

WWS ACTIVITY REPORT FOR THE YEAR 2016-17



Nehru Arts & Science College Kanhangad

NAAC ACCREDITED WITH 'A' GRADE

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Sponsored by

**New Initiative in Higher Education
Department of Collegiate Education
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Science and Technology Museum Campus
Thiruvananthapuram- 695033**

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Walk With a Scholar Programme (WWS)

Walk With a Scholar (WWS) programme is a new initiative by Higher Education Department, Government of Kerala envisaged to raise the standard of Higher Education Sector to a world class level. It is 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.** This scheme introduces the idea of mentoring and builds on the concept of mentor as a guide and friend. The mentoring is a process where a mentor having greater experience and wisdom guides the mentees to develop both personally and professionally.

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.

WWS ACTIVITY REPORT 2016-17

The activities of WWS for the year 2016-17 were organized at 5 levels in the college.

1. Orientation and student selection
2. Internal Mentoring
3. External Mentoring
4. Motivational visit to institutes of national and international reputation
5. Procurement and distribution of study materials and stationary kit

ORIENTATION AND STUDENT SELECTION

WWS started functioning with an orientation programme for all first year UG students of the college. The programme gave them a clear view about WWS, its functioning and its goals. In July 2016 applications were invited from first year students who had scored a minimum of 60% marks in their higher secondary examinations and those with a genuine interest in the programme. After proper screening of the applications a ranklist was prepared based on their scores in the Higher Secondary Examinations. First thirty students in the rank list were selected for the programme and the next two were placed in the reserve list. Similar criteria were applied in the selection of mentees from second and third year UG batches and they continue to be beneficiaries of the programme till the end of their UG course.

INTERNAL MENTORING

Five members of the permanent teaching faculty were selected as mentors for the thirty students based on their willingness to perform the task. Each internal mentor has to mentor any 6 of these students based on their choice. A list of internal mentors and the students allotted to them are enclosed. Two additional internal mentors, Dr. Supriya N T and Dr. Mohanan A were also selected to substitute Dr. Syama V P and Dr. Rajan K respectively, as they retired from service. Mr. Rajeevan C P, Asst. Professor in History Department was appointed as internal mentor as Dr. K Jayashree Nair was not willing to continue due to health problems. Dr. Agretious Thomas was appointed as the co-ordinator on 14th December 2016 when Mr. Rethesh P K, then co-ordinator was in a position to take up another employment.



An internal mentoring session by Mr. Mithun A V, Asst. Professor, Computer Science

Mentoring sessions were held at least once every month according to the convenience of the mentees and the mentors. The sessions included different programmes like personal introduction, debates and discussions, seminars, counseling, elocution, power point presentations on various topics, university result analysis and career guidance. It is very happy to declare that some of our mentors were enough generous to provide various articles to their students, like flash drives, text books, and financial aids, using their internal mentoring charges.

EXTERNAL MENTORING

The first phase of External Mentoring sessions started in the month of January 2017. Before starting the external mentoring programmes, a schedule of the programme containing a panel of experts was published and distributed among the concerned students and teachers, after obtaining approval for the panel from the college council and Monitoring Committee of New Initiatives. Altogether 09 resource persons having expertise in specific areas were invited and got consent from them before preparing the schedule. Only those experts who have conducted mentoring classes elsewhere and have excellent feedback were invited for this programme. The mentoring programmes were conducted on Saturdays to ensure that the mentees will not miss out on their regular classes.

The second phase of the external mentoring programme started only in the beginning of the month June 2017 because from the middle of February mentees were seriously preparing for their semester examinations and in the meantime WWS authorities could extend the period upto June 30 for the completion of the programme. Though we had scheduled 5 mentoring programmes in the second phase, only 3 experts were able to conduct the programme as per schedule.



Dr. P V Pushpaja, Principal of the College inaugurating the first phase of External Mentoring

The first external mentoring class was conducted by Mr. Radhakrishnan Aduthila, a former DIET faculty. His class was on the topic 'Moolyangalilekku oru Sargayathra'. It was mainly intended to boost the confidence level of the mentees, to motivate them, to inculcate moral and ethical values in them and to help them get rid of their shyness. The sessions were activity oriented and were highly rewarding for the participants. A few stills from this class are presented below:



Value education by Mr. Radhakrishnan Aduthila, Lecturer (Rtd.), DIET



Introducing the other



Experience sharing



A relaxation programme



A confidence boosting session



Rejuvenation through Yoga



Closing ceremony

Though most of the students excelled in academics many of them lacked the confidence to express their ideas in public. Counselling and remediation classes were conducted in order to fill this lacunae. Mr. Roopesh M T, an expert counselor and Psychotherapist along with another counselor Mr. Mayson conducted the classes very effectively. All the students responded positively to these sessions. The whole sessions were conducted using lecture cum demonstration method. After the psychotherapy session, the participants engaged themselves in identifying the power of their mind.



