



ST. THOMAS COLLEGE

Ranni, Pathanamthitta, Kerala - 689673

ACCREDITED BY NAAC WITH ' B ' GRADE

5.1.2 : Capacity Development and Skill Enhancement Activities

SOFT SKILLS

CRITERION : 5

**STUDENT SUPPORT AND
PROGRESSION**

ST. THOMAS COLLEGE, RANNY
REPORT OF THE ACTIVITIES
OF

SCHOLAR SUPPORT PROGRAMME 2018-19

Scholar Support Programme (SSP), an initiative of the Government of Kerala, Higher Education Department, was started in our College earlier, but introduced in the new format in this year. The programme aimed to give mentoring to the needy students, who are academically backward.

The Programme has, besides Student mentees, a Coordinator, and internal and external mentors. The College has a College level monitoring Committee to evaluate the activities of SSP.

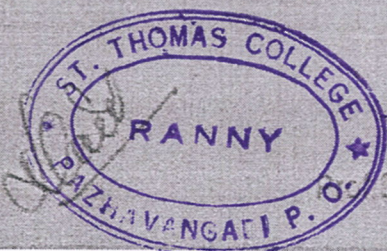
Coordinator

The Coordinator of the Programme is Dr. Deepa Roselin Joseph, Assistant Professor, Department of History. She has been selected by the College Council.

Selection of subjects and students

Forty students were selected for the programme. They were from the first year batch and were assigned to five internal mentors. This year the subjects selected were Physics, Chemistry, Mathematics, Commerce and Economics. The subjects were selected by the College Council after considering the result analysis of our College.

Students were selected according to the criteria given by the Directorate. As per the direction from the Directorate students can be selected according to marks and also priority should be given to the special needs of the students. Class tutors were given authority to select the needy students. In our College, students were selected for the programme not only on the basis of marks for the qualifying exams, but through personal observation by the class tutor. Class tutor selected students who need additional academic support.



Dr. Lata Marina Varghese
Principal

Deepa Roselin Joseph

Marina Varghese
Principal
St. Thomas College,
Pazhavangadi P.O., Ranny

Internal mentoring

Internal mentoring was done by the College faculty themselves. In this year, as per the direction, five subjects were selected on the basis of result analysis - Physics, Chemistry, Mathematics, Commerce and Economics. The internal mentors assigned were

Soumya mol K.S	Dept of Physics
Dr. Mathew Kuruvilla	Dept of Chemistry
Shruthi Mariam David	Dept of Mathematics
Jikku James	Dept. of Commerce
Dr. Sajini.S	Dept of Economics

They were assigned to take 14 hours in the year and by February last week they all have completed the task. Besides this they also collected their biodata and made personal rapport with the mentees. Test papers were also conducted to assess the progress of the mentees. The time for mentoring was flexible-either after the college time or before the college time or on Saturdays and free times. The aim of internal mentoring was to get personal attention to the needy students and from the feedback of students it is assessed that the aim has been fulfilled. Attendance was also taken and kept by the internal mentor and the same has been produced to the coordinator at the end.

External mentoring

External mentoring, the newly introduced item for SSP was fulfilled as per the directions given from the Directorate. External Mentoring had three heads-Life Skills, IT Skills, and Learning Skills. Our College completed the full schedule for the three programmes-32 hours for Life Skills, 24 hours for IT and 4 hours for Learning Skills. Attendance for the sessions was kept separately.

Life Skills

External Mentoring Life Skill Sessions were taken by Sherin Allena Joseph, the Life Skill Mentor provided by the Directorate. She started her external mentoring sessions on December 1st 2018 and completed by 14th February 2019.

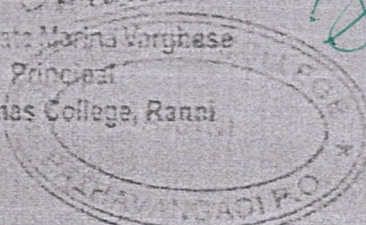
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Prof. Dr. Lata Marina Varghese
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She completed her classes with five Saturdays (5 hours each) and one Saturday (3 hours) and one hour each in four week days.

IT Skills

Since the State Coordinator permitted Colleges to utilize the services of experts in their own Colleges, the resume of our Computer Science teacher(Archana ,MSc Computer Science), who is working in the self financing session was sent and was received sanction. So the IT sessions were handled by Mrs. Archana. As per the schedule, 24 hours were allotted and in our College it was started on 19th December 2018 and completed by 16th February 2019. The syllabus given by the Directorate was completed.

Learning Skills

Just like the IT Skills, the Learning Skills were handled by an expert from outside the panel given by the Directorate. Here too, the Coordinator received the sanction from the State Coordinator. The Learning Skill classes were taken by Mrs Remya K Thoppil, (MSc Psychology, MPhil) who is working as Learning Skill expert and Counselor to Govt. Schools. She took her session on 23rd Saturday from 9 am to 1 pm (4 hours).

Monitoring Committee.

The College has a Monitoring Committee consisting of Senior teachers from various departments. The following members are the members of Monitoring Committee.

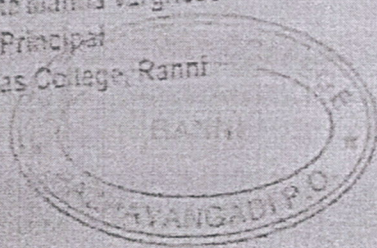
Prof John M George	HOD, Dept. of Physical Education
Prof. Suja Abraham	HOD, Dept. of Hindi
Dr. Aleyamma Kuruvilla,	HOD, Dept. of Zoology
Dr. Vinodkumar T.G	Dept. of Botany
Prof Anju Joseph,	HOD, Department of Physics

The role of the College Monitoring Committee is to monitor the activities of the SSP and to give guidelines. All the main decisions were taken after discussing with the Committee. This year the Committee had four meetings to evaluate the functioning of SSP.

