skills for daily life. Running from 10:00 AM to 4:00 PM, the camp culminates in a captivating “Snehavirunnu” session on the final day. From April 18th to May 5th, 2023, the summer camp was held across 11 centres spanning three districts.

An Overview of the Summer Souhrudam Camp	
Venue of Summer Souhrudam Camps	Karukutty, Neeleeswaram & Malayattoor, Koonammavu, Vypin, Thevara, Manappuram, Kottarappally, Assisi, Pothy, Vallakom.
Date & Time	18th April to 05th May 2023 & 10.00 AM to 4.00 PM
Total Number of Scholarship Children From Sahrudaya Centres	224
Total Number of Children out of Scholarship from Manappuram	189
Total Number of the Children	413
Camp Coordinators	Sahrudaya Animators and Deacons of the SH Provincial House
The Total Cost of the Camp	Rs. 40,000/- Including Miscellaneous, Travel & Food expenses (Each of the centres have various expenditures)
Programs of the Camp	Official Inauguration, Orientation classes based on Personality Development, Time Management, Life Skills, Collage Making, Games, Group Activities, Snehavirunnu, etc.

Neeleeswaram & Malayattoor

The camp took place from April 18th to 20th. It commenced with an inauguration led by Fr. Jose Thyparambil CMI, in the presence of the Sahrudaya Chairman and Project Officer, Mr. Roshin Santhosh. Children from Malayattoor joined at Neeleeswaram. A total of 50 children took part in the camp.



Koonammavu

The camp took place from April 18th to 20th. It commenced with an inauguration led by Koonammavu Prior Fr. Joby Vithyathil CMI. A total of 55 children took part in the camp.



Pothy

The camp took place from April 18th to 20th. It commenced with an inauguration led by Sevagram Director Fr. Jaimon Oliyappuram CMI. A total of 33 children took part in the camp.



Manappuram

The camp took place from April 24th to 26th. It commenced with an inauguration led by Manappuram Prior Fr. Anto Mannezhath CMI, in the presence of the Sahrudaya Chairman and Project Officer, Mr. Roshin Santhosh. A total of 65 children took part in the camp.



Kottarappally

The camp took place from April 24th to 26th. It commenced with an inauguration led by Kottarappally Prefect Fr. Jaison Chireppadickal CMI. A total of 60 children took part in the camp.



Vallakom



The camp took place from April 24th to 26th. It commenced with an inauguration led by Jeevanilayam Secretary Mr Jacob Poothaveley. Children from Assisi centre joined at Vallakom. A total of 39 children took part in the camp

Karukutty

The camp took place from May 3rd to 5th. It commenced with an inauguration led by Karukutty Fr. Augustine Thottakara CMI. A total of 33 children took part in the camp.



Vypin



The camp took place from May 3rd to 5th. It commenced with an inauguration led by Manappuram Prior Fr. Anto Mannezhath CMI, in the presence of the Sahrudaya Chairman and Project Officer, Mr. Roshin Santhosh. Children from Thevara centre joined at Vypin. A total of 70 children took part in the camp

3.2 Sahrudaya Santhwana Scholarship Program

The Sahrudaya Santhwana Scholarship Project, initiated in 2015, is a higher education initiative aimed at supporting students from economically disadvantaged backgrounds who possess strong academic ambitions. The program was established through a collaboration between the Sahrudaya organization and the Santhwana Institute of Counselling and Psychotherapy, reflecting a shared commitment to enhancing educational opportunities for underprivileged youth. Each year, the Sahrudaya Santhwana Scholarship Project extends financial aid to up to 50 students pursuing professional education. This support is provided to both undergraduate and postgraduate students, ensuring that they can focus on their studies without the burden of financial stress. By selecting students in their first year, the program ensures that beneficiaries receive consistent support throughout the duration of their courses, thereby promoting academic stability and continuity.

In its most recent cycle, the project provided financial assistance to 42 students. The amount of aid varied based on the specific needs and costs associated with each student's course of study, ranging from Rs. 5,000 to Rs. 12,000. This tiered approach allows the scholarship to effectively address the diverse financial demands of different educational programs, from undergraduate degrees to advanced postgraduate studies. The selection process for the scholarship is rigorous, focusing not only on the economic background of the applicants but also on their academic potential and aspirations. This dual emphasis ensures that the support is directed towards students who are both deserving and likely to benefit most from the assistance. By alleviating financial barriers, the Sahrudaya Santhwana Scholarship Project empowers these students to pursue their educational goals and, ultimately, their professional dreams.

The impact of the Sahrudaya Santhwana Scholarship Project extends beyond individual recipients. By enabling talented students from economically challenged backgrounds to complete their education, the program contributes to broader societal benefits. These graduates are better positioned to secure stable employment, support their families, and contribute to their communities, thereby breaking the cycle of poverty. Moreover, the collaboration with the Santhwana Institute of Counselling and Psychotherapy ensures that students also have access to psychological and emotional support. This holistic approach acknowledges that financial aid alone may not be sufficient to overcome the challenges faced by students from disadvantaged backgrounds. By providing both financial and psychological support, the program enhances the overall well-being and success of its beneficiaries.



Welcoming the Partners by Rev. Fr. Shinto Thalian CMI

3.3 Sahrudaya RCMAS Scholarship Project

The 'SAHRUDAYA RCMAS SCHOLARSHIP PROJECT' is a collaborative initiative between Sahrudaya Rajagiri and Rajagiri College of Management and Applied Sciences, aimed at supporting the higher and professional educational aspirations of talented children from vulnerable backgrounds. The project endeavours to bridge the educational gap for these children by providing financial assistance, thereby enabling them to pursue their academic and career goals without the hindrance of economic constraints.

During the reporting period, a significant event took place on December 2, 2023, at the Santhwana Institute of Counselling and Psychotherapy, Kacherippady, Ernakulam. This event was a get-together of the project partners, marking an important milestone in the project's journey. The gathering served as a platform for the stakeholders to discuss the progress, challenges, and future directions of the scholarship initiative. At this event, Sahrudaya, a key partner in the project, disbursed a substantial scholarship amount of Rs. 2,80,000/-. This amount was distributed among 14 beneficiaries of the project, ensuring that each recipient received financial support tailored to their specific educational needs. The

scholarship aims to cover various expenses associated with higher education, including tuition fees, study materials, and other essential resources, thereby alleviating the financial burden on the students and their families. The distribution of the scholarship funds underscores the commitment of Sahrudaya and Rajagiri College of Management and Applied Sciences to foster educational equity and empower disadvantaged youth. By investing in the education of these talented individuals, the project not only enhances their academic prospects but also contributes to the broader goal of social upliftment and community development. This initiative exemplifies the impact of collaborative efforts in addressing educational disparities and nurturing future leaders from all walks of life.



