

# **GOOD SHEPHERD CONVENT**

Deepa Bhavan – Pallavaram

**Activities  
held during the year 2016**



**We have taken up Outreach Programmes in the slums nearby.  
The following activities are carried out:-**

- 1. House visiting and counseling**
- 2. Coaching classes for school going children**
- 3. Camps for children**
- 4. Nutrition program for children**
- 5. Celebrations**
- 6. Picnic/ outing for children**
- 7. Women's meetings/ Awareness programs**
- 8. Health care for the sick and the elderly**

## **1. Visit to families and family counseling**

We regularly visit the slums and families. We need to have constant contact with the families. We counsel the families either in their houses or in our centre as they face many problems each day. Our visit to the slums helps us to understand their situations as they try to explain their daily struggles. We motivate the parents to understand the present culture of the youth.

## 2. Coaching classes for the school going children



We have regular coaching classes and organized study for about 50 school going children every evening from 5.30 to 7.30 p.m. These children cannot afford to go for tuitions which are very costly. The weaker children are given special attention. Certain incentives are given to encourage them to do better. The children get chance daily to play either before their study begins or after their study which brings relaxation and fun. They love to play here as they do not have much place to play near their houses. Some times they do some physical exercises which keep them alert and active. The children learn to clean their places of study. They do a bit of gardening sometime. They like to water the garden. The children are encouraged to save little money which will help them at the beginning of the school.

## 3. Camps for the Children



Twice a year we organize camps for the children. One in the month of May and another in September. They look forward to these camps as they get chances to learn and exhibit their talents. They like the different activities that we conduct for them like- drawing, painting, poster making, card making, wall hanger making, art and craft, singing, dancing, drawing and painting competition too were held. Different games were conducted and prizes were given to the winners for the competition and for the activities. At the end of each camp they had an exhibition of

their work done at the camp, their parents were invited for this and they appreciated their children's skill.

#### 4. Picnic / outing for Children



Whenever possible these children are taken to various places in Chennai on a picnic. On 19<sup>th</sup> of Nov 2016, they were taken to St. Thomas Mount, Little Mount, Santhome Cathedral, Palavakkam beach, St. Anthony's Church, Besant nager Annai Velankanni Shrine and to Taramani. They enjoyed this day to the full. Also it has become an annual feature that the students from our Good Shepherd Convent School, Nungambakkam take these children for a Christmas program with other children of various other institutions which consists of cultural program, games, refreshment, lunch and gifts. On 26<sup>th</sup> Nov, 2016, 50 children were taken and the whole day they enjoyed.

#### 5. Celebrations

In a simple manner we celebrate all the National Festivals to make the children aware of the importance of each festival. Also we celebrate Children's Day, Christmas, Women's Day etc. All these celebrations include cultural programs, these provide opportunity to exhibit their talents. We encourage all the children to participate in the cultural program. At all these celebrations the children and their parents are provided refreshment. This year we had the Children's Day on 13<sup>th</sup> Nov 2016. We had a cultural program and their parents were invited. They also acted out fun skits, various games were conducted and prizes were distributed on this day.

At Christmas celebration we have carol singing, dances, Christmas play etc. At Christmas celebration we have a big gathering of parents, relatives of children. This festival is enjoyed by everyone. Each child gets a set of clothes as gift, these are provided by our students of Good Shepherd Convent School at Nungambakkam.

## 6. Nutrition Program for Children



Most of the children who come here are suffering from anemia and they are easily prone to communicable diseases, therefore in order to improve their health we provide them with different nutritional items which they look forward, the parents are grateful for the additional balanced diet.

## 7. Women's Meetings/ Awareness Program



We have regular meetings once a month for the women. We make this opportunity to speak to them on different topics which are useful to them. We invite resource person for this. During this year the topics dealt were, Responsibility of parents towards their children, Importance of education for the children, Environmental hygiene, Small savings and Health tips for the women.

## 8. Health care for the sick and elderly



During the house visit we identify the sick person and the elderly who are left alone at home and give the care according to their ailments and needs. We check Blood pressure, Blood sugar, and Hemoglobin for the Hypertension, Diabetic patients and the anemic persons. Also health awareness is given on the importance

of herbal medicine, home remedies, acupuncture and the effects of addiction on the person, family and the society.

## Relief Work



There was a fire in the slum nearby where we are working. During the Deepavali festival, 53 huts were burnt. We visited the area and the families and met the people. Our school children of Good Shepherd Convent School helped 15 families by giving Rs. 2000/- each to buy asbestos sheet for the roof. Also each family was given a pair of bed sheets, rice, dhal etc.

## Meeting with our lay Mission Partners



On 20<sup>th</sup> Nov, 2016 we met with our Lay Mission Partners who are very helpful to us in carrying out our Mission. We had tea together; we showed them the documentary on our mission. We shared about our activities that are planned. They show interest and support us in many ways. We thanked them for their love, concern and care for us. It was indeed a happy evening for all of us.