

JEEVANI CENTRE OF STUDENT WELL-BEING

Jeevani College Mental Health Awareness Programme

Directorate of Collegiate Education, Government of Kerala

GOVERNMENT COLLEGE, KARIAVATTOM,

THIRUVANANTHAPURAM

ANNUAL REPORT 2023-2024

Jeevani (Center 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 & Neurosciences (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 August 2019. The project aims to promote mental health for college students and to improve awareness among them. This programme helps to identify psychological issue among college students. As a part of the programme numerous activities were held on college campus. 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
- Counselling of students having psychological issue
- Early detection of students problem
- Educational support
- Jeevani worked as a collaborator with college NSS, NCC, WWS (Walk with scholar), SSP (Scholar Support Programme). Women cell, Vimukthi etc....

- Development of Life skill and social skill among college students

Jeevani center for student wellbeing started functioning at Government college, Kariavattom, Trivandrum 24 July 2023. Ms. Aiswarya A.U was appointed as the psychology apprentice and Ms. Ashwini Ashok (Assistant Professor) was to improve awareness and promote the significance of mental health among college students, ensure early identification of psychological issues and help them by providing professional help. Kariavattom Government College Jeevani Center was functioning from 25/7/2023 at Nalukett Room No: NK10 from 9.30 PM to 4 PM. The nodal office of Jeevani Center is Government Women's College, Vazhuthacaud, Thiruvananthapuram.

The functioning of the center was based on the three levels of services: one is universal prevention which includes the promotional programmes and classes organised by the counsellor for the entire college community. Second one includes selective intervention which involve certain target groups of individuals who are at risk of developing a mental health condition and the third one is indicated interventions for small groups or individuals which involve personal counselling sessions.

The main objective of Jeevani at its initial stage was to provide more information about the project and to avoid social stigma on counseling. At the beginning stage with the help of Jeevani coordinator Ashwini Ashok madam we made a chart to visit all those classes in the college and introduced the aim of the project. Also discussed different topics in every classes includes,

- *General awareness to promote positive mental health*
- *The importance of counselling*
- *Awareness about Psychological issues faced by students*

- *The use and abuse of substance*
- *Maintaining good and fruitful interpersonal relationships*
- *Healthy relation among classmates*
- *Good and effective teacher student relationship*
- *Family issues and relationships problems*
- *Educational support*
- *Crisis management*
- *Major psychological issues like anxiety, depression, stress*
- *academic issues, interpersonal issues, anger management issues, career related issues etc*

Part I: Counselling Services

A. Number of Sessions

- Total Number of students who availed counselling services:76
- Number of New Cases:32
- Number of Follow-up sessions:48
- Number of various categories:
 - Male students :15
 - Female students :61
 - Differently abled:1

B. Nature of Stressors reported by the student

- Academic: (no.) 60
- Financial: (no.) 25

- Number of students who reported issues related to family (not including inter personal issues with family members):40
- Number of students who reported relationship issues with family members :55
- Number of students who reported inter personal issues in romantic relationships:50
- Number of students who reported interpersonal issues among peers:42
- Number of students who reported issues with teachers/ authorities:30
- Number of students who reported stressors related to career decisions making and achievement :10
- Number of students who were referred to counselling due to absenteeism:2
- Number of students who reported some form of crisis (who needed immediate intervention):3

- Active Suicidal Ideation: (no.):1
- Anxiety disorders :20
- OCD:2
- Trauma and stressor related disorders:40
- Eating Disorder :1
- Depressive disorder(mild-moderate):6

- Severe mental illness (Bipolar depression):1
- Personality disorder :2

C. Type of Referral:

- Self-Reference: (no.) 60
- Teachers: (no.) 8
- Friends, peer group etc. (no.):8

D. Nature of Intervention:

- Individual / Family counselling: (No.):70
- College level intervention: (no.) 5
- Family: (no.) 2

Part II: Mental Health Awareness Classes taken for various batches of students:

As part of promotional activities one hour orientation class about the significance of mental health care was given to the students in all departments.

On 27/7/2023 one hour orientation class about the significance of mental health care was given to the students of Geogrphy department.

On 28/7/2023 one hour orientation class about the significance of mental health care was given to the students of PCA department.

An anti-ragging awareness class and rally was held on 8 September 2024 in association with the Students' Union as part of the Anti-Ragging Week.

Part III: Mental Health Promotional activities and Collaborations (Observance of Days, Collaborative Programs with Other agencies)

A mental health awareness class and poster making competition was conducted for the students on 25 October 2023 in collaboration with the National Service Scheme as part of the Mental Health Day celebration.

From 10/ 11 /2023 to 12 /11/ 2023 participated in the nature study camp held at Shenduruny Wildlife Sanctuary, Thenmala as part of NSS activities along with NSS volunteers. The camp conducted by the Kerala Forest Department was a good experience for the students to study nature and life. The nature study camp was quite helpful in making the students aware of the need for nature conservation.

As part of the World AIDS Day celebrations, an AIDS awareness class and quiz competition was organized under the joint auspices of the National Service Scheme of Government college, Kariavattom, and Jeevani on 4/12/2023

Participated in a seven-day residential camp organized by the National Service Scheme at Kariyavattam Government College from 21st to 27th December 2023. as part of the NSS camp, the students were given various classes on quality of life, wellbeing, life skills and anxiety management.

On the occasion of International Women's Day, a seminar was organized on 9th March 2024 in collaboration with NSS on ' how to combat sexual violence'.

