



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

SMART VOICE

OCTOBER 2025



www.smartindiafoundation.org



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EDITORIAL

Dear Readers,


As we present the October edition of SMART Voice, we proudly reaffirm our deep commitment to the timeless ideals of Mahatma Gandhi. October holds special significance as the month that marks the birth of the Father of our Nation, whose vision of truth, non-violence, and social justice continues to inspire our work. Gandhi's philosophy went beyond political freedom—it was a blueprint for building an equitable and compassionate society. His model of social work remains a guiding light for SMART India Foundation, shaping our actions and reinforcing our mission to create sustainable and meaningful social change.


The Gandhian model of social work stands on the firm belief that real transformation begins at the grassroots level. It is a model built on participation, dignity of labour, and self-reliance. Gandhi emphasized that social service is not charity—it is a moral responsibility.




His approach empowers individuals to become active agents of change, working collectively for the greater good. At SMART India Foundation, we stand by this principle, working with communities rather than for them, and empowering people to take charge of their own progress.

SMART India Foundation consistently integrates Gandhian values into every initiative we undertake. Our work in community engagement, youth mentoring, and leadership development reflects our unwavering focus on empowerment and human dignity. We believe that lasting social progress cannot be imposed from the outside—it must grow from within communities, guided by compassion, collaboration, and commitment. Through structured programs and dedicated mentorship, we cultivate confidence, competence, and a strong sense of social responsibility among individuals.





Our initiatives, such as the SMART Kids Project and various capacity-building programs, stand as living examples of Gandhi's vision in action. By promoting education, self-reliance, and moral integrity, we aim to nurture individuals who are capable of shaping a just and inclusive India. Our mentors and trainers embody the Gandhian principles of empathy, simplicity, and purposeful service, ensuring that every action we take leads to real and lasting impact.



As we celebrate this October edition, SMART India Foundation renews its pledge to uphold and advance the Gandhian model of social work in every sphere of our engagement. In an era marked by rapid change and growing challenges, Gandhi's message remains more relevant than ever. We are determined to carry forward his legacy with conviction—building communities anchored in truth, service, and unity, and leading the nation towards a future defined by compassion, empowerment, and collective progress.

Team SMART INDIA





ORGANIZATION VISIT

Cottalengo Special School, Palluruthy



On October 8, 2025, at 11:00 AM, interns from the SMART India Foundation visited the Cottolengo Special School in Fort Kochi. The visit was successfully conducted with the key objective of gaining a comprehensive understanding of the school's organizational structure, functions, and core objectives.

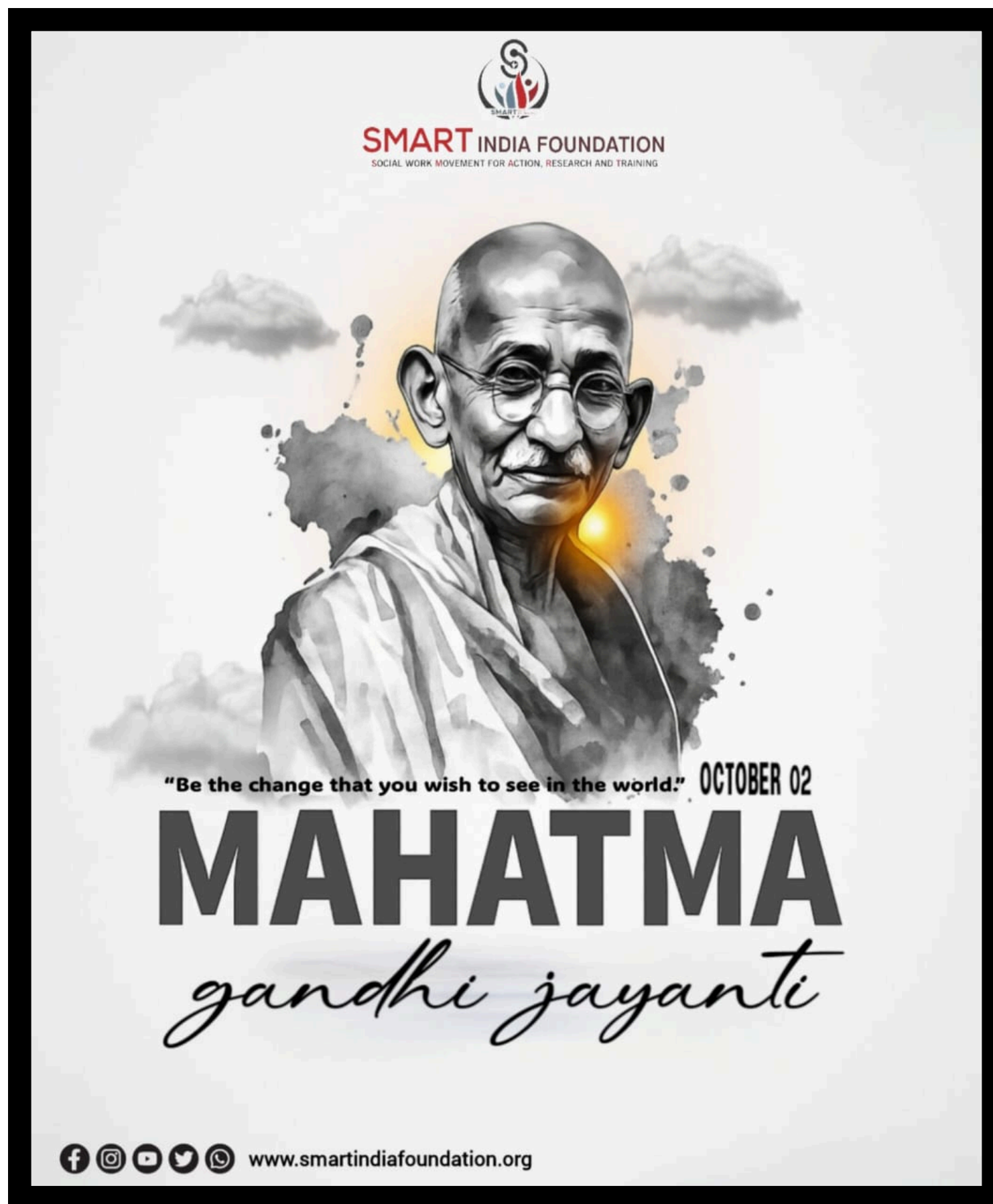
Sakhi One Stop Centre



The SMART India Foundation successfully coordinated an educational visit for its forty-one interns to the SAKHI ONE STOP CENTRE in Kakkanad on October 10, 2025, at 11:00 AM. The primary goal of the visit was to thoroughly understand the organization's structure and functions. A central component of the session was an active interaction led by Mrs. Sadhya VK, a psychologist from the Centre, who clearly explained the various services and operational aspects of the facility to the engaged group of interns.