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The first meeting was held immediately after the one day training programme arranged for the coordinators of Scholar Support Programme of various colleges on 12/09/2018 at the Loyola College, Sreekaryam, Trivandrum. In this first meeting (17/09/2018) the Coordinator explained the main differences in the newly created format of SSP, regarding the selection of students, introduction of external mentoring etc. The Coordinator showed the list of students and internal mentors selected for the Programme by the College Council. In the second meeting (26 /11/2018) the Committee evaluated the progress of the programme. Other points of discussion were to utilize the services of experts in our own premises for external mentoring and sanction was given. The Committee was also informed that the external mentoring will be started from December 1st onwards. The third meeting was held in connection with the proceedings to be given for the withdrawal of amount sanctioned for the purpose. The fourth meeting (26/2/2019) was to show the final bills and vouchers, report and other documents that have to be submitted to DD

Feedbacks

Feedbacks from both mentors (Internal and External) and mentees were collected.

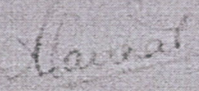
Bills and settlements

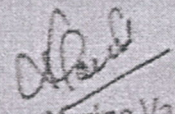
The request for Advance Bill was not sanctioned due to Treasury ban and now Bill for final settlement was given.

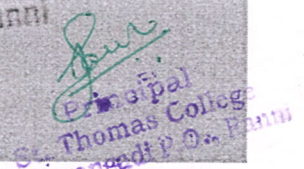
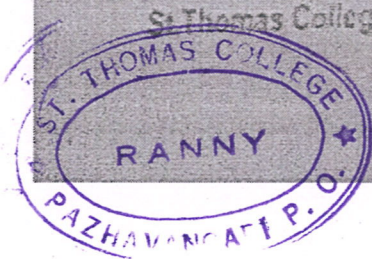
Conclusion

Scholar Support Programme, 2018-19, aimed in the upliftment of weak students, helped them in the subject matter as well as externally. Our College completed all the sessions successfully and now we are waiting for the sanctioned amount. All other documents asked by the Directorate ((Bills and Vouchers, Utilization Certificate, Attendance) are also submitting along with this Report.


Dr. DEEPA ROSELIN JOSEPH ,Coordinator, SSP, St. Thomas College ,Ranny.


Prof. Dr. Lata Marina Varghese
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St. Thomas College, Ranni


Prof. Dr. Lata Marina Varghese
Principal
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Capacity Building and Skill Enhancement Programmes- under Student Support Programme

Skill Enhancement Session on Personal Scheme Knowing oneself

Title of the Programme :- Skill Enhancement Session on Personal Skills Knowing oneself

Name of the Coordinator :- Dr. Deepa Roselin Joseph

Organizing Committee/cell/Dept. :- Student Support Programme

Date :- 1/12/2018

Number of participants :- 30

Recourse Person :- Sherine Allena Joseph, Life Skill Mentor

Objective :- To help students uncover and understand themselves

Training Programme on Confidence Building

Title of the Programme :- Training Programme on Confidence Building

Name of the Coordinator :- Dr. Deepa Roselin Joseph

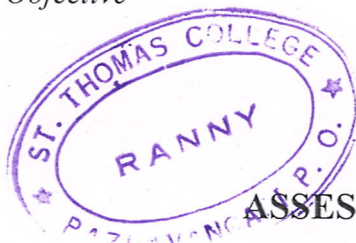
Organizing Committee/cell/Department :- Student Support Programme

Date :- 8/12/2018

Number of participants :- 35

Recourse Person :- Sherine Allena Joseph, Life Skill Mentor

Objective :- To help Students development and enhance their self-confidence and self-esteem.



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Capacity Building Programme on Definig Strength

Title of the Programme :- Capacity Building Programme on Definig Strength

Name of the Coordinator :- Dr. Deepa Roselin Joseph

Organizing Committee/cell/Department :- Student Support Programme

Date :- 15-12-2018

Number of participants :- 34

Recourse Person :- Sherine Allena Joseph, Life Skill Mentor

Objective :- To Provide opportunities for growth and achievement:

Soft Skill Development Programme on Thinking Createvely

Title of the Programme :- Soft Skill Development Programme on Thinking Createvely

Name of the Coordinator :- Dr. Deepa Roselin Joseph

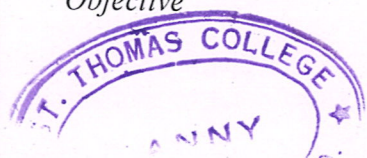
Organizing Committee/cell/Department :- Student Support Programme

Date :- 22/12/2018

Number of participants :- 29

Recourse Person :- Sherine Allena Joseph, Life Skill Mentor

Objective :- To enhance Creative Thinking



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Invited Talk on Personal Values

Title of the Programme :- Invited Talk on Personal Values

Name of the Coordinator :- Dr. Deepa Roselin Joseph

Organizing Committee/cell/Department :- Student Support Programme

Date :- 12/01/2019

Number of participants :- 31

Recourse Person :- Sherine Allena Joseph, Life Skill Mentor

Objective :- To assist individuals in defining and prioritizing their personal values

Student enrichment programme for Time and Stress Management

Title of the Programme :- Student enrichment programme for Time and Stress Management

Name of the Coordinator :- Dr. Deepa Roselin Joseph

Organizing Committee/cell/Department :- Student Support Programme

Date :- 02/02/2019

Number of participants :- 28

Recourse Person :- Sherine Allena Joseph, Life Skill Mentor

Objective :- To Enhance overall efficiency and effectiveness



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Session on Social Skill : Appropriate contextual use;Norverbal Communication
and Interpersonal Skill

Title of the Programme :- Session on Social Skill : Appropriate contextual use;Norverbal Communication and Interpersonal Skill

Name of the Coordinator :- Dr. Deepa Roselin Joseph

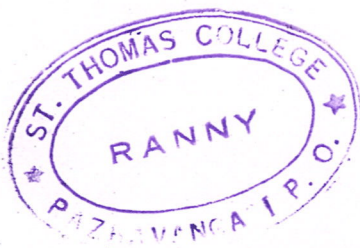
Organizing Committee/cell/Department :- Student Support Programme

Date :- 13/02/2019

Number of participants :- 32

Recourse Person :- Sherine Allena Joseph, Life Skill Mentor

Objective :- To enhance abilities to interact and communicate effectively with others




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SCHOLAR SUPPORT PROGRAMME 2018-19

Attendance of Students (External mentoring)