Mr. Roopesh M T, an expert counselor and Psychotherapist leading a motivation class

On 21st January Mr. C B Ahmed, a Corporate Trainer and Soft skills Consultant conducted a mentoring class in the forenoon sessions on 'Effective communication'. The sessions were mainly group activity oriented class and were worthy for the mentees.



Mr. C B Ahamed in a group activity session

Adv. Noorulhuda Manshoor, an IPR consultant from Kozhikode conducted two sessions in the afternoon. The first session was on 'Analysis of Intellectual Property Rights' and the second one was on 'Confidence Building'. The class was very interesting to the students.



Adv. Noorulhuda Manshoor conducting a class on IPR

Dr. C N Balakrishnan Nambiar, a practicing Psychotherapist from Calicut and the Principal of Devaki Amma Memorial Teacher Education College, Malappuram, made a tremendous impact on the mentees through his class 'Learning how to Learn'. The learning techniques given by him were quite useful to the mentees.



Dr. C N Balakrishnan Nambiar

On 18th February 2017, Dr. Louis D Rose, conducted a highly interactive class on Communicative English. It was highly interesting, motivating and informative to the students. Some of the students revealed that the interactive sessions were very effective to shed their stage fright.

Prof. Ashley Paul, presently working as Associate Programme Co-ordinator, CREST, a government organization at Kozhikode conducted a highly rewarding workshop on 'Aspects of Spoken English'. The feedback from the students shows that the class was very effective, and it helped them to improve their language and communication skills and to shed their fear in speaking English.



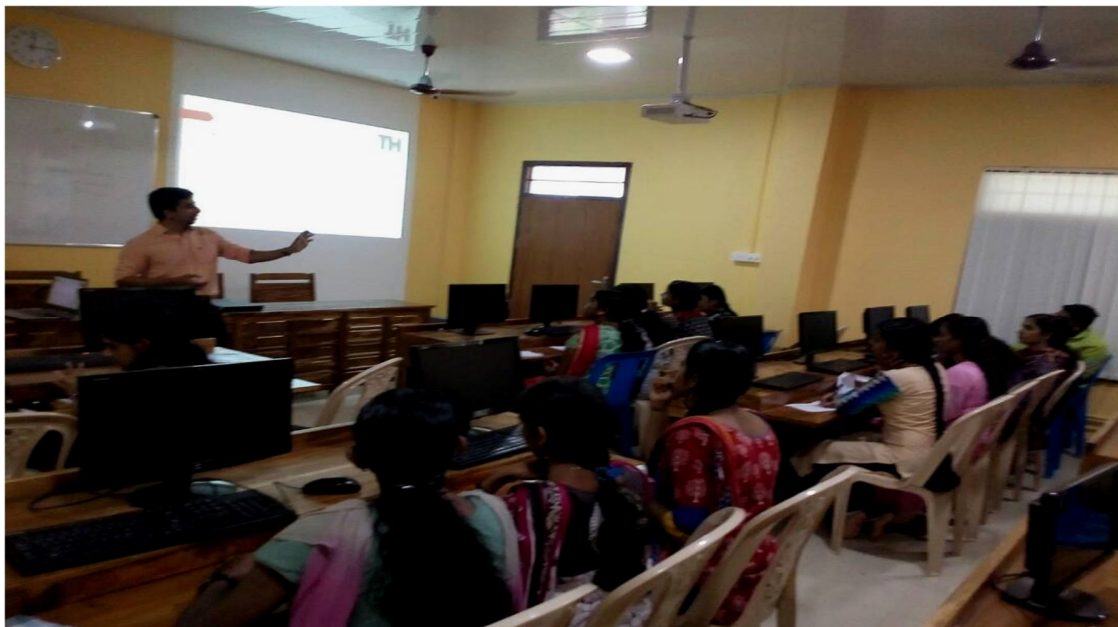
A mentoring session by Prof. Ashley Paul

Our mentees were lucky enough to listen to Mr. Athul Janardhanan, a 23 year old young, dynamic gentleman who secured 13th rank in Indian Civil Service Examination this year as a resource person for mentoring them for three hours. Hailing from a small village in Pariyaram, he shared the ordinary background of several of our mentees and could easily strike a rapport with them. The mentees exhaustively discussed all the aspects of Civil Service as a career. The experience sharing and interactive sessions were also much worthy.



