



## **SUPPORTING DOCUMENT FOR 2.3.3**

### **Issues raised and resolved in the mentor system**

**(The data has been compiled from the information  
given by various departments for individual  
teachers)**



<u>Name of the Faculty</u>	<u>Department</u>	<u>Issues Raised</u>	<u>Issues Resolved</u>
<b>Dr.Mani A Nandhi</b>	Commerce	Concerns about future opportunities	<ul style="list-style-type: none"> <li>Concerns about future opportunities for studies, other than Commerce and management courses. So helped them to understand the diverse fields in online advertising, content writing, digital marketing, and various skill based or professional courses that are available both in IGNOU and reputed private institutions.</li> </ul>
		Concerns about job opportunities	<ul style="list-style-type: none"> <li>Concerns about job opportunities for those who are unable to get placed through in-house placement cell. Explained how they should upscale their job market skills through add on courses before applying for jobs.</li> </ul>
		Attendance related issues	<ul style="list-style-type: none"> <li>Attendance related issues – especially for those who were active in various societies. Explained the necessity for academic attendance and about how ECA is a fair system of facilitating their participation.</li> </ul>
		Lack of reading habits	<ul style="list-style-type: none"> <li>Lack of reading habits especially newspapers because of distractions of social media and mobile phone. Advised self-discipline and to introduce a habit of reading up, even if it's a newspaper App on their smartphones.</li> </ul>
		Personal concerns	<ul style="list-style-type: none"> <li>Desire for independence versus family pressures to comply with family expectations especially on choice of friends, partying out beyond a particular time and their addiction to smart phones or video games or binge watching.</li> </ul>
<b>Dr. Rekha</b>	Commerce	Career counselling	<ul style="list-style-type: none"> <li>Provided guidance to students regarding</li> </ul>



Dayal			career options.
		Online classes & OBE exams	<ul style="list-style-type: none"> <li>Solved problems of students regarding OBE examinations, online classes (connectivity issues) etc.</li> </ul>
		Moral support	<ul style="list-style-type: none"> <li>Provided counselling for mental &amp; Psychological support.</li> </ul>
		Stress during Covid times	<ul style="list-style-type: none"> <li>Guided students in stress related issues caused due to additional burden of household chores.</li> </ul>
		Family concerns	<ul style="list-style-type: none"> <li>Helped them in problems with respect to their families as more time was being spent at home.</li> </ul>
Dr. Sunita Kaistha	Commerce	Exam results & Attendance related issues	<ul style="list-style-type: none"> <li>The issues raised in the beginning of the year and concerns were regarding result of exams, their delay. Attendance remains a major concern with the students and plays a stress factor as marks are attached to it. I tried to allay their fears specially for girls participating in extracurricular activities by saying to talk to the teachers about their concern and guiding them.</li> </ul>
		Leadership roles in societies	<ul style="list-style-type: none"> <li>Another problem has been winning posts in the various societies, the competition is intense and the trauma if you don't win is enormous. To allay their fears counselling is done on a one to one basis. For this purpose Department Societies have been encouraged.</li> </ul>
		Online classes related issues	<ul style="list-style-type: none"> <li>Online classes have been a great cause for mental stress ranging from connectivity, ownership, space, time issues.</li> </ul>
		Internships & higher studies concerns during pandemic	<ul style="list-style-type: none"> <li>Internships being lost because of the Pandemic and not able to join courses abroad were other causes. All the issues have been resolved with counselling,</li> </ul>



			guidance and examples.
<b>Mrs. Smita Gupta</b>	Economics	Pandemic related issues	<ul style="list-style-type: none"> <li>• Repercussions of the lockdown</li> </ul>
		Online teaching concerns	<ul style="list-style-type: none"> <li>• Problems of online teaching were discussed and resolved</li> </ul>
<b>Ms.Dolly Kapoor</b>	English	Personal issues	<ul style="list-style-type: none"> <li>• Mentoring sessions have been conducted with groups and individual students, in person as well as online. A couple of students confided about their personal/family problems and mental health issues. Sessions were conducted on subjects like discipline in academics/college life, self-discovery, communication, maintaining an optimistic and positive attitude, gender sensitization etc.</li> </ul>
<b>Ms. Rajni Singh</b>	Economics	Pandemic related challenges	<ul style="list-style-type: none"> <li>• The year 2020 has been different and unique in many ways as compared to earlier years. The unfolding of events in 2020 resulted in situation where personal interaction with students was minimum. Firstly, there was strike in Delhi University and then the onset of Covid-19 pandemic and resultant lockdown brought physical and personal interaction to low level. However crisis threw up new challenges. With the shift in teaching from physical to online mode and uncertainty regarding examination pattern, students were facing new challenges</li> <li>• During the course of online interactions with students, they discussed their apprehensions and fears related to several issues. Firstly, students had queries about 'New Normal' which scientists and doctors were referring to. Students were advised to adjust to the new scenario normally without thinking too much about it.</li> </ul>





			<ul style="list-style-type: none"> <li>Secondly, good number of students had adjustment problems studying from home. Some had space constraints, some had connectivity problems especially for students who had moved to their native places during lockdown.</li> </ul>
		Positive effects of lockdown	<ul style="list-style-type: none"> <li>Number of students were highly appreciative about the quality time they were now having with their parents and family.</li> </ul>
		Placement related concerns	<ul style="list-style-type: none"> <li>Majority of students were deeply concerned about the slowdown in the economy and it's impact on their job and career prospects. This issue was disturbing them and agitating their minds. Students were advised that slowdown was caused by abnormal circumstances and that the economy will recover once situation becomes normal.</li> </ul>
		Coping up during Covid lockdown	<ul style="list-style-type: none"> <li>Finally, there has been issue of 'response fatigue' to lockdown. A generation which is used to free movement suddenly found itself in a trap. We have been advising students to use this opportunity for skill enhancement and number of students have fruitfully used these times in pursuing on line courses and they have benefited tremendously.</li> </ul>
<b>Ms. Kiran Sachdeva</b>	Commerce	Concerns of outstation students	<ul style="list-style-type: none"> <li>Outstation students did not carry their books and their notebooks thinking that they would be back within a week and had a tough time studying during the lockdown period.</li> </ul> <p>However, all support was extended to them through recorded classes and notes.</p>
		Shift to Online teaching	<ul style="list-style-type: none"> <li>Since online studying was new to the students, they were finding it difficult to</li> </ul>



			understand the lectures initially and a lot of effort was involved in making them understand through repeated phone calls particularly in practical papers. The issue was resolved by sharing important questions and their solutions
		Issues of sports students	<ul style="list-style-type: none"> <li>The sports students had missed classes up to 5th March and were affected the most with because they were not familiar with the topics covered earlier. They were given extra time to come up to their class level.</li> </ul>
		Concerns regarding examination	<ul style="list-style-type: none"> <li>Uncertainty of having the final year exams. Students concerns were alleviated by sharing communication received from the University from time to time</li> </ul>
		Pandemic related issues	<ul style="list-style-type: none"> <li>Some student's parents were affected by the disease and were worried. Fortunately, they recovered. They were also stressed due to staying indoors continuously. Some students were happy for being able to spend good time with their family.</li> <li>All efforts were made to help the students understand that they would not be held back due to shortage of attendance.</li> </ul>
<b>Dr. Savita Rastogi</b>	Commerce	How to take out time to do Yoga and other physical activities in between the college and other coaching classes?	<ul style="list-style-type: none"> <li>Chair Yoga during the college hours.</li> <li>Stress-reliever activity after a long day at college.</li> <li>Better concentration and increased performance levels.</li> </ul>
		How can the college students contribute in reducing plastic waste?	<ul style="list-style-type: none"> <li>Use reusable crockery in college events/ get-togethers.</li> <li>Carry your own water bottles instead of buying plastic bottles daily.</li> <li>Participate in an anti-plastic campaign of the college.</li> </ul>
		Why should the students carry	<ul style="list-style-type: none"> <li>Healthier and less processed food helps in higher energy levels throughout the day.</li> </ul>



		home-cooked meals? How to ensure it remains fresh? What are the various options of such food items?	<ul style="list-style-type: none"> <li>● An opportunity to share traditional food items with your friends.</li> <li>● Can carry dry meals like poha, upma, paratha, etc.</li> </ul>
		How can we reduce the use of personal transport? What are the ways to ensure safety while travelling in public transports?	<ul style="list-style-type: none"> <li>● Carpool with your classmates who live around your house.</li> <li>● Use metros and autos to commute from college to home and vice-versa. Walking is also good for shorter distances.</li> <li>● Avoid talking to strangers and always carry peppermint spray.</li> </ul>
		What are the ways to empower Indian handicrafts and its artisans?	<ul style="list-style-type: none"> <li>● Visit cultural fairs to buy products made by local craftsmen.</li> <li>● Don't buy expensive goods from foreign companies.</li> <li>● Invite homegrown brands to college fests and events.</li> </ul>
		How can I speak to and help someone with a mental health problem like depression or anxiety?	<ul style="list-style-type: none"> <li>● Listen carefully to what one says without any interruptions.</li> <li>● Don't provide any suggestions. Seek professional help always.</li> <li>● Spend time doing activities that he/ she likes to do for de-stressing.</li> </ul>
		This semester has been irregular from the starting with strikes, protests and now the pandemic. How would you suggest the students to be positive in all these times?	<ul style="list-style-type: none"> <li>● Do things which make you happy, it can be anything like cooking, dancing etc.</li> <li>● Spend quality time with your friends and family.</li> <li>● Keep a track of your screen time to keep a healthy eyesight.</li> </ul>
		How to make a balance between professional and personal life especially during the lockdown?	<ul style="list-style-type: none"> <li>● Create a To-Do list to set priorities and manage time effectively.</li> <li>● Set aside time for your family and well-being.</li> <li>● Eliminate distractions like binge-watching.</li> </ul>





		What are the upcoming professional challenges one will be facing? How to get yourself prepared for virtual jobs and internships? problem.	<ul style="list-style-type: none"> <li>One needs to be well-versed with the latest technology.</li> <li>Keep yourself updated with the latest skills required.</li> <li>Learn to give interviews online. Wear appropriate clothing and always communicate if there is a</li> </ul>
		How to use the technology available to stay connected with your peers and other professionals?	<ul style="list-style-type: none"> <li>Use video as a way of connecting with your friends.</li> <li>Organize virtual lunch meetings with your contacts.</li> <li>Use LinkedIn to network with experts and other college students.</li> </ul>
*In addition to above, a feedback was taken from the students about the teaching related experiences via Google Forms at the end of the session.			
<b>Dr. Vibha Mathur</b>	Commerce	Career counselling	<ul style="list-style-type: none"> <li>The students interacted and held discussions on various issues during the counseling sessions with the teacher. Some of the common issues concerning them related to their future. They sought guidance on the right course to choose from among various options available to them. They were counseled to choose an option which they were good at and also had a keen interest in. They were advised not to panic and decide in haste. A majority of them were anxious about their career and future.</li> </ul>
		OBE related concerns	<ul style="list-style-type: none"> <li>The students also expressed their apprehensions about the open book examination as they had never appeared for one. But they were advised to look at the positive side of it as they would be safe in their homes and yet able to write the exam. They were asked to welcome a new change especially during such testing times and cooperate with the authorities.</li> </ul>
		Pandemic related issues	<ul style="list-style-type: none"> <li>The students were very anxious during the lock down and the COVID-19 outbreak.</li> </ul>





			<p>They feared about their families getting infected. In fact, some complained of sleeplessness due to it. They were advised to remain very cautious by maintaining social distancing, not going out unless absolutely necessary and wear a mask if travelling. To ease the tension, they were advised to practice meditation and yoga daily and develop a positive attitude towards life. The girls were counseled to follow a balanced daily routine e.g., sleep early, wake up early and eat healthy food. Home cooked and healthy food was advised during COVID-19 times to remain safe. The counseling sessions proved fruitful as the students were able to discuss their problems and seek guidance to resolve them.</p>
<b>Ms.Purnima Topden</b>	English	Personal issues	<ul style="list-style-type: none"> <li>Periodically asked the class in general about their well-being, discussed common problems and issues, especially in tut classes. Announced my availability during the designated period/any other time if they were facing any problems and issues. Some students discussed their problems informally when meeting outside the classroom. Basically issues related to stress, lack of confidence.</li> </ul>
		Career counselling	<ul style="list-style-type: none"> <li>One student faced anxiety issues related to the exams. Another regarding career choices.</li> </ul>
<b>Dr. Indrakshi Dutta</b>	Mathematics	Strike related concerns	<ul style="list-style-type: none"> <li>On 14/01 i met the whole class to address and inform them about the reason for the continued teacher strike and also assured them of our support in terms of written notes and assignments.</li> </ul>
		Personal Counselling	<ul style="list-style-type: none"> <li>Personal Counselling was done for those whose parents were worried about completion of their course.</li> </ul>



		Concerns about Delhi Riots	<ul style="list-style-type: none"> <li>A general counselling was done for the entire class on 27/02 after the Delhi riot to assess the impact on their mind and were allowed to speak their mind. They were advised to deliberate and decide before joining in any dharna.</li> </ul>
		Connect during Covid times	<ul style="list-style-type: none"> <li>We connected ourselves through WhatsApp group to remain connected during COVID-19. initially all the classes were held through notes on WhatsApp but soon we started to meet more often to discuss to prepare to take test online. It took some time to convince them to write a online class test, once after writing the test they were convinced that it was not that difficult. one student had little connectivity issue but it was manageable.</li> </ul>
		Emotional & Psychological issues	<ul style="list-style-type: none"> <li>Some students looked restless and wanted to do more so they were provided with soft copies of their course work books. I was in touch throughout for emotional and psychological support. Shared messages of Swami Vivekananda to be strong, shared poems by AMRITA PRITAM and MUNSI PREMCHAND to look at life and understand the values of life. Link for details of counseling session is below: <a href="https://drive.google.com/file/d/1dH6-xpsNxBA2tCNLDakW8Te-jGbu7wqt/preview">https://drive.google.com/file/d/1dH6-xpsNxBA2tCNLDakW8Te-jGbu7wqt/preview</a></li> </ul>
<b>Ms. Tanuja Sachdev</b>	Political Science	Pandemic related issues	<ul style="list-style-type: none"> <li>Counselling sessions were essentially unstructured and conducted both in person and by WhatsApp calls. Major issues were related to anxiety about exams, academic performance, career goals and planning.</li> </ul>
<b>Ms. Rama Saxena</b>	Mathematics	OBE related concerns	<ul style="list-style-type: none"> <li>The general concern was the end semester examination in OBE mode. They were anxious about the pattern of examination. They got advice from their subject teacher.</li> </ul>



			Students also appeared for mock exams as per DU notifications.
<b>Dr. Gurmeet Bakshi</b>	Commerce	Career counselling	<ul style="list-style-type: none"> <li>Guided the students about various career opportunities.</li> <li>Gave LORs to the students, particularly those who were interested in pursuing finance in their Masters from foreign universities.</li> </ul>
		Issues regarding online classes	<ul style="list-style-type: none"> <li>Students had problem in attending online classes as it was new for them. They were helped during the lockdown period in this regard.</li> </ul>
<b>Dr. Reena Marwah</b>	Commerce	Student concerns about course, strikes etc.	<p>The mentees (26) met their teacher ward regularly.</p> <ul style="list-style-type: none"> <li>They had several questions and concerns during each of the mentor ward sessions. During the months of February and March 2020, there were queries and concerns about the completion of the courses as there had been some disruption of classes as a result of the teachers strike and the riots in Delhi. Students expressed concerns related to their safety in commuting long distances.</li> </ul>
		Pandemic related issues	<ul style="list-style-type: none"> <li>The classes were suspended in mid-March due to the pandemic. During the months of March and April, students' concerns were about the efficacy of online classes and completion of courses. For some students, connectivity was an issue. Major concerns raised pertained to attendance requirements, medical leave, as well as the exam date sheet. Some students were also affected due to Covid-19 patients in their families.</li> </ul>
		OBE related issues	<ul style="list-style-type: none"> <li>Continuous engagement with students was possible through phone and what's app messaging. All efforts were made to allay students fears about the Open Book exams and the marking system that would be adopted.</li> </ul>





<b>Ms. Shalini Srivastava</b>	Economics	Strike & Pandemic related issues	<ul style="list-style-type: none"> <li>Teachers' strike- Moral dilemma whether to support a cause for colleagues or to work for students who suffer due to lack of direction in studies</li> <li>Anti-CAA protest in Delhi</li> <li>Lockdown blues in Covid</li> </ul>
<b>Mr. Jobin Thomas</b>	English	Lack of social interpersonal skills	<p>During the first week of the academic year in January 2020, a mentoring session was conducted with the students with regard to the experience of studying English as their honors discipline. All the students were encouraged to share with their peers on a voluntary basis. After a sharing session which saw the participation of the most of the students, the mentor assigned academic and personal goal posts to target in the next one-year and two-year periods. The individual contact details of the faculty and the free slots in his time-table for one on-one sessions. There were multiple short and long counselling sessions conducted with individual students over the course of the Academic Year 2019-2020. A brief overview of some of the interactions are listed below:</p> <ul style="list-style-type: none"> <li>Student X1 prefers to avoid all public speaking even at the cost of academic penalties. An attempt was made to start conversations in smaller group settings involving her best friends and an attempt was made to have conversations with the mentor in class as a conversation.</li> <li>Student X2 is disillusioned with the course choice she has made as the subject failed to kindle any passion in her. We had several conversations on internships as well as allied academic areas and careers that she could pursue. We attempted to find a balance between acceptable standards of performance in the course and the pursuit of these alternatives.</li> <li>Student X3 is creative and gifted. She</li> </ul>





			<p>suffers from anger management issues, which occasionally results in self-harm. During the course of the year, we had several conversations in person and over phone on issues that trigger emotional reactions and means to avoid them. (The mentor recommended her the counselling support provided by the college. However, she prefers to find and seek help from someone outside the college, a wish the mentor respected.)</p> <ul style="list-style-type: none"> <li>• Student X4 is staying in a PG and misses her home. At the same time, she feels that this homesickness a weakness and antithetical to the kind of personality that she believes she is. Mentor attempted to reassure her that it is part of a process that all young adults undergo.</li> <li>• Student X5 is one of the most active students in the group, yet she is troubled by a traumatic event from her childhood. This results in occasional moodiness and rare bouts of emotional breakdowns. In addition, she has complained about her family members not believing in her abilities. The mentor is part of a network of support that helps her navigate through the emotional rollercoaster.</li> <li>• Mentor also had a conversation with her parents when they visited college, where he appraised them of her curricular and co-curricular achievements and abilities.</li> </ul>
<b>Dr. Alka Marwaha</b>	Mathematics	General issues discussed	<ul style="list-style-type: none"> <li>• I regularly interact with them and help to resolve any issues, personal or career related, they might have and willing to share with me.</li> </ul>
<b>Dr. Maya John</b>	History	Stress amongst students	<ul style="list-style-type: none"> <li>• Most of the time the students talked about the stress of coping up with academic commitments and differences of opinion within peer groups that were affecting</li> </ul>



			<p>them. In our January and February sessions, students all opened up to talk about their sense of disappointment with why there was so little support for the students attempts to discuss and resist provisions in the Citizenship Amendment Act that they found problematic.</p>
		OBE related concerns	<ul style="list-style-type: none"> <li>Many also reached out on online platforms to express their anguish about the impending open book examination. Some discussed their legal and other options as a student community on the question of OBE. Lastly, one of my wards shared with me that she was going for regular psychological therapy and was on medication - something which she requested me to keep in mind so as to contextualise her missing some of my classes. I found that this student pushed herself to be regular, tried to keep herself involved in classical dance and even engage in welfare work after the cyclone attack in W. Bengal (Kolkata) in the summer.</li> </ul>
		Lockdown issues	<ul style="list-style-type: none"> <li>During the lockdown (April - June), students also reached out via WhatsApp to share their opinions on the unfolding distress of common people and the discomfort that the larger social distress was triggering in them.</li> </ul>
<b>Dr. Ameeta Motwani</b>	Commerce	Concerns of first year students	<p>Being new to college, students of First Years (particularly in first semester) face issues of adjusting to college life which is very different from school. Some students needed help with the following:</p> <ul style="list-style-type: none"> <li>Choosing a college society as per their interest and talents</li> <li>Getting accepted in college societies of their choice</li> <li>Learning the importance of self-study in college</li> </ul>



			<ul style="list-style-type: none"> <li>• Learning to organize time so that they can cope with various demands on their time including academic work, extra-curricular and department activities, extension activities in the college and their personal and family needs etc.</li> <li>• Career planning</li> <li>• Finding good PG accommodation in case of an outstation student</li> <li>• Extra help to students who joined late and therefore missed earlier classes.</li> </ul>
<b>Dr. Renu Gupta</b>	Commerce	OBE related issues	<ul style="list-style-type: none"> <li>• How to prepare for online exams</li> <li>• Discussed the concept of OBE exams, the kind of questions that can be asked</li> </ul>
		Anxiety during lockdown	<ul style="list-style-type: none"> <li>• Discussed different anxiety issues regarding lockdown and how it impacts the students</li> <li>• How to appear for online job interview</li> <li>• How best utilize time during pandemic. Discussed at length various online free resources that are available.</li> <li>• Sharing own experiences and other stories to make students feel comfortable and set the platform</li> </ul>
<b>Ms. T Raha, Dr. Amrita Sastry, Ms. Mahima Varma, Ms. Nivedita Ghosh, Dr. Anuradha Sharma, Dr. Renny Thomas, Dr. Jessy Philip, Ms. Anuragini Shreeya</b>	Sociology	General problems	<ul style="list-style-type: none"> <li>• The faculty members are accessible to the students for any consultation related to the subject, or career, or some other concern.</li> <li>• Simplification of complex ideas for some and providing additional reading material to others who wish to explore an idea beyond curriculum was carried out as a practice.</li> </ul>





<b>Dr. Daisy Sales</b>	Economics	Career counselling	<ul style="list-style-type: none"> <li>The students discussed the scope of studying for the master program in Economics vis-à-vis taking up MBA program or preparing for IAS.</li> <li>Counselling sessions were done for a couple of students.</li> </ul>
		Pandemic related issues	<ul style="list-style-type: none"> <li>They also discussed their fears and anxiety about the online method of teaching and evaluation due to the COVID Pandemic.</li> </ul>
<b>Ms. Richa Krishna Sharma</b>	Mathematics	Issues related to Online classes	<ul style="list-style-type: none"> <li>I made myself available to my wards and inculcate the confidence. However under the period mentioned the students were mostly worried about the online classes and uncertainty whether exams will be held or not. They did not approach me with any other thing for which they needed counselling.</li> </ul>
<b>Dr. Rashmi Thukral</b>	Mathematics	Lockdown related issues	<ul style="list-style-type: none"> <li>The students had a general concern /anxiety during the lockdown period about online classes and conduct of examination. Their concerns were properly addressed. One student inquired about scope of Data Science and Machine Learning.</li> <li>I made her speak with a well versed Data Scientist working with the corporate sector so that she gets the right guidance.</li> </ul>
<b>Ms. R. Sushila</b>	Political Science	General issues	<ul style="list-style-type: none"> <li>During lockdown, counseling was done in the WhatsApp group and as and when there was a need.</li> </ul>
<b>Ms. Disha Narula</b>	Political Science	Stress due to lockdown	<ul style="list-style-type: none"> <li>During lockdown, students were disturbed and came for counseling several times but the mentoring was done mainly on calls, WhatsApp and other online media.</li> </ul>
<b>Ms. Lissy Jose</b>	Commerce	Subject related issues	<ul style="list-style-type: none"> <li>Difficulties faced &amp; its solutions regarding their Practical and Theory subjects were discussed in detail to the satisfaction of every student.</li> <li>Methods to score good marks like summary notes for each chapter, reference</li> </ul>





			of previous years question papers, etc. were discussed and explained well to the students.
		Adverse impact of Covid-19	<ul style="list-style-type: none"> <li>• Covid-19 its impacts on studies were discussed and students were guided to cope up with online classes</li> <li>• Some of the students faced Covid problems in the family, they were consoled and encouraged by giving tips.</li> </ul>
		Career counselling	<ul style="list-style-type: none"> <li>• Different aspects related to higher studies were discussed in detail</li> <li>• Career opportunities and placements &amp; how to face to interviews.</li> </ul>
<b>Dr. Nishwan Bhatia</b>	Commerce	Career counselling	<ul style="list-style-type: none"> <li>• Students were counselled regarding their future goals and in understanding what career they should be choosing depending on where they see themselves in the future in terms of both academics as well as extra-curriculars.</li> </ul>
		Professional & personal growth	<ul style="list-style-type: none"> <li>• Students were guided with regard to the importance of internships and workshops in shaping up and adding value to their professional as well as personal growth</li> </ul>
		Time management	<ul style="list-style-type: none"> <li>• The students were guided towards planning their Time-Tables and Daily Schedules allowing them to go step by step and take one thing at a time and be focused. In order to handle stress and allow better focus students were also advised to practice meditation, yoga and mindfulness.</li> </ul>
		Personal issues	<ul style="list-style-type: none"> <li>• Certain family concerns raised by the students were also dealt with. College related issues with regard to infrastructure etc. were discussed and students were advised to take up these issues with the student President of the College and also bring it to the knowledge of the Principal.</li> </ul>



<b>Ms.Amrita Bhalla</b>	English	General issues	<ul style="list-style-type: none"> <li>Privileged certainly are the students and Teaching Staff of JMC who are part of the Mentor- Ward Group. The confidence that a student has in an elder, a Teacher, with years of experience in understanding the issues/ problems of the young Generation is to be cherished. In my 34 years of teaching in a College which has students of diverse regional , social, and economic classes I have also learnt about the personal trials / tribulations/ mindset of the younger generation. Setting aside a designated time and place for the wards to meet their mentor is very important and enables confidentiality and security. I would highly recommend this Mentor / Ward System to all Staff Members.</li> </ul>
<b>Dr. Anu Saxena</b>	Mathematics	Online teaching during Pandemic	<p>Highlights of the counselling sessions:</p> <ul style="list-style-type: none"> <li>Transition from conventional classroom teaching to online teaching was difficult and especially for more abstract subjects. Teaching learning process improved with time.</li> <li>Physically and emotionally students took time to get adjusted. Sitting at home all the times and not meeting friends was stressful for students.</li> <li>Before lockdown where tutorials were happening regularly, students found them very useful. School mathematics is different from abstract higher math.</li> <li>Personal interaction with teacher during tutorials made them appreciate the difference better.</li> <li>Gsuite IDs and availability of MATLAB was welcomed by students.</li> <li>A very useful suggestion emerged in the last meeting that the group had. Many colleges have collaborated with online</li> </ul>



			<p>platform COURSERA. For such colleges, Coursera conducts free online courses to make students more comfortable with various aspects of learning online.</p> <ul style="list-style-type: none"> <li>At the end, we would like to have a word of appreciation for our student Clementina who dealt with the situation of her mother and sister having tested positive for Covid with commendable strength and wisdom. She did not let her classwork suffer due to it.</li> </ul>
<b>Dr. Shruti Kapoor</b>	Mathematics	Issues regarding Online classes	<ul style="list-style-type: none"> <li>Students had various issues regarding online classes and had many concerns related to OBE. Mentoring was done to help them cope with the situation and to prepare for exams in a calm manner.</li> </ul>
		Career counselling	<ul style="list-style-type: none"> <li>Many students had issues regarding future prospects for which I provided them with solutions through WhatsApp and appropriate links which could help them get the required information. Also did career counseling on a one to one basis on phone and video chat.</li> <li><a href="https://www.upgrad.com/data-science-pgd">https://www.upgrad.com/data-science-pgd</a></li> </ul>
<b>Dr.Sharon Pillai</b>	English	Career counselling	<ul style="list-style-type: none"> <li>I mentored a set of III year Eng H students in 2019-20. Help and advice was sought in terms of career choices, recommendations, and help with improving one's writing skills.</li> </ul>
<b>Dr.A Parsuram, Dr.V.Kshetrapal, Dr. J. Antony, Dr. Shefali Mishra, Dr. Sneha</b>	Psychology	<ul style="list-style-type: none"> <li>Mental health concerns due to the pandemic and lockdown</li> </ul>	<ul style="list-style-type: none"> <li>All these concerns of the students were addressed and they were mentored accordingly. Time and stress management issues were also discussed and resolved.</li> </ul>



**Kapoor,**  
**Ms. Annie Baxi,**  
**Ms. Bhumika**  
**Kapoor, Ms.**  
**Sumangali R.,**  
**Dr. Priya**  
**Bhatnagar,**  
**Ms. Radhika**  
**Raturi, Ms.**  
**Reshma Jose,**  
**Ms. Isha**  
**Mishra, Ms.**  
**Sudha**  
**Shashwati, Ms.**  
**Maria Zafar**

.Many students complained that being confined at home creating feelings of isolation.

- Outstation students who had left their materials like laptops, books, and other items behind struggled to keep up with work.
- Many students were worried about parents working as frontline workers.
- Dealing with resource





		<p>crunch during the pandemic .</p> <ul style="list-style-type: none"> <li>• Students expressed empathy with migrant workers- psychologically affected by their state.</li> <li>• Several students were worried about their family's health.</li> <li>• Some students were staying away from their parents.</li> <li>• Some were living in containment areas.</li> <li>• Struggles related to online</li> </ul>	
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		classes and changed modality.	
		<ul style="list-style-type: none"> <li>• Uncertainty and confusion regarding OBE.</li> <li>• Students who had gotten placed were worried about the future course of action due to the uncertain situation.</li> <li>• Some students had started with their Master's programme and had to appear simultaneously for OBE which caused distress.</li> <li>• Managing</li> </ul>	<ul style="list-style-type: none"> <li>• .</li> </ul>



		practical-work was another common concern.	
Ms. Monica Chhabra	Commerce	Academic and personal problems	<ul style="list-style-type: none"> <li>Helped students to cope up with both <b>academic and personal problems</b>.</li> <li>Personal counselling was given to academically weak first year B.Com Prog. students.</li> <li>Discussed their <b>exam results</b> and also suggested ways to improve their performance.</li> <li>Motivated and helped students to cope up with <b>practical subjects</b> like Mathematics which required extra practice.</li> </ul>
		Emotional and Psychological problems	Asked mentees to do a <b>Personal SWOT Analysis</b> and discussed how they can work upon their weaknesses and overcome them.
		Pandemic related issues	Helped <b>outstation students</b> to handle the stress and other issues faced during COVID-19 lockdown. Even guided a student facing financial problem to back go to her hometown as the lockdown was to be extended and classes to continue online.
		OBE related concerns	Guided students on the <b>Open Book Examination</b> and preparations for the same.
		Personal growth & CV building	<ul style="list-style-type: none"> <li>Also suggested students to pursue <b>online courses</b> and to learn <b>new skills</b> during lockdown in order to effectively utilize this period and also remain occupied.</li> <li>Recommended the students to take up <b>Online internships</b> as it would boost their CVs.</li> </ul>
Dr. S Bhatnagar,	Hindi	Pandemic related issues	<ul style="list-style-type: none"> <li>Encourage them morally-emotionally.</li> <li>Encouraged them to participate in various</li> </ul>



Dr.K Mahajan, Dr. A. Tiwari, Dr. Archana Tripathi, Dr. Sapna Gandhi, Dr. Anupama Srivastava, Dr. Meenakshi Kumar, Dr. Birendra Singh			activities.
Mr. Naveen Thomas	Economics	OBE related issues	<ul style="list-style-type: none"> <li>Students were nervous regarding OBE. A lot of queries were regarding OBE.</li> </ul>
		Lockdown problems	<ul style="list-style-type: none"> <li>Some students stated lack of concentration during their study time due to lockdown</li> <li>Queries regarding future career options post Covid</li> </ul>
Ms.Aneesha Puri	English	General issues & concerns	<p>Two slots in the week were designated for the mentor ward system. I was assigned the Elective English I Year FR Students for mentoring.</p> <ul style="list-style-type: none"> <li>No student raised any individual query per se regarding any emotional trouble or academic difficulty but general discussions regarding their transition from school to college life, adjustment to long hours of commuting, living away from home for the first time and managing everything independently were held, students' perspectives were heard out and appropriate guidance was provided. Apart from the designated group, many students and pass outs (from the batches I have taught) have reached out to me to seek advice regarding preparation for MA entrances in specific and career guidance in general and continue to be in touch with me.</li> </ul>
Dr. Monica	Mathematics	Pandemic related issues	<ul style="list-style-type: none"> <li>Covid-19 led to the start of a new phase of education. Everyone opted to online classes</li> </ul>





<b>Rani</b>			<p>which was new to parents, students as well as teachers. So adopted new technology and figured out new way like whiteboard, new features of google meet and digital pen tablet to make them understand the concept in a better way. This new methodology changed their way of study.</p> <ul style="list-style-type: none"> <li>As students were from different states of India. Some students live to belong to those villages and districts where the internet connectivity is poor. Due to poor network connectivity they were not able to attend classes online. They required time to understand it and implement in their daily life. This really effected their mental health as they were worried about the exams.</li> <li>I recorded video lectures and also uploaded on YouTube so that students can see it at their pace.</li> </ul>
<b>Ms. Meera Gopakumar</b>	Political Science	Career counselling	<ul style="list-style-type: none"> <li>Students have approached for career related guidance not strictly within the designated time slots.</li> <li>Queries related to careers and future options were addressed to the best of my ability.</li> </ul>
		<p>Lockdown related concerns</p> <ul style="list-style-type: none"> <li>Lockdown did impact some students who found it difficult being confined</li> </ul>	<ul style="list-style-type: none"> <li>Third year students this semester raised concerns over the semester exams which were conducted online.</li> <li>Lockdown related concerns were discussed in detail and they were given suitable advice to deal with the situation.</li> </ul>



		during this period.	
<b>Ms. Charu Sarin</b>	Commerce	Career Related Issues	<ul style="list-style-type: none"> <li>• Mock GD was conducted in the classroom for raising student's morale</li> <li>• Motivated them through one-to-one Strength/Weakness Analysis</li> <li>• Giving pointers and tips for appearing in interviews</li> <li>• Tips for pre-interview preparation relating to company profile analysis</li> </ul>
		Adapting to Classes and other Commitments	<ul style="list-style-type: none"> <li>• Communicating the importance of time and how they can balance between things at College and their preparation of entrance exams</li> </ul>
		Goal Setting in Life	<ul style="list-style-type: none"> <li>• Class-room activity relating to that</li> </ul>
		Many issues relating to online classes and exams	<ul style="list-style-type: none"> <li>• Counsel them for the same and motivating them for their readiness towards change acceptance</li> </ul>
		Fear of being left behind their Classmates	<ul style="list-style-type: none"> <li>• Dealt with their stress related issues, counsel them, provide guidance and moral support for the same</li> </ul>
		Fear of Public Speaking	<ul style="list-style-type: none"> <li>• Given them tasks to do in class to get away with this</li> </ul>
		Lack of Confidence	<ul style="list-style-type: none"> <li>• Purposely given some responsibilities to handle this</li> </ul>
		Concerns relating to higher education	<ul style="list-style-type: none"> <li>• Helping them choose right programmed with major/minor subjects</li> <li>• Writing Letter of Recommendations as and when needed both offline and online</li> </ul>
<b>Ms. Saloni Arora</b>	Commerce	Career & Professional Counselling	<ul style="list-style-type: none"> <li>• Helped students to decide internship opportunities</li> <li>• Deciding on various online courses to be pursued during lockdown</li> </ul>



			<ul style="list-style-type: none"> <li>Helped in coping up with the difficulties related to online learning</li> <li>Addressed their concerns regarding internal assessment</li> <li>Guided them regarding elective papers</li> </ul>
		Personal Counselling	<ul style="list-style-type: none"> <li>Guided them in tough times of pandemic</li> <li>Motivated them when family situation was difficult</li> <li>Gave them our own examples so as to relate with them.</li> </ul>
<b>Dr. Ruhi Ghai</b>	Commerce	Career counselling	<ul style="list-style-type: none"> <li>Helped students to decide career options</li> <li>Provided them with tips and tricks to crack interview.</li> <li>Guided them with various online courses they could pursue during lock down.</li> </ul>
		Professional counselling	<ul style="list-style-type: none"> <li>Resolved their issues and concerns regarding online teaching.</li> <li>Clarified their doubts and concerns regarding OBE.</li> </ul>
		Personal counselling	<ul style="list-style-type: none"> <li>Helped them remain calm when they could not attend classes due to connectivity issue.</li> <li>Counselled them, when there was no clarity regarding OBE.</li> <li>Motivated them to study for OBE even when few of their family members were found positive</li> </ul>
<b>Ms.Priyanka Marwah</b>	Commerce	Counselling for higher studies	<ul style="list-style-type: none"> <li>Various higher education programmes explored and discussed based on their interests and future goals. LORs were also given to those applying to universities abroad</li> </ul>
		Placement related preparation queries	<ul style="list-style-type: none"> <li>Motivated them to be self confident and aware of the general knowledge topics to face GD and personal interview</li> </ul>
		How to improve CGPA	<ul style="list-style-type: none"> <li>Provide guidance regarding time management and preparation for specific subjects</li> </ul>



		General dissatisfaction and emotional turbulence in life	<ul style="list-style-type: none"> <li>• Tried to ease the peer pressure and gave examples of great leaders like APJ Abdul kalam who are an epitome of simple living high thinking. Gave them examples from our personal experiences as well</li> </ul>
		Low morale and lack of confidence	<ul style="list-style-type: none"> <li>• Reminded them of their various achievements in the past and motivated them to participate more actively in class as well as extra-curricular activities</li> </ul>
		Problem with siblings	<ul style="list-style-type: none"> <li>• Counselling them to be more adjusting and open to difference of opinions</li> </ul>
<b>Ms. Kashnie Singh</b>	Commerce	Career counselling	<ul style="list-style-type: none"> <li>• Helped students who were looking for internships provided them guidance and wrote recommendation letters.</li> <li>• Gave suggestions regarding future career avenues and prospects, keeping their aptitudes in mind.</li> </ul>
		Pandemic related issues	<ul style="list-style-type: none"> <li>• Few instances of students going through financial difficulties, gave them moral support.</li> <li>• 4. In the difficult times during Covid, a lot of students discussed the hardships being faced at a family as well as individual level. Helped them learn to cope and deal with situations. Reinstated that these are temporary.</li> </ul>
		Guidance on elective papers	<ul style="list-style-type: none"> <li>• Helped students resolve confusion regarding electives in the upcoming semester. Broadly spoke about the future impact of the subjects on their career paths</li> </ul>
<b>Ms. Gurpreet Kaur</b>	Commerce	Career related counselling	<ul style="list-style-type: none"> <li>• Helping wards to set goals for the future. Aiding career exploration through career interest assessments, motivating wards to participate in job and career fairs.</li> </ul>





		Counselling for skill development	<ul style="list-style-type: none"> <li>Acquainting students about courses and certifications for their career advancement.</li> </ul>
		Job seeking and interview skills	<ul style="list-style-type: none"> <li>By encouraging wards to find varied internships and work experience, including summer employment, to learn and practice work skills (soft skills). Also enabling mock interviews.</li> </ul>
		Time Management	<ul style="list-style-type: none"> <li>Guiding as to prioritizing activities for efficient balance between academic and extra-curricular.</li> </ul>
		College adjustment	<ul style="list-style-type: none"> <li>Helping with transitioning from School to College atmosphere.</li> </ul>
		Peer pressure	<ul style="list-style-type: none"> <li>Handling psychological and social pressures through anti-peer pressure strategies. Helping in identifying role models.</li> </ul>
		Academic Progress and Success	<ul style="list-style-type: none"> <li>Reviewing &amp; encouraging wards to perform better in future.</li> </ul>
		Research Areas	<ul style="list-style-type: none"> <li>Imbibing Disciplinary Knowledge.</li> </ul>
		Social skills	<ul style="list-style-type: none"> <li>Building and improving Emotional Quotient along with skills in communication, negotiation, and personal presentation.</li> </ul>
<b>Ms. Vrinda Moda</b>	Commerce	What is the Scope of the Subject	<ul style="list-style-type: none"> <li>Briefed about Industrial applications, practical scenarios where the knowledge can be used, available job prospects, etc</li> </ul>
		How to reach college on time because of low connectivity	<ul style="list-style-type: none"> <li>To leave a little early from home to take bus</li> </ul>
		Additional Reading materials	<ul style="list-style-type: none"> <li>Provided E-books, Links to E-journals, etc.</li> </ul>
		Regarding process of Internal Assessment	<ul style="list-style-type: none"> <li>Explained in detail about the division of marks and how they get assessed.</li> </ul>



		How to practice Practical at home without laptops	<ul style="list-style-type: none"> <li>Gave them extra time in college for practicals, let them practice in their free periods in computer labs of college</li> </ul>
		Problem in understanding a concept in the class	<ul style="list-style-type: none"> <li>Explained in details in tutorials by focusing on individual's problem</li> </ul>
		How to take part in societies (Migration Students)	<ul style="list-style-type: none"> <li>Tried to contact Society Convenors for letting the students show their interest and be a part of the society if capable</li> </ul>
		Tried to contact Society Convenors for letting the students show their interest and be a part of the society if capable	<ul style="list-style-type: none"> <li>Told them about Improvement Exams and scheduled retests for Internals.</li> </ul>
		How to get sponsorships for fests	<ul style="list-style-type: none"> <li>Told them to contact companies related to the theme of the fest, look out for personal contacts, etc</li> </ul>
		How to utilise time between classes	<ul style="list-style-type: none"> <li>Can go to Library for additional referencing, can do other short term certificate courses in college, meet teachers for doubt clearing sessions, etc</li> </ul>
		What are future career paths after graduation	<ul style="list-style-type: none"> <li>Briefed About Different options available like Further Studies, Job prospects, Business Prospects, etc</li> </ul>
<b>Ms.Trisha Chowdhry</b>	Commerce	Career counselling	<ul style="list-style-type: none"> <li>Helped students in exploring various career opportunities related with their interests</li> <li>2.Helped them in preparing for their job interviews by explaining them the entire process and discussing the various kind of questions asked in the process.</li> <li>3.Always encouraged them to take up internship in the field of their interests in order to make them aware whether they want to pursue it as a career option or not.</li> </ul>



		Concerns of outstation students	<ul style="list-style-type: none"> <li>Helped outstation students to deal with different kind of issues they face while staying as a PG or hosteller by sharing my own experience with them.</li> </ul>
		Lockdown related issues	<ul style="list-style-type: none"> <li>Motivated them to take up various online courses during the lockdown in order to enhance their chances of getting employed.</li> <li>Helped them with regards to their concerns related with examination and internal assessment.</li> <li>Motivated them whenever they felt low because of the lockdown or due to some personal or family related issue.</li> <li>Always motivated them to protect and conserve the environment by spreading awareness about various environment friendly alternatives that they can make use of.</li> </ul>
<b>Ms. Akshara Awasthi</b>	Economics	Career counselling	<ul style="list-style-type: none"> <li>Questions regarding career opportunities and future after economics honours</li> <li>Questions regarding attending classes and being the part of society simultaneously</li> <li>Doubts to regarding actuarial classes and career opportunities</li> </ul>
<b>Ms. G Lavanya</b>	Economics	General issues & concerns	<ul style="list-style-type: none"> <li>An introductory session was held to explain the objectives of Mentor Ward groups to the students</li> <li>General issues and concerns especially during the lockdown period were resolved.</li> </ul>
<b>Ms. Megha Jacob</b>	Economics	Pandemic and career related issues	<ul style="list-style-type: none"> <li>My interaction with students has often been a one-on-one discussion. We have discussed issues relating to their career options, psychological tensions that they are facing during lockdown and overall about certain issues that they face while they sit down to study. I have often suggested a few exercises like breathing exercises, art and music therapy and in some situations, prayer. Overall no major</li> </ul>





			issues have I encountered.
<b>Ms. Kashish Dua</b>	English	Career counselling	<p>I mentored B.A. Program 3rd year, EE (FR-HS), during the last year (2019-2020), with a total of seven sessions. Some of the issues that were discussed and resolved were:</p> <ul style="list-style-type: none"> <li>Students had queries regarding career options after a course in EE-HS. I provided the details of the relevant PG courses, universities that offer these courses and a list of possible job options suitable for the students.</li> </ul>
		Requirement of Letter of Recommendation	<ul style="list-style-type: none"> <li>Met students who were seeking a LOR from me. Discussed the details of the PG courses they had applied for. Wrote and sent informed recommendation letters for them in the capacity of teaching them in all three years of their graduation.</li> </ul>
		OBE and other Pandemic Related issues	<ul style="list-style-type: none"> <li>I did not teach this batch in the last semester but had frequent communication through platforms like email and WhatsApp to answer doubts regarding the pattern of OBE. Some students also discussed the personal issues they were facing during the lockdown. I remained available to listen to them and suggested the intervention of college counselors when required.</li> </ul>
<b>Ms. Sameera Mehta</b>	English	Counselling regarding Higher studies	<ul style="list-style-type: none"> <li>Two periods in the week were designated for the mentor ward system. I was assigned the Elective English II Year HS-FR (16 History and 8 French) Students for mentoring. Only one student from the assigned lot reached out to me for questions, doubts and advice regarding MA admissions and professional opportunities after English and their eligibility to clear the exam despite not having formal Literature training.</li> </ul>
		Personal counselling	<ul style="list-style-type: none"> <li>However, my mentoring exceeded the</li> </ul>





			scope of designated groups and in the past year I have had one on one conversations with an Honours student about her continuing mental health concerns; another BA Programme student sat with me for an hour during a lecture when she had a bout of extreme crying after experiencing pressure to perform well as a consistent all-rounder; a third Elective English student was, and still is in touch with me about appearing for the MA admissions and she is currently in the middle of her preparations for the same.
<b>Ms.Ishita Singh</b>	English	Pandemic related issues	<ul style="list-style-type: none"> <li>The pandemic and the following lockdown were discussed in several sessions. Students expressed anxieties related to home environments, issues related with house work etc. Online classes and Open Book Examinations were also taken up in several sessions with students discussing their problems with online mode of lectures and their fears of an online examination. Lack of access to study materials, lack of access to high speed internet caused additional anxieties in students.</li> </ul>
<b>Ms.Varnika Singh</b>	English	Career counselling	<ul style="list-style-type: none"> <li>I was mentoring the BAP EE 3rd year students last semester. There were a couple of mentoring sessions that took place with individual students. The discussions were about career guidance and certain personal issues of the students.</li> </ul>
<b>Dr.Dinesh Adlakha, Dr. Preeti Ghosh, , Dr. Pavitra Bhardwaj, Dr. Roshan Praveen Xalxo, Sukham Chawla, Divya</b>	B.A Programme	General issues and concerns	<ul style="list-style-type: none"> <li>All the department teachers engage in both personal and group mentoring. All the issues concerning the well-being of the students are duly addressed by the faculty.</li> <li>The mentoring process facilitates cognitive, social and emotional growth of the mentees. Through these sessions, a mentor is able to identify/help identify strengths of the students and enables them</li> </ul>



<b>Agarwal, Dr. Shweta Paradkar</b>			to harness their skills/talents to the best of their abilities. The students then are able to showcase their strengths on various platforms such as intra, intercollege, Department fest.
<b>Ms.Hannah Elizabeth Mathew</b>	English	Issues regarding online classes and career prospects	<ul style="list-style-type: none"> <li>I was able to establish a cordial mentor-ward relation with the students, where our discussions dabbled from them getting accustomed to college life and as that transitioned to the online mode of teaching, about post-college queries, their aspirations and future course of action. I was able to lend an ear, as well as provide suggestions which the students sought.</li> <li>I was able to provide support to an Honours student, experiencing mental health issues.</li> </ul>
<b>Dr. Shikha</b>	Mathematics	Issues regarding online classes	<ul style="list-style-type: none"> <li>Since i was teaching this class, I was interacting with the students on almost regular basis. Mostly issues were raised in the last semester in which online mode of teaching was conducted. I discussed and provided them with all the possible solutions to read and understand the subject.</li> <li>Few students had connectivity issues during class. This was also addressed by solving the doubts on one to one basis. I always motivated the students to make them to adjust with the situation. No other specific issues were raised by the students.</li> </ul>
<b>Dr. Richa Raj</b>	History	Assignment related issues	<ul style="list-style-type: none"> <li>Counselling of a student from B.A. Prog. was feeling anxiety over too many assignments and reappearing for some papers.</li> <li>Consultation of a student of B.A. History (Hons) unable to complete her academic assignment due to a family member being unwell.</li> </ul>



		Academic & career related issues	<ul style="list-style-type: none"> <li>• Consultation of a B.A. History (Hons) over applications for funding at Cambridge University.</li> <li>• Consultation of a former B.A. History (Hons) student regarding her PhD proposal.</li> <li>• Consultation of a B.A. History (Hons) student's proposal for the department's annual paper presentation seminar.</li> <li>• Consultation of a B.A. Prog. student regarding entrance examination for MA History at DU and JNU.</li> <li>• Consultation of a student of B.A. History (Hons) on the future of Oral History.</li> <li>• Consultation on how to structure answers of Modern India paper.</li> </ul>
		Pandemic related issues	<ul style="list-style-type: none"> <li>• Counselling of 8 students of B.A. History (Hons) regarding pandemic anxieties.</li> <li>• Consultation regarding discomfort of a student of B.A. History (Hons) over answering in the presence of others, and regarding anxiety over online classes and exams.</li> <li>• Consultation of a student of B.A. History (Hons) over adult education among school and college going youth; and how she and her peers can help.</li> <li>• Consultation regarding discomfort of a student of B.A. History (Hons) over answering in the presence of others, and regarding anxiety over online classes and exams.</li> <li>• Consultation of a student of B.A. History (Hons) on the procedures to follow if a paper has been missed in the current semester.</li> <li>• Consultation regarding anxiety over online classes.</li> </ul>
<b>Ms. Anamika Asthana</b>	Political Science	Career counselling	<ul style="list-style-type: none"> <li>• Students sometimes came to me for career and internship counselling, but not necessarily during counselling periods. None of the reported any other physical or</li> </ul>





			mental issue to me.
		Issues regarding online classes	<ul style="list-style-type: none"> <li>Some students expressed anxiety about online classes due to internet issue in the month of April. I recorded lectures and audios to help with those.</li> <li>Some students did not have reading material as they had left for homes before the mid-sem break so. I scanned and sent the material that I had.</li> </ul>
		Anxiety regarding OBE	<ul style="list-style-type: none"> <li>Students of the third year batch especially B.A.Prog. Often expressed anxiety about open book exams, fear of poor internet connectivity. One student informed after the exam that she was not sure if her assignment was uploaded successfully and so she mailed it too but she received conflicting messages about her submission.</li> </ul>
<b>Mr. Satyam</b>	B.Voc Retail Management & IT	Financial issues	<ul style="list-style-type: none"> <li>One student who was facing financial problems discussed her issue with me. I counselled her and advised her to apply at General office JMC for scholarship/fee concession. She was not aware about the scholarship scheme even when it was announced in the class many times.</li> </ul>
		Placement related issues	<ul style="list-style-type: none"> <li>One student who got placement in a multi-national company (MNC) through placement cell was waiting for her office letter which she did not get because of COVID-19 pandemic. She was counselled to keep patience and not to lose heart.</li> <li>Many final year students who were waiting to get placed got panicky due to Covid-19 pandemic. They were counselled and asked to remain calm and have patience. They were told that life is full of challenges and this pandemic is one of such challenges which they have to face.</li> </ul>





		Time management	<ul style="list-style-type: none"> <li>One student was facing problem in reaching Jesus and Mary college in time as she had to commute from Ghaziabad by changing three buses. She was counselled and was made to understand the importance of attending classes and time management.</li> <li>One student had joined foreign language classes due to which she was missing her classes at JMC. She was counselled to start attending classes regularly and the foreign language certificate could be earned after completing her graduation.</li> <li>One student needed advice on whether she should continue her regular course at Jesus and Mary college or leave after one year to join School of Open Learning for graduation as she had certain pressing concerns. She was counselled and advised to continue her studies in regular mode and to manage her time in such a way so as to balance her college life and family life.</li> </ul>
<b>Dr. Anupreet Vig</b>	B.Voc	Pandemic related issues	<ul style="list-style-type: none"> <li>Students were apprehensive about the Attendance, Assignments and Marks of Assignment especially during lockdown. Handled their grievances and talked to respective teachers about the same.</li> <li>Tried to understand the mental anxiety students were going through at the time of lock-down and were given emotional support and counselling.</li> <li>One of the student was unable to clear 1st Sem GEC exams, talked to her mother and explained the entire process. Also shared the syllabus with her along with old question papers to prepare well.</li> </ul>
		Emotional support	<ul style="list-style-type: none"> <li>One of the student lost her Mother, was given emotional and mental support.</li> </ul>



		Career counselling	<ul style="list-style-type: none"> <li>Mentored the students about the opportunities after the completion of their Graduation.</li> <li>Counseled the students on various aspects of Final year examinations/Assignments.</li> </ul>
<b>Ms. Shirley Joseph</b>	Elementary Education	Linguistic inadequacy	<ul style="list-style-type: none"> <li>Creation of a peer team to support the student.</li> </ul>
		Fear of teacher	<ul style="list-style-type: none"> <li>Talked to concerned faculty. Counseled students on how to achieve a healthy communication with faculty.</li> </ul>
<b>Dr. Prabhjyot Kaur</b>	Elementary Education	Planning ahead for academic/professional career	<ul style="list-style-type: none"> <li>Provided guidance regarding options available both academic and professional</li> </ul>
		Related to internship: at the level of adjustment and incident based issues	<ul style="list-style-type: none"> <li>Discussed these on case to case basis; encouraged students to form school based facilitation groups, discussed and engaged students in formulating a schedule that they could follow, provided pedagogy based guidance.</li> </ul>
<b>Ms. Najia Zeb</b>	Elementary Education	Academic and career guidance	<ul style="list-style-type: none"> <li>Sharing information about academic prospects available</li> <li></li> </ul>
		Working together professionally	<ul style="list-style-type: none"> <li>Building peer teams for supportive working</li> </ul>
		Issues faced by a PwD student	<ul style="list-style-type: none"> <li>Creating a safe space to talk Providing separate time to discuss reading material and concepts</li> </ul>
<b>Dr. Sona Andrew</b>	Elementary	Issues faced by a PwD student	<ul style="list-style-type: none"> <li>Finding e-support for courses</li> </ul>



	Education		
		Internship related issues	<ul style="list-style-type: none"> <li>• Peer support system (at two levels of planning and in school)</li> <li>• Access to school Academic and logistical support</li> </ul>
<b>Ms. Vishakha Kumar</b>	Elementary Education	<ul style="list-style-type: none"> <li>• Mental health issues</li> <li>• Emotional well-being</li> <li>• Discussing and resolving some interpersonal issues among students</li> <li>• Time management and managing multiple responsibilities</li> <li>• Career possibilities after completing B.El.Ed</li> </ul>	<ul style="list-style-type: none"> <li>• Students were able to understand the reasons for emotional distress. Some of them went to college counselor and sought professional help. The interpersonal issues were resolved by group discussion and by discussing with them individually. The students tried to make a time table for themselves and follow it.</li> </ul>
<b>Ms. Rashi Mukhopadhyay</b>	Elementary Education	Guidance related to academic progression	<ul style="list-style-type: none"> <li>• Gave them suitable information related to the issue</li> <li>•</li> </ul>
		What to do after completing the course	<ul style="list-style-type: none"> <li>• Connected students with alumni of the department</li> <li>•</li> </ul>
		Discussed issues	<ul style="list-style-type: none"> <li>• Connected them with the college</li> </ul>



		related to their personal life, interpersonal relationships, peer group, self	counsellors so that they can get professional guidance
		Sought guidance for preparation of competitive PG exams after completing the course  Issues related to the course they are studying and coping with that	<ul style="list-style-type: none"> <li>Met them in the counselling period or other time depending upon the need and convenience of the student</li> </ul>
<b>Ms. Mansi Aneja</b>	Elementary Education	Career Prospects after graduation	<ul style="list-style-type: none"> <li>Career Prospects after graduation: Subjects in which post graduation can be pursued and scope of teaching various subjects in private and government schools.</li> </ul>
		Working with peers/ team engagement	<ul style="list-style-type: none"> <li>Sharing of personal experience</li> <li>Ways in which team work/ peer learning can be facilitated</li> </ul>
		Help with time management / study schedule	<ul style="list-style-type: none"> <li>Discussion of few ways through which one can do reading/ assigned work along with regular college classes</li> <li></li> </ul>
		Help with specific theory/ practicum	<ul style="list-style-type: none"> <li>Discussion of ways in which we can effectively engage with the given text and make comprehensive summary/ notes in our own language</li> </ul>
<b>Ms. Asha Sundaram</b>	Elementary Education	Spending long hours on screen and eye related issues	<ul style="list-style-type: none"> <li>Not to sit too close to the screen</li> <li>Put off the screen and use the earphones</li> <li>To consult a doctor</li> </ul>





