



**FATIMA COLLEGE**  
(Autonomous)  
Mary Land, Madurai - 625 018.



## MENTORING

### ISSUES DISCUSSED WITH MENTEES AS A GROUP / INDIVIDUALLY AND ACTION TAKEN

**MENTOR:** Dr. Vasantha Esther Rani

**DEPARTMENT:** The Research Centre of Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
05.07.2022	Afrin, 2020N02	Coming late to college for more than 15 times within a span of a month.	Advised her... called her dad, spoke to him, made her realise the absolute need to be punctual.
15.03.2022	Gowsalya, 2020N07	To get better marks in the end semester exams, after following up with her internal marks.	Advised her to take healthy food rich in iron...if Hb is raised she'll be to concentrate on her studies.
05.10.2021	M.Arockiya Vincy 2021N05	Feeling fatigue, severe urinary track infection...hostelite	Advised to drink water once in an hour...to adhere to medical advice. Study with her friend so that physically and intellectually support is rendered...asked her to report about her well being once in 2 days, after having lunch in the hostel.
25.07.2022	Abinaya Raji.N 2022N02	Travelling from Thiruchuli, Arupukottai daily to college. Not able to bring both breakfast & lunch, as she leaves home at 5 am. Could not concentrate in class.	Gave her name for Manna token. She says she feels energetic and is able to study very well.

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**MENTOR:DR.S.SANTHI**

**DEPARTMENT:THE RESEARCH CENTRE OF HOME SCIENCE**

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
07.06.2021	Hemamalini 2020N09	Interested to learn special education for children with hearing Impaired .	Educational counselling was given on the same and oriented her with the preparation required to reach the Goal.
05.10.2021	Latha.M.,2020N14	Shared about her illness and also the husband's sickness. .	Advised her to take healthy food and counselled her about the management of the family and education efficiently
15.03.2022	LINCY.S 2021N15	Suffering with urinary tract infection	Advised her to drink water and take fluids and bring necessary things from home to strengthen her health . Instructed to follow the diet given by the doctor
25.07.2022	R. Jeya veeralakshmi 2021N13	Worried about the financial burden in the family	Counselling and advice given for making herself happy and advice given for future carrier.
	Karthiga Prassanna 2022N17	Shared about her additional household chore, as mother is working .	Advice given to her to plan out activities and to manage time and energy.

**Signature of the Mentor**

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
15.03.2022	Mohana Priya. R 2021MSCN10	Poor performance in academics. Frequent absentee	Diet advice provided, Extra coaching offered to support in studies.  Academic support offered.
	Sornalatha. J 2020MSCN22	Poor performance in academics.	Extra coaching provided. Peer group learning support offered.
	Agalya .S 2020MSCN02	Poor performance in academics	Extra coaching provided. Peer group learning support offered
	Preethi. K 2021MSCN13	Father hospitalised & critically ill. Psychologically very upset and mood swing.	Intense counselling and psychological support provided.

*P. Pydelene Vignini*

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**MENTOR: Dr. K. Karthiga**

**DEPARTMENT: The Research Centre of Home Science**

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
20.08.2021	C.Bhuvaneswari,2020MSCN05	Discussed about her PCOS problem.	Advised to reduce weight by maintaining a healthy diet and doing exercise regularly.
20.08.2021	M.Ishwaryalakshmi,2020MSCN09	Asked about the family details.	Advised to concentrate on her studies to get good marks.
20.08.2021	M.Mahalakshmi,2020MSCN13	She did UG degree in Biotechnology and joined M.Sc. in Nutraceuticals.She felt little apprehensive to cope up with the studies.	Explained about the subject and motivated by quoting few examples of the students who did cross major in previous years.
20.08.2021	A.Nithya,2020MSCN17	She used to come late regularly to the college.	Advised to follow the college timings punctually.
20.08.2021	P.Sivaranjini,2020MSCN21	She is a Hosteller, so she felt Homesick.	Talk to her daily to make her feel at home.Advised to take food properly with out skipping.

