

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)

Affiliated to University of Kerala



2.2.1 WWS Report 2018

IQAC INTERNAL QUALITY ASSURANCE CELL

FATIMA MATA NATIONAL COLLEGE, KOLLAM
(Autonomous)
Affiliated to University of Kerala



WWS ACTIVITY REPORT FOR THE YEAR 2016-17

Sponsored by

New Initiative in Higher Education
Department of Collegiate Education
Government of Kerala
Science and Technology Museum Campus
Thiruvananthapuram- 695033

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Walk With a Scholar Programme (WWS)

Walk With a Scholar (WWS) programme is a new initiative by Higher Education Department, Government of Kerala envisaged to raise the standard of Higher Education Sector to a world class level. It is proposed to arrange specialized mentoring programmes and motivational visits for students in the undergraduate courses, to nurture promising and willing students (mentees) and to provide guidance for their future. This scheme introduces the idea of mentoring and builds on the concept of mentor as a guide and friend. The mentoring is a process where a mentor having greater experience and wisdom guides the mentees to develop both personally and professionally. The WWS scheme aims at giving necessary orientation to needy students, to prepare themselves for employment and give them necessary guidance, motivation and mental support to identify appropriate areas of higher study as well as employment.

WWS ACTIVITY REPORT 2016-17

The activities of WWS for the year 2016-17 were organized at 5 levels in the college.

1. Orientation and student selection

2. Internal Mentoring

3. External Mentoring

4. Motivational visit to institutes of national and international reputation

5. Procurement and distribution of study materials and stationary kit

1. ORIENTATION AND STUDENT SELECTION

WWS started functioning with an orientation programme for all first year UG students of the college. The programme gave them a clear view about WWS, its functioning and its goals. In July 2016 applications were invited from first year students who had scored a minimum of 60% marks in their higher secondary examinations and those with a genuine interest in the programme. After proper screening of the applications a ranklist was prepared based on their scores in the Higher Secondary Examinations. First thirty students in the rank list were selected for the programme and the next two were placed in the reserve list. Similar criteria were applied in the selection of mentees from second and third year UG batches and they continue to be beneficiaries of the programme till the end of their UG course.

2. INTERNAL MENTORING

Fifteen members of the permanent teaching faculty were selected as mentors for the thirty students based on their willingness to perform the task. Each internal mentor has assigned to mentor the students based on their choice. A list of internal mentors and the students allotted to them are enclosed.

WWS Registration for Students (2016-17)

Name of the Coordinator: Dr. Sajimon P.P.

Name of the Internal Mentor:

1. **Dr. Marilyn V.J.**
2. **Dr. Shirly Williams**
3. **Dr. Clara Bernadette Reshma**
4. **Ms. Sangeetha Vincent**
5. **Mr. Ignatius J.**
6. **Mr. Stancilaus S.**
7. **Dr. Apsara A.P.**
8. **Dr. Biju Mathew**
9. **Dr. A.S. Pratheesh**
10. **Ms. Minu Elza R.**
11. **Ms. Catherine E. Pereira**
12. **Mr. Sunil A.**
13. **Ms. Ann Varghese**
14. **Dr. Anil Kumar S.**
15. **Dr. C. Francis**

Sl. No.	Name of the Student	Year & Department	Area of Interest After Graduation (Employment/Higher Studies/Others) (Be specific if you choose the option 'Others')
1	Bincy Mini Benny	2016 - Chemistry	Higher studies
2	Arjun A.	2016 – Chemistry	Higher studies
3	Geeva Johnson	2016 -Polymer Chemistry	Higher studies
4	Maneesha M.	2016 - Zoology	College Professor
5	Darshitha S.	2016 - Zoology	Doctor
6	Koshinath	2016 - Zoology	College Professor
7	Aswathy T.G.	2016 – Psychology	Higher studies
8	Afreen Zulfikar	2016 – Psychology	Higher studies
9	Gopika P. Varma	2016 – Psychology	Higher studies
10	Gayathi B.	2016 – English	Higher studies
11	Parvathy B.M.	2016 – English	Higher studies
12	Silpa Chandran	2016 – Physics	Civil Services Examination
13	Kripa A. Krishnan	2016 – Physics	Higher studies
14	Athira Suresh S.	2016 – Physics	Higher studies
15	Sreelekshmi G	2016 – Physics	Higher studies
16	Gopika R.	2016 - Malayalam	Higher studies
17	Akhila Aravind	2016 - Malayalam	Higher studies
18	Devikrishna S.	2016 - Malayalam	Higher studies
19	Sajad R.	2016 – Commerce	Higher studies
20	Mansoor	2016 – Commerce	Higher studies

