

47th
YEAR OF
RELENTLESS
COMMITMENT



KESS
KURIAKOSE ELIAS
SERVICE SOCIETY

2020-21 ANNUAL REPORT



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KESS YUVA- VOCATIONAL TRAINING INSTITUTE



COVID CELL



HIGH-TECH AGRO FARM



SERVICE PROVIDING CENTRE



CELEBRATIONS



Our Inspiration



"Let there be no day in your life in which you did no good to others"
St. Chavara

Our Insight



“....be pure at heart before God,
....and innocent in our dealings with the fellow beings,..”

Servant of God. Fr Canisius Thekkekara CMI

Fr. Dr. Davis Panakkal CMI
Provincial, CMI Devamatha Province
Patron, KESS



MESSAGE

"Go and do likewise" (Luke 10:37). This is a beautiful word of God from the parable of the Good Samaritan. The core of this parable is to do good things for the downtrodden, the suffering and the poor. What does Jesus teach us through this parable? He says 'GO'- which is a command. We need to constantly move from one place to another to do good for the needy other. 'Do likewise' means to act the same way as the Good Samaritan did, that is to give our time, money and care to the suffering helpless around us. This is exactly what KESS has been doing for the past several years by spending time for the poor, spending money for the poor, and taking care of the poor.

KESS has gained great momentum and special impetus from its icon-St Kuriakose Elias Chavara, who is the founding father of CMI, resonating evergreen words, "Let not there be a day in your life in which u did no good to others." The accent is on doing good every single day. As Pope Francis said, "The distance between neighbourhood to brotherhood is the challenge of today. By doing good deeds, we transform our neighbours into our brothers. Today, through KESS, we are taking up this challenge to make others our brothers through our social work. I wish great success in the annals of KESS by doing good work for others. Thank You.

Fr. Dr. Davis Panakkal CMI

Fr. Biju Vadakkel CMI
CMI General Councillor for
Social Apostolate and Healthcare



"Truly I tell you, whatever you did for the least of these brothers and sisters of mine, you did for me." (Mathew 25:40).

KESS has always been in the forefront in reaching out to the last and the least in the society, catenating the love of God into the poor and the needy around them. Be it the Cancer stricken, the HIV infected or the COVID-19 affected, KESS extends itself for their sustainability and empowerment, not only just for the person in need but also for their entire suffering families, realizing that they are all connected to the same system as emphasised by one of thrusts in the General Synaxis 38 of the CMI congregation held in 2020, i.e., "The compassionate love for the poor". I hope and pray that KESS shall continue to traverse through the golden rule of social commitment after the model of St. Kuriakose Elias Chavara, who stated, "Let there be no day in your life in which you did no good to others." If you can be a beacon of hope to the distressed, a supporting lifeline to the hopeless and can wipe away tears of sorrow with comfort; that would be the greatest testimony of the success for KESS.

I congratulate the Director Board of KESS, especially the Executive Director, Rev. Fr Thomas Vazhakkala CMI, who also serves as the Social Councillor of the Devamatha Province of CMI, Thrissur, for his committed and dedicated service to the less privileged people in the society by his charismatic leadership. I wish all of you the very best in all your endeavours. May God bless KESS to excel in its every step to support the downtrodden and the marginalized.

Fr. Biju Vadakkel CMI

Mr. P.M. Thomas
President, KESS



MESSAGE

I am indeed privileged to be a part of an organization like KESS which has been providing selfless service for over 47 years. As its president, I congratulate the Director Board members and staff for helping KESS to strive each day to reach its goal of supporting the deserving poor. Throughout the COVID-19 pandemic, KESS impacted hundreds of needy in their education, employment, economical conditions, food security and health. This was possible through its COVID Cell through which many interventions like community kitchen, kit distribution, insurance etc was taken up.

I take this opportunity to appreciate the other projects like yuvamithra, bhavanamithra and vadhunitra and the immense care given to the Cancer and HIV people through KESS. Let us be able to continue supporting the underprivileged and needy in our midst. May God guide us in all our ventures and bless us to do better things for Him.

Mr. P.M. Thomas

Fr. Franco Chittilappilly CMI
Moderator, KESS



MESSAGE

I am happy to be associated with KESS - an NGO with a long standing legacy of social commitment and service to the last and the least in the society. As its moderator, I have witnessed astonishing dedication of the Board of Directors and staff to instil hope, light and joy to those who were left with none of these in their lives. As the COVID-19 spread its terror even stronger with each strain and wave over the months, KESS stood rooted and firm in opening its doors and being a beacon of strength despite weak in resources and financial limitations.

I heartily congratulate the Secretary Fr. Thomas Vazhakkala CMI, for his great ability to direct the organization and its members in starting new ventures and guiding existing projects in the best possible way, resourcefully and efficiently.

I wish the entire KESS Family all the very best for their every step in helping their fellow brethren and continue to be the glimmer of hope to the needy, as much as possible.

Fr. Franco Chittilappilly CMI

Fr. Thomas Vazhakkala CMI
Secretary, KESS



MESSAGE

It is the vision of KESS, set off in the late '70s, that still guides and motivates us in this 21st Century. As the Executive Director, I am humbled to lead this ever growing resource center- always responsive to the need of the hour, on the development front, upholding all values and rights for the good of the vulnerable around us. I hope that we shall always be able to redeem the pain of people's pasts and grant them a happier and fruitful future. May KESS reserve the good memories of brotherhood, love and friendship that was spread amongst the anguished and painful yesterdays of these poor souls. We are all the more bound to provide requisite moulding, guidance and wisdom to the upcoming generations for the betterment of their lives and the society at large.

I hope and pray that each and every act of goodness that we at KESS take up shall always be acceptable and can reach the needy, despite adverse conditions. Indeed, all that KESS stands for and does is based on social justice, promoting the dignity and worth of every individual, enhance human relationships, integrity and competence. These are exactly the values that we have incorporated during this past year through our many projects, interventions and activities.

