

SOFT SKILL DEVELOPMENT PROGRAMME**DEPARTMENT OF ENGLISH****INTERACTIVE ENGLISH PROGRAMME**

Interactive English Programme is a soft skill development programme offered by the Department of English. The expected outcome of the programme is the development of the four different skills of language. Listening, Speaking, Reading and Writing Skills are given equal importance. At the end of the programme the learners will be able to use English fluently. Their confidence level is improved as training is given to face interviews and group discussions. Hence the programme helps the students in their career advancement. Activity Based Teaching Methodology is implemented to ensure the active participation of the learners. Duration of the programme is 30 hrs. The programme is offered for the undergraduate students. The number of students benefited by the programme during the period 2014-19 is as follows:

Year	Number of students benefited
2014-15	32
2017-18	12

SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF HINDI

SPOKEN HINDI

To enhance the working knowledge in Hindi, the department of Hindi conducted a soft skill development programme in Spoken Hindi which included conversation practices, drama, mock interviews and grammar classes. After the programme written and practical examinations were conducted and on the successful completion of the programme certificates were distributed to the students. The number of students benefited by the programme during the period 2014-19 is as follows:

Year	Number of students benefited
2014-15	19
2015-16	27
2016-17	28
2017-18	59
2018-19	27



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF STATISTICS

COMMUNICATION SKILLS IN ENGLISH

Department of Statistics in association with Department of English conducted Skill Enhancement programme for the Post Graduate Students. The programme aims at the promotion of communicative skills of the students. The effective communication is a pre requisite for a person to succeed in his career. This programme enables the students to improve their confidence and enhance skills in communication, public speaking and report presentation. The students were given study materials and provided practical sessions to speak and write in English. Dr. Manu C Scaria of the English department was the Recourse Person.



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF BOTANY

HOLISTIC EDUCATION- LIFE SKILL PROGRAMME

Holistic Education- Life Skill Programme was organized by department of Botany on 15, November 2017. Dr. James Manihottam MD, Counsellor and Psychotherapist, Manihottam Counselling and Child Guidance Clinic, Muvattupuzha, was the resource person. He explained the different techniques for effective learning to the students. The speaker also discussed about different types of stress and strains faced by the students and the methods to overcome them. It was followed by an interactive session, answering the queries from the student community. Dr. James Manihottam also made arrangements for personal counselling for individual students. A total of 50 students attended the programme. The participants included under graduate students of the department. Students from Zoology and faculty members from other department were also in attendance.



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF BOTANY

PERSONALITY DEVELOPMENT PROGRAMME

The department of Botany organized an orientation programme on personality development for students on 01 September 2016. Sri. Jijo Chittadi Motivational Trainer and Director, Kenshu Foundation, Kottayam was the resource person. The programmes focused on the overall development of the participants through group activities and motivational sessions. The group activities fuelled high energy among students and made them mentally positive and emotionally enthusiastic. The SWOT analysis helps the students to realize and recognize their potential and drawbacks. Students were trained to take right decisions, solve the problem logically, take care of their relationships and cope with adverse situations.



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF ZOOLOGY

PERSONALITY DEVELOPMENT PROGRAMME- SEVEN STEPS TO SUCCESS

The department of Zoology organized a soft skill programme on “Seven Steps to Success” on 20 December 2016. The programme was led by Prof. Kochuthressia Thomas (Former Head, Department of Zoology, Newman College Thodupuzha). She has presented seven steps to be followed by a student to achieve his/her goal. Step 1: Set Your Goal. Start by setting your goal. ...Step 2: Commit. See your goal as a journey that has your intention waiting for you at the end of it. ...Step 3: Make Adjustments. ...Step 4: Be Consistent. ...Step 5: Expect to Succeed. ...Step 6: Take Pride. Step 7: Perseverance. The programme was chaired by Dr. T.M. Joseph, Principal Nirmala College.



Prof. Kochuthressia Thomas (Former Head, Department of Zoology, Newman College Thodupuzha) addresses the students

SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF COMMERCE

The department of Commerce conducted soft skill development programme for the under graduate and post graduate students on July 8, 2014. The programme was led by Mr. Jacob Mathew and his team. Soft skill is a term often associated with a person's 'EQ', the cluster of personality traits, social graces, communication language, personal habits, friendliness and optimism that characterize relationship with other people. The programme covered various aspects relating to communication, interactions with others, professionalism and ethics, critical thinking and problem solving. The programme was highly helpful for those students who were about to attend campus recruitments and interviews.



Mr. Jacob Mathew leading the session

SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF COMMERCE

For developing soft skills of the students, the department of commerce conducted a workshop for the graduate and post graduate students on 15th August 2014 at Bishop Punnakkotil Hall by RES POPULAS, a Career Guidance team from Cochin. The programme covered various topics related to communication, interaction, group discussion, interview techniques and problem solving. The students are divided into 20 groups and specific tasks were assigned for each group for enhancing their skills. Group activities enabled the students to improve their leadership and inter personal skills. About 230 students participated in the programme.



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF COMMERCE

PERSONALITY DEVELOPMENT PROGRAMME

Personality development is the development of the organized pattern of behaviours and attitudes that makes a person distinctive. It occurs by the ongoing interactions of temperament, character and environment. The Department of Commerce in collaboration with the placement cell of Nirmala College, Muvattupuzha organized a seminar for the students on the topic “Personality development” by Mr. Francis Jacob on 10th September 2014. The seminar covered a lot of areas that helped the students to mould their character and personality. The seminar helped the students in order to develop a positive attitude and to prepare themselves for attending interviews. The latter half of the session concentrated on the interview skills, drafting of proper resume and etiquettes for a personal interview.



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF COMMERCE

PERSONALITY DEVELOPMENT PROGRAMME

The Department of Commerce organized Personality Development Programme on 17th and 18th June 2016. The programme was led by Sri. Binu Kannamthanam. The programme aims at developing personality of the students. Personality development is the process of developing a set of characteristics and traits which contribute to the overall personality of a person. The topics covered in this programme includes Goal setting, stress management, time management and



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF TOURISM

SKILL DEVELOPMENT TRAINING PROGRAMME

Department of Tourism in association with Department of Computer applications and Management studies conducted Skill development training for PG students on 19 and 27 October 2015. The emphasis is to skill the youth in such a way so that they get employment and also improve entrepreneurship. Students were trained to develop skills in attaining jobs in the industry. The programme was led by Mr. James Mathew, Trainer. 35 students attended the programme.



