



**DCT'S  
DHEMPE COLLEGE OF ARTS AND SCIENCE, MIRAMAR**

**Report of the activities by Mentorship Cell for the academic year  
2020-21**

**MENTORSHIP CELL MEMBERS**

Dr. Miskil Naik (Convener)

Dr. Svetalana Fernandes

Dr. Cindy D'silva

**Objectives**

The objective of the program was to create awareness about Mentorship among students and also address various factors that stress students in the contemporary times.

**Report**

1. Mentorship Cell conducted meeting of the Mentors on 3<sup>rd</sup> November, 2020 to discuss online mentorship program
2. The online Mentorship Program sessions for the students began from 2<sup>nd</sup> -6<sup>th</sup> November, 2020 onwards for five days in different batches. The number of students attending the meet were 90 in almost every session. All in all, 571 students attended the Five-Day Mentorship Program.

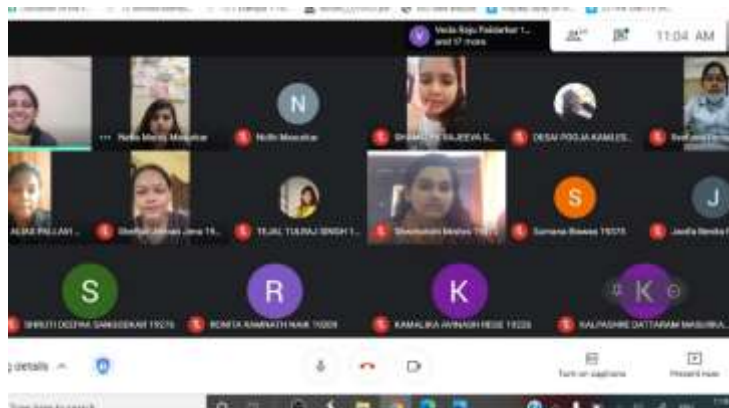
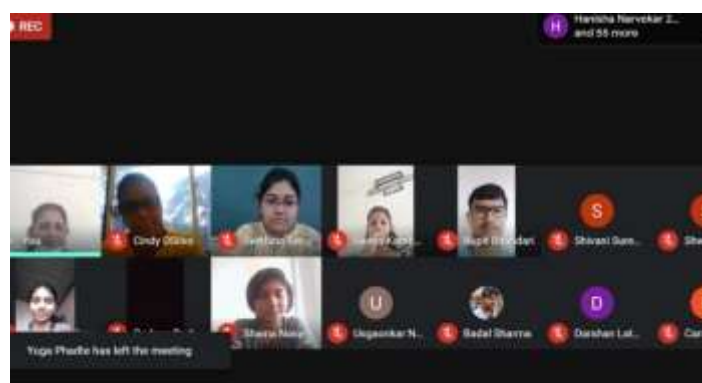
The students were first addressed by Dr. Miskil Naik, Convenor of the Mentorship Committee, who introduced the students to the concept of mentorship and its importance followed by an informative session on mentorship conducted by the counsellor of Dhempe College of Arts and Science, Ms. Neha Masurkar. While highlighting the need of having a mentor, she explained the various steps involved in SMART technique and how students are required to set goals and achieve them. She also explained the Japanese technique called the Ikigai that it is union point of four fundamental components of life: passion, vocation, profession and mission. Further, Ms. Masurkar also informed the students about the various sources of help available and concluded by providing reference to various sites that offer various courses.

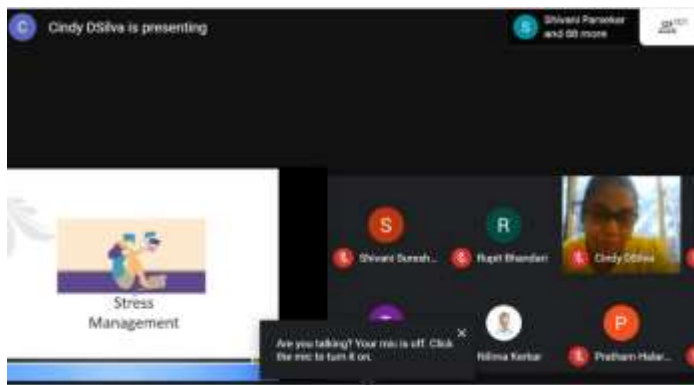
In addition to creating awareness about mentorship in the college, Dr. Cindy D'Silva, from the Department of Psychology also conducted a session titled 'Stress management', with an aim to help them understand and cope with the stress caused due to online classes. The concepts of stress and stressors were introduced to the students so that it could help them understand that stress itself is not an issue but it is the type of stressors that have an impact on one's well-being. The stressors related to online classes were also discussed with the students and a few tips and techniques were provided to help students cope with the stressors related to online classes.

Both the sessions were well-received by the students.

## Outcomes

Through this meeting, students were able to understand the role of Mentors and gain insight into ways of coping with stress.





*Anish*  
Signature of Convenor  
Mentorship Cell