

## INTRODUCTION

Cultural Academy for Peace is a voluntary organization focusing on the empowerment and total development of women and children by focusing on Human Rights Issues, basic education and awareness programs. CAP identifies and helps the oppressed to overcome their situations by providing them with training, education and motivation for collective leadership for become an effective instrument of nonviolent social change for a just, tolerant and peaceful society .CAP creates opportunities for women of various class, caste, religion, race and nationality to come closer for mutual contact to build a better society.

2007 has been a year of achievements in various dimensions. CAP was able to reach the annual goal of conducting various programmes for the empowerment and development of the society by building regional, national and international linkage among women in local leadership and increase their capacities to become more effective advocates for women's human rights by networking with other women's organizations.

### **I. Shanthibhavan**

Shanthibhavan, the joint venture of the Corporation of Cochin and Cultural Academy aims to lend a helping hand to women in distress and in need, Facilities also include the provision of a safe and secure night stay for women and girls Below Poverty Line, who have spend a night in the city due to various reasons and even women are forced to leave their respective homes due to domestic problems. Shanthibhavan is equipped with trained staff, intended to provide solace and comfort to the stranded and aggrieved women, through rehabilitation and counseling. The main programmes conducted in Santhibhavan are as follows:

#### ❖ Counseling

Most of the people coming in search of a place to stay to Shanthibhavan are in need of counseling services. There is a counselor appointed by CAP in Shanthibhavan to help the inmates who requires moral support. This year about 208 cases are being dealt with and about more than 156 cases were helped in gaining back their normal life and to be rehabilitated. Follow-up activities are undertaken after the counseling being provided.

❖ House Visits

House visits are the best way to know more about the client and to get into the minds of the people. The counselor from CAP conduct house visits which helps her to understand more about her client's family, environment and surroundings, relationships with the family members, the innate behavior pattern of the counselees etc. Through the method of counseling, a lot of cases are being resolved.

❖ Educational Programs

Through the educational programmes the inmates who are in the age group of 5 years and above are send to schools and colleges by Shanthibhavan. The main accomplishment of this program is that, one of the girls was able to finish her studies in Nursing and now she is in a position to repay the amount, spent for her studies. Also as a part of the program, two girls were able to write the entrance examination and get admission in one of the prestigious medical colleges of Ernakulam. Another girl, who is doing her graduation, also writes articles in the News paper 'Sathyadeepam' and she is well known by her readers.

❖ Recreational Programs

Shanthibhavan conducts various recreational programmes for the inmates in developing their creativity. There are various competitions conducted in Shanthibhavan with an aim of developing the hidden skills of the women. As a part of the recreational activities, there was a composition by the famous dancer Mrs. Padma Menon, intrincating dance movements with the grace of yoga. The inmates are also taken out for movies, to the near by parks and to the religious institutions such as temples and churches etc which may help them to pour out their emotions and gain back their mental state.

❖ Vocational Training

The women in Shanthibhavan are given vocational training in paper bag making, pickle making, stitching and embroidery. They are not only taught how to make them but are provided with raw materials to actually formulate them and to present their products in stalls during festivals and exhibitions. 2007 gave them opportunities to exhibit and sell their products and gain profit out of it.

❖ Medical Support

The inmates of Shanthibhavan receive free medicines from various hospitals. There will also be medical camps conducted one each in every two months focusing on the well-being of the inmates. There are psychiatric patients staying in Shanthibhavan who are given special care and support by the staff and other inmates and some of them are being referred to another hospitals or rehabilitation centers. Whenever an inmate is in need of medical support, it is being taken care off by the staff without any hesitation

❖ Advisory Board Meetings

Advisory Board Meetings are conducted in Shanthibhavan to discuss the issues related with the inmates allied with their needs and wants. There will be discussions amongst the board members in preparing new projects and policies for the welfare of women. There was an Advisory Board Meeting conducted during the month of January, 2007 participated by the Board members, Mrs. Beena Sebastian, Dr. Remany Pulimood, Mrs. Tessy Jacob, Mrs. Nishaand the coordinators of Shanthibhavan. There was also a Board Meeting conducted during the month of November, 2007 participated by Mrs. Beena Sebastian, Mrs. Sherly Joseph, Prof. Marry Treasa, Zenath, S.I., Rajakkutty.N.K, Sindhu.K.R (WPC), Adv. Sandhya Raju and the coordinators of Shanthibhavan, to discuss various issues related to the other projects of Shanthibhavan such as the recreational programs, medical camps, vocational training programs etc.

## **II. Counseling and Legal Aid**

CAP had been working as a crisis intervention center during the past years. Now a new center has been opened which provides free counseling and Legal Aid. It functions usually on Fridays and Saturdays. At present about 92 cases are being dealt with. Advocates from High Court and HRLN support CAP for providing Legal Aid.

