



K K T M GOVERNMENT COLLEGE, PULLUT
JEEVANI CENTRE FOR STUDENTS WELL BEING
ANNUAL REPORT 2024 - 2025

Submitted by

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College Psychologist

Jeevani centre for students well being

INTRODUCTION

Jeevani is a comprehensive mental health project implemented by the Department of Collegiate Education, Government of Kerala, focusing on the mental well-being of students in government colleges. Jeevani Psychologist refers to a trained psychologist appointed to provide counselling and mental health support to students. It was introduced in the academic year 2019-2020, in government arts and science colleges and extended the services to aided colleges from the year of 2023.

Purpose of Jeevani:

The program aims to improve awareness and promote mental health among college students, ensure early identification of psychological issues, and provide professional help.

Role of the Jeevani Psychologist

A trained psychologist is appointed to provide counselling and psychological support to students.

Activities of the Jeevani Psychologist

- Conducts counselling sessions for students who approach with problems.
- Organizes awareness classes and sessions, sometimes with external experts.
- Provides psychosocial awareness classes to students.
- Uses various therapeutic techniques, including Cognitive Behavioural Therapy, Psycho Education, and Concentration Improving Techniques.

College overview

- Deputed college: K K T M Govt College, Pullut
- Total number of students: 679
- Nodal office: Department of psychology, Government College for women, Thiruvananthapuram.

KKTM Govt.College-Kodungallur, Kunjikuttan Thampuran Memorial Government College-situated at Pullut near Kodungallur is named after the great scholar-poet Kunjikuttan Thampuran who came to be called “The Kerala Vyasa” for his brilliant rendering of the great epic, ‘The Maha Bharatha’ into the vernacular.

KKTM Govt.College owes its origin to the enthusiasm shown and initiative taken by the enlightened people of Kodungallur nearly four decades ago. The college was established on 1st July 1965, to commemorate the services rendered by the late poet Kunjikuttan Thampuran to Malayalam literature. The inspiration behind KKTM Govt.College is the belief that an educational institution would be a fitting memorial for his enviable literary achievements. The college was managed by a trust, Kodungallur Kunjikuttan Thampuran Education Trust, until it was taken over by the Govt.of Kerala in 1972.

Work schedule of Jeevani College Psychologist

- Working Days: Monday to Friday
- Working Hours: 9:30 AM to 4:30 PM

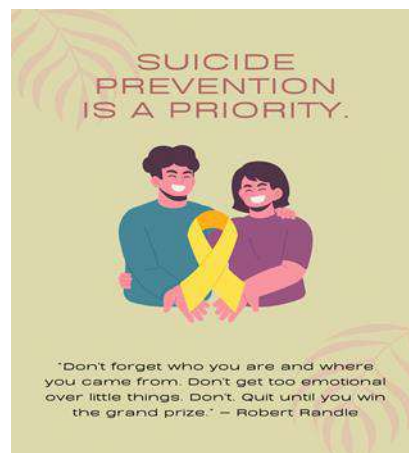
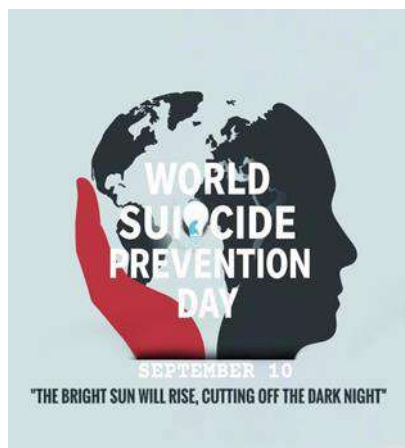
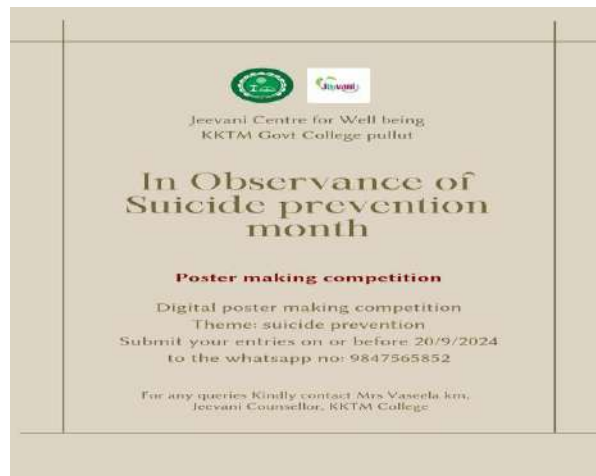
JEEVANI – INTRODUCING SESSION

Jeevani college psychologist went around all the classrooms and introduced as the new jeevani psychologist. And introduced about the jeevani project to the students of our college. To reach the idea of jeevani mental health wellbeing project to students a poster was created with details such as consulting time, venue, etc and the poster send to all departments.



