



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 of Mentor Mentee Club of The Department of Nutrition **Subject -B.VOC (Food Processing)** **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 22.12 .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.
- 2) It is decided that Ms Sruti Mandal & Mr. Khokan Chandra Gayen, will be joint-coordinator of this programme.
- 3) A mentor mentee programme will be held on 18.11.2022.
- 4) 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	M.voc	18	M.Voc III sem
3.	Mrs. Moumita Samanta SACT	Nutrition	11	B.Sc V sem
4.	Ms. Pranati Bera SACT	Nutrition	14	B.Sc II sem
5.	Mrs. Keya Dash SACT	Nutrition	17	B.Sc III sem
6.	Mr. Khokan Chandra Gayen	B.Voc (Food Processing)	21	B.Voc II sem
7.	Mr. Ayan Mondal , Assistant Prof.	B.Voc(Food Processing)	15	B.Voc((Food Processing) Food Processing)
8.	Ms. Surti Mandal, Assistant Prof.	B.Voc (Food Processing)	15	B.Sc III sem
9.	Ms. Monalisa Roy, Assistant Prof.	M.Voc	10	M.voc I sem
10.	Mrs. Sucheta Sahoo, SACT	B.voc (Food Processing)	18	B.Voc II sem

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. Surti Mandal	14	Alik Maiti	B.Voc. (Food Processing) 3 rd semester	C/O -ASISH MAITI VILL-HABICHAK POST- NANDAPUR PS- CHANDIPUR PIN-721625 DATE OF BIRTH - 1/7/ 2004 BLOOD GROUP -B+ EMAIL ID -MAITIALIK@GMAIL.COM MOBILE NUMBER -9735633857
2.	Ms. Surti Mandal	14	Sushovan Kar		C/O- SUDIPTA KAR VILL- SUBHASNAGAR(2) P.O+P.S- KAKDWIP PIN-743347 D.O.B-30.09.98 BLOOD GROUP -O+ EMAIL- SUSHOVANKAR62@GMAIL.COM MOBILE NO- 8101976679.
3.	Ms. Surti Mandal	14	Somashree Majhi		C/O:- DEBDULAL MAJHI VILL:- BHOSLE GERIA P.O:- ANALBERIA PIN:- 721444 DATE OF BIRTH:- 15/11/2004 BLOOD GROUP:- O+ EMAIL ID :- SOMASHREEMAJHI4@GMAIL.COM MOBILE NO:- 8942915060
4.	Ms. Surti Mandal	14	. Saheli guchhait		. C/O- KALIPADA GUCHHAIT VILL- PATNA P. O- AJAYA PIN - 721430 DATE OF BIRTH - 06/09/2002 BLOOD GROUP - O+ EMAIL ID - SAHELIGUCHHAIT841@GMAIL.COM MOBILE NO- 7601808062

5.	Ms. Surti Mandal	14	Subhajit das	C/O- MADHAB CHANDRA DAS VILL- CHAMPADANGA P. O- CHAMPADANGA PIN - 712401 DATE OF BIRTH - 26/05/2003 BLOOD GROUP - O+ EMAIL ID - SUBHAJITDAS0303@GMAIL.COM MOBILE NO- 6296107835
6.	Ms. Surti Mandal	14	Santu Kumar Pal	C/O:- AJIT KUMAR PAL VILL:- BALLYAGOBINDAPUR P.O:- BALLYAGOBINDAPUR PIN:-721440 DATE OF BIRTH:-11/02/2003 BLOOD GROUP:-B+ EMAIL ID - SANTUPAL9009@GMAIL.COM MOBILE:- 8348197832
7.	Ms. Surti Mandal	14	Sushovan kar	C/O - ASIT BARAN KAR VILL- KAKHURIA P. O- DHANGHARA PIN - 721444 DATE OF BIRTH- 15.06.2004 BLOOD GROUP - A+ EMAIL ID - SUSHOVANKAR53@GMAIL.COM MOBILE - 7863943389
8.	Ms. Surti Mandal	14	Naboday Giri	NABODAY GIRI C/O-CHIRANJIB GIRI VILL: SIMUL DARI P.O:-BARBARIA PIN:-721626 DATE OF BIRTH:-02/02/2003 BLOOD GROUP: -B+ EMAIL ID:- GIRI.SAYAN2003@GMAIL.COM MOBILE NO:-9832921246
9.	Ms. Surti Mandal	14	Naboday Giri	C/O:- SHAMBHU RAM MAITY VILL:-JUKHIA P.O.:-JUKHIA BAZAR PIN:- 721430 DATE OF BIRTH:- 09/07/2003 BLOOD GROUP:-O+ EMAIL ID:- BIPASHAMAITY04@GMAIL.COM PH NO:- 7719214205

