



## 2.8 MENTOR-MENTEE SESSION (2024-2025)

Activity	Total Score	Marks Claimed
Sessions conducted per group of students	4 or more session conducted=10; 3=8; 2=5; 1=3	10
Total Marks	10	10

During the academic year 2024–2025, the college took the initiative to implement a Mentor–Mentee System to provide continuous guidance and support to students. From admission to career development and higher education, students are mentored at various levels. Under this system, students are divided into groups of 15, and each group is assigned a faculty member as a mentor responsible for providing academic and personal guidance. The Mentor–Mentee System aims to promote student-centric learning and holistic development. During the session 2024–2025, around 10 mentoring sessions were conducted by the mentors, with at least one session held for each group.



**GOVT. DEGREE COLLEGE-HARIPURDHAR**  
**DIST. -SIRMOUR, H.P.**

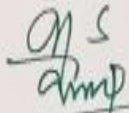
Estd. in 2011 E-mail: gcharipurdhar@gmail.com website: www.gcharipurdhar.edu.in contact no. 9805515157

DATE:-04-10-2024

**NOTICE**

**MENTOR-MENTEE MEETING ON 07/10/2024**

All students of Government College, Haripurdhar are hereby informed to meet their respective mentors on Monday, 7<sup>th</sup> October, 2024 at 2.00 pm. In this mentor-mentee meeting you can clarify any doubts you may have pertaining to academics/career or functioning of the college. Kindly, note you are required to sign your attendance.

  
Principal  
Govt. Degree College,  
Haripurdhar, Distt. Sirmour

Copy to- IQAC cell for information and record



**GOVT. DEGREE COLLEGE-HARIPURDHAR**  
**DIST. -SIRMOUR, H.P.**



Estd. in 2011 E-mail: gchharipurdhara@gmail.com website: www.gchharipurdhara.edu.in contact no: 9805515787

**MENTOR-MENTEE GROUP (2024-2025)**

It is hereby notified for information to all concerned that Mentor-Mentee Groups for the session 2024-2025 have been created. The students may seek guidance regarding their career/academics from their respective mentors.

S.NO	Name of Mentor	No. of Mentee	Class of Mentee	Name of Mentee
1.	Prof. Karan Mohil	15	BA-III (1202-1224)	Palak Sharma, Tamanna, Vrinda Pundir, Shobhit Kumar, Parul Kumari, Anuj, Sakshi, Palak, Anchal Sharma, Sapna Kumari, Savina Kumari, Simran Kumari, Nikita Chhinta, Vishal Kanta, Palak Negi
2.	Prof. Poonam Kumari	15	BA-III (1225-1267) BA-II (1301-1305)	Neha Chauhan, Nikita, Kajal, Sushil Kumari, Pushpa Kumari, Sanjay, Govind, Sushant Chhinta, Manoj, Sakshi Rana, Khushi Chauhan Rohit Chauhan, Suryanshu Chauhan, Neeraj Sharma, Payal Kumari
3.	Prof. Rohit Sharma	15	BA-II (1306-1324)	Ruchika, Rohit Soni, Kriti, Sakshi, Rinku, Ajay, Anjana, Muskan, Sakshi, Rohit, Anjana, Ambika Singta, Sonakshi Sharma, Naresh Kumar, Lucky Sharma
4.	Prof. Versha Rani	15	BA-II (1326-1335) BA-I (1401-1407)	Joginder Sharma, Preeti, Sushma, Kanchan, Rajni Rana, Shubham, Jagdish Kumar, Anuj, Lara Kumari, Vinit, Vicky Chauhan, Akshita Pezta, Amisha Devi, Sakshi, Tamanna Sharma
5.	Prof. Himadri Thakur	15	BA-I (1408-1422)	Ajay, Sakshi, Sujal, Sheetal, Vijay Rana, Akshita Sharma, Aakriti, Tamanna, Muskan, Tanya Sharma, Kavita, Diksha Kumari, Akansha Rana, Pradeep Thakur, Nitesh
6.	Prof. Purvashi	15	BA-I (1423-1437)	Sonakshi, Ritu, Tamanna Rana, Nisha Devi, Ruma Kumari, Roshani, Rishabh, Tannu, Ajeet, Anita Kumari, Ankush Sharma, Ashish Sharma, Anju, Anju Kumari, Kiran,
7.	Dr. Sarita Thakur	15	BA-I (1438-1451) B.Com-I (1501)	Tanu Kumari, Meenakshi, Tamanna Sharma, Sheetal Kumari, Kajal, Payal, Pariksha Devi, Sakshi, Kajal, Sushila, Preity Kumari, Gulshan Kumari, Shruti Kumari, Aashima Rana Ankita Rana

*Handwritten signatures and dates:*  
Kantil  
Sharma  
P. Sharma  
Versha 25/09/24  
Mundra  
Purvashi 25/09/24  
Thakur

*Handwritten signature:*  
Principal  
Govt. College Haripurdhara  
Dist. Sirmour-H.P.



# Syllabus of Mentor-Mentee Programme for the session 2024-2025:-

## **GOVERNMENT DEGREE COLLEGE, HARIPURDHAR,** **DISTRICT SIRMOUR (H.P.)**

### **MENTOR MENTEE PROGRAMME**

**SYLLABUS 2024-2025**

#### **PROGRAMME OBJECTIVE:**

The Mentor-Mentee Programme is designed to guide students through various aspects of academic, personal, and professional development. The structured, one-hour sessions focus on fostering growth, building confidence, and encouraging community engagement. Each session includes both theoretical discussions and interactive activities.

#### **Session 1: Introduction to the Mentor-Mentee Programme**

**Duration: 1 hour**

This session provides an overview of the mentor-mentee programme, introducing its purpose and expected outcomes. Mentors and mentees will learn about their roles and responsibilities and how to build a collaborative relationship based on mutual trust. The programme structure, timeline, and communication channels will also be discussed.

##### **Key Topics:**

- Objectives and benefits of the programme
- Roles and responsibilities of mentors and mentees
- Programme structure, timeline, and communication norms
- Establishing trust and collaboration

#### **Session 2: Programme Outline**

**Duration: 1 hour**

In this session, mentees will gain a detailed understanding of the programme's framework and objectives. Mentors will explain the resources and support systems available, such as academic tools, workshops, and feedback mechanisms. An open discussion will provide clarity on the programme and align mentees' expectations.

##### **Key Topics:**

- Session-wise objectives and resources
- Feedback and progress tracking mechanisms
- Open forum: mentee expectations and concerns
- Programme roadmap

#### **Session 3: Academic Support Strategies**

**Duration: 1 hour**

This session focuses on equipping mentees with effective strategies to enhance academic performance. Mentors will introduce study techniques, time management skills, and methods for prioritising tasks. The session aims to build a structured approach to achieving academic goals.

