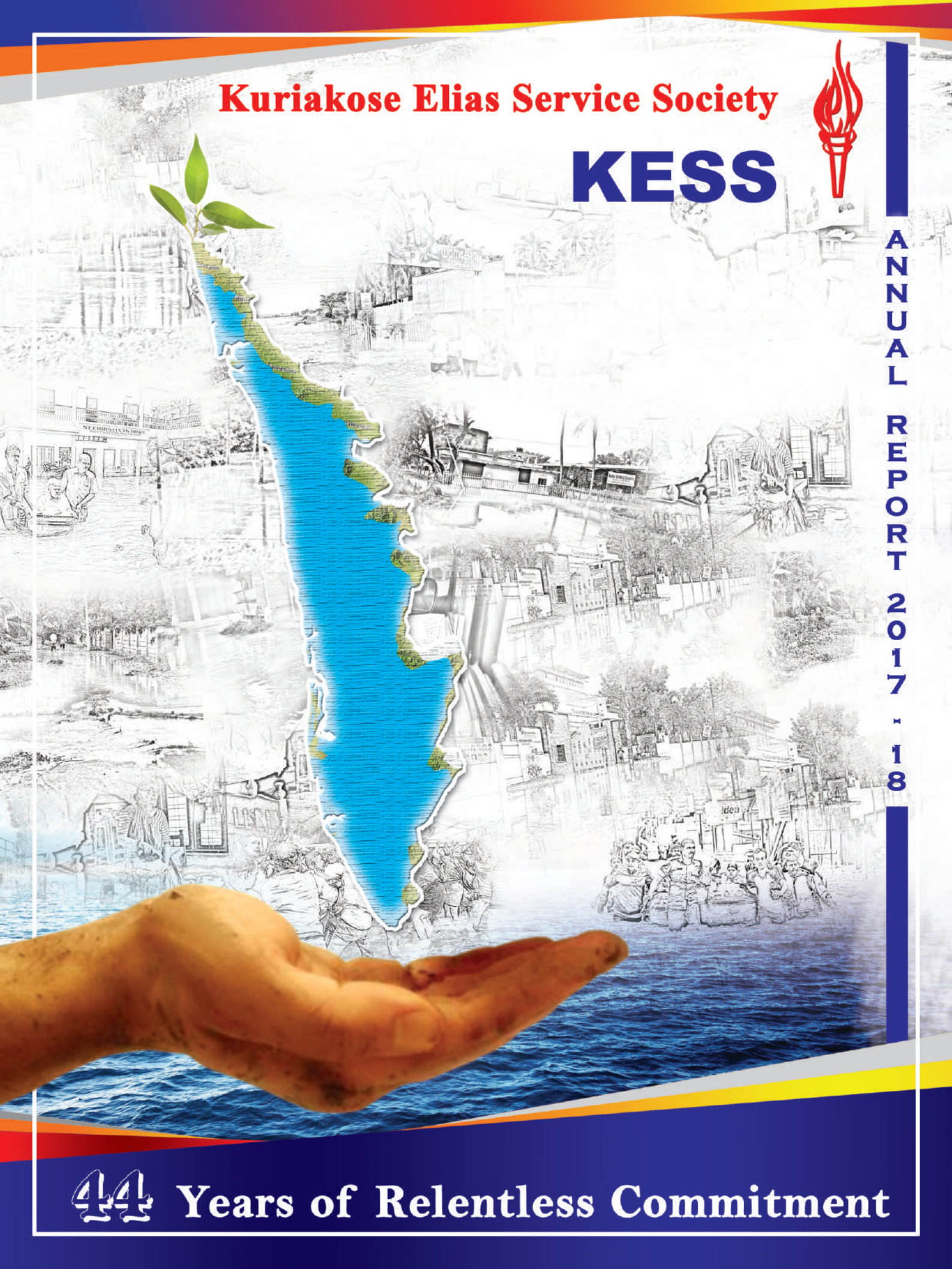


**Kuriakose Elias Service Society**

**KESS**



**ANNUAL  
REPORT 2017 - 18**



**44 Years of Relentless Commitment**



44

Years of  
Relentless  
Commitment

“The quality of life can only improve  
if the individual improves his or her quality”

*Karl Kubel*



# Saint Kuriakose Elias Chavara

*...our inspiration*



*“Let there be no day in your life in which you did **no** good to others.”*



A black and white photograph of an iceberg floating in the ocean. The tip of the iceberg is visible above the water, while the much larger, jagged underside is submerged, illustrating the concept of 'CONTENT' as a hidden or underlying reality.

# CONTENT



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## Message from the Patron

Kuriakose Elias Service Society (KESS) is a charitable organization under the leadership of CMI Devamatha Province of Thrissur. Every year, KESS reaches out to thousands of people giving them the support of Gospel love. St. Kuriakose Elias Chavara is a real source of strength for this organization. KESS has different social activities through which it reaches out to the poor and needy. When we look back through the activities of the past one year, KESS can proudly say that it is fulfilling the Vision and Mission of its founding fathers. This is a non-profitable organization, involved in so many faith filled activities. The inspiring words of St. Chavara, “Let there be no day in your life in which you did no good to others” is like a motto for KESS. “Do as many good to others” is also a driving force for its team. We can find out from this Annual Report, the different projects that KESS has been actively involved in, to help the poor and needy.

I take this opportunity to congratulate Fr. Joy Vattoly and his team for all the hard work to help the poor. May Almighty God shower His abundant blessings on all of you.

Fr. Walter Thelappilly CMI  
Patron, KESS











## Message from the President

We live in an age where everything is double and triple the pace it was a few decades ago. When technology and convenience rocketed, values and goodness plummeted. KESS is one of those organizations which provide a balance between the two, keeping up with the fast – paced culture, yet upholding values not just in its methodologies but also in conscientizing the communities it works in. Support and care for those affected during natural calamities, severe diseases such as Cancer & HIV, holistic development for children at risk and empowering the vulnerable through training, projects and linkages; these are but a few of the manifold activities of KESS

Since its commencement in 1974, KESS has not looked back. Neither have its beneficiaries. Then and now, we have been blessed with efficient and socially oriented people, both in the administration and staff, through whom this Society actually thrives. It is truly commendable to see the diverse and unique ways in which it shakes the very conscience of the people mobilizing all energy and resources to bring every marginalized person back into the mainstream. Collaboration and networking constitute an exemplary mode of teamwork at KESS. Meetings of service providers in the field of chronic diseases were held during this period.

A word of praise for our patron, Rev. Fr. Walter Thelappilly CMI, the Board of Directors, especially the energetic Executive Director, Rev. Fr. Joy Vattoly CMI and his dedicated team in running this race against poverty, misery and stigma in building a socially oriented generation.

All the very best!

U.V. Antony  
President, KESS









## Message from the Moderator

The Major goal of Social Work organizations is to give a light of hope to those who have lost it. As a social service organization, last forty four years KESS was trying to actualize this goal. It provides a broad range of health and social services to promote wellness, self-sufficiency, and a better quality of life for individuals and families in the society.

The incredible contribution faithfully rendered by KESS through various social activities is highly commendable.

I extend by warm felicitations to all those who are associated with the activities of KESS.

May God bless and lead it to great heights.

Fr. Paulson Paliakkara CMI  
Moderator, KESS









## Message from the Secretary

It gives me immense joy and happiness to submit the Annual Report of 2017-'18. This is one of the most crucial periods of our time where the society is devastated and ailing under natural calamities, chronic psychological and physical health issues etc which requires conscientization by responsible and committed social organizations. It is high time they earnestly took an effort to uplift the downtrodden in the society with all possible resources.

The best part is that every institution in our community, be it educational, financial or corporate, are also active in doing good for the welfare of the people. What they do is mainly charity based because their primary goals are focused on specific objectives where 'teaching' is to schools and 'finance' is to banks etc. This itself means that the social work organizations have a greater responsibility for the welfare of the marginalized thereby, creating a better world. This is exactly what KESS has realized and has shouldered all these years. It is not just the effort of one or two individuals but the support and teamwork of dedicated people ranging from the members of our governing body, staff, volunteers, etc that makes it possible with our 44 years of experience, to be united in motive and action, relentlessly realizing its vision and marching ahead in its commitment for the poor. We have tried to incorporate all our resources in the most efficient manner in many fields, in various parts of our state. We have tried to overcome our flaws and bettered our interventions during this reporting period. I thank everyone for being with us and helping us achieve our best for the upliftment of the poor and the marginalized. I take this opportunity to thank the members of the General Body, especially the Board of Directors, staff and everyone ever associated with KESS without whom we would not have reached this far. Above all, I thank God Almighty in guiding us throughout.

Thank you and God bless.

Fr. Joy Vattoly CMI  
Secretary, KESS







# **KURIAKOSE ELIAS SERVICE SOCIETY** **(KESS)**

## **44 years of Relentless Commitment**

Kuriakose Elias Service Society (KESS), a registered, charitable society, under 80 G, has been tirelessly and relentlessly traversing through the 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 & shelter, as well as those in disaster struck regions. 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 in the lives of all it touches.

### **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, empower it through social conscientization, life skills and appropriate livelihood systems.



### **Objectives**

1. To perform works of charity for those in need, irrespective of race, caste, sex, community or creed.
2. To strengthen the institution of family through family-life education, counselling and other support systems, thereby its tendency towards disintegration is effectively arrested.
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 the 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 maximize incomes through appropriate marketing strategies.
8. To intervene immediately in disaster-hit areas and undertake relief and rehabilitation work in 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 roots on which the organization stands today are based 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 Bhima Yojana 2000; Trysem; Jananidhi 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 to name a few. Apart from these, KESS has coordinated vocational training programmes to unemployed youth through various schemes of NABARD. Some of the timely interventions of our organization in the 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 to 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 provisions of food, water, clothing), to the recent Ockhi cyclone disaster (construction of houses, higher education support etc), KESS has been an icon of hope for them 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; while others implemented by KESS and 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, Karl Kubel Stiftung (KKS) Germany, Federal Ministry of Economic Cooperation of Germany (BMZ), CEVA (Cyriac Elias Voluntary Association), Board of directors of KESS as well as all other philanthropic organizations and individuals have supported us in our endeavors.



# Governance of KESS



The organization is regulated by the members of the General Body and the Board of Directors. The General Body, consisting of 102 members are from different 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 2017 -2020



Patron	: Rev. Fr. Walter Thelappilly CMI
President	: Prof. U.V. Antony
Moderator	: Rev. Fr. Paulson Palliakara CMI
Secretary cum Treasurer	: Rev. Fr. Joy Vattolly CMI
Director s	: Rev. Fr.Jose Eduthan CMI
Directors	: Mr. P M Thomas
Directors	: Mr. Mathew George
Directors	: Mr. Solly Thomas
Directors	: Rev. Sr. Rose Dheera CMC
Directors	: Dr. Elizabeth Kurian



## **KESS for Health**



The health of an individual is directly connected to not just his well-being but also of his family. KESS has been facilitating different projects, services and activities for the empowerment of those afflicted with HIV, cancer, mental illness, kidney and heart diseases etc. Treatment and medical support apart, we have reached out to fulfilling basic needs of their families including their children. Supports are provided for housing, nutrition, education, marriage, income generation needs as required. The major area of health care and support has been for HIV/AIDS and cancer, which are elaborated below.

### **I.HIV/AIDS Intervention of KESS**



The greatest devastating disease ever known to mankind, perhaps, is HIV/AIDS, having infected around 36.7 million people and claiming over 1.1 million lives around the world since it was first recognized in 1981(WHO-GHO, 2015). KESS has been involved in the prevention, care and support aspects of this catastrophic disease since 2006. After successfully sensitizing and establishing sustainable registered bodies to continue the care of such infected & affected families in the districts of Thrissur [HAT project] and Palakkad [HAPPI project], KESS is in its second year of HIV intervention in Kozhikode [KARE project].



# HIV Care



# Cancer Care





## Green Care



## Women Care





**കെസ്സ് വനിതാ - നയം**

Kuriakose Elias Service Society  
**(KESS)**  
 KESS Bhavan, Kariyapattanam, Thrissur-680001  
 Registered in 1974 no.3674, Phone-0487-2355516,  
 E-mail kessator@gmail.com Website www.kess.org.in



