

**ACTIVITIES CONDUCTED BY SOCIETY FOR FAMILY HARMONY AT PERUMPADANNA FROM  
APRIL 2023 TO MARCH 2025.**

**Report :** The Society for Family Harmony, based at Santhitheeram, is dedicated to fostering a cohesive and supportive community through a wide array of services and programs. Our mission is to promote the well-being of families and individuals by offering comprehensive counseling services, awareness classes, and development programs tailored for teachers, students, parents, children, and youth. Our initiatives include personality development programs and family retreats designed to strengthen familial bonds and personal growth. Additionally, we manage the Joice Joseph Rescue Home, which provides a safe haven for orphans, ensuring they receive the care and support they need. With a committed team consisting of six laypeople and seven sisters, our society is devoted to delivering positive contributions to the community. We also offer short-term stays for clients in need of counseling, providing them with a supportive environment to navigate their challenges. Through our efforts, we strive to enhance the development and harmony of society. The services are conducted by the Holy Family Sisters, continuing the mission of the founder of the Holy Family Congregation, Saint Mariam Thresia. Our charism is to improve and save families, embodying her vision to strengthen familial relationships and ensure their well-being.

**Conducted awareness classes to various groups of the society**

For newly wed. Couples	- 92
Parents of persons who are preparing for married life	- 42
P.T.A (both schools and other institutions)	- 15
Widows	- 30
Ladies only	- 9
Students	- 50
Residents associations	- 6
Senior citizens	- 8
Alcoholics	- 20
Pregnent Ladies	- 6
Lay Associations	- 10
Youth	- 22
Couples	- 9
Miscellaneous/ general	- 23

**Joice Joseph Home**

Joice Joseph Home, a rescue home for women, orphans, mothers, and children, is a vital part of Society for Family Harmony, a larger organization dedicated to promoting family well-being. This safe haven provides shelter and care free of charge, empowering residents to rebuild their lives with dignity. The home's structured timetable includes household tasks, newspaper reading, prayers, television time, and

playtime, fostering a sense of community and purpose. Regular visits from school students, NSS volunteers, and catechism students enrich the residents' lives through various programs and activities. While the home bid farewell to three beloved members, Saraswathy, Anandhavally, Omana it has also welcomed 25 members, bringing new hope and energy to the community. As an integral part of Society, Joice Joseph Home embodies the organization's mission to support vulnerable families and individuals, promoting a harmonious society where all can thrive.

### **Short stay Home**

Santhitheeram provided short-term stay facilities for 20 ladies, offering a safe and supportive environment for those seeking refuge and guidance. Our focus was on providing comprehensive counselling and follow-up care, empowering these individuals to regain their mental strength and confidence. Through expert counselling and therapy sessions, we helped them address their challenges and develop coping strategies for a brighter future. Over the course of several weeks, our dedicated team worked tirelessly to ensure each lady received the care and support they needed, equipping them with the tools necessary to overcome their struggles and thrive in their personal and professional lives. By providing this vital support, we have witnessed remarkable transformations, as these individuals have emerged stronger, more resilient, and better equipped to face life's challenges with hope and determination.

### **Family Visits**

Family Visit program is the charism of Holy Family Sisters and the spirit of St. Mariam Theresia, aims to foster a deeper sense of family relationships and home atmosphere. Through regular visits and prayerful support, the program focuses on strengthening the bonds between parents and children, as well as husband and wife. By providing a supportive environment and guidance, Family Visit encourages open communication, understanding, and love among family members, helping them to build a strong and resilient family unit. By praying for families and supporting them in their journey, we aim to create a ripple effect of love, compassion, and unity, ultimately contributing to a more harmonious and joyful family life. As a part of family ministry, we visited 80 families in connection with counselling provided awareness and advice regarding their problems.

### **Disadarsan**

The Disadarshan programs, conducted five times, specifically targeted weak students in high school, aiming to enhance their academic performance and study skills. Through a combination of awareness classes, engaging activities, discussions, tasks, and games, participants gained essential skills and strategies to improve their learning outcomes. The programs focused on building confidence, developing

effective study methods, and fostering a growth mindset. By providing a supportive environment, these initiatives empowered students to overcome their academic struggles, cultivate a love for learning, and reach their full potential.

