

**Activity Report of
The Walk With a Scholar Programme**

Submitted to
**The Office of the New Initiatives in Higher Education
Government of Kerala**

by
**BISHOP MOORE COLLEGE
MAVELIKARA**

Year of Report: 2015-16

1. INTRODUCTION

The Walk With a Scholar Programme – an initiative of the Higher Education Department, Government of Kerala, was taken up by Bishop Moore College in 2014-15. 30 students were enrolled in the programme, who were guided by five internal mentors and six external mentors.

Inauguration

The WWS programme 2015-16, was formally inaugurated in our college on 15th October 2015 by the Principal, Dr. Sabu George. In addition to the 30 students enrolled in 2014-15, 30 students from the first year Degree classes were selected for WWS 2015-16, and the selection was purely based on merit, giving equal representation from all classes.

The details of teachers and students who worked under the WWS programme 2015-16 are given below:

Co-ordinator

Merin George, Assistant Professor of Physics

Internal Mentors for first year students

1. Dr. Arun Aravind, Assistant Professor of Physics
2. Dr. Reeja Jose, Assistant Professor of Zoology
3. Robert Raju, Assistant Professor of Botany
4. Neethu Mary Philip, Assistant Professor of English
5. Ashish Varghese, Assistant Professor of Commerce

Internal Mentors for second year students

1. Dr. Prakash Williams, Assistant Professor of Biotechnology
2. Dr. Divya S, Assistant Professor of English
3. Dr. Santhi W S, Assistant Professor of Biotechnology
4. Dipu Joseph, Assistant Professor of Politics
5. Siji K Mary, Assistant Professor of Chemistry

Mentees – first year

1. Renju Krishnan	B.A. Malayalam
2. Ganga Devi	B.A. Malayalam
3. Manju M.S.	B.A. Malayalam
4. Ammju Krishna S	B.A. English
5. Aswin Prasad	B.A. English
6. Pooja Chandran	B.A. English
7. Parvathy R. Kurup	B.Com (Computer Application)
8. Sruthy Santhosh	B.Com (Computer Application)
9. Sreehari S. Pillai	B.Com (Finance)
10. Vivek G. Namboothiri	B.Com (Finance)
11. Aswathy S. Babu	B.Sc. Botany & Biotechnology
12. Riya Mary Cherian	B.Sc. Botany & Biotechnology
13. Thanuja T K	B.A. Economics
14. Beegum H. Nasila	B.A. Economics
15. Sooraj P.	B.A. Economics
16. Rakhi R.	B.Sc. Botany
17. Dhanesh Kumar P.	B.Sc. Botany
18. Ansi A.	B.Sc. Botany
19. Sreelekshmi V.	B.Sc. Mathematics
20. Rebeccamol J.	B.Sc. Mathematics
21. Merin Mary Cherian	B.Sc. Mathematics
22. Pooja Mohan	B.Sc. Zoology
23. Reshma Krishnan	B.Sc. Zoology
24. Haritha A. Das	B.Sc. Zoology
25. Jyothish Raj	B.Sc. Physics
26. Sreelekshmi M.S.	B.Sc. Physics
27. Arunya Raj	B.Sc. Physics
28. Geethumol U.	B.Sc. Chemistry

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|-------------------|-----------------|
| 29. Swapna P. R. | B.Sc. Chemistry |
| 30. Anusree T. R. | B.Sc. Chemistry |

Mentees – second year

- | | |
|--------------------------|---------------------|
| 1. Karthika G Nair | B.Sc. Mathematics |
| 2. Anju L | B.Sc. Mathematics |
| 3. Prathibha Mouzhmi S | B.Sc. Mathematics |
| 4. Aisha Ismail | B.Sc. Physics |
| 5. Gopika B S | B.Sc. Physics |
| 6. Jisha S | B.Sc. Physics |
| 7. Megha S Nath | B.Sc. Chemistry |
| 8. Aiswarya Stella Babu | B.Sc. Chemistry |
| 9. Athira M | B.Sc. Chemistry |
| 10. Aparna J | B.Sc. Botany |
| 11. Karthika H | B.Sc. Botany |
| 12. Anjaly Krishnan | B.Sc. Botany |
| 13. Sreejesh K H | B.Sc. Biotechnology |
| 14. Anusha Unni | B.Sc. Biotechnology |
| 15. Athira Appukkuttan | B.Sc. Zoology |
| 16. Sruthy D | B.Sc. Zoology |
| 17. Gayathri G S | B.Sc. Zoology |
| 18. Anjaly Pushpan | B.A. English |
| 19. Krishna Priya | B.A. English |
| 20. Mithula A | B.A. English |
| 21. Shini Shaji | B.A. Malayalam |
| 22. Surya Gayathri | B.A. Malayalam |
| 23. Mrithula Chandran | B.A. Malayalam |
| 24. Karthik Sunil | B.A. Economics |
| 25. Jibin Koshy Varghese | B.A. Economics |
| 26. Sruthy S Pillai | B.A. Economics |
| 27. Stan Sunny | B.Com Finance |

28. Arya S	B.Com Finance
29. Felcy Mary Casmir	B.Com Finance
30. Beena Biju	B.Com Computer Science

2. INTERNAL MENTORING

The internal mentoring sessions were started in October 2015. The 10 internal mentors completed 15 hours each of mentoring sessions before 31st March 2016 and submitted the reports to the co-ordinator. The individual internal mentoring reports and activity reports in the prescribed proforma of each mentor are attached below:

Internal Mentoring – First Year

1. Mentor – Dr. Arun Aravind

As part of the Walk with a Scholar Programme, 15 internal mentoring sessions were held during the academic year 2015-16. The sessions were held in the afternoon from 12.30 pm to 1.30 pm in which the mentees took part actively.

