

**ANNUAL REPORT ON ACTIVITIES OF  
WALK WITH A SCHOLAR PROGRAM  
ST. GREGORIOS COLLEGE, KOTTARAKKARA**

Submitted to

Office of the New Initiatives in Higher Education

Government of Kerala, Thiruvananthapuram

By

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**WWS Program**

**St.Gregorios College, Kottarakkara**



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## **ACKNOWLEDGEMENT**

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Kottarakkara

10-04-2020

Dr. Seema S. Nair

Coordinator WWS Program

St Gregorios College, Kottarakkara

## **ACTIVITIES ON 2019-20**

Walk with a Scholar (WWS) is a dream project of Government of Kerala to excel meritorious students, in learning through specialized mentoring programmes, of the Undergraduate Programmes in Arts, Science and Commerce and to provide guidance to frame their future. The scheme introduces the idea of mentoring and build capacities on the concept, mentor as a 'Guide' and 'Friend'. WWS aims to nurture a scholarly attitude among selected bright college students in all disciplines, provide them with learning opportunities to help sharpen their academic and critical thinking skills, help them confidently pursue their personal and academic goals, and guide them to develop in to socially responsible citizens.

As the part of the program, WWS started in our college from 2014-15 academic year. Applications are invited from students in this year who have secured more than 60% marks. At present, there are 60 mentees under this scheme and 10 teachers of the college are deputed as internal mentors of these mentees. Each mentor is assigned the charge of six mentees. Thirty students from First year and thirty from second year of the UG programmes will be selected to this scheme and divided into groups. For the purpose of mentoring, two categories of mentors are identified: 'Internal Mentors' and External Mentors'. Internal Mentors are faculty from the College itself and they are persons who are able to do mentoring and support the scholars and act as a guide in building their career. External Mentors are reputed persons outside the College and from various professions. Their experience and expertise will help the students to identify a better career option as well as to mould them to confront the challenges of the real world.

College council appointed **Dr. Seema S. Nair (Dept. of Statistics)** as the coordinator of WWS Program with effect from 01-06-2018. Dr. Seema S. Nair attended coordinators meeting on 21-08-2019 at **Layola College, Sreekaryam, Trivandrum**. The meeting was mainly focused on new guidelines of 1st Year Walk With Scholar(WWS) and it was nice experience for me to know how to execute this program effectively.

The academic council of the college held on 26-08-2019 have decided following internal mentors for the first and second year mentees during the academic year 2019-20.

**LIST OF INTERNAL MENTORS**

<b>Sl NO</b>	<b>Name</b>	<b>Department</b>	<b>Batch of mentoring</b>
1	Shalaj R.	Botany	III
2	Shiju Thomas	Chemistry	III
3	Dr Aswathy Aromal	Physics	III
4	Geethu Thomas	English	III
5	Jolly George	Mathematics	III
6	Dr. Elizabeth John	Zoology	II
7	Bency John	Chemistry	II
8	Dr.S. Rinu Sam	Physics	II
9	Reshma Elizabeth Jacob	English	II
10	Nevin John	Mathematics	II
11	Dr Jean Jose J	Zoology	I
12	Dr Krishnakumar V.	Physics	I
13	Dr Binil P.Sasidharan	Chemistry	I
14	Arun Mohan	Commerce	I
15	Anslin T.M.	Mathematics	I

As per the directions of WWS Office, the college council constituted a college level monitoring committee for the monitoring of WWS activities in the college. The committee members are Dr Suman Alexander (Principal), Dr Jean Jose (IQAC Convener), Dr Sumi Alex (ASAP Co-ordinator), Dr John V. Panicker (Dept. of Hindi), Mrs Beena G.P. (Dept. of Mathematics), Dr Seema S. Nair (WWS Coordinator), Mrs Lincy Alex (SSP Coordinator), and the student representatives of WWS and SSP programs. WWS coordinator is the convener of this committee. This committee met regularly and monitored the activities of the program. Our Principal interacted with the mentees frequently and assessed the progress of the program by collecting feedback from them. She has been a constant source of inspiration by providing healthy suggestions for the smooth functioning of the program. Beginning of September itself we selected the first year mentees and on 23-09-2019 the coordinator gave an orientation about the programme.

