

ST.MARY'S COLLEGE
THRISSUR

WALK WITH A SCHOLAR
PROGRAMME

Annual Report
(2016-17)

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Walk With Scholar (WWS) Programme

Walk With Scholar (WWS) scheme proposes to arrange specialized mentoring programs for students in Under Graduate Programs in Arts, Science and Commerce and to provide guidance and orientation to prepare themselves for employment or select areas for higher study. The scheme introduces the idea of mentoring and builds on the concept of mentor as a 'Guide' and 'Friend'. The mentoring scheme for students will be purely voluntary in nature. 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. For the purpose of mentoring, two categories of mentors will be identified. One will be 'Internal Mentor' and the second will be 'External Mentor'.

Internal Mentoring

WWS St.Mary's College,Thrissur(2016-17)

Coordinator: Dr.Bincy Joseph, Assistant Professor, Department of Chemistry
List of Internal Mentors (2016-17)

Sl.No	Name of the Mentor	Department	Class
1	Dr.Litty Mathew Irimpan	Department of Physics	III DC
2	Dr. Dalie Dominic	Department of Zoology	III DC
3	Dr. Deepa G Muricken	Department of Biochemistry	III DC
4	Dr. T. Geetha	Department of Chemistry	III DC
5	Smt. Liji Maliakal	Department of Economics	III DC
6	Dr. Rekha K	Department of Botany	II DC
7	Dr. Dhanya K C	Department of Microbiology	II DC
8	Dr .Manju Sebastian	Department of Chemistry	II DC
9	Smt. Diana Mary George	Department of mathematics	II DC
10	Smt. Vandana A B	Department of History	II DC
11	Dr.Bindu Ann Philip	Department of English	I DC
12	Dr.Mabel Merlen Jacob	Department of Microbiology	I DC
13	Dr.Regis Raphael.	Department of Botany	I DC
14	Smt.Soumya .K.	Department of Mathematics	I DC
15	Smt.Betsy Chacko	Department of Computer Science	I DC

ACTIVITY REPORT OF THE INTERNAL MENTOR

WWS- III DC Mathematics-(2016-2017)

Dr.Litty Mathew Irimpan

Session Number	Date	Activity undertaken
1	02-09-2016	Review of various activities of WWS for the last 2 years and discussion on the activities to be conducted this year
2	30-09-2016	Discussion on different options of higher education
3	06-10-2016	Discussion on different career opportunities
4	28-10-2016	Discussion on competitive exams, interviews and group discussion
5	04-11-2016	Individual counselling to students
6	09-12-2016	Motivated students to take up summer projects in reputed institutions
7	22-12-2016	Discussed different topics of project and their current relevance
8	05-01-2017	Various online site visits
9	20-01-2017	Motivating social service and social activities
10	03-02-2017	Discussion on various skills of paper presentation
11	17-02-2017	Discussion on scientific paper writing
12	07-03-2017	Knowing each mentees interest and dreams and helping them to set their goal for future. Give suggestions to achieve that goal

Time- 2.30 to 3.30 PM





WWS- III DC BOTANY-2016-2017
ACTIVITY REPORT OF INTERNAL MENTOR
Dr.Dalie Dominic

Session Number	Date	Activity undertaken
1	6-9-2016	Discussion on various activities of WWS
2	23-9-2016	Topics were discussed on their expectations of the programme
3	7-10-2016	Individual counselling to students
4	21-10-2016	Discussion conducted on options of higher education
5	4-11-2016	Discussion on competitive exams
6	14-12-2016	Conducted mock interview
7	21-12-2016	Assigned the mentees to read books to increase general knowledge and current affairs
8	5-1-17	Discussion on scientific paper writing
9	7-2-17	Motivated students to take up summer projects
10	8-2-17	Motivating social service and social activities
11	3-2-17	Individual counselling to students
12	17-2-17	Counselling to achieve life goal

Time- 2.30 to 3.30 PM



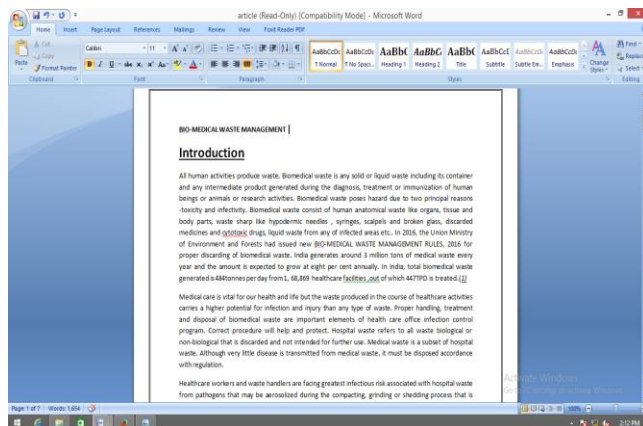
WWS- III DC Microbiology-2016-2017
ACTIVITY REPORT OF INTERNAL MENTOR
Dr.Deepa G Murikken

Session Number	Work/Activity undertaken (Time- 2.30 to 3.30 PM on 1 st and 3 rd Fridays of each month)
1	<p>Introduced e - learning methods.</p> <p>Discussed about educational websites, virtual class rooms, MOOCS and different courses – Instructed to use e resources for preparing academic assignments</p>
2	<p>Internal gathering session</p> <p>Gave an introduction and orientation about various scholarships and higher education opportunities and scope of their interested fields</p> 
3	<p>Library Visit</p> <p>The mentees were requested to read research articles published in various journals available in college library. They were given a brief idea to write review articles and publish it.</p> 

4

Review article

Mentees were asked to divide into two groups and asked to think about a relevant social problem and asked them to write a review on that for publication. Students selected the topic Air pollution and Hospital Waste management and prepared review on that. This helped them to go in depth of the problem which has great impact in the society and get aware of the methods to control them. Also they got exposure on how to write a scientific article.







