

Activities of Mottukal from July 2024 to February 2025

1. National and International days celebrated

1.1. International Day Against Drug Abuse: - On 26th June 2025, an awareness session on drug abuse was conducted for a group of children at Mottukal open shelter to educate them about the dangers of drug use, the importance of making healthy choices, and the role of family, friends, and communities in preventing drug abuse. The session aimed to provide children with the knowledge and tools to resist peer pressure and make informed decisions. A person who is addicted to drugs loses self-control and cannot think for themselves. Mental Deteriorations, physical ailments, chronic diseases, and unbearable physical pain. Substance abuse plays a significant role in transforming humans into beasts and leading them down the wrong path.

Actions to be taken: The preventive measures need to be taken such as oppose the easy access to drugs such as alcoholic beverages, cannabis, tobacco, pan-masala, white powder, varnish etc. Awareness against addiction must be created among the people. The CCI/ schools/collages need to take measure to monitor the bad habits of children and their engagement with friends. Need to plan for the treatment including therapy such as cognitive Behavioral Therapy), counselling, medication and rehabilitation support.



1.2. World day against trafficking in person: - The United Nations General Assembly has designated July 30th of 2013 as the World Day against Trafficking in persons. On 26th July 2024, Mottukal has conducted awareness session on anti-Human trafficking at West Chulaimedu, Suthanthira Nagar, Pushpanagar, the event saw 80 participants. The awareness session called for the better awareness on the issue and to strive to protect the rights of girls and women also men who are trafficked in the name of labour.

Call for the action:- Parents should take good care of their children. Monitor their activities including social media engagement and getting addiction to drugs. Aware of the attendance and progress of the children at school. Occasionally to visit the school and meet class teacher.



1.3. International girl child day

On 12th October 2025 International girl child day was celebrated. Children from the CCI made posters and video on 'Girl vision for future' specially creating a safe society for all the girls. Which are played during the online session along girls in the CEI province from schools and social sectors. It was a wide awareness given on this occasion. Every child has a right to be safe. The government and non-government sectors need to take measures to create safe environment for every girl in the society.

Recommendations:

- Support Girls' education.
- Educate and challenge stereotypes.
- Mentorship and report abuse.
- Promote girls' empowerment program.
- Create reporting mechanisms.
- Engage boys and men in gender equality promotion.
- Implement policies for safe workplaces, schools and public spaces.
- Allocate Resources



1.4 Child Rights Week cum Children's Day

Introduction

As we navigate the complexities of the 21st century, the protection and promotion of child rights remain paramount. The United Nations Convention on the Rights of the Child (CRC), adopted in 1989, laid the foundation for recognizing children's inherent dignity and worth. Reaffirming our commitment to safeguarding child rights and addressing emerging challenges, Mottukal has organized several activities both in CCI-Open shelter and in contact community areas from 14th -21st November, 2024.

An awareness session on Child rights in 3 contact points on 14th , 19th and 21st November, 2024. Altogether 100 children participated enhanced their knowledge on children rights, (CCI- 3 children, Pushpa Nagar-35 children, Khamaraja Puram-27 children and Sudhanthira Nagar-35 children). The session emphasized the status of the children in 2024, challenges and possible solutions from various level to reduce the intensity of the issue. The methodology of the sessions was in Oral, drama and interaction. At the end of the session emphasizing the right for education and health all the participants received stationary and boiled eggs.

Awareness session on Child rights:-

Despite progress, millions of children worldwide continue to face: Poverty, violence, exploitation, limited access to education and healthcare. Key Child Rights Issues in 2024. The possible solutions and strategies could be;-

- a) **Strengthening Laws and Policies:** Implementing and enforcing child-friendly legislation.
- b) **Community Engagement:** Raising awareness, promoting child participation, and supporting family strengthening.
- c) **Education and Training:** Enhancing teacher training, curriculum development, and vocational skills.
- d) **Collaboration and Partnerships:** Fostering inter-agency cooperation, civil society engagement, and private sector support.
- e) **Child Participation:** Empowering children to express their views, participate in decision-making, and hold leaders accountable.



Children's day celebration at CCI



Awareness sessions at 3 contact point areas

b) Documentary film on Online safety

On 16th the CCI children were shown a documentary film named 'ONLINE' Now a days cellphone culture is dominating the human life and it has both negative and positive impact on daily living. brings change in ones life style. Daily newspaper brings to light stories of many children and adults who are victims negative usage of social media and cyber-crime. Therefore, its very important to bring awareness to children of today on online safety.

The short film was about a teenage girl who was trapped on social media and later got help from an NGO to come out and re-begin her life better. After the movie a small review was conducted and 6 participants expressed that " The movie was insightful and helped them to commit themselves to use social media for good purpose and be safe online.

