



**STELLA MARIS COLLEGE (AUTONOMOUS)  
CHENNAI-600 086**

**SMCDRIVE REGULAR ONGOING ACTIVITIES  
MENTAL HEALTH CLINIC**

It was started on 19 December 2015. A multi-disciplinary team from an NGO Banyan which works for mental health visits the centre every third saturday to provide Holistic care and Support to people living with mental disorders from the nearby communities of the college. The chief consultant Psychiatrist is Dr. K.V. Kishore Kumar. The clinic is open to all and is free of cost which includes medicines also. The broad aim of the programme is to promote psychological wellbeing in the community. This facilitates early diagnosis of mental distress and early access to mental health care.

**COUNSELLING/TELECOUNSELLING SERVICE**

It was started on 3 February 2016 till date and is ongoing. Professional Counsellors led by Dr. Sree Sai Lakshmi, Counsellors are available from Monday to Friday to combat the distress and mental health problems caused due to various problems and also Covid19...Due to the pandemic Tele counselling is offered to both the College and the Public. The mobile numbers of the Counsellors are available in the college website The broad aim of the programme is to promote psychological wellbeing in the community. This facilitates early diagnosis of mental distress and early access to mental health care.

## **INDIGENOUS FOOD PREPARATION**

This is a regular activity of SMCDRIVE, started on 23 October 2015 -till date and is ongoing. SMCDRIVE in collaboration with an NGO - Tamil Nadu Women's Collective. **The NGO offers training for women from the nearby communities in preparing low cost nutritious food. Every month a representative from Tamil Nadu Women's collective visits SMCDRIVE and women are trained to prepare low cost traditional nutritious food with millets such as Samai Payasam, Varagu Sambar Rice, Mani Corn Dosas, Thinai Venpongal, Navathanya Kolukattai.**

Ms.Sheelu Francis, President, Tamil Nadu Women's Collective is an alumni of the College from the Department of Social Work.

## Indigenous Food Preparation



## Demo Class by Community Women



## **NALAM CENTRE**

This is a regular activity of SMCDRIVE, started on 8 August, 2016 – till date and is ongoing. SMCDRIVE in collaboration with The Banyan, Chennai a non-governmental organization for mental health. Nalam project is a multi-interventional model that approaches mental health from a wellness perspective. This centre functions at SMCDRIVE, it is a Day care and Rehabilitation Centre for people living with mental disorders. It is a big relief for their families and the clients are trained in various skills as-bag making, weaving, gardening, Computer Basics, Jewellery making. 20 clients use this Day care service every day, on all working days. The Social Work field work trainees, interns and the staff of SMCDRIVE with the help of The Banyan help in the functioning of the centre.

## **STUDENT INTERNSHIP**

This is a regular activity of SMCDRIVE, started from 26 November 2015 – till date and is ongoing. 132 student Interns, Social Work trainees from various schools of Social Work are placed at SMCDRIVE for their respective field work training -Stella Maris College-BSW, MSW, Madras Christian College –MSW, RGNIYD-MSW BALM-MSW and Clinical Counselling, Liverpool Hope University-BSW, Washington University-Art Therapy students. The students are trained by the staff of SMCDRIVE.

### **Student Interns with Children and Community Women from Stella Maris College & Liverpool Hope University**



## Student Interns Activities

### Conducting one to one session for community students



### Making Visual Posters on Basic Etiquette



### Gardening with Nalam Clients



## STUDENTS LEADERSHIP PROGRAMME



This is a regular activity of SMCDRIVE, started on 23 July 2018– till date and is ongoing, in collaboration with an NGO- Indian Development Foundation. 60-StellaMaris student volunteers from the Department of Social Work trained 1280 students from the less privileged schools of Chennai in Soft Skills. Stella Maris students were first trained by the Indian Development Foundation and then they provided training to the less privileged schoolchildren in skills such as leadership, communication, personality development, Time management, Confidence-building, Handling fear, Anxiety Rejection and Defeat. The duration is two hours per day for six weeks. The college was awarded the Best Supporting Institution Award for this project in 2018 by Indian Development Foundation and the student volunteers from the Department Of Social Work who did their Field Work at SMCDRIVE received Best Mentors Award for teaching Life Skills at various schools of the less privileged students in 2018 and 2019.

### **Stella Maris Students Conducting Life Skills Session for the School Students**



**Orientation for Stella Maris Students by International Development Foundation**



**Certificate Distribution for School Students  
By The Student Trainers**



## **SUMMER CAMP**

This is a regular activity of SMCDRIVE, started on 26 April 2017 – till date and is ongoing, 91 Less privileged children and adolescents from the neighbouring communities attend this 3 days programme and are taught Social skills, Life skills and Leadership skills during the summer holidays by student volunteers, NGO volunteers and SMCDRIVE staff. Ms.Bhavani, a volunteer from Sarwin Counseling conducts this sessions. She is also an alumni of the college from the Department of Social Work.

### **Summer Camp Activities**



## Group Activities for Children



## **SUPPORT SERVICES FOR CHILD EDUCATION**

This is a regular activity of SMCDRIVE and is ongoing, in collaboration with Action Child Aid-Denmark. 119 economically less privileged children are given financial support to complete their studies. Rs.600 per child per month is given to complete their studies. Children are also taken for a picnic once in a year.

### **Indoor and Outdoor Group Activities conducted for the Children**



## SUPPORT SERVICES FOR THE ELDERLY

### **PHYSIOTHERAPY CAMP**

This is a regular activity of SMCDRIVE, started on 23 February 2016– till date and is ongoing, in collaboration with a non-profit organization Help Age India. Physiotherapy clinic was conducted in the College and the nearby communities of the college at SS Puram, Nakirar Nagar, Thiruvika Kudiyirupu, Domming Kupam, Nochi Nagar, Nochi Kuppam 10 Fieldwork students, interns and SMCDRIVE staff organised regular Physiotherapy clinics with the help of Help Age India. 433 Men and Women were benefited. Physiotherapy clinic helps in improving the Quality of Life of the Elderly.

#### **Physiotherapy Camp for the Elderly**



## EYE CAMP

This is a regular activity of SMCDRIVE, started on 28 January 2020– till date and is ongoing, in collaboration with MN Eye Hospital, Chennai. An eye camp was conducted in the following communities-SS Puram and Domming Kupam. 6 Field work students organised eye camps in collaboration with MN Eye Hospital Chennai. 146 men and women were benefited. Total Eye screening was done and free Spectacles were provided, also free Cataract Surgery was done if needed.

### Eye Screening Camp in the Community



### Free Cataract Surgery for the Elderly

