



CREST News Bulletin 38 & 39

(September 2022 – April 2023)

Centre for Research and Education for Social Transformation (CREST)

An autonomous institution under Government of Kerala

Chevayur, Calicut – 673 017 Kerala India

Tel: + 91 495 2355342, 2351496 Fax : +91 495 2355342 www.crest.ac.in

Email: crest.calicut@gmail.com

About CREST



Centre for Research & Education for Social Transformation (CREST) is an autonomous institution under the Government of Kerala. CREST has been conceived as a national institute of humanities, science and professional studies, addressing the needs of the Scheduled Castes, Scheduled Tribes and other marginalized communities of India while integrating with the informational society. The Centre was incubated by the Indian Institute of Management Kozhikode. The governing council headed by the Minister for the Welfare of Scheduled Castes and Scheduled Tribes and Other Backward Communities as Chairman monitors the activities of the Centre. Dignitaries like the Governor of Kerala, the Chief Minister of Kerala and the Speaker of the Kerala Legislative Assembly are the patrons of this autonomous institution. The Governing Council has representation from institutions like the Indian Institute of Management Kozhikode, the National Institute of Advanced Studies, Bangalore, Kerala State Council for Science, Technology and Environment, Thiruvananthapuram and Sree Chitra Thirunal Institute for Medical Sciences & Technology, Thiruvananthapuram. CREST conducts a five-month Post Graduate Certificate Course for Professional Development (PGCCPD) as its flagship program.

Activities

Self-Enrichment Workshop for MBBS Students of AIIMS

On invitation from the All India Institute of Medical Sciences (AIIMS) New Delhi, CREST conducted a week-long orientation programme from the 4th to the 10th of November 2022. The



program, which was inaugurated by Dr. M Srinivas, Director AIIMS New Delhi, was held to

enhance the self-confidence level of students, particularly hailing from disadvantaged backgrounds.



Sessions were held by HR trainers Balachandran Gopinath, Vinod A R & Sucharita Hota, theatre



persons Prof. Abhilash Pillai and Jilmil Hazarika and educational trainer Aparna Viswanath and Vinod Krishnan , and Dr Pratap Saran, Professor, AIIMS New Delhi. The workshop was held at the Centre for Medical Education & Technology.

The orientation program which was held soon after the admission, but before the commencement of 'medical education' had three modules viz (a) Communication Skills (b) Self-Enhancement for Professional Development (c) Theatre. The modules have been designed in such a manner that the participants will be sensitive to social, cultural, and linguistic issues of the student community.. In addition to these modules, special lectures on varied issues are held for the students. In addition to these, one on one session was also held for the students, when found cases that were necessary.

In addition to Communication Skills Module, Self Enhancement for Professional Excellence module, sessions were held on the following topics. Stress and wellness . Mental health Problematic substance and internet use , Ragging and harassment , Integrative health and wellbeing and Gender sensitivity

Faculty Mentor Workshop

CREST was invited by the All India Institute of Medical Sciences (AIIMS) New Delhi to conduct a faculty mentor workshop on the 11th of November 2022. The objective of the workshop was to enable faculty members to be teacher-mentors who would have a better understanding of the



learning needs of the students, particularly from disadvantaged backgrounds undergoing the MBBS Degree Course at AIIMS. The workshop was organized against the backdrop that nearly a quarter of the students who join the MBBS programme are from relatively lower economic strata often from a parental background of first-generation literates. A significant section of the students from the Scheduled communities belongs to this category, who however qualify for admission after competing in an extremely rigorous examination. Barring a few, most of the students from this category are from groups with low social capital and from rural areas. Parental support is minimal to this section of candidates as most of their parents are not adequately informed about the content of the courses at AIIMS. These students do not get proper mentoring support from parents suited to the medical education being received. The workshop was expected to help the faculty members to be sensitive to the students' backgrounds and to be effective mentors to the MBBS students throughout their academic

careers. Sessions were held by Dr Pratap Saran, Professor, AIIMS, New Delhi, Balachandran Gopinath, Visiting Faculty CREST and Amit Kumar, Visiting Faculty CREST and Vinod Krishnan, Executive Director in charge CREST.

Commencement of the 36th Batch of the PGCCPD Program

Interview for admission to the 36th Batch of the Post Graduate Certificate Course for Professional Development was held from the 28th to the 30th of November 2023. 40 (30 SC, 8 ST and 2 OBC) students were selected for the program based on the grades/marks which the students had obtained in their undergraduate program and the interview. Of the forty students who were given admission to the program, 32 are girls.

