



ST. TERESA'S COLLEGE (AUTONOMOUS) ERNAKULAM

WALK WITH A SCHOLAR PROGRAMME

REPORT OF ACTIVITIES: 2019-20

Teacher In-charge

Dr. Shilpa Jose

Dr. Ursala Paul

Dr. Swathy Varma

ACTIVITIES

This academic year we had 90 students from 3 batches (First UG, Second UG and Third UG) with 15 internal mentors to guide them.

The activities taken up by the WWS in the academic year 2019-20 was a Master Mentor Training for teachers of other colleges, regular external mentoring sessions by experts, internal mentoring of WWS students as well as a motivational tour to VSSC and IISER by the second year WWS students.

The Master Mentor Training for WWS co-ordinators in colleges in Ernakulam, Trichur, Idukki and Alapuzha was hosted by St.Teresa's College on **4th and 5th September 2019**.

An induction meeting for all internal mentors was conducted in October, immediately after the co-ordinator attended the State WWS meeting at Loyola College, Trivandrum organised by the DCE. The co-ordinator, Dr.Shilpa Jose gave a presentation on the aims, objectives and frame work of WWS scheme to all 5 internal mentors who were new to the Programme. 6 students each were assigned to each internal mentor. Registers and stationery were also distributed. Stationary kit comprising of a note book, pen and pencil was provided to all students. The meeting served as a platform to clear doubts and create an overall idea regarding how the programme should be taken forward.

Internal mentoring forms the core of the Walk With a Scholar Programme, in which the mentor focuses on the holistic development of the students by intensive personal mentoring. The internal mentoring sessions were arranged by concerned teachers as per guidelines given.

Along with the internal mentoring sessions, external mentoring sessions for each batch was done by inviting experts from various fields as resource persons to cater to the various academic and personal development needs of the students. The external mentoring sessions by eminent resource persons covered topics which enhances not only the employability and the career orientation of the students but also contributed immensely to their personality development. 18 hours of external mentoring for first year students and 8 hours of external mentoring for second year students were conducted on the topics assigned by DCE.

The activities of the WWS were highly structured with monthly reports and comprehensive feedback taken from the students on a regular basis. Overall our students have immensely benefitted by the WWS Programme. It was a rewarding experience for our teachers too.



Brochure of WWS Master Mentor Training hosted by St. Teresa's College, Ernakulam

APPENDIX I

STRUCTURE OF WWS PROGRAMME 2019-20

College level co ordinator : Dr.Shilpa Jose, Assistant Professor
Department of Home Science.

WWS cell members: Dr. Ursala Paul, Assistant Professor, Dept. of Mathematics.
Smt. Stancy , Assistant Professor, Department of History

WWS Student Representatives:

Maxlin M Maxy I B.A English Language and Literature
Fatima Mohammad Ali II B. A English Language and Literature
Naomi Vincent III B. Sc Home Science

FIRST YEAR WWS STUDENTS AND RESPECTIVE INTERNAL MENTORS

Name of the Internal Mentor: Dr. Mariyam Thomas

Name of the mentee:

- | | |
|-------------------------------------|---------------------------------------|
| 1 NANDANA S I B.Sc Physics | 4 ALICIA MARIYAM BOBBY I B.Sc Physics |
| 2 V USREERANJINI PAI I B.Sc Physics | 5 IRIN MELETH I B.Sc Physics |
| 3 MARIYA ROSEMOL I B.Sc Physics | 6 J DEVAPRABHA I B.Sc Physics |

Name of the Internal Mentor: Elizabeth Reshma M T

Name of the mentee:

- | | |
|------------------------------------|---|
| 1 Anjana Rajesh I B.Sc Mathematics | 4 Drishya Vishwanathan I B.Sc Mathematics |
| 2 Ansiya Abbas I B.Sc Mathematics | 5 Meera Joseph I B.Sc Mathematics |
| 3 Bhavana K I B.Sc Mathematics | 6 Navya Varikkattu I B.Sc Mathematics |

Name of the Internal Mentor: Dr.Pearly Antony

Name of the mentee

- | | |
|-----------------------------------|--------------------------------------|
| 1 Sreelakshmi M.C I B.A Economics | 4 Gayathri B. Mambra I B.A Economics |
| 2 Rebeca Gigi I B.A Economics | 5 Aysha Nissar I B.A Economics |
| 3 Alamelu Chelat I B.A Economics | 6 Arathi Rajan I B.A Economics |

Name of the Internal Mentor: Ms. Lissy Jose

Name of the mentee:

- | | |
|---------------------------------------|---------------------------------------|
| 1 Ann Maria | 4 Maxlin M Maxy |
| I B.A English Language and Literature | I B.A English Language and Literature |
| 2 Suzenna S Poothuran | 5 Saneeta Magdal V.S |
| I B.A English Language and Literature | I B.A English Language and Literature |
| 3 Aleena Jomon | 6 Snigdha Pradeep |
| I B.A English Language and Literature | I B.A English Language and Literature |

Name of the Internal Mentor: Dr.Saritha Chandran

Name of the mentee:

- | | |
|------------------------------------|----------------------------------|
| 1 Ayana Sunny I B.Sc Chemistry | 4 Sayoojya Anil I B.Sc Chemistry |
| 2 Drisya K D I B.Sc Chemistry | 5 Shahnaz K Z I B.Sc Chemistry |
| 3 Rajeswari S Raj I B.Sc Chemistry | 6 Rosmi Roy I B.Sc Chemistry |

SECOND YEAR WWS STUDENTS AND RESPECTIVE INTERNAL MENTORS

Internal mentor- Smt. Georgia Ann Benny

Name of the mentee:

- | | |
|----------------------------------|---------------------------------------|
| 1. DEVIKA. V. S II B. A History | 4. SAADIYA MOOSA. K II B. A Sociology |
| 2. ALEENA MORIES II B. A History | 5. RABWA II B. A Sociology |
| 3. ROJA. V. ROY II B. A History | 6. RANJITHA. M. H II B. A Sociology |

Internal Mentor –Smt. Anju George

Name of the mentee:

- | | |
|------------------------|--|
| 1 LEKSHMI MAHESH | 4 OLIVIA MARIAM BABU |
| II B. A Economics | II B. Com Finance and Taxation (Regular) |
| 2 TEENU LUCY SEBASTIAN | 5 BHAVANA PUROHIT |
| II B. A Economics | II B. Com Finance and Taxation (Regular) |
| 3 MARY CHANCHAL V.F | 6 DEVIKA S. NAIR |
| II B. A Economics | II B. Com Finance and Taxation (Regular) |

Internal Mentor-Dr.Soja Louis

Name of the mentee:

- | | |
|--|----------------------------------|
| 1 ASHNA. S II B. Sc Home Science | 4 ANEETA TYTUS II B.Sc Chemistry |
| 2 SWETHA. G II B. Sc Home Science | 5 ATHIRA T.J II B.Sc Chemistry |
| 3 RIYA ELIZABETH K. J II B. Sc Zoology | 6 SWETHA. K. R II B. Sc Physics |

Internal Mentor-Ms. Vidhu Mary John

Name of the mentee:

- | | |
|---|---|
| 1 GREESHMA THOMAS | 4 FATIMA MOHAMMAD ALI |
| II B. Sc Zoology | II B. A English Language and Literature |
| 2 SALMA SAHEER | 5 ARYA DEVI. V. K |
| II B. A English Language and Literature | II B. Sc Botany |
| 3 MEGHNA MURALI | 6 ASHITHA RAJESH |
| II B. A English Language and Literature | II B. Sc Botany |

Internal Mentor-Ms.Ursula Paul

Name of the mentee:

- | | |
|--|-------------------------------------|
| 1 UMMU SALMA. P. M II B.Sc Mathematics | 2.MALAVIKA SABU II B.Sc Mathematics |
|--|-------------------------------------|

3 DHANSREE. A. BHAT II B.Sc Mathematics 5 ATHIRA. S II B. Sc Physics
 4 FAHIMA. M.A II B. Sc Mathematics 6 ANJITHA. E.A II B. Sc Physics

THIRD YEAR WWS STUDENTS AND RESPECTIVE INTERNAL MENTORS

Internal Mentor- Ms. Athira Babu

Name of the mentee:

1 ANITTA JOHNSON III B. A History	4 GAYA REENA SAJI III B. A English Language and Literature
2 SUSANNA JOSEPH III B. A English Language and Literature	5 FATHIMA FARZANA III B. Sc Botany
3 RIYA AJIT III B. A English Language and Literature	6 ARSHA JOSH III B. Sc Botany

Internal Mentor- Smt.Sabeena Bhaskar

Name of the mentee:

1 LIYA VENUGOPAL III B. A History	4 KRISHNAJA. M. MENON III B. A Sociology
2 THALEENA.M. P III B. A History	5 MEGHA. N. NAIR III B. A Sociology
3 ABHIRAMI. K. K III B. A Sociology	6 KRISHNENDU. L III B. Sc Chemistry

