



Jain University Students' Guidance and Counseling Center



Annual Report

2012 June - 2013 May

1. Outreach program for Jain University CMS campus faculty members on “Effectively handling anger” by Dr Paulomi Sudhir, Additional professor and consultant at Behavior medicine unit, NIMHANS on 07/07/2012 at CMS campus



The topic for this workshop was identified after discussing with the teaching members of CMS. The student's feedback taken in the month of March 2012 was also used as an input for deciding on the topic. Anger management is a universal problem, applicable to people of all the walks of life. Conducting this session was intended to help the faculty members to handle anger in the most effective way so that there is dysfunctional conflict between teacher and students in the class room.

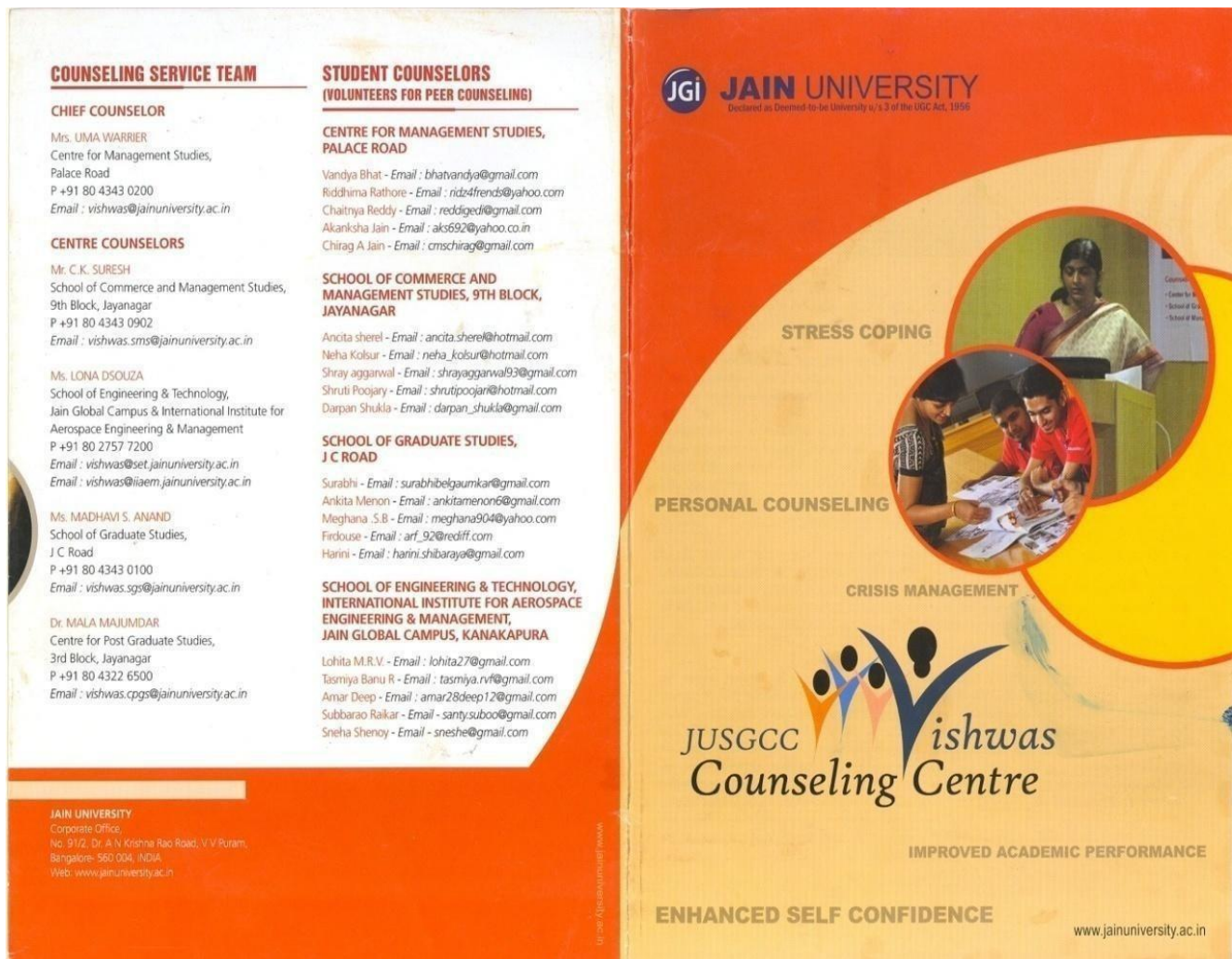


The topic was also discussed with professors of department of clinical psychology of NIMHANS and the resource person was identified accordingly. Jain University counselor Dr Uma Warriar introduced Dr Paulomi. Dr Paulomi Sudhir is a doctorate in cognitive behavior therapy (CBT) on Emotional Disorder and Health Conditions. Dr Paulomi started the session with different degrees of expression of anger. The ABC model of anger – Action, Causative and Belief was discussed in detail. It was suggested to the audience to not to directly go from C to A without considering B.