Mentees:

1. Pooja Mohan
2. Ansi S
3. Riya Mary Cherian
4. Manju M S
5. Vivek G Nampoothiri
6. Sooraj P

Internal Mentoring Sessions:

No.	Date	Topic	Venue
1	11/11/15	Introduction to Walk With a Scholar	Seminar Hall
2	19/11/15	How to shape your carrier	Dept. of Physics
3	03/12/15	How to tackle the competitive exams	Dept. of Physics
4	16/12/15	Hurdles in CBCSS system	Dept. of Physics
5	05/01/16	Strength and Weakens	Dept. of Physics
6	12/01/16	Importance of time Management	Dept. of Physics
7	18/01/16	Motivational Videos	Dept. of Physics
8	28/01/16	Punctuality	Dept. of Physics
9	04/02/16	Personality development	Dept. of Physics
10	11/02/16	Role Models	Dept. of Physics
11	16/02/16	Library visit - how to success in life	Dept. of Economics
12	24/02/16	Self confidence	Dept. of Physics

13	10/03/16	Logical Reasoning	Dept. of Physics
14	16/03/16	Importance of concentration	Dept. of Physics
15	22/03/16	Guidance & time management for exams	Dept. of Physics

The mentees were given reference materials for each session. All the mentees reflected that the internal as well as external mentoring sessions of the Walk With a Scholar Programme were very helpful to them.

Dr. Arun Aravind

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	Dr. Arun Aravind
2	Designation	Assistant Professor, Department of Physics, Bishop Moore College, Mavelikara -690110
3	Mobile No & Mail id	M:9447946947 Id: bmcarun@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Pooja Mohan	S1 & S2 B. Sc Zoology
(ii)	Ansi. S	S1 & S2 B. Sc Botany
(iii)	Riya Mary Cherian	S1 & S2 B. Sc Botany & Biotechnology
(iv)	Manju M. S	S1 & S2 B. A. Malayalam
(v)	Vivek G Nampoothiri	S1 & S2 B. Com (Finance)
(vi)	Sooraj. P	S1 & S2 B. A. Economics
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(i) Daily (ii) Weekly (iii) Monthly (iv) Available always - ✓
7	When do you do the mentoring activities	(i) As per mentor convenience (ii) As per mentee convenience - ✓
8	Do you assign any specific task to your mentees?	Yes
9	If yes, what tasks have you assigned to the mentees?	(i) Prepare bio-data (ii) Keeping work management diary
10	What are the types of issues handled by you in the process of mentoring	(i) Family issues - ✓

		(ii) Academic issues- ✓ (iii) Career options -✓ (iv) Personality problems -✓ (v) Communication skills - ✓ (vi) Strengths -✓ (vii) Weakness -✓ (viii) Relationship problems - X (ix) Others (Specify) - X
11	How many hours of Internal Mentoring have you done this year as on date?	15 hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	<input type="checkbox"/> Problem solving skill <input type="checkbox"/> Time management
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number: Three
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	Two
17	If No, the reason for not attending	NA
18	Your suggestions for improvement of the Programme (i) Awarness programmes for mentors	
19	Date: 23/03/2016	20. Signature

2. Mentor – Dr. Reeja Jose

The Internal Mentors regularly meet their mentees to know them personally and in groups. Mentoring helps to identify the opportunities available for the scholars and the areas suitable for them. During the academic year 2015-16, fifteen internal mentoring sessions were held. These sessions were arranged in between 12.30 pm and 1.30 pm. The mentees actively took part in both internal and external mentoring sessions. Mentoring enables to improve inter-personal relations and transform them into the person they want to be.

Mentees:

1. Ammju Krishna S. (S₁ & S₂ English)
2. Sruthy Santhosh (S₁ & S₂ B.Com - Computer Application)
3. Beegum H. Nasila (S₁ & S₂ Economics)
4. Rebecamol J. (S₁ & S₂ Mathematics)
5. Anusree T.R. (S₁ & S₂ Chemistry)
6. Rakhi R. (S₁ & S₂ Botany)

Internal Mentoring Sessions:

No	Date	Topic	Venue
1	15-10-15	Introduction to Walk With a Scholar	Seminar Hall
2	19-10-15	Time Management	Zoology Lab: 2
3	26-10-15	Self Confidence	Zoology Lab: 2
4	09-11-15	Emotional Empowerment	Zoology Lab: 2
5	16-11-15	Strength/Weakness	Zoology Lab: 2
6	23-11-15	Opportunities/ Threats	Zoology Lab: 1
7	15-02-16	Qualities of a Good Leader	Zoology Lab: 2
8	18-02-16	Human Rights	Zoology Lab: 2
9	23-02-16	Inspiring Books	Zoology Lab: 1
10	29-02-16	Climate Change	Zoology Lab: 2

11	02-03-1 6	Energy Conservation	Zoology Lab: 2
12	08-03-1 6	Information Technology	Zoology Lab: 2
13	10-03-1 6	Sustainable Development	Zoology Lab: 1
14	14-03-1 6	Values of Life	Zoology Lab: 2
15	17-03-1 6	How to achieve success in life	Zoology Lab: 2

The progress of the Scholars was evaluated at regular intervals and necessary corrective measures were taken to meet their desired objectives.

