



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE



MENTORSHIP PROGRAMME



Borkola Gorh Gaon, Assam, India
Bylane 1 Rehabari main road, Borkola Gorh Gaon, Garhgao
t 26.931494°
94.739233°
01:09 PM GMT +05:30

SESSION
2023-24

DEPARTMENT OF PHYSICS
GARGAON COLLEGE

Objectives of Mentorship

- Identify Student Quality ✓
- Motivate the students ✓
- Career Counselling ✓
- Discuss beyond Academics ✓
- Special focus on Slow Learner ✓





DEPARTMENT OF PHYSICS

GARGAON COLLEGE

PO: SIMALUGURI; DIST-SIVASAGAR ASSAM-785686

Email ID: physicsdepartmentgc@gmail.com

Ref no. :

Date: 05.08.2023

Notice

It is hereby informed that as part of the ongoing mentoring program, the department's faculty members have been given the duty of the following mentees for the 2023–2024 session. Further, they are requested to submit the mentorship reports to the HoD at the end of the session.

HoD

Dept of Physics
HOD
Department of Physics
Gargaon College

List of Mentor-Mentee

Mentor-Mentee List Department of Physics 1st Semester, 2023

Mentor: Diganta Konwar

Mentees	
1	Pradyut Dutta
2	Palash Protim Phukan
3	Tapashi Boruah
4	Nizara Kalita
5	Princhi Konwar
6	Riya Mohan
7	
8	

Mentor: Guna Kanta Sonowal

Mentees	
1	Mosom Buragohain
2	Jyotishman Gogoi
3	Rituparna Chutia
4	Moumita Chetia
5	Kalyani Gogoi
6	Bijay Likchon
7	
8	

Mentor: Jayanta Sonowal

Mentees	
1	Trinayan Konwar
2	Alamin Ali
3	Anindita Saikia
4	Rajshakhar Bor Patra Gohain
5	Bhaskar Koiri
6	Nibir Dutta
7	
8	


05/08/2023
Department of Physics
Gargaon College



List of Mentor-Mentee

Mentor: Dr. Bidyut Bikash Hazarika

Mentees	
1	Debojit Dowarh
2	Gautom Gogoi
3	Bitupan Gogoi
4	Farhaj Ahamed
5	Shaswati Gogoi
6	Mujakkir Ali
7	
8	

Mentor: Dr. Gitashri Arandhara

Mentees	
1	Ajit Horo
2	Nihar Ranjan Saikia
3	Chinmoy Lahan
4	Priyani Borah
5	Rishika Chetia
6	Nilav Ranjan Gogoi
7	Krishtina Boruah
8	

[Handwritten Signature]
05/08/2023

HOD
Department of Physics
Gargaon College

List of Mentor-Mentee



Department of Physics 3rd Semester, 2023

Name of Mentor: Mr. Diganta Konwar

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	10	Aman Sensusa Boruah		
2	162	Amar Jyoti Chetia		
3	181	Abhijit Ghatowar		

Name of Mentor: Mr. Guna Kanta Sonowal

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	12	Ankur Pratim Bora		
2	112	Bhargav Jyoti Borgohain		
3	291	Chitraranjan Dutta		

Name of Mentor: Mr. Jayanta Sonowal

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	116	Mousum Gogoi		
2	141	Parag Jyoti Borah		

Name of Mentor: Dr. Gitashri Arandhara

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	13	Ankita Borah		
2	113	Himadri Arandhara		
3	197	Sayanika Likson		

Name of Mentor: Dr. Bidyut Bikash Hazarika

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	201	Utpal Changmai		

[Handwritten Signature]
5/8/23

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List of Mentor-Mentee



Mentor-Mentee List Department of Physics 5th Semester, 2023

Name of Mentor: Mr. Diganta Konwar

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	116	AMRIT GIRI		
2	127	BHASKAR JYOTI CHETIA		
3	343	HORESH KURMI		
4	289	JINTU BHUYAN		

Name of Mentor: Mr. Guna Kanta Sonowal

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	246	KOUSHIK PROTIM NEOG	6002848950	koushikneog5@gmail.com
2	190	MADHUJYA BEZBORUAH		
3	43	MAINA PANGING	8822063223	pangingmaina92@gmail.com

Name of Mentor: Mr. Jayanta Sonowal

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	292	MINTU BORUAH	9395345649	mintuboruah014@gmail.com
2	347	PROGYAN PHUKON	8011611995	progyan22@gmail.com
3	36	RAHUL KONWAR		
4	46	RAM RATAN TIWARI	6000368749	tramratan9@gmail.com

Name of Mentor: Dr. Gitashri Arandhara

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	211	UDOY PATAR		
2	66	GAYATRI BORGHAIN		
3	281	KASHMIRI BORUAH		
4	341	NISHU KUMARI SINGH		

Name of Mentor: Dr. Bidyut Bikash Hazarika

Sl. No.	Roll No.	Name of Mentees	Phone No.	email ID
1	242	RISHIRAJ GOGOI		
2	119	SATYABRAT RAJ DOWARI	8822790646	satyabratrajdowari@gmail.com
3	20	SWARAJ KONWAR		
4	150	UDIT DOWARI	9864792014	uditdowariuditdowari@gmail.com

[Signature]
5/8/23
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Teacher's individual mentorship report

Name of the faculty: Diganta Konwar

Designation: Associate Professor

Department: Physics

Highpoints of the mentoring sessions

High points of Mentoring Program:

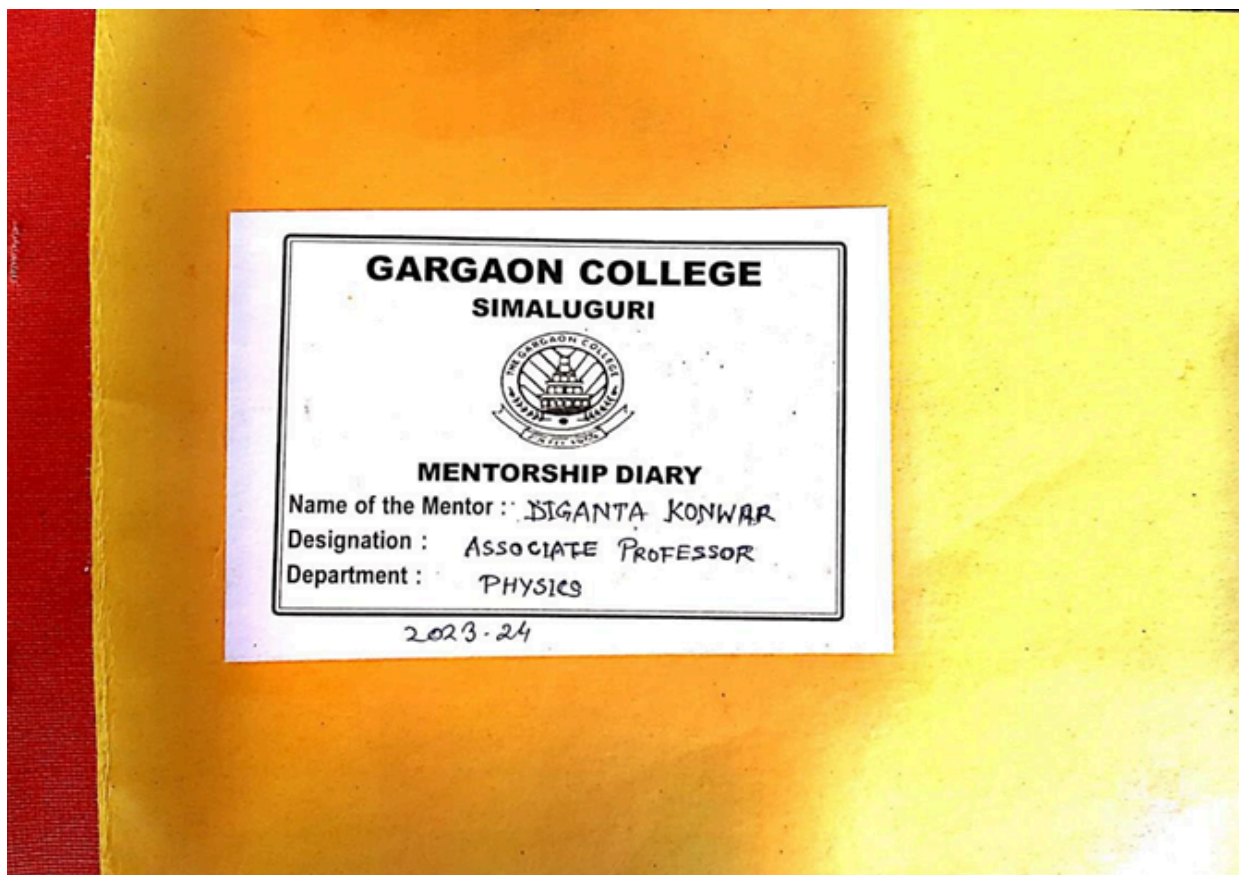
- a) Setting goals and expectations- At the very beginning of the program I review the goals and aspirations of each of my mentees so that I can understand them.
- b) Sharing experiences and insight: Sharing of professional and personal experiences, life skill, insight are routine work of the program.
- c) Exploring opportunities and resources: I guide and suggest different windows of opportunities in regard of job and higher education.


