St. Xavier's Institute of Education
(Autonomous)
Mumbai

The academic Year 2022-23
Mentoring Program

Introduction:

Mentoring is a process where an experienced and knowledgeable person guides and supports a less experienced person to help them achieve their personal and professional goals. The mentor provides guidance, advice, and support to the mentee, helping them to develop their skills and knowledge in a particular area.

The purpose of this report is to provide an overview of the implementation of a mentoring programme at St. Xavier's Institute of Education (Autonomous), Mumbai. The mentoring programme was introduced at this institution with the aim of fostering positive relationships, enhancing student well-being, and promoting academic success within the college community. This report outlines the objectives, strategies, and outcomes of the programme.

Objectives:

The mentoring program was designed to achieve the following objectives:
a) Foster a supportive and inclusive school culture.
b) Improve student engagement and motivation.
c) Enhance academic performance and achievement.
d) Develop students' social-emotional skills.
e) Encourage positive peer relationships and conflict resolution.

Roles and responsibilities:

1. Mentor: The mentor is responsible for providing guidance, support, and advice to the mentee. They should be knowledgeable and experienced in the field and should be able to provide constructive feedback and help the mentee develop their skills.

2. Mentee: The mentee is responsible for being open to feedback, asking questions, and actively engaging in the mentoring process. They should be willing to learn and grow and should be receptive to the mentor's guidance and advice.

3. Organisation: The organisation is responsible for providing the necessary resources and support for the mentoring programme. This may include training for mentors and mentees, regular check-ins to ensure the programme is running smoothly, and resources to support the mentoring relationship.

Mentoring is a valuable process that can help individuals develop their skills, achieve their goals, and advance their careers. Effective mentoring requires a dedicated mentor, an engaged mentee, and the support of the organisation. While there may be challenges, the benefits of mentoring far outweigh the difficulties, making it a worthwhile investment for both individuals and organisations.

Stages for Implementing the Programme at SXIE

Total Students Benefitted :

F.Y Students – 48
Duration : 2nd January 2023 to 22nd May 2023
S.Y Students – 49 students
Duration : 23rd June 2022 to 22nd May 2023
Frequency of the Mentoring Programme – Monthly
Mode of Meeting: Offline

1

Programmes and Activities under Mentoring

Planning and Design: Faculty coordinators and the principal in charge collaborated to plan and design the mentoring programme. They defined the programme's goals, identified target students, and developed appropriate mentoring strategies and activities.

Mentors: Mentors were selected from among teaching faculty members. Mentors, through effective communication techniques, and strategies, build positive relationships with mentees.

Grouping of Mentoring: Mentors were carefully grouped with mentees based on their shared interests, academic needs, and compatibility. The learner profile was used to get information about the mentees.

Individual Mentoring: Sessions between Mentor and Student o During the academic year, each student was assigned one mentor.

The mentor and mentee may engage asynchronously on various e-modes depending on the need and difficulty.

Each student receives individualised guidance to address their academic and personal issues. The mentor is there to provide direction and advice on matters of academic and social success.

Group mentoring consists of sessions involving peer mentees and the mentor.

A monthly meeting was organised and planned into the calendar.

The mentee may get support and advice from the peers in the mentoring group, which the peers can give based on their own experiences.

The group may work together to solve problems that affect the members' academic and social success.

Stages for Implementing the Programme

The mentoring programme was integrated into the college's monthly schedule. Regular mentor-mentee meetings were scheduled at designated times. Mentors provided guidance, academic support, and emotional encouragement to their mentees through one-on-one interactions and in groups. On the basis of the academic calendar and the academic needs of the students, monthly themes and agenda points for mentoring sessions were planned in advance. The students and the teachers were given a copy of the agenda points as well as the theme topics for discussion for the entire semester.

Regular meetings with students

- Meet and / or discuss with the individual student regularly.
- Meet all the students in the mentoring group and provide suggestions during the official mentoring session.
- Fill up the details in the log book provided by the institute based on each group or individual mentoring programme.
- The presentation of the points before the monthly staff meeting arises from the mentoring sessions.

Feedback

At the end of the academic year, the standard feedback sheet was distributed to assess the effectiveness of the mentoring program. Feedback from mentees was collected to make necessary adjustments and improvements.

Outcomes and Benefits:

a) **Improved Academic Performance:** The mentoring program contributed to increased student engagement, motivation, and academic achievement.

b) **Enhanced Social-Emotional Well-being:** Mentees experienced improved social skills, increased self-confidence, and a greater ability to manage stress and conflicts.

c) **Positive Climate:** The presence of mentors created a sense of belonging, and mentees felt more connected to the community.

d) **Peer Relationships:** The program facilitated positive peer relationships, with mentees developing strong bonds with their mentors.

