

ST. ANNE'S DEGREE COLLEGE, VIRAJPET

REPORT ON PERSONAL COUNSELLING

As a college we should be knowing about mental strength and weakness of the students and help them to overcome the problem their going through. Hence, the counseling cell put forth their efforts in inviting the counselor, MR. CHITTIAPPA, ICTC general hospital Virajpet and MRS. VARSHINI P, district mental health department, madikeri to help us in guiding the students with the help of counseling.

YOGA AND MEDITATION TRAINING TO STUDENT

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body thought and action.

Training on yoga and meditation was given to the degree students of St Anne's degree college in the odd semester. Mr. Arjun department of Kannada took the initiative to train the students every Saturday between 9:00 am to 10:00am in the college auditorium. Students were so enthusiastic and they followed different Asanas namely Vajraasana, Trikonasana, Paavanamukthasana etc followed by Omkar Chanting. Warm up exercises were taken and all the students performed sitting and standing Asanas, importance of these were explained simultaneously students were encouraged to practice regular yoga to remain fit and improve concentration.

Regular practice of yoga will surely help our students achieve a better life physically mentally and spiritually as well.

REPORT ON REMEDIAL CLASSES

Remedial classes are designed to close the gap between what a student knows and what he is expected to know. Proper instructions can help the struggling learners to boost up their basic skills.

As a part of curriculum slow learners in each class were identified on the basis of their past performance. Monitoring of slow learners was conducted and each subject lecturers took the initiative to conduct remedial classes to the slow learners.

Remedial classes meant to improve a learning skill or rectify a problem area. It was highly beneficial to the slow learners. Results show that students who were academically underprepared achieved great success and persist longer towards their educational goals.