



DON BOSCO COLLEGE, KOHIMA

Affiliated to Nagaland University

MENTORING COMMITTEE MENTORING PROGRAMME: 2019-20 CIRCULAR

Date:

Dear Staff Members,

This is for your kind reference, following are the list of the Mentees with their respective mentors for the academic year 2019-20.

Staff are hereby informed to make a note of it and start the mentoring session, and maintain the mentoring book issued.

The list of the mentees will be conveyed to their mentors through the Mentoring Committee Co-ordinator, and the list of mentors will be conveyed to their mentees in the classroom.

Thank you.

Co-ordinator

Mentoring Committee

Don Bosco College Kohima.



f. p. Suresh

Fr. Dr. P. Suresh

Principal

Don Bosco College Kohima.

Don Bosco College

PB - 430

Kohima-797001 Nagaland

SL. NO	MENTOR: Mr. SANIHE ARIJIII NAME OF THE MENTEES	ADMISSION NUMBER
1	DZIESENGUNUO	19151
2	ESTELLA KATH	19152
3	ETHEUTSOLO	19153
4	LIMITANGLA	19079
5	NEIKUONUO	19080
6	NEILASNUO	19081
7	N. YITIBENI	19015
8	NEINGUZONUO	19016
9	NENHILE	19017
10	LOVELY	19047
11	LUNRUNLA	19048
12	MINCHAI	19049
13	MENGUBEINUO	19122
14	MENUOBEINUO	19123
15	MOILEN	19124
16	MONGAMHRING	19125
17	MYINGTHUNGO	19127
18	NEIPHRETUONUO	19082

SL. NO	MENTOR: JARANI NAME OF THE MENTEES	ADMISSION NUMBER
1	KIJANGLA	19164
2	MEKE	19166
3	MHARAVIZO	19165
4	SEZETO	19087
5	T.PHAOLO	19088
6	TANSUMONG	19089
7	TEKHE	19090
8	AKRIELE	19001
9	AZONO ZHALE	19002
10	HECTOR	19154
11	HIJILI TEP	19003
12	ENEI	19034
13	ESTHER	19168
14	JESO HANA	19036
15	BENJIYA	19142
16	CHULI	19100
17	DILE	19101
18	EKIELIE	19102

Dr. P. Suresh.
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland

**MENTORING FACILITATION
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CHIEF**

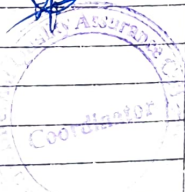
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MENTORING OF 2019 BATCH

SL. NO	MENTOR: TSUTSHOWE V SEKHOMO	ADMISSION NUMBER
	NAME OF THE MENTEES	
1	KEJINGKHAM	19157
2	KENEILHOUNUO	19155
3	KENEINGUNUO BRIGIET	19156
4	HAISUANG	19071
5	K.J. MUSUSHE	19072
6	KELUO-O	19073
7	KENEITSOLIE SOTE	19074
8	KESINLE	19006
9	KEVIKHRIENUO	19010
10	KEVILHOUBEI	19007
11	JONKHOI	19037
12	KASHUNYE	19038
13	KEKHRIEHUNUO	19039
14	KEKRUSIENUO	19107
15	KENEISA	19108
16	KENEISEVONUO	19109
17	KETOUVILIE	19110
18	GWASHALE	19070
19	KEZUNGOLO	19139

SL. NO	MENTOR: Dr. VELHOU KOZA	ADMISSION NUMBER
	NAME OF THE MENTEES	
1	KETHONENYii	19159
2	KEZEVITUO SUOKHRIE	19160
3	KUOSAZO	19075
4	KOZIKA	19076
5	KUKHRASIEU	19077
6	LENIN	19078
7	KEVIMENUO	19008
8	KEVISEVOR	19009
9	LINATOLI	19177
10	KELHOUDINYU	19041
11	KENEISEVOR	19042
12	KEVINEINUO	19043
13	KHRIETSEIHUZO	19172
14	KHRIEZELHOUNUO	19112
15	KIHITOLI	19113
16	KUMUGHALI	19114
17	LESEITUONUO	19115
18	KENYUYHUNLO	19158

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Principal
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 COORDINATOR**

