

Mannaniya College of Arts & Science

Walk with a scholar

Activity Report 2016-17

Activities of WWS is very effectively implemented in our college. We have 90 volunteers in WWS in the year 2016-17 , 30 each from first, second and third year. The detailed description of activities is given below

Internal Mentoring

Internal mentoring took place effectively. 15 internal mentors engaged minimum of 10 hour for their mentees. A few mentors engaged more for the betterment of students. All the mentors submitted their internal mentors diary. The main activities of internal mentoring were debates, discussion, model interviews, book reviews, news paper discussion , quiz competitions, assignments for personal growth etc

External mentoring

We had sessions by national and international trainers. This year we organised 2 oneday sessions and 4 two day workshops.

1. Mr. Suvrad (Consultant Psychologist ,Integrated Centre for Counselling & Psychotherapy, Aripa,Malappuram (Dt)
Topic : Psychotricks
Date: 4th March 2017
2. TCI (Theme Centred Interaction) two day workshop
Trainer : Dr.C.Thomas Abraham (International TCI Facilitator)
Topic : We all Born to Fly; What holds us back (first workshop)
Date : 18th and 19th March 2017.
3. Two Day Residential Workshop (rupees 37500 spent based on the provision workshop or motivational visit for final years)
Trainer : Dr.Raju D Krishnapuram (TCI National Facilitator)
Topic : I am born to burn, Discovering the divine fire in me (first workshop)
Date : 25th and 26th march 2017
4. Career training
Trainer : Alex Mathew (Career trainer)



Topic : Attitude and personality improvement focused on the placement process
Date : 3rd June 2017

5. TCI (Theme Centred Interaction) two day workshop
Trainer : Dr.C.Thomas Abraham (International TCI Facilitator)
Topic : We all Born to Fly; What holds us back (Thomas sir's Second workshop)
Date : 10th and 11th June 2017.



6. Two Day Workshop
Trainer : Dr.Raju D Krishnapuram (TCI National Facilitator)
Topic : I am born to burn, Discovering the divine fire in me (Raju sir's second workshop)
Date : 25th and 26th June 2017



Mock tests/interviews for final year students

A series of sessions organised for preparing the final year mentees for interviews and higher studies. The major sessions were spoken English, communication skill, mock interviews, group discussions etc. the sessions were handled by spoken English trainer Sandeep.



Dates



17/06/2017 (10am to 4 pm)

20/06/2017 (1.30 to 4.30)

21/06/2017 (1.30 to 4.30)

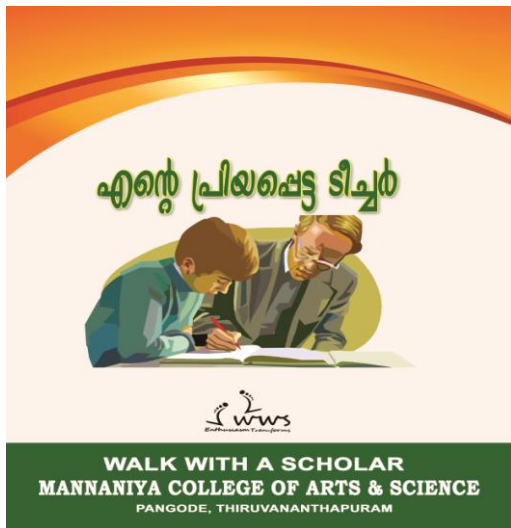
22/06/2017 (1.30 to 4.30)

23/06/2017 (1.30 to 4.30)

Five mock tests were conducted for final year wws mentees.

