



Newman College

Affiliated to Mahatma Gandhi University

Reaccredited by NAAC with A grade (Cycle 3, CGPA 3.32)

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Criterion V Student Support and Progression

5.1

Student Support

5.1.2

Report of Life Skills Enhancement Activities Conducted

Submitted to



National Assessment and Accreditation Council



Life Skill Enhancement Activities Organized by the Institution During 2018-2023

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**Wellness and food habits in Karkkidaka Month -Karkkidaka Soukhya Chikithsayum
Bhakshanasheelangalum**

Title of the programme	Wellness and food habits in Karkkidaka Month -Karkkidaka Soukhya Chikithsayum Bhakshanasheelangalum
Date of the programme	27-07-2022 to 28-07-2022
Organizing Department/ Cell	Department of Malayalam in association with NSS Newman College and IQAC
Number of Students Enrolled	36
Name of the Resource Person	Dr Anupriya P Mani, Medical Officer, District Ayurveda Hospital, Thodupuzha
Objectives of the programme	To create awareness about the principles of Ayurveda and its role in the prevention and treatment of diseases.
Outcomes of the programme	Participants gained awareness about the importance of Karkkidakam and its significance in Ayurveda.

Report

The Department of Malayalam, in association with NSS Newman College and IQAC, organized an orientation programme on Karkkidakam on 27th and 28th July 2022 at the College Auditorium. The event was aimed at providing knowledge and awareness about the significance of Karkkidakam, a month in the Malayalam calendar, and its impact on health and wellness. The programme started at 10 am with a welcome address by the Head of the Malayalam Department. The Chief Guest, Dr. Anupriya P Mani, Medical Officer, District Ayurveda Hospital Thodupuzha, delivered a keynote address on the significance of Karkkidakam in Ayurveda and its relevance in modern times. She highlighted the importance of Ayurvedic practices during Karkkidakam to rejuvenate the body and mind. The students and teachers gained awareness about the importance of Karkkidakam and its significance in Ayurveda.



Photos of the Program on Wellness and food habits in Karkkidaka Month -Karkidika Soukhya Chikithsayum Bhakshanasheelangalum on 27-07-2022



**List of Students Participated in Wellness and food habits in Karkkidaka Month -
Karkidika Soukhya Chikithsayum Bhakshanasheelangalum**

Sl.No	Name of the Students	Department
1	Stephymol Jose	Malayalam
2	Ahalya Suresh	Malayalam
3	Akhil shaji	Malayalam
4	Alanya Sreekumar	Malayalam
5	Albin Thomas	Malayalam
6	Aleena Tom	Malayalam
7	Aleesha Shaiju	Malayalam
8	Alfia Abbas	Malayalam
9	Alphonsa Joy	Malayalam
10	Ammu Joy	Malayalam
11	Amrutha Ajesh	Malayalam
12	Anusree TS	Malayalam
13	Anziya Muhammed	Malayalam
14	Apsara Antony	Malayalam
15	Aravind KR	Malayalam
16	Arjun K B	Malayalam
17	Arunima George	Malayalam
18	Asmiya Ashraf	Malayalam
19	Asna V S	Malayalam
20	Aswathy Raju	Malayalam
21	Athita Shaju	Malayalam
22	Athul Bhashkaran	Malayalam
23	Babitha Biju	Malayalam
24	Balapriya D	Malayalam
25	Chinnu Johnson	Malayalam
26	Devika Suresh	Malayalam
27	Farhana Nizar	Malayalam
28	Harikrishan P U	Malayalam
29	Harikrishna M R	Malayalam
30	Manjima mani	Malayalam
31	Maya Manoj	Malayalam
32	Mehboob Shamsudheen	Malayalam
33	Muhibbulla P.P	Malayalam
34	Muhsina K E	Malayalam
35	Nidhin Subhash	Malayalam
36	Parnathy Dinesh	Malayalam



Interactive Workshop on Medical Treatment for Psoriasis

Title of the programme	Interactive workshop on Medical treatment for Psoriasis
Date of the programme	26-10-2022 , 27-10-2022
Organizing Department/ Cell	Department of Commerce Computer Applications Newman College Thodupuzha
Number of Students Enrolled	36
Name of the Resource Person	Dr. Neeraja V Krishna, BAMS, MD
Objectives of the programme	To create awareness in students about different skin care diseases
Outcomes of the programme	Participants gained awareness and understanding about psoriasis.

Report:

The "Interactive Workshop on Medical Treatment for Psoriasis" was a collaborative effort by the Department of Commerce Computer Applications at Newman College Thodupuzha. The workshop, held on October 26 and 27, 2022, aimed to provide participants with valuable insights into the medical treatment and management of Psoriasis, a chronic skin condition. The resource person for the program was Dr. Neeraja V Krishna, BAMS, MD, a distinguished expert in the field. Dr. Neeraja V Krishna delivered an informative presentation on Psoriasis, covering its causes, symptoms, and various medical treatment approaches. Dr. Neeraja V Krishna shared relevant case studies and success stories to illustrate the effectiveness of different medical treatments for Psoriasis. This provided participants with practical insights into the challenges and successes in managing this skin condition. The workshop facilitated networking opportunities between students, faculty, and Dr. Neeraja V Krishna. This allowed for the exchange of ideas, experiences, and potential future collaborations. The interactive nature of the workshop was highlighted as a significant strength.



Brochure of Interactive workshop on medical treatment for Psoriasis

NEWMAN COLLEGE THODUPUZZHA
DEPARTMENT OF COMMERCE
COMPUTER APPLICATION

PSORIASIS

DAY 2022

START
26 OCT 2022 **AWARENESS**

EVENTS HELD: 26 - 27

RP : **DR. NEERAJA V KRISHNA BAMS, MD**
(AYU-AGADATANTRA)
Medical officer District Ayurveda Hospital
Thodupuzha

An awareness program on
'GIVE YOUR SKIN A LITTLE LOVE'

Coordinator **Ms. Nimmy John**

NEWMAN COLLEGE
THODUPUZZHA

26 OCT 2022	Seminars and Workshops
• Cleansing	10 AM TO 12 PM
• Toning	2 AM TO 4 PM
27 OCT 2022	Fun Activities and Farewell
• Treating	10 AM TO 12 PM
• Moisturizing	2 AM TO 4 PM

To create awareness in students about different skin care diseases	OBJECTIVES OF THE PROGRAM
Participants gained awareness and understanding about psoriasis	EXPECTED OUTCOMES



Photos of Interactive Workshop on Medical treatment for Psoriasis on 26-10-2022



List of Students Participated in Interactive workshop on Medical treatment for Psoriasis

Sl. No.	Name of Student	Department
1	Adeena Siby	Commerce
2	Advaidh Deepak	Commerce
3	Ajith Sabu	Commerce
4	Akshay Jayan	Commerce
5	Aleena Mani	Commerce
6	Aleena Sabu	Commerce
7	Alosh Baby	Commerce
8	Amitha Saju	Commerce
9	Amna Hanan	Commerce
10	AmurthaShiji	Commerce
11	Anandhu Ajith	Commerce
12	Anitta Varkey	Commerce
13	Anjana John	Commerce
14	Anjana Saju	Commerce
15	Anju Radhakrishnan	Commerce
16	Anju Lakshmi	Commerce
17	Anna Tomy	Commerce
18	Aparna Manoj	Commerce
19	Arya Raveendran	Commerce
20	Ashly Aji	Commerce
21	Basil Shibu	Commerce
22	Darsana G	Commerce
23	Devanandan K S	Commerce
24	Devika Raju	Commerce
25	Dinakar Suresh	Commerce
26	Diyona Johnson	Commerce
27	Fathima Shaji	Commerce
28	Febin Wilson	Commerce
29	Gopika Reji	Commerce
30	Jethin Jaison	Commerce
31	Joel M Shaju	Commerce
32	Joyal Mathew	Commerce
33	Kavya Prasannan	Commerce
34	Liji Augustine	Commerce
35	Maria Augustine	Commerce
36	Mary Sebastian	Commerce

Liji



DR. BIJIMOL THOMAS
PRINCIPAL
NEWMAN COLLEGE, THODUPUZHA
PIN: 685585



Training Session on Zumba Steps

Title of the programme	Training Session on Zumba Steps
Date of the programme	26-09-2022 to 27-09-2022
Organizing Department/ Cell	Manaswini- Women’s Forum
Number of Students Enrolled	15
Name of the Resource Person	Alex Sunny , RAMS Wellness Centre, Smita Hospital
Objectives of the programme	To provide participants with a dynamic and engaging experience in Zumba, promoting physical fitness and well-being.
Outcomes of the programme	Attendees gained practical knowledge of fundamental Zumba steps, fostering a positive attitude towards fitness and well-being.

Report:

The Zumba Steps Training Session, led by the dynamic instructor Alex Sunny, took place on 26-09-2022 & 27-09-2022 at Newman college, Thodupuzha. The session aimed to introduce participants to various Zumba steps, enhance their dance fitness skills, and promote a healthy and enjoyable workout routine. The session commenced with an invigorating warm-up led by Alex Sunny. Participants engaged in dynamic stretches and movements to prepare their bodies for the dance workout ahead. Alex demonstrated a diverse range of Zumba steps, incorporating elements from various dance styles such as salsa, merengue, cumbia, and reggaeton. The demonstration provided participants with a clear understanding of the steps' rhythm and coordination. The training session was highly interactive, with Alex encouraging participants to practice the steps alongside him. This hands-on approach allowed attendees to grasp the movements effectively and build confidence in their dance abilities. The Zumba Steps session focused on cardiovascular exercise, promoting heart health and calorie burning. Participants experienced an intense yet enjoyable workout that targeted various muscle groups, enhancing both stamina and endurance. Alex Sunny fostered an inclusive and supportive environment throughout the session. Participants of all fitness levels were encouraged to participate, creating a sense of camaraderie and teamwork among attendees. Alex's coaching style was motivational and uplifting. He provided encouraging words, ensuring participants remained motivated and engaged throughout the training. This positive reinforcement contributed to a high-energy and enjoyable atmosphere.



