

JEEVANI CENTRE OF STUDENT WELL-BEING

Jeevani College Mental Health Awareness Programme
Directorate of Collegiate Education, Government of Kerala

TKM COLLEGE OF ARTS AND SCIENCE, KOLLAM

ANNUAL REPORT 2023-2024

ABOUT COLLEGE

T.K.M. College of Arts and Science, since its inception in 1965 under the aegis of TKM College Trust, has been an acclaimed citadel of learning in the city of Kollam. The College was accredited with B+ grade in 2004 and was re-accredited with A grade (CGPA – 3.13) in 2013. In the 3rd cycle of accreditation, the college garnered the highest grade of A++ with a CGPA of 3.67 in 2022 (6th September, 2022). TKM College of Arts and Science is committed to empower students through education and strives to bring about academic eminence. In addition, the college gives paramount importance to character formation and holistic development of the students.

JEEVANI PROGRAMME: AIM AND FUNCTIONING

Jeevani – a preventive and promotional Mental Health and wellbeing has started in our college on January 1. The objective of Project Jeevani is to improve awareness and promote mental health along with ensuring early identification of psychological issues among students. As a part of this Jeevani conducted programmes for creating awareness about Mental Health and provided counselling for students having psychological issues.

JEEVANI SITE:

<https://www.governmentcollegeattungal.in/index.php/studentcorner/jeevani>

- JEEVANI COMMITTEE MEMBERS

College level Jeevani Committee consisting of chairman (Principal- Dr Chithra Gopinath) Jeevani coordinator (Dr Rohini krishna M V, Assistant Professor, Department of Zoology), and Mental health Professional (Jija Mol J, Psychology Apprentice).

- JEEVANI COUNSELLING ROOM

The counselling room is spacious and consists of one chair (for counsellor), two chair (for clients) and one table

- JEEVANI SERVICES

As part of the programme the services offering to the students are

1. Counselling for students having psychological issues.
2. Conducting of programmes for creating awareness about mental health.
3. Early detection of student's problems.
4. Development of Social Skills among students.
5. Development of life skills among students.
6. Development of mental health.
7. Individual and group counseling sessions.
8. Psych education to both students and parents.

- **WORK SCHEDULE OF JEEVANI APPRENTICE:**

Jeevani Apprentice will be available at the college on all working days from Monday to Friday.

- **APPOINTING COLLEGE:**

Jeevani Apprentice was appointed initially to 4 colleges. They were TKM college of arts and science, SN College Chathanoor, NSS college kottiyam and karamalarani training college, kollam But Jeevani Apprentice worked for TKM college of arts and science and SN College Chathanoor, as the other two colleges didn't need services of Jeevani Apprentice there. The Home station college is Baby John Memorial College, chavara.

- **NODAL OFFICE:**

Government College for Women, Vazhuthacaud is the State Nodal Centre of Jeevani-Centre for Student Wellbeing.

- **WORKING TIME:**

Working time for Jeevani Apprentice is from 9:30 am to 3:30 pm.

REPORT OF WORK DURING 2023-24

COUNSELLING SERVICES

A. Number of Sessions

- Total Number of students who availed counselling services: 26
- Number of New Cases: 26
- Number of Follow-up sessions: 43
- Number of Referral: 1
- Number of various categories:
 - Male- 8
 - Female-18
 - UG-26
 - PG-0
 - PhD students-0

B. Nature of Stressors reported by the student:

- Academic: 13
- Financial: 2
- Family Related: 3
- Relationship issues: 3
- Career-related: 2
- Crisis: 1
- Active Suicidal Ideation: 1
- Not Specific: 0

C. Type of Referral:

- Self-Reference: 20
- Teachers: 3
- Friends, peer group etc.: 3
- Family: 0

D. Nature of Intervention:

- Individual / Family counselling: 15
- College level intervention: 3
- Others: 0

E. Provisional Diagnoses:

1. Family Related Issues.
2. Relationship Issues.
3. Anxiety Issues.
4. Study Related Issues.
5. Social Anxiety.
6. Peer group Issues.
7. Over thinking.
8. Phone over usage
9. Sleep disturbances.
10. Career Related issues.