5

Synthesis of Herbal mosquito repellent

Mentees were made aware on different social issues and one related to their field was mosquito borne diseases. To have a preventive measure on mosquitoes the mentor developed a simple formulation for repelling mosquitoes using medicinal plants. The formulation has been taught to mentees and they tried it for their use. This can be made available for them as well as for the community.



6	<p>Congratulating Gem of St. Mary`s One of Mentee Meera V M secured the GEM of College position and we gathered together to motivate every one and appreciate her in her success.</p> 
7	<p>Supply of study materials Each mentee was given study materials for their work. A study kit was provided to them. They were also allowed to use the mentor`s library for their reference work</p> 
8	<p>Academic Project Mentees were assigned an extra project other than their academic one so that they can study different techniques in their field. This made students equipped themselves in their field.</p> <div style="display: flex; justify-content: space-around;">   </div>

9	Paper Presentation Ms. Rose Jose was asked to collect details on a plant <i>Amaranthus tricolor</i> and she presented the details on the plant in the field of medicine and nutrition. All the mentees participated and interacted well in the session.
10	Paper presentation Ms. Disney Joy presented on the pharmacognostic and nutritional benefits of <i>Alternanthera brasiliana</i> . Mentees discussed on the topic and a comparative evaluation of the work was made.

WWS- III DC CHEMISTRY-2016-17
ACTIVITY REPORT OF INTERNAL MENTOR
Dr.T.Geetha

Session Number	Date	Activity undertaken
1	02-9-2016	Discussion on aspiration and needs of mentees
2	30-9-2016	Motivated students to read both subject books & general books.
3	6-10-2016	Distribution of study materials
4	28-10-2016	Spoke to the mentees about career opportunities available in the field of research and motivated them to apply for summer fellowship. Advised them on various opportunities available to gain exposure and apply for summer internship in reputed national institutes.
5	4-11-2016	Motivated mentees to avail free coaching classes conducted for JAM by Chemistry Teachers Association (Venue – St. Thomas College)
6	09-12-2016	Discussion with mentees regarding various techniques for exam preparation and the need for systematic revision and time management.
7	22-12-2016	Discussion about tips to face interview.
8	05-01-2017	Motivated mentees to pursue higher studies in reputed institutions & discussion on various options available to them
9	20-01-2017	One to one interaction with mentees to discuss their problems, both academic and personal.

10	03-02-2017	Discussion with mentees on improving scientific report writing
11	17-02-2017	Discussion with mentees on presentation skills
12	07-03-2017	Tips for exam preparation

Time- 2.30 to 3.30 PM



WWS - V & VI SEMESTER BA ECONOMICS 2016-17

ACTIVITY REPORT OF INTERNAL MENTOR

Smt.Liji Maliekkal

SESSION NUMBER	DATE	ACTIVITY UNDERTAKEN
1	07/06/2016	Introduced to the mentees the various activities for the year and made a list of the study materials and books for reference
2	29/08/2016	Gave assignments to the mentees in their subjects
3	23/09/2016	Session for helping them to gain language proficiency
4	07/10/2016	Plan for Improving awareness on general knowledge and current affairs
5	21/10/2016	Session on paper presentation on their subject
6	04/11/2016	Utilization and familiarization of e- journals
7	25/11/2016	Seminar paper presentations organized
8	02/12/2016	Arranged interactive session with other fellow students in the institution
9	9/12/2016	Gave a project on research tools used in economics and history
10	14/01/2017	Awareness on career opportunities after degree
11	27/1/2017	Arranged Mock interview and group discussions
12	10/2/2017	Motivation for higher studies

Time- 2.30 to 3.30 PM



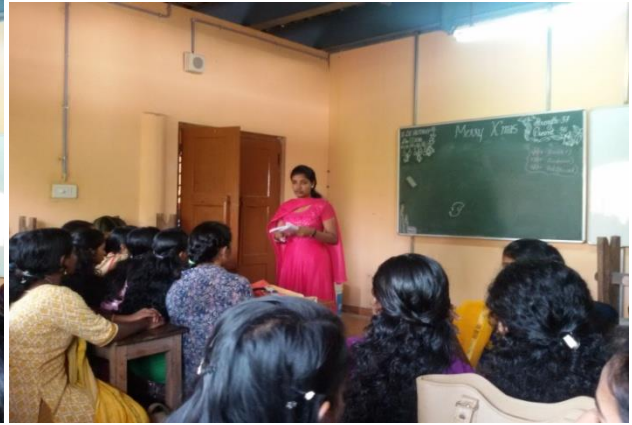
WWS- IIDC BOTANY-2016-2017**ACTIVITY REPORT OF INTERNAL MENTOR****Dr.Rekha**

Session Number	Date	Activity undertaken
1	6-9-2016	Introduced various activities of WWS in the academic year to the scholars and developed action plan regarding the same
2	23-9-2016	Topics were given to the mentees for presentation and conducted discussion on their expectations of the programme
3	7-10-2016	Presentation by the mentees Name of the mentee: Anitta A.B. Topic: Pathogenesis: penetration and prepenetration of pathogens Name: Anjali Girijan Topic: Plant –parasite relationship
4	21-10-2016	Presentation by the mentees Name of the mentee: Sini k.L. Topic: Ecological significance of lichens Name: Veena K Topic: Lichen-Parmelia
5	4-11-2016	Distribution of study materials Discussion on the topic: Mycorrhiza and its importance
6	14-12-2016	Conducted mock interview Mentees interviewed: Anjali Eldho, Anjali Girijan Presentation by the mentees: Name: Anjali Eldho

