## St. Mira's College For Girls, Pune Autonomous College (Affiliated to Savitribai Phule Pune University)

### MENTORING REPORT

Date: 2nd March, 2022

Venue: Room 309 + Virtual

Time: 11 am to 12.00 noon

Mentor: Kajal Jaisinghani

Mentees: TYBBA\_HR and Marketing

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

Social: Some were still having the fear to be in the group and work in teams.

Cognitive: Planning, Concern for exams, Concentration issues, getting in the

flow & focus,

Emotional: Exam concerns for offline mode, distress due to connectivity issues, nervousness

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

Counselling, Mentoring, social skills training; Family Support and cooperation, academic support.

#### 3. Outcome of the mentoring programme

- · Feedback links shared with students
- Students filled the feedback form.
- Students were equipped on significance of anti-ragging and its timely submission
- Students were guided on importance of confidence, time management,
  Importance of cooperation and coordination specifically in these times of distress.
- 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

Interest of students for more such sessions

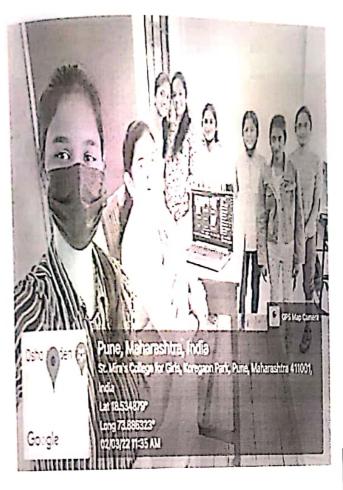
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| <   | Participants (12)     |    |
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| 25  | 21912Gayatri Soni     | 3  |
| (K) | KAJAL JAISINGHANI     | Q  |
| 2D. | 21907Awantika Devyani | Ø  |
| P   | 21909 Ishika Ahuja    | B  |
|     | 21911 bhavisha        | B  |
|     | 21933 Nidhi           | B  |
| 20. | 21934Udita D          | B  |
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# St. Mira's College For Girls, Pune

# Autonomous College (Affiliated to Savitribai Phule Pune University)

## MENTORING REPORT (Session Four)

Date: 29th APRIL, 2022

Venue: Room 309 + Virtual

Time: 9.00 am to 10.00 am

Mentor: Kajal Jaisinghani

Mentees: TYBBA\_HR and Marketing

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

Social: Students were concerned about giving exam in exam halls.

Cognitive: Planning, Concern for exams, Concentration issues, getting in the

flow & focus,

Emotional: Exam concerns for offline mode, scoring the good marks,

nervousness

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

Counselling, Mentoring, stress management sessions; family support and cooperation, academic support.

### 3. Outcome of the mentoring programme

- Feedback links shared with students
- Students filled the feedback form during the session.
- Students were equipped with the importance of registration with Alumni Association and were encouraged to do the same before final exams.
- Students were guided on importance of confidence, time management, Stress management
- Importance of cooperation and coordination specifically in these times of distress.
- Students were addressed on various exam related queries like, marks distribution, timings, paper pattern etc.

Identification of resources and ways of seeking help in college

KAJAL JAISINGHANI

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