

Jeevani Centre for students' Well-being

ANNUAL REPORT

Academic Year 2025–2026

This report presents a brief overview of the counselling and mental health activities carried out during the academic year 2025–2026 at Devamatha College, Kuravilangad under the Jeevani Centre for Students' Wellbeing. The objective of the centre has been to provide professional psychological support, promote emotional well-being, and create a safe and confidential space for students.

From July 2025 to February 2026, a total of 74 working days were completed and 332 counselling sessions were conducted, including follow-up sessions. In July, 32 sessions were conducted and programmes included a workshop on procrastination management for third-year Economics students and a mental health orientation for first-year students. In August, 40 sessions were held along with awareness classes on improving mental health, resilience, and managing overthinking. September recorded 41 sessions, and suicide prevention awareness programmes were conducted, focusing on reframing negative thoughts and supporting peers in distress.

In October, 45 sessions were conducted. World Mental Health Day was observed through a poster-making competition on the theme "Every Mind Deserves Care," along with a Mental Health Self-Check Questionnaire to promote self-awareness.

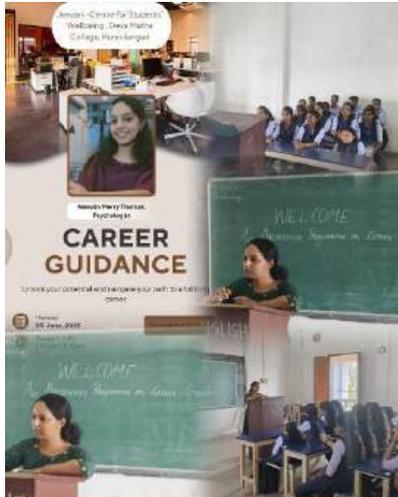
In November, 38 sessions were conducted, and a two-hour interactive workshop for third-year Zoology students addressed self-comparison, stress management, and emotional well-being. December included 33 sessions and a career guidance session for third-year Botany students on overcoming self-doubt and making confident career decisions.

In January, 38 sessions were conducted, and an awareness session for third-year B.Com (Self-Financing) students focused on final-year stress, fear of failure, procrastination, and goal clarity. February recorded 65 sessions due to increased academic pressure. Although group programmes were limited, individualized psychoeducation sessions addressed stress, burnout, concentration difficulties, friendship concerns, and family-related issues.

Common concerns observed throughout the year included academic stress, exam anxiety, overthinking, low self-esteem, career confusion, interpersonal difficulties, and emotional regulation issues. Interventions primarily included Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT)-informed techniques, mindfulness practices, relaxation training, stress management strategies, study planning, and career decision-making guidance.

Overall, the counselling services contributed to increased help-seeking behaviour, improved coping skills, and greater emotional awareness among students. The Jeevani Centre continues to play a vital role in supporting the mental health and overall well-being of students at the college.





DEVAMATHA COLLEGE, KURAVILANGAD

JEEVANI CENTRE FOR STUDENTS' WELL-BEING

REWRITING HABITS THAT HOLD YOU BACK

Workshop for
Final Year Student



Neevlin Merrin Thomas
Psychologist

- Date: 5 September 2025
- Time: 10.30 am
- Venue: A315

 **Bevamatha College, Kuravilangad**



JEEVANI CENTER FOR MENTAL HEALTH
OBSERVES
WORLD MENTAL HEALTH DAY

POSTER MAKING COMPETITION
Topic: Every mind deserves care

Date :10/10/2025
Venue: Auditorium
Time: 11:30am

Chart paper will be provided.
Students must bring their own materials, such as pencils, markers, and scales.

