

Mentorship Cell

Annual Report

A.Y. 2023-24

The Mentorship Cell of our college serves as a bridge between students and teachers, fostering a supportive environment conducive to academic and personal growth. Through mentorship, faculty mentors and student mentors provide guidance, support, and encouragement to students, helping them navigate academic challenges and personal issues alike. Students studying in the last year of the course were appointed as student mentors for other students while faculty mentors were appointed for last year students. Each faculty mentor was allotted 16 mentees while each student mentor had around 15 to 16 mentees. The cell has mainly worked in informal manner, allowing students to discuss freely about their problems with mentors, as and when they felt it necessary. Throughout the year, mentors have guided mentees in various fields such as helping in studies, guidance about career and placement, encouraging them to participate in extracurricular activities, helping in solving their personal issues.

The cell organized a session on 'Dealing with exam related anxiety' on 10th April 2024 in collaboration with Mental Health cell keeping in view the common problem of anxiety communicated by mentees and upcoming university exams. Professional Counsellor and therapist, Ms. Shruti Tekawade, guided students about causes of anxiety and ways to deal with it. The need for such a session is to provide a safe and supportive space for individuals to express their concerns and worries and to develop strategies and techniques to manage their anxiety. Exam anxiety can be a significant source of stress and disrupt daily life, and can impact academic performance. A session with a mental health professional aimed at helping students understand the root causes of their anxiety and learn how to manage it in a healthy and productive way.