

WALK WITH A SCHOLAR

REPORT OF ACTIVITIES FOR THE YEAR 2018-2019

Walk with a Scholar programme initiated by the Government of Kerala for under graduate students has provided the students a great platform to realize their career goals as well as to develop themselves better. All Saints' College, Thiruvananthapuram has undertaken the WWS programme with a vision to provide help to the students and has come up with a good team of 60 meritorious scholars, wonderful and facilitative internal mentors. This academic year has been extremely fruitful, eventful and supportive to the students which included in itself a great manifold of activities.

Walk with a Scholar (WWS) scheme introduces the idea of mentoring and builds on the concept of mentor as a “Guide and Friend”. The scheme aims at giving necessary orientation to needy students, to prepare them for employment and give them necessary guidance, motivation and necessary mental support to identify appropriate areas for higher study as well as employment. This scheme proposes to arrange specialized mentoring programme for students in Under Graduate programmes in Arts, Science and Commerce and to provide guidance for their future. The mentoring should be planned to identify the areas suitable for students and the opportunities available for them.

As per the instructions from New Initiatives, an introduction of Walk with a Scholar Programme was given to students by the coordinator Dr. Siji V L. Sixty students from different disciplines were registered under two category first and second years.



A state level coordinators meet has been conducted on 17/09/2018 at Loyola College, Sreekaryam, Thiruvananthapuram by New Initiatives in Higher Education Council, Govt. of Kerala as part of the WWS programme.



Along with this a training programme for internal mentors of WWS under University of Kerala had been conducted on 15th October 2018 at Govt Arts College, Thiruvananthapuram. Internal mentors and coordinator meet was conducted regularly to identify the various progress of the programme.

Action Plan 2018-2019

Walk With a Scholar programme is a novel initiative of the Department of Collegiative Education, Government of Kerala at All Saints' College in the year 2018-2019. We have two batches of 60 scholars (I and II year) from Arts, Science, Humanities and Commerce.

OBJECTIVES

1. To give necessary orientation to needy students, to prepare them for employment and give them necessary guidance, motivation and mental support to identify appropriate areas for higher study as well as employment.
2. To arrange specialized mentoring programmes for students in under graduate level in Arts, Science and Commerce and to provide for their future.
3. To identify the opportunities available for the scholars, the areas suitable for them.

PROGRAMME SCHEDULE

The committee has envisaged a list of programmes to be carried out during the academic year 2018-2019.

1. An induction programme for internal mentors
2. External mentoring class in various areas
3. Internal mentoring activities includes
 - Communicative skills
 - Topic presentation
 - Reading habit
 - Debate
 - Group discussions
 - Confidence making
 - Career development
 - Capacity building
 - Counselling sessions
 - Mock interviews
4. Review meeting to be conducted every month
5. Feedback analysis

As part of the programme a study material package including the books by renowned authors, books for competitive exams, handouts and various other materials provided by various external as well as internal mentors will be provided. A stationary kit including books, pen etc. were provided for all the students of two batches.

SUMMARY OF THE WWS PROGRAMME 2018-2019

As per the instructions from the New Initiatives, an induction programme for internal mentors was conducted on 1st October 2018 at conference hall of our college. A briefing of the programme has been done by the coordinator. Ten internal mentors participated and discussed various programmes and policies to be conducted during 2018-2019 along with time schedules & modules of the programme. Sixty students from different disciplines were registered under two category first and second years.

The students were sorted under different internal mentors. Without affecting the regular academic classes, the programme was conducted on morning 8.30 -9.30 a m and afternoon 3.30-4.30 p m and on every weekend holidays along with other holidays so that students could use their valuable time for this to develop their talents.



Walk with a Scholar programme of our college was inaugurated by our Principal Dr. Caroline Beena Mendez on 3rd October 2018. Students were highly inspired by the speech delivered by the Principal.



EXTERNAL MENTORING SESSIONS

The aim of external mentoring was to overcome the different problems faced by the students in life like personality development, vision in studies, career development, lack of confidence, stage fear etc. Total external mentoring sessions for both first and second year has been scheduled as 50 sessions (25 sessions for 1st year & 25 sessions

for 2nd year). External mentors were selected from the district level list provided by New Initiatives, Department of Collegiate Education, Govt. of Kerala. They are the eminent faculties of diverse areas and selected them according to the needs of our mentees. External mentoring sessions started in the month of December 2018 and a regular attendance was kept in the college. Detailed feedbacks were collected from mentees for evaluation and effectiveness of the programme.

EXTERNAL MENTORING FOR FIRST YEAR

The first class of external mentoring was conducted on 21st December 2018 by Dr. Ferosh M Basheer, Principal, KTCT College of Arts and Science, University of Kerala. He was taken five sessions on the topic “Practical Ethics”. This session gave emphases the areas like goal in life, vision in life and different ethical aspects in life.



