



ST.TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM
WALK WITH A SCHOLAR PROGRAMME

REPORT OF THE ACTIVITIES 2015-16

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Walk With a Scholar

Report of Activities- 2015 - 2016

JUNE

WWS Programme for the year 2015-16 began with the first meeting held on 30th June at 2.30 pm in which all the Internal Mentors were present. The following were the agendas for the meeting-

- an evaluation of the programmes conducted in the previous year
- preparation of the plan of action for the year 2015-'16
- selection of the students for the year 2015-2016

All the mentors gave many suggestions to improve and to make the programmes more effective. The coordinator appreciated and thanked the members for their hard work and cooperation. A plan of action for this academic year , keeping in mind other programmes of the College, was unanimously charted out by the members. Also, the coordinator and the mentors decided to select the first year students based on the orientation, and also to conduct screening of students based on a predetermined questionnaire.

Orientation and Selection of Students



Selection of IDC Students on July 10th 2015

The internal mentors gave an awareness session about the Walk With a Scholar Programme and its purpose in all first year classes, after which the interested students and the students who have high marks in their academic performance were asked to appear for the selection. The selection of students was held on 10th July 2015. The students were given the assessment questionnaire to fill up and were selected based on the evaluation of it by the coordinator and the internal mentors.

The new internal mentors for the year 2015-'16 were also selected by the principal with the consent of the council members.

JULY

A talk on “ Personality Development” by Mr. Sooraj Abraham, Project Manager , Plan @ earth, was held on 16th July 2015. The session was claimed by the scholars as very enriching and inspirational.



Mr. Sooraj Abraham in the session on Personality Development

AUGUST

A talk on “Carrer Guidance” by Mr. Binod Krishnan Purushothaman, Senior Manager-HR, Cognizant Technologies, was held on 18th August 2015. The session was highly informative to the students. The students had a good interactive session where they cleared all their doubts and shared their fears. The new comers were enlightened and motivated by the talk.



Mr. Binod Krishnan Purushothaman

SEPTEMBER

On 22nd September 2015, a session on 'Effective communication skills' was given to the scholars. The Resource Person was Mrs. Sajitha Rasheed, Senior Soft Skills Trainer. The session began with an insight into the concept of communication and an analysis of effective communication skills. The class was interactive and was sprinkled with instances that taught students the role played by inter personal relationships. It was deduced that effective communication is a tool that enhances the quality of such inter personal relationships-be it with the boss or with the beloved. The resource person gave the students tips and tricks on communication, and talked about the importance of saying 'no' if the situation warrants one. It was realised that communication is an inextricable part of life and a skill that heightens a person's eligibility for a job. The session in itself was as a good example for effective communication at work.



Mrs. Sajitha Rasheed's Class in Progress



Interactive session on 'Effective communication skills'

7th December 2015

The WWS session held on the 7th of December, 2015 for the second year scholars was conducted by Mr. Premchandra Pilla, Corporate Trainer, Thiruvananthapuram.. The session envisaged the techniques that help enhance one's performance in exams. Mr.Pillai went beyond conventional exam-preparation methods to delve into ideas of positive affirmation and meditation. The students were given three sets of tasks- each suiting to a different purpose.



The first two tasks involved simple instructions such as writing one's name on the topmost corner of the page, encircling the name and drawing the picture of a cat or an elephant. The tasks gave way to an understanding of each person's concentration level and the need to focus better during work. The third task was a general knowledge test that put into perspective the need to remain informed about world events and important facts.

The students were given a visual treat by videos that taught them the value of unflinching



confidence in the face of struggle. Moreover Mr.Pillai's talk encompassed the traditional tricks and techniques of learning. Therefore the concept of exam preparation was understood to be of two-folds – the first part being the tangible method of study that includes making use of visual or auditory facilities and the

second part being the mental preparation needed for composure during exams. The session was fruitful in weeding out apprehensions in students regarding exams and exam preparation.

14th December 2015

A motivational workshop was conducted for the scholars of first year degree class by Mr.Jijo Chittadi, an award winning motivation trainer on 14th December 2015. The class was basically on the unimaginable power and uniqueness of each individual. It proceeded with the way one should think of oneself as capable of everything and every human is unique with one's own qualities in life. The one who realise it the earliest and strive without getting back or giving way for obstacles succeed. Various games, group discussions and debates were conducted on several topics such as public speaking, character sketching etc. Presentation was exemplary and matters were mostly narrated in a hilarious way. Videos and power point presentations were also used to make examples more clear. The three thematic schemas which ultimately was conveyed include-

'Respect parents', 'Never give up', and 'Believe in yourself'.



