

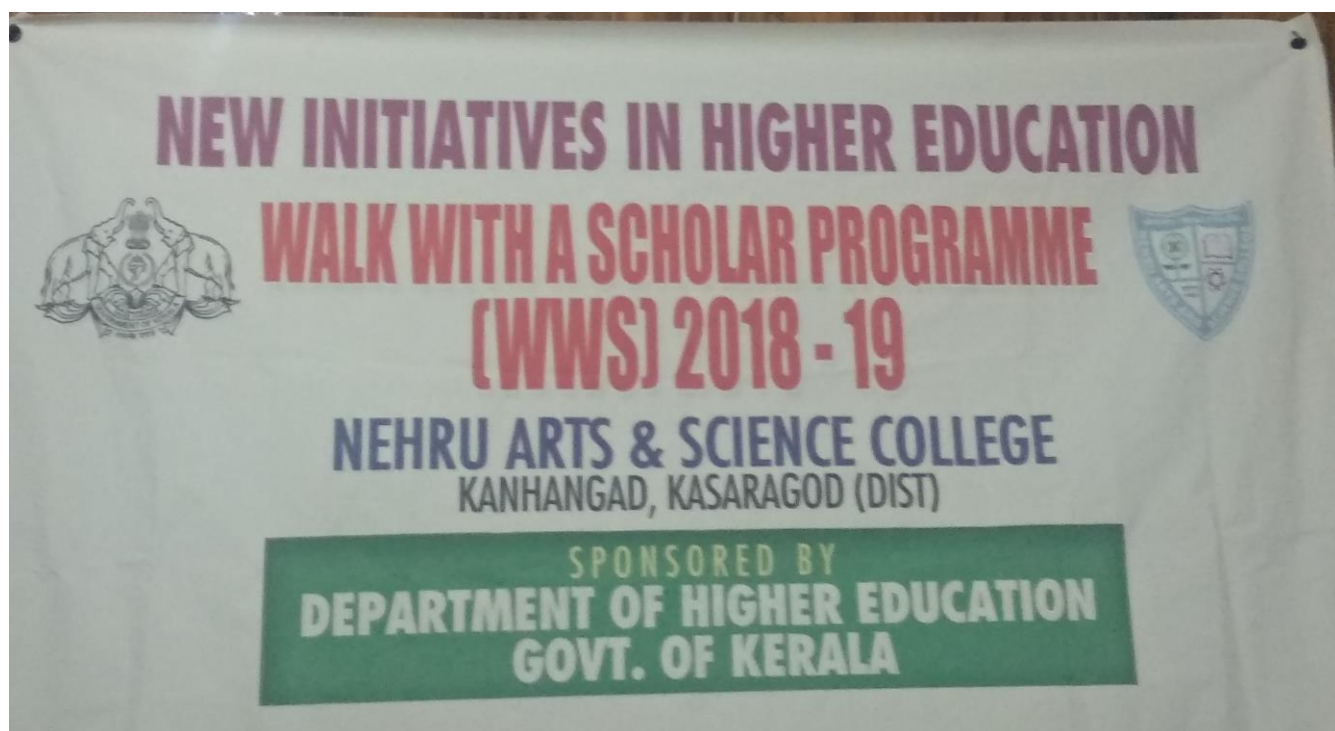
WWS ACTIVITY REPORT FOR THE YEAR 2018-19



Nehru Arts & Science College Kanhangad
Naac Re-accredited With 'A' Grade

Padnekat (P.O)
Kasaragod District
Kerala – 670582
www.nasc.ac.in

Sponsored by
New Initiative in Higher Education
Department of Higher Education
Government of Kerala



Principal : Dr. T.Vijayan

WWS Co-ordinator : Dr. Mohanan A (Dept. of Chemistry)

Internal Mentors for First Year

1. Mr. T.V.Sathyan (Dept. of Physics)
2. Dr. Reeja P.V. (Dept.of Mathematics)
3. Dr. Prajith P.K. (Dept. of Botany)
4. Mr. C.P.Rajeevan (Dept. of History)
5. Dr. N.T. Supriya (Dept. of Zoology)

Internal Mentors for Second Year

1. Dr. K..Agretious Thomas(Dept. of Botany)
2. M.K..Anjali Nair(Dept. of English)
3. Dr.Subrahmanya Prasad K(Dept. of Botany)
4. Dr. Mangala K(Dept. of Chemistry)
5. Dr. Rekha P (Dept. of Statistics)

Walk With a scholar Programme for the year 2018-19 was initiated as per the directives of the Higher Education Department. As always, the activities for the year propelled forward with unparalleled enthusiasm and vigour, so as to achieve its goal of overall development of the students.