Internal Mentor- Dr. N. Dhanya

Name of the mentee:

1 NAOMI VINCENT III B. Sc Home Science	4 VERONICA ANTONY III B. Sc Zoology
2 ROSE MATHEW III B. Sc Home Science	5 RANJANA MARY RAJESH III B. Sc Mathematics
3 ASWATHI PRADEEP III B. Sc Zoology	6 POURNAMI. P. B III B. Sc Mathematics

Internal Mentor- Smt.Minu Pius

Name of the mentee:

1 SURYA. G III B. Sc Physics	4 MARIAM SUSAN MATHEW III B. Sc Mathematics
2 CERINE TREESA RUSSEL III B.Sc Physics	5 MERIN DONA III B. Sc Mathematics
3 LINU GEORGE III B. Sc Physics	6 JINJU JOHN III B. Sc Chemistry

Internal Mentor- Dr. Mary Liya

1 ABHIRAMI. T. A III B. A Economics	4 ANJANA. K. S III B. Com Finance and Taxation(Regular)
2 LIYANTA IZABEL III B. A Economics	5 N. SREEVIDYA III B. Com Finance and Taxation(Regular)
3 KRIPA C. PHILIP III B. A Economics	6 DEYONA JOSEPH III B. Com Finance and Taxation(Regular)

WWS EXTERNAL MENTORING SESSIONS 2019-20

FIRST YEAR WWS STUDENTS

The very first initiative of the external mentoring session-MEET A SCIENTIST- was on 4th October in the Seminar in which the first year WWS scholars had a rare opportunity to meet **Dr. A. Seema, Scientist at Centre for Materials for Electronics Technology(C-MET)** and a **recipient of Nari Shakthi Puraskar**, the highest Civilian honour for Women in India. She is also the recipient of the prestigious National Award for Women's Development through Application of Science and Technology awarded by Govt. of India. Her invention on a wearable device for breast cancer screening was selected as one of the best 10 innovations in Prime Minister's Award for Excellence in Public Administration in the innovations category. Under BOYSCAST Fellowship, she was a visiting scientist at the Department of Materials

Science and Engineering, Cornell University, USA. The session was quite loaded with much information thus enriching our minds and provoking us to enhance our knowledge sphere without shrinking into our own subjects of graduation. By an interactive session, she revealed her struggles of life through which she came under great pressure and stress. Her passion for the subject and research aptitude is what stood out as her power to hold on. The session ended with a WWS student's token of gratitude to Dr. A. Seema and the WWS programme for giving such a wonderful experience to our young.



The second external mentoring session of WWS programme was on 13th October 2019 by **Sooraj Abraham**, efficient motivational speaker, excellent orator and personality trainer. The sessions handled were 'Self Awareness and Goal Setting'. First and foremost he wanted us to know about ourselves and he made us to write about our oneself. Who am I?? was the question given to the students by him. Students pondered over the question and was in a way unable to answer to the question in efficient way. The question was so simple, but is difficult to answer it in a good way.

We are more than just marks, qualifications and biometrics. A person is a sum of hopes, dreams, fears, experiences, aspirations, attitude, likes and dislikes, joys, feelings, emotions, ambitions and goals. He wanted to focus on the idea that we should not describe ourselves only on the basis of a name, class, religion or family details. Each one of us is unique and there is nobody like us in the universe. We should be able to find where we are, where we should fit and what our role in this world is. The mantra that he gave us is that 'life is not what happens to me, it is what I make to happen. He made the class more interesting by using videos and other games. His communication skill and vocabulary was exceedingly good. He wanted us to realise certain things in life that there are two options in life to make progress or to make excuses. We blame on our economy, weather, upbringing, system of education, lack of money and opportunity. But to make progress we should stop bluffing about our past and must think and dream bigger. Event + reaction gives the outcome. The training led by Sooraj Abraham was a whole day session.

The second session focussed on SWOT analysis (Strength, Weakness Opportunities and Threats), he made us to write a SWOT analysis and this made the WWS scholars to be more aware of themselves and change career fields according to that. He wanted us to make a Personal Development Plan that includes the 10 things you want to do in life, 10 things you want to have and the 10 things you want to do before you die. It is said that by doing so, there is 50% chance of accomplishment. He well engaged with the WWS scholars and made them aware of the need of a good and perfect plan in life. This plan should include the accepted parameters like academic achievement, extracurricular engagements, language proficiency, confidence, monetary gains, presentation skills, good behaviour, job and good carrer. Other activities like eating sleeping, working, bringing forth children, attending parties, visiting social networking sites should be kept as secondary engagements. The session led by Sooraj Abraham turned out to be the best session and it well inspired the students to think high and catch greater and new heights in life.

The third external mentoring session of WWS programme was held on 4th January,2020 by **Dr Mary Matilda**, retired Principal of Maharaja's College, Ernakulam. The day focussed on

'Meet an Expert' session and 'Understanding constitution and democratic values' . She is an alumna of our college from the mathematics department. She is an excellent orator and motivational speaker. She has numerous post graduate degrees to her credit such as MSc in Mathematics, Msc psychology, MBA, MWS, PhD in Mathematics and Masters in education. She initiated the session by saying that the art of communication is the ultimate ability that one should possess. Good communication skill can take one to greater heights. She wanted the WWS scholars to be well aware of the Indian Constitution. In order to do so, she organised a small quiz on Indian Constitution and its features. Five teams consisting of two students each participated in it and showed high spirit in answering the questions. From the quiz, it was quite evident that students are aware of the Indian Constitution. As citizens of this country, it is essential for one to know about the laws and constitutional rights that one can claim. Students should be legally aware of their rights. As a law graduate, Dr. Mary Matilda clearly explained about the Indian constitution and the rights one should enjoy. She even said that one is essentially responsible to be aware of one's right.

The main idea that she focused during the afternoon session on 'Meet an Expert' was that of 'comfort vs happiness.' She pointed out that one should always seek happiness rather than comfort. The reason why she has turned successful in her life is because of opting happiness more than comfort in her life. Society always wants women to become superwives and supermoms. But, she decided to become happy wife and happy mom, and that is the big change that she had in her life. She engaged us with her Josh talk video and shared with us her exam preparation tips .

She then gave us a comparison chart on passive, assertive and aggressive behaviour. Dr. Mary Matilda wanted us to know about our own behaviour, as that would enable us to know our character and make changes according to that. In a nutshell, the session turned out to be effective in two ways, as it made aware of our own behaviour and of our constitutional rights.



The fourth external mentoring session of WWS programme was held on 11/01/2020 by **Dr. Rangarajan**. He is a well-known orator and academician. He currently works at Rajagiri business school as a business communication and ethics trainer and is a PhD holder in English language and literature .20 students from various departments attended the session which was held at third DC chemistry class. He started the class by showing us a picture that had three primitive men on it. one man was juggling with fire and the other two was watching it. he made us to interpret it in different ways and asked us to come and describe the picture as a whole .students interpreted it in different ways and even connected the theme with the recent trend of indulging oneself in the mobile phones .he wanted to show us that how intimacy was waning away with the new discoveries. The class felt more interactive and interesting as he was an epitome of humour and knowledge.

His class mainly focused on scientific temper. he said that this was a phenomenon which was familiar to all of us but he just named it .We all do have the curiosity in knowing about the things around us .Scientific temper always questioned physical reality .He had many books and journals to his credit .He talked about computer literacy and said how it is becoming so much important in our today's world. He gave us the tips on how to write a good journal. This includes usage of keywords with clinical precision, clarity of expressions and punctuation marks as per

directions in modern language association and American psychological association. He asked two students to enact as a buyer and seller so he could comment on business tricks and negotiations involved in business deals. He gave us ample time to ask questions to him. Students enquired about his personal and professional life. Before concluding, he wanted us to enact a play. He showed us a few random objects and asked us to make a story connecting them. We were divided into two groups for the play. As a theatre artist, he could clearly evaluate our plays. He has acted in many TV serials and advertisements. The session was indeed informative and motivational.



The external mentoring sessions of WWS thus came to its end with the final session on 25th January 2020 by **Ms. Rakhee Vijay** on Art and Self development. It was organized in the Arts block auditorium. The session was enriched with full of activities and interactions. The prior mindset of mine was it would be something related to drama and plays but I was entirely wrong. The session conveyed the importance of posture, sound, expression and tone in plays as well as how it is helpful in our daily lives. The usage of theatrical tools are lots are really beneficial even to exceed and progress in our career. All the scholars took an active part in the session as it was interesting and creative. The session ended up at 4:30 with a scholar prompting vote of thanks to Ms. Rakhee and for WWS programme for the beautiful session which paved our minds to always be expressive as it is more powerful.



