

## PROGRAM IMPLEMENTATION REPORT

Community Awareness Program On Digital Interaction and Mental Resilience

Date : 10<sup>th</sup> January 2025

Time : 2:00pm to 3:00pm

Venue: Dakshina Kannada Zilla Panchayath Thiruvail School auditorium.

### OBJECTIVES

1. To educate students on side effects of Social media effects on mental health , behaviour and physical health.
2. Awareness regarding the effectiveness and responsible ways of handling social media and digital Platforms.
3. Awareness about "cyberbullying and online harassment" on safety measures and responsible online usage.

### PROCESS

The Community Awareness Program on Digital Interaction and Mental Resilience at DKZP school at thiruvial vamanjoor. Trainee along with the co-trainees reached the school at 2.00 pm on 10<sup>th</sup> January 2025. Trainees arrived early and did the arrangements needed. The program began with a MC by Mr.Likith social Work trainee highlighting the importance of digital awareness and mental resilience. Students were introduced to the session's objectives and the significance of responsible digital interactions. Mrs. Renita Anitha Leuviss (Program Coordinator of Dharma Jyothi Social Centre, Vamanjoor) led the session with an engaging and interactive approach. Given students with valuable insights on the causes of digital platforms and how to deal with it on daily life. The session was very informative and valuable. A token of gratitude was given by the social work trainees and the vote of thanks given by social work trainee Mr.Likith. The Headmistress, Mrs. Janette Menezes, was thanked for her support in organizing the program.

### CONCLUSION

After the insightful session, Mrs. Renita emphasized the importance of balancing digital life, urging students to prioritize mental and physical well-being while using technology responsibly. The event successfully concluded with positive feedback.

From,

Sr Joel Lasardo

Director

Dharma Jyothi Social Centre

Vamanjoor

To,

Dr Shwetha Rashquinha

Head of the Department (HOD)

Department of PG studies and Research in social work

St Aloysius (Deemed to be University)

Mangalore

10th- January -2025

Subject: Report on Awareness Programme Digital Interaction and Mental Resilience

This is to confirm that the social work trainees Likith, Anetta Joseph, Anu sebastian, Ashin P Ullas of Department of PG studies and Research in social work St Aloysius (Deemed to be University) Mangalore as part of their fieldwork successfully conducted a Community Awareness Program on Digital Interaction and Mental Resilience on January 10, 2025, at 2:00 PM. The session was led by Mrs. Renita Anitha Leuvis program coordinator from Dharma Jyothi Social Centre and was held at DKZP Government Higher Primary School Thiruvail, vamanjoor.

The trainees actively organized and participated in the program, ensuring its smooth execution and meaningful engagement with the community.

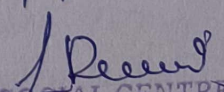
If further details are required, please feel free to contact us.

