



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



MENTORING

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

MENTOR: Dr.S.Santhi

DEPARTMENT: The Research Centre of Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
26.08.2022	Harini.P 2020No8	Counselled for higher education.	Advised her about preparation For the Entrance Exam and discussed about the financial needs and helped her to solve it.
14.10.2022	B.Janapriya 2020N11	Counselled for higher education and listened towards her family issues caused by her relatives. comfort and hope was given.	Helped her in identifying the courses of her interest in Chennai.
11.11.2022	M.Latha 2020N14	Pregnancy	Advice given regarding Antenatal care.
13.01.2023	Jasiliya Queen 2021N13	Problems in the family and about studies was discussed	Advised her to concentrate on her studies. To get better marks in the end semester exams, after following up with her internal marks.
24.02.2023	Lincy 2021N15	Health Issue -UTI	Advised her to drink enough water and the diet to be followed.
10.13.2023	A.Jessica Angelin. 2022N16	Health Issue	Advised her regarding the diet to be followed.

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MENTOR: Dr.K.Karthiga

DEPARTMENT: Research Centre of Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
26.08.2022	BHAVADHARANI.P 2021MSCN02	She felt little apprehensive to cope up with the studies.	Explained about the course and motivated her to study well.
14.10.2022	HARINI.P 2021MSCN05	Discussed about her health issues.	Food advice was given and asked her to continue doing exercise.
11.11.2022	ABIRAMI.S 2022MSCN02	Discussed about her family issues.	Counsel her to face practical problems with more courage.
13.01.2023	AARTHI.P 2022MSCN01	Discussed about her PCOS problem.	Food advice was given and asked her to meet Gynaecologist
24.02.2023	DEVAYANI.M 2021MSCN03	Discussed about pursuing higher education in foreign countries.	Guidance was given to pursue higher education.
10.03.2023	JOYS MARIA ADISHAYA.F 2022MSCN06	Discussed about increasing her bodyweight to maintain normal BMI.	Food advice was given to gain normal weight.
	DIVYA DHARSHINI .B 2021MSCN04	Asked her about Academic performance.	Advised her to concentrate more on studies.

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2022-2023

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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
26.8.2022	Preethi. K 2021MSCN13	Mood swings	Intense counselling and psychological support provided.
14.10.2022	Poojaa. K 2022MSCN11	Not able to concentrate in studies	Peer group support for studies was arranged. Provided memory Improvement tips.
11.11.2022	Mohana Priya. R 2021MSCN10	Poor performance in academics. Frequent absentee	Academic support offered. Motivated to attend classes regularly.
13.01.2023	Kohilavani. V 2021MSCN09	Lack of attention in the class	Motivated and suggested few tips and exercises to improve attention span.
24.03.2023	Kaleeshwari. J 2022MSCN07	Poor performance in academics and lack of concentration	Motivation and academic support offered. Tips to improve concentration was suggested.

P. Magdalene Virjini

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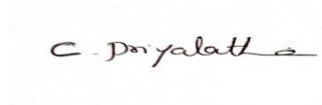
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MENTOR: Dr. C. Priyalatha

DEPARTMENT: Research Centre of Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
26.08.2022	2020N18 KayalVizhi .K	Feels inferior	Encouraged and Motivated her.
14.10.2022	2022N26 Naganandhini.M	Urinary Tract Infection.	Advised to meet physician.and to take more fluids.
11.11.2022	2021N21 Pradeepa.M	Family issues discussed	Counselling was given.
13.01.2023	2021N16 Mahalakshmi.P	Poor in academics	Encouraged to study and doubts were cleared.
24.02.2023	2020N22 Praveena G	Excel in studies.	Motivated to do PG.
10.03.2023	2020N23 Rashiha.M	Family issues discussed	Counselling was given.



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MENTOR: Dr.C.Helen

DEPARTMENT: The Research Centre of Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
26.06.2022	RESHMABANU K 2022MSCN12	Depressed due to family problems.	Counselling given.
	ROHINI R 2022MSCN13	Scored low marks in internal examinations.	Motivated her to study well. Monitored her academic activities.
14.10.2022	SANTHI G 2022MSCN15	Family issues discussed.	Counselling given.
09.09.2022	RATHI DEVI O S 2021MSCN17	Disturbed since her aunt passed away in a road accident.	Counselling given.
11.11.2022	RATHI PREETHA P 2021MSCN18	Discussed about her future plans.	Given tips about competitive exams.
13.01.2023	SARUMATHI P 2021MSCN19	Discussed on research proposal.	Provided with research ideas.
24.02.2023	SUBASHINI S 2021MSCN22	Good at academic performance.	Encouraged her to involve in extracurricular activities.

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2022-23

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MENTOR: Ms.D.Mouna
of Home Science

DEPARTMENT: The Research Centre

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
26.08.2022	Sumithra. R 2022MSCN19	Mouth ulcer	Advised her to include vitamin C & B-Complex rich foods in her diet.
14.10.2022	Priyadharshini.S 2022MSCN20	Academic performance	Clarified her doubts and instructed her to study well.
11.11.2022	G.T.Snehamaglin 2021MSCN29	Health complications were discussed.	Motivated to include nutritious food in her menu for better immunity.
13.01.2023	M.Subhashini 2021MSCN23	Discussed about her current health status	Advised her to continue the prescribed medicine and healthy foods regularly.
24.02.2023	2022MSCN16 Shanmuga Priya. P	Discussed about her higher education	Helped her in identifying the programmes in various colleges
10.03.2023	T.Swetha 2021MSCN26	Stress management	Counselling was given to balance her part-time job and studies

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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
26.08.2022	M.Saranya 2020N27	Irregular periods.	Advised her about PCOD and Haemoglobin and encouraged her to take iron rich foods in her diet.
14.10.2022	S.ShenbagaMallika 2020N30	Urinary Tract Infection	Explained about the consequences of UI infection and advised to have medical checkup
11.11.2022	SivaSakthi.R 2021N25	Nervous Problem	Advised her to take medical treatment
13.01.2023	SathyaPriya.C 2021N31	Weight loss	Encouraged her to take nutrient rich foods in her diet.
24.02.2023	L.Praislin 2022N27	To get better marks in the end semester exams, after following up with her internal marks.	Advised her to concentrate on her studies.
10.03.2023	A.Saranya 2022N31	To get better marks in the end semester exams, after following up with her internal marks.	Advised her to concentrate on her studies.

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J. Josephine Jerntka

Signature of the Mentor