Name of the College: ST. THOMAS COLLEGE, RANNI

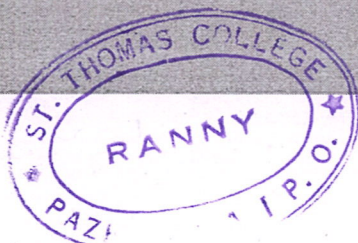
Name of the Coordinator: Dr. DEEPA ROSELIN JOSEPH

Name of the Faculty Member (Resource Person): Shenuz Aheene Joseph

Semester: 1, 2

Subject & Paper: Life Skill

Sl. No	Name of Student	Date and Time					
		11/12/18	8/12/18	15/12/18	22/12/18	12/01/19	
		9.30 to 3.30	9.30 to 3.30	9.30 to 3.30	9.30 to 3.30	9.30 to 3.30	
		Signature of Students					
1	ARAVIND R KANNAN	Bsc Physics	Aravind	Aravind	a	Aravind	Aravind
2	ANANDHU KRISHNAN	Bsc Physics	a	Anandhu	Anandhu	Anandhu	Anandhu
3	SALMAN RASHEED	Bsc Physics	Salman	Salman	Salman	Salman	a
4	DIVYA S	BSc Chemistry	Divya S	Divya S	Divya S	Divya S	Divya S
5	SANDRA SUNNY	BSc Chemistry	Sandra	Sandra	Sandra	Sandra	a
6	MALAVIKA AJI	BSc Chemistry	Malavika	a	Malavika	a	Malavika
7	SHANU N SURESH	BSc Chemistry	Shanu	Shanu	a	Shanu	Shanu
8	ASHINA MOL P S	BSc Chemistry	Ashina	Ashina	Ashina	a	Ashina
9	RAHUL RAVI	Bsc Physics	a	Rahul	Rahul	Rahul	Rahul
10	YAMUNA KOCHUMON	Bsc Physics	Yamuna	Yamuna	Yamuna	a	Yamuna
11	SANJAY K A	Bsc Physics	Sanjay	Sanjay	a	Sanjay	Sanjay
12	ANJANA AT Simon George	Bsc Physics	ANJANA	ANJANA	ANJANA	ANJANA	ANJANA
13	ASWATHY R	Bsc Physics	Aswathy	a	Aswathy	a	Aswathy



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14	PUNNYA S KUMAR	Bsc Physics	<u>Surya</u>	<u>Surya</u>	<u>Surya</u>	<u>Surya</u>	<u>Surya</u>
15	ATHIRA P NAIR	Bsc Physics	<u>Alhira</u>	<u>Alhira</u>	<u>Alhira</u>	<u>Alhira</u>	<u>Alhira</u>
16	GADHA MOL H	Bsc Physics	<u>Est</u>	<u>Est</u>	<u>Est</u>	<u>Est</u>	<u>Est</u>
17	ANEENA ANIL	Bsc Chemistry	<u>a</u>	<u>aneena</u>	<u>aneena</u>	<u>aneena</u>	<u>aneena</u>
18	AFIYA SULAIMAN	BSc Chemistry	<u>a</u>	<u>a</u>	<u>a</u>	<u>a</u>	<u>a</u>
19	NASRIN JAMAL	BSc Chemistry	<u>Nasrin</u>	<u>Nasrin</u>	<u>Nasrin</u>	<u>Nasrin</u>	<u>Nasrin</u>
20	SHINCY B THOMAS	BSc Chemistry	<u>Sincy</u>	<u>a</u>	<u>Sincy</u>	<u>Sincy</u>	<u>Sincy</u>
21	ANJALI SANTHOSH	BSc Chemistry	<u>anjali</u>	<u>anjali</u>	<u>a</u>	<u>anjali</u>	<u>anjali</u>
22	ANJANA MOL K P	BSc Chemistry	<u>a</u>	<u>anjana</u>	<u>anjana</u>	<u>anjana</u>	<u>anjana</u>
23	SONA TERES KURIAN	BSc Chemistry	<u>Sona</u>	<u>Sona</u>	<u>Sona</u>	<u>a</u>	<u>Sona</u>
24	VYSAKH P G	BSc Chemistry	<u>Vysakh</u>	<u>Vysakh</u>	<u>Vysakh</u>	<u>a</u>	<u>a</u>
25	NEEMA K BIDU	B Com	<u>Neema</u>	<u>a</u>	<u>Neema</u>	<u>Neema</u>	<u>Neema</u>
26	GOURIPRIYA NAIR	B Com	<u>a</u>	<u>Gouri</u>	<u>Gouri</u>	<u>Gouri</u>	<u>a</u>
27	MARIA K MANOJ	B Com	<u>Mania</u>	<u>Mania</u>	<u>Mania</u>	<u>a</u>	<u>Mania</u>
28	TIMIYA BIDU	B Com	<u>Timiya</u>	<u>Timiya</u>	<u>Timiya</u>	<u>Timiya</u>	<u>a</u>
29	LAKSHMI DILEEP	B Com	<u>a</u>	<u>Lakshmi</u>	<u>Lakshmi</u>	<u>Lakshmi</u>	<u>Lakshmi</u>
30	ANSA ACHU TOMY	B Com	<u>ansa</u>	<u>ansa</u>	<u>ansa</u>	<u>a</u>	<u>ansa</u>
31	PRATHIBHA P	B Com	<u>Prathiba</u>	<u>Prathiba</u>	<u>Prathiba</u>	<u>Prathiba</u>	<u>Prathiba</u>
32	RADHU LAKSHMI T R	B Com	<u>a</u>	<u>Radhu</u>	<u>Radhu</u>	<u>a</u>	<u>Radhu</u>
33	ATHIRA AJAYAN	BA Economics	<u>a</u>	<u>a</u>	<u>a</u>	<u>a</u>	<u>a</u>
34	HARSHA KISHORE	BA Economics	<u>Harsha</u>	<u>Harsha</u>	<u>Harsha</u>	<u>Harsha</u>	<u>Harsha</u>
35	ASHNA MOL A N	BA Economics	<u>Ashna</u>	<u>Ashna</u>	<u>Ashna</u>	<u>Ashna</u>	<u>a</u>
36	AJESH P P	BA Economics	<u>Ajesh</u>	<u>Ajesh</u>	<u>a</u>	<u>Ajesh</u>	<u>Ajesh</u>