Dr. Ferosh M Basheer

On 5th January 2019, D Arun Gladwin, Director, Vantage, Nagercoil, Kanyakumari was taken five sessions for first year mentees on the topic “Memory Techniques & Developing Memory”. Students were highly motivated and inspired. Students have developed a sense of improving concentration and increasing memory through his class.



D Arun Gladwin

On 12th January 2019, Dr. Martin Payyappilly, Counselling Psychologist has taken classes for five hours. The topic of his session was on “How to achieve your aim?”. The aim was to achieve to create positive attitudes in students’ life.



Dr. Martin Payyappilly

On 9th February 2019, five sessions were taken by Dr. Joju John, Assistant Professor, Mar Theophilus College, Nalanchira, Thiruvananthapuram. He discussed on the topic “Excellence in Academic Life”. From this, the students have developed the overall enthusiasm in their future career development.



Dr. Joju John

On 10th February 2019, five sessions were taken by Kiran B Anand, Civil Service Motivator. He discussed on various aspects of UPSC Civil Service Examination and the way to crack into central services like IAS, IPS, IFS etc.



Kiran B Anand

EXTERNAL MENTORING FOR SECOND YEAR

The external mentoring class for 2nd years was started on 8th December 2018 with 3 sessions by Kiran B Anand, Civil Service Motivator. He discussed about the various opportunities in Employment especially UPSC Group A and UPSC Group B services. He motivates the students for setting a specific goal in life.



Kiran B Anand

On 21st December 2018, Dr. Joju John, Assistant Professor, Mar Theophilus College, Nalanchira, Thiruvananthapuram, took five sessions for the second year mentees about “Secrets of Excellence and Mind Power Enhancement”. He is an excellent motivational speaker gave the students a wonderful talk about success quoting examples of many famous personalities. He also conducted small activities to boost the confidence of the students to help them in communication skills.



Dr. Joju John

Three sessions for second year were conducted on 12th January 2019 forenoon by Dr. M R Sudarsanakumar, Former Principal, Mahatma Gandhi College, Thiruvananthapuram. The topic for this session was “Opportunities for Higher Education”. Dr. M R Sudarsanakumar as quiz master and career guidance expert spoke on the innumerable and diverse options available to students belonging to different academic streams. This class helped students orient themselves and decide on careers they wish to follow.



Dr. M R Sudarsanakumar

In the afternoon of 12th January 2019, Dr. Lal C A, Associate Professor of English, School of Distance Education, University of Kerala has taken two sessions for the same students about “Knowing New Strengths”. He is an academic expert held an interactive session that highlighted the needs of problem-solving skills. Students were organized into groups and each member played dual role of raising and analyzing issues and recommending solutions to them.



Dr. Lal C A

“Memory Techniques & Developing Concentration” was an interactive and lively session conducted by D Arun Gladwin, Director, Vantage, Nagercoil, Kanyakumari, on 9th February 2019. He was a motivator and counsellor. It has been long for five hours. How to improve ones focus, attentiveness and remembrance were discussed. Memory games and activities not only engaged students but also taught them valuable life lessons.



D Arun Gladwin

On 10th February 2019, Dr. Ferosh M Basheer, Principal, KTCT College of Arts and Science, University of Kerala has taken classes on “Practical Ethics”. He showed the way in which we can transform ourselves by travelling deep inside each one of us.



Dr. Ferosh M Basheer

Two sessions for second year students was taken by Kiran B Anand who is a civil service trainer. The session gave insights into preparation strategies as well as stressed on the importance of being socially responsible citizens. He facilitated and led the students through the curriculum and possibilities in the civil services.



Kiran B Anand

INTERNAL MENTORING

Each internal mentors have to take 10 sessions. We selected students from each department for ensure their participation. For first year, a group of thirty students were selected from different disciplines. Six students from Mathematics, Botany and Zoology departments were allotted under the mentorship of Dr. Siny G Benjamin, Assistant Professor, Department of Zoology; six students from History and Economics departments under the internal mentorship of Dr. Lekha Rani M L, Head, Department of History; six students from Commerce(TTM & Finance) department under the internal mentorship of Ms. Renjini Raveendran P, Assistant Professor, Department of Mathematics; Six students from English, and History departments were allotted incharge of Ms. Sapna Srinivas, Assistant Professor, Department of English; Six students from Chemistry and Physics departments were allotted under the mentorship of Ms. Veena Suresh Babu, Assistant Professor, Department of Physics.

For second year WWS students, a group of thirty students were selected from different disciplines. Six students from Commerce(TTM & Finance) department were allotted under the mentorship of Dr. Nisha K K, Assistant Professor, Department of Botany; six students from History and Economics departments under the internal mentorship of Ms. Diana V Prakash, Assistant Professor, Department of English; six

students from Economics, Physics and English departments under the internal mentorship of Ms. Celina James, Assistant Professor, Department of English; Six students from English, Mathematics and Chemistry departments were allotted incharge of Dr. Anjana P S, Assistant Professor, Department of Physics; Six students from Botany and Zoology departments were allotted under the mentorship of Dr. Cinthya Christopher, Assistant Professor, Department of Botany.

