

COLLEGIATE EDUCATION DEPARTEMENT-

“JEEVANI”

-COLLEGE MENTAL HEALTH AWARENESS SERVICE

BABY JOHN MEMORIAL GOVT; COLLEGE, CHAVARA, KOLLAM

ANNUAL REPORT 2019-2020

Jeevani is a project by the Department of Collegiate Education, Government of Kerala, in technical collaboration with National Institute of Mental Health & Neurosciences (NIMHANS), Bengaluru which focuses on the mental well-being of the students in the government colleges in Kerala. JEEVANI- A preventive and promotional model of Mental Health and well being started in our college on August 2019. The project aims to promote mental health for college students and to improve awareness among them. This programme helps to identify psychological issue among college students. As a part of the programme numerous activities were held on college campus. The main objectives under the project in our campus was:

- Conducting programmes for creating awareness about mental health
- Providing Psycho educational classes for enrolled students
- Counselling of students having psychological issue
- Early detection of students problem
- Education support
- Jeevani worked as a collaborator with college NSS, NCC, WWS(Walk with scholar) ,SSP(Scholar Support Programme).Women cell....
- Development of Life skill and social skill among college students

Jeevani, at Baby John Memorial Govt: College started its functioning in the first week of august 2019(5 Aug).Baby John Memorial Govt: College, is a general degree college located in chavara, Kollam district in Kerala. It has been functioning for the last 38 years as a tower of knowledge focusing on the coastal and rural population of Kollam district of Kerala. It was established in 1981. The college is affiliated with Kerala University. The college offers different courses in arts, commerece and science. Total number of students enrolled in the college is 1053 and total faculty strength is 40.

Total number of students enrolled: **1053**

Total number of cases attended: **40**

Total number of reference case: **0**

The main objective of Jeevani at its initial stage was to provide more about the project and to avoid social stigma on counseling. At the beginning stage with the help of Jeevani coordinator Latha sarma madam we made a chart to visit all those classes in the college and introduced the aim of the project. Also discussed different topics in every classes includes,

- *General awareness to promote positive mental health*
- *The importance of counselling*
- *Awareness about Psychological issues faced by students*
- *The use and abuse of substance*
- *Maintaining good and fruitful interpersonal relationships*
- *Healthy relation among classmates*
- *Good and effective teacher student relationship*
- *Family issues and relationships problems*
- *Educational support*
- *Crisis management*
- *Major psychological issues like anxiety, depression, stress*
- *academic problem, interpersonal problems, anger management problems, career related issues etc*

Mental health promotional activities: **65 hrs**

Nature of Cases

- Family issues
- Interpersonal communication problems, Shyness
- Alcohol addiction
- Absentism
- Drug usage
- separation anxiety
- Relationship problem
- Shyness
- Concentration problems, Exam anxiety, Achievement issues
- Mental retardation

PROGRAMMES

INDUCTION PROGRAM

Induction programme for first year under graduate students were arranged by College PTA, this was a programme for fresher students in order to familiarise with the campus, for avoiding all types of fears, informing them about the importance of promoting positive mental health among college students, importance and working of JEEVANI in college campus, abuse of drugs in campus... all those topic were covered and it was an interactive session for UG students. JEEVANI Psychology apprentice lead the class.

Classes were conducted on 30/09/2019(Monday), 01/10/2019(Tuesday), 03/10/2019(Thursday)



October 10 -World Mental Health Day

On **October 10(Thursday)** with respect to World mental health day a “FLASHMOB” was conducted on college campus based on the theme of 2019 –“**Every 40 seconds someone loses their life to suicide**”



“VIMUKTHI”-ON COLLEGE CAMPUS

The campaign which is mounted by the State Excise Department. Vimukthi is an anti-narcotics campaign launched by the Govt of Kerala to highlight seriousness of drug use and awareness among youths. It is a collective efforts aims at eradicating all sorts of narcotic substances from Kerala.

The excise department in collaboration with NSS and JEEVANI conducted a street play on college campus on 09/12/2019(Monday) based on the theme: Abuse of drugs and alcohol among college students. Principal of the college Dr: Mini.N.Rajan addressed the programme, NSS Coordinator Dr: Gopakumar and Dr: Sunilkumar and JEEVANI Coordinator Latha Sarma and Psychology apprentice Rameesa together made that venture.



SCHOLAR SUPPORT PROGRAMME

On 25/01/2020 (Saturday) JEEVANI as a collaborator conducted a class for Scholar Support Programme (SSP) for First year students on the topic “Effective learning, Exam writing, Personal growth”.

On 01/02/2020 (Saturday) JEEVANI as collaborator conducted a class for Scholar Support Programme (SSP) for Second year students on the topic “Development stages, Effective learning and exam writing”.



MENTAL AWARENESS CLASS

04/02/2020 (Tuesday)-JEEVANI conducted a Psycho education class for the whole college .Official inauguration of Jeevani was held on this day. The programme began with a welcome speech by Jeevani coordinator Latha Sarma, Dr: Mini.N.Rajan (Principal, BJM College) given the presidential address. Felicitation was given by Dr: Udaya Kumar (IQAC Coordinator), Invited talk was on the topic “**MENTAL HEALTH AND COLLEGE STUDENTS**” the class was conducted by Mr. Manav Jyothi, Clinical Psychologist who completed M.phil from IMHANS and currently working as consultant clinical psychologist, District hospital, Kollam. Vote of Thanks was given by Rameesa (Jeevani psychologist)





JEEVANI AS A COLLABORATOR- (WOMEN CELL)

A one day program was conducted at college by women cell in association with Jeevani, Janamaythri police and women cell –**NIRBHAYA-Self defence Program(Kerala Police)** was conducted. It was a demonstration cum awareness programme in order to teach girl children to tackle with difficult situation when they are alone and when they faces difficult situation in life like sexual abuse, verbal abuse, rape attempt....



GENERAL AWARENESS CLASS FOR PARENTS

Parents of different undergraduate students were assembled on different dates in order to give awareness about the importance of promoting good mental health for their children's, identify the children who are using drugs, how family issues affect children, emotional conflict of college students are discussed and it was an interactive session which was beneficial for the parents. The programme was conducted by Dept of Commerce and was officially inaugurated by HOD of commerce Miss:Sreekala in association with Jeevani. Class was conducted on 28/02/2020 (Friday), 02/03/2020 (Monday), 03/03/2020 (Tuesday).



Suggestions

- **Lack of a private room is the major suggestion** (without a closed room/cabin it will be more difficult to function, students might doubt about confidentiality, They cannot come friendly to us even though it is walk in room service).

