



2023 - 2024

ANNUAL REPORT

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:

Yes! We can end TB

Tuberculosis eradication activities in the district will be strengthened with public participation:

District Panchayat President Smt. Baby Balakrishnan informed that tuberculosis eradication activities in the district will be intensified with public participation. She was speaking while inaugurating the training program conducted at the Kasaragod District Panchayat Hall for the volunteers and NGO organizations who have come forward for the eradication of tuberculosis. District TB Officer Dr. Muralidhara Nalluraya A, who presided over the function, said that organizing awareness programs and finding more cases through the method of active case finding is the main way to eradicate tuberculosis. About 30 participants participated in the training program and reviewed the activities of District TB Forum till date. District Panchayat Welfare Development Committee Chairman Shinoj Chacko, District Mass Media Officer Mr. Abdul Latif Mathil, District Nursing Officer Mrs. PM Merikutty, Convener Mr. Mohanan Mangat (Health Line Director), Mr. Mohandas VU (Better Life Foundation), District ACSM Officer Shri Rajinikanth S and Shri Nidhish Lal SK spoke. Senior Treatment Supervisors Mr. Ratheesh S, Mrs. Ashita G and Jeet Supervisor Mrs. Praveena P managed the classes. An awareness video exhibition was also inaugurated with the help of Better Life Foundation. Under the leadership of ACSM Officer Mr. Rajinikanth S., the staff members performed TB Eradication Awareness Magic.



T-Shirt to Tote

HDFC ERGO Employees Voluntary engagement Activity Program

In Collaboration with : Glocal Bodh

A CSR Initiative : HDFC ERGO General Insurance Company Limited

Organised By: Better Life Foundation

Place: Kochi, Kerala, Date: 27-04-2023



Internship Programme 2023

30 Days residential internship Programme

10 Students - Department of Social Work, People's Arts & Science College MSW 7 Students & St. Thomas College, Konni, Pathanamthitta MSW 3 Students.



INTERNSHIP PROGRAMME



Dr. Karthika M
OPERATIONS MANAGER & ACADEMIC GUIDE



Vipin A
PROGRAMME MANAGER

INTERNS - TEAM ANOKHA

DEPARTMENT OF SOCIAL WORK
PEOPLE'S CO-OPERATIVE ARTS AND SCIENCE COLLEGE, MUNNAD, KASARAGOD



Ranjima T



Ranjisha T



Haritha S Sunil



Anjitha Raveendran



Shyamapriya VK



Akshay Narayanan V



Graniya Augustin

DEPARTMENT OF SOCIAL WORK
ST. THOMAS COLLEGE, KONNI, PATHANAMTHITTA



Bevin George Koshy



Krishna Mohan



Bincy Varghese

Internship Programme Session Panelist 2023

We had selected panel members for conducting different sessions



Better Life

Foundation Charitable Trust

INTERNSHIP PROGRAMME

Session Panelist

SHEEBA MUMTAZ CK

DR. MUSTHAFA

MOHAMMED YASIR N

JITHIN LUKOSE

AHAMMED SHAREEN

SHIHABUDHEEN N

VISHNU V

ADV. SHAJID KAMMADAM

- 1. Sheeba Mumtaz CK** (Dist. Social Justice Officer, Kasaragod)
(MSW - Vimala College, BEd - Calicut University, MA Criminology & Police Administration - Madurai Kamaraj University)
- 2. Prof. (Dr.) MN Mohamedunni Alias Musthafa** (Professor & Head, Department of Education, Central University of Kerala)
(MSc Zoology & MEd - University of Calicut, MSc Psychology - Madras University, MA Sociology - University of Calicut, PhD in Education - University of Calicut)
- 3. Mohammed Yasir N** (Manager, Akkara Foundation, Bovikkanam)
(MSW - MG University, Post Graduate Diploma in Special Education - Kannur University)
- 4. Jithin Lukose** (Operations Manager, KIMS Sunrise Group Hospital)
(MBA - International Management, University of Wales Cardiff, UK)
- 5. Ahammed Shareen** (Psychologist, Live to Smile, Member of Child Welfare Committee, Kasaragod)(MBA - Sikkim Manipal University, MSc Psychology - Annamalai University, Diploma in Community Mental Health - NIMHANS Bangalore)
- 6. Shihabudheen N** (HR Officer, Kuniya Group of Institutions, Academic Council Member, Face Campus, Kozhikode)
(MSW - Central University of Kerala, MA Sociology - Pondichery University)
- 7. Vishnu V** (Yoga & Mental Health Trainer, National Yoga Championship - 6th Rank)
(MSW - Sree Sankaracharya University, MSc Yoga - Central University of Kerala)
- 8. Adv. Shajid Kammadam** (LLB- SDM Law College, Mangalore)

 betterlifefoundation.in

 GuideStar India
Guidestar Number: 12494

Aval - Women Empowerment Programme

The programme focusing on capacity building of women who are socially and economically disadvantage. The programme will create a platform for women to lead an independent life by giving awareness on various programmes and projects implemented by government to empower women.