The implementation of a mentoring program in St.Xavier's Institute of Education has yielded positive outcomes and benefits for the students and the school community. The program has effectively contributed to improved academic performance, enhanced social-emotional well-being, and the development of positive peer
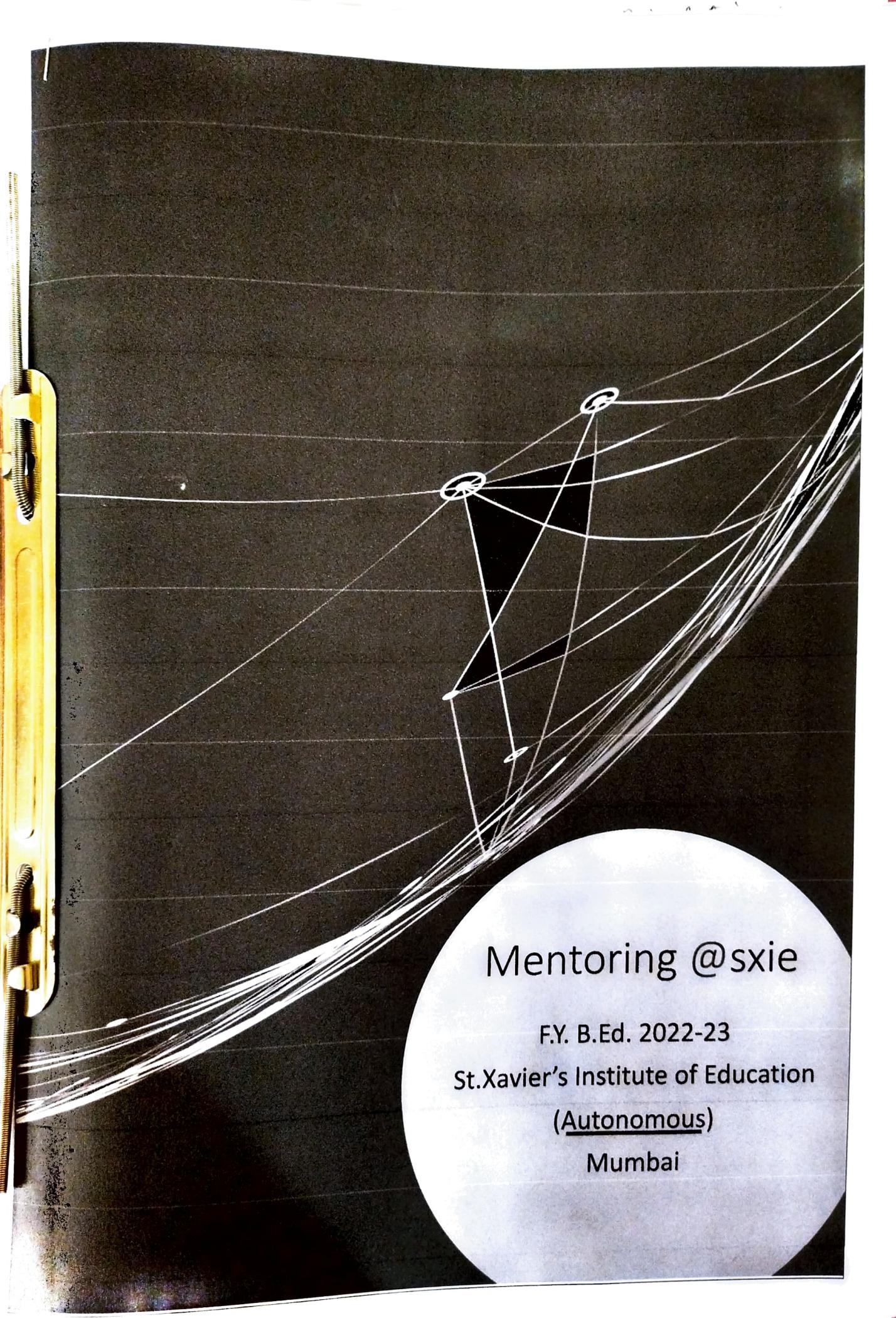
Dr.Shadab Paloji and Dr.Bijoy K Thomas
Faculty Coordinators
Date : 15th May 2023

Mentoring @sxie

F.Y. B.Ed. 2022-23

St.Xavier's Institute of Education

(Autonomous)

Mumbai

Mentoring

Mentorship is a partnership in which the mentor works towards the professional and personal development of the mentee.