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SL. NO	MENTOR: Mrs. KEZIENUO	ADMISSION NUMBER
	NAME OF THE MENTEES	
1	YHUNTILO TEP	19175
2	AVITOLI SWU	19063
3	BODE BRUNO SOLO	19064
4	CHEKHRO	19065
5	VICHUSANUO	19022
6	VILAMEZO	19023
7	VILILI	19176
8	VISASJETUO	19025
9	TONITOLI	19055
10	VEBULU	19057
11	VIRENE	19058
12	VIZIENI	19059
13	YHUNTILO	19060
14	ZUCHONI	19061
15	HEMATO	19103
16	HETOKALI	19104
17	HUPITU	19105
18	JANBENI	19106

SL. NO	MENTOR: Dr. LANUKUMLA AO	ADMISSION NUMBER
	NAME OF THE MENTEES	
1	AMHELI	19148
2	BENDANGLEMBA	19149
3	BLESSY RINGA	19150
4	DIKHO KOMUNI	19066
5	DZIESENEITUO	19068
6	DZIESENEIZO VIPFHE	19067
7	DZIESEVITUO MERE	19062
8	M. PHEANGNA	19012
9	MEDONGUNUO	19013
10	NiiHiVELii	19019
11	KHOSA	19044
12	LOIMEI	19027
13	LHOULEVINUO	19117
14	LINOVI	19119
15	MANAKALI	19119
16	MEDOVILIE SOLO	19121
17	MELEZOLU	19120
18	KUPU	19046

Dr. P. Suresh
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland

MENTORING FACILITATION
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Don Bosco College
Kohima-797001 Nagaland

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SL.NO	MENTOR: Dr. PINKY SAGOLSEM	ADMISSION NUMBER
	NAME OF THE MENTEES	
1	KEZHAGU-ii CARMILA	19161
2	KEZHANENUO	19162
3	KHREINEITUONUO	19163
4	PHANILO	19083
5	QHETOKALI	19084
6	SASHANGKILA	19085
7	HOWING	19167
8	KEKHRIENGUTONUO	19173
9	KEKHRIESITUO TSEIKHA	19004
10	ALOLI	19029
11	ANKITA	19030
12	ANYI	19040
13	ASO	19031
14	CHOKHONI	19032
15	DAISY	19033
16	A.C PHAKMEI	19096
17	ADINA	19097
18	AKIVIKA	19098

SL. NO	MENTOR: SENTUILE	ADMISSION NUMBER
	NAME OF THE MENTEES	
1	YEPEKA LOTTE	19026
2	SURHULU	19020
3	SENLONGKALA	19085
4	FLORANCE. T. EZUNG	19069
5	IZUNI K WATSO	19035
6	MUGHATILA CHISHI	19126
7	VIVI	19146
8	VIHUNUO	19144
9	VISAKHONUO	19145
10	VIZOVOTUO	19147
11	TEMJENONEN	19173
12	LETOLI WATSO	19116
13	SUISUI HOIRANG	19134
14	THEJASER	19137

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Dr. P. Sur...
 Don Bosco College
 PB - 430
 Kohima-797001, Nagaland

**MENTORING FACILITATION
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SL. NO	MENTOR: ZAVELII KEZO NAME OF THE MENTEES	ADMISSION NUMBER
1	RUOKUONGUNUO	19169
2	RUTACHII	19070
3	VESAZOLU	19091
4	VEKEDUONUO	19092
5	YEMDONG	19093
6	NOUNENGULIE	19011
7	RUOKUOYHOU	19005
8	RiiYANGULIE	19018
9	ZENEILHOUTUO	19028
10	NEITSITUONUO	19045
11	NUPATOLI	19050
12	PETENEINUO	19051
13	NENSIYA	19028
14	NENYA	19029
15	NGAMNYOI	19030
16	NUNGOTA	19031
17	PONGTSULA	19032
18	SENCUMBENI	19033

SL. NO	MENTOR: ZUPENTHUNG SHITRI NAME OF THE MENTEES	ADMISSION NUMBER
1	SANGBOI	19071
2	THEPFULENUO	19074
3	YYIGHUCHU	19094
4	ZUBENO Z EZUNG	19095
5	TAZILU	19020
6	THEJAPHREZO	19021
7	SHULIA	19052
8	SONGMAO	19053
9	THEJANGUNUO	19054
10	THEJAVI	19056
11	THEBONI	19035
12	THEJANGU	19036
13	THEJASER	19037
14	THULIN	19038
15	TOLIKA	19040
16	TOLIVI	19041
17	VEHETUO	19043
18	MUNUVOLU	19014

Dr. P. Suresh.
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland

MENTORING FACILITATION
COMMITTEE
CHAIRMAN

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DON BOSCO COLLEGE, KOHIMA

Mentoring

.....COMMITTEE

MEETING

Academic Year: 2019-2020

Semester: 1st, 3rd, 5th

SEMESTER PLANNER

Time and date: 1:20 P.M 4/6/19

Place: DBCK Staff Room

Number of Participants: 4

Date	Activity	Place	In charge
15/6/19 to 17/6/19	1 st Year Mentoring	DBCK	Dr. Pinky S.
18/6/19 to 20/6/19	2 nd Year Mentoring	DBCK	Dr. Lanokumla
24/6/19 to 27/6/19	3 rd Year Mentoring	DBCK	Zupenthony
20/1/20 to 22/1/20	2 nd Year Mentoring	DBCK	Viphree
23/1/20 27/1/20	2 nd Year Mentoring	DBCK	Dr. Law
28/1/20 30/1/20	3 rd Year Mentoring	DBCK	Dr. Pinky

Minute/report made by: *Dr. Pinky Sagohem*

Signature
Convener

Principal
Don Bosco College
PB 1430
Kohima-791001 Nagaland
Signature
Principal

Signature
IQAC Coordinator

Mentoring report

I started mentoring programme for 2019 batch with 18 students, one left the college and at present 17 mentees are under me from this batch. Some issues raised by the mentees during mentoring session includes Low academic performance, Unsociable/lack of speaking skills in crowd, Relationship problems, No definite goals /aim in life. Certain follow up activities were conducted and organized such as Helped to make a study time table and was asked to follow up as daily routine. Followed them up every semester, gave task to make new friends and communicate with new people, Consoled and advise them, Helped them in sorting out by inspiring them about various successful people.

Mentor
Zavelu kezo
Asst. Professor
Evnvironmental studies



Dr. Principal resh.
Don Bosco College
PB - 430
Kohima-797001 Nagaland

MENTORING FACILITATION
COMMITTEE
MEMBER

Mentoring Session

2019 batch

Academic session 2019-2020

Mentor: Mr. Zupenthung Shitiri

Mentoring session for 2019 batch had been conducted once in every semester but the mentees were being followed up by the respective mentor consistently. The mentoring session had been conducted in two ways. The first method is having session in groups and the second method is to have an interactive session with the mentees personally. During the group session, the mentees were briefed about the whole mentoring process and during the interactive session the mentees were made to open up about their personal life and academic career.

Issues raised/discussed:

During the mentoring session, issues were discussed in two categories concerning the mentees- personal life and academics. With regard to personal life, the mentees can share their personal and family problems which affects their personal life as well as their career. Issues covering their health status, attitudes and approach towards fellow persons and the society leading them to lack of confidence, isolated and undisclosed nature etc. are thoroughly discussed.

In Academics, issues concerning students lack of interest in particular subjects are discussed. Difficulties and problems such as class follow up, irregularities, complicated papers, attendance etc. are discussed personally with the mentee. Slow learners are marked carefully and they are monitored effectively.

Issues resolved:

Issues concerning personal life were being addressed by counselling them through the mentor life experiences, or any other effective means. Under academics, their problems and difficulties on particular papers were addressed to the concerned teacher. The teachers uses different methods and strategies to make it comprehended. Attendance of irregular students are strictly followed up by contacting their parents/guardians and discussed before them. Slow learners are monitored carefully and consistently by giving time and selective assignments for them to work.



Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland

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MEMBER

Mentoring Report

The mentoring programme for 2019 batch started through a well structured mentor-mentee system developed in the college. I was assigned 18(eighteen) students as mentees. However, 2(two) left the college for pursuing their goals in other fields. My mentees were of both the gender – 10(ten) females and 6(six) males. The mentoring sessions were conducted at two levels - in groups and through one-to-one interaction. I prepared the list of students/mentees allotted. Mentees were provided “Mentoring Book” where they wrote all their personal and educational information. All the data/information provided by the mentees is kept confidential. This enabled the mentor-mentee establishing a trustworthy relationship. With the help of the information provided by the mentees, weak areas of the mentees were identified and were closely monitored. Since the mentoring session for this batch is for a period of three years, it is still continuing.

