



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

E-mail : mugberia_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

Report on

“Mentor Mentee Club”

Organized by- Department of Nutrition

Mugberia Gangadhar Mahavidyalaya

22.03.2022

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**Report prepared by Mr. Tonmoy Kumar Giri, SACT, Dept. of Nutrition,
Mugberia Gangadhar Mahavidyalaya**

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 22.03 .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. Tonmoy Kumar Giri & Mrs. Keya Dash will be joint-coordinator of this programme.
- 2) A mentor mentee programme will be held on 18.12.2022.
- 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 IIISem
5.	Mrs. Keya DashSACT	Nutrition	16	B.Sc III Sem
6.	Mr. Prabir Jana	Nutrition	20	B.Sc IV 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

Sr. No.	Name of Mentor	No of Mentee Allotted	Name of Mentee	Roll No. of Mentee	Class of Mentee	Address and Phone No. of Mentee
1.	Mr. Prabir Jana	20	Sukanta Bhunia		B.Sc 5 th sem	C/O- SUBHAS CHANDRA BHUNIA VILL- UMAPATIBAR P.O- KULANJARA P.S- CONTAI DIST- PURBA MEDINIPUR PIN- 721427 D.O.B- 19/02/2003 BLOOD GROUP- A+ EMAIL ID- BHUNIA.S2003@GMAIL.COM MOBILE NO- 8345841254
2.	Mr. Prabir Jana		Shreya Maity		B.Sc 5 th sem	C/O- ASISH KUMAR MAITY VILL- PURBACHARA P.O- TIKASHI P.S- KHEJURI DIST- PURBO MEDINIPUR PIN: 721430 D.O.B- 28/08/2002 BLOOD GROUP: O+ EMAIL ID: MAITYSHREYA817@GMAIL.COM MOBILE NUMBER: 7029151448
3.	Mr. Prabir Jana		Shreya Maity		B.Sc 5 th sem	C/O- DILIP KUMAR MAITY VILL- MONOHARCHAK P.O- JANKA P.S- KHEJURI DIST- PURBA MEDINIPUR PIN: 721431 D.O.B- 11/09/2003 BLOOD GROUP: AB+ EMAIL.ID: MAITYSHREYA3214@GMAIL.COM MOBILE NUMBER - 9800246605
4.	Mr. Prabir Jana		Priyanka Samanta		B.Sc 5 th sem	C/O:- DIPAK KUMAR SAMANTA. VILL + P.O:-BIBHISHAN PUR P. S:- BHAGWAN PUR DIST:- PURBA MEDINIPUR, PIN:- 721458

						D. O. B:-19/12/2002 BLOOD GROUP:- O+ E-MAI:- PRIYASAMANTAWB@GMAIL.COM MOBILE NUMBER:-7797545068
5.	Mr. Prabir Jana		Sangita Hazra		B.Sc 5 th sem	C/O- SWAPAN KUMAR HAZRA VILL- BOALIA P.O- BARAIBARH P.S- BHAGWANPUR DIST- PURBA MEDINIPUR PIN: 721626 D.O.B- 12/09/2002 BLOOD GROUP: B+ EMAIL ID: HAZRASANGITA890@GMAIL.COM MOBILE NUMBER: 9002138684
6.	Mr. Prabir Jana		Dipsikha Paria		B.Sc 5 th sem	C/O- LATE BADAL PARIA VILL- ICHHABARI P.O- ICHHABARI P.S- PATASHPUR DIST- PURBA MEDINIPUR PIN -721444 D.O.B- 03/11/2002 BLOOD GROUP -A+ EMAIL ID- DIPSIKHAPARIA@GMAIL.COM MOBILE NO- 7865840633
7.	Mr. Prabir Jana		Uma Dolai		B.Sc 5 th sem	C/O-LAKSHMAN DOLAI VILL-JARARNAGAR P.O-HARIA P.S-KHEJURI DIST-PURBA MEDINIPUR PIN-721430 D.O.B-26.8.2001 BLOOD GROUP:B+ EMAIL ID- UMADOLAI279@GMAIL.COM MOBILE NO-9883840037
8.	Mr. Prabir Jana		Saheli Jana		B.Sc 5 th sem	C/O - PRADIP KUMAR JANA VILL + P.O - BAHADURPUR P.S - BHUPATINAGAR DIST - PURBA MEDINIPUR PIN - 721626 D.O.B - 26.02.2003 BLOOD GROUP - A+ EMAIL ID - JANASAHელი03@GMAIL.COM MOBILE NUMBER - 6296770021