Distribution of RCMAS Scholarship by Provincial Rev. Fr. Benny Nalkara CMI

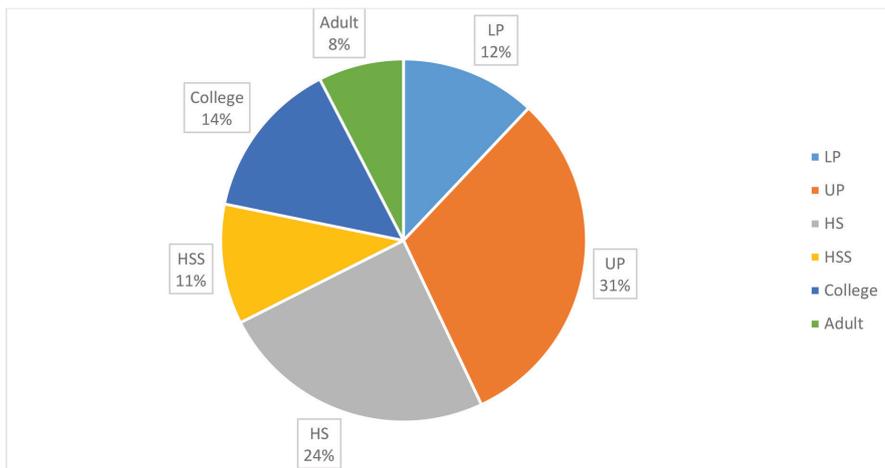
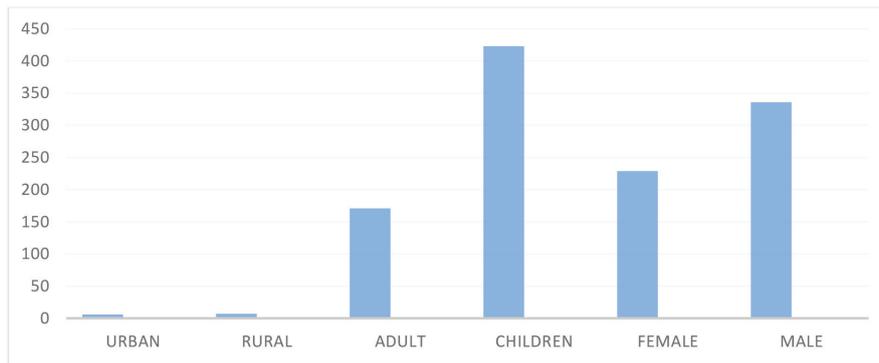
4. COMMUNITY MENTAL HEALTH CENTRES

SL. No	Name of Centres	Number of Beneficiaries
1.	Sacred Heart East Campus, Thevara	46
2.	Sacred Heart Higher Secondary School, Thevara	60
3.	Sacred Heart High School, Thevara	48
4.	St. Mary's U P School, Thevara	42
5.	Rajagiri Valley, Kakkanad	34
6.	Christ The King Church, Karukutty	17
7.	Rajagiri Seashore CMI School, Vypin	41
8.	SHJ U P School, Eloor	50
9.	Kanjoor	26
10.	Rajagiri Amala Public School, Kottarappally	85
11.	St. Theresa's High School, Manappuram	95
12.	Sevagram Pallikkoodam, Pothy	37
13.	Kalamassery	9

Diagrammatic Description

Based on area – whether urban or rural; Adults and Children & gender- Female/Male

Category	Number
URBAN	6
RURAL	7
ADULT	171
CHILDREN	424
FEMALE	229
MALE	366

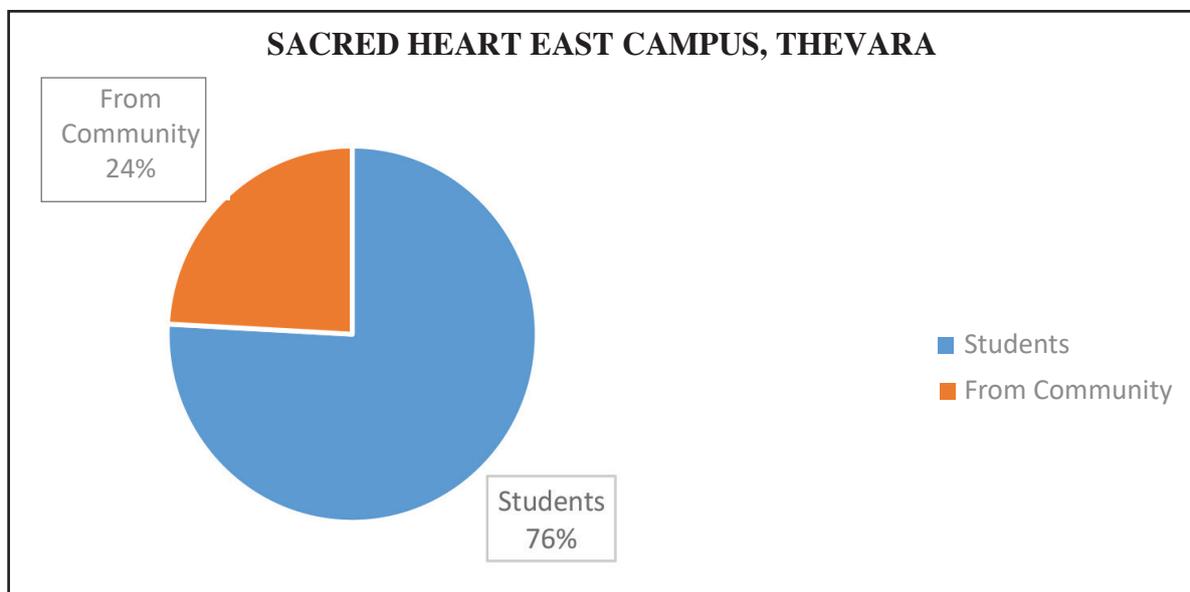


4.1 Sacred Heart East Campus, Thevara

The first counselling centre opened at SH East Campus, Thevara, on September 19, 2023. Provincial Superior Rev. Fr. Benny Nalkkara CMI inaugurated the centre in the presence of Fr. Shinto Thalian CMI the Sahrudaya Chairman, Fr. Varghese Puthussery CMI, the educational counsellor of SH Province, Fr. Varghese Kachappilly CMI, the Prior, and Fr. Jose John CMI, the Principal of S.H. College. Dr. Manju P. Emmanuel serves as the appointed counsellor, having handled 46 cases to date. Counselling services at the centre are on every Mondays and Tuesdays of the month.



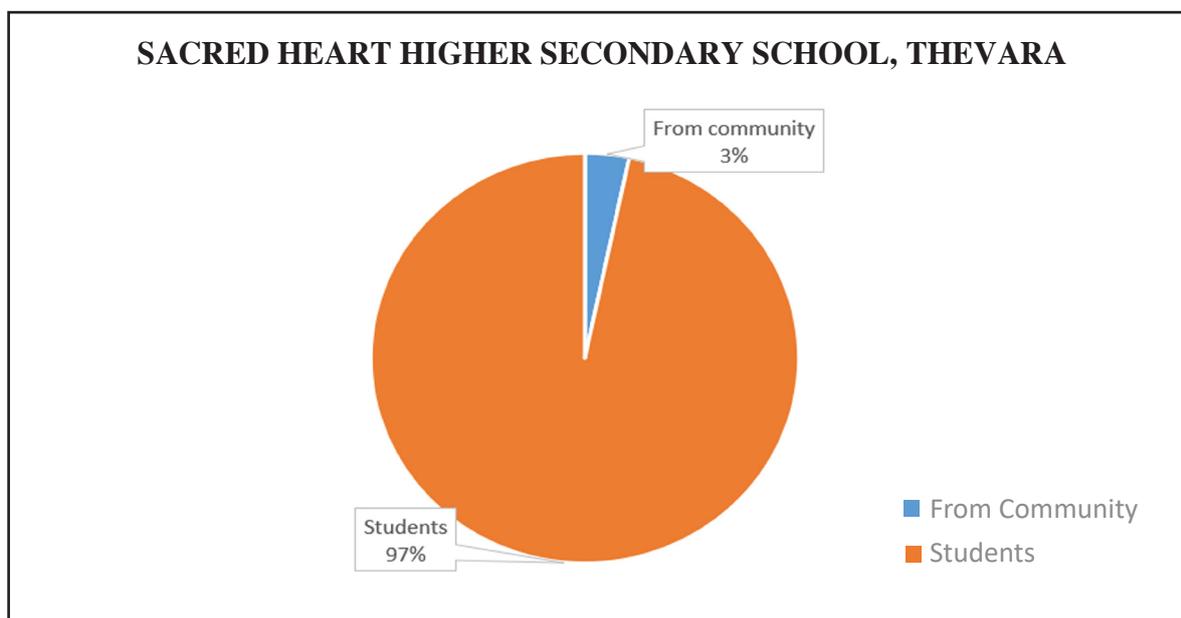
Students	44
From Community	4
Total cases	46



4.2 Sacred Heart Higher Secondary School, Thevara

The centre was inaugurated on September 19, 2023. Dr. Manju P. Emmanuel serves as the assigned counsellor in the centre, having assisted 60 cases to date. Counselling services at the centre are on every Fridays of the month.

Students (HSS)	58
From Community	2
Total cases	60

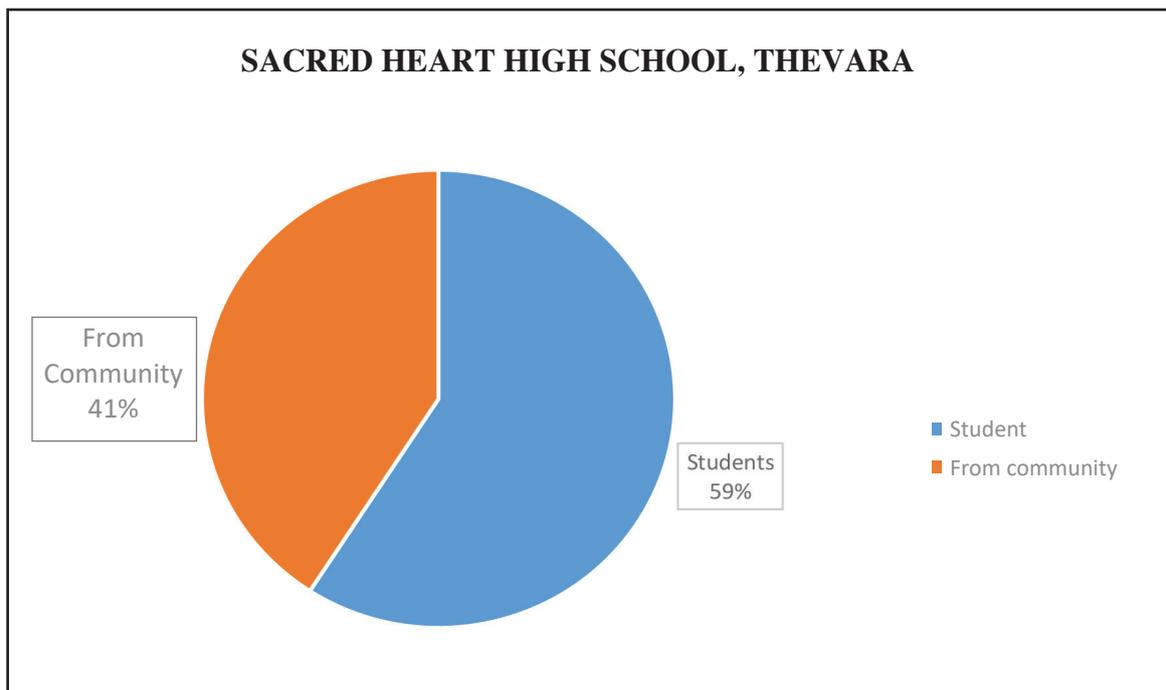


4.3 Sacred Heart High School, Thevara

The centre started its functioning on 19th September 2023. Ms. Akhila Mohanan serves as the assigned counsellor in the centre, having attended 48 cases to date. Among them, 42 are students and 6 are from community. Counselling services at the centre are on every Mondays and Tuesdays of the month.



Students (HS)	42
From community	6
Total cases	48

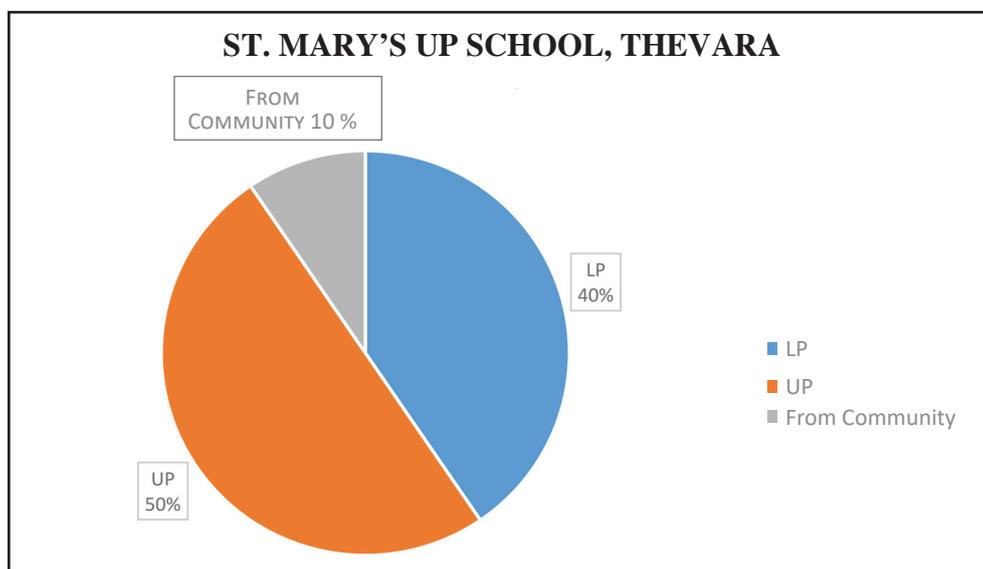


4.4 St. Mary's U P School, Thevara

The centre started its functioning on 19th September 2023. Ms. Akhila Mohanan serves as the assigned counsellor in the centre, having attended 42 cases to date. Among them, 38 are students and 4 are from community. Counselling services at the centre are on every Fridays of the month.



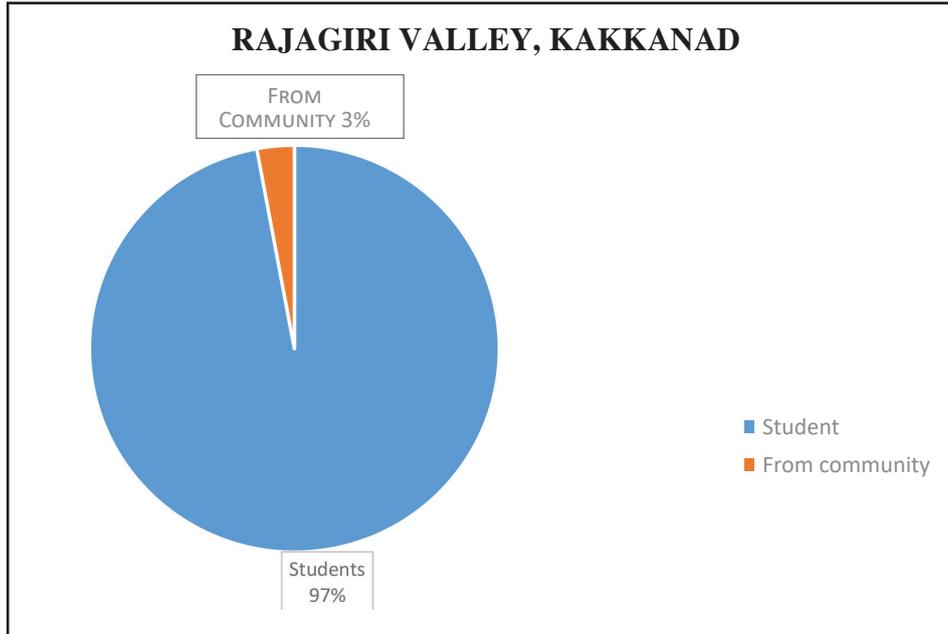
LP	17
UP	21
From community	4
Total cases	42



4.5 Rajagiri Valley, Kakkanad

Counselling services at the centre began on November 29, 2023, with Dr. Manju P. Emmanuel serving as the designated counsellor for student concerns. She has addressed 34 cases thus far. Counselling services at the centre are on every Wednesdays of the month.