SMART VOICE

DAY OBSERVANCES



On October 2nd, the SMART India Foundation proudly celebrated Gandhi Jayanti, the birth anniversary of Mahatma Gandhi, by successfully hosting an insightful online seminar dedicated to Gandhian Studies. This event was entirely organized and executed by the dedicated SMART India Foundation interns, showcasing their commitment to spreading awareness and understanding of Gandhi's timeless philosophy and principles.

WALKATHON



The Ernakulam City Police successfully organized a spirited Walkathon from Rajendra Maidan to Children's Park to promote health, safety, and social responsibility. The event was boosted by the active participation of SMART INDIA FOUNDATION interns, whose presence highlighted a commitment to community engagement and social awareness, turning the walk into a potent symbol of collective effort for a healthier and safer society.

CONDUCTED SESSION AT MINDFULLNESS WEEK PROGRAM



On October 9, 2025, at 10:00 AM, the SMART India Foundation proudly contributed to the Mindfulness Week program organized by the Ernakulam City Police by conducting a dedicated session for participating college students. The event featured Dr. Smitha Pillai, an acclaimed Yoga Psychologist and International Yoga Therapist, who delivered a powerful message. Her presentation provided the attendees with a clear vision of the topic, emphasizing the crucial importance of mental health and offering strategies aimed at reducing negative attitudes and stigma surrounding mental health issues

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COMMUNITY PROGRAMS

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SREE POORNATHREESHA OLD AGE HOME



The SMART India Foundation's interns successfully conducted a heartwarming community program at the Sree Poornathreesha Old Age Home on October 8, 2025, starting at 10:30 AM. The interns arranged various cultural programs for the seventeen elderly mothers residing there. The event fostered genuine connection, with the residents actively engaging with the interns, including one mother who spontaneously offered a song. The interns contributed a joyful mix of group songs, solo performances, and a group dance, ensuring a lively and memorable morning for all participants.

GOVT. GIRLS CHILDEN HOME



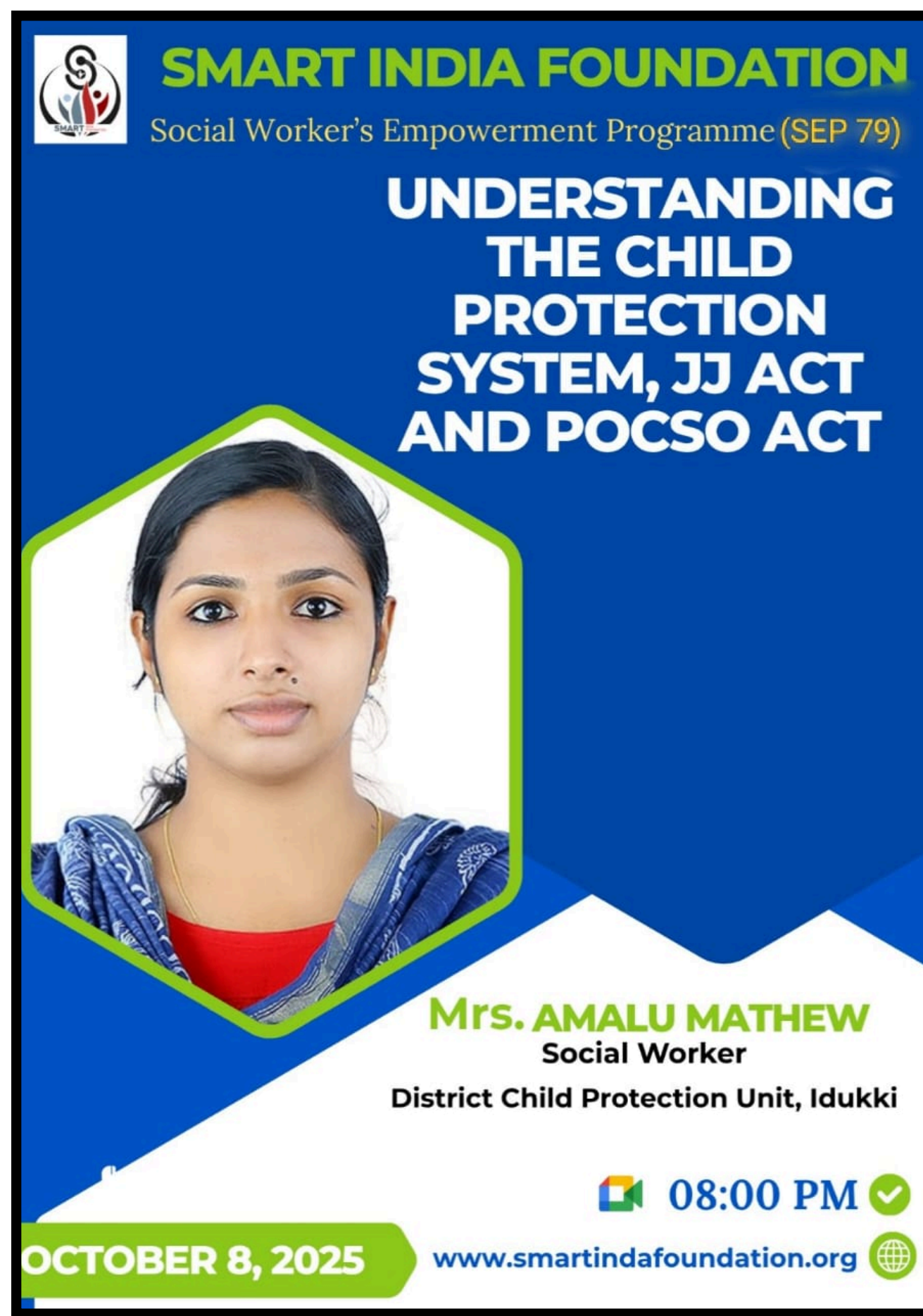
The SMART India Foundation interns successfully conducted a Mental Health Awareness Program at the Government Girls Home in Kakkanad on October 11, 2025, starting at 11:00 AM. The session began with an engaging ice-breaking activity to establish rapport with the children. The program's core was a highly interactive mental health awareness session, where the children responded actively. Interns and participants engaged in constructive discussions about common mental health challenges, explored potential solutions, and emphasized the importance of seeking support.



