



MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

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Report of Mentor Mentee Club of The Department of Nutrition **Subject -B.Sc (Nutrition)** Mugberia Gangadhar Mahavidyalaya

Mentor- Mentee Cell (Formerly known as Tutor-Ward Club) is founded by Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Department of Nutrition with a vision to extend support and guidance to the students studying in the college for the betterment of their academic and professional career and thereby contribute towards nation building. It is very effective system that is aimed to narrow down the gap between the mentee and the mentor and thereby the society in general. The students may come across difficulties during the degree programmes and have to face academic and adjustment challenges. To cope up with such problems and to enable them to excel in academics and profession as per their potential, a Mentor- Mentee programme for the students of the institution has been developed.

We are providing counseling to the students through personal attention and regular dialogues during their stay on campus, on telephone and by paying personal visits to the houses of the mentees allotted to the teacher concerned as the Mentor. We have been providing them tips on studies personal counseling, guidance regarding career choices, to get success in the university examinations. We have also been supporting the mentees in the form of precise content on courses, fees, reviews, college admission process and scholarships etc. The scheme has become very successful in bridging the gap between the teacher and the student. It has become instrumental in blending the harmonious relationship between the learner and his/her family and the institution at large. It has definitely created an atmosphere of conviction and faith about the alma mater. Consequently, every year the enrolment ratio of girl-students from all sections of society has been rapidly increasing.

We aim that all students get rightly educated and take the right step towards building their career

Aims and Objectives:

- To bridge the gap between the mentor and the mentee.
- To ensure the quality performance of the students in academics.
- To deal with the related issues for the holistic development of the students.
- To provide mutual support and congenial learning environment.
- To inspire and motivate for higher studies and competitive examinations.
- To discuss stress related issues.
- To regulate the academic involvement and assess the outcome

Program Details:

- Mentees shall be assigned to the mentors right from the first year of the programme.
- A mentor shall not have more than 30 mentees at a time.

- The mentees preferably be attached to the same mentor for the entire duration of the programme.
- The mentor shall meet the mentees regularly and record the outcome of the meeting in the hard copy. The details about each mentee will be recorded and periodically updated.
- The mentor shall identify the students performing exceptionally well in curricular or co-curricular activities and report to the head of the institution/department for providing further motivation to advanced/gifted learners.
- The mentor shall also identify the students whose performance/attendance is below par. The mentor shall interact with the student and try to find out the cause of the problem or an indifferent behavior. If required the mentor will involve the parents, head of the department for reforming the student.
 - A. Attendance: The mentor shall observe and monitor the attendance of the mentee. He/she shall advise and take necessary follow up action with regard to students who do not meet the attendance norms of the college.
 - B. Academic Matters: The mentor shall also keep a track of the academic performance of mentees including continuous assessment, term and examination and help the mentee through counseling or by arranging remedial teaching, if necessary
 - C. Behavioral and discipline matters.
 - D. Health and physical well being.
 - E. Achievements, talents and co-curricular activities.
 - F. Stress related issues.



Duties/Responsibilities of Mentor:

- A. Introduce and discuss the concept of mentor- mentee system with the assigned mentees.
- B. Call a meeting of all mentees and record their necessary details in the designated form, note any specific requirement of students and discuss with them the complete schedule of future meetings
- C. Keep a track of the attendance, academic performance and behavioral aspects of the students by interacting with exam department and the hostel authorities etc.
- D. Support students academically and emotionally.
- E. Contact parents to inform the progress of their ward, whenever required and visit the houses of mentees at least twice in the year.
- F. Maintain a record of the progress made by the identified underperforming students and take remedial actions wherever required.
- G. To guide students and also to arrange for remedial teaching if required.

Duties/Responsibilities of Mentee:

- a. Attend meeting regularly
- b. Fill personal information in the form at the time of joining the mentor- mentee system.
- c. Provide details of attendance, continuous assessment, term end examination, co curricular, extra- curricular activities to the mentor whenever asked for.
- d. Repose confidence in the mentor and seek his/her advice whenever required.
- e. Provide all the necessary data with relevant documents (Previous Academic performance Records, documents for participation in extra/co curricular activities and academic advancement).
- f. Know what you want and ask for what you need.
- g. Identify special goals that you want to achieve and discuss it clearly with your mentor.
- h. Seek information regarding resources that you need from various sources.
- i. Conduct Peer Mentoring to help your mentor.
- j. Have a positive attitude.
- k. Accept feedback respectfully & cordially & discuss future course of action.
- l. Attend mentor meetings regularly & punctually.

m. Provide feedback and communicate healthy developments in you.

