



SMART INDIA FOUNDATION

SMART VOICE MAY-JUNE

2025





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Empowering Dreams

Dear Readers,

With immense joy and gratitude, we bring you a special highlight from the heart of our mission — the Smart Kids Project, officially inaugurated on May 24. This initiative marks a significant milestone in our journey to empower communities through focused educational support. Thirty bright students from the resilient fisherman families, all currently in their 10th standard, have been carefully selected to be part of this transformative effort. Their dreams, often dimmed by circumstances, are now being reignited with hope, guidance, and opportunity.

The strength of the Smart Kids Project lies in its dedicated mentorship model. Each student is paired with a passionate mentor committed to walking with them through academic, emotional, and personal growth. These mentors are not just tutors — they are role models, motivators, and steady companions fostering a holistic change.

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Our aim is not only academic excellence but to nurture confident individuals who can lead change in their families and communities.

We warmly invite all our collaborators, partners, and well-wishers to join us in this mission of transformation. Your support — in any form — can make a lasting impact in the lives of these young students. Whether through volunteering, sponsorship, or sharing this vision with others, every contribution matters. Let us stand together to build a future where every child, regardless of background, has the tools and support to dream, grow, and thrive.

Team SMART INDIA



SMART KID PROJECT



Nurturing Future Trailblazers

The SMART India Foundation proudly launched the SMART Kids Project in Alappuzha—an initiative aimed at fostering the holistic development of school students through structured mentoring, academic support, and life-skill training.

The project was officially inaugurated by former Minister Shri G. Sudhakaran, with Mr. Dalin Dias (Managing Trustee, SMART India Foundation) presiding. The event saw participation from distinguished guests including Rev. Fr. Xavier Kudiyaresheri (Director, Radio Neythal), Mrs. Molly Jacob (Former Chairperson, Alappuzha Municipality), and Dr. N. Rajavel (Assistant Professor, Bharathidasan University), who shared powerful messages on education and youth empowerment.

In its first phase, 30 Class 10 students were carefully selected through home visits conducted by social work trainees under the guidance of Program Coordinator and Research Scholar, Garsho Rahul. These students took part in a dynamic one-day workshop focused on self-awareness and personal growth, featuring interactive sessions led by Mr. Karthik Shashi, Ms. Anju S. Ram, and Mr. Ajo P.

The SMART Kids Project promises long-term impact through regular mentorship, academic guidance, and developmental sessions—building confident, compassionate, and capable young leaders.

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Nurturing Future Trailblazers



Nurturing Future Trailblazers



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RURAL CAMP

BODHI 2K25

SMART INDIA FOUNDATION proudly hosted BODHI 2K25, a dynamic rural camp at START Skill Training Center, Dhoni, Palakkad, blending experiential learning with community service. Participants engaged in field visits, tree planting, cultural nights, and a scenic trek to Dhoni Waterfalls, gaining deep insights into rural life and social issues. Enriching sessions on mindfulness and sustainability fostered empathy and teamwork. Inaugurated by inspiring social workers and dignitaries, the camp concluded with a heartfelt valedictory, leaving participants motivated to drive meaningful change in society.



BODHI 2K25



BODHI 2K25



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Social Worker's Empowerment Programme

Empowering Practice: Essential Competencies for Social Work Professionals



SMART INDIA FOUNDATION
SOCIAL WORKER'S EMPOWERMENT PROGRAM (SEP 66)

**EMPOWERING PRACTICE:
ESSENTIAL COMPETENCIES FOR
SOCIAL WORK PROFESSIONALS**

 **SATURDAY
10 MAY, 2025** |  **8:00 PM**  **Google Meet**



Mr.LIMS THOMAS
ASSISTANT PROFESSOR
DEPARTMENT OF SOCIAL WORK,
VIMALA COLLEGE (AUTONOMOUS),
THRISSUR

www.smartindiafoundation.org

On 10 May 2025, SMART India Foundation organized an insightful online session as part of its Social Worker's Empowerment Programme. The session was led by Mr Lims Thomas, Assistant Professor at Vimala College, Thrissur, who highlighted the key competencies required for effective social work practice. He emphasized the importance of communication, empathy, critical thinking, teamwork and ethical responsibility in professional settings. Participants appreciated the real life examples, clarity of explanation and guidance on how to grow both personally and professionally.

