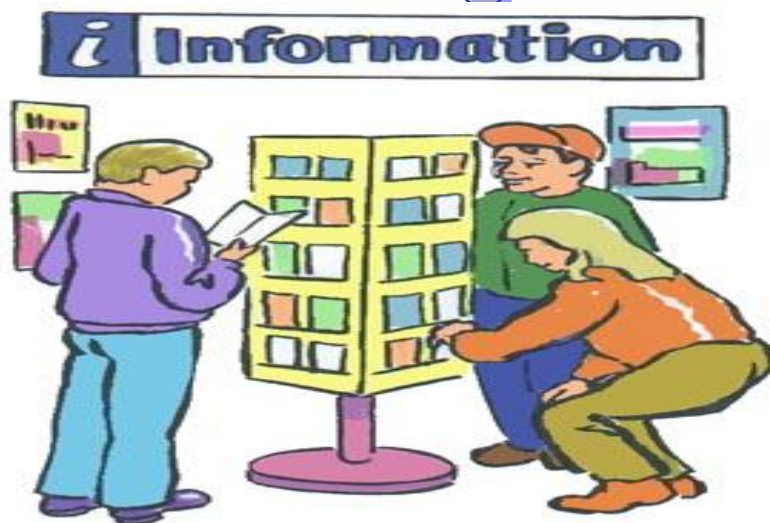


# **Annual Report 2015-2016**

## **CHRISTIAN ORGANISATION FOR SOCIAL SERVICE**

**168 Opposite Shivar Garden, Tilhari, P.O.  
Bilhari, Mandla Road, District -Jabalpur,  
Madhya Pradesh-482020**

# About The Organization



Name of organization	CHRISTIAN ORGANISATION FOR SOCIAL SERVICE
Address of organization	168 Opposite Shivir gaden, Tilhari, P.o. Bilhari, Mandla Road, Jabalpur (Dist.) Madhya Pradesh-482020
Contact No	+91-9826447562
Email Id	aisidney1967@yahoo.com
Registration No	19261
Registration Act	Society Act, XXI OF 1973
Date of Registration	18th AUGUST 1980
PAN No	AABTC6577H

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# List of Governing Body



Sl. No	Name	Designation
1.	Vepuri Jai Sidney	President
2.	Ravi Shankar	Vice-President
3.	Ullas Daniel	Secretary
4.	Ritesh Masih	Joint Secretary
5.	Urmila Thakur	Treasurer
6.	K.V.Shredder	Member
7.	Sheryl William	Member

### **FROM THE PRESIDENT DESK**

We are happy to present the Annual Report 2015-2016 to Christian Organization for Social Service, Being a Civil Society Organization; we have altogether catalyzed development intervention in collaboration with people, government and resource institution in many ways.

It could realize its potential because of our core philosophy o.e., Participatory Development. We recognized the importance of people at each level from planning to evaluation. Contrary to the mainstream of the development, we recognized local people's knowledge and experience and have immense faith in "They know, I don't know" rather "I know, They don't know" as well as "They are the solution, we are the problem" rather "We are the solution, They are the Problem."

It has taken over the challenges to eliminate whirlpool of ignorance through different awareness programmes and formation and nurturing of self Help Groups. Women have come out of their house. They resolve their conflicts; search for the solution of their problems' discusses several issues by themselves and fro themselves on a common platform. Due attention has been paid on women and child development. It could successfully implement Education and widespread the message through training, camps, meetings and seminars.

We extend our gratitude to the local People who extended his cooperation at all levels in the best possible ways. The year has been glorious because of our dedicated and committed staff and wish for the extension of its services to the rural masses as much as possible.

**Christian Organization for Social Service**

**President**

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# Goal

## GOAL

Holistic Development of the Society.



## VISION

COSS envisages a gender just society in which women, children and marginalized have rights over their own lives.

## MISSION

COSS envisages a gender just society in which women, children and marginalized have rights over their own lives and sensitizing, marginalized through education and creating socio economic development.



## STRATEGY

- ✓ Formation and Nurturing of Self-Help Groups.
- ✓ Exploring Sustainable Livelihood Portfolio.
- ✓ Participatory Development.
- ✓ Micro Planning.
- ✓ Taking up challenge of RCH/HIV/AIDS.
- ✓ Strengthening Local Self Governance.
- ✓ Capacity Building through organization Seminars, Workshops, Training both Vocational and Non- Vocational and Camps.
- ✓ Research and Documentation.

