

**EEC, RANGIA COLLEGE**

**REPORT ON  
MENTORING AND  
COUNSELLING**

**2016-2021**

**EEC, RANGIA COLLEGE, RANGIA, KAMRUP**

## ACADEMIC YEAR: 2016-17

DATE	PROGRAMME TITLE	ORGANISED BY	CONDUCTED FOR	RESOURCE PERSON
12/08/16	Workshop on Mentoring Techniques	EEC,IQAC, Rangia College	Teaching Staff	Ms Lita Hazarika Psychological Counsellor
13/06/17	Workshop on Personal Development & Mentoring	EEC, IQAC, Rangia College	Teaching Staff	Ms Lita Hazarika Psychological Counsellor



Ms Lita Hazarika at the Workshop on Mentoring Techniques on 12/08/16

In the second half of the Academic year, 2016-17 the Mentoring Programme was redesigned as a number of challenges were faced, such as accommodating classrooms, class routines and completing syllabi etc. Therefore, to make the Programme more manageable, Mentoring was introduced only for the first and second semester Major Students. Further, a group of mentor teachers was formed. Each mentee group was confined to the same department. The mentors held sessions with their mentees once a month. To make the interaction more interesting and inclusive an inter-disciplinary approach was taken i.e. mentors for Science students were from the humanities and vice versa. A schedule of the sessions same made.

### **ACADEMIC YEAR: 2017-18**

The group of teacher mentors continued sessions with the mentees. It was seen that a trust was established as the mentees opened up to their mentors. A number of issues were touched upon by the mentors as they motivated the mentees. The students benefitted from the programme.

However, one of the challenges faced to run the programme was that the mentors found it difficult to accommodate the mentoring sessions into the class and examination schedule. Hence, it was decided that in order for the programme to continue, we would need to re-design the programme once again.

<b>DATE</b>	<b>PROGRAMME TITLE</b>	<b>ORGANIZED BY</b>	<b>CONDUCTED FOR</b>	<b>RESOURCE PERSON</b>
16/03/18	Workshop on Photography, Videography & Sports Journalism as a medium for Skill Development	EEC, Rangia College & Rangia Press Club	Photography Club & Interested Students	Mr Anupam Nath, Ms Prarthana Hazarika, Mr Subodh Malla Baruah, Mr Pabitra Gogoi, Mr Bidyut Kalita
07/04/18	Awareness Programme on Free Skill Development Training under Project Deen Dayal Upadhyaya Gramen Kaushalya Yojana	EEC, Rangia College in collaboration with ICA Edu Skills Pvt. Ltd., Guwahati	BPL Category Students	Mrs Chandrasmita Sharma, Mr Dipankar Borah

## *Snapshots of Activities*



Awareness Programme on Free Skill  
Development Training  
Date: 07/04/18



Workshop on Photography,  
Videography & Sports Journalism as a  
medium for Skill Development  
Date: 07/04/18

## **ACADEMIC YEAR: 2018-19**

For the session 2018-19 it was decided that the individual department would choose the mentors from among themselves for the respective mentee group, belonging to the same department. The timing for the session was included in the college routine- every Friday at 12:00 for Science Departments and every Friday 11:15 for Arts Departments.

This made the Programme more manageable. The mentees also opened up to the mentors as they were already familiar with them. Further, the mentors could also keep an eye on their academic performance. Forms were distributed among the mentees to gather personal information for the mentors to help them counsel the mentees.

Apart from counseling, the Mentors also exposed them to Soft skills & Communicative skills. Audio-visual shows and inspiring lectures were also screened to motivate the mentees.

## **ACADEMIC YEAR: 2019-20**

During the Nationwide Lockdown due to Covid 19 Pandemic our teachers were in touch with their mentees. They conducted general Counselling on safety measures and means to combat loneliness. Information regarding various National & International Webinars was also shared and the students were encouraged to participate in these.

The Booklovers Club also held regular online book reading & discussion sessions during this period.

<b>Date</b>	<b>Programme Title</b>	<b>Organised by</b>	<b>Participants</b>	<b>Resource Person</b>
04/06/19	Mentoring – a Means of Enhancing Personal Social & Organisational Well being	EEC, Rangia College	Mentors	Ms Loya Agarwal, Student Counsellor & Personality Development Consultant
27/09/19	Meditation for Concentration	Mentoring Class	III & V Sem Physics Hon Students	Dr Manoj Kr Singha

## **ACADEMIC YEAR: 2020-21**

Counselling session for this session had begun with orientation programme for the mentors. Several key issues related to counseling had been discussed in the programme. Five activities prepared by extension education cell were distributed to the mentors and this was followed by a discussion on the same. Mentors shared their experiences and actively participated in the balloon activity conducted by the extension education cell.

Following the orientation programme, the mentors conducted their classes based on the activities prepared by the extension education cell.

The first activity, i.e., “life satisfaction checklist” was conducted by 17 departments of the college in their respective department. Around 700 students participated in the activity. This activity had been conducted to identify the need for participants’ emotional development. This activity basically helped the students to identify their inner strengths and weaknesses.

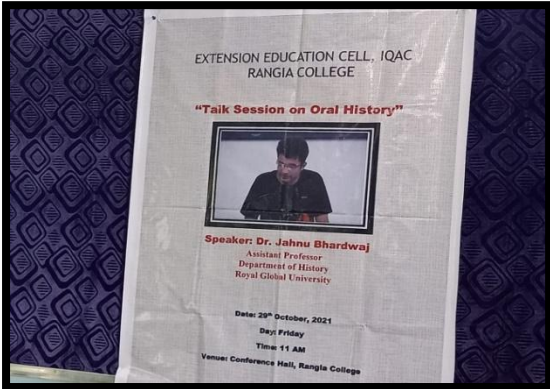
The second activity, i.e., “emotions and writings” was designed so as to express emotions in appropriate as well as calm manner by writing them. This was based on the idea that maintaining a journal is a good way to measure emotional growth and development. This activity has been conducted by 10 departments and approximately 400 students have participated in the said activity. Chemistry department of the college has prepared a daily emotion tracking diary, where students express their emotions through writing.

The third activity, i.e., “emotions and humour” helped the students to understand how humour promotes a positive and happy mood. Six departments of the college conducted this activity in their departments and approximately 240 students participated in this activity. The purpose of the fourth activity, i.e., “emotions and movies” is to identify how movies influence a person’s mood and behaviour. This activity was executed by 7 departments and around 230 students participated in the activity.

The fifth activity, namely, “Life’s Blessings” was aimed to help the students identify the positivity in their lives. This activity helped to increase awareness of “positives” in their lives. “Positives” are thoughts that we consider to be good, pleasurable, and enjoyable. This activity has been conducted by 7 departments and around 300 students have participated in the activity.

A review meeting conducted on 27<sup>th</sup> April, 2021 has marked the end of this session. Discussion and review of the five activities mentioned above was done during the meeting. The detailed discussion on the challenges faced by the mentors as well as positive impact of the activities was also been carried out. In addition to this, future prospects for the mentorship programme were also discussed by the faculty members present in the session.

DATE	PROGRAMME TITLE	ORGANIZ ED BY	CONDUCTED FOR	RESOURCE PERSON
05-02-2021	Orientation Program for Mentors of Counseling Sessions	EEC, IQAC, Rangia College	Teacher mentors	
05/02/21	Go green Campaign for EEC	EEC	In order to go green, EEC decided to go digital. All documents were digitized - Cumulative Record card of Students, logbook of mentors, Activities.	Dr Ujjal Pratim Dutta
13/03/21	Not So Special- A Review Session for Mentees	EEC	Mentees  The session was based on the feedback of Activity 1 of the Counseling Sessions.  Two activities were conducted & two motivational video clips were screened.	Dr Manoj Kr Singha Dr Ujjal Pratim Dutta
27-04-2021	Review Meeting for Mentors of Counseling Sessions	EEC, IQAC, Rangia College	Teacher mentors	
29-09-2021	Orientation of Mentors for Phase-II of Counseling Activities	EEC, IQAC, Rangia College	Teacher mentors	
29-10-2021	Talk Session on Oral History	EEC, IQAC, Rangia College	Teachers and students	



Online Interactive Session  
Q&A

**DREAM BIG ACHIEVE BIG**

**February 16, 2022**  
Time: 1.30 PM to 2.30 PM

Organized By  
**Extension Education Cell, IQAC  
Rangia College**

**RESOURCE PERSON**



**Dr. Buddha Debu Boruah**  
Assistant Professor,  
University College London  
Royal Society - Newton International Fellow  
University of Cambridge

**HOW TO APPLY**  
Interested participants may fill the google form via the given link  
[https://docs.google.com/forms/d/1F\\_AjCzS6Zv0TMEa1T0P97T9Q2eYU70wR17ASQyG0-V8L17ASR6177-0v1wv6f0m0/qm?ed=1](https://docs.google.com/forms/d/1F_AjCzS6Zv0TMEa1T0P97T9Q2eYU70wR17ASQyG0-V8L17ASR6177-0v1wv6f0m0/qm?ed=1) on or before 14<sup>th</sup> February 2022.



**Cumulative Record Card Sheet of Mentees:** At the very beginning of the mentoring session, a cumulative record card sheet was shared amongst the mentees. Through this card sheet, EEC unfolded the information regarding the socio-economic background of the mentees as well as hindrances in the way of their life journey. It was an effort on the part of EEC to identify the mentees who needed special care and mentoring.

Questions Responses 1,586 Settings

### Cumulative Record Card Sheet of Mentees (Phase 1)

Form description

Name of the Student \*

Short answer text

Class \*

- BA/BSc/B.Com 1st Semester
- BA/BSc/B.Com 2nd Semester
- BA/BSc/B.Com 3rd Semester

Questions Responses 1,586 Settings

Mother's Educational Qualification \*

Short answer text

Mother's Occupation \*

Short answer text

Contact Number \*

Short answer text

Questions Responses 1,586 Settings

Father's Educational Qualification \*

Short answer text

Father's Occupation \*

Short answer text

Contact Number \*

Short answer text

Monthly Income of the Family \*

- Below 10,000

Questions Responses 1,586 Settings

Family Structure \*

- Joint
- Nuclear
- Other...

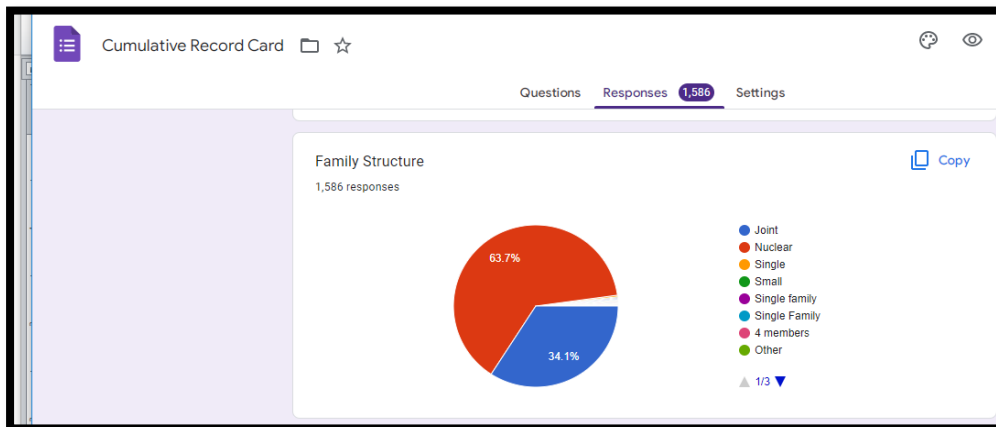
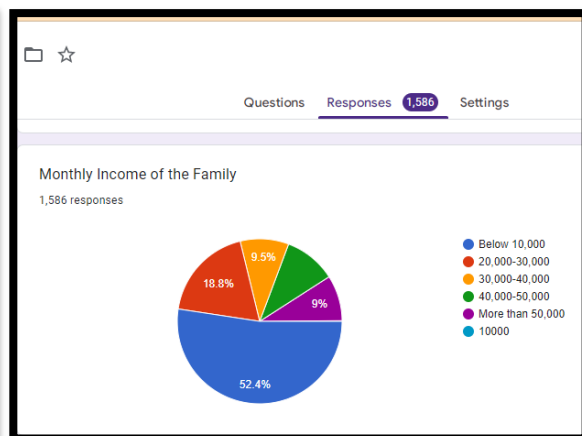
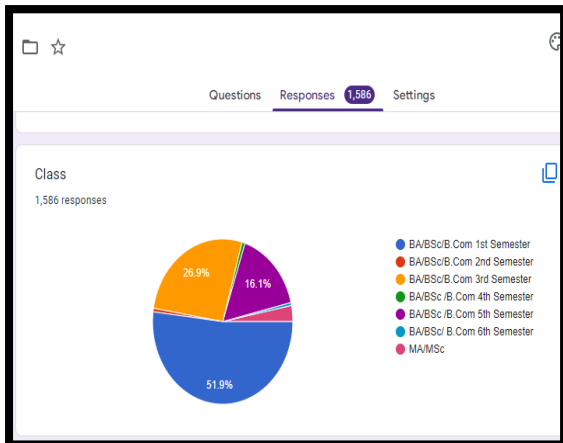
Distance between residential place to college \*

Short answer text

Mode of Transportation \*

Short answer text

## Responses Received:



**Phase 1 Activity 1:** The first activity, i.e., “life satisfaction checklist” had been conducted to identify the need for participants’ emotional development. This activity basically helped the students to identify their inner strengths and weaknesses.

Activity 1: Life Satisfaction Checklist (Phase 1)

Lesson 1

Name of the Student  Short answer

Short answer text

Department  Short answer text

I have a positive outlook, most the time. \*

Yes

No

I like who I am. \*

Yes

No

I know that I am good at doing something. \*

Yes

No

Questions Responses **1,120** Settings

I know my positive qualities \*

Yes

No

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I can cope with my feelings

Yes

No

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I know how to have fun \*

Yes

No

Questions Responses **1,120** Settings

I do activities I enjoy \*

Yes

No

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I know activities to do when feeling down \*

Yes

No

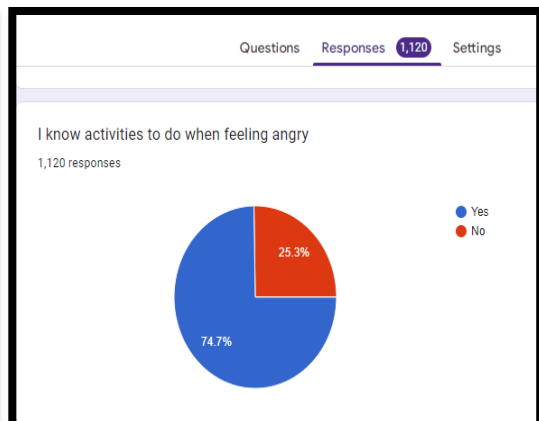
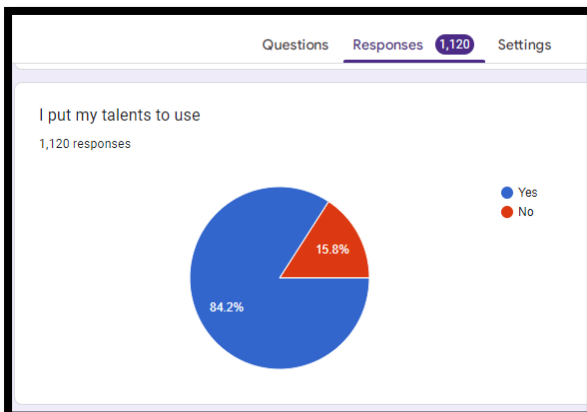
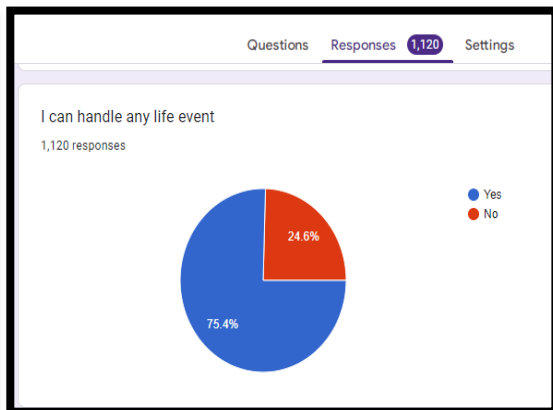
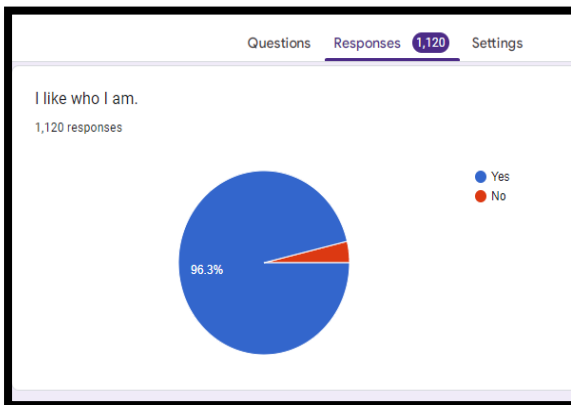
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I know activities to do when feeling angry \*

Yes

No

Responses Received:



**Phase 1 Activity 2:** The second activity, i.e., “emotions and writings” was designed so as to express emotions in appropriate as well as calm manner by writing them. This was based on the idea that maintaining a journal is a good way to measure emotional growth and development.

Questions Responses 681 Settings

### Emotions and Writings (Lesson-2) (Phase 1)

Form description

Name of the Student Short answer

Short answer text

Required

Department \* Short answer text

Questions Responses 681 Settings

Today I feel \* Long answer text

I am excited about: \* Long answer text

I am concerned about: \* Long answer text

Questions Responses 681 Settings

I am thankful for: \* Long answer text

I am proud of: \* Long answer text

My goals are: \* Long answer text

Interesting things about today: \* Long answer text

## Responses Received:

Questions Responses 681 Settings

I am proud of:  
681 responses

- Myself
- My parents
- Myself
- Parents
- My family
- My self
- My father
- My parents
- My college

Questions Responses 681 Settings

I am concerned about:  
681 responses

- My future
- Exam
- My studies
- My study
- Study
- Nothing
- My family
- My future
- Life

**Phase 1 Activity 3:** The third activity, i.e., “emotions and humour” helped the students to understand how humour promotes a positive and happy mood.

Questions Responses 621 Settings

### Lesson 3 :Emotions and Humour (Phase 1)

Play, laugh, smile, and enjoy life

Name of the Student   Short answer

Short answer text

Required

Department \*  
Short answer text

Questions Responses 621 Settings

List funny cartoons: \*  
Long answer text

Explain a time when something funny happened that you did not expect. \*  
Long answer text

What makes you laugh? \*  
Long answer text

What ways can you increase humour in your life? \*  
Long answer text

## Responses Received:

Questions Responses **621** Settings

List several funny movies:  
621 responses

Dhamal
Golmaal
Golmal
3 Idiots
No
Golmal
Housefull 4
3idiots
DHAMAL

Questions Responses **621** Settings

What makes you laugh?  
621 responses

Jokes
Funny jokes
Funny movie
Funny
Yes
Nothing
Meme
Funny videos
No

**Phase 1 Activity 4:** The purpose of the fourth activity, i.e., “emotions and movies” is to identify how movies influence a person’s mood and behaviour.

Questions Responses **258** Settings

### Lesson 4: Emotions and Movies (Phase 1)

Directions: List movie titles that cause emotions below. Different people may feel different about the same movies. For example, cartoons may cause you to feel silly, action movies may cause you to feel alert. The same movies could make someone else feel bored.

Name of the Student \*

Short answer text

Roll No \*

Short answer text

Questions Responses **258** Settings

Sad \*

Short answer text

Scared \*

Short answer text

Silly \*

Short answer text

List five of your favourite movies and list lessons learned from it \*

Long answer text

## Responses Received:

Questions Responses **258** Settings

Patriotic  
258 responses

Yes
Border
No
Kesari
Uri the surgical strike
Nothing
Raazi
Swades
Manikarnika

Questions Responses **258** Settings

Silly  
258 responses

No
Yes
Golmaal
Hera pheri
Nothing
Joker
Dhamaal
Munna bhai MBBS
Munna Bhai MBBS

**Phase 1 Activity 5:** The fifth activity, namely, “Life’s Blessings” was aimed to help the students identify the positivity in their lives. This activity helped to increase awareness of “positives” in their lives. “Positives” are thoughts that we consider to be good, pleasurable, and enjoyable.

Questions Responses **973** Settings

### Lesson 5 : Life’s Blessings (Phase 1)

Form description

Name of the Student

Short answer text

Roll No \*

Short answer text

Questions Responses **973** Settings

Best talent \*

Short answer text

Best friend/ family member \*

Short answer text

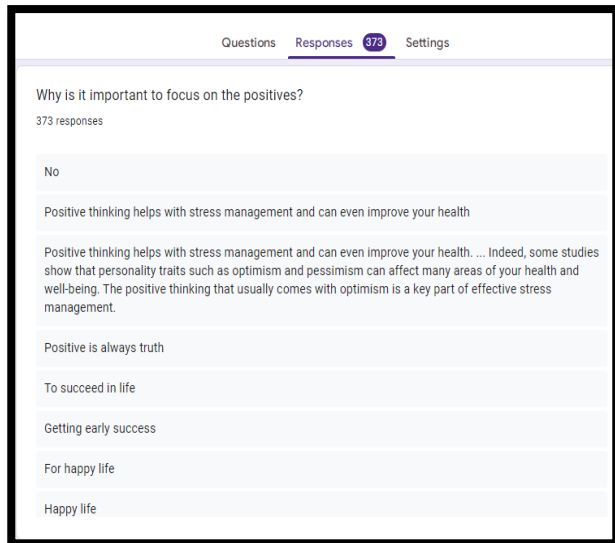
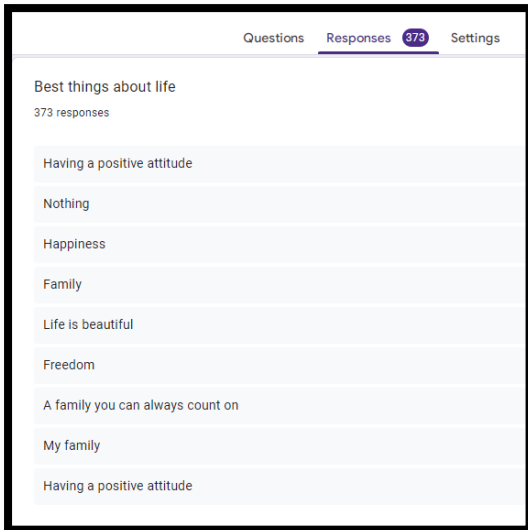
Why is it important to focus on the positives? \*

Long answer text

What did you learn about yourself from this activity? \*

Long answer text

## Responses Received:



**“NOTHING SPECIAL” – Session no. 1:** A Review Session for mentees was organized by Extension Education Cell on 13<sup>th</sup> March 2021 based on the responses shared of Activity No. 1. Twenty six students from various departments attended the session. Two activities were conducted and two video clips were screened. The students were very grateful for the session.