		<p>Topic: Control measures of plant diseases</p> <p>Name: Shila Lal</p> <p>Topic: Symptoms of fungal disease</p>
7	21-12-2016	Assigned the mentees to read autobiography of various personalities of their choice during holidays and that will be presented by them in the month of January
8	13-1-2017	Presentation of autobiography by the mentees
9	10-2-2017	<p>Presentation by the mentees</p> <p>Name: Anitta A</p> <p>Topic: Evolution of sporophyte in bryophytes</p>
10	17-2-2017	Group discussions on practical topics
11	03-03-2017	<p>PPT presentation by the mentee</p> <p>Name of the mentee- Veena K</p> <p>Topic- Stellar evolution in sporophyte</p>
12	24-03-2017	Discussion on the tips and techniques to perform well in the examination

Time- 2.30 to 3.30 PM





ACTIVITY REPORT OF THE INTERNAL MENTOR (2016-2017)

• **Name of the Mentor** **Dr. Dhanya KC**

Session Number	Work/Activity undertaken
1	The mentees were requested to read research articles published in various journals available in college library.
2	An assignment was given to the mentees on the topic ‘Nobel prize laureates in Science during 2014-2015’
3	Introduced e - learning methods. Discussed about educational websites, virtual class rooms – Instructed to use e resources for preparing academic assignments
4	Gave orientation for proper usage social network sites for communication and career advancement
5	Discussed about a few frontier areas in microbiology and molecular biology and assigned to prepare a write up
6	Gave an introduction and orientation about various scholarships and higher education opportunities
7	Instructed to read on some innovative areas under research and assigned to prepare a write up
8	Arranged a group discussion session
9	Instructed to use e resources for preparing an assignment given as part of mentoring
10	Encouraged to prepare on a topic and to present a class for classmates
11	Discussed about the specific career options as per their positive areas
12	To improve their teaching learning skills, arranged few topics to present class before juniors

Time- 2.30 to 3.30 PM



WWS- IIDC CHEMISTRY-2016-2017**Dr.Manju Sebastian**

Sl No	Date	Activity undertaken
1	6-9-2016	Introduced various activities of WWS in the academic year to the mentees and developed action plan regarding the same
2	23-9-2016	Discussion on usage of various resources available for students such as journals available in library, e journals subscribed by the institution and how to use them effectively
3	7-10-2016	Visited internet lab with mentees to make them familiarize with various e resources. An introduction to MOOC and NPTEL is given. Students are encouraged to join an online course of their choice.
4	21-10-2016	Include mentees in various Department level programme committee so as to enhance their organizational skills.
5	4-11-2016	Distribution of study materials. Motivated them to read news papers both in Malayalam and English daily. Also insisted them to write down the key news in a notebook.
6	14-12-2016	Conducted a group discussion by mentees on the topic demonetization and its impact on society.
7	21-12-2016	Give an overview of various competitive exams available for students.
8	23-01-2017	Discussed some eminent scientists in the field of science and asked them to prepare a write-up on their favourite scientist
9	13-02-2017	Discussed some eminent scientists in the field of science and asked them to prepare a write-up on their favourite scientist
10	06-03-2017	Assigned the mentees to read autobiography of various personalities of their choice and write a review about the book. Concluded the activities for the academic year 2016-17 by conducting a group discussion on the topic “A dream for life”

Time- 2.30 to 3.30 PM



WWS - III SEMESTER B.Sc MATHEMATICS 2016-17

ACTIVITY REPORT OF INTERNAL MENTOR

Internal Mentor:Smt .Diana Mary George

SESSION NUMBER	DATE	ACTIVITY UNDERTAKEN
1	05/08/2016	Introduced to the mentees the various activities for the year and made a list of the study materials and books for reference
2	02/09/2016	A session on how to search for a particular topic in a book and a list of dependable websites were introduced to the class
3	24/09/2016	The mentees presented a review of the book read by them which was distributed as a part of the WWS programme
4	07/10/2016	Gave an idea about various entrance exams conducted by reputed institutions for higher studies
5	05/11/2016	Problem solving session for JAM exam using previous question papers
6	02/12/2016	Problem solving session for JAM exam using previous question papers
7	06/01/2017	Introduced to the mentees the various workshops organized by different universities and institutions and encouraged them to attend some of them
8	20/01/2017	A session on documentation and preparation of seminars were given
9	03/02/2017	A discussion on how to inculcate social responsibility was initiated among the mentees
10	14/02/2017	Problem solving session using previous entrance question papers of different institutes
11	03/03/2017	They were given mock interview
12	24/03/2017	Problem solving session for JAM exam using previous question papers

Time- 2.30 to 3.30 PM



WWS Programme for the second year students (2016-2017)

Name of mentor: Vandana A B

session	Activity
26/8/2016	Review of WWS programme of last year and feed back of their achievements in the last year
9/9/2016	Remodeled and reset their goals according to their aspirations.
23/9/2016	Activity plan for achieving their vision and goals
14/10/2016	Gave assignments to the mentees in their subjects
28/10/2016	Session for helping them to gain language proficiency
11/11/2016	Plan for Improving awareness on general knowledge and current affairs
25/11/2016	Motivated them with examples of great personalities and provided them some autobiographies of great personalities
9/11/2016	Gave assignments to the mentees in their subject of interest.
25/11/2016	Session on paper presentation on their subject
9/12/2016	Interactive session on stress management
27/1/2017	Utilization and familiarization of e- journals
10/2/2017	Speech on a topic assigned to them earlier
24/2/2017	Practical group discussion session on specified topic
10/3/2017	Motivation for higher studies
24/3/2017	Gave a project on water and environment conservation

