



**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”**

**Organized by- Department of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

**22.12.2022**

.....

**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, and 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 Mr. Tonmoy Kumar Giri & Ms. Monalisa Roy will be joint-coordinator of this programme.
- 3) A mentor mentee programme will be held on 09.05.2022, 02.09.2022, 13.12.2022, 06.01.2023, 15.06.2023.
- 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**

<b>Sr. No</b>	<b>Name of Mentor</b>	<b>Dept. of Mentor</b>	<b>No of Mentees</b>	<b>Allotted Class of Mentees</b>
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

<b>Sl. No</b>	<b>Name of Mentor</b>	<b>No of Mentee Allotte</b>	<b>Name of Mentee</b>	<b>Class of Mentee</b>	<b>Address</b>
1.	Mr.Tonmoy Kumar Giri,	10	Banashri Manna	M .Voc	Vill-Alipur P.O- Boga P.S-TalpatiGhat Coastal Dist- PurbaMedinipur State-West Bengal Pin- 721431
2.	Mr.Tonmoy Kumar Giri,	10	Bipasa Jana	M .Voc	Ghardubra, Jhikira, Joypur, Howrah,711401
3.	Mr.Tonmoy Kumar Giri,	10	Dolan Basuli	M .Voc	Vill- Gobindapur Post- Nabajibanpur P.S-Onda Dist- Bankura Pin-722144
4.	Mr.Tonmoy Kumar Giri,	10	Madhumanti Pradhan	M .Voc	Vill+P.O- Garbari, P.s- Bhupatinagar, Dist- Purbamedinipur, Pin- 721626,
5.	Mr.Tonmoy Kumar Giri,	10	Madhumitakar	M .Voc	Vill- Gumut Post - Muninagar P.S- Bishnupur Dist-Bankura Pin- 722122
6.	Mr.Tonmoy Kumar Giri,	10	Mita Panda	M .Voc	Vill-Purbeshwarpur P.O-Balyagobindapur P.S- patashpur Dist- Purbamedinipur State-West Bengal Pin-721440
7.	Mr.Tonmoy Kumar Giri,	10	Moumita Maikap	M .Voc	Vill- kshetrapal P.o- Balyagobindapur P.s- patashpur Dist- purbamedinipur State- west Bengal Pin- 721440
8.	Mr.Tonmoy Kumar Giri,	10	Poushali Chowdhury	M .Voc	Nutanchati P.O- Bankura P.S- Bankura Pin - 722101
9.	Mr.Tonmoy Kumar Giri,	10	Puja Bhunia	M .Voc	DakshinBaroj, P. O-paushi, P.S-Bhupatinagar, Pin - 721444



10.	Mr.Tonmoy Kumar Giri,	10	Rakhi Rani Guria	M .Voc	Vill +P.O- Heria P.S- Khejuri Dist-PurbaMedinipur Pin- 721430
11.	Ms. Monalisa Roy	10	Rima Giri	M .Voc	Vill- jukhia P.O- jukhia bazar P.S- Bhupatinagar Dist-PurbaMedinipur Pin- 721430
12.	Ms. Monalisa Roy	10	SagarikaMatia	M .Voc	Vill+ p.o - ururi P.s - Bhupatingar Dist - PurbaMedinipur State - West Bengal Pin -721458
13.	Ms. Monalisa Roy	10	Sanjib Das	M .Voc	Vill- kharar P.o- mohati P.s- khejuri Dist- PurbaMedinipur Pin- 721430
14.	Ms. Monalisa Roy	10	Sathi Lohar	M .Voc	Sankattala P.O+P.S-Bishnupur Dist -Bankura Pin - 722122
15.	Ms. Monalisa Roy	10	Sayan Das	M .Voc	Vill- Barabari P.O-Barabari(south) P.s- Bhupatinagar Dist- PurbaMedinipur Pin- 721430
16.	Ms. Monalisa Roy	10	ShibaniMaity	M .Voc	Vill.+P.O- Lalua P.S-Patashpur Dist-purbamedinipur Pin- 721456
17.	Ms. Monalisa Roy	10	Sourav Panda	M .Voc	Vill- Marishda P.O- Marishda P.S- Marishda Dist- PurbaMedinipur Pin- 721449
18.	Ms. Monalisa Roy	10	SulekhaDhara	M .Voc	Vill+ P.O- Serkhanchak P.S- khejuri Dist- Purbamedinipur Pin - 721432
19.	Ms. Monalisa Roy	10	Suraj Das	M .Voc	Vill+po-Lakshmanchak Ps-Talpati Ghat Costal Dist- Purba Medinipur Pin-721431
20.	Ms. Monalisa Roy	10	Tiyasa Roy	M .Voc	Rautara,Howrah,Jhikhira,711401