Mr. Athul Janardhanan, ICS Exam topper interacting with Mentees and Mentors

On 24th June Mr. Jithin A V, Managing Director of Tass and Hamjit, a global financial advisory company conducted a mentoring class on ‘Commerce and Business- The Road Ahead’. It was very useful to the students especially for planning their future.



Mr. Jithin AV, MD of Tass and Hamjit

The feedbacks obtained from our mentees prove that all the classes were excellent and remarkably beneficial in that they could influence, inspire and motivate them significantly.

MOTIVATIONAL VISIT OF SHORT DURATION WITHIN THE STATE

As part of external mentoring programmes, we also conducted a motivational visit to institutions of national repute within the State. Thirty mentees from IV and II semesters and 3 accompanying staff including the co-ordinator started their journey in the evening of 19th June from Kanhangad railway station by the Maveli express, with the noble intention to visit CTCRI, CDS and VSSC. By 6.45 in the morning of 20-06-2017 we reached Trivandrum.



Setting up for a journey to CTCRI, CDS and VSSC, Thiruvananthapuram

After a short rest at Shikshak Sadan, Thampanoor and after having breakfast from a nearby hotel, we started journey in a tourist bus named 'New India' to our first destination CTCRI and arrived there sharp at 9.00 am. The CTCRI is the only institute in the world conducting research exclusively on tuber crops. They took us to a Demonstration Hall and gave general information about CTCRI, its activities, products and services. They explained how tuber crops helped to combat food insecurity in Kerala during 20th Century and played a significant role in preventing starvation in Kerala. After this we were taken to Plant protection Laboratory having a mandate of development of strategies and products for managing pests and diseases affecting tropical crops and showed us the production procedure of some biopesticides prepared from tapioca leaves and the tuber rind that are used against borer pests like pseudo-stem weevil

in banana, red palm weevil of coconut and stored-product insect pests and other borer pests of tree and fruit crops.



At CTCRI, Sreekariyam, Thiruvananthapuram

Then we were taken to Agrotechnology Lab where Dr S. Shanavas conducted a class on value addition technology and the food products obtained from Tuber crops. He demonstrated production process of functional pasta, fried snack foods, Chips with improved colour and texture, porridge, and baked products from flours. Through his different style of presentation he could attract the attention of all the mentees and presented the topic very effectively. By 10 am we moved on to Plant Breeding Division where Dr. C Mohanan, Principal Scientist, Crop improvement division presented a topic on 'Neutraceutical crop production through crop improvement'. Dr. Mohanan also gave a detailed account on collection and conservation of germplasm and their use in the improvement of tuber crops like Cassava, Sweet potato, Yam, Taro, Amorphophallus and Coleus. He told that the Institute had contributed significantly to the development of tuber crops in Kerala and had developed more than 53 improved tuber crops varieties. The class was much informative and interesting.



Dr. S Shanavas, Technical officer

After this session, Dr. Asha Devi A , Principal scientist conducted a motivation class on ‘Molecular techniques and production of improved crop varieties’ and demonstrated working of all sophisticated instruments including Genetic analyzer, used in the Molecular Biology laboratory in a simple and lucid manner. The class was highly informative and much inspiring for all the members of the team.



Dr Asha Devi, Principal scientist demonstrating working of instruments in Mol. biology Lab.

Then we moved on to Tissue culture Lab. Though it was time for their lunch break, they welcomed us and explained the methodology & protocols for the production of tissue cultured plants of tuber crops. They showed us tissue culture vials containing plantlets of different stages of growth.

We reached CDS, an internationally renowned, self governing research Institute mainly conducting studies related to socio- economic development at 3 pm. The lush green, calm, mesmerizing campus designed by Late Laurie Baker fascinated us.



In front of the Centre for Development Studies (CDS), Thiruvananthapuram

Dr. Praveena Kodoth, Associate Professor of the Centre and a native of Kanhangad, conducted a motivation class for one and a half hours. She also explained the various research and teaching programmes in the Institute. Ms. Shaini O, Asst. Professor proposed vote of thanks. We also visited the famous library of the CDS which boasts of more than 1.5 lakhs books in Economics and related disciplines.



Dr. Praveena Kodoth, Associate professor, CDS conducting Motivation class

On 21st June by 9.00 am we reached the Vikram Sarabhai Space Centre (VSSC), Thiruvananthapuram, a major space research centre of the Indian Space Research Organisation (ISRO), that excels in the developing the rocket and space vehicles for India's Satellite programme. Dr. P V Prabhakaran, Scientist/ Engineer G, Head of CMPD, a native of Cheruvathur and the elder brother of our Principal Dr. P V Pushpaja, led us to High Temperature Ceramic Materials Laboratory, where ceramic tiles that are used in insulating rockets and space vehicles are produced.



Along with D. P V Prabhakaran

Then, we went to VSSC Space Museum which depicts major events in the history of Indian Space Programme. Earlier it was a church where the first rocket systems were assembled and integrated in 1962. The museum has a model of PSLV and PSLV heat shield on its premises. The museum also has models of GSLV, GSLV and ATV. A movie theatre within the Museum screened out a movie on Indian Space Programme.

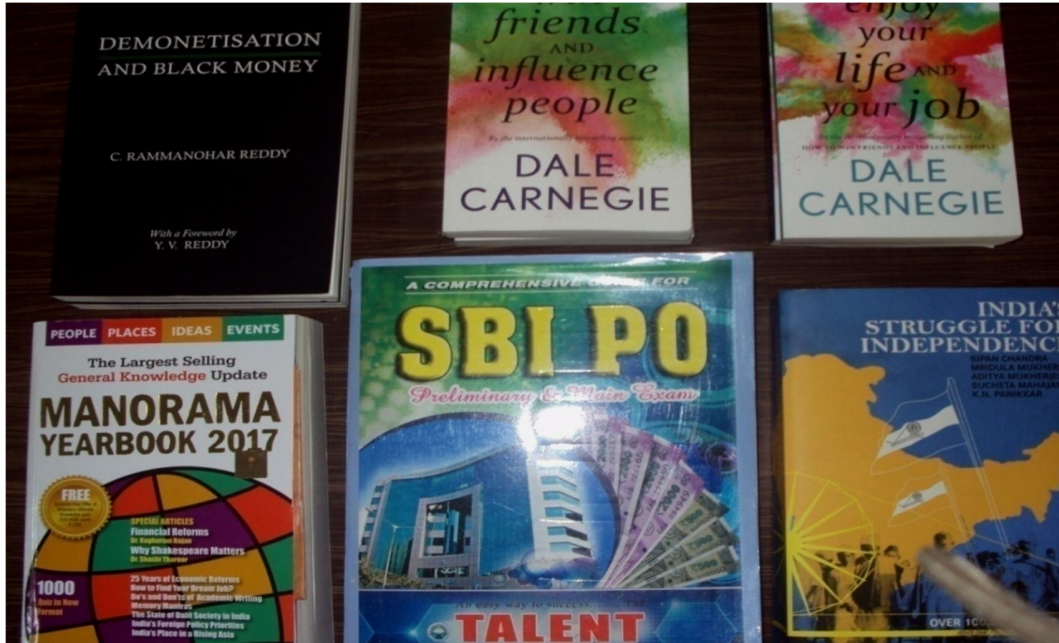
We witnessed launching of a Sounding rocket from TERLS for scientific purposes, like weather forecasting, atmospheric studies, etc. It was a thrilling experience to the mentees. Though we had plans to visit Space Science Laboratory, due to some security issues we could not fulfil it. After this Dr. P V Prabhakaran gave an inspiring talk on how ISRO is beneficial to the common man and the career opportunities in ISRO. Miss. Greeshma of final B.Sc. Statistics proposed vote of thanks.

After this, we also visited the Planetarium and Science and Technology Museum and WWS office, Trivandrum. Stellar show and a 3 D show there were wonderful experience for all the mentees. We also had a short evaluation and consolidation session inside our bus. This two day Motivational visit was also a big success and could influence and motivate many mentees in various ways. After freshing up at Sikshak Sadan we started our return trip to Kanhanagad by 7.30 pm by the Maveli express. At 6.30 am on 22-06-2017 all of us reached Kanhangad Railway Station without having any discomfort.

