

WALK WITH A SCHOLAR 2018-'19 REPORTS

Payyanur College, Payyanur.

Walk with a Scholar Programme for the year 2018-'19 begun by the end of August 2018. Initially 5 Internal Mentors were appointed for mentoring the selected 30 first year students, which was followed by similar kind of process for second years too. It was quite difficult to select the students, as many got good marks and were really interested to join the programme. The first meeting for all the coordinators were accomplished at Thiruvananthapuram on 11-09-2018, which was attended by Dr. Sreejith E.K, first year Internal Mentor, as coordinator had certain personal shackles during that time.

I. Meetings Conducted

Date: 01-10-2018

First WWS meeting was held at Zoology Department with all the Internal Mentors. Explained about the role of Internal Mentors, as per the guidelines forwarded by the Stakeholders. Decided to categorize the students according to their dreams/ aims and attitudes rather than their disciplines. A monthly meeting, with or without students were appreciated by all. All mentors agreed to work in association with IQAC.

Date: 04-10-2018

The first general body meeting of WWS students as well as the mentors were conducted in College Seminar Hall. All the mentees were briefed about the programme. Students were asked to reveal their opinions regarding their expectations. Majority supported their willingness to group according to their area of interest. Major categories were- IAS Aspirants, Researchers/ Scientists, Journalists, and Entrepreneurs. Others without specific choice were put together. Decided to conduct WWS internal mentoring sessions on Tuesdays and Thursdays. This was informed to SSP as well as NSS coordinators, so that the students involved in many groups won't suffer.

Date: 05-10-2018

An Induction Programme for both first and second year mentors were conducted at Zoology Department laboratory. Hand outs regarding WWS programme, objectives and topics that has to be dealt with the mentees during internal mentoring were distributed and discussed. A common attendance sheet and bio data format was also distributed. Decided to create a Directory of Higher Studies including all disciplines.

Date: 07-12-2018

A general body meeting was conducted to brief about the External Mentoring Sessions. All were given a brief account regarding the importance of listening to Experts in various fields. A tentative schedule regarding the classes as well as the experts was also given.

Date: 15- 01-2019

General body meeting to with all the students and the internal mentors were conducted to review of activities as well as the internal mentoring sessions. The meeting held at department of Zoology analyzed the drawbacks. More sessions were recommended by all, but the other activities –both academic & non-academic- stands in the way to fulfill it. The meeting also decided a common format for the preparation of **Higher Studies Directory** and decided to collect the details by the end of the month. All appreciated that it will be a good work, if done properly.

As attendance of the external mentoring sessions was not as high as we envisage, the students were given strict regulations for not skipping it. But all, majority of the Science students were not able to make it, because of their hectic schedule of managing both theory and practical classes.

The sanctioned motivational visit for second years was decided to conduct after the University Arts Festival, as many of the second years are participating in many group items.

The information regarding State Motivational Camp was also discussed. But only one student was interested in attending it. **Mr. Sidharth S. Nair** of II Botany was selected unanimously, as there were no other applicants. And it seems to be a good decision, as he grabbed the **Best Participant Award** in the State Motivational Camp, held at University of Calicut.

Date: 01- 02-2019

Internal Mentors & coordinator's meeting discussed about booking a room for Dr. Sujatha KFRI, who will be coming from Trissur as an External Mentor.

Decided to purchase books for students according to their choices and assigned this duty to the internal mentors, each worth Rs.500/- and a consolidated amount of Rs. 3000/- per group.

Arrangements during the visit of Dr. P Vinod Bhattathirippad, Advisor to DGP of Kerala Police were discussed thoroughly. All the internal mentors were given assignments according to the requirements. Decided to conduct it as a grand function in Seminar Hall, with official representation. (Generally, such formalities are avoided in order to save time).

Date: 15-02-2019

A meeting of all the internal mentors was conducted just to discuss the activities of the WWS. Lesser participations in almost all the External mentoring sessions of second years were analyzed in detail. The overload of classes seems to be a major reason rather than their lack of interest. As Kannur University decided the conduct of exams well in advance, compared to the previous years, all the teachers are in a hurry to finish up the portions, keeping them engaged even on Saturdays. This prevented majority to abstain from classes of WWS kept on Saturdays.

As the funds for motivational visits were not yet released. Moreover, the students were not interested to go for a tour during February, as Practical Exams were about to begin from 18th onwards, spanning till 27th. Thus, almost all supported the cancellation of the proposed tour. Recommendation to take the current second years along with the next year batch was put forth.

All unanimously decided to bring the problems to the attention of authorities. Early commendation of the rules and regulations as well as the release of funds for the next academic year will take off these kinds of hurdles.

