

## **JEEVANI REPORT (SEPTEMBER, 2021 to MARCH, 2022)**

### **JEEVANI CENTRE FOR STUDENT WELL-BEING**

#### **S.A.R.B.T.M GOVERNMENT COLLEGE KOYILANDY**

Jeevani is a comprehensive mental health project implemented by Department of Collegiate Education, Government of Kerala. Since 2019 college has been appointing a trained Jeevani Psychology Apprentice to provide mental health services in our college. The major purpose of Jeevani Centre of Student Well-being is to ensure early identification and management of mental health issues among college students. It also aims on reducing existing risk factors for mental health issues and to promote health protective behaviours. As part of Jeevani, counselling and psychological assessments facilities have been providing for college students on all working days from 9.30 to 3.30 pm from Jeevani consultation room which located inside the library. Apart from that different kinds of mental health promotional activities and awareness programmes are being conducted by Jeevani Centre of Student Well-being. Various skill enhancing programmes and perspective changing activities are being conducted in association with college N.S.S units, Physical Education Department, various clubs and welfare units of the college.

Ms. Shefeena M C, the Psychology Apprentice of S.A.R.B.T.M Govt. College koyilandy was appointed on 22 September 2021. Smt. Daliya K S (Assistant Professor, English Department) is assigned as the Jeevani Coordinator.

A room inside the library building with necessary facilities were provided. Various registers for documentation were prepared including case register, activity register, report file and Case Performa.

#### **Programmes Conducted By Jeevani (Month-wise)**

##### **October, 2021**

- **Orientation Class for Second year Students**

As an opening programme, an orientation session was conducted on 02<sup>nd</sup> October 2021, online through google meet. The objective of the session was to give an orientation about common mental health issues among college students and the role of Jeevani Centre for Student Well-being on managing mental health concerns of student community. The major points of discussions were; common mental health issues among college students, how activities of

Jeevani help to address such kinds of mental health issues and the need for changing stigma related to mental health issues. It was started by evening 6pm and concluded by 7 pm. The session was a big success with the active participation of 83 second year students from B A, B.Sc. and B.com departments.

- **An online Platform to Share Mental Health Related Updates**

On 7<sup>th</sup> October, a Whatsapp group was created under the guidance of Jeevani College Coordinator Smt. Daliya K S to share updates about Programmes of Jeevani Centre for Student Well-being. This platform is actively using for sharing various materials, videos and messages which help to foster mental health, develop different psychological skills and to broaden student's perspective about life as a whole.

- **World Mental Health Day Celebration**

On the occasion of World Mental Health Day 10<sup>th</sup> October 2021, Jeevani Centre for Student Well-being conducted a webinar on the topic of 'Pseudo psychology in Social Media'. The programme was conducted in association with N.S.S Units. The session was handled by Sri. Sarath Kaaranat, Counsellor at Psychological Centre, Mahathma Gandhi University. The welcome speech was delivered by Ms. Shefeena M C, Jeevani Psychology Apprentice. The major aim of the webinar was to make aware the students about how much social media is propagating unscientific information under the name of psychology. The students were shown different example videos and messages containing unscientific information and discussed about how they can identify such deceitful information in future. 96 students from various department were participated through google meet. After the session students were asked their doubts and it were clarified. The feedback from students about the session proved how much the webinar helped them to be aware about pseudo psychological methods and information and to change their perspective about psychological methods. The session was concluded by Smt. Daliya K S, Jeevani College level Coordinator. The session was started by 11 am and concluded by 12.30 pm.

- **Ice breaking Session**

By this week all the programmes were switched on to offline mode. As a first offline interaction, an ice breaking session was conducted for 2<sup>nd</sup> year B A History student on 23<sup>rd</sup> October, 2021. The session was helped to make a rapport with the students by sharing common experiences and challenges of college life. Through such an experience sharing task it was also

discussed about the importance of mental health to overcome such common life challenges. The class was started by 10.30 am and ended by 11.30 am. Right after the class students were approached for counselling.

### **November, 2021**

- **Interactive Session with a Task**

On 2<sup>nd</sup> November 2021, an interactive session was organized for 2<sup>nd</sup> B A History class from 10.30 am to 11.30. It was an initiative from the part of Jeevani Apprentice to find the common pattern of issues and mental health concerns of this particular group of students. A task was given for the students to write an anonymous letter to a psychologist by addressing their current mental health concerns and points for improvisation. After the session the letters were analysed and found some common areas of issues including; excessive phone use, relationship issues, Anger issues and exam related worries. These findings were noted and considered for planning future classes for these students.

- **Ice breaking session with a Task**

On 16<sup>th</sup> November 2021, an ice breaking session was conducted for 2<sup>nd</sup> year B.com students from 10.30 am to 11.30 am. The task of letter writing was also given for this group of students. It was surprising to know that this group of students also reported common type of issues. This session was helped to build a warm relationship with this group of students.

- **Orientation Class for First Year Students**

An orientation class was organized for the first-year students of B A History department on 18<sup>th</sup> November 2021 from 11.30am to 12.30 pm. A brief description about Jeevani project, functions, importance of mental health, factors influencing mental health and common mental health issues among college students were the topic of discussion. The active participation of students made the session as a successful one.