##### **Key Topics:**

- Study techniques and time management
- Setting academic goals: short-term and long-term
- Organising and prioritising tasks
- Accessing resources for academic success

#### **Session 4: Societal Roles and Responsibilities**

**Duration: 1 hour**

Understanding societal roles is essential for holistic growth. This session emphasises civic responsibilities, ethics, and community engagement. Mentees will be encouraged to take part in social initiatives and explore ways to contribute meaningfully to society.

##### **Key Topics:**

- Importance of civic duties and ethics
- Awareness of social issues and challenges
- Community service and volunteer opportunities
- Real-life examples of impactful societal contributions

#### **Session 5: Communication Skills and Personality Development**

**Duration: 1 hour**

This session focuses on enhancing communication skills and building a confident personality. Mentees will participate in activities designed to improve verbal and non-verbal communication, public speaking, and interpersonal interactions.

**Key Topics:**

- Basics of verbal and non-verbal communication
- Public speaking and presentation skills
- Building confidence and self-awareness
- Improving interpersonal interactions

**Session 6: Preparation Strategies for Competitive Exams**

**Duration: 1 hour**

Competitive exam preparation requires focused strategies and consistent efforts. This session provides guidance on study schedules, the importance of mock tests, and staying updated with current affairs. Mentors will also share techniques for staying motivated throughout the preparation process.

**Key Topics:**

- Overview of competitive exams (state and national levels)
- Study schedules and mock test practices
- Preparing for current affairs
- Staying motivated and overcoming challenges

**Session 7: Career Path: Planning and Exploration**

**Duration: 1 hour**

Career planning involves understanding one's interests, strengths, and goals. This session guides mentees in exploring career opportunities, building resumes, and leveraging professional networks. Practical tips for internships and job applications will also be shared.

**Key Topics:**

- Identifying strengths and career aspirations
- Exploring career opportunities and emerging fields
- Resume building and LinkedIn optimisation
- Internships and job application strategies

**Session 8: Personal Growth and Well-being**

**Duration: 1 hour**

Personal growth and well-being are essential for success. This session emphasises self-care, resilience building, and maintaining mental health. Mentees will learn techniques like mindfulness and journaling to develop a positive mindset and navigate challenges effectively.

**Key Topics:**

- Importance of self-care and mental health
- Techniques for mindfulness and journaling
- Developing resilience and a growth mindset
- Maintaining a healthy work-life balance

**Session 9: Community Support**

**Duration: 1 hour**

Community engagement fosters teamwork, leadership, and a sense of belonging. This session highlights the importance of volunteering, collaboration, and contributing to local initiatives. Mentees will be inspired by real-life examples of successful community projects.

**Key Topics:**

- Role of teamwork and leadership in community engagement
- Opportunities for volunteering in college-adopted villages
- Benefits of community involvement on personal and professional growth
- Examples of impactful community projects

**Session 10: Stress Management**

**Duration: 1 hour**

Stress management is crucial for maintaining mental and physical well-being. This session introduces techniques like mindfulness, yoga, and breathing exercises to help mentees manage stress effectively. The importance of a healthy lifestyle will also be discussed.

**Key Topics:**

- Identifying sources of stress
- Mindfulness, yoga, and breathing techniques
- Importance of sleep, nutrition, and exercise
- Building support networks for stress management

**EVALUATION AND FEEDBACK**

**Feedback:**

Feedback will be provided through periodic assessments, reflective exercises, and discussions. The programme will conclude with a reflection session where mentees share their experiences and assess their growth.

**Outcome:**

The programme aims to equip mentees with the skills and confidence to succeed academically, socially, and professionally while fostering a sense of responsibility towards their community.

*Signature*

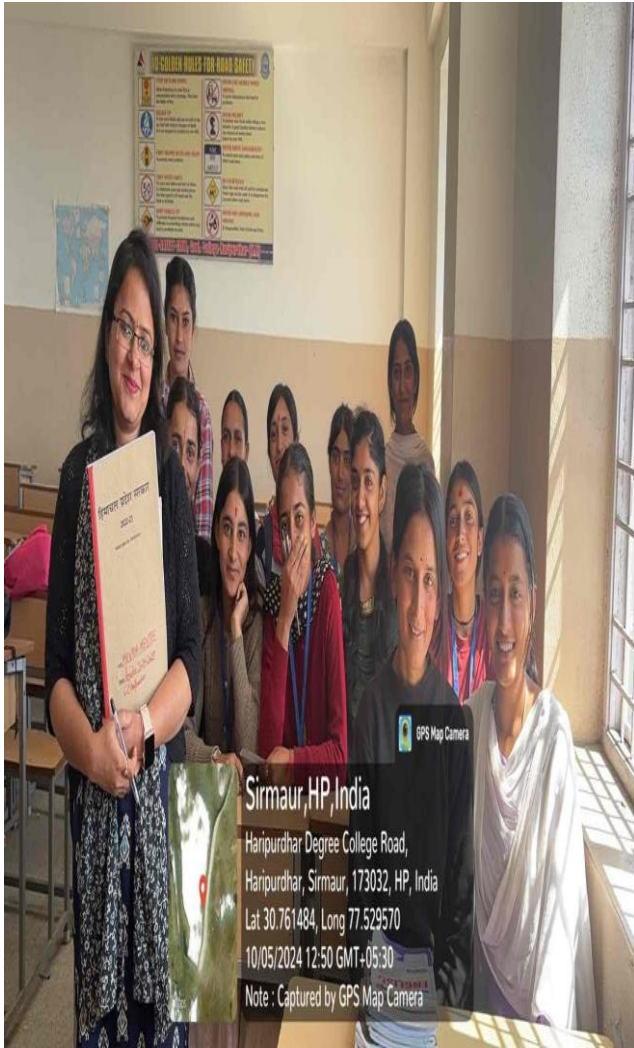
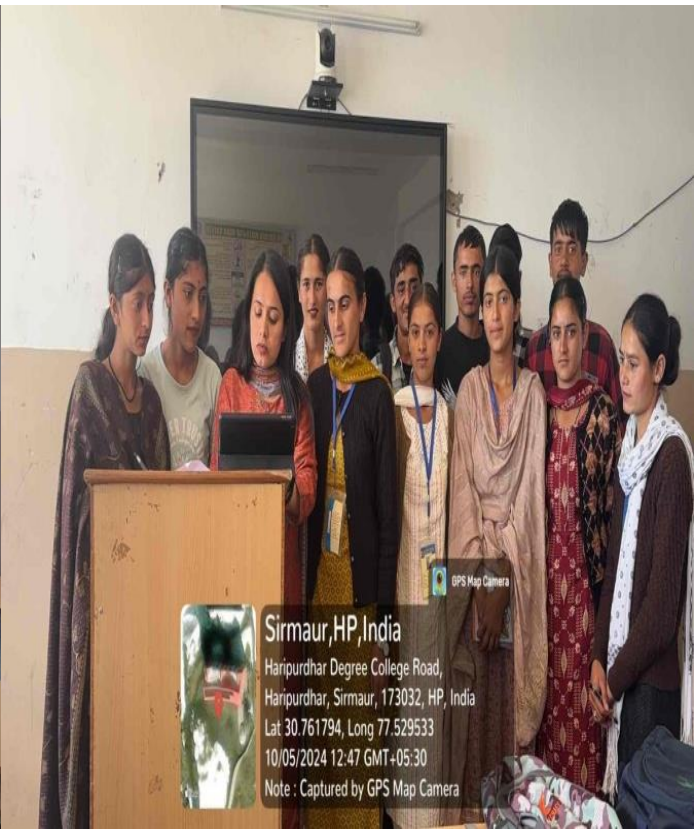
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1. Mentor- Mentee Session-1