II. Internal Mentoring Sessions

As per the directions, all the Internal Mentors started their mentoring sessions well in advance. A common format was circulated to all internal mentors, which helped them to assess their mentees in all the aspects. It included both academic as well as the personal details of the mentees. Directions were given to the mentors to develop a cordial relationship with the mentees. The mentors were provided with Xerox copies of the handouts given to the coordinators.

A total of 108 internal mentoring sessions were conducted by both first and second year mentors. All the initial sessions were utilized for assessing the mentees as well as for developing a rapport with the mentees. All internal mentors had taken keen interest regarding the family background of the mentees.

It was really nice to notice the various aspects selected by the internal mentors to engage the young aspirants. A lot of activities were utilized just to keep them enthusiastic. Majority of the groups had two things in common- discussions regarding Kerala Floods as well as the first sem result analysis. More over, as all the students were specially invited for the disaster management class rendered by Dr. Murali Thummarugudi, many groups also took up a discussions on the same. Other general activities were- talks for 5 minutes about a particular topic, exam preparations, higher secondary directory preparations, communication skills improving games, general Quizes, English vocab improving activity and so on. Certain groups also took up discussions on Shabarimala verdict, "What is science & What is scientific", Clearing civil service examination etc. Map study was an innovative method introduced by a group, selecting a country and learning all about it during a session. There were films shows as well as Mock interviews for enriching students.

The list of all the mentors as well as the mentees are attached along with the end of this report.

III. External Mentoring Sessions

Date: 18-12-2018

The first External Mentoring Sessions began with Dr. P. M. Siddharthan, Retired ISRO Scientist. He has given a beautiful session on **Science and Life**. There was a detailed discussion regarding, role of Science, gimmicks of Astrology, fun facts in Astronomy and so many. Lot of interaction was also there, as students were with lot of confusion regarding the same. He also gave an insight into the important Research Institutions in India.

Date: 02-01-2019

A full day session was planned exclusively for II years alone. It was dealt by Mr. Bimal Das R. V., Motivation and Personal Development Trainer, who has been working in this field for the past seven years. Important aspects handled were keeping an aim in life, time bound working and need of avoiding procrastination.

Date: 11- 01-2019

External Mentor, Mr. T. N. Balachandran engaged the I year students with a session titled- Rebirth- A fully positive mind changing programme. It was well appreciated as it involved lot student centered activities. It was good to see the students, finding out their own follies as well as prudence by themselves.

Date: 12- 01-2019

Two parallel sessions were conducted for both first and second years simultaneously on this day.

Dr. Prashobhith K.P, Assistant Professor of Physical Education, Govt. Brennan College engaged one group of students. It was a one of the best sessions, with covered a vast area from goal setting to goal fulfilling. Students were highly impressed and motivated after the session. He seems to be one among the students to trigger their internal capacity.

Mr. Vipin K. Pattuvam is a motivational trainer for the past many years. Moreover, he is a person who has cleared IAS preliminary exam and currently running an institution for IAS aspirants. The students were happy just to listen to him. Lot of IAS exam tips as well as facing the interview were provided in that session. His personal email as well as the contact number was also given for the students for future contact.

Date: 19- 01-2019

“Rebuilding Kerala- Towards a development Perspective” was a very impressive session in our external mentoring sessions. It was engaged by retired Prof. T.P. Kunhikannan. It included lot many practical views and aspects of rebuilding Kerala, after the floods. Students were so keen about their role that can be played in future for a sustainable life.

Date: 02- 02-2019

Second day of February, also had two simultaneous sessions. Dr. M.P. Sujatha & Mr. Rajeev Kumar M.A were the two personalities invited.

Dr. M.P. Sujatha, Senior Principal Scientist, KFRI, Peechi briefed on “Soil Management for Healthy Living”. It was a session with lot of theory as well as practical tips. It gave an insight into the environmental issues for the students. There was good participation from students. There were many questions regarding farming and manuring for better yield, as majority were the wards of farmers. It has got great relevance in the contemporary scenario of Flood inflicted Kerala.

Mr. Rajeev Kumar M.A is the Principal Correspondent of The new Indian Express, Kannur. The session was pretty different from others as it included the print media and its different aspects. Mr. Rajeev Kumar insisted on the importance of improving language skill as well as their awareness regarding current affairs.

Date: 04- 02-2019

We were really honored to have Dr. Sathees C Raghavan, Associate Professor, Department of Biochemistry, IISc Bangalore to interact with our WWS students. His talk was mainly on Cancer development as well as its treatment. But before going on to the actual topic, he narrated the hurdles he faced during his childhoods, the strains he encountered during career as well as the hard work and commitments given as inputs to reach this high. All students were very much impressed about his work as well as his down to earth personality.

Date: 13- 02-2019

The last external mentoring session was dealt by Dr. P Vinod Bhattathiripad, Advisor to DGP of Kerala Police. Dr. Vinod had given a very detailed description on cyber crimes, cyber security as well as the importance of adopting safety measures during the internet usage. All students were thrilled, as he showed the advancements of technology with simple example. That too was a wonderful session.

