

# WALK WITH A SCHOLAR



ANNUAL REPORT  
2019 - 2020

**BASELIUS COLLEGE  
KOTTAYAM**

## OFFICE BEARERS

College principal: Dr. Biju Thomas

WWS College Level Coordinator: Dr. Sindu Jones

IQAC coordinator: Dr. Shaju M J

Student representative of D1: Lakshmi P Ramesh ( Physics)

Student representative of D2: Anagha Anil (B.com)

Student representative of D3: Aiswarya Ambady (physics)

Internal mentors:

Internal mentors: First Year
1. Dr. Nibu A George
2. Jeejamol P M
3. Anna George
4. Dr. Archana S Nair
5. Clement Mathew Kuriakose

Internal mentors: Second Year	Internal mentors: Third Year
6. Dr. Selvy Xavier	7. Meera Elizabeth James
8. Resmi Annie Thomas	9. Dr. Jinta Thomas
10. Neha P R	11. Dr. Aparna Thankappan
12. Jithin John	13. Christina Mariam Mathew
14. Susan M Jacob	15. Ancy Sam

## **D1 MENTEES LIST**

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### **Internal Mentor-Dr. Archana [D1 Chemistry]**

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**Internal Mentor-Clement Mathew Kuriakose [Commerce]**

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**Internal Mentor-Dr. Nibu A George**

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**Internal Mentor-Anna George [ English]**

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## D2 MENTEES-LIST

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### WWS Main Events at a glance – 2019 -2020

Sl. No	Date	Event	Resource person	Venue	Beneficiaries
1	11.06.19	Training program	Dr. Murugan & Team	Loyola College, Sreekaryam, Trivandrum	WWS coordinator Dr. Sindu Jones
2	22.08.19	Training program	Dr. Murugan & Team	Womens College, Trivandrum	WWS coordinator Dr. Sindu Jones
3	4.10.19	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Internal mentees of D1
4	28.08.19	Master Training program	WWS external mentors	Womens college, TVM	Internal mentors – Dr. Archana S Nair & Clement Mathew
5	11.10.19	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Internal mentees of D2 and D3
6	29.10.19	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Internal mentees of D1 and D2
7	6.12.19	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Internal mentees of D1
8	31.12.19	External mentoring	Dr. Jijo P Ulahannan	Mrs. mammen mapilla hall	Internal mentees of D1
9	02.01.20	External mentoring	Babu Kuruvilla	Mrs. mammen mapilla hall	Internal mentees of D1
10	02.01.20	External mentoring	Abraham Stephen	Dr. A P Mani Media centre	Internal mentees of D2
11	07.01.20	External mentoring	Dr. C T Ananadakumar	Mrs. mammen mapilla hall	Internal mentees of D2
12	09.01.20	External mentoring	Sananad C Sadanandan	Mrs. mammen mapilla hall	Internal mentees of D1
13	09.01.20	External mentoring	Dr. T N Jagadeesh	Mrs. mammen mapilla hall	Internal mentees of D1
14	14.01.20	External mentoring	Dr. C. S Menon	Dr. A P Mani Media centre	Internal mentees of D1
15	14.01.20	External mentoring	Dr. Varghese P Punnoose	Dr. A P Mani Media centre	Internal mentees of D1



**a. 11<sup>th</sup> June and 22<sup>nd</sup> Aug 2019- Coordinators training programme**

A One day training programme was arranged for the coordinators of Walk With A Scholar Programme of various colleges on 11<sup>th</sup> June 2019 at the Loyola College, Sreekaryam, Trivandrum. Dr. Sindu Jones, WWS coordinator of Baselius College attended the meeting.

On 22<sup>nd</sup> Aug 2019 a coordinators meeting was organized at Womens College Vazhuthacad to discuss about the outcomes of the WWS 2018 -19. Also a discussion was held to give awareness on how to conduct the current year WWS programme.



**b. 28.08.2019 – Master Training programme**

A Master training programme was conducted for 2 internal mentors of each college to give a knowhow of the conducting of internal mentoring. Dr. Archana S Nair, Dept of Chemistry and Clement Mathew Kuriakose attended the meeting held at Womens College Vazhuthacad, Trivandrum.



**c. External Mentoring Sessions for First Year Mentees**

**1. Title: How to read and review an academic book?**

Resource Person: Dr. Jijo P Ulahannan

Time: 10:30 am – 12:30 Pm

Venue: Mrs Mammen Mapilla Hall

Date: 31.12.2019

## **2. Title: Developing Scientific Temper; Essential aspects of Research in Contemporary Society**

Resource Person: Dr. Jijo P Ulahannan

Time: 1:30 pm – 3:30 Pm

Venue: Mrs Mammen Mapilla Hall

Date: 31.12.2019

The external mentoring sessions was flagged of on 31.12.2019 Thursday. Dr. Jijo P Ulahannan, Assistant professor in Physics with 12years of professional experience in Government colleges coming under Directorate of Collegiate education, Kerala.



