



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. Saino Hanna Varghese		Seminar Hall, Department of History	02-03-2026 01:30 PM	02-03-2026 03:30 PM
Nature: indoor	Activity Type: Enrichment		Scheduled/Unscheduled: scheduled	
Number of Participants: 24		Funding: Self		Amount: 0
Chief Guest: Lovewin K Cherian				

Brief Information About Activity

Topic/Subject	LIFE & ACADEMIC ENRICHMENT COURSE THE GROWTH TRIP
Objectives	To introduce students to the concepts of emotional intelligence and social intelligence. To enhance students ability to understand and manage their emotions effectively. To develop empathy, interpersonal skills, and healthy communication. To promote mental well-being, self-awareness, and emotional balance. To guide students toward building positive relationships and a supportive social environment. To provide strategies for stress management, healing, and personal growth.
Methodology	Interactive Lecture Group Activities Case Discussions Reflection Exercises Motivational Guidance
Outcomes	Students developed a better understanding of their own emotions and behavior. Participants improved their interpersonal and communication skills. The session fostered empathy, cooperation, and emotional sensitivity among students. Students gained practical techniques for stress management and emotional regulation. The programme contributed to students mental well-being and overall personality development. As the final session, it successfully reinforced the importance of life skills in achieving academic success and personal growth.

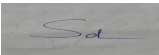
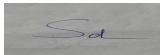
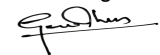
PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

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. Saino Hanna Varghese 	Dr. Anu P T 	Dr. George Thomas 



**CATHOLICATE COLLEGE
PATHANAMTHITTA
KERALA- 689645**

NAAC Reaccredited A⁺⁺ Grade with CGPA 3.53

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





CATH Centre for Life Skills Development (CLSD)

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

Activity Report

Life & Academics Enrichment Course – “The Growth Trip”

Session 5: Emotional & Social Intelligence (Last Session)

Organized by: Catholicate College

Centre: Cath Centre for Life Skills Development

Date: March 2, 2026

Time: 1:30 PM – 3:30 PM

Venue: Seminar Hall, Department of History

Facilitator: Lovewin 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

The Cath Centre for Life Skills Development of Catholicate College conducted the fifth and final session of the Life & Academics Enrichment Course titled “*The Growth Trip*.” The session focused on “**Emotional & Social Intelligence: Road to Wellness & Healing.**” As the concluding session of the programme, it aimed to integrate the learning outcomes of previous sessions while emphasizing emotional well-being, interpersonal relationships, and holistic development.

Objectives of the Programme

- To introduce students to the concepts of **emotional intelligence** and **social intelligence**.
- To enhance students’ ability to understand and manage their emotions effectively.
- To develop empathy, interpersonal skills, and healthy communication.
- To promote mental well-being, self-awareness, and emotional balance.

- To guide students toward building positive relationships and a supportive social environment.
- To provide strategies for stress management, healing, and personal growth.

Methodology

The session was conducted using a participatory and experiential approach:

- **Interactive Lecture:** The facilitator explained key concepts such as self-awareness, self-regulation, empathy, and social skills with practical examples.
- **Group Activities:** Students participated in activities designed to improve communication, empathy, and teamwork.
- **Case Discussions:** Real-life situations were discussed to help students understand emotional responses and social behavior.
- **Reflection Exercises:** Participants engaged in self-reflection tasks to identify their emotional patterns and interpersonal strengths.
- **Motivational Guidance:** The facilitator emphasized the importance of emotional balance and resilience for overall wellness and healing.

Outcomes of the Programme

- Students developed a better understanding of their own emotions and behavior.
- Participants improved their interpersonal and communication skills.
- The session fostered empathy, cooperation, and emotional sensitivity among students.
- Students gained practical techniques for stress management and emotional regulation.
- The programme contributed to students' mental well-being and overall personality development.
- As the final session, it successfully reinforced the importance of life skills in achieving academic success and personal growth.

Conclusion

The final session on “*Emotional & Social Intelligence: Road to Wellness & Healing*” effectively concluded “*The Growth Trip*” programme. It provided students with essential tools for emotional well-being and social harmony, aligning with the institution’s vision of holistic education. The session was insightful, engaging, and impactful, leaving a lasting impression on the participants.



