



Jain University Students' Guidance and Counseling center



Annual Report

2011 June - 2012 May

For the academic year 2011- 2012, Vishwas wing of CMS conducted varied activities for the betterment of CMS students. Career counseling, handling academic stress, helping resolve key issues with parents, and understanding the pulse of the industry were some of the important consideration while arranging the sessions for students, as these were found to be the need of the hour. Meeting with all the centre counselors were conducted on regular basis at CMS campus on 29th of October, 19th of November, 17th of December 2011, to assess progress of each campus counseling activity. Reports were collected from each campus as a follow up measure to ensure that all JU centers get adequate counseling support.

**Student awareness program regarding guidance and counseling services
across all Jain college campuses:**

In the year 2010, Vishwas took initiative in removing the stigma in meeting a counselor by spreading awareness among students. Vishwas conducted counseling awareness camps across all centers of Jain University by way of posters. A centre wise awareness program was conducted by chief counselor with the help of centre counselors by speaking to students in the classrooms on importance of counseling.



1. Guest session at Aditi Technologies, Embassy Techpark, Bangalore on “Leveraging Emotional Intelligence- Challenging your negative self-talk for personal improvement” on 28/10/2011, conducted by Dr Uma Warriier.



As a part of outreach program, Dr Uma Warriier conducted a training session for employees of IT Company called Adyta Technologies, Embassy Techpark, and Bangalore on “Leveraging Emotional Intelligence- Challenging your negative self-talk for personal improvement “on 28th of October, 2011. The HR head of the company, Mr. Novex Alex approached the chief counselor with a need to enlighten the employees of Adyta on improving their Emotional intelligence, which goes a long way for improved organizational performance in terms of better self-awareness, better awareness of others, better team building and ultimately, better productivity. The session was attended by around 85 employees of Adyta. The session had coverage of different components of Emotional intelligence, discussion on “Amygdala hijack”, which developed interest among the participants, and ways of improving emotional intelligence by improving the self-talk. It was a very interactive session and employees had queries on varied aspects of emotional intelligence. Session feedback was taken for further improvement. It was identified that the time allotted for the session should be more to have better coverage of the topic.

2. Career counseling workshop at CMS campus on 14/01/2012 by Student interns of M. Sc Psychology, Jain University.

Vishwas conducted career counseling session for final year BBM –HR specialization students on 14th January 2012 at CMS campus. The final year students shared with the center counselor their dilemma and anxiety while choosing between option of going for higher studies and taking up campus placement and working for a few years before pursuing their MBA. Taking this as a cue, a session on career counseling was arranged for the students. Career counselors discussed about the pros and cons of continuing education immediately after graduation. They also discussed different courses connected to the field of HR available in India as well as abroad, which could be pursued by the students after their BBM. There was an interactive session at the end of the presentation and the students clarified their doubts about the future options.



3. Workshop on handling academic stress on 31/01/2012 at NIMHANS centre for well being on “Academic stress” by Dr. Manjula

Since the students of the center expressed requirement for a workshop on how to effectively handle stress, the workshop was conducted in collaboration with NIMHANS, Bangalore. The workshop was arranged exclusively for Jain university students on 31st of January at Wellness center of NIMHANS at BTM layout. The concepts covered in the workshop were Stress Management, Effective study habits, Time Management Skills, Dealing with Exam Anxiety. The feedback for the session was taken from the students. The speaker of the workshop was Dr. Manjula

4. A half day workshop on handling academic stress was conducted on 31/01/2012 at NIMHANS Wellness centre coordinated by SGS campus.

The workshop was coordinated by Vishwas wing of JC road campus on handling academic stress held on Jan 31st 2012 at NIMHANS Wellness centre. Since the students of the center expressed requirement for a workshop on how to effectively handle stress, the workshop was conducted in collaboration with NIMHANS, Bangalore. The workshop was arranged exclusively for Jain university students on 31st January at Wellness center of NIMHANS at BTM layout. The duration of the workshop was two hours i.e., from 2-4 p.m. The number of students participated from the campus were 26. The concepts covered in the workshop were Stress Management, Effective study habits, Time Management Skills, Dealing with Exam Anxiety. The feedback for the session was taken from the students. They rated the program 6 on the rating scale of 10. The speakers of the workshop were Dr. Manjula and two of her associates.

5. An awareness program was held on 02/02/2012, at SET campus on “Role of teachers in effectively handling adolescent students” by Dr. A Jagadish, Director and Consultant Psychiatrist, Abhaya Hospital, Bangalore.



Need for the topic was identified by collecting inputs from the SET campus teachers, who helped center counselor, Mrs. Lona D’Souza to finalize the option for the outreach program. This session is expected to help teachers be better equipped to handle adolescent students to further strengthen the bond between the teachers, students and management in addition to helping teachers understand their students better. It was also an attempt to introduce VISHWAS- the counseling center of Jain University and its activities in the campus.

