



ALL SAINTS' COLLEGE

Re-accredited with 'A' - Grade by NAAC

Thiruvananthapuram - 695 007, Kerala - South India

Phone : 0471-2501153, 8281334337

E-mail : allsaintscollegeasc@gmail.com, www.allsaintscollege.com

As per the DVV verification sought for Criterion 2: Teaching Learning and Evaluation

Metric No. 2.3.3- Ratio of students to mentor for academic and other related issues (Data for the latest completed academic year)

The consolidated summary report based on the issues raised and resolved in the Mentor-Mentee log is enclosed



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ISSUES RAISED AND RESOLVED IN THE ACADEMIC YEAR 2020-2021

Following are the issues raised and resolved during the mentoring process for the academic year 2020-2021

Sl. No	Mentor	Programme	Mentee	Issues Raised	Resolution
1	Dr. Liji Varghese	B. A. English Language & Lit.	Akshaya M.S	Diffident in classroom. Had difficulty responding to classroom discussions	Student given responsibilities in class and encouraged upon doing well.
		B. A. English Language & Lit.	AmalaAshaSaj	Needed help with Linguistics	Teachers handling linguistics informed. Attention being paid to student's comfort level in class
		B. A. English Language & Lit.	Anakha M.S	Had a problem with time management	Dates of submission of assignments being monitored. Student has remarkably improved.
		B. A. English Language & Lit.	Aneeshya K. Sabu	Had difficulty with framing grammatically correct sentences	Given grammar guidelines and follow-up being done through reading student's assignments and checking responses in class
		B. A. English Language & Lit.	Apama A.S	Was withdrawn in class.	Peers encouraged to make student feel more included.



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		B. A. English Language & Lit.	Arabhi Anil	Extremely slow in taking down notes, hence had difficulty keeping up or made errors.	Given writing exercises and through peer intervention, writing speed and accuracy improved.
2	Dr. Sr. Pascoela A. D'Souza	B. A. English Language & Lit.	Devika S. Suresh	Difficulty in speaking fluent English Willingness to join IAS coaching Has difficulty in concentration on studies	Directed her to listen to English News to improve her communication skill Asked her to pursue her dream Guided her to prepare a time schedule for study
		B. A. English Language & Lit.	Dhanusha S. S.	Has stage fear Has lack of confidence	Guided her to make an effort to take part in small programmes to overcome stage fear
		B. A. English Language & Lit.	Foustina Andrews	Difficulty in concentrating on studies Has an aptitude for creativity	Helped her to prepare a proper time table for personal studies Guided her to take up a professional course to develop her creativity
		B. A. English Language & Lit.	Greeshma S.	Has communication problem Has problem coping with studies	Helped her to do self reading to improve her English skills Made a time table for her to help her in her studies
		B. A. English Language & Lit.	M. Meenakshi	Wants to join IAS Has problem with creative writing and hence anxious about her exams	Guided her to join the IAS coaching To improve her writing skill asked her to write out the answers and to submit for evaluation
		B. A. English Language & Lit.	RahithaRajan P.	Has problem with communication skill and hence stage fear Anxious about exams	Gave her suggestion to join activities that will help her overcome stage fear To improve communication



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					skill asked her to do spoken English activities Helped her to prepare a time table to study
3	Dr. Raj Sree M. S	B. A. English Language & Lit.	Tophy Anto	Family issues- identity crisis	Given counseling and found to be more focused
		B. A. English Language & Lit.	Aparna Suresh	Poor writing speed	Given writing practice and found to have improved considerably
		B. A. English Language & Lit.	Angel Betty	Poor social skills	Made to do team works
		B. A. English Language & Lit.	AnsuCheriyam	poor communication skills	Got enrolled for value added course. Given role play in class
		B. A. English Language & Lit.	Aishwarya Rani	Fear of exams	Given counseling and found the root cause
		B. A. English Language & Lit.	VarshaSandeep	Bad handwriting	Given writing practice and found to have improved considerably
4	Ms. NishelPrem Elias	B. A. English Language & Lit.	Freeda Wilfred	Difficulty in focusing on the classes taken in Google Meet	Have asked to take down lecture notes while attending classes
		B. A. English Language & Lit.	Athira S.	Physically challenged- was born without the left hand. Financial problem	Have arranged for books and help with studies
		B. A. English Language & Lit.	AryaSujith	Needs to improve language skills of speaking and reading	Have suggested books for reading and practice reading loud
		B. A. English Language & Lit.	Archana Das S.K	Concerned about the exams and is anxious about performance in the upcoming exams	Suggested to try jotting down the main points taught during the class and preparing with those points for the exam.



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		B. A. English Language & Lit.	B. Meenakshi	Has problems with time management, especially when writing exams.	Practice writing within stipulated time with self monitoring
5	Ms. Simna Stephen	B. A. English Language & Lit.	Ganga S L	Needs to improve language skills of speaking and reading	Suggested books for reading and practice reading loud
		B. A. English Language & Lit.	Harsha S J	Problems with time management, especially when writing exams.	Practice writing within stipulated time with self monitoring
		B. A. English Language & Lit.	Mekha S R	Anxious about performance in the upcoming exams	Suggested to note down the main points taught during the class and preparing notes with those points for the exam.
		B. A. English Language & Lit.	Navya B S	Difficulty in focusing online classes	Have asked to take down lecture notes while attending classes
		B. A. English Language & Lit.	Sandra S	Difficulty in concentrating lessons while at home	Asked to visit libraries and do the reading there
6	Ms. SapnaSrinivas	B. A. English Language & Lit.	A S Ananya	Feeling of grief and loss over her father's death, lack of confidence in academics	Resolved by assuring her of support in transitioning into college
		B. A. English Language & Lit.	Aaliya M F	No issues raised- well adjusted	Focused on building rapport with the student
		B. A. English Language & Lit.	Akshaya A B	Wished to improve language skills	Suggested measures for the same
		B. A. English Language & Lit.	Anjana Anil	Anxiety regarding examinations	Shared tips on preparing for examinations
		B. A. English Language & Lit.	Donna Susan Thomas	Improving concentration in class	Shared some methods for the same
		B. A. English Language & Lit.	FathimaFarhana T	Effective Study techniques	Discussed time management techniques and study techniques
7	Ms. Diana V. Prakash	B. A. English Language & Lit.	Gayathri S S	1. Lack of attention in concentrating for longer time in	1. Working on attention increasing activities including



