

WALK WITH A SCHOLAR PROGRAMME

Annual Report 2015-2016

Walk with a Scholar Programme has completed its two year activities in the academic year 2015-2016. The programme was organized as per the instructions given from the office of the new initiatives in Higher Education, Government of Kerala. 60 students (in two batches) are being benefited by this programme. WWS programme was introduced to the first year students by the coordinator and received application from the interested students. Selection was done on the basis of marks and personal interview.

INTRODUCING WWS TO FIRST YEARS



INTRODUCING WWS TO FIRST YEARS



The following are the list of students under Walk With A Scholar Programme during the Year 2015-2016.

LIST OF FIRST YEAR STUDENTS

Sl.No	NAME OF STUDENTS	DEPARTMENT
1.	Sajna P.S	Botany
2.	Jyothi V J	Botany
3.	Aiswarya Prakashan	Botany
4.	Silpa E.V	Botany
5.	Ruksana C S	Botany
6.	Akshara Krishnan	Chemistry
7.	Neema Rose Mathai	Chemistry



8.	Anjali S. Menon	Chemistry
9.	Aleena Louis	Chemistry
10.	Husna K A	Chemistry
11.	Bency Xavier	Chemistry
12.	Chinchu K.S	Chemistry
13.	Luxy Thomas	Chemistry
14.	Krishnapriya K.D	English
15.	Riya Yousaf	English
16.	Rachana K.U	English
17.	Kavya V.K	English
18.	Fathima Jumana K N	English
19.	Aswathy P.S	English
20.	Josna Johnson	English
21.	Gopika Murali T	Mathematics
22.	Silpa A. C	Physics
23.	Sameena K A	Physics
24.	Rumaiza	Physics
25.	Rinsha K.A	Physics
26.	Athira Menon	Sociology
27.	Priya Varghese	Sociology
28.	Devikrishna P	Sociology
29.	Raesa Parsana	Sociology
30.	Meenu Baburaj	Sociology

LIST OF SECOND YEAR STUDENTS

SL.NO	NAME	Subject
1.	Mercy Anju	Sociology
2.	Riji Thomas A	Sociology



3.	Manjusha P A	Sociology
4.	Suchithra S	Sociology
5.	Anjupriya P.R	Sociology
6.	Krishnendu Gangan	Physics
7.	Arya Udayan	Physics
8.	Keerthana Chandran	Physics
9.	Saranya T.R	Physics
10.	Peema Poulouse	Physics
11.	Meera Paul	Physics
12.	Aarsha Naranat	Physics
13.	Vismaya M.R	Chemistry
14.	Snehaja P.G	Chemistry
15.	Vishnupriya Anand	Chemistry
16.	Anju Shaju	Chemistry
17.	Jasmey Sunny	Chemistry
18.	Sweety Davis	English
19.	Rosemariya M	English
20.	Jensa Joy Ettumanukaran	English
21.	Jessiya Jacob	Botany
22.	Amrudha C.B	Botany
23.	Nandana K.P	Botany
24.	Lalithambika D	Botany
25.	Livya Varghese	Botany
26.	Anan Sadiq	Botany
27.	Rizmol P.G	Mathematics
28.	Anjali K	Mathematics
29.	Jithamol P.J	Mathematics
30.	Asha Raj	Mathematics



Details of Internal Mentors 2015-16

FIRST YEAR				
Sl. No	Name	Mobile Number	Designation with subject	E-mail ID
1	Dr.Roshini K.Thumpakara	9447602665	Assistant Professor in Chemistry	roshinikt@gmail.com
2	Ms.Pretty John P.	9446583241	Assistant Professor in English	prettyjohnjose@gmail.com
3	Ms.Mary Philip	9995083995	Assistant Professor in Political Science	marybphilip@gmail.com
4	Ms.Nithya P.	9446222004	Assistant Professor in Physics	nithyyya@gmail.com
5	Ms.Sunitha Subrahmanyam	9961604428	Assistant Professor on contract in Botany	Sunithasooraj1818@gmail.com
SECOND YEAR				
6	Ms. Mary M V	9388324963	Associate Professor in Mathematics	Maryjosepaul549@gmail.com
7	Ms. Lakshmi Salim	9400762481	Assistant Professor in English	Salim.lakshmi@gmail.com
8	Ms. Sreedevi E P	9497166458	Assistant professor in Statistics	sreedeviep@gmail.com
9	Ms. Jyothi P J	9048451265	Assistant Professor on contract in Chemistry	jyothijagathy@gmail.com
10	Ms. Bincy K.F	8281448345	Assistant Professor on contract in Sociology	bincykalaparambath@gmail.com

Each mentor organized various activities for the all round development of the mentees. They met mentees personally and planned different activities like debate, quiz programmes, book review, Group Discussions etc and submitted their annual action plan to the coordinator.

Details of mentoring sessions of each mentor is given below.

Ms. Mary Philip- FIRST YEAR

Session	Date	Time	Activity
1.	02.12.2015	3.30-4.30pm	Inspirational video presentation
2.	14.12.2015	8.30-9.30pm	Self appraisal and Communication



3.	06.01.2016	3.30-4.30pm	Debate –Article 377
4.	12.01.2016	8.30-9.30pm	Discussion Govt vs Individual
5.	20.01.2016	2.30-3.30 am	Waste disposal in deonar
6.	03.02.2016	3.30-4.30pm	Motivational movie
7.	10.02.2016	3.00-4.00pm	Extempore – Women –Yesterday and Today
8.	15.02.2016	3.30-4.30pm	Debate- Reservation
9.	22.02.2016	3.30-4.30pm	Communication Skills
10.	29.02.2016	8.30-9.30pm	Discussion- Political Parties in India
11.	01.03.2016	3.30-4.30pm	Facing Interview Board
12.	04.03.2016	3.30-4.30pm	Book Review
13.	09.03.2016	3.00-4.00pm	Confidence Building
14.	11.03.2016	3.30-4.30pm	Quiz
15.	17.03.2016	3.30-4.30pm	Inspirational videos

Ms. Pretty John P – FIRST YEAR

Session	Date	Time	Activity
1.	28.12.2015	3.30 - 4.30pm	Elocution- Myself' Literary quiz
2.	30.12.2015	3.30 - 4.30pm	Communication Techniques,Book review
3.	12.01.2016	3.30 - 4.30pm	Vocabulary building
4.	13.01.2016	3.30 - 4.30pm	Book review, Spellbee
5.	14.01.2016	3.30 - 4.30pm	Short film- ' What is that' Review Discussion on ' Respecting the aged
6.	27.01.2016	3.30 - 4.30pm	Critical Analysis of 'Black Hole' & Word game
7.	28.01.2016	3.30 - 4.30pm	Motivational videos, Spellbee
8.	29.01.2016	3.30 - 4.30pm	Critical review of 2+2=5 How to select a good book to read



9.	03.02.2016	3.30 - 4.30pm	Communication skill techniques Vocabulary Building
10.	08.02.2016	3.30 - 4.30pm	Ad news Spellbee
11.	12.02.2016	1.30pm- 4.00pm	Short film Newspaper Analysis
12.	19.02.2016	2.00pm -4.00pm	Poetry analysis Word Game
13.	22.02.2016	3.30am - 4.30pm	JAM Motivational video
14.	23.02.2016	3.30pm – 4.30pm	Analyzing a picture Word Game
15.	01.03.2016	3.30pm - 4.30pm	Book Review JAM
16.	18.03.2016	2.00 - 4.00pm	Motivational video JAM
17.	23.03.2016	2.30pm – 4.30pm	Grammar: Basics Book Review
18.	29.03.2016	3.30pm – 4.30pm	Grammar: Basics

Ms. Roshini Thumpakara- FIRST YEAR

Session	Date	Time	Activity
1.	28.12.2015	3.30-4.30pm	Close interaction with mentees, understanding their weakness, worked out an action plan.
2.	04.01.2016	3.30-4.30pm	Self esteem- How to overcome negative circumstances
3.	6.01.2016	3.30-4.30pm	Tips for making an interesting resume. Assignment also given
4.	11.01.2016	3.30-4.30pm	Awareness class on the importance of reading- Assignments were given to collect local, national, international sports news each day
5.	13.01.2016	3.30-4.30pm	Discussion on the videos viewed by mentees towards improving self esteem and conveying life lessons
6.	25.01.2016	3.30-4.30pm	Importance of setting a goal in life
7.	03.02.2016	3.30-4.30pm	How to make good Powerpoint presentation
8.	09.02.2016	3.30-4.30pm	Discussion on resume prepared by mentees