Issues raised		Issues resolved (Continuing)
1.	Unsociable/lack of confidence in the crowd	Gave task to make new friends and to communicate with new people every day. Asked/made them participate and involved in college events and activities on his/hers interest field.
3.	Lack motivation and commitment	Shared one another view point and experiences; recognized their feelings; provided positive feedback and encouragement.
4.	Low academic achievements	Helped to prepare a Study time table and was asked to follow up as a daily routine. Asked them to self-assess time to time.
6.	No definite goals/aims	Made them plan for short term goals and long term goals on both academic and personal life. Asked to focus on their goals and follow them up every semester.

An academic year has been completed mentoring of this batch. It is going to be a challenging one with many issues to be solved, yet I am looking forward for a positive outcome by the time they graduate.

Mentor

Dr. Lanukumla Ao
Assistant Professor
Department of History



Dr. P. Suresh
Principal
Don Bosco College
PB - 430
Kohima
7001 Nagaland


[Signature]
MENTORING COORDINATOR
COMMITTEE

Mentoring Report

I started the mentoring programme for 2019 batch with 18 students, yet 2 left the college for pursuing their goals in other field. At present I have 16 mentees under me from this batch (10 female and 6 male). Below table contains some highlighted issues raised by my mentees so far and continuing to resolve the same, without mentioning the name and personal data of the particulars mentees. Since the mentoring session for this batch is for a period of three years, it is still continuing.

Issues raised		Issues resolved (Continuing)	
1.	Unsociable/inconfidence/lack of speaking skills in crowd	1.	Gave task to make new friends within a speculated given duration and to communicate with new people every day.
2.	Financial problems	2.	Started giving private tuition to relatives and cousins children to sustain and maintain little expenditure of self.
3.	Broken relationships or family	3.	The least that have been done is sharing one another view point and experiences of any such cases.
4.	Low academic achievements	4.	Helped to make a Study time table and was asked to follow up as a daily routine. Spend more time on subjects that are difficult for him or her.
5.	Inability to identify self-image	5.	Gave opportunities to participate and involved in all the college events and activities, exposed to all kinds of activities but mostly on which he/she is interested.
6.	No definite goals of life/no aims	6.	Helped them to set short term goals and long term goals on both academic and personal life and following them up every semester.

One academic year has been completed for the mentoring session of this batch, but not all the mentees are sociable enough to open up and share their problems and experiences. The process of establishing relationship with some of my mentees is still continuing. Though its time consuming, hoping that by the time they graduate, I will have more to reflect on the issues raised and solved.


Mentor
Jarani Mao
Asst. Professor
Dept. of Education



P. Suresh
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland


MENTORING FACILITATION
COORDINATOR
COMMITTEE

Report on mentoring – 2019-22 batch

In the mentoring session of 2019-22 batch 18 mentees were assigned. Usually mentoring session is conducted right after the academic session starts and end of the semester. Mentoring was mostly conducted in one to one session and hardly any group session was conducted as the mentees preferred one to one session. In most cases during the mentoring session mentees come with the issues like relationship, family, gaming, mobile addiction, poor communication skill, shyness, lack of concentration power, poor in studies and so on. As a mentor I tried to get to know their weakness and strength of my mentees and efforts are being made on both side to work on the weakness and resolve the various issues they are facing. The vitality of mentoring was clearly visible in their performance during exams.

The first mentoring session of 2020 was held in the month of August through telephonic conversation, out of 18 mentees, most of them are in Kohima while few in their home town. Each mentees were asked to highlight the various problems they are facing in online classes during this Lockdown period. Most of the mentees said that they have connectivity problems. Some of the problems they shared during online classes: unable to adapt to the new learning system, unable to concentrate for long due to fluctuation in network or connectivity, easily gets distracted, difficult to cope up with the lesson as some teachers are too fast, creating a gap between students and teachers etc. As a mentor, I am trying my best to look into their problems to come out with a better solution.

Submitted by

Mr. Sanihe Ariijii

fr. P. Suresh.
Don Bosco College
PB - 430
Kohima-797001 Nagaland



MENTORING FACILITATION
COMMITTEE
CONVENER

Mentoring Report: 2019 - 2020

Name of Mentor : Dr. Velhou Koza, Assistant Professor, Department of Sociology, DBCK.

