



Annai Hajira Women's College

Melapalayam, Tirunelveli - 627 005

Accredited with B⁺⁺ Grade by NAAC (CGPA 2.95 in I Cycle)

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

ANNUAL REPORT OF THE COUNSELLING CELL

ACADEMIC YEAR 2024-2025

During the academic year 2024–2025, counselling sessions were conducted for students of various departments. The main objective was to understand the academic and personal difficulties of students and provide timely support to help them to improve their performance. A large number of students from Tamil medium backgrounds faced challenges in adapting to subjects taught in English.

Many students were average performers, grappling with backlogs and arrears, particularly in core subjects. Some were slow learners, which contributed to academic stress and poor planning. Additionally, some students were introverted and reluctant to engage in classroom discussions, stage performances, or group activities. While some showed enthusiasm in co-curricular activities, their limited self-expression in academic settings hindered their overall development. Common challenges faced included fear of public speaking, low self-confidence, and anxiety about being judged.

Personal and socio-economic challenges also had an impact. Some students came from single-parent families or faced serious family problems, such as pressure for early marriage or lack of emotional support. Despite these difficulties, many showed strong determination to continue their education. Health issues like tiredness, frequent sickness, and difficulty focusing also affected their studies. In addition, many students struggled with time management, regular study habits, and exam preparation.

To address these challenges, personalised action plans were developed. These included tailored study schedules, remedial classes, and regular academic follow-ups. Students were encouraged to join peer study groups, connect with faculty mentors,



and use online platforms like NPTEL. To help with communication issues, students were gradually introduced to group activities, workshops, and small presentation opportunities. Their involvement in co-curricular activities was recognised and used to build classroom engagement.

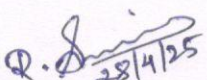
For those with emotional challenges, additional counselling and parental involvement were arranged when necessary. The overall focus was on boosting self-confidence, recognising individual strengths, and helping students take responsibility for their academic journey. In conclusion, the sessions emphasised a holistic support approach, combining academic guidance with emotional encouragement to help students grow and succeed.

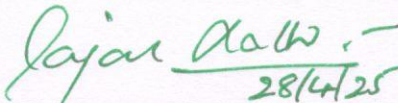


Mrs. R. Shunmuga Sundari, Assistant Professor of English & Counsellor, gave counselling to Abitha K, II B.A English on 17.03.2025.



Mrs. R. Shunmuga Sundari, Assistant Professor of English & Counsellor, gave counselling to Aysha S & Tahir un Nisha S K, I B.Sc Mathematics on 23.04.2025.


Signature of the Counsellor


Signature of the Principal

PRINCIPAL
ANNAI HAJIRA WOMEN'S COLLEGE²
MELAPALAYAM - 627 005.