# 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

## Department of Nutrition

### NOTICE

Date-14.08.2022

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 02<sup>nd</sup> September 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

14.08.2022

Mugberia Gangadhar Mahavidyalaya

*Principal*

Mugberia Gangadhar Mahavidyalaya



## Mentor Mentee Meeting 2022

Page: / /  
Date: / /

It is hereby inform you that a Mentor Mentee meeting is scheduled to be held on 02.09.22 for the following agendas. All mentees are able to join in the meeting positively.

1. class routine discussion.
2. Syllabus & books demands.
3. Any demand for spoken English class.
4. Regular class of the students.
5. Student less depression for some topics.
6. Identity card issue.
7. Not regular class of 1

8. Counselling Mentor health to find out socio-economic problem regarding education family problem if any future planning higher studies.

Members presents at mentor mentee meeting held on 02.09.22

### Students Name

- ① Sayan Das
- ② Poushali Choudhury
- ③ Puja Bhunia
- ④ Suraj Das
5. Shibani Maity
- ⑥ Sagorika Malia
- ⑦ Rima Giri
8. Moumita Maikap
9. Bipasa Jana
10. Banashri Manna
11. Tiyasa Roy



12. Rakhi Rani Guria
13. Madhumanti Pradhan
14. Sujekha Dhara
15. Sahel Lohor
16. Madhumita Kax
17. Sanjib Das
18. Sourav Panda



Resolution :

In this meeting 18 students out of 19 students of PG Sem-IV (M.Voc) were present. After a friendly discussion of almost 75 minutes few points look common to all.

1. Except few, most of the student do not have any clear vision/plan after completing the t.s as they need online class during covid-19 situation.
2. poushali choudhury agree to join the classes with all friends
3. A detailed discussion has done on higher studies. Competitive examination and job opportunities to make them motivated.
4. Some students have some issues regarding their economic problems, the changes in life style during covid-19.

After counselling their mental health those are some resolutions :

- (i) Be mindful (ii) Be intentional
- (iii) We are not alone, so be in it together
- (iv) Be communicative (v) positive outlook
- (vi) Be aware of mental health
- (vii) How to accept the current situation
- (viii) Create a daily or weekly routine
- (ix) Celebrating big and small success



Finally meeting ended with a vote of thanks to all Mentors.

*[Signature]*  
02.09.22

*[Signature]*  
2.09.2022  
Principal  
Gangadhar Mahavidyalaya

*[Signature]*  
02.09.22



# 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

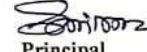
## Department of Nutrition

### NOTICE

Date-03.12.2022

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 13<sup>th</sup> **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 03.12.2022

Mugberia Gangadhar Mahavidyalaya

**Principal**  
Mugberia Gangadhar Mahavidyalaya

## NOTICE

### Mentor - mentee meeting - 2023

It is hereby inform you that a mentor - mentee meeting is scheduled to be held on 13.12.22 on the following agendas:

1. Discussion with absent student in class.
2. Discussion regarding the personal problem.
3. Family related personal problems.
4. Inform the students for catalogue search and OPAC software in library.
5. Future planning regarding higher studies and career empowerment.

### Student's Name :-

- ① Shibani Maity
- ② Sagarika Malia
- ③ Soumav Panda
- ④ Pooashali chowdherry
- ⑤ Rima Giri
- ⑥ Puja Bhunia
- ⑦ Sayan Das
- ⑧ Madhumanti Pradhan
- ⑨ Sanjib Das
- ⑩ Rakhi Rani Guria
- ⑪ Madhumita Koley

- 12. Banashri Manna
- 13. Moanla Maikap
- 14. Suraj Das
- 15. Sulekha Dhara
- 16. Sathi Jhon
- 17. Madhuni Kari
- 18. Tiya Sa Ray
- 19.
- 20.

Resolution:

All the above agendas are discussed in detail with the students. The meeting held about 75 minutes. Total 18 students are present in this meeting.

The following resolutions are made for this meeting.

1. Some students have competing the syllabus related issue on some papers. Extra classes are provided to solve it. And after some days continue.

*[Signature]*  
13.12.22

*[Signature]*  
13.12.2022

*[Signature]*  
13.12.22

Principal  
Mugheria Gangadhar Mahavidyalaya





# 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

## Department of Nutrition

### NOTICE

Date-01.05.2022

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 09<sup>th</sup> May 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



## NOTICE

### Mentor-Mentee Meeting

It is hereby inform you that a mentor-mentee meeting is scheduled to be held on 9.05.22 for the following agenda.

