

**JEEVANI CENTRE
FOR STUDENTS
WELLBEING**

YOU DON'T HAVE TO STRUGGLE IN SILENCE



GOVT COLLEGE ATTINGAL

JEEVANI REPORT

JEEVANI -Centre ForStudents Wellbeing
Aproject of Department ofCollegiate Education
Government of Kerala

ANNUAL REPORT 2019-2020

GOVERNMENT COLLEGE ATTINGAL

About Jeevani

Jeevani – a preventive and promotional Mental Health and Wellbeing has started in our college on August 2019. The objective of Project Jeevani is to improve awareness and promote mental health along with ensuring early identification of psychological issues among students. As a part of this, Jeevani conducted programmes for creating awareness about Mental Health and provide counselling for students having psychological issues.

JEEVANI SITE:

<https://www.governmentcollegeattungal.in/index.php/studentcorner/jeevani>

JEEVANI COMMITTEE MEMBERS

College level Jeevani Committee consisting of Chairman (College Principal), Co-ordinator (Ms. Sashila. A, Assistant Professor, Department of Economics), PTA secretary (Dr. Binu. R) and mental health Professional (Ms. Rinku. S. David, Psychologist).

JEEVANI COUNSELLING ROOM

Jeevani counselling room is situated at the science block of the college (Room no 908). The counselling room is spacious and consist of one main chair (for the Counsellor) two cushion chairs (for clients), one table and one almarah.





JEEVANI SERVICES

As part of the programme, the services offering to the students include:

1. Counselling for students having psychological issues
2. Conducting programmes for creating awareness about mental health
3. Early detection of student's mental health problems
4. Educational support
5. Development of Social Skills among students
6. Development of life skills among students

STATE LEVEL RESIDENTIAL TRAINING FOR JEEVANI COUNSELLORS

Jeevani counsellor attended three day state level residential training for Jeevani counsellors organized by Department of Collegiate Education, Government of Kerala at Government college for Women, Thiruvananthapuram from 23/09/2019 to 25/09/2019.

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PREVENTIVE AND PROMOTIONAL MENTAL HEALTH ACTIVITIES

1. SELF INTRODUCTION AND A CLASS ON “IMPORTANCE OF MENTAL HEALTH AND NEED FOR COUNSELLING”

The very first step was to convey the idea about Jeevani among students. For this, the Jeevani counsellor self introduced and took

classes based on the topic “Importance of mental health and Need for Counselling” for 22 classes at class hours (45 minutes).

Topics covered

1. Definition of Mental Health by WHO
2. Early warning signs
3. Need for counselling
4. Jeevani project and its services at college

Class and dates

Class	Date
1 st BSc Mathematics	16/08/2019 Friday
1 st BSc Polymer chemistry	19/08/2019 Monday
1 st BSc History	19/08/2019 Monday
1 st B.A Economics	19/08/2019 Monday
2 nd BCom	19/08/2019 Monday
2 nd BA Economics	20/08/2019 Tuesday
1 st BCom	21/08/2019 Wednesday
2 nd BSc Mathematics	2/09/2019 Monday
3 rd Economics	2/09/2019 Monday
1 st MA Economics	3/09/2019 Tuesday
1 st MA English	3/09/2019 Tuesday
2 nd MA English	3/09/2019 Tuesday
3 rd B.Com.	16/09/2019 Monday

2 nd MA Economics	17/09/2019 Tuesday
3 rd BA History	18/09/2019 Wednesday
2 nd BA History	18/09/2019 Wednesday
2 nd MCom	19/09/2019 Thursday
1 st MSc Polymer chemistry	30/09/2019 Tuesday
1 st MCom	1/10/2019 Tuesday
2 nd MSc Polymer chemistry	17/10/2019 Thursday
3 rd Bsc Polymer chemistry	17/10/2019 Thursday
2 nd BSc Polymer chemistry	27/11/2019 Wednesday

2. LIFE SKILLS AND CEREBRAL DOMINANCE- A Class in Collaboration with NSS

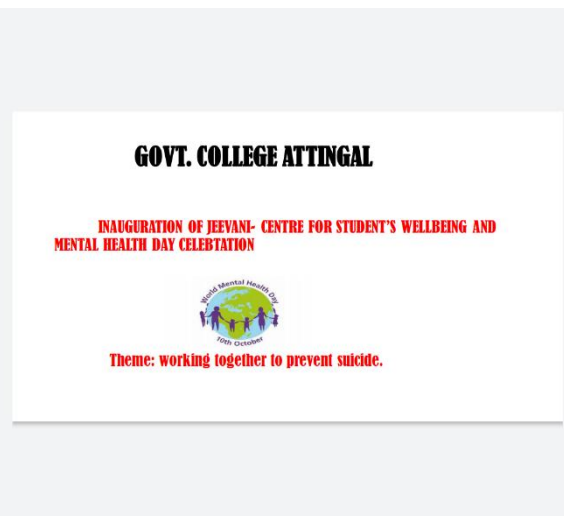
A class was taken for NSS students in association with NSS on 31/08/2019 Saturday, based on the topic “**Life Skills and Cerebral Dominance**”. The class was taken in two sessions. First session focused on Life skills and second session focused on Cerebral Dominance. Activities were given in between the sessions.

