

NIRMALAGIRI COLLEGE, KUTHUPARAMBA,  
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# Walk With a Scholar

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Report 2014-15

**Coordinator Dr. Nygil Thomas, Dept of Chemistry**

## INTRODUCTION

As mentioned in the guidelines of Walk with a scholar programme, Nirmalagiri College has selected 30 students of first year degree programmes and arranged specialised mentoring sessions for students. The main objectives of this programme are to enable the participants to act professionally in their learning process, guidelines and facilitate the students to produce quality education. The scheme introduced the idea of mentoring and built the concept of mentor as a guide or a friend.

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 organised one day meetings, discussions for students etc to shed light on issues of quality in higher education and roles and challenges faced by students in their academics.

The participants were enriched with informative and innovative external and internal mentoring sessions where all the resource persons handled classes effectively in their own areas. In addition to internal and external mentoring sessions, 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. Dr.Nygil Thomas, co-ordinator of WWS programme at Nirmalagiri College welcomed the participants and elaborated the wide range of possibilities of this programme.

## CONTENT

As mentioned in the guidelines of WWS programme, the mentoring scheme was planned to identify the opportunities available for the scholars, the areas suitable for them, and the manner in which the scholar should proceed and evolve for their future studies. The first step of the program was to identify the 30 students from the College. Opportunities are given to all departments of Nirmalagiri College. There were participants from 11 departments. The student names are Amarnath.K, Anusha K.B, Aneem Mathew, Asna MP, Safa MM, Rislana NB, Anju PS, Anjali K, Athulya K, Ashika T.K, Namitha Mathew, Devayani Sunil PP, Indukala. K, Meenu George, Sreya P.K, Sambath PV, Abin Philip, John Varghese, Romit Sebastian, Musammil M, Anusherine George, Amrutha S, Manjusha Mavila, Aleena James, Bibiya Joseph, Aswani Krishnan, Sachin Thomas, Anjuna E, Anusree K, Linet Maria K., Salvin Jose, Allen George. The program started with two days intense seminar on communicative English. The news about the inauguration and starting of the program was highlighted by media. The newspaper cuttings are given below

## നിർമലഗിരി കോളേജിൽ 'വാക് വിത്ത് എ സ്കോളർ'

**കുത്തുപറമ്പ്:** നിർമലഗിരി കോളേജിൽ 'വാക് വിത്ത് എ സ്കോളർ' ദ്വിഭാഷ പരിപാടി നടന്നു. കോളേജിയറ്റ് എയ്യുകേ ഷൻസ് കീഴിൽ ഉന്നതവിദ്യാ ഭ്യാസവകുപ്പാണ് പരിപാടി നടത്തുന്നത്. കമ്മ്യൂണിക്കേറ്റീവ് ഇംഫോൺ എന്ന വിഷയത്തിൽ മാത്രം തെളിയിൽ കൂശപ്പെടുത്തുന്നത്. പ്രോഗ്രാം കോ ഓൺലൈൻ നേരിട്ട് നോക്കാം.

## നിർമലഗിരി കോളേജിൽ വാക് വിത്ത് എ സ്കോളർ പരിപാടി

കുത്തുപറമ്പ് • നിർമലഗിരി കോളേജിൽ വാക് വിത്ത് എ സ്കോളർ പരിശീലന പരിപാടിക്ക് തുടക്കമായി. കമ്മ്യൂണിക്കേറ്റീവ് ഇംഫോൺ ഡിജിറ്റൽ മാത്രം തെളിയിൽ നൽകിയ കൂശപ്പെടുത്താണ് തുടക്കം. പ്രോഗ്രാം കോ - ഓൺലൈൻ സ്കോളർ നേരിട്ട് നോക്കാം. തോമസ് അധ്യക്ഷത വഹിച്ചു. ഉന്നതവിദ്യാഭ്യാസ സ വകുപ്പിന്റെ നേതൃത്വത്തിൽ പഞ്ചഗംഗകുലമാതൃകയിൽ ശിഷ്യരുടെ കഴിവുകളും. പോരായ്മകളും കണ്ണബന്ധത്താനും. അവർ നേരിട്ട് ന വെല്ലുവിളികളും അടുത്തറി ഞാൻ അവസരങ്ങൾ കണ്ണബന്ധത്താനതിന് സഹായിക്കുകയാണ് പഖതി ലക്ഷ്യമിടുന്നത്. 1500 വിദ്യാർഥികളിൽനിന്ന് തിരഞ്ഞെടുത്ത 30 പ്രേക്ഷണാണ് മുന്നുവർഷം ഗുരുകുല റിതിയിൽ പ്രത്യേക പരിശീലനം. നൽകാനും. ബിരുദപഠനത്തിനു ശേഷം ഉയർന്ന സ്ന്മാപനങ്ങളിൽ എത്തിക്കാനും. ലക്ഷ്യം വച്ചിട്ടുള്ളതെന്ന് കോ - ഓൺലൈൻ അറിയിച്ചു.