Students who joined the PGCCPD course arrived in Calicut and they were provided accommodation in the hostels. 33 girls were accommodated in the girls' hostel and seven boys



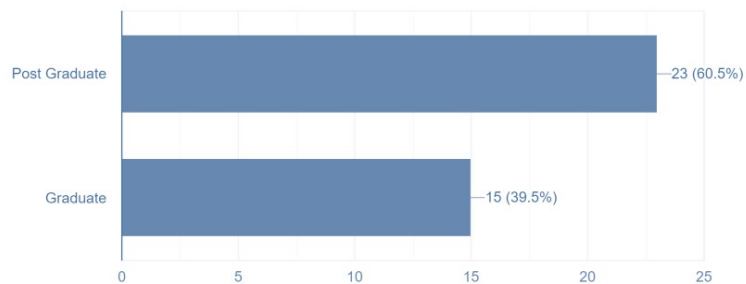
in the boys' hostels. As PGCCPD is a residential program, it was made mandatory for all students to stay in the hostels.

The majority of the students are from northern districts of Kerala with 23.7 % from Malappuram, 18.4 % from Kozhikode, 10.5% from Wayanad, 13.2% from Palakkad, 13.2% from Trichur and 7.9% from Kannur. The majority of the students are from rural backgrounds. 60.5% of the students are from villages, 31.6% from small towns and 7 % from cities.

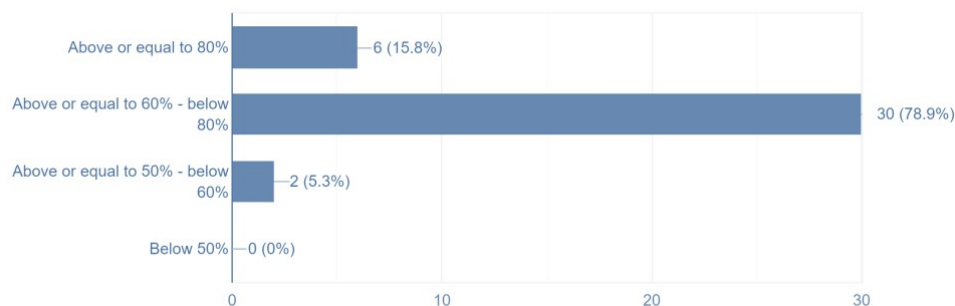
Profile of the students of the 36th Batch of the Post Graduate Certificate Course for Professional Development (PGCCPD)

Educational Qualification: Data gathered from the students show that 60.5 % of the students who joined the PGCCPD hold a Master's Degree while the other 39.5% hold Bachelor's Degree. Of the 20 candidates who hold a Bachelor's Degree, 9 are Professional Degree holders with BTech, LLB etc.