9.	15.02.2016	3.30-4.30pm	Discussion on video clippings on life guidance
10.	19.02.2016	3.30-4.30pm	Awareness class on the importance of reading. Motivational book was given to them.
11.	24.02.2016	3.30-4.30pm	Discussion on the review written by mentee about the book given to them. "Yes Together we can"
12.	02.03.2016	3.30-4.30pm	Improving Communicative style and skills. Assignment given to improve word power
13.	09.03.2016	3.30-4.30pm	Career development opportunities
14.	11.03.2016	3.30-4.30pm	Quiz- General
15.	14.03.2016	3.30-4.30pm	Awareness on safety measures

Ms. Sunitha Subramanian - FIRST YEAR

Session	Date	Time	Activity
1.	14.12.2015	3.30-4.30pm	Introductory class about 'Importance of WWS in students achievements'
2.	29.12.2015	3.30-4.30pm	Class on "Importance of Self confidence to reach success"
3.	08.01.2016	3.30-4.30pm	Discussion about "What we can do in this year for our development"
4.	15.01.2016	3.30-4.30pm	Discussion about the problems faced by the bright students & how to overcome these problems.
5.	22.02.2016	3.30-4.30pm	Training on Communication Skills
6.	28.02.2016	3.30-4.30pm	Class on Personality Development
7.	02.03.2016	3.30-4.30pm	Talk on Ecofriendly attitude
8.	04.03.2016	3.30-4.30pm	Class on stress management
9.	09.03.2016	3.30-4.30pm	Activities like presentation of new words, phrases etc for improving their vocabulary
10.	11.03.2016	3.30-4.30pm	Competitions on Writing famous quotes and its discussion.
11.	16.03.2016	3.30-4.30pm	Class on Examination preparation
12.	17.03.2016	3.30-4.30pm	Practical tips to write exams effectively
13.	18.03.2016	3.30-4.30pm	Discussion on the factors that help to improve the examination results



14.	21.03.2016	3.30-4.30pm	Talk on “ importance of reading books” and gave books written by famous authors
15.	23.03.2016	3.30-4.30pm	Evaluation of WWS activities of this year

Ms. Nithya P - FIRST YEAR

Session	Date	Time	Activity
1.	20.01.2015	3.30-4.30pm	Self Introduction
2.	09.02.2016	3.30-4.30pm	Group Discussion on “Time Management”
3.	16.02.2016	3.30-4.30pm	Group Discussion on “Importance of Positive Thinking”
4.	20.02.2016	10-11 am	Quiz in Current affairs
5.	20.02.2016	11.30-12.30 pm	Introduction of Scientific Journals and searching of papers from internet
6.	27.02.2016	10-11am	Orientation on “How to prepare good presentations”
7.	27.02.2016	11.30am-12.30pm	Introduction of the book “Wings of Fire” by APJ Kalam
8.	05.03.2016	10-11am	Motivational videos –Discussions
9.	05.03.2016	11.30am-12.30pm	Motivational videos –Discussions
10.	19.03.2016	10-11am	Presentation of reports on current scientific news –prepared by students
11.	19.03.2016	11.30am-12.30pm	Orientation on “ How to Prepare good resume”
12.	26.03.2016	10-11am	Introduction of the book “Alchemist” by Paulo Choelo
13.	26.03.2016	11.30am-12.30pm	Orientation on “How to prepare for an interview”
14.	28.03.2016	3.30-4.30pm	Quiz
15.	29.03.2016	3.30-4.30pm	Group Discussion on “ Never never never quit



Ms.Lakshmi Salim- SECOND YEAR

Session	Date	Time	Activity
1.	17.09.2015	3.30-5.30pm	Conducted a quiz on Literature and Botany Played Vocabulary building games to enhance communication skills
2.	20.10.2015	3.30-4.30pm	Group discussion on the relevance of communal harmony. Viewed short film what is that
3.	10.12.2015	3.30-4.30pm	Debate: Gender equality
4.	30.12.2015	3.30-4.30pm	Learning English through vocabulary enhancing games
5.	05.01.2016	3.30-4.30pm	Discussed the major national and international events of 2015
6.	07.01.2016	3.30-4.30pm	Conducted a mock quiz
7.	08.01.2016	1.30-3.30pm	Organized an interdepartmental quiz competition 2015: A glance in the College
8.	27.02.2016	9.30-11.30am	Analysis of the popular TV advertisements
9.	18.03.2016	3.00-5.00pm	Library tour and mentees narrated an inspiring story
10.	29.03.2016	2.30-4.30pm	Shared the experience of the motivational visit to IISc and Christ University, Bangalore.

Ms. Bincy K F - SECOND YEAR

Session	Date	Time	Activity
1.	08.09.2015	3.30-4.30pm	Presentation on importance of Yoga and meditation in life
2.	23.09.2015	3.30-4.30pm	Showed video clips of different yoga postures
3.	09.10.2015	3.30-4.30pm	Laughter activities
4.	27.10.2015	2.00-3.00pm	Screened Telefilm on social commitment exercise
5.	30.10.2015	3.30-4.30pm	Class on Social relationship
6.	01.12.2015	3.30-4.30pm	Screened Telefilm on social commitment exercise
7.	03.12.2015	11.00-12.00	Skill development class
8.	16.12.2015	3.30-4.30pm	Awareness programme- film show on AIDS
9.	06.01.2016	3.30-4.30pm	Quiz
10.	13.01.2016	2.00-3.00pm	Book Review



11.	15.01.2016	3.30-4.30pm	Book review presentation
12.	03.02.2016	10.30-11.30am	Personality Development- Book reading and review
13.	18.02.2016	10.30-11.30am	Telefilm show- awareness about fast food culture
14.	04.03.2016	2.00-3.00pm	General Quiz
15.	17.03.2016	2.00-3.00pm	Group Discussion

Ms. Jyothi P J - SECOND YEAR

Session	Date	Time	Activity
1.	22.09.2015	3.30-4.30	Discussed about year plan
2.	28.10.2015	3.30-4.30	Watched some motivational videos conveying genuine life lesson and discussed about that
3.	07.12.2015	3.30-4.30	Orientation on resume preparation
4.	14.02.2015	3.30-4.30	Resume preparation and its evaluation
5.	28.12.2015	3.30-4.30	Debate on current issues in our society
6.	01.01.2016	3.30-4.30	Discussion on New year pledges of each mentee
7.	06.01.2016	3.30-4.30	Speech on the topic " Influence of media on students"
8.	08.01.2016	3.30-4.30	Debate on "Mass Media"
9.	12.01.2016	3.30-4.30	Discussed about "Diary of events 2015" written by each mentee
10.	14.01.2016	3.30-4.30	Played the logic based number placement puzzle Sudoku and some other fun brain games
11.	18.01.2016	3.30-4.30	Book review by the mentees on the book "Yes Together We Can" by Capt. Ravi Mahajan
12.	11.02.2016	3.30-4.30	Made a list of 10 things the students want to do or accomplish during their lifetime and share it with one another
13.	18.02.2016	3.30-4.30	A class on "Networking and networking opportunities
14.	19.02.2016	3.30-4.30	Motivational class for attending an interview
15.	26.02.2016	3.30-4.30	Evaluation of this year's activities and individual interaction with each mentee



Ms. Mary M V- SECOND YEAR

Session	Date	Time	Activity
1.	07.09.2015	3.30-4.30pm	Show on Motivational videos
2.	23.09.2015	3.30-4.30pm	Quiz competition among the students in current affairs
3.	08.10.2015	3.30-4.30pm	Discussion on 'Violation of Human Rights
4.	26.10.2015	3.30-4.30pm	Communication Skills
5.	27.10.2015	3.30-4.30pm	Discussion on human rights based on election
6.	05.12.2015	10.00-12.00am	Discussed how to develop a positive attitude towards life
7.	06.01.2016	3.30-4.30pm	Soft skill development , helped them to communicate properly
8.	23.01.2016	10.00-12.00am	Mock interview
9.	06.02.2016	10.00-12.00am	Listening Abdul Kalam, Swami Vivekananda
10.	15.02.2016	3.30-4.30pm	Quiz on General Knowledge
11.	05.03.2016	10.00-12.00am	Discussion on challenges in Life: A girls perspective