Dr. Reeja Jose

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	Dr. Reeja Jose
2	Designation	Assistant Professor in Zoology
3	Mobile No & Mail id	M: 9495733915 Id: reejaalbert@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Ammju Krishna S.	S ₁ & S ₂ English
(ii)	Sruthy Santhosh	S ₁ & S ₂ B.Com - Computer Application
(iii)	Beegum H. Nasila	S ₁ & S ₂ Economics
(iv)	Rebeccamol J.	S ₁ & S ₂ Mathematics
(v)	Anusree T.R.	S ₁ & S ₂ Chemistry
(vi)	Rakhi R.	S ₁ & S ₂ Botany

5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(v) Daily• (vi) Weekly•√ (vii) Monthly• (viii) Available always•
7	When do you do the mentoring activities	(iii) As per mentor convenience• (iv) As per mentee convenience•√
8	Do you assign any specific task to your mentees?	Yes
9	If yes, what tasks have you assigned to the mentees?	(i) Topics for discussion
10	What are the types of issues handled by you in the process of mentoring	(x) Family issues• (xi) Academic issues•√ (xii) Career options• (xiii) Personality problems• (xiv) Communication skills• (xv) Strengths•√ (xvi) Weakness•√ (xvii) Relationship problems•√ (xviii) Others (Specify)•
11	How many hours of Internal Mentoring have you done this year as on date?	15 hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	SWOT analysis
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number:4
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	1

17	If No, the reason for not attending	
18	Your suggestions for improvement of the Programme (i) The existing system is nicely organised and it is serving its purpose	
19	Date: 23/03/2016	20. Signature

3. Mentor – Mr. Robert Raju

As part of the Walk With a Scholar Programme, 15 internal mentoring sessions were held during the academic year 2015-16. The sessions were held in the morning (8.30 am to 9.30 am) or in the evening (3.30pm to 4.30pm) in which the mentees took part actively.

Mentees:

1. Merin Mary Cherian (S1&S2 B.Sc. Mathematics)
2. Arunya Raj.(S1 & S2 B.Sc. Physics)
3. GeethuMol U (S1 & S2 B.Sc. Chemistry)
4. Aswin Prasad (S1 & S2 B.A. English)
5. Ganga Devi (S1 & S2B.A. Malayalam)
6. Sreehari S. Pillai (S1 & S2B.Com Finance)

Internal Mentoring Sessions:

No.	Date	Topic	Venue
1	11-11-15	Introduction to Walk With a Scholar	Seminar Hall
2	11-12-15	Time Management	Biotechnology Lecture Hall
3	18-12-15	Personality Development	Biotechnology Lecture Hall
4	05-01-16	Self confidence	Botany and Biotechnology Dept
5	14-01-16	Food habits	Biotechnology Lecture Hall
6	25-01-16	Concentration	Botany and Biotechnology Dept
7	29-01-16	Good leader	Biotechnology Lecture Hall
8	01-02-16	Punctuality	Botany and Biotechnology Dept
9	05-02-16	Extracurricular activities	Biotechnology Lecture Hall
10	15-02-16	General Knowledge	Botany and Biotechnology Dept
11	22-02-16	Logical Reasoning	Biotechnology Lecture Hall
12	26-02-16	How to prepare a competitive exam	Biotechnology Lecture Hall
13	04-03-16	Career Guidance	Biotechnology Lecture Hall
14	08-03-16	Guidance for Higher Studies	Biotechnology Lecture Hall
15	15-03-16	Success in life	Botany and Biotechnology Dept

The mentees were given the reference materials for each session. All the mentees reflected that the internal as well as external mentoring sessions of the Walk With a Scholar Programme were very helpful to them.

Robert Raju

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	ROBERT RAJU
2	Designation	Assistant Professor of Botany Dept. of Botany and Biotechnology Bishop Moore College Mavelikara
3	Mobile No & Mail id	M:9496241136 Id: robertmaryraju@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Merin Mary Cherian	S1&S2 B.Sc. Mathematics
(ii)	Arunya Raj.	S1 & S2 B.Sc. Physics
(iii)	Geethumol U.	S1 & S2 B.Sc. Chemistry
(iv)	Aswin Prasad	S1 & S2 B.A. English
(v)	Ganga Devi	S1 & S2 B.A. Malayalam
(vi)	Sreehari S. Pillai	S1 & S2 B.Com Finance
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(ix) Daily (x) Weekly (xi) Monthly (xii) Available always✓
7	When do you do the mentoring activities	(v) As per mentor convenience (vi) As per mentee convenience✓
8	Do you assign any specific task to your mentees?	Yes

9	If yes, what tasks have you assigned to the mentees?	(i) Prepare a review of a book (ii) Take amotivational class to co-scholars
10	What are the types of issues handled by you in the process of mentoring	(xix) Family issues√ (xx) Academic issues√ (xxi) Career options√ (xxii) Personality problems√ (xxiii) Communication skills√ (xxiv) Strengths√ (xxv) Weakness√ (xxvi) Relationship problems (xxvii) Others (Specify)
11	How many hours of Internal Mentoring have you done this year as on date?	15 hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	Assessing communication skill, Problem solving skill, Decision making skill etc.
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number: Three
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	Two
17	If No, the reason for not attending	
18	Your suggestions for improvement of the Programme	
19	Date	20. Signature

4. Mentor – Ms. Neethu Mary Philip

As part of the Walk With a Scholar programme, 15 internal mentoring sessions were conducted during the academic year 2015 – 2016. The mentees enthusiastically took part in these sessions which were held from 8:30 am to 9:30 am.

