

FACULTY REJUVENATION PROGRAMME

Naipunnya

To reach the unreachable

Date of event: May 31, 2024

Faculty-in-charge: Ms. Rinku K. Vithayathil

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

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REPORT

The Faculty Rejuvenation Programme for the academic year 2024-25, held on May 31, 2023, at the NBS Seminar Hall, was a day filled with insightful sessions and meaningful interactions. The programme commenced with an inauguration ceremony featuring a prayer song, a warm welcome speech by Dr. Sabu Varghese, and an inspiring presidential speech by Rev. Fr. Dr. Paulachan K J. The first session, focusing on Emotional Wellbeing, conducted by Ms. Raakhee Vijay Nair, provided faculty members with valuable strategies for maintaining mental wellness in their professional lives. Following a brief tea break, the programme resumed with a continuation of the Emotional Wellbeing session, further enriching participants' understanding and coping mechanisms. After a rejuvenating lunch break, the afternoon session began with heartfelt farewell remarks for Fr. Arun Valiyaveetil by Dr. Jacob P. M., coupled with an introduction of new staff and discussions on future and decisions led by Rev. Fr. Dr. Paulachan K J. The event concluded with a vote of thanks delivered by Ms. Emily Ittiachan, expressing gratitude to all participants and contributors. Overall, the programme served as a platform for personal and professional growth, fostering a sense of camaraderie and anticipation for the faculty members' future endeavors.

Prepared by:

Ms. Rinku K. Vithayathil

Event in charge

Verified by:

Dr. Sabu Varghese

Director, IT/HRD Cell, NIMIT

Approved by:

Rev. Fr. Dr. Paulachan K.J

Principal



BROCHURE





**FACULTY
REJUVENATION
PROGRAMME**

Date : 31st May 2024
Time : 9.00 am
Venue : MBA Block Seminar Hall

Resource Person:


Ms. Raakhee Vijay Nair
(Brainwise Coach,
Design Thinking Evangelist,
Corporate & Leadership Facilitator,
Industrial Psychologist)

**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



Faculty Rejuvenation Program 2024-25

PROGRAM SCHEDULE

Date: 31 MAY 2023

Time: 9.00 a.m. to 4.00 p.m.

Venue: NBS Seminar Hall

9:00 a.m. – 9:30 a.m.– Inauguration

Prayer Song	: Ms. Anna Diana, Assistant Professor, Dept of Computer Science
Welcome Speech	: Dr. Sabu Varghese, Director, IT/HRD Cell, NIMIT
Presidential Speech	: Rev.Fr. Dr. Paulachan K J, Executive Director/ Principal, NIMIT

Session 1- 9:30 a. m.– 1:00 p.m.

Emotional Wellbeing	: Ms. Raakhee Vijay Nair, Brainwise coach, Design Thinking Evangelist, Corporate & Leadership Facilitator, Industrial Psychologist
Tea Break – 11:00 a.m. – 11:15 a.m.	
Vote of Thanks	: Ms. Bindu G, Associate Professor, Dept. of Commerce
Lunch Break – 1:00 pm. - 1:45 p.m. (Naipunnnya Boy's Hostel)	

Session 2 - 1:45 p.m. – 4:00 p.m.

Farewell Remarks for Fr. Arun	: Dr. Jacob P M, Director, NBS
Introduction of New Staff & Plans and Decisions	: Rev.Fr. Dr. Paulachan K J, Executive Director/Principal, NIMIT
Vote of Thanks	: Ms. Emily Ittiachan, Director, Centre for Examinations, NIMIT

TEA – 4:00 p.m.

RESOURCE PERSON'S PROFILE

Date: May 31, 2024



Name: Ms. Raadhke Vijay Nair

Designation: Brainwise coach, Design Thinking Evangelist, Corporate & Leadership Facilitator, Industrial Psychologist

Profile

Ms. Raakhee Vijay Nair is a Behavioral Coach, Educationist, and Facilitator based in Kochi, India, with over 26 years of experience in various industries, including IT, Airlines, and Hospitality. She specializes in leadership and management skills training, emotional intelligence, strategic thinking, effective communication, and relationship building. Raakhee is known for her energetic and focused approach to developing leaders and driving cultural change within organizations. She is also an Industrial Psychologist and has been involved with numerous HR training companies across India.

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PHOTOGRAPHS



PARTICIPANT'S LIST

Name of the event: Faculty Rejuvenation Program

Date: May 31, 2024

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FACULTY REJUVENATION PROGRAM
Participant's List

DATE: 31.05.2024
VENUE: NBS SEMINAR HALL
Sl. No. Name 9 a.m. - 1 p.m. 1 p.m. - 4 p.m.

