

Annai Hajira Women's College

Melapalayam, Tirunelveli – 627 005

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

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

3 days workshop on Life Skills for Excellence

6th to 8th February 2025



Life Skills for Professional Excellence: Achieving Competencies and Empowerment Strategies

DAY 1

- Self-Awareness & Self Understanding
- Attitude & Positive Thinking
- Critical & Creative Thinking

DAY 2

- Mindfulness & Happiness
- Effective Communication
- Emotional Intelligence

DAY 3

- Coping with Stress
- Ethics
- Holistic Well-being:
Nurturing Physical & Mental Health

INAUGURATION

February 6, 2025 | 10:00 AM
Auditorium, AHWC

In Association with

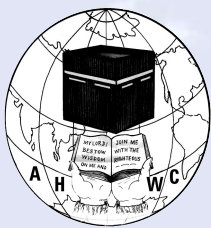


Er.S.K.Syed Ahamed
President, AHWC

Er.S.K.Kutha Mohamed
Secretary, AHWC

Haji O.K.Jafar Sauthik
Treasurer, AHWC

Dr.K.Rajab Fathima
Principal, AHWC



Annai Hajira Women's College

Melapalayam, Tirunelveli – 627 005

Accredited with B++ Grade by NAAC (CGPA 2.95 in I Cycle)
(A Unit of As-Sathiq Educational Society)
(Affiliated to Manonmaniam Sundaranar University)

In Association with

TP SOLAR LTD

A TATA Enterprise

TPCDT

St.Xavier's College

Palayamkottai

3-Days Workshop on

LIFE SKILLS FOR EXCELLENCE

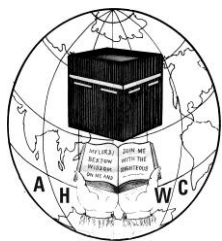
Valediction Ceremony

08.02.2025 | 02.30 P.M. | Seminar Hall, AHWC

AGENDA

1. QIRAT : **A.Arshidha**, III B.Sc. Computer Science
2. TAMIL THAI VAAZHTHU
3. WELCOME ADDRESS : **Dr.R.ANURADHA**, Assistant Professor & Head
Department of Chemistry, AHWC
4. PRESIDENTIAL ADDRESS : **Haji Er.S.K.SYED AHAMED**, President, AHWC
5. FELICITATION : **Dr.K.RAJAB FATHIMA**, Principal, AHWC
6. GUEST ADDRESS : **Mr.K.KARTHIK**, Group Head-BHR Module Plant,
TP Solar Ltd.
7. FELICITATION : **Mr.SINGARAJ**, Group Head, CST, TP Solar Ltd.
8. STUDENTS' FEEDBACK
9. VOTE OF THANKS : **Mrs.A.AYSHA NILOBAR**, Assistant Professor & Head
Department of Physics, AHWC
10. NATIONAL ANTHEM





Annai Hajira Women's College (AHWC)

Melapalayam, Tirunelveli – 627 005

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

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

Report on

3-Days Workshop on

“LIFE SKILLS FOR EXCELLENCE”

Life Skills for Professional Excellence: Achieving Competencies and Empowerment Strategies

Event Summary:

Name of the event : 3-Days Workshop on “Life Skills for Excellence”

Place of the event : Seminar Hall, AHWC

Date of the Event : 6th to 8th February 2025

Participants : III B.Sc. Chemistry, Physics, Mathematics and Computer Science Students of AHWC

Outcome and Feedback : The workshop received overwhelmingly positive feedback from the students, who appreciated the interactive sessions, insightful discussions, and opportunities for networking. The workshop achieved its objective of empowering participants with essential life skills.

The 3-day workshop on "Life Skills for Excellence" was successfully organized by Annai Hajira Women's College in association with TP Solar Ltd. – A TATA Enterprise, Tata Power Community Development Trust (TPCDT), and St.Xavier's College, Palayamkottai. The workshop, held from 6th to 8th February 2025, aimed to equip the students with essential life skills to achieve excellence in their personal and professional lives.

Day 1 (06.02.2025):

The workshop commenced with a formal inauguration ceremony on 06.02.2025, featuring Qirat, Welcome speech by Dr.R.Anuradha, Assistant Professor and Head, Department of Chemistry, Felicitation by Mrs.A.Aysha Nilobar, Assistant Professor and Head, Department of Physics and the workshop trainer Dr.R.Sahyaraj, Former Head, PG Department of Social Work, St.Xavier's College, Palayamkottai.