To increase the financial ability of women to enable them purchase food for their families, Educate their children (girl child focus), Afford better health, clothing and shelter for their children and Reduce Poverty and attain improved standards of living.

Advance gender equality, equity and the empowerment of women, ensuring elimination of all kinds of violence against women and children through Full participation in social, economic and political spectra at all levels and bringing women into the main stream of development.

In Collaboration with: Kudumbasree Units & PINK Police, Kasaragod

In Association with: Peoples Co-Operative Arts & Science College, Munnad Kasaragod & St. Thomas College, Konni, Pathanamthitta

Better Life Foundation Students Internship Programme 2023

Date: 27 May 2023, Saturday

Place: Better Life Foundation Office, Vayalamkuzhi, PO Perumbala Kasaragod



World No Tobacco Day 2023

In Collaboration with Dist. Medical Office (Health) Kasaragod

In Association with: Peoples Co-Operative Arts & Science College, Munnad Kasaragod & St. Thomas College, Konni, Pathanamthitta

Date: 31 May 2023 Place: Kanhangad Bus Stand, Kasaragod

Video: https://www.youtube.com/watch?v=XL-Mo_5Z59M&t=3s

Dist. Medical Office (Health)
National Health Mission
Kasaragod

WORLD
NO
TOBACCO DAY
MAY 31

2023 May 31, 09.30 AM - Old Bus Stand Kanhangad

FLASH MOB

Team Better Life Foundation Internship Students

www.betterlifefoundation.in

1:01 / 8:48 Better Life Foundation Internship Students

Better Life Foundation Students Internship Programme 2023

A visit to Navajeevana Special School, Perla, Kasaragod, Kerala.

Interaction with Fr. Jose Chembottickal (Manager, Navajeevana Special School) and Sr. Shency Jose FCC (Principal).

In Association with: Peoples Co-Operative Arts & Science College, Munnad Kasaragod & St. Thomas College, Konni, Pathanamthitta



**BETTER LIFE FOUNDATION'S 8TH ANNIVERSARY CELEBRATION
AT VAYALAMKUZHI, KASARAGOD, KERALA**



"സാന്ത്വനം" (Santhwanam)

Interactive sessions with Govt. Old Age Home Kasaragod Inmates & Better Life Foundation's Interns.

In Association with: Peoples Co-Operative Arts & Science College, Munnad Kasaragod & St. Thomas College, Konni, Pathanamthitta



സാന്ത്വനം

2023 June 05 Monday
2.00pm

Govt.Old Age Home, Paravanadukkam

In Collaboration with



Govt.Old Age Home
Paravanadukkam



PEOPLES CO-OPERATIVE
ARTS & SCIENCE COLLEGE
Munnad, Kasaragod



ST.THOMAS COLLEGE
Konni, Pathanamthitta

DEPARTMENT OF SOCIAL WORK

DEPARTMENT OF SOCIAL WORK



Better Life Foundation Students Internship Programme 2023

A visit to Akkara Foundation, Kasaragod, Kerala.

Interaction session with Muhammed Yasir N (Manager, Akkara Foundation)

In Association with: Peoples Co-Operative Arts & Science College, Munnad Kasaragod & St. Thomas College, Konni, Pathanamthitta



Institution Visit - Central University of Kerala

Internship students of Better Life Foundation participated in Dr. Mustafa's life skills training program at Central University of Kerala, Periya, Kasaragod. Dr. Mustafa interacted with the students about the awareness of life goals and the ways to be taken in life to achieve them. The internship trainees also had an interactive session which resolved many dilemmas in their field. The session also conveyed many social relevant messages that should be followed to be successful citizen. The session had also revealed the secret mantra to be good human being. The take way of the session also includes the purpose of education and how we should utilise it for the society Kasaragod, Munnad People's Arts and Science College MSW students and Pathanamthitta, Konni St. Thomas College MSW students participated in the training program.

Feedback from the participants Very informative session Highly motivated and got an insight about the educational field Got knowledge about education department and it's various activities Very effective Within a small time span participants were able to understand various dimensions of life A heart touching session which added value to our life.



**"Enter to Learn & Leave to Serve"
10 Professional Social Work Students
Wish you all the best**

Thank You
Team ANOKHA

Better Life
Foundation Charitable Trust

Internship Programme 2023



MASTER OF SOCIAL WORK STUDENTS

- Bevin Geogr Koshiy, Bincy Varghese, Krishna Mohan - (St. Thomas College, Konni, Pathanamthitta)
- Haritha S Sunil, Akshay Narayanan, Graniya Augustine, Shyamapriya, Anjitha Raveendran, Ranjima, Ranjisha - (People's Co-operative Arts & Science College, Munnad, Kasaragod)

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BaLA (Building as Learning Aid)

Supporting our Art education for children is proven to be important for cognitive development and critical thinking and is linked to academic achievement. As part of our Better Life Foundation doing many positive activities related to children's education. We following the concept of BaLA (Building as Learning Aid), Better Life Foundation wishes to initiate a School Transformation drive by revamping a classroom, passage, staircase etc. for the primary grade section.