Book release

Walk with scholar of mannaniya college released two growth works released in the title “ente priyappetta teacher “ and “enne njanakkiya ente amma”



Dilshad Bin Ashraf
Coordinator – WWS
Mannaniya College

Motivational visit 2016-17



**IIT Madras, Madras University, Mahabalipuram,
Pondicherry Central University & Aroville Universal
city**

from 6th to 10th March 2017



Walk with a Scholar

Mannaniya College of Arts & Science

Pangode, Kallara, Thiruvananthapuram -695609

List of students participated in the motivational visit

S.No	Name	S.No	Name
	BA Islamic History		BCom TTM
1	Shabna.S	19	Anjana.S
2	Alfiya Mehthaf.J.B	20	Shefin Shahar
3	Aleem Nazeer	21	Anoop M V
4	Ansina N	22	Ananthu mohanan
	BCom Cooperation	23	Siva Prasad
5	Aparna.V	24	Abhijith
6	Thasni.N	25	Shyja S S
7	Sumayya.S	26	Ajas I
8	Mubeena.N		BSc Chemistry
9	Jithu.A.L	27	Rahul A
10	Fathima.H	28	Ameer Khan
11	Subina.H.S	29	Noureen.S.J
12	Sumayya Sathar	30	Ashik.S
13	Shahanas.N.S	31	Amjad Hussain
14	Athira. P. L	32	Siddeque
15	Gopika.R		
16	Bijay Kumar		
17	Jishnu T Vijayan		
18	Ajmal A R		

Accompanying teachers

S.No	Name	Designation
1	Abdul Hashim S	HOD, Dept of Islamic History
2	Mujeeb Rahman	Asst Professor, Dept of Chemistry
3	Shijina A S	Asst Professor, Dept of Commerce
4	Dilshad Bin Ashraf	Asst Professor, Dept of Psychology

Day 1- 6th March 2017

A total of 32 students and 4 teachers started our journey for the walk with scholar motivational visit on 6th march 2017 at 4.30 pm. The whole



group was filled with enthusiasm as we passed through scenic views of Thenmala and palaruvi. As the dusk outside hindered our views we enjoyed inside the bus music with laser lights and smoke. We hit the dance floor enjoying our steps to the thunderous music. The beginning of our trip itself was a novel and enchanting

experience. We took photos, selfies and group photos to save it in our memories forever

Day 2- 6th March 2017

Next day, early morning by 6 am we reached Chennai. On the way we saw Anna university where our former president APJ Abdul Kalam studied. We passed 12 lined butterfly bridge, which is very innovative because no traffic signals were there. Our guide explained important places in Chennai city like St Thomas church, Army training centre, Rajbhavan and Chennai international airport. By 6.45 am we reached youth hostel at adayar where we fresh up. After that we started to our first destination Chennai IIT. We reached there by 10 am.



Indian Institute of Technology, Madras

IIT madras is one among the foremost institutes of national importance in higher technological education, basic and applied research. In 1956 ,the German government offered technical assistance for establishing an institute of higher education in engineering in India . The first Indo - German agreement for the establishment of IIT at madras was signed in 1959. The IIT system has sixteen institutes in India. The first of these are at



Khragpur(1951), Delhi(1958),
Chennai(1959) and
Kanpur(1959).

IIT madras is a residential institute with nearly 550 faculty, 8000 students and 1250 administrative supporting staff and is a self-contained campus

located in a beautiful wooded land of about 250 hectares

The institute has sixteen academic departments and a few advanced research centers in various disciplines of engineering and pure science with nearly 100 labs organized in a unique pattern of functioning. A faculty of international repute a brilliant student community excellent technical supporting staff and an effective administration have contribute to the pre-eminent status of IIT madras. The campus is located in the city of chennai previously known as madras.

After having the breakfast from IIT canteen at first we visited the nanotechnology research laboratory of Prof. T.Pradeep. (Institute Professor, Institute Chair Professor and Professor of Chemistry, Department of Chemistry). Dr.Rabi (research scholars – post doctoral fellowship) explained the functioning of each instrument like Raman spectroscopy, x-ray spectrometer, gas spectrometry etc in detail. We had a very enlightening experience which gave us a deep grasp of the newly evolving field of nanotechnology



Next we visited to the research lab of water purifiers. We learned the method of purification with the help of Dr. Deepanjan, a post doc research scholar of Dr.T.Pradeep from west Bengal. We closely observed the HPLC, proto type laboratory, CPMC capacitive de ionization etc. He explained the functioning in detail.

