



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

2.2.2: Mechanisms are in place to honour student diversities in terms of learning needs; Student diversities are addressed on the basis of the learner profiles identified by the institution through

- 1. Mentoring / Academic Counselling**
- 2. Peer Feedback / Tutoring**
- 3. Remedial Learning Engagement**
- 4. Learning Enhancement / Enrichment inputs**
- 5. Collaborative tasks**
- 6. Devices and Adaptive Structures (for the differently abled)**
- 7. Multilingual interactions and inputs**

MENTORING / ACADEMIC COUNSELLING



Mentoring / Academic Counselling

Minutes of Mentoring



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 E-mail: pkmcedu@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 Appukuttan	Nimisha A	B.Ed 2018-20
		Harsha A T	B.Ed 2018-20
		Neethu Madhusoodanan	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
		Shahannas K	B.Ed 2019-21
		Sweetymol Shaji	B.Ed 2019-21


 PRINCIPAL



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 P.K.M. COLLEGE OF EDUCATION
 KAITHAPRAM P O, MADAMPAM
 SREEKUPURAM, KANNUR DISTRICT




 P.K.M. COLLEGE OF EDUCATION
 KAITHAPRAM P O, MADAMPAM
 SREEKUPURAM, KANNUR DISTRICT

Monthly report of June - 2019.

- Students shared their plan of exams and at university level exams.
- They shared their anxieties regarding send year classes and internship.
- They have the problem of time-management to handle the theory and practical sessions of the course.
- Motivated for doing self study courses.

Suggestions

- Insisted them to concentrate more on their studies and prepare the answers with the answer key to overcome the exam related stress.
- Shared some positive thoughts about them regarding the success in their life.
- Motivations were provided to him to do good in time management.
- Motivated students to enroll and completed the self study course at the earliest. Institution's support for self study course is ensured.



P.K.M. DEPARTMENT OF EDUCATION
KATHIRUVAI S.O. UNIVERSITY
BEEKANAPURAM - 626 001

[Signature]
Dr. Veena Appanath

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 internship.
- Some seek help for creating Swagam Portal.

Suggestions given

- Teacher shared with them the ways and strategies to be practiced while they were going for internship.
- 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 internship.
- Provided help for creating the Swagam portal and gave support for their continued studies.



P.K.M. COLLEGE OF EDUCATION
KATYAVRATHI, K. S. ROAD,
SEETHAMPALLE, KANNUR, KERALA

Dr. Veena Appulethi

Monthly Report of August - 2019.

- They shared their worries about class management and discipline issues in the classroom.
- , Onions batch have the worries about the adjust problems in the new professional college campus.
- . They shared their issues of change in their learning strategies and the difficulty in learning some concepts in new subjects like psychology and philosophy
- they talked about the pressures of teaching and their expectations.

Suggestions provided

- Organized orientation classes to fill the gap between different learning situations they had faced
- Instructions and ideas were given to how to be a teacher
- Suggestions and ideas were given to be happy in handling the issues and be a confident teacher



THE
BKM COLLEGE OF EDUCATION
KATHIAR, DISTRICT, JALPAIGURI
SINGURPUR, WEST BENGAL

Dr. Veena Apperlathin

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 travelling 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 bound to be done many things together in their life.
- Mentor make them aware that - lives of many people who went through great things are see through hardships and finally these difficulties and hardships we become strength in our life.



P.K.M. COLLEGE OF EDUCATION
KATHARU, SREERANGAPURAM, KANNUR DISTRICT, KERALA

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

Issues raised :-

- Students seek to 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 advise them the ways to improve their growth.
- Support & guide how to manage struggles related anxiety and build mental strength against hardship and failure.