### **December, 2021**

- **Interpersonal Effectiveness Skill Training**

On 21<sup>st</sup> December, 2021, a skill training session was conducted for first year students of BA History department on 'Interpersonal Effectiveness'. It was started with the explanation about healthy and unhealthy relationship patterns. Later it was discussed about various skills related to interpersonal effectiveness including objective effectiveness, relationship

effectiveness and self-respect effectiveness. 53 students from the department were participated on this training session which last for one hour.

- **Yoga Programme for N.S.S Students**

In collaboration with physical education department and N.S.S units yoga programme was arranged for second year N.S.S volunteers on their winter camp. It was conducted a small study among N.S.S volunteers who were been the part of yoga programme to find the effect of yoga on their perceived stress level. A total of 15 students voluntarily participated on the study. The data were collected using Perceived Stress Scale Malayalam Version. But due to Covid related issues the after condition hadn't assessed using the scale. Even though the participants were reported that yoga training helped them to relieve their stress and to enhance their concentration. This small study initiative has been aimed on extending yoga training programme for students those who are showing stress related symptoms in our college.

### **January, 2022**

- **Class on Internet Addiction and Overuse**

On 24<sup>th</sup> January 2022, a class was conducted for first year MSc Mathematics students on the topic 'Internet Overuse and Internet Addiction'. It was explained about the difference between internet overuse and internet addiction. The type of overuse, reasons and management were explained. Various ways to control internet overuse were also discussed.

- **A class on Maladjustment Behaviours among College Students**

For second year students of B A History department a class was conducted on 25<sup>th</sup> January 2022. The topic for the class was Maladjustment Behaviours among College Students. Based on student's feedback a brief description about different personality disorder were also explained. By the end of the session students were able to identify their unhealthy adjustment methods and motivated to change such issues. The session was lasted for one hour.

### **February, 2022**

On 07<sup>th</sup> February 2022, Psychology Apprentice was participated on State Level Jeevani Training Programme conducted by Govt. College for women Thiruvananthapuram. There were sessions on introduction to Jeevani by Dr. Sonia George (Associate Professor, Department of Psychology Govt. College for women Thiruvananthapuram), Brief Overview of Common Psychological Issues among College Students by Dr. T S Jayasoorya, (Department of

Psychiatry, NIMHANS) and on Counselling Skills by Dr. Sheril Elizabeth Jose (Assistant Professor, Department of Psychology, Govt. College for women Thiruvananthapuram). The training programme was really helpful to enhance skills and to be aware about various issues faced by students.

### **March, 2022**

As part of International Women's Day, a class was conducted for first year B. Com students on 09<sup>th</sup> March 2022. The topic for the class was 'Women and Mental Health Concerns'. It was discussed about the major mental health issues of women, gender role related reasons and management of such kinds of issues with common life examples. Pre-menstrual, peri-menstrual and post-partum related mental health difficulties were also been discussed. 19 students were actively participated on the discussions which was conducted after the class. It was a successful session which made student's to think deeper about the impact of gender role on mental health. The class was started by 10.15 am and ended by 11 am.

### **COUNSELLING SERVICE**

All the students approached for counselling were from Under Graduate Courses. Most of the cases are related to issues related to emotional regulation, aggression, relationship issues, exam related worries, career related enquiries and cases of interpersonal difficulties.

Total Number of sessions= 34

Number of New Cases= 17

Total Follow up sessions= 17

Female Cases= 14

Male Cases= 3

Number of Referred case= 1

Total assessments= 26

## **Diagnosis Categories**

Relationship Issues= 4

Anger related Issues= 4

Academic related= 7

Career related= 1

Anxiety=1

Apart from counselling and different assessments, various interventions techniques were used by the counsellor. Those include Cognitive Behavioural Therapy, Activity Schedule, Cognitive Restructuring, Thought Diary, Relaxation Techniques, Solution Focused Brief Therapy, Assertiveness skill training, Interpersonal effectiveness Skill Training, Emotion Regulation Skill Training and Anger Management Techniques.

#Mental Health Matters

**SARBTM GOVT COLLEGE KOYILANDY**

**JEEVANI ORIENTATION CLASS**

Join the meet  
<https://meet.google.com/muk-zihc-std>

02 OCTOBER 2021-SATURDAY  
 6 PM - 7 PM

**S.A.R.B.T.M GOVT. COLLEGE KOYILANDY**

IN OBSERVANCE WITH  
 WORLD MENTAL HEALTH DAY, 2021

JEEVANI CENTRE OF STUDENT WELL-BEING, S.A.R.B.T.M G.C  
 IN ASSOCIATION WITH  
 N.S.S UNITS, GOVT. COLLEGE KOYILANDY  
 Organizes a Webinar on

**PSEUDOPSYCHOLOGY IN SOCIAL MEDIA**

October 10, 2021  
 Sunday @ 11 am

**Mr.Sarath Kaaranat**  
 Counsellor, Psychological  
 Counselling Centre,  
 Mahatma Gandhi University

<https://meet.google.com/jdc-kmfu-ywj>

hfn-ntgf-hdn

JEEVANI COLLEGE MENTAL HEALTH AWARENESS PROGRAMME

- PROJECT OF THE COLLEGIATE EDUCATION DEPARTMENT, GOVERNMENT OF KERALA.
- 2019-20, 2020-21, 2021-22
- FOCUSSES ON THE MENTAL WELL-BEING OF THE STUDENTS IN THE GOVERNMENT COLLEGES IN KERALA.

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Sarath Kaaranat

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96 others