### **Prabhadarsan**

The Prabhadarshan program, conducted five times at Santhitheeram, successfully empowered upper school students with essential life skills and stress management techniques, enabling them to navigate academic and personal challenges with confidence and resilience. Through interactive sessions and engaging activities, students learned effective communication, problem-solving, and stress management strategies, resulting in a significant reduction in stress and anxiety levels. Equipped with practical tools and techniques, students can now manage their time, prioritize tasks, and build positive relationships with peers and teachers, fostering a sense of community and belonging. By educating students on how to cope with normal situations and challenges, we have contributed to their overall well-being and set them up for future success, empowering them to thrive in an ever-changing world.

### **Udayadarshan**

Udayadarshan successfully conducted five programs at Santhitheeram, empowering LP school students with essential life skills and stress management techniques. These programs, tailored to meet the unique needs of young students, equipped them with effective coping mechanisms to navigate academic and personal challenges with confidence and resilience. Through interactive sessions and engaging activities, students learned valuable strategies to manage stress and cope with normal situations, resulting in improved mental well-being and reduced anxiety levels. By reaching out to four groups of students, Udayadarshan has made a positive impact on the lives of numerous young individuals, fostering a supportive learning environment that promotes overall growth and development.

### **Alcoholic awareness program**

The alcoholic awareness program is a comprehensive initiative that educates individuals about the dangers of alcoholism through classes, personal experiences, and information on health issues, treatment options, and counseling services. By raising awareness about the risks and consequences of alcohol addiction, this program aims to support individuals in making informed decisions about their health and wellbeing. Many cases have been successfully addressed through this program, which provides a supportive environment for individuals to share their experiences, receive guidance, and access resources for recovery. By empowering individuals with knowledge and support, this program has helped many overcome alcohol addiction and regain control of their lives.

### **Home mission**

The Home Mission program, inspired by the spirit of our founder St. Mariam Thresia and the Holy Family Congregation, aims to provide comprehensive support to selected areas of need. Our team of Holy Family Sisters conducts house visits, offering counseling, guidance, and support to individuals and families, addressing their physical, mental, emotional, and spiritual needs. Through classes and prayer sessions, we empower individuals to overcome challenges and strengthen their faith. With a charism of love, compassion, and service, we have successfully conducted six Home Missions, embodying the congregation's mission to serve humanity with love and care.

### **Basic Counselling Course**

The Basic Counselling Course, held every second Saturday and public holidays, has been a resounding success in empowering individuals with essential counselling skills, focusing on personality development, stress management, and effective communication. With a supportive and inclusive environment, participants have been able to develop a deeper understanding of themselves and others, fostering improved relationships and social connections. By providing accessible and engaging training, we have encouraged individuals to take ownership of their mental health and well-being, leading to a positive impact on their personal and professional lives. Moreover, the course has contributed to a more compassionate and supportive society, as participants apply their newfound skills to help others, creating a ripple effect of positive change. By continuing to offer this course, we aim to empower more individuals and contribute to a society that prioritizes mental health, well-being, and social responsibility. The BCC course was conducted three times over three years, with a total of 117 members attending.

### **Youtube Channel**

Santhitheeram Harmony is a YouTube channel dedicated to promoting harmony and well-being in all aspects of life. The channel offers a diverse range of content, including inspirational messages for society, families, children, and youth, as well as competitions and special programs on special occasions. The channel also features motivational talks, health-related topics, and advice from experts. With its uplifting and informative content, Santhitheeram Harmony aims to inspire personal growth, positivity, and harmony in its viewers. By subscribing to the channel, viewers can access a wealth of resources to improve their lives and the lives of those around them.

### **Asraya Charity**

Asraya Charity, a compassionate wing of Society for Family Harmony, extends support to disadvantaged individuals and families, promoting overall well-being. Through its charitable endeavors, Asraya provides

essential assistance in education, housing, employment, and debt relief, empowering those in need to regain stability. By tapping into its society charity fund, Asraya bridges the gap for marginalized communities, fostering a support system that encourages self-sufficiency and dignity. Generous benefactors provide financial support to underprivileged couples, enabling them to have a dignified and joyous marriage celebration. As a vital part of Society for Family Harmony, Asraya Charity embodies the organization's mission to nurture holistic family well-being, recognizing that strong families form the foundation of a harmonious society. By addressing the specific needs of vulnerable populations, Asraya Charity and Society for Family Harmony work together towards creating a more compassionate and equitable world.