At 1:45 we had lunch and later at 3:00 pm to 4:00pm we explored the campus on IIT. Walking and observing the students and the culture of IIT was really a great experience. The students are only using bicycles inside the campus and also we had seen monkeys and deer are roaming around the campus freely. The campus is very ecofriendly with plenty of trees.

At 4:00 pm we visited the central library. It is completely computerized and open for students day and night. The librarian explained how to take book and returned from there the library etc. We search the book from there by accessing through their web site



Between 5:00pm to 6:00pm we arranged an interaction session with IIT students. More than 40 IIT students sit together with us and shared their experiences. Also they explained about the preparation for

IIT entrance exams, streams of study, the education culture inside the campus etc.. Navaneeth, Kajal, Ram, Faizi shared the way to IIT. They also explained the social activities undertaken by the IIT students especially helping the children in slums for their education

The total day we explored in IIT. It was a wonderful experience to all the students and the motivation level also became high. It was totally unique atmosphere and the interaction helped very much to inspire the students.

Day 3- 7th march 2017

At 8:40 am we started from the youth hostel. By 8:50 we had our breakfast. On the way we saw landmark buildings, sun TV network, All India Radio, MGR film studio etc

Snake Park

By 10am we reached the snake park at Guindy. From where we had the chance to watch a variety of snakes, Non venomous type like (Reticulated python) and other types, such as spectacled cobra, common vine snake, common bronze back snake, spotted rock, spectacle cobra (Naja naja) Russell viper, red sandboa, common krait etc. And also saw Indian Rat snake, Indian plashshell turtle etc. we left from there at 10.45 am.



Chennai Metro



We reached Chennai metro at 11 am. On the way we saw Dheerchinnaval Raja's statue and Guindy park. After the checking we reach second platform through escalator. At the 11:20 am the metro

train is came and we enter in it. We feel a smooth comfort travelling with the metro train. The intensity of the speed is realized when travelling in the metro train. At 11.40 am we reach at koyambedu market station . This was the first train experience for half of the participants. The first metro train journey of all the students.

Government Museum, Chennai

First we entered in to the archeology section, where we had seen beautiful sculptures . For eg: Amaravathi and other budhist



sculptres and jain sculpture , nishidhi pillar category etc. We closely observed these ancient works which gave an insight and creativity about the puranic India. We read the asokan script and learned about the art of epigraphy of development of Indians script. We

visited the various galleries such as copper plate gallery, hindu sculpture gallery, Amaravathi and budhist sculptures and closely observed the skeletal and other integuments we also give a look to the Zoology gallery where we saw stuffed animals, reptiles etc. We visited the anthropology gallery, where we saw saved arms like fire-arms of English East India company. We further visited the musical instrument room were we observed folk art, temple art items such as figures of kathakali. By 2:40 we had our lunch and move on to madras university and reached there by 3:40 pm

MADRAS UNIVERSITY

Madras university is a public state university in Chennai in Tamilnadu established in 1857 it is one of the oldest and premier universities in India. The university was incorporated by an act of the oldest and premier universities in India. It is a collegiate research university and has six campus in the city viz, chepank, marina, guindy, taramani, madurapalay and chetpet. There are 73 academic department grouped



Ramanujan, 11th president of India APJ. Abdul Kalam, father of green revolution M.S. Swaminathan, cognitive neuroscientist V.S. Ramachandran were studied in Madras University.

We had the opportunity to participate in the women's day celebration as it was March 8th international women's day. The programme was inaugurated by Dr. Vijay Nagaswami (Well known psychologist). Many eminent women personalities were honored in the function. At 4:15 the cultural activities are started by a pooja dance. The students enjoyed the programme. By 5:30 we departed to our next destination marina beach



At marina beach we had a wonderful opportunity to interact with madras university malayali students. One of the student named Anil helped us to arrange the gathering. Tiny and shiyas also interacted and motivated the students. We sung together and also had a sea bath.

Day 4, 9th March 2017

The fourth day we say good bye to youth hostel and started our journey at 5.30 am. We reached mahabalipuram at 7.30 am.