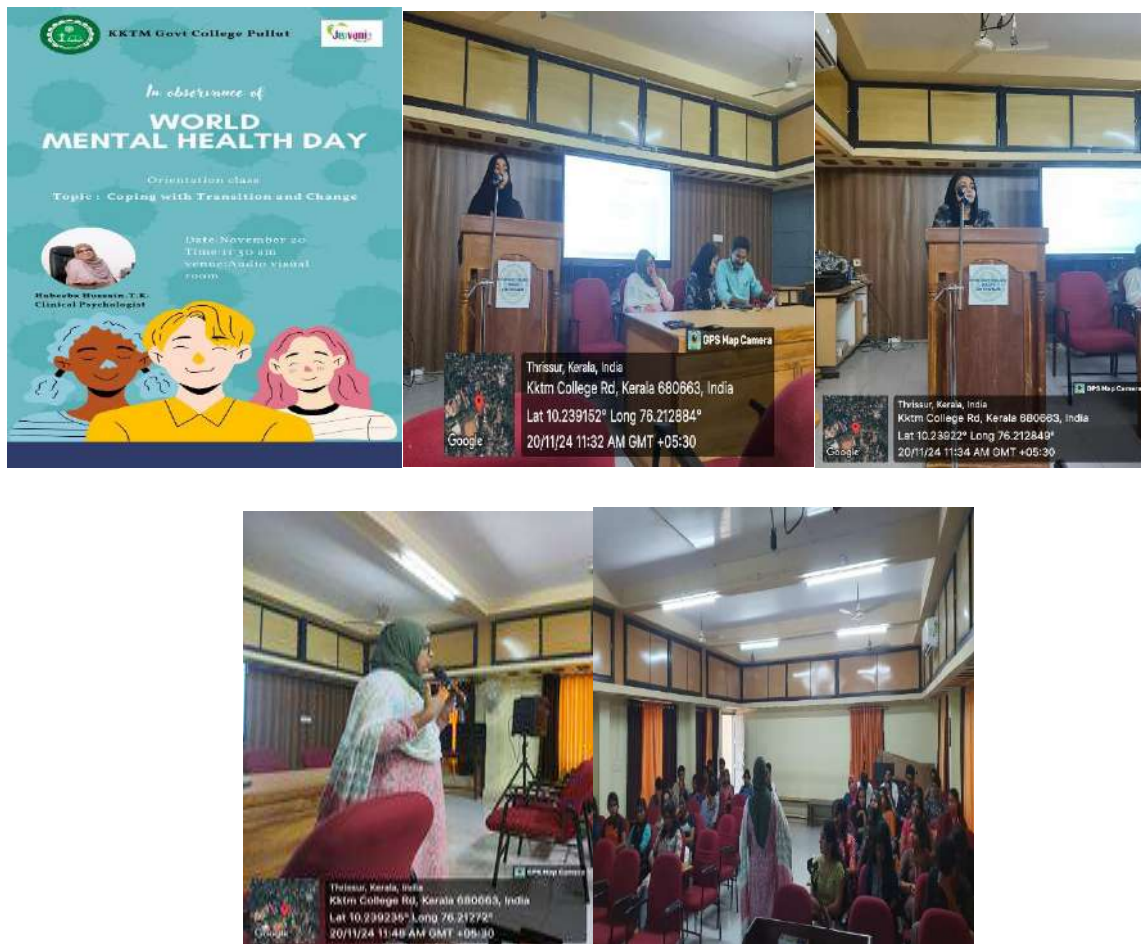
DIGITAL POSTER MAKING COMPETITION

In regards with suicide prevention day Jeevani centre for students well being conducted a digital poster making competition for college students. The competition was scheduled from September 12 to September 20, 2024. The participants send digital posters to the jeevani psychologist. As a result, the students from Malayalam department got first and second prize. The prize was distributed in the merit day of K K T M Govt. College, Pullut.



REPORT OF ORIENTATION CLASS: COPING WITH TRANSITION AND CHANGE

In regards with world mental health day Jeevani centre for students well being conducted an orientation class about “coping with transition and change”. The programme was held on November 20,2024 at audio visual room of K K T M Govt. College, Pullut.The programme commenced at 11:30 AM. The teachers and 61 students participated in the programme. The programme was welcomed by jeevani psychologist vaseela K M. The presidential address was given by the college principal Prof (Dr) Bindu Sharmila T K. The orientation class was handled by the clinical psychologist Habeeba Hussain T K. The students were cooperative and interactive throughout the session. The session discussed about the stressors faced by the students and the healthy management of stress. The session ended at 12:30 P M with the vote of thanks of jeevani coordinator Prof (Dr) Muhamed Basheer K K.