### **III. Sakhi**

**“Sakhi is a friend who supports, a mother who nurtures and a sister who consoles every distressed women and girls who comes to her”.**

SAKHI is a home for women and children in distress, victims of Domestic Violence and poverty, those who are neglected and who have to leave their homes in special circumstances. SAKHI as a centre for rehabilitation gives top priority to the total development and social well-being of women and girls. The main focus is on the unrelenting growth and progress of its inmates through counseling, creating awareness, through basic education in human rights, offering job-securing skills, empowering them to come out of helplessness to a stage of self-confidence, mutual respect and dependence to independence. Provisions are also made for women to keep their children along with them to prevent them from the trauma of separation. SAKHI also functions as a half-way home for women, who are discharged from Psychiatric hospitals but are not ready to recommence their normal life straight away at home, as they find it difficult to adjust hastily.

#### **Services Provided**

SAKHI provides shelter and necessary support to 30 inmates. Besides Counseling, free medical and Psychiatric treatments are also given to the inmates. To improve and nourish their Mental and physical well-being, yoga and other therapies (Occupation therapy & Recreation therapy) are also resorted.

This year, many women and girls who were in helpless critical state were taken care and looked after by SAKHI. Temporary shelter for 45 women and girls who had to leave their homes due to dangerous situations was also provided. Classes in promoting health awareness, alertness about empowerment, and handicrafts skills are conducted in addition, for the inmates. Special focus is given to Legal Literacy and Human Rights Awareness Building. Thus whatever they learn is utilized to enhance their future, which leads to the habit of savings. Guidance is provided in the field of vocational training which may help them financially. For instance by learning to make greeting cards, paper bags etc and finding a market for these, ultimately turn out to be a source of income. A team of volunteers is always standing by, to provide any kind of services to the residents. SAKHI also functions as a live lab for social work students from different universities.

## **Counseling Services**

Sakhi pays special attention to those women who under various social pressures and circumstances trying to leave their homes and as a last resort approaches SAKHI for support. Their problems are listened to and necessary services are provided. Observing their life situation, their mind set and their peculiar circumstances, SAKHI endeavors through counseling to help them to cope with the situation and uplift them to a level of better understandings of the realities and thereby making them self reliant and more courageous. In this year 2007, counseling is provided for about 250 individuals and could rehabilitate several such women and children in distress. Strained relationships could be straighten and bring about reconciliation in many broken families.

## **IV. Women Peace Makers Program (WPP)**

The Women's Peacemakers Program is a program of the International Fellowship of Reconciliation (IFOR), which was established in 1997. The overall objective of WPP is to empower women peacemakers through active non violence throughout the world. WPP involves learning, teaching and taking time to narrate a personal, unique experience of peacemaking. Apart from working in small groups, there are also other programs in which each peacemaker shares her experiences from her country and conflict settling with fellow peacemakers. The empowerment of women is done through active non-violence training, during which WPP provides women with skills and analysis to increase social mobilization, resolve conflicts peacefully and develop 'people's power' i.e., the capacity of marginalized sections of the society to demand an effective change.

The major objectives of WPP are:

- Organizing training for women's groups in active non violence, conflict resolution and reconciliation.
- Face to face contacts between women especially from enemy communities who are working for peace in conflict situations in order to exchange strategies and solidarity.
- Promoting through consultation and publication, interfaith dialogue and reflection among women or religious role in conflict and conflict resolution.
- Publishing materials that document and analyze the successes and failures of women's efforts in reconciliation and peace making.

This year the Regional Desk of WPP has started its functioning on August 28<sup>th</sup>, 2007, and Mrs.Suganthi Subramanian is appointed as the Regional Desk Coordinator.

#### Training of Trainers Program

With the objective of deepening women's understanding of active non-violence and equipping them with skills to develop gender-sensitive vigorous non-violence training, International Fellowship of Reconciliation/Women Peacemakers Program organizes a Training of Trainers (TOT) program every year, since 2002. From 2002 till November 2007, the (TOT) program was organized at the International level. As a step towards the decentralization process, the regionalization of the (TOT) training has taken place from November, 2007. Accordingly, as the Asian Regional Desk of WPP, CAP organized a Trainers Training Program for 16 women participants from Asia on Gender Sensitive Active Non-violence for social change between 26<sup>th</sup> November, 2007 and 5<sup>th</sup> December, 2007.

- Through better understanding of Individual Human Rights Advocacy and Peace-Building Work, the training sought to build greater cross-cultural understanding and to document the challenges and successes of women who have been involved in peacemaking efforts. The participants were active women peacemakers from Japan, Malaysia, Philippines, Srilanka, India, Nepal and Indonesia. The purpose of the training was to strengthen the skills of Asian women in Gender Sensitive Active Non-violence training and education, develop the ability to combat violence in their communities by preventive measures and peace building processes.