Number of Mentees : 18 (Sixteen)

Report:

Mentoring is a relationship between two people with the goal of professional and personal development. There are eighteen (18) students as the mentees belonging to the batch of 2019 – 2022 as supervised by the staff in charge. The various mentoring sessions were held for the BA students during the academic year 2019 – 2020. The students were cooperative in attending the various sessions it was beneficial for them to learn from their mentor. During the mentoring sessions different important areas were discussed in guiding the students for the growth of their future. Some of them are the good qualities they have, the interest areas and the aspects they want to change. The academic and personal matters were discussed where the students share about their problems and difficulties they faced as student. The mentees open up their personal matters where the mentor as guide provides counseling to the mentees. Some of the students also share their problems they face in their studies. Some remedial programmes like writing the past question papers, making notes and preparing schedules for their study were initiated to do well in their studies. The mentor make available the tips and skills to improve their studies. They are instructed to do well in their internal assessment and also in the external examinations to make improvements in their studies. Thus, the mentees are instructed to attend classes regularly and perform well in their exams for the success in their lives. The students were happy about the mentoring programmes organized by the Mentoring Committee, Don Bosco College, Kohima.

A. P. Sanchez
Don Bosco College
PB - 430
Kohima-797001 Nagaland



A. P. Sanchez
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Report on Mentoring (2019)

Name of the Mentor: Tsutshowe-ü Sekhamo
Assistant Professor (Department of History)

At present Tsutshowe-ü Sekhamo is mentoring 19 mentees from Batch 2019. In the first session all the mentees will gather in prearranged classroom and was briefed on the purpose of mentoring sessions. Each was handed a mentoring book and detailed explanation was given on its maintenance. The following sessions were conducted based on one on one meet.

Mentees are prompted with open ended questions so that they open up and discuss on both academic and personal issues. Some mentees are hesitant at first but when encouraged they slowly open up and share their thoughts. Most problems the mentees face are related to their grades, family issues, incapability to speak in public and indecisive future plans.

Based on their problems, the mentees were asked to take up certain challenges. Follow up was done in the following session and if required mentees were contacted during off session hours. Third one on one session was conducted through Google Meet, WhatsApp and Phone Calls due to the ongoing Pandemic. Final results could not be assessed at present since more sessions are yet to be conducted with the current batch. But so far the results shown are positive and the mentees are more open in the sessions.

L. P. Suresh.
Don Bosco College
PB - 430
Kohima-797001 Nagaland



MENTORING FACILITATION
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Report on Mentoring (Batch 2019)

Name of Mentor: Dr. Pinky Sagolsem
Assistant professor, Department of English

Number of Mentees: 18 (Eighteen)

Brief Report: In the Mentoring Sessions of Batch 2019 eighteen students were assigned to staff-in-charge Dr. Pinky Sagolsem as their Mentor for the duration of their course programme. For this batch of students two mentoring sessions were conducted for the academic session 2019-2020. The first one was conducted on 15th - 17th June 2019, and the second mentoring session was conducted on 14th -17th February 2020. Mentoring sessions were conducted in groups at times but most sessions were done one-to-one. In the first mentoring session, the focused was on making the students aware of the benefits of the mentoring. Information on keeping the mentoring book was also shared. In one to one mentoring sessions the Mentor tried to form a bond with the mentee and thereby to make them comfortable to open up. In every mentoring session the mentor follow up the mentees academic performance. Guidance was also given to improve their academic as well as personal growth. The mentoring sessions were highly beneficial for mentees as well as the mentor as the mentoring session gave them a platform to connect the mentee as well as the mentor outside the academic ambience.

Fr. P. Suresh.

Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland



Fr. P.
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REPORT ON MENTORING

BATCH 2019-2022

Name of the Mentor: SENTUILE, Assistant Professor, Department of education

Number of Mentees: 14 (Fourteen)

Brief Report: Mentoring session is held twice every semester. Sometimes mentoring is conducted in groups and one-to-one session. Group mentoring is conducted with the motive to familiarize mentees with their co-mentees, and also to instill in them the spirit of oneness. In one-to-one session mentor encourages the mentees to open up, become expressive and comfortable in sharing their past, grievances and aspirations. Mentor also shares personal past experiences to motivate as well as provide guidance, emotional support, and role modeling taking into consideration the problems shared by them. Mentor also helps them by exploring careers, setting goals, and identifying resources for future benefits. Mentor takes keen interest in addressing the problems raised by students in the most suitable way possible.

Dr. P. Suresh.
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland



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The following are the issues raised and resolved during two mentoring sessions.

