



Criterion 2.8 Mentor-Mentee Groups

Sessions conducted per group students


Each Mentor conducted minimum 4 (Four) sessions per session (2023-2024)

Documented in Files of Mentors

List of Mentees alongwith Mentors in r/o GDC Darlaghat, District Solan HP as on 08/09/2023

1	HIMANI	201037	BA	3
2	PRIYANKA JAGOTA	201051	BA	3
3	VINAY KUMAR	201054	BA	3
4	ANJALI	21010001	BA	3
5	ANKITA SHARMA	21010002	BA	3
6	KALPANA SHARMA	21010003	BA	3
7	KALPANA DEVI	21010005	BA	3
8	HIMANI SHARMA	21010006	BA	3
9	GEETA DEVI	21010007	BA	3
10	CHANDNI	21010011	BA	3
11	REETIKA	21010013	BA	3
12	SONIA	21010014	BA	3
13	GAYTRI THAKUR	21010015	BA	3
14	CHAMAN LAL	21010017	BA	3
15	MANISHA DEVI	21010018	BA	3
16	SURBHI	21010019	BA	3
17	NAINSI THAKUR	21010020	BA	3
18	KARAN KUMAR	21010022	BA	3

Ms. Bhuvi Sharma, AP History



 Govt. Degree College
 Darlaghat, Dist. Solan (H.P.)

MENTORSHIP SESSION -2
TIME MANAGEMENT

The second mentorship session was held on **10th October 2023**, in LH-3 AT 1:20 p.m. Eleven mentees were present in the session.

Highlights of the session:

15. The first few minutes of the session were spent discussing general aspects of everyday lives of mentees.
16. A twenty-minute discussion was then held on **"Time Management and How NOT to procrastinate."** Mentees were encouraged to share their daily routines and the short-term and long-term goals they have set for themselves.
17. Most of the mentees have to juggle study with work, either at home or a shop or fields. It was found that most girls have their fair share of household work, which they are expected to do irrespective of exams/tests schedules.
18. In such circumstances, mentees were encouraged to create a **"Monthly Habit-Tracker"**, where they can note down the habits they wish to develop and tick mark against them whenever they engage in that habit. Mentees were familiarized with importance of consistency in developing good habits.
19. Mentees were also encouraged to make **To-do lists** on days they feel overwhelmed and keep crossing off the tasks they accomplish.
20. It was discussed how procrastination is not merely laziness, but is often related to overwhelming pressure or pile up of work. Best way to deal with that is to start with one task from the pile, this reducing the pressure.
21. Based on input received from the students, the theme for next meeting was decided as, **"Mental Health: Taking Care of the Mind and the Soul."**


 Bhuvi Sharma
 MENTOR

**MENTOR-MENTEE GROUP
ATTENDANCE**

DATE: 10/10/23

THEME: TIME MANAGEMENT & How NOT to PROCRASTINATE

S. NO.	CLASS	NAME	ROLL NO.	ATTENDANCE
1	BA (Year 3)	HIMANI	201037	A
2	BA (Year 3)	PRIYANKA JAGOTA	201051	✓
3	BA (Year 3)	VINAY KUMAR	201054	✓
4	BA (Year 3)	ANJALI	21010001	✓
5	BA (Year 3)	ANKITA SHARMA	21010002	✓
6	BA (Year 3)	KALPANA SHARMA	21010003	A
7	BA (Year 3)	KALPANA DEVI	21010005	✓
8	BA (Year 3)	HIMANI SHARMA	21010006	✓
9	BA (Year 3)	GEETA DEVI	21010007	✓
10	BA (Year 3)	CHANDNI	21010011	✓
11	BA (Year 3)	REETIKA	21010013	A
12	BA (Year 3)	SONIA	21010014	✓
13	BA (Year 3)	GAYTRI THAKUR	21010015	✓
14	BA (Year 3)	CHAMAN LAL	21010017	✓
15	BA (Year 3)	MANISHA DEVI	21010018	A
16	BA (Year 3)	SURBHI	21010019	A
17	BA (Year 3)	NAINSI THAKUR	21010020	✓
18	BA (Year 3)	KARAN KUMAR	21010022	✓

REPORT OF THE MENTEEES

The purpose of the mentees and mentor groups was to fulfill certain goals like fostering social skills, by developing interaction with the students and the mentors. Also encouraging communication with them. Qualities like kindness, sharing, and caring for one another was also encouraged. Efforts were also made to develop friendly relationship with the mentors.