### **Jwala**

The Jwala Personality Development Programme is a transformative initiative designed to empower individuals struggling with anger, depression, and low self-esteem. This comprehensive program offers a safe and supportive environment for individuals to confront and overcome their inner challenges, leading to improved mental well-being and a more positive outlook on life. By fostering personal growth and self-awareness, Jwala benefits not only individuals but also their families and communities, promoting a ripple effect of positivity and harmony. Through its holistic approach, Jwala equips participants with effective coping mechanisms, communication skills, and emotional intelligence, enabling them to navigate life's challenges with confidence and resilience. By transforming lives from the inside out, Jwala plays a vital role in building stronger, more compassionate communities.

### **Insight Couples Retreat**

The Insight Couples Retreat is a transformative program designed to strengthen and enrich relationships. Through a combination of classes, prayers, psychological support, and spiritual guidance, couples gain a deeper understanding of each other and themselves. This holistic approach empowers partners to communicate effectively, resolve conflicts, and build a strong foundation for their relationship. By fostering emotional intimacy, trust, and mutual support, the Insight Couples Retreat helps couples navigate life's challenges with grace and resilience.

**Insight Novices Program:** The Insight Novices Program is a spiritual journey for individuals considering religious life as a nun. This program provides a supportive environment for novices to explore their calling, deepen their faith, and discern their path. Through classes, prayers, and counseling, participants gain insight into religious life, develop a stronger connection with their spirituality, and receive guidance

on their vocational journey. By nurturing their spiritual growth and discernment, the Insight Novices Program empowers individuals to embrace their vocation with clarity, purpose, and joy.

### **Youth**

Our youth programs are designed to understand and connect with the younger generation on their own terms. We recognize that each individual has unique experiences, perspectives, and aspirations, and we strive to create a safe and inclusive space for them to express themselves. Through diverse groups and facilitated discussions, we aim to tap into their pulse, encouraging them to share their thoughts, feelings, and concerns. Our goal is to provide emotional and mental support, empowering them to focus on their personal growth and development. By doing so, we hope to inspire and motivate young people to reach their full potential, equipping them with the skills, confidence, and resilience needed to navigate life's challenges and thrive at the highest level.

### **First aid programme**

Here's a paragraph summarizing the Spandanam First Aid Programme: The Spandanam First Aid Programme is an initiative aimed at raising awareness and equipping individuals with essential first aid skills. This program is executed by the dedicated team of Santhitheeram Koottu at the centre, in collaboration with BCC students. Through interactive sessions and hands-on training, participants learn vital techniques to respond to emergencies, such as wound management, CPR, and basic life support. By empowering individuals with first aid knowledge, Spandanam aims to create a safer community, where people are confident and prepared to provide timely assistance in times of need, ultimately saving lives and reducing injuries.

### **NGO Activities**

The NGO has made a significant impact through society by distributing vital resources to those in need. Laptops, tailoring machines, scooters, and school kits have been provided to deserving individuals, empowering them to improve their lives. Notably, this initiative has been made possible through a collaborative effort, with 50% of the resources contributed by the NGO Confederation and 50% by the beneficiaries themselves. This joint approach demonstrates the power of partnership and community engagement, fostering a sense of ownership and responsibility among all stakeholders. By working together, the NGO has effectively bridged the gap for many, providing essential tools for a brighter future.

### **Residence Association**

The residential association has taken a commendable initiative by organizing medical camps for the benefit of society, particularly old age people and the community. These camps, held at Santhitheeram, our centre, provide essential healthcare services and check-ups, ensuring that the wellbeing of the elderly and the community is prioritized. Through these camps, the association aims to promote health awareness, detect potential health issues, and provide timely interventions. By conducting these medical camps, the residential association demonstrates its commitment to the welfare of the community, making quality healthcare accessible and enriching the lives of those in need.

### **Leadership programme**

The leadership programs are a transformative initiative designed to empower both religious superiors and lay people. Through a comprehensive approach that includes classes, activities, counseling, prayer, and therapies, participants gain the skills, wisdom, and spiritual depth necessary to excel in their leadership roles. By fostering personal growth and development, these programs enable individuals to navigate the complexities of leadership with grace, compassion, and vision. By empowering both religious and lay leaders, this initiative aims to build a more compassionate and effective leadership that can inspire and guide others towards a brighter future.

