



# KMCT

## AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences

### TO WHOMSOEVER IT MAY CONCERN

This is to certify that the information in the attachment documents is verified by me and is true to the best of my knowledge



*Leobhina*  
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K.M.C.T. AYURVEDA  
MEDICAL COLLEGE

*Leobhina*





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AYURVEDA MEDICAL COLLEGE

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**MENTOR LOG BOOK**



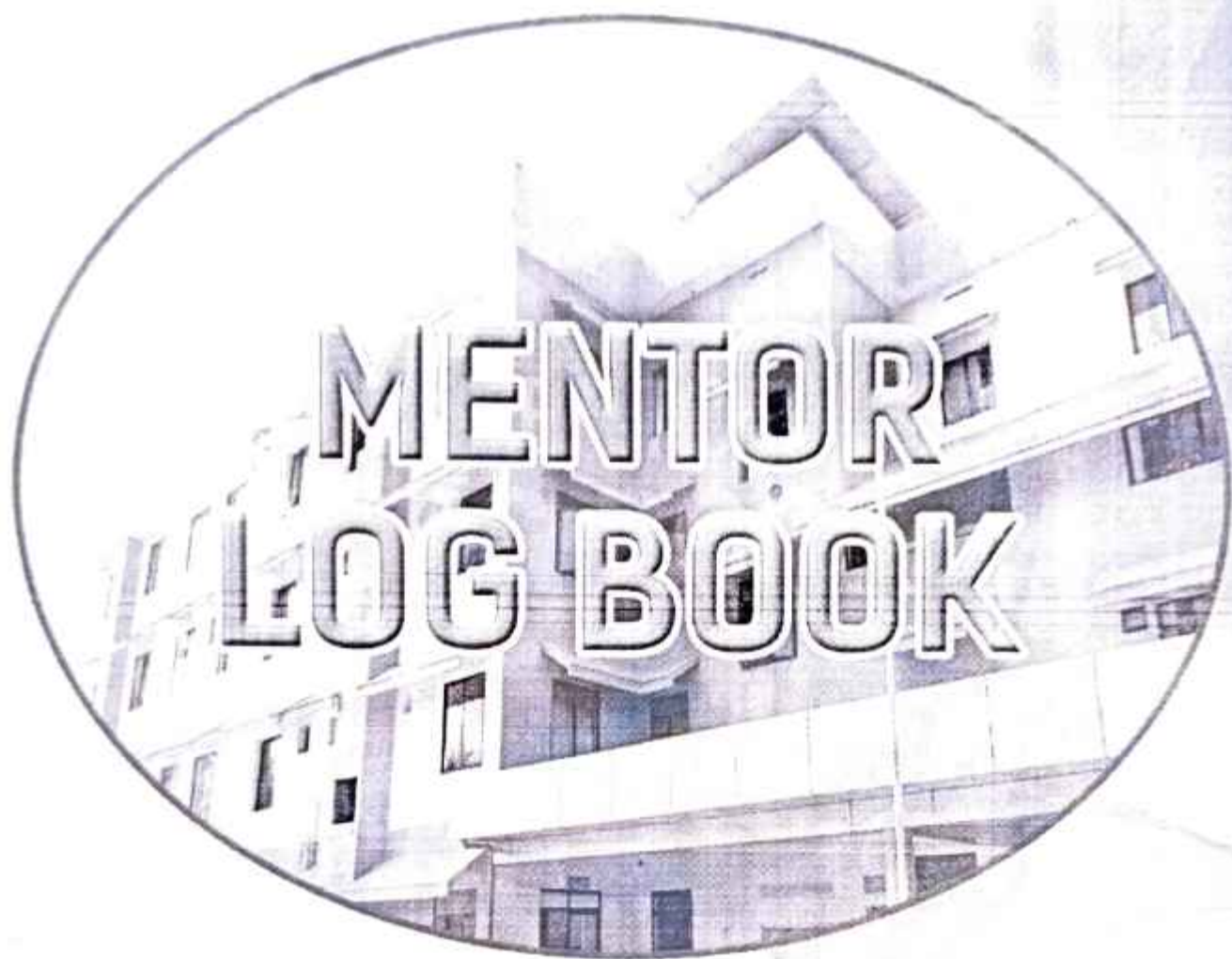
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INNOVATION AND  
ENTREPRENEURSHIP  
DEVELOPMENT CENTERS





**KMCT**  
AYURVEDA MEDICAL COLLEGE



*Chithra*

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MEDICAL COLLEGE

## MENTOR DETAILS

NAME OF MENTOR : DR. ANISHMA. A.S

DESIGNATION : ASSISTANT PROFESSOR.

DEPARTMENT : SAMHITA SIDDHANTA .

YEAR : 2023-24.



*Signature*  
PRINCIPAL  
K.M.C.T. AYURVEDA  
MEDICAL COLLEGE

# BASIC INFORMATION OF THE MENTEE

Name : Mr./Ms. Arathy S

Course : BAMS Batch : 202

Reg No : 1014 Year of Joining : 2023

DOB : 

2	9	0	7	2	0	0	3
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 Gender :  Male  Female

Email ID : arathy.sunilkumar2003@gmail.com Mobile No : 773676

Nationality : Indian Mother Tongue : Malayalam

Father Name : Sunilkumar Mobile No : 9665379

Mother Name : Lathika Mobile No : 9995057

Guardian Name : Lathika Mobile No : 9995057

Day Scholar / Hosteller (Provide Details) : College hostel L.H.S

Languages Known : Malayalam, English, Hindi, Sa

Interest and Hobbies : Listening music, Reading



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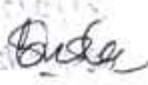
## ACADEMIC PERFORMANCE

Sl No.	Date	Subject	IA / Test / University Exam	Marks	Percentage	Remarks	Mentor Signature
1	27-7/23	Padartha Vijnanam	1st internal assessment	50.5/100	50.5%	Got pass mark only	<u>Baba</u>
	1/8/23	Moulika Siddhanta	"	41/100	41%	Failed	<u>Baba</u>
	31/7/23	Rachanasharira	"	48/100	48%	"	<u>Baba</u>
	29/7/23	Kriya Sharira	"	36/100	36%	"	<u>Baba</u>
	26/7/23	Sanskrit	"	69/100	69%	Good	<u>Baba</u>
2	2/2/24	PV	2nd internal assessment	50/100	50%	Just pass	<u>Baba</u>
	27/1/24	S.A.	"	46/100	46%	want to improve	<u>Baba</u>
	29/1/24	R.S	"	100/200	53%	Improved	<u>Baba</u>
	31/1/24	K.S	"	116/200	58%	"	<u>Baba</u>
	24/1/24	Sanskrit	"	121/200	60.5%	Good	<u>Baba</u>
3	24/4/24	PV	3rd Term Assessment	58/100	58%	Improved	<u>Baba</u>
	31/5/24	SA	"	58/100	58%	"	<u>Baba</u>
	27/4/24	R.S	"	49/100	49%	want to improve	<u>Baba</u>
	30/4/24	K.S	"	62.5/100	62.5%	Good	<u>Baba</u>
	22/4/24	Sanskrit	"	80/100	80%	Very Good	<u>Baba</u>

Sl No.	University Exam		Result	
	theory	Practical/viva	Percentage	Theory/practical Percentage (T/P)
1.	Sanskrit	120/200	78/100	60%/78%
2	PV	147/200	148/200	73.5%/74%
3.	Kriya Sharira	186/200	149/200	68%/74.5%
4.	Rachana Sharira	123/200	133/200	61.5%/66.5%
5.	Sambhita Adhyayan	65/100	70/100	65%/70%
Grand Total		1174/2000	69.06%	



# EXTRACURRICULAR ACTIVITIES / OTHER ACHIEVEMENT

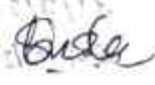
Date	Description	Remarks	Mentor Signature
19/12/23	Essay writing- English - Got 2 <sup>nd</sup> prize on behalf of college Day celebrations	Good performance	

*Handwritten signature*



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# EXTRACURRICULAR ACTIVITIES / OTHER ACHIEVEMENT

Date	Description	Remarks	Mentor Signature
19/12/23	Essay writing - English - Got 2 <sup>nd</sup> prize on behalf of college Day celebrations	Good performance	

*Handwritten signature*



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## ATTENDANCE (%)

Sl No.	Date	Subject	Attendance Percentage	Remarks	Mentor Signature
1	27/9/23	Padartha Vijnanam	86%	Good	<u>Bide</u>
	1/8/23	Moulika Siddhanta	86%	"	<u>Bide</u>
	31/7/23	Rachana Shartra	85%	"	<u>Bide</u>
	29/7/23	Kriya Sharira	87%	"	<u>Bide</u>
	26/7/23	Sanskrit	86%	"	<u>Bide</u>
2.	2/2/24	Padartha Vijnanam	84%	want to improve	<u>Bide</u>
	27/1/24	Moulika Siddhanta	90%	Good	<u>Bide</u>
	29/1/24	Rachana Sharira	88%	"	<u>Bide</u>
	31/1/24	Kriya Sharira	86%	"	<u>Bide</u>
	24/1/24	Sanskrit	89%	3	<u>Bide</u>
3.	24/4/24	Padartha Vijnanam	83%	OK	<u>Bide</u>
	3/5/24	Moulika Siddhanta	88%	Good	<u>Bide</u>
	27/4/24	Rachana Sharira	88%	"	<u>Bide</u>
	30/4/24	Kriya Sharira	86%	"	<u>Bide</u>
	22/04/24	Sanskrit	85%	"	<u>Bide</u>



*Ambika*  
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## MENTORING SCHEDULE

Date of the meeting	Description	Remarks	Mentor's Signature
5/6/23.	<p>She is happy with the course but is having some difficulties for memorizing the slokas and understanding some basic concepts.</p>	<p>- with a bit of extra practice and perhaps some memorization techniques she can improve her retention.</p> <p>- Encouragement and support will go a long way in helping her overcome these difficulties.</p>	<p><i>[Signature]</i></p>



*[Signature]*  
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## MENTORING SCHEDULE

Date of the meeting	Description	Remarks	Mentor Signature
2/9/2023	Discussed about the marks received in the first internal examination and the challenges encountered during the test.	utilizing available resources such as additional practice material can enhance preparation for future exams.	



  
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# STUDENT PERFORMANCE REVIEW

Arathiy. S

BAMS

2022

Semester : 1<sup>st</sup> profession

From : February 2023 to

Description

Remarks

General performance

- Slow learner
- Average learner
- Advance learner

Attendance performance

Attained above 83%  
for all subjects.



*Arathiy*  
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## MENTOR DETAILS

NAME OF MENTOR : Dr. BINTU.K.V  
SIGNATION : Assistant Professor  
DEPARTMENT : Roga Nidana  
YEAR : 2023-2024



*Dr. B. K. V.*  
PRINCIPAL  
K.M.C.T. AYURVEDA  
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## BASIC INFORMATION OF THE MENTEE

Mr./Ms. Nandana N.

e. BAMS Batch: 2021

o. 210030173 Year of Joining: 2022

1	0	1	0	2	0	0	1
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 Gender:  Male  Female

ID: nandana1045@gmail.com Mobile No: 8921069161

ality: INDIAN Mother Tongue: Malayalam

Name: Narayanankutty K.K. Mobile No: 9496296761

Name: Kavitha S. Mobile No: 8301052676

an Name: Narayanankutty K.K. Mobile No: 9496296761

holar / Hosteller (Provide Details): Hosteller (LH3)

