



# WAVES

E-Newsletter of FCDP & TMS



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## Editorial

*I am indeed delighted to share with you the E- Newsletter for the month of August 2024. The month of August reminds every Indian of the freedom that our motherland acquired through constant struggle and numerous sacrifices. We remember and pay homage to the sacrifices made by the leaders and warriors for the sweat and blood they shed for our nation. We should remember not just the leaders whose names appear in history lessons but also the common people who participated in the struggle at the grass-root level to shake the foundations of the mighty British Empire. Everyone who participated in the freedom struggle to one's capacity is a hero or a heroine worthy to be remembered, celebrated and paid homage.*

*Various events took place as part of children and youth development, entrepreneurship training and community organization. New members joined to our fraternity as we organized Don Bosco Youth Forum and Don Bosco Childrens Forum membership Day. The starting of Don Bosco Dance Club is a significant step towards forming our young minds to be culturally updated and become more humane. Women empowerment continues to be our watchword in reforming the coastal region of Kollam.*

*I thank all the board and staff members, our benefactors and well wishers for their continual support and encouragement to carry on the work effectively.*

**-Fr. Jithin Sebastian SDB  
(Director, FCDP-TMS)**

## EMPOWERING WOMEN THROUGH SKILL DEVELOPMENT

As part of the Women and Youth Empowerment Project (WYEP), a three-day cake baking class was conducted in collaboration with the Rotary of Club Quilon Heritage on August 1, 2024, in FCDP Hall. Sr. Mary K (Asst. Director, TMS) welcomed the gathering. Mrs. Agnes John (Chairperson, FCDP) presided over the function and spoke, emphasizing the importance of empowering women through skill development. Dr. Meera John, (District Project Coordinator, Rotary Club of Quilon Heritage), inaugurated the event. While speaking, she highlighted the potential of women in entrepreneurship. Inspiring speeches were delivered by Mr. Ajith Kumar, (Assistant Governor, Rotary Club of Quilon Heritage) Dr. Anirudhan K, (President, Rotary Club of Quilon Heritage) and Mrs. Lacticia Martin, (President, TMS) who encouraged the participants to unlock their potential and become financially independent. Mrs. Mini Mary, (Coordinator, TMS) delivered vote of thanks, Highlight the success of the event in fostering women's empowerment through skill-building and entrepreneurship.



## NATURE CONSERVATION DAY CELEBRATION BY DON BOSCO YOUTH FORUM (DBYF)

Members of the Don Bosco Youth Forum (DBYF) gathered for an impactful event focused on environmental issues in the context of Nature Conservation Day. Mr. Sabu welcomed all youth members to the event, setting the stage for a productive discussion on the challenges nature faces and their underlying causes. The youth members engaged in a vibrant discussion about various environmental problems. They explored topics such as youth involvement in combating climate change, strategies for protecting Mother Nature, pollution, natural calamities, and innovative startups for a cleaner environment. Additionally, a spot speech competition was held, where participants presented their views on these critical issues.



## CAKE BAKING CERTIFICATE DISTRIBUTION CEREMONY HELD

The closing ceremony of the three-day baking class was held on August 5, 2024, in FCDP Hall, marking a sweet conclusion to the cooking journey. Students showcased their impressive baking skills and creativity. Sr. Mary K (Assistant Director TMS) warmly welcomed the gathering, highlighting the significance of the program in empowering women to unleash their talents and creativity. Fr. Jithin Sebastian (Director FCDP -TMS) distributed certificates to the participants, acknowledging their hard work and dedication. Mrs. Roshna Jackson (Trainer) felicitated the occasion, sharing inspiring words of encouragement. Mrs. Gretta Raju (Executive Manager FCDP) delivered the vote of thanks, expressing gratitude to all involved in making the program a resounding success.

The ceremony was a testament to the power of culinary arts in bringing people together and fostering a sense of community. The participants, now equipped with new skills and confidence, are sure to spread joy and sweetness in their lives and the lives of those around them.