F.Y B.Ed. Mentoring List

Roll No.	Candidate Name	Pedagogy	Mentor	Roll No.	Candidate Name	Pedagogy	Mentor
1	ACHSAH KOTTAIDURAI	History	BT	26	GONSALVES SINERA	Geography	GS
2	AMLE HARSHALI	English	PS	27	JERIL BINOJ	English	PS
3	ANSARI AYESHA BANO	Mathematics	PS	28	JESNI JOSEPH	Science	BT
4	ANSARI MISBA	Economics	BT	29	KHAN FEMINA	English	NK
5	ANSARI SARAH	English	NK	30	LOBO JANICE	English	KC
6	AROTHA HENCY	Science	KC	31	MIRANDA ANN	English	SP
7	BHARMAL RASHIDA	Science	SP	32	MIRANDA FLEVINA	English	EP
8	CAROLINE GLORIA	Science	EP	33	MISQUITTA MARIA	History	VS
9	CHARBIWALA UMAIMA	English	VS	34	MOHTA NASHA	Economics	GS
10	CHERUVATHUR ALEENA	History	GS	35	NAALWALA KHADIJA	English	PS
11	CHETTIAR GLADYS	English	PS	36	NEKOO ZARAH	History	BT
12	CHETTIAR NORETHA	Economics	BT	37	OSWALD ANDREA	History	NK
13	COLLASO PRIYA	English	NK	38	PANDYA VEDIKA	Science	KC
14	CORRIEA ADITI	Mathematics	KC	39	PEREIRA ALISHA	Mathematics	SP
15	COUTINHO REBECCA	English	SP	40	PEREIRA ALLINA	Mathematics	EP
16	DIAS ANALISE	Science	EP	41	RAO AKSHAY SAMUEL	Geography	VS
17	D MELLO ARPIT	Science	VS	42	ROSMI GEORGE	English	GS
18	DODTI SELSINA	Mathematics	GS	43	SEQUEIRA PATRICIA	Mathematics	PS
19	DSILVA CREAMITA	English	PS	44	SHAIKH MARIA	Science	BT
20	FALCAO CANDICE	Mathematics	BT	45	SHAIKH UMAR SHAH	English	NK
21	FANSOFKAR MUFEEDA	History	NK	46	SHAIKH ZAINAB	English	KC
22	FERNANDES LARISSA	English	KC	47	SHRUTI ASHARAM	Science	SP
23	FERNANDES MARIA	English	SP	48	SHUKLA SHIVANI	Economics	EP
24	GANAPATI SHOBHA DEEP	English	EP	49	SINGH SIMRAN	History	VS
25	GONSALVES SANIA	Economics	VS	50	VALIYANI RUTU	English	GS

Prof. Vini Sebastian
I/C Principal

Dr.Shadab Paloji & Dr. Bijoy Thomas
Staff Coordinators

Details of Mentoring Sessions for Semester I

Months	Points to discuss	Theme for mentors to orient students	Rationale for the Mentoring Theme
January 2023	• Preparation for Internship, CCA and Community work • Assignment and Participation of various activities • Any other Academic Challenges	Positive Approach towards Collaborative Work Style	The objective of the discussion on Mentoring Themes is to widen the scope of mentoring to include intra and inter communication and relationship between mentor and mentees.
February 2023	• Internal assessment preparation, Community work and CCA • Approach towards Self regulated Learning • Any other Academic Challenges	Need for pastoral care of students in the education system	
March 2023	• Internal assessment preparation • Theory lectures and study habit • Any other Academic Challenges	Mindfulness towards career / profession	The process also can explore in collaboration the realistic and positive dimensions of teaching profession.
April 2023	• Semester End Exam Preparation, • Any other Academic Challenges	Engagement of life along with teaching profession	

Sebastian (signature)

(stamp: ST. XAVIER'S INSTITUTE OF EDUCATION, 40-A, New Marine Lines, MUMBAI-20)

Sebastian (signature)
Prof. Vini Sebastian
I/C Principal

(signatures)
Dr.Shadab Paloji & Dr. Bijoy Thomas
Staff Coordinators

ST. XAVIER'S INSTITUTE OF EDUCATION (AUTONOMOUS), MUMBAI- 20
TWO YEAR B.ED. BATCH 2022-24
FIRST YEAR B.ED. 2022-23

Orientation to Mentoring & E-Mentoring

Roll No.	Candidate Name	Pedagogy 1	Sign	Roll No.	Candidate Name	Pedagogy 1	Sign
1	ACHSAH KOTTAIDURAI	History		26	GONSALVES SINERA	Geography	
2	AMLE HARSHALI	English		27	JERIL BINOJ	English	
3	ANSARI AYESHA BANO	Mathematics		28	JOSEPH JESNI	Science	
4	ANSARI MISBA	Economics		29	KHAN FEMINA	English	
5	ANSARI SARAH	English		30	LOBO JANICE	English	
6	AROTHA HENCY	Science		31	MIRANDA ANN	English	
7	BHARMAL RASHIDA	Science		32	MIRANDA FLEVINA	English	
8	CAROLINE GLORIA	Science		33	MISQUITTA MARIA	History	
9	CHARBIWALA UMAIMA	English		34	MOHTA NASHA	Economics	
10	CHERUVATHUR ALEENA	History		35	NAALWALA KHADIJA	English	
11	CHETTIAR GLADYS	English		36	NEKOO ZARAH	History	
12	CHETTIAR NORETHA	Economics		37	OSWALD ANDREA	History	
13	COLLASO PRIYA	English		38	PANDYA VEDIKA	Science	
14	CORRIEA ADITI	Mathematics		39	PEREIRA ALISHA	Mathematics	
15	COUTINHO REBECCA	English		40	PEREIRA ALLINA	Mathematics	
16	DIAS ANALISE	Science		41	RAO AKSHAY SAMUEL	Geography	
17	D MELLO ARPIT	Science		42	ROSMI GEORGE	English	
18	DODTI SELSINA	Mathematics		43	SEQUEIRA PATRICIA	Mathematics	
19	DSILVA CREAMITA	English		44	SHAIKH MARIA	Science	
20	FALCAO CANDICE	Mathematics		45	SHAIKH UMAR SHAH	English	
21	FANSOFKAR MUFEEDA	History		46	SHAIKH ZAINAB	English	
22	FERNANDES LARISSA	English		47	SHUKLA SHIVANI	Economics	
23	FERNANDES MARIA	English		48	SHUKLA SHRUTI	Science	
24	GANAPATI SHOBHA	English		49	SINGH SIMRAN	History	
25	GONSALVES SANIA	Economics		50	VALIYANI RUTU	English	

