

WALK WITH A SCHOLAR



A dream project of the government of Kerala to excel meritorious student in learning through specialized mentoring.

Report 2018 - 19

Build on the concept-
Mentor as a 'Guide and a Friend'



Baselius College, Kottayam

OFFICE BEARERS

Col l ege prinCipal : dr. Jancey Thomas

WWS Col l ege l evel Coordinator : Dr. SinDu Jones

Iqac coordlnator : dr. shaju m j

Student repreSentative of d1 : anagha anil (b.com)

Student repreSentative of d2 : aishwarya ambady
(physics)

Internal mentors:

Internal mentors: d1	Internal mentors: d2
1. Dr.sel vy Xavier	2. Meera el izabeth j aMes
3. Resmi annie Thomas	4. Dr. Jitha thomas
5. Neha p r	6. Dr. Kiran mathew
7. Jithin John	8. Christina mariam mathew
9. AshA t A	10. Ancy sAm

Basel ius Col l ege, Kottayam
WWS EvEnts at a gl ancE - 2018 -19

Sl. No	Date	Event	Resource person	Venue	Beneficiaries
1	17.09.18	Training program	Dr. Murugan & Team	Loyola College, Sreekaryam, Trivandrum	WWS coordinator Dr. Sindu Jones
2	29.09.19	Induction program	Dr. Sindu Jones	Seminar Hall, Baselius College	All Internal mentors
3	4.10.18	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Mentees of d1 and d2
4	8.10.18	Training program	WWS external mentors	Govt college, Kottayam	Internal mentors -Dr. Kiran Jithin, Neha, Resmi & Ancy
5	11.10.18	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Mentees of d1 and d2
6	29.10.18	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Mentees of d1 and d2
7	6.12.18	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Mentees of d1 and d2
8	11.01.19	Selection test for state camp	Dr. Sindu Jones & Dr. Kiran mathew	Library, Physics department	2 mentees from each D2 internal mentors group
9	24.01.18	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Mentees of d1 and d2
10	29.01.19	External mentoring	Motty Thomas	Physics Seminar Hall	Internal mentees of d1
11	29.01.19	External mentoring	Dennis jose	Mrs. mammen mapilla hall	Internal mentees d2
12	29.01.19	State camp	WWS team	Rajajiri school of sciences	Aishwarya of D2 Physics
13	31.01.19	Internal mentoring	Internal mentors	Mrs. mammen mapilla hall	Mentees of d1 and d2
14	7.0219	Internal mentoring	Internal mentors	Media Centre	Mentees of d1 and d2
15	09.02.19	External mentoring	M.S Banesh	Mrs. mammen mapilla hall	Internal mentees d1

16	11.02.19	External mentoring	M.S Banesh	Mrs. mammen mapilla hall	Internal mentees d2
17	12.02.19	Internal Mentoring	Mentors	Mrs. mammen mapilla hall	Internal mentees D1 & D2
18	14.02.19	Internal Mentoring	Mentors	Mrs. mammen mapilla hall	Internal mentees D1 & D2
19	15.02.19	External mentoring	George Karunckal	Seminar Hall, Voc. B.Com	Internal mentees d2
20	15.02.19	External mentoring	Dr. Saviour Das	Seminar Hall, Voc. B.Com	Internal mentees d1
21	19.02.19	External mentoring	Siju Thomas	Physics, Seminar Hall	Internal mentees d1
22	19.02.19	External mentoring	Vishnu Raj	Dr. A.P Mani Media Centre	Internal mentees d2
23	21.02.19	Internal Mentoring	Mentors	Mrs. mammen mapilla hall	Internal mentees D1 & D2
24	22.02.19	External mentoring	Dr. Usha S. Nair	Mrs. Mammen Mapilla Hall	Internal mentees d2
25	24.02.19	Mock test	Dr. Kiran mathew	D1 class room	Internal mentees d2
26	25.02.19	Mock interview	Abraham Stephen	Electronics lab	Internal mentees d2
27	26.02.19	Mock interview	Abraham Stephen	Computer lab	Internal mentees d2
28	26.02.19	Group Discussion	Abraham Stephen	Physics Lab	Internal mentees d2
29	27.02.19	External mentoring	Sreeduth S Pillai	Mrs. Mammen Mapilla Hall	Internal mentees of d1