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## **GUIDING VALUES & PRINCIPLES**

Certain values and principles have been incorporated in the work of **Christian Organization for Social Service**, Madhya Pradesh, which acts as a driving force, which are as follows:

- ✓ **Fire Relief.**
- ✓ **Flood Relief.**
- ✓ **Charitable Relief Distributions.**
- ✓ **Sanitation Day.**
- ✓ **Empathy with the Poor.**
- ✓ **Pluralism.**
- ✓ **Quality and Excellence.**
- ✓ **Participatory Development.**
- ✓ **Gender Indiscrimination.**
- ✓ **Commitment for Social Development.**

## **THRUST AREA**

- ✓ Although the organization has not made any limitation in taking up any development activities, however it put more efforts on following issues;
- ✓ **Women and Child Development.**
- ✓ **Livelihood Promotion.**
- ✓ **Capacity Building.**
- ✓ **Research and Documentation.**
- ✓ **Health and Hygiene.**
- ✓ **Reproductive child Health.**
- ✓ **Local Self Governance.**
- ✓ **Natural Resource Management.**
- ✓ **Awareness Generation.**

### We are proud to say...

**Christian Organization for Social Service** has done a pioneering work through several projects and programmes with the support of different agencies. The organization has metamorphosed into a more productive and fixable instrument for taking development to the needy and marginalized. The primary focus of the organization has been the development of women and children. It has taken up new challenges and opportunities in the social sector through following projects and activities.



# Aactivities

- ✚ Art& Craft Center
- ✚ Career guidance classes
- ✚ First Aid Day
- ✚ Personality Development
- ✚ Village Cleaning Programme



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## Art & Craft

**Christian Organization for Social Service** is a community based NGO which is engaged in mobilising community resources for the welfare and developmental activities at the grass-root level. The organization believes in giving utmost importance to programmes related to women empowerment. Thus in this direction it helps women organize self-help groups



and fight the battle against poverty and illiteracy. We believe that to make any welfare or development programme a success it is vital that it addresses the real



problems of the people at the community level. This requires seeking alternative means of livelihood and helping people in creating income-generating skills. If income-generation programmes are not successfully implemented, all efforts made in the direction of social welfare may not

prove to be beneficial at all. In this respect we provided vocational training to women from backward communities.



Apart from this the organization is also helping these women organize themselves into self-help groups. These groups are then provided small incentives to keep their spirits going. The organization hopes that in the future these self-help groups would save considerable amount of money and support each other by lending small loans on returnable basis. The subject matter was regarding gender equality, personal hygiene, reproductive health components, income

generation activities, exploitations and atrocities on the women, legal aids, various schemes and programmes by the government for the women, etc. The exploited women were prepared to fight against their problems and issues they concern, on their own capacity. The awareness regarding gender disparity, illiteracy among the women was created and women decided to work collectively to eradicate these issues.

Hereditary artisans maintain the tradition of India crafts making. Through their creative activities they are able to generate income-however meager it might be - by selling their products, handicrafts, especially of ethnic varieties, are popular - both in India and overseas. This sector is presently very unorganized, hampering its further profitable growth through improved marketing strategies.

Earlier, we had been trying to make artisans aware about the need to organize artisan clusters into professionally managed community enterprises on the principles of effective participation and mutual co-operation.



We are now in the process of identifying right development partners who would extend their support and co-operation to these artisans for improved and aggressive marketing of their products for their mutual benefits.

We are also advising artisan groups in developing their management techniques by giving training covering a wide range of areas, such as, market information, assistance available from the state and Central Government Departments, networking with marketing, financing and funding agencies.



## Career Guidance Classes



Career Guidance is a comprehensive, developmental program designed to assist school students in making and implementing informed higher educational opportunities and occupational choices. A career guidance and counseling program develops an individual's competencies in self-knowledge, educational and occupational exploration, and the right career planning. Every higher secondary student requires an informative and

dynamic seminar that will prepare them for those life-changing career decisions that they face. This career guidance program will put them in touch with today's changing global marketplace trends and tomorrow's career opportunities.



Career guidance for students and parents helps people to reflect on their ambitions, interests, qualifications and abilities. It helps them to understand the labour market and education systems, and to relate this to what they know about themselves. Comprehensive career guidance tries to teach people to plan and make decisions about work and learning. Career guidance makes information about the labour market and about educational opportunities more accessible by organizing

it, systematizing it, and making it available when and where people need it.



## Objects

Career guidance for students and parents consists of services that helps students successfully manage their career development. Although this aspect of human development occurs on its own as we mature, everyone can benefit from assistance navigating through this process. The seminar includes:-

**Career Development**

**Career Planning**

**Selection of course and institution**

**Scholarship programs**



## First aid training



The aim of the first aid course is to train individuals in basic first aid - to a high standard, to enable individuals carry out appropriate first aid in an emergency situation. Following the course the participants will be able to manage a casualty who is injured, or suffers from a serious illness, until the emergency services arrive or the casualty is evacuated to a medical facility.

