



**Criteria 2.3. Teaching -Learning Process**

**2.3.2 The institution adopts effective Mentor-Mentee  
Schemes to address academic and student  
psychological issues**

# **Sushant** University

**Academic Year**

**2024-2025**

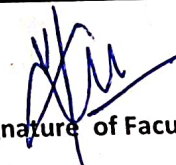


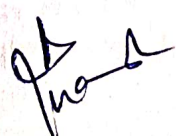
**Resolution - Individual Student**

Name of the School : School of Engineering and Technology  
Meeting Venue/Room no.: D-321  
Name of Faculty Mentor : Dr. Vandana Kaushik  
Program/Year/ Batch: B.Tech. CSE B II sem  
Name of the Mentee:  
Enrollment No. 240BTC CSE 002

| Issue / Concerns:   | Date: |
|---|-------|
| The student is facing many unresolved family related problems. She has expressed feeling overwhelmed, emotionally distressed and struggling with a persistent sense of hopelessness. These emotional struggles have led to an inability to cope with academic requirements and increased absenteeism.                                 |       |
| Resolution:   | Date: |
| All the faculty members were informed (without breaching confidentiality) to offer flexibility in deadlines and assessments where appropriate. Peer support was encouraged by assigning a responsible buddy to help her stay academically connected. Regular one to one mentoring sessions were initiated to offer emotional support. |       |

  
Signature of Mentee

  
Signature of Faculty Mentor

  
Dean  
School Of Engg. & Technology  
Sushant University  
Sector - 55, Gurugram



**Date:** 7.04.2025

**Venue:** Psychological Counselling Cell

**Time:** 2:30 p.m. – 3:30 p.m.

**No. of Students Participated in the Session:** 1

**Name of the Student who Participated in Counselling:** Rossane Henrick (240BTCCSE002)

Rossane Henrick, a student of B.Tech. CSE II Semester, attended an individual counselling session to talk about the emotional difficulties she has been going through. She shared that she is facing serious stress due to family-related problems, which are affecting her mental health and overall well-being.

Rossane mentioned that she often feels emotionally low, overwhelmed, and unable to manage her thoughts and feelings. Because of this, she finds it difficult to concentrate on her studies, complete academic tasks, and attend classes regularly. Her absences and academic struggles have increased over time, which is also adding to her stress.

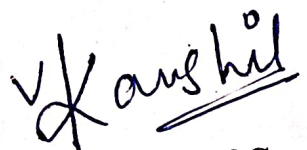
#### **Counsellor's Notes:**

The session was focused on helping Rossane feel safe and heard. She was encouraged to speak openly about her situation. The following support was provided:

- She was encouraged to **continue attending counselling** sessions regularly to help manage her stress and emotions.
- The counsellor shared some **simple techniques** such as breathing exercises, journaling, and time management to help her feel more in control.
- It was suggested that she break her academic work into **small, manageable tasks** to reduce pressure.
- The student was advised to **connect with friends and supportive peers** to feel less isolated.

#### **Outcome in Brief:**

Rossane felt more comfortable and supported after the session. She showed interest in continuing counselling and working towards feeling better emotionally and academically. Further sessions and regular follow-up were recommended for ongoing support.

  
**Sign & Stamp of Counsellor**

**Resolution - Individual Student**

Name of the School : School of Engineering and Technology

Date of Meeting : 28/3/2025

Meeting Venue/Room no.: D-321

Name of Mentor : Dr. Vandana Koushik

Program/Year/ Batch: B.Tech. CSE B.TI 1st Sem

Enrollment No. 24087CLCE048

Issue / Concerns:

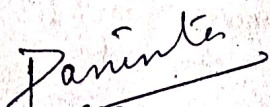
Date:

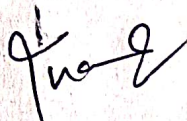
The mentee is suffering from ongoing health issues, which are affecting her physical well being and emotional stability. She has shared feeling of frustration, low motivation and has gradually shown signs of mild depression due to her inability to keep up academically.

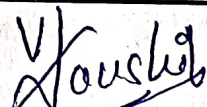
Resolution:

Date:

Faculty members were sensitized to her situation and requested to provide academic support such as sharing class notes and offering remedial sessions. Plans for reassessment or deferred exams were discussed with other faculty members. It was ensured that she had open communication channels for academic or emotional support with mentor.

  
Signature of Mentee



  
Signature of Faculty Mentor

Dean  
School Of Eng. & Technology  
Sushant University  
Sector - 55, Gurugram



**Date:** 11.04.2025

**Venue:** Psychological Counselling Cell

**Time:** 3:30 p.m. – 4:30 p.m.

**No. of Students Participated in the Session:** 1

**Name of the Student who Participated in Counselling:** Parineeta (240BTCCSE048)

Parineeta, a student of B.Tech (II Semester), attended the individual counselling session to discuss the challenges she has been facing related to her health and academics. She shared that she has been dealing with ongoing health problems which are affecting both her physical condition and emotional balance.

Due to frequent medical issues and appointments, she has had to miss many classes. This has caused a gap in her learning and made it harder for her to stay in sync with the academic schedule. Parineeta also opened about feeling frustrated, mentally tired, and increasingly unmotivated. She is beginning to show signs of mild depression as she struggles to cope with academic expectations and maintain regular attendance.

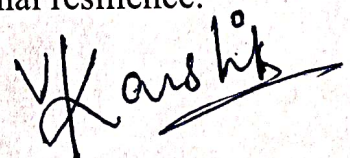
**Counsellor's Notes:**

The session provided a space for Parineeta to express her concerns and emotional struggles. Based on her situation, the following steps and support were suggested:

- She was advised to attend regular counselling to help her manage stress and maintain emotional balance.
- Techniques like goal setting, breathing exercises, and using a daily planner were recommended to regain a sense of control.
- Academic flexibility, such as extensions for assignments or access to class notes, was suggested in coordination with faculty.
- The student was encouraged to communicate openly with her mentor and teachers about her situation.

**Outcome in Brief:**

Parineeta responded positively to the counselling session and showed willingness to take supportive actions for her health and academics. She was motivated to attend follow-up sessions and work gradually toward regaining academic continuity and emotional resilience.

  
**Sign & Stamp of Counsellor**

# **//Sushant** **//University**

**Academic Year**

**2023-2024**



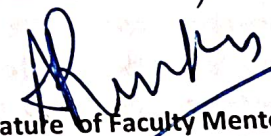
### Resolution - Individual Student

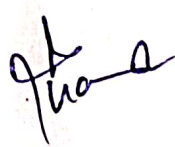
Name of the School : School of Engineering and Technology  
Meeting Venue/Room no.: D-301  
Name of Faculty Mentor : Dr. Rinky Ahuja  
Program/Year/ Batch: B.Tech CSE AI/ML - VI Sem.  
Name of the Mentee: Kshitiz Sharma  
Enrollment No. 220BTCCLSE033

| Issue / Concerns:   | Date: |
|---|-------|
| The student get easily distracted during the classes, show minimal interest in the subject and seeks attention through the inappropriate means. |       |

| Resolution:  | Date: |
|--|-------|
| I have establish clear boundaries and consequences of misconduct. Student was assigned classroom roles and responsibility to develop accountability. |       |

  
Signature of Mentee

  
Signature of Faculty Mentor

  
Dean  
School Of Eng. & Technology  
Sushant University  
Gate - 55, Gurugram



**Date:** 10.05.2022

**Venue:** Psychological Counselling Cell

**Time:** 12:30 p.m. – 4:00 p.m.

**No. of Students Participated in the Session:** 1

**Name of the Student who Participated in Counselling:** Kshitiz Sharma


Kshitiz Sharma, a student of B.Tech CSE (6th semester), attended the individual counselling session to address behavioral and academic concerns. The student was observed to be easily distracted during classroom sessions, showing limited interest in the subject matter and occasionally resorting to inappropriate ways to seek attention. These patterns indicated possible underlying emotional stress, lack of motivation, and diminished academic engagement. Initial discussions also suggested low confidence and difficulty in maintaining focus, possibly affecting classroom behavior and academic progress.

### **Counsellor's Notes:**

During the session, the student was guided on how to recognize and manage attention-seeking tendencies and improve classroom discipline. Clear expectations and boundaries were communicated. To foster a sense of responsibility, the student was assigned simple classroom tasks and roles to enhance accountability and focus. The counsellor also suggested mindfulness practices and journaling to manage restlessness and strengthen self-awareness. **Follow-up sessions are recommended** to monitor behavior and provide continued support.

### **Outcome in Brief:**

The student responded positively to the session and showed willingness to improve. By providing a structured framework and emotional guidance, the counsellor initiated a foundation for behavioral correction and personal growth. The strategies advised aim to enhance concentration, reduce disruptions, and encourage healthier student-teacher interaction. Continued mentoring and periodic counselling are expected to support sustained improvement.



**Sign & Stamp of Counsellor**

Dean  
School Of Engg. & Technology  
Sushant University  
GATEWAY 55, Gurugram