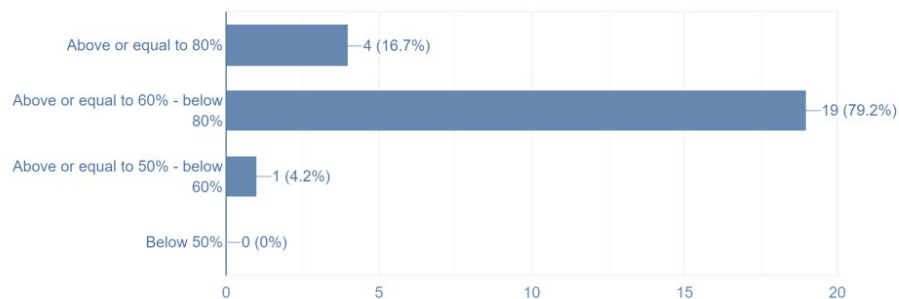
Educational Qualification
38 responses



UG - Percentage of Marks
38 responses

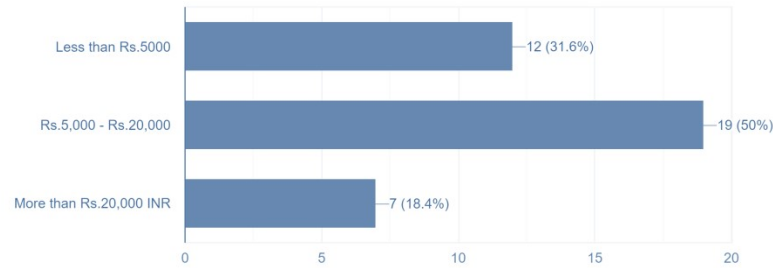


PG - Percentage of Marks
24 responses



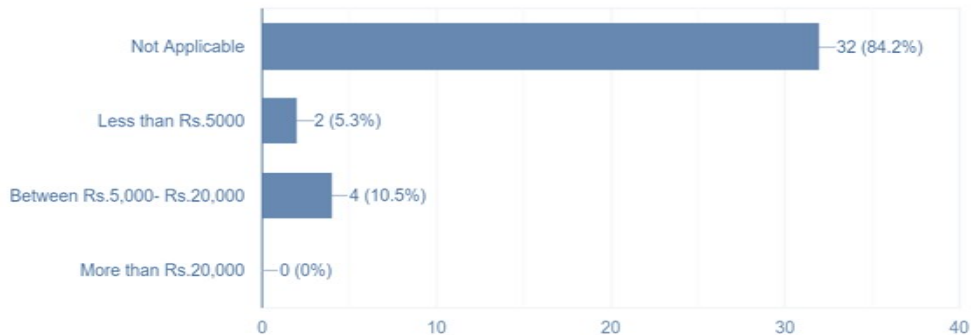
Income: Data gathered from the students show that 50% of students are from economic backgrounds whose family income falls within the range of Rs. 5000 – 20000 a month. 18.4 % of the students are from a family income group above 20000 Rupees a month and 31.6% are from a background with a family income lower than Rs.5000 a month. 15.8 % of the family has additional income, mostly between Rs. 5000 – 20000 a month from sources other than parents, particularly siblings who also contribute to family income.

Estimated monthly parental income of the family
38 responses



What is the estimated monthly income from other sources? (Siblings, relatives and others)

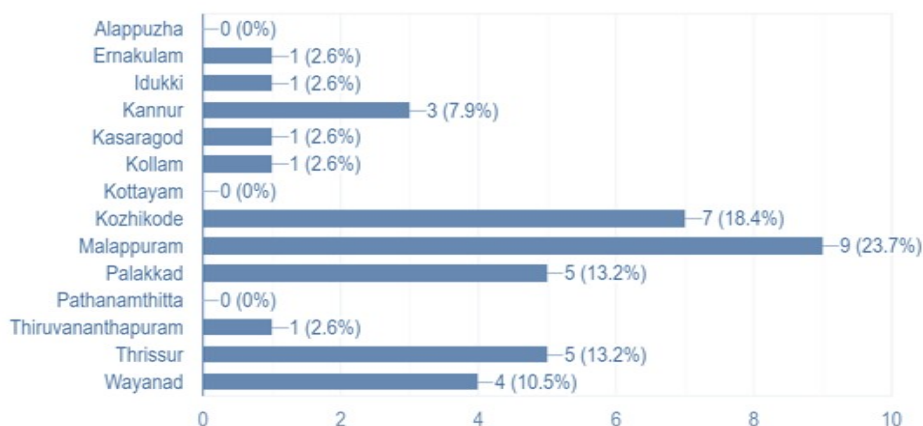
38 responses



Location: The majority of the students are from northern districts of Kerala with 23.7 % from Malappuram, 18.4 % from Kozhikode, 10.5% from Wayanad, 13.2% from Palakkad, 13.2% from Trichur and 7.9% from Kannur. The majority of the students are from rural backgrounds. 60.5% of the students are from villages, 31.6% from small towns and 7 % from cities.

