

KALARAVA – In tune with self

'KALARAVA' psychological assessment and counselling centre of Department of Psychology, Jain University was inaugurated by **Shri U T Khader, Honourable Minister for Health, Govt. of Karnataka** on 4th February 2014. **'KALARAVA'** is an initiative of Jain University. The objective of the centre is to offer psychological counselling for those in need & to extend services and expertise to the general public.

KALARAVA is the first ever counselling centre with special play therapy section initiated by a private university offering services to general public. "I congratulate the management of Jain University for this wonderful initiative in the direction of health. As the health minister I always attempt to implement preventive measures, I truly appreciate this initiative of Jain University, which is a preventive measure to cope up with the growing stress in the society" said Shri U T Khader, Honourable Minister for Health, Govt. of Karnataka.

KALARAVA is a culmination of the numerous counselling activities undertaken by Department of Psychology, under the guidance of the HOD, Shailaja Shastri. In the last year, these counselling initiatives helped almost 900 students in remote villages of Shimoga. "**KALARAVA** is a dream, the aspiration of the faculties of department of psychology of Jain University. The urge to formally step up our role as academicians to the role of practitioners will be realised through KALARAVA" said Shailaja Shastri.

The centre will also help postgraduate students of second year psychology to get a practical exposure on their areas of specialisation such as counselling, therapy etc. "The centre will be open to general public from 9:30 am to 8 pm. Nominal fees will be charged for the counselling services. Free counselling will be offered to people who are economically deprived" Shailaja Shastri added.

The centre offer play area therapy, life skills counselling, abuse counselling, rational emotional behaviour theory, art therapy, corporate counselling etc. The play therapy area is the special feature of 'Kalarava'. Through special games, toys and finger puppets the play therapy helps children below the age of 12 to deal with their emotions. Through various activities, the therapy helps children in self disclosure, expression and various interpersonal and intrapersonal relations.

The play therapy area also has special **sand tray activity** zone that helps children overcome depression, under simulation and boredom. "The child leads the therapy and the therapist, the child chooses his/her own favourite activity. The behavioural problem of a child can be detected based on the activity or the toy they choose. The play therapy is carried out over a period of 10-15 sessions. Children who are very hyper are cajoled by making them sit in the **soothing**

corner, where there is subtle lighting and cuddly stuffed toys” says **Sherin P Antony, Assistant Professor**, Department of Psychology.

At the moment there is a logical alignment of three teams consisting of senior faculties, junior faculties and students who will handle functioning of **KALARAVA**. The centre can offer parallel counselling to 2-3 people at the same time. On an average the centre can provide counselling to 12 people in a day. **KALARAVA** aspires to expand its services over time.