

External Mentoring Report

➤ External Mentoring on Academic Writing and Reviewing: Dr. P. K. Babu, Principal, MES Ponnani College and Academician

Babu Sir handled a session on Academic Writing and reviewing for 2 hours at MSK hall. 60 students attended the session. Capt. M. N. Mohammed Koya Pricipal, MES Ponnani College presided the function and Sri. Mohammed Rasheed, Secretary delivered inaugural adress. At the onset he made a introductory remarks on different types of academic writing with special reference on academic reviewing. All sorts of scientific writing and reviewing is assumed to be a social service. He clearly and precisely described the best usages in english while on scientific or academic reviewing



➤ External Mentoring on Scientific temperament in contemporary society

Dr. Alex Mathew handled this session for first years and 30 students intuitively attended the 2 hour which paved way in inculcating scientific aptitude among students. He explained the inevitability of scientific temperament as a key opening to apply scientific knowledge to problems, to grapple with them through the method of scientific inquiry and to work for social transformation inspired by Scientific Temper.



He figured out the ways we drew inspiration from the way our people in all walks of life joined hands and struggled against colonial domination of our land and of our minds. He shared the apprehension of the situations when the social structure and stratification prevent the application of rational and scientifically proven solutions, the role of Scientific Temper is to lay bare the anatomy of such social barriers. He concluded stressing the fact that the future of our country depends on upholding Scientific Temper and Superstition shall not pass and darken our portals.

In the afternoon he also handled a three hour mentoring for second years on the topic soft skill and presentation skills. He also incorporated design thinking methodologies with prototype designing.

- External Mentoring on SWOT Analysis, Personal Development Plan and Goal setting was handled by Abhishad Aziz, Educational consultant Times of India.



Abhishad explained Personal development as an essential step for making oneself more appealing to the people whom we deal with. It also helps boost our self-image. He made insights on the SWOT analysis as tool for self-exploration and emphasized the importance of carrying out a personal SWOT analysis as an important step towards **finding life and career direction**.

He pointed Self-analysis as one of the most complicated things as it plays a very significant role in personal progress. The personal skills SWOT analysis will help you to learn more about you. Carrying out a personal SWOT analysis is an important step towards **finding life and career direction**.

He gave the questionnaire paving way for the identification of personal SWOT and hence the development of Personal Development Plan

He also pointed out that while we allot our precious time in the process, make sure that you are ready to provide honest answers to yourself, Dig deep and identify what your own contributions really are. The analysis entails finding out what you are good at and what you are terrible at. **SWOT is a tool for students** after which one should make effort to make positive changes which will lead to new opportunities. Basically, SWOT analysis provides a better picture of all pros and cons of a person. He emphasized the need to think and act **wisely and positively** and to turn the weakness into strength. Students cleared all their queries and the session was highly fruitful and interactive.

➤ **External Mentoring on Interaction with Travel Teachers: Kodi Schifflet from USA and Cristella Tanzil from China**

It is for the first time MES Ponnani college witnessed the presence of three amazing volunteers, the travelling teachers, together. Team WWS got a golden chance to interact with those inspirational legends.

"Travelling opened my mind" - Cristella Tanzia, a token role model to young girls worldwide.


"You dont know who you will meet, you dont know who they will become" Kodi Shiflet, who did not fall in to fates ruthless hands, but built himself to a son any mother would be proud of.

These two sessions of WWS program could not have been more inspirational. These three amazing volunteers with a passion to turn something they know to something that will help others shared their story and left all the scholars yearning for the same.

Pablo De arriba -a boxing trainer from Spain with his jovial personality and easy going attitude. Kodi shiflet , a Californian who is now teaching in China besides his volunteer work, who inspires in the way he did not give into what he was born into and changed it to a story that is his happy ending and Christela Tanzil , a woman among them, with a confident demeanour; someone who shook away society's perception on what she had to be and stood firm regarding what she wanted to be


Not to forget their amazing initiative, Fitness 4 Hope, where they offer free physical training to everyone and donate the proceedings to Chinese orphans. How awe-inspiring!This session was not like the others and that is putting it lightly. All three of them reminded us to speak kindly to ourselves, to meet as many people as we could and mostly, to travel. The budding scholars could not have asked for more!

WALK WITH A SCHOLAR.

 **MES PONNANI COLLEGE**

Have A Coffee and Hear A Travelogue

Interaction with:
KODI SHIFLET (USA)
 (Volunteer/Teacher)



CHRISTELA TANZIL (INDONESIA)
 (ESL Trainer)



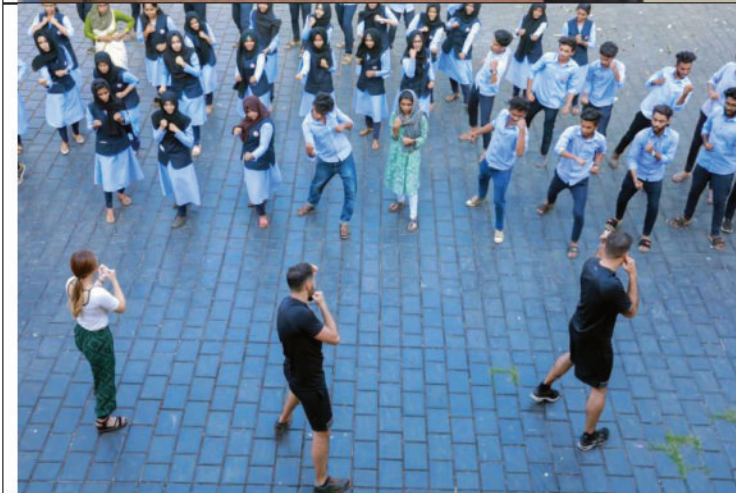


2020 January 23rd
2PM
Conference Hall



➤ **Interaction with boxing Trainer Pablo De Arraiba from Spain**

Mr. Pablo is running a volunteered organization at China entitled 'Fitness for Hope'. He made the mentees aware about the importance of maintaining personal fitness and health. As a sound mind lies in a sound body, scientific fitness training is inevitable for the personal goodness and wellbeing



➤ **Career Guidance Session by Sri Lookmon**

Sri Lookmon opened up the vistas of Higher education, career opportunities and research opportunities at National and international level. Various courses, new generation and conventional careers, CSIR research centres were introduced. Students interacted and cleared their doubts. 30 2nd year mentees attended the session.



External Mentoring on Theatre: Arena of Self Expression



Sri Emil Madhavi, actor, writer, theatre practitioner and director chalked out all the possibilities of knowing oneself through art. He pointed out that for many students theatre provides a platform that brings the creative side of a person that allows you to express freely. Theatre incorporates all the elements of dance, music and acting. He also showed up that theatre creates a sense of thinking outside the box and challenges our creative side. The session demands holistic student involvement and students utilized the opportune time in full depth of it.

