

Report on Mentoring the mentors

A 5-day faculty development programme
Dates-13th to 19th August 2022

No of Participants- 24

Coordinated by Dr. Shubhi S., Associate Professor, RUSOA

Ar. Pooja Ugrani, Associate Professor, RUSOA

School of Architecture, REVA University organized an FDP titled- **Mentoring the mentors** from 13th to 19th August 2022. "A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you." — Bob Proctor. The practice of mentorship dates back to Antiquity where Mentor was a character in Homer's Odyssey who gave guidance and advice to Odysseus' son. More than 2000 years later, mentoring continues to be a significant catalyst in the growth path of an individual. As teachers in higher education sector, we are constantly surrounded by young adults who look towards us for knowledge, experience and guidance.

The 5 day Faculty development programme aimed to touch upon the basic tenets of Mentoring including skills required, challenges faced and opportunities of personal growth as we set off on the journey of mentoring young minds.

Day 1 started with a brief inaugural session where the theme of the FDP was introduced to the participants. Prof. Vidya Srikanth, Director, School of Architecture emphasized on the need for developing good communication and interpersonal skills as we seek to become efficient teachers, mentors and colleagues. The first session of the day was conducted by Dr. Uma Warriar, Professor and Chief Counsellor, Jain University, Bangalore. Dr. Warriar spoke on the theme-Managing interpersonal relationships at work. She introduced the audience to concepts and theories that govern our behaviour and emotional responses. Some interactive activities were conducted to help understand the practical application of the theories.

The 2nd session of the day was conducted by Ms. Dharani Mahalingam, counselling Psychologist and Assistant professor. Ms. Mahalingam spoke on the theme of "Tackling Gen Z: a peek into young minds". The aim of the session was to familiarize the audience with the nuances of behaviour, aspirations and characteristics of the young generation group to which our students belong. The session was highly useful and interactive and participants enjoyed learning about the various generations and how to deal with them. The session opened a window into the minds of our

students and helped us as teachers to understand their mindsets better. Simple techniques to tackle day to day challenges in dealing with students were also discussed.

The 3rd session of the day was conducted by Dr Rama Subrahmanian, Principal Dayanand Sagar College of Architecture. The theme for the session was- "Teaching profession- evolution through the years" Being a very senior academician in the field of architecture, Dr. Rama was able to shed some light on the changes that the profession has undergone with emphasis on the changing student- teacher relationships and attitudes. She shared several anecdotal instances pointing out techniques that help us engage better with students and fulfil our roles as teachers effectively. The audience wholeheartedly appreciated her session.

The 2nd day of the FDP started with a session by Dr CR Chandrasekhara, Retd Professor of Psychiatry, NIMHANS and founder of Samadhana counselling centre. Dr Chandrasekhara spoke on the theme- "Brain, behaviour and adolescent issues". He enlightened the audience about the construct of the brain, its parts and the disorders that can occur in adolescents affecting their health, behaviour and ability to operate as regular individuals. He also discussed regarding cases of addiction amongst adolescents and how to recognise the signs.

The next day of the FDP began with a session by Mr. A S Ramachandra, Counsellor, Samadhana Counselling centre. He spoke on the theme "Mentoring and counselling techniques". He shared several live case examples on how to deal with individuals facing issues related to depression, addictions and other mental disorders. He shared techniques of counselling and ideal approaches to deal with such cases.

The 6th session of the FDP was conducted by Dr. Shobha G., Head, Dept of Home sciences, Maharani Cluster College, Bangalore. Her session was titled-"Stress management and communication skills". Dr. Shobha began her session with an insight into the challenges associated with teaching and learning of architecture and the problems usually faced by students as they negotiate the 5 years of the degree programme. She introduced several stress management techniques to the audience along with an understanding of neuro transmitters that help us operate better on a day to day basis. Short interactive exercises and interactions made it a rich, highly appreciated session.

The final session was conducted by Dr. CR Chandrasekhara on the topic "Emotions and tranquility".

The FDP concluded with a short valedictory session. Prof. Vidya Srikanth, Director, School of Architecture thanked all resource persons and participants for sparing their valuable time and enthusiastically participating in the sessions. Ar. Roshini M.

delivered the formal vote of thanks and congratulated all participants on successfully completing the FDP programme.

Outcomes of the FDP-

1. Faculty members have been equipped with skills and techniques that can help them in managing stress, interpersonal skills and communication with peers and students.
2. Faculty members have been equipped with mentoring and counselling skills which will help them evolve into good mentors for the students.
3. Faculty members have been equipped with stress management and emotional behaviour management skills which will help them achieve tranquillity and better work life balance.

