



# CHRIST COLLEGE

## OF SCIENCE AND MANAGEMENT

Approved by AICTE, New Delhi | Affiliated to Bangalore North University | Recognised by Govt. of Karnataka  
Hosur-Malur Main Road, Alambady, Malur, Karnataka - 563160

### Mentoring Cell

**Introduction** The Mentoring Cell at [Your Institution's Name] is a dynamic initiative committed to fostering a nurturing and empowering environment for students. Established to guide students in both their academic and personal growth, the cell acts as a bridge to support, inspire, and develop meaningful relationships between mentors and mentees. The academic year 2023-24 was a period of significant achievements and growth, aligning with our mission to cultivate a holistic and inclusive learning culture.

**Vision and Objectives** The vision of the Mentoring Cell is to promote student well-being and development through personalized guidance and support. Our objectives include:

1. Providing individualized mentorship to address students' academic, career, and personal challenges.
2. Facilitating peer and group mentoring activities to encourage collaborative learning.
3. Integrating mentorship into the institution's academic framework to enhance student engagement and performance.
4. Creating a safe and inclusive space where students can freely express concerns and seek solutions.
5. Equipping mentors with the necessary skills and training to offer impactful guidance.

**Structure and Operations** the Mentoring Cell operates through a structured framework, ensuring effective implementation and measurable outcomes:

#### 1. Mentorship Levels:

- o **Individual Mentoring:** One-on-one sessions tailored to mentees' unique needs.
- o **Group Mentoring:** Thematic sessions addressing common challenges faced by student groups.
- o **Peer Mentoring:** Experienced students provide support and advice to their juniors.
- o **Alumni Mentoring:** Guidance on career paths, industry expectations, and networking opportunities.



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### 2. Mentor Training:

- o Regular workshops for mentors, covering topics such as active listening, solution-focused techniques, and cultural sensitivity.
- o Collaboration with external experts to enhance mentor competencies.

### 3. Tools and Techniques:

- o Use of structured tools like Best Hopes, Tomorrow, and Scaling Questions to encourage positive goal setting.
- o Strength-based assessments to recognize and leverage mentees' existing capabilities.

### 4. Monitoring and Feedback:

- o Systematic tracking of mentorship sessions through digital logs.
- o Collection of feedback from mentees and mentors to refine strategies and improve effectiveness.

## Highlights of 2023-24

### 1. Mentorship Initiatives:

- o Successfully conducted over 500 individual mentoring sessions addressing a range of academic, emotional, and career concerns.
- o Organized 10 group mentoring workshops on topics such as time management, mental health, and exam preparation.

### 2. Peer Mentoring Programs:

- o Launched a peer mentoring initiative, involving 50 senior students who mentored over 200 juniors. Feedback highlighted the effectiveness of relatable guidance from peers.

### 3. Alumni Engagement:

- o Invited 15 distinguished alumni to conduct mentoring sessions, providing insights into various industries and career paths.

### 4. Special Focus on Well-Being:



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- o Introduced mental health awareness programs in collaboration with the Psychology Department.
- o Trained mentors in recognizing early signs of stress and providing appropriate referrals.

### 5. Skill Development Workshops:

- o Conducted four mentor training workshops, emphasizing leadership, empathy, and conflict resolution.

### Impact and Achievements

1. Improved student satisfaction, with 90% of mentees reporting positive outcomes from mentoring sessions.
2. Enhanced academic performance among mentees, with a noticeable reduction in dropout rates.
3. Strengthened the mentor-mentee bond, creating a culture of trust and mutual growth within the institution.

**Challenges and Future Directions** Despite the successes, the Mentoring Cell faced challenges, such as limited participation from some students and the need for more diverse mentoring tools. To address these issues, our goals for 2024-25 include:

1. Increasing outreach and awareness about the Mentoring Cell's initiatives.
2. Expanding digital mentoring platforms for better accessibility.
3. Introducing advanced mentor training modules to address diverse student needs.

The academic year 2023-24 was a testament to the Mentoring Cell's commitment to empowering students and enhancing their overall experience at [Your Institution's Name]. As we move forward, we remain dedicated to refining our processes and embracing innovative approaches to mentorship, ensuring every student receives the support they need to thrive.

### Our Team (Composition - 2023-24)

The Mentoring Cell is a collaborative effort involving individuals dedicated to creating a supportive and inclusive environment:



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Sl. No	Name	Designation
1	Fr. Dr. Gilson John CMI	Chairperson
2	Fr. Ebin V Francis CMI	Vice Principal
3	Mr. Abhishek S John	Faculty Coordinator
4	Ms. Hail Mariya Paulson	Faculty Coordinator
5	Godwin George	Faculty Coordinator

The collective effort of faculty members and student mentors ensured that every student was given the care and attention they needed.

For queries or suggestions, feel free to contact us at:

**Phone:** 9535452282