Students	33
From community	1
Total cases	34

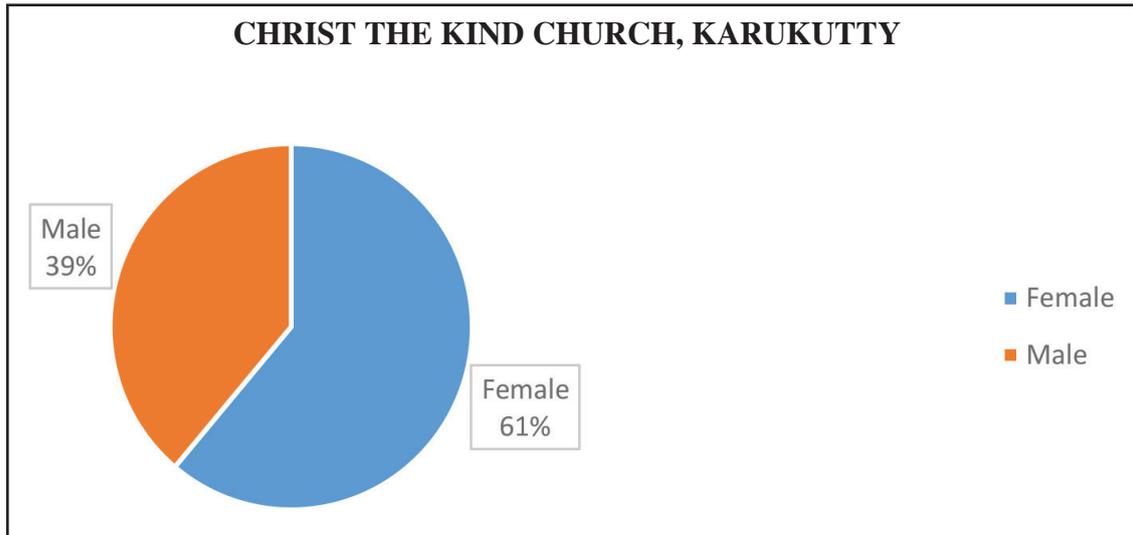


4.6 Christ the King Church, Karukutty

The centre was inaugurated on 14th January 2024 by the Provincial Superior Rev. Fr. Benny Nalkkara CMI in the presence of Fr. Mathew Koikkara CMI the superior, Sahrudaya Chairman, Fr. Jaison Chirepadickal CMI the prior, and the Sahrudaya staff. Dr. Manju P. Emmanuel is the assigned counsellor for the centre, having attended to 17 cases thus far. Counselling services at the centre are available every second and fourth Sunday of the month.



Number of females	11
Number of males	6
Total cases	17

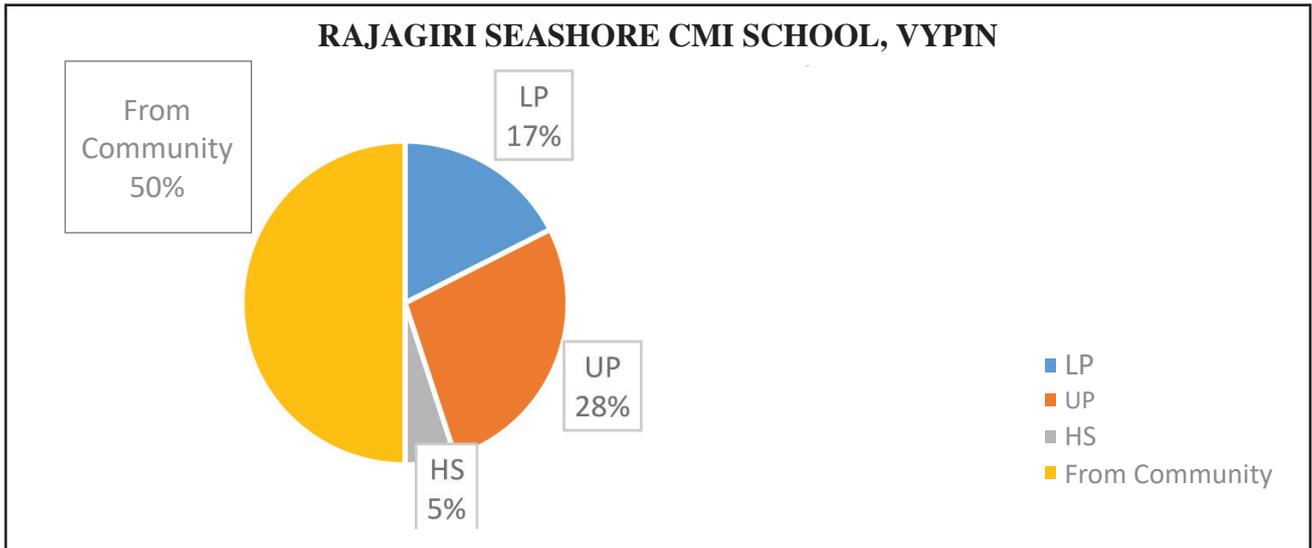


4.7 Rajagiri Seashore CMI School, Vypin

The centre was inaugurated on 2nd November 2024 by Rev. Fr. Mathew Koikkara CMI the superior of SH Province in the presence of Sahrudaya Chairman, Fr. Varghese Manickanamparambil CMI the director of school, Fr. James Aeranattu CMI Assistant Director of the school, Ms. Elizabeth Mathews the School Principal and other Sahrudaya staffs. Dr. Manju P. Emmanuel is the assigned counsellor for the centre, having attended to 41 cases to date. Counselling services at the centre are available every Thursday of the month.



