

JEEVANI CENTRE FOR STUDENT WELL-BEING

Jeevani College Mental Health Awareness Programme
Directorate of Collegiate Education, Government of Kerala



KKTM GOVERNMENT COLLEGE,
PULLUT

ANNUAL REPORT 2025 – 2026

Jeevani is an initiative by the Department of Kerala Collegiate Education to provide mental health services to students in Government and Aided colleges of Kerala. It was introduced in the academic year 2019-20. Jeevani is the first of its kind in the country, a comprehensive mental health project implemented by the Department of Collegiate Education, Government of Kerala, aiming to extend the remit of traditional college counselling centres to “Centres of Well-Being”. As “Centres of Well-Being”, these “Jeevani Centres” will not only focus on early identification and intervention of mental health issues among college students but also aim to deter risk factors from emerging in the first place (i.e., increase awareness of healthy lifestyle, keep stress under control, regular exercise, diet, and sleep), as well as reduce existing risk factors/increase health-protective behaviours (e.g., quit substance use, practice yoga/relaxation). To achieve this, a combination of universal awareness programs (i.e., regular awareness classes for all students) and targeted early intervention programs (i.e., for students with existing psychological issues) will be implemented. Jeevani mental health awareness program has been confined to government colleges for the past few years. It was extended to aided colleges in the academic year 2023-24. Considering the importance of this programme, Jeevani counsellors were appointed by June in colleges from the year 2025 after interview procedures.

KKTM Govt. College Kodungallur, Kunjikuttan Thampuran Memorial Government College situated at Pullut near Kodungallur, established on 1st July 1965, owes its origin to the enthusiasm shown and initiative taken by the enlightened people of Kodungallur nearly four decades ago. The college was later taken over by the Government of Kerala in 1972. As part of the Jeevani program, our college provided a Jeevani centre in the library block.

Our interview was conducted by KKTM Government College, Pullut on 17 May 2025, and Ms. Swetha Kurup was appointed as the College Psychologist of the home station, KKTM Government College, Pullut. She started working from 1 June 2025. This report is confined to activities held during the period of 1st June 2025 to 31st March 2026. Dr. Dhanya P. D., Associate Professor, Department of Malayalam, was in charge and coordinator of Jeevani Centre for student well-being. The service of a College Psychologist was provided to college students on all working days (Monday to Friday) from 9:30 a.m. to 4:30 p.m. The home station of the Jeevani program for the present college is KKTM College, Pullut itself, and the nodal

office is at the Department of Psychology of Government College for Women, Thiruvananthapuram.

JEEVANI PANEL AT KKTM

Chairman (principle in-charge) - Prof. (Dr.) Bindu Sharmila T. K.

Teacher in-charge of Jeevani - Dr. Dhanya P. D.

PTA vice president - Saju Sreekumar

Subject Expert - Dr. Soumya Mohan C.

Jeevani Counsellor - Ms. Swetha Kurup

Office Representative - Shaju P. S

Jeevani Centre working time - 9:30 a.m. to 4:30 p.m.

AIM AND FUNCTIONING

- Identify students who require help
- Conduct individual counselling and group counselling sessions
- Help them to identify the problematic areas or difficulties, their potential is of each student
- Help students to develop a greater self understanding and self awareness
- Help students to work through their problems by developing self awareness and overcome problems by using new coping strategies
- Refer students to experts or mental health professionals who need more help
- Organize lectures / seminars / workshops by experts and professionals

REPORT OF WORK DURING 2024-25

Part I: counselling services

A. Number of sessions

A total of 53 students made use of the counselling services including both group, couple and individual sessions. Majority of them are new cases and a few of follow ups. The total number of follow up sessions are 54 of 22 students. Both male and female students attended counselling sessions and among them female students attended the most number of sessions. The students from both PG and UG classes utilised the service including the faculties. There is a positive change among students in seeking mental health support compared to the past years.