Mentees:

1. Aswathy.S.Babu (S1 & S2 Biotechnology)
2. Haritha.A.Das (S1 & S2 Zoology)
3. Parvathy.S.Kurup (S1 & S2 Commerce - Computer Application)
4. Sreelakshmi M.S (S1 & S2 Physics)
5. Swapna P.R (S1 & S2 Chemistry)
6. Thanuja T.K (S1 & S2 Economics)

Internal Mentoring Sessions:

No	Date	Topic	Venue
1	15/10/15	Introduction to Walk With a Scholar	Seminar Hall
2	27/10/15	Academic Planning	Language Lab
3	9/11/15	Reading your Body language	Department Library
4	13/11/15	Just a Minute	Language Lab
5	20/11/15	Motivational videos	Computer Lab
6	30/11/15	Who am I?	Canteen
7	11/12/15	Personal Values	Computer Lab
8	7/01/16	Team Work	Language Lab
9	19/01/16	Time Management	Language Lab
10	28/01/16	Relationships	College Chapel
11	4/2/16	How to improve your writing skills	Department Library
12	19/2/16	Positive thinking	Department Library
13	26/2/16	Live stress free	College Chapel
14	8/3/16	Options for higher studies	College courtyard
15	17/3/16	How to use your vacation effectively	Computer Lab

All the sessions concluded with the mentees reflecting on the topics discussed during the hour.

Neethu Mary Philip

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	Neethu Mary Philip
2	Designation	Asst. Professor of English.....(Subject)
3	Mobile No & Mail id	M:9400012890 Id: neethumarynmp@yahoo.co.in
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Aswathy.S.Babu	S1 & S2 Biotechnology
(ii)	Haritha.A.Das	S1 & S2 Zoology
(iii)	Parvathy.S.Kurup	S1 &S2 Commerce - Computer Application
(iv)	Sreelakshmi M.S	S1 & S2 Physics
(v)	Swapna P.R	S1 & S2 Chemistry
(vi)	Thanuja T.K	S1 & S2 Economics
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(xiii) Daily• (xiv) Weekly• (xv) Monthly√ (xvi) Available always•
7	When do you do the mentoring activities	(vii) As per mentor convenience• (viii) As per mentee convenience√
8	Do you assign any specific task to your mentees?	Yes

9	If yes, what tasks have you assigned to the mentees?	(i) I asked the mentees to provide feedback regarding external mentoring sessions. (ii) I have assigned them to keep a journal to jot down their vacation activities. (iii) (iv)
10	What are the types of issues handled by you in the process of mentoring	(xxviii) Family issues√ (xxix) Academic issues√ (xxx) Career options√ (xxxi) Personality problems√ (xxxii) Communication skills√ (xxxiii) Strengths√ (xxxiv) Weakness√ (xxxv) Relationship problems√ (xxxvi) Others (Specify)•
11	How many hours of Internal Mentoring have you done this year as on date?	15
12	Do you make any assessment of the progress of the mentee?	No
13	If yes, the methodology adopted	
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number:3
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	2
17	If No, the reason for not attending	
18	Your suggestions for improvement of the Programme	
19	Date 21/3/16	20. Signature

5. Mentor – Mr. Ashish Varghese

As part of the Walk With a Scholar Programme, 15 internal mentoring sessions were held during the academic year 2014-15. The sessions were arranged at the convenience of the mentees. Generally sessions were held at 12.45 PM on every Friday

List of Mentees

Reshma Krishnan	S1 Zoology
Sreelekshmi V	S1 Maths
Renju Krishna G	S1 Malayalam
Pooja Chandran	S1 English
Dhanesh Kumar P	S1 Botany
Jyothis Raj J	S1 Physics

Internal Mentoring Sessions:

No.	Topic	Venue
1	Introduction to Walk With a Scholar	Room No 66
2	Setting Career Goals	Room No 66
3	Self Assessment	Room No 66
4	Find Leader Within	Room No 66
5	Book Review	Room No 66
6	Time Management	Room No 66
7	Personality Development	Room No 66
8	Great Leaders	Room No 66
9	Library Usage	Room No 66
10	Motivational Videos	Room No 66
11	Diary Writiung	Room No 66
12	Leadership	Room No 66
13	Habits	Room No 66
14	SWOT Analysis	Room No 66
15	Internet Usage	Room No 66

The mentees were given the reference materials and books. All the mentees reflected that the internal as well as external mentoring sessions of the Walk With a Scholar Programme were very helpful to them.

Ashish Varughese

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	Ashish Varughese
2	Designation	Asst Professor/ Dept of Commerce
3	Mobile No & Mail id	M: 9446708236 Id: ashish_vargis@rediffmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	Six Semester 1 Students
	Name	Semester & Subject
(i)	Reshma Krishnan	S1 Zoology
(ii)	Sreelekshmi V	S1 Maths
(iii)	Renju Krishna G	S1 Malayalam
(iv)	Pooja Chandran	S1 English
(v)	Dhanesh Kumar P	S1 Botany
(vi)	Jyothis Raj J	S1 Physics
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(xvii) Daily • (xviii) Weekly • v (xix) Monthly • (xx) Available always•
7	When do you do the mentoring activities	(ix) As per mentor convenience• (x) As per mentee convenience• v
8	Do you assign any specific task to your mentees?	Yes

9	If yes, what tasks have you assigned to the mentees?	(i) To read books (ii) To write diary (iii) To conduct SWOT Analysis
10	What are the types of issues handled by you in the process of mentoring	(xxxvii) Family issues• (xxxviii) Academic issues• v (xxxix) Career options• v (xl) Personality problems• v (xli) Communication skills• (xlii) Strengths• v (xlili) Weakness• v (xliv) Relationship problems• (xlv) Others (Specify)
11	How many hours of Internal Mentoring have you done this year as on date?	15 Hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	Discussion with the Class Warden
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number: 2
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	One
17	If No, the reason for not attending	
18	Your suggestions for improvement of the Programme (i)	
19	Date	20. Signature

Internal Mentoring – second year

1. Mentor – Dr. Prakash Williams

As part of the Walk With a Scholar Programme, 15 internal mentoring sessions were held during the academic year 2015-16. The sessions were held in the morning from 12.30 am to 1.30 pm in which the mentees took part actively.