MENTAL HEALTH AWARENESS CLASSES TAKEN FOR VARIOUS BATCHES OF STUDENTS

1. ORIENTATION CLASSES:

Sessions were taken based on the topic “Introduction to mental health and the Jeevani project” for students of all departments on various days. A brief idea about Jeevani project, need and importance of mental health, symptoms of mental illness, major issues faced by youth, maintaining inter-intra personal relationships, tips for staying mentally healthy, need of counseling and overcoming stigma about mental health was provided in the session. The psychology apprentice at the end of the session conducted interactive sessions where the students could share their opinions and doubts.

SESSIONS TOPICS FOR THE STUDENTS

- General awareness of Mental Health and its Improvement.
- Memories and its Strategies, Limitations.
- Mental Health and Issues faced by Individuals.
- Stress and Anxiety management in Academic Life.
- Build and Maintaining Good Inter-Intra Personal Life.
- Effect of being in a Toxic Relationship.
- Need of Counselling Process and existed stigmas.
- How to overcome Exam fear and tips for exam anxiety management.

2. A SUICIDE PREVENTION AWARENESS CLASS

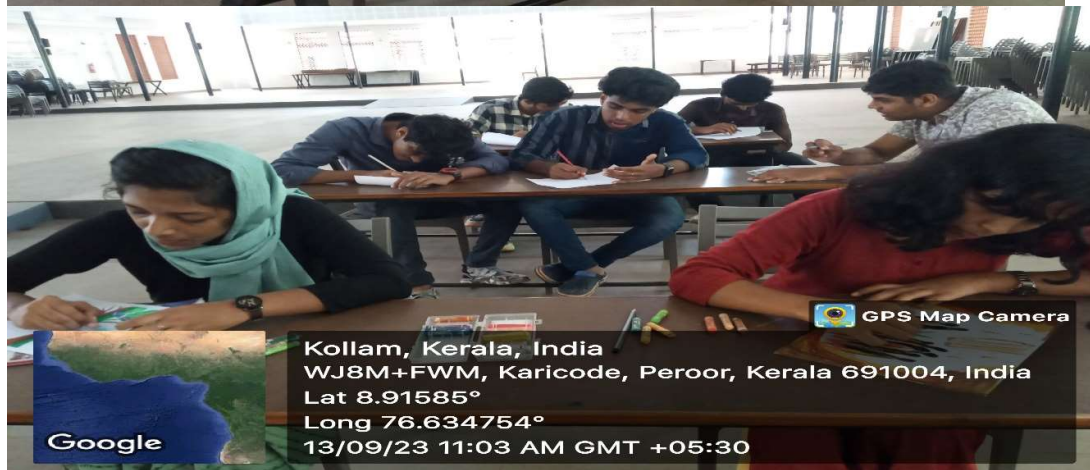
A Suicide Prevention Awareness class was conducted as part of Suicide Prevention Day Observance on 13/09/2023. The session focused on ways to understand stressors of suicide and ways to prevent suicide.



MENTAL HEALTH PROMOTIONAL ACTIVITIES AND COLLABORATIONS

1. SUICIDE PREVENTION DAY OBSERVANCE

As part of Suicide Prevention Day Observance many programmes were conducted on college. A Class was conducted by Ms. Jija Mol J, Jeevani Apprentice on the Topic: “Creating Hope Through Action”. The session was about understanding what suicide is meant to be, stressors, causes, types, how to identify and help a suicide prone individual and ways to prevent suicides and a “Poster making competition” was conducted on Suicide Prevention Awareness.





