

MENTORSHIP RECORD 2023-2024							
Class	Group	Mentor	Date	Time	No. of mentees present	Topic dealt	Remarks (if any)
F.Y.B.Sc.	F1	Ms. Vibhuti Khedekar	13-02-2024	2.00 pm to 3.00 pm	13	Introduction to Mentoring, Importance of team building, communication, and Time Management was shared. Some anecdotes were shared with the learners with respect to these skills	Learners shared their future goals with respect to their career
	F2	Ms. Fatima Kader	23/12/2024	9.40 to 10.30 am	9	The role of the mentor in improving the academic performance and overall development of the student was explained. One student came back after the session to share some difficulties in taking decision for extra-curricular activities. Guided her to prioritize her goals.	
			21/2/2024	10.30 to 11 am	8	Students came to share their academic achievements and difficulties faced. Guided on organization of task and time management.	
	F3	Ms. Sunita Jaiswal	14 December, 2023	10 am-10.45 am	9	Introduction to the session, how to work towards exam, each student spoke about the issues which was discussed and tried to give suggestion . It was an interactive session	more keen towards the subject choice selection
	F4	Dr. Minelly Rodrigues	16-02-2024	01:30pm to 02:30pm	17	Introduction, Importance of communication, team building and time management.	-
	F5	Ms. Vanitha D'Souza	20th December 2023	10.00-10.45	16	Introduction, Explained about specialization and career opportunities as they had asked about it, asked about any difficulties with studies, Shared my personal story of selecting my specialization.	
	F6	Ms. Sakina Chhatriwala					
	F7	Dr. Anjali Srivastava	20th December 2023	1.30pm	12	Introduction, time management, overall personality development	
	F8	Ms. Virginia Dias					

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S.Y.B.Sc.	S1	Dr. Sheetal Joshi	15.09.23	1.00-1.30 p.m	17	Choosing the correct specialization in TYBSc - Requirement from students, effective studying to secure admission, scope of the chosen profession	
	S2	Ms. Vanitha D'Souza	18.01.23	8.30-10.30am	14	Specialization selection, positive affirmations, Self esteem building activity	
	S3	Dr. Roopa Rao	19.09.2023	12.45 - 1.30 pm	14	Navigating Specialization Choices: - Myths About Specializations about the four specialisations cleared - Opportunities in all four specialisations listed and explained - Discussed career prospects, and factors to consider when selecting the right one based on interest, aptitude, and industry trends.	The session provided clarity on the various specializations and how to align them with personal interests and career goals. Students gained valuable insights into making informed decisions for their future.
			20.12.2023	12.45 - 2.00 pm	17	Studying Well and Managing Time Effectively: - Tips and techniques for improving focus, managing study schedules, and - Overcoming procrastination to prepare confidently for the year ahead.	This session equipped students with practical strategies to enhance productivity, focus, and effective time management, empowering them to handle academic challenges with confidence
			20.02.2024	12.20 - 2.00 pm	17	Building Confidence for planned Future: - Dealing with Uncertainty: Staying Calm and Focused - Guidance on managing anxiety, staying resilient, and - Making informed decisions about specialization.	It was a thoughtful session aimed at addressing students' concerns, encouraging a positive mindset, and providing coping strategies to handle anxiety during uncertain times."
	S4	Ms. Khyati Sampat	10.02.2024	11 to 12 pm	17	Managing Exam Anxiety, Thinking confidently and Positively.	The students shared that they felt more positive and better equipped to deal with exam, academic related worries and thoughts that caused them to become dysfunctional. They learnt skills to deal with such thoughts.
	S5	Ms. Sanghmitra Navalgund	10.02.2024	1:30 - 2:30	15	Exam Anxiety and how to overcome Choosing specialization Importance of each specialisation how to deal with stress and time management	the students shared their feelings and opened up to discuss the stress factor, coping strategies were discussed.
S6	Ms. Vrinda Udiaver	21.12.2023	2.00 -2.30	10	Time management skills, Tips to study effectively, positive affirmations	Students shared their doubts and asked for tips without feeling awkward. It was good to see that they recognised their shortcomings and were ready to approach for help.	

