

Meeting 1: Report on the First Meeting of the Mental Wellness Group for the 2024-25 Session

Date; 7/10/2024

Participants: BSc 3rd (Chemistry Major)

In this session, we launched the **Mental Wellness Group** with the goal of supporting students in building self-awareness, exploring career options, and enhancing their emotional well-being. The first meeting was centered on identifying topics that would be most beneficial for the students' personal and professional growth.

Discussion Highlights

During this introductory meeting, we had an open discussion with the students to understand the areas they were most interested in exploring. The students expressed a need for guidance in identifying their strengths and weaknesses to help clarify suitable career paths. Many shared that they felt uncertain about their abilities and wanted to learn how to align these with possible career options.

Creating a Safe and Supportive Environment

To ensure students felt comfortable discussing their concerns, it was emphasized that they could openly share any issues, whether they related to family, personal matters, college life, friendships, or other areas. I, as the mentor, reassured them that everything they discuss with me would remain confidential, creating a trusting environment where they could feel free to express themselves. This effort to foster a safe and relaxed atmosphere helped students feel more at ease, knowing their thoughts and concerns would be respected and kept private.

Self-Reflection Task

As a first step, the students were assigned a self-reflective task:

1. Identify their Strengths and Weaknesses: Reflect on their personal qualities and skills, both positive and negative.
2. Explore Career Options: Think about possible career paths where their strengths could be leveraged and consider areas for improvement.

Next Steps

The next meeting will focus on discussing their career options based on these reflections, guiding them in setting realistic goals and choosing the right approach for their personal and professional aspirations. This initial meeting was a positive start, establishing a supportive environment where students can openly share their concerns and receive guidance. We look forward to continued discussions, helping them gain confidence and clarity in their future endeavors.



Dr. Deepali Ashok
Assistant Professor
Department of Botany



Principal
V.G.C. Mandi

Meeting 2: Report on the Second Meeting of the Mental Wellness Group for the 2024-25 Session

Date: 5/11/2024

Participants: BSc 3rd (Chemistry Major)

Following our initial meeting, the second session of the Mental Wellness Group focused on helping students with their self-reflective task and addressing some of the challenges they face in building self-awareness and productive habits.

Review of Self-Reflection Task

In the previous meeting, students were assigned a task to identify their strengths and weaknesses to gain better clarity about their personal qualities. However, when asked about their progress, most students admitted they had not yet completed the exercise or struggled to identify their positive and negative traits. To support them, I provided some feedback based on my observations, highlighting qualities I felt were their strengths. This guidance was intended to help them feel motivated and confident in reflecting on their positive attributes. I encouraged them to complete this task wholeheartedly before the next session, reminding them of the importance of self-awareness in personal and career development.

Observations on Digital Dependency

During the discussion, it became clear that many students had become reliant on mobile devices for almost every task. This digital dependence has negatively impacted their traditional skills, such as handwriting and reading from physical books. Recognizing this trend, we discussed the value of balanced digital use and the importance of developing reading and writing skills.

Encouraging Library Use and Diverse Reading

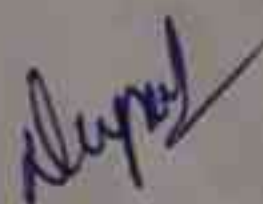
To address this, I encouraged each student to visit the college library and select a book from outside their regular subject area. I suggested genres such as poetry, fiction, or stories that would broaden their perspective. Each student was asked to pick a book of their choice, read it, and bring their thoughts for a discussion in the next meeting. This activity aims to foster their reading habits, expand their horizons, and help them explore interests beyond their academic subjects.

Next Steps

For the next meeting, students are encouraged to:

1. Complete their self-reflection task fully and thoughtfully.
2. Engage with their chosen library book and be ready to share their insights with the group.

This second meeting was an important step in helping students develop self-awareness while also addressing some of the effects of digitalization on their learning habits. We look forward to seeing their progress and continued engagement in the upcoming sessions.



Dr. Deepali Ashok
Assistant Professor
Department of Botany



Principal
V.G.C. Mandi

Meeting 3: Report on the 3rd Meeting of the Mental Wellness Group for the 2024-25 Session

Date: 12/11/2024

Participants: BSc 3rd (Chemistry Major)

Objective: To help students identify their strengths and weaknesses and guide them in choosing a suitable career path, boosting confidence, and encouraging positive development.

Agenda:

1. Self-assessment of strengths and weaknesses
2. Peer feedback for confidence building
3. Motivation for personal growth activities, such as visiting the library

Meeting Highlights:

1. Self-Assessment Exercise

All students were encouraged to reflect on their own strengths (plus points) and weaknesses (negative points) to gain clarity on their personal attributes and align them with potential career options.

