

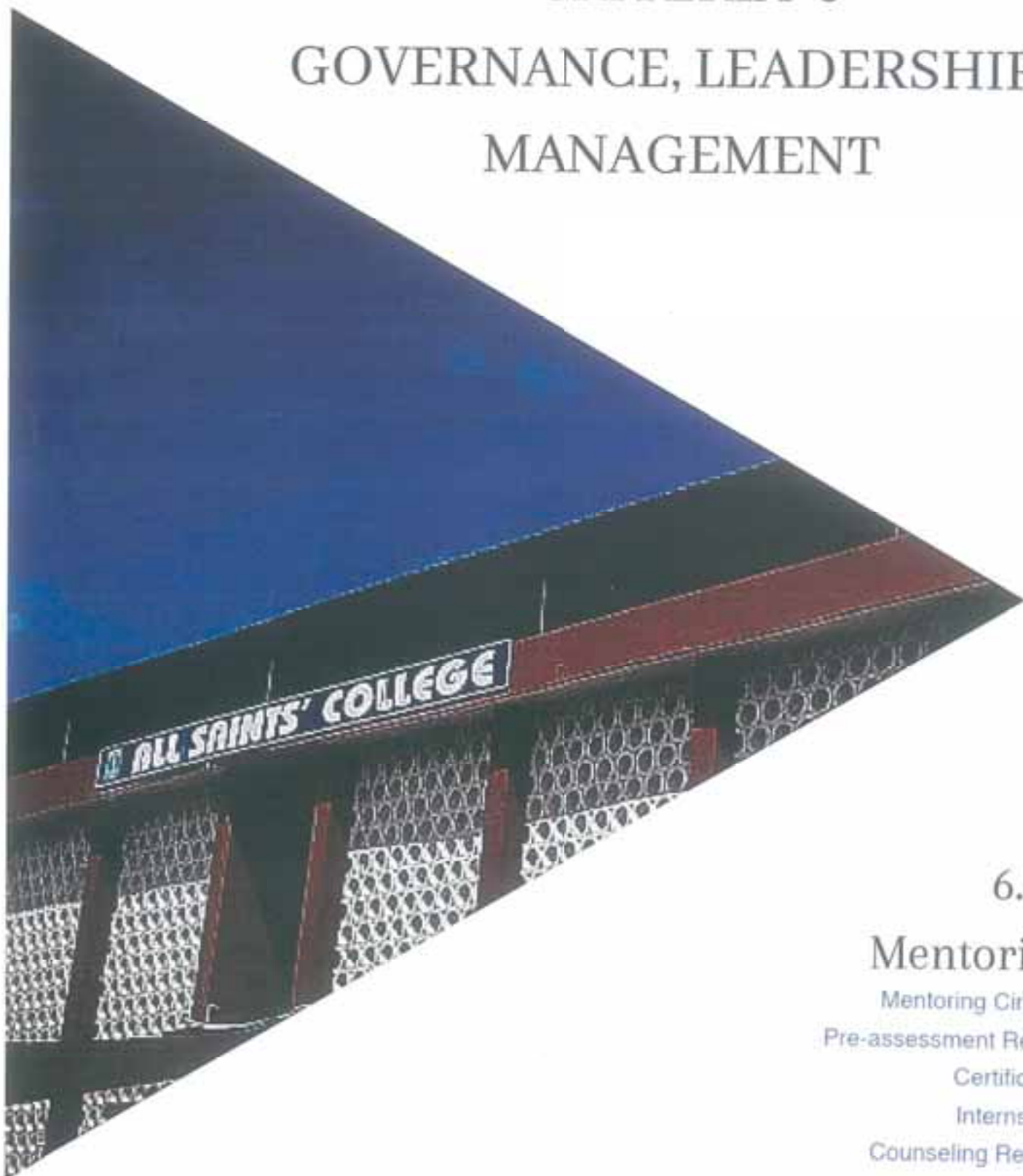


# ALL SAINTS' COLLEGE

Affiliated to University of Kerala, Thiruvananthapuram

<https://www.allsaintscollege.ac.in>

## CRITERIA-6 GOVERNANCE, LEADERSHIP & MANAGEMENT



6.5.1

### Mentoring

Mentoring Circular,  
Pre-assessment Report,  
Certificates,  
Internships,  
Counseling Reports

# MENTORING CIRCULAR

## MENTORING CIRCULAR

The Faculty Members are allotted a set of B. A. English and Communicative English (2020-2021) students to be mentored over a period of their Degree Programme. The students' progress will be closely monitored by the designated mentors and appropriate guidance will be given.

1. Ms. Joveeta Justin
2. Ms. Celina James
3. Ms. Nikitha Ann Jacob

## MENTORING CIRCULAR

The list of B. A. English and Communicative English (2020-2021) students to be mentored by the designated Faculty Members for a period of three years of their Degree Programme.