21	Sreeraj R.	2016 – Commerce	Higher studies
22	Akhila S.	2016 – Economics – A	Civil Services, MA Economics
23	Mehga Sam	2016 – Economics – A	Civil Services, MA Economics
24	Darsana Y	2016 – Economics – A	Civil Services, MA Economics
25	Aisha Raffi	2016 – Economics – B	Civil Services, MA Economics
26	Athira M. Nair	2016 – Economics – B	Civil Services, MA Economics
27	Binita Bellarman	2016 – Maths	Higher studies
28	Meenu Chandrababu	2016 – Maths	Higher studies
29	Sanju K. Thomas	2016 – Maths	Higher studies
30	Megha Anna George	2016 – Botany	Higher studies
31	Catherin C.	2016 – Botany	Higher studies
32	Lekshmi B.	2016 – Botany	Higher studies
33	Catherin Sebastian	2016 – Botany	Higher studies
34	Arya T.S.	2015 – Botany	Higher studies
35	Emlim P Raphael	2015 – Botany	Higher studies
38	Aswathy R.	2015 – Chemistry	Higher studies
39	Syama	2015 – Chemistry	Higher studies
40	Arya S. Nair	2015 – Chemistry	Higher studies
41	Amina S.	2015 – Commerce	Higher studies
42	Ansy Badar	2015 – Commerce	Higher studies
43	Nila M.S.	2015 – Commerce	Higher studies
44	Anju Oommen	2015 – Economics	Higher studies
45	Aparna Mohan	2015 – Economics	Higher studies
46	Selma Thadaya	2015 – Economics	Higher studies
47	Vishnu Priya	2015 – Economics	Higher studies
48	Ancy Gracian	2015 – English	Higher studies
49	Theertha Theophin	2015 – English	Higher studies
50	Ashna Francis	2015 – English	Higher studies
51	Vignesh P Kumar	2015 – History	Higher studies
52	Manjusha Chacko	2015 – History	Higher studies
53	Anaswar R	2015 – Maths	Higher studies
54	Ancy Johnson	2015 – Maths	Higher studies
55	Hemant J.S.	2015 – Maths	Higher studies
56	Arya Chandran	2015 – Physics	Higher studies
57	Araya R.S.	2015 – Physics	Higher studies
58	Vivek Vinay	2015 – Physics	Higher studies
59	Teena Terry	2015 – Zoology	Higher studies
60	Jessy Ancil	2015 – Zoology	Higher studies
61	Arsha Babu	2015 – Zoology	Higher studies
62	Meera Rarichan	2015 – Zoology	Higher studies

63	Ambadi	2015 – Psychology	Higher studies
64	Diana B.	2015 – Malayalam	Higher studies
65	Sneha J Fernandez	2015 – English	Higher studies
66	Thazlin Enayath	2015 – Zoology	Higher studies
67	Ashika Lal	2015 – Maths	Higher studies
68	Ashina Lal	2015 – Maths	Higher studies
69	Sandara S.	2015 – Botany	Higher studies
70	Agnel	2015 – Malayalam	Higher studies
65	Amin A.	2014 – Commerce	Higher studies
66	Alan A.	2014 – Commerce	Higher studies
67	GINU T.	2014 – English	Higher studies
68	Aardra P. Manoj	2014 – English	Higher studies
69	Vidhu Priya	2014 – English	Higher studies
70	Steve Lal	2014 – Economics	Higher studies
71	Rizwan	2014 – Economics	Higher studies
72	Anu Vijayan	2014 – Economics	Higher studies
73	Kalya Krishna	2014 – Physics	Higher studies
74	Lekshmi B R	2014 – Physics	Higher studies
75	Afsal S. Shajahan	2014 – Physics	Higher studies
76	Sreelekshmi C.P.	2014 – Chemistry	Higher studies
77	Reshma Sebastian	2014 – Chemistry	Higher studies
78	Kavya Sasankan	2014 – Chemistry	Higher studies
79	Mary Merin	2014 – Zoology	Higher studies
80	Monisha S.	2014 – Zoology	Higher studies
81	Janany U. J.	2014 – Botany	Higher studies
82	Sruthi S.R.	2014 – Botany	Higher studies
83	Arya Babu	2014 – Botany	Higher studies
84	Greeshma Mohan	2014 – Psychology	Higher studies
85	Ria Mary Jojo	2014 – Psychology	Higher studies
86	Geena Gipson	2014 – Commerce	Higher studies
87	Sneha Sunil	2014 – Botany	Higher studies
88	ThanujaThaj	2014 – Maths	Higher studies
89	Manjusha A.	2014 – Maths	Higher studies
90	Kripa Krishnan	2014 – Maths	Higher studies
91	Keerthi R.	2014 – Physics	Higher studies
92	Reshma F.B.	2014 – Malayalam	Higher studies
93	Shibina S.	2014 – Malayalam	Higher studies
94	Shahasina A.N.	2014 – History	Higher studies