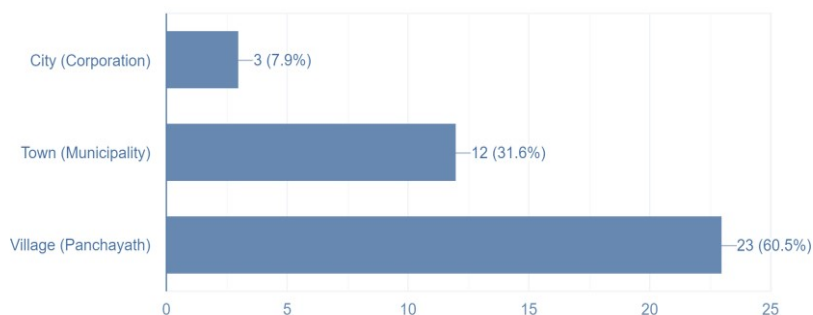
District

38 responses



Location of the land owned by the family

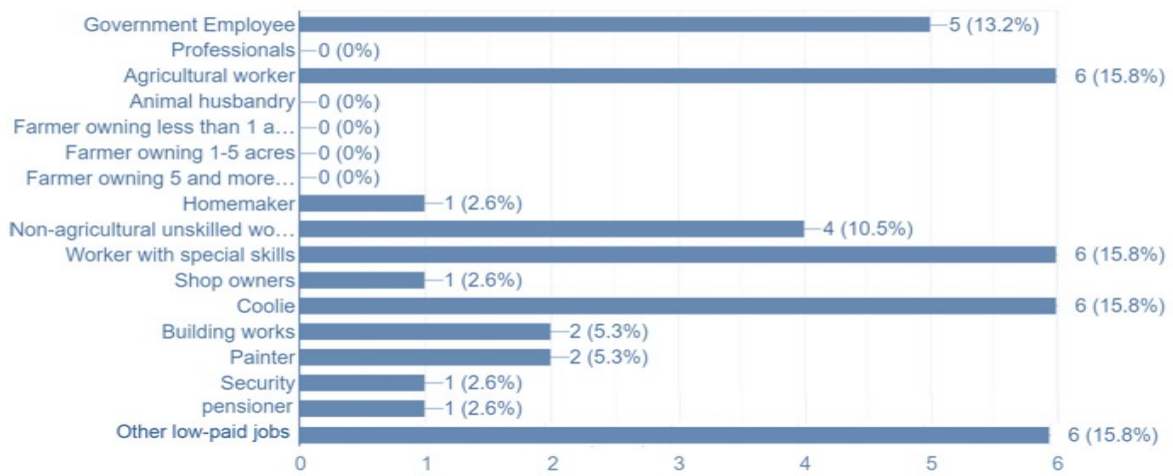
38 responses



Occupation of Parents: Data gathered from students show that 12.2% of the male parents are working in government, mostly as Class IV employees, contingency workers etc. 15.8% are agricultural labourers 31.6% are cooli workers / doing other low-paid jobs. 63.2% of the female parents are unemployed or working as farm labourers. 10.5% are working in Government, predominantly as low-ranking employees.

