

**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: 2016-17

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. 30 students and five internal mentors were added in 2015-16.

Inauguration

The WWS programme 2016-17, was formally inaugurated in our College on 3rd August 2016 by the Principal, Dr. Sabu George. In addition to the 60 students in the Walk With a Scholar programme during 2015-16, 30 students from the first year Degree classes were selected for WWS 2016-17, and the selection was made from among the applications received from students, based on merit, giving equal representation from all classes.

The details of teachers and students who worked under the WWS programme 2016-17 are given below:

Co-ordinator

Merin George, Assistant Professor of Physics

Internal Mentors for first year students

1. Dr. Lynnette Joseph, Assistant Professor of Physics
2. Dr. Jisha J, Assistant Professor of Biochemistry
3. Anusha Das, Assistant Professor of English
4. Rekha Rose Koshy, Assistant Professor of Chemistry
5. Jils Varghese, Assistant Professor of Physical Education

Internal Mentors for second 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 third 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. M S Malavika | B Com Comp. Applications |
| 2. Rincy Samuel Mathew | B Com Comp. Applications |
| 3. Mincy Annie Joseph | B Com Comp. Applications |
| 4. Sreeja P | B Com Finance |
| 5. Aravind A | B A Economics |
| 6. Prathyasha V Daniel | B A Economics |
| 7. Krishnendu R | B A English |
| 8. Archana B | B A English |
| 9. Maithri Mohan | B Com Finance |
| 10. Jalak Sharma H | B Com Finance |
| 11. Krishnapriya U | B Com Finance |
| 12. Anupama Unni | B Com Finance |
| 13. Sneha B | B Sc Chemistry |
| 14. Vaisakh V | B Sc Chemistry |
| 15. Vani Sasi | B Sc Mathematics |
| 16. Megha S | B Sc Mathematics |
| 17. Arathy S | B Sc Zoology |
| 18. Parvathy J Anil | B Sc Zoology |
| 19. Girija Hima Surendran | B Sc Biotechnology |
| 20. Jesly Elsa Thomas | B Sc Biotechnology |
| 21. Merin Raichel Saji | B Sc Biotechnology |
| 22. Parvathy J | B Sc Botany |
| 23. Sruthy B | B Sc Botany |
| 24. Chippy Soman | B Sc Zoology |

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|-----|----------------|------------------|
| 25. | Mahadev A V | B Sc Physics |
| 26. | Aiswarya M | B Sc Physics |
| 27. | Sreehari S | B Sc Physics |
| 28. | Gowri S | B Sc Physics |
| 29. | Asha S Raj | B Sc Physics |
| 30. | Gayathri R Pai | B Sc Mathematics |

Mentees – second 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 |

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

Mentees – third 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 |

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|--------------------------|------------------------|
| 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 August 2016. The 15 internal mentors completed 10 hours each of mentoring sessions before 30 June 2017 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. Lynnette Joseph

As part of the Walk with a Scholar Programme, 12 internal mentoring sessions were held during the academic year 2016-17. The sessions were held in the afternoon from 3.30 pm to 4.30 pm in which the mentees took part actively.

Mentees:

1. Mahadev A V
2. Aiswarya M
3. Sreehari S
4. Gowri S
5. Asha S Raj
6. Gayathri R Pai

Internal Mentoring Sessions:

| No. | Date | Topic | Venue |
|-----|----------|--|------------------|
| 1 | 07/09/16 | My Ambition | Seminar Hall |
| 2 | 29/09/16 | Review of Newspapers | Dept. of Physics |
| 3 | 05/10/16 | How to prepare curriculum vitae | Dept. of Physics |
| 4 | 26/10/16 | Hurdles in CBCSS system | Dept. of Physics |
| 5 | 03/11/16 | Debate on “Democracy vs Autocracy” | Dept. of Physics |
| 6 | 17/11/16 | Effective Communication | Dept. of Physics |
| 7 | 02/12/16 | Quiz on “India in Space” | Dept. of Physics |
| 8 | 03/12/16 | PPT presentation on “Science and Technology towards the upliftment of Physically Challenged” | Dept. of Physics |
| 9 | 09/02/17 | Realization of situations towards development of communication skills in English | Dept. of Physics |

| | | | |
|----|----------|--|--------------------|
| 10 | 23/02/17 | Role Models | Dept. of Physics |
| 11 | 10/03/17 | Library visit - how to succeed in life | Dept. of Economics |
| 12 | 12/06/17 | Self confidence | 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. Lynnette Joseph

2. Mentor – Dr. Jisha S

As part of the Walk with a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. The sessions were held in the afternoon from 3.30 pm to 4.30 pm in which the mentees took part actively.