ADDITIONAL LANGUAGE

1	Keetha Nandakumar		
2	DR. SONIA		
3	Neethi Valsan		
4	Dr. Jayanthi K.		
5	Angel Marissa Jose		

ENGLISH

1	Dr. Parvathi S Kumar		
2	Sebastian Potholli		
3	Philip P J		
4	Gigy Johnsin		
5	Errol George		
6	Anne Sebastian		
7	Arshad Kazi		
8	Vandana Muneer		
9	Dr. Sri Vijayan		
10	Karthikaran Mathew Antony		
11	Nina Ann Mathew		
12	Sreedhevi K.		
13	Dr. Vanya Vanya		
14	Nahina George		
15	Dr. Dhyanimal C M		

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COMMERCE

1	Fr. Dr. Philanthus K J		
2	Terena Parakkal		
3	Rindi Marlesabaran		
4	Jeena Antony		
5	Anisha Mary Alex		
6	Dr. Isakidhan		
7	Kavitha Vincent		
8	Noble Shetty		
9	Dr. Joy Joseph Pathossery		
10	Dr. Amos George		
11	Vini Kishu		
12	Dr. Mathew Jose K.		
13	Roseland P M		
14	Joseph James		
15	Vandana C U		
16	Joseph Varghese		
17	Varghese Paul		
18	Dr. Fairooz Ashroff		
19	Dr. Anney Antony		
20	Sharmughadu K. G		
21	John Scaria		
22	Reshna K. Bhaskaran		
23	Rinku Kumadhan Vithayalil		
24	Gulnisa J. James		
25	Kripa Suresh		
26	Dr. Rima Chennan		
27	Gibany V P		
28	Maiering M. R		
29	Kathina Jeshy		

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HOTEL MANAGEMENT		
1	Jolin K. K. John	
2	Robert Fernandez	
3	Anand Thomas	
4	Santa Thomas	
5	Rishi Thomas	
6	Nirmeen	
7	Dhanesh T. N.	
8	Renuka Fernandez	
9	Jisha David	
10	Robert T. R.	
11	Akhila Thomas	
12	Nayana Paul	
13	Rose Mary Jose (part time)	
14	Prabakaran K. G.	
15	Prayoon Anand	
16	Rajan P. P.	
17	Edwin Sabu	
18	Missouri Sathya	

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COMPUTER SCIENCE		
1	Jayakrishnan S.	
2	Shajith T. B.	
3	Sybiladoss S.	
4	Deepak N. V.	
5	Saji Jose Philiparambil	
6	Ireney Varghese	
7	Lavin P. Wilson	
8	Stephen Mathan	
9	Dr. Sunil P. M.	
10	Anna Diana K. M.	
11	Pharusa D. S.	
12	Nerina Thomas	
13	Anusha Sivanandhan	
14	Bhishma Babu	
15	Haseerish Sabu	
16	Denny P. Pradeep	
IT		
1	Shaju P. M.	
2	Tovino Mathan	
OTHERS		
1	Fr. Arun George Valsaravattam	
2	Emily Josephson	
3	Reet V. K. K.	
4	Dr. Nanth N. S.	
5	Glenn George	
6	Dr. Jose Prudh	
7	Rajesh Stanley	
8	Agnes Benedict D'Silva	
9	Etha Jose	
10	Kesava Johnson	
11	Grochana Valsan	
12	Sreesh P. A.	

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Participant's List

Sl. No.	Name	VENUE (NBS SEMINAR HALL)
		9 a.m. - 1 p.m. 1 p.m. - 4 p.m.
1	Dr. Jacob P.M	
2	Dr. Sabu Varghese	
3	Fr. Ajo George	
4	Dr. Surya E.S	
5	Dr. Nijo Varghese	
6	Nayana S.	
7	Jis Jose Korpath	
8	Jacob P. John (not in AICTE)	
9	Amson Symon	
10	Fr. Dr. Thomas Kallokkaran	
11	Georgy Pothang	

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Event coordinator: Rinku K. Vithayathil



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FEEDBACK

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NIMI-Pongam
FRG Rev-01 Dated 29-05-24

Effectiveness of the Training: Evaluation by Trainer

Name of the Programme Emotional Well Being

Date: 31st May '24 Duration: 4 hr

Trainer: Rashmi Vijay Nair

Assessment of the Participants:

Method of Assessment: Case study, Activities, Reflection questions

Description of Assessment:
Why - Significance of Emotional well being
How - 8 well being aspects
What are the strategies to develop
Emotional well being, work life balance at workplace

