

## **Report of the Induction Programme “Grow and Glow”**

The three-day induction programme titled “**Grow and Glow**” was organized for the first-year degree students of Deva Matha College on 2nd, 4th, and 5th July 2025. The programme aimed to help students transition smoothly into college life by enhancing their self-awareness, skills, and teamwork.

Around 130 students from various streams actively participated in the programme.

### **Day 1 & Day 2**

The sessions on the first two days were led by Mr. Roshan Roy, Corporate Trainer and HR Consultant, and Er. Sanjesh Menon. The resource persons conducted engaging and interactive sessions covering the following topics:

- **Know Your Strength**
- **Skill Up with Smart Planning**
- **Develop Communication Skills**
- **Cultivate the Right Attitude for Success**

Through discussions, activities, and real-life examples, the speakers motivated students to identify their strengths, plan effectively for their academic journey, improve communication competencies, and develop a positive mindset for success.

### **Day 3**

The third-day session was led by Prof. Babu Sankar S., Assistant Professor at St. Joseph's College of Engineering, Pala. He conducted an energetic session on **Group Dynamics**, using a wide variety of games and team-building activities. These activities helped students understand collaboration, leadership, cooperation, and effective teamwork in a practical, enjoyable way.

### **Sponsorship and Coordination**

The programme was generously sponsored by **DMC HOPE 88-90 Charitable Trust**, an initiative of the 1988–90 Pre-Degree Science Batches Alumni. Their support made the programme's successful conduct possible.

Dr. Priya Joseph served as the Convener of the programme, and Dr. Deepthi John coordinated the event.

### **Conclusion**

The “Grow and Glow” induction programme was highly beneficial for the first-year students. It provided them with valuable insights into personal development, communication skills, planning strategies, and teamwork. The programme successfully set a positive, motivating tone for students' academic journey at Deva Matha College.