External Mentoring: Catch the Spirit- Civil service orientation by Smt. Dhanya Sanal IIS, Defence Spokesperson, Kerala



A 2 hour session on civil service orientation was given by Dhanya Sanal IIS for first years. The session was completely successful in removing all the taboos associated with civil service exam and was successful in inculcating confidence among the mentees. Civil service is known as the mother of all exams. She introduced the prelims and general papers focusing on the recently added ethics paper in more detail. She also shared her personal experience in interview with the probable questions and answers.

INTERNAL MENTORS REPORT

MES PONNANI COLLEGE, PONNANI
DEPARTMENT OF COMPUTER SCIENCE
WWS REPORT 2019-22 Batch

Name of the Mentor	Designation with Subject	Mobile Number	E-mail id
SALEEMA K	Assistant Professor, Computer Science	8848197993	Saleema.mes@gmail.com

Details of Mentees

SI No:	Name	Admission No:	Department
1	SHIBIN M	7297	Computer Science
2	MUBASHIRA K V	7205	Computer Science
3	ANAND VISWANATH	7695	Computer Science
4	ANAGHA T	7704	Computer Science
5	MOHAMMED FARHAN	7682	Computer Science
6	SREELAKSHMI K P	7227	Computer Science
7	ARJUN M	7176	Computer Science
8	MURSHID ARAFATH C	7561	Computer Science
9	ARSHAK K	7481	Computer Science
10	MOHAMED SHEBIN T P	7657	Computer Science
11	SALAHUDEEN AYYOOBIT	7527	Computer Science
12	MOHAMMED FAIZAL K	7517	Computer Science
13	JOUHAR C	7681	Computer Science
14	HAMNA NAZRIN	7760	Computer Science

Details of Internal mentoring sessions.

As part of the program many classes during this academic year were conducted for the mentees, on various topics including technical and non-technical. The non-

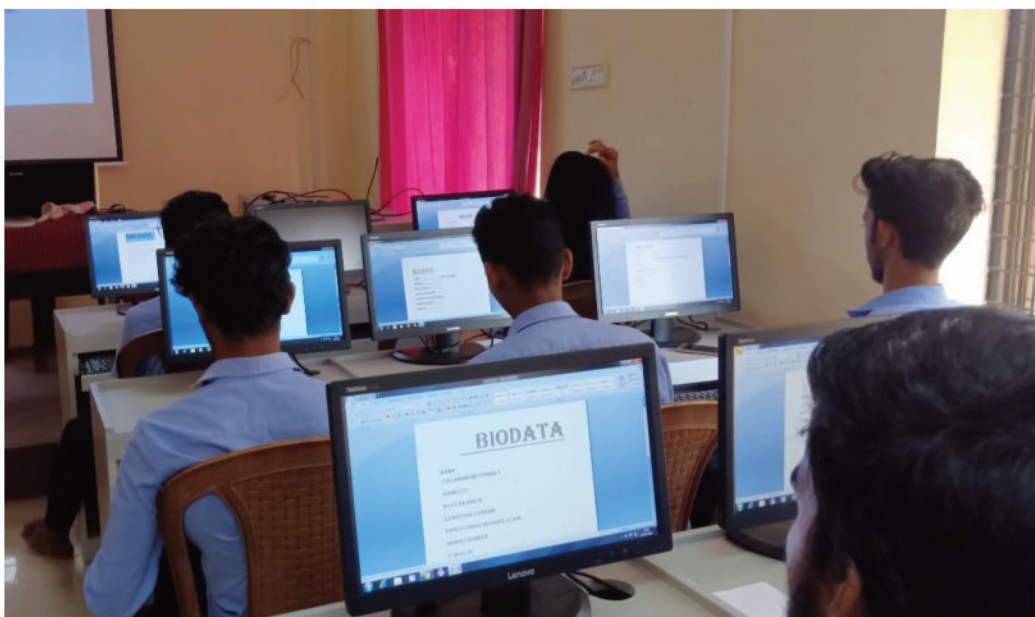
technical sessions were mainly focused on promoting and encouraging self-learning culture among mentees

Session 1:

04-09-2019

In this 2-hour session students were focused on preparing their biodata using the application software Microsoft Word. They were explored all the features available in MS Word Platform. All of them were done a good biodata of theirs mentioning their personal strengths and weaknesses. They also created a poster in MS Word.





Session 2:

23-09-2019

In this session students were familiarized the use of Microsoft Excel Application. They were go through all the features available in it and created spreadsheets and recorded some data. They analyzed the data and studied to perform calculations using the formulas and features available in it.



Session 3:

14.10.2019

A session on presentation skills was organized for the students. The goals of this presentation skill development was to train them to organize and

structure their presentation, create a professional and consistent format, provide an illustrative backdrop for the content of their presentation and animate their slides to give them greater visual impact. The session was very effective and mentees were well equipped to create their presentation in a very interactive way.



Session 4

15.10.2019

In the previous session the mentees were created most effective powerpoint presentations on various topics. All the presentations consist of introduction, body and conclusion, the students were presented their work one by one in a skillful manner. They improved their confidence, presentation skills, content writing skill and communication skill

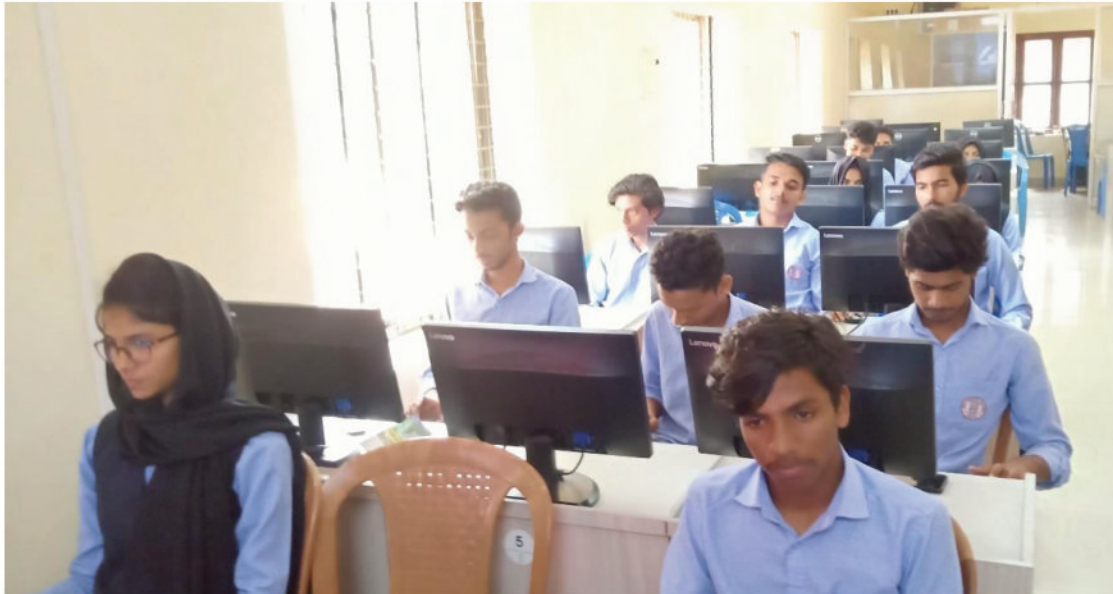


Session 5 & Session 6:

16.10.2019, 26.11.2019

These sessions were mainly focused on promoting and encouraging self-learning culture among mentees. As a result, all of them completed an online course, Environmental studies under the SWAYAM platform and enrolled for the course Programming in C under NPTEL JAN 2020.