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				<p>a class or activity.</p> <p>2. Language problems including lack of adequate vocabulary in English.</p> <p>Time Management Skills lacking</p>	<p>activities to keep mind one-pointed and less distracted.</p> <p>Working on small activities without distractions for a while.</p> <p>2. Reading activities on a daily basis. Started word games.</p> <p>Keeping a time table for half day to begin with and sticking to the time table.</p>
		B. A. English Language & Lit.	Harichandana R	<p>1. Struggle to keep academic achievements consistent.</p> <p>2. Anxiety during exams</p> <p>Time management during exams, unable to finish the answers on time.</p>	<p>1. Breaking syllabus into smaller areas and studying parts of it in a fixed time keeping the exam needs in mind.</p> <p>2. Work given as remedial classes that has to done in free hours which will help boost preparation for exams and reduce anxiety.</p> <p>Small writing exercises given to practice writing in a fixed span of time so that it will aid in writing the exams confidently.</p>
		B. A. English Language & Lit.	Krishna M	<p>1. Academic performance</p> <p>2. Problems in presenting ideas in writing. Rambling writing.</p> <p>3. Challenges in spoken language and communicating verbally unambiguously.</p>	<p>1. Discussed with the other teachers and suggested ways and means to revise lessons properly and remedial classes suggested.</p> <p>2. Small writing exercises given from select books in the college library which included fun activities.</p> <p>Asked to partner with students</p>



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					of debating club, to listen to them speak and practice with them. Given more opportunities in class to express herself confidently.
8	Dr. Kavitha N	B. A. Eng. & Com. English	NajnaNizar	1. Lacking commitment to studies 2. Fear in making group presentations General lack of confidence	1. Discussed with the other teachers and suggested ways and means to revise lessons properly and remedial classes suggested. 2. Asked to partner with students of debating club, to listen to them speak and practice with them. Given more opportunities in class to express herself confidently. 3. Suggested to meet college counselor to talk more about the issue and get the required help. Improvement being monitored.
		B. A. Eng. & Com. English	Nandhana C	1. Difficulty in understanding grammar based in fear accumulated in school. Lack of concentration in class	1. Exercises given from select books in the college library. Discussed ways to improve attention including measures that need to be taken to keep mind one-pointed.
		B. A. Eng. & Com. English	Nigariga R	1. Problems in working as a group. 2. No initiative in taking up leadership roles. Problems in expressing ideas in	1. Student assigned small group work in a team that the student is comfortable with and works under the supervision of the mentor.



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				a convincing way orally.	2. Small works given that demands initiative from the side of the mentee to take lead. 3. Asked to partner with students of debating club, to listen to them speak and practice with them. Given more opportunities in class to express herself confidently.
		B. A. Eng. & Com. English	Siya Joy	1. Extreme anxiety during exams 2. Writing difficulty during exams. Unable to organize thought. Lack of time management.	1. Discussed with the other teachers and suggested ways and means to revise lessons properly and remedial classes suggested. 2. Small writing exercises given from select books in the college library which included fun activities. Suggested ways and means to stick to a time table with the aid of apps in the smart phone that aids in keeping time.
		B. A. Eng. & Com. English	UnnimayaParakkattu	1. Problems in keeping things in an orderly and organised way. 2. Absent-mindedness	1. Talked to the mentee about ways and means to improve organised working style. Allotted small pieces of work that needs to be completed in a fixed time and encouraged to keep mind in a single activity while working.
		B. A. Eng. &	ZehraKhadeejaKuttyNishat	1. Lack of reading skills.	1. Reading activities on a daily



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		Com. English		2. No interest in reading. 3. Lack of enthusiasm in academic activities.	basis. 2. Small reading exercises given from select books in the college library which included fun activities. 3. Suggested to meet college counselor to talk more about the issue and get the required help. Improvement will be monitored.
9	Ms. Joveeta Justin	B. A. Eng. & Com. English	MEENAKSHI RAJEEV	Difficulty in focusing on the classes taken in Google Meet	Have asked to take down lecture notes while attending classes
		B. A. Eng. & Com. English	NIKHITHA C S	No time management skills, especially when writing exams, anxiety regarding exams	Given model tests, and asked to read more
		B. A. Eng. & Com. English	PREETHA S B	Anxious about performance in the upcoming exams	Asked to note down points taught during the class and prepare notes for the exam.
		B. A. Eng. & Com. English	S KRISHNAPRIYA	Poor language skills	Gave LSRW practice lessons
		B. A. Eng. & Com. English	SONA K ALEX	Slow learner, issues in focusing on lessons	Gave practice exercises, extra study materials
		B. A. Eng. & Com. English	STEJI D S	Poor reading skills, less comprehension capability	Gave more reading exercises, asked to visit library often
10	Ms. Celina James	B. A. Eng. & Com. English	A V Meenakshi	Lacking Communication Skills	Recommended books for reading. Encouraged to initiate small conversations in English
		B. A. Eng. & Com. English	Aathira R Harikumar	No issues raised. Needs guidance about higher educational opportunities	Good IELTS and TOEFL books suggested. Online sites for entrance preparation to best



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					universities given
		B. A. Eng. & Com. English	Akansha S Krishna	Lack of Time Management Skill	Encouraged to plan a timetable- updated about time tracking software to predict future estimate.
		B. A. Eng. & Com. English	Ancy Raj S	Personal problems that hinders academic progress	Counselling to overcome emotional problems
		B. A. Eng. & Com. English	Anna Abel	Poor writing skills	Writing assignments given- timely feedback given for the tasks
		B. A. Eng. & Com. English	Ayilya Raj	Lacks confidence to speak	Encouraged to speak on simple topics- tips to improve body language discussed
11	Ms. Nikitha Ann Jacob	B. A. Eng. & Com. English	Megha M.R.	Student faces nervousness and anxiety	Referred therapy and counseling sessions.
		B. A. Eng. & Com. English	Sona Jose M.	Lack of proficiency in English language	Signed up for Language skills lessons online .
		B. A. Eng. & Com. English	Thasneem Salim	Student is unable to maintain connections with peers	Assigned peer groups to connect with, put in touch with student mentors.
		B. A. Eng. & Com. English	Varada M.A.	Unable to manage workload and time	Scheduled time management charts, daily journaling assignment.
		B. A. Eng. & Com. English	Sahla S	Lack of interest in academics and co-curricular activities	Remedial classes referred, signed up for different clubs
		B. A. Eng. & Com. English			
12	Ms. Surya Joy	B. A. Eng. & Com. English	Vineetha S	Difficulty using English language fluently	Encouraged to sign up for Language skills training classes, more use of language labs
		B. A. Eng. & Com. English	Anjana Chandran	Nervousness and anxiety.	Meditation and mindfulness lessons, Professional counseling



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					if required.
		B. A. Eng. & Com. English	Gayathri S	Scared of public speaking	Soft skills training classes given
		B. A. Eng. & Com. English	Jeena Jayakumar	Academic pressure from parents	Direct sessions with parents and student, gradual progress recorded
13	Ms. SamraFuad	B. A. Eng. & Com. English	Jicksy Cyril	Confidence issues	Soft Skills Development sessions
		B. A. Eng. & Com. English	Jovita Jude	Difficulty concentrating in class	Helped with pre-recorded sessions and remedial classes
		B. A. Eng. & Com. English	Shahana S.S.	Lack of reading	Supplied audiobook tools, easy reading supplements
		B. A. Eng. & Com. English	Queen Mary Iscrad	Has social anxiety	Instructed to interact in smaller, closer circles to build confidence
		B. A. Eng. & Com. English	Sandra Edward	Communication issues with parents	One on one interaction with parents , opening up communication channels
14	Dr. Sonya J. Nair	M. A. English Language & Literature	Agatha S. Kumar	Faces issues with communicating fluently in English	Provided reading material as well as encouraged to converse more in English
		M. A. English Language & Literature	Alisha Sajan	Faces difficulty in understanding literary theory and culture studies	Ensured accommodation of needs in theory classes as well as worked with student to help comprehend basic concepts
		M. A. English Language & Literature	AnjanaAji	Extremely dedicated student, but not well read.	Given more books to read and encouraged to have discussions in class
		M. A. English Language & Literature	AndraBiju	Irregular in class	Encouraged to come regularly and class teachers following up on attendance.
		M. A. English	Bhavani Vijay	Faces crisis of confidence due to	Encouraged to write creatively



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		Language & Literature		creativity issues.	and is now writing for the college magazine.
15	Ms.Kukku Xavier	M. A. English Language & Literature	Kesiya V.F	Long distance of commute affecting classroom participation	Made provisions to stay in the college hostel
		M. A. English Language & Literature	KripaKishor	Faces pressure from the family regarding academics	Encouraged to develop a more relaxed outlook and ensure equitable mental conditioning.
		M. A. English Language & Literature	Linu L.	Lack of fluency in English leading to non-participation in classroom	Given books to read, videos to watch for improving English and asked questions in class to boost confidence.
		M. A. English Language & Literature	Mary Adline Rose	Very short attention span	Given exercises to improve attention. Assignments with interconnected themes given to help establish coherent thought
		M. A. English Language & Literature	Navea G. Manohar	Frequent ill-health affecting studies and confidence.	Extra attention being paid to student in class and student encouraged to participate through generating discussions in class on matters she is comfortable about.
16	Dr. Sr. Carvalho Faustina Cicila	B. Com	Adithya Joseph	Lack of communication skills	Talk and open up yourself for conversations, group discussions, speeches, lectures, seminars
		B. Com	Gayathri R A	Lack of confidence	Initiate a talk with others
		B. Com	Meeraja B	Lack of concentration	Practice yoga
		B. Com	Mulsina S D	Lack of communication skills	Talk and open up yourself for conversations, group discussions, speeches,



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					lectures, seminars
		B. Com	Tesiya S	Has a problem of time management	Set time table for doing all the works
17	Dr.LissyBennet	B. Com	Aamina Salam	Lack of communication skills	talk and open up yourself for conversations, group discussions, speeches, lectures, seminars
		B. Com	Ajina M	Has stress issues	Exercise regularly and Do Meditation
		B. Com	Archa P Baburaj	Lack of concentration	Practice yoga
		B. Com	Devika L	Lack of communication skills	talk and open up yourself for conversations, group discussions, speeches, lectures, seminars
		B. Com	Gayatri S Krishnan	Difficulty in studying problem-based subjects	Set a systematic timetable for studying problem-based subjects
18	Dr.Sangeetha S	B. Com	Harsha Jerry	Has a problem of time management	Set time table for doing all the works
		B. Com	Jojimol J	Lack of communication skills	talk and open up yourself for conversations, group discussions, speeches, lectures, seminars
		B. Com	Meenakshi S	Lack of confidence	Initiate a talk with others
		B. Com	Neeraja	Difficulty in interacting with others	Initiate a talk with others
		B. Com	Rahana S R	Lack of language skills	To read and prepare short notes on the basis of newspapers
19	Dr.Geetharani	B. Com	Reshma Antony	Lack of communication skills	talk and open up yourself for conversations, group discussions, speeches, lectures, seminars



