



GOVERNMENT COLLEGE KASARAGOD

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5.1 STUDENT SUPPORT

5.1.4 The institution adopts the following for redressal of student grievances including sexual harassment and ragging cases

Report of Jeevani

28
20/3/23

Jeevani - Mental Health Awareness
Work Done
Programme - Report. 2022-23.

Ms. Zairaba Hameed was
posted as Psychology Apprentice
wef 01.11.2022 for the Jeevani
programme. She has conducted many
motivational classes and mental health
awareness classes to various UG
classes students in the college.
Students are informed about the
counselling facility available in
the college as part of Jeevani
programme. Accordingly 22 persons
including boys and girls of
UG and PG classes were
availed this facility in person.
The programme will continue till
March 31st, 2023.

Kasaragod,
20.03.2023.

Priyanjana
Priyanjana Prabhakar
Asst. Prof. in Botany
Jeevani Co-ordinator



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BT-3-23

Jeevani Centre for Students Wellbeing
Government College, Kasaragod
Report 2022-2023

The Jeevani, college mental health awareness program mainly focus on counselling and mental health awareness among college students.

During the period of November 2022 to March 2023, A total of 42 sessions had been taken, out of which 18 were followups. A total of 24 students approached for individual counselling sessions, of which 10 were boys and rest 14 were girls.

The major problems among them were related to stress, due to exams, parental pressure or other issues at their home. Another problem of concern was mobile phone addictions, which was seen in most of the college students. Other problems faced by the students were anger issues, relationship issues etc.

Some students came up with issues related to studies or when their issues affected their studies. Some students approached for emotional regulation and crisis

management.

Apart from the individual counselling sessions, also conducted group sessions, mental awareness classes, motivational classes as well as classes related to exam orientation, study methods, procrastination, drug addiction and various other addictions etc. The students were engaged in group or individual activities and games after the sessions.

Each classes were taken with the permission of respective HODs as well as the Principal.

No. of students approached individual counselling : 24

No. of students attended followups : 8

No. of Ist UG students : 4

No. of IInd UG students : 7

No. of IIIrd UG students : 10

No. of PG students : 3

Zainaba Hameed

Psychology Apprentice

Government College Kasaragod