Sincerely,

Mrs. Renita Anitha Leuvis

Program coordinator

Date: 2/3/2025

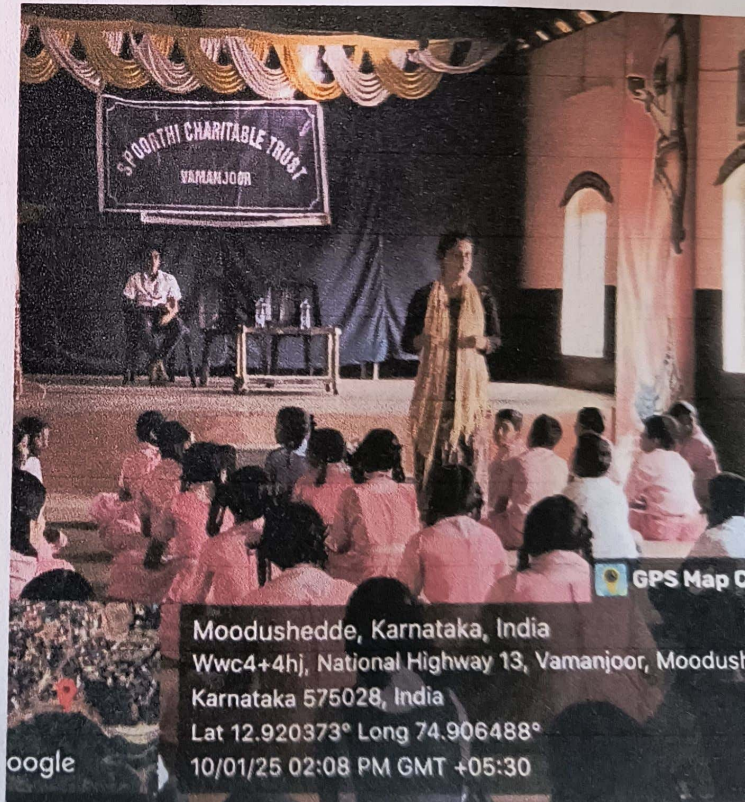
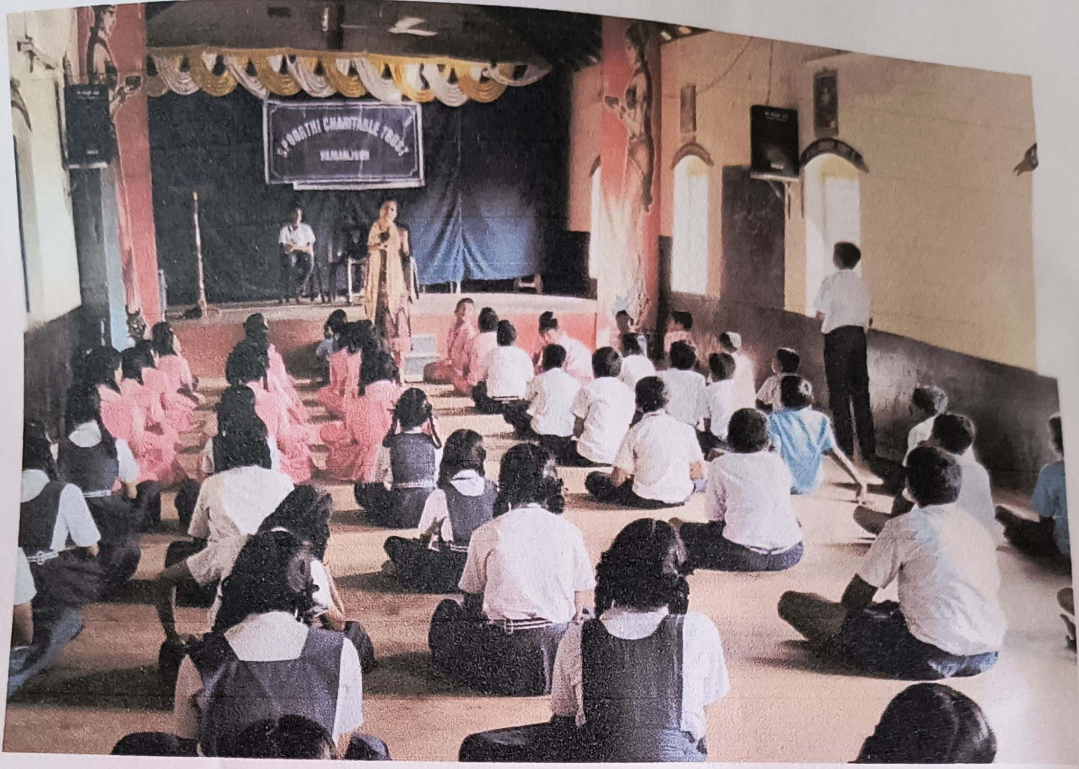
Signature: 

DHARMA JYOTHI SOCIAL CENTRE  
QUEEN OF APOSTLES CONVENT  
VAMANJOOR  
KARNATAKA, INDIA  
PHONE NO: 0824-575028

Attendance Sheet of Community awareness  
Programme on Digital interaction and mental Resilience.

Sl.No	Name	Signature
1	Gagan	<u>Gagan</u>
2	mohammed Raheez	Raheez
3	Nishith	Nishith
4	Prakhyath	Prakhyath
5	Pranam	Pranam
6	Pratham	Pratham
7	Rithish	Rithish
8	Thanishk	Thanishk
9	Ashlesh	Ashlesh
10	Aisha Rida	Rida
11	Ayishath amra	Amra
12	Deepika k.p	Deepika.k.p
13	Druthi	Druthi
14	Falhimathul Bishna	Bishna
15	Hamsika	hamsika
16	Ifa Banu	IFA Banu
17	Keerthana	Keerthana
18	Meksha	Meksha
19	N.K. shreya	N.K. shreya
20	Praneetha	Praneetha y.m
21	Samenu:	Samenuvi.D
22	Sana Kousar	Sana Kousar
23	Vansa	vansha
24	winisha T.	winisha dushi

