



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: Dept of Food Science & Technology

Name of the Program: Msc Food Technology

Mentoring objectives and process for mentors

1. The general objectives of mentoring students is to equipment them in performing better in achieving better grade points/percentage scores in their study.
2. The specific objective is to understand the mentee with number of counseling on one-to-one basis and identify the short fall of the mentees, with the consent of mentees.
3. The short falls identified may be in core-curricula, extra-curricular activities, personal shortfall of a mentee, if any, and any other difficulties faced by the mentee during his/her period of study at IKGPTU.
4. From the identified shortfall remedial measures shall be taken in preparing the mentees to score better grade points/percentages of their study. Remedial measures taken shall be detailed in the table below:
5. Continuous follow-up (once in a week) and a healthy mentor-mentee relationship shall be proved that results in good output of mentor-mentee work.
6. A separate attendance report shall be maintained for every counseling hours given on weekly basis.

Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	Sensitive	avoid negativity	
2	Over Bearing,	Meditation.	
3			
4			

Name of Mentor : Dr. Bawindayit Singh

Signature of Mentor & Date : Baw
10/12/2020

Name of Mentee : Deepika Kumari

Signature of Mentee & Date : Deepika
10/12/2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: Dept. Of Food Science and Technology

Name of the Program: MSc - Food Technology

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Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	Overthinking	- Positive thinking - Meditation.	
2	Sensitive.	- Avoid taking in negative opinions.	
3			
4			

Name of Mentor : Gazal Shama

Signature of Mentor & Date :

Dharid
28/11/2020

Name of Mentee : Jyoti Sarkar

Signature of Mentee & Date :

Jyoti Sarkar



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: FOOD TECHNOLOGY

Name of the Program: M.Sc. FOOD TECHNOLOGY

Mentoring objectives and process for mentors

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Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	Scare Darkness	Use illuminating instrument in the darkness.	
2	Blood	Avoid accidents	
3	Stress	Meditation	
4			

Name of Mentor: DR. PRAASHANT SAHNI

Signature of Mentor & Date: Praashant Sahni
8/12/2020

Name of Mentee: LAISHRAM GENISH

Signature of Mentee & Date: L. Genish
08-12-2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: FOOD SCIENCE AND TECHNOLOGY

Name of the Program: MSC FOOD TECHNOLOGY

Mentoring objectives and process for mentors

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Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	PRESSURE HANDLING.	FACE EVERY TIME WITH FULL CONFIDENCE.	
2			
3			
4			

Name of Mentor : Shalini Sidhu

Signature of Mentor & Date : Shalini
24/12/2020

Name of Mentee : MANISANA ATHOKPAM

Signature of Mentee & Date :

Manisana Athokpam
24/12/2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: Department of food science & Technology

Name of the Program: Msc. food Technology

Mentoring objectives and process for mentors

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Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	Overthinking	-Meditation	
2	Sometimes lack of confidence	-Practising again & again	
3	Sensitive	-avoid Negativity	
4	Scared of Darkness or being Alone	- Light Illuminating devices and need friends family	

Name of Mentor: DR. PRAASHANT SAHNI

Signature of Mentor & Date:

Praashant Sahni
8/12/2020

Name of Mentee: Pratiksha Sharma

Signature of Mentee & Date:

Pratiksha
(8-12-2020)



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DEST

Name of the Program: MSE Clinical Research

Mentoring objectives and process for mentors

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Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	Introvert	group discussion	
2	Nervousness	participation in extracurricular activities	
3	Lack of Expressing own thoughts	attending communication classes	
4	Lag in normal communication	"	

Name of Mentor : Dr. Gajal Sharma

Signature of Mentor & Date :

[Signature]
28/12/2020

Name of Mentee : Devanshi Jain

Signature of Mentee & Date :

[Signature]
28/12/2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DEPT. OF FST

Name of the Program: M.Sc. CLINICAL RESEARCH.