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VISHNU BIJU	BA Economics	a	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
SREEJA SANTHOSH	BA Economics	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	a
MANJU MATHEW	BA Economics	a	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
ATHIRA GOPI	BA Economics	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
Signature of Resource Person	<i>[Signature]</i>					
Coordinator's Signature	<i>[Signature]</i>					

[Signature]
 Prof. Dr. Lata Marina Varghese
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[Signature]
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 St. Thomas College
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SCHOLAR SUPPORT PROGRAMME 2018-19

Attendance of Students (External mentoring)

Name of the College: ST. THOMAS COLLEGE, RANNI

Name of the Coordinator: Dr. DEEPA ROSELIN JOSEPH

Name of the Faculty Member (Resource Person): Sheline Anne Joseph

Subject & Paper: Life Skill

Semester: 1, 2

Name of Student

Date and Time

2/2/19	11/2/19	12/2/19	13/2/19	14/2/19
9:30 to 3:30	8:30 to 9:30	8:30 to 9:30	8:30 to 9:30	8:30 to 9:30

Signature of Students

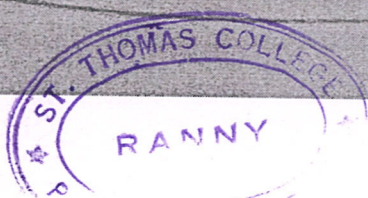
1	ARAVIND R KANNAN	BSc Physics	Ravi	Ravi	a	Ravi	Ravi
2	ANANDHU KRISHNAN	BSc Physics	a	Anandhu	Anandhu	Anandhu	Anandhu
3	SALMAN RASHEED	BSc Physics	Salman	Salman	Salman	a	Salman
4	DIVYA S	BSc Chemistry	Divya S	Divya S	Divya S	Divya S	Divya S
5	SANDRA SUNNY	BSc Chemistry	Sandra	Sandra	a	Sandra	Sandra
6	MALAVIKA AJI	BSc Chemistry	a	Malavika	Malavika	Malavika	Malavika
7	SHANU N SURESH	BSc Chemistry	Shanu	Shanu	a	Shanu	Shanu
8	ASHNA MOL P S	BSc Chemistry	a	Ashna	Ashna	Ashna	a
9	RAHUL RAVI	BSc Physics	Rahul	Rahul	a	Rahul	Rahul
10	YAMUNA KOCHUMON	BSc Physics	Yamuna	Yamuna	Yamuna	Yamuna	Yamuna
11	SANJAY K A	BSc Physics	a	Sanjay	a	Sanjay	Sanjay
12	ANILAL AT Sabin George	BSc Physics	Anilal	Anilal	Anilal	a	Anilal
13	ASWATHY R	BSc Physics	a	Ashy	Ashy	Ashy	Ashy



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PUNNYA S KUMAR	Bsc Physics	<u>Punya</u>	<u>Surya</u>	<u>Surya</u>	<u>a</u>	<u>Surya</u>
ATHIRA P NAIR	Bsc Physics	<u>a</u>	<u>Althira</u>	<u>Althira</u>	<u>a</u>	<u>Surya</u>
GADHA MOL H Ga tha	Bsc Physics	<u>GA</u>	<u>GA</u>	<u>Althira</u>	<u>Althira</u>	<u>Althira</u>
ANEENA ANIL	Bsc Chemistry	<u>a</u>	<u>aneena</u>	<u>aneena</u>	<u>a</u>	<u>aneena</u>
AFIYA SULAIMAN	BSc Chemistry	<u>a</u>	<u>a</u>	<u>aneena</u>	<u>aneena</u>	<u>aneena</u>
NASRIN JAMAL	BSc Chemistry	<u>Nasrin</u>	<u>Nasrin</u>	<u>a</u>	<u>Nasrin</u>	<u>a</u>
SHINCY B THOMAS	BSc Chemistry	<u>Sincy</u>	<u>Sincy</u>	<u>Sincy</u>	<u>a</u>	<u>Nasrin</u>
ANJALI SANTHOSH	BSc Chemistry	<u>anjali</u>	<u>a</u>	<u>anjali</u>	<u>a</u>	<u>Sincy</u>
ANJANA MOL K P	BSc Chemistry	<u>Anjana</u>	<u>a</u>	<u>Anjana</u>	<u>Anjana</u>	<u>anjali</u>
SONA TERES KURIAN	BSc Chemistry	<u>a</u>	<u>a</u>	<u>Anjana</u>	<u>Anjana</u>	<u>Anjana</u>
VYSAKH P G	BSc Chemistry	<u>Vysakh</u>	<u>a</u>	<u>Vysakh</u>	<u>Vysakh</u>	<u>Sona</u>
NEEMA K BIJU	B Com	<u>Neema</u>	<u>Neema</u>	<u>a</u>	<u>Neema</u>	<u>Vysakh</u>
GOURIPRIYA NAIR	B Com	<u>a</u>	<u>Gouri</u>	<u>Gouri</u>	<u>Gouri</u>	<u>Neema</u>
MARIA K MANOJ	B Com	<u>Maria</u>	<u>Maria</u>	<u>Gouri</u>	<u>Maria</u>	<u>a</u>
TIMIYA BIJU	B Com	<u>Timiya</u>	<u>a</u>	<u>Timiya</u>	<u>Timiya</u>	<u>Timiya</u>
LAKSHMI DILEEP	B Com	<u>Lakshmi</u>	<u>Lakshmi</u>	<u>a</u>	<u>Lakshmi</u>	<u>Lakshmi</u>
ANSA ACHU TOMY	B Com	<u>ansa</u>	<u>ansa</u>	<u>ansa</u>	<u>a</u>	<u>ansa</u>
PRATHIBHA P	B Com	<u>Prathiba</u>	<u>Prathiba</u>	<u>Prathiba</u>	<u>Prathiba</u>	<u>a</u>
RADHULAKSHMI T R	B Com	<u>a</u>	<u>Radhika</u>	<u>Radhika</u>	<u>Radhika</u>	<u>Radhika</u>
ATHIRA AJAYAN	BA Economics	<u>a</u>	<u>a</u>	<u>a</u>	<u>a</u>	<u>a</u>
HARSHA KISHORE	BA Economics	<u>Harsha</u>	<u>Harsha</u>	<u>Harsha</u>	<u>Harsha</u>	<u>a</u>
ASHNA MOL A N	BA Economics	<u>Ashna</u>	<u>Ashna</u>	<u>Ashna</u>	<u>a</u>	<u>Ashna</u>
AJESH PP	BA Economics	<u>Ajesh</u>	<u>a</u>	<u>Ajesh</u>	<u>Ajesh</u>	<u>Ajesh</u>



