



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE

2022-2023

Academic/Career/Psychological Counselling: Analysis and Action taken

Student performance counselling report

Date: 03/10/2022

Student details:

Student Name: C. KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.R.Sudha

Student Id: 2201AG10108

Program: B.Sc(Hons)Agriculture
Mobile no:8760258416
Mail id:kathir@gmail.com

Student Academic details:

Present semester course performance:

Course code	Course name	Before counsel ling	After couns elling	Befor e couns elling	After couns elling	Befor e couns elling	After course lling
		Attenda nce percent age	Atten dance perce ntage	Intern al marks	Intern al marks	SEE Grade	SEE Grade
18 AGR 101	Fundamentals of Agronomy	69	98	68	91	B	A
18 AGR 102	Agricultural Heritage	69	94	69	92	C	A
18 AGR 103	Introduction to Forestry	65	90	69	93	C	A
18 AEX 101	Rural Sociology & Educational Psychology	69	98	69	99	B	A
18 AEX 102	Human Values & Ethics (non gradial)	69	93	68	98	C	A
18 GPB 101	Introductory Biology	69	91	63	94	B	A
18 HOR 101	Fundamentals of Horticulture	69	99	69	93	C	A
18 SAC 101	Fundamentals of Soil Science	65	95	68	98	B	A
18 BIC 101	Fundamentals of Plant Biochemistry and Biotechnology	67	90	63	93	C	A
18 ENG 101	Comprehension & Communication Skills in English	69	92	67	95	C	A

18 NSS 100	NSS/NCC/Physical Education & Yoga Practices	65	90	68	93	B	A
------------	---	----	----	----	----	---	---

Analysis and Action Taken Remarks

Student Performance and Remarks before Counselling:

Kathiravan's performance before counseling suggests a need for additional support and guidance to address academic and emotional challenges. It is evident that she may benefit from interventions aimed at improving academic performance, enhancing emotional well-being, and fostering social integration within the academic environment.

Reasons for Low/Average Performance:

Adjustment Issues: Transitioning to a new academic environment, such as starting college or entering a new academic year, can pose challenges related to adapting to new expectations, routines, and social dynamics.

Counsellor Action Taken to improve the student Low/Average performance:

Stress Management Techniques: The counselor teaches the student stress management techniques, relaxation exercises, and mindfulness practices to help them cope with academic pressure, anxiety, and other emotional challenges that may be affecting their performance.

Student Performance and Remarks after Counselling:

Kathiravan's performance after counseling has shown marked improvement across various areas, including academic performance, emotional well-being, study habits, engagement, confidence, and interpersonal relationships. The counseling intervention has had a positive and transformative impact overall academic and personal development. Student and Parent Remarks

Student Remarks:


"After engaging in counselling sessions, I've experienced a significant positive shift in both my academic performance and overall well-being. The support and guidance provided by the counselor have been invaluable in helping me overcome challenges and develop essential skills for success. I feel more confident, motivated, and equipped to navigate the demands of my academic journey. I'm grateful for the opportunity to work with such a supportive and understanding counselor, and I'm excited about the progress I've made and the future ahead."

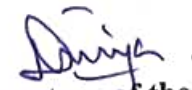
Parent Remarks:


"As a parent, I'm incredibly grateful for the impact that counseling has had on my child's academic and personal growth. The support and guidance provided by the counselor have made a noticeable difference in my child's confidence, resilience, and overall well-being. I've seen a

positive transformation in their attitude towards school, their peers, and themselves. I'm impressed by the dedication and professionalism of the counselor and the positive influence they've had on my child's life I couldn't be happier with the progress my child has made, and I'm hopeful for their continued success with the support of Coneseling.


Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD
School of Agriculture
Ponnaiyan Ramajayam Institute
Science & Technology (PRIST)
Institution Deemed to be Univer
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NA



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Academic/Career/Psychological Counselling: Analysis and Action taken

Student performance counselling report

Session No:1

Date: 04/11/2022

Student details:

Student Name: C. KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.R.Sudha

Student Id: 2201AG10108
Program: B.Sc(Hons)Agriculture
Mobile no:8760258416
Mail id: kathir@gmail.com

Student Grievance:

Kathiravan has expressed a grievance regarding her transition from the first year to the second year, particularly in relation to entering a new environment. She has reported feelings of anxiety, loneliness, and uncertainty as she adjusts to the changes in her academic and personal life. Kathiravan has highlighted the challenges she is facing in adapting to the new environment and has sought support to address her concerns.

Mentor Counselling Remarks:

Kathiravan is currently experiencing significant challenges adjusting to the transition from the first year to the second year of her academic program. She has expressed feelings of anxiety, loneliness, and uncertainty regarding the new environment, which are impacting her emotional well-being and academic performance. During counseling sessions, Kathiravan has demonstrated openness and willingness to explore her emotions and concerns. She has actively engaged in discussions about coping strategies and has shown a commitment to addressing her difficulties. It is evident that she values the support and guidance provided and is receptive to suggestions for managing her stress and anxiety effectively. Moving forward, it is essential to continue providing Kathiravan with ongoing support and encouragement as she navigates this challenging transition.



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2018-2019

Academic/Career/Psychological Counselling: Analysis and Action taken

Student performance counselling report

Session No: 2

Date: 17/12/2022

Student details:

Student Name: C. KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.R.Sudha

Student Id: 2201AG10108
Program: B.Sc(Hons)Agriculture
Mobile no: 8760258416
Mail id: kathir@gmail.com

Student Grievance:

Kathiravan has expressed a grievance regarding her transition from the first year to the second year, particularly in relation to entering a new environment. She has reported feelings of anxiety, loneliness, and uncertainty as she adjusts to the changes in her academic and personal life. Kathiravan has highlighted the challenges she is facing in adapting to the new environment and has sought support to address her concerns.

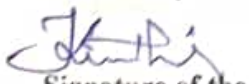
Mentor Counselling Remarks:

During our counseling session, Kathiravan expressed frustration and disappointment regarding his recent exam performance despite diligent preparation. He reported feeling well-prepared and confident in his understanding of the material but was disappointed with the results. Kathiravan highlighted experiencing test anxiety and challenges with effective test-taking strategies as contributing factors to his performance difficulties.

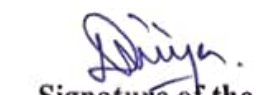
Kathiravan demonstrated a strong commitment to academic success and displayed a proactive approach to addressing his challenges. It was evident that Kathiravan possesses a solid understanding of the course material and has invested significant effort into his preparation for exams.

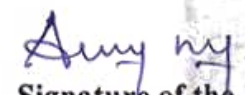
Counselling Session & Student Progress Outcomes:

Kathiravan expressed a commitment to implementing the recommendations discussed during the counseling session and actively engaging in strategies to improve his exam performance. He agreed to seek support and utilize available resources to address his challenges effectively.


Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD

School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Academic/Career/Psychological Counselling: Analysis and Action taken

Student performance counselling report

Student details:

Student Name: C. KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.R.Sudha

Student Id: 2201AG10108
Program: B.Sc(Hons)Agriculture
Mobile no: 8760258416
Mail id: kathir@gmail.com

Student Grievance:

The student experiencing test anxiety, which can impair their ability to perform to the best of their abilities during exams, despite being well-prepared.

Session I Remarks:

In the first counseling session, I expressed my frustration and disappointment regarding my exam performance despite putting in extensive preparation. I highlighted my struggles with test anxiety and ineffective test-taking strategies, which I believed contributed to my difficulties. The counselor provided valuable insights into managing test anxiety, developing effective test-taking skills, and seeking additional support to address my challenges. I left the session feeling encouraged and motivated to implement the recommended strategies to improve my academic performance.

Session 2 Remarks:

During the second counseling session, I provided an update on my progress and shared my experiences in implementing the strategies discussed in the previous session. I reflected on the positive impact of practicing relaxation techniques and test-taking strategies, which helped alleviate test anxiety and improve my exam performance. I expressed gratitude for the ongoing support and guidance from the counselor and affirmed my commitment to continued growth and improvement in my academic endeavors.

Parent Remarks

Session I Remarks:

As Kathiravan's parent, I am deeply concerned about his recent academic struggles despite his dedication and hard work. During the first counseling session, I appreciated the counselor's thorough assessment of Kathiravan's challenges with test anxiety and ineffective test-taking strategies. The counselor's guidance on managing test anxiety and developing effective study habits provided valuable insights into supporting Kathiravan's academic success. I am hopeful that with the counselor's support, Kathiravan will be able to overcome his academic challenges and achieve his full potential.

Session 2 Remarks:

In the second counseling session, I was encouraged to hear about Kathiravan's progress in implementing the strategies discussed in the previous session. His reflections on the positive impact of practicing relaxation techniques and test-taking strategies were reassuring. I commend the counselor for providing ongoing support and guidance to Kathiravan as he navigates his academic journey. I am confident that with continued effort and support, Kathiravan will continue to improve and succeed academically.

Mentor Analysis and Action Taken Remarks:

The counseling sessions have been instrumental in facilitating Kathiravan's progress and development, empowering her to navigate the challenges of the transition to the second year of her academic program successfully. Continued support and encouragement will be essential as she continues on her path towards personal and academic fulfillment.

Department Academic Counselling Board (DACB) Analysis and Action Taken Remarks:

During the initial review of Kathiravan's academic performance, the DACB noted concerns regarding his recent exam results despite apparent preparation efforts. The board conducted a thorough analysis of Kathiravan's academic history and identified potential factors contributing to his challenges, including test anxiety and ineffective test-taking strategies. Recognizing the need for intervention, the DACB recommended personalized counseling sessions to address these issues and support Kathiravan in improving his academic performance.

Department Academic Counselling Board (DACB) Analysis and Action Taken Remarks:


The DACB's analysis identified Kathiravan as a student in need of additional support during her transition to the second year of her academic program. Through collaborative efforts with counseling services, faculty members, and academic advisors, the DACB took proactive steps to address her academic and emotional needs and facilitate her success. Continued monitoring and support will be provided to ensure her ongoing progress and well-being.

Student Progression before and after Mentor / DACB counselling process:

The mentorship and support provided through the DACB counseling process resulted in significant improvements in Kathiravan's academic progression and overall well-being. By


addressing her academic, emotional, and social needs comprehensively, she was able to overcome challenges and thrive in her academic journey.


Signature of the
Student Mentor


Signature of the
Professor In charge


Signature of the
HoD
HEAD

School of Agriculture
Ponnaiyah Ramajayam Institute
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU


HEAD
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU.


DEAN
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU.



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR - 613 403 - TAMIL NADU

Mentor Counselling Outcome Report
Psychological Counselling Session Report

Session No.1

Date :16.08.2022

Students Details:

Student Name: VISHWANATHAN.E

Students Reg.No.:2201BM10101

Department: Management

Program: B.B.A

Sem. /Year: III/II

Mobile No.: 9751544581

Campus: Thanjavur

E-Mail ID: vishwakabadi@gmail.com

Name: VISHWANATHAN.E

Counsellor Name: Prof. K. Sasikumar

Student Grievance:

Vishwanathan E has raised a concern regarding his transition from the third semester to the fourth semester, particularly about adjusting to a new environment. He has reported feelings of anxiety, loneliness, and uncertainty as he navigates changes in both his academic and personal life. Vishwanathan E has emphasized the challenges he faces in adapting to this new setting and is seeking support to address his concerns.

Mentor Counselling Remark:

VISHWANATHAN.E is currently facing significant difficulties adjusting to the transition from the third to the fourth semester of his academic program. He has expressed feelings of anxiety, loneliness, and uncertainty about the new environment, which are affecting his emotional well-being and academic performance.

During counseling sessions, VISHWANATHAN.E has shown openness and a willingness to explore his emotions and concerns. He has actively participated in discussions about coping strategies and is committed to addressing his challenges. It is clear that he appreciates the support and guidance offered and is receptive to suggestions for managing his stress and anxiety.

Moving forward, it is crucial to provide VISHWANATHAN.E with ongoing support and encouragement as he navigates this transition. Encouraging him to engage in campus activities and seek opportunities for social connection will be beneficial in fostering his sense

K. S.
DEAN

School of Commerce and Management
Pennaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403.

of belonging and well-being. Additionally, collaborating with faculty and administrators to create a supportive and inclusive environment for all students, especially those facing transitional challenges, is recommended. By working together, we can ensure that VISHWANATHAN.E receives the necessary support to thrive academically and personally.

Counselling Session & Student Progress Outcomes:

Counseling sessions with VISHWANATHAN.E have focused on his transition from the third to the fourth semester and the associated challenges. Several key themes and outcomes have emerged throughout these sessions:

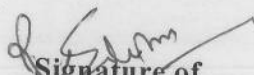
Empowerment and Resilience Building: VISHWANATHAN.E has shown resilience and a proactive attitude in addressing his difficulties. By empowering him to identify his strengths and resources, he has gained confidence in his ability to navigate the transition and tackle challenges as they arise.

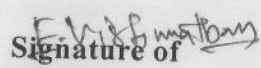
Academic Progress and Goal Setting: Discussions have also revolved around VISHWANATHAN.E academic progress and future goals. By setting realistic expectations and identifying areas for growth, he has developed a clearer sense of direction and purpose in his academic pursuits.


Emotional Support and Validation: VISHWANATHAN.E has been provided with a safe and supportive space to express his emotions and concerns regarding the transition. Through active listening and validation of his experiences, he has felt understood and supported in processing his feelings of anxiety, loneliness, and uncertainty.

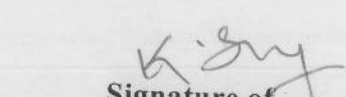
Social Integration and Community Engagement: VISHWANATHAN.E has been encouraged to participate in campus activities, clubs, and events to foster social connections and a sense of belonging within the university community. Engaging with peers and building supportive relationships has helped him feel more connected.

Exploration of Coping Strategies: Together, we have explored various coping strategies to help VISHWANATHAN.E manage his stress and anxiety effectively. Techniques such as deep breathing exercises, mindfulness practices, and developing a self-care routine have been introduced to promote his emotional well-being.


Signature of
Student/Parent


Signature of
Mentor


Signature of
Professor in Charge


Signature of
HOD/Principal/Director
DEAN

School of Commerce and Management
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403.



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE

2022-2023

Mentor counselling outcome report

Student performance counselling report

Date: 14/10/2022

Student details:

Student Name: C.KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.Niroja

Student Id: 2201AG10108
Program: B.Sc(Hons)Agriculture
Mobile no:9363442574
Mail id: kathirc@gmail.com

Student Academic details:

Present semester course performance:

Course code	Course name	Before counsel ling	After couns elling	Befor e couns elling	After couns elling	Befor e couns elling	After course lling
		Attenda nce percent age	Atten dance perce ntage	Intern al marks	Intern al marks	SEE Grade	SEE Grade
18 AGR 101	Fundamentals of Agronomy	67	85	78	81	c	A
18 AGR 102	Agricultural Heritage	68	84	65	85	B	A
18 AGR 103	Introduction to Forestry	78	88	78	81	c	A
18 AEX 101	Rural Sociology & Educational Psychology	69	88	67	89	B	A
18 AEX 102	Human Values & Ethics (non gradial)	74	83	78	88	B	A
18 GPB 101	Introductory Biology	78	81	75	85	B	A
18 HOR 101	Fundamentals of Horticultre	68	89	69	88	c	A
18 SAC 101	Fundamentals of Soil Science	70	85	71	88	B	A
18 BIC 101	Fundamentals of Plant Biochemistry and Biotechnology	73	90	73	93	c	A
18 ENG 101	Comprehension & Communication Skills in English	74	82	76	89	B	A

18 NSS 100	NSS/NCC/Physical Education & Yoga Practices	68	89	69	88	c	A
------------	---	----	----	----	----	---	---

Analysis and Action Taken Remarks

Student Performance and Remarks before Counselling:

has demonstrated commendable performance in the course. With continued effort and targeted improvement in specific areas, he has the potential to excel further in understanding and applying IIoT concepts effectively. Counseling sessions focusing on enhancing critical thinking, problem-solving, and communication skills would be beneficial for his overall academic and professional development..

Reasons for Low/Average Performance:

Identifying the specific reasons for Kathiravan's low or average performance is crucial in order to provide targeted support and interventions to help him improve. Conducting a thorough assessment of his academic strengths and weaknesses, as well as addressing any underlying issues or barriers, can facilitate his progress and success in the course.

Counsellor Action Taken to improve the student Low/Average performance:

The counselor aims to support Kathiravan in improving his academic performance, building essential skills, and achieving his full potential in the course. Continued collaboration and communication between the counselor, faculty, and Kathiravan are essential to ensuring his success.

Student Performance and Remarks after Counselling:

Kathiravan's progress has been commendable, demonstrating a strong commitment to his academic and professional growth in the field of IIoT. With continued support and guidance, he is on track to achieve his goals and succeed in his endeavors.

Student and Parent Remarks:

Student Remarks:

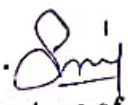
Kathiravan is committed to implementing the recommendations and working diligently to improve his performance in the course. He values the regular check-ins and encouragement from the counselor, which have motivated him to stay focused and persevere despite obstacles. Kathiravan is optimistic about his progress and looks forward to achieving his academic goals with continued support.

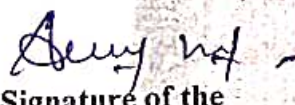
Parent Remarks:

Kathiravan's parents appreciate the proactive approach taken by the counselor to support their child's academic success. They are grateful for the individualized attention and personalized action plan designed to address Kathiravan's specific needs and challenges. The parents commend the counselor for organizing skill development workshops and facilitating regular check-ins to monitor Kathiravan's progress. They are reassured by the collaborative effort between the counselor and faculty to ensure that Kathiravan receives the necessary support and accommodations. The parents express confidence in Kathiravan's ability to overcome academic hurdles with the guidance and encouragement provided by the counselor.


Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD

School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU.



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Mentor counselling outcome report

Student performance counselling report

Session No:1

Date: 09/11/2022

Student details:

Student Name: C.KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.Niroja

Student Id: 2201AG10108
Program: B.sc(Hons)Agriculture
Mobile no: 9363442574
Mail id: kathirc@gmail.com

Student Grievance:

The student experiencing test anxiety, which can impair their ability to perform to the best of their abilities during exams, despite being well-prepared.

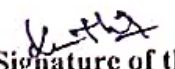
Mentor Counselling Remarks:

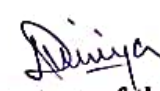
During our counseling session, Kathiravan expressed frustration and disappointment regarding his recent exam performance despite diligent preparation. He reported feeling well-prepared and confident in his understanding of the material but was disappointed with the results. Kathiravan highlighted experiencing test anxiety and challenges with effective test-taking strategies as contributing factors to his performance difficulties.

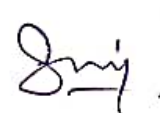
Kathiravan demonstrated a strong commitment to academic success and displayed a proactive approach to addressing his challenges. It was evident that Kathiravan possesses a solid understanding of the course material and has invested significant effort into his preparation for exams.

Counselling Session & Student Progress Outcomes:

Kathiravan expressed a commitment to implementing the recommendations discussed during the counseling session and actively engaging in strategies to improve his exam performance. He agreed to seek support and utilize available resources to address his challenges effectively.


Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD

School of Agriculture
Ponnaiyah Ramajayam Institute
Science & Technology (P.R.I.)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Mentor counselling outcome report
Student performance counselling report

Session No:2

Date: 05/12/2022

Student details:

Student Name: C.KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.Niroja

Student Id: 2201AG10108
Program: B.sc(Hons)Agriculture
Mobile no:9363442574
Mail id: kathirc@gmail.com

Student Grievance:

The student experiencing test anxiety, which can impair their ability to perform to the best of their abilities during exams, despite being well-prepared.

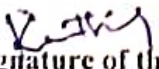
Mentor Counselling Remarks:

During our counseling session, Kathiravan expressed frustration and disappointment regarding his recent exam performance despite diligent preparation. He reported feeling well-prepared and confident in his understanding of the material but was disappointed with the results. Kathiravan highlighted experiencing test anxiety and challenges with effective test-taking strategies as contributing factors to his performance difficulties.

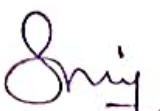
Kathiravan demonstrated a strong commitment to academic success and displayed a proactive approach to addressing his challenges. It was evident that Kathiravan possesses a solid understanding of the course material and has invested significant effort into his preparation for exams.

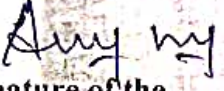
Counselling Session & Student Progress Outcomes:

Kathiravan expressed a commitment to implementing the recommendations discussed during the counseling session and actively engaging in strategies to improve his exam performance. He agreed to seek support and utilize available resources to address his challenges effectively.


Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD

School of Agriculture
Ponnaiyah Ramajayam Institute
Science & Technology (PRIST)
Institution Deemed to be University
11/3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Mentor counselling outcome report
Student performance counselling report

Session No:2

Date: 03/01/2023

Student details:

Student Name: C.KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.Niroja

Student Id: 2201AG10108
Program: B.sc(Hons)Agriculture
Mobile no: 9363442574
Mail id: kathirc@gmail.com

Student Grievance:

The student experiencing test anxiety, which can impair their ability to perform to the best of their abilities during exams, despite being well-prepared.

Mentor Counselling Remarks:

During our counseling session, Kathiravan expressed frustration and disappointment regarding his recent exam performance despite diligent preparation. He reported feeling well-prepared and confident in his understanding of the material but was disappointed with the results. Kathiravan highlighted experiencing test anxiety and challenges with effective test-taking strategies as contributing factors to his performance difficulties.

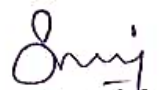
Kathiravan demonstrated a strong commitment to academic success and displayed a proactive approach to addressing his challenges. It was evident that Kathiravan possesses a solid understanding of the course material and has invested significant effort into his preparation for exams.

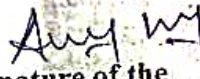
Counselling Session & Student Progress Outcomes:

Kathiravan expressed a commitment to implementing the recommendations discussed during the counseling session and actively engaging in strategies to improve his exam performance. He agreed to seek support and utilize available resources to address his challenges effectively.


Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD

School of Agriculture
Pannaiyeh Road, Jayam Kovil, Thanjavur
Science & Technology Park
Institutional Email: prist@prist.ac.in
1953 of the
THANJAVUR



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Mentor counselling outcome report

Student performance counselling report

Date: 03/01/2023

Student details:

Student Name: C.KATHIRAVAN
Department: School of Agriculture
Sem. / Year: 1/1
Counsellor Name: Dr.D.Niroja

Student Id: 2201AG10108
Program: B.sc(Hons)Agriculture
Mobile no: 9363442574
Mail id: kathirc@gmail.com

Student Grievance:

The student experiencing test anxiety, which can impair their ability to perform to the best of their abilities during exams, despite being well-prepared.

Session 1 Remarks:

In the first counseling session, I expressed my frustration and disappointment regarding my exam performance despite putting in extensive preparation. I highlighted my struggles with test anxiety and ineffective test-taking strategies, which I believed contributed to my difficulties. The counselor provided valuable insights into managing test anxiety, developing effective test-taking skills, and seeking additional support to address my challenges. I left the session feeling encouraged and motivated to implement the recommended strategies to improve my academic performance.

Session 2 Remarks:

During the second counseling session, I provided an update on my progress and shared my experiences in implementing the strategies discussed in the previous session. I reflected on the positive impact of practicing relaxation techniques and test-taking strategies, which helped alleviate test anxiety and improve my exam performance. I expressed gratitude for the ongoing support and guidance from the counselor and affirmed my commitment to continued growth and improvement in my academic endeavors.

Session 3 Remarks:

In the third counseling session, I reflected on my academic journey and the progress I had made in overcoming academic challenges. I shared my achievements in managing test anxiety, developing effective study habits, and utilizing academic support services to enhance my learning experience. I appreciated the counselor's encouragement and guidance in setting academic goals and maintaining a healthy balance between academic responsibilities and personal well-being. Overall, I left the session feeling empowered and optimistic about my academic future.

Parent Remarks

Session 1 Remarks:

As Kathiravan's parent, I am deeply concerned about his recent academic struggles despite his dedication and hard work. During the first counseling session, I appreciated the counselor's thorough assessment of Kathiravan's challenges with test anxiety and ineffective test-taking strategies. The counselor's guidance on managing test anxiety and developing effective study habits provided valuable insights into supporting Kathiravan's academic success. I am hopeful that with the counselor's support, Kathiravan will be able to overcome his academic challenges and achieve his full potential.

Session 2 Remarks:

In the second counseling session, I was encouraged to hear about Kathiravan's progress in implementing the strategies discussed in the previous session. His reflections on the positive impact of practicing relaxation techniques and test-taking strategies were reassuring. I commend the counselor for providing ongoing support and guidance to Kathiravan as he navigates his academic journey. I am confident that with continued effort and support, Kathiravan will continue to improve and succeed academically.

Session 3 Remarks:

During the third counseling session, I was pleased to hear about Kathiravan's achievements in managing test anxiety, developing effective study habits, and utilizing academic support services. The counselor's encouragement and guidance in setting academic goals and maintaining a healthy balance between academic responsibilities and personal well-being were invaluable. As Kathiravan's parent, I am grateful for the counselor's support in empowering him to overcome his academic challenges and thrive academically. I look forward to seeing Kathiravan continue to grow and succeed in his academic endeavours.

Mentor Analysis and Action Taken Remarks:

Session 1: During the initial counseling session with Kathiravan, it became evident that he was facing significant challenges with test anxiety and ineffective test-taking strategies, which were impacting his exam performance. After conducting a thorough assessment of his concerns and academic history, I provided guidance on strategies to manage test anxiety, develop effective

study habits, and seek auusjonal support. I emphasized the importance of practicing relaxation techniques and utilizing academic resources to enhance his exam preparation.

Actions Taken:

Discussed test anxiety management techniques such as deep breathing exercises and visualization. Provided resources for developing effective study habits and time management skills.

Encouraged Kathiravan to seek academic support services, such as tutoring and study groups: reinforce understanding and enhance exam preparation.

Session 2: In the follow-up counseling session, Kathiravan provided an update on his progress in implementing the recommended strategies. He reported improvements in managing test anxiety and applying test-taking skills, resulting in a more confident and strategic approach to exams. I commended Kathiravan for his efforts and provided further guidance on setting academic goals and maintaining momentum in his progress.

Actions Taken:

Acknowledged Kathiravan's progress and efforts in implementing strategies to address test anxiety and improve test-taking skills.

Collaborated with Kathiravan to set specific academic goals and develop a plan for achieving them. Provided guidance on maintaining consistency in study habits and utilizing available academic support resources.

Session 3: During the third counseling session, Kathiravan shared continued progress in managing test anxiety, developing effective study habits, and utilizing academic support services. I applauded Kathiravan's achievements and emphasized the importance of maintaining a healthy balance between academic responsibilities and personal well-being. We discussed strategies for sustaining his academic progress and addressing any remaining challenges or areas for improvement.

Department Academic Counselling Board (DACB) Analysis and Action Taken Remarks:

Session 1: During the initial review of Kathiravan's academic performance, the DACB noted concerns regarding his recent exam results despite apparent preparation efforts. The board conducted a thorough analysis of Kathiravan's academic history and identified potential factors contributing to his challenges, including test anxiety and ineffective test-taking strategies. Recognizing the need for intervention, the DACB recommended personalized counseling sessions to address these issues and support Kathiravan in improving his academic performance.

Actions Taken:

Assigned a mentor to conduct counseling sessions with Kathiravan to address test anxiety and develop effective study habits,

Reviewed Kathiravan's academic records and identified courses or subjects where additional support may be needed.

Provided resources and referrals to academic support services within the department, such as tutoring and study groups, to reinforce understanding and enhance exam preparation.

Session 2: In the follow-up session, the DACB reviewed progress reports from Kathiravan's mentor and observed positive developments in his test anxiety management and test-taking skills. The board commended Kathiravan for his efforts and encouraged him to continue implementing the strategies discussed during counseling sessions. Recognizing the importance of ongoing support, the DACB emphasized the need for sustained efforts and provided guidance on setting academic goals to maintain momentum in Kathiravan's progress.

Actions Taken:

Reviewed progress reports from Kathiravan's mentor to assess improvements in test anxiety management and test-taking skills.

Offered guidance on setting academic goals and developing a plan for achieving them, including strategies for maintaining consistency in study habits.

Scheduled regular follow-up sessions with Kathiravan to monitor progress and provide ongoing support and guidance as needed.

Session 3: During the subsequent session, the DACB received updates on Kathiravan's continued progress and achievements in managing test anxiety, developing effective study habits, and utilizing academic support services. The board commended Kathiravan for his perseverance and resilience in overcoming academic challenges and emphasized the importance of maintaining a healthy balance between academic responsibilities and personal well-being. Recognizing the need for continued support, the DACB reaffirmed its commitment to Kathiravan's academic success and provided additional resources and referrals as needed.

Actions Taken:

Recognized Kathiravan's achievements and progress in overcoming academic challenges. Emphasized the importance of maintaining self-care and balance to sustain long-term academic success.

Reiterated the availability of academic support services and provided referrals to additional resources as needed to support Kathiravan's ongoing academic endeavors.

Student Progression before and after Mentor / DACB counselling process Before Counseling:

Academic Struggles: Kathiravan experienced difficulties in academic performance, particularly in exams, despite putting in significant effort and preparation.

Test Anxiety: Kathiravan struggled with test anxiety, which affected his ability to perform well during exams, leading to lower grades than expected.

Ineffective Study Habits: Kathiravan lacked effective study habits and test-taking strategies, which further contributed to his academic challenges.

Frustration and Disappointment: Kathiravan felt frustrated and disappointed by his academic struggles, which impacted his confidence and motivation.

During and After Counseling:

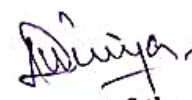
Test Anxiety Management: Through counseling sessions with a mentor and guidance from the DACB, Kathiravan learned strategies to manage test anxiety, such as deep breathing exercises and visualization techniques. He implemented these strategies effectively, leading to reduced anxiety levels during exams.

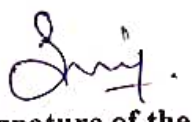
Effective Study Habits: With support from the mentor and DACB, Kathiravan developed effective study habits and test-taking skills, including time management and critical thinking. He learned how to approach exams strategically, resulting in improved performance.

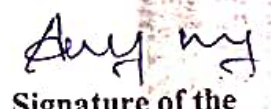
Utilization of Academic Resources: Kathiravan actively engaged with academic support services recommended by the mentor and DACB, such as tutoring and study groups, to reinforce understanding and enhance exam preparation.


Confidence and Motivation: As a result of the counseling process, Kathiravan experienced an increase in confidence and motivation. He felt more equipped to handle academic challenge and was optimistic about his academic future.

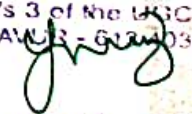

Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD
School of Agriculture
Ponnaiyah Ramajayam Institute
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU


HEAD
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU.


DEAN
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU.



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

Department Academic Counselling Board (DACB)
Psychological Counselling: Analysis and Action Taken Report (AATP)

Date :05.09.2021

Students Details:

Student Name: VISHWANATHAN.E

Students Reg.No.:2201BM10101

Department: Management

Program: B.B.A

Sem./Year: III/II

Mobile No.: 9751544581

Campus: Thanjavur

E-Mail ID: vishwakabadi@gmail.com

Name: VISHWANATHAN.E

Counsellor Name: Prof. K. Sasikumar

Student Grievance:

VISHWANATHAN.E has expressed a grievance regarding his transition from the first year to the second year, particularly in relation to entering a new environment. He has reported feelings of anxiety, loneliness, and uncertainty as he adjusts to the changes in his academic and personal life. VISHWANATHAN.E has highlighted the challenges he is facing in adapting to the new environment and has sought support to address his concerns.

Student Remarks: ...

"I found the counseling sessions to be extremely helpful in navigating the challenges I faced during the transition to the second year of my academic program. The counselor provided a supportive environment while I felt comfortable expressing my concerns and exploring strategies to cope with stress and anxiety. I appreciated the personalized approach and the practical tools and techniques offered to improve my emotional well-being and academic performance. Overall, the counseling sessions have had a positive

impact on my confidence, motivation, and overall outlook on life. I am grateful for the guidance and support provided.

Parent Remarks:

The *counselor's* empathetic approach and expertise in addressing my child's emotional needs have been invaluable. I have noticed a positive change in my child's demeanor and outlook since starting the counseling sessions. They seem more confident, resilient, and better equipped to handle the challenges

they encounter. I am truly impressed by the progress they have made and deeply appreciate the counselor's dedication to their well-being."

K. Sasikumar
DEAN

School of Commerce and Management
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403.

Mentor Analysis and Action Taken Remarks:

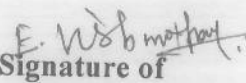
The counseling sessions have been instrumental in facilitating VISHWANATHAN.E progress and development, empowering him to navigate the challenges of the transition to the second year of his academic program successfully. Continued support and encouragement will be essential as he continues on his path towards personal and academic fulfillment.

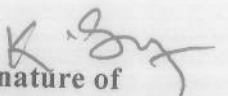
Department Academic Counselling Board (DACB) Analysis and Action Taken Remarks:

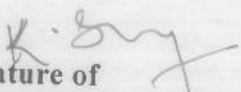
The DACB's analysis identified VISHWANATHAN.E as a student in need of additional support during his transition to the second year of his academic program. Through collaborative efforts with counseling services, faculty members, and academic advisors, the DACB took proactive steps to address his academic and emotional needs and facilitate his success. Continued monitoring and support will be provided to ensure his ongoing progress and well-being.

Student Progression before and after Mentor/ DACB counselling process:

The mentorship and support provided through the DACB counseling process resulted in significant improvements in VISHWANATHAN.E academic progression and overall well-being. By addressing his academic, emotional, and social needs comprehensively, he was able to overcome challenges and thrive in his academic journey.


Signature of
Student Mentor


Signature of
Professor in Charge


Signature of
DACB Chairman/HoD

DEAN
School of Commerce and Management
Ponnaiyah Ramajayam Institute of
Science & Technology (PKIST)
THANJAVUR - 613 403



SCHOOL OF EDUCATION
Mentor Counselling Outcome Report
Academic Counselling Session Report – 2022 - 2023

Session No: 1

Student Name: Saranya.B

Campus: Thanjavur

Reg . No : 2202EDTA10201

Mobile No: 9677183829

Department : Education - B.Ed.,

Mobile No: 9840474083

Sem / Year : 1st / 2nd

Mobile No: 9443806804

Father Name : J.Balraj

Mother Name: B.Malini

Counsellor Name: Dr.R.Gunasekaran

Student Grievance:

Student is having less mark in class tests and also some papers in semester examination also.

Mentor Counselling Remarks:

Mentor advised him to attend extra classes conducted by the department. As per the mentor advice Saranya has attended the extra classes and also collect the materials from the specific subjects also.

Counselling Session & Student Progress Outcomes:

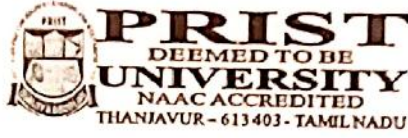
Student attended extra classes and wrote the exams. Following the counseling sessions there has been a notable improvement in the academic performance. Their attitude has been changed and also her performance in the class room is better than after counselling.

Signature of Student

Signature of Mentor

Signature of the Dean

DEAN,
School of Education
PRIST Deemed to be University
THANJAVUR - 613 403.



SCHOOL OF EDUCATION

Academic Counselling: Analysis and Action Taken Report 2022 -2023

Student Name : **Saranya.B**

Reg . No : 2202EDTA10201

Department : Education - B.Ed.,

Sem / Year : 1st / 2nd

Father Name : J.Balraj

Mother Name : B.Malini

Counsellor Name: Dr.R.Gunasekaran

Campus: Thanjavur

Mobile No: 9677183829

Mobile No: 9840474083

Mobile No: 9443806804

Student Grievance:

Student is having less mark in class tests and also some papers in semester examination also.

Student Remarks:

Student is having approached the counselor. She requested the counsellor to gave some ideas to improve the academics.

Mentor Analysis and Action Taken Remarks:

Counsellor initiated the implementation of the action plan without delay, focuses on consistency progress and tries to improve the CGPA in the next semester. They conducted the regular review meeting periodically and gave some study techniques and extra classes to improve the CGPA.

Student Progression before and after Mentor counselling process:

After counselling given by the mentor student attended extra classes and improve the marks in next class test and semester examination also. Following the counseling sessions there has been a notable improvement in the academic performance. Their attitude has been changed and also her performance in the class room is better than after counselling.


Signature of Student Mentor


Signature of Professor Incharge


Signature of the Dean

DEAN,
School of Education
PRIST Deemed to be University
THANJAVUR - 613 403.



P R I S T DEEMED TO BE UNIVERSITY

THANJAVUR - 613 403 - TAMIL NADU

Accredited by NAAC

2022-24

STUDENTS FOLLOW - UP SYSTEM

Name of Student : SARANYA . B

Programme : B. Ed

Branch : TAMIL

Registration No. : 22022EDTA102101

Date of Birth : 17.08.1990

Instructions to SFS In-Charges

1. *Be sincere in Students follow up system.*
2. *Make students follow up system more effective and successful one.*
3. *Identify each students by his name, parent name etc.*
4. *Follow every student every day, in attendance, performance and discipline.*
5. *Spend 5 minutes for motivation towards the end of every hour, Every day.*
6. *Teach moral lessons to the students.*
7. *Make the students realise what is real life.*
8. *Don't do any injustice to the students.*
9. *Be sincere in paper correction and valuation.*
10. *Be sincere of natural justice.*

◆◆ **"SINCERITY WILL ALWAYS BE REWARDED AND AWARDED BY GOD"** ◆◆



PRIST DEEMED TO BE UNIVERSITY

THANJAVUR - 613 403 - TAMIL NADU
Accredited by NAAC

STUDENTS FOLLOW - UP SYSTEM

BATCH 2022 - 20 - 24

Name : B. SARANYA

Programme : B. Ed
Reg. No. : 2206EDT10201
Branch : TAMIL
D.O.B : 17. 8. 1990

Name of Father : J. Balraj . J
Address 835, RAJA NAGAR,
CHETTINANDARAM,
KUMBAKONAM - 612001

9677183829
9840474083
E-mail : Saranya Swami 1991@gmail.com


do.
E-mail :

SPECIMEN SIGNATURE

Father	Mother	Guardian
1. J. Balraj	1. B. Malini	1.
2. J. Balraj	2. R. Malini	2.
3. J. Balraj	3. R. Malini	3.

YEAR 2022 - 2024

SEMESTER 1

1

Staff In-charge T.SUBASHINI

S.No.	Paper	T1	T2	PS	CIA	UE
1.	Psychology of Learners and Learning	36	41	77	813/46	69
2.	Assessment for Learning	34	33	78	814/53	77
3.	Pedagogy of Tamil-Part-I	40	39	78	814/53	77
4.	Yoga, Health and Physical Education	36	40	79	814/58	76
5.	Research Leadership	40	45	79	815/49	74
6.						
7.						
8.						
9.						

TOTAL NO OF ARREARS

SEMESTER 2

2

Staff In-charge T.SUBASHINI

S.No.	Paper	T1	T2	PS	CIA	UE
1.	Contemporary India and Education	31	43	74	817/43	70
2.	Teaching and Learning	34	31	78	811/48	69
3.	Pedagogy of Tamil-II	33	45	77	813/50	73
4.	Environmental Education	34	30	79	811/50	71
5.	Practicum - Teaching competence	-	-	80		
6.	Research Methodology	34	30	79	815/58	83
7.	Participation in Research	33	32	79	815/68	87
8.						
9.						

TOTAL NO OF ARREARS

No.	Month	No. of Working Days	No. of days Attended	No. of days Leave	OD of anty	% of Attendance
	October	18	17	1		94%
	November	21	18	3		85%
	December	22	19	3		86%
	January	18	17	1		94%
	February	20	18	2		90%
		99	89	10		89%

S.No.	Month	No. of Working Days	No. of days Attended	No. of days Leave	OD of anty	% of Attendance
1.	March	20	18	2		90%
2.	April	17	16	1		94%
3.	May	22	20	2		90%
4.	June	20	19	1		95%
5.	July	21	20	1		95%
		100	93	7		93%

FSS

HOD

DEAN

SEC



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Student performance counselling report

Academic/Career/psychological counselling: Analysis and Action Taken Report (AATR)

Date: 06/06/2022

Student details:

Student Name: PARAMESHWARAN J

Department: School of Agriculture

Sem. / Year: 2/3

Counsellor Name: Mrs.J.U.Janusia

Student Id: 1901AG1025

Program: B.Sc(Hons)Agriculture

Mobile no: 9095616486

Student Academic details:

Present semester course performance:

Course code	Course name	Before counselling	After counselling	Before counselling	After counselling	Before counselling	After counselling
		Attendance percentage	Attendance percentage	Internal marks	Internal marks	SEE Grade	SEE Grade
18 AGR 303	Geoinformatics and Nanotechnology and Precision Farming	68	84	76	91	B	A
18 GPB 302	Crop Improvement - II (Rabi Crops)	74	83	65	85	C	A
18 AGR 304	Practical Crop Production - II (Rabi Crops)	71	90	76	91	B	A
18 AGR 305	Principles of Organic Farming	67	89	74	83	B	A
18 AEC 301	Farm Management, Production & Resource Economics	74	83	71	88	C	A
18 AEN 302	Pest of Horticulture Crops and Management of Beneficial Insects	78	81	75	85	B	A
18 FSN	Principles of Food Science and	68	89	78	88	C	A

301		Nutrition						
18 302	HOR	Post-Harvest Management and Value Addition of Fruits and Vegetable	70	85	71	88	B	A
18 302	PAT	Diseases of Field and Horticultural Crops and their Management - II	73	90	73	93	B	A
18 301	PCA	Protected Cultivation and Secondary Agriculture	74	82	76	89	C	A
18 302	OPT	Elective Course	73	90	68	89		

Analysis and Action Taken Remarks

Student Performance and Remarks before Counselling:

Before counseling, it is likely that the student had accumulated a backlog of unfinished academic tasks. This backlog may have resulted from various factors such as poor time management, lack of motivation, difficulty in understanding the material, or personal challenges.

Reasons for Low/Average Performance:

Due to covid student mother expired at the time of exams. Due to that unable to perform well. She could clear all courses in supplementary which were supposed to be held in May 2022

Counsellor Action Taken to improve the student Low/Average performance:

Upon reviewing the academic performance of Parameshwaran, it has been noted that they currently have 5 backlogs. As a result, the student's overall performance is below average. The actions taken by the counselor were aimed at providing personalized support, addressing barriers, and fostering a positive learning environment.

Student Performance and Remarks after Counselling:

After the counseling sessions, there have been positive improvements in the student's performance. Studies have shown that counseling can have a positive effect on academic performance, with counseled students showing superior retention compared to their peers and improvement in their grades. Additionally, feedback from students who attended counseling sessions indicated that 93% found the sessions useful, and more than 50% showed good improvement in their academic performance.

Student and Parent Remarks:

The parents are pleased with their child's positive work habits and dedication to their studies. They appreciate their child's conscientiousness and hard work in their academic pursuits.

Parameshwaran

Signature of the
Student

[Signature]

Signature of the
Counsellor

[Signature]

Signature of the
Professor In charge

[Signature]

Signature of the
HoD

HEAD
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
1/3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU.



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Mentor counselling outcome report
Student performance counselling report

Session No:1

Date: 21/10/2022

Student details:

Student Name: PARAMESHWARAN K

Student Id: 1901AG1025

Program: B.sc(Hons)Agriculture

Department: School of Agriculture

Mobile no:9095616486

Sem. / Year:2/3

Counsellor Name: Mrs.J.U.Janusia

Student Grievance:

Parameshwaran approached the counseling center seeking guidance and support regarding his career path. During the discussion, Parameshwaran expressed his concerns and uncertainties regarding his future career prospects. He described feeling unsure about the direction he should take and sought assistance in exploring his options.

Mentor Counselling Remarks:

Insightful Approach: The mentor demonstrated an insightful approach in guiding Parameshwaran through his career exploration process, helping him identify his interests, strengths, and potential career paths.

Empathetic Listening: The mentor displayed empathetic listening skills, creating a supportive environment for Parameshwaran to express his concerns and uncertainties about his future career prospects.


Goal-Oriented Guidance: The mentor effectively assisted in setting clear goals and developing a plan of action to work towards his career objectives. This goal-oriented guidance will likely prove beneficial in helping Parameshwaran stay focused and motivated.

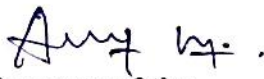
Counselling Session & Student Progress Outcomes:

Overall, the counseling session aims to empower Parameshwaran to make informed decisions about his career path, take proactive steps towards achieving his goals, and access the necessary support and resources along the way.

Parameswaran.
Signature of the
Student


Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HoD
HEAD
School of Agriculture
Ponnaiyah Ramajayam Institute
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2021-2022

Mentor counselling outcome report

Student performance counselling report

Session No:2

Date: 13/11/2021

Student details:

Student Name: PARAMESHWARAN K
B.sc(Hons)Agriculture

Student Id: 1901AG1025

Program:

Department: School of Agriculture

Mobile no: 9095616486

Sem. / Year: 2/3

Counsellor Name: Mrs.J.U.Janusia

Student Grievance:

approached the counseling center seeking guidance and support regarding his career path. During the discussion, Parameshwaran expressed his concerns and uncertainties regarding his future career prospects. He described feeling unsure about the direction he should take and sought assistance in exploring his options.

Mentor Counselling Remarks:

Action Plan Development: The mentor and Parameshwaran should collaborate to develop an updated action plan for the next steps in his career exploration journey. This includes setting new goals, identifying specific actions to take, and establishing a timeline for implementation.

Follow-Up Plan: The mentor and Parameshwaran should schedule a follow-up session to review progress on the updated action plan and address any new developments or concerns that may arise. This ensures continuity of support and accountability in Parameshwaran's career counseling journey.

Counselling Session & Student Progress Outcomes:

The second counseling session should focus on assessing progress, providing feedback and encouragement, refining the action plan, and setting the stage for continued support and progress in Parameshwaran's career exploration process.

Parameshwaran
Signature of the
Student

Jirini
Signature of the
Counsellor

B. Venkha
Signature of the
Professor In charge

Amy my
Signature of the
HoD

HEAD
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU.



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Mentor counselling outcome report
Student performance counselling report

Session No:3

Date: 05/12/2022

Student details:

Student Name: PARAMESHWARAN K

Department: School of Agriculture

Sem. / Year: 2/3

Counsellor Name: Mrs.J.U.Janusia

Student Id: 1901AG1025

Program: B.sc(Hons)Agriculture

Mobile no: 9095616486

Student Grievance:

The student experiencing test anxiety, which can impair their ability to perform to the best of their abilities during exams, despite being well-prepared.

Mentor Counselling Remarks:

During our counseling session, Parameshwaran expressed frustration and disappointment regarding his recent exam performance despite diligent preparation. He reported feeling well-prepared and confident in his understanding of the material but was disappointed with the results. Parameshwaran highlighted experiencing test anxiety and challenges with effective test-taking strategies as contributing factors to his performance difficulties.

Parameshwaran demonstrated a strong commitment to academic success and displayed a proactive approach to addressing his challenges. It was evident that Parameshwaran possesses a solid understanding of the course material and has invested significant effort into his preparation for exams.

Counselling Session & Student Progress Outcomes:

Parameshwaran expressed a commitment to implementing the recommendations discussed during the counseling session and actively engaging in strategies to improve his exam performance. He agreed to seek support and utilize available resources to address his challenges effectively.

Parameshwaran
Signature of the
Student

Janusia
Signature of the
Counsellor

B. Janusia
Signature of the
Professor In charge

Amey
Signature of the
HoD
HEAD

School of Agriculture
Punnaiyah Ramajayam Institute
Science & Technology (PRIST)
Institution Deemed to be University
Act 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

SCHOOL OF AGRICULTURE
2022-2023

Mentor counselling outcome report

Student performance counselling report

Date: 10/01/2023

Student details:

Student Name: PARAMESHWARAN K

Student Id: 1901AG1025

Program: B.sc(Hons)Agriculture

Department: School of Agriculture

Mobile no: 9095616486

Sem. / Year: 2/3

Counsellor Name: Mrs.J.U.Janusia

Student Grievance:

The student experiencing test anxiety, which can impair their ability to perform to the best of their abilities during exams, despite being well-prepared.

Session I Remarks:

In the first counseling session, I expressed my frustration and disappointment regarding my exam performance despite putting in extensive preparation. I highlighted my struggles with test anxiety and ineffective test-taking strategies, which I believed contributed to my difficulties. The counselor provided valuable insights into managing test anxiety, developing effective test-taking skills, and seeking additional support to address my challenges. I left the session feeling encouraged and motivated to implement the recommended strategies to improve my academic performance.

Session 2 Remarks:

During the second counseling session, I provided an update on my progress and shared my experiences in implementing the strategies discussed in the previous session. I reflected on the positive impact of practicing relaxation techniques and test-taking strategies, which helped alleviate test anxiety and improve my exam performance. I expressed gratitude for the ongoing support and guidance from the counselor and affirmed my commitment to continued growth and improvement in my academic endeavors.

Session 3 Remarks:

In the third counseling session, I reflected on my academic journey and the progress I had made in overcoming academic challenges. I shared my achievements in managing test anxiety, developing effective study habits, and utilizing academic support services to enhance my learning experience. I appreciated the counselor's encouragement and guidance in setting academic goals and maintaining a healthy balance between academic responsibilities and personal well-being. Overall, I left the session feeling empowered and optimistic about my academic future.

Parent Remarks

Session 1 Remarks:

As Parameshwaran's parent, I am deeply concerned about his recent academic struggles despite his dedication and hard work. During the first counseling session, I appreciated the counselor's thorough assessment of Parameshwaran's challenges with test anxiety and ineffective test-taking strategies. The counselor's guidance on managing test anxiety and developing effective study habits provided valuable insights into supporting Parameshwaran's academic success. I am hopeful that with the counselor's support, Parameshwaran will be able to overcome his academic challenges and achieve his full potential.

Session 2 Remarks:

In the second counseling session, I was encouraged to hear about Parameshwaran's progress in implementing the strategies discussed in the previous session. His reflections on the positive impact of practicing relaxation techniques and test-taking strategies were reassuring. I commend the counselor for providing ongoing support and guidance to Parameshwaran as he navigates his academic journey. I am confident that with continued effort and support, Parameshwaran will continue to improve and succeed academically.

Session 3 Remarks:

During the third counseling session, I was pleased to hear about Parameshwaran's achievements in managing test anxiety, developing effective study habits, and utilizing academic support services. The counselor's encouragement and guidance in setting academic goals and maintaining a healthy balance between academic responsibilities and personal well-being were invaluable. As Parameshwaran's parent, I am grateful for the counselor's support in empowering him to overcome his academic challenges and thrive academically. I look forward to seeing Parameshwaran continue to grow and succeed in his academic endeavours.

Mentor Analysis and Action Taken Remarks:

Session 1: During the initial counseling session with Parameshwaran, it became evident that he was facing significant challenges with test anxiety and ineffective test-taking strategies, which were impacting his exam performance. After conducting a thorough assessment of his concerns and academic history, I provided guidance on strategies to manage test anxiety, develop

effective study habits, and seek auusjional support. I emphasized the importance of practicing relaxation techniques and utilizing academic resources to enhance his exam preparation.

Actions Taken:

Discussed test anxiety management techniques such as deep breathing exercises and visualization. Provided resources for developing effective study habits and time management skills.

Encouraged Parameshwaran to seek academic support services, such as tutoring and study groups: reinforce understanding and enhance exam preparation.

Session 2: In the follow-up counseling session, Parameshwaran provided an update on his progress in implementing the recommended strategies. He reported improvements in managing test anxiety and applying test-taking skills, resulting in a more confident and strategic approach to exams. I commended Parameshwaran for his efforts and provided further guidance on setting academic goals and maintaining momentum in his progress.

Actions Taken:

Acknowledged Parameshwaran's progress and efforts in implementing strategies to address test anxiety and improve test-taking skills.

Collaborated with Parameshwaran to set specific academic goals and develop a plan for achieving them. Provided guidance on maintaining consistency in study habits and utilizing available academic support resources.

Session 3: During the third counseling session, Parameshwaran shared continued progress in managing test anxiety, developing effective study habits, and utilizing academic support services. I applauded Parameshwaran's achievements and emphasized the importance of maintaining a healthy balance between academic responsibilities and personal well-being. We discussed strategies for sustaining his academic progress and addressing any remaining challenges or areas for improvement.

Department Academic Counselling Board (DACB) Analysis and Action Taken Remarks:

Session 1: During the initial review of Parameshwaran's academic performance, the DACB noted concerns regarding his recent exam results despite apparent preparation efforts. The board conducted a thorough analysis of Parameshwaran's academic history and identified potential factors contributing to his challenges, including test anxiety and ineffective test-taking strategies. Recognizing the need for intervention, the DACB recommended personalized counseling sessions to address these issues and support Parameshwaran in improving his academic performance.

Actions Taken:

Assigned a mentor to conduct counseling sessions with Parameshwaran to address test anxiety and develop effective study habits,

Reviewed Parameshwaran's academic records and identified courses or subjects where additional support may be needed.

Provided resources and referrals to academic support services within the department, such as tutoring and study groups, to reinforce understanding and enhance exam preparation.

Session 2: In the follow-up session, the DACB reviewed progress reports from Parameshwaran's mentor and observed positive developments in his test anxiety management and test-taking skills. The board commended Parameshwaran for his efforts and encouraged him to continue implementing the strategies discussed during counseling sessions. Recognizing the importance of ongoing support, the DACB emphasized the need for sustained efforts and provided guidance on setting academic goals to maintain momentum in Parameshwaran's progress.

Actions Taken:

Reviewed progress reports from Parameshwaran's mentor to assess improvements in test anxiety management and test-taking skills.

Offered guidance on setting academic goals and developing a plan for achieving them, including strategies for maintaining consistency in study habits.

Scheduled regular follow-up sessions with Parameshwaran to monitor progress and provide ongoing support and guidance as needed.

Session 3: During the subsequent session, the DACB received updates on Parameshwaran's continued

progress and achievements in managing test anxiety, developing effective study habits, and utilizing academic support services. The board commended Parameshwaran for his perseverance and resilience in overcoming academic challenges and emphasized the importance of maintaining a healthy balance between academic responsibilities and personal well-being. Recognizing the need for continued support, the DACB reaffirmed its commitment to Parameshwaran's academic success and provided additional resources and referrals as needed.

Actions Taken:

Recognized Parameshwaran's achievements and progress in overcoming academic challenges. Emphasized the importance of maintaining self-care and balance to sustain long-term academic success.

Reiterated the availability of academic support services and provided referrals to additional resources as needed to support Parameshwaran's ongoing academic endeavors.

Student Progression before and after Mentor / DACB counselling process:

Before Counseling:

Academic Struggles: Parameshwaran experienced difficulties in academic performance, particularly in exams, despite putting in significant effort and preparation.

Test Anxiety: Parameshwaran struggled with test anxiety, which affected his ability to perform well during exams, leading to lower grades than expected.

Ineffective Study Habits: Parameshwaran lacked effective study habits and test-taking strategies, which further contributed to his academic challenges.

Frustration and Disappointment: Parameshwaran felt frustrated and disappointed by his academic struggles, which impacted his confidence and motivation.

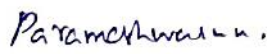
During and After Counseling:

Test Anxiety Management: Through counseling sessions with a mentor and guidance from the DACB, Parameshwaran learned strategies to manage test anxiety, such as deep breathing exercises and visualization techniques. He implemented these strategies effectively, leading to reduced anxiety levels during exams.


Effective Study Habits: With support from the mentor and DACB, Parameshwaran developed effective study habits and test-taking skills, including time management and critical thinking. He learned how to approach exams strategically, resulting in improved performance.

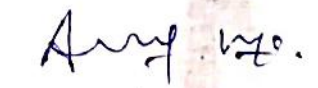
Utilization of Academic Resources: Parameshwaran actively engaged with academic support services recommended by the mentor and DACB, such as tutoring and study groups, to reinforce understanding and enhance exam preparation.

Confidence and Motivation: As a result of the counseling process, Parameshwaran experienced an increase in confidence and motivation. He felt more equipped to handle academic challenge and was optimistic about his academic future.

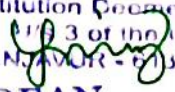

Signature of the
Student

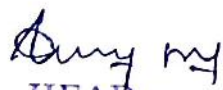

Signature of the
Counsellor


Signature of the
Professor In charge


Signature of the
HOD

School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU


DEAN
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU


HEAD
School of Agriculture
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
Institution Deemed to be University
U/s 3 of the UGC Act, 1956
THANJAVUR - 613 403, TAMIL NADU



PRIST
DEEMED TO BE
UNIVERSITY
NAAC ACCREDITED
THANJAVUR- 613 403 - TAMIL NADU

Student Performance Counselling Report

Academic/Career/Psychological Counselling: Analysis and Action Taken Report

Date: 28.08.2023

Students Details:

Student Name: VISHWANATHAN.E

Students Reg.No.:2201BM10101

Department: Management

Program: B.B.A

Sem./Year: III/II

Mobile No.: 9751544581

Campus: Thanjavur

E-Mail ID: vishwakabadi@gmail.com

Name: VISHWANATHAN.E

Counsellor Name: Prof. K. Sasikumar

Academic Details:

CGPA:7.58

No.of Backlogs: 0

No.of. Detained :0

Any other Information:

Present Semester Course Performance:

<u>Course code</u>	<u>Course Name</u>	<u>Before Counselling</u>	<u>After Counselling</u>	<u>Before Counselling</u>	<u>After Counselling</u>	<u>Before Counselling</u>	<u>After Counselling</u>
		<u>Attendance Percentage (Month -1)</u>	<u>Attendance Percentage (Month -2)</u>	<u>Internal Marks (TEST-I)</u>	<u>Internal Marks (TEST-II)</u>	<u>SEE Grade (PRE-SEM)</u>	<u>SEE Grad (AFTER SEM)</u>
20110AEC31	Tamil III	58	75	67	77	B+	A+
20111AEC32	English III	56	74	58	60	C	C
20160SEC33	Management Accounting	59	73	65	70	B	B+
20160SEC34	Marketing Management	60	70	80	87	A	A+
20160AEC35	Business Law	58	71	70	73	B+	A
20160AEC36	Human Resource Management	60	72	75	87	A	A+
20160RMC37	Research Methodology	62	75	50	63	P	B
201LSCOA	Office Automation	71	76	78	90	A	A+

No. of Courses Condonation: Zero

No. of Courses Detained: zero

K. Sasikumar
DEAN

School of Commerce and Management
Ponnaiyah Ramajayam Institute of
Science & Technology (PRIST)
THANJAVUR - 613 403

Analysis and Action Taken Remarks

Student Performance and Remarks before Counselling:	Student Performance and Remarks after Counselling:
<p>Vishwanathan.E's performance prior to counseling indicated a need for extra support and guidance to tackle both academic and emotional difficulties. It's clear that he would benefit from interventions focused on enhancing academic achievement, boosting emotional health, and promoting social integration within the academic setting.</p>	<p>Vishwanathan.E's performance after counseling has shown marked improvement across various areas, including academic performance, emotional well-being, study habits, engagement, confidence, and interpersonal relationships. The counseling intervention has had a positive and transformative impact on him overall academic and personal development.</p>

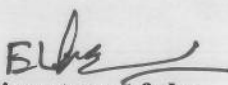
Student and Parent Remarks:

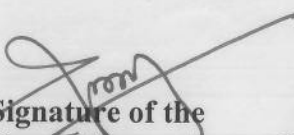
Student Remarks:

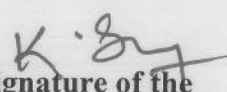
"After participating in counseling sessions, I've noticed a substantial positive change in my academic performance and overall well-being. The support and guidance from the counselor have been crucial in helping me overcome challenges and develop the skills I need for success. I feel more confident, motivated, and better prepared to handle the demands of my studies. I'm truly grateful for the opportunity to work with such a supportive and understanding counselor, and I'm excited about my progress and the future ahead."

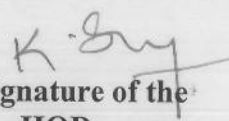
Parent Remarks:

"As a parent, I am extremely thankful for the impact counseling has had on my child's academic and personal development. The support and guidance from the counselor have significantly boosted my child's confidence, resilience, and overall well-being. I've witnessed a positive change in their attitude toward school, peers, and themselves. I'm impressed by the counselor's dedication and professionalism and the positive influence they've had on my child's life. I couldn't be happier with my child's progress and am hopeful for their continued success with the support of counseling."


Signature of the
Student/Parents


Signature of the
Counsellor


Signature of the
Professor in Charge


Signature of the
HOD
DEAN