Time- 2.30 to 3.30 PM



ACTIVITY REPORT OF THE INTERNAL MENTOR

Internal Mentor: Dr. Bindu Ann Philip

Session Number	Work/Activity undertaken				
1	<p>This is me</p> <p>The first session started with a special event called <i>This is Me</i>. The mentor introduced herself to the mentees and discussed the importance of having a mentor in their academic and personal life. The mentees freely asked questions to know more about their mentor.</p> <p>The group members enjoyed the ice breaking session where each one got a chance to know the other members of the team. The class dispersed with the idea that in the next session all the mentees will have their self-introduction.</p>				
2	<p>Self-Introduction</p> <p>We continued the programme <i>This is Me</i> and all the mentees introduced themselves. They shared their personal interests, goals in life and family details. The group enjoyed this session as everyone got a unique opportunity of getting to know each other really well. Mentor delivered an inspirational speech on the topic, "How to tackle problems in life".</p> <p>Before the end of the session the study materials were distributed to the students.</p>				
3	<p>Interview session</p> <p>History and Economics students were mixed in small groups to take part in an interview session. Mentees selected some famous personalities and did a role-play by interviewing each other. They enacted the roles of Malala Yousefsai, Arundhati Bhattacharya etc. The mentees benefitted the technique of interview, proper communication and the thrill of interviewing.</p> <table><thead><tr><th>Mentees</th><th>Personality</th></tr></thead><tbody><tr><td>1. Aiswarya & Vismaya</td><td>Malala</td></tr></tbody></table>	Mentees	Personality	1. Aiswarya & Vismaya	Malala
Mentees	Personality				
1. Aiswarya & Vismaya	Malala				

	<div> <div>2. Mahima & Greeshma</div> <div>Indira Gandhi</div> </div> <div> <div>3. Ashwathy & swapna</div> <div>Arundhathy Bhattacharya</div> </div>														
4	<p>Speech</p> <p>The mentees were asked to prepare a speech on any of their favourite topics. They all did a good job and they seemed to be more confident, conquering their initial level of stage fright.</p> <table> <tr> <th>Mentees</th><th>Topics</th></tr> <tr> <td>1.Aiswarya</td><td>Heaven on Earth</td></tr> <tr> <td>2.Vismaya</td><td>Good Personality</td></tr> <tr> <td>3.Mahima</td><td>Globalisation</td></tr> <tr> <td>4. Greeshma</td><td>Environmental Problems</td></tr> <tr> <td>5. Ashwathy</td><td>Family and strength</td></tr> <tr> <td>6. swapna</td><td>Positive Attitude</td></tr> </table>	Mentees	Topics	1.Aiswarya	Heaven on Earth	2.Vismaya	Good Personality	3.Mahima	Globalisation	4. Greeshma	Environmental Problems	5. Ashwathy	Family and strength	6. swapna	Positive Attitude
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5	<p>Counselling Session</p> <p>A counselling session was introduced by the mentor. The mentees were asked to speak about their strength and weaknesses. Students shared even their personal problems with utmost sincerity and enjoyed the homely ambience. Mentees also had a self-evolution where they tried to understand the merits and demerits of their own personalities.</p>														
6	<p>Debate</p> <p>Mentees took part in the session with lots of enthusiasm. The topic of the debate session was “co-education” half of team spoke for the topic and argued that co-education provides a suitable platform for the students to mingle with the opposite sex. The opponents further argued that a women’s only college is the best place for the girls to exhibit their talents without any inhibitions.</p>														

7	<p>Book Review</p> <p>In this session all the students were asked to read a book and have a book review of the same. Mentees mainly chose books from the genre biography and openly discussed the content of the book and the way it inspired them.</p>														
8	<p>Discussion about their core subject and their interest towards it:</p> <p>A chance was given to the students to talk about their core subjects and talk about their passion towards it. History and Economics students talked in detail the importance of their particular subjects and also explained the scope of the subject matter.</p>														
9	<p>Role Model</p> <p>Mentees found it very interesting to talk about their role models. They agreed to the fact that sometimes the life experiences of their role models help them to take decisions in their life and even guide them in difficult situations.</p> <table> <tr> <th>Mentees</th><th>Role Model</th></tr> <tr> <td>1.Aiswarya</td><td>Malala Yousafsai</td></tr> <tr> <td>2.Vismaya</td><td>APJ ABDUL KALAM</td></tr> <tr> <td>3.Mahima</td><td>SUDHA MURHY</td></tr> <tr> <td>4. Greeshma</td><td>St. Alphonsa</td></tr> <tr> <td>5. Ashwathy</td><td>Arundhathy Bhattacharya</td></tr> <tr> <td>6. Swapna</td><td>APJ ABDUL KALAM</td></tr> </table>	Mentees	Role Model	1.Aiswarya	Malala Yousafsai	2.Vismaya	APJ ABDUL KALAM	3.Mahima	SUDHA MURHY	4. Greeshma	St. Alphonsa	5. Ashwathy	Arundhathy Bhattacharya	6. Swapna	APJ ABDUL KALAM
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6. Swapna	APJ ABDUL KALAM														
10	<p>Feed Back session:</p> <p>The mentees were gives a session to evaluate the programme and talk about how the programme can be improved. They were all of the opinion that WWW Programme is 100% successful and they usually look forward for the next session.</p>														

Time- 2.30 to 3.30 PM

ACTIVITY REPORT OF THE INTERNAL MENTOR (2016-2017)

• **Name of the Mentor** **Dr. Mabel Merlen Jacob**

Session Number	Work/Activity undertaken
1	The mentees were given a detailed orientation on the subject Microbiology and its scope and future possibilities
2	An assignment was given to the mentees on how to perform 'Self Introduction'
3	The assignment was corrected and guidance was given on how to effectively introduce themselves before an audience. An oral session by them where they introduced themselves followed.
4	Gave an introduction and orientation about various scholarships and higher education opportunities. Encouraged them to apply for them, especially Prathibha scholarship by KSCSTE.
5	Provided tips for preparing academic assignments and how to effectively use different e-learning materials for education purpose.
6	Discussed some eminent scientists in the field of science and asked them to prepare a write-up on their favourite scientist
7	The mentees were asked to read English newspapers and present news in brief each week, with a view of staying oriented with current affairs.
8	An assignment was given to the mentees to read any English book of their choice and to prepare a brief on it.
9	The mentees were asked to present the story in front of the group and discuss about the moral of the story.