SOCIAL WORKER'S EMPOWERMENT PROGRAMME



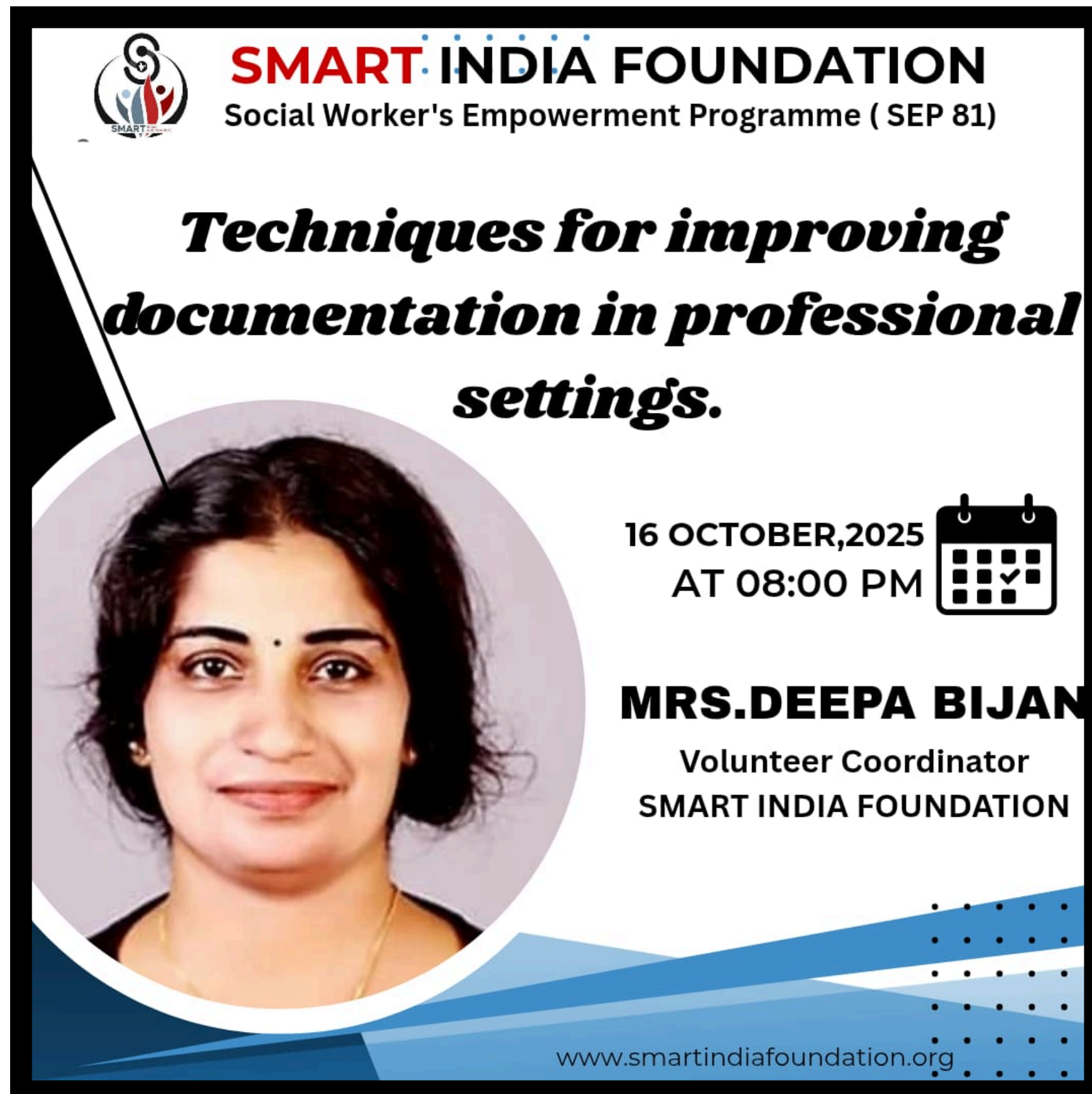
On October 4, 2025, the SMART India Foundation successfully hosted a Social Workers Empowerment Programme (SEP) focusing on "The Role of Self-Efficacy in Coping with Social Problems." The session was led by Ms. Kripa Mariya, a PhD Scholar from Marian College. The core objective was to examine how a social worker's self-efficacy—their professional belief in their own capability—directly impacts their success in addressing the field's challenging issues. The programme aimed to bolster the participants' resilience, raise their professional standards, and ultimately lead to superior client outcomes. The training concluded with a practical and engaging interactive segment at 8 PM.