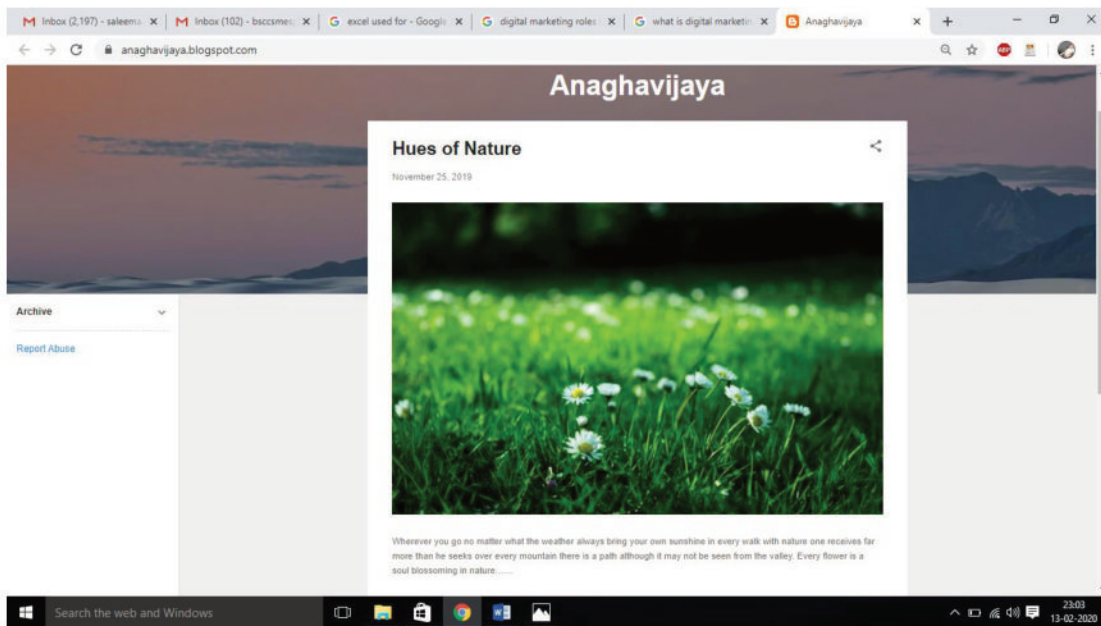
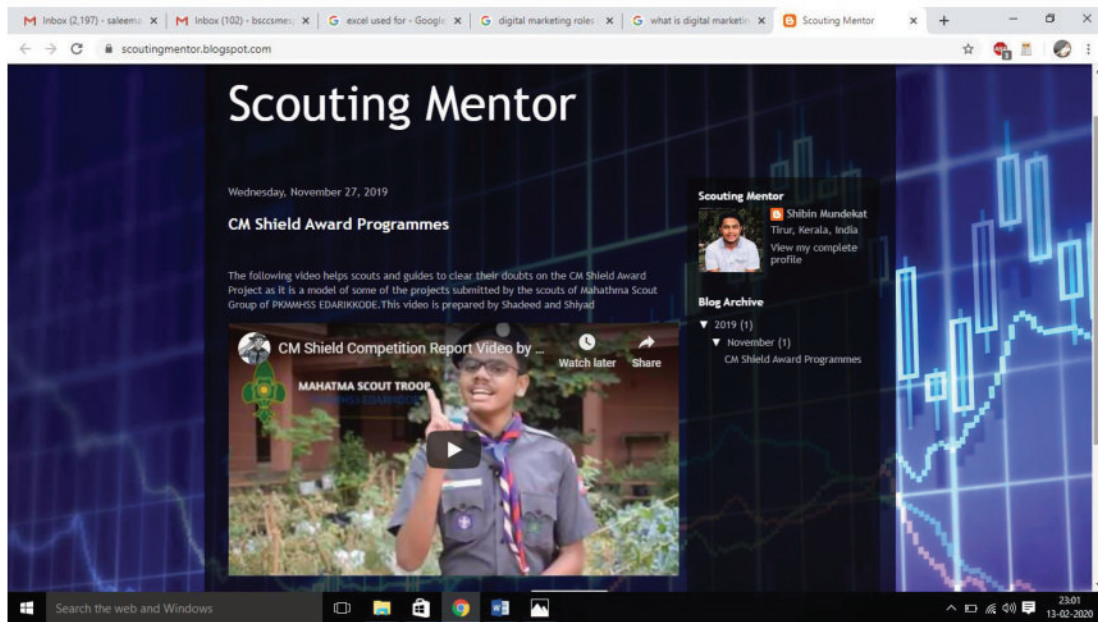




Session 7:

28.11.2019

This session was focused on Internet and web technologies. 2 sessions were conducted to introduce new inventions and technologies in the field of computer science. I introduced what is digital marketing and how it is useful while promoting a business, product or services. Students also gained an insight towards how blogs are related with digital marketing. The mentees were created their own blogs on various themes.



Session 8

4.12.2019

This session was the continuation of the previous session. All the students were engaged in effective blogging. They maintained well-structured blogs with attention grabbing headings and themes.


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mohdfarhanpk6600.blogspot.com

Picturesque Photography

Thursday, November 28, 2019

-By Mohammed Farhan P.K



Photography is the art, application and practice of creating durable images by recording light or other electromagnetic radiation, either electronically by means of an image sensor, or chemically by means of a light-sensitive material such as photographic film. It is employed in many fields of science, manufacturing (e.g., photolithography), and business, as well as its more direct uses for art, film and video production, recreational purposes, hobby, and mass communication.¹

Typically, a lens is used to focus the light reflected or emitted from objects into a real image on

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13-02-2020

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arshak10.blogspot.com

Quality of education

November 25, 2019

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs, and habit. Educational methods include storytelling, discussion, teaching, training, and directed research. A **quality education** is one that focuses on the whole child—the social, emotional, mental, physical, and cognitive development of each student regardless of gender, race, ethnicity, socioeconomic status, or geographic location. It prepares the child for life, not just for testing

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23:22
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Session 9:
5.12.2019

This session was focused on the review of personal development of mentees, the interaction session was conducted periodically as per the convenience of mentees. As part of the reviewing their personality and skill development the mentees were discussed their family issues, academic issues, career options, communication skill problems, etc. and correct measures were interacted to them, also periodically took feedback from them and evaluated their progress on different issues they experienced previously. the mentees were followed their action plans to improve their personal strengths.



Session 10

08.01.2020

In this session a detailed feedback from the students were collected and they expressed their experience and improvements throughout the sessions. They also shared how effective were the external mentoring sessions on various topics.