10	Gave an introduction to various laboratory equipments in brief.
11	The mentees were encouraged to read science journals and have a group discussion on interesting and novel scientific topics they get fascinated with.
12	Powerpoint presentation on a topic was given and the mentees were asked to prepare such preparations on topics of their choice to be presented in later sessions.

Time- 2.30 to 3.30 PM



WWS- I DC BOTANY (I Sem & II Sem)-2016-2017

ACTIVITY REPORT OF INTERNAL MENTOR

Internal Mentor :Dr.Reji Raphael

Session Number	Date	Activity undertaken
1	6-9-2016	Self introduction of Mentees
2	23-9-2016	Gave an idea about writing the Biodata
3	7-10-2016	Distribution of study materials
4	21-10-2016	Presentation by the mentees Name of the mentee: Hima A Topic: Theories on Apical organisation Name: Nandana K S Topic: Simple tissues
5	4-11-2016	Presentation by the mentees Name of the mentee: Krishnapriya K R Topic: Primary structure of dicot root Name: Athira A Muralidharan Topic: Nodal anatomy
6	14-12-2016	Presentation by the mentees Name of the mentee: Bincy C S Topic: Anomalous secondary growth Name: Sreelakshmy Chandran Topic: Root stem transition
7	22-12-16	Gave an idea about Goals to be achieved by each student
8	13-1-17	Presentation by the mentees Name of the mentee: Krishnapriya K R Topic: Chi square
9	10-2-17	Presentation by the mentees Name of the mentee: Bincy C S

		Topic: Paraffin embedding
10	17-2-17	Presentation by the mentees Name: Sreelakshmy Chandran Topic: Staining methods
11	3-3-17	Importance of practical exam and Statistics problems are discussed
12	24-3-17	Discussion of Question paper, points to be in mind during exam and need for a time table during revision holydays

Time- 2.30 to 3.30 PM





ACTIVITY REPORT OF THE INTERNAL MENTOR

Mentor's Name: Sowmya K

Class: I Semester BSc. Mathematics

Session Number	Date	Work/Activity Taken
1.	12/08/2016	Introduction & Orientation of the Programme .
2.	26/08/2016	Discussed 'Fallacies in Mathematics ' to create interest towards the Programme..
3.	23/09/2016	More problems on 'Fallacies in Mathematics ' discussed. Provided Study Materials.
4.	28/10/2016	Interview Techniques Discussed. Self Introduction & Mock Interview Conducted. (2 Mentees)
5.	11/11/2016	Self Introduction & Mock Interview Conducted. (2 Mentees)
6.	09/12/2016	Self Introduction & Mock Interview Conducted. (2 Mentees)
7	13/01/2017	Given an idea about writing CV/Bio-data. The Mentees were told to prepare their own Bio-data.
8	27/01/2017	Each Mentee read the Bio-data prepared by them in the last class and made correction..
9	10/02/2017	The topic 'Violence against Women' was put for discussion. 2 Mentees Expressed their views regarding the topic.
10	24/02/2017	The topic 'Violence against Women' was put for discussion. 2 Mentees Expressed their views regarding the topic.
11	03/03/2017	The topic 'Violence against Women' was put for discussion. 2 Mentees Expressed their views regarding the topic.
12		Discussed the measures to be taken to improve the Programme.

	10/03/2017	Feedback collected.
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Time- 2.30 to 3.30 PM





WWS- I Sem BSc. CHEMISTRY 2016-17
ACTIVITY REPORT OF INTERNAL MENTOR

Internal Mentor : Betsy Chacko

Session Number	Date	Activity undertaken
1	02-9-2016	Self Introduction Also discussed how to introduce differently depending on the situation : addressing an audience , meeting someone at an academic gathering, or just starting a conversation with a new person/experts.
2	30-9-2016	Goal Setting Discussed on time management in order to help to prioritize their goals and objectives. Setting goals gives long-term vision and short-term motivation. The session helped them to set their short

		term and long term goals .
3	7-10-2016	Distribution of study materials
4	28-10-2016	Group Discussion GD Tips were given.A group discussion was conducted on a previously given topic : 'Water Pollution and Global water shortage'
5	4-11-2016	Strengthening the personal relationship. Had conversation with the students for building a strong relationship with them.
6	09-12-2016	Motivated them to improve reading habit. They were asked to read any one book of their interest and make a review. Wholeheartedly participated and made a report on the same.
7	23-12-2016	Presentation Tips for preparing better power point slides and to improve presentation skills were discussed with the students. Each of them presented separated topics and each student was evaluated by other students..
8	27-01-2017	Best Use of Library Have a companionship with Library Spent time on more books
9	10-02-2017	Meet with Peer Sharing knowledge & experience with peer groups in the class and practise sharing in all aspects
10		Develop Communication skill Communicative English . Create a strong vocabulary Get an acquaintance with the terms of Chemistry.

