

### **5.6.6. Women's Mentoring Schemes**

At Manav Rachna University (MRU), we believe that empowering women through education goes beyond classroom learning. It involves nurturing confidence, capability, leadership, and resilience. Mentoring plays a pivotal role in this journey. The University has developed a comprehensive, multi-dimensional Women's Mentoring Framework that ensures every female student receives consistent guidance, support, and opportunities for personal and professional growth. The mentoring ecosystem at MRU encompasses academic, emotional, professional, and personal dimensions of development. The overarching objective is to empower women students to become competent professionals, ethical leaders, and confident individuals ready to excel in diverse fields.

#### **Structure of the Mentoring Framework**

The mentoring system at MRU is multi-tiered and inclusive, with five major mentoring dimensions:

1. Faculty Mentoring
2. Industry Mentoring
3. Alumni Mentoring
4. Psychological Mentoring
5. Nutritional and Wellness Mentoring

Each type of mentoring focuses on specific developmental aspects, yet they collectively contribute to the empowerment of women students as complete individuals.

#### **1. Faculty Mentoring:**

Faculty mentoring forms the backbone of MRU's mentoring structure. Every student, particularly female students, is assigned a faculty mentor at the beginning of the academic session. The faculty mentor serves as the primary point of contact for academic support, career advice, and personal guidance. Key features of Faculty Mentoring are:

- Regular mentoring sessions are held at least once every week.
- Mentors monitor students' academic performance, attendance, and participation in activities, and provide individualized support plans where needed.
- Special attention is given to women students balancing academics with family responsibilities or those who are first-generation learners.
- Faculty mentors guide students in selecting research topics, internships, and career pathways that align with their interests and strengths.

MANAV RACHNA UNIVERSITY										
Time Table - July-Dec 2023										
Class- CSE 1A										
Days	I	II	III	IV	V	VI	VII	VIII	IX	
	8:00-8:50	8:50-9:40	9:40-10:30	10:30-11:20 AM	11:20-12:10	12:10-1:00	1:00-1:50	1:50-2:40	2:40-3:30	
MONDAY	CSE1A EE(L) LT03 LB-VG		CSE1A PS(T) MC G1 HF04	CSE1A QMP P (JP) G2 NS03	LUNCH	CSE 1A QMP P (JP) G1 NS03	LIBRARY			
TUESDAY	MENTOR-MENTEE LT04 SG	CSE 1A EYS(L) HS02 MKP	CSE1A ENG(L) HF03 CK	CSE1A CLA(L) DT HS02		CSE1A QMP(L) JP HS02	CSE1A PS(L) MC HS08	CSE1A QMP(T) G1 HF03 JP	CSE 1A CLA LAB G2 LAB05 DT	
WEDNESDAY	CSE1A PS(L) MC HS08	CSE 1A -PCE-1 Nidhi HS08	CSE 1A UI-LAB G1 LAB01 NC	CSE1A CLA(T) G2 DT G2 HF08		CSE1A PS(T) G2 MC HF08	CSE1A CLA(L) DT HS02	LIBRARY	CSE 1A CLA LAB G1 LAB05 AM	CSE 1A UI-LAB G2 LAB01 NC
THURSDAY	CSE1A QMP(L) JP HS02	CSE 1A EYS(L) HS02 MKP	CSE1A CLA(T) G1 DT HF04	CSE1A QMP(T) G2 HF08 JP		CSE1A ENG(L) K503 CK	CSE 1A PS LAB G1 LAB04 MC	CLAN		
FRIDAY		CSE1A CLA(L) DT HS02	CSE1A PS(L) MC HF10	CSE1A QMP(L) JP HS02		CSE 1A -PCE-1 Nidhi HS08	CSE1A IC(L) SHUBHANK HS02	CSE 1A ENG LAB G1 LAB IG10 Vrinda		
Subject	Subject Initials	FACULTY INITIALS	Name of the Faculty	Subject	Subject Initials	FACULTY INITIALS	Name of the Faculty			
QUANTAM MECHANICS FOR CALCULUS & LINEAR ALGEBRA PROGRAMMING FOR PROBLEM	QM	JP	Dr. Jai Prakash	QUANTAM MECHANICS FOR CALCULUS & LINEAR ALGEBRA PROGRAMMING FOR PROBLEM	QM/LAB	JP	Dr. Jai Prakash			
PROFESSIONAL ENGLISH	ENG	PB	PARUL BATEJA	PROFESSIONAL ENGLISH USER	ENG LAB	YERNITA	YERNITA			
ENVIRONMENTAL STUDIES	EYS	MKP	Dr. Meena Kapahi	INTERFACE-I LAB	UI-LAB	MC	Dr. Neelu Chaudhary			
PROFESSIONAL COMMUNICATION-I	PCE-I	Nitin/Nidhi	Nitin/Nidhi	ENGINEERING EXPLORATION	EE	VG				
INDIAN CONSTITUTION	IC	Shubhank	Shubhank							