MES PONNANI COLLEGE, PONNANI
DEPARTMENT OF COMPUTER SCIENCE

WWS REPORT 2018-21 Batch

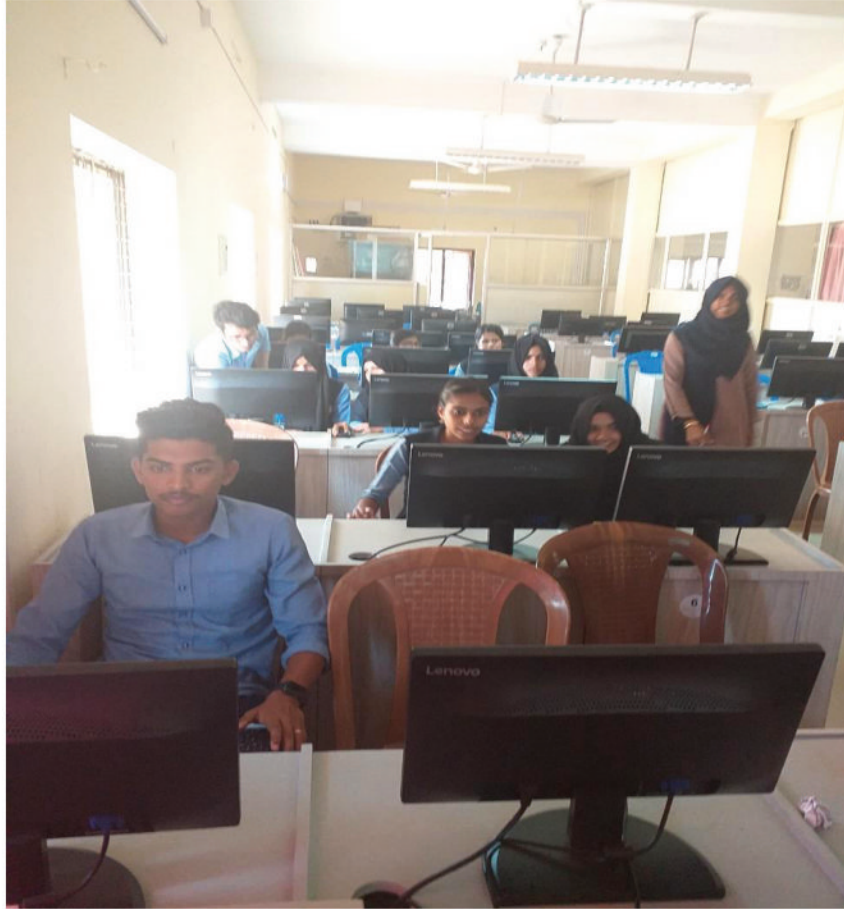
Name of the Mentor	Designation with Subject	Mobile Number	E-mail id
Aneeshya C.A	Assistant Professor, Computer Science	9605548500	aneeshyaabilash@gmail.com

Details Of Mentees

Sl No:	Name	Admission No:	Department
1	Athira M.V		Computer Science
2	Farsana P.V	6684	Computer Science
3	Femina C	6075	Computer Science
4	Induja K.N		English
5	Mohammed Hisham		English
6	Shafna A		English

Session 1:

In this academic year I gave different technology related sessions. My mentees is from English and CS department. Lack of computer skill is the main challenge they are facing. To overcome this gap I planned more sessions on Information Technology. In the first session I gave a detailed class about Microsoft office word. It took two days, one hour per day to familiarize the tools. I gave assignments for the mentees. It made them easy to understand and use the tools. Mentees were very much interested in studying the documentation.



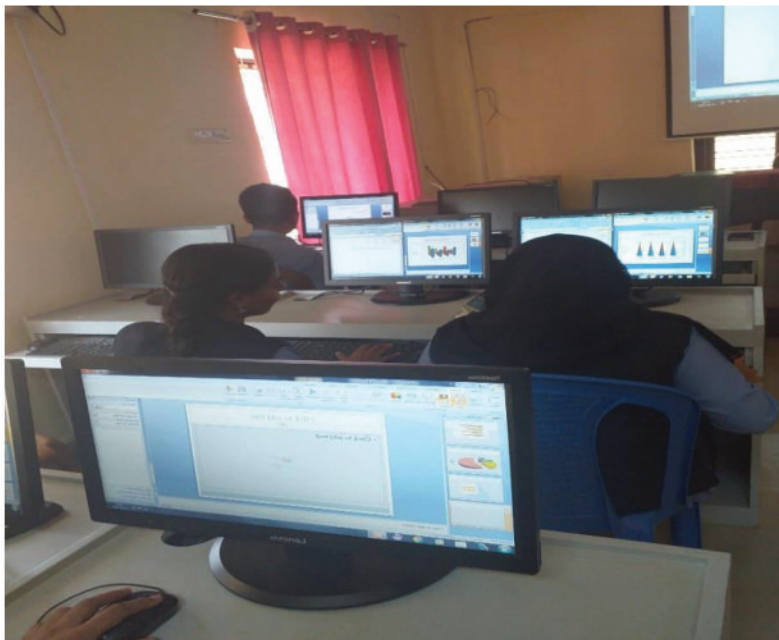
Session 2:

The Session was a “Student Teacher “ session. In this session they selected some interested topics and they acted as Teachers. They presented the topic in a group. I arranged an audience of 20 students. It helped them to realize their potential to teach the students and built confidence in them to face a group. Mentees from English department handled topics like communication skills, public speaking, importance of vocabulary etc. Mentees from CS took classes about new trends in computer science.



Session 3:

A session on presentation skills was organized for my mentees. It was intended to familiarize the different options that can be included in PPT and to improve their PPT presentation skills. They were very interested.



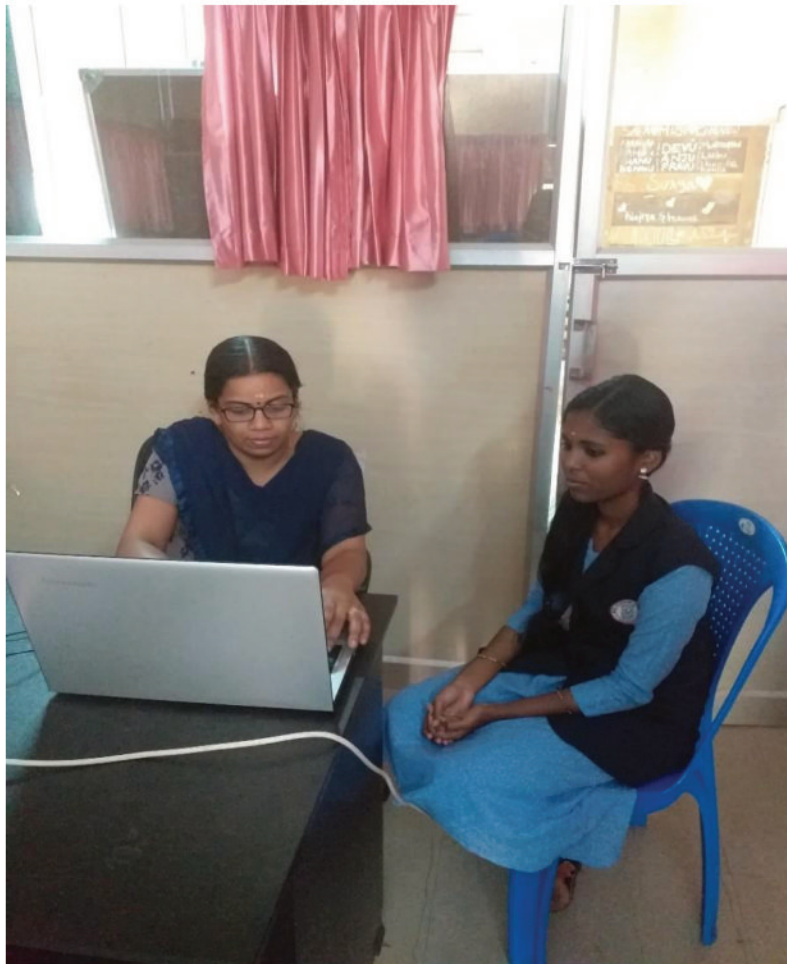
Session 4:

It was a continuation of the PPT presentation. They got confidence in PPT designing and presentations. They prepared different presentations which included videos, audios and animations. It helped them to prepare for the class seminars.



Session 5:

“The real problem is not whether machine think, but whether man do” . To cope up with technology is the main challenge of today’s youth. Creation and use of online study materials is an important skills they must have in the competitive world. For that I used to give opportunities for them to use online study materials. They created blogs of their own for their self improvement. My six mentees created separate blogs of their own.



Session 6:

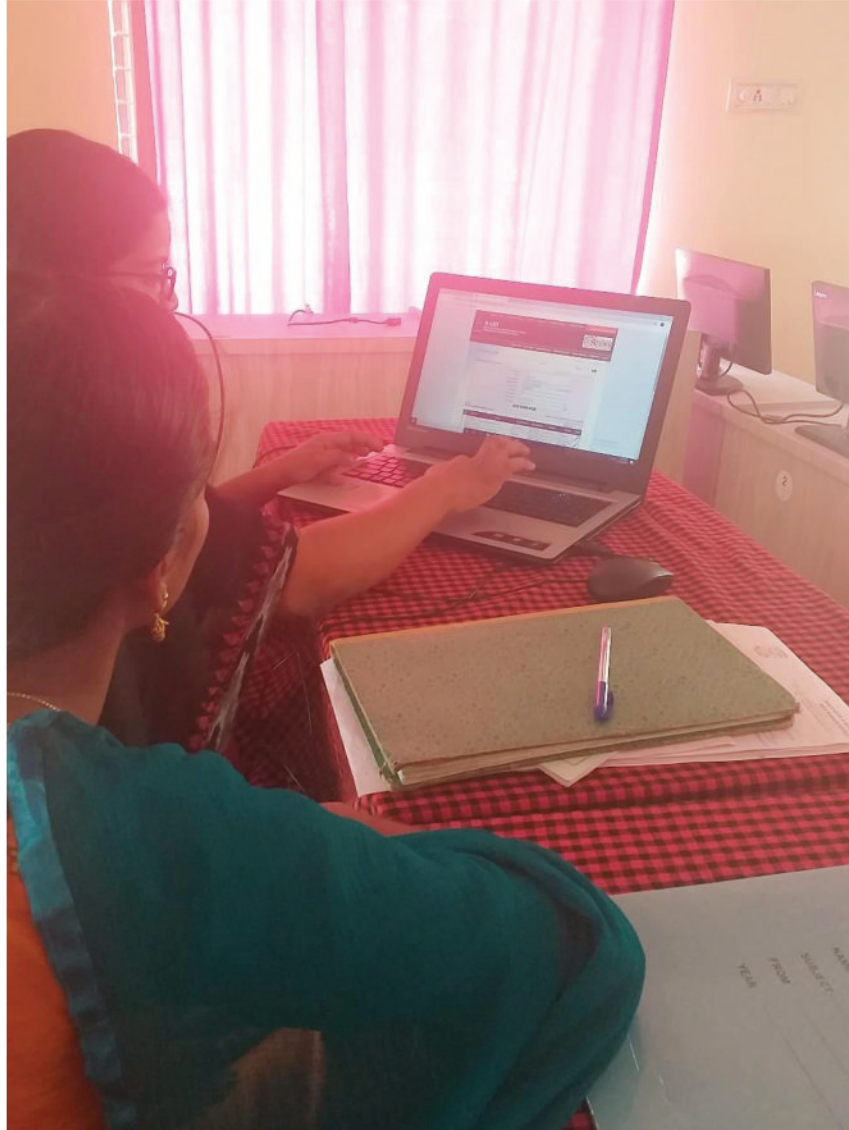
“For good ideas and true innovations , you need human interaction , conflicts , arguments and debates”.

Conduct a personal interaction with the mentees. I had frequent interaction with students , which enabled to form a good relation with the mentees. Students feel free to express their suggestions and ideas .



Session 7:

This session was about N-LIST. N-LIST stands for "National Library and Information services Infrastructure for Scholarly Content". More than 6,000 colleges covered under 12B Section of UGC Act. These colleges will get access to selected electronic resources including e-journals and e-books. Our mentees were not aware of the programme. I gave brief explanation about the programme and all my mentees registered. It will definitely help them to access e-resources and e-books. Lot of videos by some of the great universities are available.



Session 8:

Review the scholar's personal development plan. In the session we discussed about the importance of personal planning. The mentees explained their development plan, which included their planning about life, their life ambition etc. I made suggestions, gave necessary advice decision making.

Session 9:

Book Review – This session was about book review. I suggested the book “The Alchemist” by Paulo Coelho. It is an inspiring book. The book details the

journey and the various encounters that the hero experiences when following his dream. The mentees presented the detailed review.

Session 10:

All mentees presented a report on “The opportunities and challenges of higher education”, which I gave in the previous session as assignment. The mentees submitted a detailed report. After the presentation all the mentees gave a detailed feedback also.

Walk With Scholar

Report of internal mentoring sessions 2019-20

Name of the internal mentor: Fathima A V
Assistant Professor
Department of Commerce
MES Ponnani College

Names of Mentees

:

1. Mohammed Anfal
Mohyudheen Final year B B A
2. Manjugayathri V Final year B Com
3. AyishaBeevi K Final year B Com
4. FarhaJabin P H Final year B Com
5. AshiqueKunnattayil
Mohamed Final year B Com
6. Rashikka R V Final year B Com

Session 1: 04/12/19 3.30 P M – 4. 30 P M



This was a seminar session. A seminar was held on the topic “How to prepare a project report”.

Session 2: 28/01/2020 10.00 AM – 01.00 PM

Visit to IIM Library and IIM Indian Business Museum, Kozhikode

Visited IIM Library and IIM Indian Business Museum at Kozhikode. Arranged an interaction of mentees with Librarian M.G.Sreekumar and it was an inspiring one. Mentees may be benefited by IIMK Library. IIM Indian Business Museum provided an opportunity for the mentees to go through the different business eras of India.



