

ST. ALOYSIUS COLLEGE EDATHUA

LIFE GUIDANCE CELL

"Values and Beyond: Exploring Life's Purpose"

Mr. Jerome P.V (07/06/2024)

On June 7, 2024, the Life Guidance Program titled "Values and Beyond: Exploring Life's Purpose" took place at Fr. Punnappadaom Hall, St. Aloysius College, Edathua. Prof. Jerome PV, former Vice Principal and HOD of the PG and Research Department of Commerce, led the session from 12:15 PM to 1:00 PM. Prof. Jerome's lecture focused on the pivotal role of personal values in life decisions, aligning actions with long-term goals, and exploring life's purpose, supplemented by real-life examples and practical advice. The session included an interactive segment where students engaged actively, receiving tailored guidance. The event concluded with a vote of thanks, appreciating Prof. Jerome's valuable insights and student participation. The program was well-received, with attendees reporting a renewed sense of direction and purpose. The session successfully inspired students to lead value-driven and purposeful lives.

"Values Based Living: A Journey of Life's Discovery"

Dr. Santy Joseph (05/07/2024)

St. Aloysius College, Edathua, conducted a Life Guidance Program titled "Values Based Living: A Journey of Life's Discovery" on July 5, 2024, in Fr. Punnappadom Hall. The session, held from 12:15 PM to 1:00 PM, was led by Dr. Santy Joseph, Vice Principal and HOD of the Department of Hindi. The session discussed the significance of values in leading a meaningful life and the journey of self-discovery, using practical advice and real-life examples to illustrate how values influence decisions and personal growth. An interactive segment allowed students to engage directly with the speaker, gaining valuable insights. The event concluded with a vote of thanks. The session was well-received, prompting attendees to think deeply about their own values and consider how to integrate these principles into their lives.

"Forge Your Own Path: The Empowering Journey of Self-Discovery,"

Ms. Rose Mary Mathew (02/08/2024)

On August 2, 2024, the Value Education Programme held a session titled "Forge Your Own Path: The Empowering Journey of Self-Discovery," led by Ms. Rose Mary Mathew, Assistant Professor of Commerce (SF). With over 100 students in attendance, her engaging teaching methods encouraged active participation and deep reflection on personal and academic goals. The session effectively promoted self-awareness and personal growth, significantly benefiting the students. It concluded with a vote of thanks by Mr. Praveen Joseph, Assistant Professor of Commerce, expressing gratitude to the speaker and the students. Overall, the session was a great success, contributing to the students' development.

The importance of cultivating good friendships and the qualities of a good person.

Ms. Rosmin John(06/09/2024)

A Life Guidance Seminar was conducted on 6th September 2024 at Fr. Punnappadom Hall, focusing on the importance of cultivating good friendships and the qualities of a good person. The session commenced at 12:15 PM and was led by Ms. Rosmin John, Assistant Professor, Department of Physics, who served as the resource person for the event.

Ms. Rosmin John eloquently emphasized the critical role of friendships in shaping one's personal and professional life. She highlighted the traits that define a good individual, such as honesty, empathy, and resilience. Her engaging and thought-provoking session resonated deeply with the attendees, inspiring them to reflect on their relationships and personal values.

The program was coordinated by Dr. Santy Joseph, Vice Principal, whose efforts ensured its smooth execution. The seminar concluded at 12:45 PM, leaving the audience with valuable insights and actionable takeaways for fostering meaningful relationships and personal growth.

The event was a resounding success, with participants expressing their appreciation for the session's relevance and impactful delivery.

"Perseverance and Purpose: Navigating Life's Journey".

Dr.Gem Cherian (04/10/2024)

A life guidance class was conducted on 4 October 2024, at Fr. Punnappadom Hall, with 35 students in attendance. The session was led by Dr. Gem Cherian, Head of the Department of English, who provided valuable insights on navigating life's challenges. The topic of her class was "Perseverance and Purpose: Navigating Life's Journey".

Dr. Gem Cherian emphasized the importance of perseverance and determination in overcoming uncertainties and distractions on the path toward achieving one's goals. Drawing inspiration from literature, she cited Paulo Coelho's *The Alchemist*, highlighting its message of following one's dreams despite obstacles.

The session was highly motivational, leaving students with a renewed sense of purpose and commitment to their personal and academic journeys.