3. JEEVANI INAUGURATION AND CELEBRATION OF MENTAL HEALTH DAY

Jeevani inauguration and mental health day celebration has been organised on 10/10/2019 at the EDUSAT room from 1:30 pm to 4 pm. The function started with prayer. Professor and Jeevani coordinator, Ms. Sashila. A, formally welcomed all the dignitaries present on the dais and participants from various departments (first year students). She mentioned about the Jeevani

project and its importance in colleges. Vice principle and Head of the department of English, Lakshmi delivered presidential address. Dr .V Manikantan Nair, Principal of the college inaugurated Jeevani by mentioning the importance of mental health in college students. Professor Sandhya and Dr. Pradeep kumar from history department, Professor Kshama V Das from Polymer chemistry, Dr Sarun from Bcom wished for the success of the Jeevani. Vote of thanks was delivered by Dr. Anitha, professor of B.Com department and Jeevani committee member.

After the inaugural ceremony, a class based on “Mental Health Awareness and Suicide Prevention” was taken by Ms. Rinku S David, the college counsellor. The session ended by 4.00 pm.



Jeevani inauguration by Principal Dr V. Manikantannair.

4. MENTAL HEALTH AWARENESS AND SUICIDE PREVENTION

On Mental Health day, a class was taken for all first year students based on the topic mental health awareness and suicide prevention.



5. 40 SECONDS OF ACTION COMPETITION

On behalf of Mental Health day celebration a competition called 40 seconds of action was conducted for all the students. 40 seconds of action means , what will be their action when they are happened to see a person going to attempt suicide. The students can participate by writing and putting down to the box which was placed at the corridor. The time period of the competition was one week.

PRIZE DISTRIBUTION

The winner of 40 seconds of action was Shidheena from 1ST BA History and second place winner was Jithin from 2ND BSc Mathematics. Prizes were distributed for the winners.



6. CLASS TAKEN FOR SSP STUDENTS 1st AND 2nd YEAR STUDENTS

For SSP students of first year (31/08/2019) and second year (23/01/2020) classes were taken on the topic “Learning Skills and Self Esteem”.



7. CLASS TAKEN FOR ALL FIRST YEAR STUDENTS FOR “EXAM PREPARATION AND STUDY TECHNIQUES”

Before first semester examination, a class was taken for all the first year students at class time (45 minutes).

Class and Date

Class	Date
1 st BA History	31/10/2019
1 st BSc Mathematics	7/11/2019
1 st Polymer chemistry	8/11/2019
1 st BCom	11/11/2019
1 st BA Economics	11/11/2019

8. CLASS ON “HOW TO BE ASSERTIVE” FOR SECOND YEAR ECONOMICS STUDENTS ON 4/12/2019

An one hour class was taken for second year Economics students on 4/12/2019 based on the topic “How to be assertive”.

9. HOW TO LEAD A STRESS FREE LIFE? - A CLASS IN COLLABORATION WITH NSS STUDENTS. (EXTERNAL)

This programme was organized in association with NSS on 7/12/2019 at Edusat room. The Programme started with Prayer. NSS Co-ordinator delivered the welcome speech. Principal Dr.V. ManikantanNair, inaugurated the programme. The session was handled by Dr. Unnikrishnan , Psychiatrist at Mental health centre Peroorkkada. All the first year NSS students were present at the venue. The session was informative.





**10. WOMEN'S DAY CELEBRATION IN ASSOCIATION WITH WOMENS CELL
- "HEALTHY EQUALS A TALK ON GENDER EQUALITY IN PSYCHOLOGY"
(EXTERNAL)**

Healthy Equals: A talk on Gender Equality was conducted by Jeevani, centre for students wellbeing in collaboration with women cell on 10/03/2020 Tuesday at college Edusat room. The talk was handled by Dr. Adithi .N, former Head of the Department Mahathma Gandhi College, Kesavadasapuram. Dr. V. Manikantan Nair, College Principal Inaugurated the function. All the first year students were attended the programme. The talk was very informative and interactive. The programme ended by 12. 30 PM.

GOVT:COLLEGE ATTINGAL

HEALTHY EQUALS: A talk on Gender Equality in Psychology by Dr. Adithi.N, Former HOD of psychology MG college Thiruvananthapuram



**Organized by JEEVANI, centre for student's well being in association with Women cell on March 10, 2020 at 10:30 a.m.
VENUE: College Edusat Room**





MONTHLY MEETINGS

Monthly meeting of Jeevani – centre for wellbeing were conducted at Principal office on the following dates.

Date	Decisions
9/10/2019	Inauguration of Jeevani and Mental Health Day Celebration
11/10/2019	Class by External
12/11/2019	Class for teachers
30/12/2019	Class for SSP students
3/03/2020	Class by External