I appreciate the hard work rendered by Rev. Dr. Joy Vattoly CMI and his team for the applaudable service at KESS during the past two terms, especially the disaster relief interventions during the floods and the current pandemic. I do appreciate Rev. Fr. Ginto Chirayath CMI and team KESS for their dedicated hardwork during the last year. May God bless all of us in this mission to help and serve the needy as much as possible.

Fr. Thomas Vazhakkala CMI

Fr. Ginto Chirayath CMI
Principal, KESS-VTI



MESSAGE

It is a great honour and privilege to be part of a social work organization that has been relentlessly committed for the poor, for 47 Years. As Principal of KESS-VTI, the Vocational Training Institute as part of our YUVA Project for Youth Upliftment and Value Addition, I am thankful and wishful for its successful mission.

Despite the pandemic's havoc, KESS VTI thrived to empower the poor youth, utilizing every resource and technology at hand. Since its inception in 2020, this institute has been continuously making efforts for training, uplifting and enhancing the quality of vocational education of poor youth from Thrissur and Palakkad regions. After a year of providing courses that are STED (Scientific & Technical Education Development Council) certified, the mandate shall soon be extended to NSDC (National Skill Development Corporation) certified courses, which will be another feather to the cap of KESS. It's indeed a matter of great pride for KESS to see the progress that the KESS-VTI has made during this short time. I congratulate the Director, Faculty, Staff and Students of the KESS YUVA project for the growth of the institute.

I heartily congratulate the Director, Rev. Fr. Thomas Vazhakkala for his selfless and creative efforts to make KESS-VTI, a leading vocational training institute. He has steered the right path for KESS to reach greater heights under his visionary leadership within a short while. Team KESS has been equally committed in working together and helping KESS reach its goals, despite the pandemic. As we continue to excel, I pray that the KESS VTI fraternity may take the institute and the organization to newer heights of outstanding excellence. May God strengthen in us the resolve for continuous development of future generations. Thank you and God bless.

Fr. Ginto Chirayath CMI

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KURIAKOSE ELIAS SERVICE SOCIETY (KESS)

ANNUAL REPORT 2020-21

Kuriakose Elias Service Society (KESS) is a registered, charitable society, under 80G, tirelessly and relentlessly traversing uneven paths aimed at empowerment, development and overall progress of the society. Since its inception in 1974 by the CMI Congregation and other socially committed members, in tune with the vision of St. Chavara, the founder and our inspiration, KESS has come a long way in promoting and developing social welfare through committed social research and social action. With the broader aim of creating and sustaining qualitative development especially amongst the underprivileged, the organization has been making visible and tangible waves in the lives of its beneficiaries who are victims of chronic illnesses like HIV and Cancer, targets of abuse and negligence, deprived of basic essentials like food, clothing and shelter. With its soothing branches spread all over the state and its readiness to reach any remote area in the country, KESS stands apart as an exemplary model of social work, striving to promote integrated and holistic development.

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Vision

KESS is visualized as a growing resource center, responsive to changes in the global scenario, promoting developmental initiatives among the deprived and the vulnerable, based on democratic values, human rights and humanitarianism

Mission

To realize the vision, KESS undertakes intensive community mobilization, empowering it through social conscientization, life skills and appropriate livelihood systems.

Objectives

1. To perform works of charity for those in need, *irrespective of caste, community, creed, race or sex.*

2. To strengthen the institution of family through *family-life education, counselling* and other support systems, thereby effectively arresting tendency towards disintegration.
3. To build the competency of people (HRD) through *education, awareness-generation and skill-training* so that they can mobilize and manage resources for self-advancement.
4. To develop, in partnership with the stakeholders, adequate *infrastructural facilities* such as housing, drinking water, electricity, path ways, community halls etc.
5. To focus on *health*-related matters and promote personal hygiene and environmental sanitation through health education, behavioral change communication (BCC) and immunization programs.
6. To establish *self-help groups* of men and women and engage them in creative activities so that they could enrich themselves with information, know-how and resources for improving their living conditions.
7. To address emerging issues in the agrarian sector such as low productivity, indebtedness, suicides, exploitation by traders etc. and promote modern, *eco - friendly* farming practices, value additions to the produce and maximizing income through appropriate marketing strategies.
8. To intervene immediately in disaster-hit areas and undertake relief and *rehabilitation work* in a participatory manner.

KESS has been prominent in reaching out to the struggling, ailing people who seek help through its various projects and programmes. KESS aims at poverty eradication and socio-economic development supporting aspects of health, education, income generation, social security, legal aid, child development and women empowerment, to name a few. The organization stands today on the impact it has been able to make through various programmes in the past such as Thrissur Integrated Development Project 1989-'96, Grassroot Organization Project 1990-'92, Prime Minister's Rozgar Yojana (P.M.R.Y) in 1993; Bhakshya Samrudhi 2009; Janasree BhimaYojana 2000; Trysem; Jalanidhi projects in Thekkumkara and Madakkathara and Nadathara Gramapanchayaths; Earn While Learn Scheme; Madathumpadi Community Irrigation Scheme, which benefitted 250 agricultural

families to develop 200 acres of agricultural land and 3 K Puram housing project for 52 families. Apart from these, KESS has coordinated vocational training programmes to unemployed youth through various schemes of NABARD. Some of the timely interventions of the organization in other states include the Silvani Project [Madhya Pradesh] 1979 -'80, for the development of 70 villages; Searmau Project [Madhya Pradesh] 1989-'95, for the development of 40 villages; Pollachi Integrated Rural Development Project 1985-93, for the integrated development of the poor with emphasis on health education; and Apna Health Care Project [Maharashtra]. Disaster management and relief activities are also a prime concern of KESS. From the 1993 Latur to 2001 Gujarat earthquakes (where earthquake resistant houses were constructed), from 1999 Orissa's Super cyclone to Tamil Nadu's tsunami (Keezhmidalam Tsunami Rehabilitation Project), from the 2015 Chennai flood disaster (distributing food, water and clothing), the 2017 Ockhi cyclone disaster (construction of houses, higher education support etc.), to the state flood disasters in 2018 and '19, to the on-going COVID -19 pandemic, KESS has been an icon of hope for all.

