

Month – July 2026

Title: Harmony Among Students and Faculty

MENTOR-MENTEE FEEDBACK (MENTEE)

Institution: Paliwal Degree College, Shikohabad

Mentor Name: **Mr. Anmol Yadav** (Assistant Professor Depatment of BBA)

Date: 15-07-2026

Section A: Mentor Support

1. Mentor is approachable and supportive. (A) Excellent (B) Good (C) Average (D) Poor
2. Mentor listens to my problems carefully. (A) Excellent (B) Good (C) Average (D) Poor
3. Mentor provides academic guidance. (A) Excellent (B) Good (C) Average (D) Poor
4. Mentor helps in career planning. (A) Excellent (B) Good (C) Average (D) Poor
5. Mentor motivates me to improve. (A) Excellent (B) Good (C) Average (D) Poor

Section B: Academic & Personal Development

6. Improves academic performance. (A) Yes (B) No
7. Guides in stress management. (A) Yes (B) No
8. Encourages participation in activities. (A) Yes (B) No
9. Provides useful suggestions. (A) Yes (B) No

Section C: Overall Satisfaction

10. Overall satisfaction with mentor. (A) Excellent (B) Good (C) Average (D) Poor

Instructions to Students

- Write only option codes. (A/B/C/D)
- Do not write full answers.
- Sign after completing all responses.

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STUDENTS RESPONSE SHEET

S.No.	Students Name	Roll No.	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Signature
1	Shanu kumar	2600440040211	A	A	A	A	B	A	A	A	A	A	Shanu
2	Musfikam	2600440040212	B	A	A	A	A	A	A	A	A	A	Musfikam
3	Neetu Yadav	2600440040213	A	A	A	A	A	A	C	A	A	A	Neetu
4	Deep Shukla	2600440040214	A	B	A	A	A	A	A	A	A	A	Deep
5	Meheshkha	2600440040215	A	A	A	A	B	A	A	A	A	A	Mehesh
6	Richa	2600440040216	A	A	B	A	A	A	A	A	A	A	Richa
7	Priya	2600440040217	A	A	A	A	A	B	A	A	A	A	Priya
8	Kashish Agarwal	2600440040218	A	A	A	B	A	A	A	A	A	A	Kashish
9	Ajeet kumar	2600440040219	A	A	A	A	A	A	A	B	A	A	Ajeet
10	Vishal kumar	2600440040220	A	A	A	A	A	A	B	A	A	A	Vishal
11	Vaishnavi Yadav	2600440040221	B	A	A	A	A	A	A	A	A	B	Vaishnavi
12	Sangam Yadav	2600440040222	A	A	A	A	A	B	A	A	A	A	Sangam
13	Tanvi Sharma	2600440040223	A	A	A	A	A	A	A	A	B	A	Tanvi
14	Jay kumar	2600440040224	A	A	A	A	B	A	A	A	A	A	Jay
15	Shivangini Yadav	2600440040225	A	A	A	A	A	A	A	B	A	A	Shivangini
16	Sana I Bano	2600440040226	A	B	A	A	A	A	A	A	A	B	Sana
17	Vanishika Rathore	2600440040227	A	A	A	A	A	A	A	A	A	A	Vanishika
18	Saumya Yadav	2600440040228	A	A	A	A	A	A	A	A	A	A	Saumya
19	Pragati	2600440040229	A	A	A	A	A	A	A	A	A	A	Pragati
20	J. Anjali	2600440040230	A	A	B	A	A	A	A	A	A	A	Anjali
21	Chetan Roshni Singh Chauhan	2600440040231	A	A	A	B	A	A	A	A	A	A	Chetan
22	Anshu Mahan	2600440040232	A	A	A	A	A	A	A	A	B	A	Anshu

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THE NON-LINEAR SYLLABUS

BALANCING ACADEMIC PRESSURE & MENTAL HEALTH RECOVERY

Navigating the rigorous demands of higher education while actively recovering from mental health challenges requires deliberate strategy. The academic environment often rewards relentless overwork, directly conflicting with the pacing necessary for genuine healing. This report outlines actionable, evidence-based paradigms for harmonizing academic responsibilities with long-term psychological well-being.