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Branch I: Foods, Nutrition and Dietetics	N1	Ms. Fatima Kader	5th January, 2024	2 pm to 2.30 pm	16	Academic challenges were addressed, various methods to study were suggested. students were asked to use library to study if there are distractions in the home environment. Helping peers was also highlighted as a way to improve self.	There was improvement in their academic performance especially in the 6th Semester.
	N2	Dr. Sheetal Joshi	6.1.2024	11.00 -11.30 a.m	28	Time Management in day to day life.	
Branch II: Human Development	H1	Ms. Payal Maheshwari	1st Nov 23	12.30 - 2.30pm	13	Overall experience in 1st term, if any difficulties or issues and resolving those issues.	
	H2	Dr. Kamini Rege					
Branch III: Textile and Fashion Technology	T1	Dr. Ritu Madhan	28/8/23 & 4/2/24	10.30-11.20	12/14	Time and work management in daily work & further education	Reduced stress & clarity on progression
	T2	Dr. Neha Mulchandani	25/8/2023	10.30-11.00	13	Time management strategies, setting clear academic goals, and learning to prioritize tasks effectively.	
Branch IV: Community Resource Management	Group I	Ms. Sunita Jaiswal					
	Group II (Hospitality Elective)	Dr. Roopa Rao	7.8.2023	9.40 - 11.00 am	17	Career Opportunities and Trends in Hospitality: To help students explore diverse career paths in the hospitality industry and understand emerging trends. Career options, such as in Hotels, resorts, event management, food and beverage, cruise lines, and more.	
			30.01.2024	12.40 - 1.45 pm	15	Internship in the Hospitality Industry: Provided guidance on leveraging internships and entry-level jobs to build a long-term career. - How to choose the right internship or entry-level job. - Skills to focus on during the early stages of a hospitality career. - Networking tips and building industry connections.	
			29.03.2024		15		

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Branch IA: Foods, Nutrition and Dietetics	M.Sc. I	Ms. Vibha Hasija	August 31st 2023	1 - 2 pm	12	Guidance for NEP Curriculum	
			December 1st 2023	1 - 2 pm	12	Guidance for OJT and study skill enhancement	
			March 1st , 2024	10 -11 am	12	Participative and extra mural learning	
	M.Sc. II	Ms. Vibha Hasija	August 10th 2023	1 - 2 pm	9	Building CV and experiential learning	
			April 6th 2023	1 -2 pm	10		
Branch IB: Food Processing and Preservation	M.Sc. I	Ms. Fatima Nevrekar	12th March 2024	2-3 pm	18	Guidance and preparation for OJT	
	M.Sc. II	Dr. Tasneem Ravat	10th February 2024	4 pm to 4.15 pm	9	Effective time management	
Branch IC: Sports Nutrition	M.Sc. I	Ms. Protiti Dey					
	M.Sc. II	Dr. Yasmina Avari Dordi	10th January, 2024	2-4pm	8	Personal family issues	
Branch II: Human Development	M.Sc. I	Ms. Rhonda Divecha	5th July 2023	11 am to 12 pm	11	Building Time Management Skills	-
			10th February 2024	11 am to 12.30 pm	9	Identifying Accurate Selp Perceptions and its Impact on Your life Situations	-
	M.Sc. II	Ms. Rhonda Divecha	28th June 2023	11 am to 12 pm	5	Building Time Management Skills	-
			15th January 2024	12 to 1.30 pm	10	Applying Transactional Analysis in your Daily Life	-
			17th February 2024	12 to 1.30 pm	10	Applying REBT in your Daily Life and Problem Solving	-
Branch III: Textile and Fashion Technology	M.Sc. I	Prof. Dr. Vishaka Karnad	11th October 2023	3.00 to 3.30	11	Developing Time Management Skills	-
	M.Sc. II	Dr. Pratima Goyal	28th July 2023	2:30-3:30 pm	12	Priorizing work and maintaining a work diary either digital or a hard copy	
			19th February 2024	2:30-3:30 pm	12	Effective time management	-

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Post Graduate Diploma in Dietetics and Applied Nutrition	-	Dr. Tasneem Ravat	15th January 2024	4 pm to 4.15 pm	4	Effective time management, team work	