

Office of the Principal
Vallabh Govt. College Mandi (H.P.)

Dated: 23.9.2023

OFFICE ORDER

Students support and progression is the main objective of the institute. To build an interpersonal relationship between the teachers and students so that students may feel free to discuss their problems with teachers, Vallabh Govt. College is starting **mentor-mentee programme**.

Each teacher in all departments is assigned with the task of mentoring students and Teachers are expected to monitor the growth of the students assigned to them in following manner:

- Specific number of Students shall be assigned to teaching faculty who will enact as mentor.
- The students (mentee) will be attached to the same mentor for the entire duration of the program of his/her study.
- In case of transfer of teacher, the assessment register shall be handed over to teacher joining in his/her place.
- The mentor shall meet the mentees regularly **at least once in a month** and record the outcome of the meeting be maintained in "**Mentors Assessment Register**".
- The mentor shall also note the details of those students whose performance is below average. The mentor shall interact with the students and try to understand the cause of the lower performance. If needed the mentor can involve the parents or subject teachers for improving the performance of the students.
- Build confidence in students through affirmation of their skills and values.
- Suggest effective strategies that enable students to thrive in college, leading to successful completion of their education and preparing them for future endeavors.
- The mentoring program will be monitored by a committee consisting of the Principal and some senior faculty members.

Suggestive Schedule for conducting Mentor-mentee Session	
B.A./B.Sc./B.Com. and other First Year students	1 st Week of Every month after 2:00 PM
B.A./B.Sc./B.Com. and other Second Year students	2 nd Week of Every month after 2:00 PM
B.A./B.Sc./B.Com. and other Third Year students	3 rd Week of Every month after 2:00 PM


Principal

23/9/2023

VALLABH GOVT. COLLEGE MANDI (H.P.)**Schedule for Mentor Mentee Interaction****Academic Session 2022-23****First week of Every Month (Class B.Sc./M.Sc. I)****Time: 02:40 PM**

Day	Name of Mentor	Mentee Group	Room No.
Monday	Dr. Sanjay Sharma	B. Sc. I Comp. Sc. Major	01
Monday	Dr. Monika Panchani	B. Sc. I Botany Major Roll No. 23BOT083 -105 & Chem. Major (Med.)	22
Monday	Ms. Anju Bala	B. Sc. I Physics Major	24
Monday	Dr. Sanjay Narang	B. Sc. I Zoology Major Roll No. 23ZOO001 -55	17
Monday	Dr. Deepali Ashok	B. Sc. I Botany Major Roll No. 23BOT001 -41	31
Monday	Dr. Radhika Jamwal	B. Sc. I Zoology Major Roll No. 23ZOO056 -114	32
Tuesday	Ms. Yachna Sharma	B. Sc. I Botany Major Roll No. 23BOT042 -82	17
Tuesday	Dr. Anita Kumari	B. Sc. I Chem. Major (NM)	24
Tuesday	Dr. Vivek Kapoor	B. Sc. I Maths Major Roll No. 23BSM001-060	01
Tuesday	Dr. Kavita	B. Sc. I Maths Major Roll No. 23BSM061-122	22

NOTE: if the students are busy in practical on allotted date/time, then the concerned teachers may reschedule the session at their own level as per their convenience.

Second week of Every Month (Class B.Sc./M.Sc. II)**Time: 02:40 PM**

Tuesday	Ms. Niraj Sharma	B. Sc. II Maths Major Roll No. 202201501402003 to 2088	31
Tuesday	Dr. Harish Kumar	M.Sc. Maths All students	32
Wednesday	Ms. Seema Sharma	B. Sc. II Chem. Major (NM) Roll No. 202201501402255 to 2321 & Comp. Sc. Major all	31
Wednesday	Dr. Vivek Kapoor	B. Sc. II Maths Major Roll No. 202201501402089 to 2164	01
Wednesday	Mr. Joginder Jassal	B. Sc. II Zoology Major Roll No. 202201501403217 to 3300	32

Wednesday	Dr. Raj Kumar	B. Sc. II Chem. Major (NM) Roll No. 202201501402006 to 2244	17
Wednesday	Dr. Tara Sen	B. Sc. II Botany Major Roll No. 202201501403003 to 3190	22
Thursday	Dr. Rakesh Kapoor	B. Sc. II Maths Major Roll No. 202201501402166 to 2253	01
Thursday	Mr. Mahinder Singh	B. Sc. II Zoology Major Roll No. 202201501403002 to 3097	31
Thursday	Dr. Sanjay Kumar	B. Sc. II Zoology Major Roll No. 202201501403099 to 3216	32
Thursday	Dr. Rojilla Puri	B.Sc. II Physics Major	24
Thursday	Dr. Rajiv Parmar	B. Sc. II Botany Major Roll No. 202201501403192 to 3301 & Chem. Major (Med.)	17
Thursday	Dr. Manoj Kumar	B. Sc. II Maths Major Roll No. 202201501402253 to 2300	22

Third week of Every Month (Class B.Sc. III)

Time: 02:40 PM

Friday	Ms. Neetu Pathania	B. Sc. III Chem. Major (Med.) & Botany Major	17
Friday	Dr. Jitender Kumar	B. Sc. III Maths Major Roll No. 2200560045 -560170	32
Friday	Dr. Vikas Thakur	B. Sc. III Chem. Major (NM) & Comp. Sc. Major all	31
Friday	Dr. Surender Kumar	B. Sc. III Maths Major Roll No. 2200560172-560521	24
Friday	Dr. Lateshwari	B. Sc. III Physics Major	01
Friday	Dr. Banita Saklani	B. Sc. III Zoology Major Roll No. 2200560001 -560156	22
Friday	Dr. Madhavi Joshi	B. Sc. III Zoology Major Roll No. 2200560171 -560525	25

NOTE: In case of Holiday on above mention schedule, the mentor will conduct interaction session in Fourth week of that particular month in any of the room available.

Vallabh Govt. College Mandi H.P.
Schedule for Mentor Mentee Interaction
Academic Session 2023-24

Third Week of Every Month (Class BA-1st Year)

Timing 2:40 PM

S.N.	Days	Name of Teacher	Subject and Roll No	Class	Total	Room No.
1.	Thursday	Mr. Mahender Singh	Dance - All Economics - All Geography - All Journalism - All Painting - All Sanskrit - All	BA-1 st	99	02
2.	Thursday	Ms. Aditi Sharma	English 01-100	BA-1 st	90	03
3.	Thursday	Mr. Mujeeb Husain	English 102- rest all Sociology - All Tour & Travel - All	BA-1 st	97	207
4.	Thursday	Dr. Sunil Sen	Hindi - 01-100	BA-1 st	97	213
5.	Thursday	Ms Krishna Kumari	Hindi - 101-rest all Music- All Physical Edu. - All	BA-1 st	93	214
6.	Thursday	Dr Santosh Kumar	History -001-108	BA-1 st	97	101
7.	Thursday	Mr. Suraj Mani	History 110-211	BA-1 st	97	102
8.	Thursday	Ms. Minakshi	History 112- 313	BA-1 st	98	103
9.	Thursday	Ms Vipasha Kashyap	History 315 rest all Psychology - All	BA-1 st	96	104
10.	Thursday	Dr. Anuj Kumar	Pol. Sc. -01-104	BA-1 st	99	105
11.	Thursday	Mr. Naresh kumar	Pol. Sc. -105 - 206	BA-1 st	99	107
12.	Thursday	Ms. Nivedita Gautam	Pol. Sc. -207- 311	BA-1 st	100	108
13.	Thursday	Dr Arvind Kumar	Pol. Sc. 313-rest all	BA-1 st	89	109

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Vallabh Govt. College Mandi H.P.
Schedule for Mentor Mentee Interaction
Academic Session 2023-24

Second Week of Every Month (Class BA-2nd Year)

Timing 2:40 PM

S.N.	Days	Name of Teacher	Subject and Roll No	Class	Total	Room No.	Signature
1.	Tuesday	Ms. Shikha Kapoor	Dance - All Music - All Economics - All Geography - All Journalism - All Painting - All	BA-2 nd	86	02	
2.	Tuesday	Ms. Archana	Hindi -112 -rest all Physical Edu. All	BA-2 nd	86	03	
3.	Tuesday	Ms. Jyoti	English - 01-154	BA-2 nd	93	207	
4.	Tuesday	Dr. Vinod Kumar	Hindi - 01 - 107	BA-2 nd	84	213	
5.	Tuesday	Ms. Heena	History 01-112	BA-2 nd	89	214	
6.	Tuesday	Ms. Saroj Kumari	History 113 - 215	BA-2 nd	89	101	
7.	Tuesday	Mr. Bhed Ram	History 217 - 351	BA-2 nd	89	102	
8.	Tuesday	Dr. Desh Raj	History 352 - 492	BA-2 nd	89	103	
9.	Tuesday	Dr. Suman Bhardwaj	History 493- rest all	BA-2 nd	89	104	
10.	Tuesday	Ms. Tanzin Chhoma	Pol. Sc. 01 - 104	BA-2 nd	91	105	
11.	Tuesday	Mr. Bhupinder Kumar	Pol. Sc. 105 - 216	BA-2 nd	90	107	
12.	Tuesday	Ms. Anju Bala	Pol. Sc. 217 - 353	BA-2 nd	91	108	
13.	Tuesday	Mr. Hoshiyar Singh	Pol. Sc. 354-rest all	BA-2 nd	90	109	

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Vallabh Govt. College Mandi H.P.
Schedule for Mentor Mentee Interaction
Academic Session 2023-24

First Week of Every Month (Class BA-3rd Year)