The trainer, Dr.R.Sahyaraj started the first day with icebreaking session and he educated the students about Self-Awareness & Self-Understanding.

In the afternoon Session, the other trainer Mrs.R.Sweety Grace, Assistant Professor, PG Department of Social Work, St.Xavier's College, Palayamkottai taught the students about Attitude, Positive thinking, Creative thinking as well about Critical thinking.



3-Days Workshop on “Life Skills for Excellence” by the trainers Dr.R.Sahayaraj and Mrs.R.Sweety Grace, PG Department of Social Works, St.Xavier's College, organised by TP Solar Ltd., TPCDT, AHC and St.Xavier's College – 06.02.2025 (Day 1) @ AHC

Day 2 (07.02.2025):

On the second day of the workshop (07.02.2025), students engaged in interactive sessions, group discussions, and hands-on activities that focused on cultivating essential life skills, including: Mindfulness - Practicing presence and awareness, Effective Communication - Developing clear and concise expression and Emotional Intelligence - Understanding and managing emotions. These engaging sessions enabled the students to explore and enhance their skills in a supportive and collaborative environment.



3-Days Workshop on “Life Skills for Excellence” by Dr.R.Sahayaraj and Mrs.R.Sweety Grace, PG Department of Social Works, St.Xavier's College – 07.02.2025 (Day 2) @ AHC

Day 3 (08.02.2025):

On the third and final day of the workshop, in the morning session, Students delved into crucial topics that promoted Overall Well-being, including: Coping with Stress i.e. Effective strategies for managing stress and anxiety, Ethics: Understanding and applying moral principles in personal and professional life and Holistic Well-being: Nurturing Physical and Mental Health.

Through interactive sessions and engaging activities, students gained valuable insights and practical tips to maintain a healthy work-life balance, foster resilience, and cultivate holistic well-being.

Valediction Ceremony

The valediction ceremony marked the conclusion of the workshop. The students and organizers expressed their gratitude to the partners, trainers, and everyone involved in making the workshop a success. Valediction Ceremony, on the Day 3 afternoon, was started through prayer recitation by A.Arshidha, III B.Sc. Computer Science, welcome address by Dr.R.Anuradha, Head, Department of Chemistry. Presidential address was given by the AHWC President Er.S.K.Syed Ahamed and felicitation by Dr.K.Rajab Fathima, Principal, AHWC.

The keynote address was delivered by Mr.Karthik, Group Head, Business Human Resource BHR module Plant, TP Solar Ltd. His inspiring speech emphasized the importance of life skills in achieving success and excellence. Additionally he conducted a session on 'Resume Building' where he guided the students on crafting effective resumes that showcase their skills, qualifications and experiences.

Furthermore Mr.Singaraj, Group Head of Corporate Social Responsibility (CSR) at TP Solar Ltd., the initiator of this workshop, shared his valuable insights on the recruitment process at TP Solar Ltd. Finally the valediction ceremony was concluded with vote of thanks and National Anthem.

ACKNOWLEDGEMENT

The success of the workshop was a testament to the tireless efforts of the organizing committee, from Annai Hajira Women's College, St.Xavier's College and TP Solar Ltd. Their dedication and commitment ensured a seamless and enjoyable experience for all participants.

The 3-day workshop was made possible through the generous financial support of TP Solar Ltd, provided through their Corporate Social Responsibility (CSR) funding. This support enabled the organizers to provide lunch and snacks to the students for the duration of the workshop, ensuring a comfortable and focused learning environment.

The effective execution of the workshop was also attributed to the unwavering support of the Annai Hajira Women's College management, whose generosity and vision enabled the organization of this enriching program.

Valediction Ceremony

The valediction ceremony marked the conclusion of the workshop. The students and organizers expressed their gratitude to the partners, trainers, and everyone involved in making the workshop a success. Valediction Ceremony, on the Day 3 afternoon, was started through prayer recitation by A.Arshidha, III B.Sc. Computer Science, welcome address by Dr.R.Anuradha, Head, Department of Chemistry. Presidential address was given by the AHWC President Er.S.K.Syed Ahamed and felicitation by Dr.K.Rajab Fathima, Principal, AHWC.

The keynote address was delivered by Mr.Karthik, Group Head, Business Human Resource BHR module Plant, TP Solar Ltd. His inspiring speech emphasized the importance of life skills in achieving success and excellence. In addition he conducted a session on 'Resume Building' where he guided the students on crafting effective resumes that showcase their skills, qualifications and experiences.

Furthermore Mr.Singaraj, Group Head of Corporate Social Responsibility (CSR) at TP Solar Ltd., the initiator of this workshop, shared his valuable insights on the recruitment process at TP Solar Ltd. Finally the valediction ceremony was concluded with vote of thanks and National Anthem.


ACKNOWLEDGEMENT

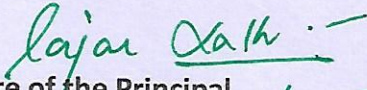
The success of the workshop was a testament to the tireless efforts of the organizing committee, from Annai Hajira Women's College, St.Xavier's College and TP Solar Ltd. Their dedication and commitment ensured a seamless and enjoyable experience for all participants.

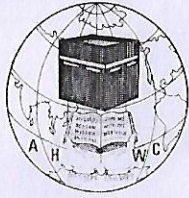
The 3-day workshop was made possible through the generous financial support of TP Solar Ltd, provided through their Corporate Social Responsibility (CSR) funding. This support enabled the organizers to provide lunch and snacks to the students for the duration of the workshop, ensuring a comfortable and focused learning environment.

The effective execution of the workshop was also attributed to the unwavering support of the Annai Hajira Women's College Management, whose generosity and vision enabled the organization of this enriching program.

The 3-days workshop on "Life Skills for Excellence" was a resounding success, and Annai Hajira Women's College looks forward to continuing its mission of empowering students and communities through innovative programs and initiatives.


10/02/2025
Co-ordinator, IQAC
Annai Hajira Women's College
Melapalayam


Signature of the Principal
PRINCIPAL 10/2/25
ANNAI HAJIRA WOMEN'S COLLEGE
MELAPALAYAM - 627 005. 4



Annai Hajira Women's College

Melapalayam, Tirunelveli – 627 005

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

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

3 DAYS WORKSHOP ON LIFE SKILLS FOR EXCELLENCE

In Association with TPCDT, TATA Power, St. Xavier's College (Autonomous), Palayamkottai

Sl. No.	Name of the Student	Register Number	Year & Department	Signature of the Student		
				06.02.2025	07.02.2025	08.02.2025
1	AARTHI M	20221021506201	III B.SC Computer Science	M. Aarthi	M. Aarthi	M. Aarthi
2	AFREEN FATHIMA I	20221021506203	III B.SC Computer Science	I. Afreen fathima	I. Afreen fathima	I. Afreen fathima
3	AFRIN FATHIMA P	20221021506204	III B.SC Computer Science	P. Afrin fathima	P. Afrin fathima	P. Afrin fathima
4	AL HASEENA A	20221021506207	III B.SC Computer Science	Al haseena	Al haseena	Al haseena
5	ARSHIDHA A	20221021506208	III B.SC Computer Science	Arshidha a	Arshidha a	Arshidha a
6	ARUL FASTINA J	20221021506209	III B.SC Computer Science	J. Arul Fastina	J. Arul Fastina	J. Arul Fastina
7	ASMA PARVIN S	20221021506210	III B.SC Computer Science	Asma	Asma	Asma
8	AYESHA BARVIN M	20221021506211	III B.SC Computer Science	Ayesha	Ayesha	Ayesha
9	AYSHA SHAFIYA S	20221021506212	III B.SC Computer Science	Aysha shafiya s	Aysha shafiya s	Aysha shafiya s
10	ESSAKIAMMAL B	20221021506213	III B.SC Computer Science	B. Essakiammal	B. Essakiammal	B. Essakiammal
11	FAIROSE P	20221021506214	III B.SC Computer Science	P. Fairrose	P. Fairrose	Absent
12	FARHA THASNIM M	20221021506215	III B.SC Computer Science	M. Farha	M. Farha	M. Farha
13	HAJIRA THASNEEM J	20221021506216	III B.SC Computer Science	Hajira thasneem j	Hajira thasneem j	Hajira thasneem j
14	INDHU BHARATHI P	20221021506218	III B.SC Computer Science	P. Indhu	P. Indhu	P. Indhu
15	JASRIN FATHIMA S	20221021506219	III B.SC Computer Science	S. Jasrin fathima	S. Jasrin fathima	Absent
16	JEBINA R	20221021506220	III B.SC Computer Science	R. Jebina	R. Jebina	R. Jebina
17	JUMANA HASEEN M	20221021506221	III B.SC Computer Science	M. Jumana haseen	M. Jumana haseen	M. Jumana haseen
18	MARIAM MIRZA K	20221021506222	III B.SC Computer Science	Mariam Mirza k	Mariam Mirza k	Mariam Mirza k
19	MARZOOQA S A	20221021506223	III B.SC Computer Science	M. Marzooqa	M. Marzooqa	M. Marzooqa

Sl. No.	Name of the Student	Register Number	Year & Department	Signature of the Student		
				06.02.2025	07.02.2025	08.02.2025
20	MOHAMED SHABANA S M	20221021506224	III B.SC Computer Science	Shabana	Shabana	Shabana
21	MOHAMED AMEER ABROSE M	20221021506225	III B.SC Computer Science	Abrose	Abrose	Abrose
22	MOHAMED FARITAL ALFINA P	20221021506226	III B.SC Computer Science	Alfina	Alfina	Alfina
23	MOHAMED MURZEEDHA J	20221021506227	III B.SC Computer Science	Murzeedha	Murzeedha	Murzeedha
24	MUPPIDATHI K	20221021506228	III B.SC Computer Science	K.Muppidathi	K.Muppidathi	K.Muppidathi
25	MYDEEN BEEVI FARSHANA S	20221021506229	III B.SC Computer Science	Mydeen	Absent	Mydeen
26	MYDEEN FARITHA M	20221021506230	III B.SC Computer Science	M.Fartha	M.Fartha	M.Fartha
27	NIGHA MIRSHA H	20221021506232	III B.SC Computer Science	Nigha	Nigha (O.D)	Nigha
28	RAHUMAL S	20221021506233	III B.SC Computer Science	Rahumal	Rahumal	Rahumal
29	RAKSHAANA N	20221021506234	III B.SC Computer Science	Raksha	Raksha	Raksha
30	RASOOL ALFIYA J	20221021506235	III B.SC Computer Science	Rasool	Rasool	Rasool
31	ROSHAN SABIKA R	20221021506236	III B.SC Computer Science	Roshan	Roshan	Roshan
32	RUBINA S	20221021506237	III B.SC Computer Science	Rubina	Rubina	Rubina
33	SAMIHA A	20221021506238	III B.SC Computer Science	Samaha	Samaha	Samaha
34	SANTHANA MUTHU LAKSHMI P	20221021506239	III B.SC Computer Science	P.Sandya	P.Sandya	P.Sandya
35	SHAJITHA JAMEEMA N	20221021506240	III B.SC Computer Science	Shajitha	O.D	Shajitha
36	SIRAJ NISHA K	20221021506241	III B.SC Computer Science	Siraj	Siraj	Siraj
37	SUGAINA BANU S	20221021506242	III B.SC Computer Science	Sugaina	Sugaina	Sugaina
38	SYED MURSHITHA FATHIMA M	20221021506243	III B.SC Computer Science	Murshitha	Murshitha	Murshitha
39	THAJUN NISHA S J	20221021506244	III B.SC Computer Science	Thajun Nisha	Thajun Nisha	Thajun Nisha
40	THAMEENA P	20221021506245	III B.SC Computer Science	Thameena	Thameena	Thameena
41	UMU SALMA S	20221021506246	III B.SC Computer Science	Absent	Umu salma	Absent
42	WAJEHA NILOFER K	20221021506247	III B.SC Computer Science	Wajiha	Wajiha	Wajiha
43	YASMIN S	20221021506248	III B.SC Computer Science	Yasmin	Yasmin	Yasmin
44	ALI NABINA S	20221021522201	III B.SC Physics	Ali	Ali	Ali
45	HALITHA ROSHAN S	20221021522202	III B.SC Physics	Absent	Absent	Absent
46	JEENA JASMINE T A	20221021522203	III B.SC Physics	Absent	T.A. Jeena Jasmine	Absent
47	MEHAR NISHA T	20221021522205	III B.SC Physics	T.Mehar nisha	T.Mehar nisha	T.Mehar nisha

