

KKTM Government College, Pullut



Jeevani centre for students well being

Annual Report on 2023-2024

Submitted by

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Report on World Suicide Prevention Day

On September 11, 2023, in commemoration of World Suicide Prevention Day -September 10, an awareness class was organized for both undergraduate (UG) and postgraduate (PG) students of the History department. This insightful session was conducted by the Jeevani Centre for Students' Well-being, with Ms. Henna TP, Jeevani counselor, as the main speaker. The program was welcomed by Assistant Professor Ms. Saritha V C from the History department.

The event took place on September 11, 2023, aligning with the global observance of World Suicide Prevention Day. Its primary objective was to raise awareness about suicide prevention and mental health among students. The awareness class was attended by UG and PG students of the History department, highlighting the commitment to addressing mental health concerns across different academic levels. The event was organized and facilitated by the Jeevani Centre for Students' Well-being, emphasizing the importance of mental health support within the academic community.

Jeevani Counselor, delivered an informative and engaging session. She shared valuable insights into the prevalence of suicide, risk factors, warning signs, and the importance of seeking help when needed.

Assistant Professor Ms. Saritha, representing the History department, warmly welcomed the participants and stressed the significance of mental health awareness within the academic environment. The awareness class included interactive discussions, group activities, and Q&A sessions, creating an engaging and educational environment for students to explore the topic further.

While the immediate impact of the session cannot be measured in this report, it is anticipated that students gained a better understanding of suicide prevention and mental health issues. Future initiatives, such as ongoing counseling services and mental health awareness campaigns, are expected to be implemented to support the well-being of the student community.

The awareness class conducted on World Suicide Prevention Day 2023, in collaboration with the Jeevani Centre for Students' Well-being and the History department, served as a crucial step in addressing mental health concerns among UG and PG students. The participation and commitment to promoting mental health awareness highlight the dedication of the academic community to supporting the well-being of its students.



Awareness class on



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Report on the Role of Community in Mental Health

Date: October 4, 2023

Time: 1:30 PM

Location: K.K.T.M Govt College, Pullut Auditorium

Organized by: Jeevani centre for students well-being and IQAC

On October 4, 2023, an informative and impactful awareness program on the "Role of Community in Mental Health" was conducted by Jeevani at K.K.T.M Govt College in the Pullut Auditorium. The program started with keynote address, the principal Dr. Bindu sharmila T K, thereafter the jeevani counselor welcomed the participants and resource person. The session was facilitated by Mr. Anoop C D, a consultant psychologist from the Adapt Centre for Mental Health and Rehabilitation.

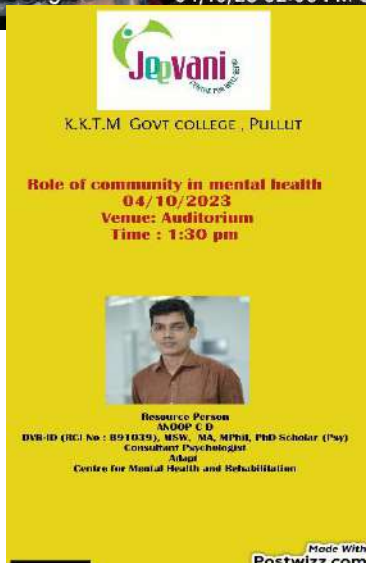
Key Highlights of the Program:

1. **Objective:** The primary objective of the program was to emphasize the crucial role that the community plays in promoting mental health and supporting individuals facing mental health challenges.
2. **Audience:** The program attracted a diverse audience, including 1st UG students and faculty, highlighting the widespread interest in mental health topics.
3. **Presentation:** Mr. Anoop C D delivered an engaging and informative presentation that covered various aspects of mental health, including its importance, common misconceptions, and the impact of community involvement.
4. **Interactive Session:** The program encouraged active participation from the audience through Q&A sessions and group discussions. This interactive approach helped clarify doubts and fostered open conversations about mental health.
5. **Community Support:** The session stressed the significance of a supportive and non-judgmental community in the lives of individuals struggling with mental health issues. It highlighted the role of friends, family, and peers in providing emotional support.

6. Stigma Reduction: The program aimed to reduce the stigma associated with mental health conditions by promoting understanding and empathy. This was achieved through personal stories and testimonials shared by individuals who have experienced mental health challenges.

