
**Sree Narayana College,
Punalur**

**Walk with Scholar Programme
(Plan 2016-17) :Report**

Walk With a Scholar Programme
Sree Narayana College, Punalur
(Plan Scheme 2016-17)

Funded & Supported by Office of the New Initiatives in Higher Education, Kerala Science & Technology Museum Campus, Govt. of Kerala, PMG Jn., Thiruvananthapuram

Report of the work done during the academic year 2016-17

After the successful conduct of the programme during the plan periods 2014-15 and 2015-16 respectively, the interest among the student community towards the programme was exceptional. Thus the College decided to continue the programme initiated by the Office of the New Initiatives in Higher Education, Directorate of Collegiate Education, Govt. of Kerala, for the plan period 2016-17 as well. Dr. Arun S. Prasad, Asst. Professor & Head, Department of Physics continued as the coordinator of the programme. The five mentors assigned to Third year mentees include Ms.Sajitha S., Asst. Professor, Department of Commerce, Sri. Manoob V. J, Asst. Professor, Department of Physics, Lt. Dr. V Arun, Asst. Professor & Head, Department of Chemistry, Ms. Jasmine Rose, Asst. Professor, Department of Mathematics and Ms. Athira Shaji, Asst. Professor, Department of History. As.Sri. Manoob V. J had been transferred to other college and Ms. Sajitha S. went for maternity leave two new internal mentors were selected in their place for the smooth conduct of the programme in the third year. Ms. Kavitha K. S., Asst. Professor, Dept. of Commerce and Ms. Lekshmi R. S., Asst. Professor, Dept. of Physics had been selected as the new III year mentors. Further, Dr. Gopan Raj, Asst. Professor, Department of Chemistry, Ms. Soumya Viswambharan, Asst. Professor, Department of Economics, Ms. Biji M.S., Asst. Professor, Department of Malayalam, Ms. Praveen K. H., Asst. Professor, Department of Physics, Ms. Resmi Ravindran, Asst. Professor, Department of English continued as the mentors for the students who entered into the second year. Another five mentors, namely, Dr. Divya Sadasivan, Asst. Professor, Department of Mathematics, Dr. Biju V., Asst. Professor, Department of Botany, Dr. Divya V., Asst. Professor, Department of Chemistry, Ms.Aswathy S. M., Asst. Professor, Department of English and Ms.Silpa Sasankan, Asst. Professor, Department of Commerce were selected as mentors for the first year students. Meanwhile 30 meritorious students were selected from the first year students of the various departments after the step by step process **including notification, shortlist and aptitude test.**

A meeting of the coordinators were conducted by The Office of the New Initiative at S. N. College for Women on 5/8/2016. Coordinator, Dr. Arun S. Prasad participated in the meeting.

Dr. Rajoo Krishnan, the officer in special duty convened the meeting. The meeting discussed the methods by which the programme could be implemented effectively at colleges. It was decided to reduce the internal mentoring sessions to 10 from the previous 15 sessions. But, a mentor who wishes to have more hours can conduct sessions accordingly, but officially the mentor will be remunerated for ten sessions only. The external mentoring sessions were enhanced to 70 hours inclusive of total sessions assigned to three years. Two days residential workshop for coordinators has been conducted at Layola College, Sreekaryam during November 2016. On behalf of the coordinator, Dr. Biju C., one of the first year internal mentors participated in the event. Dr. Arun S. Prasad, the coordinator was relieved for undergoing refresher course by that time at UGC HRDC Karyavattam. But he managed to participate an evening session of the workshop. The co-ordinator along with 8 internal mentors participated in the capacity building one day workshop for internal mentors and co-ordinators, called mentor navigation workshop, scheduled on 23-Jan-2016 at St. Stephens College, Pathanapuram, which was the cluster college this year to which our college was the member. Ms. Geetha Annie George, the cluster co-ordinator and co-ordinator of WWS programme at St. Stephens College welcomed all participants; Principal Dr. Varghese P. Daniel presided over the session and Dr. S. Rajoo Krishnan, OSD, Office of New Initiative made an introductory address to the programme. The first technical session was handled by Prof. Dr. Viswanadhan Nair, Dean (Rtd.), Department of Education, Kariavattom campus, Unverity of Kerala on different aspects of mentoring. The afternoon session was handled by Dr. Rosamma Philip, Associate professor, Mount Tabor Training College, Pathanapuram on the topic entitled Mentoring in colleges, Challenges and Opportunities. The workshop concluded with some consensus in implementing the programme by considering the particular conditions that exist in the college. Each of the participatory colleges was given the choice to find their own ways to implement the programme.

