

# ANNUAL REPORT

2021-2022



Prepared By:  
**Better Life Foundation**

# Why Us...?

Have you ever thought how it is to be old and helpless? Have you ever tried to step into the shoes of an unloved person?, If such thoughts had bothered many, wouldn't the world have been a better place?, Wouldn't it have made a big difference in the lives of many?

YES!!!!

It was such thoughts that led to the formation of BETTER LIFE FOUNDATION back on 23rd May 2015. Through this report we will be traversing through the history and activities of better life foundation for the last five years and our future ventures.

First of all let us go through some statistics:

- In 1961, Kerala's 60 plus population was 5.1%, which was just (below the national level of 5.6%).
- In 1980, Kerala has overtaken the rest of India.
- In 2001 the proportion of the old age population rose to 10.5% as against the all India average of 7.5%.
- In 2011, 12.6% of Kerala's population was in the past 60 years. compared to the all India average of 8.6% By 2015, population data show that it increased to 13.1% in Kerala against the all India average of 8.3% (SRS Statistical Report 2015). Currently, 48 lakh people (Projected figures of the population in 2018) of Kerala are 60 years and above; 15% of them are past 80 years, the fastest-growing group among the old.

The rapid increase in the number of residents in Kerala's old-age homes in recent times tells a sordid tale of neglect by families in their twilight years. Over the last five years, the number of inmates in old-age homes across Kerala has risen from about 15,000 to 23,823. That includes 9,596 women and 14,227 men.

Most of them are blessed with children, but are forced to live without the warmth and joy of family life.

Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects. This is what we are hoping for with BETTER LIFE FOUNDATION. Back when we started we were not assured about the outcome, but there was something that drove us forward. Now we can proudly say that our efforts have not gone vain. We are hoping that our venture in future too would help in transforming the lives of underprivileged people.

This year around 1000+ Children, 50+ Elderly, 2000+ common people participating our total programme.

Own Programme:

Collaborations Programme:

Govt. Agencies Programme:

Joint Programme:

# Covid-19 mass Vaccination Drive



India officially launched its COVID-19 Vaccination drive on 16th April 2021, with two approved vaccines – Covishield and Covaxin. We at Better Life Foundation are happy to be associated with the Covid-19 mass Vaccination Drive organized by Government Hospital Kasaragod, Kerala. Cowin App Data Entry work from 19th April 2021. at Municipal Conference Hall, Pulikkunnu, Kasaragod, Kerala (19-04-2021)

## Plant A Tree Program - Flagship Program June 2021



Better Life Foundation **100 Day** Program "**A Tree at Home**" project has seen many people participating in the project by planting trees in India and outside India.

### All you need to do is:

After planting at least one tree in your home, send us a photo of the tree planting. Also include the planter's name, surname, place name, district, state and country. Your photo and information will be published on the Better Life Foundation page.

Be a part of warming the earth.

### Photo should be sent to:

Whatsapp : +918113030112

Mail : [betterlifefoundation@mail.com](mailto:betterlifefoundation@mail.com)





# International Yoga Day

As a part of the District Women and Child Department, Kasaragod. International day for Yoga, Celebrating Yoga Day (21-06-2021)

# International Widows Day

As a part of the District Women and Child Department, Mahila Shakti Kendra, ICDS District Programme Office, District Legal Services Authority, Kasaragod. International day for Widows, Celebrating (23-06-2021)

# Nervazhi Ashwas Kit



Department of Social Justice, District Probation Office, Kasaragod Organized in collaboration with the Better life Foundation Direction.

Distribution of relief kits (Health and Nutrition Kit Distribution Program for the Families of Direct Project Beneficiaries, Probationers and Former Prisoners). The kit was distributed to 25 needy beneficiaries. at Dist. Social Justice Office, Civil Station, Vidyanagar, Kasaragod, Kerala (22-06-2021)





# Anti Drugs Campaign - Drugs Free Kasaragod



Govt. of Kerala  
DEPARTMENT OF SOCIAL JUSTICE

**SHARE FACTS ON DRUGS**  
Save lives

**ANTI DRUGS CAMPAIGN OBSERVENCE WEEK**  
(June 26 to July 3)

**DISTRICT LEVEL INAUGURATION**  
of the Campaign

on 26-06-2021 @ 6 pm-8 pm **ZOOM**

**Inauguration**

**Programme Chart**

Welcome Speech : Sri. Biju P.  
(District Probation Officer, Kasaragod)

Presidential Address : Smt. Sheeba Mumthaz C.K.  
(District Social Justice Officer, Kasaragod)