Timing 2:40 PM

S.N.	Days	Name of Teacher	Subject and Roll No	Class	Total	Room No.	Signature
1.	Monday	Mr. Ram Singh Attal	Journalism - All BA Maths - All Psychology - All Sanskrit - All Sociology - All Tour & Travel All	BA-3 rd	83	02	
2.	Monday	Prof. Chetan Singh,	Hindi - All	BA-3 rd	83	03	
3.	Monday	Mr. Baldev Verma	English - All	BA-3 rd	83	207	
4.	Monday	Prof. Shishu Bala	History 01-164	BA-3 rd	83	213	
5.	Monday	Dr. Bandana Devi	History 167-330	BA-3 rd	83	214	
6.	Monday	Dr. Raj Kumar	History 333-rest all	BA-3 rd	83	101	
7.	Monday	Dr. Pardeep Kumar	Economics All	BA-3 rd	83	Geog. Lab.	
8.	Monday	Dr. HEM RAJ Rana	Pol. Se. 01-143	BA-3 rd	83	103	
9.	Monday	Dr. Dayak Ram	Pol. Se. 145 - 197	BA-3 rd	83	104	
10.	Monday	Dr. Chaman Lal	Pol. Se. 300 - rest all	BA-3 rd	84	105	

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This year students of B.Sc. final year (Med.) were allotted for Mentor classes. These classes were taken with the following objectives in mind:

- Creating opportunities amongst college groups and communities for bonding.
- Refining teacher - student communication outside the classroom.
- Supporting personal and professional growth along with monitoring of psychological growth and progress among mentees.
- Identifying special talents, skills, slow learners.
- Identifying learning needs of the Mentees.
- Providing sustained motivation to the students.

Mpsli
(Dr. Madhavi Joshi)
MENTOR

23 - October - 2022

The first meeting was conducted on 23.10.22 and it was an orientation session for the students to apprise them about the Mentor - Mentee process.

In this orientation session, Mentor details were collected and a platform for interaction was created. An effort was made to understand their family and academic background with an objective to create a sense of mutual trust and belonging among the mentees.

Problems Discussed

Action Taken

Distribution of Mentor mentee

Appraised the mentees about the mentor-mentee system.

Research was taken regarding the online and offline reference books.

Students present: $\frac{34}{34}$

april
(Dr. Madhuri Jit)

3 - November - 2022

The second meeting was conducted on 3rd November 2022. The main focus was to discuss the mentees regarding choosing and development and discuss some issues regarding textbooks and reference books.

Discussion on syllabus and its completion was made. Satisfaction level of students towards each subject was also analyzed.

Students were very open and cooperative in discussing their concerns. Various reference books/handouts to the regular text books were shown to the students and e-books were also provided to them. As their mid-term examinations were going on, percentage of syllabus completed and how to write their exams were also elaborated to them.

Problems Discussed

Action Taken

Reference books issues

E-books were provided to them
Suggested to use e-library

Discussion on syllabus

How to prepare a particular topic & how imp it is was discussed.

april
(Dr. Madhuri Jit)

4 - November - 2023

The third meeting with the students was organized on 11th Nov 23. In this meeting students themselves asked about time management and boosting self confidence. This room concern was about managing the time for classwork, tests preparation and also for preparation of competitive examinations.

Students were counselled about their concern. Effective ways of time management were discussed. Minutes were encouraged to prepare a time table for all their activities and habits, and were motivated to follow a quiet habit while adhering to their time table. For boosting self-esteem they were told to read books/newspaper articles of their choice and include it in their daily habit. A brief group discussion was organized in the classroom itself.

Students enjoyed and actively participated in the group discussion.

<u>Concern Raised</u>	<u>Action Taken</u>	<u>Remarks</u>
Time Management	Encouraged to prepare a time table and adhere to it.	Students agreed upon starting with small steps & their habits.
Self confidence	Read newspaper and articles in group discussion.	It is important to start with small steps.

14 - November - 2023

On 14th Nov 23, the fourth meeting with students was held in the library lab. Here students wanted to discuss about exam stress and how to cope up with this stress.

After carefully listening to their concern various ways to reduce their stress were discussed. Many students themselves gave suggested remedies to be followed and giving time to their hobby emerged as the most convincing idea. Drinking, listening to soft music and cycling were also discussed and how it impacts your mental health.

Discussing your mistakes and acknowledging them and studying was also emphasized.

<u>Concern Raised</u>	<u>Action Taken</u>	<u>Remarks</u>
Exam stress	- Drinking, hobbies - Listening to soft music, cycling, etc. - Acknowledging your mistakes to make the environment more relaxing, as that one can feel happy while reading.	Students agreed upon of their study table habits and of 15 th .

11/11/23
(Teacher) Dr. VAGH

24 - November - 2023

The fifth meeting with the mentees was organised on 24th - November - 2023. In this meeting students were advised regarding career development, professional goals, selection of career and higher education.