SI.No	Name	Signature
25	Shreya	Shreya
26	Ganya shree	Ganyashree
27	Veekshith	Veekshith
28	mohammed Shalid	shalid
29	Chandan	chandan
30	karthik.	karthik
31	Suchith	Suchitha
32	Thushar	
33	Karthik	<del>Karthik</del>
34	m. Savaad	<del>Savaad</del>
35	Dhanuith	Dhanuith
36	karthik shetty	KARTHIKSH ETY
37	Sohan	Sohan
38	m. Ashwadh	<del>Ashwadh</del>
39	Dadhe sabh	Dada CAB
40	m. Refhok	<del>Refhok</del>
41	Tharuish	Tharuish.k
42	Adharsh.	<del>Adarsh</del>
43	Pavan	Pavan
44	Nandhakumar	Nanda
45	Ujwal	Ujwal
46	Pradeep.	Pradeep
47	Deepti	Deepti
48	Rithika.	Rithika



# Social Work Report on Community Program

## Program Details

"Topic;" Women and Mental Health

"Date;" 27th February 2025

"Time;" 4:00 PM - 5:30 PM

"Venue;" Anganwadi, Rajunagara, Shakthinagar

"Organized by;" Social Work Trainee

## 1. Introduction

A community awareness program on 'Women and Mental Health' was organized by a social work trainee on 27th February 2025 at the Anganwadi in Rajunagara, Shakthinagar. The objective of the program was to educate women about mental health issues, promote emotional well-being, and break the stigma surrounding mental health.

## 2. Objectives

1. To create awareness about mental health issues affecting women and the importance of emotional well-being.
2. To provide practical coping strategies for managing stress, anxiety, and daily life challenges.
3. To encourage open discussions and reduce the stigma associated with mental health, promoting a supportive community environment.

## 3. Program Process

The event began at 4:00 PM, with Deepak Sir, Assistant Professor from St. Aloysius Deemed to be University, as the Master of Ceremonies (MC). He welcomed the participants and highlighted the importance of mental health in women's daily lives.

The keynote session was conducted by Moksha Madam, also an Assistant Professor from St. Aloysius Deemed to be University. She discussed common mental health issues faced by women, including stress, anxiety, depression, and emotional burnout. She emphasized self-care strategies, the importance of seeking help, and how to balance multiple responsibilities without compromising mental health.

The session was interactive, allowing the participants to share their experiences, ask questions, and discuss challenges they face in maintaining mental well-being.

#### 4. Observations

- Approximately 35 women participated in the session.
- Most participants actively engaged in discussions, reflecting a strong interest in the topic.
- Some women shared personal experiences regarding mental health struggles
- Many participants expressed a lack of awareness about available mental health resources.
- The session helped reduce stigma by encouraging open discussions on mental health.

#### 5. Evaluation

The program was highly successful, as it;

Created awareness about women's mental health.

Encouraged participants to prioritize their well-being.

Fostered an open and safe space for discussions.

Provided practical coping strategies for stress and emotional challenges.

The engagement level of the participants and their willingness to discuss personal experiences indicated that the session had a meaningful impact. Feedback from attendees suggested the need for more such awareness programs and counseling sessions.

#### 6. Social Work Principles Used

- "Principle of Individualization;" Recognizing that each woman's mental health struggles are unique and should be addressed accordingly.
- "Principle of Acceptance;" Encouraging participants to share without fear of judgment, promoting a supportive environment.
- "Principle of Self-Determination;" Empowering women to take charge of their mental health and make informed decisions.
- "Principle of Confidentiality;" Ensuring that personal stories shared by participants were respected and kept confidential.

#### 8. Follow-up Actions

- Organize more frequent mental health awareness sessions for women.

# Ave Maria Palliative Care

(A Unit of Centre for Development,  
Studies, and Education (Regd.)

Mangala Nagara, Kudupu Post, Vamanjoor,  
Mangalore - 575028 Phone: 7022620186

To  
The Head of Department  
St. Aloysius Deemed to be University.

