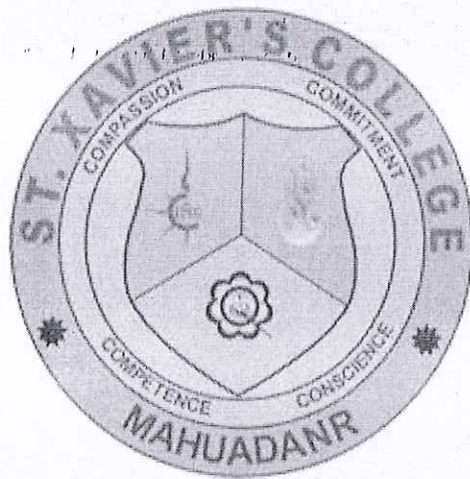


St. Xavier's College

Mahuadanr



Internal Complaint Cell
Action Taken Report 2022-23

St. Xavier's College, Mahuadanr
Grievance Redressal Committee
Action Taken Report
2022-23

S. No.	Grievances	Action Taken
1.	ICT facilities and infrastructure for online teaching	The IQAC offered technical assistance and expertise to all departments, cells, and committees in order to facilitate event organization. Additionally, the ICT facilities and infrastructure for online teaching were updated with an increase of 10 new computers and an additional 10 MBPS internet lease line connection.
2.	Capacity building programme for the staff	Capacity-building programs were conducted to enhance the skills, instincts, abilities, processes, and resources of all teaching and non-teaching staff in order to ensure the college's success in a constantly evolving world.
3.	Suggestion to upgrade the Sports and Gym facility.	<ul style="list-style-type: none"> • The Sports committee coordinator prepared a list of requirements in order to upgrade the Sports and Gym Facilities for the tremendous benefit of students. • This upgrade enhanced the quality of sports and gym activities while promoting health and fitness. • The necessary materials were then purchased.
4.	Request for the availability of online resources for teaching.	A wide range of national and international e-books access was made available to the students

		and faculty members through the N-LIST and NDLI platforms. These platforms offer an extensive collection of digital books, journals, research papers, and other scholarly content, enhancing the academic resources available to the college community.
5.	Parents suggested that besides the regular teaching learning process, students should be given some exposure to real world problems	Students are strongly encouraged to actively participate in extension activities programs alongside their regular curriculum. These extension activities provide students with invaluable opportunities to experience and understand real-life situations in the world beyond the classroom.
6.	Increase of Certificate Courses	New certificate courses have been introduced along with existing certificate courses to update and enable the students to gain technical skills, fulfill job-related duties, and build essential transferable competencies such as critical thinking and decision-making.



Coordinator



Chairperson

Principal
St. Xavier's College
Mahuadaar

St. Xavier's College

Mahuadanr



Internal Complaint Cell

Action Taken Report 2021-22

St. Xavier's College, Mahuadanr

Grievance Redressal Committee

Action Taken Report

2021-22

	Grievances	Action Taken
1.	Improve the Library's resources	The college administration made efforts to improve the library's resources, and as a result, more books were purchased, including academic textbooks, reference materials, fiction, non-fiction, and research publications, enriching their learning experience and catering to various interests and academic needs.
2.	Students voiced the demand for more departmental trips and educational excursions so that learning may move beyond the confines of the classroom.	The Departments have been encouraged to include more trips and excursions in their curriculum transaction so as to make teaching- learning an engaging process. Each department organizes extension, study tours, picnics reach out activities every year.
3.	Conduct of frequent career counseling sessions so that students have more knowledge about their post-collegiate professional options.	The Placement Cell and Departments are encouraged to conduct counseling sessions, talks, and seminars for students to gain greater clarity on their career options. The Placement Cell was also advised to be more responsive to students' needs and to raise awareness among students about the activities they organize for placements through various mediums.
4.	Minor repairs in washroom facility	Repairs were done in the washrooms as per the specific requirements and needs identified. The

		<p>maintenance team carefully assessed each washroom's condition and addressed issues such as leaky faucets, broken fixtures, and faulty plumbing. Additionally, any necessary refurbishments and replacements were made to ensure that the washrooms are fully functional and provide a clean and hygienic environment for all users.</p>
5.	<p>Organizing more workshops, field trips, good internship opportunities, exchange programme and cultivating a healthy student-teacher bond have been proposed to enhance the learning experience of students for their holistic development.</p>	<p>The heads of the departments were informed to take corrective measures in conducting the workshops, field trips, internships, and exchange programs regularly.</p>



Coordinator

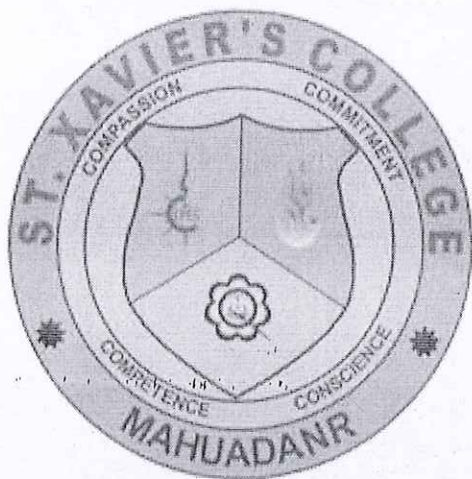


Chairperson

Principal
St.Xavier's College
Mahuadanr

St. Xavier's College

Mahuadanr



Internal Complaint Cell

Action Taken Report 2020-21

St. Xavier's College, Mahuadanr

Grievance Redressal Committee

Action Taken Report

2020-21

S. No.	Grievances	Action Taken
1.	Students faced difficulty in internal assessments during the pandemic.	Online tests, quizzes, handwritten assignments, and project work were used to assess the level of understanding of students.
2.	E-Contents and videos are to be made available to the students.	During the lockdown, all soft copy materials of teaching notes were collected and printed in the college office for students' reference in the future. As per NPU requirements, all the links of online teaching materials were sent to the University WhatsApp group, which was well appreciated by the Vice-Chancellor of the University.
3.	Mental stress was faced during the COVID-19 pandemic.	The Personnel Counseling Committee helped in dealing with stress and depression among students through virtual modes. Teachers also ensured to reach out to the students and help them deal with the stress.
4.	COVID-19 outreach programs were organized.	The urgent needs of the people in Mahuadanr during COVID-19 were identified. The required materials like masks, dal, and rice were distributed to a number of people around the village.



Coordinator

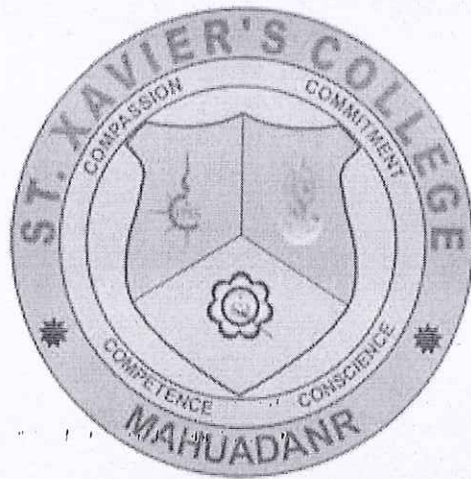


Chairperson

Principal
St. Xavier's College
Mahuadanr

St. Xavier's College

Mahuadanr



Internal Complaint Cell
Action Taken Report 2019-20

St. Xavier's College, Mahuadanr
Grievance Redressal Committee

Action Taken Report

2019-20

S. No.	Grievances	Action Taken
1.	Suggestion to encourage computer training facilities for the students.	Basic computer training was given to the students by Mr. Ravindra Minj, Mr. Binod Xalxo, and Mrs. Dipika Kujur.
2.	Arrangement of Training Programs for Students.	Training programs were arranged by the Career Counseling Cell to prepare students to face interviews. Aptitude tests for all final year students were also held.
3.	Irregularity of Canteen Services.	Canteen services were checked, and they were asked to provide food items regularly.
4.	Misbehavior of two senior students with juniors.	The Anti-ragging committee found out the names of the students and guided them to behave properly. The two students were counseled to find out the reason behind their misbehavior.
5.	Abusive language used by a few students.	A meeting was called by the Grievance Redressal Cell Coordinator, Asst. Prof. Zafar Iqbal. The Principal called the parents of the students and informed them in front of their wards. The students were directed to the Personal Counseling Coordinator for further guidance.
6.	Introduction of an online feedback system.	The online feedback system was developed with the help of the Anti-grievance cell.


Coordinator


Chairperson
Principal
St. Xavier's College
Mahuadanr

St. Xavier's College
Mahuadanr



Internal Complaint Cell
Action Taken Report 2018-19

St. Xavier's College, Mahuadanr
Grievance Redressal Committee
Action Taken Report
2018-19

S. No.	Grievances	Action Taken
1.	More textbooks are to be added to the library.	The Heads of Departments (HODs) of all the departments have listed the required textbooks. This list was presented to the Principal, and as a result, the Administration has purchased the necessary textbooks. Additionally, the faculties have been informed to purchase the required books individually, and they are requested to submit the bills to the college treasurer for reimbursement.
2.	Suggestion to conduct more extracurricular activities.	Several extracurricular activities such as Sports, Debate, Extempore, and Quiz were conducted by the IQAC, Literary Committee, and Cultural and Sports Committee.
3.	Requirements for Safe Drinking Water.	Sufficient taps, along with water purifiers, were installed on each floor to provide drinking water facilities. The tanks are cleaned regularly.
4.	Education tours and picnics must be arranged.	Education tours were arranged as per the needs of the curriculum requirements. Picnics were arranged department-wise.



Coordinator



Chairperson
Principal
St. Xavier's College
Mahuadanr

ST. XAVIER'S COLLEGE, MAHUADANR
(2022-23)
DEPARTMENT OF PHYSICS
Sem-V (2020-23)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Zafar Aqubal

SI NO.	Name of Mentee	Problems Identified	Solution	Contact no.	Email-ID
1	xxyyzz	Time management	<ul style="list-style-type: none">• Advised to set a to-do list and follow the list• Helped to prioritize tasks	8294801912	Ramkarn316@gmail.com
2	xxyyzz	Weak	<ul style="list-style-type: none">• Encouraged to set goals to achieve and follow a timetable• Helped to identify the preferred learning style and adapt study methods accordingly	7261814903	Kujurneeraj3@gmail.com

ST. XAVIER'S COLLEGE, MAHUADANR
(2022-23)
DEPARTMENT OF PHYSICS
Sem-V (2020-23)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Zafar Aqubal

SI NO.	Name of Mentee	Problems Identified	Solution	Contact no.	Email-ID
1	xxyyzz	Time management	<ul style="list-style-type: none">• Advised to set a to-do list and follow the list• Helped to prioritize tasks	8294801912	Ramkarn316@gmail.com
2	xxyyzz	Weak	<ul style="list-style-type: none">• Encouraged to set goals to achieve and follow a timetable• Helped to identify the preferred learning style and adapt study methods accordingly	7261814903	Kujurneeraj3@gmail.com

3	xxyyzz	laziness	<ul style="list-style-type: none"> • Helped to set clear and achievable academic goals to provide motivation • Suggested to establish a reward system for reaching milestones in studies. 	7366083318	Vijaybeck899@gmail.com
4	xxyyzz	Irregular	<ul style="list-style-type: none"> • Helped to set specific attendance goal for each class and track the progress • Helped to create a weekly study schedule to prioritize attendance 	7481096660	Ujjwalt748@gmail.com
5.	xxyyzz	Irregular	<ul style="list-style-type: none"> • Personal counseling to find the reasons for irregular attendance • Helped to set specific attendance goal for each class and track the progress 	9973562027	Kumaripuja23032003@gmail.com
6.	xxyyzz	shyness	<ul style="list-style-type: none"> • Helped to ask questions in a smaller , less intimidating settings • Helped to ask questions with friends and classmates to build confidence 	8986891210	Anjninagesia2@gmail.com

7.	xyyyzz	Reserved	<ul style="list-style-type: none"> • Advised to socialize in small groups • Personal counseling to help open up and find the root cause of the problem 	9835031815	Rohitbrijia73@gmail.com
8.	xyyyzz	Procastination	<ul style="list-style-type: none"> • Helped students to identify the root cause of procrastination • Suggested to set deadlines for smaller tasks to avoid procrastination 	7542805292	Ranjitkumar23768@gmail.com
9.	xyyyzz	shyness	<ul style="list-style-type: none"> • Advised to engage in small group activities • Helped to take up leadership for departmental programs 	8986788628	Pritikujur173@gmail.com



Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2022-23)
DEPARTMENT OF PHYSICS
Sem-III (2021-24)

Mentor Mentee Report

Name of the Mentor- Asst. Prof. Sr. Jolly K. Thomas

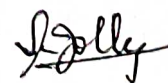
SI NO.	Name of Mentee	Problems Identified	Solution	Contact no.	Email-ID
1	xxyyzz	Irregular for Class, Weak in study, Bunking off classess	<ul style="list-style-type: none">• Personal counseling to find the root cause of problems faced and parent meeting• Advised to get personalized help from the professors and monitor the progress	9470589736	rishabh.sonil6@gmail.com

2	xyyyzz	Lack of concentration in study, Irregular attendance	<ul style="list-style-type: none"> Helped to set personal goals for attendance and rewarded when improvement shown, practice of meditation, Yoga Received application with parent's signature and advised to study properly 	7464047669	anujkeshri1618@gmail.com
3	xyyyzz	Weak in study, Poor attendance	<ul style="list-style-type: none"> Encouraged to set achievable goals and follow a timetable Asked to attend remedial coaching in difficult subjects 	9508639967	rahkumar7319@gmail.com
4	xyyyzz	Weak in study, Not able to memorize the answers	<ul style="list-style-type: none"> Encouraged to set goals to achieve and follow a timetable Helped to change the study methods and check the progress 	6299910779	kumarajit46501@gmail.com
5	xyyyzz	Weak in study, Economic Problems, Family Issues	<ul style="list-style-type: none"> Family visit to study the real issues of the student, economic help given in need Asked to attend remedial coaching in difficult subjects 	8789544613	ronitroy9905@gmail.com

6	xxyyzz	Weak in study	<ul style="list-style-type: none"> • Encouraged to set goals to achieve and follow a timetable • Helped to change the study methods and check the progress 	9508447873	kumard62637@gmail.com
7	xxyyzz	Shyness, Difficulty with Mathematical concepts	<ul style="list-style-type: none"> • Helped to improve social skills by interacting in small groups • Given special help to understand Basic mathematical concepts 	7209396108	amardeepyadav5225@gmail.com
8	xxyyzz	Shyness, Lack of self-confidence	<ul style="list-style-type: none"> • Helped to accept that fact that many people feel shy at times and it's a common experience • Helped to improve social skills by interacting in small groups 	7482989067	eleenekka6@gmail.com
9	xxyyzz	Shyness in asking questions	<ul style="list-style-type: none"> • Group discussions and peer-teaching sessions to foster collaborative learning atmosphere • A supportive and open classroom environment for asking 	9693789966	ankittirkey277@gmail.com

			questions		
10	xyyzz	Irregular, Sudden emotional Instability and Distress	<ul style="list-style-type: none"> Encouraged to do meditation and relaxation exercises Encouraged to do meditation and relaxation exercises 	6287828774	amitkumarsoni1123@gmail.com
11	xyyzz	Lack of concentration, Difficulty in recollecting answers during Exams	<ul style="list-style-type: none"> Helped with meditation and mindfulness to improve focus and reduce distractions Asked to limit access to distracting websites and apps during study sessions 	8862896629	arasarina73@gmail.com
12	xyyzz	Over excitement	<ul style="list-style-type: none"> Advised to control emotions through meditation and yoga Asked to break tasks into manageable steps to stay focused 	9523880494	tejasviekka4@gmail.com
13	xyyzz	Lack of confidence	<ul style="list-style-type: none"> Helped to practice autosuggestions of positive self belief Asked to be in the company of people who are supportive and encouraging 	9608698566	gidhnancy0919@gmail.com
14	xyyzz	Inferiority complex	<ul style="list-style-type: none"> Advised to seek counseling to get help to 	6203887217	Aekka8292@gmail.com

			<p>identify the causes of Inferiority complex</p> <ul style="list-style-type: none"> • Advised to challenge negative self-perceptions and never to underestimate self 		
15	xyyyzz	Irregular	<ul style="list-style-type: none"> • Helped to set personal goals for attendance and rewarded when improvement shown • Received application with parent's signature and advised to study properly 	8233415438	Samudwarkundan31@gmail.com
16	xyyyzz	Family problem	<ul style="list-style-type: none"> • Personal Counseling to find the real issues pf the family and family visit • Helped with self-care and stress management techniques to cope with family - related stress 	9060738974	Jitendedkr822119@gmail.com



Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2022-23)
DEPARTMENT OF PHYSICS
Sem-I (2022-25)
Mentor Mentee Report

Name of the Mentor- Asst. Prof. Ajay Kumar Saw

SI NO.	Name of Mentee	Problems Identified	Solution	Contact no.	Email-ID
1	xxyyzz	Lack of concentration	<ul style="list-style-type: none">• Asked to reduce time using social media• Advised to practice mindfulness and meditation techniques to improve focus and reduce distractions	7856834141	Akhleshoraon806@gmail.com
2	xxyyzz	shyness	<ul style="list-style-type: none">• Advised to seek guidance from the counsellor to find the root cause of the problems• Helped to set social goals to gradually overcome	7250664895	Alkanagesia0@gmail.com

			shyness			
3	xxyyzz	Weak study	in	<ul style="list-style-type: none"> Encouraged to set goals to achieve and follow a timetable Helped to change the study methods and check the progress 	9508214508	ashishjoshia@gmail.com
4	xxyyzz	Irregular		<ul style="list-style-type: none"> Personal counseling to find the reasons of irregular attendance Suggested to create a structured study schedule and stick to it 	8789778081	johncristpian@gmail.com
5	xxyyzz	Week study	in	<ul style="list-style-type: none"> Encouraged to set goals to achieve and follow a timetable Helped to identify the preferred learning style and adapt study methods accordingly 	8825113341	Singhshobhan620@gmail.com
6	xxyyzz	Time management		<ul style="list-style-type: none"> Advised to set a to-do list and follow the list Suggested to prioritize tasks for efficient time management 	6260392925	nishadeeptitoppo@gmail.com
7	xxyyzz	Reserved		<ul style="list-style-type: none"> Advised to socialize in small groups Personal 	9905149206	raj01835230@gmail.com

			counseling to help open up and find the root cause of the problem		
8	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Taught mindfulness and meditation techniques to improve concentration • Encouraged to have regular exercise and healthy diet to boost overall focus and energy 	6203379146	ribekalakra@gmail.com
9	xyyzz	Week in study	<ul style="list-style-type: none"> • Encouraged to set achievable goals and follow a timetable • Asked to attend remedial coaching in difficult subjects 	7856077080	Kujursameer635@gmail.com
10	xyyzz	Irregular	<ul style="list-style-type: none"> • Personal counseling to find the real reasons for irregularity • Helped to set personal goals for attendance and appreciated for the improvements 	9771951828	Stevengilburt187@gmail.com

A. Joy Kumar
Signature of Mentor

**St. Xavier's College, Mahuadanr
(2021-22)**

**Department of Physics
Sem-VI (2019-22)**

**Mentor Mentee Report
(Students who are slow learners)**

Name of the Mentor-Asst. Prof. Md. Zafar Aqubal

SI NO	Name of Mentee	Problems identified	Solution	Contact no.	Email ID
1	xxyyzz	weak	<ul style="list-style-type: none">• Helped with remedial classes• Advised to clarify doubts from professors and classmates to improve the understanding capacity	7632004289	manojram25480@gmail.com
2	xxyyzz	weak	<ul style="list-style-type: none">• Personal Counselling to set academic goals• Advised to clarify doubt from	9631604533	neerakacchap1998@gmail.com

			clarify doubt from teachers and classmates and get personalized help		
3	xyyzz	Irregular attendance	<ul style="list-style-type: none"> • Personal Counselling, to find the reasons for irregular attendance • Parents Meeting to collect information regarding the ward and increased parental responsibility in the growth of the student 	8986788862	yadavpradeepkumar672@gmail.com
4.	xyyzz	Irregular	<ul style="list-style-type: none"> • Personal counselling to identify the root causes of irregularity and strategies to address them • Parents Meeting fir increased parental involvement and accountability 	9060268413	ranjankumar60456@gmail.com
5.	xyyzz	weak	<ul style="list-style-type: none"> • Helped with extra classes • Personalized tests and extra study 	8434691094	rekhanagesia2003@gmail.com

			material given		
6.	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> Encouraged the students to set clear academic goals and helped to prioritize in order to stay focused on what matters most. 	7463956099	satyamkumar74035@gmail.com
7.	xxyyzz	sick	<ul style="list-style-type: none"> Guided to have proper medical check-up Advised to have healthy food regularly 	8002598180	vikramlakra913@gmail.com
8.	xxyyzz	Irregular	<ul style="list-style-type: none"> Personal counselling to set realistic goals and strategies to achieve the goals Parental meeting to get greater involvement 	9006605198	vishalgupta900605198@gmail.com
9.	xxyyzz	Irregular	<ul style="list-style-type: none"> Helped to set high academic goals Encouraged to follow a proper personal time table and follow it 	9162431347	wasif9006@gmail.com
10.	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> Helped with meditation 	9470104992	amitbro7452@gmail.com

			<p>and mindfulness practices to improve concentration</p> <ul style="list-style-type: none"> • Personal counseling to find the difficulties and problems faced by the student 		
11.	xyyyzz	Weak	<ul style="list-style-type: none"> • Helped with extra classes • Personalized tests and extra study material given 	9575247976	shantibargar@gmail.com
12.	xyyyzz	Lack of confidence	<ul style="list-style-type: none"> • Through personal counseling, reasons for lack of confidence was found • Advised to practice self affirmative and positive self talk to boost self confidence 	7479760717	ujalamar@gmail.com
13.	xyyyzz	Shy	<ul style="list-style-type: none"> • Advised to take part in role plays exercise to practice social interactions • Encouraged to participate in departmental activities 	7485087263	alpnaekka228@gmail.com

