

JEEVANI ANNUAL REPORT 2021-2022

GOVERNMENT COLLEGE MANANTHAVADY

Jeevani: A Preventive and Promotional Model of Mental Health and Well-Being in Colleges

College life provides variety of experiences to the students which help in their personal growth and identity achievement. It is the time they start enjoying their rights and freedom, celebrating love and friendship and also become aware about their responsibilities. College students experience multiple challenges in their transition to adulthood. Most overcome the demands of this transition, despite the change and uncertainty. But for a significant number, the challenges in academics, social and personal life, interact with biological and psychosocial adversities, increasing the likelihood of experiencing mental health issues. This is reflected in robust findings from across the world demonstrating that students in colleges experience higher rates of depression, anxiety, substance use, and self-destructive behaviors. Whatever the cause, mental health problems in young people negatively impact their academic and social achievements. It underlies most cases of suicide and not uncommonly, in violence towards others.

Recognizing this, the World Federation for Mental Health (WFMH) made the World Mental Health Day theme for 2018 as '*Young People and Mental health in a changing world*'. It is in this context that the project “**Jeevani**” is envisaged, a comprehensive mental health project implemented by the Department of Collegiate Education, Government of Kerala, which will aim to extend the remit of the traditional college counselling centers to “Centers of Well-Being”. As

“Centers of Well-Being”, these Jeevani Centers, in addition to early identification and intervention of mental health issues among college students, will aim to prevent risk factors from emerging by increasing awareness of healthy life-style, keeping stress under control, regular exercise, diet and sleep, as well as reducing existing risk factors by increasing health-protective behaviors like quitting substance use, practice yoga/relaxation. To achieve this, a combination of universal awareness programs and targeted early intervention programs will be implemented. The Jeevani counsellors will be with the students in their journey in college, sharing their joys

and sorrows, helping them with their pains. Such a psychosocial help would definitely prove to be of immense benefit to the students.

List of programs conducted by Jeevani Center for Student's Wellbeing at Government College Mananthavady 2021 - 2022:

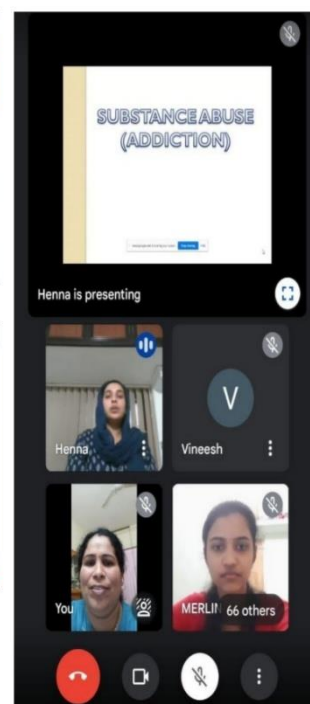
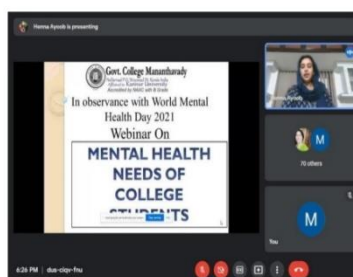
On 28th September Miss. Merlin Joseph was appointed as the Jeevani Counselor of Government College Mananthavady.

Counselling Sessions

As part of the Jeevani Center for Student's Wellbeing, counselling sessions were provided for the students. A total of 30 students approached Jeevani Center for counselling facility. Out of which there were 12 girls and 18 boys. Students came for the counselling with various psychological issues of which prominent was anxiety and stress. Few cases pointing out the adjustment difficulties, interpersonal conflicts and learning difficulties were also addressed. Case history was documented and all the sessions were handled confidentially.

