

**NIRMALAGIRI COLLEGE,
KUTHUPARAMBA, KANNUR**



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

ANNUAL REPORT

The Walk With A Scholar Programme was implemented in its letter and spirit at Nirmalagiri College during the academic year with several activities. All were happy to hear that the programme is resumed after a short break of one year. Following the Orientation Programme for the College level coordinators at Layola College, Thiruvananthapuram, a College level Monitoring Committee was constituted for the effective functioning of the programme. Ten internal mentors were selected from the teaching staff who were ready to volunteer their service. The programme was detailed to the new internal mentors and suggestions were sought for the effective implementation.

Enrolment:

Students were informed about the programme through meetings, announcements, class tutors and notice boards and applications in the prescribed form was collected from interested students. A total of 66 applications were received from Second year students and 52 from first year students. The Main list of 30 scholars from each year was selected by a committee giving due weightage to their academic performance and ensuring the inclusion of students from all streams. Rest of the students was included in the Supplementary list.

The WWS activities for the academic year 2018-'19 at Nirmalagiri College, Kuthuparamba was officially inaugurated by Dr. K V Ousephachan , Principal on 3rd December, 2019. Fr. Joby Jacob, the Vice Principal, Dr. Mini Joseph, the IQAC Coordinator, Internal mentors and the scholars from first and second year degree classes were present at the function. Principal and other dignitaries emphasized the importance of the programme and urged the students to make use of the opportunity in its real spirit. Deepu Joseph, College level Coordinator of the Programme explained the concept of WWS to the students.



Inaugural Session...

Orientation Programme for Scholars:

An orientation programme was conducted for the scholars to explain the mode of implementation of the programme. Dr. Nygil Thomas, Former College level coordinator and internal mentor motivated the scholars giving success stories of former WWS scholars. Sangeetha U K , former WWS scholar of the college, who is doing her Integrated PhD in Chemistry at Indian Institute of Technology, Chennai interacted with the Scholars as a special invitee. Students were really motivated by her session.



Dr. Nygil Thomas, Former Coordinator, WWS Sangeetha U K, Former WWS Scholar, IIT Madras

External Mentoring Sessions:

External mentoring sessions were conducted for the benefit of the scholars with experts from various fields such as Goal setting & Motivation, Research as Career, How to Prepare for Civil Services, Communication Skills, Psychological Well being etc. The details of the sessions are given below.

Sl. No.	Date & Session	Name of the External Mentor	Topic	No. of Sessions	Attended by
1	03-12-2019	Renjith Keshav	Horn Your Skills	5	Second Year
2	03-12-2019	Bimal Das	Goal Setting& Motivation	5	First Year
3	04-12-2019	Renjith Keshav	Horn Your Skills	5	First Year

4	04-12-2019	Preetha Varma	Communication Skill	5	Second Year
5	15-12-2019, FN	Dr. P M Sidharthan	Research as a Career	3	Second Year
6	15-12-2019, FN	Vipin K Pattuvam	How to prepare for Civil Service	3	First Year
7	15-12-2019, AN	Dr. P M Sidharthan	Research as a Career	2	First Year
8	15-12-2019, AN	Vipin K Pattuvam	How to prepare for Civil Service	2	Second Year
9	19-01-2019, FN	T N Balachandran	Rebirth-Psychological Well being	5	First Year & Second Year



Session by Sri. Bimal Dason Goal Setting...



Session by Preetha Varma on Communication Skill...



Session by Renjith Keshav on Skills for Excellence....



Session by Dr. P M Sidharthan on Research as a Career....



Session by Vipin K Pattuvam on Civil Service Examination...



Sessions by T N Balachandran on Psychology in Life

Internal Mentoring:

The role played by internal mentors was very crucial in the successful implementation of the programme. Amidst all busy schedules, they devoted time to interact with the mentees allotted under their care either in groups or individually. A number of tasks were given to the mentees such as preparing their bio data, identifying and collecting information on Top ten Higher educational institutions in their own subjects, Visiting library regularly and reading periodicals and news papers, Downloading and discussing at least one research paper, preparing and presenting a one minute self introduction in English etc. Mentees were encouraged to meet their mentors regularly and discuss with them anything that they bother about in life.



Internal Mentoring sessions in progress...

State Level Motivation Camp:

Kumari Ans Mariya George of II B.Sc. Zoology represented the College at the State Level Motivation Camp held from 4th – 6th February, 2019 at Calicut University. She appreciated the camp very much and the experience was shared with other scholars during an internal mentoring session.

Motivation Visit:

Motivation Visit to National Level Higher Educational Institutions is regarded as the most exciting and attractive activity under the Walk With A Scholar Programme initiated by the Department of Higher Education, Govt. of Kerala. Under this scheme, a team of 30 scholars of Second year Degree along with three internal mentors and the Coordinator from Nirmalagiri College, Kuthuparamba visited reputed institutions at Kozhikode and Thiruvananthapuram from 31st January to 2nd February, 2019. The visit was truly motivational, provided exposure to the exciting world of higher educational and

career opportunities awaiting graduates and helped in setting realistic goals-high and colourful.





Scholars at IISER, TvmAt CWRDM, KozhikodeAt IIM, Kozhikode



CDS, Thiruvananthapuram



At Civil Service Academy, Tvm



Review Meeting

Innovations:

1. **Scholar's Diary:** For the improving the effectiveness of the programme, a Scholar's diary was designed, printed and distributed to the scholars so that they can keep record of the various activities they are a part of, their academic progress etc. I hereby acknowledge the support from the internal mentors and the College level Monitoring committee in designing the contents of the diary and for the Career Guidance & Placement Cell of the College for the financial assistance towards the cost of printing.



2. **Extended Mentors:** Former WWS Scholars in reputed institution were invited to be the extended mentors for our scholars. They are also a member in the Whatsapp group created for the programme, giving suggestions and guidance for the mentees from time to time. We have been arranging interactive sessions with them depending on their availability. Two of them-Sangeetha U K and Indukala K had a face to face interaction with our scholars this academic year. These sessions were highly appreciated by our scholars.

Conclusion:

We believe that the Programme could be implemented in the best possible way within the time constraints and other technical problems related to the availability of funds. A number of

students have benefitted out of the programme. It would be appreciated if the programme begins at the commencement of the academic year itself, so that the mentees as well as the mentors get enough time to interact and make the purpose of the programme a reality. I acknowledge the cooperation and guidance received from the State Level Implementing authority, College level Monitoring committee, Internal mentors and other faculty members for the successful implementation of the programme.

Nirmalagiri
15-03-2-19

Deepu Joseph
Coordinator