



Jain University Students' Guidance and Counseling centre



Annual Report

2010 June - 2011 May

1. One day Career orientation work shop on 10/02/2010 at CMS campus by Dr Sudha Bhogle, Professor and former HOD of psychology department, Bangalore university.

On 10th February, 2010 “Vishwas” arranged a career counseling work shop coordinated by campus counselor Dr Uma Warriar. The resource person was Dr Sudha Bhogle, Professor and ex HOD of psychology department, Bangalore university. Currently Dr Sudha is heading the students’ solutions at Ediquity career technology. The session was helpful for the graduating students to know different options available in the area of higher studies as well as it threw light on future career options.



2. Half day “*orientation program*” for newly joined students at CMS campus was conducted by the campus counselor Dr Uma Warriier on 15/06/2010 for the parents of newly joined students to help them understand the facilities available at CMS campus in terms of counseling activity.

3. National Level Faculty development program on 18/09/2010 on “*Work-Life Balance*” conducted at Atria Campus with resource people: Prof. Dr Acanthi Srinivasan, specialist in OB and HR at IIM-B, Yogacharya Swami Devaprasad, Yoga instructor, JGI, Mr. Rahul Kapoor, founder and chief trainer of KWEC, Mr. Deepak Shinde, renowned teacher of the Alma Mater and Mrs. Snehal Mantri of Mantri developers

National level faculty development program on *Work-life Balance* was conducted on 18th September 2010. The FDP was conducted to help teachers perform better at work place by providing tips on how to balance work and life. The session topic was addressed by Mrs. Vasanthi Srinivasan (IIMB).



4. Student “awareness program” was conducted to sensitize the students on counseling activities of Vishwas at SET campus on 10/12/1010 by Dr. Uma Warriar, chief counselor, Vishwas.

The session started with a practical exercise on counseling, to make students understand that there is a need for counseling anyone who is confused about different options in life. Session had a coverage of challenges faced by college students, warning signals of an impending psychological problem, whom to approach in case one need help, how to approach the counselor with respect to the formalities, confidentiality of the whole process etc. Around 250 students attended the session. Students took a lot of interest in knowing about counseling, as it seemed very new for engineering students. The session was very interactive. At the end of the session, feedback was taken. Students voiced their opinion on having more sessions like this.

5. Press consultancy on 10/02/2011 to help failed PU students to cope with the “Exam failure and suicidal tendencies connected to exam failure.” (Press output on DNA CAMPUS CALLING on 11/05/2011)

Don't worry, you will bounce back

Stop self-pity over low marks, cry it out and do better next time

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.
—Napoleon Hill

DNA Correspondent

The best way to deal with intense disappointment is to meet a good counselor, one who can guide you sensibly and not emotionally says Prof. Madhusain.

Students need to realize that there are basically two reasons for not doing well: you gave it your best shot but there was not good enough or because you did not give it your best. Either way, the next step is to identify the areas where you did not do well and the areas where you did well. Then focus on the positive instead of only the negative side.

Opt for a slightly flexible undergraduate programme. Go for something you will enjoy. When you enjoy what you do, you will automatically do well. Use the free time to build your self-worth. Learn an application module or a computer module which will be useful when you start working.

After you graduate, you can go for an excellent post-graduate programme. There is no point in wallowing in self-pity and feeling miserable. Remember that failure is not your expectations and the standards you set for yourself as the pre-university level is seldom tragic.

Counselor Uma Warriar suggests the use of “self-talk” — a method used in psychology. She says, “Tell yourself ‘I will do better next time’ and whenever that next time comes, you will definitely do well.” She also suggests finding out what you are good at and expressing it and reporting this. She advises parents not to label their children as “brilliant” or “mediocre” and to refrain from using demotivating statements. Parents need to realize that their child cannot always be the best and when they are not, it is not the end of the world. “It is important for parents to be the child know that PUC is not the end,” she says.

Students need to identify their weak points and work towards strengthening them. These days, a degree is the minimum requirement. Those who wish to go abroad, need to know that it is not good enough to pass average PUC because you have a family business to take over. Parents need to make the children aware of their social standing. Higher education makes you a global citizen to a certain extent. Counselor Annon Muttanur feels that students should become close to their family and may be so close or few friends and talk things out with them.

“Keeping feelings inside will affect the student later in life,” she says.

It is better to shed some tears and get it out of your system. He also suggests self-therapy by thinking “I can bounce back.” Sticking to a routine to order not to lose focus and be lethargic is also important. “Eat and sleep moderately and on time,” he says.

The immediate option is to apply for re-evaluation but only if the student is con-



OPTIONS AT HAND

■ Supplementary examinations

Here's another chance for those who have failed to clear the PU II exams in the first attempt. The Pre-University education department has decided to conduct supplementary examinations from June 27 to July 5, 2011. Regarding this, the official timetable will be announced soon at the colleges concerned. Interested candidates can take up the supplementary exams by paying the examination fee at the colleges concerned and submit the applications before June 25. The fee fixed per subject is Rs54 and if there are more than three subjects, the fee is Rs252.

■ Revaluation

The last date to apply for revaluation is May 25 and the fee fixed is Rs.1050

■ Re-totalling

The last date to apply for re-totalling is May 25 and the fee fixed per answer or script is Rs250. Application for photocopies of answer sheets will be received from Wednesday and the city students can apply at all BangaloreOne centres. Students from Begaluru, Hubli-Dharwad, Mysore, Mangalore, Tumkur, Chavanguru, Bellary, Gulbarga and Shimoga can apply at the district centres of Karnataka One. For further

details of getting better marks. If unsure, it is better for you to join a coaching centre or do combined studies and take that extra trouble to pass the PUC exam stress

details, contact the principal of your college. Application forms are also available on the PU education department website. Fill it up and send it to the DEPUTY DIRECTOR (EXAMS), PUE DEPARTMENT, JESH CROSS, MALLESWARAM, BANGALORE.

The DD should be drawn in favour of the Director of PUE Department

■ Vocational courses

Courses that impart technical training are becoming popular these days. You don't require good marks to get into one of them. But, through cent percent practical training, they make you employable and help fetch a job. Vocational training opportunities in Bangalore:

Call centre training: JTS Institute Pvt Ltd, Infantry Road
Air hostess training: Air Hostess Academy, MG Road
Languages: Alliance Francaise, Vasant Nagar
Geotech-Institut, CMH Road

Jewellery design: SriGem, KH Road

Nursing: Bangalore College of Nursing, Hosur Road

Short-term vocational courses can be either in one module (three months), two modules (six months) or three modules (one year).

that is the minimum qualification for further opportunities in life. Students can also opt for a diploma instead of a conventional degree.