

**NIRMALAGIRI COLLEGE  
KUTHUPARAMBA, KANNUR**

**WALK WITH A SCHOLAR  
PROGRAMME – 2015-16**

**REPORT**

WWS program was started in our college during 2014-15 academic year. It was a very successful start. Students were highly motivated by this program. The whole hearted corporation of the students led to the successful completion of the program. We have started the programme officially in the month of August 2015-16. It was very clearly pointed out last time that this program should start at the beginning of the academic year. Unfortunately the money came at the last minute and it was very difficult for the coordinator to arrange external mentoring sessions at the end. Some of the reasons are, our college is very keen of internal exams and also gives sufficient time for study leave. It was hard to get students on Saturday and Sunday when internal exams are scheduled on Monday. Also many official program require entire students to participate, this will lead to the shortage of attendance. Among these difficulties and challenges, we could complete the program successfully. It is again a humble request is that the next year program should begin in June and the steps have to be taken well in advance. There is no doubt that this program is extremely useful for the talented students. There was appreciation from every corner. Coordinator was given time during the initial orientation of first year students. It was a great time to talk and describe what type of the program is wws. As a preliminary stage we have selected 30 students (now the total strength of mentees is 60) from different departments on the basis of their application and selection was based on their plus two marks. There were many interested students from some subjects and not much response from some other subjects. Secondary Stage we have selected 5 internal mentors. As a coordinator I approached teachers with high qualification and research exposure to become the internal mentors. Fortunately there were many willing and highly qualified people as internal mentors. The name and details of the I year mentees and mentors are following are listed

<b>Dr. Anpin Raja (Botany)</b>	<ol style="list-style-type: none"> <li>1. Athira M.B.</li> <li>2. Rishika P.S.</li> <li>3. Surangi</li> <li>4. Aparna B</li> <li>5. Athira K</li> <li>6. Fathimath Afnitha A.P</li> </ol>
<b>Vineesh Sebastian (Zoology)</b>	<ol style="list-style-type: none"> <li>1. Praroosha K</li> <li>2. Nasmina N M</li> <li>3. Anusree Sajeevan</li> <li>4. Anagha Sajeevan</li> <li>5. Sangeetha</li> <li>6. Meera Antony</li> </ol>
<b>Dr. Shajimon T J (History)</b>	<ol style="list-style-type: none"> <li>1. Anitta Thomas</li> <li>2. Arun Thomas</li> </ol>

	3. Aneesha P J 4. Drishya 5. Harsha T 6. Muhammed Sayeed
<b>Emmanuel Tom (Physics)</b>	1. Subhanya C P 2. Megha Chandran 3. Samnesh C K 4. Anjuna Udayaraj 5. Vyshna V.K 6. Amal Jith P. K
<b>Deepu Joseph (Physics)</b>	1. Akhila K K 2. Anjali Dinesh CP 3. Delna T S 4. Sneha Justin 5. Athira M 6. Theresa Paul

The first meeting of II year mentees held on 03.06.2015. It was once again explained the significance of the program. Some of the students were newly interested and some were upset on coming to college on Saturdays and Sundays. New internal mentors were given a brief introduction about the previous year program. Many new suggestions were discussed.

A combined meeting of I and II year mentees held on 17.06.2015. The internal mentors of I and II year also attended the meeting. We have discussed the relevance of the programme and II year mentees have shared their experience about the programme. It was an icebreaking session for the selected students. They could interact with all the internal mentors. They got deep insight about the program. Also newly recruited mentors are given more instructions and materials related to this program. All the resource materials were sent as a soft copy to all internal mentors.

Internal Mentoring sessions were started the next day itself. Internal mentors interacted with mentees in all possible ways. They discussed many more hours than what was described in instructions. They talked to the parents. A deep biodata was collected and each student was evaluated in many parameters. All selected students were given notebook and pen. They were asked to write short note on each session in the book. As per the permission and approval by the Counsel and Principal, this year we have invited the following external mentors to conduct mentoring sessions for I and II year mentees.