Students were informed about various university to pursue their master degree, paper pattern and time management for competitive exams.


Students were motivated, never to leave studies and continue till they achieve their professional growth.

Online study portals and e-books were also discussed and how to study, what are the important topics, How much time to give for competitive exam preparation was also discussed.

Concern Raised	Action taken	Remarks
1) Career objectives	Various fields pertaining to career were discussed	
2) Competitive exams	Exams conducted by various universities, paper pattern were discussed.	



Devika Vaidya


(Dr. Madhavi Jain)

B.Sc. Medical (Life Science) Zoology

Roll No.	Name	Matric No.	University Roll
1	Arshad Ali	101-21-101	10100001
2	Arshad Ali	101-21-102	10100002
3	Arshad Ali	101-21-103	10100003
4	Arshad Ali	101-21-104	10100004
5	Arshad Ali	101-21-105	10100005
6	Arshad Ali	101-21-106	10100006
7	Arshad Ali	101-21-107	10100007
8	Arshad Ali	101-21-108	10100008
9	Arshad Ali	101-21-109	10100009
10	Arshad Ali	101-21-110	10100010
11	Arshad Ali	101-21-111	10100011
12	Arshad Ali	101-21-112	10100012
13	Arshad Ali	101-21-113	10100013
14	Arshad Ali	101-21-114	10100014
15	Arshad Ali	101-21-115	10100015
16	Arshad Ali	101-21-116	10100016
17	Arshad Ali	101-21-117	10100017
18	Arshad Ali	101-21-118	10100018
19	Arshad Ali	101-21-119	10100019
20	Arshad Ali	101-21-120	10100020
21	Arshad Ali	101-21-121	10100021
22	Arshad Ali	101-21-122	10100022
23	Arshad Ali	101-21-123	10100023
24	Arshad Ali	101-21-124	10100024
25	Arshad Ali	101-21-125	10100025
26	Arshad Ali	101-21-126	10100026
27	Arshad Ali	101-21-127	10100027
28	Arshad Ali	101-21-128	10100028
29	Arshad Ali	101-21-129	10100029
30	Arshad Ali	101-21-130	10100030
31	Arshad Ali	101-21-131	10100031
32	Arshad Ali	101-21-132	10100032
33	Arshad Ali	101-21-133	10100033
34	Arshad Ali	101-21-134	10100034
35	Arshad Ali	101-21-135	10100035
36	Arshad Ali	101-21-136	10100036
37	Arshad Ali	101-21-137	10100037
38	Arshad Ali	101-21-138	10100038
39	Arshad Ali	101-21-139	10100039
40	Arshad Ali	101-21-140	10100040

Dr. ...
College ...

Dr. ...
College ...



Roll No.	Name	Matric No.	University Roll
1	Arshad Ali	101-21-101	10100001
2	Arshad Ali	101-21-102	10100002
3	Arshad Ali	101-21-103	10100003
4	Arshad Ali	101-21-104	10100004
5	Arshad Ali	101-21-105	10100005
6	Arshad Ali	101-21-106	10100006
7	Arshad Ali	101-21-107	10100007
8	Arshad Ali	101-21-108	10100008
9	Arshad Ali	101-21-109	10100009
10	Arshad Ali	101-21-110	10100010
11	Arshad Ali	101-21-111	10100011
12	Arshad Ali	101-21-112	10100012
13	Arshad Ali	101-21-113	10100013
14	Arshad Ali	101-21-114	10100014
15	Arshad Ali	101-21-115	10100015
16	Arshad Ali	101-21-116	10100016
17	Arshad Ali	101-21-117	10100017
18	Arshad Ali	101-21-118	10100018
19	Arshad Ali	101-21-119	10100019
20	Arshad Ali	101-21-120	10100020
21	Arshad Ali	101-21-121	10100021
22	Arshad Ali	101-21-122	10100022
23	Arshad Ali	101-21-123	10100023
24	Arshad Ali	101-21-124	10100024
25	Arshad Ali	101-21-125	10100025
26	Arshad Ali	101-21-126	10100026
27	Arshad Ali	101-21-127	10100027
28	Arshad Ali	101-21-128	10100028
29	Arshad Ali	101-21-129	10100029
30	Arshad Ali	101-21-130	10100030
31	Arshad Ali	101-21-131	10100031
32	Arshad Ali	101-21-132	10100032
33	Arshad Ali	101-21-133	10100033
34	Arshad Ali	101-21-134	10100034
35	Arshad Ali	101-21-135	10100035
36	Arshad Ali	101-21-136	10100036
37	Arshad Ali	101-21-137	10100037
38	Arshad Ali	101-21-138	10100038
39	Arshad Ali	101-21-139	10100039
40	Arshad Ali	101-21-140	10100040