He is also a consultant in educational technology, Writer- Columnist in online media, a visiting faculty for research methodology and Philosophy of science. He has organized two TED talks in 2011 and 2012.



The first year mentees were exposed to what all one has to take into account while reading a book. What all strategies have to be followed in order to develop scientific temper? Look around, observe, ask questions, think about it and discuss-these steps has to be developed in doing research. The students from each discipline gave good feedback. The two sessions concluded by 3:30pm.





### **3. Self-awareness – SWOT analysis Making Personal Development Plan (PDP)**

Resource Person: Babu Kuruvilla  
Time: 10:00 am – 12:00 Pm  
Venue: Mrs Mammen Mappila Hall  
Date: 02.01.2020

### **4. Art and self-development (Theatre and/or other expressive art forms as medium of self-expression)**

Resource Person: Babu Kuruvilla  
Time: 12:30 Pm – 3:30 Pm  
Venue: Mrs Mammen Mappila Hall  
Date: 02.01.2020

The third and fourth topic on SWOT analysis- Making personal development plan and the topic Art and self development was dealt by Mr. Babu Kuruvilla. Babu Kuruvilla is a Guest Professor in St. Joseph College of Communication,

Changanacherry (M.G. University) & Divine Institute of Media Science (Calicut University). He is a trainer in Communication Skills, Self awareness and personality development. He also trains in Creative Thinking in Positive Attitude through Mind, Body and Voice, conducts Educational Programme through Theatre, and also gives Theatre training programmes.



He is a Freelance Programme Maker in Film & T.V. Channels. He is a trainer in Aesthetics of Art and creativity through personality development, Television Production (Single and Multi Camera), Script Writing, Digital Film Making, Dubbing, Acting (Film and Drama), News, Reading and Anchoring.



He has a work experience as a Chief Producer (Shalom T.V.) during 2004-2009. He was in Jeevan T.V. as a producer during 2002-2004, Programme Producer in All India Radio, Trivandrum, Directed Programs in Doordarshan Kendra, Trivandrum, Programme Presenter in Indiavision, Directed Tele films, Children's, Youth and Women's Programmes, Educational Programmes, Documentaries, Talk Shows, Stage Shows, Fillers, Musical Albums etc. In Drama, he has won the best Direction Award for All Kerala K.S.R.T.C. Professional Drama Competition. In Television: Won the best Documentary Award in 1996 in Doordarshan, Trivandrum: Won the best Children's Programme Director's Award from 'DRISYA'. (Shalom T.V.).

The sessions started at 10:00am. The first year mentees were given a class on how to understand their strengths and weakness. It was an activity oriented class. The class concluded at 12:00 Pm.



The next session was on art and self expression. The students were given opportunity to express different characters and feeling.



The resource person could elicit the 'art in you' of every student. The whole session was activity oriented. The students gave a very good feedback about the two topics taken. The session concluded at 3:30 pm.





## **5. Understanding the Constitution and Democratic Values**

Resource Person: Sanand C Sadananda kumar

Time: 10:00 am – 1:00 Pm

Venue: Mrs Mammen Mapilla Hall

Date: 09.01.2020

In order to take the topic on undersanding the constitution and democratic values, Assistant professor and H.O.D, Department of Political Science, MES Asmabi College, P.Vemballur, Kodungallur, Sanand C Sadananda kumar, was called upon on Thursday, 9<sup>th</sup> Jan 2020.





He has worked as a Chairman, Board of studies -West Asian Studies, Calicut University, is a Member Faculty Council-Humanities , Calicut University, served as a Nodal Officer of Admissions -UG & PG, Returning officer –College Union Election, was a Co coordinator of All India Survey on Higher Education (AISHE), is a Member Internal Quality Assurance Cell (IQAC),Co coordinator Debate Club, Co coordinator Legal Literacy Club, Member College Staff Council and serves as the Member of the Editorial board- Meridian Journal.



His classes were activity oriented and interactive. It was pleasure seeing the students actively involved in discussions and activity. The session concluded at 1:00 pm.



