

2.8 Mentor-Mentee Groups for the session 2024-25 were framed for each class in which four meetings/sessions were conducted throughout the year (sample of the same has been given below)

Mentor-Mentee Report 2024-25

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.

Mentor-Mentee meetings conducted (2024-25)	
Month	Meetings conducted
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:

1. **Student Well-being:** Ensure students' mental and emotional health by providing them with a support system through regular mentor-mentee interactions.
2. **Academic Monitoring:** Identify and address academic difficulties or barriers faced by students, helping them with study plans and time management.
3. **Career Guidance:** Offer advice on career pathways, internships, and higher studies, tailoring guidance to each student's interest and abilities.
4. **Extracurricular Involvement:** Encourage students to participate in co-curricular and extracurricular activities to enhance their overall development and leadership skills.
5. **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.



ABV Govt. Degree College Bangana, Distt. Una - HP

NAAC Accredited Grade "B" Institution

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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.)	
2.	Anu Lakhanpal	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	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

Activities in 2024-25

①
1 Sept 2024

Plantation drive 'Ek Podha Ma Ke Maam' was organised by ranger-rover unit.

Principal
ABV GDC Bangana
Dist. Una (H.P.)
Date: / / 2024

②
3 October 2024

One day cleanliness drive organised by Ranger-Rover unit.

Principal
ABV GDC Bangana
Dist. Una (H.P.)
Date: / / 2024

③
30 Nov. 2024

Awareness program on world AIDS day was organised by Ranger-Rover unit.

Principal
ABV GDC Bangana
Dist. Una (H.P.)
Date: / / 2024

④
3-8 Dec 2024

4 students were sent for 'Self-Defense' camp for Guides and Rangers at State Training Centers, Rewalsar.

Principal
ABV GDC Bangana
Dist. Una (H.P.)
Date: / / 2024

⑤
14 Feb 2025

Homage to the martyred soldiers was paid because of Pulwama attack on 14 February 2019.

Principal
ABV GDC Bangana
Dist. Una (H.P.)
Date: / / 2025

⑥
20 Feb 2025

~~State~~ Declamation competition was organised by the ranger-rover unit.

Principal
ABV GDC Bangana
Dist. Una (H.P.)
Date: / / 2025



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Student Mentoring Cell

List of Mentee

Name of The Mentor Reetika Chaur (Academic Year 2023-24...)

Group No. _____

Sr. No.	Name of Mentee (Class Roll No.)	Mobile No.	Email Id	Sign.
1	22PS020	8214593733	ms9702711@gmail.com	<u>M</u>
2	22PS009	82788-76904	Shamanehaz 2004@gmail.com	<u>Aleha</u>
3	22PS039	78072-65264	anu2603sk@gmail.com	<u>Anu</u>
4	22PS055	98163-49269	Pallavi1532003@gmail.com	<u>Pallavi</u>
5	22PS030	70186-00105	ashamehaviita.86122@gmail.com	<u>Ashamehaviita</u>
6	22PS014	9625552928	gajimathakura2072005@gmail.com	<u>Gajimathakura</u>
7	22PS007	7876823184	amariishika3@gmail.com	<u>Rishika</u>
8	22PS034	9317119469	ristishormal9469@gmail.com	<u>Risti</u>
9	22PS013	8219860025	meenahshisharma60025@gmail.com	<u>Meenah</u>
10	22PS006	9317515563	shandivyausha@gmail.com	<u>Shandivyausha</u>
11	22PS031	9015145307	sharmaswati5327@gmail.com	<u>Swati</u>
12	22PS045	98165-71832	mr876452@gmail.com	<u>Mr. 876452</u>
13	22PS048	98161-69241	sahtaprinced49@gmail.com	<u>Sahtaprinced49</u>
14	22PS054	62305-66738	vishaldevach89@gmail.com	<u>Vishal</u>
15	22PS005	8894815673	Sharmapayal629400@gmail.com	<u>Payal</u>
16	22PS026	8580424812	Kanika20557@gmail.com	<u>Kanika</u>
17	22PS004	9015358165	thakurpalek137@gmail.com	<u>Palek</u>
18	22PS043	98166-38053	bhumikasharma98166@gmail.com	<u>Bhumi</u>
19	22PS076	9015021773	shermanidhi777@gmail.com	<u>Nidhi</u>
20	21PS091	8219490989	niceceetu953@gmail.com	<u>Reetu</u>

Reetika Chaur
Mentor

IQAC Coordinator

Principal

Student Mentoring Cell



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Student Mentoring Cell

List of Mentee

(Academic Year 20...../.....)

Name of The Mentor _____

Group No. _____

Sr. No.	Name of Mentee (Class Roll No.)	Mobile No.	Email Id	Sign.
1.	2222660048	8894815673	sharmapayal629700@gmail.com	Payal
2.	2222660053	7876823184	eamatishika3@gmail.com	Rishika
3.	2222660052	7876338460	Kumartishar3735@gmail.com	Tisha
4.	2222660050	9816169241	shotajin49@gmail.com	Shobha
5.	2222660047	6230330086	byalkakikar3007@gmail.com	Byalka
6.	2222660046	9186349269	Pallavis32003@gmail.com	Pallavishree
7.	2222660045	9015358165	theadus palak137@gmail.com	Palak
8.	2222660044	7876620237	palak68260@gmail.com	Palak Sharma
9.	2222660065	9317119469	Sneh Rishi19469@gmail.com	Rishi
10.	2222660069	9015145307	sharmaswati5327@gmail.com	Swati
11.	2222660073	7876217357	Vikas15854@gmail.com	Vikas
12.	2222660074	8219074742	vbanga830@gmail.com	Vishal
13.)	2222660075	6230566738	Vishaldeepchoh@gmail.com	Vishal
14.)	2222660076	93175-18431	Vivek sandhu@gmail.com	Vivek Sandhu
15.)	2210070035	62306-11773	sharmanidhi773@gmail.com	Nidhi Sharma
16.)	2200070066	8219490989	nicereeti953@gmail.com	Reeti
17.)	2200070073	7018000317	Shinnidatish 2007@gmail.com	Sirani
18.)	2200070053	9317105525	9992menakshi@gmail.com	Menakshi

Mentor

IQAC Coordinator

Principal



Student Mentoring Cell

Annual Report

(Academic Year 2024-25..)

Mentor (Teacher) Name: Rejcho Sharma Group No. _____
Designation: Associate Prof. Name of Department: Physics

A brief Annual Report of Student Mentoring

The meetings between mentor and mentees of BScII class on the last working Saturday of each month started from the month of September 2024. During this session, these meetings were held. The main objectives of the meeting were
1. Students' Well being, Academic monitoring - Career Guidance, Extracurricular involvement & personalised attention towards mental health.

Discussion Points in Meeting

Academic Performance: Mentees started discussing & shared the challenges related to course understanding, time management & workload balance. Mentors provided insights and suggestions to manage time effectively and offered resources to help academic performance.

Emotional Support: Mentors discussed the issues related to stress and anxiety due to exams & personal concerns. Counselling & emotional support were discussed and mentees were encouraged.

Extracurricular Activities: Mentors highlighted the importance of extracurricular activities and how it is helpful for personal growth.

Career Counselling: Mentors provided options in career counselling and discussed various opportunities for higher education.

Signature of Mentor

Outcomes of the meeting - Increased confidence, Improved communication skills, Students expressed their feelings towards mentors in both academic & emotional guidance.

IQAC Coordinator

Principal



Student Mentoring Cell

Annual Report

(Academic Year 2024-25..)

Mentor (Teacher) Name: Anu Attari Associate Prof. (Manc-Inst) Group No. _____
Designation: Associate Prof. Name of Department: Music (Instrumental)

A brief Annual Report of Student Mentoring

- विद्यार्थी को स्नातक डिग्री के बाद स्नातकोत्तर विभिन्न डिप्लोमाओं से अवगत करवाना
- स्नातक स्तर की विभिन्न प्रतियोगिताओं जैसे SSC ^{CPD} NDA HAS UPSC आदि के लिए प्रेरित करना।
- महाविद्यालय के अधिकतर विद्यार्थी धरेलू आर्थिक समस्याओं से जूझते हैं और उनको डिग्री के साथ-साथ 'पूर्ण कौशल आधारित ज्ञान' जिसमें अच्छी रीति व क्षमता हो, उससे सम्बन्धित कौंसी से अवगत करवाना।
- सरकार की विभिन्न 'पूर्ण कौशल ज्ञान' योजनाओं जो कि महाविद्यालय स्तर व अन्य स्तर पर दी जा रही हैं के लिए प्रेरित करना तथा सकारात्मक रूप से दी जा रही योजनाओं की जानकारी देना जिससे उनकी आर्थिक रूप से मदद हो सके। जिससे उनका शिक्षा समाजिक व आर्थिक स्तर ऊँचा उठ सके।
- शिक्षा के साथ-साथ उनको नैतिक स्तर पर सुदृढ़ करना जिससे कि वो एक सभ्य नागरिक बन सकें।

Date: 02/4/2025

Attari
Signature of Mentor

IQAC Coordinator

Principal

Principal



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Student Mentoring Cell

List of Mentee

(Academic Year 2024-25)

