DEPARTMENT OF SOCIAL WORK

Elderly Community Program- "THANAL"

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Date of event: 30/11/2024

Faculty In-charge: Fr. Siju Varghese

No: NIMIT/NSW/AWP/09/2024-2025 **Date: 30th November 2024**

Circular

Subject: Elderly Community Programme – "THANAL"

The Department of Social Work is organising a community-based initiative titled "THANAL" on 30th November 2024 from 12.45 p.m. to 1.45 p.m. at Kokkanam for elderly individuals aged 60 years and above.

The programme aims to promote health and legal awareness, enhance social interaction, and support the emotional well-being of older adults. The session will be handled by Ms. Elssy Pulose.

All concerned students are expected to participate in the programme.

Fr. Dr. Paulachan K.J

(Principal)

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REPORT

The Department of Social Work organized a community-based initiative titled "THANAL", focusing on health and legal awareness for elderly individuals. The program was conducted specifically for people aged 60 years and above and took place in the Kokkanam area on Saturday, 30th November 2024, from 12:45 p.m. to 1:45 p.m.. The session aimed to address the social and emotional well-being of older adults, offering a platform for engagement, awareness, and support. The key objectives were to enhance social interaction, promote mental and emotional health, and educate participants about health and legal matters relevant to their age group. Ms. Elssy Pulose, Kudumbashree ADS member from the outgoing ward, served as the resource person. She shared valuable insights, offered emotional support, and guided participants through key topics related to elderly welfare, health care access, and basic legal rights. Program activities included a health and legal awareness session, interactive discussions, and group-based interaction, which encouraged active participation and peer bonding among attendees. These activities helped foster a sense of belonging and support, which is essential for aging individuals.

The session was well-received by participants, who appreciated the opportunity to voice their concerns, share experiences, and learn in a supportive environment. Many expressed interests in having more such sessions in the future to continue addressing the challenges faced by the elderly. In conclusion, THANAL 2024 proved to be a highly effective program in promoting emotional well-being, legal literacy, and social connection among senior citizens. It successfully created a space where older adults felt heard, supported, and empowered, thereby contributing to a better quality of life and stronger community ties.

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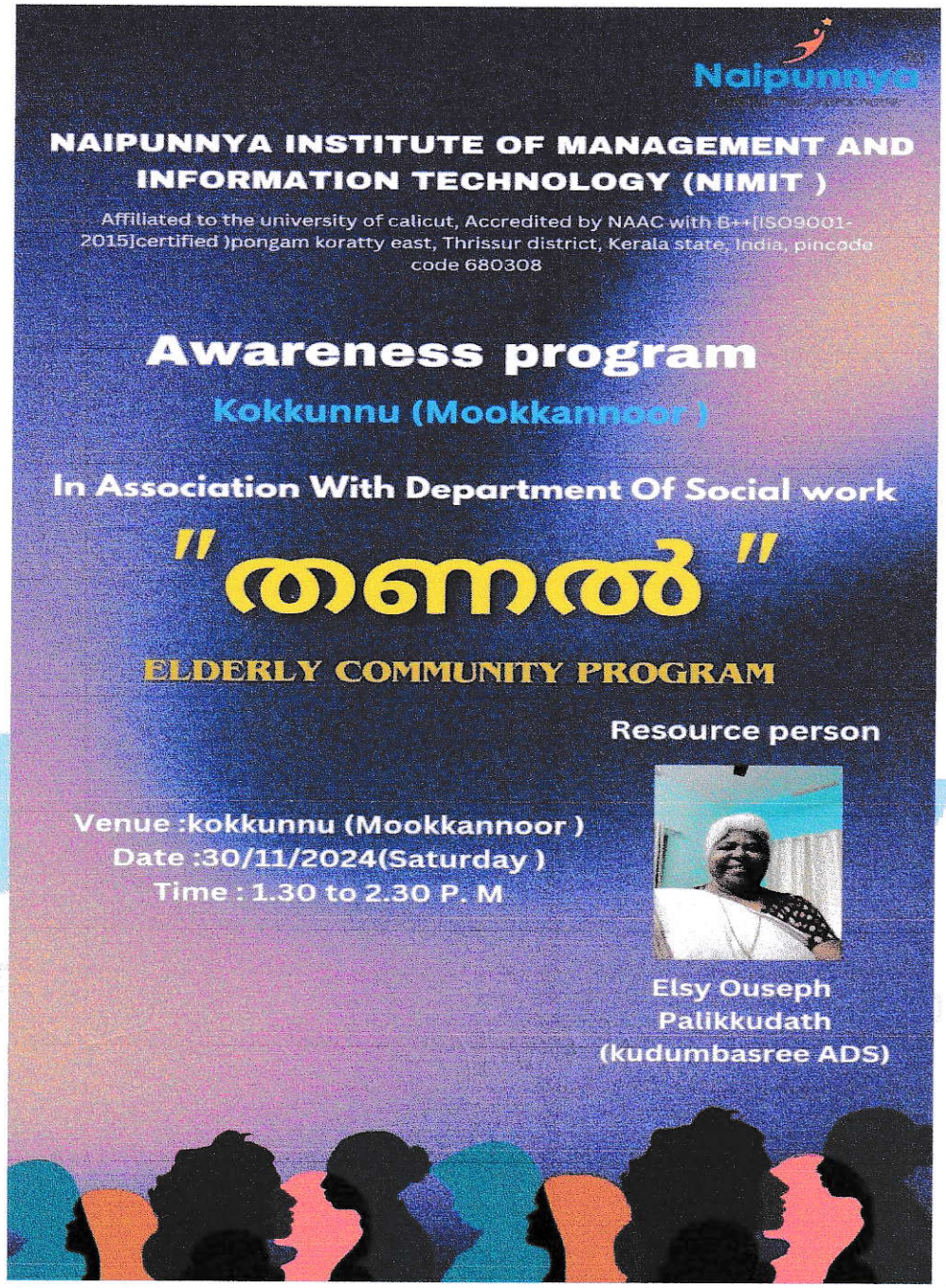
BROCHURE



