

Academic Performance

First Year

Paper Code	B/MCP AC101	B/MCP AC102	ENC PECC 104	ENG CE101	HIND 101	TTM 101	TTM 102	
CCA	16	15	15	22	16	18	19	

Second Year

Paper Code								
CCA								

Third Year

Paper Code								
CCA								


Chief-Mentor


Program Coordinator



GOVERNMENT COLLEGE SOLAN

NAAC Re-Accredited B++ College

Mentor-Mentee Card

Name..... Arushi.....
BA Ist & 2024-25)

Class..... BA 2nd year (2025-26)

Batch..... 2025-26.....

Details of Mentee:

Major Subject	Tourism
Roll No.	2444040
Member of Clubs/Society	
Registration No.	24-SN-344
Mobile No.	9317700582
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Residential address	Vill Bashla (Barera) Po. Ashal Teh. Pohnu, Shimla, H.P.
Date of Birth	22/02/2007
Blood Group	O+
Father' Name	Mr. Deep Chand
Occupation	Farmer
Father' Mobile No.	9805072642
Mother' Name	Mrs. Sneh data
Mothers occupation	House wife
Mother' Mobile No.	9816766802
Hobbies	Reading, Cooking, Listening Music
Health Issue/Allergies	

Mentor Mentee Program Plan & Outcome

S.N.	Agenda/ Skill in Focus	Session Date	Practice	Mentee' performance
1.	Introductory Session (SWOT Analysis)	28.09.24	SWOT Analysis	V. Good.
2.	Networking	26.10.24	Role Plays	Good.
3.	Creativity	30.11.24	Intinerary DeepD	Good.
4.	Communication	15.02.25	Sharing Intinerary	—
5.	IQ/EQ/ Empathy	19 Aug. 2025	Preparation of Listening Exercise	Good.
6.	Problem Solving	16 sept 2025	How would you do?	Good.
7.	Leadership/ Collaboration	28 Oct 2025	Group Activity	Absent
8.	Social Media	18 Nov 2025	Discussion on social Medhubys	Good
9.	Stress/Peer pressure			
10.	Mental Health			
11.	Cultural Values			
12.	Work ethics			

SWOT Analysis

Name: Isha Sharma
Class: BSC 3rd year.

Strength

1. Good at organizing things.
2. Good at making people laugh.
3. Good at convincing.
4. Courage of fighting against wrong.
5. Confident.
6. Focused.

Weakness

- Keeping things hidden (bad at sharing)
- Scared of losing people.
- Bad at communication and interaction with people.
- Get emotionally dependent.

Opportunity

- If communication and interaction gets better, so I can be a good speaker and can be a good leader.
- Leadership opportunity.
- If focused and aimed can achieved my goals.

Threats

- Overexplainer and that is threat for me.
- If think but I don't do.
- I don't trust people opinion about myself. (what if).
- I have good tongue.

SWOT ANALYSIS

Name → Chahat

Class → Bsc III year

Strength

1. Confidence
2. Unstoppable
3. I can do it alone
4. Dance
5. Self-Independent

Weakness

- Emotions
- Self doubt
- Ego
- I never learned Dance
- Friendship, love relations

Opport Opportunity

1. I want to represent India at Miss. Universe

Threat

But my parents never support me.

SWOT Analysis

Name - Megha

Class - Bsc IIIrd year

Strength

Weakness

- I am tall.
- I can stay alone.
- I am a good speaker.

- Lack of confidence.
- Bad handwriting.
- I struggle with decision making.

Opportunity

Threats

- I can be a model.
- I can be a good host.

- My parents would not let me model.

SWOT Analysis

Name :- Prithi Banerjee

Class :- B.Sc Final Year

Strength

- Quick learning skills
- Teaching skill is good
- Good communication
- Good speaker

Weakness

- Overthinks
- Emotionally weak
- Shy nature
- Express our opinion and something i feel bad

Opportunities

- Teaching related
- Speaker related
- Competitive exam -
- Growth in other field

Threats

- Time management
- Overthinking about all things
- Demotivate sometime
- Think about to do something but do not work on them.
- Trust issues

SWOT-Analysis

Name - ~~XXXXXXXXXX~~

class - Bsc. 3rd y.

Strengths

- Problem-Solving
- Time-management (During exams)
- Adaptations
- Positive thinking
- Positive attitude
- kindness
- Hard working
- Smart working
- Respectful
- Helpful.

Opportunities

- Trying to get.

Weaknesses

- Kind heart
- Manipulated
- Negative thinking
- Negative Results
- Bad luck
- Bad luck
- Bad Communication Skill.

