



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. Karthika S		Seminar Hall, Department of History	20-02-2026 02:00 PM	20-02-2026 03:30 PM
Nature: indoor	Activity Type: Enrichment		Scheduled/Unscheduled: scheduled	
Number of Participants: 9		Funding: Self		Amount: 0
Chief Guest: Lovewin K Cherian				

Brief Information About Activity

Topic/Subject	LIFE & ACADEMIC ENRICHMENT COURSE THE GROWTH TRIP
Objectives	To help students understand the importance of habits in shaping life outcomes. To encourage the development of positive and productive daily routines. To promote self-discipline and time management skills. To create awareness about balancing academic, physical, and emotional well-being. To motivate students to replace negative habits with constructive ones.
Methodology	Interactive Presentation Self-Assessment Activities Group Discussions Practical Exercises Motivational Inputs
Outcomes	Students developed a clear understanding of the role of habits in personal success. Participants became more aware of their daily routines and behavioral patterns. Improved motivation to adopt healthy and productive habits. Enhanced ability to manage time and maintain consistency in activities. Students showed a positive attitude toward long-term personal development.

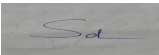
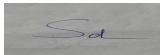
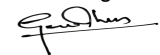
PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

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. Karthika S 	Dr. Anu P T 	Dr. George Thomas 



**CATHOLICATE COLLEGE
PATHANAMTHITTA
KERALA- 689645**

NAAC Reaccredited A⁺⁺ Grade with CGPA 3.53

Tel: +91 468 2222223 Email: cathiqac@gmail.com

Website: www.catholicatecollege.com

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 4

Organized by: Catholicate College

Centre: Cath Centre for Life Skills Development

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

Session Title: *Developing Life-enabling Habits*

Date: February 20, 2026

Time: 2:00 PM – 3:30 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

Session 4 of *The Growth Trip* programme focused on cultivating life-enabling habits that contribute to students' holistic development. The session emphasized the importance of consistent positive behaviours, self-discipline, and mindful living in achieving academic success and personal well-being.

Objectives

- To help students understand the **importance of habits in shaping life outcomes**.
 - To encourage the development of **positive and productive daily routines**.
 - To promote **self-discipline and time management skills**.
 - To create awareness about **balancing academic, physical, and emotional well-being**.
 - To motivate students to **replace negative habits with constructive ones**.
-

Methodology

The session adopted an engaging and learner-centred approach:

- **Interactive Presentation:** Key concepts related to habit formation and personal growth were introduced.
 - **Self-Assessment Activities:** Students analyzed their existing habits and identified areas for improvement.
 - **Group Discussions:** Participants shared experiences and strategies for developing good habits.
 - **Practical Exercises:** Activities focused on habit tracking, goal setting, and routine building.
 - **Motivational Inputs:** The facilitator provided real-life examples and practical tips for sustaining positive habits.
-

Outcomes

The session resulted in the following outcomes:

- Students developed a **clear understanding of the role of habits in personal success.**
 - Participants became more **aware of their daily routines and behavioral patterns.**
 - Improved motivation to **adopt healthy and productive habits.**
 - Enhanced ability to **manage time and maintain consistency in activities.**
 - Students showed a **positive attitude toward long-term personal development.**
-

Conclusion

The session “*Developing Life-enabling Habits*” was highly impactful in guiding students toward building a disciplined and balanced lifestyle. It reinforced the importance of small, consistent actions in achieving long-term goals, aligning with the broader vision of *The Growth Trip* programme.



CATHOLICATE COLLEGE

ESTD 1952 NAAC A++ ACCREDITED DST-FIST ISO CERTIFIED
BASIL HILLS, MAKKAMKUNNU PO, PATHANAMTHITTA, KERALA 689645



CATH CENTRE FOR LIFE SKILLS DEVELOPMENT

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

Life & Academics Enrichment Course

THE GROWTH TRIP



Session 4:

Developing Life-enabling Habits



FEBRUARY 20, 2026
2:00 - 3:30 PM



SEMINAR HALL
DEPARTMENT OF HISTORY

FACILITATED BY:
LOVEWIN K CHERIAN

WELCOME

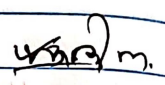
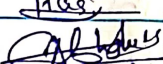






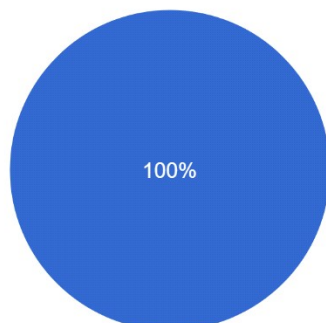




Date: 20.02.2026		Time: 2.00 - 3.30 PM	
Day - 4			
Sl No	Name of the Student	Class & Subject	Signature
1.	Gowri Vandana. J	D ₃ Hindi	
2.	RINCY ELIZABETH RETI	D ₃ Malayalam	RINCY
3.	Aachana. vined	D ₃ "	
4.	Mahammed hashim	D ₃ Economics	Has
5.	Abhishek . K	D ₃ Economics	
6.	Arthulya S Kurup	D ₃ Economics	
7.	Jayalakshmi. J	D ₃ Malayalam	
8.	Alfiya Nissam	D ₃ "	
9.	Link. k	D ₃ "	
10.	Aswathy. p		

How significant was this session in your perspective?

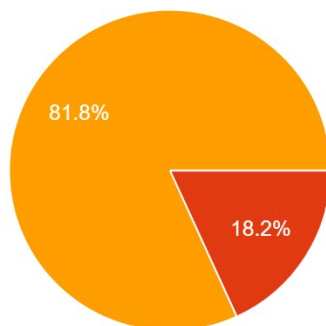
11 responses



- Very much
- Not that important
- Could have avoided

Was the session informative and enjoyable?

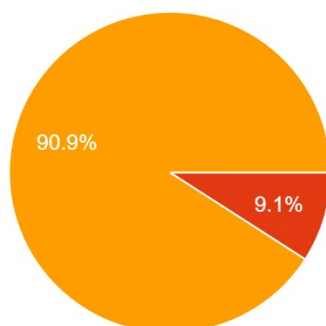
11 responses



- Disagree
- Neutral
- Agree

The resource person maintained a positive attitude throughout the session.

11 responses



- Disagree
- Neutral
- Agree