MENTORING SESSIONS FOR FIRST YEAR

Dr. Siny G Benjamin started her internal mentoring class by self introduction and an introduction about the person whom they admire most. The students practiced in computer lab- Power point presentation, excel etc. The biodata preparation and how to write a book review were discussed. Debate on campus politics and flood discussions were also done.

Dr. Lekha Rani M L started her mentoring by the self introduction of mentees. Group discussion was done about the “Problems of Fisher Folk Women”. Debate on the topic “The Need of Human Rights”. They conducted awareness campaign about drug addition.

Ms. Renjini Raveendran P gave special emphasis on developing the overall development of personality of students through cultivating career, discussion etc. The ideas discussed like current affairs , importance of career development etc.

Ms. Sapna Srinivas give special attention to develop the confidence level of mentees. They exchanged ideas about the importance of keeping the interpersonal communication skills. She gave special emphasis to the importance of capacity building through certain skills. Group discussions among the students can effectively breaking the walls between them.

Ms. Veena Suresh Babu started her internal mentoring class by the self introduction of student. She designed classes according to the schedule. She gave a new outlook for developing reading enthusiasm in students. Her discussions with the scholars based on values.





MENTORING SESSIONS FOR SECOND YEAR

Dr. Nisha K K discussed with the scholars about various aspects practicable in life and career. She gave special attention to boost up the confidence level of mentees. She discussed with the scholars about the importance of Human rights, mobile phone abuse etc.

Ms. Celina James designed the class for internal mentoring of WWS as per the instructions. The debate was done on the topic “Life Present/Past” and book review done on “Poison of Love”. The discussion of writing bio-data and sentences made by students were done. A mock interview for students was given about the topic "a Celebrity of their Choice". They introduced a book "Hang Woman".

Dr. Cinthya Christopher gave special emphasis on career opportunities for students. The aim is to develop communication skills, writing skills and reading books among students. They discussed on development of research aptitude- Research and development in life sciences its opportunities. She took awareness classes about opportunities after graduation, scholarship in India & abroad, research institutions etc.

Ms. Diana V Prakash laid emphasis to improving communication skills. Discussions were done on the point of view of competitive exams and confidence building. Some of the sessions were given importance to awareness about opportunities after graduation.

Dr. Anjana P S initiates the students to speak about their academic interest. She gave importance to develop reading skills in students' life. She also designed the classes according to the schedule. Some discussions were based on how to prepare competitive exams.





MOCK INTERVIEW & MOCK TEST

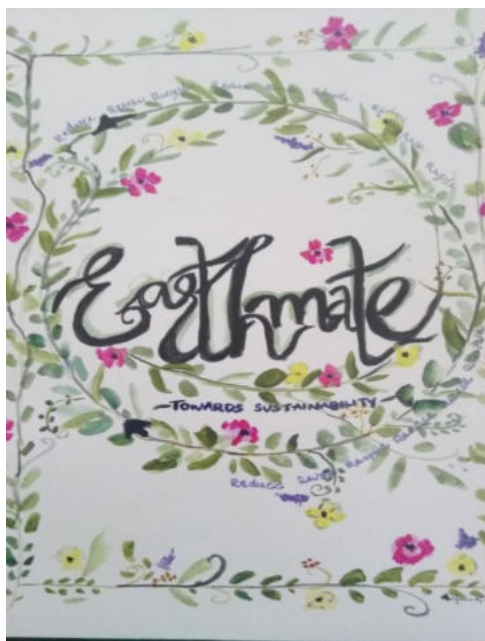
Mock interview was conducted on 13th January 2019. Dr. Feroosh M Basheer, Principal, KTCT College of Arts and Science, University of Kerala was taken three sessions of mock interview. Separate interview was conducted for each student and evaluation of this also done. The session was based on interview skills, manners, language etc.



On 11th February 2019, a mock test was conducted and the second year students wrote the examination which was for 100 marks and given 2 hours to write exam. It consists of both objective and descriptive based questions. The questions based on aptitude, general awareness, essay etc. Mock test develop their general aptitude and writing skills.

OTHER ACTIVITIES

- Two handwritten magazines were prepared and released by WWS scholars, first year scholars “NEW DAWN” and second year scholars “EARTHMATE”.



- The first year Walk With a Scholar students were taken to the Vikram Sarabhai Space Centre, Thumba to witness rocket launch on 30th January 2019.
- Anagha P, DC I Physics and Shilpa J S, DC I Chemistry attended WWS District Level one day Motivational Camp at Government Arts College, Thycaud, Thiruvananthapuram on 22nd February 2019.





- The Walk With a Scholar Poster Exhibition “Say ‘No’ to DRUGs” conducted by first and second year WWS mentees on 26th February 2019 as part of awareness.





- Safwana Sajid Ahamed , DC II Botany attended Walk With a Scholar State Motivational Camp at Loyola College, Sreekaryam, Thiruvananthapuram on 28th February 2019 to 2nd March 2019. She secured second position in the quiz competition conducted in WWS State Motivational Camp 2019.

