

Training Department

YES Series 3

Naipunnya[®]

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Date of event: 30.11.2023

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



No: NTR/YES /03/2023-24

Date:23.11.2023

Circular

The Third Series of YES is going to be conducted on 30/11/2023 at 10.00 a.m. at DIST, Angamaly. The session is all about Stress Management and Exam Psychology. The audience for the session are the Selected WWS and LHP Team of NIMIT and bunch of students from DIST.



Fr. Dr. Paulachari K. J.

(Principal)



REPORT

YES Series 3 (An Inter University Student Exchange Programme) was conducted at DePaul Institute Of Science and Technology on 30.11.2023 from 10 a.m. onwards. The audience were Selected WWS and LHP Team of NIMIT and a group of students from DIST. The training session had two segments. The first one was about Stress Management. The focus of the session was stress management techniques. The resource person for the first session was Dr. Jessey John (HOD, Social Work, DIST). The second session was engaged by Mr. Solomon John (HOD, School of Professional Development, DIST). The focus of the program was on exam preparation and test-taking confidence. Both of the workshops were extremely beneficial to the whole student body. Certificates were distributed and the programme concluded by 12.30 p.m.

Prepared by:

Ms. Vandana C. H
WWS Coordinator

Verified by:

Ms. Rajani Stanley
HOD, Training Department

Approved by

Rev. Fr. Dr. Paulachan K. J.
Principal

BROCHURE



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

YES
—YOUTH EMPOWERMENT SERIES—

Student Exchange Training Programme

AN INTER-UNIVERSITY STUDENT EXCHANGE PROGRAMME

30th Nov | 10.00 AM | DiST Angamaly

SPEAKERS



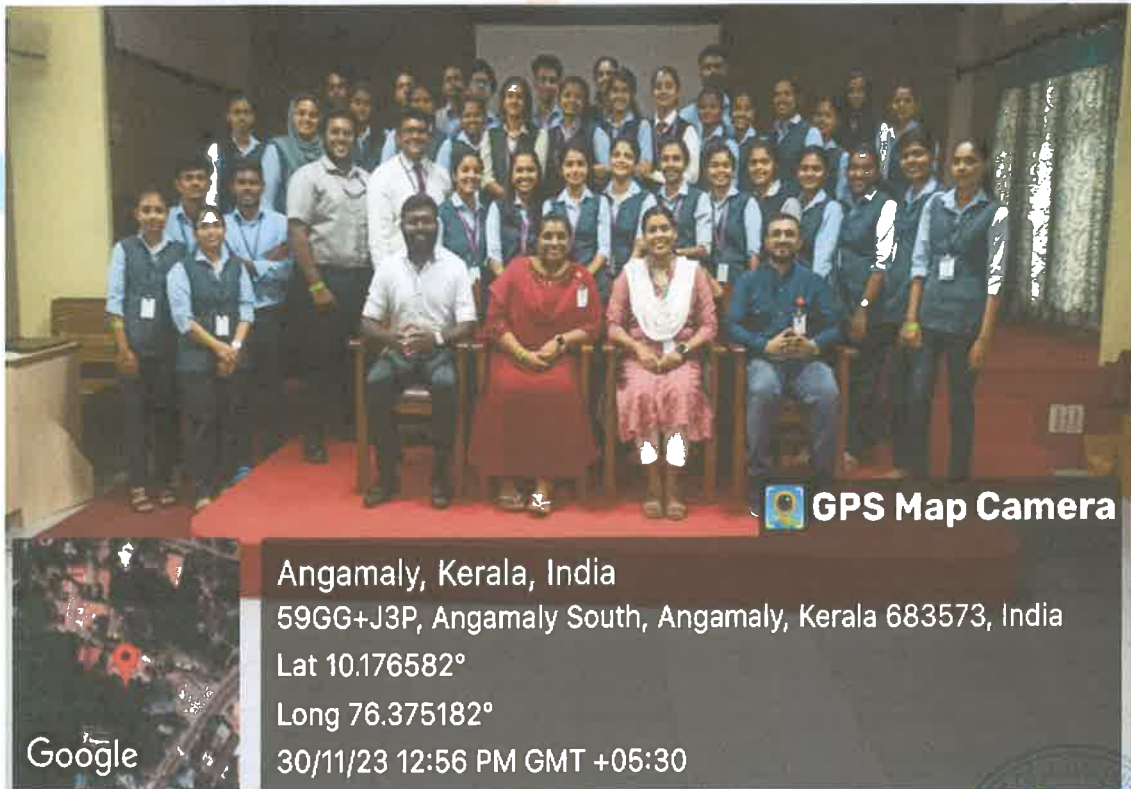
DR. JESSEY JOHN
HoD, Social Work, DiST



MR. SOLOMON JOHN
HoD, SPD, DiST

TOPICS:- ***STRESS MANAGEMENT & EXAM PSYCHOLOGY***

PHOTOGRAPHS /SCREENSHOTS



FEEDBACK

| Participant's Name | Department | How satisfied are you with the session? | How do you evaluate the resource persons? | How do you evaluate the usefulness of the session in the future? | Overall feedback of the program? | Any suggestions for the next session? |
|-----------------------|------------------|---|---|--|----------------------------------|--|
| Rhythin Joseph | Computer Science | 4 | 5 | 5 | 5 | |
| Mariya Varghese | Computer Science | 5 | 4 | 5 | 5 | |
| Sona Sunny | Computer Science | 5 | 5 | 5 | 5 | |
| Nanda Dilip | Commerce | 2 | 3 | 4 | 3 | |
| Minnu Maria Thomas | Computer Science | 5 | 5 | 4 | 5 | A full day program |
| Jyothika Baburaj Nair | Computer Science | 4 | 5 | 5 | 4 | |
| Alant saji | Computer Science | 4 | 4 | 4 | 4 | None |
| Ashik Peter | Commerce | 5 | 5 | 5 | 5 | It was all fantastic, inspiring and motivating. This session was a right thing in right time, for me it's sure that both Jessy ma'ams and Solomo sir's rich knowledge will help me, well, helping right now. Looking forward to see more magic. Suggestions for next session, I didn't interacted with De Paul students that much, so I think it could be more helpful if there is more interactive sessions with both students. Thank you. |
| Thaha Niaz | Hotel Management | 5 | 5 | 5 | 5 | |
| Vinay S Elanjikkal | Commerce | 4 | 5 | 4 | 5 | Both sessions were unique and excellent. main drawback was the hindrance of time. We actually expected more time to be spent there. Overall, It was a short and fabulous experience. We expect more sessions like this in the near future. |
| SREEHARI K S | Hotel Management | 5 | 5 | 5 | 5 | |

| | | | | | | |
|------------------|------------------|---|---|---|---|----------------------------|
| Ebin John T.B | Hotel Management | 5 | 5 | 5 | 5 | |
| Anchel k s | Computer Science | 5 | 5 | 5 | 5 | |
| Sona Anna Koshy | Computer Science | 4 | 4 | 5 | 4 | No |
| Elisabeth thomas | Hotel Management | 5 | 5 | 4 | 5 | Nil |
| Errin Mathew | Computer Science | 4 | 4 | 3 | 3 | Useful and variety content |
| Aqueena Joy | Computer Science | 4 | 4 | 4 | 4 | |



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