

Month – SEP 2026

Title: Fighting Depression.

MENTOR–MENTEE FEEDBACK (MENTEE)

Institution: Paliwal Degree College, Shikohabad

Mentor Name: **Mr. Abhishek Sharma** (H.O.D) Dept. of BBA

Date: 21-09-2026

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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Mentor–Mentee Session Report

Title of the Activity

Mentor–Mentee Session on "Fighting Depression"

Date

21 September 2026

Venue

Department of Business Administration (BBA), Paliwal P.G. College, Shikohabad

Resource Person / Mentor

Mr. Abhishek Sharma

Participants

Students of the Mentor–Mentee Group

Attendance

The session witnessed the active participation of mentees assigned to the mentor. Students attended enthusiastically, interacted throughout the session, and shared their views and concerns regarding stress, emotional well-being, and mental health.

Objectives

- To create awareness about depression and its impact on students' lives.
- To help students recognize the early signs and symptoms of depression.
- To promote emotional resilience and positive mental health.
- To encourage students to seek guidance from mentors, family members, or mental health professionals whenever required.
- To reduce the stigma associated with mental health issues.

Brief Report of the Session

A Mentor–Mentee session on "**Fighting Depression**" was conducted on **21 September 2026** by **Mr. Abhishek Sharma** at the Department of Business Administration, Paliwal P.G. College, Shikohabad.

The session focused on understanding depression, its common causes, warning signs, and the importance of timely intervention. Mr. Sharma explained that depression is a treatable mental health condition and encouraged students to openly discuss emotional challenges without fear or hesitation.

Students were guided on practical ways to maintain good mental health, including developing a healthy daily routine, engaging in regular physical exercise, practising meditation and mindfulness, maintaining healthy relationships, participating in extracurricular activities, and seeking professional counselling whenever necessary.

The session was highly interactive. Students actively participated by asking questions and discussing common sources of stress such as academic pressure, career uncertainty, and personal issues. The mentor addressed their concerns and motivated them to maintain a positive outlook while adopting healthy coping strategies.

Learning Outcomes

After attending the session, students were able to:

- Understand the meaning, causes, and symptoms of depression.
- Recognize the importance of mental health in personal and academic life.
- Learn healthy techniques for managing stress and emotional challenges.
- Develop confidence to seek help and support whenever needed.
- Appreciate the value of empathy, communication, and emotional well-being.

Conclusion

The Mentor–Mentee session proved to be informative and beneficial for all participants. It created awareness about mental health, encouraged students to prioritize their emotional well-being, and reinforced the importance of seeking help whenever necessary. The session concluded with a message that mental health is as important as physical health and that early support can make a significant difference.

[Mr. Abhishek Sharma]

Abhishek
21-09-26

V Singh
21.9.26
[Mr. Virundra Singh]

V. Pathak
21-09-26
[Prof. (Dr) Vinhal Pathak]
Principal

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SHIKOHABAD



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Month – ~~SEP~~ 2026

Title: Skill Development program in computer Science and IT industry.

MENTOR-MENTEE FEEDBACK (MENTEE)

Institution: **Paliwal Degree College, Shikohabad**

Mentor Name: **Prof. Prem Prabhakar (H.O.D) Dept. of Chemistry**

Date: **21-09-2026**

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.