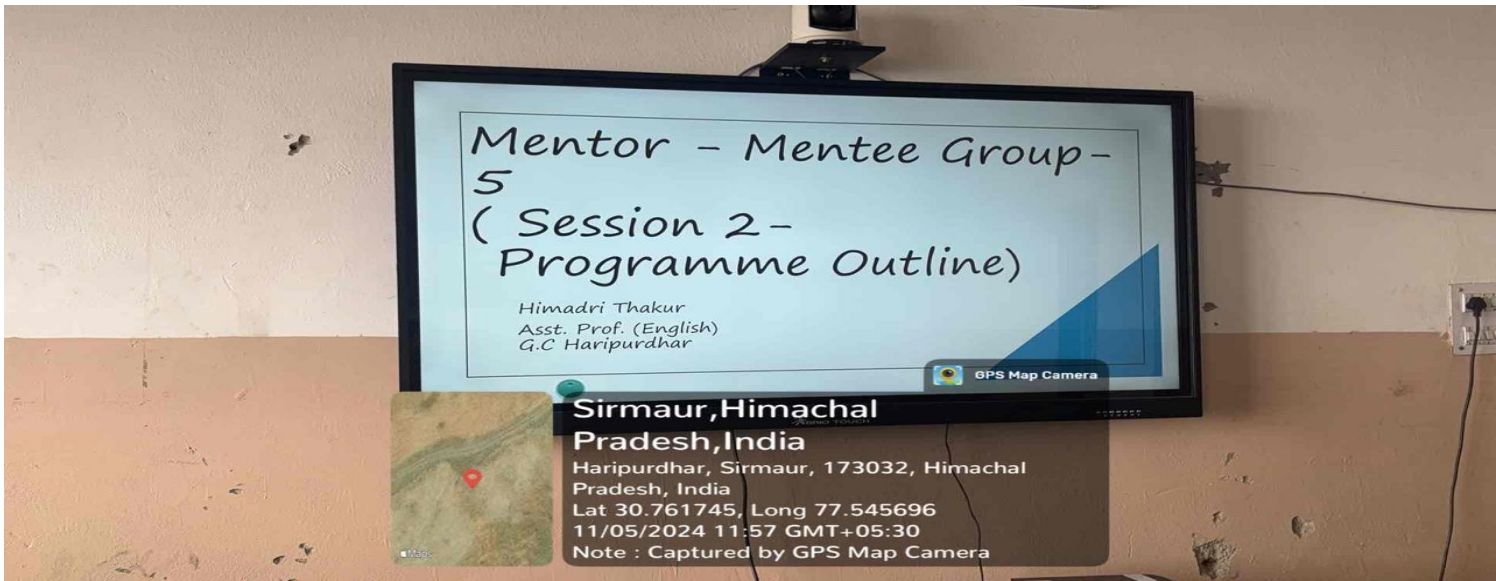




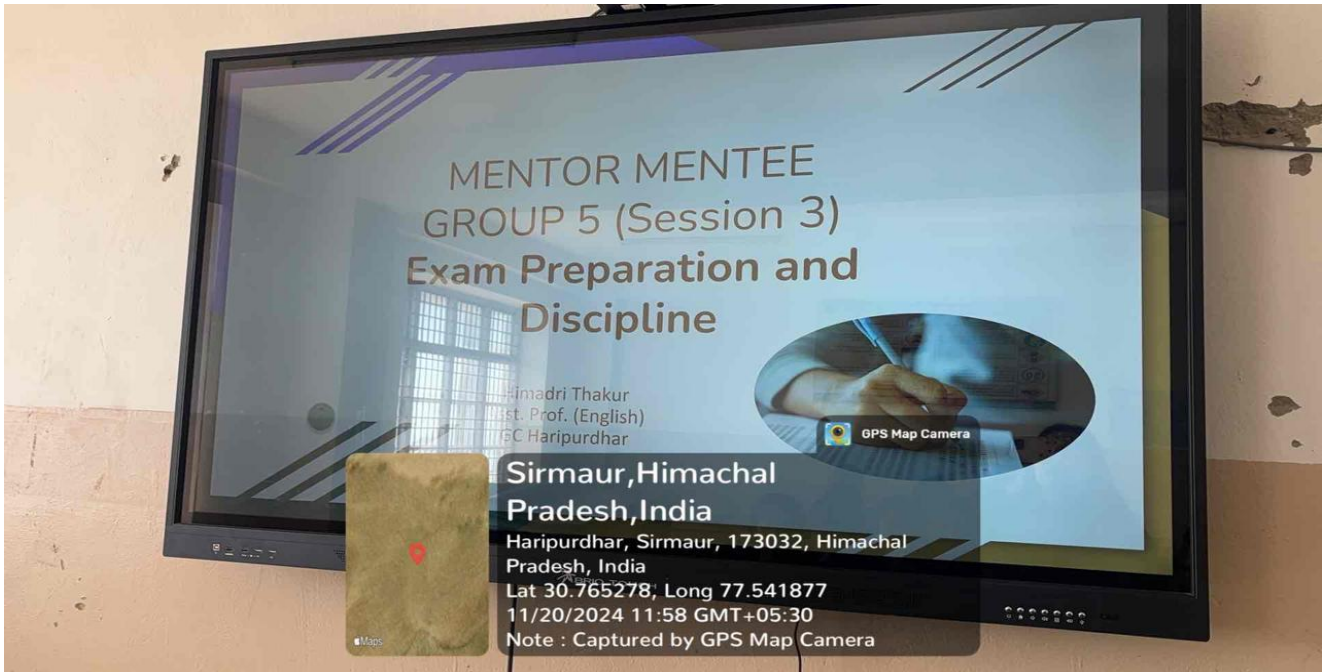




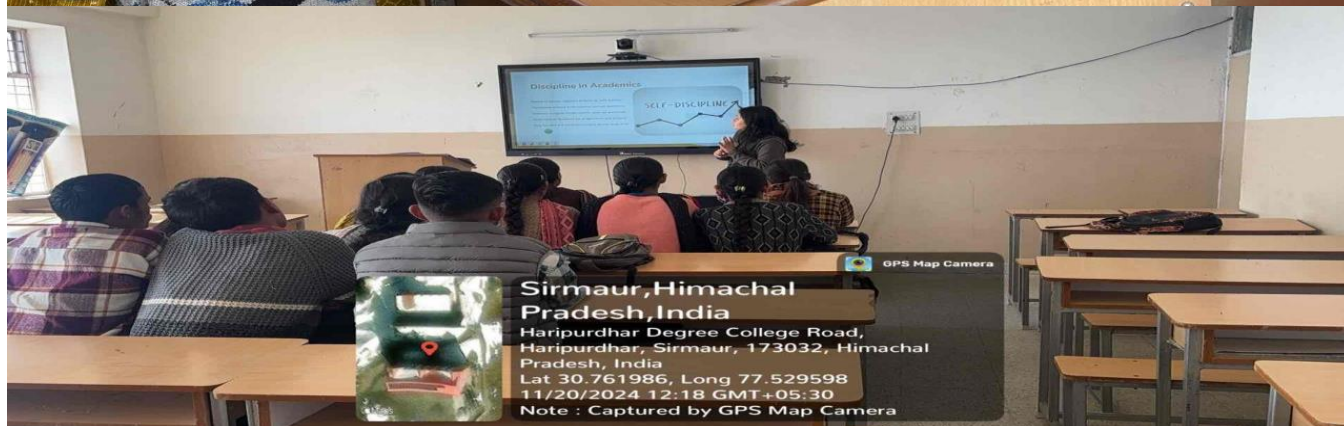