Jijo chittadi's class in progress



'Respect parents', 'Never give up', and 'Believe in yourself'- Jijo's grand finale

15th December 2015



A class on Preparation for competitive exams was by Mr. Jinish P. Joseph held on 15th December 2015 for the scholars. It was mainly on how to easily track questions while appearing for a competitive exam. The class was very interesting and it mostly dealt with clearing tricky problems easily. The resource person used power point presentation to show the examples and other questions. The questions discussed were usually the ones which recently appeared for most competitive exams and the clearing of problems were presented very tactfully and clearly.

16th December 2015

On 16th December 2015 there was a talk on "*Wisdom From The West*" for the scholars, in which, the resource person was Dr. Rajeev Jayadevan, who got graduated from western countries and practiced abroad and settled back in India in order to improve the situation of our nation in the field in which he is working.



The talk was mainly concentrated on one core point that is the imitation of western negatives such as the usage of drugs and violence. Rather he advised to concentrate the western positives such as punctuality, table manners and self

improvement techniques. He talked widely on the Indian constitution, the rules mentioned in that such as the safeguard of public property, compassion for living creatures etc. With that he also quoted that the true spirit of India lies more in Indian constitution than in Ramayana or Mahabharata. And also it is more important to do ones responsibility than to demand for ones rights. Power point presentations were used to show pictures and make the examples more clear. Last 10 minutes were denoted for clearing doubts and expressing views of the listeners.

Other important points:

1.lacking of workmanship

(among the top10 products from different countries not even one product is from India.)

2. Choice of job

(work for satisfaction of one's self)

16th December 2015

There was a session on “*Losers can be winners*” handled by Mr. Jijo John, Principal SRV Vocational Higher Secondary School on 16th December, 2015 for second year students. The session was very motivating and excellent. It has enabled the students to strive hard again in life without losing hope.



Jijo- pointing the winning streak



Jijo- Inspiring the students to be winners

6th January 2016



On 6th January 2016, there was a session on '**Game to Game**' for scholars in which the resource person was Mr. Saneesh, Managing director, Edumitra. The session was conducted with various games which provided a new synergy for the scholars. Different games were introduced and these games helped them to understand different values and taught them how to discuss in groups, how to effectively debate, to develop mutual

understanding in a group,

Mr. Saneesh Chengamand how to materialize ideas, being unique and creative and to have dignity in one's own job etc. It was a wonderful experience as gaming, laughing, understanding various things, interacting, all went together. It helped them to change themselves and also to know each other as well.

16th January 2016

A one day workshop on '**Communication Skills**' was handled by Dr. Rangarajan, Retd. Professor, Maharaja's College, Ernakulam for first year scholars on 16th January 2016. The discussions were mainly on the revolution in English language and the different dialects of the language. Various tips were introduced to put up the ideas of one's mind into words and also to use different synonyms to avoid repetitions of same word while communicating. It was more of Practical session. The resource person created awareness regarding different websites available in internet to get connected with the updates in language. Sources like power point presentation, video clippings, songs, news readings etc were presented to improve various skills such as pronunciation, soft skills, voice modulations etc. Opportunities were given to scholars to present their views and then their soft skills were being evaluated. Other important point: A great and inspiring effort was made by the resource person in order to create an addiction for new words and to improve vocabulary.



WWS Scholars with their mentor , Dr. Rangarajan



An interaction session with Dr. Rangarajan

20th January 2016

There was a session conducted for the scholars on 20th of January 2016 on ***‘Developing informed insight for human development’*** by Mr. Vijay Menon, a motivational speaker. He highlighted the importance of inculcating social values along with academics and other

achievements He shared his life experiences to inspire the students. The session was really an eye opener which motivated the students to think in a more practical manner. The inspiration has led the students to take up humanitarian endeavour of visiting cancer ward of General hospital every Wednesday and donate medicines to the needy patients, by sacrificing their own personal luxuries.



Session in progress with Vijay Menon

3rd February 2016

Motivational Visit

With a view of encouraging innovation in the youth, a visit to Start-up Village was organized for WWS Scholars the 3rd of February 2015. Start up village is an initiative to build and bolster ideas that spark innovative minds. The students were exposed to the world of start-ups; start up culture and the ways of exploiting the cyberspace. 30 scholars from both Arts and Science streams participated in the Motivational Visit. The WWS students were inspired to think and make a paradigm shift by using the tools of technology.



An interaction session with Start Up Mission Personnel



Sharing of Ideas by the scholars in the session



A tour in the Fablab of the Start Up Mission