How Setbacks Shape Our Journey

Dr.Bittu Ann Chacko (01/11/2024)

A Life Guidance Program titled "How Setbacks Shape Our Journey" was conducted by St. Aloysius College, Edathua for the students on November 1st, 2024. The resource person was Dr. Bittu Ann Chacko, Assistant Professor in the Department of Economics. The session was graced by the presence of Dr. Santy Joseph, the Vice Principal, who extended a warm welcome to the speaker and participants. The resource person delved into the transformative power of setbacks, highlighting how challenges can serve as stepping stones to personal growth and success. The session was attended by six students who actively engaged with the speaker, asking insightful questions and sharing their own experiences. The program concluded with a vote of thanks proposed by Dr. Lakshmi Vijayan, Assistant Professor in the Department of Physics, acknowledging the valuable insights shared by Dr. Bittu Ann Chacko and the enthusiastic participation of the students.

Goal Setting and Time Management

Mr. Manoj Xavier (06/12/2024)

As part of the Value Education program, Mr. Manoj Xavier conducted a session on Goal Setting and Time Management on 6th December 2024.

He provided practical strategies to overcome procrastination and enhance productivity using planners and structured schedules. Students actively participated in discussions, assessing their current time management skills and identifying areas for improvement.

The session was interactive, with students engaging in activities that reinforced the concepts. It provided valuable insights on effective time management and goal-setting techniques. The session proved to be highly informative and beneficial, equipping students with essential skills to manage their time effectively and work towards their goals. Overall, it was a valuable learning experience for all attendees.

Self Awareness and Self Improvement: Understanding Strengths And Weakness

Indu V R (03/01/2025)

Date: 3rd January

Time: 12:15 pm

Venue: Fr. Punnapadam Hall, St. Aloysius College

Introduction:

The value education class was conducted on 3rd January by Indu V R Department of Commerce (SF) at St. Aloysius College, with the aim of imparting essential life values to students. The session was held at Fr. Punnapadam Hall, starting at 12:15 pm.

Objectives:

- To educate students on the importance of values in everyday life
- To promote critical thinking and reflection on personal values
- To foster a sense of responsibility and empathy among students

Session Overview:

The session began with a welcome address by the facilitator, who introduced the topic of value education and its significance in modern times. The students were then engaged in an interactive discussion on the importance of values such as respect, empathy, and honesty.

Key Takeaways:

- Values are essential for personal growth and development
- Respect for others is a fundamental value that promotes harmony and understanding
- Empathy and compassion are crucial for building strong relationships
- Honesty and integrity are essential for personal and professional success

Conclusion:

The value education class was a resounding success, with students actively participating in discussions and activities. The session provided a valuable opportunity for students to reflect on their personal values and develop a deeper understanding of the importance of values in everyday life.

Attendance:

The session was attended by 12 students, who actively participated in discussions

Student Feedback:

The students provided positive feedback on the session, stating that it was informative, interactive, and thought-provoking. The students also requested that similar sessions be conducted in the future.

Power of Gratitude, cultivating positivity in daily life

Mr.Jaimin George (07/02/2025)

A Life Guidance Program titled "Power of Gratitude, cultivating positivity in daily life" was conducted by St. Aloysius College, Edathua for the students on February 7th, 2025. The resource person was Jaimin George, Assistant Professor in the Department of Chemistry. The session was graced by the presence of Dr. Santy Joseph, the Vice Principal, who extended a warm welcome to the speaker and participants. The resource person delved into the transformative power of setbacks, highlighting how challenges can serve as stepping stones to personal growth and success. The session was attended by 11 students who actively engaged with the speaker, asking insightful questions and sharing their own experiences. The program concluded with a vote of thanks proposed by Princemon Philip, Assistant Professor in the Department of Chemistry, acknowledging the valuable insights shared by Jaimin George and the enthusiastic participation of the students.

Habits for Personal Growth and Success.

Mr. Jijo Joy (07/03/2025)

A life guidance session for non-Catholic students was conducted on 07/03/2024 from 12:15 to 12:45 at Fr. Punnappadam Hall. The session was led by Sri. Jijo Joy, Assistant Professor, Department of Mathematics, on the topic "Habits for Personal Growth and Success." A total of 35 students participated in the session. The resource person spoke about the importance of being proactive, prioritizing tasks, and acting with a clear goal in mind. He also shared several simple daily exercises that students can practice to develop these habits in their daily lives. The session was informative and helped students understand how to improve themselves for a successful future.