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		B. Com	Sneha A V	Lack of language skills	To read and prepare short notes on the basis of newspapers
		B. Com	Vaishnavi B S	Lack of communication skills	Provided brainstorm sessions
		B. Com	Aayisha A	Lack of confidence	Initiate a talk with others
		B. Com	Anjali S Menon	Lack of general knowledge	To read newspaper and prepare for quiz programmes
20	Ms. Irene Elsa Mani	B. Com	Arathi A S	Lack of confidence	Initiate a talk with others
		B. Com	AsnaMol	Lack of language skills	To read and prepare short notes on the basis of newspapers
		B. Com	Gowri L	Absent mind	Do Meditation
		B. Com	Moushni Gandhi	Lack of confidence	Orientation class provided
		B. Com	Nikita Maria Mani	Lack of patience	Practice yoga
21	Ms. Vijayalekshmi D V	B. Com	Nimisha Nixon	Has a problem of time management	Set time table for doing all the works
		B. Com	Remya S	Lack of communication skills	talk and open up yourself for conversations, group discussions, speeches, lectures, seminars
		B. Com	Rithu Raj	Difficulty in studying problem based subjects	Set a systematic timetable for studying problem based subjects
		B. Com	Sruthy Vinu	Lack of confidence	Orientation class provided
22	Dr. C. Udayakala	B. Com	Aarcha A S	Has stress issues	Exercise regularly and Do Meditation
		B. Com	Anjali Ajayan	Lack of confidence	Initiate a talk with others
		B. Com	Aswathy G	Absent mind	Do Meditation
		B. Com	Jency Jayan	Difficulty in studying problem based subjects	Attend remedial coaching class
		B. Com	Nandana Sajeey	Lack of concentration	Practice yoga
23	Dr. Anjana A	B. Com	Steffi Blaset	Has Exam Pressure	Make a revision timetable



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					according to the priority of the topic and length of the syllabus. Organize study material
		B. Com	Abhirami S P	Difficulty in studying problem-based subjects	Set time table and workout additional problems
		B. Com	Akshaya S S	Lack of communication skills	talk and open up yourself for conversations, group discussions, speeches, lectures, seminars
		B. Com	Dency S	Difficulty in studies	Set time table and to workout
		B. Com	Fathima H	Lack of confidence	Initiate a talk with others
24	Dr.Sheeba S L	B. Com	Jigini B	Has stress issues	Exercise regularly and Do Meditation
		B. Com	Mridula W	Absent mind	Do Meditation and Yoga
		B. Com	Nandhana Krishnan R K	Has Exam Pressure	Make a revision timetable according to the priority of the topic and length of the syllabus. Organize study material
		B. Com	Neethu M V	Gets distracted	Practice Meditation
		B. Com	Noorjahan	Difficulty in studying problem-based subjects	Set time table and workout additional problems
25	Dr.Reshmi K R	B. Com	Raji G	Lack of concentration in studies	Do yoga
		B. Com	Renjitha S	Difficulty in studying problem-based subjects	Attend remedial coaching class
		B. Com	Shahana N	Lack of patience	Do Meditation and Yoga
		B. Com	Vinitha S R	Lack of concentration in studies	Do yoga
		B. Com	Abinaya A B	Has Exam Pressure	Make a revision timetable according to the priority of the topic and length of the syllabus.



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					Organize study material
26	Ms.UtharaPonnu Thomas	B. Com	Liyanda James	Difficulty in studying problem- based subjects	Attend remedial coaching class
		B. Com	Pavithra B	Lack of language skills	To read and prepare short notes on the basis of newspapers
		B. Com	Revathi Raj S	Has stress issues	Exercise regularly and Do Meditation
		B. Com	SreelakshmiJyothiPrakash	Has a problem of time management	Set time table for doing all the works
		B. Com	Sujitha S	Has Exam Pressure	Make a revision timetable according to the priority of the topic and length of the syllabus. Organize study material
27	DrSrilekha Nair	M. Com	Abhirami S.	Has a problem of time management	Set time table for doing all the works
		M. Com	Anuja.M.R	Has a problem of spending too much money	take a certain sum of money that what was required
		M. Com	Chandni R. Krishnan	Lack of confidence	initiate a talk with others
		M. Com	Devi.M	Lack of communication skills	talk and open up yourself for conversations, group discussions, speeches, lectures, seminars
		M. Com	Gopika. B. R.	Difficult to follow the college routine	Do daily activities at the same time every day
28	DrReshmi R Prasad	M. Com	Lekshmi Nair G.P	Gets distracted	Practice Meditation
		M. Com	Reshma.L	Difficulty getting to grips with the new curriculum	Keep things in perspective and Choose an Incremental



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					Approach to Lessons
		M. Com	Silpa B	Has a problem of time management	Set time table for doing all the works
		M. Com	Soumya S S	Has Exam Pressure	Make a revision timetable according to the priority of the topic and length of the syllabus. Organize study material
		M. Com	SruthiFerinAlousious	Has stress issues	Exercise regularly and Do Meditation
29	Ms.JijiVijayan	B. A. Economics	ALICE T	Lack of time management	Set goals correctly and mark them after achieved
		B. A. Economics	ANU VIJAYAN L	Stress and lack of study resources	Relax your mind and stop overthinking Use library
		B. A. Economics	ANUPAMA.M. R	Nervousness about public speaking	Practice before you go to stage Smile and relax your mind
		B. A. Economics	DEVISHREE MANOJ	Public facing problem	Social network expansion
		B. A. Economics	NAVYA V JOY	Shyness and fear	Believe in yourself and do things Stop overthinking
		B. A. Economics	NITHYA. H	Time management problem	Set goals correctly and mark them after achieved
30	Ms.Sunitha L F	B. A. Economics	SAJNA NOUSHAD	Stage fear problem	Concentrate in one thing and believe in yourself
		B. A. Economics	SWARA BIJU	Nervousness about public speaking	Practice before you go to stage Smile and relax your mind
		B. A. Economics	AISWARYA J	Tension, Overthinking, lack of confidence	Expand social networking Practice Yoga and read books
		B. A. Economics	ALEENA SELESTINE	Stage fear problem	Concentrate in one thing and believe in yourself
		B. A. Economics	ANU MARY	Lack of confidence and self-	Read books and practice



