

# Walk With a Scholar (WWS) Programme

## Mannaniya College of Arts & Science

### Activity Report 2015-16

Walk With a Scholar Scheme aims at giving necessary orientation to needy students, to prepare them for employment and give them necessary guidance, motivation and necessary mental support to identify appropriate areas for higher study as well as employment. The mentoring scheme should be planned to identify the opportunities available for the scholars, the areas suitable for them, manner in which the scholar should proceed before them and evolve ways by which they can be acquired

#### External Mentoring

The aim of external mentoring is to motivate and create more confidence among mentees to avail better future opportunities. Personality development, communicative English, goal setting were the main activities of the external mentoring. The external mentoring sessions completed on 28<sup>th</sup> March 2016. The details are given below

#### External mentoring

| S.No | Date       | Resource person   | topic   |
|------|------------|---|---|
| 1    | 06/02/2016 | S M Anwar<br>Principal<br>Womens Islamiya College , Azhicode    | Effective Communication                                   |
| 2    | 13/02/2016 | Mr. Pandya Raj<br>Certified Yoga Trainer<br>Munnar              | Yoga & Meditation   |
| 3    | 19/03/2016 | Mr. Ashraf Bin Ali P<br>TCI facilitator & Trainer<br>Malappuram | Finding out the inner potential                           |
| 4    | 24/03/2016 | Mr. Amal Raj<br>Famous Drama Artist<br>Thrissur                 | Personality development<br>through drama<br>Nadaka kalari |
| 5    | 28/03/2016 | Dr.V Sunil Raj<br>Clinical Psychologist<br>Trivandrum           | Effective relationships                                   |

## Internal Mentoring

The internal mentors served as real guide or friend of each mentee. Personal details of all the mentees were collected. It includes economic and social background, family details, previous academic performance, interested field and extension activities etc. After making rapport with mentees guidance given to them according their needs. The internal mentoring session was a support to the mentees to identify their genuine interest. The session for internal mentoring was scheduled by the mentors themselves according to their convenience and engaged 15 hours session by each of them. The sessions were arranged after the regular class and on Saturdays. Attendance register for the scholars and mentors maintained separately. Some common areas dealt in internal mentoring are as follows

- Tips for personality development
- Motivation
- Group discussion on different topics
- Discussion of current affaires
- Career guidance
- Basics of accountancy and economics
- Communicative skill training
- Interactive sessions
- Group discussions on different topics Grooming and etiquette
- Research methodology
- Chances & way to study abroad (IELTS, TOEFL)
- Soft skills
- How to face an interview
- Grammer skills
- Basic computer skills

### Mentor –Mentee List (First Year)

| S.No | Name          | Class          | Internal Mentor                                  |
|------|---------------|----------------|--|
| 1    | Reshma Nair.B | B.Sc Chemistry | Jasmin.N<br>Asst. Professor<br>Dept. of Commerce |
| 2    | Fathima.J.S   | B.Sc Chemistry |  |
| 3    | Amina Nazeer  | B.Sc Chemistry |  |
| 4    | Fathima.N.A   | B.Sc Chemistry |  |
| 5    | Noureen.S.J   | B.Sc Chemistry |  |
| 6    | Afsalna.S.R   | B.Sc Chemistry |  |

|    |                    |                      |  |
|----|--------------------|----------------------|--|
| 7  | Aparna.V           | B. Com Cooperation   | Abdul Hashim.S<br>Asst. Professor<br>Dept. of Islamic<br>History |
| 8  | Rohini.P.S         | B. Com Cooperation   |  |
| 9  | Sumayya.S          | B. Com Cooperation   |  |
| 10 | Mubeena.N          | B. Com Cooperation   |  |
| 11 | Jithu.A.L          | B. Com Cooperation   |  |
| 12 | Uma.A.M            | B. Com Cooperation   |  |
| 13 | Subina.H.S         | B. Com Cooperation   | Hashim.M<br>Asst. Professor<br>Dept. of Commerce                 |
| 14 | Sumayya Sathar     | B. Com Cooperation   |  |
| 15 | Adithya Joy        | B. Com Cooperation   |  |
| 16 | Aswathy.A          | B. Com Cooperation   |  |
| 17 | Amal Muhammed      | B.Com TTM            |  |
| 18 | Anjana.S           | B.Com TTM            |  |
| 19 | Shefin Shahar      | B.Com TTM            | Mumthas.S<br>Asst. Professor<br>Dept of Commerce                 |
| 20 | Muhammed Arshath   | B.Com TTM            |  |
| 22 | Shyja.S.S          | B.Com TTM            |  |
| 21 | Ansy.S             | B.Com TTM            |  |
| 23 | Sumayya.S.S        | B.A. Islamic History |  |
| 24 | Subeena.A.R        | B.A. Islamic History |  |
| 25 | Ansiya.S.S         | B.A. Islamic History | Shijina.S<br>Asst. Professor<br>Dept. of Commerce                |
| 26 | Shafna Shahul      | B.A. Islamic History |  |
| 27 | Ameena.A.M         | B.A. Islamic History |  |
| 28 | Alfiya Mehthaf.J.B | B.A. Islamic History |  |
| 29 | Amina.B.H          | B.A. Islamic History |  |
| 30 | Fathima.A.R        | B.A. Islamic History |  |

