

**JAIN UNIVERSITY**

The World's Best Technical University (as per THE IQA 2017)



**COUNSELLING CENTRE**



Academic  
Support  
Programmes



Personal  
Counseling

Career  
Development  
Programmes



Outreach  
Workshops



Crisis  
Management

**Counselling Centres & Co-ordinators at Jain University Campus**

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## AREAS OF SUPPORT PROVIDED

To avail the facilities of the counseling services at Jain University, students are required to register their names with the coordinator for these services at their respective campuses. The services offered would cover the following broad areas:

Broad areas of support	Objectives	What does it mean?	Issues addressed
<b>Personal Counseling</b>	<ul style="list-style-type: none"> <li>To provide quality mental health care to the student community</li> <li>To help students develop their coping skills</li> <li>To guide students to appropriate centres/personnel for therapeutic support (when necessary)</li> </ul>	<ul style="list-style-type: none"> <li>Supportive one-on-one counseling services</li> <li>Providing referrals</li> </ul>	Relationship issues, adjustment issues, stress related concerns, issues related to self esteem and personal growth, body image and eating disorders, substance abuse and other addictions, depression and suicidal tendencies, anxiety disorders, behavioural issues, dealing with unrealistic expectations, sexual abuse
<b>Academic Support Programmes</b>	<ul style="list-style-type: none"> <li>To offer support and guidance to students to achieve academic success</li> </ul>	<ul style="list-style-type: none"> <li>Supportive one-on-one counseling services</li> <li>Peer support group interventions</li> </ul>	Test anxiety, study skills, learning differences, academic goal setting, test taking skills, concentration and memory related concerns, time management issues
<b>Outreach Workshops</b>	<ul style="list-style-type: none"> <li>To facilitate preventive measures so that student can make informed choices</li> <li>To disseminate information and sensitize students to issues related to positive mental health</li> </ul>	<ul style="list-style-type: none"> <li>Workshops to be conducted for students on relevant themes</li> <li>Small group supportive programmes</li> </ul>	Any of the above issues

Broad areas of support	Objectives	What does it mean?	Issues addressed
<b>Career Development Programmes</b>	<ul style="list-style-type: none"> <li>• To assist students in decisions related to career development</li> <li>• To provide information on career related issues</li> <li>• To guide students to appropriate centers/personnel for career path decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Supportive one-on-one counseling services</li> <li>• Guest lectures</li> </ul>	<ul style="list-style-type: none"> <li>• Psycho-educational assessment</li> <li>• Career related information-courses, scholarships etc</li> </ul>
<b>Crisis Management</b>	<ul style="list-style-type: none"> <li>• To offer immediate and short term intervention during personal crisis situations</li> <li>• To guide students to appropriate centres/ personnel for long term therapeutic support (when necessary)</li> </ul>	<ul style="list-style-type: none"> <li>• Mobilize immediate action during crisis</li> <li>• Phone in and online support</li> <li>• Short term supportive counseling</li> </ul>	<p>Suicide cases, severe depression, substance abuse, other stress related crises or unprecedented traumatic events</p>

# FAQS ON JU- VISHWAS

The following are some of the FAQs that will help to bring in better understanding about the counseling activities of JU- Vishwas.

## ? Who can seek help?

Anyone who is a registered student of Jain University (in any of the campuses) is eligible to access these facilities.

## ? What sort of problems can be helped through counseling?

Most personal, relationship or identity problems can be helped through counseling. This includes anxiety, stress and depression; family and/or relationship difficulties, sexual problems and identity issues. Counseling can also help in other issues such as: adjusting to a new culture, dealing with dilemmas, making difficult decisions or choices, as well as more specific problems such as eating problems.

Don't wait until a problem has grown very serious - we would much rather you came when something is relatively minor, so that it can be resolved more quickly.

## ? Whom to contact in the campus?

Each campus has a student's counselor for their Vishwas wing. Students from each campus may meet their respective center counselors after taking prior appointment

## ? What is the procedure for meeting your center counselor?

Student can approach the center counselor and register at the center to avail facilities offered. Registration form is to be filled by the counselee. The registration forms for each center are either available at each center's front desk office or with the center counselor of respective centers.

## ? What is the normal counseling procedure in any of our centers ?

You and the counselor will discuss together what your concerns are and what resources might be of help in resolving them. You and your counselor may continue to work together for support, problem solving, or counseling. Alternatively, your counselor may arrange for you to be assigned a different counselor whose expertise or availability make them a better match for your requirement. Your counselor may also recommend an on-campus program or group program instead of, or in addition to, individual counseling.

## ? What are the timings for counseling services at JU campuses?

Timings for counseling services will vary between the JU campuses. You need to enquire with your center counselor for further information, which are center specific. You may get the information about each JU center's counselors from our Jain University URL ([www.jainuniversity.ac.in](http://www.jainuniversity.ac.in))

## ? Is there any payment to be made for meeting the center counselors?

At Jain University, we provide the facility of counseling to the Jain University students and parents of our students free of cost. Students/parents of students can attend workshops and individual counseling sessions without making any payments. In cases where expert external services are availed by the counselee (as in the case of being referred to a practitioner), the cost of the same is to be borne by the counselee.

For psychometric assessment, a nominal fee (approved by the university) has to be borne by the counselee.

### ? **Who provides counseling ?**

All the center counselors are trained and certified counselors with vast experience in handling adolescent counseling.

### ? **How safe is to share personal information to counselor?**

The policies of the Counseling Center, the ethical principles of counseling professionals, and our law consider it important to protect the confidentiality of the information received by the interactions of the student with a counselor. The counselor will not speak with parents, teachers, friends, or anyone else about the concerns without the permission of the respective student.

There are very rare exceptions in case of situations involving danger to life (eg. suicidal tendencies in a student); safety issues of the student (eg. Sexual abuse) or situations involving legal procedures (eg court orders) or for criminal proceedings in which you raise an insanity defense. Even in such very rare circumstances, you have legal protections and recourses which we can discuss with you.

Minor students under the age of 18 who are seeking support would also be given the same amount of confidentiality protection as an adult student, but there are some limitations if assessments are required.

It often happens, though, that problems can be solved better together than alone. Many students find it very helpful for their counselor to speak with a parent, a faculty member or even a friend. In such a situation the counselor may with the permission of the student involve anyone or all of them. This would be decided on individual case requirements with the comfort of the student getting the highest priority.

### ? **What are the Psychometric assessment policies of the center?**

These tests could be done to understand the concerns of the students in a more clear way.

? The assessment can be psycho-educational. When a student below 18 years undertakes an assessment, they need to submit a consent letter from parents

### **What are the Referral policies of Vishwas ?**

Many services and resources that are not available on campus are readily available in the surrounding community. These include, for example: formal psychological, psychiatric, or neurological evaluations; intensive or extensive outpatient psychotherapy; specialized treatment programs such as for alcohol or drug treatment or eating disorders; and inpatient or day-treatment programs.

In such cases, to offer additional support to the client Jain University Centre for Student Counseling Services has identified certain professional counselors/ health care institutions that the client can go to for specialized care. JU – Vishwas has collaboration with NIMHANS, Bangalore for activities enhancing mental health of students. The cost for these services will have to be borne by individuals

You may meet with a Counseling Center counselor simply to arrange a referral, if you already know what sort of care or services you need. Alternatively, you may come to speak with a counselor about your personal concerns and then, as a result of your conversation, you and your counselor decide that a referral to private care is your best course of action to address your particular concerns. In either case, your counselor can help you locate and connect with off-campus resources that are as appropriate, accessible, and affordable as possible.

### **Will I get psychotherapy at the Counseling Center ?**

No. You will be offered only supportive counseling services from our JU counseling centers. Long term psycho therapy and specialized services can be availed outside our campus on referral basis

**? Does the Counseling Center prescribe medications? If I already have a prescription for medication and all I need is someone to refill it, can I do that at the Counseling Center?**

No. The counselors at counseling center are not medical practitioners and therefore, they will not be able to provide these services.

**? How long does it take to get an appointment?**

It would vary based on the number of counselees registered to meet counselor for that day Ideally it should not take more than two days.

**? I think my friend needs help. How do I get him/her to come in to see you?**

It can be very difficult for you when someone you care about is in pain. You might find yourself feeling helpless, frightened, frustrated, or angry. You can't make your friend seek help if they don't want to or don't

feel they need it, but here are some things you might offer them as a friend:

- Let your friend know, in some private setting, that you are concerned. Suggest that he or she make an appointment with a counselor to see if we can be of help. Try to phrase your communications in "I" language, rather than "you" language: for example, "I care about you and I am distressed when I see you hurting" rather than "You are in trouble and you need help."
- Offer to accompany your friend to the first appointment, and either wait in the waiting area or go in to the appointment with him/her.