## LIST OF MENTEES UNDER WWS

### Second Year

SI NO	Name	Department
1	Shahna A.S.	Physics
2	Stefi Alex	Mathematics
3	Deepthi S.	Physics
4	Jisha Kurian	"
5	Harikrishnan R.	"
6	Arunima A.M.	"
7	Aromal Krishnan	"
8	Sumi Raju	"
9	Stephy Babu	"
10	Bella T. Babu	"
11	Shobi Biju	"
12	Jincy Mariam James	"
13	Febina Zakeer	English
14	Arunima C.P.	"
15	Ancy Kunjumon	"
16	Mamatha Madhu Raji	"
17	Swaroop Sen S	Politics
18	Abhirami Udayan	"
19	Thaslima S.R.	Chemistry
20	Jissa Johnson	"
21	Aleena Shaji	"
22	Aleena Mathew	"
23	Anuja Joy	"
24	Fousiya R.S.	"
25	Ahna A.	Zoology
26	Aparna A.	"
27	Sneha Shaji	"
28	Sreeleshmi L.	"
29	Maby Francis	"
30	Aswathy V.	"

### Third Year

SI NO	Name	Department
1	Jeenu Jegy	Physics
2	Sona Baiju	"
3	Ayana J.S.	"
4	Reshma Thomas	"
5	Akhil Chandran	"
6	Kalyani Krishna	"
7	Raichel Eli Satheesh	English
8	Thomas Babu	Politics
9	Ramjeena R.	"
10	Sophiya George	"
11	Sandra P. Sudhakaran	"
12	Muhsina M.	"
13	Riya Anna Reji	Chemistry
14	Shybi Kurikesu	"
15	Anjana Krishnan	"
16	Aarcha Vimala Raman	"
17	Anamika Joy	"
18	Serooya lal	"
19	Geethu Mohan M.	Mathematics
20	Neenu Susan Joji	"
21	Sammol S. Rayola	"
22	Vysakh S.	"
23	Aby Mani	"
24	Preethi Abraham	"
25	Arya U.P.	Botany
26	Ardra S.B.	"
27	Anjali Krishnan	"
28	Anjana Prathap	"
29	Bijitha B. Nair	"
30	Kavya Prabhakaran	"

### First year

SI NO	Name	Department
1	Aswathy Rajan	Physics
2	Arathy Suku	Physics
3	Megha Chandran	Physics
4	Anjali Pillai P.	Physics
5	Arathy Krishnan J.P.	Physics
6	Bhanupriya N.	Physics
7	Shymol B.	Mathematics
8	Kavyadas A.	Mathematics
9	Jeethu Philip	Mathematics
10	Parvathi	Mathematics
11	Riya Samson	Mathematics
12	Reshma Roy	Mathematics
13	Veena Rajendran	Chemistry
14	Jisha Jenson	Chemistry
15	Alan Kunjachan	Chemistry

SI NO	Name	Department
16	Aromal A.S.	Chemistry
17	Reshma R.	Chemistry
18	Siddique Shajahan	Chemistry
19	Jyothika T.K.	Botany
20	Kavya Bijukumar	Botany
21	Shamna Shams	Botany
22	Anju M.S.	Zoology
23	Anjana S.	Zoology
24	Bibin B.	Zoology
25	Greeshma Joseph	BCom Finance
26	Jayalekshmi S	BCom Finance
27	Jyothis Joel Roy	BCom Finance
28	Karis George Koshy	BCom CA
29	Anandu R. Nair	BCom CA
30	Sarath Kuriyan	BCom CA

An orientation of WWS programme for the internal mentors in the presence of College level monitoring committee is held on 23.09.2019. The Co-ordinator welcomed all the members and shared the motto and guidelines of the WWS programme. She explained the execution of the programme and distributed the guidelines and syllabus to the internal mentors. From October 2019 to 15 February, 2020, the above internal mentors completed their responsibility very effectively and they submitted the activity reports to the co-ordinator. The Coordinator regularly made meetings with internal mentors and mentees to ensure the effectiveness of the programme.

### **Orientation Program**



**The only person you are destined to become is the person you decide to be.** The activity report of internal mentors is pointed out below:

The internal mentoring of second year Zoology students for the academic year 2019 – '20 commenced on 30<sup>th</sup> September 2019. The mentees actively participated in all the sessions scheduled. Before the modules were given there were interactions with mentees to shape their future career development. Later on, after the allotment of modules, team interactions were based on various components in the module.