Sl.No	Register No.	Name	Mentor
1	13320100001	AAVANI VINOD	Ms. Joveeta Justin
2	13320100002	ADITHI PRAVEEN	
3	13320100003	AMINA.F	
4	13320100004	ARCHANA. A	
5	13320100005	ARYA ANTONY	
6	13320100006	ASWATHY . M . S	
7	13320100007	CAROLINE DSILVA	
8	13320100008	GOURI SURENDRAN.P	
9	13320100009	HIMA.M.A	
10	13320100010	KIRAN S. NAIR	
11	13320100011	MARY ANCILLA EAPPACHAN	
12	13320100012	MEENAKSHI RAJEEV	
13	13320100013	NANDANA S	
14	13320100014	NIKHITHA C S	
15	13320100015	PREETHA S B	



*Reshma*  
Principal  
All Saints' College  
Thiruvananthapuram-7

16	13320100016	S KRISHNAPRIYA
17	13320100017	SONA K ALEX
18	13320100018	STEJI D S
19	13320100019	SURYA J
20	13320100020	U DIVYASREE
21	13320100021	V G NANDANA
22	13320100022	VIJINCYV
23	13320100023	A V MEENAKSHI
24	13320100024	AATHIRA R HARIKUMAR
25	13320100025	AKANSHA S KRISHNA
26	13320100026	ANCY RAJ.S
27	13320100027	ANNA ABEL
28	13320100028	AYILYA RAJ
29	13320100029	DEVIKA. S. S
30	13320100030	JESSY B S
31	13320100031	JOSHILA. J
32	13320100032	LEKSHMI B
33	13320100033	LIBNA SAM S R
34	13320100034	MEGHA. M. R
35	13320100035	MEGHA. S. BIJU
36	13320100036	SAHLA S
37	13320100037	SAIBA SHYAM
38	13320100038	SAJNA M S
39	13320100039	SONA ALSON
40	13320100040	SONA FRANCIS
41	13320100041	SONA JOSE.M
42	13320100042	SOUPARNIKA. PS
43	13320100043	THASNEEM SALIM
44	13320100044	VARADA M A
45	13320100045	VINEETHA S G
46	13320100046	ANJANA CHANDRAN
47	13320100047	ANN MARY PREM
48	13320100048	ANUSHA JOTHISH
49	13320100049	ASHIDA FATHIMA. J.S
50	13320100050	ATHIRA J. VICTOR
51	13320100051	DEVIKA PRAVEEN
52	13320100052	GAYATHRI S
53	13320100053	JEENA JAYAKUMAR
54	13320100054	JENITA NESARAJU
55	13320100055	JENNY JACKSON
56	13320100056	JICKSY CYRIL
57	13320100057	JOVITA JUDE

Ms. Celina James



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58	13320100058	JYOTHIKA AS	Ms. Nikitha Ann Jacob
59	13320100059	KRISHNA.A	
60	13320100060	LEKSHMI VIJAYAN P	
61	13320100061	QUEEN MARY ISCRAD	
62	13320100062	SANDRA EDWARD	
63	13320100063	SARANYA CHANDRAN R D	
64	13320100064	SHAHANA S.S.	



*Rashmi*  
Principal  
All Saints' College  
Tiruvananthapuram

# PRE-ASSESSMENT REPORT



**DEPARTMENT OF ENGLISH**  
**Mentoring Pre-Assessment Report**  
**B. A. COMMUNICATIVE ENGLISH**

Register No: 13320100023

Year of admission: 2020

Name of the Student: A.V. MEEVAKSHI

Sex: Female

Date of Birth: 27-08-2002

Age: 19

Religion and Denomination: Hindu, Ezhava

E mail: avmeenakshi111@gmail.com

Mobile No: 8078309516

Native place and district: Kulathoor  
Trivandrum

Hostelite / Day Scholar: ☒

Name of Father/ Guardian: G. K. ABHAYDEV

Relationship with the student:

Occupation: Asst Engineer KSEB

Mobile No: 9446903940

Monthly Income:

Details of Academic Records:

Course	School	Total marks	Marks obtained	Class
SSLC	MGM C.P.S	500	<del>500</del> 407	10
HSC	MGM C.P.S.	500	377	12

Extra-curricular activities:



S.

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All Saints' College  
Trivandrum

1. Do you require any assistance in achieving your academic goals and career goals?

Yes

2. Do you require any professional help in managing stress related to study or personal life?

Yes

3. What are the skills that you find lacking that could help you better in the programme you are pursuing?

None

4. What extra resource do you need other than your syllabus to make you employable?

Speaking skills, self confidence, wide knowledge in the syllabus

5. Do you need help in deciding your career for the future and willing to work with the mentor in this regard?

Yes

6. What is your preferred mode of communication with the mentor?

Meet in person

b) online meeting

c) a mix of both

7. Please prepare a list of your strengths and weaknesses

Strengths

Passionate about my dream  
Honest

Weaknesses

Time Management  
Public speaking  
Lack of self confidence in speaking public  
Over thinking  
Procastination

Name & Signature of Mentor: Celina James





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**DEPARTMENT OF ENGLISH**  
**Mentoring Pre-Assessment Report**  
**B. A. COMMUNICATIVE ENGLISH**

Register No: 13320100024

Year of admission: 2020

Name of the Student: Aathira R. Hanikumar

Sex: Female

Date of Birth: 23.02.2002

Age: 19

Religion and Denomination: Hindu, Nair

E mail: aathira.hanikumar@gmail.com

Mobile No: 9037951688

Native place and district: Trivandrum

Hostelite / Day Scholar: Day Scholar

Name of Father/ Guardian: K. Hanikumar

Relationship with the student: Father

Occupation: Photographer

Mobile No: 9847913958

Monthly Income: 1,20,000

Details of Academic Records:

Course	School	Total marks	Marks obtained	Class
SSLC	Govt. HSS for Girls Cotton Hill	640	448	10
HSC	Holy Angels Convent School (HSS)	1200	972	+1 and +2

