

## **WALK WITH A SCHOLAR PROGRAMME 2018-19**

The Walk With A Scholar Programme aims to give necessary orientation to outstanding students by giving them necessary guidance, motivation, goal orientation, and mental support.

The official commencement of the Walk With A Scholar started in the month of November 2018 with a meeting of all the internal mentors and mentees of all three years. It was followed by an Induction Programme for all the internal mentors of the first year. Immediately after the Induction Programme, the internal mentors kick-started the internal mentoring sessions. A stationary kit that comprised of a notebook and a pen was distributed among all the mentees.

Due to many unpredicted holidays and college programmes, the external mentoring sessions started late. So most of the external mentoring sessions had a duration of five hours and all the mentees cooperated well for almost all the external mentoring sessions conducted mainly on Saturdays and even on Sundays without interrupting the normal classes. All the external mentors were selected from the list of External Mentors provided by the New Initiatives In Higher Education.

The first external mentoring session started on 1<sup>st</sup> December 2018 for the third-year mentees on the topic of **Emotional Management and Mind Reprogramming** by **Dr. C.T. Farook**.





On 8<sup>th</sup> and 9<sup>th</sup> December 2018, a Two Days Motivational Camp on the topic “ **Role of the Open Software LINUX in Educational Scenario**” was conducted for the second-year mentees. The camp was inaugurated by **Dr. S. Rajoo Krishnan**, Former Joint Commissioner for Entrance Examinations. It was followed by his session on **Career Guidance** . The other sessions were handled by **Sri. George Pulickan**, Media person Asianet News, on the topic “**Social Values**”, **Dr. E. Krishnan**, Professor & HoD (Rtd) Dept. of Mathematics, University College, Tvm on the topic “**LINUX and typesetting software**” and the final session was handled by **Dr. Venu Mohan**, Asst. Professor, Dept. of History, University of Kerala on the topic “**National Integration**”.The mentees did enjoy all the sessions which were fruitful.

After the motivational camp, the second-year mentees were afresh and motivated. They eagerly waited for their first external mentoring session which was on 15<sup>th</sup> December 2018 for the second-year mentees on the topic “**Counseling and Visualization**” by **Dr. Martin Payyappilly**.



The college closed for the Christmas vacation on 20<sup>th</sup> December 2018. After a short break, the external mentoring sessions recommenced on 5<sup>th</sup> January 2019 for the first-year mentees on the topic **“EQ and Fear of Success”** by **Dr.C.T.Farook**.