14.	xxyyzz	Poor communication skills	<ul style="list-style-type: none"> • Encouraged to practice public speaking in small group like departmental program • Helped with good communication skills such as active listening, keeping eye contact while talking etc 	9470541877	brahmdevsingh851@gmail.com
15.	xxyyzz	weak	<ul style="list-style-type: none"> • Advised to seek help from professors for difficult subjects • Encouraged to set goals to achieve and follow a personal timetable 	7479739836	kumarabijeet5471@gmail.com
16.	xxyyzz	overdependence	<ul style="list-style-type: none"> • Advised to come out of the comfort zone and do new things. • Encouraged to have self reliance by tackling tasks independently 	7632089585	asmitatigga14@gmail.com
17.	xxyyzz	Weak	<ul style="list-style-type: none"> • Suggested to seek help from 	7762096041	jenasnehatoppo001@gmail.com

			<p>professors to understand concepts clearly</p> <ul style="list-style-type: none"> • Asked to join study groups for peer learning and accountability 		
18.	xxyyzz	Irregular	<ul style="list-style-type: none"> • Personal counseling to find the real reasons for irregularity • Helped to set personal goals for attendance and appreciated for the improvements 	9162436981	Vy025045@gmail.com



Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2021-22)
DEPARTMENT OF PHYSICS
Sem-V (2020-23)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Sr. Jolly K. Thomas

SINO.	Name of Mentee	Problems Identified	Solution	Contact no.	Email-ID
1	xyyyzz	Irregular	<ul style="list-style-type: none">• Family visit for parental involvement in sending their ward on time.• Helped to set personal goals for attendance and appreciated for the improvements	8294801912	Ramkarn316@gmail.com
2	xyyyzz	Weak	<ul style="list-style-type: none">• Encouraged to set goals to achieve and follow a timetable• Helped to change the study methods and check the progress	7261814903	Kujurneeraj3@gmail.com
3	xyyyzz	Weak and sick	<ul style="list-style-type: none">• Encouraged to set goals to achieve and follow a timetable• Advised to have proper medical checkup and to have healthy food	7366083318	Vijaybeck899@gmail.com
4	xyyyzz	Irregular	<ul style="list-style-type: none">• Personal counseling to find the real reasons for irregularity• Helped to set personal goals for attendance and appreciated for the	7481096660	Ujjwalt748@gmail.com

			improvements		
5.	xxyyzz	Irregular	<ul style="list-style-type: none"> Helped to set personal goals for attendance and rewarded when improvement shown Received application with parent's signature and advised to study properly 	9973562027	Kumaripuja23032003@gmail.com
6.	xxyyzz	Shy in asking questions	<ul style="list-style-type: none"> Group discussions and peer-teaching sessions to foster collaborative learning atmosphere A supportive and open classroom environment for asking questions 	8986891210	Anjninagesia2@gmail.com
7.	xxyyzz	feels sleepy while studying	<ul style="list-style-type: none"> Suggested to have a consistent sleep schedule with adequate rest each night Asked to incorporate physical activity or short walks during study breaks to boost energy 	9835031815	Rohitbrijia73@gmail.com
8.	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> Helped with meditation and mindfulness to improve focus and reduce distractions Asked to limit access to distracting websites and apps during study sessions 	7542805292	Ranjitkumar23768@gmail.com
9.	xxyyzz	shyness	<ul style="list-style-type: none"> Helped to improve social skills by interacting in small groups Helped to accept that fact that many people feel shy at times and it's a common experience 	8986788628	Pritikujurl73@gmail.com

Jolly

Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2021-22)
DEPARTMENT OF PHYSICS
Sem-III (2021-24)

Mentor Mentee Report

Name of the Mentor- Asst. Prof. Fr. Simon Murmu

SI NO.	Name of Mentee	Problems Identified	Solution	Contact no.	Email-ID
1	xyyzz	Lack of concentration in study	<ul style="list-style-type: none">• Helped with meditation and mindfulness to improve focus and reduce distractions• Asked to limit access to distracting websites and apps during study sessions	9470589736	Rishabh.soni16@gmail.com
2	xyyzz	Procrastination	<ul style="list-style-type: none">• Helped to set specific deadlines for each task and stick to them• Suggested to	7464047669	Anujkeshri1618@gmail.com

			<p>create a structured daily and weekly study schedule to build discipline</p> <ul style="list-style-type: none"> • 		
3	xxyyzz	Irregular	<ul style="list-style-type: none"> • Personal counseling to find the real reasons for irregularity • Helped to set personal goals for attendance and appreciated for the improvements 	9508639967	Rahkumar7319@gmail.com
4	xxyyzz	Lack of confidence	<ul style="list-style-type: none"> • Suggested to have the personal counseling to identify the root causes • Encouraged to participate in short program and departmental activities 	6299910779	Kumarajit4650@gmail.com
5	xxyyzz	Family problem	<ul style="list-style-type: none"> • Personal counseling of the students along with parents • Helped to communicate openly with the family about the academic goals and challenges 	8789544613	Ronitroy9905@gmail.com
6	xxyyzz	Irregular	<ul style="list-style-type: none"> • Personal dialogue to find the cause of 	9508447873	Kumard62637@gmail.com

			<ul style="list-style-type: none"> irregular attendance Supportive environment created where better relationships are built with students. 		
7	xxyyzz	Lack of confidence	<ul style="list-style-type: none"> Through personal counseling, reasons for lack of confidence was found Advised to practice self affirmative and positive self talk to boost self confidence 	7209396108	Amardeepyadav5225@gmail.com
8	xxyyzz	feels sleepy while studying	<ul style="list-style-type: none"> Helped to ensure that there is enough time for sleep at night Suggested to take short, active breaks during study sessions to re-energize the mind and body 	7482989067	Eleenekka6@gmail.com
9	xxyyzz	shyness	<ul style="list-style-type: none"> Helped to practice asking questions with friends and study group to build confidence Helped with personal counseling to 	9693789966	Ankittirkey277@gmail.com

			find the root cause		
10	xyyzz	impulsive	<ul style="list-style-type: none"> • Helped through mindfulness meditation and self-awareness • Advised to create a pause before making decisions to allow time for rational thinking and reflection 	6287828774	Amitkumarsoni1123@gmail.com
11	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Helped with meditation and relaxation techniques for better focusing • Helped to identify personal issues followed by Personal counseling 	8862896629	Arasarina73@gmail.com
12	xyyzz	Over excitement	<ul style="list-style-type: none"> • Advised to control the emotions through mindfulness exercise • Suggested to do Pranayama exercise to stay calm and focused 	9523880494	Tejasviekka4@gmail.com
13	xyyzz	Weak in study	<ul style="list-style-type: none"> • Advised to seek help from professors for difficult subjects • Encouraged to set goals to 	9608698566	Gidhnancy2004@gmail.com

			achieve and follow a personal timetable		
14	xyyzz	Time management	<ul style="list-style-type: none"> • Advised to set a to-do list and follow the plan • Asked to prioritize tasks based on urgency and importance to make the most of the time 	6203887217	Aekka8292@gmail.com
15	xyyzz	Irregular	<ul style="list-style-type: none"> • Advised to prepare a daily schedule that prioritizes attendance • Visited the family to learn the situation and encourage parental role in caring for the student 	8233415438	Samudwarkundan31@gmail.com
16	xyyzz	Family problem	<ul style="list-style-type: none"> • Personal counseling of the students along with parents • Helped to communicate openly with the family about the academic goals and challenges 	9060738974	Jitendedkr822119@gmail.com



Signature of Mentor

**St. Xavier's College, Mahuadanr
(2020-21)**

**Department of PHYSICS
Sem-VI (2018-21)**

**Mentor Mentee Report
(Slow Learners)**

Name of the Mentor-Asst. Prof. Zafar Aqubal

S. No.	Name	Problem identified	Solutions	Contact no.	Email ID
1	xyyzz	Over excitement	<ul style="list-style-type: none">• Helped to practice mindfulness and relaxation techniques• Helped with deep breathing exercises to remain calm and focused	7296089111	rkanusingh2gmail.com
2	xyyzz	Lack of concentration	<ul style="list-style-type: none">• Encouraged to set a dedicated study environment free from distractions• Advised to try mindfulness exercise and meditation to improve the ability to stay focused	7462804135	12haquirknamul@gmail.com
3	xyyzz	Weak and sick	<ul style="list-style-type: none">• Advised to	8986784818	jamestirkey77@gmail.com

			<p>have a medical checkup</p> <ul style="list-style-type: none"> • Suggested to have food on time and bring Tiffin to help oneself with sufficient energy 		
4	xyyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	8987803315	ronaldxalxo196@gmail.com
5	xyyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to improve the ability to stay focused 	9006696698	rubionlymee2gmail.com
6	xyyyzz	Family problem	<ul style="list-style-type: none"> • Personal counseling to find the real problems faced by the student • Suggested to speak openly to the family members about one's expectation 	89879124395	ruhamalakra40@gmail.com
7	xyyyzz	shyness	<ul style="list-style-type: none"> • Advised to practice 	9430740933	kritikumari26022001@gmail.com

			<p>positive self-talk and remind oneself about one's strength</p> <ul style="list-style-type: none"> Helped to prepare a few conversation starters in advance while attending social gatherings or event 		
8	xxyyzz	Weak in study	<ul style="list-style-type: none"> Helped with remedial classes Advised to clarify doubts from professors and classmates to improve the understanding capacity 	8296602029	laxmankumhar1998@gmail.com
9	xxyyzz	Irregular	<ul style="list-style-type: none"> Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm Helped to set realistic academic goal 	9470173932	krssaurav765kr@gmail.com



Signature of Mentor

**St. Xavier's College, Mahuadanr
(2020-21)**

**Department of Physics
Sem-IV (2019-22)**

**Mentor Mentee Report
(Students who are slow learners)**

Name of the Mentor-Asst. Prof. Sr. Jolly k. Thomas

SI NO.	Name of Mentee	Problems identified	Solution	Contact no.	Email ID
1	xyyzz	weak	<ul style="list-style-type: none">• Helped with remedial classes• Advised to clarify doubts from professors and classmates to improve the understanding capacity	7632004289	manojram25480@gmail.com
2	xyyzz	weak	<ul style="list-style-type: none">• Helped to focus on understanding the areas that require improvement• Advised to get help from	9631604533	neerakacchap1998@gmail.com

			teachers and classmates to get clarification on difficult topics		
3	xyyyzz	Irregular attendance and weak in study	<ul style="list-style-type: none"> • Personal problems regarding irregularity shared and encouraged to be regular • Advised to clarify doubts from professors and classmates to improve the understanding capacity 	8986788862	yadavpradeepkumar672@gmail.com
4.	xyyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	9060268413	ranjankumar60456@gmail.com
5.	xyyyzz	weak	<ul style="list-style-type: none"> • Helped with remedial classes • Advised to clarify 	8434691094	rekhanagesia2003@gmail.com

			doubts from professors and classmates to improve the understanding capacity		
6.	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Advised to create a distraction-free environment • Suggested to have regular mindfulness and meditation exercises 	7463956099	satyamkumar74035@gmail.com
7.	xyyzz	sick	<ul style="list-style-type: none"> • Guided to have proper medical check-up • Advised to be regular in taking food 	8002598180	vikramlakra913@gmail.com
8.	xyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	9006605198	vishalgupta9006605198@gmail.com

9.	xxyyzz	Irregular	<ul style="list-style-type: none"> • Helped to have clear goals in life • Advised to prioritize the tasks and keep academic goals in the forefront 	9162431347	wasif9006@gmail.com
10.	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> • Advised to create a distraction-free environment • Suggested to have regular mindfulness and meditation exercises 	9470104992	amitbro7452@gmail.com
11.	xxyyzz	Weak	<ul style="list-style-type: none"> • Helped with remedial classes • Advised to clarify doubts from professors and classmates to improve the understanding capacity 	9575247976	shantibargar@gmail.com
12.	xxyyzz	Lack of confidence	<ul style="list-style-type: none"> • Helped to replace negative thoughts with 	7479760717	ujalamar@gmail.com

			<p>positive affirmations</p> <ul style="list-style-type: none"> • Advised to achieve small goals and reward oneself on completing the task 		
13.	xyyyzz	Shy	<ul style="list-style-type: none"> • Suggested to work on improving self-esteem and self-image • Helped to engage in conversation and initiating interactions 	7485087263	alpnaekka228@gmail.com
14.	xyyyzz	Poor communication skills	<ul style="list-style-type: none"> • Encouraged to engage in conversation, present ideas and articulating thoughts clearly • Areas for improvement identified through feedback and helped to work on 	9470541877	brahmdevsingh851@gmail.com

			it		
15.	xyyzz	weak	<ul style="list-style-type: none"> • Helped to develop a consistent study routine to study each subject • Advised to make organized and concise notes 	7479739836	kumarabijeet5471@gmail.com
16.	xyyzz	Lack of seriousness	<ul style="list-style-type: none"> • Encouraged to eliminate all distractions by keeping away smart phones, social media etc • Suggested to set clear and specific goals to stay serious and focused 	7632089585	asmitatigga14@gmail.com
17.	xyyzz	Weak	<ul style="list-style-type: none"> • Helped with remedial classes • Advised to clarify doubts from professors and classmates to improve the 	7762096041	jenasnehatoppo001@gmail.com

			understandin g capacity		
18.	xyyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	9162436981	Vy025045@gmail.com

Vy025045

Signature of Mentor

**St. Xavier's College, Mahuadanr
(2020-21)**

**DEPARTMENT OF PHYSICS
Sem-II (2020-23)**

Mentor- Mentee Report

Name of the Mentor-Asst. Prof. Fr. Simon Murmu S.J.

SI NO	Name of Mentee	Problems Identified	Solution	Contact no.	Email-ID
1	xyyyzz	Irregular	<ul style="list-style-type: none">• Family visit done to encourage the ward to send on time• Helped to set clear and achievable academic goals	829480191 2	Ramkarn316@gmail.com
2	N xyyyzz	Weak	<ul style="list-style-type: none">• Helped with remedial classes• Advised to clarify doubts from professors and classmates to improve the understanding capacity	726181490 3	Kujurneeraj3@gmail.com
3	xyyyzz	Weak and sick	<ul style="list-style-type: none">• Advised to have proper medical checkup and to have healthy food• Helped with extra class to study better	736608331 8	Vijaybeck899@gmail.com

4	xxyyzz	Irregular	<ul style="list-style-type: none"> • Encouraged to create weekly schedule that include specific time for attending classes, studying and assignments • Advised to get guidance from the counselor 	748109666 0	Ujjwalt748@gmail.com
5.	xxyyzz	Irregular	<ul style="list-style-type: none"> • Helped t set academic responsibilities first and better time management skills • Reminded the student of the long-term benefits of a consistent college attendance 	997356202 7	Kumaripuja23032003@gmail.com
6.	xxyyzz	shyness	<ul style="list-style-type: none"> • Advised to participate in extracurricular activities that provide supportive environment • Helped to practice public speaking in groups where one is comfortable 	898689121 0	Anjninagesia2@gmail.com
7.	xxyyzz	Shyness	<ul style="list-style-type: none"> • Personal dialogue to discuss the concern, interest and progress of the students • Encouraged to participate in group activities Advised to socialize 	983503181 5	Rohitbrijia73@gmail.com
8.	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> • Advised to create a distraction-free environment • Suggested to have regular mindfulness and meditation exercises 	754280529 2	Ranjitkumar23768@gmail.com

9.	xyyzz	shyness	<ul style="list-style-type: none">• Advised to take part in role plays exercise to practice social interactions• Encouraged to participate in departmental activities	898678862 8	Pritikujur173@gmail.com	
----	-------	---------	--	----------------	-------------------------	--



Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2019-20)
DEPARTMENT OF PHYSICS
Part III (2017-20)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Binoy Anthony Minz

S. No.	Name	Problem Identified	Solutions	Contact no.	Email ID
1	xxyyzz	Weak in study	<ul style="list-style-type: none"> • Helped to have the sense of purpose and motivation in study through personal dialogue • Suggested to attend extra classes and get personalized help from professors 	9065220423	Albinanagesia90@gmail.com
2	xxyyzz	Family problem	<ul style="list-style-type: none"> • Visited family to study the real family situation • Helped to facilitate discussions with the family to get help 	9065635842	Anmoltoppo974@gmail.com
3	xxyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse 	7635045376	Kujurjjanu2000@gmail.com

			<p>enthusiasm</p> <ul style="list-style-type: none"> Helped to set realistic academic goals 		
4	xyyyzz	Weak in study	<ul style="list-style-type: none"> Helped to create a well-organized study environment to minimize distraction Suggested to highlight the texts and active learning methods such as summarizing and teaching the material to others 	7461876869	anupammatoppo@gmail.com
5	xyyyzz	Reserved	<ul style="list-style-type: none"> Helped to take initiative to interact in small gathering Suggested to set achievable goals for self like initiating a conversation with one new person each week 	7320085772	Arpankujur772@gmail.com
6	xyyyzz	shyness	<ul style="list-style-type: none"> Advised to practice positive self-talk and remind oneself about one's strength Helped to prepare a few conversation starters in advance while attending social 	8987760005	Artik3291@gmail.com

			gatherings or event		
7	xyyzz	Weak in study	<ul style="list-style-type: none"> • Advised her not to hesitate to ask help from teachers and classmates while encountering difficult concepts • Helped to practice writing the answers after learning 	7033770159	Babitaltr2000@gmail.com
8	xyyzz	Family problem	<ul style="list-style-type: none"> • Personal counseling to find the real problems faced by the student • Suggested to speak openly to the family members about one's expectation 	8580114743	Minjbipin1998@gmail.com
9	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to improve the ability to stay focused 		
10	xyyzz	Over excitement	<ul style="list-style-type: none"> • Helped to practice mindfulness and relaxation techniques • Helped with 	9939814913	Kamnakumari0002gmail.com

			deep breathing exercises to remain calm and focused		
11	xyyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to improve the ability to stay focused 	8580215836	Krishnakumargupta3962@gmail.com
12	xyyyzz	Weak and sick	<ul style="list-style-type: none"> • Advised to have a medical checkup • Suggested to have food on time and bring Tiffin to help oneself with sufficient energy 	9262969148	Manishakujur362@gmail.com
13	xyyyzz	Lack of interest	<ul style="list-style-type: none"> • Advised to set good academic goals and told about the reward of achieving them • Helped to focus on one thing at a time 	7261862514	Kmanu3645@gmail.com
14	xyyyzz	Irregular	<ul style="list-style-type: none"> • Suggested to be accountable to the family for their hopes and expectation • Interaction with the family for the parental involvement in 	7320825112	Nandu121mdr2gmail.com

			student's progress		
15	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to improve the ability to stay focused 		
16	xxyyzz	Family problem	<ul style="list-style-type: none"> • Personal counseling to find the real problems faced by the student • Suggested to speak openly to the family members about one's expectation 	9431332285	Pankjtirkey082gmail.com
17	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to improve the ability to stay focused 	9973755489	Preetikumari111999@gmail.com
18	xxyyzz	shyness	<ul style="list-style-type: none"> • Personal dialogue to discuss the concern, interest and progress of the students • Encouraged to 	7762999008	tirkeyorotus@gmail.com

			participate in group activities		
19	xxyyzz	Irregular	<ul style="list-style-type: none"> • Suggested to be accountable to the family for their hopes and expectation • Interaction with the family for the parental involvement in student's progress 		
20	xxyyzz	Weak in study	<ul style="list-style-type: none"> • Helped with remedial classes • Advised to clarify doubts from professors and classmates to improve the understanding capacity 	9470186284	Ruthkujur1999@gmail.com
21	xxyyzz	shyness	<ul style="list-style-type: none"> • Personal dialogue to discuss the concern, interest and progress of the students • Encouraged to participate in group activities 	9471549449	Sabashaheen43632gmail.com
22	xxyyzz	Reserved	<ul style="list-style-type: none"> • Advised to find outlets to express oneself through writing, public speaking etc • Suggested to engage in meaningful interactions by asking open-ended 	7091997453	Sakchikumarimdr18@gmail.com

			questions that encourage dialogue		
23	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to improve the ability to stay focused 	7292874460	Sk07707702gmail.com
24	xxyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	7762998281	Surbhi.angel10191@gmail.com
25	xxyyzz	Irregular	<ul style="list-style-type: none"> • Suggested to be accountable to the family for their hopes and expectation • Interaction with the family for the parental involvement in student's progress 	8986787860	Nehaswati992gmail.com
26	xxyyzz	shyness	<ul style="list-style-type: none"> • Advised to practice positive self-talk and remind oneself about one's strength • Helped to 	9771019993	Vagishnoy111@gmail.com

			prepare a few conversation starters in advance while attending social gatherings or event		
27	xyyzz	Reserved	<ul style="list-style-type: none"> • Advised to join groups that align with one's interest and connect with like-minded people • Respond thoughtfully to by active listening to make interactions more engaging 	8987766790	Kumarivarsha653@gmail.com
28	xyyzz	Lack of interest	<ul style="list-style-type: none"> • Advised to set good academic goals and told about the reward of achieving them • Helped to focus on one thing at a time 	9572200917	manoj94717@gmail.com

BAhm

Signature of Mentor

DEPARTMENT OF PHYSICS
Sem-II (2018-21)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Md. Zafar Aqubal

S. No.	Name	Problem identified	Solutions	Contact no.	Email ID
1	xyyzz	Over excitement	<ul style="list-style-type: none">• Helped to practice mindfulness and relaxation techniques• Helped with deep breathing exercises to remain calm and focused	7296089111	rkanusingh2gmail.com
2	xyyzz	Lack of concentration	<ul style="list-style-type: none">• Encouraged to set a dedicated study environment free from distractions• Advised to try mindfulness exercise and meditation to improve the ability to stay focused	7462804135	12haquirknamul@gmail.com
3	xyyzz	Weak and sick	<ul style="list-style-type: none">• Advised to have a medical checkup• Suggested to have food on time and bring Tiffin to help	8986784818	jamestirkey77@gmail.com

			oneself with sufficient energy		
4	xxyyzz	Irregular	<ul style="list-style-type: none"> Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm Helped to set realistic academic goal 	8987803315	ronaldxalxo196@gmail.com
5	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> Encouraged to set a dedicated study environment free from distractions Advised to try mindfulness exercise and meditation to improve the ability to stay focused 	9006696698	rubionlymee2gmail.com
6	xxyyzz	Family problem	<ul style="list-style-type: none"> Personal counseling to find the real problems faced by the student Suggested to speak openly to the family members about one's expectation 	89879124395	ruhamalakra40@gmail.com
7	xxyyzz	shyness	<ul style="list-style-type: none"> Advised to practice positive self-talk and remind oneself about one's strength Helped to prepare a few 	9430740933	kritikumari26022001@gmail.com

			conversation starters in advance while attending social gatherings or event		
8	xxyyzz	Weak in study	<ul style="list-style-type: none"> • Helped with remedial classes • Advised to clarify doubts from professors and classmates to improve the understanding capacity 	8296602029	laxmankumhar1998@gmail.com
9	xxyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	9470173932	krsaurav765kr@gmail.com



Signature of Mentor

DEPARTMENT OF PHYSICS
Sem-I (2019-20)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Archana Ekka

SI NO.	Name of Mentee	Problems identified	Solution	Contact no.	Email ID
1	xyyyzz	weak	<ul style="list-style-type: none">• Helped with remedial classes• Advised to clarify doubts from professors and classmates to improve the understanding capacity	7632004289	manojram25480@gmail.com
2	xyyyzz	weak	<ul style="list-style-type: none">• Helped to focus on understanding the areas that require improvement• Advised to get help from teachers and classmates to	9631604533	neerakacchap1998@gmail.com

			get clarification on difficult topics		
3	xyyzz	Irregular attendance and weak in study	<ul style="list-style-type: none"> • Personal problems regarding irregularity shared and encouraged to be regular • Advised to clarify doubts from professors and classmates to improve the understanding capacity 	8986788862	yadavpradeepkumar672@gmail.com
4.	xyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	9060268413	ranjankumar60456@gmail.com
5.	xyyzz	weak	<ul style="list-style-type: none"> • Helped with remedial classes • Advised to clarify doubts from professors and classmates to improve the understanding capacity 	8434691094	rekhanagesia2003@gmail.com
6.	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Advised to create a 	7463956099	satyamkumar74035@gmail.com

			distraction-free environment <ul style="list-style-type: none"> • Suggested to have regular mindfulness and meditation exercises 		
7.	xyyyzz	sick	<ul style="list-style-type: none"> • Guided to have proper medical check-up • Advised to be regular in taking food 	8002598180	vikramlakra913@gmail.com
8.	xyyyzz	Irregular	<ul style="list-style-type: none"> • Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm • Helped to set realistic academic goal 	9006605198	vishalgupta9006605198@gmail.com
9.	xyyyzz	Irregular	<ul style="list-style-type: none"> • Helped to have clear goals in life • Advised to prioritize the tasks and keep academic goals in the forefront 	9162431347	wasif9006@gmail.com
10.	xyyyzz	Lack of concentration	<ul style="list-style-type: none"> • Advised to create a distraction-free 	9470104992	amitbro7452@gmail.com

			<ul style="list-style-type: none"> environment Suggested to have regular mindfulness and meditation exercises 		
11.	xxyyzz	Weak	<ul style="list-style-type: none"> Helped with remedial classes Advised to clarify doubts from professors and classmates to improve the understanding capacity 	9575247976	shantibargar@gmail.com
12.	xxyyzz	Lack of confidence	<ul style="list-style-type: none"> Helped to replace negative thoughts with positive affirmations Advised to achieve small goals and reward oneself on completing the task 	7479760717	ujalamar@gmail.com
13.	xxyyzz	Shy	<ul style="list-style-type: none"> Suggested to work on improving self-esteem and self-image Helped to engage in conversation and initiating 	7485087263	alpnaekka228@gmail.com

			interactions		
14.	xyyyzz	Poor communication skills	<ul style="list-style-type: none"> • Encouraged to engage in conversation , present ideas and articulating thoughts clearly • Areas for improvement identified through feedback and helped to work on it 	9470541877	brahmdevsingh851@gmail.com
15.	xyyyzz	weak	<ul style="list-style-type: none"> • Helped to develop a consistent study routine to study each subject • Advised to make organized and concise notes 	7479739836	kumarabijeet5471@gmail.com
16.	xyyyzz	Lack of seriousness	<ul style="list-style-type: none"> • Encouraged to eliminate all distractions by keeping away smart phones, social media etc • Suggested to set clear and specific 	7632089585	asmitatigga14@gmail.com

			goals to stay serious and focused		
17.	xyyzz	Weak	<ul style="list-style-type: none"> Helped with remedial classes Advised to clarify doubts from professors and classmates to improve the understanding capacity 	7762096041	jenasnehatoppo001@gmail.com
18.	xyyzz	Irregular	<ul style="list-style-type: none"> Helped to develop a regular study schedule with set time for each subject to infuse enthusiasm Helped to set realistic academic goal 	9162436981	Vy025045@gmail.com

ASEK02

Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2018-19)
DEPARTMENT OF PHYSICS
Part III (2016-19)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Amresh Chandra Pandey

S. No.	Name	Problem identified	Solutions	Contact no.	Email ID
1	xxyyzz	Weak in study	<ul style="list-style-type: none"> • Remedial class arranged and regular monitoring of the progress done • Helped to create a study schedule 	9102277495	bholakeshrio@gmail.com
2	xxyyzz	Irregular	<ul style="list-style-type: none"> • Reasons for irregularity sought through personal dialogue • Helped to prepare a personal time table to follow 	7970867674	Jhakkakujur12@gmail.com
3	xxyyzz	Irregular	<ul style="list-style-type: none"> • Reasons for irregularity sought through personal dialogue. • Personal Counseling , Parents Meeting conducted 	9546846495	Khosboo.ekka001998@gmail.com
4	xxyyzz	shyness	<ul style="list-style-type: none"> • Personal dialogue to discuss the concern, interest 		Sashu16@gmail.com

			<p>and progress of the students</p> <ul style="list-style-type: none"> • Encouraged to participate in group activities 		
5	J xxyyzz	Reserved	<ul style="list-style-type: none"> • Advised to improve social skills and build self-confidence • Helped to engage in conversations in small groups 	9572209486	Jaaaa1995@gmail.com
6	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to focus on study • Advised to do meditation and mindfulness 	9065220283	Mujtabaraja1996@gmail.com



Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2018-19)
DEPARTMENT OF PHYSICS
Part II (2017-20)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Binoy Anthony Minz

S. No.	Name	Problem Identified	Solutions	Contact no.	Email ID
1	xxyyzz	Weak in study	<ul style="list-style-type: none"> • Remedial class arranged and regular monitoring of the progress done • Helped to create a study schedule 	9065220423	Albinanagesia90@gmail.com
2	xxyyzz	Family problem	<ul style="list-style-type: none"> • Visited Family to learn the real situation • Encouraged to set clear goals 	9065635842	Anmoltoppo974@gmail.com
3	xxyyzz	Irregular	<ul style="list-style-type: none"> • Personal counseling to find the root cause of irregularity • Helped to define academic and personal goals and the importance of attending college regularly 	7635045376	Kujurjjanu2000@gmail.com
4	xxyyzz	Weak in study	<ul style="list-style-type: none"> • Suggested to attend extra 	7461876869	anupammatoppo@gmail.com

