



PRAJYOTI NIKETAN COLLEGE, PUDUKAD

Government Aided and Affiliated to The University of Calicut

Manoraksha

A Mental Health Initiative
by
Prajyoti Clinic

PHASE I : Assessment

Mental Health Screening
to ensure
Mental Health and Wellbeing of Students



Date : 7th November 2022
(Monday)

Venue : Prajyoti Niketan College
(Respective Classrooms)

- Convenor : **Dr Milu Maria Anto**
(HOD, Dept of Psychology)
- Organizing Secretary: **Dr Sukanya B Menon**
(Prajyoti Clinic Coordinator)
- Student Coordinator : **Fathima M A**
(Ph.D Scholar)





Manoraksha

Student Screening Drive : Report

As part of the Manoraksha initiative, a mental health screening for first-year Degree students was conducted in Prajyoti Niketan College on Monday 7th November 2022. The assessment was conducted for the first-year students of all departments:- Commerce (1st hour), Electronics (2nd Hour), English and Psychology (3rd Hour), and Computer Science (4th Hour). DASS21 scale and Exam Anxiety Questionnaire were used. The students filled out the questionnaires in their respective classrooms. On average each class took 20-25 minutes to complete the questionnaire. The identification details were removed and after that, the questionnaires were scored by MSc Students. The scoring and data entry was completed.

Four domains namely Depression, Anxiety, Stress, and Exam Anxiety were evaluated. Stress is a feeling of emotional strain and pressure while Depression is a state which is characterized by low mood, low energy, and feelings of helplessness, hopelessness, and worthlessness. Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. Test/Exam anxiety specifically refers to the subjective experience of intense physiological, cognitive, and/or behavioral symptoms of anxiety before or during test-taking situations that interferes with test performance. A total of 186 students were assessed.

Assessment findings indicate the need for interventions. Individual and group interventions to support students in distress will be planned and executed in the coming months in the Manoraksha initiative.

Date : 07.11.2022

Place : Pudukad

Report Prepared by

Fathima M A

PhD Scholar, Dept of Psychology
Prajyoti Niketan College Pudukad
(Student Coordinator: Manoraksha)