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Photographs of the mentoring sessions



Mentorship Diary



MENTOR-MENTEE MEETING DETAILS

Date	Issues Discussed	Minutes of the Meeting	Signatures of the Mentees
05/08/23 1st Sem.	<ul style="list-style-type: none"> ★ Aim and ambition of the students. ★ Socio-economic condition of the students. ★ Rules-regulations, future prospects etc. 	<ol style="list-style-type: none"> 1. Students are advised to clear their dream & desire. 2. Also asked to follow rules and discipline of the college. 3. 	<ol style="list-style-type: none"> 1. Sapalika Boruah 2. Prishu Konwar 3. Rite Mahon 4. Nigara Kalita 5. 6.
31/08/23 3rd Sem.	<ol style="list-style-type: none"> 1. 1st semester exam performance, 2. Preparation for the next examination, 3. Tips to do better in examination. 	<ol style="list-style-type: none"> 1. Discussion on the 1st examination performance. 2. Preparation for the next semester examination. 3. Students are advised to attend their classes without fail. 	<ol style="list-style-type: none"> 1. Abhijit Ghoshan 2. Amal Upreti Chetia 3.

Signatures of Mentor



Teacher's individual mentorship report

Name of the faculty: Guna Kanta Sonowal

Designation: Assistant Professor

Department: Physics

High points of the mentoring sessions

High points of Mentoring Program:

The mentorship programme at Gargaon College seeks to enhance the interaction between teachers and students as well as the personal growth of the learners. As a mentor, I regularly scheduled meetings with mentees to talk about their issues before attempting to point them in the right way.

Objective:

- To provide proper guidance and improve their personal development.
- To enhance the communication skills of mentees for professional development..
- To receiving higher compensation and more promotions as well as higher career satisfaction.

Challenges:

- Setting limits and boundaries for the mentor mentees relationship.
- Finding the right match between mentor and mentees.
- Poor communication.

Activities:

- Attend to a conference with one another. I often schedule meetings with mentees to talk about their doubts as a mentor.
- Sharing experiences and inspiring mentees to pursue personal growth. As a mentor, I attempted to inspire them by sharing my own experiences and showing them how to solve any problems.