2. Mentor- Mentee Session-2



3. Mentor-Mentee Session 3







#### 4. Mentor- Mentee Session4

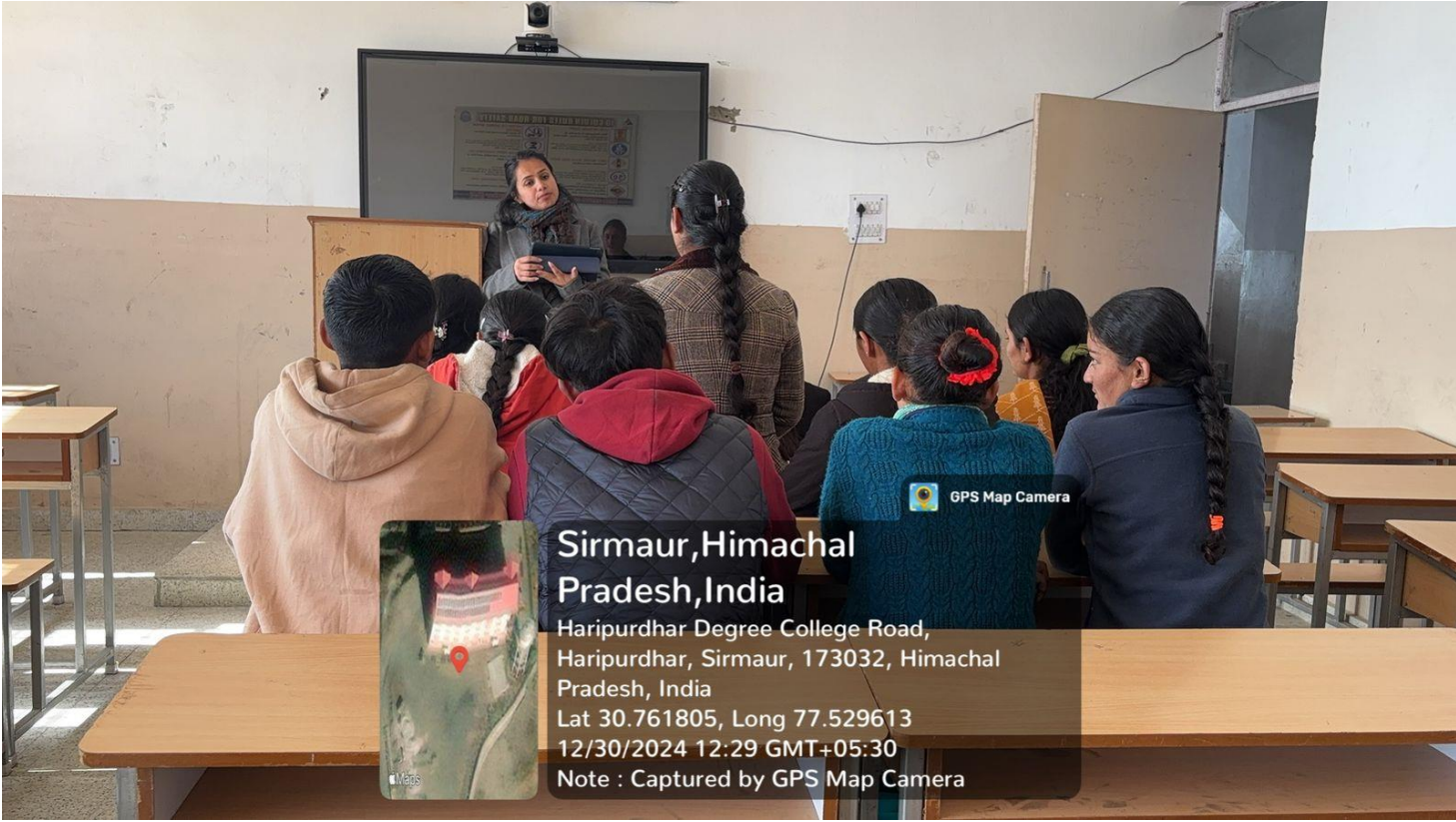