(a). July - Dec. 2023 Time Table

MANAV RACHNA UNIVERSITY										
Jan. - June, 2024										
Class-2A										
Days	I	II	III	IV	V	VI	VII	VIII	IX	
	8:00-8:50	8:50-9:40	9:40-10:30	10:30-11:20 AM	11:20-12:10	12:10-1:00	1:00-1:50	1:50-2:40	2:40-3:30	
MONDAY	CSE2A MENTOR-MENTEE JP HF09	MRU CSE 2 A - Soft Skills (Ms. Savita) HF03	CSE2A BOEE LAB G1 VARUNKUNAL NS01	CSE 2A PP LAB G2 LAB 04 RC	LUNCH	CSE2A PAS(L) HF09 SS	CSE 2A BOEE(L) HT-10 KD	LIBRARY		
TUESDAY	CSE2A CAD LAB G1 LAB01 SM, PKM	CSE2A DSA(L) HF09 EK	CSE2A DSA(T) G1 HS09 EK	CSE 2A Chem I (L) RR HF10		CSE2A PAS(L) HF10 SS	CSE 2A ENGINEERING EXPLORATION G1 LB/VG HT-10	CSE 2A BOEE(T) G2 HT-10 KD	CSE2A PAS(T) G2 LS04 SS	
WEDNESDAY	CSE2A DSA(T) G2 HF10 EK	CSE 2A Chem I (L) RR HF10	CSE 2A BOEE(L) HT10 KD	CSE2A DSA(L) HF10 EK		CSE 2A Chem I lab (G1) RR-EG MG01	CSE 2 (ALL) VAC- Essay Writing G1- ANKITA K503	CLAN		
THURSDAY	LIBRARY	MRU CSE 2 A - Soft Skills (Ms. Savita) HF 03	CSE 2A DSA LAB G1 LAB04 NOPUR	CSE2A BOEE LAB G2 VARUNKUNAL NS01		CSE 2A CAD LAB G2 LAB01 SM, MB	CSE 2A + 2B VAC- C++ - G1- MC HF09	CLAN		
FRIDAY	CSE 2A BOEE(L) HT10 KD	CSE2A DSA(L) HF10 EK	CSE2A PAS(L) HF10 SS	CSE 2A Chem I (L) RR HF10		CSE 2A PP LAB G1 LAB 04 RC	CSE 2A UI-II LAB G2 LAB 07 AS	CSE 2A UI-II LAB G1 LAB 03 AIH	CSE 2A BOEE(T) G1 HT-10 KD	CSE 2A ENGINEERING EXPLORATION G2 LB/VG HT-10
Subject	Subject Initials	FACULTY INITIALS	Name of the Faculty	Subject	Subject Initials	FACULTY INITIALS	Name of the Faculty			
CHEMISTRY-1	CHEMISTRY-1	RR	Dr. Roopa Rani	CHEMISTRY-1 LAB	CHEMISTRY-1 LAB	RR/ EG	Dr. Roopa Rani/ Ms. Eksha Gulani			
DATA STRUCTURES & ALGORITHMS	DSA	EK	Ms. Esha Khanna	DATA STRUCTURES & ALGORITHMS	DSA LAB	EK/NOOPUR	Ms. Esha Khanna/ NOOPUR			
BASICS OF ELECTRONICS & ELECTRICAL ENGINEERING	BOEE	KD	DR. K DEEPA	BASICS OF ELECTRONICS & ELECTRICAL ENGINEERING LAB	BOEE LAB	KD	DR. K DEEPA			
PROBABILITY AND STATISTICS	PAS	SS	MS. SAVITTA SAINI	COMPUTER AIDED DESIGN	CAD	SM, PKM	Mr. Pardeep Kumar Maurya			
PROFESSIONAL COMMUNICATION-II	PCE-II	Ms. Savita	Ms. Savita	USER INTERFACE-II	UI-II LAB	AIH	AGHA			
				PROGRAMMING FOR PROBLEM	PP	RC	Mr. Ram Chatterjee			

(b). Jan. - June 2024 Time Table

Fig. 1. Time Table Showing Faculty Mentoring Slots

This system ensures that women students receive not only academic support but also encouragement to take up leadership roles, pursue higher studies, and engage in research and innovation.

## 2. Industry Mentoring:

To ensure that women students are well-prepared for professional life, MRU has established strong linkages with industry leaders and professionals who serve as industry mentors. These mentors provide valuable insights into industry trends, workplace expectations, and career growth strategies. Key aspects of industry mentoring are:

- Regular Industry Mentorship Sessions are conducted under the Corporate Relations & Career Development Centre (CRCDC).
- Mentors help students identify career goals, build professional networks, and prepare for recruitment and entrepreneurship.
- Women students are also encouraged to participate in industry immersion programs, internships, and entrepreneurship development workshops designed especially for female aspirants.

These mentoring interactions inspire women students to pursue careers in diverse domains by learning from real-life experiences of industry professionals.