The 2 hour session was filled with insights on varied anger management techniques like auto suggestion, strategies for anger in a better way and Yoga techniques. Ms. Harini, faculty of Mass communication PG course gave vote of thanks. The session ended with a Yoga session for 15 minutes on using breathing technique to control anger.



2. JU Vishwas Released a Handbook with FAQ's on Counseling along with mailing details of all the Five Center Counselors and Chief Counselor of Jain University for the benefit of Students of Jain University in June 2012



3. Three days workshop on “Resume writing and interview skills “by Dhruv Gera on 28/06/2012, 29/06/2012 & 30/06/2012 June 2012 at CMS campus

Vishwas chief counselor discussed with placement executives of from varied campuses of Jain University on the issues of students placement and it was understood that students need to improve their resume making skills, as resume is the vehicle which takes the student into the work place. A wrong styled resume is immediately rejected by the HR of prospective companies for job placement even when the candidate had the required skill set. This gave the impetus for campus wide workshop on “Resume writing and interviewing skills.” The resource person was identified as Mr. Dhruv Gera, Executive at CMS.



The 3-day workshop had pre condition of student participant coming over for the program with the hard copy of their own resume written in their own style. Over the period of 3 days, around 25 varied formats of resumes were exhibited and discussed and the latest Form of resume known as “was also discussed. One full day was extensively used on interview taking skills. Around 50 most probable questions and the most ideal answer for those questions were discussed. Around 30 final year students participated in the program. Certificates were given away for the participants at the end of the program.



4. One day workshop on “ Use of psychometrics for your career planning by Ms Smitha, MS in Managerial Psychology from the University of Manchester “ on 22/08/2012 at CMS campus

This is an era of psychometrics and usage of psychometric tools for business advantage has become a very popular practice in all developed countries and some of the developing nations. There is a constant need among college students for identifying the right career which is most suitable for their individual interest. Understanding the need, JU Vishwas conducted a one day workshop on **“Use of psychometrics for your career planning”** The spokesperson identified was Ms Smitha, who has a Master’s Degree in Managerial Psychology from the University of Manchester and has Level A and Level B certification from the British Psychological Society (BPS).



The resource person spoke about what psychometric tests are all about, its use, different types of psychometrics and its specific usage. A short psychographic test was administered to the participants to understand the learning style (Visual, Auditory, Reading/Writing, and Kinaesthetic) of student which will help them in better academic performance.

Since the program was specifically meant for final year BBM students, seventy-two students attended the program and their learning styles were identified.



5. A half-day session for newly joined students on challenges of acclimatizing to college life was conducted by Dr Uma Warriar , Chief Counselor, on 22/08/2012 JGI, for the First year students during their orientation at SET campus.



Orientation programs are conducted in all the Jain university campuses when new batch of students join SET campus, and started their new academic year on 22nd August 2012. The centre head identified the need for counseling facility awareness at JU campus extended through Vishwas. Also since there was a need to address the problem of ragging and precautionary measures for ragging as ragging is rampant in technical institutions.

Chief counselor of Jain University, Dr Uma Warriar address the gathering of 250 students by briefing on JU-Vishwas, its inception, activities, services provided by Vishwas etc. Emphasis was given on anti-ragging practices adopted at Jain University. The session was followed by a question answer session; where the students were given time to ask relevant questions. The information booklet of JU- Vishwas was handed over to the students.