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VISHNU BIJU	BA Economics	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	
SREEJA SANTHOSH	BA Economics	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	9
MANJU MATHEW	BA Economics	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
ATHIRA GOPI	BA Economics	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
Signature of Resource Person	<i>[Signature]</i>					
Coordinator's Signature	<i>[Signature]</i>					

[Signature]
 Prof. Dr. Lata Marina Varghese
 Principal
 St. Thomas College, Ranni

[Signature]
 Principal
 Prof. Dr. Lata Marina Varghese
 Principal
 St. Thomas College, Ranni

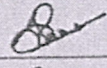
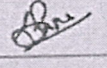
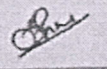
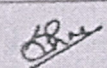
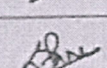
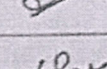
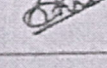
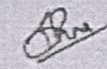
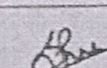
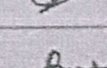


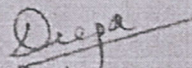
[Signature]
 Principal
 St. Thomas College
 Pazhavangadi P.O., Ranni

External MENTORING SESSIONS

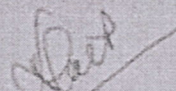
Attendance of External Mentors 2018-19

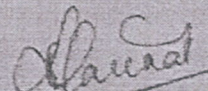
Name of the College: St. Thomas College Ranni

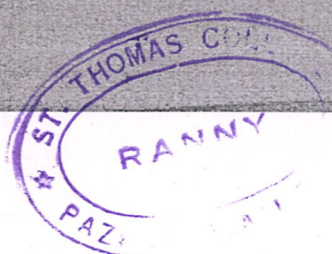
Sl No	Name of External Mentor	Topic for the session	Date & Timings Session	Signature of the External Mentor
1	SHERINE ALLENA JOSEPH	Personal skills knowing oneself	1/12/18 9.30 to 3.30	
2		Confidence building	2/12/18 9.30 to 3.30	
3		Defining strength	15/12/18 9.30 to 3.30	
4		Thinking creatively	22/12/18 9.30 to 3.30	
5		Personal values	12/1/19 9.30 to 3.30	
6		Time and stress management	2/2/19 9.30 to 12.30	
7		Listening skills	11/2/19 8.30 to 9.30	
8		Speaking skills and Public speaking	12/2/19 8.30 to 9.30	
9		Social skills: Appropriate contextual use; Nonverbal, communication and interpersonal skills	13/2/19 8.30 to 9.30	
10		Language Practice.	14/2/19 8.30 to 9.30	


Coordinator

Date: 26/2/19


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ST. THOMAS COLLEGE, RANNI

Capacity Building and Skill Enhancement Programmes-
under Walk With a Scholar Programme

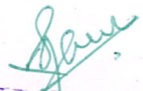
Session on Soft Skill

Title of the Programme :- Session on Soft Skill
Name of the Coordinator :- Dr. M K Suresh
Organizing Committee/cell/Department :- Walk with a Scholar
Date :- 15/12/2018
Number of participants :- 60 (30+30)
Recourse Person :- Ajith S., Soft skills/ HRD Trainer, freelancer
Objective :- To develop Soft Skills

Session on Motivation

Title of the Programme :- Session on Motivation
Name of the Coordinator :- Dr. M K Suresh
Organizing Committee/cell/Department :- Walk with a Scholar
Date :- 09/02/2019
Number of participants :- 60 (30+30)
Recourse Person :- Dr. Snovy Manjooran, Counsellor in Christ Nagar College, Maranalloor Trivandrum
Objective :- To motivate Student




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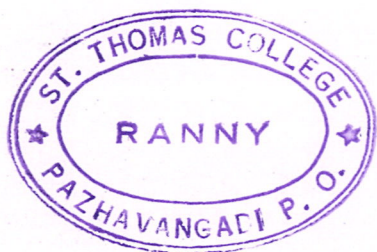
ST. THOMAS COLLEGE, RANNI

Session on Goal Setting and Stress Management

<i>Title of the Programme</i>	<i>:- Session on Goal Setting and Stress Management</i>
<i>Name of the Coordinator</i>	<i>:- Dr. M K Suresh</i>
<i>Organizing Committee/cell/Department</i>	<i>:- Walk with a Scholar</i>
<i>Date</i>	<i>:- 09/02/2019</i>
<i>Number of participants</i>	<i>:- 60 (30+30)</i>
<i>Recourse Person</i>	<i>:- Dr.A Manju, Assistant Professor, CTE</i>
<i>Objective</i>	<i>:- To effectively set and achieve their goals</i>

Session on Smart Youth for Smart India

<i>Title of the Programme</i>	<i>:- Session on Smart Youth for Smart India</i>
<i>Name of the Coordinator</i>	<i>:- Dr. M K Suresh</i>
<i>Organizing Committee/cell/Department</i>	<i>:- Walk with a Scholar</i>
<i>Date</i>	<i>:- 16/02/2019</i>
<i>Number of participants</i>	<i>:- 60 (30+30)</i>
<i>Recourse Person</i>	<i>:- Alex George, Assistant Professor in Education</i>
<i>Objective</i>	<i>:- To Motivate the students for a better India</i>




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ST. THOMAS COLLEGE, RANNI

Session on Soft Skill

Title of the Programme :- Session on Soft Skill

Name of the Coordinator :- Dr. M K Suresh

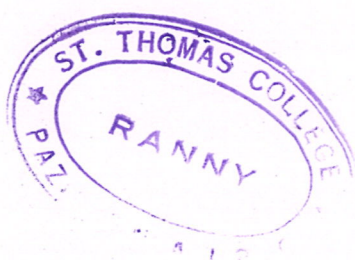
Organizing Committee/cell/Department :- Walk with a Scholar

Date :- 26/02/2019

Number of participants :- 60 (30+30)

Recourse Person :- Ajith S., Soft skills/ HRD Trainer, freelancer

Objective :- To develop Soft Skills




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FORM: B

WALK WITH A SCHOLAR 2018-19
EXTERNAL MENTORING SESSIONS
Attendance of Mentees 2018-19

Name of the College:

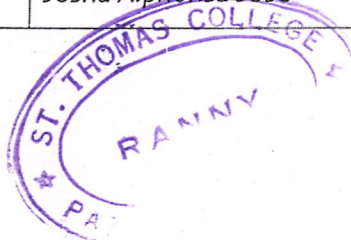
St. Thomas College, Ranni

Name of the Coordinator:

Ranni Dr. Suresh M.K.