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PROGRAM SCHEDULE

Prayer	Amitha
Welcome Speech	Nithya
Resource Person Speech	Elsy Ouseph
Interactive session	Elsy Ouseph
Vote of Thanks	Sebastian

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RESOURCE PERSON'S PROFILE

Photo of the resource person	
	**Name: ELSY PULOSE** **Designation: Kudumbashree ADS**

Profile

Ms. Elssy Pulose is a dedicated community leader and an ADS (Area Development Society) member of Kudumbashree, representing the outgoing ward. She has actively participated in various grassroots initiatives focused on women empowerment, health awareness, and elderly welfare.

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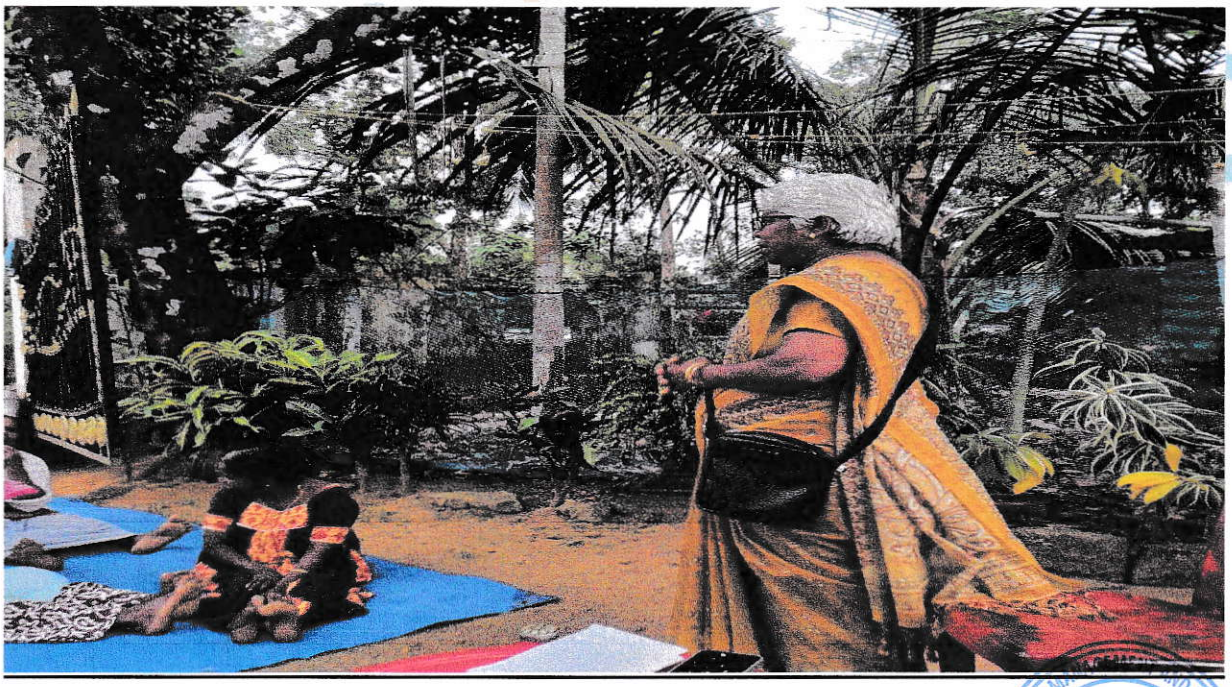
PHOTOGRAPHS /SCREENSHOTS





PARTICIPANT'S LIST

Name of the event: THANAL

Date: 30/11/2024

Class:

Sl. No.	Name	Signature
1.	Elsy	
2.	Babu	
3.	Mani	
4.	Manu	
5.	Kumar	
6.	Sheela	
7.	Shammy	
8.	Rema	
9.	Shini	
10.	Shiji	
11.	Lissy	
12.	Mery	
13.	Kumari	
14.	Vasu	
15.	Antu	
16.	Sebu	
17.	Mini	
18.	Ratha	
19.	Deepa	
20.	Janu	
21.	Janaki	
22.	Krishna	
23.	Kavya	
24.	Madhavan	
25.	Simi	
26.	Remya	
27.	Sathi	
28.	Thankam	
29.	Kamalam	
30.	Pankajam	

Event Coordinator

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FEEDBACK

Participants found the awareness session both informative and comforting. The topics discussed—particularly those related to health care access, legal rights, and emotional well-being—were said to be highly relevant to their daily lives. Several individuals remarked that they gained new knowledge and felt more confident in seeking help when needed. The interactive nature of the session, including group discussions and shared experiences, was especially well-received. It allowed participants to connect with one another, express personal thoughts, and feel a sense of community. Many elderly individuals mentioned that such opportunities for social interaction are rare, and they valued the chance to engage meaningfully with peers.

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