## വാക് വിത്ത് എ സ്കോളർ പരിപാടി തുടങ്ങി

**കുത്തുപറമ്പ്:** നിർമലഗിരി കോളേജിൽ വാക് വിത്ത് എ സ്കോളർ ദ്വിഭാഷ പരിപാടിക്കു തുടക്കമെന്നി. കമ്മ്യൂണിക്കേറ്റീവ് ഇംഫോൺ എന്ന വിഷയത്തിൽ മാത്രം തെളിയിൽ കൂശപ്പെടുത്തുന്നത്. കോളേജിയറ്റ് എയ്യുകേ ഷൻസ് കീഴിൽ ഉന്നതവിദ്യാഭ്യാസവകുപ്പാണു പരിപാടി നടപ്പാക്കുന്നത്. പഞ്ചഗംഗകുലവിദ്യാഭ്യാസത്തിന്റെ മാതൃകയിൽ ശിഷ്യരുടെ കഴിവുകളും അവരുടെ

പോരായ്മകളും അവർക്കുള്ള അവസരങ്ങളും അവർ നേരിട്ടുന്ന വെല്ലുവിളികളും മനസിലാക്കി ശരിയായ ബോധവത്കരണം നൽകി ബിരുദ പഠനങ്ങൾം വളരെ ഉയർന്ന ന സ്ന്മാപനങ്ങളിലേക്ക് അവരെ എത്തിക്കുക എന്നതാണു പഖതിയുടെ ഉദ്ദേശമെന്ന് പ്രോഗ്രാം കോ-ഓൺലൈൻ നേരിട്ട് കൈമിന്സ്ട്രി വിഡ്യോ അസിസ്റ്റന്റ് പ്രൈമ. നോക്കാം. തോമസ് അറിയിച്ചു.

The whole activities can be divided into two streams:

1. External mentoring sessions
2. Internal mentoring sessions

### **EXTERNAL MENTORING SESSIONS:**

External mentoring sessions were a sequence of highly informative lectures by eminent resource persons from various fields. The topics were relevant, innovative, content-packed and meticulously presented by them in many ways. The presentations were made interesting by the use of modern technologies like PowerPoint presentations. Some of the presentations were highly commendable and inspiring. These external mentoring sessions provide 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 was taking place along with the internal mentoring sessions that the ultimate growth of student as a potential individual was made possible.

For executing this programme the following resource persons were asked to deliver interesting and informative session on various topics.

#### **1. Mr. Mathew Thelliyl**

Date: 31.01.2015 & 1.02.2015

Mr. Mathew took the first external mentoring session of WWS programme on communication skills in English. English; being the global language, proficiency in that language is very much essential in order to compete in this ever growing educational field. This class ensured earnest participation and evoked situations for debate and discussions. Basics of grammar, pronunciation skills and techniques

for improving vocabulary were taught to the students. In addition to this, a class about public speaking skills was also given. The main problem faced by students is that they lack the courage to express freely in English. This problem was rectified to a great extent with this session.

## **2. Mr. Balakrishnan Nambiar**

Date: 08.02.2015

“You are the architect of your own destiny”. This session was begun with this quote. This session was aimed to provide various learning methods and soft skill development. This session gave a primal knowledge about psychology of students and also helped the students to ponder over the infinitive power of human mind. Different methods of learning which included various ways to improve student’s memory, revision techniques, reading skills etc were given. This session was very helpful for improving and refreshing the learning skills of participants.

