

# **JEEVANI CENTRE OF STUDENT WELL-BEING**

Jeevani College Mental Health Awareness Programme  
Directorate of Collegiate Education, Government of Kerala

## **NMSM GOVERNMENT COLLEGE, KALPETTA**

### **ANNUAL REPORT 2023-2024**

Jeevani is a Comprehensive Mental Health Project implemented by the Department of Collegiate Education, Government of Kerala, since 2019 under the guidance of National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore.

#### **Mission**

Jeevani intends to improve awareness and promotion of mental health among college students along with ensuring early identification of psychological issues and symptoms of mental illness among these students. The mission of the Jeevani Counseling Center is to provide a safe environment for all students to overcome barriers to emotional, interpersonal and academic success. The Counseling Center strives to promote healing, growth and resiliency by reducing stigma and through providing access to mental health services on campus and in the community. We accomplish this by providing direct services, training and educating, collaboration with campus partners and advocating on behalf of all students, professors, staff, and community members.

#### **Vision**

It is the vision of the Jeevani Counseling Center is to meet the evolving and varying mental health needs of the fellow students and staff. We are committed to empower clients to make culturally informed choices in their lives and to assist them in reaching personally defined success. It is our vision that students, faculty and staff are empowered to make holistically and culturally informed choices surrounding wellness and mental health. We envision reducing barriers to service access for mental health care and contribute to the successful integration of campus partnerships for the welfare of staff, professors, and students.

To achieve this, a combination of universal awareness program (i.e., awareness classes to all students) and personal therapy services has been implemented in college. This project continued without interruption with immense support from the Jeevani Project Coordinators offering thoughtful clinical spaces and innovative ideas. This project is significantly designed to support students, and staff, to ensure a coherent approach to issues of concern, and to contribute to college well-being and welfare strategies. The project was initially launched only in Government colleges but later extended the services to aided colleges from the academic year 2023-24 and from then, 2 Consultant Psychologists have been appointed in the campus premises for the students.

Ms Hana U M (M.Sc Psychology) and Ms Anna Sandra Benny (M.Sc Psychology) have been taking awareness programs (class-wise) along with personal therapy sessions for students in campus. Their services are available during college hours and the records are maintained in a

register along with a Case Intake Performa provided by the Jeevani Project Coordinators. Following the resignation of the psychology apprentice Ms Anna Sandra Benny on 30<sup>th</sup> November 2023, Ms Chandni V S (M.Sc Clinical Psychology) had joined on 3<sup>rd</sup> January, 2024.

In the past year, a total of 40 students had come for counselling sessions, out of which 30 were females and 10 were males. One of the Jeevani Apprentices would work in NMSM Government College, Kalpetta, WMO Arts & Science College, Muttill and St. Mary's College, Sulthan Bathery alternatively, 2-3 days in a week each. These Apprentices and the schedule are assigned by the Jeevani Cell, NMSM Government College, Kalpetta, which is also the Home-station as well as the Nodal Office. The Jeevani working time is 10am to 4pm.

### **Report of Work during 2023-24**

#### **Part I: Counselling Services**

##### **A. Number of Sessions**

- Total Number of students who availed counselling services: 40
- Number of New Cases: 40
- Number of Follow-up sessions: 104
- Number of various categories:
  - Male: 10      → Female: 30
  - UG: 32      → PG: 8

##### **B. Nature of Stressors reported by the student:**

- Academic: 12
- Financial: 2
- Family Related: 6
- Intrapersonal Issues: 3
- Relationship Issues: 20
- Social: 5
- Career-related: 2
- Crisis: 12
- Past: 15
- Active Suicidal Ideation: 3
- Sports-related: 5
- Not Specific: 3

### **C. Type of Referral:**

- Self-reference: 33
- Teachers: 2
- Friends, peer group etc.: 5
- Family: Nil

### **D. Nature of Intervention:**

- Individual / Family counselling: 40
- College-level intervention: 6
- Others (Group Activity): 1

### **Mental Health Awareness Classes taken for various batches of students:**

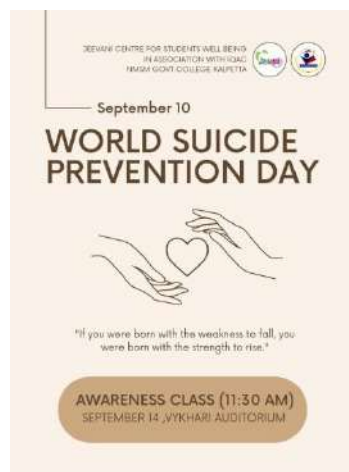
The activities of Jeevani centre for student's wellbeing of 2023-2024 academic year at NMSM Government College, Kalpetta began on 1st August 2023. Initially, a discussion was conducted with the Jeevani coordinator and counsellor to think about the further activities that the centre could undertake. In the short period of time the centre was in operation. We could be able to conduct many classes and activities. Those are addressed to batches/departments.

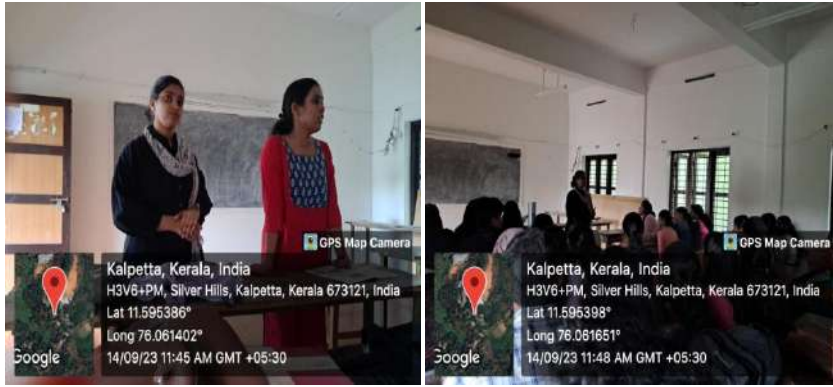
Another meeting was conducted with the Jeevani coordinator to discuss about further activities that the centre can facilitate to make students feel that they can reveal their issues with the psychologist. This came out with productive suggestions. We decided to conduct General mental health awareness training sessions for various classes.

As per the discussion, the first mental health awareness training session was conducted as a lecture series. The first session was conducted for 58 third year students of BA JMC on 7<sup>th</sup> August, 2023. Secondly, for 46 first year BA JMC students on 14<sup>th</sup> August, 2023, then 8 first year MA JMC students on 18<sup>th</sup> August, 2023, 16 first year MA Economics students on 4<sup>th</sup> September, 2023, 12 second year MA Economics students on 11<sup>th</sup> September, 2023, 50 first year BA History students on 17<sup>th</sup> November, 2023. The topics taken were Mental health awareness, Body shaming, Psychological first aids and we shared knowledge about Psychological disorders and tried to break their stigma. Also, the availability of the Psychologists was informed.

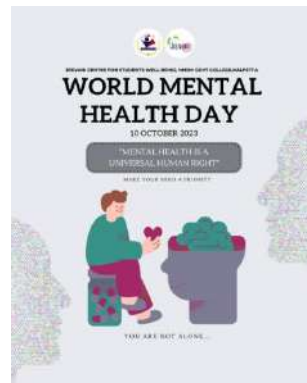


As a part of Jeevani outreach program, we conducted a Poster Making Competition as part of Suicide Prevention Day 2023. Farha from third year BA JMC had secured the first place for the same. This was intended to promote artistic and creative skills of students and help them aware of the current scenario of suicides and its prevention.





As per the Suicide Prevention week, an awareness session was held on 14<sup>th</sup> September 2023 with the theme: “If you were born with the weakness to fall, you were born with the strength to rise” for the entire college students. Psychologist Ms. Hana U M engaged with the students and conducted activities related to the theme. Jeevani Coordinator Ms. Sikha N. welcomed the students through a speech. This session was intended to promote artistic and creative skills of students and help them aware of the current scenario of suicides and its prevention, the importance of suicide prevention in our society and awareness regarding the suicide rates in college sector. Basic skills such as Listening skills, keeping connections with people around us and knowledge about the psychological first aid was discussed.



On 10<sup>th</sup> October, 2023, as part of the World Mental Health Day an awareness session was conducted with the theme: “Mental Health is a Universal Human Right” for the entire college. The session aimed at making one’s mind a priority, and that they are not alone, and the same was discussed. It also aimed at breaking the stigma about Mental health. A ‘How are you Feeling Today?’ bulletin board was kept in the campus so that the students could express how they felt using sticky notes. This was an opportunity for everyone to open up and explore themselves.

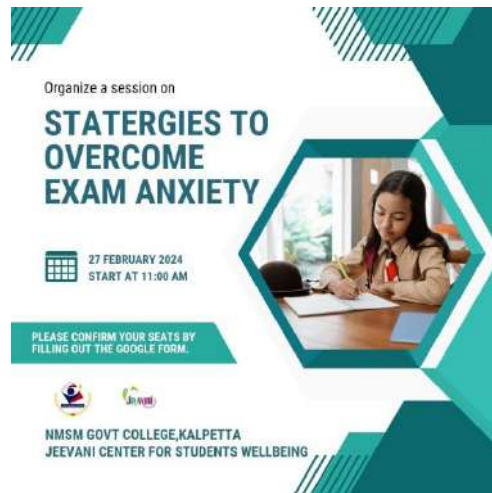




On 4<sup>th</sup> December, 2023, a session on ‘Random Chat’ was conducted at NMSM Government College, marking the first Group activity session of the Jeevani cell. It intended to ‘Talk to a stranger’ while the students remained blindfolded. Though the session was held at NMSM Government College, students from WMO Arts & Science College and St. Mary’s College had also joined. The aims of this session were non-judgmental free talk with strangers and giving them an opportunity to indulge into their inner peace. A total of 24 students had participated in this session, who had a positive feedback towards the program.







