

# **Walk With A Scholar (WWS) Programme**

CHRISTIAN COLLEGE  
CHENGANNUR

PROGRAMME OF THE NEW INITIATIVES  
DIRECTORATE OF COLLEGIATE EDUCATION

## *Annual Report*

**2014 - 15**

# **Walk With A Scholar (WWS) Programme**

## **CHRISTIAN COLLEGE, CHENGANNUR**

### **Annual Report 2014-15**

The Walk With A Scholar (WWS) Programme of the Directorate of Collegiate Education was started in the College during the academic year 2014-15. Thirty students from nine departments of the College were selected for the programme. Five mentors were identified and assigned to a group of 6 students each.

- The Co-ordinator of the WWS programme Dr. Susan Abraham and four internal mentors, Dr. Vinoy Thomas, Dr. Annies Joseph, Dr. Rani Abraham and Dr. AnejSomaraj attended a one day workshop organized by the Office of New Initiatives at S.N. College for Women, Kollam on 27<sup>th</sup> October, 2015.
- Internal mentors have been meeting with their mentees on a regular basis. The first meeting of the mentees was held on Saturday, 15<sup>th</sup> November, 2014. Co-ordinator of the WWS programme Dr. Susan Abraham formally welcomed the mentees and briefed them on the programme. Dr. AnejSomaraj delivered a brief talk on '*Goal Setting*' for the mentees.
- An essay writing competition was organized for the mentees on the topic '*How I handle Stress*' and the essays were later on handed over to their respective mentors for a follow up.
- Four sessions with external mentors were arranged for the students during the academic year. Dr. Susan George, RIMS, Pandalam, a JCI National Trainer, conducted a 5 hour full day session for the mentees on Saturday, 31<sup>st</sup> January, 2015. There were three main sessions on *Critical Thinking, Goal Setting and Stress Management*. Twenty five mentees attended.



Mentees with Dr. Susan George



Mentees During the Training Session



WWS Mentee Jishnu S. Nair Speaking During the Session



WWS Mentee Anoop Varghese Speaking During the Session

- Captain Robin Abraham from the Kargil Unit of the Indian Army, conducted a two hour motivational class for the mentees on the topic 'How to Set Your Goal', on Monday second February, 2015. Fifteen WWS mentees attended in addition to other students.



Captn. Robin Abraham Addressing WWS Mentees

- Dr. Nelson P. Abraham, trainer and Associate professor, Department of Zoology, St. Thomas College, Kozhencherry conducted a four hour training session on Soft Skills Development for the mentees on Saturday, 28<sup>th</sup> February, 2015. There were two main sessions. The first concentrated on ‘*Knowing Oneself*’ and the second on ‘*Identifying Positives and Negatives in Oneself*’. Twenty five mentees attended.



Mentees with Dr. Nelson P. Abraham



Mentees Interacting During the Session



Mentees with Dr. Nelson P. Abraham



Mentees Interacting During the Session

- In the meeting on 4<sup>th</sup> March, 2014, the WWs were asked to select student co-ordinators from among themselves. Jishnu S. Nair and Taniya Ann Varghese were elected as Student Convener and Co-convener respectively.



- To develop organizational and management skills, mentees were given the task of organizing a Debate Competition in the College under their initiative. The inter-Departmental Debate competition was successfully conducted on Wednesday, 25<sup>th</sup> March on the topic ‘Need for Politics in Campuses’.



Sreelekshmi S. Participating in the Debate Competition



Audience Asking Questions during the Debate

- The Department of English, Economics and Mathematics secured the first, second and third prizes respectively. The first prize included certificates and a cash prize of Rs.1000/-. The second prize included certificates and a cash prize of Rs.500/-.



Sreelekshmi S. Participating in the Debate Competition



WWS Mentees with Winners of Debate Competition

- An external mentoring session by Yoga trainer, Sri. P. Pandiraj was arranged on Saturday, 28th March, 2015 on '*Mind and Body Rejuvenation*'. The practical session was attended by eleven students.