5. Mentor –Mentee Session 5

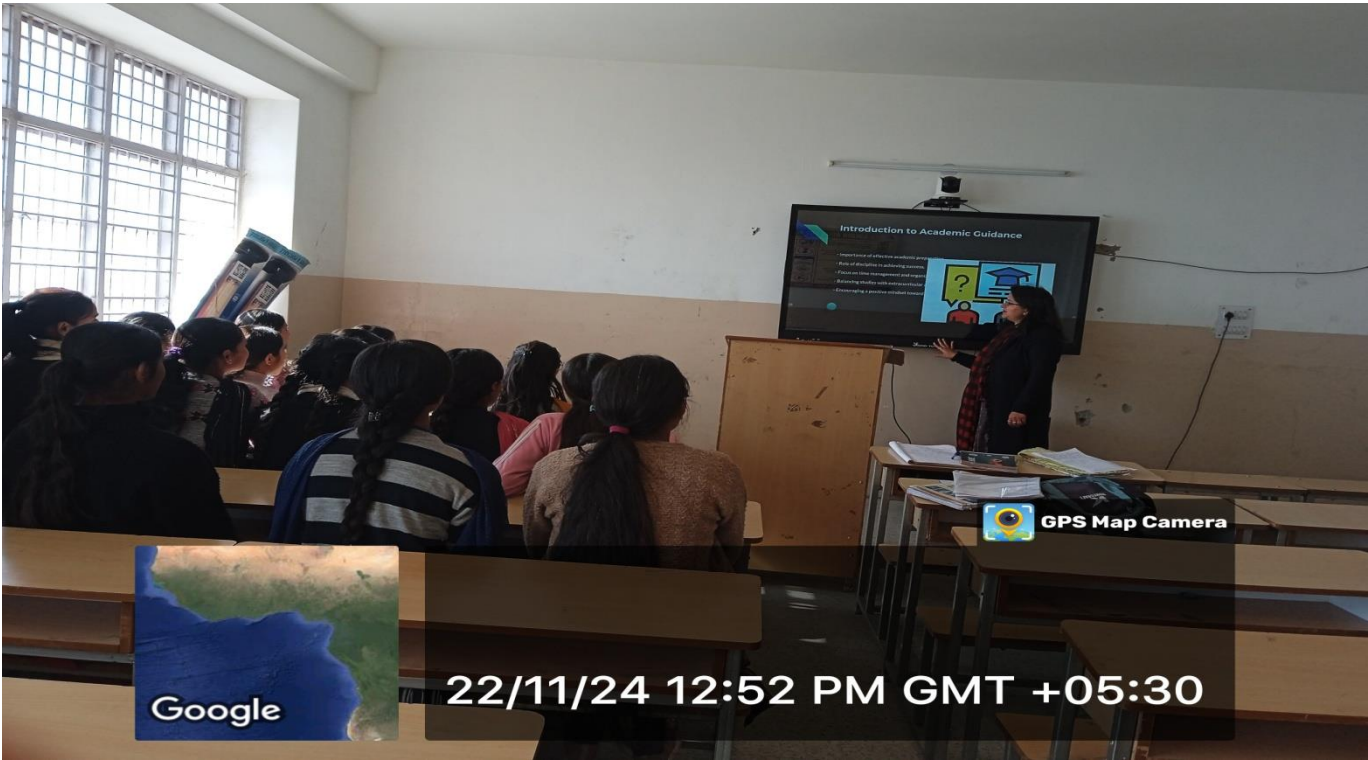
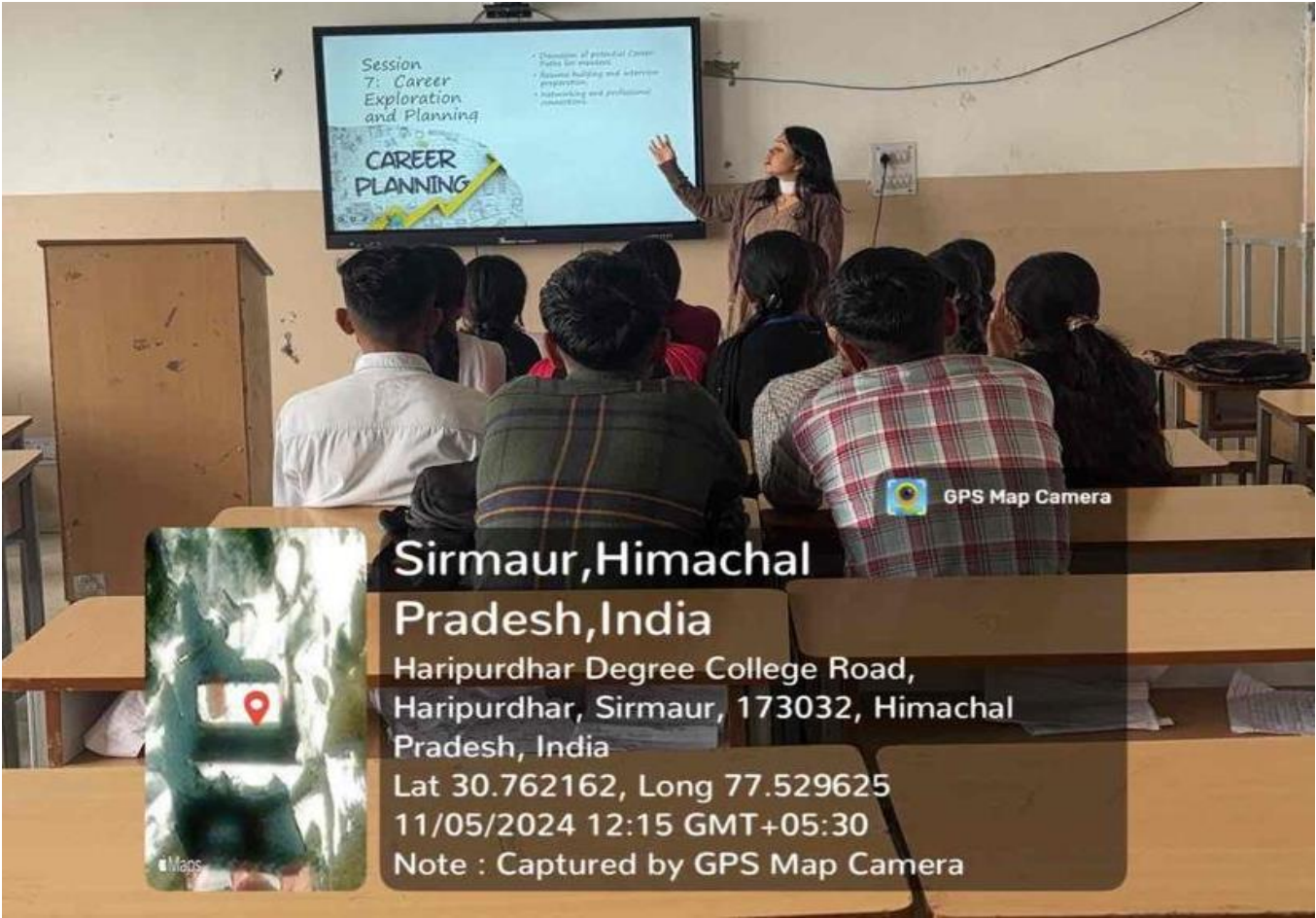