B. Nature of stressors reported by the student:

- Academic : 5
- Financial : 1
- Family related : 6
- Relationship issues : 12
- Career related : 4
- Crisis : 2
- Active suicidal ideation : 2
- Anxiety : 6
- Anger : 3
- Depression : 2
- PTSD : 1
- Faculty issues : 1
- Not specific : 8

C. Type of Referral

- Self reference : 43
- Teachers : 9
- Friends / peer groups : 1

D. Nature of Intervention

- Individual or family counselling : 39
- College level intervention : 5
- Others : 9

PART II : Mental Health Awareness Classes

❖ Induction Classes for Students

Jeevani College Psychologist went around all the classrooms and conducted an Induction session for students and introduced as the new Jeevani Psychologist in the intention of giving awareness to students about the Jeevani project of our college. The aim of an induction session is to smoothly integrate new employees into the organization by providing them with essential information and support, fostering a positive attitude, and accelerating their transition into their new roles. This process helps new hires feel welcome, understand company culture, and become productive contributors. To reach the idea of Jeevani Centre for Student's Wellbeing for students, a community group was created in the WhatsApp and added student coordinators from each class as they are the mediators between the Psychologist and students for communication and to pass down information regarding the events organized by Jeevani.



❖ ***Anti Drug Day Interactive Class on ‘ Drug Use Among Celebrities and it’s Influence on Youth ‘***

In commemoration of International Day against drug abuse and illicit trafficking on June 26 Jeevani collaborated with CPG, department of Zoology, NSS, Mentor-Mentee & IQAC, and conducted an Anti Drug Day programme on 30th June 2025 from 10:30 am at K K T M Government college, Pullut. As part of this programme several competitions also held before 30th in the theme of ‘Drug abuse prevention’ like Online Quiz Competition, Online poster making Competition and events like flash mob with the immense participation of students. Jeevani centre conducted an interactive session with students on the topic ‘ Drug Use Among Celebrities and it’s Influence on Youth’. The Anti Drug Day programme was commenced. The session commenced by general awareness regarding the factors behind the drug abuse among students, the reasons, consequences and highlighted about this year’s theme ‘Break the Cycle’ of addiction. Then began the interactive part of the session with students by discussing about various cases of drug allegations of celebrities in the hot debatable topic ‘ Does art influence

Youth' which made the students to share their views and opinions and raising questions and doubts was the most interesting part of the session.



❖ *Orientation and Icebreaking session for First Year Students*

Jeevani Psychologist gave a brief orientation about the Jeevani Programme and introduced herself. Then she switched the game towards the students for introducing themselves but with a twist with an interesting ice breaking segment with the students for keeping them engaged by dividing into groups of two by as partners for self introduction where the partners had to introduce the other one. This segment was made to explore their listening and communication skill through open communication, creativity, breaking comfort zones and thereby fostering their own self awareness. The sessions went out really good as the students were very infective and cheerful with the Psychologist which also gave a warm up to have a connection with their counsellor. That's the main intention :” to be at ease and free”.



❖ *Talk on Mental Health and Youth*

In the observance of International Youth day a talk on ‘Mental health and Youth’ was organized in the collaboration of Jeevani centre for students wellbeing and NSS of K K T M government college. Later, the main event of the programme, the talk on Mental health and Youth carried by the College Psychologist Ms. Swetha Kurup. She addressed almost every aspects come under the mental health of todays youth here especially students. How the youth tackle their mental health issues, good and bad influence of AI in mental health among youth, Mental health crisis, major factors contributing to their mental health, importance of counselling and emphasised on major issues faced by youth like drug abuse and violence, Relationships, social media, bullying and mainly academic issues both inside and outside campus were the important areas discussed in the class. The session was very informative and interactive for the students as they raised several doubts and questions regarding topic which were well clarified by the

Psychologist also they were very attentive and ready to respond. The programme concluded by breaking the taboos around mental health among students



❖ *World Suicide Prevention Day Short film Screening*

One of the major highlights of this month is World Suicide Prevention Day which is an awareness day always observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003 The day focuses on youth-related issues needing global attention. The short film screened on the day was “ Not Today “ (2024) directed by Adithya Kripalini. In over a hundred years of Indian cinema, specially in Hindi Cinema, we hardly have any serious film about suicide. We normally choose to deal with the subject in humour or songs. This film decided to change that. The College Psychologist Ms. Swetha Kurup ended the event with a message for students to reach out if they are struggling with depression or suicidal thoughts. Students as audience gave a warm response to the film as they enjoyed the show.



❖ *International Men's day special Q & A*

International Men's Day is celebrated to highlight men's mental health challenges and promote open conversations, destigmatize seeking help, and encourage positive male role models. The day encourages men to prioritize their mental and physical well-being, address societal pressures, and build a supportive environment where they can discuss their struggles without judgment. In observance of this day on November 19th 2025 Jeevani centre for students wellbeing decided to conduct a special Q and A session exclusively for the young men in college including students and male faculties. Questions were prepared by the college psychologist itself. All the questions were stereotype breaking against the patriarchal norms. Prepared questions were asked by the female students as the true empowerment of men lies in exploring their emotional side which they normally try to suppress rather than giving them a space to vent or being vulnerable. The significance behind celebrating men's day like this is to promote open conversations, encourage help seeking behaviour, raise awareness of mental health, address societal pressures, highlight positive role models and support work-life balance.



❖ *Talk on Body shaming as Bullying*

Jeevani centre for students wellbeing and NSS of our institution organized an awareness talk on the same “ Body shaming as Bullying” on 16th December 2025, Tuesday. The Famous social media influencer, who is also a practising lawyer and family counsellor, Adv. Cuckoo Devaki was the resource person who gave a very insightful session on Body shaming who covered all the aspects and dimensions of through a debated discussions which also discussed the topics like feminism, gender politics, sex education, current affairs etc.. She also shared her experiences from her personal life who was once a victim later overcame through focusing on self acceptance, surrounding with emotional mature and politically aware people, practicing self care, positivity, speaking up or calling out, and last but not the least seeking help which also she motivated the students to follow with confidence as a revolutionary. It is a prevalent issue among college students causing significant mental health problems like depression, anxiety, low self-esteem, and social withdrawal, often intensified by social media’s unrealistic standards and leading to academic struggles and, in severe cases, suicidal thoughts. Both genders experience it, but females often report higher rates, with impacts including emotional distress, body dissatisfaction, and fear of judgment.



❖ *Community Building and Mental health of Youth*

Community building among students is the deliberate process of fostering a supportive, inclusive, and trusting environment where learners feel a sense of belonging, connection, and shared purpose. It involves creating opportunities for collaboration and interaction that boost academic, social, and emotional growth, allowing students to feel valued and engaged. Community building for student mental health involves creating supportive, inclusive environments—like clubs, peer groups, or school programs—that foster belonging, reduce isolation, and offer emotional support. As part of the NSS camp Jeevani counsellor Swetha Kurup conducted an awareness class on how mental Health of Youth influenced by community building, where the counsellor about the importance of community building among students by fostering a sense of community, which covered various aspects of the community building like belonging, understanding, emotional safety etc. winded up by an interesting group activity segment where students are instructed to build a community on the basis of their shared interests, thoughts, ideologies and values. This segment was made to explore their sense of community and identification skills came out as a fun filled round.



