

  
**Training Department**  
**YES Series 2**

**Naipunnya**<sup>®</sup>  
**To reach the unreachable**

**Date of event: 15.11.2024**

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



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

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## NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY

No: NTR/YES /02/2024-25

Date:10.11.2024

### Circular

The Second Series of YES is going to be conducted on 15/01/2024 at 10.00 a.m. at SIMAT Aviation Academy in Karukutty. The session is focusing On Essential Life Skills in Today's life. 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 second series of YES (Youth Empowerment Series) was successfully conducted at SIMAT Aviation Academy in Karukutty on 15<sup>th</sup> November 2024. This interactive session focused on Essential Life Skills in Today's Workplace. Mr. Sujith Kumar CS, a senior HR professional with extensive experience in the corporate world, and Wing Cdr. Sanjay Rajagopal, a retired Indian Air Force officer with strong academic credentials from IIM and IIT, led the workshop. The combination of their unique professional backgrounds set the tone for a dynamic and engaging learning experience. The primary goal of the session was to provide participants with a comprehensive understanding of the life skills necessary to thrive in today's highly competitive and ever-changing workplace environment. The session began with a warm welcome from the organizers and a brief introduction to the facilitators. To encourage active participation, an icebreaker activity was conducted, helping participants get comfortable and engage with the facilitators and each other. The activity involved sharing one personal goal and discussing strategies to achieve it, emphasizing the importance of clarity in goal setting. The session on "Essential Life Skills in Today's Workplace" was a resounding success, offering valuable insights that participants can apply immediately in their professional lives. The expertise and diverse backgrounds of Mr. Sujith Kumar CS and Wing Cdr. Sanjay Rajagopal made the session both informative and engaging. Their real-world examples, combined with interactive activities, created an environment where participants could not only learn but also apply their knowledge in practical scenarios.

Prepared by:   
Ms. Vandana CH  
WWS Coordinator

Verified by:   
Ms. Rajani Stanley  
HOD-Trainings

  
Approved by: Principal  
Rev. Fr. Dr. Paulachan K J



**BROCHURE**



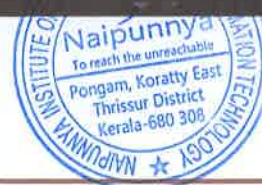
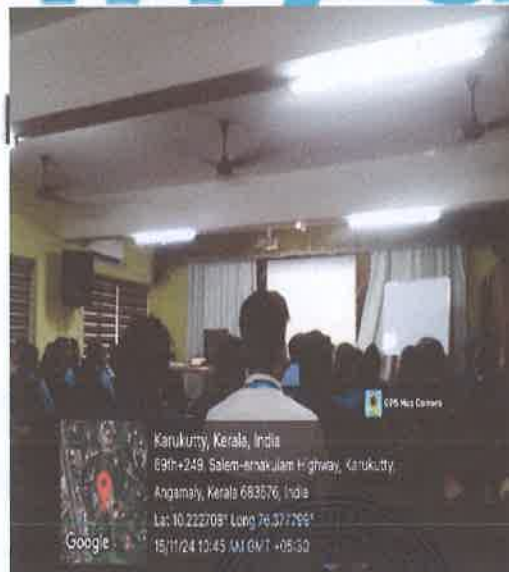
**YES**  
YOUTH EMPOWERMENT SERIES  
Student Exchange Training Programme  
**YOUTH EMPOWERMENT SERIES**  
INTER-UNIVERSITY STUDENT EXCHANGE TRAINING PROGRAMME



**POWERED BY: TRAINING DEPARTMENT, NIMIT**  
**To reach the unreachable**



**PHOTOS/SCREENSHOTS**




## PARTICIPANT'S LIST

**Name of the Event: YES - Series 2**

**Date: 15.11.2024**

**Venue: SIMAT**

YES Attendance Sheet			
Sl.No	Name	Class	Signature
1	LENA	III BCom F A	
2	JOSEPH JOSE		
3	RIYA SHAJU		
4	GLADWIN EBY	III BCom F B	
5	ASHIK PETER		
6	BIBIN BENNY		
7	CLINCE	III BCom Co	
8	BIBIN DAVIS		
9	ALBIN BOSE		
10	AGNUS	III BBA	
11	MILKA EMIL KOORAN		
12	HENA JOSE	III BA English	
13	ABHINI P SHAJU	I M.Com	
14	AMITHA N S	I M.Com	
15	ANJANA LAKSHMI P S	I M.Com	
16	BEBIN JOSEPH	I M.Com	
17	GOKUL G	I M.Com	
18	LIYA POULOSE	I M.Com	
19	MIDUN BENADICT K V	I M.Com	
20	SREYAS NAIR	I M.Com	



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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 materials distributed were helpful]	Please indicate your level of agreement with the statements listed below [The training objectives 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	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	5 - Strongly Agree	Nothing	I hope it will change me in many situations 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	5 - Strongly Agree	Nothing	I will try add the methods that were taught to my daily life routines.
Nafeesa Naureen	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	Empowerin g Youth
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	Empowerin g 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	Nothing	Empowerin g Youth
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 Reju	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.
Linepaul 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
Jeawin 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.
Eliza Biju	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	4 - Agree	4 - Agree	Time	I will work hard for betterment of me and my surrounding The change I can make is to communicate and take initiatives.
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.	...

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