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# WAVES

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## Empowering Women: Celebrated International Women's Day

The International Women's Day was celebrated on Saturday, March 8th, at the Rotary Club of Quilon, jointly organized by Theeradesa Mahila Society, Fishermen Community Development Program, and Rotary Club of Quilon. The function was presided over by Mrs. Laticia Martin [President, TMS], and Smt. Agnes John [Chairperson, FCDP] welcomed the gathering. The event was inaugurated by Dr. Jaji Sunil [Managing Director, Jajis Group]. Mrs. Elizabeth Lissy [Headmistress, Balika Mariam School, Kollam] delivered the keynote address. Sr. Annie Joseph FMA [Superior, Sneha Kiran Convent]; Mr. Zacharia Samuel [Secretary, Quilon Rotary Club]; Mr. Sajeev Soman [Ward Councillor, Udayamarthandapuram and Chairman, Public Works Standing Committee, Kollam Corporation] Mr. Tommy Napoleon [Ward Councillor, Pallithottam] Rev. Fr. Jithin Sebastian [Director, FCDP-TMS] and Sr.. Mary K. [Assistant Director, TMS] spoke on the occasion. Artistic performances by women and children from various sections were staged, including dance and drama that portrayed the exploitation faced by women in society. FCDP-TMS board members and staff participated in the event, which included more than 400 women. This year's Women's Day celebrations were held under the motto "Accelerate Action." The event concluded with a love feast.



## Editorial

I am incredibly honored to share with you the E-Newsletter for the month of March. Our community has experienced significant growth and engagement in March, driven by our initiatives in health and wellness, women empowerment and family support. An eye check-up medical camp highlighted the importance of regular vision screenings, while our International Women's Day celebration recognized the achievements of women and reinforced our commitment to promoting gender equality.

We also offered a range of skill-building and support programs, including a cake baking class and a drug awareness class for parents. These initiatives have not only provided valuable resources but also fostered a sense of community and connection among participants.

At the heart of our work is a deep appreciation for the support of our Board, Staff, Benefactors, and well-wishers. Their unwavering assistance and partnership are essential in driving positive change in our community, and we are grateful for their ongoing commitment.

-Fr. Jithin Sebastian SDB  
(Director, FCDP-TMS)





## International Women's Day Proclamation Rally

On March 6, 2025, Theeradesa Mahila Society Fishermen Community Development Program, and Rotary Club of Quilon organized a women's auto and two-wheeler proclamation rally ahead of International Women's Day. The rally, held under the motto "Accelerate Action," aimed to promote swift progress toward gender equality. The event began at Kollam Beach at 5 pm, where Mrs. Swathi V, Sub Inspector of Police, East Police Station, Kollam, flagged off the rally. Over a hundred women participated in the rally, which traversed through Canal Road, Thangassery Bus Bay, and Port Kollam Road, culminating at Kodimaram Ground. This event aligns with global International Women's Day celebrations, honoring women's achievements and reinforcing commitment to gender equality. International Women's Day is celebrated worldwide on March 8 to appreciate women's progress and development in society, raising awareness about women's rights and promoting equality.



## WYEP

### FCDP Conducts Successful 3-Day Cake Baking Class

Under the leadership of FCDP, a 3-day cake baking class was successfully conducted at Infant Jesus Church Parish Hall. The workshop, led by expert trainer Ajay Shankar from Food Processing, drew enthusiastic participation from around 20 women. The inaugural function was graced by Rev. Fr. Austin Pullimottill, who officially inaugurated the workshop and set the tone for the three-day event. The participants were excited to learn the art of cake baking from Ajay Shankar, who shared his expertise on various aspects of cake baking, including ingredient selection, mixing techniques, and decoration ideas. Over the course of three days, the participants were actively engaged in hands-on training, asking questions and sharing their own experiences. By the end of the third day, they had mastered the skills to bake a variety of cakes, from simple vanilla and chocolate to elaborate tiered cakes. The valedictory function was also attended by Rev. Fr. Austin Pullimottill, who distributed awarded to the participants, acknowledging their successful completion of the workshop. The participants expressed their gratitude to Ajay Shankar, FCDP, and the organizers for providing them with a valuable learning experience. This initiative is a testament to FCDP's dedication to promoting women's empowerment and economic independence through skill development and entrepreneurship.





