

GOVERNMENT COLLEGE MALAPPURAM

Jeevani – College Mental Health Awareness Program Report

March (2022- 2023)

Jeevani is a project by the Department of Collegiate Education, Govt. of Kerala, in the technical collaboration with NIMHANS, Bangalore which focuses on the mental well being of the students in the Govt. colleges in Kerala. Jeevani intends to improve awareness and promotion of mental health among college students along with ensuring early identification of psychological issues among these students. It has been launched in 2019 across all Govt. colleges in Kerala in the background of compelling evidence that many students are experiencing psychological issues which require professional assistance. Jeevani is a first of its kind venture in the state of Kerala.

The program ensures early identification of psychological issues among students. As part of the program, many services are offering to the students :

1. Counseling for students having psychological issues.
2. Conducting of programmes for creating awareness about mental health.
3. Early detection of student's problems.
4. Education support.
5. Social skill development among students
6. Life skill development among students.

The initial step of this program is to make a brief idea about the project among students through orientation sessions. The counselor introduces themselves and creates a friendly environment with the students. This will help to reduce stigma about counseling, mental illness and mental health. And make them aware of having positive mental health and precaution.

Mental Health Promotional Activities

- Orientation classes for different batches

Govt. College Malappuram has 10 Departments and more than 30 classes. So the first promotional activity conducted in the college was Introducing the project Jeevani to the students of each department. Through this program, the psychologist can interact with students and it will be helpful to build rapport.

- Mental health awareness

In this session we discussed about:

1. The Concept of Health
2. Importance of Mental health
3. Stigma and discrimination about mental health issues
4. Issues during the period of adolescence and young adulthood
5. Importance of Life skills management
6. Importance of emotional well-being

Counseling

There are so many psychological issues like Anxiety issues, Stress related issues, Adjustment issues, Relationship -related issues, Decision making problems, Lack of confidence, Anger issues, Lack of motivation, Career related issues etc were identified and treated. Suspected medical issues were referred to medical checkups.

Psycho education, psychotherapies, Activities / task appropriate to the issue, Stress management techniques, Relaxation techniques, Cognitive behaviour therapy and Career Guidance were given.

Total No. of cases in one months: 16 (new cases and follow ups)

***March (2023) : 2 new cases and their Follow Ups**

Average no. of cases seen in a day: 0 to 2

Average time spent for counseling in a day: 0 to 3 hours