The Smart India Foundation hosted a highly valuable Social Workers Empowerment Programme (SEP) on October 8, 2025, at 8 PM, conducted via the Google Meet platform. The session featured Mrs. Amalu Mathew, a Social Worker from the District Child Protection Unit (DCPU) in Idukki, as the resource person. The crucial topic addressed was "Understanding the Child Protection System, JJ Act, and POCSO Act," providing a clear and comprehensive overview of these essential legal frameworks. This focused and informative session proved to be particularly beneficial and highly valuable for all attending interns



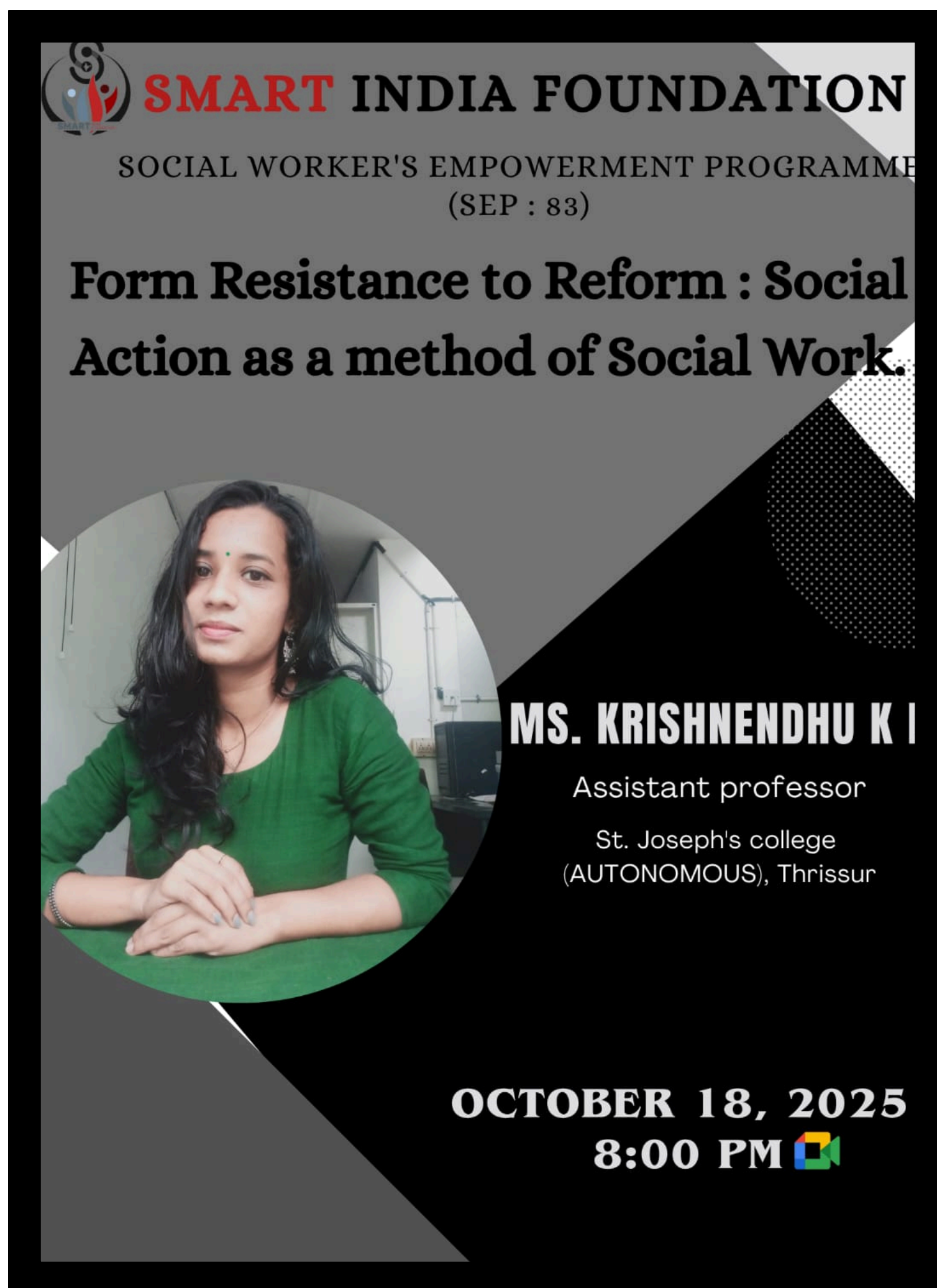
The Smart India Foundation organized another insightful Social Workers Empowerment Programme (SEP) on October 11, 2025, at 8 PM. The session focused on the critical theme of "Effective NGO Management: Models, Approaches, and Best Practices," led by Mr. Roshin Pynummood, the Country Director of India Healthcare Projects. Mr. Pynummood delivered a detailed explanation of the essential role of robust management in non-governmental organizations, making the complex subject highly accessible. The programme was notably interactive, with interns fully engaged and participating actively throughout the session.



The SMART India Foundation held an informative Social Workers Empowerment Programme (SEP) on October 16, 2025, at 8 PM, focusing on the practical and essential skill of "Techniques for Improving Documentation in Professional Settings." The session was led by Mrs. Deepa Bijan, Coordinator of the Smart India Foundation Volunteer Team. Following an interactive format, this programme offered crucial insights and strategies that were particularly beneficial for interns, significantly aiding them in mastering effective report writing.



The SMART India Foundation successfully hosted a specialized Social Workers Empowerment Programme (SEP) on October 17, 2025, at 8 PM. The session focused on the academic and crucial professional skill of "Crafting a Research Proposal," with Mr. Garsho Rahul, a PhD Research Scholar from the Department of Social Work at Bharathidasan University, serving as the resource person. Mr. Rahul clearly and comprehensively explained the overall content and structure of a research proposal, providing attendees with a valuable understanding of this essential process




The SMART India Foundation conducted an impactful Social Workers Empowerment Programme (SEP) on October 18, 2025, featuring a critical discussion led by Asst. Prof. Krishnendhu KB. The session delved into the crucial topics of "From Resistance to Reform : Social Action as a method of Social Work" highlighting their profound importance in driving societal change. The programme explored the roles of prominent Indian social reformers and emphasized the essential contribution of social workers in leading social action efforts and advocating for the rights of citizens

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SMART KIDS PROJECT

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The SMART India Foundation held two highly productive Mentors' Meetings for the SMART Kids Project on October 8 and October 27, 2025, both convening at 8:00 PM. The primary focus of both sessions was discussing the relevant project topics, reviewing the essential follow-up status of the children with their assigned mentors, and providing necessary guidance. Furthermore, the meetings served as a valuable platform for the Foundation to actively seek and incorporate suggestions from the mentors, ensuring collaborative oversight and continuous improvement for the SMART Kids Project.