ages Known: Malayalam, English, Tamil, Hindi

t and Hobbies: Journaling, reading, learning about the arts, cultural language



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# ACADEMIC PERFORMANCE

No	Date	Subject	IA / Test / University Exam	Marks	Percentage	Remarks
			I <sup>st</sup> part University Exam		70%	
	12/12/23					late
<u>Part I</u>						
	6/1/23	Devayagama	PA1	8/15	53%	Pass
	7/1/23	Barnakita	PA1	11/15	73%	Pass
	8/1/23	Paga Nidana	"	10/15	66.6%	Pass
	9/1/23	Secastavzitta	"	6-5/15	43.3%	Pass
	10/1/23	Ry B	"	8-5/15	56.6%	Pass
	31/1/23	Pigada lamba	"	6-5/15	43.3%	Pass
<u>Part II</u>						
		Pigada lamba	PA 2	6	40%	Pass
	11/10/23	Barnakita	"	9-5	63%	Pass
	12/10/23	Paga Nidana	"	6	40%	Pass
	13/10/23	B	"			Pass
	14/10/23	Secastavzitta	"	12	80%	Pass
	15/10/23	Ry B	"	5-5	36.6%	Pass
	16/10/23	DA	"	5	33.3%	Pass
<u>Part III</u>						
		Pigada	PA-3	8-5	56.6%	Pass
	5/2/24	Secasta	"	7	46.6%	Pass
	7/2/24	Ry	"	8	53%	Pass
	21/2/24	DA	"	6	40%	Pass
	9/2/24	Ry B	"	5-5	36.6%	Pass
	12/2/24	SA	"	2	13.3%	Pass
<u>Part IV</u>						
		DA	I <sup>st</sup> term			
	21/3/24	DA	"	51/100	51%	
	22/3/24	Ry B	"	35-5/100	36%	
	23/3/24	DA	"	51/100		
	24/3/24	Ry B	"	45/100		
	25/3/24	DA	"	44/100		
	26/3/24	DA	"	52/100		
<u>Part V</u>						
		Ry	PA-4			
	20/7/24	Ry	"			
	21/7/24	DA	"			
	22/7/24	Ry	"	8	50%	
	23/7/24	DA	"	9	56%	
	24/7/24	Ry B	"	10	62.5%	
	25/7/24	DA	"	9	56%	



*Anshu*  
K.M.C.T. AYURVEDA  
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# ACURRICULAR ACTIVITIES / OTHER ACHIEVEMENTS

Date	Description	Remarks	Mentor Signature
4/10/22	<p>BIRAC - About ayurvedic effervescent Tablet for Rejuvenation.</p> <p>- 1 day programme at Dgriocultural University, Kuvempu.</p>		



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# ATTENDANCE (%)

Sl No	Date	.....	Attendance Percentage	Remarks
	31/7/23	I prop university exam		Passed 70% marks
	1 <sup>st</sup> Oct/23 30 <sup>th</sup> March 2024	Dravyaguna	83%	Good
		Rasa & Bhaisha Jya	87%	Good
		Agada tantra	78%	Poor
		Sanshita	82%	Good
		Roga Nidana	78%	Poor
		Swastavritta	78%	Poor
	17/4/24 to 31/9/24	Dravya guna	90%	Good
		Rasa & Bhaishajya	86%	Good
		Agada tantra	80%	Good
		Sanshita		
		Roga Nidana	79%	Poor
		Swastavritta		



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*Arabin*  
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## MENTORING SCHEDULE

Date of Meeting	Description	Remarks	Mentor Signature
3/6/23	<p>Meeting was done after noon General discussion about academics performance. Discussion on how to prepare for upcoming university examination. She shared some anxiety regarding examination.</p> <p><u>Remedies:</u> We discuss &amp; set a proposed timetable a) Advise to give more time to difficult subjects b) Instructions were given to complete exams <sup>in time</sup> on time c) Advise to practice meditation for stress relief.</p>	<p>She co-operate well and was satisfied with the plan.</p>	
11/7/23	<p>Discusses about previous month's exam plan. She executed it well. Still some sort of stress affect her. She also tell about health issues.</p> <p><u>Remedies:</u> Advise to continue plan as such &amp; see whether some medicines &amp; sleep modification / sleep consistency</p>	<p>Advise to be a more confident about topics. She express willingness to change her life style for concern of health.</p>	



  
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# MENTORING SCHEDULE

Date of the meeting	Description	Remarks
21/10/23	<p>We shared happiness of her success for I<sup>st</sup> prog university exam. She got 75% marks &amp; promoted to II<sup>nd</sup> prog. Some general advice were given about new profession classes.</p>	She is very happy!
18/11/23	<p>General discussion on academic performance. Advice on how to improve for each periodic assessment.</p>	She is a hard worker to study well.
16/12/23	General discussion.	
20/1/24	<p>She express some concerns, that 1) she can't concentrate in her studies 2) Some family issues 3) Not even take care of herself.</p> <p><u>Remedies</u> We talk in detail about</p>	



Dr. Aravind  
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## MENTORING SCHEDULE