Brochure of Training Session on Zumba Steps

**Newman College
Thodupuzha**

Training section on Zumba Steps

Manaswani- Newman College Women's
Forum

Zumba

Mr. Alex Sunny
RAMS Wellness Centre , Smitha Memorial Hospital

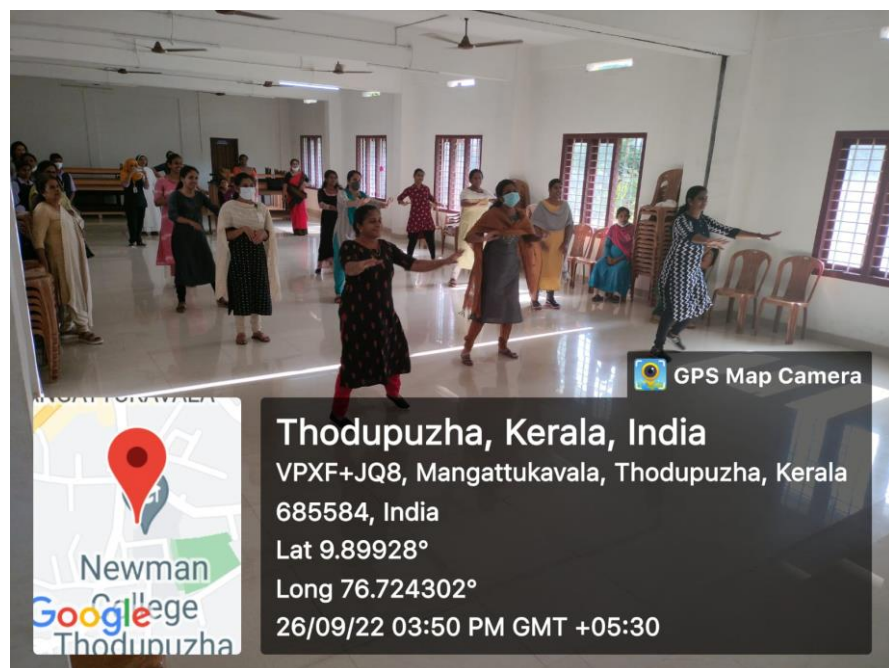
26/09/2022 & 27/09/2022
10:00 Am to 04 Pm

Coordinator
Dr Sona Jose, Assistant
Professor, Manaswini
Coordinator, Newman College,
Thodupuzha

26/09/2022	
Warm -up	10:00Am to 12:00 pm
Basic steps	02:00 PM TO 04:00 PM
27/09/2022	
Choreography Building	10:00 Am to 12:00 pm
Cool - Down	02:00 pm to 04:00 pm

Objectives of the programme
To provide participants with a dynamic and engaging experience in Zumba, promoting physical fitness and well-being.

Outcomes of The Progamme
Attendees gained practical knowledge of fundamental Zumba steps, fostering a positive attitude towards fitness and well-being.



Photos of Training Session on Zumba Steps on 26-09-2022



List of Students Participated in Training Session on Zumba Steps

Sl. No	Name of the Students	Department
1	Kiran J Kattakayam	Commerce
2	Jisna Joseph	Commerce
3	Swathi Venugopal	Commerce
4	Nimmy John	Commerce
5	Dr. Jane A Luke	Mathematics & Statistics
6	Ajomy Maria Joseph	Mathematics & Statistics
7	Kavitha Charles	Mathematics & Statistics
8	Agnes K Joseph	Mathematics & Statistics
9	Gifty Fransis	Mathematics & Statistics
10	Airin C Jomon	Mathematics & Statistics
11	Elizabeth Mathew	Maths & Statistics
12	Afina Mery Saju	Malayalam
13	Fathima Begom	Malayalam
14	Aparna V Nair	Malayalam
15	Romy Thomas	Malayalam

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Workshop on Exam Phobia Management

Title of the programme	Workshop on Exam Phobia Management
Date of the programme	24-06-2022,25-06-2022
Organizing Department/ Cell	Post graduate department of Commerce in association with the Psychology department Newman College ,Thodupuzha
Number of Students Enrolled	34
Name of the Resource Person	Aleena James, Industrial Psychologist, Dept of Psychology, Newman College, Thodupuzha
Objectives of the programme	To build strategies to manage anxiety and stress related to taking exams.
Outcomes of the programme	Participants gained improvement in performance on exams as well as reduced anxiety and stress related to taking exams.

Report:

A seminar on Exam Phobia Management was held on 24th&25th June 2022 by the Postgraduate Department of Commerce in association with the Psychology Department of Newman College. The beneficiaries of the program were the UG and PG students of the Commerce Department. Ms. Aleena included visualisation techniques for focused study and also mentioned some techniques for concentrated study and discussed about the ways to tackle the fear of exam. She also included a small breathing session and a meditation session. The students enjoyed the whole program as it was an interactive session. Ms. Annu Mariya Mathew, Student representative, gave feedback about the seminar.



Brochure of Workshop on Exam Phobia Management

POSTGRADUATE DEPARTMENT OF COMMERCE
In collaboration with
DEPARTMENT OF PSYCHOLOGY
NEWMAN COLLEGE, THODUPUZZHA

RESOURCE PERSON



Workshop on
EXAM PHOBIA MANAGEMENT

24.06.2022 & 25.06.2022

Mar. Pothanamuzhy Hall
Target Audience: Graduate Students

Programme Coordinator: Mr. Aby Thomas

POSTGRADUATE DEPARTMENT OF COMMERCE
In collaboration with
DEPARTMENT OF PSYCHOLOGY
NEWMAN COLLEGE, THODUPUZZHA

<p>24-06-2022 Session 1: Understanding Exam Anxiety Time : 10am - 12pm Session 2: Cognitive Strategies Time : 2pm - 4pm</p>	<p>25-06-2022 Session 1: Behavioral Techniques Time : 10am -12pm Session 2 : Coping Strategies and Future Planning Time : 2pm - 4pm</p>
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Objectives of the programme:
To build strategies to manage anxiety and stress related to taking exams.

Expected Outcome:
Participants are expected to gain improvement in performance on exams as well as reduced anxiety and stress related to taking exams

Programme Coordinator: Mr. Aby Thomas



Photos of Workshop on Exam Phobia Management on 24-06-2022



List of Students Participated in Workshop on Exam Phobia Management

Sl. No.	Name of Student	Department
1	Haleema Mytheen	Psychology
2	Alvin Gigi	Psychology
3	Shaniya Thomas	Psychology
4	Theja Mary Shinto	Psychology
5	Dona Joseph	Psychology
6	Beeya Ann Thomas	Psychology
7	Akhila K R	Psychology
8	Ashkar T A	Psychology
9	Christy Sony	Psychology
10	Rishikesh P Biju	Psychology
11	Sajna Salim	Psychology
12	Karthik Praveen	Psychology
13	Anugraha Shaji	Psychology
14	Linumol Augustine	Psychology
15	Deepak Gopi	Psychology
16	Saliha Navas	Psychology
17	P G Arya	Psychology
18	Aswathy Jayakumar	Psychology
19	Vrinda K	Psychology
20	Babitha B	Psychology
21	Swarna K. S	Psychology
22	Varsha Roy	Psychology
23	Ashna C Kandathikudiyil	Psychology
24	Nandana C M	Psychology
25	Christy Dominic	Psychology
26	Anjaly V R	Psychology
27	Vishnumaya K. S.	B.A English
28	Abhinav Jose	B.A English
29	Abhishek Sathyan	B.A English
30	Aiswarya Raju	B.A English
31	Ajithran K. S.	B.A English
32	Aleena Elizabeth Jose	B.A English
33	Aleena Jose	B.A English
34	Aleena Martin	B.A English

Dr. Bijmol Thomas





Know Dementia Know Alzheimer's

Title of the programme	Know Dementia Know Alzheimer's
Date of the programme	21-08-2021 to 22-08-2021
Name of the Resource Person	Ms Sheethal George, Psychologist Jyothi Nivas College, Bangalore
Organizing Department/ Cell	Department of Chemistry
Number of Students Enrolled	25
Objectives of the programme	To raise awareness, providing education, supporting research, or offering resources to those affected by these conditions.
Outcome of the programme	Participants are expected to gain knowledge on early detection of cognitive decline, allowing for timely interventions and support.

Report

The “Know Denentia Know Alzheimer’s program has been a comprehensive initiative aimed at fostering awareness, education, and support for individuals affected by these cognitive conditions. Throughout the program's implementation, a series of targeted activities, including awareness campaigns, workshops, and educational events, were organized to disseminate crucial information about the nature, symptoms, and impact of dementia and Alzheimer's. Collaborations with healthcare professionals, caregivers, and community stakeholders have played a pivotal role in ensuring the success of the program. Efforts to reduce stigma surrounding these conditions were actively pursued, contributing to a more compassionate and inclusive environment. The first day sessions were on understanding dementia and Alzheimer’s, and identifying early signs and symptoms. The day 2 sessions included care strategies, support for individuals and families. Engaging the community through outreach events and providing resources for caregivers further strengthened the program's impact.



Brochure of Know Dementia Know Alzheimer's.

Newman College ,
Thodupuzha
Department of Chemistry

**Know Dementia Know
Alzheimer's**

Ms Sheethal George,
Psychologist Jyothi Nivas College,
Bangalore

Cordinator:Dr.Jithin Joy

21/08/2021 & 22/08/2021

**NEWMAN COLLEGE
THODUPUZ**

21-08-2021
10AM – 12PM
KEY FEATURES OF DEMENTIA
2PM – 4PM
FOCUS ON ALZHEIMERS

22-08-2021
10AM – 12PM
AWARENESS INITIATIVES
2PM – 4PM
SUPPORT NETWORKS

TO RAISE AWARENESS, PROVIDING EDUCATION,
SUPPORTING RESEARCH, OR OFFERING RESOURCES TO
THOSE AFFECTED BY THESE CONDITIONS

EXPECTED OUTCOME : PARTICIPANTS ARE EXPECTED TO
GAIN KNOWLEDGE ON EARLY DETECTION OF COGNITIVE
DECLINE, ALLOWING FOR TIMELY INTERVENTIONS AND
SUPPORT.



