

Government College of Physical Education, Kozhikode

Jeevani Center for Students' Wellbeing

Report on Mental Health Week Talk

Event: Mental Health Week Talk

Resource Person: Aswathi, Consultant Psychologist

Date & Time: 15th October 2025, 12:00 PM

Venue: College Auditorium

Inauguration: Prof. Dr. Prasannakumaran K, Principal

Report:

The Jeevani Center for Students' Wellbeing organized a Mental Health Week talk on 15th October 2025 at 12 PM in the college auditorium. The program began with a warm welcome speech by Sunil Ramachandran, Assistant Professor, GCPE, emphasizing the importance of mental health awareness among students.

The session was inaugurated by Prof. Dr. Prasannakumaran K, Principal, whose inspiring words highlighted the college's commitment to fostering mental well-being and creating a supportive environment for students. Dr. Prasannakumaran also spoke about the significance of integrating psychological skills and awareness into daily life to enhance resilience and overall mental health.

The main session was conducted by Ms. Aswathi, Consultant Psychologist, who delivered an informative talk on mental health awareness, stress management, and coping strategies for students. She introduced practical psychological skill training exercises, including mindfulness techniques, relaxation exercises, positive self-talk, and emotional regulation strategies. These interactive exercises provided students with hands-on methods to manage stress, improve focus, and enhance emotional well-being.



Students and faculty members actively participated in discussions and the question-answer session, sharing experiences and clarifying doubts regarding mental health challenges.



The session concluded with a vote of thanks by Shihana, Student Councilor, Jeevani Center for Students' Wellbeing, expressing gratitude to the resource person, principal, and all participants for their active involvement in the program.



The program successfully sensitized students about mental health, equipped them with practical psychological skills, and reinforced a culture of support and well-being within the campus.