

Jeevani Activity Report

2021-2022

The activities of Jeevani centre for student's wellbeing at NMSM Government College, Kalpetta began on 28 September 2021. Initially, a discussion was conducted with the Jeevani coordinator and counsellor to think about the further activities that the centre can undertake. During the meeting, it was also discussed about the world mental health day celebration plans. According to the suggestions, the first step was decided to make students aware of the activities involved in the Jeevani centre. As the number of students were low these days, due to the outbreak of COVID 19 and resulting restrictions, it was decided to design posters and spread it through student groups instead of a celebration that demands crowd gatherings. Besides, a video was created based on the theme 'mental health in an unequal world', which was circulated to student groups with the help of staffs on October 10.

Moreover, a whatsapp group was created and interested students from all departments joined using the link provided. From this pool of students, two volunteers were selected from each class in order to coordinate activities and act as a support mechanism. Once the students were joined, they were asked to introduce themselves. Later a message about the activities and of Jeevani centre for student wellbeing was posted. Besides, in order to ensure more participation, the counsellor made a short video narrating the need and significance of this centre and its services. These two were circulated through each class whatsapp groups with the support of class teachers of various departments. Through this, students came to know that they can approach this counselling centre for their problems. Apart from this, 20 mental ability questions were prepared for Aspire 2021 as per the instructions of jeevani coordinator. However, the classes and number of students were restricted. So, in the beginning stage, no students approached the centre for counselling services. In this scenario, another meeting was conducted with the Jeevani coordinator to discuss about further activities that the centre can facilitate to make students feel that they can reveal their issues with the psychologist. This came out with productive suggestions. We decided to conduct training sessions for various classes.

As per the discussions, it was decided to conduct the second lecture as a continuation of the lecture series initiated last year in the name 'pursuit of happiness'. Mrs. Dwitheeya Pathiramana, who is the 'consultant psychologist and early interventionist' in Mar Sleeva super speciality hospital, Cherpunkal agreed to be the resource person. The session was organized

via google meet on 6th November 2021, Saturday at 11.00 am on the topic ‘Mental Health and More’. Apart from this, the first mental health awareness training session was conducted for first year computer science UG students on 18-11-2021 from 2.00 – 3.00 p.m. after that, another session was held for first- and second-year history PG students on 30-11-2021 between 2.00pm and 3.00 pm.

As part of the Jeevani outreach program, the third mental health awareness training session was organized for second year history UG students on 01-12-2021 from 11.00 – 12.00. Basic stress managements techniques were introduced through activities in the classroom. Another training session was arranged for first year economics PG students on 6th December 2021. After this, on 7th December 2021, Awareness training was given to first year M.com students from 2.00-3.00 pm. On 9th December another mental health awareness training was provided for first year B.com students from 10.30 – 11.30. Likewise, on the same day, a session was organized for second year M.com students in the afternoon.

After the Christmas vacation, the college reopened on 03 January 2022. Counselling services were provided for the students who approached Jeevani centre for students’ well-being. Apart from this, a discussion was conducted about the possibility of doing a survey in the college as an extension of the poll on psychological wellbeing carried out last year among the students. A questionnaire was prepared for this purpose and it was decided to focus on the internet addiction among students along with stress, depression and anxiety. The former was one of the major issues reported by students and teachers.

On 01.02.2022 a session on mental health awareness and stress management was provided for students in the third-year mass communication. Along with this, works on the survey continued and a google form was prepared and circulated among students. During march, the counsellor gathered all the data and conducted the analysis. Finally, the report was prepared and submitted to the college. In addition, counseling services were proved for the students who approached Jeevani.