The three pronged approach of KESS includes certain programmes implemented directly, some undertaken by independent societies formed by the participants themselves under the patronage of KESS and others implemented by KESS where the follow up is entrusted to independent societies formed by/for the target group. KESS has always maintained good liaison with all departments of Central and State Governments and has undertaken programmes with their help and guidance.

NABARD, Department of Industries, World Bank, Kerala State Social Welfare Board, Kerala Rural Water and Sanitation Agency (KRWSA), Grama Panchayaths, Kerala Institute of Local Administration (KILA), CMI Generalate, CMI Devamatha Province, Kochouseph Chittilappilly Foundation (KCF), Joy Alukkas Foundation, Karl Kubel Stiftung (KKS) Germany, Federal Ministry of Economic Cooperation of Germany (BMZ), CEVA (Cyriac Elias Voluntary Association), Board of Directors of KESS and philanthropic organizations and individuals who supported us in our endeavours.

Governance of KESS

The organization is regulated by the members of the General Body and the Board of Directors. The General Body, consisting of more than 100 members from all walks of life. They meet annually to review the activities and provide support and suggestions for the betterment of the organization. The members of the Board of Directors are nominated and elected by the General Body once in three years. The Board of Directors meet four times annually and is responsible for the Articles of Association and the approval of the annual accounts. The Board consists of the President, Moderator, Secretary Cum Treasurer and six directors.

KESS Board of Directors

Patron : Rev. Dr Fr. Davis Panakkal CMI

President : Mr. P. M. Thomas

Moderator : Rev. Fr. Franco Chittilappilly CMI

Secretary

Cum Treasurer: Rev. Fr. Thomas Vazhakkala CMI

Directors : Rev. Fr. Paul Moses CMI

Directors : Mr. V. P. Joseph

Directors : Mr. Mathew George

Directors : Mr. John Kavalakkat

Directors : Rev. Sr. Lekha CMC

Directors : Dr. Elizabeth Kurian

KESS DISASTER RELIEF

KESS COVID Relief Mission began with the disaster relief committee meetings where an action plan was prepared, even before the official lockdown. Following the Government's instructions of social distancing and preventive measures, all interventions were made meticulously and with extreme caution. The issues of mental and physical health, hygiene, food security, personal safety, income generation etc. were addressed by KESS, networking and linking with local governing bodies, police forces, religious congregations etc. Some of the major interventions are as follows.

KESS COVID Cell in Action

KESS initiated the COVID Cell as part of its Disaster Management with year long interventions to provide relief to the poor at every stage of the Pandemic. Activities were implemented visualizing the three stages of Prevention, Treatment and Rehabilitation. Networking with hospitals, health centers, health workers, quarantine centers, ambulances and so on; the COVID Cell continues its intervention as the pandemic continues its havoc through its new variants and strains.

16 1. Prevention

a. Awareness Generation

Materials for awareness generation such as posters, booklets and pamphlets containing Govt. approved information on keeping oneself safe from the Corona virus, prevention, symptoms, contact details for care and treatment etc. were distributed by the COVID Cell. The Cell also shared notices, video clips and detailed information in a visually impactful manner through social media and prints at its regional centres, website and offices.

b. COVID Insurance

The COVID pandemic is a dangerous health hazard that can fall upon anyone at any time. The need to be safe and secure against it is a basic requirement in the present day scenario. KESS decided to provide such as protection barricade in the form of an insurance policy for its staff, domestic workers and auto drivers, reflecting the care and gratitude of the organization for committed work of its people.

c. Helpline

A 24/7 toll free telephonic helpline was open for the community to ventilate, get counseled and know what to do with respect to the COVID situation. The helpline provided treatment solutions and pharmaceutical answers but was available to patiently listen, console and link them to the nearest COVID testing facility, health centres, health workers, ambulances and hospitals as the case requires. Telecounselling was provided to those who needed it and accessed this helpline.

d. Mask 4 U

KESS facilitated the manufacture and distribution of the re-usable cloth masks and the disposable masks. More than 60 people all over the district were involved in the manufacturing of these masks, which were distributed to various panchayats, police stations, health centres, hospitals and the general public.

e. Kits 4 U

- Medical Kit

KESS initiated the manufacturing and distribution of essential health requirements to 'break the chain' such as Personal Protective Equipments (PPE), hand sanitizers, liquid soaps and hand gloves. This medical kit, including the masks, were a great sigh of relief to health workers, police forces, panchayat members who were deeply involved in the relief activities, hence requiring greater protection and safety. PPEs were manufactured and distributed to hospitals and medical colleges, including military hospitals of Arunachal Pradesh. With the pandemic progressing over the year, medical kits containing pulse oxymeter, vaporiser, thermometer were distributed to the community through regional centres and panchayats to the most needy, through a *use and pass on* system.

- Provision Kit

Provision kits including groceries, vegetables and items for daily meals and other necessary support were distributed to the poor, especially those incapable of fending for themselves. KESS distributed these kits to the poor living around its various regional centers. Farm fresh fruits and vegetable were distributed to the panchayat level community kitchens where food was cooked and distributed to the poor affected by the Pandemic.

f. Care for Auto Drivers

KESS provided conscientization to auto drivers about the COVID-19 pandemic. Masks, provision kits, green kits and an Insurance plan against the virus attack was also taken for them.

2. Treatment

a. Hospital Linkages

The Cell linked needy callers to their nearest health centres and hospitals, providing information on the services they offer such as ICUs, ventilator availability and treatment estimate in case of private hospitals. This was equally helpful through networking with ambulances, taxis and other helpful transport providers who were ready to bring the infected patients to their required treatment centers.

b. Telemedicine

The Cell acted as a linking pin connecting people and physicians though miles apart. It was most helpful for the poor who could not afford consultation, transportation and delayed treatment due to their limitations. This helped lessen the queues of prospective COVID affected with mild symptoms to stay at their residence and quarantine right away than travel and be spread agents. This helped Doctors concentrate on the severe cases admitted.

c. COVID Duty Volunteerism

Identifying the need for bystanders to the COVID infected in Hospitals; the Cell arranged, oriented and provided volunteers. Those interested to provide such selfless service included members of various religious congregations, social work and health care students as well as youth from the community regions.

3. Rehabilitation

a. Post COVID Treatment Support

Though patients seemingly recover from the COVID state, a huge number of them suffer from its aftermath with symptoms of chronic fatigue, myalgia (muscle pain), lung fibrosis, deep vein thrombosis etc, generally described as "long COVID" or "long-haul COVID". The Cell helped such poor by providing them financial, medical

and other resources, linking them with the health care services, Government and non-government agencies to ensure possible schemes and services were made available to them.

b. Post COVID Mental Health Support

KESS conducted a survey of more than 200 COVID affected and identified that the majority required emotional and mental support to face issues related to the illness such as income and job loss, chronic illness and death of a family member, disability to adapt to digital and online living etc. This prompted KESS to conduct an online session on mental well-being of COVID affected collaborating with the Social Work Department of NIMHANS, Bangalore. The webinar was attended by a good number of families who remarked that the session was indeed the need of the hour with its highly influential and knowledgeable content.

c. Livelihood Support

For the poor, especially the daily wage earners who lost their jobs or earning because of the pandemic, either through lockdown or being infected, the Cell provided income generation opportunities such as organic home based small scale provisions like the rearing and sales of poultry [hens, ducks, geese, quails etc.] for egg and meat, goats and cattle for milk and meat and other domestic animal husbandry, tailoring, grocery store, etc. which could provide income for the families without moving from their residential space. High priority was for families with vulnerable members like the chronically ill, bed ridden, handicapped, elderly, children and pregnant women.

- **Tailoring:** Poor people with knowledge of stitching and tailoring, cloth cutting etc were provided an opportunity in the manufacturing of masks and PPE, for which they were provided remuneration. KESS also provided tailoring machines to those who did not own one, so they could also be involved in the process.
- **Farming:** KESS opened its farms and fields for the poor farmers to sow and nurture agriculture products for their own use. The poor farmers who had no land or fields as well as others capable of manual labour were provided employment opportunities in the farms associated with the regional centres of KESS.

d. Nutritious Food Kit Distribution

The Cell identified deserving families and individuals to whom nutritious food kits were distributed, knowing very well that nutritious and healthy diets are essential to prevent infection as well as recover from it.

e. Community Kitchen

The Cell opened a community kitchen at its Nadathara centre, serving nearly 100 meals per day for a month to the COVID affected. Apart from serving free meals to the needy, it was a source of income for daily wagers affected by the lockdown.

f. Educational Support

The Cell supported poor students by distributing T.V, smart phones, laptops, recharging internet data, books and stationary to help them complete their academic year with flying colours. It was a blessing to the poor families who had lost income and resources due to the pandemic and for the children who had no means to attend online classes or government relayed TV sessions.

COVID Special Interventions

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Plant 4 U

Saplings, seeds of vegetables and fruits were developed and distributed from the KESS nursery and farmyards, since the lockdown made people realize the need to nurture and consume fresh, home-grown yields.

Care for You

- Support to farmers:

When the poor farmers lost their means to their daily bread during the lockdown, KESS supported them by purchasing their yields higher than market prices. These farm products were in turn distributed to the other poor families who had no means of food at all. In this way, this support helped different sections of people in economic crisis.

- Financial support:

Materials and basic food items apart, people still require funds for various needs such as payment of bills, loans etc. which are not affected by pandemic lockdowns. KESS was thoughtful to consider the poor who suffered in this way and provided financial support during this period especially those without income.

- The gift of Television:

The TV in one's home became the greatest asset during the lockdown because of its various advantages such as being a reliable source of knowledge and entertainment, a stress reliever and a family binder. The news updates and discussions of this pandemic could generate awareness among the public, within the safety of their homes, which could not have been possible otherwise. KESS gifted the TV-a basic need during this period, to a few extremely poor families, which became also helped ease their children's virtual learning in the new academic year.

- Telephone counselling- an ear to the unheard:

KESS provided a comforting voice and a supportive ear, counselling those in despair and desperation, over the phone. For those who were alone, distressed and unaided, proper supports of food, funds and other resources could be provided as a result of this intervention.

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- Care and support to the chronically ill:

The poor families affected by chronic illnesses such as Cancer, HIV, mental illness were given special care and support during the Corona pandemic. These families were provided telephonic counselling & awareness sessions regularly. Food items, medication and financial support were provided, along with masks and health kits to keep them safe, especially since such families are at a greater risk of infection.

- With love to Rehabilitation Centres:

Rehabilitation centres were provided food kits, lumber, cattle and other necessities during this period taking into consideration their limitations of acquiring basic essentials for the poor, helpless residents who abide there.

- Saluting our Police and Fireforces - with a difference!

KESS saluted the selfless efforts of the Police and fire force by distributing fresh fruits, boiled eggs and other easily edible fresh food items to various check posts and police stations in the districts, especially during the lockdown period.

- Honouring health workers

KESS honoured the vibrant health workers, especially of Govt. Medical College and Amala Hospital, as an appreciation for their dedicated and selflessness in tackling the present Corona health crisis.

- Support to the HIV/ AIDS affected

KESS ensured the well-being and safety of HIV affected families, especially during the Corona pandemic. Regular support was provided through telephonic counselling. Lobbying with the Government authorities, KESS ensured that the infected availed their regular ART medications, either supplied to their nearest health centre or at their doorsteps especially during the lockdown. The volunteers and regional Societies formed by KESS, helped distribute masks, provision kits and education kits to the affected families.

- Support for the Cancer affected

KESS ensured the overall well-being of cancer affected families through telephonic counselling and assessment. Food materials, provision kits, masks and saplings were distributed apart from facilitating medical, financial and emotional care. Their children were provided study materials to begin their academic year with ease.

- KESS functions with safety

The KESS office is functioning in tune with the Government and health specified regulations. With face masks and social distancing, everyone is tested for body temperature with a thermal gun, then disinfected using sanitizers or liquid soap. The office rooms are also disinfected on a regular basis. Personal safety is a primary responsibility, which KESS promotes for each of its *personnel*.

- Gifting bikes for empowerment

Two wheelers were gifted to empower poor families and those affected by chronic illness, who were in dire need of this basic convenience, being located at remote regions or being void of other means of transport.

- Debt clearance assistance

The Cell helped in debt clearance of the poor needy who were affected by unemployment and lacked funds to repay loans, debts etc., through financial support, intermediating with the loaners, purchasing and linking their goods and service to other users at a nominal rate.

Relief for KESS:

Unlike other disasters and their relief works for which KESS intervened in the past, the susceptibility and risk of getting affected by the COVID-19 Pandemic was always a concern for the KESS family members. Still, the entire team was up and about from the time of the lockdown till date, online and offline, providing heart and soul to the many initiatives. KESS was and still is being appreciated, thanked and applauded for its on-going Pandemic relief. Although resource mobilization is strenuous, help from some corner reaches in time. The greatest relief was that not one of KESS team members got infected during this period-God's blessings in return!

KESS FOR YOUTH- KESS YUVA

KESS YUVA project which was initiated in the year 2019 resumed its vocational training programmes from the month of October 2020, after a delay due to COVID-19. There were 66 students in the first batch which comprised of 21 students in Computer Accounting course, 8 students in Desktop Publishing (DTP), 8 students in Multimedia, 12 students in Hotel Management and 17 students in Fashion Designing. All the 5 courses undertaken by the vocational training institute is certified by STED council. Various trainings, workshops, industrial visits, study tours were organized for the development of the students. Consultancy and training meetings, personality development sessions, exposure cum leisure trip and the 'YUVA Day'- the cultural and art festival which provided the students an

opportunity to exhibit their extracurricular talents as well as the skills associated with the core course they are part of. In addition to the programmes for youth in the vocational training institute, various sensitization meetings were held related to this project, among panchayats, congregations, academicians etc.

MoUs were successfully placed with prominent institutes such as Garuda Hotel where students were provided a hands-on experience during their course and the best performers-a chance to get placed there as well. The academic results reflect a 99.9% pass and the placement cell was successful in identifying and providing the students an internship opportunity at the end of their respective courses at various options in the district.

We thank Mr. Joy Chirammel for directing the KESS-VTI as Principal for almost a year, efficiently and effectively. KESS welcomes the new Principal, Rev. Fr. Ginto Chirayath who has taken charge of the institute and the YUVA Project, exhibiting novel vibrancy and innovative excellence to its general administration and functioning.

KESS FOR CHILDREN

When the pandemic bade the student community to stay indoors and surrender to the four walls of their homes, the problems of online study was a major hassle for the poor families who could not afford virtual learning because their wards lacked learning devices from Smartphones, to laptops to TV. KESS mobilized new and used TV, phones, laptops and computers to the deserving students along with distributing notebooks and stationary items at their doorsteps.

KESS FOR WOMEN

1. KESS-SPC

The functioning of KESS as the Socio-legal Service Providing Centre [SPC] during this period has been all the more prominent in tackling domestic violence, called the 'shadow pandemic' and other atrocities towards women and children which had

alarmingly increased during the COVID-19 situation. With the aid of KESS SPC's legal counsellor, Adv. Reena John N., we successfully reconciled, protected, and brought justice to such cases apart from sensitizing the public through awareness sessions, seminars, webinars through the online and offline portals. Some of the notable programs conducted during this period include the week long observance of *International Day for the Elimination of Violence against Women* from the 25th of November, with 16 days of activism concluding on 10th December, which is *International Human Rights Day*. Under the theme, 'Combating the Shadow Pandemic', the programs KESS conducted were poster campaign, daily awareness generation, poster design competition and webinars with Intercollegiate collaborations, online message relay using multimedia. Various webinars were held during this period under the SPC such as '*Women & Law - combating the shadow pandemic*', '*Constitution Rights of Women in India*', to College students of Home Science, Social Work, Nursing etc.

No. of cases registered	65
Domestic Violence	39
Others	26
Cases received through referrals	33
Cases received directly	32
Cases settled only through counselling	35
No. of DIR filed	10
No. of cases presented in court	15
No. of cases referred to KELSA/DELSA	8
Number of awareness sessions conducted	11

Success Story

Mrs. N was violently abused by her unfaithful husband, and suffered a major trauma psychologically and physically. KESS SPC needed a number of sessions to console her and revive her to confront her situation boldly. Another *n* number of sessions with her husband convinced him to be responsible and care for his wife amiably than go through court cases and financial constraints to end this relationship.

2. Support to Women Shelter Homes

KESS identified shelter homes for poor women where basic resources are in dire need. Identifying sanitary resources as the most essential need, KESS mobilized such materials

and distributed the same at their doorsteps. KESS further supported them by purchasing the handmade floor rugs that these women manufactured by recycling used saris. Due to the COVID crisis, exhibitions where they used to sell their products have ceased and their small earnings such as these got affected. These items were sold through the marketing center venture of KESS later on.

