

## MENTORING REPORT

Date: 02-03-2022

Venue: Room no 104

Time: 11:10-12:05

Mentor: Dr. Deepa Krishnamurthi

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

**Social:** Peer Pressure, Social conflicts and criticism, Social media addiction, Anti-ragging, student parent feedback .

**Cognitive:** Over thinking, Anger Management, Lack of time management skills, Lack of confidence, poor decision making skills, clear thinking.

**Emotional:** Anxiety, Fear of failing, facing criticism from others.


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

Making a relaxing environment for students by identifying a good thing about them. Awareness of negative thoughts about oneself. Memory games for concentration. Techniques to tap the subconscious mind for positive results. Art of opening up with parents or counsellor, time management skills. Health issues and how they affect our mind.

### 3. Outcome of the mentoring programme

- Session feedback indicated that students felt relaxed after conversation with Mentor.
- Students were able to identify their strengths and weaknesses and felt motivated.
- Students were able to communicate without hesitation about their concerns.
- Students got guidance regarding resources for their related concerns in college.

In all 16 students attended the session (14 offline and 2 online).

  
Sign of Mentor  
Dr. Deepa Krishnamurthi



  
Principal Incharge  
St. Mira's College for Girls

St. Mira's College For Girls Pune  
Autonomous Affiliated to Savitribai Phule Pune University

MENTORING REPORT

Date: 29-04-2022

Venue: Room no 104

Time: 10:00-11:00

Mentor: Dr. Deepa Krishnamurthi

1. Issues or problems shared by the students

**Social:** Peer Pressure, Social conflicts and criticism, Social media addiction.

**Cognitive:** Over thinking, Exam anxiety, Anger, Lack of time management skills, Lack of confidence, poor decision making skills.

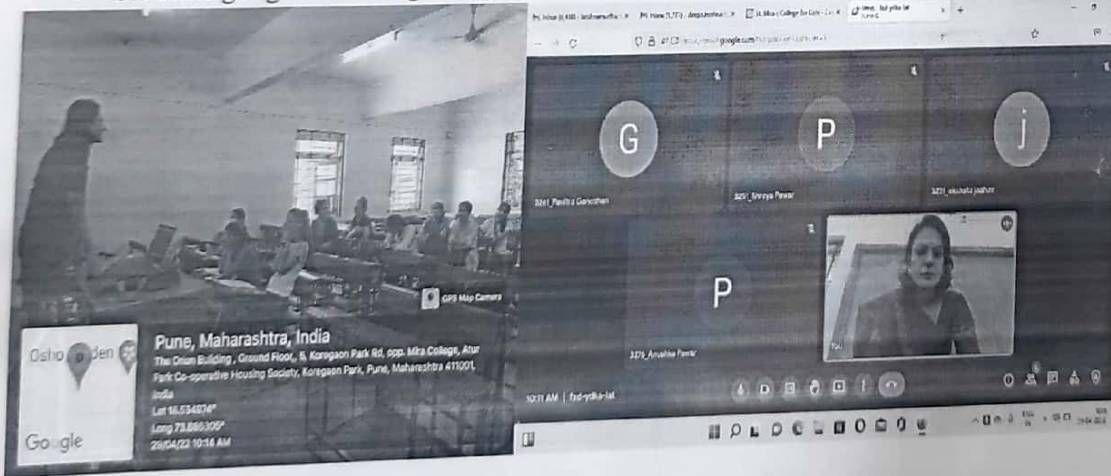
**Emotional:** Anxiety, Fear of failing exams, facing criticism from others.

2. Facilitator's response and suggestions:

Making a relaxing environment for students by identifying a good thing about them. Time management for exams. Awareness of negative thoughts about oneself. Memory games for concentration. Techniques to tap the subconscious mind for positive results. Art of opening up with parents or counsellor, time management skills. Health issues and how they affect our mind.

3. Outcome of the mentoring programme

- Session feedback indicated that students felt relaxed after conversation with Mentor.
- The students got a systematic approach for their exams.
- Students were able to identify their strengths and weaknesses and felt motivated.
- Students were able to communicate without hesitation about their concerns.
- Students got guidance regarding resources for their related concerns in college.



Overall 13 participants offline and 4 participants online attended the session.

*Deepa*  
Dr. Deepa Krishnamurthi



*Jayash*  
Principal Incharge  
St. Mira's College for Girls, Pune.