



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

MENTORING 2023 - 2024

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

MENTOR: DR. S. SANTHI.

DEPARTMENT: HOMESCIENCE

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
25.8.23	JESSILIA QUEEN 2021N21	- FINANCIAL ISSUES.	ADVICE GIVEN TO TAKE UP CAREER AFTER THE COURSE.
29.9.2023	JEYAVEERA - LAKSHMI. 2021N13	LOW - SELF-ESTEEM. INFERIORITY COMPLEX.	ADVICE GIVEN TO DEVELOP SELF-CONFIDENCE AND POSITIVE ATTITUDE
8.9.2023	JESSVINITHA A. 2022N14	HEALTH ISSUE - DISCUSSED.	GUIDANCE GIVEN FOR HEALTH CARE


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MENTOR: Dr. K. KARTHIGA

DEPARTMENT: HOME SCIENCE

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
25.08.23	J. Deepa 2023 N08	During Mentoring times the student shared that she was unhappy because her parents don't treat her & her brother equally, displaying signs of sex discrimination.	I suggested to express her feelings to her parents calmly & respectfully focusing on how their actions make her feel. Emphasize her unique strengths & qualities reminding her that her worth is not defined by how others treat her.
13.10.23	P. Nagadurga 2023 N 30	The student felt very lonely because her grandma was taking care of her. Her parents were in another state, so she couldn't meet them frequently.	I consoled her and asked her stay connected with them through video calls frequently. I asked her to come and talk to me whenever she feels like sharing something.
12.01.24	L. Dhanushya 2023 MSCN03	She finds it very difficult to cope up with her studies & worried about her future.	I asked her to develop a realistic study plan and execute that plan into action.

K. Karthiga
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MENTOR: DR. P. MAGDALENE VIRGINI

DEPARTMENT: RESEARCH CENTRE OF
HOME SCIENCE

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
11.8.2023	ISWAYA .K 2023 N17	POOR ACADEMIC PERFORMANCE AND NOT ABLE TO COPE UP WITH FEW COURSES	PROVIDED EXTRA COACHING & SUPPORTED WITH PEER LEARNING. ENCOURAGED TO DO EXTRA READING AND MOTIVATED TO USE THE LIBRARY.
	HARSHITHA.M. 2023 N15	HEALTH ISSUES	ADVISED TO CONSULT A PHYSICIAN & PROVIDED COUNSELLING ON GOOD DIETARY HABITS. OFFERED FOOD TIPS TO OVERCOME ANAEMIA.
25.8.2023	POOJAA.K 2022 MSCN11	HEALTH ISSUES & FREQUENT ABSENTEE, FAMILY ISSUES	ADVISED TO CONSULT A GYNAECOLOGIST. COUNSELLING PROVIDED. MOTIVATED & ENCOURAGED TO ATTEND THE COLLEGE
22.9.2023	POOJAA.K 2022 MSCN11	FAMILY ISSUES, DEPRESSED	ADVISED TO TAKE UP COUNSELLING. EMOTIONAL SUPPORT PROVIDED.
	LAKSHMISHRUTI KALASALINGAM 2023 MSC10	POOR ACADEMIC PERFORMANCE	EXTRA COACHING & GUIDANCE PROVIDED
12.1.2024	HARSHITHA.M 2023 N15	HEALTH ISSUES & FINANCIAL PROBLEM	COUNSELLING PROVIDED. FREE MEDICINES WERE SOURCED FROM DOCTORS AND PROVIDED. POSSIBILITY FOR SELF EMPLOYMENT WAS SUGGESTED.
9.2.2024	2023 MSCN10 LAKSHMISHRUTI KALASALINGAM	LACK OF INTEREST IN ACADEMICS PSYCHOLOGICAL ISSUES	MOTIVATED TO CONCENTRATE ON ACADEMICS PEER TEACHING WAS ARRANGED COUNSELLING PROVIDED TO MANAGE THE PSYCHOLOGICAL ISSUES. CONSTANT ATTENTION WAS PROVIDED.

