



**SUPPORTING DOCUMENT  
FOR  
2.3.3**

**MENTOR-MENTEE**

| <b>Year</b>      | <b>No. of Students<br/>Enrolled in the<br/>Institution</b> | <b>No. of Full Time<br/>Teachers</b> | <b>Mentor-Mentee<br/>Ratio</b> |
|------------------|--|--------------------------------------|--------------------------------|
| <b>2023-2024</b> | <b>911</b>   | <b>52</b>                            | <b>1:18(approx.)</b>           |




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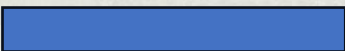
## MENTOR – MENTEE CARD

### SAMPLE



**St. Bede's College**  
NAAC Re-Accredited A+ College

**Mentor - Mentee Card**

Name.....

Class.....BA-I<sup>st</sup> year (Economics honors)

Batch.....2021-22

*Mentor Card*



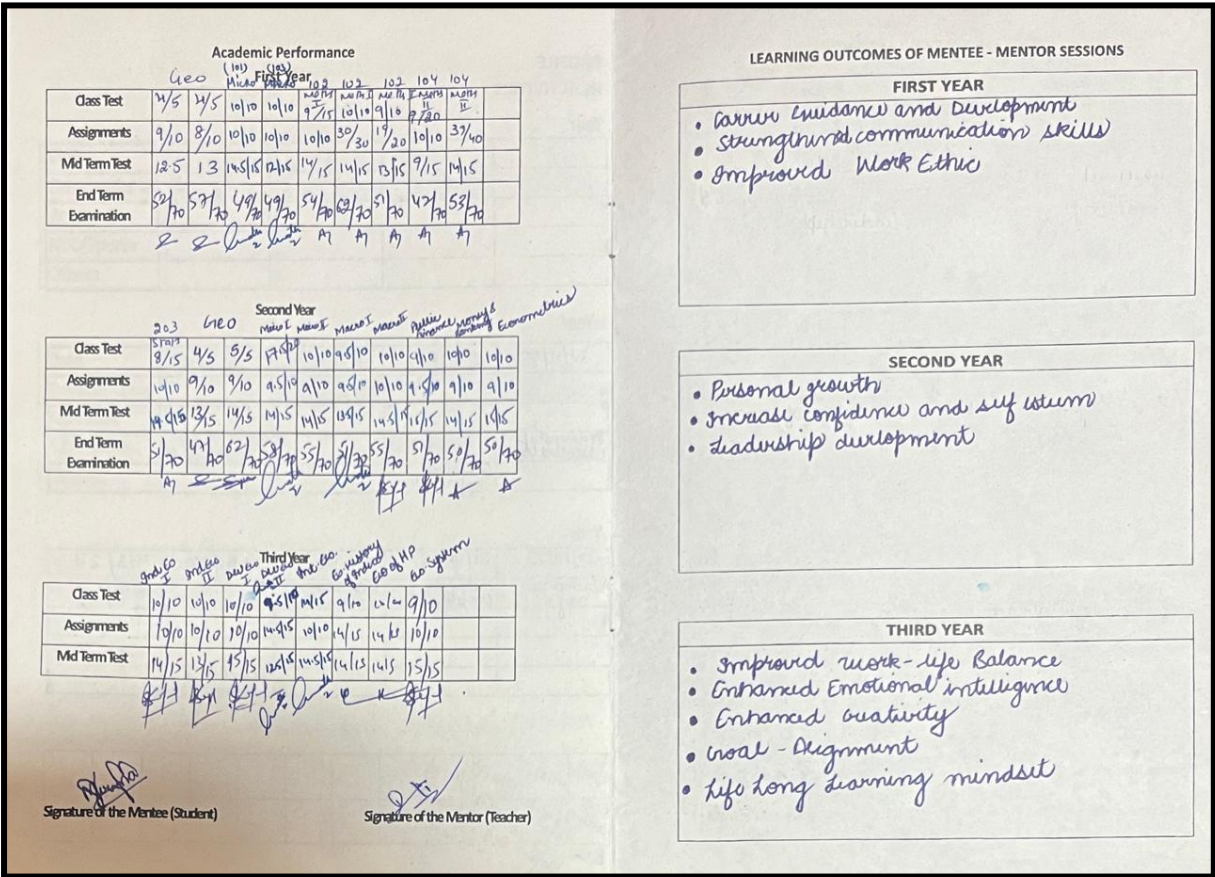
MENTOR:

|         |                   |
|---------|-------------------|
| Name    | Ms. Preeti Kondal |
| Subject | Value Education   |