Signature

(Guna Kanta Sonowal)
Assistant Professor
Department of Physics
Gargaon College

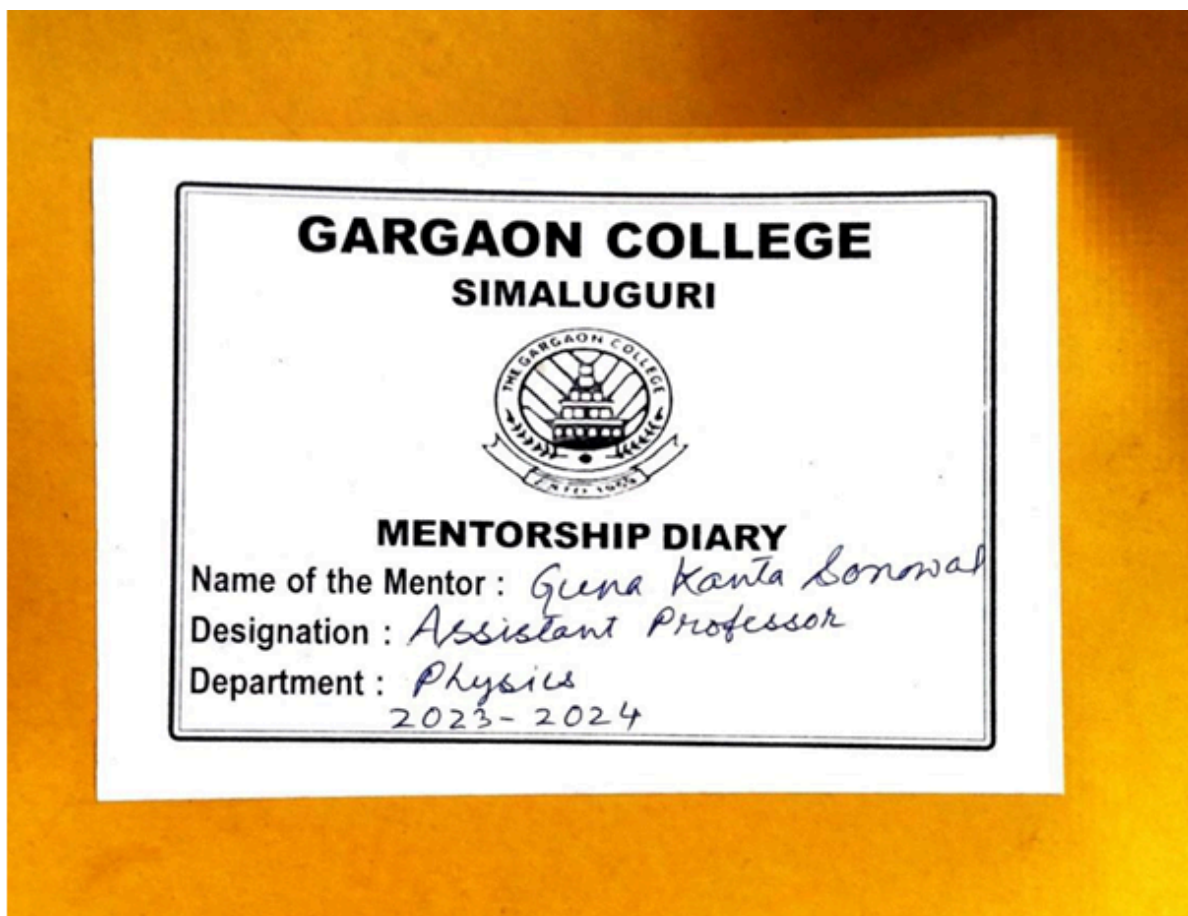
Signature

(Diganta Konwar)
H.O.D. Physics
Gargaon College

Photographs of the mentoring sessions



Mentorship Diary



MENTOR-MENTEE MEETING DETAILS

Date	Issues Discussed	Minutes of the Meeting	Signatures of the Mentees
05/08/23	Counseling for the chosen course for their convenience and future academic plan.	<ol style="list-style-type: none"> 1. Masom Buragohain 2. Moumita Chetia 3. Rituparna Chetia 4. Bijoy Likson 5. Kalayani Gogoi 6. Jyotishman Gogoi 	<p>Masom Buragohain</p> <p>Moumita chetia</p> <p>R. Chetia</p> <p>Bijoy Likson</p> <p>Kalayani Gogoi</p>
02/9/23	Course completion and Academic plan	<ol style="list-style-type: none"> 1. Moumita Chetia 2. Rituparna Chetia 3. Kalayani Gogoi 	<p>Moumita chetia</p> <p>R Chetia</p> <p>Kalayani Gogoi</p>