SECOND YEAR WWS EXTERNAL MENTORING SESSIONS

On Dec.9th,2019, the 2nd year students of Walk With the Scholar(WWS) got the opportunity to attend an Environment Sensitisation session taken by **Dr.Nirmala Padmanabhan**, Associate Professor of the Department of Economics, on the topic 'Environment Sustainability'. The session was an eye opener to the students about the different techniques that can be adopted towards a plastic free and sustainable environment. She briefed on the initiatives taken by the college through STEP (Society of Teresians for Environment Protection), PK3 (Plastic Kurayanam, Kurakkanam, Kurachepattu) and the introduction of 'chengathi cheppu' (pouches and purses) towards plastic eradication. She urged the students to avoid using plastic straws, plastic plates, plastic pet bottles etc available in the cafes and restaurants. From her recent research, it was identified that the main source of supply of plastic carry bags to the public is the meat stores. She suggested the use of a steel or other eco-friendly container by households to buy meat products, as an alternative to the above issue. She concluded by asking the students

to gradually switch to cloth bags and to come up with innovative ecofriendly ideas. All in all, the session was really insightful, interactive and her method of delivery was so easy to receive.



A session on 'Gender Sensitization' was organized for the 2nd year WWS students on 11th January, 2019. The Resource person was **Ms. Sajitha Rasheed, Corporate Trainer, Mind Mojo**. Through the session she enlightened the students regarding the difference between 'sex and gender' and how 'gender' is a socially constructed term. She discussed how the society categorises a woman as 'gone case' and tries to manipulate her physically and emotionally. The harmful gender stereotypes in advertisements also largely contribute towards inequality in the society. While highlighting the issues faced by the LGBT community in the society, she urged the students to respect every human being regardless of their gender.

She concluded that women are no lesser than men and we need to have the strength to say "NO" in the first place – something which we have not been empowered to put into practice. 'To cry' or 'to scream' is not to be considered a matter of shame, both by girls and boys. She made the session further amusing by making each girl to scream out loud at the top of their voices. The session was thus interesting and loaded with inspiring messages.



A session was organised on 'Soft skills and Presentation skills' for the 2nd year WWS students was organised on 18th January, 2020. The resource person was **Ms. Rakhee Vijay**, a business and career coach. She began the session by sharing her worse experiences of public speaking and how she slowly developed the skill. Most of the students found public speaking their biggest fear. In order to get over that fear, Mrs. Rakhee advised the students to record their speech and listen. This would help them to correct their gestures, facial expressions, punctuations and other important points. She made all the students speak for a minute on a topic she gave them, after giving five minutes to prepare their speech. Mrs. Rakhee gave her feedback to each student along with tips to overcome their flaws. This was really helpful to the students. She educated the students on the importance of presentation, taught them how to add speaker notes while making PPT's and to save multiple copies of their presentation as backup, by sharing her own experiences. Finally, she further distributed 5 sets of paper containing tips to improve public speaking and ended the session by showing the students videos on how Steve Jobs and other personalities make their presentation remarkable. She thus made the session interactive, enjoyable and highly inspirational.



On 18th January 2020, afternoon , a session on ‘How to Review a Journal Article’ was organised for the second year WWS students. **Dr. Sreejesh S**, Assistant Professor of Marketing Management in IIM, Kozhikode, was the resource person for the day. He introduced the students to world of research. He explained in detail the process of research and briefed on how to identify a research topic, how to refer and review the literature and how to justify the research problem. He explained the research process through stages like assemble (which means to identify and obtain research papers), arrange (i.e., to organise and summarise the research papers referred) and assess (i.e., to evaluate and discover your opportunity to study). This will help the researcher to identify a ‘gap’ and if there is any scope of research in the ‘gap’, you can obtain your research problem. Dr. Sreejesh stressed on the importance of review of literature in the research process and introduced the students to many journal article platforms like sciencedirect.com, ebscohost.com etc. In depth search of good quality literature and the reference of rigorous, readable, replicable and usable literature is essential for a good research, according to Dr. Sreejesh. He concluded the session by showing the students how to write a journal article review through an example. He added that plagiarism is not at all acceptable in research works and, if needed, how one can make a reference to another research work. The session was highly informative and enlightening to the students. It certainly helped students who aspired to become researchers in future.



WWS INTERNAL MENTORING SESSIONS

The internal mentoring sessions for all WWS scholars belonging to first, second and third years were conducted on the topics specified by DCE. Following is the detailed report of the internal mentoring sessions carried out by each internal mentor.

I. FIRST YEAR WWS INTERNAL MENTORS II. SECOND YEAR WWS INTERNAL MENTORS

1. Dr. Mariyam Thomas
2. Ms. Elizabeth Reshma
3. Ms. Lissy Jose
4. Dr. Pearly Antony
5. Dr. Saritha Chandran

6. Dr. Soja Louis
7. Ms. Anju George
8. Ms. Vidhu Mary John
9. Ms. Georgia Ann Benny
10. Dr. Ursala Paul

III. THIRD YEAR WWS INTERNAL MENTORS

11. Ms. Athira Babu
12. Dr. Mary Liya
13. Ms. Sabeena Bhaskar
14. Dr. Minu Pius
15. Dr. N. Dhanya

1. Name of the Internal Mentor: Dr. Mariyam Thomas

- | | |
|-------------------------------------|---------------------------------------|
| 1 NANDANA S I B.Sc Physics | 4 ALICIA MARIYAM BOBBY I B.Sc Physics |
| 2 V USREERANJINI PAI I B.Sc Physics | 5 IRIN MELETH I B.Sc Physics |
| 3 MARIYA ROSEMOL I B.Sc Physics | 6 J DEVAPRABHA I B.Sc Physics |

Schedule of Internal mentoring sessions

- | | | |
|------------------------|----------|-----------------|
| 1 KNOW YOUR SCHOLAR I | 07.12.19 | 10.00 -11.00 am |
| 2 KNOW YOUR SCHOLAR II | 09.12.19 | 2.30 – 3.30 pm |

3 PHILOSOPHY OF THE DISCIPLINE	31.12.2019 2.30 – 4.00 pm
4 KNOW YOUR DISCIPLINE	3.01.2020 1.00 - 4.00 pm
5 IDENTIFYING PERSONAL STRENGTHS AND LIMITATIONS	6.01.2020 2.30 – 3.30 pm
6 DISCUSSION OF ACTION PLAN TO IMPROVE PERSONAL STRENGTHS	8.01.2010 2.30 – 4.30 pm
7 BOOK REVIEW DISCUSSION	16.01.2020 2.30 – 3.30 pm
8 SELF DIRECTED LEARNING – FROM STUDENT TO SCHOLAR	21.01.2020 2.30 – 4.00 pm
9 REFLECTIONS	23.01.2020 2.30 – 3.30 pm

Session I &II: Know Your scholar (07.12.19& 09.12.19)

This was the first internal session of WWS 2019-2020. Firstly mentor introduced herself and the WWS programme. Mentees are instructed to introduce themselves after one day's preparation. As per the instructions given the mentees presented themselves on 09.01.2019. All of them shared their family aspects, dreams, hobbies, aspirations, future plans etc. All presented about their contributions to the society. Sreeranjini used power point presentation for this session. In a nutshell, two days of togetherness for WWS made an effective environment for interaction among mentees. They all commented that the session was fruitful for making relations among themselves and understanding themselves in a deeper way.



Session III: Philosophy of discipline (31.12.19)

The main objective of this session was to introduce the methodology and philosophy of Physics. The philosophy of the discipline was introduced to the mentees by discussing an article in Physics related to the uncertainty principle in Quantum Mechanics. The importance of the critical thinking in Physics was further discussed with examples. The perceptions of the mentees regarding the out of the box thinking were also included.



Session IV: Know your discipline(03.01.2020)

The session was all about their core subject- Physics. The Methodology to learn Physics was discussed in detail. The origin of various concepts, theories were also included. Importance of observation and experimentation were thoroughly discussed. The linkage of Physics to other subjects were described with specific examples. The interdisciplinary nature of the subject and the relevance of such research were also discussed. The cutting edge areas of physics such as nonlinear dynamics, hyper physics, Quantum mechanics, Nano science etc. were introduced to the mentees. The session altogether provided the mentees a deeper insight of their subject and its allied fields.



Session V: Identifying personal strengths& limitations (06.01.2020)

The session was to help the mentees to sort out their own personal strengths and weakness. Initially a general introduction regarding the same was given. Mentees were asked to find out their strengths and weaknesses after few days of thinking and interaction with peer group. They listed out and shared. The session was an eye opening session for all the mentees.



Session VI: Discussion of action plan for improving personal strengths (08.01.2020)

After interaction with the friends and peer group, mentees identified some of their strengths and weaknesses. They were instructed the steps to make an action plan to improve the strengths. All of them submitted their action plan and the plans were discussed and corrections were made. The session was a quiet a new experience for the mentees and they got a first time experience in making an action plan.



Session VII: Book review: Discussion(16.01.2020)

A brief introduction to the way to read and review a book were given to the mentees. They all opted to read the same book and review it. They choose Feynman lecture series chapter 1 &2. After the discussions, they submitted the review report and were analyzed.



