

Department of Social Work (MSW)

Community Program

“Mental Health and Stress Management”

Naipunnya

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Date of event: 15/05/2025

Faculty In-charge: Fr. Siju Varghese



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No: NIMIT/MSW/PG/05/24-25

Date: 13.05.2025

Circular

Subject: Community Organization Programme - Awareness Session on “Mental Health and Stress Management”

The Department of Social Work at NIMIT is organizing a Community Organization Programme titled “Awareness Session on Mental Health and Stress Management” on 15th May 2025 at Joe Mount Public School, Chunanganmveli, Aluva.

The programme is being conducted as part of the Second-Semester fieldwork curriculum and aims to address the rising concerns surrounding adolescent stress, exam fear, and unhealthy coping mechanisms, particularly among students of 9th and 10th standards in Ward 14 of Keezhmad Panchayat.

The session will be handled by Ms. Agnes Reji (BSc Psychology, MSW – Medical & Psychiatry). The aim of this initiative is to promote health awareness, educate the community about stress management techniques, and encourage wellbeing practices

All MSW students and faculty members are requested to support and contribute to the smooth execution of the programme



Fr. Dr. Paulachan K.J

(Principal)

Copy to:

HoD, Department of Social Work



REPORT

A community program on the topic “**Stress Management**” was conducted on **15th May 2025** at **Jeo Mount Public School, Keezhmad Panchayat**, as part of the Second-Semester fieldwork of MSW students from **Naipunnya Institute of Management and Information Technology (NIMIT)**. The program aimed to create awareness among school students about the concept of stress, its causes, effects, and healthy coping mechanisms. Students from classes 9 to 10 participated in the session, which was designed to be interactive and student-friendly.

The session began with a brief introduction to the concept of mental health and stress, followed by a discussion on the common causes of stress among adolescents such as academic pressure, parental expectations, peer pressure, and lack of time management. The physical, emotional, and behavioural symptoms of stress were explained with relatable examples. The facilitators then introduced various healthy coping strategies including deep breathing exercises, positive self-talk, proper time management, and seeking support when needed. Visual aids and real-life scenarios were used to make the content more relatable and understandable for the students.

Interactive activities and a question-and-answer session helped to engage the students actively. Many students shared their personal experiences and concerns, which made the session more meaningful. Feedback collected from both students and teachers was highly positive, with suggestions for conducting similar sessions in the future on topics like exam fear and self-confidence. The program concluded with a reflection on the importance of maintaining mental well-being, especially during adolescence. Overall, the session was effective in promoting awareness and encouraging healthy emotional practices among school students.

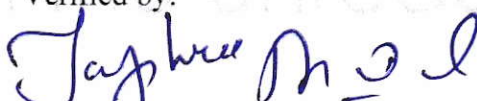
Prepared by:



Ms. Reni. Kalayil

Asst. Professor

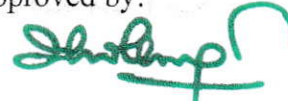
Verified by:



Ms. Joyshree Mondal

HoD, MSW Department

Approved by:



Fr. Dr. Paulachan K.J.

Principal



BROCHURE



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(Affiliated to the university of Calicut, Accredited by NAAC with A++ISO9001-2015certified) Pongam Koratty east, Thrissur district, Kerala state, India, Pincode 680 308)

MENTAL HEALTH & STRESS MANAGEMENT

(Resource person) (Community Program)



Ms. Agnes Reji
(MSW (Medical & Psychiatry)
BSC Psychology)

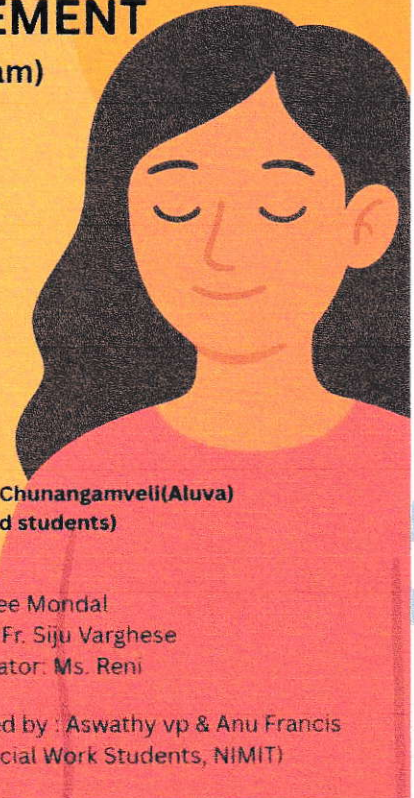
Objectives

- Create awareness about mental health and its importance.
- Introduce simple stress management techniques.
- Encourage healthy coping and seeking support.