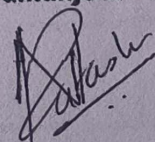
Subject: Certification of Community Program Completion  
Dear Sir/Madam,

This is to certify that George Thomas (24210125), Ibadap-  
biang K. Lyngdoh (24210126), and Elza Tiffany Lamary (24210124),  
first year M.S.W Students of St. Aloysius Deemed to be University  
successfully conducted a Community Program on Women and  
Mental Health at Shakti Nagara, on 27<sup>th</sup> February, 2025 from  
4:00 pm to 5:30 pm.

We appreciate their dedication and Contribution to  
Community Service.

Yours Sincerely,  
**AVE MARIA PALLIATIVE CARE**  
(Unit of CDSE®)

Mangala Nagara, Kudupu Post,  
Vamanjoor - MANGALORE - 575 028



Natasha D'Souza

List of Attendees attended on Community Program  
held at Shaktinagar

Date: 27 February 2025  
Venue: Raju nagara  
Anganwadi

Sl. No.	Name	Signature
1	Asholatha G. Nath	Asholatha Nath
2	అనుకులం	అనుకులం
3	లక్ష్మి	లక్ష్మి
4	అశోక	అశోక
5	లక్ష్మి	లక్ష్మి
6	నీలంబ	నీలంబ
7	గి. కె. య్య	గి. కె. య్య
8	నాగ రత్న	నాగ రత్న
9	నాగ రత్న	నాగ రత్న
10	అనుకులం	అనుకులం
11	మనోజ	మనోజ
12	శ్రీమతి	శ్రీమతి
13	మనోజ	మనోజ
14	అనుకులం	అనుకులం
15	అనుకులం	అనుకులం
16	అనుకులం	అనుకులం

Sl. NO	Name	Signature
17.	అనురాధ	Anuradha
18.	బేబి	Baby
19.	సిద్ధిక	Siddika
20.	జ్యోతి	Jyothi
21.	ఆర్	Ar
22.	నియోజు	Niyaju
23.	Gangamma	Gangamma
24.	అక్ష	Aksh
25.	జ్యోతి	Jyothi
26.	అక్ష	Aksh
27.	Bhagyasree	Bhagyasree



Mangaluru, Karnataka, India  
 WV2J+5PM, Shakti Nagar, Mangaluru, Karnataka 575007, India  
 Lat 12.90069°  
 Long 74.881866°  
 27/02/25 04:56 PM GMT +05:30



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 Karnataka 575002, India  
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**ST ALOYSIUS**  
(DEEMED TO BE UNIVERSITY)  
MANGALURU 575003 - INDIA

DEPARTMENT OF POST GRADUATE STUDIES & RESEARCH IN  
SOCIAL WORK

## “AWARENESS SESSION ON BULLYING”

RESOURCE PERSONS:

DICKSON M JOSE  
DELNA BENNY

Date: 07-3-2025

Time: 11:00am

Venue: St Anns Higher  
Primary School Bunder

DR PRAVEEN MARTIS SJ  
VICE CHANCELLOR

DR ROSHAN MONTEIRO  
ASST. PROFESSOR

DR SHWETHA RASQUINHA  
HOD

SR. ROSEMITA A C  
HEADMISTRESS

MSW STUDENTS: DENZ MARTIN, DEVAPRIYA D S, NAJEEB MANCHI



ಸಂತ ಆನ್ನರ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆ  
ಮಂಗಳೂರು - 575 001 ದ.ಕ.

Date: 07-03-2025

Friday

*Certificate of Completion*

**To whomsoever it concern**

I hereby certify that trainees (Dickson M Jose, Denz Martin, Devapriya D S, Delna Benny, and Najeeb Abdul Najeeb M) has successfully completed the **Community Training Program on awareness on bullying** conducted at **St Ann's Higher Primary School, Bunder.**

This training program aimed to enhance skills, knowledge, and community engagement, empowering participants to make meaningful contributions to society.

**Awarded on: 07/03/2025**

St Ann's Higher Primary School

Bunder

*R. S. S. S. S.*  
ಮುಖ್ಯೋಪಾಧ್ಯಾಯಿನಿ  
ಸಂತ ಆನ್ನರ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆ  
ಬೋಳಾರ, ಮಂಗಳೂರು - 575 001.

Date: 07/03/2025

Day: Friday.

