



OFFICE OF THE PRINCIPAL  
অধ্যক্ষৰ কাৰ্যালয়

# HATICHONG COLLEGE

হাতীচোং মহাবিদ্যালয়

Recognition of the College Under Section 2(f) & 12 (B) of UGC ACT-1956

P.O.- HATICHONG, NAGAON, PIN- 782142 (ASSAM)

Web site : www.hatichongcollege.org

From:

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## Student Mentoring & Stress Management Cell

Hatichong College, Nagaon

Sl No	Name	Designation/ Portfolio	Department/Address	Contact No
1	Bubu Sensowa	President	Asstt. Prof.-Economics	7086563725
2	Animesh Borthakur	Convenor	Asstt. Prof.- English	9101514584
3	Bobi Borah	Member	Asstt. Prof.- Assamese	8638789242
4	Chinmoyee Borah	Member	Asstt. Prof.- Assamese	9401609725
5	Junti Das	Member	Asstt. Prof.- Education	6000414061

(Mr. Luit Hazarika)

Principal I/C



## **Objectives of Students Mentoring and Stress Management Cell**

Mentoring is collaborative partnership between a Mentor and a Mentee. The One, who possesses greater skills, knowledge and experience, is the mentor and who is looking for increase his or her skills, knowledge and experience is a mentee. The purpose of a mentor is to help the mentee grow as a person and become the best. Student Mentoring and Stress Management Cell of Hatichong College intends to provide support and guidance to the students on scholastics, co-scholastics and other stress related issues.

### **Aims and objectives of Students mentoring and stress management cell, Hatichong College**

- ❖ To bridge the gap between the mentor and the mentee.
- ❖ To ensure the quality performance of the students in academics.
- ❖ To deal with the related issues along with scholastics.
- ❖ To provide mutual support and congenial learning environment.
- ❖ To inspire and motivate for higher studies and competitive examinations.
- ❖ To regulate the academic involvement and assess the outcome.
- ❖ To discuss stress related issues.
- ❖ To inculcate the human values among the students
- ❖ To enlighten the students on professional ethics and conduct
- ❖ Providing emotional support to students on individual basis
- ❖ Helping students to overcome home sickness.

### **Following are the topics for discussions during mentoring session:**

- ❖ Students aspirations, family expectation
- ❖ Gratitude towards people helping me
- ❖ Human Needs of (a) Self and (b)body
- ❖ Peer pressure
- ❖ Prosperity
- ❖ Relationships
- ❖ Academic Calendar.
- ❖ Sports and extra –curricular activities.
- ❖ Personality development
- ❖ Acquiring of soft skills and life skills

The goal of the mentoring program is to establish a trusting relationship with accountability and responsibility from the mentor and mentee. Professional and personal skills are supported to develop in desired direction by the scheme.