

LOG BOOK OF MENTOR

1 GUIDELINES: -

- * Academic Well being.
- * Physical well being.
- * Social Well being.
- * Meeting once in a month.
- * Sir should speak to parents.
- * If Sir cannot motivate, contact principal.

Parent's Data .

Name of father :- Dr. Anil Kumar Baramal
 Mother's name :- Mrs. Priyanka

Occupation :

Father :- Doctor (mbbs)

Mother :- housewife

email id :-

Address :- Border security force
 stc, Kharkhan
 Hoshiarpur

Punjab

email id :- asapbnwl1993@gmail.com

Contact Details :- 9478057178

8123670770

Academics .

1st :- Pass (67%)

2nd :- Pass (71%)

no. of attempt to pass - 1 .

Academic Excellence - no

Cultural Excellence - no

sports and games - yes

If your parents visited your college recently - no

Any difficulties in academics : yes

What motive you need in learning :-

more interest generated by
 teacher

PARENTS DATA.

Name of the Father :- Govindaraju. C
 Occupation :- Section Superintendent in S.P. Office
 Name of the mother :- Savithri
 Occupation :- House wife
 Address :- # 280, Nagarbhavi 2nd stage, 3rd block
 G. cross. Bangalore - 72.
 Contact Details :- 8867833478 (MINE)
 9731052428 (HOME)
 Email id :- parvithrajrc95@gmail.com.

ACADEMICS

I year BDS :- Passed (88%)

- No of attempts to pass - second attempt
- Academic excellence - Yes.
- Cultural excellence - No
- Sports & games - Yes
- Any problem in social well being → No
- If your Parents visited your college recently → No.
- Any difficulties in academics → No
- What motivates you in learning → Teachers.

PARENTS DATA

Name: A. M. N Venugopal and Mrs. Radhamany k.k

Occupation: Father - Mechanical Engineer.

Mother - House wife.

Address: Vaishnavam

Mythakal, Panchay p.o, Punalur,

Kollam (Dist), Kerala. pin code: 691331

Contact Details: Res - 0475-2220054.

Father (mb) - 9446706383

My (mb) - 8884261384

e-mail id: aparna.vv09@gmail.com/mnvenugopal54@gmail.com

ACADEMICS

I year BDS - passed (70%)

II year BDS - passed (74%)

- No. of attempts to pass - One attempt
- If you are L4 in any subject - No
- Academic Excellence:
 - I year BDS: First class
 - II year BDS: First class

→ Cultural Excellence - No

→ Sports and Games - No

→ Any problem in social well being: No

→ If your parents visited your college recently: Yes/No

→ Any difficulties in academics - No

→ (Subject, Teachers, learning method)

→ What motivates you in learning - Teachers

(Books - reference, Seminars, Teachers)

PARENT'S DATA

Name of Father - Mr. Rudra Prasad Sharma.
 Occupation - Business.
 Name of Mother - Mrs. Chandra Kala Sharma.
 Occupation - House wife.
 Address - A development Area, Gangtok, Sikkim.
 Contact details - 9641009662 / 8927884592. (Home)
 - 8123519520 / 9620579372 (Mobile).
 Sujana.suvokoti @ gmail.com.

ACADEMICS

1st yr BDS → Passed (63%)
 2nd yr BDS → Passed (75%)
 3rd yr BDS → Passed (69%)
 No. of attempt to pass → First attempt.
 Academic excellence → Yes.
 Cultural excellence → No.
 Sports & Games → Yes.
 Any problem in social well being → No.
 If your parents visited your college recently → No.
 Any difficulties in academics → ~~Yes~~ No.
 What motivates you in learning → Teachers.

PARENT'S DATA

Name of father : Mr. Tenson Xavier

Occupation : Business

Name of mother : Mrs. Ligi Tenson

Occupation : House - wife

Address : Piriyath house c/o Kallaraakkal house
Mannuthy, Allee (P.O), Theissur,
Keerala

Contact details : 9895154535 / 9142054005 (home)

8867162679 (my)

annajenson10@gmail.com

ACADEMICS

1st year BDS → Passed (64%)

IInd year BDS → Passed (64%)

No. of attempt to pass → first attempt

Academic excellence → No

Cultural excellence → Yes

Sports and games → Yes

Any problem in social well being → No

If your parents visited your college recently → No

Any difficulties in academics → Yes

What motivates you in learning → Teachers

DATE : 7 JAN 2012.