Some volunteers shared their strengths and weaknesses openly. This helped them understand how to overcome their negative points and build on their positive attributes.

2. Peer Feedback for Confidence Building

Students who struggled to identify their strengths were asked to receive feedback from their classmates, who each shared a positive quality they saw in them.

This exercise significantly boosted the confidence of those who initially lacked the ability to recognize their own positive points, helping them overcome self-doubt.

3. Encouragement to Engage in Growth Activities

Students were reminded about the importance of engaging in enriching activities beyond academics, such as reading.

Those who had been previously assigned to visit the library were encouraged to complete the task by checking out a book and choosing an interesting topic from it.

They were motivated to bring this topic for discussion in the next meeting, aiming to foster intellectual curiosity and broaden their perspective.

Conclusion:

The meeting was effective in guiding students to self-reflect, boosting their confidence through peer validation, and encouraging them to engage in meaningful activities for personal growth. Further discussions and follow-up on library assignments will be held in the upcoming meeting.



Dr. Deepali Ashok
Assistant Professor
Department of Botany



Principal
V.G.C. Mandi

Meeting 4: Report on the 4th Meeting of the Mental Wellness Group for the 2024-25 Session

Date; 19/11/2024

Participants: BSc 3rd (Chemistry Major)

Agenda:

1. Review of previous assignments.
2. Issuance of new books.
3. Discussion on self-awareness and spiritual understanding.

Key Points Discussed:

1. Assignment Review:

Three students completed their assignments and shared their learnings.

2. Book Issuance:

Books issued to students included:

Gitanjali by Rabindranath Tagore.

Other books (names not mentioned).

One girl read a poem titled **Dushkrm** and shared its message emphasizing humility, respect for others, and avoiding arrogance despite one's position.

Another girl read a poem (details to be added later).

One student discussed **Gitanjali**, focusing on the author's conversation with God.

3. Discussion Topic:

The conversation revolved around self-awareness, understanding God, and spiritual beliefs.

Key questions explored:

Who are we?

What is God?

Why do we remember God more in difficult times?

Conclusion:

We reap the results of our own actions (karma).

God provides guidance and lessons for leading a righteous path.

4. Observations:

Students displayed heightened self-awareness and consciousness of their thoughts and actions.

A noticeable inclination towards literature was observed among the students, which is often rare in today's academic environment.

This engagement with literature is expected to make students more sensitive towards their surroundings and improve their attitudes towards the environment and interpersonal behavior.

5. Next Steps:

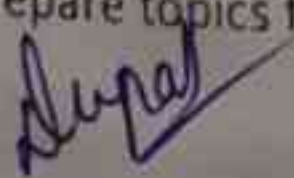
Students expressed enthusiasm for issuing new books for the next session.

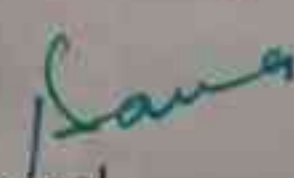
They will provide reviews of the current books and participate in the next discussion.

Action Items:

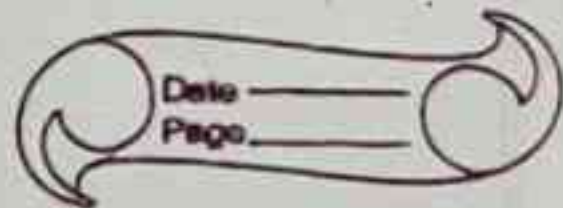
Ensure the issuance of books for the upcoming session.

Prepare topics for the next discussion.


Dr. Deepali Ashok
Assistant Professor
Department of Botany


Principal
V.G.C. Mandi

8 - November - 2024



Sr. No.	NAME	ROLL No.	SIGN
1	GARIMA	202301501403075	<i>Garima</i>
2.	KHEMLATA	202301501403087	<i>Khemlata</i>
3	BHAVYA	202301501403003	<i>Bhavya</i>
4	SHREYA	202301501403005	<i>Shreya</i>
5	NENCY	202301501403004	<i>Nancy</i>
6	SHALINI	202301501403046	<i>Shalini</i>
7	ANTAKSHRI	202301501403066	<i>Antakshri</i>
8	BHOOMIKA	202301501403070	<i>Bhumi</i>
9.			

The first meeting was conducted on 8th - November - 2024 and it was an orientation programme. Students were welcomed in the mentor-mentee class and an open environment was created for the positive interaction with the students.

Individual performance in the previous class and involvement of students and in the various clubs & various extra curricular activities was analysed and recorded by the mentor.

Topics Discussed

Action Taken.

Orientation of mentees.

Appraised the mentees about the mentor-mentee system.

To understand students intellect by interaction.