Mentees:

1. Prathibha Mouzhmi S (S3&S4 Mathematics)
2. Jisha L.(S3 &S4 Physics)
3. Athira M (S3 &S4 Chemistry)
4. Anjali Pushpan (S3 &S4 English)
5. Shini Shaji (S3 &S4 Malayalam)
6. Karthik Sunil (S3 &S4 Economics)

Internal Mentoring Sessions:

No.	Date	Topic	Venue
1	11-11-15	Introduction to Walk With a Scholar	Seminar Hall
2	13-11-15	Power Point Presentation	Botany and Biotechnology Dept
3	20-11-15	Biodata preparation	Botany and Biotechnology Dept
4	4-12-15	Class on MS Excell	Botany and Biotechnology Dept
5	11-12-15	Class on MS word	Botany and Biotechnology Dept
6	18-12-16	Internet, Email	Botany and Biotechnology Dept
7	08-01-16	Registration on PSC	Botany and Biotechnology Dept
8	15-01-16	Preparation of Welcome address	Botany and Biotechnology Dept
9	22-01-16	Preparation of Vote of thanks	Botany and Biotechnology Dept
10	29-01-16	Class on attitude and approach	Botany and Biotechnology Dept
11	05-02-16	Class on Interview skills	Botany and Biotechnology Dept
12	12-02-16	Class on Group Discussion	Botany and Biotechnology Dept
13	19-02-16	Class on Environmental awareness	Botany and Biotechnology Dept
14	04-03-16	Public speaking	Botany and Biotechnology Dept
15	11-03-16	Good writing skills	Botany and Biotechnology Dept

The mentees were given the reference materials for each session. All the mentees reflected that the internal as well as external mentoring sessions of the Walk With a Scholar Programme were very helpful to them.

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	Dr. Prakash G. Williams
2	Designation	Asst. Professor, Faculty of Biotechnology (Subject) Department of Botany and Biotechnology
3	Mobile No & Mail id	M:9497689501 Id: prakash.gw@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Ms. Prathibha Mouzhmi	S3 and S4 Mathematics
(ii)	Ms. Jisha L	S3 and S4 Physics
(iii)	Ms. Arthira M	S3 and S4 Chemistry
(iv)	Ms. Anjali Pushpan	S3 and S4 English
(v)	Ms. Shini Shaji	S3 and S4 Malayalam
(vi)	Mr. Karthik Sunil	S3 and S4 Economics
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(xxi) Daily• (ii) Weekly <input checked="" type="checkbox"/> (xxii) Monthly• (xxiii) Available always•
7	When do you do the mentoring activities	As per mentor convenience• As per mentee convenience•
8	Do you assign any specific task to your mentees?	Yes

9	If yes, what tasks have you assigned to the mentees?	(i)Preparation of Biodata, CV (ii) Registration to PSC site (iii)Preparation of welcome address in Malayalam (iv)Preparation of welcome address in English
10	What are the types of issues handled by you in the process of mentoring	(xlvii) Family issues (xlviii) Academic issues (xlix) Career options (l) Personality problems (li) Communication skills (lii) Strengths (liii) Weakness (liiii) Relationship problems (liv) Others (Specify)•
11	How many hours of Internal Mentoring have you done this year as on date?	15 hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	Evaluating their Results, other skills like communication, interaction etc
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes/No Number:5
15	Have you attended any external mentoring sessions during 2015-16	yes
16	If Yes, how many?	2
17	If No, the reason for not attending	NA
18	Your suggestions for improvement of the Programme	
19	Date 23. 03.2016	20. Signature

2. Mentor – Dr. Divya S

As part of the Walk With a Scholar Programme, 15 internal mentoring sessions were held during the academic year 2015-2016. The sessions were held in the morning from 8.30 am to 9.30 am in which the following mentees took part actively.

Mentees

1. Anju L. (S3 &S4 Mathematics)
2. Aisha Ismail (S3 & S4 Physics)
3. Anusha Unni (S3 & S4 Biotechnology)
4. Beena Biju (S3& S4 Commerce)
5. Athira Appukuttan (S3 & S4 Zoology)
6. Aiswarya Stella Babu (S3 & S4 Chemistry)

Internal Mentoring Sessions

No.	Date	Topic	Venue
1.	11-11-2015	Introduction to Walk With a Scholar	Room No. 59
2.	4-12-2015	Personal Interaction	Media Room
3.	17-12-2015	Tips to improve Spoken English	Media Room
4.	18-12-2016	Motivational Videos	Media Room
5.	4-01-2016	Career Guidance	Media Room
6.	8-01-2016	Positive Thinking	Media Room
7.	27-01-2016	Tips on Writing Skills	Media Room
8.	5-02-2016	Preparing for Examinations	Media Room
9.	8-02-2016	The Leader Within	Media Room
10.	22-02-2016	Time Management	Media Room
11.	1-03-2016	Personal Interaction	Media Room
12.	8-03-2016	Body Language	Media Room
13.	15-03.2016	How to Overcome Nervousness	Media Room
14.	18-03-2016	Effective Reading	Media Room
15.	22-03-2016	Personal Interaction	Media Room

The mentees were provided adequate reference materials. The mentees reflected that the sessions of WWS (external and internal) were helpful to them.