The first session was based on research methodology. They were trained to find research problems and to formulate it. In the second session they were taught how to collect research articles concerned to their discipline and to review them. They were asked to review a few research articles from online journals and the journals available in the college library. The format of writing articles in a journal was also discussed. An article based on sand mining and its impact in a river ecosystem published in the journal of Environmental Biology was discussed.

In the 3<sup>rd</sup> and 4<sup>th</sup> sessions they were asked to search research opportunities in and around their area of interest and later discussed and reviewed in the class. A fruitful discussion was made on higher education opportunities and various scholarships available nationally and internationally by the mentor Dr Elizabeth John. In the last session they were made to bring different future plans that they can grab and how they can reach their goal was discussed. After all the 2019 '20 year components helped the students to have an awareness of research, opportunities in higher studies and to prepare a personal developmental plan based on their area of interest.

As a part of the programme, the mentees prepared bio data and they prepared a set of commonly asking interview questions and answers. Next, each one prepared a presentation of personal development plan and the actions undertaken for achieving their goal. Three students want to become a professor of mathematics. One student wants to become a police officer. Two students want to go for higher education and to become a government employee. The mentor Jolly George conducted a mock interview for every student. Every mentee participated actively in all sessions. I could realize that all mentees have their own goals and has a plan to achieve their goal.

The mentor Dr Aswathy Aromal conducted the internal mentoring sessions on Saturdays and on working days other than college time schedule. Six students were selected in this programme through a screening process. The screening process is based on their academic proficiency. Six classes were conducted in this year. The topic includes preparation of bio data, interview preparation skills, personality development, mock interview etc. The students were actively participated in discussions and they projected their views and ideas. Feedback sessions were included and the success of the programme was well revealed from student's feedback. Walk with scholar programme was a good experience for both mentees and mentor.



As always, the activities for the year propelled forward with unparalleled enthusiasm and vigour, so as to achieve its goal of holistic development of the students. The activities for the academic year were planned and charted. The first internal mentoring session for the newly selected students was organized on 4th October 2019. The first session was concentrated towards getting acquainted with the mentees and the session concluded by the discussion of future activities of WWS by the mentor Arun Mohan. Followed by the first session another nine sessions were conducted which had concentrated towards motivating the students on the theme of 'Creating Excellence', "helping students to discover and analyse their selves to bring forth their hidden skills and potentials", "Time Management and Attitude", "Setting up career goals", "Life skills" etc among others.

The wards allotted were 5 third year Political Science students and one third year B.A Communicative English student. The first WWS class was taken on 23rd October 2019. Students were asked to prepare a CV before the class. Then a lesson was given on how to prepare a CV. They were encouraged to point out errors in their prepared CV's and asked to rework and submit them again. The second class was taken on October 25, 2019. A class was taken on interview preparation skills. The most common questions and answers were discussed. Tips were also given on how to tackle group discussions. The third class on November 6, 2019 was a presentation by the scholars showing their personal development plan. The students reviewed themselves over the past three years and also shared future plans. On November 16, 2019 the mentor Geethu Thomas conducted mock interviews with the students on to give them a practical experience of the interview questions. The students handled the sessions very confidently.

The mentor Anslin T.M. took the programme effectively and the following classes were carried out

- Icebreaking session
- Introductory class
- Maintenance of daily diary of the programme
- Collection of bio data
- Preparation of goal setting and necessary action plans- All students want to become a teacher and they try to acquire information about higher studies.
- Conducted an awareness class about entrance examinations like JAM, GATE, TIFR etc
- Discussed about the strengths and weakness of each mentees and give direction to enhance the personal strength and to overcome the limitations



- The following assignments were done during the programme
  - Write up about “most influenced person in their life”
  - Preparation of a report of daily news and current affairs
  - Preparation of a note on famous mathematicians they like.

