



**JEEVANI CENTRE FOR STUDENTS' WELL-BEING**  
Jeevani College Mental Health Programme  
Directorate of Collegiate Education, Government of Kerala.  
(P. K.M. College of Education, Madampam)

**ANNUAL REPORT 2024-2025**

**Introduction**

“Jeevani” refers to a mental health initiative by the Government of Kerala, focusing on the well-being of college students, offering counseling, awareness programs, and stress management workshops. The program was launched in 2019-20 by the Directorate of Collegiate Education, Government of Kerala, and has expanded to include aided colleges.

Jeevani intends to improve awareness and promotion of mental health among college students along with ensuring early identification of psychological issues among these students. To achieve this, a combination of universal awareness programs (i.e., regular awareness classes to all the students) and targeted early intervention programs will be implemented.

The jeevani counsellor will be with the students in their journey in college, sharing their joys and sorrows, helping them with their pains. Such psychological help would definitely prove to be an immense benefit to the students.

Key Objectives:

- 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.

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, ArchDiocese of Kottayam. It is affiliated to Kannur University, recognised by NCTE, included under UGC 2(f) and 12B category, re-accredited by NAAC at A grade and is a RUSA 2.0 beneficiary institution, offering 2 year 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. And the number of students being 100 each year.

In this academic year Jeevani counselling centre started operating in P.K.M. College of Education, Madampam, from 22nd August 2024 when the Jeevani psychologist Ms. Vaishnavi V, took the official charge. She was allotted two working days in a week ( Thursday and Friday) and two extra Wednesdays at the last two weeks of the month which makes a total of at least 10 working days in a month.

- Appointing College: Krishna Menon Memorial Govt. Women's College, Pallikkunn.
- Nodal Office: Department of Psychology, Govt. College for Women, Thiruvananthapuram.
- Working Time: 9.30 Am - 4.00Pm.

## **Report of Work during 2024-25**

### **Part I: Counselling Services**

#### **A. Number of Sessions**

- Total Number of students:100
- who availed counselling services: 07
- Number of New Cases:07
- Number of Follow-up 01
- sessions: 08
- Number of various categories: Male: 03, Female: 04

#### **B. Nature of Stressors reported by the student:**

- Academic: 03
- Financial: 0
- Family Related: 0
- Relationship issues:01
- Career-related:02
- Crisis: 01
- Active Suicidal Ideation: 0
- Not Specific: 0

#### **C. Type of Referral:**

- Self-Reference: 07
- Teachers: 0
- Friends, peer group etc.: 0
- Family: 0

**D. Nature of Intervention:**

- Individual / Family counselling: 07
- College level intervention: 0
- Others: 0

**Part II: Mental Health Awareness Classes taken for various batches**

A session was taken on 7th November 2024 Thursday, for first year B. Ed. students from 9:50 Am to 10:30 Am. The session dealt with topics such as development, personality, intelligence etc. This session provided Information to the future teachers about how to better understand a student in front of them in terms of their psychological aspects.

**Name of the Jeevani Psychologist on contract: Vaishnavi V**