6. Mentor –Mentee Session 6



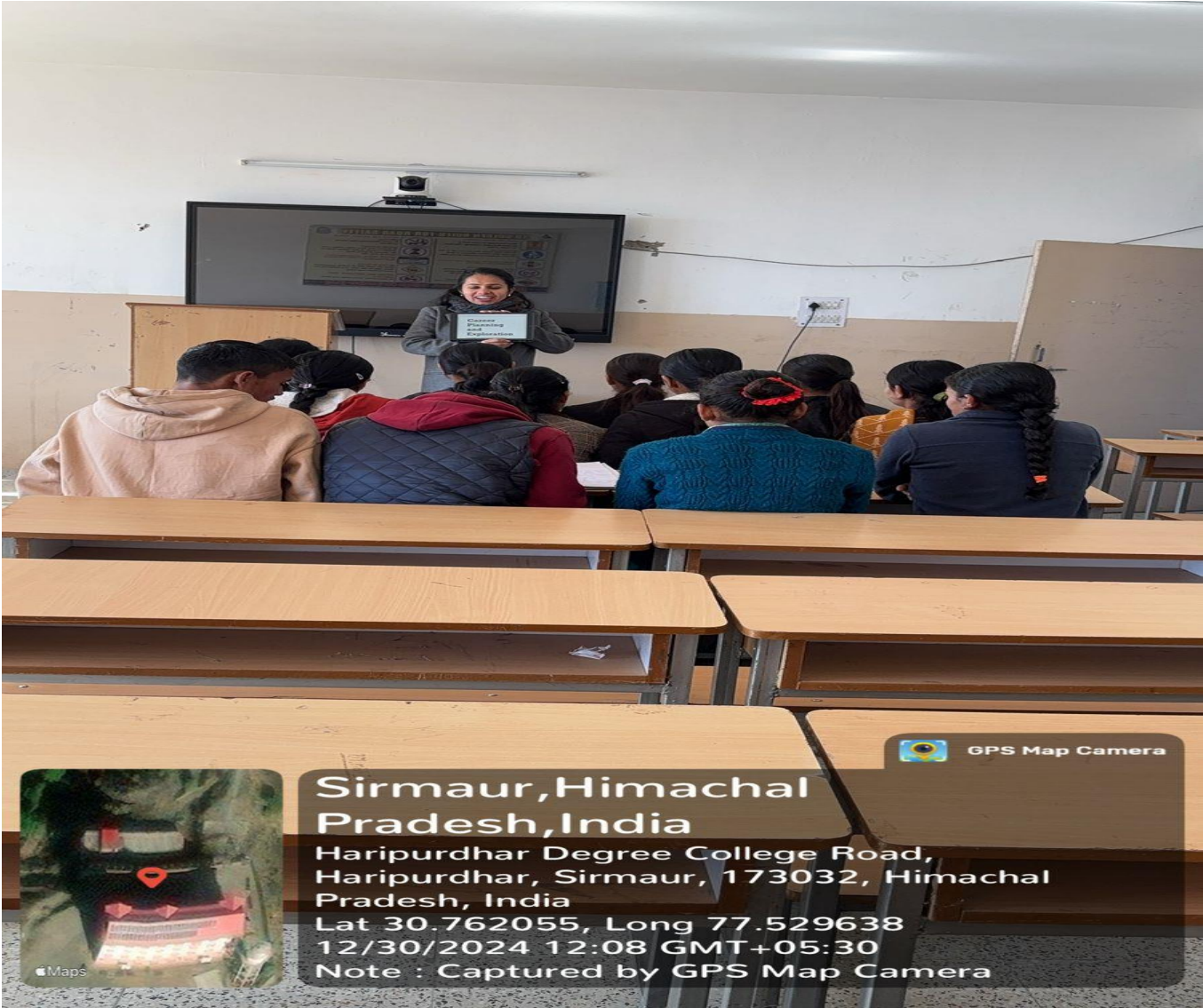


7. Mentor –Mentee Session 7





8. Mentor –Mentee Session 8



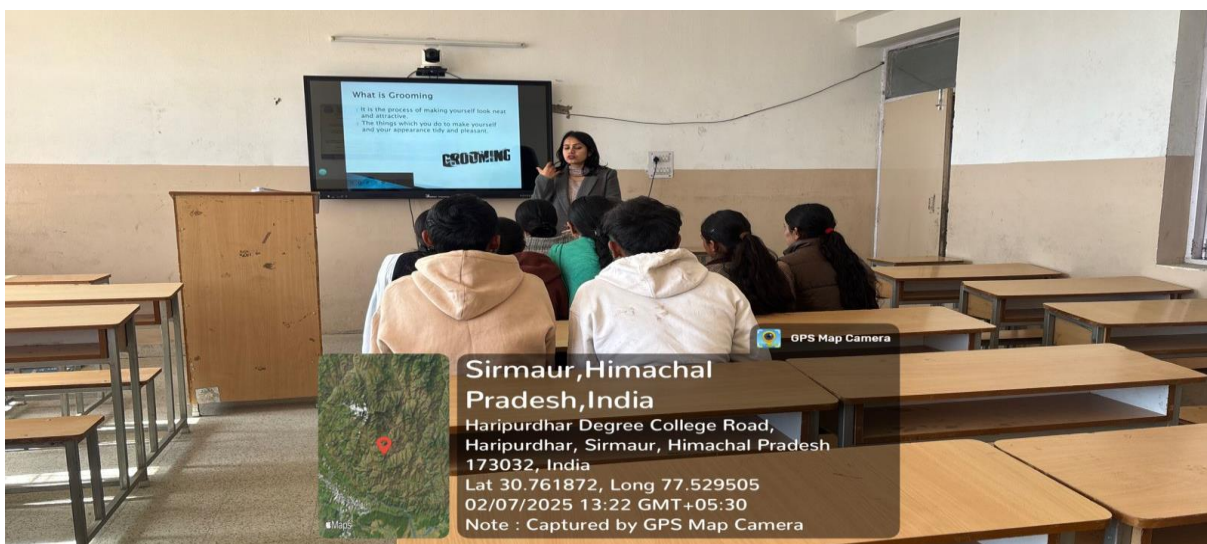
9. Mentor –Mentee Session 9



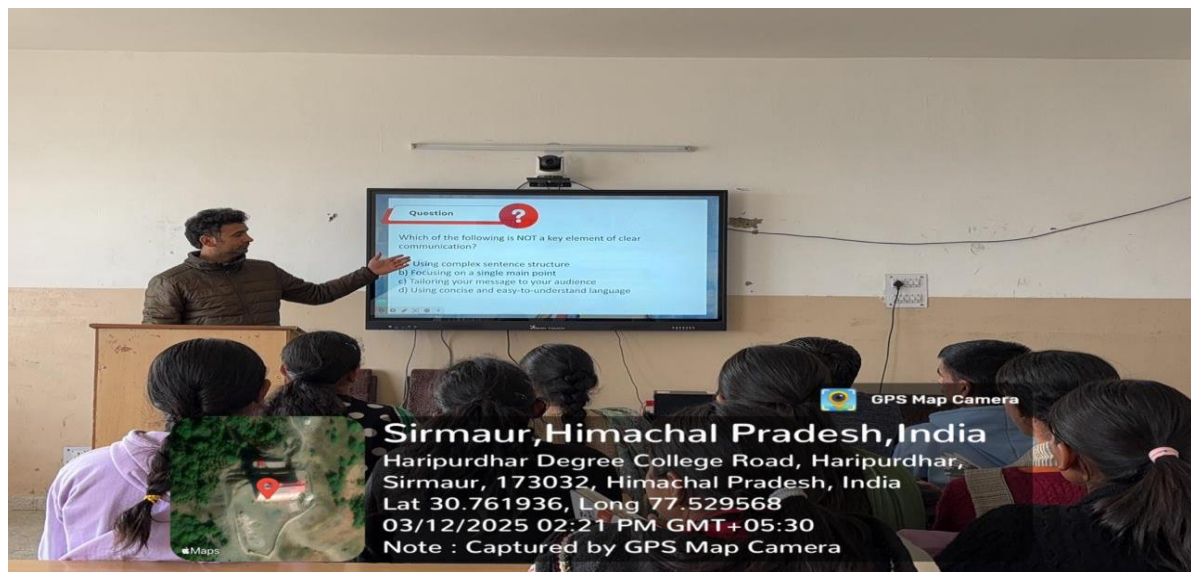




## 10.Mentor- Mentee Session 10













# हिमाचल प्रदेश सरकार

2022-23

“अष्टाचार मुक्त भारत, विकसित भारत”

नाम. MENTOR-MENTEE

विषय. Registex 2024-2025

G.C. Haripundhar



Session Details	Mentor's Name: Rohit Sharma. Mentee's Names: Muskan, Lucky Ajay, Sonakshi Sharma, Anjana
	Date:- 09/10/2024      Session Number
Objective of the session	<ul style="list-style-type: none"> <li>To give introduction about the</li> <li>To provide guidance on academic</li> <li>To familiarize students with available resources at the college, such as counseling</li> </ul>
Discussion Summary	The session began with a detailed introduction by the mentor explaining its significance and goals. The session progressed with guidance and advice on how to manage studies and how these resources can be utilized.
Mentee Progress on the basis of Previous Meeting	This session was an introductory
Action Plan and Recommendation	<ul style="list-style-type: none"> <li>To provide appropriate information</li> <li>Students were asked to think about goals before the next session</li> <li>Provided information about the</li> </ul>
Mentee's feedback and Queries	Some students asked questions about the kind of issues they can bring up for management and about the
Signature	Signature of Mentees Muskan, Lucky Sharma, Rinku Sakshi, Kriti, Ambika Singh, Anjana



Session Details	Mentor's Name: HIMADRI THAKUR Mentee's Name: Ajay, Sujal, Sheetal, Vijay Rana, Akshita Sharma, Kavita, Diksha Kumari, Akansha Date and Time: 05-10-24, 11:50 a.m. Session Number: 02	
Objective of the session	<ul style="list-style-type: none"> <li>To have an interactive session with students</li> <li>To offer solutions that may help them find</li> <li>To provide valuable insights into academic learning</li> <li>To establish a symbiotic relationship between</li> </ul>	
Discussion Summary	The session began with an introduction of the share the problems that they are facing in the online Hindi classes. Other queries asked were regarding exams. All the problems were duly noted and	
Mentee's views on the basis of previous meeting	This was an introductory session where the mentor - mentee groups.	
Action or Recommendation	<ul style="list-style-type: none"> <li>To discuss the issues and try to resolve</li> <li>The problems have been discussed with</li> </ul>	