Date of meeting	Description	Remarks	Mentor Signature
	<p>Her issues.</p> <p>Advice to discuss her personal matters &amp; her mother</p> <p>Advice for a detailed check up.</p> <p>Advice some self love techniques</p>	<p>She expects to follow all advices</p>	
21/21	<p>She is fine today.</p> <p>Health check up was done Vit. D was found deficient &amp; deficiency of hb.</p> <p>She <sup>is taking</sup> intake supplements</p> <p>Family issues resolved almost completely</p>	<p>She is happy.</p>	
20/21	<p>General discussion</p>		
21/21	<p>General discussion</p> <p>to discuss her personal matters</p>		
25/3/24	<p>General discussion</p>		



  
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# STUDENT PERFORMANCE REVIEW

Name : Nandana N

Course : BAMS

Year : 2021 Semester : \_\_\_\_\_

Review Period From : 1/5/23 to 31/5/24

Description	Remarks
Academic performance	<input type="checkbox"/> Slow learner <input checked="" type="checkbox"/> Average learner <input type="checkbox"/> Advance learner
Attendance performance	82%



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MEDICAL COLLEGE

## MENTOR DETAILS

NAME OF MENTOR : DR ASWATHI SARA VARHESE

DESIGNATION : ASSOCIATE PROFESSOR

DEPARTMENT : PRASUTI TANTRA EVUM STREE ROGA

YEAR : 2023-2024



*Aswathi*  
PRINCIPAL  
K. J. SOMAIYA INSTITUTE OF  
POSTGRADUATE AYURVEDA  
MEDICAL COLLEGE

## BASIC INFORMATION OF THE MENTEE

Name : Mr./Ms. ELITE TESS LONAPPAN

Course : BAMS Batch : 2020

Reg No : 200030685 Year of Joining : MARCH 2021

DOB : 07022003 Gender :  Male  Female

Email ID : elitetess7@gmail.com Mobile No : 6282818897

Nationality : INDIAN Mother Tongue : MALAYALAM

Father Name : LONAPPAN K J Mobile No : 9605775019

Mother Name : ANNIEAMMA Mobile No : 9496413281

Guardian Name : LONAPPAN K J Mobile No : 9605775019

Day Scholar / Hosteller (Provide Details) : DAY SCHOLAR

Languages Known : ENGLISH, MALAYALAM, HINDI

Interest and Hobbies : PAINTING, DRAWING, CRAFT



*Dr. M. M.*  
PRINCIPAL  
R.G.T. AYURVEDA  
MEDICAL COLLEGE

# ACADEMIC PERFORMANCE

Sl No.	Date	Subject	IA / Test / University Exam	Marks	Percentage	Remarks	Mentor Signature
1	1/8/23	Balarogam	<u>I<sup>st</sup> IA</u>	68	68 %		
	31/7/23	Prasuti & Sheetoga		36	36 %		
	29/7/23	Agada Tantra		50	50 %		
	27/7/23	Swasthavritta & Yoga		60	60 %		
	21/8/23	Charaka U		44	44 %		
2	30/11/23	Balarogam	<u>II<sup>nd</sup> IA</u>	50	50 %		
	29/11/23	Prasuti & Sheetoga		46	46 %		
	27/11/23	Agada Tantra		35	35 %		
	28/11/23	Swasthavritta & Yoga		43	43 %		
	1/12/23	Charaka		24	24 %		
3	27/2/24	Balarogam	<u>III<sup>rd</sup> IA</u>	64	64 %		
	29/2/24	Prasuti & Sheetoga		52	52 %		
	21/2/24	Agada Tantra		19	19 %		
	22/2/24	Swasthavritta & Yoga		56	56 %		
	28/2/24	Charaka		15	15 %		