Photos of the Program on Know Dementia Know Alzheimer's on 21-08-2021



List of Students Participated in Know Dementia Know Alzheimer's

Sl. No.	Name of Student	Department
1	Aksamol Ravi	Botany & Biotechnology
2	Aleena Babu	Botany & Biotechnology
3	Alphonsa Joy	Botany & Biotechnology
4	Anandhu Vs	Botany & Biotechnology
5	Anjana.P.S	Botany & Biotechnology
6	Ashly Babu	Botany & Biotechnology
7	Asnamol Nazar	Botany & Biotechnology
8	Aswin Anil	Botany & Biotechnology
9	Devaprabha Manohar	Botany & Biotechnology
10	Divyaja Shaji	Botany & Biotechnology
11	Grace George	Botany & Biotechnology
12	Hiba Fathim S	Botany & Biotechnology
13	Jobin Raju	Botany & Biotechnology
14	Krishnapriya K Chandran	Botany & Biotechnology
15	Lakshmi T S	Botany & Biotechnology
16	Malavika. S	Botany & Biotechnology
17	Melby K Raju	Botany & Biotechnology
18	Nandana B	Botany & Biotechnology
19	Nandhana Subash	Botany & Biotechnology
20	Rani Maria Jolly	Botany & Biotechnology
21	Sheethal Sugathan	Botany & Biotechnology
22	Teenu Francis	Botany & Biotechnology
23	Treesa Binoy	Botany & Biotechnology
24	Vishnu Surendran	Botany & Biotechnology
25	Vyshnavi Shaji	Botany & Biotechnology

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Workshop on Effective Stress Management Strategies During Covid Crisis

Title of the programme	Workshop on Effective Stress Management Strategies During Covid Crisis
Date of the programme	30-08-2021 to 31-08-2021
Name of the Resource Person	Dr Harish Kumar H., National Trainer,(JCI India) , Ernakulam , Kerala. Mob:9446095165
Organizing Department/ Cell	Department of Chemistry
Number of Students Enrolled	36
Objectives of the programme	The workshop aims to help participants manage stress effectively during the Covid crisis, providing practical tools and strategies for well-being.
Outcome of the programme	Participants will leave the workshop with practical skills to navigate stress and maintain well-being in the context of the ongoing Covid crisis

Report

The workshop on "Effective Stress Management Strategies during Covid Crisis" conducted by Dr. Harish Kumar aimed to provide participants with practical tools and techniques to cope with stress during the challenging times of the Covid-19 pandemic. The workshop held 30-08-2021 to 31-08-2021 was attended by 36 participants from diverse backgrounds. .Dr. Harish Kumar, a renowned expert in stress management and mental health, led the workshop. His expertise and engaging presentation style created an interactive and informative learning environment. Participants were guided through exercises to identify specific stressors in their lives related to the pandemic. This step was crucial in developing personalized stress management strategies tailored to individual needs. .Dr. Harish Kumar introduced a variety of practical stress management techniques, including mindfulness, deep breathing exercises, and progressive muscle relaxation. Participants actively participated in guided sessions to experience the immediate benefits of these techniques.



Brochure of Workshop on Effective Stress Management Strategies During Covid Crisis



NEWMAN COLLEGE

Thodupuzha

Department of Chemistry

WORKSHOP ON EFFECTIVE STRESS MANAGEMENT STRATEGIES DURING COVID CRISIS

SPEAKER

DR. HARISH KUMAR .H
NATIONAL TRAINER
JCI INDIA



Cordinator:Dr. Cincy George

DATE- 30-08-2021 TO 31-08-2021

30/08/2021

10:00am to 12:00 Pm

1

UNDERSTANDING STRESS IN THE CONTEXT OF THE COVID CRISIS

2

02:00 Pm to 04:00 Pm

IDENTIFYING PERSONAL STRESS TRIGGERS

31/08/2021

10:00am to 12:00 Pm

1

IMPLEMENTING PRACTICAL STRESS MANAGEMENT TECHNIQUES

2

02:00 Pm to 04:00 Pm

BUILDING RESILIENCE AND COMMUNITY SUPPORT

Objective:

The workshop aims to help participants manage stress effectively during the Covid crisis, providing practical tools and strategies for well-being.

Outcome:

Participants will leave the workshop with practical skills to navigate stress and maintain well-being in the context of the ongoing Covid crisis.com



**Photos of Workshop on Effective Stress Management Strategies During Covid Crisis on
30-08-2021**



**List of Students Participated in Workshop on Effective Stress Management Strategies
During Covid Crisis**

Sl. No.	Name of Student	Department
1	Arjun K S	Mathematics & Statistics
2	Vismaya Prakash	Mathematics & Statistics
3	Fathima Ashraf	Mathematics & Statistics
4	Athila Mujeeb	Mathematics & Statistics
5	Amanda James	Mathematics & Statistics
6	Fathima Ashraph	Mathematics & Statistics
7	Nikhil Manoj	Mathematics & Statistics
8	Anjana M S	Mathematics & Statistics
9	Meenu Raju	Mathematics & Statistics
10	Abin Sunil	Mathematics & Statistics
11	Asna Assis	Mathematics & Statistics
12	Tessa Joe	Mathematics & Statistics
13	Fathima Sameer	Mathematics & Statistics
14	Aleena Hussain	Mathematics & Statistics
15	Devika R	Mathematics & Statistics
16	Aswathy Unni	Mathematics & Statistics
17	Rose Baby	Mathematics & Statistics
18	Aswathy Sreekumar	Mathematics & Statistics
19	Adhil Shajahan	Mathematics & Statistics
20	Firoze A D	Mathematics & Statistics
21	Navaneetha J Mohan	Mathematics & Statistics
22	Abhirami C Raj	Mathematics & Statistics
23	SwalihaSakeer	Mathematics & Statistics
24	Hajara A Shihab	Mathematics & Statistics
25	Athilanesy C. M	Mathematics & Statistics
26	Aswathy Vijayan	Mathematics & Statistics
27	Abhinav Abhayachandran	B.Com. Finance and Taxation
28	Abin Kurian	B.Com. Finance and Taxation
29	Abina K Baby	B.Com. Finance and Taxation
30	Ajil Joshy	B.Com. Finance and Taxation
31	Ajmiya Salam	B.Com. Finance and Taxation
32	Akshshaya A Nair	B.Com. Finance and Taxation
33	Alan Benny	B.Com. Finance and Taxation
34	Alfiya Subair	B.Com. Finance and Taxation
35	Aloshin Simon	B.Com. Finance and Taxation
36	Alvin Anu	B.Com. Finance and Taxation



Workshop on Self Compassion and Resilience Skills


Title of the programme	Workshop on Self Compassion and Resilience Skills
Date of the programme	19-07-2021 to 20-07-2021
Name of the Resource Person	Mrs. Arathi Bhadra, Psychologist and Behavioral Trainer, Calicut, Kerala. Mob:9946337708
Organizing Department/ Cell	Department of Commerce
Number of Students Enrolled	30
Objectives of the programme	The workshop aims to help participants develop self-compassion and resilience skills for navigating life's challenges with emotional well-being
Outcome of the programme	Participants will leave the workshop equipped with practical skills to approach life's ups and downs with greater self-compassion and resilience.

Report

The "Self-Compassion and Resilience Skills" workshop conducted by Mrs. Arathi Bhadra provided participants with invaluable insights and practical tools to cultivate self-compassion and enhance resilience. Mrs. Bhadra, a seasoned expert in mindfulness and well-being, led the workshop from 19-07-2021 to 20-07-2021, drawing participants from diverse backgrounds. The session commenced with an exploration of the concept of self-compassion, emphasizing its role in fostering emotional well-being. Mrs. Bhadra skillfully guided attendees through exercises that encouraged self-reflection, helping them recognize and challenge negative self-talk. The workshop then transitioned into resilience-building strategies, incorporating mindfulness techniques and cognitive tools to empower participants in navigating life's challenges. Mrs. Arathi Bhadra's expertise in the field was evident as she seamlessly blended theory with experiential learning. The interactive nature of the workshop allowed participants to share their experiences and engage in open discussions, creating a supportive community atmosphere.



Brochure of Workshop on Self Compassion and Resilience Skills



Newman College
Thodupuzha

Department of
Commerce

Workshop on Self Compassion
and Resilience Skills

Mrs. Arathi Bhadra
Psychologist and Behavioral
Traine

Coordinator
Ms. Beena Deepthi Louis
Department of Commerce

📅 19/07/2021 & 20/07/2021
🕒 10:00 Am to 04:00Pm

Newman College
Thodupuzha

19/07/2021

- 10:00 Am to 12:00 Pm
Understanding Resilience
- 2:00 Pm to 4:00 Pm
Cultivating Self-Compassion

20/07/2021

- 10:00 Am to 12:00 Pm
Building Resilience Skills
- 2:00 Pm to 4:00 Pm
Integration and Sustainability

objective
The workshop aims to help participants develop self-compassion and resilience skills for navigating life's challenges with emotional well-being.

outcome
Participants will leave the workshop equipped with practical skills to approach life's ups and downs with greater self-compassion and resilience.



NEWMAN COLLEGE
THODUPUZHA, KERALA - 685585

Reaccredited by NAAC with A grade (Cycle 3, CGPA 3.32)
Affiliated to Mahatma Gandhi University

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principal@newmancollege.ac.in



Photos of Workshop on Self Compassion and Resilience Skills on 19-07-2021



List of Students Participated in Workshop on Self Compassion and Resilience Skills

Sl.No	Name of Student	Department
1	Abdul Fathah Junaid	B.Com. Co-operation
2	Abhijith K M	B.Com. Co-operation
3	Abhinav Bovas	B.Com. Co-operation
4	Albin Chacko	B.Com. Co-operation
5	Aleena Ajimon	B.Com. Co-operation
6	Aleena Sunny	B.Com. Co-operation
7	Alsabith Nisar	B.Com. Co-operation
8	AlthafNoushad	B.Com. Co-operation
9	Anagha Rajan	B.Com. Co-operation
10	Anakha Anil	B.Com. Co-operation
11	Anandhu Shibu	B.Com. Co-operation
12	Ananthkrishna T R	B.Com. Co-operation
13	Anandhakrishnan Sunil	B.Com. Co-operation
14	Ann Maria Sabu	B.Com. Co-operation
15	Anzil P S	B.Com. Co-operation
16	Arya P K	B.Com. Co-operation
17	Asif Basheer	B.Com. Co-operation
18	Aswathy Mohan	B.Com. Co-operation
19	Ashwin K S	B.Com. Co-operation
20	Aswin Shaji	B.Com. Co-operation
21	Devadath S Nair	B.Com. Co-operation
22	Devinandhana Santhosh	B.Com. Co-operation
23	Gokul Krishna Ms	B.Com. Co-operation
24	Heera Hari	B.Com. Co-operation
25	Isac Jaison	B.Com. Co-operation
26	Jasna Jaffer	B.Com. Co-operation
27	Jithu Sabu	B.Com. Co-operation
28	Johnson Shaji	B.Com. Co-operation
29	Joys Shaji	B.Com. Co-operation
30	Liya K Issac	B.Com. Co-operation


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Workshop on Emotional Intelligence

Title of the programme	Workshop on Emotional Intelligence
Date of the programme	06-09-2021 to 07-09-2021
Name of the Resource Person	Sri. EldosePaulose, Career Consultant and Cooperate Trainer,Ernakulam , Kerala. Mob:9961665507
Organizing Department/ Cell	Department of Chemistry
Number of Students Enrolled	30
Objectives of the programme	The workshop aims to introduce participants to the core principles of emotional intelligence, providing practical skills to enhance self-awareness, interpersonal relationships, and decision-making
Outcome of the programme	The workshop aims to equip participants with practical emotional intelligence skills applicable in various aspects of their lives

Report

The two-day workshop on Emotional Intelligence, offering participants an immersive experience into the intricacies of understanding and harnessing emotions for personal and professional growth. The workshop spanned a range of topics, including self-awareness, emotional regulation, interpersonal skills, and empathy. Through a combination of lectures, group discussions, and experiential exercises, Sri. Eldose Paulose created a dynamic learning environment that encouraged participants to explore their own emotional intelligence and develop practical strategies for application in various aspects of their lives. The two-day duration allowed for in-depth exploration of the subject matter, enabling participants to delve into the nuances of emotional intelligence and its profound impact on individual and team success. The workshop's success was evident in the positive feedback received from participants, who lauded Sri. Eldose Paulose's expertise and the workshop's well-structured content. Attendees expressed appreciation for the opportunity to engage in interactive activities that facilitated the immediate application of emotional intelligence concepts.