1. DECONSTRUCTING GRIND CULTURE

The normalization of sleep deprivation, skipped meals, and chronic overworking frequently masks the symptoms of mental illness under the guise of academic dedication. True recovery necessitates a firm rejection of this culture. Students must establish rigid boundaries around their time—prioritizing non-negotiable windows for sleep, therapy, and cognitive rest. Recognizing that diminished hours of high-quality, focused work are vastly superior to prolonged, anxiety-driven exhaustion is the first critical step toward sustainability.

2. THE LOGISTICS OF LENIENCY

A significant barrier to recovery is the hesitation to utilize institutional support due to internalized stigma. Academic accommodations—such as extended deadlines, alternative testing environments, or excused absences—are not unfair advantages. They are logistical necessities designed to level the educational playing field for students managing psychological conditions. Engaging with campus disability services is an act of proactive self-advocacy and essential academic risk management.

3. REDEFINING SUCCESS AND IDENTITY

In highly competitive environments, a student's self-worth frequently becomes inextricably linked to their Grade Point Average (GPA). When psychological distress impacts performance, it can trigger a secondary crisis of identity. Sustainable recovery requires divorcing personal value from academic output. Accepting a lower grade in a challenging semester while maintaining therapeutic progress is not a failure; it is a strategic prioritization of holistic health over short-term metrics.

4. NAVIGATING HIGH-STAKES RELAPSES

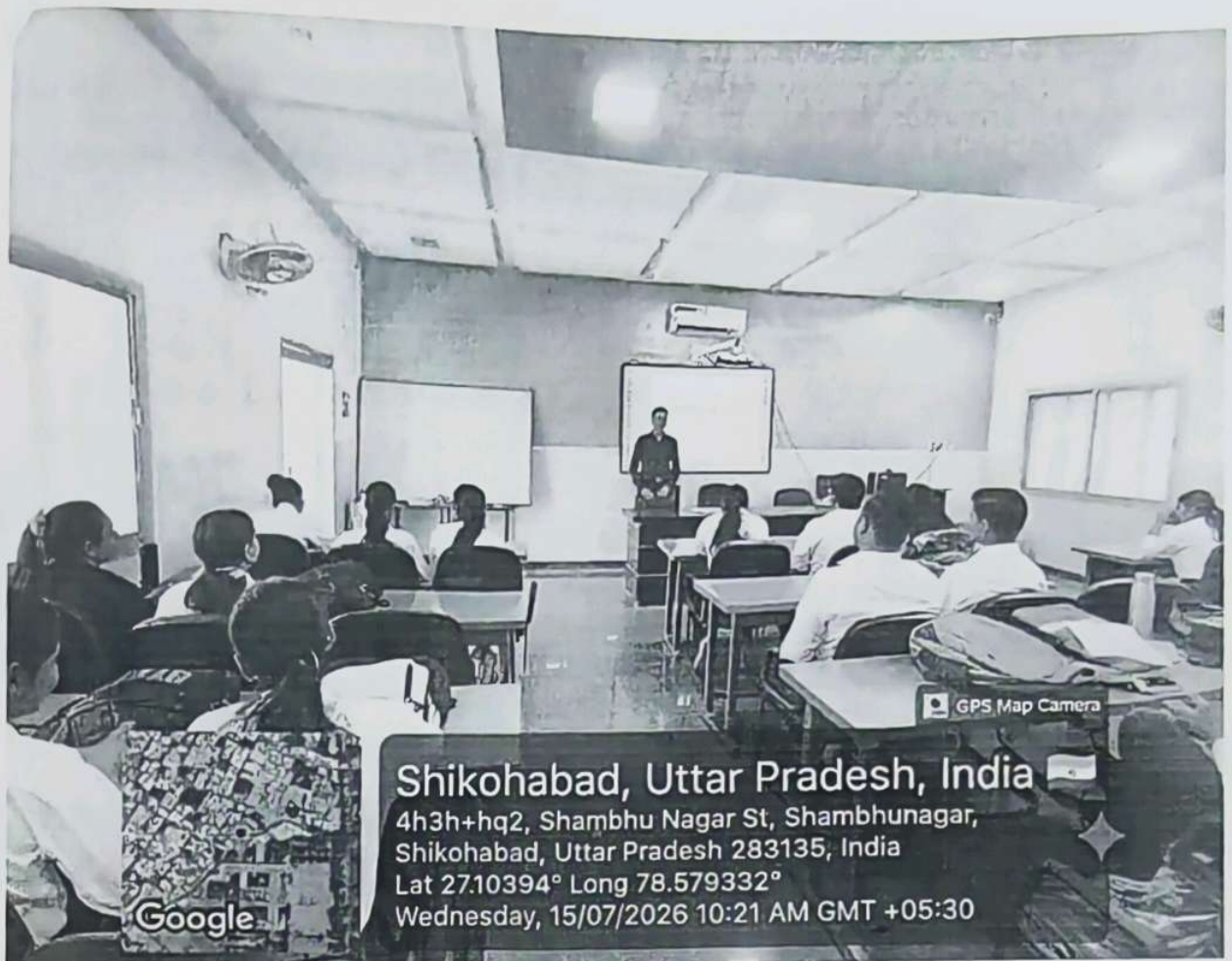
Periods of heightened evaluation, such as midterms and finals, are primary catalysts for symptom exacerbation. Students are encouraged to develop preemptive "crisis protocols." This involves outlining explicit steps to execute when a depressive episode or panic disorder flares up, including pre-drafted communications to professors and a scaled-back "survival schedule" that temporarily halts peripheral activities, focusing strictly on the most critical academic and health-related tasks.