Divya S

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	Divya S.
2	Designation	Assistant Professor Department of English
3	Mobile No & Mail id	M: 9567743553 Id: divyasravindranathan@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Beena Biju	Semester 3&4 , Commerce
(ii)	Anusha Unni	Semester 3&4, Biotechnology
(iii)	Athira Appukuttan	Semester 3&4, Zoology
(iv)	Aisha Ismail	Semester 3&4, Physics
(v)	Anju L.	Semester 3&4, Mathematics
(vi)	Aiswaraya Stella Babu	Semester 3&4, Chemistry
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	Weekly or once in two weeks
7	When do you do the mentoring activities	As per mentees convenience
8	Do you assign any specific task to your mentees?	Yes
9	If yes, what tasks have you assigned to the mentees?	(i) English reading and writing exercises for those having problems with the language (ii) Grammar exercises in English to increase writing and speaking competency

		(iii) Group discussions on topics of general and academic interest
10	What are the types of issues handled by you in the process of mentoring	(iv) Academic issues (vi) Career options (vii) Personality problems (viii) Communication skills (ix) Strengths (ix) Weakness
11	How many hours of Internal Mentoring have you done this year as on date?	15 Hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	In each session there is a follow up of what the mentees have done with regard to the previous session. This has enabled an assessment of the mentees progress.
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	2
17	If No, the reason for not attending	-
18	Your suggestions for improvement of the Programme The programme is effective. The only stumbling block is the tight schedule of the semester which doesn't enable a regular meeting with the mentees.	
19	Date	20. Signature

3. Mentor – Dr. Santhi W S

As part of the Walk With a Scholar Programme (WWS), 15 internal mentoring sessions were held during the academic year 2015-16. The sessions were held in the afternoon between 12.30 pm to 1.30 pm. The mentees took part actively in all the internal mentoring sessions.

Mentees:

1. Karthika H (S3 &S4 B.ScBotany)
2. JibinKoshy Varghese (S3 & S4 B.ScEconomics)
3. Felcy Mary Casmir (S3 & S4 B.Com)
4. Krishna Priya. (S3 & S4 B.ScEnglish)
5. Sruthi S (S3 & S4 B.ScZoology)
6. Surya Gayathri (S3 & S4 Malayalam)

No.	Date	Topic	Venue
1	11/11/15	Appraisal last year's WWS programme	Seminar Hall
2	14/11/15	Punctuality	Botany and Biotechnology Dept
3	20/11/15	Time management	Botany and Biotechnology Dept
4	27/11/15	An effective study timetable	Botany and Biotechnology Dept
5	4/12/15	Setting priorities in life	Botany and Biotechnology Dept
6	9/12/15	Communication skills	Botany and Biotechnology Dept
7	14/12/15	Self-esteem	Botany and Biotechnology Dept
8	18/12/15	Prepare for the exams	Botany and Biotechnology Dept
9	15/1/16	Perseverance	Botany and Biotechnology Dept
10	3/2/16	Self-discipline	Botany and Biotechnology Dept
11	19/2/16	Positive impact of extracurricular activities and hobbies	Botany and Biotechnology Dept
12	2/3/16	Resume, curriculum vitae and biodata	Botany and Biotechnology Dept
13	9/3/16	Carrier guidance	Botany and Biotechnology Dept
14	18/3/16	CSIR-UGC NET/JRF	Botany and Biotechnology Dept
15	22/3/15	Analysis of this year's WWS sessions	Botany and Biotechnology Dept

All the mentees reflected that the internal as well as external mentoring sessions of the Walk With a Scholar Programme of 2015-2016 were very useful to them.

Dr. Santhi W S

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	Dr.Santhi W S
2	Designation	Associate Professor of Biotechnology
3	Mobile No & Mail id	M: 9447771395 Id: santhiws@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16(as on 1.3.2016)	
	Name	Semester & Subject
(i)	Karthika H	S3 &S4 BSc Botany
(ii)	JibinKoshy Varghese	S3 & S4 BSc Economics
(iii)	Felcy Mary Casmir	S3 & S4 B.Com
(iv)	Krishna Priya.	S3 & S4 BSc English
(v)	Sruthi S	S3 & S4 BSc Zoology
(vi)	Surya Gayathri	S3 & S4 BA Malayalam
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(xxiv) Daily (xxv) Weekly (xxvi) Monthly (xxvii) Available always√
7	When do you do the mentoring activities	(xi) As per mentor convenience√ (xii) As per mentee convenience√
8	Do you assign any specific task to your mentees?	Yes
9	If yes, what tasks have you assigned to the mentees?	(i)Preparation of an effective study timetable (ii)Preparation of their CV

10	What are the types of issues handled by you in the process of mentoring	(lxi) Family issues (lxii) Academic issues√ (lxiii) Career options√ (lxiv) Personality problems√ (lxv) Communication skills√ (lxvi) Strengths√ (lxvii) Weakness√ (lxviii) Relationship problems (lxix) Others (Specify)
11	How many hours of Internal Mentoring have you done this year as on date?	15 hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	By assisting their punctuality, their communication skills, sticking on to their study time table etc.,
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number: 3
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	2
17	If No, the reason for not attending	
18	Your suggestions for improvement of the Programme	
19	Date	20. Signature

4. Mentor – Mr. Dipu Joseph

As part of the Walk With a Scholar Programme, 15 internal mentoring sessions were held during the academic year 2015-16. The sessions were held in the morning (8.30 am to 9.30 am) or in the evening (3.30pm to 4.30pm) in which the mentees took part actively.