CATHOLICATE COLLEGE

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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 5: Last Session



Emotional & Social Intelligence
Road to Wellness & Healing



MARCH 2, 2026

1:30 - 3:30 PM



SEMINAR HALL
DEPARTMENT OF HISTORY

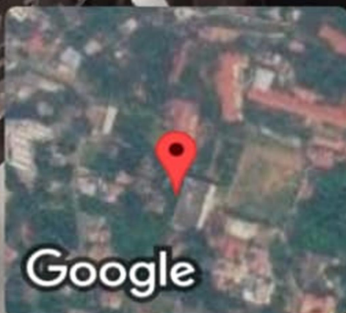
FACILITATED BY:
LOVEWIN K CHERIAN

WELCOME





GPS Map Camera



Google

Pathanamthitta, Kerala, India Kollenttethu, Azhoor, Pathanamthitta, Kerala
689645, India

Lat 9.258378° Long 76.77935°

Monday, 02/03/2026 01:46 PM GMT +05:30



61

Day - 5

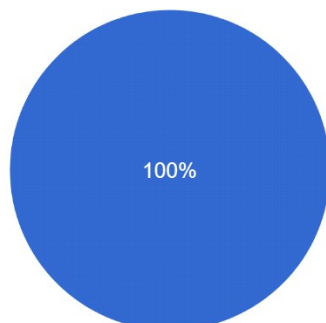
Date: 02.03.2026

Time: 1.30 - 3.30 PM

Sl No	Name of the Student	Class & Subject	Signature
1	Archana. vinod	D ³ Malayalam	<u>Archana</u>
2	Aswathy. p	D ₃ History	<u>Asp</u>
3	Sneha. O. Nair	D ₃ Zoology	<u>Sneha</u>
4	Revathi. Rajan	D ₃ Zoology	<u>Revathi</u>
5	Bojitha. P	D ₃ zoology	<u>Bojitha</u>
6	Gowri. Nandana. J	D ₃ Hindi	<u>Gowri</u>
7	Asha. Lekshmi. A	D ₃ Zoology	<u>Asha</u>
8	Abitha. Biju	D ₃ Zoology	<u>Abitha</u>
9	Preethi. B	D ₃ Zoology	<u>Preethi</u>
10	Athulya. S. Kurup	11th MA Malayalam	<u>Athulya</u>
11	LISA SUSAN THOMAS	D ₃ Zoology	<u>Lisa</u>
12	M. Manasa Pillar	D ₃ Zoology	<u>Manasa</u>
13	Krishnanand	Msc Physics	<u>Krishna</u>
14	Tanush. Jayaraj	Msc Physics	<u>Tanush</u>
15	Aiswarya. Ann. Sabu	Msc Physics (Material)	<u>Aiswarya</u>
16	Azathi. Das	"	<u>Azathi</u>
17	Midhin. Kurikumar	Msc Physics (Material)	<u>Midhin</u>
18	BICHU NARAYAN	" (Electronics)	<u>Bichu</u>
19	Madhu. Ishikumar. m	"	<u>Madhu</u>
20	Afiya. Rahim	"	<u>Afiya</u>
21	Devika. Krishnan. M. R	"	<u>Devika</u>
22	AVANHIKA ANIL	" (MS)	<u>Avanika</u>
23	SHIDO SKARIAH	"	<u>Shido</u>
24	AK. NEHA. JOHN	"	<u>Ak. Neha</u>

How significant was this session in your perspective?

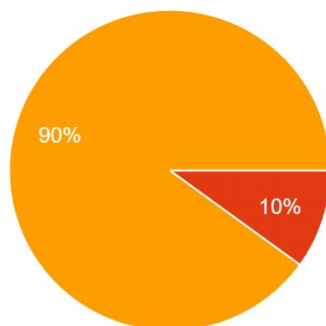
10 responses



- Very much
- Not that important
- Could have avoided

Was the session informative and enjoyable?

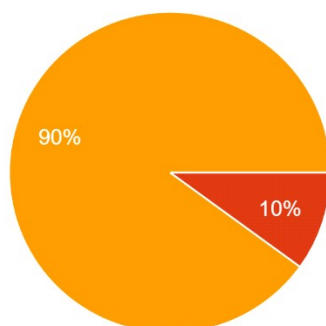
10 responses



- Disagree
- Neutral
- Agree

The resource person maintained a positive attitude throughout the session.

10 responses



- Disagree
- Neutral
- Agree