STUDENTS RESPONSE SHEET

S.No.	Students Name	Roll No.	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Signature
1	HARSHITA YADAV	26004400040001	A	B	A	B	A	B	A	B	A	B	Harshita
2	SHIVAM KUSHWAH	26004400040002	B	A	B	A	B	A	B	A	B	A	Shivam
3	AVRANSH YADAV	26004400040003	A	B	A	B	A	B	A	B	A	B	Anirudh
4	ANIRUDH YADAV	26004400040004	B	A	B	A	B	A	B	A	B	A	Anirudh
5	KAMIL MEHANDI	26004400040005	A	B	A	B	A	B	A	B	A	B	Kamil
6	KHUSHI	26004400040006	B	A	B	A	B	A	B	A	B	A	Kushi
7	ARYAN PANDAY	26004400040007	A	B	A	B	A	B	A	B	A	B	Aryan
8	SMITTA SONI	26004400040008	B	A	B	A	B	A	B	A	B	A	Smitta
9	DEEPRANT	26004400040009	A	B	A	B	A	B	A	B	A	B	Deepkanti
10	UDAY PRATAP SINGH	26004400040010	B	A	B	A	B	A	B	A	B	A	Uday Pratap
11	HARIPRIT SINGH	26004400040011	A	B	A	B	A	B	A	B	A	B	Hariprit
12	ANKUSH KUMAR	26004400040012	B	A	B	A	B	A	B	A	B	A	Ankush
13	VISHAL	26004400040013	A	B	A	B	A	B	A	B	A	B	Vishal
14	MANU YADAV	26004400040014	B	A	B	A	B	A	B	A	B	A	Manu
15	MOHD. ADIL	26004400040015	A	B	A	B	A	B	A	B	A	B	Mohd
16	DISHA	26004400040016	B	A	B	A	B	A	B	A	B	A	Disha
17	PRACHI	26004400040017	A	B	A	B	A	B	A	B	A	B	Prachi
18	GYANENDRA	26004400040018	B	A	B	A	B	A	B	A	B	A	Gyanendra
19	AJAY KUMAR	26004400040019	A	B	A	B	A	B	A	B	A	B	Ajay
20	VIKASH KUMAR	26004400040020	B	A	B	A	B	A	B	A	B	A	Vikash
21	ASTHA TIWARI	26004400040021	A	B	A	B	A	B	A	B	A	B	Astha
22	TANYA BHARADWAJ	26004400040022	B	A	B	A	B	A	B	A	B	A	Tanya
3	PRITYAKA	26004400040023	A	B	A	B	A	B	A	B	A	B	Prityaka

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Session Title: -

Skill Development program in computer Science and IT industry.

Date: 21-09-2026

Mentor: [Prof. Prem Prabhakar (H.O.D) Dept. of Chemistry]

Objective of the Session: -

The primary objective of the session is to skill development and consistency which emphasizes carrer guidance that is focused on the computer science and IT sector.

Session Overview: -

- Carrer pathways in computer science.
- Skill Development.
- Maintaining Consistency.
- Strategic carrer planning.

“Now, I would like to share the **student Participation and response** during the session.

Most of the students were very active and showed great interest. They listened carefully and asked questions about their carrer choices and future direction, which made the session interactive and engaging.

We also observed that some students were not fully clear career goals and needed more awareness about different opportunities in the field of computer science.

For better learning, future sessions can in clude more interactive activities and provide students with clear guidance and tine to ask their doubts.

In **conclusion**, the session was informative and helful for the students, and it created a better understanding of career paths in computer science. *21.09.2026*

Mentor Signature:

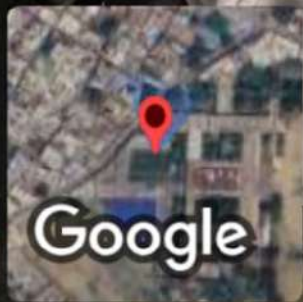
Date:

Virendra Singh *21.9.26*
Incharge

21-09-26
Principal
PALIWAL (P.G.) COLLEGE
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283135, India

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Month – ~~SEP~~ 2026

Title: Career Counselling and skill development program/Post-Graduation & Consistency Building
MENTOR–MENTEE FEEDBACK (MENTEE)