During the first session, the mentees were given an overview of the different steps involved in the process of research. Since all the mentees are humanities students (either BA Communicative English or BA Political Science), the session focused on a humanities-centric research approach. First, the importance of identifying a researchable topic, based on personal interest and social relevance was explained. For the purpose of this session, the topic: “Have transgenders managed to carve a space for themselves in the Kerala public sphere” was used as a reference example. Next, the mentees were instructed on how to draft a hypothesis, followed by how to outline the objectives of the proposed study. The discussion then focused on how to conduct the review of literature already written on the topic. The different tools for conducting review of literature, such as Shodhganga, JSTOR, Google Scholar, Academia.edu, and the library, were introduced to the mentees. Subsequently, the discussion the different methodologies and theoretical frameworks required to study different research topics. For instance, the methodology involved in the aforementioned reference example would be Gender theories, ethnographic studies and personal interviews. The session concluded with a discussion on the implications of plagiarism and how to avoid it by properly citing your reference material.

The mentees were given a task to present a sample synopsis of a proposed study on any topic of their choice, using the steps of research discussed in the previous session. Since the dissertation that BA students have to complete at the end of their course is a group assignment, the mentees were given the option to work on this task in teams of two each. Accordingly, the six mentees divided themselves into three teams of two members each and did the synopsis presentation. The subjects of their proposed study concerned depictions of different social issues on film and literature. The topics were: Does films such as Arjun Reddy promote violence against women, Malayalam cinema as a vehicle of transphobia and Indian Social Media as tools of Participatory Democracy. The mentor listened to the presentation and gave feedback.

The next session instructed mentees on the steps to be followed while writing a cogent, well-structured review of a journal article. Prior to actually reading the article, mentees were instructed to carry out the pre-reading step; i.e., to write down their initial thoughts and assumptions based on the article title. They were also advised to do a quick Google check on the writer, so as to find their area of expertise, background and other similar articles they may have written. The next step is to carefully read through the journal article and jot down points that might appear to be

significant. Based on the points written down, the reviewer would have to identify the author's key argument. The mentees were also asked to keep in mind questions such as whether the article is an opinion piece or one formulated on the basis of data, whether the argument made by the author is logically supported, whether the article reveals the author's biases and the audience for whom he/she is writing, etc. With these ideas in mind, the reviewer would write the first draft. The draft should contain a succinctly summed-up thesis of the review backed up by evidence. It is also advised to briefly include information about the author and his/her area of expertise on the topic. Next, there should be a brief description of the significant highlights of the article. This should be followed by the detailed explication of the reviewer's thesis, which is supported by evidence from the article. The review should conclude with a summary and restatement of the reviewer's argument.

The mentees were informed about various research opportunities. They were given an understanding of the provisions and eligibility criteria for claiming of different scholarships and fellowships such as the Junior Research Fellowship, Kerala Council for Historical Research scholarship, Fulbright Scholarship, Shastri Indo Canadian Fellowship, and William J. Clinton Fellowship.

Higher educational opportunities were discussed in this session. The possibilities and eligibility criteria for pursuing post graduation, MPhil, and PhDs in the mentees' respective disciplines in different Universities in Kerala and across India, including in central universities, IITs and NITs were talked about. The scope of other courses such as MBA, MSW and Journalism were also discussed. An introduction was given to the different short term courses like certificate and diploma courses offered by IGNOU.

Employment opportunities were the topic of discussion. Since a majority of the mentees are interested in civil services, an overview was given of the opportunities in Indian civil services and KAS, along with the eligibility criteria and the exam process. The scope, eligibility criteria and skills necessary for careers in Teaching, Banking, Journalism and Human Resource Management were also discussed.

The topic of discussion was the different aspects to be borne in mind while charting out a personal development plan. The issues discussed included: the importance of self-awareness or knowing one's own strengths and weaknesses, setting short-term and long-term goals, prioritizing goals, identifying obstacles and how to overcome them, and setting target dates for the achievement of goals. There was a general discussion on the goals of the mentees. The mentees were then instructed to write out their personal development plan for the next one year and present it for review during the following academic year.

The students were introduced to the programme and the objectives of the programmes. The students were motivated to utilize the platform. They were enriched on what right education can do to their career and life. As most of the students belong to a rural background and had no much idea on the opportunities the subject in which they were doing their bachelors would provide them. So, they were introduced to different jobs like Academic researcher, Acoustic consultant, Astronomer, medical physics, Geophysicist, Higher education lecturer, Nanotechnologist, Radiation protection practitioner, Research scientist (physical sciences), Secondary school teacher, Sound engineer, Technical author, Software engineer etc.