Brochure of Workshop on Emotional Intelligence



NEWMAN COLLEGE
THODUPUZZHA
Workshop on
Emotional
Intelligence

Newman College,
Thodupuzha

06-09-2021
To
07-09-2021



Department of Chemistry



Resourse Person
Sri. Eldose Paulose
Career Consultant and Cooperate Trainer



Cordinator: Dr.Cintil.Jose

Monday, 06 Sept, 2021| 10:00am

SECTION 1
10:00 AM - 12:00 PM
Understanding Emotional Intelligence

SECTION 2
2:00 PM - 4:00 PM
Developing Self-Awareness and
Self-Regulation

Tuesday, 07 Sept, 2021 | 10:00am

SECTION 1
10:00 AM - 12:00 PM
Enhancing Interpersonal Skills and
Empathy

SECTION 2
2:00 PM - 4:00 PM
Applying Emotional Intelligence in
the Workplace

OBJECTIVE
The workshop aims to introduce participants to the core principles of emotional intelligence, providing practical skills to enhance self-awareness, interpersonal relationships, and decision-making

EXPECTED OUTCOME
The workshop aims to equip participants with practical emotional intelligence skills applicable in various aspects of their lives

COORDINATOR
Dr. Jithin Joy
Dept. of Chemistry




Photos of Workshop on Emotional Intelligence on 06-09-2021



List of Students Participated in Workshop on Emotional Intelligence

Sl. No.	Name of the Student	Department
1	Sidharth r Vyloppilly	Mathematics & Statistics
2	Arya S	Mathematics & Statistics
3	Sebin Jose	Mathematics & Statistics
4	Rosemary Jose	Botany & Biotechnology
5	Sandra Sughathan	Botany & Biotechnology
6	Badhusa M Rasak	Zoology
7	Jasna Mol T.A	Zoology
8	Aneesa P Sulaiman	Zoology
9	Anumol Benny	Malayalam
10	Jesna P Jose	Malayalam
11	Nimmy Treesa Thomas	Physics
12	Jowin T Jomin	Physics
13	Jibin Binoy	Physics
14	Meera Raju	Literature
15	Mishel Benny	Literature
16	Annu John	Chemistry
17	Annu Jorly	Chemistry
18	Sophiya Babu	Chemistry
19	Silpa Francy	Chemistry
20	Dijohn Jose	History
21	Aby Sojan	History
22	Neenu K Mathew	History
23	Krishna Priya D	Economics
24	Ann Mary Joseph	Economics
25	Bismi Benchamin	Economics
26	Anugrah Jaison	Economics
27	George James	Economics
28	Jeromy Thomas	Commerce
29	Arya Sajeev	Commerce
30	Thanveer S	Commerce


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Awareness class - Mastering Wellness: A Formal Discourse on Winning against Addictions


Title of the activity	Awareness class -"Mastering Wellness: A Formal Discourse on Winning against Addictions "
Date of Activity	30-05-2021 to 31-05-2021
Resource Person	Mr. Dijo Das, Councillor, ADARRT, Pala
Organising Department/ Cell	Dept. of Chemistry
Number of Students Enrolled	14
Objectives of the program	To raise awareness about the various health risks associated with tobacco consumption, diseases, and increased cancer risks.
Outcome of the programme	Participants gained a heightened sense of awareness and commitment to a tobacco-free lifestyle.

Report:

The " Mastering Wellness: A Formal Discourse on Winning against Addictions " awareness class held on May 30 and 31, 2021, and conducted by Mr. Dijo Das, Councillor at ADARRT, Pala, was a commendable and impactful event. Mr. Das skilfully facilitated informative sessions that delved into the adverse health effects of tobacco use, enlightening participants on the risks associated with this habit. Mr. Das's expertise and engaging presentation style played a pivotal role in creating a positive and supportive atmosphere during the program. The first day sessions were on understanding nicotine addiction and withdrawal. Strategies for tobacco cessation and biding an addiction free lifestyle were discussed on the second day. The event not only succeeded in motivating individuals to quit tobacco but also fostered a sense of community and mutual encouragement among participants.




Brochure of Awareness class - Mastering Wellness: A Formal Discourse on Winning against Addictions




NEWMAN COLLEGE
Thodupuzha

Department of Chemistry

**Awareness class –
”Mastering Wellness: A
Formal Discourse on
Winning against Addictions**





MAIN
SPEAKER

Mr. Dijo Das, Councillor,
ADARRT, Pala

Cordinator: Mr. Biju Peter

Date:- 30-05-2021 to 31-05-2021

NEWMAN COLLEGE
THODUPUZZHA

30/05/2021

Recognizing the Challenge **1**

10:00AM TO 12:00 PM

2:00PM TO 4:00PM

2 Unveiling the Recovery Journey

31/05/2021

Strategies for Success **1**

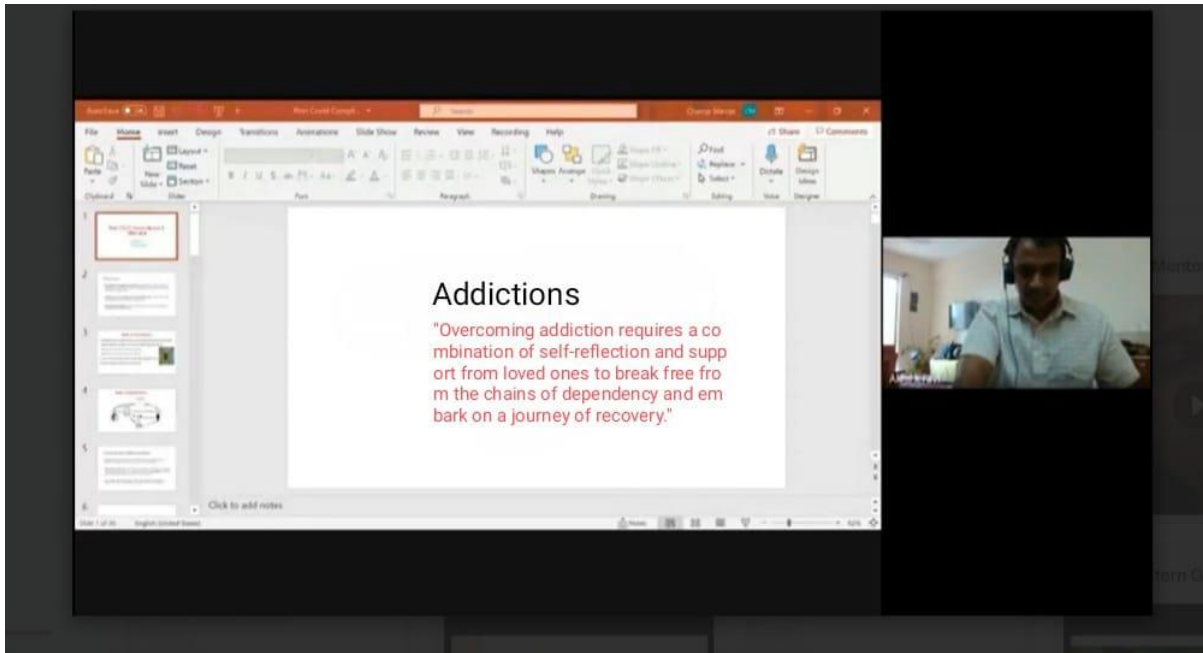
10:00 AM TO 12:00 PM

2:00 PM TO 4:00 PM

2 Nurturing a Healthy Lifestyle

Objective
To raise awareness about the various health risks associated with tobacco consumption, diseases, and increased cancer risks.

Outcome
Participants gained a heightened sense of awareness and commitment to a tobacco-free lifestyle.




Photos of Awareness class - Mastering Wellness: A Formal Discourse on Winning against Addictions on 30-05-2021



**List of Students Participated in Awareness class - Mastering Wellness: A Formal
Discourse on Winning against Addictions**

Sl. No	Name Of Students	Department
1	Aaliya Fathima Suneer	Chemistry
2	Aarsha S	Chemistry
3	Abhiraj Biju	Chemistry
4	Adarsh P R	Chemistry
5	Afsal Shanu	Chemistry
6	Agil Sivan	Chemistry
7	Aiswarya Chandran	Chemistry
8	Ajay Alex	Chemistry
9	Ajilamol Anil	Chemistry
10	Ajizamol K A	Chemistry
11	Akhil Manoj	Chemistry
12	Akshai Rajesh	Chemistry
13	Akshaya Sathyan	Chemistry
14	Alan J Anil	Chemistry


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PEN: 467337





Exploring Yoga for Stress Reduction

Title of the activity	Exploring Yoga for Stress Reduction
Date of Activity	21-06-2020 to 22-06-2020
Organising Dept./ Cell	Dept. Of Physical Education
Number of Students Enrolled	25
Resource Person	Mr. Abin Wilson, Assistant Professor, Department of Physical education, Newman College, Thodupuzha
Objectives of the program	To cultivate a deeper understanding of the mind-body connection and empower participants with yoga practices into their daily routines.
Outcome of the programme	Attendees gained an increased sense of calmness, improved focus, and enhanced overall mental clarity.

Report:

The "Exploring Yoga for Stress Reduction" program, held on June 21 and 22, 2020, under the guidance of Mr. Abin Wilson, Assistant Professor in the Department of Physical Education, was a commendable and rejuvenating initiative. The sessions included comprehensive exploration of yoga, learning various poses, breathing techniques, and relaxation exercises that aimed at reducing stress. The program successfully created a serene and inclusive environment, fostering a sense of community and shared wellness goals among attendees. Feedback from participants highlighted not only a significant reduction in stress levels but also improved flexibility, mental clarity, and a heightened sense of overall well-being. Mr. Abin Wilson's leadership played a crucial role in creating a positive and impactful experience, making the "Exploring Yoga for Stress Reduction" program a valuable contribution to the holistic development and stress management of the participants.