## Children Care



## Basic Need Care





## Team KESS

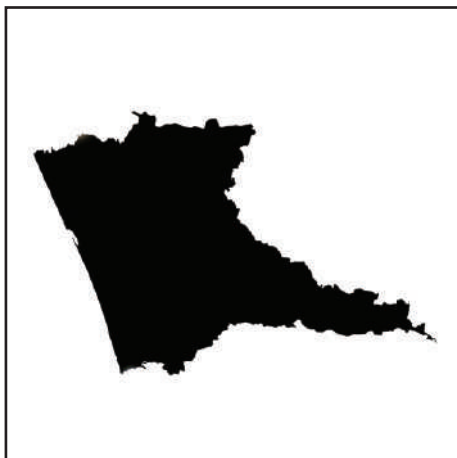


## Celebrations

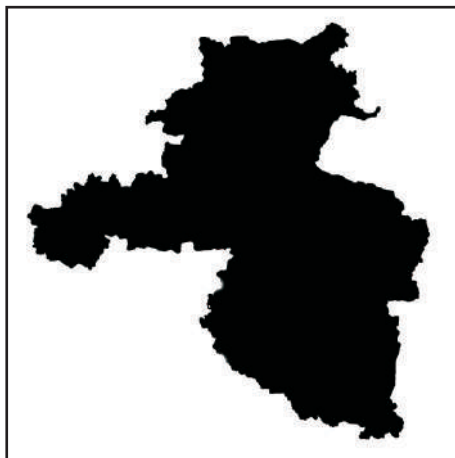




## Areas of Operation



**Thrissur Dist.**  
(976 HIV positives  
+ 2000 affected members)  
**KESS-HAT**



**Palakkad Dist.**  
(1278 HIV positives  
+ 2879 affected members)  
**KESS-HAPPI**

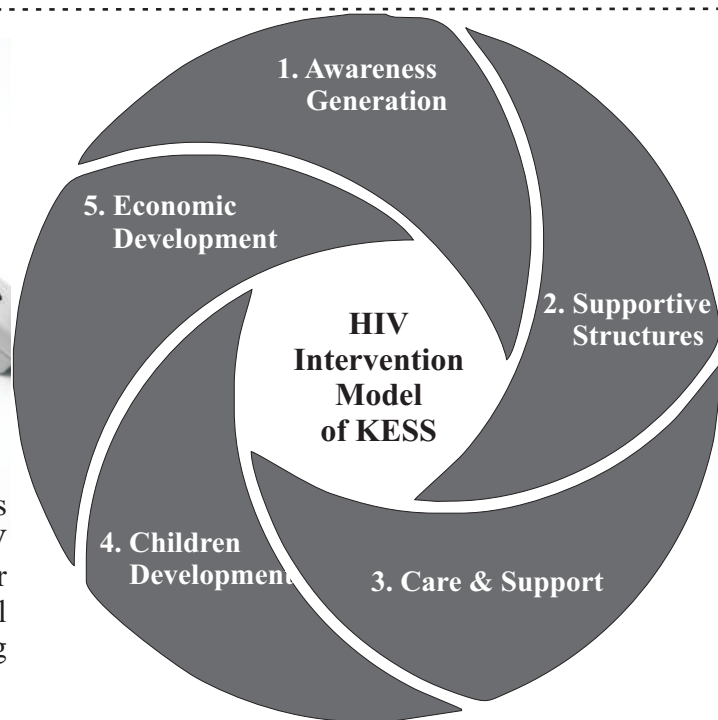


**Kozhikode Dist.**  
(568 HIV positives  
+ 1095 affected members)  
**KESS-KARE**

### The HIV Intervention Model of KESS



The KESS model of HIV intervention is a process through which the general community and the PLHIV [People Living with HIV] start peeking out of their cocoons of ignorance, the former removing social stigma and the latter, accepting their condition seeking care and support for them and their dependents.



## KESS-KARE Project

This project initiated in 2016, is targeted to support 800 PLHIV, 35 CLHIV and 2000 affected family members and 320 children to achieve a healthy and dignified life in the Kozhikode District of Kerala by reducing discrimination and improving their political relevance leading to social inclusion.

### Activities

#### 1. Awareness Programmes

251 awareness programmes were held among educational institutions, PTA, religious sector, kudumbashree, coastal area etc. 3832 sensitizations were held among health inspectors, anganwadi workers and ASHA workers.



### Development of Peer Educators/ Positive Speakers:

Some of the PLHIV come forward to motivate those infected & affected as well as talk about their situation and experiences so as to prevent incidences among the public. These speakers were identified and 12 training programmes were organized for them.

**World AIDS Day observance:** December 1st 2017- World AIDS Day was observed in the various panchayats of Kozhikode District in which Local Action Committees, PHCs, Schools and various stakeholders associated successfully made it a mass movement of HIV awareness and stigma removal.

**Training for Trainers [TOT] :** Volunteers from the general public were identified and given training on conducting awareness among the community they are part of.

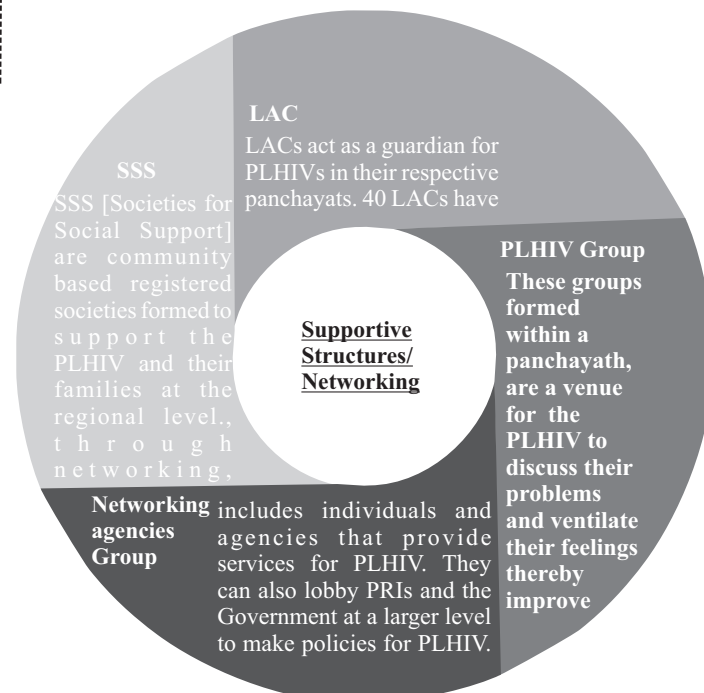
**100 % HIV Literacy Campaign:** As part of HIV prevention initiatives, 100% HIV literacy campaign has been launched in association with various PRIs. It was officially inaugurated in Kayakodi and Peruvayal Panchayats.

## 2. Supportive Structures/Networking



4 SSS formed in Kozhikode

Kozhikode Region	- Mukulam Charitable Society
Thamarassery Region	- Disha Charitable Society
Quilandy Region	- Kiranam Charitable Society
Vadakkara Region	- Sayoojyam Charitable Society