<b>Sl. No.</b>	<b>Name and Official Address</b>	<b>Topic</b>	<b>Date and Time</b>
<b>1</b>	Mathew T, Retired High School Headmaster, Kudianmala, Kannur, Expert English Trainer	Communicative English	20-02-2016 10am – 1pm, 2-5 pm
<b>2</b>	Thomas C S Retired Higher Secondary Teacher, Specialist in English and Translation English to Malayalam and Malayalam to English	Advanced English Language: Translation	21-02-2016/ 10am-1pm , 2-5 pm
<b>3</b>	Dr. Devadas, K. V, Associate Professor, MG College, Irritty Highly specialized science teacher. Most famous student trainor in Physics	Motivation and Success stories of ordinary students	05-03-2016/ 9pm – 12pm, 1-4pm
<b>4</b>	Deepthi, Yoga Expert	Yoga session : Theory and Practice, Concentration building exercises, How to avoid back pain. How to lead a healthy life	06-03-2016/ 9 am – 1 pm 2 pm – 5 pm
<b>5</b>	Dr. Baby Joseph, Retired Professor, Directed IAS training institute, Kuthuparamaba, Kannur	Career guidance and counseling, IAS coaching & new trends in learning	12-03-16 / 9.30 am – 12.30 pm
Unofficial Sessions for WWS Students			
<b>6</b>	Dr. Joselet Mathew, Principal, Nirmalagiri College	Motivation, Character formation, Positive thinking, Organic Farming	12-03-2016/ 2 – 4 pm
<b>7</b>	Shinil Kuriakose, HOD, Physical Education	Continuation sessions on Yoga	13-03-2016/ 10 am - 1 pm
<b>8</b>	Dr. Nygil Thomas, Coordinator, WWS program	Higher Education in India and Abroad	13-03-2016/ 2 pm - 4 pm

In addition to the external mentoring sessions, there were many additional sessions by the experts in college. College has a brilliant pool of highly specialized teachers. There are many teachers with very high class research experience. It was very useful for the wws students to interact with them. Coordinator monitored the entire program

On 17.03.2016 we had conducted a motivational visit trip for the II year mentees to IISc (Indian Institute of Science) and IIM (Indian Institute of Management). The

report and photos of the motivational visit is also added with this report. We have provided a study materials and specialized printed notes to all mentees. Besides of all these activities our internal mentors are continuously interacting with their allotted mentees.

Most of the mentees set high goals in life and working hard to achieve those. It was highly satisfying to guide students to different walk of life. As a coordinator, I tried to learn the opportunities in all subjects. It was great enrichment of knowledge.

Yours sincerely

Dr. Nygil Thomas

#### Special Suggestions for further improvement

1. It is a must that the program should start at the beginning on the academic year.
2. The list of external mentors list has to be amended with many more specialists
3. Internal mentoring is the most attractive part of the program. External mentoring may be avoided if there is less number of specialists.
4. Since the group has ten subjects or more it is difficult to find general topics special to all.
5. Students are not much interested to listen to other topics as they are very focused in each subject.
6. Motivational visit was very very useful, it can be awarded to all colleges
7. Travel expense had less money so could not give to all students
8. Cluster workshop should focus on implementation of wws program
9. State level team should run those workshops in each district if possible
10. All internal mentors should attend the program
11. The opinion and suggestions of all coordinators can be combined and distributed.
12. There can be collection of useful Materials/Notes/Handouts on various subjects from all colleges based on external mentoring which can be distributed to all coordinators, so that students get idea on a variety of topics even if they didn't get an external session.