Fig. 2. Two Days Workshop on Campus to Corporate Mantra

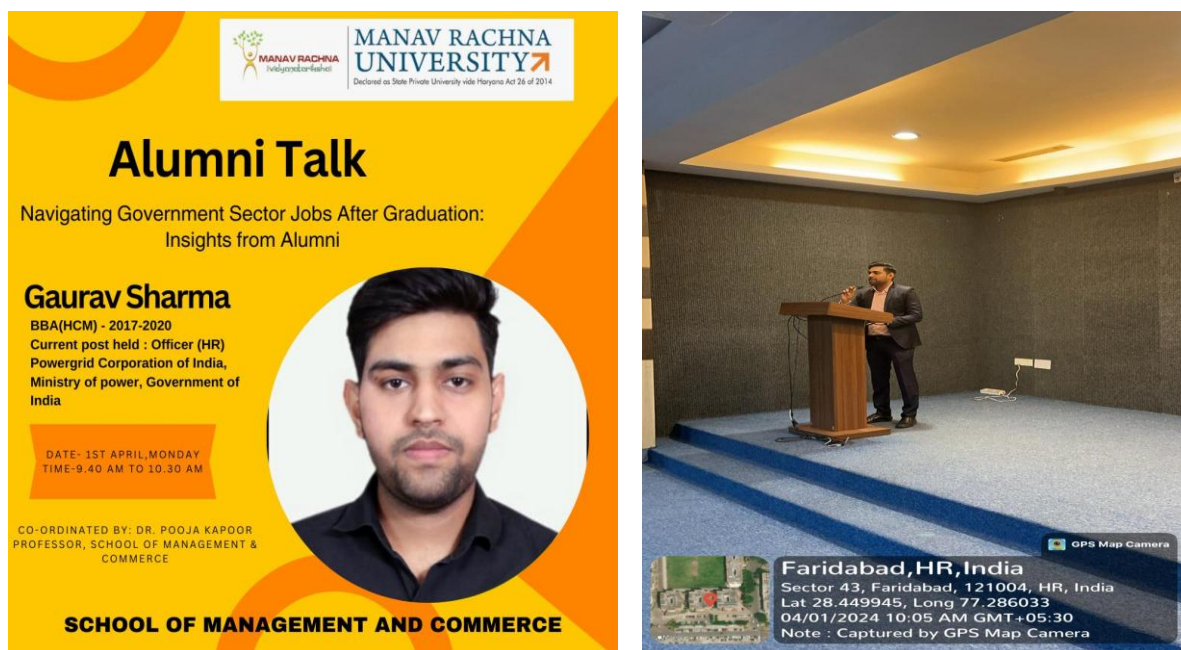
### 3. Alumni Mentoring:

MRU takes pride in its vibrant and accomplished alumni community, many of whom are now successful professionals, entrepreneurs, and researchers across the globe. The Alumni Mentoring Program connects current women students with alumni mentors who share similar academic backgrounds or career aspirations.

Highlights of the Program:

- Alumni conduct mentoring sessions, webinars, and informal interaction circles for current female students.
- Alumni mentors offer insights into transitioning from student life to professional environments, managing career growth, and pursuing higher education or research abroad.
- Women alumni often serve as role models, sharing personal success stories and challenges they overcame in their journeys.
- The program is coordinated by the Office of Alumni Relations ensuring that every female student has access to mentorship opportunities from MRU's diverse alumni base.

This peer-inspired approach fosters a sense of belonging, confidence, and long-term professional networking among women students.



**Fig. 3.** Alumni Talk on Navigating Government Sector Jobs after Graduation



**Fig. 4.** Alumni Talk on Career Opportunities in Mechanical Engineering

#### 4. Psychological Mentoring

Recognizing that holistic education extends beyond academics, MRU provides comprehensive psychological mentoring through its Saksham Cell. Female students are given access to trained psychologists and counsellors who offer confidential, empathetic support for a wide range of issues including stress management, anxiety, self-esteem, and interpersonal relationships. Key features of psychological mentoring are:

- Regular psychological mentoring sessions are organized both individually and in groups.
- Special workshops on mental health awareness, stress management during examinations, and emotional resilience are conducted throughout the year.
- Dedicated mentoring sessions for women address issues such as body image, safety, gender sensitivity, and confidence building.
- The Cell also provides referral support for medical or psychiatric assistance when necessary.

Through this initiative, MRU ensures that women students feel emotionally supported and mentally strong, enabling them to perform their best academically and professionally.



**Fig. 5.** Seminar on Happiness and Well-Being

## 5. Nutritional and Wellness Mentoring

MRU's commitment to holistic well-being also extends to the physical health of its students. The University offers Nutritional Mentoring as part of its student welfare program, facilitated by experts from the Department of Nutrition and Dietetics. Key elements of nutritional mentoring are:

- Personalized nutritional counselling sessions for women students.
- Group mentoring on topics like balanced diets, fitness, lifestyle management, and women's health issues.
- Awareness programs on preventive healthcare, menstrual hygiene, and anaemia management.

These programs empower women to make informed lifestyle choices, reinforcing the belief that physical well-being is an essential foundation for academic and professional success.



**Fig. 6.** Three Days Meditation Workshop



**Fig. 7.** Zumba Workshop