**PG Department of Social work**

**Staff Wellbeing Programme for Non-Teaching Staff**

**"Finding Joy in Everyday Life"**

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**Date of Event: 07/03/2026**

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

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No: NIMIT/SW/06/2026 Date: 05.03.2026

**Circular**

Sub: Session on Managing Work and Personal Life Balance

This is to inform you that a session on **"Managing Work and Personal Life Balance"** has been organized for the non-teaching staff by the PG Department of Social Work,NIMIT. The session aims to help participants understand effective strategies to maintain a healthy balance between professional responsibilities and personal well-being. The session will be on 7/03/2026 at MBA Seminar Hall at 2:00 pm

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

Fr. Dr. Paulachan K.J
(Principal)

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# REPORT

A Staff Wellbeing and Stress Management Programme was conducted for the non-teaching staff of Naipunnya Institute of Management and Information Technology on **7 March 2026**. The session was facilitated by Dr V R Sitara, Counsellor and faculty in the Department of Social Work. The programme aimed to create awareness about stress, emotional wellbeing, and practical coping strategies that can help staff manage work and personal responsibilities effectively.

The session began with a brief introduction highlighting the important role played by non-teaching staff in the smooth functioning of the institution. The resource person emphasized that while individuals often focus on completing responsibilities, they may overlook their own emotional and mental wellbeing.

During the session, the participants were introduced to the concept of stress and burnout. It was explained that stress can arise from multiple sources such as work pressure, family responsibilities, and lack of recognition.

The programme included several interactive activities and demonstrations to help participants experience simple stress-relief techniques. These included breathing exercises, muscle relaxation techniques, grounding exercises, and light movement activities. In addition, group activities such as laughter exercises and appreciation activities encouraged positive interaction and created a supportive atmosphere among the participants.

Participants were also encouraged to reflect on their own stressors and identify small lifestyle changes that could improve their wellbeing. The programme was interactive and well received by the participants. It helped the non-teaching staff gain a better understanding of stress and practical ways to maintain emotional wellbeing in their daily lives.

Overall, the session was informative and beneficial in promoting awareness about mental health and self-care among the staff members.

| Prepared by: | Verified by: | Approved by: |
|---|---|---|
| Dr V R Sitara | Dr Joy Joseph Puthussery | Rev. Fr. Dr. Paulachan K J |
| Counsellor | Dean of Studies | Principal |

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# BROCHURE

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## TALK ON

# FINDING JOY IN EVERYDAY LIFE-BUILDING SKILLS FOR BETTER WORK, BETTER LIFE




**Date : 7th March 2026**

**Resource Person:**



**Dr. V. R. Sitara**
**Counselor & Assistant Professor,**
**NIMIT**

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(AUTONOMOUS)
(Affiliated to the University of Calicut, Accredited by NAAC with A++, ISO 9001:2015 Certified)
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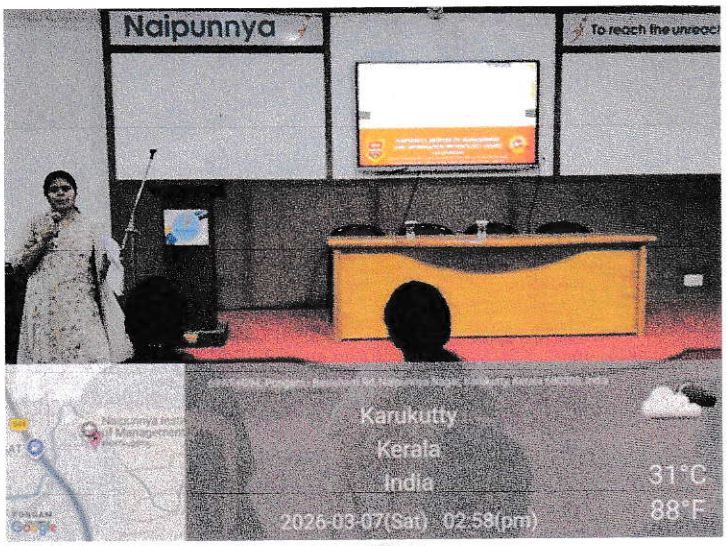
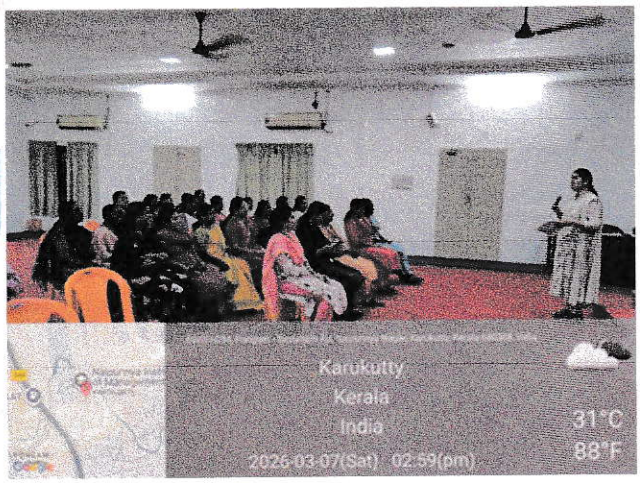
# PHOTOGRAPHS







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# PARTICIPANT'S LIST

**Name of the Event: Non- Teaching Training**

**Date: 07.03.26**

**Time: 01.30 pm**

**Venue: MBA seminar hall**

| Sl. No. | Name | Signature |
|---|---|---|
| 1. | Aloshious C K | |
| 2. | Arun Paul | |
| 3. | Beena Jude | |
| 4. | Beena M M | |
| 5. | Beena Roy | |
| 6. | Bejoy Kuriakose | |
| 7. | Betty Johnson | |
| 8. | Bichu Santhosh | |
| 9. | Bindhu Ajayan | |
| 10. | Daisy Johny | |
| 11. | George P.V | |
| 12. | Gijo T Kuriakose | |
| 13. | Irin Aruja | |
| 14. | Jimmy Joseph | |
| 15. | Johnson M V | |
| 16. | Jomol Jose | |
| 17. | Jose M D | |
| 18. | Jyothi Francis | |
| 19. | Kiran Rajeswaran | |
| 20. | Liji Jose | |
| 21. | Lilly Francis | |
| 22. | Lincy Sojan | |
| 23. | Lissy Biju | |
| 24. | Lissy Joy | |
| 25. | Mallika Raju | |
| 26. | Manu Prakash | |
| 27. | Mary Paulson | |
| 28. | Mini Babu | |
| 29. | Mini P B | |
| 30. | P K Varghese | |
| 31. | Pabatra Baliarsing | |
| 32. | Poulose C V | |
| 33. | Rajan K Nair | |
| 34. | Raju Joseph | |
| 35. | Regi George | |



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| | | |
|---|---|---|
| 36. | Rosily Peter | Rosy |
| 37. | Seema Subi | Seems |
| 38. | Shaji P. K | |
| 39. | Shalet M D | |
| 40. | Shali C. R | |
| 41. | Sherly Shaji | Sherly. |
| 42. | Shibila K S | |
| 43. | Shiny Ambrose | |
| 44. | Shiny S | |
| 45. . | Shobhana Gopi | |
| 46. | Shyla Unnikrishnan | |
| 47. | Siby Baby | |
| 48. | Sony Antony | |
| 49. | Valsa Jose | |
| 50. | Vincent T T | |
| 51. | Vinoj P P | |

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