LP	7
UP	11
HS	2
From community	20
Total cases	41

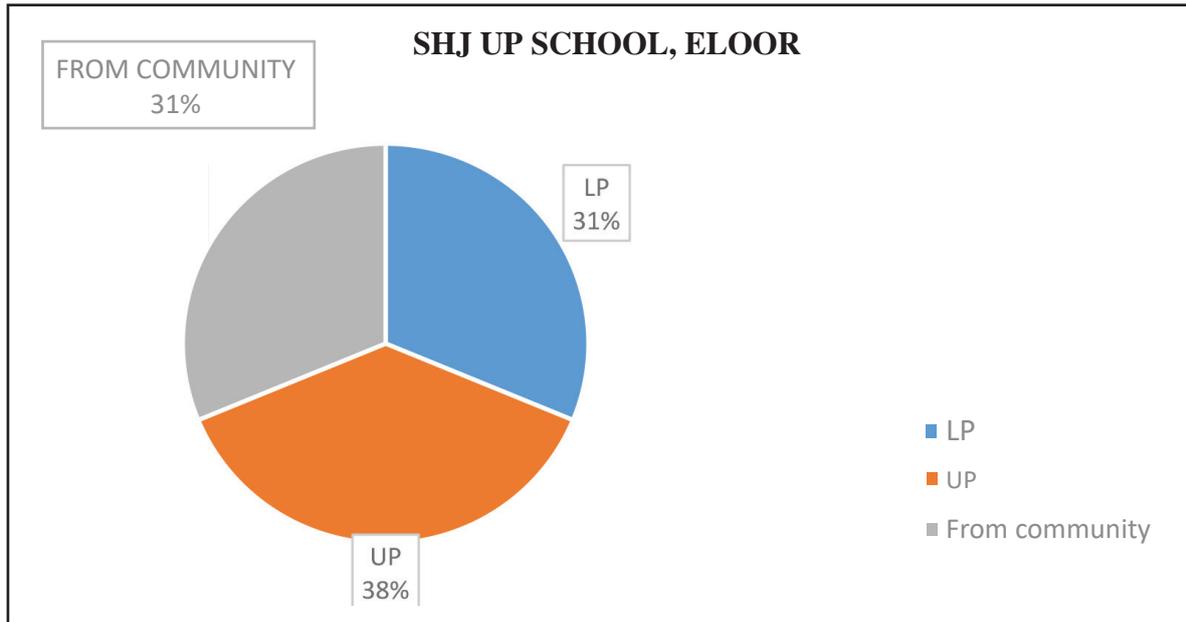


4.8 SHJ UP School, Eloor

The centre started its functioning with an inauguration on 12th October 2023 by Sahrudaya Chairman and NSS unit of Rajagiri College of Social Sciences. Ms. Akhila Mohanan serves as the assigned counsellor, having assisted 50 cases thus far. Counselling services at the centre are on every Thursdays of the month.



LP	15
UP	18
From community	15
Total cases	50

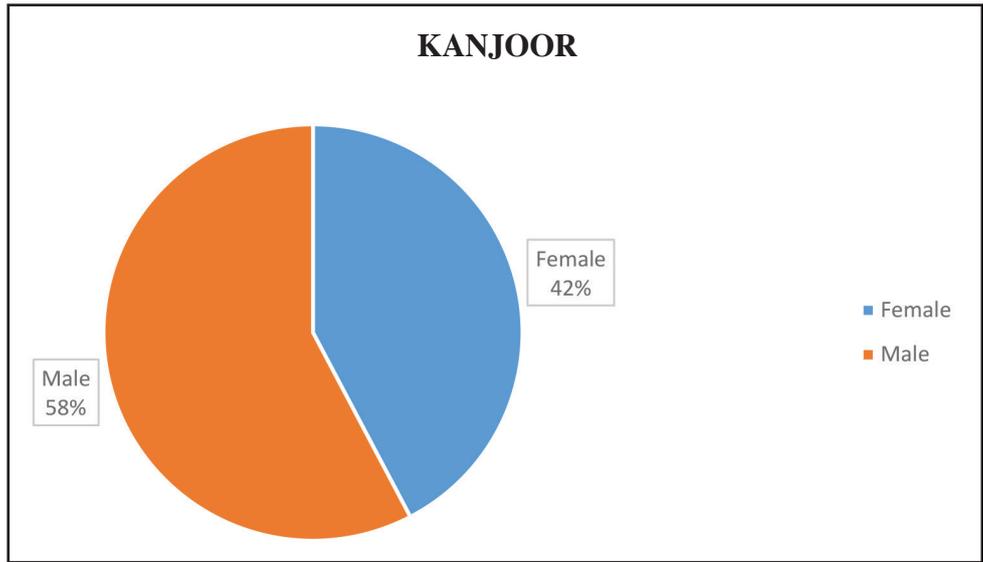


4.9 Kanjoor

The centre started its functioning on 20th September 2023 with an inauguration by Sahrudaya chairman. The centre functions with the collaboration of Kanjoor Service Cooperative Bank, Kanjoor Gram Panchayat & Kanjoor St. Mary’s Church. Ms. AKhila Mohanan serves as the assigned counsellor, having attended 26 cases thus far. Counselling services at the centre are on every Wednesdays of the month.



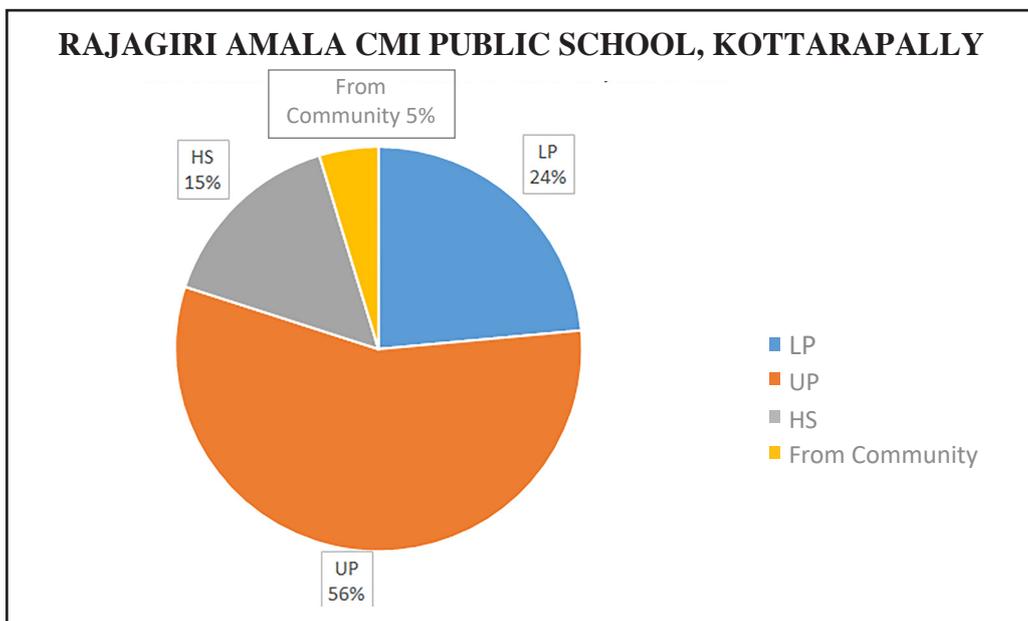
Number of females	11
Number of males	15
Total cases	26



4.10 Rajagiri Amala CMI Public School, Kottarappally

The counselling centre officially commenced its services in October. Ms. Roselin Mary Benny serves as the designated counsellor, having attended to 85 cases thus far. Counselling sessions at the centre are held every Tuesday and Wednesday of the month.