❖ *Life Skill Enhancement programme*

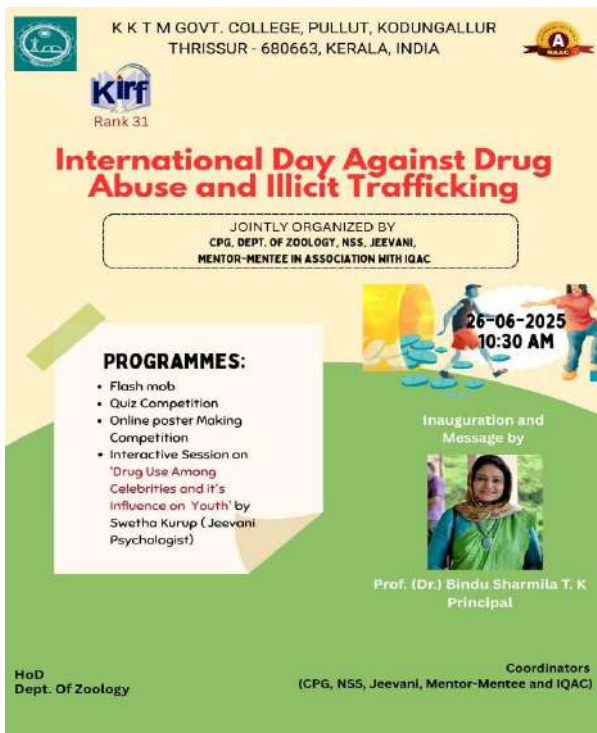
Life skill enhancement programs are designed as behavior development approaches, primarily for adolescents and young people, to foster the skills necessary to handle the challenges of daily life with the intention of the program is to gain perspective of others by getting into shoes of others also to make them prepare for such unpredictable challenging situations. The activity was conducted in the form of Role play to analyse their life skills like Communication skills, Empathy, Decision Making, Problem Solving, Creativity, Critical thinking, Reasoning, Coping with stress etc. Thereby to evaluate and self reflect on themselves. They aim to bridge the gap between academic knowledge and real-world application by promoting mental well-being, social competence, and resilience. After the act, students are allowed to discuss and share their analyses on each groups performance through the judges. The Jeevani counsellor Swetha Kurup also passed her comments on the play by correcting and showing how could have been more better if it was in a real setting instead of simulation by responding. .



PART III : Trainings Attended by the Apprentice

1. Advanced diploma in “ Psychological Counselling and Clinical Techniques”
from 20th June 2025 to 31 January 2026 for 6 months.
2. Jeevani orientation program on 12th June 2025
3. Suicide Prevention Training class on 9th September 2025

APPENDIX



K K T M GOVERNMENT COLLEGE, PULLUT

INTERNATIONAL YOUTH DAY
National Service Scheme (NSS), JEEVANI
In Association with IQAC

Talk On :
യുവത്വവും മാനസികാരോഗ്യവും

ഉദ്ഘാടനം മുഖ്യപ്രഭാഷണം

പ്രൊഫ. (ഡോ.) ബിന്ദു ശർമില്ല ടി.കെ. (പ്രിൻസിപ്പാൾ) ഷ്രേത കുറുപ്പ് (കോളേജ് സൈക്കോളജിസ്റ്റ്)

Date : 12 August 2025 (Tuesday), 2:30 Pm
Venue : Seminar Hall

IQAC Coordinator :
Dr. Lovely George

NSS Programme Officer :
Dr. Dhanya P.D.

All Are Cordially Invited

K K T M GOVERNMENT COLLEGE, PULLUT
JEEVANI
In Association with
National Service Scheme (NSS)

Talk On :
Body Shaming as Bullying

Presidential Address Resource Person

Prof. (Dr.) Bindu Sharmila T.K.
(Principal)

Adv. Cuckoo Devaki
(Family Counsellor, Practicing Lawyer,
Social Media Influencer)

Date : 16 December 2025 (Tuesday), 10:30 Am
Venue : Audio Visual Room

Swetha Kurup
(Jeevani Counsellor)

All Are Cordially Invited

Smt. Megha P.M.
Dr. Dhanya P.D.
(NSS Programme Officers)

K K T M GOVT. COLLEGE, PULLUT, KODUNGALLUR
THRISSUR- 680663, KERALA, INDIA

World Suicide Prevention Day
JEEVANI in association with IQAC
Presents

SHORT FILM SCREENING

INAUGURATION AND MESSAGE BY



PROF. (DR.) BINDU SHARMILA T.K.
PRINCIPAL

12 TH SEP
FRI
12.30 PM
AUDIO VISUAL ROOM
JOIN US !

IQAC COORDINATOR:
DR. LOVELY GEORGE

JEEVANI COORDINATOR:
DR. DHANYA P.D.

COLLEGE PSYCHOLOGIST:
SWETHA KURUP



Swetha Kurup : College Psychologist

Dr. Dhanya P. D. : Jeevani Coordinator

**K K T M Government College
Pullut, Kodungallur
24/03/2026**