



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

**REPORT OF THE ACTIVITIES 2016-17**



## **WALK WITH A SCHOLAR PROGRAMME - 2016-17**

Walk With a scholar Programme for the year 2016-17 was initiated as per the directives of the Higher Education Department. As always, the activities for the year propelled forward with unparalleled enthusiasm and vigour, so as to achieve its goal of holistic development of the students.

### **SELECTION OF STUDENTS - 28. 06.2016**

The selection of students for the year 2016 -17 was held on 28<sup>th</sup> of June 2016. There were 42 students who appeared for the screening session. The coordinator gave an orientation on Walk with a Scholar programme. As part of the screening session, a questionnaire was given to the students to fill up and to be assessed by the internal mentors. Based on the assessment of the questionnaire thirty students were selected and allotted to the internal mentors for the year 2016-17.



## **Motivational Session - 29.06.2016**

The first session for the newly selected students was organized on 29<sup>th</sup> June 2016. The resource person was Mr. Abraham George, corporate Trainer, Kochi who motivated the students on the theme of 'Creating Excellence'. He urged the students to discover and analyse their selves to bring forth their hidden skills and potentials. The session was activity oriented wherein the students participated in various tasks assigned to them by the resource person, so as to convey the idea that



creating excellence is not by chance, but by will.

### ***Screening session***

The session concluded by the discussion of future activities of WWS by the coordinator as well as by taking the feedback of the session .

After the motivational session a secretary for the WWS programme 2016-17 was selected from the students. Ms. Mili Roosevelt of II DC Economics volunteered as the secretary of WWS for the year 2016-17.



*Motivational session by Mr. Abraham George*



*'Creating excellence' by the students*

## **MEETING OF THE INTERNAL MENTORS -30.06.2016**

The meeting of all the internal mentors was held on 30<sup>th</sup> of June 2016. Meeting began with a prayer. The coordinator welcomed all the internal mentors, especially the new internal mentors of WWS for the year 2016-'17. The first agenda of the meeting was the evaluation of the modus operandi of WWS for the past year. The internal mentors were urged to share their perspectives, which was extrapolated by the coordinator to be incorporated into the future activities of the programme. The next agenda was the presentation of the future plans of the WWS for the current year. The coordinator discussed in detail, all the plans charted out for the year, to the internal mentors and requested them to share their inputs so as to make the programme more comprehensive and insightful for the mentees as well as the mentors. After discussing the future plans, the student cards and registers were distributed to the new internal mentors. The coordinator then proceeded to have an interface meeting with the new internal mentors so as to make them understand the various dimensions of the nature of WWS programme. Finally, the coordinator thanked the internal mentors for their constant support and cooperation for the programme, and acknowledged their wholehearted endeavours for the success of the programme.



### *Meeting of WWS Core Team*

**July 23, 2016**

A training session on “Building up Confidence” was organized for the third year WWS students on 23<sup>rd</sup> July, 2016. The Resource Person for the training was Mrs. Surekha Vinodkumar. She focused on imparting communication skills among students and instilling confidence in them for public speaking and presentation skill. The session was calibrated in such a way so as to develop the soft skills of all the participants. Ma’am conducted mock election campaigns, on the spot speeches, skits and collage making competitions over the course of the session. The session tapped the creative energy of the participants and helped develop their group dynamics. Shy students were made to open up and realise their potential of clear and lucid expression. Ma’am stressed on the need for a positive outlook that helps shape the character of an individual. The session was fruitful in lifting the participants from their comfort zones and making them confront live situations that require the use of soft skills. Many students felt perceivable changes in their confidence levels and clarity of thought by the end of the session.





*Building Confidence- Skit Presentation by students*





*Confidence building through creativity*

**August 17<sup>th</sup> 2016**

A class on “Time Management and Attitude” was organized for the first year students on August 17<sup>th</sup> 2016. The resource person for the seminar was Mr. Sooraj Abraham, Corporate Trainer, Plan@earth. He asserted that time is an important indicator of the progress in our lives. Good time management is an inevitable element for attaining goals and being successful. Wasting time is equivalent to wasting golden opportunities in our lives. He urged that, after setting clear goals, the next immediate task to be achieved is a system of managing one’s own time.

