



# HOLY CROSS COLLEGE (Autonomous)

Nagercoil - 629004

Accredited with A++ Grade (CGPA 3.53 - V Cycle) by NAAC, Affiliated to M. S University



INTERNAL QUALITY ASSURANCE CELL

## STUDENT INDUCTION PROGRAMME

23-06-2025 to 01-07-2025

### Day 1 (23-06-2025)

#### Forenoon

Inaugural – PTA

Inaugural Address:

**POSITIVE PARENTING IN A  
CHANGING ACADEMIC WORLD**

Resource Person: **Rev. Sr. Rosari Sahaya Rani**  
*Counsellor & Psychotherapist*

Code of Conduct for Students

**Rev. Dr. Sr. Sahayaselvi**  
*Principal*

- Introduction to Student Induction Programme  
**Dr. X. Venci Candida, Director, IQAC**
- Scholarship Information  
**Mrs. Kodimalar**
- Transport Information  
**Mr. Padmanaban**



#### Afternoon

- Mentoring
- Department Orientation
- Introduction and Socializing
- SLOC Analysis

### Day 2 (24-06-2025)

#### Forenoon

Talk 1: கனவுகள் மெய்ப்பட

Resource Person: **Dr. Antony Prakash Babila**  
*Asst. Prof. & Head,  
Dept of Tamil.*

Talk 2: Importance of Yoga

Resource Persons: **Rev. Sr. Shanthi &  
Mrs. Rushiya**  
*Yoga Practical Session*

#### Afternoon

- Creative Art
- Paper Art
- Clay Art
- Bottle Art
- Wall Decor
- Campus Tour





Day 3 (25-06-2025)

## Forenoon

### Talk 3: Good Health and Good Sense

*Foundation of a Meaningful Life*

Resource Person: **Dr. C. Nija**

*HoD, Department of Zoology,  
Women's Christian College, Nagercoil,  
(Alumna – Batch 1993-1995)*

### Practical Session: Zumba for Fitness

**Dr. Ajith Sinthuja**

*Zumba Instructor & Asst Prof. of Chemistry*

Feedback from Senior Students

## Afternoon

- Traditional Games
- Talent Hunt

Days 4, 5 & 6 (26, 27 & 30-06-2025)

# Take-off with Spoken English

## Focusing LSRW Skills

Offered by: Department of English

Day 7 (01-07-2025)

## Forenoon (9 A.M. - 10 A.M.)

### Talk 4: Orientation on Goal Setting

Resource Person: **Dr. Jeni Chandar Padua**

*Dean of Entrepreneurship &  
Career Development*

## Afternoon

- Discipline-wise Bridge Course
- Introducing the Programme
- Department Vision & Mission
- Outcome-Based Education (POs and PSOs)
- Vocabulary / Formulae
- Basics / Applications in Real-life Situations
- Career Opportunities / Higher Education  
(Becoming an Entrepreneur)