**6. Title: Goal Setting – Setting realistic Goals, Making Action plans to achieve goals**

Resource Person: Dr.T N Jagadeesh Kumar

Time: 1:45:00 pm – 3:45 Pm

Venue: Mrs Mammen Mapilla Hall

Date: 09.01.2020

The topic for Setting realistic Goals, Making Action plans to achieve goals was dealt by Dr.T N Jagadeesh Kumar. He is a graduate in Agriculture, acquired masters in Agronomy and joined Kerala Agricultural University as Assistant Professor, in 1979. He retired in May, 2016, while working as Professor and

Director of Students' Welfare. He has more than 30 years of experience in Kerala Agricultural University, in the fields of Teaching, Research, Extension and Administration.



He has held the following posts in Kerala Agricultural University:

Director of Students' Welfare Chief, University Employment Information & Guidance Bureau, Special Officer, Academy of Climate Change Education & Research. During his tenure as Director of Students' Welfare, he could implement a series of Skill & Employment development activities for KAU students, including Communication Skills, Foreign language classes, Civil Service coaching, Presentation and interview skills etc.



Dr Jagadeesh is a motivational speaker and Professional Career Mentor and Life Skills trainer who interacts with students of Arts & Science colleges, Professional colleges (Nursing, pharmacy, Management, Agriculture & Dairy technology,) and Higher secondary schools throughout the state on the following topics: Setting Career goals and purposeful education for a successful career. Effective use of electronic media, internet, and Print media - Newspapers, journals and books for Employability, Personality development - How to prepare bio-data, face a job Interview and Mock Interview.

He is a Master Trainer for Career Masters of the Department of Vocational Higher Secondary, Govt. Of Kerala, conducted by SIEMAT ( State Institute of Education Management & Training). He has a great concern for the environment, and considering his expertise and experience in Solid waste management, he has been nominated by the Govt of Kerala to the State level Advisory Board of Suchitwa mission.

Post retirement, he was entrusted with the task of setting up and operating the Thrissur Employability Centre, District Employment Exchange, Thrissur (under KASE- Kerala Academy for Skills Excellence). He is engaged in grooming and mentoring graduates for employability.



The classes began at 1:45 Pm. He talked on short term goal setting and long term goal setting. He spoke the different carrers and also gave tips on how one can achieve or rather realise ones dreams.

**7. Meet two experts (academicians, scientists, practitioners etc.). Know her/him personally and the area of expertise. Scholars are given opportunity to interact with the expert.**

In the meet two experts, the D1 mentees were given an opportunity to interact with a academician and a practitioner.

**a. Academician**

Resource Person: Dr. C. S. Menon  
Time: 10:00 am – 12:00 Pm  
Venue: Dr. A.P Mani Media Centre  
Date: 14.01.2020

A legend in theoretical & experimental Physics, He took his M.Sc from CUSAT, Kochi and Ph.D from IIT , Madras[1969 – 74], He was the first malayalee to have got Ph.D in Physics from IIT, Madras. He took his Post Doctoral from BARC Bombay.



He started his career as a Scientist in CSIR, RRL, TVM in the period 1976- 78 under PK Rohatgi of MIT. There he carried out work on Aluminium fabrication, Steel graphitation, Research on Solar energy. There after he joined as a Lecturer in Calicut University and served there for 8 Years [1978-86]. Then in 1986-87, he became the in Calicut University. There after he joined M G University in 1987 as a reader.



He has held positions as a Syndicate member of MGU, Senate member of CUSAT, Dean of Applied Sciences, MGU, Director of SPAP, MGU, Member of Academic Council, MGU, Director of Computer Center, MGU, Director of Student Services, MGU.



His area of interest is in theoretical Physics- On Lattice Dynamics and in Experimental Physics- Thin Film.



He also has guided students in Medical Science and Shape memory alloys. He has over 200 in International Journal publications and Over 300 paper presentations in conferences. He has produced 45 Ph.Ds.

The students had a very interactive session by asking questions from various fields, different phenomenon in our daily life. The session concluded by 12:00 pm.

b. **Practitioner:**

Resource Person: Dr. Varghese P Punnoose  
Time: 2:00 pm – 4:00 Pm  
Venue: Dr. A.P Mani Media Centre  
Date: 14.01.2020

Dr Varghese P Punnoose, Professor and Head of Dept of Psychiatry, Govt TD Medical College Alappuzha

The D1 mentees was given exposure to interact with an expert practioner on 14<sup>th</sup> Jan 2020 from 2:00 pm to 4:00 pm. Dr Varghese P Punnoose, Professor and Head of Dept of Psychiatry, Govt TD Medical College Alappuzha was called upon to interact with the student mentees.