28/9/22

- Discussion about positive experiences
- Positive Growth (progress)
- Building Interactive growth with Teachers

Suggestions :-
- Buffer Time after last lecture

- Discussion about University Examinations

- Discussions about Competitive Exams (C·Tet, Tet, Net)

28/01/22

- Discussion on Semester Examinations
- Discussion on CTET & TET Examinations
- Discussion on Qualifications, Eligibility for CTET, NET Examinations.
- Internship discussion.
- Time Reduction - 25 minutes - Challenge to Complete lessons
- Discussion on Experential lessons
- Online Classes - problem concentrating.
- Discussion on Collaborative working styles.
- Discussion on how different people will bring in different Ideas, view points and experience.
- How to keep a positive approach to collaborative working style?
(Experiences shared by students)

Mentoring (FY+SY)

13/05/2023

— FY's - Discussion on upcoming content test.

- Discussion of physical and emotional well being.

- Discussion on upcoming Intership and significance of textbook and pedagogy content knowledge revision and upgradation Emphasized

- Discussion on time manageme with respect to lesson planning and content knowledge.

- Discussion on purchase an access to textbook and utilizing summer vacations in an efficitive manner.

13/05/2023

SY's - Discussion on Action Research submission and completion.
- Discussion on upcoming class test and semester end examinations.
- Discussion on overall personal experience and growth.
- Discussion on preperation of upcoming semester 4 examination.

Mentoring Feedback 2022-23

94 responses

Publish analytics

Mentor's Name

94 responses

Kalpana Chavan

Ms. Nishi Kumar

Dr. Geeta Shetty

Dr. Geeta Shetty

Dr. Vini Sebastian

Dr. Bijoy Thomas

Ms. Priti Sivaramakrishnan

Shadab Ma'am

Dr.Elvina Pereira

Ms. Kalpana Chavan

Dr. Bijoy Thomas

Dr. Shadab

Dr. Shadab Paloji

Dr Vini Sebastian

Dr. Shadab Paloji

Priti Sivaramakrishnan

Bijoy sir

Bijoy Sir

Nishi ma'am

Prof. Dr. Elvina Pereira

Ms Priti

Elvina Maam

Prof. Dr. Shadab Paloji

Dr Geeta Shetty

Dr. Elvina pereira

Dr. Geeta shetty

Preeti sivaramakrishnan

Dr. Nishi kumar

Dr Geeta Shetty

Prof. Elvina Pereira

Dr.Geeta Shetty

Ms. Priti

Ms.Priti Sivaramakrishnan

Sir Bijoy Thomas

Mrs. Nishi Kumar

Ms Kalpana Chavan

Priti Sivaramkrishnan

Prof. Vini Sebastian

Ms. Kalpana Chavan

Kalpana Chavhan

Miss Nishi Kumar

Nishi ma'am

Vini Sebastian

Dr. Vini Sebastian

Dr. Vini Sebastien

Elvina P

Dr. Elvina Pereira

Ms. Kalpana

Priti ma'am

Nishi Kumar

Bijoy Thomas

Bijoy Sir.

Ms Priti

Shadab Paloji ma'am

Ms. Priti S

Kalpana Maam

Geeta Shetty

Dr. Bijoy Thomas.