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			EMMANUEL	criticism	meditation
		B. A. Economics	ANUPAMA S	Anxiety and procrastination	Establish routine and make a daily timetable
31	Ms.Anila R.	B. A. Economics	ASHNA ABOOBAKER	Fear of facing and lack of discipline	Participate in meetings and expand your social networking
		B. A. Economics	ASWATHY S KUMAR	Shyness, fearful and passiveness	Avoid overthinking and be bold
		B. A. Economics	EBEENA. R	Shyness	Expand your social networking
		B. A. Economics	FOUSIYA L	Stage fear	Concentrate in one thing and believe in yourself
		B. A. Economics	GANGA M PRAVEEN	Anxiety, overthinking and laziness	Avoid overthinking and be engaged
32	Ms.ShiniShajan A	B. A. Economics	JOSHY VARGHESE	Overthinking and problem of dependence	Avoid tension and make a goal setting
		B. A. Economics	JOYSHA A	Talk less and shyness	Be brave and talk
		B. A. Economics	MEENAKSHI MOHAN U	Procrastination and lack of time management	Set up a goal and make sure that goal is achieved
		B. A. Economics	MEENAKSHI SASIKUMAR	Sensitive and procrastination	Avoid overthinking and be bold
		B. A. Economics	RINTA ROJO	Lack of decision-making skill	Think twice before you do Focus on work
33	Dr.SmithaAsok V	B. A. Economics	SHILPA S. S.	Shyness and fearful	Avoid overthinking and be bold
		B. A. Economics	SREE LEKSHMI S	Overthinking and problem of dependence	Avoid tension and make a goal setting
		B. A. Economics	SREEKUTTY M S	Short tempered and trust issues	Focus on your decision Think twice before you do
		B. A. Economics	ATHULYA P NAIR	Blunt and distraction problems	Focus work and avoid overthinking
		B. A. Economics	AZIYA SHAMSUDEEN	Short tempered and trust issues	Focus on your decision Think twice before you do
34	Ms.Rajani V	B. A. Economics	MALAVIKA R S	Impatience and overthinking	Practice meditation and be bold



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		B. A. Economics	NEELANJALI J S	Not alert	Read books and bold
		B. A. Economics	NIMITHA SUSAN JOSE	Logical misunderstanding and lack of time management	Study well and use resources around you
		B. A. Economics	SONA RAJU	Short tempered	Focus on your decision Think twice before you do Think about others feelings
		B. A. Economics	U SREEDEVI	Sensitive, Shyness and fearful	Be smart Avoid overthinking and be bold
35	Dr.Lekha Rani M L	B. A. History	ANCY A	Lack of fluency in English language,	Through interactive sessions she developed fluency in English to an extent
		B. A. History	ANJALI KRISHNAN A	Not able to concentrate	Motivated and guided her
		B. A. History	ANJANA KRISHNA	Sensitive nature	Constant motivation made her overcome
		B. A. History	ANJU A S	Stress, lack of concentration, stage fright.	Motivation, guidance and interactive sessions helped her in overcoming her problems.
		B. A. History	ASIYA FATHIMA	Family problem	Through counselling was able to solve
36	Dr. Vidya Nair	B. A. History	ANN AJITH	Stress, lack of concentration, stage fright.	Through counselling and regular guidance was able to overcome stress to an extent
		B. A. History	ANN J	Need to improve reading and writing skills. Mood swings	Motivated her to read the newspapers daily and write summary of editorial.
		B. A. History	APARNA RATHAN	Sensitive nature, lack of listening skills	Counselling and advised her to listen to short audio/video subject related resources
		B. A. History	ASWATHY I	Stress, lack of concentration, stage fright	Through counselling and regular guidance was able to



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		B. A. History		Stage fright	overcome stress to an extent Through counselling and regular guidance was able to overcome stress to an extent
		B. A. History	ATHIRA ANI D		Arranged counseling sessions
		B. A. History	ATHIRA K	Mood swings	
37	Dr. ParvathyMenon	B. A. History	FATHIMA SITHARA J S	Laziness, lack of concentration, lack of English-speaking skills	Motivation, guidance and interactive sessions helped her in overcoming her problems.
		B. A. History	FEBA S NJANASEELAN	Lack of fluency in English	Through interactive sessions she developed fluency in English to an extent
		B. A. History	GAYATHRI V ANIL	lack of English-speaking skills	Interactive sessions helped her in overcoming her problems
		B. A. History	GOPIKA V S	Stage fright	Interactive sessions helped her in overcoming her problems
		B. A. History	GREESHMA MOHAN	Stress, lack of concentration, stage fright	Through counselling and regular guidance was able to overcome stress to an extent
38	Dr. Vijayakumari K	B. A. History	JEFLIN J	Mood swings	Arranged counseling sessions
		B. A. History	JENCY S	Lack of sufficient reading skills	Encouraged her to read additional subject related resource materials
		B. A. History			
		B. A. History	KARTHIKA	Laziness, lack of concentration, lack of English-speaking skills	Motivation, guidance and interactive sessions helped her in overcoming her problems.
		B. A. History	KEERTHY R S	Lack of fluency in English	Through interactive sessions she developed fluency in English to an extent
		B. A. History	LINJU DAS	Stress, lack of concentration, stage fright.	Through counselling and regular guidance was able to



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					overcome stress to an extent
39	Dr.MargretteLeena V	B. A. History	MUMTHAS S	Mood swings	Arranged counseling sessions.
		B. A. History	NAYANA M	Lack of sufficient reading skills	Encouraged her to read additional subject related resource materials
		B. A. History	PRAVEENA W	Stage fright	interactive sessions helped her in overcoming her problems
		B. A. History	RADHIKA SURESH	Lack of sufficient reading skills	Encouraged her to read additional subject related resource materials
		B. A. History	REMYA RAJAN	Stress, lack of concentration, stage fright.	Through counselling and regular guidance was able to overcome stress to an extent
40	Dr.Divya S R	B. A. History	SALINI S	Need to improve reading and writing skills. Mood swings	Motivated her to read the newspapers daily and write summary of editorial.
		B. A. History	SANTHIPRIYA L J	Lack of sufficient reading skills	Encouraged her to read additional subject related resource materials
		B. A. History	SHALU S	Laziness, lack of concentration, lack of English-speaking skills	Motivation, guidance and interactive sessions helped her in overcoming her problems.
		B. A. History	SHEBA R S	Lack of fluency in English language, stage fright	Through interactive sessions she developed fluency in English to an extent. Motivated her to overcome stage fright
		B. A. History	SOFIYA P	Laziness, lack of concentration, lack of English-speaking skills	Motivation, guidance and interactive sessions helped her in overcoming her problems.
41	Ms.Gayathri S	B. A. History	SONA A S	Need to improve writing skills	Encouraged her to write additional subject related resource materials



