

JEEVANI CENTER OF STUDENT WELL-BEING

Jeevani College Mental Health Awareness Programme
Directorate of Collegiate Education, Government of Kerala.
NAM COLLEGE KALLIKKANDY.

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 August 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, Women cell, Vimukthi etc...

Jeevani at NAM College Kallikandy started functioning in the 2nd week of August (8th Aug). NAM College was established by the Muslim Educational Foundation (MEF) Panoor in 1995, with a clear vision of providing education for intellectual advancement, liberation and national integration. The college has excelled in both academic and non-academic fields. The college is affiliated with Kannur University.

The college offers different courses in commerce, arts and science. Total number of students enrolled in college is 1200 and total faculty strength is 55 .

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 was Dr. Anju. O. K. Assistant professor Department of English. One Day/week jeevani counsellor is available at NAM College. A Jeevani group was formed including two representative students from each class. Government College Mokeri was appointed jeevani Counsellor at NAM College.

Number of working days - 15 Days.
Report of work during 2023-2024.

Part 1: Counselling Services

A. Number of session

Total number of students who availed counselling services: 15 cases

Number of follow -Up sessions: 2

Number of various categories: 1 PG & 14 UG

B: Nature of stressors reported by the student

Academic\Career: 5

Relationship issues: 3

Active suicidal ideational: nil

Anxiety: 5

C: type of referral

Self-reference: 13

Teachers : 2

D: nature of interventions: Individual: 14

Family: 1

Part 11: Mental Health Awareness class.

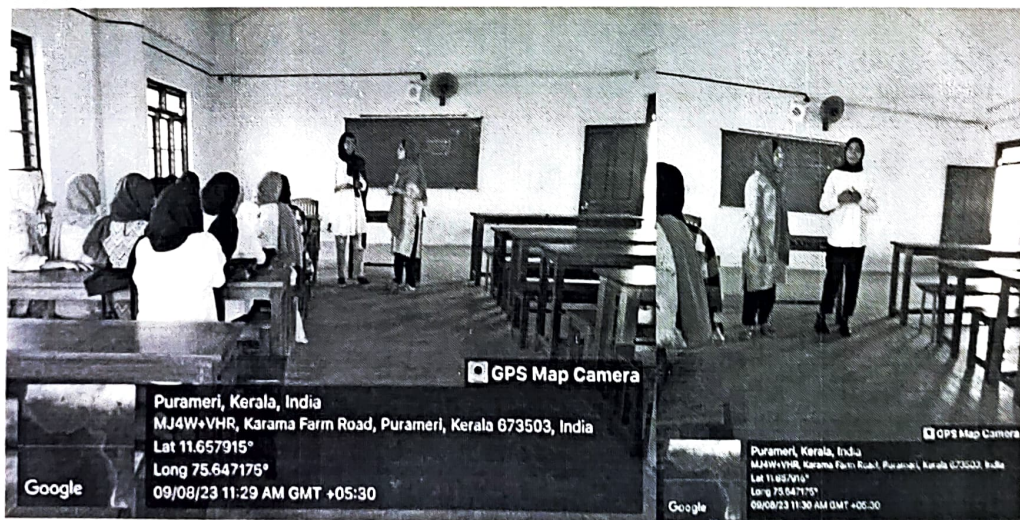
JEEVANI (Centre for student's well-being) conducted a mental awareness class on 9th August 2023, Wednesday for first year computer Science Students. The programme was mainly focused on dealing with the importance of mental well-being of college students, how to promote mental health, effects and influence of drugs in campus. Jeevani psychologist Mrs. Nafla.A addressed the common issues faced by the college student's 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 9/08/23 at 2.00 P.M the Jeevani Center for student well being conducted an awareness class for second Year Computer Science Students. The Topic Was “Healthy Relationship”. 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 September 27 2023, Wednesday a one Hour class was conducted by Jeevani Centre for 2 nd year chemistry students in order to spread the awareness of mental Health and psychological Well-being. The class focuses on what is mental health, the relationship between physical health and Mental Health.

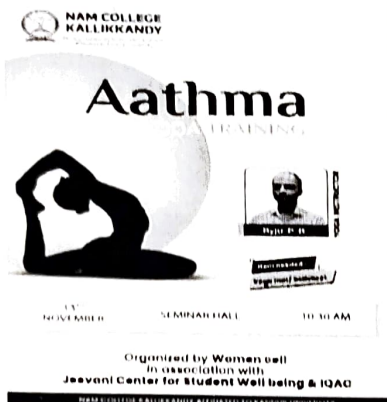
On October 9 Monday 2023, Monday a class was conducted by jeevani center for 3 rd Year chemistry Students. It focuses on Career related concerns, talk about their Strength, aptitude Test etc. So many students are confused about their careers and jeevani counsellors explore some pathways and some of the aptitude tests also.



Part 111: Mental Health Promotional Activities.

Women Cell in association with Jeevani Cell organized a yoga training Class on 13 Th November, 2023 at NAM College

Kallikandy. The programme was started with welcome speech by Nafila.A Jeevani Counsellor. Yoga training was conducted by Sri. Byju.P.B.Yoga instructor. The session was included demonstration and detailed description of benefits of yoga. The vote of thanks followed by Mrs.Shasni assistant professor department of English.



Part IV: Other Assignments: Nil

Part V: Trainings attended by the Apprentice:

1. Jeevani suicide prevention orientation on 7/09/23
2. Skill training for Jeevani Counsellors on 17/10/23
3. Skill training for jeevani counsellors on 18/10/23
4. Interactive session on basic skills in counselling 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 counselling on 26/10/23.

Name of the Jeevani Apprentice: Nafla.A

Name of the Jeevani Coordinator: Dr.Anju.O.k

Place: Kalki kandy

Date: 20/3/24