Year: I

Year: I		Date & Time	Date & Time	Date & Time	Date & Time	Date & Time
Sl. No.	Name of Mentee	15.12.18	2.2.19	4.2.19	9.2.19	19.2.19
		9.30-12.30	9.30-12.30	1.30-3.30	7.30-12.30	9.30-11.30
		Signature				
1	Sandeep S.					
2	Rose Maria Jose					
3	Aparna C.S.					
4	Sebin Babu Mathew					
5	Shilpa Sumangan					
6	Sruthimol S.					
7	Mariya Thomas					
8	Anakha Suresh					
9	Athul Nadh					
10	Arpitha P.A.					
11	Reshmamol A.G.					
12	Sijo M. Santhosh					
13	Emmanuel Tomy					
14	Shilpa Sanal					
15	Bibin T. Biju					
16	Anna Roy					
17	Muhammed Aslam					
18	Karthika K.R.					
19	Anandu Krishna R.					
20	Josna Alphonsa Jose					



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 Pazhavangadi P.O., Ranni

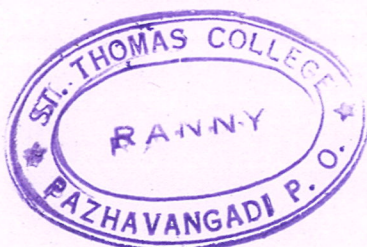
21	Athira Sadasivan					
22	Siena Sam					
23	Sujin K.S.					
24	Anjaly Ashok					
25	Abhin Raj R.					
26	Aswin Manoj					
27	Kamal Harichandran					
28	Nichza Mariam Skariah					
29	Asha Liya Mathew					
30	Abdul Basith					
External Mentor's Signature						
Coordinator's Signature						

Dr. SURESH M.K.
Assistant Professor
Department of Physics
St. Thomas College
Ranni - 689 673



Principal

Prof. Dr. Lata Marina Varghese
Principal
St. Thomas College, Ranni



Principal
St. Thomas College
Pazhavangadi P.O., Ranni

PZHAVANGADI P.O.

WALK WITH A SCHOLAR 2018-19
EXTERNAL MENTORING SESSIONS

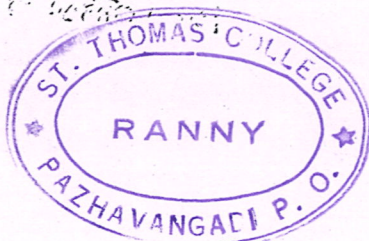
Attendance of Mentees 2018-19

Name of the College: **St. Thomas College, Ranni**

Name of the Coordinator: **Ranni Dr. Suresh M. K.**

Year: **II**

Sl. No.	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time	Date & Time
		15.12.18	2.2.19	9.2.19	9.2.19	26.2.19
		1.30-3.30	9.30-12.30	1.30-3.30	9.30-12.30	9.30-12.30
Signature						
1	Rosemaria Antony					
2	Gokul Vijay					
3	Vrinda Reji					
4	Amritha S.					
5	Aswin Krishnan					
6	Christy Anna Paul					
7	Ayswarya M.					
8	Aliya Liyab					
9	Devu Babu					
10	Rinku Shibu					
11	Hema R.					
12	Amrutharaj					
13	Ashitha Aliyar					
14	Jesslin Ann Jose					
15	Devi Chandra K.A.					
16	Shahina Salam					
17	Dhanya C.R.					
18	Merlin Mol					
19	Merin Kurian					
20	Athira Mohanan					



Saw
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 St. Thomas College
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21	Akhil Babu K.					
22	Serena C. Sunny					
23	Anchu mol G.R.					
24	Shaja K. Varghese					
25	Aromal S.					
26	Justin P. Jacob					
27	Mohammed Asar Irshad					
28	Feba Mary Thomas					
29	Joselin Anna Jose					
30	Linu Maniyan					
External Mentor's Signature						
Coordinator's Signature						



Dr. SURESH M.K.
Assistant Professor
Department of Physics
St. Thomas College
Ranni - 689 673

Principal

Prof. Dr. Lata Marina Varghese
Principal
St. Thomas College, Ranni



Principal
St. Thomas College
Pazhavangadi P.O., Ranni

FORM: B

WALK WITH A SCHOLAR 2018-19
EXTERNAL MENTORING SESSIONS
Attendance of Mentees 2018-19

Name of the College: St. Thomas College, Ranni

Name of the Coordinator: ~~Ranni~~ Dr. Suresh M. K.

Year: I

Sl. No.	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time	Date & Time
		19.2.19	16.2.19	16.2.19	26.2.19	26.2.19
		1.30-3.30	1.30-3.30	9.30-12.30	9.30-12.30	1.30-3.30
Signature						
1	Sandeep S.					
2	Rose Maria Jose					
3	Aparna C.S.					
4	Sebin Babu Mathew					
5	Shilpa Sumangan					
6	Sruthimol S.					
7	Mariya Thomas					
8	Anakha Suresh					
9	Athul Nadh					
10	Arpitha P.A.					
11	Reshmamol A.G.					
12	Sijo M. Santhosh					
13	Emmanuel Tomy					
14	Shilpa Sanal					
15	Bibin T. Biju					
16	Anna Roy					
17	Muhammed Aslam					
18	Karthika K.R.					
19	Anandu Krishna R.					
20	Josna Alphonsa Jose					