### **Mentor – mentee List (Second Year)**

| <b>S.No</b> | <b>Name</b>    | <b>Class</b>       | <b>Internal Mentor</b>   |
|-------------|----------------|--------------------|--|
| 1           | Al Ameen B.J   | B.Com TTM          | Sri.AbdulHashim.S ,<br>Asst. Professor<br>Dept. of Islamic History |
| 2           | Al Ameen F.S   | B.Com TTM          |  |
| 3           | Ananthu.A.Nair | B.Com TTM          |  |
| 4           | Anwarsha.U     | B.Com TTM          |  |
| 5           | Sarath.S       | B.Com TTM          |  |
| 6           | Vishnu.M       | B.Sc Chemistry     |  |
| 7           | Ashik.S        | B.Com TTM          | Sri.Asseem.J<br>Asst. Professor<br>Dept. of Commerce               |
| 8           | AdilaSubair    | B.Com TTM          |  |
| 9           | AseefaBeevi.A  | B.Com TTM          |  |
| 10          | Sooraj Prasad  | B.Com TTM          |  |
| 11          | Sumayya.H      | B.Com TTM          |  |
| 12          | Jasmin.N       | B.Com TTM          |  |
| 13          | SobiraBeevi.L  | B.Sc Chemistry     | Smt.Jaseedha.K<br>Associate Professor,<br>Dept. of English         |
| 14          | Sulfiya.S      | B.Sc Chemistry     |  |
| 15          | Saira.S.R      | B. Com Cooperation |  |
| 16          | Semeena.R.S    | B. Com Cooperation |  |
| 17          | Sofiya.S       | B. Com Cooperation |  |
| 18          | Veena.V.S      | B. Com Cooperation |  |

|    |                     |                    |   |
|----|---------------------|--------------------|---|
| 19 | Alfiya.U            | B.Sc Chemistry     | Dr. Mercy Raj,<br>Associate. Professor,<br>Dept. of Chemistry |
| 20 | AshniAmeer          | B.Sc Chemistry     |   |
| 22 | DiflarSulthana. A.S | B.Sc Chemistry     |   |
| 21 | Ramsy.R             | B.Sc Chemistry     |   |
| 23 | ShirinShahana.S     | B.Sc Chemistry     |   |
| 24 | Smitha.S.S          | B.Sc Chemistry     |   |
| 25 | Anjitha.A           | B. Com Cooperation | Smt.Suma,<br>Associate Professor<br>Dept. of Commerce         |
| 26 | Anju.L.R            | B. Com Cooperation |   |
| 27 | Asha.S              | B. Com Cooperation |   |
| 28 | Nusra.S             | B. Com Cooperation |   |
| 29 | Rehna.S             | B. Com Cooperation |   |
| 30 | Rinsiya.R.S         | B. Com TTM         |   |

### Motivational Visit

First year and second year mentees and mentors visited Javaharlal Nehru Tropical Botanical Garden and Research Institute, Palode, Trivandrum. The visit was really benefited for the mentees. There are lot of research programmes going on in this institute for the sustainable utilization of the resources. It is the only organization in India, which maintains a 300 acre conservatory garden for the wild tropical plant genetic resources of the country, besides a well-integrated multidisciplinary R 7 D system dealing with conservation, management and sustainable utilization of tropical plant resources. The institute is a recognized centre of research for post graduate and doctoral research of several universities, within the country.





JNTBGRI

# Jawaharlal Nehru Tropical Botanic Garden and Research Institute

Palode, Thiruvananthapuram - 695 562