C) Session on emotional and mental health

On 15th November'24, emphasizing the importance of emotional health an art therapy was conducted for the 6 girls at CCI. As part of the aspects of emotions, an activity on identifying the current feelings and sharing was done and later, children were given clay to portray their feelings. At the end of the activity the safe space was created to share their art. Everyone listened to one another with care and non-judgmental attitude. This helped the participants to feel relaxed and build bond with each other, as many of them were new.

Children engaged in art therapy enhancing the emotional wellbeing



Every child deserves to grow up in loving, nurturing and safe environments. A session on Mental health in adolescent girls was conducted for 6 children at the CCI on 18th November, 24. The participants were encouraged to take positive energy through daily yoga and meditation and maintaining a healthy relationship with each other. Also to share their inner thoughts and emotions with the counselor in a confidential space. Later few recreational games were conducted for the girls.

e) Paintings/slogan writing on child rights:-

On 17th November,24, the CCI girls had painting and slogan writing activity. They have actively participated in it. The outcome of the activity was thought provoking on rights and life of children specially who are at risk. f) **Thirukkural competition;** - On 19th November,24, the



Thirukkural competition was conducted, and 7 children participated in it and 3 of them were given winning prizes for excellent reciting of the verses.

f) Participation in the ‘WALK FOR CHILDREN’ Marathon:

One 20th November the Mottukal staff had participated in the *walk for child* marathon organized by District Child Protection Office, South Chennai. There were several organizations running child care institutions (CCI’s) have participated. It was a day to stand for child rights through public signature campaign and walk with slogans for children’s development. **Conclusion:** - The change is possible by protecting child rights, collective action, innovation, and unwavering commitment. By working together, we can create a world where every child's rights are respected, protected, and fulfilled

1.4. Human Rights Day and Awareness against gender-based violence: -

On December 10th & 17th, 2024 Mottukal had organized an awareness session on Human rights at Kamarajapuram and Gender-based violence (GBV) at Chulaimedu, altogether 60 women participated in it. Ms. Rehmat Begam was the resource person for the day. She spoke on the harmful acts directed at individuals based on their gender, often rooted in power imbalances and discrimination. Which also includes physical, sexual, emotional, and psychological abuse, and can occur in various forms, such as domestic violence, sexual harassment, human trafficking, and female genital mutilation. GBV affects people of all genders, but women and girls are disproportionately impacted. The consequences of gender-based violence are severe, leading to physical injuries, psychological trauma, and long-term social and economic harm. Addressing GBV requires challenging societal norms, improving legal protections, and providing support for survivors to break the cycle of violence and promote gender equality.



Simultaneously Human Rights Day highlights the ongoing global efforts to promote and protect human dignity, equality, and justice. How the women and men can play a vital role in upholding the rights of every person in their family and neighbourhood. The day also, encourages individuals, organizations, and governments to work together to combat injustice.

Celebration and functions: Celebrations and functions at Mottukal play a vital role in the emotional, psychological, and social development of children. These events help create a sense of normalcy, belonging, and joy for children who are away from their biological families. The celebrations and functions such as teachers' day, St. Mary Euphrasia's birth day, Audha Pooja, Pongal, Christmas, Deepavali, children & staff birthdays celebration bring happiness strengthen community bonds, and provide children with opportunities to experience love, care, and support.



2.1. Visit of the congregational leader and her team and Canonical visit of the CEI province leader:- Additionally during this year there was a visit of Sr. Joan Leopuz the congregational leader and her team on 15th June, 2024. It was a good opportunity to learn about the Mottukal past and present activities, referrals and rehabilitations of children. Also, supplementary education centers in various slums and the intervention taken to reduce the drop-outs, child marriage, child labor and empowerment of women and also on 21st November 2025,



the canonical visit of Sr. Pusha Louise the province leader of CEI was held. The children and staff interacted with her on the impact of the current programs and way forwards were discussed.

2.2. Centenary Reunion of Mottukal and Marian Home Alumni

Celebrating a Century of Compassion: 100 Years of Love and Legacy

On February 15, 2025, the Good Shepherd Convent celebrated its 100th anniversary, marking a century of dedication and service since its founding in 1924. To commemorate this milestone, a heartfelt reunion was organized for the alumni of Marian Home and Mottukal, alongside their families. The event was hosted by the Good Shepherd Sisters in Chennai, bringing together around 200 past students, along with current and former sisters and staff members who had contributed to the homes' growth. In addition, members of the Good Shepherd Community in Chennai, as well as teachers and staff from Good Shepherd School, were part of the celebration.