Ms. Sreedevi E P- SECOND YEAR

Session	Date	Time	Activity
1.	10.10.2015	10.00- 12.00am	Debate on 'Gandhiji- Present Scenario' in connection with Gandhi Jayanthi
2.	30.10.2015	3.30-4.30pm	Quiz competition in current affairs
3.	08.12.2015	3.30-4.30pm	Show on motivational videos- Discussions
4.	30.12.2015	3.30-4.30pm	Talk on Importance of hobbies in a person's life
5.	31.12.2015	3.30-4.30pm	Discussed how to develop a positive attitude towards in life
6.	16.01.2016	10.00-12.00am	Group Discussion on interview skills
7.	18.01.2016	3.30-4.30pm	Mock interview
8.	21.01.2016	3.30-4.30pm	Discussion about mock interview in last session. Corrections were given
9.	20.02.2016	10.00-12.00am	Extempore speech
10.	05.03.2016	10.00- 12.00am	Discussion on challenges in Life: A Girls Perspective
11.	22.03.2016	3.30-4.30pm	Discussion how to maintain academic honesty and its importance



EXTERNAL MENTORING

External mentoring is an effective platform for the students for knowledge assimilation by interacting with the eminent personalities. These sessions enabled them to overcome their stage fear and equipped them to express their views in public sphere. Group activities helped them to improve cooperation and communal harmony. Thought provoking messages were the means to inculcate social culture that motivate them in their future life.

Sl. No	Name of the resource person	Duration
1.	Mr. Binu Kaliyadan,	Life Maximisation
2.	Mr. Pradeep K Ninan	Mind Power Training
3.	Ms. Anitha	Personality Development
4.	Ms. Riya George	Grooming
5.	Ms. Mary Matilda	Self esteem
6.	Fr. Santhosh Mathew	Psychological inspirations for changing life

Mr. Binu Kaliyadan

Mr. Binu Kaliyadan handled the session on 'Life Maximisation' in which he introduced the tips to achieve success in life. The message 'Announce Your Expiry Date' motivated the students on the matter of attaining life goals in time. Students evaluated the session in the given format and its consolidated result is given below.

SL.No	PARAMETER	PERCENTAGE (%)
1.	How was the focus of the talk good	95
2.	How far you found the lecture useful	95
3.	How far the lecturer managed to capture your attention	95.71
4.	How far audience participation & interaction encouraged	95.71
5.	How far you are satisfied with this session	97.1
6.	Your overall impression about this session	98.5



Mr. Pradeep K. Ninan

It was a mind power training programme. The power of sub conscious mind was discussed throughout this session. Fear is the biggest hindrance to our success and how it should be overcome was the main message conveyed to the students. Think positively, set my goal today itself was some of the resolutions taken by the students. Programme was very dynamic and students enjoyed all the activities.

SL.No	PARAMETER	PERCENTAGE (%)
1.	How was the focus of the talk good	98.05
2.	How far you found the lecture useful	98.05
3.	How far the lecturer managed to capture your attention	98.05
4.	How far audience participation & interaction encouraged	96.19
5.	How far you are satisfied with this session	99.04
6.	Your overall impression about this session	99.04

Ms. Anitha

Ms.Anitha presented a topic on personality development in which she concentrated on the topics like Believe Yourself, Self confidence, Time management etc. This session was informative.

SL.No	PARAMETER	PERCENTAGE (%)
1.	How was the focus of the talk good	88.33
2.	How far you found the lecture useful	90
3.	How far the lecturer managed to capture your attention	90.8
4.	How far audience participation & interaction encouraged	90
5.	How far you are satisfied with this session	88.33
6.	Your overall impression about this session	90.8



Ms. Riya George

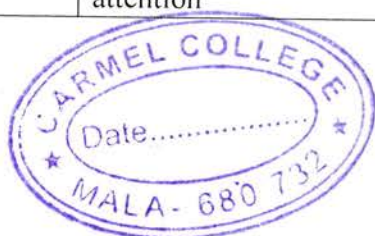
The class on 'Grooming' handled by Ms. Riya George was very effective. She gave useful tips to attend an interview fruitfully. Students appreciated her cheerful presence, way of expression which promoted them to be positive.

SL.No	PARAMETER	PERCENTAGE (%)
1.	How was the focus of the talk good	91
2.	How far you found the lecture useful	92
3.	How far the lecturer managed to capture your attention	90
4.	How far audience participation & interaction encouraged	87.5
5.	How far you are satisfied with this session	87
6.	Your overall impression about this session	88.3

Ms. Mary Matilda

The mentoring session was very effective and informative. They understood a lot from resource persons rich experience in this field. She motivated the students to come out from their comfort zone to achieve a better world. Do everything with an enthusiastic mind, be an active listener, improve one's own confident level, be more assertive were some of the messages that strike the students. All students participated in this class with enthusiasm.

SL.No	PARAMETER	PERCENTAGE (%)
1.	How was the focus of the talk good	96.36
2.	How far you found the lecture useful	92.72
3.	How far the lecturer managed to capture your attention	94.54



4.	How far audience participation & interaction encouraged	90.9
5.	How far you are satisfied with this session	93.63
6.	Your overall impression about this session	93.63

Fr. Santhosh Mathew S J

Fr. Santhosh delivered the message 'Be Positive' and 'Nothing is impossible'. This talk convinced the students that if negative thoughts conquer them in their life situations, they can't go forward. Students took resolution to overcome their negative emotions, face life situations after this session.

SL.No	PARAMETER	PERCENTAGE (%)
1.	How was the focus of the talk good	86
2.	How far you found the lecture useful	88.2
3.	How far the lecturer managed to capture your attention	82.35
4.	How far audience participation & interaction encouraged	86
5.	How far you are satisfied with this session	85
6.	Your overall impression about this session	90

MOTIVATION VISIT

As per the instructions from Office, we undertook a motivation visit to Indian Institute of Science, Indian Social Institute, and Christ University Bengaluru. Students benefited this visit and they opined that it was a wonderful chance that provided them valuable exposure. Detailed report is given as Annexure.



Walk With a Scholar Programme is a highly constructive programme to the students. Internal mentoring helps the students to explore their hidden talents and aid them to improve their academic, social and personality status. This programme supports students to be successful by establishing supportive and beneficial relationship between students and teachers. Taking students into motivational visit gives them the experience of travelling in a group and teaches them to be respectful to the locations they visit and it is a good way to find that they want to learn more about the subject. Reading motivational books through this programme is very helpful to improve students personal well being and enable them to manage life issues and triumph over them. External mentoring helps the students to produce a different perspective and constructive thinking. These offer alternatives within a talented group.

The students were highly inspired and overwhelmed. The various activities of the programme improved their personality with self esteem.

Date:
Place: Mala

Coordinator



Sr. Rini Raphael



Wijayad
Principal
Carmel College
Mala

EXTERNAL MENTORING – Rev. Fr. Santhosh Mathew



EXTERNAL MENTORING – Rev. Fr. Santhosh Mathew



EXTERNAL MENTORING – Mr. Binu Kaliyadan



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EXTERNAL MENTORING – Mr. Pradeep K Ninan



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EXTERNAL MENTORING – Mr. Pradeep K Ninan



EXTERNAL MENTORING – Ms. Anitha & Ms. Riya George



EXTERNAL MENTORING – Ms. Anitha & Ms. Riya George



EXTERNAL MENTORING – Ms. Mary Matilda



EXTERNAL MENTORING – Ms. Mary Matilda



EXTERNAL MENTORING – Ms. Mary Matilda



EXTERNAL MENTORING – Ms. Mary Matilda



EXTERNAL MENTORING – Ms. Mary Matilda



INTERNAL MENTORING – Ms. Pretty John P



INTERNAL MENTORING – Ms. Pretty John P



SPELL BEE



VOCABULARY BUILDING



SHORT FILM



POETRY ANALYSIS



SHORT FILM ANALYSIS



WORD GAME



INTERNAL MENTORING – Ms. Pretty John P

BOOK REVIEW



NEWSPAPER ANALYSIS



GRAMMER BASICS



GROUP DISCUSSION



GRAMMER BASICS



INTERNAL MENTORING – Ms. NITHYA P

Self Introduction



Group Discussion- Positive Thinking



Group Discussion- Time Management



Introduction of 'Wings of Fire'



How to Prepare good resume



Introduction "Alchemist"