Social Work and Human Service Landscapes in Canada

On 16 May 2025, SMART India Foundation hosted a powerful session led by Ms Helan Kuriappuram Saju, Life Skills Worker at Wesley Urban Ministries, Canada. Speaking under the Social Worker's Empowerment Programme, Ms Helan shared her personal journey from India to Canada, giving students and professionals a realistic view of the Canadian social work field. She discussed the structure of social services in Canada, the importance of cultural competence and differences between Indian and Canadian systems. The session was both informative and inspiring, encouraging international aspirations and cultural understanding.

SMART INDIA FOUNDATION
Social Worker's Empowerment Programme (SEP 67)

SOCIAL WORK AND HUMAN SERVICE LANDSCAPES IN CANADA

MS. HELAN KURIAPPURAM SAJU
LIFE SKILLS WORKER, NON-PROFIT
ORGANIZATION, WESLEY URBAN MINISTRIES


DATE
16th May, 2025

TIME
AT 8:00PM

Google Meet

WWW.SMARTINDIAFOUNDATION.ORG


The Ripple Effect: Small Actions, Big Impact in Social Work



SMART INDIA FOUNDATION

SOCIAL WORKER'S EMPOWERMENT PROGRAMME (SEP 68)

THE RIPPLE EFFECT: SMALL ACTIONS, BIG IMPACT IN SOCIAL WORK




MR. DILEEP G. KRISHNA
TEAM LEADER AT CHILD CARE HOME IN UK
PERSONALITY DEVELOPMENT TRAINER
MOTIVATIONAL SPEAKER
ENGLISH TEACHER

17th MAY, 2025 8:00 PM Google Meet

WWW.SMARTINDIAFOUNDATION.ORG

On 17 May 2025, SMART India Foundation held a motivational session with Mr Dileep G Krishna, Team Leader at a Child Care Home in the UK and a motivational speaker. He delivered a heartfelt talk on how small, consistent actions can lead to significant positive changes in the lives of others. Using stories from his professional and personal experiences, he illustrated how seemingly small gestures can have a ripple effect in communities. The session was highly interactive, with a lively Q&A session.


Introduction to Social Work Research



SMART India Foundation

SOCIAL WORKER'S
EMPOWERMENT PROGRAMME
SEP 69


Introduction to Social Work Research




Date
May 30
FRIDAY

Time
8.00pm

[Join Now](#)



[smartindiafoundation.org](https://www.smartindiafoundation.org)



Ms. KRIPA MARIYA
PhD Scholar, School of Social Work
MARIAN COLLEGE, KUTTIKANAM

On 30 May 2025, SMART India Foundation organized an engaging session under its Social Workers' Empowerment Programme titled Introduction to Social Work Research. The session was led by Ms Kripa Mariya, PhD Scholar at the School of Social Work, Marian College, Kuttikkanam. She highlighted the importance of research in social work, focusing on its role in evidence based practice and policy development. Through practical examples and interactive discussions she encouraged critical thinking and helped participants connect theory with real world applications. The session was well received and enhanced the participant's understanding of research in social work practice.

Pathways to Practice: Licensing, Careers and Insights for Social Workers in Canada

On 31 May 2025, SMART India Foundation conducted a session under its Social Worker's Empowerment Programme led by Ms Anamika Antony, Child Protection Social Worker from Nova Scotia, Canada. She provided an overview of the Canadian social work system, covering licensing procedures, academic requirements and career opportunities. Emphasizing the need for cultural sensitivity, she shared real life experiences from her work in child protection.



