

SSP REPORT (2018-2019)
EXTERNAL MENTORING
ST. MARY'S COLLEGE, THRISSUR.

- ❖ Meeting of Monitoring Committee on July 4th, 2018.
- ❖ Meeting of the Internal mentors on July 7th, 2018.
- ❖ SSP Coordinator Dr. Regi Raphael K attended one day training programme of SSP coordinators at Loyola College, Trivandrum.
- ❖ Meeting of Monitoring Committee on September 17th, 2018.
- ❖ Meeting of the Internal mentors on September 25th, 2018.
- ❖ Meeting of the Internal mentors on November 2nd, 2018.



**Inauguration of SSP programme of year 2018-19 by Vipeesh P,
Assistant Professor, College of Applied Science, Nattika**



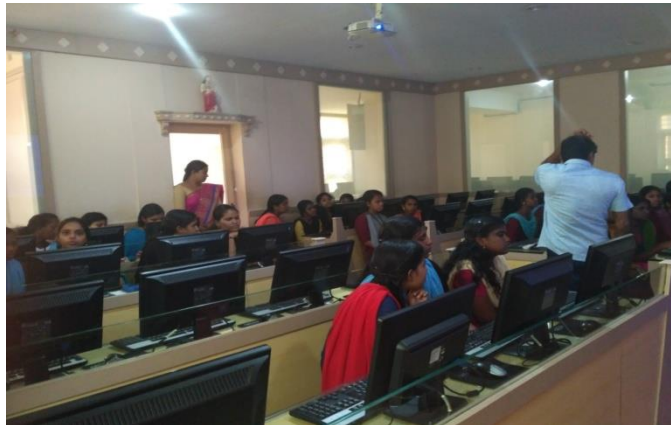
**Dr. Regi Raphael K, SSP Coordinator of ST. Mary's College
welcoming the IT Resource person**



IT Theory class (Introduction, hardware and assembling, installation of OS and drives) by Vipeesh P , Assistant Professor, College of Applied Science, Nattika on 2nd November from 9.30 to 12.15 p.m.



IT Practical class (Introduction, hardware and assembling, installation of OS and drives) by Vipeesh P , Assistant Professor, College of Applied Science, Nattika on 2nd November from 1.15 to 3.15 p.m.



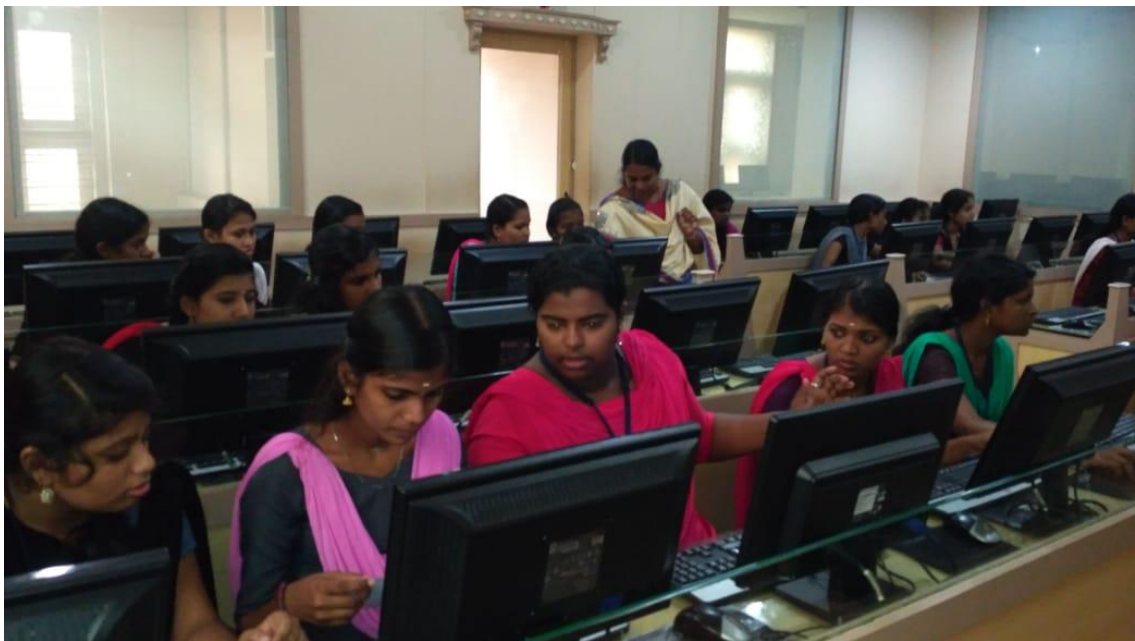
ASAP class (Warm up session, know yourself, confidence building) by Mrs. Elizabeth Ravi Thanickal on 9th November from 12.15 to 3.15.