Session VIII: Self Directed Learning from student to scholar(21.01.2020)

The session was an open discussion forum. Mentees discussed the hurdles that they are facing to implement self-directed learning. They pointed out three steps to enhance self-directed learning for transforming them to scholar. Step1: start group discussion in the new topics in the discipline Step 2: start problem solving sessions, Step3: Initiate to take seminars on new inventions in the discipline. To improve the scholarly thoughts in their discipline, they all commented about listening video lecturers etc.



Session IX: Reflections (23.01.2020)

The external and internal sessions of WWS were very effective. It was like a special opportunity for me. It helped me to develop and improve my strengths.

Nandana S

The mentoring sessions were very useful for me to recognize my strengths and weakness, positives and negatives. I got an insight of about myself and got inspiration to achieve my goal.

V U Sreeranjini Pai

The sessions were very helpful and motivating. I will try to improve my personal skills to achieve my goal in the scientific field.

Maria Rosemol

The sessions were very informative and eye opening. I learned a lot about myself and my discipline – Physics. It helped me a lot to plan for my future and become a scientist.

J Devaprabha

The sessions both internal and external were really informative and gave me insight to the wider paths in front of me. It helped me to recognize myself and how to take necessary steps to achieve my goals in future in the field of Physics

IrinMeleth

The sessions were very useful for me to improve my personal strengths as well as my knowledge about Physics. Sessions helped me a lot to frame my plans to choose a good goal in life.

Alicia Mariyam Bobby

Name of the Internal Mentor: Elizabeth Reshma M T

1 Anjana Rajesh Mathematics

4 Drishya Vishwanathan Mathematics

2 Ansiya Abbas Mathematics

5 Meera Joseph Mathematics

3 Bhavana K Mathematics

6 Navya Varikkattu Mathematics

The first Internal Mentoring Session was held on 18/09/19 from 2.30pm to 3.30 pm. The session starts with an introduction of the programme “Walk With A Scholar”. Students were informed about the purpose of Kerala Government to implement WWS and the various opportunities they will get out of this programme. Second session was held on 14/10/2019 from 2.30pm to 3.30 pm. In this session, mentees gave their self introduction through power point presentations. They talked about the reasons of choosing B.Sc. Mathematics programme in this college and their future plans and ambitions.



On 05/11/2019, from 2.30pm to 4.30 pm, mentees were given a glimpse of the philosophy of the discipline and they shared their outlook on this topic.



In the session held on 06/12/19 from 2.30pm to 4.30 pm, mentees were explained about the importance of self- directed learning. They were advised to identify their learning needs and were told to prepare an action plan to meet their learning needs independently and flexibly.

On 30/12/19, from 2.30pm to 4.30 pm, a discussion on the significance of critical thinking in

understanding a discipline in depth was held. Mentees were explained through examples how to practice critical thinking skills like analysis, explanation interpretation, problem-solving and open-mindedness.



On 10/01/2020, from 2.30pm to 4.30 pm, mentees were asked to identify their personal strengths and limitations. As a group we discussed each mentees' limitations and suggestions were given to overcome those limitations.

The day 28/01/2020 was devoted to discuss personal action plan prepared by each mentee to develop their personal strengths. The mentees were given suggestions to improve themselves.

On 04/02/2020, each mentee submitted a review of a book they have read. The books they reviewed were Chuck Palahniuk's *Fight club*, Chetan Bhagat's *The girl in room 105*, Charles Dickens *David Copperfield*, Maria Valterra's *The poem of the man-God*, Preeti Shenoy's *Life is what you make it* and Kavitha Kane's *Karna's wife*.

On 06/02/2020, they submitted a plan to develop their at least 3 personal strengths and we discussed different ways to execute these plans effectively.

1 Introduction to WWS	18/09/2019 2.30 – 3.30 pm
2 Self Introduction	14/10/2019 2.30 – 3.30 pm
3 On philosophy of the discipline	05/11/2019 2.30 – 4.30 pm
4 On importance of self- directed learning	06/12/2019 2.30 – 4.30 pm
5 On the significance of critical thinking	30/12/2019, 2.30 – 4.30pm
6 Identification of personal strengths and limitations	10/01/2020 2.30 – 4.30 pm
7 Discussion on personal action plan prepared by each mentee to develop their personal strength	28/01/2020, 2.30 – 3.30 pm
8 Submission of book review	04/02/2020
9 Submission of a plan to develop their at least 3 personal strengths	06/02/2020

3) Name of Internal Mentor: Dr.Lissy Jose

Know Your Scholar

Date: 10/12/19 Time: 2.15 pm – 3.30 pm

Had an ice breaking game – Everyone introduced themselves to each other – Discussed individual aspirations - Distributed the student data cards



Philosophy of the Discipline

Date: 16/12/19 Time: 2.15 pm – 3.30 pm

What is Literature? – How was English studies introduced in academia? – The importance of language and language studies in general – Its applications in different walks of human life – What is research? – Research in English language and literature



From a Student to a Scholar: Self-directed Learning

Date: 20/12/19 Time: 2.15 pm – 3.30 pm

Practices to help in self-directed learning – Importance of reading and how to read? – How to use library? – Note making – Reading List – Reading outside the syllabus – teaching as a method to learn better



Critical Thinking

Date: 15/01/19 Time: 2.15 pm – 3.30 pm

What is Critical thinking? – Benefits of critical thinking – Barriers to critical thinking – Importance of asking questions – How to develop a critical mind?

Interdisciplinarity

Date: 16/01/19 Time: 2.15 pm – 3.30 pm

What is interdisciplinarity? - Literature and Cultural Studies, Ethnic studies, Media studies etc. - Homework: Visit the websites of some reputed universities/colleges and gather information regarding interdisciplinary areas of study related to English language and literature.



Cutting-edge Areas of the Discipline

Date: 22/01/19 Time: 2.15 pm – 3.30 pm

Gave a brief overview of some of the frontier areas in Literature, Language Studies and Cultural Studies – Cognitive Studies, Psychogeography, Memory Studies, Trauma Studies, Post Humanism etc.



Identifying Personal Strengths and Limitations

Date: 23/01/19 Time: 2.15 pm – 3.30 pm

What are personal strengths? – How to identify your strengths – What are limitations? - How

to identify limitations? – How can you turn your limitations into your strength? On Leadership skills - How to creatively use people's strengths and weaknesses in a team work?



Discuss Personal Action Plan to Develop Personal Strength

Date: 30/01/19 Time: 2.15 pm – 3.30 pm

Reflect on your strengths – Identifying practices that can hone your strengths – Developing an action plan



Communication Skills

Date: 03/02/20 Time: 2.15 pm – 3.30 pm

LSRW skills – Tips to improve communication skills – *Mind Your language*– Exercises to assess vocabulary – Role Play – Business Communication - Pronunciation – Practice makes one perfect: the need to grab opportunities in public speaking and anchoring – Journal writing



Writing Skills – Book Review

Date: 04/02/20 Time: 2.15 pm – 3.30 pm

What is a book review? - The elements of a good book review – Samples – Assignment

4) Internal Mentor: Dr. Pearly Antony Session 1

The first class of Walk With a scholar 2019-2020 started with an interactive session with the aim of knowing the mentees in a deeper way. The session was conducted on 23/9/2019. The mentees include the following students of I B.A Economics.

- | | |
|--------------------|-----------------------|
| 1. Sreelakshmi M.C | 4. Gayathri B. Mambra |
| 2. Rebeca Gigi | 5. Aysha Nissar |
| 3. Alamelu Chelat | 6. Arathi Rajan |

In the introductory session the mentor explained the overview of the Walk With a Scholar Programme. After the ice breaking session, the mentor met each student personally and tried to know each mentee in-depth. Each student explained their family details and shared their expectations regarding life. This sharing enabled the mentor to know more about the mentee and their special characteristics.



Session 2: Philosophy of Discipline - Economics

The second session of WWS was on Economics which was conducted on 11/10/2019. The class highlighted growing importance of Economics in the present scenario. The session also throws light on the various career opportunities in Economics. In the session, the mentor explained how to go about to achieve the various possibilities like IES, IAS, Lectureship, banking career etc. The session enabled the students to know how to clear UGC -NET for lectureship. The best way to study Economics is to love the subject deeply. After familiarizing various possibilities of Economics, the mentees were asked to focus their attention on their ambition.



Session 3: Critical Thinking

The third session of WWS was on critical thinking which was conducted on 21/10/2019. The mentor explained the importance of critical thinking and need for developing critical thinking among the Economics students. The major points highlighted in the session include the following. Economic thinking represents one type of critical thinking, one type of reasoning ability. Thinking like an economist involves using chains of deductive reasoning in conjunction with simplified models (such as supply and demand, benefit-cost analysis, and comparative advantage) to illuminate economic phenomena. Thinking like an economist also involves identifying and evaluating tradeoffs in the context of constraints, distinguishing positive from normative analysis, and tracing behavioral implications of change while abstracting from aspects of reality. It, moreover, involves describing redistributive implications of change, amassing data to evaluate economic events, and testing hypotheses about how consumers and producers make choices and how the economy works. Finally, thinking like an economist involves examining many problems through a filter of efficiency - coping with limited resources. Thinking like an economist requires creative skills, too. Identifying economic issues and problems, framing them in ways other people do not see, devising novel policy proposals for dealing with problems, analyzing both the intended and unintended effects of policies, and devising innovative methods to estimate the magnitude of these effects.



Session 4: Self-Directed Learning

Session 4 of the WWS was conducted on 25/10/2019. The session focused on the importance of self-directed learning. self-directed learning describes a process in which individuals take the initiative, with or without the help of others, in diagnosing their learning needs, formulating learning goals, identifying human and material resources for learning, choosing and implementing appropriate learning strategies, and evaluating learning outcomes. The mentor explained how self-directed learning strategy allows learners take charge of their own learning process. The emphasized how a student can grow from a student to a scholar through self-directed learning. It stressed how we can plan and identify the tools, resources and strategies needed for one's own learning. This is the best way to update the knowledge and attain greater heights.



Session 5: Know your Discipline from Critical thinking Aspects

The fifth session of WWS was on Know your discipline from critical thinking aspects which was conducted on 6/12/2020. In this session the mentor emphasized the importance of critical thinking in Economics. The critical thinking is the analysis of facts from judgement. Economic thinking is all about making difficult choices. While making the difficult choices in Economics, critical thinking skills will be of great help. After that a discussion was carried out on Economics areas where critical thinking is applicable.



Session 6: Interdisciplinarity of Economics

The session on interdisciplinarity of Economics was conducted on 16/12/2019. The significance of interdisciplinarity of Economics was discussed. Economics, being an arts as well as a science, a knowledge of other subjects like History , Politics, Mathematics, Statistics etc will be of great help to develop a deeper knowledge in Economics. Then we discussed how Economics draws information from other disciplines.



Session 7: Cutting edge areas of Economics

The third session of WWS emphasized on the cutting edge areas of Economics. One of the most emerging area in Economics is Behavioral Economics. It integrates psychology into economics. The knowledge of human psychology will enable the economist to understand how the decisions of people can be influenced in a desired manner. Nudge theory explains this matter very well. This also explains how the decisions of the consumers can be influenced. Another area is experimental Economics. Traditional economics was concentrated on theoretical and mathematical models. Experimental economics examine the human behavior in the field or controlled settings. Abhijit Banerjee was awarded the Nobel Prize in Economics in

2019 along with his two co-researchers Esther Duflo and Michael Kremer "for their experimental approach to alleviating global poverty". Their distinctive contribution was to use experimental methods to learn about the effectiveness of small-scale policy interventions aimed at helping improve the lives of some of the world's poorest citizens. The mentor discussed the major points discussed in *Poor Economics: A Radical Rethinking of the Way to Fight Global Poverty* (2011), book by Abhijit V. Banerjee and Esther Duflo.



Session 8: Identifying the personal strength and Limitations.

The session on identifying the personal strength and limitations was conducted on 17/1/2020. As a first step each student was asked to say the positive character of all other students. In this way students got an idea about what others think of them. Then they were asked to identify their personal strengths. After that students were asked to identify the limitations of their character.



Session 9: Personal Action plan to develop personal strength

A WWS session was conducted on 30/1/2020 on the topic personal action plan to develop personal strength. The students were given the ideas regarding the need for developing positive character for them. Then they were asked to develop personal action plan for developing positive strength of their character.



Session 10: Components of Book review

A WWS session was conducted on 6/2/2020 on how to review a book and components of a good book review. This highlighted the things to remember while doing a book review. Mentees were asked to identify a book for review. The following are the major components which is to be included in the book review.

- Introduction about the author/ author(s), including their titles and place of work, and some indication of who they are (renowned authority/ critic of the subject)
- Summary of the intended purpose of the book
- Description of the way the author approaches the topic, the exactitude of the research, the clarity of the argument, and the lucidity and flow of the text.

- A comparison with similar books in the field
- An evaluation of the book's merits, usefulness, and special contributions, along with shortcomings you think are crucial to point out.



5) Name of internal mentor: Dr. Saritha Chandran

Session I: Know your Scholar, 04/11/19

The mentor introduced herself and gave a briefing of the objectives of the WWS programme. The action plan which included the components of the various sessions of the programme were given to the mentees. A one on one personal talk with the mentees were done. Discussion included their family background, their general daily routine, hobbies, extracurricular activities, achievements, their dreams, goals and ambitions etc. The mentor created a friendly relationship with the mentees by removing mentee's inhibitions for open talk with the mentor and with each other. The mentor asked the mentees to jot down their strengths and weaknesses and bring it for the second session. They were given ample time for reflection.



Session II: Identifying personal strengths and weaknesses, 23/11/19 and 24/11/19

All the mentees were ready with their list of personal strengths and weaknesses. The mentor gave a brief talk about the need of identifying these and knowing oneself as the first step towards success in life. The mentor discussed with each mentee regarding each strength and weakness which the mentees have identified. The mentor also pointed out some of the strengths and weaknesses of the mentees which she had identified. Suggestions were given to each mentee for improving their strengths and reducing and overcoming their weakness. The session was an eye opener for all the mentees. They were surprised that the mentor had observed them so closely and even identified some strengths that they themselves had not identified in them. The mentees were asked to make an action plan to develop their strengths and overcome their weaknesses for the next session.

Session III: Discussion on the action plan to develop personal strengths; 26/11/19, 02/12/19

Mentees made discussions with their parents and friends at home and prepared an action plan to develop their personal strengths. This was presented by each mentee. The mentor made a one on one discussion with each mentee after analyzing the action plans. She also gave some suggestions and modifications in the action plan.

Session IV: Philosophy of the Discipline; 09/12/19

The objective of the session was to introduce the methodology and philosophy of Chemistry to the mentees. The mentees had a module on this topic in their first semester and hence were familiar with this. The mentor introduced the concept of critical thinking. An article in Chemistry was given to the mentees and discussion was made on the perspectives of the same. The perception of the mentees about the article was discussed. The importance of out of the box thinking and questioning was emphasized.



Session V: Know your discipline; 16/12/19; 06/01/2020

The methodology of Chemistry was discussed. Each mentee presented the development of a law or theory in Chemistry. The importance of observation and experimentation in Science was emphasized with some examples. The relationship of Chemistry with other branches of Science was discussed with specific examples and research areas. The importance of interdisciplinary research was emphasized.

Session VI: From Student to Scholar: Self Directed Learning; 14/01/2020

An open discussion was held on the problems faced by the mentees in the learning process. Suggestions came from the mentees itself to overcome these obstacles. The mentor introduced the concept of self learning to the mentees. Various online platforms offering courses for students by which they can learn in their own pace was introduced to the mentees. The mentees were encouraged to enroll themselves in an online course of their interest. Before starting an online course, the mentees were asked to watch some video lectures on topics of their choice to understand the simplicity of the learning process through such videos. To enable and enhance the process of self directed learning, the following suggestions were made: to do an online course, to discuss the things they studied with other mentees, to do group discussions on selected topics in chemistry, solve problems related to the theories they study, present seminars on the topics.



SECOND YEAR WWS INETRNAL MENTORING

6) Name of the Internal Mentor: Dr. SOJA LOUIS

- | | |
|--------------------------|-------------------------------|
| 1 ANEETA TYTUS CHEMISTRY | 4 SWETHA G. HOME SCIENCE |
| 2 ATHIRA T. J. CHEMISTRY | 5 SWETHA K.R. PHYSICS |
| 3 ASHNA S. HOME SCIENCE | 6 RIYA ELIZABETH K.J. ZOOLOGY |

The first internal mentoring session of this academic year was held on 11/10/2019 from 2.30 pm to 3.30 pm. The students- the mentees were given an introduction to this year's activities. The topics of the discussion was on the research institutes all over the country with reference to the scholar's disciplines and they were also asked to find the names of research institutes and also about the qualifying exam to get an admission there. They were given a brief description about the post graduate and Integrated Ph.D programmes offered by various universities in India and abroad. The mentees were all excited to learn more about how to carry out research in their respective subjects.



The second internal mentoring session was held on 15/10/2019 from 2.30 pm to 3.30pm. In this session the mentees were asked to do a background study on the institutes and universities with research facility and also to find the guides available with their expertise fields based on the scholar's subject of interest. This was a premier study for the scholars and ignited interest as they could focus on their field of interest and also an information on how they can search for options in future.

The third internal mentoring session was held on 9/12/2019 from 2.30 pm to 3.30 pm. The mentees attended a one hour session on important tools for research. How they can select a problem for research, the methods adopted to proceed with research like review of literature, methodology that can be used, how to do analysis of the problem, Conclude on a solution and the way of presenting the final report. The scholars were directed to identify a research article based on their area of interest and bring it for the next session.