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF TOURISM

PERSONALITY DEVELOPMENT PROGRAMME

The Department of Tourism Studies arranged a Personality Development Programme for 1st and 2nd year BTTM students on 15 September 2017. Sri. Jacob Mathew was the resource person. The programme aims at moulding the students in such way to contribute to national development. Skill training was also given to students in developing their communication and presentation skills. Apart from this they were given specific training to set their personal, social, professional, financial and health goals. The exercise of presentation of students to reduce stage fear was done by each and every student for five minutes. About 120 students participated in the programme.



SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF MANAGEMENT STUDIES

SOT SKILL TRAINING PROGRAMME ON HR PRACTICE IN EMPLOYEE RELATIONS

The Department of management studies (MHRM) conducted a very enlightening training programme on “HR Practices in Employee Relations” on 27th October 2016. Mr. Joshy Paul (GM, Jubilee Mission Hospital, Trissur), Rev.Fr. Sebastian Nazhiyampara (Chairman, Peoples Diary Development Project, Kalady), Ms. Cincy Babu Varghese (Co-Founder, Backeys, Ernakulam), Mr. Jobin James (HR manager Popular Hyundai and JCB) were the resource persons. The training focused on the importance of the HR intervention in an organization, marketing and managing strategies, the strategies to be followed in order to maintain the family atmosphere, expectations of the companies about HR, practical aspects of the HR field and the basic information and activities which should be known to a HR manager, importance of sticking on with professional ethics related practices etc. The resource persons were capable enough to clarify the doubts of the students from their personal experience and with reference to the organization to which they belong to. It was a practical exposure to the students to manage an event.



Mr. Joshy Paul leading the session

SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF COMMUNICATIVE ENGLISH

PERSONALITY DEVELOPMENT PROGRAMME

A personality development programme was organized for the second and third year Communicative English Students on 8 and 9 January 2015. The classes were led by two eminent resource persons Mr. Deepak Cherkott and Mr. Jaison George from Success Mine Training Factory, Muvattupuzha. The main contents of the training programmes were focused on the se topics like goal setting, time management, correcting the way, listening skills and team work. All students were divided into groups and different activities were given to students and all students actively participated individually and as a team.



Mr. Jaison George leading the session

SOFT SKILL DEVELOPMENT PROGRAMME
DEPARTMENT OF COMMUNICATIVE ENGLISH
PERSONALITY DEVELOPMENT PROGRAMME

The department of Communicative English organized a Personality Development programme for the students by the noted Family Counselor, Dr. Saji K.P on 11 August 2016. The aim of the programme is to equip students in leading a successful life. Group activities were given to students for problem solving and decision making. Students actively participated in the programme. At the end of the session all the students gave feedback and share their experience.



NIRMALA COLLEGE MUVATTUPUZHA
Dept. of Communicative English

Personality Development Programme

 11 August 2017 | 10.00 am - 1.00 pm

 Msgr. Thomas Nedumkallel Auditorium

Resource Person
Dr. SAJI K. P (Family Counsellor)

SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF MHRM

MANAGERIAL SKILL DEVELOPMENT PROGRAMME

On 2nd August 2017 a soft skill development programme has arranged by MHRM Department. Mr Binson George, Director and Admin, Exports Brahmins India PVT Ltd was the resource person. The session covered areas like soft skills for employability sector, spoken English and communication skills, tele communication skills, team management techniques, professional ethics etc.



Students attending the Session

SOFT SKILL DEVELOPMENT PROGRAMME

DEPARTMENT OF MHRM

PREPLACEMENT TRAINING

Various pre placement trainings have been arranged by the Department of MHRM on 6-11-14 to 8-11-14. The sessions were taken by Sri.Harikumar P.V, Trainer and Jojo Joseph. The training helped the students to excel in various interviews and recruitment processes. The students were also motivated through counselling to boost their morale.



Interactive English Course- Report (2014-15)

Interactive English Course is a certificate course offered by the Department of English. The expected outcome of the course is the development of the four different skills of language. Listening, Speaking, Reading and Writing Skills are given equal importance. At the end of the course the learners will be able to use English fluently. Their confidence level is improved as training is given to face interviews and group discussions. Hence the course helps the students in their career advancement. Activity Based Teaching Methodology is implemented to ensure the active participation of the learners. Duration of the programme is 30 hrs. The programme is offered for the undergraduate students. 32 students enrolled in the programme.

Interactive English Course- Report (2017-18)

Interactive English Course is a certificate course offered by the Department of English for undergraduate students. The expected outcome of the course is the development of the four different skills of language. Listening, Speaking, Reading and Writing Skills are given equal importance. At the end of the course the learners will be able to use English fluently. Their confidence level is improved as training is given to face interviews and group discussions. Hence the course helps the students in their career advancement. Activity Based Teaching Methodology is implemented to ensure the active participation of the learners. Duration of the programme is 30 hrs. 12 students enrolled in the programme.

SOFT SKILL DEVELOPMENT PROGRAMME

ADDITIONAL SKILL ACQUISITION PROGRAMME (ASAP)

COMMUNICATION SKILLS & IT SKILLS

REPORT 2014-19

Additional Skill Acquisition Programme (ASAP), a joint initiative of General and Higher Education Departments launched with an objective to impart quality skill education to undergraduate students alongside their regular curriculum. The very philosophy of ASAP as a skill development agency is to accentuate the employability of the youth. ASAP gives special edge to those students who are in need of immediate employment. For the needy, ASAP lays out a way to fend a living by ideally placing them in an organisation.

The ASAP programme is a combination of three courses, namely, Communication Skills in English, Basic IT and an Elective Domain Specific Skill Course. By imparting these soft skills to a large student community, the project envisages to create a large talent pool that can work in modern day organizations that promote a global work environment. By choice student groups receive sector specific skills that further enable them to be employable and industry ready.

Nirmala College has been offering this programme to our students from 2015 onwards. Foundation course comprises of effective training in Communication Skills in English and basic IT Skills. Both these programmes are delivered to students for 180 hours. The college has a Skill Development Executive (SDE) appointed by ASAP, Govt. of Kerala for handling this course. This course is designed for first year degree students who are economically and socially backward. The students who successfully completed the course improved a lot in listening, writing and speaking in English.

No. of students Enrolled- Year wise

Year	Number of students benefited
2015-16	29
2016-17	30
2017-18	33
2018-19	27

SOFT SKILL DEVELOPMENT PROGRAMME

NIRMALA STARS PROGRAMME

(A Soft Skill And Career Development Programme For Undergraduate And Postgraduate Students)

Programme Objectives

The basic objectives of the Nirmala Stars Programme are

1. It motivates students to be disciplined and take responsibility for his/her life
2. It provides more than intellectual knowledge. Practical and daily implementable tools to work within.
3. It works on all aspects of human personality.
4. It empowers one with all the essential soft skills.
5. To gain an understanding of a student's own interests, abilities, aptitudes and strengths.
6. To develop an individual inventory of valuable career development foundation skills.
7. To gain valuable career information and related job training options and opportunities

Course Structure

The Programme proposes to arrange specialised mentoring programmes for students in undergraduate and postgraduate programmes in arts, science and commerce. Students for the programme will be selected from various undergraduate courses based on their merit, conduct and active participation in academic and extra-curricular activities. Students of this programme receive special mentoring sessions by reputed scholars from both public and private sector. 45 hours of mentoring sessions cover the topics such as personality development, career orientation, positive thinking, cognitive training and effective learning, development of technical and communication skills, entrepreneurship development, conservation of nature and sustainability and physical and mental health care.

Course Co-ordinators

1. Dr. Suby Baby, Assistant Professor, Dept. of Commerce
2. Dr. Vinod K.V., Assistant Professor, Dept. of Zoology

NIRMALA STARS PROGRAMME

ACTIVITY REPORT 2016-17

Fifty-Five students were selected from various undergraduate and postgraduate programmes based on their merit, conduct and active participation in academic and extra-curricular activities. Reputed persons from public and private sector were invited as mentors. Proven expertise and merit were the criterion followed for identifying the mentor.

Dr. B. Ashok, IAS Secretary, dept. of Ayush, Govt. of Kerala; Shri. V.K. Adarsh, Science and Technology Writer, Senior Manager (Tech), Union Bank of India; Dr. R. Sethumadhavan, International Consultant, Holistic Health and Geriatric Care, Cognitive Research and Training Centre, Andrapradesh; Shri. A.U. Prasad, Regional Head (South), ALS IAS academy, Delhi; Justice K. Narayana Kurup, Chairman, Police Complaint Authority. Kerala; Prof. Haridas P.G., Former Principal, SSV College, Perumbavoor; Sri. Soorya Krishnamoorthy, Founder director, Soorya Stage and film Society, Thiruvananthapuram; Shri. P.C. Cyriac IAS, Former Principal Secretary, Govt. Of Tamil Nadu; Shri. Reji Thomas, Trainer, HSST, OLLHSS, Uzhavoor, Kottayam; Shri. Varghese Paul, Trainer, Centre for Alternate Learning, Chalakkudy, Thrissur; Dr. T.V. Mathew, Clinical Psychologist, Thejus, ITR Road, Muvattupuzha; Shri. Sajith Thomas, Career Guru And Managing Director, Astra HR Innovations Pvt. Ltd., Kerala; Shri. Murali K.K., Assistant Librarian, Mahatma Gandhi University, Kottayam; Dr. N.C. Induchoodan, Environmental Conservationist and Former Divisional Forest Officer and Dr. Vinod P.K., Junior Consultant, Skin and VD specialist, Kerala Health Services were the external mentors.

48 hours of external mentoring classes covered the topics such as A call to success, Technological advancement and humanity, Cognitive Training on Effective Learning and Teaching, Civil service orientation, Human rights, Role of Youth in National Integration, Indian arts and culture, The power of passion, Science of positive thinking, Entrepreneurship development, Personality Development, Career planning, Library, Information Science, and web resources, Philosophy of Conservation and Sex education.

WALK WITH A SCHOLAR PROGRAMME

**A special mentoring programme for students in Under Graduate
Programs in Arts, Science and Commerce**



**NIRMALA COLLEGE, MUVATTUPUZHA
Ernakulam District, Kerala- 686 661**

WALK WITH A SCHOLAR PROGRAMME

Nirmala College, Muvattupuzha

OBJECTIVES OF THE PROGRAMME

Walk With a Scholar (WWS) scheme proposes to arrange specialised mentoring programs for students in undergraduate programs in arts, science and commerce to develop life skills for their future. Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. The scheme envisages to develop important life skills like Decision making, Problem solving, Creative thinking/lateral thinking, Critical thinking/perspicacity, Effective communication, Interpersonal relationships, Self awareness/mindfulness, Assertiveness, Coping with stress, trauma and loss and thereby prepare them to excel in life.

The scheme introduces the idea of mentoring and builds on the concept of mentor as a guide and a friend. The mentoring scheme for students is purely voluntary in nature. It is open for all students entering the first year of the undergraduate programme of study. The scheme aims at giving necessary orientation to needy students, to prepare them for employment and give them necessary guidance, motivation and necessary mental support to identify appropriate areas for higher study as well as employment.

The mentoring scheme is planned to identify the opportunities available for the scholars, the areas suitable for them, the manner in which the scholar should proceed before them and evolve ways by which they can be acquired.

WALK WITH A SCHOLAR PROGRAMME 2014-15 - ANNUAL REPORT

Walk with a Scholar Programme was introduced in our College during the Academic Year 2014-15 for the 1st Year Degree students, who are studying in the Aided stream of our college. This year also we have selected 30 students from nine departments of our college on the basis of the marks they have secured in the higher secondary examination.

No. of students in the Programme: 30

No of internal mentors: 5

Table 1. List of Students (Mentees) in the Programme

Sl. No.	Name of the mentee	Class
1	Athulya Simon	I C
2	Manu Antony	I K
3	Abhirami K.S.	I H
4	Jincy Jolly	I M
5	Anupama A.S.	I P
6	Sooryamol P.S.	I M
7	Arya Kannan	I K
8	Sandra Tom	I M
9	Deepu Ravi	I E
10	Aneesh Antony	I E
11	Anu Reji	I P
12	Dismy Jose	I H
13	Anjaly K.M.	I K
14	Ruksana Jamal	I M
15	Hariprasad S.	I B
16	Anju Chandran	I P
17	Sharaful Marwa K	I L
18	George Paul	I K
19	Arya Rajan	I K
20	Tharun Benny	I M
21	Josna Jose	I H

22	Ajith A.M.	I K
23	Ardra Subhash	I B
24	Jisna Jamal	I L
25	Amrutha Suku	I C
26	Anusha Ann Shaju	I C
27	Anju Sasi	I K
28	Arya Viswanath	I M
29	Anju Jose	I M
30	Harigovind J	I Z

Table 2. List of Internal Mentors

Serial No.	Name of the Mentor	Designation With Subject
1	Dr. Johny Scaria	Associate Professor Dept. of Statistics
2	Dr.Sr.Biji M.P.	Assistant Professor Dept. of Malayalam
3	Dr. Gigi K. Joseph	Assistant Professor Dept. of Zoology
4	Dr. S. Sankararaman	Associate Professor Dept. of Physics
5	Dr. Girish Kumar	Associate Professor Dept. of Commerce

WALK WITHA SCHOLAR PROGRAMME 2015-16 ANNUAL REPORT

To give continuous mentoring to these students we have selected this year also we have selected 5 internal mentors for first year WWS students. The details of the 1st year Internal Mentors are: Prof. Philip Augustine – Department of Chemistry, Dr. Thomas Varghese, Department of Physics, Dr. Suja C – Department of Hindi, Dr. Shibin Mohanan – Department of Botany and Dr. Ani Kurian – Department of Zoology.