Name	FatherName	MobileNo	CollegeRoll
1 Mehar Singh	manjeet singh	8580686340	21BBA042
2 Dhriti Sharma	Kuldeep sharma	8894383266	21BBA16
3 Pujan Sharma	DEEPAK SHARMA	8544784684	21BBA015
4 Khushi Kalsi	RAJESH KALSI	7018291913	21BBA008
5 Ajay Kumar	SURJEET SINGH	8580607051	21BBA034
6 Japneet Singh	Charanpreet Singh	9301500013	21BBA031
7 Ankita	RAJINDER KUMAR	8353068832	21BBA036
8 Priya Thakur	RAJENDER SINGH	9015339505	21BBA032
9 Piyush Arora	Shyam Kumar Arora	7876179042	21BBA011
10 Parth Verma	JATINDER KUMAR	8278813256	21BBA009
11 Tamanna	Sh. Raj Kumar	9015352279	21BBA024
12 Yash	Dheeraj Sharma	7876801570	21BBA003
13 Sulakhan Singh	SWAR AMRIT PAL SINGH	7018750343	21BBA025
14 Zoya Qureshi	Amin Qureshi	8580851177	22BBA022
15 Ishrat	Tariq Islam	9015427117	21BBA013
16 Bhargav Chandel	RAJESH Kumar Chandel	9816121718	21BBA037
17 Sushil	Damodar das	6230561761	21BBA030
18 SUJAL	BHUPENDER SINGH	9015279061	21BBA027
19 Sezal	PANKAJ GULERIA	7876751093	21BBA021
20 TANMAY	DEVENDER GULERIA	8894241396	BB1-21-5
21 Gunraj Singh	GURMUKH SINGH	7018469822	21BBA028
22 Piyush Bhardwaj	Jitender Bhardwaj	7651013227	21BBA029
23 Itish Arora	RAJEEV ARORA	7807344385	21BBA017
24 ADITYA BISHT	MAHESH BISHT	8219003250	21BBA002
25 Himanshu	Geeta Nand	9015204148	21BBA023
26 Neha Pawar	Babu Ram	8219370594	21BBA014
27 Shorya Gupta	Hari Narayan	8278872990	21BBA038
28 Nikhil Sharma	UTTAM CHAND SHARMA	8894893254	21BBA026
29 Himanshu Thakur	CHIMAT RAM	9015298451	21BBA010
30 Gurnam Kaur	GURAMRIT SINGH	9015392461	21BBA019
31 Mohit Kumar	Jagdish chand	7018433099	21BBA033
32 Shourya Guleria	Kuldeep	6230994403	21BBA007
33 Raman Thakur	Devinder thakur	8219579474	21BBA020
34 Abhishek Sharma	BHARAT Sharma	8580677765	21BBA035
35 Sumedha	Tej singh	7876453038	21BBA018
36 Nishant Atri	SANJAY KUMAR	7591832654	21BBA039
37 Akhilesh Kumar	Surender kumar	7876311592	21BBA001
38 Abhay Jaswal	PRITHI PAL SINGH	8580408471	21BBA040
39 Harish kumar	Rajesh kumar	7876609029	21BBA004
40 Balbir Singh	KAMAL KUMAR	6239732841	21BBA012
41 Shivam Katoch	SHAMSHER CHAND	7876643608	21BBA043

Prof. Vandana BBA 3rd year (1 to 41)

Mentor - Mentee Interaction - No. 1 -

Mentor - VANDANA KAPUR (BCA Deptt.)

Mentees - B.B.A - IIth Sem.

Total students in B.B.A IIth Sem = 41.

⇒ 1st Meeting / interaction with Mentees on 17th Oct. 2023

⇒ Room No. - 212 -

Present students ↓

Sr.No.	Name	R.No. (CLAS)	Signature
01	Kaith Verma	09	
02	Shih Anura	17	
03	Pujam Sharma	15	
04	Abhishek Sharma	35	
05	Piyush Bhardwaj	29	
06	Rakhi	12	
07	Abhay Jaswal	40	
08	Divya Katoch	43	
09	Mohit Kumar	33	
10	Harish Kumar	04	
11	Nikhil Sharma	26	
12	Guraj Singh	28	
13	Saket Singh	25	
14	Japant Singh Bst	31	
15	Kushi Kabi	08	
16	Gurwansh Kaur	19	

CLASS R.No.

Signature

Name

	Name	CLASS R.No.	Signature
17.	Kaya Divyashi	22	Kaya
18.	Shilpi Sharma	16	Shilpi
19.	Ishrat	13	Ishrat
20.	Himanshu	23	Himanshu
21.	Tanavna	24	Tanavna
22.	Himanshu Thakur	10	Himanshu
23.	Priya Mishra	32	Priya
24.	Samidha	18	Samidha
25.	Shalini	21	Shalini
26.	Shikha	36	Shikha
27.	Tanavna	05	Tanavna

Report

The very first meeting with students of B.B.A J12 section took place and after mentor-mentee introduction, a brief discussion was done with the mentees about their studies, syllabus and class teachings. They were asked to share their problem if any with the mentors.

