

# **SOCIETY OF DAUGHTERS OF MARY IMMACULATE AND COLLABORATORS (DMI)**

## **TSUNAMI INTERVENTION BY DMI**

- Reporting Duration : January 2005 to June 2006
- Reported by : DMI Sisters
- Type of services :
  1. Counseling services
  2. Life-skill programme
  3. Health care programme through mobile health clinic and awareness education
  4. Child development and welfare
  5. Women development and social training
  6. Counselling cum Information centre
  7. Economic training development and promotion of skill activities.

### **I. INTRODUCTION**

Relief and Rehabilitation measures were given vital importance. Apart from counseling programmes, our activities are centered on livelihood aspects. Moreover, we were very careful in addressing to catering to the needs of the people. The affected were supported to earn their bread and butter through skill training, employment and economic development programme. The affected were helped to cure their physical wounds through health care programmes and psychological traumas by counseling programmes. To make the tsunami affected children continue their schooling, Tuition centres, Coaching classes and summer education camp were arranged and given importance so as to help them study well and support their standard of education. Educational assistance helped them excel in their studies.

### **II. COUNSELING PROGRAMME**

Counseling programme specially addressed the affected people. Our counseling programme focused on four aspects of counseling as it was a dire need of the people.

- a) Crisis counseling
- b) Public counseling
- c) Individual counseling
- d) Group counseling

### a) Crisis Counseling

The people who had been badly and psychologically affected due to Tsunami Catastrophe were fully covered by crisis counseling. Crisis counseling attended the following symptoms expressed by the affected people.

- ⇒ Fear of hearing loud voice
- ⇒ Phobia that disaster could strike again
- ⇒ Loss of memory or calculation power
- ⇒ Anger
- ⇒ Lack of control over trauma
- ⇒ Feeling guilty for the loss of their kith and kin
- ⇒ Disturbed sleep (talking in the sleep)
- ⇒ Terrified and fearsome dreams

The agony caused by tsunami disaster was very heavy and it varied according to individual's age and ethnic background. Mostly the children and women expressed their difficulties as most or all of them exhibited physical, emotional and cognitive symptoms of trauma.

Totally we covered clients of trauma from 7 villages and follow-up was regularly done till the person recovered to normal condition.

Total Villages	Women	Children	Men	Youth	Total clients
7	141	104	37	30	312

### b) Public counseling

Public counseling was held twice a month in the affected areas till last December 2005. Since then till date, it was carried out once a month. Public counseling helped the tsunami affected populace to remove their fears and unexpected worry. As it was held in the native places of the affected, people also found it very comfortable and utilized it in large numbers. On our part, it was also easier for us to address the issues and problems through public counseling.

In all we covered, 49 villages in which we covered the following clients mentioned in the table given below:

Total villages	Women	Men	Youth	Children	Total clients
49	8343	1265	2509	5819	17936

### c) Individual counseling

Individual counseling otherwise called as one to one counseling, was very much in need of the hour, because the affected individuals openly shared and discussed with the counselors. It was mostly carried out in the different camps of tsunami affected camps of temporary shelters.



Local volunteers from our women groups were also involved in counseling the affected individuals and they were very much helpful to implement the counseling programme on time. By and large, the counseling was a great solace and succour to the tsunami affected.

The following is the result of individual counseling

<b>Beneficiaries of individual counseling</b>				
Women	Youth	Men	Children	Total
13220	813	150	2004	16187

As there were fire accidents in the temporary shelter on 1<sup>st</sup> November 2005 at Pattinacherry and on 19<sup>th</sup> April at St. Lourdes temporary shelter (Nagai Block), individual and family members were badly affected. Counseling was repeatedly done with a regular follow up. Fire accidents among the tsunami affected populace were of adding fuel to the fire as they were already in the worse condition.

#### **d) Group therapy**



**Women at Group therapy**

Group therapy method of counseling is concentrated on the entire attention of the group of people who had been badly affected and began to show a lot of symptoms of trauma in their life even while speaking and socializing with others. Group therapy programme was aimed at handling the bereavement process and it helped the clients identify and realize their trauma symptoms and its impact. Group therapy was helped to openly ventilate their clients' trauma feelings and disturbed thoughts.

Group therapy was held to different groups according to their age and background. Children too were helped to come out of their fearsome problems and finally were led in to the process of cultivating close concentration on their studies well.