Time: 10:00 A.M - 2:30 P.M

Place: St Ann's Higher Primary School Bunder, Mangalore.

Topic: Awareness Session on Bullying.

Objectives:-

- To understand how to conduct an awareness program.
- To give better understanding on the topic "Bullying".
- To enhance the capacity of leadership and program coordination.

Resource Persons:-

- Delna Benny
- Dickson M Jose

Process:

The trainee and co-trainees reached St. Ann's Higher Primary school for the community program. We arrived at 10:30 AM. We met with headmistress, informed her about the plan of action, and started preparing the place for the session. As an initial check, we ensured that all necessary sections, such as the microphone and powerpoint, were functioning properly.

Once all the students had arrived, we began the sessions; As an introduction, the headmistress welcomed the trainees to the program on behalf of the school. Additionally, the trainees introduced everyone who had come from outside for the program, as well as the trainees.

The first session was conducted by Delna. I spoke about the meaning of bullying and its effects on children. The session lasted for about half an hour. Afterward, a short ice-breaking activity was conducted for the children. Since the weather was extremely uncomfortable, this time was effectively utilized by the trainees to help the children relax.

Following the ice breaking session, the program continued with another session conducted by Dickson. This session focused on cyberbullying and ways to create a better school and community environment for children. Teachers actively participated in the program, asking questions and encouraging students to do the same.

At the end of sessions, one of the teachers shared her experience of the program. Finally, we thanked

the children for their participation, and one of the trainees delivered the vote of thanks on behalf of the group.

### Evaluation:-

The trainees recognized the importance of the topic among the children, as both the students and teachers had many questions about it. The trainee attempted to answer their questions to the best of his ability, despite his limited knowledge on the subject.

From the trainees' perspective, they managed to explain their point of view. They also realized that many children already had some understanding of the topic but still had numerous doubts. This highlights the need for trainees to have a thorough understanding of the topics they are going to present. Otherwise, they might struggle to provide accurate information and risk feeling embarrassed in front of the audience.

## Follow - UP

Following the successful completion of the awareness session on bullying, follow-up actions were planned to reinforce the knowledge.

### 1. Feedback Collection:-

To assess the effectiveness of the session, we gathered feedback from students and teachers. This helped us understand which aspects of the session were most impactful.

### 2. Interactive Activities & Reinforcement.

To make sure students retained the knowledge, we have personal experiences related to bullying.

### 3. Monitoring:-

To ensure the school maintains a bullying free-environment. Importance of setting up complaint box where students can report issues.

## AWARENESS SESSION ON BULLYING

DATE: 07-03-2025

Sl. No.	NAME (ಹೆಸರು)	SIGNATURE (ಸಹಿ)
1.	Sathvik	Sathvik
2.	Prisha	Prisha
3.	vidya	<del>Prisha</del>
4.	Azma	Azma
5.	Sahana	<del>Azma</del>
6.	Vaishnavi	<del>Azma</del>
7.	Divya	<del>Azma</del>
8.	greeshma	greeshma
9.	shahada	<del>greeshma</del>
10.	Liza	<u>Liza</u>
11.	Haleema AIFA	<del>Liza</del>
12.	Bhoomika	Bhoomika
13.	SHAHEED	<del>Bhoomika</del>
14.	Manvith	<del>Bhoomika</del>
15.	Meghana	<del>Bhoomika</del>
16.	Harsika	Harsika
17.	Kajal	<del>Harsika</del>
18.	Sho3	<del>Harsika</del>
19.		
20.		
21.		

# AWARENESS SESSION ON BULLYING

DATE: 07-03-2025

Sl. No.	NAME (ಹೆಸರು)	SIGNATURE (ಸಹಿ)
1.	Bhoomadevi	Bhooma
2.	Ayush	A
3.	Pavan	Pavan
4.	Akshaya	Akshaya
5.	Sushanth	S.
6.	Fathima Riha	F.
7.	Rishesh	R.
8.	Rajal	Rajal
9.	Orange	Orange
10.	Shameeksha	S.
11.	Shayan	S.
12.	Shifa amana jameela	Shifa
13.	ಶಿವಾಂಜಲಿ	ಶಿವಾಂಜಲಿ
14.	AMAN	A
15.	Sanvi	Sanvi
16.	chithan	chithan
17.	Thairan Riha	Riha
18.	Gaegithri	Gaegithri
19.	Shudiah	Shudiah
20.	varnika	V.
21.	Shanosh	S