P. Magdalene Virgini
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MENTOR: DR. C. PRIYALATHA

DEPARTMENT: Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
25/8/23	P. GnanaSujia 2021N20	Excel in studies Willing to go to job	Guided her to take up Job.
22/9/23	M. Rajalakshmi 2021N23	Health issues	Advised to take nutritious food and made referral service.
24/10/23	Meenakshi Dev. T. 2022N23	Psychologically affected after her brother passed away.	Counselling and Guidance is given. Make feel comfort
9/2/24	Lakishadevi R. 2023N21.	Finds difficulty in studying.	Guided her and extra coaching is given.

C. Priyalatha
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MENTOR: DR. C. HELEN

DEPARTMENT: HOME SCIENCE

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
25.8.23	C. MERCY HELEN 2023 MSCN 12	Family issues discussed.	Counselling given.
	S. SIVA SANKARI 2023 MSCN 17	Discussed on research proposal.	Provided with research ideas.
22.9.23	K. RESHMA BANU 2022 MSCN 12	Discussed about her future plans.	Given tips about competitive exams.
	R. ROHINI 2022 MSCN 13	Family issues discussed.	Counselling given.
27.10.23	P. SHANMUGA PRIYA 2022 MSCN 16	Good at academic performance.	Motivated her to involved in extracurricular activities.
9.2.24	Y. SAMEEN 2023 MSCN 15	Disturbed since her grandmother undergone Chemotherapy.	Counselling given
	B.S. SANDHIYA 2023 MSCN 16	Discussed about her future career plans.	Given career counselling.

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MENTOR: Mrs. D. MOUNA

DEPARTMENT: HOME SCIENCE

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
25.08.23	Shannuga Priya 2023NH0	Discussed about the influence of social media	Advised her to reduce the screentime
13.10.23	Prablavathi K 2023N34	Skipping of breakfast	Taught the importance of breakfast.
12.01.24	Sofiya.K 2022MSN18	Low scores in the intervale.	Facilitated peer group discussion and given support.
23.02.24	Shannuga Priya 2022MSN16	Career opportunities	Discussed about the different career avenues and given multiple career options


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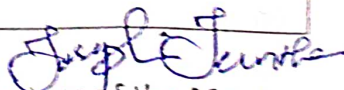
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MENTOR: Mrs. J. Josephine Jesintha

DEPARTMENT: Home Science

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
11.8.23	SIVASAKTHI.R 2021N25	Health issue	Advised her to take medical treatment
	Sathyapriya.C 2021N31	weight loss	Encouraged and advised her to include nutrient rich foods in her diet.
22.9.23	praislin.L 2022N27	to get better marks in the end semester exams, after following up with her internal marks	Advised her to concentrate on her studies.
12.1.24	Saranya.A 2022N31	Family issue	Helps to improve relationship with family members to resolve issues.


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MENTOR: Dr. M. ANGEL

DEPARTMENT: THE RESEARCH CENTRE
OF HOME SCIENCE

Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
25.08.23	M. ARCKIAVINCY 2021 N05	She had health issues which was highly disturbing	She was advised to meet the doctor and follow the treatment regularly.
29.9.23	A. ASHIMA GEO 2021 N06	She was suffering from frequent infections	She was advised not to skip the breakfast and to consume a healthy diet.
09.9.24	V. ANGELPRIYA 2022 N04	She had difficulties in studying	She was advised to learn in a simplified manner by studying the class notes daily and clarify her doubts.
08.3.24	P. BARANISRI 2022 N07	She was disturbed due to the issues in her family.	She was counselled to overcome the situation and to concentrate on her studies.

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MENTOR: G. SWADHI SUBHASHREE

DEPARTMENT: RESEARCH CENTRE OF
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Date	Name & Reg. No. of the Mentee	Issues Discussed	Action Taken / Advice given
11.8.2023	Vishal Deepadharshini 2023N46	Health Issue (Ulcer)	Advised to consult doctor, and followed her to take regular medication.
25.8.2023	Swathe. P.A 2023N43	Lack of interest in Academics.	Advised her to concentrate on Studies
12.1.2024	Tamal Fathima Afeen. S 2023MSCN24	Very much disturbed and worried about her mother's death.	Gave her confidence and guided to make her comfort.
9.2.2024	Nabitha. A 2023MSCN25	Skipping Breakfast due to her travelling	Gave guidance about the skipping ulcer and insisted her not to skip it.

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