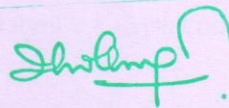


### Report of AUMENTAR- WORLD MENTAL HEALTH DAY PROGRAMME

World mental health day is celebrated on 10<sup>th</sup> October every year across the world. It is an international day for global mental health education, awareness and advocacy against social stigma. On 10/10/2020 ,the department of Counselling organized AUMENTAR as part of World Mental Health Day . It was an initiative to provide mental and emotional assistance to the needy. The resource person for the webinar was Dr.Sr.Reema Grace CMC, well known Psychologist, Psychotherapist, Trainer and Director, Chavara Counselling Center. The webinar started by 6:00 p.m with the prayer song by Ms.Benu Treesa, Assistant Professor, NIMIT. followed by the welcome speech by Dr Fr.Varghese Pulickal, Campus Minister of NIMIT. The session by Dr.Sr.Reema Grace has been started by providing meditation for the participants. Then she briefed the body mind relationship and its influence on stress. She has explained how to deal with stress and also provided stress relaxation techniques and exercises. The session was very informative and useful and its ended by 7:30 p.m. After that the question and answer session was held and many participants have clarified their doubts.

Then Ms.Reni.V.Kalayil, Counsellor of NIMIT, has expressed her gratitude for organizing AUMENTAR by giving vote of thanks. The webinar was an indeed one during this COVID-19 pandemic situation. There were 94+ participants attended the webinar. The department of counselling aims and focused on the theme of the year Mental Health for All, Greater Investment – Greater Access.Everyone, everywhere .



Fr. Dr. PAULACHAN K.J.  
Principal



**AUMENTAR**

Date: 10/10/2020

Time: 6.00 - 7.00pm

Platform: ZOOM

As part of World Mental Health Day on October 10<sup>th</sup> 2020

Department of Counselling presents

**AUMENTAR**

*An initiative to provide Mental and Emotional Assistance*

**Programme Schedule**

Prayer : Ms.Benu Treesa, Assistant Professor, NIMIT

Welcome Speech : Dr Fr.Varghese Pulickal, Campus Minister,  
NIMIT

Session : **Dr.Sr.Reema Grace CMC**  
(Psychologist , Psychotherapist & Trainer. Director ,Chavara  
Counselling Center)

Interactive Session :

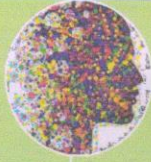
Vote of Thanks : Ms.Reni.V.Kalayil, Counsellor,NIMIT

National Anthem

**AUMENTAR**

Fr. Dr. PAULACHAN K.J.  
Principal





As part of World Mental  
Health Day,  
Department of Counselling

presents  
**AUMENTAR**

An initiative to provide men  
emotional assistance

**Dr. Sr. Reema Grace**  
CMC

(Renowned Psychologist  
Psychotherapist & Trainer,

Director Chavara  
Counselling  
Centre Koonammavu)

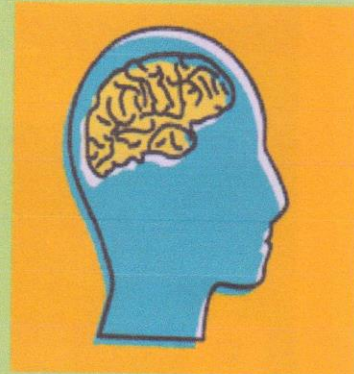
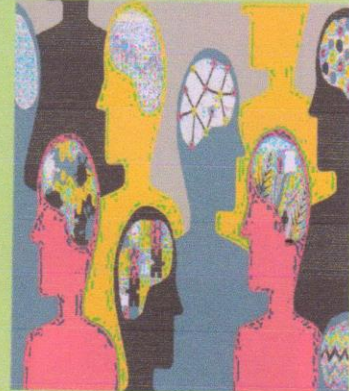


Date: 10/10/2020

Time: 6.00-7.00 pm

Platform: ZOOM

Open to all.....



