

JEEVANI CENTRE FOR STUDENT WELLBEING
ANNUAL REPORT (2019-2020)

GOVERNMENT BRENNEN COLLEGE, DHARMADAM,
THALASSERY

Jeevani Centre for Student Wellbeing started functioning at Government Brennen College, Dharmadam, Thalassery by 1st of August 2019. Ms. Athira Suresh. P was appointed as the psychology apprentice and Mr. Anoop Sivadas (Assistant Professor, Department of Psychology) was assigned as the Jeevani coordinator. The major objective of Jeevani was to improve awareness and promote the significance of mental health among college students, ensure early identification of psychological issues and help them by providing professional help.

The functioning of the centre was based on the three levels of services: One is universal prevention which includes the promotional programs and classes organized by the counsellor for the entire college community. Second one includes selective intervention which involves certain target groups of individuals who are at risk of developing a mental health condition and the third one is indicated interventions for small groups or individuals which involves personal counselling sessions.

As part of promotional activities one-hour orientation class about the significance of mental health care was given to the students in all departments.

A poster exhibition has been conducted as part of world mental health day (10/10/2019). The posters were based on breaking the stigma related with mental health issues and their treatment and providing a basic knowledge about several psychological disorders by displaying various movie characters that portrayed them.

A notice has been prepared denoting the services offered by Jeevani centre along with venue and timing details and distributed in all departments on 12/12/2019 to display in their notice boards permanently. The notice served as an example for many other colleges.

An essay writing competition was conducted in the topic “social media and mental health” on 10/2/2020. The winner received a cash award from Dr. M.K Muraleedharan Nair, Principal of Government Brennen College.

As part of selective interventions, an awareness class was conducted for the parents of BA Philosophy students as part of their PTA meeting on the importance of mental health care services in colleges and the role of parents in identifying psychological issues in their children on 18/9/2019.

A training program was conducted for the first year NSS volunteers on “LIFE SKILLS” on 2/10/2019.

A class was conducted for the first semester students from all departments on “EFFECTIVE LEARNING STRATEGIES AND EXAM WRITING” before their university examinations on 21/10/2019.

A half-day session was conducted for degree students on the topic “CAREER AND WELLBEING IN DIGITAL ERA” by Mr. Mohammed Riyas (psychologist and career counselling specialist) on 6/2/2020.

A class was conducted for degree students on “POSITIVE INTERPERSONAL RELATIONSHIPS” on 18/2/2020





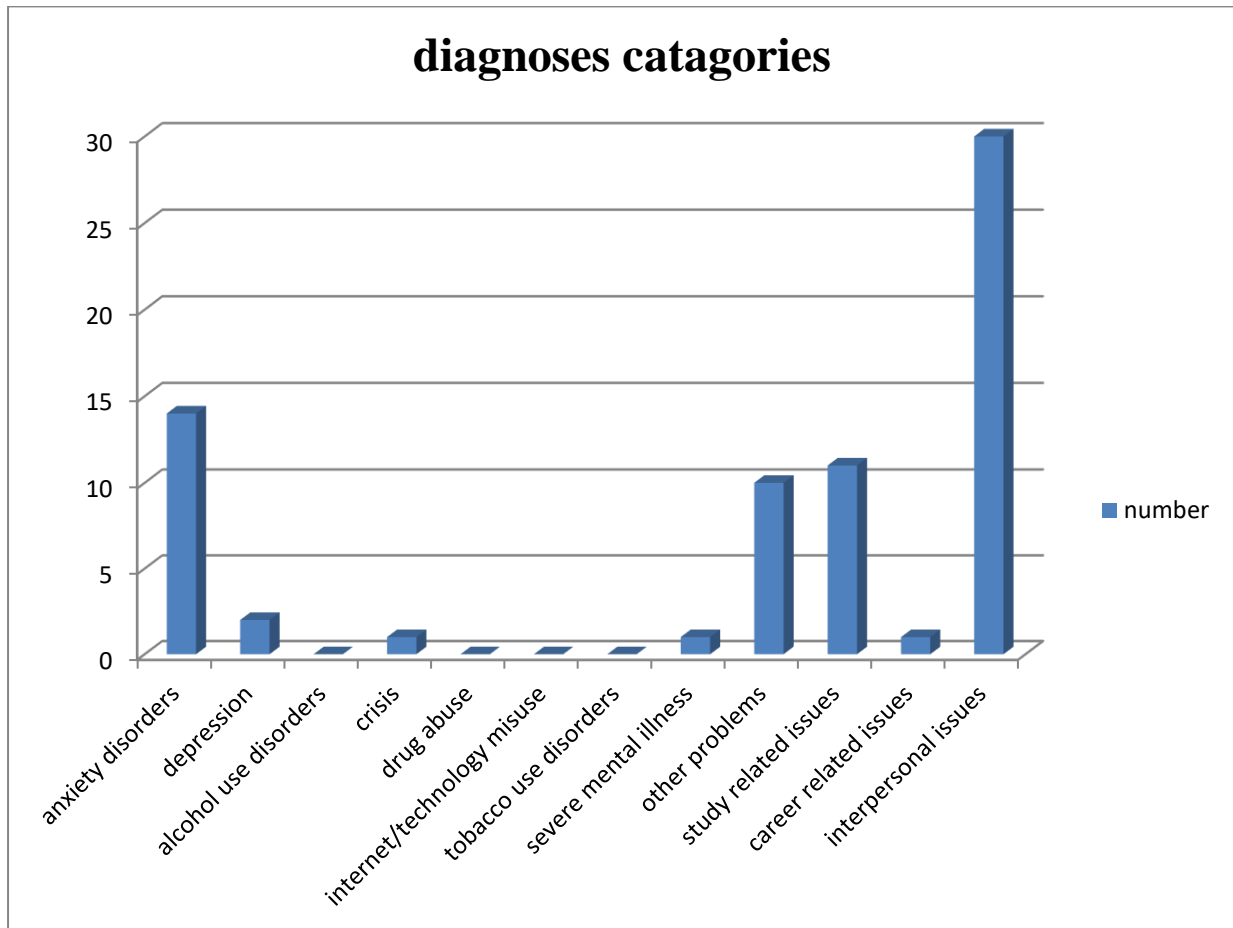
As part of individual counselling sessions, out of more than 2000 students in the college, 70 students from various departments have been made use of the personal counselling services from Jeevani centre till date, among which 61 were female students.

Case categories with numbers:

- Anxiety disorders- 14
- Depression-2
- Alcohol use disorders-0
- Crisis-1
- Drug abuse- 0
- Internet/technology misuse-0
- Severe mental illness-1
- Tobacco use disorders-0
- Other problems-10 (include ID, Personality disorder, Body dysmorphic etc)
- Study related issues-11

- Career related issues-1
- Interpersonal issues-30

A graph that shows the statistics of provisional diagnoses is given below.



Total number of follow up sessions was 123, each with duration for 45 minutes-one hour. Out of the total 70 cases, 60 cases were addressed through individual counselling sessions and 8 cases were provided with family counselling sessions too and 4 cases were referred for specialised mental health input. Those cases were frequently followed up by the Jeevani counsellor even after referral.

Commonly used therapeutic techniques by the counsellor include cognitive behavioural therapy, Anger management, Assertiveness training, Social skill training, Relaxation therapies, Effective learning techniques, Time management

and concentration improving techniques, Exposure therapies, Psycho education, Cognitive restructuring, mindfulness-based techniques, Stress management etc.