PG Department of English

AMRUTHAM 26

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Date of Event:27/03/2026

Faculty-in-Charge: Ms. Annie Sebastian



REPORT

The PG Department of English organized a Language Enhancement Programme for the Non-Teaching Staff with the objective of improving communication skills and fostering personal growth. The programme was thoughtfully designed around the theme "Smart Work and Hard Work and the Importance of Gratitude," highlighting both professional efficiency and emotional well-being. It was held on 27 March 2026 in the MBA seminar hall from 1.00p.m.- 4.00 p.m.

The programme commenced with a prayer, setting a calm and positive tone for the session. This was followed by a warm and gracious welcome address delivered by Dr. Purnima S. Kumar, Head of the PG Department of English. She also highlighted the vital role played by non-teaching staff in the smooth functioning of the institution and appreciated their dedication. The formal inauguration of the programme was carried out by Rev. Fr. Jimmy Kunnathoor, Assistant Executive Director. In his inaugural address, he spoke about the value of balancing hard work with smart strategies. He stressed that while consistent effort is essential, adopting efficient methods can lead to better results with less strain. He also encouraged the participants to cultivate a mindset of gratitude, noting that appreciation for one's work and surroundings contributes to both personal happiness and a positive work environment.

The session was led by Ms. Annie Sebastian, Assistant Professor, PG Department of English. She delivered an engaging and interactive talk that effectively connected with the participants. Through practical examples and relatable scenarios, she explained the difference between hard work and smart work. She illustrated how planning, prioritizing, and effective time management can enhance productivity. The session also included activities that encouraged participants to reflect on their daily routines and identify areas for improvement. A significant part of the session focused on the importance of gratitude. Ms. Annie Sebastian highlighted how expressing gratitude can improve relationships, reduce stress, and create a more supportive workplace. She encouraged the participants to adopt simple practices such as acknowledging the efforts of colleagues and maintaining a positive outlook.

The programme concluded with a vote of thanks, expressing sincere appreciation to all those who contributed to the success of the event. The Language Enhancement Programme proved to be both informative and inspiring. It not only enhanced the participants' understanding of effective work strategies but also underscored the importance of gratitude in building a harmonious and productive work environment.

Prepared by:	Verified by:	Approved by:
Ms. Annie Sebastian	Dr. Purnima S. Kumar	Rev.Fr.Dr. Paulachan K.J
Event coordinator	HoD, Dept of English	Principal

No: NIMIT/ NLA /EXT/ 04 / 2025-2026 Date: 20/03/26

Circular

PG Department of English will be organizing an Extension Programme, "Amrutham - 2026" for the Non-Teaching Staff of the college on 27 March 2026 from 1.00 p.m. - 4.00 p.m. with the objective of improving communication skills and fostering personal growth. The programme is designed around the theme "Smart Work and Hard Work and the Importance of Gratitude," highlighting both professional efficiency and emotional well-being.

Fr. Dr. Paulachan K.J.
Principal

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BROCHURE



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PROGRAM SCHEDULE

Prayer

Welcome speech: Dr. Purnima S. Kumar

HoD, PG Department of English

Inauguration : Rev. Fr. Jimmy Kunnathoor

Asst. Executive Director, NIMIT

Session : Ms. Annie Sebastian

Asst. Professor, PG Department of English

Vote of Thanks

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PHOTOGRAPHS









PARTICIPANTS' LIST

Name of the event: Amruthum 26

Date: 27/03/26

Sl. No.	Name	Signature
1.	Beena Jude	
2.	Shakel Anti	
3.	Binsy CC	
4.	Beena M.M	
5.	Irin Aruja	
6.	Lilly Francis	
7.	Bichu Santhosh	
8.	Mallika Raju	
9.	Sheeba Shaji	
10.	Jomol Jose	
11.	LIJI JOSE	
12.	Cissy B.G	
13.	Mini J.P.B	
14.	Betty Johnson	
15.	George P.V.	
16.	Shiny. S	
17.	RAJU JOSEPH	
18.	KIRAN	
19.	Fabiola Baliar Singh	
20.	C.V Paulose	
21.	Lincy Antony	
22.		
23.	Beena Roy	
24.	Vinoj P.P	
25.	JOHNSON MV	
26.	Dessy Johny	
27.	Mini Baby	
28.	Malsa Jose	
29.	Shiny Ambrose	
30.	Rosily	
31.	Shaji	
32.	Sobana	
33.	shyla vinokrishnan	
34		



