



Mentoring & Counselling Record Book

Name of the Student	
Program Enrolled	
Batch	

**Department of Strategic and Regional
Studies University of Jammu
Jammu 180006
www.jammuuniversity.ac.in**

Introduction

The Department of Strategic and Regional Studies (DSRS), earlier known as the Centre for Strategic and Regional Studies (CSRS) was conceptualized by then Chancellor of the University and Governor of Jammu and Kashmir General (Retd.) K.V. Krishna Rao in 1985. Subsequently, University Grants Commission appointed a special committee that submitted its report in 1987, recommending that in view of rapidly changing security environment, intensive efforts should be made to promote general awareness of strategic issues and national security in the country. It envisaged setting up a Centre for research on strategic, security and regional issues.

The predecessor of the Department of Strategic and Regional Studies (DSRS), Centre for Strategic and Regional Studies (CSRS), was established in the University of Jammu on 27th May 2002. It had been conceived to promote and undertake research on strategic issues, national security and geo-strategic developments in the areas contiguous to India in a substantive and inclusive manner. The Centre started M.Phil. and Ph.D. programmes in Strategic Studies in April 2004. The Centre was elevated to the status of a full-fledged teaching Department by the University Council on April 21, 2006.

The mandate of DSRS is to carry out in-depth research and generate awareness about strategic and security issues in general and South and Central Asia in particular. The University of Jammu is playing a pioneering role in the imparting of higher education. In the field of strategic studies, the University is poised to strengthen the field and aspires to be the leading centre for research and teaching. Since its existence, the DSRS has some humble achievements to be proud of. In collaboration with the Army Headquarter (Northern Command) the Department has established General Zorawar Singh Chair in 2004. The objective is to conduct advanced research on an issue of direct relevance to India's national security. A retired Lieutenant General occupies the Chair, and two serving officers at the level of Colonel serve as Scholar-in-Residence. Apart from this, the DSRS runs a Ministry of External Affairs Project for conducting research on the socio-political, constitutional and economic developments in Pakistan Occupied Kashmir. Moreover, University Grants Commission (UGC) has also identified DSRS as a Centre for Area Study Programme since 2006.

Scope of Mentoring & Counselling Program

The mentoring & counselling program is designed to ensure holistic development and success of students enrolled in the program. The indicative areas of the program will include

1. Academic Success of Students

- a. Identify and assess the progress of the students
- b. Assist them to identify appropriate course material, understand the course content, and provide guidance about selection of courses.
- c. Providing tutorial assistance enabling the students to effectively understand the course material.
- d. Guide them regarding importance of performing in assignments, projects minor or major /end term examinations.
- e. Guide them regarding SWAYAM MOOCs courses.
- f. Help them to connect with appropriate industry professionals/mentors who can guide them to work on their assignments, projects or any other work assigned by the teachers.

2. Familiarization with University Resources

- a. Providing knowledge regarding the various resources in the university/department, including the library facility, IT Facilities, smart classrooms, sports facilities and other resources.
- b. Help them to understand the procedures of applying for scholarships, examination forms, hostel or any other related work.
- c. Encourage them to adhere to university norms, guidelines regarding code of conduct, attendance, anti ragging norms or any other related information.

3. Personal & Professional Development

- a. Encouraging students to participate in extra – curricular activities organized by University or any other institution.
- b. Help students to identify their passion and guide them how to utilize and leverage their talent in their overall professional development.
- c. Work on their soft skills like leadership skills, team building skills, networking skills and the competencies which will help them to grow better in the professional setting.

4. Career Guidance & Development

- a. Help students to build their professional profile.
- b. Encourage students to develop professional network especially with the alumni of the department and also security/defence experts at the local, national and international level
- c. Enable them to define their career goals, identify their strengths & weakness, and recognize their personal interest and passions.
- d. Guide them to explore opportunities for internships, real time projects, and any other activity which provides them hands-on experience in the area of study.
- e. For students interested in higher studies, guide them about various examinations, certifications and skill development programs. Assist them about the procedure of applying, merits and demerits of various opportunities at the global and national level.

5. Physical, Social and Emotional Well-Being

- a. Promote healthy lifestyle choices, including exercise, nutrition, and sleep. Encourage them to participate in sports and other activities.
- b. Raising awareness about mental health resources and encouraging self-care practices.
- c. Providing strategies for managing stress and balancing academic and personal responsibilities.
- d. Offer guidance on resolving conflicts and navigating interpersonal relationships.
- e. Connecting students with appropriate counselling services or external resources when needed.
- f. Help them to connect with their classmates, seniors and juniors and guide them on the importance of inter-personal relationships.
- g. Promoting awareness and understanding of diverse perspectives and cultures and help in building the cultural competence of the student.
- h. Fostering an inclusive and welcoming environment for students from various backgrounds.

The mentor can also identify any other area specific to the need of the student and wherever required can seek the help of other teachers in the department or University.

Expectations From The Mentor

It's important for mentors to be adaptable and responsive to the individual needs of their mentees. A successful mentoring relationship is built on trust, open communication, and a genuine commitment to the mentee's growth and success. The mentor's role is not to provide all the answers but to empower and guide the mentee in their own journey of self-discovery and development. Following are the expectations from the mentors

1. To verify the personal details of the mentees on their first interaction.
2. To update the mentoring book on periodic basis.
3. To interact with mentees in a friendly manner and avoid using inappropriate language.
4. Listening attentively to mentees' concerns, questions, and aspirations.
5. Create an inclusive environment that respects and values the diversity of mentees.
6. To encourage mentees to manage time effectively and pursue extra-curricular activities.
7. To evaluate student performance objectively.
8. To interact with parents on issues identified under intimation to the Director, DSRS.
9. Provide objective guidance in academic matters.
10. Provide motivation during challenging times and celebrating achievements.
11. Support and encourage the students in their entrepreneurial endeavours.
12. Provide guidance on acquiring and improving technical skills relevant to the mentee's field of study or career goals.
13. Facilitate connections with alumni who can offer mentorship and advice.
14. Discuss ethical considerations in academic and professional scenarios.
15. Do not use them for personal work or take favours.
16. Do not discuss inappropriate/irrelevant topics.

Student Personal Details

Picture of the
student

Name of the Student	
Gender	
Date of Birth	
Program	
Batch	
Roll No.	
University Registration No.	
Category (Open / Reserved) – Tobe specified	
Email Address (Primary)	
Email Address (Secondary)	
Mobile Number (WhatsApp)	
Any other contact number	
Aadhaar Card Number	
Driving License Number (if any)	
Passport Number (if any)	
Father's Name	
Father's Mobile no.	
Mother's Name	
Mother's Mobile no.	
Hostler/Day Scholar	
Name of the Local Guardian (if any)	

Relation with the Guardian	
Permanent Address with Pincode	
Address for correspondence with Pincode	
Work Experience (if any)	
Interest Areas	
Hobbies	
LinkedIn Profile	
Signature of the Mentee	

Name of the Mentor	

Signature of Mentor (s)

Mentor to document information regarding the following areas

1. Participation in Extra Curricular Activities (Cultural / Sports)

2. Details about SWAYAM / MOOCs course enrolled / qualified

3. Details about Internship / On the job training

4. Participation in Invited Lectures / Events / Activities organized by Department

5. Participation / Organization of any community service initiative

6. Any special initiatives taken by the student

7. Any incident of misconduct by the student with the peers / other students /teachers or staff of the department

8. Placement (if any)

9. Future Career Goals

10. Any other information