Mentees:

1. APARNA J (S4 B.Sc. BOTANY)
2. KARTHIKA G KRISHNAN.(S4 MATHS)
3. MEGHA S NATH (S4 CHEMISTRY)
4. GOPIKA B S (S4 PHYSICS)
5. STAN SUNNY(S4 BCom)
6. SREEJESH K H (S4 BOTANY AND BIOTECH)

Internal Mentoring Sessions:

No.	Date	Topic	Venue
1	11-11-15	Introduction to Walk With a Scholar	Seminar Hall
2	12-12-15	Talent Hunting	Elizabeth Memorial Hall
3	18-12-15	Time management	Elizabeth Memorial Hall
4	06-01-16	Library and reference	College library
5	11-01-16	Leadership quality	Elizabeth Memorial Hall
6	10-02-16	creativity	Economics Department
7	15-02-16	Reading habit	Economics Department
8	20-02-16	Group discussion	Economics Department
9	27-02-16	Extracurricular activities	Economics Department
10	2-03-16	Remembering and forgetting	Elizabeth Memorial Hall
11	10-03-16	Logical Reasoning	Elizabeth Memorial Hall
12	19-03-16	How to prepare a competitive exam	Economics Department
13	22-03-16	Punctuality	Economics Department
14	26-03-16	Guidance for Higher Studies	Economics Department
15	28-03-16	Study methods	Elizabeth Memorial Hall

The mentees were given the reference materials for each session. All the mentees reflected that the internal as well as external mentoring sessions of the Walk With a Scholar Programme were very helpful to them.

Dipu Joseph

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	DIPU JOSEPH
2	Designation	Assistant Professor In Political Science Dept. of Political science Bishop Moore College Mavelikara
3	Mobile No & Mail id	M:9496344913 Id: dipukonnakal@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Aparna J	S4 B.Sc. Botany
(ii)	Karthika G Krishnan	S4 B.Sc. Maths
(iii)	Megha S . Nath	S4 B.Sc. Chemistry
(iv)	Gopika B S	S4 B.sc. Physics
(v)	Stan sunny	S4 BCom
(vi)	Sreejesh K H	S4 BSc Botany and Biotech
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(xxviii) Daily (xxix) Weekly (xxx) Monthly (xxxi) Available always✓
7	When do you do the mentoring activities	(xiii) As per mentor convenience (xiv) As per mentee convenience✓
8	Do you assign any specific task to your mentees?	Yes

9	If yes, what tasks have you assigned to the mentees?	(iii) Prepared a review of a book (iv) Conducted motivational class to co-scholars
10	What are the types of issues handled by you in the process of mentoring	(lxx) Family issues√ (lxxi) Academic issues√ (lxxii) Career options√ (lxxiii) Personality problems√ (lxxiv) Communication skills√ (lxxv) Strengths√ (lxxvi) Weakness√ (lxxvii) Relationship problems (lxxviii) Others (Specify)
11	How many hours of Internal Mentoring have you done this year as on date?	15 hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	Assessing communication skill, Problem solving skill, Decision making skill etc.
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number: Two
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	Two
17	If No, the reason for not attending	
18	Your suggestions for improvement of the Programme Need more time to spend with mentees , provide more materials and references to the mentees	
19	Date 29-03-2016	20. Signature

5. Mentor – Ms. Siji K Mary

As a part with walk with a scholar programme, 15 internal mentoring sessions were held during the academic year 2015-16. The sessions were held in the morning 8.30-9.30 and in the afternoon in which mentees took part actively.

Mentees:

1. Gayathri G S (S3 and S4 Zoology)
2. Mithula A S3 and S4 English)
3. Mrithula Chandran (S3 and S4 Malayalam)
4. Sruthy S Pillai (S3 and S4 Economics)
5. Arya S (S3 and S4 Commerce)
6. Anjaly Krishnan (S3 and S4 Botany)

Internal Mentoring Sessions

No.	Date	Topic	Venue
1.	14-11-15	Self introduction	Smart room of Chemistry department
2.	26-11-15	Time management	Smart room of Chemistry department
3.	27-11-15	Instructions for writing university examinations	Smart room of Chemistry department
4.	2-12-15	Personality development	Smart room of Chemistry department
5.	6-1-16	Setting their goal	Staff room
6.	9-2-16	Motivational videos	Smart room of Chemistry department
7.	18-2-16	Self Confidence	Smart room of Chemistry department
8.	25-2-16	Discussion of non academic problems	Smart room of Chemistry department
9.	29-2-16	Discussion about the strength and weakness	Smart room of Chemistry department
10.	4-03-16	Career Guidance	Smart room of Chemistry department
11.	16-03-16	Awareness about social service and social activities	Staff room
12.	17-3-16	Suggestion of good websites	Smart room of Chemistry department
13.	18-3-16	Motivational videos	Smart room of Chemistry department
14.	23-3-16	Personnel counseling	Smart room of Chemistry department

15.	28-3-16	Discussion on new career opportunities	Smart room of Chemistry department
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All the mentees reflected that internal as well as external mentoring sessions of walk with a scholar programme were very helpful to them.

