

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

M.VOC (Food Technology, Nutrition and Management)

Mugberia Gangadhar Mahavidyalaya

22.12.2023

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

Minutes of the Departmental meeting for Mentor Mentee Club on 22.12.2023

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.
- 2) It is decided that Mr. Tonmoy Kumar Giri & Mr. Ayan Mondal will be joint-coordinator of this programme.
- 3) A mentor mentee programme will be held on 22.12.2023
- 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

Mentor-Mentee Club Approved List of the Mentors Department of Nutrition 2023-2024

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	08	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)	14	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	12	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

Sr.	Name of	No of	Name of	Class Of	Address and phone no. of mentee
No.	Mentor	Mentee	Mentee	Mentee	
		Allotted			
1.	Ayan Mondal	14	Soumyadeep Jana	M.Voc 1 st sem	NAME- SOUMYA DEEP JANA C/O- AMULYA JANA VILL- BARADA P.O- BARADA BAZAR P.S- EGRA DIST- PURBA MEDINIPUR PIN- 721448 D.O.B- 21.12.2002 BLOOD GROUP- A+ EMAIL ID- IAMSJANA2020@GMAIL.COM PHONE NO- 7384467708

2.	Ayan Mondal	Pratyusha Jana	M.Voc 1 st sem	NAME-PRATYUSHA JANA C/O-PRABHAT KUMAR JANA VILL-AMARPUR P.O-AMARPUR P.S-PATASHPUR DIST -PURBA MEDINIPUR PIN-721439
				D.O.B- 02/03/2002 BLOOD GROUP -A+ EMAIL ID -PRATYUSHAJANA37@GMAIL.COM PHONE NO-8250320187
3.	Mondal	Sreyosmita Barik	M.Voc 1 st sem	NAME-SREYOSMITA BARIK C/O-SHIBSANKAR BARIK VILL-ROGHUNATHCHAK P.O-BHUPATINAGAR P.S-BHUPATINAGAR DIST -PURBA MEDINIPUR PIN-721425 D.O.B- 12/09/2002 BLOOD GROUP -B+ EMAIL ID- BMITA8454@GMAIL.COM PHONE NO-8509401394

4.	Ayan Mondal	Kuntal Nayek	M.Voc 1 st sem	NAME-KUNTAL NAYEK C/0- AASIM NAYEK VILL- RATANPUR
				P.O- RATANPUR P.S- GOGHAT DIST - HOOGHLY PIN-712614 D.O.B- 13 /04/2001 BLOOD GROUP -B+ EMAIL_ KUNTALSHUBHA@GMAIL.COM
5.	Ayan Mondal	Tapasi Pradhan	M.Voc 1 st sem	PHONE NO-6297929006 NAME- TAPASI PRADHAN C/O-GANESH PRADHAN VILL- CHAKBELA P.O-PANCHET GARH P.S- PATASHPUR
				DIST- PURBA MEDINIPUR PIN-721438 D.O.B- 21/06/2002 BLOOD GROUP -B+ EMAIL ID- TAPASI02PRADHAN@GMAIL.COM PHONE -6297441292

6.	Ayan Mondal	Dipsikha Paria	M.Voc 1 st sem	NAME- DIPSIKHA PARIA C/O- LATE BADAL PARIA VILL- ICHHABARI P.O- ICHHABARI P.S- PATASHPUR DIST- PURBA MEDINIPUR PIN- 721444 D.O.B- 03.11.2002 BLOOD GROUP- A+ EMAIL ID- DIPSIKHAPARIA@GMAIL.COM
7.	Ayan Mondal	Moumita Maishal	M.Voc 1 st sem	PHONE NO- 7865840633 NAME- MOUMITA MAISHAL C/O-NANDA GOPAL MAISHAL VILL- WEST KARANJI P.O-KARANJI P.S- RAMNAGAR DIST- PURBA MEDINIPUR PIN-721423 D.O.B- 25/2/2003 EMAIL ID-MOUMITAMAISHAL@GMAIL.COM PHONE -9339057404

8.	Ayan Mondal	Rashmoni Sau	M.Voc 1 st sem	NAME- RASHMONI SAU C/O- NILMANI SAU VILL- PURBA GURGURIA P.O- MADHYA GURGURIA P.S- MAIPITH COASTAL DIST- SOUTH 24 PGS PIN-743349 D.O.B- 23/09/2001 BLOOD GROUP - B- EMAIL ID - SAURASHMONI@GMAIL.COM PHONE NO- 7501891449
9.	Ayan Mondal	Rima Dolui	M.Voc 1 st sem	NAME - RIMA DOLUI C/O - SATKARI DOLUI VILL+ P.O - ASTARA P.S - TARAKESWAR DIST - HOOGHLY PIN - 712401 DOB - 11/01/2002 BLOOD GROUP - B+ MOBILE NO- 8100552558 E.MAIL - RIMADOLUI2016@GMAIL.COM

