

SREE NARAYANA COLLEGE KOLLAM

WALK WITH A SCHOLAR PROGRAMME 2015-16

REPORT

This academic year Walk With a Scholar Programme has been started with a new initiative. Internal mentors, apart from the internal mentoring process have to provide mentoring to the thirty students in the area of their expertise. Student presentation is also made as compulsory to improve their presentation skills.

Selection process of the scholars for this academic year was done with a view to find out the most eligible potential scholars. The selection process completed on 19-10-2015. We have 17 Departments in the college and the selection process had two phases. One at the Department level and another at the Co-ordinator level. Out of the interested students Department forwarded a list of students to the Co-ordinator level on the basis of preliminary screening and at the Co-ordinator level a team of three experts (including the Co-ordinator and internal mentors) interviewed the students for the final selection. Mentees were allotted to various internal mentors on the basis of similarities in their discipline.

2015-16 BATCH		
Serial No.	Name of the Mentor	Designation With Subject
1	Smt. ASITHA L N	Asst. Professor in Physics
2	Sri. ARUN PRASAD	Asst. Professor in English
3	Dr. MAHESH	Asst. Professor in Hindi
4	Smt. RESHMA S	Asst. Professor in Chemistry
5	Smt. MINNU S	Asst. Professor in Political Science
2014-15 BATCH		
Serial No.	Name of the Mentor	Designation with subject
1	Dr. LAIJU S	Asst. Professor in Psychology
2	Dr. B T SULEKHA	Asst. Professor in Zoology
3	Dr. RATHEESH N	Asst. Professor in Botany
4	Dr. VYSAKH N.	Asst. Professor in History
5	Sri. VISHNU S	Asst. Professor in Commerce

SCHOLARS AND MENTORS DURING 2015-16

Sl. No.	NAME	DEPARTMENT	INTERNAL MENTOR
1	ATHIRA S	ECONOMICS	Smt. Minnu S Asst. Prof. in Politics
2	PARAVTHY R V		
3	SRUTHI SURESH		
4	NAGASUHASINI R		
5	HARSHA DAS S H	PHILOSOPHY	Smt .Reshma R Asst. Prof. in Chemistry
6	HARITHA A		
7	RESHMA RAJ	CHEMISTRY	
8	ABHIJITH S		
9	SIJI S S		
10	SUBBALEKSHMI S	BOTANY	Smt .Reshma R Asst. Prof. in Chemistry
11	THRITHEEYAKUMAR M SINJAD	ZOOLOGY	
12	PRMJITH S		
13	NOWFIYA HUMAYOON	POLITICAL SCIENCE	Sri. Arun Prasad Asst. Prof. in English
14	ATHUL S JEEV	PCA	
15	YADU KRISHNA B T	ENGLISH	
16	AIFA A S		
17	AMINA NIZAM	HISTORY	
18	FINCY MARKOSE	JOURNALISM	
19	MEGHA S	MATHEMATICS	Smt . Asitha L R Asst. Prof. in Physics
20	MALAVIKA A V		
21	ABHIJITH M A		
22	HIMA BASAND	PHYSICS	
23	MANESH M		
24	KRISHNENDU B S		
25	BHAGYALEKSHMI A	COMMERCE	Sri. Mahesh Asst. Prof . in Hindi
26	NISHIDA N		
27	SRUTHY S ANIL		
28	ANUSREE M	HINDI	
29	KRISHNA		
30	BALAGANGADHARAN S		

2014-15 SCHOLARS&INTERNAL MENTORS

Sl. No.	NAME	DEPARTMENT	INTERNAL MENTOR
1.	POOJA P PRIT	PHILOSOPHY	Dr. Ratheesh Asst. Professor in Botany

2.	DILJA DILEEP	POLITICS	
3.	SARANYA T S	POLITICS	
4.	ARJUN K S	PHYSICS	
5.	NILEENA RAJEEV	PCA	
6.	SOORAJ R	COMMERCE	

7.	SUHRA MOL Z	MALAYALAM	Dr.B T Sulekha Asst. Professor in Zoology
8.	ANZEENA N	POLITICS	
9.	AMBIKA PRASAD	PHYSICS	
10.	VISHNU LAL S	PHYSICS	
11.	GOURI KRISHNA	PHYSICS	
12.	ATHIRA AJAYAN	BOTANY	
13.	GOURI RAMESH	ECONOMICS	Dr.Laiju S Asst. Professor in Psychology
14.	ARUN P S	ECONOMICS	
15.	ARYA L	PCA	
16.	AROMAL R	CHEMISTRY	
17.	VYSHNAVI DEVI S	ZOOLOGY	
18.	SREEGADHA S	ENGLISH	
19.	G S RAJAGOPAL	POLITICS	Sri Vishnu S Asst. Professor in Commerce
20.	ANUPAMA S	PHYSICS	
21.	MALAVIKA SUNIL S	PHYSICS	
22.	J B ROHIT	CHEMISTRY	
23.	FATHIMA J	ZOOLOGY	