Convenor

Dr Milu Maria Anto

HoD, Dept of Psychology

Organizing Secretary

Dr Sukanya B Menon

Prajyoti Clinic Coordinator



1 YEAR B.Com

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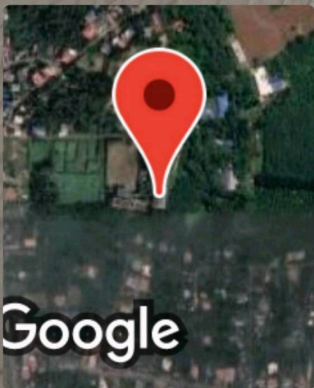
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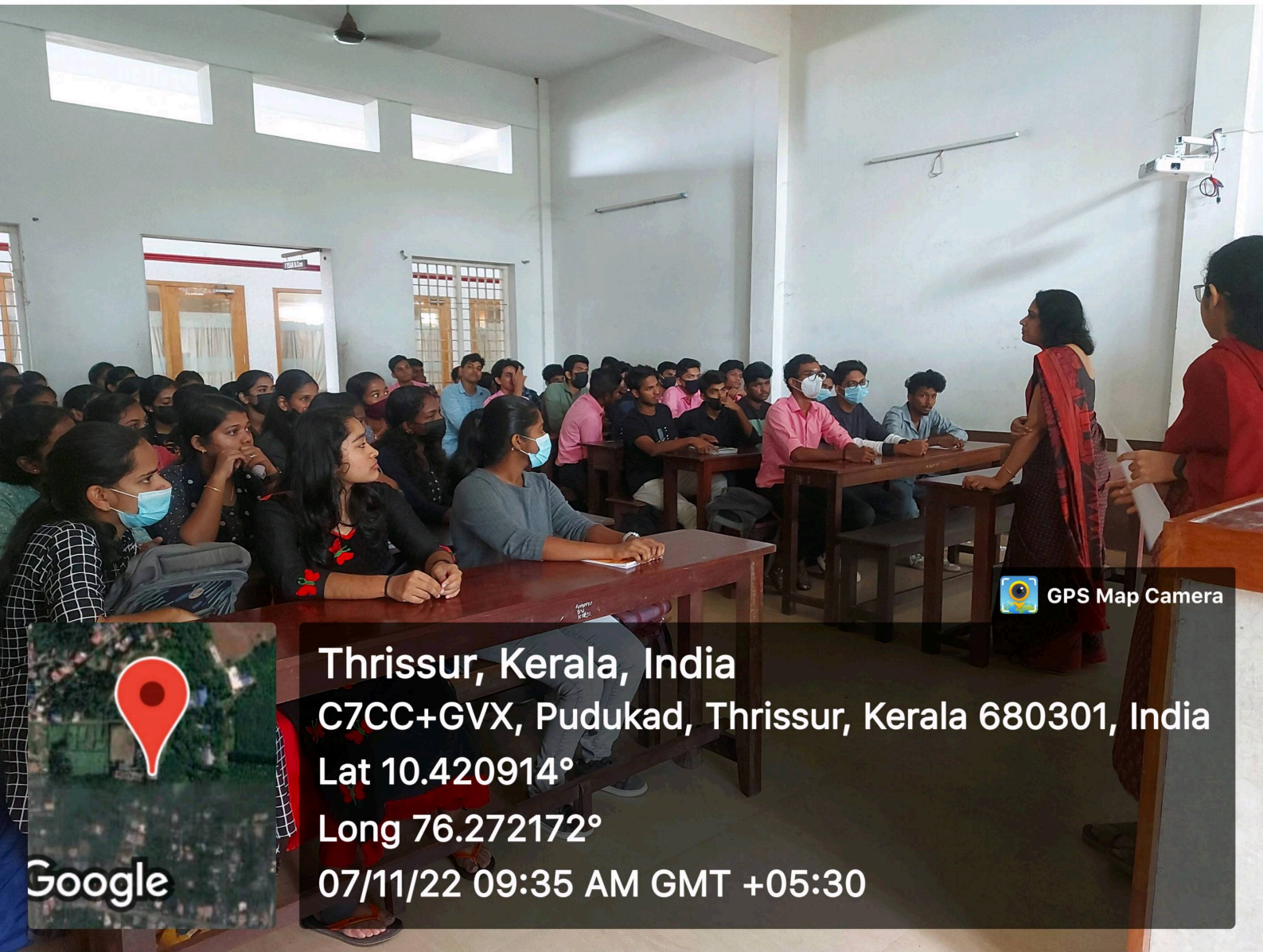
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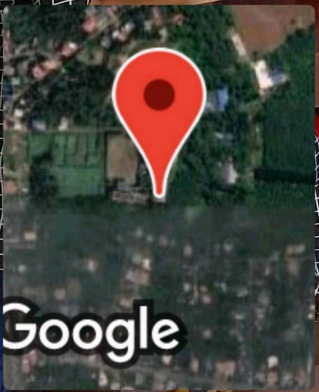
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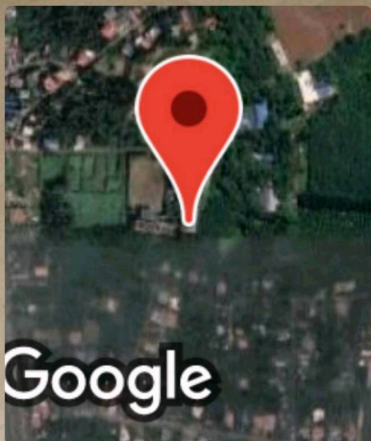
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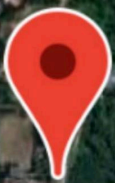
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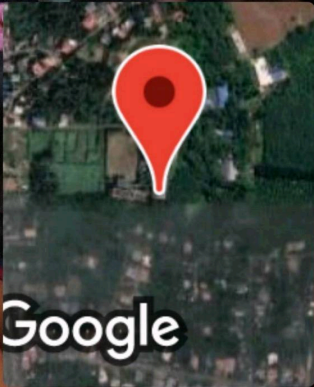
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Ist B.Sc. Electronics

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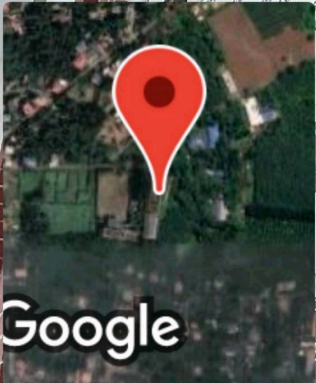
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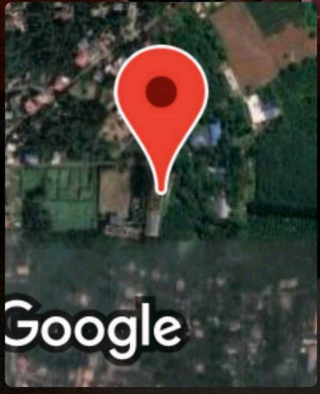
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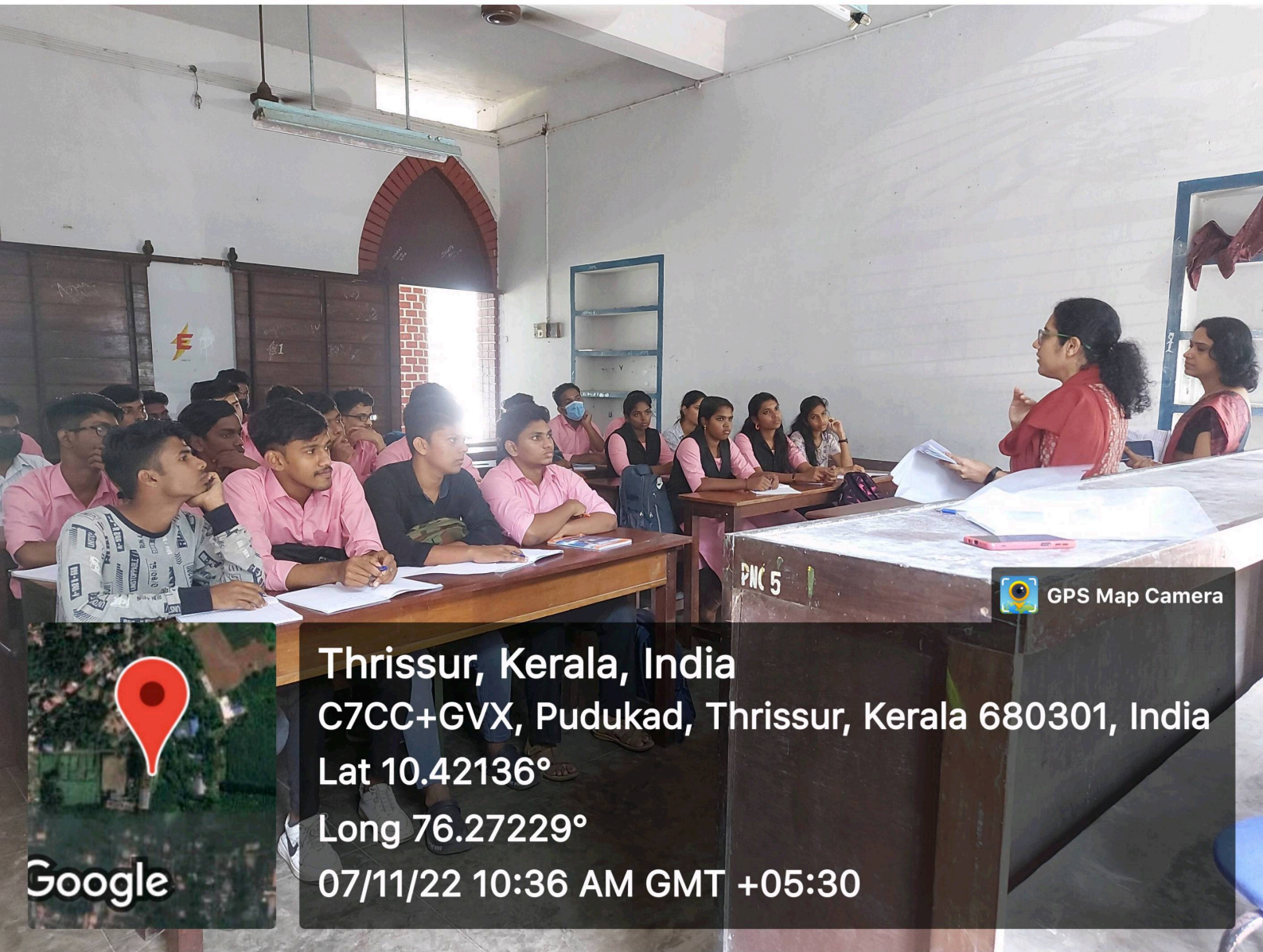
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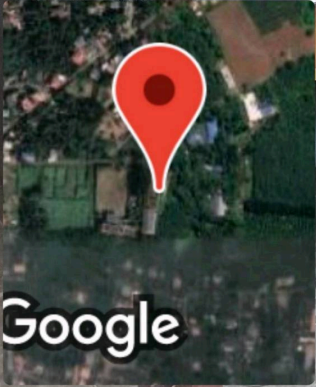