KIMC V. ANAND HVA  
 MEDICAL COLLEGE



# ACADEMIC PERFORMANCE

Sl No.	Date	Subject	IA / Test / University Exam	Marks	Percentage	Remarks	Mentor Signature
1	1/8/23	Balarogam	<u>1<sup>st</sup> IA</u>	68	68 %		
	31/7/23	Prasuti & Sheeroga		36	36 %		
	29/7/23	Agada Tantra		50	50 %		
	27/7/23	Swasthavritta & Yoga		60	60 %		
	2/8/23	Charaka U		44	44 %		
2	30/11/23	Balarogam	<u>II<sup>nd</sup> IA</u>	50	50 %		
	29/11/23	Prasuti & Sheeroga		46	46 %		
	27/11/23	Agada Tantra		35	35 %		
	28/11/23	Swasthavritta & Yoga		43	43 %		
	1/12/23	Charaka		24	24 %		
3	27/2/24	Balarogam	<u>III<sup>rd</sup> IA</u>	64	64 %		
	24/2/24	Prasuti & Sheeroga		52	52 %		
	21/2/24	Agada Tantra		19	19 %		
	22/2/24	Swasthavritta & Yoga		56	56 %		
	28/2/24	Charaka		15	15 %		



K.M.C. V. V. P. U. D. A.  
 MEDICAL COLLEGE

## ACADEMIC PERFORMANCE

Sl No.	Date	Subject	IA / Test / University Exam	Marks	Percentage	Remarks	Mentor Signature
1	1/8/23	Balarogam	<u>I<sup>st</sup> IA</u>	68	68 %		
	31/7/23	Prasuti & Sheeroga		36	36 %		
	29/7/23	Agada Tantra		50	50 %		
	27/7/23	Swasthavritta & Yoga		60	60 %		
	2/8/23	Charaka U		44	44 %		
2			<u>II<sup>nd</sup> IA</u>	50	50 %		
	30/11/23	Balarogam		46	46 %		
	29/11/23	Prasuti & Sheeroga		35	35 %		
	27/11/23	Agada Tantra		43	43 %		
	28/11/23	Swasthavritta & Yoga		24	24 %		
	1/12/23	Charaka					
3			<u>III<sup>rd</sup> IA</u>	64	64 %		
	27/2/24	Balarogam		52	52 %		
	24/2/24	Prasuti & Sheeroga		19	19 %		
	21/2/24	Agadatantra		56	56 %		
	22/2/24	Swasthavritta & Yoga		15	15 %		
	28/2/24	Charaka					



  
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# EXTRACURRICULAR ACTIVITIES / OTHER ACHIEVEMENTS

Sl No.	Date	Description	Remarks	Mentor Signature
		2023 - 2024 College Union - ADHITA  Magazine Editor.		



*Dr. Anurag*  
PRINCIPAL  
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## ATTENDANCE (%)

Sl No.	Date	.....	Attendance Percentage	Remarks
		<u>I<sup>st</sup> Internal</u>		
		Balarogam	T - 95% P - 86%	
		Prasutianta & streeroga	T - 83% P - 82%	
		Agadantana	T - 91%	
		Swasthavritha & yoga	T - 89% P - 93%	
		Charaka	T - 84%	
		<u>II<sup>nd</sup> Internal</u>		
		Balarogam	T - 83% P - 50%	
		Prasutianta & streeroga	T - 81% P - 77%	
		Agadantana	T - 90%	
		Swasthavritha & yoga	T - 89% P - 90%	
		Charaka	T - 83%	
		<u>III<sup>rd</sup> Internal</u>		
		Balarogam	90%	
		Prasutianta & streeroga	91%	
		Agadantana	82%	
		Swasthavritha & yoga	84%	
		Charaka	86%	



*Chauhan*  
 PRINCIPAL  
 K. J. SOMAIYA INSTITUTE OF  
 POSTGRADUATE MEDICAL EDUCATION  
 AND RESEARCH, MUMBAI

*Chauhan*

## MENTORING SCHEDULE

Date of the meeting	Description	Remarks	Mentor Signature
3/6/23	3 <sup>rd</sup> year class going to start on 5/6/24 General discussion about 3 <sup>rd</sup> year academic activities.		<u>ASV</u>
24/6/23	General academic meeting		<u>ASV</u>
7/10/23	Discussed about 1 <sup>st</sup> internal exam of 3 <sup>rd</sup> year class. Focused in 2 subjects previously character	Advised <del>them</del> to focus on the subjects for exam purposes	<u>ASV</u>
28/10/23	Discussed about the remedial classes going on.	Remedial classes helps to study	<u>ASV</u>
18/11/23	Discussed about the 2 <sup>nd</sup> internal exam of 3 <sup>rd</sup> year. going to start on 30/11/23.	Advised her to study with previous question papers	<u>ASV</u>