Mentees:

1. Sruthy B (S1 & S2 B Sc Botany)
2. Jesly Elsa Thomas (S1 & S2 B Sc Botany and Biotechnology)
3. Athira Anil (S1 & S2 B Sc Botany and Biotechnology)
4. Merin Rachel Saji (S1 & S2 B Sc Botany and Biotechnology)
5. Girija Hima Surendran (S1 & S2 B Sc Botany and Biotechnology)
6. Chippy Soman ((S1 & S2 B Sc Zoology)

Internal Mentoring Sessions:

| No. | Date | Topic | Venue |
|-----|----------|-------------------------------------|------------------|
| 1 | 31/10/16 | Introduction to Walk With a Scholar | Seminar Hall |
| 2 | 07/11/16 | How to shape your carrier | Dept. of Physics |
| 3 | 18/11/16 | How to tackle the competitive exams | Dept. of Physics |
| 4 | 19/12/16 | Hurdles in CBCSS system | Dept. of Physics |
| 5 | 21/01/17 | Strength and Weakens | Dept. of Physics |

| | | | |
|----|----------|-------------------------------|------------------|
| 6 | 16/03/17 | Importance of time Management | Dept. of Physics |
| 7 | 20/03/17 | Motivational Videos | Dept. of Physics |
| 8 | 22/03/17 | Punctuality | Dept. of Physics |
| 9 | 24/03/17 | Personality development | Dept. of Physics |
| 10 | 27/03/17 | Role Models | 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. Jisha S

3. Mentor – Anusha Das

As part of the Walk with a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17.

Mentees:

1. Sreeja P (S2 B Com Finance)
2. Aravind A (S2 Economics)
3. Prathyasha V Daniel (S2 Economics)
4. Rincy Samuel Mathew (S2 B Com Computer Applications)
5. Mincy Annie Joseph (S2 B Com Computer Applications)
6. M S Malavika (S2 B Com Computer Applications)

Internal Mentoring Sessions:

| No. | Date | Topic | Venue |
|-----|----------|---|----------------------|
| 1 | 03/11/16 | Introduction to Walk With a Scholar | Seminar Hall |
| 2 | 04/11/16 | Role models in life | Dept. of English |
| 3 | 07/11/16 | Group Discussion on “India 2020” | English Language Lab |
| 4 | 10/01/17 | Debate on “Social Networking and the present youth” | English Language Lab |
| 5 | 21/01/17 | Time Management | English Language Lab |
| 6 | 31/01/17 | Personality Development | English Language Lab |
| 7 | 09/02/17 | Role Play – “A day in the College” | English Language Lab |
| 8 | 24/02/17 | Exam tips | English Language Lab |
| 9 | 23/03/17 | Speech by mentees on “Environment and our responsibility” | English Language Lab |
| 10 | 07/06/17 | Major improvements in the mentees during the year | Dept. of English |

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.

Anusha Das

4. Mentor – Rekha Rose Koshy

As part of the Walk with a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. The sessions were held from 3.30 pm to 4.30 pm in which the mentees took part actively.

Mentees:

1. Arathy S (S1 & S2 B Sc Zoology)
2. Parvathy J Anil (S1 & S2 Zoology)
3. Megha S (S1 & S2 B Sc Mathematics)
4. Vani Sasi (S1 & S2 B Sc Mathematics)
5. Sneha B (S1 & S2 B Sc Chemistry)
6. Vaisakh V (S1 & S2 B Sc Chemistry)

Internal Mentoring Sessions:

| No. | Date | Topic | Venue |
|-----|----------|---|--------------------|
| 1 | 03/01/17 | Self Introduction, Orientation about WWS | Seminar Hall |
| 2 | 04/01/17 | Orientation on CBCSS | Dept. of Chemistry |
| 3 | 10/02/17 | Tips for reducing stress | Dept. of Chemistry |
| 4 | 13/02/17 | Biographies of great people – Albert Einstein Swami Vivekananda APJ Abdul Kalam, Isaac Newton | Dept. of Chemistry |
| 5 | 14/02/17 | Communication skill – Mentees spoke about their goals | Dept. of Chemistry |
| 6 | 16/02/17 | Motivational Videos – the only way to success How successful people think | Dept. of Chemistry |
| 7 | 09/02/17 | Discussion on Current Affairs | Dept. of Chemistry |
| 8 | 23/02/17 | Preparation of daily diary to manage time | Dept. of Chemistry |
| 9 | 10/03/17 | Preparation of PPT | Dept. of Chemistry |
| 10 | 12/06/17 | Reflection of WWS | Dept. of Chemistry |

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.

Rekha Rose Koshy

5. Mentor – Jils Varghese

As part of the Walk with a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. The sessions were held in the evening from 3.30 pm to 4.30 pm in which the mentees took part actively.

Mentees:

1. Krishnendu R (S1 & S2 B A English)
2. Archana B (S1& S2 B A English)
3. Maithri Mohan (S1& S2 B Com Finance)
4. Jalak Sharma H (S1& S2 B Com Finance)
5. Krishnapriya U (S1& S2 B Com Finance)
6. Anupama Unni (S1& S2 B Com Finance)

Internal Mentoring Sessions:

| No. | Topic | Venue |
|-----|-------------------------------------|-----------------------------|
| 1 | Introduction to Walk With a Scholar | Seminar Hall |
| 2 | How to shape your career | Dept. of Physical Education |
| 3 | How to tackle the competitive exams | Dept. of Physical Education |
| 4 | Hurdles in CBCSS system | Dept. of Physical Education |
| 5 | Strength and Weakens | Dept. of Physical Education |
| 6 | Importance of time Management | Dept. of Physical Education |
| 7 | Motivational Videos | Dept. of Physical Education |
| 8 | Punctuality | Dept. of Physical Education |
| 9 | Personality development | Dept. of Physical Education |
| 10 | Role Models | Dept. of Physical Education |

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.

Jils Varghese

Internal Mentoring – Second Year

6. Mentor – Dr. Arun Aravind

As part of the Walk with a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. The sessions were held in the afternoon from 3.30 pm to 4.30 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 | 03/11/16 | Evaluation of previous semester – Strengths and Weaknesses | Seminar Hall |
| 2 | 04/11/16 | How to shape your career | Dept. of Physics |
| 3 | 07/11/16 | Result Evaluation and Future Plans | Dept. of Physics |
| 4 | 10/01/17 | WWS Library visit | Dept. of Physics |
| 5 | 21/01/17 | Self confidence | Dept. of Physics |
| 6 | 31/01/17 | Importance of time Management | Dept. of Physics |
| 7 | 09/02/17 | Motivational Videos | Dept. of Physics |
| 8 | 24/02/17 | Punctuality | Dept. of Physics |
| 9 | 23/03/17 | Personality development | Dept. of Physics |
| 10 | 07/06/17 | Role Models | 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

7. 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 2016-17, 12 internal mentoring sessions were held. These sessions were arranged in between 3.30 pm and 4.30 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. (S3 & S4 B A English)
2. Sruthy Santhosh (S3 & S4 B.Com - Computer Application)
3. Beegum H. Nasila (S3 & S4 B A Economics)
4. Rebecamol J. (S3 & S4 B Sc Mathematics)
5. Anusree T.R. (S3 & S4 B Sc Chemistry)
6. Rakhi R. (S3 & S4 B Sc Botany)

Internal Mentoring Sessions:

| No | Date | Topic | Venue |
|----|----------|---|----------------|
| 1 | 30/08/16 | How to prepare bio data | Seminar Hall |
| 2 | 06/09/16 | Reading habit – Issued books from WWS library | Zoology Lab: 2 |
| 3 | 07/10/16 | Debate on “Use and Misuse of Information Technology” | Zoology Lab: 2 |
| 4 | 08/11/16 | Quiz on Environment | Zoology Lab: 2 |
| 5 | 14/11/16 | How to improve writing skills | Zoology Lab: 2 |
| 6 | 21/11/16 | Preparation of article reviews | Zoology Lab: 1 |
| 7 | 05/12/16 | How to improve PowerPoint/Poster presentation skills | Zoology Lab: 2 |
| 8 | 02/02/17 | Enriching word power by assigning various themes to write 25 words related to it | Zoology Lab: 2 |
| 9 | 23/02/17 | Campaign in classrooms to create awareness on the need for conservation of forest | Zoology Lab: 1 |
| 10 | 27/02/17 | Personal Graphing | Zoology Lab: 2 |

| | | | |
|----|----------|------------------------|----------------|
| 11 | 17/03/17 | Energy Conservation | Zoology Lab: 2 |
| 12 | 24/03/17 | Information Technology | 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

8. Mentor – Mr. Robert Raju

As part of the Walk With a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. 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 (S2 & S3 B.Sc. Mathematics)
2. Arunya Raj.(S2 & S3 B.Sc. Physics)
3. GeethuMol U (S2 & S3 B.Sc. Chemistry)
4. Aswin Prasad (S2 & S3 B.A. English)
5. Ganga Devi (S2 & S3 B.A. Malayalam)
6. Sreehari S. Pillai (S2 & S3 B.Com Finance)

Internal Mentoring Sessions:

| N o. | Date | Topic | Venue |
|------|----------|---|-------------------------------|
| 1 | 08/06/16 | Evaluation of first year WWS sessions – Mentees wrote about their experiences and changes in their life and academics | Seminar Hall |
| 2 | 13/07/16 | Preparation of Bio data and CV | Biotechnology Lecture Hall |
| 3 | 27/06/16 | How to prepare for competitive examinations | Biotechnology Lecture Hall |
| 4 | 14/08/16 | Workshop on Microsoft Word, Excel and PowerPoint | Botany and Biotechnology Dept |
| 5 | 30/11/16 | Preparation techniques for Group Discussion | Biotechnology Lecture Hall |
| 6 | 07/12/16 | How to prepare “Welcome Address” and “Vote of Thanks” in English and Malayalam | Botany and Biotechnology Dept |
| 7 | 14/12/16 | Time management | Biotechnology Lecture Hall |
| 8 | 11/01/17 | Logical Reasoning Tips | Botany and Biotechnology Dept |

| | | | |
|----|----------|---|-------------------------------|
| 9 | 15/02/17 | Career of their choice | Biotechnology Lecture Hall |
| 10 | 22/03/17 | Discussion on Strengths and Weaknesses of mentees | 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

9. Mentor – Ms. Neethu Mary Philip

As part of the Walk With a Scholar programme, 10 internal mentoring sessions were conducted during the academic year 2016-17. The mentees enthusiastically took part in these sessions which were held from 8:30 am to 9:30 am.

Mentees:

1. Aswathy.S.Babu (S3 &S4 B Sc Biotechnology)
2. Haritha.A.Das (S3 &S4 B Sc Zoology)
3. Parvathy.S.Kurup (S3 &S4 B Com Computer Application)
4. Sreelakshmi M.S (S3 &S4 B Sc Physics)
5. Swapna P.R (S3 &S4 B Sc Chemistry)
6. Thanuja T.K (S3 &S4 B A Economics)

Internal Mentoring Sessions:

| No | Date | Topic | Venue |
|----|----------|--|----------------------------|
| 1 | 26/08/16 | Vacation Experiences | Seminar Hall |
| 2 | 07/09/16 | Family issues and relationship problems | Language Lab |
| 3 | 22/09/16 | Tips to write PG Entrance examinations, Details of books to be purchased | English Department Library |
| 4 | 19/10/16 | Discussion on Academic issues | Language Lab |
| 5 | 22/10/16 | Motivational videos | Computer Lab |
| 6 | 06/01/17 | Who am I? | College Chapel |
| 7 | 24/01/17 | Personal Values | Computer Lab |
| 8 | 08/02/17 | Team Work | Language Lab |
| 9 | 27/02/17 | Tips to improve inter-personal skills and body language | Language Lab |
| 10 | 17/03/17 | SWOT Analysis | Canteen |

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

Neethu Mary Philip

10. Mentor – Mr. Ashish Varghese

As part of the Walk With a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. The sessions were arranged at the convenience of the mentees.

