

JEEVANI , Cenyre for Student Well being
Activity Report for 2019-2020

The activities conducted during the 2019-2020 academic year at NMSM Government College, Kalpetta, focused on student well-being, personal development, and academic skill enhancement. Several programs were organized to cater to the emotional, mental, and educational needs of the students, encouraging them to achieve holistic growth.

1. Seminar on the Importance of Mental Hygiene

Date: 21st November 2019

This seminar emphasized the significance of mental hygiene in maintaining emotional well-being among students. The session aimed to increase awareness about stress management, the prevention of mental health issues, and building healthy mental habits.

Key Topics Covered:

- Definition and importance of mental hygiene.
- Techniques for managing stress and anxiety.
- Maintaining a balanced lifestyle to ensure good mental health.

Outcome:

Students learned how to recognize signs of poor mental health and implement strategies for improving their emotional well-being.

2. Workshop on Nurturing Young Minds

Date: 28th January 2020

This workshop was designed to foster emotional intelligence, creativity, and critical thinking among students. The focus was on nurturing young minds in a supportive environment to promote overall personal growth.

Key Topics Covered:

- The role of creativity in education.
- Emotional intelligence and its importance in daily life.
- Strategies for enhancing problem-solving skills.

Outcome:

Participants gained valuable insights into promoting creativity and emotional well-being, both in educational settings and personal life.

3. Workshop on Learning Skills

Date: 5th February 2020

This workshop aimed at equipping students with effective learning strategies to enhance their academic performance. Techniques for time management, concentration,

and efficient study habits were shared during the session.

Key Topics Covered:

- Time management and prioritization techniques.
- Methods for improving concentration and memory retention.
- Developing self-discipline and motivation for academic success.

Outcome:

Students received practical tools and techniques to improve their academic productivity and learning efficiency.

Throughout the 2019-2020 academic year, several initiatives were conducted, each addressing different aspects of student well-being and development. The focus was on providing students with resources and skills to succeed academically and maintain a balanced, healthy mindset. These sessions collectively contributed to the holistic development of the students, addressing both mental health and academic challenges.

Plans for the Next Academic Year (2020-2021):

Expanding the reach of mental health awareness sessions to more students.

Organizing workshops on stress management during examination periods.

Increasing collaboration with external experts for specialized training in communication and soft skills.

Initiating more interactive programs to build student engagement and participation.