**AUMENTAR**

Fr. Dr. PAULACHAN K.J.  
Principal



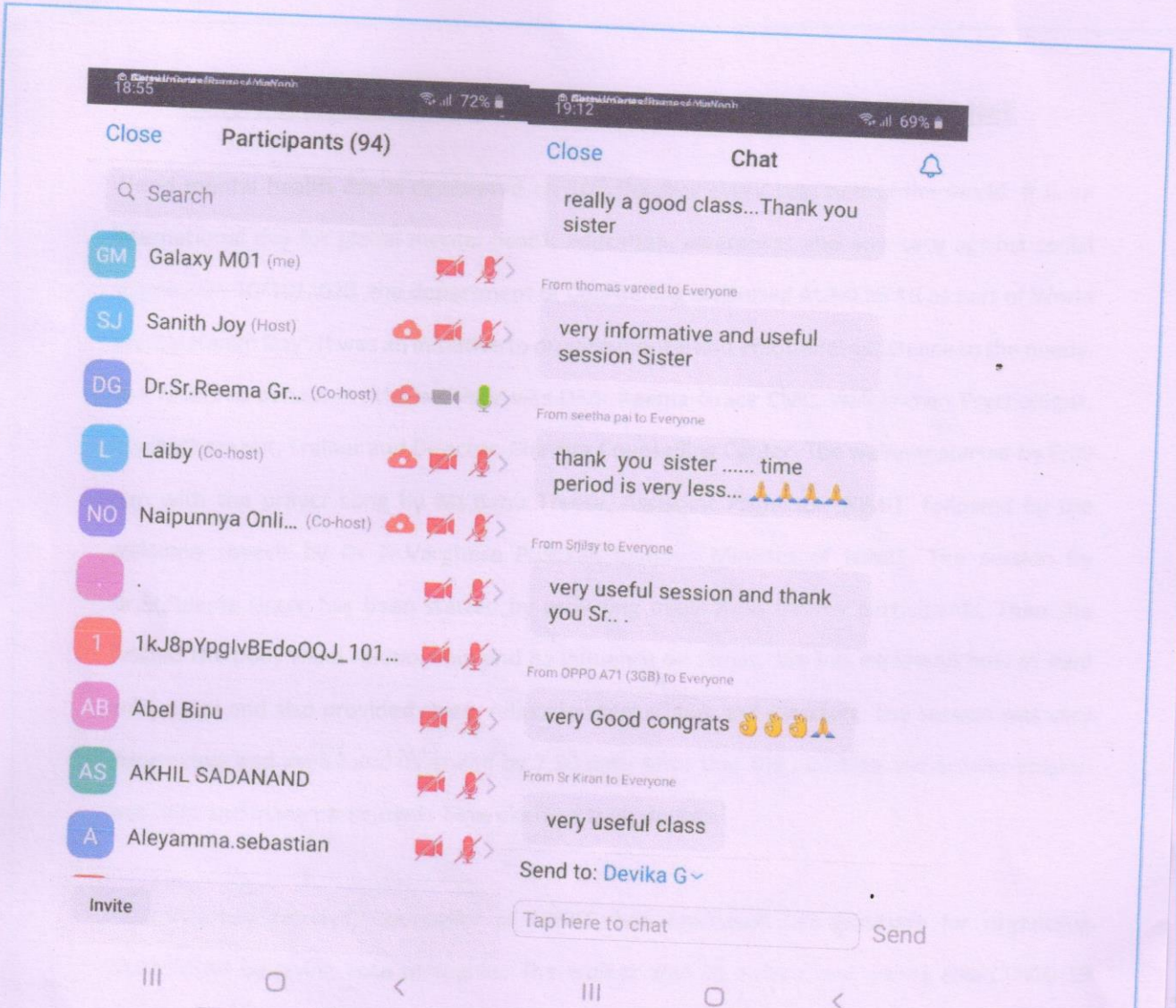


*Paulachan K.J.*

Fr. Dr. PAULACHAN K.J.  
Principal



AUMENTAR



Prepared by,

Ms Reni.V.Kalayil

Counsellor

NIMIT

AUMENTAR

Approved by,

Fr.Dr.Paulachan.K.J

Principal

NIMIT