Brochure of Yoga for Stress Reduction

NEWMAN COLLEGE
THODUPUZHA

Exploring Yoga for Stress Reduction

SPEAKER
Mr. Abin Wilson, Assistant Professor, Department of Physical education, Newman College, Thodupuzha

21-06-2020 TO 22-06-2020
Cordinator: Mr. Benny Mathew

Newman college

21/06/2020	22/06/2020
Section 1	Section 1
Introduction to Stress and its Impact	Key Yoga Techniques for Stress Reduction
Section 2	Section 2
The Role of Yoga in Stress Reduction	Incorporating Yoga into Daily Life

Objectives of the program
To cultivate a deeper understanding of the mind-body connection and empower participants with yoga practices into their daily routines.

Outcome of the programme
Attendees gained an increased sense of calmness, improved focus, and enhanced overall mental clarity.



Photos of the Program on Exploring Yoga for Stress Reduction on 21-06-2020



List of Students Participated in Yoga for Stress Reduction

Sl.No	Name Of Student	Department
1	Arya Sasikumar	Malayalam
2	Renjini Rajan	Malayalam
3	Sabitha Sabu	Malayalam
4	Aneena Binoy	Malayalam
5	Liyatheress Biju	Malayalam
6	Binya Biju	Malayalam
7	Anita K. Antony	Malayalam
8	Athira M. Jose	Malayalam
9	Gintu Jacob	Malayalam
10	Thasniya Nassar	Malayalam
11	Sajmi Asharaf	Malayalam
12	Ansalna T. S.	Malayalam
13	Sumiya T. J.	Malayalam
14	Dilya Xavier	Malayalam
15	Jinsha Jayan	Malayalam
16	Ansiya Jabbar	Malayalam
17	Anie James	Malayalam
18	Adhithyan Vijay	Malayalam
19	Arunima Byju	Malayalam
20	Neethu Baby	Malayalam
21	Sneha Ravi	Malayalam
22	Akshay Krishnankutty	Malayalam
23	Aparna Joseph	Commerce
24	Susanna Cyriac	Commerce
25	Gauthami A. Nair	Commerce

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Workshop on Health and Hygiene for Happy Life


Title of the Activity	Workshop on Health and Hygiene for Happy Life
Date of Activity	19-06-2020 to 20-06-2020
Resource Person	Ms. Jisha Jacob, Assistant Professor, Department of Zoology, Newman College, Thodupuzha
Organising Dept. / Cell	Dept. of Zoology
Number of Students Enrolled	28
Objectives of the program	To raise awareness about the importance of a balanced diet, regular exercise, and proper hygiene routines.
Outcome of the programme	Participants gained awareness of the importance of maintaining a balanced diet, engaging in regular exercise, and adhering to proper hygiene practices.

Report:

The "Workshop on Health and Hygiene for Happy Life," conducted on June 19 and 20, 2020, by Ms. Jisha Jacob, Assistant Professor in the Department of Zoology, was a highly impactful and informative event. Ms. Jacob's expertise in health and hygiene matters played a pivotal role in delivering valuable insights to the participants. The workshop through various sessions covered a spectrum of topics, including the importance of a balanced diet, regular exercise, and proper hygiene practices. Ms. Jisha Jacob's engaging and interactive approach facilitated meaningful discussions, providing participants with practical knowledge that they could apply in their daily lives. Attendees expressed appreciation for the workshop's focus on disease prevention and stress management, noting an increased awareness of mental and emotional well-being. Overall, the workshop stands as a testament to Ms. Jacob's commitment to promoting holistic well-being within the community.



Brochure of Workshop on Health and Hygiene for Happy Life





Newman College
Thodupuizha

Department of Zoology

**Workshop on Health and Hygiene
for Happy Life**

Ms. Jisha Jacob,
Assistant Professor, Department of Zoology
Newman College, Thodupuzha

 19-06-2020 to 20-06-2020
 10:00 Am To 04:00 Pm

**NEWMAN COLLEGE
THODUPUZHA**

19-06-2020
SECTION 1
10 AM TO 12:00 PM
IMPORTANCE OF HEALTH AND HYGIENE

SECTION 2
2 PM TO 4 PM
ESSENTIAL HEALTH PRACTICES

20-06-2020
SECTION 1
10 AM TO 12:00 PM
MENTAL AND EMOTIONAL WELL-BEING

SECTION 2
2 PM TO 4 PM
**CREATING HEALTHY HABITS FOR A HAPPY
LIFE**


OBJECTIVE
TO RAISE AWARENESS ABOUT THE IMPORTANCE OF A
BALANCED DIET, REGULAR EXERCISE, AND PROPER
HYGIENE ROUTINES.

OUTCOME
PARTICIPANTS GAINED AWARENESS OF THE IMPORTANCE OF
MAINTAINING A BALANCED DIET, ENGAGING IN REGULAR EXERCISE, AND
ADHERING TO PROPER HYGIENE PRACTICES.



List of Students Participated in Workshop on Health and Hygiene for Happy Life

Sl. No	Name of Students	Department
1	Adarsh S	Zoology
2	Adithyan C S	Zoology
3	Alfiya Hameed	Zoology
4	Amekha Sabu	Zoology
5	Amrutha Vineeth	Zoology
6	Aparna Santhosh	Zoology
7	Arjun T A	Zoology
8	Aryamol V K	Zoology
9	Bheemamol P S	Zoology
10	Devanand S	Zoology
11	Divya Abraham	Zoology
12	Dona Sabu	Zoology
13	Fazil Sajeve	Zoology
14	Gowripriya Danty	Zoology
15	Jisnamol Baiju	Zoology
16	Joshmi Johnson	Zoology
17	Jyothini M T	Zoology
18	Karthika Manoharan	Zoology
19	Krishnapriya M Nair	Zoology
20	Krishnapriya N A	Zoology
21	Lakshmi Pradeep	Zoology
22	Liya Rose Shaji	Zoology
23	Nayana Anil	Zoology
24	Neha Saju	Zoology
25	Nikhila Romy	Zoology
26	Raofa Latheef	Zoology
27	Riya Pareeth	Zoology
28	Safwan Ashraf	Zoology


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PEN: 467337





Workshop on Cancer Prevention and Healthy Lifestyle



Title of the Activity	Workshop on Cancer Prevention and Healthy lifestyle
Date of Activity	30-05-2021,31-05-2021
Resource Person	Ms. Sumuki Begum, Sanjeevini, Programme Coordinator and Councillor
Organising Dept. / Cell	Department of Zoology
Number of Students Enrolled	15
Objectives of the program	To disseminate information on early detection and preventive measures related to cancer.
Outcome of the programme	Participants gained awareness of the factors influencing cancer risk and practical insights into adopting a healthier lifestyle.

Report:

The "Workshop on Cancer Prevention and Healthy Lifestyle," held on May 30 and 31, 2021, proved to be a highly informative and impactful session. The workshop, conducted under the theme of cancer prevention and adopting a healthy lifestyle, addressed critical aspects of health and well-being. The organizers provided participants with valuable insights into the factors contributing in adopting healthier practices. Through various sessions on understanding cancer and risk factors, promoting healthy lifestyle for cancer prevention and early detection and screening strategies, the program successfully achieved its objectives of raising awareness about cancer prevention and promoting a holistic approach to health. Overall, the "Workshop on Cancer Prevention and Healthy Lifestyle" facilitated a meaningful exchange of information, empowering participants to make informed decisions for a healthier and more preventive lifestyle.



Brochure of Workshop on Cancer Prevention and Healthy Lifestyle

 <p>Newman College Thodupuzha</p> <p>Department of Zoology</p> <p>Workshop on Cancer Prevention and Healthy lifestyle</p>  <p>Ms. Sumuki Begum, Sanjeevini</p> <p>30/05/2021 & 31/05/2021 10:00 / m to 04:00 Pm</p> <p>Coordinator Mr. Banny Joy Department of Zoology</p>	<p>Newman College Thodupuzha</p> <p>30/05/2021</p> <p>Section 1 10 /m to 12 Pm Understanding Cancer</p> <p>Section 2 02 Pm to 04 Pm Identifying Risk Factors</p> <p>31/05/2021</p> <p>Section 1 10 /m to 12 Pm Strategies for Cancer Prevention</p> <p>Section 2 02 Pm to 04 Pm Empowering Healthy Lifestyles</p> <p>Objective To disseminate information on early detection and preventive measures related to cancer.</p> <p>Outcome Participants gained awareness of the factors influencing cancer risk and practical insights into adopting a healthier lifestyle.</p>
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Photos of Workshop on Cancer Prevention and Healthy Lifestyle on 30-05-2021



List of Students Participated in Workshop on Cancer Prevention and Healthy Lifestyle

Sl. No.	Name of Students	Department
1	Abhijith M P	History
2	Abhirami Madhu	History
3	Abithamol Thankan	History
4	Adila Shaji	History
5	Adithya R	History
6	Agnes K Joseph	History
7	Ahallya P L	History
8	Ahammad Jabeer	History
9	Ajmal Najeeb	History
10	Ajmal Shukkoor	History
11	Aleena S	History
12	Alfi Asharaf	History
13	Amal Sabu	History
14	Amal Thomas	History
15	Anal Benny	History


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PEN: 467337





Training Programme on Defensive Driving Techniques

Title of the programme	Training Programme on Defensive Driving Techniques
Date of the programme	07-02-2020,08-02-2020
Organizing Department/Cell	Centre for Women Empowerment, Newman College, Thodupuzha
Number of Students Enrolled	8
Name of the Resource Person	Mr. Binoy Jose, Albin Driving School, Thodupuzha.
Objectives of the programme	To ensure a comprehensive understanding of local traffic laws and regulations & train participants to recognize potential hazards and assess risks while driving.
Outcome of the programme	Participants gained the concept of defensive driving and its significance in promoting road safety.

Report:

Another much appreciated initiative by CWE was imparting driving training to girl students. It was inaugurated by Prof. Jessy Antony, Municipal Chairperson, Thodupuaha Municipality (Rtd. Professorr, Dept. of Economics, Newman college) on 07-02-2020 and 08-02-2020. Albins Driving School, Alakode offered training to the students. Many students availed the opportunity and secured their driving licenses. The students found it very much interesting and regard themselves empowered.



Brochure of the Training Programme on Defensive Driving Techniques

ALBINS DRIVING SCHOOL
ഡ്രൈവിംഗ് പരിശീലനം

വിദ്യാർത്ഥിനികളെ,
 ന്യൂമാൻ കോളേജിലെ Centre for women empowerment - ന്റെ നേതൃത്വത്തിൽ എല്ലാ വർഷവും നടത്തിക്കൊണ്ടിരിക്കുന്ന ഡ്രൈവിംഗ് ക്ലാസ്സ് പരിശീലനം ഇന്ന് (07/02/2020) മുതൽ ആരംഭിക്കുകയാണ്. 2- വീൽ, 4- വീൽ (M/C & LMV) വാഹനങ്ങൾക്ക് ലൈസൻസ് എടുക്കുന്നതിനുള്ള അവസരം പരമാവധി പ്രയോജനപ്പെടുത്തുമല്ലോ. താല്പര്യം ഉള്ളവർ കോളേജ് Centre for women empowerment ആയി ബന്ധപ്പെടുക.