## **V. New Initiatives**

### **➤ Round Table Conference on Gandhian Ideologies**

The Indian tricolor was flying higher than ever at the United Nations, when it adopted a unanimous resolution to declare Mahatma Gandhi's birthday, October 2<sup>nd</sup>, as the International Day of non violence. As a tribute to the father of our nation, CAP and the Asian Regional Desk of Women Peacemakers Program, organized a Round Table Conference on the theme "Relevance of Gandhian

Ideologies in the current scenario” on October 2<sup>nd</sup> at 2 p.m. the program was organized at Ashirbhavan, Ernakulam, to stress on the significance of peace and non violence as tools for conflict resolution. The session was inaugurated by the Hon. Justice K.Mathew, who was highlighted the impact of morality in dealing with violence. Dr.K.S.Radhakrishan, Vice Chancellor Sanskrit University, Fr. Abraham Adapoor, member of Lumen Institute and Sr. Myriam, peacemaker from Germany gathering on importance of truth, non violence and peace. The function was presided over by Ms. Beena Sebastian, Executive Director of CAP. Dr Mary Venus Joseph, Vice Principal, Rajagiri College of Social Sciences announced the initiative to start peace clubs in schools. This proposal was positively responded to, by the teachers and student’s representatives from different schools in Kochi who were a part of the program. Delegates of Nepal Girl Child Peace Camp Ms .Ann Joseph and Ms. Reji Cherian also shared their experiences during the camp.

#### ➤ **Peace Clubs at Schools**

The United Nations has declared the decade 2001-2010 as the decade for the promotion of peace. The Global commitment to create a safe and better world for children, to cultivate and nurture the culture Of peace and non-violence, to promote peace and to end war, has to be rendered into action. Over the years, CAP has been striving towards its goal of peaceful and non-violent society. The recent launching of peace clubs in various schools by CAP and the Asian Regional Desk of WPP is a feather for CAP. The major areas of focus of the Peace Clubs were, health and happiness; conflict settling in our individual, family, school and larger community level; promotion of inter-religious harmony in our schools; rootedness in ones own religion and openness to other religions, value education on patience, self-surrender, sacrifice, truth, non-violence; and ecological conservation-peace to nature. The launching program was conducted on November 14; Children’s Day at Hotel

Presidency at 2 p.m. 11 schools from Ernakulam participated in the program which included Bhavans Adarsha Vidyalaya Kakkanad, SBOA School, Bhavans Eroor, Greets Public School, Varuna Vidyalaya Thrikkakara, Christhujayanthi Public School Kakkanad, Bhavans Elamakkara, Cochin Refineries, TOC-H School Vytilla, Al-Ameen Public School Edapally, Choice School Tripunithura. On the occasion, Ms.Beena Sebastian,Chairperson, Cultural Academy for Peace, took brief sessions on Ahimsa and Conflict Mnagement. The Vice Principal of Rajagiri College of Social Sciences, Mrs. Mary Venus Joseph took a session about Nonviolence .After which, the Oath for Peace was

administered to the students by Ms.Suganthi Subramaniam,Coordinator, Asia Regional Desk of Women's Peacemakers Program.

## **VI. Current Social Issues**

### ➤ **Programmes on HIV/AIDS**

India is one of the largest and most populated countries in the world, with over one billion inhabitants. Of this number, it's estimated that around 2.5 million people are currently living with HIV. The crisis continues to deepen, as it becomes clearer that the epidemic is affecting all sectors of Indian society, not just the groups – such as sex workers and truck drivers – with which it was originally associated. In a country where poverty, illiteracy and poor health are high, the spread of HIV presents a daunting challenge

CAP has initiated several Income Generation Programmes for HIV positives.the programmes cover those women infected as well as affected with HIV/AIDS. Apart from those tested positive for HIV,it also includes the widows of those who died of HIV/AIDS,the wives of those infected with HIV/AIDS and sex workers. Moreover, CAP in association with the Kerala State Aids Control Society(KSACS) had implemented the Partnership for Sexual Health Project targetting sex workers,MSMs(Men having Sex with Men) and jail inmates, which met its completion in October,2006. Although the tie up period with the Government for the project has expired, CAP still maintains close communication and networking with the target groups and has been playing an active role in initiating various programmes for the sex workers in the state.The new initiatives of CAP for HIV Positives are:

### ➤ **Free Distribution of Nutritious food and Medicines for HIV infected**

Most people infected with HIV belong to the lower strata of the society. As a result, very often they cannot afford to maintain a proper diet and medicines that are prescribed to them. Thus, CAP, in order to ensure a higher life expectancy to them by maintaining a healthy lifestyle, has arranged for the free distribution of nutritious food and medicines to the HIV infected. Every month, CAP provides those

infected with HIV free nutritious food and medicines. Under this initiative, CAP gives continuous support to 20 beneficiaries

➤ **IGP training programme for HIV positives**

On 12 December, 2007, an IGP training programme was conducted at the CAP head office, which was attended by 30 participants. The endeavour was to provide a means of livelihood for income generation to those infected as well as affected with HIV/AIDS. The classes were handled by Mr. K.M.H. Iqbal, who enlightened the gathering on the importance of hardwork, perseverance, self-confidence and self-belief and team work.