The chief guest of the day was Mrs. Shobana Thomas, an alumna of Good Shepherd School and Assistant Secretary of the Children's Home of Hope in Maduravoyil. Sr. Pushpa Louis, the Provincial Leader of CEIN, graced the occasion as the guest of honour. Other distinguished guests included Mr. Rajakumar, Chairperson of the CWC South Chennai; Mr. Karunakaran, the SI of Nungambakkam Police Station; and Mr. Kandasami, the auditor. The reunion was filled with vibrant activities, including dance performances, music, a documentary screening, and a debate show.

The documentary, in particular, served as a poignant reminder of the shared history and fond memories of the Good Shepherd Family in Chennai, allowing everyone to reconnect with the past. It was a day of reuniting with old friends, past mentors, and colleagues, creating memories that will be cherished for another century.

In alignment with the motto of St. Mary Euphrasia, the founder of the Good Shepherd Sisters — "One person is more precious than the whole world" — the sisters have been a beacon of hope for women and girls facing difficult circumstances in society. Both Marian Home and Mottukal have been integral to this mission, providing shelter and support to those in need.

Marian Home was established for women who were homeless, school dropouts, survivors of attempted suicide, and young girls who left their villages in Tamil Nadu for various reasons. The home offered vocational training in tailoring and cooking, alongside art and craft classes. For those wishing to continue their studies, Marian Home provided opportunities in teacher training, Nursing, and Higher Education, including Bachelor's and Master's degrees. Although Marian Home is no longer operational, many of the women and girls who passed through its doors have gone on to find success, both in India and abroad.

2.3. International Women's Day

On 8th March, 2025 Mottukal had organized International Women's Day keeping the theme 'Accelerate Action'-For ALL women rights, equality and empowerment. Sr. Aruna George the superior of the Good Shepherd Convent, Chennai graced the event as a chief guest, While Mrs. Chithra The member of the CWC-South Chennai was the guest of the event, Mr. Basker (former CWC Member), Mrs. Juliet from CWF (Catholic Women Fellowship), Mrs. Shasikala (Women police from Nugambhakam station) and Mrs. Rahmat Begam (resource person of the day) were the guests of the event.

During the first one hour of the event an awareness session was taken by the resource person on the theme of the day. Later, along with the guests the 100 women from the working areas were invited with chandhan, Kumkum on foreheads and purple ribbon tied to the hand wrists. The event began invoking the presence of the lord with lighting of the lamp and welcoming the guests. The speeches of the guests, inspiring life stories motivated and encouraged the participants. Mr. Basker conducted few fun games which filled the hall with laughter and life. He also introduced few tips for good health. The event ended as the women received the token of love (gift) and delicious meal.



3. Trainings and meetings

3.1. Life skill training for adolescent girls:- Mottukal organized the two days life skill training for the adolescent girls on 8th & 9th February, 2025, Mrs. Pushpavalli-CCRD(Canter for Child Rights Development) was the resource person for the training. The training was designed to equip young participants with essential life skills necessary for personal development, social interaction, and professional growth. The two-day program aimed to foster

critical thinking, emotional intelligence, effective communication, decision-making, problem-solving, and other key skills relevant to the challenges young people face in their everyday lives. The pre-test and post-test enabled the trainer and the participants to see the learning percentage. At the end the participants received the participation certificate.



3.2 Vocational training

With the collaboration of CWF (Catholic Women Fellowship), Mottukal Good Shepherd Convent has begun the vocational training centre (6 months tailoring and 4 months computer training) for the girls who are dropped out of the education and home makers of the 7 Mottukal out-reach areas. On 20th February 2025, there was an orientation program where 40 women participated in it. And on 3rd March, 2025 the participants filled the admission forms and the first day of the classes began for both tailoring in the morning (10 participants) and computer programming in the afternoon (15 participants).



3.3 Staff Capacity building trainings

a) Alternative media:- On 20th & 21st January,2025 staff capacity training was organized on alternative media (street theatre). Ms. Vinnarasi was the resource for the training. The participants were trained to give awareness on the issues ‘drug abuse and child marriage’ through drama, songs and dance. This methodology is very powerful in bringing awareness as the visuals has double effective than the vocal.



b) Child Protection and effective function of the CCI's:-

On 27th February,2025 the two staff (Project coordinator & social worker) attended the capacity training program organized by District Child Protection office-south Chennai at District collectorate. The same session and their learnings were passed on to the other 7 staff (2 outreach workers/2 contact point staff/1 caregiver/1 cook and 1 watchman) on 14th March, 2025 the staff capacity training was conducted to the staff under Social Defence The training covered the topics like Juvenile Justice Act (CNCP(Child ren in Need of care and Protection)& CCL(Children in conflict with Law), POCSO Act, ICP forms and effective functions of CWC and CCI's responsibilities.

