

JEEVANI CENTER FOR STUDENT WELLBEING

ANNUAL REPORT (2022-2023)

GOVERNMENT COLLEGE ,KARIAVATTOM, THIRUVANANTHAPURAM

Jeevani center for student wellbeing started functioning at Government college ,Kariavattom,Trivandrum 22 October 2022. 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.

Orientation class conducted on the importance of mental health care was given to the students of all departments as part of promotional activities in collaboration with counselling cell.

On 4/11/2022 Anti-drug class was organized at Madhava Vilasam Higher Secondary School as part of NSS activities.In the program which started at 10 am, after welcome speech by NSS coordinators Dhanya teacher and Abhilash sir, anti-drug class was conducted by the psychologist. The program was concluded at 1.30 pm after NSS members' anti-drug play, poster exhibition and art performances.



On 11/11/ 2022, as part of NSS activities, a class on Personal hygiene and Sex education was conducted for the students of Thundathil Madhava Vilasam Higher Secondary School .

On the occasion of International Women's Day, a seminar was organized on 9th March 2023 in collaboration with counselling cell on ‘ how to combat sexual violence’.

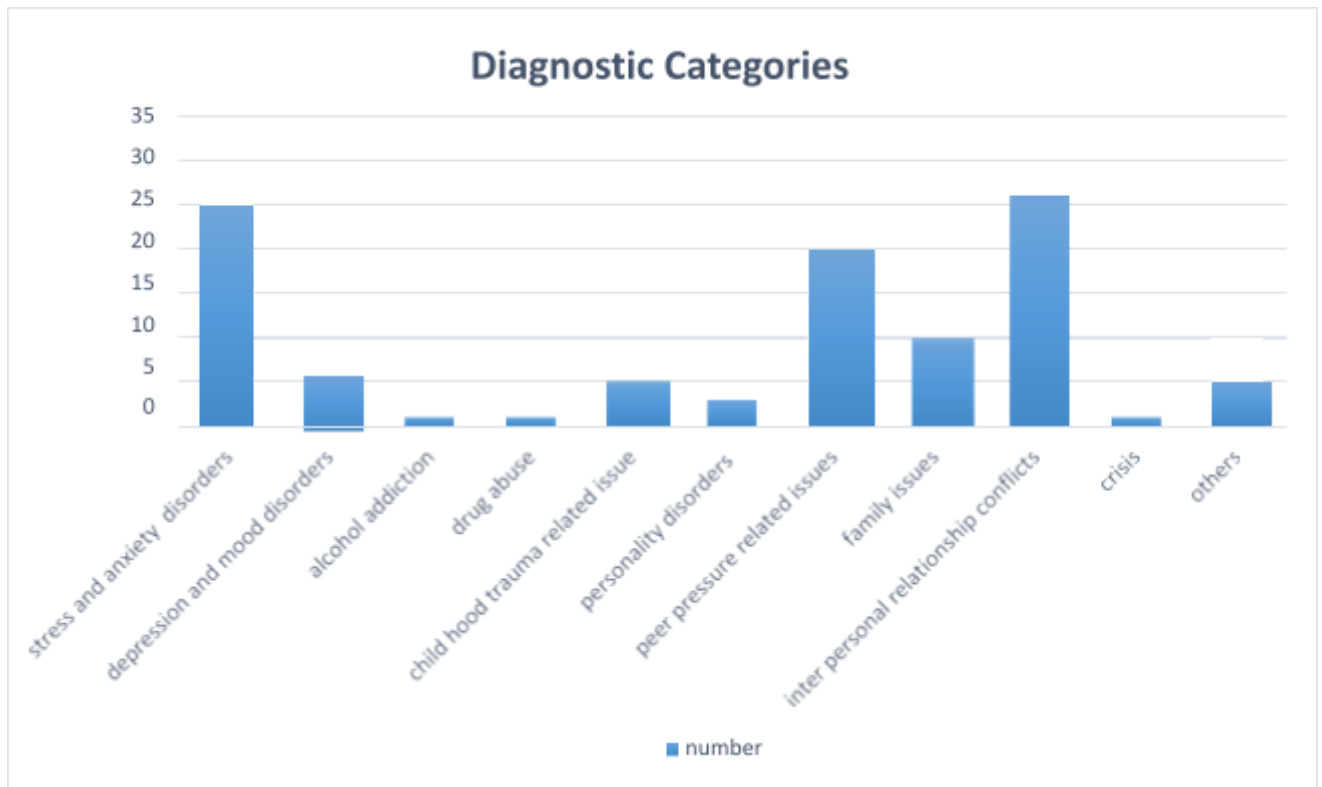


As part of Women's Day celebrations, a class and video screening was conducted in collaboration with counselling cell on the topics of 'Embrace Equity, Digit All' which were the ideas put forward by UN.

As part of individual counselling sessions, out of more than 700 students in the college 102 from various departments have been made use of the personal counselling services from Jeevani center in collaboration with counselling cell.

Case categories with numbers:

- Stress and anxiety disorders - 25
- Depression and mood disorders - 5
- Alcohol addiction - 1
- Child hood trauma related issue - 5
- Personality disorders - 3
- Peer pressure related issue - 20
- Family issue - 10
- Interpersonal relationship conflicts - 26
- Crisis - 1
- Other issues - 5



Total number of follow up sessions was 80 each with duration for 45 minutes-one hour. Out of the total 102 cases, 100 cases were addressed through individual counselling sessions and 2 cases were provided with family counselling sessions and 2 case were taken to Trivandrum medical college for depression and personality disorder related treatment.

Commonly used therapeutic techniques by the counsellor include cognitive behavioural therapy,anger management,relaxation techniques,meditation and yoga,social skill training, effective learning techniques time management and concentration improving techniques,exposure therapies,stress and anxiety management,psycho education etc..