'Kalimuttam' of Kannur for the mental health of children

'Kalimuttam' of Kannur for the mental health of children
The lockdown which was notified in the state due to covid-19 and the other restrictions had affected children adversely. 'Kalimuttam' is the programme being implemented through Kudumbashree Balasabhas by the Kannur District Administration, in the realization that their mental health needs to be improved. This Comprehensive Development Programme is being implemented by bringing together all the Departments working in connection with Child Development under one roof. The programme would be implemented through Kudumbashree Balasabhas in convergence with National Health Mission, Library Council, Samagra Shiksha Abhiyan and ICDS (Integrated Child Development Services).

Kalimuttam aims at the physical, social and mental health development of children. The locally selected Resource Persons would communicate with the children at Balasabhas, on various topics. They would identify those children who are suffering from mental stress and ensure them the needed help under the leadership of the District Mental Health experts. Curriculum related activities, co-curricular activities, personality development classes, activities to nurture social service attitude, arts-sports and cultural activities, farming activities, gender sensitization classes etc will also be implemented through this coordination programme. All these activities will be implemented following the covid-19 protocol.

The programme also aims at developing a referral system for the social-mental support of the children along with organising productive and creative activities for children with their peers. The 'Kalimuttam' Programme is implemented in four levels such as NHG level (Balasabha level), ADS level, panchayath level and State level.

The important activities being implemented through 'Kalimuttam' Programme are as follows.

1. Curricular Activities- These are activities based on the online classes attended by the students. Seeking the local history (Social Studies), arranging vegetable gardens, gardening (Botany), discussion on books, recitation
(linguistic studies), bird watching and environment observation (Zoology, Botany).

2. Co-curricular Activities- Related to art (books, poems, music, handicraft making, origami), sports- related to physical fitness (cycling groups, marathon, walking).

3. Personality Development Classes, Gender Sensitization Activities (Doctor Kid- for covid response and awareness, cookery programmes and household chores-without any gender differences, cleaning house and surroundings).

4. Activities to nurture Social Service attitude- Interviews of Palliative Care workers and activities with them, cleaning public spaces and paths with social workers.

The District Level Inauguration of the Programme was held today at English Medium School, Anjarakandy, Kannur. We are expressing our gratitude to the Kannur District Administration who took the upper hand in the development of the upcoming generation and for improving their mental health. Appreciations to the Kudumbashree Kannur District team who are making effective interventions for implementing such an activity, converging with other governmental departments.