### State level get-together of Service Providers in HIV

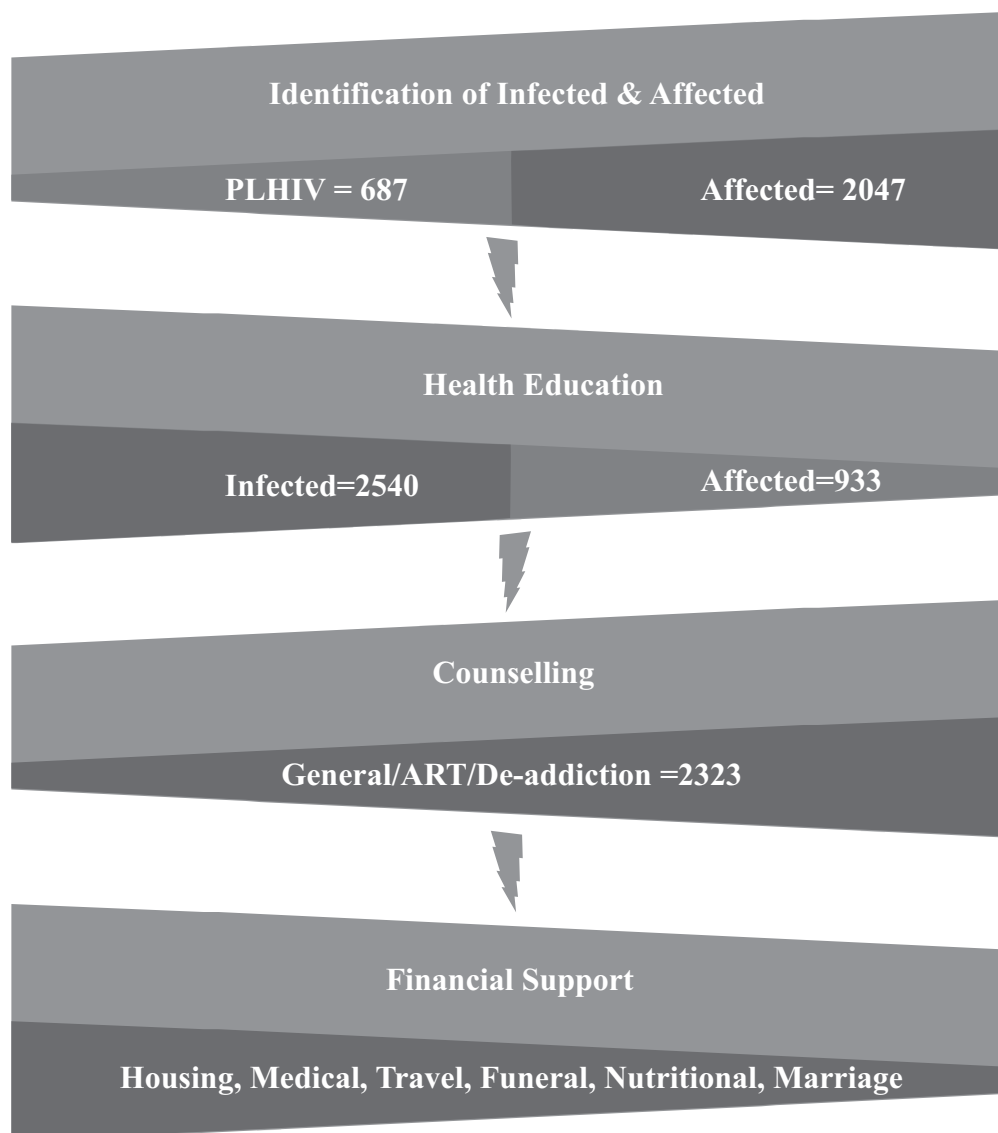
**care:** A state level conference of service providers associated with HIV prevention, care and support was held during this period in Thrissur, which saw 73 participants from 43 organizations from all over the state. The meet aimed at bringing the service providers together, to reflect, share and know each other's area of expertise. By sharing their services and experiences, better collaborations and networked work can facilitate better results for the target community.



### Policy Formulation Initiatives:

- I.** Sri. Pinarayi Vijayan, Honourable Chief Minister of Kerala, was forwarded a memorandum stating various amendments to be made in the welfare schemes to accommodate PLHIV to protect their confidentiality. This was accepted by the respective department and KARE was acknowledged for the same.
- ii.** 4599 sensitization sessions were held for elected members
- iii.** All 13 MLAs from Kozhikode District were intervened and 23 memorandums were submitted.

## 2. Care & Support to the HIV/AIDS infected & affected



## 3. Children's Development :



**a. Education:** 187 children were supported for their general education needs such as identifying sponsors, distribution of education kits, higher education support, career guidance.

**b. Children's Forums & Clubs:** 4 children's forums for HIV infected/affected children were created to help them share their sentiments. 7 red ribbon clubs were formed in educational institutions to sensitize and create empathy among students, towards the PLHIV



**c. Life Skills & Personality Development for Children:** Trainings and camps were conducted to impart basic life skills among children. This was very useful for them to enrich their soft skill side apart from academics which are also counted in their overall development. Clinical psychologists and child specialists were roped in to motivate and train children on subjects like handling exam stress, self-defense, child rights, social media influence, budgeting, personality development and the like.

**d. Formation of parents/guardians groups :** Training on 'better parenting' for parents of HIV/AIDS infected & affected children were conducted to motivate the parents to help thier children progress positively and progressively.



#### 4. Economic Development:

**a. Income Generation Programs** were coordinated which helps the beneficiaries earn a sustainable income and stand on their own feet. Various types of IGP and trainings on each aspect by experts were also provided

Sl. No	Type of IGP	No.of IGP
1.	Tailoring	14
2.	Poultry	14
3.	Small business	5
4.	Goat rearing	2
5.	Cattle rearing	2



**b. Vocational Training:** 12 beneficiaries were provided vocational training and 125 beneficiaries were given job counseling

**c. Kitchen Garden promotion:** Organic saplings were distributed to 140 beneficiaries to generate their own kitchen gardens so as to develop their own food, fresh and healthy right from their premises. It is a money saver and can also be enhanced as a income generative technique. Kitchen garden trainings were conducted by Agriculture Officers on “Organic farming and Grow Bag Cultivation” & “Importance of kitchen garden and its requirements”.



## **HIV/ AIDS Palakkad Project for the Infected [HAPPI]**

KESS continues the care and support to the HIV/AIDS infected & affected in Palakkad through the 4 SSS [Societies for Social Support] namely, Snehakripa in Pattambi, Swapanam in Palakkad, Karunyadeepam in Chittur and Snehakripa in Alathur, it had initiated in the different zones of the district. During this period, the Societies were actively involved in conducting monthly get-togethers of the beneficiaries, mobilizing nutritious kits and other resources for their medical expenses, children's education etc. During the occasions of onam and christmas, kits were distributed along with games and activities for their enjoyment. The KESS team had initiated a district meeting of the SSS's executive members encouraging them to be active and strive harder to enable the PLHIVs and their loved ones.



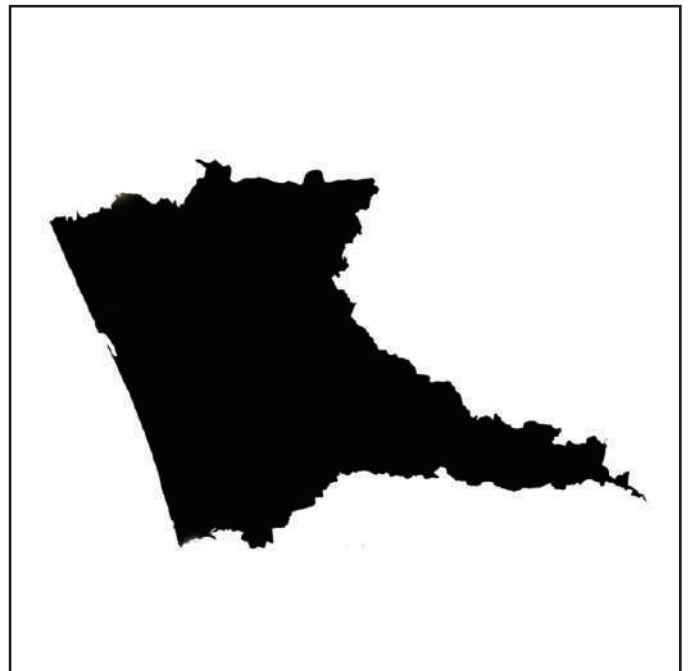
### **Success Story : Karunya Deepam SSS- a true example of a Community Based Organization**

Every zone wise SSS established by KESS is aimed to be an individual unit for the upliftment and sustainable development of the afflicted there. Karunya Deepam SSS in Chittoor has rightfully taken on the spirit of KESS in all its endeavors to support the HIV afflicted. KESS is proud of the Society's self sustainable methodologies in mobilizing resources and assisting its target group. With the support and consistent mentorship of KESS in the background, Karunya SSS has successfully influenced sponsors such as Daya Charitable Trust, Palakkad who have agreed to donate nutritious food kits as part of a 'Daya Poshaka Samridhi', project to 50 beneficiaries of the SSS on a monthly basis.



