

Training Department
Behaviour Enhancement Hub (Be-Hub)

Naipunnya[®]
To reach the unreachable

Date of event: March 2025

Faculty In-charge: Ms. Rajani Stanley



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Date: 03/03/2025

Circular

This March, the Training Department will introduce the habit of self-actualization, "Your wings already exist, all you have to do is fly." You already have the potential to achieve greatness - now it's time to step up, take action, and embrace new challenges. Believe in yourself, step out of your comfort zone, and soar.




Fr. Dr. Paulachan K.J.

Principal

REPORT

Be-Hub's objective is to instill positive behavioral changes in students by utilizing the principles of associative learning. It acknowledges that by encouraging students to adopt simple yet healthy actions on a daily basis, these actions can evolve into habits within a month and eventually become integral to their character. Each month, a new healthy habit is introduced on the campus, and students who consistently practice these habits are identified from every Department. These exemplary students are rewarded on a monthly basis as the top performers, with the selection criteria clearly outlined based on the habit of the month.

The Training Department introduced the habit of self-actualization for the month of March, emphasizing the theme: "Your wings already exist; all you have to do is fly." This initiative aimed to inspire individuals to recognize their inner potential, step beyond their comfort zones, and embrace challenges with confidence. Participants were encouraged to assess their strengths, set goals, and take proactive steps toward their personal and professional growth. The initiative received positive feedback.

Prepared by:



Ms. Elsa Jose

Training Dept.

Verified by:



Ms. Rajani Stanley

HOD, Training Dept.

Approved by:



Rev. Fr. Dr. Paulachan K J

Principal




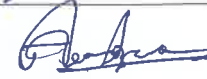




PHOTOGRAPHS /SCREENSHOTS



COORDINATOR'S LIST

Name of the event: Be Hub Habit of the Month

Date: March 2025

Sl. No.	Name	Class	Signature
1.	Anjana	II B.Com B	
2.	Anupama	II B.Sc CS	
3.	Rishi	II HMCS B	
4.	Jeevan	II HMCA	
5.	Josh	II HMCA	
6.	Pravcen	II BHA	

*All UG students are participants in the event.

