

# JEEVANI CENTRE OF STUDENT

## WELL-BEING

Jeevani College Mental Health Awareness Programme

Directorate of Collegiate Education, Government of Kerala.

GOVT. COLLEGE MOKERI.

### ANNUAL REPORT 2023-2024

Jeevani (Centre for student's well-being) is a project by the Department of Collegiate Education, Government of Kerala, in technical collaboration with National Institute of Mental Health & Neuroscience (NIMHANS), Bengaluru which focuses on the mental well-being of the students in the government colleges in Kerala. JEEVANI- A preventive and promotional model of Mental Health and well-being started in our college since Last week of July 2023.

The project aims to promote mental health for college students and to improve awareness among them. This programme helps to identify psychological issues among college students. The main objectives under the project in our campus were:

- Conducting programmes for creating awareness about mental health.
- Providing Psycho educational classes for enrolled students.
- Counseling of students having psychological issues, early detection of student's problems.
- Educational support: Jeevani worked as a collaborator with college NSS, NCC, WWS, Women cell, Vimukthi etc...

Jeevani at Govt.College Mokeri started functioning in the last week of July 2023. Government College Mokeri is a renowned educational institution located in Kozhikode, Kerala. The college has excelled in both academic and non-academic fields. The college is affiliated with Calicut University.

The college offers different courses such as B.A., B.Sc., B.BA,M.COM. Total number of students enrolled in college is 1000 and total faculty strength is 32 .

The main objective of Jeevani at its initial stage was to provide more information about the project and to avoid social stigma on counseling. The coordinator of the jeevani programme is Dr.Dinesh.M.P Assistant professor, Department of Econometrics .Two Day/week jeevani counselor is available at Govt.College Mokeri. Government College Mokeri was appointed jeevani Counsellor.

### Report of work during 2023-2024.

Total Working days: 66 Days

Part 1: Counseling Services

A. Number of sessions

Total number of students who availed counseling services: 30 case

Number of follow -Up sessions: 7

Number of various categories: 30 UG

B: Nature of stressors reported by the student

Academic: 3

Relationship issues: 3

Career related: 4

Active suicidal ideational: 2

C: type of referral

Self-reference: 26

Teachers: 4

D: nature of interventions: Individual: 28

Family: 2

Part 11: Mental Health Awareness class.

JEEVANI (Centre for student's well-being) conducted a mental awareness class on 20th July 2023, for Final year Econometrics Students. The class mainly focused on dealing with the importance of mental well-being of college students, how to promote mental health, effects and influence of drugs on campus. Jeevani psychologist Mrs. Nafla.A addressed the common issues faced by the college student's mainly on psychological problems seen like Anxiety, Depression, Exam fear, suicidal tendency, Personality disorder and the use of substance abuse on campus. After the talk, students were engaged in detailed discussion.

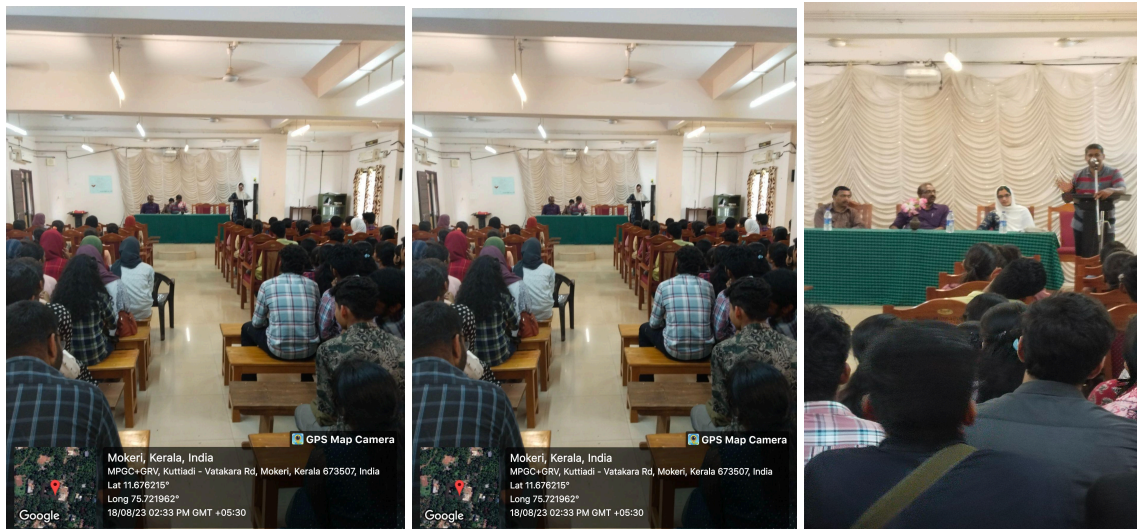
On 31/07/23 at 10.00 A.M the Jeevani Centre for student well being conducted an awareness class for 2nd year chemistry department Students. The Topic Was "Healthy Relationships". The class was conducted by Jeevani Psychologist Mrs. Nafla.A. It focuses on different personality Disorders, traits, how to identify Healthy relationships and coping mechanisms. A lot of doubts were asked. It was an informative session.