9.	Mr. Prabir Jana		Sudeshna Sau		B.Sc 5 th sem	C/O - JYOTIRMOY SAU VILL - DHUSURDA P. O - PRATAPDIGHI P. S - PATASHPUR DIST - PURBA MEDINIPUR PIN - 721440 D. O. B - 22.06.2003 BLOOD GROUP- B+ EMAIL ID- SUDESHNASAU108@GMAIL.COM MOBILE NO - 7872936061
10.	Mr. Prabir Jana		Sabitri Bera		B.Sc 5 th sem	C/O-SHYAMA PADA BERA VILL+P.O- HALUDBARI P.S- KHEJURI DIST- PURBA MEDINIPUR PIN- 721432 D.O.B- 01.02.2002 BLOOD GROUP - A+ EMAIL ID- SABITRIBERA.STUDENT@GMAIL.CO M MOBILE NO- 7501286054
11.	Mr. Prabir Jana		Kabita Das		B.Sc 5 th sem	C/O:- KASHINATH DAS VILL :-DAKSHIN PURBACHAK P.O:-NAZIR BAZAR P. S:- BHAGWANPUR-II DIST:- PURBA MEDINIPUR, PIN:- 721655 D. O. B:-08/05/2002 BLOOD GROUP:- B+ E-MAI:- KDAS79704@GMAIL.COM MOBILE NUMBER:-9883310621
12.	Mr. Prabir Jana		Krishna Jana		B.Sc 5 th sem	C/O- LATE GAUTAM JANA VILL- AMJADNAGAR P.O- KAMARDA BAZAR P.S- KHEJURI DIST- PURBA MEDINIPUR PIN: 721432 D.O.B- 06/03/2003 BLOOD GROUP: B+ EMAIL ID: KRISHNAJANA023@GMAIL.COM MOBILE NUMBER: 7479277205
13.	Mr. Prabir Jana		Anuja Guria		B.Sc 5 th sem	C/O- ARUP GURIA VILL- HARIA P.O- HARIA P.S- KHEJURI DIST- PURBA MEDINIPUR PIN: 721430 D.O.B- 29/09/2002

						BLOOD GROUP: O+ EMAIL ID: ANUJAGURIA2002@GMAIL.COM MOBILE NUMBER: 9339638607
14.	Mr. Prabir Jana		Aparna Rajak		B.Sc 5 th sem	C/O- RABI RAJAK VILL- JUKHIA P.O- JUKHIA BAZAR P.S- BHUPATINAGAR DIST- PURBA MEDINIPUR PIN: 721430 D.O.B- 16/07/2003 BLOOD GROUP: A+ EMAIL ID: APARNAAPARNA441@GMAIL.COM MOBILE NUMBER: 8509429764
15.	Mr. Prabir Jana		Rajaram Giri		B.Sc 5 th sem	C/O- GOUTAM GIRI VILL- ISWARPUR P.O- MADHABPUR P.S- BHUPATINAGAR DIST- PURBA MEDINIPUR PIN- 721626 D.O.B- 24/04/2002 BLOOD GROUP- AB+ EMAIL ID- RAJARAMGIRI484@GMAIL.COM MOBILE NO- 8017153150
16.	Mr. Prabir Jana		Brasha Jana		B.Sc 5 th sem	C/O-PRABIR JANA VILL+P.O-MADAN MOHAN PUR P.S -PATASHPUR DIST-PURBA MEDINIPUR PIN-721454 D.O.B-09/05/2003 BLOOD GROUP -A+ EMAIL ID - BARSHAJANA0905@GMAIL.COM MOBILE NO-7439610156
17.	Mr. Prabir Jana		Mousumi Mondal		B.Sc 5 th sem	C/O- SAMIR KUMAR MONDAL VILL+P.O- RAMCHAK PS - KHEJURI DIST- PURBA MEDINIPUR PIN- 721431 D.O.B- 19.04.2001 BLOOD GROUP - A+ EMAIL ID- SAMIRMOUSUMI12345@GMAIL.COM MOBILE NUMBER - 9883002195
18.	Mr.		Susmita		B.Sc	C/O- DEBASIS BERA