This interaction ended up on a very good note with the positive response of the students.

Vandana
12/10/23

V.G.C. Mundi (HOD)

Meaningful interaction / 10/20/21 (20/21)

In this interaction students were asked to visit all in LRA Apartment small groups were given chance to share their problems & help. Students shared their opinions & studies and were satisfied with it. This was raised by personal letter with the teacher. The entry ended up on a very satisfactory note.

Visit
 21/11/21
 Upland Inf

Sl. No.	Name	Attendance	Signature	Date	Signature
01	Pankaj	21	[Signature]	22	[Signature]
02	Manoj	21	[Signature]		
03	Pratik	21	[Signature]		
04	Adarsh	21	[Signature]		
05	Manoj	21	[Signature]		
06	Manoj	17	[Signature]		
07	Manoj	12	[Signature]		
08	Manoj	18	[Signature]		
09	Anita	36	[Signature]		
10	Manoj	20	[Signature]		
11	Manoj	30	[Signature]		
12	Manoj	32	[Signature]		
13	Manoj	31	[Signature]		
14	Manoj	21	[Signature]		
15	Manoj	9	[Signature]		
16	Manoj	13	[Signature]		
17	Manoj	10	[Signature]		
18	Manoj	28	[Signature]		
19	Manoj	25	[Signature]		
20	Manoj	17	[Signature]		
21	Manoj	13	[Signature]		
22	Manoj	28	[Signature]		
23	Manoj	14	[Signature]		
24	Manoj	21	[Signature]		
25	Manoj	24	[Signature]		
26	Manoj	26	[Signature]		
27	Manoj	12	[Signature]		

19/11/24

Paper 2nd 4
12th Feb 2024

Exp. 11: 224
 Time: 11:30 AM

Sl. No.	Name	Signature	Roll Number	Group
01	Aditya	[Signature]	11	[Group]
02	Abhishek	[Signature]	12	[Group]
03	Aditya	[Signature]	13	[Group]
04	Aditya	[Signature]	14	[Group]
05	Aditya	[Signature]	15	[Group]
06	Aditya	[Signature]	16	[Group]
07	Aditya	[Signature]	17	[Group]
08	Aditya	[Signature]	18	[Group]
09	Aditya	[Signature]	19	[Group]
10	Aditya	[Signature]	20	[Group]
11	Aditya	[Signature]	21	[Group]
12	Aditya	[Signature]	22	[Group]
13	Aditya	[Signature]	23	[Group]
14	Aditya	[Signature]	24	[Group]
15	Aditya	[Signature]	25	[Group]
16	Aditya	[Signature]	26	[Group]
17	Aditya	[Signature]	27	[Group]
18	Aditya	[Signature]	28	[Group]
19	Aditya	[Signature]	29	[Group]
20	Aditya	[Signature]	30	[Group]

Many of the students were present in the interactive rough zones who about and did not attend the same.

Students were eager to talk to teacher about their experiences they gained during their visit at Khandwa on 10/11/24.

It was a nice meeting with the students.

Handwritten signature
 19/11/24

B.ed 1st year students

Mentor Mentee Programme :- 2023-24

Date as on 22-02-2024 1st Session.

Roll No - 37 to 80

Sr.No.	Roll No	Name of students	Signature
1.	202301501414064	SATASHI	Satashi
2.	202301501414057	Richa Sharma	Richa
3.	202301501414056	Roshma Devi	Roshma Devi
4.	202301501414043	Nisema	Nisema
5.	202301501414070	Shivani Sharma	Shivani Sharma
6.	202301501414079	Vandana	Vandana
7.	202301501414067	Shelly	Shelly
8.	202301501414068	Shivangi	Shivangi
9.	202301501414041	Monika	Monika
10.	71	Swati Thakur	Swati
11.	202301501414044	Neelam Kumari	Neelam Kumari
12.	54	Ranjeet Kaur	Ranjeet Kaur
13.	202301501414045	Neelam Kumari	Neelam Kumari
14.	202301501414071	Sunil Kumar	Sunil
15.	202301501414072	Sunil Kumar	Sunil
16.	202301501414061	Rohit	Rohit
17.	47	Piyush	Piyush
18.	42	Mukesh Raj	Mukesh Raj
19.	39	Mahesh Kumar	Mahesh
20.	27	VANSHAJ	Vanshaj
21.	66	Shweta Sharma	Shweta Sharma
22.	46	Pooja Sharma	Pooja Sharma
23.	55	Renu Devi	Renu
24.	65	Shalini Thakur	Shalini

B.ed	Year	Signature	B.ed 1st year students	22/02/2024
60	202301501414060	Shweta Sharma	Roll No	Mentor Mentee Programme 2023-2024
73	202301501414073	Renu	Name of students	Signature
78	202301501414078	Shweta Sharma	1. 202301501414053	Rajni
48	202301501414048	Neelam Kumari	2. 202301501414048	Pragna Devi
70	202301501414070	Nisema	3. 202301501414071	Vandana
41	202301501414041	Monika	4. 202301501414041	Monika
75	202301501414075	Shivani Sharma	5. 202301501414071	Sunil Kumar
21	202301501414021	Tanya Kumari	6. 202301501414060	Shweta Sharma
51	202301501414051	Pooja	7. 202301501414055	Renu Devi
52	202301501414052	Shweta	8. 202301501414052	Shalini Thakur

Wd - We issue average see students.

