

MENTOR MENTEE COUNSELLING RECORD
DEPARTMENT OF HISTORY-2020-2021

NAME OF THE MENTOR: - C BEERIAH

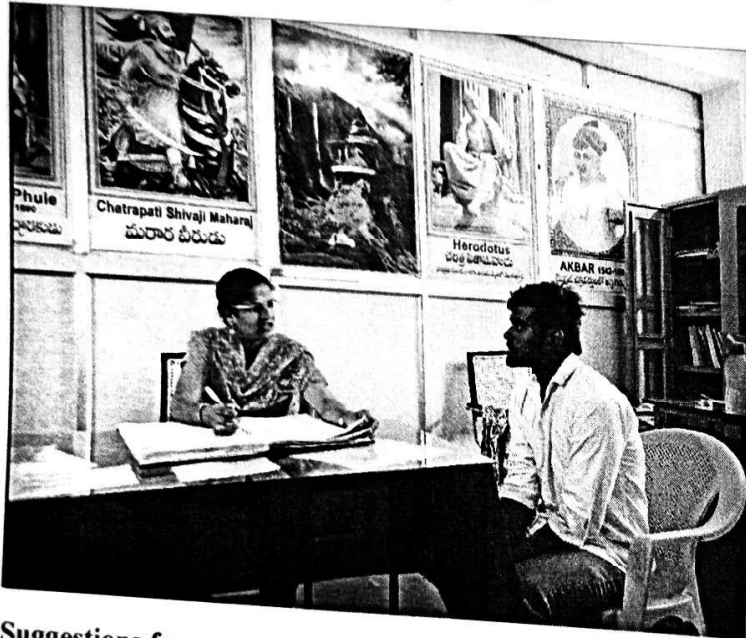
Dt 20-09-2022

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.

[Signature]
Mentor

[Signature]
K. Sravani
Mentee

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Principal
Dr. BBR Government Degree College
Jadcherla, Dist. Mahabubnagar