WWS Mentees With P. Pandiraj During Session



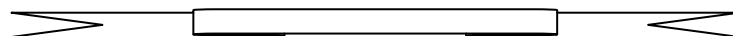
WWS Mentee Interacting During Session



WWS Mentee Interacting During Session



WWS Mentee Interacting During Session



Dr. Susan Abraham  
Co-ordinator  
WWS Program  
Christian College, Chengannur

**ANNEXURES****1.1 List of Mentees and Mentors 2014-15**

Sl. No.	Name	Department	Internal Mentors
1	Anoop Varghese	Economics	Dr. Jisha John
2	Justin Sunny	Economics	
3	Reshma Raveendran	Economics	
4	Roja Roy	Economics	
5	Shini Thomas	Economics	
6	Vishnu Priya T.	Economics	
7	Ansu Baby	Mathematics	Dr. Vinoy Thomas
8	Ajay A. Pillai	Physics	
9	Amalrani Thomas	Physics	
10	AnjuSaji	Physics	
11	GinuMerin George	Physics	
12	Jishnu S. Nair	Physics	Dr. Annies Joseph
13	Athira U. Krishnan	Botany	
14	Rebecca Mary George	Mathematics	
15	Lisha John	Mathematics	
16	Tania Ann Varghese	Zoology	
17	Pooja Maria Jacob	Zoology	
18	Arya G.	Zoology	Dr. Rani Abraham
19	Celin Mariam Mathew	Chemistry	
20	Manju Mathew	Physics	
21	Jissa Joseph	Chemistry	
22	Chris Joe Mathews	Chemistry	
23	Arya P.S.	Mathematics	
24	Anjali Anil	Mathematics	Dr. AnejSomaraj
25	Joel T. Sajan	Commerce	
26	Vrindha P.J.	English	
27	Santhi Mariam Varghese	English	
28	MekhaAchu John	English	
29	AswathySanthosh	English	
30	Jithin T. Jose	History	

\* Applications were invited from students of all nine U.G. departments. Twenty nine first year students with the highest marks in the higher secondary examination were selected for the programme. Since this was the first year of the programme, the College Council recommended an exception be made to include a student from the Department of History so that all nine departments would be represented.

**1.2 Proforma (Internal Mentors Registration for Aided Colleges) (WWS 2014-15)**

<b>Name of the College</b>	Christian College Chengannur
<b>Name of the Principal</b>	Dr. Achamma Alex
<b>Mobile Number of the Principal</b>	9446755375
<b>E-mail ID of the Principal</b>	christiancollege@gmail.com
<b>Name of WWS Co-ordinator</b>	Dr. Susan Abraham
<b>Mobile Number of Co-ordinator</b>	9605171447
<b>E-mail ID of the Co-ordinator</b>	susanmi@gmail.com

<b>Details of the Internal Mentor Assigned for WWS Programme (2014-15)</b>				
<b>First Year</b>				
<b>Sl. No.</b>	<b>Name of the Mentor</b>	<b>Mobile Number</b>	<b>Designation With Subject</b>	<b>E-mail ID</b>
<b>1</b>	Dr. Jisha John	9447959057	Associate Professor (Economics)	john.jisha@rediffmail.com
<b>2</b>	Dr. Vinoy Thomas	9497331753	Assistant Professor (Physics)	vinoythoma@gmail.com
<b>3</b>	Dr. Annies Joseph	8547445455	Assistant Professor (Zoology)	anniesjoseph@yahoo.com
<b>4</b>	Dr. Rani Abraham	9447439962	Assistant Professor (Chemistry)	raniabraham@gmail.com
<b>5</b>	Dr. AnejSomaraj	8129130693	Assistant Professor (English)	anej.anejsomaraj@gmail.com