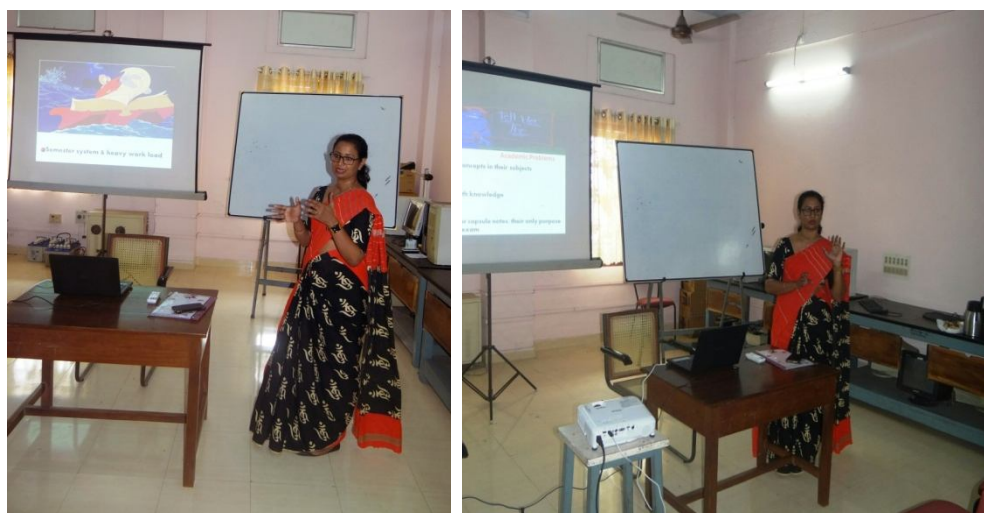
a.17th September 2018- training programme

A One day training programme was arranged for the coordinators of Walk With A Scholar Programme of various colleges on 17th September 2018 at the Loyola College, Sreekaryam, Trivandrum. Dr. Sindu Jones, WWS coordinator of Baselius College attended the meeting.



b.29.09.2019 – induction programme

An induction programme for the WWS internal mentors was conducted on 29.09.2018 by WWS college level coordinator Dr. Sindu Jones for the internal mentors. Dr. Krishna Raj, Dr. Kiran Mathew, Dr. Selvy Xavier, Dr. Jintha, Mr. Jithin John, Ms. Neha P. R, Ms. Resmi, Ms. Meera, Ms. Ancy and Ms. Christeena attended the meeting.



c. Internal mentors @ govt college, Kottayam: 8th oct 2018

A One day training programme was arranged for the internal mentors of Walk With A Scholar Programme of various colleges on 8th oct 2018 at Government College, Kottayam. Internal mentors Dr. Kiran Mathew, Mr. Jithin John, Ms. Neha P. R, Ms. Resmi, and Ms. Ancy attended the programme.



d. Internal mentoring sessions

It was decided at the induction programme that to make internal mentoring more effective and lively, all the mentees of each mentor be made to assemble in a hall to show case their mentoring work on that day. A subject was chosen to be prepared in common for the whole mentees and each internal mentor would prepare their mentees for the same and show case it on the day decided. The students had a competitive spirit in a positive sense and also they were much more bonded to their internal mentors.









Internal mentors looking on the performance of their mentees.







e. State motivational Camp

In order to choose the best student participant for the state motivational camp a write up and a quiz programme was conducted for the d2 mentees i.e two each mentees from each internal D2 mentors group was chosen. The test and quiz was conducted on 11th Jan 2019 in the Physics library from 9:00am to 10:00 am. Aiswarya Ambady of Physics was chosen from the mentees to represent Baselius College, Kottayam. It was a three day camp held at Rajajiri school of social sciences, kochi from 29th to 31st Jan 2019.

f. External Mentoring Sessions

a. for D1

Slno.	Date	Sessions Handled	Venue	Topic
1	29.01.19	Motty Thomas	Physics Seminar Hall	Inter personal relationship
2	09.02.19	M.S Banesh	Mrs. mammen mapilla hall	Documentary reading, writing skills
3	15.02.19	Dr. Saviour Das	Physics, Seminar Hall	Effective communication
4	19.02.19	Siju Thomas	Physics, Seminar Hall	Leadership and self motivation
5	27.02.19	Sreeduth S Pillai	Mrs. Mammen Mapilla Hall	The journey towards excellence

b. for D2

Sl.No	Date	Sessions Handled	Venue	Topic
1	29.01.19	Dennis jose	Mrs. mammen mapilla hall	Creating a positive attitude
2	11.02.19	M.S Banesh	Mrs. mammen mapilla hall	News Reporting skills, Communication skills
3	15.02.19	George Karunackal	Seminar Hall, Voc. B.Com	Paradigm shift for personal&professional success
4	19.02.19	Vishnu Raj	Dr. A.P Mani Media Centre	Introduction to recruitment and resume building
5	22.02.19	Dr. Usha S. Nair	Mrs. Mammen Mapilla Hall	Health and wellness through aerobics