Dr. Shaji Sir, Dept. of History engaging internal mentoring

Dr. Joslet Mathew, Principal, Engaging internal mentoring







Mr. Shinil Kuriakose, continuation of yoga class



Dr. Devadas, Associate Professor, engaging external mentoring session





Dr. Devadas, Associate Professor, engaging external mentoring session







Dr. Baby Sir, taking IAS and career guidance class







Ms. Deepa, Yoga Expert, engaging yoga session



NIRMALAGIRI COLLEGE

Walk With a Scholar

Motivational Visit to Bangalore

REPORT

**Dr. Nygil Thomas**  
**Coordinator, WWS**

A brief evaluation report on the Motivational Visit conducted as a part of Walk with a Scholar programme at Nirmalagiri College.



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**“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”**

As the proposal from Nirmalagiri College to conduct a motivational visit for second year students of Walk with a Scholar Programme for 2015-16, was approved by the Directorate of Collegiate Education, a group of 30 students along with 3 teachers set out to Bangalore on 17/3/2016 at 9.00 PM. The aim of the journey was to visit most reputed institutes like Indian Institute of Management (IIM), Indian Institute of Science (IISc), National Institute of Advanced Studies (NIAS) and Christ University at Bangalore. These places of visit were approved by College Monitoring Committee of WWS.

Walk with a scholar programme, as a part of their mission and vision brought together students from different streams of U.G courses under an umbrella. The programme was intended to provide the students an opportunity to reflect upon the Indian education scenario. The walk with a scholar programme organized this visit to shed light on opportunities in higher education and roles and challenges faced by students to reach such heights in their academics. The participants were enriched with informative and innovative external and internal mentoring sessions. In addition to this the participants through group discussions and formal and informal interactions gave serious thoughts to challenges and opportunities in higher education. Thirty students were drawn from various disciplines like botany, chemistry, zoology, physics, economics, mathematics, history, commerce, home science, English and Malayalam for this visit

18/03/2016

We reached Bangalore around 4.30 am in morning. After refreshment the first agenda was to visit IIM-B

### **IIM-B**

The Indian Institute of Management Bangalore (IIMB) is an acknowledged hub of academic activity in India and globally which is recognized as a leading international post-graduate centre of management studies. As our group consists of students from various departments it was more appreciable to visit this place. IIM-B is a campus of 110 acres. So we tried to explore most of the sights at IIM in the 2 hours which was allotted for us. It was the extra-ordinary infrastructure and most civilized institutional culture that welcomed us at IIM. Mr. Ravi who was a security working there served us as a guide and helps us explores that big campus. We had an opportunity to visit one among the classes in that place. The classes were designed so that no student will have an effort in listening. The settings like seating arrangements, board, projectors etc were a new experience for us. We also visited the library and we were inspired by the work culture of students there. We spent almost 2 hours there and certainly it motivated us to at least have a dream to work for reaching such an institute of high reput for our post-graduation. We also understood how a big hostel which can accommodate thousand students functions. The mess hall and the system of management and other aspects were truly appreciable. We were watching how the quiet and peaceful atmosphere influences the student's growth. There was a beautiful grass court for the physical activities. There were also small tea shops functioning in the campus. We were amazed to hear that there were one hundred and twenty high class rooms for guest coming there for conferences and other functions. Our students really got inspired by observing and hearing from people belongs to IIM















## **IISc and NIAS**

Our next place of visit was Indian institute of Science which is the premier institute for advanced scientific research and education in India. IISc was founded in 1909 as a result of the joint efforts of Jamsetji Nusserwanji Tata, the Government of India, and the Maharaja of Mysore.

National Institute of Advanced Studies is an independent institution which is situated inside the IISc campus. National Institute of Advanced Studies (NIAS) was conceived and founded in 1988 by the late Mr. J. R. D. Tata, who sought to create an institution to conduct advanced multidisciplinary research. Housed in a picturesque green campus in Bangalore the Institute serves as a forum to bring together individuals from diverse intellectual backgrounds. They include administrators and managers from industry and government, leaders in public affairs, eminent individuals in different walks of life, and the academicians in the natural and life sciences, humanities, and social sciences.