## **HAT - HIV/AIDS Thrissur**

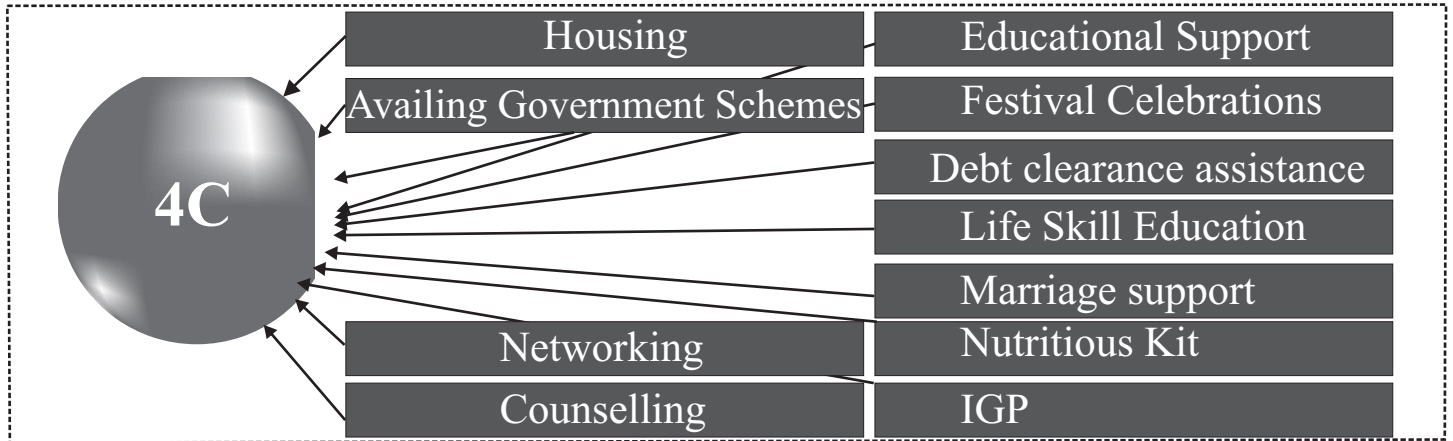
KESS continues its care and support activities to the HIV/AIDS afflicted in Thrissur through Asha Society in Kodakara. KESS supports them by assisting in educational support, marriage support, nutritional kits, income generation programmes etc.



## II. KESS Intervention for Cancer Afflicted

### Chavara Cancer Care for Children [4C] Project

KESS has been supporting the poor infected/affected by Cancer, the chronic illness that is clawing away the world. The 4C project supports such families especially towards the development of their children in the fields of basic education, higher studies, marriage, career guidance, income generation etc.



**Zone wise distribution of 4C Beneficiaries**

Sl. No	Zones	No. of Infected	Total Family Members
1.	Paturaikkal	18	54
2.	Nadathara	40	148
3.	Puthur	15	57
4.	Elthuruth	13	28
5.	Chiyyaram	05	14
6.	Thalore	17	51
7.	Varandharapilly	10	29
8.	Chalakudy	03	11
9.	Irinjalakuda	13	29
10.	Azhikode	36	76
11.	Snehagiri	22	86
12.	Pangarappilly	01	04
13.	Pullur	10	37
14.	Kormala	03	13
<b>TOTAL</b>		<b>205</b>	<b>637</b>





## **Activities**

### **1.Cancer service providers meet**

KESS organized a get together of service providers in the field of cancer care. People from various walks of life attended, each sharing the same dream of caring for those ill fated souls- bedridden, frail and even in their last stages. Doctors, nurses, palliative care providers, experienced bystanders who were now full time care takers, afflicted family members of deceased patients motivated to care for others, retired professors who are full time palliative workers.... the diversity of the participants was amazing; their experiences, breath-taking. Each service provider had an inspiring story to share and the group promised to reach out as they all strove towards one goal - a helping hand for the cancer infected. These selfless angels were honoured individually.



### **2.International Cancer Day Observance**

Dr. Bindu Thomas [Deputy DMO, Thrissur] inaugurated 'Cancer Day', observed by KESS on 4<sup>th</sup> February. Rev. Fr. Jaison Mundanmani CMI [Associate Director, Amala Medical College, Thrissur] was the Chief Guest. They shared their experiences and initiatives in this field. The guests of honour, cancer service providers and the cancer afflicted pinned upon themselves, the lavender ribbon that symbolizes every form of cancer.



### **3.4C Associates Get together**



The energetic group of KESS 4C Associates, the zone based volunteers supporting the KESS 4C [Chavara Cancer Care for Children] project, were provided an orientation session at the CMI Generalate, the highest authority of the congregation. The team, together with Fr. Joy Vattoly CMI [Secretary, KESS] and the KESS staff received a hearty welcome. Rev. Dr. Fr. Paul Achandy CMI [Prior General, CMI] and Rev. Fr. Varghese Vithayathil CMI [Vicar General, CMI] meticulously organized the entire program. They also chaired the official meeting where the existing activities of the 4C project were reviewed and future plans discussed. Valuable suggestions to improvise our assistance for the needy cancer infected and affected beneficiaries came up. We take this opportunity to whole heartedly acknowledge the Prior General and his team for their kind gesture, energy and time to make this day a grand success.



## 4C Associates

4C Associates are the region wise volunteers who support and assist zonal/regional activities of the KESS 4C project. Identification and evaluation of new beneficiaries, house visits, networking with the regional power centers, authorities and other extended support are all provided by this team of angels. Currently we have 27 Associates.