10.	Ayan Mondal	Dolan Maity	M.Voc 1 st sem	NAME-DOLAN MAITY C/O - BIKASH MAITY VILL+P.O HARENDRANAGAR P.S DHOLAHAT DIST SOUTH 24 PARGANAS PIN- 743347 D.O.B 20/11/2002
				BLOOD GROUPE- AB+ EMAIL ID- DOLANMAITY334@GMAIL.COM PHONE NO- 9883982353
11.	Ayan Mondal	Tanushree Mondal	M.Voc 1 st sem	TANUSHREE MONDAL 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

12.	Ayan Mondal	Shrabani Maity	M.Voc 1 st sem	NAME - SHRABANI MAITY C/O - DURGAPADA MAITY VILL + PO - ITABERIA PS - BHUPATINAGAR DIST - PURBA MEDINIPUR PIN - 721456 D.O.B - 15.10.2003 BLOOD GROUP - O+ EMAIL ID - MAITYSHRABANI017@GMAIL.COM PH NO - 6295118512
13.	Ayan Mondal	Rachayaita Bar	M.Voc 1 st sem	NAME- RACHAYAITA BAR C/O - PRATAP BAR VILL+P.O- KATKADEVI CHAK P. S- KHEJURI DIST- PURBA MEDINIPUR PIN- 721431 D.O.D- 06.11.2002 BLOOD GROUP- B+ EMAIL ID- RACHAYAITAB@GMAIL. COM PH- 9339283019

14.	Avan		Palas Kumar	M.Voc 1 st	PALAS KUMAR MANDAL
14.	Ayan Mondal				PALAS KUIVIAK IVIAINDAL
	iviondai		Mandal	sem	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
15.	Tonmoy	08	Chayan	M.Voc 1 st	CHAYAN PANIGRAHI
	Kumar Giri		Panigrahi	sem	C/O:- GOURISANKAR PANIGRAHI
					VILL+P.O.+ P.S NANDIGRAM
					DIST:-PURBA MEDINIPUR
					PIN:-721631
					DATH OF BIRTH:-09/11/2001
					BLOOD GROUP:-O+
					EMAIL ID:- CHAYAN.PANI.521@GMAIL.COM
					MOBILE NO:-7501133418

16.	Tonmoy	Swatilekha	M.Voc 1 st	NAME- SWATILEKHA SAMANTA
	Kumar Giri	Samanta	sem	C/O- DHARANI SAMANTA
				VILL- RAINE
				P.O- RAINE
				P.S- KOLAGHAT
				DIST- PURBA MEDINIPUR
				PIN- 721130
				D.O.B- 10.09.2000
				BLOOD GROUP- O+
				EMAIL ID-
				SWATILEKHA.SAMANTA000@GMAIL.COM
				PHONE NO- 8972972502
17.	Tonmoy	Avinandan	M.Voc 1 st	AVINANDAN BHUNIA
	Kumar Giri	Bhunia	sem	C/O - RATHINDRANATH BHUNIA
				VILL- MADHAKHALI
				P. O + P. S - BHUPATINAGAR
				PIN -721425
				DIST- PURBA MEDINIPUR
				D.O.B - 07.05.2002
				BLOOD GROUP- AB+
				EMAIL ID -
				AVINANDANBHUNIA32@GMAIL.COM
				MOBILE NO – 6297202059

18.	Tonmoy Kumar Giri	Sanjukta Bhanja	M.Voc 1 st sem	C/O - MANAS KUMAR BHANJA VILL-PURBA MUKUNDA PUR P.O-JHAUGERIA P.S-DIGHA MOHANA COASTAL DIST - PURBA MEDINIPUR PIN - 721441 DOB - 21/01/2002 BLOOD GROUP - B+ MOBILE NO- 7384339730
19	Tonmoy Kumar Giri	Jeet Senapati	M.Voc 1 st sem	E.MAIL - SANJUKTABHANJA000@GMAIL.COM NAME - JEET SENAPATI C/O - PANKAJ SENAPATI VILL- AMARSHI KASBA P.O- AMARSHI P.S- PATASHPUR DIST - PURBA MEDINIPUR PIN - 721454 DOB - 11/08/2002 BLOOD GROUP - B+ MOBILE NO- 8597741533 E.MAIL - JEETSENAPATI583@GMAIL.COM

