

**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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ACKNOWLEDGEMENT

We use this occasion to acknowledge the Office of the New Initiatives in Higher Education, Government of Kerala for selecting St Gregorios College, Kottarakkara for the Walk With a Scholar Program and for the financial support. We express our sincere thanks to Dr. Murugan K., Research Officer RUSA- SPD & *State Coordinator - New Initiatives- WWS & SSP* and his team for giving guidance and support for the smooth functioning of the program. We express our sincere thanks to Dr. Suman Alexander, Principal, St. Gregorios College, Kottarakkara for her constant encouragement and suggestions throughout this program. We express our gratitude to all members of the monitoring committee for New Initiatives at St Gregorios College for approving the activities and the guidelines issued for the smooth functioning of the program. We use this opportunity to thank, all of our internal mentors and staff members of the college who have supported us directly or indirectly for the successful completion of the activities of the program in this year. Finally we express our gratitude to all mentees of the program for their active participation throughout the program.

Kottarakkara

06-04-2020

Dr. Seema S. Nair

Coordinator WWS Program

St Gregorios College, Kottarakkara

ACTIVITIES ON 2018-19

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'. The mentoring scheme is purely voluntary in nature and open for all students entering the first semester of the Undergraduate Programmes. However, students who belong to the general category must have 60% of marks/grade points in the qualifying examination. For SCs/STs, no mark restriction is imposed. The Scheme aims at giving necessary orientation to needy students to prepare for employment, and give them necessary guidance, motivation and mental support that enables them to identify appropriate areas for higher study and employment.

As the part of the program, WWS started in our college from 2014-15 academic years. 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 in the vacancy of Dr. John V. Panicker.

Dr. Seema S. Nair attended coordinators meeting on 17-09-2018 at **Layola College, Sreekaryam, Trivandrum**. It was nice experience for me to know how to execute this program effectively.

LIST OF MENTEES UNDER WWS

First Year

SI N O	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	Anandhu S.L.	Mathematics
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.	"

Second Year

SI N O	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.	Botony
26	Ardra S.B.	"
27	Anjali Krishnan	"
28	Anjana Prathap	"
29	Bijitha B. Nair	"
30	Kavya Prabhakaran	"

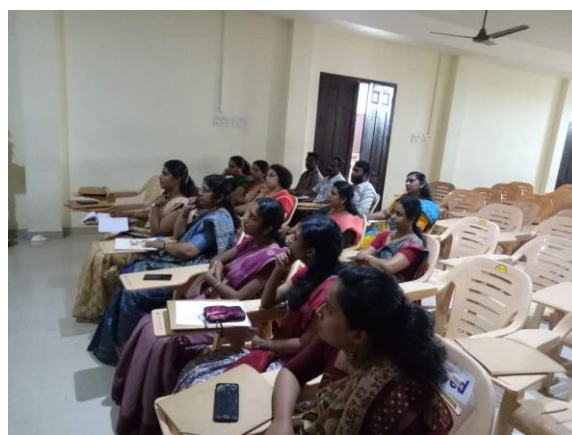
The academic council of the college held on 3.09.2018 have decided following internal mentors for the first and second year mentees during the academic year 2018-19.

LIST OF INTERNAL MENTORS

SI NO	Name	Department	Batch of mentoring
1	Shalaj R.	Botany	II
2	Shiju Thomas	Chemistry	II
3	Dr Aswathy Aromal	Physics	II
4	Geethu Thomas	English	II
5	Jolly George	Mathematics	II
6	Dr. Elizabeth John	Zoology	I
7	Bency John	Chemistry	I
8	Dr.S. Rinu Sam	Physics	I
9	Reshma Elizabeth Jacob	English	I
10	Nevin John	Mathematics	I

The WWS Co-ordinator held the induction programme for the internal mentors in the presence of the College level monitoring committee on 26.09.2018. The Co-ordinator welcomed all the members and shared the motto and guidelines for the WWS programme. From September 2018 to February 28, 2019, the above internal mentors took 10.00 hours each for their mentoring session and they submitted activity reports to the co-ordinator.