Reputed persons from public and private sectors were invited as external mentors. Dr. Cyriac Thomas, Dr. T. R. Anandhakrishan, Mrs. Grace Lal, Dr. Issac Thomas, Prof. Tomy Cheriyan, Prof. Pius Thomas, Dr. Gagan Gupta, Dr. A. K. Wazalwar lead the mentoring classes on Positive thinking, Experiments in Physics, Challenges of the youth community, personality development, Communication skills, Career Guidance, Creating scientific Aptitude in the young minds etc respectively. The interactive session given by them gave special emphasis to solve the problems of the mentees such as emotional imbalance, stage fear, lack of confidence, lack of communication skills etc.

WWW students served as special volunteers in the 42nd Jawaharlal Nehru National Exhibition organized by NCERT held in our College from 14/12/2015-21/12/2016. 170 exhibits were displayed in the exhibition from different parts of the country.

Some of our students participated in the Speak for Kerala' All Kerala elocution competition organized by Federal Bank Ltd, in association with Mathrubhumi for the College students, as an initiative to bring about a positive change in the society through the youth to articulate their opinion, debate it with others and to influence a change in society. Afsia M.S. and Haritha V.H. Qualified to the second round of the Elocution Competition and won a certificate and cash prize worth Rs. 2000.

We have made earnest efforts to improve quality of the sessions. For this purpose Special Mentoring class by Dr. Gagan Gupta and Dr. Vasalwar from NCERT New Delhi, IAS Orientation Class By Mr. Jojo Mathews, Renowned IAS Faculty from Delhi and Invited Talk and Mentoring By Dr. Cyriac Thomas, former Vice Chancellor of MG University Kottayam etc were conducted to motivate the students to identify appropriate areas for higher studies as well as employment.

The major exposure programme we conducted was our Motivational Visit. For this we had submitted a detailed proposal for motivational visit based on the all our activities conducted

in the last academic year to Collegiate Education. And they gave approval for our proposal and they allotted Rs. 60000/- for the motivational visit. So a Two Day Motivational visit to VSSC, Kerala Science and Technology Museum Trivandrum, Planetarium, observatory, Trivandrum Weather forecast, IAS Academy Trivandrum, The Indian Space Research Organization (ISRO), The Vikram Sarabhai Space Centre (VSSC), Indian Institute of Science Education and Research, Thiruvananthapuram (IISER-TVM) etc. was arranged from 12/02/2016 - to 14/02/2016. 52 WWS students participated in this motivational visit. During our motivational visit we could visit some very famous Academic and Research learning institutions and we were very fortunate enough to have motivational talks, interaction with faculty and students of those eminent institutions. We had identified some very reputed institutions in Trivandrum so that they are beneficial to the majority of the students in the group. The main aim and objective of this two day motivational and institutional visit was to provide an opportunity to the students of the walk with a scholar Programme to visit reputed National Institutions of learning and Research. This motivational visit aimed at making them familiar to the professional environments and enables them to make informed career choices. As a whole our motivational visit was a grant success. It was very much informative, inspirational and helped to create a special aptitude for scientific research as well as higher studies. This two day motivational visit kindled sparks of experiential learning and curiosity in the minds of our students.

No. of students in the Programme: 60

No of internal mentors: 10

Table 3. List of first year students (Mentees) in the Programme

Sl. no	Name of the mentee	Class
1	Athulya Simon	II C
2	Manu Antony	II K
3	Abhirami K.S.	II H
4	Jincy Jolly	II M
5	Anupama A.S.	II P
6	Sooryamol P.S.	II M
7	Arya Kannan	II K
8	Sandra Tom	II M
9	Deepu Ravi	II E

10	Aneesh Antony	II E
11	Anu Reji	II P
12	Dismy Jose	II H
13	Anjaly K.M.	II K
14	Ruksana Jamal	II M
15	Hariprasad S.	II B
16	Anju Chandran	II P
17	Sharaful Marwa K	II L
18	George Paul	II K
19	Arya Rajan	II K
20	Tharun Benny	II M
21	Josna Jose	II H
22	Ajith A.M.	II K
23	Ardra Subhash	II B
24	Jisna Jamal	II L
25	Amrutha Suku	II C
26	Anusha Ann Shaju	II C
27	Anju Sasi	II K
28	Arya Viswanath	II M
29	Anju Jose	II M
30	Harigovind J	II Z

Table 4. List of second year students (Mentees) in the Programme

Sl. No	Name of the student	Class
1	Haritha V.H.	II K
2	Jeena Jose	I M
3	Delna Elizabeth Baby	I C
4	Maheswari G. Thoppil	I B
5	Fathima Bishara	I Z
6	Karthika Murali	I PV
7	Afsiya M.S.	I K
8	Aswathy Nair	I C

9	Stephen Jose	I P
10	Geo Joseph	I L
11	Anie Abraham	I E
12	Sharon Varghese	I H
13	Denson Dominic	I C
14	Swarna Vinod	I M
15	Kukku George	I M
16	Ayana Ayyappan	I P
17	Fathima Muhammad	I B
18	Ajeesha Thomas	I L
19	Vyshnav Raj R	I K
20	Kevin Joseph	I M
21	Ans Jose	I E
22	Jerin M Joy	I P
23	Anjana Subhash	I B
24	Nissy Sunny	I H
25	Krishna Siva Priya	I K
26	Vishnu Sukumaran	I M
27	Kavitha J	I C
28	Anjaly Vijayan	I P
29	Manjusha Manoj	I L
30	Sabreen Basheer	I PV
Reserve list		
31	Anns Mary Mathew	I B
32	Merin Francis	I Z
33	Leema Rose Mathew	I Z
34	Arya Anilkumar	I PV
35	Don Joseph	I P

