

Jeevani Inauguration 2022-2023: Report

The Inaugural Ceremony of Jeevani center for students well-being, a project undertaken by the Government of Kerala, was a huge success. The program was inaugurated by Mrs. Amrutha Ashokan, Family Counselor, KVTC FCC, Kodungallur, on the 28th of November 2022 at 10.30 A.M in the audio visual room. The class was organized for all college students on the topic “Mental Health among Youth”.

The welcome speech was delivered by Dr. Dhanya P.D, Jeevani coordinator, K.K.T.M college and also gave a short description about functions of Jeevani project. The presidential and inaugural address was given by Dr. Nesity E.A, Principal, K.K.T.M. college and Dr. Sujathan, IQAC coordinator, K.K.T.M. college had delivered the felicitation address.

There was around 80 students who had participated in the class and wad keenly attentive during the session. The class was informative and helpful for the students. The session was about the importance of Mental Health in our daily lives. The session had turned out very informative as per the feedback given by the audience after the class. The programme ended at 11.30 A.M with a vote of thanks given by Deveena Anto, Psychology Apprentice, Jeevani .



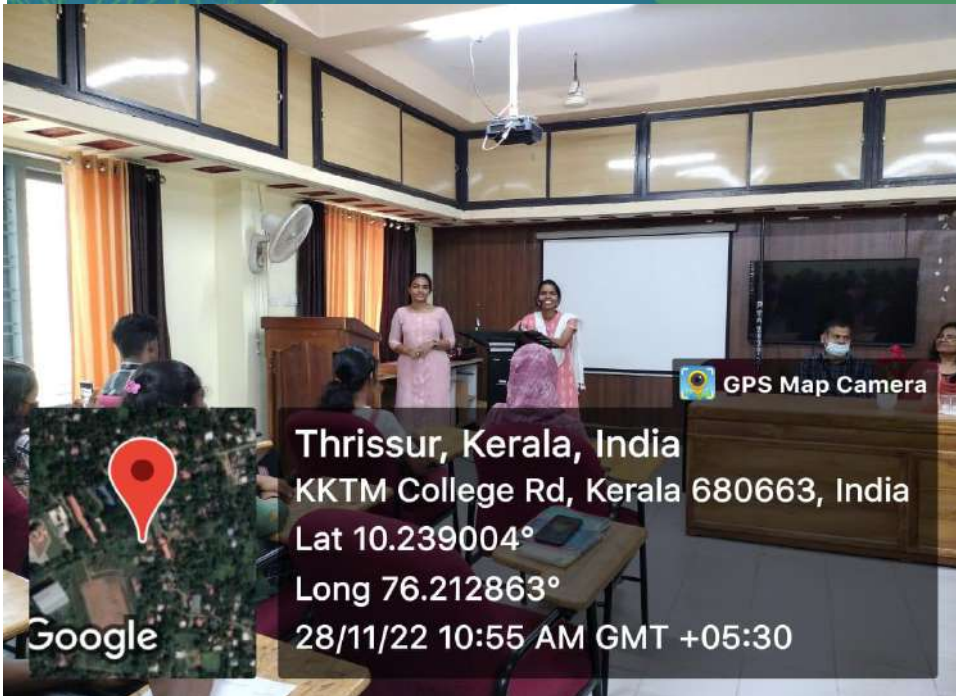
Jeevani
Inauguration
November 28, 2022 Monday, 10.30 am

MENTAL HEALTH
AMONG YOUTH
by




Amrutha Asokan
Family counsellor
KVTC FCC,
KODUNGALLUR

Venue: Audio Visual room
**K. K. T. M. Govt. College,
Pullut**



Report On NSS Camp class

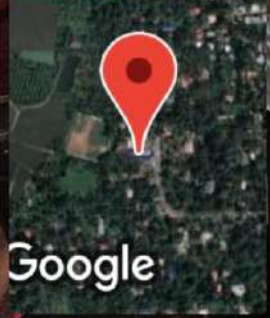
On Wednesday 28th December at 2 pm a class was held for NSS Camp on the topic "Life Skills". The class was held at V K Rajan Memorial Government HSS Pullut. The class was started with an ice breaking game called 'Bus'. The session mainly focused on ten life skills. The term 'Life Skills' refers to the skills you need to make the most out of life.

Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. The class was very interactive with life examples and activities. The students were very cooperative during the session. The class was held for an hour. The class ended with a Vote of Thanks by NSS volunteer Ms. Amrutha Mol S.K, Dept. of Malayalam.





GPS Map Camera



Pullut, Kerala, India

66V4+C89, Kodungallur - Shornur Rd, Pullut, Kerala

680663, India

Lat 10.243392°

Long 76.206068°

28/12/22 02:26 PM GMT +05:30

Google

REPORT ON CAREER COUNSELLING CLASS

Jeevani center for Students Well being organized an awareness class on the topic " Career Counselling " on 31st January 2023. The session started at 2:00 PM. The class was taken by Ms. Bindhu Joy, Office administrator and branch head of Jubeerich career consultancy, Angamally and Ms. Honey Mk. The class was held at Audio Visual room, K. K. T. M Govt. College, Pullut.

