

Month – June 2026

Title: Harmony Among Students and Faculty

MENTOR-MENTEE FEEDBACK (MENTEE)

Institution: **Paliwal Degree College, Shikohabad**

Mentor Name: **Dr. R.B. Pandey (Assistant Professor Department of Zoology)**

Date: **21-06-2026**

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.

Parameter 4.3: Unnat Bharat Abhiyan Mentorship **Mentees Class: B.Sc.-II Sem**
Name of Mentor : DR. R.B. Pandey

S.No	Students Name	Roll No.	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Signature
1	PRASHANT	26004400040169	A	A	A	A	B	A	A	B	A	A	Prashant
2	AYSHA YADAV	26004400040170	A	A	A	B	A	B	A	A	A	B	Aysha Yadav
3	SANDEEP KUMAR	26004400040171	A	A	A	A	A	A	A	A	A	A	Sandeep
4	AKASH YADAV	26004400040172	A	A	B	B	C	B	A	A	A	C	Akash Yadav
5	KARISHMA	26004400040173	A	A	A	A	A	A	A	A	A	B	Karishma
6	ADITYA GUPTA	26004400040174	A	A	A	B	A	A	A	A	A	B	Aditya Gupta
7	POONAM	26004400040175	A	A	B	A	A	A	B	A	A	A	Poonam
8	VANSHIKA PACHAURI	26004400040176	A	A	A	A	A	A	A	A	A	A	Vanshika Pachauri
9	SONAKSHI SHARMA	26004400040177	A	A	A	A	A	A	A	A	A	A	Sonakshi
10	ROHIT KUMAR	26004400040178	A	B	A	A	A	A	A	A	A	A	Rohit Kumar
11	ANJALI	26004400040179	A	A	A	B	B	A	A	A	A	A	Anjali
12	DEV YADAV	26004400040180	A	A	A	A	A	A	A	A	A	A	Dev Yadav
13	SHIVANGI YADAV	26004400040181	A	A	A	A	A	A	A	A	A	A	Shivangi Yadav
14	VIVEK KUMAR	26004400040182	A	A	B	A	A	A	A	A	A	A	Vivek Kumar
15	RISHI KUMAR	26004400040183	A	B	A	B	B	A	A	B	A	B	Rishi Kumar
16	DEEPTI	26004400040184	A	A	A	A	A	A	A	A	A	A	Deepthi
17	ANJALI YADAV	26004400040185	A	A	A	A	A	A	A	A	A	A	Anjali Yadav
18	ARYA	26004400040186	A	A	A	A	A	A	A	A	A	A	Arya
19	RIYA	26004400040187	A	A	B	A	B	A	A	A	A	A	Riya
	MOHIT	26004400040188	A	A	A	A	B	A	A	B	A	A	Mohit

21	ALIZA	26004400040189	A	A	B	B	A	B	A	A	A	A	A	A	A	A	A	A	Aliza.
22	ANJALI	26004400040190	A	A	A	B	A	A	A	A	A	A	A	A	A	A	A	C	Anjali
23	SHALU	26004400040191	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Shalu
24	ABHISHEK KUMAR	26004400040192	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	Abhishek Kumar
25	SVADESH KUMAR	26004400040193	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	A	Svadesh Kumar
26	GAURAV KUMAR	26004400040194	A	A	C	A	A	A	A	A	A	A	A	A	A	A	A	A	Gaurav Kumar
27	GUNGUN	26004400040195	A	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	Gungun
28	RUCHI YADAV	26004400040196	A	A	B	A	A	A	A	A	A	A	A	A	A	A	B	A	Ruchi Yadav
29	KULDEEP	26004400040197	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Kuldeep
30	ABHISHEK	26004400040198	A	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	Abhishek
31	MUSKAN	26004400040199	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Muskan
32	PRANSHI	26004400040200	A	A	A	A	A	A	A	A	A	A	A	A	A	A	B	A	Pranshi
33	RITU SAVITA	26004400040201	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	Ritu Savita
34	SHOBHIT YADAV	26004400040202	A	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	Shobhit
35	NIKHIL KUMAR	26004400040203	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Nikhil
36	JYOTI YADAV	26004400040204	A	A	A	A	A	A	A	A	A	A	A	A	A	A	C	A	Jyoti Yadav
37	ISHIKA GUPTA	26004400040205	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	Ishika Gupta
38	NIVESH	26004400040206	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Nivesh
39	KHUSHI	26004400040207	A	A	A	A	A	A	B	A	A	A	A	A	A	B	A	A	Khushi
40	SONI GUPTA	26004400040208	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	Soni Gupta
41	PAYAL MATHUR	26004400040209	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Payal Mathur
42	SATYAM	26004400040210	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Satyam

Assessments related to Professional growth and personal growth of a student shall be conducted in a class by mid of every month.