On 27<sup>th</sup> February, 2024, an interactive-cum-therapy session was conducted on the ‘Strategies to Overcome Exam Anxiety’. Initially, a brief introduction on Exam anxiety was discussed. Later the students were asked to share their anxious experience during exams. An ‘Open Chair technique’ was conducted for the students to explore themselves, develop insight and their self-anxieties, create a solution-focused decisions by themselves to overcome them.





## Trainings attended by the Apprentice:

A total of 5 training sessions were attended by the Apprentices, namely:

1. 17<sup>th</sup> October, 2023- Simple Strategies for Counselors to Handle Behavioural Addictions.
2. 18<sup>th</sup> October, 2023- General Framework and Daily Functioning of Jeevani Counselors
3. 20<sup>th</sup> October, 2023- Basic Skills in Counselling the Youth
4. 25<sup>th</sup> October, 2023- Relaxation Procedure and Mindfulness-based Intervention
5. 26<sup>th</sup> October, 2023- When and How to Deal with Psychosis Suicidality in College Counseling

Also, a talk on Work Life Balance and psychological well-being was conducted by AKGCT Women Sub-Committee Wayanad on 4<sup>th</sup> February, 2024.

## Appendix:

### Case Taking Performa:

**JEEVANI**

**CASE-TAKING PROFORMA**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: Male/Female  
Class: \_\_\_\_\_ Socio-economic Status: APL/BPL  
Reason for Consultation and duration: \_\_\_\_\_

Any Precipitating Factor:  
Sleep \_\_\_\_\_ Appetite \_\_\_\_\_ Skill-use \_\_\_\_\_ Academic functioning \_\_\_\_\_

Any history of Previous Psychological Issues: \_\_\_\_\_

Any Medical Illness: \_\_\_\_\_ Medication: Yes/No \_\_\_\_\_

Any use of Alcohol/Tobacco/Drugs: \_\_\_\_\_ Social Support: Adequate/Inadequate \_\_\_\_\_

Current Mental State:  
Behaviour: Normal/Abnormal \_\_\_\_\_ Thoughts: Anxious \_\_\_\_\_ Depressed \_\_\_\_\_  
Mood: \_\_\_\_\_ Hallucinations: Yes/No \_\_\_\_\_ Delusions: Yes/No \_\_\_\_\_

Thoughts of harm to self/others: Yes/No \_\_\_\_\_

**DIAGNOSIS:** \_\_\_\_\_  
**MANAGEMENT:** \_\_\_\_\_

Follow Up: No \_\_\_\_\_ Yes (date/time) \_\_\_\_\_

Referral (if symptoms severe/suicidal/you not improving with counselling/Uncontrolled or suspected medical issues)  
Primary Care Physician \_\_\_\_\_ Mental Health Team \_\_\_\_\_ Other \_\_\_\_\_

**JEEVANI**

**FOLLOW-UP PROFORMA**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: Male/Female  
Class: \_\_\_\_\_ Date of last consultation: \_\_\_\_\_

Initial Diagnosis: \_\_\_\_\_

Symptoms at Follow-up: Better \_\_\_\_\_ Same \_\_\_\_\_ Worse \_\_\_\_\_

Risk to Self/Others: Yes/No \_\_\_\_\_

**MANAGEMENT:** \_\_\_\_\_

Follow Up: No \_\_\_\_\_ Yes (date/time) \_\_\_\_\_

Referral (if symptoms severe/suicidal/you not improving with counselling/Uncontrolled or suspected medical issues)

**REFERENCE FORMAT**

To: \_\_\_\_\_ Date: \_\_\_\_\_

Respected Sir/Madam,  
I would be grateful if you would assess \_\_\_\_\_ who is a student of \_\_\_\_\_ college. He/She has features suggestive of \_\_\_\_\_ and will require specialised mental health assessment/treatment.  
If required and directed, I am willing to provide any required input from my side.  
Thanking you,  
Yours faithfully,

**FORMAT OF CASE REGISTER**

Date: \_\_\_\_\_

No	Name	Age	Sex	Class	Next Follow-up	Diagnosis	Comments

\*Comments\* implies whether referral is directed for (i.e. any additional) risk assessment/abilities identified.

### Name of the Jeevani Apprentices:

1. Hana U M
2. Anna Sandra Benny
3. Chandni V S

### Name of the Jeevani Coordinator:

Ms. Sikha N.

NMSM Government College

Date: 27<sup>th</sup> March, 2024