

**GOVERNMENT COLLEGE KARIAVATTOM**  
**JEEVANI CENTRE FOR WELL-BEING**  
**ANNUAL REPORT 2020-21.**

Jeevani centre for well being is an initiative by the Directorate of Collegiate Education, Government of Kerala which focuses on the mental well-being of the students. The centre helps the students to deal with the issues they face in their academic and personal life. It also ensures early identification of psychological issues and helps them by providing professional help. Every academic year, a Psychology Apprentice is appointed.

For the academic year 2020-21, Vishnu S was appointed as the Psychology Apprentice on 1st of January 2021 and Ms Ashwini Ashok was appointed as Coordinator, Jeevani. Due to the pandemic, most of the sessions were held online.

To start with, all the departments of the college were given an orientation about the centre for well-being. The orientation classes were conducted separately for each year. During the orientation, the Psychology Apprentice discussed SWOT analysis, a self analysis method to understand oneself better.

Many students made use of the personal counselling services and there were follow up sessions too. Some of the cases dealt were anxiety disorder, depression, study related issues, interpersonal relationship issues and family issues

Some of the commonly used therapeutic techniques were REBT(Rational Emotive Behaviour Therapy), CBT (Cognitive Behaviour Therapy) and Person-Centred Therapy.