MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN

Report of the Campus Mentorship Program

SESSION 2018-19

Though in its nascent stage, the Campus Mentorship Program in the academic session 2018-19 has met with a great zeal on the part of the students. It has endowed the institution with remarkable results which are in synchronization with the creative vision beheld by the worthy principal madam, Dr. Nisha Bhargava.

AIM

Mentoring is a valuable strategy to provide students with the emotional and psychological support students need to achieve their academic as well as extra-curricular goals during the college degree. By providing information, guidance, and encouragement, mentors' role is integral to nurturing students' college aspirations, helping them prepare for challenges ahead, leading them to the threshold of success and ultimately better graduate outcome.

NATURE

The Mentorship Meet is an institutionalized and organized program for which one hour is squeezed out and accommodated during the college hours. The Meet scheduled once a month for each class is reaping rich fruits in terms of students attendance and participation in the same. The benefits of the Mentorship Program are conspicuous in the warmth, cordiality and sense of belongingness engendered in the mentors as well as mentees.

METHODOLOGY

Assessing our previous year's feedback and tracing our steady growth, some changes have been made in the criteria of assigning the mentees to their mentors. In the current session, mentors have been assigned new students in addition to the previous students. However, mentors and mentees are not unknown to each other; rather the students have already been taught by these teachers. They have been purposely matched to each other in the larger interests of the students where the students can have a better comfort level and air of ease with the mentor. This approach

has witnessed students shedding off their inhibitions and sharing their personal as well as academic problems with the mentor unencumbered by any psychological constraint.

NUMBER OF GROUPS

Following is the list of number of mentorship groups running in different streams :-

Streams	Number of Groups		Number of Groups	
	UG BATCH 2018-2021	PG BATCH 2018-2020	UG BATCH 2017-2020	PG BATCH 2017-2019
Commerce	21	2	21	2
Science	19	4	17	4
Arts	44	10	44	9
Computer Applications	(BCA) 04 (BSc CA) 03	(PGDCA2018-19) 1	(BCA) 8 (BSc CA) 6	N.A.

TOPICS TO BE DISCUSSED

The tentative areas to be worked upon during the mentorship sessions have been designed in a comprehensive manner. These include – focusing on the need for destressing and motivating using eclectic approaches like yoga and meditation , handling exam fear and dealing with career challenges, boosting their self-confidence, instilling strong ethics and values, time management, coping with mood swings, realizing the exigency of sustainable development, and the need for self-discipline.

MEETINGS

The entire annual program has been spread across major themes to be taken up one at a time according to the plan. Mentors are required initially to be in contact with mentees once a month, but they can adjust the frequency based on the needs of the mentee. The mentors certainly go beyond the limited themes and customize the same as per the requirement of the mentees

FUTURE GOALS

The coming years are certainly going to be momentous for this 'out-of-the-class' holistic approach adopted by the Campus Mentorship Programme.