

# Centre for Mental Health and Wellbeing “Jeevani” KKTm Govt. College, Pullut

## Report 2019-20

K. K. T. M Government college, Pullut has created a novel platform for the college students mental health and wellbeing center ‘**JEEVANI**’ in association with directorate of collegiate education, Govt. of Kerala. This is meant for first year students to share and discuss the various challenges faced by them in their personal as well as academic life. As part of this scheme, the full time counselor is appointed as apprentice trainee in our institution from the date 5-8-2019.

The platform was officially inaugurated in college by Sri. Ullas . M. A. principal in charge on 18-10-2019.

As part of scheme we have conducted a “**Aids awareness class**” on 26-8-2019 and the resource person was Akhila Thomas, Counselor, Taluk Hospital, Kodungallur.

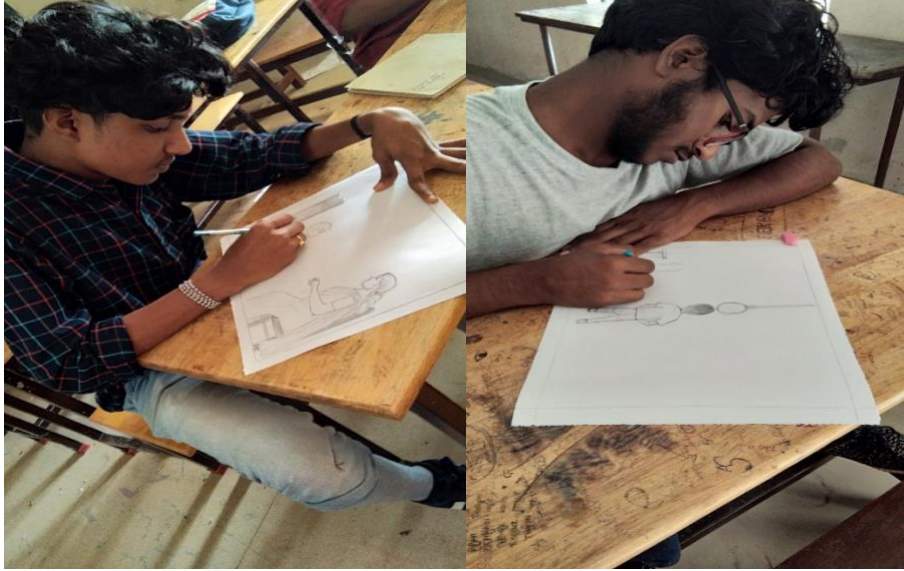
K.K.T.M Govt. College celebrated Mental Health Day on 10<sup>th</sup> October 2019 as part of this event, we have arranged suicide awareness class on the topic ‘**Prevention of Suicidal attempts**’ was organized for them on **21<sup>st</sup> of October, 2019**. The objective of the said programme was to make the students capable of managing various stresses they face in their daily life. The resource person for the programme was Dr. Mercy Thomas, Academic Counselor, IGNOU Regional Centre, Kaloor. Nearly 215 first year students from various departments of the college participated in the programme.



**JEEVANI Inauguration**



**Dr. Mercy Thomas leading class on “Mental Health Day”**



**Pencil Drawing competition for first year students**