24	ANJU G	COMMERCE
25	ATHULBABU A B	MALAYALAM
26	VARSHA J R	PHYSICS
27	ARCHANA RAJAN	PHYSICS
28	ARDRA S KUMAR	PCA
29	HARITHA S KUMAR	CHEMISTRY
30	ATHULYA S K	COMMERCE

Sri.Vysakh
Asst. Professor in History

Walk With a Scholar Programme for the year 2015-16 has been completed successfully with the timely assistance of the Principal, College Council, Internal Mentors, External Mentors and the Scholars. External mentoring sessions have been arranged from December, 2015 onwards. As per the report given by the internal mentors, all the internal mentors of the mentees have been completed their internal mentoring session.

EXTERNAL MENTORING SESSION

On 5th December 2015, Sri. Suresh Narayanan, coordinator of National based Folk Art, Teacher, Yoga master and also as an anchor in TV shows was invited for external mentoring. He discussed the topic personality traits and provided some Yoga tips for stress management. A good feedback was received from the scholars as he has cited many life related examples.

On 16th January 2016, we have arranged an external mentoring session lead by Johns K Lukose, Psychologist, Life Skills Counselling Centre, Chathanore. He presented the topic Career Goal Setting and the Skills required to attain these goals. This

also proved as an effective and very good interactive session as the scholars gave a positive feedback.

On the basis of the feedback from mentees there was a need to arrange an external mentoring session for communication skills. Thus, Mrs. Claudette Lambert , who is a teacher in Communicative English and a Counselor was invited on 6th February, 2016. The session was very interactive and the mentees are equipped with some basics on effective communication.

On 20th February 2016, Dr. P V Joseph , a JCI trainer was invited for a combined External Mentoring Session for both batches. He discussed on team building, positive attitude and presentation skills. This session was very effective as he has cited many life related examples on the success of people including his own experience.

On 27th February separate sessions were arranged for the first and second year mentees. For 2014-15 batch, as per the requirement from the mentees, a session on interview skills was arranged. The session was handled by Sri. Bivek Renuji, an Engineer from Techno park and interview trainer for the last ten years. After the theoretical session a mock interview was conducted and the report of the same has been submitted. For 2015-16 batch, Adv. Sudheer, a counselor discussed on self management and self appraisal.

On 5th March 2016, a combined session was arranged where Mr. Thomas Patrick , trainer .JCI India has done many activity related programmes to assist the self development of mentees. The session was both very interactive and effective.

On 16th March 2016, a combined session was arranged in which Mr. Jayesh a trainer has discussed on aptitude of mentees and made them to do Aptitude tests. This was effective as these will orient the mentees to attend various competitive tests.

INTERNAL MENTORING SESSION

Internal Mentors have co-operated well for the success of the WWS Programme during the academic year 2015-2016. They have completed their allotted work in time. The details of activities in the prescribed format are attached with this report. Dr. Vaisakh, Asst. Professor in History has been selected as the new internal mentor by the College Council in place of Sri. Rishi N, one of the internal mentors who has undergone for a long leave.

All the internal mentors have given assignments to the mentees. A note book and Pen was issued to mentees to do their work and assignments. It was initiated to submit

the completed work to the concerned internal mentor for his/her suggestions and comments on the work. To overcome communication problems, presentation of the mentees were arranged among their groups.

<i>General topics issued to the internal mentors:</i>
Building and boosting the confidence level
Development of soft skills
Focused vision
Decision making
Inculcation of value system
Punctuality, discipline and systematic approach
Building positive attitude
Orientation for self management
Social mentality
Attention and learning skills
Improved reading habits
Current issues

PURCHASE OF STUDY MATERIALS

As per the needs of the mentees it has been decided to issue some inspiring books to them. Two books per mentee were purchased. One is the Malayalam Version of “From College to Career” by Celestine Cho and Marc. Another one was “Ignited Minds” by Dr. A P J Abdul Kalam. Mentees were asked to submit the reviews of the books during the vacation time.

Walk With A Scholar Programme is a well designed one as it helps to develop a positive attitude among the mentees and through these mentees it reaches to other levels of students also. This programme not only develops the mentees but also beneficial for the mentors also.

**CO-ORDINATOR
PRINCIPAL**



Mentees attending External Mentoring Session



Interviewing students for 2015-16 batch



Mentee-Mentor Interaction



External Mentoring for Senior Batch



Mentees interaction with Coordinator and Dr. Laiju S



Attending the work shop at Fatima Mata National College



External mentoring on communication skill



External mentoring by Dr P V Joseph



Activity based External mentoring



Handing over the study material to the Mentee



External mentoring by Jayesh Sir



Meeting with internal mentors: Dr.B T Sulekha shares her experience



Internal mentors with scholars attending a meeting



External mentoring by Thomas Patrick