	Prabir Jana		Bera		5 th sem	VILL- MUNDAPARA P.O- ITABERIA P.S- BHUPATINAGAR DIST- PURBA MEDINIPUR PIN-721456 D.O.B- 10/03/2003 BLOOD GROUP - O+ EMAIL ID- SBERA10303@GMAIL.COM MOBILE NO - 7029191753
19	Mr. Prabir Jana		Sudipa Jana		B.Sc 5 th sem	C/O:-DEBKUMAR JANA VILL: FAZELPUR P.O: MODANMOHONPUR P.S: PATASHPUR PIN:721454 D.O.B:-01/04/2003 BLOOD GROUP: A+ EMAIL: -SUDIPAIJANA974@GMA MOBILE NO: 9749539513
20	Mr. Prabir Jana		Sreysmit a Barik		B.Sc 5 th sem	FATHER NAME – SHIBSANKAR BARIK VILLAGE - RAGHUNATHCHAK P.O+P.S - BHUPATINAGAR, DISTRICT - PURBA MEDINIPUR PIN - 721425 BLOOD GROUP - B+ DATE OF BIRTH – 12/09/2002 GMAIL:- JANATARUN337@GMAIL.COM MOBILE:-8509401394



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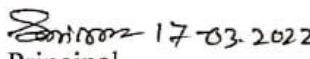
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Date: 17.03.2022

NOTICE

It is hereby notified that a Mentor Mentee Programme is schedule to be held on 22.03.2022 at 03.00 pm at Nutrition Department of Mugberia Gangadhar Mahavidyalaya. All students and all departmental teachers of Nutrition Department are informed to be presented in this said programme.

Mentor
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya


Principal
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 Hon’ble Principal Sir Dr. Swapan Kumar Misra through face-to-face program on 22.03.2022 with 20 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 Mr. Prabir Jana SACT, 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

It is hereby inform you all that mentor mentee meeting will be held on 22.03.22 at 03.00pm for the following agendas. So all mentees are asked Agendas:

1. Career Empowerment
2. Social Economik issues of the students.
3. Discussion on scholarships.
4. Mental health of the mentees.
5. Feedback regarding their subject learning
6. Family issues if any.
7. Less attendance in the class.

1. Uma Dalai
2. Susmita Bera
3. Sukanta Bhunia
4. Sudipa Jana
5. Sudeshma Saeu
6. Shreyasmita Barik
7. Shreyal Maity.
8. Shreya Maity.
9. Shrabani maity
10. Sangita Hazra
11. Saheli Jana
12. Sabitri Bera
13. Ruma Mondal
14. Riya Bhattacharya
15. Priyanka Samanta
16. Rajarajam Giri
17. Mausumi Mondal
18. Krishna jana
19. Kabita Das
20. Dipsikha Paria

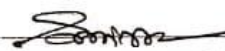
All mentees are requested to join a certified course on soft skill development communication course in english to improve their spoken skill in english.

Some student have some issues regarding their economical problems, so to improve their mental health there are some regulations.

- i) Be mindful
- ii) Be informational
- iii) we are not alone, so be in it together
- iv) Be communication
- v) positive out look
- vi) create a daily or weekly routine.
- vii) celebrate your big / small success finally meeting ended with thanks to all.

To improve their confidence well as for developing better prospects for students the dept arrange some workshop like.

- i) "How to express yourself".
- ii) "How to face the interview."
- iii) "HOW to improve yourself confidence".
- iv) "How to improve your critical thinking".
- v) "How to write a effective Answer to a question".
- vi) Discussion on scholarships.