ASAP class (Confidence building, know your strength and time management) by Mrs. Elizabeth Ravi Thanickal on 14th November from 12.15 to 3.15.



IT class (Word processing- document creation, formatting, adding picture, table etc) by Mrs. Sruthy S Sivan , Department of computer Science, Assistant Professor, IHRD , Nattika on 16th November, 2018, from 9.30 to 3.15 p.m.



ASAP class (Thinking creatively and personal values) by Mrs. Elizabeth Ravi Thanickal on 23rd November from 9.30 to 2.30.



ASAP class (Language practice) by Mrs. Elizabeth Ravi Thanickal on 3rd December from 2.15 to 3.15



ASAP class (Language practice) by Mrs. Elizabeth Ravi Thanickal on 7th December from 1.30 to 3.30.



❖ Meeting of internal mentors on December 10th , 2018.

ASAP class (Language practice) by Mrs. Elizabeth Ravi Thanickal on 15th December from 2.15 to 3.15.



❖ Meeting of the monitoring committee on December 17th, 2018.

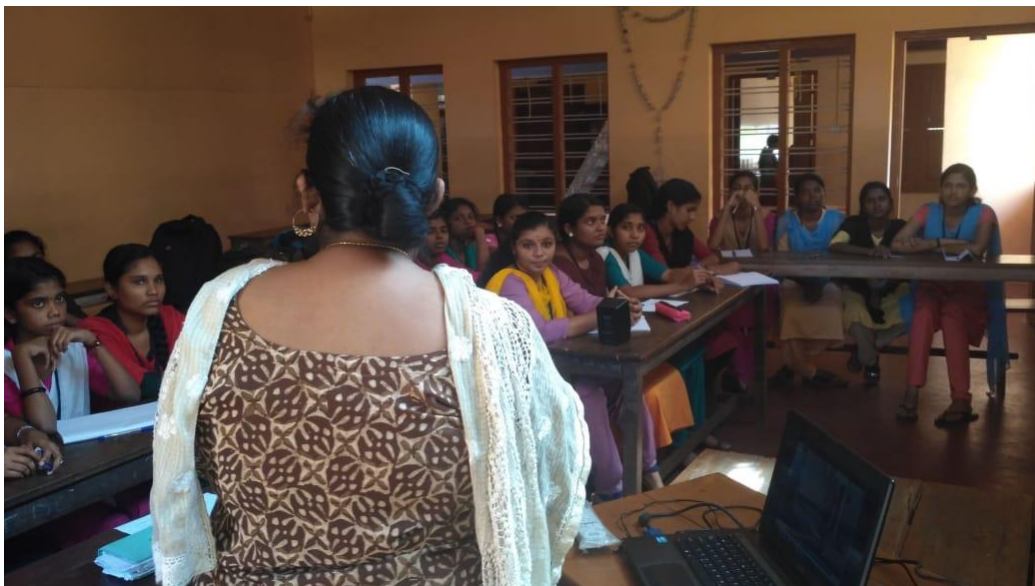
IT class (Electronic Spread sheet- MS office) by Mrs. Sruthy Sivan , Assistant Professor, IHRD , Nattika on 17thDecember, 2018, from 10.15 to 3.15 p.m.



ASAP class (Speaking skills and self introduction) by Mrs. Elizabeth Ravi Thanickal on 21st December from 9 to 11 a.m.



ASAP class by (Listening skills) Mrs. Elizabeth Ravi Thanickal on 4th January from 12.15 to 3.15p.m.



IT class (MS Access and Power point) by Divyamol S P , Assistant Professor, IHRD , Nattika on 5th January, 2019, from 10.15 to 3.15 p.m.



ASAP class (Speaking skills by Mrs. Elizabeth Ravi Thanickal on 7th January from 9.30 to 1.30p.m.



ASAP class (Speaking Skills) by Mrs. Elizabeth Ravi Thanickal on 10th January from 1.30 to 3.30p.m.



ASAP class (Appropriate / contextual use) by Mrs. Elizabeth Ravi Thanickal on 11th January from 1.50 to 2.50p.m.



- ❖ SSP students of Maria Francis, Reshma K R, Akhila K, Vani A and Sneha Sadanandan attended Employment Enhancement Programme at St. Thomas College, Thrissur on 11th January, 2019.
- ❖ SSP students of Akhila K, Vani A and Sneha Sadanandan attended Employment Enhancement Programme at St. Thomas College, Thrissur on 12th January, 2019.