KESS FOR COMMUNITY

Observance of Socially Relevant Days

As a social work organization, KESS observed major socially relevant days during this year. Though restricted by the pandemic, we conducted online and offline sessions creating awareness, sparking the creativity and talents of all categories of people from students, to working communities, youth, women and elderly as part of these special days. World Environment Day on June 5th was observed during the first week of June, initiating fruit gardens at Medical Colleges and regional centres. The frontline hospital staff were saluted with fruit saplings to honour their dedicated service throughout the pandemic. Saplings of various crops, plants and trees were also distributed. For Breast Cancer Awareness month of October, KESS collaborated with Vimala College's Home Science Department and Amala Institute of Medical Sciences Oncology Department to conduct a webinar. For World AIDS Day on December 1st, KESS was part of 3 webinars, where we took roles of coordinator, resource person and key note speaker. The involvement of the SSS that KESS formed in Kozhikode for the HIV affected in these webinars are noteworthy. International Day of Disabled Persons on December 3rd was observed through poster circulation through social media by KESS creating more awareness about treating the differently abled better. The almost fortnight long observance by KESS-SPC from November 25th till Human Rights Day on December 10th (as mentioned in the column above) requires special mention especially the latter which involved an animated short video of the Lady of Justice rendering an emotional speech without her blindfolds, asking the world to not turn a blind eye to the violence occurring under one's own roofs. Women's Day on March 8th was conducted on the topic of 'Women's Safety' collaborating with Thrissur Women Police Cell and Jubilee Mission Nursing College.

Webinars & Seminars conducted by KESS

1. Women & Law: Combating the Shadow Pandemic
2. Constitutional rights of women in India
3. Breast Cancer-Challenges in Detection & Treatment
4. Women Empowerment & Safety
5. Drug Abuse Prevention
6. Laws on Women Safety
7. HIV/AIDS-A Social Perspective
8. HIV Awareness

Support to the Chronically Ill

KESS has been deeply involved in the care and support of the chronically ill especially families affected by COVID-19, Cancer, HIV/AIDS, ailments of the kidney, brain, heart etc. Sourcing and distribution of medicines, medical treatment, housing, education, food and provisions, house visits, X'mas gifting, tele counselling, insurance are the major interventions conducted this term.

Support to the Differently Abled

KESS distributed wheelchairs to the deserving needy who were crippled due to illness or handicaps. KESS collaborated with Dharsana Club –an organisation for the differently abled, supporting disabled and handicapped sportspersons by mobilising resources and linking with various associations for the differently abled, to provide quality training, sports gear and facilities to transform them into international Para Olympic stars. The students have already begun their win in the recent national events.

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Housing Support

The poor, devoid of a home of their own, were supported to complete construction and renovation of their houses this term, through the assistance of associates, sponsors and like-minded institutions. KESS was involved in constructing 35 homes during this period.

Supportive 'Gifts' during Festivals to the poor

KESS brought a wave of cheer during the festival seasons of Xmas, Easter, Vishu and Ramadan to the poor, this term. The domestic workers and staff, the chronically ill,

the marginalised and poor ones associated with KESS and its regional centres, were gifted cakes, financial support, food kits and masks to lift their spirits dampened by the pandemic. 154 gifts were hence distributed.

Onam Relief

To help the poor, especially those among KESS and its regional centres, such as the chronically ill and affected families, auto drivers, staff and domestic workers; to welcome the onam season cheerfully despite the many disasters happening around, KESS distributed *onakolas* as well as onam food kits and green kits this year. The monsoon necessity –umbrellas, were also distributed along with the quintessential safety requirements of the current pandemic-face masks. In this way, KESS supported 180 families last Onam.

KESS becomes an LIC NGO Agency

Under a new scheme of the Government's LIC Micro Bhachat scheme, KESS became an agency, under which insurance for the poor at a very small investment is possible. 141 people including the staff, workers, the various project beneficiaries of KESS, its regional centres and their related institutes were insured, as a boon for their families in the long run.

Annadanam

Distributing food kits on a regular basis to the poorest of the poor, who are incapable of work, severely ill and have to depend on another for their basic survival- these are the people to whom KESS reaches out on a monthly basis, sourcing food provisions and distributing the nutritious food kits at their doorsteps or bringing them together, as per COVID-19 protocol. In this way, 30 poor families are being continuously supported by KESS.

'Mithra' projects continue...

KESS has revived its Bhavanamithra, Yuvamitra and Vadhumitra projects, encouraging a savings scheme for the poor who are in need of constructing or owning a home of their own, for school academics or higher education expenses and for marriage expenses respectively. These projects encourage the poor to start savings for their families' various needs sustainably. KESS also adds onto their

savings with a certain percentage, mobilised with the help of benevolent sponsors. Around 200 families are attached to these projects.

KESS MoUs for collaborative Social Work

KESS signed MoUs with institutes associated with education, health and social work, aimed at a collaborative and professional methodology of reaching out to the community needs with multidisciplinary skillsets and trained professionals. We are sure this network and teamwork would surely make greater waves. Jubilee Nursing College, Amala Nursing College, Christ College have teamed up this year with KESS under MoUs.

KESS' SISTER CONCERNS

a. Societies for the welfare of HIV/AIDS affected

KESS continues to support the Societies formed in the districts of Palakkad and Kozhikode even after it has withdrawn its HIV/AIDS projects-HAPPI AND KARE. The 5 Societies in each district were created back then with local well wishers consisting of members of the panchayat, congregations, physicians, academicians and so on. These community based organisations are now thriving in each region of these districts; providing education, housing, medical and other support to the affected under each one's jurisdiction. Under the regular guidance of KESS, the executive and general bodies meet, plan and execute programs to better the lives of the affected around them. During the Xmas season, the new KESS administration visited the SSSs, addressed issues and helped chart future programs. The beneficiaries were gifted cakes on this occasion.

b. Women Employment Units

The 2 stabilizer assembly units, namely Devamatha Vanitha Charitable Society (DVCS) at Puthur and Fr. Vynthala Vanitha Service Society (VVSS) at Nadathara provide employment to poor women function at Nadathara and Puthur, under the patronage of KESS. Almost 60 women and their families work in these units, jointly collaborated with V-Guard. Both units are independently functioning, all women administered Societies, under the patronage of KESS. KESS supported them to

improvise infrastructure, coordinate return benefits, auditing and other aspects as required.

c. FAWECOP

FAWECOP is a Society aimed for the welfare and upliftment of rural families dependent on agriculture and development of organic farming for sustainable livelihood. KESS coordinated interventions to boost their livelihood options during this pandemic, providing support and mobilising materials needed for the same.

