

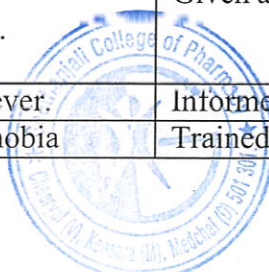


Gethsemani College of Pharmacy

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**MENTOR RELATED REMARKS TO BE ENTERED IN MENTOR DAIRY**  
**WHICHEVER ITS APPLICABLE**

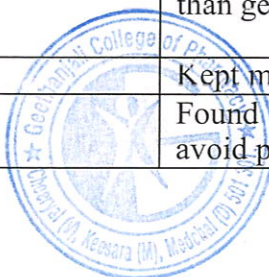
S.No	ISSUE RAISED	PROBLEM RESOLVED
1.	Difficulty to remember structures in Chemistry.	Advised to practice daily the concepts one by one and made it more interesting
2.	Fainted in the lab.	First aid provided and advised to take breakfast regularly.
3.	Feeling discomfort due to chemicals in the lab.	Use of proper mask and gloves. Advised to close the containers tightly after the use.
4.	Indigestion due to Hostel food.	Antacid given and advised to drink plenty of water.
5.	Felt unconscious due to Hypotension and Hypocalcemia.	Given ORS and advised to use proper medicines.
6.	Unable to understand Maths due to Bi.Pc background.	Arranged remedial maths classes.
7.	Unable to stand for longer time in labs.	Suggested to take balanced diet regularly.
8.	Home sickness.	Suggested the student to stay connected with their family and friends over internet.
9.	Health Issue (Pyrexia).	Informed to parents and sent home.
10.	Difficult to remember Biochemistry cycles.	Advised to Practice cycles regularly and conducted tutorials.
11.	Insomnia	Advised to take proper medication and therapy.
12.	Travelling Issue - Parents transferred to another city.	Suggested to stay in Hostel.
13.	Difficulty in preparing presentation for seminars.	Advised her to attend & concentrate on soft skill training without fail.
14.	Unable to concentrate on studies due to Marriage.	Given a study plan that allows to manage time.
15.	Health issue — Typhoid Fever.	Informed to parents and sent her home.
16.	Fell down due to Blood Phobia	Trained in treating phobia.



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17.	Late coming to college.	Motivated to wake up early and schedule her personal clock.
18.	Unable to complete assignment on time.	Advised to focus on important task to complete the task on time.
19.	Health Issue due to Air pollution.	Suggested to use Mask.
20.	Irregular to college due to travelling from long distance.	Advised to travel in college bus.
21.	health Issues due to standing long hours during Clinicals.	Advised to wear well fitting shoes with low heal.
22.	faint due lo hypotension.	Given ORS and advised to take proper diet.
23.	health Issue- Dehydration	Advised to drink plenty of water and to keep water bottle close by.
24.	Difficulty in preparing articles.	Guided methodologies to write articles and how to select good Journals.
25.	Difficult to make friends.	Involved her in group activities, so that she can mingle with classmates & make friends.
26.	Unconscious in lab	First aid done and advised to take breakfast regularly.
27.	Unable to understand scientific words.	Made simple analogies to make concepts easy and advised the students to develop the habit of looking into Medical & Pharma Dictionaries.
28.	Not able to see the board due to vision problem.	Changed her place to first bench and advised her for eye checkup.
29.	Health Issues.	Advised to take balanced diet and to take proper medication, if any.
30.	Difficulty in understanding in HAP	Discussed with staff handling HAP to provide extra care.
31.	Feeling overwhelmed.	Engaged in Yoga.
32.	Unable to adjust new Campus	Counseled the student to stay confident, listen friends & staff and develop patience while understanding new people.
33.	Struggling with Time management	Explained how to overcome the problem & given rough time table to utilize time more efficiently.
34.	Lack of connection with faculty.	Advised to interact in the class/ faculty and be on time to college.
35.	Feeling home sickness since it is first time being away from	Advised to go home monthly during second Saturday & Sunday for two days.
36.	Pressure on studying and to get good grades.	Counseled the student to fans more on learning rather than getting a good GPA.
37.	Distraction in the class.	Kept mobile out of sight during class and study hours.
38.	Not getting enough sleep.	Found reasons for her problem and advised her to avoid phone/ social media in the night time.