The philosophy underlying NIAS is given shape by its research teams, which are drawn from a variety of disciplines in the natural and social sciences, humanities and arts. The Institute is unique in its integrated approach to the study of intersections between science and technology, philosophy, social issues and leadership. The current aims of NIAS are to integrate the findings of scholarship in the natural and social sciences as well as technology, the humanities and arts through multi-disciplinary research on the complex issues that face Indian and global society, and to assist in the creation of new leadership with broad horizons in all sectors of society by disseminating the conclusions of such research through appropriate publications and courses as well as through dialogues with leaders and the public. The National Institute of Advanced Studies (NIAS) is a unique organization in India with an ecosystem for pursuing multi and 5 interdisciplinary research and evidence based studies

in search of solutions to current national priorities and challenges. Their mandate is to encourage and create right leadership, at all levels, with broad and informed multidisciplinary perspectives. This is achieved through a variety of courses, meetings, workshops etc where open debates and interactions at collective to individual levels with iconic and exemplary professionals leading to lasting and significant outcomes of immense value to the participants, society and policy makers. NIAS disseminates its research by publishing books, reports, working papers, conference proceedings, discussion outcomes and documentaries to enrich and enhance India and the world. We reached NIAS by almost 2.15 pm. We were welcomed by two eminent scientist one Pathmabhushan Srikandan sir and other Dr Binoy V. Both of them gave a small class which was both informative and inspiring.

#### PROF. B.V SREEKANTAN

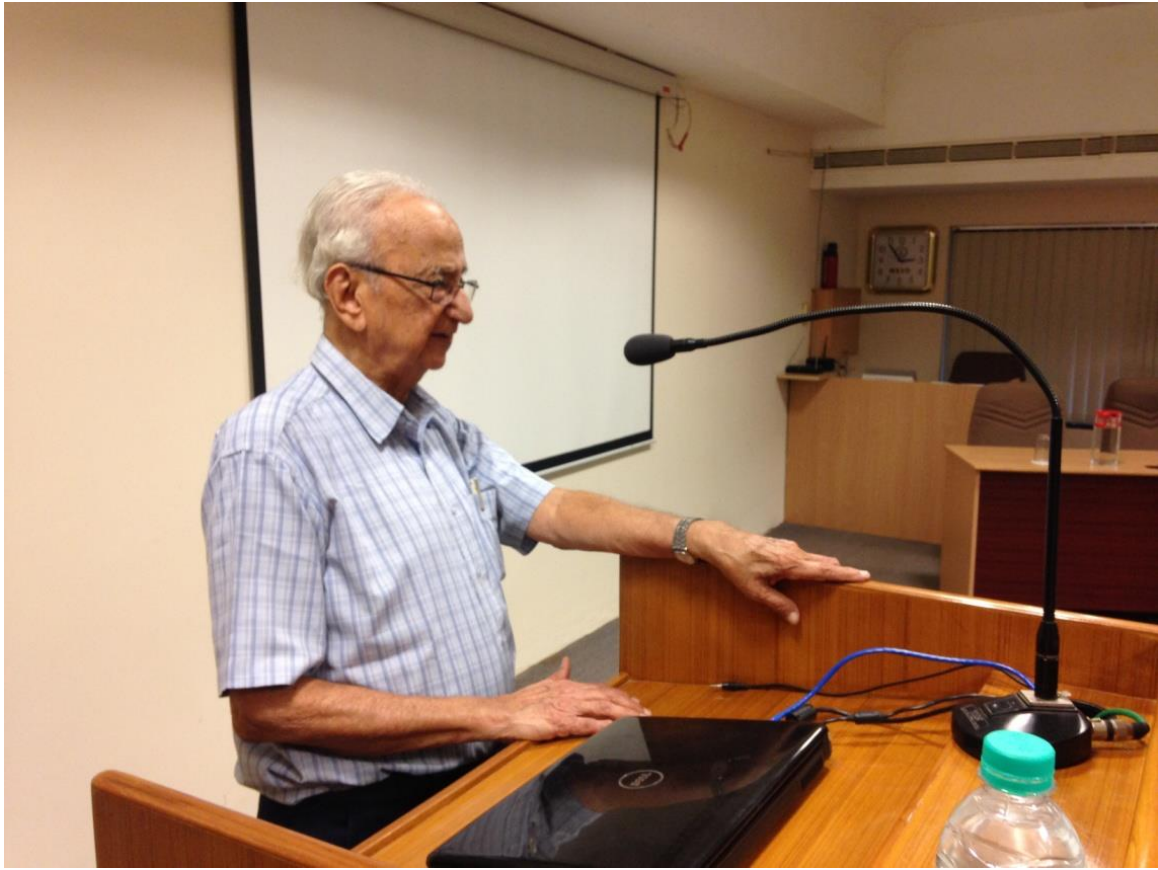
Badanaval Venkatasubba Sreekantan (born 30 June 1925) is an Indian high energy astrophysicist [1] and former associate of Homi J. Bhabha at the Tata Institute of Fundamental Research. He is a Dr. S. Radhakrishnan Visiting Professor at the National Institute of Advanced Studies, Bangalore. The Government of India awarded him the third highest civilian honour of Padma Bhushan in 1998. He gave a small class about NIAS and the interdisciplinary fields in science. He explained about the 6 various programmes offered by NIAS and about its plans and aims. it was a short session but it was very innovative.