IV. Materials Provided

The allotted funds for the benefit of the students were well utilized. All the students were given a College note book as well as two pens, just to note down their external as well as internal mentoring sessions. Books worth 30,000/- were also purchased according to their choice. Slight

increase in the amount was adjusted in that particular group itself. Majority share of the books were collected from Athulya Books, Kannur (General Book Store, from which the College makes all her purchase) and the remaining from the College Cooperative Store.

V. Overall Feedback of the Programme.

WWS programme is one of the Best schemes organized by Govt of Kerala, in higher education sector. The objective of the programme is really good, which can do wonders in the career of students. If well planned in the beginning of the academic session, it can really bring the best out of the students. The current interest shift of students into various fields other than academics, points out the real need of a programme like this. Flexibility in the selection of external mentors can do more, as majority in the list are personality development trainers and all know that there are no shortcuts for real achievements.

Kindly take care the following possible:

1. Commence the programme from the very beginning of the academic year.
2. So, the programmes for second years can begin with.
3. Give the liberty to select the External Mentors.
4. Pls make the funding which can be utilized from April- March (Eg. 2019 April- 2010 March).
5. Release the funds well in advance.
6. Ask the interested colleges to apply for Motivational visit, in the beginning of the academic year and allot the funds early. So we can make a well planned visit, with out harming the college days.
7. Provide additional leave for the coordinators, as many of their holidays are held up by WWS activities.

As a Coordinator, I look forward for the next academic year, to take care of my wards in a better way, accepting the suggestions we – the coordinators & internal mentors- put forth.

WWS – 2018: First Year Student List

Mr. Dineshan D.A

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|-----------------------|-----------|
| 1. Adarsh C | Maths |
| 2. Ayana EP | Maths |
| 3. Adithya Pavithran | English |
| 4. Geethu Krishnan PV | Chemistry |
| 5. Anjitha Rajeevan | Politics |
| 6. Aishwarya T.V | Politics |

Mrs Nisha VK

- | | |
|-----------------------|-----------|
| 1. Sandra Ajith | Zoology |
| 2. Chaithanya K | Zoology |
| 3. Anusree S Chandran | Chemistry |
| 4. Vismaya Vijayan | Chemistry |

5. Sajna Mohan C. P Chemistry
6. Rajeshwari V. R Chemistry

Dr Sreejith EK

1. Aswin Chandran N. V Physics
2. Vaishnav V Physics
3. Anu Krishnan Physics
4. Dhanashree K. V Maths
5. Devika Dinesh Maths
6. Sreehari P Maths

Mr Sudheesh KM

1. Gopika P. C Zoology
2. Fasila N. P Zoology
3. Rasika P. V Zoology
4. Malavika K English
5. Abhishek Pookkidi BCom
6. Sneha P.K. BCom

Mrs Krishna Nambiar

1. Gopika Mohan BBA
2. Arya Rajeev Chemistry
3. Athira J Chemistry
4. Kavya Raghavan BCom
5. Megha Biju K BCom
6. Pranavraj K Hindi

WWS – 2018: Second Year Students List

Dr Jayaraj T. K

1. Pradeep M. N Botany
2. Athira V Botany
3. Vismaya T Zoology
4. Sneha K. V Politics
5. Aparna Raveendran Politics
6. Navyasree N.V Zoology

Dr Shyma P

1. Anupama Sadanandan Botany
2. Siddarth S Nair Botany

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|--------------------|----------|
| 3. Anusree P | Zoology |
| 4. Athulya P.P | Zoology |
| 5. Athulya E | Politics |
| 6. Srijina Mol P.V | Politics |

Dr Vigi V Nair

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|------------------------------------|---------|
| 1. Rameesa Abdul Rehman | English |
| 2. Jumana Haseen | BCom |
| 3. Anitha K. V | BBA |
| 4. Ashitha T | BBA |
| 5. Nubda Muhammed Ali | English |
| 6. Ezhupirayil Aleena Mariya Benny | English |

Mrs Surekha T. V

- | | |
|-------------------|-----------|
| 1. Navami V.V | Chemistry |
| 2. Nayana K | Chemistry |
| 3. Aswathi M | Chem |
| 4. Nafeesath M. P | English |
| 5. Aiswarya K | Zoology |
| 6. Aswathi C.K | BCom |

Mr Suresh EV

- | | |
|----------------------|-----------|
| 1. Sneha P. V | Maths |
| 2. Hari E. | Maths |
| 3. Divya Janardhanan | Maths |
| 4. Pyari Suman C.H | Fun.Hindi |
| 5. Sruthi K. K | History |
| 6. Varsha M.V | Hindi |