Table 5. List of Internal Mentors

Serial No.	Name of the Mentor	Designation With Subject
FIRST YEAR		
1	Dr. Thomas Varghese	Associate Professor Dept. of Physics
2	Dr. Suja C.	Associate Professor Dept. of Hindi
3	Dr. Ani Kurian	Assistant Professor Dept. of Zoology
4	Dr. Shibir Mohanan	Assistant Professor Dept. of Botany
5	Mr. Philip Augustine	Associate Professor Dept. of Chemistry
SECOND YEAR		
1	Dr. Johny Scaria	Associate Professor Dept. of Statistics
2	Dr.Sr.Biji M.P.	Assistant Professor Dept. of Malayalam
3	Dr. Gigi K. Joseph	Assistant Professor Dept. of Zoology
4	Mr. Emmanuel A.J.	Associate Professor Dept. of Commerce
5	Dr. Girish Kumar	Associate Professor Dept. of Commerce

Figure 1. Reports of various activities conducted in the programme



WALK WITHA SCHOLAR PROGRAMME 2016-17- ANNUAL REPORT

Walk With a Scholar programme is a continuous mentoring programme introduced by 'New Initiatives' in the Directorate of Collegiate Education, Thiruvananthapuram. The scheme proposes to arrange specialised mentoring programmes for students in undergraduate programme in arts, science and commerce and to provide guidance for their future.

During this academic year 30 first year students from nine departments had been selected on the basis of the marks secured for their higher secondary examination. Hence, the team included a total of 90 mentees, 15 internal mentors and the Co-ordinator.

INTERNAL MENTORING

To provide continuous mentoring, eminent faculty members from various departments had been selected. Along with the 10 existing internal mentors, five new mentors were selected for first year students. The Co-ordinator and new internal mentors have attended capacity building workshops organised by "New Initiatives", Collegiate Education, Kerala. All the internal mentors provided a minimum of 10 hours of internal mentoring sessions to each student in the programme. Topics of internal mentoring sessions were life skills like Decision making, Problem solving, Creative thinking/lateral thinking, Critical thinking/perspicacity, Effective communication, Interpersonal relationships, Self awareness/mindfulness, Assertiveness, Coping with stress, trauma and loss and also career development.

Table 6. List of internal mentors

FIRST YEAR			
Serial No.	Name of the Mentor	Designation With Subject	E-mail Id
1	Dr. Jerome K. Jose	Assistant Professor Dept. of English	jeromekjose@gmail.com
2	Dr. Jyothish Kuthanappilly	Assistant Professor Dept. of Chemistry	jyothish2345@gmail.com
3	Ms. Jasmine Mary P.J.	Assistant Professor Dept. of Hindi	jmpjas@gmail.com
4	Ms. Liji George	Assistant Professor Dept. of Economics	lijjojokuzhipallil@gmail.com
5	Mr. Tittu Thomas	Assistant Professor Dept. of Physics	titu.thomas@ymail.com
SECOND YEAR			
Serial No.	Name of the Mentor	Designation With Subject	E-mail Id

1	Dr. Thomas Varghese	Associate Professor Dept. of Physics	ptvarghese07@yahoo.co.in
2	Dr. Suja C.	Associate Professor Dept. of Hindi	dr.sujac@gmail.com
3	Dr. Ani Kurian	Assistant Professor Dept. of Zoology	anikurianin@gmail.com
4	Dr. Shibir Mohanan	Assistant Professor Dept. of Botany	shibir Mohanan@gmail.com
5	Mr. Philip Augustine	Associate Professor Dept. of Chemistry	philipaugustine@ymail.com
THIRD YEAR			
Serial No.	Name of the Mentor	Designation With Subject	E-mail Id
1	Dr. Johny Scaria	Associate Professor Dept. of Statistics	johny.kakkattil@gmail.com
2	Dr.Sr.Biji M.P.	Assistant Professor Dept. of Malayalam	srnoeljose@gmail.com
3	Dr. Gigi K. Joseph	Assistant Professor Dept. of Zoology	gigiperiyar@gmail.com
4	Mr. Emmanuel A.J.	Associate Professor Dept. of Commerce	ajemmanual@gmail.com
5	Mr. Saji Joseph	Associate Professor Dept. of Mathematics	saji@nirmalacollege.ac.in

EXTERNAL MENTORING

Reputed persons from public and private sector were invited as external mentors. Proven expertise and merit were the criterion followed for identifying external mentor. 48 hours of external mentoring classes were provided to the students of the programme during this academic year. Mentoring is important, not only because of the knowledge and skills students can learn from mentors, but also because mentoring provides professional socialization and personal support to facilitate success in graduate school and beyond. Quality mentoring greatly enhances students' chances for success. Students who experience good mentoring also have a greater chance of securing academic tenure-track positions, or greater career advancement potential in administration or sectors outside the campus. In addition to the regular external mentoring session, Sri. Vinson M. Paul, Chief Information Commissioner, Govt. Of Kerala also provided a class on Right to Information act on 04-01-2017.

Table 7. Details of external mentoring sessions provided during 2016-17 academic year.

Sl. No.	Name and designation of the mentor	Topic	Date	Duration of the session (Hrs)
1	Dr. B. Ashok, IAS Secretary, dept. of Ayush, Govt. of Kerala	Inauguration, A call to success	11-11-2016	3
2	Shri. V.K. Adarsh Science and Technology Writer, Senior Manager (Tech), Union Bank of India	Technological advancement and humanity	04-01-2017	2
3	Dr. R. Sethumadhavan International Consultant, Holistic Health and Geriatric Care, Cognitive Research and Training Centre, Andrapradesh	Cognitive Training on Effective Learning and Teaching	27-01-2017	3
4	Shri. A.U. Prasad Regional Head (South), ALS IAS academy, Delhi	Civil service orientation Programme	28-01-2017	4
5	Justice K. Narayana Kurup Chairman, Police Complaint Authority. Kerala	Human rights	01-02-2017	3
6	Prof. Haridas P.G. Former Principal, SSV College, Perumbavoor	Role of Youth in National Integration	09-02-2017	2
7	Sri. Soorya Krishnamoorthy Founder director, Soorya Stage and film Society, Thiruvananthapuram	Indian arts and culture	21-02-17	3
8	Shri. P.C. Cyriac IAS Former Principal Secretary, Govt. Of Tamil Nadu	The power of passion	22-02-2017	3
9	Shri. Reji Thomas Trainer, HSST, OLLHSS, Uzhavoor, Kottayam	Science of positive thinking	25-02-2017	4
10	Shri. Varghese Paul Trainer, Centre for Alternate Learning, Chalakkudy, Thrissur	Entrepreneurship development Programme	26-02-2017	3
11	Dr. T.V. Mathew Clinical Psychologist, Thejus, ITR Road, Muvattupuzha	Personality Development	28-02-2017	4
12	Shri. Sajith Thomas	Career planning	04-03-2017	5

