



**ST. MARY'S COLLEGE, THRISSUR
(2015-16)**

**WALK WITH A
SCHOLAR
PROGRAMME**

Annual Report

In this academic year 2015-16 our college continue this WWS programme. College council proposed the following faculty as coordinator and internal mentors for the programme.

Coordinator

Dr.Bincy Joseph
Assistant Professor
Department of Chemistry

Internal Mentors

Dr.Rekha.K , Asst.professor, Department of Botany.
Dr.Dhanya K.C ,Asst.professor, Department of Microbiology.
Dr.Manju Sebastian, Asst.professor, Department of Chemistry.
Smt.Diana mary George, Asst.Professor, Department of Mathematics.
Smt.Vandana.A.B, Asst.professor, Department of History.

List of Mentees

Group 1 Mentor:Dr.Rekha.K

Mentees

1.VEENA .K	1 B.Sc Botany
2.ANJALI GIRIJAN	1 B.Sc Botany
3.ANJALI ELDHO	1 B.Sc Botany
4.SINI K.L	1 B.Sc Botany
5.SHILPA LAL	1 B.Sc Botany
6.ANITTA A.B	1 B.Sc Botany

Group 11 Mentor: Dr.Dhanya K.C

Mentees

1.DIVYA RAJEEV	1 B.Sc Microbiology
2.ATHIRA V.P	1 B.Sc Microbiology
3.ROOPA K.J	1 B.Sc Microbiology
4.ANJANA .M	1 B.Sc Microbiology
5. NASHIMIYA SAHEER	1 B.Sc Microbiology
6.SILPA C.S	1 B.Sc Microbiology

Group 111 Mentor: Dr.Manju Sebastian

Mentees

1.ANNET MERIN	1 B.Sc Chemistry
2.APARNA A.R	1 B.Sc Chemistry
3.GLORIYA P.M	1 B.Sc Chemistry
4.JISNA JOSE	1 B.Sc Chemistry
5.SEENA DAVIS K	1 B.Sc Chemistry
6.SNEHA P.S	1 B.Sc Chemistry

Group 1V Mentor:Smt.Diana mary George

Mentees

1.SAJNA K.S	1 B.Sc Mathematics
2.RESHMA A.C	1 B.Sc Mathematics
3.SINI V.H	1 B.Sc Mathematics
4.ANJALI A.S	1 B.Sc Mathematics
5.ASWATHY ESWAR	1 B.Sc Mathematics
6.SHILPA VARGHEES	1 B.Sc Mathematics

Group V Mentor:Smt.Vandana.A.B

Mentees

1.SHINCY JENSON	1 B.A ECONOMICS
2.MARIYA JOHNSON	1 B.A ECONOMICS
3.AIMOL KOLENGADEN	1 B.A ECONOMICS
4.ROSE P DAVIS	1 B.A HISTORY
5.ASWATHY K.A	1 B.A HISTORY
6.HIBA M.M	1 B.A HISTORY

The formal inauguration of Walk With a Scholar activities in the academic year 2015-16 was done by Dr.Reeta Davis, Scientist, University of Dublin. We had conducted near to thirty hours of external mentoring and fifteen hours each for internal mentoring too. The mentees included first year and second year students from degree courses (Mathematics, Botany, Chemistry, Microbiology, History and economics). Since the students were from different categories we had provided classes on personality development, Secrets of Success, Research Projects, Positive thinking-Psychological Approach, Communication Skills, Ten Steps for Success etc.



Classes by External Mentors 2015-16

Sl.No	Date & Venue	Duration of Classes	Name of External Mentor	Topic
1	14/01/2016	2 Hour	Dr.Reeta Davis Scientist, University college, Dublin	Informative talk on Research Methodology
2	15/01/2016	2 Hour	Fr.Joji Reddy,Principal,Lyola Academy,Secunderabad	Personality development
3	20/01/2016	2 Hour	Dr.Sati Achath,Motivational Speaker, Washington D.C.	Ten Steps for Success
4	06/02/2016	4 Hour	Smt.Nirmala Syamkumar,Motivational speaker, Sensorium	Communication Skills
5	08/02/2016	2 Hour	Dr.Santhosh Paul,Asst.Professor,S.H College ,Chalakkudy	How to shape Future
6	09/02/2016	3 Hour	Smt.Dhanya Sankar,Asst.Professor,Vimala college, Thrissur	Secrets of Success
7	10/02/2016	3 Hour	Prof.C.V.Krishnan, Stony Brook University, New York.	Career & Higher Education
8	15/02/2016	3 Hour	Smt.Najeema U.L,Member,STEM project,DST,New Delhi	Research Projects
9	02/03/2016	3 Hour	Dr.T.D Babu,Associate professor,Amala Cancer Research Centre,TSR	Career Awareness
10	05/03/2016	4 Hour	Sr.Dr.Lis,CMC,Educationa l Psychologist	Positive thinking- Psychological Approach
11	11/03/2016	3 Hour	Prof.K.R.Janardhanan, Educationalist	Academic performance & Career aspirations



Internal Mentoring

Subject oriented approach given by internal mentors including seminars on advanced topics, Group discussion, preparation for competitive exams etc. Stationery kits and study materials were made available for the mentees. Motivational visit were conducted for second year WWS mentees to KILA, KFRI and KAU. The program of the year was concluded by a talk on Academic performance and career aspirations by Prof.K.R Janardhanan. Students were also given career oriented internal mentoring too.