INDUCTION PROGRAM





The best preparation for tomorrow is doing your best today. The following are the individual reports of the internal mentors:

Geethu Thomas: The six mentees entrusted to my care are Muhsina, Ramjeena, Thomas Babu, Sandra Sudhakaran, Sophia(Sem IV, Dept of Politics) and Rachel Eli Satheesh (Sem IV, Dept of English). They are an enthusiastic bunch of students eager to do the activities assigned to them. The Mentoring Sessions started on 28.9.18 and ended on 16.02.19. The prescribed modules were covered in 10 face to face sessions. Students were given tasks which they had to prepare. On the day of the scheduled classes, they shared their experiences and presentations before the class. WWS sessions provided the children a medium to exercise their skills and creativity, and a forum to open their minds.

Shiju Thomas: As part of walk with a scholar program, I am assigned a group of six mentees from BSc Chemistry batch and hence I started my internal mentoring sessions in October. During the last six months I regularly interacted with them and give necessary motivation to them. In the introductory session the students present the introduction about themselves, which is a nice experience for me to understand them. The further sessions included different programs like personal introduction, debates, discussion on various issues, seminars, counselling, how to review articles, PowerPoint presentation on various topics etc.

Shalaj R.: During the academic year September 2018 - February 2019. I have conducted the internal mentoring sessions of The Scholars of BSc botany S3 and S4 between 26-10-2018 and 22-02-2019. I have conducted totally 10 classes for the mentees. The various sessions like self introduction, debate, questions preparation and discussions were successfully completed during the mentioned date. I can understand that they improved a lot and they get a self confidence. Now they can face a stage without fear. They can build better personalities during this period.

Jolly George: As a part of WWS programme, I became the internal mentor of six students from third semester Mathematics batch (2018-2019) - Aby Mani, Vysakh S, Geethu Mohan M, Neenu Susan Joji, Preethi Abraham, Sammol S. Rayola. This mentoring contains 10 classes. In the first class, I explained the details of this programme and its motive. Also the mentees introduced themselves and explained their personal details, hobbies and ambitions. In the following classes, each of the mentees presented a brief report of the different topics of a particular subject. The topics were selected by the mentees themselves. The different subjects were –book review, the person who inspired most, general knowledge, general essay writing, poster making, debates and googling library. The mentees participated very actively in each session and expressed their valuable opinion. As a mentor, I could maintain a good relationship with them.

Dr Aswathy Aromal: Related to walk with a Scholar programme I conducted 10 classes to a group of students. The group includes 6 students studying in 2nd BSc Physics. The programme started with self introduction of students. In the next classes we discussed the topics like time management, memory skills, strength and weakness, attitude towards life, communication skill, health and hygiene, teacher-student relationship, adjustment problems and future plans. All the students effectively participated in discussions. They projected their views, attitude and dreams. Through these discussions, we understood the attitude of students and could give some motivational tips to the students. The students are very much motivated and they improved in their creative aptitude.

Bency John: Walk with the scholar is a mentoring program functioning under the new initiatives of the Department of Collegiate Education. This scheme aims at giving necessary orientation to the needy students and to give them proper guidance, motivation and mental support. As per the directions from our WWS coordinator Dr. Seema S Nair, I had started the mentoring classes for first year BSc Chemistry students (2018-19 batch) on 27th November 2018 onwards. More than 10 hours of internal mentoring classes were organized for the six Mentees as per the convenience of Mentors and mentees. The sessions included different programs like personal introduction, debates, discussion on various issues, seminars, counselling, how to review articles, PowerPoint presentation

on various topics, preparing questions for mock interview and career guidance from each and every sessions. I like to collect feedback from the mentees and give suggestion to improve their weakness. Few students have overcome their Stage Fright and vocabulary in communication to certain extent. In my opinion this is an effective and valuable program functioning and under the Collegiate Education.

Nevin John: 10 hours of internal mentoring were conducted for the mentees by the internal mentor. We discussed about various topics like self-motivation career opportunities, preparation of good CV etc. Internal mentor communicate with each mentees personally. We also conducted debates on various topics. All the classes where energetic, created a strong relationship between us. We are waiting for next year session.

