

Collegiate Education Department

“Jeevani Centre for Student Wellbeing”

Baby John Memorial Government College,Chavara,Kollam

Annual Report - 2021-2022

College life is the time where students,start enjoying their rights and freedom,celebrating love and friendship and also become aware about their responsibilities.Stepping into the college,the students experience many changes.This transition might cause significant change to their mental health.Mental health can affect the way we think,feel and act.

Jeevani is a project which is run by the Department of Collegiate Education,Government of Kerala in collaboration with National Institute of Mental Health and Neuroscience.Jeevani Centre for Student Wellbeing has been functioning in the college since August 2019.The centre aims to help students deal with issues they face in their academic,personal and social life,and to promote students mental health.Several mental health awareness programmes and training sessions were conducted for student upliftment.Jeevani works closely in association with NCC,NSS and various clubs and welfare units of the college.After the Covid-19,Jeevani Counselling Centre restarted functioning on September 20th, 2021.

An orientation class was organised for each batch,both UG and PG seperately.Apart from this several topics were covered which includes:

- Importance of counselling
- Mental Health after Covid-19
- Improving Positive Mental Health
- Psychological and Emotional Issues faced by students
- Substance Abuse and it's after effect.
- Maintanance of Healthy Relationships.
- Time Management
- Gender Equality
- Assertive Training
- Stress Management
- Effective Communication
- Excess Anger and it's effect on health and relation.
- Academic Issues such as lack of focus and concentration,exam fear,lack of interest in studies... etc.

Several counselling sessions were conducted .

Total No. of counselling cases : 63

Total No. of referral cases : 4

Nature of Cases

- Family Problems
- Adjustmental Issues
- Lack of Confidence
- Emotional imbalance
- Relationship Issues
- Substance Abuse
- Inferiority Complex
- Exam fear
- Forgetting
- Difficulty in choosing a career

Main Programmes Conducted During The Last Six Months

- Observed World Mental Health Day- An awareness class was conducted on the topic “ Life after Covid-19”
- World students Day was observed and conducted an open discussion on the topic “ How students influence the society they live? “.
- In view of International Day for the elimination of violence against woman,a seminar was organised on the topic “ Identifying a toxic relation and the courage to say No”.
- In accordance with the World’s AIDS Day,an awareness class was conducted on the topic “ Understanding Transgender Community”.
- On World Human Rights Day,an awareness class was conducted on the topic “Issues of Caste-based Discrimination and it’s psychological Impact among Youth”
- National Youth Day was celebrated followed by a Quiz Competition
- In view of International Day of Education,a seminar was conducted on the topic “ Importance of Financial Stability for Women”
- In accordance with World Cancer Day,an awareness class was organised on the topic “Importance of Healthy Life Style”

- A Webinar was organised by Jeevani in association with IQAC on the topic “ Psychological Issues Among Adolescents by the Consultant Psychologist, Mrs. Nishitha Sunilkumar as resource person.
- In view of World Thinking Day, an essay writing was conducted on the topic “ How negative thinking affects one’s life”.
- International Women’s Day was celebrated and a seminar was conducted on the topic” Gender Neutrality”.

B.J.M GOVT. COLLEGE CHAVARA

**Jeevani centre for
students wellbeing**

IN ASSOCIATION WITH
IQAC

A WEBINAR ON THE TOPIC

**"Psychological issues
among adolescents"**

26/02/2022 | SATURDAY

4:00 PM -5:00 PM

GOOGLE MEET

Jeevani co ordinator :

LATHA S SARMA



Resource person

Nishitha Sunilkumar

[CLINICAL PSYCHOLOGIST]

This report was prepared by
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