

St. Mira's College for Girls, Pune

MENTORING REPORT 3

2021-2022

Date: 28-02-2022

Venue: Psychology Lab and Online

Time: 12:00-13:00

Mentor: Pooja Jain

1. Issues or problems shared by the students

Social: Nil

Cognitive: Lack of concentration in online classes.

Emotional: Increased stress and academic pressures. Conflicts in family

2. Facilitator's response and suggestions:

- Students were encouraged to seek mental health support from college and register for sessions
- Process of seeking an appointment and registration forms were shared with the students
- Basic coping skills of stress management were shared by the facilitator
- Students were requested to fill the feedback form
- Mental well-being services of the college were introduced again and students were asked to approach for mental health support during exam times

3. Outcome of the mentoring programme

- Students filled the feedback form
- Students got informed about the college mental health services and process of availing them
- Students shared that there aren't any difficulties at the moment that they are facing



Mentoring_Session 3 in progress

Total Participants: 4

Mentor's Name & Signature

Ms. Pooja Jain

Jayak
Principal Incharge
St. Mira's College for Girls

Date: 29-04-2022

Venue: Sanctuary and Online

Time: 10:00-11:00

Mentor: Pooja Jain

1. Issues or problems shared by the students

Social: Nil

Cognitive: Nil

Emotional: Stress of upcoming offline exams

2. Facilitator's response and suggestions:

- Students were oriented to mental well-being program of College again.
- Process of seeking an appointment and registration forms were shared with the students
- Basic coping skills of stress management were shared by the facilitator
- Students were requested to fill the feedback form

3. Outcome of the mentoring programme

- Students filled the feedback form
- Students got informed about the college mental health services and process of availing them
- Students shared that there aren't any other difficulties at the moment that they are facing.



Total Participants: 11

Mentor's Name & Signature

Ms. Pooja Jain

Pooja Jain



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