Guna Kanta Borowal
Signature of Mentor



Teacher's individual mentorship report

Name of the faculty: Jayanta Sonowal

Designation: Assistant Professor

Department: Physics

Highpoints of the mentoring sessions

High Points of the Mentoring Session:

Odd Semester:

1. Last year result is discussed and analysed with students.
2. Placed a strong emphasis on goal-setting and devised a strategic plan to achieve it.
3. Discussed the progress in note making and also difficulties faced in classes.
4. Organized mentoring session on career in Physics and beyond.

Even Semester:

1. Last year result is discussed and analysed with students.
2. Placed a strong emphasis on goal-setting and devised a strategic plan to achieve it.
3. Discussed the progress in note making and also difficulties faced in classes.
4. Organized mentoring session on career in Physics and beyond.
5. Discussed on acquiring different life skill for livelihood.
6. Conduct mentorship program on entrance examination for higher studies in physics.

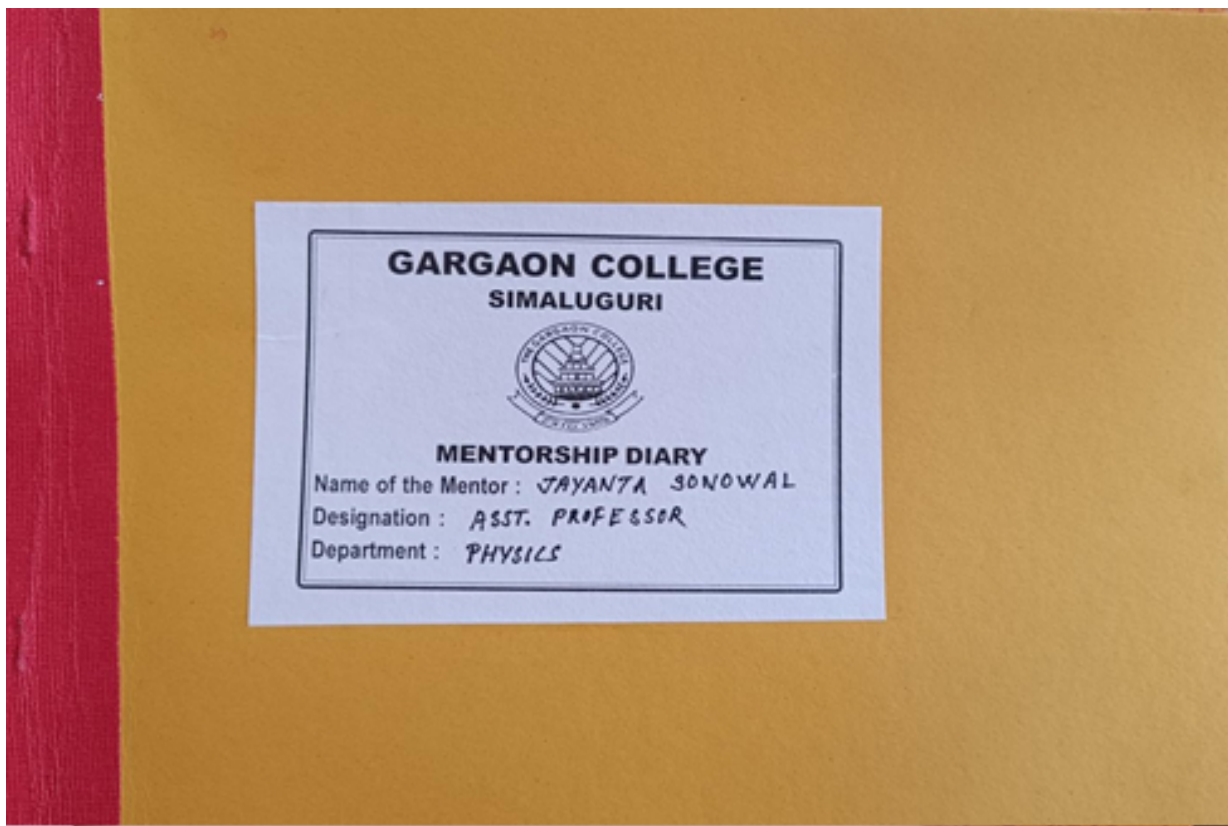
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
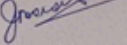
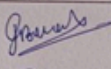