Sl.No	Name	Zone	Sl.No	Name	Zone
1.	Omana Lawrence	Elthuruth	15.	Mercy C.A	Varandarappilly
2.	M. T. Joy		16.	Inasu	
3.	Davis Chakkalamattath	Chiyyaram	17.	Jolly Teacher	
4.	Treesa Teacher	Thalore	18.	Jancy Paulose	Snehagiri
5.	Bindhu Baby		19.	Dr. Sunny Tharayil	
6.	Ruby Joseph M		20.	Devu Anil	Puthur
7.	Anna Vincent		21.	Siji Joshy	
8.	Varghese	Irinjalakuda	22.	Benny Rodrigus	Azhikode
9.	Alphonsa Johnson	Nadathara	23.	V.A. Ayoob	
10.	Baby David		24.	K.A Stanly	
11.	Sebastian		25.	Jofri	
12.	Anto		26.	Lt.Col.Davy	Thrissur
13.	Bindu		27.	Shinto	Kormala
14.	Joju Thermadom				

### 4. '1000 Gift' Project

A sponsorship program has been initiated by KESS, where kind hearted sponsors provide Rs.1000 every month which is allotted to the most needy families in the project on a monthly basis. The economic condition of the family, the educational needs of their children etc are assessed when choosing them for this project.



## **5. Cancer awareness in educational institutions**

On the occasion of Rose Day where we commemorated 12 year old Melinda Rose who faced her cancer bravely and inspired other patients to do so, KESS organized a cancer prevention drive in various educational institutions of Thrissur. The staff and students of Chethana Media Institute, Galilee; Christ College, Irinjalakuda; Deepthi HSS, Thalore; Good Shepherd CMI School, Kunnankulam; Holy Child School, Snehagiri; Guardian Angel School, Puthur; Presentation CGHS, Vellikulangara; St. Joseph's High School, Pavaratty; Sacred Heart H.S.S, Thrissur; Little Flower School, Irinjalakuda; Snehagiri Church, Mala; Soccorso HSS, Mala; St. Aloysius H.S, Elthuruth; St. Joseph's High School, Pangarappilly; St. Joseph's School, Pavaratty; St Xavier's ITI, Pullur took great interest and pledged to prevent getting caught in the clutches of the cancer crab. They also took a hearty initiative to mobilize resources - materialistically and financially for the welfare of the cancer afflicted.



### **8. Family Get-together**

### **8. Family Get-together**

The families in this project were brought together on several occasions such as onam & christmas, cancer day, educational kit distribution, etc where motivating sessions, distribution of food kits, cloth and provisions would be conducted. It is also a time to seek consolation in the peer group and bravely face the adversities of being infected/affected.

## **6. Nutritional Food Kit and provisions distribution**



Healthy and nutritious food leads to a healthy life. A nutritious kit consisting of rice, pulses etc were distributed after identifying the most needy among the beneficiaries. Daily provisions like toiletries, crockery, clothes, donated by benefactors were also distributed evaluating the need.

## **7. Cancer Detection Camp**



Being one of the greatest threats to humanity, Cancer, needs to be identified and destroyed at the preliminary stages. The hard toiling last grade workers are usually the most vulnerable in this regard since they neither notice grave changes in their health nor do they care to act upon it. Considering the need to improve the quality of their life, the domestic workers associated with KESS were invited to Amala Hospital to participate in a cancer detection camp.



# KESS Intervention for Women

## a)KESS as a Service Providing Centre (SPC)

KESS has been active as a Service Providing Centre since 2013, under the Social Welfare Board, for the protection for women against domestic violence. The number of atrocities against women and conflicting families are on the rise. Awareness classes and legal intervention through a legal advisor as an SPC has enabled KESS to reduce the intensity of ill treatment towards women.

Sl. No.	Type of cases	No
1.	Domestic Violence	31
2.	Others	29
3.	Cases settled	57
4.	Cases referred to KESS	60
5.	Cases presented in court	10
6.	Cases referred to KELSA/DELSA	20

### Legal awareness-A stepping stone for SPC

KESS – the Service Providing Centre (SPC) organized 38 awareness sessions during this period on women's rights and socio-legal issues for the empowerment of women. Laws related to the protection of women and children such as the POCSO Act, D V Act, IPC were handled by our in-house lawyer Adv. Reena John N., an experienced veteran practicing in the District court, who also provides legal advice to victims of domestic abuse.

## b)Vadhumitra- moulding 'Uthama Kudumbinis'



### Season I –the conclusion

The one year development project for the empowerment and enrichment of girls aged 16 and above, from the families of the KESS projects as well as the domestic workers of the ashrams, aimed to mould them into future 'kudumbinis', has successfully culminated during this period, with 110 of the beneficiaries stepping into marital bliss, assisted by our 'Vadhumitra' team, on a holistic basis. Every month, KESS organized a get-together of these young ladies for holistic transformation and life skill development through motivational sessions, life skill education, edutainment and outings. Financial assistance to promote savings in time for their marriage was also a part of this project.

### Season II- the beginning

The 2017-'18 Vadhumitra Project was inaugurated recently. KESS welcomed the new batch of adolescent girls [aged 16 and above], belonging to the families of our projects as well as the domestic workers of our ashrams, and has initiated new programmes and activities to help them become 'uthama kudumbinis' of the future. Once a month, the group is brought together at KESS, where they are provided personality development, motivational and other sessions related to health, family life etc. with interactive debates, talent arenas and skill development classes by veterans in the field.





### c) Women's Day Observance

KESS observed International Women's Day, on March 8<sup>th</sup> this year. Upholding the theme of the year, #PressforProgress, KESS brought together all its women beneficiaries and staff members, giving them an opportunity to feel empowered and strive to serve better, the world around them. Motivational sessions on Women's Rights & Family values enriched their thoughts and knowledge base. Their cultural performances made the day even more colourful.

### d) Honouring 'Sheroes'

30 women who braved all odds with their will power and determination, were honoured and hailed by KESS. Housewives and widows who were outcasts but now breadwinners, orphans and destitutes who have made a mark through sheer hard work, survivors of chronic illnesses like HIV/Cancer who motivate peers-these are just some of the women whom were recognized and applauded. The women's protection policy of KESS was also released on this occasion by Rev. Sr. Marriet CMC (Retd. Principal, St.Mary's College, Thrissur)

### e) Self Help Groups (SHGs)

KESS has a number of SHGs which have benefitted many families to rise up from a lower economic strata mainly due to the availability of loans for different income generative start ups. The members have developed self esteem and economic development as entrepreneurs and skilled workers.

SI No	IGP	No. of Beneficiaries
1.	Catering	2
2.	Textile Business	6
3.	Snacks Distribution	2
4.	Candle making	1
5.	Readymade textile shop	1
6.	Tailoring	6
7.	Rice business	8
8.	Umbrella manufacturing	1
9.	Soap manufacturing	2
10.	Coconut sales	1
11.	Pork meat sales	1
12.	Gold Covering business	1
13.	Perfumes trading	1
14.	Poultry rearing	4
15.	Goat rearing	1
16.	Detergent Powder manufacturing	1
17.	Cattle rearing	3
18.	Bread Production	2
19.	Beauty Saloon	1
20.	Tea stall	1
21.	Nursery farming	1
22.	Fritter snack production	1
<b>Total</b>		<b>48</b>

### f) Women Employment Units under the patronage of KESS

About 25 years back, KESS initiated two legally independent charitable societies (formed and run under the Charitable Societies Act), to develop and empower the poor rural women by providing them employment opportunities. Today, 30 women are members of each unit, responsible breadwinners of their once desperate families. The units are Fr. Vynthala Vanitha Service Society [VVSS], Nadathara and Devamatha Vanitha Charitable Society [DVCS], Puthur.