TIME : 2 pm.

PLACE : DEPARTMENT OF PERIODONTICS, SEMINAR ROOM.

MINUTES OF THE MEETING.

1. Introduction.

2. Academics.

* APARNA V.V. ⇒ 1 year performance.

→ Favorite Teacher - Dr. Mangala
(Dept of Anatomy)

→ FIRST CLASS in Internal Assessment.

ANNA SHEETHAL JENSON ⇒ 1st Year Performance.

Favourite Teacher - Dr. Shreethi
(Dept of Anatomy)

Cultural activities participation.

• Dance

• Group song

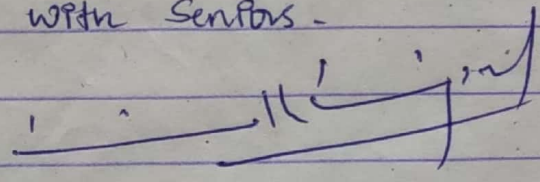
* Group discussions and more number of clinical demonstrations.

* To be punctual and Regular for classes.

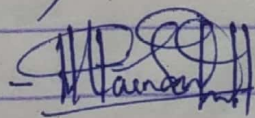
* More group discussions in the hostel.

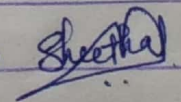
* Discuss the chapters with seniors.

Dr. Krishna charya



Aparna v.v.



Anna Sheethal → 

ANSHUPRIYA - Anshupriya.

2nd MEETING.

Date :- 14 Feb 2012

Time :- 2pm

Place :- Department of Periodontics, Seminar Room.

Minutes of the meeting :-

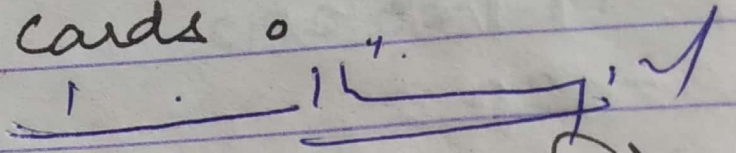
1. Introduction :-
2. Academics.

How to cope up with learning (stress free) especially during exam time.

Effective way of learning :-

- 1. ~~creat~~ Time management.
 - create a time table.
 - Distribution of time according to the difficulty of the subject.
 - making "post-it notes"
 - making notes by ourself, handbooks.
 - group discussion.
 - summarize notes of each chapter.
 - Mock Exams, evaluated by each other.
 - field trips
 - mcqs tests
 - more use of visual aids.
 - more efficient method for writing answers a/c to marks along with managing time.
 - Awards for excellence
 - Recognizer
 - Indoor games.

- Self appraisal cards



Aushupriya.

Manan

Sheetal

3rd Meeting

Date: 1 April 2012

Time: 2pm.

place: Department of periodontics; Seminar rooms.

Minutes of the meeting.

- Send a progress report to the parents / Guardians.
- Video conferencing with parents.
- Importance of learning local language.
- Awards for achievements / Distinction.
- Importance of parents role during exam days.
- Importance of communication with patients.
- Decided to have lunch together in the canteen.
- Decided to have discussion once in a week.
- Stress free work environment.

Aparna.v.v. — Pamandipatti

Anshu Praya :- Anshu Praya

Anna Sheethal Jenson :- Sheethal
 Dr. Kirishchandra / Kirishchandra

4TH MEETING

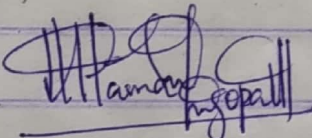
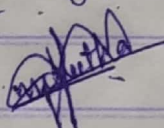
Date: 8 June 2012.

Time: 2pm.

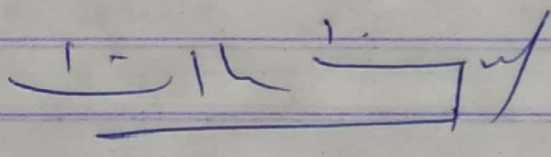
place: Department of Periodontics; Seminar Room.