			<p>classes</p> <ul style="list-style-type: none"> • Helped to prepare a study schedule in which tasks made smaller 		
5	xxyyzz	Reserved	<ul style="list-style-type: none"> • Advised to socialize and make efforts to take initiative • Entrusted with responsibility of small groups in the class 	7320085772	Arpankujur772@gmail.com
6	xxyyzz	shyness	<ul style="list-style-type: none"> • Personal dialogue to discuss the concern, interest and progress of the students • Encouraged to participate in group activities 	8987760005	Artik3291@gmail.com
7	xxyyzz	Weak study in	<ul style="list-style-type: none"> • Suggested to attend extra classes • Helped to prepare a study schedule in which tasks made smaller 	7033770159	Babitaltr2000@gmail.com
8	xxyyzz	Family problem	<ul style="list-style-type: none"> • Visited Family to study the family situation • Helped to concentration on specific academic goals 	8580114743	Minjbipin1998@gmail.com
9	xxyyzz	Lack of concentration	<ul style="list-style-type: none"> • Advised to do meditation and mindfulness exercise • Suggested to keep oneself away from 		

			media and other sources of distraction		
10	xyyzz	Over excitement	<ul style="list-style-type: none"> • Helped with Meditation to take control of emotions • Personal counseling done to find the root cause of the problem 	9939814913	Kamnakumari0002gmail.com
11	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Helped with meditation and mindfulness exercises to have concentration • Helped to set specific goal in life 	8580215836	Krishnakumargupta3962@gmail.com
12	xyyzz	Weak and sick	<ul style="list-style-type: none"> • Advised to have a medical checkup • Suggested to have food on time and bring Tiffin to help oneself with sufficient energy 	9262969148	Manishakujur362@gmail.com
13	xyyzz	Lack of interest	<ul style="list-style-type: none"> • Advised to set good academic goals and told about the reward of achieving them • Helped to focus on one thing at a time 	7261862514	Kmanu3645@gmail.com
14	xyyzz	Irregular	<ul style="list-style-type: none"> • Personal dialogue to find the reasons of irregularity • Advised to 	7320825112	Nandu121mdr2gmail.com

			prepare a personal timetable		
15	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Helped with meditation and mindfulness exercises to have concentration • Helped to set specific goal in life 		
16	xyyzz	Family problem	<ul style="list-style-type: none"> • Dialogue with parents done to find the real problem • Helped to set high academic goals in life 	9431332285	Pankjtirkey082gmail.com
17	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Helped with meditation and mindfulness exercises to have concentration • Helped to set specific goal in life 	9973755489	Preetikumari111999@gmail.com
18	xyyzz	shyness	<ul style="list-style-type: none"> • Personal dialogue to discuss the concern, interest and progress of the students • Encouraged to participate in group activities 	7762999008	tirkeyorotus@gmail.com
19	xyyzz	Irregular	<ul style="list-style-type: none"> • Reasons for irregularity sought through personal dialogue. • Personal Counseling , Parents Meeting 		

			conducted		
20	xyyyzz	Weak in study	<ul style="list-style-type: none"> • Suggested to attend extra classes • Helped to prepare a study schedule in which tasks made smaller 	9470186284	Ruthkujur1999@gmail.com
21	xyyyzz	shyness	<ul style="list-style-type: none"> • Personal dialogue conducted to find the root cause of shyness • Small leadership roles given to help in free interaction 	9471549449	Sabashaheen43632gmail.com
22	xyyyzz	Reserved	<ul style="list-style-type: none"> • Helped to come out of the comfort zone by joining group activities to help improve social skills • Suggested to engage in conversation by asking open-ended questions to encourage dialogue 	7091997453	Sakchikumarimdr18@gmail.com
23	xyyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to 	7292874460	Sk07707702gmail.com

			improve the ability to stay focused		
24	xxyyzz	Irregular	<ul style="list-style-type: none"> Helped to create a structured routine including daily and weekly schedule Advised to use time management tools to stick to the schedule 	7762998281	Surbhi.angel10191@gmail.com
25	xxyyzz	Irregular	<ul style="list-style-type: none"> Reasons for irregularity sought through personal dialogue. Personal Counseling , Parents Meeting conducted 	8986787860	Nehaswati992gmail.com
26	xxyyzz	shyness	<ul style="list-style-type: none"> Personal dialogue to discuss the concern, interest and progress of the students Encouraged to participate in group activities 	9771019993	Vagishnoy111@gmail.com
27	xxyyzz	Reserved	<ul style="list-style-type: none"> Helped to come out of the comfort zone by joining group activities to help improve social skills Suggested to engage in conversation by asking 	8987766790	Kumarivarsha653@gmail.com

			open-ended questions to encourage dialogue		
28	xyyzz	Lack of interest	<ul style="list-style-type: none"> • Advised to set good academic goals and told about the reward of achieving them • Helped to focus on one thing at a time 	9572200917	manoj94717@gmail.com

BAhm

Signature of Mentor

ST. XAVIER'S COLLEGE, MAHUADANR
(2018-19)
DEPARTMENT OF PHYSICS
Sem-I (2018-21)

Mentor- Mentee Report

Name of the Mentor- Asst. Prof. Md. Zafar Aqubal

S. No.	Name	Problem identified	Solutions	Contact no.	Email ID
1	xyyzz	Over excitement	<ul style="list-style-type: none">• Helped to practice mindfulness and relaxation techniques• Helped with deep breathing exercises to remain calm and focused	7296089111	rkanusingh2gmail.com
2	xyyzz	Lack of concentration	<ul style="list-style-type: none">• Helped to set a dedicated study environment free from distractions• Suggested to practice mindfulness exercises and meditation to improve	7462804135	12haquinkmamul@gmail.com
3	xyyzz	Weak and sick	<ul style="list-style-type: none">• Advised to have a medical checkup• Suggested to have food on time and bring Tiffin to help oneself with sufficient	8986784818	jamestirkey77@gmail.com

			energy		
4	xyyzz	Irregular	<ul style="list-style-type: none"> • Reasons for irregularity sought through personal dialogue. • Personal Counseling , Parents Meeting conducted 	8987803315	ronaldxalxo196@gmail.com
5	xyyzz	Lack of concentration	<ul style="list-style-type: none"> • Encouraged to set a dedicated study environment free from distractions • Advised to try mindfulness exercise and meditation to improve the ability to stay focused 	9006696698	rubionlymee2gmail.com
6	xyyzz	Family problem	<ul style="list-style-type: none"> • Dialogue with parents done to find the real problem • Helped to set high academic goals in life 	89879124395	ruhamalakra40@gmail.com
7	xyyzz	shyness	<ul style="list-style-type: none"> • Personal dialogue to discuss the concern, interest and progress of the students • Encouraged to participate in group activities 	9430740933	kritikumari26022001@gmail.com
8	xyyzz	Weak in study	<ul style="list-style-type: none"> • Suggested to attend extra classes • Helped to prepare a study schedule in 	8296602029	laxmankumhar1998@gmail.com

			which tasks made smaller		
9	xyyzz	Irregular	<ul style="list-style-type: none">• Reasons for irregularity sought through personal dialogue.• Personal Counseling , Parents Meeting conducted	9470173932	krsaurav765kr@gmail.com



Signature of Mentor