Signature of the teacher

Photographs of the mentoring session



Mentorship Diary



MENTOR-MENTEE MEETING DETAILS			
Date	Issues Discussed	Minutes of the Meeting	Signatures of the Mentees
14/08/2023	Discussed the results and planning for the new semester commenced.	we discuss the results of the previous semester and identified the strengths and weakness of our performance. Also planned for next current semester improvements.	1.  2. 
16/02/2023	discussed the last semester result and analyse the shortcomings	We discussed the results of the previous year semester and identified the shortfalls in the last semester and determine to eliminate those in this new semester	1.  2. 

Signatures of Mentor



Teacher's individual mentorship report

Name of the faculty: Dr. Gitashri Arandhara

Designation: Assistant Professor


Department: Physics

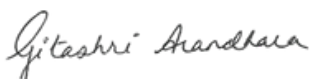
High points of the mentoring sessions

High points of the mentoring sessions

The mentoring sessions for Odd semester were held on August 4, 22, 29, and November 11, 2023 and for Even semester were held on February 16th and 7th March 2024 in the department of physics with students from various semesters to whom I have assigned duty. After the formal sessions there have been several informal interaction sessions with the students. The highpoints of mentoring sessions are

1. Clear goal-setting: Establishing specific and achievable goals for the mentee.
2. Open communication: Creating a safe space for the mentee to express themselves and ask questions.
3. Skill development: Guiding the mentee in acquiring new skills or improving existing ones.
4. Empowerment: Encouraging the mentee to take ownership of their development and make decisions that align with their goals.
5. Building confidence: Helping the mentee to recognize their strengths and overcome self-doubt.
6. Networking opportunities: Introducing the mentee to relevant contacts or resources to broaden their professional network.
7. Personal growth: Supporting the mentee in overcoming challenges and obstacles, fostering resilience and adaptability.


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Signature of the teacher

Photographs of the mentoring session





Mentorship Diary

ODD SEMESTER (2023-2024)

MENTOR-MENTEE MEETING DETAILS

Date	Issues Discussed	Minutes of the Meeting	Signatures of the Mentees
4/08/2023	In the 1 st interaction session with the freshly admitted mentees try to collect as much basic information as can be, including their goals, hobbies, particular interests, family background, address etc. Guide them to choose the GEC and SEC papers of FYUGP syllabus	A mentorship programme has been done on 4/08/23 with freshly admitted 1 st semester students in the department of physics	1. Priyani Borah 2. Kishitina Baruah. 3. Chinmay Lahon 4. Nihar Ranjan Saikia. 5. Rishika Chetia 6. Ajit Homi 7. Nilav Ranjan Kogot
22/08/23	Discussed their result of previous semester. Discussed several career prospects after having B.Sc in physics	A mentorship programme has been done on 22/08/23 with 5 th semester students in the department of physics	1. Nishu Kumari Singh 2. Kashmiti Bokuah 3. Uday Patate. 4. Gayatri Borgohain

Gitashri Arandhara
Signatures of Mentor

STUDENT COUNSELLING RECORD

Date & Time	Name of the Mentees	Issues Discussed	Signatures of the Mentees
29/08/23	SAYANIKA LIKCHON HIMADRI ARANDHARA	Discussed their result of previous semester. Discussed different strategies to boost self-confidence.	1. Sayanika Likchon 2. Himadri Arandhara
11/11/23	CHINMOY LAHON NIHAR RANJAN SAIKIA PRIYANI BORAH RISHIKA CHETIA	Discussed their progress and preparation for the upcoming examination.	1. Chinmay Lahon 2. Nihar Ranjan Saikia. 3. Priyani Borah 4. Rishika Chetia.

