

PARTNERSHIP IN MISSION

SHARING ON 02 FEBRUARY, 2023

"Sahagaami"

**GOOD SHEPHERD INITIATIVE
FOR DEVELOPMENT (GSID)**

Good Shepherd Convent, Kannara.

ACTIVITIES WE DO TOGETHER

- ⦿ Personal contacts and family visits
- ⦿ Counseling services to families and individuals,
- ⦿ Visit sick, lonely, aged, terminally ill, bereaving families
- ⦿ Sahagaami Day Care for women 50-75 years
- ⦿ Sessions and Learning in group
- ⦿ Wellbeing for the Elderly through Relaxation, meditation
- ⦿ Outing to promote ecological values
- ⦿ Educational support to students of Palakunnu colony
- ⦿ Attending Sunday Holy Mass with Migrant workers
- ⦿ A tailoring centre for them.

VISIT TO PALAKUNNU

- ◉ Palakunnu, SC colony with 70 families, 13 km. from Kannara, a hilly area close the forest.
- ◉ Drinking water is scarce, carry water from down the hill
- ◉ Transport facilities are poor.
- ◉ They requested coaching classes for children, tailoring class and support doll making initiative

AT PALAKUNNU



DISTRIBUTION OF BOOKS, SCHOOL BAGS AND UMBRELLA TO THE DESERVING





SKILL DEVELOPMENT PROGRAMME FOR MIGRANT WORKERS

- ◉ Every Sunday visit migrant workers in Thalore for Mass.
- ◉ On 2nd October 2022 began tailoring class for the women folk.
- ◉ We have an trained instructor for this. Classes taken in a rented room.



SAHA GAMI
ಸಹಗಮಿ
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INITIATED 'SAHAGAAMI' DAY CARE CENTRE

- During our family visit we found women who are
 - lonely and depressed;
 - widows and aged
 - staying alone at home
 - those withdrawn to their room,
 - brood over the past or
 - get exhausted with too much work.
 - Those suffer much physical pain and stiffness.
- Responding to their expressed need, we started a Day Care Centre for women aged between 50-75 years.
- Contribution of mission partners' appreciated

DAY CARE CENTRE 'SAHAGAAMI'

Initiated on 12th October 2022 we focus on their emotional and mental health.

The program contains

- relaxation, meditation, simple exercises and mudras.
 - have riddles, sing-songs, dance and acting out.
 - Laughter helps them to let go stress and be happy.
 - First aid facility, BP check up etc. available.
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- ◉ About 12-15 women and our mission partners Mrs. Betty and Mrs. Rosily are regular to the Centre.
 - ◉ We got the good will support of Panchayat President, CI of Police, Panchayat member and Asha worker.





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ಸಹಗಾಮಿ
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KANNARA

GOOD SHEPHERD
CONVENT

SAHAGRAMI
സഹഗ്രാമി
GOOD SHEPHERD
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Talent show



ECO OCTOBER

- ◎ Sessions for the women, Theme-“Earth is our common Home’ and on the preservation of Nature.
- ◎ As women how we can contribute to the preservation of our Mother Earth:
 - Use water and electricity sparingly
 - Plant a tree whenever one is cut
 - Prevent environmental pollution by segregating the Dry and wet waste. Avail Panchayath facilities.
 - Make our own kitchen garden, share seeds /saplings.
 - Have Nature Walk – picnic to Orappankattu



ARRANGED FOR VEGETABLE & FLOWER GARDEN, KITCHEN WASTE MANAGEMENT AND COMPOST PITS



ACTIVISM NOVEMBER



SOLIDARITY WITH VIZHINJAM FISH WORKERS' STRUGGLE



DECEMBER 4 SHARING





29 JANUARY 2023 FOR CARING – MEDICAL CAMP



കൈവേദന്റെ ജ്ഞാനം അരുണതയിൽ നിന്നു വരുന്നു
രാജാവിന് അവനെ സമ്മാനിക്കുന്നു. (പ്രഭാഷകൻ 38:2)

‘സഹഗാമി’

GOOD SHEPHERD CONVENT, KANNARA, COMPANYPADI

തൃശൂർ ജില്ലാ സഹകരണ ആശുപത്രിയുടെ
സഹകരണത്തോടെ...

സൗജന്യ മെഡിക്കൽ ക്യാമ്പ്

2023 ജനുവരി 29 ഞായർ രാവിലെ 9.30 മുതൽ ഉച്ചക്ക് 1 മണിവരെ

GOOD SHEPHERD CONVENT, KANNARA,
COMPANIPADI യിൽ വെച്ച് നടത്തുന്ന ക്യാമ്പിലേക്ക്
ഏവർക്കും സ്വാഗതം

ഉദ്ഘാടനം : **ടി.കെ. പൊറിഞ്ചു** (തൃശൂർ ജില്ലാ സഹകരണ ആശുപത്രി പ്രസിഡണ്ട്)

ക്യാമ്പിൽ പങ്കെടുക്കുന്ന ഡോക്ടർമാർ

1. DR. T.V. SREEJITH, M.B.B.S, D.C.H ,TCMC PAEDIATRICIAN (ബിരുദോഗ്ര വിഭാഗം)
2. DR. LIGY SIMON., MBBS. MS, OBG ,TCMC GYNAECOLOGY (ഗൈനക്കോളജി വിഭാഗം)
3. DR. THOMAS JOHN MD DM. CARDIOLOGIST (കാർഡിയോളജി വിഭാഗം)
4. DR. SRIKANTH MBBS (GENERAL MEDICINE)
5. DR. JOSEPH MBBS (GENERAL MEDICINE)
6. DR. PAUL SEBASTIAN MBBS. MS, ENT, (ചെവി, തൊണ്ട, മുക്ക്)
7. DR. SOBHA VENUGOPAL MBBS, (CMO)
8. DR. NAVEEN MBBS, MS CONSULTANT , OPHTHALMOLOGIST, (നേത്രരോഗ വിഭാഗം)
9. DR. JOMY. T. JOHNY BDS (DENTAL SURGEON)
10. DR. AJMAL HABEEB C M, BDS (DENTAL SURGEON)

മുൻകൂട്ടി രജിസ്റ്റർ ചെയ്യുന്നതിനുള്ള
കൂടുതൽ വിവരങ്ങൾക്കുമായി താഴെ പറയുന്ന നമ്പറിൽ വിളിക്കുക.

Mob : 9633207164, 9481884754, 8921028904





**thank
you!**