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# **PANAMPILLY MEMORIAL GOVERNMENT COLLEGE**

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JEEVANI CENTRE FOR STUDENTS WELLBEING



**ANNUAL REPORT 2019-2020**

## **JEEVANI CENTRE FOR STUDENTS WELLBEING**

### ANNUAL REPORT:

27<sup>th</sup> AUGUST – 31<sup>st</sup> MARCH

Jeevani is a project of department of collegiate education Govt of Kerala 2019 in collaboration with National Institute of Mental Health and Neurosciences (NIMHANS) Bengaluru. State nodal office of Jeevani is the department of psychology, Govt. College for women, Trivandram. Jeevani is a preventive and promotional modal of mental health and wellbeing of college students. The primary aim of Jeevani is early identification of psychological issues of college students and help them to manage their stress through effective relaxation techniques and other positive psychological intervention.

Jeevani centre at Panampilly Memorial Govt College, Chalakudy has started on 26<sup>th</sup> August 2019. Dr.Sreerekha N, Associate Professor, Department of. English in charge and coordinator of Jeevani cell and Mrs. Dency I appointed as psychology apprentice.

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### **JEEVANI PANEL AT PMGC**

PRINCIPAL: Dr Aravind Krishnan

Jeevani co-ordinator: Dr.Sreerekha N

Jeevani Counsellor: Mrs.Dency I

Jeevani centre functioning time: Monday to Friday (9A.M to 4.30 P.m.)

Total Number of students: 852

Total Number of departments: 5



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## **Activities of Jeevani Centre for students wellbeing**

- ❖ Individual counselling
- ❖ Group counselling
- ❖ Career counselling
- ❖ Family intervention
- ❖ Life skill development
- ❖ Phone- in counselling

Students in the college has any issues related to academic performance, family issues, behavioural issues, emotional & stress related issues, lack of interpersonal relationship and communication difficulties can also approach for professional counselling. Students were approached in their own interest, referral from tutor or other faculties, friends and family members.

## **Main functions**

- ✓ Identify students who require help
- ✓ Conduct individual counselling and group counselling sessions
- ✓ Help them to identify the problematic areas or difficulties, their potentialities of each student.
- ✓ Help students to develop a greater self understanding and self awareness.
- ✓ Help students to work through their problems by developing self awareness and overcome problems by using new coping strategies.
- ✓ Refer students to experts or mental health professionals who need more help.
- ✓ Organize lectures/ seminars/ workshops by experts and professionals.

Jeevani centre at PMGC provided both individual and group counselling. About 20 students sought the help of Jeevani centre. The weekly follow up session strictly conducted and

relevant information reported to nodal centre. Major problems identified were Study related issues, lack of initiation of inter personal relationship, poor inter personal relationship, lack of motivation, not interested in academic activities, faulty study habits, family issues, mild mood disturbances, exam anxiety, physical complaints related mood fluctuation was reported.

Following psychological interventions applied for needed students

- ❖ Cognitive restructuring
- ❖ Relaxation method
- ❖ Mindfulness therapy
- ❖ Mindfulness with cognitive restructuring

These psychological intervention help them to develop decision making skill, problem solving ability, anger management, managing crisis situation & stress management and also improve communication skills.

In addition with some students who needed parental counselling and phone in counselling was provided with the permission of nodal centre.

### **Promotional Activities**

1. Orientation classes and introduction of Jeevani Cell were conducted in various department in the college
2. Weekly follow up of individual cases
3. Conducted individual therapeutic sessions
4. Conducted a career Guidance and counselling for Final year Degree students - Discussed career related information, scope of research and “how can prepare NET/JRF exam”.
5. Special talk regarding the topic- Mental Health: Importance and Crisis
6. World Mental Health day Celebrated, 18<sup>th</sup> October 2019 ( prizes were distributed for the winners)
7. Conducted a poster design competition - focus on suicide prevention.
8. Interaction with faculties of various departments.
9. Interaction and communication with Union chairperson and other union members.
10. Special talk on Non-Communicable diseases
11. Conducted a regional seminar- ‘SAKHI’2020 A talk by Anila Harilal T(Jeevani counsellor, Maharajas college Ernakulam) on the topic – Sthreekalile arogya prashnagalum maanasika arogyavum)
12. Special talk regarding the topic: yuvathwavum lahariyum in association with excise department of kerala police and rotary club of chalakudy.
13. A special talk on - Depression among college students
14. A brief interaction with P.G students; discussed their career related information and discussed new trends in research areas.

