

JEEVANI CENTRE FOR STUDENT WELL-BEING

Jeevani College Mental Health Awareness Programme

Directorate of Collegiate Education, Government of Kerala

GOVERNMENT LAW COLLEGE, THRISSUR

ANNUAL REPORT 2024-2025

22/07/2024 – 31/03/2025

INTRODUCTION

Jeevani Programme: Aim and Functioning

“Jeevani - Centre for student’s well-being” is a project by the Department of Collegiate Education, Government of Kerala, in technical collaboration with National Institute of Mental Health & Neurosciences (NIMHANS), Bengaluru which focuses on the mental well-being of the students in the colleges in Kerala. It was introduced in the academic year 2019-20, in government arts and science colleges and extended the services to aided colleges from the year of 2023.

The project aims to promote mental health for college students and to improve awareness among them. The purpose of Jeevani Student Counselling Service is to provide a confidential professional counselling service, support and empower students to develop their potential, improve mental health and wellness. Jeevani intends to improve awareness and promotion of mental health among college students along with ensuring early identification of psychological issues among these students.

College

Following the interview conducted at the home station, Sri C Achutha Menon College, Thrissur, I, Nivedita Menon. C, assumed the role of Jeevani Psychologist at Government Law College, Thrissur on 22/07/2024. The designated college coordinator for the program is Dr. Divya D. V, Assistant Professor in Law. The college has a strength of approximately 900 students i.e., 880 undergraduates and 20 postgraduates approximately. The working time at the college is from 9:30AM to 4:30 PM on all working days of the college.

REPORT OF WORK DURING 2024-25

PART I: COUNSELLING SERVICES

A. Number of Students and Sessions

- Total Number of students who availed counselling services: **30**
- Number of students from various categories who availed service:
 - Male: **10**
 - Female: **20**
 - Transgender: **1**
 - UG students: **27**
 - PG students: **-**
 - PhD students: **1**
 - Faculty: **2**
- Number of New Cases: **30**
- Number of Follow-up sessions: **27**
- Number of Students referred for external / expert help: **4**

B. Number of Students with a Provisional Diagnosis of any Mental Illness: 4

C. Nature of Stressors reported by the student

- Academic: **3**
- Financial: **3**
- Family Related: **28**
- Relationship issues: **7**
- Career-related: **3**
- Fights, Bullying etc. **1**
- Drugs **1**
- Other Emergencies: **1**
- Active Suicidal Ideation: **2**
- Not Specific: **1**

D. Type of Referral (through which the student approached the psychologist)

- Self-Reference: 26
- Teachers: 2
- Friends, peer group etc.: 2
- Family: -

E. Nature of Intervention:

- Individual / Family counselling: 25
- Intervention by College authorities: 1
- Others: 4

F. Legal Reporting, if any (Police/ CWC/ Childline etc.): 1 (Vimukthi- Anti Narcotics Cell)

PART II: MENTAL HEALTH AWARENESS CLASSES TAKEN
FOR VARIOUS BATCHES OF STUDENTS

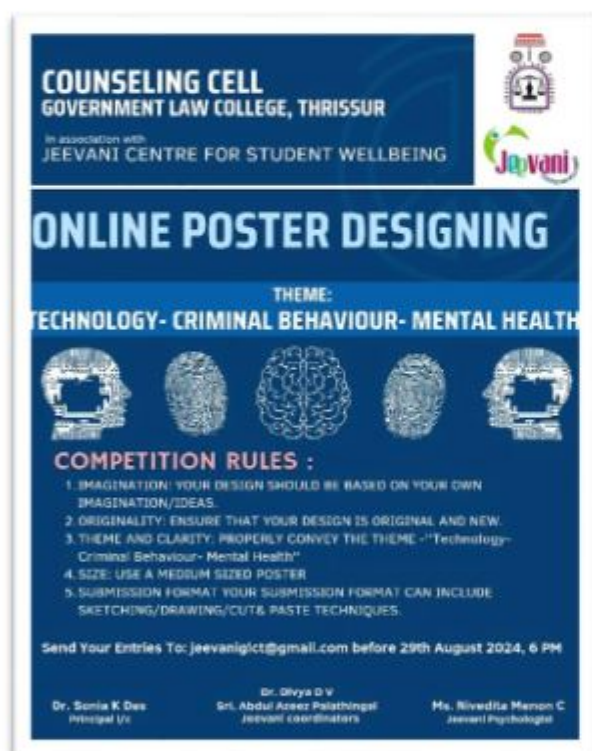
Sl. No	Date	Class
1	24/07/2024	5/4
2	11/11/2024	3/1 A
3	13/11/2024	3/1 B
4	20/11/2024	5/1

PART III: MENTAL HEALTH PROMOTIONAL ACTIVITIES

AND COLLABORATIONS

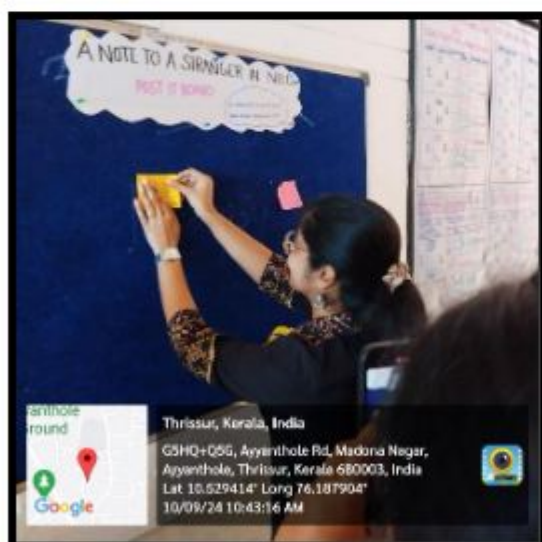
1. A college- level activity was conducted on August 29, 2024 in collaboration with the Counselling Cell on 'Technology Use Awareness'.

