

Month – August 2026

Title: “Effective Time Managment for Reducing Academic Stress”

MENTOR–MENTEE FEEDBACK (MENTEE)

Institution: **Paliwal Degree College, Shikohabad**

Mentor Name: **Dr. Ajay Kumar (Assistant Professor Depatment of Botany)**

Date: **21-08-2026**

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.

STUDENT'S RESPONSE SHEET

S.No.	Students Name	Roll No.	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Signature
1	RUKSAN Bano	2600440040085	A	A	B	A	B	A	A	A	A	A	RukSan
2	Haridesh Kumar	086	A	B	A	A	B	B	B	A	B	A	Haridesh
3	Madhav Yadav	087	A	A	B	A	A	A	B	A	A	B	Madhav
4	Yashashwi Singh	088	A	B	A	B	A	B	A	B	A	B	Yashashwi
5	Shivani Yadav	089	B	A	B	A	B	A	B	A	B	A	Shivani
6	Khushi	090	A	B	A	B	A	B	A	B	A	B	Khushi
7	Sucheta Yadav	091	B	A	B	A	B	A	B	A	B	A	Sucheta
8	Piyush	092	A	B	A	B	A	B	A	B	A	B	Piyush
9	Rajat Saxena	093	B	A	B	A	B	A	B	A	B	A	Rajat
10	Abhimanyu	094	A	B	A	B	A	B	A	B	A	B	Abhimanyu
11	Ankul Kumar	095	B	A	B	A	B	A	B	A	B	A	Ankul
12	Tanu	096	A	B	A	B	A	B	A	B	A	B	Tanu
13	Shivam Kumar	097	B	A	B	A	B	A	B	A	B	A	Shivam
14	Ankit	098	B	A	B	A	B	A	B	A	B	A	Ankit
15	Devendra Yadav	099	A	B	A	B	A	B	A	B	A	B	Devendra
16	Roshini	100	A	B	A	B	A	B	A	B	A	B	Roshini
17	Anushka Sharma	101	A	B	A	B	A	B	A	B	A	B	Anushka
18	Prasoon Yadav	102	B	A	B	A	B	A	B	A	B	A	Prasoon
19	Zarnain Sajid	103	B	A	B	A	B	A	B	A	B	A	Zarnain
20	Rishi Kumar	104	B	A	B	A	B	A	B	A	B	A	Rishi
21	Sonu	105	A	B	A	B	A	B	A	B	A	B	Sonu
22	Arpit Yadav	106	A	B	A	B	A	B	A	B	A	B	Arpit

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Feedback Report on Mentor–Mentee interaction session

Mentor: Dr. Ajay Kumar, Assistant Professor, Department of Botany

Topic: “Effective Time Management for Reducing Academic Stress”

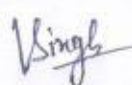
A Mentor–Mentee interaction session on “**Effective Time Management for Reducing Academic Stress**” was organized to help students understand the importance of managing their academic responsibilities systematically. The session focused on the common challenges faced by students, such as examination pressure, incomplete assignments, lack of planning, procrastination, distractions from digital devices, and difficulty in balancing academic and personal activities.

During the session, students actively participated in discussions and shared their experiences regarding difficulties in managing their daily study schedules. They were guided to prepare realistic daily and weekly timetables by identifying academic priorities and allocating adequate time for classes, self-study, assignments, revision, recreation, sleep, and other responsibilities. The importance of setting **SMART goals**, breaking large tasks into smaller achievable activities, and completing important tasks according to priority was also discussed.

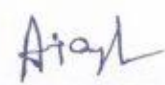
Students were introduced to practical techniques such as preparing a **to-do list**, **maintaining a study timetable**, **avoiding procrastination**, **taking short breaks**, and **minimizing distractions** while studying. The mentor emphasized that effective time management is not about studying continuously for long hours but about using available time efficiently. Students were also encouraged to maintain a healthy balance between study and relaxation, as adequate sleep, physical activity, and recreational activities contribute significantly to concentration and emotional well-being. The feedback received from the mentees was encouraging. Most students expressed that they had previously experienced stress because of poor planning and last-minute preparation. They felt that developing a structured study schedule could help them complete academic tasks on time and reduce unnecessary examination pressure. Students particularly appreciated the practical suggestions on prioritizing tasks and controlling distractions from mobile phones and social media.

The session successfully created awareness about the relationship between **time management**, **academic performance**, and **stress reduction**. Students reported greater confidence in planning their study activities and managing academic deadlines. The mentor encouraged them to regularly review their schedules and make necessary adjustments according to their academic requirements.

Overall, the session was informative, interactive, and beneficial. It helped students recognize time management as an essential academic and life skill. The activity also strengthened mentor–mentee communication and encouraged students to adopt disciplined, organized, and stress-free approaches toward their studies.