Name and dated signature of the trainer
Rashmi Vijay Nair

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Name of the faculty member	Department to which faculty member belongs	The objectives of the training were clearly defined	Participation and interaction were encouraged	The trainer was knowledgeable about the training topics	The trainer was well prepared	The PPT presentation/slides were clear and effective
CIBINY V P	Commerce	Agree	Agree	Strongly agree	Strongly agree	Strongly Agree
Sreelakshmi K	Languages	Agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Ms.Jeena Antony	Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
SREEJITH P. A.	Physical Education	Strongly disagree	Strongly disagree	Strongly disagree	Strongly disagree	Agree
Elsa Jose	Training	Agree	Agree	Agree	Agree	Agree
Jissmol Varghese	Commerce	Agree	Agree	Agree	Agree	Agree
Deepak K V	Computer Science	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Mini Joshy	Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Dr Remya cherian	PG DEPARTMENT OF COMMERCE	Strongly agree	Agree	Strongly agree	Agree	Agree
Reshma K Bhaskaran	Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Dr. Sonia S	Department of Additional Languages	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Emil George	PG Department of English	Neutral	Agree	Agree	Agree	Agree
Roseland Peter	Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Dr. Viji Vijayan	PG Department of English	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Sabina Leo	Dept of English	Agree	Strongly agree	Strongly agree	Strongly agree	Agree
Neethu Valsan	Department of Additional languages	Strongly agree	Strongly agree	Agree	Strongly agree	Agree
Bindu .G	Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Agnes Beneeta D'silva	Department of Training and Development	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Renita Fernandez	hotel management	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Praveen Antony	HM	Agree	Agree	Agree	Agree	Agree
Dr.Sajith.KS	CIECE A	Agree	Agree	Agree	Agree	Agree
Richi Thomas	HM	Agree	Agree	Strongly agree	Strongly agree	Strongly Agree
Akhila	Hotel Management	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Dr Purnima S Kumar	English	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
STINPHY MAXON	Computer Science	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree

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Joseph James	Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Anna Diana K M	Computer Science	Agree	Strongly agree	Strongly agree	Strongly agree	Agree
Githin T James	Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Teresa Parackal	Dept.of Commerce	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Emily Ittiachan	Examination	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Vandana Martin	English	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Bibitha Baby	PG Department of Computer science	Neutral	Agree	Neutral	Neutral	Neutral
Annie Sebastian	PG Dept of English	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
KRIPA SURESH	COMMERCE	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Dr. Mathew Jose K	Commerce	Strongly disagree	Agree	Agree	Agree	Agree
Dr. Dhanumol C. M.	English	Agree	Agree	Agree	Agree	Neutral
Rajani Stanley	Training & Development	Strongly agree	Strongly agree	Agree	Agree	Agree
Siji Jose Pulluparambil	Computer Science	Agree	Agree	Strongly agree	Strongly agree	Agree
Greeshma Valson	Library	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
RENI.V.KALAYIL	COUNSELLING	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Strongly Agree
Anand Thomas	HM	Strongly agree	Strongly agree	Strongly agree	Strongly agree	Agree
Jesleen Jose	Department of English	Strongly agree	Agree	Strongly agree	Strongly agree	Agree
Dr Joy Joseph Puthussery	Commerce	Strongly agree	Agree	Agree	Strongly agree	Strongly Agree

