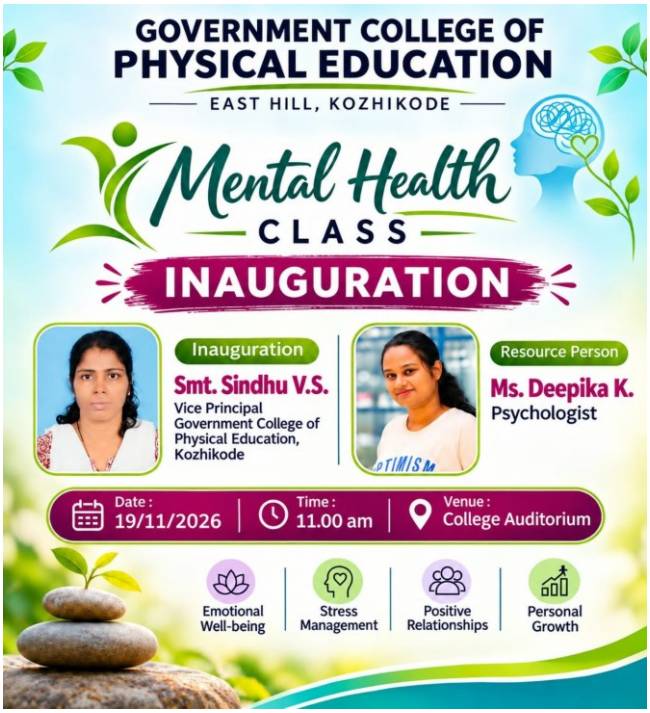
GOVERNMENT COLLEGE OF PHYSICAL EDUCATION

EAST HILL, KOZHIKODE INAUGURATION OF MENTAL HEALTH CLASSES

19 November 2026 | 11.00 a.m. | College Auditorium



The Government College of Physical Education, East Hill, Kozhikode, organised the inauguration of Mental Health Classes on 19 November 2026 at 11.00 a.m. at the College Auditorium. The programme was organised to promote awareness of mental health and to encourage students to give due importance to psychological well-being alongside physical fitness and academic development.

Inaugural Address – Smt. Sindhu V.S.

The programme was inaugurated by Smt. Sindhu V.S., Vice Principal, Government College of Physical Education, Kozhikode. In her inaugural address, she highlighted the importance of mental health in the overall development of students. She emphasised that education should support not only intellectual and physical growth but also emotional stability, self-awareness and the ability to cope with everyday challenges.

She also underlined the need to create a campus atmosphere in which students feel safe to express their concerns and seek guidance whenever necessary. Her address encouraged students to recognise mental well-being as an essential part of a healthy and balanced student life.



Smt. Sindhu V.S. delivering the inaugural address

Resource Session – Ms. Deepika K.

Ms. Deepika K., Psychologist, served as the Resource Person. Her session focused on important dimensions of mental well-being, particularly emotional well-being, stress management, positive relationships and personal growth. She highlighted the relevance of understanding one's emotions and responding to stressful situations in a healthy and constructive manner.

The session also drew attention to the role of supportive relationships in student life and the importance of developing a positive approach towards personal challenges. By addressing these themes, the session encouraged students to become more aware of their psychological needs and to value mental health as an ongoing part of personal development.



Ms. Deepika K. addressing the students

Felicitation

Sri. Sunil Ramachandran, Jeevani Coordinator, delivered the felicitation address. He highlighted the significance of mental health support in a higher education institution and appreciated the initiative to provide students with opportunities for psychological guidance and awareness. He emphasised the role of the Jeevani initiative in fostering a caring campus environment where students can approach the appropriate support system when they experience emotional or personal difficulties.



Sri. Sunil Ramachandran, Jeevani Coordinator, delivering the felicitation

Participation and Conclusion

The programme was attended by students and members of the college community. The interaction provided an opportunity to reflect on the importance of emotional well-being, effective stress management and healthy relationships. The inauguration marked a positive step towards strengthening mental health awareness and promoting a supportive, inclusive and psychologically healthy campus.

Glimpses of the Programme



The inaugural session in progress



Resource Person addressing the students



Students participating in the programme