

2.8. Mentor-Mentee Groups

2.8.1 Mentor-Mentee Groups

Mentor-Mentee for Session 2024-2025			
Name of Mentor	Class / Semester	Roll Number of Mentees	Total Number of Mentees
Dr. Monika Khanna	BSc 1yr PS	24PS001-24PS100	100
Dr. Varun Dhiman	B.A IIInd, B.A IIIrd	24GEO002, 24GEO004-18, 24HIS003-101	116
Anu sharma	BCA 5th sem	23BCA001-23BCA060	60
Gurpreet kaur	BCa 5th sem	23BCA061-23CA113 ,24PGA001-023	53
Pooja Thakur	BCA 1st sem	25BCA001- 25BCA060	60
Bandna	BCA 1st sem& 3rd sem	25BCA061-25BCA103 &24BcA001-030	70
Vikas sharma	BCA 3rd sem	24 BCA031-97	60
Anjali Kaundal	BBA IIIrd year	22BBA001 -48	48
Dr shveta Sharma	B.Sc. 1st year PS		
Monika Raizada	BBA 2 nd year	23BBA001 - 50	
vijay kumar	BBA 1st year	24BBA059-91	29
Vijay Kumar	BBA 2nd year	23BBA051-101	50
Richa Sharma	BBA IIIrd year	22BBA049-22BBA101	44
DR. RUCHY SHARMA	B.COM IST YEAR	24BCM01-100 +DEMOTED SUDENTS	100
DR. ALKA RANI	B.COM IST YEAR	24BCM101-204(ROLLNO. ALLOTTED TILL 216	104
kiran Bala	BBA 1st year	24 BBA 001-57	

Upasna Sharma	MCA 3RD	23013828001-23013828019, 23013828022-23013828024	22
Love Jaswal	MCA 3RD	23013828025-23013828029,23013828030,23013828032-23013828049	22
Rajni Kaushal	MCA 3RD	23013828050- 23013828071	22
Manav Thakur	MCA-1ST	MCA243830010074-MCA243830010094	21
Tanu Sharma	MCA-1ST	MCA243830010095- MCA243830010115	21
Shamli Sharma	MBA 1st	22013826001-30	29
Rashpal	MBA 1st	22013826031-62	28
Ashok Kumar Kapila	MBA 1st & 3rd	2213826063-73 & 23013826001-17	28
Aarushi	MBA 3rd	23013826018-45	28
Nisha Sharma	MBA 3rd	23013826046-73	28
Yash Paul	B.Sc.1st year (Computer Science)	24BCS001-24BCS107	107
Dinesh kumar	BVoc RM 1st Sem	24RM 001 -24RM 040	40
Disha Sharma	Bvoc HT 1st sem	24HT001 - 24HT040	40
Tanu	BVoc RM 3rd Sem	23RM001-23RM43	36
Nikita Sharma	B.Sc. 1st	224256001-224256048	46
Manjeet Singh	B.Com -3rd Year/ BA -1st Year	3222560091 to 3222560222/ 24ECO002 to 24ECO034	90
Anita Kumari	BA 2nd and 3rd		36
Dr. Bhagwan Dass	M.A. Economics Ist and 3rd Semester		27

Dr. Sunil Dutt	B.Sc. II Year	22325600077-282	70
Dr GAGAN DEEP	B.COM 3rd 1ST GROUP	322256001-322256090	80
Prof Parveen Saini	B.Com 2nd	3232560001 to all students	165
Dr. Ashwini Kumar	B.Sc. II Year	22325600001-74	40
Karan Kumar	BA1, BA2,BA3		49
Rakesh Kumar	BA 2nd		44
Baldev Raj	B Voc - HT - Final Year - 5th & 6th Semesters	22HT 001 to 22HT 025	11

GOVT. COLLEGE UNA, DISTT. UNA

(H.P.)