Sl. No.	Name of the Student	Register Number	Year & Department	Signature of the Student		
				06.02.2025	07.02.2025	08.02.2025
48	MUTHULAKSHMI S	20221021522206	III B.SC Physics	S. Muthulakshmi	Absent	S. Muthulakshmi
49	NASEEN RUHAITHA N	20221021522207	III B.SC Physics	N. Naseen Rukshana	Naseen Rukshana	Naseen Rukshana
50	SAMEERA T N	20221021522208	III B.SC Physics	Y.N. Sameera	Absent	Absent
51	SELVA PRIYA R	20221021522209	III B.SC Physics	R. Selva Priya	R. Selva Priya	R. Selva Priya
52	SHAMIMA RUKSHANA P M	20221021522210	III B.SC Physics	P.M. Sh Rukshana	P.M. Sh Rukshana	P.M. Sh Rukshana
53	AFRIN TAJ S	20221021517201	III B.SC Mathematics	S. Afrin Taj	S. Afrin Taj	S. Afrin Taj
54	AHAMED SULTHANA P	20221021517202	III B.SC Mathematics	P. Ahamed Sulthana	P. Ahamed Sulthana	P. Ahamed Sulthana
55	FAHIRA BEGAM M	20221021517204	III B.SC Mathematics	M. Fahira Begam	M. Fahira Begam	M. Fahira Begam
56	MOHAMED IRFANA S S	20221021517205	III B.SC Mathematics	S.S. Mohamed Irifana	S.S. Mohamed Irifana	S.S. Mohamed Irifana
57	RIFQA S	20221021517206	III B.SC Mathematics	S. Rifqa	S. Rifqa	S. Rifqa
58	SAJERATH BANU A	20221021517207	III B.SC Mathematics	A. Sajerath Banu	A. Sajerath Banu	A. Sajerath Banu
59	SAKTHI LAKSHMI S	20221021517208	III B.SC Mathematics	S. Sakthi Lakshmi	S. Sakthi Lakshmi	S. Sakthi Lakshmi
60	SUHANA S	20221021517209	III B.SC Mathematics	S. Suhana	S. Suhana	S. Suhana
61	AASIMA FATHIMA G	20221021504201	III B.SC Chemistry	A. Asima Fathima	A. Asima Fathima	A. Asima Fathima
62	ASHIKA S	20221021504202	III B.SC Chemistry	Ashika S	Ashika S	Ashika S
63	ISMAYIL BEEVI M	20221021504203	III B.SC Chemistry	Ismaeil Beevi	Ismaeil Beevi	Ismaeil Beevi
64	JANNATHUL FIRTHOUSE M	20221021504204	III B.SC Chemistry	Jannathul Firthouse	Jannathul Firthouse	Jannathul Firthouse
65	KANAGAVALLI M	20221021504206	III B.SC Chemistry	Kanagavalli M	Kanagavalli M	Kanagavalli M
66	LAKSHMI U	20221021504207	III B.SC Chemistry	U. Lakshmi	U. Lakshmi	U. Lakshmi
67	MOHAZEEMA M	20221021504208	III B.SC Chemistry	Mohazeema M	Mohazeema M	Mohazeema M
68	PON ANANTHI E	20221021504209	III B.SC Chemistry	Pon Ananthi E	Absent	Pon Ananthi E
69	SABREEN S R	20221021504210	III B.SC Chemistry	S.R. Sabreen	S.R. Sabreen	S.R. Sabreen
70	SANTHANAMARI R	20221021504211	III B.SC Chemistry	R. Santhanamari	R. Santhanamari	R. Santhanamari
71	SYED SALIHA BANU S M	20221021504212	III B.SC Chemistry	Syed Saliha Banu	Syed Saliha Banu	Syed Saliha Banu
72	THOULATH NISHA R	20221021504213	III B.SC Chemistry	Absent	R. Thoulath Nisha	R. Thoulath Nisha

[Signature] 10/02/2025



Annai Hajira Women's College

Melapalayam, Tirunelveli – 627 005

Accredited with B⁺⁺ Grade (CGPA of 2.95 out of 4.0) by NAAC (I Cycle)

(A Unit of As-Sathiq Educational Society)

(Affiliated to Manonmaniam Sundaranar University)

★ Congratulations to Our Selected Students! ★

TP Solar Ltd. Campus Recruitment – 17th May 2025

We are delighted to announce that six of our students have been selected by TP Solar Ltd. following the recruitment interview held on 17th May 2025. These students were part of the CSR Training Program conducted by the company in February 2025, and their hard work and commitment have led to this achievement.

Selected Students

III B.Sc. Chemistry



Ismayil Beevi M



Lakshmi U



Mohazeema M



Santhanamari R



Thoulath Nisha R

III B.Sc. Computer Science



Asma Parvin S

We, the Management and Staff, extend our heartfelt congratulations and wish them continued success in their journey with TP Solar Ltd.

Well done and best wishes for a bright future!