The fourth internal mentoring session was held on 10/12/2019 from 2.30 pm to 3.30pm. In this session the scholars prepared review of literature and bibliography as per their subject of interest. The method of giving a review of literature and quoting the authors of the work was discussed and corrections were done by the mentees as per the mentor's instructions. Book review and journal review was done and its reference presentation styles were also discussed in detail. The mentees prepared different styles of bibliography and one to one discussion and corrections were given.

The fifth internal mentoring session was held on 12/1/2020 from 2.30 pm to 3.30 pm. This session was about the various scholarship opportunities offered by various funding agencies for higher studies at the post graduate and research level. The sites of central and state government agencies available were discussed in class, the students collected information about many scholarships opportunities and presented it.



The sixth session was on 24.01.2020 from 2.15 to 3.15 pm, the mentees shared their feedback on the external mentoring, internal mentoring, educational tour and their experience in the college during the last two years. They also shared their personal development plans which they hope to achieve during the next academic year ie, the final year of their B.Sc programmes. They were happy about the additional facility they received through WWS program to improve their skills. They also shared apprehensions regarding their future plans.

The seventh session was held on 25.01.2020 from 12.00 to 1.30 pm. This session was on the motivational educational tour conducted on 22.01.2020 for the WWS students to Vikram Sarabhai Space Centre (VSSC) and Indian Institute of Science Education and Research (IISER), Trivandrum. Three mentees Ms. Aneeta, Ms. Swetha G., and Ms. Riya attended the

tour. They discussed about their experience and the opportunities available in these institutes for the information of the mentees who could not attend it.

1 Introduction to Research and higher education options	11/10/2019 2.30 – 3.30 pm
2 Research Institutes and Topics	15/10/2019 2.30 – 3.30 pm
3 Important tools for Research	9/12/2019 2.30 – 3.30 pm
4 Review of literature and bibliography study	10/12/2019 2.30 – 3.30 pm
5 Scholarships for Higher Education	12/01/2020 2.30– 3.30 pm
6 Personal development plan	24/01/2020 2.15 – 3.15 pm
7 Educational tour experiences	25/1/2020 12.30 – 1.30pm

7) Name of the internal mentor: Anju George

1 Lekshmi Mahesh II BA Economics	4 Bhavana Purohit II B Com
2 Teenu Lucy Sebastian II BA Economics	5 Olivia Mariam II B Com
3 Mary Chanchal V F II BA Economics	6 Devika II B Com

1 27.11.2019 11.30 am – 12.30 pm	4 07.01.2020 2.30 pm -3.30 pm
2 10.12.2019 11.30 am – 12.30 pm	5 15.01.2010 2.30 pm -3.30 pm
3 12.12.2019 2.30 pm -3.30 pm	6 16.01.2010 11.30 am-12 pm
	7 17.01.2020 11.30 am-12.30 pm



Session 1 (27.11.2019): Introductory Session

The introductory session for the second year mentees of WWS was held on 27th November 2019 from 11.30 am to 12.30 pm. The mentees were asked to brief about their expectations about the WWS programme for the coming year. All of them expressed their interest in making the best use of the programme for their personal and academic development. The mentees were briefed about the importance of attending the external and internal mentoring sessions regularly. The mentees were detailed about the outline of internal mentoring sessions for the academic year 2019-20. The action plan included introduction to basic research, review of journal article and preparation of personal development plan and awareness about opportunities available in the discipline.

Session 2 (10.12.2019): Research problem identification and review of literature

The mentees were briefed about identifying a research problem. The mentees were asked to identify a research problem for the coming session, preferably in line with the project they are planning to take as part of their undergraduate course. How to review literature before identifying research gap was briefed. A description of how to write research methodology, prepare a questionnaire, and sampling techniques were discussed briefly. The mentees were also asked to set the objectives of their research topic.



Session 3: (12.12.2019): Discussion on research problem identified

Each mentee presented their research topic and objectives. Each topic needed modification as majority of the mentees took broad topics. So how to pinpoint a specific issue and carve out a research topic from it was explained. Time was devoted to individual mentees. Each topic was edited and objectives were made clear. Fellow mentees too listened and gave their suggestions for improvement.



Session 4: (07.01.2020): Review of literature and Methodology

Review of literature was prepared by the mentees from the area of their research. Also the mentees had prepared their methodology. Majority of the review was based on newspaper articles. So the mentees were asked to rework on their literature review.



Methodology was discussed with individual mentees. Since the research actually was not undertaken a primary level analysis of suitability of research methodology was discussed. The methodology was edited incorporating the suggestions from the individual mentees.

Session 5: (15.01.2020): Discussion of review of Journal Article

The mentees were asked to review an article from a journal of their discipline. Majority of the students preferred to review article from Economic and Political Weekly. Individual mentees were allotted time to present the article they reviewed. Suggestions were given and a group discussion ensued.



Session 6: (16.01.2020): Interaction with experts of the opportunities in mentees discipline

Out of the six mentees, three were from Commerce discipline and three from Economics discipline. Economics mentees were allotted time and discussed with them the prospects for higher studies. One of them aim to clear CA exam, the other aims for MBA from IIM and the third one prefers to try for the Civil Services exam. All three were briefed about reading news papers daily and being aware of the recent developments in their discipline. The other three mentees were directed towards the faculty of Commerce for discussions.



Session 7 (17.01.2020): Personal Development Plan

The mentees were asked to work out a SWOT analysis at the personal level. The mentees were asked to identify means of improving personal efficacy.



8) Name of internal mentor: Ms. Vidhu Mary John

The WWS is a unique programme that provides the mentor the opportunity to interact, guide and mentor a group of six undergraduate students. The students who are mentored by Ms. Vidhu Mary John, Assistant Professor, Dept. of English are:

- | | |
|-----------------------|--------------------|
| 1. Fatima Mohammadali | 4. Ashitha Rajesh |
| 2. Salma Saheer | 5. Greeshma Thomas |
| 3. Arya Devi V. K. | 6. Meghna Murali |

The mentor-mentee bond was established during the previous academic year when the six mentees were assigned to the said mentor at the beginning of the 2018-19 academic year. The first session for this year was organized on 6th September 2019 from 2:30 to 4:00 p.m. The session was an opportunity for the mentees and mentors to discuss the focus of the year's activities. The mentor informed the mentees about the WWS meeting that had been organized for mentors in which mentors were instructed to make research a primary area of concern this academic year. The first session was an introduction to research. 'What is Research?' was the first question that was discussed. The other topics that were explored included the significance of research and its qualities, what research should lead to and types of research. The methodologies of research was a topic that was talked about at length.



The second session was held on 11 December 2019 from 12 to 2 p.m. The two-hour long session saw an in-depth exploration into qualitative and quantitative research, the characteristics of qualitative and quantitative research and the aims of such research. Mentees were also introduced to the concept of research design and the methods of data collection and the procedures and the strategies to be adopted. This was a topic that was particularly fascinating to the students who as second year undergraduates were for the first time gaining an understanding that the process and conduct of research was exhaustive but exhilarating. More importantly, they gained an understating of what the term encompasses.

The session on 12 December 2019, held from 8.30 to 10.30 a.m., was set aside for methods of data collection such as Field studies, research interviews and focus group interviews. The different ways of conducting field studies such as direct observation, participant observation, qualitative interviews were discussed in some detail so that the mentees could gain a better understanding of the process. The steps involved was a point of discussion as was the advantages and disadvantages of field studies. Research interviews, qualitative interviews, points to remember to when conducting interviews were touched upon. The session was rounded off with a short foray into the topic of focus group interviews.



The session held on 21 January 2020 from 7.15 a.m. to 9.15 a.m. briefly touched upon case studies as a method of data collection. Its characteristics, types, the major phases in the process of data collection was discussed, as was the advantages of the methodology. Content analysis as a method was a topic of interest that was touched upon briefly with the aims/purposes, uses, steps being discussed. The session also discussed was how to conduct data analysis.

The next part of the session was on Academic Writing and Presentations Skills. Research writing and writing for journals, citation, MLA, APA etc. were discussed. The need for citation was stressed upon as was the offence of plagiarism. The session wrapped up with a discussion on how one can avoid plagiarism. Mentees was asked to present assignmentson any research topic of their choice.



9) Internal Mentor: Ms. Georgia Ann Benny
Assistant Professor, Department of Sociology
26.11.19 (2 hours)

A Research Problem based on the scholar's discipline was discussed. The scholars were given an assignment to write a Research proposal, after identifying a research topic with reference to their respective disciplines

5.12.19 (2 hours)

The scholars selected a Journal Article based on their area of interest and discussed it. Various research related opportunities were also discussed. The scholars were given an assignment to search for more research opportunities in their fields.

10.12.19 (2 hours)

After discussing the research opportunities found by the students, higher education and scholarship opportunities like Full Bright, ICSSR, internships in the UN etc were discussed. The scholars were asked to ponder more on these opportunities, so that they can work more on achieving it.

6.01.2020 (1 hour)

The scholars were asked to make a Personal Development Plan. Many suggestions and points were given to help them to make an expert Personal Development Plan.