Inauguration : Dr. D. Sajith Babu IAS  
(District Collector, Kasaragod)

Chief Guest : Sri. P. B. Rajeev IPS  
(District Police Chief, Kasaragod)

Keynote Address : Sri. Vinod B. Nair  
(Deputy Excise Commissioner, Kasaragod)

Special Message : Smt. Kavitha Rani Ranjith  
(District Women & Child Dev. Officer, Kasaragod)

Presence : Smt. Pushpa K.V.  
(DDE, Kasaragod)

Sri T.T. Surandran  
(District Mission Co-ordinator, Kudumbasree)

Sri Mohandas V.U.  
(Founder, Better Life Foundation)

Vote of Thanks : Sri. Abdulla M.  
(Junior Superintendent DSJO, Kasaragod)

Meeting ID: 833 0892 0963 Passcode: 871016



Govt. of Kerala  
DEPARTMENT OF SOCIAL JUSTICE

**Drugs Free Kasaragod**

**International Day against Drug Abuse and Illicit Trafficking (June 26)**

**SHARE FACTS ON DRUGS**  
Save lives

**ANTI DRUGS CAMPAIGN OBSERVENCE WEEK**  
(June 26 to July 3)

**DISTRICT LEVEL INAUGURATION**  
of the Campaign

on 26-06-2021 @ 6 pm **ZOOM**

- Inauguration •Story writing competition
- Mobile Short film Competition •Cycle Rally
- Webinar •Discussion •IEC Campaign
- Valedictory function & Price Distribution

in association with  
Department of Women & Child Development | Dept. of Education  
Dept. of Excise | District ICDS Programme office | District Probation office | Kudumbasree  
| Nehru Yuva Kendra | Mahila Shakthi Kendra (MSK) | Betterlife Foundation

Social Justice Department, Kasaragod is inviting you to a scheduled Zoom meeting.

Topic: Anti Drugs Campaign District Level Inauguration (Zoom Meeting )

Inauguration : Dr. D Sajith Babu IAS (District Collector Kasaragod )

Chief Guest : Sri. P. B Rajeev IPS (District Police Chief Kasaragod )

Join Zoom Meeting Time: Jun 26, 2021 06:00 PM

<https://us02web.zoom.us/j/83308920963?pwd=WVVsVzBYWnF1UVlOWnRlRlRk2UnFUdz09>

## Mobile Short Film Competition



Govt. of Kerala  
DEPARTMENT OF SOCIAL JUSTICE

**Drugs Free Kasaragod**

**ലഹരിവിരുദ്ധ ക്യാമ്പയിന്റെ ഭാഗമായി**

**മൊബൈൽ ഫോൺ ഫിലിം മത്സരം**

**വിഷയം: ലഹരി തകർത്ത ജീവിതം**

അവസാന തീയതി: 30-6-2021, 12 pm വരെ

**നിബന്ധനകൾ:**

- 1) ലോക്ഡൗണിന് വിഷയവുമായി ബന്ധമുള്ളതാകണം
- 2) ഒരു മനുഷ്യന്റെ അടുത്തുതന്നെ സംഭവം അടിസ്ഥാനമാക്കി
- 3) എല്ലാ കഥാപാത്രങ്ങളുടെയും അന്ത്യത്തിൽ പങ്കെടുക്കണം
- 4) 5 മിനിയിൽ കവിതയ്ക്ക് പാടില്ല
- 5) ഓരോ ഒരു ലോക്ഡൗണിന് റാമുൽ അയത്മാൻ പാടേണ്ടു. പേര്, വിലാസം, ഓരോരുത്തർ നമ്പർ വിവേകാശോഭാജം അയക്കേണ്ടതാണ്.
- 6) വിവേകാശോഭാജം [drugsfreekasaragod@gmail.com](mailto:drugsfreekasaragod@gmail.com) എന്ന ഇമെയിലിലേയ്ക്കും 813030112 എന്ന വാട്സ്ആപ്പ് നമ്പറിലേയ്ക്കും അയക്കേണ്ടതാണ്.
- 7) ഒന്നും രണ്ടും സ്ഥാനക്കാർക്ക് സർട്ടിഫിക്കറ്റും സമ്മാനങ്ങളും നൽകുന്നതാണ്.
- 8) സാമൂഹ്യനീതി വകുപ്പ് അനുബന്ധമായി പഠനം ആയിരിക്കും വിജയികളെ തിരഞ്ഞെടുക്കുക.