CLASS ON LIFE SKILLS

On 21/12/24 a class was held for NSS camp on the topic “Life Skills”. The class was held at K K T M Girls School, Kodungallur. The class was started at 12: 30 P M. The session was handled by the jeevani psychologist Vaseela K M. The session mainly focused on the 10 life skills proposed by World Health Organization (WHO). Life skills are a set of interpersonal and psychosocial competencies that help people make informed decisions, solve problems, and manage their lives. The session discussed about life skills such as self-awareness, interpersonal relationships, effective communication, decision making, problem solving, empathy, critical thinking, coping with stress and emotion. The students were cooperative and interactive throughout the session.



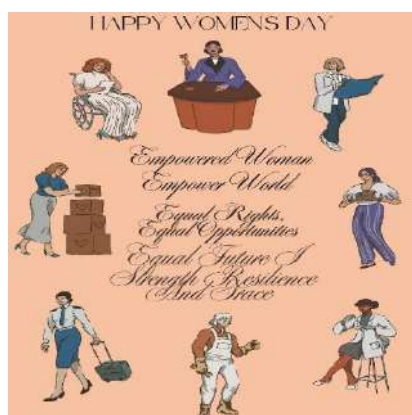
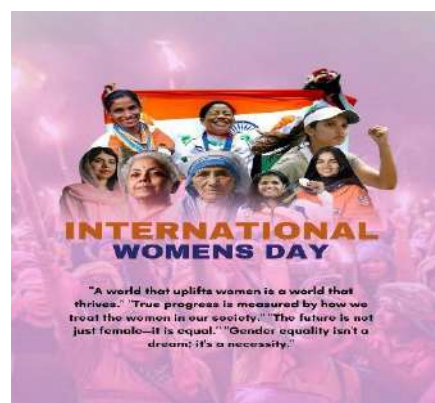
REPORT OF INTERNATIONAL WOMENS DAY CELEBRATION

In regards with International womens day, Jeevani centre for students wellbeing, NSS, CCEK cell, women cell and IQAC conducted signature campaign and flash mob. The programme was held on 10/3/25 infront of the audio-visual room of K K T M Govt College, Pullut. The programme was commenced at 12: 30 P M with the flash mob of students. The programme was welcomed by NSS coordinator Dr Dhanya P D. The programme was inaugurated by principal in charge prof (Dr) Shaji E M, Head of the Zoology Department. The teachers and students participated in the signature campaign. The programme ended with the vote of thanks of CCEK cell coordinator Dhanya Mohan O.



REPORT OF DIGITAL POSTER MAKING COMPETITION

In regards with international womens day, Jeevani centre for students wellbeing, Women cell, CCEK cell, NSS and IQAC conducted digital poster making competition. The theme for the competition was “Let’s accelerate action for women equality”. The students from the various department participated in the competition. The poster making competition scheduled from 10/3/25 to 13/3/25. The participants send their posters to the jeevani psychologist through WhatsApp. Three students are selected as winners.












KKTU GOVERNMENT COLLEGE, PULLUT
 Re-accredited by NAAC with A Grade

INTERNATIONAL WOMEN'S DAY CELEBRATION 8th MARCH 2025
 organized by Women Cell, NSS, Juvvanti & CCEK Cell
 in association with IQAC

DIGITAL POSTER MAKING COMPETITION WINNERS

First

Nasrin K.N.
 1st MA History

Second

Anupama K.B.
 2nd BA History

Third

Bharath I.B.
 1st BA History

Congratulations!

ORIENTATION CLASSES

- Jeevani college psychologist provide an interactive session for degree students of 1st year BSc Zoology, 1st year BSc Polymer Chemistry, 1st year BA History and 2nd year BA Malayalam. It was an interactive session which discusses on the topics “Mental health, importance of mental health, determinants of mental health and life styles that promote mental health. The students were interactive and cooperative throughout the session. They also contribute their ideas on mental health. The sessions last for about one hour.



- On 9th September 2024, Jeevani college psychologist gave a detailed mental health awareness class to the students of 3rd year BA Malayalam. It was an interactive session and all the students cooperated equally. The session covered topics such as importance of mental health, determinants of mental health and life styles that promote mental health.
- On 25th September 2024, Jeevani college psychologist gave a detailed class about effective learning and overcoming exam anxiety to the students of first year and second year BA History. It was an interactive session and all the students cooperated equally. The session covered topics such as how to overcome exam anxiety and techniques to improve learning.



