

S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. **Title of the program** : Awareness program on mental well being of students
2. **Name of the Coordinator/s** : Asha A
3. **Organizing Department/Cell** :Counselling and Guidance cell - Jeevani
4. **Date** :04/08/23 to 22/08/23
5. **Number of participants**: 173
6. **Venue**: Seminar Hall and Class Room
7. **Resource Person/s** : Mrs. Asha Kuttapan
8. **Objective of the Program** : Create Awareness about counselling and mental health
9. **Detailed description of the event**: Jeevani : Centre for students well being aims to increase mental health of college students. A series of interactive session was conducted for first year undergraduate and postgraduate students to spread awareness among students about the Jeevani Centre working in the college. This centre was set up in the college as part of government program which aims to reduce stress, problem behaviours like toxicity, drug abuse, relationship issues, suicide tendency among college students. . A general awareness class was conducted for first year students about counselling and mental health. Students were encouraged to consult with the counsellor if they felt the need to do so. They were also made aware that taking the help of a psychologist should not be considered as a taboo.
10. **Outcome of the event/Evaluation by Program Coordinator**: Students were cooperative and willing to attend individual counselling sessions. Few students came forward requesting the help of Ms Asha after the sessions were completed.

11. Brochure

ORIENTATION PROGRAMME FOR FIRST YEAR
STUDENTS



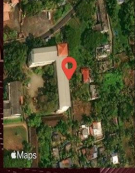
Jeevani: Centre for mental wellbeing

Venue: Seminar Hall

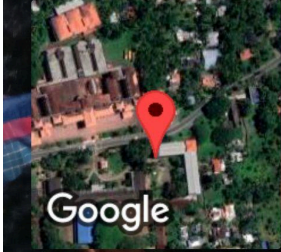
Resource person: Asha Kuttappan
Jeevani counsellor
SNM College Maliankara.

12. Photos





Moothakunnam, KL, India
Church Road, Paravur, Moothakunnam, 683516,
KL, India
Lat 10.180639, Long 76.184094
08/07/2023 11:02 AM GMT+05:30
Note : Captured by GPS Map Camera



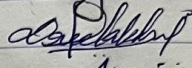
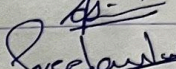
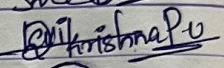
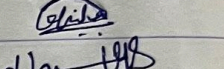

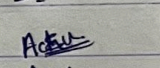



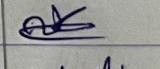
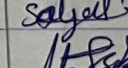
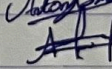

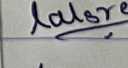
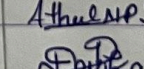
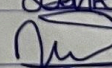
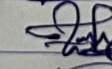
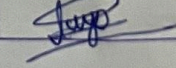
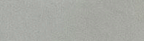


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55JM+8HR, Vypin - Moothakunnam Rd, Moothakunnam, Kerala
683516, India
Lat 10.181115°
Long 76.183719°
18/08/23 12:20 PM GMT +05:30

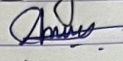


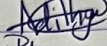
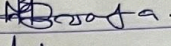
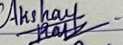
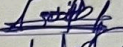
13. List of participants

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Awareness program on Mental Wellbeing
of students.

Resource Person: Smt Asha Kuttapan
Classes: IDC Chemistry & IDC Physics.
Date: 04.08.2023
Venue: Seminar Hall Time: 11:00am to 12:00pm

SINO	Name	Class	Signature
1.	Sreelekshmi. MB	BSC. chemistry	
2.	Asin Joshi	BSC Chemistry	
3.	Sreelekshmi	B.sc chemistry	
4.	Devikrishna. P.U	BSC chemistry	
5.	Gopika. T.G	Bsc. chemistry	
6.	Nandana M.S	BSC. chemistry	
7.	Architha. N.S	Bsc. chemistry	
8.	Archana.P	BSC. chemistry	
9.	Akshay. K.S	BSC Chemistry	
10.	Karthik. M	BSC chemistry	
11.	AQWIN BABU	BSC chemistry	
12.	Naveen T.P	BSC chemistry	
13.	D. Vasudev	Bsc. Chemistry	
14.	Saljal. E.S	Bsc chemistry	
15.	Antony Sabin	Bsc chemistry	
16.	AKSHAY. M.S	BSC chemistry	
17.	ARJUN M.S	BSC chemistry	
18.	Lalsree Adwaid	BSC chemistry	
19.	Athulkrishna. N.P	B.sc chemistry	
20.	Devika. K.D	B.SC Physics	
21.	Vinayak Subhas	B.Sc Physics	
22.	Anuja K.S	B.Sc Physics	
23.	Arya. C.M	B.sc physics	

SNb	Name	CLASS	Signature
24.	Nandkumar Anilkumar	B.Sc Physics	
25.	Abhay Nibi	B.Sc Physics	
26.	Sreelakshmi C.U	Bsc physics	
27.	Adithya Ratheesh	Bsc Physics	
28.	Suvenya.M.B	Bsc physics	
29.	Anshay Raj V.R	Bsc physics	
30.	Robit V.R	Bsc Physics	
31.	Lakshmi.T.C	B-Sc physics	