Dr. Madhavi
(Dr. Madhavi)

16. November. 2024



Sr. No.	Name	Roll No.	Sign.
1	Bhamini	202301501403002	Blasien
2	Leena Kumari	202301501403025	Leena
3	Nency	202301501403004	Nency
4	Bhavya	202301501403003	Bhavya
5	Shreya	202301501403005	Shreya
6	Aditya	202301501403060	Aditya
7	Diwanshu	202301501403020	Diwanshu
8	Aarushika	202301501403054	Aarushika
9	Chandresh Thakur	202301501403017	Chandresh
10	Ryan Negi	202301501403053	Ryan
11	Neha	202301501403031	Neha
12	Nikita	202301501403032	Nikita
13	Antakshai	202301501403066	Antakshai
14	Bhumika	202301501403070	Bhumika
15	Shalini	202301501403046	Shalini
16	Anjali	202301501403064	Anjali

The second meeting with mentee group was organised on 16th November 2024, in Room no. 22. Students themselves raised questions regarding e-resources for learning. Also House examinations were also nearing so exam stress was also the issue. Students were encouraged to use college library and department library. They were also guided how to use

30. November. 2024

Sr. No.	Name	Roll. No.	SIGN.
1	Anjali	202301501403064	Anjali
2	Shalini	202301501403046	Shalini
3	Antakshri	202301501402066	Antakshri
4	Bhumika	202301501403070	Bhumika
5	Neha	202301501403031	Neha
6	Nikita	202301501403032	Nikita
7	Ryan Negi	202301501403053	Ryan Negi
8	Chandresh Thakur	202301501403017	Chandresh
9	Bhavya	202301501403003	Bhavya
10	Shreya	202301501403005	Shreya
11	Nency	202301501403004	Nency
12	Bhramini	202301501403002	Bhramini
13	Luna	202301501403025	Luna

In the third meeting which was held on 30th Nov. 2024, some students raised the concern of difficulties in understanding some topics as different authors have different explanation of some topics. So as a mentor I personally taught them those topics and from our department library some books were also provided.

Some topics were also given to the students to prepare well elaborated notes and presentation to boost their self confidence & to provide mutual support & congenial learning

14-Feb-2025

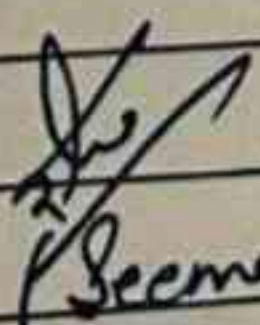
Date: 20-Feb-2025
Page: _____

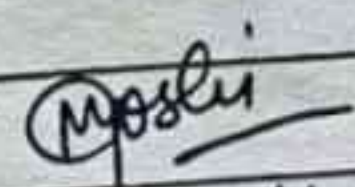
Sr.No.	Name	Roll.No.	Sign.
1	Anjali	202301501403064	Anjali
2	Bhumika	202301501403070	Bhumika
3	Shalini	202301501403046	Shalini
4	Nikita	202301501403032	Nikita
5	Neha	202301501403031	Neha
6	Leena	202301501403025	Leena
7	Ryan Negi	202301501403053	Ryan Negi
8	Chandresh Thakur	202301501403017	Chandresh Thakur