On August, 1st 2023, a one Hour class was conducted by Jeevani Centre for Commerce department students in order to spread awareness of mental Health and psychological Well-being. The class focuses on what is mental health, the relationship between physical health and Mental Health.

On August 2nd 2023, a class was conducted by jeevani center for English 2nd Year Students. It focuses on Career related concerns, talk about their Strength, aptitude Test etc. So many students are confused about their careers and jeevani counselors explore some pathways and some of the aptitude tests also.

## Part 111: Mental Health Promotional Activities.

The campaign was mounted by the State Excise Department. “Vimukthi” is an anti-narcotics Campaign launched by the Govt of Kerala to highlight seriousness of drug use and awareness among Youths. It is a collective effort aimed at eradicating all sorts of narcotic substances from Kerala. The Programme was conducted by Jeevani Centre for students well being on August 18, 2023 at Govt. College Mokeri. The class was conducted by sri. Jayaprasad C.K Preventive officer, Excise Department at vadakara. The class includes physiological and psychological aspects of drugs, social and community impacts, strategies for prevention and intervention. The anti-drug awareness class achieved its objectives by providing valuable insights and fostering a commitment to a drug free commitment.



Jeevani Center for Student’s Well-being conducted a webinar on September 21, 2023 in observance of world suicide prevention month . The theme was” Creating Hope through Action”. Psychology apprentice MS.Nafla.A was speaker on the topic and the programme was held on through google meet platform . The session was up to 1 hour.A total of 20 participants attended the session . discussed about myths and facts about suicide, signs and symptoms of suicide.

Jeevani centre of students well being conducted a mental health awareness class in association with National Service Scheme and Women Cell on 16<sup>th</sup> October 2023 at 2.00.P.M. The programme was inaugurated by the College principal Mr. Ashraf.K.K. The class was handled by Ms.Anusree clinical psychologist at thanal school for differently abled. The topic was importance of mental health in adolescence.70 participants attended the session.The vote of thanks followed by Ms. Nafla Jeevani counselor



National service scheme in association with Jeevani Cell organized a yoga training Class on December 5<sup>th</sup> , 2023 at Government College Mokeri .The programme was started with a welcome speech by Nafla.A Jeevani Counselor. Yoga training was conducted by sri. Byju.P.B.Yoga instructor. The session included demonstration and detailed description of benefits of yoga, and relationship between yoga and mind. The vote of thanks followed by Rishi from Math’s department.



On February 6<sup>th</sup> , 2024,Jeevani Cell conducted a Life Skill training Class for first year Econometrics., the session handled by Jeevani Psychologist. The class included 10 life skills by WHO and explained life skills with examples. The students participated in roleplays. It was an interactive session.

. Part IV: Other Assignments: Nil

Part V: Trainings attended by the Apprentice:

- 1Jeevani suicide prevention orientation on 7/09/23
2. Skill training for Jeevani Counselors on 17/10/23
3. Skill training for jeevani counselors on 18/10/23
4. Interactive session on basic skills in counseling the youth on 20/10/23
5. Webinar on relaxation procedures and mindfulness based interventions on 25/10/23.
6. Webinar on how to deal with psychosis and suicidality in college counseling on 26/10/23.

Name of the Jeevani Apprentice: Nafla.A

Name of the Jeevani Coordinator: Dr.Dinesh .M.P

Place:

Date:

