



Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K

[NAAC Accredited Grade A+].



Mentor-Mentee Activities at the Institute of Home Science, University of Kashmir (2019–2023)

The Institute of Home Science, University of Kashmir, implemented a structured **mentorship program** between 2019 and 2023 to provide academic guidance and psychological support to students. This initiative aimed to enhance students' learning experiences, address challenges related to academics and mental well-being, and foster personal and professional growth. The activities evolved over the years, adapting to emerging needs such as online learning, career development, and holistic well-being. The following is a year-wise list of key activities undertaken during this period:

2019:

1. Introduced the mentor- mentee scheme to new students, explaining its purpose and benefits for academic and psychological support.
2. Held regular meetings with mentees to discuss academic progress and personal challenges.
3. Organized workshops on the connection between nutrition, mental health and academic performance.
4. Providing awareness regarding managing academic stress, time management, and balancing coursework.
5. Counselling support for students facing exam anxiety.
6. Group discussions on coping with failure and setbacks.

2020:

1. Provided guidance on adapting to online learning during the COVID-19 pandemic, including technical and psychological support.
2. Facilitated online study groups to foster peer support and collaborative learning.
3. Offered advice on maintaining a healthy diet to support immunity and mental well-being during lockdowns.

2021:

1. Guided students in adapting to hybrid learning models, effectively balancing online and in-person classes.
2. Provided guidance on career paths in food science and nutrition, including internships and job opportunities.
3. Conducted sessions on building resilience and coping with academic pressures.

2022:

1. Organized campaigns to educate students on the importance of nutrition for cognitive function and mental health.
2. Collaborated with counselling services to host events addressing mental health stigma and resources.
3. Combined mindfulness practices with nutritional advice to promote holistic well-being.

2023:

1. Guided students in completing their capstone projects and thesis
2. Taught mentee how to write and publish research papers.
3. Held sessions for mentees to reflect on their growth and provide feedback on the mentorship program.