The welcome speech was delivered by Dr. Dhanya P.D, Jeevani coordinator, K.K.T.M college welcomed the guests and audience. K.K.T.M College Principal Dr. Nesy EA was supposed to deliver the presidential address but Madam could not attend the session and Dr. Sujathan PK, IQAC coordinator, K.K.T.M college delivered the felicitation address.

The class was mainly focused on career counselling and provided authentic guidance to students seeking higher education abroad professionally. Encouraged the students to take up the right decisions according to their aspirations. There were around 51 students attended the session. The class was very interactive with questions and answers. The informative class ended with a vote of thanks proposed by Ms. Deveena Anto, Psychology Apprentice, Jeevani Center for Students Wellbeing.

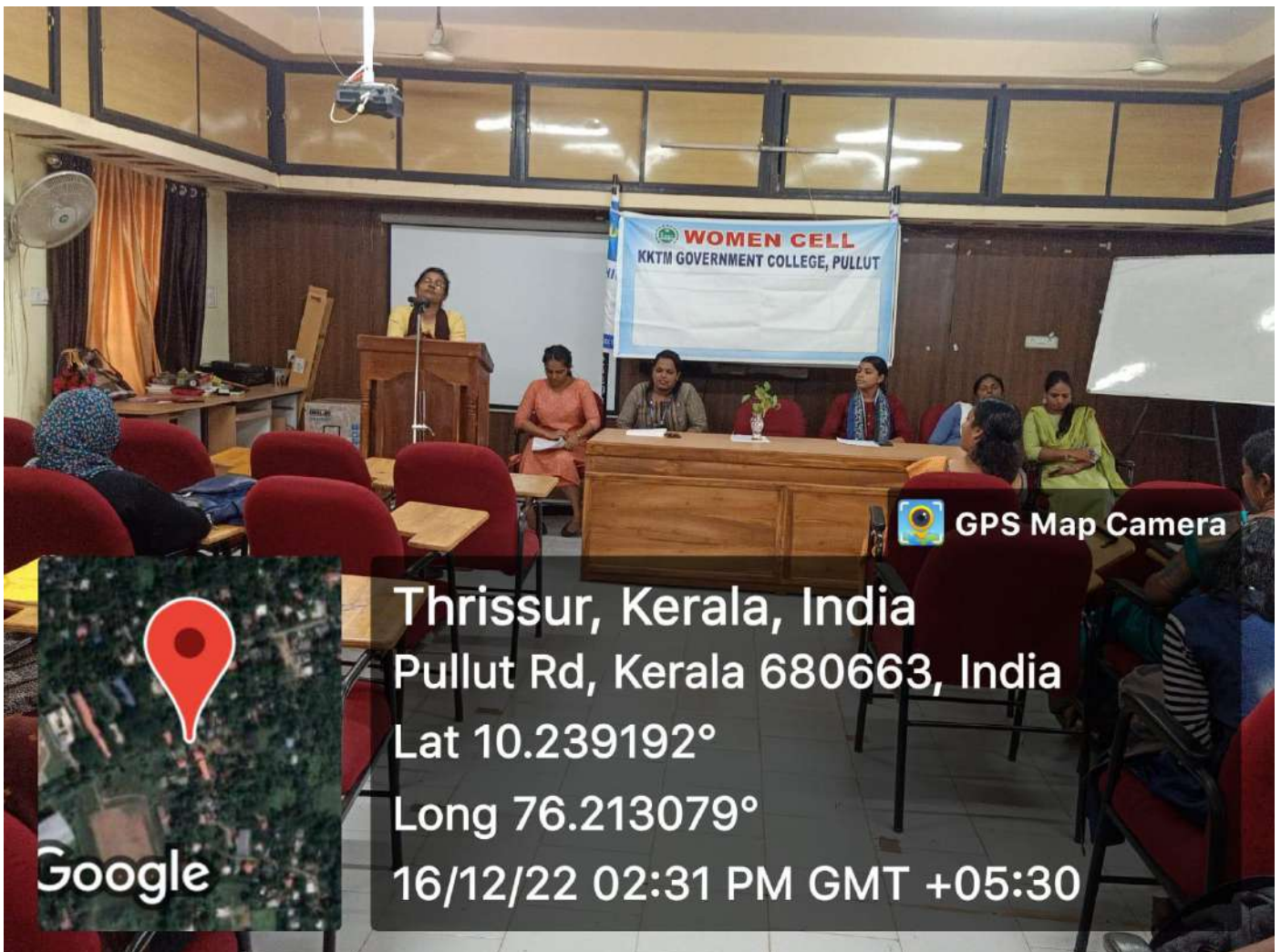


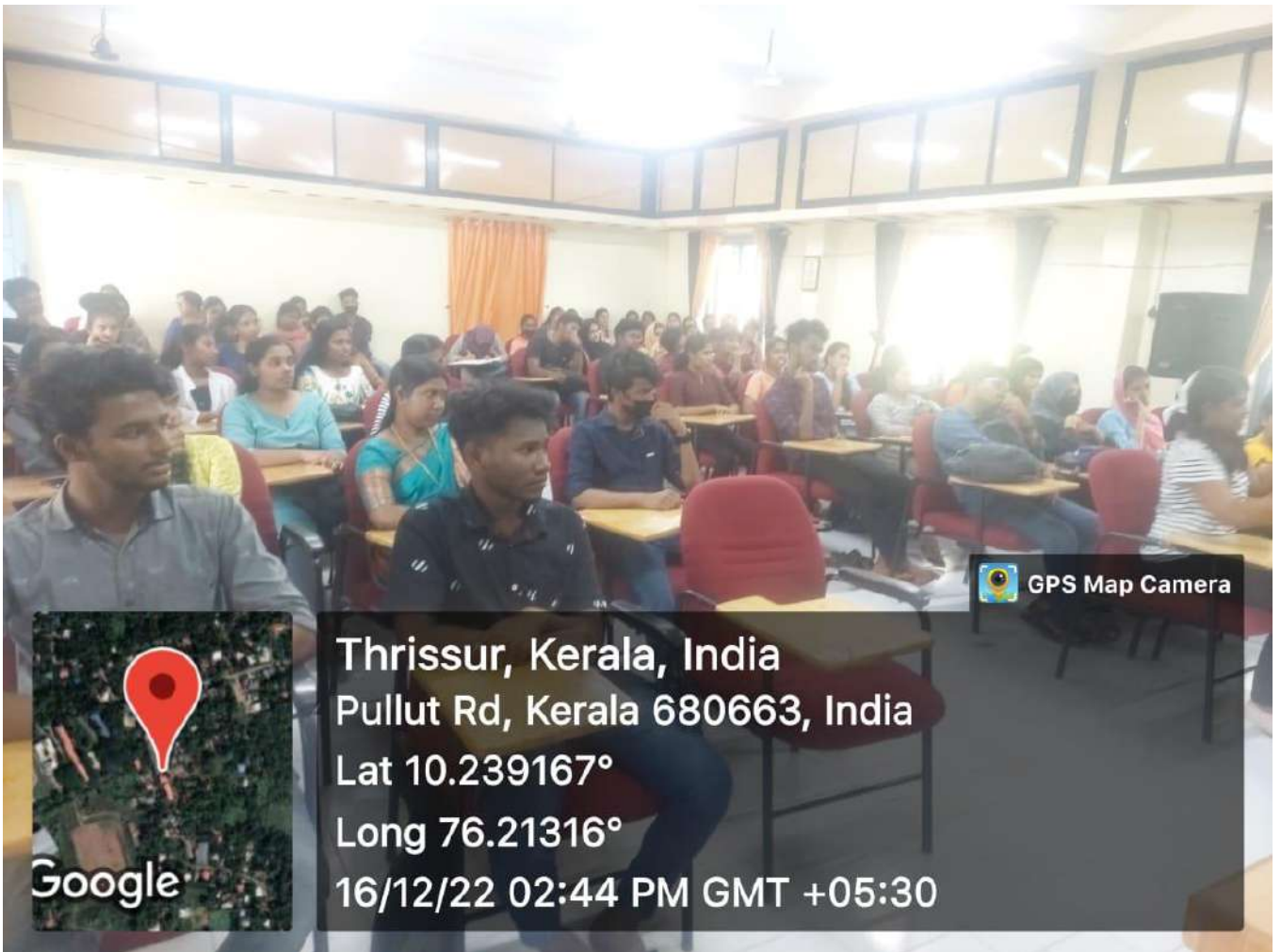
Report

Jeevani Center for Students Well-being in association with Women's Cell conducted a talk on the topic " Women's Mental Health Matters " on 16th December 2022 at 2 P. M. The session was inaugurated by Mrs. Sreelakshmi, Sakhi OSC, Thrissur. The class was conducted at Audio Visual room, K. K. T. M. Govt. College, Pullut.

