

JEEVANI-Centre for Students Wellbeing

A project of Department of Collegiate
Education Government of Kerala.

ANNUAL REPORT 2022-2023

GOVERNMENT COLLEGE ATTINGAL

ABOUTCOLLEGE

The Government College Attingal was started as a Junior College in August, 1975. The institution was formally inaugurated on 29/8/1975 by Sri. Vakkom Purushothaman, then Hon. Minister for labour. The college started functioning with a student strength of 160 in 2 batches of Pre-degree class of 80 students each. Now the college has 5 main department and 4 PG courses with 700 students.

The college is an approved Skill Development Centre of ASAP initiated by the Government of Kerala. The College also offers Professional Diploma in Logistics and Shipping through the Centre for Continuing Education Kerala (CCEK) from 2018 onwards. The college is re-accredited (Second Cycle) by NAAC with B+ Grade in 2021.

ABOUT JEEVANI

Jeevani – a preventive and promotional Mental Health and wellbeing has started in our college on January 1. 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 provided 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 (Principal-in-Charge Dr.Sunil.S) Jeevani coordinator (Ms.Sashila.A, Assistant Professor, Department of Economics), Jeevani members (Dr.Anitha, Ms.Prabha, Ms.Lakshmi and others) and Mental health Professional (Athira Ajith, Psychology Apprentice).

JEEVANI COUNSELLING ROOM

Jeevani counselling room is situated at the science block of the college (room no 908). The counselling room is spacious and consists of one revolving chair (for counsellor), one cushion chair (for clients), one table and one almirah.



JEEVANI SERVICES

As part of the programme the services offering to the students are

1. Counsellingforstudentshavingpsychological issues.
2. Conducting of programmes for creating awareness about mental health.
3. Earlydetectionofstudent'sproblems.
4. EducationalSupport.
5. DevelopmentofSocialSkillsamongstudents.
6. Developmentoflifeskillsamong students.
7. Development of mental health.
8. Individual and group counseling sessions.
9. Psychoeducation to both students and parents,

PREVENTIVE AND PROMOTIONAL MENTAL HEALTH ACTIVITIES

1. PREPARED A POSTER OF JEEVANI CENTRE FOR STUDENTS WELLBEING AND PLACED IT ON JEEVANI NOTICE BOARD IN OFFICE BLOCK.



2.SELF INTRODUCTION AND TAKEN A CLASS ON "INTRODUCTION TOMENTAL HEALTH AND PROJECT JEEVANI"

Sessions were taken based on the topic "Introduction to mental health and the Jeevani project" for students of all departments on various days. A brief idea about Jeevani project, mental health, symptoms of mental illness, positivity, toxic positivity, maintaining inter-intra personalrelationships, tips for staying mentally healthy, need of counseling and overcoming stigmaabout mental health was provided in the session. The psychology apprentice at the end of the session conducted interactive sessions where the students could share their opinions and doubts.



- Session for First and Second M.A Economics on 28/10/2022
- Session for First B.A History on 04/11/2022
- Session for First B.A Economics on 16/11/2022
- Session for Second B.A Economics on 25/11/2022
- Session for Third B.A History on 30/11/2022
- Session for First B.COM on 05/12/2022
- Session for First and Second M.A English on 07/12/2022
- Session for Second B.A History on 14/12/2022
- Session for First B.Sc. Polymer Chemistry on 17/12/2022
- Session for First M.Sc. Polymer Chemistry on 19/12/2022
- Session for Second B.A Economics on 05/01/2023
- Session for Third B.A Economics on 08/02/2023
- Session for First B.A Economics on 10/02/2023
- Session for First M.Sc. Polymer Chemistry on 14/02/2023
- Session for First B.Sc. Polymer Chemistry on 17/02/2023

SESSIONS TOPICS FOR THE STUDENTS

- General awareness of Mental Health and its Improvement.
- Memories and its Strategies, Limitations.
- Toxic positivity and its Impact on Mental Health of Individuals.
- The Effect of Procrastination Behavior and Study Habits in Academics.
- Mental Health and Issues faced by Individuals.
- How to deal Stress and Anxiety in Academic Life.
- Build and Maintaining Good Inter-Intra Personal Life.
- Effect of being in a Toxic Relationship.
- Need of Counselling Process and existed stigmas.
- How to overcome Exam fear and Anxiety.

3. A TALK ABOUT JEEVANI WAS DONE ON INDUCTION PROGRAMME CONDUCTED FOR FIRST YEAR STUDENTS AT COLLEGE AUDITORIUM ON 02/11/2022.

All the teaching staffs, first year UG and PG students and their parents were present in college auditorium. A brief idea about Jeevani Centre for student wellbeing was provided by Jeevani Psychology Apprentice Ms. Athira Ajith and the other coordinators also provide brief idea about their associated clubs.