Future Plans:

FAWECOP plans to involve in centralized purchases, marketing and distribution of school commodities such as uniform materials, books, stationery and the like. The goal is to procure quality products and services at a cheaper price, and generate a fund from its profit for social responsibilities.

d. Jesus Arts Statue Works

The Statue making unit at Nadathara, functioning under KESS Centre, gives opportunity for skill enhancement in a unique profession. KESS has joined hands with them to provide a chance to train those interested and provide certificates.

e. Inter Press Service

This Paper Bag Production Unit based near KESS at Nadathara opens up a whole new world of possibilities being environment friendly with producing bio degradable bags, and providing employability to the poor in the neighbourhood. KESS connects with both these aspects, and supports them in this venture.

f. Carepro Health Care Solutions

KESS promoted the manufacturing and distribution of protective face masks through a tailoring unit at Padavarad. The unit is an employment providing one and a necessity to help people through this pandemic.

g. Dotz Audio

The Light and Sound unit at Padavarad provides income generation to the poor around them through the production of decorative chain LED bulbs. This is also a poverty eradication activity that KESS promotes.

h. Udaya Karshaka Sangham

The paddy fields at Padavarad were given for lease to a group of farmers, experts in reviving this dying art of yielding rice grains from our own lands. This in turn gave them an income generative opportunity and a blessing to the land itself. KESS has a shares responsibility in taking care of its productivity and financial status, helping them to resolve internal issues and better their efficiency.

i. Insight Counselling Centre

During the COVID-19 pandemic , before and after, manhood is in need of listening and consolation. KESS linked with Insight located at Chettupuzha, which has their own expert professionals in cognitive behaviour, various psychotherapies and learning disability trainings. Online and offline, various psychological issues were comforted through this linkage.

j. Athma -My Mind, My Care

This unit of specialized psychotherapy experts functions within the walls of our Headquarters-KESS Bhavan. Marital, Dysfunctional, autistic, emotional, social etc problems are being tackled professionally through sessions provided individually and groups. The unit functions as an extention to the services provided by KESS.

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KESS GREEN INITIATIVES

a. Organic farming

The paddy fields at Padavarad were given for lease to a group of farmers, experts in reviving this dying art of yielding rice grains from our own lands. This in turn gave them an income generative opportunity and a blessing to the land itself. KESS has a shares responsibility in taking care of its productivity and financial status, helping them to resolve internal issues and better their efficiency.

b. Gethsemene garden-empowering the poor through nursery sales

KESS extended hearty support to a poverty stricken family through its nursery products by enabling them to start their own nursery sales outlet named Gethsemene Garden. Through this venture, the family can now stand on their own feet and be proud partners of KESS's environment friendly income generation program.

c. KESS Farm-in full throttle

Reviving the good ol' farming culture, the KESS farm cultivations and related green activities are in full swing. Cash crops, spice plants, tubers etc requiring space, labour, time and efforts are cultivated, nurtured and constantly cared for to yield daily food requirements.

KESS FAMILY UPDATES

New Board of Directors @ KESS

KESS welcomed its new Board of Directors, the election of which was held during the semi virtual General Body meeting in October. The previous Directors were heartily acknowledged for their dedication and commitment to help the community's needy through the various interventions of KESS. Rev. Fr. Joy Vattoly CMI, the Secretary of KESS, for the last 6 years, especially, was highly acknowledged and given a warm farewell as he would be in charge of Snehagiri Society in Mala from here on. A warm welcome was provided to Rev. Fr. Thomas Vazhakkala as he took over the role of Secretary of KESS. Even as the other directors retained their posts, the President, Mr. U. V. Antony stepped down from the Board citing personal interests. He was also thanked for his leadership for the past 6 years.

Thanks.....

Patron	: Rev. Fr. Walter Thelappilly CMI
President	: Prof. U.V. Antony
Moderator	: Rev. Fr. Paulson Paliakkara CMI
Secretary	: Rev. Fr. Dr. Joy Vattoly CMI
Directors	: Rev. Fr. Jose Eduthan CMI
Directors	: Mr. P. M. Thomas
Directors	: Mr. Mathew George
Directors	: Mr. Solly Thomas
Directors	: Rev. Sr. Lekha CMC
Directors	: Dr. Elizabeth Kurian

KESS Day

Commemorating the initial founding days of KESS, KESS day was celebrated in January in the presence of the Patron-Rev Dr. Davis Panakkal CMI; President- Mr. P. M. Thomas; KESS Superior- Rev. Fr. Paul Moses, Executive Director-Rev. Fr. Thomas Vazhakkala CMI, KESS-VTI Principal-Rev. Fr. Ginto Chirayath CMI along with the staff of KESS at KESS Centre, Nadathara. The 'Mithra' projects-Bhavanamitra, Vadhumitra and Yuvamitra were officially re launched during this event. The initiatives of KESS and its ability to support the deserving even during the COVID pandemic through offline and online interventions was highly appreciated by all. KESS's namesake St Kuriakose Elias Chavara was commemorated, cultural programs were conducted. KESS family united under one roof thankful for being healthy, safe and together despite the pandemic in our midst.

