



Criterion 2.8 Mentor-Mentee Groups

Sessions conducted per group students

Each Mentor conducted minimum 4 (Four) sessions per session (2024-2025)

Mentor-Mentee Report (Session 2024-25)
Mentor: Dr. Bhawna Azad
Department of Commerce, GDC Darlaghat

September – Session 1
Topic: Getting to Know Each Other & Setting Goals
 In our first meeting, we introduced ourselves through short ice-breakers and open conversation. We covered:

- What students expect from this mentoring program
- Personal strengths and things they want to improve
- Simple and realistic goals for this academic year

Next Steps:

- Progress will be reviewed in the coming sessions

October – Session 2
Topic: Time Management Tips
 This session focused on how students can manage their time better. We discussed:

- Why planning time is important
- How to make a timetable or to-do list
- Simple ways to avoid distractions and stay focused

Action Plan:

- Students will try to follow a basic daily or weekly plan
- Discuss their experience and difficulties in the next meeting

November – Session 3
Topic: Dealing with Stress and Problems
 In this session, we talked about the challenges students often face and how to stay strong during tough times. We explored:

- Common reasons for stress in student life
- Simple ways to relax and stay positive
- The importance of not giving up

Next Steps:

- Students will think about a time they overcame a challenge
- Share their thoughts or a short story in the next session

• Sharing first impressions of college
 • Discussing daily routines
 • Basic do's and don'ts for a smooth college experience

Session 2 – October
Topic: Building Good Habits
 This session was all about forming small but useful habits. The mentor discussed how regular actions—like reading for 20 minutes, staying organized, or sleeping on time—can make a big difference in performance and well-being.

Activities:

- Identifying one habit to improve
- Writing a simple habit tracker
- Discussing ways to stay consistent

Session 3 – November
Topic: Staying Focused and Positive
 In this session, we talked about how to stay focused in studies and stay positive even when things get hard. The mentor explained how distractions affect us and how to keep a positive mindset.

Activities:

- Group discussion: what distracts us most?
- Simple tips for concentration
- Positive thinking exercises

December – Session 4
Topic: Review of Progress and Planning for the Future
 In our last session of the year, we looked back at our earlier goals and talked about future steps. Discussion included:

- How much progress was made
- What goals were achieved
- Planning for studies, careers, or personal growth

Next Steps:

- Students will write a short reflection on what they learned
- Give honest feedback on the mentoring sessions

Submitted by:
Dr. Bhawna Azad
 Department of Commerce, GDC Darlaghat

Principal
 Govt. Degree College
 Darlaghat, Dist. Solan (H.P.)

Submitted by:
Puneet Thakur
 Department of Commerce
 GDC Darlaghat

Principal
 Govt. Degree College
 Darlaghat, Dist. Solan (H.P.)

List of Mentees alongwith Mentors in r/o GDC Darlaghat, District Solan HP
as on 30/08/2024

1	BA (Year 2)	RAHUL VERMA	23010040	Ms. Bhuvli Sharma, AP History
2	BA (Year 2)	BHUPENDER KUMAR	23010041	
3	BA (Year 3)	BANITA DEVI	21010027	
4	BA (Year 3)	KUSUM THAKUR	21010031	
5	BA (Year 3)	Deepika	21010038	
6	BA (Year 3)	TARA DEVI	22010001	
7	BA (Year 3)	SHWETA SHARMA	22010002	
8	BA (Year 3)	BHARTI SHARMA	22010003	
9	BA (Year 3)	AARTI	22010004	
10	BA (Year 3)	Hem Lata	22010006	
11	BA (Year 3)	Sharda	22010007	
12	BA (Year 3)	HITESH VERMA	22010008	
13	BA (Year 3)	PREETI SHARMA	22010012	
14	BA (Year 3)	NAKUL NAKUL GUPTA	22010013	
15	BA (Year 3)	kamna Sharma	22010014	
16	BA (Year 3)	BHAWNA SHARMA	22010017	
17	BA (Year 3)	RACHNA GAUTAM	22010021	

Principal
Govt. Degree College
Darlaghat, Dist. Solan (H.P.)

List of Mentees alongwith Mentors in r/o GDC Darlaghat, District Solan HP
as on 30/08/2024

1	BA (Year 3)	Anita	22010022	Ms. Rachna Tanwar, AP Hindi
2	BA (Year 3)	PRAVEEN SHARMA	22010023	
3	BA (Year 3)	KARAN SHARMA	22010026	
4	BA (Year 3)	MAAKTA	22010027	
5	BA (Year 3)	SNEHA	22010028	
6	BA (Year 3)	AANCHAL	22010029	
7	BA (Year 3)	DAMINI	22010031	
8	BA (Year 3)	MINAL SHARMA	22010032	
9	BA (Year 3)	YACHANA	22010033	
10	BA (Year 3)	NAINA MAHAJAN	22010034	
11	BA (Year 3)	DHEERAJ KUMAR	22010038	
12	BA (Year 3)	Nishant Gupta	22010043	
13	BA (Year 3)	KARAN	22010046	