Characteristics of a good Student Mentor:

- A good student mentor is someone who engages in a positive relationship with the student and gives them attention.
- The mentor needs to have positive self-esteem, react well to stressful situations and tolerate frustrating situations.
- They need to listen well and communicate on a level that the student can understand and not be judgmental.
- The mentor needs to provide leadership and guidance and be a positive role model, nurturing a relationship that respects the student's dignity.
- The mentor must always show up on time for sessions, be committed and accept their responsibilities.
- A good mentor will reinforce the student's successes and challenge them to do better and be willing to give them a fresh start if there are any lapses.
- They will not break the trust they have established.

Benefits of a Student Mentoring Program:

- Students benefit by receiving the support and guidance of a caring adult or supportive peer and also receiving assistance with their academic studies.
- Students will experience greater self-esteem and be motivated to succeed.
- They will also receive encouragement to stay in education and progress to further and/or higher education and receive assistance in choosing a career path.
- The Mentees will be encouraged to avoid the use of drugs and alcohol.
- Student will also improve interpersonal relationships, such as with Institute, the teaching staff and the student's family.

Benefits to Peer Mentors:

- Adults who volunteer to mentor students increase their involvement in the learning community and recognize they can make a difference.
- They will gain new experience and knowledge about young people and the Institute community and contribute to the wider aims of community cohesion and regeneration.

Benefits to the Nutrition Department:

- Having a student mentoring scheme helps to foster good community relations and contributes to the local and area targets for economic growth.
- Students will be more motivated and inspirational which will improve morale amongst the learning community.
- Mentoring will maximize the achievements of individual students and groups of students who are at risk of underperforming and remove barriers to achievement for vulnerable groups of students.

- Mentoring enhances the skills of staff and students, improves student attendance and increases student retention.

Minutes of the Departmental meeting for Mentor Mentee Club on 09.03 .2022

Members present:

1. Dr. Apurba Giri, HOD, Assistant Prof., Dept. of Nutrition
2. Mrs. Moumita Samanta, SACT, Dept. of Nutrition
3. Ms. Pranati Bera, SACT, Dept. of Nutrition.
4. Mrs. Keya Dash, SACT, Dept. of Nutrition.
5. Mrs. Rikta Jana, SACT, Dept. of Nutrition.
6. Mrs. Sucheta Sahoo, SACT, Dept. of Nutrition..
7. Mr . Prabir Jana, SACT, Dept. of Nutrition..
8. Mr.Tonmoy Kumar Giri, SACT, Dept. of Nutrition..
9. Ms. Monalisa Roy, Assistant Prof., Dept. of Nutrition..
10. Ms. Surti Mandal, Assistant Prof., Dept. of Nutrition..
11. Mr. Khokan Chandra Gayen, Assistant Prof., Dept. of Nutrition..
12. Mr. Ayan Mondal, Assistant Prof., Dept. of Nutrition..

A short meeting was arranged at 3 pm regarding the implementation of “**Mentor Mentee Club**” in our Department. All teachers of the department joined the meeting in time. **Dr. Apurba Giri, HOD of Dept. of Nutrition** chaired the meeting.

Decision taken in the meetings:

- 1) It is decided that **Dr. Apurba Giri** will be coordinator of this programme.
It is decided that Ms. Pranati Bera & Mrs. Keya Dash will be joint-coordinator of this programme.
- 2) A mentor mentee programme will be held on 09.03.2022.
- 3) Approved list of the Mentors and list of mentees assigned to mentor is formatted which are given below.

Mugberia Gangadhar Mahavidyalaya
Mentor-Mentee Club
Approved List of the Mentors
Department of Nutrition
2022-2023

Sr. No	Name of Mentor	Dept. of Mentor	No of Mentees	Allotted Class of Mentees
1.	Dr. Apurba Giri Assistant Professor & HOD	Nutrition	20	B.Sc I Sem
2.	Mr. Tonmoy Kumar Giri, SACT	Nutrition	10	B.Sc I Sem
3.	Mrs. Moumita Samanta SACT	Nutrition	11	B.Sc V Sem
4.	Ms. Pranati Bera SACT	Nutrition	14	B.Sc III Sem
5.	Mrs. Keya Dash, SACT	Nutrition	16	B.Sc III Sem
6.	Mr. Prabir Jana	Nutrition	21	B.Sc I Sem
7.	Mrs. Rikta Jana	Nutrition	24	B.Sc IIISem