FREEDOM FROM ADDICTION WORKSHOP



SMART INDIA FOUNDATION
SOCIAL WORKER'S EMPOWERMENT PROGRAMME
(84,85 & 86)

***FREEDOM FROM
ADDICTION***

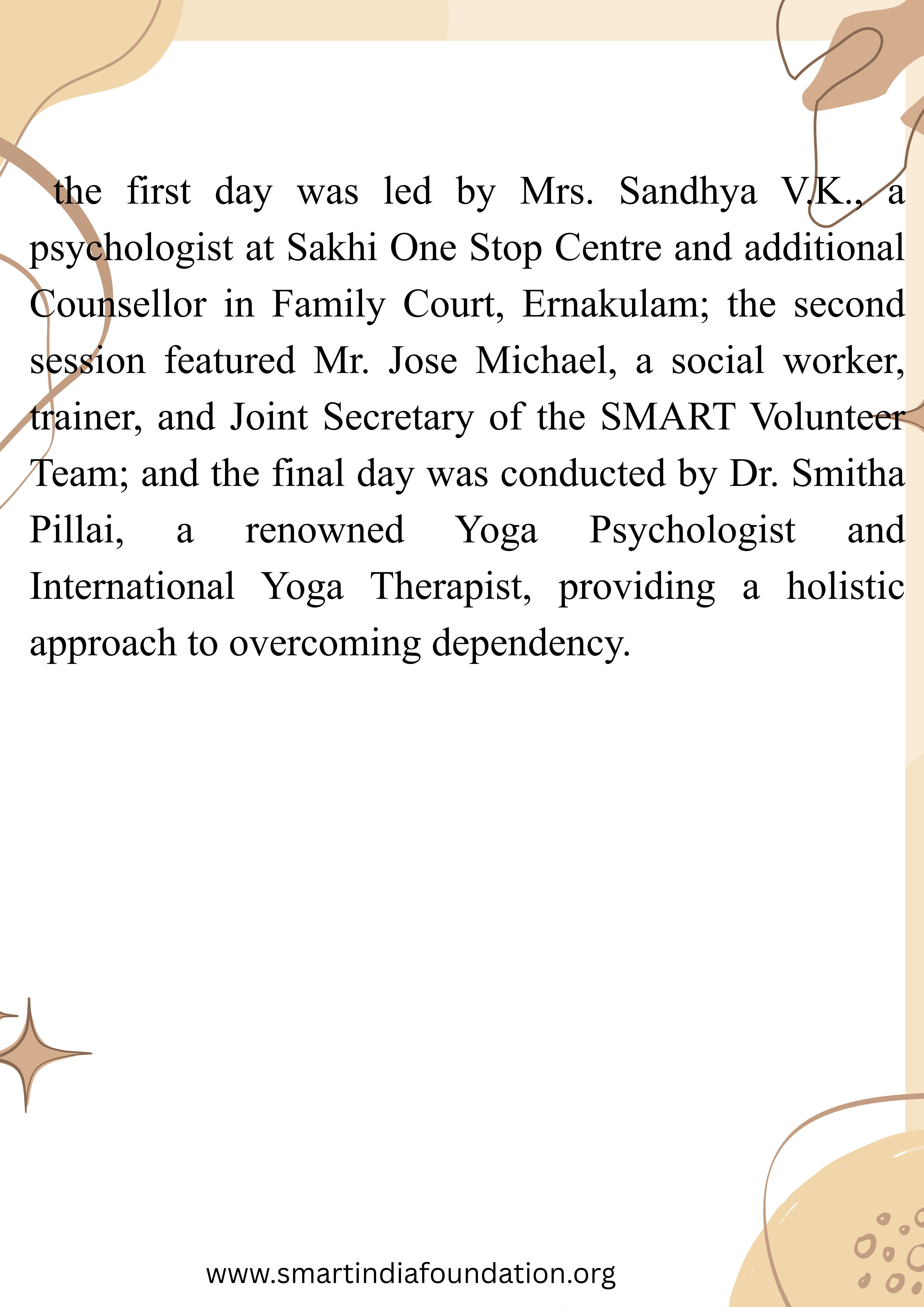
RESOURCE PERSONS **22,23 & 24 OCTOBER , 2025**

		
Mrs. SANDHYA V K Psychologist Sakhi One Stop Center, (Ernakulam) & Additional Counsellor in Family Court, Ernakulam	Mr. JOSE MICHAEL Social Worker & Trainer, Joint Secretary SMART Volunteer Team	Dr. SMITHA PILLAI MSWC, Yoga Psychologist & International Yoga Therapist

**ONLINE
WORKSHOP**

08:00 PM 
LINK
<https://meet.google.com/meo-indn-qvw>
Or open Meet and enter this code: meo-indn-qv
www.smartindiafoundation.org