Location: GHSLPS Mattanchery, Ernakulam, Kerala



Paper Bag Workshop

HDFC ERGO Employees Voluntary engagement Activity Program

In Collaboration with : Glocal Bodh

A CSR Initiative : HDFC ERGO General Insurance Company Limited

Organised By: Better Life Foundation



National Common Entrance Test (NCET) Orientation Program

Edify & Better Life Foundation jointly organizing Orientation Program on National Common Entrance Test (NCET) Monday, Jul 24 • 7:30 PM

Welcome Address : Shihab Klayikode

Inauguration : Prof. (Dr.) MN Mohamedunni Alias Musthafa
(HOD, Department of Education, Central University of Kerala)

Session : Muhammed Irshad P
(Mentor, Team Edify, MEd. Central University of Kerala)

Moderator : Muhammed Siraj (Project Manager, Team Edify)

Vote of Thanks : Dr. Karthika M (Operations Head & Academic Guide), Better Life Foundation)

National Common Entrance Test (NCET) Orientation Program Orientation Program on National Common Entrance Test (NCET) for integrated B.Ed program premier institutions in India. Don't miss this golden opportunity to pave your way to premier institutions in India for integrated B.Ed courses! The National Common Entrance Test (NCET - 2023) is your key to unlock the doors of knowledge and shape the future of young minds. Embrace this chance to make a difference in the world of education.



NCET | NATIONAL
COMMON
ENTRANCE
TEST

**ORIENTATION
PROGRAM**

24 July 07:30 PM



**Prof. (Dr.) MN
Mohamedunni
Alias Musthafa**

Professor & Head, Department
of Education, Central
University of Kerala



Dr. Karthika M

Operations Head & Academic
Guide, Better Life Foundation



**Muhammed
Irshad P**

Mentor, Team Edify
M.Ed. Central University
of Kerala

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Jointly organized by:



Edify
Unlocking potentials

Better Life
Foundation Charitable Trust
Since: 2015
Reg.No: 148/IV/2015

Google Meet - Meet - oax-tnow-dsd

19:43 | Turn on microphone (CTRL + D)

19:35

23°C Heavy rain | Search | 19:35 24-07-2023

19:49

Program on Social Stock Exchange at BIRD Mangaluru

Social stock exchanges (SSEs) provide a platform for investors to support social businesses and impact investing, revolutionising the traditional concept of stock markets. SSEs allow ethical investors to invest in businesses aligned with their values, creating a parallel social economy.

Objectives of the Social Stock Exchange: Regulated platform that brings together social enterprises and donors. Facilitate funding and growth of social enterprises. Enabling mechanism to ensure robust standards of social impact and financial reporting.



Bankers Institute of Rural Development, Mangaluru

In-Campus Training Programme on Social Stock Exchanges(SSEs) from 09 to 11 August 2023



SITTING (L to R) Shri G V Raghu Shri Shyama Alva K Shri Dr Revi kumar K G Shri Satheesan Kartha (FM) Shri V S Bala Subramanian (J D)
Dr. Sandhya Nagesh (FM) Shri Rajan M Shri Venugopalan C K Shri Dr. Joseph Abraham
STANDING (L to R) Shri B Seenivas Shri Vishal Shukla Shri D K Narayanan Nair Smt. Sarasamma R Panicker Smt. Sudha M Nair
Smt Dr. May Jacob Smt. Beena T K Ms. Monika Dawade Shri A Madasamy Shri Padmanaban
STANDING 2nd Row (L to R) Shri Mohandas VVayalankuzhy Upendran Shri Gajanan Hegde Shri Ajith T P Shri Laxmikant Bhikan Jadhav Shri Abhilash V Thomas
Shri Kishor Kumar K Shri J Anandu Shri Mohamed Yasir N Shri Mohammed Haseem



Kadambari Memorial College Visit & Collaboration

We had the privilege of participating in a half-day event that Kadambari hosted. This gathering provided an excellent opportunity to connect with the Kadambari Memorial College and learn about their crucial work. The interactive sessions proved to be quite engaging, and we even explored potential collaborative efforts. The exchange of cultural events among the attendees was an enriching experience. To summarize, the event proved to be inspiring and productive.



Onam Celebration

Kadambari Memorial College is organising an interactive session and cultural exchange program with Better Life Foundation, Kerala, India. Kadambari's 3rd semester BSW students have taken the lead to organise the program.



Homenet Nepal NGO Visit & Collaboration

We are pleased to announce that Better Life Foundation and Homenet Nepal NGO have formed an international partnership to offer a student exchange program. This collaboration provides students with an excellent opportunity to expand their knowledge and gain valuable experiences. We are grateful for this partnership and look forward to witnessing the positive impact it will have on the students' lives.



