

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.mugberiagangadharmahavidyalaya.ac.in

Report on

"Mentor Mentee Club"

Subject -B.Sc (Nutrition)

Organized by- Department of Nutrition

Mugberia Gangadhar Mahavidyalaya

20.03.2023

Report prepared by Mr. Tonmoy Kumar Giri, SACT, Dept. of 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.
- \blacktriangleright 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. 2

- 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.
- 1. 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. 4

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

Minutes of the Departmental meeting for Mentor Mentee Club on 20.03.2023

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 Mrs. Keya Dash &, Mrs. Keya Dash will be joint-coordinator of this programme.

- 2) A mentor mentee programme will be held on 20.03.2023.
- 3) Approved list of the Mentors and list of mentees assigned to mentor is formatted which are given bellow.

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	15	B.Sc IIISem
5.	Mrs. Keya DashSACT	Nutrition	15	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

Sr. No. 1.	Name of Mentor Pranati	No of Mentee Allotted	Name of Mentee	Roll No. Of Mentee	Class Of Mentee B.Sc	Address and phone no. of mentee C/O- PRABIR JANA
	Bera		Priya Jana		3rd sem	VILL- NARUABILA P.O- BAMANBARH DIST- PURBA MEDINIPUR PIN- 721456 DATE OF BIRTH- 01/05/2004 BLOOD GROUP- B+ EMAIL- PRIYAJANA052020@GMAIL.COM MOBILE NO- 9735232703
2.	Pranati Bera		Dipika Giri		B.Sc 3rd sem	C/O:- DIPANKAR GIRI VILL:-JAGUDASBAR P.O:-MARISHDA DIST:-PURBA MEDINIPUR PIN:-721449 DATH OF BIRTH:-09/12/2004 BLOOD GROUP:-O+ EMAIL ID:-DIPIKAGIRI789@GMAIL.COM MOBILE NO:-9734688648, 9641188185
3.	Pranati Bera		Sayantani Bera		B.Sc 3rd sem	C/O:-PRADIP BERA VILL:-DAKSHIN BIJAY NAGAR P.O:-PAUSHI DIST:-PURBA MEDINIPUR PIN:-721444 DATE OF BIRTH:-08/11/2002 BLOOD GROUP:-A+ EMAIL ID:- SAYANTANIB913@GMAIL.COM MOBILE NO:-8967461328
4.	Pranati Bera		Puja Das		B.Sc 3rd sem	C/O:- SUBAL CHANDRA DAS VILL:-DEULBAR P.O:-ARGOAL DIST:-PURBA MEDINIPUR PIN:-721456 DATE OF BIRTH:-14/01/2004 BLOOD GROUP:-A+ EMAIL IID:-DASPUJA2004@GMAIL.COM MOBILE NO:-7550865723
5.	Pranati Bera		Ankita Das		B.Sc 3rd sem	C/O :- UTPAL DAS VILL:- MIRJAPUR P.O:- KAJLAGHOR