### **Babyshine Program**

Babyshine program offers holistic support to pregnant women through prenatal classes ,emotional support groups,and spiritual guidance, fostering physical, mental,and emotional well being during this transformative period.Through these women cultivate inner peace and positivity.By supporting physical,mental,and emotional well being,Babyshine empowers women to navigate pregnancy with confidence and joy, setting a strong foundation for motherhood.

### **Angel Meet**

Angel Meet is a monthly program designed to enrich children physically, mentally, spiritually, and emotionally. The program offers a holistic approach to child development, providing tips and guidance on studies, life skills, and social behavior. Through engaging stories, action songs, games, and interactive activities, children learn valuable lessons on how to behave in society, interact with parents and peers, and practice cleanliness and hygiene. The program aims to nurture well-rounded individuals with good values, confidence, and a positive attitude, preparing them for a bright future. By attending Angel Meet, children can develop essential life skills, make new friends, and have fun while learning and growing.

### **New Beginning Programme**

The New Beginning program is a supportive initiative designed for individuals who have experienced divorce, separation, widowhood, or love failures. This program aims to empower participants to reboot their lives, overcome emotional pain, and discover a new sense of purpose. Through a combination of relaxation techniques, journaling, counseling, talks, and therapy sessions, individuals can gain clarity, heal emotional wounds, and develop a positive outlook. By providing a safe and non-judgmental space, this program enlightens and guides participants towards a brighter future, helping them to rediscover themselves and embrace a new chapter in their lives.

### **Judit forum**

The Judit Forum for Widows is a supportive platform designed to empower and enrich the lives of widows. It provides a safe space for them to share their experiences, find emotional support, and access resources for personal growth and development. Through various activities like support groups, workshops, and mentorship programs, the forum fosters independence, confidence, and self-reliance. By connecting with others who share similar experiences, widows can rebuild their lives, find purpose, and thrive in their new chapter. The forum's ultimate goal is to help widows heal, grow, and flourish, creating a brighter future for themselves and their loved ones.

### **Yoga & Fitness**

Our women's center offers yoga and fitness programs tailored to women's specific needs and goals. These sessions focus on building strength, flexibility, and balance while promoting relaxation and stress relief. Led by experienced instructors, the classes cater to all levels, from beginners to advanced practitioners. By joining our yoga and fitness community, women can enhance their physical and mental well-being, connect with like-minded individuals, and cultivate a sense of empowerment and self-care. Our programs aim to support women in achieving holistic health and wellness.

### **Abacus**

Our Abacus program is specifically designed to support students who struggle with math or need extra help building their mental calculation skills. By using the abacus, a powerful tool for visualizing numbers, students can develop a stronger understanding of mathematical concepts and improve their problem-solving abilities. Our experienced instructors provide personalized guidance and support, helping students build confidence and fluency in math. Through regular practice and exercises, students can enhance their cognitive skills, improve their academic performance, and develop a lifelong love for learning.



### **Therapy classes**

Our therapy classes, featuring Neuro-Linguistic Programming (NLP), provide a transformative approach to personal growth and development. Led by certified practitioners, these sessions help individuals reframe their thoughts, overcome limiting beliefs, and develop more empowering behaviors. Through NLP techniques, participants can enhance their communication skills, build confidence, and improve their emotional well-being. Our supportive environment fosters self-awareness, creativity, and resilience, enabling individuals to achieve their personal and professional goals. By leveraging the power of NLP, our therapy classes empower individuals to unlock their full potential and live more fulfilling lives.

### **Vayojana club**

The Vayogana Club for Senior Citizens is a vibrant community designed to enhance the physical, mental, and social well-being of seniors. Our club offers a range of activities, including yoga, fitness classes, and social events, all tailored to meet the unique needs and interests of older adults. Led by experienced instructors, our programs promote flexibility, balance, and relaxation, while also providing opportunities for social connection and community engagement. Our goal is to empower seniors to live healthy, active, and fulfilling lives, surrounded by peers who share similar experiences and interests.

### **Career guidance & Exam Preparation Programme**

Our Career Guidance and Exam Preparation classes empower students to achieve their academic and professional goals. Experienced counselors and mentors provide personalized guidance on career choices, helping students identify their strengths and interests. Additionally, our exam preparation sessions focus on developing essential skills and strategies for success, including time management, problem-solving, and test-taking techniques. With a supportive learning environment and tailored resources, students gain the confidence and knowledge needed to excel in their exams and pursue their desired careers. Our classes aim to bridge the gap between academic learning and real-world application.