Arshad  
 K.M.C.T. AVERY ROAD  
 KANAKAL, KANNUR  
 MEDICAL COLLEGE

# MENTORING SCHEDULE

Date of the meeting	Description	Remarks	Mentor Signature
16/12/23	2nd Internal exam marks were dislled. No improvement in Internal exam marks. Passed in 1 subject only.	Advised to focus on one study.	<u>Asv</u>
30/12/23	General discussion hostel shifted to paying guest.		<u>Asv</u>
6/1/24	General discussion.		<u>Asv</u>
27/1/24	3rd Internal exam going to start on 27/2/24	Advised to study with previous question paper to pass the exam	<u>As</u>
2/3/24	3rd year classes ends. Going to study leave for 1 month before the university exam. 3rd Internal exam marks improved.		<u>As</u>



Dr. ...  
 KJ Somaiya Institute of Postgraduate Medical Education and Research  
 Mumbai

# MENTORING SCHEDULE

Date of the meeting	Description	Remarks	Mentor Signature
4/15/24	Final year classes started. 3rd year exam results will publish on this month.	Advised her to focused on final year subjects	<u>JSV</u>

JSV

PRINCIPAL  
KIM C.T. AVANESIAN  
MEDICAL COLLEGE



# STUDENT PERFORMANCE REVIEW

Mentee Name : ..... ELITE TESS LONGPPAN .....

Course : ..... BAMS .....

Batch : ..... 2020 ..... Semester : ..... 3<sup>rd</sup> year .....

Review Period From : ..... 1/6/23 ..... to ..... 30/5/24 .....

Description	Remarks
Academic performance	<input type="checkbox"/> Slow learner <input checked="" type="checkbox"/> Average learner <input type="checkbox"/> Advance learner
Attendance performance	Good



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## MENTOR DETAILS

NAME OF MENTOR : Dr. Meenu. P.R

DESIGNATION : Assistant Professor

DEPARTMENT : Shalakyā Tantra

YEAR : 2023-24



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## BASIC INFORMATION OF THE MENTEE

Name: Mr./Ms. Alisha Jimmy

Course: BAMS Batch: 2020

Reg No: 200030669 Year of Joining: 2020

Roll No: 16112002 Gender:  Male  Female

Email ID: alishajimmy2002@gmail.com Mobile No: 9590439889

Nationality: Indian Mother Tongue: Malayalam

Guardian Name: Jimmy Chakko Mobile No: 9847108429

Guardian Name: Savitra Jimmy Mobile No: 9847449025

Guardian Name: Jimmy Chakko Mobile No: 9847108429

Scholar / Hosteller (Provide Details): PC

Languages Known: Malayalam, English, Hindi

Interests and Hobbies: Reading, listening to music, watching movies

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# ACADEMIC PERFORMANCE

Sl No.	Date	Subject	IA / Test / University Exam	Marks	Percentage	Remarks
1	1/2/23	Balaujam	I <sup>st</sup> IA	58	58%	Good
	21/7/23	Prasuti & Shirogama	IA	66	66%	Good
	29/7/23	Agada Tantra	IA	66	66%	Good
	27/7/23	Swasthavritta & Yoga	IA	66	66%	Good
	2/8/23	Charaka - U	IA	56	56%	Good
2	30/11/23	Balaujam	II <sup>nd</sup> IA	59	59%	Good
	29/11/23	Prasuti & Shirogama	IA	32	32%	Failed
	27/11/23	Agada Tantra	IA	31	31%	Failed
	28/11/23	Swasthavritta & Yoga	IA	31	31%	Need improvement
	1/12/23	Charaka	IA	25	25%	Failed
3	27/6/24	Balaujam	III <sup>rd</sup> IA	41	41%	Need
	22/6/24	P.T.S.R	IA	35	35%	Need
	21/6/24	Agada Tantra	IA	25	25%	Need
	20/6/24	Swasthavritta & Yoga	IA	43	43%	Improvement
	20/6/24	Charaka	IA	36	36%	Need
				17.5	17.5%	Need



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# ATTENDANCE (%)

