



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 of Mentor Mentee Club of The Department of Nutrition

Subject -B.VOC (Food Technology, Nutrition and Management)

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 13.12 .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 **Mr. Khokan Chandra Gayen** and **Mrs Sucheta Sahoo**, will be joint-coordinator of this programme.
- 3) A mentor mentee programme will be held on 13.12.2022.
- 4) 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	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)	13	B.Voc II sem
7.	Mr. Ayan Mondal, Assistant Prof.	B.Voc(Food Processing)	11	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	18	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. Monalisa Roy	18	Avishikta Dash	B.Voc. (Food Processing) 5 th semester	C/O:- DIBYENDU DASH VILL:- NUTANDIHI P.O. + P.S.: - JHARGRAM DIST:- JHARGRAM PIN:-721507 DATH OF BIRTH:-31/12/2002 BLOOD GROUP:-B- EMAIL ID:- AVISHIKTADASH569@GMAIL.COM MOBILE NO:-7501141797
2.	Ms. Monalisa Roy	18	Putul Gochhait	B.Voc. (Food Processing) 5 th semester	C/O:- TAPAS GOCHHAIT VILL +P.O. - BARAGHUNI P.S.: - CHANDIPUR DIST:- PURBA MEDINIPUR PIN:-721656 DATH OF BIRTH:-12/06/2002 BLOOD GROUP:-B+ EMAIL ID:- PUTULGOCHHAIT@GMAIL.COM MOBILE NO:-8597313858
3.	Ms. Monalisa Roy	18	Tanushree Mondal	B.Voc. (Food Processing) 5 th semester	C/O - TAPAN MONDAL VILL - PURBA BHANGANMARI P. O + P. S - KHEJURI DIST - PURBA MEDINIPUR PIN - 721431 DATH OF BIRTH - 8/7/2002 BLOOD GROUP - B+ EMAIL ID - TANUSHREEMONDAL251@GMAIL.COM MOBILE NO - 7479322274
4.	Ms. Monalisa Roy	18	Tanushree Jana	B.Voc. (Food Processing) 5 th semester	TANUSHREE JANA C/O:- TAPAN JANA VILL:- FATEPUR P.O.+ P.S.: - RAMNAGAR DIST:- PURBA MEDINIPUR PIN:- 721441

					DATE OF BIRTH:- 31/07/2002 BLOOD GROUP:- A+ EMAIL ID:- TANUSHREEJANA02@GMAIL.COM MOBILE NO:-9732324222
5.	Ms. Monalisa Roy	18	Jeet Senapati	B.Voc. (Food Processing) 5 th semester	JEET SENAPATI C/O:- PANKAJ SENAPATI VILL:- AMARSHI KASBA P.O:- AMARSHI DIST:-PURBA MEDINIPUR PIN:-721454 DATH OF BIRTH:-11/08/2002 BLOOD GROUP:-B+ EMAIL ID:- JEETSENAPATI583@GMAIL.COM MOBILE NO:- 8597741533
6.	Ms. Monalisa Roy	18	Shreya Pradhan	B.Voc. (Food Processing) 5 th semester	SHREYA PRADHAN C/O- SANKAR KUMAR PRADHAN. VILL- UTTARAKHMAR P.O - ALUKARAN BARH DIST- EAST MEDINIPUR PIN- 721454 D.OB- 8/7/2001 BLOOD GROUP -AB+ E-MAIL ID - SHREYAPRADHAN08072001@GMAIL.COM MOB_ 8101232988
7.	Ms. Monalisa Roy	18	Palas Kumar Mandal	B.Voc. (Food Processing) 5 th semester	PALAS KUMAR MANDAL C/O:- BASUDEB MANDAL VILL:-TETHIBARI P.O:-KISMAT BAJKUL DIST:-PURBA MEDINIPUR PIN:-721655 DATH OF BIRTH:-09/11/2001 BLOOD GROUP:-AB+ EMAIL ID:- PALASMANDAL2001@GMAIL.COM MOBILE NO:-9883343257
8.	Ms. Monalisa Roy	18	Debabrata Patra	B.Voc. (Food Processing) 5 th semester	DEBABRATA PATRA C/O- ANIL PATRA VILL- TANIABILA P.O - BAMANBARH DIST- EAST MEDINIPUR PIN- 721456 D.OB- 03/02/2002 BLOOD GROUP:-O+ E-MAIL ID:-