Student Mentoring Cell

Annual Report

(Academic Year 2022-23)

Mentor (Teacher) Name: Shweta Sharma Group No. _____
 Designation: Asst. Professor Name of Department: Chemistry

A brief Annual Report of Student Mentoring

The mentor-mentee group convened regular sessions where both academic and personal challenges were candidly addressed, enabling mentors to provide psychosocial support and offer targeted career guidance for competitive exams. Mentees facing study stress, time management struggles, emotional difficulties were discussed and helped them to develop coping skills, self-efficacy. They were also inspired to serve society and work towards national welfare. The action-able steps were taken for sustained academic improvement.

Date:.....

Signature of Mentor


 IQAC Coordinator


 Principal

23rd August 2024

1st Meeting: Orientation and Goal Setting:-

Objective: To welcome mentees, build rapport and set academic/personal goals.

- Agenda:
1. Introduction & Welcome
 2. Purpose of Mentor-Mentee Program
 3. Brief discussion of previous academic performance
 4. Goal setting for this year.

Activity: My goal this year

Signature of Students	Academic goal	Personal development
Niharika Singh	Increase focus & measurable objectives	Smoothing of hair.
Moroka	Improve grades in all subjects.	Removal of skin tan.
Damini	Avoid less mistakes in exams.	To get rid of my overthinking.
Pooja	To achieve above 80% in exams.	Improve Communication skill and become confident.
Ritika	upto May 2026, I have to prepare for my msc entrance.	To become mentally and emotionally strong.
Vishal	Go to college or get a job.	Time management.
Varnika	To do better than my last exam.	To get rid of my personality.
Himanshi	To improve my study routine.	To take proper care of my skin.
Gurmeet Kaur	To finish the syllabus before January.	To improve dancing skills.

classmate

Signature	Academic goal	Personal development goal
Tanvika	To finish assignment before due date.	To get rid of overthinking.
Tanvi Phansavay	To achieve 90% in exams.	To improve confidence.
Komal	Improve writing skill.	Exercise regularly.
Sanjana P	Improve Grades in all exams.	Improve Communication skills.
Harshdeep Kaur	To get good marks in my annual exams.	To improve my talking skills.
Jyoti	Avoid mistakes in exams.	Removal of my skin tan.
Shreya	Increase focus become proficient in all subjects.	Earn money.
Tanvi Choudhary	To overcome reaction & procrastination.	To get out of my comfort zone.
Ravshika Bansi	To complete all assignments on time.	To learn a new skill.
Aryan Arin	To cover up my syllabus time to time.	To kill my 5% hesitation.
ABHISHEK	To achieve more than 60% marks in this session.	To improve my communication skills.

classmate

2nd October 2024

2nd Meeting: Academic progress and Time-management.

Objective: To check the progress of mentees.
: Emotional wellness, & Exam preparation
: Peer discussion: How to handle pressure
: Importance of routine

Activity: Breathing awareness.
Self Motivation talk
Balanced Nutrition

Signature	Diet Suggestion	Self Motivation thought
Monika	Seasonal fruits	By rewarding myself
Niharika	Avoid fast food. Turmeric milk at night before sleeping.	I will not give up.
Dominic	drink chia seeds daily	whatever the situation is I will overcome
Pooja	Adding fruit in Your diet at once in a day.	The best time to start now. Sometime later become never.
Rishika	Eating 2-3 almonds per day.	By Seeing the persons who have achieved what they want in their life.
Ushash	using pizza daily with one wing.	Imagining myself on the top.
Vandana	Drink Smoothie with honey daily.	To get a job in life and earn good.
Himanshi	Avoid fast food	Keep watering yourself. You are growing.
Gurmeet Kaur	A glass of milk with 2 bananas daily before breakfast	No change the world by being yourself

Signature	Diet Suggestion	Self Motivation thought
Tarun	To avoid fast food & add green vegetables in diet	I'll not give up
Tanvi Khanna	Eating fruits in breakfast	To get job & earn good
Komal	Including whole grain and brown bread	Believe in yourself
Sanjna	Avoid fast food	I want to boost my confidence
Shrestha Kaur	Eat fresh fruits daily	I am stronger than my problems
Iyati	Avoid fast food, as much as possible.	My mother is my self motivation.
Shravya	Have enough protein and fiber	Don't want to die without travelling the world
Tammi Choudhary	To have more protein.	To get a job
Devika Kaur	Healthy snacking like fruits dry fruits.	Believe in yourself when no one else do.
Arjun Arin	Plenty of water, fruits, vegetable, whole grains etc.	To achieve luxurious life.
ABHINAV	Always take green vegetable & good fruits.	I want to become a good person.

