

ACTIVITY REPORT OF JEEVANI CENTRE FOR STUDENT'S WELLBEING

NMSM GOVERNMENT COLLEGE

2020-2021

The world mental health day was observed on October 10, 2020. An online lecture was delivered by Baiju Laila Raj, a clinical psychologist from Calicut. And some posters were made and circulated among the college fraternity which advocated the theme for the day **Mental Health** for All: Greater Investment – Greater Access.

Psychology apprentice Agnes Sebastian Joined at NMSM Government College on 04 January 2021 as per the interview rank list published on 30.12.2020. Initially, a discussion was conducted with the principal and psychology apprentice to think about the further activities that the centre can undertake. According the suggestions, the first step is decided to make students aware of the activities involved in the Jeevani centre. To achieve this, a write up was generated by detailing the services that the counseling centre offers. Secondly, 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 tutors of various departments. Through this students came to know that they can approach this counseling centre for their problems.

However, due to the outbreak of COVID 19 and resulting restrictions the classes and number of students in each class were restricted. So, in the beginning stage, no students approached the centre for counseling services. In this scenario, another meeting was conducted to discuss about further activities we 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. The first session was conducted on 13 January 2021 for first year PG mass communication students. Prior to this a SWOT analysis was conducted to analyze the training needs of this class. Based on the discussions with teachers in this department, it was found that the students are communicating less with each other. As a result a team building experiential training activity was designed for these students. The feedbacks were positive and the teachers reported a significant change in the students' communication pattern. Groups of likeminded individuals began to form after the session.

Another training session was conducted for second year PG Economics students on 29 January 2021 on the basis of the theme "effective interpersonal communication as the key to success". It was also based on experiential training activities. The feedback was again positive. The third session was organized for first year undergraduate Mass Communication students on the same theme on 2 February 2021. The activities went on with a plan to start an online lecture series on the theme pursuit of happiness via Google meet. For this, class representatives to facilitate activities of jeevani centre were selected with the support of head of the departments, class teachers of various departments and the Principal. Dr. Chinchu C, research associate at the centre for women's studies CUSAT, Kochi delivered the inaugural lecture. A brochure was generated and circulated among students with the help of class representatives. The first lecture series was conducted on 14th March 2021 at 6.30 p.m on Google meet. It was effective and many students participated in it. Approximately 30 students approached jeevani centre for students well being within three months period. Follow up sessions were conducted for few among them. Reports of each case were kept confidentially with Jeevani coordinator.