Introduction of Scientific Journals



How to prepare good presentations



Motivational videos



Group discussion - "Never never never Quit"



INTERNAL MENTORING – Ms. Roshini K Thumpakara



BOOK REVIEW



DISCUSSION ON VIDEO CLIPS
ON LIFE GUIDANCE



IMPORTANCE OF READING NEWSPAPERS



PRESENTATION OF CURRENT ISSUES
IN DAILIES



RESUME PREPARATION



TIPS TO MAKE EFFECTIVE POWER POINT



TRAINING ON COMMUNICATIVE SKILLS



INTERNAL MENTORING – Ms. Mary Philip



INTERNAL MENTORING – Ms. Sunitha Subramanian

CLASS ON IMPORTANCE OF SELF-CONFIDENCE TO REACH SUCCESS. 29-12-2015



Presentation on a topic by each student to get rid of their stage fear & also for improving their communication skills- 22-2-2016



CLASSES ON PERSONALITY DEVELOPMENT- 28-2-2016



Presentation of mentees activities like presentation of new words phrases etc. for improving their vocabulary. 9-3-16



COMPETITION ON WRITING FAMOUS QUOTES&ITS DISCUSSION (1hr) - 11-3-16



Classes on “how to be improved in the final examination” -16-3-16



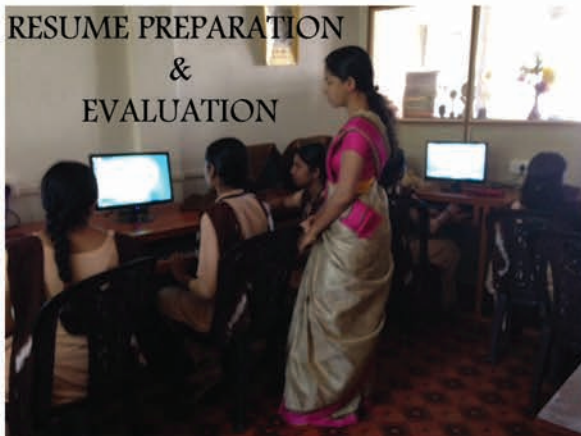
Given personality development books of famous author to the mentees & talk on “importance of reading such type of books” 21-3-16



Analysis of various activities of WWS in this year. & Discussion about how to improve more in next year. 23-3-16



INTERNAL MENTORING – Ms. Jyothy P J



INTERNAL MENTORING- Ms. Bincy K F



Film show-fast food culture



Mental Ability Test



Book Review



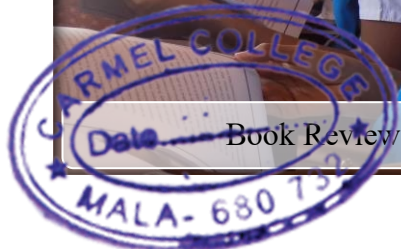
Quiz



Book Review



Quiz



INTERNAL MENTORING- Ms. Lakshmi Salim



Debate on Gender Equality - 10.12.2015



Discussed the current issues of 2015 on 05.01.2016



Vocabulary Enhancing games on 30.12.15



Conducted Quiz Competition 8.01.2016



Quiz



Group discussion on Communal Harmony



INTERNAL MENTORING- Ms. Mary M V

Discussion-Soft skill development



Discussion-Soft skill development



Discussion- Positive attitude towards life



Discussion- Positive attitude towards life



INTERNAL MENTORING- Ms. Sreedevi E P



Discussion- academic honesty and its importance



Discussion- academic honesty and its importance



Discussion: Challenges in life-A Girls perspective



WALK WITH A SCHOLAR PROGRAMME

ANNUAL REPORT 2016-17

It is with immense feeling of pleasure that we are submitting the report of walk with a scholar programme for the academic year 2016-2017. Primarily we are thankful to our well wishers and stakeholders for their unstinting support and whole hearted co-operation extended. The programme was started in our college during 2014-2015. The programme was organized as per the instructions given from the office of the new initiatives in Higher Education, Government of Kerala. 90 students (in three batches) are being benefited by this programme. WWS programme was introduced to the first year students by the coordinator and received application from the interested students. Selection was done on the basis of marks and personal interview.

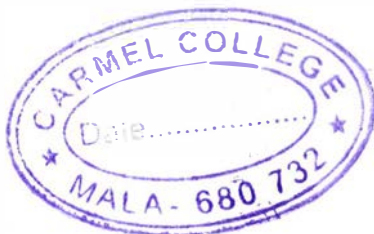
Students were actively participated in WWS programme. Co ordinator continually monitored the sessions and given timely guidance to mentors.

Action Plan for the year 2016-17

We, co-ordinator , mentors and student co ordinators from each discipline convened a meeting on 8th September 2016 and prepared a action plan for this year . We planned all Thursdays 3.30 to 4.30 pm for internal mentoring sessions . All 1st, 3rd and 4th Saturdays 9.30 to 3.30 for external mentoring sessions. Principal presented the action plan in the general staff meeting and all of them agreed and principal sanctioned the same.

The following topics were listed for **external mentoring** sessions.

1. Interview Skill Training (Aptitude Test, Mock GD, Mock Interview)
2. Attitude and personality improvement focused on the placement process
3. Leading a purposeful life
4. Effective Communication Skill (Verbal and Non Verbal)
5. Becoming an entrepreneur
6. Emotional Intelligence
7. Self Motivation
8. Team work



9. Body language , Etiquette and personal Grooming for the right job
10. Preparation of CV ,GD
11. Interpersonal Skills
12. An introduction Aptitude Test
13. Socialization Techniques
14. Change Management

Internal mentoring

Each mentor organized various activities for the all round development of the mentees. They met mentees personally and planned different activities like debate, quiz programmes, book review, Group Discussions etc and submitted their annual action plan to the coordinator. We, the team here in turn gain strength out of this encouragement and remain ready to serve to the satisfaction of our students

Details of Internal Mentors 2016-17

FIRST YEAR				
Sl. No	Name	Mobile Number	Designation with subject	E-mail ID
1	Ms.Remya P.R	9072318800	Assistant Professor on FDP in English	remyanjana@gmail.com
2	Ms.Rensha T.R.	9947545934	Assistant Professor on contract in Botany	tinuraphy@gmail.com
3	Ms.Neethu Sunny	9946358153	Assistant Professor on contract in Chemistry	neethuparambi@gmail.com
4	Ms.Chinju Antony	8113033923	Assistant Professor on contract in Mathematics	Chinjuantony23@gmail.com
5	Ms.Prasanna P.J.	9495360717	Assistant Professor on contract in Political Science	Prasannajolly77@gmail.com
SECOND YEAR				
6	Dr.Princy K.G.	8086412364	Assistant Professor In Chemistry	princykgjohn@gmail.com



7	Ms.Ambili K.S.	9946472151	Assistant Professor on contract in English	Ambili2112@gmail.com
8	Ms.Mary Philip	9995083995	Assistant Professor in Political Science	marybphilip@gmail.com
9	Ms.Nithya P.	9446222004	Assistant Professor In Physics	nithyya@gmail.com
10	Ms.Sunitha Subrahmanyam	9961604428	Assistant Professor on contract in Botany	Sunithasooraj1818@gmail.com
THIRD YEAR				
	Ms. Mary M V	9388324963	Associate Professor in Mathematics	Maryjosepaul549@gmail.com
	Ms. Lakshmi Salim	9400762481	Assistant Professor in English	Salim.lakshmi@gmail.com
	Ms. Sreedevi E P	9497166458	Assistant professor in Statistics	sreedeviep@gmail.com
	Dr.Vidya Francis	8547558972	Assistant Professor on contract in Chemistry	vidyakf@gmail.com
	Ms. Bincy K.F	8281448345	Assistant Professor on contract in Sociology	bincykalaparambath@gmail.com

EXTERNAL MENTORING

External mentoring is an effective platform for the students for knowledge assimilation by interacting with the eminent personalities. These sessions enabled them to overcome their stage fear and equipped them to express their views in public sphere. Group activities helped them to improve cooperation and communal harmony. Thought provoking messages were the means to inculcate social culture that motivate them in their future life.