**REPORT OF MOTIVATIONAL VISIT TO VISIT TO KERALA VETENARY AND
ANIMAL SCIENCE UNIVERSITY (KVASU) , KERALA AGRICULTURAL
UNIVERSITY (KAU), MANNUTHY AND KERALA INSTITUTE OF LOCAL
ADMINISTRATION (KILA)**

Kerala institute of local administration is synonymous with decentralization and local governance. It aims to address emerging issues of decentralized governance at the grass root level through various activities like training, research, consultancy, policy advice etc. KILA was established in the year 1990 and is supported by government of Kerala. KILA actively collaborates with many national and international agencies like SDC, UNDP, and HUDCO etc. It also has collaboration with Srilanka Institute of Local Governance and all India Institute of local self-governance in order to conduct international courses.

We, the second year Walk With a Scholar (WWS) mentees of St. Mary's College, visited KILA as part of our Motivational Site Visit. We conducted our trip on 16-02-2016,(February sixteenth, two thousand and sixteen) under the Supervision of Coordinator (Dr.Bincy Joseph) and two mentors (Miss Liji Maliakkal, Asst. Professor in Economics and Miss Vandana A B, Asst. Professor in History). We were 30 students all together from various departments that of History, Economics, Botany, Micro-Biology, Chemistry and Mathematics. We assembled at our college, had our breakfast and proceed to KILA. We Reached KILA at 9.00 am. We were welcomed by the Faculty Member of KILA, Shri. Baskaran Pallikkara. He firstly made an informative session to us regarding Panchayati Raj system and powers of Grama Panchayath. He informed us that in village everything is

under control of Panchayath except Water, Police Station and Electricity. We got to know that Panchayath is the regional form of Legislative Assembly. There Are 3 main sectors like Agriculture and Veterinary, Industrial sector [road, bridge, Electricity] and Service Sector [health and education] which comes under Panchayath



Class on Panchayath Raj by Shri Baskaran Pallikkara

He further informed us with a new programme called Ayal Sabha [seva gram]. Thus we got to know about various programmes of Local Administrations. At The end of the session Sreelakshmi S of History Department made a vote of thanks. After having tea the second session was taken by Sri.P.P. Balan, Director of KILA, he talked about the facilities of KILA, importance of Local Administration and some words on

personality development. There was a short break for lunch. After which the session continued. Then we went to visit audit class conducted for Panchayath Presidents of every Panchayath of Kerala, 'Gandhi' art gallery and Child Resources Centre that was functioning in KILA. After having tea the last session ,that was , Evaluative Session chaired by Dr. Peter M Raj, the Faculty Member of KILA and Riya Davis of Mathematics Department made a well feed-back on behalf of St. Mary's College WWS Unit. She rendered thanks to all the KILA faculties for providing us the opportunity to visit KILA. Then we came to the end of our visit and reached college by 5.00 pm.



Session handling by Dr. Peter M Raj, Faculty Member , KILA



Vote Of Thanks By Sreelakshmi S



Feedback by Riya Davis

Under Initiation of Walk With a Scholar programme (WWS),the students of St. Mary's college, Thrissur unit , visited the Universities of Kerala Vetenary and Animal Science(KVASU) and Kerala Agricultural University (KAU) on 19th February 2016 accompanied by our coordinator, (Dr.Bincy Joseph) and two mentors (Dr.Dalie Dominic ,Smt.Diana Mary George).

We reached the KVASU, located at Mannuthy, at 9.30 am .There we had a short interaction with the professionals of respective fields. After having refreshments we moved to the central instrument laboratory (CIL).The CIL is the centralised lab with highly sophisticated equipment's which are available to both post graduate and Ph D students .Students of the university as well as students of other universities and other external organisations are open to use these equipment's at nominal rates. The various equipment's in the CIL were purchased with the onetime grant issued by the government during the years 2013 & 2014.Prof.Dr V.Ramanath , principal investigator and officer in charge of CIL introduced us the various sophisticated equipment's in the central instrument laboratory. This laboratory provides hands on training and demonstration session on spectrometry, spectrophotometry, spectroflourometry, ultracentrifugation, radio immuno assay etc.



Dr. Ramanath described various equipment's like UHPC, UV-VIS-NIR spectrophotometry, flourosce nespectrophotomer, Real-time PCR, lyophilizer, Ultracentrifuge, Haematology analyser, ELISA plate reader with micro plate washer and many others. Students are enriched with ideas regarding various instruments used in various fields. After having lunch we moved to Agricultural University, Mannuthy nearest to KVASU.



At KAU, we visited the Wildlife Department Museum in the college of forestry. This Museum is maintained for research purposes. Small groups of animals like reptiles, rodents, bats, insects and amphibians were preserved using wet and dry preservation techniques. Under guidance of Dr. Neeraja, one of the researcher introduced us to the method of camera trapping in which sensors, that sense the body heat of animals, are used to count the number of animals in the forests or sanctuaries. He also showed us NISNET, a device consisting of a net made of thin wires to entrap bats.



Later we visited the xylarium of the wood science Department. Here climatic changes were recorded by growth ring on trees. We were also taken to the nursery maintained by the KAU. Students were able to see as well as buy various medicinal and ornamental plants. Then, we visited the college of Horticulture at Vellanikkra, inside the campus of KAU. Dr. Koshi Abraham, Dean of Horticulture, introduced us to the various department at the college of Horticulture and the opportunities available for those students interested in taking up research.



Next we visited the department of Olericulture where we get an opportunity to interact with the Dean of that centre. A faculty member showed us an exhibit of genetically modified varieties of vegetables. She explained to us how a plot of 2 cent can be used to make our own vegetable garden at home. The exhibits also included a wide variety of seeds, devices to trap insects and information about bio pesticides and organic fertilizer. There were also charts about the seasonal varieties of plants and types of diseases seen in them. Students could buy seeds of varieties of modified seeds such as Arum (spinach) and Anaswara (pea).The session came up an end at 5.00 pm. After tea ,then we returned to college inspired with the opportunities available around us in the fields of agriculture and research.