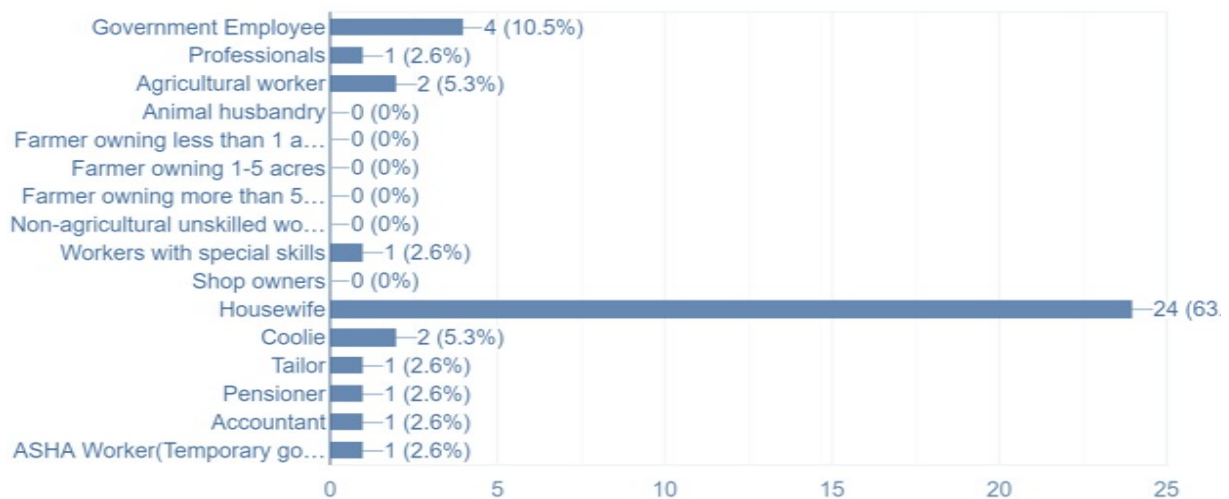
Primary occupation of father

38 responses



Primary occupation of mother

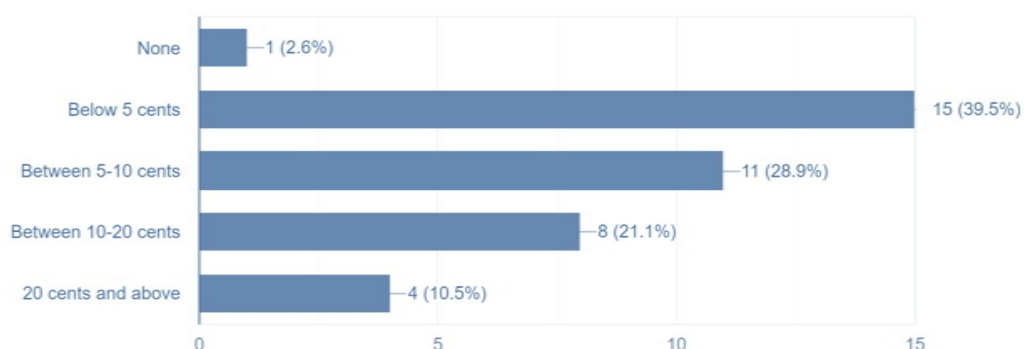
38 responses



Family land holding: 28.9 % of families of students own land within the range of 5-10 cents. 39.5% less than 5 cents and 21.1 % between 10-20 cents, 10.5% own land above 20 cents. 2.6% are landless.

Size of the land owned by the family

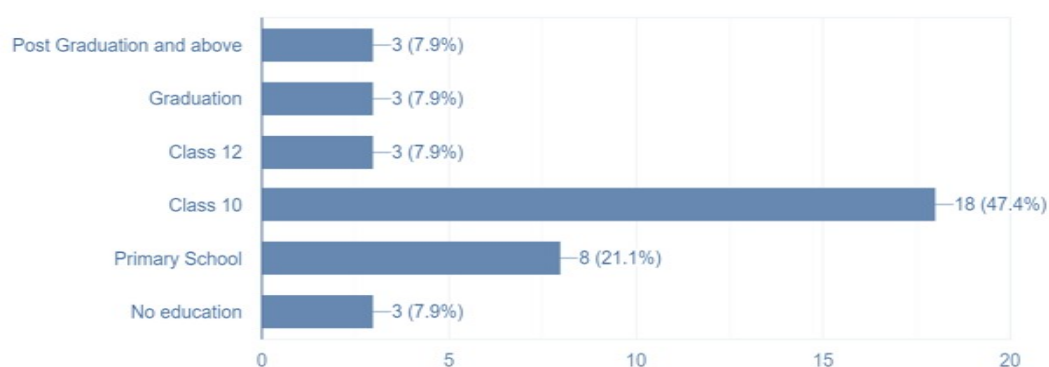
38 responses



Parental Education: Educational qualification of male parents shows that 47.4% have obtained high school education, 7.9% graduated, 7.9% have higher secondary education and 21.1 % have primary education. 7.9% have obtained post-graduate education. 7.9% do not have formal education. Among female parents, 36.8 % have studied up to 10th standard and 10.5 % have primary schooling and another 21.1% have higher secondary education. 21.1% hold graduation. 5.3% do not have any formal education.

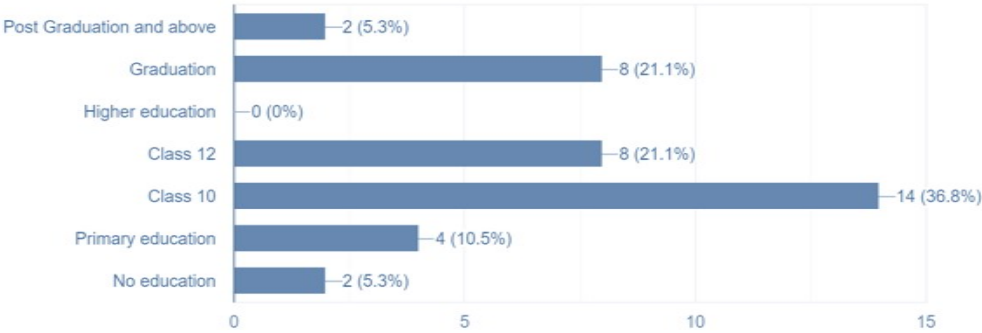
Educational qualification of father

38 responses



Educational qualification of mother

38 responses



Ice-Breaking Session

A full-day ice-breaking session was held for the new batch of PGCCPD students at CREST on 11



