



P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P. O., KANNUR – 670 631

(Govt. Aided Teacher Education Institution affiliated to Kannur University)

Recognized by NCTE included under UGC 2(f) & 12(B) category

Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

1.2.4 Students are encouraged and facilitated to undergo self-study courses online/offline in several ways through

1. Provision in the Time Table
2. Facilities in the Library
3. Computer lab facilities
4. Academic Advice/Guidance

MENTORING REPORTS



Academic Advice/ Guidance

Mentoring Report



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E-mail: pkmcedtr@yahoo.co.in, Website: www.pkmcollge.org

Tel: 0460 2230929, Fax: 04602 232449

Mentoring List - 2019-20

Sl.No	Name of Mentor	Name of Mentee	Programme & Year of Study
4	Dr. Veena Appakuttan	Nimisha A	B.Ed 2018-20
		Harsha A T	B.Ed 2018-20
		NeethuMadhusoodanan	B.Ed 2018-20
		Aparna Francis	B.Ed 2018-20
		Regi P George	B.Ed 2018-20
		Sujina T V	B.Ed 2018-20
		Mridula B P	B.Ed 2019-21
		Ambili Joseph	B.Ed 2019-21
		Anitha P	B.Ed 2019-21
		Shahanas K	B.Ed 2019-21
		Sweetymol Shaji	B.Ed 2019-21


PRINCIPAL



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KAITHAPRAM P. O., MADAMPAM
SREEKANTHAPURAM, KANNUR DC, 4



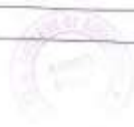

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Monthly Report of July-2019.

- They shared their worries about the teaching practice sessions.
- Some had some difficulties in preparing lesson plans.
- A few students talked about their emotional turmoil.
- They talked about their anticipation ~~problems~~ about internships.
- Some seek help for enrolling Swagan Portal.

Suggestions given.

- Teacher shared with them the ways and strategies to be practiced while they were going for internships.
- Teacher shared some positive thoughts about success in life with them to motivate them for their career.
- Extra care was given to the students who had difficulties in preparing lesson plans.
- Gave support for them to solve their worries about internships.
- Provided help for enrolling the Swagan Portal and gave support for their continuous studies.



PAM COLLEGE
KATHIRAMANGALAM
TECHNOLOGICAL INSTITUTION

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Dr. Veena Appalarthi

Monthly Report for the - October 2019.

Issues raised

- They shared their difficulty in doing many things both academic and other activities together.
- shared their difficulties in learning the new subjects: philosophy and psychology together.
- shared their difficulties in traveling from their home to the college and they need some relaxations in timings of the college.

Suggestions provided

- Mentor shared her experience in life and reminded that they have bond to be done many things together in their life.
- Mentor make them aware that:- lives of many people who went through great things are through hardships and finally through these difficulties and hardships we become successful in our life.

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KALASUR
KASARagod District, KERALA

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Monthly report for the month ~~January~~ ^{March} - 2020.

Issues raised:

- Students seek help for setting goals to their life.
- Some of the students find themselves difficult to perform to reach their goals.
- Some of them shared their struggles to connect with each other for performing the task.

Solutions:

- By establishing trust they realize that they can improve by constructive criticism of others.
- Mentors can identify their weaknesses and advice them the ways to improve their growth.
- Support & guide how to manage studies related anxiety and build mental strength against hardships and failure.



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Principal
 Sri Lanka Open University
 Colombo

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De Veena Sppulanthan

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Mentoring List-2020-21

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4	Dr. Veena Appukuttan	Mridula B P	B.Ed 2019-21
		Ambili Joseph - Self study	B.Ed 2019-21
		Anitha P	B.Ed 2019-21
		Shahanas K	B.Ed 2019-21
		SweetymolShaji - Self study	B.Ed 2019-21
		Krishnapriya K	B.Ed 2020-22
		Athulya C	B.Ed 2020-22
		Toby S Abraham	B.Ed 2020-22
		MarizaMarkose - Self study	B.Ed 2020-22
Shyona Stephen	B.Ed 2020-22		


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Mentoring Report Month of September 2020.

→ Issues raised.

→ Some have still the fear and lack of confidence to face others.

→ Students from poor financial background with less facilities at home are unable to focus enough on their studies.

→ Some have the desire to develop their leadership qualities, but are not able to develop it due to these worries and other difficulties.

→ There are tensions and fears among students to undertake leadership positions.

→ Shared worries regarding self-study courses.

Suggestions

→ Encourage them to face every crisis with courage take an advantage of every opportunity.

→ Focus more on the studies of the needy students.

→ Motivate students and helping them to get self-motivated.

→ Shared their concerns and suggested some ways to cope up with the problems of heavy workload of self study courses.



RKM COLLEGE OF EDUCATION
BELUR MATH, BANGALORE

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Mentoring Report for the month - October 2020

Issues

- Some face the issues of transferring to a new environment in addition to the overall demand of the college.
- Struggling with low motivation is a major issue among some students.
- Some have the difficulty of handling the English language well for communication.
- Some have some issues of forgetting the lesson facts during examinations.
- Assess the progress of self study courses and suggestions given
- Advise them to keep open communication with the mentors as well as teachers and friends.
- Give motivation and convey to the mind and focus on aims of student life.
- Find out proper learning style and revise the study habits.
- Approach studies carefully and focus on the self-study courses to improve your course and learn more.
- Assess the progress of self study courses and provided proper feedbacks



SRM COLLEGE
KATHIRKOTTAI
INDIA

De Veena Appulettan.

Mentoring report for the month - March - 2021
December 2020

Issues

- Difficulties in continuing on line learning as the time spent online is long and the screen size is small.
- Poor quality of internet at home and the cost of internet is a problem for them.
- Difficulty in making positive relations with friends.
- Lack of concentration, motivation to achieve their online goals.
- Analysed the progress of SWIGAM course.

Solutions :

- Asked to make a break in online learning and offline learning after covid.
- Teachers make sure that students are satisfied with the quality of education provided to them.
- Guide teacher to make collaborative learning possible in in and out of classrooms.
- Teacher should change the teaching style to address the student needs.
- Evaluated the progress of self study SWIGAM courses and instructed them to complete the course in time.



Dr. Veena Appalanna

Dr. Veena Appalanna

Yearwise Report for the Month February 2021.

Issues

- Few students reported their difficulty in understanding certain subjects.
- Some students raised uncertainty about future goals and career paths.
- One student reported personal issues that affecting their well being.
- Some have some difficulty in completing the task of self study course.

Suggestions

- Suggested personalised academic support and encourage their study habits.
- Facilitated career counselling help set achievable goals.
- Provided supportive environment offered counselling resources.
- Advised them to take the responsibility of all the assignments and complete the assignments on time. motivated them to share important their ideas with others in completing the self study courses.



DE VEENA APPUKUTTAN
 ASSISTANT PROFESSOR
 DEPARTMENT OF
 EDUCATIONAL PSYCHOLOGY

De Veena Appukuttan

Mentoring Report Month March 2021.

Issues addressed

- Some students reported their struggle to balance academic and extra curricular activities
 - Two students reported their difficulty in forming positive relationship with peers
 - Two or more students raised lack of motivation in their career.
- Difficulties regarding self study course.

Suggestions

- Suggested effective time management techniques.
- Providing guidance on social skills
- Help them to identify interest set achievable short-term goals.
- Can take some solutions for completing the self study course.



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MYSORE
BROODING BUILDING, 1st FLOOR

De Veena Appukuttan



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		Shyona Stephen	B.Ed 2020-22
		Dariya Baby	B.Ed 2021-23
		Anagha N P	B.Ed 2021-23
		Joyamol T Baby	B.Ed 2021-23
		Athira T C	B.Ed 2021-23
		Ann Kurian	B.Ed 2021-23
Jisna Augustine	B.Ed 2021-23		




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KANNUR DIST., KANNUR DT. 670631

Monthly Report for the month August 2021

Issues addressed

- One student reported stress on high expectations
- One student reported difficulty in adjusting with office work load.
- Two or more students reported. Some financial problems.
- Difficulties in completing the task by one of the student who wish to do self-study online course

Suggestions

- Suggested to set realistic goals and to recognize personal achievements
- Suggested to change focus is to career and spending more time with family
- Suggested to reduce unwanted spending and periodical some personal help and supportive environment
- Provided support for doing self study course. and motivated them to choose academic choice more courses.

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PKM COLLEGE OF EDUCATION
KATKUNTA
BANGALORE

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De Veena Appulethim

Mentoring Report for the month September 2021

Issues raised

- Some students reported their struggles with low self-esteem and lack of confidence.
 - One student reported difficulty in adjusting with family.
 - Some students reported their anxiety because of doing exam.
- Difficulties in choosing self study courses.

Suggestions

- Suggested to focus on personal strengths and to set available goals.
- Suggested to communicate openly with family.
- Suggested to practice relaxing techniques.
- Advised them to choose more courses and persuade them all support to complete the course.



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PUNE
Mentoring Report

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De Vena Appulettam.

Mentoring Report Month- November 2021

- One student raised problem of inadequate of poor quality sleep
- One student reports ^{that} some have received more attentions from teachers than others.
- Some students reported stress and mental health challenges.
- Shared the inability of completing the online courses.

Suggestions given:

- Suggested to establish a consistent sleep routine and advised to limit screen time before bedtime.
- Suggested to other teachers to encourage a supportive classroom environment where all students feel heard.
- Suggested to practice meditation and to meet counsellors.
- Some had difficulties in completing the task of Self Study course. Gave them mental support for the same.



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KATHIRAMANGALAM
STEEHANAPURAM, ROAD NO. 40/8081

Dr. Vasan Aravindhan

Mentoring Report for the Month January 2022.

Issues addressed

- One student reported that they have lack of decision making ability.
- Some students raised the issue of technology addition.
- Two students reported that they were isolated from others by lack of interest in studies.
- Support for online classes

Suggestions given

- Suggested to provide a supportive environment and to seek advice from trusted friends.
- Suggested to maintain a balanced screen time.
- Suggested to involve in interactive activities.
- Some have joined for online courses and had some confusions regarding the course. Advisor for them worried and helped them for the same.

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PILGRIM COLLEGE
KATHIRUVAI

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Mentoring Report for the Month February 2024.

Issues addressed

- One student reported that they face one difficulties for the friends.
- Some students reported that they are not understand the lessons taken by the teachers effectively.
- Two or more students reported that they suffer from one social anxiety.
- Progress of self study course

Suggestions provided

- Suggested to attain conflict resolution skills
- Suggested to refer learning resources and to have effective self study and focus more in self study courses - during lecture time
- Suggested to join in social group or activities to expand the comfort zone
- Progress of self-study course was analysed.



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RANGITIKEI UNIVERSITY
WELLINGTON, NEW ZEALAND

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D. Veena Appalanthan.