List of Mentees

| | |
|-----------------|--------------------------|
| Reshma Krishnan | S3 & S4 B Sc Zoology |
| Sreelekshmi V | S3 & S4 B Sc Mathematics |
| Renju Krishna G | S3 & S4 B A Malayalam |
| Pooja Chandran | S3 & S4 B A English |
| Dhanesh Kumar P | S3 & S4 B Sc Botany |
| Jyothish Raj J | S3 & S4 B Sc Physics |

Internal Mentoring Sessions:

| No. | Topic | Venue |
|-----|--|------------|
| 1 | Self Assessment, SWOT Analysis | Room No 66 |
| 2 | Goal Setting, Creating Academic interest | Room No 66 |
| 3 | Setting goals in curricular and co-curricular activities | Room No 66 |
| 4 | Book Review – Eight Habits of Highly influential people (Stephen Cory), I am OK You are OK | Room No 66 |
| 5 | Book Review – You can win | Room No 66 |
| 6 | Time Management – Meeting curricular co-curricular, extra curricular activities | Room No 66 |
| 7 | Effective management of social life and personal life | Room No 66 |
| 8 | Orientation for competitive exams | Room No 66 |
| 9 | Orientation for developing and improving CV | Room No 66 |
| 10 | Experience Sharing | 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

Internal Mentoring – Third year

11. Mentor – Dr. Prakash G Williams

As part of the Walk With a Scholar Programme, 12 internal mentoring sessions were held during the academic year 2016-17. 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 (S5 & S6 B ScMathematics)
2. Jisha L.(S5 & S6 B ScPhysics)
3. Athira M (S5 & S6 B ScChemistry)
4. Anjali Pushpan (S5 & S6 B A English)
5. Shini Shaji (S5 & S6 B A Malayalam)
6. Karthik Sunil (S5 & S6 B A Economics)

Internal Mentoring Sessions:

| No. | Date | Topic | Venue |
|-----|----------|--|-------------------|
| 1 | 03/06/16 | Preparation of Biodata CV and Resume | Seminar Hall |
| 2 | 22/06/16 | Book Review of a famous book each of the mentees' interest | Biotechnology Lab |
| 3 | 13/07/16 | Problems and scope of higher education in the mentees' area | Biotechnology Lab |
| 4 | 27/07/16 | Various aspects for the preparation for competitive exams | Biotechnology Lab |
| 5 | 14/08/16 | Preparation of "welcome address" in English and Malayalam | Biotechnology Lab |
| 6 | 05/09/16 | Preparation of "Vote of Thanks" in English and Malayalam | Biotechnology Lab |
| 7 | 30/09/16 | Views on Demonitization - Discussion | Biotechnology Lab |
| 8 | 07/12/16 | Discussion on Strengths and weaknesses | Biotechnology Lab |
| 9 | 14/12/16 | Attractive career of interest | Biotechnology Lab |
| 10 | 11/01/17 | Motivation for preparing for semester examinations | Biotechnology Lab |
| 11 | 15/02/17 | Higher Education options and scopes in nationally and internationally reputed institutes | Biotechnology Lab |
| 12 | 22/03/17 | Feedback and consolidation of WWS Programme | Biotechnology Lab |

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.

12. Mentor – Dr. Divya S

As part of the Walk With a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. 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. (S5 & S6 B Sc Mathematics)
2. Aisha Ismail (S5 & S6 B Sc Physics)
3. Anusha Unni (S5 & S6 B Sc Biotechnology)
4. Beena Biju (S5 & S6 Commerce)
5. Athira Appukuttan (S5 & S6 B Sc Zoology)
6. Aiswarya Stella Babu (S5 & S6 B Sc Chemistry)

Internal Mentoring Sessions

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

Dr. Divya S

13. Mentor – Dr. Santhi W S

As part of the Walk With a Scholar Programme (WWS), 11 internal mentoring sessions were held during the academic year 2016-17. The sessions were held in the afternoon between 3.30 pm and 4.30 pm. The mentees took part actively in all the internal mentoring sessions.