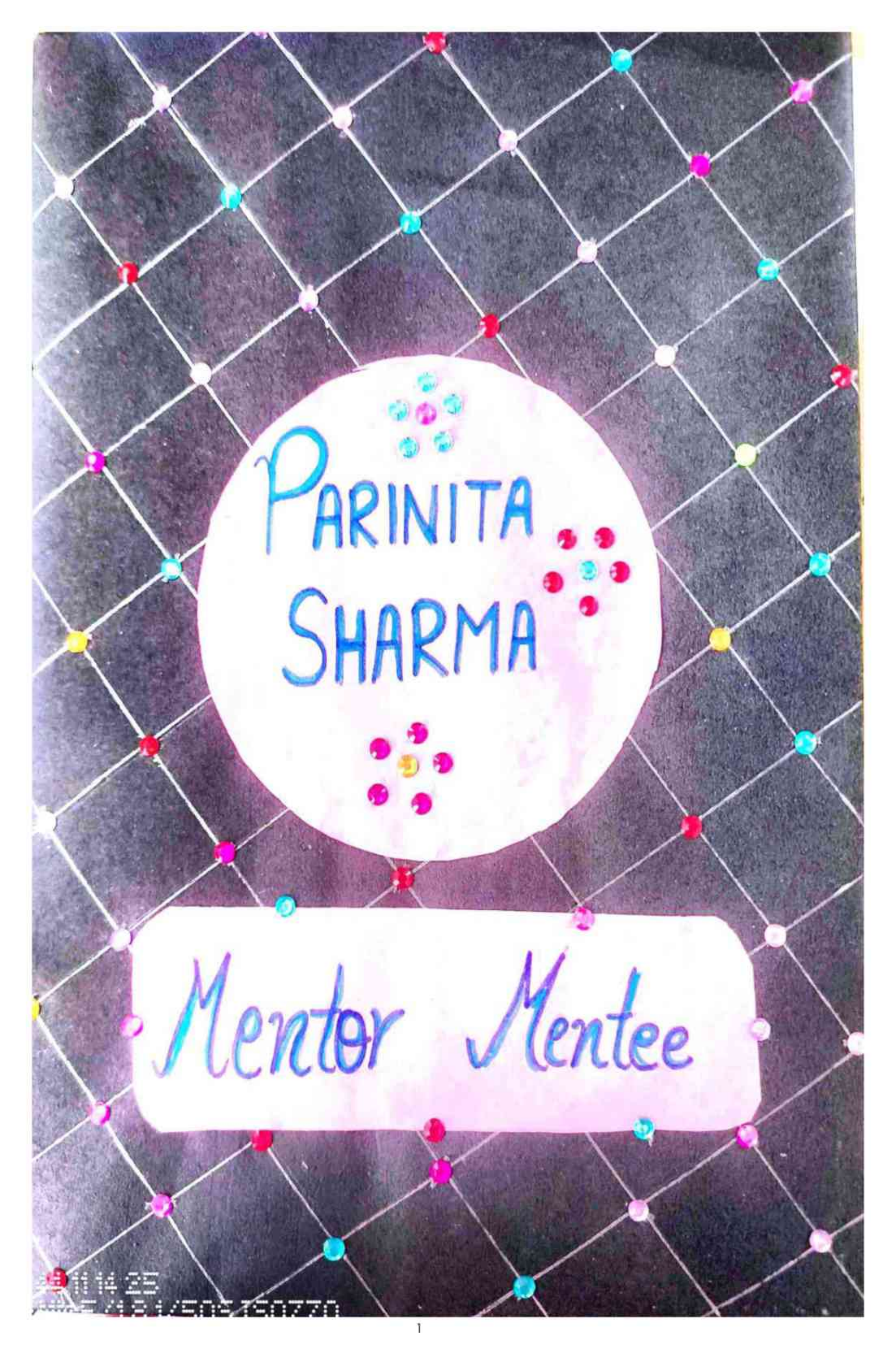
Fourth meeting of mentor-mentee was held on 14th Feb 2025, before the final and practical exams. Key topics discussed including student's preparation status, time management, exam strategies.

Students were guided on exam-taking skills such as reading questions carefully, managing time efficiently during exams & following proper procedures during practicals.

Attention was also given to managing exam stress & maintaining mental well being, encouraging students to rest adequately, stay positive & seek support when needed.


(Seema Sharma)
HOD
Science Deptt


(Dr. Madhavi Joshi)

A hand-drawn name card on a dark purple background with a white diamond grid. The grid is decorated with small, colorful circular markers in red, teal, pink, and yellow. A large white circle in the center contains the name 'PARINITA SHARMA' in blue capital letters. The circle is also decorated with small colorful markers. Below the circle is a white rectangular box with rounded corners containing the words 'Mentor Mentee' in blue cursive script. The entire card is held in place by small white pins.

PARINITA
SHARMA

Mentor Mentee

VALLABH GOVT. COLLEGE MANDI

List of Mentees Assigned to Mentor

Session 2024-25

Name of Mentor : Parinita Sharma

Department: Business Administration

Class: BBA 3rd year

Designation :- Assistant Prof.

