

# **MENTORING THE MENTORS PROGRAMME**

## **REPORT ON SESSION-II**

### **RELATIONSHIP MANAGEMENT**

**27th February, 2020**

The IQAC and Mentoring Group held the second session of its "Mentoring the Mentors" program on 26th February, 2020. The focus of the session was on Relationship Management, and was successfully conducted by Dr. Renu Kishore, retired associate professor, Daulat Ram College, University of Delhi, who has a specialization in child development and counselling psychology.

The event began with a felicitation of the esteemed chief guest by Dr. Deepak Sharma, the IQAC Coordinator. Nidhi Verma gave a short welcome and an introduction to Dr. Renu Kishore's multifarious achievements.

The presentation focused on Relationship Management in Students, with special emphasis on how teachers can be effective mentors.

Dr. Kishore explained that being a mentor involved not just giving advice, but also extending unbiased and sensitive support to encourage individuals to be aware of their flaws, provide them direction, and develop an emotional connect.

She elaborated on the network of relationships that students contend with—family, peers, teachers and community. However, these relationships often take a back seat due to reasons like academic pressure, peer pressure, societal expectations, ego, communication gaps, intimate relationships, problems of sexuality, distractions of technology and drug abuse, and personality and body image issues. She quoted that 'A college student is an adult for all practical purposes with no adult responsibilities' to emphasise how a college student's position is distinct from other age groups. She further stressed on the importance of healthy relationships for students, as an anchor against higher competition, stress and anxiety levels.

Dr. Kishore explained the aims of mentoring, and gave several suggestions on how the teachers could enhance their mentoring skills.

The program concluded with an interactive session where the audience asked Dr Kishore several questions. Dr. Gita Lakhanpal delivered the Vote of Thanks.