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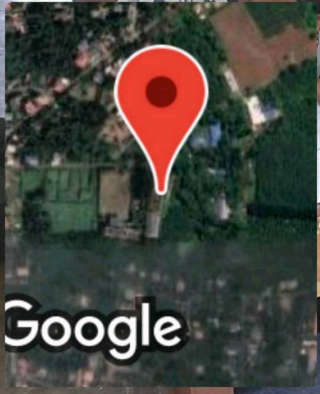
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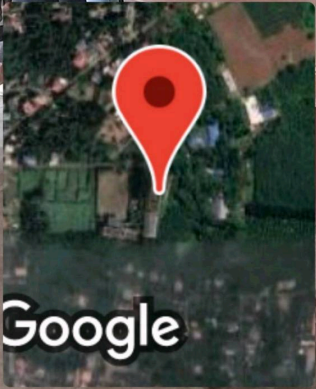
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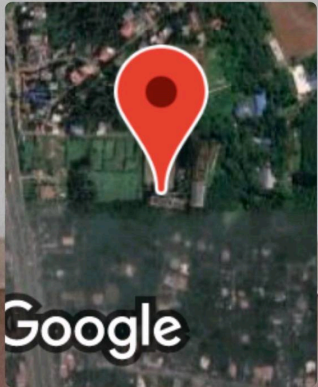
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1st B.A. English

 GPS Map Camera



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Ist B.Sc. Psychology



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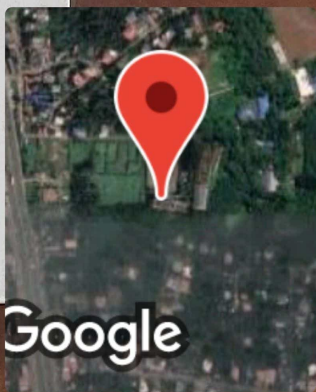
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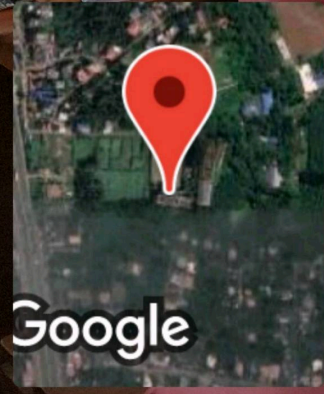
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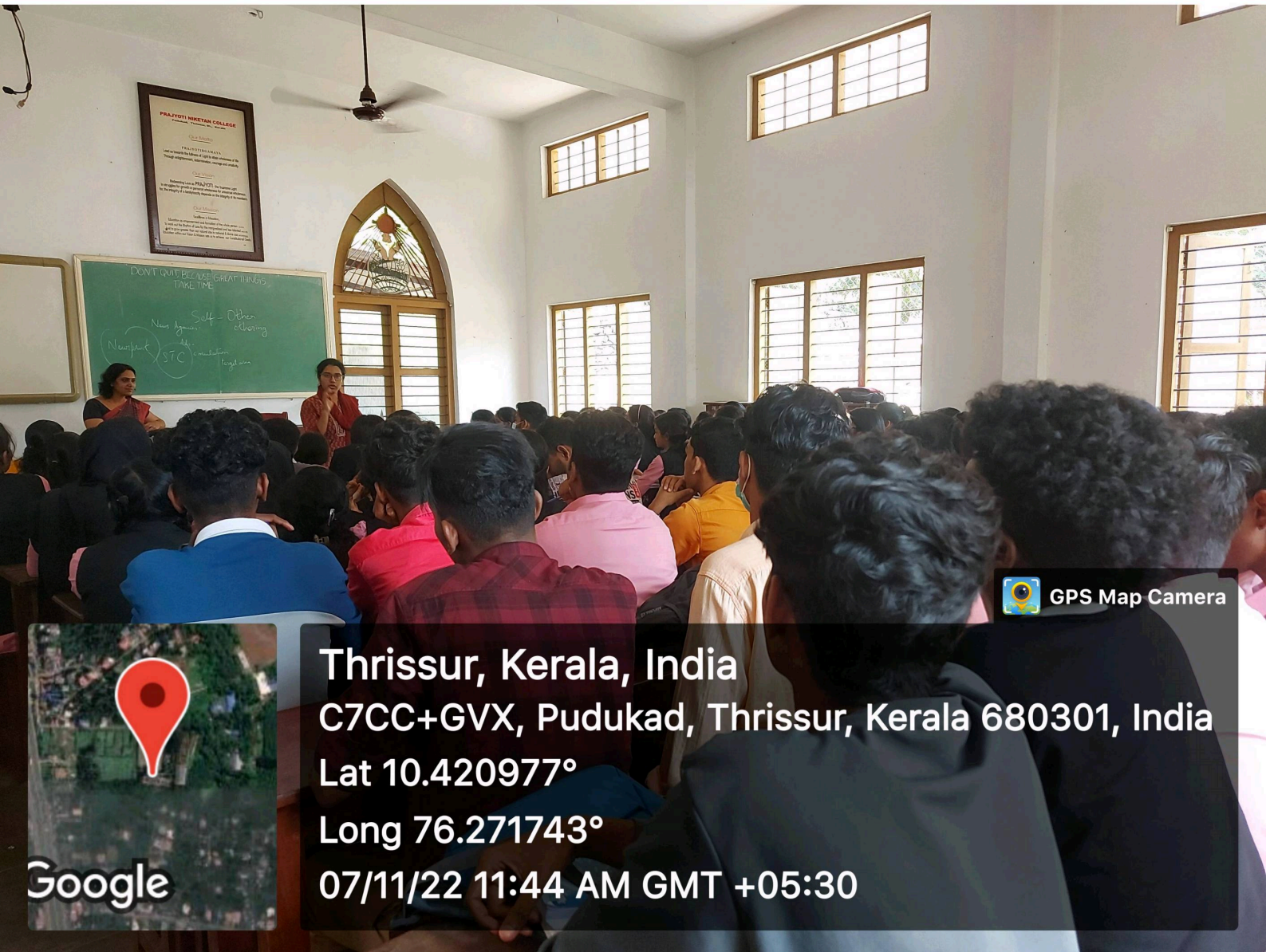
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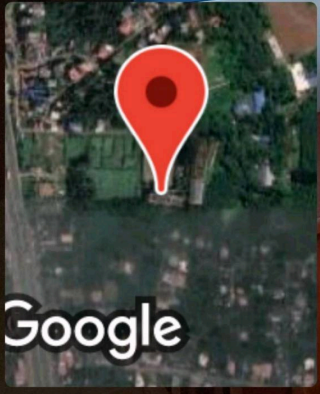


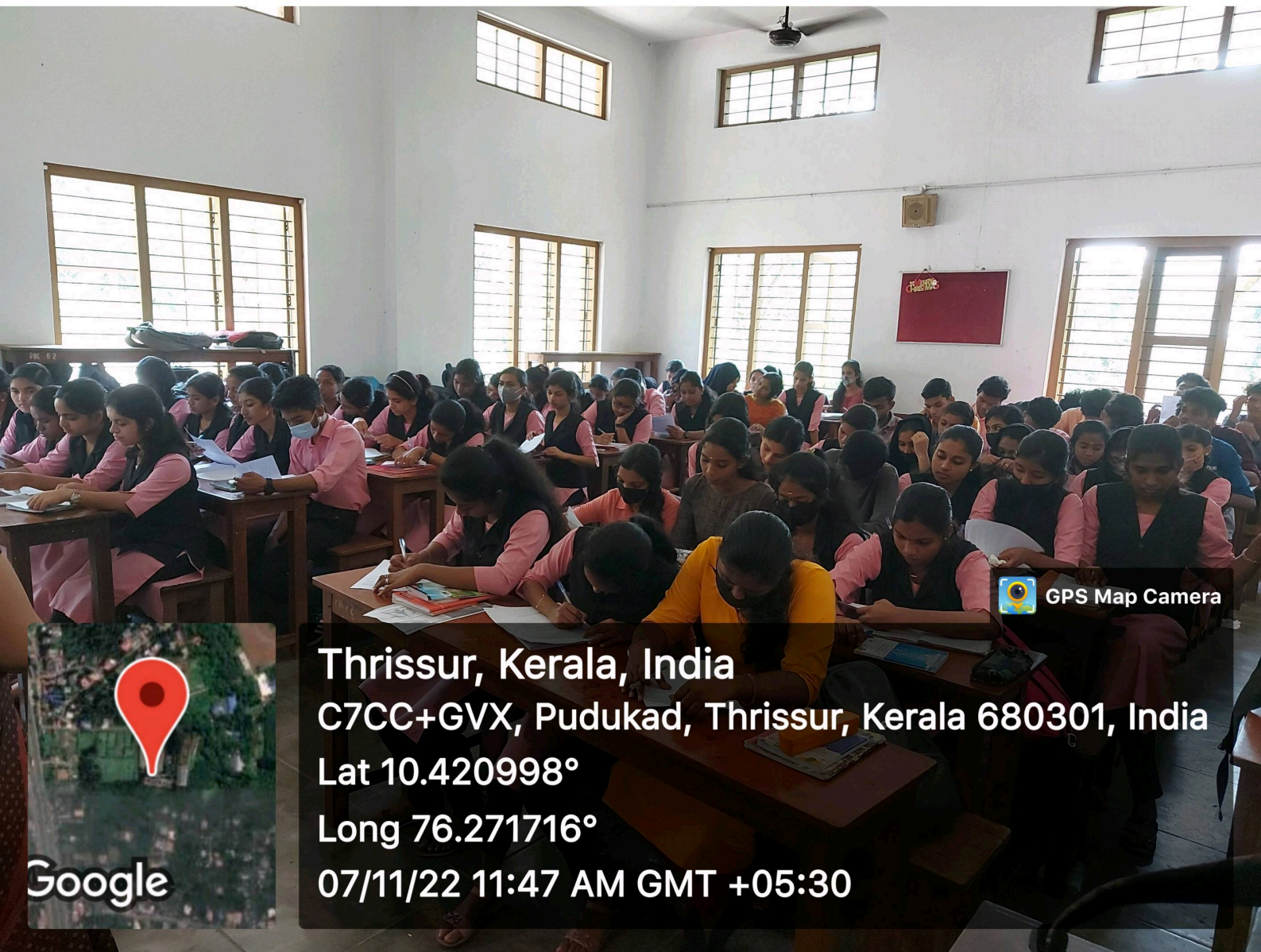
 **GPS Map Camera**



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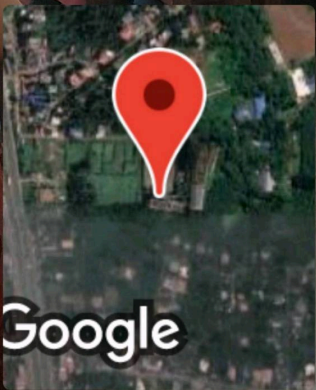
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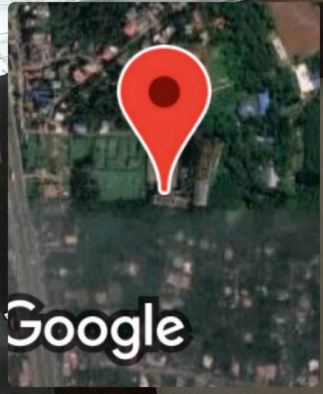
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1st B.Sc. Computer

 **GPS Map Camera**

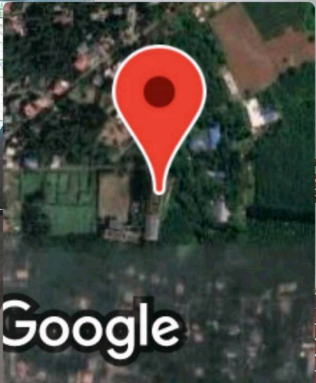
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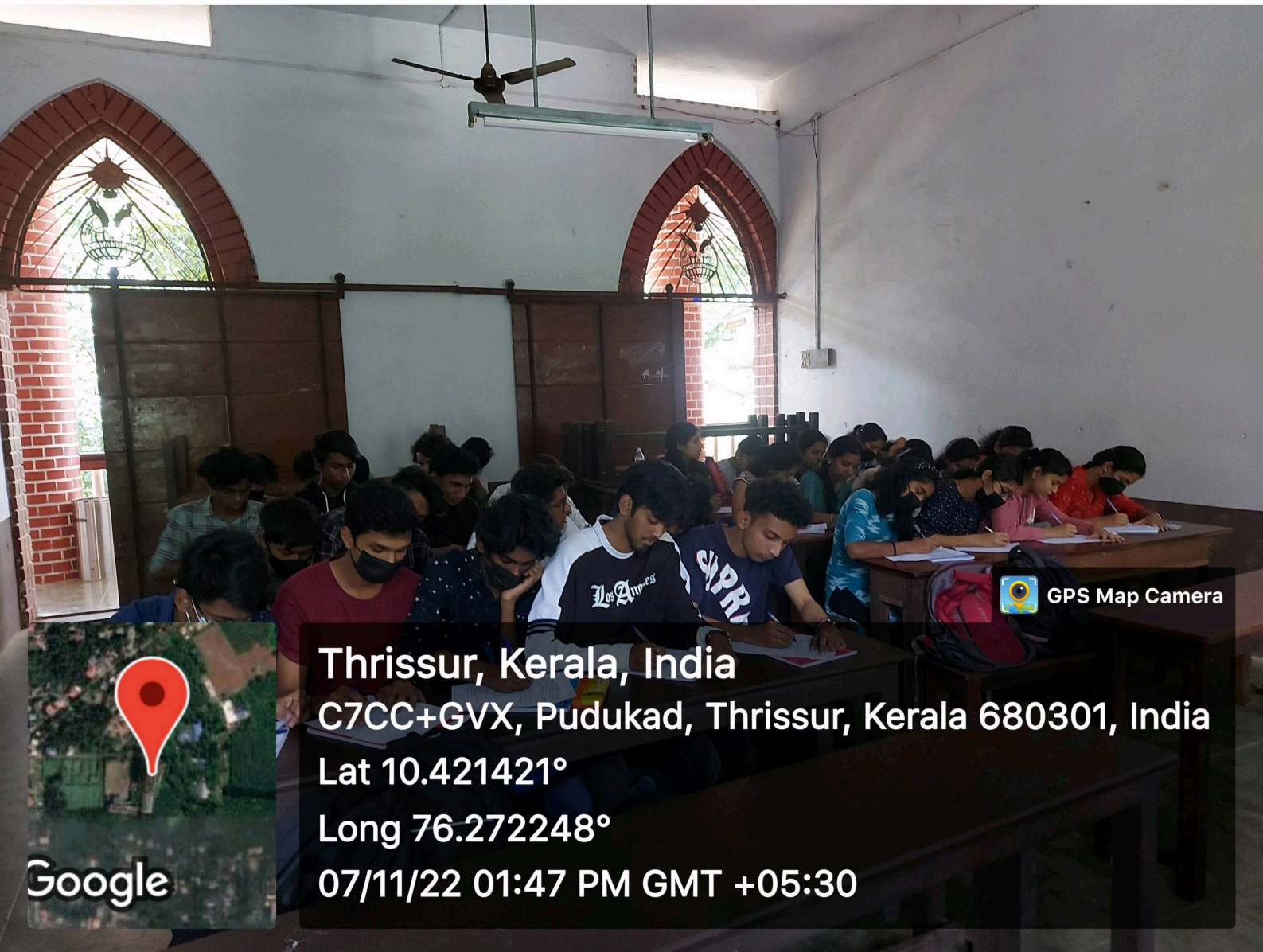
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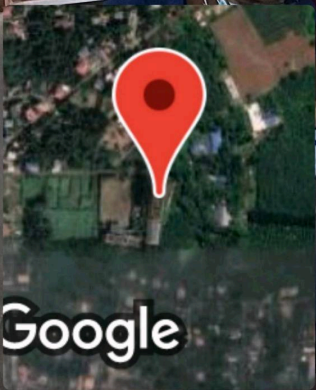
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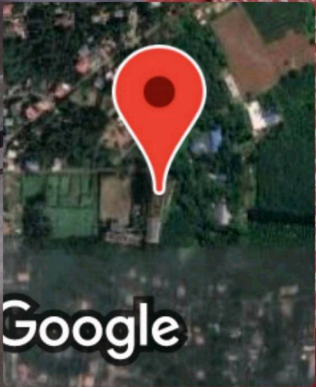


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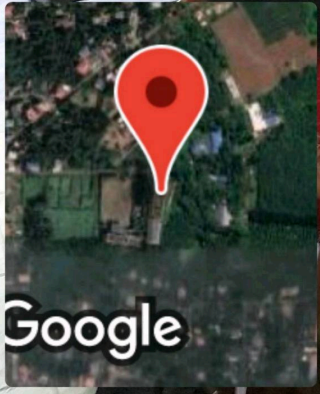
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