

**Centre for Counselling**

**Value Education Session**

**Smart Choices, Silent Consequences-How Everyday Decisions Quietly  
Shape Your Career-For Better or worse**

**Naipunnya**  
To reach the unreachable

**Date of event : 10/2/2026**

**Faculty-in-Charge: Dr V R Sitara**



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

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No: NIMIT/COP-SEM/01/2026

Date: 10.02.2026

Circular

Sub: Value Education Session on "Smart Choices, Silent Consequences-How Everyday Decisions Quietly Shape Your Career-For Better or Worse"

The Department of Social Work is organizing a Value Education session on "**Importance of Career Readiness**" for final year students. The session will be held on **10 February 2026**, from **10:15 AM to 11:15 AM** at the **MBA Seminar Hall**. It aims to help students understand the importance of ethical values, personal responsibilities and decision making as they transit from academic life to professional careers. Attendance is **mandatory**, and participants are requested to be seated by **10:15 AM**.

  
Fr. Dr. Paulachan K.J.  
(Principal)



## REPORT

A Value Education session was conducted for the final year non-Catholic students on 10th February, 2026 at 10:15 a.m. in the MBA Seminar Hall. The session was organized with the objective of sensitizing students about ethical values, personal responsibility, and decision-making as they transition from academic life to professional careers.

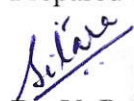
The session was handled by Dr. V. R. Sitara, Counsellor, who served as the resource person. The theme of the session focused on how everyday choices and seemingly small decisions can have long-term consequences on personal life and professional growth. Through relatable examples, real-life workplace scenarios, and reflective questions, the resource person highlighted the importance of honesty, discipline, trust, and responsible behavior in both personal and professional settings.

Special emphasis was given to common mistakes made by freshers, such as resume exaggeration, casual attitude towards rules, oversharing personal opinions, misuse of digital platforms, and lack of workplace boundaries. The concept of "immediate benefit but delayed damage" was explained to help students understand how short-term gains can silently harm long-term career prospects. Interactive discussions encouraged students to reflect on their own habits, values, and decision-making patterns.

The session was highly engaging and thought-provoking. Students actively participated and showed keen interest in the discussions. The program helped students gain clarity on ethical conduct, professional behavior, and the importance of making conscious and value-based choices in life.

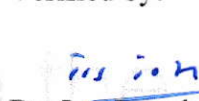
The session concluded on a positive note, leaving students with practical insights and a strong message on protecting their integrity, reputation, and trust as they move forward into their careers.

Prepared by:

  
Dr. V. R. Sitara

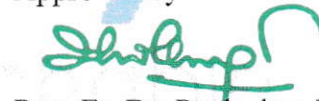
Counsellor, NIMIT

Verified by:

  
Dr. Joy Joseph Puthussery

Dean of Studies

Approved by

  
Rev. Fr. Dr. Paulachan K.J.

Principal



**BROCHURE**

# VALUE EDUCATION SESSION

Smart Choices,  
Silent Consequences-  
How Everyday Decisions Quietly Shape Your Career-  
For Better or Worse.



Resource Person:



**Dr. V. R. Sitara,**  
Counsellor, NIMIT

Date : 10-02-2026  
Time : 10.15 a.m.  
Venue : MBA Seminar Hall



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

(Affiliated to the University of Calicut, Accredited by NAAC with A++, ISO 9001-2015 Certified)  
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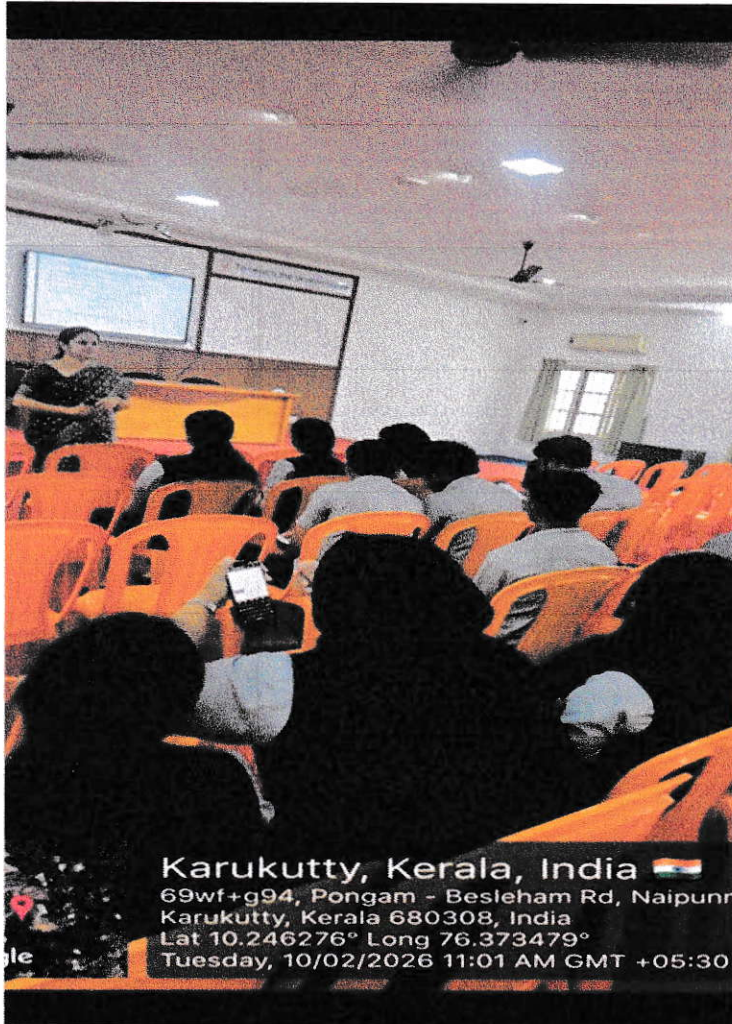
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**PHOTOGRAPHS/SCREENSHOTS**

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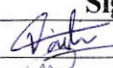
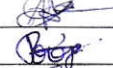
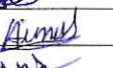
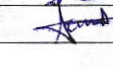
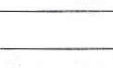
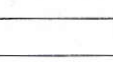
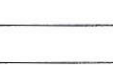
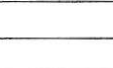
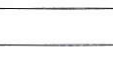
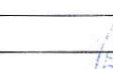
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**PARTICIPANT'S LIST**

Name of the event: Value Education Session; Smart choices, Silent consequences.  
How everyday decisions quietly shape your career-For better or worse.

Date: 10/2/2026.

Class: Final Year. Students.

| Sl. No. | Name               | Signature                                                                             |
|---------|--------------------|---------------------------------------------------------------------------------------|
| 1.      | Vaishnavi A P      |    |
| 2.      | Akhila PM          |    |
| 3.      | Pooja Vinod        |    |
| 4.      | Samah Sanoper      |    |
| 5.      | Gunidhar K.G       |   |
| 6.      | Anusaj K.J         |  |
| 7.      | Muhammed Roshan Ww |  |
| 8.      | Avinash A.S        |  |
| 9.      | MATHEW JOHN        |  |
| 10.     | Aswin V            |  |
| 11.     | Garron Pereira     |  |
| 12.     | DILJITH K.B        |  |
| 13.     | Kevin Pauly        |  |
| 14.     | Lakshmi K Raja     |  |
| 15.     | Sachin S           |  |
| 16.     | Thayyiba           |  |
| 17.     | Amritha K S        |  |
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