7. Future Initiatives: Jeevani announced its commitment to organizing more such awareness programs and workshops on mental health topics to further educate and engage the community.

Overall, the awareness program on the "Role of Community in Mental Health" conducted by Jeevani centre for students well-being at K.K.T.M Govt College Pullut was a resounding success. It played a vital role in promoting mental health awareness and fostering a sense of community support. The engaging presentation by Mr. Anoop C D left a lasting impact on the audience, and the event served as a catalyst for ongoing conversations about mental health within the community.



Report on Talk on Women's Strength

Date: December 20, 2023

Venue: Creative Corner, KKTU Government College, Pullut

Inaugurated by: Dr. Usha Kumari, HOD of Malayalam Department

Session Leader: Henna T P, Jeevani Counselor

The Jeevani Center for Student Wellbeing organized a session focused on women's strength, held at the Creative Corner of KKTU Government College. The event commenced at 3 pm with an inaugural address by Dr. Usha Kumari, Head of the Malayalam Department, highlighting the significance of recognizing and harnessing women's strength in society.

Session Highlights:

1. **Empowerment Through Resilience:** Henna T P, the Jeevani counselor, led the session, emphasizing the empowerment of women through resilience. She elaborated on how women have historically demonstrated remarkable strength in overcoming challenges and adversity.
2. **Intersectionality of Strength:** The discussion delved into the diverse forms of strength displayed by women, considering factors such as culture, socio-economic background, and personal experiences. Participants explored how women's strength manifests in various aspects of life, including academia, career, family, and community involvement.
3. **Role Modeling:** Inspirational stories and role models were shared to illustrate the potential for every woman to tap into her inner strength and achieve success in her endeavors. The session encouraged students to identify and celebrate the strength within themselves and others.
4. **Support Networks:** Importance was placed on fostering supportive environments that recognize and amplify women's strengths. Strategies for building strong support networks and advocating for gender equality were discussed, emphasizing the collective effort needed to empower women in society.

Conclusion:

The talk on women's strength organized by the Jeevani Center served as a platform for students to reflect on the resilience and potential of women. Through insightful discussions and inspirational anecdotes, participants gained a deeper appreciation for the diverse forms of strength displayed by women and were encouraged to contribute to creating a more inclusive and empowering environment. The session concluded with a renewed commitment to championing gender equality and celebrating the strength of women in all spheres of life.



Report on orientation classes

Jeevani centre for student wellbeing conducted a talk on the topic mental health on 02/08/2023. The class was conducted for III Bsc Maths, III Bsc zoology, II BA History. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling and awareness about psychiatric disorders. The class was interactive and students were curious about to know the various disorder and mental health issues students clarified their doubts.

Conducted an orientation programme on 4/08/2023for second year physics and Malayalam students. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling, awareness about psychiatric disorders and functions of jeevani centre for students wellbeing.

A class was organized on 05/08/2023 for third year students of Bachelor of Travel and tourism. Total students were 25. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling and awareness about psychiatric disorders

Jeevani centre for student wellbeing conducted a talk on the topic mental health on 08/08/2023. The class was conducted for first year Bsc Maths, first year BTTM, first year physics. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling and awareness about psychiatric disorders. The class was interactive and students were curious about to know the various disorder and mental health issues. students clarified their doubts.

Conducted an orientation programme on 10/08/2023for first year physics students. The class went for one hour. The class was on empathy and assertiveness. Class was interactive and motivated to practice and helped to understand the benefits of empathy and assertive skill.

Took an one hour orientation class on 10/80/2023 for first year chemistry students. About the importance of mental health and functions of jeevani centre for students well being. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling and awareness about psychiatric disorders

An orientation class was conducted on 14/08/2023 for first year chemistry students. The class went for one hour. The class was on empathy and assertiveness. Class was interactive and motivated to practice and helped to understand the benefits of empathy and assertive skill.

Took an awareness class for third year Malayalam students on 14/08/2023. Total students were 25. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling, awareness about psychiatric disorders and functions of jeevani centre for students wellbeing.

A class was arranged for second year BTTM students on 16/08/2023. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling, awareness about psychiatric disorders and functions of jeevani centre for students wellbeing.

Conducted an orientation programme on 21/08/2023 for second year BTTM students. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling, awareness about psychiatric disorders and functions of jeevani centre for students well being.

Took an awareness class for second year zoology students on 22/08/2023. Total students were 20. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling, awareness about psychiatric disorders and functions of jeevani centre for students well being.

A class was organized on 25/09/2023 for first year students of zoology. Total students were 28. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling and awareness about psychiatric disorders.

Conducted an orientation programme on 20/11/2023 for second year chemistry students. The class went for one hour. The class mainly focuses on importance of mental health mental health issues, challenges faced by students, the need for counseling, awareness about psychiatric disorders and functions of jeevani centre for students well being.

CASE TAKING PROFORMA - 1

Social Demographics

Name : S

Age:19

Sex :F

Religion : Muslim

Class: physics

Family : Nuclear

SES: Middle class

Complaints and their duration

Relationship issues

Difficulty in decision making

Any precipitating factor: IPR

Past psychiatric history: Nil

Past medical history: nil

History of substance use: nil

Social support : Adequate

Current mental state :intact

Thoughts of harm to self / others :nil

Diagnosis :Relationship issues

Management :psycho educated, taught about self respect, behavior modifications

CASE TAKING PROFORMA-2

Social Demographics

Name :A

Age:19

Sex :F

Religion : Hindu

Class:Maths

Family :Nuclear

SES: middle class

Complaints and their duration

Fear of centipedes

Repeated thoughts and actions regarding centipedes

Checking and cleaning bed, blankets everyday before sleep

Take too much time in checking and dressing before bath

Any precipitating factor: once centipedes went near the ear

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : OCD

Management : Relaxation techniques, planned to start ERP

Follow up

Name:A

Age:19

Sex:F

Diagnosis:OCD

Date of last consultation :02/08/2023

Symptoms at follow up: same

Management :ERP started

CASE TAKING PROFORMA-3

Social Demographics

Name :K

Age:19

Sex :M

Religion :Hindu

Class: Malayalam

Family : Nuclear

SES: middle class

Complaints and their duration

Relationship issues

Difficult to manage emotions

Difficulty in studies

Feeling helplessness

Any precipitating factor: Recent breakup

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :Relationship issues

Management : psycho educated, emotional management skills , relaxation techniques

CASE TAKING PROFORMA-4

Social Demographics

Name :A

Age:19

Sex :F

Religion :Hindu

Class: Malayalam

Family :Nuclear

SES: APL

Complaints and their duration

Multiple relationships

Impulsive and emotional

Had an abortion

Suddenly get attracted by seeing other males

Difficult to maintain relationships

Any precipitating factor: personality factor

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : EUPD

Management :psycho educated, psychotherapy

Follow up

Name: K

Age: 19

Sex:M

Diagnosis: relationship issues

Date of last consultation :3/8/2023

Symptoms at follow up: Better

Management : relaxation technique, emotional management skills

Follow up

Name: A

Age:19

Sex: F

Diagnosis: EUPD

Date of last consultation :4/8/2023

Symptoms at follow up: Same

Management : psychotherapy

CASE TAKING PROFORMA-5

Social Demographics

Name :A

Age:19

Sex :M

Religion :Hindu

Class:Physics

Family :Nuclear

SES: Middle class

Complaints and their duration

Decreased sleep

Lack of concentration

Any precipitating factor:

Past psychiatric history:Nil

Past medical history:Nil

History of substance use:Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :

Management : sleep hygiene, mindfulness, time management

Follow up

Name: A

Age:19

Sex: F

Diagnosis: OCD

Date of last consultation :3/8/2023

Symptoms at follow up: better

Management :ERP

CASE TAKING PROFORMA-6

Social Demographics

Name :M

Age:20

Sex :M

Religion :Hindu

Class: physics

Family :nuclear

SES: middle

Complaints and their duration

Overthinking, anxious

Lack of energy, Low mood

Social withdrawal

Difficulty in studying and concentrating

Any precipitating factor: corona

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :Mild depression

Management :activity schedule given, socialize and engage in activities, self confidence boosting goals

