



Department Of Training

YES- Series 2

Naipunnnya[®]

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Date of event:11/10/2023

Faculty In-charge: Ms.Vandana C.H.




No: NIMIT/NTR/ YES /02/2023-24

Date: 11/10/2023

Circular

The Second Series of YES is going to be conducted on 11/10/2023 at 10.30 am in MBA Seminar Hall., The session is all about the Wellness programme (Including Nutrition, Physical Fitness tips etc.). We will be having a bunch of student team from DIST Angamaly along with the Faculty team.



Fr. Dr. Paulachan K.J
(Principal)



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REPORT

YES Series 2 was conducted on 11/10/2023, 10.30 am at MBA Seminar Hall. The audience for the session was NSS team of NIMIT and 20 Student representatives of DIST. The entire session was segregated into three parts in which each part was handled by different resource persons. The first session was taken by Ms. Rosemary (Assistant Professor, Department of Hotel Management). The session was all about of Nutrition and Nutritional tips. The second session was by Mr. Sreejith PA (HOD, Department of Physical Education). The session was regarding the importance of Physical fitness, Yogas and Meditation. The session was enriched by different games and activities. In the third session the students were led to Gym where they were exposed to the amenities there. The students were guided and Instructed by the Student Cadets of the Sports Wing. The entire session was very engaging and Interesting.

Prepared by:



Ms. Vandana CH

(Event Coordinator)

Verified by:



Ms. Rajani Stanley

(HOD: Trainings)

Approved by:



Rev. Fr. Dr. Paulachan K J

(Principal)



BROCHURE



**TRAINING DEPARTMENT, NAIPUNNYA &
SCHOOL OF PROFESSIONAL DEVELOPMENT, DIST**

YES
WELLTH EMPLOYMENT SERIES

Series-2

Student Exchange Training Programme

AN INTER-UNIVERSITY STUDENT EXCHANGE PROGRAMME



**11TH OCTOBER
10.30am**

**WELLNESS
WONDERS**

Resource Persons:

Mr. Sreejith, HOD, Physical Education

Ms. Rose Mary, Nutritionist, Dept of Hotel Management

PHOTOGRAPHS /SCREENSHOTS



PARTICIPANT'S LIST(DIST)

Name of the event: YES Series 2

Date: 11/10/2023

Class: UG & PG Students

Sl. No.	Name	Signature
• 1.	Akhila Vijayan I MCA 20	
• 2.	Jain B Payyappilly- I MCA 20	
• 3.	P Sradha Raj I MCA 20	
• 4.	Lanza Rizooy I MCA 20	
• 5.	Anna Paulose I MCA 20	
• 6.	Dincy Pappachan BCom CA 22	
• 7.	Souparnika A MCom22	
• 8.	Dominic Savio BA ECJ 21	
• 9.	Jils George BA ECJ 21	
• 10.	Antony Jose BA ECJ 21 Antony Rankha	
• 11.	Eibin Joseph BA ECJ 21 Lins M Joseph ..	
• 12.	Augustine BA ECJ 22	
• 13.	Albin George BA ECJ 22	
• 14.	Varghese Roy BA ECJ 22	
• 15.	Kenneth John George BA ECJ 22 N/S Scriga	
• 16.	Shilpa M Menon BSW 21	
• 17.	Swathi Sudharman BSW 21	
• 18.	Mohammed Roshan V K BBA 23	
• 19.	Aradhana Anil BBA 23	
• 20.	Sandra J BBA 23	
• 21.	Gowthem Sankar BBA 21	

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Event Coordinator

PARTICIPANT'S LIST(NIMIT)

Name of the event: YES Series 2

Date: 11/10/2023

Class: NSS & Sports Team

Sl. No.	Name	Signature
1.	Kiran C J – II BCom CA	
2.	Alen Antony- II BCom CA	
3.	G Gowtham Krishna –II BCom CA	
4.	Priyan Polachan –II BCA A	
5.	Jamsheeth Jalal- II BCom F B	
6.	Noel Thomas –II BCom F B	
7.	Nichol Airookkaran –II BSc CS	
8.	Sanju K S II BCom F B	
9.	Anjo Joy K –II BCom F A	
10.	John Rajesh – II BCA A	
11.	Abhith B – II BCom Co	
12.	Sherin Johnson –II BSc CS	
13.	Aishwarya T B- II BCA A	
14.	Johnpaul K Davis - II BSc CS	
15.	Ashwin K Biju – III B.Com F A	sports
16.	Sheethal M P – II BA English	sports
17.	Prince Thomas – II MCom	sports
18.	Nandini K K –III BCom Co	sports
19.	Emmanuel James- III BBA	sports
20.	Anuja Vinod – III BA English	sports
21.	Meetha Mamman – III BBA	sports
22.	Gladson George – III BCA	sports
23.	Agnas Saju- II BBA	sports

24. Iqno Varghese II BCA

25. Ajina K.K - Bm.com

Event Coordinator: Ms. Vandana C H

FEEDBACK

Time stamp	E-mail	Participant's Name	Department	How satisfied are you with the session content ?	How do you evaluate the Resource person's ?	How do you evaluate the usefulness of the session in the future ?	Overall Feedback of the program ?	Any suggestions for the next session
10/12/2023 15:52	noelthomas567@gmail.com	Noel Thomas	Commerce	4	5	4	5	Can increase the time to make the session more interactive with the students, So that all can have a good relationship between themselves.
10/12/2023 16:04	Priyanpolachan14@gmail.com	Priyan Polachan	Computer science	5	5	5	5	Do this program to more students
10/12/2023 16:23	agnassaju@gmail.com	Agnas Saju	Commerce	4	5	4	4	
10/12/2023 16:44	hellosmiling123@gmail.com	SHERIN JOHNSON	Computer science	5	4	4	4	Expecting more programmes like this
10/12/2023 20:56	abhithb7@gmail.com	Abhith b	Commerce	5	5	5	5	
10/12/2023 21:36	kirancj326996@gmail.com	Kiran. C. J	Commerce	5	5	5	5	No
10/12/2023 37:09	johnpaulkdavis@gmail.com	Johnpaulkdavis	Computer science	4	3	5	4	
10/12/2023 04:09	jamsheethjalal1@gmail.com	Jamsheeth Jalal	Commerce	5	4	5	5	
10/12/2023 47:34	Sanjuksaji474@gmail.com	Sanjuks	Commerce	4	4	4	5	Try to Increase number of students
10/12/2023 05:33	aiswaryatb16113@gmail.com	Aiswarya T B	Computer science	5	5	5	4	
10/12/2023 49:08	anjojoy78@gmail.com	Anjo Joy K	Commerce	4	4	4	4	

10/12/2023	alenantony@pynam.com	Alen Antony	Commerce	5	5	5	5	
10/12/2023	solomon@depaul.edu.in	Solomon John	Professional Development	5	5	5	5	
10/12/2023	gowthemsankar721@gmail.com	Gowtham Sankar	School of Management	5	5	5	5	
10/12/2023	dincy.pappachan@gmail.com	Dincy Pappachan	Commerce	5	4	5	5	
10/12/2023	johnrajesh20049@gmail.com	John Rajesh	Computer science	5	5	5	5	Nothing
10/12/2023	kirancj326996@gmail.com	Kiran, C. J	Commerce	5	5	5	5	
10/12/2023	nicholshaju19@gmail.com	Nichol Airookaran	Computer science	5	5	5	5	No suggestions
10/13/2023	agnassaju@gmail.com	Agnas Saju	Commerce	5	5	4	5	

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