					MILANPATRA7890@GMAIL.COM MOB-9883678969
9.	Ms. Monalisa Roy	18	Subir Pandit	B.Voc. (Food Processing) 5 th semester	SUBIR PANDIT C/O :- NANDADULAL PANDIT VILL:- RAMPUR P.O:- NANDAPUR P.S:- CHANDIPUR DIST:- PURBA MEDINIPUR STATE:- WEST BENGAL PIN:- 721625 DOB:- 28/06/2002 BLOOD GROUP:- O+ E-MAIL:- SUBIRPANDIT786@GMAIL.COM MOB:- 8597474928
10.	Ms. Monalisa Roy	18	Rima Dolui	B.Voc. (Food Processing) 5 th semester	NAME - RIMA DOLUI C/O - SATKARI DOLUI VILL+ P.O - ASTARA P.S - TARAKESWAR DIST - HOOGHLY PIN - 712401 MOBILE NO- 8100552558 E.MAIL - RIMADOLUI2016@GMAIL.COM DOB - 11/01/2002 BLOOD GROUP - B+
11.	Ms. Monalisa Roy	18	PIU MONDAL	B.Voc. (Food Processing) 5 th semester	NAME - PIU MONDAL C/O- SUVENDU MONDAL VILL - HARIHAR P.S + P.O - PURSURAH DIST - HOOGHLY PIN - 712401 DATE OF BIRTH 21/06/2001 BLOOD GROUP: O+ EMAIL ID : PIU97151@GMAIL.COM MOBILE NO: 9144670425
12.	Ms. Monalisa Roy	18	Rabin Nanda Goswami	B.Voc. (Food Processing) 5 th semester	C/O- RANJIT NANDA GOSWAMI VILL- DEULBAR P.O - ARGOAL DIST- EAST MEDINIPUR PIN- 721456 D.OB- 25/11/2002 BLOOD GROUP:-B- E-MAIL ID:-NRABIN122@GMAIL.COM MOB-7602215880
13.	Ms.	18	Suman Kumar	B.Voc.	C/O - SUBAL DAS

	Monalisa Roy		Das	(Food Processing) 5 th semester	VILL + P.O - MOHATI DIST - PURBA MEDINIPUR PIN - 721430 D.O.B - 02/11/2002 BLOOD GROUP - B+ E-MAIL ID - SUMANDAS629682@GMAIL.COM MOB - 6296826106
14.	Ms. Monalisa Roy	18	Saptami Maity	B.Voc. (Food Processing) 5 th semester	C/O - TAPAN MAITY VILL :-LALUA P.O :- PATASHPUR DIST:- PURBA MEDINIPUR PIN :- 721456 DATE OF BIRTH:- 04/08/2002 BLOOD GROUP:- AB+ EMAIL ID :- NABADIPMAITY05@GMAIL.COM MOBILE NO :- 9083081686
15.	Ms. Monalisa Roy	18	Alakesh Khatua	B.Voc. (Food Processing) 5 th semester	C/O- PRADIP KUMAR KHATUA VILL- DAKSHIN PAIKBAR P.O.- DAKSHIN DAUKI DIST- PURBA MEDINIPUR PIN- 721450 DOB- 14/08/2003 BLOOD GROUP- B+ E-MAIL- ALAKESHKHATUA762@MAIL.COM MOB.- 8250510762
16.	Ms. Monalisa Roy	18	Biswajit Das	B.Voc. (Food Processing) 5 th semester	C/O:-ARJUN DAS VILL:- KESHABCHAK P. O:-DEULPOTAKESHACHAK DIST:-PURBA MEDNIPUR PIN:-721432 DATH OF BIRTH:-11/02/2001 BLOOD GROUP:-B+ EMAIL ID:- BISWAJITDASBD91892715@GMAIL.COM MOBILE NO:-8927156929
17.	Ms. Monalisa Roy	18	Pritam Ghosh	B.Voc. (Food Processing) 5 th semester	C/O -GOUTAM GHOSH VILL :-BEURGRAM P.O :- IRHPALA DIST:- PACHIM MEDINIPUR PIN :- 721222 DATE OF BIRTH:- 14/10/2001 BLOOD GROUP:- A+ EMAIL ID :- 2001GHOSH.PRITAM@GMA

					IL.COM MOBILE NO :9883598490
18.	Ms. Monalisa Roy	18	Avinandan Bhunia	B.Voc. (Food Processing) 5 th semester	C/O:- RATHINDRANATH BHUNIA VILL:- MADHAKHALI P.O+P.S:- BHUPATINAGAR DIST:- PURBA MEDINIPUR PIN:-721425 DATE OF BIRTH:- 07/05/2002 BLOOD GROUP:-AB+ EMAIL ID:- AVINANDANBHUNIA32@GMAIL.COM MOBILE NO:-9733434972
19.	Khokan Chandra Gayen	13	Puspa Giri	B.Voc. (Food Processing) 5 th semester	C/O- GOURHARI GIRI VILL- JARANAGAR, P. O- HARIA P. S- KHAJURI, DIST- PURBA MEDINIPUR, PIN-721430, DATE OF BIRTH-10/10/2003, BLOOD GROUP-B+ EMAIL-GIRIPUSPA2597@ GMAIL. COM MOBILE-9083642597, 7029503765
20.	Khokan Chandra Gayen	13	Rakhi Jana	B.Voc. (Food Processing) 5 th semester	C/O-BASUDEB JANA VILL-ERINCHI P.O-KRISHNANAGAR DIST-PURBA MEDINIPUR PIN-721430 BLOOD GROUP -AB+ EMAIL- JANARAKHI2002@GMAIL.COM MOBILE NO-8436249193
21.	Khokan Chandra Gayen	13	Puspendu Acharya	B.Voc. (Food Processing) 5 th semester	C/O- ASISH ACHARYA VILL- JARARNAGAR P.O- HERIA DIST- PURBA MEDINIPUR PIN- 721430 DATE OF BIRTH- 24/12/2001 BLOOD GROUP- B+ EMAIL ID- ACHARYAPUSPENDU63@GMAIL.COM MOBILE NO- 6296773410
22.	Khokan Chandra Gayen	13	Arabinda Bhunia	B.Voc. (Food Processing) 5 th semester	C/O - ANADI KUMAR BHUNIA VILL - KANTAPUJURIA , P.O.- BAGHADARI DIST.- PURBA MEDINIPUR , PIN- 721425

				r	DOB- 11/11/2002 BLOOD GROUP: B+ MOBILE -8919863497
23.	Khokan Chandra Gayen	13	Supratim Parua	B.Voc. (Food Processing) 5 th semester	C/O-TUSAR KANTI PARUA VILL:-DELBARH P. O:-UTTAR KOTEBARH DIST:-PURBA MEDINIPUR PIN:-721626 DATE OF BIRTH:-09/09/2000 BLOOD GROUP:-AB+ EMAIL ID:- SUPRATIMPARUA725@GMAIL.COM MOBILE NO:-8101972572
24.	Khokan Chandra Gayen	13	Sreema Bhunia	B.Voc. (Food Processing) 5 th semester	C/O_RANJIT MAITY VILL_DHANKAR P.O_PALPARA DIST_PURBA MEDINI PUR PIN_721458 BLOOD GROUP-B+ DOB_13/7/1999 E.MAIL-SUBHAJIT137199@GMAIL.COM MOB_9883501252
25.	Khokan Chandra Gayen	13	Amit Pal	B.Voc. (Food Processing) 5 th semester	C/O- PRADIP MAITY VILL- BALLYAGOBINDAPUR P.O-BALLYAGOBINDAPUR DIST -PURBA MEDINIPUR PIN-721440 DATE OF BIRTH - 2/03/2002 BLOOD GROUP- B+ EMAIL ID - SUBHECHHAMAITY2002@GMAIL.COM MOBILE -9883919735
26.	Khokan Chandra Gayen	13	Payel Manna	B.Voc. (Food Processing) 5 th semester	C/O:- BASUDEB MAITY VILL:- CHAK AIMAN P.O:- ARGOAL DIST:- PURBA MEDINIPUR PIN:- 721456 DATE OF BIRTH:- 30/03/2002 BLOOD GROUP:- O+ EMAIL ID:- SUMANMAITY5020@GMAIL.COM MOBILE NO:- 7797484384
27.	Khokan Chandra Gayen	13	Subir Pandit	B.Voc. (Food Processing) 5 th	C/O- NANDADULAL PANDIT VILL -RAMPUR P.O :- NANDAPUR DIST:- PURBA MEDINIPUR