1. Topic: Inter personal relationship

Resource Person: Motty Thomas

Venue: Physics Seminar Hall

Date: 29.01.19

The external mentoring sessions was flagged of on 29.01.2019 Tuesday. Motty Thomas, Associate professor in Chemistry with 33years of experience in St. Stephens college, Uzhavoor and also a Career consultant and HRD facilitator who is Internationally qualified instructor in TCI and member of the Teaching Staff (Humanistic psychology & counselling)from Ruth Cohn Institute, Switzerland & Germany. He is a certified facilitator in HRD, MFLHRD (Master Facilitator in HRD from CLHRD, Mangalore).

He was called for taking an ice breaking and a motivational sessions for the first year mentors. The sessions started at 10:00 am in Room No: 212, the seminar hall of the Physics department. All the thirty mentees were present during the five hour session. The session came to an end by 4:00pm.





D1 Mentees with External Mentor- Dr. Motty Thomas



2. Title: Creating a positive attitude

Resource Person: Dennis Jose

Date:29.01.19

Venue: Mrs. Mammen Mappilla Hall

Dennis Jose is a personal coach who is also known for Competitive exams training/ Aptitude Training/ Soft Skills Training. He is highly motivated and knowledgeable personal trainer with 12 years of experience in designing and monitoring training programs based on student needs, goals and abilities.

An energetic and affluent aptitude trainer, with more than 9 years of real time coaching and training experience in the field of placement preparatory and competitive exams training. Mr. Dennis Jose was called to take a five hour session on creating positive attitude for the D2 mentees. The sessions were held at Mrs. Mammen Mapilla Hall at 10:00 am and came to an end at 4:00 pm.





Dennis Jose with D2 Mentees

3. Title: News Reporting skills, Communication skills

Resource Person: M.S Banesh

Venue: Mrs. mammen mapilla hall Date: 11.02.19

M.S. Banesh is a Malayalam poet and documentary film maker. His anthology of poems are *Nenjum Virichu Thala Kunikkunnu* (Kottayam: DC Books, 2007 ISBN 978-81-264-1723-0), *Kaathu Shikshikkane* (DC Books, 2012 ISBN 978-81-264-3671-2) and *Nallayinam Pulaya Acharukal*(DC Books,2017 ISBN 978-81-264-7612-1). His poems have been translated into English & Kannada and are included in several anthologies of Malayalam as well as Indian poetry of the post modern phase. Further, MS Banesh is an award-winning documentary film maker who won Seven State Television Awards. Now he is working as Programme Head in Reporter TV, Cochin, Kerala. Earlier he worked as News Editor & Head of the department of Current Affairs in Jeevan TV, senior programme producer in Kairali-People TV, and in *Kalakaumudhi Weekly*, (Trivandrum, Kerala). He post-graduated in Malayalam Language and Literature from Maharajas College, Ernakulam.

He was called to take sessions for both D1 and D2 students in order for them to get a knowhow of the present day journalism, reporting skills together with developing of the communication skills.





Mr. M.S Baneesh taking Sessions for Mentees on Journalism and News Reporting skills.