Date: 15 May 2025
Time: 2:30 pm to 3:30 pm
Venue: Joe Mount Public school, Chunangamveli(Aluva)
For: Adults (9th and 10th standard students)

HOD: Ms. Joyshree Mondal
Field Work Supervisor : Fr. Siju Varghese
Feild Work Co-ordinator: Ms. Reni

Organized by : Aswathy vp & Anu Francis
(Social Work Students, NIMIT)



PROGRAM SCHEDULE

Prayer

Welcome Speech: Ms. Anu Francis

Presidential address: Sister. Mary Rose (Principal of Joe Mount Public School)

Key note Address: Fr. Siju Varghese: (Assistant professor and Field Work Supervisor. Department of Social Work)

Session conducted by: Ms. Agnes Reji (MSW Medical & Psychiatry Social Worker, BSC Psychology)

Vote of Thanks: Ms. Aswathy VP

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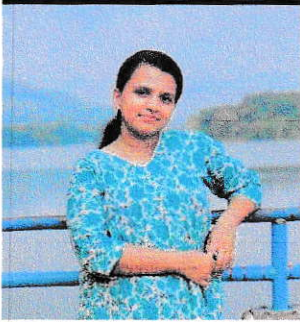
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RESOURCE PERSON'S PROFILE

Photo of the resource person



Name: Ms. Agnes Reji

**Designation: MSW, Medical & Psychiatry
Social worker, BSc Psychology**

Profile

Completed MSW from De Paul College in Medical & Psychiatry Specialization and also have degree in BSc Psychology

Currently working as a Teacher in Uttar Pradesh (UP)

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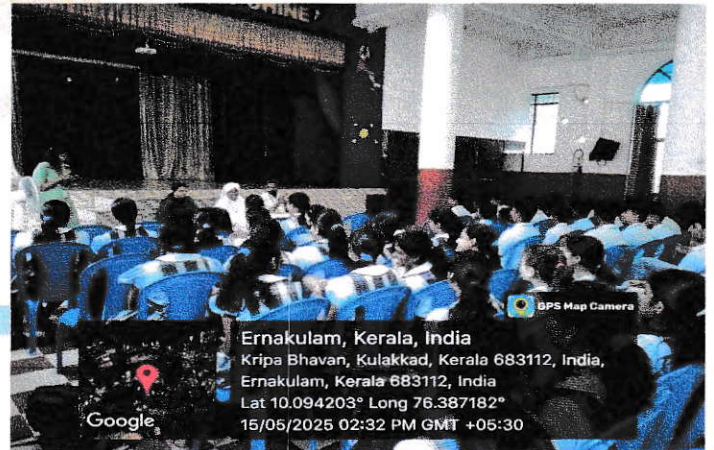
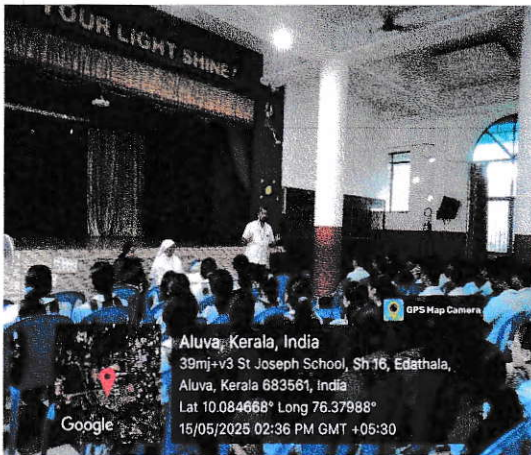
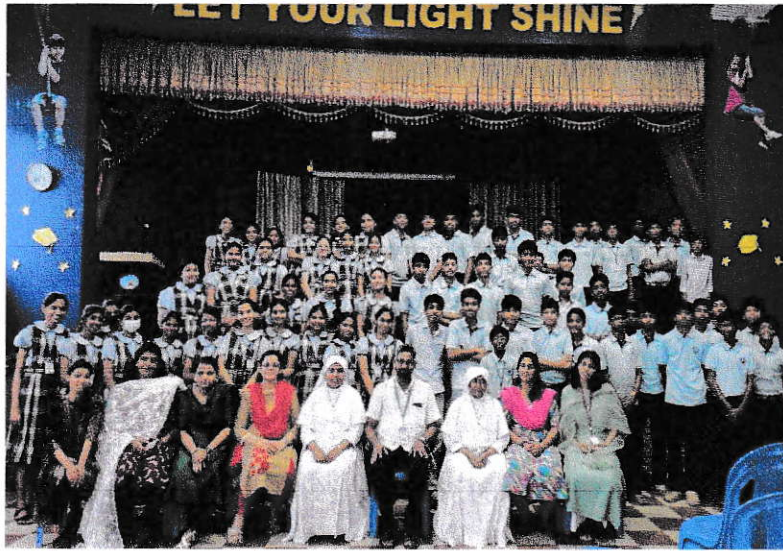