Dr. Varghese took his MBBS- Govt Medical College Kottayam, did his MD Psychiatry- Govt Medical College Kozhikode. He has Twenty three years of teaching experience in Govt MCs – Kottayam, Thrissur and Alappuzha. He is a



Recipient of World Psychiatric Association Fellowship for Young Psychiatrists, Prof JS Satyadas Oration Award for excellence in medical teaching and Catholicate College Award for University Teachers. He is the Immediate Past President of IPS (Indian Psychiatry Society)- Kerala State Chapter, Convener of IPS Task Force on Patients' Rights. (Past Hon Gen Secretary of IPS Kerala, Past Hon Editor of Kerala Journal of Psychiatry, Past Associate Editor of Indian Journal of Social Psychiatry, National Asst Secretary of IPS )



Apart from several scientific publications in international and national publications, he has authored chapters in textbooks on social psychiatry and IPS text book for undergraduates. Also writes extensively in media on various issues concerning mental health. He has published books and handbooks in local language on Mental Health in general and Depression and Suicide Prevention in particular.



He has authored the chapter on “Depression” in the module for training published by NIMHANS Bangalore for “JEEVANI” (the Mental Health Promotion Program Dept of Collegiate Education Govt of Kerala) September 2019.



His Areas of interest include Child and Adolescent Psychiatry, Mental Health in Youth, Social Psychiatry and psychosocial problems of Transgender individuals.



He started with the session that a man always wants two things- one is happiness and the other is to be successful in life. His theme was based on mind is a poem. That is proposing, organize, execution and monitoring. He talked the ways in which we can better our lifestyle to be successful.



The session started at 2:00 pm and ended by 4:00 pm. The students gave an excellent feed back at the concluding session.

**d. External Mentoring Sessions for Second Year Mentees**

1. **Title: Learn Soft Skills, Presentation Skills**

Resource Person: Abraham Stephen

Time: 10:00 am – 1:00 Pm

Venue: Dr. A.P Mani Media Centre

Date: 02.01.2020

2. **Title: Gender sensitization**

Resource Person: Abraham Stephen

Time: 2:00 pm – 3:30 Pm

Venue: Dr. A.P Mani Media Centre

Date: 02.01.2020

Mr. Abraham Stephen, Trainer & HRD Consultant, was called upon to take two topics. The first one was on soft skills, presentation skills. The session started at 10:00 am. This topic was conducted for D2 mentees.



Mr. Abraham is a Prime Graduate and International Trainer of Junior Chamber International (The biggest personality development organization in the world spread over 140 countries). He is a Visiting Faculty, MBA Program of MG and kannoor Universities. He received his Masters Degree in Commerce from Kerala University. He is a Certified Trainer of Quest International of USA, Specializing in adolescent issues. Also he is a Certified Management Accountant from Association of Management Accountants of Ontario, Canada.



He was the Past President of Kottayam South Junior Chamber and Midtown Lions Club, Kottayam, Former Managing partner of Stephen & Associates, Management consultants, Toronto Ontario Canada. The Founder Director, SCS -The Academy for Excellence - The HRD Professionals. Has conducted well over 1200 sessions to various groups which includes executives at different levels, IT industry professionals, Bank Officers at various bank training colleges, Executives, advisers and agents of various Insurance companies, teachers and students of professional colleges, Lions, Rotarians, Jaycees, YMCA and people from all walks of life since 1999.

Works in association with very competent professional trainers and can deliver user friendly, user relevant and result-oriented programmes. The Sessions will always be activity oriented and lively all throughout.

He has travelled to USA, Germany, England, Singapore, Sri Lanka, UAE, Switzerland and France and is a Canadian Citizen of Indian Origin.

His Core Areas are Knowing me/liking me (SWOT Analysis), how to cope with change effectively, (change management ) effective Leadership, Keeping oneself motivated always, how to excel in customer care/customer relations, Attitude determines altitude in life, The Art of Appreciation, Embracing Creativity, Effective communication, establishing goals in life and how to actively pursue them, how to assert yourself, ways to enhance your personality, conquer the clock (time management)How to be an excellent Team player, Developing and maintaining remarkable human relations, Interview techniques, Effective participation in GD's how to prepare an appealing Resume etc.

### 3. **Title: Learn how to review a journal article**

Resource Person: Prof. C.T. Aravindakumar

Time: 10:00 am – 12:00 Pm

Venue: Mrs. Mammen Mappilla Hall

Date: 07.01.2020





4. **Title: Environment Sensatization**

Resource Person: Prof. C.T. Aravindakumar

Time: 12:30 am – 2:00 Pm

Venue: Mrs. Mammen Mappilla Hall

Date: 07.01.2020

Prof. C.T. Aravindakumar, Pro Vice Chancellor, M G University with his vast experience in research was called upon to take two topics. The first one was on “Learn how to review a journal article’. These topics were taken for second year mentees. The session started at 10:00 am at Mrs. Mammen Mappilla Hall.