SMART INDIA FOUNDATION
SOCIAL WORK MOVEMENT FOR ACTION, RESEARCH AND TRAINING

SOCIAL WORKERS EMPOWERMENT PROGRAM (SEP 70)

**PATHWAYS TO
PRACTICE: LICENSING,
CAREERS AND REAL-
WORLD INSIGHTS FOR
SOCIAL WORKERS IN
CANADA**

SPEAKER:
ANAMIKA ANTONY
CHILD PROTECTION SOCIAL WORKER
DEPARTMENT OF OPPORTUNITIES AND
SOCIAL DEVELOPEMT, NOVA SCOTIA,
CANADA

**MAY 31ST, 2025
8:00 PM**



WWW.SMARTINDIAFOUNDATION.ORG

Social Work Across Cultures: Insights from India and England



SMART INDIA FOUNDATION
SOCIAL WORKER'S EMPOWERMENT PROGRAMME
(SEP 71)

Social Work Across Cultures: Insights from India and England



MR. VINU THANKACHAN
Mphil, Rajagiri College
Supervisor at Liverpool heart and
chest hospital

29 JUNE 2025  **8 PM**

 www.smartindiafoundation.org

As part of the Social Worker's Empowerment Programme, SMART India Foundation organized an insightful session titled "Social Work Across Cultures: Insights from India and England" on 29th June 2025. The session was led by Mr. Vinu Thankachan, a seasoned social work professional with rich experience in both countries.

Mr. Thankachan highlighted the cultural contexts, systemic differences, and best practices in the field of social work across India and England. He emphasized the importance of adaptability, cross-cultural competence, and ethical sensitivity in delivering effective social services globally.

The session proved highly valuable for aspiring and practicing social workers, offering them a broader understanding of global social work perspectives.

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CAMPAIGN

THOTTUKOODAM

From 13 to 17 May 2025, SMART India Foundation organized the “Thottukoodam” menstrual hygiene awareness program across Anganwadis in Kochi. The sessions were attended by over 50 participants including adolescent girls, mothers and Anganwadi workers. The program aimed to promote awareness, dispel myths and encourage hygienic practices through visual demonstrations, group discussions and interactive activities. Participants responded positively, showing increased confidence and willingness to discuss menstruation openly. The initiative contributed to building informed and stigma free communities.



SMART INDIA FOUNDATION
SOCIAL WORK MOVEMENT FOR ACTION, RESEARCH AND TRAINING

in collaboration with
BHARATHIDASAN UNIVERSITY
KHAJAMALAI CAMPUS, TIRUCHIRAPPALLI

മെനാളിന്റെ ആരോഗ്യം
menstrual hygiene awareness programme

Venue
A W No 114 Beach Anganwadi
Seashore colony, Aarattuvazhi, Kadappuram, Njarackal

Time
11:00 AM



THOTTUKOODAM



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COMMUNITY PROGRAMMES

Graceful Ageing

On 22 May 2025, SMART India Foundation in collaboration with Bharathidasan University organized the Pagal Veedu mental health awareness program at Kunnurkara, focusing on the elderly community. The session included awareness talks, games and memory sharing activities that encouraged emotional expression and social connection. It helped participants understand the importance of mental well being in old age and created a warm, joyful space for sharing and interaction.



In collaboration with
BHARATHIDASAN UNIVERSITY
KHAJAMALAI CAMPUS, TIRUCHIRAPALLI

MENTAL HEALTH



AWARENESS

Venue

Kunnukara

Date


22/05/2025

10:00AM - 12:30PM



From Heart to Art – A Therapeutic Art Experience for Special Young Artists


On 22 May 2025, SMART India Foundation in collaboration with Bharathidasan University (Kajamalai Campus) organized a therapeutic art event titled From Heart to Art at Snehadeepam Special Buds School, Kunnukara. The session aimed to support the emotional expression and creativity of children with special needs. Activities included singing sessions, ice-breakers and free style drawing and painting. The program reflected the transformative power of art and compassion in special education.



SMART INDIA FOUNDATION
SOCIAL WORK MOVEMENT FOR ACTION, RESEARCH AND TRAINING

In Collaboration With

**BHARATHIDASAN UNIVERSITY
KAJAMALAI CAMPUS, TIRUCHIRAPPALLI**



**"From Heart to Art"
A Therapeutic Art
Experience for Special
Young Artists**

Venue : Snehadeepam Special
Buds School
Kunnukara, Ernakulam

Date : 22/05/2025

Time : 2.00pm

From Heart to Art – A Therapeutic Art Experience for Special Young Artists



Kalivallam

On 26 May 2025, SMART India Foundation conducted a community organisation program at Deivadan Centre, Lissy Bhavan, Parappuram, a home for women with psychiatric conditions. The session was led by intern Anjana M B with support from volunteer head Mrs Deepa. Around 40 residents participated in songs, storytelling and group interaction activities, creating a joyful and engaging atmosphere. The program helped foster community bonding and gave the intern valuable hands-on experience in working with mentally ill adults in institutional care.