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		B. A. History	SURABHI S B	Not able to concentrate	Motivated and guided her
		B. A. History		Laziness, lack of concentration, lack of English-speaking skills	Motivation, guidance and interactive sessions helped her in overcoming her problems
			SWATHY M P		
42	Ms. Shirly Joseph	B. Sc. Mathematics	Piyusha Ullas	She was staying away from home for the first time. Her parents are employed outside Kerala and she was staying in the hostel. So there were some problems with adjustment at first.	Gave her support and guidance until she could adjust with her new environment.
			Diya Chandana	Due to personal reasons she couldn't attend some classes at the beginning of the year.	Encouraged, helped, and motivated her to continue in her studies.
43	Ms. Sebina Mathew C.	B. Sc. Mathematics	SHRADDHA PATEL	She was a student from Madhya Pradesh and so she had language problem and found it difficult to make company with classmates.	Later it was solved and she got many friends in the class and pass out with good marks and Now studying M.Sc. Mathematics in Madhya Pradesh.
		B. Sc. Mathematics	Shini S.M	Was very irregular as she had some family problems.	After talking to her and told about the importance of studies she found to regular and a happy student in class.
44	Ms. Renjini Raveendran P	B. Sc. Mathematics	Rashida R.	Fear of public speaking	Made this girl a part of some group activity and encouraged to do some announcements in the class
		B. Sc. Mathematics	Hanan Nahas	Very hard to interact with other students in the class. Also tensed in new college	After series of talks the problem was resolved, now she is happy with so many friends



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				atmosphere	
45	Dr. Sumi A R	B. Sc. Mathematics	Aswani A S	Difficulty in grasping some portions in Statistics and Mathematics.	Helped her to understand the basic concepts in difficult portions.
46	Dr. Anjana P S	B. Sc. Physics	ALSHIFA LATHEEF	Lack of confidence	Suggested counselling
		B. Sc. Physics	ANJALI VARMA A K	Issue while attempting numerical problems	Suggested extra coaching for maths session
		B. Sc. Physics	GOPIKA KRISHNA S S	Discussed about some personal issues	Had a discussion with parents and rectified
		B. Sc. Physics	AGITHA JYOTHISH J G	Exam fear	Gave mock tests to improve confidence.
47	Dr. Veena Suresh Babu	B. Sc. Physics	FELSA ANN	Time management issue while writing exams	Practice exam sessions were conducted to rectify the same
		B. Sc. Physics	LEKSHMI BALAJI	Lack of confidence	Made her to be a team leader for a survey-based activity.
		B. Sc. Physics	SHIBINA SHEHZADI	Lack of concentration	Suggested yoga/counselling
48	Dr. Motty G S	B. Sc. Physics	ABHIRAMI SUDHAKAR	Family issues and time management problems.	Discussed the issues with her family.
		B. Sc. Physics	ADITHYA B	Family issues and health issues.	Suggested counselling and advised medical help.
		B. Sc. Physics	RAMYA D	Family issues	Discussed the issues with her family.
49	Dr. Caroline Beena Mendez	M. Sc. Physics	ANCY PATRICK	Lack of confidence	Tried to make her present a seminar in class.
		M. Sc. Physics	ARSHA S	Stage fear	Asked her to actively participate in
		M. Sc. Physics	LENITTA RAJ M	Stage Fear and difficulty in public speaking	Conducted training sessions and Group activities
50	Dr. Sunita Kurur	B. Sc. Chemistry	B. Sc. Chemistry	Aswani A S	No issues. Wanted guidance for job in the field of Chemistry
		B. Sc. Chemistry	B. Sc. Chemistry	Fibitha Freddy	Difficulties due to lack of



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					reading habits because she finds it difficult to read for a longer period. Reading is restricted to mobile phones. Finds memorizing lessons difficult.
		B. Sc. Chemistry	B. Sc. Chemistry	Aparna Joseph	The student expresses stage fear and lack of self confidence
		B. Sc. Chemistry	B. Sc. Chemistry	Binsina Sakeer	She has fear and gets tensed easily. Over stress causes asthma in her.
51	Dr. Sindhu Yesodharan	B. Sc. Chemistry	Sandra S Rajan	She expresses about lack of confidence and concentration	Suggestions were given to practice yoga and meditation. Sandra being a good singer was advised to practice her singing to boost her confidence
		B. Sc. Chemistry	Abhirami P V	No issues raised. She wanted guidance regarding her guidance and resources on general knowledge and research publications	Guidance was given to her on career and some references on the extra resources were provided
		B. Sc. Chemistry	Shalu S	Some issues in difficulty to concentrate on studies	The problem was solved by giving positivity and support to her. Asked her to do some exercises and to practice mindfulness. After mentoring program, she took time out to focus her mind on something relaxing and positive
		B. Sc. Chemistry	Shipla George	No personal issues and pressed lack of confidence	Instructed her to participate in competitions and develop reading habit.
52	Dr. Siji V L	B. Sc. Chemistry	Architha K	Comprehension skills are below	Instructed her to pay more



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				par and also face social anxiety issues.	attention to surroundings, observe daily events and make notes to increase social interaction gradually.
		B. Sc. Chemistry	Arsha Vasula P N	Arsha faces issues such as anxiety and lack of confidence	Gave her public speaking lessons and assignments, and involved the whole class to help her.
		B. Sc. Chemistry	Beema S	Beema seemingly faces some issues regarding emotional sensitivity, unable to calmly handle mood variations.	Practicing mindfulness exercises referred to speaking with a professional
		B. Sc. Chemistry	Maneesha S	Excessive use of social media, poor concentration	Limiting social media use by adding time restrictions divert more attention to casual reading.
		B. Sc. Chemistry	Reshma M R	Reshma has shown a disinterest in reading. She is also facing a lack of confidence in herself.	Have instructed her to participate in more events and activities and public interaction has also given her. Some reading materials given and assigned daily portions.
53	Dr.BeenaKumariK S	B. Sc. Chemistry	Gopika R S	Gopika is a bright and curious student having leadership quality. But has stage fear and sometimes lack self confidence.	Gopika was advised to participate in various cultural events, so that she can regain her self confidence and thereby overcome her stage fear.
		B. Sc. Chemistry	Sreelekshmi S	Sreelekshmi is good in problem solving and in studying Chemistry. But needs help in physics practicals. She also need	Guide her to study Physics portions with the help of Physics teachers and provide enough career guidance to



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				proper career guidance also.	select a suitable job
		B. Sc. Chemistry	Athira S R	Athira is a dedicated student having good creative mind. She needs assistance for cracking competitive exams	Provide her proper guidance for following regular pattern of studies and gave confidence in her strengths.
		B. Sc. Chemistry	Swetha S Soman	Swetha has 60% physical disability	Gave proper assistance to overcome her disability
54	Dr.Cinthy Christopher	B. Sc. Botany	Aparna Chandran L	No particular issues were raised	Has given over all Motivation
		B. Sc. Botany	Anjana Krishna S	She confessed that due to laziness she procrastinate things which become difficult to complete	Suggestions were given to complete her activities daily and avoid procrastination
		B. Sc. Botany	Ansi Antony	Fear of public speaking and fear	She is asked to present small topics before her class and is given tips to boost confidence
		B. Sc. Botany	Ashifa A S	Ashifa is raised by her mother who is a single parent. She expressed her concerns about financial crisis and was over anxious about her mother.	She was advised to study well for the present and suggested to invest a little more time on her small business without affecting her studies
55	Dr.Nisha K K	B. Sc. Botany	Neha S S	She has great desire to express her talents but lacks confidence.	Guided her to build self esteem by appreciating herself. She is asked to read or listen the book "I can do it" by Louise Hay.
		B. Sc. Botany	Geethu Nair G L	Student has the habit of procrastination	She was advised to set goals and prioritize her work
		B. Sc. Botany	Shibino S Shibu	Over sensitive.	Counselled her to overcome sensitiveness by gaining emotional stability. Suggested to spend at least five minutes daily in meditation



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		B. Sc. Botany	Dazrin S Zahir	Lack Communication skills in English	Suggested reading English books and editorials of English newspapers.
		B. Sc. Botany	Krishna R S	Over sensitive even on small issues	Created an awareness of bad impacts of oversensitivity. Advised her to be less reactive in such circumstances .
56	Dr. Sr. Shaina T. J.	B. Sc. Botany	Haritha G	No particular issues were raised by the student	An overall motivation was given .
		B. Sc. Botany	B S Umadevi	She is a well-groomed person and did not face any serious problems	Certain suggestions were given to improve her over all activities
		B. Sc. Botany	Akshaya G Nair	Lack leadership qualities	Initiated her to a skill development programme conducted by another Institution
		B. Sc. Botany	Aparna V S	No concerns were raised by the student	Certain tips were given to concentrate on her studies.
		B. Sc. Botany	Devika A R	Low self esteem	An awareness was created about the many good characters she possessed. She was advised to read self help books like "Think and Grow Rich".
		B. Sc. Botany	AiswaryaLekshmi S R Sr.	The student raised concerns regarding laziness and procrastination	Advised her study her daily lessons and also spent her time in other constructive activities like reading, gardening etc.
		B. Sc. Botany	Hanna George	Over anxious and extremely introvert. The student has a habit of worrying about small things	Advised the student to value herself and appreciate her potentials and have a positive outlook on life. The student was given certain positive affirmations.



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57	Dr. Shirmila Jose	B. Sc. Botany	Afna Arifi J	Have a habit of overthinking and an has low self esteem	She was asked to say positive affirmations to raise her self esteem and advised her to engage herself in creative activities
		B. Sc. Botany	Safna S	Fear to face the crowd.	Directed her to develop relationships with friends and constantly make an effort to be with people.
		B. Sc. Botany	Jeena J S	The child is affected by her parents separation and now brought up by mother alone. She faces emotional and financial problems.	Constantly motivates to her to gain emotional stability and also helps her financially.
		B. Sc. Botany	Priyanka D	Spending more time on other activities like reading books and social media	Given certain tips to stay away from social media and other entertainments.
		B. Sc. Botany	Sneha Shibu	She is obsessive in minute details so that she is unable to finish other things	Suggestions are given to practice time management.
58	Dr. Shamlal	B. Sc. Botany	Anaswar R K	The student raised concerns regarding laziness and procrastination	Advised her study her daily lessons and also spent her time in other constructive activities like reading, gardening etc.
		B. Sc. Botany	Fathima Farzana S	No particular problem was observed	Suggestions were given to improve over all performance.
		B. Sc. Botany	Smrithi S Nair	Exam Phobia and forgetfulness	Certain tips were given to overcome exam fear and advised her to make short notes and diagrams to study the material. Constant monitoring is done on her studies



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59	Dr.Dhanalekshmy T G	B. Sc. Zoology	Devanandha AV	An active student participating in sports and also enthusiastic in extracurricular activities. A hostelite and was attention seeking.	Guided to become more serious in her studies and through motivational talk made her change in her behavior pattern and is now happy.
		B. Sc. Zoology	Anuja S	Lacking communication skills	Asked to read daily English newspapers and general English books like novels and simple story books. She was advised to talk in English language to her class mates at the beginning stage with confidence.
		B. Sc. Zoology	Arya SR	She was stressed in her personal life due to lack of confidence in decision making and time management.	Guided to plan the work and to effectively utilize the time productively and efficiently.
		B. Sc. Zoology	Poojalekshmy	Job related and communication skill	Asked her to attend a short term course in computer and advised her to join the Computer course conducted in the Computer centre in the College campus.
60	Ms. Divya Grace Dilip	B. Sc. Zoology	ANJITHA M MITHRAN	Lack of concentration, easily forgetting what was taught and what she learnt	She was asked to study in an area free from distractions, to improve focus and concentration. Being a kinesthetic learner, suitable teaching-learning style was incorporated and improvement in academic performance was evident.
		B. Sc. Zoology	Remya P.R	Procastination	Learnt to prepare timetables/schedules for work



