SRI C ACHUTHA MENON GOVERNMENT COLLEGE, THRISSUR

PG & Research Department of Psychology

Jeevani Centre for Students Well Being & NSS Units 129 &098

In association with IQAC

REPORT ON WORLD MENTAL HEALTH DAY OBSERVANCE PROGRAMME 2026

The PG & Research Department of Psychology, Jeevani Centre for Students Well Being and NSS Units 129 & 098 of Sri C. Achutha Menon Government College, Thrissur, in association with IQAC, organized a programme in connection with the World Mental Health Day Observance 2026 on 8 October 2026 at the College Auditorium from 10:00 AM to 11:30 AM. The programme was organized on the theme *"മാനസികാരോഗ്യം : മനസ്സിലാക്കുക, സംരക്ഷിക്കുക, പിന്തുണയ്ക്കുക"* (Mental Health: Understand, Protect and Support).

The programme began with the welcome speech delivered by Dr. Justine K. James, Assistant Professor, Department of Psychology. The presidential address was delivered by Dr. Soumya Mohan C, NSS Coordinator and Assistant Professor, Department of Psychology. The programme was formally inaugurated by Prof. Dr. Sreeparvathi D, Vice Principal of the college. Felicitation was offered by Mr. Sreejith O S, Rehabilitation Psychologist and Co-Founder of AMMA Multi Speciality Clinic, Cherpulassery, Ms. Vani M, Jeevani Coordinator and Assistant Professor, Department of Psychology, and Sri. Sujith P, IQAC Coordinator. The inaugural session was concluded with the vote of thanks delivered by Ms. Malavika K. S., College Psychologist. The programme was anchored by Sreelakshmi, II M.Sc. Psychology.

The major highlight of the programme was an awareness talk by Mr. Sreejith O S, Rehabilitation Psychologist and Co-Founder of AMMA Multi Speciality Clinic, Cherpulassery. The session focused on the importance of maintaining good mental health and encouraged students to consider mental health as an essential part of overall well-being. The resource person explained various signs and symptoms that may indicate psychological difficulties and used relevant real-life case examples to make the discussion more practical and relatable to the students. He also discussed what individuals can do when they experience emotional or psychological difficulties and highlighted the importance of seeking timely support. A JPMR was also administered as part of the programme. The session was interactive and informative. The students provided valuable feedback about the session and expressed appreciation for the information. The programme concluded with the vote of thanks delivered by Anaswara K S, II B.Sc. Psychology .The programme successfully created awareness among students about the significance of mental health, recognizing psychological difficulties, developing healthy coping strategies, and providing appropriate support to those in need.


GPS Map Camera
Thrissur, Keralam, India
F7x3+m93, Hill Gardens Housing Colony,
Kuttanellur, Thrissur, Keralam 680014, India
Lat 10.499489° Long 76.253796°
Thursday, 08/10/2026 10:19 AM GMT +05:30
Google


Sri. C. Achutha Menon
Govt College Thrissur
Department of Psychology,
Jeevani Centre, IQAC & NSS Units
129&098
October 10
World
Mental Health Day
Observance 2026
Lived experiences heard: real voices, real change
Topic :
മാനസികാരോഗ്യം:
മനസ്സിലാക്കുക,
സംരക്ഷിക്കുക,
പിന്തുണയ്ക്കുക
Better
Mental Health
Brighter
Futures
Resource person :
Mr.Sreejith O S
Rehabilitation Psychologist
Co-Founder of AMMA Multi Speciality Clinic
Cherpulassery
Date :
08/10/2026
Time :
10 AM
Venue :
College Auditorium
Dr. Soumya Mohan C
&
Mrs. Rajeswary K
(NSS Coordinators)
Dr. Sujisha T G
HoD. Psychology
Mr.Sujith P
IQAC Coordinator
Prof. Dr.Ramya.R
Principal
Mrs. Vani M
Jeevani Coordinator
Ms. Malavika KS
College Psychologist


GPS Map Camera
Thrissur, Keralam, India
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Kuttanellur, Thrissur, Keralam 680014, India
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GPS Map Camera
Thrissur, Keralam, India
F7x3+m93, Hill Gardens Housing Colony,
Kuttanellur, Thrissur, Keralam 680014, India
Lat 10.499414° Long 76.253803°
Thursday, 08/10/2026 10:10 AM GMT +05:30
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World mental Health Day observance - Orientation
Resource person - Mr. Sreejith O.S, Rehabilitation psychologist, AMMA multi-speciality clinic

Time - 10 - 1 PM.
Venue: College Auditorium

Sl No.	Name	Class	Signature
1	Nidhi Varghese	Bsc. psychology	
2.	Aarathy Jayan.	"	
3.	Riyana. P.D.	"	
4	Shemeena. R	"	
5	Anjus	"	
6	Sivani V J	BA Economics	
7.	Sreelakshmi C.K	"	
8.	Niveditha E.S.	Bsc. psychology	
9.	Aiswarya menon	"	
10.	Jim Jose	"	
11.	Ayisha Safa	BA ENGLISH	
12.	Avandhika. S	Bsc. Psychology	
13.	Ashna T.V	3rd Bsc psy	
14.	Rasna M.A	"	
15.	Jumana	"	
16.	Indraja E.S	II MSc. Psy	
17.	Mareesha. N.S	"	
18.	Sethulakshmi. M.V	"	
19.	Ganmaya Sudhi. K	"	
20.	Safa Nayathara	"	
21.	Neshana V.A	"	
22.	Suryasree. A	IIIrd yr Bsc psychology	

Sl No	Name	Class	Signature
23	Navyatha.M.T	BSc psychology	
24	Afra Haneefa	"	
25	Avanthika.p	BSc psychology	
26	Geethika Suresh	"	
27	Safna Nisar.k	"	
28	Mena Madhavan T M	BSc Psychology 2nd year	
29	Fathimath Zainuhama PM	"	
30	Theertha.o.s	"	
31	Anaswara.k.s	"	
32	Ajna.A	BSC. Computa science	
33	Amritha.B	Bsc. computer science	
34	Jahanara Beegum A	Bsc computer science	
35.	Gopikrishna.A.K	B.A Economics	
36.	Faiza.K.S	BA. Economics	
37	Anna Libu	BA. Economics	
38	Roshan. Ravi	BA. Economics	
39	Achuth krishna K.K	BA. Economics	
40	ULLAS P.R	BA Economics	
41	Adharsh.T.S	BA Economics	
42	Anagha m.J	BA Economics	
43	Lakshmi.M.s	Bsc psychology	
44	Anna K. Joseph	Bsc Psychology	
45	Amritha.K	II Bsc psychology	
46	Shabina Jasmin	"	
47	Vismaya MV	"	
48	Fathima Henna.c	Bsc. statistics	
49	Devananda.A.S.	Bsc. computer science	
50	Priyadharsini.s	Bsc CS	
51	Sona.k.s	Bsc. cs	
52.	Athira.s	BSC. CS	
53	Aleena.K.B	BSC. Maths	
54	Anusree P.D	Bsc. maths	

Sl no	Name	Class	Signature
55	Hrithika N.G	Bsc. maths	
56	fidha fathima V/M	BSC Maths	
57.	Amal krishna .N.S	BSc Maths	
58.	Anandakrishnan. K.P	BSC Maths	
59.	Alwin c manoj	BSC. CS	
60	Fathimath Shadna. K.V	Bsc psy 2nd yr	
61.	Adharsa. M	Bsc psy 2nd yr	
62.	Sivatheertha Ganesh	"	
63.	devananda T.K	"	
64.	~~Shamil Sir~~ zain shama	"	
65.	Sabarinath M.R	B.com 1st	
66.	Saron C.S	B.com 1st	
67.	K. Sivani Santhosh	BBA 1st	
68.	Aabida. K.M	BBA 1st	
69	SARANS	Bsc. Psychology	
70	SRUTHY C.R	Bsc psychology	
71	~~Aiswarya. PP~~	~~Bsc psychology~~	
72	Sreelakshmi K.R	B.Com	
73	Sanjana Anil	"	
74	Rajalakshmi	"	
75	sivani Rajesh	"	
76	Adhishna Ab	"	
77	Vani Krishnan. S	"	
78	Vini C. Binu	"	
79	Athira. C.S.	"	
80	Fathima Farhana. E.A	BBA	
81	Lakshmy Priya	BBA	
82	Naheema. K.K.	BBA.	
83	Saleesha. PB	BBA	
84	Niveditha. M	BBA	
85	Aryanandha. P	BCom	
86	Devika K.R	BCom	

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87	Saranya Santhan K	BCom	Saranya
88	Akshaya M.J	"	Akshaya
89	Adithyadev. E.N	"	Adithyadev