Extra-curricular activities:



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Principal  
All Saints' College  
Thiruvananthapuram-7

1. Do you require any assistance in achieving your academic goals and career goals?

Yes

2. Do you require any professional help in managing stress related to study or personal life?

No

3. What are the skills that you find lacking that could help you better in the programme you are pursuing?

None

4. What extra resource do you need other than your syllabus to make you employable?

Coaching, building self-confidence, Improve behavioural skills, language skills (IELTS)

5. Do you need help in deciding your career for the future and willing to work with the mentor in this regard?

Yes

6. What is your preferred mode of communication with the mentor?

Meet in person

b) online meeting

c) a mix of both ✓

7. Please prepare a list of your strengths and weaknesses

Strengths

- Passionate about doing good job
- Team work
- Honest
- Enthusiastic
- Positive
- Dedicated
- Trust Worthy
- Likeable
- Focus on given work

Weaknesses

- Time management
- Overthinking
- Laziness
- Self-criticism
- Trouble saying NO
- Procrastination
- Impatience
- Public speaking

Name & Signature of Mentor: Celine James

*Celine James*



S

Reshmi  
Principal  
All Saints' College  
Thiruvananthapuram-7

**DEPARTMENT OF ENGLISH**  
**Mentoring Pre-Assessment Report**  
**B. A. COMMUNICATIVE ENGLISH**

Register No: 13320100025

Year of admission: 2020

Name of the Student: Akansha S. Krishna

Sex: Female

Date of Birth: 28-05-2001

Age: 20

Religion and Denomination: Hindu. Chamar

E mail : akanshashkrishna143@gmail.com

Mobile No: 7560988421

Native place and district: Nedumangad  
Thiruvananthapuram.

Hostelite / Day Scholar: Day Scholar

Name of Father/ Guardian: Sini. K. B

Relationship with the student: Mother

Occupation: Government employee

Mobile No: 9745568421

Monthly Income: 60000

Details of Academic Records:

Course	School	Total marks	Marks obtained	Class
SSLC	Venudeepthi English Medium School	500	96%	
HSC	Govt. Girls Higher Secondary School Nedumangad	1200	885	

Extra-curricular activities:



Sc

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All Saints College  
Thiruvananthapuram-7

1. Do you require any assistance in achieving your academic goals and career goals?
2. Do you require any professional help in managing stress related to study or personal life?

NO

3. What are the skills that you find lacking that could help you better in the programme you are pursuing?
4. What extra resource do you need other than your syllabus to make you employable?
5. Do you need help in deciding your career for the future and willing to work with the mentor in this regard?

NO

6. What is your preferred mode of communication with the mentor?

Meet in person

b) online meeting

☒ a mix of both

7. Please prepare a list of your strengths and weaknesses

Strengths

Optimistic

Weaknesses

Time management

Name & Signature of Mentor: Celina James

*Celina James*



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-Principal  
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Thiruvananthapuram-7



**DEPARTMENT OF ENGLISH**  
**Mentoring Pre-Assessment Report**  
**B. A. COMMUNICATIVE ENGLISH**

Register No: 13320100026

Year of admission: 2020

Name of the Student: Ancy Raj.S

Sex: female

Date of Birth: 8/10/2001

Age: 20

Religion and Denomination:

E mail: rajsanjya999@gmail.com

Mobile No: 8089849674

Native place and district:

Hostelite / Day Scholar: Day Scholar

Name of Father/ Guardian: Rajendran.G

Relationship with the student: father

Occupation: Mason

Mobile No: 9496968897

Monthly Income: 4200

Details of Academic Records:

Course	School	Total marks	Marks obtained	Class
SSLC	Little-flower Convent School Vellayani	640	384	
HSC	HSS for Girls, Venganoor	1200	827	

Extra-curricular activities: No



Sc.

*Reshma*  
All Saints' College  
Thiruvananthapuram

1. Do you require any assistance in achieving your academic goals and career goals?

No

2. Do you require any professional help in managing stress related to study or personal life?

No

3. What are the skills that you find lacking that could help you better in the programme you are pursuing?

Nothing

4. What extra resource do you need other than your syllabus to make you employable?

No

5. Do you need help in deciding your career for the future and willing to work with the mentor in this regard?

6. What is your preferred mode of communication with the mentor?

Meet in person

b) online meeting

c) a mix of both

7. Please prepare a list of your strengths and weaknesses

Strengths

Nothing

Weaknesses

Nothing

Name & Signature of Mentor: Arun Raj - S

*[Signature]*

*[Signature]*



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**DEPARTMENT OF ENGLISH**  
**Mentoring Pre-Assessment Report**  
**B. A. COMMUNICATIVE ENGLISH**

Register No: 13320100027

Year of admission:

Name of the Student: ANNA ABEL.

Sex: FEMALE Date of Birth: 03/11/2000 Age: 20

Religion and Denomination: CHRISTIAN - LATIN CATHOLIC

E mail: annabhauama311@gmail.com Mobile No: 94966 20412.

Native place and district: TRIVANDRUM KERALA. Hostelite / Day Scholar: Day Scholar.

Name of Father/ Guardian: ABEL M. Relationship with the student: FATHER

Occupation: TEACHER Mobile No: 94966 20412.

Monthly Income: 50,000/-

Details of Academic Records:

Course	School	Total marks	Marks obtained	Class
SSLC	ICSE - HOLY ANGEL'S ISC SHOOOL NANTHENCOD, TRM.	100%	73.2%	2nd class.
HSC	STATE - CARMEL GIRLS HSS VAZHUTHACAUD, TRM.	1200	987 81%	2nd class.

Extra-curricular activities:

- 1) Dance - Western and Eastern
- 2) Songs - Western and light music.
- 3) Reading Writing stories



Sc.

*Resh* Principal  
All-Saints' College  
Thiruvananthapuram

1. Do you require any assistance in achieving your academic goals and career goals?

NO

2. Do you require any professional help in managing stress related to study or personal life?

NO

3. What are the skills that you find lacking that could help you better in the programme you are pursuing?

*Writing detailed notes*

4. What extra resource do you need other than your syllabus to make you employable?

*Detailed notes and solved Previous Years' Question papers*

5. Do you need help in deciding your career for the future and willing to work with the mentor in this regard?

YES.

6. What is your preferred mode of communication with the mentor?

Meet in person

☒ online meeting

c) a mix of both

7. Please prepare a list of your strengths and weaknesses

Strengths : *Good in writing, explaining the study material*

Weaknesses : *laziness.*



ANNA ABEL

Name & Signature of Mentor:

*Anna Abel*

*Anna Abel*



Scd

*Reshmi*  
Principal  
All Saints' College  
Thiruvananthapuram

AV Meenakshi

ALL SAINTS' COLLEGE  
RECORD FOR MENTORING SESSION

Date	Description of the Session	Suggestions	Remarks	Signature
9-11-2020	The first session was an attempt to know Meenakshi better. The word spoke of her lack of confidence, the need to improve her communication skills & Public Speaking Skills.	Meenakshi seemed nervous & shy when speaking English. She obviously needs guidance to improve her personality.	I attempted to establish a rapport with her so that she will be comfortable & confident when speaking to me. I suggested a few tips so that she can improve her reading.	<i>Alina D...</i> 9/11/2020
5-1-2021	The second session mainly aimed at improving Meenakshi's communication skills. I also tried to assess the effort she has put in to improve her reading.	Meenakshi seemed more comfortable in opening up. She spoke of the books read in the interim months & how she made use of the vocabulary to improve writing. I tried to engage her in short answers to questions she came with.	She has made sincere efforts to overcome her limitations. In spite of the grammatical errors, the words used are good. She is attempting to speak in English & is advised to write English to check her progress.	<i>Alina D...</i> 5/1/2021
6-6-2021	The third session was conducted online. It was a follow up of the previous session. A few tips on Time Management was also shared with the student.	The students seemed more confident & has made commendable progress in reading & speaking skills.	Meenakshi was advised to continue her efforts & was advised to find a pair with whom she can converse in English.	<i>Alina D...</i>



S.

*Reshmi*  
All Saints' College  
Thiruvananthapuram-7



Arthina P. Shrikumar

ALL SAINTS' COLLEGE  
RECORD FOR MENTORING SESSION

Date	Description of the Session	Suggestions	Remarks	Signature
11/11/2020	Arthina is an ambitious & enthusiastic student who is genuinely interested in improving her weakness. She needs guidance in knowing about Higher Education Opportunities.	The word is a high achiever & has good command over the lang. Simple TOEFL IELTS papers were discussed with her.	Her IELTS books were suggested to her so that she can study with perfection. Online sites for entrance preparation to her universities were shared with her.	<i>Arthina P. Shrikumar</i> 11/11/2020
7-1-2021	The second session was conducted in the online mode. The class mainly focused on building self-confidence in the students.	The student was given tips on improving her self-confidence. She was advised to build positive relationships & to set a goal in life.	The word was asked to join the debate club & to improve her communication & build her self-confidence.	<i>Arthina P. Shrikumar</i> 7/1/2021
8/6/2021	The final session mainly was conducted to get a feedback of the previous classes.	The student is now goal-focused and has set a target to achieve. She is eager to present papers in seminars & read publications related to the subject.	The student has great potential for excellence. She is definitely making progress in that way.	<i>Arthina P. Shrikumar</i> 8/6/2021



*Reshmi*  
Principal  
All-Saints' College  
Thiruvananthapuram-7

ALL SAINTS' COLLEGE  
RECORD FOR MENTORING SESSION

*Ref:*  
Principal  
All Saints' College  
Thiruvananthapuram

Aray Raj S.

ALL SAINTS' COLLEGE  
RECORD FOR MENTORING SESSION

Date	Description of the Session	Suggestions	Remarks	Signature
12-11-2020	Aray Lacks interest in studies. She lacks focus & direction.	In the first session an attempt was made to establish a good rapport with the student. The student spoke about the emotional & personal problems that hinder her academic performance.	The student was offered counselling to help her overcome her emotional problems. She needs motivation & academic support to help her perform better.	Aray Raj S. 12/11/2020
12-1-2021	The second session focused on understanding her progress & academic matters. How to prepare for the forthcoming internal exams were also discussed.	The student seemed confused & lacked confidence to write the exam. She was advised to consult subject teachers who were arranged to help her understand the concepts.	Aray requested personal assistance to help her perform better in studies.	Aray Raj S. 12/1/2021
10-6-2021	Follow up of the previous sessions.	The student has shown marked improvement in her marks.	Intermittent reinforcement can help her perform better. Her progress is satisfactory.	Aray Raj S. 10/6/2021



Sc.

Reshma Principal  
All Saints' College  
Thiruvananthapuram-7



ALL SAINTS' COLLEGE  
RECORD FOR MENTORING SESSION

Principal  
All Saints' College  
Thiruvananthapuram-7

# CERTIFICATES



International Seminar  
on  
*Thrice Told Tales : Reconfiguring the Canon*

10 - 11 December 2018

P.G & Research Department of English, All Saints' College, Trivandrum.

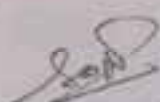
**Certificate**

This is to certify that Dr./Mr./Ms. SHIMI SHARAN A PU STUDENT, DEPT OF ENGLISH,  
ALL SAINTS' COLLEGE participated / presented a paper titled QUEERING  
CELLULOID REPRESENTATION OF HOMOSEXUALITY IN CINEMA

in the International Seminar on *Thrice Told Tales : Reconfiguring the Canon* organised by P.G & Research Department of English, All Saints' College, Trivandrum on 10 & 11 December 2018.

  
Convenor  
Dr. Caroline Beena Mendez



  
Coordinator & Head of the Department  
Ms. Sonya J. Nair



  
Principal  
All Saints' College  
Thiruvananthapuram-7



International Seminar  
on  
*Thrice Told Tales : Reconfiguring the Canon*

10 - 11 December 2018

P.G & Research Department of English, All Saints' College, Trivandrum.


**Certificate**

This is to certify that Dr./Mr./Ms. SANRA FUAD, PG STUDENT, DEPT. OF ENGLISH  
ALL SAINTS' COLLEGE participated / presented a paper titled GOOD GIRLS GO  
TO HEAVEN, BAD GIRLS GO EVERYWHERE: AESTHETICS OF DRAMA AS PERFORMANCE

in the International Seminar on *Thrice Told Tales : Reconfiguring the Canon* organised by P.G & Research Department of English, All Saints' College, Trivandrum on 10 & 11 December 2018.

  
Convenor  
Dr. Caroline Beena Mendez



  
Coordinator & Head of the Department  
Ms. Sonya J. Nair



  
Principal  
All Saints' College  
Thiruvananthapuram-7



All Saints' College  
TRIVANDRUM



Globethics.net

# CERTIFICATE

This is to certify that Ms. SUMI SHATAN A, PG STUDENT, DEPARTMENT OF ENGLISH,

ALL SAINTS' COLLEGE, THIRUVANANTHAPURAM

delivered/ presented a paper/participated in

ETHICAL TEACHING AND NEW AGE MEDICINE at the Two Day National Seminar

on ETHICS IN HIGHER EDUCATION: POLICIES AND PRAXIS jointly organised by

All Saints' College, Trivandrum, Journal of Dharma and Globethics.net India

on 29 & 30 July, 2019 at All Saints' College, Trivandrum



*[Signature]*

Chief Editor  
Journal of Dharma

*[Signature]*

Programme Executive  
Globethics.net India

*[Signature]*  
Principal  
All Saints' College



*[Signature]*  
Principal  
All Saints' College  
Thiruvananthapuram-7





Globethics.net

# CERTIFICATE

This is to certify that Ms. SAMRA FUAD, P.G. STUDENT, DEPARTMENT OF ENGLISH,

ALL SAINTS' COLLEGE, TRIVANDRUM

IN YOUR PROSPERITY LIES OUR HAPPINESS. FORMULATING delivered/ presented a paper/participated

POLICIES FOR ETHICAL PRAXIS FOR AN INDIAN VIEW OF LIFE at the Two Day National Seminar


on ETHICS IN HIGHER EDUCATION: POLICIES AND PRAXIS jointly organised by


All Saints' College, Trivandrum, Journal of Dharma and Globethics.net India

on 29 & 30 July, 2019 at All Saints' College, Trivandrum



  
Principal  
All Saints' College

  
Chief Editor  
Journal of Dharma

  
Programme Executive  
Globethics.net India



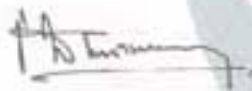
  
Principal  
All Saints' College  
Thiruvananthapuram



# Mélange 2020

## Exploring Ecological and Cultural Consciousness: A Vision of Equitability

This is to certify that Ms Anjana Aji  
has presented at the National Seminar conducted by M.A in English with Communication  
Studies, Department of English, CHRIST (Deemed to be University), Bangalore on 27 February  
2020.



**DR JOHN JOSEPH KENNEDY**

Dean  
Humanities and Social Sciences



**DR ABHAYA NB**

Head  
Department of English



**Principal**  
**All Saints' College**  
**Thiruvananthapuram-7**

# INTERNSHIPS

# CERTIFICATE OF INTERNSHIP

This certificate is awarded to

**NIMMI BABYCHAN**

**MASTER OF ENVIRONMENTAL SCIENCES (2015-2017)**

**ALL SAINTS' COLLEGE, TRIYANDRUM**

In recognition of your successful work as an intern with Matprop Technical Services Pvt Ltd, completing the project entitled *"A study on the water bodies of Thiruvananthapuram City, with special reference to Parvathy Puthanur and its feeder canals."*

The internship was conducted from March 1st - April 10th 2017.

SUPPORTED BY



**matprop**

Date: 01/05/2017

Dr. Nisam Rahman. A  
Chairman, YESS India Foundation,  
Innovation and Research Society

Mr. V. J. Jose  
Environmental & Human Right  
Activist, Periyar River Keeper

Mr. Thomas Shajan  
Internship Coordinator, Matprop

Mr. Kishore Menon  
Director, Matprop



*Reshma*  
Principal  
All Saints' College  
Thiruvananthapuram-7



DEPARTMENT OF ENVIRONMENTAL SCIENCES,  
UNIVERSITY OF KERALA, THIRUVANANTHAPURAM  
KERALA, INDIA

Re-accredited by NAAC with A-GRADE

&

ESTUARINE AND COASTAL SCIENCES ASSOCIATION (ECSA), UK  
**CERTIFICATE OF AWARD**

This is to certify that Ms. Gaadha.B.R, Department of Environmental Sciences, All Saints' College, Thiruvananthapuram has been awarded ECSA students membership for her virtual oral presentation in the International Conference on "Conservation of Mangrove Ecosystem: Synergies for Fishery Potential" (CMESFP-2020) jointly organised by the Department of Environmental Sciences, University of Kerala, Thiruvananthapuram, Kerala, India and Estuarine & Coastal Sciences Association (ECSA), UK during 19<sup>th</sup> - 21<sup>st</sup> November, 2020 held online in connection with Silver Jubilee Celebrations (2020-

**Dr. Sherly Williams E.**  
Organizing Secretary  
CMESFP-2020

**Prof. (Dr.) Salom Gaadha Thanga V.**  
Convenor, CMESFP-2020  
ECSA Ambassador

**PD. Dr. Tim Jennerjahn**  
ECSA - Conference Coordinator



**Principal**  
All Saints' College  
Thiruvananthapuram-7



KRIBS-BIONEST, BTIC Building  
Kerala Technology Innovation Zone (KTIZ)  
KINFRA Hi-Tech Park, Kalamassery,  
Kochi, Kerala – 683 503

## Certificate of Internship

We proudly present this certificate to

**LAYA S VISESH**

B.Sc. Botany, All Saints' College, Thiruvananthapuram, Kerala,  
on successful completion of our Online Internship Program on  
"Bioprospecting of Small Molecules using Bioinformatics Tools".

The internship program was conducted from July 8th - July 17th, 2020.

The performance of the candidate has been excellent in the given tasks and assignments.

INTERNSHIP CO-ORDINATOR  
July 20, 2020



DIRECTOR



Principal  
All Saints' College  
Thiruvananthapuram.





DEPARTMENT OF BOTANY  
SHIVAJI COLLEGE  
UNIVERSITY OF DELHI  
(NAAC ACCREDITED 'A' GRADE)

Under the aegis of DBT Star College Scheme  
organized

ONLINE SUMMER TRAINING INTERNSHIP PROGRAMME

on

'TOOLS AND TECHNIQUES IN PLANT SCIENCES: MORPHOLOGY TO METABOLOME'

(June 21- July 19, 2021)

*Certificate of Participation*

This is to certify that Mr. / Ms. LAYA S VISESH  
of ALL SAINTS' COLLEGE, TRIVANDRUM  
of KERALA UNIVERSITY participated  
in the Online Summer Training Internship Programme on 'Tools and Techniques in  
Plant Sciences: Morphology to Metabolome' held from June 21 to July 19, 2021.

*sd.*  
Coordinator

Prof. Darshan Malik  
DBT Star College Scheme

*sd.*  
Organizing Secretary  
Dr. Anuradha Mal

*sd.*  
Program Coordinator  
Dr. Pratima Rani Sardar

*sd.*  
Patron  
Prof. Shiv Kumar Sahdev  
Principal

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Principal  
All Saints' College  
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# COUNSELLING

## Report of the Counselling Psychotherapy

2016-2017

Counselling service was provided to the students of the All Saints' College for the academic year 2016-17. The institution gives prime importance to counselling as mental health can influence the learning and achievement levels of students. During the course of the year, 54 students took the counselling service and it was imparted to develop their resilience against adversity and to aid them to resolve their conflicts before they can snowball into serious psychological problems. Along with counselling, psychotherapy was also given for the students who had serious emotional problems.

Nature of the problems encountered:

1. Low self-esteem
2. Stress and anxiety
3. Suicidal Tendency
4. Financial constraints
5. Lack of focus/concentration in studies
6. Health issues
7. Exam Tension

Methods and techniques applied to help them out

1. Motivational video clippings
2. Talk with Parents
3. Anchoring
4. Pooling the external and internal resources



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5. NLP (Neuro-Linguistic Programming) techniques
6. Taking motivational sessions in classes
7. Gestalt Therapy

Apart from individual counselling, group counselling was also provided to the students of various batches. The second-year and third-year batches (1800 participants) attended a session on 'Importance of Counselling' as a part of the Induction Programme on 7-6-2016. In the meeting organized for NSS volunteers on 22-6-2016, they were briefed on 'Strategies to Identify Problems in the Community'. The first-year degree students were given a class on 'Self Awareness' on 20-7-2016. The final year Economics students were given a class on 'Skill in Problem Solving' on 27-7-2016.



Session on 'Skill in Problem Solving' in progress



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Class on 'Importance of Counselling'

The details of individual sessions are recorded and maintained in hard copies. The counselling was able to provide emotional and psycho-spiritual support to the deserving students- giving space to vent their grievances and aiding them to be grounded people through a catharsis of emotions. Counselling thus enabled the students to use their discretion to make better choices and wiser decisions in life.