Sl. No	Name of the resource person	Topics covered	Date
1.	Siraj. K.A.	Personality Development Life skills Basics of Cyber awareness	3/12/2016 17/12/2016
2.	Bhuvandas	Interview skills & Techniques Motivation Time management Exam preparation	7/1/2017



3.	Alex Mathew	Attitude Building	21/1/2017
4.	Nitheesh Kumar	Communication skills, Entrepreneurship Development	28/1/2017 4/2/2017
5.	Rettin Jose & Team	Career opportunities in higher studies Inter personal and intrapersonal relationship	10/2/2017 11/2/2017
6.	Dr.Mathew K.A	Interview skills & Body language	18/2/2017
7.	Jithu George Sherin Abhulrahim	Technology in careers Photography and Vediography (Practical sessions)	23/3/2017 24/3/2017
8.	Sayeed K.P.	Life designing programme	25/3/2017
9.	Shijo Thomas	Two day (Non Residential) workshop Winner personality (attitude and skills) Life skill & Public speaking Emotional intelligence & Group Dynamics	16/6/2017 17/7/2017
10.	Dr.Sr.Ancy	Yoga – a healing therapy	21/6/2017
		GD, Mock test, Interview	
	Ms. Reena A.R.	GD, Mock test, Interview	21/4/2017 22/4/2017

The students were very interested and highly motivated in external mentoring sessions .This year also we got a chance of motivational visit to Hydrerabad –Hyderabad University, EFLU, TATA institute of social science and Osmania University. Through this visit 2nd year student were enlightened to join in these highly prestigious institutions.



Fund of Rs 242500/- was received for the purpose of meeting the expenses in connection with conducting the programme. An amount of Rs.242500/. was utilized under various heads for which it was given and the accounts were closed on 30-6-2017 as per the GO. . All the records were properly maintained and the accounts were audited and utilization certificate was obtained. We have send all the needful documents including audited SE & UC ,original bills and vouchers in time. The programme was successfully completed in our college during the academic year 2016-2017.

Walk With a Scholar Programme is a highly constructive programme to the students. Internal mentoring helps the students to explore their hidden talents and aid them to improve their academic, social and personality status. This programme supports students to be successful by establishing supportive and beneficial relationship between students and teachers. Taking students into motivational visit gives them the experience of travelling in a group and teaches them to be respectful to the locations they visit and it is a good way to find that they want to learn more about the subject. Reading motivational books through this programme is very helpful to improve students personal well being and enable them to manage life issues and triumph over them. External mentoring helps the students to produce a different perspective and constructive thinking. These offer alternatives within a talented group. The students were highly inspired and overwhelmed. The various activities of the programme improved their personality with self esteem.

We are very grateful to the Administrator Officer , Office of the New Initiatives of Higher Education, Thiruvananthapuram for selecting Carmel College Mala for WWS programme and the fund for smooth functioning of the programme. We are very thankful to Mr.Vysak and all other office staff for their timely fast and proper communication for the WWS



vi-g Ad
Principal
Carmel College
Mala

CO-ORDINATOR

Rini
Sr. Rini Raphael

Carmel College Mala
Walk with scholar 2016-17
Yoga class by Dr.Sr Ancy



Photography and Vidiography By Mr.Jithu Geogr & Ms.Sherin Abhulrahim



Work shop By Mr. Shijo Thaomas



External Mentoring by Mr.Siraj K.AE



External Mentoring by Mr.Bhuvandas



External Mentoring by Mr.Alex Mathew



External Mentoring By Nitheesh Kumar



Motivational Visit to Hyderabad



Motivational Visit to Hyderabad





CARMEL COLLEGE
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Walk with a Scholar Programme Report (2018 -2019)

Walk with a Scholar is a programme under new initiatives of higher education office of Department of Higher Education, Government of Kerala to inspire and promote the students to achieve higher levels. As per the guidelines, 60 students (30 first year and 30 second year) were selected based on their academic excellence. 10 faculty of this college were chosen as the internal mentors and 5 students were assigned to each faculty

List of students

Sl. No	Name	Department	Year of study
1	Nijafathima N	Physics	I Year
2	Rugma C. Shy	Physics	I Year
3	Vyshnavi P.M	Physics	I Year



4	Anjali M. Nair	Physics	I Year
5	Adithya Babu	Chemistry	I Year
6	Aleena Varghese	Chemistry	I Year
7	E.R. Mariya	English	I Year
8	Raheeba Parveen V.M	English	I Year
9	Bhadrapriya M.R	English	I Year
10	Krishnaveni R.S	English	I Year
11	Navya James	Chemistry	I Year
12	Sherin Thomas	Chemistry	I Year
13	Minnu Maria John	Mathematics	I Year
14	Gayathri Purushothaman	Mathematics	I Year
15	Jenifer N Shyju	Mathematics	I Year
16	Mariya K.J	Mathematics	I Year



17	Sneha Shaji	Mathematics	I Year
18	Anju K.A	Botany	I Year
19	Annette Antony	Botany	I Year
20	Gayathri Appukuttan	Botany	I Year
21	Aparna T.R	Botany	I Year
22	Grace John	Botany	I Year
23	Aswathy Lavan	Botany	I Year
24	Beefathummabi Pv.P	Botany	I Year
25	Bipina Raj B	Sociology	I Year
26	Haritha M.K	Sociology	I Year
27	Shameema V	Sociology	I Year
28	Greeshma P.G	Sociology	I Year
29	Abhirami Mohanan	Sociology	I Year
30	Vyshnavi K.S	Chemistry	I Year
31	Parvathy J	Chemistry	II Year



32	Fathima Mehjabin P	Chemistry	II Year
33	Aleena Unnikrishnan	Chemistry	II Year
34	Ginu Mathews	Chemistry	II Year
35	Aiswarya K	Chemistry	II Year
36	Saigeetha Raja	English	II Year
37	Thasnim M S	Botany	II Year
38	Annie divya	Botany	II Year
39	Mariya Henry	Botany	II Year
40	Sinta E A	Botany	II Year
41	Sruthy K R	Botany	II Year
42	Architha K.R	English	II Year
43	Athira K R	Mathematics	II Year
44	Mariya A C	Mathematics	II Year
45	Shesmi Ullas	Mathematics	II Year
46	Niranjana K S	Mathematics	II Year



47	Carolin Jogy	Mathematics	II Year
48	Gayathri Jayan	English	II Year
49	Anjali P S	Physics	II Year
50	Reshma C Menon	Physics	II Year
51	Amrutha M S	Physics	II Year
52	Megha P M	Physics	II Year
53	Aisha Shaji	Physics	II Year
54	Aiswarya Joly	English	II Year
55	Maneesha M.M	Sociology	II Year
56	Swathy Krishna T U	Sociology	II Year
57	Sandra K	Sociology	II Year
58	Neethu John	Sociology	II Year
59	Anjana R E	Sociology	II Year
60	Rejna P H	English	II Year



Details of Internal Mentors

Sl. No	Name of the Faculty	Department	Year of mentoring
1.	Ms. Pretty John P	English	I Year
2.	Ms. Linda P Joseph	English	I Year
3.	Ms. Jismy Joseph	Mathematics	I Year
4.	Ms. Sonika T.S	Sociology	I Year
5.	Ms. Anna Elizabeth Roy	Zoology	I Year
6.	Dr. Roshini K Thumbakkara	Chemistry	II Year
7.	Ms. Prasanna PJ	Political Science	II Year
8.	Sr. Smitty V. Isidhore	Computer Science	II Year
9.	Ms Maria Parokkaran	Physics	II Year
10.	Ms. Anu V S	Malayalam	II Year

Internal mentoring

Each faculty have completed minimum 10 hours of internal mentoring sessions for their mentees. Mentors spent time to know the strength and weaknesses of the student s and organized various activities to encourage them to set goals and achieve it. Details of internal mentoring sessions are



given below and Individual report on internal mentoring of each internal mentor is included separately.

