

Jeevani Centers for Student Well being  
Annual Report (2021-2022)

Government College, KARIAVATTOM  
Thiruvananthapuram

Jeevani Centers for Student well being started functioning at government college, Kariavattom, Trivandrum. Both September 2021. Ms. Aiswarya A.U was appointed as the psychology apprentice and Ms. Aswini Ashok (Assistant professor of French) 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.

The functioning of the center was based on three levels of services: One is universal prevention which includes the promotional programmes and classes organised by the college counsellors for the entire college community. Second one includes the promotional 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.

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

departments.

A webinar on the topic "Local Setting in academic period" conducted on 30<sup>th</sup> September 2021. The main aim of the programme was to make students aware about their future goals / careers prepare an active plan to achieve their up coming Semester examination, by perceiving it as a sub goal for their ultimate goal.

From 26/11/2021 to 30/12/2021 as part of the NSS camp, the students were given various classes on quality of life, well being, life skills and anxiety management.

As part of women's day celebrations on march 8, a class on the topic "women and Law" was organized. The class was taken by Advocate Sabitha .M. a legal expert from MITRA, Thiruvananthapuram.



Cycledrama  
 Butterfly Park  
 KARYAVATTOM  
 Google  
 Permanent Penitentiary  
 Pamban Fort  
 2024-12-28 (Tue) 12:41 (pm)

... to be ...  
 ... which ...

# GOVERNMENT COLLEGE KARIAVATTOM

THIRUVANANTHAPURAM, KERALA - 695581,



## Certificate of Participation

This certificate is granted to

**Smt. Aiswarya A. U.**

Psychologist, Jeevani, Government College Kariavattom  
for being Resource Person in the Seven Days Annual Residential Camp

**'SAHITHAM'**

organised by National Service Scheme Unit 17 A & B,  
Government College Kariavattom, Thiruvananthapuram, Kerala, India  
from 23/12/2021 to 29/12/2021

Dr. Nishad N.  
NSS Program Officer

Dr. C. R. Dharmaraj  
NSS Program Officer

Dr. Subeen H. M.  
IQAC Co-ordinator



Smt. Jaya A. S.  
Principal



**Government College, Kariavattom**  
**Accredited by NAAC with B Grade**  
**Thiruvananthapuram**

### JEEVANI

Center for Student Well being

In association with

Counselling cell, Women cell and IQAC

In connection with

The International women's Day Celebrations 2022

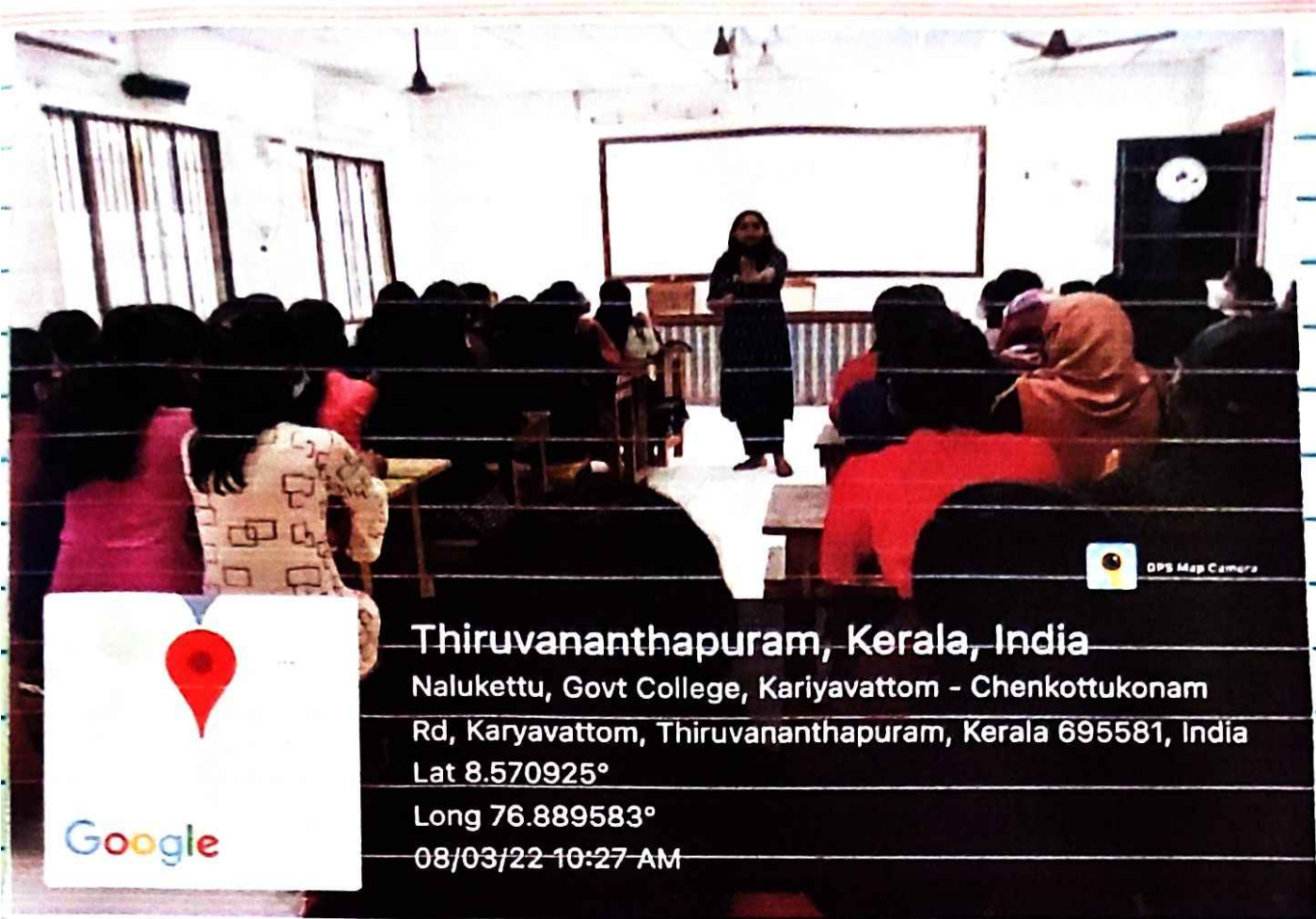
is organizing a session on women and law

## KNOW YOUR RIGHTS

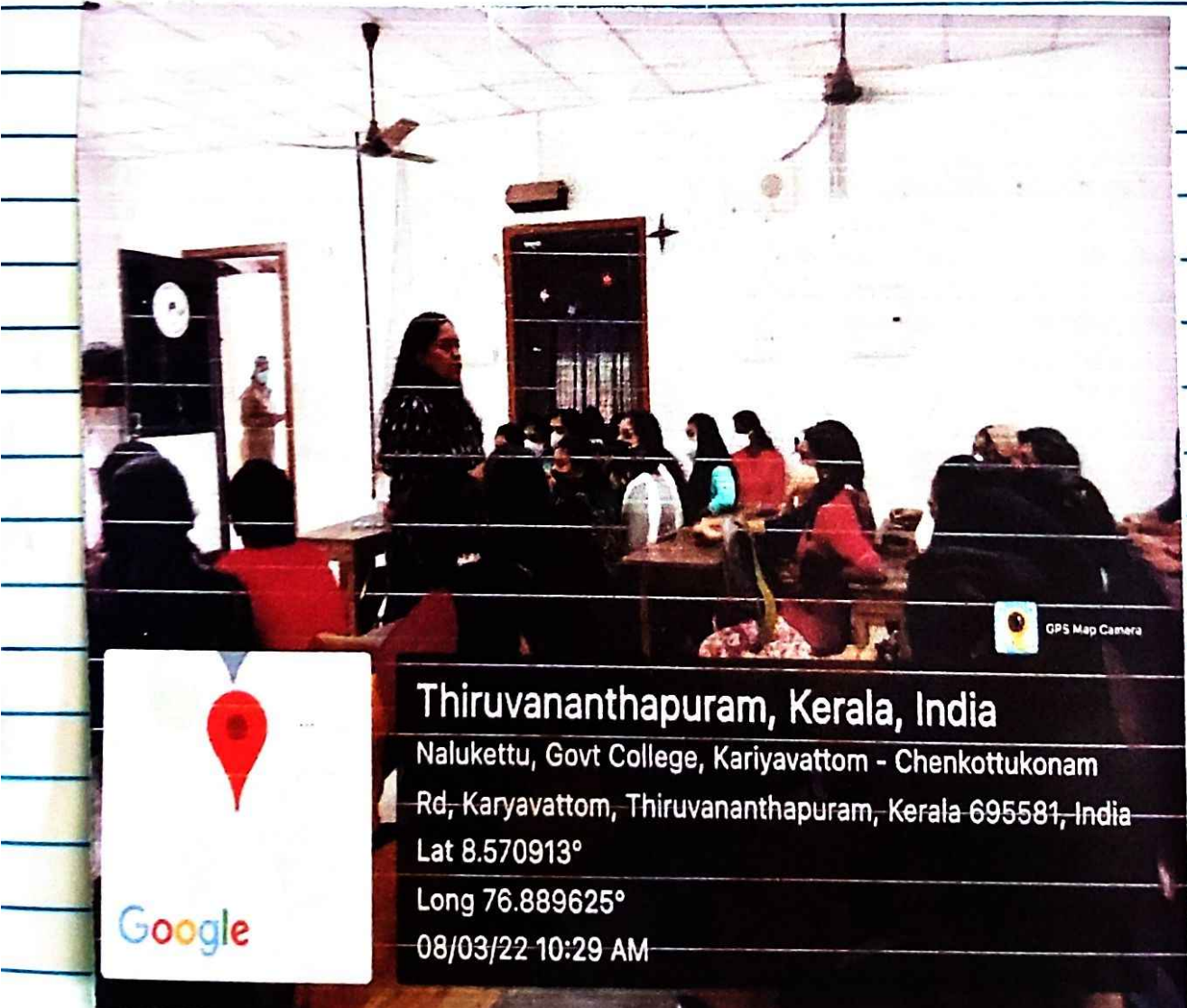
Date: 08<sup>th</sup> March 2021, Tuesday  
Time: 10 AM  
Venue: Seminar hall, Naalukettu



Resource Person  
Adv. Sabitha M  
CSA, Kerala State  
Women's helpline  
MITRA 181, Trivandrum



**Thiruvananthapuram, Kerala, India**  
Nalukettu, Govt College, Kariyavattom - Chenkottukonam  
Rd, Karyavattom, Thiruvananthapuram, Kerala 695581, India  
Lat 8.570925°  
Long 76.889583°  
08/03/22 10:27 AM



**Thiruvananthapuram, Kerala, India**  
Nalukettu, Govt College, Kariyavattom - Chenkottukonam  
Rd, Karyavattom, Thiruvananthapuram, Kerala 695581, India  
Lat 8.570913°  
Long 76.889625°  
08/03/22 10:29 AM

