

**Department of Social Work
Community Organization
“Pathway to wellness”**

Naipunnya

To reach the unreachable



Date of event:30-04-2025

Faculty In-charge: Fr. Siju Varghese

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

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in

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

Date: 25.04.2025

Circular

Subject: Stress management Awareness session

The Department of Social Work at NIMIT is organizing a community organization programme titled **“Pathway to Wellness”** stress management awareness session on 30th April 2025. This program was designed for inmates of Divine care Centre those who's affected mental illness and aimed to raising awareness about stress management

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



Fr. Dr. Paulachan K.J

Principal

HOD, Department of Social Work



REPORT

As part of the field work under the Department of Social Work, NIMIT a community organization program was successfully conducted at Divine Care Centre on April 30, 2025. The session, held from 10:30 a.m. to 11:30 a.m., focused on raising awareness about stress management among the residents of the psychosocial rehabilitation Centre.

The awareness class was led by Ms. Sujisha M, a professional psychologist, who discussed various aspects of stress including its causes, symptoms, and impacts on mental health. She also introduced practical stress reduction techniques such as breathing exercises, mindfulness, time management tips, and the importance of seeking support when needed.

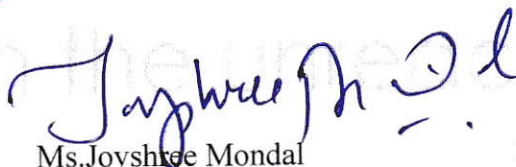
The session was interactive, with active participation from the inmates who shared their experiences and asked questions. The program helped enhance their understanding of stress and equipped them with simple coping strategies for better mental well-being.

Prepared by:



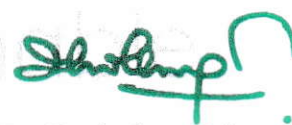
Ms. Reni. Kalayil
Asst. Professor

Verified by:

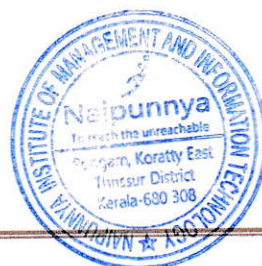


Ms. Joyshree Mondal
HoD, MSW Department

Approved by:



Fr. Dr. Paulachan K.J.
Principal



BROCHURE



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

"PATHWAY TO WELLNESS"

COMMUNITY ORGANIZATION

(A stress management awareness program to educate individuals on effective techniques to manage stress, promote relaxation, and enhance overall well-being.)

Conducted By

Abhirami S

Ananya Vinod M.K

Department of social work NIMIT

HOD:Mrs.Dr joysree Mondal

Fieldwork supervisor :Fr.Siju Varghese

Resource person



Ms.Sujisha.M
(psychologist)

Awareness Class
"Stress Management"