### 1.3 Attendance Statement of First Year Mentees 2014-15

Sl. No.	Name	Internal Mentors						External Mentors				
		Nov	Dec	Jan	Feb	Mar	TOTAL	31/01/15	02/02/15	28/02/15	28/03/15	TOTAL
1	Anoop Varghese	3	3	1	5	9	21	X	X	X		3
2	Justin Sunny	3	2	1	5	5	16	X	X	X		3
3	Reshma Raveendran	3	3	1	5	7	19	X		X		2
4	Roja Roy	3	2	1	4	4	14	X	X	X		3
5	Shini Thomas	3	2	1	5	5	16	X		X		2
6	Vishnu Priya T.	3	2	1	5	6	17	X				1
7	Ansu Baby	4	3	3	5	5	20	X	X	X		3
8	Ajay A. Pillai	4	2	2	5	5	18	X	X	X		3
9	Amalrani Thomas	4	2	2	5	5	18	X	X	X	X	4
10	AnjuSaji	4	2	2	5	5	18	X	X	X	X	4
11	GinuMerin George	4	2	2	5	5	18	X	X	X	X	4
12	Jishnu S. Nair	4	2	2	5	5	18	X	X	X	X	4
13	Athira U. Krishnan	1	2	4	4	4	15	X	X	X	X	4
14	Rebecca Mary George	1	2	4	4	4	15	X		X	X	3
15	Lisha John	1	2	4	4	4	15	X		X		2
16	Tania Ann Varghese	1	2	4	4	4	15	X	X	X	X	4
17	Pooja Maria Jacob	1	2	4	4	4	15	X				1
18	Arya G.	1	2	4	4	4	15	X		X		2
19	Celin Mariam Mathew	3	3	2	3	4	15	X		X	X	3
20	Manju Mathew	3	3	2	3	4	15	X	X	X	X	4
21	Jissa Joseph	3	3	2	3	4	15	X		X		2
22	Chris Joe Mathews	3	3	2	3	4	15	X	X		X	3
23	Arya P.S.	3	3	2	3	4	15		X	X		2
24	Anjali Anil	3	3	2	3	4	15			X		1
25	AswathySanthosh	4	2	0	3	4	15			X		1
26	Jithin T. Jose	3	2	0	5	3	15	X		X		2
27	Joel T. Sajan	2	1	1	3	3	15		X			1
28	MekhaAchu John	3	2	0	3	3	15	X		X		2
29	Santhi Mariam Varghese	3	1	0	4	2	15	X		X		2
30	Vrindha P.J.	2	2	0	3	3	15	X		X		2

#### 1.4 List of External Mentors Engaged During 2014-15

	<b>Name</b>	<b>Date</b>	<b>Duration</b>
1.	Dr. Susan George	31-01-15	5 Hours
2.	Capt. Robin Abraham	02-02-15	2 Hours
3.	Dr. Nelson P. Abraham	28-02-16	4 Hours
4.	M. Pandiraj	28-03-16	4 Hours

## 1.5 Bio-data of External Mentors Engaged During 2014-15

**Dr. Susan George, Corporate Trainer**

**Mobile:+91 9847949103**

**[susangedathara@gmail.com](mailto:susangedathara@gmail.com)**

**[www.trainersusan.com](http://www.trainersusan.com)**



### Scholastic Record

Ph. D-Management - Organisational Behaviour	Kerala University, Trivandrum
B.Ed.(English & Science)	IGNOU, New Delhi
NET/UGC- Management	UGC, New Delhi
M.H.A. (Hospital Administration)	Mahatma Gandhi University, Kottayam.
M.Sc. Zoology	Agra University, Agra.

### Professional Background

- **Principal**, Reliable Institute of Management & Science-RIMS (Affiliated to Edexcel, Pearson, UK), Pandalam, Pathanamthitta Dist. Kerala.
- **Director**, GRHRCS Pvt. Ltd, Pandalam, Kerala.(Software Company).
- Former **Project Manager**, Monash IVF( Joint venture of Australia, Singapore and Kerala) ,
- KVM-Kinder Hospital and Research Centre Pvt. Ltd, Cherthala, Alleppey, Kerala.
- Former **Principal**, St. Mary's College for Women, Thiruvalla, Kerala.
- Former **Manager-Administration**, Century Hospital, CTSH Ltd, Chengannore , Kerala.
- **Total Work Experience : 18 years**

### Other Roles and Achievements

- JCI approved National Trainer
- Curriculum designer & trainer, ASAP, Govt. of Kerala
- External Examiner in the University Examinations, Mahatma Gandhi University, Kottayam.
- Career guidance given to more than 10000 students (both graduates ,10th and 12th standards)
- Corporate Trainer, HLM- HLL, Trivandrum
- Founder of "Jyothirgamaya"- the Leadership Training and Counselling Program for adolescents.
- CSR Trainer, Apollo Gold & Apollo Bultec Group, Manchery.
- Outstanding National Trainer-2014
- Outstanding JC Award winner of Zone -22-(2014)
- Outstanding Jert.Chairperson award winner of the Zone-22(2012)

### Major Training Areas

- Conflict Resolution, Problem Solving Skills, Time Management , Stress Management.
- Career Guidance ,Leadership Skills , EQ, CSR Programs, Adolescent Training.
- Creativity in Management, Change Management, Effective Decision Making, Teamwork, Organisational Development.
- Parenting , Innovative Teaching, Kaizen, Customised trainings for different professions.
- Attitude , Motivation , Perception, Effective Communication, Goal Setting .

