



JEEVANI CENTRE FOR STUDENT'S WELL-BEING

Jeevani College Mental Health Programme

Directorate of Collegiate Education, Government of Kerala

Jeevani Report

2025-2026

P.K.M College of Education, Madampam

A vertical poster with a blue background. At the top left is the Jeevani logo. To its right, text reads: "A Kerala Government initiative for promoting mental health among college students". Below this is the P.K.M. College of Education logo and name: "P.K.M. COLLEGE OF EDUCATION, MADAMPAM, KAITHPAM P.O., KANNUR". A website link "https://www.pkmcollge.org" is provided. A section titled "OUR SERVICES" lists: "ONE ON ONE COUNSELING", "GROUP THERAPY AND PEER SUPPORT", "MENTAL HEALTH AWARENESS WORKSHOPS", and "REFERRALS TO MENTAL HEALTH PROFESSIONALS". Below this, "WE ARE AVAILABLE AT" is followed by "ROOM NO 21, FIRST FLOOR" and "TUE & THU 9:30 AM - 4:30 PM". On the right, "MAKE YOUR APPOINTMENTS WITH" is followed by "ANUSHA BENNY, COLLEGE PSYCHOLOGIST, P.K.M. COLLEGE OF EDUCATION, 9750622188". At the bottom, "Dr. SINOJ JOSEPH, JEEVANI Co-ORDINATOR, P.K.M. COLLEGE OF EDUCATION" is listed. The bottom half of the poster features a photograph of a woman with curly hair, wearing a brown sweater, sitting in a chair and looking towards a person whose back is to the camera. The background of the photo is a soft blue with white wavy lines.

Introduction

The Jeevani – College Mental Health Awareness Programme, introduced by the Kerala Collegiate Education Department, is a significant initiative aimed at addressing mental health concerns and promoting the psychological well-being of students. The programme facilitates individual counseling sessions, training programs, and workshops to support students in managing academic and personal challenges.

The Jeevani Centre for Students' Well-being has been functioning in the colleges since 2019, under the Jeevani project implemented by the Directorate of Collegiate Education, Kerala, with its nodal office at Department of Psychology, Govt. College for Women, Thiruvanthapuram. The Centre is dedicated to providing professional support to students and fostering a mentally healthy academic environment.

During the academic year 2025–2026, the Jeevani programme at SES College, Sreekandapuram, and PKM College of Education, Madampam, commenced on 2 June 2025 with the appointment of Ms. Anusha Benny as the College Psychologist under the Jeevani Cell. The appointment was made through K.M.M. Government Women's College, Kannur.

Subsequently, a range of orientation programs, awareness sessions, and counselling services have been systematically provided to students requiring support. Among the two institutions, SES College, Sreekandapuram, functions as the home station, while PKM College of Education, Madampam, is designated as the additional institution.

In view of the responsibilities across two institutions, the functioning of the Jeevani Centre is carried out in accordance with a structured timetable. Each month, ten working days are allocated to the additional institution, while the remaining days are dedicated to the home station. The Centre operates from 9.30 to 4.30 pm.

Key Objectives:

- Educating the students regarding the importance of mental health
- Early identification and management of mental health challenges
- Mitigating risk factors and promoting healthy behaviors
- Providing counseling services, mental health awareness programs and stress management workshops

Report of work during 2025 - 2026

P K M College of Education- a Government Aided College of Teacher Education, is a Christian Minority Educational Institution, managed by the Knanaya Catholic Community, Arch Diocese of Kottayam. It is affiliated to Kannur University, recognized by NCTE, included under UGC 2(f) and 12B category, reaccredited by NAAC at A grade in the 3rd cycle and is a RUSA 2.0 beneficiary institution, offering B. Ed programme of two-year duration with an annual intake of 50 Students in 6 subjects- English, Malayalam, Mathematics, Natural Science, Physical Science and Social Science.

In this academic year Jeevani counselling Centre started operating in P.K.M. College of Education, Madampam, from 4th June 2025 when the Jeevani psychologist Ms. Anusha Benny took the official charge. She was allotted two working days in a week (Tuesday and Thursday) which makes a total of at least 10 working days in a month. Dr. Sinoj Joseph, Assistant professor of physical Education serves as the Jeevani Coordinator, ensuring seamless integration of the program's services into the college's welfare framework.