# KESS Intervention for Children

## **a. Student Education Promotion Program of KESS [SEPPOK]**

KESS has been assertive in upholding child rights especially the education of children under distress. Children in extreme poverty, infected or affected by chronic illness, natural disasters or even dysfunctional families are given an extra care and support under the Student Education Promotion Program of KESS [SEPPOK].

## **c. Career Guidance**

The students in the high school and higher secondary classes were provided career guidance by several veterans, giving students an opportunity to understand the working standards of different occupations and to strive to achieve them.

## **e. Student Counselling Programme**

Schools and students demanding counseling services are provided weekly counseling sessions by our in house psychologist. An orientation on counseling and its benefits are provided initially and students who require the intervention were provided the service

## **f. Creches**

Initiated in 2006 under the Rajiv Gandhi National Creche Scheme for Children of Working mothers and presently under the Social Welfare Board; KESS has been coordinating the functioning of 5 creches in Thrissur, associated with congregations. In Ponnukkara, Meladoor, Puthur, Thoombakodu and Punnamparambu, 30-40 children within the age group of 0- 5 attend these crèches. A teacher and a helper, develop and coordinate various programmes to educate and promote proper growth and development of each child. The creches are a blessing for working mothers and a stepping stone of value education for tiny tots of those regions. Nutritional food items are also distributed daily along with holistic learning.

## **b. Vidyarambam & Education Kit Distribution**

Prior to the start of the new school year, 2000 children, including the beneficiaries of HIV/Cancer projects as well as the staff were given blessings through the vidyarambam ceremony, where prayers and blessings are implored from elders, teachers and parents. Education kits comprising of notebooks, stationery, uniforms and umbrellas were also distributed to the school going students. The highlight was the distinct way of collecting these materials. Benefactors from all over the land, inspired by the social capital generated through our efforts as we placed a 'bag of hope' for them to fill, poured out from their pockets profoundly.

## **d. School Intervention Programmes**

Sessions on child abuse, emotional maturity, child rights, holistic development etc were provided to school students so that they are armed with the right information and develop into valuable assets of tomorrow. Contemporary issues faced by today's generation such as media abuse, technology addiction etc were tackled through sessions by veterans in the field.



# Coastal Area Development

## Chavara Integrated Family Development Project

37 selected poor fishermen families of Eriyad Panchayat are the target group of this project. Great progress is seen since the few years KESS has been actively empowering and motivating the children, men and women folk of these families. The mostly illiterate parents are now well aware of the need to educate their children, and the children are active participants of all sessions that KESS conducts for their development and better future. The community is now more aware about their health, economy and living standards. The Mar Thomas Pontifical Shrine and the Mar Thomas Research Centre at Azhikode have played an equally exceptional part in collaborating with KESS to bring a continuous impact in the lives of these people.



## Colony Development

### Chavara Colony Development Project

The economically backward colonies located in Patturaickal and Punkunnam are part of this project. Once living in dilapidated houses, in starvation and extreme poverty, the residents are now conscientised about education, health, hygiene, income generation programmes and family budgeting through the intervention programs of KESS under this project. Festival celebrations, housing support, nutritious food, health care and medical support, support to the elderly and handicapped, education support etc have created a positive outlook and impact to the inhabitants.



## Disaster Relief

### Response to Ockhi

KESS has initiated a project for meritorious students who aspire to go for higher studies, among the Ockhi stricken families in Eriyad panchayat. With a people's participatory approach right from the planning and beneficiary identification stages, we hope to brighten the dreams and ambitions of the children, and through them, their poor families. The basic conditions and needs of such families are also taken into consideration especially for those who need support for their housing.



# Fulfilling Basic Needs

## 1. Food

### **Annadanam**

Poverty stricken families in the project regions were provided a nutritious kit every month as part of the 'Annadaanam' programme, where we identify those who are unable to acquire atleast one square meal.



## 2. Water

### **Distribution of Water Purifiers**

As part of bringing safe drinking water to those deprived of it, KESS collaborated with US based 'Hope Abides' and 'For one another'-2 NGOs who work for the welfare of the marginalized. Their economic and eco friendly water purifiers seemed to be a practical and timely solution to our project beneficiaries who were troubled with water scarcity. The organization's representatives visited and provided orientation as they distributed the water purifiers.



## 3. Housing

A home of one's own is a dream come true for everybody. Acquiring and maintaining one is not always possible, especially for those who can barely have a square meal of their own. KESS has been supporting those who require financial assistance in house construction, refurbishment of dilapidated homes, toilet and sanitation works, extension of rooms.

The **Bhavanamitra** project has a people's participatory approach to it. Beneficiaries are equal participants in achieving their dream house. Their monthly savings are deposited to which KESS adds a certain percentage and supports them during each stage of construction. 42 families are beneficiaries of this project. KESS has also been actively mobilizing funds for building homes for the selective needy, in Kozhikode, Thrissur, Palakad and in the the dioceses of Punalur and Thiruvalla.

Success Story: A recent housewarming in Perinchery was a joyous occasion for us all. As part of our Bhavanamitra project, on the land that we donated, a modest home gradually build up with the help and support of many benefactors. The grateful Mr. George and his poor family are in awe of a home to call his own and heartily acknowledges this gesture.



# Green Care

## a. KESS Farm

KESS farm has been in the forefront of the green initiatives of KESS. We take pride in stating that all cultivation is strictly organic and no chemical fertilizers are used. Some of the activities undertaken in the farm include vermi compost units, cultivation of plantains, tapioca, coconut, nutmeg etc. Fruit yielding trees like mango and jackfruit, vegetables such as cauliflower, cabbage, lady's finger, chilly, drumstick, bittergourd, snakegourd and the like. The farm also develops organic and biowaste induced manure, and livestock development. A team of proficient farmers strive to ensure the farm functions well. Organic upland paddy farming, also known as karanelkrishi, at KESS farm turned out to be a great success as a magnificent yield was reaped during harvest time. 60 kgs of paddy were sown over two and a half acres of land, the returns of which were harvested in just three months.

## b. Agro based women promotive IGPs

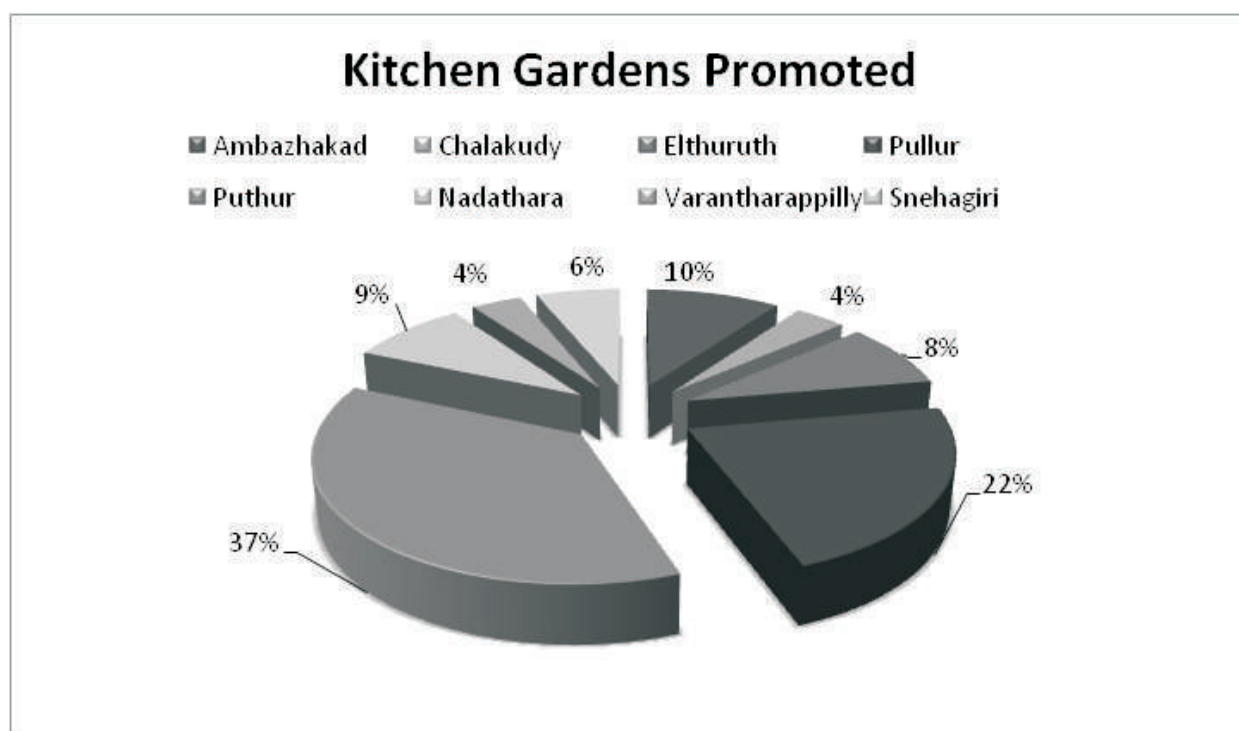
As a means towards income generation, KESS helped poor women, unable to find a source of income, to take charge of nursery sales outlets at various parts of Thrissur. They were assisted with trainings and technical support, knowledge and skill updation.

## d. Food security awareness – the need of the hour!

Awareness sessions on food security were organized at various zones such as Pullur, Pavaratty and Snehagiri. Veterans in the field spoke on the subject to an audience consisting of members of the local self government, educational health institutions, krishi office, kudumbasree, religious and social organizations. Living in a once food prosperous state, it's a shame we need to rely today on others for chemically treated food items. The sessions reminded people to go back to nature, create their own kitchen gardens with organic plants and live healthier. KESS distributed organic vegetable seeds to promote this 'green culture'.

## c. Kitchen garden promotion programme

To ensure that the beneficiaries have access to chemical free, fresh nutritious food from their very own backyards and enjoy health and savings in the process, the kitchen garden promotion program was conducted.. Organic saplings, manure, grow bags etc were distributed along with professional trainings on a frequent basis to those who avail the services, so they understand and implement it scientifically for better results.



**'e. Oru Muttam Pachakari'-  
Promoting kitchen garden culture**

Organic vegetable saplings, manure, grow bags etc were distributed to the project beneficiaries to instill food security thereby developing food from one's own kitchen backyard. Clean, fresh food apart, it is also a means to promote income and savings consequently.

**g. KESS Karshakashree award-  
honouring best farmers**

The best farmers from each Ashram zone are being identified and honoured in recognition to their efforts, interest and consistency in cultivating and sustaining farmlands of paddy, vegetable, fruits etc with emphasis on organic farming and sustainability options. Groups and individual farmers were thus honoured

**f. Best Kitchen gardens awarded**

As a special boost up for promoting green culture and care, the best kitchen gardens of those who were provided vegetable saplings and seedlings earlier, were identified by Onam. Prizes were given to the kitchen gardens that were nurtured and developed the best.

**h. KESS Marketing Centre**

A market intended to sell organically grown fruits and vegetables, directly from the produce of self help groups and organic farmers is actively thriving at KESS Bhavan premises



## KESS Events

**Special Visit: IAS Team @ KESS**

KESS was selected to orient a team of IAS officers who wanted to learn the best practices of NGOs in health care. Led by the District Collectorate team with Deputy Collector Dr. Vinay Goyal and Deputy DMO, Dr. Bindu Thomas, the 18 civil service officers were given a virtual tour of the activities and interventions of KESS especially its interventions in the fields of Cancer and HIV/AIDS. Some of the most acknowledged works were our 100 % literacy campaigns, in Palakkad district for HIV/AIDS awareness and in Eriyad Panchayat, Thrissur for Cancer awareness.

**KESS Day**

A day to cherish! A day to be thankful! KESS Day was celebrated in January, jovially and with complete vibrancy. The celebrations began with the Holy Eucharistic Mass, acknowledging the heavenly blessing for the past 44 years of KESS. This was led by Fr. Joy Vattoly CMI [Secretary, KESS] and 9 newly ordained CMI Devamatha priests. The formal gathering was blest with the presence of Rev. Fr. Walter Thelappilly CMI [Patron, KESS], Prof. U.V. Antony [President, KESS], Rev. Fr. Jose Eduthan CMI [Director, KESS], Rev. Fr. Davis Panakkal CMI [Vicar Provincial, Devamatha CMI Province] and Rev. Fr. Shaju Edamana CMI [Education Councillor, Devamatha CMI Province]. KESS family members celebrated this happy annual day with games, interactive activities and fun filled talent shows. The day captured the true spirit of teamwork and refreshed the KESS team to strive even harder for its numerous beneficiaries.



## **Staff Welfare**

The team members of KESS are without doubt its greatest asset. Like the many branches of a tree, the staff work in harmony and coordination with the vision of the organization. Monthly review meetings, planning sessions, inter department meetings, staff welfare training programs, festival and birthday celebrations, exposure visits etc are some of the team empowering patterns in the organization.

Staff Trainings:

1. Networking with PRIs
2. Government Schemes and Services
3. IGP Training
4. Networking and Advocacy

## **Internship at KESS**

27 students from social work, legal, management courses have supported the activities of KESS throughout this period as part of their internship requirements. Through concurrent and block field works, the students were able to gain practical hands-on experience through an organized and guided atmosphere here.

## **Farewell to our Chief Accountant**

Mrs. Baby Varghese, the Chief Accountant of KESS has stepped down from the organization after a long 36 years of loyal service and diligent work. Her professionalism and commitment is acknowledged and worth noting. We take this opportunity to thank her for her great support in developing the organization throughout these years. May God bless you!



# KESS Publications



## KESS Accolades











# KESS

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