

## **STUDENTS COUNSELLING CELL**

### **Activity Report 2023–2025**

The Students Counselling Cell of Deva Matha College functioned actively during the academic years 2023–2024 and 2024–2025 under the Government initiative *Jeevani – Centre for Well-Being*. The centre continued its mission of supporting students in addressing academic, emotional and personal challenges while promoting holistic development and psychological well-being on campus. As part of the post-pandemic mental health support programme introduced by the Government, a Jeevani Counsellor was appointed to serve the institution. Ms. Chithra Prakash and Sneha T. P, the newly appointed counsellors divided the working days as per the guidelines of the Jeevani Centre and ensured regular counselling services in coordination with the faculty in-charge, Ms. Nisha K. Thomas of the Department of English.

#### **Orientation sessions**

The academic year commenced with structured orientation sessions for undergraduate students across various departments. These sessions focused on helping students understand the meaning and scope of counselling, the appropriate time to seek support, and the importance of breaking stereotypes and stigma associated with mental health care. Students were also informed about what to expect from counselling sessions and reassured about confidentiality. Orientation programmes were conducted for first-year students and later extended to second- and third-year batches from departments including Economics, English, Commerce, Mathematics, Chemistry, Physics, Zoology and Botany. The sessions were interactive in nature and contributed significantly to awareness creation on campus.

## **Individual counselling**

Individual counselling constituted the core activity of the centre. Students approached the counsellor voluntarily, and faculty members referred certain cases that required timely psychological support. Proper documentation was maintained and follow-up sessions were scheduled based on individual needs. During August 2023, 51 new cases were registered, and several students required continued follow-up support, with one case being referred to a clinical psychologist for specialised care. In September 2023, around 25 new cases were recorded along with multiple follow-up sessions. October 2023 saw 17 new cases and 11 follow-up sessions. The concerns addressed included academic stress, examination anxiety, adjustment issues, family conflicts, interpersonal relationship problems and emotional distress. Confidentiality and professional ethics were strictly upheld throughout the process.

## **Suicide Prevention Day**

The Jeevani Centre for Students' Wellbeing organized a meaningful awareness programme on 11 September 2023 in observance of World Suicide Prevention Day. The event, themed "You Are Not Alone, You Matter: Together We Can Make a Difference," aimed to promote hope, encourage help-seeking behaviour, and reduce the stigma surrounding mental health concerns. The session was led by Ms. Chithra Prakash, Psychologist at the Jeevani Mental Health Center, who served as the resource person. She addressed the importance of recognizing warning signs of emotional distress, supporting individuals who may be struggling, and fostering a compassionate campus environment. The session emphasized that seeking help is a sign of strength and that timely intervention can save lives. Students actively participated and reflected on the importance of empathy,

connection, and responsible peer support. The programme successfully reinforced the message of hope and collective responsibility in promoting mental well-being.

### **World Mental Health Day**

A major highlight of the academic year was the observance of World Mental Health Day on October 10 under the theme “Mental Health is a Universal Human Right.” The programme was organised in association with the Talent Search and Nurture Club and included a musical drama depicting contemporary mental health challenges such as family conflicts, toxic relationships and the need for timely support. A poster-making competition was conducted on the theme “Look Around, Look Within,” encouraging students to reflect on emotional awareness. Dr. Sr. Dona SCV, Clinical Psychologist from St. Vincent Hospital, Kuravilangad, delivered a keynote address emphasising the importance of mental health care and professional support. The programme, titled “Love You Zindagi,” witnessed active participation from students and faculty and contributed meaningfully to stigma reduction and awareness building.

The Jeevani Counsellor also participated in online skill training programmes organised by the State Nodal Office, thereby strengthening professional competencies and ensuring updated counselling practices. The counselling cell functioned through a collaborative model in which faculty mentors provided primary guidance, while professional intervention was made available whenever necessary. During the academic year 2024–2025, the counselling services continued with sustained engagement through regular individual sessions, follow-ups and awareness initiatives. The Students Counselling Cell successfully extended psychological support services throughout the period 2023–2025 and remained

committed to fostering a supportive, empathetic and mentally healthy campus environment.

## Coordinator