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21	Athira Sadasivan					
22	Siena Sam					
23	Sujin K.S.					
24	Anjaly Ashok					
25	Abhin Raj R.					
26	Aswin Manoj					
27	Kamal Harichandran					
28	Nichza Mariam Skariah					
29	Asha Liya Mathew					
30	Abdul Basith					
External Mentor's Signature						
Coordinator's Signature						

Dr. SURESH M.K.
Assistant Professor
Department of Physics
St. Thomas College
Ranni - 689 673



Prof. Dr. Lata Marina Varghese
Principal
St. Thomas College, Ranni



Principal
St. Thomas College
Pazhavangadi P.O., Ranni

FORM: B

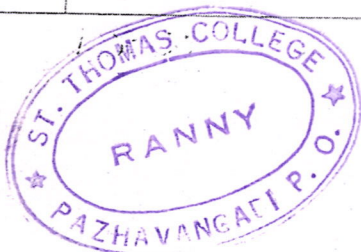
WALK WITH A SCHOLAR 2018-19
EXTERNAL MENTORING SESSIONS
Attendance of Mentees 2018-19

Name of the College: St. Thomas College, Ranni

Name of the Coordinator: ~~Ranni~~ Dr. Suresh M. K.

Year: II

Sl. No.	Name of Mentee	Date & Time	Date & Time	Date & Time	Date & Time	Date & Time
		16.2.19	16.2.19	19.2.19	19.2.19	26.2.19
		9.30-12.30	1.30-3.30	9.30-3.30	1.30-3.30	1.30-3.30
Signature						
1	Rosemaria Antony					
2	Gokul Vijay					
3	Vrinda Reji					
4	Amritha S.					
5	Aswin Krishnan					
6	Christy Anna Paul					
7	Ayswarya M.					
8	Aliya Liyab					
9	Devu Babu					
10	Rinku Shibu					
11	Hema R.					
12	Amrutharaj					
13	Ashitha Aliyar					
14	Jesslin Ann Jose					
15	Devi Chandra K.A.					
16	Shahina Salam					
17	Dhanya C.R.					
18	Meehan mal					
19	Merin Kurian					
20	Athira Mohanan					



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21	Akhil Babu K.	Akhil	Akhil	Akhil	Akhil	Akhil
22	Serena C. Sunny	Serena	Serena	Serena	Serena	Serena
23	Anchu mol G.R.	Anchu	Anchu	Anchu	Anchu	Anchu
24	Shaja K. Varghese	Shaja	Shaja	Shaja	Shaja	Shaja
25	Aromal S.	Aromal	Aromal	Aromal	Aromal	Aromal
26	Justin P. Jacob	Justin	Justin	Justin	Justin	Justin
27	Muhammed Asar Irshad	Asar	Asar	Asar	Asar	Asar
28	Feba Mary Thomas	Feba	Feba	Feba	Feba	Feba
29	Joselin Anna Jose	Joselin	Joselin	Joselin	Joselin	Joselin
30	Linu Maniyan	Linu	Linu	Linu	Linu	Linu
External Mentor's Signature		Linu	Linu	Linu	Linu	Linu
Coordinator's Signature		724	724	724	724	724

724

Dr. SURESH M.K.
Assistant Professor
Department of Physics
St. Thomas College
Ranni - 689 673

724

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Principal
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St. Thomas College
Pazhavangadi P.O., Ranni

FORM: D

WALK WITH A SCHOLAR 2018-19

EXTERNAL MENTORING SESSIONS

Attendance of External Mentors 2018-19

Name of the College: St. Thomas College, Ranni

Sl. No.	Name of External Mentor	Date of Class	Session Timings	Total number of Sessions of 1 hr duration	Signature of the External Mentor
1.	Ajith S.	15.12.18	9.30-3.30	5	
2.	Dr. Bindu Joy	02.02.2019	9.30-12.30	3	
3.	Prof. Tony Mathew	02.02.2019	9.30-12.30	3	
4.	Dr. Snovy Manjooan	09.02.2019	9.30-3.30	5	
5.	Dr. A. Manju	09.02.2019	9.30-3.30	5	
6.	Pavanan B.	16.02.2019	9.30-3.30	5	
7.	Alex George	16.02.2019	9.30-3.30	5	
8.	Bansan Thomas George	19.02.2019	9.30-3.30	5	

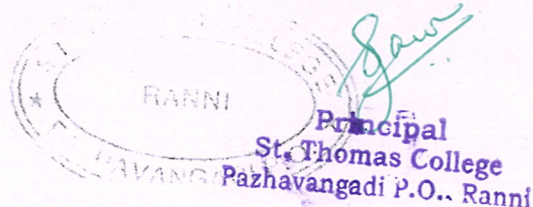
Coordinator

Date: 27.02.19

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Assistant Professor
Department of Physics
St. Thomas College
Ranni - 689 673

Principal

Prof. Dr. Lata Marina Varghese
Principal
St. Thomas College, Ranni



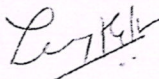
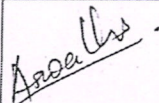
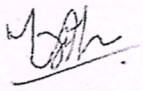
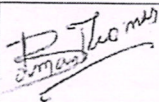
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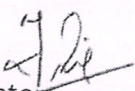
WALK WITH A SCHOLAR 2018-19

EXTERNAL MENTORING SESSIONS

Attendance of External Mentors 2018-19

Name of the College: St. Thomas College, Ranni

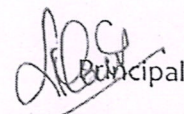
Sl. No.	Name of External Mentor	Date of Class	Session Timings	Total number of Sessions of 1 hr duration	Signature of the External Mentor
9	Prof Tony Mathew	19.2.19	1.30-3.30	2	
10	Aswathi Mohin	19.2.19	9.30-11.30	2	
11	Ajith S.	26.2.19	9.30-3.30	5	
12	Bansan Thomas George	26.2.19	9.30-3.30	5	

Coordinator 

Date: 27.02.19

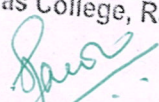


Dr. SURESH M.K.
Assistant Professor
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Ranni - 689 673


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Principal
St. Thomas College, Ranni