5. Title: Effective communication

Resource Person: Dr. Saviour Das

Venue: Physics, Seminar Hall

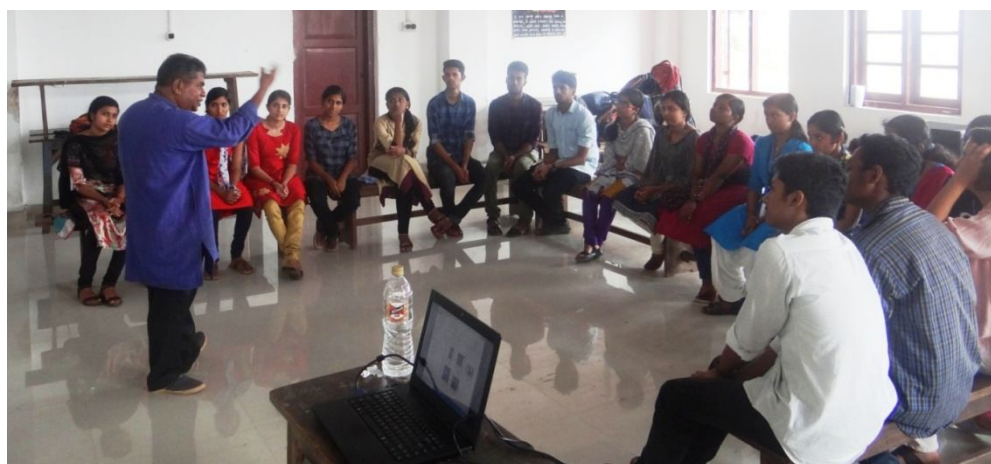
Date: 15.02.19

Dr. B.Saviour Das, MA, M.Phil, Ph.D. He took his Doctorate in Indian Drama from Kerala University, M. Phil in Translation Theories from Madurai Kamaraj University, Masters Degree in English from Madurai Kamaraj University. He is an associate Trainer in SCS -The Academy for Excellence - The HRD Professionals. He has 29 years of teaching experience in St. Jude's College, Thoothoor, TamilNadu and 15 years of teaching experience in Distance Education Institutions, Kerala and TamilNadu.

The major achievements are Best Actor Award in Value Education - AIACHE sponsored programme Christu Jyothi College, Bangalore.

- ❖ Best Participant Award in Effective Communication - AIACHE sponsored programme Christu Jyothi College, Bangalore.
- ❖ Composed Lyric in Tamil for a CD titled High Wave Ocean.
- ❖ Published a number of Poems in English Magazine titled POETS.
- ❖ Radio Program in Kumari Panpalai. Topic Youths – Challenges.

Dr. Saviour Das was called to take a 5 hour session on effective communication for D1 students on 15th feb 2019. The sessions were held in Physics seminar hall till 4:00 pm.





6. Title: Paradigm shift for personal and professional success

Resource Person: George Karunackal

Venue: Seminar Hall, Voc. B.Com Date:15.02.19

Mr. George Karunackal is an International HRD Trainer and Consultant. He is a pioneer in developing and promoting HRD/Motivational training programmes in Kerala; has conducted more than ten thousand training sessions internationally in 30 years of his training career. Has piloted more than 100 Trainers' Training Programmes. Specialised in designing need-based training sessions. Post graduate in English; Master Practitioner in NLP and Hypnotherapy; Certified Trainer in Law of Attraction. Clients include: MNCs, Central and State Government departments, Hospitality industries, Financial institutions, Educational institutions, NGOs etc. President of MINDS Training Academy, Chief Coach of 'NLP for All' and Director of Career Heights.

Mr. George Karunackal was called to take a 5 hour session on Paradigm shift for personal and professional success for D2 students on 15th feb 2019. The venue was Voc. B.Com seminar hall. The sessions started at 10:00 am and came to an end at 4:00 pm.





7. Leadership and self motivation

Resource Person: Siju thomas alencherry MBA, ATP (SMR Malaysia)

Venue: Physics, Seminar Hall

Date: 19.02.19

- The youngest internationally accredited trainer by SMR Malaysia- Asia's largest 'train the trainer' organization
- Certified from Haggai Leadership Training Centre,USA
- Founder and Chief Mentor of WINGS TO WIN-a well known people coaching organization in Kerala, India.
- Training experiences and exposures in the United States of America,Germany,France,Italy,Malaysia ,Middle East and Australia
- Best participant award in the world HRD congress Mumbai,2003
- More than 10 years of experience in Mentoring and management consultancy
- Life Coach and Mentor for leading Corporates,B-Schools and professional colleges in India
- Positive Mental Attitude
- Ability (skills) and Credibility(values) at workplace
- Personal and Professional Excellence
- Smart Business communication
- Team building and Leadership styles
- Charisma in People Management
- Smart Selling
- Dream analysis for my organization
- Customer delight, not mere satisfaction





8. Title: Introduction to recruitment and resume building

Resource Person: Vishnu Raj

Venue: Dr. A.P Mani Media Centre Date: 19.02.19

Vishnu Raj is a Human Resource trainer and recruiter with 11 years of hands on experience. He is a Member of state IHRD trainer. He focuses on Verbal non verbal communication and etiquette and interview skills. He was called to give training to D2 mentees on reume building and the tips to be an eligible candidate in a recruitment. The sessions were taken in Dr. A. P. Mani Media centre on 19th feb 2019. The sessions started at 10:30 am and lasted till 4:30 pm.