## Developing Effective Leaders: A Community-Focused Training Initiative

As part of its community development initiatives, a Leadership Training Class was successfully conducted at FCDP Hall on March 18, 2025. Trainees Alwin, Abinand, Stalin, and Benet led the session, engaging participants in interactive games and activities designed to foster essential leadership skills. The training highlighted key qualities of effective leaders, including communication, teamwork, problem-solving, and decision-making. Through collaborative challenges and group exercises, participants gained valuable insights into leadership principles and practices, ultimately empowering them to become more effective leaders in their respective communities.



## Exam Preparation Class for Plus One and Plus Two Students

The Fishermen Community Development Program (FCDP), Theeradesa Mahila Society (TMS), and Don Bosco Youth Forum (DBYF) jointly organized an exam preparation class for selected Plus One and Plus Two students. The class, conducted by renowned memory trainer and psychologist Dr. Rajesh Maheshwar, was attended by about twenty students. Don Bosco Youth Forum member Sanal welcomed everyone to the program. During the class, Dr. Maheshwar discussed essential exam preparations, stress-reduction methods, and effective study planning strategies. The students found the class highly effective in reducing their fear of facing exams and appreciated the initiative. Don Bosco Youth Forum Coordinator Ms. Aishwarya thanked everyone involved in organizing the exam preparation class.



## Community Health in Focus: Free Medical and Dental Check-up Camp

A free general medicine and dental check-up camp was organized on Saturday, March 29, at the FCDP Hall, under the joint auspices of FCDP and KIMS Hospital, Kollam. Approximately 50 people participated in the camp, which offered free blood sugar and blood pressure checks, as well as a 30% discount on lab tests. Free medicines were provided for various diseases. Such initiatives help ensure primary healthcare and facilitate early detection of diseases. Many health issues, including dental problems, often go unnoticed until they become major concerns. These camps help to preventing such issues and encourage people to adopt a healthy lifestyle. By promoting social health and improving quality of life, such activities contribute to the overall well-being of the community.





## Awareness Session Against Drug Abuse

A public awareness session against drug abuse was organized by FCDP, National Service Scheme, Sree Narayana College, Kollam, and the Kerala State Excise Department, Kollam, on Saturday, March 29, 2025, at 10:30 AM at Don Bosco Boys Home, Mundakkal. The program commenced with an introductory speech by Fr. Jithin Sebastian, (Director FCDP-TMS) followed by an awareness class conducted by Mr. Sidhu S., Vimukthi Coordinator at the Excise Circle Office, Kollam. Subsequently, a skit and dance performance against drug abuse was staged under the auspices of the NSS unit of Sree Narayana College, Kollam. Such initiatives can instill a sense of responsibility in the youth, making them aware of the adverse effects, health problems, and psychological impacts of drugs. With family relationships often broken and social violence on the rise, programs like this aim to reach more young people and motivate them to stand against societal evils. This awareness session was organized with the goal of spreading this message to a wider audience.



## Awareness Class for Fishermen on Illegal Refugee Issues

A comprehensive awareness class was conducted for fishermen at FCDP Hall on March 21 regarding the issue of illegal refugees. The session was taken by Mr. Andrew and his team from ADRA INDIA, Chennai highlighted the importance of recognizing and reporting any suspicious activities related to illegal migration. Fishermen were educated on the legal implications and risks associated with aiding illegal refugees. Strategies for collaboration with authorities to combat this issue were discussed, emphasizing the role of the community in maintaining border security. Overall, the initiative aimed to empower fishermen with knowledge to prevent the exploitation of their profession for illegal activities.





# CELEBRATIONS

**We wish Mrs. Gretta Raju joyous birthday and a year filled with good health , happiness and prosperity! We also thank her for her dedicated service and support towards the activities of FCDP family.**



## GALLERY



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