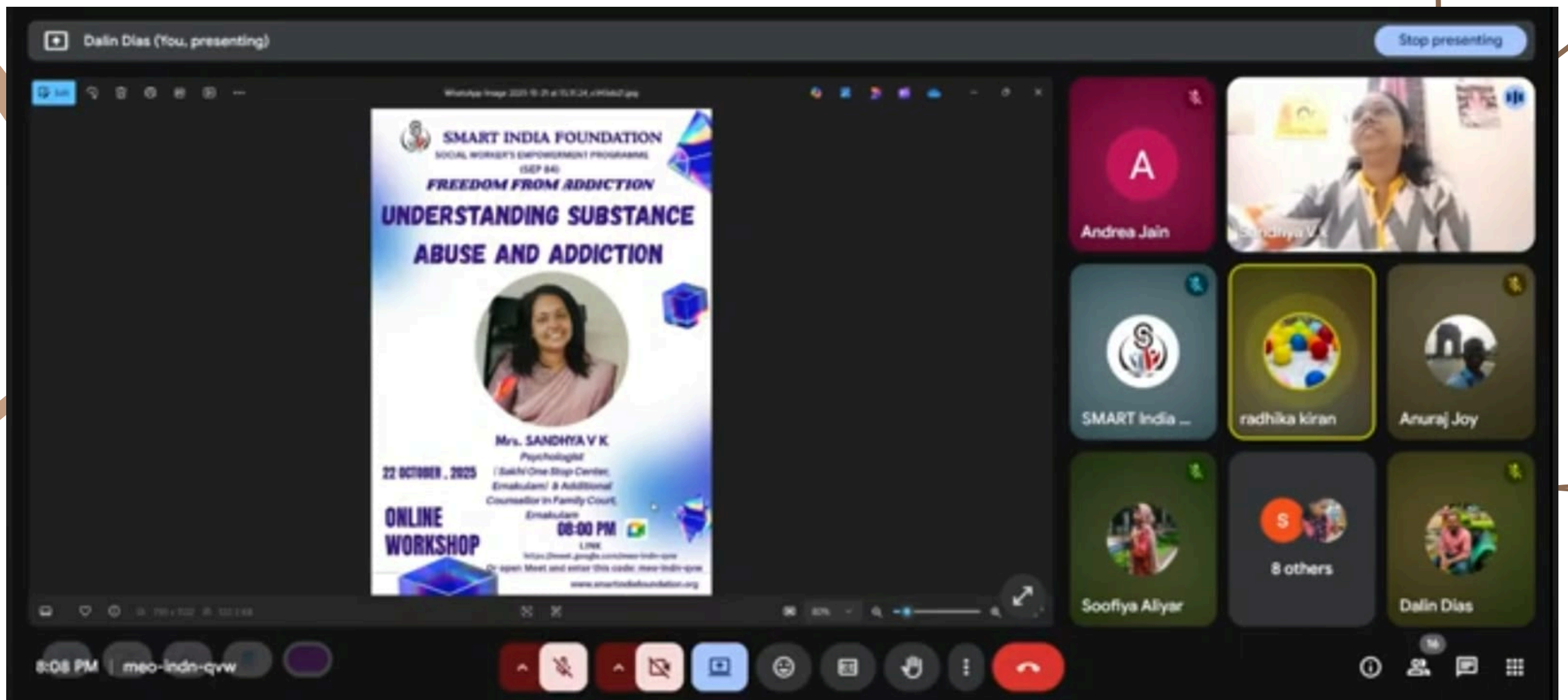
The SMART India Foundation successfully hosted a vital 3-day online workshop titled "Freedom From Addiction," held from October 22nd to 24th at 8:00 PM daily on the Google Meet platform. This impactful program brought together distinguished resource persons to address the complexities of addiction:



the first day was led by Mrs. Sandhya V.K., a psychologist at Sakhi One Stop Centre and additional Counsellor in Family Court, Ernakulam; the second session featured Mr. Jose Michael, a social worker, trainer, and Joint Secretary of the SMART Volunteer Team; and the final day was conducted by Dr. Smitha Pillai, a renowned Yoga Psychologist and International Yoga Therapist, providing a holistic approach to overcoming dependency.



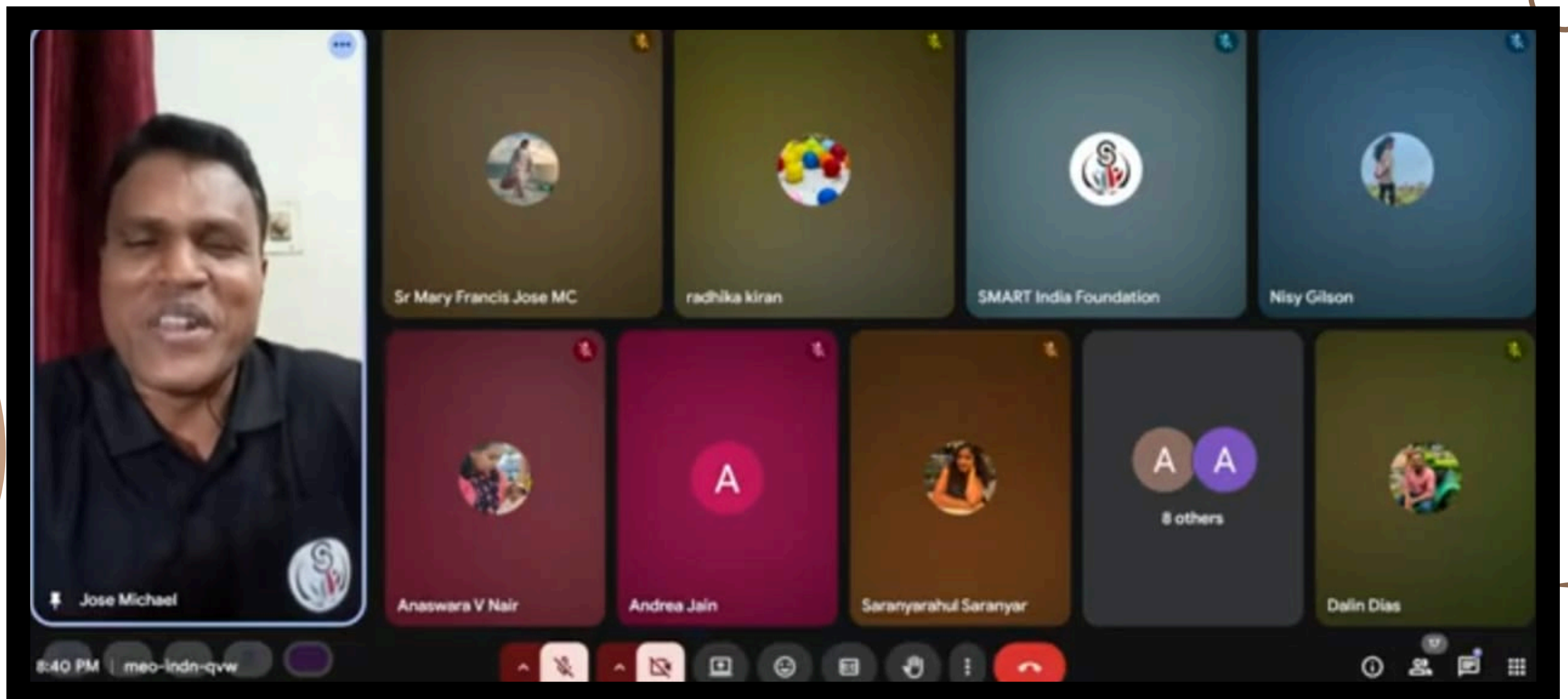
The SMART India Foundation successfully launched its three-day online workshop, "Freedom From Addiction," on October 22, 2025, at 8:00 PM. The inaugural session was skillfully anchored by SMART intern Ms. Andrea, with the welcome address delivered by Adv. Radhika. The core of the evening was a valuable session led by Mrs. Sandhya V.K., who provided participants with profound insights into the understanding of substance abuse and addiction.




Drawing from her extensive professional experience in de-addiction and counselling, she shared practical knowledge and personal anecdotes. The session concluded with a formal vote of thanks to Mrs. Sandhya V.K. given by Dr. Semichan Joseph, Deputy Managing Trustee of the SMART India Foundation, and a vote of thanks to all participants and the speaker delivered by intern Mrs. Sindhu.



The second day of the SMART India Foundation's three-day "Freedom from Addiction" workshop was held on October 23, 2025, starting at 8:00 PM. Following a welcome speech by Adv. Radhika and introduction by Anchor Ms. Andrea, the resource person, Mr. Jose Michael (Social Worker and Joint Secretary of the SMART Volunteer Team), led an interactive session on "The Role of Family in De-Addiction."




Mr. Jose Michael focused on how parents serve as crucial role models for their children, positively impacting their mental health and leading to a healthier life. The foundation's Managing Trustee, Mr. Dalin Dias, also contributed insights on family settings during the session. The event concluded with a vote of thanks delivered by Ms. Shalu, an intern.



SMART INDIA FOUNDATION
SOCIAL WORKER'S EMPOWERMENT PROGRAMME
(SEP 86)


FREEDOM FROM ADDICTION
MINDFULNESS AND
MEDITATION FOR RECOVERY



Dr. SMITHA PILLAI
*MSWC, Yoga Psychologist
& International Yoga
Therapist*

24 OCTOBER , 2025

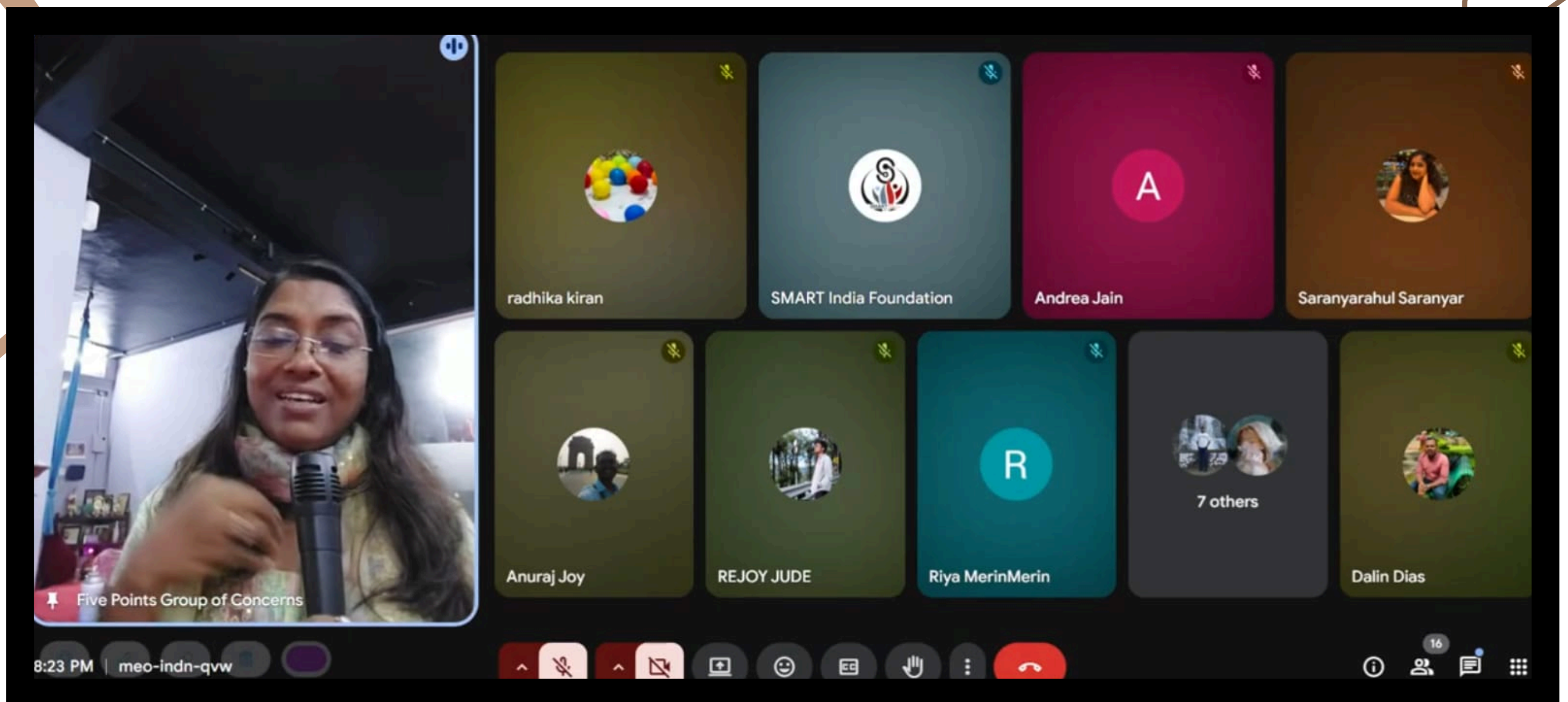
**ONLINE
WORKSHOP**

08:00 PM 

LINK
<https://meet.google.com/meo-indn-qvw>
Or open Meet and enter this code: meo-indn-qvw