Mobile No.: 9805771916

Email:- parinita1sharma@gmail.com

Number of Mentees allowed : 47

Sr. No.	Name	Father's Name	MobileNo	CollegeRoll	Date of meeting					
					24 th Aug	15 th Sep	18 th Oct	14 th Nov	30 th Dec	20 th Jan
1	Amandeep	Raj kumar	9015317054	22BBA002	P	P		P	P	P
2	Payal Thakur	Bhoop Singh	8580439217	22BBA003			P	P	P	P
3	Parul Kuman Singh	Surender Kumar	7807795379	22BBA006	P	P	P	P	P	P
4	Gagan	Deep Kumar	7559654271	22BBA007	P	P	P	P	P	P
5	Divyansh Dixit	Vijay kumar dixit	7876249493	22BBA008	P	P	P	P	P	P
6	Piyush Mahajan	Vikas Mahajan	9805532524	22BBA009	P	P	P	P	P	P
7	Vijay Kumar	Bhindar singh	8580727760	22BBA010	P	P	P	P	P	P
8	Ivish Sharma	Chaman Lal	7876698151	22BBA011	P	P	P	P	P	P
9	Aryan Patyal	Kuldeep Singh	9015001877	22BBA012		P	P	P	P	P
10	Atul Abrol	Prakash Chand	6230960038	22BBA013	P	P	P	P	P	P
11	Pranav Chutani	Lokpal	6230362270	22BBA014			P	P	P	P
12	Shruti Kumari	Jagat ram	7876699062	22BBA015	P	P	P	P	P	P
13	Gaurav Saini	Prakram Saini	7018406174	22BBA016	P	P	P	P	P	P
14	Palak	Bhag Singh	8219798627	22BBA017			P	P	P	P
15	Sani Thakur	Tej Singh Thakur	8580811789	22BBA019	P	P	P	P	P	P
16	Tanya Thakur	DAULAT SINGH	9805000519	22BBA020			P	P	P	P
17	Jeerpal Kaur	Kuljeet Singh	8091729771	22BBA021	P	P	P	P	P	P
18	Agasika Sharma	Rakesh Kumar	7876788625	22BBA022	P	P	P	P	P	P
19	Harpreet	Kulvinder Singh	7018888067	22BBA023	P	P	P	P	P	P
20	Harsh Chauhan	Gian Chand	8628808041	22BBA024	P	P	P	P	P	P
21	Shruti	KISHOR KUMAR	8580558528	22BBA025			P	P	P	P
22	Arshika Thakur	Dalmia	8091212089	22BBA027	P	P	P	P	P	P
23	Arshika	Vikrant Sharma	9857909773	22BBA028	P	P	P	P	P	P
24	Arshika Sharma	Vinod Kumar	3894695915	22BBA031	P	P	P	P	P	P
25	Arshika Kumari	Naresh Kumar	8626898233	22BBA032	P	P	P	P	P	P
26	Arshika	Amar Singh	7591845202	22BBA033			P	P	P	P
27	Arshika Bhardwaj	HEM RAJ	6230574036	22BBA034		P	P	P	P	P
28	Arshika Singh Sah	Jagpal Singh	8219325750	22BBA038	P	P	P	P	P	P
29	Arshika Thakur	RAJU	9816871353	22BBA039	P	P	P	P	P	P
30	Arshika Singh	Gagandeep Singh	8580618881	22BBA040	P	P	P	P	P	P
31	Arshika	Rajinder kumar	7876455981	22BBA041	P	P	P	P	P	P
32	Arshika Sirmarat	Harvinder Pal Singh	7018250553	22BBA042		P	P	P	P	P
33	Arshika Arora	Manish Arora	7018311249	22BBA043		P	P	P	P	P
34	Arshika Sharma	Rakesh Kumar Shar	9882908484	22BBA045	P	P	P	P	P	P
35	Arshika Devi	CHET RAM	7876677626	22BBA046	P	P	P	P	P	P
36	Arshika Prakash	Puran chand sharma	7807096354	22BBA047	P	P	P	P	P	P
37	Arshika Pal	Dameshwar singh	8230062358	22BBA048	P	P	P	P	P	P
38	Arshika Sharma	Devinder Sharma	9015433343	22 BBA049	P	P	P	P	P	P
39	Arshika Jabbar	Jameed Akhter	8580487007	22BBA050		P	P	P	P	P
40	Arshika	naresh kumar	8580444657	22 BBA051	P	P	P	P	P	P
41	Arshika Thakur	Pawan kumar	7876898652	22BBA052	P	P	P	P	P	P
42	Arshika Kumar Thakur	Sh. Dumodan Dass	7807871277	22BBA053	P	P	P	P	P	P
43	Arshika	Soni kumar	9459341465	22BBA054	P	P	P	P	P	P

30			Sh. Gispati	Mali	Matric	19-03-1974	JANUARY, 2022 (Shifted from PTA to HET, VGC MANDI after the retirement of Ms. Peshmi Devi C-IV)
Note: EPF & ESIC is deducted as per Government Norms.							

Minutes of Meeting

Page No. _____
Date 8th Aug/24

Topic : Personal Growth and Self Awareness
Date : 8th Aug 2024
Participants : BBA 3rd year Students
Mentor : Prof. PARINITA SHARMA

Minutes :

The session began with open discussion on identifying personal strength & weakness. Students were encouraged to set both short-term & long term goals and reflect on their progress. Emphasis was laid on developing a positive attitude, improving communication skills and practicing self discipline in daily routines.

Outcome :

Students created a personal growth plan outlining their goals and steps required to achieve them.

Action Points : (Activity)

1. Each Student to Submit their personal development plan by next meeting.
2. Regular follow-up on progress and challenges faced.

Parinita
10 Aug/24

(PARINITA)

Mentor

BBA Department
VGC, Mandi

Minutes



Page No.

