

**SADHU VASWANI MISSION'S**  
**St. Mira's College For Girls, Pune**  
**Autonomous (Affiliated to Savitribai Phule Pune University)**

**MENTORING REPORT**

Date: 02-03-2022

Venue: Room No-303

Time: 10:30-11:00

Mentor: Anitha Menon

**1. Issues or problems shared by the students**

**Social:** Difficult situations due to frequent lockdowns, travel restrictions, coping up with the new norms.

**Cognitive:** Due to network issues not able to get link of what is being taught if connection is lost, better understanding when attending classroom lectures.

**Emotional:** Increased emotional stress, Lack of self-motivation, apprehension of getting jobs in the future, exams

**2. Facilitator's response and suggestions:**

The students are comfortable in a one to one interaction with the mentor, felt relaxed after sharing their concerns, created awareness about the different credit courses that can act as a bridge for their short comings. methods to retain and recall need to be inculcated. Explained to them the importance of feedback, how to motivate self to do better things in life and how to prepare for exams.

**3. Outcome of the mentoring programme**

- Session feedback indicated increased comfort of students with the mentor and mentoring
- Identification of concerns faced by students on a day to day basis
- Improved understanding and awareness about their strengths, accomplishments and concerns
- Identification of resources and ways of seeking help in college



*Anitha Menon*

ANITHA MENON

*Jayal*  
Principal Incharge  
St. Mira's College for Girls

**SADHU VASWANI MISSION'S**  
**St. Mira's College for Girls, Pune**  
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**MENTORING REPORT**

Date: 29-04-2022

Venue: Room No-303

Time: 10:00-10:30

Mentor: Anitha Menon

**1. Issues or problems shared by the students**

**Social:** Feeling exam pressure, how to prepare for offline exam

**Cognitive:** Concentration issues

**Emotional:** Increased emotional stress, Lack of self-motivation, apprehension of getting jobs in the future, exams

**2. Facilitator's response and suggestions:**

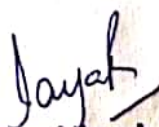
The students are comfortable in a one to one interaction with the mentor, felt relaxed after sharing their concerns. Mentor explained methods to retain and recall, importance of self-discipline while preparing for exams, need to relax and concentrate. Explained to them the importance of feedback, how to motivate self to do better things in life.

**3. Outcome of the mentoring programme**

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