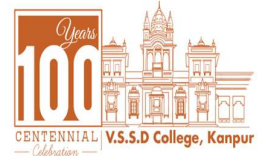




**Department of Physical Education**  
**Vikramajit Singh Sanatan Dharma College, Kanpur**

Grade "A" Accredited By NAAC in 2009 & 2016



**Mentor mentee report**  
**Academic Session: 2025-26**

Mentors contacted students on every last Saturday of the month to identify and resolve problems related to examinations, physical fitness, stress, participation in sporting activities, sports injuries, practical, assignments, projects, and attendance. Mentors systematically reached out to mentees through calls and messages to ensure consistent communication and timely support for academic pressures, fitness goals, and extracurricular involvement.

The interactions included discussions on exam preparation and study strategies to reduce anxiety, physical fitness assessment and personalized exercise planning, and stress management techniques including relaxation methods. Students were encouraged to participate in sports activities and events, and were guided on the prevention and management of sports injuries. Clarifications were provided regarding practical sessions, assignments, and project deadlines, along with monitoring and improvement of attendance.

Most issues were addressed promptly, contributing to improved student performance and well-being. Follow-ups were conducted whenever required, and records were maintained for departmental review. This ongoing process helped in building stronger mentor-mentee relationships.

Tutor Guardian List 2025-26  
Department of Physical Education

(16)

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Head of the Department  
Physical Education