Widely it has helped the clients socially build up relationship with their peer groups, friends, neighbors and relatives. The following table gives the number of beneficiaries who benefited.

<b>Group therapy</b>				
Women	Youth	Men	Children	Total
2637	1982	253	3441	8313



**Helping the affected to come to the normalcy**

#### **IV. Life – skill programme**

In order to cope with the stress of the Tsunami affected, the following life skills were taught to them.

##### **a) Capacity to understand the situation**

The affected were gathered informally and gradually they were made to speak out about the calamity and what they thought. The outcome of such process has made them understand the situation.

##### **b) Developing new perspective of life**

It specially awakened the affected people from the most difficult situation, irksome problems and clutches of their life and opened their eyes and mind in order to change to the new life.

##### **c) Identification of new choices and options as a life time programme.**

This life- skill made the people choose a right kind of an employment in their life. This is properly done through package of skill training programme and employment. For many people, it has become long term activity aiming at fetching decent income regularly.

##### **d) Problem - solving mechanism (Life Coping Skill)**

The life – skill programme made the target people identify their most important needs first and then prioritizing the needs according to their needs, urgency and interests and finally checking personal capacities and resources.



**Education on life Coping Skills**

##### **e) Making appropriate decision**

The clients were enabled through counseling programme, series of meetings and trainings in order to make appropriate decision and set an achievable goal in life.

##### **f) Checking the impact or evaluation**

The clients were made to know and understand the symptoms of trauma through counseling programmes and also they were taught to evaluate and check the impact of tsunami. Self – evaluation of oneself made them analyze one's capacity by knowing the impact or evaluation of their difficult situations.



**A view of BLCC Meeting**

### **g) Coping with personal tension and community tension**

It has made them distinguish, identify and analyze their problems of tension. It further led them to take /choose correct or right decisions.



**Helping them to take right decisions during crisis and problems**

### **h) Stress management**

This skill was taught to them, because it was one of the important needs that were desperately the need of the people due to already being in the affected situation, frequent threats of nature from the time of tsunami occurrence and frequent fire accidents in the temporary shelters after the tsunami event.

### **V. Vocational skill programme**

The affected were enabled to learn skill trainings by which they are now getting into regular employment and this has made them earn an income regularly in order to sustain their livelihood. First all those interested were asked to undergo the skill training and they were helped take up an employment.

The skill training programmes made them learn the following aspects:

- ◆ Learning the know – how of business
- ◆ Tactics of business
- ◆ Investment amount in business
- ◆ Loan details
- ◆ Profit making techniques
- ◆ Market scenario
- ◆ Entrepreneurial development
- ◆ Marketability
- ◆ Competition
- ◆ Income generation

The ultimate reasons for imparting vocational skill training programmes to the affected were to enable the affected people to take up an alternative employment. Thus all our skill trainings were decided according to the needs of

the people who were identified based on the survey that we conducted in the beginning.

Vocational skill trainings concentrated on group activities and individual activity. Hence, we gave importance to linking the groups in the banks to avail loan facilities and expand their business step by step.

### a) Group activities by women groups

The following table explains the alternative employment taken up by our tsunami affected women groups.

Village Name	Group Name	Activities	Total Members
Thethi	Annai	Flower pot	15
	Illam Thendral	Vermi compost	12
	Oli Deepam	Vermi compost	17
	Illam Thendral	Diary forms	15
Kameshwaram	Penguin	Palm product	15
	Udhayam	Vermi compost	15
	Kamadhenu	Diary Farm	15
	Kurunji Malar	Diary Farm	15
Akkaraipettai	Annai Sathya	Rice mill	12
	Karpagavirucham	Foot wear unit	17
	Kavikuil	House hold things	15
Nalliyam Thottam	Penguin	Textile shop	20
	Udhayam	Gift articles	15
Kadampadi	Bharathi	Ice-cream, Cool drinks, Popcorn	20
Mullikattu Theru	Thennampoo	Fancy store	20
Shanthamangalam	Deepam	Handloom	15
Chengamangalam	Deepam	Restaurant	12
Poigainallur	Vennila	Masala	15
Vanchure	Allai Kadal	Hollow blocks	12





**b) Individual economic activities by tsunami-affected women**

The following table gives you the alternative employment taken up by the individual women.

S.No	Name of the activity	No. of individuals involved
1.	Vegetables shop	68
2.	Mobile vegetables shop	35
3.	Fruits Shop	73
4.	Mobile Fruits Shop	25
5.	Fish Vending	82
6.	Tiffin centres	7
7.	Petty shops	60
	<b>Total</b>	<b>350</b>



**Individual Economic Activity  
(Fish Vending)**



**Individual economic activity  
(Vegetable Vending)**

## **VI. Child development Programme**

Children are the future. Unfortunately they are the ones who have been very much affected by tsunami catastrophe. Hence, DMI proposed to work among children who live in the tsunami affected areas in order to make them come up in their educational ladder. As the start of child development programme, we did a survey to identify the tsunami affected children who became orphan and semi-orphan.

Altogether 300 children are given accommodations in 3 different centers of our home and they have been taken care of well, including their educational needs. To look into child-development programme, a special team was formed and was headed by DMI Sisters. This team focused on three aspects.

- ◆ Care home
- ◆ Home – based
- ◆ Tuition centers

With regard to child development programme, every child's involvement is given importance. The below-given are child development programme in different places.

<b>District Name</b>	<b>Block Name</b>	<b>No. of Villages</b>
Nagapattinam	Nagai	7
	Keezhaiyur	6
	Sembanarkoil	6
Kanyakumari	Vilavankodu	4
Total		23

### **a) Care home**

The children who were affected severely by Tsunami are admitted in care home to continue their studies. Care home functions not only as shelter home but also helping them continue their higher education and fulfill their basic needs, like clothing and bringing out the talents of the children.

The following table gives you the details of beneficiaries of care home

Venue of the care home	Total beneficiaries
Nagapattinam	100
Rajakkamangalam	100
Kodikottai	100
Total	300



**Special care on education to the care home children**

### b) Home Based Care

950 Tsunami affected children hailing from 24 villages were selected and helped to continue their studies. Apart from studies, they were facilitated to cultivate their talents through cultural programme once a month and through training programme once in two months.

**Here are the details of beneficiaries of home based care**

Block Name	Name of the village	Total Beneficiaries
Nagapattinam	ITI	36
	Nambiar Nagar	40
	Kadambadi	54
	Nallian Thottam	30
	Thethi	20
	Pallpanai Cherri	10
	Kallar	17
Senbanarkoil	Tharangambadi	15
	Erukkattancherri	10
	Porraiyar	10
	Kuttiyandiur	10
	Eduthukatti	10
	Nnsavadi	12
Kezhaiyur	Kameshvaram	6
	Karunganni	5
	Solavidhapuram	10
	Gramathumedu	5
	17	300

### c) Tuition Centre

The affected students in the coastal villages were covered through tuition centers so as to concentrate on their studies and make them study well. Our sisters and staff covered 11 schools and assisted the teachers in teaching to the students. After the school hours, the students were taught to cultivate good manners and motivated them to



**CHILDREN CLARIFYING THEIR DOUBTS**

participate in extra curricular activities in order to develop their talents and nurture their skills.



**Distribution of study materials to the children**

Tuition centers play the role of change agent in educating the children and prospering their future life. Coaching classes specially help them learn the subjects very well and clarify their doubts. Distribution of necessary study materials helps the children study well. The beneficiaries of the tuition centers are as follows.

S. No	Name of the district	Name of the block	Name of the village	No. of students studying
1	Nagai	Nagai	Thethi	65
			ITI colony	60
			Palpannaicheri	63
			Erukattencheri	58
			Kumanithopu	78
			Rajivpuram	57
		Senbanarkoil	Tharangampadi	69
2	Kanyakumari	Vilavankodu	Melamanakudi	55
			Kottilpadu	52
			Pillaithopu	49
			Maramadi	72
<b>Total</b>				<b>678</b>

Apart from the tuition centers and coaching classes, the affected students were given special care and attention by covering regular schools whereby our volunteers and staff helped the teachers in teaching the lessons / subjects.

The following schools were also covered to assist the teachers in educating children.



**Beneficiaries of tuition centre**

Name of the District	Name of the village	Name of the school	No. of students covered
1.Nagapattinam	Tharangampadi	St.John primary school	400
	Kadampadi	St.Thomas Primary school	183
	Samanthampattai	Municipality Primary school	290
	Keechankupam	Govt high school	640
	Akkaraipettai	Sinthani supi	320
	Kallar	Govt Primary school	240
	Ariya Nattu street	Municipality school	280
	Vedanayaham chetti street	St. Antony Primary School	364
	Hooks Road	Natrajan Dhamayandhi Primary school	567
2. Kanyakumari	Pudur	Government school	533
	Kottilpadu	Government school	444
<b>Total</b>			<b>4261</b>

We employed the method of child to child learning as our method of teaching. By this method of teaching, the slow learners could pick-up well and a show lot of improvement in their studies.

The extra-curricular activities conducted are as follows:

- Basic needs and study materials were provided to enable the children in order to make them study well and support their studies.
- Play – way method of teaching was practiced
- Child – to – child health habits were taught along with regular education.
- Children were taught on etiquettes and this has made them cultivate good morals.
- Children were motivated and also nurtured to follow good discipline activities
- Children were enabled to have character formation
- All together tuition centers play the role of change agent in the life of children.
- Summer camps, Coaching classes and Music courses had been organized during summer vacation.



**Music Course**

#### d) Cultural programme



**STUDENTS NURTURING THEIR TALENTS THROUGH CULTURAL SHOW**

All the Tsunami affected children were brought into nearby common places, according to their convenience, to perform as well as participate in the cultural programmes. Mainly cultural programmes formed as a platform for the students to find out their inner potentials, exhibit their talents and further develop their skills. Cultural programmes were of amusement and entertainment to make them happy and forget their worries. The following table talks about cultural events



**Children performing cultural programme during conference on women empowerment**

Date	Venue	Resource person	Remarks
15/08/2005	Erukattancherry	Mr.Mariappan – A scientist and member of agricultural Association – Coimbatore	◆ At the end of prog. note books and pens were distributed to all children
13/09/2005	Kumanithoppu	Mr.Sivalingam – The president of Kumanithoppu village	◆ Those who participated in the cultural programme were given prizes.
23/10/2005	Ananda Mangalam	Mr.M.R.Kannan – an Ex. M.L.A. of the area	◆ Though it was raining hard, people brought umbrellas and watched the programme.

14/11/2005	Erukattancherry	- Rev.Fr.Soosai – The parish priest of Tharangampadi. - The Headmaster of Erukattancherry School.	<ul style="list-style-type: none"> <li>◆ Cricket bats, Foot-ball, Volleyball, Stumps, Ring ball and sports materials were distributed.</li> <li>◆ Gave prizes to the first &amp; second rank holders &amp; all those who performed cultural programme.</li> <li>◆ Sweets were distributed to all the children</li> </ul>
16/12/2005	Kannappan Moolai	Mr.Kannan – The president of Kazhiappanalore, Panchayat president of Kannappan Moolai	<ul style="list-style-type: none"> <li>◆ Distributed sweets to all children</li> <li>◆ Distributed prizes to all those who performed cultural programme.</li> </ul>
01/01/2006	Children's Home, Nagai	Fr.Xavier (Parish Priest) Nagai.	◆ New Year celebration made the children happy and joyous.
26/01/06	St.Antony Hr. Sec. School, Nagai.	Dr.Venkatesh Nagai.	◆ Republic day celebration made them come together and show their unity.
04/02/06	Natrajan Dhamayandhi Primary School. Nagai.	Mrs.Bhuvaneswari, Head Mistress Natrajan Dhamayandhi Primary School. Nagai.	◆ On sports day, children exhibited their talents and prizes were distributed to the winners.
08/03/06	Sivasakthi Kalyana Mahal, Nagai.	Mr. Xavier NGO Coordination Resource Centre.	◆ Women's day celebration gave a chance for women to learn their rights. Specially it made them come together and show their unity.
19/03/06	Children's Home, Nagai.	Sr.Ubagari, Bon Secours Convent	◆ St. Joseph's feast day was another event that made the children and women happy and share their joy.
25/04/06	Jeya Matriculation School, Nagai.	Mr.Marimuthu, MLA.	◆ Election campaign has made them realize their potentials and right to vote.
15/05/06	Nambiyar Nagar	Sr.Teresa	◆ Vocational camp for the children welcomed them to learn various subjects & skills.
04/06/06	Children's Home, Nagai	Sr.Micky	◆ New comers to the children's home were invited on welcoming day and be friendly with everyone.



**Winners in the cultural programme being awarded**

### **SUMMER CAMP**



**Moral education at summer camp**



**During summer camp too, childrens enjoying at picnic**

During summer vocation, we conducted summer camps which, covered all the Tsunami affected students. The parents / relatives were extremely happy about this camp. We received full encouragement and possible support from the respective villages. Difficult subjects such as Science, Maths and English were taught to the children. Moral education was also taught to them. Vocational camps went on for one full long month of May.

S.No	Name of the block	No. of villages	Students benefited	
			English	Music
1	Nagai	25	74	48
2	Keezhaiyur	05	20	-
3	Shenbhanar koil	14	46	22

## Medical treatment



**The affected being treated through mobile health clinic**



**A view of distribution of medicines to the affected**

Different kinds of people who fell ill due to the following reasons after the aftermath of tsunami Killer waves:

- ◆ Pushed against the concrete walls
- ◆ In-take of sea water
- ◆ In-take of sand
- ◆ Thrown into the thorny bushes
- ◆ Fear of the Tsunami tidal waves
- ◆ Over crowding of the temporary shelters
- ◆ Mental flashbacks of the dreaded Tsunami killer
- ◆ Mourning and crying over the loss of relatives and property
- ◆ Lack of sanitary facilities
- ◆ Lack of proper drinking water
- ◆ Break out of epidemics due to decomposition of corpse.

## a) Methodology of medical treatment



**Distribution of medicines to the affected during mobile clinic**



**Tsunami affected undergoing health checkup at mobile clinic**

The below given methodology was employed periodically from the time of commencement of the project.

- ◆ Group education
- ◆ Registration
- ◆ Diagnosing (counseling doctors)
- ◆ Counseling by counselors (if referred)
- ◆ Issuing medicines
- ◆ Social gathering and sharing
- ◆ Follow up of health care
- ◆ Follow up of counseling

It was because of your support and cooperation, we were able to render medical services to some patients whose details are given below:

<b>Health Camp &amp; Treatment</b>	<b>Women</b>	<b>Children</b>	<b>Men</b>	<b>Total</b>
General Health Check up	12163	14659	4729	31551
Injuries	4553	3634	2505	10692
Skin affected	3603	2558	3226	9387
Lungs \ Chest	1900	882	568	3350
Referrals to Hospitals	112	102	109	323
Pregnant cases	799	-	-	799

Generally, children and women frequently fell ill by viral fever, cough, palpitation, chicken pox, mums, stomach ache and muscles pain.

## b) Health awareness and health training programme

Apart from medical treatment, we have trained the people on health care aspects in order to make them stick to health care practices and stay healthy.

The following aspects were covered under health care:

- ◆ Basic health habits

- ◆ Preventive and promotive health care
- ◆ Peer group health education and health awareness
- ◆ Safe and hygiene drinking water
- ◆ Environmental hygiene
- ◆ Sanitation and health

- ◆ Reproductive Tract infections
- ◆ Care during and after child birth
- ◆ Child to child care techniques
- ◆ Water contaminated diseases
- ◆ HIV/AIDS awareness

Especially the children who were residing in the temporary shelters and studying in the schools and tuition centers were covered by the health team to educate them on health care aspects.



We adopted child to child health care techniques to educate the children because it was innovative method which yielded good results. Door to door education and public education was adopted amongst women and men to

educate them as health related aspects. All our training emphasized the follow up health care and promoted the children to follow preventive and promotive aspects of health care.

### **VIII. COUNSELING AND INFORMATION CENTRE**

We have established counseling cum information centre where counselors are available always to be of help to the people. This centre is being utilized for imparting skill trainings and conducting meetings, coordinating community activities and gathering people to come together.



**An aerial view of Counseling cum information centre**

## **IX. CONCLUSION**

Children are being cared and protected through care home, home-based care and tuition canters. Their talents are nurtured through cultural programmes, entertainment and summer camp. Women and children are enabled to come out of their sufferings and pain through counseling programmes. Women groups were helped to earn a decent income by taking up regular employment either collectively or individually. The tsunami affected and infected were helped to cure and recover from their illness through mobile health clinic and its regular follow-up, they were treated regularly and restored them to normal life.

We together with stake-holders extend our heartfelt gratitude and thanks to the donors and other large hearted people who contributed their time and energy and supported for the noble cause of abating the pain and suffering of the tsunami affected.