

## MOUNT TABOR TRAINING COLLEGE

### PATHANAPURAM

### COMMUNITY LIVING CAMP

### MAITRI 2016

(16<sup>TH</sup> to 20<sup>TH</sup> APRIL )

10.00 AM -4 PM OUTREACH SURVEY

4.00PM TEA

4.30 PM PERSONAL TIME

5.30 PM GROUP WORK

6.30 PM PRAYER

7.00 PM REPORTING

8.00 PM DINNER

9.00PM THEATRE ARTS

10PM SLEEP TIME

8.00PM

9.00 PM

10.00 PM

1.Dr. Roy Abraham,Principal,

Marian College Kuttikkanam

2.Fr.Robin Pedanathu, Coordinator,

Dept. of Extension Activities,

Marian College

3. Shri. Joby Babu,

NSS Coordinator, Marian College

DINNER

TRAVALOGUE - Shri Jijan E. K

SLEEP TIME

#### Day 1 16/04/2016 Saturday

1.30 PM INAUGURATION

2.30 PM BRIEFING OF THE CAMP

4.00 PM GROUPING

4.30 PM TEA

5.00 PM OUTDOOR GAMES

6.00PM PERSONAL TIME

7.00 PM PRAYER

7.30 PM GROUP WORK

8.00 PM DINNER

8.45 PM SURVEY-What and How?

9.15PM REFLECTIONS

10.15PM SLEEP TIME

#### Day 3 18/04/2016 Monday

6.30AM FALL IN & PRAYER

6.45 AM YOGA

7.45AM BREAKFAST

8.30 AM 'STRIVE TOGETHER'

POSTER & THOUGHT

PRESENTATION

10.00 AM EXPLORING THE SELF

GROUP ACTIVITIES:

Dr. Rosamma Philip

12.30 PM LUNCH

1.30 PM YATRA

From Tabor hills to Kuttikkanam hill

station

4.30 PM TEA

4.45 PM PERSONAL TIME

6.30 PM MEETING WITH EXPERTS

#### Day 4 19/04/2016 Tuesday

6.30 AM FALL IN & PRAYER

6.45 AM YOGA :INSTRUCTIONS By

Shri. Satheesh Kumar, Marian

College Kuttikkanam

7.45 AM BREAKFAST

8.30 AM 'STAY HEALTHY, SAVE NATURE'

POSTER& THOUGHT PRESENTATION

10.AM MEETING SOCIAL ACTIVIST

Dr. Thomas Abraham, International

TCI Graduate Facilitator& Former

Director Dept. Of Extension & Adult

Education

12.30PM PUZZLE TIME

1.00PM LUNCH

2.00PM CREATIVE TIME

3.00PM EXPLORING THE SELF

Dr. Sam V Daniel

#### Day 2 17/04/2016 Sunday

6.30 AM FALL IN & PRAYER

6.45 AM YOGA

7.45AM BREAKFAST

8.30 AM DIRECTIONS FOR SURVEY

|         |                                |
|---------|--------------------------------|
| 4.00 PM | TEA                            |
| 4.30 PM | MARIAN RESOURCES- CAMPUS VISIT |
| 6.00PM  | PERSONAL TIME                  |
| 7.00PM  | PRAYER                         |
| 7.15PM  | SKILL TIME                     |
| 8.00 PM | DINNER                         |
| 8.45PM  | PRIME TIME (THEATRE ARTS)      |
| 10 PM   | SLEEP TIME                     |



## MOUNT TABOR TRAINING COLLEGE

PATHANAPURAM, KOLLAM, KERALA

## COMMUNITY LIVING CAMP

(16<sup>th</sup> to 20<sup>th</sup> APRIL 2016)

### Day 5 20/04/2016 Wednesday

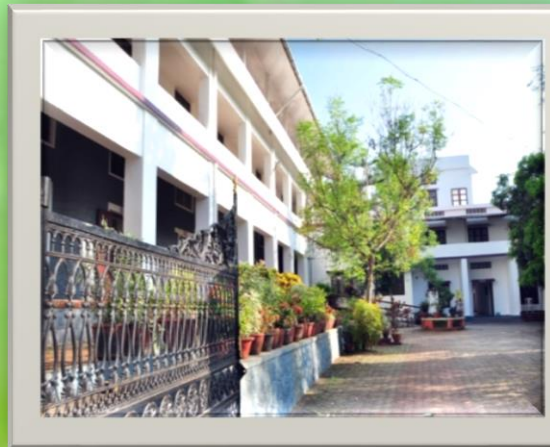
|         |   |
|---------|---|
| 6.00AM  | FALL IN & PRAYER                                |
| 6.30 AM | YOGA  |
| 7.45 AM | BREAKFAST                                       |
| 8.30 AM | 'SECURE PEACE'<br>POSTER & THOUGHT PRESENTATION |
| 9.30 AM | EXPLORING THE NATURE:<br>VISIT TO VAGAMON       |
| 1.30PM  | LUNCH   |
| 2.30 PM | VISIT TO PARUNTHUMPARA                          |
| 4.00PM  | TEA   |
| 4.15 PM | VISIT TO INDUSTRIAL PRODUCTION UNIT             |
| 6.00PM  | REFLECTIONS & BACK TO HOME CAMPUS               |

Let's Strive together,

Stay Healthy,

Save Nature &

Secure Peace



# MAITRI 2016