16.01.20 (1 hour)

Each scholar's Personal Development Plan was reviewed. Suggestions were given for improvement after a discussion. Guidelines to follow the plan in order to achieve it was also given.



10) Name of the Internal Mentor: Dr. Ursala Paul

- | | |
|--------------------------------|---------------------------|
| 1 Dhanasree A Bhat Mathematics | 4 Fahima M. A Mathematics |
| 2 Ummusalma P.M Mathematics | 5 Athira S Physics |
| 3 Malavika Sabu Mathematics | 6 Anjitha E. A Physics |

The first internal mentoring session of this academic year was held on 4/10/2019 from 2.30 pm to 3.30 pm. An introduction to this year's activities was given to the students, the mentees. The topics of the discussion included the basics of research with reference to the scholar's disciplines and the different methods of identifying research problems. The mentees were all excited to learn more about how to carry out research in their respective subjects. The second internal mentoring session was held on 10/10/2019 from 2.30 pm to 3.30 pm. In this session the scholars were given a brief introduction of the important tools of research methodology like review of literature, formulation of research problem, analysis, conclusion and scope for future study. The scholars were directed to identify a research article based on their area of interest and bring it for the next session.



The third internal mentoring session was held on 9/12/2019 from 2.30 pm to 3.30 pm. In this session the scholars were given an idea about the various research related opportunities in Mathematics and Physics. They were given a brief description about the post graduate and Integrated Ph.D programmes offered by various universities in India and abroad. The fourth internal mentoring session was held on 11/12/2019 from 2.30 pm to 4.30 pm. This session was about the various scholarship opportunities offered by various agencies to the students of under graduate and post graduate programmes in Mathematics and Physics. The students collected information about many higher education opportunities and presented a power point on it.

The fifth internal mentoring session was held on 27/1/2020 from 2.30 pm to 3.30 pm. In this session, the mentees shared their experience in the college during the last two years. They also shared their personal development plans which they hope to achieve during the next academic year ie, the final year of their B.Sc programmes.

1 Introduction to Research

4/10/2019 2.30 – 3.30 pm 1 hour

2 Tools for Research	10/10/2019 2.30 – 4.30 pm 2 hours
3 Research related opportunities in Mathematics & Physics	9/12/2019 2.30 – 3.30 pm 1 hour
4 Scholarships and Higher Education Opportunities	11/12/2019 2.30 – 4.30 pm 2 hours
5 Personal development plan	27/1/2020 2.30 – 3.30 pm 1 hour

THIRD YEAR WWS SESSIONS

11) Name of the Mentor: Smt. Athira Babu

Mentees Assigned for Internal Mentoring

- | | |
|------------------------------------|--|
| 1. Anitta Johnson – III BA History | 4. Susanna Joseph - III BA English |
| 2. RiyaAjit – III BA English | 5. FathimaFarzana P.M – III B. Sc Botany |
| 3. Gaya ReenaSaji - III BA English | 6. ArshaJoshy - III B. Sc Botany |

09/10/19 Wednesday

The first session of the walk with a scholar programme was conducted from 2.30pm to 3.30pm in room no. 27, II BA English classroom after the regular working hours. The students were given a few general ideas about the programme and a rough working plan according to which the sessions would be organized was decided.

16/12/19 Monday

The second session of the WWS programme began at 2.30pm in room no. 27, II BA English classroom. Students were given time to prepare and present self introduction and after this evaluation was done and suggestions for improvement were given. The basic idea and rules regarding the preparation of CV was discussed and the students were made to write CV independently.



23/01/20 Thursday

The third one hour session of the programme was about learning interview skills. Firstly, the importance of body language and attitude in interviews was discussed. The need for good communication skills and presentation style was mentioned. Clarity and precision in speech was also emphasized. And after this one of the students was chosen for a mock interview.

24/01/20 Friday

In the fourth session the students were made to introspect themselves and thereby make plans to ensure improvement in their personality. The limitations were identified by them and improvement measures were suggested. One of the mentees suggested a few inhibitions that she has with respect to facing a large crowd. So as a beginning she was asked to talk on a topic of her choice without language barriers. This was just to initiate the idea of public speaking in her and also to build her confidence. Others too shared the problems that they face. Based on the difficulties that they pointed out, five minutes each was spared for addressing these problems to certain extent. And that was just an initial step taken, the sessions that follow would witness more such activities on a routine basis.

27/01/20 Monday

Fifth session was strictly a continuation of the previous one. The students were given topics and they were made to speak. This was then taken to higher level by conducting mock interviews. Due to the time constraints three mentees were chosen to attend mock interview in

this session. And the three others would do it in the next session. As mock interview goes on the students other than the participant could sit behind in the classroom and listen to the interview. Thereby analyzing and gathering more experiential knowledge. And this would help them to get rid of fear associated with interviews.

28/01/20 Tuesday

The last session began with the mock interviews of the remaining three mentees. The students did showcase remarkable change in their attitude and way of talking. Question asked during the mock interviews did not stick on to their academic knowledge instead their opinions regarding contemporary issues were asked. Students should be socially committed and only then can they develop themselves and their surroundings. Different career options were looked at going beyond the prominent mainstream options.

12) Name of the internal Mentor- Dr. Mary Liya C.A

Walk With a Scholar (WWS) programme proposed to arrange specialized mentoring programmes and motivational visits for students in the undergraduate courses, to nurture promising and willing students (mentees) and to provide guidance for their future. The WWS scheme aims at giving necessary orientation to needy students, to prepare themselves for employment and give them necessary guidance, motivation and mental support to identify appropriate areas of higher study as well as employment. Mentoring sessions were held at least once every month according to the convenience of the mentees and the mentors. The sessions included different components like preparation of CV, interview preparation skills, presentation of personal development plan, university result analysis career guidance and mock interview.

Details of internal mentoring sessions

Sl No	Date	Day	No of sessions	Time
1	07.08.2019	Wednesday	1	2.30 pm -3.30 pm
2	04.09.2019	Wednesday	1	12.00 pm-1.00 pm
3	16.10.2019	Wednesday	1	11.45 pm-12.45pm
4	10.12.2019	Tuesday	1	2.15 pm -3.15 pm
5	10.01.2010	Friday	1	2.30 pm -3.30 pm
6	23.01.2010	Thursday	1	2.15 pm -3.15 pm

Officially six hours is allotted for the purpose of internal mentoring sessions . The venue for these sessions was our college campus itself. Internal mentoring sessions are done on working days before and after the class hours without affecting the normal academic routine of the students and the college.

Following are the students allotted for mentoring:

- | | |
|----------------------------------|---------------------------------|
| 1. Abhirami T.A, B.A Economics | 4. Anjana K S, B.Com Regular |
| 2. Liyanta Izabel, B.A Economics | 5. N Sreevidya, B.Com Regular |
| 3. Kripa C Philip, B.A Economics | 6. Deyona Joseph, B.Com Regular |

Session 1- 7th August 2019.

The Personal details of all the mentees were collected in the second year. As they are in their final year, Guidelines on the preparation of CV was provided . When writing a CV, it is helpful to review resume examples that are related to their career. resume should reflect the latest trends in resumes for their field – including the format, as well as what you choose to include, and how you include it. In the competitive field of education, we want our resume to stand out, and highlight our ability to learn and grow in the current environment.

Students were asked to prepare their resume based on current requirements. Various models of CV were outlined. Based on the session, students were asked to submit their updated CV. Attendance register for the scholars and mentors maintained separately.

Session 2-4th September 2019

WWS internal mentoring was held on 4th September 2019. WWS scholars CV was outlined and corrections were provided. Students were asked to make the resume competitive so that they can be highly demanded in campus placement



Session 3- 16th October 2019

Internal mentoring for the students was conducted on 16th October 2019. Interview preparation skills was the discussion. Following skills were discussed which include

- personal skills
- interpersonal skills
- Leadership skills
- Learning skills
- Presentation skills
- Writing skills

Tips to improve interview skills were discussed like- Practice good nonverbal communication, Dress for the job or company, Listen, Don't talk too much, Don't be too familiar, Use appropriate language, Don't be cocky-Attitude plays a key role in your interview success, Take care to answer the questions, Ask questions, Don't appear desperate, Reflect the three Cs during the interview: cool, calm, and confident and finally Work on your answers!!!

Session 4- 10th December 2019

Internal mentoring for the students was conducted on 10th December 2019. The main focus was to prepare Personal Development Plan. Students were asked to prepare for mock interview.

Session 5-10th January 2020

WWS session was held on 10th January 2020 on mock interview. A mock interview mirrors an actual job interview. It gives students an opportunity to know what to say and do during an interview and get feedback. Whether it's face-to-face, online, or through a webcam, a mock interview is useful in reviewing your answers to common interview questions and assessing other factors such as your outfit, mannerisms, and body language. As the saying goes, "practice makes perfect." Doing a mock interview will show their strong and weak points and boost their self-confidence.

