

Director's Message

"It is not how much we do, but how much love we put in the doing. Its not how much we give but how much love we put in giving".

We all know that the whole world is going through the darkest of times. Every where, we can see trials and uncertainties. But it is wonderful to see how these uncertainties bring people together, how they hold up each other every single time. I believe we all have a part to play in this. Every phone call, messages or appreciation we receive for our Covid prevention activities always tells us that we have played our part well, that even our slightest attempt has not gone in vain.

This is the third edition of 'Waves'. Last month, considering the onset of monsoons, we organised free distribution of homeo medicines, anti malaria camp etc. Amidst the Covid relief activities FCDP also celebrated the environment day with the message 'A food packet for today and a tree for tomorrow '. In this edition I would also like to share that Team Covid received its first token of appreciation from the District hospital, Kollam for the 'blood for life campaign' we initiated. As somebody said, 'Act as if what you do makes a difference, and it does'.

- Rev. Fr. Joby Sebastian (Director, FCDP)

A homeopathic defence against COVID 19



Homeopathic remedies are considered safe and effective in preventing virus infections. These medicines came as a relief for the community as they waited for their vaccine doses. Taking a cue from the experience of number of people who used homeo medicine as a preventive

measure, FCDP & TMS, in collaboration with Dr. Somini Stephen distributed free homeopathic medicines among the volunteers and local community members. Hats off to Dr. Somini Stephen who sponsored 500 packets of medicines for free distribution in the community. The campaign was kicked off by Dr. Somini on 3rd June 2021.

Pamphlets with directions for use and dosage were also distributed along with medicines. At a time when the sudden surge in covid cases coupled with vaccine shortage was causing panic among people, this was a timely intervention.



World Environment Day celebration



According to the World Air Quality Index (AQI), out of the 30 most polluted cities in the world, 21 of them belong to India. Even though Kerala comes later in the list, it is our responsibility as citizens to keep our cities greener and cleaner. FCDP and TMS celebrated World Environment day by distributing saplings along with the Vishappinu Vida food packets to the needy with the message 'A food packet for today and a tree for tomorrow!'. Mr. Tomy (Councillor, Pallihottam) handed over the saplings and Sr. Mary Karuvelil FMA (Asst.

Director, TMS), planted them in the office premises. This time let it not be just one day effort of planting saplings but a continued effort to create greener cities and cleaner coasts in accordance with the theme of UN, 'Reimagine, Recreate and Restore'. It may be noted that FCDP has introduced electric auto rickshaws also as a strategy to promote clean environment. Presently 6 electric autos are running in the coastal area of Kollam as part of the electric auto project for women, which we hope will reach 15 by the end of the financial year.



Birthdays!



FCDP & TMS wishes Dr. Sindha Mendez (Chairperson, FCDP), Sr. Mary Karuvelil (Asst. Director, TMS), Mrs. Sophie and Mrs. Selvi a very happy and blessed life ahead, as they celebrate their birthday.

Anti-Malaria Month observed



Every year, the onset of monsoon provides a breeding ground for mosquitoes, causing epidemic outbreaks. Malaria, a disease of the poor, is a major public health concern in India

that affects mainly communities with low socio-economic status. The government of India is committed to being a malaria-free country by 2030 by enhancing the level of awareness among communities. A camp for prevention and control of malaria was organised by District Health Department, Kollam in collaboration with Fishermen Community

Development Programme (FCDP) on 5th June 2021, as part of the Anti-Malaria Month observed every year in the month of June throughout the country. The camp aimed to create awareness among coastal people regarding the prevention and control of diseases. Dr Sandhya, Deputy DMO, Kollam, who inaugurated the camp, emphasised the need to take

simple precautionary measures to prevent such diseases. The team from District Medical Office, Kollam also collected blood smears from participants for further checkups. Mosquito nets were also distributed to the people to raise awareness as well as to prevent malaria. FCDP - TMS Director Fr. Joby Sebastian, TMS Asst. Director Sr. Mary Karuvelil were present.

Award for blood donation campaign



“Blood for Life”, an initiative of Team Covid under FCDP, turned out to be a successful blood donation campaign. On World Blood Donor Day (14th June

2021), the District Hospital Kollam awarded the team for its meritorious service of blood donation during the time of pandemic. Kollam District hospital Superintendent Dr. Vasantha Das handed over the award to Fr Joby Sebastian (Director, FCDP & TMS), for Team Covid in the presence of Deputy superintendent Dr.

Ajitha, RMO Dr. Aniroop, and Bloodbank Medical officer Dr. Mary Sandhya. The program was organised by DHS Blood Bank Kollam. The campaign was started foreseeing the shortage that blood banks were likely to face following covid vaccination. This award is a token of appreciation for the 25-member team of volunteers who have

been working tirelessly to mitigate the suffering brought about by the pandemic through various relief activities as well as promoting measures to contain the pandemic. We would like to call everyone who donated blood “superheroes”, because when you donate blood, you save a life and that is what superheroes do!

Team Covid Adjourns



felicitation programme for Team Covid was conducted at FCDP. Mr. N. Tomy, Pallithottam Councillor was the chief guest for the programme.. He thanked and appreciated the team for their selfless service. A consolidated table of the activities done during the lockdown period is presented here.

Lockdown in Kerala that started on 8th May was eased only on 17th June 2021. Team Covid worked tirelessly for over 40 days at a stretch aiming to lessen the burden of the pandemic. The 25 member group was adjourned a few days after the lockdown was raised. On 17th June, a



Consolidated Table

Vaccine Registration	2680	Assistance for vaccination	1160
Tele counselling	263	Public announcements	02
Ambulance service	27	Cremation service	03
Mid day meal	1785	Relief kit	243
Door delivery of essentials	3784	Mask & Sanitizer support	1185
Medical support	178	Fumigation	03
Distribution of free homeo medicines	500	Blood donation by volunteers	06
Voluntary service at community kitchen	12 days	Voluntary service for police at harbour	05 days

FISHERMEN COMMUNITY DEVELOPMENT PROGRAMME (Reg. No. Q.771/84)

THEERADESA MAHILA SOCIETY (Reg. No. Q.1039/95)

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