#### BINOY .V.V

Associate professor at NIAS who gave a long session of class about his reserch work. He gave interesting details in many topics. and helped in understanding the biological and environmental basis of social cognition in both animals and human beings. With him we explored the determinants of

social decision making and personality traits (also referred to as individual variation in the behaviour, coping style or behavioral syndrome) in vertebrates using fish and amphibian model systems. We discussed on the development of attitude towards biotic and abiotic natural resources and environmental decision making in school children from various cultures across India. Cultural variation in the autobiographic memory, cognitive style and fluid intelligence in children etc. We also visited the fish lab maintained by him. The interactive sessions were very useful. He also explained the activities of student's scientist. He also introduced the concept of reaching out to students by various programmes.







After the inspirational lectures at NIAS we had the opportunity of visiting many labs in IISc.

At first we visited Centre of Nano Science and Engineering which was founded very recently in IISc campus aiming for interdisciplinary research in various fields with a focus on nanoscale level. A state-of-the-art nanofabrication facility with a clean room spanning 14000 square meters is located at the centre. In addition there were several characterization labs that cater to material, electronic, mechanical, chemical and optical characterization. CeNSE has a National Nanofabrication Centre funded by MCI and DST with 14000 square feet of class 100/1000 clean room. A clean room is a controlled environment where products are manufactured. It is a room in which the concentration of airborne particles is controlled to specified limits. A Class 100 clean room is designed to never allow more than 100 particles (0.5 microns or larger) per cubic foot of air. It was really inspiring to see people working in clean room. It also houses a comprehensive micro, nano characterization facility to conduct virtually any type of electrical, optical, mechanical and material characterization. We got an overview knowledge about Lithography, Etching, Furnaces and CVD (Chemical Vapour Deposition), Dry etching and films, semiconductors etc.

Then we visited a laboratory for organic chemistry. Mr. Dinesh, a Ph.D scholar gave us an introduction of chromatography there. Chromatography, technique for separating the components, or solutes, of a mixture on the basis of the relative amounts of each solute distributed between a moving fluid stream, called the mobile phase, and a contiguous stationary phase. The mobile phase may be either a liquid or a gas, while the stationary phase is either a solid or a liquid. Thin layer chromatography is a simple, quick, and inexpensive procedure that gives the chemist a quick answer as to how many components are in a mixture. TLC is also used to support the

identity of a compound in a mixture when the  $R_f$  of a compound is compared with the  $R_f$  of a known compound (preferably both run on the same TLC plate).