**Captain Robin Abraham**

Indian Defense Services



Current Deployment:

KARGIL Unit

Jammu &amp; Kashmir

(Further Details undisclosed for security reasons)

<b>Education/Training</b>	<b>Institution</b>	<b>Year</b>
Plus Two	Army School Saugor, Madhya Pradesh	2007
NDA	National Defense Academy Pune	2007-2010
B. Sc (Computer Science)	Jawaharlal Nehru University New Delhi	2010
Officers training	Indian Military Academy Dehradun	2011

**CURRICULUM VITAE**

**Personal Information**

DR. NELSON P. ABRAHAM

ElanjimoottilPuthenPurakal, Kavumbhagom P. O., Peringol, Thiruvalla - 689 102,

Pathanamthitta, Kerala, India. Tel: (0469) 2600132, Mobile: 9446114777

E mail: [nelsonham@rediffmail.com](mailto:nelsonham@rediffmail.com), [nelsonham47@gmail.com](mailto:nelsonham47@gmail.com)

**Address (Office)**

Associate Professor, Post Graduate and Research Department of Zoology, St. Thomas College, Kozhencherry, Pathanamthitta, Kerala, India.

Nationality : Indian

Passport Number : E 3885284

Date of Birth : 31 May 1960 (53 years, 10 months)

**Family Details**

Wife: Mrs. Suja M.P. M.Sc (statistics); M.Sc (Mathematics); B.Ed. (M.G.M. H.S.S. Thiruvalla)

Daughter: Mrs. Hanna Nelson MASLP (KMC, Coimbatore)

Son: George E. Nelson B.Tech (Tatalexi, Technopark, Trivandrum)

**Academic Background**

Qualification	Year of Passing	University studied	Percentage of marks
Ph.D	1992	KeralaUniversity	
M.Sc	1982	BhopalUniversity	63.5
B.Sc	1980	KeralaUniversity	57.1
Pre Degree	1977	KeralaUniversity	54.8
SSLC	1975	Kerala Government	65.5

Educational Qualification : M. Sc., Ph. D.

Ph.D Thesis title : A Study on Forest habitats and wildlife in Wynad, Kerala.

**Academic Experience**

Name of Institution	Service Record	Management	Period of service	Total duration of service
St. Thomas College, Kozhencherry	Pre Degree	Malankara Syrian	1993 - 2000	20 years
	Degree	Marthoma Church	1993 onwards	
	Post graduation	Management	1993 onwards	



**Academic positions held**

1. Teacher in Department of Zoology at St. Thomas College, Kozhencherry (1993 onwards)
2. Research Associate at Department of Zoology under Dr. M. Balakrishnan in a Government of Kerala sponsored research project titled “Legal Actions against violation of forest protection regulations – 1992
3. Junior Research Fellow: Department of Zoology under Dr. M. Balakrishnan in a MoEF, Government of India sponsored research project titled” A study on the biological impacts of the proposed Mananthody hydroelectric project on forest habitat and Wildlife in Wynad Kerala.( 1984 – 1987.)
4. Research Guide - Faculty of Science (Zoology) of MahatmaGandhiUniversity.

Number of Ph.D scholars registered :Three  
 Number of M. Phil degree awarded :Mrs. Elizabeth John (Annamalai University, Tamil Nadu)  
 Ph. D degree awarded :Mrs. GirijaKumary, S. (Mahatma Gandhi University)