22-03-2022

Principal
Mugberia Gangadhar Mahavidyalaya

Feedback Form
Students' mentor mentree program
Nutrition Dept., Mugberia Gangadhar Mahavidyalaya

Full Name Dipsikha Paria

Mobile number 7865840633

Programme Name: B.Sc (NUTH) B.Voc (FP)

A. Please answer all questions by circling one out of numbers 1 -5 against each statement.

The number 1 - 5 correspond to the statement:

5 - Strongly agree

4 - Agree

3 - Neither agree nor disagree

2 - Disagree

1 - Strongly disagree

- | | | | | | | |
|-----|---|---|---|---|---|---|
| I | How would you rate the mentoring programme?. | 1 | 2 | 3 | 4 | 5 |
| II | Would you want a mentor in the future? | 1 | 2 | 3 | 4 | 5 |
| III | Did you like your mentor? | 1 | 2 | 3 | 4 | 5 |
| IV | Is the program conduct regulary? | 1 | 2 | 3 | 4 | 5 |
| V | Are you able to sharing your problem to your mentors? | 1 | 2 | 3 | 4 | 5 |
| VI | are you getting solution of your problem from your mentors? | 1 | 2 | 3 | 4 | 5 |

B. How do you evaluate your overall programme?

Very good Good Satisfactory Poor Very poor

Dipsikha Paria



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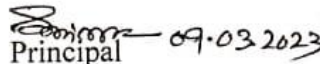
E-mail : mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

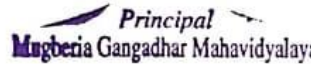
Date:09.03.2023

NOTICE

It is hereby notified that a Mentor Mentee Programme is schedule to be held on 20.03.2023 at 03.00 pm at Nutrition Department of Mugberia Gangadhar Mahavidyalaya. All students and all departmental teachers of Nutrition Department are informed to be presented in this said programme.

Mentor
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya


Principal 09.03.2023
Mugberia Gangadhar Mahavidyalaya


Principal
Mugberia Gangadhar Mahavidyalaya

Mentor-Mentee meeting

Dated - 20.03.23

Page

Date

It is hereby in for you all that mentor-mentee meeting will be held on 20.03.23 at 3.00 pm for the following agendas. So all mentees are asked to present positively.

Agendas:

1. Social Economix issues of the students.
2. Career Empowerment
3. Family issues if any
4. less attendance in the class.
5. Feedback regarding their subject learning
6. mental health of the mentees.
7. Discussion on scholarships.

1. Arzija Guoia

2. Aparna Rajak

3. Barisha Jana

4. Chayan pomigrahi

5. Dipsikha Paria

6. Kabita Das

7. Krishna Jana

8. Mousumi Mandal

9. Priyanka Samanta

10. Rajanam Giri

11. Riya Bhattacharya

12. Ruma Mandal

13. Sabitri Bera

14. Saheli Jana

15. Sangita Hazra

16. Shrabani Maity

17. Shroja Maity (1)

18. Shroja Maity (2)

19. Shreyasmita Barik

20. Siddhanta Sau

3. All mentees are requested to join a certificate course on soft skill development communication in English to improve their spoken skill in English.

4. To improve their confidence well as for developing better prospects for students the dept arranged some workshop like

- i) "How to express yourself"
- ii) "How to face the interview"
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- iv) "How to improve your critical thinking power"
- v) "How to write a effective Answer to a question."
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5. Some student have some issues regarding their economical problems. so to improve their mental health there are some regulations.

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- ii) Be intorctional
- iii) we are not alone, so be in it together
- iv) Positive out look
- v) Create a daily or weekly routine
- vi) Celebrate your big / small success finally meeting ended with thanks to all.

Somra

20-03-2023

Principal
Mugdeni Gangadhar Mahavidyalaya

Some photos



Feedback Form
Students' mentor mentree program
Nutrition Dept., Mugberia Gangadhar Mahavidyalaya

Full Name Ruma Mandal

Mobile number 8695432180

Programme Name: B.Sc (NUTH) B.Voc (FP)

A. Please answer all questions by circling one out of numbers 1 -5 against each statement.

The number 1 - 5 correspond to the statement:

- 5 - Strongly agree
- 4 - Agree
- 3 - Neither agree nor disagree
- 2 - Disagree
- 1 - Strongly disagree

I	How would you rate the mentoring programme?.	1	2	3	4	5
II	Would you want a mentor in the future?	1	2	3	4	5
III	Did you like your mentors?	1	2	3	4	5
IV	Is the program conduct regulary?	1	2	3	4	5
V	Are you able to sharing your problem to your mentors?	1	2	3	4	5
VI	Are you getting solution of your problem from your mentors?	1	2	3	4	5

B. How do you evaluate your overall programme?

Very good Good Satisfactory Poor Very poor

Ruma Mandal