4th February 2025

3rd Meeting: Personality Development & Self-confidence

Objective: Building Communication Skills and Self-esteem.

- Discussed the importance of Body Language, tone & presentation.
- To gain confidence in class.
- To understand self strengths and areas of improvement.
- Students were made to introduce themselves in the class.

Activity: Signature One positive trait about you and one sitting next to you.

Monaika	One positive trait about me is - I have a lot of patience in me.
Niharika	My friend - Straight forward and good listener. My positive trait - I uplift others in positive way. My friend - extremely kind.
Domin	My positive trait - I am true to myself. My friend - Straight forward.
Raja	I don't judge anyone under any circumstance. My friend - she is very pure and kind.
Rishi	My positive trait - having patience. My friend's trait - She is a good listener.
Nishal	They go understand the feeling of others. My trait - I am a person who will do my best to help others.
Vansika	My positive trait - Ignoring the person who talks about my appearance and weight. My friend's trait - They make me laugh always.
Mina	

Signature One positive trait about you and one sitting next to you.

Niharika	My positive trait - I always try to make people happy. My friend - She is a good listener.
Anuradha	Mine → Always being kind and respectful towards everyone. My friend is - Have positive attitude that makes things simple.
Tanmay	Mine → Always give motivation to people around me. My friend → Always makes people happy.
Tanvi	Mine → Always make everyone happy around me. My friend → Keep supporting me even in most difficult phase of my life.
Komal	Mine → I always try to make people happy. My friend → Good listener.
Sanjna	I am a curious person who loves learning new things. My friend → Talkative.
Harender	Mine - I always try to be calm in every situation. My friend - My friend always motivate me to study.

Student Mentoring Cell

Annual Report

Academic Year 2024-25

Mentor (Teacher) Name: Dr. Ruchi Sharma ; Dr. Alka Rani

Class - B.com 1st year (Sec A & B)

Designation : Assistant Professor

DEPARTMENT OF COMMERCE

A brief Annual Report of Student Mentoring

The session of B.com 1st year was started with Orientation Programme that was conducted by college common for all on 22nd July, 2024 and the Department of Commerce 3rd August, 2024 and issues related to admission, university registration, Rules and regulations to be followed in the college, to make them familiar with infrastructure and faculty of the college. Names of teachers working under different committees/clubs were also shared with the students like NSS, NCC, Rovers & Rangers, Women Cell, Library, Bus Pass attestation Committee, Anti ragging Cell etc. Further mentor mentee groups were formed Class wise with pre defined objectives and issues to be discussed by mentors in future with mentee to make uniformity in counseling and problem solving approach.

August 23, 2024

Students introduced themselves in the class. Mentor tried to make them comfortable by asking some informal questions so they may open to her. Mentor asked them what kind of problem they faced in past in teaching learning Process and what are their expectations from teacher and institution. Students responded very well. Opinion of the students were noted by the mentor and she assured that the department will try their best to match with their expectation. In addition to it, following issues were discussed

- I. Introduction of the students-Areawise, obtaining phone no.s and email Id - To collect the personal information of the students and developing Communication Skill.
- II. Why they are pursuing for Higher Education and why they have chosen Govt. College Una for admission?
- III. Motivating them to Join NSS, NCC and other co-curricular activities & to join different Clubs in the College.
- IV. Students were informed about importance of leave with prior approval (Medical/Casual) in case of absence and its impact on Assessment.

