

Title of the Practice : Effective Mentor - Mentee program

Mentoring provides support, strength and guidance to the students who are facing challenges in learning due to educational, social, emotional, and behavioural problems which effects their steady growth in their studies.

Objective of the Practice : As we have peers from various social and Educational backgrounds that to most of them from rural culture with Telugu medium of instruction, in this regard effective Mentoring seeks offer motivation, directive guidance and role modelling to mentees while they go through the challenges of College Education with English as the medium of instruction.

To make the successful Mentor - Mentee relation, the Mentor has to follow some methods which are as follows

- The Mentor should be like a pillar of support to the Mentees in their challenges.
- Always should motivate them to set and achieve goals by bringing out their hidden capabilities.
- To inculcate in them ,the attitude of self responsibility, disciplined life, teach them to maintain good charecter.
- Be a good consultant and Counsellor.
- Be always available to listen to the students with compassion.
- Be able to give constructive feedback

The Context

The transitional period between Secondary Education and Tertiary Education poses a host of problems like economic stress, staying away from parents, different types of pressures from family and parents to conform to certain standard practices, challenge of making good friends, health issues, inadequate knowledge in subject, and time management. The new ambience and new acquaintances, new teachers create a confusion in the student minds. They do not know, whom shall they share their feelings, problems to get support lead to frustration, disheartenment, and lack of emotional poise. Hence, Mentor's priority is not just preparing the Mentees for college life but also for the journey of life.

The Practice

Mentoring Programme has been conducted by he institute in a regular and well - planned manner. This programme includes the following activities for the past 5 years

WARD COUNSELLING SYSTEM (2017 - 2018)

- Ward register is maintained by all the Mentors of their respective discipline consisting of all the particulars and personal information of the students.
- Mentors will be taking special and regular ward - class atleast once in a



month. The class includes briefing of their regularity to the classes, academic progress, discipline to be maintained by the mentees, suggestions to them to maintain belongingness, oneness among everyone and the harmony of the educational realm.

- Mentors from teaching staff are always available for the consultation and advice on all matters of academic, social and health issues.

MENTOR - MENTEE PROGRAMME (2018 - 2021)

- Students are supposed to apply leave through their Mentors to the class teachers. Progress of report of every mentee containing personal details and internal assessment marks of all 6 semesters were maintained by the Mentors.
- Discuss individual problems they face from within and outside of the campus.
- Finally the formal interactions revolved around personal hygiene, dress code, punctuality, following the code of conduct, career guidance and personal counselling.
- All guidance given by the Mentor, talk to parents, meetings and minutes of the meetings are recorded and it is maintained by each and every Mentor.
- Record of mentees who are pursuing Higher Education is maintained by the individual Mentors.

IDENTIFICATION OF SUCCESS

- Consistent caring and guiding acted as a morale booster in improving regular attendance, pass percentage, social behaviour, increased enrolment in Higher Education programmes.
- Continuous monitoring and genuine mentoring has created self motivation among students to face personal and academic challenges boldly.
- A strong and caring triangular bond is built day by day among parents, students, and teachers.
- The overall development of the students is the evidence of additional care taken by the Mentors.
- In our Institute, it has become a grand success as the student has the same throughout the course.
- The success of this programme is mainly attributed to the faculty who consciously and consistently maintain a good relation with parents and mentees and it is reciprocated in the same way by them even beyond the classroom.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

- Mentoring is a two way process, where if one side shows less interest, it would affect the healthy relationship.
- Space constraints pose difficulties in conducting sessions in separate classrooms, specially while examinations were conducted.
- Sometimes students prefer a particular teacher as the mentor which cannot



- practically possible all times.
- Sometimes, the familiarity of subject teachers akes them bottle up their difficulties.

YOGA : Importance of Yoga for young women

Title of the Program : Benefits of Practising YOGA in every day life

Objectives of the Practice : The main objective of conducting YOGA in our Institute to make our girls strong enough to face any challenges in life,as Yoga helps manage and reduce stress ,relaxes mind in young girls ,boost up with energy and brighter moods,which would be beneficial to them to concentrate more on their set goals.

CONTEXT : The purpose of Yoga is to discernment ,awareness,self - regulation and higher consciousness in the idividual.As the split occurring between those seeking physical developement versus those seeking spiritual developement has widened, the lack of awareness and attention to inner experience has disconnected the practitioner from his body.The practice of Yoga the Young teen girls to face the major changes their body undergoes at this time.The practice of Pranayama will keep the girl calm all the time.Asanas will help her develop a regular and healthy mentrual cycle.As we see,Yoga helps a woman at any stage of her life,we have started implementingYOGA practice to our Girls in our Institute year.