No	Date	Subject	Attendance Percentage	Remarks
1	11/8/23	Balarogam	T - 100% P - 100%	Good
	31/7/23	PTSR	T - 95% P - 100%	
	29/7/23	Agada Tantra	T - 97%	
	27/7/23	Swaasthavaritta	T - 95% P - 88%	
	21/8/23	Charaka	T - 94%	
2	30/1/23	Balarogam	T - 81% P - 91%	Good
	29/1/23	PTSR	T - 80% P - 53%	
	28/1/23	Agada Tantra	T - 75%	
	22/1/23	Swaasthavaritta	T - 77% P - 68%	
	17/2/23	Charaka	T - 75%	
3	27/2/24	Balarogam	80%	Good
	26/2/24	PTSR	85%	
	22/2/24	Agada Tantra	84%	
	21/2/24	Swaasthavaritta & Yoga	82%	
	20/2/24	Charaka		



  
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## MENTORING SCHEDULE

Date of meeting	Description	Remarks	Mentor Signature
5/11/23	Discussed about 3 <sup>rd</sup> year class & I <sup>st</sup> Internal exam mark. Also discussed, how to prepare for II <sup>nd</sup> Internal exam	Asked to go through previous year Internal & university question papers.	<u>Neel</u>
3/12/23	Discussed about II <sup>nd</sup> Internal exams marks. Failed in PTR, Agada & Chonaka	Asked to revise each subject topic-wise. Also maintain slipper book for each subjects Go through short notes provided by the faculty in concerned subject	<u>Neel</u>
2/1/24	General discussion on academic performance		



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# MENTORING SCHEDULE

Date of the meeting	Description	Remarks
17/2/24	<p>How to prepare for III<sup>rd</sup> Internal exams.</p> <p>Since there is more topics for the exams, how to complete it within the short duration.</p>	<p>Asked to focus on important topics in each subject &amp; do maximum revision</p>
22/2/24	<p>Discussion on how to score high marks in university exams</p>	<p>Utilize study holidays fruitfully. Study each subject by preparing a timetable. Also do maximum revision &amp; work out previous year question paper</p>



  
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## MENTOR DETAILS

NAME OF MENTOR : Mrs Prajisha T  
DESIGNATION : Assistant Professor  
DEPARTMENT : Sanskrita and Siddhanta  
YEAR : 2023-24



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# BASIC INFORMATION OF THE MENTEE

Name : Mr./Ms. ARCHANA P P

Course : BAMS Batch : 2023

Reg No : ..... Year of Joining : 2023

DOB : 

1	3	0	2	2	0	0	4
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 Gender :  Male  Female

Email ID : Archana.pabaladan12@gmail.com Mobile No : 9156831635

Nationality : India Mother Tongue : Malayalam

Father Name : mahaladan Mobile No : 9156831635

Mother Name : Priya Mobile No : 9156831635

Guardian Name : Priya Mobile No : 9156831635

Jay Scholar / Hosteller (Provide Details) : Hosteller

Languages Known : Malayalam

Interest and Hobbies : Reading, Dancing

*Archana*  
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# ACADEMIC PERFORMANCE

No.	Date	Subject	IA / Test / University Exam	Marks	Percentage	Remarks	Meritorious Signature
			Final IA	45	45%		
2/4/24		Sanskrit		20.5	21%		
3/4/24		padartham		28	28%		
4/4/24		Samhita		33	33%		
5/4/24		Rachana Sharita		10	10%		
6/4/24		Kriya Sharir					



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## ATTENDANCE (%)

Sl No.	Date	Subject..	Attendance Percentage	Remarks	Mentor Signature
	2/4/24	Sanskrit	80%		
	3/4/24	padartham	79%		
	4/4/24	Samhitha	80%		
	5/4/24	Rachana shatit	71%		
	6/4/24	kriya shatit	81%		



  
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# MENTORING SCHEDULE

Date of meeting	Description	Remarks	Mentor Signature
1/23	Discuss about studies, student shared personal matters.		
2/23	How to studies subject topics, simple methods for study.		
1/24	Helps to studies, Reading and extra-activities		
12/24	discussion about class tests and marks		
3/24	Encourage to share their ideas and thoughts without fear of judgment.		
14/24	Shared her problems, father death and family issues.	I build to confidence to learn.	
5/24	1 <sup>st</sup> internal exams marks discuss. Sp improve next exams.		



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