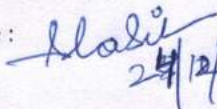
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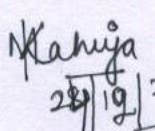
Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	SHORT - TEMPERED	Engagement in meditative activities & self help classes	
2	STAGE - FEAR.	Enrollment in various co-curricular activities	
3			
4			

Name of Mentor : SHABIR SIDHU

Signature of Mentor & Date :  24/12/2020

Name of Mentee : MANPREET KAUR

Signature of Mentee & Date :  24/12/2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DfST

Name of the Program: M.Sc. (Clinical Research)

Mentoring objectives and process for mentors

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Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	Nervousness	Enrollment say help classes.	
2	Very emotional	Enrollment in say help classes.	
3	Expressing own thoughts	Participation in extra-curricular activities.	
4	Not good in professional communication.	Group discussion.	

Name of Mentor : Dr. Shabiz Sidhu

Signature of Mentor & Date : [Signature]
24/12/2020

Name of Mentee : Nida Fatima

Signature of Mentee & Date : [Signature]
24/12/2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DFST

Name of the Program: M.Sc. Clinical Research

Mentoring objectives and process for mentors

1. The general objectives of mentoring students is to equipment them in performing better in achieving better grade points/percentage scores in their study.
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Details of Remedial Measures Suggested / Taken

S.No.	Shortfall	Remedial measures/Suggestions	Remarks
1	Nervousness		
2	English speaking	Communication skill classes	
3			
4			

Name of Mentor : Shabir Sidhu
Signature of Mentor & Date : Shabir
24/12/2020

Name of Mentee : Vandana
Signature of Mentee & Date : Vandana
24-12-2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: Department of Food Science & Technology

Mentee information

Name of student: deepika kumari Name of the Program: Msc Food Tech.
Roll No: 2022869
Student Phone No: 7018631197 Email ID: deepika.kaushal517@gmail.com
Father's Phone No: 9473838861 Father Email ID: RKdharma@gmail.com



Permanent Address: -
V.P.O. Salah Beri, Distt Una, Teh. Ghaneri (H.P.)

Local Address: -
I.K.G.P.T.U. Kapurthala (G.H.-2)

Goal: -
Make a career switch, Gain a new skill

- Main Talent: -
- Easy adjustable in any environment
 - Positive approach

- Domain Skill Set: -
- Honesty, Decision making
 - Soft spoken

- Activities Participated in: -
- Badminton
 - Singing
 - Food Competition
 - Dacoration

Shortfall / Weakness / Misbehavior etc.
Emotional
Self critical
Not taking criticism well

Date: 10/12/2020

Sign of mentee: Deepika

Date: 10/12/2020

Sign of mentor: Pravin



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: Deptt. of Food Science & Technology



Mentee information

Name of student: Jyoti Sarkar Name of the Program: MSc - Food Technology
Roll No: 2022873
Student Phone No: 9064889834 Email ID: pusha9801@gmail.com
Father's Phone No: 8768305497 Father Email ID: jsarkar0610@gmail.com

Permanent Address: -
Ward no - 15, Palpara, Khantura, Gobardanga North 24
Parganas 743273 (W.B)

Local Address: -
IKGPTU Girls' Hostel (GH-2)

Goal: -
Achieving Personal Satisfaction

Main Talent: -
1. Communication Skill
2. Decision making

Domain Skill Set: -
1. Flexibility
2. Persistence

Activities Participated in: -
1. Treasure hunt
2. Singing
3. Anchoring
4. Doodle making

Shortfall / Weakness / Misbehavior etc.
Overthinking
Sensitive

Date: -

Sign of mentee: - Jyoti Sarkar

Date: - 28/12/2020

Sign of mentor: - Dharm



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DEPT. OF FOOD TECHNOLOGY



Mentee information

Name of student: GENISH LAISHRAM Name of the Program: MSc. Food Technology
Roll No: 2022874
Student Phone No: 8837455091 Email ID: GENISHLAISHRAM1@GMAIL.COM
Father's Phone No: 8974083866 Father Email ID: -

Permanent Address: - KANGLA SIPHAI, SAWOMBUNG SUB-DIVISION, LAMLONG, IMPHAL EAST, MANIPUR, 795010

Local Address: - IKGPTU, BOYS HOSTEL 1

Goal: - Successful Food Technologist

Main Talent: -
1. Decision Making
2. Writing

Domain Skill Set: -
1. Flexibility
2. patience

Activities Participated in: -
1. Football
2. VIDEO GAMING
3. Traditional dance (MANIPURI)
4. Social service

Shortfall / Weakness / Misbehavior etc.
Scare darkness
Bleed
No- Misbehavior

Date: - 8-12-2020

Sign of mentee: - L. Genish

Date: - 8/12/2020

Sign of mentor: - Parashant Singh



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: FOOD SCIENCE AND TECHNOLOGY

Mentee information

Name of student: MANISANA ATHOKPAM Name of the Program: MSC. FOOD TECHNOLOGY
Roll No: 2022875
Student Phone No: 8787645423 Email ID: Manisanaathokpam1@gmail.com
Father's Phone No: 9862899001 Father Email ID: _____



Permanent Address: -
TOP AWANG, LEIKAI, POROMPAT SUB-DIVISION, IMPHAL EAST, MANIPUR - 795005

Local Address: -
IKGPTU BOYS HOSTEL 1, KAPURTHALA.

Goal: -
TEACHER.

Main Talent: -

- DANCING, PLAYING FOOTBALL, BADMINTON (SPORTS)
- SINGING.

Domain Skill Set: -

- SPORTS (FOOTBALL, BADMINTON)
- SOLVE TECHNICAL ERROR

Activities Participated in: -

- SPORTS
- DANCING
-
-

Shortfall / Weakness / Misbehavior etc.
UNABLE TO HOLD PRESSURE (HUGE) AT A TIME.

Date: - 24-12-2020

Sign of mentee: Manisana Athokpam

Date: - 24-12-2020

Sign of mentor: Shashi



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: Food science & Technology



Mentee information

Name of student: Pratibha Sharma Name of the Program: Msc. Food Technology
Roll No: 2022876
Student Phone No: 7018527992 Email ID: Pratibhasharma1009@gmail.com
Father's Phone No: 8219874926 Father Email ID: -Shoumakishu1103@gmail.com

Permanent Address: -
V.P.O. JOH, Dist. UNA, Tehsil Ghanou (HP) 171204
Ward No. - 5

Local Address: -
Mundian Kallan, 33rd Fl. Road, Haryap nagar street 2
(LUDHIANA) 141015 [also GH-02], PTU

Goal: - Career Passion and Personal Satisfaction

Main Talent: -

- Innovating
- Self-Mandging

Domain Skill Set: -

- problem - solving
- patience

Activities Participated in: -

- Sports (Badminton, Chess)
- Rangoli Making
- Dancing
- Food competition

Shortfall / Weakness / Misbehavior etc.

shortfall - Overthinking
Weakness - I sometime lack confidence
Misbehaviour - NO

Date: 8-12-2020

Sign of mentee: Pratibha

Date: 9/12/2020

Sign of mentor: Prasanta



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: Dept of food science & technology

Mentee information

Name of student: Shivam Singh Name of the Program: M.Sc. - Food Technology
Roll No: 2022879
Student Phone No: 9464971800 Email ID: Shivamduggal83@gmail.com
Father's Phone No: 9417595100 Father's Email ID: -



Permanent Address: -
H.No. 255, Kaskhama Basti, Ubhawal Road, Sangsar, Punjab

Local Address: -
IKG PTU Boys' Hostel (BH-1)

Goal:- After M.Sc food Tech, I am become a food inspector.

Main Talent: -

1. Decision making
2. Hard working

Domain Skill Set: -

1. Creative
2. Patience

Activities Participated in: -

1. Bhangsa Participated in 5 times
2. Cricket
3. Drama
4. Singing

Shortfall / Weakness / Misbehavior etc.

Members power
Overthinking

Date: -

Sign of mentee: -

Shivam Singh

Date: -

Sign of mentor: -

[Signature]
29/12/2020



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DFST

Mentee information

Name of student: Devanshi Jain Name of the Program: M.Sc. Clinical Research
 Roll No: 2022812
 Student Phone No: 6283459737 Email ID: 1898JAINDEVANSHI@GMAIL.COM
 Father's Phone No: 9530596602 Father Email ID: 26JAINSONIA@GMAIL.COM



Permanent Address: -
1219- A, Near Jain Temple, Jain Mohalla, Rupnagar

Local Address: -
GN-2 (Girls Hostel)

Goal: -
Want to be at a respectable position in society & work with good moral & ethics for betterment of health condition of people.