## **3. Dr. Nygil Thomas**

Date: 08.02.2015

Dr.Nygil Thomas himself the co-ordinator of WWS programme and a teaching staff of Nirmalagiri College provided informative session on higher education in India and abroad. Being motivated by this session, students were able to identify the field of their genuine interest for pursuing higher studies. Names of various renowned universities and special courses were introduced to students through this session. An overall idea about this WWS programme was given to the students. This session also provided the students clear strategies for aiming high in this ever-changing, ever growing

educational scenario. This class emphasised that the students should have thorough and deep rooted knowledge in their field of interest.

#### **4. Dr. Baby Joseph**

Date: 08.02.2015

Through this session he threw open the array of opportunities available in the civil service field. Dr. Baby Joseph with his vast experience in the field of civil service coaching listed the new dimensions of it and presented a brief class on various skills to crack the civil service examination especially the reading skills and also he shared some success stories.

#### **5. Dr. Joselet Mathew**

Date: 21.02.2015

Dr. Joselet Mathew, himself the Principal of Nirmalagiri College through his interactive session, helped the students to introspect the positive and negative aspects of their personalities. It helped the students to accept and understand themselves as unique individuals and improve their attitude. With his class, he made the students recognize the bundle of resources lying within themselves and utilize it to its benefit. He also emphasised the need for improving self motivated habits among students.

#### **6. Mr. Efthikar Ahamed**

Date: 21.02.2015

A personality assessment test was conducted based on some survey questions prepared by some eminent psychiatrists. It was observed that all students were having assertive behaviour as expected along with variations in aggressiveness and passiveness. It was a wonderful

exercise and all participants got a chance to self evaluate their personalities.

This test was followed by a feedback session in which Dr. Nygil Thomas sought opinions and suggestions for further improvement. Each student was asked to present a brief talk on their experience.

### **INTERNAL MENTORING SESSIONS:**

One internal mentor was allotted to a group of six students who shared common field of interest. This session aims at making a strong and friendly bond between the mentor and the students. Internal mentors, being a friend and a teacher provided opportunities to students, to share their worries and concerns regarding both their personal and academic matters. These sessions had comprehensive aims such as making the fundamentals strong, refreshing what they learned as students, motivation for research, throwing light on new areas, setting higher goals and much more.

The internal mentors know their mentees inside out so that they can provide the most relevant knowledge, suggestions, opinions etc for the development and improvement of their mentees

The internal mentors are

Dr. Manjusha, Chemistry Department

Dr. Joji Varghese, Physics Department

Dr. Siby Philip, Zoology Department

Dr. Merlyne, English Department

Manu K M, Economics Department

The 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 them to improve

The internal mentors had a very close interaction with the students allotted to them. They had a very friendly approach. The students were able to share their personal matters as well. Mentors collected a very detailed CV from all students. They tried to understand the students very deep level. Many suggestions were given to the students future. All 30 students were able to set a goal with the help of the internal mentor. The mentor made sure that these goals are realistic and achievable. All the necessary actions were taken for the improvement of all skills. The holistic approach for the development was the key concern. Minute details like food habits of students were studied with a serious concern. The internal mentors were also in touch with students parents.

## ONE CASE STUDY

In order to practically explain all the above features one student's case is evaluated here. His name is Sambath PV. He is from 1<sup>st</sup> BA English main. He set his goal as a travel writer. For achieving his dream goal he chose a specific path. The path is to do MA after BA English, and then to enrol for a PhD program. He has been well informed about the excellent MA courses in INDIA. Before going to MA course he has to improve various aspects of English. For this purpose he is reading large number of English books now. For improving his listening skills, he is watching English movies in his free time. He is also giving English essays and frequently correcting it from experts. He is constantly in touch with mentor and informs his progress frequently. He is preparing for TOFEL and IELTS exams seriously by referring many books and working out exercises suggested by the mentor. There are many group activities given to his group like evaluation and group discussion on a particular book after everyone in the group reads it. He is interested doing PhD in abroad. He is well informed about the steps to do PhD in Europe and USA. He has now looking for particular institutions. He is also very passionate about the photography. This also a very crucial step in achieving his goal as a travel writer. In short, he is improving all aspects for achieving his dream. The internal mentoring system is very much helping him to achieve his goals. Further training programs for him in photography is planned by the coordinator.

## CONCLUSION

This programme Walk With A Scholar (2014-2015) 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.

Majority of participants were of the opinion that the orientation programmes 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 co-ordinator Dr. Nygil Thomas and the whole- hearted co-operation and support of internal mentors, teachers as well as students lead to the successful completion of this academic year's activities of Walk With a Scholar programme.