

Report on CYCHE-Cycling for a better psyche (A mental health awareness campaign)

Naipunnya[®]

To reach the unreachable

Date of Event: 23/12/2022- 30/12/2022

Faculty In-charge

Mr. Roshan Thomas

Social worker cum Student counsellor



Report on CYCHE-Cycling for a better psyche (A mental health awareness campaign)

Mr. Roshan Thomas, Social worker cum student counsellor at NIMIT executed the project 'CYCHE: Cycling for a better psyche'. The project mainly focuses on the awareness of mental health by pedaling from Thrissur to goa covering 800 KM across 3 states (Kerala, Karnataka, Goa) within 8 days. The project was planned to execute from 23rd December 2022 to 30th December 2022. The cyclist conducted mental health awareness classes to students of two different schools and also talked about the importance of mental health to several people while travelling. The travel had 7 halting places. The cyclist covered around 100 KM a day to complete the project in 8 days. The cyclist reached goa on 30th December 2022. The project was sponsored by the college in association with Pratidhi counselling center and the project was a success.

Prepared by,



Mr. Roshan Thomas

(Social Worker Student Counsellor)

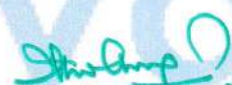
Verified by,



Dr. Joy Joseph Puthussery

(IQAC Coordinator/Dean of Studies)

Approved by,



Rev. Fr. Dr. Paulachan K.J.

(Principal)



Brochure



Pedaling for Mental Health Awareness

Flag off : 23-12-2022
• Thrissur- Goa - 800 KM
• 3 different states • 8 days

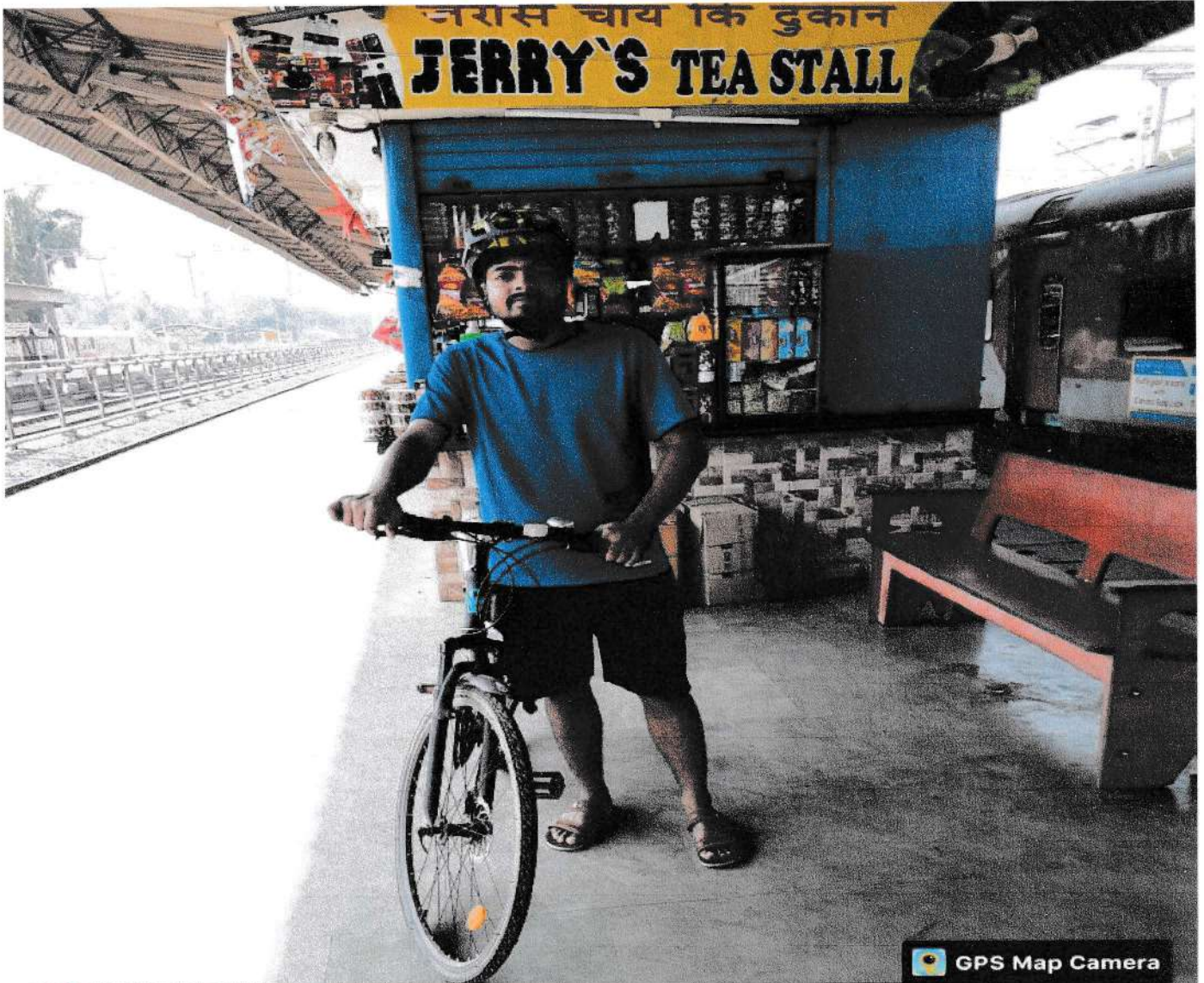
Starting Point:
PRATIDHI Counselling Centre, NIMIT.
Ending Point:
Panaji, Goa.

Organized By:
PRATIDHI - Centre for Happiness and Wellbeing
**NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)**

(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308



Mr. Roshan Thomas
Social Worker



 GPS Map Camera



Google

Margao, Goa, India


7X9C+628, Konkan Railway, Station, Margao, Goa
403601, India

Lat 15.268072°

Long 73.969769°

01/01/23 01:52 PM GMT +05:30



 GPS Map Camera



Margao, Goa, India

7X9C+628, Konkan Railway, Station, Margao, Goa

403601, India

Lat 15.268067°

Long 73.969723°

01/01/23 01:53 PM GMT +05:30