



**Mercy College**  
**Palakkad, Kerala, India 678006.**  
**Govt. Aided Arts and Science College Affiliated to the University of Calicut**  
**[Accredited by NAAC with A Grade IV Cycle]**

Bloom 2025- Nurture, Nourish, Vitalize

Bloom 2025 – Nurture, Nourish, Vitalize is a dynamic initiative dedicated to fostering holistic growth and well-being within our community. It aims to cultivate a supportive environment that empowers individuals to thrive—mentally, physically, and emotionally.

As part of this initiative, we are proud to present a series of Gender Sensitization Programmes, to promote respect and equity among all genders. To further support mental and physical well-being, Bloom 2025 incorporates a range of wellness initiatives:

- Yoga and Sports

As part of the wellness initiative aimed at enhancing physical strength, flexibility, and mindfulness, a yoga session was conducted on March 7, 2025, at the District Ayurveda Hospital in Palakkad. The session focused on traditional yoga practices and breathing techniques designed to promote physical vitality and mental clarity. Participants engaged in guided movements and relaxation exercises, leading to improved flexibility, stress relief, and overall mental well-being. The setting at the Ayurveda Hospital provided a serene and health-oriented environment that complemented the goals of the session.

- Trekking and Nature Walks

To encourage environmental awareness and physical wellness, a trekking and nature walk event was organized on January 20, 2025, at Elival, Malampuzha, in collaboration with the Kerala Forest Department, Palakkad Division, and the Natural History Society of Palakkad. Participants explored the scenic trails of Malampuzha, experiencing firsthand the region's rich biodiversity. The event offered a rejuvenating escape into nature, promoting both physical activity and mental relaxation. It also served as an educational experience, fostering a deeper appreciation for the natural environment and the importance of its preservation.

- Creative Expressions

Creative expression activities were organized to provide individuals with an outlet to explore and articulate their thoughts and emotions through various artistic forms. This initiative highlighted the importance of sustainability and environmental responsibility. Additionally, a series of self-employment workshops were conducted to train participants in making handcrafted items such as bottle art, showcase pieces, and printed keychains. These sessions empowered individuals, especially youth and women, by nurturing creativity and offering potential income-generating skills. The overall outcome was a successful blend of creative expression, sustainable practice, and entrepreneurial motivation, aligning with broader community development goals.