Hand Knitting Training - Sustainable and Decent Livelihood Program

We had the privilege of attending the Homenet Nepal NGO's convocation ceremony for the Hand Knitting Training - Sustainable and Decent Livelihood Program at Jaharsingpauwa, Kathmandu Nepal. Witnessing the empowerment of numerous individuals with the skills to create sustainable livelihoods for themselves and their families through the art of hand knitting was truly inspiring. This program stands as a testament to the transformative impact that education and training can have on communities. We extend our heartfelt congratulations to all the trainees for their hard work and dedication.





Onam Celebration 2023

District Administration Kasaragod, District Tourism Promotion Council in association with Better Life Foundation Govt. Old Age Home, Paravanadukkam, Kasaragod, Kerala





Happiness Programme - Old Age Home

HDFC ERGO Employees engagement activity program in association with Ammakuyil Charitable Trust Kochi, Kerala
Location: Ammakuyil Charitable Trust
A CSR Initiative by: HDFC ERGO General Insurance Company Limited
In collaboration with: Glocal Bodh
Implementation partner: Better Life Foundation
Program coordinator: Abina Sreenivas



Road Safety Program

A Jayalal (Sub Inspector of Police, CITY TRAFFIC ENFORCEMENT UNIT WEST,
(MATTANCHERY WING)

EMGLPS Veli, Fort Kochi, Ernakulam, Kerala

CSR Partner : HDFC ERGO General Insurance Company Limited

In collaboration with: Glocal Bodh

Implementation partner: Better Life Foundation

CSR Program Coordinator: Abina Sreenivas



BaLA (Building as Learning Aid) - School Wall Painting Program

Edward Memorial Govt. LP School Veli, Fort Kochi, Ernakulam, Kerala

CSR Partner : HDFC ERGO General Insurance Company Limited

In collaboration with: Glocal Bodh

Implementation partner: Better Life Foundation

CSR Program Coordinator: Abina Sreenivas



Water Body Cleaning

HDFC ERGO Employees engagement activity program in association with Haritha Kerala Mission, Kerala

Location: Marine Drive, Kochi, Kerala

A CSR Initiative by: @hdfcergogi

In collaboration with: @glocalbodh

Implementation partner: @betterlifefoundationindia

Program coordinator: @abina_sreenivas



Women's day Livelihood program - Art Workshop

HDFC ERGO Employees engagement activity program.

Program Conducted by: Hemalatha

@magical_fairy_arts

Location: HDFC ERGO, Guindy, Chennai, Tamilnadu

A CSR Initiative by: HDFC ERGO General Insurance Company Limited

In collaboration with: Glocal Bodh

Implementation partner: Better Life Foundation

Program coordinator: @abina_sreenivas



2023.09.26 16:39

Women's day Livelihood program - Art Workshop

HDFC ERGO Employees engagement activity program.

Program Conducted by: Simi Sadanandan

@artlockerbysimy

Location: HDFC ERGO, Kochi, Ernakulam, Kerala

A CSR Initiative by: @hdfcergogi

In collaboration with: @glocalbodh

Implementation partner: @betterlifefoundationindia

Program coordinator: @abina_sreenivas



Observing NSS Day 2023

BARHSS Bovikkanam NSS Unit 332. A visit to Akkara Foundation in Association with Better Life Foundation

A session by: @raj_jinil (HoD, Department of Physiotherapy) & Subin (Project Coordinator)



Community Cleanup day!

Date: Saturday, 7th Oct 2023

Time: 7 am - 9 am

Location: Anna Salai, Chennai, Tamil Nadu

Why is this important?

Transforming Our Community: Clean spaces make us proud of our home. Let's beautify it together.

Reducing Crime: Clean areas are safer. Criminals avoid well-maintained places.

Better Health: A clean environment means healthier lives. We prevent diseases and improve air & water quality.

Building Bonds: Working together strengthens our community spirit and connections.

Facts:

- Univ. of Pennsylvania: Crime drops up to 20% with cleanups.

- Univ. of California, Berkeley: Cleanups boost health and environment.

- National Civic League: Cleanups unite communities.

Plus, we make spaces accessible and help low-income communities.

A CSR Initiative by: @clubmahindra

Collaboration with: @glocalbodh

Implementation partner: @betterlifefoundationindia

CSR Coordinator: Abina Sreenivas



Crafting for Change

The moment we've been eagerly anticipating is finally here – it's D-Day for our Women Welfare Activity! Get ready to embark on a journey of creativity, collaboration, and making a positive impact.

Event Details

Time: 3 pm to 5 pm

Venue: Office Cafeteria, Club Mahindra, Chennai, Tamilnadu

Trainer: Hemalatha

What Awaits You

Crafting for Empowerment: Unleash your creative spirit as we join hands with SHG women to craft products that carry stories of empowerment.

SHG Partnership: Collaborate with talented SHG members, learning their techniques and contributing to their livelihood.

Your Presence Matters

Let's make this day truly special. Your presence amplifies the impact we can create together.