LP	20
UP	48
HS	13
From community	4
Total cases	85

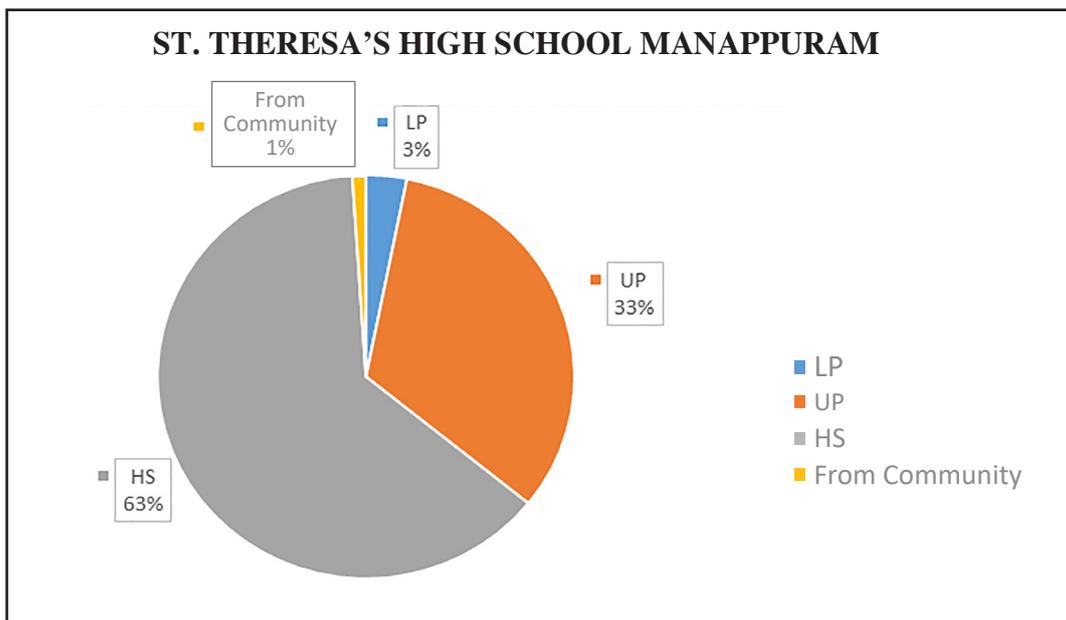


4.11 St. Theresa’s High School, Manappuram

The centre was inaugurated on October 9, 2023, by the Provincial Superior in the presence of the Sahrudaya Chairman, other Reverend Fathers, and the Sahrudaya staff. Ms. Roselin Mary Benny is the assigned counsellor for the centre, having provided assistance to 95 cases thus far. Counselling services at the centre are available every Thursday and Friday of the month.



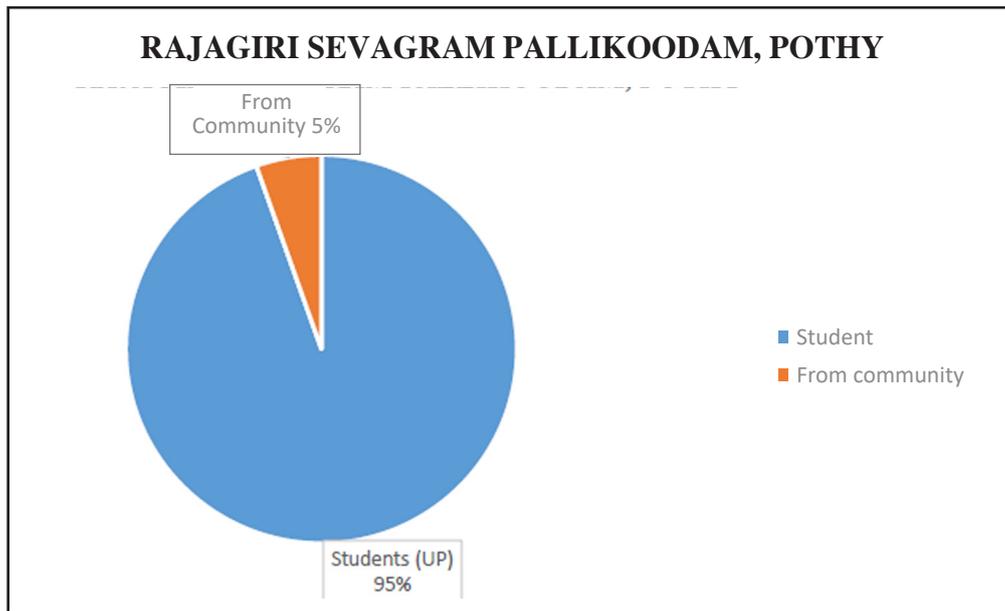
LP	3
UP	31
HS	60
From Community	1
Total cases	95



4.12 Rajagiri Sevagram Pallikoodam, Pothy

The counselling services officially commenced in October. Ms. Roselin Mary Benny is the designated counsellor for the centre, having assisted 37 cases thus far. Counselling sessions at the centre are held every Monday of the month.

Students(Up)	35
From community	2
Total cases	37

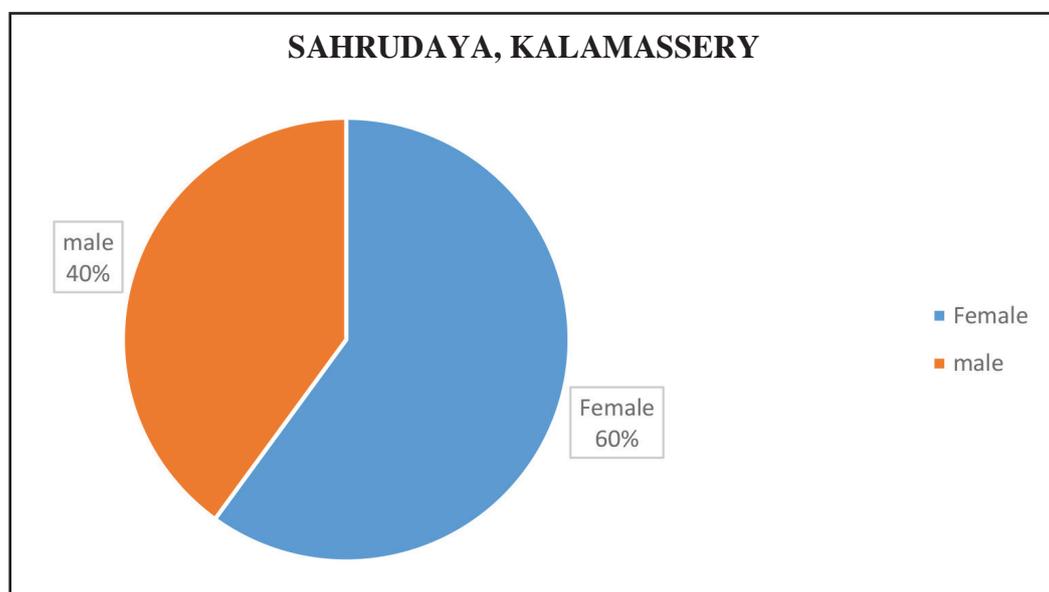


4.13 Sahrudaya Kalamassery

In addition to the existing 12 centres, it has been decided to initiate counselling services near the Sahrudaya office. The centre was inaugurated on March 22, 2024, by the Provincial Superior. The counselling services available on every Saturdays. Thus far, the number of cases attended by various counsellors totals 9.



Number of females	5
Number of males	4
Total cases	9



4.14 KRIPA

Number of females	4
Number of males	0
Total cases	4

KRIPA is an affiliated organization of Sahrudaya. Although counselling services haven't officially commenced there, upon request, one of the counsellors has provided assistance to several cases.

5. SAHRUDAYA SENIOR CITIZENS' GROUP

Sahrudaya hosts senior citizens' groups in seven of our centres. These groups are designed to provide seniors in our community with opportunities to socialize, enjoy entertainment, and share their talents and feelings among peers. Each group operates under the guidance of community animators who lead the activities and ensure the smooth functioning of the sessions. Typically, meetings are held on Saturdays and Sundays of each month, allowing participants to engage in meaningful interactions and activities during their leisure time.

In the year, significant events organized for senior citizens included Vayovandhanam, International Women's Day, World Senior Citizens' Day, and various other celebrations. World Senior Citizens' Day, observed in the months of July and August, coincides with the Karkkidaka period. During this time, Sahrudaya distributes herbal nutritious Ayurvedic meal kits to seniors. In the year 2023, 403 Karkkidaka Kanji kits were distributed to our 403 elders. The program took place on July 22nd, 23rd, and August 6th, 2023. The total project cost amounted to Rs.52,330/-.

Sahrudaya also commemorated October 1st as the International Day of Older Persons, known as Vayovandhanam, by presenting gifts to seniors. Additionally, they celebrated Onam in September, conducted Christmas festivities, and observed International Women’s Day in March.