A special section was held to educate students on the opportunity waiting to them after completion of MSc Physics such as Defence Research and Development Organization (DRDO), Physical Research Laboratory Ahmedabad, Nuclear Science Centre New Delhi, Saha Institute of Nuclear Physics Kolkata, Bhabha Atomic Research Centre (BARC) and Indian Space Research Organization (ISRO). They were also encouraged to get into civil service like IAS, IFS and IPS after qualifying the civil service exam conducted by Union Public Service Examination.

The third section of the section dealt in finding their ambitions. They were mentored how to pursue their ambitions and to plan a route map for their ambition. Most of the students were fascinated to take up career in research and wished to join premier research laboratories in the country. These students were informed about the importance of post-graduation and thereafter clearing exams like CSIR JRF to realise their goal to become researchers. A section was introduced to develop teamwork, leadership and communication skills. The students were elaborated on studying the subject they will be able to develop transferable skills valued by a wide range of both technical and non-technical employers.





## **EXTERNAL MENTORING SESSIONS**

A team of external mentors has been prepared in consultation with the mentees and internal mentors. Eminent personalities who made remarkable contributions in their fields have been included in the panel. We have tried our best to include a variety of topics like personality development, higher studies, creativity, self motivation etc. in the external mentoring session. After obtaining approval from the college level monitoring committee, external mentoring session was arranged according to convenience of the mentees.



**A.V. Sathish** (Scientific Officer, Nuclear Power Corporation Ltd), **Jebin K. Jose** (RJ Club FM 104.8, Alappuzha), **Dr Ferosh M. Basheer** (Principal, KTCT College of Arts & Science, Kallambalam), **Sreeraj Parakkal** (Placement and Training Officer, BJIT, Kollam), **Agney G.K.** (Assistant Professor, Marthoma College, Thiruvalla), **Dr Biju R.I.** (Assistant Professor, MSM College, Kayamkulam), **Dr Anil Kumar C.** (Senior Principal Scientist, KSCSTE, TVM), **Prijith P.K.** (Research Scholar, University College, TVM) and **Roni George** (Assistant Professor, KE College, Mannanam) are some of the resource persons. The feedback from the students reveals that they are highly benefitted from these external mentoring sessions.

The external mentoring session was started with a motivation class for second year mentees on 7<sup>th</sup> December 2019 by **Prof. Roni George** (Assistant Professor, Department of English, KE College, Mannanam). He offered an interactive session on “Soft skills, Presentation skills, Personality developments etc”. He switched on his talk with a story of Abraham Lincoln, which inspired the students. Actually, every word of sir was like a pearl. He also said about the lives of Steve Jobs and Bill Gates. Every exit is an entrance. Never judge by yourself alone. He also discussed about conviction, perseverance, affluence and repartee.

The second session was engaged by **Sri. A. V. Sathish** (Scientific Officer, Nuclear Power Corporation, India), discussed on “Developing Scientific Temper: Essential Aspects of research in contemporary Society” on 14<sup>th</sup> December 2019. This session is mainly focussed for first year mentees. The importance of scientific research in recent era was nicely transformed and students from the science stream were the real beneficiaries. Also he discussed about the nuclear power energy.

The next session was carried out by **Prof. Agney G.K.** (Assistant Professor, Dept.of History, Marthoma College, Thiruvalla) on 14<sup>th</sup> December 2019 afternoon. It is an interactive session discussing on “How to become a civil servant”. Some of the students really had an ambition to become a civil servant. This session gave an idea to channelize their studies in an appropriate manner to grab their goals.

The next session was on “Constitution and Democratic Values” by **Dr Biju R.I.** (Assistant Professor, Dept.of History, MSM College, Kayamkulam) on 28-12-2019. It was a nice experience for arts and social science students to widen their knowledge. More over all the mentees should aware of our constitution and democratic values. Also there was a debate on “National Population Registration Act”. All students had taken part in the debate and it was a good practice.

The next meeting of WWS was held at the college seminar hall on 4<sup>th</sup> January 2020 for first year mentees. This session was taken by **Sri. Sreeraj Parakkal** (Training and Placement Officer, Bishop Jerome Institute, Kollam). He talked about the various

traits for success – personality development plan, goal setting, setting realistic plan etc. Various realistic trainings were included in the session so that they can easily understand the theme of the topic.

The next session was carried out by **Dr Anil Kumar C.** (Senior Principal Scientist, KSCSTE, TVM) on 4<sup>th</sup> January 2020 afternoon. The class was a discussion on “Biodiversity and the need of Scientific Research”. The need of biodiversity and the conservation of our nature in contemporary society had discussed. It was an interactive session, so that students raised many queries regarding this topic.

There was a Book Review and Journal Review sessions for first and second year mentees respectively on 1<sup>st</sup> February 2020 Forenoon and afternoon. This was handled by **Dr Ferosh M. Basheer** (Principal, KTCT College of Arts and Science, University of Kerala, TVM). It was an innovative practice to our mentees ‘how to review a book and an article’.

A session on “Arts and Self Developments” by **Jebin k. Jose** (RJ, Club FM 104.8, Alappuzha) for first year mentees and parallel session on “Gender Sensitization” by **Prijith P.K.** (President, Queerythm) for second years were held on 1<sup>st</sup> February 2020.

#### **EXTERNAL MENTORING SESSIONS (SECOND YEAR)**

SI No.	Date & Time	Name of the mentor	Topic
1	07/12/2019 10.00am-1.00pm	<b>Prof. Roni George</b> Assistant Professor, Dept. of English, KE College, Mannanam	Soft skills, Presentation skills, Personality developments etc
2	01-02-2020 10.00am-1.00pm	<b>Dr Ferosh M. Basheer</b> Principal, KTCT College of Arts and Science, University of Kerala, TVM	How to review a journal article.
3	01-02-2020 2.00pm-4.00pm	<b>Prijith P.K.</b> President, Queerythm	Gender Sensitization

#### **EXTERNAL MENTORING SESSIONS (FIRST YEAR)**

SI No.	Date & Time	Name of the mentor	Topic
1	14/12/2019 10.00am-1.00pm	<b>Sri. A. V. Sathish</b> Scientific Officer, Nueclear Power Corporation, India	Developing Scientific Temper
2	14/12/2019 2.00pm-4.00pm	<b>Prof. Agney G.K.</b> Assistant Professor, Dept.of History, Marthoma College, Thiruvalla	How to become a civil servant

3	28/12/2019 10.00am-1.00pm	<b>Dr Biju R.I.</b> Assistant Professor, Dept.of History, MSM College, Kayamkulam	Constitution and Democratic Values
4	04/01/2020 10.00am-1.00pm	<b>Sri. Sreeraj Parakkal</b> Training and Placement Officer, Bishop Jerome Institute, Kollam	Personality Development Plan, Goal Setting, Setting Realistic Plan etc.
5	04/01/2020 2.00pm-4.00pm	<b>Dr Anil Kumar C.</b> Senior Principal Scientist, KSCSTE, TVM	Biodiversity and the need of Scientific Research
6	01-02-2020 10.00am-1.00pm	<b>Jebin K. Jose</b> RJ, Club FM 104.8, Alappuazha	Arts and Self Developments
7	01-02-2020 2.00pm-4.00pm	<b>Dr Ferosh M. Basheer</b> Principal, KTCT College of Arts and Science, University of Kerala, TVM	How to review a journal article.

The following are some clicks from external mentoring sessions.







The main weaknesses of the mentees are emotional imbalance, stage fear, Communication problem and Lack of confidence. External mentoring session was organized in such way that the mentees can overcome this kind of problems. External mentoring sessions of all batches were conducting separately. External mentoring classes were scheduled on Saturdays according to the convenience of the resource persons and all mentees and internal mentors were asked to attend the classes. The interactive sessions given by them gave more importance to solve the problem of stage fear, communication and confidence of mentees. Special Emphasis was given to motivate and create more confidence among mentees to avail better future opportunities.

The feedback from the students and external mentors were periodically recorded and classes were arranged as per the requirement of the learners. As a whole the students found the classes highly interesting, motivating and intellectually engaging. They are eager to have such classes in future also. All the classes were learner centred and interactive.



Kottarakkara

Co-ordinator (WWS)

10-04-2020

Principal