Sl. No	Name of the Faculty	Name of Mentees	Activites
1	Ms. Pretty John P	1.Nijafathima N 2.Rugma C.Shy 3.Vyshnavi P.M 4.Anjali M.Nair 5.Adithya Babu 6.Aleena Varghese	How to introduce Yourself and prepare resume ,self introduction, Book Review, Preparation of C.V, Prepare Skit : Human Rights , Group Discussion, Topic for GD Discussed ,Vocabulary building techniques debate Gender Equality, Tips for Listening , speaking, writing ,Reading
2	Ms. Linda P Joseph	1.E.R.Mariya 2.Raheeba Parveen V.M 3.Badrapriya M.R 4.Krishnaveni R.S 5.Navya James 6.Sherin Thomas	Getting to Know Myself Better Presentation of review & its assessment Word Power, Preparing resume & covering letter Enhancing Interview skills Conducted Mock Interviews, Evaluating their presence of mind and ability, Session on Kerala today Presentation of power point Preparation of a play "Human Rights", Debate on Physical Classroom v/s Virtual Classroom Mentees took turns in building stories where one finishes Mentees were



			encouraged to take up a project
3	Ms. Jismy Joseph	1.Minnu Maria John 2.Gayathri Purushothaman 3.Jenifer N.Shyju 4.Mariya K.J 5.Sneha Shaji 6.Anu K.A	Self Introduction, Open Interview, Preparation of Bio data, Power Point Presentation Debate, Book Review Elocution competition Essay writing News report
4	Ms. Sonika T.S	1.Bipina Raj B 2.Haritha M.K 3.Shameema V 4.Greeshma P.G 5.Abirami Mohanan 6.Vyshnavi K.S	Motivational Class , Book Review, Resume preparation video presentation how to reduce stage fear ,Awareness Class , IT awareness Group discussion Experience sharing
5	Ms. Anna Elizabeth Roy	1.Aneette Antony 2.Gayathry Appukuttan 3.Aparna T.R 4.Grace John 5.Aswathy Lavan 6.Beefathummabi Pv.P	Discussion on Campus Life, Essay Presentation, Preparation bio data, Book Review, Group activity Memory test, How to relief stress& anxiety ,
6	Dr. Rashmi K	1.Parvathy J	Self Introduction, Awareness



	Thumbakkara	2.Fathima Mehjabin 3.Aleena Unnikrishnan 4.Ginu Mathews 5.Aiswarya K 6.Saigeetha Raja	Class, Quiz competition , Problem solving And Management ability ,PPT Presentation, Presentation of E-Waste ,Successful life of great people, puzzle
7	Ms.Prasanna PJ	1.Tasnim M.S 2.Annie divya 3.Mariya Henry 4.sinta E.A 5.Sruthy K.R 6.Architha K.R	Self Introduction, Preparation bio data, Motivational Class Public Speech, Awareness Programme, Library visit and review writing Habits of successful life , Debate , Feedback and Evaluation of the Programme
8	Sr. Smitty V. Isidhore	1.Athira K.r 2.Mariya A.C 3.Shesmi Ullas 4.Niranjana K.S 5.Carolin Jogy 6.Gayathry Jayan	Introducing online platform for self learning, introduced advanced features in G mail, Book Review on the book - who will cry when you die, Discussion and test for aptitude skills of students, Culinary skill development programme, Completed a course in Coursera
9	Ms. Maria Parakkaran	1.Anjali P.S	Introduction class and self



		<p>2.Reshma C Menon 3.Amrutha M.S 4.Megha PM 5.Aisha Shaji 6.Aiswarya Joly</p>	<p>introduction, Preparation for an interview showing videos, Mock interview for each mentee, Library visit and review writing, Introducing SWAYM Familiarizing desktop soft wares,LED bulb manufacturing, Yoga and Meditation, Feedback and Future Plan Discussion</p>
10	Ms. Anu V S	<p>1.Maneesh M.M 2.Swathy Krishna T.U 3.Sandra K 4.Neethu John 5.Anjana R.E 6.Rejna P.H</p>	<p>Bio data preparation and its assessment, Motivation class on developing stage skills, Prepare an essay on the topic of "The face of kerala after flood ", Prepare a film review & its assessment, Conduct Debate competition on the topic of "Women empowerment in film Industry", Prepare an article on the topic of issues based by peer group, Conducted quiz competition in connection with Republic day, Power Point Presentation, Mentees conducted an awareness campaign. Evaluate Internal mentoring class</p>



External Mentoring

50 external mentoring sessions (25 sessions for each batch) of one hour duration have completed in this academic year 2018 – 2019. As part of this programme, 11 external experts of various fields have come to the college and interacted with our students.

Details of sessions

I year

Sl. No	Name of the Extenal mentor	Address	Topic
1.	Mr. Justin Thomas	Trainer & Counsellor ISSTAC, Pala	Motivation, Mental ability, SWOT analysis
2.	Dr. Sijo Varghese	Asst. Prof. Dept.English Sri C Achutha Menon Govt. College, Thrissur- 14	Communication skills and Youth Leadership Development
3.	Ms. Deepa Rajiv	Guest faculty for Communicative English and soft skills (Freelancer) KAU Prajyothy,	The need of the Hour- is Enhancing our existing skill sets to expected skill sets
4.	Dr. Mary Matilda P.V	Special Grade Principal(Rtd.),Maradu, Kundannor	Self awareness, communication and behavioural skills
5.	Jomy P L	Director IMS Learning centre ,city centre, Trichur	Career planning Tips for competitive Examinations

II Year

Sl. No	Name of the Extenal mentor	Address	Topic
1.	Dr. Mary Matilda	Special Grade Principal(Rtd.),Maradu, Kundannor	Behavioural, Communication Skills, Self awareness



of Science, University of Pune (E. M. M. R. C, Department of Anthropology and Political Science), Christ Institute of Management, Lavasa and IISER Pune. Students also got opportunities to interact with eminent personalities in these institutions.

Outcome analysis

The programme was very fruitful and effective. External mentoring sessions were indeed a great platform for our students to interact with renowned personalities in the various fields and provided opportunities to imbibe qualities that could enhance their personal skills. This programme helped students to overcome their stage fright, to coordinate activities and cultivate leadership qualities. As a point for the improvement, I suggest that this programme could have been better if there was a little more time allotted to the same. Eventhen, this programme is serving its purpose for the students and it has to be continued with more precision and preparation.




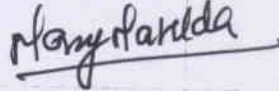



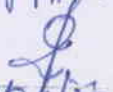
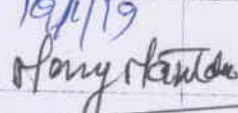




20/12/14
Principal
Carmel College
Mala

WALK WITH A SCHOLAR 2018 - 19

EXTERNAL MENTORING SESSIONS

Attendance of External Mentors 2018 - 19

Name of the College:

Sl. No	Name of External Mentor	Date of Class	Session Timings	Total Number of sessions of 1 hrs duration	Signature of the External Mentor
1	JUSTIN THOMAS	30.11.18	10 am to 4 pm	5	
2	MARY MATILDA	30-11-18	10 am to 4 pm	5	
3	JUSTIN THOMAS	15-1-2019	10 am to 4 pm	5	
4	SJO VARGHESE C	16-1-2019	9.30 to 3.30	5	
5	Deepa Rajiv	19/01/2019	9:30 to 3:30 pm	5	
6	Dr. Janakaram	19/01/2019	9.45 to 4 pm	5	
7	Dr. Mary Matilda	21/01/2019	9.30 to 3.30	5	
8	LAKSHMI, C.M.	2/2/19	10 am to 1 pm	3	
9	Dr. Thushara Jay	2/2/19	2.00 to 4.00 pm	2	
10	LINTO JOHN	12/2/19	9.30 - 3 pm	5	
11	Jomy PL	15/2/19	9.30 - 3.30 pm	5	

Coordinator

Date



Principal

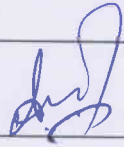
 Principal
 Carmel College
 Mala

WALK WITH A SCHOLAR 2018 - 19

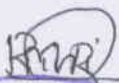
EXTERNAL MENTORING SESSIONS

Attendance of External Mentors 2018 - 19

Name of the College:

Sl. No	Name of External Mentor	Date of Class	Session Timings	Total Number of sessions of 1 hrs duration	Signature of the External Mentor	
x	Alex Mathew		10.00am to 1.00pm	3		

Coordinator



Date



Principal



Principal
Carmel College
Mala

EXTERNAL MENTORING – Ms. Lakshmi C M



EXTERNAL MENTORING – Dr. Jawaharlal P. M – II Year



EXTERNAL MENTORING

Dr. Deepa Rajiv – I YEAR



The Need Of The Hour- Is To
Enhance Our Existing Skill Sets To
Expected Skill Sets