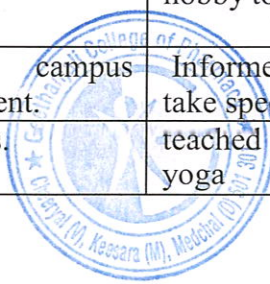
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39.	Feeling high stress	Exercise & motivated to talk out with friends.
40.	Decrease in appetite.	Consulted doctor.
41.	Home sickness.	Suggested to go home monthly once.
42.	Problem in managing studies.	Scheduled better time to studies. study and for other activities
43.	Feeling over burdened	Advised not to overload till the last minute and complete the tasks on daily basis.
44.	Exam pressure	Suggested to prepare a self-revision plan according to priority of the subjects and between topics to enhance focus and capacity to learn.
45.	Lack of confidence	Counseled the student to talk and open up for conversations, group discussions, seminars, etc.
46.	Stress and depression.	Exercise regularly and do yoga, mcm friends, read books and find some interesting hobbies like music, gaming, etc.
47.	Failed to understand critical topics.	Conducted remedial classes after college hours.
48.	Difficulty in understanding the reactions in Organic Chemistry.	Advised to practice the reactions regularly.
49.	Difficulty in planning the tasks.	Motivated to understand the purpose of planning and helped to plan as per the requirement.
50.	Loss of concentration.	Advised to do yoga and meditation.
51.	High expectations of family	Interacted with parents and explained her situation.
52.	Issues with classmates.	Discussed with students openly and solved the issue.
53.	High expectations of family	Counseled the student to practice positive self- talk and asked her to talk to parents regularly about her problems.
54.	Feel hesitated and uncomfortable to speak.	Made her to speak in English with friends & teachers to boost confidence and enhance communication skills.
55.	Not sleeping well.	Advised to take healthy, balanced meal and to sleep early.
56.	Lack or communication skills.	Advised to socialize with people in college and in personal life.
57.	Difficulty in grasping concepts.	Explained to understand the logic behind the topic rather than mugging it up.
58.	Exam stress	Self-revision time table for all subjects and take frequent breaks between topics to enhance focus and capacity to learn.



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59.	Poor time management	Advised to make a habit of streamlining things to save time and will not be in a situation of lastminute work.
60.	Scored less marks in Exam	Counseled the student to emphasize more on practical implementations and motivated that exam should check their mental skills not their cram power.
61.	Cannot complete the work in the provided time period	Advised not to scatter into many works altogether. Work based on priority.
62.	Irregular to college due to Typhoid Fever	Given extra classes in the evenings.
63.	Unable to speak and read due to Mumps.	Advised to take rest and to consult doctor.
64.	Unable to concentrate on studies due to marriage.	Suggested to attend remedial classes.
65.	Lack of communication skills, not able to deliver speech properly.	Practiced active listening and focused on non-verbal communication after college hours.
66.	Cannot manage time for studying	Created a master schedule with breaks in between the
67.	Feeling so much pressure during exams.	Advised not to scatter into many topics altogether and take frequent breaks
68.	Suffering from depression for not meeting the expectation.	Counseled to think positively and do yoga regularly.
69.	Low RBC Levels-anaemia.	instructed to eat iron rich foods and to take iron supplements
70.	Difficulty in studying medicinal chemistry	Conducted remedial classes
71.	Exam Tension due to vast Syllabus	Made a study schedule as per the syllabus as per the important chapter marks weightage and difficulty level.
72.	Cannot manage the time for studying.	Trained to improve time management skills.
73.	Having low self- esteem to face the problems.	Counselled to avoid negative self-talk and stop comparing with others.
74.	Less physical activities.	Conducted yoga classes and given more refreshment hours.
75.	Want coaching for competitive exams.	Given GPAT & PG CET coaching.
76.	Suffering from depression.	Motivated to rest, sleep, eat well and create a hobby to come out of stress.
77.	Want to attend for campus recruitment, but not confident.	Informed to placement cell and CRT trainer to take special care.
78.	More anxiety during exams.	taught relaxation techniques and instructed to do yoga



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79.	Not able to open the windows.	Forwarded the complaint to respective department and fixed the window.
80.	Difficulty in writing articles.	Advised to utilize online resources like DELNET. Research gate to Improve writing skills.
81.	Facing health problems.	Advised to use proper medicines and take care of health.
82.	Unable to do data interpretation regarding project work	Explained the statistical tools and formulas usage to ease the work.
83.	Feeling pressure due to high expectations of parents about Competitive Exams (GPAT PGECET).	Talked to parents and explained them to come out of high expectations.
84.	Difficulty in preparing samples during the project works.	Training given by the guides for proper preparation and storage of samples
85.	Less opening hours for Canteen.	Discussed with principal and increased the working times of canteen.
86.	System hanged in computer lab	Informed to technician and sorted out the issue
87.	Having family pressures.	Advised to organize wisely and cleared a time table with more breaks.
88.	Difficulty in procurement of API for project work.	Given contact numbers and emails of API suppliers.
89.	Difficulty in using advanced software's.	Trained on use of software's by lab expert
90.	Suffering from anxiety during exams.	Instructed to do yoga and scheduled a revision plan.
91.	Unable to prepare Project proposal.	Explained the content required for project proposal format
92.	Require guidance in problem solving methodologies	Conducted troubleshooting classes
93.	Financial issues	Suggested to find some part time job or some financial resources to backup money needs.
94.	Want to know future opportunities in aboard	Conducted carrier guidance programs



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