34.	Siby Baby	
35.	Shaji	
36.	Mony Paulson	
37.	Bindy Antony	
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Event Coordinator

Annie Sebastian

Feed back

Amrutham 2026

Non-teaching staff enrichment programme

Name of the participant - Jomol Jose

Department - Housekeeping

1. How satisfied are you with the programme?

   a. ✓completely satisfied b. satisfied c. neutral d. dissatisfied e. completely dissatisfied

2. Was this the first time you attended the programme?

   a. yes b. ✓no

3. Overall rating of the programme

   a. Very good b. ✓good c. average d. poor e. very poor

4. How well was the programme coordinated?

   a. Very good b. ✓good c. average d. poor e. very poor

5. What changes/recommendations, if any, should be made for this programme?

   Nil

Signature of the participant

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Feed back

Amrutham 2026

Non-teaching staff enrichment programme

Name of the participant - Shiny. S

Department - IQAC

1. How satisfied are you with the programme?

   a. completely satisfied ✓b. satisfied c. neutral d. dissatisfied e. completely dissatisfied

2. Was this the first time you attended the programme?

   a. yes ✓b. no

3. Overall rating of the programme

   a. Very good ✓b. good c. average d. poor e. very poor

4. How well was the programme coordinated?

   a. Very good ✓b. good c. average d. poor e. very poor

5. What changes/recommendations, if any, should be made for this programme?

Signature of the participant

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Feed back

Amrutham 2026

Non-teaching staff enrichment programme

Name of the participant - Ms. Sonny Antony

Department - HRD department

1. How satisfied are you with the programme?

   a. completely satisfied b. satisfied c. neutral d. dissatisfied e. completely dissatisfied

2. Was this the first time you attended the programme?

   a. yes b. no

3. Overall rating of the programme

   a. Very good b. good c. average d. poor e. very poor

4. How well was the programme coordinated?

   a. Very good b. good c. average d. poor e. very poor

5. What changes/recommendations, if any, should be made for this programme?

   ---------- Nil ----------

Signature of the participant

Feed back

Amrutham 2026

Non-teaching staff enrichment programme

Name of the participant - Arun Paul
Department - Dept of IT.

1. How satisfied are you with the programme?

   a. completely satisfied b. satisfied c. neutral d. dissatisfied e. completely dissatisfied

2. Was this the first time you attended the programme?

   a. yes b. no

3. Overall rating of the programme

   a. Very good b. good c. average d. poor e. very poor

4. How well was the programme coordinated?

   a. Very good b. good c. average d. poor e. very poor

5. What changes/recommendations, if any, should be made for this programme?

   Nill

Arun Paul
Signature of the participant

Feed back

Amrutham 2026

Non-teaching staff enrichment programme

Name of the participant - Mini - P. B

Department - Office .

1. How satisfied are you with the programme?

   a. completely satisfied b. satisfied c. neutral d. dissatisfied e. completely dissatisfied

2. Was this the first time you attended the programme?

   a. yes b. no ✓

3. Overall rating of the programme

   a. Very good b. good ✓ c. average d. poor e. very poor

4. How well was the programme coordinated?

   a. Very good b. good ✓ c. average d. poor e. very poor

5. What changes/recommendations, if any, should be made for this programme?

   Need at least 1½ hours for the programme.

Signature of the participant

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