Mentor-Mentee Report on Harmony Among Students and Faculty

Date: 21-06-2026

Name of Mentor: Dr R.B. Pandey, Assistant professor Department of Zoology

Session Title: Harmony Among Students and Faculty

Introduction:

Harmony in an educational institution means a peaceful and positive relationship between students and faculty members. It creates a healthy learning environment where teaching and learning become more effective. Harmony is based on mutual respect, understanding, cooperation, and trust. A school or college works best when students and teachers support each other and maintain discipline, respect, and good communication.

Objective of the Project:

- *To understand the importance of harmony in school/college
- *To study the relationship between students and faculty
- *To promote respect, cooperation, and discipline
- *To create a positive and peaceful learning environment

Importance of Harmony:

1. Better Learning Environment When students and teachers share good relations, learning becomes easy, interesting, and effective.
2. Mutual Respect Harmony encourages respect for teachers' guidance and students' opinions.
3. Discipline and Cooperation It helps maintain discipline in classrooms and promotes teamwork.
4. Personal Growth Students develop confidence, responsibility, and good behaviour through positive interaction with faculty.

Ways to Maintain Harmony:

- *Respect teachers and follow instructions
- *Maintain discipline in classroom and school premises
- *Communicate politely and clearly
- *Participate in class activities and discussions
- *Avoid conflicts and misunderstandings
- *Encourage cooperation and teamwork

Observations:

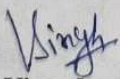
It was observed that when harmony exists between students and faculty:

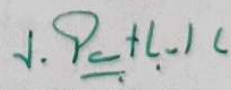
- *Classroom environment becomes peaceful
- *Students show better academic performance
- *Teachers feel more motivated to teach
- *Misunderstandings reduce significantly
- *Mutual trust and respect increase

Conclusion:

Harmony among students and faculty is essential for the smooth functioning of an educational institution. It improves discipline, strengthens relationships, and creates a positive atmosphere for learning and growth. A harmonious environment benefits both students and teachers equally.


Dr R.B. Pandey
Mentor


Shri Virendra Singh
In-Charge


Prof. Vishal Pathak
Principal
PALIWAL (P.G.) COLLEGE
SHIKOHABAD



Sunday, 21 June 2026 · 6:21 am

Edit

20260621_062119.jpg

/Internal storage/DCIM/Camera

Galaxy F54 5G Motion photo

7.10 MB | 4000x2252 | 9MP

ISO 25 | 23mm | 0.0ev | F1.8 | 1/147 s



Shambhunagar, Shikohabad, Uttar Pradesh 283135, India



Sunday, 21 June 2026 · 6:19 am

Edit

20260621_061944.jpg

/Internal storage/DCIM/Camera

Galaxy F54 5G Motion photo

6.85 MB | 4000x2252 | 9MP

ISO 25 | 23mm | 0.0ev | F1.8 | 1/100 s



Month – June 2026

Title: Personality Development of Mentee through Yoga Education

MENTOR-MENTEE FEEDBACK (MENTEE)

Institution: Paliwal Degree College, Shikohabad

Mentor Name: Dr. Sushil Kumar (Assistant Professor Department of Zoology)

Date: 23-06-2026

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.

Name of Mentor : Dr. Sushil Kumar

[illegible]