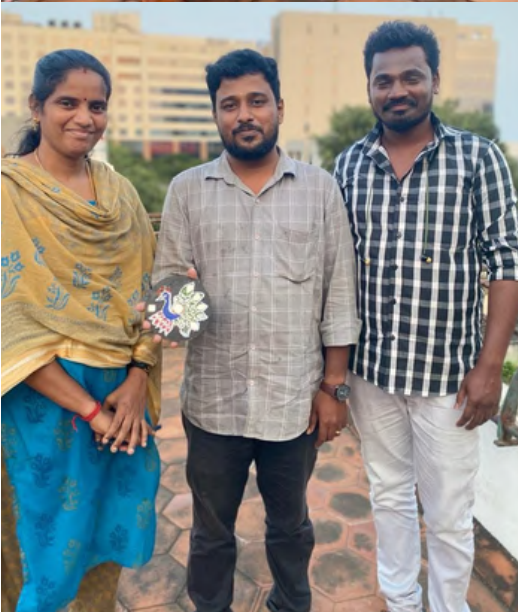
Plus, we make spaces accessible and help low-income communities.

A CSR Initiative by: Club Mahindra

Collaboration with: Glocal Bodh

Implementation partner: Better Life Foundation

CSR Coordinator: Abina Sreenivas



2023.10.09

BaLA (Building as Learning Aid) - School Wall Painting Programme

Date: Tuesday, 10th, 11th October 2023

Venue: Govt. Boys Hr. Sec. School Kannigapuram, Doss Nagar, Pulianthope, Chennai, Tamil Nadu 600012

Each stroke is a dedicated gift, enhancing their learning journey. Let's make it memorable!

We're a dreamweaving team; together, we're unstoppable. Let's create something special.

Beyond paint, we're making lasting memories. Capture today's spirit in photos and stories.

Get ready to let your creativity shine, your hearts soar, and the walls come alive with magic. Let's make today unforgettable!

Plus, we make spaces accessible and help low-income communities.

A CSR Initiative by: Club Mahindra

Collaboration with: Glocal Bodh

Implementation partner: Better Life Foundation

CSR Coordinator: Abina Sreenivas





T-Shirt to Tote Bag

Hello Amazing Volunteers!

It's the day we've all been waiting for! Today is our T-Shirt to Tote Bag Making Activity!

Date: 12-10-2023

Event Time: 3 pm to 5 pm

Location: Club Mahindra, Anna Salafi, Chennai, Tamilnadu

Get set to create, chat, and change the world, one Tote Bag at a time!

See you there, eco-champions! Let's make today legendary

Important Note: The tote bags you create will serve an even greater purpose. Once our eco-friendly tote bags are completed, they will be distributed to street vendors in need.

Volunteer Participation Request: If possible, we kindly invite you to join us for the distribution of the tote bags you've helped create. Your presence during the distribution would be greatly appreciated.

See you soon, and let's make a difference together!

Plus, we make spaces accessible and help low-income communities.

A CSR Initiative by: Club Mahindra

Collaboration with: Glocal Bodh

Implementation partner: Better Life Foundation

CSR Coordinator: Abina Sreenivas



Uyare Poster Release

World disability Day celebration theme poster UYARE published by Baby Balakrishnan Dist. Panchayath President , Kasaragod



Better Life
Foundation Charitable Trust
Since 2015 Reg.No: 148/IV/2015

ALL KERALA WHEELCHAIR RIGHTS FEDERATION

ലോക ഭിന്ന ശേഷി ദിനത്തിൽ

ഉയരെ

ഒരുമിച്ചൊരുമിച്ച് ഇനിയുയരെ

03
ഞായർ
ഡിസംബർ
2023

10AM - 5PM
റെഡ്മുൺ ബീച്ച്, ബേക്കൽ
കാസറഗോഡ്

BETTER LIFE FOUNDATION CHARITABLE TRUST

+91 8113 030 112
www.betterlife.foundation.in

Uyare Poster Release

World disability Day celebration at Bekal Beach, Pallikkara, Kasaragod

Date: 05 December 2023



Ujaas Express - Menstrual Hygiene Awareness Program and Free Sanitary Pad Distribution

GMRHSS for girls Kasaragod, Paravanadukkam PO Pin-671317 has received the Ujaas Menstrual Hygiene Program, including free sanitary pads, as part of our commitment to promoting menstrual hygiene and well-being among our students.

Details of the received items:

- Program Name: Ujaas Menstrual Hygiene Program
- Date of Receipt: 18-01-2024, Thursday
- Quantity of Sanitary Pads Received: 408

We express our sincere gratitude to Ujaas for their generous contribution towards supporting menstrual hygiene awareness in our school community. This initiative plays a crucial role in ensuring the well-being and dignity of our female students.

We will continue to implement and promote the benefits of the Ujaas Menstrual Hygiene Program within our school, fostering a healthy and supportive environment for our students.