SMART INDIA FOUNDATION
SOCIAL WORK MOVEMENT FOR ACTION, RESEARCH AND TRAINING

in collaboration with



DEPARTMENT OF SOCIAL WORK
BHARATHIDASAN UNIVERSITY
KHAJAMALAI CAMPUS, TIRUCHIRAPPALLI

കളിവള്ളം
Mind Refreshment Programme

 Deivadan Centre, Lissy
Bhavan Parappuram

 26/05/2025

 11:00AM





WORKSHOP

Building Bridges: Counseling Techniques for Today's Challenges



SMART INDIA FOUNDATION

Workshop on

BUILDING BRIDGES: COUNSELING TECHNIQUES FOR TODAY'S CHALLENGES

Our Awesome Speakers:



**THOUGHTS, BEHAVIORS,
CHANGE: A DEEP DIVE
INTO CBT**
MS. SINI SEBASTIAN
Counselor, M. A Psychology
(Counseling), P.G diploma in
counseling and guidance.



**TRANSITIONAL ANALYSIS FOR
COUNSELORS: ENHANCING
INSIGHT AND COMMUNICATION**
MS. ANILA ARJUN
MSW, C. Ed(LS), "Ph. D", Government
Registered Career Counselor.



**BEYOND COUNSELING: THE
SOCIAL WORKER'S ROLE IN
HOLISTIC CLIENT CARE**
DR. SEMICHAN JOSEPH
MSW, MPhil, MSc (Psychology)
and PhD in SOCIAL work
specialized in school counseling.



19TH - 21ST MAY, 2025




for more details:
contact: 8848533312
smartindiafoundation.info@gmail.com
admin@smartindiafoundation.org

www.smartindiafoundation.org


From 19 to 21 May 2025, SMART India Foundation conducted a three-day online workshop focused on modern counseling approaches. The workshop featured expert sessions by Ms. Sini Sebastian on cognitive behavioral therapy (CBT), Ms. Anila Arjun on Transactional Analysis (TA), and Dr. Semichan Joseph on holistic client care. The sessions offered practical tools, case examples, and personal insights that greatly enriched participants' knowledge and skills in the field of mental health and social work.

Building Bridges: Counseling Techniques for Today's Challenges

 **SMART INDIA FOUNDATION**


Workshop on
**BUILDING BRIDGES: COUNSELING
TECHNIQUES FOR TODAY'S
CHALLENGES**

**DAY 1 - THOUGHTS,
BEHAVIORS, CHANGE: A
DEEP DIVE INTO CBT**



MS. SINI SEBASTIAN
COUNSELOR, M. A. PSYCHOLOGY
(COUNSELING), P. G. DIPLOMA IN
COUNSELING AND GUIDANCE

**19TH MAY, 2025
8:00 PM**

 Google Meet

 **SMART INDIA FOUNDATION**

WORKSHOP ON
**BUILDING BRIDGES:
COUNSELING TECHNIQUES FOR
TODAY'S CHALLENGES**

**DAY2: TRANSITIONAL
ANALYSIS FOR
COUNSELORS:
ENHANCING INSIGHT AND
COMMUNICATION**



MS. ANILA ARJUN
MSW, C. Ed (LS), "PhD",
Government registered Counselor

**20th MAY, 2025
8:00 PM**

 Google Meet

 **SMART INDIA FOUNDATION**

WORKSHOP IN
**BUILDING BRIDGES:
COUNSELING
TECHNIQUES FOR
TODAY'S CHALLENGES**

**DAY 3: BEYOND
COUNSELING:
THE SOCIAL
WORKER'S
ROLE IN
HOLISTIC
CLIENT CARE**



DR. SEMICHAN JOSEPH
MSW, MPhil, MSc.
(Psychology) and PhD in
Social Work specialized in
school counseling

