

Pratidhi Centre for Counselling

**Event Name: Mindful Moments-Well Being Session for Teaching and
Non-Teaching Staff**

Naipunnya
To reach the unreachable

Date of event: 08-10-2025

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



No: NIMIT/PRA/01/2025

Date: 8-10-2025

Circular

Sub: Well Being session for Teaching and Non-Teaching Staff-"Mindful Moments"

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 Well-Being Session titled "Mindful Moments" exclusively for all teaching and non-teaching staff.

The session aims to promote relaxation, mindfulness, and mental well-being among staff members, helping them rejuvenate and refocus amidst their professional commitments.

Details of the Session:

Date: 8th October 2025

Time: 2:30 pm-3:30 pm

Venue: MBA Seminar Hall

Resource Person: Fr Baiju Varghese

All teaching and non-teaching staff members are requested to attend the session.


Fr. Dr. Paulachan K.J
(Principal)



REPORT

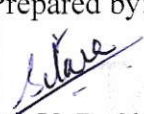
The Pratidhi Centre for Counselling, in association with the PG Department of Social Work, Naipunnya Institute of Management and Information Technology (NIMIT), organized a session titled “Mindful Moments – Well-Being Session for all Teaching and Non-Teaching Staff” on 8th October 2025 as part of the observance of Mental Health Week.

The session aimed to promote emotional balance, stress reduction, and mindfulness among staff members, encouraging a healthy and positive work environment. It provided an opportunity for participants to pause, reflect, and reconnect with their inner well-being amidst their busy professional lives.

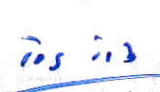
The session was conducted at the MBA Seminar Hall from 2:30 p.m. to 3:30 p.m. The resource person was Fr. Baiju Varghese, who led participants through practical mindfulness exercises and reflections on maintaining mental calmness and resilience. His interactive and engaging approach helped participants experience the benefits of mindfulness and understand its relevance in daily life. The participants expressed appreciation for the meaningful and refreshing session, which emphasized the importance of self-care and mental wellness among educators and support staff.

The event successfully contributed to fostering a culture of mindfulness and well-being on campus, aligning with the goals of the Mental Health Week observance.

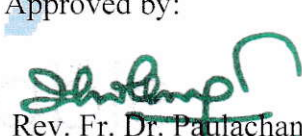
Prepared by:


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

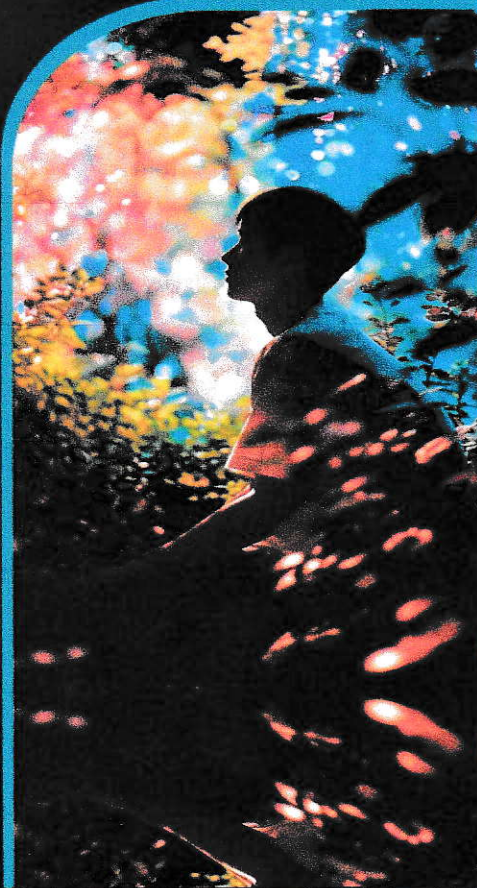
October 4th-10th 2025

**Mindful Moments-
Well Being session for
all Teaching and
Non-Teaching Staff**

Date : 8th October 2025
Resource Person:



Fr. Baiju Varghese
Venue: MBA Seminar Hall
Time: 2:30 p.m. - 3:30 p.m.
Faculty Coordinator:
Dr. V. R. Sitara

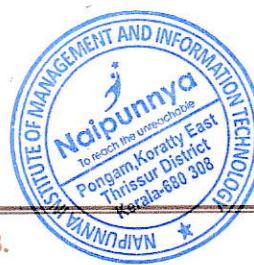




**NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)**
(AUTONOMOUS)



(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



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

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in

PROGRAM SCHEDULE

Date: October 8, 2025

Time: 2.30PM – 3.30 PM

Venue: MBA Seminar Hall

Welcome Speech : Dr Fr Disto Kadalikkattil

Introduction of the Resource Person : Dr Fr Paulachan K.J

Talk by Resource Person : Fr. Baiju Varghese

Vote of Thanks : Ms. Joyshree Mondal



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

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in

PHOTOGRAPHS /SCREENSHOTS



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

Phone +91 9605001987, 04802730340, 2730341, 2733573

www.naipunnya.ac.in, mail@naipunnya.ac.in



PARTICIPANT'S LIST

Name of the event: Mindful Moments-Well Being Session

Date: 8-10-2025

Participants: Teaching & Non-Teaching Staff

Sl. No.	Name	Signature
1.	Beena m.m	
2.	Johny Panamkulam	
3.	Mimi Jeshy	
4.	Shangheda	
5.	Dr. Faizoo Ashraf	
6.	Dr. Jaimy Antony	
7.	Ms. Lashmy priya M.A	
8.	Ms. Malavika M.R	
9.	Ms. Bindu G	
10.	Dr. Remya Cherian	
11.	Ms Kripa Suresh	
12.	Ms Kantha	
13.	Ms Rinku K	
14.	Peshma Bhaskaran	
15.	Roseland Peles	
16.	Githu T James	
17.	Jissmol Varghese	
18.	Libiny V P	
19.	Nmya Scaria	
20.	Deepak K.V	
21.	Anna Prana K.M	
22.	Aswathi - M.R	
23.	Jostenei Toy	
24.	Livia. P. Iulson	
25.	Dr. Fredy Varghese	
26.	Denny. P. Francis	
27.	Stinphy Maxon	
28.	Bibtha Baby	
29.	Jayakrishnan S	
30.	Dr. Sam P M	
31.	Sreelakshmi K	

32.	Gugy Johnson	
33.	Dr. Pugmeena S Kumar	
34.	Dr. Veena Vijaya	
35.	MARY J ROSE	
36.	REJITHA K RAVI	
37.	Dr. Sonia S	
38.	Jyothi Francis	
39.	LILJI JOSE	
40.	Noble. Devassy	
41.	Beena Roy	
42.	Poulase. C.V	
43.	Divin Sathu	
44.	Pravara Antony	
45.	Imron. P J	
46.	Meethu. K N	
47.	Anand Thomas	
48.	Misouri Sathu	
49.	PRADHAKARAN. K.G.	
50.	Nayana Paul	
51.	Rensia Fernandez	
52.	Richi Thomas	
53.		
54.		
55.		
56.		
57.		
58.		
59.		
60.		
61.		
62.		
63.		
64.		
65.		
66.		
67.		
68.		
69.		
70.		
71.		
72.		
73.		