Session 6- 23rd January 2020

WWS internal mentoring session was conducted on 23rd January 2020. The overall improvement of students was analysed by collecting the feedback form. Students were asked to review their progress in academic field. All mentees scored A + in all five semesters. Their career options was discussed and streamlined according to their needs. Students were asked to give the feedback on various sessions organised. Feedback was collected.

13)Dr. Sabeena Bhaskar

WWS is an initiative to develop students into scholars who can engage in critical thinking, take active role in the learning process, understands multiple perspectives, is internally motivated to learn, and is socially conscious. This programme emphasizes on nurturing bright students to transform into scholars in their respective disciplines and provide them with a perspective to apply knowledge related to their disciplines in socially useful ways. This Year students had

less number of hours when compared to the last two years. After completing three successful years of this programme students had achieved the three main outcomes like Academic Excellence, Personal Growth and social orientation. This academic year students are more streamlined to the preparation of CV, interview preparation skills, presentation of personal development plan and actions and conduct of mock interview. These activities are conducted in six sessions on six days.

Day1 (13/11/2019) Time: 2.30-3.30 pm

The mentor and the mentees sat together and summarize the previous year's learning experience and discuss in detail the plan for the current academic year. It was a fruitful session to bridge a long gap and enhances their thoughts and communication skills.



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Day 2 (09/12/2019) Time 2.30-3.30 PM

The Mentor explains briefly how to prepare a CV/Biodata. The Mentees with the help of the Mentor prepared a BIO DATA.

Day 3 (05/01/2020) Time: 2.30-3.30 PM

The Mentor introduces and helps the students to learn interview preparation skills.

Day 4 (16/01/2020) Time: 2.30-3.30 PM

The Mentor asked the students to present one's personal development plan and actions they have undertaken and made them to reflect on current status and their future .It was a brainstorming session.

Day 5 (17/01/2020) Time: 2.30-3.30 PM

The Mentor with the support of Mentees conducted mock interview and the students participated in it with great enthusiasm. All the scholars excelled well and their performance was extraordinary

Day 6 (22/01/2020) Time 2.30-3.30 PM

This was the 2nd day of mock interview. It turned out well. This session was the last session for the year. Feedback was taken from students to strengthen the WWS Programme. I received a mixed opinion from students.In brief, this programme helps the students of similar thoughts to come under a single umbrella and perform their uniqueness.

14) Dr. Minu Pius

Session 1: Progression through Walk With a Scholar Scheme

Date: 28 November 2019

Time: 2.30p.m. – 3.30 p.m.



The first session of the academic year 2019-20 was to evaluate and reflect upon the role of WWS in strengthening the skill sets of the mentees. Mentees were met in person before having final presentation of the progression in front of all mentees of the group on 28th November 2019. All the mentees acknowledged the opportunities given to them to interact with eminent scholars from each and every field and got inspired in one way or the other. Some of them got the opportunity to visit VSSC and IIST, Tvm and witnessed the launch of satellite.

Session 2: Review / Project Presentation

Date: 7 December 2019

Time: 9.30a.m. – 11.30 a.m.

Next task given to the students were review of their project work and power point presentation of the same. The power point presentation session was conducted on 7th December 2019 from 9.30a.m. to 11.30 a.m. Each presentation was evaluated by the mentor as well as the mentees. All the mentees gave constructive feedbacks helping them to be a better presentator and evaluator.



Session3: Introduction of Higher Education Institutes

Date: 12 December 2019

Time: 2.30p.m. – 3.30 p.m.

Mentees introduced the national institutes in the next session. Each one presented a national institute of their interest which they would like to opt for high studies. They discussed about the areas of specialisation and research area, facilities and mode of entry into the institutions. Institutions such as IISER Tvm, University of Hyderabad, TIFR, Wipro and NIT were discussed.

Session 4: Preparation of CV and Mock Interview

Date: 11th January 2019

Time: 1.00 – 3.00p.m

Mentees were given the task of preparing a Curriculum Vitae and were asked to prepare for an interview. They actively participated in the mock interview as interviewer and interviewee. Each mentee evaluated the performance of the interviewee under the supervision of the mentor and gave constructive remarks for further considerations. Finally, Walk With a Scholar scheme has been beneficial for each one of us. Mentor –Mentee relationship has been special as there has been a mutual symbiosis among us.

15) DR. N. DHANYA

MENTEES ASSIGNED:

- | | |
|--|---------------------------------------|
| 1. NAOMI VINCENT III. B. Sc HOME SCIENCE | 4. VERONICA ANTONY III B. Sc ZOOLOGY |
| 2. RANJANA MARY RAJESH III B. Sc MATHS | 5. ASWATHI III B. Sc ZOOLOGY |
| 3. POURNAMI. P. B III B. Sc MATHEMATICS | 6. ROSE MATHEW III B. Sc HOME SCIENCE |

4.9.2019

The first internal mentoring session was held on 4.9.2019. The mentor introduced the scheme of WWS and the criteria for the year to the mentees assigned. The mentees were asked to give a feedback of the previous years and they were asked about their expectations from the programme. This year the mentees were keen on career development and to know about the prospective careers in their field. Some amount of personal development activities were also sought.

13.11.2019

The students were asked to give a briefing about themselves, their strengths and weaknesses etc. They were guided on books they could read to develop self-confidence, develop self-motivation and the like qualities.



3.12.2018

In this session biodata preparation was the agenda. The students were shown different models of biodata and the importance of writing an impressive biodata was explained to them. They were encouraged to write their biodata by looking at various models and bring it during the next session.

9.12.2019

The students brought their biodata written in their diary. Suggestions were given on it could be made more impressive and they were encouraged to make a presentation based on the same.

9.1.2020

The task that was decided was to orient them on the career opportunities and to conduct mock interviews. They were divided into groups and some of the them along with the mentor formed the panel of interviewers and interviewed three of them individually.

21.1.2020

Mock interviews were conducted for the rest of the mentees. The mentor and the mentees had a get together. After wishing them luck and assuring them a life time of mentorship and guidance, the meeting dispersed.

WWS MOTIVATIONAL VISIT: 2019-20

VIKRAM SARABHAI SPACE CENTRE (VSSC-TERLS), THUMBA & INDIAN INSTITUTE OF EDUCATION AND RESEARCH, (IISER) THIRUVANANTHAPURAM

The fully sponsored motivational visit to VSSC-TERLS and IISER (Trivandrum) was conducted on 22/01/2020 by 30 second year WWS students. Vikram Sarabhai Space Centre (VSSC) is the lead centre of Indian space research organization (ISRO) under the department of space (DOS), government of India. The space physics laboratory (SPL) at VSSC carries out research and studies in atmospheric science and other related space science activities.

We started our journey by 4:30 am from the college and reached our first destination Thumba Equatorial Rocket Launch Station, Trivandrum by 10:30 am. After passing the security checks, we were taken to the site from where we were to witness the launch by 11:00am.



Since the rocket launch was at 11:45 am, we spent our quality time with Dr.SANDHYA K NAIR, scientist E, SPL, VSSC, who shared her experience as a scientist in VSSC. She briefed about India's progress in the field of space technology also gave us an overview of the career opportunity at ISRO. She remarked the vital role played by VSSC in India's space history. SPL at VSSC developed RH200 which is from the 'Rohini series', used for meteorological study was launched at 11:45 am. We were informed

that, rockets used for the study of atmospheric parameters are sent on third Wednesdays of every month and is open to the public. However, the launching is witnessed from a safe distance from the launch pad. On our way back we saw the space museum (St. Magdalene church). Then we moved to IISER – INDIAN INSTITUTE OF EDUCATION AND RESEARCH, TVM VITHURA. DR. REJI VARGHESE, associate professor, School of Chemistry, gave us a brief description about the entrance criteria to IISER. He also pointed out the opportunities that lie ahead of us. Thereafter we were divided into groups and were given a tour of the physics, chemistry, and biology labs by the technical staffs in IISER. Students and technicians of IISER explained us about the functioning of highly sophisticated lab equipments. Some of them are as follows:



PHYSICS LAB

- TEM (Transmission electron microscope),
- SEM (Scanning electron microscope),
- Spectrometer



CHEMISTRY LAB

- 500-700 MHz NMR
- Single crystal X-ray diffractometer
- Spectrometer
- Nanosecond transient absorption
- Thermogravimetric analyzer
- Differential scanning calorimetry
- GCMS & LCMS
- GPC
- HPLC

BIOLOGY LAB

- SPR (Surface plasmon resonator)
- Spectrophotometer
- Nanodrop
- Ultra centrifuge
- Lamina rare flow apparatus
- Ultra low temperature freezer
- Thermomixer
- Tetra dissection microscope
- Autoclave



explaining the working of a centrifuge



tetrad dissection microscope



explanation by the technical staff at iiser

As we moved out of the facility, we recollected everything we witnessed. Dr. Soja Luis and Dr. Ursala Paul, internal mentors of WWS accompanied students for the visit.