SL. No	Centres having senior citizens’ group	Number of beneficiaries
1.	Vypin	67
2.	Koonammavu	64
3.	Pothy	40
4.	Vallakom	23
5.	Assissi	40
6.	Kottarappally	30
7.	Manappuram	40

5.1 Vypin



Distribution of Karkkidaka Kanji Kit by Fr. Varghese Manickanamparambil CMI, Fr. Shinto Thalian CMI & Fr. James Aeranattu CMI



Smt. Pauly Wilson as Chief Judge in the Onam Celebration



Vayovandhana Dhinam Celebration and exchange of gifts to seniors

5.2 Koonammavu



Karkkidaka Kanji Kit distribution by Fr. Martin Mundadan CMI & Fr. Shinto Thalian CMI



Vayovandhana Dhinam Celebration and exchange of gifts by Fr. Charles Koroth CMI & Fr. Martin Mundadan CMI

5.3 Pothy



Karkkidaka Kanji Kit Distribution Sahrudaya Chairman & Fr. C. T Varghese CMI



Vayovandhana Dhinam celebration and exchange of gifts by Fr. C. T. Varghese CMI

5.4 Vallakom



Karkkidaka Kanji Kit distribution



Vayovandhana Dhinam Celebration

5.5 Assissi



Onam Celebration of senior citizens



Vayovandhana Dhinam celebration and exchange of gifts by Fr. Jose Paul Punchaputhussery CMI



Karkkidaka Kanji Distribution to seniors

5.6 Kottarappally



Karkkidaka Kanji Kit distribution by Fr. Varghese Panickamparambil CMI, Fr. Sijo Menacherry CMI & Sahrudaya Chairman



Vayovandhana Dhinam celebration & exchange of gifts by Fr. Varghese Panickamparambil CMI

5.7 Manappuram



Karkkidaka Kanji Kit distribution by Fr. James Puthussery CMI & Sahrudaya Chairman



Onam Celebration



Vayovandhana Dhinam Celebration and exchange of gifts

6. SAHRUDAYA MEDICAL INSURANCE PROGRAMME

Sahrudaya Services and Charities introduced a health insurance scheme in collaboration with New India Assurance Company to assist individuals in covering their medical expenses. This initiative, launched a few years ago, remains a cornerstone of Sahrudaya's commitment to serving the needy by providing access to essential healthcare services.

The scheme is regularly updated by Sahrudaya, with renewal applications invited from beneficiaries each year. Participation is open to anyone interested, offering affordable premiums tailored to accommodate families of up to five members. Individuals contribute a nominal premium of Rs. 383/- annually, while families pay Rs. 575/-.

Under this scheme, participants receive medical insurance coverage of up to Rs. 15,000/- per person per year. In the fiscal year 2023-24, Sahrudaya paid a total premium of Rs. 1,13,744, ensuring coverage for 216 policyholders. This initiative underscores Sahrudaya's ongoing commitment to promoting accessible healthcare for all members of the community.

Total number of beneficiaries	216
Total number of claims	22
Total claim amount	1,13,744

7. CHARITABLE AIDS

Sahrudaya Services and Charities, an NGO operating across 11 centres spanning three districts, undertakes various projects aimed at enhancing the welfare of diverse demographics. In addition to these core projects, Sahrudaya also provides one-time small charitable assistance to individuals within our community facing financial constraints, particularly in meeting medical expenses and other urgent needs. Applications received are brought forth during Sahrudaya's executive council meetings, where members deliberate and determine an equitable amount to be allocated to each applicant.

Number of beneficiaries	40
Total amount given	2,96,070

8. DE-ADDICTION PROJECT

Sahrudaya De-Addiction Project is assisting the families of addicted persons for the liberation from this social evil. The beneficiaries are selected through the parishes of the province or directly by Sahrudaya respecting the principle confidentiality. During 2023-24 Sahrudaya could intervene with the cases of needy families and have assisted them under this project.

Number of beneficiaries	2
Total amount given	17,000

9. SELF HELP GROUPS

Vallakom	7
Manappuram	3
Kottarappally	2
Total	12

Sahrudaya Services & Charities has consistently prioritized the empowerment and well-being of women. Over the past several years, Sahrudaya has effectively managed 12 Self-Help Groups (SHGs) across 3 centres. Within these centres, 7 SHGs operate in Vallakom, while 2 SHGs are active in Kottarappally and 3 in Manappuram respectively.

Meetings for all SHGs are regularly convened once a week, typically on Sundays or Saturdays, accommodating the schedules of the members. Each group comprises 7 to 10 members who actively participate in discussions and decision-making processes.

One of the most significant activities of these SHGs is their weekly investment and the provision of loans from the SHG's fund during members' emergencies. This financial support mechanism has been crucial in addressing immediate needs and fostering economic stability among the members.

Moreover, at the end of each fiscal year, the SHGs distribute shares among members after calculating the annual profit generated. This transparent and equitable distribution ensures that all members benefit from the collective efforts and success of the group, further strengthening their sense of ownership.

In addition to the financial support system, members of the SHGs at the Manappuram centre have initiated a tailoring centre. Sahrudaya has earnestly provided all the support to this LF Tailoring Project at Manappuram village which is rural garments production centre working with four women from different families. This tailoring endeavour was followed after their completion of a tailor training program facilitated by Sahrudaya and certified by Jan Shikshan Sansthan.



10. PRATHYASA PROJECT

Sahrudaya is implementing the Prathyasa Project in partnership with Rajagiri Public School. Each year, the school raises a special fund from students to support specific charity initiatives for deserving low-income children who are severely affected by heart, liver, or kidney diseases. Additionally, through this project, Sahrudaya supports chronically ill individuals from low-income backgrounds suffering from heart, liver, kidney diseases, or cancer.

During the reporting period, the amount spent on this humanitarian service is 88,000 Rupees.

Number of beneficiaries	3
Total amount given	88,000

11. SAHRUDAYA ENDOSCOPY PROJECT

Since 2019, Sahrudaya Rajagiri has partnered with Rajagiri Hospital to execute the Endoscopy Project, aiming to address the needs of low-income gastroenterology patients. This collaboration ensures that individuals facing financial constraints receive substantial concessions for essential endoscopy tests prescribed by the hospital's gastroenterology department.

Through the Endoscopy Project, Sahrudaya Rajagiri and Rajagiri Hospital have significantly alleviated the financial burden on disadvantaged patients, enabling them to access critical medical procedures without undue financial strain. By offering concessions on endoscopy tests, this initiative underscores a commitment to equitable healthcare provision, ensuring that all members of the community, regardless of income level, receive the necessary medical attention they deserve.

Number of beneficiaries	15
Total amount given	43,777

12. GIFT A GOAT; LIFT A LIFE

The "Gift a Goat; Lift a Life" project embodies three fundamental principles: mutual help, mutual trust, and solidarity. Its mission is to empower needy and deserving families within the local community by providing them with goats as part of an income generation program. Beneficiaries are carefully selected based on local priorities, with particular consideration given to widows, families led by girls, and those with differently abled members.

One noteworthy aspect of the project is its sustainable model, which extends beyond initial assistance. A beneficiary who receives a goat through the "Gift a Goat; Lift a Life" project becomes eligible for the provision of the first goat of the next generation, symbolizing the continuous cycle of support inherent in the project's name.

On May 23, 2023, in Manappuram, another milestone was reached as a lamb was provided to a deserving family as part of the project's ongoing efforts. This marks the 11th year of the "Gift a Goat; Lift a Life" initiative, which was initially launched by Sahrudaya in Vypin in 2013. Through its unwavering commitment to community upliftment, the project continues to make a tangible difference in the lives of those it serves.



13. GLOVES PACKING UNIT AT VALLAKOM

In collaboration with a local entrepreneur, Sahrudaya has established a gloves packing unit in Vallakom, which is now fully operational. This initiative arose in response to the employment challenges posed by the COVID-19 pandemic, aiming to fill the gaps in job opportunities created by the crisis.