The fund of Rs. 2, 42,500/- was released by the Government to the Principal's account provided earlier for the conduct of the programme on 30-01-2017. On 21-Jan-2017, external mentoring sessions started. The Principal, Co-ordinator and some of the internal mentors addressed the function. The co-ordinator introduced the detailed schemes and schedules of the programme as well as the needs and benefits of the programme to the students. A full day (5 hrs) external mentoring session on the topic entitled *The Right Attitude for Success* was handled by Sri. Ajith Ramaswamy, HRD Trainer, Mentor Academy, Kollam on the same day. On 04-Feb-2017 another 6 hrs external mentoring

session on the topic entitled Goal ***Look Within*** was handled by the Sri. Prince Varghese, HRD Trainer, MindIT Mind Solutions, Kottayam. This external mentor was invited to handle various topics for the first year and second year according to the requirements of the students in each year. However, interested students from various three year batches of the programme were allowed to sit in the sessions as guests. The format of Mentees Cumulative Records was distributed to the internal mentors, in order to collect and file the personal profile of each mentee during the successive internal mentoring sessions. The required stationery kits were also provided. The internal mentoring sessions were carried out at 9 a.m to 10 a.m or 3.45 p.m to 4.45 p.m on week days and sometimes conveniently on Saturdays. The internal mentoring sessions were mainly focused on to uplift the confidence level of mentees, their attitudes, skill as well. Value inculcation and SWOT analysis were also made. The career aspiration classes, group talks, class on how to face interviews etc. were conducted for second year students. Efforts were initiated to bridge the gap between education and employment. Mentees who had serious family issues were given special attentions so as to help them get rid of their problems.

On 11-Feb-2017 an external mentoring session on the topic ***How to Live the Life: A meditation Class*** handled by Sri. Prince Varghese, MindIT Mind Solutions, Kottayam was conducted. On 18-Feb-2017 a full day (6 hrs) external mentoring session on the topic entitled ***Self Estimation and Meditation*** was handled by Sri. Premchandra Pillai, Corporate Trainer, Trivandrum. On 25-Feb-2017 a full day (6 hrs) session was handled by the same trainer on the topic ***Career Orientation & Group Discussion***. Another 6 hrs external mentoring session on the topic ***Group Activities and Leadership Qualities*** was handled by Sri. Ajay Kumar Kurup, LIC Branch Manager & JCI National Trainer, Kottayam on 04-03-2017. On 11-03-2017, the same trainer conducted another 6 hrs class on ***interview tips, presentations, group discussions and Mock Interview***. On 18-03-2017, Sri. Justin Thomas, Marketing Manager, TIME, Kollam took 6 hrs classes on ***SWOT Analysis***. On 25-03-2017, Sri.Gopakumar Melelil, JCI Trainer, Pathanamthitta handled class for 6 hrs on the topic ***Prospective of Higher Education***. The same trainer took 6 hrs classes on ***How to Build Soft Skills*** on 01-04-2017.

On 3-April-2017, a package of Mock test/interviews/group discussions was conducted exclusively for third year mentees. The classes were engaged by six experts from TIME institute, Kollam, who handled various aspects of career orientation, Mock test, real time experiences in public centres such as markets, railway stations, Government offices, schools,

colleges, channel discussions, public transports etc. They supplied printed notes as well for the benefits of students while appearing for interviews. Rs. 15,000/- was paid for this package which includes the remuneration for six experts, travel, refreshments and charges for supplementary printed notes.

Sri. Sunil D. Kuruvila of Insight Mission, Mavelikkara handled 4 hrs long session on 4-April-2017 about ***Golden Rules of Success*** and 6 hrs long session on 5-April-2017 about ***How to Face Interviews***. During the interaction hours of each of internal and external mentoring session, many a number of mentees responded actively regarding the confidence level they achieved during the course of such classes. In the limited time we could complete a total 70 hrs of external mentoring for the three years, a mock test for final years and 10 hours of internal mentoring sessions for each of the 15 mentoring groups. The mentors after the completion of their work submitted the declaration regarding the completion of their work and the activity report to the Principal through coordinator. The activity statements, attendance, feedback, vouchers and other details regarding the internal and external mentoring are kept filed in various forms provided. The fund utilizations were audited accountably and the utilization certificate along with the statement of expenditures, original bills and vouchers duly signed by the Principal was also submitted to the Office of the New Initiatives in Higher Education, Kerala Science and Technology Museum Campus. Meantime the Motivational visits were conducted to Regional Agricultural Research Station, Pilicode, Kasargod, The historical Bakel Fort at Kasargod, The Bakel Beach, Indian Naval Academy, Ezhimala, Kannur, the historic Kappadu beach, Mananchira Square and Mittayi street at Kozhikkodu city. The co-ordinator, Dr. Arun S. Prasad along with one of the second year internal mentors, Ms. Biji M.S., Asst. Professor, Department of Malayalam accompanied the mentees. The visit was scheduled from 17/04/2017 to 20/04/2017. An additional advance allotment of Rs. 60,000/- received for this purpose was insufficient. The coordinator advanced another Rs. 21,593/- and thus a total amount Rs. 81,593/- was expensed for the complete utilisation. The original bills and vouchers related to the visits are kept filed for onward submission to the office of new initiatives. A detailed report of motivational visit also has been scripted separately.

Co-ordinator

(Dr. Arun S. Prasad)