10.	Ms. Surti Mandal	14	Manisha Barik		C/O - PRIYABRATA BARIK VILL- UTTAR BHERIBARANGA POST - UTTAR GOBINDAPUR PIN - 721453 DATE OF BIRTH - 21/12/2003 BLOOD GROUP- B+ EMAIL ID- MANISHABARIK2003@GMAIL.COM PH NO - 8392047192
11.	Ms. Surti Mandal	14	Manisha Barik		C/O- TUSHAR RANJAN MAJHI VILL- KANTAPUKURIA P.O- BAGHADARI PIN- 721425 DATE OF BIRTH -02/07/2004 BLOOD GROUP - O+ EMAIL - RAKHIMAJII9732660581@GMAIL.COM PH NO- 9775191343
12.	Ms. Surti Mandal	14	Somnath Shee		C/O:- SANKAR PRASAD SHEE VILL:- USMANPUR P.O:- MATH CHANDIPUR PIN:-721659 DATE OF BIRTH:-13/01/2003 BLOOD GROUP:-O+ EMAIL ID - SOMNATHSHEE830@GMAIL.COM MOBILE:- 8116488613
13.	Ms. Surti Mandal	14	Susmita Jana		C/O- PRASANTA KUMAR JANA VILL- BARABHAGIA P.O- BALLYAGOBINDAPUR PIN-721440 DATE OF BIRTH-10/01/2004 BLOOD GROUP- O+ EMAIL ID- SUSMITAJANA043@GMAIL.COM MOBILE NO- 9641662418
14.	Ms. Surti Mandal	14	Souvik bera		C/O: BISWAJIT BERA VILL: BETAI P.O: BETAI P.S: AMTA PIN : 711401 DATH OF BIRTH: 23/02/2002 BLOOD GROUP: B+ EMAIL ID - SOVIKBERA8@GMAIL.COM MOBILE NO. : 8927825180
15.	Khokan Chandra	09	Milan Pal		C/O:-TAPAN PAL VILL:- KULTHA

	Gayen				P.O:- AJAYA P.S:- KHAJURI PIN:-721430 DOB:- 23/12/2002 BLOOD GROUP:-B+ EMAIL:- PALMILAN230@GMAIL.COM MOBILE NO:-6297336006
16.	Khokan Chandra Gayen	09	Chandi Mandal		C/O:- HAREKRISHNA MANDAL VILL:- NIYAMATPUR POST:- PURUSOTTAMPUR PIN:- 722136 DATE OF BIRTH:- 28/08/2002 BLOOD GROUP:-A+ EMAIL ID:- CHANDIMANDAL606@GMAIL.COM MOBILE NO:- 8101506425
17.	Khokan Chandra Gayen	09	Ayan Kanti panda		C/O:- DIBYENDU SEKHAR PANDA VILL- KALINDI P.O- KALINDI PIN- 721455 DATE OF BIRTH- 25/06/2002 BLOOD GROUP:- O+ EMAIL ID:- AYANPANDA02@GMAIL.COM MOBILE NO- 9547131111
18.	Khokan Chandra Gayen	09	Shibasis Dhowrah		C/O - HARADHAN DHOWRAH VILL- MAJDIHA P.O- BADANGANJ PIN- 712122 DATE OF BIRTH - 09/12/2002 BLOOD GROUP - B+ EMAIL ID - SHIBASIS09122002@GMAIL.COM MOBILE - 7679947925
19.	Khokan Chandra Gayen	09	Narugopal Bar		C/O--EKADASHI BAR VILL--SAT SATA MAL P,O--JAMUA LACHHIM PUR PIN--721422 DATA OF BIRTH--23/12/2003 BLOOD GROUP--O+ EMAIL ID -- BARNARUGOPAL05@GMAIL.COM MOBILE NO-6296590130