EXTERNAL MENTORING

DR. Thushara Joy – II Year



EXTERNAL MENTORING

Mr. Jomy P L – I Year



EXTERNAL MENTORING

Mr. Justin Thomas



EXTERNAL MENTORING – Mr. Linto John – II YEAR



EXTERNAL MENTORING – Ms. Mary Matilda – II YEAR



MOCK INTERVIEW – Mr. Alex Mathew – II year





CARMEL COLLEGE
Nationally Re-Accredited with A Grade (Third Cycle)
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Walk with a Scholar Programme Report (2019 -2020)

Walk with a Scholar is a programme under new initiatives of higher education office of Department of Higher Education, Government of Kerala to inspire and promote the students to achieve higher levels. As per the guidelines, 90 students (30 first year, 30 second year and 30 third year) were selected based on their academic excellence. 15 faculty of this college were chosen as the internal mentors and 6 students were assigned to each faculty

List of students

Sl. No	Name	Department	Year of study
1.	Anusha C S	Botany	I
2.	Arya Gopi	Botany	I
3.	Aswani P K	Botany	I
4.	Aswathu P K	Botany	I
5.	Gayathri C S	Botany	I
6.	Meenakshi Manoj	Botany	I
7.	Aparna K	English	I
8.	Hiba Anzar	English	I
9.	Raseena P H	English	I



10.	Siya Abi	English	I
11.	Tincy P P	English	I
12.	Vishnusree T A	English	I
13.	Athira Manoj	Physics	I
14.	Gopika Mohan	Physics	I
15.	Meenakshy T P	Physics	I
16.	Nandana Prasannan C.P	Physics	I
17.	Sneha Suresh	Physics	I
18.	Swathi N S	Physics	I
19.	Alna Rose P R	Chemistry	I
20.	Aneena Thasneem T N	Chemistry	I
21.	Farsana Thajudeen	Chemistry	I
22.	Mary Sandra	Chemistry	I
23.	Sona Antony	Chemistry	I
24.	Alenda Joy	Chemistry	I
25.	Amitha E S	Mathematics	I
26.	Anu Rose Joy	Mathematics	I
27.	Chelsea Maria	Mathematics	I
28.	Gopika M H	Mathematics	I
29.	Rajeswary N	Mathematics	I
30.	Praveena M V	Mathematics	I
31.	Rugma C Shy	Physics	II
32.			II



	Vyshnavi P M	Physics	
33.	Nijafathima N	Physics	II
34.	Anjali M. Nair	Physics	II
35.	Navya James	Chemistry	II
36.	Vaishnavy K S	Chemistry	II
37.	Adithya Babu	Chemistry	II
38.	Sherin Thomas	Chemistry	II
39.	E.R. Mariya	English	II
40.	Raheeba Parveen V.M	English	II
41.	Badrapriya M.R	English	II
42.	Krishnaveni R.S	English	II
43.	Juliet Shaiju	English	II
44.	Minnu Maria John	Mathematics	II
45.	Gayathri Purushothaman	Mathematics	II
46.	Jenifer N Shyju	Mathematics	II
47.	Mariya K.J	Mathematics	II
48.	Sneha Shaji	Mathematics	II
49.	Anju K.A	Botany	II
50.	Annette Antony	Botany	II
51.	Gayathri Appukuttan	Botany	II
52.	Aparna T.R	Botany	II
53.	Grace John	Botany	II
54.	Aswathy Lavan	Botany	II



55.	Beefathummabi Pv.P	Botany	II
56.	Bipina Raj B	Sociology	II
57.	Haritha M.K	Sociology	II
58.	Shameema V	Sociology	II
59.	Greeshma P.G	Sociology	II
60.	Abhirami Mohanan	Sociology	II
61.	Parvathy J	Chemistry	III
62.	Fathima Mehjabin P	Chemistry	III
63.	Aleena Unnikrishnan	Chemistry	III
64.	Ginu Mathews	Chemistry	III
65.	Aiswarya K	Chemistry	III
66.	Saigeetha Raja	English	III
67.	Thasnim M S	Botany	III
68.	Annie divya	Botany	III
69.	Mariya Henry	Botany	III
70.	Sinta E A	Botany	III
71.	Sruthy K R	Botany	III
72.	Architha K.R	English	III
73.	Athira K R	Mathematics	III
74.	Mariya A C	Mathematics	III
75.	Shesmi Ullas	Mathematics	III
76.	Niranjana K S	Mathematics	III
77.	Carolin Jogy	Mathematics	III



78.	Gayathri Jayan	English	III
79.	Anjali P S	Physics	III
80.	Reshma C Menon	Physics	III
81.	Amrutha M S	Physics	III
82.	Megha P M	Physics	III
83.	Aisha Shaji	Physics	III
84.	Aiswarya Joly	English	III
85.	Maneesha M.M	Sociology	III
86.	Swathy Krishna T U	Sociology	III
87.	Sandra K	Sociology	III
88.	Neethu John	Sociology	III
89.	Anjana R E	Sociology	III
90.	Rejna P H	English	III

Details of Internal Mentors

Sl. No	Name of the Faculty	Department	Year of mentoring
1.	Dr. Vidya Francis	Chemistry	I Year
2.	Ms. Keerthy Sophiya Ponnachan	English	I Year
3.	Ms. Nithya P	Physics	I Year
4.	Ms. Femi K Haneef	Botany	I Year
5.	Ms. Bincy K F	Sociology	I Year
6.	Dr. Pretty John P	English	II Year
7.	Ms. Nasnin Yoosef	English	II Year



8.	Dr. Jismy Joseph	Mathematics	II Year
9.	Ms. Bincy K F	Sociology	II Year
10.	Ms. Greeshma K V	Zoology	II Year
11.	Dr. Roshini K Thumbakkara	Chemistry	III Year
12.	Ms. Mary Philip	Political Science	III Year
13.	Sr. Rachel Paul	Mathematics	III Year
14.	Ms Nithya P	Physics	III Year
15.	Ms. Reena T K	History	III Year

Internal mentoring

Internal mentors of First Year students have completed minimum 10 hours of internal mentoring sessions for their mentees. Second year and first year mentees have benefited the internal mentoring sessions of 7 hours and 6 hours respectively and Mentors spent time to know the strength and weaknesses of the students and organized various activities according to the guidelines from office of the new initiatives of Higher Education, Government of Kerala. Details of internal mentoring sessions are given below

Sl. No	Name of the Faculty	Name of Mentees	Activites
1.	Ms. Vidya Francis	Alna Rose P R Aneena Thasneem T N Farsana Thajudeen Mary Sandra P J Sona Antony Alenda Joy	Know your scholar, Philosophy of the discipline, From astudent to a scholar; Self directed learning, know your discipline from a critical thinking perspective, interdisciplinarity, cutting edges of the discipline, Identification of personal strengths and limitations, Personal action plans to develop personal strengths, Write a book review, Plan to develop personal strength
2.	Ms. Keerthy Sophiya Ponnachan	Aparna K Hiba Anzar Raseena P H	Know your scholar, Philosophy of the discipline, From astudent to a scholar; Self



		Siya Abi Tincy P P Vishnusree T A	directed learning, know your discipline from a critical thinking perspective, interdisciplinarity, cutting edges of the discipline, Identification of personal strengths and limitations, Personal action plans to develop personal strengths, Write a book review, Plan to develop personal strength
3.	Ms. Maria Mookken	Athira Manoj Gopika Mohan Meenakshy T P Nandana Prasannan C P Sneha Suresh Swathi N S	Know your scholar, Philosophy of the discipline, From a student to a scholar; Self directed learning, know your discipline from a critical thinking perspective, interdisciplinarity, cutting edges of the discipline, Identification of personal strengths and limitations, Personal action plans to develop personal strengths, Write a book review, Plan to develop personal strength
4.	Ms. Femi K Haneef	Anusha C S Arya Gopi Aswani P K Aswathi P K Gayathri C S Meenakshi Manoj	Know your scholar, Philosophy of the discipline, From a student to a scholar; Self directed learning, know your discipline from a critical thinking perspective, interdisciplinarity, cutting edges of the discipline, Identification of personal strengths and limitations, Personal action plans to develop personal strengths, Write a book review, Plan to develop personal strength
5.	Ms. Riya Jose	Amitha E S Anu Rose Joy Chelsea Maria Gopika M H Rajeswary N Praveena M V	Know your scholar, Philosophy of the discipline, From a student to a scholar; Self directed learning, know your discipline from a critical thinking perspective, interdisciplinarity, cutting edges of the discipline,



