



AMBEDKAR COLLEGE OF ARTS &  
SCIENCE, WANDOOR



# ANNUAL REPORT

## 2024-25

# JEEVANI

## **Centre of Students' Well-being College - Mental Health Awareness Service**

**Jeevani (Centre for Student's Well-being) is a project by the Department of Collegiate Education, Government of Kerala, in technical collaboration with the National Institute of Mental Health & Neurosciences (NIMHANS), Bengaluru, focusing on the mental well-being of students in government colleges across Kerala. The project aims to promote mental health awareness among college students and help to identify psychological issues. With 647 students enrolled and 26 faculty members and 12 non-teaching staff at Ambedkar College is making significant strides in supporting mental health through the Jeevani program.**

# REPORT OF WORK DURING 2024-25

## **Part I: Counselling Services**

---

### **A. NUMBER OF SESSIONS**

**Total number of counselling sessions: 53**

**Total number of new case: 38**

**Number of follow-up cases: 15**

**Number of various categories -** Male: 11  
Female: 42  
UG: 53  
PG: 00

### **B. NATURE OF STRESSORS REPORTED BY STUDENT:**

---

**Academic: 5**

**Financial: 9**

**Family related: 15**

**Relationship issues: 9**

**Career- related: 6**

**Not specific: 4**

**Other: 4**

**Active suicidal ideation: 0**

### C. TYPE OF REFERRAL :

---

**Self –reference: 39**

**Teachers: 6**

**Friends, peer group etc: 02**

**Family: 00**

### D. NATURE OF INTERVENTION

---

**Individual /Family counselling: 39**

**College level intervention: 00**

**Others: 00**

The main objective of Jeevani at its initial stage was to provide more information about the project and to avoid social stigma on counseling. In the beginning the Jeevani coordinator Ms. Naseera M K and the psychology apprentice Shana Sherin K together visited all the classes and introduced aim of the project to the students.

- General awareness to promote positive mental health
- The importance of counselling
- Awareness about Psychological issues faced by students
- The use and abuse of substance
- Maintaining good and fruitful interpersonal relationships
- Healthy relation among classmates
- Good and effective teacher student relationship
- Family issues and relationships problems
- Educational support
- Crisis management
- Major psychological issues like anxiety, depression, stress academic problem, interpersonal problems, anger management problems, career related issues etc

## E. NATURE OF CASES

- Family issue
- Interpersonal communication problems, Shyness
- Alcohol addiction
- Absenteeism
- Drug usage
- Separation anxiety
- Relationship problem
- Shyness
- Concentration problems, Exam anxiety, Achievement issues
- Mental retardation

## Part II : Mental health Awareness Classes for various batches of students: \_\_\_\_\_

SL. NO	CLASS	DATE
1	II Year B. Sc Mathematics	06/09/2024
2	I Year BA English II Year B. Com	30/09/2024
3	I Year Economics II Year B.A. English	03/10/2024
4	I Year Mathematics I Year B. Com	12/11/2024
5	I Year M. A. Economics II Year B. A. Economics	10/12/2024
6	III Year B. A. Economics	18/12/2024

## Part II : Programmes Organized

---

### WORLD MENTAL HEALTH DAY-OCT 10

World Mental Health Day is celebrated on October 10th each year with the overall objective of raising awareness about mental health issues globally and mobilizing efforts in support of mental health. It provides an opportunity for all stakeholders involved in mental health to share their work and highlight the steps needed to make mental health care accessible to all. At our college, World Mental Health Day was observed on November 1st, 2024. The theme for the year, "It's Time to Prioritize Mental Health in the Workplace," emphasized the importance of addressing mental health and well-being in professional settings, benefiting individuals, organizations, and communities alike. As part of the celebration, a flash mob was organized and performed across the college campus. Interested students from various departments actively participated in the program, which was coordinated by the Jeevani Counsellor and the Jeevani Coordinator.





## PARENTAL ORIENTATION SESSION – JANUARY

The PTA General Body meeting and Parental Orientation Session were conducted by the college over two days. The session for the parents of first-year students was held on 24th January 2025, while the session for the parents of final-year students took place on 27th January 2025. Both programs were organized in the college seminar hall. The event began with a welcome speech by Ms. Naseera M.K., General Secretary of the PTA, followed by the presidential address delivered by the Principal, Dr. Pramod K.M. The Parental Orientation Session was led by Ms. Shana Shirin K.K., the college psychologist associated with Jeevani. The event concluded with a vote of thanks by Rifa E.P., a representative from the first-year batch.