Session 3: 28/01/2020 10.30 AM – 11.30 AM

Mentees are directed to read a business article and to write review about that.

Session 4: 28/01/2020 7.30 AM – 10. 00 AM, 1.30PM -2.30 PM and 4.30PM - 7.00 PM

Travel and dine together



It was a nice experience for my mentees together with me to share each other about family matters, humorous stories and some interesting piece of information while travelling to and from IIMK Library, Kozhikode. It was an interaction session by which mentees gained feeling of togetherness along with the sharing of experience acquired from IIMK Library.

Session 5: 28/01/2020 3.00 PM -4.30 PM



This was a practical session. A visit to Hilite Mall, Kozhikode in which the mentees are directed to observe and analyse the promotional strategies adopted by different shops in Hilite Mall, Kozhikode. As the mentees are the students of Commerce and Management Studies department, It gives an opportunity for them to understand entrepreneurial skills and marketing strategies.

Session 6: 03/02/2020 3.30- 4.30 P M



This session was a discussion on “Analysis of Union Budget 2020”. The mentees were given a general awareness on Union Budget 2020. The mentees were asked to share their analysis about budget and a discussion was held on the different thrust areas of union budget as well as about Government policies.

Walk With Scholar

Report of internal mentoring sessions 2019-20

Name of the internal mentor : Raheena K M
Assistant Professor
Department of Commerce
MES Ponnani College

Names of Mentees :
1. Farsana. P Third Sem B Com
2. Anjitha Krishna R Third Sem B Com

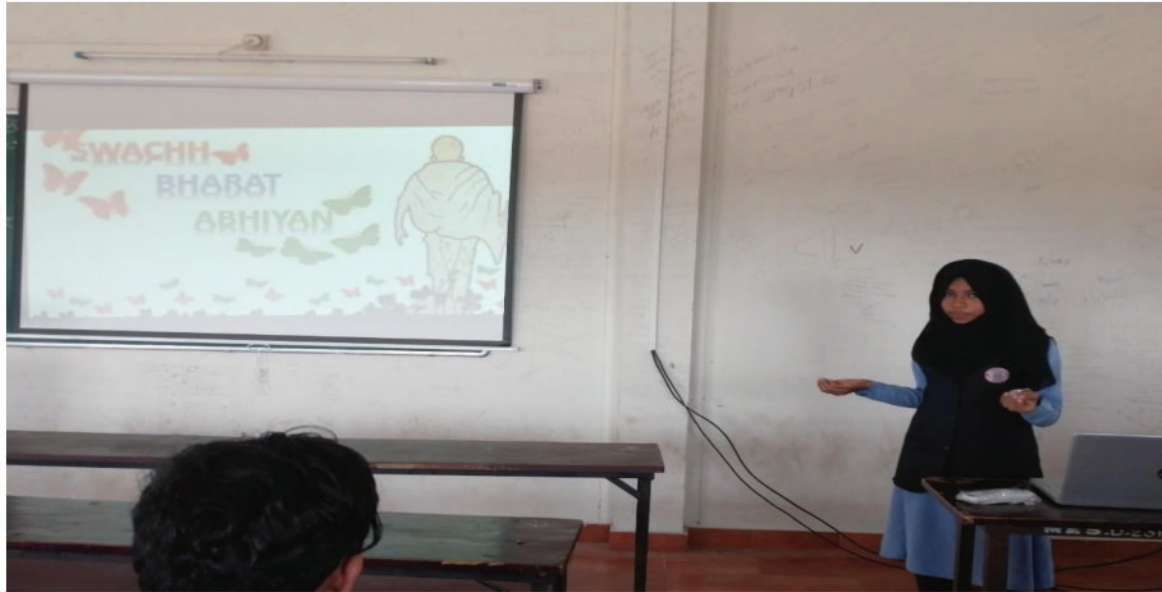
3. Shamna Nazrin, M Third Sem B Com
4. Jinita. K Third Sem B BA
5. Shaikha K P Third Sem B B A
6. Shabana. E Third Sem B B A

Session 1: 19/09/2019 3.30PM – 4.30 PM

First session started with a formal introduction followed by a description about the importance of internal mentoring and a discussion on the activities that are to be carried out. The newly joined members done their self-introduction. An evaluation of the internal and external mentoring sessions of the previous year were carried out and plan on the current year activities were made.

Session 2: 06/11/2019 3.30PM – 4.30 PM

An assignment was given to the mentees in which they are required to present a power point presentation on any relevant topic. all the mentees prepared and presented their topics very effectively.



Session 3: 12/11/19 3.30 P M – 4. 30 P M

This session was a continuation of the earlier session in which the remaining mentees presented their topics. Mentees got an opportunity to develop the skill for preparing and presenting their presentations.



Session 4: 08/12/2019 2.30 P M – 4. 30 P M

A practical session on improvement of communication skill.

Session 5: 18/12/2019 1.30 P M – 4.30 P M

In this session mentees presented the report of their visit to different industrial and business units. The session provided a practical experience to the mentees to visit different business institutions.



Session 5: 10/01/2020 1.30 PM -4.30 PM

In this sessions mentees are given an opportunity to visit the centre for continuing education Ponnani. The visit provided new insights to the students regarding their higher studies The interaction with Prof. Aravindakshan sir, the Director of ICSR Ponnani was really an exposure to the students regarding the new career opportunities





Session 7: 03/02/2020 3.30 P M – 4. 30 P M

This was a practical session. A discussion on the current political scenario of the country was conducted which was fully coordinated by the students.

REPORT OF THE WALK WITH A SCHOLAR PROGRAMME

2019-20 (III Year)

Name: Smt. Ambili S.
Asst. Professor of Economics,
M.E.S Ponnani College, Ponnani .

Subject: Walk with A Scholar : Internal mentoring sessions

Date: 12/02/2020

Introduction

The Walk with a scholar programme was started on October 2019. Six wards were given to be mentored and guided. The session was mainly to create a rapport with our students. The profiles of the students were collected. Details were understood.

The Names of Wards

1. Noorjahan P (III B.A Economics)
- 2 Dilsha K (III B.A Economics)
- 3 Shilpa N.P. (III B.A Economics)
- 4 Shajimna Sherin V.T (III B.A Economics)
- 5 Sandra M.S. (III B.Sc Physics)
- 6 Shiva Prasad (III BBA)

Work Done: 1/10/2019 (2.15 to 3.15pm)

The walk with a scholar programme was started in the month of October. The students were given an orientation stressing the importance of walk-with a scholar programme. Their caliber and ability to go about attaining their ambition and their goal was discussed. Previous years experiences were shared and gave individual opinion. The students were asked to read the Newspaper every day. We have discussed to set their goal/aim for their future ahead.

Students should be motivated further. The time available must be constructively handled to make the programme useful for the student.