Mahabalipuram



These monolithic temples are known as rathas as they resemble wooden chariot and it is an innovation of Pallava king NARASIMHA VARMAN. These

monolithic temples are formed as panja pandava rathas . different in plan and exocation exhibit splendid forms of

some Indian art and architecture. Here we seen temples, mandapas giant open air relict. Also seen the stone statues and beach in mahabalipuram. At 9:00 am we left from mahabalipuram and started our journey to Pondicherry Central University. We reached there by 11.30am

Pondicherry Central University

Pondicherry university is a central university in pondicherry founded in 1985 The university is a colligate university with a jurisdiction spread over. The union territorial of Puthuchery , Lakshadeep and Antaman and Nicobar islands. It has 50000 students in the distance education mode . Pondicherry university is ranked as one of the top ten universities in India.



Experience . At 12 pm we enter the school of management studies. It entirely different campus than madras university.



Prajeesh palanthara a research scholar in psychogy is one who helped know about this university. An interactive session held , it was leaded by Prajeesh sir. Research scholar of commerce Mr.Yoosuf, research scholars of psychology Nithu ,Shinto and Afsal were

also inspired the group by telling about their experiences. They also offered all sorts of help to give guidance to get admission for our students.

Most of the students in our team was from arts and commerce stream. So the experience in Pondicherry university motivated them very much. From the interaction we understood their skills and knowledge. We got a positive energy from them . It was a wonderful and gorgeous experience in life.

Auroville - universal village

Auroville is a universal township in the making for a population of up to 50,000 people from around the world. The concept of Auroville - an ideal township devoted to an experiment in human unity - came to [the Mother](#) as early as the 1930s. In the mid 1960s the



Sri Aurobindo Society in Pondicherry proposed to Her that such a township should be started. She gave her blessings. The concept was then put before the [Govt. of India, who gave their backing](#) and took it to the General Assembly of UNESCO. In 1966 [UNESCO](#) passed a unanimous resolution commending it as a project of importance to the future of humanity, thereby giving their full encouragement. The purpose of Auroville is to realise [human unity](#) – in diversity.

Today Auroville is recognised as the first and only internationally endorsed ongoing experiment in human unity and [transformation of consciousness](#), also concerned with - and practically researching into - [sustainable living](#) and the future [cultural](#), [environmental](#), social and spiritual needs of mankind. On 28th February 1968 some 5,000 people assembled near the banyan tree at the centre of the future township for an [inauguration ceremony](#) attended by representatives of 124 nations, including all the States of India. The representatives brought with them some soil from their homeland, to be mixed in a white marble- clad, lotus-

shaped urn, now sited at the focal point of the Amphitheatre. At the same time the Mother gave Auroville its 4-point [Charter](#). Aurovillians come from some 49 nations, from all age groups (from infancy to over eighty, averaging around 30), from all social classes, backgrounds and cultures, representing humanity as a whole. The [population of the township](#) is constantly growing, but currently stands at around 2,500 people, of whom approx one-third are Indian.



We entered the vedio room to see the vedio description about auroville and especially matrimandir. The calm and quit atmosphere itself made our mind peaceful. Here we saw a lot foreigners. We saw the matrimandir from outside. We gathered in a hut, and Prajeesh Palanthara explained about meditation, mindfulness and the concept and philosophy of Auroville. After exploring the esthetic experience of auroville we went to rock beach at Pondicherry. At 7 pm we started out return journey.

Day 5 – 10th March 2017

Our return journey crossed the border at 6am. We entered our God's Own Country with an enlighten and inspired mind. The coordinator dilshad sir instructed to share our experiences. All of us including other teachers shared their inspirational experiences. At 8.30am we reached back in our college.

The trip is really motivated us for achieving great success in our academic, career and personal life. We all are expressing our heartfelt gratitude to WWS for providing this type of wonderful opportunity in our life. We may not get a chance in our life if we are not in WWS. And also we may not even think of higher study (because majority is girls) and the value of education in life.

Report is prepared by

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Student coordinator

WWS –Mannaniya College of Arts & Science

Pangode