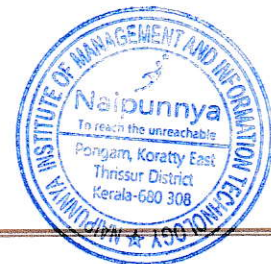


Department of Social work
Community Organization
“Swasthi ”

Naipunnya
To reach the unreachable

Date of event: 20-05-2025

Faculty In-charge: Ms. Reni V Kalayil



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

Phone +91 9605001987, 04802730340, 2730341, 2733573

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

Date: 17.02.2025

Circular

Subject: Mental Health and Stress Management Awareness Program "Swasthi "

The Department of Social Work at NIMIT is organizing a community program based on the topic "Mental health and stress management awareness class. The program is scheduled to be held on 20th May 2025, at Vadekakkara panchayat from 3: 00 p.m. to 4: 00 p.m.

The session will be led by Mr Varkychan, Director of Pratyasha Counselling Center Karumalur, who will serve as a resource person. The aim of this initiative is to promote health awareness, educate the community about stress, management techniques, and encourage well-being practices. 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

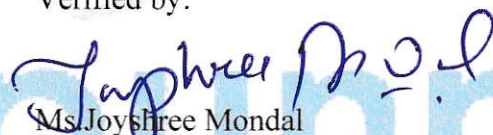
As part of the Second Semester concurrent field work under the Department of Social Work, NIMIT a community organization program was successfully conducted for the members of the Vadakekkara Panchayat Moothakunnam, Paravor on May 20, 2025. the session held from 3 :00 p.m. to 4:15 p.m., focused on raising awareness about the mental health and stress management among the members of the Vadakekkara Panchayat.

The session was led by Mr. Varkyachan Menachery, He explained the common causes and symptoms of stress and emphasized the need of early intervention. He also shared practical coping strategies such as relaxation techniques, healthy life style habits, and seeking timely support. The session was interactive, and participants engaged actively by sharing their experiences and asking questions. The program was successful in enhancing awareness and promoting appositve attitude toward mental well-being in the community

Prepared by:


Ms. Remi. 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**

(University of Calicut Accredited with NAAC A++
ISO9001- 2015 certified)Pongam East Koratty, Thrissur kerala

**"SWASTHI"
COMMUNITY ORGANIZATION
MENTAL HEALTH AND
STRESS MANAGEMENT AWARENESS PROGRAM**

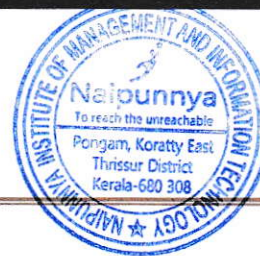


Conducted By
Christy Antony
Rose Mary C.B
HOD-Dr.Joysree Mondal
Field Work Coordinator -Ms.Reni V kalayil
Field Work Supervisor -Fr.Siju Varghese
Department of Social Work ,NIMIT

Resource Person
Mr.Varkichan P Menachery
Consultant Counsellor and Director
Prathyasa Counselling Center
Karumalloor

All Are Welcome

Venue: Kattathuruth , Kottappuram
Date:20/05/2025
Time:3:00pm to 4:00pm



PROGRAM SCHEDULE

Prayer Song : Ms Mini Udhayan

Welcome speech : Ms Rosemary CB

Presidential Address: Ms Mini Udhayan (ward member)

Felicitation : Fr Siju Padayatty CMI (field work supervisor)

Session : Mr. Varkyachan Menachery (director of pratyasha counselling Centre
Karumallor)

Vote of Thanks : Mr. Christy Antony

Tea and snacks


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PHOTOGRAPHS /SCREENSHOTS



Ernakulam, Kerala, India
5694+wh3, Vadakkekara, Kerala 683522, India, E
Kerala 683522, India
Lat 10.169993° Long 76.206611°
20/05/2025 04:36 PM GMT +05:30



Ernakulam, Kerala, India
5694+wh3, Vadakkekara, Kerala 683522, India, E
Kerala 683522, India
Lat 10.17008° Long 76.206556°
20/05/2025 03:29 PM GMT +05:30



Ernakulam, Kerala, India
5694+wh3, Vadakkekara, Kerala 683522, India, E
Kerala 683522, India
Lat 10.170081° Long 76.206594°
20/05/2025 04:00 PM GMT +05:30



Ernakulam, Kerala, India
5694+wh3, Vadakkekara, Kerala 683522, India, E
Kerala 683522, India
Lat 10.169987° Long 76.206565°
20/05/2025 04:11 PM GMT +05:30

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PARTICIPANT'S LIST

Name of the event: Community program

Date:20-05-2025

Sl. No.	Name	Signature
1.	Manju	Manju
2.	Sini	Sini
3.	kuttan	kuttan
4.	Neena	Neena
5.	Geetha Gopalakrishnan	Geetha
6.	Anitha	Anitha
7.	Sunitha	Sunitha
8.	Jyoti	Jyoti
9.	Sudha Murali	Sudha
10.	Mahila	Mahila
11.	Sunandha	Sunandha
12.	Ambika	Ambika
13.	Soumya	Soumya
14.	Rajamma	Rajamma
15.	Gopika	Gopika
16.	Leena	Leena
17.	Lilly	Lilly
18.	Chandrika	Chandrika
19.	Sajini	Sajini
20.	Kanaka	Kanaka
21.	Sofia	Sofia
22.	Ravi M D	Ravi
23.	Sindhu Ponnappan	Sindhu
24.	Bindhu Suresh	Bindhu
25.	Preetha	Preetha
26.	Gopalan	Gopalan
27.	Indhira	Indhira
28.	Seena	Seena
29.	Ramani	Ramani
30.	Shylaja	Shylaja
31.	Mallika	Mallika
32.	Shyamala	Shyamala
33.	Maya Murali	Maya

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34.	Mini Suresh	Mini
35.	Anil Kumar	Anil
36.	Pauly	Pauly
37.	Shyla P.S	Shyla
38.	Leela	Leela
39.	Vasanthi	Vasanthi
40.	Shantha	Shantha
41.	Sudha Babu	Sudha
42.	Komalam	Komalam
43.	Bhuvaneswari	Bhuvaneswari
44.	Madhu P T	Madhu
45.	Reena	Reena
46.	Baby	Baby
47.	Usha	Usha
48.	Bhagyalakshmi	Bhagyalakshmi
49.	Sindhu	Sindhu
50.	Rathanam	Rathanam
51.	Jameela	Jameela
52.	Valsala	Valsala
53.	Rosily	Rosily
54.	Jessy	Jessy
55.	Shaiby	Shaiby
56.	Neethu	Neethu
57.	Manju	Manju
58.	celin	Celin
59.	Veronica	Veronica
60.	Sumathi	Sumathi



Event Coordinator



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FEEDBACK

The stress management and mental health awareness class conducted for the women was highly impactful and well-received. The participants showed great interest and engagement throughout the session. The content was relevant, practical, and tailored to address the unique challenges faced by women in managing stress and maintaining mental well-being.

Many participants expressed that they learned useful techniques such as mindfulness, breathing exercises, and positive coping strategies, which they felt confident applying in their daily lives. The session also helped raise awareness about the importance of mental health, reducing stigma and encouraging open conversations.

Suggestions for future sessions included incorporating more interactive activities, providing additional resources for ongoing support, and covering related topics such as self-care, building resilience, and managing anxiety.

Overall, the class was successful in empowering women with knowledge and tools to better manage stress and promote mental wellness.

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