	Career Guru And Managing Director, Astra HR Innovations Pvt. Ltd., Kerala			
13	Shri. Murali K.K. Assistant Librarian, Mahatma Gandhi University, Kottayam	Library, Information Science, and web resources	08-03-2017	2
14	Dr. N.C. Induchoodan Environmental Conservationist and Former Divisional Forest Officer	Philosophy of Conservation	09-06-2017	2
15	Dr. Vinod P.K. Junior Consultant, Skin and VD specialist, Kerala Health Services	Sex education	17-06-2017	5

EXPERIENTIAL LEARNING PROGRAMME

Mentees of Walk With a Scholar Programme together with four faculty members were conducted a three day experiential learning programme in Idukki Wildlife Sanctuary on 03-02-2017 to 05-02-2017. Idukki Wildlife Sanctuary is one of the most striking wildlife sanctuaries in the state of Kerala. Located in Idduki in Thodupuzha and Udumpanchola taluks, the sanctuary is one of its kinds surrounded beautifully by Idduki Lake which is formed by the three dams Cheruthoni, Idukki and Kulamavu. Endowed with evergreen and lush green vegetation with different species of animals and birds making Idduki their home, the sanctuary is ideal for wildlife tour, photography and wildlife safari in Kerala. The programme helped the students to gather knowledge on the role of man in biosphere. Biotic richness of Kerala, the threats faced by the biota, the need for conservation etc. were the other topics covered in the programme. Students also documented the faunal diversity of the Sanctuary.

MOTIVATIONAL VISIT

As part of the WWS programme 2016-17, two days motivational visit was also conducted to Kerala Veterinary and Animal Sciences University, Mannuthy and Kerala Forest Research Institute, Peechi on 28-06-2017 and 29-06-2017 respectively. Internal mentors Dr. Gigi K. Joseph and Dr. Sr. Biji M.P. and the Programme Co-ordinator Dr. Vinod K.V. accompanied the students.

College of Veterinary and Animal Sciences, Mannuthy was established in 1955 and is one of the constituent colleges of the newly established Kerala Veterinary and Animal Sciences

University. The College has made extensive contribution for the development of animal husbandry sector of the state. In addition to development of human resources for serving the livestock farmers of the state, the college is also instrumental in various research, extension, consultancy and clinical services besides acting as a source of high quality germplasm and animal products to the farmers and general public respectively. Students visited the museum, laboratories as well as animal rearing farms of the campus. Dr. Deepak Mathew, Associate Professor provided a session on animal sciences and the livestock development.

Kerala Forest Research Institute (KFRI) is a multidisciplinary team of experts conducting research on tropical forests and forestry. This Institute has contributed significantly to research in tropical forestry and biodiversity conservation over the past three decades of its existence. Founded in 1975, Institute is envisioned as a Centre of Excellence in Tropical Forestry to provide scientific support for decision making on matters related to forestry, with particular emphasis on conservation, sustainable utilization and scientific management of natural resources. KFRI became a part of the Kerala State Council for Science, Technology and Environment (KSCSTE) along with five other R&D Centres of the State, when the KSCSTE was constituted in 2002. Students visited the soil museum, research laboratories, library, botanical garden, butterfly garden etc. Director of the Institute Dr. Brendson Corrie IFS interacted with students. Dr. K.F. George, Senior Scientist conducted a session on information Science.

MOCK TESTS

Aptitude tests for various competitive examinations including civil service had been conducted for the students of the programme

No. of students in the Programme: 90

No of internal mentors: 15

Table 8. List of Final year students (Mentees) in the Programme

Sl. No.	Name of the mentee	Class
1	Athulya Simon	III C
2	Manu Antony	III K
3	Abhirami K.S.	III H
4	Jincy Jolly	III M
5	Anupama A.S.	III P
6	Sooryamol P.S.	III M
7	Arya Kannan	III K
8	Sandra Tom	III M
9	Deepu Ravi	III E
10	Aneesh Antony	III E
11	Anu Reji	III P
12	Dismy Jose	III H
13	Anjaly K.M.	III K
14	Ruksana Jamal	III M
15	Hariprasad S.	III B
16	Anju Chandran	III P
17	Sandra V. Sathyan	III L
18	George Paul	III K
19	Arya Rajan	III K
20	Tharun Benny	III M
21	Josna Jose	III H
22	Ajith A.M.	III K
23	Ardra Subhash	III B
24	Jisna Jamal	III L
25	Amrutha Suku	III C
26	Anusha Ann Shaju	III C
27	Anju Sasi	III K
28	Arya Viswanath	III M

29	Anju Jose	III M
30	Harigovind J	III Z

Table 9. List of Second year students (Mentees) in the Programme

Sl. No.	Name of the mentee	Class
1	Haritha V.H.	II K
2	Jeena Jose	II M
3	Delna Elizabeth Baby	II C
4	Maheswari G. Thoppil	II B
5	Fathima Bishara	II Z
6	Karthika Murali	II PV
7	Afsiya M.S.	II K
8	Aswathy Nair	II C
9	Stephen Jose	II P
10	Geo Joseph	II L
11	Anie Abraham	II E
12	Sharon Varghese	II H
13	Denson Dominic	II C
14	Swarna Vinod	II M
15	Kukku George	II M
16	Ayana Ayyappan	II P
17	Fathima Muhammad	II B
18	Ajeesha Thomas	II L
19	Vyshnav Raj R	II K
20	Kevin Joseph	II M
21	Ans Jose	II E
22	Jerin M Joy	II P
23	Anjana Subhash	II B
24	Nissy Sunny	II H
25	Krishna Siva Priya	II K
26	Vishnu Sukumaran	II M
27	Kavitha J	II C

28	Anjaly Vijayan	II P
29	Manjusha Manoj	II L
30	Sabreen Basheer	II PV
Reserve List		
31	Anns Mary Mathew	II B
32	Merin Francis	II Z
33	Leema Rose Mathew	II Z
34	Arya Anilkumar	II PV
35	Don Joseph	II P