		Issue of space at home to attend online classes	<ul style="list-style-type: none"> <li>Have told the students to interact with the parents and other family members to make them understand and provide a convenient space so that there is minimal distraction.</li> </ul>
		Too much dependence on video games and therefore not able to concentrate on studies	<ul style="list-style-type: none"> <li>Advised the students to keep a balance between outdoor and creative activities which they are interested in between their studies</li> </ul>
		The issue of time management and not able to finish all assignments on time	<ul style="list-style-type: none"> <li>Advised the students to plan ahead, start working on their assignments early, to set time limits and prioritize accordingly</li> </ul>
		Financial issues at the time of trips related to practicums	<ul style="list-style-type: none"> <li>Have told the students to collect and save little bit of money every week whenever possible</li> </ul>
		Stress related to Unstable Conditions like protests going on in the city	<ul style="list-style-type: none"> <li>Meeting and talking with students time to time so that they do not come under depression or stress.</li> </ul>
<b>Dr. Sawan Kumari</b>	Elementary Education	Low self esteem	<ul style="list-style-type: none"> <li>A student wanted to share about her feeling for not being acknowledged in her family as a smart one. Because of this feeling she was not able to focus on studies. In this case, at first we talked about it. We have also shared a few books, set a few goals to accomplish. Towards the end of the session, certain change was experienced.</li> </ul>
		Family/ Personal	<ul style="list-style-type: none"> <li>A student, at first, was not talking much</li> </ul>



		Problem	about her problem. After a few sessions, she started asking questions about life. We started discussion about books and how books influence our lives. She started reading widely so that she could also participate in discussions.
		Time management	<ul style="list-style-type: none"> <li>I advised some techniques to manage time. Like: focusing on class so that she doesn't have to read every single word of the article while writing assignments or preparing for exam. Taking notes in class and organize it accordingly etc.</li> </ul>
		Gender discrimination in society	<ul style="list-style-type: none"> <li>We talked about this from different perspectives and felt that we were lucky enough to get chance to study in prestigious institutions. Education is the best thing happened to us.</li> </ul>



## Sample documents, attendance sheets shared by the faculty during mentoring process

## **Motivational Thoughts, Poems and Quotes Shared with Students by**

**Dr. Indrakshi Dutta**

### **THOUGHT**

A professor while teaching, asked his students. Why do we shout in anger? Why do people shout at each other when they are upset?

The students thought for awhile. One said, because we lose our calm. But the professor asked again, why shout when the other person is just next to you? Isn't it possible to speak to him or her with a soft voice? Why do you shout at a person when you are angry?

The students gave some answers, but none satisfied the professor.

Finally, he explained, "when two people are angry at each other, there is a distance in their heart psychologically. To cover the distance, they must shout to be able to hear each other. The angrier they are, the stronger they will shout to hear each other through that great distance.

Then the professor asked, "what happens when two people fall in love?

They don't shout at each other but talk softly, why? Because their heart are psychologically close. The distance between them is very close. The professor continued, "when they love each other even more, what happens? They don't speak, they only whisper and they even get closer to each other in their love.

Finally, they even need not to whisper, they only look at each other and that's all... so next time you shout on a loved one know that you are creating distance between your heart and that person's heart.

### **POEM**

#### **THE WILL OF AMRITA PRITAM**

Fully conscious and in good health  
I am writing today my will ...

After my death  
Ransack my room  
Search each item  
That is scattered  
Unlocked  
Everywhere in my house



Donate my dreams  
To all those women  
Who between the confines of  
The kitchen and the bedroom  
Have lost their world  
Have forgotten years ago  
What it is to dream

Scatter my laughter  
Among the inmates of old-age homes  
Whose children  
Are lost  
To the glittering cities of America

There are some colours  
Lying on my table  
With them dye the sari of the girl  
Whose border is edged  
With the blood of her man  
Who wrapped in the tricolor  
Was laid to rest last evening

Give my tears  
To all the poets  
Every drop  
Will birth a poem  
I promise

My honour and my reputation  
Are for the woman  
Who prostitutes her body  
So her daughter can get an education

Make sure you catch the youth  
Of the country, everyone  
And inject them  
With my indignation  
They will need it  
Come the revolution

My ecstasy  
Belongs to  
That Sufi  
Who  
Abandoning everything  
Has set off in search of God

Finally  
What's left  
My envy  
My greed  
My anger  
My lies  
My selfishness  
These  
simply  
Cremate with me

Link for wisdom of young ladies by Swami Vivekanand:

<https://www.google.co.in/search?q=words+of+wisdom+for+young+ladies+by+swami+vivekananda&ie=UTF-8&oe=UTF-8&hl=en-in&client=safari#imgdii=Q2HI4ukIF2F06M&imgsrc=raHN6W3qGiEWgM>

## QUOTES

You are what you do,  
not what you say  
you'll do

EVERYTHING  
YOU DO  
NOW IS FOR  
YOUR FUTURE "

Unknown

Remember why  
you started

IF YOU CAN  
DREAM IT, YOU  
CAN DO IT.



NEVER GIVE UP. TODAY IS  
HARD, TOMORROW WILL  
BE WORSE, BUT THE DAY  
AFTER TOMORROW WILL  
BE SUNSHINE

Don't decrease the  
GOAL  
Increase the  
EFFORT

Trust the  
timing of  
your life.

The distance between  
dreams and reality is  
called action

There is no chance, no  
destiny, no fate, that  
can circumvent or  
hinder or control the  
firm resolve of a  
determined soul.

Elia Wheeler Wilcox

Motivation is everything.  
You can do the work of  
two people, but you can't  
be two people. Instead,  
you have to inspire the  
next guy down the line and  
get him to inspire his  
people.

Lee Iacocca

The way we  
communicate with  
others and with  
ourselves ultimately  
determines the quality  
of our lives.

Tony Robbins

The only way  
to learn  
strong faith is  
to endure  
great trials.

George Muller



No passion so  
effectually robs the  
mind of all its  
powers of acting and  
reasoning as fear.

Edmund Burke

THOSE THAT SET IN  
MOTION THE  
FORCES OF EVIL  
CANNOT ALWAYS  
CONTROL THEM  
AFTERWARDS.

Charles W. Chesnut

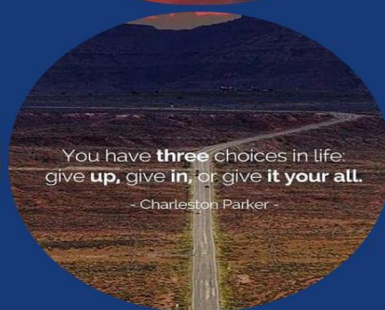
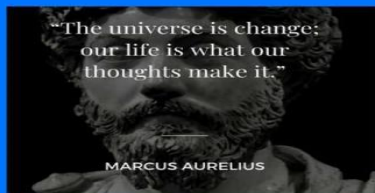
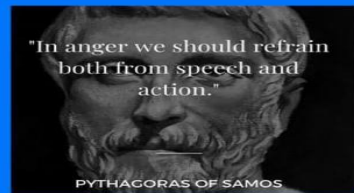
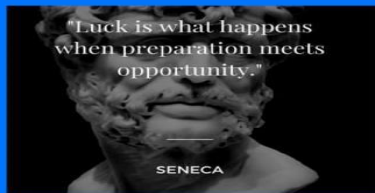
Life is not  
accountable  
to us. We are  
accountable  
to life.

Denis Waitley


You have to do  
your own growing  
no matter how tall  
your grandfather  
was.

Abraham Lincoln










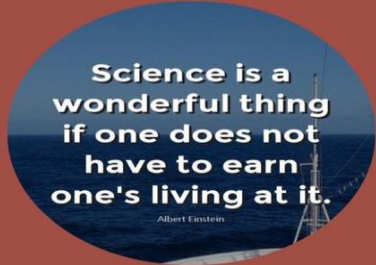
**The greatest  
mistake we  
make is living  
in constant fear  
that we will  
make one.**

John C. Maxwell




**Set a goal to achieve  
something that is so  
big, so exhilarating  
that it excites you  
and scares you at  
the same time.**

Bob Proctor



**Science is a  
wonderful thing  
if one does not  
have to earn  
one's living at it.**

Albert Einstein



**Make it a rule of life  
never to regret and  
never to look back.  
Regret is an appalling  
waste of energy, you  
can't build on it it's only  
good for wallowing in.**

Katherine Mansfield

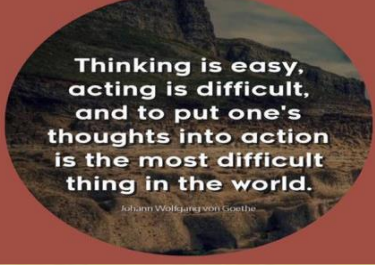


**Good  
morning**



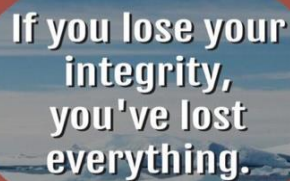
**Attachment  
is the  
strongest  
block to  
realization.**

Neem Karoli Baba



**Thinking is easy,  
acting is difficult,  
and to put one's  
thoughts into action  
is the most difficult  
thing in the world.**

William Wordsworth




**If you lose your  
integrity,  
you've lost  
everything.**

Larry Green



**Singleness of  
purpose is  
essential for  
success in life.**

John D. Rockefeller



**What do you gain by Prayer ?  
Best answer given  
by Swami Vivekanand:**

**"I gained nothing,  
In fact I Lost Anger,  
Depression, Jealousy,  
Irritation & Insecurity."**

**Good Morning**

indepth knowledge is promoted or the assignment could simply be question solving also.

### Mentor Ward.

I made myself available to my wards and inculcated the confidence in them that they could approach me any time.

However under the period mentioned the students were mostly worried about the online classes and uncertainty whether exams will be held or not.

~~which reason~~ They did not approach me with any other thing for which they needed counselling.



Point No. 6.

During class room teaching identified students with quizzing mind and were encouraged to join the Quiz Society.