4. CLASS ON STRESS AWARENESS ON THE MONTH OF NOVEMBER

A One-hour session based on the stress awareness was provided to the students and interactive sessions was the highlight of the class. The class discussed about Stress, factors affecting mental health, physical, emotional, and mental symptoms of stress, cause of stress and overcoming the stressors and tips for coping with stress

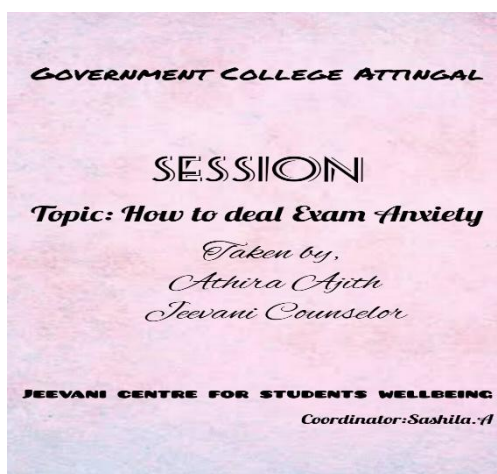
5. SEMINAR CONDUCTED ON THE MONTH OF JANUARY

The Jeevani center for students' wellbeing conducted a seminar on the topic "Psychological perspective of maintaining healthy relationships and mental health" by a resource person Samuel George on 27/01/2023 at ORICE Hall for the students. The seminar was inaugurated by the principal in charge Dr. Sunil S and welcome speech was delivered by Ms. Sashila A, Jeevani coordinator. Also, the vote of thanks was given by Ms. Athira Ajith, Psychology Apprentice.



6. CLASS ON EXAM FEAR ON THE MONTH OF FEBRUARY

The Jeevani centre for students' wellbeing conducted a session for the first-year students of the college on the topic "How to deal with the exam anxiety". The session was taken for the students to overcome their fear over exams and thereby scoring good grades. The sessions were provided on various days to the students according to the free hours of the departments. It's a one-hour sessions taken by the Ms. Athira Ajith.



7. INTERNATIONAL WOMEN'S DAY PROGRAMME ON MARCH 8

Jeevanicentre for student wellbeing, student's union and women cell of Government college Attingal coordinated for a programme as a part of International Women's Day celebrations on March 8 based on a theme "Digital innovation and technology for gender equality". The program was inaugurated by Ms.Sharmila C Nair, Additional Chief Electoral Officer Kerala, event chaired by principal in charge Dr.Sunil S. During the event the additional secretary to govt. of Kerala, Ms.Shuja R was honored. Welcome speech was delivered by Ms.Sashila A, Jeevani coordinator. The concept introduction was given by Ms.Smita John, Women cell coordinator. A poster making competition was conducted based on the theme "Gender equality in the digital era". A Zumba session "Let us dance" by certified personal trainer Ambili Kannan was followed by cultural programmes, wall of unity and flash mob by students.



Women Cell, Jeevani, and College Union
GOVERNMENT COLLEGE ATTINGAL

INTERNATIONAL WOMEN'S DAY CELEBRATIONS ON MARCH 8

THEME 2023: 'DIGITAL': INNOVATION AND TECHNOLOGY
 FOR GENDER EQUALITY

10:30 AM

Inauguration by **Ms. Sharmila. C. Nair**
 Additional Chief Electoral Officer, Kerala
 Event chaired by **Dr. Sunil S**
 Principal, Government College Attingal



Guest of Honour **Ms. Shuja. R.**
 Additional secretary to Govt of Kerala



Welcome speech by **Ms. Sashila. A.**
 Assistant professor, Dept of Economics

Concept introduction by **Ms. Smita John**
 Women Cell Coordinator

Felicitation by **Dr. Sunilraj** IQAC Coordinator

Vote of Thanks by **Mr. Surjith. S.** College Union Chairman



POSTER MAKING COMPETITION
 Theme: Gender Equality in the
 Digital Era



LET US DANCE

Zumba session by
 Certified Personal Trainer
 Ambili Kannan

CULTURAL PROGRAMMES

WALL OF UNITY



COUNSELLING SERVICES

CASES

Total number of students assessed	-26 clients
Number of Female Clients	-18
Number of Male Clients	-8
Total number of cases referred	-0

PROVISIONAL DIAGNOSES

1. Depression.
2. Family Related Issues.
3. Relationship Issues.
4. Anxiety Issues.
5. Study Related Issues.
6. Social Anxiety.
7. PTSD.
8. Premenstrual Syndrome (PMS).
9. Aggression.
10. Adjustment Issues.

JEEVANI DOCUMENTS

1. Case Register
2. Daily Minutes/Work Diary
3. Case Proforma
4. Follow up Proforma

SUGGESTIONS

- *Every Departments should allow the time to taken sessions for the students by the Psychology Apprentice, hereby can give the equal services to the students of the college.*