➤ **Health Awareness Classes on HIV/AIDS**

As a part of our campaign against HIV/AIDS and to wipe it out completely beginning at the grass-root level, CAP has been organising health awareness classes for community women, home-makers, drug users and the common people in general. The classes focussed on imparting basic information on HIV/AIDS, expunging the social taboos and stigmas that prevent effective handling of the HIV/AIDS scenario in the country and adopting safety measures to prevent the spread of HIV.

➤ **Programmes for Sex workers**

Cultural Academy for Peace, in a tie up with the KSACS, implemented the Partnership for Sexual Health Project targeting Sex workers, MSMs and jail inmates. The project extended for a period of three years beginning in July 2003 to October 2006. Although the project has met its completion, CAP, realizing that the target group comes under the high risk category, still maintains close networking with them. CAP has initiated several programmes for an improvement in their situation. CAP was also a part of the workshop held for Sex workers and MSMs on November 2, 2007.

➤ **AIDS Day Programme**

World AIDS Day, observed on each year, is dedicated to raising awareness about the spread of infection. CAP conducted an AIDS Day programme for community women at the Primary Health Centre at Puthuvype this year on December 1. The programme, which was meant to expunge the stigma associated with AIDS and address the issues in dealing with it, in addition to raising awareness about HIV/AIDS at the grass root level, was attended by 135 participants. The programme began with a medical camp, followed by a questionnaire to gauge the general awareness of the participants about HIV/AIDS. This was followed by an interactive chat session.

### ➤ **Tibetian Programme**

From the day of starting of Cultural Academy for Peace, the Indo Tibetan forum had been in function in collaboration with CAP. The main aim of the forum is to protect their rights as they are treated as second class citizens in India. It is in this context that CAP took the initiative to bring them to the main stream of the society. CAP is extending guidance and assistance in their struggle for survival.

Cap celebrated the 71<sup>st</sup> Birthday of His Holiness Dalai Lama. The programme was conducted on July 7<sup>th</sup> of 2007 at Achutha Menon Hall, Ernakulam. Ex- councilor of Cochin Corporation, Mr.K.J.Sohan Ex-president of YWCA, Mrs. Ammini Samuel, A social activist and journalist, Mrs. Leela Menon and the Executive Director of CAP, Mrs. Beena Sebastian were present during the function. The sessions concentrated on the issues of Tibetians in gaining their ration card and identity card without which they are unable to Righ

## **VII. Domestic Violence Act**

The incidents of domestic violence reported in India have reached alarming numbers. According to the report of United Nations, around two-third of married women in India are victims of domestic violence. The government, in order to protect, thousands of women who are victims of domestic violence and its disastrous consequences, passed the Protection of Women. As a voluntary organization committed to the cause of women in the society for over 15 years now, CAP has been recognized by the Kerala State Government as a Service Provider under the Act. Since the Act was passed in 2005, CAP has felt the need to make the common people in the society aware about it. With this in mind, we have organized various activities on Domestic Violence Act.

### ○ Demonstration on Domestic Violence Act

Voicing its protest against the lack of commitment on the part of the concerned authorities on the implementation of the Domestic Violence Act, CAP took the initiative to organize a demonstration on February 12<sup>th</sup>, 2007, along with other women's organizations in the city. The demonstration was a intended to raise our protest against the issue.

The demonstration was attended by prominent persons from all walks of life including Ms. Monamma Kokkadu, member of Women's Commission, Dr. Mary Joseph, Vice-Principal, Rajagiri College of Social Sciences, Ms. Ammini Samuel, President of the YWCA. Ms. Beena Sebastian, Chairperson, CAP, highlighted the difficulties faced in the implementation of the Act. Adv. Sandhya

Raju enlightened the gathering on the different provisions of the Act. Ms. Sulekha, Project Manager, Santhibhavan, shared her experiences in dealing with the victims of domestic violence at Santhibhavan.

○ Classes and Workshops on Domestic Violence Act

As a part of our initiatives to raise awareness about the Protection of Women from Domestic Violence Act, 2005 and thereby meet the goals for which it was passed, CAP has conducted several classes and workshops for various organizations as well as for its staff and Board members.

- Workshop on Domestic Violence Act for staff of CAP on January 13, 2007.
- Workshop on Domestic Violence Act for District Social Welfare Department on March 22, 2007.
- Workshop on Domestic Violence Act at Rajagiri College of Social Sciences on March 27, 2007.
- Workshop on Domestic Violence Act by Ms. Beena Sebastian for members of Kerala Catholic Youth Movement
- Workshop on Domestic Violence Act at Specialist Hospital on June 30, 2007
- Practical Training Program on Domestic Violence Act and its effective processing for the staff and Board members at CAP head office on August 11, 2007 by Adv. Praisy Joseph.

○ Review meetings on Domestic Violence Act at Bangalore

The National Commission for Women held a review meeting at Bangalore on 21 & 22 June, 2007 with a view to reviewing the provisions of the Act in order to make it more effective. On their invitation, Ms. Beena Sebastian, Chairperson, Cultural Academy for Peace, attended the meeting. With the experience of having dealt with the victims of domestic violence at Shantibhavan and other initiatives, she gave in her inputs and suggestions to the Commission.