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					and related activities and to follow it. She soon learnt the advantages of a systematic way of learning and working.
		B. Sc. Zoology	AleenaSajan	Too sensitive, therefore feels hurt and offended very easily	Practiced detachment, learnt to accept criticism without taking offense. Learn to walk away from toxic relationships
		B. Sc. Zoology	BABITHA JASMIN VS	Lack of self confidence hampering growth	Learnt to recognize strengths and focus on them while gradually working on issues that were an obstacle to self improvement. Learn to actively develop a positive self image and recognize the harm of constant negative thinking
		B. Sc. Zoology	AarchaShaji	Poor English communication skills	Developed a reading habit and practiced speaking and writing in English. Progress was slow but steady.
61	Dr.Siny G. Benjamin	B. Sc. Zoology	CHINCHU M	Lack of concentration	Read books and novels
		B. Sc. Zoology	DONA ANIL	Time management problem	Find some interesting hobbies like music and parallel studies was asked to make and it was efficient
		B. Sc. Zoology	MEGHA M SANTHOSH	Lack of self confidence	Recognise what she was good at and make changes appropriately. Small tasks were given to work out and improved
		B. Sc. Zoology	MERENA M	Decision making problems	Generate and organize ideas was advised and resolved




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		B. Sc. Zoology	NANDHITHA R	Lack of self confidence	Recognize her value their achievements. Identified her achievements and rewarded
62	Dr.Sherly D	B. Sc. Zoology	Sajitha A K	Lack of concentration	Helped to find out the causes of distraction and to avoid them, Prepared list of activities on everyday basis and also helped to take proper brake in between the activities for better management of studies.
		B. Sc. Zoology	Sneha V S	Language proficiency	Advised to read repeatedly and to write down what she has learned to make sure to memorize easily.
		B. Sc. Zoology	Aleena A Francis	Lack of concentration	Helped to find out the causes of distraction and to avoid them, Prepared list of activities on everyday basis and also helped to take proper brake in between the activities for better management of studies.
		B. Sc. Zoology	Divya Bosco	Forgets things studied soon	Prepared a study plan for effective learning and repeated reading and writing helped a lot.
		B. Sc. Zoology	Ganga H R	Cannot express properly	Prepared a study plan for effective learning and repeated reading and writing helped a lot.
63	Dr.Sunalya M Roy	B. Sc. Zoology	REEMA MARIAM ALEX	Too sensitive, therefore feels hurt and offended very easily	Practiced detachment, learnt to accept criticism without taking offense. Learn to walk away from toxic relationships
		B. Sc. Zoology	MEERA RAMESH	Lack of concentration	Brain exercises to increase your



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					focus, concentration, and memory helped to improve concentration.
		B. Sc. Zoology	Serin	She was a slow learner and was not able to reach up to her expectations	She was guided to be more systematic in her learning pattern. Was advised to prepare the notes of the portions completed at every weekend and revise it frequently.
		B. Sc. Zoology	Jothima	She was having some psychological problems and was under medical treatment and counseling. She was given emotional support and guidance in her studies.	She improved well in her attitude towards her friends and gained more confidence through the help extended by the staff and her classmates.
		B. Sc. Zoology	Sreelekshmi S V	She was an average student and needed only motivational support.	She was guided to listen to the motivational talks from selected personalities which improved her interest not only in her academics, but also gained confidence in proceeding in her career.
64	Dr. Reshma J. K.	M. Sc. Environmental Science	Akhila M.S.	Always need a push from others to do things	Provided her small tasks and asked her to do that without anyone's support within a specific time to improve her confidence level
		M. Sc. Environmental Science	Abhirami S.B	Time Management Issues faced during final examinations	Asked her to practice writing previous years question papers within the stipulated time
		M. Sc. Environmental	Ashmina Sadiq	Able to present things well, but is not able to write and finish	Guided her to write and prepare notes for revision and for final



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		Science		examination papers	examinations
		M. Sc. Environmental Science	Athira A V	Communication Skills in English	Asked her to read English newspapers on a regular basis and tell a small content in English, to a family member who will listen to her
		M. Sc. Environmental Science	Kavya Mohan	Over stress during examination	Gave tips to prepare a balanced academic schedule which can reduce her stress levels
65	Dr. Ayona Jayadev	M. Sc. Environmental Science	Premi A	Absent Minded behaviour	Gave small assignments and to manage this problem and monitored changes
		M. Sc. Environmental Science	Manusha L E	Slow to interact with people and stage fright	Asked her to actively involve in academic activities and constantly interact with peers to bring out the communication skills
		M. Sc. Environmental Science	Raveena L R	Self-doubt on the ability to learn	Motivated her and gave tips to improve her learning strategies and to boost her confidence
		M. Sc. Environmental Science	Akhila M.S.	Always need a push from others to do things	Provided her small tasks and asked her to do that without anyone's support within a specific time to improve her confidence level
		M. Sc. Environmental Science	Archana Santhosh S	Time Management issues prior to exams and not able to finish studying the course content	Suggested tips to improve her learning strategies before final exams



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66	Dr Deepa M		ANJANA A B	Lack of time management	Set goals correctly and mark them after achieved
			HARITHA G S	Lack of language skills and problem of overthinking	Read newspapers and journals Avoid tension
			SHALU WILFRED	Nervousness during public speaking	To Practice before going to stage. Smile and relax your mind
67	Dr. Dhanya Chandran		DHANYA DAS	Overthinking and problem of dependence	Avoid tension and make a goal setting
			VIJITHA V. S	Anxiety and procrastination	Establish routine and make a daily timetable
			AJNA P	Career related overthinking & communication skill	Asked her to attend a short-term course in skill enhancement
			AMRUTHA K U	Lack of self confidence	Learn to recognize her strengths and avoid thinking about her weaknesses



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