January 2023. It was conducted by AR Vinod and Sucharita Hota. Sucharita Hota holds a Master's Degree in Social Work from the Tata Institute of Social Science (TISS) Mumbai. She was a Fellow at Xavier Labour Relations Institute (XLRI) Jamshedpur and AHRD (Academy for Human Resources Development, Hyderabad.) She had been a consultant to UNDP and UNICEF and was the Head of the Department of Social Science, at St. Josephs College, Devagiri Calicut. She has also worked as a qualitative researcher for ORG-MARG. She is a faculty of CREST, handling the Self Enrichment for Professional Education module for the Post Graduate Certificate Course for Professional Development AR Vinod is an HR trainer attached to CREST. He holds a Master's Degree in Commerce and has been involved with handling HR Training for the students of CREST. He also provides voluntary mentoring support for students after the completion of the PGCCPD course

Communication skills workshop



A communication skills workshop was held for students on the 13th & 14th of January 2023. It was conducted by Prof. Vineeta Gabriel and Anoop Jayaprakah. Techniques of the theatre were used for the entire workshop. Prof. Vineeta Gabriel is a faculty of CREST. She was teaching Functional English for nearly thirty years at Malabar Christian College,

Kozhikode. Anoop Jayaprakah is the Course Coordinator of CREST.

Introduction to Professional Development

An introductory session on Professional Development was held for the students on 14 January 2023 . It was conducted by Vinod Krishnan, Associate Program Coordinator in charge of Executive Director, CREST. It covered the objective of the program, the rationale of the course, different modules and the expected outcomes of the program.



format was introduced to the students by Vinod Krishnan, Associate Program Coordinator. The



Economics. She has been teaching English at the Department of Languages and Communication Studies at the University of Technology, Papua New Guinea, South Pacific

Followed by the introduction A documentary on CREST, "Recasting Selves" was screened before the students. The film, a critical reading of CREST in film format was introduced to the students by Vinod Krishnan, Associate Program Coordinator. The film was made by a team consisting of Lalit Vachani, Centre for Modern Indian Studies (CeMIS) at the University of Göttingen (Direction, Script and Editing) Sanjay Srivastava, Prof of Sociology, SOAS London (Research and Concept) Priya Sen, filmmaker (Production and 2nd shoot Direction) Syed Husain Akbar, the photographer who was formerly with National Geographic and NDTV (Camera) Godly Timo Koshy alumnus of Film and Television Institute of India, Pune (Location Sound) Srirupa Roy, professor and chair of political science and modern Indian studies at the University of Göttingen (Producer)

A session on "Self Enrichment was also held for the students soon after the screening of the film. Ms Jyothi C. Jyothi C holds a Master's Degree in English and

Communication Skills Workshop

Ms. Jilmil Hajarika, a theatre person and Assamese actress conducted a two-day workshop on



the 15th & 16th of January 2023 on communication skills using theatre as a tool. The focus was on non-verbal communication and body language. The objective of the workshop was to give an orientation for the students on how to convey their thoughts, feelings and mood through visual rather than verbal cues like facial expressions. Eye contact, subtle gestures, tone, touch and posture. Ms. Jilmil Hajarika is an alumnus of the National School of Drama where she is a visiting faculty now.



Art Appreciation workshop



On 18th January 2023, Greece-based artist/sculptor from Kerala, Johns Mathew conducted an art appreciation workshop for the students undergoing the Post Graduate Certificate Course for Professional Development (PGCCPD) at CREST. The objective of the workshop was to provide an understanding of nonverbal communication through creative expressions and to appreciate art as another way of seeing. The workshop involved exercises that boosted their creative ability to help the students to observe, perceive, and to create art forms using natural materials available on the campus like stones, leaves, flowers etc. The workshop allowed the students to work as a team, express their creativity and explore the joy



of bridging the gap between the self, the other, and the multiple selves that reside in them. It assisted students to use artistic and aesthetic sensibility in day-to-day life situations. It involved exercises that boosted their creative ability.

