



**DON BOSCO ARTS & SCIENCE COLLEGE**

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# Personal Growth Lab

September 17 & 18, 2015



**Personal Growth Lab**  
**Don Bosco Arts and Science College, Angadikadavu, Kannur**  
**17-18 Sept. 2015**  
**Programme Schedule**

**Day - 1**

<b>Time</b>	<b>Batch – 1</b>	<b>Batch – 2</b>
<b>09.30 am – 10.15 am</b>	Introduction to the programme & Ice Breaking	
<b>10.15 am – 12.50 pm</b>	<ul style="list-style-type: none"> <li>➤ Introduction to Life Skills</li> <li>➤ Knowing Self</li> </ul>	<ul style="list-style-type: none"> <li>➤ Introduction to Life Skills</li> <li>➤ Knowing Self</li> </ul>
<b>01.45 pm – 03.30 pm</b>	Values – Touching The Base	Relationships – Taking up the reigns

**Day - 2**

<b>Time</b>	<b>Batch – 1</b>	<b>Batch – 2</b>
<b>09.30 am – 10.00 am</b>	Recap	
<b>10.00 am – 12.50 pm</b>	Relationships – Taking up the reigns	Values – Touching The Base
<b>01.40 pm – 03.30 pm</b>	Decision Making – Leading Life Responsibly	

Tea break : 11.40 – 11.55 am

Lunch break : 12.50 – 01.35 pm

**Resource Team**

Mrs. Sonia Ratheesh

Mr. Baby Prabhakaran

Mr. Thomas Wilson