Women Cell Coordinator Dr. Saritha gave an introduction speech. The welcome speech was delivered by Dr. Dhanya P.D, Jeevani coordinator, K.K.T.M college welcomed the guests and audience. The presidential and inaugural address given by Dr. Nesity E.A, Principal, K.K.T.M. college and Dr. Sujathan, IQAC coordinator and College Union Vice Chairperson Ms. Fathima Nasri K.K.T.M. college delivered the felicitation address.

The class mainly focus on the women's mental health in different areas with examples, how it effects at every stages of life of a women and men's role in women's mental health. There were around 80 students participated in the session. The class was interactive. The informative class ended with a vote of thanks proposed by Ms. Mega P.M Asst. Prof. Maths dept.





GPS Map Camera



Thrissur, Kerala, India
Pullut Rd, Kerala 680663, India
Lat 10.239167°
Long 76.21316°
16/12/22 02:44 PM GMT +05:30

K. K. T. M. Govt. College, Pullut, Kodungallur

Women Cell Inauguration &
Invited Talk

in association with
Teevani & IQAC

AWARENESS CLASS ON
"WOMENTAL HEALTH
MATTERS"

Resource Person



Sree Lakshmi
Case Worker
Sakhi OSC, Govt. of Kerala,
Thrissur.



2 P.M



December 16



Audio Visual Room