Date

18/ Sep/ 2024

Topic: Academic Development

Date: 18th Sep 2024

Participants: BBA 3rd year Students

Mentor: Prgy. PARINITA SHARMA

Minutes:

The discussion focused on effective study technique, Time management & Strategies for exam preparation. Students shared their individual study habits and the mentor provide methods to overcome procrastination and distractions. The importance of balancing academic work with extracurricular involvement was highlighted.

Outcome:

Students learn to design personalised study schedules and adopt smart learning technique ~~see~~ such as mind mapping and revision planning.

Action Points: (Activity)

1. Students to prepare a weekly study timetable.
2. Mentor to review academic progress during the next session.


10/10/24
20/ Sep/ 24

(PARINITA)

Mentor

BBA Department

VGC Mandli (H.P.)

Minutes



Page No.

Date

18/10/24

Topic: Career Planning & Professional Skills.

Date: 29th Oct 2024

Participants: BBA 3rd year Students

Mentor: Prof. PARINITA SHARMA

Discussion

The session explored various career options available after BBA, including higher studies, entrepreneurship and corporate roles. The mentor discussed the importance of resume building, interview skills and developing a professional network. Students were guided on how to identify their career interests and align with future goals.

Outcome:

Students gain clarity on potential career path and the skills needed for each. They were advised to participate in Internship and Seminars to enhance their professional exposure.

Action Points: (Activity)

Students to prepare a draft of their resumes

18/10/24

(PARINITA)

Mentor

BBA Department

VGC Mandi

Mandi (H.P.)

Minutes



Page No.

Date

25th April 25

Topic: Communication and Interpersonal Skills

Date: 25th April 25

Participants: BBA 3rd Year Students

Mentor: Prof. PARINITA SHARMA

Discussion:

The session focused on the importance of effective communication in both academic and professional settings. Student discussed various forms of communication - Verbal, non-verbal and written, and how body language, tone and clarity impact understanding.

Outcome:

Students recognised the need to develop confidence in expressing their ideas clearly and respectfully. They understood how interpersonal skills enhance teamwork, leadership, and workplace success.

Activity:-

Students to practice daily communication exercise (Speaking for two minutes on a topic)

(PARINITA)

Mentor

BBA Department

VGC Mandi

Mandi (H.P.)

Topic: Social and Ethical Values.

Date: 28th March 25

Participants: BBA 3rd year Students

Mentor: Pray PARINITA SHARMA

Discussion:

This Session emphasized the importance of ethics, honesty, teamwork and social responsibility. Students discussed real-life examples of ethical dilemmas and the role of integrity in professional and personal life. The mentor encouraged participation in community-oriented activities to foster empathy and leadership.

Outcome:

Students understood how ethical behaviour strengthens character and reputation. They agreed to uphold values of respect, cooperation and sincerity in all their endeavours.

(Activity):

Students to participate in at least one community or social activity.

Pray Parinita
28/03/25
(PARINITA)

Mentor

BBA Department

VGIC Mandli

Mandli (H.P.)

Minutes



Page No.

Date

14/feb/25

Topic: Emotional well being and Mental Health

Date: 14th Feb 2025

Mentor: Prsg. PARINITA SHARMA

Discussion -

The discuss centered on managing stress, maintaining emotional balance and dealing with academic and personal pressures. Students shared their experiences, and the mentor provided practical tips for stress management such as breathing exercises, meditation and time for hobbies.

Outcome:

Students understood the importance of self-care, mindfulness, and maintaining a positive environment. They were encouraged to reach out for guidance whenever overwhelmed.

(Activity) -

Students to practice atleast one relaxation technique daily.

Follow up on it.

14/02/25

(PARINITA)

Mentor

BBA Department

VGIC Mandi

Mandi (H.P.)

27.09.2024

A mentor-Mentee session of students of B.Sc 2nd year Chem. Major (Life Sciences) was held on 27th Sept 2024 in room no 31 at 12:00 noon. Following students were present in the session:-

S. No	Name	Roll No	Sign
1	Shruti Thakur	202301501403141	Shruti
2	Mridul	202301501403101	Mridul
3	Himani	202301501403021	Himani
4	Bhanu Priya	202301501403015	Bhanu Priya
5	Jagriti	202301501403032	Jagriti
6	Pransav	202301501403009	Pransav
7	Mehant Sakshi	202301501403110	Mehant
8	Rishav Rana	202301501403002	Rishav
9	Sourabh	202301501403045	Sourabh
10	Krupa Hood	202301501403088	Krupa Hood
11	Arshita	202301501403167	Arshita

1. First of all students were welcomed and explained the purpose of the mentor-mentee initiative, emphasizing its role in academic and personal development.

2. A brief discussion was also held on the students' 1st year academic experience, exam performance and challenges faced. They were encouraged for honest self-assessment.