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The SMART India Foundation successfully hosted the third day of its online workshop series, "Freedom from Addiction," on October 24, 2025, at 8 PM. Led by the esteemed Dr. Smitha Pillai, the interactive session focused on "Mindfulness and Meditation for Recovery," where she discussed the critical importance of enhancing both the quality and quantity of life..

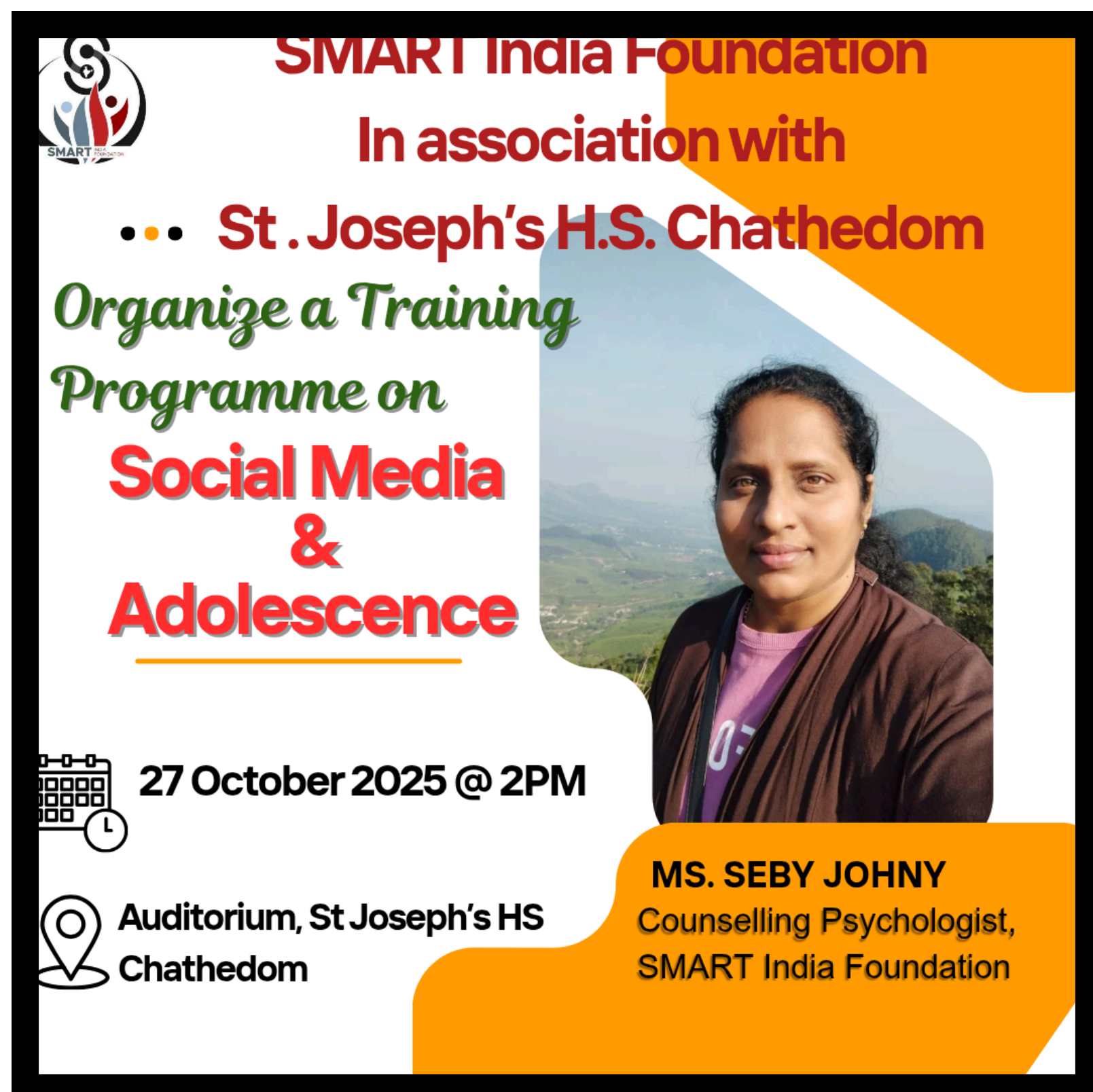


Adv. Rathika opened the event with a welcoming speech, and Dr. Smitha Pillai provided practical, demonstrative stress relief tips, fostering high participant engagement. The evening concluded with a vote of thanks delivered by Rejoy, an intern of the SMART India Foundation

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TRAINING PROGRAMME

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On October 27, 2025, the SMART India Foundation and St. Joseph's High School, Chathedom, successfully hosted an insightful training session on "Social Media and Adolescence." Led by Counseling Psychologist Mrs. Seby Johny of Mindbliss Counseling Centre, the interactive program engaged approximately 250 high school students and 10 teachers. Mrs. Johny tackled the serious issue of screen and social media addiction, detailing its neuropsychological, behavioral, and emotional impacts using relatable case studies.



The session highlighted how excessive digital use affects crucial aspects of student life, including academics and relationships. To ensure maximum impact, Mrs. Johnny incorporated activities like the “I Am Precious” affirmation and mindfulness practices to equip students with positive coping strategies and methods to overcome screen dependency. The training was met with overwhelmingly positive feedback, inspiring participants to adopt conscious, healthy digital choices for personal growth and well-being.



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DISCLAIMER

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