	1 1			
				DIST:- PURBA MEDINIPUR
				PIN :- 721626
				DATE OF BIRTH:- 02/10/2004
				BLOOD GROUP:- A+
				EMAIL ID:-
				DASANKITA5300@GMAIL.COM
				MOBILE NO:- 9883815304
6.	Pranati	Putul Rani	B.Sc	C/O:- SOMSANKAR JANA
	Bera	Jana	3rd	VILL:- KRISHNANAGAR
			sem	P.O KRISHNANAGAR
				DIST- PURBA MEDINIPUR
				PIN-721430
				DATE OF BIRTH - 18/06/2005
				BLOOD GROUP -B+
				EMAIL ID - PUTULJANA200@GMAIL.COM
				MOBILE NO- 9144847473
7.	Pranati	Priyanka	B.Sc	C/O:- GOURHARI MAHAPATRA
/.	Bera	Mahapatra	B.SC 3rd	VILLAGE:- KRISHNANAGAR
	שכומ	ivialiaµati a		P.O:- KRISHNANAGAR
			sem	DIST.:- PURBA MEDINIPUR
				PIN:- 721430
				DOB:-05/11/2003
				BLOOD GROUP:- O+
				EMAIL ID:-
				PRIYANKAMAHAPATRA063@GMAIL.COM
				MOBILE NO: 8001305558
8.	Pranati		B.Sc	C/O - PRANAB JANA
	Bera	Sanghamitra	3rd	VILL - BATTALYA
		Jana	sem	P.O - SHILLYABERIA
				DIST - PURBA MEDINIPUR
				PIN - 721431
				DATE OF BIRTH - 14/08/2004
				BLOOD GROUP - B+
				EMAIL -
				SANGHAMITRAJANA03@GMAIL.COM
				MOBILE NO - 8327342251
9.	Pranati		B.Sc	C/O:-PRAVAT KUMAR MAITI
	Bera		3rd	VILL:-DHAIPUKURIA
		Tanima	sem	P.O:-MUGBERIA
		Maiti		DIST:-PURBA MEDINIPUR
				PIN:-721425
				DATH OF BIRTH:-23/08/2004
				BLOOD GROUP:-B+
				EMAIL ID:-
				TANIMA2004MAITI@GMAIL.COM
				_
10	Dranati	Dakhi Dal	D.C.	MOBILE NO:-9832516075
10.	Pranati	Rakhi Pal	B.Sc	C/O:- LALCHAND PAL
	Bera		3rd	VILL:- SHIBRAMPUR
1	1 1		sem	P.O:- ARJUNNAGAR
1				
				DIST:- PURBA MEDINIPUR
				PIN:- 721456

11. Pranati Pameli Kar B.Sc C/O:-AMIYA KAR Bera 3rd VILL:-SUKRULLAPUR Sem P.O:-SUKRULLAPUR DIST:-PURBA MEDINI PIN:-721626 DATH OF BIRTH :-23/	
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BLOOD GROUP :-B+	
EMAIL ID:-KARPAMEI	_
MOBILE NO :-781107	3673
12. Pranati Srijita Giri B.Sc C/O:- TAPAS GIRI	
Bera Sinjita Giri B.Sc C/O TAPAS Giri B.Sc Bera	VΔ
sem P.O:- GHOLEPUKURIY	
DIST:- PURBA MEDIN	
PIN:- 721650	
DATH OF BIRTH:- 21/	8/2005
BLOOD GROUP:- B+	0/2003
EMAIL ID:- SRIJITAGI	-
MOBILE NO:-9933110	
13. Pranati Sucharita B.Sc C/O-RANJAN KUMAR	KAKAN
Bera Karan 3rd VILL-KOURMAISHALI	
sem P.O-ICHHABARI	
DIST-PURBA MEDINIF	PUR
	4/2004
DATE OF BIRTH -25/0	14/2001
BLOOD GROUP -O+	
EMAIL ID -	
SUCHI.MUN.0401@G	
MOBILE NO -7029744	
14. Pranati Archana B.Sc C/O:-SHAKTIPADA BH	IUNIA
Bera Bhunia 3rd VILL+POST:-LALUA	
sem DIST:-PURBA MEDINI	PUR
PIN:-721456	
DATE OF BIRTH:-26/C	9/2004
BLOOD GROUP:-AB+	
EMAIL ID:-	
ARCHANA.BHUNIA20	-
MOBILE NO:-7908893	
15. Pranati Sayanti B.Sc C/O:- PRALAY PRADH	AN
Bera Pradhan 3rd VILL- BAGHADARI	
sem P.O- BAGHADARI	
DIST- PURBA MEDINI	PUR
PIN- 721425	
DATE OF BIRTH- 12/1	1/2004
BLOOD GROUP- B+	
EMAIL-	
SAYANTIPRADHAN5@	@GMAIL.COM
MOBILE NO- 7601894	
16. Keya B.Sc C/O:-BASUDEB PAND	