### **VIII. Vypin Village Integrated Development Programme**

#### **[SPED-II 2006-07 (Sustainability through Participation Empowerment and Decentralization)]**

Cultural Academy for Peace has newly joined hands with Save A Family Plan India (SAFP) and Canadian International Development Agency (CIDA) for the implementation of a three-year Village Integrated Development Program called SPED-II 2006-09. The main goal of this program is to

contribute to the reduction of poverty by ensuring the efficient management of the natural resources, improved health condition, gender equality, improved living standard and improved economic condition of the community people. CAP envisages the creation of a model village as the end result of this project.

As part of this project CAP is makes interventions in five major areas such as:

- 1) Gender mainstreaming
- 2) Environment consciousness building
- 3) Capacity building and promoting good governance
- 4) Promotion of sustainable livelihood initiatives
- 5) Improving health status of the community

### ➤ **Sector I. Gender Mainstreaming**

Gender issues are on constant increase in the present social scenario. there are many women amongst us who suffer from domestic violence, early marriage, dowry system, gender disparity, denial of education, disparity in working places, alcoholism and drug abuse etc. Through gender mainstreaming we aim to bring gender equity and equality at all levels of the society and thus to reduce the issues regarding gender.

- **Gender Resource Team workshop**

A Gender Resource Team workshop was conducted to form a team for organizing gender training in community level. The workshop was held at the Cultural Academy for Peace from 28<sup>th</sup> -30<sup>th</sup> November 2006. The workshop was facilitated by Mr. Prakash Chandy, an international trainer in Capacity Building and Gender Mainstreaming. 25 grass root level women, short-listed for the resource team, participated in the program. At the end of the program, four animators and 16 resource team members were selected from among all the participants through the assessment of their performance, efficiency and aptitude in the particular area.

- **Gender Policy Formulation**

A Gender Policy Formulation was held at the Cultural Academy for Peace on 12<sup>th</sup> & 13<sup>th</sup> March 2007. Development of a gender policy to ensure gender equality and dignity in the organization also in the activities of the organization was the major objective of this program. There were 35 participants including the staff and Board members of CAP, volunteers and experts from the concerned field. The workshop mainly concentrated on the importance of developing a gender policy, the strategies and the methodologies to be followed, in the context of our activities.

- **Gender Conflict Resolution Strategy workshop**

A Gender Conflict Resolution Strategy workshop was conducted on 15 March 2007 at Cultural Academy for Peace, Palarivattom. The workshop was for improving the about Gender conflict and the resolution strategies to be implemented in different context. Staff of CAP, SPED animators, and a number of volunteers attended the workshop. There were 30 participants altogether. Mrs. Beena Sebastian a gender consultant and trainer facilitated the workshop.

- **One- day Gender Mainstreaming training at CBO level**

14 CBO level training on gender was conducted in the villages of Elankunnappuzha and Puthuvypu during the the year 2007 in which 629 women representatives from 210 SHGs had their participation. Project staff and resource persons from the respective field facilitated the classes. As a result a positive change in the approach with regard to gender was visible in the community. The capacity of the local women in dealing with gender issues/conflicts was developed both in the family and the community. The reported cases of domestic violence were increased by the constant awareness against gender issues especially domestic violence.

➤ **Sector II. Environment Consciousness Building**

- Environment impact assessment training

A Resource team for environment consciousness building was conducted on 16 March 2007 at the office of Cultural Academy for Peace. The workshop was facilitated by Mr. Joseph Mathew, Environment consultant, Peerumedu Development Society. There were 23 members to participate the workshop including Animators,

Resource team members, NGO Staffs. Various aspects of Environment, environment issues and the measures address the issues were explained to the trainees. Specification was given on environment impact assessment by inserting the programs like IGPS. Group discussions and Group works were included as part of the workshop.

- Environment policy making workshop

An environment policy workshop was conducted in the organization with the participation of NGO staffs, volunteers and the experts in the particular area. As a result an environment policy was designed both in long term and short-term aspects with respect to the activities of the organization.

- Community level trainings on Environment consciousness building

During the year 10 community level trainings were organized on Environment Consciousness Building in two villages. 729 grass root level women were given the training. Through the classes willingness and initiation was created in the community for environment conservation and also for leading an eco-friendly life. Special focus was given on EIA (Environment Impact Assessment) in all the newly started activities.

➤ **Sector III- Promotion of Good Governance in the community**

Promotion of Good Governance is one of the major concern of SPED II, which attempts to ensure the people's participation in local administrative levels, ensuring their rights to live a just and better life and thus to create a civil society. In the present scenario where various types of power unbalance and conflicts are on the higher side such an intervention is unavoidable. Through promoting good governance we aim to bring people's participation and empowerment in the governing level, and to empower them to elect the deserving and efficient representatives and leaders to perform a model governance and thus to enhance our attempt to develop a model village in the project area.

- Two day's resource team building workshop on good governance

The Resource Team Workshop for the Promotion of good governance was conducted to form a team for organizing gender training in community level. The workshop was held at Cultural Academy for Peace from 4<sup>th</sup> -5<sup>th</sup> July 2006. The workshop was facilitated by Prof. Neena Joseph, faculty of IMG, Govt. of Kerala. 23 grass root level women short-listed for the resource team participated in the program.

- CBO level training on good governance

Through the 12 training programs 589 women representatives from 210 SHGs became aware about good governance in the project area. Through the training the people could realize their key role in the sustainability and efficiency of local government and also their rights and the decision making power in the governing system. This would empower people in participating actively in the decision making process especially while selecting their leaders and representatives. Thus a social governing system based on people's equality and well-being can be achieved leading to social development.

➤ Sector IV- Promotion of Health Status Of The Community

Objectives

- To ensure the improved physical and mental health of an individual and the community and to achieve the self sustainable development .Thus CAP aims to develop Elankunnapuzha as a model village
- To create health awareness to improve the existing health condition.
- To promote people to avail the local health services like CHC, PHC etc. the prevention of diseases
  - **Health Awareness programs**

The awareness classes were conducted in two villages of Elankunnapuzha and Puthuvyppu. Altogether 1254 women in two villages benefited from the health awareness programs through 23 classes. The topics were selected considering the demand of the community with the participation of health coordinator, health inspectors and local women. The Health Coordinator, JPHNs, specialized Doctors and Health Inspectors lead the classes. Slide Shows and posters were used.

- **HIV/AIDS Awareness Programs**

As part of the HIV/AIDS prevention program wide level classes and awareness were given to community women in Elankunnapuzha and Puthuvyppu village. The classes aimed at making people informed about the mortal state of AIDS and concerned aspects. The Health Coordinator, Health Inspectors and resource persons from AIDS projects lead the classes. At the end of the HIV/AIDS prevention programs undertaken by CAP, 699 local people were given awareness on HIV/AIDS and Cultural Academy for Peace

its different aspects. Stigma against HIV/AIDS and its victims started to get reduced through the continuous awareness program.

▪ **Arrangement Of Preventive Medicines For HIV/AIDS Infected Persons**

Through SPEDII medicines and nutrient food s are provided to the infected people from the project area. By making use of the networking with the existing HIV/AIDS prevention projects especially PSH projects (Participatory Sexual Health) and Positive Women Network, identification of the target group was done. Then with their assistance, a need assessment study was carried out on particular people according to his/her health status. Following this, medicines were distributed to the beneficiaries on the basis of their need along. Nutrient Food, which they prefer to include in their daily diet, was also provided for their better health.

▪ **Medical Camp**

Two medical camps were conducted in both Elankunnapuzha Village & Puthuvyppu Village on respective dates of 21 April 2007 & on 10 March 2007. This was jointly organized by Kristhu Jayanthi Hospital, Vypin & Gautham Hospital, Fort Cochin lead the camp. Women from the nearest three wards in Elankunnapuzha village were the beneficiaries of the medical camp. Altogether 178 village Women availed the services. Distribution of medicines was done and those who need detail check –ups and treatment was referred to the same hospital for a reduced cost.

▪ **Sector IV. Promotion of Sustainable Livelihood Initiatives**

As part of bringing economic empowerment in the community a self-employment program was promoted SPED II in which 90 community women from poor background were provided with sufficient support to start up a New project for the improved quality of life. Reduction of poverty through utilization of local resources, empowerment of women and their family though economic self-sufficiency, and improved status of women in the community are the major goals of this program.

As part of starting up the new projects the beneficiaries were provided with Rs.4, 000/- as the subsidy and Rs.10, 000/- as the loan component from the local bank. IGP training was given to the beneficiaries in order to equip them with enough scientific and technical knowledge to carry out the projects well with the maximum profit. The training was conducted on 29<sup>th</sup>, 30<sup>th</sup> May 2007 at the

Community Hall in Elankunnapuzha. Fish processing and was the major areas on which the training was given. Mrs. Sreelatha from Krishi Vijnana Kendra (KVK) facilitated the seminar. In the beginning day of the seminar the Resource person described about various income generation programmes, its feasibility and the innovative methods, which can be adapted for their effective implementation by making use of the local resources. Fish processing and the related terms were the theme for second day's training. Demonstration on pickle making and fish drying were also imparted in the program.

A group of rules and regulations were set up for the smooth functioning the group as well as for each individual project. Animators were assigned with certain area for monitoring and reports were submitted to the coordinator on a monthly basis. This was to ensure the effectiveness and sustainability of the IGP units and thus to achieve the desired goals.

