



AMALA COLLEGE OF NURSING

AQAR (2023-2024)



CRITERION 2 – TEACHING- LEARNING AND EVALUATION

Key Indicator 2.3 – Teaching- Learning Process

**Metric No. 2.3.4.- Student :Mentor Ratio
(Preceding academic year)**

SUBMITTED TO



National Assessment and Accreditation Council

Mentor Mentee Register

MENTOR MENTEE MEETING SCHEDULE FEB-2024

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9/2/24

Dr. Arubika C conducted mentor-mentee program of 12 students on 9/2/2024. Many of the students expressed anxiety and stress as many of them failed for Anatomy and Physiology. Gave direction regarding how to present an answer, importance of drawing diagrams and preparation of simplified notes. Instructed about reading textbook so that they can answer MCQs. They agreed to work hard and score good marks for next exam.

Amrith

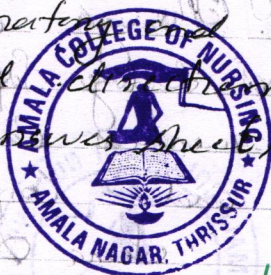
9/2/24

Sr. Moly Thomas conducted mentor-mentee program on 9/2/24, engaging 12 students in individualized interactions. Most of them openly shared their concerns. They were anxious about the upcoming university exams and a few said they found Anatomy and Physiology subjects hard. Suggested draw diagrams while study Anatomy and shared some study tips to help them out.

Sr. Moly Thomas Moly Thomas

9/2/24

Dr. Suresh K conducted Mentor-Mentee program on 9/2/2024, engaging 10 students in individualized interaction. Many students expressed their anxiety and tension as many of them failed for Anatomy and Physiology. Gave interaction regarding direction regarding how to present the answer sheet, how to draw diagram.



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

AMALA NAGAR P.O., THRISSUR 686 002

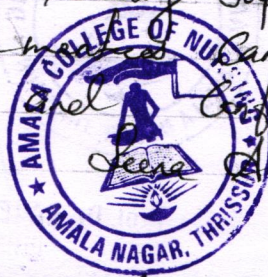
9/2/2024

A mentor-mentee programme was held on Feb; 9, 2024 among 110 students by Mrs. Aswathy Gopi. The session aimed at facilitating personal and academic development among the students. Students were encouraged to set achievable academic and personal goals for the upcoming university exams. Students were encouraged to support each other through group studies and by peer teaching. Focus on efficiency was recognized as a valuable study strategy. Students were advised to reduce phone usage during study hours to maintain focus and productivity. Students are reminded to the occasion concerns did not raise any issues to physical and mental wellbeing.

Aswathy Gopi

9/2/2024

Mrs. Seena AT Conducted a mentor-mentee Programme for 12 students. We discussed strategies for managing stress specifically related to studying for university exams and handling anxiety regarding study matters. We discussed various coping strategies. Emphasized the importance of organized time management and advised to create a detailed study schedule and alleviate feeling of overwhelm. Moreover that emphasized importance of self care. Taking regular breaks, getting enough sleep, and engaging in activities that bring joy and relaxation. Through effective time management, coping techniques, seeking support and prioritizing self care the students can strengthen with greater resilience.



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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7/2/2024 Mrs. Shinu C Vinson conducted a mentor-mentee programme on 07/02/2024 for 11 students. Students were very anxious and stressed regarding their university exams. I provided psychological support and advises and instructed regarding exam tips, approaches to improve get good marks in university exam, importance of time plan and breathing exercises to reduce stress and anxiety. Encouraged regarding their personal, family and financial issues.

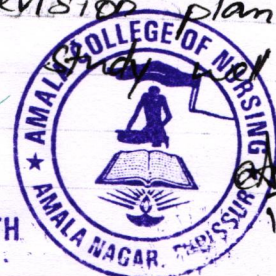
Shinu C Vinson

[Signature]

9/2/24. Prof. Linda Vaghre conducted a Mentor-Mentee programme on 09.2.24 for 11 students and they were bit anxious about their forthcoming exam. Advice given, that no need to get tense and to concentrate on studies. I told almost all to encourage group study or combined study as their wish. Nobody except one shared about their family issues. Given psychological support to her.

[Signature]
2/7/24

12/3/24 Dr. Ambika C conducted a mentor-mentee programme on 12/3/24 for 12 students. Students were bit anxious about upcoming university examinations. Discussed regarding memorizing tips and revision plan. Encouraged students to use the available resources.



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