

# Brief Report on Mentor-Mentee Programme

1. Name of the Department: Department of Social Work- Post Graduate
2. (a) Number of Booklets distributed to the students:  
1st Semester: 37  
3rd Semester:27  
b) Number of filled in Booklets received back from the students:  
1st Semester:37  
3rd Semester” 27
3. Number of Respondents (Boys/Girls):  
Boys:19  
Girls:45
4. Any major issues/responses which required attention from the Department/College?

- a) **Time Management Challenges: 58** percent of students face difficulties balancing academics with other responsibilities.
- b) **Distractions from Mobile Phones: 55** percent of students identified mobile use as a significant distraction.
- c) **Financial Stress: 10** percent of students reported financial concerns.

## Recommendations:

To address time management challenges, peer-led workshops featuring senior students or alumni can offer practical strategies and share inspiring success stories. Additionally, customizable study templates (available both digitally and in print), along with tools such as Google Calendar and the Pomodoro Timer, can further enhance scheduling efficiency and productivity. In this way, students will be able to use their time efficiently and make informed decisions as to what should be the time allotted for different purposes on a need basis.

To combat mobile phone distractions, initiatives like "No Phones, No Distractions" hours, accompanied by incentives, can encourage focus. Teachers can help the students to encourage them not to use any digital gadgets in class unless asked to by the respective teacher. The

management can support the student community by establishing focus-friendly environments, such as quiet zones or study halls equipped with individual study booths which will foster an atmosphere conducive to concentration.

In order to mitigate financial stress, the College can organise financial counselling sessions and help in establishing linkages with the banking sector for availing loans/ scholarships etc for the students who faces the financial burden. The College can also liaise with the government agencies in obtaining scholarships for students in a time bound manner. Lastly, the College may also look at other platforms of fund creation such as online crowd - funding sources, contingency funds and also seek help and support from patrons of the college who would like to donate for the cause of students who show their commitment and eagerness to learn but are unwilling to do so due to financial constraints.