	Tonmou	Sankari Patra	M.Voc 1 st	NAME- SANKARI PATRA
	Tonmoy	Salikari Patra		NAIVIE- SAINKARI PATRA
20	Kumar Giri		sem	C/O- ASHOK PATRA
				VILL- CHAKGHULI
				P.O- PURBA MADHABPUR
				P.S- RAMNAGAR
				DIST- PURBA MEDINIPUR
				PIN-721453
				DOB-14/01/2003
				BLOOD GROUP -AB+
				MOBILE NO - 7001280937
				E.MAIL - <u>SANKARIPTR@GMAIL.COM</u>
21	Tonmoy	Mrinal kanti	M.Voc 1 st	MRINAL KANTI BERA
	Kumar Giri	Bera	sem	C/I:-SANKAR KUMAR BERA
				VILL:-BAMANBARH
				PO:-TEGHARI
				DIST:-PURBA MEDINIPUR
				PIN:-721434
				DOB:-31/12/200
				E-MAIL:- MRINALKANTIBERA2000@GMAIL.COM
				PH:-8918293864

22	Tonmoy	Subhadeep Das	M.Voc 1 st	NAME- Subhadeep Das Adhikari
22	Kumar Giri	Adhikari	sem	C/O-Purnachandra Das Adhikari VILL- Maitrapur
				P.O- Alankarpur
				P.S- Digha Mohana
				DIST- PURBA MEDINIPUR
				PIN- 721441
				DOB-31/08/2001
				BLOOD GROUP - 0 +
				MOBILE NO - 9641313702
				E.MAIL -
				SUBHADEEPDASADHIKARI9@GMAIL.COM



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DBT Star College Scheme Award Recipient

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Date:09.12.2023

NOTICE

It is hereby notified that a Mentor Mentee Programme is schedule to be held on 22.12.2023 at 02.00 pm at Nutrition Department of Mugberia Gangadhar Mahavidyalaya. All students and all departmental teachers of Nutrition Department are informed to be presented in this said programme.

Mentor

Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya

Principal > Magheria Gangadhar Mahavidyalaya

Montos Mentee Meeting Dated - 22.12.2023

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Date : / /

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	1. Discussion regardly the personal problems.						
	3. Fuluxe planning regarding studies. 1. Discussion regardly the personal problems. 5. Discussion for their library card. 6. Family issues.						
4.45							
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2.	Chayan Janigrahi	23. Tanushuee Mondal					
3.	Dipstrha Papra.	24. Tapasi Pradhan					
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5.	Jeet Senapati						
	Kuntal Nayer	***					
7.	Moumita Maishaf.						
8.	Mouna Kanti Beria.						
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Resolution:
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minutes son points look common to all.
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improvement in distinct papers.
some students was unable to undesstand the concests of
some at the national topics. So suppostes the student mo.
bally and advised to dissours tocalties regarding her doubts and abo to refer study materials and video
rectusers (Youtube on NPTH) to undesistand the concept bets
It is also resolved that the JAM wonship for the higher
study will be conduct shostly.
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A detailed discussion has done on higher study and
butuse, scope of method. Job oppositurities and like and
Butuse, scope of method. Job oppositurities and like and work of Indian great mathametician, s. Ramanajan to
make them motivated.
Finally, meeting ended with a vote of thanks.
Samon
22-12-20-20 - Principal
Magheria Gangathar Mahavidyahya

Some photos





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

Full	Name Joet Sanapati Mobile n	number 🔟	859	774.	1532		
Progr	ramme Name: B.Sc (NUTH) B.Voc (FP)						
A. Pl	lease answer all questions by circling one out of numbers 1 -	5 against	each sta	tement.			
	The number 1 - 5 correspond to the statement: 5 - Strongly agree 4 - Agree 3 - Neither agree nor disagree 2 - Disagree 1 - Strongly disagree						
1	How would your rate the mentoring programme?.	1	2	3	4	5	
II	Would you want a mentor in the future?	1	2	3	4	(5)	
Ш	Did you like your mentors?	1	2	3	4 `	(3)	
IV	Is the program conduct regulary?	1	2	3	4	5	
V VI	Are you able to sharing your problem to your mentors? Are you getting solution of your problem from your mentors?	1	2 2	3 3	4	5 5	
В. Но	w do you evaluate your overall programme?						
	Very good	oor 🗌	Very	poor [
			Je	cet S	enafo	di	
			Stuc	dent:	s Sig	matu	ne

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

Full Name Sanjukta Bharja Mobile nun	nber - 7	3843	3978	30	
Programme Name: B.Sc (NUTH) B.Voc (FP)					
A. Please answer all questions by circling one out of numbers 1 -5 a	gainst e	ach sta	tement		
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 your rate the mentoring programme?. II Would you want a mentor in the future? III Did you like your mentor? IV Is the program conduct regulary? V Are you able to sharing your problem to your mentors? VI are you getting solution of your problem from your mentors?	1 1 1 1	2 2 2 2 2 2 2	3 3 3 3 3	4 4 4 4 4 4	5 5 5 5
B. How do you evaluate your overall programme? Very good Good Satisfactory Poor	or 🗌	Ver	y poor		

Sanjukta Pshanja Student signature