Dr Elizabeth John: The mentoring sessions for first year zoology students for the academic year 2018-19 commenced on 3rd October. Six mentees were assigned in the group and they are actively participated during the session. In the introductory Class, they introduced themselves and I could assess their ability to some extent. They were asked to watch English movies, read English newspapers and watch English news channels to improve their communication skills in English. The students were motivated to use library books to increase their vocabulary. An open interview was made and each mentee acted both as interviewer and interviewee. A group discussion was made on the topic Atrocities against women. All the members actively took part in discussion. The students prepare their CV and corrections were made. In order to increase their word power, 6 different topics such as family, politics, environment, health, education were given to students and they were asked to write words and sentences pertaining the topics. The mentees were provided a topic on health and hygiene and they wrote an essay of the same. An awareness campaign was made on drug addiction by the Mentees inside the classroom. A debate was conducted on the topic social networking good or evil. All the members actively participated and made the debate very informative. After all the sessions, a discussion was made with the mentees and they were very enthusiastic to inform that their confidence communication skill and concentration improved. They also said, they were motivated to the habit of reading and listening through these mentoring sessions. I wish let these always sessions be a stepping stone for the successful career.

Dr Rinu Sam S.: During the academic year September 2018-February 2019, I have conducted the internal mentoring session of the scholars of BSc Physics S1 & S2. Between 26-10-2018 and 22-02-2019 I have conducted totally ten classes for the mentees. The various sessions like self introduction, open interview, bio-data preparation, group discussion, essay writing, debate and awareness

campaigning and cultural programs were successfully completed during the above mentioned date. The output which I have brought from all six mentees was awesome. I have identified that they were improving day by day. And finally I have received the feedback from each mentees that they are able to face the various issues in the society; also they could build better personalities for their better future. The following are some photographs from internal mentoring sessions.





EXTERNAL MENTORING SESSIONS

A panel 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. The feedback from the students reveals that they are highly benefitted from these external mentoring sessions.

Walk with a Scholar external mentoring class started with a bang on 15th December 2018. The session was inaugurated by **Dr. Jayadev Sreedhar**(Consultant Scientist, ISRO) who also gave a talk on “Reaching the target through motivation”. Sir requested Thomas Alva Edison’s words that are man who lacks imagination is losing one made us understand that the mad ideas of today are the science of tomorrow and it is the technology of future. 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 class ended with the thought that ‘able to work in a field you like is like becoming your wife your lover’.

The second session was engaged by **Sri. Shaji. A** (Director, School of Life Skills), discussed on Goal Setting which was more of game and fun based learning. The mainly discussed topics were about human relationship, helping mentality, leadership, commitment, etc. Success is never accident. It is the result of systematic hard work. Preparation meeting opportunity is called luck. We also had discussion on long term goal and short term goal. Also he made us know about SMART goals. The class ended with the five golden rules with the five golden rules of goal setting.

The next external mentoring session was held on 28.12.2018 and the invited speakers were **Sri. Philip K.K.** (Teacher, K.S.C.S.A, Trivandrum) who spoke

on the topic “How to become a civil servant” and **Sri. Johns K. Lukose** (Psychologist) who spoke on “Career Choices”. First years and second years attended the programme.

Meeting of WWS was held at the college seminar hall on 3rd February 2019 and 10th February 2019 for first and second year mentees respectively. These sessions was taken by **Sri. Sreeraj Parakkal**. He talked about the various traits for success - creativity, self branding, interview, skills, visualization techniques, time management etc.

Not as the usual way, he gives all the ideas through the story of “Puttu kutty”. The characters are Nani muthashi and some students. In our class he was the Nani muthashi and we are visitors of Nani. He also included some magic technique in this class. The story was going on in a traditional kitchen. He told us how to make our weakness to strengthen through a pot with holes in the kitchen, visualization technique through some books. People like to achieve things which can be done easier and don't want to take risk in life. Competition is much less for them. Few people take risk in their life. Through these he taught the role of positive thinking. Self branding is also included. He indicates the example of eagle for perseverance and hard word then through a task he gave the idea of time management and creativity then he used some techniques of interview and mock interviews were done. At last he mixes all the ingredients and made the puttu very delicious. He actually made a sweet product with all the ideas. Each and every moment is interesting and we were impatiently waited for the other ideas. The class ended with the thought that everyone has the ability to become a delicious puttu. Like Nani Muthashi's puttu.

The next meeting of walk with a Scholar was held at the college seminar hall on 23rd February 2019. The class was taken by **Dr Sajith S.J. Sasi**, Hindi assistant professor, SN College Kollam. The class started by introducing every student. The class was more of a friendly type. Sir share many moments of his life to make us get motivated. Also he made us see motivational video about physically challenged people. He said that we should always talk high about ourselves because no one else is going to do that for us. He also made us meditate two types. Forgive everyone, unconditional love etc were the topics that were discussed in the class. He made us write our life goals and also our weaknesses that we want to change in our life. So was very friendly and enjoyed along with the students, dance and sang songs with the students. The class ended with the thought that everyone was the architecture of their own future.

There was a memory training session for first year students by **Sri. Rajesh Maheswar** on 23.02.2019. It was nice experience for our students with him. Next session was by **Sri. C.N. Ajay Kumar**, Director, New Dawn Life Skills

on 24-02-2018; he spoke on Exam psychology, Effective learning, Human Relation principles, Life skills. And also there was a mind power training session for first year students by **Dr Sajith S.J. Sasi** on 24.02.2019.

EXTERNAL MENTORING SESSIONS (FIRST YEAR)

SI No.	Date & Time	Name of the mentor	Topic
1	15/12/2018 10.00am-1.00pm	Shaji A. Motivational Educator	Goal Setting
2	15/12/2018 2.00pm-4.00pm	Dr Jayadev Sreedhar Consultant Scientist, ISRO	Reaching the Target through motivation
3	28/12/2018 10.00am-1.00pm	Philip K.K. Teacher, KSCSA, Tvm	How to become a civil servant
4	28/12/2018 2.00pm-4.00pm	Johns K, Lukose Psychologist	Career Choice
5	3/2/19 10.00am-4.00pm	Sreeraj Parakkal Placement and Training Officer, BJIT, Kollam	Placement Training
6	23/2/2019 10.00am-4.00pm	Rajesh Maheswar Memory Trainer	Memory training
7	24/2/2019 10.00am-4.00pm	Dr Sajith S.J. Sasi Assistant Professor, SN Kollam	Mind power training

EXTERNAL MENTORING SESSIONS (SECOND YEAR)

SI No.	Date & Time	Name of the mentor	Topic
1	15/12/2018 10.00am-1.00pm	Dr Jayadev Sreedhar Consultant Scientist, ISRO	Reaching the Target through motivation
2	15/12/2018 2.00pm-4.00pm	Shaji A. Motivational Educator	Goal Setting
3	28/12/2018 10.00am-1.00pm	Johns K, Lukose Psychologist	Career Choice
4	28/12/2018 2.00pm-4.00pm	Philip K.K. Teacher, KSCSA, Tvm	How to become a civil servant
5	10/2/19 10.00am-4.00pm	Sreeraj Parakkal Placement and Training Officer, BJIT, Kollam	Placement training
6	23/2/2019 10.00am-4.00pm	Dr Sajith S.J. Sasi Assistant Professor, SN Kollam	Mind power training
7	24/2/2019 10.00am-4.00pm	C.N. Ajai Kumar Director, new Dawn Life Skills	Exam psychology, Effective learning, Human Relation principles, Life skills
8	17/2/2019 10.00am-4.00pm	Praveen Kumar S.K., Self awareness and leadership trainer	Mock Interview and Mock GD

The following are some clicks from external mentoring sessions.





MOCK INTERVIEW AND GD

As part of WWS program we had conducted mock interview and GD on 17th February 2019 which was led by Mr. Praveen Kumar S.K., Self awareness and leadership trainer, Performx Global, Kesavadasapuram, Tvm. The class started by 10:00 a.m. The first session dealt with how to select an interview. The session also taught us to find the answer for the prominent question that who I am? If we are confident enough to say who I am we will be able to overcome the biggest task of attending an interview. He also dealt with the different types of Intelligence. The first session was very attractive.

In the afternoon session, we got an opportunity to directly interact with him. Each student put forward the opinion on the merits and demerits of social media. A group discussion and a walk interview were conducted at this time. The class winded up by 4:00 p.m., it was great useful session for each of us.



STUDY MATERIAL DISTRIBUTION

We distributed the study materials to all mentees. It includes Manorama Year Book 2019. The program was inaugurated by the Principal.



The feedback from the students and external mentors were periodically recorded and classes were arranged as per the requirement of the learners. The internal mentors of first and second year of walk with scholars were taken classes as per their module which gave from new initiatives. 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)

19-3-2019

Principal