



**ABV Govt. Degree College Bangana, Distt. Una - HP**  
**NAAC Accredited Grade "B" Institution**

Tel. No. 01975 - 262993, Fax No. 01975 - 262993, Pin code: 174307, Email ID: gcbangana2007@gmail.com

NO.EDN-ABV-GC-BGN/ 2024-

Dated: 21.08.2024

**Mentor - Mentee Program**

To strengthen the mentor mentee program in the institution, the following mentor-mentee groups have been formed for the session 2024-25. Mentor-mentee program is a relationship where a mentor provides guidance and support to a mentee to help them grow personally and professionally. The goal is to help mentees develop skills, navigate challenges, and achieve their goals. Mentors can share their knowledge, experiences, and feedback, and act as role models to help mentees identify opportunities and set realistic goals. Mentees can approach their mentors for educational and personal guidance.

Sr. No.	Name of Mentor Dr./Sh./Smt./Ms./Mr.	Mentees	Signature
1.	Rekha Sharma	B.Sc III ( Non -Med.)	<i>Rekha</i>
2.	Anu Lakhpal	B.A. III (History)	<i>Anu</i>
3.	Kiran Kumari	B.Sc I,II & III (Med.)	<i>Kiran</i>
4.	Anil Sharma	B.Com III	<i>Anil</i>
5.	Nand Lal	B.Sc II (Non – Med.)	<i>Nand</i>
6.	Vinod Kumar	B.A. I & II (History)	<i>Vinod</i>
7.	Reena Devi	B.Sc I (Non – Med.)	<i>Reena</i>
8.	Krishan Chand	B.Com II	<i>Krishan</i>
9.	Sikander Kumar Negi	B.A. III (Pol. Sci.) & B.A. I (Hindi)	<i>Sikander</i>
10.	Kiran Thakur	B.A. I (Eng.) & B.A. II (Pol.Sci.)	<i>Kiran</i>
11.	Kuldeep Singh	M.A. (Hindi PG) & B.A. II, III (Hindi)	<i>Kuldeep</i>
12.	Arvind Rattan	B.A. I (Pol. Sci.) & B.A. II,III (Eng.)	<i>Arvind</i>
13.	Nikkita Gupta	B.A. I,II & III (Eco.) and M.Com (PG)	<i>Nikkita</i>
14.	Kamlesh Kumar	B.Com I	<i>Kamlesh</i>
15.	Smt. Ranjna Devi	BBA I	<i>Ranjna</i>
16.	Sh. Rajender Kumar	BBA II	<i>Rajender</i>
17.	Smt. Kamini Aerya	BCA I ( first 30 Students)	<i>Kamini</i>
18.	Smt. Arti Devi	BCA II	<i>Arti</i>
19.	Smt. Mukesh Kumari	BBA III	<i>Mukesh</i>
20.	Smt. Renuka Thakur	BCA III	<i>Renuka</i>
21.	Sh. Prashant kumar	BCA I Last 10 Students & PGDCA	

*Rekha Sharma*  
Convener

*Rekha*  
Principal 21/8/24  
ABV GDC Bangana  
Distt. Una (H.P.)-174307



**ABV Govt. Degree College Bangana, Distt. Una - HP**  
**NAAC Accredited Grade "B" Institution**

Tel. No. 01975 - 262993, Fax No. 01975 - 262993, Pin code: 174307, Email ID: gebangana2007@gmail.com

Dated: 21.08.2024

NO.EDN-ABV-GC-BGN/ 2024-

**Mentor - Mentee Program**

To strengthen the mentor mentee program in the institution, the following mentor-mentee groups have been formed for the session 2024-25. Mentor-mentee program is a relationship where a mentor provides guidance and support to a mentee to help them grow personally and professionally. The goal is to help mentees develop skills, navigate challenges, and achieve their goals. Mentors can share their knowledge, experiences, and feedback, and act as role models to help mentees identify opportunities and set realistic goals. Mentees can approach their mentors for educational and personal guidance.