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DE VENA OPPURTUNITIES
 1/12/2019
 1/12/2019

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De Vena Oppurtunities

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Tel: 0460 2230929, Fax: 04602 232449

Mentoring List-2020-21

Sl.No	Name of Mentor	Name of Mentee	Programme & Year of Study
4	Dr. Veena Appukuttan	Mridula B P	B.Ed 2019-21
		Ambili Joseph - <i>Self study</i>	B.Ed 2019-21
		Anitha P	B.Ed 2019-21
		Shahanas K	B.Ed 2019-21
		SweetymolShaji - <i>Self study</i>	B.Ed 2019-21
		Krishnapriya K	B.Ed 2020-22
		Athulya C	B.Ed 2020-22
		Toby S Abraham	B.Ed 2020-22
		MarizaMarkose - <i>Self study</i>	B.Ed 2020-22
		Shyona Stephen	B.Ed 2020-22


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SREEKANDAPURAM, KANNUR DT.,-6

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 their worries and other difficulties.
- There are tensions and fear 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.



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HANU
BIRENANGI

EDUCATION
BIRENANGI

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.
- Shared the progress of self study course suggestions given.
- Advise them to keep open communication with the mentor as well as teachers and friends.
- Give motivation and courage to the mind and focus as aims of student life.
- Find out proper learning style and refine the study habits.
- Approach studies carefully and focus on the self-study courses to improve your career and learn more.
- Assessed the progress of self study course and provided proper feedbacks.



RKM COLLEGE OF EDUCATION
KALYANI
WEST BENGAL

De Veena Appulettan.

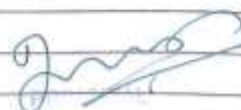
Monthly Report for the Month - February
November 2020

Issues addressed

- Students find it difficult to understand the documentations of materials through various medias.
- They encountered the problem of internet usage and its quotas.
- They have the ~~poor~~ problem of ~~poor~~ communication.
- Some feel that online learning was less effective.
- Shared some details regarding Swagun assignments.

Suggestions given.

- Teachers decided to implement face to face class twice.
- Advised to use simple platform for online learning like Teams.
- Provide interactive dynamic and attractive learning material to students,
- provide mental support to them and provide assistance.
- Advised them to submit the assignments and tasks of the Swagun courses on time and helped them to complete their assignments by providing library support. and they were also helped by internet support of providing proper mental support.



Monthly report for the month - March - 2021
December 2020

Issues

- Difficulties in continuing online 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.
- Analyzed the ^{strengths} the prospects of Self-study courses.

Solutions :

- Need to make a break in online learning and offline learning after covid.
- Teachers make sure the students are satisfied with the quality of education provided to them.
- Give chance to make collaborative learning possible in and out of classroom.
- Teacher should change the teaching style to address the student needs.
- Evaluated the Program of Self-study Swagat courses and introduced them to complete the course in time.



P.N.A. EDUCATION
RAITHAL, JHARKHAND

Dr. Veena Appalambam

mentoring 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 SWAGEN 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 VLEENA APPUKUTTANI
 FULL TIME FACULTY
 YATHAPPAH HALL, SRI SIVAJI
 ENGINEERING COLLEGE, SRI SIVAJI
 KALLANGAPURAM, DISTRICT DT-605011

De Vleena Appukuttani


Mentoring Report month March 2021.

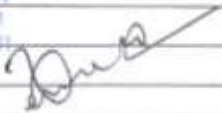
Issues addressed

- 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 give some solutions for completing the self study course.


 PKM COLLEGE OF EDUCATION
 KATHIRAVELU STREET
 SRIERAMPURAM, TAMIL NADU


 Dr. Veena Appukuttan

P.K.M. COLLEGE OF EDUCATION



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		Athulya C	B.Ed 2020-22
		Toby S Abraham	B.Ed 2020-22
		MarizaMarkose - <i>3rd Study</i>	B.Ed 2020-22
		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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SREEKANGAPURAM, KANNUR DT.,-670631

Monthly Report for the Month August 2021

Issues addressed

- One student reported stress or 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 courses

Suggestions

- Suggested to set realistic goals and to recognize personal achievements
- Suggested to change focus into career and spending more time with family
- Suggested to reduce unwanted spending and provided some personal help and supportive environment
- Provided support for doing self study courses. and motivate them to choose ~~academic~~ choose more courses.

