

## SREE NARAYANA COLLEGE , CHEMPAZHANTHY WALK WITH A SCHOLAR REPORT 2019-2020

WWS program at SN College Chempazhantny is being conducted with three batches of students, It has been continuing successfully since its inception in the university system. We began some of the highly successful programs –theatre workshops, two news letters one in Malayalam and two in English and so on.

During the year 2019-20 WWS program is being spearheaded by Ms Lakshmi AJ, Asst. Prof, Dept of Commerce. The program has a total of 15 mentors who were selected after circulating a consent form among the members of the faculty. This democratic process was to ensure that mentors are truly committed to the programme.

Mentees were selected after a careful screening process that happened at two levels. Class tutors were asked to give a list and students were then asked to go through a screening process. Final selection was done after this rigorous process to ensure that the best of the candidates get the opportunity to be part of the process.

Mentor –Mentee interaction is ensured and an informal meeting schedule is maintained. External mentors were selected after discussion with the mentees. There were brainstorming sessions with the mentees to design a plan of action for the year ahead. It was decided to conduct the following programs.

External mentoring sessions are conducted as per the guidelines provided by the New Initiative . External mentoring sessions began with session on 03/12/2019, by Mr Nidhinraj P, an IPS trainee on Goal Setting . The session was very motivating for the students.

The next session was by Dr. Manu Ramakant who is an academic who is known among his students for his passion for craft of writing. He took sessions for both first year mentees on 14/12/2019 and second year mentees on 11/01/2020 on How to read and review books.

The very same day there was a session on Understanding the Constitution by Adv. Shanmughan D Jayan for the first year mentees. The session focused on providing the basic concept of constitutions and the rights available to the citizens.

The next session was on 04/01/2020 by Smitha Ambu on the art of self development through theatre activities. It was really a very interesting and interactive session. She has divided the students into different groups and made them perform and also made suggestions. This helped the students become better equipped at communication and body imaging.

On the very same day there was a session by Dr. Sreevalsam Gopinath, a postdoctoral fellow, who is an expert in the field of research in collaboration with Dr Reddeys. By his session the students could make a clear picture in the field of medicines and research going on in that area.

The next session for first year mentees was on 01/02/2020 by Dr. Anil Kumar of ---- on self awareness. Another session which took place in the same day was by Mr Antony Palathigal, to give proper awareness on scientific research. This was also a very fruitful session for the mentees.

The next session focused on being socially responsible individuals and also to

develop social leadership skills. This session was lead by Dr Swapana Gopinath.

Another session on Soft Skills were taken by Dr. Nair Anup on 11/01/2020. This was also an interactive session, students were given themes and divided them in to groups and they performed in English. This session on verbal and non verbal communication was very fruitful for the students.

On 18/01/2020, Dr. Lakshmi Priya took a session on Gender sensitisation. The students shared their view points and clarified their ideologies.

Mentees had several informal group sessions where they were encouraged to come up with new ideas about programmes to be conducted for them as well as programs which will help inculcate qualities of leadership in them.

Internal mentoring happened at three levels, as a formal big group, as smaller mentor-mentee formal groups and informal small groups. Formal big group meetings were held with most of the mentors and mentees present, along with the coordinator. Formal mentor-mentee meetings were conducted and discussions done on improving their social skills. Tasks were assigned to the mentees and feedback on programmes conducted were collected orally.

The session on environmental sustainability has imparted the idea to conserve and protect the environment from their own college itself. As part environmental protection and awareness the students have planted some trees in the college campus and they are watering it regularly and taking care of it. The students have also took part in the clean the sea campaign which took place in the Shankumughom Beach.

Informal meetings, mostly between a mentor and a mentee was also an important component of this programme. It was mostly personal in nature and helped create a stronger bond between the mentor and the mentee. WWS programme has seen active participation and involvement from both the mentors and mentees throughout the academic year.

Some Pictures For The Sessions and Activities:





