



CATHOLICATE COLLEGE PATHANAMTHITTA

Activity Report - Academic Year 2025-2026

Activity Name: The Growth Trip



**CATHOLICATE COLLEGE
PATHANAMTHITTA
KERALA- 689645**

NAAC Reaccredited A⁺⁺ Grade with CGPA 3.53

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Affiliated to Mahatma Gandhi University, Kottayam, Kerala



**LIFE & ACADEMIC ENRICHMENT COURSE
“THE GROWTH TRIP”**



CATH Centre for Life Skills Development (CLSD)

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

Activity Report: The Growth Trip – Session 3

Organized by: Catholicate College

Centre: Cath Centre for Life Skills Development

Programme: Life & Academics Enrichment Course – *The Growth Trip*

Session Title: *Defining Aspirations & Setting Goals*

Date: February 6, 2026

Time: 1:30 PM – 3:00 PM

Venue: Seminar Hall, Department of History

Facilitator: Lowewin K Cherian

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

Introduction

As part of the Life Skills Development initiative, Session 3 of *The Growth Trip* programme was conducted with a focus on helping students identify their aspirations and systematically set achievable goals. The session aimed at empowering students with clarity of purpose and direction in both academic and personal life.

Objectives

- To help students **identify their personal and academic aspirations**.
 - To guide participants in **setting realistic and achievable goals**.
 - To enhance **self-awareness and motivation** among students.
 - To introduce strategies for **planning and prioritizing tasks effectively**.
 - To develop a sense of **purpose, direction, and commitment** toward future goals.
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Methodology

The session was conducted using an **interactive and participatory approach**, ensuring active involvement of students. The methodology included:

- **Interactive Lecture:** The facilitator introduced key concepts related to aspirations and goal-setting.
- **Self-Reflection Activities:** Students were encouraged to reflect on their interests, strengths, and ambitions.
- **Group Discussions:** Participants shared their ideas and aspirations, promoting collaborative learning.
- **Practical Exercises:** Activities focused on framing short-term and long-term goals.
- **Motivational Inputs:** Real-life examples and insights were shared to inspire students.

Outcomes

The session achieved the following outcomes:

- Students gained **clarity about their aspirations and future plans**.
- Participants learned how to **set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals**.
- Enhanced **confidence and motivation** among students.
- Improved ability to **plan and organize academic and personal objectives**.
- Students developed a **positive outlook toward achieving success** through structured efforts.

Conclusion

The session “*Defining Aspirations & Setting Goals*” proved to be highly beneficial in guiding students toward purposeful thinking and strategic planning. It successfully aligned with the broader vision of *The Growth Trip* programme in nurturing well-rounded individuals equipped with essential life skills.

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CATH CENTRE FOR LIFE SKILLS DEVELOPMENT

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Life & Academics Enrichment Course

THE GROWTH TRIP



Session 3: Defining Aspirations & Setting Goals

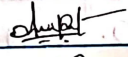
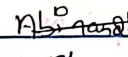
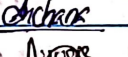
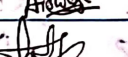
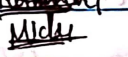
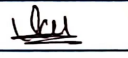
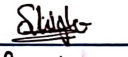
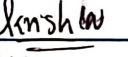
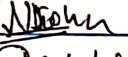
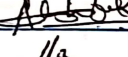
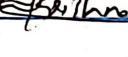
**FEBRUARY 6, 2026****1:30 - 3:00 PM****SEMINAR HALL
DEPARTMENT OF HISTORY****FACILITATED BY:
LOVEWIN K CHERIAN****WELCOME**





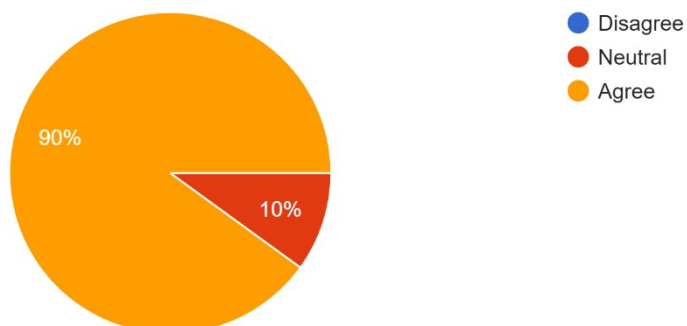


Day - 3

Date : 06.02.2026		Time : 2.00 - 3.30 PM		
S.N.	Name of the Student	Class & Subject	Ph. No	Signature
1	Aswathy.p	3 rd year History	9497295617	
2	Gowri Vandana.T	3 rd Hindi	8921404200	
3	Abhinandhu	3 rd Economics	9446593938	
4	Arbulya S Kurup	11 th MA Malayalam	7560864400	
5	Archanavined	D ³ Malayalam	807546802	
6	Aswathy Ann Jesu	M.Sc Physics	7012884143	
7	Arabi Das	"	7012644881	
8	Anush Gayatri	"		
9	Midhin Harikumar	"		
10	Bikha Narayanan	"		
11	Vaisakh . S.	"		
12	Shijo	"		
13	Krishnendh C.N.	"		
14	Neha John	"		
15	Abhishek . K	3 rd Economics		
16	Muhammed Hashim	"		
17	Vadhu Krishnan. M.	M.Sc physics (ole)		

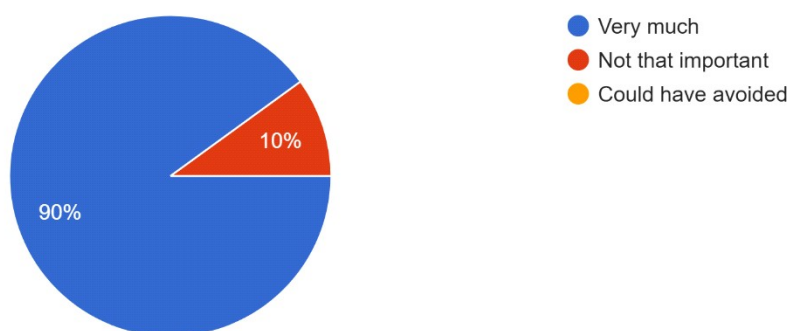
Was the session informative and enjoyable?

10 responses



How significant was this session in your perspective?

10 responses



Did the session meet your expectations

10 responses

