

# **JEEVANI - Centre For Students Wellbeing**

A Project of Department of Collegiate Education  
Government of Kerala

**REPORT 2020-2021**

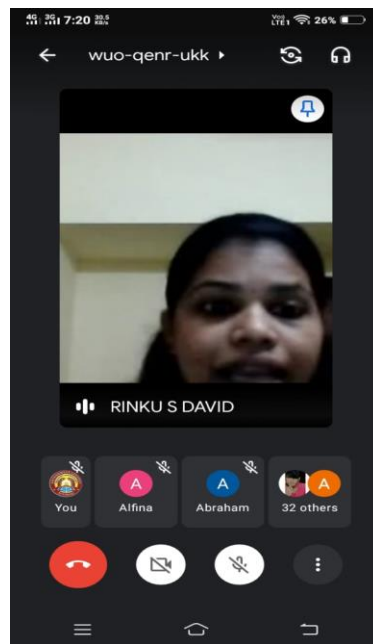
**GOVERNMENT COLLEGE ATTINGAL**

# **PREVENTIVE AND PROMOTIONAL MENTAL HEALTH ACTIVITIES**

## **1 SELF INTRODUCTION AND A CLASS ON “INTRODUCTION TO MENTAL HEALTH AND PROJECT JEEVANI”**

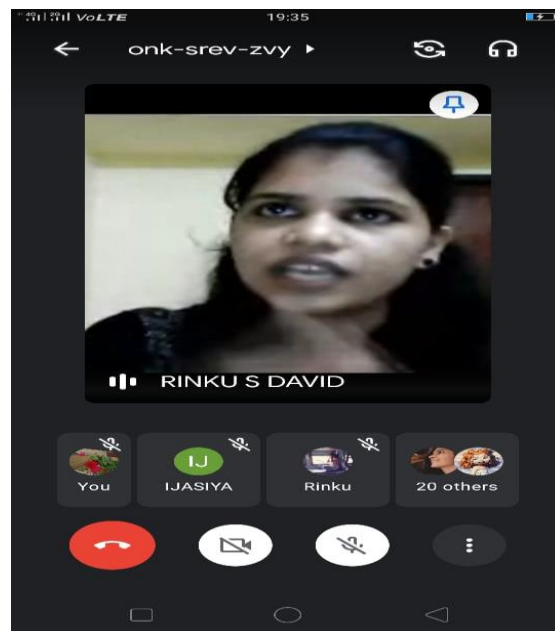
### **1. ONLINE LIVE SESSION FOR FIRST BA ECONOMICS ON 5/01/2021, MONDAY**

An online live session was taken based on the topic “Introduction to mental Health and project Jeevani for 1<sup>st</sup> BA Economics students on 5/01/2021, Monday at 7.00 PM. Head of the Department, Dr M.P Abraham, 1<sup>st</sup> Year tutor Ms. Krishnaprabha, Jeevani co-ordinator Ms. Sashila A. and 1<sup>st</sup> year students joined the session. Given a brief idea about mental health, warning signs of poor mental health, need for counseling and about Jeevani. The session ended at 8.30 PM.



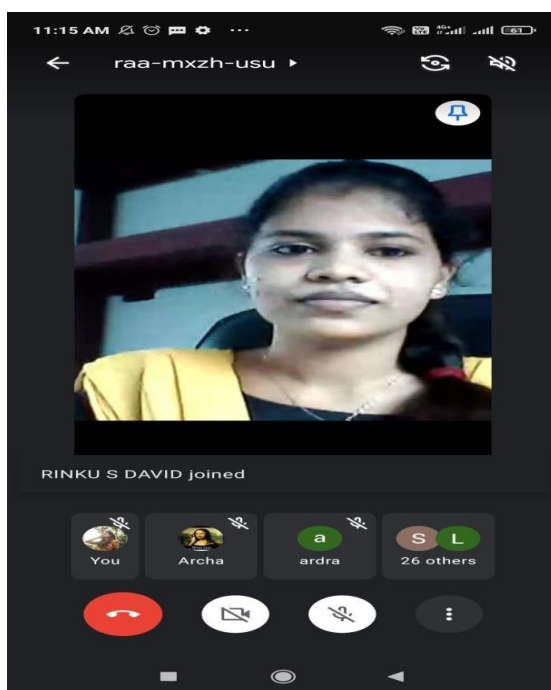
### **2. ONLINE LIVE SESSION FOR FIRST B.Com. ON 13/01/2021, WEDNESDAY**

An online live session was taken based on the topic “Introduction to mental Health and project Jeevani for 1<sup>st</sup>BCom students on 13/01/2021, Wednesday at 7.00PM. First Year tutor Manikantan Jeevani co-ordinator Ms. Sashila.A and 1<sup>st</sup> year students joined the session. Given a brief idea about mental health, warning signs of poor mental health, need for counselling and about jeevani. The session ended at 8.30 PM.



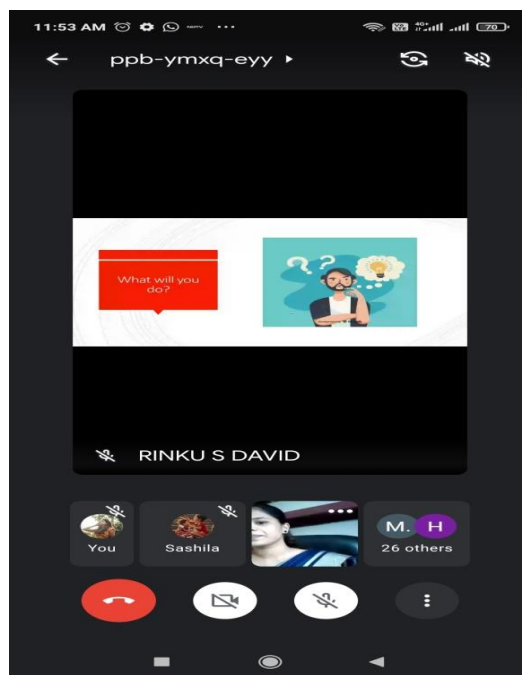
### 3. ONLINE LIVE SESSION FOR FIRST MATHEMATICS ON 21/01/2021, THURSDAY

An online live session was taken based on the topic “Introduction to mental Health and project Jeevani for first B.Sc. Mathematics students on 21/01/2021, Wednesday at 10:30 to 11:30 AM. Jeevani co-ordinator Smt. Sashila.A and 1<sup>st</sup> year students joined the session. Given a brief idea about mental health, warning signs of poor mental health, need for counselling and about jeevani. The session ended at 11:30 AM.



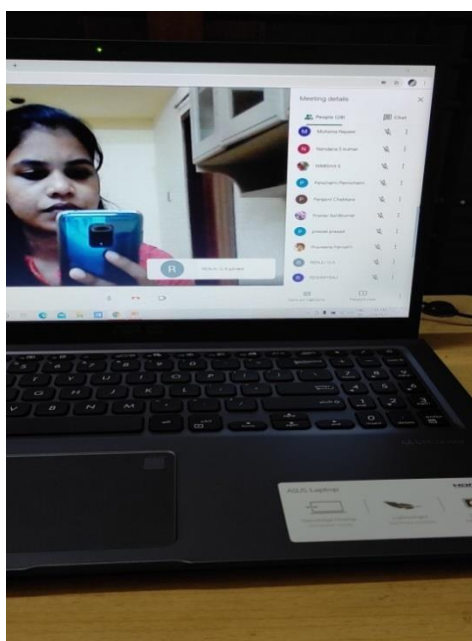
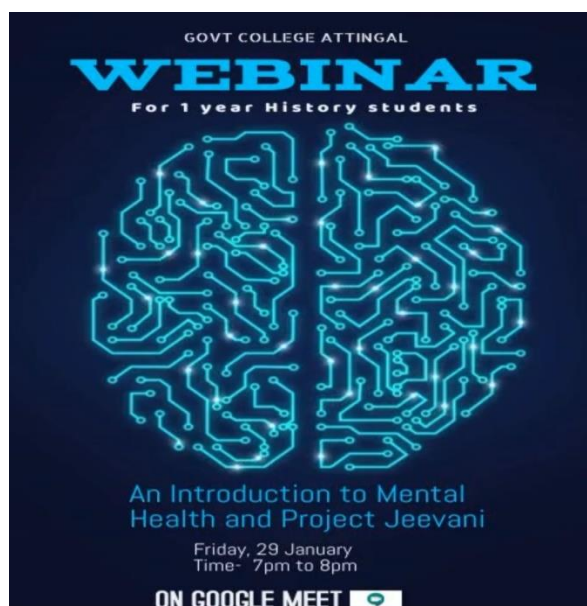
#### 4. **ONLINE LIVE SESSION FOR FIRST BSc POLYMER CHEMISTRY ON 28/01/2021, THURSDAY**

An online live session was taken based on the topic "Introduction to mental Health and project Jeevani for first B.Sc. Polymer Chemistry students on 28/01/2021, Thursday at 11:00 AM. Jeevani co-ordinator Ms. Sashila.A and 1<sup>st</sup> year students joined the session. Given a brief idea about mental health, warning signs of poor mental health, need for counselling and about jeevani. The session ended at 12:00 PM.



##### **5. ONLINE LIVE SESSION FOR FIRST BA HISTORY ON 29/01/2021, THURSDAY**

An online live session was taken based on the topic "Introduction to mental Health and project Jeevani for first BA History students on 29/01/2021, Thursday at 7:00 AM. Jeevani co-ordinator Ms. Sashila.A and 1<sup>st</sup> year students joined the session. Given a brief idea about mental health, warning signs of poor mental health, need for counselling and about jeevani. The session ended at 8:00



## 2. OFFLINE SESSION FOR ALL FIRST YEAR UNDERGRADUATE STUDENTS

An Offline interactive session for all the first year undergraduate students was taken to give an introduction about Jeevani and mental health.

DATE	CLASS
3/02/2021	1 <sup>st</sup> BSc Mathematics
3/02/2021	1 <sup>st</sup> BA Economics
4/02/2021	1 <sup>st</sup> BSc Polymer chemistry

5/02/2021	1 <sup>st</sup> Batch of BCom
8/02/2021	2 <sup>nd</sup> Batch of BCom
5/02/2021	1 <sup>st</sup> BA History



### 3 OFFLINE SESSION FOR ALL FIRST YEAR POSTGRADUATE STUDENTS

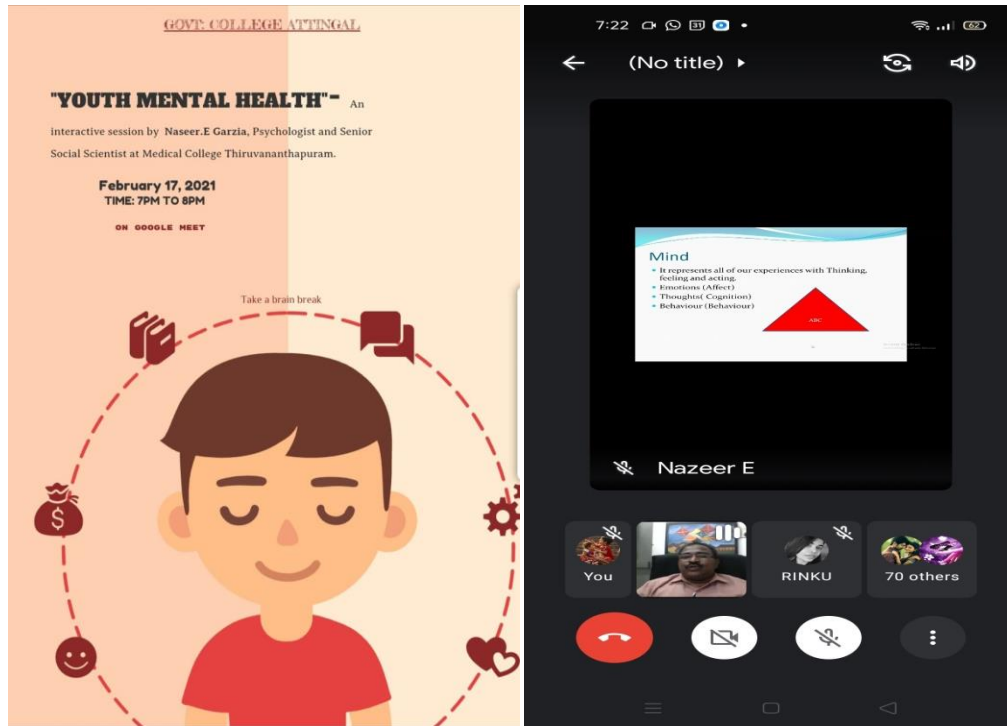
An Offline session for first year postgraduate students was taken based on the topic Introduction of Mental health and project Jeevani.

DATE	CLASS
2/02/2021	1 <sup>ST</sup> MA English
4/02/2021	1 <sup>st</sup> MA Economics
10/02/2021	1 <sup>st</sup> MCom

### 4 . Youth Mental Health an Online Class for all First year Undergraduate students by an External



An online class for all first year undergraduate students was conducted on 17/02/2021, Wednesday at 7.00 PM . The session was handled by Dr. Nazer .E. Garzia, psychologist and Senior Social Scientist at Govt. Medical college Thiruvananthapuram. Jeevani coordinator Ms. Sashila. A, Jeevani apprentice, Ms. Rinku.S.David, all the first year undergraduate students joined the session. The session was interactive and informative. The session ended by 8.30 PM.





## **MONTHLY MEETING**

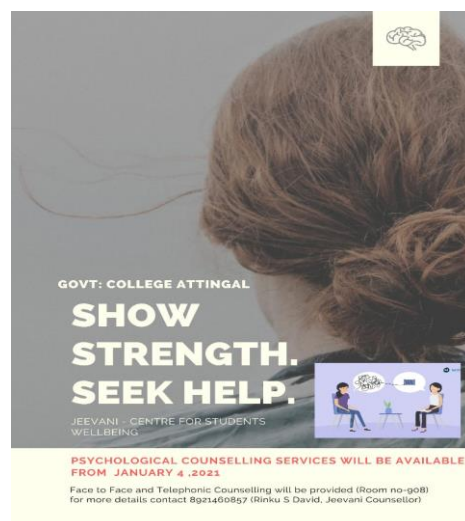
Monthly meeting of Jeevani was conducted on 29/01/2021 at principal office at 12:30pm Principal Dr Sunil John, Jeevani coordinator Ms. Sashila. A, other Jeevani committee members , Dr Anitha. S, Ms. Lakshmi Chandrashekhar, Ms.Prabha. J, Ms. Shalini Lawrence and Jeevani counsellor Ms. Rinku. S. David attended the meeting.

## **DECISIONS TAKEN IN THE MEETING**

1. Online live class for all first year undergraduate students by an External agency.
2. Offline session for all first year undergraduate and postgraduate students by Jeevani counsellor
3. Online or offline session for all second year students by Jeevani counsellor.

## **SUMMARY**

Mental Health promotion is the process of enabling people to gain increasing control over their health and improve it. To promote mental health among college students, the Department of collegiate education Government of Kerala and National Institute of Mental Health and Neurosciences introduced the Project “Jeevani”. The project Jeevani was active during the past year at Government College, Attingal and conducted many classes and activities in collaboration with the clubs to promote mental health among students. Jeevani also provided counselling services for students who are in need.



GOVT COLLEGE ATTINGAL

# Stressed OUT?



*Counselling*

**YOUR COUNSELLOR IS HERE  
TO HELP YOU**

JEEVANI- CENTRE FOR STUDENTS  
WELLBEING  
For more details contact jeevani  
counsellor Rinku S David  
ph 8921460857 Room no 908