2. MENTAL HEALTH AWARENESS WEEK CELEBRATIONS

Mental Health Awareness Week celebrations were conducted at college. As part of it, Jeevani-Centre for Student Wellbeing in association with Department of zoology organized various programmes. A flash mob was conducted on 10/10/2023 at college auditorium.

An invited talk was conducted on 11/10/2023 on the topic of “Mental health is a universal human right”. The resource person of the session was Dr Sijin K S, Assistant professor, Department of psychology of Fatima Mata National College. The program was inaugurated by the principal Dr Chithra Gopinath

An exhibition was conducted at the college auditorium regarding mental health on 12/10/2023





3. WOMEN'S WEEK CELEBRATION

As Part of Women's Week Celebration 2024 Jeevani in association with Women study unit Jointly organized programs in the College. An talk was conducted on "Gender stereotypes in society" on 24th January 2024 by Jija Mol J, Jeevani Apprentice



OTHER ASSIGNMENTS/ EXTENSION WORK

KERALEEYAM- JEEVANI STALL

Jeevani Apprentice Ms. Shehsana. S actively participated and coordinated works for Keraleeyam Jeevani stall. Jeevani Apprentice prepared posters for jeevani stall, coordinated other arrangements for jeevani stall and was also on official duty at Keraleeyam stall for 3 days (03/11/23, 05/11/23 and 07/11/23).



TRAININGS ATTENDED BY THE APPRENTICE

Jeevani Apprentice attended 5 training programmes conducted by department of collegiate education.

SL.NO	DATE	TRAINING DETAILS
1.	17/10/2023	Simple strategies for counsellors to handle behavioral addiction.
2.	18/10/2023	General frame work and daily functioning of Jeevani Counselors.
3.	20/10/2023	Basic skills in counselling the youth
4.	25/10/2023	Relaxation procedure and mindfulness-based intervention.
5.	26/10/2023	When and how to deal with psychosis suicidality in college counselling

Any other information/suggestions

- It would be better if every department can allow more time for sessions from Jeevani Apprentice. It would be beneficial in the outreach of this programme equally to every student

APPENDIX:

Jeevani
Centre for Well-being

T K M College of Arts & Science
Jeevani Centre for Students Well-being
Presents
World Suicide Prevention Day-2023

13/09/2023
Wednesday

A TALK ON
"Creating Hope Through Action"
Session By : **J I J A M O L J**
Jeevani Psychologist
TIME: 2.00 PM

POSTER MAKING COMPETITION
TIME: 10.30 AM-11.30 AM
Theme: "Creating Hope Through Action"

Venue: College Auditorium

DR. Chithra Gopinath
Principal

DR. Rohini Krishna M V
Jeevani Coordinator

WORLD SUICIDE PREVENTION

Jeevani TKM COLLEGE OF ARTS AND SCIENCE
Jeevani Centre For Well - Being
In Association With Department Of Zoology
Presents
WORLD MENTAL HEALTH DAY 2023

9 OCTOBER '23
INVITED TALK
Mental Health is a universal human right
Session By:

Dr. J I J A M O L J
Department of Psychology
Fatima Mata National College
(Autonomous), Kolham

10 OCTOBER '23
FLASHMOB

11 OCTOBER '23
EXHIBITION
TIME : 1.30 - 3.30 pm
Venue : College Auditorium

Dr. CHITHRA GOPINATH
Principal

J I J A M O L J
Jeevani Psychologist

Dr. ROHINI KRISHNA M V
Jeevani Coordinator



T.K.M COLLEGE OF ARTS & SCIENCE
(Accredited by NAAC at A++ level)

Women's Study Unit

IN ASSOCIATION WITH



Gender Stereotypes in Society



**Session By: Miss Jija Mol
(Jeevani Counsellor)**

24th January 2024, 3.30 pm- 4.30 pm



Name of the Jeevani Apprentice:
Jija Mol J

Name of the Jeevani Coordinator:
Dr Rohini krishna M V