

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.