



Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

AMALA COLLEGE OF NURSING

AQAR (2022-2023)



CRITERION 2 – TEACHING- LEARNING AND EVALUATION

Key Indicator 2.3 – Teaching- Learning Process

**Metric No. 2.3.4.- Student :Mentor Ratio
(Preceding academic year)**

SUBMITTED TO

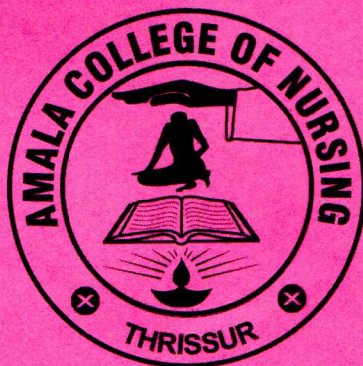


National Assessment and Accreditation Council

AMALA COLLEGE OF NURSING

AMALA NAGAR, THRISSUR

MENTOR MENTEE RECORD



Name of the Student

:



Batch

:

2020 Batch

MENTOR MENTEE PROGRAMME

BASELINE PROFORMA OF THE MENTEE

Photo
of the
Mentee

Name of the Mentor : Mrs. Binny

Name of the Mentee :

Age : 19 yr

Date of Birth :

Sex : Female

Religion & Caste : Christian, Latin

Marital Status : Single

Type of family : Nuclear Family

Order of Birth : 2

Mother tongue : Malayalam

Email address :

Annual Income :

Address :


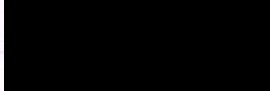

Phone Number

Father :

Mother :

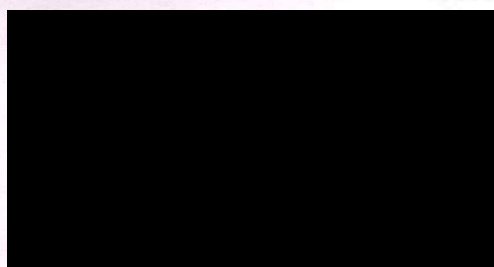
Personal :

FAMILY DETAILS

Name		Age	Education	Occupation	Alive/ Dead	Present illness if any
Father		53	SSLC	Foreman	Alive	HTN
Mother		48	Pre-degree	NIL	Alive.	Skin - Allergy
Brother		23	Mechatronics	NIL	Alive.	—
Sister						

Description of family relationship (by mentor):

Name and Address of Local Guardian :



INITIAL ASSESSMENT OF THE MENTEE

1. Languages Known : Malayalam, English
2. Marks obtained in SSLC (Percentage) : 10A⁺
3. Marks obtained in Plus Two (Percentage) : 5A⁺, A
4. Syllabus : State /CBSE/ICSE/VHSE/Other ✓
5. Hobbies : Styling, listening music, Series, BTS, listening music
6. Any hereditary disease in the family : Yes No ✓

If yes (brief description)

7. Any past / present illness

: Yes No ✓

If yes (brief description)

8. Any remarkable incidents in the life

: Nothing much

9. Role Model (brief description)

: I don't have certain person as a role model but many of them influence me. I don't want to be like everyone else, I just want to be myself. maybe a better version. ☺




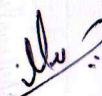



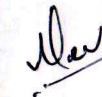
10. Reason for choosing nursing
(brief description)

: Compulsion of parents

Foreign employment / Good Salary/
passion for service / other reasons



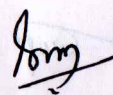

Nursing wasn't my 1st choice. I was just curious about how medical field works. Even though I am not good at many things, still I can help many needy people. I want to be an independent woman and travel the world. I want a better future.

Mentor Report

Date & Time	Problem identified (Health/Academic/Reproductive/Psychological/ Family/Financial/Social/Spiritual)	Action Taken	Remarks	Signature	
				Mentor	Mentee
7/5/21 12N	Anxiety (new subjects)	Discussed with academics non academics - positive reinforcement - tips to improve studies - notes preparation - using pictures, time planning	Interested		
11/6/21 12N	Nil	motivating to improve academics - time table for studies - Preparation of daily notes	Active		
9/7/21 12N	Nil	Tips to improve academics - using library for each classes	active		
13/8/21 12N	Nil	Suggestion to improve online learning like - completion of each class on same day - Preparation of notes - clarification of doubts	satisfied		
8/10/21	Nil	Suggestion to improve clinical posting			

Date & Time	Problem identified (Health/Academic/Reproductive/Psychological/ Family/Financial/Social/Spiritual)	Action Taken	Remarks	Signature	
				Mentor	Mentee
12/11/21 12N	Nil	- correct assignment submission - communication & pt new learning Positive reinforcement Clinical requirement Viva (progress)	Satisfied	<u>Sam</u>	<u>Alar?</u>
10/12/21	Nil	Discussion regarding overall first year performance - suggestion to prepare university exams daily studies based on prepared time table)	Active	<u>Sam</u>	<u>Alar?</u>
14/1/22 12N	Nil	- question paper reference and year theory classes started, discussed regarding plan for studies both first year and 2nd year Preparation of notes Psychological support	Active	<u>Sam</u>	<u>Alar?</u>
11/2/22 12N	Nil	Relaxation, tone	Active	<u>Sam</u>	<u>Alar?</u>
11/3/22 12N	Nil			<u>Sam</u>	<u>Alar?</u>

Date & Time	Problem identified (Health/Academic/Reproductive/Psychological/ Family/Financial/Social/Spiritual)	Action Taken	Remarks	Signature	
				Mentor	Mentee
8/7/2022	Nil	Provided support	Satisfied.	Jom	Mer?
12/8/2022	Anxiety regarding university exam.	- Preparation of university examination			Mer?
9/9/22	Nil	- suggest to prepare time planning	Active	Jom	Mer?
14/10/22	Nil	- Preparation of structured study material			Mer?
11/11	Nil	- Advise relaxation (deep breathing)			Mer?
9/12/22	Nil	- use mnemonics			Mer?
		- suggest to take adequate food and water			
		- suggest adequate sleep			
		- Motivate to participate in cultural and sports activities.			

Date & Time	Problem identified (Health/Academic/Reproductive/Psychological/ Family/Financial/Social/Spiritual)	Action Taken	Remarks	Signature	
				Mentor	Mentee
13/1/23	Nil	<p>started to prepare university examination</p> <ul style="list-style-type: none"> - suggest to prepare short notes - time planning with each subjects 	Interested.		
16/6/23	<p>handwriting issues</p> <ul style="list-style-type: none"> - stress related to small issues 	<ul style="list-style-type: none"> - tips to improve handwriting (slow method) - Advise to study daily hours - Encourage relaxation exercise (deep breathing) guided imagery 	interested		
10/8/23	Right schedule	<ul style="list-style-type: none"> - psychological support was given - learn disease condition or clinical posting - divide and work the assignments 	Interested	