SELECTION OF STUDENTS – 05/11/2018

The selection of students for the year 2018 -19 was held on 5th of November 2018. There were 36 students from second year 46 students from first year appeared for the screening session. The coordinator gave an orientation on Walk with a Scholar programme. As part of the screening session, a questionnaire was given to the students to fill up and to be assessed by the internal mentors. Based on the assessment of the questionnaire thirty students were selected from both first and second year and allotted six students to each internal mentors for the year 2018- 19.

INDUCTION PROGRAMME FOR MENTORS

An induction programme for all the internal mentors was held on 12th of November 2018. The coordinator welcomed all the internal mentors of WWS for the year 2018-19. College Principal Dr.T.Vijayan presided over the meeting. The first agenda of the meeting was the evaluation of the WWS programme for the previous years. The internal mentors were asked to share their perspectives, which was extrapolated by the coordinator to be incorporated into the future activities of the programme. The next agenda was the presentation of the future plans of the WWS for the current year. The coordinator discussed in detail, all the plans charted out for the year, to the internal mentors and requested them to share their inputs so as to make the programme more comprehensive and insightful for the mentees as well as the mentors. Finally, the coordinator thanked the internal mentors for their constant support and cooperation for the programme.

WWS INTERNAL MENTORS CLUSTER WORKSHOP

A districtwise WWS internal mentors cluster workshop was conducted at Govt. College Kasaragod on 14th November 2018. From our college eight members were participated in the programme. This programme helped the mentors to know how to do effective mentoring.



Induction programme for the mentors

INAUGURAL FUNCTION

The Inaugural session of the wws for the year 2018-19 was conducted on 17th November 2018. The eminent motivational speaker, linguistic trainer and CEO of WHY(We Help Youth) Mr. Manu Surendar, inaugurated the programme. He motivated the students on the area of “Excellence in communication skills”. He urged the students to discover and analyse their selves to bring forth their hidden skills and potentials. The session was activity oriented wherein the students participated in various tasks assigned to them by the resource person, so as to convey the idea that creating excellence is not by chance, but by will. The managing director of Royal College Neeleswar, Mr. Praveen Mecheri felicitated over the function.



Inaugural speech by Manu Surendher, Motivational trainer



First and second year mentees

EXTERNAL MENTORING FOR FIRST YEAR STUDENTS

24/11/2018

An orientation class on “Setting up career goals” was organized for the first year WWS students on 24th November 2018. The resource person for the class was Mr. Nirmalkumar N, the best teacher award recipient and a well known trainer. He said that smart goal setting is the benchmark for succeeding in personal as well as professional life. Ensuring that the goals are achievable and realistic contributes significantly to personal excellence. He talked about the relevance of goals in enhancing the motivational level of students and building up their self confidence. He also talked about the steps through which effective goals can be set up as well as achieved. Finally, once you have your plan, you start working on it to achieve these goals. He finally urged the students to dream big and take up goals which are dear to their hearts.





15/12/2018

A class on “Motivation and Personality development” was organized for the first year students on December 15th 2018. The resource person for the session was Mr.Bimaldas R.V., Motivational trainer. He asserted that time is an important indicator of the progress in our lives. Good time management is an inevitable element for attaining goals and being successful. Wasting time is equivalent to wasting golden opportunities in our lives. He urged that, after setting clear goals, the next immediate task to be achieved is a system of managing one’s own time. He also highlighted the importance of attitude in leading a successful life. He said that attitude is a way of life. It is more important than the past, education, money, circumstances, failures, and success.



05/01/2019

A session on “English language training” was organized for the first year WWS students on 5th January 2019. The Resource person was Mr. Manoj Mathew, Teacher and National trainer of JCI India. The resource persons urged the students to develop English language skills for communication which is an inevitable industry-oriented skill in the present century. The session was highly informative as well as practical in nature, wherein every student got the opportunity to develop the skills to understand language very effectively.



12/01/2019

A session on “Presentation skills” was organized for the first year WWS students on 12th January 2019. The Resource person was Mr.Sajithkumar P, Asst. Professor, Dept. of commerce, GPM college, Manjeswar. The session highlighted the fact that good presentation skills are very important not only in academics but for career opportunities as well. Planning, Practicing, engaging with audience, body language and positive thinking are very important in becoming a public speaker. The benefits of knowing how to communicate to an audience include sharpening critical thinking and verbal/non-verbal communication skills.



02/02/2019

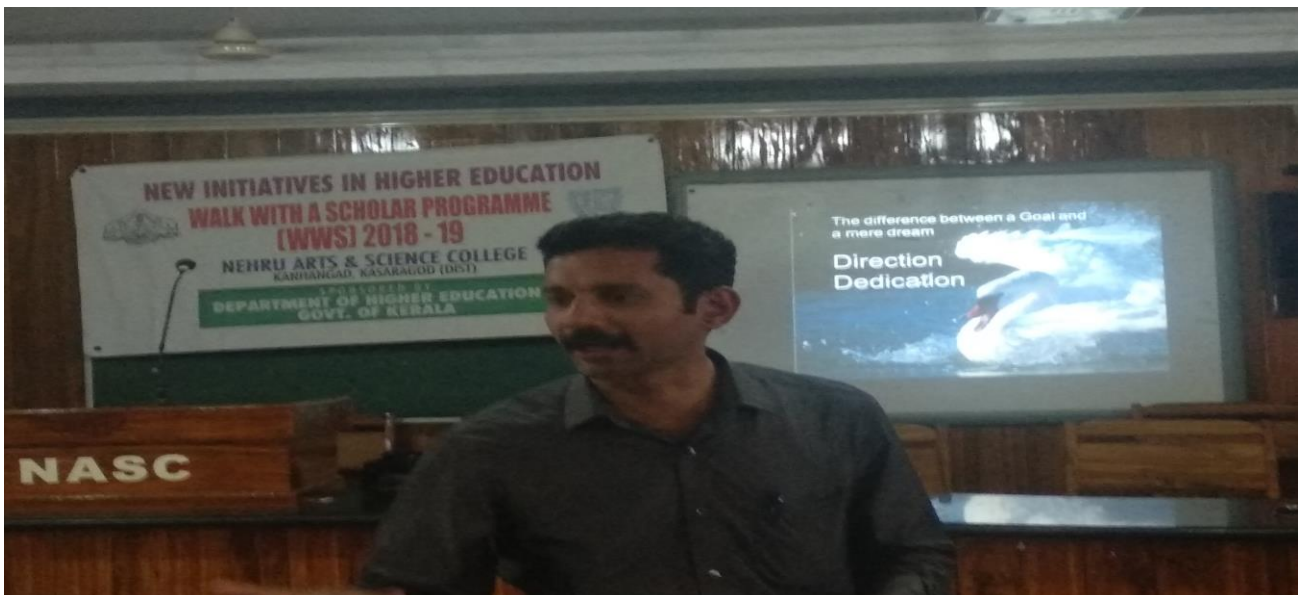
A session on Career Guidance and motivational training was conducted on 2nd February 2019. The session was handled by Mr. V.Vijayakumar, Asst. Professor NASC and a well known trainer. He said that, in order to achieve our goals, we need to be realistic. The first step in this regard is designing one's life to create a compelling vision of who we will become and what we want our life to ultimately be like. This is a very powerful part of the process, as your ultimate vision is what will drive you and really excite you. He asserted that we are responsible for everything that happens in our lives. We should learn to accept total responsibility for ourselves.



EXTERNAL MENTORING FOR SECOND YEAR STUDENTS

24/11/2018

A training session on “Winning mind set” was organized for the second year WWS students on 24th November 2018. The Resource Person for the training was Mr.Sajithkumar P, Asst. Professor, Dept. Of commerce, GPM college, Manjeswar. He focused on setting the minds of students for winning by imparting communication skills and instilling confidence in them for public speaking and presentation skill. The session was calibrated in such a way so as to develop the soft skills of all the participants. The session tapped the creative energy of the participants and helped to develop their group dynamics. Shy students were made to open up and realise their potential of clear and lucid expression. He stressed on the need for a positive outlook that helps shape the character of an individual. The session was fruitful in lifting the participants from their comfort zones and making them to set their minds in a winning mood.



15/12/18

A class on Self Realisation entitled “Navigating Hopes – Unearthing Potential within” was organized for the IInd year WWS students on 15th December 2018. The Resource person for the session was Dr. Anil Ramachandran, Asst. Professor, Dept. Of Physical Education, Kannur University. He urged that, in a constantly changing society, having self realisation is an essential part of being able to meet the challenges of everyday life. In everyday life, the development of life skills helps students to find new ways of thinking and problem solving. It helps to analyse options, make decisions and understand why they make certain choices outside the classroom. The session was highly interesting.