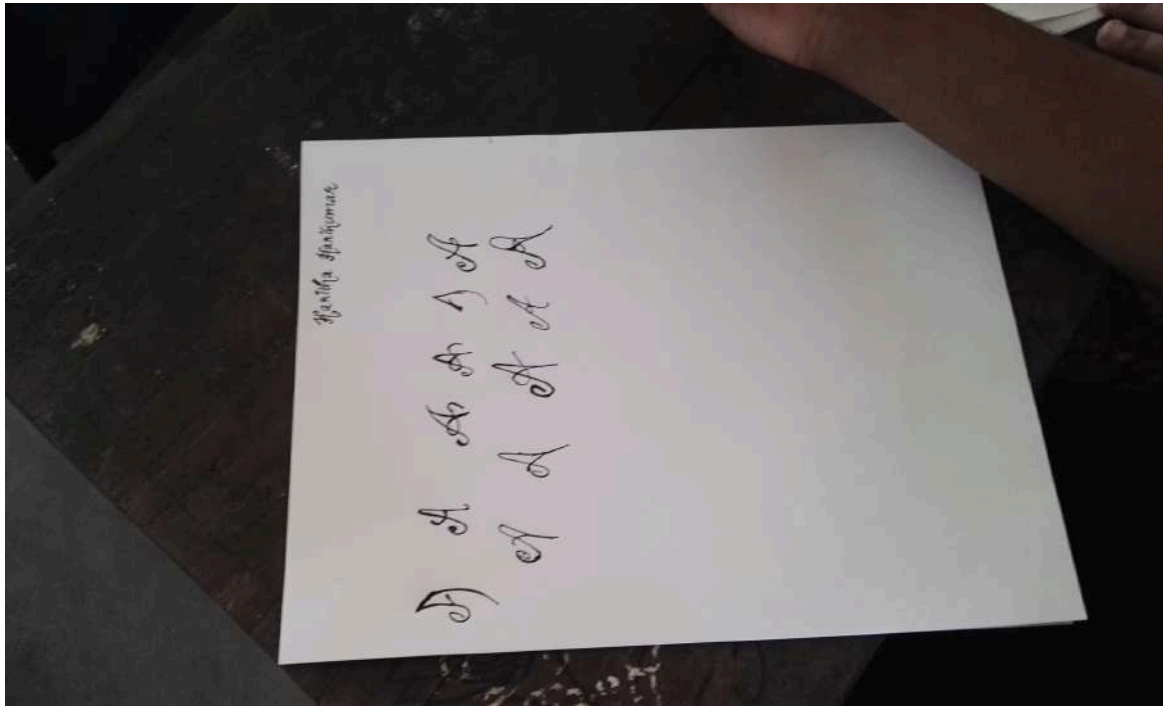


The week that followed there was an external mentoring session on 12<sup>th</sup> January 2019 simultaneously for both first-year and second-year mentees on the topics **“Interpersonal Relation”** by **Dr. Chandra Prasad Sreedhar** and **“Life Skills”** by **Pran Nath P S** respectively. From the feedback received from one of the external mentor, a majority of external mentoring sessions stressed on English language and Communicative Skills.



On the 19<sup>th</sup> of January 2019, there were two external mentoring sessions for the first and second-year mentees on the topics “**Academic English and Communicative English**” by **P.V. Vijaya Kumar** and “**Calligraphy**” by **Dr. Avaneesh**.





Even though, the 26th of January 2019 was a public holiday in connection with Republic Day, the third-year mentees were ready for an external mentoring session on the same day without much hesitation. The topic was “**Communicative Skills**” and it was handled by **Ms. Anju**.



As a result of the feedback received by the second-year mentees after their session with Dr. Martin Payyappilly, the first-year and the third-year mentees requested for a session on Psychology by Dr. Martin Payyappilly. As the resource person was very busy with his tight schedule no sessions could be organized. But on 2<sup>nd</sup> and 3<sup>rd</sup> February 2019 the first-year and the third-year mentees got a chance to attend an external mentoring session on the topics of **Meditation and Visualization** and **How to achieve your dream?** respectively by **Dr. Martin Payyappilly**. It was their favorite session and they did enjoy his class.





The next sessions that followed were quite different. On On16<sup>th</sup> February 2019, the third years had their last external mentoring session on the topic of **Calligraphy** by **Dr. Anvaneesh**.



On the same day, a session on **Art** by the well-known artist **Harikrishnan J** was organized for the first-year mentees which was also their last external session for the academic year 2018-19.



On 21<sup>st</sup> February 2019, a session on Group Discussion and Mock Interview was conducted by Dr. Martin Payyappilly. The third-year mentees were groomed to attend interviews and group discussions which is a vital part of life. Three mock tests were conducted for the third-year mentees on the 15<sup>th</sup>, 22<sup>nd</sup>, and 26<sup>th</sup> of February 2019.





On 22<sup>nd</sup> February 2019, three of the first-year mentees Megha M J, Muhsin, and Sreevisal G got an opportunity to attend a **One Day District Motivational Camp** held at Government Arts College, Thiruvananthapuram.

Another session on **Art** was conducted for the second-year mentees again by the artist **Harikrishnan J** on 23<sup>rd</sup> February 2019.



The last and final external mentoring session was conducted on 26<sup>th</sup> February 2019 for the second-year mentees on the topic of **Theatre Awareness** by **Sudhi Devayani**.



Gayatri V G, one of the second-year mentees, was very lucky to attend a **Three Days State Motivational Camp** held at Loyola College, Thiruvananthapuram from 28<sup>th</sup> February 2019 to 2<sup>nd</sup> March 2019.

Due to many unforeseen holidays, strikes, and college programmes, most of the internal mentoring sessions could not be completed as per the schedule. But still, all the internal mentors tried hard to organize internal mentoring sessions. The internal mentoring sessions included sessions on Self Introduction, How to face an interview, Group Discussions, preparing the mentees for a debate based on a relevant topic taken from current affairs, how to review an article, and to improve one's vocabulary. There were discussions on higher career opportunities available in their respective fields.



A few of the internal mentors did a wonderful job as per the feedback given by their respective mentees. With the support of the Principal, Vice Principal, Secretary PTA, Convener IQAC, and college office, the programme was a great success.