MENTEE:

|                                |  |
|--------------------------------|--|
| Name                           | [REDACTED]   |
| Class                          | BA 1 <sup>st</sup> year (Eco. honr.)   |
| Ship                           | INS Himmat   |
| Member of Society/Cell         | Community Outreach - NSO <i>Abheet Cultural Society</i> <i>Subot 2018/19</i> |
| Registration Number            | 214316   |
| Mentee's Phone Number          | [REDACTED]   |
| Email ID & Residential Address | [REDACTED]   |
| Date of Birth                  | 04-10-2002   |
| Blood Group                    | B+ve   |
| Father's Name                  | Sh. Khazana Ram Wama   |
| Father's Occupation            | Ret. Electrical Engineer (J.E.)  |
| Father's Contact Number        | [REDACTED]   |
| Mother's Name                  | Mrs. Uma Devi  |
| Mother's Occupation            | Housewife  |
| Mother's Contact Number        | [REDACTED]   |
| Any Health issues /Allergies   | —  |

Mentor Card



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| STUDENT PARTICIPATION  |                                      |                         |                         |                                 | PROFILE IN ACTIVITIES  |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
|--|--------------------------------------|-------------------------|-------------------------|---------------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|--|
| First Year   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Date   | 14/03/22                             | 22/03/22                | 25/03/22                | 15/04/22                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Extracurricular  | Nukkad Natak                         | Economic Survey Must    | Photography Competition | Independence Day Rally          |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Academic   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| NCC/Sports   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Others   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Second Year  |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Date   | 29/08/22                             | 15/09/22                | 1st week of August      | 28/09/22                        | 30/11/23               | 2/03/23                |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Extracurricular  |                                      | Book Review Competition |                         | Steganography Cultural Activity |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Academic   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| NCC/Sports   | Volleyball, Basketball, Table Tennis |                         | Self Defence            |                                 | Ornithology            | Economic Conference    |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Others   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Third Year   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Date   | 8/09/23                              | 26/09/23                | 9/10/23                 | 11-13 Oct 23                    | 30/10/23               | 31/10/23               | 8/11/23                | 24/11/23               | 4/3/24                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Extracurricular  | Library Day                          | Economic Spotlight      | Economic News Analysis  | Poverty Week                    | Savings Day            | Mahatma Competition    | Diwali Carnival        |                        | Library Must           |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Academic   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| NCC/Sports   |                                      |                         |                         |                                 |                        |                        |                        | Charter of Duties      |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Others   |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Position held in the student council.....President.....Community Outreach. |                                      |                         |                         |                                 |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |                        |  |
| Date   | 23/8/23                              | 16/9/23                 | 24/9/23                 | 29/9/23                         | 10/10/23               | 16/9/23                | 12/8/23                | 23/9/23                | 15/9/23                | 4/10/23                | 11/10/23               | 10/10/23               | 1/12/23                |                        |                        |                        |                        |                        |  |
| Activity attended  | Independence Day (Nukkad Natak)      | Library Day             | NCC Day                 | Health Awareness (NCC)          | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) | Health Awareness (NCC) |  |


Mentor Card



### SWOT ANALYSIS OF THE STUDENT

| <b>Strengths</b><br>What are you good at?                                    | <b>Weaknesses</b><br>What could you improve at?                  |
|--|--|
| Dance<br>Basketball (sports)<br>Leadership                                   | Goal setting<br>Time management                                  |
| <b>Opportunities</b><br>What do you think are the opportunities open to you? | <b>Threats</b><br>What threats are there due to your weaknesses? |
| Learning New skills  | Lack of confidence   |

Community Outreach - 

  
Signature of the Mentee (Student)

  
Signature of the Mentor (Teacher)

*Mentor Card*



## Value Education Report

### SAMPLE

(2023-2024)

The value education classes at St. Bede's College commenced in August 2023 with the introduction of students. This initial session allowed individual students to share their interests, hobbies, strengths, and weaknesses, laying the groundwork for a year rich with new experiences and learning opportunities.

Throughout the 2023-24 academic year, students actively participated in discussions and shared brief moral anecdotes that sparked profound dialogues. One prominent topic was "Why I Am Special," where students highlighted their unique attributes. Some emphasized their cheerful dispositions, others their writing skills, or the unwavering support from their nurturing parents.

Another significant discussion focused on "Child Labor." Students expressed their views on how child labour negatively impacts society and hinders national progress. They engaged in activities aimed at recognizing and assisting children affected by this issue, advocating for the prioritization of education by parents, and spreading awareness about government initiatives for those living below the poverty line.

The topic of "Forgiveness" prompted an enlightening session where students reflected on past experiences that shaped their actions and feelings towards others. This extensive conversation led to the realization that forgiveness fosters mental peace and group optimism.

Exploring the concept of "Fear" revealed various personal anecdotes, illustrating how fear can push individuals beyond their comfort zones. Students acknowledged that fear can have both positive and negative effects, depending on individual perspectives.

An interactive discourse on the "Parent-Child Relationship" highlighted that girls often form closer bonds with their mothers due to biological and societal factors. These discussions provided a valuable platform for exchanging diverse ideas, perspectives, and personal stories. Additional topics included the dangers of substance abuse, the political landscape in India, and initiatives for women's empowerment.

Overall, the classes ran smoothly throughout the year, creating a conducive environment for academic progress and personal development.

Mentors:

Ms. Unnatti Chauhan

Ms. Swati Kapil

mollyd  
30/03/24

*Value Education Report; Department of Economics*





### Report of Value Education Classes

#### Session 2023-24

Value education classes for the session 2023-24 started with the introduction of mentors and mentees. First year students were made familiar with the history and overall environment of the college. Students were also made aware of the extracurricular activities organized in the college and they were encouraged to participate in various activities for overall development.


Discussions about the topics suggested by students were taken up in the class. Moral values and their importance in overall personality development were discussed. Students were also sensitized about the values like honesty, love, responsibility, patience, respect and empathy and their role in their overall personality development.

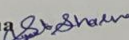
In addition, the class engaged in discussions on significant issues like gender equality, importance of family, traditions and culture, drugs and alcoholism. These topics were explored with active participation from the students, promoting awareness and dialogue around both personal development and social issues.

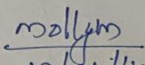
Students raised the topic of mental health issues faced by today's generation. Anxiety and panic attack were the most common ones. Remedies for overcoming anxiety and panic were discussed in the class. Students were also motivated to explore and pursue hobbies as part of their growth.

In conclusion, the value education classes for the 2023-24 session effectively created a space for the active participation and engagement from the students and contributed in fostering an atmosphere of awareness, empathy, and holistic development for students.

#### Mentors:

Dr. Preeti Kaundal 

Dr. Sangeeta Sharma 

  
20/04/24  
Principal  
St. Bede's College  
Shimla



### VALUE EDUCATION REPORT – (2023-2024)

The value education classes for the session (2023-24) commenced on 2<sup>nd</sup> August, 2023. The class started with an introductory session in which all the students from different streams introduced themselves and talked about their hobbies. Students were made aware of the importance of such interactive classes and how value education helps to build their overall character. The students were made aware of the different ships and societies of the college and their working, elections etc. The students also cleared their doubts related to examination process of college.

Among many different topics discussed in the classes, some of them were:

- Communication Skills and Leadership
- How to make effective CV
- Nonviolence
- Girls' education
- Indian Society
- Confidence in students
- Political influence on society
- Achieving success
- Stress problem among students
- Freedom of speech

*Neha Walia*  
21/5/2024  
Neha Walia  
Department of Computer Science

*Nivedita Bhardwaj*  
21/5/24  
Nivedita Bhardwaj  
Department of Computer Science

*Mollegm*  
02/05/24  
Principal  
St. Bede's College  
Shimla

*Value Education Report; Department of Computer Science*