Venue: Divine Care Center Meloor

Date: 30.04.2025

Time: 10:30-11:30a.m

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

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in

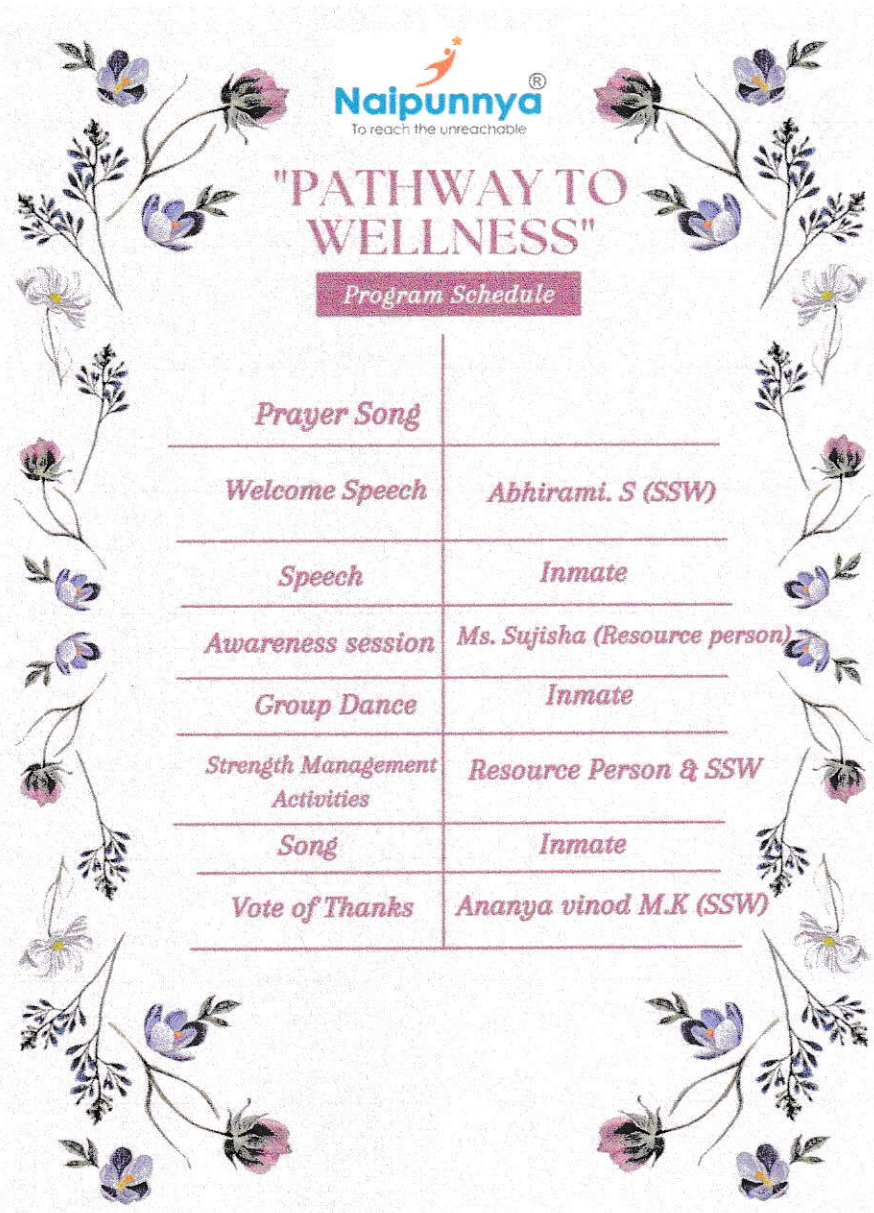


PROGRAM SCHEDULE

VENUE: DIVINE CARE CENTRE, MELOOR

DATE: 30-04-2025

TIME: 10:30-11:30 AM



Naipunnya[®]
To reach the unreachable

"PATHWAY TO WELLNESS"

Program Schedule

<i>Prayer Song</i>	
<i>Welcome Speech</i>	<i>Abhirami. S (SSW)</i>
<i>Speech</i>	<i>Inmate</i>
<i>Awareness session</i>	<i>Ms. Sujisha (Resource person)</i>
<i>Group Dance</i>	<i>Inmate</i>
<i>Strength Management Activities</i>	<i>Resource Person & SSW</i>
<i>Song</i>	<i>Inmate</i>
<i>Vote of Thanks</i>	<i>Ananya vinod M.K (SSW)</i>

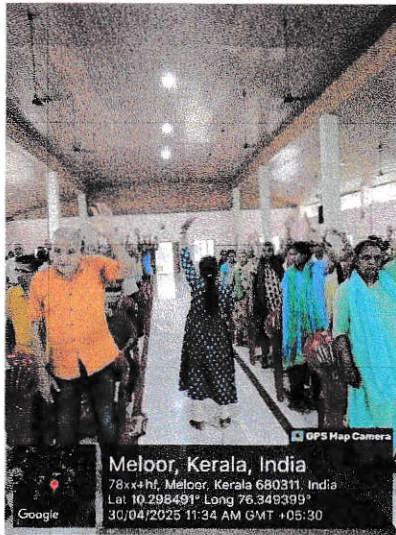
Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in



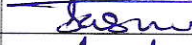
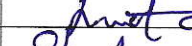
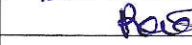
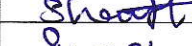
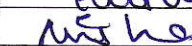
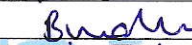
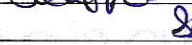
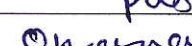
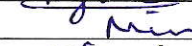
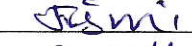
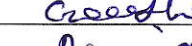
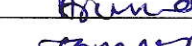
PHOTOGRAPHS /SCREENSHOTS



PARTICIPANTS LIST

Name of the event: **PATHWAY TO WELLNESS**

Date: **30/04/2025**

Sl. No.	Name	Signature
1.	Usha	
2.	Jasmine	
3.	Linta	
4.	Shoby	
5.	Jiji	
6.	Beena	
7.	Annamma	
8.	Radha	
9.	Mariyamma	
10.	Shantha	
11.	Suma	
12.	Kusum	
13.	Nisha	
14.	Bindu	
15.	Sheeba	
16.	Kamala	
17.	leela	
18.	Lakshmi	
19.	Seetha	
20.	Sunitha	
21.	Rekha	
22.	Anitha	
23.	Indu	
24.	Pushpa	
25.	omana	
26.	Ayisha	
27.	Mini	
28.	Jismi	
29.	Geetha	
30.	Aruna	
31.	Jomon	
32.	Mathu	
33.	Jopan	

34.	Babu	Babu
35.	Lloyd	Lloyd
36.	Rony	Rony
37.	Kasinathan	Kasinathan
38.	Joseph T.k	Joseph
39.	Sunny	Sunny
40.	Mathew	Mathew
41.	Rajan	Rajan
42.	Sonu	Sonu
43.	George	George
44.	Thomas	Thomas
45.	Shibu	Shibu
46.	Shaji	Shaji
47.	Joseph P	Joseph P
48.	Haridas	Haridas
49.	Ramesh	Ramesh
50.	Dileep	Dileep
51.	Pradeep	Pradeep
52.	Kiran	Kiran
53.	Suresh	Suresh
54.	Manu	Manu
55.	Joby	Joby
56.	Prasanth	Prasanth
57.	Satheesh	Satheesh
58.	George	George
59.	Jaison	Jaison
60.	Madhu	Madhu

Event Coordinator



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

Phone +91 9605001987, 04802730340, 2730341, 2733573

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

FEEDBACK

After the session, informal feedback was collected from the residents to understand their perceptions, learning outcomes, and emotional response to the program. The overall feedback was positive and encouraging, highlighting the following key points:

- **Increased Awareness:** Many residents expressed that they gained a better understanding of what stress is, how it affects mental and physical health, and the importance of managing it early.
- **Practical Usefulness:** Residents appreciated learning simple and practical stress-reduction techniques such as deep breathing, relaxation methods, and positive thinking strategies. They mentioned they could easily apply these techniques in their daily routine.
- **Interactive and Engaging:** The session was described as engaging, friendly, and respectful. Residents felt comfortable sharing their thoughts and some even opened up about personal experiences with stress.



Naipunnnya[®]
To reach the unreachable

