

Pratidhi Centre for Counselling

Event Name: Awareness session on Psychological First Aid

Naipunnya
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Date of event: 10-10-2025

Faculty In-charge: Dr. V. R. Sitara



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

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No: NIMIT/PRA/02/2025

Date: 10-10-2025

Circular

Sub: Session on Psychological First Aid.

As part of the observance of Mental Health Week (October 4th-10th, 2025), the Pratidhi Centre for Counselling, in association with the PG Department of Social Work, is organising a Seminar on **Psychological First Aid** for students.

The session aims to equip the students with the skills to provide immediate emotional support and care to individuals experiencing distress or crisis.

Details of the Session:

Date: 10th October 2025

Time: 1:15 pm-3:15 pm

Venue: MBA Seminar Hall

Resource Person: Ms Mariya Treasa


Fr. Dr. Paulachan K.J
(Principal)



REPORT

The Pratidhi Centre for Counselling, in association with the PG Department of Social Work, Naipunnya Institute of Management and Information Technology (NIMIT), organized an Awareness Session on “Psychological First Aid” on 10th October 2025 as part of the observance of Mental Health Day.

The session aimed to promote awareness among students about the importance of providing immediate psychological support to individuals experiencing emotional distress or crisis. Psychological First Aid, much like physical first aid, is an essential life skill that enables individuals to offer comfort, stabilization, and support in times of mental or emotional emergencies.

The session was held at the MBA Seminar Hall from 1:15 p.m. to 3:45 p.m. The resource person for the session was Ms. Mariya Treasa P., Rehabilitation Psychologist and Co-Founder of PsyLight Clinic, who shared valuable insights into recognizing emotional distress, listening empathetically, and guiding individuals to seek further professional help when necessary. Her presentation included practical approaches and real-life examples that helped students understand how to apply psychological first aid effectively in everyday life situations.

The session successfully enhanced awareness among participants about the significance of early emotional support and self-care strategies, aligning with the 2025 World Mental Health Day theme, “Access to Services – Mental Health in Catastrophes and Emergencies.”

Overall, the awareness session served as an enlightening and empowering experience, motivating students to be more sensitive, supportive, and proactive in promoting mental well-being within the campus community.

Prepared by:


Dr. V. R. Sitara

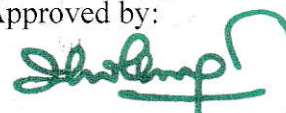
Student Counsellor

Verified by:


Dr. Joy Joseph Puthussery

Dean of Studies

Approved by:


Rev. Fr. Dr. Paulachan K. J.

Principal



BROCHURE



Pratidhi Centre for Counselling
in association with
PG Department of Social Work
observes

MENTAL HEALTH WEEK

October 4th-10th 2025

**Awareness Session on
PSYCHOLOGICAL
FIRST AID**

Date : 10th October 2025
Resource Person:



Mariya Treasa P.,
Rehabilitation Psychologist
Co-Founder of PsyLight Clinic



Venue : MBA Seminar Hall
Time : 1:15 p.m. - 3:45 p.m.
Faculty Coordinator: Dr. V. R. Sitara
Student Coordinator: Christy Antony



**NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)**
(AUTONOMOUS)

(Affiliated to the University of Calicut, Accredited by NAAC with A++, ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308



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PROGRAM SCHEDULE

Date: October 10, 2025

Time: 1:15PM – 3.15 PM .

Venue: MBA Seminar Hall

Prayer : Ms Alna Lenoyka & Ms Anjana M.P(1 BSW student)

Welcome Speech : Dr V R Sitara(Counsellor,NIMIT)

Presidential Address : Dr Fr Disto Kadalikkattil

Talk by Resource Person : Ms Mariya Treasa P

Vote of Thanks : Mr Derin Babu(1 BSW student)

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RESOURCE PERSON'S PROFILE

Photo of the resource person	Name:Ms Mariya Treasa Designation:Rehabilitation Psychologist
Profile: Ms. Mariya Treasa P. is a Rehabilitation Psychologist and Co-Founder of PsyLight Clinic. With expertise in mental health and rehabilitation, she has been actively involved in providing psychological support, counselling, and therapy for individuals coping with emotional distress and mental health challenges. Her professional experience focuses on promoting psychological well-being, resilience, and recovery among diverse populations. As a dedicated mental health professional, Ms. Mariya Treasa also conducts awareness programs and training sessions to spread the importance of psychological care and first aid, empowering communities to respond effectively to mental health needs.	