We thank the team and management at REVA University for their constant support and encouragement towards all such endeavours. The feedback received from the participants suggests that the FDP sessions have indeed been very useful in reorienting the participants' minds towards newer avenues in the teaching learning process.

Photographs/ poster from the event are enclosed below-











SCHOOL OF ARCHITECTURE



REVA
UNIVERSITY
Bengaluru, India

MENTORING THE MENTORS

5 DAY FACULTY DEVELOPMENT PROGRAMME SCHEDULE

Date	Time	Theme	Resource person
13-08-2022	9:30-10:30	Inauguration	
	11:00-12:00	Managing interpersonal relationships at work	Dr. Uma Warrier Professor & Area Chair CMS B-School Chief Counselor, Jain University, Bangalore
	2:00-3:00	Tackling Gen Z: a peek into young minds	Dharini Mahalingam <i>Counsellor and art based therapist</i>
	3:15-4:15	Teaching profession: Evolution through the decades	Dr. Rama S. Principal, DSCA
16-8-22	2:00-3:30	Brain, behaviour, Adolescent issues.	Dr. CRC, Samadhan
17-8-22	2:00-3:30	Mentoring & counselling techniques.	Mr AS Ramachandra
18-8-22	2:00-3:30	Stress management and communication skills	Dr. Shobha
19-8-22	2:00-3:30	Emotions and Tranquility	Dr. CRC, Samadhan

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SCHOOL OF ARCHITECTURE
presents
5 DAY FACULTY DEVELOPMENT PROGRAMME

**MENTORING THE
MENTORS**
SKILLS, CHALLENGES & OPPORTUNITIES

"A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you." – Bob Proctor.

The practice of mentorship dates back to Antiquity where Mentor was a character in Homer's Odyssey who gave guidance and advice to Odysseus' son. More than 2000 years later, mentoring continues to be a significant catalyst in the growth path of an individual. As teachers in higher education sector, we are constantly surrounded by young adults who look towards us for knowledge, experience and guidance.

The 5 day Faculty development programme aims to touch upon the basic tenets of Mentoring including skills required, challenges faced and opportunities of personal growth as we set off on the journey of mentoring young minds.

THEMES:

1. MANAGING INTERPERSONAL RELATIONSHIPS AT WORK
2. TACKLING GEN Z: A PEEK INTO YOUNG MINDS
3. TEACHING PROFESSION: EVOLUTION THROUGH THE DECADES
4. BRAIN, BEHAVIOUR, ADOLESCENT ISSUES.
5. MENTORING & COUNSELLING TECHNIQUES.
6. STRESS MANAGEMENT AND COMMUNICATION SKILLS
7. EMOTIONS AND TRANQUILITY



<https://forms.office.com/r/0tUsPFCxfV>

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10 YEARS
OF UNIVERSITY
RECOGNITION
20 YEARS OF
ACADEMIC
EXCELLENCE



REVA
UNIVERSITY
Bengaluru, India

SCHOOL OF ARCHITECTURE
presents

5 DAY FACULTY DEVELOPMENT PROGRAMME

MENTORING THE MENTORS • SKILLS,
• CHALLENGES,
• OPPORTUNITIES



DATE : 13TH-19TH AUGUST, 2022

VENUE: KALPANA CHAWLA HALL, REVA UNIVERSITY

NO REGISTRATION FEE

E-CERTIFICATE WILL BE PROVIDED

REGISTRATION LINK: <https://forms.office.com/r/0tUsPFCxfV>

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Feedback received on FDP- Mentoring the mentors

1 13.08.22 Mentoring the Mentors - 5 day FDP by RUSOA - Feedback Form

17

Responses

01:28

Average time to complete

Active

Status

1. Kindly rate the session you attended on a scale of 1 to 5 where 1 stands for very poor and 5 stands for excellent based on the following parameters.

1 2 3 4 5

Content

Delivery

Interaction

100%

0%

2. How did you find the experience of attending the session? What are the learnings that you take back? Would you like to make any suggestions for the same?

Latest Responses

17

Responses

"Session was good. Would've been better given the time co...

"Hands on was expected (positively). "

"Nil"

5 respondents (31%) answered **session** for this question.

relationship discussions about concepts self introspection Ne
different approach Learnings session was very inter

colleagues . . . lot **session** concepts f

2 13.08.22 Mentoring the Mentors - 5 day FDP by RUSOA - Feedback Form

17

Responses

02:02

Average time to complete

Active

Status

1. Kindly rate the session you attended on a scale of 1 to 5 where 1 stands for very poor and 5 stands for excellent based on the following parameters.

1 2 3 4 5

Content

Delivery

Interaction

100%

0%

2. How did you find the experience of attending the session? What are the learnings that you take back? Would you like to make any suggestions for the same?

Latest Responses

17

Responses

"Great! Better understanding of Gen Z! Knowing that every...