**21st MAY
2025**

8:00PM

 Google Meet

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ORGANIZATION VISITS

Brothers of St. Joseph Cottolengo



On 9 May 2025, SMART India Foundation interns visited the Brothers of St. Joseph Cottolengo in Palluruthy, Ernakulam. The center provides care for individuals with physical and intellectual disabilities. The day included group prayers, games, music and interactive sessions that encouraged participation and joy among residents. Interns also met the social worker and learned about the institution's services and challenges. The visit was a meaningful experience that deepened understanding of disability care and the role of empathy and communication in social wo

House of Providence

On 16 May 2025, interns from SMART India Foundation visited the House of Providence in Kacheripady, Ernakulam, an institution dedicated to elderly care. The day began with an orientation by social worker Ms Cinderella, followed by engaging activities like memory games and storytelling. Interns had meaningful interactions with the residents, learning the value of companionship, respect and empathy in geriatric care. It was a touching and insightful experience that reinforced the importance of social inclusion and human connection.





DAY OBERVANCES

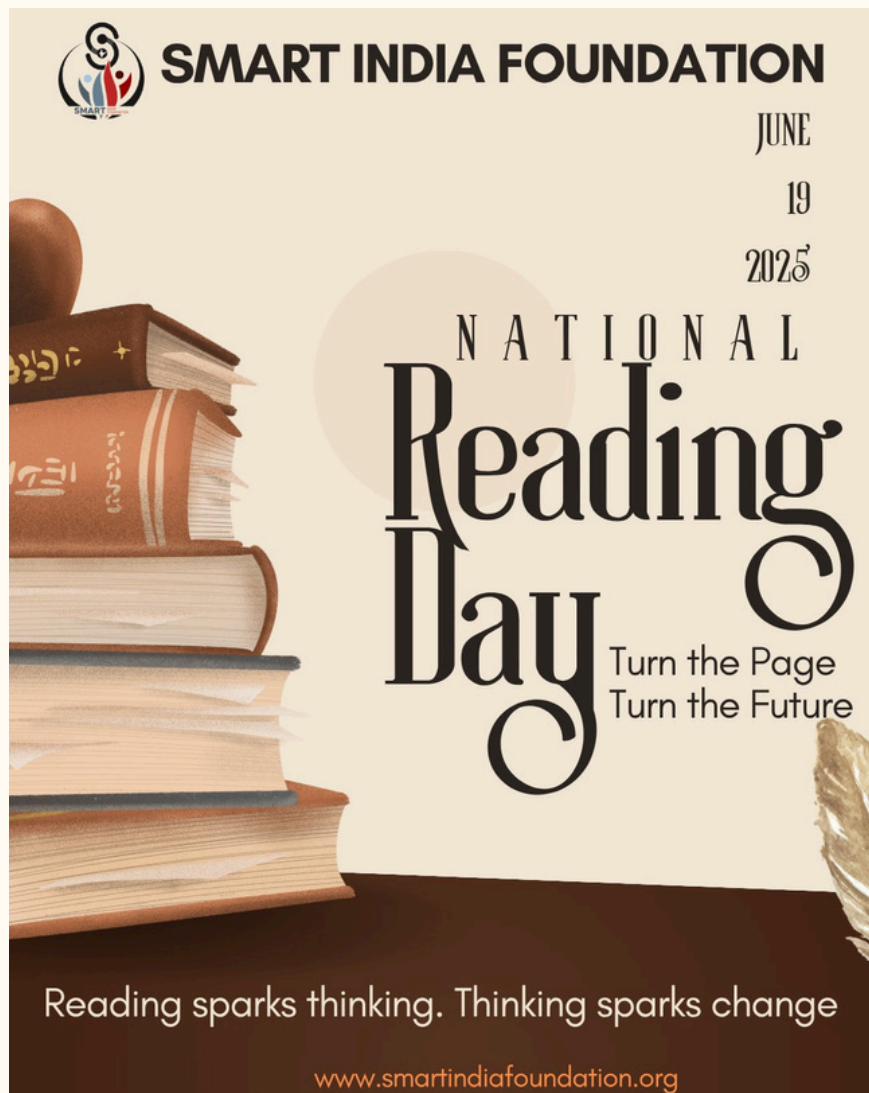
A Step Towards a Greener Future

SMART INDIA FOUNDATION proudly joined the global movement to celebrate World Environment Day by spreading awareness on the urgent need for environmental conservation. To mark the occasion, we designed and shared a vibrant digital poster across our social media platforms – a creative call to action inspiring people to adopt eco-friendly habits and protect our planet.

This digital initiative sparked meaningful conversations online, reminding everyone that even small steps can lead to a greener, healthier world. By taking part in this global observance, SMART INDIA FOUNDATION reaffirmed its unwavering commitment to sustainability and environmental responsibility.



Celebrating Words That Shape the World



On June 19, 2025, SMART India Foundation proudly joined the nation in celebrating National Reading Day by unveiling a vibrant, thought-provoking poster that underscored the transformative power of reading.

This initiative aimed to ignite a love for books and lifelong learning, emphasizing reading as a cornerstone for building informed minds and empowered communities. Through this celebration, we reaffirmed our commitment to fostering a reading culture that fuels both personal excellence and social progress.



From Silence to Support: Addressing Addiction Among Youth

In observance of International Anti-Drug Day , SMART INDIA FOUNDATION conducted a powerful awareness workshop titled “Jeevithamanu Lahari” at KMM College, Thrikkakkara on June 26, 2025. The event focused on the rising tide of substance abuse among youth and the urgent need for early intervention, open dialogue, and education. Esteemed resource persons — Deepa Bijan, Katherine Teresa, Uma A.V., and Seby Johny — led the workshop through expert sessions, real-life stories, and interactive discussions that brought depth, relatability, and urgency to the subject.

The program featured role plays, reflections, and open conversations to emphasize that addiction is a health condition, not a character flaw. Students were guided toward awareness, responsibility, and support-based recovery models, empowering them to make informed, confident life choices. The workshop concluded with a collective anti-drug pledge, reinforcing the commitment to build resilient, educated, and drug-free youth communities. This initiative was yet another step forward in SMART INDIA FOUNDATION’s continuous mission to inspire social responsibility and positive transformation.

From Silence to Support: Addressing Addiction Among Youth



SMART INDIA FOUNDATION
Drug Awareness Campaign
26.06.2025 12:58



SMART INDIA FOUNDATION
Drug Awareness Campaign
26.06.2025 10:31



A Cleaner Coast, A Deeper Respect

On 29th June 2025, the SMART India Foundation organized a Coastal Clean-up Drive at Alappuzha Beach to mark World Fisherman Day. The event aimed to raise awareness about protecting our coastal environment and to honor the valuable role of fishermen in our society and economy.

The programme was inaugurated by Inspector M.K. Rajesh of the North Police Station, who spoke about the importance of community efforts in preserving marine ecosystems. Fr. Xavier Kudiamsherry and Mr. Roy P. Theochan also addressed the participants, sharing messages about sustainable living and the dignity of fishing work.

This clean-up was a small but powerful step toward marine conservation and community engagement. Through such efforts, SMART India Foundation continues to support environmental responsibility and show appreciation for those who live and work by the sea.



A Cleaner Coast, A Deeper Respect





Contact : ☎ 088485 33312
Broadway, Shenoy's, Ernakulam,
Kerala 682031



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<https://in.linkedin.com/in/smartindiafoundation>



<https://twitter.com/Foundation3957>



admin@smartindiafoundation.org

DISCLAIMER

The content in this newsletter report is intended for informational purposes only and provides an overview of the activities conducted by Smart India Foundation throughout the month. The views and opinions expressed reflect the experiences of the participants and organizers and do not necessarily represent the official policy or position of any affiliated organizations or institutions. While efforts have been made to ensure the accuracy and completeness of the information, Smart India Foundation does not assume responsibility for any errors or omissions. Readers are advised to verify any details before relying on them.