**Professional Development (2010 onwards)**

- **Resource Person**, Residential workshop for the Finalisation of Training Module for Teacher Educators of B.Edcollegeson Adolescence and Life Skill Education from 18-19 Feb 2014 at SCERT, Trivandrum.
- **Resource Person**, Three day Residential training programme for empowering teacher educators at IASE, Thrissur with the technical support from SCERT, Thiruvanthapuram from 4<sup>th</sup> to 6<sup>th</sup> March 2013.
- **Resource Person**, Training Programme on ‘Life skill oriented learning resources for B. Ed curriculum’ at SCERT, Thiruvananthapuram from 16 and 17 Jan 2013
- **Participant**, National Conference on “Redefining Higher Education in the expanding Horizon” organized by MTHEC and NAAC, Bangalore at Christian Education Center, Charal Mount, Kerala from 18<sup>th</sup> – 19<sup>th</sup> January, 2013.
- **Mentor**, Inspire Internship Science Camp Funded by Department of Science and Technology, Ministry of science and Technology, Government of India and organized by Assumption College, Changanacherry. 26<sup>th</sup> to 30<sup>th</sup> November, 2012.
- **Resource Person** for ‘Career Guidance and Adhohescent Counselling’ to Higher Secondary Teachers at Holy Family Higher Secondary School, Kottayam on 24<sup>th</sup> January, 2012.
- **Resource Person** for Leadership Training Camp for YMCA Office Bearers of YMCA Sub region of Alleppy District on 13<sup>th</sup> August, 2011 at YMCA Hall, Thiruvandoor.
- **Resource Person**, One day workshop for Teachers at St. Josephs Convent Higher Secondary School, Charumoodu, Alleppey on 2<sup>nd</sup> June 2011.
- Resource Person, 3 day Residential “ Faculty Training on Finishing School” programme conducted by CACEE, University of Kerala from 29 Nov. 2010 to 01 Dec 2010.
- **Resource Person**, International Conference on the green path to sustainability: Prospects and Challenges at Assumption College, Changanacherry on 7 – 9 July. 2010
- **Resource Person**, UGC sponsored National Seminar on ‘Sustainable Agriculture’ at CMS College, Kottayam on 15<sup>th</sup> and 16<sup>th</sup> January, 2010.
- **Resource Person**, UGC Sponsored Two day National Conference on ‘Linguistic, Cultural and Artistic Heritage of the Tribal People of India’ held at St. Dominic’s College, Kangirapally, Kerala on 4-5, February, 2010.

**Invited Talks: (2012 May to Feb. 2014): 33 Nos.****Training Programmes/ Workshops (2007 onwards)**

- Workshop for restructuring of Zoology P.G. Programme under CSS 2011 conducted by M.G. University at School of Environmental Sciences, Kottayam from 8<sup>th</sup> – 10<sup>th</sup> of February, 2012.
- Five day Training on ‘Softskills’ at Academic Staff College, University of Kerala from 22<sup>nd</sup> August to 26<sup>th</sup> August 2011.
- Training Workshop on Management & Leadership development at LalBehadurSastri National Academy of Administration, Mussoorie, Uttarakhand. From 18<sup>th</sup> April to 22<sup>nd</sup> April 2011.
- Training on “Design of Training” from 7 – 11 December, 2009 at LalBehadurSastri National Academy of Administration, Mussoorie, Uttarakhand.
- Workshop on “Leadership in Higher Education Today “from 10<sup>th</sup> – 12<sup>th</sup> September, 2010 at Marthoma Camp center, Munnar organized by MTHEC and Ruth Cohn Institute International for TCI, Switzerland.
- Training on “ Direct Trainer Skills” from 30 November to 4 December, 2009 at LalBehadurSastri National Academy of Administration, Mussoorie, Uttarakhand.
- Workshop on Restructuring Curriculum of degree Courses (Zoology) from 14 – 22 May 2009 at Mahatma Gandhi University, Kottayam.
- Training on “ Science for Rural Societies’ Programme” from 1 – 12 December, 2008 at LalBehadurSastri National Academy of Administration, Mussoorie, Uttarakhand..
- Workshop on Wider Ecumenism at Ecumenical Christian Centre, Bangalore from 30 April to 5 May, 2007.

**Orientation/Refresher Courses and Summer Institutes attended**

- Refresher Course in Environmental Science conducted by UGC at Academic Staff College, University of Kerala from 21 July, 2003 to 11 August 2003.
- Refresher Course in Environmental Science conducted by UGC at Mahatma Gandhi University from 22 October 2002 to 15 November 2002
- Refresher Training Course for the Programme Officers of the National Service Scheme organized by Training and Orientation center, Rajagiri College of Social Sciences, Kalamasserry from 6- 10 Nov. 2000
- Orientation Training Course for the Programme Officers of the National Service Scheme organized by Training and Orientation center, Rajagiri College of Social Sciences, Kalamasserry from 18-27 Aug. 1998
- Orientation Course in Multidiscipline conducted by UGC at Academic Staff College, University of Kerala from 11 December, 1997 to 7 January 1998.
- Summer Institute in Biostatistics conducted by Department of Statistics, University of Kerala from 2<sup>nd</sup> May to 3<sup>rd</sup> June 1986.

