

P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P. O., KANNUR – 670 631
(Govt. Aided Teacher Education Institution affiliated to Kannur University)
Recognized by NCTE included under UGC 2(f) & 12(B) category
Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

3.4.3: Institution has linkages with schools and other educational agencies for both academic and outreach activities and jointly organizes

REHABILITATION CLINICS



Name of the Programme: Kuttanadinoppam: Flood Relief Programme

Kuttanaadinoppam

In 2018 Kerala state has witnessed a worst flood in its history, which caused widespread destruction in various regions. In response to this, P.K.M College of Education organized a massive clothing drive, collecting new and gentle-used clothes from students, faculty, and the local community. These clothes were sorted, cleaned and distributed to the effected people. This initiative aims at providing basic clothing and comfort to the flood victims. In addition to clothing, P.K.M college initiated a fundraising campaign to collect monetary funds. This a fundraising campaign aims at providing financial support for availing basic essentials. The campaigns were conducted under the guidance of Staff Association of P.K.M College of Education on 3/08/2018. The collected funds and clothes were hand over by DR. Rekha K.R to Sreekandapuram Municipality(name and designation who received the fund)



collecting the fund by staff coordinators and students



handing over the collected fund and cloths.




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P.K.M. COLLEGE OF EDUCATION
KATHARUADI P. O., MADAMPAM
SREEKANDAPURAM, KANNUR DE., 670001



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E-mail: pkmcedn@yahoo.co.in, Website: - www.pkmcollege.org

Tel: 0460 2230929, Fax: 04602 232449

Circular No: /PKM/2018-19

Date: 01/08/2018

Sub: Kuttanadinoppam

CIRCULAR

A warm invitation is extended to Kuttanadinoppam, which is organized by College Union of 2018-19. This event mainly focuses on the Flood Relief Campaign. We cordially invite all students and staff to participate and make this event a true reflection of our shared values.

Event Details:

- Article writing competition (Topic: 'Role of Environment in providing materials required for the sustainable development of different organisms and human beings')
- State level seminar
- Webinar (Date: 26-06-2020 Time: 11.00 A.M)

Date: 03-08-2018

Time: 9.00 A.M to 8.00 P.M

Platform: Google Meet

Best regards,

Principal


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Copy to

All TS, NTS and Students



KUTTANADINOPPAM

PARTICIPATION LIST

2018- 2020 BATCH

03/08/2018

SL. NO.	NAME	OPTIONAL SUBJECT	ATTENDANCE
1	AKHILA JOHN	ENGLISH	✓
2	AMRUDHA SIBY	ENGLISH	✓
3	ANJANA K.C.	ENGLISH	✓
4	ARYA PREMARAJ P.K.	ENGLISH	✓
5	GIBY BABU	ENGLISH	✓
6	MEENU T.C.	ENGLISH	✓
7	REVATHY PARAMESWARAN	ENGLISH	✓
8	BISNA NARIKKODAN	ENGLISH	✓
9	GOKULA E.	MALAYALAM	Absent
10	HARITHAMOL P.P.	MALAYALAM	Absent
11	NIMISHA A.	MALAYALAM	✓
12	SRUTHI C.K.	MALAYALAM	✓
13	THULASI M.B	MALAYALAM	✓
14	THUSHARA K.K.	MALAYALAM	Absent
15	ANUMOL MATHEW	MATHEMATICS	✓
16	AYONA VINCENT	MATHEMATICS	✓
17	HARSHA A. P	MATHEMATICS	✓
18	JISHNA KARIYIL	MATHEMATICS	✓
19	MEENU STEPHEN	MATHEMATICS	✓
20	MERITTA STEPHEN	MATHEMATICS	✓
21	NIMITHA JOSE	MATHEMATICS	✓
22	RAJINA P.P.	MATHEMATICS	✓
23	SNEHA P SEBASTIAN	MATHEMATICS	✓
24	SOUPARNIKA J.	MATHEMATICS	✓
25	ANJALI A.K.	NATURAL SCIENCE	✓
26	ANJALI C.K.	NATURAL SCIENCE	✓
27	JAHIRA K.	NATURAL SCIENCE	✓
28	MAHIMA K.	NATURAL SCIENCE	✓
29	NEETHU MADHUSOODANAN K.V	NATURAL SCIENCE	✓
30	PRIYANKA TALIYIL	NATURAL SCIENCE	✓
31	REMYASREE M.V.	NATURAL SCIENCE	✓
32	RISHANA K.M.P	NATURAL SCIENCE	✓
33	ABIYA JOSE	PHYSICAL SCIENCE	Absent
34	ANJUSHA M.	PHYSICAL SCIENCE	✓
35	APARNA FRANCIS	PHYSICAL SCIENCE	✓
36	ATHIRA K.	PHYSICAL SCIENCE	✓
37	JOSLY JOSE	PHYSICAL SCIENCE	✓



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38	NIDHIN JOSE	PHYSICAL SCIENCE	Absent
39	RIYA ROSE MATHEW	PHYSICAL SCIENCE	✓
40	SARIKA CHACKO	PHYSICAL SCIENCE	✓
41	SHYNA N RAJU	PHYSICAL SCIENCE	✓
42	SONIA CYRIAC	PHYSICAL SCIENCE	Absent
43	SREYA JOSEPH	PHYSICAL SCIENCE	Absent
44	ATHIRA P.K.	SOCIAL SCIENCE	Absent
45	JASMINE THOMAS	SOCIAL SCIENCE	✓
46	REJI P GEORGE	SOCIAL SCIENCE	✓
47	REMYA RAGHAVAN	SOCIAL SCIENCE	✓
48	RENJINI N.V	SOCIAL SCIENCE	✓
49	RISINA T	SOCIAL SCIENCE	✓
50	SUJINA T.V.	SOCIAL SCIENCE	✓