Sl. No	NAME	DEPARTMENT	ISSUES	SUGGESTIONS	REMARKS
1	SHURHULU	EDUCATION	Weak in studies	Shared mentor past experiences/ study daily/maintain routine	RESOLVED
2	SENTONGKALA	POL. SCIENCE	Poor concentration	Practice yoga & meditation/ listen to soft music	RESOLVED
3	FLORANCE T. EZUNG	ENGLISH	Lack self confidence	Mentor motivated/ listen to motivational talks	RESOLVED
4	IZUNI K WATSO	ENGLISH	Poor communication skills	Engaged in discussion/ be clear of what you are talking	RESOLVED
5	MUGHATILA CHISHI	POL. SCIENCE	Time management	Maintain routine daily/ set priority	RESOLVED
6	KHRIETSEIHUZO	POL. SCIENCE	Time management	Maintain routine daily/ identify your interest	RESOLVED
7	THEJASER	POL. SCIENCE	Time management	Maintain daily routine/ engage more in productive works	RESOLVED
8	VIVI	POL. SCIENCE	Difficult expressing thoughts	Pen down your thoughts/ talk to someone younger than you	RESOLVED
9	VIHUNUO	POL. SCIENCE	Poor writing skill	Read more/ maintain personal diary	RESOLVED
10	VISAKHONUO	POL. SCIENCE	Lack interest in studies	Shared mentor past experiences/ listen motivational talks	RESOLVED
11	VIZOVOTUO	POL. SCIENCE	More into social life	Focus more in studies/ learn to balance life	RESOLVED
12	TEMJENONEN	POL. SCIENCE	Struggling to find right books for competitive exams	Read NCERT text books / daily newspaper/ watch mock interciwies	RESOLVED
13	LETOLI WATSO	POL. SCIENCE	Slow learner	Read more/ practice reasoning	RESOLVED
14	SUISUI HOIRANG	POL. SCIENCE	Introvert/ not sociable	Make new friends / part take in college activities	RESOLVED

Dr. P. Suresh
Principal
Don Bosco College
PB - 430
Kohima-767001 Nagaland



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(Signature)

Name of Mentor: Mrs. Kezienuo

Assistant Professor, Department of Political Science

Batch 2019-2022

A brief report on the completion of 1 year mentoring i.e., 2019-2020

18 students were assigned to Mrs. Kezienuo as their mentor for 3 years of the study in the college. The first mentoring session was conducted in the form of group for self-introduction and to give instructions on maintaining their mentoring book. In one to one sessions the mentor tried to put the mentees in the comfortable zone. For each session mentees were asked to give update on their academic accomplishments, goal, challenges and subsequent sessions noted the progress of those goals through the maintenance of a mentee book. One (1) of the mentees came with the academic problem where she finds difficulty to understand in one paper so the mentor had helped her with the study materials. The mentoring sessions are highly beneficial for the mentees as they are able to relate and share their academic or personal problems with their mentor in confidence. So far, mentees are doing well in their studies and their conduct is good.



Fr. P. Suresh.
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland

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Mentoring Report

The first mentoring session for the year 2019 was conducted in the month of January. The mentoring for each batch lasted for 3 days. The schedule followed for the mentoring session was given below:

1. 16th -18th January: Mentoring for 6th Semester Students
2. 21st -23rd January: Mentoring for 4th Semester Students
3. 24th - 28th January: Mentoring for 2nd Semester Students

During the mentoring the mentor focused on the issues relating to both the mentee's academic as well as personal aspects. The teachers' tried their best to motivate and discuss their academic and personal concerns. Almost all the students turned up for the session.

Mentoring Report

The second mentoring session for the year 2019 was conducted in the month of June and July. The schedule followed for the mentoring session was given below:

Mentoring for 1st Semester Students (15th -17th June): The respective mentors were given 17 mentees each. Since it was their first time with their mentor they did not open up much. They were told to fill up the mentoring book and submit it to their respective mentor on time.

Mentoring for 3rd Semester Students was supposed to be from 18th - 20th June but it was continued till the 24th of June. It was because most of the 3rd semester students were participating and helping in the preparation of the Freshers' Party which was conducted on 21st of June.

The same was the case for the Mentoring for 5th Semester Students. The schedule for mentoring for the 5th semester was from 24th - 26th June but because of some programme in the college the students were busy. So the mentoring continued till 3rd of July.

The mentors submitted the list of absentees during the mentoring programme on the last day of the mentoring session.

By this time of mentoring most of the 3rd and 5th semester students were opening up and a bond between the mentor and mentee could be formed.

A. P. Savesh.
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland

