

# **JEEVANI CENTRE FOR STUDENTS WELLBEING**

## **GOVERNMENT VICTORIA COLLEGE PALAKKAD**

### **ANNUAL REPORT 2019-2020**

Jeevani Center for Wellbeing has been functioning in the college since August 2019 as part of Jeevani project by the Directorate of Collegiate Education, Kerala. The center aims to help students deal with issues they face in their academic and personal lives and to promote student mental health. A trained psychologist provides counselling services on all working days from 9.30 am to 3.30 pm at the center, which is located in the College General Library building. Students can approach the counselor directly during their free hours or the lunch break. The center respects student privacy and ensures the confidentiality of information shared in the counseling sessions. Several mental health awareness programmes and training sessions are being conducted by the center to help build a campus conducive for students' wellbeing. Jeevani Center for Wellbeing works closely in association with NCC, NSS and Various clubs and welfare units of the College.

Ms.Darsana Rajan, the Psychology Apprentice of Jeevani Center for Students Wellbeing, Govt.Victoria College Palakkad was appointed on **19-08-2019**. Dr. Mahalakshmi. N (Assistant Professor, Department of Commerce) is assigned as the Jeevani coordinator.

A Room was allotted by the college to do counseling in appropriate environment. Required registers and stationery items were purchased to make records of cases, class visits etc.

First meeting of Jeevani was held on **20.08.2019** to introduce the programme among the members and to plan various activities related with Jeevani so as to create awareness among students and teachers about the functioning of the Jeevani centre for well being in the college. The following were the key decisions

- To hold inaugural function of the centre

- To suitably furnish and modify the allotted room so as to facilitate smooth functioning of the centre.
- To send a circular to all the 17 departments in the college to inform the existence of the centre.
- HoDs of the departments are directed to inform the tutors so that the students are properly directed to make proper utilization of the facility provided.
- To purchase the required items for Jeevani center through the college co-operative society

Students started utilizing the facility from **22.08.2019**.

Apprentice visited all departments so as to create awareness about Jeevani. Permission was sought to conduct motivational and psychology classes to spread awareness of the importance of jeevani services. The responses of all the 17 departments were positive and they welcomed the decision of visiting and handling classes for students during free time and tutorial hours. Contact numbers of HoDs were collected and they were also provided with the Mobile number of apprentice.

Details of IQAC NCC NSS PTA and all the clubs were collected from office and contacted so as to coordinate activities jointly with them. All of them responded positively.

### **SEPTEMBER**

**Meeting of the members was held on 03-09-2019** and decided to celebrate World Mental Health Day and officially inaugurate the Jeevani centre.

**19-09-2019** Women cell, DPO and Jeevani jointly formed **Parivarthan 2019-2020** and an awareness programme of Jeevani and the importance of mental health in adolescence was conducted. An officer from the cyber cell conducted a class on cybercrime.

### **OCTOBER**

**01-10-2019** conducted classes on the importance of ensuring mental health.

**04-10-2019** Participated in the event “Gandhi Darshan” organized by the Department of Commerce.

On **07-10-2019** decided to set up a notice board of the Jeevani Centre.

**09-10-2019** visited **Sneha Jwala** old age home, kottekkad, Palakkad along with Pain and Palliative unit of the college. 50 students and 7 teachers participated to conduct cultural programme in the home and students distributed sweets and enquired about their well being.

**10-10-2019** As a result of the increase in visits of students Jeevani requested Principal to provide the centre with a white board, shelf, mattress etc.

Rs.5000 was sanctioned from PTA as advance to purchase the necessary items and make a banner.

**23-10-2019** a meeting was with the Jeevani volunteers to discuss the inaugural function and to celebrate World mental Health Day.

**29-10-2019** spoke to the NCC cadets about Jeevani and conduct an activity in association with them. NCC cadets came forward to support and make necessary arrangements to inaugurate the programme. They prepared charts on positive thoughts and made pictures and placards to celebrate the World mental Health Day

**30-10-2019** - Jeevani made efforts to collect names of two volunteers from each class to work for jeevani.

**31-10-2019** - Charts were pasted at identified locations in college as part of **World mental Health Day** celebrations.

A **flashmob**, consisting of 30 students, was organized for 10 minute to propogate the programme.

## **NOVEMBER**

**01-11-2019** Jeevani Center for Students Wellbeing was Officially inaugurated by Sri.Suresh A. K, Assistant Professor, Department of psychology, Govt. College Chittur, Palakkad and he delivered a lecture on “**Mental Health and Adolescence**”. Principal in charge Sri.O.K.Ramesan, IQAC co-ordinator Dr.Sreeranjith kumar, Jeevani Coordinator Dr.Mahalakshmi.N, Jeevani counselor Ms.Darsana Rajan also spoke on the occasion. 65 students participated. A **Smile tree** was placed at the entrance of the hall – where encouraging and positive thoughts were tied by the participants.

**15-11-2019** visited mentally challenged children of **Devashrayam** Charitable Trust. Secretary and Principal of the trust spoke about how the various skills and talents of the children are identified and provided training. 36 students and 3 teachers participated. Pain and Palliative unit also supported this Programme. Students Conducted cultural programmes and the students of the trust were also encouraged to unveil their talents. Students distributed sweets to the children. Students and teachers bought soaps candles etc produced by the trust with the assistance of the children. Students and teachers handed over the ceiling fans bought out of the collected funds to the trust.

### **DECEMBER**

**06-12-2019** A Demonstration Class on safety measures was conducted by fire and rescue officers Kannadas.V, and Rajeev.S. This programme was conducted in collaboration with NCC Women wing of the College. 60 students participated and 10 teachers participated in the programme. The class was very interesting and informative for the participants.

**24-12-2019** - Psychology apprentice was invited to take a class on “**Ice Breaking Positive Health Relationship**” at NSS Camp (Govt UP School, Akathethara Palakkad). There were 88 students in the camp. Students interacted well and gave a positive feedback of the class.

### **JANUARY**

**24-01-2020** - Visit to **Primary Health Centre**, melamuri, Palakkad was made in collaboration with Pain and Palliative team. 120 students and 6 teachers participated. Students interacted with members in the health centre and Cultural programmes were also conducted to entertain them.

**25-01-2020** - One day session was held for the benefit of SSP Students on “**LEARNING SKILLS AND PERSONAL GROWTH**”

**27-01-2020** – A session on the topic “**LIFE IS BEAUTIFUL**” was arranged in association with IQAC taken by Sri.Siju Rajan ASAP Trainer. 38 students participated.

### **Other Details**

Total students in college : **2000-3000**  
Total classes taken : **16**

Total No.of programmes	:	<b>10</b>
New case	:	<b>63</b>
Follow up	:	<b>179</b>
Total assessment	:	<b>242</b>
Female	:	<b>224</b>
Male	:	<b>18</b>

### **Diagnosis categories**

1 Study related	:	<b>21</b>
2 Interpersonal	:	<b>20</b>
3 Crisis cases	:	<b>5</b>
4 Anxiety	:	<b>4</b>
5 Mental Illness	:	<b>4</b>
6 Aggression	:	<b>3</b>
7 Motivation	:	<b>2</b>
8 Family issues	:	<b>2</b>
9 Low self-esteem.	:	<b>1</b>
10 Career	:	<b>1</b>

### **Classes taken by the counsellor**

1. Positive Mental Health and Relationship. **4**
2. Mental Health and Adolescence. **3**
3. Positive Mental health and Stress Management. **3**
4. Suicidal Ideation and Depression among college students. **2**
5. Suicidal Prevention among college students. **2**
6. Ice Breaking, Positive mental health and Relationship. (NSS Camp at govt, UP School Akathethara, Palakkad.) **1**
7. Learning techniques and personal growth (SSP students). **1**

Commonly used therapeutic techniques by the counselor include Cognitive Behavioural Therapy, Anger Management, Assertiveness Training, Social Skill Training, Relaxation Techniques, Effective Learning Techniques, Time Management and Concentration Improving Techniques, Exposure Therapies, Psycho Education, Cognitive Restructuring, Mindfulness-based techniques, Stress Management etc.

This new initiative of the Government is recognized as a welcome move by all stakeholders of the college as it is also evidenced by the number of follow ups and calls received by the apprentice from the students and teachers during holidays. Some parents who are very much concerned about their wards also visited and sought the advice of the psychologist. Better furnished room and other related facilities can help to provide improved service to students.

A Positive move by the authorities will improve the functioning of the centre. Photographs of various programmes are attached with this report. This report is submitted for review and further action.





*Govt. Victoria College, Palakkad.*