It was also emphasized as how to deal with their emotions like anger, sadness, jealousy and many other emotions. Focus was laid on self control, as how to deal with our desires, frustration.

The mentees have shown a great change in their behaviour towards the students and the mentors. They have become more understanding, helpful in their behaviour. At the same time they have also developed a spirit of competition. A sense of curiosity is also seen in the mentees behaviour. They have also become more helpful with a feeling of social consciousness among themselves. I wish them all success in their future endeavours.

Mentor
(Anugant Sahasini)
The
Associate Professor in
English
GDC Darlaghat

LIST OF MENTEEES / MENTORS GDC Darlaghat 2023 ATTENDANCE

	AUGUST	AUGUST	AUGUST	SEPT	SEPT	SEPT	OCT	OCT	OCT	NOV	NOV	NOV	DEC	
1) ANKITA KUMARI	16	23	30	6	13	20	7	14	21	28	4	11	18	25
2) NITESH	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3) TARA	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4) CHANDAN SHARMA	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5) NIKITA	A	P	P	A	A	P	A	P	A	P	A	P	A	P
6) RITIKA	P	A	A	A	P	A	P	A	P	A	P	A	P	P
7) HEMANSI CHATUR	A	P	P	P	P	P	P	P	P	P	P	P	P	P
8) SHIVANI	P	A	A	A	A	P	A	P	A	P	A	P	A	P
9) HARTIK CHANDEL	A	P	A	P	P	P	P	P	P	P	P	P	P	P
10) DIWYA THAKUR	P	A	P	A	P	A	P	P	A	P	A	P	A	P
11) POOJA KUMARI	A	P	A	A	P	P	P	P	P	P	P	P	P	P
12) REENA	A	P	A	A	P	P	A	A	A	P	P	P	A	P
13) VANDANA	A	P	P	P	A	P	A	A	P	P	A	P	A	P
14) HIMANI	A	P	P	P	A	P	P	A	P	P	A	P	P	P
15) DIKSHA	A	P	P	A	P	P	A	P	P	P	A	P	P	P
16) RAHUL BHARDWAJ	A	P	P	A	P	P	A	P	P	A	P	P	A	P
17) MONAKSHI SHARMA	A	P	P	A	P	P	A	P	P	P	P	P	A	P
18) ANCHAL BHARDWAJ	A	P	P	A	P	P	P	P	P	P	P	P	P	P
19) SANJANA KUMARI	X	P	P	P	P	P	P	P	P	P	P	P	P	P

1) HIMANI	23010019	BA	1
2) ADITYA JYOTI	23010020	BA	1
3) HARSHA SHUKLA	23010021	BA	1
4) ASMITA	23010022	BA	1
5) HIMANI	23010023	BA	1
6) DIVYA	23010024	BA	1
7) BANITA KUMARI	23010025	BA	1
8) TARUN KUMAR	23010026	BA	1
9) MUSKAN	23010027	BA	1
10) NEERAJ GAUTAM	23010028	BA	1
11) NEELAM	23010029	BA	1
12) DIKSHA THAKUR	23010030	BA	1
13) JYOTI	23010031	BA	1
14) RUHANI	23010032	BA	1
15) KAVITA SHARMA	23010033	BA	1
16) DHARNA	23010034	BA	1
17) CHETNA	23010035	BA	1
18) ANKITA SHARMA	23010036	BA	1

Dr. J.P. Sharma, AP Political Science

Govt. Degree College Darlaghat, Dist. Solan (H.P.)

List of Mentees alongwith Mentors in r/o GDC Darlaghat, District Solan HP as on 08/09/2023

1	NAKUL NAKUL GUPTA	22010013	BA	2
2	KAMNA SHARMA	22010014	BA	2
3	PRIYANKA	22010016	BA	2
4	BHAWNA SHARMA	22010017	BA	2
5	LALITA	22010020	BA	2
6	RACHNA GAUTAM	22010021	BA	2
7	ANITA	22010022	BA	2
8	PRAVEEN SHARMA	22010023	BA	2
9	ASHA KUMARI	22010024	BA	2
10	KARAN SHARMA	22010026	BA	2
11	MAMTA	22010027	BA	2
12	SNEHA	22010028	BA	2
13	AANCHAL	22010029	BA	2
14	ROHIT THAKUR	22010030	BA	2
15	DAMINI	22010031	BA	2
16	MINAL SHARMA	22010032	BA	2
17	YACHANA	22010033	BA	2
18	NAINA MAHAJAN	22010034	BA	2

Dr. Bhawna Azad, AP Commerce

List of Mentees alongwith Mentors in r/o GDC Darlaghat, District Solan HP as on 08/09/2023				
1	NIKHIL SHARMA	21010025	BA	3
2	NIKITA	21010026	BA	3
3	CHETNA	21010028	BA	3
4	PARKINDER SINGH	21010012	BA	3
5	BIJAWANA DEVI	21010033	BA	3
6	INDU SHARMA	21010034	BA	3
7	KANCHAN VERMA	21010036	BA	3
8	ABHILASHA PANWAR	21010037	BA	3
9	SUNIL KUMAR	21010039	BA	3
10	DIKSHA SHARMA	21010041	BA	3
11	KAJAL	21010044	BA	3
12	VARSHA DEVI	21010047	BA	3
13	HIMANI	21010048	BA	3
14	KHUSHI GUPTA	21010050	BA	3
15	BHAWNA SHARMA	21020002	BCom	3
16	NEERAJ SHARMA	21020008	BCom	3
17	NEEL KAMAL	21020009	BCom	3

Mr. Rachna Tanwar, AP Hindi

Principal
Govt. Degree College
Darlaghat, Dist. Solan (H.P.)

Session 2023- 24

Name of Mentor: Dr. Jai Parkash Sharma
Number of Mentees Assigned: 18
Date of Sessions: last Saturday of the month
Timing of the Session: 1hr

Detail of Sessions Conducted by Mentor for the benefit of Mentees during session 2023-24

Sr. No.	Topic / Session	Purpose of the Session	Date
1.	Health and Hygiene	Mental and physical well being of manatees	29/09/2023
2.	Yoga and Pranayam Practice	Concentration and mental health	27/10/2023
3.	Drug addiction and its impacts	Anti drug Drive	25/11/2023
4	Stress Management	Management of stress during exam	30/12/2023
5	Career Counseling	To set goals	23/02/2024

Dr. Jai Parkash Sharma
A. P. in Political science

Principal
Govt. Degree College
Darlaghat, Dist. Solan (H.P.)

मेंटर - मेंटी समूह (प्रथम सभा)

(अक्टूबर माह)

स्थान : लेक्चर हॉल संख्या 1

विषय : परिचयात्मक सभा

इस सभा में मेंटर - मेंटी समूह के सभी मेंटी शामिल रहे। प्रथम सभा में सभी विद्यार्थियों ने अपना परिचय दिया। परिचय के पश्चात विद्यार्थियों को मेंटर रचना तनवर ने मेंटर समूह की प्रासंगिकता व उपयोगिता के संदर्भ में अवगत कराया। समूह की प्रासंगिकता और उपयोगिता पर चर्चा करते हुए मेंटर रचना तनवर ने शिक्षक और विद्यार्थी के सम्बन्धों की विवेचना करते हुए बताया की शिक्षक विद्यार्थियों को शैक्षणिक परीक्षाओं के लिए ही नहीं तैयार करवाता बल्कि जीवन में आने वाले तमाम संगर्षों से लड़ने के लिए भी तैयार करवाता है। शिक्षक और विद्यार्थी का संबंध बेहद गहन होता है, और इसी गहनता को केंद्र में रखते हुए शिक्षक अपने विद्यार्थियों को जीवन के हर पथ पर मजबूती के साथ चलने के लिए प्रेरित करता है। इस सभा में विद्यार्थियों से उनके जीवन से जुड़े प्रेरणादायी अनुभवों को सांझा करने के लिए कहा गया। मेंटर रचना तनवर ने सभी विद्यार्थियों को डायरी लेखन के लिए भी प्रेरित किया। सभी विद्यार्थियों से आग्रह किया गया की अगली सभा में वो अपनी डायरी लेकर आए और अपने डायरी लेखन के अनुभवों को सांझा करें।