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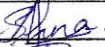
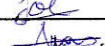
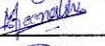
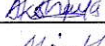
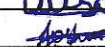
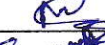
PHOTOGRAPHS /SCREENSHOTS



PARTICIPANT'S LIST

Name of the event: Awareness Session on Psychological First Aid

Date: 10-10-2025

Sl. No.	Name	Class	Signature
1.	Doo Jace	BSW	
2.	Irthim Shaji	BSW	
3.	Augustine Jijo	BSW	
4.	Sreesha Shaje	BSW	
5.	Elsa Rose Biju	BCA(A)	
6.	Alina Stanley	BCA(A)	
7.	Ashna-C.D	BCA(A)	
8.	Anna Sijo	I BCA (B)	
9.	Samvrutha P-S	I BCA (B)	
10.	Joe Thankachan	I BCA (B)	
11.	Anan Boban	III BCA A	
12.	Albin Shaiju	III BCA A	
13.	FARIO NISHAD	III BCA(A)	
14.	Meenakshi Gourmd	III BCA (B)	
15.	Nikhitha Joy	III BCA (B)	
16.	Akshaya shayan	III BCA (B)	
17.	Hrithika K.P	I BSC IT	
18.	Laison Laiju	I BSC IT	
19.	Joshua Thomas Jacob	I BSC CS	
20.	Nisharjana	I BSC CS	
21.	MOHITH S.R	I BSC CS	
22.	Emmanuel Roy	I BIOM B	
23.	ABEL BIJU		
24.	Akhila P.M	III rd Bcom B	
25.	Aleena Thomas	III rd Bcom B	
26.	Pavithra T.V	III rd Bcom CA	
27.	Aleena KJ	III rd Bcom CA	
28.	Surumi KA	III rd Bcom CA	
29.	Anagha C.S	III rd Bcom CA B	
30.	Debin Denny	III rd BSC IT	
31.	JIDMIN JOSHAY	III rd BSC IT	
32.	JEFFIN JOB	III BSc IT	
33.	SUNNY GRAJU	III BSc IT	

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34.	Vismaya IC	IIIrd Bcom F (B)	Urmaya
35.	Devapriya P.M	IIIrd Bcom F (A)	Devapriya
36.	Harsha M.S	IIIrd B.com F (A)	Harsha
37.	Devikrishna	IIIrd B.com F (A)	Dev.
38.	Harija	IIIrd B.com F (A)	H.A.
39.	Atthira	IIIrd B.com F (A)	A.T.
40.	Gopika Ks	IIIrd BSC CS	Gopika
41.	Aleena Jilvi	IIIrd BSC CS	Aleena
42.	Joyel Jejo	IIIrd BSC CS	Joyel
43.	John Joby	Ist B.com Finance	John
44.	Ananika ES	Ist B.com "	Ananika
45.	Serin Sunny	Ist B.com "	Serin
46.	Albert midhun	Ist HMCS (A)	Albert
47.	Alex	Ist HMCS	Alex
48.	Ashwin	Ist HMCS	Ashwin
49.	Theophin shaju	Ist HMCS (B)	Theophin
50.	Justin satan	Ist HMCS (B)	Justin
51.	Gunmi Chongnumnum.	Ist HMCS (B)	Gunmi
52.	Noyal shailu	Ist B.com (B)	Noyal
53.	Don Jose Jeff	Ist BSW	Don Jose
54.	Jeff Binoy Palatty	Ist BSW	Jeff
55.	Alina lenayka	Ist BSW	Alina
56.	Aniana M.P	Ist BSW	Aniana
57.	Derin Barber	Ist BSW	Derin
58.	Risvan S	Ist BSW	Risvan
59.	Absar	Ist BSW	Absar
60.	Antony thompson	"	Antony
61.	Abhijith Jashmy	"	Abhijith
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