

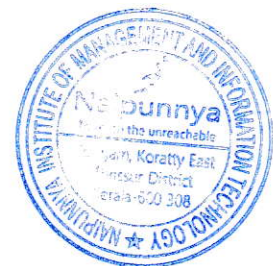
**Department of Social Work
Community Organization**

**Awareness Class on Prevention of Loneliness among the Elderly
“HARSHAM”**

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To reach the unreachable

Date of event:30/11/2024

Faculty In-charge: Fr Siju Varghese



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No: NIMIT/ MSW/PG/04/24-25

Date: 27-11-2024

Circular

Subject: Awareness class on prevention of loneliness among the elderly

The Department of Social Work at NIMIT is organizing a community program titled "Harsham," an awareness class at Santhwanam old age home Chalakudy on 30th November 2024 at 10:00 a.m. The program is designed to the residents of old age home. This initiative aimed to address the emotional and psychological challenges faced by the elderly, especially feelings of isolation, neglect, and loneliness, which are common among residents of old age homes.

Faculty members and students are requested to attend and actively participate in the sessions. Your presence and engagement will contribute significantly to the success of the programme.



Fr. Dr. Paulachan K.J

(Principal)

Copy to:

HOD, Department of Social Work



REPORT

The Department of Social Work at NIMIT organized a community program titled “HARSHAM” at Sathwanam Old Age Home, Chalakudy, on November 30, 2024. The session, held from 10:00 a.m. to 12:00 p.m, focused on raising awareness about loneliness among the elderly and promoting emotional well-being and social connectedness.

The awareness class was led by Mrs. Daisy Paul, an experienced resource person in geriatric mental health and social care. She addressed the causes and effects of loneliness in old age, such as separation from family, lack of social engagement, physical health decline, and emotional neglect. The session emphasized the importance of companionship, open communication, meaningful activities, and the role of community in reducing loneliness.

The class included interactive discussions, where elderly participants shared their own experiences and feelings. The session provided a safe and respectful environment for the residents to express themselves and connect with one another. Practical suggestions like group activities, listening circles, spiritual involvement, hobbies, and inter-generational bonding were highlighted as ways to improve their mental and emotional well-being.

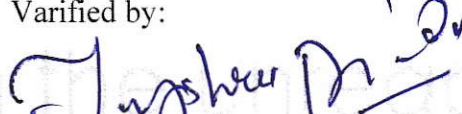
Overall, the program played a vital role in helping the elderly understand that loneliness is a common but manageable issue, and that staying socially and emotionally connected is essential for a healthy life. It empowered them with tools to cope with isolation and encouraged the creation of a more compassionate and interactive environment within the home.

Prepared by:


Ms. Reni. Kalayil

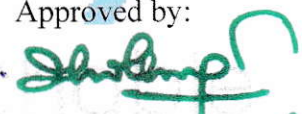
Asst. Professor

Varified by:


Ms. Joyshree Mondal

HoD, MSW Department

Approved by:


Fr. Dr. Paulachan K.J

Principal



BROCHURE


**NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)**
(Affiliated to university of Calicut Accredited with NACC B++
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COMMUNITY ENGAGEMENT PROGRAM
ഹർഷം 2024
**IN ASSOCIATION WITH DEPARTMENT OF
SOCIAL WORK NIMIT**

**VENUE: SWANTHANAM OLD AGE HOME
CHALAKUDY**

Date: 30/11/2024
Time: 10:00 a.m to 12:00 a.m


Resource Person
Daisy Paul
Community Counselor



RESOURCE PERSON'S PROFILE

Photo of the resource person

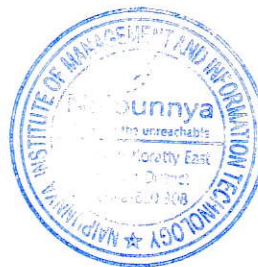


Name: Daisy Paul

Designation: Community Counselor

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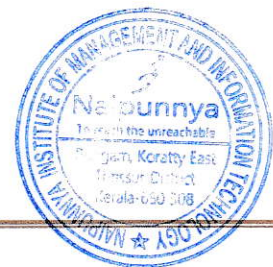
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PHOTOGRAPHS /SCREENSHOTS



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PARTICIPANT'S LIST

Name of the event: Awareness Class on Prevention of Loneliness among the Elderly

Date: 30/11/2024

Class:

Sl. No.	Name	Signature
1.	Mary	Mary
2.	Thresyama	Thresyama
3.	Sobha	Sobha
4.	Mini	Mini
5.	Saradha	Saradha
6.	Surabhi	Surabhi
7.	Lathika	Lathika
8.	Shanda	Shanda
9.	Latha	Latha
10.	Lakshmi	Lakshmi
11.	Marykutty	Marykutty
12.	Lilly	Lilly
13.	Omana	Omana
14.	Valsa	Valsa
15.	Ammini	Ammini
16.	Fathima	Fathima
17.	Beena	Beena
18.	Bindu	Bindu
19.	Radha	Radha
20.	Rajamma	Rajamma
21.	Sophia	Sophia



Event Coordinator



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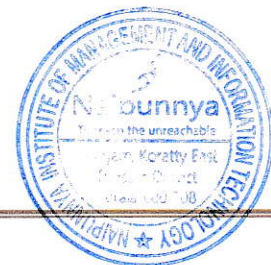
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FEEDBACK

Residents felt heard and valued; Many participants appreciated the opportunity to share their personal feelings and experiences in a safe and non-judgmental environment, Increased awareness about loneliness; The elderly residents gained a better understanding of what loneliness is, its causes, and how it can impact mental and physical health, Participants expressed a strong interest in having regular group discussions, interactive sessions, and visits from social workers or volunteers.



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