

<b>MENTORSHIP RECORD 2022-2023</b>							
<b>Class</b>	<b>Group</b>	<b>Mentor</b>	<b>Date</b>	<b>Time</b>	<b>No. of mentees present</b>	<b>Topic dealt</b>	<b>Remarks (if any)</b>
F.Y.B.Sc.	F1	Dr. Roopa Rao	13th December 2022 from 1.30 - 2.45 pm	1.30 - 2.45 pm	16	General discussion on their strengths, and weaknesses. Was an interesting chat where they learnt about each other.	Many stated they were not aware of their own friends this much. Was an interesting casual chat.
		Dr. Roopa Rao	24th January 2023	1.30 - 2.50 pm	14	Concern regarding their exam performance. Mentored on Time Management skills and how they should implement Time management as well as energy management concepts learned in PoM subject.	A few who had lesser issues proudly mentioned how they had could with the last minute extra lectures and bombardment of portion completion pressures.
		Dr. Roopa Rao	1st March 2023	1.30 - 2.30 pm	14	Anxiety related to specializations, selection, and allotment. The procedure was explained .	Students agreed to make a list of their skills & strengths which will help them in future.
	F2	Ms. Vanitha D'Souza	19th January 2023	9.30 am to 10.30	15	Rapport building session , cleared doubts regarding specialization	
			9th March 2023	9.30 am to 10.30	8	Session on self affirmation, positive self talk	Girls were happy with the affirmation session, the girls who were absent were meet the mentor separately to share if they had any difficulties.

	<b>F3</b>	Ms. Saniya Pai	16th March 2023	8:50 am to 10:30	13	How important is to stay positive, time management , tips for examination and also shared inspirational stories	They were excited to share their stories and tips about exams were very helpful according to them. Many girls started to build good rapport with other girls
	<b>F4</b>	Ms. Ruchi Jakhmola	19th October 2022	1:30-2:30	16	Skill identification and development, like communicational and interpersonal skills, team work, leadership, Goal setting and career planning	
	<b>F5</b>	Dr. Minelly Rodrigues	13th October 2022	01:30-02:30pm	15	Managing academics, conflict resolution and time management	
	<b>F6</b>	Dr. Ritu Madhan	26th November 2022	10.30 - 11.30 am	16	Introductory session: Students were explained about mentoring. They had been asked earlier to email information about themselves, their family and any challenges that they faced. This information was used to discuss how common challenges could be dealt with. Students were also asked to share what skills and talents they had with the whole group.	
	<b>F7</b>	Ms. Sanghmitra Navalgund	15th September 2022	13:30	12	Preperation for the examinationan, interacted with students on various stresss related issues and how to cope up with it with small steps.	
	<b>F8</b>	Dr. Neha Mulchandani		1.00-1.30		Managing time and prioritising work along with other responsibilities	

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S.Y.B.Sc.	S1	Dr. Anjali Srivastava	29th August 2022 an	10.30-11.30am	12	Introduction to each other, time management, overall personality development. Understanding their problem and providing solutions.	
		Ms. Vibhuti Khedekar	23rd August 2022	11.45 am to 12.45 pm	15	Introduction to Mentoring Introduction of all students along with their hobbies and their future plans. Importance of communication and Time Management	
	S2		11th October 2022	11.45 am to 12.45 pm	8	Students had doubts regarding exams, hence tips of how to study without stress and anxiety were shared	
	S3	Ms. Vrinda Udiaver	30th July 2022	1:00 to 1:30 pm	15	Importance of discipline	
			30th September 2022	2:00 - 2:30 pm	6	Tips to study for upcoming exams: Time management, tips to learn in association.	
	S4	Ms. Sheetal Joshi		10.00 - 10.30 a.m	15	Managing Exam stress. Effective ways of studying, time management was discussed	
	S5	Ms. Khyati Sampat	1-10-2022	1.30 to 2 pm	16	Managing Exam anxiety, tips to writing well in exam	
	S6	Ms. Sakina Tinwala					
	S7	Ms. Brenda Fernando	5th Aug 2022	1.30 pm- 2.30 pm	16	Stress Management (Test- How vulnerable are you to stress? Coping Strategies and relaxation techniques were discussed)	
	S7	Ms. Brenda Fernando	7th Dec 2023	1.00 pm- 2.00 pm	18	Mindfulness (What is mindfulness? How often have you been mindful? Exercises for mindfulness)	
	S8	Ms. Sunita Jaiswal	25th July 2022	9.30 -10.30 am	15 out of 21 students	An interactive session and students queries' were discussed more eager to know about the final year specialization.	

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<b>Branch I: Foods, Nutrition and Dietetics</b>	N1	Ms. Fatima Kader	08-03-2023	2.30 to 3.30 pm	16	Overall academic feedback, challenges and ways to cope up.	
	N2	Ms. Jacqueline Colaco					
<b>Branch II: Human Development</b>	H1	Ms. Payal Maheshwari	12.10.22	12-2pm	11	Working with each other, Interpersonal relations, Attendance and study habits	
			15.11.22	9am-10.30am	10	Difficulties in doing research and how to handle related problems	
	H2	Dr. Kamini Rege					
<b>Branch III: Textile and Fashion Technology</b>	T1	Dr. Ritu Madhan	Once a month,	10:30 - 11:20am		TYBSc mentoring was conducted on a regular basis to discuss various topics like time management, entrepreneurship opportunities, facing exams, further studies and career options	
	T2	Dr. Neha Mulchandani	Once a month	11.00-11.20		Regular mentoring on managing time, Participation in activities and other extra curricular activities along with curriculum studies	
<b>Branch IV: Community Resource Management</b>	Group I	Ms. Sunita Jaiswal			21	Ty mentoring is an ongoing process.Sometimes in group with respect to attendance,motivating to participate in extra curricular activities, intercollegiate fest.And sometimes one to one mentoring i.e. personal issues,financial issues etc	
	Group II	Dr. Roopa Rao					

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<b>Branch IA: Foods, Nutrition and Dietetics</b>	<a href="#">M.Sc. I</a>	Ms. Vibha Hasija	10th October 2022	2 - 3 pm	10	Academic challenges and methods to resolve					
			14th December 2022	10- 11 am	12	Methods to maximise potential					
				12th April 2023	10 -11 am	7	Preparing for exams				
	<a href="#">M.Sc. II</a>	Ms. Vibha Hasija	October 19th	11am - 12 noon	12	Methods to maximise potential					
			6th January 2023	10 -11 am	10	Holistic development and taking advantage of extra mural education					
			10th April 2023	1 - 2 pm	10	Exploring career opportunities					
<b>Branch IB: Food Processing and Preservation</b>	<a href="#">M.Sc. I</a>	Dr. Tasneem Ravat	12th October 2022	2 pm to 3 pm	20	General academic feedback, difficulties encountered, and strategies for overcoming them.					
	<a href="#">M.Sc. II</a>	Dr. Beryl Nithya	11th October 2022	4 - 5pm	19	Approach to psychological wellbeing and academic success					
<b>Branch IC: Sports Nutrition</b>	<a href="#">M.Sc. I</a>	Ms. Simran Khandagale									
	<a href="#">M.Sc. II</a>	Dr. Yasmina Avari Dordi									
<b>Branch II: Human Development</b>	<a href="#">M.Sc. I</a>	Ms. Rhonda Divecha	27th September 2022	12.00 to 2 pm	10	“Respect Your Body: Issues of Sexuality Affecting Youth Today”					
			12th February 2023	1.00 am to 1 pm	9	Building Mindfulness					
				15th March 2023	12.00 to 2 pm	9	Mass Media Influence on Youth & Social Media Addiction				
	<a href="#">M.Sc. II</a>	Dr. Anuradha J. Bakshi	13th October 2022	1:30-2:30pm	10	Handling academic challenges, romantic relationships, parental issues, conflict resolution					
<b>Branch III: Textile and Fashion Technology</b>	<a href="#">M.Sc. I</a>	Dr. Vishaka Karnad	30th January 2023	9.00-10.00	10	Presentation skills, ROL and preparation for exams					
	<a href="#">M.Sc. II</a>	Dr. Pratima Goyal	21st October 2022	2:00 -3:00 pm	9	Different kinds of stress- Academic, Peer pressure, Social ( parents, family & friends), etc. & how to handle them					

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Post Graduate Diploma in Dietetics and Applied Nutrition	-	Dr. Beryl Nithya	12th October 23	3 - 4 pm	18	Strategies for exam preparation, presentations and time management	