- Main Talent: -
- Quick learner, creative thinking
 - Keen Observer, Risk taking

- Domain Skill Set: -
- Fast learning & understanding
 -

- Activities Participated in: -
- B-Plan Competition
 - Attended seminars, webinars & various activities in University,
 - Completed various online courses
 -

Shortfall / Weakness / Misbehavior etc.
Innovative
Lack in normal communication

Date: 28/12/2020

Sign of mentee: Devanshi Jain

Date: 28/12/2020

Sign of mentor: Ahmad



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DEPT. OF FST



Mentee information

Name of student: MANPREET KAUR Name of the Program: M.Sc CLINICAL RESEARCH
Roll No: 2022813
Student Phone No: 7087744046 Email ID: mkaur1999@gmail.com
Father's Phone No: 9814379493 Father Email ID: afewaykpt@gmail.com

Permanent Address: - 325 Lahori gate, Kapurthala, Punjab, India

Local Address: - 325 Lahori gate, Kapurthala, Punjab, India

Goal: - RESEARCHER, MEDICAL WRITER

Main Talent: - 1. MULTI-LINGUIST 2. INTERIOR DESIGNER

Domain Skill Set: - 1. COMMUNICATIVE 2. PROBLEM-SOLVING SKILLS

Activities Participated in: - 1. COMPLETED ONLINE COURSES

Shortfall / Weakness / Misbehavior etc. SHORT-TEMPERED HAVE STAGE FEAR

Date: 24-12-2020

Sign of mentee: [Signature]

Date: 24-12-2020

Sign of mentor: [Signature]



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DFST



Mentee information

Name of student: Nida Fatima Name of the Program: M.Sc (CR)
Roll No: 2022814
Student Phone No: 8700878367 Email ID: fnida9366@gmail.com
Father's Phone No: 9719952387 Father Email ID: Abbabhassant23@gmail.com

Permanent Address: -
Shekhpura Qadeem, Saharanpur

Local Address: -
New Nand Vihar Colony, Dehradun Road, Saharanpur

Goal: -
Want to be a government officer, want to work for women empowerment

Main Talent: -

1. An ambidextrous, Good learner,
2. Crafting and applying Henna.

Domain Skill Set: -

1. Good learner.
2. Observer

Activities Participated in: -

1. B-Plan competition
2. Completed online courses
3. Attended seminars, webinars and motivational speeches
4.

Shortfall / Weakness / Misbehavior etc.

Biggest weakness very emotional and gets attached easily.
Nervousness,

Date: - 28-12-2020

Sign of mentee: - Nida Fatima

Date: - 28-12-2020

Sign of mentor: - Shashi



I. K. GUJRAL PUNJAB TECHNICAL UNIVERSITY

Name of the Department / Constituent Campus: DFST

Mentee information



Name of student: Vandana Name of the Program: M.Sc. Clinical Research

Roll No: 2022817

Student Phone No: 8090320886

Email ID: vandanaupadhyay102@gmail.com

Father's Phone No: 9452805914

Father Email ID: nitishupadhyay11@gmail.com

Permanent Address: -

Village- Rautawan Post- Vishunpur Bairia Distt.- Gonda (U.P.)

Local Address: -

Cyber Hostel-2 near Punjab Technical University, Kaproosthala Highway
Jalandhar

Goal: -

Want to be a best Clinical Researcher.

Main Talent: -

- Quick lesson.
- Reading

Domain Skill Set: -

- Fast reading
-

Activities Participated in: -

- Attended Seminars and Webinars.
-
-
-

Shortfall / Weakness / Misbehavior etc.

English speaking
Lack in normal communication

Date: 24-12-2020

Sign of mentee: Vandana

Date: 24-12-2020

Sign of mentor: Shashi