<p>Centre for women empowerment :9495748227</p>	<p>ഡ്രൈവിംഗ് സ്കൂൾ :9495213762 :8547368451</p>
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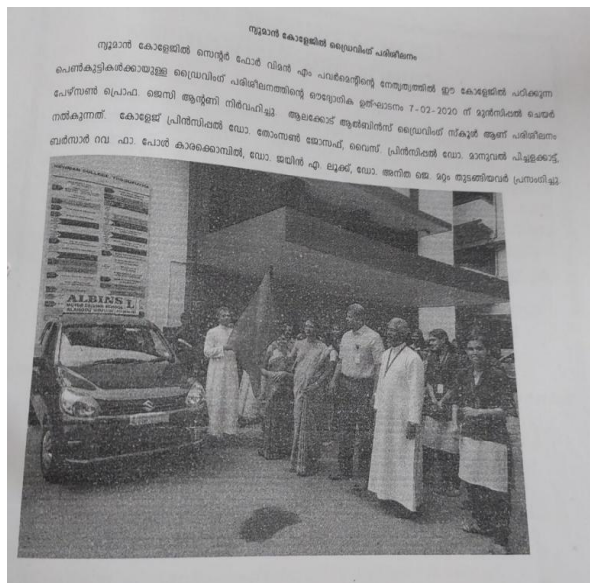



Photo of the Training Programme on Defensive Driving Techniques on 07-02-2020



List of Students Participated in Training Programme on Defensive Driving Techniques

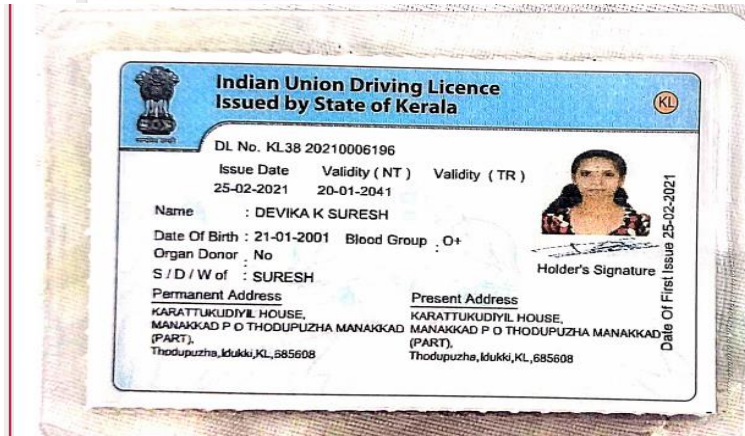
SI No	Name	Department
1.	Jasnamol T A	Zoology
2.	Benciya Benny	Malayalam
3.	Devika K Suresh	Malayalam
4.	Ashly Alex	Zoology
5.	Anju Prince	Chemistry
6.	Roshni Roy	Chemistry
7.	Deepa Tomy	English


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PRINCIPAL
NEWMAN COLLEGE, THODUPUZHA
PIN: 467337





Driving licence of students completed the class





Workshop on Viral Diseases, Challenges and Solutions


Title of the programme	Workshop on Viral Diseases, Challenges and Solutions
Date of the programme	29-11-2019,30-11-2019
Name of the Resource Person	Dr. Jubi John, Scientist fellow (QHS) and Assistant Professor, CSIR-IIST, Thiruvananthapuram
Organizing Department /Cell	Centre for Women Empowerment, Newman College. Thodupuzha
Number of Students Enrolled	37
Objectives of the programme	To provide a clear understanding of what viral diseases are, their nature, and how they differ from other types of diseases.
Outcome of the programme	Participants gained an enhanced understanding of different viral diseases, including their causes, transmission mechanisms, and the impact on public health.

Report:

CWE in association with National Child Development Council organised a one day national workshop on Easy Communication and Meditation Tips on 29-11-2019 and 30-11-2019. The chairperson of the programme, Dr. Thomson Joseph, Principal of the college reiterated the role of communication in all walks of life. Needless to say, communication has vital importance in all spheres of human activities. And lack of communication has created many problems in the society. The session was led by Shri. Baba Alexander, New Delhi, the founder of, One World One Language Movement. He said, the existence of umpteen number of languages posed problems in human communication. Sri. Baba asked the students to develop language skills to facilitate easy communication across the multi-cultural background people.




Brochure: of the Workshop on Viral Diseases, Challenges and Solutions



NEWMAN COLLEGE
Thodupuzha
Organised by CWE

Workshop on Viral Diseases Challenges and Solutions



Dr. Jubi John, Scientist fellow (QHS), Assistant Professor, CSIR IIST, Thiruvananthapuram

MAIN SPEAKER

Cordinator: Dr. Sona Jose

Date:- 29-11-2019 to 30-11-2019

NEWMAN COLLEGE
THODUPUZZHA

29/11/2019

1 Understanding Viral Diseases 10:00AM TO 12:00 PM

2:00PM TO 4:00PM 2 Challenges Posed by Viral Diseases

30/11/2019

1 Strategies for Prevention and Control 10:00 AM TO 12:00 PM

2:00 PM TO 4:00 PM 2 Community Engagement and Preparedness

Objective
To provide a clear understanding of what viral disease are, their nature, and how they are differ from other types of diseases.

Outcome
Participants gained an enhanced understanding of different viral diseases, including their causes, transmission mechanism, and the impact on public health.



Photo of the Workshop on Viral Diseases, Challenges and Solutions on 29-11-2019



List of Students Participated in Workshop on Viral Diseases, Challenges and Solutions

Sl No	Name	Class
1	Abhijith Shaji	Economics
2	Ahiya Jose	Economics
3	Aiswarya Bijo	Economics
4	Ajmala A A	Economics
5	Ajna Sidhick	Economics
6	Akhila S	Economics
7	Aleena James	Economics
8	Alfiya Saidumuhammad	Economics
9	Alok James	Economics
10	Amalamol Thomas	Economics
11	Anagha Reghu	Economics
12	Angel Mary Soy	Economics
13	Anjalo Jacob	Economics
14	Anjana Mohan	Economics
15	Ann Mariya Biju	Economics
16	Anson Manoj	Economics
17	Anugraha Sajeev	Economics
18	Anusha Navas	Economics
19	Aparna M S	Economics
20	Asna Latheef	Economics
21	Aswani Shibu	Economics
22	Athira P R	Economics



23	Bismi Shaji	Economics
24	Chandrika K C	Economics
25	Devika K S	Economics
26	Devika Shaji	Economics
27	Fathima Abdul Shukkoor	Economics
28	Fathima M	Economics
29	Femy Premson	Economics
30	George Benny	Economics
31	Haseena M M	Economics
32	Jacinta James	Economics
33	Jayalakshmi K J	Economics
34	Jinu James	Economics
35	Jissmariya George	Economics
36	Joshva Jomy	Economics
37	Mahin K S	Economics

DR. BHUMOL THOMAS
PRINCIPAL
NEWMAN COLLEGE, THODUPUZHA
PIN: 685585





Workshop on Activating Excellence through Conflict Management

Title of the programme	Activating Excellence through Conflict Management
Date of the programme	11-10-2019 to 12-10-2019
Name of the Resource Person	Sri. Eldose Paulose, Career Consultant and Cooperate Trainer,Ernakulam , Kerala. Mob:9961665507
Organising Department/Cell	Department of Maths
Number of Students Enrolled	30
Objectives of the programme	Equip participants with conflict management skills for improved communication, dispute resolution, and fostering a positive environment
Outcome of the programme	Participants acquire practical conflict resolution skills, improved communication, and personalized conflict management plans for excellence in all aspects of life.

Report

The "Activating Excellence through Conflict Management" program by Sri. Eldose Paulose represents a comprehensive and targeted initiative aimed at harnessing conflicts as catalysts for positive change and organizational growth. This program is strategically designed to empower individuals and teams with the skills needed to transform conflicts into opportunities for innovation, collaboration, and improved performance. Through a combination of workshops, training modules, and practical exercises, participants gain insights into proactive conflict management strategies, effective communication techniques, and the cultivation of a mindset that views conflicts as avenues for learning and growth. The program emphasizes not only the resolution of conflicts but also the activation of excellence within individuals and teams during the process. Participants are guided to understand the underlying dynamics of conflicts, allowing them to address issues at their root causes. Additionally, the program often incorporates elements of emotional intelligence, fostering self-awareness and interpersonal skills essential for navigating conflicts with empathy and understanding.



Brochure of the Workshop on Activating Excellence through Conflict Management



**Newman College
Thodupuzha**

Department of Maths

**Activating Excellence through Conflict
Management**

Sri. Eldose Paulose

Career Consultant and Cooperate
Trainer, Ernakulam, Kerala.

Coordinator

Mr. Sona Jose

Department of Maths



11-10-2019 to 12-10-2019
10 Am to 04 Pm

Newman College Thodupuzha

11-10-2019

Section 1

10 Am To 12 Pm

Understanding Conflict Dynamics

Section 2

02 Pm To 04 Pm

Communication Enhancement

12-10-2019

Section 1

10 Am To 12 Pm

Practical Conflict Resolution Techniques

Section 2

02 Pm To 04 Pm

Personalized Conflict Management Plans

Objective

Equip participants with conflict management skills for improved communication, dispute resolution, and fostering a positive environment

Outcome

Participants acquire practical conflict resolution skills, improved communication, and personalized conflict management plans for excellence in all aspects of life.



Thodupuzha, Kerala, India

VPXF+7RQ, Mangattukavala, Thodupuzha,
Kerala 685584, India

Lat 9.898342°

Long 76.724729°

11.09.2020 10.40AM

Photo of the Workshop on Activating Excellence through Conflict Management on 11-09-2020



List of Students Participated in Workshop on Activating Excellence through Conflict Management

Sl. No	Name of Students	Department
1	Abhijith V. A.	Mathematics & Statistics
2	Akhila Krishnakumar	Mathematics & Statistics
3	Alan Thomas	Mathematics & Statistics
4	Bava Jalal	Mathematics & Statistics
5	Bismimol K. K.	Mathematics & Statistics
6	Devika Rajeev	Mathematics & Statistics
7	Jayalakshmi B.	Mathematics & Statistics
8	Kavya Thomas	Mathematics & Statistics
9	Lakshmi Raj	Mathematics & Statistics
10	Merin Domy	Mathematics & Statistics
11	Muhammed Subair	Mathematics & Statistics
12	Parvathy Manoj	Mathematics & Statistics
13	Vindhuja Vijayan	Mathematics & Statistics
14	Afrooze Nizar	Physics
15	Aleena Antony	Physics
16	Alex Ben Thuruthy	Physics
17	Amal T. R.	Physics
18	Amalu Shaijan	Physics
19	Ameena P. A.	Physics
20	Anandkrishnan P. M.	Physics
21	Ardra K. Saji	Physics
22	Ashalakshmi Suresh	Physics



23	Ashna Ebrahim	Physics
24	Ashy Merin Johny	Physics
25	Bestin George	Physics
26	Bismi Subair	Physics
27	Dennis Sojan	Physics
28	Devika Jayan	Physics
29	Dhiya Salim	Physics
30	Elizabeth James	Physics


DR. BIJIMOL THOMAS
PRINCIPAL
NEWMAN COLLEGE, THODUPUZHA
PIN: 685585





Workshop on Vector Identification


Title of the programme	Workshop on Vector Identification
Date of the programme	18-01-2020 to 19-01-2020
Name of the Resource Person	Dr. Suresh N, Medical Officer and Health Coordinator, Idukki, Kerala.
Organising Department/Cell	Dept. of Zoology
Number of Students Enrolled	24
Objectives of the programme	To provide participants with an overview of the different types of vectors and their importance in public health.
Outcome of the programme	Participants gained knowledge on identifying common vectors using a variety of methods and the latest methods for vector control and prevention.