Learning techniques by Dr. Nice Mary Francis P, Assistant Professor, Dept of Psychology, Prajyoti Niketan College, Pudukad, Thrissur, from 10 to 12 a.mon January 14th, 2019.



ASAP class (Interepersonal skills and public speaking) by Mrs. Elizabeth Ravi Thanickal on 15th January from 9.15 to 12.15)p.m.



ASAP class (Public speaking and Language Practice) by Mrs. Elizabeth Ravi Thanickal on 18th January from 9.30 to 12.30)p.m.



IT class (Image editing, Internet- search engines and email by Divyamol S P Assistant Professor, IHRD , Nattika on 25th January, 2019, from 9.15 to 2.15 p.m.



Learning techniques by Dr. Nice Mary Francis P, Assistant Professor, Dept of Psychology, Prajyoti Niketan College, Pudukad, Thrissur, from 10 to 12 a.m on January 29th, 2019.



❖ Meeting of internal mentors on February 11th, 2019 at 12 noon.



SSP

INTERNAL MENTORING (2018-2019)

ST. MARY'S COLLEGE, THRISSUR.

Department of Microbiology

Name of internal mentor: **Dr C R Meera, Assistant Professor,**
Department of Microbiology
Batch: **I Sem B Sc Microbiology**

Sl no	Date	Sessions
1	10/07/2018	Topic-"A brief History of Microbiology" A PPT class was arranged to give an introduction to Microbiology. The class included detailed description about Eminent Scientists and their major contributions in the field of Microbiology. Supportive videos were used to describe the experiments conducted by the scientists in an interesting way. Class also described the various fields of Microbiology as well as career opportunities.
2	26/07/2018	Topic-"Forms and arrangements of bacteria" A class was conducted to describe the various forms and arrangements of bacteria and its importance in identifying the organisms. Simplified notes were provided to the SSP students. Questions from particular portion in University question paper Bank was discussed with students.
3	12/08/2018	Topic-"Microscopy- Principle & working of Different types of Microscopes" A class was conducted to explain different types of microscopes including Bright Field, Dark Field, Phase Contrast, Fluorescent and Electron Microscope. Different parts and function of Bright field microscope was described to students with the original microscope available in Microbiology lab. Simplified notes were provided. Suggested textbooks for further reference. Questions from University Question Bank was discussed.
4	18/09/2018	Topic-"Fungi, Yeast & Mold forms" A class was taken on general morphology,

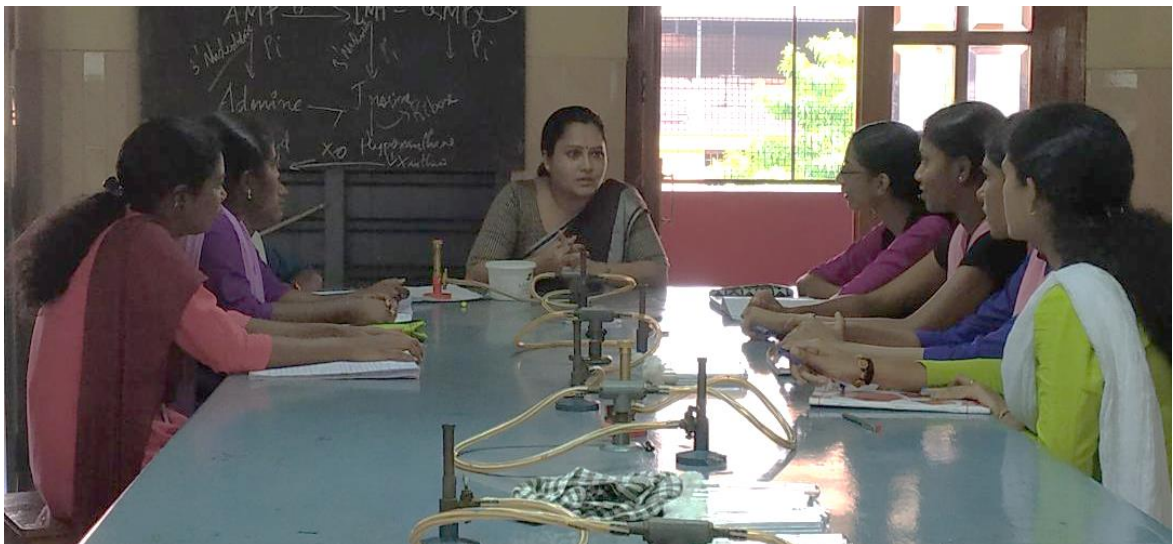
		structure, optimum growth conditions and economic importance of Fungi, Yeast & Mold forms. Suggested textbooks for further reference. Questions from University Question Bank was discussed.
5	1/10/2018	Topic-"Staining Techniques" Structure and function of different stains used to study microorganisms were discussed in detail. Different procedures like simple, negative, Grams, Spore, Flagella, Acid fast, Volutin and capsule staining were elaborated. Few of the staining techniques were demonstrated in the Microbiology Lab. Suggested textbooks for further reference. Questions from University Question Bank was discussed.
6	29/10/2018	Topic-"Sterilisation & Disinfection Techniques" A detailed class on different physical and chemical agents of sterilisation was carried out. Instruments used in physical methods of sterilisation was shown to the students and their working was demonstrated. Suggested textbooks for further reference. Questions from University Question Bank was discussed.
7	1/11/2018	Topic-"Viral & Bacteriophage Forms" A class on viral & bacteriophage forms was taken. Supportive video on lytic and lysogenic cycle of bacteriophages were shown. Suggested textbooks for further reference. Questions from University Question Bank was discussed.

