

Department of Social Work

Community Organization

“Hormonal Harmony: A Key to Women’s Health”

Naipunnnya

To reach the unreachable

Date of event: 03.05.2025

Faculty In-charge: Ms.Reni.V.Kalayil

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnnya.ac.in, mail@naipunnnya.ac.in



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

Date: 31.04.2025

Circular

Subject: Community programme on “Hormonal Harmony: A Key to Women's Health” – Report

The Department of Social Work at NIMIT is organizing a community organization program titled ““Hormonal Harmony: A Key to Women's Health “on 3rd May 2025 in chowara Aluva. The aim of this initiative is Community Programme – “Anti-Drug: Stay Sober, Stay Safe”

The Department of Social Work is organizing a Community Organization Programme on the theme “Anti-Drug: Stay Sober, Stay Safe” focusing on youth awareness and prevention strategies.

Date: 04 May 2025

Time: 10:00 a.m.

Venue: Kolakode Parish Hall

The session aims to educate young individuals on the harmful effects of drug abuse and promote healthy lifestyle choices. It will include awareness talks, interactive sessions, and preventive education.

This program is coordinated by first-year MSW students as part of their fieldwork training. All MSW students and faculty are requested to attend and contribute to the success of this socially impactful initiative.

to focus mainly on the the role of diet, hormonal imbalance, and nutrition in women.

Venue: Anganawadi ward no :15, chowara Aluva

Time: 2: 30 p.m. to 4:00 p.m.

All are requested to cooperate and contribute to the success of this initiative

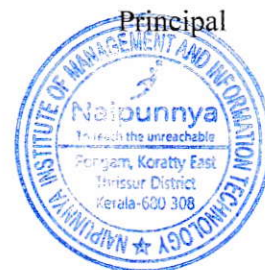


Fr. Dr. Paulachan K.J

Principal

Copy to:

HoD, Department of Social Work

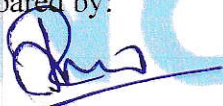


REPORT

As a part of the concurrent fieldwork organized by the Department of Social Work, NIMIT, a community organization programme was successfully conducted at Anganwadi in Chowara on May 3, 2025. The programme was scheduled from 2.30 pm- 3.30 pm. The programme was based on health awareness which talks about the role of diet, health practices, hormonal imbalance in women's life.

The health awareness was led by Dr. Thoufeeque Aslam, chief consultant physician who talk about the hormonal imbalance, healthy diet, nutrition based on women's health. There were 22 participants which mainly composed of both women and adolescent girls. The programme was very effective for the women and children of Ward 15 in Sreemoolanagaram panchayat in Chowara. The class was very interactive, with active participation from women and children who cleared their doubts and have a deep understanding regarding the health practices which need to be followed in their daily routine.

Prepared by:



Ms. Reni V. Kalayil

Asst. Professor

Verified by:



(Ms. Joysree Mondal

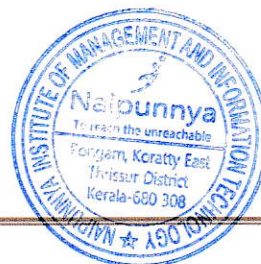
HoD, MSW Department

Approved by:

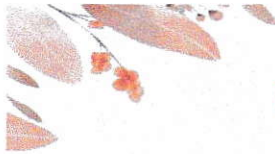


Fr. Dr. Paulachan K.J.

Principal



BROCHURE



NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)
(Affiliated to University of Calicut, accredited by NAAC with A++ISO9001-2015certified)
Pongam Koratty, East, Thrissur District, Kerala, State, India, Pincode 680308

**"HORMONAL HARMONY: A KEY TO
WOMEN'S HEALTH"
COMMUNITY ORGANIZATION**

(A health awareness programme which talks about the role of diet,
health practices, hormonal balance in women's life)

Conducted by
Anjana P. R
Merin. B. Chiramel

Department of Social Work, NIMIT
HOD: Mrs Joyshree Mondal
Field Coordinator : Fr. Siju Varghese
Field Supervisor : Mrs Reni. V. Kalayil

Resource person



Dr. Thoufeeq Aslam
BHMS, Msc., DFSM, Dip. Nutrition, CBT
Chief consultant physician

Venue: Anganwadi
Date: 3/05/2025
Time: 2:30-3:30 pm



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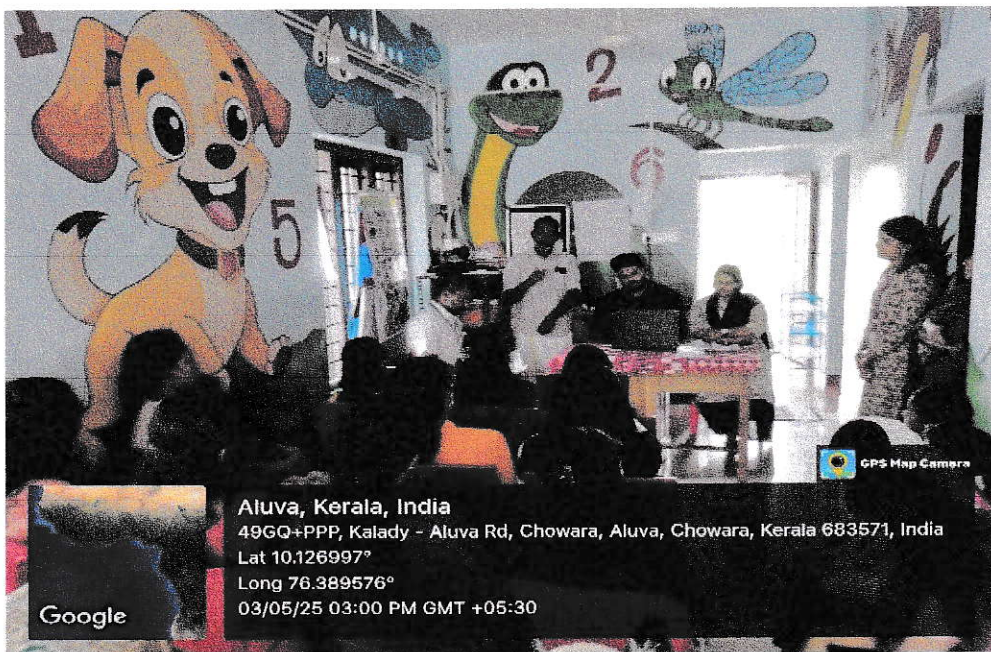
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PROGRAMME SCHEDULE

1. Introductory Speech: Anjana (1st year MSW student)
2. Welcome Speech : Sheeja (Anganwadi Teacher)
3. Felicitation : Sukumaran (Member of Ward 15)
4. Resource Person: Dr. Thoufeeque Aslam (Chief Consultant Physician BHMS,
Dip. Nutrition, CBT) M.S.C, DFSM,
5. Vote of Thanks : Merin .B. Chiramel (1st year MSW
Student)

PHOTOGRAPHS



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PARTICIPANT'S LIST

Name of the event:

Date: 03-05-2025

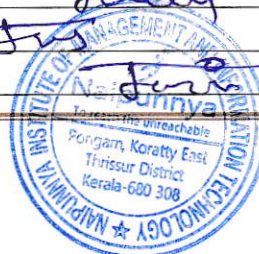
Class: I MSW

Sl. No.	Name	Signature
1.	Nimmy John	Nimmy
2.	Anamol Antony	Anamol
3.	Joseph shal	Joseph
4.	Amal santhosh	Amal
5.	Roice Tojo	Roice
6.	Agnacious Benny	Agnacious
7.	Sauthi M	Sauthi
8.	Antony C.M	Antony
9.	Alcena Jose	Alcena
10.	Tobias Benny	Tobias
11.	Daniel Babu	Daniel
12.	Anon John	Anon
13.	Aadam chris	Aadam
14.	Hazel Maria	Hazel
15.	Johan Joe	Johan
16.	Sandra Francis	Sandra
17.	Sonia George	Sonia
18.	Meena J	Meena
19.	Jismariya S	Jismariya
20.	Anna Tony	Anna
21.	Ann Mary C	Ann
22.	Anagha Benny	Anagha
23.	zeen Dais	zeen
24.	Nikhitha M	Nikhitha
25.	Joel Babu	Joel
26.	Amal Antu	Amal
27.	Alkash Pradeep	Alkash
28.	Jency Maria	Jency
29.	Jis John	Jis
30.	Jerin P	Jerin

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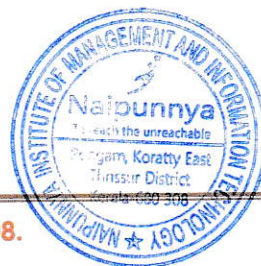
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31.	Aneena varghese	Anneena
32.	Teine I.R	Jewine
33.	Irish M.V	Irish
34.	Juran Jose	Juran
35.	Jenifer John	Jenifer
36.	Anoop M.K	Anoop
37.	Miya Antony	Miya
38.	Manju Mebin	Manju
39.	Maria Manu	Maria
40.	Sona Martin	Sona
41.	Saniya John	Saniya
42.	Anju Antony	Anju
43.	Anjana M R	Anjana
44.	Anila varghese	Anesha
45.	Anisha Sebastian	Anisha
46.	Akshya Antony	Akshya
47.	Albin Babu	Albin
48.	John Anas	John
49.	Kavya M	Kavya
50.	Soniya Babu	Soniya

(Signature)

Event Coordinator



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FEEDBACK

After the session, informal feedback was collected from the participants to understand their perceptions, learning outcomes and emotional responses to the programme. The overall feedback was positive and encouraging which highlights the following points:

- **Increased Awareness:** The women and children expressed that they got an awareness about the health, nutrition, role of diet, hormonal imbalance which need to be followed in daily life.
- **Interactive and Engaging:** The awareness programme was very effective and it was an interactive session. The women and children were really grateful for conducting this awareness programme where they realized the importance of health which plays an important role in daily life.

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