Name of the Internal Mentor:

1. Dr. Marilyn V.J.

1	Arya T.S.	2015 – Botany
2	Emlim P Raphael	2015 – Botany
3	Sandara S.	2015 – Botany
4	Arya Babu	2014 – Botany
5	Sneha Sunil	2014 – Botany
6	Janany U. J.	2014 – Botany
7	Sruthi S.R.	2014 – Botany

2. Dr. Shirly Williams

1	Maneesha M.	2016 - Zoology
2	Darshitha S.	2016 - Zoology
3	Koshinath	2016 - Zoology
4	Teena Terry	2015 – Zoology
5	Jessy Ancil	2015 – Zoology
6	Arsha Babu	2015 – Zoology
7	Meera Rarichan	2015 – Zoology

3. Dr. Clara Bernadette Reshma

1	Sajad R.	2016 – Commerce
2	Mansoor	2016 – Commerce
3	Sreeraj R.	2016 – Commerce
4	Gayathi B.	2016 – English
5	Parvathy B.M.	2016 – English
6	Mary Merin	2014 – Zoology
7	Monisha S.	2014– Zoology

4. Ms. Sangeetha Vincent

1	Amina S.	2015 – Commerce
2	Ansy Badar	2015 – Commerce
3	Nila M.S.	2015 – Commerce
4	Ancy Gracian	2015 – English
5	Theertha Theophin	2015 – English
6	Ashna Francis	2015 – English
7	Sneha J Fernandez	2015 – English

5. Mr. Ignatius J.

1	Silpa Chandran	2016 – Physics
2	Kripa A. Krishnan	2016 – Physics
3	Athira Suresh S.	2016 – Physics
4	Sreelekshmi G	2016 – Physics
5	Arya Chandran	2015 – Physics
6	Araya R.S.	2015 – Physics
7	Vivek Vinay	2015 – Physics

6. Mr. Stancilaus S.

1	Ginu T.	2014 – English
2	Aardra P. Manoj	2014 – English
3	Vidhu Priya	2014 – English
4	Ambadi	2015 – Psychology
5	Thazlin Enayath	2015 – Zoology
6	Anu Vijayan	2014 – Economics

7. Mr. Stancilaus S.

1	Ginu T.	2014 – English
2	Aardra P. Manoj	2014 – English
3	Vidhu Priya	2014 – English
4	Ambadi	2015 – Psychology
5	Thazlin Enayath	2015 – Zoology
6	Anu Vijayan	2014– Economics

8. Dr. Apsara A.P.

1	Aswathy R.	2015 – Chemistry
2	Syama	2015 – Chemistry
3	Arya S. Nair	2015 – Chemistry
4	Sreelekshmi C.P.	2014 – Chemistry
5	Reshma Sebastian	2014 – Chemistry
6	Kavya Sasankan	2014 – Chemistry

9. Dr. Biju Mathew

1	Bincy Mini Benny	2016 - Chemistry
2	Arjun A.	2016 – Chemistry
3	Geeva Johnson	2016 -Polymer Chemistry
4	Megha Anna George	2016 – Botany
5	Catherin C.	2016 – Botany
6	Lekshmi B.	2016 – Botany
7	Catherin Sebastian	2015– Botany

10. Dr. A.S. Pratheesh

1	Gopika R.	2016 - Malayalam
2	Akhila Aravind	2016 - Malayalam
3	Devikrishna S.	2016 - Malayalam
4	Diana B.	2015 – Malayalam
5	Agnel	2015 – Malayalam
6	Reshma F.B.	2014 – Malayalam
7	Shibina S.	2014– Malayalam