Institution: Paliwal Degree College, Shikohabad

Mentor Name: Sh. Praveen Kumar Paliwal Librarian

Date: 09-09-2026

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

Instructions to Students

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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	Mohini yadav	9500440040166	A	A	B	A	B	A	B	A	B	A	Mohini
2	Monika	9500440040167	B	A	A	B	A	B	A	A	A	B	Monika
3	Mushkan	9500440040168	A	B	A	B	A	A	B	B	A	B	Mushkan
4	Nandini Vachigutta	9500440040169	B	A	A	B	B	A	A	A	B	B	Nandini
5	Neta	9500440040171	D	B	A	B	B	A	B	A	B	A	Neta
6	Nishu Kumar	9500440040173	B	A	B	B	A	A	B	A	A	B	Nishu
7	Palak	9500440040174	A	B	A	A	B	A	B	A	B	A	Palak
8	Pallavi	9500440040175	A	A	B	A	B	A	B	A	B	A	Pallavi
9	Pallvi	9500440040176	A	A	B	A	A	B	A	B	A	B	Pallvi
10	Payal	9500440040177	A	B	A	B	B	A	B	A	A	A	Payal
11	Poonam	9500440040178	A	B	B	A	B	B	B	A	B	A	Poonam
12	Poonam	9500440040179	B	A	B	A	B	A	B	A	A	B	Poonam
13	Pragati Jadan	9500440040180	A	B	A	B	A	B	A	B	A	B	Pragati
14	Prakashi	9500440040181	B	A	B	A	B	A	B	A	B	A	Prakashi
15	Pranshi Singh	9500440040182	A	B	A	B	A	B	A	B	A	B	Pranshi
16	Preeti Saini	9500440040184	B	A	B	A	B	A	B	A	B	A	Preeti
17	Priya	9500440040185	A	B	A	B	A	B	A	B	A	B	Priya
18	Priya Sharma	9500440040186	B	A	B	A	B	A	B	A	B	A	Priya
19	Priyanka Gauran	9500440040188	A	B	A	B	A	B	A	B	A	B	Priyanka
20	Priyanka Pathare	9500440040189	B	A	B	A	B	A	B	A	B	A	Priyanka
21	Priyanshi	9500440040190	B	A	B	A	A	B	B	B	A	A	Priyanshi
22	Rachna	9500440040191	A	B	A	B	B	A	A	B	A	A	Rachna
23	Radhya	9500440040192	B	A	B	A	B	B	A	A	B	B	Radhya

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Mentor Feedback Report

Session Title: Career Counselling and skill development program/Post-Graduation & Consistency Building

Date: [09-09-2026]

Mentor: [Sh. Praveen Kumar Paliwal Librarian]

1. Objective of the Session

The primary objective of the session was to guide students regarding career opportunities after graduation and post-graduation, along with emphasizing the importance of consistency in achieving long-term goals.

2. Session Overview

The session covered various career pathways, importance of skill development, and strategies to maintain consistency, discipline, and focus. The interaction was student-centric with open discussions.

3. Student Participation and Response

Students showed active interest in career discussions. Many asked questions regarding career confusion and direction. The topic of consistency and motivation was well received.

4. Challenges Observed

Some students lacked clarity about career goals. A few faced difficulty maintaining focus. There was limited awareness about career options and planning strategies.

5. Suggestions for Improvement

Future sessions should include more interactive activities, structured career roadmaps, individual doubt-solving time, and use of visual aids for better engagement.

6. Conclusion

The session was informative and impactful. With minor improvements, future sessions can be more effective and student-oriented.

Mentor Signature: _____

Date: 09/09/2026

[Virendra Singh]

[Signature]
09/09/2026

[Signature]
09-09-26

[Prof. Vishal Pathak]

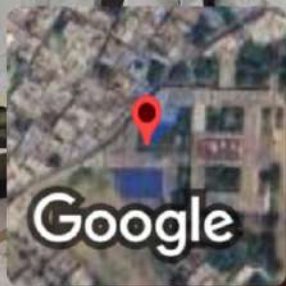
Principal

Principal

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SHIKOHABAD



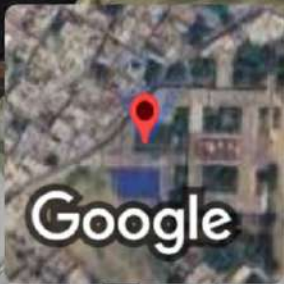
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