The gloves packing unit serves as both a source of employment and a means to address the ongoing needs arising from the pandemic. By providing job opportunities in the local community, it not only supports livelihoods but also contributes to the resilience of the workforce in the post-COVID era. Through this endeavor, Sahrudaya demonstrates its commitment to fostering economic recovery and empowerment at the grassroots level, ensuring that individuals and communities are equipped to navigate the challenges of these unprecedented times.



14. GENERAL ADMINISTRATION

Medical Camps

Sahrudaya is conducting General Medical Camps and Eye Camps every year for the communities. Eye Camps were held in association with Little Flower Hospital, Angamaly, and General medical camps are being conducted in association with Rajagiri Hospital Kochi. Hypertension, Diabetes, etc. are detected by the general camps. In Eye camps, the needy villagers were assisted by cataract surgeries free of cost. In the year 2023-24, 155 villagers benefited from the eye Camp. Concerning specs rebate coupons, 60 coupons were supplied to the participants. Fourteen patients are being referred for Cataract Surgeries. Eighteen patients are being prescribed for further investigations in the LF Hospital

Camp Centre and Date	Mode of Camp	Associated Hospital	No: participants	Surgery Cases
Vypin 29.07.2023	Eye Camp	Little Flower Hospital, Angamaly	155	14



Medical camp conducted at Rajagiri Sea Shore CMI School, Vypin

Sahrudaya's Accomplishments in Association with Confederation of NGOs

Sahrudaya Rajagiri and Rajagiri OutREACH in partnership with Confederation of NGOs could avail forty HP computers and twenty five USHA tailoring machines to the needy rural beneficiaries costing half of the market rate. To achieve this target, Sahrudaya Rajagiri focused on enhancing the efficiency and effectiveness of local deserving people of its social work centres spread over the provincial territory. 'Confederation of NGOs' is the largest platform of NGOs in India to enable NGOs to articulate their aspirations for the progress and welfare of rural India. It helps NGOs by providing support and access in accomplishing their own missions relative to creating a better society and world: economically, socially, environmentally, politically and morally.



Distribution of Laptop and Sewing Machines to the beneficiaries of Sahrudaya

New Councillor for Social Apostolate and Health Care

Following three years of commendable service to Sahrudaya Rajagiri, esteemed Chairman Rev. Fr. Paul Nedumchalil CMI transitioned to another mission in accordance with the Congregational Provincial Synaxis. Heartfelt gratitude was extended to the beloved Fr. Paul Nedumchalil CMI for his dedicated service.

On 27.04.2023, Rev. Fr. Paul Nedumchalil CMI welcomed Rev. Fr. Shinto Thalian CMI as the new Councillor for Social Apostolate and Health Care, also designated as the proposed Chairman of Sahrudaya. The Chairman and staff celebrated the occasion by conveying warm wishes to the new Councillor and cutting a ceremonial cake.

Rev. Fr. Shinto Thalian CMI boasts an impressive track record in social work, having contributed significantly to KRIPA Bhavan Chunangamvely and Sevagram Pothy. Additionally, Dr. Shinto Thalian CMI currently serves as a faculty member at Rajagiri College of Social Sciences and holds the position of Director at Rajagiri OutREACH Service Society.



Send off to the former Chairman Fr. Paul Nedumchalil CMI



Welcoming the new Chairman Fr. Shinto Thalian CMI

Annual General Body Meeting

The 44th Annual General Body Meeting of Sahrudaya Services and Charities held on Friday the 7th July 2023 at John Berchmans Conference Hall at S.H.Provincial House, Kalamassery. Representing the whole province 19 members participated. New executive council members for Sahrudaya has been elected during the meeting.

Elected Members:

Fr. Shinto Thalian CMI - Chairman
 Fr. Paul Nedumchalil CMI - Treasurer
 Fr. Dibin Mangalath CMI - Secretary
 Fr. Martin Mundadan CMI
 Fr. James Aeranattu CMI
 Fr. Jaison Chirepadickal CMI
 Fr. Jaison Parappilly CMI



Executive Council Meetings

Executive Council meetings are normally held quarterly in a year. The proposed dates for these E.C. Meetings are the 15th or the nearest working days after the 15th, during the months March, June, September and December. During the reporting period a total of four executive council meeting were held.



Executive Council Meeting

Study Tour from Sahrudaya

In November 2023, Sahrudaya scheduled a study trip to Wayanad with all of its members. The tour is planned and organized by the Project Officer Mr. Roshin Santhosh and Asst. Project Coordinator Ms. Annumol Raju, with assistance from Sahrudaya Chairman Fr. Shinto Thalian CMI and Fr. James Aeranattu CMI in selecting the tour venues. The journey lasted two days, beginning on November 10th at 8 p.m. with supper. A group of 18 people arrived in the Sahrudaya office, including all of the personnel and reverend fathers. The team visited six locations in Wayanad, beginning with Edackal cave on Saturday morning, followed by Soochipara waterfalls and Attamala viewpoint. The second day began with a tour to Kallambalam, followed by Chekkadi Village and its legacy, and finally Kuruva Island. The journey concluded around 1.30 a.m. on Monday, November 13th, by arriving to the office. The tour was a unique experience for all of the members because it provided relaxation and the opportunity to spend valuable time together





RAJAGIRI SEASHORE CMI SCHOOL

Rajagiri Sahrudaya Mental Health Centre
 (An Initiative of Sahrudaya Services and Charities under CMI Sacred Heart Province, Kochi)

Central Office Address:
 Sahridaya Services and Charities, Rajagiri, C.M.I. Secretary, Ernakulam 68 - 683 104
 Phone: 0484-2111255 Email: sahrudaya_196@yahoo.com

രാജശിരി സഹൃദയ കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ തുറന്നു

കൊച്ചിയിൽ സഹൃദയ കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ പ്രാർത്ഥനാ ഉദ്ഘാടനം. സഹൃദയ സേവകൾക്ക് ഹെൽത്ത് പ്രൊഫഷണലിന്മാർ, മെന്റൽ നെറ്റ്വർക്ക് അംഗങ്ങൾ.

രാജശിരി സഹൃദയ കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ തുറന്നു. കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ പ്രാർത്ഥനാ ഉദ്ഘാടനം. സഹൃദയ സേവകൾക്ക് ഹെൽത്ത് പ്രൊഫഷണലിന്മാർ, മെന്റൽ നെറ്റ്വർക്ക് അംഗങ്ങൾ.

കളമശ്ശേരി ന്യൂസ്

WEDNESDAY 20-SEP-2023

സൗജന്യ കൗൺസിലിംഗ്

കളമശ്ശേരി പ്രസിഡൻസി കളമശ്ശേരി സഹൃദയ കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ തുറന്നു. സൗജന്യ കൗൺസിലിംഗ് സൗകര്യം നൽകുന്നതിനായി സെന്റർ പ്രാർത്ഥനാ ഉദ്ഘാടനം. സഹൃദയ സേവകൾക്ക് ഹെൽത്ത് പ്രൊഫഷണലിന്മാർ, മെന്റൽ നെറ്റ്വർക്ക് അംഗങ്ങൾ.

മലയാള മനോരമ

രാജശിരി സഹൃദയ കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ ഉദ്ഘാടനം ചെയ്തു

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രാജശിരി സഹൃദയ കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ ഉദ്ഘാടനം ചെയ്തു

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കേരള വാർത്ത

രാജശിരി സഹൃദയ കമ്മ്യൂണിറ്റി മെന്റൽ ഹെൽത്ത് സെന്റർ ഉദ്ഘാടനം ചെയ്തു

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