



**DEPARTMENT OF COUNSELLING PSYCHOLOGY**



**LOYOLA COLLEGE, CHENNAI**

**FLOOD-RELIEF PROJECT REPORT**

<b>Project Specifics</b>	
<b>PROJECT TITLE</b>	<b>Manidham Pagirvom</b>
<b>NATURE</b>	The nature of the project is the distribution of physical goods by the students of Department of Counselling Psychology, Loyola College in collaboration with Uthirathin Uthavigal Charitable Trust to the victims of the recent floods in Chennai, to be able to help them recover from the disaster that it had brought to the people near Pulianthope, Chennai.
<b>PROJECT DURATION / DATE</b>	1 DAY (8AM-8PM) 21/11/2021
<b>PROJECT LOCATION</b>	Doppikana - Pulianthope
<b>BENEFICIARIES</b>	38 families in Doppikana - Pulianthope (Victims of Chennai flood)
<b>PROJECT PROPONENT</b>	Department of Counselling Psychology, Loyola College (Autonomous), Chennai.
<b>FACILITATOR</b>	Students and faculty of Department of Counselling Psychology, Loyola College (Autonomous), Chennai in collaboration with Uthirathin Uthavigal Charitable Trust (The Uthirathin Uthavigal Charitable Trust facilitated the students of Department of Counselling Psychology with the information regarding the location - Doppikana, Pulianthope, needs to be addressed/materials required and in the distribution of physical goods to the victims of Chennai floods in the particular location).
<b>BUDGET</b>	Rs. 10,000

## Introduction

The students from the Department of Counselling Psychology have constructively initiated a flood relief project called 'Manidham Pagirvom' for the people of Doppikana in Pulianthope to upbring the vicinity it is situated in. Both the student community and faculty of the department have immensely contributed much toward the goal. The Management team also extended its helping hands by supporting the department for such charity-oriented initiatives.

## Action Summary

- ❖ Distribution of services and products were made possible with the help of the volunteers of the Charitable Trust called Uthirathin Uthavigal.



Student coordinators who attended the relief camp along with the members of Uthirathin Uthavigal.

- ❖ The flood relief kit consists of:
  - Towel
  - Sanitary napkins
  - Paracetamol tablets
  - Pain relief balm
  - Woollen mufflers
  - Towels
  - Bedsheets



- ❖ Six volunteers actively participated in the relief camp and distributed the materials to 38 families in Doppikanna - Pulianthope.







❖ The Volunteers had very good interaction with the kids and people of Doppikana.



❖ The Manidham Pagirvom project will continue to carry out such activities whenever it is needed.

### **Unforeseen challenges expected**

- The flood waters circulate untreated solid waste and faecal matter around squatter settlements which leads to outbreaks of waterborne diseases and infections, malaria, dengue etc.
- Electric shutdown till the water drains.
- Loss of drinking water supply.
- Damage to personal properties, buildings and other structures, including bridges, sewerage systems, roadways, and canals which impacts their transportation.
- Some flood-stricken families may be left without means in meeting their basic needs or finding an alternate shelter.
- High probability of people being stressed about relocation of homes, loss of property and disruption in livelihood and social affairs that can produce lasting psychological impacts.

### **Lessons learned**

#### **Personal**

- To organize things better.
- To plan events well in advance to ease the process and follow the layout.
- To prioritize tasks and work accordingly.
- Unity is Strength.
- Small steps will also lead to big help.

#### **Professional**

- Networking is essential.
- Mental health awareness is crucial.
- To analyse and focus on the needs of the individuals we intend to serve.
- Coordinate things better with groups and to involve ourselves with the team.
- Need to get the information provided by other groups to everyone involved more clearly.
- Managing budget.
- Team communication is vital and an interactive process will facilitate the process in the right direction.

### **Future Action and Improvements**

- Spread awareness of the issues faced by individuals in the slums.
- Need to analyse the educational aspects of the children in the particular location.
- Acquire broader funding.
- Focus more on the psychological aspects of the people since mental health literacy is common.
- Connect volunteers to provide basic education for the students.

## **Conclusion**

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

-Hebrews 13:16

This is our first philanthropic endeavour as a department. The students were concerned about the effect of the rain towards the less fortunate and decided to take initiative. The Department of Counselling Psychology advocated their fullest encouragement to make this project possible. The students connected with the Greater Chennai Corporation and a trust called Uthirathin Uthavigal. This resourcefulness provided the students with a list of essential supplies needed. The students decided to fund it themselves and distributed the items with the help and guidance of the volunteers of the Trust and local volunteers of Doopikana - Pulianthope. There is certainly room for improvement for the way things happened and this project hopes to grow and help the society even more.