3. Students were made aware of the importance of consistent study, understanding core concepts and regular attendance in theory and practical classes.

4. They were advised to maintain a study schedule, use learning resources effectively and seek the help of teachers when needed.

5. Students were advised to manage academic pressure, maintain mental health and reach out for support when required.

Signature of
Mentor

Signature of
HOD Chemistry

Page No. _____
Date ____/____/____

A mentor - Mentee meeting with students of B.Sc. 2nd year (Chem. major medical) was held on 19th Nov. 2025 at 2:15 PM in Room no. 31. to discuss their academic progress, attendance & punctuality and examination preparation.

Following students were present in the session:-

Sr No.	Name	Uni Roll No.	Sign
1	Jagriti	202301501403082	Jagriti
2	Khushboo	— 3088	Khushboo
3	Himani	— 3021	Himani
4	Mridul	— 3101	Mridul
5	Aashi	— 3055	Aashi
6	Rishav	— 3042	Rishav
7	Saurabh	— 3045	Saurabh
8	Gaurav	— 3009	Gaurav
9	Nishant Saklani	— 3110	Nishant

During this meeting the academic performance of each student based on class test conducted so far was reviewed.

Students were advised to focus on weaker subjects and seek help when needed.

Good performers were appreciated & encouraged to maintain consistency.

Attendance records were discussed. Students with low attendance were counselled & asked to improve.

Students were encouraged to prepare a study schedule for upcoming mid-term exam.

Some common concerns like time management, fear pressure and exam anxiety were also discussed.

Sign of Mentor

HOD Chem.

A mentor mentee session of students of B.Sc. 2nd year (Chem. Major medical) was held on 15th Feb. 2025 in Room no. 31.

Following students were present in the session -

Sr. No.	Name	Uni Roll No.	Sign.
1	Khushboo	202301501403088	Khushboo
2	Meichul	_____ 3101	Meichul
3	Himani	_____ 3021	Himani
4	Jaquiti	202301501403082	Jaquiti
5	Aashi	202301501403055	Aashi
6	Rishav	_____ 3042	Rishav
7	Nishant Saklani	_____ 3110	Nishant
8	Gaurav	_____ 3009	Gaurav
9	Saurabh	_____ 3045	Saurabh

The main agenda of this session was to review the results of mid term exams held in Dec. 2024.

Mentors discussed various academic and personal challenges, including time management, understanding difficult concepts, and stress during exams.

To overcome these challenges they were provided some tips on stress management and were suggested some additional resources.

Students were also made aware of various career options available after graduation in science, including research, higher studies, competitive exams and job opportunities.

Sign of Mentor

HOD, Chemistry

B.Sc. III BOTANY

Name	Roll Number	Mobile No.	10/10/24	28/10/24	9/11/2024	20/11/24
1. Parti	202201501403003	8219490076	Parti	Parti	Parti	
2. Abhilasha	3007	7816618870	Abhilasha	Abhilasha	Abhilasha	
3. Amisha	3017	7018987686	Amisha	Amisha	Amisha	
4. Anshu	3027	9015302234	Anshu	Anshu	Anshu	
5. Damini	3042	8091407830	Damini	Damini	Damini	
6. Dechan Angad	3043	7018147438	Dechan	Dechan	Dechan	
7. Deeksha Thakur	3044	8580686134	Deeksha	Deeksha	Deeksha	
8. Diksha	3052	7876579802	Diksha	Diksha	Diksha	
9. Dimple Sharma	3056	78028-53633	Dimple	Dimple	Dimple	
10. Gunjan Thakur	3072	8091345465	Gunjan	Gunjan	Gunjan	
11. Isha Kumari	3083	6230941662	Isha Kumari	Isha Kumari	Isha Kumari	
12. Ishita	3085	7876737834	Ishita	Ishita	Ishita	
13. Kalpana Kumari	3091	9816761518	Kalpana	Kalpana	Kalpana	
14. Komal	3102	8219769720	Komal	Komal	Komal	
15. Komal	3104	9015282137	Komal	Komal	Komal	
16. Lavina	3111	9854139133	Lavina	Lavina	Lavina	
17. Leena Thakur	3113	7018477306	Leena	Leena	Leena	
18. Manas	3117	7876468062	Manas	Manas	Manas	
19. Mohit Sharma	3121		Mohit	Mohit	Mohit	
20. Monika	3124	8894869057	Monika	Monika	Monika	
21. Muskan	3129	9459302235	Muskan	Muskan	Muskan	
22. Nancy	3136		Nancy	Nancy	Nancy	
23. Nishitha Sharma	3145	8809138589	Nishitha	Nishitha	Nishitha	
24. Parul	3156	9816541002	Parul	Parul	Parul	
25. Payal Thakur	3159	9015042121	Payal	Payal	Payal	
26. Payaswini	3160	9418765208	Payaswini	Payaswini	Payaswini	
27. Pooja Devi	3163	7018297091	Pooja	Pooja	Pooja	
28. Preety	3167	9805143557	Preety	Preety	Preety	
29. Rishita Thakur	3178	9971981360	Rishita	Rishita	Rishita	
30. Riya	3184		Riya	Riya	Riya	