Threats

- Everything

SWOT Analysis

Date _____

Page _____

→ Name ~~_____~~

→ class → B.Sc 3rd Year

Strength

Weakness

→ Observer

⇒ 18 sec

→ Opportunities

Threats

→ Philosopher

SWORT ANALYSIS

Anshul
Bsc 3rd year

Strength

- ~~Consistent~~ ~~Consistent~~ consistency.
- Good Listener.
- Good Teaching and Learning skills.

Weakness

- Self-Confidence.
- My ~~em~~ Emotions.
- ~~A~~ Aggressive nature.

Opportunities

- Being consistent in any work can lead to success.
- Being good in teaching skills. I can be ~~in~~ the pressure it as a profession.

Threats.

- Aggressive nature can ruin many of the opportunities.

SWOT Analysis

Name →

Smiksha Sharma

Class ÷ B.S.C 3rd year

Strength

- Handworking nature.
- Good communication
- Positive attitude.
- Self motivated.
- Calm under pressure.

○ →
opportunities

- opportunities
- Career growth.
- Competitive exam.

Weakness

- emotionally weak
- overthinks
- Difficulty saying no.
- Little shy.
- Time management issue.

Threats.

- Time management.
- Trust issues
- Calm under pressure.
- Difficulty saying no.

classfellow

SWOT ANALYSIS

Dikshant Pal

BSc final year

Strengths

① Can do the house hold work in better way.

② ~~Can be~~ Interested in the offline games such as Badminton.

Weakness

The study time I wanted is to do continuously for about 4-5 hours but can't

① focus after 1-2 hours

② Beside the study work the household work I do, I want more time for that

Opportunity

① ~~More work~~ More work in less time.

Threats

SWOT Analysis

Sarishthi Sharma
BSC final year

Strength

1. Empathy & observation
2. Fast learner
3. Spiritual inclination
4. Clear lifestyle boundaries.
5. Straight forwardness

Weakness

1. Health anxiety
2. Emotional sensitivity.
3. Overthinking
4. mood - reactivity.
5. Quick Temper.

Opportunities

1. Spiritual practice ko routine me convert karke 70% anxiety ko sakti hai.

Threats

1. Overthinking

SWOT ANALYSIS.

S - Strengths

- ① Know when, what and how to say something.
- ② Forgiveness
- ③ Good listener.
- ④ Self-control.

Weaknesses

- ① Underconfident
- ② Fear of failure.

Opportunities

- ① Can be a good writer or poet.
- ② Social worker.

Threats

- ① What if reader don't like it.
- ② Judgement.

SWOT ANALYSIS.

Date:

Name - Isha Bhardwaj
Class - B.Sc. IIIrd Year.

Strengths	Weakness
1. Empathetic.	4. Very emotional.
2. Deep sense of connection from people ^{or things} I love.	2. Trust easily.
3. Self-Independence.	3. Lack of confidence.
4. Always grateful or Optimistic.	4. Self-doubt.
	5. Forgive easily.
	6. Overthink a lot.

Opportunity	Threats.
1. I will become more mentally strong.	1. Still forgive the people easily even after getting hurt.
2. * More focus on my career.	
3. Boost stupid my confidence.	2. Overthinking.
	3. Fear of rejection & Judgement.

SWOT Analysis.

Strength

- ① ~~me~~ khi akele rehna pde to reh sakti hain.
- ② Ager ~~me~~ kya to Difficult kam bhi kr sakti hun.
- ③ Is age me apni family family ko sambal sakti hun in all condition.
- ④ Do hard work.

Weakness

- ① Mera aim bar-bar badhte rehta hai.
- ② Easily doubt on people.
- ③ Emotional and -
- ④ Communication skills. weak.
- ⑤ Hesitation.
- ⑥ Fear to loss people

Opportunities

- Chhota business.
- Skill Courses.

= ~~Dancing~~

- ⇒ Confidence badane.
- ⇒ Self-growth.

Threats

- Lack of Confidence.
- Laziness

SWOT ANALYSIS

Akhil Sharma
B.Sc. 3rd Year

Strength

- ① Confidence (High Confidence)
- ② Fast Learner
- ③ Good Communication Skills

Weakness

- ① Aggressiveness
- ② Laziness
- ③ Money Spender
Addicted to Mobile

Opportunity

- ① Any Leadership Role
 - ② Can easily handle any Role
- Strong Networking
Better job chances.

Threat

- ① Can have Arguments.
- ② Academic Decline
- ③ Financial Stress

SWOT ANALYSIS

Strength

- ① Family.
- ② Physically strong.
- ③ ~~strong~~ Self control.
- ④ Behaviour.

Weakness

- ① I can't forget some-one easily.
- ② Height
- ③ failure

Opportunity

- ① I want to become an Army Officer.
- ② I can be a singer.

Threat

- ① Medically unfit becz of my little finger
- ② People's Judgement
- ③ Rejection

SWOT Analysis

Abhay Mehta.

BSC IIIrd Year.

Strength	Weakness
1) Fast learner. 2) Calm in serious situation. 3) Multitasker. 4)	1) Lazyness 2) Don't take things seriously. 3) Phone addicted. 4) Hesitation.
Opportunities	Threats
- Team management. - Can handle crises and Leadership role	1) Low consistency. 2) weak future planning. 3) Time wastage.

SWOT ANALYSIS

Nikita Kashyap
BSc 3rd year

Strength

Weakness

1. I am good at manipulating people.
2. My one of the strongest strength is that I can control my mind without any divergence.
3. I am confident person.
4. I can manage any situations very peacefully.
5. I am a good dancer and a great motivator too.

1. My weakness is I also talks alot sometimes which may hurts others.
2. I am very selfish sometimes.
3. I over express sometimes.
4. I am not kind too.
5. I love to be alone more than be others.

Opportunity

Threats

1. If I can control talking alot, then can get more opportunities.
2. If I can open my heart and be kind to others then I can get more balanced mind and more opportunities to express how I feel.

1. I stopped expressing my emotions of (love, cry, sad, etc) and it's hurting me now and others too.
2. I stopped caring for the ones I love (like my grandparents) I don't know why.
3. I have become more lazier than before.

SWOT Analysis

Date / /

Page No.

Aaryam Singh
BSc 3rd year

Strength

1. Good Nature.
2. Hardworking.
3. Honesty and Kindness.

Weakness

1. Weak communication skills.
2. Laziness in making.
3. Gets stuck on one thing.
4. Addicted with my phone.
5. Procrastination.
6. Get stressed easily.
7. Overthinking.

Opportunities

1. Building strong friendships.
2. Supportive team-members.

Threats

1. Delayed work.
2. Wasting time.
3. Decision making is not up to the mark.

SWOT Analysis

Roopam Chauhan

Bsc. 3rd year

①

Strength

- My strengths include good management & organizational skills.
- I am also strong in my subject - I consider myself a good observer in the field of science.
- Additionally, I am confident in my abilities.

②

Weakness

- My weaknesses are that my ^{writing} communication skills are not very strong.
- I find it difficult to express myself clearly at times.
- My confidence also ~~is~~ depends upon external motivation.
- Another weakness is that I am kind-hearted, which sometimes makes it easy for others to take advantage of me.

④

Threats

- My threat is that I tend to be lazy at times & don't work on my weaknesses consistently. Also, relying on external motivation sometimes slows down my progress.

③

Opportunities

- My opportunities are that being a good observer is beneficial for the research field. If I improve my communication & writing skills, I will be able to express my ideas more effectively to others.

"SWOT Analysis"

Parvansh BSc^{3rd} year

S - Strength

- ⇒ I am a giver.
- ⇒ I can be alone but not lonely.
- ⇒ I am a good listener.
- ⇒ I can give good advise.
- ⇒ I try to learn new things everytime.
- ⇒ I like technology, AI, business.
- ⇒ I can comfort people for this bad nature.
- ⇒ I don't feel bad when someone make fun of me, I enjoy it.
- ⇒ I don't fight with anyone for diff. opinions.

W - Weakness

- ⇒ I am a giver.
- ⇒ I am a short-temper.
- ⇒ impatient, I am not able to show my feelings.
- ⇒ dominating.
- ⇒ I gets bored easily.
- ⇒ Sometimes helpful.
- ⇒ procrastinate too much.
- ⇒ forget things, people names.
- ⇒ not good with maths.
- ⇒ distracted easily.

O - Opportunities

- ⇒ if I overcome my short-temper it will be more easier for me to make people understand what I actually trying to say or how I feel.
- ⇒ If I build interests in tech, AI, business, and the fields which has good carrier options, then I can make money and travel world.
- ⇒ If I be not procrastinate, not be distracted, learn good english then I would be a writer, and a filmmaker.

T - threats

- ⇒ the society and this custom is a big threat for me.
- ⇒ desperate Men.
- ⇒ stage fear.
- ⇒ Sometimes my diff perspective and unique carrier options, don't fit in my parents P.O.V.
- ⇒ what if I could not able to do thing I want in my life, and what if I won't be able to do or give my parents I thought.

"SWOT Analysis"

Neha - BSc 3rd Year

S - Strength

- "I make good bond with everyone and I thought that is my biggest strength."
- I am confident that's why I can do any work which can be given by anybody.
- I am good at doing work with my friends so, I can be a good at team work.

W - Weakness

- "I can't say no to anybody that's why many time it broke my heart".
- I will trust people easily that's why sometimes it hurt so badly.
- Emotional nature and sensitive nature.

O - Opportunities

- * I can be a good teacher
- * If I don't break down I can speak openly. I am able to do work with more confident and make me feel or face people openly.

T - Threats

- But due to introvert nature I will not speak properly.
- * People thoughts and there judgments and there unnecessary behaviour.