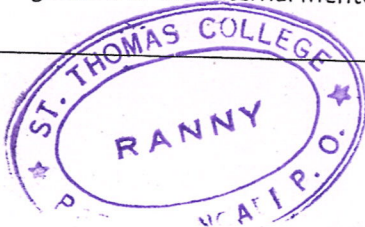



Principal
St. Thomas College
Pazhavangadi P.O., Ranni

Walk With a Scholar (WWS) Programme 2018-19
FEEDBACK OF THE EXTERNAL MENTOR

Name of the College: St. Thomas College, Ranni

1	Name of the External Mentor	SNOVY MANJOORAN
2	Designation and address of the External Mentor	psychologist MANJOORANS THEVARA - KOCHI - 13
3	Mobile Number	9847063504
4	Mail Id	snovy kmanjooran@gmail.com
5	Date and Time of Mentoring Session(s)	Date: 13-02/19 Time: 1.30
6	Topic of Mentoring Session	Motivation class
7	Whether the topic was proposed by the College/Suggested by you	Proposed by the College: ☒ Suggested by me: ☐
8	Interest and involvement shown by the students in General	Very much: ☒ To some Extent: ☐ Average: ☐ Poor: ☐
9	Interaction by students	Very much: ☒ To some Extent: ☐ Average: ☐ Poor: ☐
10	Did the students ask Questions/Clarifications	Very much: ☐ To some Extent: ☒ Not at all: ☐
11	Attitude of the students in General	Positive: ☒ Negative: ☐ Indifferent: ☐
12	Could the session be completed as per your plan?	Yes: ☒ No: ☐
13	If 'No', reason for the same	-
14	Was the session predominantly activity Oriented or Lecture type	Activity Oriented: ☒ Lecture type: ☐ Mixture of both: ☐
15	Were the facilities provided in the class room sufficient for effective transaction?	Yes: ☒ No: ☐
16	If 'No', the limitation(s) you had noticed	-
17	Suggestions for improvement	It will be good for the students if conducted periodically.
18	Your views about the Programme	Very good.
19	Signature of the External Mentor	Snovy Dr. Snovy Manjooran



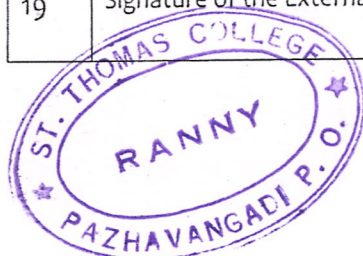
Principal
 St. Thomas College
 Pazhavangadi P.O., Ranni

FORM: J

Walk With a Scholar (WWS) Programme 2018-19
FEEDBACK OF THE EXTERNAL MENTOR

Name of the College: St. Thomas College, Ranni

1	Name of the External Mentor	Dr. A. MANJU
2	Designation and address of the External Mentor	ASSISTANT PROFESSOR CPAS, COLLEGE OF TEACHER EDUCATION ELANTHUR, PATHANAMTHITTA
3	Mobile Number	96055 89568
4	Mail Id	manju rohin: 79@gmail.com
5	Date and Time of Mentoring Session(s)	Date: 9/2/2019 Time: 9.30 to 3.30 pm
6	Topic of Mentoring Session	GOAL SETTING AND STRESS MANAGEMENT
7	Whether the topic was proposed by the College/Suggested by you	Proposed by the College: ☐ Suggested by me: ☒
8	Interest and involvement shown by the students in General	Very much: ☒ To some Extent: ☐ Average: ☐ Poor: ☐
9	Interaction by students	Very much: ☒ To some Extent: ☐ Average: ☐ Poor: ☐
10	Did the students ask Questions/Clarifications	Very much: ☐ To some Extent: ☒ Not at all: ☐
11	Attitude of the students in General	Positive: ☒ Negative: ☐ Indifferent: ☐
12	Could the session be completed as per your plan?	Yes: ☒ No: ☐
13	If 'No', reason for the same	-
14	Was the session predominantly activity Oriented or Lecture type	Activity Oriented: ☐ Lecture type: ☐ Mixture of both: ☒
15	Were the facilities provided in the class room sufficient for effective transaction?	Yes: ☒ No: ☐
16	If 'No', the limitation(s) you had noticed	-
17	Suggestions for improvement	-
18	Your views about the Programme	MOTIVATING PROGRAMME FOR FINDING ONESELF
19	Signature of the External Mentor	A. Manju

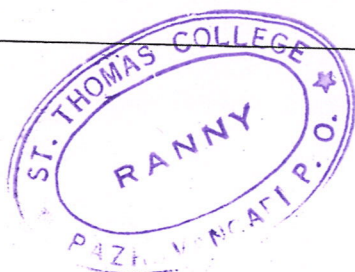


Principal
St. Thomas College
Pazhavangadi P.O., Ranni

Walk With a Scholar (WWS) Programme 2018-19
FEEDBACK OF THE EXTERNAL MENTOR

Name of the College: **St. Thomas College, Ranni**

1	Name of the External Mentor	Alex George
2	Designation and address of the External Mentor	Assistant Professor, St. Thomas college of Teacher Education, Pala
3	Mobile Number	09447599631
4	Mail Id	KavukaAngelene@gmail.com
5	Date and Time of Mentoring Session(s)	Date: 23 Time:
6	Topic of Mentoring Session	SMART YOUTH FOR SMART INDIA
7	Whether the topic was proposed by the College/Suggested by you	Proposed by the College: ☒ Suggested by me: ☐
8	Interest and involvement shown by the students in General	Very much: ☒ To some Extent: ☐ Average: ☐ Poor: ☐
9	Interaction by students	Very much: ☒ To some Extent: ☐ Average: ☐ Poor: ☐
10	Did the students ask Questions/Clarifications	Very much: ☒ To some Extent: ☐ Not at all: ☐
11	Attitude of the students in General	Positive: ☒ Negative: ☐ Indifferent: ☐
12	Could the session be completed as per your plan?	Yes: ☒ No: ☐
13	If 'No', reason for the same	
14	Was the session predominantly activity Oriented or Lecture type	Activity Oriented: ☒ Lecture type: ☐ Mixture of both: ☐
15	Were the facilities provided in the class room sufficient for effective transaction?	Yes: ☒ No: ☐
16	If 'No', the limitation(s) you had noticed	
17	Suggestions for improvement	Number can increased.
18	Your views about the Programme	Well arranged and Co-operation of co-ordinators was excellent
19	Signature of the External Mentor	



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