PREPARED TO SUPPORT ACADEMIC RESILIENCE · STRICTLY FOR EDUCATIONAL PURPOSES

Anmol
15/07/26
(Anmol.)
mentor

(Singh)
(Virendra Singh)
(Incharge)

J. P. Singh
15-07-26
Principal
PALIWAL (P.G.) COLLEGE
SHIKOHABAD



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Shikohabad, Uttar Pradesh 283135, India

Lat 27.10394° Long 78.579332°

Wednesday, 15/07/2026 10:21 AM GMT +05:30

Google

GPS Map Camera



Shikohabad, Uttar Pradesh, India

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Mentor Name: Dr. M.L. Agrawal (Professor Depatment of BBA)

Date: 13-07-2026

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1	Namit Garg	25004405070001	A	A	A	A	A	A	A	A	A	A	Namit
2	Sauravi Yadav	25004405070003	A	A	A	A	A	A	A	A	A	A	Sauravi
3	Angali	25004405070003	A	A	A	A	A	A	A	A	A	A	Angali
4	Vasvha	25004405070004	A	A	A	A	A	A	A	A	A	A	Vasvha
5	Yash Jain	25004405070005	A	A	A	A	A	A	A	B	A	A	Yash
6	Khushi	25004405070006	A	A	A	A	A	A	A	A	A	A	Khushi
7	Ravina Rajput	25004405070007	A	A	A	A	A	A	A	A	A	A	Ravina
8	Angali Yadav	25004405070008	A	A	A	A	A	A	A	A	A	A	Angali K.
9	Anamika	25004405070009	A	A	A	A	A	A	A	A	A	A	Anamika
10	Nikhil Kumar	25004405070010	A	A	A	A	A	A	A	A	A	A	Nikhil
11	Shani Yadav	25004405070011	A	A	A	A	A	A	A	A	A	A	Shani
12	Sanjay Kumar	25004405070012	A	A	A	A	A	A	B	A	A	A	Sanjay
13	Greta	25004405070013	A	A	A	A	A	A	A	A	B	A	Greta
14	Kashish Grewal	25004405070014	A	A	A	A	B	A	A	A	A	A	Kashish
15	Animeha Gaur	25004405070015	A	A	A	A	A	A	A	A	A	A	Animeha
16	Priyanka Verma	25004405070016	A	A	A	A	A	A	A	A	A	A	Priyanka
17	Shuman Yadav	25004405070017	A	A	A	A	A	A	A	A	A	A	Shuman
18	Akankshi Jain	25004405070018	A	A	A	A	A	A	A	A	A	A	Akankshi Jain
19	Mannat Yadav	25004405070019	A	A	A	A	A	A	A	A	A	A	Mannat
20	Abhay Dixit	25004405070020	A	A	A	A	A	A	A	A	A	A	Abhay
21	Yashika Jadon	25004405070021	A	A	A	A	A	A	A	A	A	A	Yashika
22	Ku Rajal	25004405070022	A	A	A	A	A	A	A	B	A	A	Ku Rajal

