

## **JEEVANI-CENTERE FOR STUDENTS WELL BEING**

Jeevani-Centre for Wellbeing is a new programme implemented by Government of Kerala, in all government colleges. The services offered under Jeevani programme are available for all students enrolled in the college. The stress encountered by the students may have a negative influence on their physical, social, emotional, and academic states. The help of a psychologist would be very valuable at this stage. Here comes the relevance of the project Jeevani by the Department of Collegiate Education, Government of Kerala, which focuses on the mental well-being of the students in the government colleges in Kerala.

### **Objectives**

1. Counselling for students having psychological issues.
2. Conducting of programmes for creating awareness about mental health.
3. Early detection of student's problems.
4. Education Support.
5. Development of Social Skills among students
6. Development of life skills among students

College level Jeevani Committee consisting of Chairman (Principal Dr.R Rajashree), Co-ordinator (Hayarnnisa M, Assistant professor, Department of Zoology), PTA secretary (Sri.Jeesh S) and a mental health Professional (Dr. Roopasree Gopinath, Junior Consultant, Psychiatry, General Hospital , Pathanamthitta) counselling services shall be provided during break time.

Project Jeevani intends to improve awareness and promotion of mental health among college students along with ensuring early identification of psychological issues among these students. Addressing age appropriate psychological and social factors are essential in building young people's lives. It is vital to focus on helping young people to develop the skills necessary for managing their conditions. Attending to the issues of these students is of great importance, as it is the period that paves way to the successful lives of the students. The Jeevani counsellor will be with the students in their journey in college, sharing their joys and sorrows, helping them with their pains. Such a psychosocial help would definitely prove to be of immense benefit to the students. This will be a milestone as far as the state of Kerala is concerned, and this can also be a model for other states in the area of mental health.

## **ACTIVITY REPORT( 2019-2020)**

### **COLLEGE LEVEL INAUGURATION OF THE PROGRAMME ON 26/07/2019**

Jeevani Programme officially inaugurated by **Dr. Devi Raj, Consultant Psychologist and Motivational speaker**. The felicitations were given by heads of the all department. After inauguration she gave a talk on the topic **Youth and Values**. The participants also asked questions and Queries on the topic .Thus the session become very interactive.

### **INTERACTIVE CLASSES BY COUNSELLOR TO STUDENTS**

From **August 2019**, counsellor of Jeevani organized class interaction to let students know of the new cell. Since the counsellors are also young, students have been comfortable in approaching them. The working times of the centres have been arranged so that it open 30 minutes before and close 30 minutes after college working hours. The centres functioned during lunch hours as well. The Mental Health classes handled by **Ms. Anjana R Pillai** counsellor of Jeevani includes Stress Management Strategies, Essential Life Skills, Youth and Mental health problems, Effective learning and overcoming exam anxiety etc.,

### **CELEBRATION OF WORLD HEALTH DAY ON 10/10/2019**

The Department of Zoology and Jeevani jointly celebrated the World health day. Theme of the programme was **Suicide Prevention**. The programme was organized by Ms. Hayarnnisa M, HoD Dept. of Zoology. Dr.R Rajashree, Principal of our college inaugurated the programme by marking positive thoughts on Common canvas.

- Talk on '**Mental health awareness and suicide**' prevention by **Dr. Manju A**, Associate Professor in Psychology CPAS CTE, Elanthoor
- Poster making competition **on the topic Suicide Prevention**
- Poster Exhibition **on the topic Suicide Prevention**
- **Campaigning** against suicide **on common canvas**

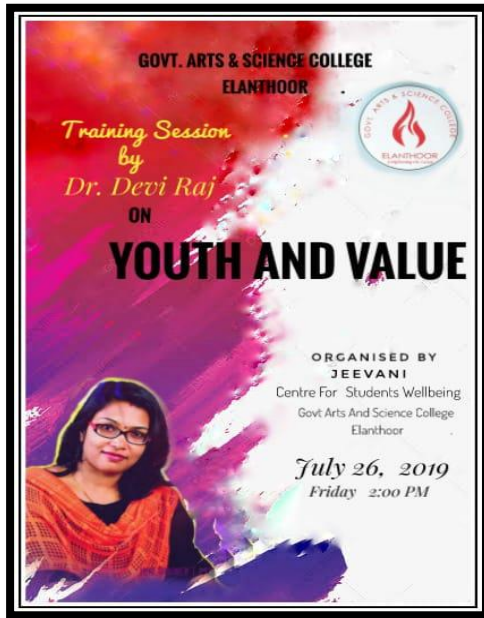
### **DRUG ABUSE AWARENESS PROGRAMME ON 10.02.2020**

An awareness programme on Drug abuse was conducted by Jeevani In association with Anti narcotic cell for college students. The programme was inaugurated by Dr .R Rjashree, Principal, Govt. Arts and Science College, Elanthoor. Ms.Hayarnnisa M., HoD, Dept. of Zoology has presided over the function. **Mr. Aji S, Drug inspector, Pathanamthitta** was delivered a talk on '**Drug Abuse among Young Adulthood**'.

### **TALK ON LEARNING SKILLS AND PERSONAL GROWTH FOR SSP STUDENTS ON 15.02.2020**

**Ms. Anjana R Pillai** , Jeevani Counsellorgave a talk on learning skills and personal growth to SSP students of the College.

**COLLEGE LEVEL INAUGURATION OF THE PROGRAMME ON 26/07/2019**



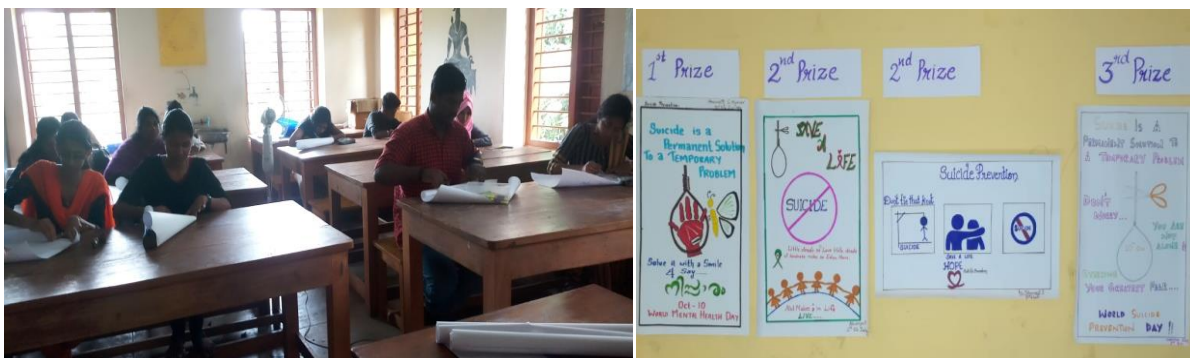
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