"Was fun and enjoyed well. "

"Very interesting and interactive with great content. Dealin...

5 respondents (31%) answered **GEN** for this question.

different types
Z kids

experience

works
better

students of Ge
student

Z generation **session GEN** ^{better} **Z** **student**
... . **generations** . . . **lot** . . .

3 13.08.22 Mentoring the Mentors - 5 day FDP by RUSOA - Feedback Form

14

Responses

03:55

Average time to complete

Active

Status

1. Kindly rate the session you attended on a scale of 1 to 5 where 1 stands for very poor and 5 stands for excellent based on the following parameters.

1 2 3 4 5

Content

Delivery

Interaction

100%

0%

2. How did you find the experience of attending the session? What are the learnings that you take back? Would you like to make any suggestions for the same?

Latest Responses

14

Responses

"Good. Experience coming from such a person is always gr...

"Knowledgeable and helpful for dealing with students."

"Learnings from this session: give little free hand to the stu...

8 respondents (57%) answered **session** for this question.

presentation content

Learnings from this session
course delivery

easy learning
speaker

student-te
Experier



4 16.08.22 Mentoring the Mentors - 5 day FDP by RUSOA - Feedback Form

12

Responses

01:46

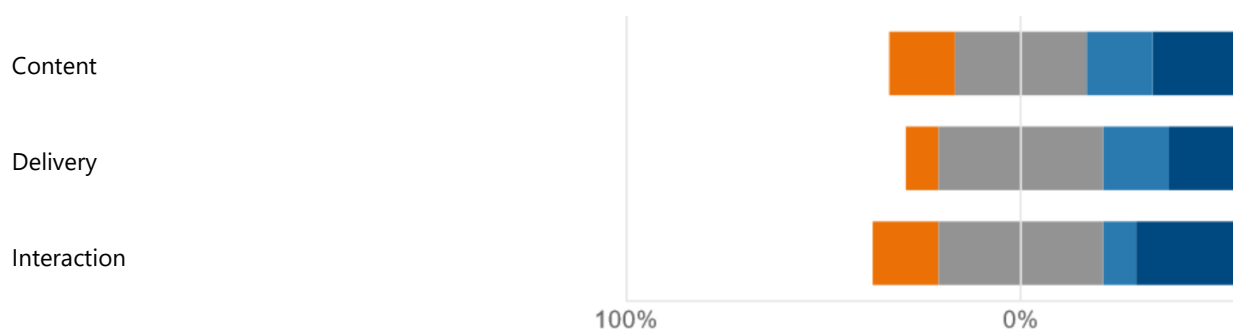
Average time to complete

Active

Status

1. Kindly rate the session you attended on a scale of 1 to 5 where 1 stands for very poor and 5 stands for excellent based on the following parameters.

1 2 3 4 5



2. How did you find the experience of attending the session? What are the learnings that you take back? Would you like to make any suggestions for the same?

Latest Responses

12

Responses

"This session was ok. Mainly due to the fact that i know an..."

"Interesting and informative"

"Little more interactive "

4 respondents (36%) answered **student** for this question.

issues and remedies information or facts Learnings
slightly oriented student issues aspects of the brain student problem

slightly oriented student issues
 functionality of the brain issues **student** brain overall
 mentors faculty different overall session Content

5 17.08.22 Mentoring the Mentors - 5 day FDP by RUSOA - Feedback Form

11

Responses

01:19

Average time to complete

Active

Status

1. Kindly rate the session you attended on a scale of 1 to 5 where 1 stands for very poor and 5 stands for excellent based on the following parameters.

1 2 3 4 5

Content

Delivery

Interaction

100%

0%

2. How did you find the experience of attending the session? What are the learnings that you take back? Would you like to make any suggestions for the same?

Latest Responses

11

Responses

"Very engaging and interesting"

"The session was very interactive and the case examples pr..."

"Very good . Interactive "

4 respondents (36%) answered **sessions** for this question.

suggestions that are actionable
mentor kind session
engaging students mentality
students comi
... .. students

nice presentation good session sessionsstudents

6 18.08.22 Mentoring the Mentors - 5 day FDP by RUSOA - Feedback Form

9

Responses

02:09

Average time to complete

Active

Status

1. Kindly rate the session you attended on a scale of 1 to 5 where 1 stands for very poor and 5 stands for excellent based on the following parameters.

1 2 3 4 5

Content

Delivery

Interaction

100%

0%

2. How did you find the experience of attending the session? What are the learnings that you take back? Would you like to make any suggestions for the same?

Latest Responses

9

Responses

"Wonderful session! Aware of the audience and extremely c...

"It was a wonderful session and could connect to Dr Shoba ...

"Good "