Mentee's feedback & views	<ul style="list-style-type: none"> <li>Network issues are being faced in online</li> <li>Provision of Hindi Professor and dates for</li> </ul> The queries were successfully addressed and and told that they look forward to the	
Signature	Signature of Mentee Ajay, Vijay, Nitesh, Sujal, Pradeep, Kavita, Sheetal, Tannu, Diksha, Akansha, Akshita, Tanuja Sharma, Muskan	Signature of Mentor Himadri



Session Details	Mentor's Name: VERSHA RANI Mentees' Names: Abshita Kozta, Sakshi, Anisha Devi, Breeti, Lushma, Anuj, Joginder Sharma, Rajni Rana, Date and Time: 05-10-2024 at Session Number: 01
Objective of the Session	The session started with the orientation of the students encouraging and open mentoring relationship with the to clarify our expectations from one another and to foundation for discussion related to their development.
Discussion Summary	Students discussed about the problems they are and will try to solve them till the next meeting.
Mentee Progress on the basis of previous meeting	This session was just the orientation session. The progress I have represented the problems which are faced
Action Plan & Recommendation	
Mentee's feedback	① Students of Physical Education are facing difficulties a ② 1 <sup>st</sup> year students have the problem of kindi professor ③ 2 <sup>nd</sup> year students are also facing problems in their
Signature	<div> Signatures of Mentees  Anuj Lushma, Breeti, Kanchan, Anisha  Abshita Sakshi Lora Pinit, B+  Rajni Rana Tamanna Sharma Dicky  Jagdish </div> <div> Signature of Ment  Versha </div>



1. Session Details	Mentor Name: Karan Mohil Mentee Names: Palak Sharma, Tamanna, Vinoda Rande, Sheebit Kumar, Pankaj Kumar, Anuj, Sakshi, Palak, Anchal Sharma, Sapna Kumari, Janina Kumari, Simran Kumari, Nikita Chhinta, Vishal Kanta, Palak Negi
2. Objective of the Session	<ul style="list-style-type: none"> <li>To introduce the students with the concept</li> <li>To provide students guidance for生涯</li> <li>To provide insights to students for</li> </ul>
3. Discussion Summary	The session began with a formal introduction to the mentees with the key aspects and presentation. The session included various interpersonal skills for better vocational and the difficulties faced by them in achieving
Mentee Thorough on the basis of Previous Meeting	The session was introductory.
Action Plans & Recommendation	<ul style="list-style-type: none"> <li>To provide appropriate guidance regarding</li> <li>To raise the issue regarding</li> </ul>
Mentor's Back and Advice	The Mentees were satisfied with the shall be dealt with. Mentees also increased and variant posts of teaching noted.
Signature	<p>Signatures of Mentees</p> <p>Sharma, Palak, Anuj, Pankaj, Anchal, Sapna, Janina, Simran, Nikita, Vishal, Palak</p>



