



WALK WITH A SCHOLAR (WWS) PROGRAMME

ST. MARY'S COLLEGE, THRISSUR

**Programme of the New Initiatives
Directorate of Collegiate Education**

ANNUAL REPORT OF ACTIVITIES: 2018 – 19

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1. INTRODUCTION

The WWS Programme for this year was initiated at St. Mary's College during the month of August 2018 as per the direction of DCE, Kerala (F2/ 215/ 2018/ Colle. Edn dated 06/08/2018). The monitoring committee conducted a meeting on 23rd of July 2018 in Conference Hall at 3.15 pm. Newly appointed Assistant Professor in the Department of Mathematics, Dr. Sr. Smitha Rose C G, was appointed as the new WWS Coordinator. The list of 10 Internal Mentors were also finalized in the meeting after inviting applications from the staff and scrutinizing them. This year we have 30 students from I year UG and 30 students from II year UG as WWS mentees. The whole amount was utilized as per the given guidelines. The Motivational Visit was to CHRIST (Deemed to be University, Bangalore, IISC Bangalore and Visweswarayya Museum, Bangalore.

2. MONITORING COMMITTEE

Sl No	NAME	Designation
1	CHAIRMAN	DR. SR. MAGIE JOSE PRINCIPAL
2	IQAC COORDINATOR	DR. JULIE P LAZAR, ASSISTANT PROFESSOR & HOD, ECONOMICS DEPARTMENT
3	SENIOR MOST FACULTY 1	DR SR MEENA K CHERUVATHUR, VICE-PRINCIPAL ASSISTANT PROFESSOR, DEPARTMENT OF BOTANY
4	SENIOR MOST FACULTY 2 AND INTERNAL MENTOR	DR LITTY MATHEW IRIMPAN, ASSISTANT PROFESSOR, DEPARTMENT OF PHYSICS

5	WWS COORDINATOR	DR.SR.SMITHA ROSE C G, ASSISTANT PROFESSOR, DEPARTMENT OF MATHS
6	SUPERINTENDENT	SR. PREETHA P L SUPERINTENDENT
7	MEMBER FROM COLLEGE UNION	ANJANA P, MEMBER OF UNION



3. LIST OF I YEAR MENTEES

This year 30 mentees were selected from 5 departments of I year students

LIST OF MENTEES – FIRST YEAR			
SL. NO	NAME	COURSE	NAME OF INTERNAL MENTOR
1	ANKITHA PRASAD	BSC MATHS	DIANA MARY GEORGE
2	APARNA RAJAN	BSC MATHS	
3	CHANCHAL K SUNIL	BSC MATHS	
4	DEVIKRISHNA M	BSC MATHS	
5	GEETHU K R	BSC MATHS	
6	KEERTHANA S	BSC MATHS	
7	APARNA S	BSC BOTANY	DR DALIE DOMINIC
8	APARNA U	BSC BOTANY	
9	KRISHNAPRIYA O S	BSC BOTANY	
10	MERIN GEORGE	BSC BOTANY	

11	NANDHINI JAYASANKAR	BSC BOTANY	DR SREELAKSHMI P BHASKAR
12	THASLIN K H	BSC BOTANY	
13	ANKITHA K A	BSC CHEMISTRY	
14	DEVIKRISHNA K	BSC CHEMISTRY	
15	HANNA O P	BSC CHEMISTRY	
16	HYMA ANILKUMAR	BSC CHEMISTRY	
17	JEENA M S	BSC CHEMISTRY	
18	SMRITI SIVAKUMAR	BSC CHEMISTRY	
19	ANGEL MARIA P WILSON	BSC MICROBIOLOGY	
20	ANUSHA T U	BSC MICROBIOLOGY	
21	FARHANA PAREED	BSC MICROBIOLOGY	
22	RIYA ROY P	BSC MICROBIOLOGY	
23	SHAHALA K V	BSC MICROBIOLOGY	
24	SHIJILI P	BSC MICROBIOLOGY	
25	MALAVIKA JAYAN	BA ECONOMICS	DR DHANYA SANKAR
26	NEETHU V	BA ECONOMICS	
27	VRINDA M NAIR	BA ECONOMICS	
28	GAYATHRI SANTHOSH K	BA HISTORY	
29	VARSHAMOL V	BA HISTORY	
30	TIBINA GEORGE	BA HISTORY	

4. LIST OF II YEAR MENTEES

This year 30 mentees were selected from 5 departments of II year students. No students from III year is selected for this programme this year as per instruction given.