20.	Khokan Chandra Gayen	09	Sanjit Patra		C/O - SUNIL PATRA VILL - SAKTIA POST - UDBADAL PIN - 721425 DATE OF BIRTH- 9/ 2 / 2003 BLOOD GROUP- B + GMAIL ID - SANJITPATRA.SA@GMAIL.COM MOBILE NO - 8509217073
21.	Khokan Chandra Gayen	09	Sandipta Bera		C/O - BHARAT BERA VILL+ P.O - BALLYAGOBINDAPUR PIN - 721440 DATE OF BIRTH - 25/03/2004 BLOOD GROUP - A+ EMAIL ID - SANDIPTABERA532@GMAIL.COM MOBILE NO - 7501792529
22.	Khokan Chandra Gayen	09	Tanushree Jana		C/O- KOUSHIK JANA VILL+P.O- BAHADURPUR PIN- 721626 DATE OF BIRTH- 21/01/2004 EMAIL ID- HI.TANUSHREEJANA@GMAIL.COM MOBILE NO- 7501792602
23.	Khokan Chandra Gayen	09	, Amrita Bhattacharya		C/O- RABINDRA NATH BHATTACHARYA VILL+ POST : BAHADURPUR PIN- 721626 DATE OF BIRTH -24/12/2003 EMAIL ID - AMRITABHATTACHARYA450@GMAIL.COM MOBILE NO- 9832834313



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.mugberiangadharMahavidyalaya.ac.in

Date-10.11.2022

Department of Nutrition

NOTICE

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 18th November 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.



Son'1888
Principal 10-11-2022
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 Hon’ble Principal Sir Dr. Swapan Kumar Misra through face-to-face program on 18.11.2022 with 23 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 Ms. Sruti Mandal & Mr. Khokan Chandra Gayen Assistant Professor, 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

Dated - 18.11.22

pioneerpaper.co

Page :

Date : / /

It is hereby inform you that 2nd mentor Mentee Meeting will be held on 18.11.22 for the following agendas. So all Mentees are asked to present the said meeting positively.

Agendas.

1. Discussion with absent student in classes.
2. Inform them to catalogue search OPAC.
3. Discussing vaguely the personal problems.
4. Future planning regarding studies.
5. Discussion for their library card.
6. Family issues.
7. Guidance from faculty.
8. Career Empowerment.

Student Name

1. Alik Maity
2. Ayan Kanti Panda
3. Bipasa Maity
4. Chandri Mandal
5. Manisha Basik
6. Milan Pal
7. Moumita Jana
8. Aninmoy Majhi
9. Naboday Giri
10. Narayopal Bar.
11. Rakhi Majhi
12. Saheli Buchhait

- 13. Sandipta Bera
- 14. Sanjēt Patra
- 15. ~~Rupsha~~ Mal Santu Kr. Pal
- 16. Shibasis Dhouerak
- 17. Soham Sordar
- 18. Somnath Shee
- 19. Souvik Bera
- 20. Subhajt Das
- 21. Sushovan Kar
- 22. Sushovan Kar
- 23. Susmita Jana
- 24. Susmita Das
- 25. Tanusree Jana
- 26. Anmita Bhatta Chameya
- 27. Somashree Maji



Resolutions :

After a friendly discussion of almost 50 minutes few points look common to all Total student present - 16.

- 1. Some students unable to learn fast and difficulty in some topics, So extra classes was provided beyond. The class hours and after some days we observed the improvement in different papers.

Some students was unable to understand the concepts of some mathematical topics, So supported the students morally and advised the discuss with all morally and faculties regarding her doubts and also to visit study materials and video lectures (youtube on NPTEL) to understand the concepts better.

It is also resolved that the J+M workshop for the higher study will be conducted shortly.

A detailed discussion has done on higher study & future scope of Nāth, Job opportunities & life & work of Indian great mathematician S. Ramanujan to make them Motivated. Finally Meeting ended with a vote of thanks.



Prayon
~~18/11/22~~

Sachin
18-11-22
Principal
Mughberia Gangadhar Mahavidyalaya

Some photos

