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HENRY BAKER COLLEGE MELUKAVU

MENTORING AND
COUNSELLING CELL

ACADEMIC
YEAR

2023-24

FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu, a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala, Accredited by NAAC with 'A' Grade and An ISO 9001:2015 certified Institution.

MENTORING AND COUNSELLING CELL HENRY BAKER COLLEGE, MELUKAVU

Annual Report 2023-24

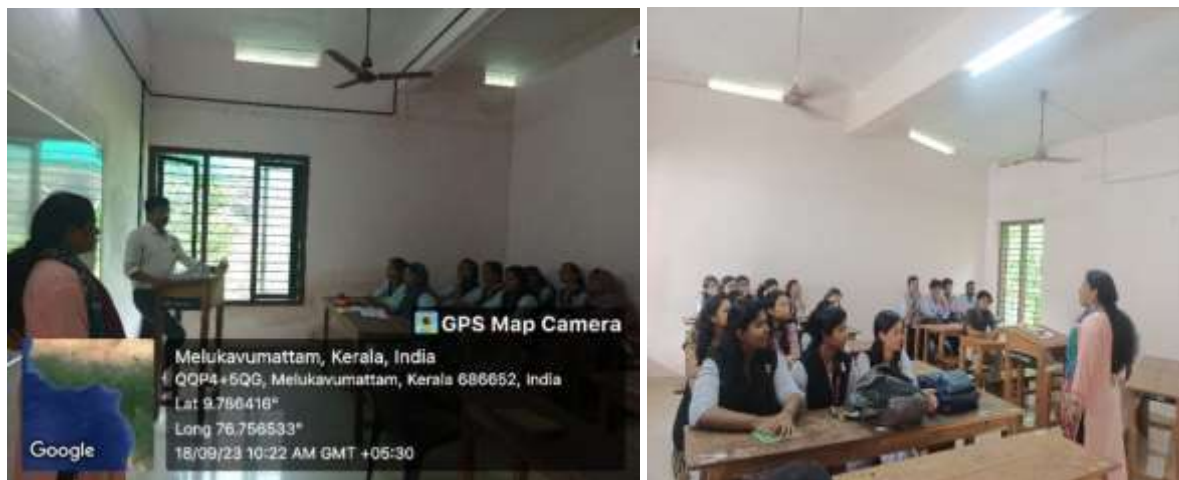
Mentoring plays a crucial role in the academic and personal development of students. It involves a supportive relationship between a more experienced individual, the mentor, and a less experienced individual, the mentee. The Mentoring and Counselling Cell of Henry Baker College aims to provide guidance, support, and encouragement to help students navigate their academic journey, set goals, make informed decisions, and enhance their overall academic experience.

During the academic year 2023-24, as per the guidance of the Mentoring and Counselling Coordinator, the heads of the departments assigned students to teachers within their respective departments for mentoring purposes. These mentor-mentee relationships were established to facilitate academic and personal growth among the students. The contact sessions between mentors and mentees were scheduled according to the students' convenience, ensuring effective communication and support.

The mentors collected details of the students in their handbook, “Jyothirgamaya”, which served as a means to track the progress and well-being of the mentees. They maintained records of academic performance, personal challenges, interests, and the goals of the students. This information helped meet the individual needs of each mentee effectively. Throughout the mentoring sessions, mentors actively listened to the concerns and issues faced by the students. Some common problems addressed by mentors included academic struggles, time management issues, confusion about career choices, personal stress, and peer challenges. Mentors provided a supportive and non-judgmental space for students to express their worries and seek advice on how to overcome obstacles and thrive in their college lives. At the end of the academic year, the mentors submitted their handbooks containing reports on each mentee to the principal. The mentors’ reports provided valuable insights into the mentees' development and engagement in the mentoring process, reflecting the effectiveness of the program in nurturing and supporting the college students.

The Mentoring and Counselling Cell has played a vital role in providing holistic support to the students, addressing their academic, personal, and emotional needs. The cell organised awareness classes on the importance of mentoring and counselling for the students. Ms. Anitha Thomas, Counsellor, was the resource person. Through her engaging presentation, she enlightened students on the significance of having mentors and counsellors to guide them

through their academic and personal endeavors. She visited the classes and emphasized the role of mentors and counsellors in providing support, encouragement, and valuable insights to help students navigate challenges and make informed decisions for their future. She provided personal counselling sessions for the students in need.



Ms. Neethumol N. K., Psychologist, Jeevani Counselling Project under the Department of Collegiate Education, was appointed as counsellor of our college during the academic year. She visited our college from the 1st to the 10th day of each month to provide personal counselling sessions for students in need. These one-on-one counselling sessions aimed to support students facing personal, emotional, or academic challenges. Her presence and support have been instrumental in offering a safe space for students to express their concerns, seek guidance, and receive assistance in overcoming difficulties they may be facing during their college journey. Her classes raised awareness among students about the benefits of mentoring and counselling, encouraging them to seek support when needed and fostering a culture of support and growth within the college.





Coordinator, Mentoring and Counselling Cell

Dr. Ansa Andrews