LIST OF MENTEES – SECOND YEAR			
SL. NO	NAME	COURSE	NAME OF INTERNAL MENTOR
1	ALEENA MATHEW	BSC MATHS	DR LITTY MATHEW IRIMPAN
2	AMENA JHONY	BSC MATHS	
3	ATHULYA T J	BSC MATHS	
4	ASWANI PRAKASH T	BSC MATHS	
5	GREESHMA JOHN THADATHIL	BSC MATHS	
6	MALAVIKA T RAJAN	BSC MATHS	
7	AKHILA BABU	BSC BOTANY	DR REKHA K
8	APARNA PAULY	BSC BOTANY	
9	ARSHA SHAJI	BSC BOTANY	
10	IRENE BABU	BSC BOTANY	
11	MALAVIKA SASI	BSC BOTANY	
12	THINGAL A K	BSC BOTANY	
13	ANJANA P	BSC CHEMISTRY	DR. BINCY JOSEPH
14	ATHIRA MURALEEDARAN	BSC CHEMISTRY	
15	HUSNA ALIKUNJU	BSC CHEMISTRY	
16	KAVYA K D	BSC CHEMISTRY	
17	MELNA JOY	BSC CHEMISTRY	
18	SHAMNA K A	BSC CHEMISTRY	
19	AMEENA SHERIN P S	BSC MICROBIOLOGY	DR. MABEL MERLEN JACOB
20	AMRUTHA P S	BSC MICROBIOLOGY	
21	ANISHA M N	BSC MICROBIOLOGY	
22	ASWATHY R	BSC MICROBIOLOGY	

23	BINU SHAHLA V	BSC MICROBIOLOGY	SWAPNA K P
24	MAGNA JOM	BSC MICROBIOLOGY	
25	JASMINE ROSE ANIL	BA HISTORY	
26	LIYA ELIAS	BA ECONOMICS	
27	KEERTHANA HARIDAS	BA ECONOMICS	
28	KRISHNA V C	BA HISTORY	
29	MEGHA P UNNIKRISHNAN	BA HISTORY	
30	SUKANYA E S	BA ECONOMICS	

5. INDUCTION PROGRAMME

- An induction programme was organized for the selected internal mentors on 22/11/2018 9:00 AM at St. Josephs Seminar Hall of the college. 10 internal mentors participated. All the rules and regulations were discussed and detailed planning done for the internal and external mentoring sessions.



- The WWS Programme for the year 2018-19 was inaugurated in the college on 22/11/2018 2:00 PM at St. Josephs Seminar Hall of the college. Vice Principal Dr Sr Meena K Cheruvathur inaugurated the programme and WWS Co-ordinator Dr. Sr Smitha Rose C G gave a detailed presentation about the scheme to the 60 selected mentees following an inspirational talk by herself.



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6. DETAILS OF EXTERNAL MENTORING PROGRAMMES CONDUCTED

Talk 1:

External Mentor: Dr. Minimol K Jose,
Associate Professor,
Department of Social Work,
Vimala College, Thrissur - 20

Topic: Emotional Maturity

Date: 24 / 11 / 2018 - 9 am to 3 pm – 5 hours

No. of Students Participated: 30 (I years)



Talk 2:

External Mentor: Dr. Joby Thomas K,
Associate Professor,
Department of Chemistry,
St. Thomas College, Thrissur - 20

Topic: Research Motivation

Date: 24 / 11 / 2018 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (I Years)



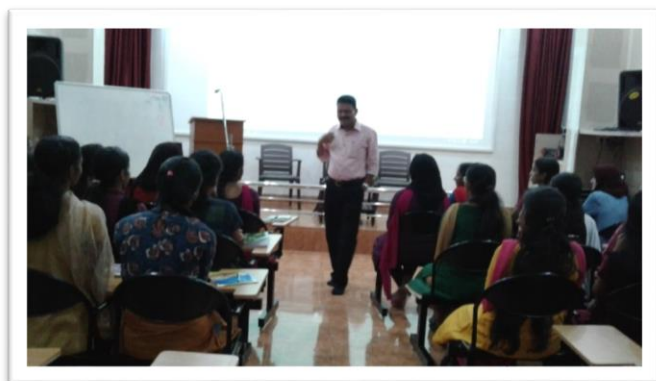
Talk 3:

External Mentor: Dr. Joby Thomas K,
Associate Professor,
Department of Chemistry,
St. Thomas College, Thrissur - 20

Topic: Research Motivation

Date: 8 / 12 / 2018 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (II Years)



Talk 4:

External Mentor: Dr. Kochurani Joseph,
Retd. Associate Professor,
Department of Commerce,
Bharath Matha College, Thrikkakara

Topic: Public Speaking and Communication Skills

Date: 12 / 01 / 2019 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (I Years)



Talk 5:

External Mentor: Mr. Lims Thomas,
Assistant Professor,
Department of Social Work,
Vimala College, Thrissur - 20

Topic: Leadership Skills

Date: 12 / 01 / 2019 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (II Years)



Talk 6:

External Mentor: Mr. Lims Thomas,
Assistant Professor,
Department of Social Work,
Vimala College, Thrissur - 20

Topic: Leadership Skills

Date: 2 / 02 / 2019 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (I Years)



Talk 7:

External Mentor: Dr. Minimol K Jose,
Associate Professor,
Department of Social Work,
Vimala College, Thrissur - 20

Topic: Emotional Maturity

Date: 2 / 2 / 2019 – 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (II years)



Talk 8:

External Mentor: Mr. Sharon Thomas ,
Assistant Professor,
Department of Commerce & Management,

St. Thomas College, Thrissur - 20

Topic: Competitive Exams & Interview Skills

Date: 9 / 2 / 2019 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (II Years)



Talk 9:

External Mentor: Mr. Sharon Thomas,
Assistant Professor,
Department of Commerce & Management,
St. Thomas College, Thrissur - 20

Topic: Competitive Exams & Interview Skills

Date: 16 / 2 / 2019 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (I Years)



Talk 10:

External Mentor: Dr. Kochurani Joseph,
Retd. Associate Professor,
Department of Commerce,
Bharath Matha College, Thrikkakara

Topic: Public Speaking and Communication Skills

Date: 16 / 02 / 2019 - 9.30 am to 3.30 pm – 5 hours

No. of Students Participated: 30 (I Years)



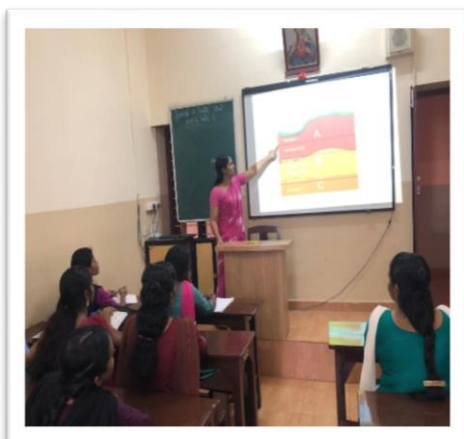
7. DETAILS OF INTERNAL MENTORING SESSIONS

A. INTERNAL MENTORING PROGRAMMES - (Second Year)

NO	NAME OF INTERNAL MENTOR	DESIGNATION	NO OF HOURS
1.	DR LITTY MATHEW IRIMPAN	ASSISTANT PROFESSOR IN PHYSICS	10
2.	DR REKHA K	ASSISTANT PROFESSOR IN BOTANY	10
3.	DR BINCY JOSEPH	ASSISTANT PROFESSOR IN CHEMISTRY	10
4.	DR MABEL MERLEN JACOB	ASSISTANT PROFESSOR IN MICROBIOLOGY	10
5.	SWAPNA K P	ASSISTANT PROFESSOR IN HISTORY	10

No.	TOPICS EXECUTED	HOUR
1	Self Introduction	1
2	Group Discussion on Goals	1
3	Interview Techniques	1
4	Preparing Biodata	1
5	Essay Writing Tips	1
6	How to Review an Article	1
7	Word Power Exercises	1
8	Debate	1
9	Tips for Making PPT	1
10	PPT Presentation by Mentees	1
11	Discussion & Submission of Biodata	1

12	Experience Sharing & Goal Setting	1
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B. INTERNAL MENTORING PROGRAMMES - (First Year)

NO	NAME OF INTERNAL MENTOR	DESIGNATION	NO OF HOURS
1.	DIANA MARY GEORGE	ASSISTANT PROFESSOR IN MATHEMATICS	10
2.	DR DALIE DOMINIC	ASSISTANT PROFESSOR IN BOTANY	10
3.	DR SREELAKSHMI P BHASKAR	ASSISTANT PROFESSOR IN CHEMISTRY	10
4.	DR DEEPA G MURICKEN	ASSISTANT PROFESSOR IN BIOCHEMISTRY	10
5.	DR DHANYA SANKAR	ASSISTANT PROFESSOR IN HISTORY	10

No.	TOPIC	HOUR
1	Self Introduction	1
2	Leadership Training	1
3	Interview Techniques	1
4	Preparing Biodata	1

5	Essay Writing Tips	1
6	How to Review an Article	1
7	Word Power Exercises	1
8	Debate	1
9	Tips for Making PPT	1
10	Presentation of Article Review	1
11	Civil Service Motivation	1
12	Experience Sharing	1



8. REPORT OF MOTIVATIONAL VISIT

WWS is a Government Initiative in order to motivate the toppers towards their higher goals. As a part of the programme, there was the option for the motivational camp and visit, funded by the Government. We submitted a proposal and got a permission letter from the Office of New Initiatives to continue with the procedures for the Camp.

Thus, the WWS coordinator of the College, Dr Sr. Smitha Rose C G, arranged a two day Motivational Camp (Jan 2- 3, 2019) at CHRIST (Deemed to be University), Bengaluru and one day Visit (Jan 4, 2019) to IISC, Bengaluru for the 30 of the II year WWS scholars who are included in the scheme. We went to Bangalore in a hired bus and stayed at CHRIST University for two days. At the very outset of the journey, at 8.00 pm on New Year Day, our Principal, Dr Sr. Magie Jose gave the student a small orientation to make use of opportunities of the Camp, in a fruitful manner. After a small prayer session at the grotto of Our Lady, we started the journey by 9.30 pm. In the bus, scholars were asked to introduce themselves as an ice-breaking session.

We reached Bangalore by 7.30 am on Jan 2, 2019. The accommodation was arranged in the dormitories of the University. The camp was planned in the Campus

in association with Centre for Education Beyond Curriculum (CEDBEC), CHRIST University. The Director of CEDBEC, Dr Kennedy Andrews and staff in charge for our cause Christeena, gave an introduction about the University, its vision and mission and the motto “ Excellence and Service”. They welcomed us to the college and to its magnificent campus.



Campus Tour

They had arranged different classes, campus tour and interaction with staff and students for our scholars. The camp was started with a Campus Tour of two hours through the premises of the University.



The students could visit mainly two libraries, the studio, the waste recycling centre, and a short talk with the VC, Dr Thomas C Mathew.



Motivational Talks

The students had sessions for Ethical Leadership, Research and Career Guidance. The first session was held by Prof. Ghadially Zohler, Former Associate Dean, Institute of Management, Christ (Deemed to be University), Bangalore. The session was about the topic 'Ethical Leadership in a Globally Dynamic World'. Another talk on Leadership Skills was taken by Prof. Samuel S George, Manager of Leadership Chair, Christ University, Bangalore. Next, they had a session about Emotional Maturity by Ms Rashi Rutherkumar (Kadabur Facilitator)



The second Day sessions include the session about career planning. The student coordinators of CAPS (Centre for Academic and Professional Supports, Christ University, Bangalore) explained about the importance of career planning. The career planning session was conducted by Ms Namratha & Ms Lizil. They have distributed a set of 100 questions to be answered by us. It was helpful for analysing the personality of each of them. The aptitude test helps in identifying everyone's personal interests and capabilities. The next session was on Research and Modern Technologies. The session was guided under the excellent guidance of Dr Namitha & Dr Rinju George. Their main theme was about research using modern technologies on going through the session we got familiar to many and many modern software and

technologies that help our studies. We got information about data collection techniques and different reference styles.



The students had interaction with the Vice Chancellor, faculty and students of respective departments on the afternoon of the second day. They also visited different laboratories on the campus.

Visit: Visweshwarayya Museum

The Coordinator took the scholars to Vishweshwarayya Museum on Jan 2, 2019. It was really a scientific experience for them. We spent around 3 hours (3.00 pm to 6. pm) there.

Visit: IISC, Bengaluru

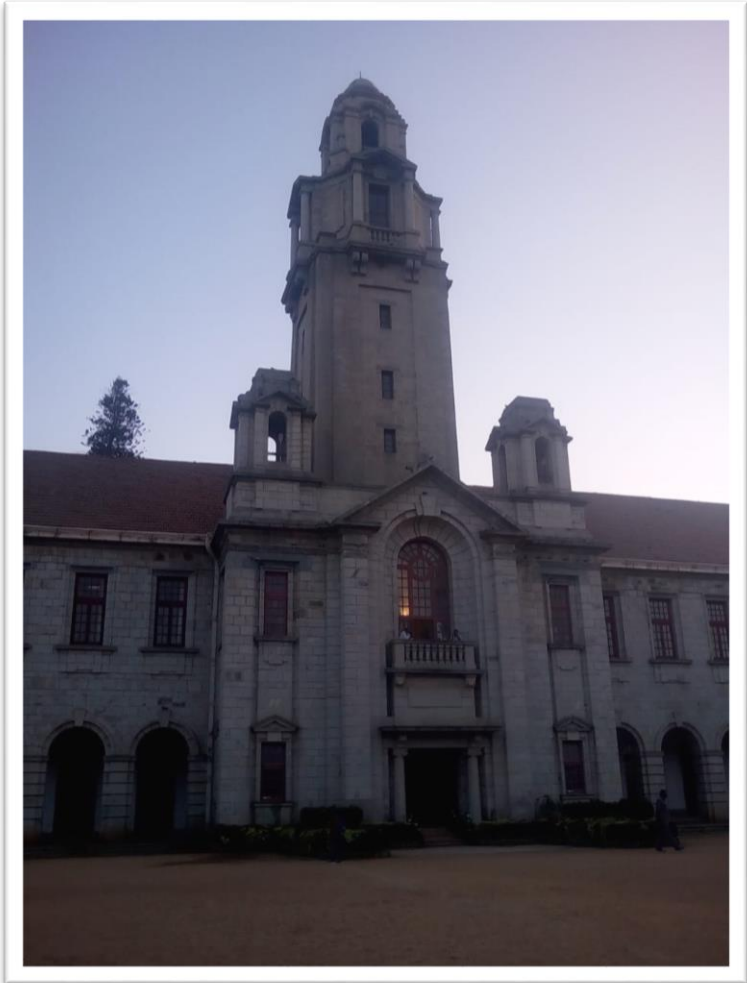
We got entry permission to IISC, Bangalore through Prof. M R N Moorthy, Department of Molecular Biophysics. We reached there on Jan 4, 2019, at 10.00 am. IISC is an institute for study and research in the field of science. It was established in 1909 by Jamsetji Tata & H.H Sir Krishna Raja Woodeyar IV the Maharaja of Mysore. It was granted as deemed University in 1988. The IISC campus was exotic and with indigenous plant species with about no species of woody plants. The roads on campus are named after the dominant avenue tree. We had a campus tour for two hours but got permission only to enter inside biochemistry department. There they took us to three huge labs with lots of costly instruments. Different kinds of instruments related to DNA study, such as PCR, Gel electrophoresis, microscopes, shaking incubator. Etc.



Afternoon 3.00 pm, we had an interaction session with faculty Prof. M R N Moorthy one of the IISC notable alumni was a professor of molecular biophysics and by Miss Savithri, professor of biochemistry. He shared us a brief idea about the fellowship, entrance exams and also his views in the social evil practices. We are free to talk to him. He advised us that it is not necessary to attain our goal at first attempt. We should keep trying until we reach our goal. He also shared about the lack of women lecturers or professors. We should try to overcome such situations by breaking the shackles of exclusion.

We returned back home that night by 10.00.pm after some shopping.





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