PROCUREMENT AND DISTRIBUTION OF STUDY

MATERIALS AND STATIONERY KIT

Study materials worth Rs. 300/- were given to all the 90 students of WWS programme. All the first year mentees were given the English version of Manorama year book and a book named 'How to win friends and influence people'. Internal mentors of second and third year students bought books for their mentees based on the requirements of mentees. All the purchases were made after seeking the opinion of external mentors and discussing the matter in a meeting of internal mentors in the Principal's chamber.



Some of the study materials procured for Economics and History mentees

All the 90 students enrolled for the programme were given a pen and a writing pad for the use in WWS programme.



Writing pad issued to the mentees

Difficulties encountered

1. Unavailability or non-assurance of funds for external mentoring in the first half of the academic year.
2. Absence of students in the external mentoring classes on Saturdays as they prefer special classes, NCC and NSS programmes, rehearsal for kalotsavam, etc. over mentoring classes because they are eligible for internal marks or grace marks if they attend these programmes.
3. Non-arrival of external mentors who have already committed to visit, in certain instances.

Observations and Suggestions for improvement

1. WWS programme is highly potent to inspire, motivate and transform students.
2. Opportunity for state level/ region wise interaction among mentees will be beneficial
3. Possibility of granting grace marks for active participants may be considered
4. Guidelines for conducting internal mentoring is mandatory
5. Orientation programmes for internal mentors conducted by new initiative team will be highly beneficial

Nehru Arts & Science College, Kanhangad
WALK WITH A SCHOLAR PROGRAMME (WWS) 2016-17
Motivational Visit to Mysore

Our journey named 'Motivational Visit' to various Institutes of advanced learning and research in Mysore started on 7th March 2017 at 9.30 pm from Nehru arts and Science College, Kanhangad. The team comprised of 29 mentees (one mentee, Ms. Saranya from Zoology department could not join us though she was in the scheduled list of 30 mentees), two internal mentors, Mrs. P V Jisha and Mr. Vijayakumar and myself as accompanying staff.

We reached our Camp Centre at Mysore by 4.30 a m the next morning. Though we had requested accommodation facilities also at Regional Institute of Education Mysore, in the last moment, authorities denied accommodation in their campus due to scarcity of water in the guest house. So, our halt was in an established private hotel named Shoraham Palace (Plaza Tourist Home), near St. Philomina's church.



First Day (8th March 2017)

After resting for a few hours all the team members got ready for the visit by 8.00 am. Then, we had our breakfast from the Plaza hotel and reached Regional Institute of Education by 9.00 am. Dr. Biju, Assistant Professor of Central University of Tamilnadu, and a former student of RIE led us to Director's chamber. From there we were taken to the Seminar Hall, where Prof. Vishnunadappa who was in charge of our visit came and introduced himself and interacted with us for 15 minutes. Then, Dr. Rema, Head of the Department of Education and Director in -charge of the Institute together with Dr. Anilkumar came and interacted with us. After a tea break, Dr. Anilkumar, a faculty of the Education Department of the Institute delivered an inspiring talk on career opportunities and the best institutions conducting those courses. He also talked about significance of setting an alternate goal in the present scenario. Ms. Naima, a second year Plant Science student delivered vote of thanks at the end of the session.



Along with Dr. Biju and Prof. Vishnunadappa at RIE, Mysore



Interactive session with faculties at Regional Institute of Education, Mysore

Then we were taken to ICT Laboratory. Mrs. Angel Rathnabai spoke about importance of ICT in education, the major works they are dealing with and newer technologies in the field of education. Dr. Biju explained about various softwares that are helpful in the present changing environment and sites that are useful to the students. Ms. Greeshma delivered vote of thanks. After this session, by 2 pm, we had our lunch from the Canteen of the Institute. At 2.30 pm we gathered at Educational Tech. Laboratory of the RIEM. Dr. V. Ramadas demonstrated various techniques that are used in audio-visual and reprographic studios. Students read news, sang songs, performed dances, and acted drama as in TV. It was a really thrilling experience to most of the mentees and they enjoyed a lot. This session acquainted them with the functioning of the visual media. We stepped out of the Institute by 4.30 pm after thanking the authorities for the facilities provided.



In Education Tech. Laboratory, RIE Mysore

We had our dinner from the hotel at the Camp centre by 7.30 pm. All the students went to their rooms for sleep, as most of them were tired due to tiring journey of the previous night.