	Dash	Suparaa	3rd	VILL:- PURBA RADHAPUR
	Dash	Suparna Pandit		P. O:-PURBA RADHAPUR
		Fallult	sem	
				DIST:-PURBA MEDNIPUR
				PIN:-721425
				DATH OF BIRTH:-29/06/2005
				BLOOD GROUP:-AB+
				EMAIL ID:-SUPARNAPANDIT
				650@GMAIL.COM
				MOBILE NO:-7810838431
17.	Кеуа	Shrabani	B.Sc	C/O:- BENU DHAL
	, Dash	Dhal	3rd	VILL:- BHUPATINAGAR
			sem	P.O:- BHUPATINAGAR
			5011	DIST:- PURBA MEDINIPUR
				PIN:-721425
				DATE OF BIRTH:- 23/07/2004
				BLOOD GROUP:- AB+
				EMAIL ID:-
				SHRABANIDHAL2022@GMAIL.COM
				MOBILE NO:- 8250895299
18.	Кеуа	Mitali	B.Sc	C/O:-SASANKA MANDAL
	Dash	Mandal	3rd	VILL:-BARAKUMARDA
			sem	P.O:-CHANDANPUR
				DIST:-PURBA MEDINIPUR
				PIN:-721438
				DATE OF BIRTH:-09/11/2003
				BLOOD GROUP:-B+
				EMAIL ID:-
				MITALIMANDAL428@GMAIL.COM
				MOBILE NO:-9635018679
19	Кеуа	Sujata Adak	B.Sc	C/O- JOYDEV ADAK
15	Dash	Sujata Auak	3rd	VILL- KOTEMUKHA
	Dasii			P.O- ALUKARANBARH
			sem	
				DIST- PURBA MEDINIPUR
				PIN- 721454
				DATE OF BIRTH- 18/05/2005
				BLOOD GROUP- A+
				EMAIL ID- LUCKYSUBHA18@GMAIL.COM
				MOBILE NO- 8001081717
	Кеуа		B.Sc	C/O:- MANINDRO NATH HAZRA
20	Dash	Shyama	3rd	VILL:- PACHIM KALAGACCHYA
		Hazra	sem	P.O:- MUGBERIA
				DIST:-PURBA MEDINIPUR
				PIN:-721425
				DATE OF BIRTH:- 3/04/2003
				BLOOD GROUP:- B+
				EMAIL ID:- SHYAMAHZR@GMAIL.COM
				MOBILE NO:-7810957579
21	Кеуа	Soma	B.Sc	TANUSHREE BERA
21	Dash			
	Dasti	Manna	3rd	C/O- TAPAN BERA
			sem	VILL- KOTEMUKHA
				P. O- ALUKARANBARH
				DIST- PURBA MEDINIPUR
				PIN- 721454

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MOBILE NO -7319204812	
24 Keya Banashree B.Sc	
Dash Giri 3rd C/O- BIMAL GIRI	
sem VILL- SHYAMCHAK	
P.O- SRIKANTAPUR	
DIST- PURBA MEDINIPUR	
PIN-721601	
DATE OF BIRTH- 14/07/2004	
BLOOD GROUP-A+	
EMAIL ID- BANASHREEGIRI8@GM	
	AIL.C
MOBILE NO-8710096456 25 Keya Sintu Maity B.Sc	
Dash 3rd C/O:- KALACHAND MAITY	
sem VILLAGE:- HERIA	
DIST.:- PURBA MEDINIPUR	
PIN:- 721430	
DOB:- 03/08/2004	
BLOOD GROUP:- B+	
EMAIL ID:-	
MAITYSINTU532@GMAIL.COM	
MOBILE NO: 9635175736	
Keya Sanchita B.Sc C/ O- SUBRATA JANA	
26 Dash Jana 3rd VILL- GHOLEPUKURIA	
sem P.O- GHOLEPUKURIA	
sem P.O- GHOLEPUKURIA DIST- PURBA MEDINIPUR	