9. Title: Health and wellness through aerobics

Resource Person: Dr. Usha S. Nair

Venue: Mrs. Mammen Mappilla Hall

Date: 22.02.19

Associate Professor & Secretary Organising Committee SPORTS AUTHORITY OF INDIA LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION Kariavattom.P.O, THIRUVANANTHAPURAM. She is also a volley ball player and has a 31 years of teaching experience in LNCPE. She is a very dynamic personality. Her presence itself a motivation. She started the session with a class on the necessity of being fit in mind and body, followed by aerobic exercise and mind strengthening activities. The sessions were arranged in Mrs. Mammen Mappila hall for D2 students from 10:00am to 4:00 pm with a one hour break in between on 22nd feb 2019.





10.The journey towards excellence

Resource person: Sreeduth S Pillai

Venue: Mrs. Mammen Mapilla Hall

Date: 27.02.19

A dynamic and multifaceted personality, Sree is an ardent sports enthusiast and a Sports Presenter with Doordarshan, India's national television channel. He has been the host of "Fourth Umpire", Doordarshan's flagship cricket show which also features leading cricketers. He has also hosted a wide range of other prestigious sporting events and has presented programs from diverse sporting disciplines on DD National as well as DD Sports. Some of the major events he has hosted are the Rio Olympics '16, the South Asian Games '16, the Asian Athletics Championships' 17, the National Games '15, the Indian Volley League, the National Sailing Championship and the National Billiards Championship. As the lead anchor, he played a vital role in the DD Sports Conclave' 17, India's first fully televised live sports conclave. He has also presented programmes like the Word Cup cricket quiz and the Asian Games quiz on All India Radio. He is also a regular guest as an expert analyst on various private channels during major sporting events. Sree is also credited with developing a sports-based module for leadership workshops. The unique offering covers topics such as goal setting, team building, different styles of leadership, managing change, motivation, coping with failure, managing success etc and each session is customized and tailor made to address specific issues and challenges faced by the company / organization. He has also hosted ' Q 20', an award winning quiz game show on DD Malayalam.

Sree has been the host of 'Q 20', a widely acclaimed quiz game show on Doordarshan. He is a professional Quiz Master and has conducted live quiz shows for corporate organizations, educational institutions and cultural organizations in India and abroad. He is currently involved in multiple television projects, developing the content and presenting it, on diverse topics such as Management, education, sports and health. One of the projects he is currently involved in is an initiative of Doordarshan, supporting the "Make in India" campaign, initiated by the Government of India. Sree is the host of the series which gets up close and personal with some of the top industrialists and business leaders in the country. Sree is also a noted percussionist, started receiving formal training in 'Mridangam' (a carnatic percussion instrument) at the age of five and turned professional at the age of nine. He is an 'A' grade artiste of the All India Radio, and performs regularly with leading musicians. He has received

awards and laurels galore. Sree has been a recipient of the multi talent excellence award from the Rotary International. He has also received the prestigious national talent scholarship from the Government of India. Sree is multi-lingual and is proficient in English, Hindi, Tamil and Malayalam. His other passions include reading, writing (had a popular weekly column called 'Simple Thoughts' in 'Mathrubhumi', a leading Malayalam daily and also writes for some of the leading publications and web portals), travelling and advertising.

The morning sessions were held in Physics auditorium and afternoon sessions in Mrs. Mammen Mappila Hall on 27th Feb 2019.



g. Mock Test, Mock Interview and Group Discussions

A mock test was conducted on 24.01.19 in D1 class room at 4:00 pm. The question paper was set by Dr. Kiran Mathew in line with National level aptitude examination.

Mock interview was conducted in two days that is on 25th and 26th of Feb 2019. Each student mentee of second year was individually called upon by Abraham Stephen an expert in Mock interview. He has given individual feedback to each student and also given comments on a paper. A Group Discussion for D2 students was conducted on 26th from 12:00 pm to 1:00 pm by Abraham Stephen. Each student group was given a topic and they had to voice about it.







D2 Mentees attempting mock test





h. Stationary Kit

A notebook, blue pen and a red pen worth nearly 40 Rs was provided to each mentee as a stationary kit for the WWS mentees. This was given to both D1 and D2 mentees.



i.Study material

Study materials worth about Rs 30,000/- was purchased as reference material for the mentees of WWS. The books were chosen from every subject stream and mostly focused on the higher level examination.

Acknowledgement

I thank all the office bearers and the WWS mentees of 2018 -19 for the successful completion of the programme by 27th Feb 2019. I take this opportunity to specially thank our Principal Dr. Jancey Thomas, college management and all my team mates for the love and support shown. And above all the shower of grace from the almighty made this years WWS programme a grand success.

WALK WITH A SCHOLAR

REPORT - 2018-19

BASELIUS COLLEGE, KOTTAYAM