



PRAJYOTI NIKETAN COLLEGE
(GOVT. AIDED & AFFILIATED TO UNIVERSITY OF CALICUT)
PUDUKAD, THRISSUR.

DEPARTMENT OF CLINICAL PSYCHOLOGY
II M.SC. STUDENTS

PRESENTS

10 Days of Solace

RELAXATION TRAINING
PROGRAMME FOR THE SENIOR
CITIZENS

10 Days of Solace

STUDENTS CO-ORDINATORS
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PROGRAM CO-ORDINATOR

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PRINCIPAL

COMMENCING ON: 22 FEBRUARY 2023
VENUE: RAFOLS BHAVAN OLD AGE HOME NANDHIPULAM

2nd Year M. Sc. Clinical Psychology students of Prajyoti Niketan College, Pudukad organized a relaxation training programme for the senior citizens at Rafols Bhavan old age home, Nandipulam. The program spanned for 10 days ((22/02/2023 – 03/03/2023). The inmates were happy to spend time with the students. They were given training on various breathing exercises and techniques to manage various conditions associated with old age. Students planned and executed various activities to keep them engaged and lively. The students even prepared a handmade magazine of the art and craft works produced by the inmates. Another objective of the program was to do an observation study as part of the curriculum fulfillment. The study required the students to observe the participants for 10 consecutive days. The students could successfully complete both the relaxation training sessions and observation sessions within those 10 days. Those were truly days of solace for the old and days of learning new things for the students. The program was guided and coordinated by Dr. Jaya A T, Assistant Professor, department of psychology. Dr. Binu P Chacko, Principal of Prajyoti Niketan College and Dr. Milu Maria Anto, H.O.D of department of psychology supported the endeavors of the students wholeheartedly. To conclude, the program was successful in its attempts to accomplish the various objectives.