## EMPOWERING YOUNG LEADERS: ENVIRONMENTAL AWARENESS

The Don Bosco Youth Forum organized Leadership Training class on August 10 in FCDP Hall. The Don Bosco Children's Forum enthusiastically participated in discussions on pollution, natural disasters with a special focus on the recent environmental crises in Wayanad. They created PowerPoint presentations on various environmental issues and took part in activities that developed their public speaking, understanding, and leadership skills. Youth forum Coordinators Iswarya Cleetus and Berlin Berkmen supported the event, which inspired and empowered the children to protect the environment. Don Bosco Youth Forum is proud to have played a part in shaping these young leaders and looks forward to future events.



## INAUGURATION OF DON BOSCO DANCE CLUB

The Don Bosco Dance Club was officially inaugurated on August 28 at 2:30 pm at the FCDP Hall, under the leadership of Don Bosco Coastal Forum and FCDP. The event was launched by renowned dancer and choreographer, Miss. Jyostna Joseph. The ceremony was presided over by Mrs. Agnes John (FCDP, Chairperson). Fr. Jithin Sebastian (Director FCDP, TMS, FCDS, DBYF, and DBCF) delivered the introductory speech and Sr. Mary K, (Assistant Director, TMS) extended greetings. The program aims to nurture children's artistic talents alongside their academic learning and provide a platform for young dancers to hone their skills. The Don Bosco Dance Club is the first step towards achieving this goal. Mrs. Seena Gopinathan, (Associate Professor, Sree Narayana College for Women) was honored for her contributions to FCDP. The event featured various dance performances by members of Don Bosco Children's Forum, Don Bosco Youth Forum, and Don Bosco Dance Club. Around 40 members joined the Dance Club, and the event was attended by DBYF-DBCF members and FCDP-TMS staff. Miss Anjana Abel expressed gratitude to all participants. The inauguration of Don Bosco Dance Club marks a significant milestone in promoting artistic expression and talent development among young people in the community.



## DON BOSCO YOUTH FORUM MEMBERSHIP DAY

Don Bosco Youth Forum and Don Bosco Children's Forum, youth wing and junior youth wing of FCDP, had their Membership Day On August 26, 2024, at 2:30 pm, in the FCDP Hall. The event inaugurated by Mr. Santhosh Kumar, (Headmaster, St. Aloysius Higher Secondary School) by lighting the lamp. Mrs. Agnes John (Chairperson, FCDP) presided over the function, and Fr. Jithin Sebastian, (Director, FCDP, TMS, FCDS, DBYF) delivered the introductory speech. Mrs. Laticia Martin (TMS, President) and Sr. Annie Joseph, (Superior, Sneha kiran Convent,) addressed the gathering. Miss. Sheetal welcomed the dignitaries, and Miss. Alona expressed gratitude to the attendees. Following the official ceremony, members of the Don Bosco Coastal Forum showcased various artistic performances. Over 150 youth and children participated in the program. The event marked a significant milestone in promoting youth development and community engagement, highlighting the achievements and activities of the Don Bosco Coastal Forum. The program was led by DBYF-DBCF Animators and Project Staff.



## LEADERSHIP TRAINING CLASS FOCUSES ON WOMEN'S HEALTH AND EMPOWERMENT

A leadership training class was held at FCDP on August 31, with 50 members participated in it. Mrs. Jyothi Lakshmi (Lecture, Bishop Benzigar College of Nursing ) and her team led the session, which focused on topics such as reproductive health and hygiene, menstrual health management, breast cancer awareness, nutrition and diet, stress management, and leadership skills. The training aimed to empower women with knowledge, skills, and confidence to take charge of their health and well-being, as well as leadership roles within their communities. The interactive session included group discussions, presentations, and hands-on activities, promoting a healthier, more inclusive, and equitable society. Additionally, the training touched on community engagement, advocacy for women's rights, and building confidence and self-esteem. By addressing these critical areas, FCDP is committed to supporting women's empowerment and overall well-being.



## CELEBRATION

*We wish Mrs. Mary Sindhu a joyous birthday and a year filled with good health, happiness, and prosperity!" We also thank her for her dedicated service and support towards the activities of FCDP.*



**FISHERMEN COMMUNITY DEVELOPMENT PROGRAMME** (Reg. No. Q.771/84)  
**THEERADESA MAHILA SOCIETY** (Reg. No. Q.1039/95)

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