

# Internal Quality Assurance Cell Mar Thoma College, Tiruvalla



## Induction Programme 2023



*Embrace change and evolve into the best  
version of yourself*



**21-23 August, 2023**



**College Auditorium**

**DAY**



**Know Myself: Self Discovery**



**Opportunities are Waiting for Me: Goal  
Setting & Career Guidance**



**Know My College & Department**

In Association with

**Lore & Ed**



**SanBella**





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*Embrace change and evolve into the best version of yourself*



AUG



- **Inaugural Session**
- **Session 1:** Self-discovery Workshop and Ice-breaking Activities
- **Session 2:** Public Speaking
- **Session 3:** Say No to Drugs: An Awareness on Adolescent Drug Abuse and Prevention
- **Session 4:** Academic Writing

AUG



- **Session 1:** Career Guidance Program - Job Opportunities in India
- **Session 2:** Life-skill Training Session
- **Session 3:** Goal Setting, Building Growth Mindset & Resilience. Feedback Session

AUG



- **Session 1:** Introducing College & its Activities
- **Session 2:** Introducing Different Clubs & Associations
- **Valedictory & Talent Show**

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## ORGANISING COMMITTEE

Dr. Mathew Varkey T. K., *Principal*  
Dr. Sonia Anna Zachariah, *IQAC Coordinator*  
Dr. Josmin P. Jose, *Convener*  
Dr. Noble P. Abraham  
Dr. Antu Annam Thomas  
Dr. Kesia Mary Philip  
Dr. Neema Susan Mathews  
Dr. Roshan Sara Philipose  
Dr. Litty Yohannan