21	NEHA KUMARI	26004400040147	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	NEHA KUMARI
22	JITENDRA KUMAR	26004400040148	A	B	A	C	A	A	A	A	A	A	A	A	A	A	A	A	A	JITENDRA KUMAR
23	OMVEER	26004400040149	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	OMVEER
24	SANYA	26004400040150	A	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	A	SANYA
25	EKTA YADAV	26004400040151	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	EKTA
26	DIVYA	26004400040152	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	DIVYA
27	LOVE KUMAR	26004400040153	A	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	LOVE KUMAR
28	ADITYA	26004400040154	A	A	A	B	A	A	A	A	A	A	A	B	A	A	A	A	A	ADITYA
29	VISHNU YADAV	26004400040155	A	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	A	VISHNU YADAV
30	SWETA	26004400040156	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	SWETA
31	LALIT YADAV	26004400040157	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	LALIT YADAV
32	ABHISHEK SINGH	26004400040158	A	B	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	ABHISHEK SINGH
33	HEMA KUMARI	26004400040159	A	A	A	A	A	B	A	A	A	A	A	A	A	A	A	A	A	HEMA KUMARI
34	SONAM YADAV	26004400040160	A	A	B	A	A	A	A	A	A	A	A	A	B	A	A	A	A	SONAM YADAV
35	TARUN PRATAP SINGH	26004400040161	A	A	A	C	A	B	A	A	A	A	A	A	A	A	A	A	A	TARUN PRATAP SINGH
36	SHASHIKANT	26004400040162	A	A	A	A	B	A	A	A	A	A	A	A	A	A	B	A	A	SHASHIKANT
37	ANSHUL PRATAP	26004400040163	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	ANSHUL PRATAP
38	RAJ SINGH	26004400040164	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	RAJ SINGH
39	HARSHIT	26004400040165	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	HARSHIT
40	PAVAN KUMAR	26004400040166	A	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	PAVAN KUMAR
41	PRIYANKA	26004400040167	A	A	A	A	A	A	A	A	B	A	A	A	A	A	A	A	A	PRIYANKA
42	MANVI SARSWAT	26004400040168	A	A	B	A	C	B	A	A	A	A	A	A	A	A	A	A	A	MANVI SARSWAT

Activities related to Professional growth and personal growth of a student shall be conducted in a class by mid of every month.

Mentor-Mentee Report on Personality Development of Mentee through Yoga Education

Date: 23-06-2026

Name of Mentor: Dr Sushil Kumar, Assistant professor, Department of Zoology

Session Title: Personality Development of Mentee through Yoga Education

Introduction:

Personality development means improving a person's physical, mental, emotional, and social qualities. It helps in building confidence, discipline, and a positive attitude. Yoga education is a powerful method that supports personality development by maintaining balance between body and mind.

Yoga is an ancient Indian practice that includes physical postures (asanas), breathing exercises (pranayama), and meditation (dhyana). It helps in improving health, concentration, and self-control.

Objective of the Project:

- ❖ To understand how yoga helps in personality development
- ❖ To improve physical and mental health of the mentee
- ❖ To develop discipline, confidence, and positive thinking
- ❖ To encourage a healthy lifestyle through yoga

Role of Yoga in Personality Development:

1. Physical Development Yoga improves flexibility, strength, posture, and overall fitness. It keeps the body active and healthy.
2. Mental Development Yoga reduces stress and anxiety. It improves concentration, memory, and helps in better learning.
3. Emotional Development Yoga helps control emotions like anger and fear. It develops patience, calmness, and self-confidence.
4. Social Development Yoga builds discipline, good behaviour, and respect for others. It improves social interaction and responsibility.

Yoga Practices Performed:

- ❖ Surya Namaskar
- ❖ Tadasana (Mountain Pose)
- ❖ Vrikshasana (Tree Pose)
- ❖ Pranayama (Breathing Exercises)
- ❖ Meditation (Dhyana)

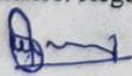
Observations:

After regular yoga practice, the mentee showed positive changes such as:

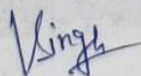
- ❖ Better concentration in studies
- ❖ Improved confidence
- ❖ Reduced stress
- ❖ More discipline in daily routine
- ❖ Positive attitude and calm behaviour

Conclusion:

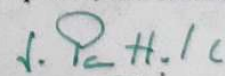
Yoga plays an important role in personality development. It improves physical health, mental peace, and emotional balance. Regular yoga practice helps the mentee become confident, disciplined, and focused in life.



Dr Sushil Kumar
Mentor



Shri Virendra Singh
In-Charge



Prof. Vishal Pathak
Principal
PALIWAL (P.G.) COLLEGE
SHIKOHABAD



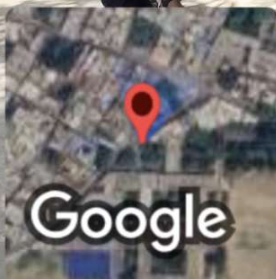
GPS Map Camera

Shikohabad, Uttar Pradesh, India 🇮🇳

4h3h+hp5, Shambhu Nagar St, Shambhunagar,
Shikohabad, Uttar Pradesh 283135, India

Lat 27.103871° Long 78.579338°

Tuesday, 23/06/2026 12:25 PM GMT +05:30





GPS Map Camera

Shikohabad, Uttar Pradesh, India 

4h3h+hp5, Shambhu Nagar St, Shambhunagar,
Shikohabad, Uttar Pradesh 283135, India

Lat 27.103854° Long 78.579346°

Tuesday, 23/06/2026 12:25 PM GMT +05:30