The Awareness program started at 9:15 AM with an introduction of the speaker by the centre counselor, Mrs. Lona D'Souza. Following the introduction, the guest speaker, Dr. Jagadish gave a brief introduction to the audience about the psychological aspects of an adolescent and then he later dealt in detail with the various aspects that one needs to look into to observing and recognizing the weak links, taking them into consideration in handling the adolescent. He also spoke about how one can use the positives of the student to encourage him/her to be better in their academic performances as well as in their day to day activities. Some of the important points that were dealt in detail were- behavior, habits, attitude, motivation, addictions and emotional aspects. He also guided the teachers on how, when, where and what needs to be focused on an adolescent, either to guide by themselves or to refer to the counselor for further help. The teachers who were the audience were very much benefited by the talk as they were keen on knowing more and had open discussions with the speaker at the end of the session. Some of the teachers discussed even about their personal as well as professional issues and sought guidance from the speaker.

The session was concluded by Mrs. Sahitya, faculty in physics, department of basic sciences with a thanking note during which the director of the centre, Dr Y Vijaya Kumar, handed over a memento as token of gratitude to Dr Jagadish. On the whole the talk was a success.

6. Workshop for parents of CMS students – “Effectively parenting the adolescence “on 04/02/2012 at CMS campus by Dr. A. Jagadish, Director and Consultant Psychiatrist, Abhaya Hospital, Bangalore.

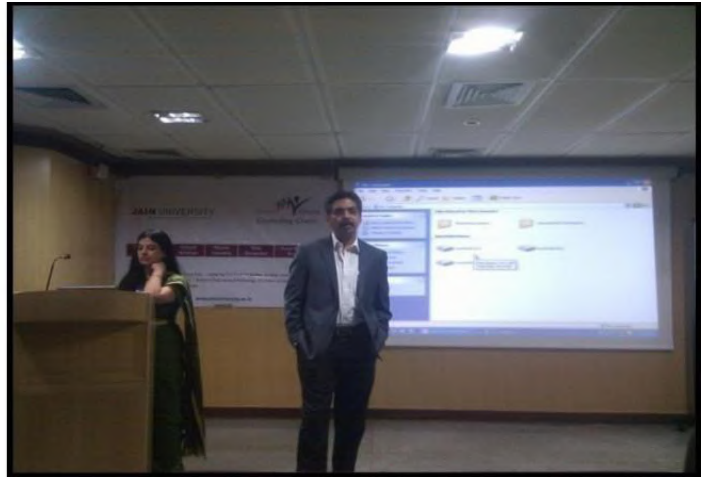
Vishwas conducted a one-day workshop, exclusively for the parents of CMS students on “Effectively parenting the adolescence “. The topic for this workshop was identified after discussing with parents of some students and class teachers of our campuses. The most frequently identified problems mentioned by most of them were- Lack of commitment from students to attend the classes, Rebellious attitude, Black mailing parents for expensive gifts, Suicidal tendencies, Sibling rivalry, Relationship problems etc. Dr A. Jagadish was identified as the resource person for this topic, as Dr Jagadish is well known in India for his talks on television on related topics. He is the director and consulting psychiatrist at Abhaya hospital, Bangalore, who has over 23 years of experience in the field of psychiatry. Dr Jagadish spoke on how to identify warning signs of a border line personality. He highlighted the behavioral aberrations commonly seen in adolescence and ways to tackle the problems. There was a question answer session following Dr Jagadish’s presentation, which helped parents and

teachers alike. The session was concluded by a parent, Mrs. Simran, who appreciated the benefits of such sessions to parents and suggested the counseling center to host such session in the future too.



7. Academic support program on “Bridging the gap between industry and academics” by Sanjay Virnave, CEO, Mistral solutions, Bangalore on 28/02/2012 at CMS campus

It is understood that there is a huge percentage of unemployed youth who are educated, especially in India. As per many research reports, it is the incompatibility of students take away from academic institutions and industry requirement, which is contributing to the unemployment of educated youth. To combat this problem at our university level, Jain University Vishwas has arranged a guest session by Mr. Sanjay Virnave on “ Bridging the gap between Industry and academics” .The two hour session was targeted at final year BBM students, who were graduating soon. The session invoked interest in second year and first year students as well. A total of 55 students attended the session. Mr. Sanjay spoke about the expectation from industry while they select fresh graduates; the soft skill requirement apart from technical competence, how to acquire the required skill sets etc, and the session was concluded with a vote of thanks by Ms Vandya Bhat, second year BBM, CMS. Feedback of the session was taken for future enhancement of forthcoming guest sessions.



8. Guest session at Aditi Technologies, Embassy Techpark, Bangalore on “Work life balance for women employees” on 09/03/2012 was conducted by Dr Uma Warriar.

As a part of outreach program, Dr Uma Warriar conducted a training session for employees of IT company called Aditi Technologies, Embassy Techpark, on “Work life balance for women employees” on 9th March, 2012 (Conducted by Dr Uma Warriar). The personal department senior executive Sneha N identified the need for addressing the women employees to bring out the problems faced by them at work place as well as at home so as to suggest some coping strategies for the same.

The session was attended by around 60 women employees. The session was very interactive, with the women employees sharing their woes in life. Suitable strategies to address the organizational as well as personal stressors were discussed by the counselor. Feedback was taken for further improvement.