Johns Mathew holds BFA from the Faculty of Fine Arts, M.S. University, Baroda. He has been involved with the Radical Painters and Sculptors Association. He is also a travel writer

“Design Thinking” Workshop

Design thinking is a human-centred approach to innovation that draws from the designer’s toolkit to integrate the needs of people, the possibilities of technology, and the requirements for business success. A two-day workshop on “design thinking” was held for the students by the faculty of design of Srishti Manipal Institute of Art, Design and Technology (formerly Srishti Institute of Art, Design & Technology) on 19th & 20th of January 2023. “Design thinking” is a user-centric approach to problem-solving and is often employed by organizations and individuals to overcome complex challenges in innovative ways. Twenty students from Srishti School also joined the workshop, working with the students of CREST.

Srishti Manipal Institute of Art, Design and Technology, (Srishti), is a premier multi-disciplinary approach design school established in 1996 by Dr. Geetha Narayanan under the Ujwal Trust in Bangalore. Now functioning under Manipal Academy of Higher Education, a Deemed university, it offers 4 Year Undergraduate Professional Program, Masters programs and PhD in Design and



Art Education. Ms Gissy Michael, Deepak Verma and Udayraj PJ, faculty members of Srishti Manipal Institute volunteered to conduct this workshop for the students of CREST while they were on another academic program in Kozhikode

Special Lecture on mud architecture

A special lecture on “mud architecture” was held for the students on 30 January 2023 by Ms Lakshmi Swaminathan. Ms Swaminathan graduated as an architect in 2013 from the MEAS Academy of Architecture, Chennai. Later, she worked in a conventional architecture office, taught in design schools and also pursued her passion for khadi textiles through weaving and block printing. Lakshmi’s interest in vernacular architecture and responsible building brought her Delia Narayan (“Didi” Contractor), an American artist and builder known for her work on the vernacular traditions in India. Ever since, she lived with Didi, assisted in writing the book, 'An Adobe Revival - Didi Contractor's Architecture' by Joginder Singh and apprenticed in Didi's

building projects. In the last two years, Lakshmi has independently designed and built a few homes in Kangra Valley in the lower Himalayas under Didi's mentorship. She is currently



working on building projects and curating a book about Didi's works. This special lecture was organized as a part of the general awareness/ understanding India module of the Post Graduate Certificate Course for Professional Development (PGCCPD)

Special Lecture on Learning a Foreign Language



On 7th February 2023, a special lecture on “Learning a Foreign Language” was given by Prof. P. Bhaskaran Nayar, Linguist and former professor, at Lincoln University, UK. Dr Bhaskaran Nayar has taught English in various universities in different countries for nearly five decades.. Dr. Bhaskaran Nayar was a senior lecturer in linguistics in the Department of Humanities and Journalism at Lincoln University, England. He has taught English, applied linguistics, and sociolinguistics for over 45 years in South and Southeast Asia, Africa, and Europe and has trained ESL teachers in North America and the South Pacific.

Special Lecture on Higher Studies Abroad



On 9th February 2023, Sreeparna Vappala did a session on “Higher Studies Abroad. Sreeparna Vappala holds a Master's Degree from the Indian Institute of Science Education and Research (IISER) Kolkata and a PhD from the University of British Columbia, Vancouver, Canada. As a part of her research, she was involved in developing new drugs to prevent blood clotting without the side effect of bleeding. She was a Sessional Lecturer and Course Coordinator for an undergraduate biochemistry course. She was a Future Science Leaders Fellow and Community Scientist attached to the Science World, involved with after-school science education programs for young adults. She is presently attached to Manitoba University, Winnipeg, Canada as a faculty.

Workshop on Goal Setting

A special online workshop was organized for the students on shaping career goals on 13th February 2023, by Amit Kumar, formerly with India Today, Times of India and the World Bank and now a Visiting Faculty at “Young India Fellowship” of Asoka University. The workshop was



focused on self-awareness, cognitive biases, and Managing failures. Mr Amit Kumar has more than 25 years of diverse experience in organisations across India, the USA, Nepal and Mauritius. He has been conducting workshops on persuasive presence, presentation, business writing, conflict management, negotiation, and emotional intelligence. He has worked with organisations like The World Bank, Deloitte, Flex, Ashoka University, Vedica Scholars, Jindal Stainless, W.E. Connor, Carrier-Midea, Manzil, Cornerstone, Jamia Millia University, Macleods, Sakal, Sify, MarkeTopper, TVSi, ISOMES, Indian Institute of Dalit Studies, Egis, Analogic, Babasaheb

Ambedkar Research and Training Institute, Madras School of Social Work, News24 and E24. He is volunteering for CREST.