**Dr. Nelson P Abraham**

## PROFILE

**M.P. PANDIRAJ**  
Grahamsland Road  
Idukki District  
Munnar P.O.  
kerala-685 612.

E-mail : alb2e3d4e5z1@gmail.com  
Mobile : 9496442002

### CARRIER OBJECTIVE

A challenging and illustrious career in a competitive environment where I can practically apply and improve upon the analytical and yoga and Meditation experience acquired during my education to the Institution benefit and my own satisfaction.

### EDUCATIONAL PROFILE

M.A. Philosophy  
M.Sc. Yoga  
Now presently doing M.Sc applied Psychology

### TECHNICAL AND SOFTWARE SKILLS

DTP

### EXTRA CURRICULAR ACTIVITIES

Reading  
Counseling  
Mind and body refresh trainer

### PERSONAL INFORMATION

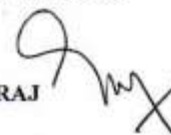
- |                      |   |  |
|----------------------|---|--|
| 1. Name              | : | M. PANDIRAJ  |
| 2. Date of Birth     | : | 08-06-1964   |
| 3. Father's Name     | : | Mayan  |
| 4. Permanent address | : | Grahamsland Road, Idukki District<br>Munnar P.O., Kerala-685612.   |
| 5. Languages known   | : | Tamil, Malayalam, English  |
| 6. Hobbies           | : | Yoga Training & Reading  |
| 7. Strengths         | : | Hard working,<br>Time Management<br>Honest Self confidence, Bold   |
| 8. Experience        | : | Yoga and Meditation Trainer in various Institution like Govt. Law College, Police Academy Medical Colleges, Engineering Colleges, Bed Training Colleges, Poly Techniques, Higher Secondary & High Schools etc. |

### DECLARATION

I hereby declare that the particulars given above are true and correct to the best of my knowledge and belief.

Place : *Munnar*  
Date : *27/6*

M. PANDIRAJ



## 1.6 List of Books/Study Materials Purchased During 2014-15

- 1 77 Lessons To Remain Ever Positive
- 2 Awaken The Giant Within
- 3 Be An Extraordinary Person An Ordinary World
- 4 Chicken Soup For The Soul Empty Nesters
- 5 Chicken Soup For The Soul Indian Teachers
- 6 Discover Your Destiny
- 7 Fall Like A Rose Petal
- 8 Freakonomics
- 9 Go Kiss The World
- 10 How To Enjoy Your Life
- 11 How To Remain Ever Happy
- 12 IELTS
- 13 India 2020
- 14 India The Spirit Of Enterprise
- 15 Manorama Yearbook 2015
- 16 Psychic Perception
- 17 Public Speaking
- 18 Sakunthala Devi More Puzzles
- 19 The Monk Who Sold His Ferrari
- 20 The Monk Who Sold His Ferrari
- 21 Why Men Don't Listen And Women Can't Read Maps
- 22 You Are The Placebo Making Your Mind Matter
- 23 You Are What You Eat: Its About How Your Body Responds

### 1.7 List of Mentees Who received Stationary 2014

Sl. No.	Name	Received Notepad and Pen
1	Anoop Varghese	
2	Justin Sunny	
3	Reshma Raveendran	
4	Roja Roy	
5	Shini Thomas	
6	Vishnu Priya T.	
7	Ansu Baby	
8	Ajay A. Pillai	
9	Amalrani Thomas	
10	AnjuSaji	
11	GinuMerin George	
12	Jishnu S. Nair	
13	Athira U. Krishnan	
14	Rebecca Mary George	
15	Lisha John	
16	Tania Ann Varghese	
17	Pooja Maria Jacob	
18	Arya G.	
19	Celin Mariam Mathew	
20	Manju Mathew	
21	Jissa Joseph	
22	Chris Joe Mathews	
23	Arya P.S.	
24	Anjali Anil	
25	Joel T. Sajan	
26	Vrindha P.J.	
27	Santhi Mariam Varghese	
28	MekhaAchu John	
29	AswathySanthosh	
30	Jithin T. Jose	