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MENTOR-MENTEEOGROUP
"COPING WITH STRESS AS AN YOUNG ADULT"

ATTENDANCE

DATE: 11/09/2024

S. NO.	CLASS	NAME	ROLL NO.	SIGNATURE
1	BA (Year 2)	RAHUL VERMA	23010040	
2	BA (Year 2)	BHUPENDER KUMAR	23010041	
3	BA (Year 3)	BANITA DEVI	21010027	
4	BA (Year 3)	KUSUM THAKUR	21010031	
5	BA (Year 3)	Deepika	21010038	
6	BA (Year 3)	TARA DEVI	22010001	
7	BA (Year 3)	SHWETA SHARMA	22010002	
8	BA (Year 3)	BHARTI SHARMA	22010003	
9	BA (Year 3)	AARTI	22010004	
10	BA (Year 3)	Hem Lata	22010006	
11	BA (Year 3)	Sharda	22010007	
12	BA (Year 3)	HITESH VERMA	22010008	
13	BA (Year 3)	PREETI SHARMA	22010012	
14	BA (Year 3)	NAKUL NAKUL GUPTA	22010013	
15	BA (Year 3)	kamna Sharma	22010014	
16	BA (Year 3)	BHAWNA SHARMA	22010017	
17	BA (Year 3)	RACHNA GAUTAM	22010021	

MENTOR-MENTEEOGROUP
"INTRODUCTION & ICE-BREAKING"

ATTENDANCE

DATE: 04/09/2024

S. NO.	CLASS	NAME	ROLL NO.	SIGNATURE
1	BA (Year 2)	RAHUL VERMA	23010040	
2	BA (Year 2)	BHUPENDER KUMAR	23010041	
3	BA (Year 3)	BANITA DEVI	21010027	
4	BA (Year 3)	KUSUM THAKUR	21010031	
5	BA (Year 3)	Deepika	21010038	
6	BA (Year 3)	TARA DEVI	22010001	
7	BA (Year 3)	SHWETA SHARMA	22010002	
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11	BA (Year 3)	Sharda	22010007	
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14	BA (Year 3)	NAKUL NAKUL GUPTA	22010013	
15	BA (Year 3)	kamna Sharma	22010014	
16	BA (Year 3)	BHAWNA SHARMA	22010017	
17	BA (Year 3)	RACHNA GAUTAM	22010021	

4. A WhatsApp group was formed in order to facilitate communication between members.

5. Further, it was decided that mentees can have individual consultation with the mentor on Mondays & Tuesdays at designated time period [1:40 - 2:20 p.m.]. This provision has been made to facilitate individual attention and cater to special needs.

6. Next meeting has been scheduled for 11th September 2024. The theme for the discussion will be, "Coping with Stress as a Young Adult."

Mentor
Mr. Chai Sharma
A.P. Singh

Principal

05/09/2024
Wednesday

MENTORSHIP SESSION
(ORIENTATION & INTRODUCTION)

As for the mentor-mentee groups constituted on 30/08/2024, the first meeting of the group assigned to Mr. Chai Sharma, was held on 5th September 2024 in LHS at 1:20 p.m. Twelve mentees were present in the meeting, along with the mentor.

The key features of the meeting were:

1. An introduction and ice-breaking session was conducted. The mentor as well as the mentees shared aspects of their personal lives with the group for example - hobbies, likes, dislikes etc. This helped in building up confidence and camaraderie.
2. Mentees were furnished with description of the group & to build a community of friendship and mutual support. They were also given a list of various aspects of life that may not be directly related to education, but are essential for better growth.
3. It was decided that weekly meetings of the group will be held on every Wednesday from 1:40 p.m. to 2:20 p.m., at both mentor & mentee as per the time slot.

05/09/2024

Mentor - Mentee (आग सभा) [सत्र-2024-25]

प्रथम बैठक

दिनांक 5 सितंबर, 2024 को राजकीय महाविद्यालय बालाघाट में 'Mentor - Mentee' की प्रथम बैठक का आयोजन किया गया। इस बैठक में विद्यार्थियों के साथ निम्न बिंदुओं पर चर्चा की गई।

- 1) विद्यार्थियों के साथ WhatsApp ग्रुप बनाया गया।
- 2) विद्यार्थियों के साथ 'मादन व डेरन रैली' को सुझाव कैसे दिया जाए' इस विषय पर विस्तृत चर्चा की गई।
- 3) विद्यार्थियों को प्रसिद्ध शहरों की जीवनी पढ़ने के लिए भी गई।
- 4) यह बैठक आमंत्रित रही। आगामी बैठक 23 नवंबर 2024 को रविवार को राजकीय महाविद्यालय में विद्यार्थियों के साथ आयोजन की जा रही है।' विषय पर चर्चा की जाएगी।

छात्रों की उपस्थिति :-

नाम	हस्ताक्षर
Bhavya Sharma	
Karan Sharma	
Anand	
Dheeraj Kumar	
Karan	
Damini	
Yashna	
Shreya	
Mamta	