It is important to note that there are several levels of first aid training. NSP conducts basic first aid for participants with little or no first aid training that enables them to handle casualties at a basic level. A more comprehensive Emergency Medical Training (EMT) is offered to participants with basic first aid training as emergency responders capable of offering pre hospital procedures. Both training courses are offered to individuals working in hostile environments to prepare them in handling medical or trauma cases.

The course is assessed, and those passing the course receive an internationally acknowledged certificate valid for 2 years. The course is 4-6 days long. Participants receive all the training material they require upon arrival but are encouraged to read up on first aid before arrival. Participants with 1st aid kits are advised to bring them as they will be able to discuss contents with the instructor. An equally important secondary aim is that participants come prepared to share experiences and to interact with fellow participants and instructors.



The first aid training covers the following topics comprehensively.

**Casualty general assessment and management:** Initial safety, scene, and situation assessment. Identify when dealing with a medical or trauma casualty and casualty management.

**Basic life support practical and application:** Perform chest compressions, mouth to mouth respirations, mouth to mask respirations, respirations with the Bag Valve Mask (BVM), The recovery position, head tilt, chin lift maneuver, jaw thrust maneuver, understand when and how to use the Oral Pharyngeal Airway (OPA), when and how to use the manual suction unit, CPR special conditions.

**Shock and bleeding:** signs and symptoms of shock, basic treatment for shock, blood loss as it relates to hypovolumic shock, Practice Bleeding Control, familiarise with the injury patterns associated with gunshot wounds. What to do in case of an impaled object, what to do in case of a severed extremity, be familiar with the Emergency and Excel Arrest Bandages.

**Breaks:** Types of fractures, difference between sprains and strains and management.

**Burns:** Differentiate between critical and non critical burn victims and basic treatment options for critical and non critical burns victims.

**Blood and body substance precaution:** Exposure to tuberculosis, Procedure to reduce risk or exposure to viruses and bacteria, protocol for exposure to blood or other potentially infectious material.

**Mass casualty incident management:** Mass casualty situations, the survival chain, triage.



**Crush injuries:** Onset criteria, pathophysiology, and causes of death, process prior extraction, extraction and transport.

**Special wounds:** Chest wound and abdominal wound management.

**Patient movement:** Casualty handling, use of stretchers and spinal boards, vehicle extrication and management during transport.

**Disorders of the heart and other medical conditions:** an overview of common heart disorders and other medical conditions likely to be experienced.

**Head and spinal injuries:** history of the incident and the mechanism of injury, casualty immobilization, spinal shock and use of the cervical collar.

**Basic Anatomy & Physiology:** Overview study of body structure and body functions. Essential working knowledge of human anatomy and physiology for all first aiders.



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## Personality Development

This training was organized by COSS for one day to the young youth. 25 men, women and 200 Students youth participated in the programme. The training programme emphasized the need for developing the personality, need for positive thinking, need for cultivating character like honesty, integrity, sincerity and accountability. The core values in life are the striving factors for the overall development of a person.



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## *Topic discuss in programme*

- Self-Awareness; Where do I stand, and where do I want to get to
- Finding my passion; What are my unique abilities; Re-visiting my values
- How others perceive me, and how I perceive others
- Re-evaluating and refining career path
- Converting self-doubt, self-blame, and inferiority into self-confidence
- Eliminating the anxiety about future/career
- Eradicating fears, phobias, and mental blocks (and understanding the science behind it)
- Confidence and strength-building - approaching something new, and resisting the temptation to give up
- Conversational-skills; Style of talking; Impact of my expressions and body language
- Public Speaking: Stage fright, and refining expressions/gestures for greater effect
- Patterns of thinking and decision-making
- Critical-thinking, reasoning abilities, and argumentation-skills
- Communicating powerfully, and concisely
- Mastering Interviews
  - Connecting with the interviewers, getting them to like you
  - Putting the point across effectively and persuasively
  - Responding to questions that are stressful, difficult, or tricky.





## Village Cleaning Programme



We executed different rural development programmes with the help of the local people. We involved them in improving their own areas. We received active support from local social workers, student and also from the common local people. With our combined efforts we were able to carry out a number of development works like repairs of village

roads, cleaning of village drains and cleaning and chlorinating drinking water wells.

We held group meetings with dwellers to educate them about the need to keep the environment pollution free. It also campaigned against the use of plastic bags. Our volunteers visited neighborhood schools to create awareness among children about the importance of keeping the environment pollution free. We specially targeted women in slums ensuring that their immediate surroundings are kept clean.







# Thanks

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