Mentor:

Dr. Ruchi Sharma

Dr. Alka Rani

COORDINATOR

25
Principal,
Govt. College
Una (H.P.)
PRINCIPAL

Student Mentoring Cell

Annual Report

(Academic Year 2024-25)

Mentor (Teacher) Name- Dr. Ruchy Sharma ; Dr. Alka Rani

Class - B.com 1st year (Sec A & B)

Designation : Assistant Professor

DEPARTMENT OF COMMERCE

September 13, 2024

Group leaders were made who can assist their group in assignment making, preparing for test. Knowing their hobbies & interests and to recognize slow and fast learners in the groups. The students were very happy to join new friends and were excited to do work with zeal in future. Group leaders and members promises to do best in academics and co-curricular activities. In addition to it, some instructions were given to students regarding CCA EXAM preparation and how to attempt in the exam was discussed. In addition to it, Following points were discussed-

- I. Preparation of Assignments
- II. Time management for study
- III. Feedback questions were asked to the students like—
 - a) How do you feel when you first join the college?
 - b) Are you feeling comfortable with teaching environment in the college?
 - c) To know the Willingness of the students to participate in future Activities like Mehndi competition, Dancing, singing, Declamation competition etc. organised by the department in the future.

Mentor
Dr. Ruchy Sharma
Dr. Alka Rani


IQAC COORDINATOR

25
Principal,
Govt. College
Una (H.P.)
PRINCIPAL

Student Mentoring Cell

Annual Report

(Academic Year 2024-25)

Mentor (Teacher) Name-Dr. Ruchy Sharma ; Dr. Alka Rani

Class -B.com 1st year (Sec A & B)

Designation : Assistant Professor

DEPARTMENT OF COMMERCE

November 08, 2024

This meeting was conducting to get the feedback of the students regarding their performance, Subject knowledge, regularity in class subjects or chapters they found more difficult and kind of assistance they need for future learning. This session was very important since students talk about their academic problems and seek the solutions. Following points were discussed-

- I. Students were asked about Use of Social media and their impact on their life was discussed.
- II. which type of social stress /mental stress they are facing (due to competition, inferiority complex, Family problem/ expression/ lack of resources/ depression or any other problem
- III. Feedback regarding their Assignments: learning style and regularity in class.
- IV. Discussion regarding CCA exam preparations, to obtain good score in the exam and improvement of performance.
- V. It was also conveyed that attendance in CCA exam is Compulsory for getting Assessment for final exam.

December 03, 2024

This meeting was conducting to get the feedback of the students regarding their performance in CCA exam. This session was very important since students talk about their problems faced during CCA exam and discuss the solutions. Following points were discussed-

- I. Feedback regarding their syllabus of all subjects before CCA.
- II. Students felt that they need revision session for Hindi; English and other subjects. The Mentor further agreed to conduct revision sessions. Students who were having lack of confidence and concentration/ confusion problems were counseled by the teacher and given instruction who to overcome it.
- III. Problems faced by them in learning and performance process. Students were advised to prepare paper setter and evaluator point of view.

Mentor :
Dr. Ruchy Sharma
Dr. Alka Rani


IQAC COORDINATOR
Principal,
Govt. College
Una (H.P.)

Student Mentoring Cell

Annual Report

[Academic Year 2024-25]

Mentor (Teacher) Name-Dr. Ruchy Sharma ; Dr. Alka Rani

Class -B.com 1st year (Sec A & B)

Designation : Assistant Professor

DEPARTMENT OF COMMERCE

II. They were advised how to address the stress and performance anxiety issues.

III. Following questions were asked to the students:

- Do you think the syllabus is completed in time ?
- Do you need revision session/Remedial Classes ?
- Which subject do you find difficult ?
- Are you satisfied with facilities available in the Department/ College ?
- Do you feel comfortable while discussing your problems with teacher ?
- Do you feel activities conducted by department has boosted your confidence ?

The students were counseled and tips were given to them for preparing their syllabus, how to attempt in CCA/ final exam. Time Management in exam and it was assured by mentor that remedial classes and revision sessions will be conducted to help the weak students in future. The best thing in this session was that students were eager and comfortable to share their problems.

Mentor :
Dr. Ruchy Sharma
Dr. Alka Rani

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