

**ANNUAL REPORT OF JEEVANI
CENTER FOR STUDENTS'
WELLBEING
ACADEMIC YEAR 2023-2024**



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 K.M.M. Govt. Women’s College commenced on August 7th, with the inclusion of Ms. Tweens 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.

Nature of chief complaints observed during individual sessions:-

- Adjustment issues in college.
- Lack of motivation in studies.
- Problems due to negative family environment.
- Personality issues.
- Marital problems and relationship issues.
- Psychological problems due to physical disability.
- Body image issues.
- Lack of social skills.
- Mild to Moderate Depression and Anxiety.
- Concentration difficulties.
- Time management difficulties.
- Lack of Self-Esteem and Self-confidence.

Appropriate interventions have been employed to address issues based on the nature of the problem, the individuals' family background, available resources, and their age. Following each initial session, additional follow-up sessions are also conducted.

WORK DONE:-

I. Awareness Programme on Jeevani Project and Role of Counseling in maintaining Mental Health. (K.M.M. GOVT. WOMEN'S COLLEGE).

A comprehensive class on the Jeevani project was conducted, focusing on the prevalent mental health challenges faced by today's society, with a specific emphasis on college students. The session underscored the critical importance of mental health in shaping a better future and maintaining overall well-being, particularly in the context of the unique stressors encountered during the college years.

Subsequently, the class delved into the concept of counseling, exploring its role as a transformative and supportive intervention for individuals with various mental health issues. The discussion not only clarified the fundamental principles of counseling but also addressed prevalent myths and misconceptions surrounding the practice. By doing so, the session aimed to create a more informed and open-minded perspective among Students, encouraging them to view counseling as a proactive and beneficial approach to enhancing mental well-being.

Moreover, the class emphasized the practical benefits of seeking counseling, highlighting how engaging in such support can effectively address and alleviate mental health concerns. By elucidating the positive impact of counseling on personal development and resilience, the session sought to empower participants to proactively manage their mental health and contribute to a healthier, more supportive college environment.

Departments Engaged in Awareness Programs:-

1. First year BSc Chemistry students.

Date: 11/09/2023

Time: 1:30 to 2:30 PM

2. First year BSc Mathematics students.

Date : 11/09/2023

Time: 2:30 to 3: 30 PM

3. First year BA Economics B students.

Date : 04/10/2023

Time: 11:30 to 12:30 PM

4. First year BA Malayalam students.

Date : 04/10/2023

Time: 1:30 to 2:30 PM

5. First year BSc Physics students.

Date : 05/02/2024

Time : 1:30 to 2:30 PM

6. First year BA History students.

Date: 05/02/2024

Time: 2:30 to 3:30 PM

II. Awareness Programme on Jeevani Project and Role of Counseling in maintaining Mental Health. (P.K.M. COLLEGE OF EDUCATION).

At P.K.M. College of Education, Principal Dr. Jessy Nc 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 Nc elucidated this new government program, emphasizing its crucial role in fostering the overall betterment of students within the realm of mental health.

During the introduction, Dr. Jessy Nc not only outlined the significance of the program but also addressed students' inquiries, ensuring a clear

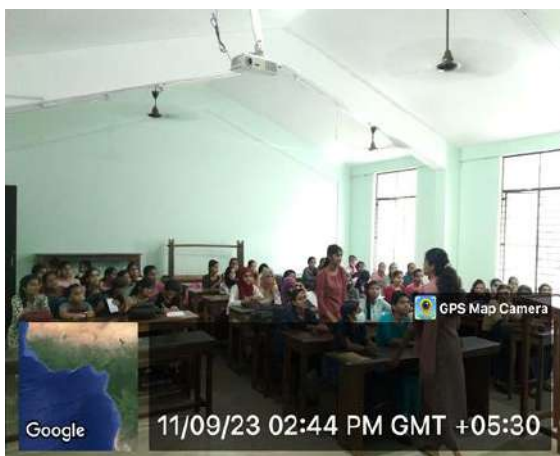
understanding of its potential benefits. Subsequently, Psychologist provided further insights, offering detailed explanations to clear doubts and provides a comprehensive understanding of the Jeevani Center's objectives.

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’.

Participants : First year B.ed Students (50).

Date : 10/08/2023

Time : 11:30 to 12:00 PM

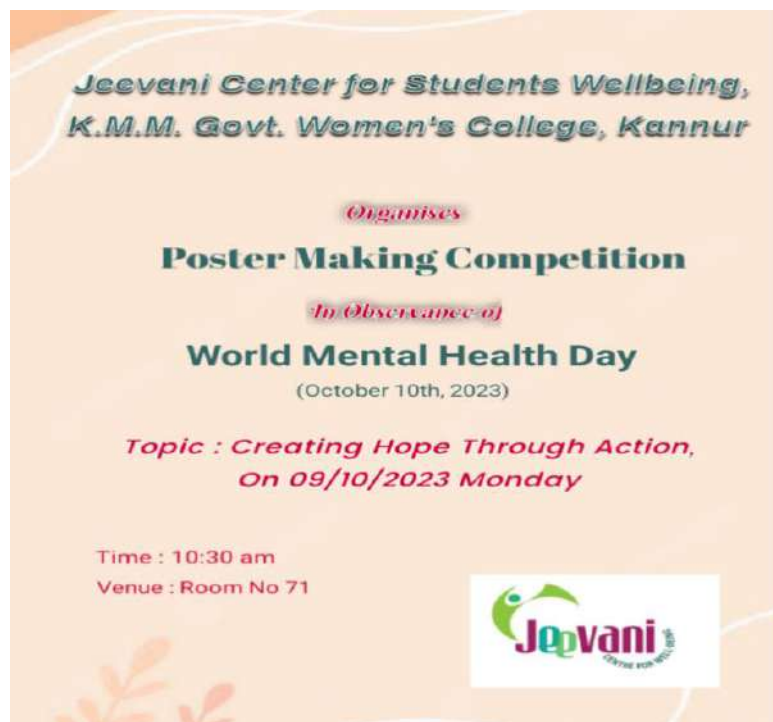




III. Other Programs conducted

1. World Mental Health Day Poster Competition:-

In commemoration of World Mental Health Day, a poster-making competition was held on Monday, 09/10/2023, focusing on the theme "Creating Hope through Action." A total of 14 students from diverse departments participated in the competition. This engaging event not only showcased their creativity but also the collective commitment to fostering mental well-being through artistic expression.





The winners were announced later, and certificates along with small coloring tools were presented to the top three winners.

2. Insightful session on Navigating Adolescent Challenges: The Crucial Role of Teachers

On Thursday, October 12, 2023, a session at P.K.M. College of Education, Madampam, delved into the "Problems Faced by Adolescent Students and the Crucial Role of Teachers in Management." In the academic realm, teachers play a pivotal role in equipping adolescent students with the tools and support needed to effectively confront and manage mental health challenges. Attended by 50 first-year B.Ed. students, this session underscored the significance of equipping educators to address the unique challenges adolescents encounter.



3. Elevating Mental Health Awareness: “Mind Matters” session

On October 20, 2023, a session titled "Mind Matters: Cultivating Mental Health Consciousness" was held in honor of World Mental Health Day. The session, led by Nikhitha Vinod, a Psychiatric Social Worker from DMHP, Kannur, was tailored for first-year students.

This engaging discussion focused on recognizing mental disorders and their symptoms, specifically addressing the mental health of children and adolescents. By imparting early identification tools, the session aimed to empower first-year students with the ability to promptly identify signs of mental health issues. This proactive approach ensures timely and appropriate interventions, underscoring the session's importance in fostering a supportive and aware academic community.

**Jeevani Center for Students' Wellbeing,
K.M.M. Government. Women's College, Kannur**

In observance of
World Mental Health Day

Organises
A session on
**Mind Matters: Cultivating Mental Health
Consciousness**

**Resource person: Nikhitha Vinod
Psychiatric Social Worker DMHP, Kannur**
on: 20/10/2023

Time: 11:30 a.m.
Venue: Seminar Hall

All Are Cordially Invited

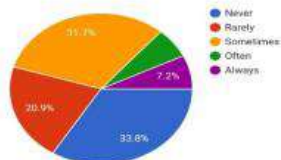


4. Exploring the Exam Anxiety: A Study among First Year Students.

In this research, a questionnaire was prepared to assess the level of exam anxiety experienced by 139 first-year students from various departments of the college. The questionnaire, conducted through Google Forms and distributed via a WhatsApp group, employed the short scale for test anxiety (Nist and Diehl, 1990) for data collection. The study aims to unravel the prevalence of test anxiety among students, particularly in the context of the Jeevani Center for Students Wellbeing, to provide valuable insights for effective support and intervention strategies by the college counselor. The gathered data has been visually represented in a pie chart to facilitate a comprehensive understanding of the results.

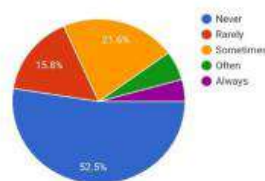
1. I have visible signs of nervousness such as sweaty palms, shaky hands, and so on right before a test.

139 responses



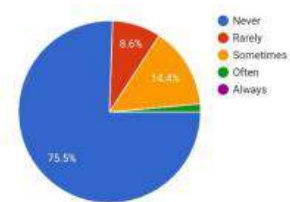
2. I have "butterflies" in my stomach before a test. (Nervous feeling in stomach)

139 responses



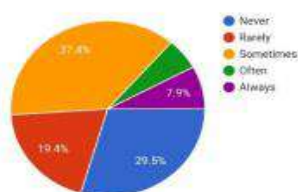
3. I feel nauseated before a test.

139 responses



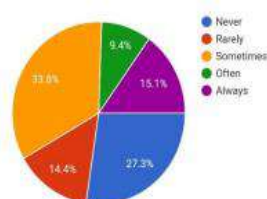
4. I read through the test and feel that I do not know any of the answers.

139 responses



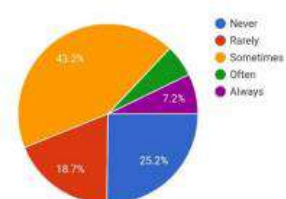
5. I panic before and during a test.

139 responses



6. My mind goes blank during a test.

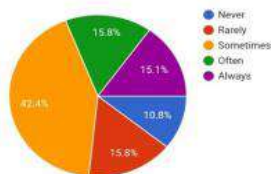
139 responses



7. I remember the answers that I blanked on once I get out of the exam hall . (I remember answers after the test is over).

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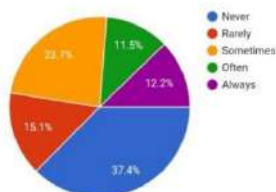
139 responses



8. I have trouble sleeping the night before a test.

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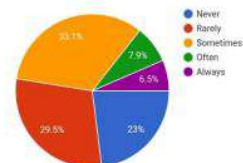
139 responses



9. I make mistakes on easy questions or put answers in the wrong places.

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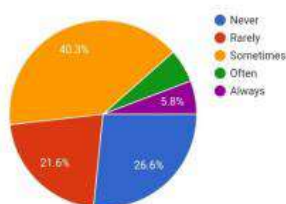
139 responses



10. I have difficulty choosing answers correctly during exam.

Copy

139 responses



The comprehensive analysis of the study indicates that the majority of students exhibit a normal level of anxiety, which can be viewed as beneficial for effective studying and exam preparation. A small percentage reflects high anxiety, yet it is noteworthy that this subgroup primarily experiences specific fears rather than manifesting full-fledged anxiety symptoms. The depicted chart underscores a prevalent healthy anxiety level among students, emphasizing its constructive role in the preparatory phase for examinations.

5. Empowerment through Assertiveness: NSS Student Training Programme.

The assertiveness skill training, facilitated by Farsana Nilavana, a consultant psychologist at Xylem Institution, Kozhikode, holds significant importance in today's society. The session proved highly beneficial, serving as a crucial training program for NSS students. It empowered them to recognize their interpersonal style and enhance assertiveness in their communication.

K.M.M.Govt.Women's College,Kannur

JEEVANI Centre for Students' Wellbeing,
In association with
KSWDC Women Cell Unit
&
NSS Units 19,22

present
Training Programme in Developing
Assertiveness Skills
by



Ms. Farsana Nilavana
Consultant Psychologist



Date: 04 January 2024 Time: 2:30pm Venue: Seminar Hall



Podikkundu, Kerala, India
V9W9+RMM, Podikkundu, Puzhathi, Kerala 670004, India
Lat 11.897146°
Long 75.369091°
04/01/24 02:51 PM GMT +05:30



IV. Training sessions attended in 2023-2024 Academic year.

A training session was held under the Jeevani program for all the counselors.

SL.NO	DATES	DETAILS
1	17/10/2023	Simple strategies for counselors to handle behavioral addiction.
2	18/10/2023	General frame work and daily functioning of jeevani counselors.
3	20/10/2023	Basic skills in counseling the youth.
4	25/10/2023	Relaxation procedures and mindfulness based interventions.
5	26/10/2023	When and how to deal with psychosis and suicide in college counseling.

CONCLUSION

The Jeevani Center for Students' Wellbeing, introduced by Kerala Collegiate Education Department, providing counseling services for students who need support has worked successfully and the entire college community supported this initiative, driven by a shared commitment to uplift the holistic well-being of the students. This program shows commitment to not only academic success but also the mental and emotional health of each student.