Follow up

Name:K

Age:19

Sex:M

Diagnosis: career confusions

Date of last consultation :4/8/2023

Symptoms at follow up: better

Management :career counseling

Follow up

Name:A

Age:19

Sex:F

Diagnosis: OCD

Date of last consultation :7/8/2023

Symptoms at follow up: Better

Management :ERP, relaxation techniques

Follow up

Name: A

Age:19

Sex: F

Diagnosis: EUPD

Date of last consultation :7/8/2023

Symptoms at follow up: better

Management : psychotherapy

CASE TAKING PROFORMA-7

Social Demographics

Name :S

Age:18

Sex :F

Religion :Hindu

Class:Malayalam

Family : nuclear

SES:BPL

Complaints and their duration

Stage fear, lack of confidence

Repetitive thoughts and actions

Feeling Anxious

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :OCD, Anxiety

Management :psycho educated, self confidence boosting goals, Flooding, ERP

CASE TAKING PROFORMA-8

Social Demographics

Name :A

Age:19

Sex :M

Religion :Hindu

Class:Malayalam

Family : Nuclear

SES: BPL

Complaints and their duration

Relationship issues

Alcohol consumption

Any precipitating factor: peer pressure

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : Alcohol dependence

Management : psycho educated , motivated to stop, psychotherapy, emotional management skills

CASE TAKING PROFORMA-9

Social Demographics

Name :S

Age:19

Sex :F

Religion :Hindu

Class: Malayalam

Family :Nuclear

SES: BPL

Complaints and their duration

Relationship issues

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :relationship issue

Management : psycho educated, emotional management skills, relaxation techniques

CASE TAKING PROFORMA-10

Social Demographics

Name :R

Age:19

Sex :M

Religion :Christian

Class: maths

Family :nuclear

SES:APL

Complaints and their duration

Family problems

Any precipitating factor: interpersonal relationship issues with father

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :Family problems

Management : psycho educated , behavior modifications

CASE TAKING PROFORMA-11

Social Demographics

Name : K

Age:20

Sex :F

Religion :Hindu

Class:Malayalam

Family :nuclear

SES:BPL

Complaints and their duration

Lack of confidence

Laziness, Anxious

Difficult to socialize

Difficult to make decisions

Difficulty in communication

Any precipitating factor: sexual abuse

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : social phobia

Management : social skills training, relaxation techniques, flooding

Follow up

Name: S

Age:18

Sex:F

Diagnosis: OCD

Date of last consultation :11-8-2023

Symptoms at follow up: better

Management :ERP

Follow up

Name:A

Age:19

Sex:F

Diagnosis:OCD

Date of last consultation :11-8-2923

Symptoms at follow up: worse

Management : continued ERP

CASE TAKING PROFORMA-12

Social Demographics

Name : N

Age:20

Sex :F

Religion :Muslim

Class: History

Family :nuclear

SES: APL

Complaints and their duration

High expressed emotions

Possessive, breathing difficulty, heaviness in

Chest, unstable relationships, self harm, irritable and impulsive

Suicidal thoughts, attention seeking, mood swings, 3 Times fainted in college

Any precipitating factor: Personality factor, Parenting

Past psychiatric history: under treatment in Jubilee Hospital

Past medical history: Yes

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : EUPD

Management : grounding techniques, psychotherapy, mindfulness exercises

CASE TAKING PROFORMA-13

Social Demographics

Name :D

Age:18

Sex :F

Religion :Christian

Class: Malayalam

Family :nuclear

SES:APL

Complaints and their duration

Difficult to study and concentrate

Career confusions

Adjustment issues (new college)

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : adjustment issues

Management : psycho educated, mindfulness, career counseling

CASE TAKING PROFORMA-14

Social Demographics

Name :A

Age:18

Sex :M

Religion :Hindu

Class:Malayalam

Family :Nuclear

SES:APL

Complaints and their duration

Lack of sex education

Never done masturbation

Any precipitating factor: family culture and religious concerns

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :

Management : psycho educated, sex education given

CASE TAKING PROFORMA-15

Social Demographics

Name : K

Age:19

Sex :F

Religion : Hindu

Class: Maths

Family : nuclear

SES: APL

Complaints and their duration

Fear of dog

Any precipitating factor: dog bite

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : cynophobia

Management : psycho educated, flooding, systematic desensitization

Follow up

Name: A

Age:18

Sex:M

Diagnosis:

Date of last consultation :25/9/2023

Symptoms at follow up: better

Management : continued sex education

CASE TAKING PROFORMA-16

Social Demographics

Name :K

Age:19

Sex :F

Religion :Hindu

Class: chemistry

Family :nuclear

SES:BPL

Complaints and their duration

Difficulty to focus in studies

Laziness

Social withdrawal

Anxious

Low mood and low energy

Any precipitating factor:

Past psychiatric history: under treatment and medications

Past medical history: yes

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :Depression

Management : activity schedule given, relaxation techniques, social skills training, psychotherapy

CASE TAKING PROFORMA-17

Social Demographics

Name : S

Age: 19

Sex :F

Religion :Muslim

Class: History

Family :nuclear

SES:APL

Complaints and their duration

Suicide attempt

Relationship issues

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : Family intervention

Management : psycho educated family members regarding the relationship status

Follow up

Name: N

Age:19

Sex: F

Diagnosis: EUPD

Date of last consultation :13/9/2023

Symptoms at follow up: better

Management : discussed about personality characteristics

Follow up

Name: M

Age:20

Sex: M

Diagnosis:

Date of last consultation :8/8/2023

Symptoms at follow up: Better

Management : social skills training

CASE TAKING PROFORMA-18

Social Demographics

Name : R

Age:20

Sex :F

Religion :Hindu

Class: History

Family :nuclear

SES:BPL

Complaints and their duration

Toxic relationship issues

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use:Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : relationship issues

Management : psycho educated, educated and motivated about the effects of toxic relationship victim

Follow up

Name: N

Age:19

Sex:F

Diagnosis: EUPD

Date of last consultation : 5/10/2023

Symptoms at follow up: Better

Management : ABC model of behavior

Social Demographics

Name :A

Age:18

Sex :F

Religion :Muslim

Class: Malayalam

Family :nuclear

SES:APL

Complaints and their duration

Relationship issues

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :

Management : psycho educated

Follow up

Name: K

Age: 19

Sex: F

Diagnosis:

Date of last consultation :

Symptoms at follow up: Better

Management : social skill training

CASE TAKING PROFORMA-20

Social Demographics

Name : N

Age:21

Sex :F

Religion :Hindu

Class: MA History

Family : nuclear

SES:BPL

Complaints and their duration

Anxious

Heaviness in chest

Decreased sleep

Fear of exam

Weak in English language

Any precipitating factor: failed in exam

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : Anxiety

Management : relaxation techniques and mindfulness exercises, strategies and methods to achieve English language

CASE TAKING PROFORMA-21

Social Demographics

Name :G

Age:20

Sex :F

Religion :Hindu

Class: BTM

Family : nuclear

SES: BPL

Complaints and their duration

Relationship issues

Any precipitating factor: breakup

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :relationship issues

Management : psycho educated and motivated, motivational management skills

CASE TAKING PROFORMA-22

Social Demographics

Name :N

Age:20

Sex :F

Religion :Hindu

Class:BTM

Family : Nuclear

SES: APL

Complaints and their duration

Toxic relationship

Forcefully asking her for sexual needs

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : toxic relationship

Management : psycho educated, motivated to understand the reality, self protection and the effects of toxic relationship, self confidence boosting goals

Follow up

Name: N

Age:21

Sex: F

Diagnosis: Anxiety

Date of last consultation :27/10/2023

Symptoms at follow up: Better

Management : positive thinking, mindfulness

CASE TAKING PROFORMA-23

Social Demographics

Name :V

Age:18

Sex :F

Religion : Hindu

Class: zoology

Family : nuclear

SES:APL

Complaints and their duration

Difficult to focus in studies

Decreased sleep, difficulty to adapt to the new settings (college and hostel)

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : Adjustment issues

Management : psycho educated, sleep hygiene, time management

Follow up

Name:N

Age:20

Sex:F

Diagnosis: EUPD

Date of last consultation :25/10/2023

Symptoms at follow up: Better

Management : mindfulness

Follow up

Name : K

Age:19

Sex: F

Diagnosis: Depression

Date of last consultation :5/10/2023

Symptoms at follow up: better

Management : communication skills

Follow up

Name: N

Age:21

Sex: F

Diagnosis: Anxiety

Date of last consultation :6/11/2023

Symptoms at follow up: Better

Management :mindfulness

Follow up

Name: N

Age:20

Sex: F

Diagnosis: EUPD

Date of last consultation :9/11/2023

Symptoms at follow up:

Management :mindfulness, positive thinking

Follow up

Name: A

Age:19

Sex: M

Diagnosis:

Date of last consultation :6/10/2023

Symptoms at follow up: Better

Management : continued sex education

Follow up

Name: A

Age:18

Sex: F

Diagnosis: relationship issues

Date of last consultation :25/10/2023

Symptoms at follow up: better

Management :psychotherapy

Follow up

Name: S

Age: 19

Sex: F

Diagnosis: OCD

Date of last consultation :11/8/2023

Symptoms at follow up: Better

Management : self confidence boosting skills, self affirmations

Follow up

Name: N

Age:21

Sex: F

Diagnosis: Anxiety

Date of last consultation :15/11/2023

Symptoms at follow up: Better

Management : mindfulness

CASE TAKING PROFORMA-24

Social Demographics

Name :S

Age:18

Sex :F

Religion :Muslim

Class: history

Family :nuclear

SES:APL

Complaints and their duration

Difficult to focus in studies

Adjustment issues in hostel and new college settings

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : adjustment issues

Management : psycho educated, activity schedule given, time management, social skills training

Follow up

Name: N

Age:20

Sex: F

Diagnosis: toxic relationship

Date of last consultation :6/11/2023

Symptoms at follow up: Same

Management : mindfulness, able to make her own decision

CASE TAKING PROFORMA-25

Social Demographics

Name : A

Age: 18

Sex :M

Religion :Hindu

Class: Chemistry

Family :nuclear

SES: APL

Complaints and their duration

Feeling anxious, breathing difficulty, heaviness in chest, restlessness

Any precipitating factor: genetic

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : anxiety

Management : relaxation techniques and mindfulness

Follow up

Name: N

Age:20

Sex: F

Diagnosis: EUPD

Date of last consultation :20/11/2023

Symptoms at follow up: better

Management :illness education

Follow up

Name: A

Age:18

Sex: M

Diagnosis

Date of last consultation :22-11-1023

Symptoms at follow up: better

Management : social skills training

CASE TAKING PROFORMA-26

Social Demographics

Name : S

Age:21

Sex :M

Religion :Hindu

Class: chemistry

Family :nuclear

SES:APL

Complaints and their duration

Repetitive thoughts and actions

Substance use

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : substance abuse, OCD

Management : Referred for intoxication and psychiatric treatment

Follow up

Name:M

Age:20

Sex:M

Diagnosis: socialization

Date of last consultation :6/01/2023

Symptoms at follow up: better

Management :social and communication skills

CASE TAKING PROFORMA-27

Social Demographics

Name :F

Age:22

Sex : F

Religion :Muslim

Class: Msc .Maths

Family : nuclear

SES: BPL

Complaints and their duration

Difficult to focus on studies

Career confusions

Anxious about future

Financial problems

Any precipitating factor: parenting

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Inadequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : adjustment issues, anxiety

Management : psycho educated, confidence boosting goals ,mindfulness

Follow up

Name: F

Age:22

Sex: F

Diagnosis: adjustment issues

Date of last consultation :18/12/2023

Symptoms at follow up: same

Management : activity schedule given and discussed

CASE TAKING PROFORMA-28

Social Demographics

Name :D

Age:20

Sex :F

Religion : Hindu

Class: Malayalam

Family : nuclear

SES: BPL

Complaints and their duration

Relationship issues

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : relationship issues

Management : psycho educated, addressed emotional problems

CASE TAKING PROFORMA-29

Social Demographics

Name :T

Age:20

Sex :D

Religion :Muslim

Class:Msc Maths

Family :joint

SES: BPL

Complaints and their duration

Difficult to focus on studies, Career confusions, Anxious about future, Financial problems

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : Adjustment issues, anxiety

Management : mindfulness, activity schedule to follow

Follow up

Name: F

Age:22

Sex: F

Diagnosis: Anxiety

Date of last consultation :18/12/2023

Symptoms at follow up: Better

Management : career counseling

CASE TAKING PROFORMA-30

Social Demographics

Name :M

Age:18

Sex :M

Religion :Muslim

Class: botany

Family :nuclear

SES:BPL

Complaints and their duration

Impaired eye vision genetically

Laziness, confused about the selection of subject

Difficult to focus on studies

Any precipitating factor: Parenting

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :

Management : psycho educated him and his family members

Follow up

Name: R

Age:20

Sex: F

Diagnosis: relationship issues

Date of last consultation :6/10/2023

Symptoms at follow up: better

Management : mindfulness

Follow up

Name: N

Age:21

Sex: F

Diagnosis: anxiety

Date of last consultation :24/11/2023

Symptoms at follow up: better

Management :self affirmations

CASE TAKING PROFORMA-31

Social Demographics

Name :V

Age:21

Sex :F

Religion :Hindu

Class: Msc.Maths

Family :nuclear

SES: APL

Complaints and their duration

Difficult to learn maths

Career confusions

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :

Management : career counseling

Follow up

Name:K

Age:20

Sex:F

Diagnosis:

Date of last consultation :26/10/2023

Symptoms at follow up: better

Management : self confidence boosting goals

Follow up

Name: A

Age:19

Sex:M

Diagnosis:

Date of last consultation :10/1/2023

Symptoms at follow up: Better

Management : self affirmations

CASE TAKING PROFORMA-32

Social Demographics

Name :R

Age:19

Sex :F

Religion :Hindu

Class: zoology

Family :nuclear

SES:APL

Complaints and their duration

Suicidal ideations and attempt

Anxious, disturbed sleep, stressed,

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : Personality disorder

Management : grounding techniques, relaxation techniques, stress coping skills, positive thinking

Follow up

Name:K

Age:19

Sex:F

Diagnosis:

Date of last consultation :24/1/2023

Symptoms at follow up: worse

Management : family session

CASE TAKING PROFORMA-33

Social Demographics

Name :N

Age:20

Sex :F

Religion :Muslim

Class:Maths

Family :Family nuclear

SES: BPL

Complaints and their duration

Lack of concentration

Tearful and crying

Feeling loneliness

Change in appetite, palpitations, choking, breathing difficulty, anxiety

Any precipitating factor:

Past psychiatric history: yes

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis : Mild depression

Management : meditation, mindfulness exercises, activity schedule

CASE TAKING PROFORMA-34

Social Demographics

Name :A

Age:20

Sex :F

Religion :Hindu

Class:Malayalam

Family :nuclear

SES:BPL

Complaints and their duration

Fearfulness, anxious, lack of exposure

Social withdrawal, Difficult to face others and talk

Any precipitating factor:

Past psychiatric history:Nil

Past medical history:Nil

History of substance use:Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :anxiety

Management : psycho educated, exposure to fearful things, flooding, social skills training

CASE TAKING PROFORMA-35

Social Demographics

Name :S

Age:18

Sex :M

Religion :Hindu

Class: physics

Family :nuclear

SES:BPL

Complaints and their duration

Lack of interest in studies

Attendance shortage

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :

Management : psycho educated, motivated to study and achieve and built future goals

CASE TAKING PROFORMA-36

Social Demographics

Name :N

Age:19

Sex :M

Religion :hindu

Class:Physics

Family :nuclear

SES:BPL

Complaints and their duration

Lack of interest in studies

Attendance shortage

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support : Adequate

Current mental state : intact

Thoughts of harm to self / others : Nil

Diagnosis :

Management : psycho educated, motivated to study and achieve and built future goals

CASE TAKING PROFORMA-37

Social Demographics

Name : A

Age: 19

Sex : M

Religion : Hindu

Class: physics

Family : nuclear

SES: APL

Complaints and their duration

Lack of interest in studies

Attendance shortage

Any precipitating factor:

Past psychiatric history: Nil

Past medical history: Nil

History of substance use: Nil

Social support :Adequate

Current mental state :intact

Thoughts of harm to self / others :Nil

Diagnosis :

Management : psycho educated, motivated to study and achieve and built future goals

Follow up

Name: D

Age:20

Sex: F

Diagnosis: relationship ou issues

Date of last consultation :19/12/2023

Symptoms at follow up: same

Management : psychotherapy

Hereby I Submit the report of Jeevani centre 2023-2024 academic year with full satisfaction. I believe that I have conducted maximum programs for students within the respective period. A Special thanks to Jeevani centre for students well being coordinator Dr. Dhanya P.D for her immense support.

Henna T.P

Psychologist

Jeevani centre