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
20.08.2021	R.Yami,2020MSCN29	Asked her about Academic performance.	Advised to concentrate more on studies.
21.01.2022	C.Bhuvaneswari,2020MSCN05	Discussed about her academic performance.	Motivated her to get good marks.
21.01.2022	M.Ishwaryalakshmi,2020MSCN09	Health issues were discussed.	Asked to meet Gynaecologist.Food advices were given.
21.01.2022	M.Mahalakshmi,2020MSCN13	Discussed about her family issues.	Advised her not to take anything more personally.
21.01.2022	A.Nithya,2020MSCN17	Discussed about her academic performance.	Asked her to refer more books to get good marks.
21.01.2022	P.Sivaranjini,2020MSCN21	She was suffering from ulcer.	Asked her to change the dietary habits. Suggested some foods which will reduce the pain.
21.01.2022	R.Yami,2020MSCN29	Back pain Issues.	Asked to meet doctor and advised her to continue the exercise regularly.



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**MENTOR: Dr. K. Karthiga**

**DEPARTMENT: The Research Centre of Home Science**

<b>Date</b>	<b>Name &amp; Reg. No. of the Mentee</b>	<b>Issues Discussed</b>	<b>Action Taken / Advice given</b>
20.09.2021	K.S.Aishwarya,2021MSCN01	Asked her about the academic performance.	Motivated to write competitive Exams.
20.09.2021	P.Bhavadharani,2021MSCN02	Asked her about the family and academic details.	Advised to concentrate on her studies to get good marks.
20.09.2021	M.Devayani,2021MSCN03	Discussed about family issues.	Advised her to be mentally strong to face the challenges.
20.09.2021	B.Divyadharshini,2021MSCN04	She was underweight.	Tips given to increase the weight.
20.09.2021	P.Harini,2021MSCN05	Discussed about her PCOS problem.	Advised to reduce weight by maintaining a healthy diet and doing exercise regularly.
20.09.2021	M.Haritha,2021MSCN06	Asked about the family details.	Advised to concentrate on studies to get good marks.
20.09.2021	K.Jaisy Thangam,2021MSCN07	She was upset with her father's health issues.	Counselling was given to face the issues.

<b>Date</b>	<b>Name &amp; Reg. No. of the Mentee</b>	<b>Issues Discussed</b>	<b>Action Taken / Advice given</b>
16.02.2022	K.S.Aishwarya,2021MSCN01	Discussion regarding Group exams.	Tips given to study for group Exams
16.02.2022	P.Bhavadharani,2021MSCN02	Internal marks were low.	Asked to frame time table to improve her studies.
16.02.2022	M.Devayani,2021MSCN03	Discussion regarding RD Exams	Details were given regarding RD Exams and internship.
16.02.2022	B.Divyadharshini,2021MSCN04	Internal marks were low.	Advised to frame time table to improve her studies.
16.02.2022	P.Harini,2021MSCN05	Internal marks were low.	Advised to frame time table to improve her studies.
16.02.2022	M.Haritha,2021MSCN06	Discussion regarding Group exams.	Tips given to study for group Exams
16.02.2022	K.Jaisy Thangam,2021MSCN07	Discussion regarding RD Exams	Details were given regarding RD Exams and internship.



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**MENTOR: Dr. P. Magdalene Virjini**

**DEPARTMENT: Research Centre of Home Science**

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
12.07.2021	Agalya .S 2020MSCN02	Regular late comer to college	Counselled to bring in attitudinal change. Continuous follow up and monitoring was carried out and timely advice and suggestions were provided.
	Kohilavani 2021MSCN09	Lack of attention in the class	Motivated and suggested few tips and exercises to improve attention span.
17.08.2021	Suvetha. S.P 2020MSCN26	Pregnancy	Antenatal and diet advice provided. Extra coaching given to cope up with the studies.
18.09.2021	Yamunavalli. S 2020MSCN26	Skipping meals and history of fainting in the class.	Counselling provided and motivated to consume breakfast regularly. Advice given to take iron supplements and iron rich foods.
24.01.2022	Jayanthi Selva Sundari. W 2020MSCN10	Frequent absentee to class.	Motivated to attend the class regularly. Academic support was also provided.
	Agalya .S 2020MSCN02	Poor academic performance	Extra coaching offered in academics and motivated to concentrate on studies. Peer learning guidance was also provided.
25.02.2022	Suvetha. S.P 2020MSCN26	Threatened abortion	Psychological support provided continuously to overcome the stress.





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**MENTOR:** Dr. C. Helen

**DEPARTMENT:** Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
12.07.2021	2020MSCN03 M. Akilandeshwari	Scored low marks in internal examinations.	Motivated her to study well. Monitored her academic activities.
	2020MSCN07 R. Gopikha Devi	Interested in research based on product development.	Guidance on research was provided.
17.08.2021	2020MSCN11 K. Atchaya	Depressed due to family problems.	Counselling given.
	2020MSCN19 G. Pavithra	Discussed on research proposal.	Given suggestions for her research presentation.
18.09.2021	2020MSCN27 J. S. Thilothama	She had PCOD problem.	Diet counselling given. Advised her to consult a gynaecologist.
	2021MSCN15 R. Ragavi	Poor academic performance. Difficulty in taking seminars.	Given tips to improve her academic performance.
24.01.2022	2021MSCN16 J. Ramya	She had health problems.	Advised her to consult a doctor.
	2021MSCN17 O. S. Rathi Devi	Family issues discussed.	Counselling given.
25.02.2022	2021MSCN18 P. Rathi Preetha	Good at academic performance.	Encouraged her to involve in extracurricular activities.
	2021MSCN19 P. Sarumathi	Discussed about her future plans.	Given tips about competitive exams.
15.03.2022	2021MSCN22 S. Subashini	Discussed on research proposal.	Provided with research ideas.

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**MENTOR: Ms. D. Mouna**

**DEPARTMENT: The Research Centre of Home Science**

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
03.08.2021	2021MSCN23 M. Subhashini	Discussed about the health issues	Advised her to take the prescribed medicine and healthy foods regularly
09.11.2021	2021MSCN26 T. Swetha	Discussed about the financial problem	Counselling was given to manage the financial crisis and advised her to take up part-time job
15.03.2022	2021MSCN29 G. T. Snehamaglin	Health complications were discussed	Motivated to include nutritious food in her menu for better immunity
29.07.2022	2020MSCN04 D. Aruna Abirami	Discussed about her sleeping disturbance	Counselling given to overcome stress and advised her to have regular sleep & diet pattern
29.07.2022	2020MSCN12 K. Sowmiyadevi	She was feeling lonely	Counselling given to overcome insecure feeling

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**MENTOR:** C.Priyalatha  
centre of Home Science

**DEPARTMENT:**Research

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
05.07.2022	G.Praveena 2020N22	Topper in Class. Wanted to do higher studies.	Guided her about various options for further studies, and enable her to choose their right right career path.
05.07.2022	Salma Zahan. 2020N25	Introvert. Submissive	Encouraged her to talk freely & openly, and to be confident.
15.03.2022	Gnana suja. 2021N19	Very often she suffers from wheezing.	Advised her to do breathing exercise, and to take medication regularly.
05.10.2021	Rajalakshmi. 2021N23	Slow Learner. Not able to cope up with studies.	Encouraged and motivated her that she can do well and excel in studies. Make her to learn three questions a day.
25.07.2022	Lavanya Devi 2022N20	Feels Chemistry is tough and difficult.	Advice her to study daily portion. Remedial class is arranged .
25.07.2022	Mutheeswari 2022N25	First time staying in hostel. Feels home sick.	To make her comfortable ,asked her to meet me daily. Spoke with care. Feels better.

*C.priyalathasubramanian*

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## **M**ENTORING

### **ISSUES DISCUSSED WITH MENTEES AS A GROUP / INDIVIDUALLY AND ACTION TAKEN**

**MENTOR:** Mrs. J. Josephine Jesintha

**DEPARTMENT:** The Research Centre of Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
17.02.2021	S.Bhuvaneswari 2020N02	Irregular periods.	Advised her about PCOD and Haemoglobin and encouraged her to take iron rich foods in her diet.
25.08.2021	Kayalvizhi 2020N07	To get better marks in the end semester exams, after following up with her internal marks.	Advised her to concentrate on her studies.

*J. Josephine Jesintha*

**Signature of the Mentor**