II Sem Microbiology

Sl no	Date	Sessions
1	17/12/2018	Topic-"Basics of Microbial Taxonomy- Concept of Species, Taxa and Strain " A detailed class was conducted on above topic. Printed notes were provided to students. Questions

		from University question paper bank was discussed with students. Assignment was given on question paper questions and given corrected with required suggestions.
2	4/1/2019	Topic-"Culture media-Solid, liquid media & use of agar " A detailed class was conducted to describe the various types and functions of media. Simplified printed notes were provided to the SSP students. Questions from particular portion in University question paper Bank was discussed with students. Preparation of media was demonstrated in the lab.
3	9/01/2019	Topic-"Types and functions of special media" A PPT class was conducted to explain different types of special media including enriched media, enrichment media. Selective media, differential media, indicator media, sugar media and transport media and their components, function etc. Simplified printed notes were provided. Suggested textbooks for further reference. Questions from University Question Bank was discussed. Showed different media used in our lab.
4	15/01/2019	Topic-"Culture methods of microorganisms" A detailed class was taken on different types of culture methods and pure culture techniques. Suggested textbooks for further reference. Questions from University Question Bank was discussed. Written simplified notes were provided. Different culture techniques were demonstrated in the lab.
5	24/1/2019	Topic-"Anaerobic cultivation Techniques" A PPT class was conducted on anaerobic cultivation techniques. Suggested textbooks for further reference. Questions from University Question Bank was discussed.
6	30/1/2019	Topic-"Culture preservation strategies" A detailed class on different techniques used for preservation of microbial cultures. Suggested textbooks for further reference. Questions from University Question Bank was discussed.

		Supportive videos were shown.
7	7/2/2019	Topic-"Numerical taxonomy" A class on different methods of classification system for microorganisms was taken. Suggested textbooks for further reference. Questions from University Question Bank was discussed.





Department of English

Name of internal mentor: **Ms. Preema Paul, Asst. Professor on contract**

Batch: **I Sem B .A Economics & History**

Sl No	Date	Sessions
1	1/10/2018	Topic- "Introduction to English Grammar " Discussed the basics of Grammar and made the students give examples
2	3/10/2018	Topic-"NOUNS" Lectured on the different types of nouns and gave students exercises to do in class and as homework.
3	4/10/2018	Topic-"PRONOUNS AND ADJECTIVES" Had a detailed discussion on Pronouns and made them do exercises in class .Introduced Adjectives.
4	10/10/2018	Topic-"Verbs" A class was taken on verbs and exercises were done in class and given as homework.
5	11/10/2018	Topic-"Adverbs and Articles" A class was taken on Adverbs and Articles exercises were done in class and given as homework.
6	27/11/2018	Topic- "Common Mistakes in English Grammar" A detailed class on Common Mistakes in English Grammar was done and gave some basic rules to avoid them.
7	28/11/2018	Topic-Subject -Verb Agreement" Lectured on Subject -Verb Agreement and made them do the exercises in class.

II SEM ECONOMICS & HISTORY

Sl. No	Date	Sessions
1	3/12/2018	Topic- "Introduction to Academic Writing" Explain what is Academic Writing ? Genres of Academic Writing? Explain the different approaches of Academic Writing ?
2	5/12/2018	Topic-"The Process of Writing" Explain the scope, purpose and audience of Academic Writing ? Teach the structures of academic paragraph and essay.
3	9/1/2019	Topic-"Elements of Writing" Teaching the art of writing, suitable introduction, body paragraphs and conclusion. Explain rhetorical modes in writing
4	10/1/2019	Topic-"Vocabulary and Grammar for Academic Writing" A class was taken on formal writing by using vocabulary and grammar
5	24/1/2019	Topic-"Mechanics and Conventions of Writing" A class was taken on basic rules of punctuation and different style guides and their uses
6	28/1/2019	Topic- "Writing for Professional Purposes" A detailed class on how to develop the ability to analyse the content given, the different styles of linguistic expression
7	29/1/2019	Topic- "Writing for Professional Purposes" A detailed class on career planning process and how to write a good C.V and impress others



Department of Botany

Name of internal mentor: **Ms. Aswathy k G, Asst. Professor on contract**

Batch: **I SEM Botany**

Sl no	Date	Sessions
1	3/10/2018	Discussions were conducted on the topic- secretory tissues: questions prepared and answered
2	11/10/2018	Ppt classes were conducted on the topic Complex tissues
3	24/10/2018	Practical assistance were given on the topic: Anatomy of dicot and monocot stem
4	26/10/2018	Practical assistance were given on the topic: Anatomy of dicot and monocot root
5	31/10/2018	Well explained about various tissue systems in plants. Peer teaching were arranged for this session
6	1/11/2018	Classes taken on the topic Various types of vascular bundles in plants. Illustrations were given for each types of vascular bundles
7	3/11/2018	Ppt classes were given on the topic Nodal anatomy and root stem transition

Batch: **I I SEM Botany**

1	9/1/2019	Topic discussed : scientific method, methods of scientific enquiry, Hypothesis formulation Assignment was given on concerned topics
2	10/1/2019	A detailed class was conducted to describe the various types and functions of sampling methods. Questions from particular portion in University question paper Bank was discussed with students.

3	22/01/2019	Topic; tabulation and diagrammatic representation of Data A PPT class was conducted to explain different types of graphs and diagrams.
4	23/01/2019	More problems were given for students from area of biostatistics especially mean, median ,mode standard deviation and standard error
5	30/1/2019	Topics discussed: microscopy, micrometry, camera lucida . Questions from University Question Bank were discussed.
6	31/1/2019	Detailed classes were given on the topic of writing a thesis and its presentation. individual topics were given for PPT presentation
7	1/2/2019	Questions from University Question Bank were discussed. And frequently repeated questions were answered and test papers conducted and evaluated the progress of students





Department of Chemistry

Name of internal mentor: **Ms. Aiswarya Chandran, Asst. Professor on contract**

Batch: **I SEM Chemistry**

Sl no	Date	Sessions
1	25/09/2018	Basic chemical concepts of chemistry
2	28/09/2018	Volumetric analysis-Chemistry
3	5/10/2018	Atomic structure , Chemistry
4	11/10/2018	Plank's Quantum theory-Chemistry
5	16/10/2018	Sommerfield modification of Bohr model of atom Chemistry
6	23/10/2018	Nuclear chemistry
7	30/10/2018	Nuclear forces-Chemistry

Batch: **II SEM Chemistry**

Sl no	Date	Sessions
1	2-11-18	Electronic configuration of atoms
2	15-11-18	Physical significance of quantum numbers
3	12-12-18	Periodic properties- diagonal relationships
4	15-12-18	Chemical bonding-Born lande equation
5	9-1-19	Chemical bonding-VSEPR theory
6	16-1-19	Chemical bonding -valence bond theory
7	6-2-19	Chemical bonding-Hydrogen bonding



Department of Mathematics

Name of internal mentor: Ms. Tintu Devassy, Asst. Professor on contract

Batch: I SEM Mathematics

Sl no	Date	Sessions
1	25/9/18	Set operations and Problems
2	27/9/18	Relations and Problems
3	28/9/18	Properties of Relation and functions
4	11/10/18	Real valued functions
5	12/10/18	Problems
6	15/10/18	One One and Onto functions, Invertible functions
7	22/10/18	Problems

Batch: II SEM Mathematics

Sl no	Date	Sessions
1	19/12/18	Problems extreme value of functions, Mean value theorem
2	21/12/18	Problems from Previous university Question paper
3	4/1/19	First derivative test for local extreme values
4	16/1/19	University Question paper discussion
5	17/1/19	Test paper based on above mentioned portions
6	18/1/19	More problems - first derivative test for local extreme values
7	28/1/19	Graphing with y^1 and y^{11}



- ❖ Meeting of the monitoring committee on February 2nd, 2019.
- ❖ Meeting of the Internal mentors on December 17th, 2018.