Workdone: 5/11/19 (2.00 to 3.00pm)

In this session the students were motivated to improve the communication skills, reading news paper every day has been mandatory. Watching for achievers in their field and collecting

details were made important; which motivates them to learn themselves to achieve their goals. . Some discussions regarding the different ways of preparing the resume were done. Students were asked to prepare resume on the spot too.



Workdone: 3/12/19 (2.00 to 3.00pm)

In this session mentees were motivated to present their personal development plan and gave much concentration to skills to face an interview. It also develops their communication skills, gave much importance to presentation skills, body language, verbal communication and so on. The mentees were asked to visit library and reading rooms regularly.



Workdone: 28/1/2020 (3.30 to 4.30 pm)

In this session we have made a discussion on mock interview and asked them to prepare about the topic Bio diversity and Environment protection and made them to interact with the PG Students to inculcate the confidence and provide them better understanding about the different styles of interaction and made some demos about the body language and personal development .



Workdone: 31/1/2020 (1.00 to 2.00pm)

In this session, the mentees were made some evaluation regarding the interactive session held on previous class. They were discussed about their mistakes and they gave individual opinion about the positive and negative aspects and attain awareness about the possible improvements. They themselves made an active interaction. They opined that the session was

1	7/6/19	Internal	The mentees are introduced to online classes,3 students enrolled and successfully completed it.
2	29/8/19	Internal	Gave a guideline for bio data preparation
3	19/9/19	Internal	Hands on training on PowerPoint preparations
4	20/9/19	Internal	Prepared for presentations using PowerPoint. Presentations were done by all the mentees and one of the mentees got prize in a competition.
5	30/9/19	Internal	Explained the benefits of joining in universities, IITs etc. for higher education. Four of the mentees has written JAM exam and all have registered for the entrance exams of various universities.
6	9/10/19	Internal	Took feedback

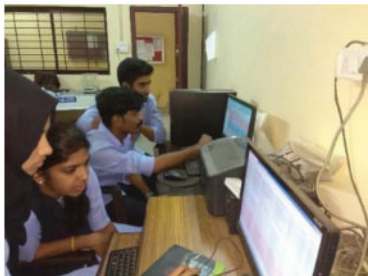
REPORT OF WALK WITH SCHOLAR 2019-20

Name of the mentor: Soumya CC

The first of the academic year 2019-20 was a continuation of last year. The students were motivated to join swayam/NPTEL courses . Three of them (Nisma, Abhijith and Mailik of BSc. Chemistry) joined the course and successfully completed the course. They got the certificate from IISER, Pune. A practice for biodata preparation was given to the mentees. One of the classes includes hands on training on powerpoint preparation. The mentees prepared the presentations and presented in various stages. Arifa from BSc. Physics got second prize in a power point presentation competition. The benefits and oppurtunities of various universities , Central institutes, IITs, IISERs etc were introduced and explained in a class. All the mentees has registered for the entrance exam in various universities. Four of them had written JAM exam. One mentee (Souparnika) is a NCC cadet and she is the under officer of the batalion in our college. Feed back was collected. The program as a whole was found to be very much influential and motivational in orienting the goal of the mentees.

Mentor: SOUMYA.C.C,

Assistant professor and Head,



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75.00	Standard-Cert
50.00	Mini
40.00	Non-credit/Certificate
0%	No Certificate

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Score	Type of Certificate
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75.00	Standard-Cert
50.00	Mini
40.00	Non-credit/Certificate
0%	No Certificate

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as indicated by the Ministry of Education, Government of India

NPTEL Online Certification	NPTEL Online Certification	NPTEL Online Certification
<p>(Awarded by the Ministry of HRD, Govt. of India)</p> <p>This certificate is awarded to ABHIJITH K M for successfully completing the course Introductory Organic Chemistry I with a consolidated score of 52 % Online Assignments: 22.13/25 Proctored Exam: 30/75 Total number of candidates certified in this course: 279</p> <p>Prof. Anand Thangaraj Jul-Sep-2019 (8 week course)</p>	<p>Elite</p> <p>(Awarded by the Ministry of HRD, Govt. of India)</p> <p>This certificate is awarded to NISMA N V for successfully completing the course Introductory Organic Chemistry I with a consolidated score of 63 % Online Assignments: 21.25/25 Proctored Exam: 41.25/75 Total number of candidates certified in this course: 279</p> <p>Prof. Anand Thangaraj Jul-Sep-2019 (8 week course)</p>	<p>(Awarded by the Ministry of HRD, Govt. of India)</p> <p>This certificate is awarded to ABDUL MALIK AREKKADAN for successfully completing the course Introductory Organic Chemistry I with a consolidated score of 51 % Online Assignments: 20.54/25 Proctored Exam: 30/75 Total number of candidates certified in this course: 279</p> <p>Prof. Anand Thangaraj Jul-Sep-2019 (8 week course)</p>
<p>NPTEL - Indian Institute of Science Education and Research (IISER)</p> <p>swayam</p>	<p>NPTEL - Indian Institute of Science Education and Research (IISER)</p> <p>swayam</p>	<p>NPTEL - Indian Institute of Science Education and Research (IISER)</p> <p>swayam</p>

Report of Walk With Scholar Programme 2019- 20

Name of the Mentor: Sameera Haneef,
Assistant Professor
Department of English
MES Ponnani College

Names of Mentees

- 1) Sreya Anand - Third year BA English
- 2) Hala Hanan - Third year BA English
- 3) Sahla P - Third year BA English
- 4) Sreehari M - Third year Bsc Zoology
- 5) Hafish Mohammed PP - Third year Bsc Zoology
- 6) Nada Majeed - Third year Bsc Zoology

The first meeting of walk with scholar was meant to develop the Communication skills of Mentees in English. The mentor used personal interaction methods and group communication methods for this. The common mistakes in English speaking were also discussed during the session.

The second meeting was meant to give career orientation to the Mentees as all the Mentees are final year students. Individual guidance given to the students according to their aptitude.

In the third meeting the mentees were provided with training in power point presentation. They were assigned to make power point presentations in their respective topics.

The fourth session was a debate based on the topic of changing secularists attitudes in current Indian situation. The basic rules of debate were described to the Mentees before the discussion. All the Mentees were actively participated in the debate.



In the fifth session the Mentor gave training in the basic use of word and Excel with the help of computer science department in the college. Though they were already aware of these the training helped them to operate this in a much more professional way.

In the sixth session training in academic writing and career opportunities were given to the Mentees. Academic writing will help to much more oriented towards their career goals and opportunities. Mentees were much more oriented towards their career goals as they were already provided with a career guidance class. In the seventh session the Mentees were introduced to online and mobile banking. The mentor also introduced them the learning apps to improve their communicative skills.

Walk With Scholar



First Year B Com

- | | |
|-------------------|------------------|
| 3. Nived. C | First year BBA |
| 4. Saniyya Saheer | First Year BBA |
| 5. Shahana jebin | First Year B.Com |

Report of internal mentoring sessions 2019-2020

Name of the internal mentor: Nazar.K

Assistant Professor
Department of Commerce
MES Ponnani College

Names of Mentees :

- | | |
|------------------|-------------|
| 1. | Fabna . K V |
| First year B Com | |
| 2. | Hasna. C |

Session 1: 25/09/2019 3.30PM – 4.30 PM

First session started with a formal introduction followed by a description about the importance of internal mentoring and a discussion on the activities that are to be carried out.

**Session 2: 03/10/2019 3.30 PM -4.30 PM**

In this session mentees are given an opportunity to expose themselves. It is a practical session on self introduction. This session helps the mentees to share their views, attitudes etc. some tips to improve the skill of self introduction was provided.



Session 3: 14/10/2019 3.30 PM – 4, 30 P M

It is a personal counselling session in which individualised counselling was given to the mentees. Mentees are given the opportunity to share all their problems both personal and academic. 20 minutes are given for each mentees.

Session 4: 16/10/2019 3.30 P M – 4. 30 P M

This session was a continuation of the earlier session in which the remaining three mentees are personally attended. This sessions were very useful to both mentor and mentees. Mentees got an opportunity to share their personal and academic issues in a confidential atmosphere. It provided directions to the mentor regarding the extent of mentoring provided to each mentees.



Session 5: 01/11/2019 3.30 P M – 4. 30 P M

“Communication is the key to successful relationships, Active listening is the key to successful communication.” This is a session on effective communication. The various problems that affect the effectiveness of communication and the ways through which these problems can be solved was discussed in a practical way.

Session 6: 28/11/2019 3.30 P M – 4. 30 P M

“Set your goals high and don’t stop till you get there.” This session was on set your goals and make them happen.

Session 7: 02/12/2019 3.30 P M – 4. 30 P M

This was a practical session. A mock interview was conducted in which the mentees are given the roles of interviewers and interviewees alternatively. It gives an opportunity to practice the interview skills that the mentees got in their external mentoring session.



Session 8: 24/12/2019 3.30 P M – 4. 30 P M

This session was an evaluation of the mock interview session. The recorded videos are presented and the mentees are directed to identify the mistakes happened during the interview and the methods to overcome them. A positive criticism by the mentor and their co mentees was very much useful to the mentees to develop their skills.

Session 9: 14/01/2020 3. 30 – 4. 30 P M

This was a debate session. A debate was held on the topic “is war a solution”. The mentees are divided into two groups and one group is directed to stand for the war and the other team against. The roles are assigned by tossing coin. Both the teams presented very actively and the against team won the prize. The for team also presented very effectively by providing new definitions and dimensions to the concept of war.

Session 10: 21/01/2020 3.30- 4.30 P M

“The greatest gift that you can give to your family and the world is a healthy you.” This session was on health and hygiene. The mentees were given a general awareness on health and

hygiene. The mentees were asked to share their daily routine and a discussion was held on the areas to be changes and improved for a healthy mind and body.

“Personality is the original personal property”. Through the internal mentoring sessions the internal mentor tried to cover the different aspects of personality development. All the mentees are actively participated in the sessions. They show interest in different activities. It gave an opportunity to the mentor to create a personal relationship with the students. The mentees shared their personal and academic issues with an open mind. This will be very much useful to plan the extend of mentoring to each mentees. Apart from the above mentioned sessions a questionnaire on life skill and youth empowerment is provided to the mentees. After analysing their responses a discussion was held with the mentees in which they are given directions on the areas to be improved.

Walk With Scholar

Report of internal mentoring sessions 2019-20

Name of the internal mentor: AMAL LAL K. K.
Assistant Professor on Contract
Department of English
MES Ponnani College

Names of Mentees :

1. Adil	First year English
2. Rasha	First year English
3. Mohamed Jasim	First year English
4. Mohammed Musfar	First year English
5. Vishnupriya T P	First year English
6. Jaseena K	First year English

Session 1: Introduction

04/11/2019 3.30PM – 4.30 PM

First session started with a formal introduction followed by a description about the importance of internal mentoring and a discussion on the activities that are to be carried out. It was a session designed to create a rapport with the students. A Whatsapp group was created for the easy and continues communication



Session 2 – Know Yourself

04/11/2019 3.30 PM -4.30 PM

In this session mentees are given an opportunity to expose themselves. We built a solid foundation of “self” by coming up with satisfying and empowering answers to the “who am I” question through powerful exercises, interactive self reflections and group discussions. It is a practical session on self introduction. This session helps the mentees to share their views, attitudes etc. some tips to improve the skill of self introduction was provided.



Session 3: Know your Mentee

25/11/2019 3.30 PM – 4, 30 P M

It is a personal counseling session in which individualized counseling was given to the mentees which discussed the importance of discipline in daily life. This session also discussed their personal and academic insecurities. Mentees are given the opportunity to share all their problems both personal and academic. 20 minutes are given for each mentees.

Session 4: Defining Strengths

05/12/18 3.30 P M – 4. 30 P M

This session was a continuation of the earlier session. Knowing your own strengths and weaknesses gives you a better understanding of yourself and how you function. Understanding mentees' strengths keeps them ahead in a lot of things. For instance, if you are looking at career

options, you would be able to narrow down specific job scopes based on the things you know you are good at.

Session 5: 14/12/2018 3.30 P M – 4. 30 P M

Study goals are essential if you want to succeed as a student. Research indicates that setting goals is a reliable predictor of better grades and completing your qualification. This session arranged a platform for students to share their goals.



Session 6: Communicate effectively

02/01/2019 3.30 P M – 4. 30 P M

Being able to communicate effectively is one of the most important life skills to learn. Communication is defined as transferring information to produce greater understanding. This session provided a platform to communicate their ideas without any inhibition. After this session mentees find it easy to talk their mind aloud.



Session 7: Personal Values

14/01/2019 3.30 P M – 4. 30 P M

Values clarification is crucial to making choices that lead to adaptive living. This is because one's values, an individual's judgment of what is important, useful, and worthy in life, are central mediating processes for behavior at individual and societal levels. In this session mentees dynamically engage in processes of brainstorming, discernment, prioritization, and divergent thinking as they come to learn which values inform their daily lives.



Session 8: Time and Stress Management

16/01/2019 3.30 P M – 4. 30 P M

Time management refers to using time effectively and productively. A synonym for efficiency, good time management makes it possible for you to make the most out of every minute. This session addressed mentees concerns over their time and stress management issues.



Session 9: Creating a strategic plan for your life

18/02/2019 3.30 – 4.30 P M

We need to discover personal vision and find the path in lives that are meant to follow. Developing a strategic plan, and articulating a clear personal vision statement gives us the opportunity to follow our own template of purpose for your actions. This template or roadmap gives the guidance that need to initiate, evaluate, and refine all of your daily activities. This session helped the mentees in creating a strategic plan for their life

Session 10: Know your teammates

22/02/2019 3.30- 4.30 P M

To continue the relationship among WWS mentees, the concluding session was meant to introduce their teammates and share their dreams and aspirations. They also discussed their aspirations and dreams together in this session.