				semester	PIN :- 721625 DATE OF BIRTH:- 28/06/2002 BLOOD GROUP:- O+ EMAIL ID :- SUBIRPANDIT786@GMAIL.COM MOBILE NO - 8597474928/ 7479084436
28.	Khokan Chandra Gayen	13	Shreya Pradhan	B.Voc. (Food Processing) 5 th semester	C/O-SANKAR KUMAR PRADHAN VILL-UTTARAKHAMAR P.O-ALUKARNBAR P. S - BHUPATINAGAR DIST-PURBA MEDINIPUR PIN-721454 BLOOD GROUP -AB+ EMAIL- SHREYAPRADHAN0807200@GMAIL.COM MOBILE NO-8101232988
29.	Khokan Chandra Gayen	13	Soumen Manna	B.Voc. (Food Processing) 5 th semester	C/O - SANATAN MANNA VILL :-NELUA GOPAL CHAK P.O :- BAGHADARI DIST:- PURBA MEDINIPUR PIN :- 721425 DATE OF BIRTH:- 05/12/2000 BLOOD GROUP:- B+ EMAIL ID :- SOMENMANNA5088@GMAIL.COM MOBILE NO :-7797686128
30.	Khokan Chandra Gayen	13	Sanjukta Bhanjia	B.Voc. (Food Processing) 5 th semester	C/O:-MANAS KUMAR BHANJIA VILL:-PURBA MUKUNDAPUR P.O:-JHAUGERIA DIST:-PURBA MEDINIPUR PIN:-721441 MOBILE:-7384339730 E-MAIL:- SANJUKTABHANJA000@GMAIL.COM DATE OF BIRTH: -21/01/2002 BLOOD GROUP: - B+
31.	Khokan Chandra Gayen	13	Soumyadeep Maity	B.Voc. (Food Processing) 5 th semester	C/O_CHINTAHARAN MAITY VILL_KALIKAKHALI P. O_MATH CHANDIPUR P .S_CHANDIPUR DIST_PURBA MEDINIPUR PIN_721659 BLOOD GROUP -B+ DOB_12/2/2002 E.MAIL - MSOUMYADEEP998@GMAIL.COM MOBILE_9883572308



MUGBERIA GANGADHAR MAHAVIDYALAYA

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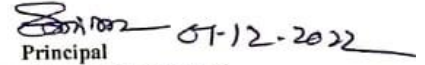
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Department of Nutrition

NOTICE

Date-01.12.2022

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 13th December 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

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 13.12. 2022 with 31 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. 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 - 13.12.22

It is hereby inform you all that mentor-mentee meeting will be held on 13.12.22 at 3.00 PM for the following agendas. So all mentees are asked to present positively.

Agendas:

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

1. Abhishek Patra
2. Anabinda Bhunia
3. Arishikha Dash
4. Biswajit Das
5. Ashes Kumar Khadua
6. Anirandan Bhunia
7. Alakesh Khadua
- 8.
9. Jeet Senapati
10. Nabadip Maity
11. Palas Kumar Mondal
12. Piu Mondal
13. Priyami Ghosh
14. Pampa Baric
15. Puspendu Acharya
16. putul Choudhary
17. Rabin Nanda O.Swami
18. Rakhi Jana
19. Riina Dalui
20. Sanjukta Bhanja
21. Tanushree Mondal
22. Tanushree Jana
23. Supratim Parua
24. Suman Maity



25. Suman Kumar Das
26. Subhechha Maity.
27. Subir Pandit
28. Subhajit Maity
29. Soumyadeep Maity.
30. Soumen Manna
31. Shreya Pradhan



3. 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"
- iii) "How to improve yourself confidence"
- iv) "How to improve your critical thinking power"
- v) "How to write a effective answer to a question"
- vi) Discussion on scholarships.

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

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

- i) Be mindful
- ii) Be Inforctional
- iii) we are not alone so be in it together
- iiii) 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.



13.12.2022
Principal
Khandagiri Mahavidyalaya

Rayan
13/12/22

Some photos