Report:

The workshop was evaluated using a post-workshop questionnaire. The questionnaire asked participants about their knowledge of vectors, their ability to identify vectors, and their understanding of vector control methods. The results of the questionnaire showed that participants had a significant increase in their knowledge of vectors and their ability to identify vectors. Participants also had a better understanding of vector control methods after the workshop. The workshop will help participants to better understand the role of vectors in public health and to implement effective vector control measures.



Brochure of the Workshop on Vector Identification

 **NEWMAN COLLEGE**
Thodupuzha
Department of Zoology

**WORKSHOP ON
VECTOR
IDENTIFICATION**

SPEAKER
**DR. SURESH, HEALTH
CORDINATOR**

Cordinator: Ms Jisha Jacob

DATE- 18-01-2020 TO 19-01-2020

**Newman College
Thodupuzha**

18/01/2020
10:00am to 12:00 Pm
1 TYPES OF VECTORS
AND THEIR
BIOLOGY

02:00 Pm to 04:00 Pm
2 DISEASE ECOLOGY
AND EPIDEMIOLOGY:

19/01/2020
10:00am to 12:00 Pm
1 CONTROL AND
PREVENTION
STRATEGIES:

02:00 Pm to 04:00 Pm
2 VECTOR CONTROL
CHALLENGES AND
INNOVATIONS:

Objective:
To provide participants with an overview of different types of vectors of different type of vectors and their importance in public health.

Outcome:
Participants gained the knowledge on identifying common vectors using a variety of methods and the latest method for vector control and prevention.



Photo of the Workshop on Vector Identification on 18-01-2020



List of Students Participated in Workshop on Vector Identification

Sl. No	Name of Students	Department
1	Divya Abraham	Zoology
2	Dona Sabu	Zoology
3	Fazil Sajeve	Zoology
4	Gowripriya Danty	Zoology
5	Jisnamol Baiju	Zoology
6	Joshmi Johnson	Zoology
7	Jyothini M T	Zoology
8	Karthika Manoharan	Zoology
9	Krishnapriya M Nair	Zoology
10	Krishnapriya N A	Zoology
11	Lakshmi Pradeep	Zoology
12	Liya Rose Shaji	Zoology
13	Nayana Anil	Zoology
14	Neha Saju	Zoology
15	Nikhila Romy	Zoology
16	Raoofoa Latheef	Zoology
17	Riya Pareeth	Zoology
18	Safwan Ashraf	Zoology
19	Sayid Salman P J	Zoology
20	Sivasree S Sivadam	Zoology
21	Sneha Suresh	Zoology
22	Sreehari Raju	Zoology
23	Theresa B Maria	Zoology
24	Vijaykrishna S R	Zoology



Training Programme on Yoga and Meditation

Title of the programme	Training Programme on Yoga and Meditation
Date of the programme	21-06-2018 to 22/06/2018
Organizing Department/Cell	Department of Chemistry
Name of the Resource Person	Sri. Paul Madakathanam , Yoghacharya, Idukki, Kerala.
Number of students enrolled	34
Objectives of the programme	To provide a basic understanding of the benefits of yoga and meditation To teach the participants simple yoga postures and meditation techniques
Outcome of the programme	Participants learned about the physical and mental benefits of yoga and meditation and were able to practice simple yoga postures and meditation techniques

Report:

The Department of Chemistry, Newman College, Thodupuzha organized a training program on yoga and meditation during 21-06-2018 to 22-06-2018. The program was conducted by Yogacharya Sri. Paul, Madakathanam. The aim of the program was to introduce the participants to the ancient practice of yoga and meditation and to provide them with a basic understanding of the benefits of yoga and meditation for physical and mental health. The first day began with an introduction to the history, philosophy, and practice of yoga. The re discussed the eight limbs of yoga, which include the Yama (ethical conduct), Niyama (personal discipline), Asana (physical postures), Pranayama (breath control), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (enlightenment).The second day of the program focused on the benefits of yoga and meditation for physical and mental health and a practical session in which the participants learned simple yoga postures and meditation techniques.



Brochure of the Training Programme on Yoga and Meditation

DEPARTMENT OF CHEMISTRY
NEWMAN COLLEGE THODUPUZZHA

TRAINING PROGRAMME ON YOGA AND MEDITATION

RESOURCE PERSON:
YOGACHARYA SRI. PAUL, MADAKATHANAM

OBJECTIVES OF THE PROGRAMME:

- TO PROVIDE A BASIC UNDERSTANDING OF THE BENEFITS OF YOGA AND MEDITATION
- TO TEACH THE PARTICIPANTS SIMPLE YOGA POSTURES AND MEDITATION TECHNIQUES

OUTCOME OF THE PROGRAMME:

- PARTICIPANTS LEARNED ABOUT THE PHYSICAL AND MENTAL BENEFITS OF YOGA AND MEDITATION AND WERE ABLE TO PRACTICE SIMPLE YOGA POSTURES AND MEDITATION TECHNIQUES

DATE OF THE PROGRAMME:
21-06-2018 TO 22/06/2018

SESSIONS- 10AM - 12Noon • 2PM - 4PM

DAY 1:

1. INTRODUCTION TO YOGA PHILOSOPHY AND PRACTICE
2. ASANAS AND PRANAYAMA FOR PHYSICAL AND MENTAL WELL-BEING

DAY 2: 10AM - 12Noon • 2PM - 4PM

3. MEDITATION TECHNIQUES FOR STRESS REDUCTION
4. INTEGRATING YOGA AND MEDITATION INTO DAILY LIFE

Coordinator: Dr Cintil Jose



Photos of the Training Programme on Yoga and Meditation on 21-06-2018




List of Students Participated in Training Programme on Yoga and Meditation

Sl. No.	Name of Student	Department
1	Arya Sasikumar	Malayalam
2	Renjini Rajan	Malayalam
3	Sabitha Sabu	Malayalam
4	Aneena Binoy	Malayalam
5	Liyatheress Biju	Malayalam
6	Binya Biju	Malayalam
7	Anita K. Antony	Malayalam
8	Athira M. Jose	Malayalam
9	Gintu Jacob	Malayalam
10	Thasniya Nassar	Malayalam
11	Sajmi Asharaf	Malayalam
12	Ansalna T. S.	Malayalam
13	Sumiya T. J.	Malayalam
14	Dilya Xavier	Malayalam
15	Jinsha Jayan	Malayalam
16	Ansiya Jabbar	Malayalam
17	Anie James	Malayalam
18	Adhithyan Vijay	Malayalam
19	Arunima Byju	Malayalam
20	Neethu Baby	Malayalam
21	Sneha Ravi	Malayalam
22	Akshay Krishnankutty	Malayalam
23	Aparna Joseph	Commerce
24	Susanna Cyriac	Commerce
25	Gauthami A. Nair	Commerce



26	Devaprasad M.	Commerce
27	Ajmi Meeran	Commerce
28	Anjana V.	Commerce
29	Arya C. P.	Commerce
30	Achanya Suku	Commerce
31	Aswathy C.	Commerce
32	Arathy Divakaran	Commerce
33	Ashly Noble	Commerce
34	Bismi Biju	Commerce


DR. BIJMOL THOMAS
PRINCIPAL
NEWMAN COLLEGE, THODUPUZHA
PIN: 685585





Workshop on Emergency Medical Services


Title of the programme	Workshop on Emergency Medical Services
Date of the programme	20-02-2019 to 21-02-2019
Organizing Department/Cell	Department of Physics
Name of the resource person	Dr.Thomas J Nedumpara, North Cumbria University Hospitals, UK
Number of Students Enrolled	36
Objectives of the programme	To provide a comprehensive understanding of emergency medical services (EMS) to students.
Outcome Of the Programme	Participants familiarized with the crucial aspects of pre-hospital emergency care.

Report:



Dr.Thomas J Nedumpara, North Cumbria University Hospitals, UK served as the resource person for the “Workshop on Emergency Medical Services” on 20th and 21st February 2019. Under Graduate and Post Graduate science students of the College participated in the workshop. Dr. Thomas provided a comprehensive overview of different EMS types, elucidating their roles in delivering urgent treatment and stabilization. He discussed existing global models, offering valuable insights into the varied approaches adopted worldwide to optimize emergency medical care systems. The second day of the workshop proceeded through interactive discussions involving active student participation. Attendees gained a comprehensive understanding of the interdisciplinary collaboration essential for effective EMS, fostering an awareness of global practices and inspiring further exploration into this critical aspect of healthcare.



Brochure of the programme, Workshop on Emergency Medical Services

 **Department of Physics**
Newman College, Thodupuzha
in association with
Science Club , Newman College

Workshop on
Emergency Medical Services

Dr. Thomas J Nedumpara
North Cumbria University Hospitals,
United Kingdom

20/02/2019 & 21/02/2019
Venue: Pothanamuzhy Hall

Coordinators: Dr.Indu Sebastian
&
Mr.Noble C Kurian

NEWMAN COLLEGE
THODUPUZHA

20/02/2019

SECTION 1

10 AM TO 12PM	OVERVIEW OF EMERGENCY MEDICAL SERVICES (EMS)
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SECTION 2

02 PM TO 04 PM	STRUCTURAL COMPONENTS OF EMS
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21/02/2019

SECTION 1

10 AM TO 12PM	TRAINING AND SKILL DEVELOPMENT FOR EMS PERSONNEL
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SECTION 2

02 PM TO 04 PM	OPERATIONAL CHALLENGES IN EMS
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OBJECTIVE

TO PROVIDE A COMPREHENSIVE UNDERSTANDING
OF EMERGENCY MEDICAL SERVICES (EMS) TO
STUDENTS.