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PHOTOGRAPHS /SCREENSHOTS



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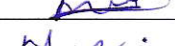
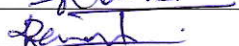
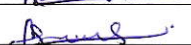
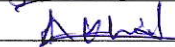
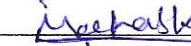
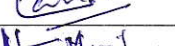
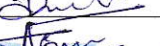
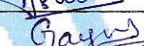
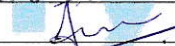
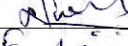
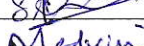
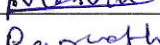
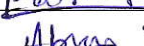
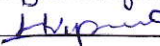
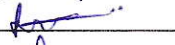
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PARTICIPANT'S LIST

Name of the event: mental health and stress management awareness class

Date:15/05/2025

Class:

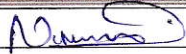
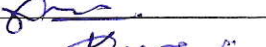
Sl. No.	Name	Signature
1	Anjana R	
2	Amal K R	
3	Neha S	
4	Jithin Thomas	
5	Arya P V	
6	Nandana M	
7	Rahul Raj	
8	Sneha Antony	
9	Akhil P	
10	Meenakshi Nair	
11	Vishnu R	
12	Lakshmi C	
13	Alan Mathew	
14	Diya Mariam	
15	Aswin Kumar	
16	Gayathri S	
17	Jisna M P	
18	Arjun K	
19	Devika Menon	
20	Bibin Jacob	
21	Nivya Varghese	
22	Fasil Rahman	
23	Sruthi V	
24	Melvin John	
25	Parvathi B	
26	Abin Babu	
27	Rithika Rajeev	
28	Joseph Thomas	
29	Hiba Mariyam	
30	Gokul S	
31	Aryan V	
32	Anagha K	
33	Rohit Krishna	

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34	Nimisha R	
35	Jithu M	
36	Maria Sebastian	
37	Vishal P	
38	Athira M	
39	Sanjay Kumar	
40	Sreya S	
41	Rahul Dev	
42	Anju T	
43	Irfan P	
44	Sandra Jose	
45	Adarsh R	
46	Malavika G	
47	Joel Mathew	
48	Fathima Shirin	
49	Krishnapriya B	
50	Edwin Joseph	

Event Coordinator 

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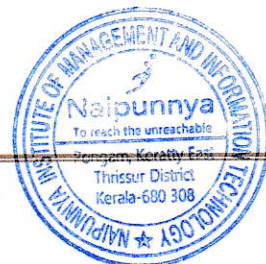
FEEDBACK

Positive feedback received from students and teachers

Suggestions included conducting follow-up sessions on exam anxiety, peer pressure, and self-confidence and conducting similar sessions in the future on topics like exam fear and self-confidence.



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