Name	Roll. No.	Mobile No.	10/10/24 Sign.	28/10/2024	02/11/2024	09/11/2024
Robin Kumar	3187	78767-67922	Shree Shree par	Shree Shree	Shree Shree	Shree Shree
Sanjana Kumari	3198	8219125314	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Shagun Rana	3201	7807032716	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Shanidhi	3203	7807032716	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Shaniga	3204	7018650608	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Shaktishi Thakur	3228	8219368268	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Sueta	3240	9015853190	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Taniga	3246	7876526630	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Trisha Thakur	3253	7807262960	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Vaishnavi	3256	8219992818	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Vishakha	3260	9817884188	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Mansvi	3267		Shree Shree	Shree Shree	Shree Shree	Shree Shree
Tarvi Thakur	3280	9418182507	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Manisha Kumari	3281	8580819268	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Himanshu Kumar	3288		Shree Shree	Shree Shree	Shree Shree	Shree Shree
Shivam Saklani	3297	8627641628	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Trisha Sansawat	3299	8691192745	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Enshul Thakur	202402501403001		Shree Shree	Shree Shree	Shree Shree	Shree Shree
Priganka	3002	8580940075	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Pushap Kumar	3003	9015423539	Shree Shree	Shree Shree	Shree Shree	Shree Shree
Manisha Devi	2210560252		Shree Shree	Shree Shree	Shree Shree	Shree Shree

Date - 10/10/2024



The first meeting of the mentor-mentee group (2024-2025) was conducted on 10/10/2024 in the Botany lab of Dept Botany VEC Mandi during this session I was the mentor of B.Sc. final year Botany major students.

In the very first meeting I welcomed all the students in this mentor-mentee group as well as in their final year. I explained them the duties of group and told them that this platform has been created to support you not just academically but also personally and professionally. I am here to guide you, help you navigate through challenges and also celebrate your progress along the way. This group is a safe space. So feel free to share your thoughts, ask questions and seek help at any time.

The meeting was ended with an introduction round of students one by one.

Mentor

Dr. Neeru

Dr. Neeru

Asst. Prof. Botany

Principal

VEC Mandi

Date - 26/10/24



Today on dated 26/10/2024 mentor-mentee meeting was organized at Botany lab in the Dept VEC Mandi. In this meeting 41 students were present.

The issues discussed in meeting were as:-

1. Objective of the meeting

Meeting was carried out to provide a platform for final year students to discuss their academic and personal concerns and to guide them in planning for their future after graduation.

Challenges faced by students

Students faced issues related to syllabus completion, exam stress, time management and anxiety regarding the future.

Solution:-

- * Mentor (Dr. Neeru) provided suggestions on effective time management and exam preparation strategies. Advised students to seek help early for academic doubts.
- * motivated students to maintain a positive mindset and balance both academic and personal responsibilities.

Date - 9/11/2024

2nd meeting of mentor-mentee group was held on 9/11/2024 in the Botany lab of VEC Mandi. 39 students were present in the meeting.

Objective:- Main objective of this meeting was the future concerns of final year and planning to pursue higher studies after completion of graduation.

- * Students were invited to share their future plans.
- * Many students expressed interest in pursuing postgraduation (M.Sc.), some were also interested in B.ed. A few students also shared uncertainty and confusion regarding their future.

Solutions:-

- * Encouraged students to attend career counseling sessions, workshops and skill development programs.
- * Discussed various career and higher education opportunities.
- * Students felt supported. Most of them requested to follow-up sessions for academic and career guidance.

Date :- 20/11/2024

In this meeting which was held on 20/11/24 in the Botany lab of Botany dept of VEC Mandi, 31 students were present.

Objective:- This meeting was carried out with the objective to average career-oriented sessions based on students interest areas.

- Students Feedback and discussion:- The following interests were noted among students.
- 1) Postgraduation (M.Sc.) enhance exam preparation.
 - 2) Competitive exams (Civil, Banking, SSC etc)
 - 3) Research and internships
 - 4) Job-oriented, interview skills
 - 5) Teaching careers (HP TET, CTET etc)

- * In this session, students were informed about various career options they could avail and how to prepare for all these.
- * Students were informed about possible external experts / alumni, they can approach for help.
- * Students were informed about various universities where they can go for higher studies (like HP University, Punjab University, Ganga University, Central Universities, NITs and IITs, IISER etc).