



FATIMA COLLEGE (Autonomous)
Mary Land – Madurai – 625 018.

MENTORING
2022 - 2023

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

MENTOR: Dr.A.Sheela Vimala Rani

DEPARTMENT: PHYSICS

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken/ Advice given
26.08.2022	D.Anee Josepha 2022MSCP01	Faced many problems in her family as she is married. Not able to be regular for the college.	Talked with her mother. Followed up her regularly. proper counselling was given.
23.09.2022	S.Jeno 2022MSCP10	Low academic performance. Not able to listen the class.	Suggestions given for her improvement. Given special care. Found the reason for carelessness and advice given accordingly often.
03.02.2023	H.Joshini 2022MSCP 13	Not attentive in the class. Always disturbing the class	Special attention was given. Guidance was given often for her improvement.

A. Sheela Vimala Rani

Signature of the Mentor

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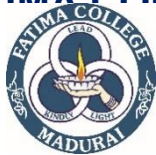
MENTOR: Dr. Ancemma Joseph

DEPARTMENT: PHYSICS

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken/ Advice given
10.08.2022	LARAKUMARI.S. R. 2022MSCP14	Challenges in getting accomodated into the new environment of postgraduation and overcoming the fears	Many times, it just takes talking through things. Allowed her to speak about her fears and suggested her ways of getting accommodated into the new ambience of teachers and peer group and get the best of learning experience from Fatima.
16.09.2022	PADMAPRIYA.K.S. 2022MSCP16	Anxiety Over the academic performance in the practical lab sessions and the the Ist internal assessment	i)Discussed the difficulties faced by the mentee in the adequate understanding of the experiments and grasping of the contents in each of the theory course . ii)Suggested her ways of better learning strategies and encouraged her to achieve the best in the forthcoming evaluations.
20.10.2022	SUZAN KEZIAH A 2022MSCP25	Lack of drive and Attention deficits.	i) Spoke to her about her future aspirations and allowed her to reflect upon the relevance of her studies to her interests, goals, and future aspirations. ii) Asked her to recollect and reminisce her best performance in undergraduation and appreciated her achievements with the view of utilizing Positive reinforcement to boost confidence and motivation in her. iii) Encouraged her to organise her study time and establish a routine
10.01.2023	THIVYAVANI R.M. 2022MSCP26	Health issues	Learnt about her PCOD Problem , discussed with a physician and let her know about the ways of Managing Hormonal Imbalance and Promoting Wellness.

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Signature of the Mentor

**MENTORING****2022 – 2023****ISSUES DISCUSSED WITH MENTEES AS A GROUP / INDIVIDUALLY AND ACTION TAKEN****MENTOR: Dr. M. RAGAM****DEPARTMENT: PHYSICS**

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken/ Advice given
10.08.2022	DHANANEE R 2021P09	Peer pressure, academic stress, Distraction in Studies	Met her parents and suggested to create right environment for learning that will help her to overcome the external distractions and to eliminate the unwanted discussions in the workspace.
16.09.2022	ANUJA S 2021P04	Health issues	Met her Mother and advised to improve health issues by embracing nutritious diet and prioritizing adequate sleep to impact positively the overall well being.
20.10.2022	JOYLIN DHARSHINI C 2021P15	Low Motivation, Concentration lapses, Lack of interest	Cause of low motivation is figured out and motivated her to achieve her best in sports and in academics
10.01.2023	ESAKKIYAMMAL K 2021P11	Anxiety and depression	Suggested her to prioritise and to set boundaries to maintain a healthy balance to overcome from stress grounds. Motivated her to feel happy by counting her blessings and engage in all the assignments with hope and prayer to improve overall wellbeing.

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MENTOR: Dr.R.Jothi Mani

DEPARTMENT: PHYSICS

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken/ Advice given
05.08.2022	K.Keerthana 2021P20	Low academic performance	Suggestions given for her improvement. Given special care.
02.09.2022	E.Roffina 2021P31	She is not able to adjust with her class mates and facing many problems due to emotional imbalance.	Personal counselling was given often.
07.10.2022	C.Saru Mathi 2021P34	Not satisfied with some activities in the college and hostel. Getting angry often for small things	Adjustment and acceptance strategies were thought to cop up with the situations.

R. Jothi Mani

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MENTOR:Dr. J.SELVI

DEPARTMENT: PHYSICS

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken/ Advice given
14.09.2022	M.SANTHIYA (2022P28)	Lack of concentration in studies	Encouraged her to put more effort on each subject on daily basis and help her to focus on studies.
12.10.2022	K.THANGAM (2022P36)	Good in studies	Encouraged her to participate in extracurricular activities also.
03.11.2022	DHANALAKSHMI B (2022P41)	Poor performance	Not able to concentrate on studies. Insist her to improve in academics
10.01.2023	KRISHNAVENI J (2022P43)	Concentration lapses	Mentoring was given continuously

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

MENTOR: Dr. I. JANET SHERLY

DEPARTMENT: PHYSICS

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken/ Advice given
10.08.2022	SOUNDARYA P 2022P32	Adaptability	Interacted with her regarding the hostel environment and class room learning. Make her to understand the reality of college life and motivated her for a good interpersonal development.
20.10.2022	SHEFANA BANU K 2022P30	Family Issues	Helped her to develop acceptance about the age difference between the student and her brother and make her to understand that its quite normal

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Signature of the Mentor



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MENTOR: Ms. J. R. SOFIA

DEPARTMENT: PHYSICS

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken/ Advice given
20.08.2022	NANCY BEAULAH R (2020P39)	Distraction in studies due to Economic issues	Suggested to focus on studies and build goal oriented routine. Taking up tutoring as part time job was encouraged to meet her financial needs.
14.09.2022	SOFIYA DEVI K (2021P36)	Lacks interest in studies	Encouraged her to allot time each day to learn something in her field of interest, thereby build the inspiration to learn new things. Suggested her to learn through peer groups.
12.10.2022	SOBHIYA ANBARASI K (2021P43)	Difficulty in balancing studies and sports	Figured out ways to schedule her daily routine, to engage both in academics and sports. Suggested her to set up defined academic tasks and completion of them on a regular basis, to improve her learning.
03.11.2022	PADHUVA STERLIN T (2021P45)	Peer Pressure & Difficulty in building friendships	By letting her talk about her point of view, lack of unity in the class was observed. Encouraged her to embrace the challenges in creating friendships, and also suggested to prioritize her inner peace and happiness.

Signature of the Mentor