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 to 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
DISTRIBUTION OF BOOKS, SCHOOL BAGS AND UMBRELLA TO THE DESERVING
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.
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- those withdrawn to their room,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
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.

- 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.
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
29 JANUARY 2023
FOR CARING – MEDICAL CAMP
thank you!