

ANNUAL REPORT 2024- 25
LIFELONG LEARNING AND EXTENSION
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Lifelong Learning and Extension at Marian College Kuttikkanam fosters community development through meaningful engagement with the community we belong to, while also ensuring learning opportunities through experiential learning and bridging these experiences with academic pursuits

Lifelong Learning and Extension internally organises its work into five thematic areas to ensure proper technical knowledge, capacities, and systems for planning and monitoring. These five areas are Education and Skill Development, Conservation of Natural Resources and Disaster management, Gender and Development, Promoting Health and well-being and Livelihood and Employment.

MARIAN COMMUNITY WELLNESS CENTER

Marian Community Wellness Center, a collaborative effort between Marian College Kuttikkanam (Autonomous) and the Mental Health Action Trust, provides high-quality, recovery-oriented care to underserved populations. Using the biopsychosocial model of mental health treatment, it focuses on the holistic



development of patients, addressing social, biological, and psychological aspects. A dedicated team consisting of a consultant psychiatrist, senior clinicians, and junior clinicians is responsible for the clinical aspects of care. The social development team focuses on the social development needs of patients.

Coverage

Currently, we have an active presence in two Panchayats: Peermade and Peruvanthanam. We have successfully completed over 150 house visits, providing ongoing support to the individuals and families we serve.

Program Pillars



Sensitization Meetings



Medication



Home Visits



Therapy



Detailed Evaluation & PSA



Recovery Wheel

Patient Statistics

Sl. No.	Description	No. of patients
1	Screening for mental health	71
2	Screened in patients	58
3	Pending list (DMHP, consent)	10
4	Screened out Patients	13
5	Registered cases	39
6	Active cases	35
7	Inactive cases	4
8	Patients on medication	33
9	Patients taking therapy	2
10	Patient without taking medication	1

SKILL TRAINING AND EDUCATION

This initiative focused on training women from nearby areas in tailoring, designing, and enterprise development. The training was conducted in collaboration with RSETI and the Department of Lifelong Learning and Extension, Marian College Kuttikkanam Autonomous. A total of two training sessions were held, benefiting 69 women in total. This program provided women, who were sitting at home and doubting their own existence, the opportunity to dream

As an immediate impact of the training program, the women have formed a Self-Help Group (SHG) and established a tailoring unit at Marian College Kuttikkanam. Additionally, several small-scale entrepreneurs have emerged, working as freelance tailors and boutique owners



LIVELIHOOD INTERVENTION PROGRAMME

Tendrils - Livelihood Through Tailoring

The Lifelong Learning and Extension program at Marian College Kuttikkanam, in collaboration with the Rural Self Employment Training Institute (RSETI) Idukki and the Ministry of Rural Development, has made remarkable progress in empowering local women by providing essential tailoring and dress designing skills. In October 2023, the Training-cum-Production Unit was established as part of this initiative, aiming to foster financial independence and community participation through comprehensive training and hands-on instruction. The financial year 2024-25 will see intensive work from the Lifelong Learning and Extension team, along with the Tendril unit members, to achieve the status of an independent enterprise, by forecasting current market trends and remaining flexible to maximize profits. The unit currently includes 10 skilled members. The unit have achieved an annual **turnover** of **6 Lakh** rupees

The program has not only enhanced their technical skills but has also played a crucial role in empowering these women, building their confidence, and promoting self-reliance. A major highlight of their work has been the creation of 950 convocation gowns and scholar caps, along with 53 coats for non-teaching staff at a local college. This project has showcased the team's growing expertise, attention to detail, and commitment to producing high-quality, custom-made garments.



Looking ahead, the unit is on track to complete 200 RSETI coats and 1,000 convocation gowns for Marian College Kuttikkanam Autonomous and 45 convocation gowns for MMT Hospital, Mundakayam, further cementing their place as a vital part of the community's development and livelihood support efforts. This initiative has been a significant step towards empowering women, promoting financial independence, and contributing to the overall well-being of the community. Through continued collaboration and skill development, the Tendrils – Livelihood Through Tailoring program is helping women take charge of their future and create a lasting impact on their lives and the community at large.

FRANCE VOLONTAIRES - Service Civique Volontaire Programme

The France Volontaires Program is a prestigious international volunteership initiative that offers individuals the opportunity to engage in a structured environment to develop their skills, broaden their horizons, and make a meaningful impact on the communities they serve.