GPS

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Vr5p+7pp, Bunder, Mangaluru, Karnataka 5

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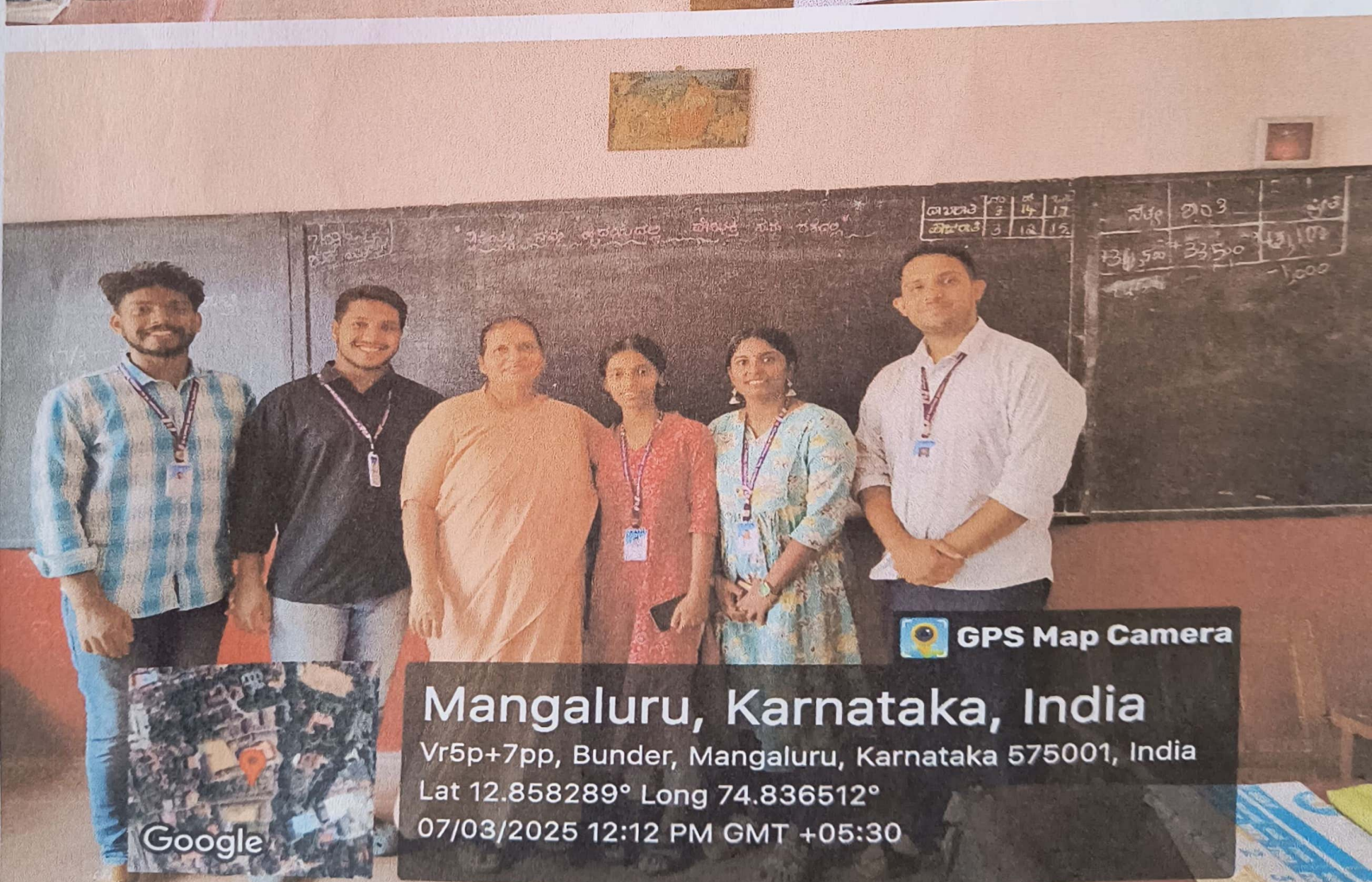
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Vr5p+7pp, Bunder, Mangaluru, Karnataka

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GPS Map Camera

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