**Report- Jeevani Counselling cell**

* Conducted an **Orientation program** for 1st year Degree and M.sc students on1st August 2023. The session was handled by **Jeevani Counsellor Ms.Sunu Mary Abraham.**
* The ‘**Jeevani Mental Well Being**” of the counselling cell was inaugurated on 21st August 2023. The function was inaugurated by **Dr. T R John** **Psychiatrist, Aster Medicity, Ernakulam** and covered a session onthe **importance of mental health, toxic relationships, and drug abuse.**
* Conducted a session on ‘**how to overcome exam anxiety’** for the students of M.Sc. Physics and 1st year Microbiology on October 31st and November 20th 2023 respectively by the **Jeevani Counsellor Sunu Mary Abraham.**
* A **photography competition** was conducted on October 10th 2023 on behalf of **World Mental Health day** in association with **Women cell.**
* **Jeevani Counsellor Sunu Mary Abraham** took a motivational talk on the topic **Arise, Awake and Realise** for the students of Post Graduate & Research Department of Physics on 22nd January 2024.