## **Sharda Education Society's**



## Anand Vishwa Gurukul College Of Law

NAAC Accredited 'B' Grade
Affiliated To University of Mumbai
Approved By Bar Council of India
LL.B - 3 Years | LL.B - 5 Years | LL.M

Diploma in Labour Law and Labour Welfare | Post Graduation Diploma in Cyber Law Office Address: Near Mental Hospital, Opp. ACC Cement Colony, Thane (W) – 400604

Tel.: 9967589008 • Email: avgcollegeoflaw@gmail.com

## **Counselling Sessions**

Grooming young professionals also entails offering moral support to the students who often find themselves in stressful situations. The institute acknowledges this requirement and has incorporated confidential mentorship sessions in its routine to enable students to express their worries and concerns without any reservations whatsoever.

The institution encourages mentorship sessions and has assigned designated mentors to every student. The mentors are either teacher mentors or students of the final year to help the mentees navigate through their academic life.

The mentors come across various instances where mentees, particularly female mentees who come from humble backgrounds or are first generation graduates in their families or have never been a part of a co-ed education system. Mentees often find it difficult to cope with the routine of the college as they come from backgrounds with limited family support and lack of proper information and guidance. Some mentees come from circumstances where they have to take up multiple roles in their personal life, have started their career later than their classmates and are facing social and cultural hindrances in their personal lives. Such mentees often suffer from lack of self-confidence, low morale and also distress due to shift in culture they are rather used to.

The mentorship sessions bridge these gaps by offering an empathic support and morale boost to such mentees. These sessions allow the students to express their concerns without the fear of being judged and also encourages them to ease their worries and concerns and comfortably transit to their academic life.

These sessions play an important part in gender sensitivity, as it helps the students who have been facing gender bias in some form in their private lives and encourages them to keep going ahead by catering to their emotional needs wherever necessary.

I/C PRINCIPA

ANAND VISHWA GURUKUL COLLEGE OF LAW. THANE