Table 10. List of First year students (Mentees) in the Programme

Sl. No.	Name of the mentee	Class
1	Maria Abraham	I H
2	Milan Maria Thomas	I H
3	Aparna Ashok	I L
4	Krishna Padmakumar	I L
5	Dias Francis	I L
6	Ambili Shaju	I K
7	Athira Jose	I K
8	Neenu P.R.	I K
9	Bismi K.S.	I K
10	Jayalakshmi T.A.	I E
11	Ashmy Sathar	I E
12	Pranatha M. Prabhakar	I P
13	Abhishek Sathyan	I P
14	Fathima Mohamed	I P
15	Emy Eldhose	I M
16	Hanan Ansar	I M
17	Harikrishnan A.G.	I M
18	Sharon Roy	I M
19	Muhsina Muhammed Basheer	I C
20	Arya Manoj	I C

21	Annu Jolly	I C
22	Jayalakshmi M. Jayadas	I C
23	Rahmath K.P.	I PV
24	Sethulakshmi Sajeev	I PV
25	Amal Ashokan	I B
26	Anjana Krishnan	I B
27	Aswathy R Kartha	I B
28	Greeshma Ramesan	I Z
29	Sreelakshmi K.S.	I Z
30	Nibin Sumedh	I Z

Figure 2. Internal mentoring sessions



Internal mentoring session by Dr. Gigi K. Joseph



Internal mentoring session by Mr. Titu Thomas



Internal mentoring session by Dr. Shibin Mohanan

Figure 3. External mentoring sessions



Dr. B. Ashok, IAS



Mr. V. K. Adarsh



Mr. A.U. Prasad



Justice K. Narayana Kurup



Mr. Haridas, P.G.



Mr. P.C. Cyriac, IAS



Mr. Reji Thomas



Mr. Murali K.K.



Mr. Vinson M Paul, IAS

Figure 4. Experiential learning programme at Idukki Wildlife Sanctuary



Figure 5. Motivational visit to Kerala Veterinary and Animal Sciences University, Mannuthy



Figure 6. Motivational visit to Kerala Forest Research Institute, Peechi



Figure 7. Students of WWS programme attending civil service aptitude tests.



Muvattupuzha
30-06-17

Dr. Vinod K.V.
(Co-ordinator)

WALK WITH A SCHOLAR PROGRAMME 2018-19

ANNUAL REPORT

NIRMALA COLLEGE, MUVATTUPUZHA

OBJECTIVES OF THE PROGRAMME

Walk With a Scholar (WWS) scheme proposes to arrange specialised mentoring programs for students in undergraduate programs in arts, science and commerce to develop life skills for their future. Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. The scheme envisages to develop important life skills like Decision making, Problem solving, Creative thinking/lateral thinking, Critical thinking/perspicacity, Effective communication, Interpersonal relationships, Self awareness/mindfulness, Assertiveness, Coping with stress, trauma and loss and thereby prepare them to excel in life.

The scheme introduces the idea of mentoring and builds on the concept of mentor as a guide and a friend. The mentoring scheme for students is purely voluntary in nature. It is open for all students entering the first year of the undergraduate programme of study. The scheme aims at giving necessary orientation to needy students, to prepare them for employment and give them necessary guidance, motivation and necessary mental support to identify appropriate areas for higher study as well as employment.

The mentoring scheme is planned to identify the opportunities available for the scholars, the areas suitable for them, the manner in which the scholar should proceed before them and evolve ways by which they can be acquired.

Walk With a Scholar programme is a continuous mentoring programme introduced by 'New Initiatives' in the Directorate of Collegiate Education, Thiruvananthapuram. The scheme proposes to arrange specialised mentoring programmes for students in undergraduate programme in arts, science and commerce and to provide guidance for their future.

During this academic year 60 students (30 first year and 30 second year) from nine departments had been selected on the basis of the marks secured for their higher secondary examination. The list was approved by College level monitoring committee.

INTERNAL MENTORING

To provide continuous mentoring, 10 eminent faculty members from various departments had been selected. The Co-ordinator and new internal mentors have attended capacity building workshops organised by “New Initiatives”, Collegiate Education, Kerala. All the internal mentors provided a minimum of 10 hours of internal mentoring sessions to each student in the programme. Topics of internal mentoring sessions were life skills like Decision making, Problem solving, Creative thinking/lateral thinking, Critical thinking/perspicacity, Effective communication, Interpersonal relationships, Self awareness/mindfulness, Assertiveness, Coping with stress, trauma and loss and also career development.

Table 11. List of internal mentors

Sl. No.	Name	Designation	Contact Number	Email	Batch of mentoring
1	Dr. Thomas Varghese	Associate Professor, Dept. of Physics	9447046922	tv@nirmala.ac.in	II
2	Mr. Mathews K. Manayani	Assistant Professor, Dept. of Chemistry	9995756627	mathewsmanayani@gmail.com	II
3	Dr. Gigi K. Joseph	Assistant Professor, Dept. of Zoology	9447432891	gigiperiyar@yahoo.co.in	II
4	Dr. Shibir Mohanan	Assistant Professor, Dept. of Botany	9496633162	shibir Mohanan2gmail.com	II
5	Dr. (Sr.) Biji M.P.	Assistant Professor, Dept. of Malayalam	9497366767	srnoelrose@gmail.com	II
6	Ms. Sona George	Assistant Professor, Dept. of English	9539297570	sonavaliyaparambil@gmail.com	I
7	Dr. Radhu S.	Assistant Professor, Dept. of Physics	9884698455	radhu123@gmail.com	I
8	Dr. Rajesh Kumar B.	Assistant Professor, Dept. of Physics	9605538217	rajeshikp@gmail.com	I
9	Ms. Alphonsa K. Joy	Assistant Professor, Dept. of Economics	9447524688	alphonsakjoy@gmail.com	I
10	Dr. Ani Kurian	Assistant Professor, Dept. of Zoology	9388419500	anikurian@gmail.com	I

Table 12. List of first year scholars and their mentors

Sl. No.	Name	Course with Main	Mentor
1	Jisna Joseph	BA Hindi	Dr. Ani Kurian
2	Gopika V.H.	BSc. Botany	Dr. Ani Kurian
3	Farzana P.S.	BA Malayalam	Dr. Rajesh Kumar
4	Amitha Johney	BSc. Zoology	Dr. Ani Kurian
5	Juwryiya Shaji	BSc. Zoology	Dr. Ani Kurian
6	Jeena Rahim	BSc. Zoology	Dr. Ani Kurian
7	Krishnapriya P.S.	BSc. Botany	Dr. Radhu S
8	Amana Shiyas	BSc. Chemistry	Dr. Radhu S
9	Devadarshan M.D.	BSc. Chemistry	Dr. Radhu S
10	Athulya M.S.	BSc. Physics	Dr. Radhu S
11	Rugma Raveendran	BSc. Physics	Dr. Radhu S
12	Arjun K. Biju	BSc. Physics Vocational	Dr. Rajesh Kumar
13	Ashly M.A.	BA Malayalam	Dr. Rajesh Kumar
14	Anjana P.S.	BSc. Chemistry	Dr. Rajesh Kumar
15	Anna Sabu	BSc. Chemistry	Dr. Rajesh Kumar
16	Chithira K. Vijay	BSc. Physics	Dr. Radhu S
17	Haripriya M.S.	BSc. Physics Vocational	Dr. Rajesh Kumar
18	Sreelekha R.	BSc. Physics Vocational	Dr. Rajesh Kumar
19	Anagha V.P.	BA Economics	Ms. Alphonsa K. Joy
20	Rahul Sajeev	BA Economics	Ms. Alphonsa K. Joy
21	Simmy Mathew	BA Economics	Ms. Alphonsa K. Joy
22	Amala Joy	BA Hindi	Ms. Sona George
23	Suhana Nooh	Bcom	Ms. Alphonsa K. Joy
24	Krishnendu N. Nair	Bcom	Ms. Alphonsa K. Joy
25	Eshana Eessa	BA Hindi	Ms. Sona George
26	Githin V.M.	BA Hindi	Ms. Sona George
27	Athira Das	BA Malayalam	Ms. Sona George
28	Brinta Anna Paul	BA Malayalam	Ms. Sona George
29	Akhila Alex	BA Malayalam	Ms. Sona George
30	Dona Mariya John	BSc. Botany	Ms. Alphonsa K. Joy

Reserve list			
31	Asna P.A.	BA Malayalam	Dr. Rajesh Kumar
32	Mahesh Pavithran	BSc. Botany	Dr. Ani Kurian
33	Alfana Kabeer	BA Hindi	Ms. Sona George
34	Amrutha Mohan	BA Hindi	Ms. Sona George

Table 13. List of second year scholars and their mentors

Sl. No.	Name	Course with Main	Mentor
1	Saharshan P.M.	BSc. Zoology	Dr. Shibin Mohanan
2	Githanjali G.	BSc. Zoology	Dr. Shibin Mohanan
3	Karthika N. Santhosh	BSc. Zoology	Dr. Gigi K. Joseph
4	Devachandana C. Prabhu	BSc. Zoology	Dr. Gigi K. Joseph
5	Nimisha Maria Baby	BA Malayalam	Dr. Sr. Biji MP
6	Neeraja Premnath	BA Malayalam	Dr. Sr. Biji MP
7	Shabana Ashraf	BA Malayalam	Dr. Sr. Biji MP
8	Muhammed Sulaim	BA Economics	Dr. Gigi K. Joseph
9	Krishnapriya Babu	BA Economics	Dr. Gigi K. Joseph
10	Karthika Vijayan	BA Economics	Dr. Gigi K. Joseph
11	Beema Hashmi Ashraf	BSc. Mathematics	Dr. Thomas Varghese
12	Sonu Joseph	BSc. Mathematics	Dr. Thomas Varghese
13	Amal Jose	BSc. Mathematics	Dr. Thomas Varghese
14	Sonata Tom	Bcom	Mr. Mathews Manayani
15	Chinnu Jose	BA Hindi	Dr. Sr. Biji MP
16	Haritha Raju	BA Hindi	Dr. Sr. Biji MP
17	Shalu Maria George	BA Hindi	Dr. Sr. Biji MP
18	Anaswara Sasi	BSc. Botany	Dr. Shibin Mohanan
19	Amalendu S.	BSc. Botany	Dr. Shibin Mohanan
20	Neha Rose Pious	BSc. Botany	Dr. Gigi K. Joseph
21	Theres Ann Tom	BSc. Physics Vocational	Mr. Mathews Manayani
22	Devika Shajan	BSc. Physics Vocational	Mr. Mathews Manayani
23	Abhay Sanker E.V.	BSc. Physics Vocational	Mr. Mathews Manayani
24	Parvathy Unnikrishnan	BSc. Physics	Dr. Thomas Varghese
25	Aathira N.S.	BSc. Physics	Dr. Thomas Varghese

26	Ruksana	BSc. Physics	Dr. Thomas Varghese
27	Anupama Ashokan	BSc. Chemistry	Mr. Mathews Manayani
28	Anjana Harikrishnan	BSc. Chemistry	Mr. Mathews Manayani
29	Sandra Sanil	BSc. Chemistry	Dr. Shibin Mohanan
30	Alka	BSc. Chemistry	Dr. Shibin Mohanan
Reserve List			
31	Vrinda P.R.	BSc. Physics	Dr. Shibin Mohanan

EXTERNAL MENTORING

Reputed persons from public and private sector were invited as external mentors. Proven expertise and merit were the criterion followed for identifying external mentor. 50 hours of external mentoring classes were provided to the students of the programme during this academic year. Mentoring is important, not only because of the knowledge and skills students can learn from mentors, but also because mentoring provides professional socialization and personal support to facilitate success in graduate school and beyond. Quality mentoring greatly enhances students' chances for success. Students who experience good mentoring also have a greater chance of securing academic tenure-track positions, or greater career advancement potential in administration or sectors outside the campus. Mr. Eldo Paulose, Mr. K.J. Sudhevan, Mr. Shibu Damodar, Ms. Rakhee Vijay Nair, Mr. Sarath T.R., Mr. Aslam P.S., Mr. Jinse Paulose and Mr. Sajith Thomas conducted sessions as external mentors.

MOCK TEST FOR SECOND YEAR SCHOLARS

Two civil service mock tests had been conducted for second year scholars on February 04th and 15th 2019. Faculty members from Nirmala civil service academy prepared the question papers and evaluated them. In addition to the mock tests, special orientation programme had been conducted to the scholars to prepare them for upcoming civil service preliminary examination.

Muvattupuzha
26-02-19

Dr. Vinod K.V.
(Co-ordinator)

Figure 8. External mentoring sessions



Mr. Eldo Paulose



Mr. Jinse Paulose



Ms. Rakhee Vijay Nair



Mr. Sarath T.R.