



**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

**Brochure of Life Skills Enhancement Activities  
Conducted**

Submitted to



National Assessment and Accreditation Council

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2023-2022

# Brochure of Wellness and food habits in Karkkidaka Month -Karkidika Soukhya ChikithsayumBhakshanasheelangalum

**NEWMAN COLLEGE, THODUPUZHA**  
Idukki, Kerala-685585  
(Re-Accredited by NAAC with A Grade at CGPA 3.32, & Affiliated to Mahatma Gandhi University, Kottayam)

**DEPARTMENT OF MALAYALAM**  
In association with  
**NSS AND IQAC NEWMAN COLLEGE**

## കർക്കടക സൗഖ്യചികിത്സയും ഭക്ഷണശീലങ്ങളും

Resource Person: **Dr. Anupriya P. Mani**  
Medical Officer, District Ayurveda Hospital, Thodupuzha

Date 27-07-2022 & 28-07-2022  
Venue & Time: College Auditorium @ 03.00 p.m

**കർക്കടകമാസത്തിൽ കേരളത്തിന്റെ പൗരന്മാർക്ക് മികച്ചതരംഗിപ്പുകാരും ആരോഗ്യപരിപാടനങ്ങൾ നൽകി കർക്കടക മാസത്തിൽ ആനുകൂല്യങ്ങൾ നൽകുന്ന ഒരു പ്രദർശനം. മരച്ചീനി കൂട്ടിയാണ് കർക്കടകമാസത്തിൽ അന്നം തയ്യാറാക്കുന്നത്. അന്നം കർക്കടക മാസത്തിൽ കൂടുതൽ പ്രാധാന്യം നൽകി ഭക്ഷിക്കുന്നു. ഈ മാസം അമ്മേജനം കോഴ്സ് മാസംപരിപാടനങ്ങൾ വർദ്ധിപ്പിക്കുകയും ആരോഗ്യ നിരീക്ഷണങ്ങൾ എത്തിവരാനാണ് ലക്ഷ്യം.**

**Dr. Sr. Biji M.P**  
**Dr. Afina Mary Saju**  
Co-ordinators

**Dr. Jerome K. Jose**  
**Dr. Annie Thomas**  
**Ms. Sibi Mohanan**  
Programme Committee

**Dr. Bijimol Thomas**  
Principal

**Dr. Sr. Bincy C.J.**  
Head, Dept. Malayalam

Nb: കൂടുതൽ അടങ്കൽ തയ്യാറാക്കുന്നതിനുള്ള സൗകര്യം ഉണ്ടാക്കിയിട്ടുണ്ട്.

**NEWMAN COLLEGE, THODUPUZHA Idukki,**  
**Kerala-685585**

**27/07/2022**

**Section 1 (10am - 12pm)**  
Introduction to Ayurveda and Doshas

**Section 2 (2pm - 4pm)**  
Ayurvedic Nutrition Basics

**28/07/2022**


**Section 1 (10am - 12pm)**  
Lifestyle Practices for Wellness

**Section 2 (2pm - 4pm)**  
Ayurvedic Detoxification and Holistic Wellness


**Objectives of the programme**  
To create awareness about the principles of Ayurveda and its role in the prevention and treatment of diseases

**Outcomes**  
Participants gained awareness about the importance of Karkkidakam and its significance in Ayurveda

**Brochure of Interactive workshop on medical treatment for Psoriasis**



**NEWMAN COLLEGE THODUPUZHA**  
**DEPARTMENT OF COMMERCE**  
**COMPUTER APPLICATION**



# PSORIASIS

## DAY 2022

**START**


<b>26 OCT 2022</b>	<b>AWARENESS</b>
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**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'**

<b>Coordinator</b>	<b>Ms. Nimmy John</b>
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**NEWMAN COLLEGE**  
**THODUPUZHA**

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


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

## 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	
<b>Warm -up</b>	<b>10:00Am</b> <b>To 12:00</b> <b>pm</b>
<b>Basic steps</b>	<b>02:00 PM</b> <b>TO 04:00</b> <b>PM</b>

27/09/2022	
<b>Choreography Building</b>	<b>10:00 Am</b> <b>To 12:00</b> <b>pm</b>
<b>Cool - Down</b>	<b>02:00 pm</b> <b>To 04:00</b> <b>pm</b>


**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.

## Brochure of Workshop on Exam Phobia Management

POSTGRADUATE DEPARTMENT OF COMMERCE  
*In collaboration with*  
DEPARTMENT OF PSYCHOLOGY  
NEWMAN COLLEGE, THODUPUZHA

RESOURCE PERSON



Workshop  
on  
**EXAM PHOBIA MANAGEMENT**

24.06.2022 & 25.06.2022

Mar. Pothanamuzhy Hall  
**Target Audience: Graduate Students**

Ms. Aleena James  
Industrial Psychologist  
Dept. of Psychology, Newman College

Programme Coordinator: Mr. Aby Thomas

POSTGRADUATE DEPARTMENT OF COMMERCE  
*In collaboration with*  
DEPARTMENT OF PSYCHOLOGY  
NEWMAN COLLEGE, THODUPUZHA

24-06-2022  
Session 1: Understanding Exam Anxiety  
Time : 10am - 12pm  
Session 2: Cognitive Strategies  
Time : 2pm - 4pm

25-06-2022  
Session 1: Behavioral Techniques  
Time : 10am -12pm  
Session 2 : Coping Strategies and Future Planning  
Time : 2pm - 4pm


**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

2021-2022

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.

# 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.[crisis.com](http://www.crisis.com)



## 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.

## Brochure of Workshop on Emotional Intelligence



**NEWMAN COLLEGE  
THODUPUZHA**

# 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

2020-2021

**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**  
THODUPUZHA

**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.

# Brochure of Yoga for Stress Reduction

**Newman college**

<b>21/06/2020</b> <b>Section 1</b> Introduction to Stress and its Impact	<b>22/06/2020</b> <b>Section 1</b> Key Yoga Techniques for Stress Reduction
<b>Section 2</b> The Role of Yoga in Stress Reduction	<b>Section 2</b> 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.



**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**



# 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 THODUPUZZHA**

**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.**

## Brochure of Workshop on Cancer Prevention and Healthy Lifestyle

 <p><b>Newman College Thodupuzha</b></p> <p>Department of Zoology</p> <p>Workshop on Cancer Prevention and Healthy lifestyle</p>  <p><b>Ms. Sumuki Begum, Sanjeevini</b></p> <p>50/05/2021 &amp; 31/05/2021 10:00 /m to 04:00 Pm</p> <p>Coordinator <b>Mr. Banny Joy</b> Department of Zoology</p>	<p><b>Newman College Thodupuzha</b></p> <p>30/05/2021</p> <p><b>Section 1</b> 10 /m to 12 Pm Understanding Cancer</p> <p><b>Section 2</b> 02 Pm to 04 Pm Identifying Risk Factors</p> <p>31/05/2021</p> <p><b>Section 1</b> 10 /m to 12 Pm Strategies for Cancer Prevention</p> <p><b>Section 2</b> 02 Pm to 04 Pm Empowering Healthy Lifestyles</p> <p><b>Objective</b> To disseminate information on early detection and preventive measures related to cancer.</p> <p><b>Outcome</b> Participants gained awareness of the factors influencing cancer risk and practical insights into adopting a healthier lifestyle.</p>
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2019-2020


**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. താൽപര്യം ഉള്ളവർ കോളേജ് Centre for women empowerment ആയി ബന്ധപ്പെടുക.


Centre for women empowerment :9495748227	ഡ്രൈവിംഗ് സ്കൂൾ :9495213762 :8547368451
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## 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**  
THODUPUZHA

**29/11/2019**

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

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

**30/11/2019**

Strategies for Prevention and Control **1** 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



# 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.

## 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.

2018-2019

Brochure of the Training Programme on Yoga and Meditation

DEPARTMENT OF CHEMISTRY  
NEWMAN COLLEGE THODUPUZHA

# 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



## 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  
THODUPUZZHA

20/02/2019

SECTION 1

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

SECTION 2

02 PM TO 04 PM | STRUCTURAL COMPONENTS OF EMS

21/02/2019

SECTION 1

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

SECTION 2

02 PM TO 04 PM | OPERATIONAL CHALLENGES IN EMS

**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.

## Brochure Workshop on Patient compliance

**NEWMAN COLLEGE**  
*THODUPUZZHA*  
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**  
THODUPUZZHA

#### 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

## 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 .