Nishi Kumar

Vini Maam

Dr. Elvina Pereira

Elvina Pereira Ma'am

Bijoy Thomas

Dr.shadab paloji

Ms. Nishi Kumar

Ms. Nishi

Shadab Paloji

Elvina maam

Prof. Dr. Vini Sebastian

Mentee's Name

94 responses

Arpit Dmello

Jeril Binoj

Rachel Thever

Sharlet George

Delviya Misquitta

Diana Paul Chiramal

Gladys Chettiar

Maurisa Dodti

Sana Mulla

Myron Gomes

Blessy Parokkaran

Selsina Dodti

Ann Ajit Miranda

Sinera Crasto

Srishti Dedhia

Eslinda Nunes

Saloni Tuscano

Meral Dias

Anjana

Vedika Hitesh Pandya

Shruti Shukla

Sunil Soreng

Ayesha Ansari

Sarah Ansari

Rosmi George

Maria Fernandes

Neral Carval

Maria Misquitta

Cheruvathur Aleena Babu

Pratiksha Bhuvad

Gaurav Singh

Tanvi Patel

Mufeeda Muzaffar Fansofkar

Zarah Nekoo

Nicole Gonsalves

Melissa Karkada

Valiyani Rutu Firozbhai

Samantha Vaz

Rebecca Coutinho

Khushbu Jain

Simran Singh

Janice Lobo

Analise Dias

Umaima Charbiwala

Sally Rodrigues

Khan Femina

Kileshwar Pandey

Nevelle Coutinho

Marilyn Almeida

Ms Caroline Gloria

Flevina Domnic Miranda

Aakansha carvalho

Deandra

Rhea Gonsalves

Priya Collaso

Alisha Pereira

Umar Shaikh

Vindhya Saroj

Sinera Gonsalves

Achsah Kottaidurai

Patricia Sequeira

Rashida Bharmal

Pooja Rudagi

Khadija Naalwala

JESNI JOSEPH

Aditi

Adele Rodrigues

Creamita Dsilva

Dominica Barretto.

Nissy Elizabeth Daniel

Aldrina Pereira

Fatema Ujjainwala

Noretha Chettiar

Sania Gonsalves

Aarti

Candice Falcao

Sanica Coutinho

Fatima Hasan

Kinjal Tiwari

Sanorita Pereira

Zainab Shaikh

Shivani Shukla

Maria Shaikh

Hency Johnson

Osden Lopes

Andrea Oswald

Lalin Raja

Malavika Mascarenhas

Joanita Gonsalves

Harshali Amle

Allina Pereira

Akshay Rao

Batch

⧉ Copy

94 responses

- ● F.Y B.Ed.
- ● S.Y. B.Ed.

48.9%

51.1%
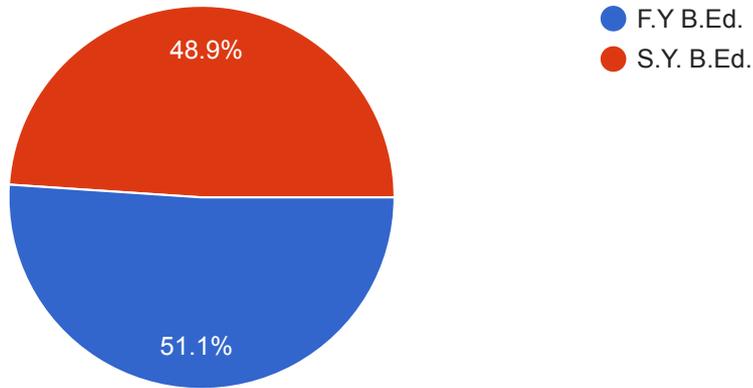
Roll Number

94 responses

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27

46

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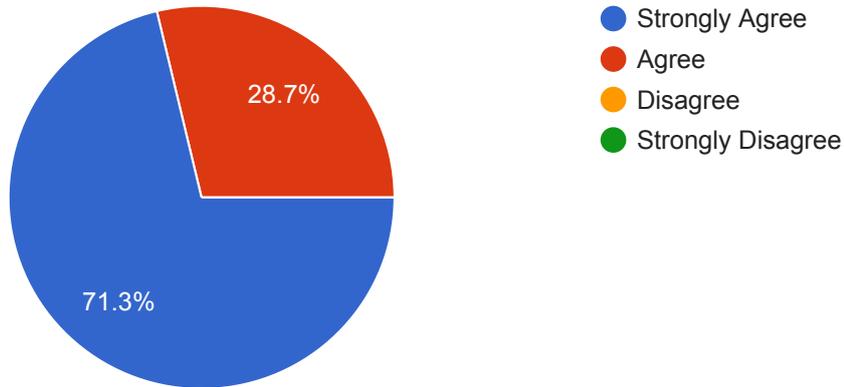
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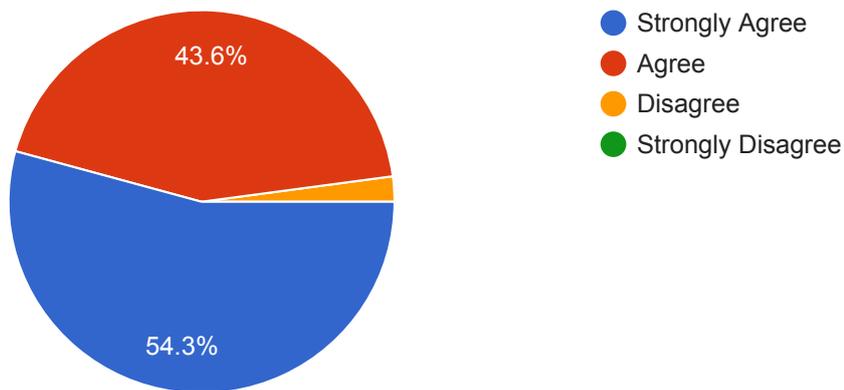## My mentor was accessible and available