				BLOOD GROUP - B+ EMAIL ID - JSUBRATA001@GMAIL.COM MOBILE NO - 9547067162
27	Keya Dash	Rahul Das	B.Sc 3rd sem	C/O:-TOTAN KUMAR DAS VILL-CHINADARI P.O-URURI PIN-721458 DATE OF BIRTH-29/02/2004 BLOOD GROUP:-A+ EMAIL ID:-RAHULDAS19@GMAIL.COM MOBILE NO- 7365020001
28	Keya Dash	Arpita Bera	B.Sc 3rd sem	C/O-ATANU BIKASH BERA VILL.+P.OHERIA DISTPURBA MEDINIPUR PIN- 721430 DATE OF BIRTH-15/06/2003 BLOOD GROUP-O+ EMAIL ID- ARPITA.BERA.HERIA@GMAIL.COM MOBILE NO-8101134583
29	Keya Dash	Puja Maiti	B.Sc 3rd sem	C/O - SUDARSHAN MAITI VILL :-SIMULBARI P.O :- PAUSHI DIST:- PURBA MEDINIPUR PIN :- 721444 DATE OF BIRTH:- 10/01/2004 BLOOD GROUP:- B+ EMAIL ID :- MAITIPUJA2004@GMAIL.COM MOBILE NO :-7601812627
30	Keya Dash	Amrita Jana	B.Sc 3rd sem	C/O-ANIMESH JANA. VILL-KAKHURIABARI. P.O- KISMET BAJKUL. DIST-PURBA MEDINIPUR. PIN-721655. DATE OF BIRTH-24/4/2005. BLOOD GROUP-B+ EMAIL ID- @AMRITAJANA1399. MOBILE NO- 8597728590S



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.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.

Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Principal Mugberia Gangadhar Mahavidyalaya

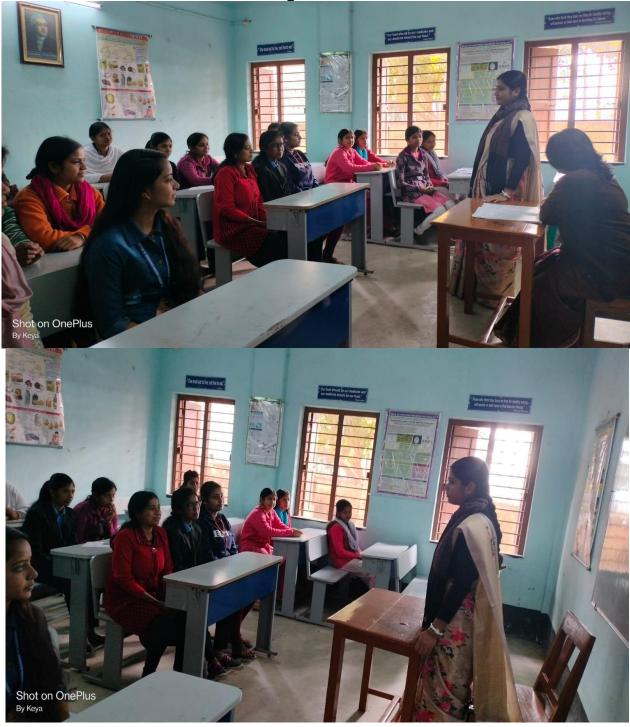
Principal Mugberia Gangadhar Mahavidyalaya

Mentor Mentee Program Department of Nutrition Mugberia Gangadhar Mahavidyalaya

Mentor Mentee Meeting 2023 Agenda: Discussion about absence of few student. 2 Discussion about their pensonal problem. 3) Discussion about farmess for study them syllabus. 1 Discussion about preparation of internal examimation. A Misc many in wet a one they and ecomper us I sh Members proceent at mentor mente meeting held on. 10th 17.10 Allin de an an aller an printer Di cert 112755 Student's name : 854 1.20 ESTD.-1964 D Jharna kamila Purba Aedimiput Banashore Giri (2)910 Pija Dos Par Alan dail Astonita Mali Ligton educatio Mitali mandal 5. 5 S. A. K 6. Sayantani Beroa Amrita Jana 7. Pamele Kave 9. Sanghanitrea: Jana Inderes ? Energin 9. Dipika Gou 211. arris fear 16423 10. Sayanti Realtan 12- 10 De Barahar 11. anchita Jana 12. 13 Snijitan Gini Muchatia Gangadhar Maharish alaya Dis: 50009

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

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п	Would you want a mentor in the future?	1	2	3	4	
Ш	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 2	3	4	5 5 5 5
VI	Are you getting solution of your problem from your mentors	? 1	2	3	4 4	3
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Sanghanitra Jana

Nutrition Dept., Mugberin Gangadhar Mahavidyalaya Full Name Pu&ul Ran'u Jana Mobile number SI (14 & 474 73) Programme Name: B.Sc (NUTH) B.Voc (FP)		-222	Students'	eedback	entree nro	gram				
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