Counselling Services

A. Number of Sessions:

- Total Number of students: 98
- who availed counselling services: 04
- Number of New Cases: 04
- Number of Follow-up: 0
- Sessions: 04
- Number of various categories: Male:02, Female:02

B. Nature of Stressors reported by the students:

- Academic: 02
- Financial: 0
- Family Related: 2
- Relationship issues:01
- Career-related:01
- Crisis: 01
- Active Suicidal Ideation: 0

- Not Specific: 0

C. Type of Referral:

- Self-Reference: 04
- Teachers: 0
- Friends, peer group etc.: 0
- Family: 0

D. Nature of Intervention:

- Individual / Family counselling: 04
- College level intervention: 0
- Others: 0

Classes taken for various batches: -

As part of the Anti-Drug Campaign held on 26 June 2025 for second-year students, and during the Bridge Course and Induction Programme on 22 August 2025 for first-year students, an introductory segment on mental health was included at the beginning of both sessions.

The introduction focused on familiarizing students with the Jeevani Programme, its objectives, and the various services it offers, including counselling and mental health support. The importance of mental health was also briefly highlighted, emphasizing its relevance in students' academic and personal lives.

This segment aimed to create awareness among students, reduce stigma, and encourage them to utilize the available mental health support systems within the institution.

Mental Health Promotional activities and Collaborations

1. Antidrug campaign - Identifying the warning signs: An initial step to assuring help.

As part of the observance of the International Day Against Drug Abuse and Illicit Trafficking, an awareness session titled “Identifying the Warning Signs: An Initial Step to Assuring Help” was conducted on 26th June 2025 at the Video Conference Hall for the second year B.Ed. students. The programme was organized by IQAC in collaboration with Jeevani Centre for well-being. The programme commenced with a formal meeting, followed by a welcome address by Vice Principal Dr. Prashanth Mathew, who emphasized the importance of early identification of substance abuse among adolescents. The awareness session was handled by college psychologist Ms. Anusha Benny.

The major topics covered during the session included: Reasons for drug usage, highlighting psychological, social, and environmental factors. The physiology of addiction, explaining how substances affect the brain and body. How drug usage begins in adolescent children, with emphasis on peer influence, curiosity, and emotional vulnerability. Methods to identify and help individuals, focusing on recognizing behavioral changes and offering appropriate support and guidance. The session was interactive and informative, encouraging participants to actively engage and clarify their doubts. The programme successfully raised awareness about the importance of early detection and intervention in preventing substance abuse. The programme concluded with a sense of responsibility among participants to contribute towards a supportive and drug-free environment.



2. Internship orientation: Belonging matters: Creating Inclusive spaces

As part of the internship orientation programme for second year B.Ed. students, a session titled “Belonging Matters: Creating Inclusive Spaces” was conducted on 1st July 2025 from 9:30 AM to 10:30 AM at the Multipurpose Hall. The programme was organized by the IQAC in collaboration with the Jeevani Centre for Wellbeing.

The session aimed to create awareness among prospective teachers about the importance of inclusive education and the need to foster a sense of belonging among all learners, especially children with developmental challenges.

The session covered key topics including different types of developmental disorders and the behavioral characteristics commonly observed among such children. Emphasis was given to equipping student teachers with effective classroom management strategies to handle diverse learning needs in an inclusive classroom environment.

The session also highlighted various government support systems available for children with developmental disorders. Special focus was given to the UDID (Unique Disability ID) Card and the concessions and benefits it provides, thereby helping students understand the importance of facilitating access to these resources for eligible children.