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KATHIRAVELU, DISTRICT
SRIEMANGALAM

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De Veena Appuletham

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 before or during exam.
- Difficulties in choosing self study courses.

Suggestions

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



DE VENA APPULETTAM
KATHARU
MADRAS



De Veena Appulettam.

Monitoring Report Month- November 2021

- One student raised problem of inadequate of poor quality sleep
- One student reports ^{that} some have received more attention 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. Give them mental support for the same.



PRINCIPAL
NATHANAPURAM
BIRSANGAPURAM, KANNUR DISTRICT

D. Vasan Anand...

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 addiction.
- Two students reported that they were isolated from others by lack of interest in studies.
- Support for online courses

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. Advised for their worried and helped them for the same.



Mentoring Report for the Month February 2021.

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 course during extra time.
- Suggested to join in social group or activities to expand the comfort zone.
- Progress of self-study course was analysed.



P.K.M. COLLEGE OF EDUCATION
KATTAPPA, K.P. EDUCATION
KOTTAYAM DISTRICT, KERALA

Dr Veena Appukuttan

Mentoring Report

ANNUAL MENTORING REPORT 2018-19

A counselling and mentoring committee meeting was held on 31.07.2018. All the committee members participated in the meeting.

As per the decisions of this committee a period was allotted in the timetable for mentoring. 12 or 13 Students belonging to senior and junior batch were given to each mentor.

The following are the mentors in the college.

1. Dr. Jessy N.C
2. Dr. Prasaanth Mathew
3. Dr. Sholy Joseph .K
4. Dr. Rekha K. R
5. Dr. Veena Appukuttan
6. Mrs. Jomol Jose
7. Dr. Sinoj Joseph
8. Dr. Maya J Pillai

The mentors met their respective students during the allotted time. The students shared their views, ideas, problems and worries with their mentors. All of them were given guidance to write competitive exams like NET,SET, K TET and C TET. They were also given guidance to present papers in the national seminars and workshops. They were given directions to do courses in MOODLE and other platforms.

It was a pleasant experience to meet the mentors. Mentors also benefited from the guidance of the teachers. Constructive feedback on teaching and internship activities were given by mentors. Thus all mentors in the college guided, supported and advised their students.




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SREEKANATHAPURAM, KANNUR DT., KERALA

ANNUAL MENTORING REPORT 2019-20

Every year mentoring is done at P K M College of Education as per the directors of mentoring committee. In the month of June onwards senior batch students were given with mentoring period. Juniors were allotted for mentoring after completing their admission.

This year including Sr. Caroline there were 9 mentors.

The following are the mentors in the college.

1. Dr. Jessy N.C
2. Dr. Prasanth Mathew
3. Dr. Sholy Joseph .K
4. Dr. Rekha K. R
5. Dr. Veena Appukuttan
6. Mrs. Jomol Jose
7. Dr. Sinoj Joseph
8. Dr. Maya J Pillai
9. Sr. Caroline

This year mentoring and counseling committee meeting was held on 06/12/2019. Record of attendance and report of mentoring was done by the respective teachers.

During the allotted time, mentors met their students. Students found it pleasurable experience to talk and open their minds to mentors. Personal and vocational guidance was given to mentors. Students were advised to write all types of competitive exams.

Discussion of the problems of teaching also were discussed. Some students had little problems to face the secondary students. They were given ample opportunities for peer teaching. Guidance, support and advice were given by the mentors.




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SREEKANDAPURAM, KANNUR DT.,-67003

ANNUAL MENTORING REPORT 2020-21

Counseling and mentoring committee meetings for the academic year 2020-21 was held on 10/06/2020 and 08/09/2020.

As per the decisions of this committee, all students of senior batch were divided among all the nine teachers, including Sr. Caroline (Minimol George). Juniors were allotted for mentoring after completing their admission.