Sr. No.	Name of Mentor Dr./Sh./Smt./Ms./Mr.	Mentees	Signature
1.	Rekha Sharma	B.Sc III ( Non -Med.)	
2.	Anu Lakhpal	B.A. III (History)	
3.	Kiran Kumari	B.Sc I,II & III (Med.)	
4.	Anil Sharma	B.Com III	
5.	Nand Lal	B.Sc II (Non - Med.)	
6.	Vinod Kumar	B.A. I & II (History)	
7.	Reena Devi	B.Sc I (Non - Med.)	
8.	Krishan Chand	B.Com II	
9.	Sikander Kumar Negi	B.A. III (Pol. Sci.) & B.A. I (Hindi)	
10.	Kiran Thakur	B.A. I (Eng.) & B.A. II (Pol.Sci.)	
11.	Kuldeep Singh	M.A. (Hindi PG) & B.A. II, III (Hindi)	
12.	Arvind Rattan	B.A. I (Pol. Sci.) & B.A. II,III (Eng.)	
13.	Nikkita Gupta	B.A. I,II & III (Eco.) and M.Com (PG)	
14.	Kamlesh Kumar	B.Com I	
15.	Smt. Ranjna Devi	BBA I	
16.	Sh. Rajender Kumar <small>Singh</small>	BBA II	
17.	Smt. Kamini Aerya	BCA I ( first 30 Students)	
18.	Smt. Arti Devi	BCA II	
19.	Smt. Mukesh Kumari	BBA III	
20.	Smt. Renuka Thakur	BCA III	
21.	Sh. Prashant kumar	BCA I Last 10 Students & PGDCA	

Convener

Principal  
ABV GDC Bangana  
Distt. Una (H.P.)-174307

- **Co-Curricular Activities:** Mentors highlighted the importance of participation in co-curricular activities, emphasizing how these activities help in the overall development of students.
- **Career Counseling:** Mentors provided guidance on career options, discussed the importance of internships, and gave insights into opportunities for higher education in their respective fields.

### Outcomes of the meeting:

1. **Increased Confidence:** Mentees felt more confident about managing their academic workload and career planning due to the guidance provided by their mentors.
2. **Improved Communication:** The meeting fostered better communication between students and faculty, allowing students to express their concerns freely.
3. **Action Plans for Improvement:** Personalized study plans were created for academically weak students, and additional academic support, such as remedial classes or peer tutoring, was suggested.
4. **Emotional Support:** Students expressed feeling more emotionally supported, knowing that they had access to both academic and emotional guidance.
5. **Career Planning:** Clearer career goals were established for mentees, and action steps were discussed to achieve those goals, including further studies, internships, and job searches.
6. **Holistic Development:** Students were motivated to engage in activities that would help with their overall personal and professional development, beyond just academics.

### Conclusion:

The mentor-mentee meetings provided an excellent opportunity to engage with students on both academic and personal levels. The system ensures that students receive comprehensive support, fostering not just academic growth but emotional well-being and career development as well.

(Convener)

Rekha Sharma

Mentor-Mentee Committee

Principal  
ABV GDC Bangana  
Distt. Una (H.P.)  
Distt. Una (HP)-174307  
16/5/2025

The **Mentor-Mentee** system in the college is an initiative aimed at providing personalized guidance and academic support to students. Through this system, faculty members (mentors) are assigned to groups of students (mentees) to offer guidance in academic, personal, and career matters.

#### **Mentor-Mentee Meetings:**

The meeting between the mentors and mentees of various departments are held on the last working Saturday of each month starting from the month of September 2024. During the session 2024-25, 21 faculty members from each department were allotted a fixed number of mentees and the interaction between mentor and mentee were scheduled in the time table of the college. In total 21 mentors were allotted to approx 710 mentees during the session 2024-25.

<b>Mentor-Mentee meetings conducted (2024-25)</b>	
<b>Month</b>	<b>Meetings conducted</b>
September	1 each/department
October	1 each/department
November	1 each/department
February	1 each/department
March	1 each/department

#### **Key Objectives of the meeting conducted during 2024-25:**

- Student Well-being:** Ensure students' mental and emotional health by providing them with a support system through regular mentor-mentee interactions.
- Academic Monitoring:** Identify and address academic difficulties or barriers faced by students, helping them with study plans and time management.
- Career Guidance:** Offer advice on career pathways, internships, and higher studies, tailoring guidance to each student's interest and abilities.
- Extracurricular Involvement:** Encourage students to participate in co-curricular and extracurricular activities to enhance their overall development and leadership skills.
- Personalized Attention:** Provide individualized attention to each student to foster a closer relationship and build a stronger support system within the institution.

#### **Discussion Points in the meetings:**

- Academic Performance:** Mentees shared their challenges related to course understanding, time management, and workload balance. Mentors provided insights into managing time effectively and offered resources to help improve academic performance.
- Emotional Support:** Mentors discussed issues related to stress and anxiety due to exams and personal concerns. Counseling and emotional support mechanisms were discussed, and mentees were encouraged to avail of the college's counseling services.