प्रदत्त कार्य : अगली सभा में डायरी लेखन के अनुभव को सांझा करना।

Attendance Sheet of Mentees in GDC Darlaghat, District solan HP as on 08/09/2023

Mentor : Rachna Tanwar

Sr. N.	NAME	ROLL. NO	CLASS	PRESENT	ABSENT
1	NIKHIL SHARMA	21010025		P	
2	NIKITA	21010026	BA	P	
3	CHEITNA	21010028	BA	P	
4	PARVINDER SINGH	21010032	BA	P	
5	BHAWANA DEVI	21010033	BA	P	
6	INDU SHARMA	21010034	BA	P	
7	KANCHAN VERMA	21010036	BA	P	
8	ABHILASHA PANWAR	21010037	BA	P	
9	SUNIL KUMAR	21010039	BA	P	
10	DIKSHA SHARMA	21010041	BA	P	
11	KAJAL	21010044	BA	P	
12	VARSHA DEVI	21010047	BA	P	
13	HIMANI	21010048	BA	P	
14	KHUSHI GUPTA	210100050	BA	P	
15	BHAWANA SHARMA	21020002	B.COM	P	
16	NEERAJ SHARMA	21020008	B.COM	P	
17	NEEL KAMAL	21020009	B.COM	P	

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1	TAMNNA DEVI	23010037	BA	1
2	RAKHI DEVI	23010038	BCom	1
3	MUSKAN	23020001	BCom	1
4	HEENA SHARMA	23020003	BCom	1
5	PRANCHAL	23020004	BCom	1
6	AJAY KUMAR	201023	BA	2
7	BANITA DEVI	21010027	BA	2
8	KUSUM THAKUR	21010031	BA	2
9	DEEPIKA	21010038	BA	2
10	GAURAV GUPTA	21020003	BCom	2
11	TARA DEVI	22010001	BA	2
12	SHWETA SHARMA	22010002	BA	2
13	BHARTI SHARMA	22010003	BA	2
14	AARTI	22010004	BA	2
15	HEM LATA	22010006	BA	2
16	SHARDA	22010007	BA	2
17	HITESHI VERMA	22010008	BA	2
18	PREETI SHARMA	22010012	BA	2

Sh. Sandeep Kumar, AP
Commerce

Principal
Govt. Degree College
Darlaghat, Dist. Solan (H.P.)

List of Mentees alongwith Mentors in r/o GDC Darlaghat, District Solan HP as on 08/09/2023

1	HIMANI	23010019	BA	1
2	ADITYA JYOTI	23010020	BA	1
3	HARSHA SHUKLA	23010021	BA	1
4	ASMITA	23010022	BA	1
5	HIMANI	23010023	BA	1
6	DIVYA	23010024	BA	1
7	BANITA KUMARI	23010025	BA	1
8	TARUN KUMAR	23010026	BA	1
9	MUSKAN	23010027	BA	1
10	NEERAJ GAUTAM	23010028	BA	1
11	NEELAM	23010029	BA	1
12	DIKSHA THAKUR	23010030	BA	1
13	JYOTI	23010031	BA	1
14	RUHANI	23010032	BA	1
15	KAVITA SHARMA	23010033	BA	1
16	DHARNA	23010034	BA	1
17	CHEITNA	23010035	BA	1
18	ANKITA SHARMA	23010036	BA	1

Dr. J.P. Sharma, AP Political
Science

Principal
Govt. Degree College
Darlaghat, Dist. Solan (H.P.)

Session 2023- 24

Name of Mentor: Dr. Jai Parkash Sharma
Number of Mentees Assigned: 18
Date of Sessions: last Saturday of the month
Timing of the Session: 1hr

Detail of Sessions Conducted by Mentor for the benefit of Mentees during session 2023-24

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Dr. Jai Parkash Sharma
A. P. in Political science

Principal
Govt. Degree College
Darlaghat, Dist. Solan (H.P.)

12:56 PM

4G 48



Darla: Mentorship Gro...
Kusum GDC Darlaghat, Preeti S...



आपके लिए कुछ कार्य हैं :

1. Digital Health के लिए आप सब अपने स्क्रीन टाइम को कम करेंगे.
2. आप सब habit trackers banayenge.

9:45 pm ✓



1:19

9:47 pm ✓



Preeti Sharma GDC darla
Okay mam

9:49 pm



2:18

9:49 pm ✓



Apps



System settings



Digital Wellbeing & parental controls



Mi Account



Google



Accounts & sync



Message