Name of the faculty member	The content was organized and easy to follow	The topics covered were relevant to me	The learning from the training will be useful in my work	The time allotted for the training was sufficient	What aspects of the training could be improved	How do you hope to change your practice as a result of this training?
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CIBINY V P	Strongly agree	Strongly agree	Agree	Neutral	Time	Happy quotient
Sreelakshmi K	Strongly agree	Strongly agree	Agree	Neutral	Nil	To try not to be too anxious and complete the tasks assigned to me with a calm mind.
Ms.Jeena Antony	Strongly agree	Strongly agree	Strongly Agree	Agree	Nil	To impart the art of Emotional intelligence in the professional and personal life
SREEJITH P. A.	Strongly agree	Strongly agree	Strongly Agree	Agree	Practical part	Keep emotional well balance
Elsa Jose	Agree	Agree	Agree	Agree	Nil	Hope to connect more with students
Jissmol Varghese	Agree	Agree	Agree	Agree	Nil	Good
Deepak K V	Strongly agree	Strongly agree	Strongly Agree	Agree	Nil	Na
Mini Joshy	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	All good	Keeping good relationship with each other
Dr Remya cheriyan	Agree	Agree	Agree	Agree	Nil	Emotional well being is very much necessary for sustainability.
Reshma K Bhaskaran	Strongly agree	Strongly agree	Strongly Agree	Agree	Need more practical sessions	Try to balance my emotions
Dr. Sonia S	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	Nothing	I hope to implement what I've learned from this training in my classroom practice.
Emil George	Agree	Disagree	Neutral	Agree	It would have been better if the content had focused more on the aspects of collegiate education.	Nil
Roseland Peter	Agree	Agree	Strongly Agree	Strongly agree	PPT	Attitude towards students
Dr. Viji Vijayan	Strongly agree	Agree	Agree	Agree	Overall it's good and effective	I'm aware of my negatives and try to change it
Sabina Leo	Strongly agree	Strongly agree	Agree	Agree	With limited time period, much was covered.	By being more sensitive and empathetic towards the needs of the students and faculty.
Neethu Valsan	Agree	Agree	Agree	Strongly agree	PPT presentation can be more readable.	I will take care of my mental health and hope that can help me become a good teacher.
Bindu .G	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	Nil	Self awareness
Agnes Beneeta D'silva	Strongly agree	Strongly agree	Strongly Agree	Agree	It should be more long. So that the topics could be covered more effectively.	I have a positive attitude in daily life and also in the work place.
Renita Fernandez	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	Nil	Nil
Praveen Antony	Agree	Agree	Agree	Agree	Interactive session	I will improve my teaching
Dr.Sajith.KS	Agree	Agree	Agree	Agree	It's well organised	It's improves the interaction among the faculty
Richi Thomas	Agree	Agree	Agree	Agree	Provide follow up and refresher sessions regularly.	I hope to improve my skills, enabling me to better understand and stronger relationships in my professional practice.
Akhila	Agree	Agree	Agree	Agree	Nothing	Learn by doing
Dr Purnima S Kumar	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	Nil	To foster a supportive and understanding environment where the students should feel positive

STINPHY MAXON	Strongly agree	Strongly agree	Agree	Strongly agree	Better if it is one full day Program	Positively
Joseph James	Agree	Strongly agree	Strongly Agree	Agree	Exercises	Interaction with students
Anna Diana K M	Agree	Agree	Agree	Agree	Nil	Will be able to understand students as well as co workers mote.
Githin T James	Strongly agree	Strongly agree	Agree	Agree	More time	Got many information
Teresa Parackal	Agree	Strongly agree	Strongly Agree	Neutral	Time	Being self aware and understanding the perspective of others too.
Emily Ittiachan	Strongly agree	Strongly agree	Strongly Agree	Agree	Can be a full day session	Don't be afraid of losing people. Be afraid of losing yourself by trying to please everyone
Vandana Martin	Agree	Strongly agree	Agree	Agree	Nil	Teaching methods can be changed
Bibitha Baby	Neutral	Neutral	Neutral	Agree	the PPT slides and Text size	leadership
Annie Sebastian	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	Nil	Will help me in the interaction with the students.
KRIPA SURESH	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	PRACTICAL SESSION	SELF DEVELOPMENT
Dr. Mathew Jose K	Agree	Agree	Agree	Disagree	Practical aspects could be improved	Positive
Dr. Dhanumol C. M.	Neutral	Agree	Agree	Agree	More activities	Try to become emotionally stable.
Rajani Stanley	Agree	Agree	Agree	Neutral	Regular followup sessions required	Improve my interpersonal skills
Siji Jose Pulluparambil	Agree	Agree	Agree	Disagree	Fine	Emotional stablity
Greeshma Valson	Strongly agree	Strongly agree	Strongly Agree	Strongly agree	It would greatly enhance its utility if we had more time	Recognizing and effectively applying emotions during interactions with students .
RENI. V.KALAYIL	Strongly agree	Strongly agree	Strongly Agree	Agree	MORE HANDS ON ACTIVITIES	I HOPE TO INCORPORATE NEW STRATEGIES AND TECHNIQUES INTO MY PRACTICE, IMPROVE MY SKILLS, AND ENHANCE THE QUALITY OF THE SERVICES I PROVIDE.
Anand Thomas	Strongly agree	Strongly agree	Strongly Agree	Agree	NA	More mentally strong after this session
Jesleen Jose	Agree	Strongly agree	Agree	Agree	Nil	Will try to stay positive in stressful situations.
Dr Joy Joseph Puthussery	Strongly agree	Strongly agree	Strongly Agree	Agree	Training can be bit more elaborative and included allied topics	We can reach up to the expectations of students

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