

TOPIC: REPORT ON INAUGURATION OF JEEVANI AND ONE DAY SEMINAR ON THE TOPIC: ' YOUR MENTAL HEALTH MATTERS : NEED OF PRIORITIZING MENTAL WELL-BEING IN COLLEGE LIFE'.

Inauguration of Jeevani Centre for Students' wellbeing for the academic year 2023-24 was organised by the Jeevani Centre and the Department of Psychology on 9th August Wednesday 10:30am in college auditorium. The programme started by a warm prayer led by the psychology students. Welcome speech was delivered by Dr. Sinto P Anto, Jeevani coordinator and Head of the Department of Psychology. Principal Dr. Sr. Beena Jose presided the function. During the presidential address, Principal mentioned the need to be mentally healthy and how these mental illness could affect the studies of the children and as a solution she welcomed Jeevani Organization for the betterment of healthy mind. Jeevani provides us with a good counselling session and therapy programmes for the students who needs.

Jeevani Centre of the college was inaugurated by Dr. Raheemudheen P.K, Clinical psychologist, Government Mental Health Centre, Thrissur. The chief guest delivered a keynote address on the topic: ' Your Mental Health Matters : need of prioritizing mental well-being in college life'. He also oriented the students about Jeevani which is a comprehensive mental health project implemented by the department of collegiate education, government of Kerala which focus a mutual well-being of the students in government colleges in Kerala. Jeevani intends to improve awareness and promotion of mental among college students along with ensuring early identification of psychological issues. To achieve this, a combination of universal awareness programme to our students and targeted early intervention programmes will be focussed . He emphasised the importance of mental health and the factors affecting mental health. He provided details on the working of brain, how stress effect on human beings, how drinking water and proper nutrition helps to reduce stress and lead a healthy life. He mentioned the importance of a regular and healthy sleep and the effects of using mobile phones before sleeping effect our biological clock. The importance of exercise and can avoid life style diseases. He told to understand each other emotions and to help them by any means. Post Covid disorders and how lock down influenced the mind of youth, the increase in the rate of depression cases, suicidal attempts, role of parents, friends and other elders in our life. He reminds us to note down our daily emotion chart. Like how we behave when we are going through a situation, meeting someone or something or note what makes us happy and sad the most and thus we can control our emotions.

We all have some kinds of stresses. Increase in stress can cause change in skin colour. Dark circles and colours will appear on the face. Happiness glows our skin. According to the statistics 1 of 5 people shows depression in our society. It's more on girls and women. Pre menstrual syndrome (PMS) effects mental health very much. He mentioned about the mood swings happening during menstrual time. PCOD's are the other major problem which lead to depression. It lead to suicidal tendencies and other harmful mental disorders. The influence of social media on humans, internet addictions, over use etc.. can lead to these kinds of mental stress. Losing the focusing time or loss of attention span. Influence of toxic peer groups and relationships etc.. harmfully affects a persons life.

Following the class he introduced Mrs. Malavika K.S, Jeevani Counsellor. She will be with the students in their journey, sharing their joys and sorrows, helping them with their pains. Such a psychological help would definitely prove to be immense benefit to our students. Malavika K S, Jeevani Counsellor spoke about the functioning of the Jeevani centre in the college. The function ended by 11:30am and the guests and the audience (students and faculties) dispersed.