The Civic Service Mission, targeting individuals aged 18-25, is a 7-month international volunteering program. We have three volunteers from France: Astrid Yvonne Mauricette Bruyer-Pétrizelli, Sarah Mélissa Briée, and another volunteer. They have been significantly contributing to the Livelihood Intervention project currently running under the department, developing business plans, implementing entrepreneurial development measures, and providing training. Their involvement includes engagement in various projects in Kovilmala, primarily focusing on education, beekeeping, sports, and arts



Jessica, A Volunteer to France

Jessica Lopez, a first-year MSW student (2024-26 Batch) at Marian College, Kuttikkanam, has been selected for the France Volontaires volunteer program, implemented in collaboration with the French government. The seven-month volunteer program in Corsica, France, began in October. Jessica is actively participating in the project, which promotes youth development, sustainable development goals, and cultural exchange, and is contributing valuable insights. She was chosen for this prestigious opportunity over other students from India based on her detailed application, motivation letter for international service, and personal interview



Kovilmala Project

The Kozhimala Livelihood Project aims to promote economic self-reliance by engaging local communities in diverse income-generating activities. The project is designed to uplift communities by providing them with sustainable livelihoods and opportunities for skill development, allowing them to build a better future along with preserving their indigenous identity focusing on their traditional art forms.

Currently, the MSW 2024-26 batch is actively involved in the project. As part of their initial steps, the students conducted a rural camp in the Kozhimala area, during which they worked closely with the community to build rapport, understand their challenges, and explore potential areas for intervention. This initiative helped to strengthen the bond between the students and the community, laying the groundwork for future activities and collaborations.

Through this project, the aim is to not only provide financial independence but also foster social cohesion, empower individuals with valuable skills, and create a sustainable ecosystem of growth within the community. By focusing on a diverse range of areas, the Kozhimala Livelihood Project intends to make a long-term impact on the economic and social development of the region.

Project Pillars

1. Bee Keeping, 2. Music, 3. Dance, 4. Sports, 5. Tailoring, 6. Education

NATIONAL DANCE FESTIVAL

The Traditional Cultural Fest, conducted by the South Zone Cultural Centre in Thanjavur at Marian College Kuttikkanam Autonomous, celebrated the rich cultural heritage of the region. The programme was indeed a learning opportunity and it offered cultural performances of 11 states including Assam, Jammu & Kashmir, Telangana, Kerala, Lakshadweep, Karnataka, Uttar Pradesh, Tamil Nadu and Maharashtra



DISTRICT COLLECTOR'S INTERNSHIP PROGRAMME

Marian College Kuttikanam, in collaboration with the District Collector's Office, launched an initiative aimed at providing students with hands-on experience in governance, administration, and community engagement. The initiative offered students from Business Administration, Communication and Media Studies, and Social Work a unique opportunity to contribute to meaningful development and community-oriented projects within the district. A selection process was conducted and those chosen underwent an online induction and onboarding session to prepare for the internship. The on-site internship will take place at the Collectorate during April and May, where students will gain practical insights into administrative functions and contribute to various district projects. The program concludes with a closure session, where students review and hand over their project work, reflecting on their learning and contributions. This collaboration will provide invaluable exposure, fostering skill development, civic engagement, and a deeper understanding of public administration. It was a significant step in strengthening the relationship between the college and local governance, with both parties looking forward to continuing the partnership in future endeavors.

PARTNERSHIPS

1. The Mental Health Action Trust provides expertise and human resources for the ongoing Marian Community Wellness Center project, a mental health initiative.
2. RSETI serves as a knowledge partner, offering tailoring training for the ongoing Livelihood Intervention project.
3. PDS is the funding partner, supporting innovative initiatives and best practices, including the Naipunya Life Skills Intervention project.
4. IIMAD acts as a knowledge and research partner, providing expertise in research aspects and data collection.
5. France Volontaires collaborates in recruiting French volunteers to India and Indian volunteers to France.

CLASS OUTREACHES

Classroom outreach activities are designed to enhance students' social imagination and foster social responsibility by encouraging their participation in outbound training and community engagement. These experiences allow students to both learn and unlearn the theories studied in the classroom, enabling them to develop unique theoretical perspectives based on their real-world experiences. Depending on the thematic areas, various outreaches are

designed by different classes, and the impact of each activity is measured by the attainment of the specific objectives tied to each thematic pillar.

The total number of classroom outreach activities under various thematic pillars in the academic year 2024-25 is presented in the bar chart below