Minutes of Meeting:

- To increase the number of clinical demonstrations.
- Conduct monthly assessment Test.
- How to get relief from exam tensions.
- preparations for the exams.
- Good revision practices.

Aparna. v. v. — Anna Sheetal Jensen — 

Anshu priya — Anshu Priya.

Dr. Krishnakumar 

FIFTH MEETING

Date : 25 September 2012.

Time : 2pm.

place : Department of Periodontics; Seminar room.

Minutes of meeting.

- Discussed about first year Results.
- vacation experiences.
- participation in Co-curricular activities.
- To increase the number of group discussions.

Aparna V.V - M. Anand

Ana Sheetal Jenson. - Ana Sheetal

Anshu Priya - Anshu Priya

Anshu Priya

SIXTH MEETING

Date : 14 November 2012

Time : 2pm

Place : Department of Periodontics; Seminar Room

Minutes of Meeting.

→ To organize a study tour once in every 6 months.

→ To have more number of tournaments and cultural activities.

→ Use of audio-visual aids during theory classes.

→ Time management for studies and clinical works.

Aparna. V. V. - Harshita Nigopal

Anna Sheethal Jensen - Sheethal

Anshu Priya - Anshubhaya
Dr. V. S. Srinivasan - V. S. Srinivasan

7th Meeting

Date : - 21st January, 2013

Time : - 1pm

Place : - Department of Periodontics, Semi
Room nas.

Minutes of Meeting

- Behavioural and discipline matters
- Behavioural faults among themselves, seniors, juniors, teachers, non teaching staffs and patients
- Physical health

Dr. Krishnakripal

Dr. Krishnakripal

Aparna V. V.

Aparna V. V.

Karna Sheela Jansol.

Karna Sheela

Anshu Prayag

Anshu Prayag

8th meeting

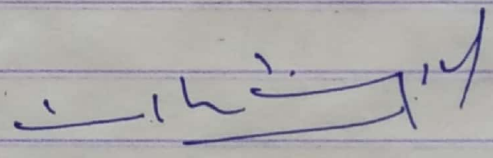
Date: 15th march, 2013

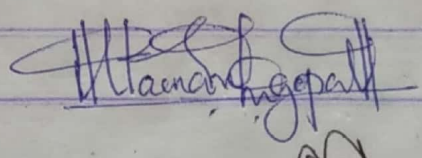
Time: 2pm

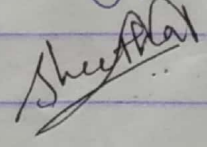
Place: Department of Periodontics; seminar room.

Minutes of Meeting

- Spiritual growth
- Extracurricular activities
- Personality development
Know, Awake and Shri
Believe, Become

Dr. Krishna Kripal - 

Aparna V.V - 

Ana Sheela Jhansa - 

Anchubhaya - Anchubhaya

9th meeting

Date: 9th may, 2013

Time: 12pm

Place: Department of Periodontics, Senior room

Minutes of meeting

→ Have ^{Senior} residental advisor (SRA) in hostel

→ Study hour maintenance

→ Implement learning management system

→ Encourage students to have blogs / discussion forums

Dr. Krishna Kirpal

Aparna V. ✓

Anna Sheela Jensen

Anshu Panya

11/5/13

— Hanan Gopall

Sheela

— Anshu Panya

11 TH MEETING

Date : 25th September 2013

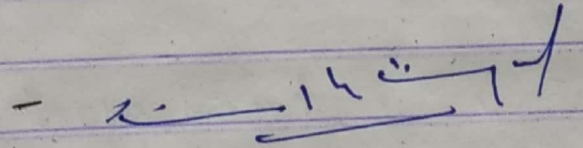
Time : 2pm

Place : Department of Periodontics, Seminar Room

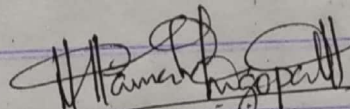
Minutes of Meeting

- ① Mentees skill development
- ② Spoken english, kannada for foreign student and outside states students.
- ③ Computer knowledge
- ④ Performance enhancement for slow learners.

Dr. Krishnakripal.