12. Ms. Minu Elza R.

1	Akhila S.	2016 – Economics – A
2	Mehga Sam	2016 – Economics – A
3	Darsana Y	2016 – Economics – A
4	Aisha Raffi	2016 – Economics – B
5	Athira M. Nair	2016 – Economics – B
6	Steve Lal	2014 – Economics
7	Rizwan	2014– Economics

14. Ms. Catherine E. Pereira

1	Amin A.	2014 – Commerce
2	Alan A.	2014 – Commerce
3	Geena Gipson	2014 – Commerce
4	Anju Oommen	2015 – Economics
5	Aparna Mohan	2015 – Economics
6	Selma Thadaya	2015 – Economics
7	Vishnu Priya	2015 – Economics

10. Dr. A.S. Pratheesh

1	Gopika R.	2016 - Malayalam
2	Akhila Aravind	2016 - Malayalam
3	Devikrishna S.	2016 - Malayalam
4	Diana B.	2015 – Malayalam
5	Agnel	2015 – Malayalam
6	Reshma F.B.	2014 – Malayalam
7	Shibina S.	2014 – Malayalam

11. Dr. C. Francis

1	Shahasina A.N.	2014 – History
2	Vignesh P Kumar	2015 – History
3	Manjusha Chacko	2015 – History

13. Mr. Sunil A.

1	Kalya Krishna	2014 – Physics
2	Lekshmi B R	2014 – Physics
3	Afsal S. Shajahan	2014 – Physics
4	Keerthi R.	2014 – Physics
5	Greeshma Mohan	2014 – Psychology
6	Ria Mary Jojo	2014 – Psychology

15. Dr. Anil Kumar S.

1	Binita Bellarman	2016 – Maths
2	Meenu Chandrababu	2016 – Maths
3	Sanju K. Thomas	2016 – Maths
4	Ashika Lal	2015 – Maths
5	Anaswar R	2015 – Maths
6	Ancy Johnson	2015 – Maths
7	Hemant J.S.	2015 – Maths

16. Ms. Ann Varghese

1	ThanujaThaj	2014 – Maths
2	Manjusha A.	2014 – Maths
3	Kripa Krishnan	2014 – Maths
4	Aswathy T.G.	2016 – Psychology
5	Afreen Zulfikar	2016 – Psychology
6	Gopika P. Varma	2016 – Psychology



*An internal mentoring session by Dr. A.S. Pratheesh, Assistant Professor,
Department of Malayalam.*



A special mentoring session with the mentee (individual care)



Coordinator Dr. Sajimon P.P. is conducting a internal mentoring session.

Mentoring sessions were held according to the convenience of the mentees and the mentors. There were held a common meeting once every two month. The sessions included different programmes like personal grooming section like face to face interaction related to personal and academic introduction, career focused discussions and psycho-education, task build up and time management, counseling, elocution, power point presentations on various topics, university result analysis and career guidance. All the mentors have an adequate empirical knowledge to support mentees related to careers, higher learning, and bring out the prospective life skills training in their endeavors.

3. EXTERNAL MENTORING

The first phase of External Mentoring sessions started in the month of January 2017. This year the external mentoring session started with a One Day Capacity Building Workshop – “Mentor Navigation Workshop” which is sponsored by Office of the New Initiatives in Higher Education on 11-01-2017 at Jubilee Hall, Fatima Mata National College, Kollam from 9.30 am to 4.30 pm. The detailed report on this workshop is attached.





FATIMA MATA NATIONAL COLLEGE (AUTONOMOUS), KOLLAM

ONE DAY CAPACITY BUILDING WORKSHOP

“MENTOR NAVIGATION WORKSHOP”

FOR INTERNAL MENTORS OF WWS

Sponsored by: *Office of the New Initiatives in Higher Education*

Venue: JUBILEE HALL

Date: 11-01-2017

Time: 9.30 to 4.30

Resource Person: Dr. T. P. Sasikumar, MSc, MPhil, PhD, LLB, MBA, MS.

(Former- SCIENTIST & SECTION HEAD - Advanced Data Processing Research Institute (ADRIN), Hyderabad; SCIENTIST, SAC/ISRO, Ahmedabad & PP&PM / ISRO-HQ, Bangalore)

PROGRAMME SCHEDULE

- Registration (9.30 am to 10 am)
- Inaugural Session (10 am to 10.15 am)
- Prayer
- Welcome Address : **Dr. Sajimon P.P.**
Coordinator – WWS, F.M.N.C., Kollam.
- Presidential Address : **Dr. Vincent B. Netto**
Principal, F.M.N.C., Kollam
- Resource person introduction: **Dr. Sajimon P.P.**
Coordinator – WWS, F.M.N.C., Kollam.
- 10.15 am – 11.30 am : Keynote Address on “Mentor Navigation Workshop”
Speaker: **Dr. T. P. Sasikumar, Scientist.**
- 11.30 am – 11.45 am : Tea Break
- 11.45 am – 1.30 pm : Keynote Address on “Role of Teacher in Mentoring”
Speaker: **Dr. T. P. Sasikumar, Scientist.**
- 1.30 pm – 2.15 pm : Lunch
-
- 2.15 pm – 3.30 pm : Keynote Address on “Strategies of Mentoring:
Role Play”
Speaker: **Dr. T. P. Sasikumar, Scientist.**
- 3.30 pm – 3.45 pm : Tea Break
- 3.45 pm – 4.30 pm : Keynote Address on “Effective mentoring :
A Self Realization”
Speaker: **Dr. T. P. Sasikumar, Scientist.**
- 4.30 pm : Vote of Thanks
Dr. Laiju S., Assistant Professor, SN College, Kollam.
- 4.35 pm – 4.45 pm : Feedback and Experience sharing
- 4.45 pm: : Photo Session

REPORT

The Capacity Building Workshop for Mentors and Coordinators of Walk With Scholar programme sponsored by the Office of the New Initiatives in Higher Education was conducted on 11-01-2017 at the Golden Jubilee Seminar Hall in Fatima Mata National College from 10 am to 4.45 pm. This cluster workshop was arranged by the WWS mentors of the host college and six neighboring colleges participated in this – SN College- Kollam, SN College - Chathanoor, SN College for Women, TKM College of Arts and Science, Government College - Chavara, and Government College – Attingal. The total of 51 internal mentors was actively participated in this cluster workshop.

Registration for the program commenced at 9.30 am. All participants were provided a stationery kit and the supporting material provided by the Resource person.

The meeting commenced with a silent prayer. Dr. Sajimon P.P., Coordinator WWS, FMNC Kollam welcomed the gathering. Dr. Vincent B. Netto, the Principal delivered the Presidential address. It was a beneficial and motivating start for the day and he stressed more about the mentoring based on recent perspectives of our culture and role of teachers in WWS programme.

Dr. Sajimon P.P., Coordinator WWS, FMNC Kollam, introduced the resource person. Dr. T. P. Sasikumar, Former- Scientist & Section Head - Advanced Data Processing Research Institute (ADRIN), Hyderabad; Scientist, SAC/ISRO, Ahmedabad & PP & PM/ISRO-HQ, Bangalore., who dealt with the topic 'Mentor Navigation Workshop'. The resource person stressed the role of a teacher in the college and the inner self of a person and the compassion for teaching in different perspectives. Also dealt with the present mentoring system in Kerala context and covered some philosophical concepts from 'Veda' based on his life experiences to incorporate real mentor sessions in the college. The session paused for a Tea Break at 11.30 am and all participants were treated to a sumptuous lunch at 1.30 pm. The eminent scientist lead the session by his own life experiences and conducted more practical oriented role play sessions and he concluded this informative session by 4.30 pm.

Brisk interaction at Tea helped in eliciting valuable input from the participants. They expressed their high appreciation of the workshop. There was a lively feedback session and comments from other colleges. Dr. Laju S., SN College, Kollam proposed Vote of Thanks and representative from other colleges also proposed their feedback about this programme. Feedback forms were collected from the participants and the workshop ended by 4.45 pm with a group photo session.


Dr. Sajimon P.P.

WWS Coordinator



Principal Dr. Vincent B. Netto is officially inaugurating the External Mentoring Session for 2016-2017 academic years.



Dr. T.P. Sasikumar, Senior Scientist sharing session with the mentors of WWS.



Mentors attending Cluster Workshop



Mentors attending Cluster Workshop



Mentors attending Cluster Workshop



Group photo session of the Cluster Workshop

The second phase of External Mentoring sessions started during the mid of the January 2017. Before starting the external mentoring programmes, a schedule of the programme containing a panel of experts were discussed with experts within college and external sources and also discussed with the monitoring committee represents from the Office of the New Initiatives. Altogether 07 resource persons having expertise in specific areas were invited and got consent from them before preparing the schedule. Only those experts who have conducted mentoring classes elsewhere and have excellent feedback were invited for this programme. The mentoring programmes were also conducted during vacation period to ensure the quality mentoring session for the betterment of mentees of our college. The details of various external mentoring sessions are attached.

3.1 External mentoring session on the topic of “Self Awareness for Capacity Building” on 13-01-2017 by Dr. K.C. Mohan, Retired Professor, Christian College, Kattakada.

This session is started by a formal welcome address by Dr. A.S. Pradeesh, Assistant Professor, Department of Malayalam, Fatima Mata National College, Kollam. The class started at 10 am and concluded by 1 pm. The feedbacks from the students reveal that they are highly benefitted from these external mentoring sessions.





Students attending External Mentoring Session of WWS

3.2 External mentoring session on the topic of “Personal Excellence Skills” on 13-01-2017 by Dr. P.V. Joseph, Associate Professor PG & Research Dept. of Chemistry Maharaja’s College, Ernakulam.

This session is started by a formal welcome address by Dr. Sajimon P.P., Coordinator, WWS, Fatima Mata National College, Kollam. The class started at 1.30 pm and concluded by 4.30 pm. The feedbacks from the students reveal that they are highly benefitted from these external mentoring sessions.



Students attending External Mentoring Session of WWS

3.3 A One Day Capacity Building programme organized for the WWS Second Year and Third year students as part of the External mentoring session on the topic of “Career Tree Buildup Programme” on 17-01-2017 by Dr. Kavitha R. Shanmugam, CEO., Career Tree, Chennai.

This session is started by a formal welcome address by Dr. Sajimon P.P., Coordinator, WWS, Fatima Mata National College, Kollam. The class started at 10.am and concluded by 4.30 pm. There were 40 mentees were attended this session and students rated high for his class. This programme was helped our student to cope up with the vulnerabilities during adolescence and lead a clear insight to the following areas:

- Communication and Interpersonal Skills.
- Leadership Excellence in Government.
- Performance Management in Government Department.
- Excellence in Responsive Service to people.
- Motivational Techniques for Excellence in Performance.



Dr. Dr. Kavitha R. Shanmugam, CEO., Career Tree, Chennai is sharing her session with students of WWS.



Dr. Dr. Kavitha R. Shanmugam, CEO., Career Tree, Chennai is sharing her session with students of WWS.

3.4 One Day Path Finder programme organized for the WWS Third year students as part of the External mentoring session during summer vacation on 20-05-2017 by Mr. Reliant Ignatious, CEO., Manpower Consultancy, Kollam.

This session is started by a formal welcome address by Dr. Sajimon P.P., Coordinator, WWS, Fatima Mata National College, Rev. Fr. Anil Jose, Manager, Fatima Mata National College, Kollam inaugurated this programme and Dr. P.S. Anil Jose, Head, Department of Psychology felicitated the gathering. The class started at 10.am and concluded by 4.30 pm. The feedbacks from the students reveal that they are highly benefitted from these external mentoring sessions It was helped our student to achieve excellence in their higher studies and lead a clear insight to their carriers.



WWS, FATIMA MATA NATIONAL COLLEGE (AUTONOMOUS), KOLLAM

PATH FINDER

20th of May, 2017 @ 9.00 pm

- 9.00 to 9.30 am : Registration
- 9.30 to 9.50 am : Inaugural Session
- 9.50 to 10.00 am : Tea Break
- 10.00 to 12.00 am : Session - I: A Stepping Stone to Success
- 12.00 to 1.15 pm : Session - II: Career Interest Assessment
- 1.15 to 2.00 pm : Lunch Break
- 2.00 to 3.00 pm : Session - III: Stepping Stones to be a Better Career
- 3.00 to 3.30 pm : Session IV: Know your Interviewer
- 3.30 to 3.45 pm : Tea Break
- 3.45 to 5.00 pm : Session V: Career Prospects
- 5.00 pm : Valedictory Session





Welcome address by Dr. Sajimon P.P., Coordinator, WWS



Dr. P.S. Anil Jose, HoD & Assistant Professor, Dept. of Psychology felicitating the External Mentoring Session.