Sumitha R

Counsellor Psychotherapist





## Report of the Counselling Psychotherapy

2017-2018

The counselling programme for the students of the All Saints' College was held from June 2017 to March 2018. The counselling service was availed by 20 students during the academic session. The concerns of the students were addressed mainly through one-to-one counselling and focused group discussions. Group counselling was also provided to target groups to address their behavioural, academic and emotional problems. Depending on the nature of the problem, students were also provided with psychotherapeutic treatments.

Nature of problems observed by the counsellor:

1. Feeling of uncertainty, anxiety and depression
2. Behavioural problems
3. Low academic motivation
4. Family issues
5. Sexual acting out
6. Kleptomania
7. Loneliness



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## Techniques and therapies applied

1. Anchoring
2. Time structuring
3. CRAVE Analysis
4. SWISH (wanting control habit and behaviour change)
5. Visual Kinesthetic Dissociation (VKD) for Phobic and anxiety response
6. Gestalt therapy
7. Anger Management Therapy

Group counselling on 'Coping with Stress' was provided to the final year Economics students on 27-7-2016. The first-year students of all batches were given a motivation session on 'Knowing your Innate Potential' on 6-7-2017. 450 participants from the first-year attended a class on 'Effectiveness of Counselling and Psychotherapy' on 9-1-2018. After these sessions, many students freely came to the counselling cell to share their emotional problems with the counsellor.



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### 'Knowing your Innate Potential'- Class in Progress

The counselling had been an effective technique to support the students for their psychosocial, emotional and spiritual well-being, desensitize trauma, improve self-esteem, discard emotional baggage and face the challenges of life with confidence. Students' academic excellence and feedback affirm that effective repertoire has helped to bolster relationships with them and can positively affect their academic and personal growth.

*Sunitha R*

Sunitha R

Counsellor Psychotherapist



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## Report of the Counselling for the Academic Year 2018-19

The counselling service for the students of All Saints' College was held from June 2018-March 2019. 15 students from various departments benefitted from the individual counselling sessions. Students sought help for personal and psychological problems that ranged from basic adjustment, development, academic and learning, and career concerns to clinical- level mental illness. Those reeling under the deleterious effect of stress and anxiety were also given psychotherapeutic attention.

Major issues discussed in the counselling were:

1. Lack of focus in studies
2. Low self- esteem
3. Inferiority complex
4. Romantic affairs
5. Friendship addiction
6. Psychological trauma

Recommendations by the Counsellor

1. Explaining post traumatic distress
2. Behavioural modification
3. Positive self- talk
4. Developing empathy
5. REBT



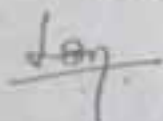
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## 6. Positive Thinking

The counselling sessions aided students to make marked improvement in academics, manage socializing skills and have better interpersonal relationships.



Dr. Lekshmi S. Mohan

Counsellor



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## Report of the Counselling held for the Academic Year 2019- 20

The counselling service was provided to students of All Saints' College for the academic year 2019-20 to help them become self-aware and reach their highest potential while dealing with anxiety and stress. The service has created a comfortable and conducive environment for students to discuss their problems regarding their academic and social life. It has also provided motivational and therapy sessions. The office of the counselling provided a confidential atmosphere where students could freely discuss their problems, develop self-awareness and overcome anxiety and stress.

### Major problems discussed in the sessions:

1. Sibling rivalry
2. Obesity and body shaming
3. Break up and stress
4. Health issues
5. Exam tension
6. Suicidal attempts
7. Lack of care and attention

### Recommendations

1. Breathing exercises



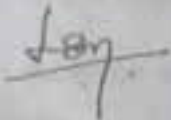
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2. REBT
3. SQ4R techniques to study
4. Career Counselling
5. Grief Counselling
6. Discussing the negative aspects of virtual friendship
7. Behavioural Therapy
8. Relaxation techniques
9. Timetable setting

Along with one-to-one counselling, the students were given a class on 'Health and Hygiene' on 8-7-2019. An interactive session on 'Counselling- Importance of Communication' was held on 19-8-2019. 'Problems of Teenagers, Importance of Communication' and 'Importance of Counselling in Colleges' were the main topics discussed in the session.

The counselling service was successful in rendering help to students outside the medical setting. Comprehensive psychological services provided to students were instrumental in resolving their emotional, behavioural, academic and social issues.



Dr Lekshmi S Mohan

Counsellor



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## Report on Group Counselling held during 2020-21

In connection with 'Deeksharambh' a group counselling was given to the first-year students of all batches at All Saints' College auditorium from 9.30 am to 12.30 pm on 2-11-2021. The session started with an analysis of various factors that can act as stress catalyzers especially during this period of the pandemic. It was a highly interactive session and the impact of stress among students and the necessity of managing it for proper mental well-being were underscored.

The talk highlighted the symptoms and signs of stress and also about various levels of stress. The various types of stress mentioned include Time Stress, Anticipatory stress, Situational Stress and Encounter stress. The session also helped students understand different strategies that can help them establish boundaries between various areas of their life, in order to give each one the attention it needs. It underscored the need to adapt to new concerns and demands.

The various ways to manage stress were also discussed in the talk. Some of the suggestions to manage stress were- Confront the stressor, Time Management, Being organized, Exercise and Spending time with loved ones.

In the Q&A session that followed, students raised their queries related to the topic. The talk gave the students an opportunity to learn the techniques to manage stress in their lives.



