



Euphrasia Training College for Women

(Affiliated to University of Calicut)

Kattoor P O, Pin-680702, Thrissur Dist., Kerala

Ph.: 480 - 2877364, +91 - 9746736378

Email: euphrasiatrg@gmail.com Website: euphrasiatrainingcollege.org

Refreshment Classes conducted in our college

Conduct refresher classes and activities to empower the students and make them more energetic, in the beginning of the academic year.

Day:1

Session 1: Familiarize the campus.

Resource Person: Principal

Objective:

- 1.To understand the rules and regulations of the college
- 2.To enable the students to realize the facilities available in the campus like sanitation, drinking water, medical assistance,first aid etc

Students Involved: First Year Students



Principal
Principal
Euphrasia Training College For Women
Kattoor

Session 2 : Performing Arts

Resource Person : Reshma M (Music Teacher)

Objective of the programme : 1. To appreciate the cultural Programmes.
2. To reduce Tension among students and develop a positive attitude.

Students involved : First Year students



Day 2

Session 1: Familiarizing Institutional Vision and Mission

Resource Person : Sr.Namitha(Vice Principal)

Objective of the programme : 1.To familiarize the Motto of the Institution.
2. To make them realize their inner values and empower them.

Students Involved : First Year Students



N. Namitha
Principal
Euphrasia Training College For Women
Kattoor

Session 2: Debate

Resource Person : Reji T.R.(Assistant Professor in Commerce)

- Objective : 1. To reduce stage fear among students
2. To development friendly competitive spirit among students
Students Involved: First Year Students



Session 3 : Yoga and Well being

Resource Person : Suresh K S(Physical Education Teacher)

- Objective of the Programme : 1. To know the importance of Yoga in daily life
2. To reduce stress and strain among Students
3. To practice Yoga Skills

Students Involved : First year students



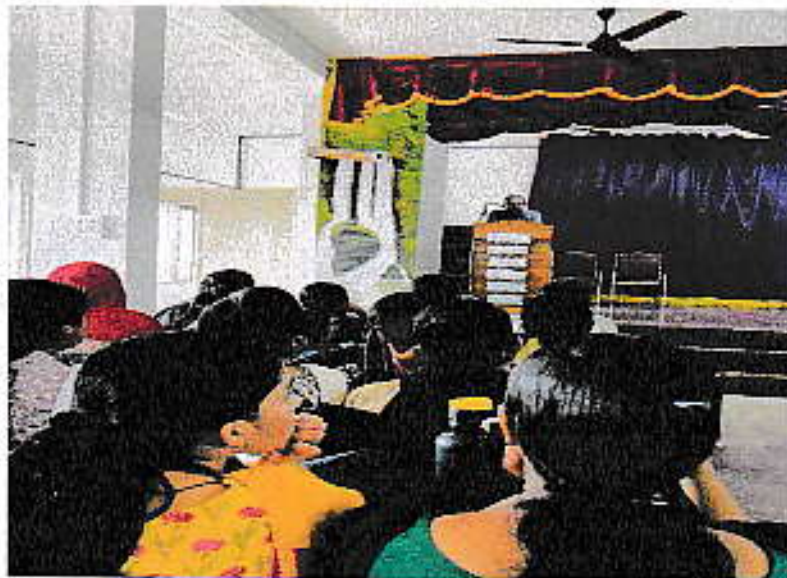
Principal
Euphrasia Training College For Women
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Day3

Session 1: Introducing the faculties.

Resource person : Dr.C.Salim Kumar.(Principal)

Objective : 1. To create a good relationship with the faculties of the institution.
2. To aware the students about the welfare measures taken by the institution like Grievance redressal, Personal counseling etc
Students Involved: First Year students



Session 2: Awareness about various eligibility test

Resource Person : Reji T.R.(Assistant Professor in Commerce)

Objective : 1. To understand the need of eligibility test in their Career
2. To improve the confidence level of students.

Students Involved : First Year Students



Dr. C. Salim Kumar
Principal
Euphrasia Training College For Women
Kattoor

Session 3: Health and Physical fitness

Resource Person : Suresh K.S (Physical Education Teacher)

Objective : 1. To develop awareness about health and physical fitness
2. To develop an initiative skill among students.

Students Involved : First Year Students



Ashoke
Principal
Euphrasia Training College For Women
Kattoor