Rev. Fr. Anil Jose, Manager inaugurating External Mentoring Session



Mr. Reliant Ignatious, CEO, Manpower Consultancy, Kollam sharing with WWS Students

3.5 One Day Path Finder programme organized for the WWS Third year students as part of the External mentoring session during summer vacation on 20-05-2017 by Mr. Sijin K.S. Reliant Ignatious, Career Guide, Kottarakkara.

This session is second part of the one day programme and he discussed about know your interviewer and future career prospectus.



Mr. Sijin K.S. Reliant Ignatious, Career Guide, Kottarakkara sharing his session with WWS students.

3.6 External mentoring session on the topic of “Soft Skills Training” on 07-06-2017 by Mr. Fresnal Das, Chief Counsellor, CAPE INDIA.

This session is started by a formal welcome address by Dr. Sajimon P.P., Assistant Professor, Department of Psychology, Fatima Mata National College, Kollam. The class started at 10 am and concluded by 1 pm. The feedbacks from the students reveal that they are highly benefitted from these external mentoring sessions



Mr. Fresnal Das, Chief Counsellor, CAPE INDIA sharing his session with WWS students.

Though most of the students excelled in academics many of them lacked the confidence to express their ideas in public. Counselling and remediation classes were conducted in order to fill these lacunae. Mr. Fresnal Das, an expert counselor and Psychotherapist along with another counselor Mr. Sijin K.S. conducted the classes very effectively. All the students responded positively to these sessions. The whole sessions were conducted using lecture cum demonstration method. After the psychotherapy session, the participants engaged themselves in identifying the power of their mind.

4. MOTIVATIONAL VISIT OF SHORT DURATION WITHIN THE STATE

As part of external mentoring programmes, we also conducted a motivational visit to institutions of national repute within the State. Thirty mentees from IV (Second Year) and II (First Year) semesters and 3 accompanying staff including the co-ordinator started their journey in the early morning on 19th June 2017 from college campus by the tourist bus, with the noble intention to visit HINDUSTAN INSECTICIDES LIMITED (HIL) - (A GOVERNMENT OF INDIA ENTERPRISE), Udyogamandal-683 501, Cochin, Kerala and CUSAT, Center for Science in Society, Kerala. Our team reached Hindustan Insecticides with help of officials we conducted interactive sessions and mentoring session with their workers, lab technicians, and supervisors. After this we conducted External mentoring session on the topic of “Utilization of Chemicals in the Hindustan Insecticides Limited” by Dr. P.V. Joseph, Associate Professor PG & Research Dept. of Chemistry Maharaja’s College, Ernakulam. After visiting this place we went to the CUSAT – Center for Science in Society, Cochin by 02.15 pm.

The mentors and mentees visited the Centre for Science in Society at CUSAT. We could not keep the right time to reach this place due to the mentoring session in the HIL, Cochin, and heavy road traffic. So they denied permission to utilize the mentoring session in this place. Therefore students visited Science park, Herbal Park, Butterfly Garden, E-Science Exhibit, ISRO Pavilion, Science Pavilion, See and Believe Labs in the C-SiS. The students visited different laboratories at School of Engineering, CUSAT. Also they interacted with different faculty members, technical staff and students at this institution. Students have also visited different research laboratories at the Department of Applied Chemistry. The team also visited Photonics Department, CUSAT.

The team also visited the Kerala History Museum, Edappally, Kochi. Students were motivated by the models in the Model Museum, the Art Gallery and self narrative history museum containing the history of Kerala state and important events and cultures in Kerala before freedom and after freedom period.



The students of WWS and Teachers visited Hindustan Insecticides Limited (HIL) Cochin.



The students of WWS and Teachers visited CUSAT, Cochin.

5. PROCUREMENT AND DISTRIBUTION OF STUDY MATERIALS AND STATIONERY KIT

Study materials containing the books 'Personality Development' by Kiran, 'Essential English for Competitive Examinations' by Arora Mrinalini Anand and some notes given by external mentors were distributed to all mentees. The program was inaugurated by the Principal.

6. STATE MOTIVATIONAL CAMP – FOCUS 2017

One of our second year mentees Miss. Arya S. Nair attended a three day residential camp, the State Motivation camp – Focus 2017, conducted at Maria Rani Training centre, Sreekaryam, Thiruvananthapuram during the period 17-02- 2017 to 19-02-2017. Soon after the completion of the program, she sent the report on the camp to the WWS Office and at the same time, she shared her experiences at the camp to other mentees of the college.