Monthly Programme Report

St. Teresa's College (Autonomous), Ernakulam BMC

Institution Name: **St. Teresa's College (Autonomous), Ernakulam**

BMC Code: **ERM/2010/04**

ProgrameTitle: **Integrating Waste Reduction and Recycling with Sustainable Livelihoods RAYS – Rehabilitation And Assistance for Your Strength**

Program Category: **Training Programmes Conducted/Attended**	Activity Type: **Action Program**	No.of participants: **52**
Planned Date: **15-04-2025**	Renewed date: **-**	Program Date: **21-05-2025**
Budgeted Amount: **Rs 1000/-**	Total expenditure: **Rs 0/-**	Balance: **Rs 0/-**

Brief Report

Integrating Waste Reduction and Recycling with Sustainable Livelihoods

RAYS – Rehabilitation And Assistance for Your Strength

A one-day training programme titled RAYS – Rehabilitation And Assistance for Your Strength was organized on 15th April 2025 at the Conference Hall, Government Hospital, Ernakulam. This event was part of the NILAVU Pain and Palliative Care Programme of General Hospital, Ernakulam and focused on exploring livelihood options for post-palliative care rehabilitation. The initiative was a joint effort by the Government Hospital, Ernakulam, Bhoomithrasena Club, TIBIC, and Bhume of St. Teresa's College (Autonomous), Ernakulam, aimed at empowering individuals recovering from long-term illness with practical skills to support their emotional and economic well-being.

The programme was inaugurated in the presence of several dignitaries, including Dr. Shahirsha, Superintendent of Government Hospital Ernakulam; Sri. E Ramankutty, Director of Bharatiya Vidya Bhavan, Kochi Kendra; Shri. Hibi Eden, Member of Parliament; Shri. T. J. Vinod, Member of Legislative Assembly; Shri. N. S. K. Umesh IAS, District Collector; and Prof. Dr. Alphonsa Vijaya Joseph. Their presence added great encouragement and visibility to the initiative, highlighting the importance of integrating rehabilitation with livelihood opportunities.

The training session catered to 36 post-palliative care patients, offering them a supportive space to engage in creative, skill-based learning activities. The programme featured hands-on training in paper bag making, wrist band making, and scrunchie making, providing participants with practical and marketable skills. The paper bag making segment introduced techniques for creating bags of different sizes using recycled newspapers, promoting both sustainability and economic opportunity. In the wrist band making session, participants crafted simple, colorful accessories using thread and beads, enhancing creativity and fine motor coordination. The scrunchie making workshop taught attendees how to design and stitch fabric hair ties, with an emphasis on finishing and presentation.

These sessions were led and coordinated by Dr. Nirmala Padmanabhan, Dr. Arya P Mohan, Dr. Frincy Francis, Dr. Sreehari S Nair, Tiny Petson, and Thasleema, whose patient and supportive guidance helped participants gain confidence in their abilities. Materials for the training were provided, and each session included live demonstrations and individual mentoring to ensure everyone could complete the tasks successfully.

Participants responded with enthusiasm and expressed a deep sense of satisfaction at learning new skills in a supportive environment. For many, this programme offered not only a break from the emotional weight of illness recovery but also a tangible path forward toward economic self-reliance and social reintegration. Several expressed interest in continuing these crafts at home, with the possibility of turning them into small-scale income-generating activities. Feedback was overwhelmingly positive, with participants appreciating the interactive, hands-on approach and requesting more such opportunities in the future.

In conclusion, the RAYS programme successfully combined rehabilitation, empowerment, and community care, offering a valuable model for post-palliative support. By nurturing creativity and independence, the programme helped participants take meaningful steps toward healing—both mentally and economically. The collaborative effort of St. Teresa's College and General Hospital, Ernakulam through Bhoomithra Sena Club, TIBIC, and Bhume serves as a shining example of how educational institutions and healthcare providers can come together to make a real impact in people's lives.

Photographs

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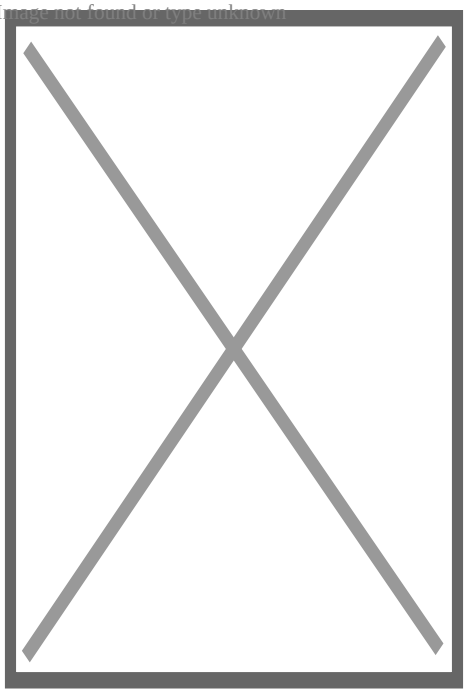


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