



CATHOLICATE COLLEGE PATHANAMTHITTA

Activity Report - Academic Year 2025-2026

Department/Committee/Club: Club - Cath Centre for Life Skills Development

Name of the Coordinator		Venue	From Date	To Date
Dr. Vidya Merlin Varghese & Dr. Saino Hanna Varghese		Seminar Hall, Department of History	20-01-2026 01:30 AM	20-01-2026 03:00 PM
Nature: indoor	Activity Type: Enrichment		Scheduled/Unscheduled: scheduled	
Number of Participants: 18		Funding: Self		Amount: -1
Chief Guest: Lovewin K Cherian				

Brief Information About Activity

Topic/Subject	Life & Academics Enrichment Course The Growth Trip Session 2: Growth Mind-set
Objectives	To introduce students to the concept of a growth mindset and its importance in academic and personal success. To help students overcome fear of failure and develop resilience. To encourage continuous learning, self-reflection, and adaptability. To motivate students to set realistic goals and work towards self-improvement. To promote positive thinking and confidence in facing challenges.
Methodology	Interactive Lecture Visual Presentation Group Discussion Activity-Based Learning Motivational Talk
Outcomes	Students gained a clear understanding of the difference between a fixed mindset and a growth mindset. Participants developed a more positive attitude towards learning and overcoming obstacles. The session enhanced students self-confidence and motivation. Students learned practical strategies to improve their academic performance and personal development. The programme fostered a culture of resilience, adaptability, and continuous learning among participants.

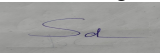
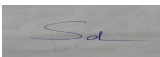
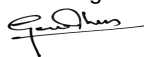
PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

Notice & Letters	List of Participants	Activity Report	Geo Tagged Photos	Feedback Form
Feedback Analysis	News Clip with details	Certificate	✓ Any Other	Order

IQAC & File Info

IQAC Document No:	Criterion No: V	NAAC Metric No: 5.4
Departmental File No: CCP/IQAC/37	IQAC File No: CCP/IQAC/37	International:

Signatures

Name of the Teacher	Name of the Head/Committee In-Charge & Signature	IQAC Coordinator Seal & Signature
Dr. Vidya Merlin Varghese & Dr. Saino Hanna Varghese 	Dr. Anu P T 	Dr. George Thomas 



**CATHOLICATE COLLEGE
PATHANAMTHITTA
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**LIFE & ACADEMIC ENRICHMENT COURSE
“THE GROWTH TRIP” - Growth Mind-set**





CATHOLICATE COLLEGE, PATHANAMTHITTA

CATH Centre for Life Skills Development (CLSD)

Accompanying... Inspiring... Enabling... Healing...

REPORT ON LIFE & ACADEMICS ENRICHMENT COURSE – “THE GROWTH TRIP”

Activity Report

Life & Academics Enrichment Course – “The Growth Trip”

Session 2: Growth Mind-set

Organized by: Catholicate College

Centre: Cath Centre for Life Skills Development

Date: January 20, 2026

Time: 1:30 PM – 3:00 PM

Venue: Seminar Hall, Department of History

Facilitator: Lovewin K Cherian

Introduction

The Cath Centre for Life Skills Development of Catholicate College organized Session 2 of the Life & Academics Enrichment Course titled “*The Growth Trip*.” The session focused on the theme “**Growth Mindset**,” aiming to equip students with essential psychological and academic skills for personal and professional development. The programme emphasized self-improvement, adaptability, and positive thinking among students.

Objectives of the Programme

- To introduce students to the concept of a **growth mindset** and its importance in academic and personal success.
- To help students overcome fear of failure and develop resilience.
- To encourage continuous learning, self-reflection, and adaptability.

- To motivate students to set realistic goals and work towards self-improvement.
 - To promote positive thinking and confidence in facing challenges.
-

Methodology

The session was conducted in an interactive and engaging manner using the following methods:

- **Interactive Lecture:** The facilitator explained the concept of growth mindset with real-life examples and relatable situations.
 - **Visual Presentation:** Creative visuals and illustrations (such as the symbolic growth imagery in the brochure) were used to enhance understanding.
 - **Group Discussion:** Students were encouraged to share their thoughts, experiences, and challenges related to learning and personal growth.
 - **Activity-Based Learning:** Simple reflective exercises and activities were conducted to help students identify fixed vs. growth mindset patterns.
 - **Motivational Talk:** The facilitator inspired students to embrace challenges, learn from mistakes, and adopt a positive outlook toward failure.
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Outcomes of the Programme

- Students gained a clear understanding of the difference between a **fixed mindset** and a **growth mindset**.
 - Participants developed a more positive attitude towards learning and overcoming obstacles.
 - The session enhanced students' self-confidence and motivation.
 - Students learned practical strategies to improve their academic performance and personal development.
 - The programme fostered a culture of resilience, adaptability, and continuous learning among participants.
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Facilitator

The program was facilitated by **Mr. Lovewin K. Cherian**, trained in life skills and human development practices.