In column chromatography, the stationary phase, a solid adsorbent, is placed in a vertical glass (usually) column. The mobile phase, a liquid, is added to the top and flows down through the column by either gravity or external pressure. Column chromatography is generally used as a purification technique: it isolates desired compounds from a mixture.

Then we had a walk through the campus so that we could watch and learn how those great minds of our country, the research scholars are working. The work culture in that institute was so inspiring. The entire campus was fully eco friendly with its green flora. We spent the rest of day till night in that campus inspiring the vibes of most valuable scientific researches happening there.











19/03/2016

### **Christ University**

On Saturday morning 9:30 am our team reached Christ University. Christ University was with over 16,000 students and more than 1000 faculty members. It is one of the top ranked private deemed universities in the country. Initially founded as a constituent college of Bangalore University, it was given autonomous status in 2001. Later, Christ College was granted 'Deemed to be University' status in 2008 under the recommendation of UGC. In 2014 India Today Nielsen survey, Christ University was ranked in the top 10 in Science, Arts, Commerce and Law. In 2014 India Today ranking, Christ University ranked 1st in BBA, 6th in Arts, 4th in Science and 4th in Commerce and 12th in Law. The university offers nationally and internationally recognized undergraduate, postgraduate and research programmes in academic disciplines including Law, Business Administration, Commerce, Management, Humanities, Sciences, and Social Sciences. It offers professional courses in fields including Business Management, Computer Application, Hotel Management, Mass Communication, Social Work, Engineering and Tourism. It has a foreign student community of 2,384 in 2014 In Christ we have learnt to start over, build a new life and talk to strangers, meeting new people, people with completely different backgrounds and completely different lifestyles. That's one of the amazing things moving to a university like Christ brought to us. It has helped us grow as a person, deal with setbacks and feel free. We observed institutional culture, social behaving, great facilities and many more. In that university we saw things that were different from other institution like their cleanliness their infrastructure and discipline etc. In Christ college students were able to see and experience things that were different from the things that we see and do everyday. Different culture and different people in that college provided us a

great exposure. A small session with vice chancellor who explained us their vision and mission was also interesting.

As the last session, we had interactions with the alumni who are working in different companies in Bangalore. It helped to directly interact with people from their own background reached the higher goals. All students eagerly interacted with our alumni and bombarded them with questions. The alumni were very kind in answering their questions and giving them the advice and clues. They also described the different opportunities a big city can offer.











### RESULT OF VISIT

The visit was relevant, innovative, content packed and meticulously explored in many ways. This visit helped students to set higher goals in their particular field of interest and also helped to attain certain level of confidence with which they can pursue their aims and dreams. These sessions along with the internal mentoring sessions make sure that the ultimate growth of student as a potential individual.

The visit along with internal mentoring sessions provided opportunities to:

- Share skills, knowledge and expertise
- Motivate students by setting good examples
- Sets professional goals and identify the path to reach there.
- Provide guidance and constructive feedback
- Act as a positive role model
- Identify the student's both strong and weak points and
- Help students to improve

## CONCLUSION

This programme was an extremely useful and a necessary one. Through different sessions, students were able to design their future in a much better way. Through this programme, needy students were given necessary orientations to prepare them for employment and give them necessary guidance, motivation and mental support to identify and approach areas for higher studies as well as for employment. Each student after attending this programme became aware about the different available opportunities, areas suitable for them, and the manner in which the scholar should proceed for higher education. All the resource persons presented their classes mainly using PowerPoint presentation slides. It was remarkable experience as the topics were diverse and interdisciplinary. The participants had meaningful interactions with the experts. This enriched them with informative and innovative ideas.

All participants were of the opinion that the orientation programme was very informative and useful. It was interesting as they came to know how to prepare for their future education. This programme helped to promote interpersonal relationship and was a great aid for students. The commitment and involvement of coordinator Dr.Nygil Thomas and the wholehearted cooperation and support of teachers as well as students and other teachers lead to the successful completion of the Motivational Visit.