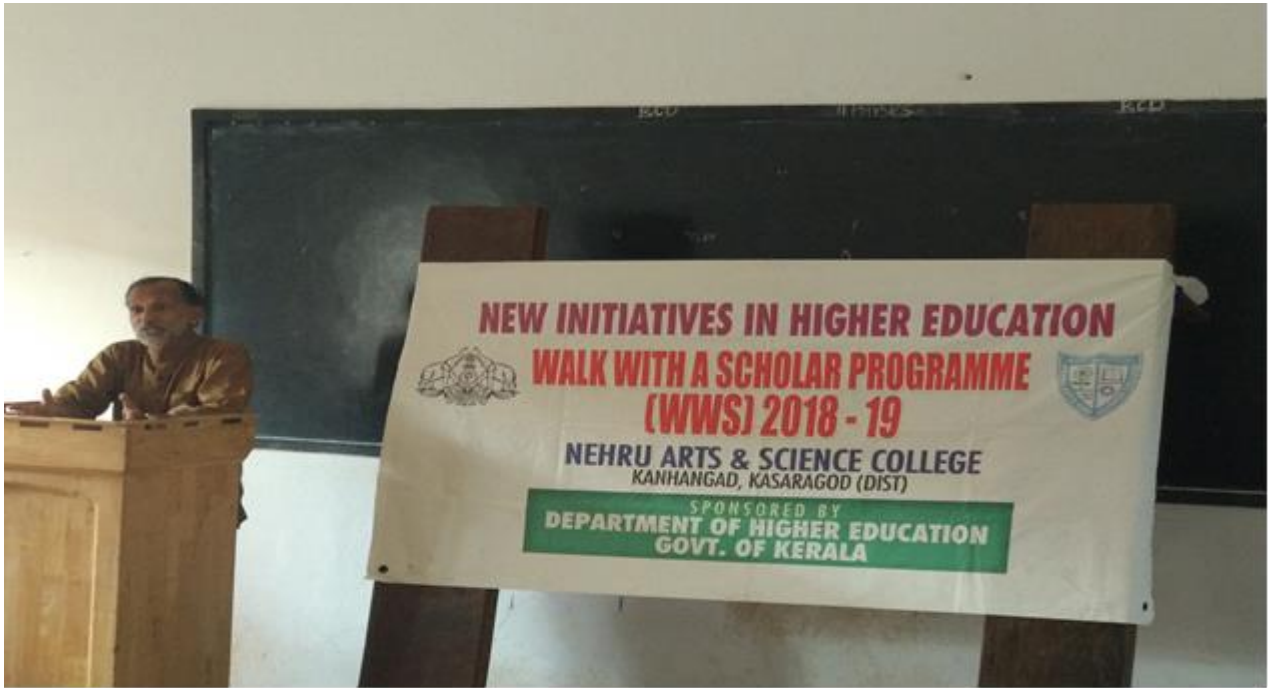
05/01/2019

A session on Carnatic music was organised for IInd year students and it was handled by Mr. Rajesh Thrikaripur, a famous musician in Northern Kerala. He explained the basic elements of sruti, swara, raga and tala form the foundation of improvisation and composition in both Hindustani and Carnatic music. He made the students to sing songs and corrected the musical part. Students were really enjoyed and benefited through a different session.



12/01/2019

The external mentoring session on the topic Value education and life skills was conducted by Mr. Radhakrishnan Aduthila, a former DIET faculty for first year on 12th January 2019. The session 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 session was activity oriented and students were highly enjoyed the session.



02/02/2019

A session on “Time Management” was organized for the second year students on 2nd February 2019.. The Resource person was Mr. Nirmalkumar N, the best teacher and a well known trainer. The resource person enlightened the students regarding the concept of time management, where he said that, time management is the process of organizing and planning how to divide the time between specific activities. He said that good time management enables you to work smarter – not harder, so that you get more done in less time, even when time is tight and pressures are high.. He also highlighted that fact that the highest achievers manage their time exceptionally well. He stressed that the skills involved in managing time include planning for the future, setting goals, prioritizing tasks, and monitoring where your time actually goes.



MOCK TESTS AND INTERVIEWS

23/02/2019

A training session on interview skills was given for the 2nd year wws students on 23rd February 2019. The Resource person was Mr. Sreeni Palliath, National trainer JCI India. The session was oriented towards understanding interview dynamics which accelerates the chances for obtaining a job or career placements. He said that Interview skills is one area where a little training can go an awfully long way. He demonstrated that sharpening personal interviewing skills can help the students learn how to present oneself at an interview, how to dress appropriately, how to tell a good story about oneself and give relevant examples instead of reciting one's CV. He conducted a mock interview for all the students who attended the session. Though it was time consuming process, it was highly useful for the students in understanding interview techniques which could go a long way in their future career prospects.





STATE LEVEL MOTIVATION CAMP

Dept. of Higher Education, Govt. of Kerala conducted a state level motivational camp for second year students at Calicut University Campus on 4th to 6th of February 2019. Mr. Charuhasan A.V, II B.Sc. Zoology of our college participated in the camp.

DISTRICT LEVEL MOTIVATION CAMP

One day district level motivation camp was organised for first year students at Govt. College, Kasaragod on 15th February 2019. From our college 8 students were participated in the camp.