

WALK WITH A SCHOLAR PROGRAMME

ST. ALOYSIUS COLLEGE, EDATHUA

Alappuzha Dist., Kerala - 689573, India

NAAC 'A' Grade Accreditation | DST-FIST & RUSA Assisted

Affiliated to Mahatma Gandhi University, Kottayam



REPORT 2024-25

ENABLE YOURSELF: A JOURNEY TO SELF AWARENESS & ACCEPTANCE

On October 7, 2024, St. Aloysius College, Edathua, hosted an insightful session titled “ENABLE YOURSELF: A JOURNEY TO SELF-AWARENESS & ACCEPTANCE” as part of its Walk with a Scholar (WWS) Programme. The event took place at Fr. Punnappadom Hall, starting at 10:00 AM, with a focus on guiding students towards deeper self-awareness and self-acceptance. The session was led by Mr. Lovewin K Cherian, a passionate Student-Youth Accompanier from CHOLA - Mission to accompany and inspire young minds.

In his dynamic and engaging talk, Mr. Cherian emphasized the significance of developing practical self-awareness as a tool for enhancing self-confidence. He provided practical strategies for participants to not only understand themselves better but also to love and respect who they are. He encouraged attendees to embrace their individuality, recognize their strengths, and overcome self-limiting beliefs, creating an environment conducive to self-growth and empowerment.

Mr. Cherian’s approach resonated deeply with the students, blending real-life examples, interactive discussions, and reflective exercises to create an impactful experience. The participants were encouraged to actively engage in self-reflection, identify areas where they could improve, and apply the insights gained from the session to their daily lives.

The session successfully achieved its aim of inspiring students to embark on a journey of self-discovery, equipping them with the tools necessary for building a positive self-image and improving their overall well-being.

The event concluded with a round of feedback from participants, who expressed their gratitude for the valuable insights provided. The session was seen as a significant step towards fostering self-awareness, acceptance, and confidence among the students of St. Aloysius College.