## PROMOTIONAL ACTIVITIES REPORT

- ❖ Observed world mental health day, 18<sup>th</sup> October 2019: Focus on suicide prevention

Jeevani centre for student's Wellbeing in Panampilly Memorial Govt college, chalakudy was conducted World Mental Health day and Inaguration of Jeevani Cell with the focal theme of "Working together to prevent suicide; a day for 40 seconds of action" on 18th October 20s19. The primary objective of the programme was to develop awareness of mental health and Suicide prevention and also introduce the various functions of Jeevani cell in the college. This year will create an action oriented approach to prevent suicide. The first session was inauguration ceremony. Dr.Aravind Krishnan k (principal PMGC, Chalakudy) inaugurated the function. The second session was distributed the prizes of winners those who participated poster design competition.

The third session was a flash mob were conducted related mental health day theme suicide prevention

- ❖ Conducted a Regional Seminar in association with Women's cell.  
Theme: 'SAKHI 2020' – Sthreekalile Arogyaprashnagalum Manasika Arogyavum  
Resource person – Anila Harilal T(Jeevani Counsellor, Maharajas college Ernakulam)  
On 24<sup>th</sup> January 2020 at PMGC Seminar Hall.  
The topic was very useful to young girls those who are facing common physical problems like Thyroid and PCOD.
- ❖ Special talk related the topic Career Guidance and counselling for final year Degree students. It was very helpful to them get an idea about career.

TOTAL NUMBER OF STUDENTS ASSESSED - 20

TOTAL NUMBER OF FOLLOW UPS -12

### PROVISIONAL DIAGNOSE CATEGORIES AND NUMBERS

|                              |     |
|------------------------------|-----|
| 1. ANXIETY DISORDER          | - 3 |
| 2. DEPRESSION                | - 4 |
| 3. CRISIS                    | - 2 |
| 4. INTERNET TECNOLOGY MISUSE | - 2 |
| 5. STUDY RELATED ISSUES      | - 4 |
| 6. CAREER RELATED ISSUES     | - 3 |
| 7. INTERPERSONAL ISSUES      | - 2 |

## **SERVICE EVALUATION**

During this year my participation rate was 80 %. The comments are mostly very encouraging, and reveal high levels of satisfaction with students' experience of the service, with the main results shown below:

1. Overall, 96% said that counselling had helped them to deal with their difficulties.
2. Most of them said that counselling was an important factor or the most significant one.
3. Many of them said that counselling had helped to develop skills that might be useful in obtaining their future (self-understanding, understanding of others, managing difficult feeling better, increased self –confidence, assertiveness)
4. When asked to describe in more details the ways in which counselling helped them, recurring themes mentioned by students include:
  - **Being listened to:** ‘Just allowed me to talk about something that I couldn't discuss with others’
  - **A valued space:** Being able to share anxieties and problems in a very safe and welcoming environment.
  - **Skills and techniques:** With counselling, I achieved lower levels of anxiety and stress and could focus in my academic studies better
  - **Developing understanding:** ‘‘Helped me think of different perspectives.
  - **Feeling supported:** It provided some relief in a period of hardship. The support of my counsellor has benefitted me enormously through a very difficult time

### **Events...**

#### **1. CAREER GUIDANCE AND COUNSELLING**

**പന്തം**  
 കോളേജ് യൂണിയന്റെ  
 ആഭിമുഖ്യത്തിൽ  
 മൂന്നാം വർഷ വിദ്യാർത്ഥികൾക്കായി  
 സംഘടിപ്പിക്കുന്ന  
**കരിയർ ഗൈഡൻസ്  
 ക്യാമ്പ്**  
 ഉദ്ഘാടനം : അനില ഹരിലാൽ ടി (ജീവനി കൗൺസിലർ,  
 മഹാരാജാസ് കോളേജ് എറണാകുളം )



**2. MENTAL HEALTH DAY CELEBRATION AND INAGURATION OF JEEVANI**



**Mental health day celebration**

### 3. POSTER DESIGN COMPETITION



### 4. REGIONAL SEMINAR SAKHI 2020





## 5. ELOCUTION COMPETITION



*I wanted to take a moment to thank you for the entire team of Nodal centre to help, support, and encouragement throughout the work life. It's comforting to know that I have such caring people surrounding me. We will always be grateful for all the efforts you have to be taken for this endeavour and the immense support you have provided to each one of us till date...*