

10 years of
VISHWAS
2009 – 2019



Steps towards Wellness

JUSGCC  *ishwas*
Counseling Center



JAIN
DEEMED-TO-BE UNIVERSITY



JAIN
DEEMED-TO-BE UNIVERSITY

Jain University Students' Guidance and Counseling centre



Annual Report

2009

1. **A Session on Bhagavad Gita Revelation series (series of 5 sessions) with Swamy Sukhabodanada** and other resource people of Prasanna trust, Bangalore was conducted in the year 2008 – 2009 to improve their *spiritual learning*. Around 150 students benefitted out of the session. Books written by Swamy Sukhabodanada was made available to all students at subsidized cost



2. **A Half day seminar “Identifying the warning signals among students who need psychological help”** conducted on 07/12/2009 for CMS teachers by **Dr Shailaja Shastri & Dr Uma Warriar** to facilitate early identification of students who need help, before the problem reaches higher levels.
3. **Teachers’ sensitization program conducted by Dr Shailaja Shastri on 11/12/2009 at CPGS campus** in which the resource person, Dr Shailaja spoke about importance of counseling for college students and necessity for teachers to know the warning signs of students who need help.