Mamali Sethi was made the President of English Quiz Society and she won lots of accolades

11 Assignments are very carefully designed every semester as per the need of the batch. Efforts are made to encourage research motivations. If a particular class needs improvement in presentation skills then accordingly paper presentations are promoted and similarly there are times when





# JESUS AND MARY COLLEGE

## ATTENDANCE SHEET FOR COUNSELLING SESSIONS

Name of Teacher: Sr. (Dr.) Molly Abraham

Course B.A.(H) HISTORY

Dept. : HISTORY

Semester: 1st.

S.NO.	Name of Student	Class	July August, September, November												Guidelines for effective implementation of the Mentor-Ward
			31			7	28		4	11		6	13		
1	ACHZAH	History Hons I	1			2	3		4	5		A	6		1. The mentoring process should facilitate a
2	AMY	History Hons I	1			2	3		4	5		A	6		
3	ALISHA	History Hons I	1			2	3		A	4		5	A		
4	ALEENA THOMAS	History Hons I	1			2	A		3	A		A	A		
5	ALEENA SIJU	History Hons I	1			A	2		3	4		A	A		
6	CHRISTY	History Hons I	1			2	3		4	5		A	A		
7	RUBY	History Hons I	1			2	3		4	5		6	A		
8	TANYA	History Hons I	1			2	3		4	5		A	A		
9	PURNIMA	History Hons I	A			2	3		A	A		A	A		
10	SARIKA	History Hons I	1			2	3		A	A		A	A		
11	. SHUBHANGI	History Hons I	1			2	3		4	5		A	6		
12	NEHA	History Hons I	1			2	A		3	4		5	A		
13	MARIA	History Hons I	1			2	3		4	5		A	6		
14	LEELU	History Hons I	1			2	3		4	A		5	A		
15	ANJANI	History Hons I	A			2	3		A	A		A	A		
16	KAVYAMSHI	History Hons I	A			1	A		2	A		A	3		sheet to be submitted to the Principal at the end
17	PRARTHANA	History Hons I	1			A	2		A	A		3	A		
18	ISHITA	History Hons I	1			2	3		4	5		A	A		6. A brief report of issues raised and resolved (without disclosing the
19	DIYA	History Hons I				A	2		3	A		A	A		
20	AKANSHA	History Hons I	1			2	3		4	5		A	A		
21	GRACY	History Hons I	1			2	3		4	5		6	A		
22	AILLA	History Hons I	1			2	A		A	A		A	A		

S.NO.	Name of Student	Class	Jan- Feb-March-April													Guidelines for effective implementation of the Mentor-Ward System:
			22	29	12	19	26	11	12	19	20		3	10	17	
1	ALEY POOCHAKATIL	B.Com Prog III	P	A	A	P	A	P	P	A	P		P	P	P	1. The mentoring process should facilitate a cognitive, social and emotional growth of the
2	ALICE THOMAS	B.Com Prog III	P	A	P	P	A	P	P	A	P		P	A	P	
3	ALPHY JOMON	B.Com Prog III	P	P	P	P	A	P	P	P	A		P	P	A	
4	ANU THAKRAN	B.Com Prog III	P	A	P	P	P	P	P	A	P		P	P	P	
5	ANURADHA GAUR	B.Com Prog III	P	P	P	A	P	P	P	A	P		P	P	P	2. Personal Counselling can be done on a one-to-one basis at any time convenient to both the
6	ANUSHKA DUBEY	B.Com Prog III	P	P	A	P	P	P	P	P	P		P	A	P	
7	ANWESHA VIJAYVARGIA	B.Com Prog III	P	P	A	P	P	P	A	P	P		P	P	A	
8	BANI AHLUWALIA	B.Com Prog III	A	P	P	P	P	P	P	P	P		P	P	P	3. In case of general counselling session with the Mentee Group, assignments can be given to the students with a followup on the
9	BLESSY SURESH	B.Com Prog III	P	P	P	A	P	P	A	P	P		P	P	A	
10	CYNAZIA LEONARD	B.Com Prog III	P	P	A	P	P	P	P	A	P		P	A	P	
11	DIVYA ADHIKARI	B.Com Prog III	P	P	P	A	P	P	P	P	P		P	P	P	
12	DIVYA SARA IYPE	B.Com Prog III	P	A	P	P	P	P	A	P	A		P	A	P	4. Enter the date of meeting with the students. It can be any date apart from the counselling period signed in the Time Table.
13	JEENA BRIJIT JOHN	B.Com Prog III	P	P	P	P	P	P	P	P	P		P	A	P	
14	KOMAL PARNAMI	B.Com Prog III	P	A	P	A	P	P	P	A	P		P	P	P	
15	KRISHNA SINSINWAR	B.Com Prog III	A	P	A	P	P	P	A	P	P		A	P	P	
16	MANSI DOSHI	B.Com Prog III	P	P	P	A	P	P	P	P	P		P	P	P	5. Attendance sheet to be submitted to the Principal at the end of each semester.
17	MEGHA BISHT	B.Com Prog III	P	P	P	P	P	P	P	P	P		P	P	P	
18	MITALI DOSHI	B.Com Prog III	P	P	A	P	P	P	P	P	P		P	P	P	
19	NAINA RAI	B.Com Prog III	P	A	P	P	A	P	P	A	P		P	A	P	6. A brief report of issues raised and resolved (without disclosing the identity of the mentee) to be submitted semester-wise at the
20	NANDINI GUPTA	B.Com Prog III	P	P	P	P	P	P	P	P	P		P	P	A	
21	NAVIKA GUPTA	B.Com Prog III	P	P	A	P	P	P	A	P	P		A	P	P	
22	NISSY SAJI	B.Com Prog III	P	A	P	P	A	P	P	P	A		P	P	P	
23	OJUS SINDHWANI	B.Com Prog III	P	P	A	P	P	P	P	P	P		P	P	A	
24	PALLABI NANDA	B.Com Prog III	P	P	P	P	P	P	P	A	P		P	A	P	
25	PRATIBHA SINGH PAUL	B.Com Prog III	P	A	P	P	P	A	P	P	P		P	P	P	
26	PRERANA SHEKHAWAT	B.Com Prog III	P	P	P	P	A	P	P	A	P		A	P	P	

# JESUS AND MARY COLLEGE

## ATTENDANCE SHEET FOR COUNSELLING SESSIONS

Name of Teacher: Dr. Anupreet Vig

Course B.Voc-HM

Dept. : \_\_\_\_\_ B.Voc

Semester: \_\_\_\_\_ 2nd

S.NO.	Name of Student	Class	D A T E S								Guidelines for effective implementation of the Mentor-Ward
			9-Jan	16-Jan	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	9-Apr	
1	MABEL LOUIS	Bvoc-Healthcare Management I	Ab	Ab	P	P	P	P	P	P	1. The mentoring process should facilitate a 2. Personal Counselling can be done on a one-to-general counselling session with the Mentee Group, assignments can be meeting with the students. It can be any date apart from the sheet to be submitted to the Principal at the end 6. A brief report of issues raised and resolved (without disclosing the
2	MANAAR FATIMA SHAH	Bvoc-Healthcare Management I	P	P	P	P	P	P	Ab	P	
3	MARYAM QURESHI	Bvoc-Healthcare Management I	P	P	Ab	Ab	Ab	Ab	Ab	P	
4	NANDITA MIGLANI	Bvoc-Healthcare Management I	P	P	P	Ab	P	Ab	Ab	P	
5	NATASHA TAITAS	Bvoc-Healthcare Management I	Ab	P	P	P	P	P	P	P	
6	NAYRA -	Bvoc-Healthcare Management I	P	P	P	P	P	P	P	P	
7	NEEMA PAL	Bvoc-Healthcare Management I	P	Ab	Ab	P	P	P	P	P	
8	NEHA WADHWA	Bvoc-Healthcare Management I	Ab	P	Ab	Ab	Ab	Ab	Ab	P	
9	NIKITA SEHRAWAT	Bvoc-Healthcare Management I	Ab	P	Ab	P	P	P	Ab	P	
10	NIKKI	Bvoc-Healthcare Management I	Ab	Ab	Ab	Ab	Ab	Ab	Ab	P	
11	NONKANYISO KHANYILE	Bvoc-Healthcare Management I	P	P	P	P	P	P	Ab	P	
12	PALAK SHARMA	Bvoc-Healthcare Management I	Ab	Ab	P	Ab	P	P	Ab	P	
13	RAGINI CHOWDHARY	Bvoc-Healthcare Management I	Ab	Ab	Ab	Ab	Ab	Ab	P	P	
14	REBEKAH V MASIH	Bvoc-Healthcare Management I	P	P	P	Ab	P	P	P	P	
15	RESHMA MARY KURIAKOSE	Bvoc-Healthcare Management I	P	P	P	P	P	P	P	P	
16	SANSKRITI DEWAN	Bvoc-Healthcare Management I	P	P	Ab	Ab	P	P	P	P	sheet to be submitted to the Principal at the end 6. A brief report of issues raised and resolved (without disclosing the
17	SAVITA	Bvoc-Healthcare Management I	P	Ab	P	P	P	P	P	P	
18	SHARON SHALINI KUJUR	Bvoc-Healthcare Management I	P	P	Ab	Ab	P	Ab	P	P	
19	SIMRAN MALHOTRA	Bvoc-Healthcare Management I	P	P	Ab	Ab	Ab	Ab	Ab	P	
20	SMARNA GURUNG	Bvoc-Healthcare Management I	P	P	P	P	P	P	P	P	
21	SNEHA JAMES	Bvoc-Healthcare Management I	P	P	P	P	P	P	P	P	
22	TANISHA SEHGAL	Bvoc-Healthcare Management I	Ab	P	P	P	P	Ab	Ab	Ab	
23	TANVI BHATIA	Bvoc-Healthcare Management I	Ab	P	P	P	Ab	P	P	P	



24	YISHIKA JAIN	Bvoc-Healthcare Management I	P	Ab	Ab	Ab	Ab	Ab	P	P
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