Mentees:

1. Karthika H (S5 & S6 B.ScBotany)
2. JibinKoshy Varghese (S5 & S6 B.ScEconomics)
3. Felcy Mary Casmir (S5 & S6 B.Com)
4. Krishna Priya. (S5 & S6 B.ScEnglish)
5. Sruthi S (S5 & S6 B.ScZoology)
6. Surya Gayathri (S5 & S6 Malayalam)

| No. | Date | Topic | Venue |
|-----|----------|---|-------------------------------|
| 1 | 25/08/16 | Discussion on “General Reading” | Seminar Hall |
| 2 | 22/09/16 | Dream career | Botany and Biotechnology Dept |
| 3 | 30/09/16 | Registration to PSC website | Botany and Biotechnology Dept |
| 4 | 13/10/16 | Scope of Higher Education | Botany and Biotechnology Dept |
| 5 | 31/10/16 | How to prepare for competitive exams | Botany and Biotechnology Dept |
| 6 | 15/11/16 | Preparing Professional Portfolio with demonstration | Botany and Biotechnology Dept |
| 7 | 30/01/17 | How to prepare a good PowerPoint Presentation | Botany and Biotechnology Dept |
| 8 | 20/02/17 | PowerPoint Presentation by mentees and discussion on “Do’s and don’ts in a PowerPoint Presentation” | Botany and Biotechnology Dept |
| 9 | 01/03/17 | PowerPoint Presentation on “Water Conservation” | Botany and Biotechnology Dept |
| 10 | 13/03/17 | Discussion on strengths and weaknesses and how to overcome ones weaknesses | Botany and Biotechnology Dept |
| 11 | 14/03/17 | Analysis of WWS Programme | 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 2016-17 were very useful to them.

14. Mentor – Mr. Dipu Joseph

As part of the Walk With a Scholar Programme, 10 internal mentoring sessions were held during the academic year 2016-17. 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 (S5 & S6 B.Sc. BOTANY)
2. KARTHIKA G KRISHNAN.(S5 & S6 B.Sc. MATHEMATICS)
3. MEGHA S NATH (S5 & S6 B.Sc. CHEMISTRY)
4. GOPIKA B S (S5 & S6 B.Sc. PHYSICS)
5. STAN SUNNY(S5 & S6 BCom)
6. SREEJESH K H (S5 & S6 B.Sc. BOTANY AND BIOTECHNOLOGY)

Internal Mentoring Sessions:

| No. | Date | Topic | Venue |
|-----|----------|-------------------------------------|-------------------------|
| 1 | 09/12/16 | Introduction to Walk With a Scholar | Seminar Hall |
| 2 | 14/01/16 | Talent Hunting | Elizabeth Memorial Hall |
| 3 | 11/07/17 | Time management | Elizabeth Memorial Hall |
| 4 | 18/02/17 | Library and reference | College library |
| 5 | 21/02/17 | Leadership quality | Elizabeth Memorial Hall |
| 6 | 03/03/17 | creativity | Economics Department |
| 7 | 11/03/17 | Reading habit | Economics Department |
| 8 | 19/03/17 | Group discussion | Economics Department |
| 9 | 24/03/17 | Extracurricular activities | Economics Department |
| 10 | 28/03/17 | Remembering and forgetting | 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

15. Mentor – Ms. Siji K Mary

As a part with walk with a scholar programme, 10 internal mentoring sessions were held during the academic year 2016-17. 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 (S5 & S6 B Sc Zoology)
2. Mithula A (S5 & S6 B A English)
3. Mrithula Chandran (S5 & S6 B A Malayalam)
4. Sruthy S Pillai (S5 & S6 B A Economics)
5. Arya S (S5 & S6 Commerce)
6. Anjaly Krishnan (S5 & S6 B Sc Botany)