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SREEKANDAPURAM, KANNUR DT.,-670631

Name of the Programme: Jeevani Report

CONSOLIDATED REPORT
SUBMITTED BY
TWEENA SURESH
PSYCHOLOGY APPRENTICE
JEEVANI CENTER FOR STUDENTS' WELLBEING



ACADEMIC YEAR 2023-2024




PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KATHAMANGALAM, DISTRICT - KANNUR
BREEKANDAPURAM, KANNUR DISTRICT, KERALA

INTRODUCTION

'Jeevani - College Mental Health Awareness Programme' is a new venture introduced by Kerala Collegiate Education Department. The programme aims to address the mental health issues and to enhance the psychological well-being of student through individual counseling session, training classes and workshops.

Jeevani Centre for Students Well-being has been functioning in the college from 28th October 2021 for the academic year 2021-2022, as part of jeevani project by the Directorate of Collegiate Education, Kerala. The center aims to help students deal with issues they face in their academic and personal lives and to promote student mental health. As the project has only started during this month the primary goal of jeevani was to spread information regarding the functioning and to promote awareness about mental health.

The Jeevani program for the academic year 2023-2024 at P.K.M College of Education commenced on August 10th, with the inclusion of Ms. Tweena Suresh, a Consultant Psychologist, who joined as a Psychology Apprentice under the Jeevani cell. Since then, orientation programs, awareness classes, and counseling sessions have been provided to students in need. Notably, this academic year marks the appointment of a psychologist to serve in two colleges, with K.M.M. Govt. Women's College as the primary location and P.K.M. College of Education, Madampam, as an additional institution.

Given the psychologists' responsibilities in two distinct colleges this year, the Jeevani center at K.M.M. Govt. Women's College will adhere strictly to the established timetable. Over the course of a month, ten days of service were dedicated to the additional college, while the psychologist was available at the home station, i.e., K.M.M. Govt. Women's College, for the remaining days. The center opens 30 minutes prior to the college working hours and closes 30 minutes after the conclusion of the working day.

Objectives

- To spread awareness about Jeevani Students Wellbeing Center, role of Psychologist in Collage and Mental Health.
- To spread awareness about the Importance of Mental Health.
- To enhance Social Skills and life skills among Students.
- To enhance Communication Skill among Students.
- To enhance Problem-Solving Skill among Students.
- To enhance idea of Interview Technique among Students.
- To make Students understand and learn about adaptive Coping Strategies in life.




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DREERANAPURAM, KANNUR DIST., KERALA

At P.K.M. College of Education, Principal Dr. Jessy Ne played an important role in unveiling the Jeevani Center for Students' Wellbeing, a transformative initiative designed to enhance the mental health of college students. Dr. Jessy Ne elucidated this new government program, emphasizing its crucial role in fostering the overall betterment of students within the realm of mental health.


During this enlightening introduction, Dr. Jessy Ne not only outlined the significance of the program but also addressed students' inquiries, ensuring a clear understanding of its potential benefits. Subsequently, Psychologist provided further insights, offering detailed explanations to clear doubts and provides a comprehensive understanding of the Jeevani Center's objectives.

This collaborative effort between the Principal and the Psychologist not only exemplifies the college's commitment to student welfare but also reflects a proactive stance in embracing government initiatives that contribute to the holistic development and mental well-being of the students'.

On Thursday, October 12, 2023, a session was conducted under Jeevani Cell centering on the "Problems Faced by Adolescent Students and the Crucial Role of Teachers in Management." Within the academic sphere, teachers play a pivotal and influential role in molding the behavior of students. This influence extends beyond imparting subject knowledge, encompassing the provision of essential support that goes a long way in shaping the overall character of the learners. Teachers act as mentors and guides, offering not just academic insights but also emotional and motivational support, creating a nurturing environment where students feel encouraged to thrive not only academically but also in terms of personal development.

The session delved into the challenges faced by adolescent children in the realm of mental health, emphasizing the need for teachers to play a proactive role in managing these issues within the classroom. Adolescents often grapple with diverse mental health concerns, ranging from stress and anxiety to peer pressure and identity issues. To address these challenges, the discussion centered on the ways in which teachers can contribute to the mental well-being of their students. Strategies such as creating an open and supportive classroom environment, fostering positive peer relationships, and incorporating mindfulness techniques into the curriculum were explored. The importance of recognizing signs of distress and establishing effective communication channels between teachers and students was underscored.




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KATTIPATTINAM, TAMIL NADU
SREEKANDASANKARANARAYANAN



From the very beginning, students have demonstrated a keen interest in the Jeevani Cell, actively seeking information and approaching the cell with inquiries about counseling. Notably, those students who sought individual counseling were promptly attended to and received dedicated care from the counselor.

Nature of the chief complaints observed during sessions:-


- Decision making difficulties.
- Adjustment issues.
- Interpersonal difficulties.

Based on individual requirements, a follow-up has been recommended for students in need. This personalized approach ensures that ongoing support is provided, aligning with the specific needs identified during counseling or interventions. The proactive recommendation of follow-up sessions reflects the commitment of the institution or counseling services to monitor and address the evolving needs of students over time, fostering a supportive and responsive environment for their overall well-being.

Summary

The Jeevani Center for Students' Wellbeing at PKM College of Education is working on scheduled days, providing counseling services for students who need support. The entire college community supports this initiative, driven by a shared commitment to uplift the holistic well-being of our students. This program shows commitment to not only academic success but also the mental and emotional health of each student.




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KOTHAYAM, KOLLAM
KERALA, INDIA