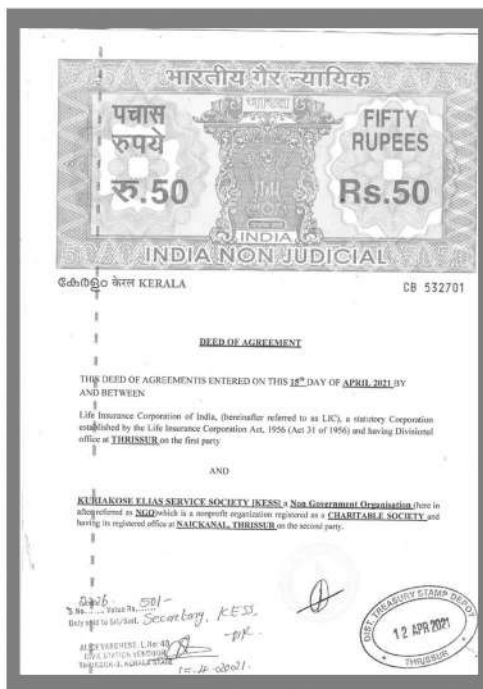
Internship & Fieldwork

Despite the COVID-19 pandemic restricting training and skill development for aspiring social workers as they remained home with online classes, KESS opened its gates to students of social work, sociology, law, agriculture to complete their internship and fieldworks. Nearly 35 students were provided a month's exposure in the KESS Projects of YUVA, COVID Cell, SPC, Cancer, Agro farm helping them develop their social and life skills as well as helping KESS achieve our goals of helping the deserving as much as possible.

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Congrats

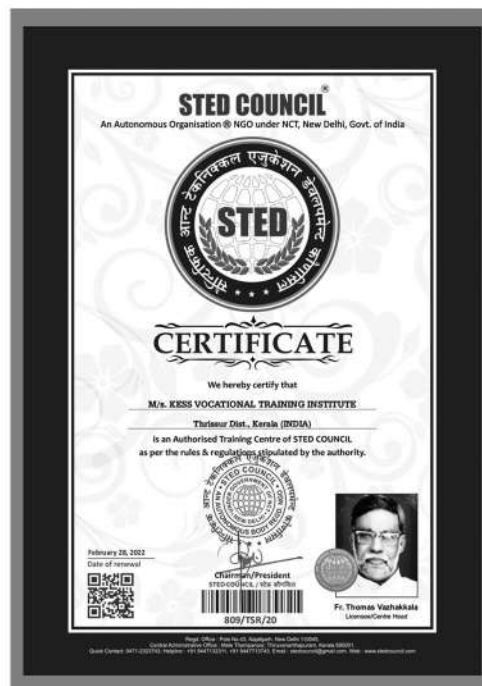
Adv. Reena John N., KESS' legal advisor, has been designated by the Thrissur Rural District Police Office as a committee member for the formation of Domestic Conflict Resolution Centres in Thrissur District.



KESS-LIC MoU

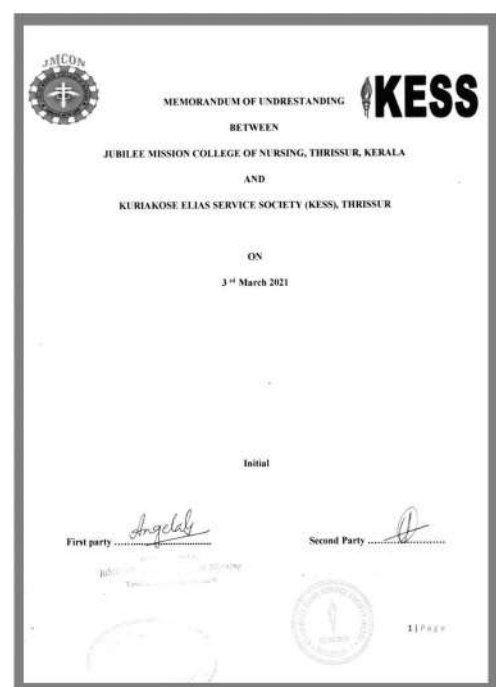
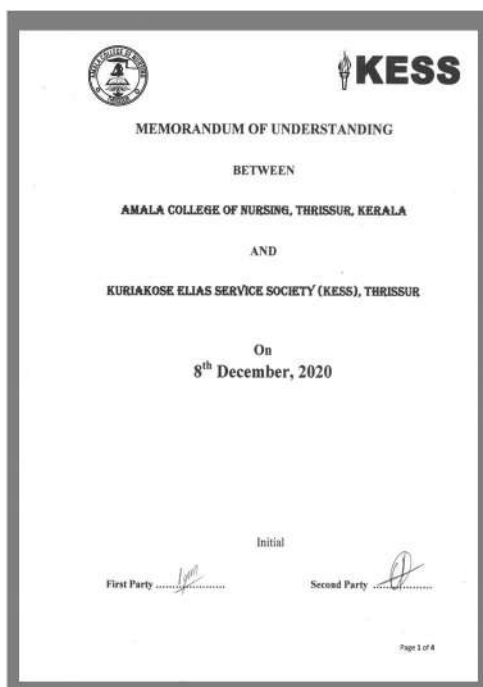


KESS-CHRIST MoU



KESS-AMALA MoU

KESS-JUBILEE MoU



BHAVANAMITHRA



ANNADANAM



SUPPORT TO CHRONICALLY ILL



WEBINAR

Topic
Post Covid Health and Wellness

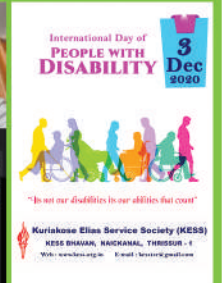
Join Us
Google Meet
20th
December
2020
5.00 to 6.00 pm

KEY SPEAKER
Dr. Sojan Antony,
Associate Professor,
Department of Psychiatric Social
Work, NIMHANS, Bangalore

INAUGURAL ADDRESS
Fr. Thomas Vazhakkala CMI
Executive Director, KESS

Organized by
Kesshalee Healthcare
Trust (KHTS)
Ananta College of
Nursing, Thiruvananthapuram
Angela Consulting
Centre, Thiruvananthapuram

DAYS OF OBSERVATION



KESS UNITS





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