Session Details	Mentor's Name - Karna Thakur Mentee's Name - Talak Sharma, Tanuana, Veerinder, Sep Date - 19-03-25 Session - 39	3
Objective of session	<ul style="list-style-type: none"> <li>To guide the students/Mentee on the topic of</li> <li>To Encourage students/Mentee for active action</li> <li>To acquaint them with the concept of and professional development.</li> </ul>	<p>Community Engagement.</p> <p>community involvement and how it may help in personal</p> <p>of the topic and the key aspects covered under the importance of community engagement. In the leadership in community engagement was also discussed. for community engagement such as Swachh Campaign, were also discussed. Mentee were also acquainted with growth, networking etc.</p>
Discussion Summary	The session began with the introduction of topic. Mentee were given vital information session on the role of teamwork and various activities which can be undertaken educational support, blood donation camps the benefits of these activities such as personal	
Mentee's Progress on basis of Previous Meeting	Mentee provided vital feedback on the last of various techniques in daily life as told Communication. Mentee also shared that they	
Action Plans & Recommendation	Mentee agreed that they shall identify will report back for guidance conducting the decided activity.	<p>session. They shared their experiences regarding one in the previous session about the topic effective conducted mock interviews amongst themselves based on the session. an activity for community engagement and of execution to the mentor in next session, for</p>
Mentee's Feedback & queries	Mentee were satisfied with the Engagement and the benefits in personal session.	<p>session. Queries regarding the role of community development were asked and resolved during the</p> <p>Signature of Mentor K. Thakur</p>

Session Details	Mentor's Name - Himadri Thakur Mentee's Name - Ajay, Dufal, Vijay Rana, Akshita Date - 22-03-25 Session - 41	43
Objective of session	<ul style="list-style-type: none"> <li>To acquaint the mentees to the session topic: Stress</li> <li>To introduce them to several causes</li> <li>To help the mentees with coping for the upcoming exams.</li> </ul>	<p>management and explain about "cushion" and "distress" of stress and physical/ emotional symptoms of stress. strategies and effective stress management techniques</p>
Discussion Summary	The session began with an events can lead to stress. Early signs effects of unmanaged stress. Various well recommended to the mentees. & also held. An interactive activity was stressors and their personal coping met	<p>introduction to the session topic and what common to detect stress were discussed along with the negative coping strategies like healthy lifestyle and positive thinking. session, how to cope with stress during exams was conducted in which the mentees reported their respective to simple - deep breathing activity was conducted.</p>
Mentee's Progress on basis of Previous Meeting	The mentees reported that the assimilate with the local community of their respective communities. The even communities where they could	<p>previous session on community support helped them in a better manner and understand the issues mentees came forward with several ideas on their kind their services.</p>
Action Plan & Recommendation	The final session of the mentor-mentee conduct a reflection session in which from every session and their inculcation	<p>programme was conducted - the mentor plans to the mentees would report what they took away of the values learnt in their own lives.</p>
Mentee's Feedback & queries	The mentees reported to have learnt They felt more confident and Annual examinations.	<p>better things and gained insights from the session. enthusiastic about preparations for the upcoming</p>
Signatures	Signatures of mentees Ajay, Dufal, Vijay Rana, Akshita	Signature of Mentor Himadri



Session Details	Mentor's Name - Dr. Santa Thakur Mentee's Name - Ankita Rana, Tanu Kumari, Kajal, Sakshi Date - 22-03-2025 Session - 42	Priya, Tamanna, Rajal, Sushila, Kajal, Meenakshi, Shreeta, Ashima, Shrutikumari, Gulshan Kumari, Pariksha Devi
Objective of Session	Mentor's Session - 10 Session Name - Stress To equip college students with effective stress well-being and academic success.	Management strategies, promoting overall
Discussion Summary	In this session, Mentor explained about common time management and social relationships. Mentee also explained and introduced to students about various stress management techniques like Mindfulness, breathing exercises. Also, the importance of seeking support were emphasized by the Mentor in this session.	structures, including academic pressure, meditation, Physical activity and exercise and Deep support from friends, family, mentors and campus resources
Mentee's Progress on the basis of Previous Meeting	The previous session on Community Support proved in community support activities in and around community service platform at college such as event To ensure continued stress management and well-being techniques regularly. They should reach out	beneficial for mentees as they have started voluntary college. They also prepared to Mentor to develop calendar, project showcase, discussion forums etc.
Recommendation	Mentee's Feedback & Queries	Mentees should practice stress management to friends, family, mentors whenever needed
Signature	Mentee's Signature Kajal, Sushila, Shreeta, Kajal, Sakshi, Tanukumari, Priya Kumari, Rajal, Gulshan Kumari, Pariksha, Tamanna	Mentor's Signature Dr. Santa Thakur

Reflection Session - 1	Reflection Session - 2
Mentor's Name - Prof. Himadri Thakur and Dr. Santa Thakur	Mentor's Name - Dr. Santa Thakur
Proceedings of the session: The session began with a general discussion on the mentor-mentee programme. Mentees were asked questions from the ten sessions conducted and their key takeaways from every session. Their opinions on the topic were also invited. The session ended with a feedback mechanism.	Proceeding of the sessions: The session began with the general discussion about mentor-mentee journey, celebrate success and identify areas for growth and improvement. In this session, Mentees were asked about their expectation from the mentor-mentee program? They were asked about the areas need improvement & how can we address them. Mentor thank mentees for their participation and engagement.
Feedback by the mentees: The mentees were satisfied with the programme and expressed their wish to continue the programme for all three years of their degree. They were also informed that a feedback form would be shared with them (Google form). To input their feedback related to their respective mentors and programme.	Feedback by Mentees: - Mentees thank their mentor for their valuable suggestions & guidance during the entire mentor-mentee session. They were highly satisfied with all mentor-mentee session conducted in this session. Mentees appreciated the practical insights and recommendations provided by their mentors.
Himadri Thakur Mentor	Dr. Santa Thakur Mentor

## Feedback from Mentees after conducting 10 session per groups(2024-2025)

Based on the feedback received from the mentees through Googleform regarding the Mentor–Mentee Program during the session 2024–2025, it was found that the mentees were satisfied with the sessions and reported gaining confidence through the mentoring process.

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Questions Responses Settings

**Government  
Degree College  
Haripurdhar, Sirmour  
Mentee  
Feedback Form:-  
Mentorship Program  
(2024-2025 )**

**मेंटी फीडबैक फॉर्म:-मेंटरशिप  
प्रोग्राम**

Thank you for participating in our mentorship program. We value your feedback and would like to hear your experiences. Your input will help us improve the program for future participants.

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