#### ➤ **Programmes for sex workers**

Surveys carried out in various parts of India in 2001 found that 30% of street-based sex workers did not know that condoms prevented HIV infection, and in some states, such as Haryana, fewer than half of all sex workers w(brothel- and street-based) knew that condoms prevented HIV. Even four years later there seemed to have been no improvement in the situation. Surveys in 2005 again revealed that 42% thought they could tell whether a client had HIV on the basis of his physical appearance. At the same time, another study in Mysore revealed that only 14% of sex workers used condoms consistently with clients and that 91% of them never used condoms during sex with their regular partners.

### **IX. Visit of Vice President of India**

Ms.Rosie Martin, one of the famous social activist and the advisory board member of Cultural Academy for Peace got an opportunity to meet the Hon.Vice President of India Mr.M.H.Ansari and his wife Mrs.Salma Ansari,at the vice presidents residence. Mrs.Rosie Martin explained the activities of Cultural Academy for Peace, especially the functioning of Shanti Bhavan and Sakhi. During the discussion they expressed their concern for the less privileged women and Childtren..On 4<sup>th</sup> November, Mrs.Martin was also able to meet Mr.Vinu Singh,the treasurer of External Affair Spouses Association Charitable Trust.Mr.Singh revealed his interest in the work of CAP and extend his willingness for support

## **X.Special Training Programmes**

### **▪ Gender Conflict Management**

As a part of the special training programs conducted in CAP, there was a class on Gender Conflict Management in January focusing on projecting out gender equality among the people of the community. More than 200 people participated in the program.

### **▪ Capacity building program**

As a part of skill and ability development there was a training program conducted in March, at Renewal Centre focusing on the theme ‘Capacity Building’. The training program was conducted for staff and the District Training Officers. During the program, one of the sessions was handled by Mrs. Beena Sebastian.

### **▪ Dowry Prohibition Act**

The training program based on the theme ‘Dowry Prohibition Act’ was conducted at the Lumen Institute, during the month of March. During the sessions, one of the sessions was handled by Mrs. Beena Sebastian.

### **▪ Trafficking on Women and Children**

A workshop was conducted by CRS and ESSS at ESSS office where people from different walks of life were participated and the ex-Director of CAP, Mrs. Beena Sebastian took a session on trafficking. There was another workshop related to the same topic of ‘collective action against trafficking against women and children, conducted at Ponnuruni in July at the Welfare Services. Mrs. Beena Sebastian dealt with a session during the workshop.

### **• Sthree Suraksha**

The Government initiated a new program called ‘Sthree Suraksha’ with an aim of focusing the trafficking and violence against women. The programme was dealt by the field experts from various fields. The workshop was inaugurated by Home Minister Mr. Kodiery Balakrishnan.

### **Trafficking and HIV/ AIDS Programme**

A workshop was organized by Nehru Yuva Kendra was conducted at the Youth Hostel, Kakkanad. Several peoples attended the programme. The severity of the problem was discussed .Mrs. Beena Sebastian handled a session during the workshop.

- **Trafficking**

Trafficking of women and children for commercial sexual exploitation is an organized crime that violates basic human rights. India has emerged as a source, destination and transit for both in-country and cross border trafficking. Poverty, low status of women, lack of a protective environment etc are some of the causes for trafficking. A multi sectoral approach is needed which will undertake preventive measures to arrest trafficking especially in vulnerable areas and sections of population; and to enable rescue, rehabilitation and reintegration of the trafficked victims. Keeping the above issues and gaps in mind the Ministry has formulated a Central Scheme “Comprehensive Scheme for Prevention of Trafficking for Rescue, Rehabilitation and Re-Integration of Victims of Trafficking for Commercial Sexual Exploitation—Ujjawala”. The new scheme has been conceived primarily for the purpose of preventing trafficking on the one hand and rescue and rehabilitation of victims on the other.

- **Women Cell Inauguration**

Women Cell Inauguration conducted at St.Terasas was based on the issues related to the adolescent girls. There was a talk delivered by Mrs. Beena Sebastian focusing on the group of students and staff.

- **POC Minority Rights.**

The term **minority rights** embodies two separate concepts: first, normal individual rights as applied to members of racial, ethnic, class, religious, linguistic or sexual minorities, and second, collective rights accorded to minority groups. There was a session dealt by Mrs. Beena Sebastian, excecutive Director of Cultural Academy for Peace, on this topic. The program was conducted at POC, at Palarivattom.

## **XI.Networking**

Networking lead to the success and to maintain good relationships with other State and Women’s groups to attain the goals. It is the most powerful way to build professional and social relationships, to foster contacts and disseminate information. CAP conducts different programmes with the association and support of different organizations. CAP also provides opportunities for cultural exchange programmes where students and visitors

from outside states and countries visit our organization and take part in the various programmes organized by us. This year we had Switzerland and German team to visit our organization.

**a) Networking with various universities.**

CAP welcomes trainees and interns for field placements and internship training. The trainees are exposed to training which equips them with the confidence and skill to be independent social workers. The trainees are given opportunities to organize programmes, take part in the administrative activities, to study the organizational activities and structure, given exposure to the various projects etc. the trainees are also given orientation regarding the nature of each project by the staff of the organization. In the previous year we had student trainees from Shri Sankara College Kalady, Rajagiri College of Social Sciences Kalamassery, BCM college, Kottayam, and Government law college, Ernakulam.