VALLABH GOVT. COLLEGE MANDI

List of mentees assigned to mentors

Session: - 2023 - 2024

Name of Mentor: - Ms. Vipasha Kashyap

Designation:- Assistant Prof.

Department of Psychology

Mobile No.:- 78073-77589

Number of Mentee Allotted:- 48+48 = 96

email - vipashakshp@gmail.com

Section - A					Date of Meeting	
Sr. No	Name of Mentee	Mobile No.	Class Roll No.	Uni. Roll No.	10/11/23	16/11/23
1.	Kanika Thakur	6230042712	23HIS315			
2.	Faru Kumari	9459668431	23HIS316			
3.	Resha Kumari	8894415934	23HIS318			
4.	Heer Raj	7876491683	23HIS319			
5.	Meenakshi Chauhan	9805823940	23HIS320			
6.	Ritika Thakur	7807364690	23HIS321			
7.	Payal	9816032520	23HIS322			
8.	Suraksha	8679814026	23HIS323			
9.	Riya	8251805091	23HIS324			
10.	Chetna Thakur	8679338258	23HIS325			
11.	Ludhir Thakur	9015416531	23HIS328			
12.	Sochin Patyal	8580770236	23HIS329			
13.	Jaya Kumari	9805094439	23HIS330			
14.	Arjun	6230768681	23HIS331			
15.	Sahil	8219561163	23HIS332			
16.	Jagriti	7876445206	23HIS333			
17.	SONU	7807682564	23HIS334			
18.	Karan	8894392378	23HIS336			
19.	Pooja	6230280380	23HIS337			
20.	KUBER SINGH	8580556218	23HIS338			
21.	Hemant	6230966023	23HIS339			
22.	Vivek	9015209583	23HIS340			
23.	Sanjana Kumari	9882749009	23HIS342			
24.	Prashant Bakshi	8894289113	23HIS343			
25.	Rishav Thapa	8580564503	23HIS344			
26.	Pushp Raj	7018283148	23HIS345			
27.	Kanupriya	7807647269	23HIS346			
28.	Kushal Kumar	8219589652	23HIS347			
29.	Lataha Thakur	9317286092	23HIS348			
30.	Jagdish Kumar	8219152955	23HIS349			
31.	Nirjala	7876225470	23HIS350			
32.	Meera Devi	8544733405	23HIS352			
33.	Harsh Janwal	8626860473	23HIS353			
34.	Lalita Devi	8580925375	23HIS355			
35.	Shakshi Bhargwa	8219489013	23HIS356			
36.	Abhishek	8265033332	23HIS357			
37.	Muskan	7807945699	23HIS358			
38.	Kiran	8580833730	23HIS359			
39.	Palak	7876689635	23HIS360			
40.	Navneet Sharma	7591827834	23HIS361			
41.	Shubham	8219713709	23HIS362			
42.	Tanu Kumari	7807968680	23HIS363			
43.	Muskan	9015381330	23HIS364			
44.	Pranshi Soti	9857661115	23HIS365			
45.	Himender Kumar	9015477593	23HIS366			
46.	Praveen Kumar	7591082007	23HIS368			
47.	Ayush	9816268202	23HIS369			
48.	Naina Devi	9317092692	23HIS370			

Special Meeting

from 10-10-23

Hobbies (Singles)

Group IV

G.U.T.Y

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Section - B				Date of Meeting			
Sr. No.	Name of Mentee	Mobile No.	Class Roll No.	Uni. Roll No.	17/05/24	18/05/24	19/05/24
1.	Chetna	6230758077	23HIS371		P	P	P
2.	Nitin Kumar	8988231600	23HIS372				
3.	Kashish Pariyal	9015223121	23HIS373		P		
4.	Karika Chandel	8580840138	23HIS374				
5.	Amisha Chaudhan	8219420922	23HIS375				
6.	Ajay Kumar	7018663996	23HIS376				
7.	Vishal	8580520825	23HIS377				
8.	Akshay Kumar	8091727105	23HIS378				
9.	Ankit Kumar	9816547806	23HIS379				
10.	Shaynam Kumari	7807189865	23HIS380				
11.	Ramni K. Rana	7807310720	23HIS381				
12.	Bhishma Kumari	8219848090	23HIS382		P		
13.	Aman	8580439495	23HIS383				
14.	Satish Kumar	8219095232	23HIS384				
15.	Om Thakur	7807610304	23HIS385				
16.	Pankaj	8091364947	23HIS386				
17.	Dinesh Kumar	6230366003	23HIS387				
18.	Tohi Singh	9015034224	23HIS388				
19.	Lal Chand	9317090525	23HIS389				
20.	Krishan Kumar	8580711739	23HIS390				
21.	Ayush	7876734937	23HIS391				
22.	Tamanna Kumari	8628928631	23HIS392				
23.	Dole Ran	8091601603	23HIS393				
24.	Vijay Kumar	8627864056	23HIS394				
25.	Vishal Kumar	7876668530	23HIS395			P	
26.	Disha Devi	9015257352	23HIS396				
27.	Bhupinder	6230964940	23HIS397				
28.	Jai Dev	7876269542	23HIS398				
29.	Desi Raj	7876848756	23HIS399				
30.	Piyush Thakur	7807687622	23HIS400				
31.	Javed Akhtar	9418976465	23HIS401				
32.	Rishi Rana	7807490348	23HIS402				
33.	Harish kumar	7876159649	23HIS403				
34.	Rahul Kumar	7807260726	23HIS404				
35.	Vijay Kumar	7876628622	23HIS405				
36.	Manish	8219599961	23HIS406			P	
37.	Vicky	9015206010	23HIS407				
38.	Saman	8219555901	23HIS408				
39.	Tanvi	9805215718	23HIS409				
40.	Kaurnita Kumari	8580708315	23HIS410				
41.	Aditya	8580686633	23HIS411				
42.	Jitender Thakur	7876010401	23HIS412				
43.	Ajay	8988224042	23PSY001				
44.	Geetu	7018033001	23PSY002		P	-	-
45.	Anshika	6230776521	23PSY003		P	P	P
46.	Suman	6230770397	23PSY004		P	P	P
47.	Bhupender Pal	7807410365	23PSY006		P	P	P
48.	Yash Raj	6230276862	23PSY007		-	-	-
49.	Desi Raj	6230070392	23PSY008		-	-	-
50.	Nangyal Angro	9015336160	23PSY009		P	P	P
51.	Neha Kumari	7807452967	23HIS416		P	P	P
52.	Simona	8594842988	23HIS440		P	P	-

Grand - IV

Grand: College (Suma)

Rehnu

Dr. Chelvi

Academic Session : 2023-24

Date : 16-11-2023

Mentor-Mentee Meeting No. 1

Mentees : 100

Mentor : V. Parthi Kashyap (Deptt. of Psychology)

Room No. 104

First meeting of Mentor-Mentee group was held on 16-11-2023. Out of 100 students, a sum total of 18 students attended this meeting.

The concept of Mentor-Mentee was explained to the students in this session. Mentees were told that they can discuss their problems whether academic or personal with the mentor allotted to them. A WhatsApp group was formed for these students so that they can raise their queries even though late if they hesitate to ask in front of others in the Mentor-Mentee meeting.

Students were asked to bring their problems in the second session. Along with this, they were also informed that they can come with their problems after 2:40 PM to Room No. 110.

11
20/11/23

Faculty : Department of Psychology,
Jyoti College (Mandli)

Date: 23-11-2023.

Mentor-Mentee Meeting No 2

The second meeting was held on 23/11/2023. It was attended by 17 students in Room No. 104 (Administrative Block Building). The following problems were discussed with the mentees by the mentor in this meeting:

1. Problem raised by Tanora (100400) - Uncomfortable transition most of the college.

Mentor helped the mentee relieve her anxiety regarding the schedule and working of higher education system. On enquiring from her it was revealed that she was not able to adjust in the new environment after school. She was counseled by the mentor for it.

2. Problem raised by Kumar (107004) - Career opportunities after graduation and options for higher education.

Mentor was told about various courses that they can pursue after graduation. They were also made aware about the importance of UGC-NET/SET.

3. Students were motivated to participate in extra-curricular activities for the overall development of their personalities.

Mentor: ^{11/11/23} ^{20/11/23}
M. Asha Kishor,
Department of Psychology

Date: 30-11-2023.

Room No. 104

Mentor-Mentee Meeting No. 3.

Only eight students attended the third meeting of Mentor-Mentee in Room No. 104. The mentees who were present did not ask/raise any query, so the mentor decided to talk with them about 'Stress and its management.'

Students were made aware about various techniques that can be used as stress management. Strategies to cope with stress by explaining them with what happens in the brain and body under and after one experiences stress.

The meeting ended with a query about 'Childhood sexual harassment' and its impact on life. The student was directed individually by the mentor after the session/meeting.

30/11/23

Mentor: Khasha Karkhanavala
Department of Psychology.