

**Annual report of PRATIDHI Counselling center, NIMIT.**



**Naipunnya**<sup>®</sup>

To reach the unreachable

**Faculty In-charge**

Ms. Reni V. Kalayil

Student counsellor

### Annual report of PRATIDHI Counselling center, NIMIT

The pratidhi counselling center mainly focuses on the mental health and wellbeing of the students and their parents. The center provides professional assistance and guidance to the students and their parents in resolving their personal or psychological problems. The center is also open to any students who seeks help on their own or through teachers, guardians, or parents. The Counselling Center aims at providing a safe and conducive environment for students to share their grievances and upholds the confidentiality of every student. NIMIT has always prioritized the health and well-being of our students and has been hands-on about assisting students facing difficulties.

The institute offers a well experienced full-time counselor and a social worker who guides the students as well as addresses their needs. Also three experienced psychologists from different backgrounds provides their service simultaneously once in a week. The center was inaugurated in the month of August and by September the programs and activities connected with the center has started.

The main activities of PRATIDHI other than the counselling of students and parents were two:

PRATIDHI in association with Unnat Bharat Abhiyan organizes a program called CYCHE: cycling for a better psyche. Mr. Roshan Thomas, Social worker cum student counsellor at NIMIT executed the project 'CYCHE: Cycling for a better psyche'. The project mainly focuses on the awareness of mental health by pedaling from Thrissur to goa covering 800 KM across 3 states (Kerala, Karnataka, Goa) within 8 days. The project was planned to execute from 23<sup>rd</sup> December 2022 to 30<sup>th</sup> December 2022. The cyclist conducted mental health awareness classes to students of two different schools and also talked about the importance of mental health to several people while travelling. The travel had 7 halting places. The cyclist covered around 100 KM a day to complete the project in 8 days. The cyclist reached goa on 30<sup>th</sup> December 2022. The project was sponsored by the college in association with Pratidhi counselling center and the project was a success.

On 10.03.2023 Naipunnnya Institute of Management and Technology in association with Pratidhi center for Happiness and Wellbeing and Unnat Bharat Abhiyan conducted Mental Health Awareness programme in Mala Panchayath. Mr. Roshan Thomas, social worker cum student counsellor of NIMIT had an interactive session with the caretakers of differently abled and mentally challenged people. A group of 10 students from our college also participated in the programme. The programme was well coordinated and was successful.

Prepared by



Ms. Reni V. Kalayil

(Counsellor)

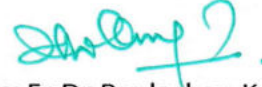
Verified by



Dr. Joy Joseph Puthussery

(IQAC Coordinator/Dean of studies)

Approved by



Rev. Fr. Dr. Paulachan K.J

(Principal)

**Broucher**



**NAIPUNNYA INSTITUTE OF MANAGEMENT  
AND INFORMATION TECHNOLOGY (NIMIT)**

(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)  
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

**Pratidhi Counselling Centre**  
in association with  
**Unnat Bharat Abhiyan**  
organises



**MENTAL HEALTH  
AWARENESS  
PROGRAMME**

Place : Mala Gramapanchayath  
Date : 10-03-2023  
Time : 02.00 pm

**Resource Person**



**Roshan Thomas**  
Social Worker/Student Counsellor,  
(NIMIT)



## Pedaling for Mental Health Awareness

Flag off : 23-12-2022  
• Thrissur- Goa • 800 KM  
• 3 different states • 8 days

**Starting Point:**  
**PRATIDHI Counselling Centre, NIMIT.**  
**Ending Point:**  
**Panaji, Goa.**

**Organized By:**  
**PRATIDHI - Centre for Happiness and Wellbeing**  
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Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308



**Mr. Roshan Thomas**  
**Social Worker**

**Certificate**



**മാള ഗ്രാമപഞ്ചായത്ത്**

പി. ഒ. മാള, തൃശ്ശൂർ ജില്ല, കേരളം - 680732, ഫോൺ : 0480-2890346  
e-mail : malagramapanchayat@gmail.com

ഒരു ഐ.എസ്.ഒ. 9001 : 2015 അംഗീകൃത തദ്ദേശ സ്വയംഭരണ സ്ഥാപനം


സിന്ധു അശോക്  
പ്രസിഡന്റ്, മാള ഗ്രാമപഞ്ചായത്ത്

Ph : 0480-2890346  
Mob : 94960 46172  
94463 88571

This is to certify that Mr. Roshan Thomas , Social Worker / Student Counsellor at Naipunnnya Institute of management and technology , Pongam has Conducted mental health awareness programme in Mala Gramapanchayat on 10.03.2023

Mala  
10.03.2023



  
സിന്ധു അശോക്  
പ്രസിഡന്റ്  
മാള ഗ്രാമ പഞ്ചായത്ത്





**PRATIDHI**

**Naipunnya Centre for  
Happiness and Wellbeing**