*Reshma*

Dr. *Praveenanthapadmanabhan*





Group Counselling on 'Stress Management'

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Dr Lekshmi S Mohan

Counsellor



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# **SOP For Data Validation & Verification-**

## **Criterion VI**

# Metric wise Standard Operating Procedure (SOP)

Metric	Metric Documents	Needed Specific Instructions to HEIs	Not to be Included /Considered
6.2.3 Implementation of e-governance in areas of operation 1. Administration 2. Finance and Accounts 3. Student Admission and Support 4. Examination Options: A. All of the above A. 3 of the above B. 2 of the above C. 1 of the above D. None of the above	<ul style="list-style-type: none"> <li>Institutional expenditure statements for the heads of Egoovernance implementation reflected in the audited statement.</li> <li>ERP Document</li> <li>Screen shots of user interfaces of each module reflecting the name of the HEI.</li> <li>Annual e-governance report approved by Governing Council.</li> <li>Policy document on egoovernance.</li> </ul>	<ul style="list-style-type: none"> <li>Bills for the expenditure on implementation of egoovernance in the areas of operation.</li> </ul>	



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<p><b>6.3.2 Average percentage of teachers provided with financial support to attend conferences/workshops and towards membership fee of professional bodies during the last five years</b></p>	<ul style="list-style-type: none"> <li>• Policy document on providing financial support to teachers</li> <li>• E-copy of letter/s indicating financial assistance to teachers and list of teachers receiving financial support year wise under each head.</li> <li>• Audited statement of account highlighting the financial support to teachers to attend conferences/works hop s and towards membership fee for professional bodies.</li> </ul>	<ul style="list-style-type: none"> <li>• If the data is large documents related to specific teachers will be asked during DVV clarification.</li> <li>• Receipt of Institution in favour of teacher with amount given should be considered.</li> </ul>	<ul style="list-style-type: none"> <li>• Without proof of payment on financial support for faculty development, mere name-list of the faculty will not considered.</li> <li>• Mere cash vouchers for payment will not be considered</li> </ul>
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<p><b>6.3.3 Average number of professional development /administrative training programs organized by the institution for teaching and non teaching staff during the last five years</b></p>	<ul style="list-style-type: none"> <li>• List of professional development / administrative training programs organized by the institution</li> <li>• Event Brochures and reports year-wise</li> <li>• List of participants in each programme</li> <li>• Photographs with date and caption. [7]</li> <li>Annual reports highlighting the programs organized by the institution.</li> </ul>	<ul style="list-style-type: none"> <li>• If data is large, DVV will seek documents pertaining to selected events.</li> </ul>	<ul style="list-style-type: none"> <li>• Seminars / invited talks cannot be included in this metric.</li> </ul>
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<p><b>6.3.4 Average percentage of teachers undergoing online/face-to-face Faculty development Programmes (FDP) during the last five years (Professional Development Programmes, Orientation / Induction Programmes, Refresher Course, Short Term Course etc.)</b></p>	<ul style="list-style-type: none"> <li>• Refresher course/Faculty Orientation or other programmes as per UGC/AICTE stipulated period participated year wise.</li> <li>• E-copy of the certificates of the program attended by teachers.</li> <li>• List of participating teachers as per the prescribed format yearwise during the last five years.</li> <li>• Annual reports highlighting the programs undertaken by the teaching faculties.</li> </ul>	<ul style="list-style-type: none"> <li>• One teacher attending one or more professional development Program in a year to be counted as one only.</li> <li>• If the data is large documents related to specific teachers will be asked during DVV clarification.</li> </ul>	<ul style="list-style-type: none"> <li>• Attending seminars / invited talks not to be considered. [2] Programs of duration less than one week will not be considered.</li> </ul>
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<p><b>6.4.2 Funds / Grants received from nongovernment bodies, individuals, philanthropers during the last five years (not covered in Criterion III)</b></p>	<ul style="list-style-type: none"> <li>• Annual audited statements of accounts highlighting the grants received.</li> <li>• Copy of letter indicating the grants/funds received from respective agency as stated in metric</li> </ul>		<ul style="list-style-type: none"> <li>• Funds from own institutions/own trust and sister institutions not to be considered</li> <li>• Contribution in the form of equipment / software etc not be counted.</li> <li>• Grants received under criterion III not to be repeated here.</li> </ul>
<p><b>6.5.3 Quality assurance initiatives of the institution include:</b></p> <p>1. Regular meeting of Internal Quality Assurance Cell (IQAC); Feedback collected, analysed and used for improvements</p> <p>2. Collaborative quality initiatives with other institution(s)</p>	<ul style="list-style-type: none"> <li>• Proceedings of meetings of IQAC, Feedback analysis and action taken report.</li> <li>• Activities conducted under Collaborative quality initiatives with other institutions. Supporting documents</li> </ul>	<ul style="list-style-type: none"> <li>• AQAR not applicable for cycle I</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborative quality initiatives with sister institutions under the same management will not be considered.</li> </ul>



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<p>3. Participation in NIRF 4. any other quality audit recognized by state, national or international agencies (ISO Certification, NBA)</p> <p><b>Options:</b></p> <p>A. All of the above B. 3 of the above C. 2 of the above D. 1 of the above E. None of the above</p>	<p>pertaining to NIRF (along with link to the HEI's ranking in the NIRF portal).</p> <ul style="list-style-type: none"> <li>• ISO certificate / NBA certificate or quality certificate from any recognized state/national / international agencies for the assessment period.</li> <li>• Supporting document to be provided as per the options selected.</li> </ul>		
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**THANK YOU**