Second Day (9th March 2017)

We set out to the Central Institute of Indian Languages, Mysore at 8.30 am. After having breakfast from Hotel International (Kerala Hotel), near zoo, we reached CIIL by 9.30 am. They warmly welcomed us. Dr. Prem kumar of the Institute organized five sessions for us in an impressive manner. After an introductory speech by Dr. Premkumar, in the Conference hall, the first session was handled by Dr. Sajitha. The second session was handled by Dr. Geethakumari . Her speech on National Translation Mission and importance of mother tongue Malayalam was very interesting and inspiring to the mentees. Dr. Sharmista, in her session on Bharathvani, stressed the benefits and significance of bringing all the languages in one portal.

After having lunch from Kerala Hotel, we had our fourth session on Endangered Languages. The last session was conducted by Prof. Elangovan. Ms. Ashwini delivered vote of thanks. Mentees like Greeshma and Arunima and mentor Mr. Vijayakumar expressed their feedback about the sessions. Dr. Prem kumar concluded the programme by 2.45 pm.



Sessions by Dr. Premkumar and Dr Sajitha at CIIL, Mysore



An inspiring talk by Prof. Dr. Elangovan at CIIL

Then, we moved to visit Regional Museum of Natural History, Mysore, where the geological time scale and chemical and biological evolutionary processes are depicted in a very informative manner. Our next destination was Zoological Gardens to meet the needs of biology students. By 5.30 pm we moved back to our camp. We had dinner from the hotel at the camp centre.





Third Day (10th March 2017)

All got ready by 8.00 am. We had our breakfast from the International Hotel (Kerala Hotel). By 9.30 am we entered the Department of Earth Sciences with much expectation, as they were the first department in the Mysore University which responded first to our request to visit various departments. Prof. Sethumadhav, chairman of the department took us to his chamber, served us tea and asked all the faculties of the department to gather there and introduced us to them. We were then led to the Seminar Hall for an introductory speech by the Chairman mainly about the Earth Science Department. After this we had an inspiring class narrating the scope and opportunities of Geology and Earth Sciences by Dr. Balasubramanian, Professor of the Earth Sciences Department. Ms. Archana John delivered vote of thanks. We had one more tea with the chairman, a great gentleman, who later introduced us to the Museum Curator. The Curator led us to the Geology Museum, a living store of ancient stones and fossils. Mentees also had an opportunity to interact with post-graduate students of the Earth Sciences Department.



Introductory speech by Prof. M S Sedhumadhav & Motivation class by Prof. Balasubramanian

Then, by 11.30am, we moved on to Biotechnology Department. Dr. Geetha who was in- charge of our visit welcomed us to the department. We visited research laboratories of the department

like Molecular biotechnology, Cancer research, Microbial biotechnology and Eco biotechnology. Senior research scholars of the various labs explained thrust areas of their study and instruments required for their study and demonstrated the working of various sophisticated instruments.



In Molecular Biology and Cancer Research Labs.



In Ecobiotechnology Lab.

After lunch break we visited Commerce Department at 2.00pm. Dr.B. Nagaraju, Chairman of Commerce department delivered a talk on the scope of Commerce as a Discipline in the present scenario. He explained about various post- graduate courses offered by the University and various research facilities available in the Commerce department. We also interacted with other faculties like Dr. Ashoka and Dr. Nagaraja and Post graduate students. Ms. Archana delivered vote of thanks.



Interaction with Chairman and faculties of Commerce Department

Then we visited the Department of Economics, Mysore University. We interacted with Professors and Post graduate students. Mentees got several information regarding future opportunities in the field of economics, courses offered, syllabus of entrance examination, research faculties, thrust areas of research, etc. Ms. Ashwini offered vote of thanks.



Interaction with Chairman and Professors of Economics Department

By 5 pm we gathered on the lawn for the last and most remarkable session of our programme-evaluation and consolidation. All the students got an opportunity to share their feelings and to express their future plans in the context of a successful motivational visit. The teachers could effectively intervene and make necessary corrections and clarifications. To most of the mentees the three day motivational visit was a great and immensely rewarding experience. All the Mentors gave inspirational talks by sharing their own previous experiences, which also contributed a lot to make the visit a real motivational visit and a most fruitful one. This Motivational trip could transform many of our mentees to a great extent.



Evaluation and Consolidation

After taking rest for a while in the rooms and having dinner, we started our journey back to the College by 10.30 pm. We reached our college in Kanhangad safely at 5.00 am on 11th March 2017.

Agretious Thomas

Co-ordinator,

Counter signed by

Principal

Dr. P V. Pushpaja