- On 27th September 2024, Jeevani college psychologist gave an awareness class about harmful effects of drug abuse for the anti- drug awareness programme conducted by students group. The session covered topics such as harmful effects of drugs on individual, family and society.



- On 21st October 2024, Jeevani college psychologist gave a detailed class about effective learning and overcoming exam anxiety to the students of first year M A Malayalam. It was an interactive session and all the students cooperated equally. The session covered topics such as how to overcome exam anxiety and techniques to improve learning.



- On 23rd October 2024, Jeevani college psychologist gave a detailed class about mental health to the students of first year BSc Botany. It was an interactive session and all the students cooperated equally. The session covered topics such as Mental health, importance of mental health, determinants of mental health and life styles that promote mental health.

- On 25th October 2024, Jeevani college psychologist gave a detailed class about effective learning and overcoming exam anxiety to the students of first year BSc Polymer chemistry. It was an interactive session and all the students cooperated equally. The session covered topics such as how to overcome exam anxiety and techniques to improve learning.



- On 28th October 2024, Jeevani college psychologist gave a detailed class about effective learning and overcoming exam anxiety to the students of second year MSc Maths. It was an interactive session and all the students cooperated equally. The session covered topics such as how to overcome exam anxiety and techniques to improve learning.
- On 1st November 2024, Jeevani college psychologist gave a detailed class about mental health to the students of first year and second year BTMM. It was an interactive session and all the students cooperated equally. The session covered topics such as Mental health, importance of mental health, determinants of mental health and life styles that promote mental health.



- On 8th November 2024, Jeevani college psychologist gave a detailed class about effective learning and overcoming exam anxiety to the students of first year and second year MA History. It was an interactive session and all the students cooperated equally. The session covered topics such as how to overcome exam anxiety and techniques to improve learning.



- On 29th November 2024, Jeevani college psychologist gave a detailed class about mental health to the students of third year BTTM. It was an interactive session and all the students cooperated equally. The session covered topics such as Mental health, importance of mental health, determinants of mental health and life styles that promote mental health.
- On 12th December 2024, Jeevani college psychologist gave a detailed class about mental health to the students of third year BSc Maths. It was an interactive session and all the students cooperated equally. The session covered topics such as Mental health, importance of mental health, determinants of mental health and life styles that promote mental health.



- On 18th December 2024, Jeevani college psychologist gave a detailed class about mental health to the students of third year BA History. It was an interactive session and all the students cooperated equally. The session covered topics such as Mental health, importance of mental health, determinants of mental health and life styles that promote mental health.
- On 8th January 2025, Jeevani college psychologist gave a detailed class about life skills to the students of first year and third year BSc Zoology. It was an interactive session and all the students cooperated equally. The session covered topics such as self-awareness, inter personal relationships, effective communication, decision making, problem solving, empathy, critical thinking and coping with stress and emotion.



- On 13th February 2025, Jeevani college psychologist gave a detailed class about life skills to the students of second year MA Malayalam. It was an interactive session and all the students cooperated equally. The session covered topics such as self-awareness, inter personal relationships, effective communication, decision making, problem solving, empathy, critical thinking and coping with stress and emotion.

Other Assignments/Extension work

Jeevani college psychologists provide psychological intervention in the aftermath of the Wayanad landslide. A team of college psychologists from Wayanad district sprang into action, provide critical counselling services under the District Mental Health Programme. Three college psychologists, Ms. Bibina P. A from Government college Mananthavady, and Ms Akshara Babu P M and Ms. Anusree C N from NMSM Government college Kalpetta, were deployed to various relief camps from August 4 to August 21,2024.

The college psychologists worked under the guidance of a multidisciplinary team of experts, comprising psychiatrists and clinical psychologists. These Psychologists worked tirelessly to provide emotional and psychological support to the affected individuals and families.



Trainings attended by the college psychologist

SL NUMBER	DATE	DETAILS
1	22/8/2024	Orientation for newly joined Jeevani psychologists
2	5/9/2024	Orientation for suicide prevention
3	6/9/2024	Orientation for suicide prevention
4	13/3/2025	Review meeting for Jeevani psychologists

Hereby I submit the report of Jeevani centre for students well-being 2024- 2025 academic year with full satisfaction. I believed that I have conducted maximum programs for students within the respective period. A special thanks to college principal Prof (Dr) Bindu Sharmila T K and Jeevani centre for students well-being coordinator Prof (Dr) Muhamed Basheer K K for immense support.

Vaseela K M

College psychologist

Jeevani centre for students well being