CSR Initiative: Aditya Birla Education Trust

In collaboration with : Soham Foundation & Renovate India



Ujaas Express - Menstrual Hygiene Awareness Program and Free Sanitary Pad Distribution

GVHSS FOR GIRLS, Kannur, Payyambalam, Kannur, Kerala
Pin- 670014 has received the Ujaas Menstrual Hygiene Program, including free sanitary pads, as part of our commitment to promoting menstrual hygiene and well-being among our students.

Details of the received items:

- Program Name: Ujaas Menstrual Hygiene Program
- Date of Receipt: 18-01-2024, Thursday
- Quantity of Sanitary Pads Received: 366

We express our sincere gratitude to Ujaas for their generous contribution towards supporting menstrual hygiene awareness in our school community. This initiative plays a crucial role in ensuring the well-being and dignity of our female students.

We will continue to implement and promote the benefits of the Ujaas Menstrual Hygiene Program within our school, fostering a healthy and supportive environment for our students.

CSR Initiative: Aditya Birla Education Trust

In collaboration with : Soham Foundation & Renovate India



Ujaas Express - Menstrual Hygiene Awareness Program and Free Sanitary Pad Distribution

Government Higher Secondary School, Kallloor, Noolpuzha P.O, Sulthan Bathery, wayanad, Kerala

Pin- 670014 has received the Ujaas Menstrual Hygiene Program, including free sanitary pads, as part of our commitment to promoting menstrual hygiene and well-being among our students.

Details of the received items:

- Program Name: Ujaas Menstrual Hygiene Program
- Date of Receipt: 18-01-2024, Thursday
- Quantity of Sanitary Pads Received: 238

We express our sincere gratitude to Ujaas for their generous contribution towards supporting menstrual hygiene awareness in our school community. This initiative plays a crucial role in ensuring the well-being and dignity of our female students.

We will continue to implement and promote the benefits of the Ujaas Menstrual Hygiene Program within our school, fostering a healthy and supportive environment for our students.

CSR Initiative: Aditya Birla Education Trust

In collaboration with : Soham Foundation & Renovate India



Ujaas Express - Menstrual Hygiene Awareness Program and Free Sanitary Pad Distribution

REC GVHSS Chathamangalam, Kattangal, Kozhikode, Kerala has received the Ujaas Menstrual Hygiene Program, including free sanitary pads, as part of our commitment to promoting menstrual hygiene and well-being among our students.

Details of the received items:

- Program Name: Ujaas Menstrual Hygiene Program
- Date of Receipt: 18-01-2024, Thursday
- Quantity of Sanitary Pads Received: 130

We express our sincere gratitude to Ujaas for their generous contribution towards supporting menstrual hygiene awareness in our school community. This initiative plays a crucial role in ensuring the well-being and dignity of our female students.

We will continue to implement and promote the benefits of the Ujaas Menstrual Hygiene Program within our school, fostering a healthy and supportive environment for our students.

CSR Initiative: Aditya Birla Education Trust

In collaboration with : Soham Foundation & Renovate India



Welcome to the team - Internship 2024

Better Life
Foundation Charitable Trust
Registered Organization on WSF 2024


Welcome
INTERNSHIP 2024



GOPIKA M



Department of Social Work
ശ്രീശങ്കരാചാര്യസംസ്കൃതസർവ്വകലാശാല
Sree Sankaracharya University of Sanskrit
ശ്രീശങ്കരാചാര്യസംസ്കൃതസർവ്വകലാശാല

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NGO  **DARPAN**

NITI Aayog Unique ID: KL/2020/0267703

Better Life
Foundation Charitable Trust
Registered Organization on WSF 2024


Welcome
INTERNSHIP 2024



AMAL A



Department of Social Work
ശ്രീശങ്കരാചാര്യസംസ്കൃതസർവ്വകലാശാല
Sree Sankaracharya University of Sanskrit
ശ്രീശങ്കരാചാര്യസംസ്കൃതസർവ്വകലാശാല

 betterlifefoundation.in

NGO  **DARPAN**

NITI Aayog Unique ID: KL/2020/0267703

Stress release session "A Talk on Mindful Resilience"

an inspiring event took place as part of India's 75th Republic Day celebrations, which aimed to help students face exam stress with ease. The Better Life Foundation, All Kerala Photographers Association Vidyanagar Unit, and Social Work Department of Kaladi Sri Shankaracharya Sanskrit University joined forces to organize "A Talk on Mindful Resilience." Akkara Foundation Project Manager Mohammad Yasir took a class to the students of The event took place at Govt. Model Residential Higher Secondary School, Kasaragod near Paravanadukkam in Kasaragod district, where 10th, 11th, and 12th-grade students are preparing for their exams.

The program's main objective was to mentally strengthen and prepare the students to face their exams without stress and anxiety and to handle life's challenges with ease. The event was inaugurated by Kasargod Assistant Collector Dilip K Kainikkara IAS and presided over by A.K.P.A Vidyanagar Unit President Prashanth.

Chief guest Kasaragod District Tribal Development Officer Mallika M and chief speaker Better Life Foundation Chairman Mohandas Vayalamkuzhy provided valuable insights and shared their experiences, giving students a unique perspective on how to face exam stress. School Principal Arun Kumar SR, Headmistress Lalitha A, and other dignitaries also graced the occasion.

The event was a massive success, thanks to the efforts of Gopika M and Amal A, students of social work department of Kaladi Sri Shankaracharya Sanskrit University, who led the program. The welcome speech was given by School Senior Superintendent Prasanna, and the vote of thanks was delivered by Better Life Foundation Operation Head Dr. Karthika M.

Overall, the event was an excellent initiative that emphasized the importance of focusing on one's mental well-being during exam preparation. It provided students with valuable insights and tips on how to cope with exam stress, leading to better academic performance and a positive mindset.





Menstrual Hygiene Awareness Session for Girls

The primary objective of this session is to educate young girls about menstruation and hygiene practices. It aims to promote healthier habits while debunking any myths or superstitions that may exist around this topic. Dr. Karthika M (BAMS, MPH, Research Scholar in Central University of Kerala), the Operations Head and Academic Guide at the Better Life Foundation, will be the keynote speaker.

The session is designed to empower young girls by providing them with essential knowledge about their body cycles and the necessary safety measures to take during menstruation. The organizers hope to contribute to the overall health and empowerment of girls residing in hostels, fostering a culture of openness, understanding, and self-care regarding menstruation. This event is a great opportunity for young girls to learn about menstrual hygiene and how to take care of themselves during their periods. It is an excellent initiative that will undoubtedly benefit the participants and contribute to society's overall well-being.

Objectives include:

Providing a comprehensive understanding of menstruation.

Emphasizing the importance of menstrual hygiene.

Offering guidance on various menstrual hygiene products and their usage.

Program Details:

Date: 03/02/2024, Saturday

Time: 10:30 AM to 11:30 AM

Location: Premetric Girls Hostel, Chemmattamvayal, Kanhangad, Kasaragod

In collaboration with:

Dist. Scheduled Caste Development Office, Kasaragod

In Association with:

Social Work Department of Sree Sankaracharya University of Sanskrit Regional Campus Payyannur

Introduction:

Amal A, Trainee, Better Life Foundation, MSW student, Sree Sankaracharya University of Sanskrit Regional Campus Payyannur

Session Speaker:

Dr Karthika M, Operations Head and Academic Guide, Better Life Foundation





Sexual Harassment In Universities: Prevention And Way Forward.

Hami DajuVai (HDV also known as Nepali Brothers) is a feminist organization particularly focused on Men and Masculinity established in 2019 April 15. Following intersectionality and inclusion as its core value and youth engagement and feminist leadership as its working approach HDV has been organizing various activities in this short span of time. Hami DajuVai is the first civil society organization to mark International Men's Day in Nepal to bring attention of Men on how patriarchy harming them and why men needs to be a part of gender justice. Our mission is to create an Equal and Prosperous Society where people enjoy their rights, opportunities and live a dignified life. Our Vision is to Transform patriarchy into Equality and integrate intersectionality everywhere through Men and Boys, Young People and by promoting Women Leadership. Our Goal is to Coordinate and Collaborate with allies to end Gender based Violence by addressing Toxic Masculinity and Patriarchy.

In this session, the subjects for the discussion will be as follows:-

Understanding the causes of sexual harassment in universities.

Awareness about consent and its impact on individuals.

Discussing proactive measures and strategies to prevent sexual harassment.

Reviewing legal policies and practices for addressing sexual harassment cases.

Discussion on major methods to create a safe campus culture.

We look forward for your valuable participation. Lets make this event memorable and successful.

Venue

RATNA RAJYALAXMI CAMPUS-BLOCK B-Floor 2- Room(34), Kathmandu, Nepal
<https://www.wsf2024nepal.org/organization/93/activity>

The poster features a blue header with the text "ANOTHER WORLD IS POSSIBLE". Below this, on the left, is a logo for the World Social Forum 2024, Nepal, showing a person holding a globe. The main title "Sexual Harassment in Universities: Prevention and Way Forward" is in large green font. To the right of the title is a QR code and event details: "February 18, 2024", "2:00 - 3:30 PM", and "RATNA RAJYALAXMI CAMPUS BLOCK B-Floor 2-Room (34)". Below the QR code is a "Speaker" section with five circular portraits and names: Barsha Thapa Magar (Welcome speech), Bindu Pokharel (Nepal), Mohandas Vayalamkuzhy (India), Husnain Jamil Faridi (Pakistan), and Pooja Shrestha (Nepal, Moderator). The bottom section is titled "ORGANIZED BY" and lists logos for Hami DajuVai, Masterpeace, and DKA Austria. A footer provides the contact email: barsha.hdv@gmail.com.

