

Jeevani Activity Report

2022-2023

The activities of Jeevani centre for student's wellbeing of 2022-2023 academic year at NMSM Government College, Kalpetta began on 25 October 2022.. Initially, a discussion was conducted with the Jeevani coordinator and counsellor to think about the further activities that the centre can undertake. In the short period of time the centre was in operation. I could 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.

The first mental health awareness training session was conducted for first year Mass communication and journalism UG students on 31-10-2022 from 2.00 – 3.00 p.m. after that, next session was held for second year UG students on 1-11-2022 between 2.00pm. and 3.00 pm. In December, another session for mass communication third year students was on 11-1-2023 at 2.00 - 3.00 pm.

Topics for the classes are,

- Introduction about jeevani and role of a psychologist in a college scenario
- Importance of mental health
- Symptoms of poor mental health
- Ways to improve mental health
- Bullying and Body shaming
- Anti ragging rules and punishments in India
- Gender and sexual orientation
- Types of counselling cases
- Suicide prevention
- Toxic relationships
- Gender equality
- Mild relaxation techniques

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. Through this, students came to know that they can approach this counselling centre for their problems.

After the Christmas vacation, the college reopened on 03 January 2022.

Counseling services were provided for the students who approached the Jeevani center for students' well-being.

As per the discussions in January with Jeevani Coordinator it was decided to conduct a mental health awareness programme for all students in this college on Body shaming, self esteem and mental health. It was arranged in Vyghiri seminar hall of college on 19th January 2023, from 1 to 3.30 pm. The sessions were led by Swetha K R who is psychosocial counsellor of Sakhi Onr Stop Centre, Wayanad.

As part of the Jeevani outreach program, a life skills training program was organized for 30 second-year degree students on 16/3/2023 from 10 Am – 3pm. Classes and activities were based on 10 life skills. Activities included roleplay, drawing, games, questionnaire etc... Basic life skills are,

1. Thinking skills (Critical thinking, creative thinking, decision making, problem solving)
2. Personal skills (Self awareness, coping with stress, coping with emotion)
3. Inter personal skills (Effective communication and empathy)

Basic stress management techniques were introduced through activities in the classroom.

Finally, the report was prepared and submitted to the college. In addition, counseling services were provided for the students who approached Jeevani.

Summary of counselling cases

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	Categories	No:
1	Total number of counselling cases	25
2	Total number of boys	5
3	Total number of girls	20
4	Number of degree students	24
5	Number of pg students	1
6	Number of referral cases	7
7	Total number of counselling sessions	50

Major categories of diagnosed cases

- Depressive features
- Anxiety
- Stress
- Personality related
- Relationship
- Suicidal
- Abusive
- Authority related
- Mood problems
- Symptoms of PTSD
- Time management problem
- Substance abuse
- OCD symptoms
- Economic problems

Other interventions

1. Students also consulted for their problems and concerns about authorities which has to be addressed.
2. Improvement of infrastructure facilities for female and male students
3. Provide suggestions / guidance for the UG students dissertation work
4. Students also consulted for the guidance for higher education

Next year plans for jeevani centre

1. A class or batch representative for jeevani
2. Feedback session from each class
3. Awareness class for teachers
4. A complaint / suggestion box
5. Conduct more classes by expert resource persons from different areas
6. Parents interaction once in 4 months