Program leadership and coordination were ensured by the CCLSD team under:

- **Dr. Sindu Jones** – Director
- **Dr. Anu P T** – Head
- **Dr. Saina Hanna Varghese** – Deputy Head

- **Dr. Vidya Merlin Varghese** – Programme Coordinator
 - **Dr. Laija P J** – Administrative Officer
 - **Ms. Susan K. Wilson** – Outreach Coordinator
 - **Dr. Karthika S** – Monitoring & Evaluation
 - **Dr. George Thomas** – IQAC Coordinator
-

Conclusion

The session on “*Growth Mindset*” under “*The Growth Trip*” proved to be highly beneficial and inspiring for students. It successfully encouraged them to adopt a positive approach towards challenges and personal growth. The programme aligned well with the institution’s vision of holistic education, nurturing both academic excellence and life skills.



CATHOLICATE COLLEGE

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CATH CENTRE FOR LIFE SKILLS DEVELOPMENT

Accompanying... Inspiring... Enabling... Healing...

Life & Academics Enrichment Course

THE GROWTH TRIP



Session 2: Growth Mindset



JANUARY 20, 2026
1:30 - 3:00 PM



SEMINAR HALL
DEPARTMENT OF HISTORY

FACILITATED BY:
LOVEWIN K CHERIAN

WELCOME









58

DAY 2

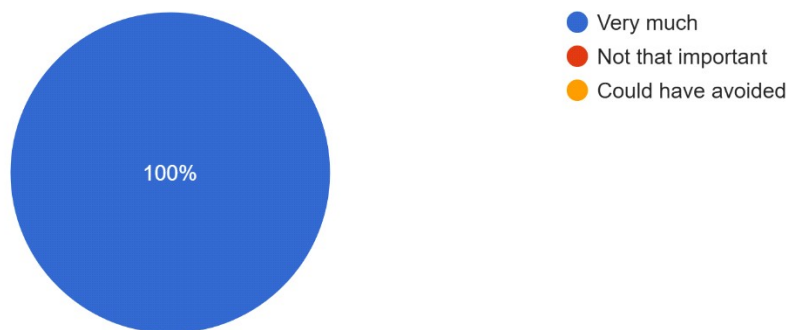
Date : 20.01.2026

Time : 1:30 PM - 3:30 PM

Sl. No.	Name of the student	Class & Subject	Phone No.	Signature
1.	Athulya S Kurup	11 th MA Malayalam	7560864406	
2.	LISA SUSAN THOMAS	III rd B.Sc Zoology	9526280980	
3.	Asha Likhmi A	III rd B.Sc Zoology	9656258289	
4.	Ravathi Rajan	II nd BSc Zoology	8891351023	
5.	Aaswathy P	D ₃ History	9497295617	
6.	Vinaya	D ₃ Economics	9012308542	
7.	Fathima S Kareem	D ₃ Economics	9946131220	
8.	Keerthi Vinod	D ₃ Economics	7306889354	
9.	Greeridhya S	D ₃ Economics	9747084310	
10.	Gowri Nandana J	D ₃ Hindi	8921404700	
11.	Chintamani Hanukrishnan	D ₃ Economics	9847123726	
12.	AVANTHIKA ANIL	S ₄ PHYSICS (MS)	9446920385	
13.	Teena S	2 nd MSc physics	9747039832	
14.	Aiswarya Ann Jesu	II nd MSc Physics (Material)	7012384143	
15.	Azathi Das	"	7012644881	
16.	Donna Evelis-k	"	8075320510	
17.	Shifana M	"	9048262805	
18.	Aachana Vinod	D ₃ Malayalam	807548802	

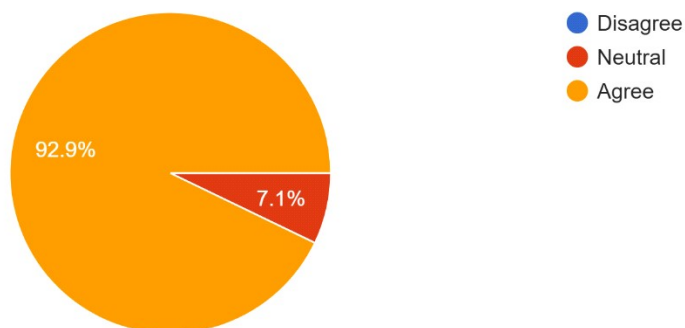
How significant was this session in your perspective?

14 responses



Was the session informative and enjoyable?

14 responses



The resource person maintained a positive attitude throughout the session.

14 responses