The following are the mentors in the college,

1. Dr. Jessy N.C
2. Dr. Prasanth Mathew
3. Dr. Sholy Joseph .K
4. Dr. Rekha K. R
5. Dr. Veena Appukuttan
6. Mrs. Jomol Jose
7. Dr. Sinoj Joseph
8. Dr. Maya J Pillai
9. Sr. Minimol George

Since the outbreak of Covid 19 , all face to face classes were dropped and during this 2020-21 academic year , classes were taken in the online mode . Hence, mentoring also was done in an online mode.

Different online medias like ZOOM, Google Meet, Whatsapp video call and Microsoft Teams were used for the meetings.

This year, first year students admission was delayed, and hence they got very few chances of mentoring. Mentoring for this year was done during the following dates : 24/09/20, 01/10/20, 08/10/20, 15/10/20, 22/10/20, 27/10/20, 17/02/21 and 25/03/21.




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During the months of June and July, preparations for teaching practice and the related issues were discussed. Along with that challenges of present era also were discussed. Mentees worries regarding future, their job opportunities, goal-setting and strategies for professional development also were discussed.

During the month of March, students were connected with schools around the college as well as schools in the northern Indian states. The leadership development of the students were also done. The feedback and reflection also were given to the mentees. Thus mentoring contributed to the overall growth of both mentees and mentors.




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ANNUAL MENTORING REPORT 2021-22

For the academic year 2021-22 the mentoring and counseling committee meeting was conducted on 02/09/2021. In the aftermath of Covid 19, online classes were conducted from June onwards. This year government gave an instruction not to conduct online classes for many hours. So, there was limitation to conduct online mentoring too.

The following are the mentors in the college,

1. Dr. Jessy N.C
2. Dr. Prasanth Mathew
3. Dr. Sholy Joseph .K
4. Dr. Rekha K. R
5. Dr. Veena Appukuttan
6. Mrs. Jomol Jose
7. Dr. Sinoj Joseph
8. Dr. Maya J Pillai
9. Sr. Caroline (Minimol George)

Senior students were allotted to all 9 teachers. After completing admission, junior batch of students also grouped for mentoring. The mentoring was done on 22/09/2021, 06/10/2021, 13/10/2021, 24/11/2021, 01/12/2021 and 08/02/2022. Record of attendance and report of mentoring was done by respective teachers.

Personal and occupational guidance was given to all mentees. Students were advised to write all types of competitive exams. They were encouraged to write SET, NET, K TET, C TET and GATE exams. Students were encouraged to participate in the webinars conducted by our college and other colleges.

Constructive feedback on teaching and internship activities were given by mentors. Thus all mentors in the college guided, supported and advised their students.



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ANNUAL MENTORING REPORT 2022-23

The mentoring and counseling committee meeting was conducted on 02/09/2021 for the academic year 2022-23. All the students of this year were given to mentors in the college. Meeting with the mentees were conducted during the prescribed times.

The following are the mentors in the college.

1. Dr. Jessy N.C
2. Dr. Prasanth Mathew
3. Dr. Sholy Joseph .K
4. Dr. Rekha K. R
5. Dr. Veena Appukuttan
6. Mrs. Jomol Jose
7. Dr. Sinoj Joseph
8. Dr. Maya J Pillai
9. Sr. Caroline (Minimol George)

The mentors met their respective students in a convenient place within the premises of P K M College. In the first meeting family whereabouts and academic background of the mentees were shared. In the later meetings students shared their views, ideas and worries.

Mentees were encouraged to organize programs in optional and general classes. They were advised to learn brochure making, Google form preparation and video editing. All of them were given guidance to write competitive exams. They were also guided to present papers in the national and international seminars and workshops.

Creative and constructive feedback on internship activities were given by mentors. Personal and occupational guidance were given to all mentees. Thus it was a pleasant experience to meet the mentees. All mentors in the college supported, guided and directed the students.




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