Date: 18/08/2026 Shri Virendra Singh

In-Charge


Dr. Ajay Kumar

Mentor


Prof. Vishal Pathak

Principal

Principal

PALI WAL (P.G.) COLLEGE
SHIKOHABAD



Month – August 2026

Title: Understanding the World Economic Crisis: Causes, Consequences and Opportunities

MENTOR-MENTEE FEEDBACK (MENTEE)

Institution: Paliwal Degree College, Shikohabad

Mentor Name: Dr. T.H. Naqvi (Assistant Professor Department of Economics)

Date: 20-08-2026

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
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Section C: Overall Satisfaction

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

Instructions to Students

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- 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	Q1	Signature
1	KATAL	2500440040137	A	A	B	B	A	A	A	A	A	A	Kajal
2	MOHINI	2500440040161	A	A	A	A	B	A	A	A	A	A	Mohini
3	Jyoti	2500440040135	A	A	A	A	A	A	A	A	A	A	Jyoti
4	Kajal Kumar	2500440040162	A	B	A	A	A	A	A	A	B	B	Kajal Kumar
5	Mohini	2500440040163	A	A	A	B	A	B	A	B	A	B	Mohini
6	Khushi Yadav	2500440040151	B	A	B	A	B	A	B	A	B	A	Khushi
7	Mohini	2500440040165	A	B	A	B	A	B	A	B	A	B	Mohini
8	Durga	2500440040125	B	A	B	A	B	A	B	A	B	A	Durga
9	Khushi Yadav	2500440040152	A	B	A	B	A	B	A	B	A	B	Khushi
10	Khushi Yadav	2500440040153	B	A	B	A	B	A	B	A	B	A	Khushi
11	Gulraj Varsh	2500440040127	A	A	A	B	A	B	A	A	A	A	Gulraj Varsh
12	Hani	2500440040129	B	A	B	A	B	A	A	B	A	A	Hani
13	Jyoti	2500440040124	A	A	A	A	A	B	A	B	A	A	Jyoti
14	Kalpna	2500440040139	B	A	A	B	A	A	A	A	A	A	Kalpna
15	Divya	2500440040121	A	A	A	A	A	A	B	A	A	A	Divya
16	ILMA NOOR	2500440040133	B	B	A	A	A	A	A	A	A	B	ILMA NOOR
17	Hinoo	2500440040132	A	A	A	A	A	A	B	A	B	A	Hinoo
18	KAMINI	2500440040140	B	A	A	A	A	A	A	B	A	B	Kamini
19	Divyanshi	2500440040123	A	A	A	A	A	B	A	A	A	A	Divyanshi
20	Kashish	2500440040141	B	B	A	A	A	B	A	A	A	A	Kashish
21	Harsitha Kulshethra	2500440040130	A	A	A	A	A	A	A	A	A	A	Harsitha
22	Kashish Jain	2500440040143	A	A	B	A	B	A	A	A	A	B	Kashish Jain

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Session Title:-

Understanding the World Economic Crisis: Causes, Consequences and Opportunities

Date: 20-08-2026

Mentor: Dr. T.H Naqvi, Department of Economics

Objective of the Session:-

The primary objective of the session was to develop students' awareness and understanding of the major causes and consequences of global economic crises. The session also aimed to help students understand how economic instability affects employment, inflation, businesses, financial markets and everyday life, while encouraging them to think about the opportunities and challenges created by changing global economic conditions.

Session Overview:-

- Meaning and nature of a world economic crisis.
- Major causes of global economic crises, including inflation, excessive debt, financial instability, geopolitical conflicts and supply-chain disruptions.
- Major historical crises such as the Great Depression, the 2008 global financial crisis and the economic impact of the COVID-19 pandemic.
- Impact of global economic crises on employment, prices, investment, trade and the standard of living.
- Impact of global economic developments on the Indian economy.
- Role of students and young professionals in preparing for economic uncertainty through skill development, financial awareness and career planning.

Now, I would like to share the student participation and response during the session.

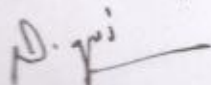
Most of the students participated actively and showed considerable interest in understanding the causes and effects of the world economic crisis. They listened carefully and asked questions about inflation, unemployment, recession, financial markets and the impact of global economic events on India. The discussion made the session interactive and helped students connect economic concepts with real-life situations.

It was also observed that some students were not fully familiar with the difference between economic recession, inflation and financial crisis. The discussion therefore provided an opportunity to clarify these concepts and to create greater awareness about the importance of economic and financial literacy.

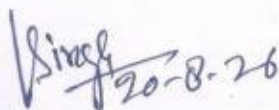
For better learning, future mentor-mentee sessions can include more interactive activities, case studies of major economic crises, group discussions and short presentations. Students can also be encouraged to follow reliable economic indicators and news so that they can better understand changing global economic conditions.

In conclusion, the session was informative and useful for the students. It provided a better understanding of the world economic crisis, its causes and its impact on society and the Indian economy. The session also encouraged students to develop economic awareness and prepare themselves for future academic, professional and financial challenges.

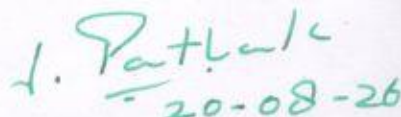
Date: 20/08/2026



[Dr. T.H. Naqvi]
Mentor



[Virendra Singh]
Coordinator



[Prof. Vishal Pathak]

Principal

Principal

PALI WAL (P.G.) COLLEGE
SHIKOHABAD