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REPORT ON MENTOR-MENTEE SESSION

Date of Event: July 13, 2026

Resource Person / Mentor: Dr. M. L. Agrawal (Head, Department of Business Administration)

Theme: Guidance on Holistic Development for Students

1. Introduction

A mentor-mentee interaction session was organized by the Department of Business Administration on July 13, 2026. The session was presided over by Dr. M. L. Agrawal, Head of the BBA Department, with the primary focus of addressing the academic, personal, and professional growth of the students. Recognizing that modern education extends beyond traditional textbooks, this session served as a platform for open dialogue, enabling students to align their academic endeavors with real-world competencies.

2. Objective of the Session

The core objectives of the session were:

- To bridge the gap between structured academic curricula and overall personality progression.
- To guide students on cultivating a balanced approach toward technical knowledge, soft skills, and ethical values.
- To provide individual and collective mentorship regarding career planning and emotional resilience.
- To lay down a roadmap for the "holistic development" required to thrive in competitive professional environments.

3. Summary of the Session

The session commenced with an opening address by Dr. M. L. Agrawal, who emphasized that true management education is reflected not just in examination scores, but in an individual's character and problem-solving capacity.

During the interaction, Dr. Agrawal actively engaged with the mentees, encouraging them to voice their challenges, academic anxieties, and future career aspirations. The discussion progressed from academic performance tracking to broader life skills, including time management, public speaking, and mental well-being. Dr. Agrawal highlighted that standard classroom learning must be consistently supplemented by active participation in co-curricular

initiatives, professional societies, and community engagement to build a multi-dimensional profile.

4. Key Points for Holistic Development

During the session, the following actionable pillars for holistic growth were outlined for the students:

- **Academic Excellence & Analytical Thinking:** Continuous engagement with core subjects, paired with a focus on understanding practical applications rather than rote learning.
- **Skill Upgradation:** Cultivating essential modern skills such as digital literacy, data orientation, and financial discipline alongside the standard management curriculum.
- **Communication and Soft Skills:** Active participation in debates, presentations, and group discussions to build confidence, leadership traits, and professional etiquette.
- **Emotional & Mental Resilience:** Maintaining a healthy balance between academic commitments and personal well-being, practicing stress management, and maintaining a positive outlook toward failures as learning loops.
- **Ethics and Social Responsibility:** Understanding individual accountability, corporate ethics, and contributing meaningfully to sustainability and societal welfare.

5. Conclusion

The mentor-mentee session concluded on a highly motivating note. It succeeded in providing the students with clarity on how to approach their collegiate years systematically. Dr. M. L. Agrawal reassured the students of the department's continuous guidance and accessibility for their academic and personal mentorship needs. The mentees left the session with a renewed sense of direction, understanding that academic credentials open doors, but holistic development sustains long-term professional and personal growth.

Report Prepared By:

Dr. M. L. Agrawal

Head, Department of Business Administration

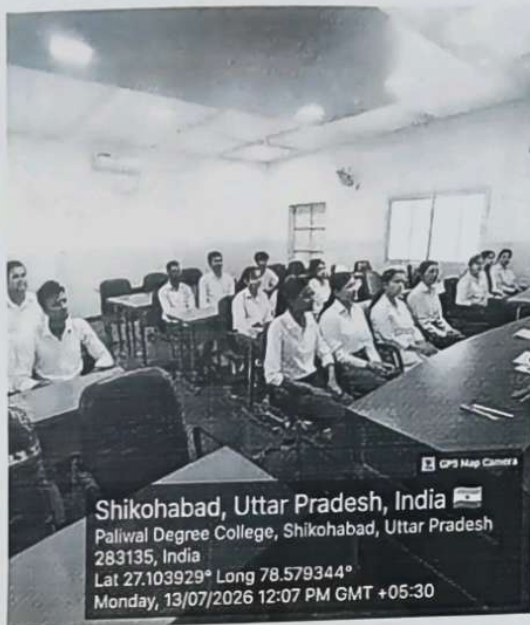
Submitted To:

Mr. Virendra Singh (In-Charge)

Principal: Prof. (Dr.) Vishal Pathak

J. P. H. I. C.
15-07-26
Principal

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