Mugberia Gangadhar Mahavidyalaya
Mentor-Mentee Club
List of mentees assigned to Mentors
Department of Nutrition

SL. NO.	Name of Mentee Allot	No of Mentee Allotted	Name of Mentee	Class of Mentee	Address and Phone No. of Mentee
1.	Ms. Pranati Bera	10	SOMA PAHARI	B.Sc Nutrition 5 th Sem	C/O - NITAI PAHARI VILL- CHHOTOU DAY PUR,P.O- ARGOAL DIST - PURBA MEDINIPUR PIN -721456 DATE OF BIRTH - 31/05/2004 BLOOD GROUP - A+ E-MAIL : SOMAPAHARI382@GMAIL.COM MOBILE : 9564259648 M.P + H.S -BRAJAKISHOREPUR DESHAPRAN GANGARAM HIGH SCHOOL
2.	Ms. Pranati Bera	10	SUMANA BHUNIA		C/O :- ASWINI KUMAR BHUNIA. VILL:- PANCHBAJARI. DIST:-PURBA MEDINIPUR. PIN:- 721434. DATH OF BIRTH:- 03/04/2001. BLOOD GROUP:- B+. EMAIL ID:- BHUNIASUMANA95@GMAIL.COM. MOBILE NO:- 7547982844
3.	Ms. Pranati Bera	10	SHIULI BERA		C/O:- RAJKUMAR BERA VILL:- ICHHABARI P.O:- ICHHABARI DIST:- PURBA MEDINIPUR PIN:- 721444 DATE OF BIRTH:- 09/08/2003 BLOOD GROUP:- O+ EMAIL ID:- BERASHIULI2003@GMAIL.COM MOBILE NO:- 9064453228

4.	Ms. Pranati Bera	10	ASIMA MAITY	C/O:-SAMIR MAITY VILL:-BANSGORA P.O:-BANSGORA BAZAR DIST:-PURBA MEDINIPUR PIN:-721430 DATE OF BIRTH:-16/10/2002 BLOOD GROUP:-A+ E-MAIL:- MAITY.99ASIMA@GMAIL.COM MOBILE NO:-787271691
5.	Ms. Pranati Bera	10	DEBABRATA JANA	C/O:- BIMAL JANA VILL:- BHOSHLA GERIA P.O:- ANAL BERIA DIST:- PURBA MEDINIPUR PIN:- 721444 DATE OF BIRTH:- 12/09/2003 BLOOD GROUP:- B+ EMAIL ID:- DEBABRATAJ321@GMAIL.COM MOBILE NO:- 9064860924
6.	Ms. Pranati Bera	10	SUSHMITA GIRI	C/O : KAMAL KUMAR GIRI VILL : DEURIBARH DIST : PURBA MEDINIPUR PIN : 721626 DATE OF BIRTH : 02.04.2004 BLOOD GROUP : A+ E-MAIL : SG2437149@GMAIL.COM MOBILE NO. 9064832946 M. P + H. S : DEURIBARH KIRANPRAVA VIDYAMANDIR HIGH SCHOOL.
7.	Ms. Pranati Bera	10	SATHI JANA	C/O : - PRANABESH CHANDRA JANA VILL + POST : - URURI DIST : - PURBA MEDINIPUR PUR PIN : - 721458 DATE OF BIRTH : - 13/10/2003 BLOOD GROUP : - O+ EMAI ID : - JANASATHI312@GMAIL.COM MOBILE NO : - 8388907811
8.	Ms. Pranati Bera	10	PURNIMA GUCHHAIT	C/O : SURJODAY GUCHHAIT VILL : BENYAJHI DIST : PURBA MEDINIPUR PIN : 721444 DATE OF BIRTH: 16.04.2003 BLOOD GROUP : B+ E-MAIL : ARUSHI1642003@GMAIL.COM