**b) Networking with Institutions/NGO's**

- a. Networking with similar organizations who engage in development and social activities is an essential part of our endeavor. We have close ties with organizations like YWCA, Women's Association, , Peoples Council for Social Justice, HRLN, Social Service Societies, Lumen Institute, Nehru Yuva Kendra [NYK], Save a Family Project, Rajagiri College of Social Sciences, Kalady Sankaracharya Institute of Social Work, Gandhi Peace Foundation, Mahatma Gandhi University etc.

We are happy to note that Government / local bodies have included CAP's representatives in many of its important committees in view of its active involvement and contribution for social development. They include:

- a. District Police Women's Cell
- b. District Anti Corruption Squad
- c. Kerala State AIDS control Society
- d. Indian Council for Social Welfare, New Delhi
- e. Corporation of Cochin
- f. National and State Women's Commission,
- g. Federation of Indian Women Lawyers.
- h. Human Rights Law Network
- i. YWCA
- j. Women's Association
- k. Kudumbasree
- l. Child line

## General Achievements

- CAP was successful in building positive relations with the local governing bodies and other service centers and could ensure their active participation in all levels of activities
- Several environmental issues were brought into the notice of the Government authorities by CAP and promoted them to take necessary actions
- Economic empowerment was achieved for 90 poor families through the promotion of sustainable livelihood initiatives
- CAP/WPP conducted international training program [TOT] for Asian participants.
- As part of the women empowerment program CAP provided Shelter and Rehabilitation for the girls and women in distress, through referral services.
- During the last year CAP reached its services in the areas of gender, environment, health and economy to the selected seven wards in two villages of Elankunnapuzha Panchayath.
- Effective intervention was done on gender issues especially on Domestic Violence.
- CAP, to ensure the mental emotional health of the community, provided counseling Services.
- The individual and family problems of the community were reduced through CAP's intervention through services like counseling, crisis intervention, conflict management etc.
- Ensuring of good health for the community was made possible through awareness classes, distribution of medicines, medical assistance etc.
- CAP could help out the HIV/AIDS infected persons to achieve an improved and sustainable health as part of the HIV/AIDS prevention program.
- CAP could inform people about the available services and provisions for public welfare along with the awareness about their right.
- CAP initiated new Peace Making Programs like Peace Clubs and training programmes.
- CAP could organize Public Demonstrations and consultations for the effectiveness of Domestic Violence Act.
- CAP succeeded in conducting various programs with the network of other organizations.

## CONCLUSION

This year was a year of events, enthusiasm and hope.

We are grateful to V.R. Krishna Iyer, President of the Board who has been a pillar of strength and inspiration for us. Our special thanks are due to Mr. A.P.M. Mohammed Hanish IAS, District Collector, Ernakulam and Mr. Manoj Abraham, City Police Commissioner. Our sincere thanks to Income Tax officer Mrs. Susy Mathew, Smt. Leela Menon, Dr. Neena Joseph, Prof. Monamma Kokkad, Mrs. Rosie Martin, St. Teresas college Principal Sr. Christabelle and Regional Desk Coordinator Mrs. Suganthi Subramanian [WPP]. The District Administration as well as to the City Police who are always extending a helping hand. We extend our special gratitude to all the Board members and advisory board members for contributing valuable time and skills.

The help extended to us by Urban Poverty Alleviation Department and Corporation of Cochin needs special mention. We extend our sincere gratitude to UPAD authorities, office bearers and team of staff. We also thank our Worshipful Mayor of Cochin Prof. Mercy Williams, with the help and assistance of UPAD and Cochin Corporation the Night Shelter for women – Shanthi Bhavan was launched.

We are very grateful to office bearers, members and staff of IFOR and WPP. IFOR & WPP have always been a source of support to CAP.

We are also thankful to the officials of Social Welfare Board and Social Welfare advisory Board Members who were giving us timely directions and cooperation.

We would also like to extend our sincere thanks to our well wishers Smt. Monamma Kokkad, Dr. Neena Joseph, Dr. Ramola Joseph, Dr. Suseela Mahtew, Smt. Elvy Ninan, Smt. Anila Ninan, Smt. Lissy Alexander, Smt. Shoba Mohanadas, Mr. Prakash Chandy Smt. Anu Thomas, Smt. Leena Roy, Ms. Letti Lute, Ms. Susan Mathew, Community leaders, Panchayat Authorities and YWCA without whom our activities could not have been a success. We express our sincere gratitude to each and every sponsor who was so gracious to come forward and support us.

At last, but not the least we would like to thank our staff and members and volunteers. It was teamwork. We really experienced the power of synergy. Everybody contributed according to his/her ability and it was wonderful. I thank each and every staff and volunteers for their whole hearted support.

**Beena Sebastian**

**Executive Director, CAP.**