Gitashri Arandhara
Signatures of Mentor



Teacher's individual mentorship report

Name of the faculty: Dr. Bidyut Bikash Hazarika

Designation: Assistant Professor

Department: Physics

High points of the mentoring sessions

Highlights of the mentoring sessions

Odd semester, 2023

The first job was to familiarize myself with the first semester mentees. They were briefed about the course structure and outcomes. They were asked to be punctual in classes and studies in general. The end semester results were discussed with the third and fifth semester students. Those performing below par were advised to devote wholeheartedly to their studies.

Even semester, 2024

As earlier, the emphasis was on their performances in the recently concluded semester examinations. Also, the students with poor attendance were strictly asked to be regular in the classes. Report cards of the mentees were updated.

Signature of the Teacher


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Signature of the teacher

Photographs of the mentoring session



Mentorship Diary

Sl. No.	Name of the Mentee	Semester	Roll No.	Contact No.	Parents Contact No.	Signature
1	Debojit Dowlah	1 st	86	9394227497	9864757966	Debojit Dowlah
2	Gautam Gogoi	1 st	95	9394227503	7896687992	Gautam Gogoi
3	Bitupan Gogoi	1 st	102	9101705113	8133950333	Bitupan Gogoi
4	Farhaj Ahmed	1 st	48	8133835183	9365176480	Farhaj Ahmed
5	Shaswati Gogoi	1 st	108	9864615538	9101695709	
6	Utpal Chongmai	3 rd	201		8812055236	
7	Richiraj Gogoi	5 th	242			
8	Satyabhat Raj Dowlah	5 th	119	8822790646		
9	Sesaraj Konwar	5 th	20			
10	Udit Dowlah	5 th	150	9864792014		
11	Ranjal Kar	3 rd	302	7637926435	6000074202	poornjalkar

MENTOR-MENTEE MEETING DETAILS

Date	Issues Discussed	Minutes of the Meeting	Signatures of the Mentees
14-3-24	① End-semester results ② Regarding poor attendance	In one-to-one interaction, the end-semester results and measures to improve were discussed. The students with less than 70% attendance were strictly advised to attend classes.	Farhaj Ahmed Shaswati Gogoi Gautam Gogoi Debojit Dowlah Bitupan Gogoi

Signatures of Mentor



Sample of mentee's report card

Report Card

Name of the Mantee.....TAPASHI BORUAH.....
Roll No.....112.....
Session.....2023-24.....
Mobile Number.....6003676247.....

ATTENDANCE AND ASSIGNMENT SUBMISSION

Semester	Attendance (Regular/Irregular)	Assignment (Submitted/Not submitted)	Seminar presented (Yes/No)	Remark
I	Regular	Submitted	Yes	
II	Regular			
III				
IV				
V				
VI				


SEMESTER WISE ACADEMIC PERFORMANCE

Semester	SGPA	CGPA	Letter Grade	Remark
I	6.27			
II				
III				
IV				
V				
VI				


Signature of Mentor

Diganta Konwar
(Name of Mentor)



 GPS Map

Garhgaon, Assam, India
WPJV+3H7, Gargaon College Rd, Balighaat, Garhgaon, Borkola Gornh Garhgaon, Assam 785685, India
Lat 26.930233°
Long 94.743848°
Time 12:30 PM GMT +05:30



Garhgaon, Assam, India
WPJV+39F, Gargaon College Rd, Balighaat, Garhgaon, Borkola Gornh Garhgaon, Assam 785685, India
Lat 26.930206°
Long 94.743855°
Time 10:10 AM GMT +05:30

