

Training Department

YES Series 1

Naipunnya®

To reach the unreachable

Date of event: 10.09.2024

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



NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY

No: NTR/YES /01/2024-25

Date:01.09.2024

Circular

The Third Series of YES is going to be conducted on 10/09/2024 at 10.00 a.m. at NIMIT, Pongam. The session is for third MOU Signing Ceremony of NIMIT Trainings with DIST and SIMAT, Karukutty. The audience for the session are the Selected WWS and LHP Team of NIMIT and bunch of students from DIST and SIMAT.



Fr. Dr. Paulachan K. J.

(Principal)



REPORT

The third MOU Signing Ceremony for the YES (Youth Exchange and Student Training) program took place, marking a significant milestone in fostering educational collaboration among institutions. The event was held from 10:00 a.m. to 12:30 a.m. at NBS Seminar Hall and the session involved a partnership between DePaul Institute (DIST) and the Sunspire Institute of Management and Technology (SIMAT). The primary aim of the YES program is to enhance inter-university exchanges and provide students with valuable training experiences. The highlight of the ceremony was the formal signing of the MOU between DIST and SIMAT. This agreement signifies a commitment to work collaboratively towards enhancing the educational experiences of students through various exchange programs and joint initiatives.

Following the MOU signing, Dr. Justin Thomas was introduced as the resource person for the day. Dr. Thomas is an esteemed international corporate trainer and life coach with extensive experience in personal development and psychology. His expertise made him a fitting choice for the day's training session. The training session titled "Feather Touch - Psychology for Daily Life" aimed to equip students with practical psychological insights that can be applied in everyday situation. Dr. Thomas engaged participants through interactive discussions, case studies, and practical exercises, encouraging them to explore their thoughts, emotions, and behaviors. Throughout the session, Dr. Thomas incorporated various interactive activities that allowed participants to apply the concepts learned.

Prepared by:



Ms. Vandana C H

WWS 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



Student Exchange Training Programme

AN INTER-UNIVERSITY STUDENT EXCHANGE PROGRAMME

SERIES -1

**FEATHER
TOUCH**

Psychotherapy For Daily Life

@

**Naipunnya Institute,
Pongam**

By

**10 SEPT 2024
10.00Am**

**Dr. Justin Thomas
Psychologist & Life coach**



PROGRAM SCHEDULE

Training Department

YES - SERIES 1

Date: 10/09/2024

Time: 10.00 a.m. -12.30 p.m.

Venue: MBA Seminar Hall

MC	:	Agnas Saju (III BBA)
Prayer	:	Elza Biju (III BCA B)
Introduction & Welcome Address	:	Ms. Rajani Stanley HOD, Dept. Of Trainings NIMIT)
Welcome Song	:	Aleena Joy (III BSc CS)
Presidential Address	:	Rev. Fr. Dr. Paulachan K J (Principal & Executive Director NIMIT)
Inauguration- MOU Signing Ceremony		
Inaugural Video –YES		
Inaugural Address	:	Rev. Dr. John Mangalath V C Principal, DIST
Preview Video		
Felicitation	:	Mr. Sangeeth Kumar UR, MD, SIMAT
Vote of Thanks	:	Nanda Dilip (III B. Com F A)
College Anthem		
YES Series		



PHOTOS/SCREENSHOTS



Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

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PARTICIPANT'S LIST

Name of the event: **M YES (MOU SIGNING)**

Date: **10th Sept 2024**

Class: **NIMIT WNS**

Sl. No.	Name	Signature
1.	LIYA POULOSE	
2.	Etra Biju III BCAB	
3.	Vinambeswari P "	
4.	Aleena Joy III BSC CS	
5.	Eren Mathew III BCA	
6.	Agnes Saju III BBA	
7.	Lina Maria III B.Com FA	
8.	Jovanna Francis 1st BCA B	
9.	Aleena Dominic 3rd BCA A	
10.	Anjana Dinuh 3rd BCA A	
11.	Bibin Benny 3rd B.Com (Co-op)	
12.	Klex Francis 3rd B.Com "	
13.	Grace Mariya Raju 3rd B.Com "	
14.	Nanda Dilip III B.Com Finance A	
15.	Parvathy Rajeev 1st year BSC C.S.	
16.	Jeswin Shibu 1st year B.M.A	
17.	Aisil Jackson 1st year BSC IT	
18.	Gopika.K.R 1st year B.Com(P)	
19.	Joshua Varghese 1st year BSC HMCA	
20.	Lins Paul P.L 1st year B.SCHMCSB	
21.	STEPHIN SHAIKY 1st year B.Com	
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PARTICIPANT'S LIST

Name of the event: YES (MOU SIGNING)

Date: 10th Sept 2024

Class: DIST Participants

Sl. No.	Name	Signature
1.	ALAN TEJMY	
2.	Tom John	
3.	Stimida Devasia	
4.	Nanya Ann Sally	
5.	Rashmi A	
6.	Noyal Johnan	
7.	Kevin Reji T	
8.	Laura Paul	
9.	Ajaya Nalin	
10.	Anesa T.A	
11.	Sona Jasson	
12.	Adeline Shaju	
13.	Minu Rose	
14.	Abdaceena Tashy	
15.	Sona Reji	
16.	Lakshmi.V.A	
17.	Farzanahsal	
18.	Arya Jayan	
19.	Achanjal Reg	
20.	Adithyan G Nair	
21.	Daniel Bobby	
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FEEDBACK OF THE PARTICIPANTS

Participant's Name	Please indicate your level of agreement with the statements listed below [The objectives of the training were clearly defined]	Please indicate your level of agreement with the statements listed below [Participation and interaction were encouraged during training.]	Please indicate your level of agreement with the statements listed below [The trainers were knowledgeable about the training topics]	Please indicate your level of agreement with the statements listed below [The trainer/s was well prepared]	Please indicate your level of agreement with the statements listed below [The topics covered were relevant to me]	Please indicate your level of agreement with the statements listed below [The training content was organized and easy to follow]	Please indicate your level of agreement with the statements listed below [The learnings from the training will be useful in my work]	Please indicate your level of agreement with the statements listed below [The material distributed were helpful]	Please indicate your level of agreement with the statements listed below [The training objective were met]	Please indicate your level of agreement with the statements listed below [The time allotted for the training was sufficient]	Please indicate your level of agreement with the statements listed below [The meeting/training room and facilities were adequate and comfortable]	What aspects of the training could be improved?	How do you hope to change your practice as a result of this training?
Andreena	2 - Disagree	1- Strongly Disagree	1- Strongly Disagree	1- Strongly Disagree	2 - Disagree	1- Strongly Disagree	1- Strongly Disagree	2 - Disagree	2 - Disagree	1- Strongly Disagree	Confidence level Improve	Confidence	
Minu rose antu	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	Nothing	I hope it will change me in many situations	
Adeline Shaju	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	Nothing	I will change me in many situations.	
Nafesa Nasreen	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	3 - Neutral	3 - Neutral	4 - Agree	4 - Agree	4 - Agree	Everything was perfect tbh	I will try add the methods that were taught to my daily life routines
TOM JOHN	4 - Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	4 - Agree	4 - Agree	Nothing	Empowering Youth
NOYAL JOHNSON	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	3 - Neutral	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	nil	nil
Lakshmi.V A.	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	No It was good	In a better way to overcome my fears and difficulties
Grace Mariya Raju	4 - Agree	4 - Agree	4 - Agree	4 - Agree	4 - Agree	4 - Agree	4 - Agree	4 - Agree	4 - Agree	4 - Agree	4 - Agree
LIYA POULOSE	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	3 - Neutral	5 - Strongly Agree	To know about different types of therapy. These therapy is good for my daily life.	To Improve my confidence level .
Unspaul PL	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	5 - Strongly Agree	3 - Neutral	4 - Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	3 - Neutral	5 - Strongly Agree	no	
H.KEERT HANA	4 - Agree	3 - Neutral	4 - Agree	5 - Strongly Agree	4 - Agree	4 - Agree	3 - Neutral	3 - Neutral	4 - Agree	4 - Agree	4 - Agree	It is good	Good
Jeswin sabu	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	4 - Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	4 - Agree	Time	Implying it on my future
Stephin shalby	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	Nothing	To reduce stress and tension.
Elza Bijju	5 - Strongly Agree	5 - Strongly Agree	6 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	4 - Agree	4 - Agree	Time	I will work hard for betterment of me and my surrounding
JOVANNA FRANCIS	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	5 - Strongly Agree	4 - Agree	5 - Strongly Agree	4 - Agree	4 - Agree	5 - Strongly Agree	3 - Neutral	5 - Strongly Agree	Train everybody to communicate well.	I can make is to communicate and take initiatives.

