

MENTORING THE MENTORS PROGRAMME

REPORT ON FIRST SESSION

HEALTH AND WELLNESS

4th February, 2020

IQAC has taken an initiative to start “Mentoring the Mentors” Programme (MMP). Under the programme, the first session on *Health and Wellness* was held on 4th February 2020. The session was conducted by Dr Jasjeet Wasir, Associate Director, Diabetic and Metabolic diseases, Medanta Hospital, Medicity.

The event began with a Welcome note by Dr. Neeta Dhingra, and felicitation of the esteemed Chief Guest Dr. Jasjeet Wasir by Dr. Gurmohinder Singh, Principal and Dr. Deepak Sharma, IQAC Coordinator.

Dr. Wasir introduced the concept of wellness and its different aspects such as physical health, professional, social, emotional and spiritual aspects. He also emphasized on the alarming impact of the current lifestyle and environmental degradation on our wellness, which is leading to increased occurrence of diabetes, hormonal disorders and heart-related diseases. He highlighted the need for people to control their social media addiction and to focus on increasing their physical activity and take a balanced, healthy diet. Quantity, quality and timings of food intake are the three most crucial aspects of nutrition. Regular physical exercise plays a significant role in maintaining Health and Wellness. He summarized his talk with the importance of emotional and spiritual health.

There were valuable interjections followed by the learned discourse of the speaker. The event came to an end with with a vote of thanks by Dr Meena Singh.

“Mentoring the Mentors Programme”
An initiative of IQAC

The role of teachers in higher educational system has evolved and diversified in recent times. Besides, the knowledge transfer through formal curriculum delivery mechanisms, providing learners a platform for sharing and resolving their academic and other stress-related issues; giving guidance, motivation, emotional support; and helping them explore careers, setting goals, developing contacts, and identifying resources falls into domain of our defined duties and responsibilities.

Realizing the need for effective mentoring, we are taking steps to strengthen mentoring process in our institution. Our IQAC has taken an initiative to start “Mentoring the Mentors” Programme (MMP). The idea is to provide guidance to learners on a pre-identified theme. With a view to enhance our existing knowledge and experience and to ensure uniformity in our understanding of the subject, it is proposed to organize lectures by expert resource person(s) at least once in a month. All mentoring sessions shall be of one hour duration each.

In this semester, we propose to have four theme-based sessions on following topics:

- Health and wellness
- Relationship management
- Stress management
- Civic consciousness

The first in the series of lectures is a session on *Health and Wellness* wherein a talk would be delivered by Dr Jasjeet Singh, Associate Director, Diabetes and Metabolism diseases, Medanta Hospital, Medicity on 4 February 2020 at 1:00 pm in the Seminar Room.

Success of this initiative would depend solely on effective participation in the programme. It is expected that all of us would be present in all the lectures, and would eventually take knowledge to the mentees, and collect their feedback. Feed back questionnaire has been uploaded on the goggle.docs the link of which has been shared with the teachers on the college website. All the teachers are requested to encourage and motivate the students to attend sessions and also to take attendance so that students take due cognizance of the significance of these sessions and hand over the attendance sheets to IQAC team at the end of fourth session.