OUTCOME

PARTICIPANTS ARE EXPECTED TO FAMILIARIZED
WITH THE CRUCIAL ASPECTS OF PRE-HOSPITAL
EMERGENCY CARE.



Photos of the programme, Workshop on Emergency Medical Services on 20-02-2019



List of Students Participated in Training Programme on Yoga and Meditation

Sl. No.	Name Of Student	Department
1	Tony K. Saju	Zoology
2	Angel George	Zoology
3	Anandahari K. S.	Zoology
4	Vijay Shaji	Zoology
5	Surya Jiji	Zoology
6	Arya Vijayan	Zoology
7	Aparna Raj	Zoology
8	Amrutha K. Raman	Zoology
9	Percy Jaison	Zoology
10	Noorasma	Zoology
11	Murshidha Mol K.	Zoology
12	Lakshmi Priya	Zoology
13	Dayana Johnson	Zoology
14	Sreelakshmi P. U.	Zoology
15	Mekha Thomas	Zoology
16	Soorya George	Zoology
17	Radhika Rajan	Zoology
18	Binimol Baby	Zoology
19	Binimol Baby	Zoology
20	Angel Mathew	Zoology
21	Linet Charles	Zoology
22	Sheethal Shaji	Zoology
23	Anand K. S.	Zoology
24	Fathima Anzar	Zoology



25	Ashna Hussainar	Zoology
26	Shamnamol K. S.	Zoology
27	Aneena Baby	Zoology
28	Ayana Anil	Zoology
29	Sumiya Shamsudheen	Zoology
30	Ashna Asharaf	Zoology
31	Althaf Anas	Zoology
32	Nicy Joseph	Zoology
33	Anjana Ashokan	Zoology
34	Ponnu Joy	Botany & Biotechnology
35	Nivetha E.	Botany & Biotechnology
36	Neethu Gopal	Botany & Biotechnology

DR. BIJMOL THOMAS
PRINCIPAL
NEWMAN COLLEGE, THODUPUZHA
PIN: 687337





Workshop on Patient compliance

Title of the programme	Workshop on Patient compliance
Date of the programme	17-07-2018 to 18-07-2018
Organizing Department/Cell	Department of Zoology
Name of the resource person	Sri James Xavier, (The Zone Vice President of J C I) , Idukki ,Kerala. Mob:9544151355
Number of Students Enrolled	30
Objectives of the programme	To equip with innovative strategies and insights to enhance patient adherence, fostering improved health outcomes through effective communication, personalized care, and the integration of technology.
Outcome Of the Programme	Empower with actionable insights to implement comprehensive strategies, leading to enhanced patient adherence and improved health outcomes.

Report

The Workshop on Patient Compliance held from 17-07-2018 to 18-07-2018 was a comprehensive and insightful event focused on addressing the critical issue of patient compliance in healthcare. The workshop brought together healthcare professionals, researchers, and experts to discuss and share innovative strategies to enhance patient adherence to treatment plans and medical recommendations. Various aspects of patient compliance were explored, including the role of effective communication between healthcare providers and patients, the impact of personalized treatment plans, and the integration of technology to monitor and support adherence. Attendees engaged in interactive sessions, case studies, and group discussions, fostering a collaborative environment that encouraged the exchange of best practices and practical solutions. The workshop not only raised awareness about the significance of patient compliance in achieving positive health outcomes but also provided participants with actionable insights to implement in their respective healthcare settings. Participants in the workshop gained a deeper understanding of the multifaceted nature of patient compliance and the importance of a holistic approach in promoting adherence. The event emphasized the need for healthcare professionals to consider not only medical factors but also psychosocial and economic aspects influencing patient behavior.



Brochure Workshop on Patient compliance

NEWMAN COLLEGE
THODUPUZHA
Department of Zoology

WORKSHOP ON PATIENT COMPLIANCE

Speaker: Sri James Xavier
The Zone Vice President
of JCI Kerala, Idukki

Coordinator Sri. Bany Joy
Date: 17-07-2018 to 18-07-2018

NEWMAN COLLEGE
THODUPUZHA

17-07-2018

COMMUNICATION STRATEGIES **1** 10:00AM TO 12:00 PM

2:00PM TO 4:00PM **2** PERSONALISED TREATMENT PLANS

18-07-2018

TECHNOLOGY INTEGRATION **1** 10:00 AM TO 12:00 PM

2:00 PM TO 4:00 PM **2** EDUCATION EMPOWERMENT AND FOLLOW-UP

Objective
To equip with innovation strategies and insights to enhance patient adherence, fostering improved health outcomes through effective communication, personalised care and the integration of technology

Outcome
Empower with actionable insights to implements comprehensive strategies leading to enhanced patient adherence and improved health outcome



Photo of the Workshop on Patient compliance on 17-07-2018




List of Students Participated in Workshop on Patient compliance

Sl. No.	Name Of Student	Department
1	Brigitt Baby	Zoology
2	Juneight B. Chakanal	Zoology
3	Meenu Baby	Zoology
4	Alfinamol K. A.	Zoology
5	Roice Roy	Zoology
6	Devika P. T.	Zoology
7	Aneena M. R.	Zoology
8	Anjaly Sasi	Zoology
9	Arya Sajeev	Zoology
10	Jithumon C. Raj	Zoology
11	Anandhu S. Kuttichira	Zoology
12	Ashna Aliyar	Zoology
13	Jesna Johnson	Zoology
14	Dilmiya Tomy	Zoology
15	Beema U. I.	Zoology
16	Sona Saji	Zoology
17	Riya Roslin Polly	Zoology
18	Elizebath Thomas	Zoology
19	Jasnamol T. A.	Zoology
20	Amrutha S. Kumar	Zoology
21	Badusha M. Rasak	Zoology
22	Sneha Johny	Zoology
23	Ancy Samuel	Zoology
24	Jithumol Saju	Zoology
25	Blessy Maria	Zoology
26	Jeff Jaison	Zoology



27	Jasmine Jamal	Zoology
28	Amulya P. Chandran	Zoology
29	Ashwathy Biju	Zoology
30	Ameena Basheer	Zoology


DR. BIJMOL THOMAS
PRINCIPAL
NEWMAN COLLEGE, THODUPUZHA
PIN: 687337





Lifeskill Training Programme for mindfulness and Stress Management

Title of the programme	Lifeskill Training Programme for mindfulness and Stress Management
Date of the programme	27-08-2018 to 28-08-2018
Organizing Department/Cell	Dept. of Mathematics & Statistics
Name of the resource person	Dr. Nelson P Abraham, Rtd. Professor, Mar Thoma College, Tiruvalla ,Kerala. Mob: +91 4692630342
Number of Students Enrolled	23
Objectives of the programme	Equip participants with practical skills and strategies to cultivate mindfulness, reduce stress, and enhance overall well-being in both personal and professional aspects of life.
Outcome Of the Programme	Aims to achieve a tangible outcome by fostering increased resilience, improved focus, and a heightened sense of well-being among participants through the cultivation of mindfulness and stress management skills.

Report

The Lifeskill Training Programme for Mindfulness and Stress Management, conducted from 27-08-2018 to 28-08-2018, proved to be a transformative experience for participants seeking practical tools to enhance their well-being. The program commenced with a comprehensive introduction to mindfulness, offering participants a solid foundation in various mindfulness techniques and breathing exercises. Through engaging sessions, participants were guided in identifying and understanding their unique stressors, followed by the acquisition of effective coping strategies. The program emphasized the practical integration of mindfulness into daily life, enabling participants to apply learned techniques in both personal and professional settings. This approach aimed at fostering sustained stress reduction and mental resilience. Moreover, the Lifeskill Training Programme delved into the cultivation of resilience and overall well-being as essential components of effective stress management. Participants explored ways to build emotional resilience and maintain a positive mindset amidst life's challenges. The program equipped attendees with practical tools for incorporating mindfulness practices into their routine, ensuring a holistic and sustained approach to stress reduction.



Brochure of the Lifeskill Training Programme for mindfulness and Stress Management

NEWMAN COLLEGE
THODUPUZHA

LIFE SKILL TRAINING PROGRAMME
FOR MINDFULNESS AND STRESS
MANAGEMENT

DEPARTMENT OF MATHEMATICS

Name of the resource person
Dr. Nelson P Abraham, Rtd. Professor,
Mar Thoma College, Tiruvalla, Kerala.
Mob: +91 4692630342

COORDINATOR: DR SONA JOSE
DATE :27-08-2018 TO 28-08-2018

Newman College

27-08-2018
SECTION 1
Introduction to mindfulness
SECTION 2
Stress identification and coping strategies

28-08-2018
SECTION 1
Mindfulness practices in daily life
SECTION 2
Building resilience and well-being

Objectives of the programme: Equip participants with practical skills and strategies to cultivate mindfulness, reduce stress, and enhance overall well-being in both personal and professional aspects of life.

Outcome Of the Programme :Aims improved focus, and a heightened sense of well-being among participants through the cultivation of mindfulness and stress management skills achieve a tangible outcome by fostering increased .



Thodupuzha, Kerala, India

VPXF+7RQ, Mangattukavala, Thodupuzha,
Kerala 685584, India

Lat 9.898342°

Long 76.724729°

27/08/2018 10: 45 AM

**Photo of the Lifeskill Training Programme for mindfulness and Stress Management on
27-08-2018**



List of Students Participated in Lifeskill Training Programme for mindfulness and Stress Management

Sl. No.	Name of Students	Department
1	Abhijith V. A.	Mathematics & Statistics
2	Akhila Krishnakumar	Mathematics & Statistics
3	Alan Thomas	Mathematics & Statistics
4	Bava Jalal	Mathematics & Statistics
5	Bismimol K. K.	Mathematics & Statistics
6	Devika Rajeev	Mathematics & Statistics
7	Jayalakshmi B.	Mathematics & Statistics
8	Kavya Thomas	Mathematics & Statistics
9	Lakshmi Raj	Mathematics & Statistics
10	Merin Domy	Mathematics & Statistics
11	Muhammed Subair	Mathematics & Statistics
12	Parvathy Manoj	Mathematics & Statistics
13	Vindhuja Vijayan	Mathematics & Statistics
14	Afrooze Nizar	Mathematics & Statistics
15	Aleena Antony	Mathematics & Statistics
16	Alex Ben Thuruthy	Mathematics & Statistics
17	Amal T. R.	Mathematics & Statistics
18	Amalu Shaijan	Mathematics & Statistics
19	Ameena P. A.	Mathematics & Statistics
20	Anandakrishnan P. M.	Mathematics & Statistics
21	Ardra K. Saji	Mathematics & Statistics
22	Ashalakshmi Suresh	Mathematics & Statistics
23	Ashna Ebrahim	Mathematics & Statistics