October 2021

After a long break students finally got back into the campus, which was the perfect time to provide awareness class about the importance of mental health. On 05/10/2021 awareness class was conducted for the 3rd year B.Com students. On the following days 7th and 8th of October Mental Health awareness class was given for students of 3rd year B.A Economics and B. Sc. Electronics respectively. In observance with World Mental Health Day 2021 Jeevani Center



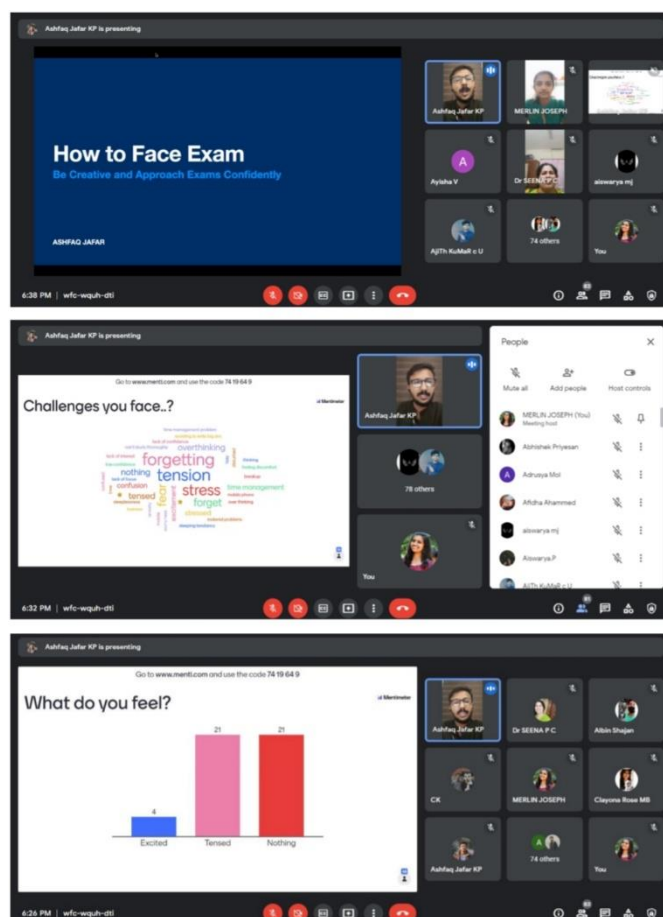
organized a webinar on Mental Health Needs of College Students on October 9th 2021, through Google meet. The resource person for the event was Mrs. Henna Ayoob, Consultant Psychologist. Around 75 students from various departments participated in the webinar. Brochure along with meeting link was shared to students through WhatsApp groups by HODs of respective departments. The talk was really helpful and students were attentive and cooperative.

November 2021

On 2nd November an orientation class was organized for the 1st year students of B.Com dedepartment. A total of 45 students attended the session. Orientation class was provided for 1st year B.A Economics students on 9th November. Around 35 students attended the orientation. On the 15th of November a talk was conducted for 2nd year B.Com students on the topic of Importance of support system in life and how to identify toxic relationships. The characteristics of healthy and toxic relationships were discussed. Students put forward several doubts and questions regarding the same. It was an interactive and lively session.

December 2021

In light of the scheduled exams ahead, on 11/12/2021 Jeevani Center organized a webinar on the topic How to Face Exam with Confidence: Coping with Exam Anxiety, through Google Meet. Mr. Ashfaq Jafar, Consultant Psychologist and Creative Head Team Incubation was the resource person. Around 80 students from various departments participated in the webinar. Brochure and the meeting link was shared through WhatsApp groups. The session covered the general anxiety issues during exams and coping mechanisms to reduce them. Mr. Ashfaq also pointed out few learning techniques that help students to



study in a better way. The talk really helped students to reduce exam fear and anxiety.

January 2022

On 18/01/2022 a class was conducted for the students of 1st year B.A English Department on the topic Promoting Positive Mental Health. The importance of mental health and the ways to prevent the risk factors were discussed. Also talked about the ways to increase health-protective behaviors. Importance of diet, exercise and sleep hygiene was also discussed. During the session also pointed out the importance in developing decision making skills and problem solving skills. Provided few situational questions to the students and discussed the possible solutions for them. The session was really entertaining and educational.

February 2022

During this month had random conversations with students and established rapport with them. Students became more comfortable in approaching the counselling center for help. Observed an increment in the help seeking behavior of students over the past months. Anonymous letters were collected from students which helped in identifying the underlying issues that few students were reluctant to talk. Provided awareness about the importance of sharing the psychological distress they are facing.