The programme was informative and engaging, enabling the participants to develop a deeper understanding of inclusive practices and their role in creating supportive and equitable learning spaces



3. Bridge course and Induction: The Role of Teachers as Counsellors

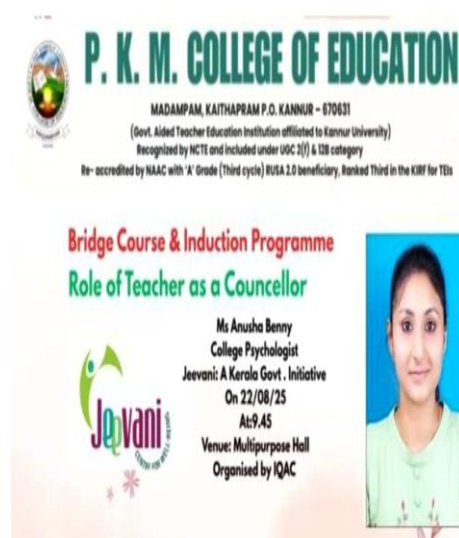
As part of the Bridge Course and Induction Programme for first-year students, a session titled “The Role of Teacher as a Counsellor” was conducted on 22nd August 2025 at 9:45 am. in the Multipurpose Hall. The programme was organized by the IQAC.

The session focused on highlighting the multifaceted role of teachers in supporting students beyond academic instruction. It emphasized the importance of integrating mentoring with teaching to foster holistic student development. Key topics discussed included the difference between constructive and destructive criticism, and how constructive feedback can positively influence student growth.

The session also underlined the significance of building trust and understanding in the teacher-student relationship. Insights into managing adolescent behavior were shared, helping future educators understand the emotional and psychological needs of students. Additionally, the session addressed the identification of signs of distress among students and appropriate ways to respond to such situations.

The programme aimed to equip prospective teachers with the necessary awareness and skills to support both the emotional well-being and academic development of their students.

Overall, the session was informative and beneficial, providing valuable perspectives on the evolving role of teachers in today’s educational context.



4. World suicide prevention day: Changing the Narratives on Suicide

As part of the observance of Suicide Prevention Day, a session titled “Changing the Narratives on Suicide” was conducted on 18th September 2025 from 3:00 p.m. to 4:00 p.m. at the Multipurpose Hall. All the first year B.Ed. students were participated in the session.

The session aimed to spread awareness about suicide prevention, reduce the stigma associated with mental health issues, and equip participants with the knowledge and strategies needed to support themselves and others experiencing suicidal ideation.

The session covered several important topics, including common myths and misconceptions surrounding suicide, which helped participants differentiate between facts and false beliefs. It also highlighted the warning signs and risk factors associated with suicide, enabling early identification and timely intervention.

Further, the session provided guidance on how to offer support to individuals experiencing suicidal thoughts, emphasizing empathy, active listening, and the importance of seeking professional help. Self-help strategies for individuals dealing with such thoughts were also discussed, empowering participants with practical coping techniques.

In addition, information regarding government services and toll-free helplines related to suicide prevention was shared, encouraging participants to utilize available support systems when needed.

The programme was informative and impactful, fostering a more compassionate and informed perspective among participants regarding mental health and suicide prevention. It reinforced the importance of collective responsibility in creating a supportive and stigma-free environment.



5. World mental health day video presentation: Break the Stigma

As part of the observance of World Mental Health Day, a video presentation was prepared and shared with the objective of promoting mental health awareness and encouraging positive attitudes toward psychological well-being.

The central theme of the video was “Break the Stigma”, focusing on challenging the misconceptions and societal stigma associated with mental health issues. The video emphasized the importance of recognizing mental health as an integral part of overall well-being and highlighted the need for open conversations about emotional and psychological struggles.

The video also incorporated insights and experiences shared by well-known celebrities who have openly spoken about seeking therapy and mental health support. Their testimonies helped normalize help-seeking behavior and demonstrated how professional intervention positively impacted their lives.

The initiative aimed to create awareness, reduce stigma, and inspire individuals to prioritize their mental health and seek support when needed. It served as a meaningful step toward fostering a more understanding and supportive environment for mental health discussions.

Trainings attended by the college psychologist:

1. Jeevani orientation Google Meet

Date: 22/6/2025

Time: 1.30 p.m. - 2.30 p.m.

2. Jeevani Review Meeting

Date: 24/3/2026

Time: 8 a.m. – 9 a.m.

Name of the Jeevani Apprentice:

Ms. Anusha Benny

Name of the Jeevani Coordinator:

Fr. Sinoj Joseph

College / Date: P.K.M College of Education, Madampam / 29/03/2026