Workshop on Interview Skills



A one-day workshop on Interview skills was held for the students by Anil Menon on 14th of February 2023. . Anil Menon is an HR trainer based in Cochin. For the past fifteen years, he has been involved with Youth Development Programmes related to employability. He also conducts programs for corporate clients in the areas of Business Communication, Presentation Skills, and Leadership.

Special lecture on opportunities in Defense Force

On the 15th of February 2023, a special lecture was given by Lt.Col.Cinu and Maj.Vinitha on



opportunities in the Defense Force of India. The lecture Indian Armed Forces are the military forces of India which consist of four professional uniformed services: The Indian Army, Indian Air Force, Indian Navy and Indian Coast Guard, various other paramilitary organizations and various inter-service institutions also help the Indian Armed Forces.

Peer-level learning with the students of Oslo Metropolitan University.

On 22nd February 2023, a special lecture on Higher Education in Norway was conducted by Dr Berit Helene Vandsemb Faculty of Education and International Studies, Oslo Metropolitan



University, Norway. Followed by this a peer-level learning session was jointly organized by the students of CREST and the students of Oslo Metropolitan University, Norway. 15 students from



the Oslo Metropolitan University were given an orientation by the students of CREST on various themes related to Kerala like Education, Women Empowerment, Solid Waste Management, and Gulf Migration. The Norwegian students conducted sessions on Women's rights, environmental issues, and refugee issues for the students of CREST. In the evening a cultural

program was jointly organized by the students of both these institutions. The Norwegian students are interning at CREST for two months following the MoU signed between the Faculty of Education and International Studies of Oslo Metropolitan University and CREST on June 5, 2012.

Workshop on Employability Enhancement



A workshop on Employability Enhancement was conducted by Balachandran Gopinath on 25th February 2023. Balachandran Gopinath is an international trainer of JCI. He was the Certification Commissioner for JCI University, U.S.A. in 2008. He has experience of over 14 years as the Divisional, Regional and National Head of the Marketing Departments of reputed Companies. He is a highly acclaimed corporate trainer

and HRD Consultant. He has over 100 clients in India and abroad. He is a visiting Faculty to many Universities and Institutes for their MBA programs.

Special Lecture on “Cinema and the Margins” and screening of the film “Manhole”

A special lecture was given on Cinema and the Margins on 25 February 2023 by Vidhu Vincent, Malayalam film Director. Following the lecture her award-winning film, “Manhole” was



screened before the students. Manhole is a 2016 Indian Malayalam-language film directed by Vidhu Vincent, depicting the life and struggles of a manual scavenger's daughter. The film was adjudged the Best Film of the Year 2016 by the jury for the Kerala State Film

Awards 2016 and the Director of the film was selected as the Best Director of the Year 2016. This made Vidhu Vincent the first woman to win the Best Director Award in the history of the Kerala State Film Awards since its inception in 1969. The film also grabbed the FIPRESCI: Best Malayalam Film Award during the IFFK 2016. The film was selected for the award "for the raw reality with which the film sheds light on the persistent inhumanity of manual scavengers in India, despite its being legally banned, in a cinematically eloquent manner." Vidhu Vincent is one of the founding members of Women in Cinema Collective, abbreviated as WCC, is an organisation for women working in the Malayalam film industry

Visit of Honorable Minister Sri. K Radhakrishnan to CREST

Sri. K Radhakrishnan, Hon'ble Minister for the Welfare of the Scheduled Castes and Scheduled



Tribes and Chairman of CREST Governing Council visited CREST and interacted with the students on 10th March 2023. Speaking to the students he reiterated the importance of higher education and aspiring high. He also insisted the students be in regular touch with the Alumni of CREST who have achieved higher positions to get motivated.



Experience Sharing by the Interns from OSLOMET

Experience sharing of interns from Oslo Metropolitan University who have been interning at CREST for six weeks since 21 February 2023. The group which included four boys and eleven



girls has been learning about Kerala, particularly on women empowerment, waste management, achievements in education, and Gulf migration. The students were given orientations on these topics by the students of CREST and they were given a broad understanding of Kerala through their interactions outside the classrooms.

Student body election



Student body election was held on the 16th of February 2023. It allowed the students to foster leadership skills, communication, teamwork, organization and public speaking. This exercise was organized by the students in the backdrop that educated youngsters of Kerala are not very keen on political participation and citizen engagement.