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

28.7%

71.3%

Copy

My mentor communicated regularly with me

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

43.6%

54.3%

Copy

My mentor assisted me with my academic problems

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

40.4%

59.6%
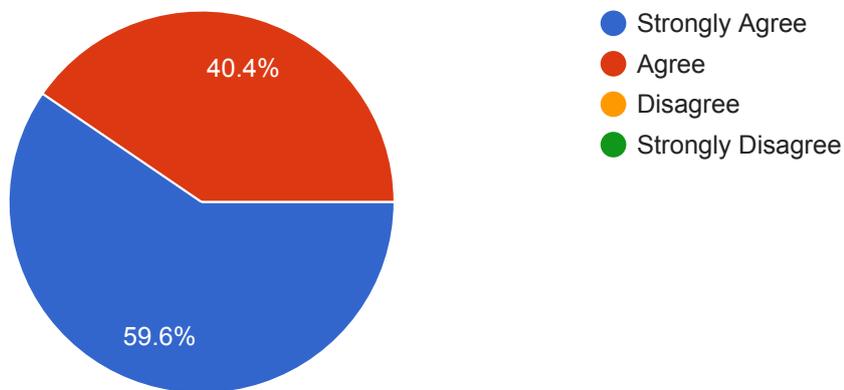
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My mentor assisted me with improving my course work performance

Copy

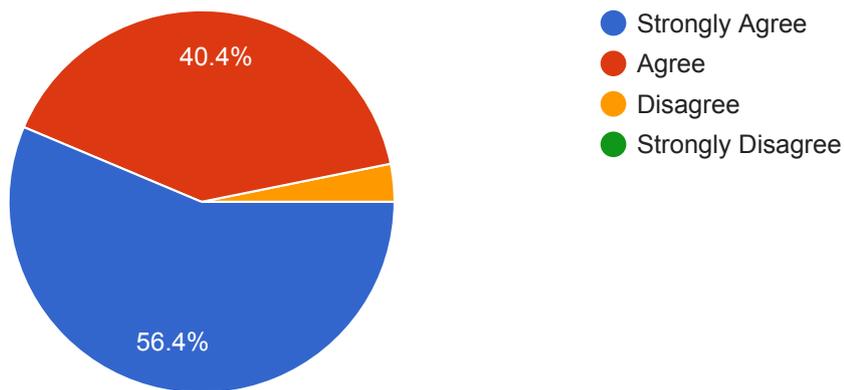94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

37.2%

59.6%
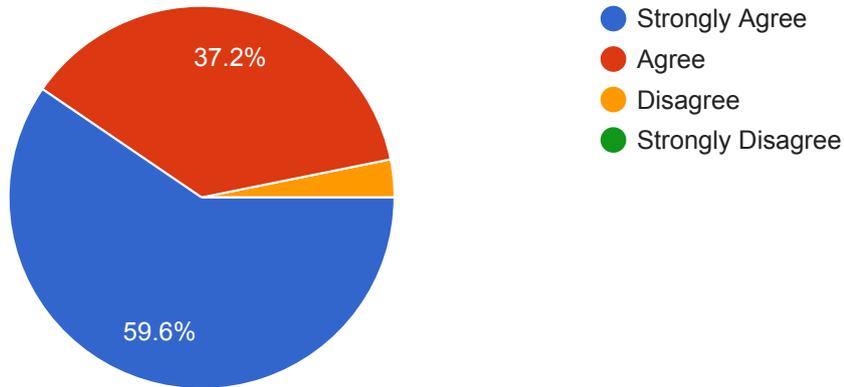
My mentor was able to lead me to the correct resources to solve any problem situation

Copy

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

40.4%

56.4%

My mentor demonstrated a reasonable concern towards me

Copy

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree
- Option 5

43.6%

56.4%
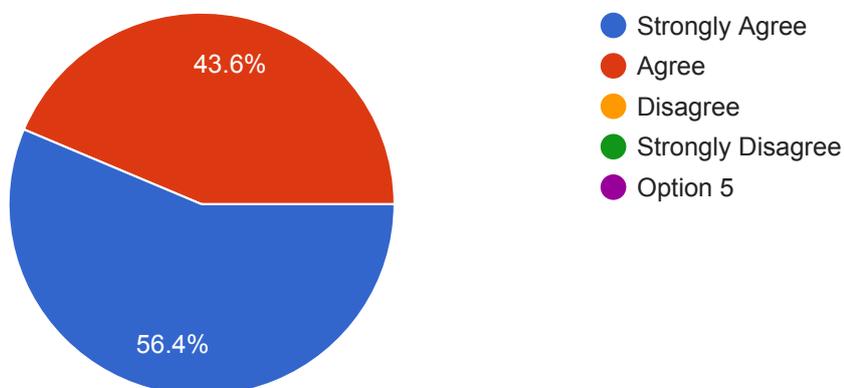
My mentor's behaviour and attitude is very approachable