Name of The Mentor Anu Arter

Group No. _____

Sr. No.	Name of Mentee (Class Roll No.)	Mobile No.	Email Id	Sign.
1.	Akansa (22BA015)	88943 58157	ankashadhiman65@gmail.com	Akansa
2.	Simran (22BA076)	6230157153	Simi44677@gmail.com	Simran
3.	Raman Shukul (22BA040)	8352062495	ramanshukul0002@gmail.com	Raman Thakur
4.	Yuvraj (22BA168)	75900 90348	yuvraj singh 0286@gmail.com	Yuvraj Singh
5.	Komal (22BA072)	85447 25988	8544725988komal@gmail.com	Komal
6.	Alka Shukul (22BA071)	86298 12476	2041218@gmail.com	Alka Thakur
7.	Prince Power (22BA145)	78768 14664	Prince power152208@gmail.com	Prince Power
8.	Monika devi (22BA177)	78074 23627	monikadevi25112004@gmail.com	Monika Devi
9.	Vandana devi (22BA115)	78769 28404	devi2000vandan@gmail.com	Vandana Devi
10.	Tisha Dhiman (22BA182)	85447 49861	Tshadhiman268@gmail.com	Tisha
11.	Pooja Devi (22BA022)	78767 58109	Poojadevi356991@gmail.com	Pooja Devi
12.	Rohit Kumar (22BA169)	82194 45807	rohitdhurdla0286@gmail.com	Rohit
13.	Mangru (22BA094)	62307 96519	magusharmasuchi123@gmail.com	Mangru
14.	Kirti Sharma (22BA050)	70187 25565	ssamriti828@gmail.com	Kirti
15.	Rohit Kumar (22BA169)	82194 45807	rohitdhurdla0286@gmail.com	
16.	Poonam (22BA008)	93176 57448	Poonamkewi912203@gmail.com	Poonam
17.	Arti Sharma (22BA041)	62306 67815	artisy87@gmail.com	
18.	Jaspreet Kumar (22BA156)	70188 36349	Jaspreetkumar559@gmail.com	Jaspreet Kumar
19.	Lata Shukul (22BA021)	78768 23410	Shukul.lata1422025@gmail.com	Lata Shukul
20.	Neelam Kumar (22BA069)	93177 17542	Neelamkumar94087@gmail.com	Neelam
21.	Sonia Dewi (22BA010)	82196 34982	Soniadewi17112005@gmail.com	Sonia
22.	Divyanshi (22BA036)	78765 80446	divyanshi784861@gmail.com	Divyanshi

Mentor

Anu Arter

Student Mentoring Cell

IQAC Coordinator

Principal



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Student Mentoring Cell

List of Mentee

(Academic Year 2024.../2025)

Name of The Mentor Anu Attari (Associate Prof.) Music (I) Group No. _____

Sr. No.	Name of Mentee (Class Roll No.)	Mobile No.	Email Id	Sign.
1.	Akansa (22BA015)	8894358157	akankshadhiman65@gmail.com	Akanksha
2.	Simran (22BA076)	6230157153	simi44677@gmail.com	Simran
3.	Raman Shakti (22BA040)	8352062495	ramanshakti0002@gmail.com	Raman Thakur
4.	Yuv Raj (22BA168)	7590090348	yuvrajsingh0286@gmail.com	Yuvraj Singh
5.	Komal (22BA072)	8544725988	85447259881comel@gmail.com	Komal
6.	Alka Shakti (22BA071)	8629812476	2041218@gmail.com	Alka Thakur
7.	Prince Power (22BA145)	7876814664	prince power152208@gmail.com	Prince Power
8.	Monika devi (22BA177)	7807928607	monika devi2500@gmail.com	Monika Devi
9.	Vandana devi (22BA115)	7806928404	devi2000 vandana@gmail.com	Vandana Devi
10.	Isha Dhiman (22BA182)	8544749861	ishadhiman268@gmail.com	Isha
11.	Pooja Devi (22BA022)	7876758109	Poojadevi3561991@gmail.com	Pooja Devi
12.	Rohit Kuma (22BA169)	8219445807	rohitdhundha0286@gmail.com	Rohit
13.	Mangu Sheem (22BA094)	6230796519	mangushesmaruchi123@gmail.com	Mangy
14.	Kirti Sharma (22BA050)	7018725565	ssameeti828@gmail.com	Kirti
15.	Meena Kumari (22BA065)	7876627429	Meenadhiman257@gmail.com	Meena Kumari
16.	Palak (22BA106)	9317665611	pt795369@gmail.com	Palak
17.	Abhinay Shakti (22BA004)	7876058675	abhinayshakti@gmail.com	Abhinay
18.	Aditya Chandel (22BA165)	7876470966	adityachandel3267@gmail.com	Aditya
19.	Prisha (22BA073)	7807941294	Sahota priyanka@gmail.com	Prisha
20.	Kajal (22BA051)	6230490551	Kd447077@gmail.com	Kajal
21.	Arti Sheem (22BA041)	6230667815	artishg87@gmail.com	Arti
22.	Lata Shakti			Lata Shakti

Mentor
Anu Attari
Mentoring Cell

IQAC Coordinator

Principal