— Aparna V.V
— Anna Sheethal Jensen
— Anshupriya

— 
— Sheethal
— Anshupriya

12TH Meeting

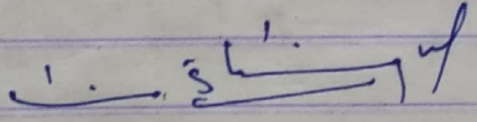
Date : 8th November 2013

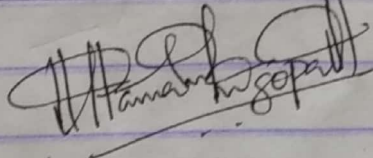
Time : 2pm

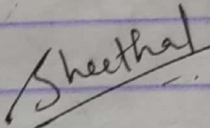
Place : Department of periodontics.
Seminar Room

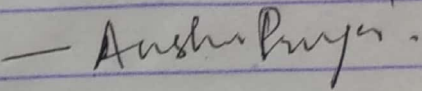
Minutes of the meeting.

- ① Exposure of mentees to the other institution.
- ② Publication of students magazine.
- ③ Student tournaments
- ④ Staff, student combine tournament

Dr. Krishnakripal. - 

Aparna V.V - 

Anna Sheethal Jensen - 

Anshupriya - 

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13th Meeting

Date : 13th January 2014

Time : 2pm

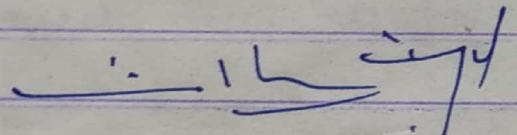
Place : Periodontics Department
Seminar Room

Minutes of meeting

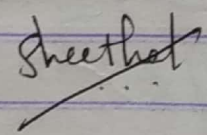
1) Detailed analysis of mentees

- Attendance
- Academic matters
- Academic performance
- Internal assessment marks
- Achievement, talents and scientific achievement

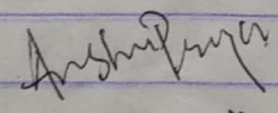
Dr. Krishnakopal

- 

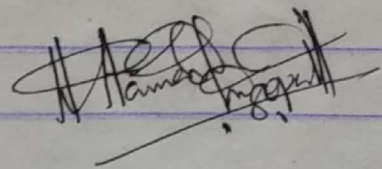
Anna Sheethal Jensen

- 

Anshupriya

- 

Aparna V.V

- 

14TH MEETING

Date : 12th March 2014.

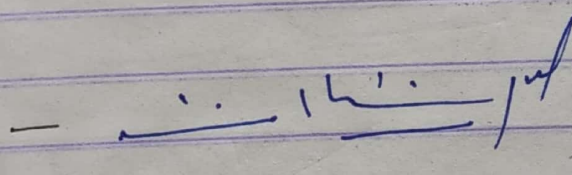
Time : 2pm

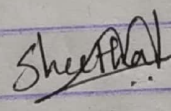
Place : Department of Periodontics
Seminar Room.

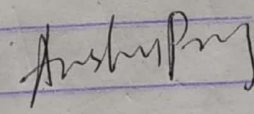
Minutes of Meeting

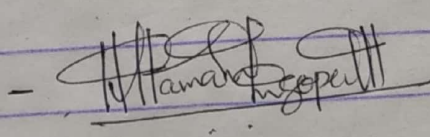
1) Everybody agreed the meetings were successful purposeful and timely and having a mentor was a rewarding experience.

2) Everybody agreed strongly the respective mentor gave honest feedback and directly affected their advancement, retention and spend adequate time to meet their mentor.

Dr. Krishna Kripal. - 

Anna Sheethal Jensen - 

Anshu Priya - 

Aparna V.V - 

15th MeetingDate : 21st May 2014

Time : 2pm

Place : Department of periodontics, Seminar Room

Minutes of meeting:

- 1) Everybody had an understanding of their mentor relationship.
- 2) Everybody agreed strongly the mentoring training was beneficial and would recommend mentoring to any one they meet.
- 3) Everybody agreed strongly the interactions were conducted in a strongly confidential manner.

Dr. Krishna kripal

Ankur Mishra - Anshul Mishra

Anu Shethal Jansen - Shethal

Aparna .v.v.

Haman Singh