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94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

29.8%

69.1%
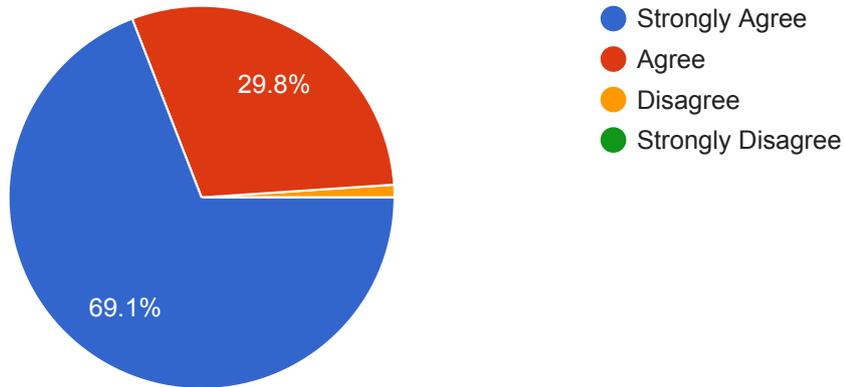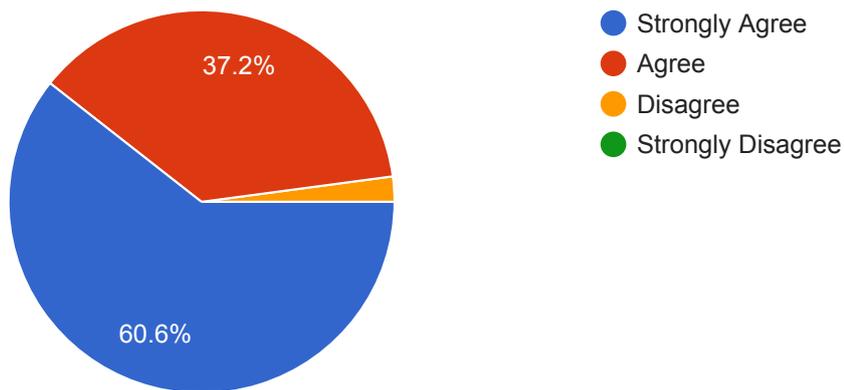
I learnt at least one important lesson about professional life / life in general from my mentor

Copy

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

37.2%

60.6%

The lesson that I learnt is

94 responses

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Time management

Organization, management, educational and career decisions

Ways to handle academic stress, information about CTET exams, etc.

Suggestions and encouragement for the tasks at hand

Everything is achievable if the steps to achieve is logical and practical.

Be tolerant

Manage your time effectively and everything with fall in place

To make a study schedule and to be updated with whatever is going around the world. Also to read as much as possible so as to improve vocabulary and be a good reader.

Education cannot be completed without mentorship. It works both ways as we learn from our mentor and vice versa.

As a teacher we must be available to students and give good and reasonable guidance.

-

To be communicative and share queries to solve it.

Being Supportive

.

Some tips about writing examinations and tips on preperation of exams

Time management and to be focused in present

How to manage time and prepare reverse timetable for exams

How to prepare schedule for self study

Keep upgrading,
Takes things and situations as life learning experiences
Be systematic
Be useful

Building a rapo with the student

Bring responsible and accountable

How to manage time, and how to make my studies more effective.

To be open and assertive about my opinions irrespective of others choices

organisational skills, systematic way of handling things.

You should keep your professional and personal life different

Always be approachable to the students and be a safe space for them to confide in you and share their difficulties and problems with you

I learnt organization skills

To face the problems coming in life and aim for the final success

None

Be calm and get the work done without any fear

Sir talking to the SYs about their internship challenges and difficulties made me mentally prepared on how to face my own in the future

To always be mentally prepared and note down all the important things to do in the coming weeks

To live in the moment and plan my activities well.Ma'am was always very supportive and helped us to look at life with a fresh perspective.

To be organised. To understand others needs and catering to their needs. To give relevant guidance.

To calmly deal with problems, believe in myself and take everything in my stride

To always have a plan and fixed schedule irrespective of the situation

To be positive towards life and to live a healthy life

To accept and try to learn more things as possible.

To make a backward timetable

Taking one day at a time and all be fine

How to manage time efficiently for smooth sailing during the term of the course

Be prepared, plan everything backwards i.e. From the day of the exam towards present

Always ask others for help/suggestion about things you're not understanding or finding it hard.

Relax and work hard

To be prepared for the upcoming challenges related to teaching profession.

To plan and organise things before acting out

To work in harmony with everyone.

Don't worry you can do it

To take one day at a time.

To have a balance of all things in life

Confidentiality

Be dedicated

That we must move on even if the past experiences was good or bad . What is done is done

To take up the responsibilities,as it is for our good and Improves our overall development, and To keep it light, doing all the work assigned will calmness.