Dialogue On Right To Education And Climate Justice

In 1994, group of young school students and Child Club Members ran the children's Library, since then Loo Niva has emerged as a social organization and promotion of child rights in Nepal. It was established in 1997 as a non-governmental organization for the best interest of Children's' holistic development. It conducts various programs for children and community development through a systematic process of empowerment and awareness. It focuses on education and works with the community and schools for improvement of education, at the grassroots level towards preventing exploitation and marginalization of underprivileged children. It also supports education with active child participation in them for physical, psychological and overall development of children. As a being team dynamic in Research, it also conducts various research and study. Foremost, it is committed to build an optimal and healthy society for children and youths.

Since the establishment of this organization, the Right to Education is the major campaign and concern for Loo Niva. So this year in February 2024, Loo Niva has plan to organize Dialogue on Right to Education and Climate Justice on the occasion of World Social Forum (WSF), which is going to held in Nepal.

Venue

RATNA RAJYALAXMI CAMPUS-BLOCK- B Floor 1-Room(13), Kathmandu, Nepal

<https://www.wsf2024nepal.org/organization/activity/288>

ANOTHER WORLD IS POSSIBLE

WORLD SOCIAL FORUM 2024- NEPAL

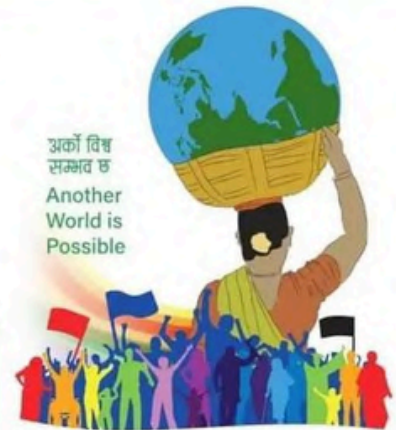
Dialogue On Right to Education and Climate Justice

📍 Venue: Ratna Rajyalaxmi Campus-block Floor1-room-13

📅 Date: 2024-Feb-18

🕒 Time 15:45PM – 17:15 PM Nepali Time

ORGANIZER



विश्व सामाजिक मञ्च २०२४, नेपाल
World Social Forum 2024, Nepal
WSF2024Nepal

COLLABORATION



Sexual Harassment In Universities: Prevention And Way Forward.



Dialogue On Right To Education And Climate Justice



World Social Forum 2024 Nepal, Kathmandu
“Another World is Possible”
15-19 February 2024



Mohandas Vayalamkuzhy Feb 15, 2024, 17:25



Mohandas Vayalamkuzhy Feb 15, 2024, 10:39

Samagram - Field Exposure & Immersion Camp 2024

The Department of Social Work at Kuniya College of Arts & Sciences and Better Life Foundation jointly organize "Samagram - Field Exposure & Immersion Camp 2024", a 5-day residential camp aimed at providing BSW (Bachelor of Social Work) students with hands-on field exposure and immersive experiences in various social work contexts.

Dates: The camp took place from 2nd to 7th March 2024

Camp Venue: Badar Nagar, Ethirthode, Cherkala, Kasaragod - 671541

Camp Members: 23 Bachelor of Social Work Students (7 Boys & 16 Girls - Department of Social Work, Kuniya College of Arts & Science - 2023-26 BSW Batch), 2 Kuniya College of Arts & Science Staff & 1 Better Life Foundation Staff.

Camp Type: 5 Days Residential Rural Camp

Camp Coordinators: Mohandas Vayalamkuzhy Upendran (Chairman, Better Life Foundation) & Dr. Hassan Shihab (Head, Department of Social Work, Kuniya College of Arts & Science)

Camp Moderator: Dr. Jeena TC (Head, Physical Education, Kuniya College of Arts & Science)

Organizers: Department of Social Work, Kuniya Arts and Science College (Kuniya, PO Periya, Kasaragod, Kerala - 671316)

Facilitator: Better Life Foundation (NGO - Vayalamkuzhi, PO Perumbala, Kasaragod - 671317)

Camp Objectives:

To provide students with practical exposure to real-life social work scenarios.

To foster experiential learning through direct engagement with communities and organizations.

To enhance students' understanding of social issues, policies, and interventions.

To facilitate networking opportunities with professionals and experts in the field.

To encourage personal and professional development among students through reflection and collaboration.

Activities:

Field visits to local communities, NGOs, and government agencies.

Interactive sessions with social work practitioners, researchers, and policymakers.

Participatory workshops on relevant topics such as community development, social justice, and advocacy.

Group discussions and case studies to analyze and reflect on real-world challenges.

Cultural exchange activities to promote diversity and cross-cultural understanding.

Team-building exercises and outdoor activities to promote camaraderie and resilience.







Paper Bag Workshop

CSR activity - HDFC ERGO Bengaluru
Organizer: Better Life Foundation India
CSR Initiative by: HDFC ERGO
In collaboration with: Glocal Bodh



Art & Crafts

CSR activity - HDFC ERGO Chennai
Organizer: Better Life Foundation India
CSR Initiative by: HDFC ERGO
In collaboration with: Glocal Bodh
Trainer: Hemalatha B @magical_fairy_arts

