

Details of the programmes conducted by JEEVANI CELL in association with IQAC 2021 are as follows:

15th February

• A webinar was conducted for all the students of the college. The topic was, “**A glimpse on dealing with abuses**”. The resource person was Zuhaina N.S, Psychologist, Aaraina Mind Care. Almost 80 students participated in the webinar and many participated through YouTube live streaming.

20th February

• A webinar was conducted for all the students of the college on the topic, “**An awareness programme on LGBTQ+**”. The resource person was Bavitha Thomas, Psychologist, Bangalore. 45 students participated in the webinar. The students were active throughout the session.

22nd February

• A webinar was conducted for the students of all the batches. The topic was, “**Negative thoughts: formation, effects and tips to overcome**”. The resource person was Aswathi.M, Child Psychologist, Centre for disability management, Block panchayat, Wandoor, Malappuram. 40 students of different departments attended the webinar.

6th March

• A program named “**Midukkikutty 2k21**” was conducted for all the girls of the college in association with Women’s cell as a part of women’s day celebration. The title winner was Miss. Amritha T.V of Malayalam Department. 28 students competed for the title.

10th March

• A webinar was conducted for the students of all branches of the college on the topic, “**Premenstrual syndrome and menstrual hygiene**”. The resource person was Neethi Rose Anto, Psychologist, Bangalore. Almost 50 students participated in the session. 35 students attended the webinar.

29th March

• A webinar was conducted for all the students of the college on the topic, “**Postpartum depression**”. The resource person was Neethi Rose Anto, Psychologist, Bangalore. Almost 25 students participated in the session. 40 students participated in the webinar.

Regards,

*Aarsha Ajayan
Consultant Psychologist
M.Sc, M.Phil Psychology*