Good things don't come easy..

How to work efficiently

Always there will be solutions for our problems.

Preparing for B.Ed. Being ready to face it and the challenges it brings.

To manage time

Consistency

NA

Always there will be a solution to our problem

Taking one step at a time

How to prioritise my homework

It is important to sit back and reflect on everything

To always grab opportunities and continue to keep enhancing and updating myself personally and professionally.

Every individual should have a mentor for guidance and support. Even as a future teacher I should be able to guide my students in time of need.

Taking down notes, looking for ideas for lessons in real life situations, being gentle, reading a lot and thinking from different perspectives.

Professionalism

About the importance of alms giving and to empathize

Leadership skills , confidence and perseverance

Leadership skill, how to build rapport with your students

Motivating students helps learning effectively

How to be more resilllent

How to manage the task without any stress and how to achieve the goal without any fear.

Never fail to try more and never give up.,
Leadership skills, managing time effectively,

How to manage the stress and organize the college work.

Think before you speak- Your words display about your nature.

To remain grounded and yourself with some community service

Talking about one's problems actually makes one feel better. You instantly feel light. It also helps to find solutions to problems or atleast find a midway that can improve the situation

Drink lots of water and take one day at a time

Don't panic and plan accordingly

To plan academics so that we can also focus on personal health while completing work

To start the preparation of any work and complete it ahead of time

Always built good relationships with others in the worlplace

Always write your plans and goals down. Commitments start with making it concrete.

The lesson that I learnt is communication solves a lot of problems.

Talking about problems make it easier on us and decreases the load. When you share problems with others there are high chances to come up with various solutions for the same
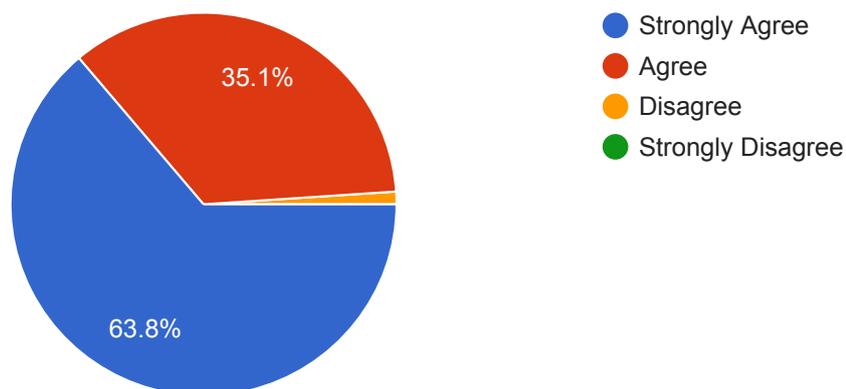
Mentorship can be beneficial

How to handle times when you're overwhelmed with work.
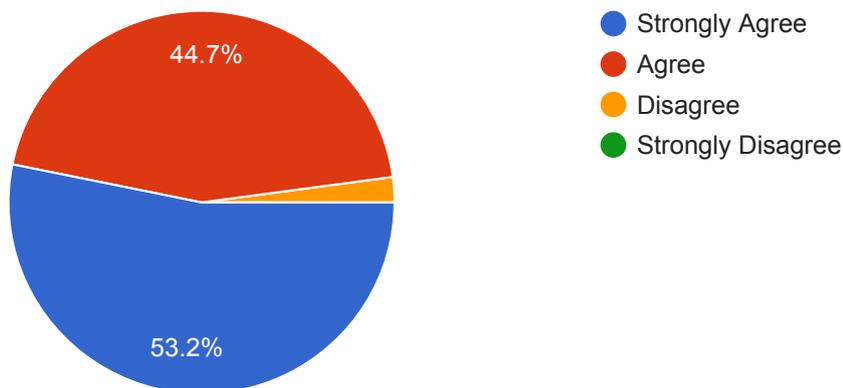
Overall my mentor was an asset and a benefit to me   Copy

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

35.1%

63.8%

Mentoring/ Counselling Program helped me to improve on my study skills

Copy

94 responses

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

44.7%

53.2%

Any further suggestions on the mentoring program improvement

94 responses

NA

-

None

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No

Na

N.a

Feedback forms should be kept anonymous and mentors shouldn't make mentees scared about the future instead should give positive vibes.

One on one mentoring once a month.

NA

It was a very good experience. Thank you

No, thank you for keeping this mentoring for us. It was really helpful

Keeping it more often

N/A

No,thank you.

More frequent sessions for bonding

More sessions on mentoring.

N.A.

NA.

More activities and sessions

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Na.

No suggestions.

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Have separate mentoring sessions for FYs and SYs, as it may lead to effective conversation and discussion.

No suggestions

No

It should be conducted more often

No suggestions from my side. Thank you

More mentoring sessions

Maybe having it 2 times in a month

Mentoring should be done in smaller groups. SY and FY should have mentoring separately as a lot of issues get overlapped and discussed and time is not enough

N. A.

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