Internal Mentoring Sessions

| No. | Date | Topic | Venue |
|-----|----------|--|------------------------------------|
| 1. | 03/01/17 | Written experience about the previous years' WWS Programme | Smart room of Chemistry department |
| 2. | 04/01/17 | Motivational videos shown | Smart room of Chemistry department |
| 3. | 10/02/17 | Instructions for writing university examinations and how to use time efficiently | Smart room of Chemistry department |
| 4. | 13/02/17 | Hands on training on preparing a PowerPoint Presentation | Smart room of Chemistry department |
| 5. | 14/02/17 | Importance of communication skills – Mentees were asked to speak about their goals | Staff room |
| 6. | 16/02/17 | Video show on Stress Management | Smart room of Chemistry department |
| 7. | 20/02/17 | PowerPoint Show by Mentees on various topics | Smart room of Chemistry department |
| 8. | 01/03/17 | Threats from Social Media | Smart room of Chemistry department |
| 9. | 13/03/17 | Management of Life situations | Smart room of Chemistry department |
| 10. | 14/03/17 | Evaluations of three years' experience in College and WWS | Smart room of Chemistry department |

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

3. EXTERNAL MENTORING

External mentoring was held in the form of 58 hours of talks/workshops by eminent resource persons and a one day study tour. 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.

3a. EXTERNAL MENTORING CLASSES

The details of the external mentoring sessions are given below:

| N o. | Date | External Mentor | Designation | Topic |
|-------------|-----------------------|-----------------------------|--|--|
| 1 | 01/03/17 (3 hours) | Mr. Unnikrishnan Potty S | SDE, ASAP, Govt of Kerala | Ensuring Quality |
| 2 | 06/03/17 (4 hours) | Ms. Lekshmy K | Psychological Counsellor, Scientific and Research Co-ordinator (NAMi) | Mindful Life Management |
| 3 | 07/03/17 (4 hours) | Ms. Lekshmy K | Psychological Counsellor, Scientific and Research Co-ordinator (NAMi) | Mindful Life Management |
| 4 | 27/03/17 (3 hours) | Mr. Unnikrishnan Potty S | SDE, ASAP, Govt of Kerala | Opportunities in Basic Science Research |
| 5 | 27/03/17 (3 hours) | Dr. Varghese Thomas | Professional counsellor & Psychologist | Disciplines in life for a great career |
| 6 | 10/06/17 (3 hours) | Mr. Unnikrishnan Potty S | SDE, ASAP, Govt of Kerala | Tips for improving interaction skills |

| | | | | |
|----|---------------------------|--------------------------|---|-----------------------------------|
| 7 | 12-13 Jun '17 (2 days) | Mr. Hareesh K G | Christu Kula Mission Hr. Sec. School, Satna, Madhya Pradesh | Arduino Robotics |
| 8 | 16/06/17 (3 hours) | Ms. Neethumol Raj | Trainer, B-GHUD Academy, Mavelikara | Group Discussion |
| 9 | 16/06/17 (3 hours) | Ms. Lamia Mary J | Trainer, B-GHUD Academy, Mavelikara | Group Discussion |
| 10 | 17/06/17 (3 hours) | Mr. Unnikrishnan Potty S | SDE, ASAP, Govt of Kerala | Improving Social Interaction |
| 11 | 17/06/17 (3 hours) | Mr. Unnikrishnan Potty S | SDE, ASAP, Govt of Kerala | Managing Change |
| 12 | 19/06/17 (3 hours) | Mr. Cijo P Jacob | Trainer, MINDS Institute, Pala | Mind Powers for Excellence |
| 13 | 20/06/17 (3 hours) | Mr. Unnikrishnan Potty S | SDE, ASAP, Govt of Kerala | Opportunities in Higher Education |
| 14 | 27/06/17 (3 hours) | Mr. Unnikrishnan Potty S | SDE, ASAP, Govt of Kerala | Communication Skills |
| 15 | 27/06/17 (3 hours) | Dr. Varghese Thomas | Professional counsellor & Psychologist | Motivation |
| 16 | 28/06/17 (3 hours) | Mr. Cijo P Jacob | Trainer, MINDS Institute, Pala | Public Speaking |
| 17 | 29/06/17 (3 hours) | Mr. Cijo P Jacob | Trainer, MINDS Institute, Pala | Realizing your dreams |
| 18 | 30/06/17 (3 hours) | Dr. Varghese Thomas | Professional counsellor & Psychologist | Wings for the Future |