Siji K Mary

ACTIVITY REPORT OF INTERNAL MENTORS FOR 2015-16

1	Name of the Mentor	SIJI K MARY
2	Designation	Assistant Professor of Chemistry Bishop Moore College Mavelikara
3	Mobile No & Mail id	M:9496883739 Id: sijikmary2010@gmail.com
4	Name, Semester & Subject of Mentees assigned to the Mentor in 2015-16 (as on 1.3.2016)	
	Name	Semester & Subject
(i)	Gayathri G S	S3&S4 B.Sc. Zoology
(ii)	Mithula A	S3 & S4 B.A. English
(iii)	Mrithula Chandran	S3 & S4 B.A. Malayalam
(iv)	Sruthy S Pillai	S3 & S4 B.A. Economics
(v)	Arya S	S3 & S4 B.Com Finance
(vi)	Anjaly Krishnan	S3 & S4 B.Sc. Botany
5	Have you collected the bio-data of the mentee and filed them?	Yes
6	How frequently do you meet your mentees (Put tick mark)	(xxxii) Daily (xxxiii) Weekly (xxxiv) Monthly (xxxv) Available always√
7	When do you do the mentoring activities	(xv) As per mentor convenience

		(xvi) As per mentee convenience√
8	Do you assign any specific task to your mentees?	Yes
9	If yes, what tasks have you assigned to the mentees?	(v) Prepare a review of a book (vi) Take amotivational class to co-scholars
10	What are the types of issues handled by you in the process of mentoring	(lxxix) Family issues√ (lxxx) Academic issues√ (lxxxii) Career options√ (lxxxiii) Personality problems√ (lxxxiv) Communication skills√ (lxxxv) Strengths√ (lxxxvi) Weakness√ (lxxxvii) Relationship problems (lxxxviii) Others (Specify)
11	How many hours of Internal Mentoring have you done this year as on date?	15 hours
12	Do you make any assessment of the progress of the mentee?	Yes
13	If yes, the methodology adopted	Assessing communication skill, Problem solving skill, Decision making skill etc.
14	Did you observe any progress/change in any of the mentees due to the mentoring process? If yes, write the number also	Yes Number: Three
15	Have you attended any external mentoring sessions during 2015-16	Yes
16	If Yes, how many?	Two
17	If No, the reason for not attending	
18	Your suggestions for improvement of the Programme	
19	Date 29/03/16	20. Signature

Photographs







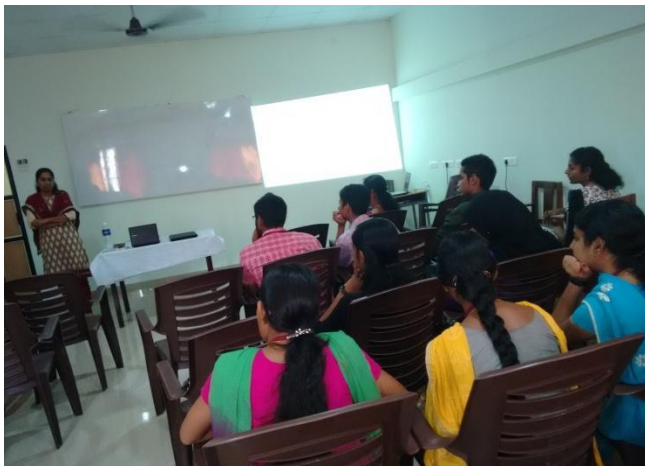


3. EXTERNAL MENTORING

Six eminent resource persons engaged 30 hours of external mentoring sessions during 2015-16. All students gave the feedback that the external mentoring sessions provided them with very valuable information and exposure that would surely help them to reach their goals and moreover become better students and citizens. The details of the external mentoring sessions are given below:

N o.	Date	External Mentor	Designation	Topic
1	14/01/16 (3 hours)	Dr. Navas Illiaskutty	Research Associate, Karlsruhe University, Germany	Opportunities for higher education and research in outside countries
2	14/01/16 (3 hours)	Dr. Sreeja Sreedharan Nair	Researcher, Karlsruhe University, Germany	Opportunities for higher education and research in Germany
3	10/02/16 (6 hours)	Dr. Varghese Thomas	Professional counsellor & Psychologist	Stress Management, Time Management
4	11/02/16 (6 hours)	Dr. Varghese Thomas	Professional counsellor & Psychologist	Personality Development, Motivation
5	04/03/16 (3 hours)	Mr. Lorence	Trainer for competitive examinations	Tips to succeed in competitive exams
6	05/03/16 (3 hours)	Mr. Lorence	Trainer for competitive examinations	Tips to succeed in competitive exams
7	10/03/16 (4 hours)	Dr. Raju D. Krishnapuram	Associate Professor (Rtd), Henry Baker College, Melukavu	How to become light giving personalities
8	11/03/16 (3 hours)	Dr. Raju D. Krishnapuram	Associate Professor (Rtd), Henry Baker College, Melukavu	How to become light giving personalities

Photographs







4. FUND UTILIZATION

An amount of Rs. 1,52,800 was allotted for the WWS programme 2015-16 under the following heads:

No.	Item of Expenditure	Amount (Rs.)
1	Internal Mentoring – 1 st year	37,500
2	Internal Mentoring – 2 nd year	37,500
3	External Mentoring	45,000
4	Study Materials	12,000
5	Co-ordinator Charges	10,000
6	Stationery kit	1800
7	Tea and Snacks	4000
8	Travel Expenses	3000
9	Office Expenses	2000
	TOTAL	1,52,800

The whole amount was utilized under the corresponding heads. The accounts were audited by a statutory auditor and the utilization certificate, statement of expenditure and original bills and vouchers were sent to the office of the new initiatives in higher education.

Acknowledgement

I thank the Office of the New Initiatives in Higher Education, Government of Kerala, for supporting Bishop Moore College through the Walk With a Scholar Programme. I also thank the Principal of the College and all Internal Mentors for their whole hearted support. I acknowledge the invisible hands of God Almighty in the smooth functioning of WWS during this year.

Merin George

Co-ordinator, WWS