❖ An online poster making competition on the topic "Technology- Criminal Behaviour- Mental Health".



2. A college- level activity was conducted in collaboration with the NSS unit in observance of 'World Suicide Prevention Day' on September 10, 2024.

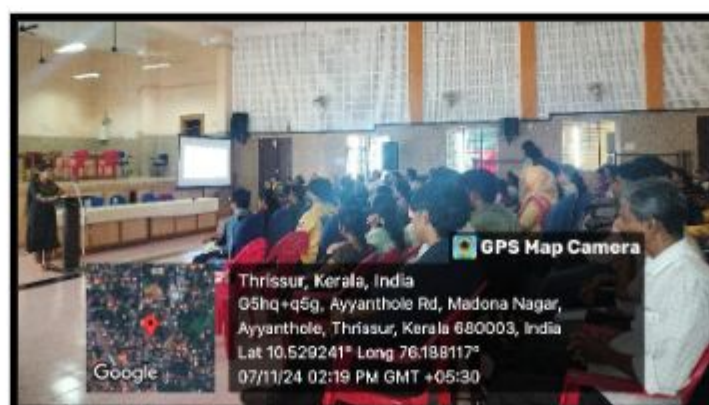
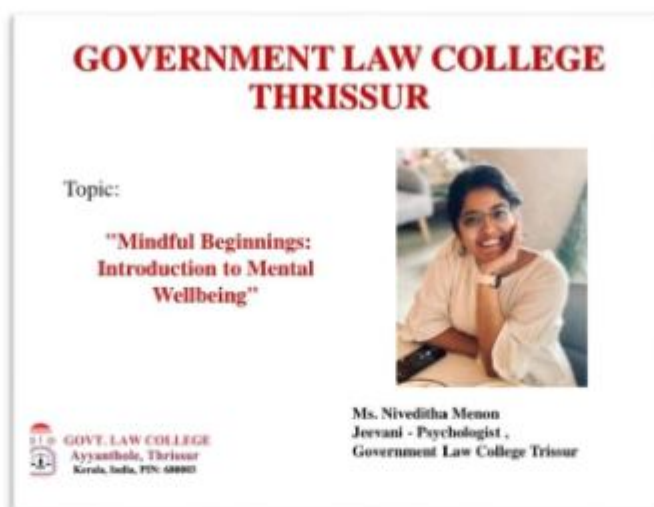
❖ A 'Post-it board' with the theme "A Note to a Stranger in Need" was introduced to the students and have been actively used till date.



3. A class-to-class Campaign was conducted on September 10, 2024 as part of 'Awareness on Suicide Prevention'.



4. A 3-hour session was conducted on November 7, 2024 as part of the 'College Induction Program' for First Semester students.



5. A 2-hour session was conducted on January 9, 2025 as part of the 'NSS 7-Days Special Camping Programme' for NSS students at Adat Grama Panchayath Community Hall.



PART IV: OTHER ASSIGNMENTS/ EXTENSION WORK, IF

ANY

1. A 2-hour session was conducted on January 9, 2025 as part of the 'NSS 7-Days Special Camping Programme' for NSS students at Adat Grama Panchayath Community Hall.



PART V: TRAININGS ATTENDED BY THE PSYCHOLOGIST

Attended the online orientation for conducting suicide prevention programmes associated with “World Suicide Prevention Day”. The sessions covered intervention strategies to prevent suicides followed by a group discussion.

Sl. No	Resource Person	Date
1	Dr. Mahesh M.M. Clinical Psychologist, Asst. Professor of Psychology Sri C Achutha Menon Government. college, Kuttanellur, Thrissur	05/09/2024
2	Dr. Jayaprakashan K.P. Associate Professor of Psychiatry, Renowned Psychiatrist, Former Secretary of Kerala State Mental Health Authority	06/09/2024

APPENDIX

ലോ കോളജിലും ജീവനി യാഥാർത്ഥ്യമായി.

നീക്കം ഇടപെടലിനെ തുടർന്ന് മറ്റ് ആക്ട്സ് ആൻഡ് സമാൻസ് കോളജുകളിൽ പ്രവർത്തിച്ചിരുന്ന ജീവനി പദ്ധതി പ്രൊഫഷണൽ കോളജിലേക്ക് കൂടെ വ്യാപിച്ചു.

ഇത് വഴി ക്യാമ്പസിൽ തീക്ഷ്ക മുന്നെ വെള്ളി വരെ 9.30 മുതൽ 4.30 വരെ സെക്ഷനുകളിലൂടെ സേവനം ലഭ്യമാവും.

NIVEDITHA MENON.C
(CONSULTANT PSYCHOLOGIST)
8943900753
9.30 TO 4.30 MON TO FRI

COLLEGE UNION

Jeevani - College Mental Health Awareness programme
&
Counselling Cell, Government Law College, Thrissur
in Association with
Sri. C. Achutha Menon Government College, Thrissur

MS NIVEDITHA MENON.C
(Consultant Psychologist)
(services available Monday to Friday)

services available
Monday to Friday

Counselling Cell,
Government Law College, Thrissur

Contact no: 8943900753 | 014037 5066.
In English - 08 9960 9006

JEEVANI



Name and Signature of College Psychologist:

NIVEDITA MENON. C

GOVERNMENT LAW COLLEGE, THRISSUR

25/03/2025

Name and Signature of Jeevani Coordinator:

Dr. DIVYA D. V