Other Assignments/ Extension work

Keraleeyam is an annual festival held in Thiruvananthapuram, the capital city of Kerala. It celebrates the development and achievements of Kerala and its culture. The festival includes seminars, exhibitions, trade fairs, film festivals, food festivals, flower show, light shows, cultural fests, B2B meetings etc, and is spread across more than 40 venues.

The two stalls received by the Directorate of Collegiate Education as part of the Keralayam celebration were also displayed under the leadership of Jeevani. Jeevani has showcased all the milestones and mental health programs since its inception. From November 1st to 5th, I was able to be a part of Jeevani Stall, which has become the pride of the College Education Department and provide service to the public.

Trainings attended by the Apprentice:

Participated in Skills Training Program conducted for Jeevani Counselors from 17/10/2023 to 26/10/2023

SL.NO	DATE	DETAILS
1	17/10/2023	Simple Strategies for Counselors to Handle Behavioral Addiction
2	18/10/2023	General Framework and Daily Functioning of

		Jeevani Counselors
3	20/10/2023	Basic Skills in Counseling the Youth
4	25/10/2023	Relaxation Procedure and Mindfulness-Based Intervention
5	26/10/2023	When and How to Deal with Psychosis, Suicidality in College Counseling

Appendix:



Government College Kariavattom
Jeevani Centre For Student's Wellbeing & Counselling Cell
In collaboration with
IQAC & NSS Unit I7A&B

Organizes




Session On Mental Health & Poster Making Competition
Resource Person : Alswarya A U (Jeevani Counsellor)

25th October 2023
Seminar Hall, Administrative Block
10.30am

Dr Sandhia GS (Principal)
Ms. Parvathy Sobhanan (NSS PO)

Dr Radhika Achuthan (IQAC Coordinator)
Dr. Abhilash (NSS PO)
Ms. Ashwini Ashok (Jeevani Coordinator)



Government College Kariavattom
National Service Scheme Unit 17 A & B
In collaboration with




Aids Awareness Session And Inter Department Quiz Competition
Resource Person : Alswarya A U (Jeevani Counsellor)
Quiz Master : Aparna Sunil (2nd DC PCA)

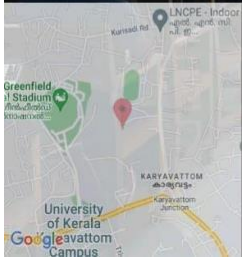
4th December 2023
1.30pm

Seminar Hall , Admin Block

" Let communities lead "







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Thiruvananthapuram
Kerala
India

2023-12-04(Mon) 01:52(pm)

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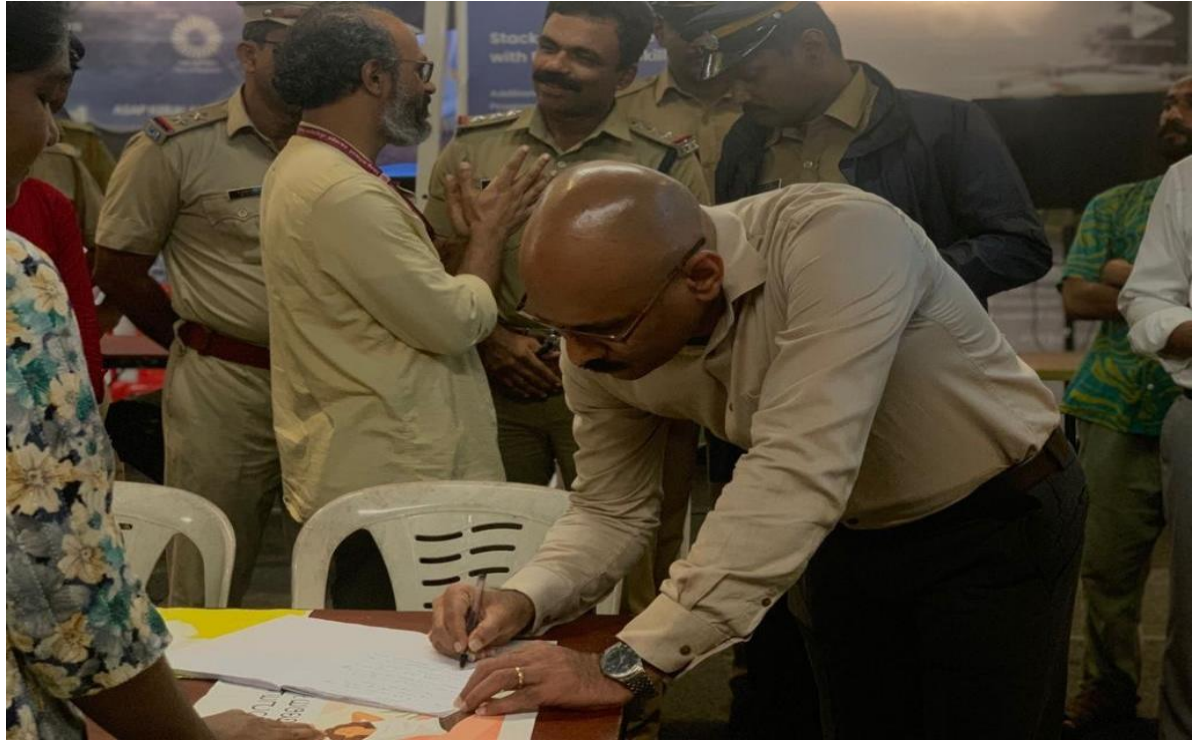
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GOVERNMENT COLLEGE, KARIAVATTOM,

THIRUVANANTHAPURAM

26 /03/2024

Name of the Jeevani Apprentice:

Ms.Aiswarya A.U

Name of the Jeevani Coordinator:

Ms.Ashwini Ashok

(Assistant Professor)