Time- 2.30 to 3.30 PM





List of Mentees**WWS, St. Mary's College (2016-17)****Class:111 DC**

Sl.No	Name of the student	Class
1	DEEPAMOL T.R	III DC Botany
2	ATHIRA NARAYANAN	III DC Botany
3	AIWARYA V.A	III DC Botany
4	SIVARANJINI T.S	III DC Botany
5	SREESHNA U	III DC Botany
6	KAVYA RADHKRISHNAN	III DC Botany
7	ANNIE ANTONY PINTO	III D.C. Economics
8	ARYA C.R.	III D.C. Economics
9	BURHANA P.L.	III D.C. Economics
10	SARANYA UNNIKRIKHNAN	III D.C. History
11	SREELAKSHMI. S	III D.C. History
12	VISMITHA K.S.	III D.C. History
13	SOVERIN T C	III DC Mathematics
14	SMAYA P R	III DC Mathematics
15	SREYA RAGHUNATH	III DC Mathematics
16	ATHIRA ASOK	III DC Mathematics
17	NEETHU K R	III DC Mathematics
18	RHEA DAVIS	III DC Mathematics
19	AARSHA JAYARAJ	III DC chemistry
20	ALEENA MATHEW	III DC chemistry
21	ATHIRA PRAKASH	III DC chemistry
22	AJISHA.P.A	III DC chemistry
23	ARYALAKSHMI T.H	III DC chemistry
24	FATHIMA BUSHRA J	IIIDC chemistry
25	ROSEMOL JOSE	III DC Microbiology
26	DISNEY JOY	III DC Microbiology
27	SANJANA SETHU	III DC Microbiology
28	AIWARYA M S	III DC Microbiology
29	MEERA V M	III DC Microbiology
30	ELEENA ANTONY	III DC Microbiology

WWS Unit, St. Mary's college, Thrissur (2016-17)

Class: 11 DC

Sl.No	Name of the student	Batch
1	Veena K	B.Sc. Botany
2	Anjali Girijan	B.Sc. Botany
3	Anjali Eldho	B.Sc. Botany
4	Sini K L	B.Sc. Botany
5	Shilpa Lal	B.Sc. Botany
6	Anitta A B	B.Sc. Botany
7	Sreelakshmi	B.Sc Microbiology
8	Athira V P	B.Sc Microbiology
9	Ayana Raj	B.Sc Microbiology
10	Anjana M	B.Sc Microbiology
11	Nashmiya Saheer V	B.Sc Microbiology
12	Silpa C S	B.Sc Microbiology
13	Annet Merin Abraham	B.Sc Chemistry
14	Aparna A R	B.Sc Chemistry
15	Gloriya PM	B.Sc Chemistry
16	Jisna Jose	B.Sc Chemistry
17	Seena Davis K	B.Sc Chemistry
18	Sneha PS	B.Sc Chemistry
19	Silpa Varghees	B.Sc Maths
20	Aswathy Eswar	B.Sc Maths
21	Anjali A S	B.Sc Maths
22	Sini VH	B.Sc Maths
23	Reshma A C	B.Sc Maths
24	Sajna K S	B.Sc Maths
25	Shincy Jenson	B.A Economics
26	Mariya Johnson	B.A Economics
27	Jaimol Kolengaden	B.A Economics
28	Rose Davis	B.A History
29	Aswathy K A	B.A History
30	Hiba M M	B.A History

WWS Unit, St. Mary's college, Thrissur (2016-17)

Class: 1DC

Sl.No	Name of the student	Batch
1	KRISHNAPRIYA K R	B.Sc. Botany
2	ATHIRA A MURALIDHARAN	B.Sc. Botany
3	BINCY C S	B.Sc. Botany
4	HIMA A	B.Sc. Botany
5	NANDHANA K S	B.Sc. Botany
6	SREELAKSHMI CHANDRAN	B.Sc. Botany
7	CINTA SARA SUNNY	B.Sc Microbiology
8	HELEN VARGHESE A	B.Sc Microbiology
9	RISHANA	B.Sc Microbiology
10	VRINDA P V	B.Sc Microbiology
11	MEERA KRISHNAN E R	B.Sc Microbiology
12	NAHITHA RASHEED	B.Sc Microbiology
13	RIMA RAPHY V	B.Sc Chemistry
14	SREELAKSHMI P S	B.Sc Chemistry
15	ARCHANA.K.M	B.Sc Chemistry
16	AIWARYA N J	B.Sc Chemistry
17	GLADWINO OUSJES	B.Sc Chemistry
18	APARNA SOJAN	B.Sc Chemistry
19	ANJANA K ARAVINDAN	B.Sc Maths
20	ANJALI K G	B.Sc Maths
21	CHANCHAL A J	B.Sc Maths
22	PRAVEENA N J	B.Sc Maths
23	LAKSHMI V R	B.Sc Maths
24	FATHIMA R YOUSAF	B.Sc Maths
25	VISMAYA M.T	B.A Economics
26	MAHIMA SURESHKUMAR	B.A Economics
27	AIWARYA A	B.A Economics
28	ASWATHY .C	B.A History
29	SWAPNA M.D	B.A History
30	GREESHMA P.A.	B.A History

External Mentoring

List of External Mentors (2016-17)

Sl.No	Date	Name of the external mentor	Topic
1	13/07/2016	Prof Jay kadampully, Ohio university, Coumbus, USA	Higher Education and Education Opportunities abroad.
2	28/07/2016	Dr.V D John, Professor and HOD, Christ college of Engineering, Irinjalakuda.	Research and motivation
3	10/8/2016	Prof .Mary Rejina F, KAU, Vellanikkara, Thrissur.	Tips for Successs
4	28/09/2016	Dr.T V Sajeew, Scientist, KFRI, Peechi, Thrissur..	Research and career
5	06/01/2017	Dr. Mini, mol K Jose, Associate Professor, Dept of Social work, Vimala college ,Thrissur.	Leadership Qualities
6	06/01/2017	Mr Amal Dev P J, Sree snakaracharya University of Sanskrit, Kalady	Communicating skills
7	14/01/2017	Smt.Nirmala Syamkumar, Motivational speaker, Sensorium .	Skills of communication
8	14/01/2017	Dr. Mini, mol K Jose, Associate Professor, Dept of Social work, Vimala college ,Thrissur.	Self Awareness
9	23/01/2017	Mr.Ani George, Motivational Speaker, Queen mary Home, Thrissur	Life Guidance- Tips for a successful life
10	24/01/2017	Dr.George Leon, Medical OfficerISM, St.James Hospital, Chalakkudy.	Health and Hygiene
11	25/01/2017	Fr.Raju Akkara, Motivational speaker ,Thrissur.	How to win
12	26/01/2017	Sr.Lis, CMC Educational ,Psychologist, Gandhidham ,Mundupalam, Thrissur	Psychotherapy
13	27/01/2017	Dr.T P Sasikumar	Personality development
14	27/01/2017	Dr.T P Sasikumar, SpaceScientist	Learn to learn
15	30/01/2017	Dr. Noufal ,Assistant professor, Department of Mathematics, CUSAT, Cochin	Opportunities in Mathematics
16	15/02/2017	Mr. Joseph paul, Asso.Professor, PG Department of Training and Placements, School of Computer Sciences, DIST, Kerala..	Career and motivation
17	17/02/2017	Fr.Jino Jose Asso.Prof, MCMAT ,Perumbavoor.	Self Esteem



A Talk on Psychotherapy by Dr.Sr.Lis



A Talk on Research in Science by Dr.V.D John



Talk on Self Esteem by Fr.Jino



Prof.Jay Kadampully talks about Higher Education



Talk by Dr.Minimol



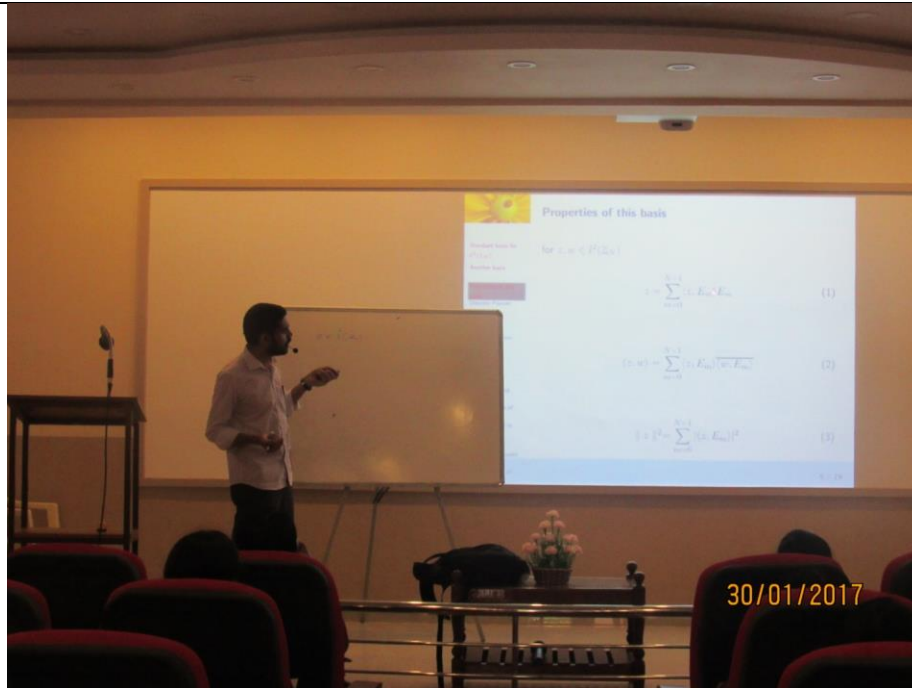
Dr. Mary Regina



Talk by Smt. Nirmala Symkumar



Dr.T.P Sasikumar Interact with students



Dr .Noufal



Talk BY Dr.T.P.Sasikumar



A Talk on Health & Huygiene by Dr.Geo



A Talk on "How to Success"



A Talk on Communicative English by Mr.Amal Dev



Motivational Visit

Report of Motivational Visit

Place of Visit: IISR & IIM Calicut

Date:04/03/2017





We started our journey from college at 7.30am .Our group includes three teachers (Dr.Bincy,Smt.Liji & Smt .Vandana)and thirty students(11DC).. IISR is an autonomous organization engaged in agricultural research related to spices in India. The institute has its headquarters in Moozhikkal, Silver Hills, Kozhikode, Kerala and is a subsidiary of Indian Council of Agricultural Research (ICAR), New Delhi, under the Ministry of Agriculture, India. The Institute provides research facilities related to spice crops, both Institute funded and externally funded. IISR provides facilities for research and project based education at Masters and PhD levels. It has a range of full-fledged laboratories Centralized Molecular Biology lab, Biochemistry laboratory, Soil Chemistry lab, Plant Protection lab, GCMS facility, Biocontrol laboratory. IISR has an extensive facility called the National Informatics Centre on Spices (NICS), which maintains global scientific literature, e-journals, offline and online databases, Internet connectivity and data storage facility. After a small video session on IISR by Dr.P Rajeev,Principal Scientist. We were allowed to see the labs, and we got a brief introduction about the devices used there such as laminar airflow, centrifuge, shaker incubator ELISA reader etc.Then we visit polyhouse farm and so many techniques to grow plants.IISR is on of the well established research institution.After lunch we moved to next place of our visit,IIM.



IIM is one of the 19 Indian Institutes of Management set up by the Government of India. The Institute, founded in 1996 in collaboration with the State Government of Kerala, was the fifth IIM to be established. The Institute conducts a full range of academic activities in the field of management education covering research, teaching, and training, consulting, and intellectual infrastructure development. The Institute emphasizes development of analytical skills and a focus on global and cross-cultural issues with a balance between business demands and social concerns. It is a type of Business school and the motto of this institution is Diligence leads to Excellence. In front of the institution we saw a statue of Arjuna with his Bow and Arrow, indicates that we should follow one aim in throughout our life. The next two floors of Museum will feature the contributions of India's business leaders, the history of trade, commerce, business and industries in India. There are also pavilions of Indian companies like Tata, Godrej, Reliance, SBI and Infosys. We also saw the achievements of ISRO. After tea we started our return journey and reached at college by 9.30 pm.



Indian Buisness Museum at IIM Calicut



Interaction with students

Report of Motivational Visit

Place of Visit: Agricultural University ,Mannuthy

Date:05/03/2017



We started our journey at 8:00 am to Kerala Agricultural University located at vellanikkara , mannuthy, which was established on 1971. The institution is a type of Public. Governor of Kerala is the Chancellor of this institution. Kerala Agricultural University (KAU) is the primary and the principal instrumentality of the Kerala state in providing human resources, and skills and technology, required for the sustainable development of its agriculture, defined broadly encompassing all production activities based on land and water, including crop production (agriculture), forestry and fisheries through conducting, interfacing and integrating education, research and extension in these spheres of economic endeavour.



Dr.K E Usha Talks about Organic Farming

At first we had an interactive class of Dr.K. E.Usha, Professor and HOD of Central Nursery,KAU on organic Farming. Organic farming is a method of crop and livestock production that involves much more than choosing not to use pesticides, fertilizers, genetically modified organisms, antibiotics, and growth hormones. After that, we moved to the outdoor .There we saw vermi compost, poly house, seed tray, grow bags etc. We started our afternoon session after lunch. In the afternoon session, one of the laborers showed the preparation of some growth promoters such as jeevamrudam, panjagavyam, fish amino acid, egg amino acid. Then we moved to the farm. There we saw different varieties of cows, rabbits, goats' etc.After tea we left the university with happy memories.

WWS Unit,St.Mary's college,Thrissur(2016-17)

List of students Participated in Motivational Visit (second Years)

Sl.No	Name of the student	Batch
1	Veena K	B.Sc. Botany
2	Anjali Girijan	B.Sc. Botany

3	Anjali Eldho	B.Sc. Botany
4	Sini K L	B.Sc. Botany
5	Shilpa Lal	B.Sc. Botany
6	Anitta A B	B.Sc. Botany
7	Sreelakshmi	B.Sc Microbiology
8	Athira V P	B.Sc Microbiology
9	Ayana Raj	B.Sc Microbiology
10	Anjana M	B.Sc Microbiology
11	Nashmiya Saheer V	B.Sc Microbiology
12	Silpa C S	B.Sc Microbiology
13	Annet Merin Abraham	B.Sc Chemistry
14	Aparna A R	B.Sc Chemistry
15	Gloriya PM	B.Sc Chemistry
16	Jisna Jose	B.Sc Chemistry
17	Seena Davis K	B.Sc Chemistry
18	Sneha PS	B.Sc Chemistry
19	Silpa Varghees	B.Sc Maths
20	Aswathy Eswar	B.Sc Maths
21	Anjali A S	B.Sc Maths
22	Sini VH	B.Sc Maths
23	Reshma A C	B.Sc Maths
24	Sajna K S	B.Sc Maths
25	Shincy Jenson	B.A Economics
26	Mariya Johnson	B.A Economics
27	Jaimol Kolengaden	B.A Economics
28	Rose Davis	B.A History
29	Aswathy K A	B.A History
30	Hiba M M	B.A History

Mock Test and Interview





Mock Test

WWS, St. Mary's College (2016-17)**Result of Mock Test****Class: III DC**

Sl.No	Name of the student	Class	Mock Test Marks/100
1	DEEPAMOL T.R	III DC Botany	45
2	ATHIRA NARAYANAN	III DC Botany	44
3	AIWARYA V.A	III DC Botany	49
4	SIVARANJINI T.S	III DC Botany	37
5	SREESHNA U	III DC Botany	59
6	KAVYA RADHKRISHNAN	III DC Botany	40
7	ANNIE ANTONY PINTO	III D.C. Economics	41
8	ARYA C.R.	III D.C. Economics	48
9	BURHANA P.L.	III D.C. Economics	48
10	SARANYA UNNIKRIISHNAN	III D.C. History	53
11	SREELAKSHMI. S	III D.C. History	48
12	VISMITHA K.S.	III D.C. History	66
13	SOVERIN T C	III DC Mathematics	45
14	SMAYA P R	III DC Mathematics	52
15	SREYA RAGHUNATH	III DC Mathematics	55
16	ATHIRA ASOK	III DC Mathematics	47
17	NEETHU K R	III DC Mathematics	50
18	RHEA DAVIS	III DC Mathematics	53
19	AARSHA JAYARAJ	III DC chemistry	47
20	ALEENA MATHEW	III DC chemistry	53
21	ATHIRA PRAKASH	III DC chemistry	54
22	AJISHA.P.A	III DC chemistry	46
23	ARYALAKSHMI T.H	III DC chemistry	47
24	FATHIMA BUSHRA J	IIIDC chemistry	48
25	ROSEMOL JOSE	III DC Microbiology	
26	DISNEY JOY	III DC Microbiology	45
27	SANJANA SETHU	III DC Microbiology	50
28	AIWARYA M S	III DC Microbiology	53
29	MEERA V M	III DC Microbiology	60
30	ELEENA ANTONY	III DC Microbiology	52



Conducting Interview