

JEEVANI CENTRE

for Student's Well- Being

Academic Report (2020-21)

Due to COVID- -19 protocol, there was restrictions to meet all the students together.

January 2021 :

After joining on 6th January 2021, an interactive introductory session was given in each class, present in the campus. Met different students outside the class to know them an the campus. Introduced myself to different teachers in the college, so as to help them make use of the services of Jeevani Centre. An action plan was made to make sure that the services of Jeevani reaches each and every student in the campus. Different awareness programs were planned for uplifting the students.

First meeting of the Jeevani was arranged on 13th January 2021 with the Principal Dr. Jojomon N. A. and the Jeevani Co- ordinator Dr. Sreerekha N. The action plan was presented to them and the meeting was concluded by deciding to conduct an inauguration function of Jeevani Centre of the academic year (2020-21).

Posters were made and displayed for helping the students to know the services given by Jeevani Centre, especially the Tele- counseling services during the COVID-19 pandemic. Small talks were given to different classes on the topic depression, mania, suicidal tendencies, self- esteem, self confidence, and so on. Poster preparation for the inaugural function was done.

The inaugural function of the Jeevani Centre of the academic year 2020- 21 was conducted on 20th January 2021, from 9:30 am to 11:30 am, through online platform (Google meet). A talk on the topic “Youth, Mind and Mental Helath” (“യുവത്വവും, മനസ്സും, മാനസികാരോഗ്യവും”) was given by Dr. Noufal T,H (Clinical Psychologist). The welcome speech was delivered by the co-ordinator of Jeevani Centre Dr. Sreerekha N. Presidential address was given by the Principal, PMGC, Dr. JojomonN. A. The inauguration was done followed by the session by Dr. Noufal T. H. felicitation was given by Dr. Deepa M. S. and Dr. Leena Samuel. Vote of thanks was given by Counselor of Jeevani Centre, Ms. Mariyatreaa P.

Since the centre is not able to interact with other students who are attending online classes, the Jeevani Centre planned to provide them with different videos and quotes that helps them to think and empower themselves.

Meeting with the Principal and the co- ordinator and decided to make a yoga club from February, when the 1st year students will be present in the campus. Awareness posters were made for students. Planned to make a survey within the students.

Attended one new case during the month.

February 2021 :

It's the second month of service with more expectations for service providing. Counseling service was provided for the staff. Attended an urgent meeting for the discussion on a case against one of the professor, which was later dissolved. Questionnaires were found for conducting the survey. The questionnaires were copied to Google form for the easy accessibility of students. It was shared in different department groups through the co-ordinator. There was a great response for the survey from the part of students.

Different videos and quotes, which are of motivational content, was shared to the groups for the students to watch it and think on it. An interactive introductory session was given in each 1st year class, present in the campus. Decided to conduct a Malayalam essay competition as part of National Science Day (28th February). Prepared notice in groups and conducted the essay competition for all the students in two parts. 1st part was conducted on 27th February 2021 at 11:30 am.

Attended three new cases (one tele- counseling) and four followup sessions.

March 2021 :

Had an interactive introductory session with the 2nd year students of each department, present in the campus. Gave an interactive talk on the topics depression and suicide, increasing self- esteem and self confidence, and so on. Planned to conduct Women's Day Celebration and shared posters in WhatsApp groups. Women's Cell and Jeevani Centre jointly conducted a online National webinar on "Menstrual Hygiene and Yoga for Women's Health" on 8th March 2021 from 7:00 to 8:00 pm, as part of International Women's Day. After the welcome speech by Dr. Sreerakha N, the session on Menstrual Hygiene was given by Dr. Bloom Benny MBBS MD (Consultant Pathologist and Asst. Insurance Medical Officer ESI) and later a session on Yoga by Ms. Mariyatrea P (Counselor, Jeevani Centre and Yoga Trainer). Vote of thanks was delivered by Jisha Abraham (Women's Cell Co-ordinator).

Conducted the 2nd part of essay competition for rest of the students on 10th March 2021. Had a meeting with the Principal for discussing about the need of conducting a session on meditation for the students. Distributed posters on the meditation session in the WhatsApp groups of students.

As part of International Day of Happiness (20th March), conducted an offline session on "Know Yourself through Anapanasati Dyanam" on 18th March 2021. After the welcome speech by Ms. Mariyatrea P (Counselor, Jeevani Centre), the session was lead by Ms. Anitha Vikraman (Artist and Meditation Trainer) in the presence of the Co-ordinator Dr. Sreerakha N.

Attended eight new cases (one tele- counseling) and two followup sessions.

All the documents regarding the progrms will be handed over to the Principal, along with the copy of the report