Prof. C.T. Aravindakumar received B.Sc. degree in chemistry from University of Kerala in 1986 (D.B. College, Sasthamcotta). A national level fellowship (NCL-Pune University) brought him to University of Pune for doing M.Sc. in 1986. He completed M.Sc. in 1988 and joined for Ph.D. at the same year. The Ph.D. thesis work with the title, Radiation Chemical Studies of Some DNA Model Systems, is an interdisciplinary topic which has relevance in chemistry, biology and environment (under the guidance of Prof. B.S.M. Rao). This involved extensive use of Pulse Radiolysis. The programme was completed in

collaboration with the Bhabha Atomic Research Centre (BARC), Mumbai (with Padma Shri Prof.J.P. Mittal and Dr.Harimohan) and the Max-Planck-Institute (MPI) fuer Strahlenchemie, Muelheim a.d. Ruhr, Germany (with Prof.von Sonntag). He was the recipient of ICSC-World Laboratory (Switzerland) fellowship to work at the MPI, Germany, as part of the Ph.D programme. During this tenure, he also collaborated with Tata Institute of Fundamental Research, Mumbai, for experiments on Laser-EPR for radical detection. Immediately after his Ph.D. from University of Pune, he joined as a Lecturer at the School of Chemical Sciences of Mahatma Gandhi University, Kottayam, in 1993



Later he joined the Division of Biochemistry of Katholieke Universites Leuven, Belgium for post-doctoral research in 1997 to work on a two year programme. Another post-doctoral fellowship from Max-Planck-Society brought him back to Max-Plank-Institute f. Strahlenchemie in 2000 (with Prof. Von Sonntag). He also worked as a Visiting Faculty for one year at the Department of Biophysics of Vrije Universiteit Amsterdam, The Netherlands in 2001 (with Prof. Rienk van Grundelle and Prof. Herbert van Amerongen). He joined as a Professor at the School of Environmental Sciences of Mahatma Gandhi University in 2010. He was the Dean of Faculty of Environmental and



Atmospheric Sciences of Mahatma Gandhi University. Presently he holds the post as the Pro Vice Chancellor of M.G University.

His research interests in the last two decades have been in radiation chemistry, environmental chemistry, radiation biology and photochemistry. He is also a constant reviewer of many international journals in environmental science, Chemistry and biology.



Besides his research activities, he has interest in environmental education, environmental policies and governance, and music (sitar).

Prof. C.T. Aravindakumar, is an environmentalist by profession and so he was the best person anybody could think of for taking the topic environment sensitisation. The class was beautifully timed and well organized.



The students really got a visual awareness of how to take care of our environment we live in.

The feedback was excellent. The session concluded at 2:00pm.

**e. Internal Mentoring:**

Based on the topics given in the guidelines, the internal mentor of first year conducted 10 hrs of contact sessions, second year internal mentors of second year conducted 7hr contact sessions and for third year mentees 6hr contact sessions on different days.



**f. Report of the motivational visit conducted 2019 – 2020**

The motivational visit was planned for 25<sup>th</sup> Feb 2020 and was proposed to cover NIT-C, IIM-K and CSEZ, soon after the lifting of the ban. Prior permission in this regard was taken from NIT-C, IIM-K and CSEZ. The date and time of visit was fixed as 26<sup>th</sup> Feb 2020 10:00 am at NIT-C, 3:00PM at IIM-K and 27<sup>th</sup> Feb 10:00 am at CSEZ. A Demand Draft of Rs 5000/- had to taken as a fee to enter NIT-C. Mr Arun C S, Neelambari Travels, Ponnukunam, tour operator was consulted for conducting the said trip. The tour operator agreed to the package of Rs 65000/- for 30 students and 2 teachers, which includes transportation, accommodation and food from 25<sup>th</sup> Feb 2020 evening to 27<sup>th</sup> Feb 2020 evening.



**g. Stationery Kit Distribution:**

A fund of Rs. 40 each for WWS student mentees was allotted for the purchase of stationary kit. This year a kit was provided comprising of A clear bag in which a 200 page note book along with a pen, scale, pencil and eraser was provided.



**h. Acknowledgement**

WWS- 2019 – 2020 was successfully completed by the grace of almighty and was very fruitful to the mentees too. On this occasion, as the college level coordinator, I would like to acknowledge with gratitude government of Kerala, WWS state level coordinator, Principal, College management and all my fellow colleagues and students of Baselius College for supporting me in many different ways for the smooth conduct of the programme.