## Story Writing Competition



Govt. of Kerala  
DEPARTMENT OF SOCIAL JUSTICE

**Drugs Free Kasaragod**

**ലഹരിവിരുദ്ധ ക്യാമ്പയിന്റെ ഭാഗമായി സകൂൾ, കോളേജ് വിദ്യാർത്ഥികൾക്കായി**

**കഥാ രചനാ മത്സരം**  
(മലയാളം)

**വിഷയം: ലഹരി തകർത്ത ജീവിതം**

അവസാന തീയതി: 30-6-2021, 12 pm വരെ

**നിബന്ധനകൾ:**

- 1) ഒരു മനുഷ്യന്റെ അടുത്തുതന്നെ സംഭവം അടിസ്ഥാനമാക്കി
- 2) എല്ലാ കഥാപാത്രങ്ങളുടെയും അന്ത്യത്തിൽ പങ്കെടുക്കണം
- 3) കഥാപാത്രങ്ങൾ എല്ലാവരുടെയും പേര്, വിലാസം, ഓരോരുത്തർ നമ്പർ വിവേകാശോഭാജം അയക്കേണ്ടതാണ്.
- 4) സാമൂഹ്യനീതി വകുപ്പ് അനുബന്ധമായി പഠനം ആയിരിക്കും വിജയികളെ തിരഞ്ഞെടുക്കുക.
- 5) ഒന്നും രണ്ടും സ്ഥാനക്കാർക്ക് സർട്ടിഫിക്കറ്റും സമ്മാനങ്ങളും നൽകുന്നതാണ്.
- 6) സാമൂഹ്യനീതി വകുപ്പ് അനുബന്ധമായി പഠനം ആയിരിക്കും വിജയികളെ തിരഞ്ഞെടുക്കുക.

# Drugs Free Kasaragod Campaign Video Releasing ceremony



A video prepared with the message 'Drug Free Kasaragod' was released. The filming was done by the Department of Social Justice in connection with the Anti-Drug Week. The video was also prepared with messages from various department heads to raise awareness against drug addiction among the growing generation. ADM AK Ramendran released the video. Excise Deputy Commissioner Vinod.B.Nair, District Program Officer (ICDS) & District Women and Child Development Officer, Kavita Rani Ranjith, District Information Officer M.Madhusudanan and District Probation Officer P.Biju spoke. District Social Justice Officer Sheeba Mumtaz CK presided. Mahila Shakti Kendra & National Nutrition Mission staff participated. Mohandas Vayalamkuzhy, Founder of Better Life Foundation, filmed the video for the Social Justice Office. **(08-07-2022)**

## Gender Sensitization Campaign - Gender Training Programme - 1

**DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT**  
**District Women and Child Development Office**  
**Mahila Shakti Kendra Kasaragod**  
**ICDS PROJECT MANJESHWAR**

*In association with*  
**WOMEN CELL AND NSS UNIT**  
**Govinda Pai Memorial Arts and Science College, Manjeshwar**  
*Organizing*

**GENDER SENSITIZATION CAMPAIGN**  
**GENDER TRAINING PROGRAMME - I**

 <b>Presidential Address</b> Mohammed Ali.K Principal, GPM Govt. College Manjeshwaram	 <b>Welcome Speech</b> Jyothi. P CDPO ICDS Manjeshwar Project
 <b>Inauguration</b> Baby Balakrishnan Hon'ble President District Panchayath Kasaragod	 <b>Resource Person 1</b> Mohandas V U Founder, Better Life Subject - Gender Relations
 <b>Chief Guest</b> Kavitha Rani Renjith District Officer Dept. of Women and Child Development Kasaragod	 <b>Resource Person 2</b> Adv. Alice Krishnan Subject - Gender & Law

**15<sup>TH</sup> JULY 2021 @ 2.00 PM**  
*Join Us on Zoom Meet...*

Department of Women and Child Development, District Women and Child Development Office Kasaragod, Mahila Shakti Kendra Kasaragod, ICDS Project Manjeshwar in association with Women Cell and NSS unit of Govinda Pai Memorial Govt. College Manjeshwar organizing a Gender Sensitization program on 15/07/2021 at Topic: Gender Relations and Gender & Law Join Zoom Meeting - 02:pm.  
<https://us02web.zoom.us/j/84539148615?pwd=L2djcfQxTm9lSG1qaDZlZDBLN2FjQT09>

### Token of Love - Former Dist. Collector



Congratulations and all the best. Kerala State Civil Supplies Director Dr. D Sajith Babu IAS **(14-07-2021)**



# Kanal District Level Program Inauguration



Chief Minister Pinarayi Vijayan conducted an online launch on 23rd at 6 pm of Kanal, a Karma program centered on colleges to educate the public using the existing mechanisms for women's safety and to combat and empower women facing domestic violence. Various programs were also held in Kasargod district at the same time. District Women and Child Development Project Officer Kavitha Rani Ranjith handed over the poster and District Collector Bhandari Swagat Ranbirchand IAS performed the poster release ceremony. Suna S Chandran district in the program District Women Welfare Officer Mahila Shakti Kendra, District Women and Child Development Office Ministerial Staff Raji, Seena, Rajila, District Nutrition Mission District Coordinator Vipin Pavithran, Ranjisha and Better Life Foundation Mohandas participated in the event. The poster was released in 38 panchayats, 12 ICDS projects and various places in the district. ICDS project, poster release in public places along with various programs in block panchayat and municipality area on gender relation, gender and law at district level District Women and Child Development Office, Mahila Shakti kendra, District ICDS Program Office, District Legal Service Authority and Better Life Foundation conducted the online program. (23-07-2021)

## Gender sensitization campaign Gender Relations & Gender and Law

Women have no obligation to tolerate and forgive violence. Report violence against women, call 181 Mitra helpline.

#Nomorebreakup

Department of Women and Child Development, District Women and Child Development Office Kasaragod, Mahila Shakthi kendra Kasaragod, Icds project Parappa additional in association with NSS unit of SNDP YOGAM Arts & Science College , Kalichanadukkam organizing Gender awareness program on 06/08/2021 at 10.Am

Topic: Gender Relations & Gender and Law

To join the meeting on Google Meet, click this link:

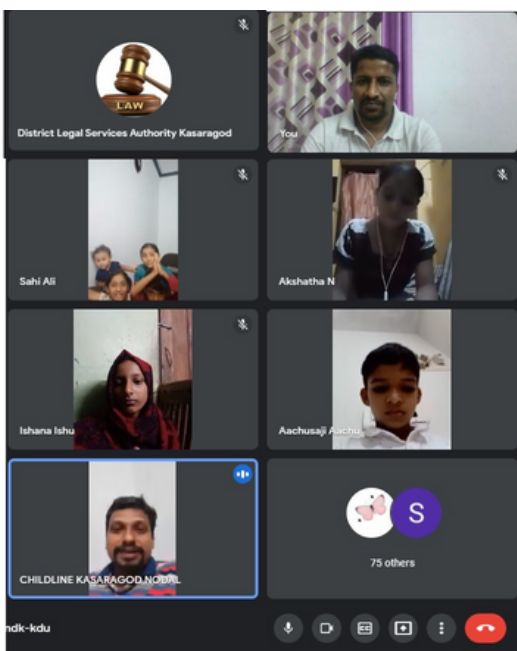
<https://meet.google.com/kym-wzjt-azv>

## Digital Equity for All Ages - International Day for Older Persons Celebration



Digital Equity for All Ages - International Day for Older Persons Celebration - Social Justice Department, Kasaragod in Association with Better Life Foundation @ Collectorate, Vidyanagar, Kasaragod

## Back to School- Open forum discussion



with the students of GUPS Adkathbail, Kasaragod As part of Pan India Awareness and Outreach Programme conducted by District Legal Services Authority (DLSA) Kasaragod. In Association with Child Line Kasaragod, Better Life Foundation. (02-10-2022)



# Back to School




  
**DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT**  
**ICDS DISTRICT PROGRAMME OFFICE - KASARAGOD**  
*In association with*  
**NATIONAL NUTRITION MISSION & MAHILA SHAKTHI KEDRA**  
*Cordially invites you for webinar on*  
**കുരുതലോടെ പഠിക്കാം തുടരാം...**  


  
**1<sup>st</sup> November 2021 @ 2.30 pm**  
**Awareness class by**  
**Mohandas V U**  
 Founder, Better Life Foundation  
 (NGO)  




**GHSS HOSDURG**  
*in association with*  
**counselling cell**  
**Back to school!**  
**02 November 2021 7PM**  
**awareness class by**  
**Mohandas V U**  
 Founder  
 Better Life foundation

## 'Hidden Patriarchy, The Roots of Domestic Violence'




  
**UNDER THE AEGIS OF NALSA**  
**LEGAL AID CLINIC AND SERVICES**  
**GOVERNMENT LAW COLLEGE,**  
**THIRUVANANTHAPURAM**  
 IN ASSOCIATION WITH  
**DISTRICT LEGAL SERVICE AUTHORITY, TVPM**  
**“AZADI KA AMRIT MAHOTSAV”**  
**LEXAZADI**  
**PAN INDIA AWARENESS AND**  
**OUTREACH PROGRAMME**  
**FROM 2<sup>nd</sup> OCTOBER 2021**  
**to 14<sup>th</sup> NOVEMBER 2021**  
<https://meet.google.com/boc-afik-rpt>





**DAY II – 2<sup>nd</sup> NOVEMBER, Tuesday**  
**I. PANEL DISCUSSION**  
 (Time: 4pm-6pm)  
**THEME: “HIDDEN PATRIARCHY, THE ROOTS OF DOMESTIC VIOLENCE”**

**WELCOME:**  
**Dr. HAMEEMA. M**  
 Assistant Professor, Government Law College Thiruvananthapuram

**PRESIDENTIAL ADDRESS:**  
**Dr. R BIJU KUMAR**  
 Principal, Government Law College, Thiruvananthapuram

**MODERATOR:**  
**Dr. SONIA K DAS**  
 Associate Professor in Law,  
 Government Law College Thrissur

**PANEL MEMBERS**

 <b>Dr. V. VIJAYA KUMAR</b> Retired District Judge, Kalpetta Wayanad	 <b>T.K. ANANDHI</b> Gender Advisor, Govt. of Kerala
 <b>Shri MOHANDAS V U</b> Founder, Better Life Foundation, NGO	 <b>T P RINSHAD</b> Final year student Govt. Law College, Thiruvananthapuram

**VOTE OF THANKS :**  
**C ANUNANDA**  
 Final year student, Govt. Law College  
 Thiruvananthapuram

Panel Discussion on 'Hidden Patriarchy, the Roots of Domestic Violence' conducted by Government Law College, Tvpm, in association with DLSA, Tvpm on November 02, 2021 at 4 pm. To join the video meeting, click this link: <https://meet.google.com/boc-afik-rpt> E-certificates will be provided to only those participants who fill the google form which will be provided during the session and those who attend the whole session without fail. (02-11-2021)



# ORANGE THE WORLD



In connection with the International Day for the Elimination of Violence against Women, various programs are being conducted in the district from November 25 to December 10. This year's theme Orange the world - End violence against women Now! Kicking off the campaign, the cycle rally started today involving the students of Udinur School. WINGS ON WHEELS

Department of Women and Child Development, District Women and Child Development Office, ICDS District Program Office, Mahila Shakti Kendra, National Nutrition Mission Kasaragod, ICDS Nileswaram Additional, Student Police Cadet, G.H.S.S. Under the joint auspices of Udinur, Janmaitri Police Chanthera and Better Life Foundation, International day for the elimination of violence against women was part of the celebration Organizing a cycle rally.

Welcome: Bina (CDPO, ICDS Project Nileswaram Additional), Chairperson: P.V. Leena (Principal GHSS Udinur), Inauguration: Sridas MV Sub Inspector, Chantera Police Station, Greetings: TVG (Ward Member), Suresh Kanam (Janamaitri Bit Officer Chantera Police Station), Sudheesh PP, Janmaitri Bit Officer Chantera Station), P.V. Jayaprabha (Headmistress GHSS Udinur), Rameshan East PTA, President (GHSS Udinur), Thanks: Suna.S.Chandran Women Welfare Officer Mahila Shakti Kendra, Mahila Shakti Kendra District Coordinator Shilpa. Kay, National Nutrition Mission employees Vipin Pavithran, Ranjisha.M, Adhvaid, School Counselors, Anima, Shruti, Sriprabha, Anganwadi Workers and Better Life Foundation Founder Mohandas Wayalamkuzhy led the program. (25-11-2021)





## Kasaragod taluk level probation awareness program



**Kasaragod:** Munnadu Cooperative Arts and Science College organized Probation Awareness Program at Kasaragod Taluk level as part of Probation Pakchacharanam-2021. Social Justice Department Kasaragod District Probation Office Legal Services Committee, Under the joint aegis of Better Life Foundation and Munnad People's College National Service Scheme (NSS) Unit, District Legal Services Authority Secretary and Sub-Judge M. Suhaib conducted the Kasaragod taluk level probation awareness program at the College Seminar Hall. College Principal Dr. C. K. Kasaragod Special Sub Jail Superintendent N. Girish Kumar delivered the keynote address in the program presided over by Lucos. NSS Program Officer E. Ranjit Kumar offered his best wishes. District Probation Officer P. Biju welcomed and the founder of Better Life Foundation Mohandas Wayalamkuzhi gave the vote of thanks. Probation Trainer Rajan Master gave a presentation on Good Practice System and Straight Path Project. Then District Social Justice Officer Sheeba Mumtaz in an open forum held on the topic of 'Correcting criminals and preventing crime'. C. K as moderator. More than 65 NSS volunteers who are BSW and BBA students participated in the program. The program started at 9:30 a.m. Probation I. E. C campaign ended at 1:30 pm with poster exhibition. **(30-11-2021)**



# Hozdurg taluk level probation awareness program



**Madikai:** As a part of Probation Movement-2021, Hozdurg Taluk Level Probation Awareness Program was organized at IHRD Model College, Matikai. Social Justice Department Kasaragod District Probation Office Hozdurg Legal Services Committee (TLSC), Inauguration of Hozdurg Taluk Level Probation Awareness Program at College Seminar Hall under the joint auspices of Better Life Foundation, Model College, (IHRD) Matikai National Service Scheme (NSS) Unit, Hozdurg District Jail Superintendent K. Venu performed. College Principal Prof. Hozdurg Taluk Legal Services Committee (TLSC) Secretary P. Karunakaran presided over the event. V. Mohanan delivered the keynote address. District Probation Officer P. Biju. As Moderator. NSS. Program Officer Veena. V. Greetings. Mohandas Wayalamkuzhi, founder of Better Life Foundation, gave a vote of thanks. Probation Trainer Salahuddin made a presentation on two topics: Probation Law and Good Conduct System, Straight Path Project and After Care Programs. Then District Probation Officer P. Biju was the moderator in the open forum held on the topic "Let's correct the criminals - let's stop the crime". More than 85 NSS volunteers participated in the event. The program started at 10:15 am and ended at 2 pm with the exhibition of the Probation IEC campaign poster. **(07-12-2021)**





## Vellarikund taluk level probation awareness program



**Elerithatt:** As a part of the closing session of Probation Party-2021, Elerithatt E. K. Nayanar Memorial Govt. International Human Rights Day and Vellarikund taluk level probation awareness program was organized in the college. Social Justice Department Kasaragod District Probation Office and Hozdurg Legal Services Committee (TLSC), Better Life Foundation, Elerithat E. K. Jail Department Regional Welfare Officer (Northern Region) Mukesh inaugurated the Probation Awareness Program at Vellarikund Taluk level under the joint auspices of Nayanar Memorial Govt:College and National Service Scheme (NSS) units at the college seminar hall with the Human Rights Day message. Performed by K.V. College Principal Dr. Solji.K. In the program presided over by Thomas, District Probation Officer P. Biju. As Moderator.College Vice Principal C. Dr. T. Shashi, NSS program officers. Jins Joseph, Prakashan. K and Hosdurg Taluk Legal Services Committee Paralegal Volunteer Maheshwari offered their greetings. Mohandas Wayalamkuzhi, founder of Better Life Foundation, gave a vote of thanks. Probation Trainer B. Salavuddin made a presentation on two topics namely Probation Law and Good Conduct System, Straight Path Project and After Care Programs. Then District Probation Officer P. Biju was the moderator in the open forum held on the topic "Let's correct the criminals - let's reduce the crime". More than 100 NSS volunteers participated in the event. The program started at 10:15 am and ended at 2 pm with the exhibition of the Probation IEC campaign poster. **(10-12-2021)**



# Manjeswaram taluk level probation awareness



**Manjeswaram:** As a part of Probation Pakchacharanam-2021, Manjeswaram Govinda Pai Memorial Govt. Manjeswaram taluk level probation awareness program was organized in the college. Social Justice Department Kasaragod District Probation Office and District Legal Services Authority (DLSA), of Better Life Foundation, Manjeswaram Govinda Pai Memorial Govt. college, Kasaragod Chief Judicial Magistrate Unnikrishnan KG inaugurated the Manjeswaram Taluk Level Probation Awareness Program at the College Seminar Hall under the joint auspices of the National Service Scheme (NSS) Unit. College Principal Muhammad Ali. In the program presided over by K. District Probation Officer P. Biju. as moderator.

Vice Principal & Kannada Department Associate Professor Amita S, N. S. S. Program Officer Dr. Divya S and offered their best wishes. District Probation Officer Biju.P Swagatam and N.S.S. Secretary Sarath Cletus also thanked. Mohandas Vayalamkuzhy, Probation Trainer and Founder of Better Life Foundation, gave a presentation on two topics: Probation Law, Good Practice System, Straight Path Project and After Care Programs. Then District Probation Assistant B. Salahuddin made the presentation and District Probation Officer P. Biju was the moderator. More than eighty NSS volunteers participated in the event. The program started at 1:30 pm and ended at 4 pm with the exhibition of Probation IEC campaign poster. **(21-12-2021)**

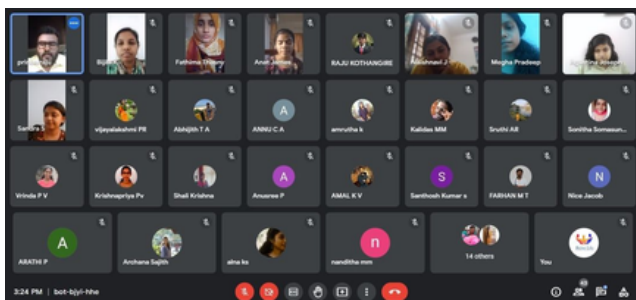




## Orientation Programme'2022

Interactive session conducted by Prince Raju Vadakkedathu (Project Coordinator, Better Life Foundation) Orientation on Better Life Foundation with MSW Students - Department of Social Work - Central University of Kerala

As part of orientation, Better Life Foundation conducted an online discussion with the First semester MSW Students from Central University regarding the Vision Mission and Programs of the Foundation and also had discussion regarding the roles of Social Workers in different aspects of life as well as in Environmental, Social and Educational Sectors. (20-01-2022)



Cordially invite you to  
**ORIENTATION PROGRAMME'2022**  
FOR FIRST SEMESTER MSW STUDENTS: LEARNING EXPERIENCE  
Topic: Orientation on Better Life Foundation.

**Resource Person:** Prince Raju Vadakkedathu  
Mohandas V U & Project coordinator  
Founder & Better Life Foundation  
Freelance Trainer

January 20, 2022  
2:30 P.M to 3:30 P.M

**Organised by:** Prof. Mohan A K  
Head, Department of social work & Faculty coordinator  
Dean, School of social science & Orientation programme

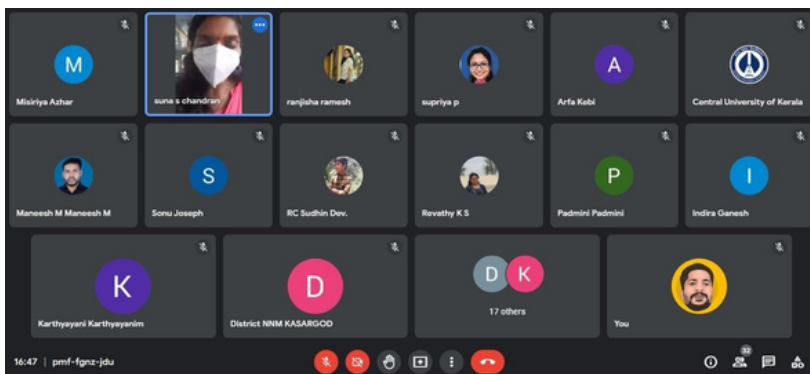
<https://meet.google.com/bot-bjyi-hhe>

## Postpartum Depression its Causes and Prevention

Central University of Kerala, Centre for Women's studies in association with Department of Women and Child Development, ICDS District Programme Office, District Women and Child Development Office, Mahila Shakthi Kendra, National Nutrition Mission, Kasaragod & Better Life Foundation organizing an awareness class on topic Postpartum Depression its Causes and Prevention

Welcome Speech : Dr. Chithra Manisseri (Assistant Professor Dept.of Plant Science, Central University of Kerala), Keynote Address : Mohandas V U (Founder Better Life Foundation), Felicitation: Dr Supriya P (Coordinator, Centre for Women's Studied, Central University of Kerala), Shimna V S (District Women and Child Development Officer, Department of Women and Child Development, Kasaragod), Beenamma Jacob (District Programme Officer, ICDS, Department of Women and Child Development, Kasaragod) (20-01-2022)

**Topic** - Postpartum Depression its Causes and Prevention,  
**Resources Person:** Dr Jayalakshmi Rajeev, Assistant Professor, Department of Public Health and Community Medicine, Central University of Kerala



## Vanitha Ratna Award - Selection of the deserving

Department of Women and Child Development - District Women and Child Development Office, Kasaragod - Women's Ratna Award - District Level Selection Committee Meeting.

The Women and Child Development Department has invited applications for the 2021 Women's Award 2021 given by the state government to honor women who have achieved meritorious achievements in various fields and 10 applications have been received. According to the above indication (2), the Chairman of the Committee Hon. District Collector **18-02-2022** Friday afternoon at 2 PM Hon. The district level selection committee met in the district collector's chamber.

**Agenda** - Vanitha Ratna Award - Selection of the deserving

**Reference** : 1. WEC-1-6327/2020 dated 24/01/22 by Director of Women and Child Development Letter No. 2. Hon. Kasaragod District Collector's instruction dated 16.02.2022

District Women Child Development Officer Kasaragod



District Superintendent of Police, Kasargod District Medical Officer, Kasargod Director of Public Education, Kasargod District Information Officer, Kasargod Pramila AV, DTC Kasargod (NGO Representative) Mohandas Vayalamkuzhy (NGO Representative, Better Life Foundation)

## Night walk as a reminder that public space is mine



**Kanhangad:** Night walk as a reminder that public space is mine - Kasaragod -The closing ceremony of the women's night walk program was held from the International Day for Elimination of Violence Against Women and Girls to Women's Day. Under the joint auspices of Department of Women and Child Development, District Women and Child Development Office Kasaragod and ICDS Project Kanhangad

A closing program was organized for the night walk. Starting from the Kanhangad Municipality premises, the women walked alone through various routes to the Kanhangad Old Bus Stand premises. Kanhangad Municipality Chairperson Hon. Inaugurated by Sujatha K.V. Welfare Standing Committee Chairperson Sita K presided over the inauguration ceremony. Mahila Shakti Kendra Women Welfare Officer Suna S Chandran welcomed. Kanhangad Sub Collector D. R. Meghashree IAS was the chief guest. Social Justice Officer Sheeba Mumtaz delivered the keynote address. Mahila Shaktikendra District Coordinator Shilpa K moderated the opening ceremony. Lakshmi Tampan Member, Kanhangad Block Panchayat, Kishore Kumar KM (Junior Statistical Inspector ICDS District Program Office), Mohandas Vayalamkuzhy (Founder, Better Life Foundation), Vipin Pavithran (National Nutrition Mission) and spoke with greetings. Kanhangad ICDS, Child Development Project Officer Baby offered thanks. Anganwadi workers, Anganwadi helpers, school counselors, women and child development office staff, public representatives, police officials and college students participated in the night walk. **(05-03-2022)**



## Legal Awareness - Life Skill Development Training Programme



**Kasaragod:** A three-day legal awareness-skill development training program was started for the inmates of the Special Sub Jail Kasaragod under the joint auspices of Kasaragod District Probation Office and Special Sub Jail Kasaragod as part of the direct project launched by the Department of Social Justice.

The program was inaugurated by Kasaragod Chief Judicial Magistrate K. Conducted by G. Unnikrishnan. District Social Justice Officer C. K. Sheeba Mumtaz was the chief guest. Special Sub Jail Superintendent N. Girish Kumar presided over the program and KGSOA regional committee member V. K Sasikumar, Deputy Prison Officer T. Vinod Kumar and Mohandas Wayalamkuzhi, founder of Better Life Foundation, gave their greetings and spoke.

N. Nirmal Kumar, Subhash Vanashree, Shajjit Karuwakot Nissi Mathew Advocate A. Sreejith and others led the training. District Probation Officer P. Biju welcomed and Vote of thanks by Probation Assistant Salahuddin B. **(17-03-2022)**

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## "Green Jail Signature for Art Festival"

**Kasaragod:** Jail Pen in Kannur University Kalolsavam Program Committee. Around 200 paper pens made by the inmates of the Jail in collaboration with the Hozdurg District Jail Harita Kerala Mission were handed over to the people including the Judges for the art festival. Better Life Foundation, an NGO, is donating paper pens for the art festival. About 5000 pens made by the inmates of Hozdurg Green Jail were also produced for the State School Art Festival held at Kanhangad. NA Nellikunnu.

MLA Organizing committee convener Albin Mathew received the pens. Program Committee Chairman Asif Iqbal Kakassery received the pens for the media workers. District Social Justice Officer Sheeba Mumtaz CK, Harita Kerala Mission District Coordinator MP Subramanian, District Jail Superintendent Venu K and Assistant Superintendent Babu were present on the occasion.

Deputy Prison Officer Santhosh Kumar MV, Better Life Foundation Founder Mohandas Vayalamkuzhi and Abhiram.K participated. **(24-03-2022)**