He also highlighted the importance of attitude in leading a successful life. He said that attitude is a way of life. It is more important than the past, education, money, circumstances, failures, and success.



*Time Management and Attitude Class in progress*

### **September 23<sup>rd</sup> 2016**

A orientation class on “Setting up career goals” was organized for the third year WWS on 23<sup>rd</sup> September 2016. The resource person for the class was Mr. Rakesh Ramachandran, entrepreneur and founder; He said that smart goal setting is the benchmark for succeeding in personal as well as professional life. Ensuring that the goals are achievable and realistic contributes significantly to personal excellence. Mr. Rakesh assertively talked about the relevance of goals in enhancing the motivational level of students and building up their self confidence. He also proactively talked about the steps through which effective goals can be set up as well as achieved.

- First you create your "big picture" of what you want to do with your life (or over, say, the next 10 years), and identify the large-scale goals that you want to achieve.

- Then, you break these down into the smaller and smaller targets that you must hit to reach your lifetime goals.
- Finally, once you have your plan, you start working on it to achieve these goals.

He finally urged the students to dream big and take up goals which are dear to their hearts.



*Smart Goals: Mantra of Success*



*Setting up goals class in progress*

### **September 23<sup>rd</sup> 2016**

A class on “Life skills” was organized for the II<sup>nd</sup> year WWS students on 23<sup>rd</sup> September 2016. The Resource person for the sessions was Mr. Abhishad Azeez, Corporate Trainer. He urged that, in a constantly changing society, having *life skills* is an essential part of being able to meet the challenges of everyday *life*. In everyday life, the development of life skills helps students to:

- Find new ways of thinking and problem solving
- Recognise the impact of their actions and teaches them to take responsibility for what they do rather than blame others
- Build confidence both in spoken skills and for group collaboration and cooperation
- Analyse options, make decisions and understand why they make certain choices outside the classroom
- Develop a greater sense of self-awareness and appreciation for others

Mr. Abhishad concluded by saying that life skills are inevitable part of living a successful life.



*Skills for everyday life*

**03.12.2016**

A session on “Public Speaking” was organized for the IInd year WWS students on 3<sup>rd</sup> December 2016. The Resource person was Mrs. Surekha Vinodkumar, ASAP trainer. The session highlighted the fact that good public speaking skills are very important not only in academics but for career opportunities as well. Planning, Practicing, engaging with audience, body language and positive thinking are very important in becoming a public speaker. The benefits of knowing how to communicate to an audience include sharpening critical thinking and verbal/non-verbal communication skills.



*Instilling speaking skills through role play*





***Public speaking session on progress***

Mrs. Surekha Vinodkumar urged the students to develop the following skills to be a good public speaker-

- Plan appropriately.
- Practice.
- Engage with your audience.
- Pay attention to body language.
- Think positively.
- Relax.
- Watch recordings of your speeches.

The sessions were highly informative as well as practical in nature, wherein every student got the opportunity to develop the skills to speak in an open forum.

**03.12.2016**

A session on “Communication Skills” was organized for the first year WWS students on 3<sup>rd</sup> December 2016. The Resource person was Dr. Rangarajan, Rtd. Professor and Principal, Maharaja’s College, Ernakulam. The resource persons urged the students to proactively develop communication skills which is an inevitable industry-oriented skill in the present century.





*Striking a conversation- imparting skills for effective communication*

Through his demonstrative class, he urged the students to develop the following skills to be a good communicator-

- Listening. Being a good listener is one of the best ways to be a good communicator
- Nonverbal Communication. Your body language, eye contact, hand gestures, and tone all color the message you are trying to convey
- Clarity and Concision
- Friendliness
- Confidence
- Empathy
- Open-Mindedness
- Respect

The resource person focused on each students and made tailor-made corrections regarding the students.

**15.12.2016**

A session on “Time Management” was organized for the first year students on 15.12.2016. The Resource person was Mrs. Sajitha Rasheed, Corporate Trainer, and Mind Mojo. The resource person enlightened the students regarding the concept of time management, where she said that, time management is the process of organizing and planning how to divide the time between specific activities. She said that good time management enables you to work smarter – not harder – so that you get more done in less time, even when time is tight and pressures are high. She cautioned that failing to manage time damages your effectiveness and causes stress. She also highlighted that fact that the highest achievers manage their time exceptionally well. She stressed that the skills involved in managing time include planning for the future, setting goals, prioritizing tasks, and monitoring where your time actually goes.



**Sajitha Rasheed- Racing against time**

The sessions were highly useful for the students in order to reorganize their time to be more productive in their academic and future career pursuits.

**17.12.2016**

A training session on interview skills was given for the 3<sup>rd</sup> year wws students on 17<sup>th</sup> December 2016. The Resource person was Dr. Chandra Prasad, Former Professor, IMG, Trivandrum. The session was oriented towards understanding interview dynamics which accelerates the chances for obtaining a job or career placements. Dr. Chandraprasad said that Interview Skills is one area where a little training can go an awfully long way. He demonstrated that sharpening personal interviewing skills can help the students learn how to present oneself at an interview, how to dress appropriately, how to tell a good story about oneself and give relevant examples instead of reciting one's CV. He conducted a mock interview for all the students who attended the session. Though it was time consuming process, it was highly useful for the students in understanding interview techniques which could go a long way in their future career prospects.



*Mock Interview in Progress*

**07.01.2017**

A session on “Managing your Life” was organized for 3<sup>rd</sup> year wws students on January 7<sup>th</sup> 2017. The resource person was Mr. Abhishad Azeez, CEO and Chief Trainer, Life Tools Training and Development. He said that, in order to achieve our goals, we need to be realistic. The first step in this regard is designing one’s life to create a compelling vision of who we will become and what we want our life to ultimately be like. This is a very powerful part of the process, as your ultimate vision is what will drive you and really excite you – **it gives you something to look forward to on a continual basis.** **Mr. Abhishad asserted that** we are responsible for everything that happens in our lives. We should Learn to accept total responsibility for ourselves.



*Abhishad Azeez- Inspiring students to Manage Life*

The session helped in bringing a realistic attitude towards life and deal with all the challenges in a proactive manner.

**16.01.2017 - 17.01.2017**

A two day session on Presentation Skills was organized for the 3<sup>rd</sup> year students on 16<sup>th</sup> and 17<sup>th</sup> January 2017. The Resource person was Mrs. Anubha George, Media Trainer. She asserted that presentations skills are very useful in many aspects of work and life. Effective presentations are important in business, sales and selling, training, teaching, lecturing, and generally feeling comfortable speaking to a group of people. Developing the confidence and capability to give good presentations, and to stand up in front of an audience and speak well, are also extremely helpful competencies for self-development and social situations.



***Session on Presentation skills***

She urged that anyone can give a good presentation, to a professional and impressive standard. Like most specialisms, this requires preparation and practise.

Mrs. Anubha George also said that the formats and purposes of presentations can be very different, for example: oral (spoken), multimedia (using various media - visuals, audio, etc), powerpoint presentations, short impromptu presentations, long planned presentations, educational or training

sessions, lectures, and simply giving a talk on a subject to a group on a voluntary basis for pleasure. Even speeches at weddings and eulogies at funerals are types of presentations.

Her sessions were practical and very useful in developing skills for multimedia presentations

### **25<sup>th</sup> January 2017**

WWS scholars assigned under the mentor Dr Ushamani M, participated and presented a poster in the UGC sponsored national seminar on “Advancements in Polymer Science and Technology” organized by the Department of Chemistry, St.Teresa’s College, Ernakulam. This UGC sponsored national seminar was organized in association with the Department of Polymer Science and Rubber Technology, CUSAT, Kochi on 24<sup>th</sup> and 25<sup>th</sup> January 2017. The scholars participated in the seminar are:

***Syno Pauland Athira S Kumar ( Chemistry dept)***

***Mitchell M Beveira, Aiswarya C B and Ann Mary V.B( Zoologydept)***

***Lakshmi Priya( Physics dept)***

The students were encouraged to do interdisciplinary project work as a part of their UG programme. Their work was presented and published in the conference proceedings entitled “**Green Synthesis and Study of Silver Nanoparticles with Special Reference to Antimicrobial activities and Conductivity study of PANI/Ag nanocomposites**” with ISBN No: 978-81-7255-079-0.

***Our students won the first prize in the UG category. They received certificates, citation and cash prize.***









### **01.02.2017**

A session on ‘Technological Addiction’ was organized for the 2<sup>nd</sup> year students on 01.02.2017. The resource Person was Mr. Sanju George, Psychiatrist, Rajagiri Hospital, Ernakulam. He started by saying that technology addiction — sometimes called Internet addiction, Internet use disorder (IUD) or Internet addiction disorder (IAD) — is a fairly new phenomenon. It’s often described as a serious problem involving the inability to control use of various kinds of technology, in particular the Internet, smart phones, tablets and social networking sites like Facebook, Twitter and Instagram.

He said that health experts are seeing a rise in addictive tendencies that involve technology.

Dr. Sanju George said that, like other types of addiction, technology addiction can range from moderate to severe. However, he mentioned some of the common symptoms of technological addiction-

- Compulsive checking of text messages
- Frequent changing of Facebook status and uploading of “selfies”
- A feeling of euphoria while on the Web
- Social withdrawal

- Loss of interest in activities that don't involve a computer, phone or gadget
- Feelings of restlessness when unable to go online



He concluded by saying that the good news about technological addiction is that, there are a variety of available resources to help, whether you've just noticed the problem or have seen it worsen over time.



**ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM**

**WALK WITH A SCHOLAR PROGRAMME (WWS) 2016-'17**

## **Motivational Visit to**



**February 9<sup>th</sup> 2017**

## **MOTIVATIONAL VISIT FOR THE FIRST YEAR STUDENTS AS PART OF EXTERNAL MENTORING SCHEDULE**

### **Profile of IIST**



The **Indian Institute of Space Science and Technology (IIST)** is a government-aided institute and deemed university for the study and research of space science, located at Valiamala, Thiruvananthapuram, Kerala. It is the first university in Asia to be solely dedicated to the study and research of Outer space. It was inaugurated on 14 September 2007 by G. Madhavan Nair, the then Chairman of ISRO. IIST was set up by the Indian Space Research Organisation (ISRO) under the Department of Space, Government of India. A. P. J. Abdul Kalam, former President of India, was the Chancellor of IIST. IIST offers regular engineering undergraduate, postgraduate and doctorate programmes with focus on space science, technology and applications.

The team of 30 Walk With a Scholar students and coordinator and an internal mentor of St. Teresa's College (Autonomous), Ernakulam, started the journey to IIST on 9<sup>th</sup> February 2017 at 5.25 am by train to IIST, Trivandrum. The group reached Thiruvananthapuram by 10 am and later on reached the destination at Valiamala by bus at 10.45am.



*Students enter into IIST*

The coordinator, Dr. Lekshmi V. Nair, Assistant Professor, Dept. of Humanities, IIST, welcomed the group. After a short time of refreshment, the group was led to the conference room for a presentation regarding IIST.



## Session I Presentation

The WWS students were given a presentation regarding IIST in general, as well as, the various Undergraduate and Postgraduate programmes available in the institution for the students. The topics covered included what is IIST, how the students enroll in IIST, and the career prospects. It was conveyed that there are 7 departments in IIST and 710 students were pursuing their academic interests on a residential basis. The presentation was done by Dr. Anand Narayanan, Associate professor, Dept. of Earth and Space Sciences, IIST.



*Presentation by Dr. Anand Narayanan*



*Presentation continues....*

After the dynamic presentation by Dr. Anand Narayanan, the group was led to observe and probe a Reflecting Telescope, which Dr. Anand explained and demonstrated to the students.





*Telescopic Insights by Astrophysicist Dr. Anand narayanan*



*Exploring the horizons.....Telescopic probing by the students*

The students from both arts and science were awe struck and excited by indulging themselves into the realms of scientific explorations, with the help of Dr. Anand Narayanan, who was also a skilled and highly reputed astrophysicist.

## **Session 2 Dept. of Earth and Space Sciences**

The next destination of the students were the dept. of earth and space sciences, where Dr. V.J.Rajesh, gave a detailed description of Earth, formation of rocks, Planets, Moon and Tectonics. Dr. Rajesh explained the mysteries of the formation of earth and moon in a very simple and thought provoking manner. The students asked lots of interesting questions to the faculty member, which he responded with illustrative answers.



***‘Rocking it on’..... An Illustrative Session by Dr. Rajesh from Earth and Space Science Department***



*The session continues....*

After this detailed discussion, the students were given a tour of the various types of rocks collected from from areas across the country.





*Demonstration of Collection of Rocks*



*Dr. rajesh explaining about different types of rocks*

The students were highly motivated by the demonstrative class given by Dr. Rajesh.

After this exciting session in the Dept. of Earth and Space Sciences, it was already 1.30 pm, and the students were given a sumptuous lunch and a very short break to refresh themselves.

### **Session 3: Library**

After the Lunch recession, next session began at 2 pm, where the students were taken for a very information excursion in the library by Mr. Abdul Nassar, the Librarian of IIST. He gave a detailed account of the infrastructure as well as books and journals available in the premises. The librarian explained that, the students were given all the liberty to lend as many books during their exam time, so that there was no need to buy personal copies of the required books from outside. This, he cited as a reason, for the quite number of copies available for a single print.

He showed the students the printing and binding section which he said that was very useful for both students and faculty members. Then, they were taken to the Designing Centre, where the entire IIST pooled around for their designing needs, like brochures, certificates, newsletters, banners etc. A full time designer was available in the campus, whose services could be availed both by the student community and the faculty members.





*In the Library....*

#### **Session 4: Department of Avionics**

After their expeditions in the library, the students were guided into the department of avionics, where they had the opportunity to visit the flight mechanics lab. Here, Mr. Rahul, Lab-in-charge, explained the designing of various types of aircrafts and showed prototypes made in the lab by the students in the department. He ended the session with a live demonstration of aircraft flying, to the inquisitive eyes of the students. It was a session which tapped the hidden creative potentials and adventurous curiosity of the students.



*Flying Lessons by Mr. Rahul*



*A demonstration of avionics*

### **Session 5: Advanced Propulsion and laser Diagnostic Lab**

The last session was in the Advanced Propulsion and laser Diagnostic Lab, where Mr. Ninish, an M.Tech student in Aerodynamics described the function of the laser gadgets within the lab. Later on, he explained how this can contribute in modeling and remodeling aerodynamic structures, to facilitate wondrous tasks in the aviation world.



*Explaining about advanced propulsion techniques.....Mr. Ninish*

After the session in the aerodynamic lab, the time was already 4.55 pm, and it was high time to catch the train back to Ernakulam. On the way, the students were provided with refreshments as well as dinner packets. The train reached Ernakulam by 11 pm and the students were accompanied by the parents to their respective homes.



*The session in progress...*

### **Tour in Retrospect- The Output**

The visit, without any doubt, has triggered the young minds of the students to explore new dimensions of thought. The need for “thinking big” and widening their academic horizons were deeply felt by the students. The Visit definitely has ignited the minds of the WWS students and

the coordinator and her team expects the motivated group to turn into future naturalists, scientists and explorers in the years to come.

### **30.03.2017**

The year came to an end with an evaluation by the coordinator, wherein an interface meeting with the internal mentors was organized on 30<sup>th</sup> March 2017. The coordinator presented the overall activities during the year as well as the budget income and expenditure for the current year. The internal mentors were asked to submit their activity reports as well as their mentoring documents, to be verified. The future plans of the WWS programme was also discussed.

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