			Identification of personal strengths and limitations, Personal action plans to develop personal strengths, Write a book review, Plan to develop personal strength
6.	Ms. Pretty John P	Adithya Babu Juliet Shaiju Nija Fathima N Rugma C Shy Vyshnavi P M Anjali M Nair	Basics of research – with reference to the scholars discipline – research problem, review of literature, analysis etc. Discuss a journal article, Research related opportunities in discipline and allied ones, scholarship and higher education opportunities, review of Scholars personal development plan
7.	Ms. Nasnin Yoosef	E.R.Mariya Raheeba Parveen V.M Badrapriya M.R Krishnaveni R.S Navya James Sherin Thomas	Basics of research – with reference to the scholars discipline – research problem, review of literature, analysis etc. Discuss a journal article, Research related opportunities in discipline and allied ones, scholarship and higher education opportunities, review of Scholars personal development plan
8.	Ms. Jismy Joseph	1.Minnu Maria John 2.Gayathri Purushothaman 3.Jenifer N.Shyju 4.Mariya K.J 5.Sneha Shaji 6.Anu K.A	Basics of research – with reference to the scholars discipline – research problem, review of literature, analysis etc. Discuss a journal article, Research related opportunities in discipline and allied ones, scholarship and higher education opportunities, review of Scholars personal development plan
9.	Ms. Bincy K F	1.Bipina Raj B	Basics of research – with



		2.Haritha M.K 3.Shameema V 4.Greeshma P.G 5.Abirami Mohanan 6.Vyshnavi K.S	reference to the scholars discipline – research problem, review of literature, analysis etc. Discuss a journal article, Research related opportunities in discipline and allied ones, scholarship and higher education opportunities, review of Scholars personal development plan
10.	Ms. Greeshma K V	1.Aneette Antony 2.Gayathry Appukuttan 3.Aparna T.R 4.Grace John 5.Aswothy Lavan 6.Beefathummabi Pv.P	Basics of research – with reference to the scholars discipline – research problem, review of literature, analysis etc. Discuss a journal article, Research related opportunities in discipline and allied ones, scholarship and higher education opportunities, review of Scholars personal development plan
11.	Dr. Roshini K Thumbakkara	1.Parvathy J 2.Fathima Mehjabin 3.Aleena Unnikrishnan 4.Ginu Mathews 5.Aiswarya K 6.Saigeetha Raja	Learn to prepare a Cv/ Biodata, Interview preparation skills, Presentation of personal development plan and actions undertaken, Mock interview with all scholars
12.	Ms. Mary Philip	1.Tasnim M.S 2.Annie divya 3.Mariya Henry 4.sinta E.A 5.Sruthy K.R 6.Architha K.R	Learn to prepare a Cv/ Biodata, Interview preparation skills, Presentation of personal development plan and actions undertaken, Mock interview with all scholars
13.	Sr. Rachel Paul	1.Athira K.R 2.Mariya A.C 3.Shesmi Ullas 4.Niranjana K.S 5.Carolin Jogy 6.Gayathry Jayan	Learn to prepare a Cv/ Biodata, Interview preparation skills, Presentation of personal development plan and actions undertaken, Mock interview with all scholars



14.	Ms. Nithya P	1.Anjali P.S 2.Reshma C Menon 3.Amrutha M.S 4.Megha PM 5.Aisha Shaji 6.Aiswarya Joly	Learn to prepare a Cv/ Biodata, Interview preparation skills, Presentation of personal development plan and actions undertaken, Mock interview with all scholars
15.	Ms. Reena T K	1.Maneesh M.M 2.Swathy Krishna T.U 3.Sandra K 4.Neethu John 5.Anjana R.E 6.Rejna P.H	Learn to prepare a Cv/ Biodata, Interview preparation skills, Presentation of personal development plan and actions undertaken, Mock interview with all scholars

External Mentoring

18 hours of 7 external mentoring sessions for I years and 8 hours of 4 external mentoring sessions for II years have completed in this academic year 2019 – 2020.

Details of sessions

I year

Sl. No	Name of the Extenal mentor	Duration	Year	Topic
1.	Mr. Justin Thomas Trainer & Counsellor ISSTAC, Pala	4 hours	I	1.Self awareness, SWOT analysis 2. Goal setting
2.	Dr. Sijo Varghese Asst. Prof. Dept. of English Sri C Achutha Menon Govt. College, Thrissur- 14	4 hours	I	1.How to read and review an academic book 2.Developing scientific temper
3.	Mr. Nikhildas Artist Adat, thrissur	3 hours	I	Art and Self Development
4.	Dr. T. N Jagadeesh Kumar Professor, Director of Students Welfare KAU	2 hours	I	Meet the expert – Carreer opportunities
5.	Dr. Jiji Paul S	3 hours	I	Indian constitution and Democracy
6.	Dr. Santhosh S	2 hours	I	Meet the expert – Research



	Assistant Professor of Zoology Malabar Christian College Kozhikode			process
Total 18 hours				

II Year

Sl. No	Name of the External mentor	Duration	Year	Topic
1.	Mr. Alex Mathew Director P – Horizon Muvattupuzha	3	II	Learn soft skills, Presentation skills
2.	Dr. Jain J Therattil Assistant Professor of Zoology St. Aloysius College Elthuruth	1.5	II	Environment sensitization
3.	Dr. Sijo Varghese Asst. Prof. Dept. of English Sri C Achutha Menon Govt. College, Thrissur- 14	3.5	II	1. Learn how to review a journal article 2. Gender sensitization
Total 8 hours				

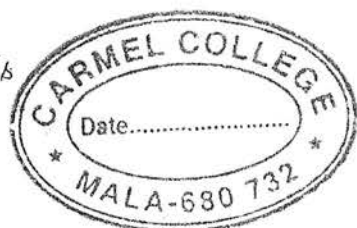
Motivation Visit

As part of WWS activities, second year students of our college conducted motivation visit to Bengaluru from 29.01.2020 – 02.02.2020. They visited Christ (Deemed to be University), Bengaluru, Christ University Engineering College, Kengeri Campus, National Centre for Biological Sciences, Indian Institute of Science, Bengaluru, Art museum Bengaluru and Indian Social Institute, Bengaluru. Students got opportunities to interact with eminent personalities in these institutions.

Outcome analysis

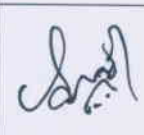
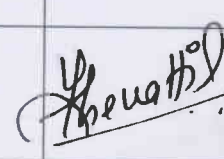
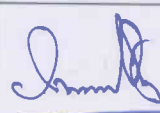
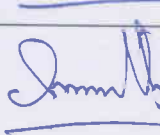
The programme was very fruitful and effective. External mentoring sessions were indeed a great platform for our students to interact with renowned personalities in the various fields and provided opportunities to imbibe qualities that could enhance their personal skills. This programme helped students to overcome their stage fear, to coordinate activities and develop leadership qualities.

[Signature]
Coordinator



[Signature]
Principal
Carmel College
Mala

External Mentoring Attendance 2019-2020 - II years

Sl No	Date	Time From.....To...	Name of the mentor	Topic / Area discussed	Attendance	Signature
3	12.10.2019	1.00 pm - 4.00 pm (3hrs)	Mr. Alex Mathew	Soft skills & presentation skills	30	
	7.01.2020	2.00 pm - 3.30 pm (1.5hr)	JAIN. J. THERATTIL	Environmental Sensitivity session.	27	
5	18.01.2020	9.30 - 11.30 2hr	Dr. SIZO VARGHESE C	How to review a Journal	30	
	18.01.2020	12.30 - 2.00 (1.5)	Dr. SIZO VARGHESE C	Gender sensitization	30	
		<u>8 hrs</u>				



WWS Coordinator

S. Chitra
Principal
Carmel College
Mala

EXTERNAL MENTORING

Dr. Jiji Paul S – I Year



EXTERNAL MENTORING

Dr. T N Jagadeesh Kumar – I Year



EXTERNAL MENTORING

Mr. Justin Thomas – I Year



EXTERNAL MENTORING

Dr. S. Santhosh – I Year



EXTERNAL MENTORING

Dr. Sijo Varghese – I Year



EXTERNAL MENTORING

Mr. Nikhildas – I Year



EXTERNAL MENTORING

Mr. Alex Mathew – II Year



EXTERNAL MENTORING

Mr. Jain J Therattil – II Year



EXTERNAL MENTORING

Dr. Sijo Varghese – II Year