					MOBILE NO. 9679186161
9.	Ms. Pranati Bera	10	SWAGATA DAS		C/O-KESHAB CHANDRA DAS VILL- ERABAR, P.O- JABDA DIST- PURBA MEDINIPUR, PIN - 721456, DATE OF BIRTH - 25/12/2003 BLOOD GROUP - B+ EMAIL - DASSWAGATA194@GMAIL.COM MOBILE - 9547427859
10.	Ms. Pranati Bera	10	SURJYASHREE DOLAI		C/O - SATYABRATA DOLAI VILL - EKTERPUR, P.O- BHUPATINAGAR, DIST- PURBAMEDINIPUR, PIN- 721425 DATE OF BIRTH-19/05/2004 BLOOD GROUP -B+ EMAIL- DOLAISURJYASHREE@GMAIL.COM MOBILE -9593111472
11.	Mrs. Keya Dash	09	DEBJANI ADAK		C/O- DIPAK ADAK VILL- UTTAR KANAIDIGHI P.O- KULANJARA DIST- PURBA MEDINIPUR PIN- 721427 DATE OF BIRTH - 09/08/2003 BLOOD GROUP - A+ EMAIL- DEBJANI.KANAIDIGHI@GMAIL.COM MOBILE NO - 8597710599
12.	Mrs. Keya Dash	09	SATHI ROY		C/O-BIKASH ROY VILL-RADHAPUR, P.O-MADHABPUR, DIST - PURBA MEDINIPUR , PIN-721626, DATE OF BIRTH - 28/01/2004, BLOOD GROUP - B+ EMAIL - ROYSATHI857@GMAIL.COM MOBILE - 7478461396
13.	Mrs. Keya Dash	09	JAYASRI GIRI		C/O:- JOYDEB GIRI VILL:- PURBATALLA P.O:- TIKASHI DIST:- PURBA MEDINIPUR

					PIN:- 721430 DATE OF BIRTH:- 09/07/2003 BLOOD GROUP:-O+ EMAIL ID:- JAYASRIGIRI7@GMAIL.COM MOBILE NO:-6295921556
14.	Mrs. Keya Dash	09	SUSMITA MAITY		C/O-BISWAJIT MAITY VILL- MATHURA P.O- MATHURA DIST- PURBA MEDINIPUR PIN-721456 DATE OF BIRTH:- 16/11/2003 BLOOD GROUP:- O+ EMAIL ID- MAITY.SUSMITA16112003@GMAIL.COM MOBILE NO- 8389082873
15.	Mrs. Keya Dash	09	AMBIKA DAS ADHIKARI		C/O- ASHOK DAS ADHIKARI VILL- MATHURA P.O- MATHURA DIST-PURBA MEDINIPUR PIN-721456 DATE OF BIRTH- 30/03/2004 BLOOD GROUP-O+ EMAIL ID - AMBIKA2004DAS@GMAIL.COM MOBILE NUMBER -8972291222
16.	Mrs. Keya Dash	09	JAYANTI MAITY		C/O- NIKHIL MAITY VILL- JUKHIA P.O.- JUKHIA BAZAR DIST.- PURBA MEDINIPUR PIN - 721430 EMAIL ID - JAYANTIMAITY778@GMAIL.COM DATE OF BIRTH - 28/11/2002 BLOOD GROUP- O+ MOBILE NO. 6294312574
17.	Mrs. Keya Dash	09	PRATIMA SAHOO		C/O-PRAVAKAR SAHOO VILL-PANDUAPARA P. O- KATRANKA DIST- PURBA MEDINIPUR PIN- 721454 EMAIL- TAPASISAHOO66020@GMAIL.COM DATE OF BIRTH- 1/7/2003 BLOOD GROUP-A+ MOBILE NO- 9339575168
18.	Mrs. Keya Dash	09	BULTI JANA		C/O - SUNIL JANA

				<p>VILL - UTTAR BAMUNIA POST - DIGHA DARI DIST - PURBA MEDINIPUR PIN -721444 DATE OF BIRTH -14/08/2003 BLOOD GROUP -B+ EMAIL - BULTIJANA383@GMAIL.COM MOBILE NO. 8001510802</p>
19.	Mrs. Keya Dash	09	RAIKAMAL BERA	<p>C/O- PIJUSKANTI BERA VILL- KANAIDIGH P.O.- KANAIDIGH DIST.- PURBA MEDINIPUR PIN - 721444 EMAIL ID - BERARAIKAMAL5@GMAIL.COM DATE OF BIRTH - 22/12/2003 BLOOD GROUP- B+ MOBILE NO.- 9382490660</p>



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Department of Nutrition

NOTICE

Date-20.02.2022

This is to hereby notify all the students that the Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya is going to organize a Mentor Mentee Program on 9th March 2022 at 3.00 p.m. in our department through offline mode. All the teachers and the students of our department are requested to be present positively.