3b. STUDY TOUR

A one day study tour was conducted as part of Walk With a Scholar on 21st June 2017. 33 students and three teachers participated in the study tour. The team visited the Vikram Sarabhai Space Centre, Thumba, Thiruvananthapuram, where they witnessed a rocket launch and also visited the space museum. The team then visited the ‘Mahakavi Kumaran Asan Smarakam’ at Thonnackal, Thiruvananthapuram. The list of teachers and students who took part in the study tour is given below:

| | | |
|----|-----------------------|---------------------------------------|
| 1 | Rekha Rose Koshy | Asst. Professor of Chemistry |
| 2 | Jils Varghese | Asst. Professor of Physical Education |
| 3 | Dr. Santhi W S | Asst. Professor of Biotechnology |
| 4 | Chippy Soman | S2 Zoology |
| 5 | Parvathy J Anil | S2 Zoology |
| 6 | Pooja Mohan | S4 Zoology |
| 7 | Arathy S | S2 Zoology |
| 8 | Haritha A Das | S4 Zoology |
| 9 | Sherin Mariam Philip | S4 B Com Finance |
| 10 | Dhanesh Kumar | S4 Botany |
| 11 | Sreehari S Pillai | S4 B Com Finance |
| 12 | Ansi A | S4 Botany |
| 13 | Archana B | S2 English |
| 14 | Thanuja T K | S4 Economics |
| 15 | Beegum H Nasila | S4 Economics |
| 16 | Pooja Chandran | S4 English |
| 17 | Merin Mary Cherian | S4 Mathematics |
| 18 | Sreelekshmy V | S4 Mathematics |
| 19 | Gayathri R Pai | S2 Mathematics |
| 20 | Vani Sasi | S2 Mathematics |
| 21 | Gowri S | S2 Physics |
| 22 | Jibin Koshy Varghese | S6 Economics |
| 23 | Sruthy Santhosh | S4 B Com C A |
| 24 | Rebeccamol J | S4 Mathematics |
| 25 | Athira Anil | S2 Biotechnology |
| 26 | Merin Raichel Saji | S2 Biotechnology |
| 27 | Girija Hima Surendran | S2 Biotechnology |
| 28 | Jesly Elsa Thomas | S2 Biotechnology |
| 29 | Megha S | S2 Mathematics |
| 30 | Jyothish Raj | S4 Physics |
| 31 | Aswin Prasad | S4 English |
| 32 | Krishnapriya | S6 English |
| 34 | Ammju Krishna S | S4 English |
| 35 | Vivek G Namboothiri | S4 B Com Finance |

4. MOCK INTERVIEW

As part of Walk With a Scholar 2016-17, a one day training on "Tips to attend an interview" was given to the third year mentees by the B-GHUD Academy, Mavelikara and a mock interview was conducted for them on 16th February 2017. The mentees reflected that the mock interview, being their first interview experience, had been very useful for them for their future endeavours.

5. STUDY MATERIALS

Study materials were purchased as per the requirements of the mentees. Some of the books were given as personal copies after receiving vouchers from the mentees and the rest of the books were added to the WWS library.

6. FUND UTILIZATION

An amount of Rs. 2,42,500/- was allotted for the WWS programme 2016-17 under the following heads:

| No. | Item of Expenditure | Amount (Rs.) |
|------------|---|---------------------|
| 1 | Internal Mentoring – 1 st year | 25,000 |
| 2 | Internal Mentoring – 2 nd year | 25,000 |
| 3 | Internal Mentoring – 3 rd year | 25,000 |
| 4 | External Mentoring | 1,05,000 |
| 5 | Conduct of Mock Tests/Interviews | 15,000 |
| 6 | Study Materials | 27,000 |
| 7 | Stationery kit | 3600 |
| 8 | Office Expenses | 4400 |
| 5 | Co-ordinator Charges | 12,500 |

| | | |
|--|--------------|-----------------|
| | TOTAL | 2,42,500 |
|--|--------------|-----------------|

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 copy of the 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 the year.

Merin George
Co-ordinator
Walk With a Scholar
Bishop Moore College
Mavelikara