All mentees are asked to join the meeting positively without fail.

#### Agendas:

1. Class Routine Discussion
2. Regular class of the student
3. Syllabus Issue
4. Not regular attendent of some specific students
5. Library Book related Issue.

### Meeting Mentor-Mentee Meeting

Members presents at Mentor-Mentee Meeting are :

students name :

- ① Piya Bhunia
- ② Shibani Maity
- ③ Poushali chowdhury
- ④ Sayan Das
- ⑤ Madhumita ~~K~~
- ⑥ Madhumanti Pradhan
- ⑦ Sulekha Dhara
- ⑧ Rima Giri
- ⑨ Sagorika Matia
- ⑩ Sanjib Das
- ⑪ Bipasa Jana
- ⑫ Moumita Maikap

- 13) Suraj Das
- 14) Sakhi Lohor
- 15) Sourav Panda
- 16) Rakhi Rani Guria
- 17) Triyasa Roy
- 18) Banashree Manra



Resolution:-

In this meeting 18 students out of 19 students of PG Sem-4 (M.Voc) were present. After a friendly discussion about one hour, few points are same all appearing, these are:

1) Most of the students do not have plan how to cover their syllabus as they completed their B.Voc degree during the COVID-19 pandemic period.

Meeting Resolution Continue

2) Some students have their economic problem and the issues were discussed with them to apply to stay in hostel.

3) Some irregular students are agree to join the class regularly with their friends.

4) Some students have their library card and book related issue. The issues are forwarded to Librarian for taking suitable action.

*[Signature]*  
09.05.22

*[Signature]*  
9.05.2022  
Principal  
Mugheria Gangadhar Mahavidyalaya  
*[Signature]*  
09.05.22



# 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

## Department of Nutrition

### NOTICE

Date-01.06.2023

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 15<sup>th</sup> JUNE 2023 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

01.06.2023

Mugberia Gangadhar Mahavidyalaya

*Principal*

Mugberia Gangadhar Mahavidyalaya



## Mentor-Mentee Meeting 2023

Dated-15.06.23

Page: / /

It is hereby inform you all that ~~the~~ Mentor-Mentee Meeting will be held on 15.06.23 at 3:15 PM for the following agendas. So all mentees are asked to present themselves 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 their subject teaching.
6. Mental health of the mentees.
7. Future planning regarding studies and upcoming end sem examination.
8. Discussion on scholarships.
9. Misc

Members presents at Mentor-Mentee Meeting held on 15.06.23

### students name:

- ① Sayan Das
- ② Poushali choudhury
- ③ Puja Bhunia
- ④ Supri Das
- ⑤ Shibani Maity
- ⑥ Sagatika Matia
- ⑦ Rima Giri
8. Moumita Maikap
9. Bipasa Chona

10. Banashree Marina
11. Madhumanti Baidhan
12. Samjib Das
13. Sulekha Dhara
14. Sathi Lohor
15. Sourav Panda
16. Madhumita Kora
17. Rakhi Pami Gurua
- 18.



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 an effective answer to a question"
- vi) Discussion on scholarships.

4. All members 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 professional
- iii) we are not alone so be in it together.
- iv) Be communication
- v) Positive outlook
- vi) Create a daily or weekly routine.
- vii) Celebrate your big/small success demally Meeting ended with thanks to all.

*[Signature]*  
15.06.23

*[Signature]*  
15.06.2023  
Principal  
Mughberia Gangadhar Mahavidyalaya

*[Signature]*  
15.06.23

**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 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. Tonmoy Kumar Giri & Ms. Monalisa Roy 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.

# Some photos



# Feedback

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

Full Name Sayan Das Mobile number 7364 867483

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

Sayan Das



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

Full Name Rima Giri Mobile number 8145488241

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

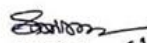
I	How would you rate the mentoring programme?.	1	2	3	4	5
II	Would you want a mentor in the future?	1	2	3	4	5
III	Did you like your mentors?	1	2	3	4	5
IV	Is the program conduct regulary?	1	2	3	4	5
V	Are you able to sharing your problem to your mentors?	1	2	3	4	5
VI	Are you getting solution of your problem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

**B. How do you evaluate your overall programme?**

Very good  Good  Satisfactory  Poor  Very poor

Rima Giri



  
Principal 01.06.2023  
Mugberia Gangadhar Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya