

**MENTOR MENTEE COUNSELLING RECORD**  
**DEPARTMENT OF HISTORY-2020-2021**

**NAME OF THE MENTOR: - C BEERIAIAH**

**Dt 20-09-2022**

**NAME OF THE STUDENT:- M .LAXMI NARASIMHA**

**R .NO:- 20033006156003**

**GROUP:- BA-HPP**

**Name Of The Problem: - About career guidance**



**Suggestions for career guidance**

**Career Advice and Tips To Advance in Your Job**  
**Never Stop Learning.** One of the most powerful things to advance your career -- or in any circumstance for that matter -- is knowledge. ...

**Work On Goals.**

**Be Organized.**

**Be A Team Player.**

**Value Your Network.**

**Value Your Health.**

**Focus On Results.**

**Speak Up.**

*[Signature]*  
Mentor

*M. Laxmi Narasimha*  
Mentee

*[Signature]*  
**Principal**  
Dr. BBR Government Degree College  
Jadcherla, Dist.Mahabubnagar

**MENTOR MENTEE COUNSELLING RECORD**  
**DEPARTMENT OF HISTORY- 2021-2022**

**NAME OF THE MENTOR: - CH .KAVITHA**

**Dt 18 -09-2022**

**NAME OF THE STUDENT:- K .SRAVANI**

**R .NO :-21033006156002**

**GROUP:-BA-HPP**



**Suggestions for physical fitness**

- Develop a healthy lifestyle
- Choose a reason for becoming more active.
- Choose an activity that you enjoy.
- Set goals and chart your progress.
- Don't punish yourself.
- Give yourself rewards.
- Try to do some activity on most days of the week.
- Get support.
- Starting your fitness habit.

*Ch. Kavitha*  
Mentor

*K. Sravani*  
Mentee

*Principals*  
Principal  
Dr. BBR Government Degree College  
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