Principal 20.02.2022

Mugberia Gangadhar Mahavidyalaya


Principal
Mugberia Gangadhar Mahavidyalaya



Mentor Mentee Program

Department of Nutrition

Mugberia Gangadhar Mahavidyalaya

The entire world is going through the grim situation owing to the COVID-19 pandemic and its new variant “Delta” as well as “Omicron”. In the present situation people are passing days with lots of uncertainties like threat to be infected, economic recession owing to the long period of lock down, irregularities and disruption of children’s education, domestic intolerance due to no or irregular earning and old parent’s physical instability as well as employment uncertainties of the educated youth. Not only these, the modern highly complicated way of life has led people in front of perpetual competition and new challenges.

In the light of this, a committee was formed under the mentorship of the Principal, Mugberia Gangadhar Mahavidyalaya, Dr. Swapan Kumar Misra and Dr. Apurba Giri HOD of Department of Nutrition as Convener to conduct the program in a systematic manner. The “**Mentor Mentee Program**” was completed successfully under the proper guidance of Honble Principal Sir Dr. Swapan Kumar Misra through face-to-face program on 09.03.2022 with 19 participants.

In the welcome address Dr. Apurba Giri, HOD of Nutrition Department had briefly discussed about the relevance of organizing “**Mentor Mentee program**” in the transition period to move towards the digital milieu along with the uncertainties owing to the covid-19 situation. Learners should do self-analysis to find out their strengths as well as weaknesses. Our Principal sir, Dr. Swapan Kumar Misra also briefly discuss about mentor mentee program and also motivate the students participant all the program and reports all the problem to the mentors friendly every time Mrs. Moumita Samanta, Dept of Nutrition discussed in details about the importance of this programme. All the others teacher clearly discusses about the objectives of this program and motivates to participate friendly. At the end of the program the vote of thanks was proposed by, Dr. Apurba Giri, HOD of Department of Nutrition.

Mentor Mentee Meeting 2022

Dated - 09.02.2022

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Date: / /

It is hereby inform you all that the mentor mentee meeting will be held on 09.03.22 at 3:15 PM on the following agendas. So all Mentees are asked to present positively.

Agendas :

1. Social Economic issues of the students.
2. Less attendance in the class.
3. Family issue if any.
4. Feedback regarding their subject learning.
5. Career Empowerment
6. Mental health of the Mentees.
7. Future planning regarding studies and upcoming end sem examination.
8. Discussion on scholarships.
9. Misc.

Members present at Mentor Mentee Meeting held on 09.03.22

Students' Name :

1. Shreli Bera
2. Pratima Sahoo
3. Jayasri Chishi
4. Asima Maity
5. Anpita Jana
6. Raikamal Bera
7. Bakti Jana
8. Soma Pahari



- 9. Debyani Adak
- 10. Susmita Maity
- 11. Sathi Roy
- 12. Jayanti Maity
- 13. Purvinaa Gulchhait
- 14. Satni Jana
- 15. Sumana Bhunia



Resolution:

In this meeting 15 students of 20 students (UG - Sem V) were present. After a friendly discussion of almost 70 minutes some points look common to all.

- 1. All students are worried about their end semester examination, so some extra class were allotted in the dept to solve previous year wise questions for each core paper's and face to face answer scripts evaluation were done by the dept facilities.
- 2. To improve their skill in ICT, a workshop on ppt preparation was conducted by the dept sem Vth within June 2023.
- 3. Mentor watch that the mentees were less knowledge about IT like Microsoft office, C-language, MATLAB software and IT certificate courses will be arranged by the dept.
- 4. For improving their better / more confidence as well as for developing better prospects for students the dept again arranged some workshops like
 - (i) How to improve your self confidence
 - (ii) How to improve your critical thinking power
 - (iii) Arrange quiz for higher studies.
 - (iv) Publish wall magazine and need of it.



(v) One day workshop on 09.03.22

5. Few student again have some issues regarding their economical problems so to improve their mental health there are some regulations:

(i) Be mindful (ii) We are not alone, so be in it together.

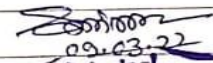
(iii) Be intentional (iv) Be communicative (v) positive out look.

(vi) Create a daily or weekly routine.

(vii) Celebrate your Big/Small success.

(viii) Study the life and works of some eminent and vivekananda, vidyasagar and others to make your dedication mind/creative mind.

Finally meeting ended with thanks to all.


09.03.22
Principal
Mugberia Gangadhar Mahavidyalaya



Some photos

