



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

The Mentoring Cell at Christ College, Malur, is a space dedicated to fostering meaningful connections between students and mentors, ensuring each individual feels supported, guided, and empowered throughout their academic journey. It aims to provide a nurturing environment where students can not only overcome challenges but also discover their unique strengths and passions.

In line with the institution's mission of holistic education, the Mentoring Cell operates with the belief that a strong mentor-mentee relationship can significantly impact a student's academic success, emotional well-being, and personal growth. The cell's work is rooted in the philosophy that every student deserves a guiding light to help them navigate the complexities of college life while building resilience and confidence.

Key Objectives

- To establish a safe and supportive framework for mentoring students.
- To address academic, emotional, and career-related concerns with sensitivity.
- To cultivate a culture of empathy, self-reflection, and constructive feedback.
- To prepare students for life beyond the classroom by nurturing their strengths and skills.

Activities and Achievements (2021-22)

1. Launching a Structured Mentoring Framework:

The academic year saw the implementation of a comprehensive mentoring model, featuring:

- **Individual Mentoring:** Monthly one-on-one sessions to address personal and academic goals.
- **Group Mentoring:** Regular group discussions and activities aimed at fostering peer support and collaborative learning.
- **Peer and Alumni Mentoring:** Leveraging the experiences of senior students and alumni to provide practical guidance and career advice.



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This structure allowed mentors to meet students where they are and provide tailored support.

2. Empowering Mentors through Training:

The success of any mentoring program lies in its mentors. The Mentoring Cell organized specialized training workshops for faculty members, emphasizing:

- Strengths-based approaches that focus on what students are doing well.
- Tools like the **Best Hopes** and **Tomorrow Scaling Questions** to inspire positive change.
- Techniques for active listening and motivational interviewing to ensure meaningful conversations.

These sessions equipped mentors with practical strategies to connect with students more effectively and handle complex situations with care.

3. Mentoring in Action:

Throughout the year, the Mentoring Cell organized a variety of sessions and events that touched students' lives in profound ways:

- **Motivational Workshops:** Focused on self-awareness, managing stress, and building resilience.
- **Career Guidance Webinars:** Alumni shared their personal journeys, offering advice on pursuing higher education, internships, and career paths.
- **Personal Development Activities:** Group sessions explored topics like time management, goal setting, and effective communication.

These activities brought the college community closer, helping students feel seen, heard, and valued.

4. A Culture of Feedback and Growth:

The Mentoring Cell introduced a feedback mechanism to ensure that mentees could openly share their experiences. This helped mentors refine their approaches and adapt to the evolving needs of students. Regular review meetings also ensured that the mentoring process remained dynamic and impactful.

5. Support Beyond Academics:

Recognizing that students face challenges beyond academics, the Mentoring Cell stepped in to address:



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- Stress related to exams and deadlines.
- Personal struggles like peer conflicts or family issues.
- Practical concerns like balancing studies with part-time work.

In collaboration with other college support systems, the Mentoring Cell ensured that no student felt alone in their struggles.

Our Team (Composition - 2021-22)

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

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	Ann Tresa Sebastian	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