6. Report on counseling sensitization training for Jain University students at NIMHANS Wellness center on 01/09/2012

Peer counseling is a relatively new concept for Indian college campuses. Peer counseling teams in colleges provide great benefit to the mental health of young people. These teams also help institutions as a whole by keeping professional counselors and caregivers aware of current issues and potential threats to student health. The services that can be provided by peer counselors include concerns about college adjustment, college requirements, student services, identifying students with warning signs of mental health problems and directing them to the center counselor etc



Considering the need for peer counseling in Jain University campuses, JU-Vishwas has initiated a student sensitization program in collaboration with NIMHANS, Bangalore. The student nominees were selected from all the 4 undergraduate campuses of Jain University (*Center for Management studies, School of Commerce and Management Studies, School for Graduate studies and School of Engineering and Technology*), from a group of student volunteers who wanted to participate in the training program. Students who are well grounded in their own mental health are identified for the training program. The training program is drawn out in 3 phases and upon completion of the course successfully, the students will be certified by NIMHANS as student volunteers for peer counseling.

23 students were identified from the campuses with the help of respective centre counselors. The students assembled at CMS campus and the Chief counselor of Jain University addressed the students and spoke about the inception of counseling services at Jain College in the year 2004, its objectives and core values.

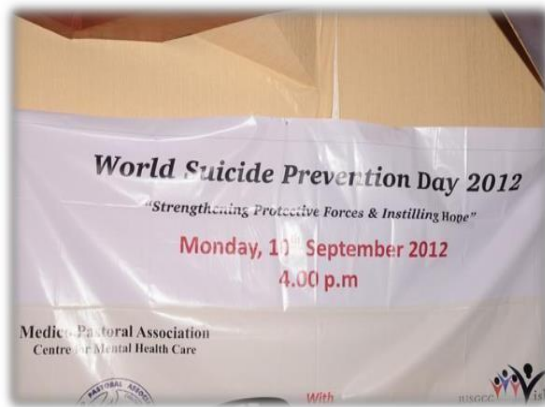


Students were given a chance to interact with each other for better team bonding, as they were from varied campuses. The students were taken to the NIMHANS Wellness center for the sensitization training session. Resource person for the training program was Dr. Seema Mehrotra. The coordinator for the event was Ms. Anuroopa. Dr. Seema spoke about myths and realities of different concepts in counseling. The session was very interactive, where students got a chance to clarify the basic doubts regarding counseling. Latter half of the day was dedicated to activity based learning. Students were divided into 2 groups and they were asked to identify the most feasible and effective programs for spreading awareness among students of their respective campuses and students were asked to present their view points in pairs. The students came out with brilliant ideas, which were campus specific. Some of the ideas suggested by students were: Conducting a skit competition as a part of spreading awareness, drawing competition and photography competition with a theme related to counseling, slogan writing competition, guest lectures by eminent mental health professionals on warning signs and risk factors of different mental illness, observing a mental health day in campus with multiple activities for spreading awareness, use of banners and posters, street plays with a theme etc.

A student trainee, Ms Ancita from School of Commerce and Management studies, Jayanagar 9th block gave vote of thanks to the resource people and facilitators. The session was adjourned with a promise to meet up for the second phase with much more learning and much more fun.



7. Report on suicide prevention day celebration on 10/09/2012 by Jain university students' guidance and counseling center – Vishwas in collaboration with Medico Pastoral Association at Jain University- CMS campus, inaugurated by Dr Chandrasekhar, Secretary, Karnataka state Mental Health Authority



Suicides are preventable. With this hope, Jain University students' guidance and counseling center, Vishwas in partnership with Medico pastoral association observed World Suicide Prevention Day (WSPD) with the theme "Strengthening *Protective Forces & Instilling Hope*" on 10th September, 2012.



The event, conducted in Jain University – Center for Management Studies, was graced by the presence of Dr Chandrasekhar, Secretary Karnataka state Mental Health Authority, Chief guest of the world suicide prevention day.

Other dignitaries of the occasion were eminent personalities like Dr Ajit Bhide, consultant psychiatrist and VP, Medico Pastoral Association, Captain Akku Pahlajani, Dr Sabhaney, Dr. Gururaj, Mrs. Lalitha Das, Ms. Diana Tholoor and Ms. Latha Jacob. The event started off by seeking blessings by the almighty in the form of prayer by Vandya Bhat, student of CMS, Jain University. Introductory welcome address was given by Guest of Honor of the day, Dr Uma Warrier, chief counselor, Vishwas counseling centre, Jain University. Dr Uma briefed about Jain University's counseling centers across all the campuses and the services provided in each campus. Services provided by Medico Pastoral Association were also briefed. Possible reasons for suicidal tendency among the youth, relevance of preventing suicidal tendency among the campus students and some of the ways of spreading awareness of suicidal prevention were spoken. Following the welcome address, Mrs. Thilaka Bhaskaran, a Sahai volunteer shared her experiences of helping individuals not to commit suicide and spoke on varied ways in which the interested individuals could help their peers by using the Sahai Helpline. Sahai Volunteers were felicitated for their tireless efforts made to help people.



The highlight of the event was an Inter - collegiate skit competition. The objective of the skit competition was to spread awareness for suicide prevention. Four teams participated in the competition. One team from Jain University – Center for management studies, Jain University– School of commerce and Management studies and two teams from Maharani College of Art's science and commerce took part in the skit competition. The competition was judged by Ms. Diana Tholoor and Ms. Lalitha Das. The skit was moderated by Dr Ajit Bhide.



Every team portrayed a different view of suicide and delivered a message at the end of their skit. The first team from Maharani's, who were declared as the first runner up, depicted the daily life of a student and the pressure that he/she goes through which leads to suicide. The team from Jain University -CMS, who were declared as the winners portrayed the life of a teenager getting into the habit of smoking and alcohol due to his relationships with friends in college and how his family was the supporting force to help him come out of the problem. As a token of appreciation, the winning teams were given cash prize. All the four teams helped create awareness for the cause in a very thought-provoking way.



As a closing note the chief guest, Mr. Chandrasekhar addressed the gathering and spoke about how suicide can be prevented and what are the steps that need to be taken to avoid suicides. Finally, Mrs. Latha Jacob delivered the vote of thanks.



Since suicide prevention awareness holds special importance to college students, especially in south India, where suicide rates are the highest among the younger generation, the event was a beginning towards the journey for disseminating the message of suicide prevention. After all, the whole objective of Suicide Prevention Day, celebrated all across the world and the event conducted is to save more lives!



Invitation letter on World suicide prevention day on 10/09/2012



Medico Pastoral Association

Center for Mental Health Care

with



Vishwas Counseling Center

Jain University Students Guidance and Counseling Center

Cordially invite you to attend

World Suicide Prevention Day 2012

Theme: 'Strengthening Protective Forces and Instilling Hope'

Chief Guest

Prof. H. Chandrasekhar

Secretary, Karnataka State Mental Health Authority
HOD, Dept of Psychiatry, Victoria Hospital, Bangalore

Guest of Honor

Ms Uma Warriar

Chief Counselor, Jain University

Date : Monday, 10th September 2012

Time : 4.00 p.m. to 6.00 p.m.

Venue : No.3 Seminar Hall, 4th floor

Centre for Management Studies, Jain University

I/I-I, Atria Towers, Palace Road, Bangalore 560 001.

Programme

Invocation - Prayer song
Students, Jain University

Lighting of Lamp

Welcome address -

Ms. Uma Warriar, Chief Counselor, Jain University

Sahai Helpline Experiences -

Mrs Thilaka Baskharan, a Sahai Volunteer

Introduction of Skit Competition -

Moderator, Dr Ajit Bhide, Consultant Psychiatrist &
Vice President, MPA

Competition

Felicitation of Sahai Volunteers

Capt. Akku Pahlajani, Co-ordinator, SAHAI

Judges report

Prize distribution by Chief Guest

Vote of thanks

10/09/2012

Prajavani 10/09/2012

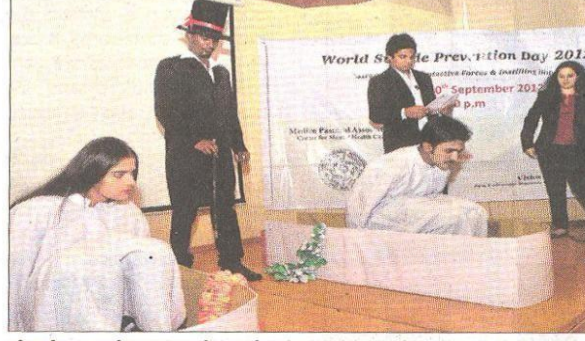
‘ವಿಕ್ಟೋರಿಯಾದಲ್ಲಿ ನಿತ್ಯ 50 ಆತ್ಮಹತ್ಯೆ ಪ್ರಕರಣ’

ಪ್ರಜಾವಾಣಿ ವಾರ್ತೆ

ಬೆಂಗಳೂರು: ‘ವಿಕ್ಟೋರಿಯಾ ಆಸ್ಪತ್ರೆ’ಯಲ್ಲಿ ದಿನವೊಂದಕ್ಕೆ 40 ರಿಂದ 50 ರವರೆಗೂ ಆತ್ಮಹತ್ಯೆ ಪ್ರಯತ್ನದ ಪ್ರಕರಣಗಳು ದಾಖಲಾಗುತ್ತಿವೆ ಎಂದು ವಿಕ್ಟೋರಿಯಾ ಆಸ್ಪತ್ರೆಯ ಮನೋವಿಜ್ಞಾನ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ಪ್ರೊ.ಎಚ್. ಚಂದ್ರಶೇಖರ್ ಕಳವಳ ವ್ಯಕ್ತಪಡಿಸಿದರು.

ಮೆಡಿಕೋ ಪಾಸ್ಟೋಲ್ ಅಸೋಸಿಯೇಷನ್ ನಗರದಲ್ಲಿ ಸೋಮವಾರ ಆಯೋಜಿಸಿದ್ದ ‘ವಿಶ್ವ ಆತ್ಮಹತ್ಯಾ ತಡೆ’ ದಿನಾಚರಣೆಯಲ್ಲಿ ಅವರು ಮಾತನಾಡಿದರು.

‘ಹೆಚ್ಚಿನ ಆತ್ಮಹತ್ಯಾ ಪ್ರಕರಣಗಳಲ್ಲಿ ಯುವ ಜನತೆಯೇ ತುತ್ತಾಗುತ್ತಿರುವುದು ಆತಂಕಕಾರಿಯಾಗಿದೆ. ಅವರಿಗಿರುವ ಅತಿಯಾದ ಒತ್ತಡ, ಪರಿಣಾಮ ಬೀಗಿರುವ ಅತಿಯಾದ ಭಯ, ಮನೆಯವರ ಒತ್ತಡ ಹೀಗೆ ಇನ್ನು ಮುಂತಾದ ಕಾರಣಗಳಿಂದ



ಮೆಡಿಕೋ ಪಾಸ್ಟೋಲ್ ಅಸೋಸಿಯೇಷನ್ ನಗರದಲ್ಲಿ ಸೋಮವಾರ ಆಯೋಜಿಸಿದ್ದ ‘ವಿಶ್ವ ಆತ್ಮಹತ್ಯಾ ತಡೆ’ ದಿನಾಚರಣೆಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಕಿರು ನಾಟಕವನ್ನು ಪ್ರದರ್ಶಿಸಿದರು

-ಪ್ರಜಾವಾಣಿ ಚಿತ್ರ

ಇಂದಿನ ಯುವ ಜನತೆಯು ಆತ್ಮಹತ್ಯೆಗೆ ಅತಿ ಬೇಗ ಯಶಸ್ಸನ್ನು ಸಾಧಿಸಲು ಶರಣಾಗುತ್ತಿದ್ದಾರೆ. ಅಲ್ಲದೇ, ಅವರು ಬಯಸುತ್ತಾರೆ. ಅದು ಕೈಗೊಂಡಿದ್ದಾಗ

ಆತ್ಮಹತ್ಯೆಯ ಮೊರೆ ಹೋಗುತ್ತಾರೆ’ ಎಂದು ವಿವರಿಸಿದರು.

ತಮ್ಮ ಎಲ್ಲ ಸಮಸ್ಯೆಗಳಿಗೆ ಆತ್ಮಹತ್ಯೆಯೇ ಪರಿಹಾರ ಎಂದು ನಂಬುತ್ತಾರೆ. ಆ ಸಮಯದಲ್ಲಿ ಅವರಿಗೆ ಒಂದು ವಿಶ್ವಾಸ ಪೂರ್ಣವಾದ ಮಾತು, ಸ್ನೇಹದಿಂದ ಅವರನ್ನು ಈ ಆತ್ಮಹತ್ಯೆಯ ದಾರಿಯಿಂದ ವಿಮುಖರನ್ನಾಗಿ ಮಾಡಬಹುದು’ ಎಂದು ಅಭಿಪ್ರಾಯಪಟ್ಟರು.

‘ಅತಿ ಸೂಕ್ಷ್ಮ ಮತಿಗಳಾದವರಿಗೆ ಬದುಕಿನ ಅತಿ ಚಿಕ್ಕ ಸೋಲು ಸಹಿಸಿಕೊಳ್ಳಲಾಗುವುದಿಲ್ಲ. ಅಂತಹವರಿಗೆ ಕುಟುಂಬ ಮತ್ತು ಸಮಾಜ ಆತ್ಮವಿಶ್ವಾಸ ಮತ್ತು ರಕ್ಷಣೆಯನ್ನು ಒದಗಿಸಬೇಕು’ ಎಂದರು.

ವಿಶ್ವ ಆತ್ಮಹತ್ಯಾ ತಡೆ ದಿನಾಚರಣೆ ಅಂಗವಾಗಿ ವಿವಿಧ ಕಾಲೇಜು ವಿದ್ಯಾರ್ಥಿಗಳು ಕಿರು ನಾಟಕವನ್ನು ಪ್ರಸ್ತುತಪಡಿಸಿದರು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ವೈದ್ಯ ಅಜಿತ ಭಡೆ ಮತ್ತಿತರರು ಉಪಸ್ಥಿತರಿದ್ದರು.

Deccan Herald 10/09/2012



LIFE IS BEAUTIFUL: Students of Jain College perform a skit at a competition held to mark World Suicide Prevention Day at the Centre for Management Studies, Jain University, in Bangalore on Monday. DH PHOTO.

‘Suicide risk group getting younger’

BANGALORE: Every day, five to six cases of attempted suicide are admitted to the Victoria Hospital. Nearly 30 per cent of the ward space and 50 per cent of the ICU beds in the hospital are occupied by patients who attempt suicide, said Dr H Chandrashekhara, secretary of the Karnataka State Mental Health Authority and head of the department of psychiatry at the hospital.

Speaking at an awareness programme ‘strengthening protective forces and instilling hope’ on the occasion of ‘World Suicide Prevention Day 2012’ organised by the Medico Pastoral Association on Monday,

Chandrashekhara said Chennai was the new suicide capital and not Bangalore.

“Although the trend of youngsters committing suicide has not come down, it is shocking to note that the age group has gradually regressed in the past few years. Earlier, it was the age group between 18-29 years. Now, there are more cases of students in the age group of 15-19 years,” he said.

Training for caretakers

Spandana Health Care had organised a day-long educative programme to caregivers of persons affected with mental illness and substance depend-

ence. The day also saw the launch of “A Handbook on Training Volunteers in Suicide Prevention”.

Spandana Health Care has a 24-hour suicide helpline initiated in 2010. Dr Mahesh R Gowda, Director and Consultant Psychiatrist of Spandana Health Care, highlighted the need for awareness that suicide is preventable.

Prof Sridhara Murthy, Department of Clinical Psychology, NMKRV College, said the high level of burden, parental stress on academic excellence are main triggers for increased suicide rate among youths.

DH News Service

‘Emotionally Distressed Should Seek Support’

Express News Service

Bangalore: Persons aged between 19 and 40 years are vulnerable to suicide, Professor H Chandrashekar, Head of Department, Psychiatry Department, Victoria Hospital, said on Monday.

He was speaking at the inaugural programme of an inter-collegiate skit competition organised by the Medico Pastoral Association's Centre for Mental Health Care and Vishwas Counselling Centre of Jain University Students Guidance and Counselling Centre in the city to mark the World Suicide Prevention Day on Monday.

"The initial stage is most important for an emotionally distressed person. Such persons must seek support at this stage," Prof Chandrashekar said adding that it is important for the society to be aware of the ways in which a crisis like this could be overcome.

G Gururaj, professor and head of the Department of Epidemiology at the National Institute of Mental Health and Neuro Sciences (NIMHANS), discussed a study undertaken in 2007

in which families of 400 suicide cases and 370 attempted suicide cases were taken through a kind of 'psychological autopsy'.

"We found that there was no single trigger which caused a person to commit suicide, but instead it was a complicated interplay of many different reasons which lead up to the suicide," Gururaj said.

PEOPLE WITH SUICIDAL TENDENCIES SHOULD BE TREATED AT INITIAL STAGES, SAYS EXPERT

He asked the people gathered to learn to communicate distress to others and share problems in order to learn more from other people's experiences as well.

Thilaka Bhaskaran, a volunteer at Sahai, a suicide prevention helpline in the city, spoke about her experiences. "We really need more volunteers in order to be able to deal with calls at evening and night. We are currently functioning between 10 am and 5 pm because of lack of volunteers," she remarked.

8. Peer counseling training 2nd session for JU Vishwas students at NIMHANS Center for Wellbeing on 30/11/2012

The second session of peer counseling for JU Vishwas students, titled “*Supporting Matters and Each One Count*” was conducted in NCWB on 30th November 2012 as a continuation to the sessions conducted for equipping the interested students with the knowledge of Peer counseling. Dr. Seema along with the positive psychology team made the workshop very interesting by including activities that made students understand the concepts better. Learning with fun is what they ensured and gave the students a lot of insights on the day to day happenings in a student’s life.



The workshop started with a recap of what was learnt in the previous session. The first activity was to get to know each other through an activity where a team of 10 was made and every member had to remember the names of the team members. It made students realize that knowing the name of person is the first step towards understanding the person. The next activity was to solve a puzzle where there were two groups made and every group member was given pieces of a picture cut in different shapes. The best part of the game was that the picture was not given to the teams initially and there were many odd and unwanted pieces included as well. The intention of playing the game was to ensure that we consider every piece of the puzzle held by every team member and not neglect anyone who had the odd piece. The message was to treat everyone equally and not to isolate any team member which is usually experienced by many students in their college life.



Strengthening the strengths and weakening the weaknesses was emphasized. Two teams were given a list of strengths that they had to assign to every team member and remember them. A plastic ball was given to a particular team member and that team member had to pass on the ball to another team member whose strength was called out by the moderator. It helped the students in understanding the importance of strengths and balancing them with weaknesses. The message was to first identify the strengths in an individual rather than the weaknesses and not be very judgmental about other person.



A role play was conducted wherein day to day situations like student's unwillingness to attend an exam and go for a movie and the loneliness of a hostel student was portrayed by few students. The students in the audience were asked to give out positive and negative ways of handling a situation which were then examined and discussed by the moderators. The students understood that every situation could be handled in different ways and every

Individual had a different approach towards a problem. The role play made us understand that friends could be the best support and would help in solving most of the problems.

The session then ended with a small recap of the learning's during the session. On the whole, the workshop helped the students in understanding the importance of the support in one's life.



9. Outreach program conducted by JU Vishwas at Rajarajeswari Nagar campus on 04/12/2012 on “Challenges of college life and coping strategies” by Dr Uma Warriier

Rajarajeswari Nagar campus is one of the latest additions to our group of campuses in Bangalore. Center head of the institution, Dr. Rajani Jairam identified the need for the students of the institution to undergo a series of sessions by mental health professionals for helping the students to cope with the challenges of adolescence. A half-day session conducted by JU chief counselor, Dr. Uma Warriier was planned on 4th December, 2012 to orient students on common challenges faced by adolescence and coping strategies for the same. The students of Rajarajeswari Nagar who attended the outreach program were a combination of commerce and science students of PUC. Around one hundred students participated in the interactive session arranged by JU Vishwas. The session started with an introduction to counseling and services provided by Vishwas to orient and familiarize students with the concept of counseling. The most common issues and challenges faced by adolescent students were discussed. The interactive session had students asking specific issues they face in their academic as well as personal life, like learning disability issues, assertiveness issues, issues of public speaking etc.

Tailor made strategies to suit the specific cases were discussed by the speaker. Some general coping mechanisms were discussed.

One of the challenges identified by the students was that they are not able to score the kind of marks they expect in board exam, in spite of studying hard. To address this particular issue, the resource person explained VARK (Visual, Auditory, Read/Write, and Kinesthetic) learning styles to students. VARK standardized questionnaire was distributed to students and scoring was done. Majority of respondents who attended the outreach program were auditory learners. The least were Visual learners.

For each of the learning style, specific learning strategies were discussed by the resource person. A hand out was given to each student at the end of the session based on their particular learning style. Students found this as a major take away from the session. The session was concluded with a plan to meet the students for further interventions to help them cope better in life



10. A Workshop on “Internet addiction” conducted on 13/12/2012 by Dr Uma Warriar

Use of the Internet on college campuses has increased dramatically in recent years, leading to pathological use, or Internet addiction, for some students. Internet addiction is defined as a psychological dependence on the Internet and is characterized by (a) an increasing investment of resources on Internet-related activities, (b) unpleasant feelings (e.g., anxiety, depression, emptiness) when offline, (c) an increasing tolerance to the effects of being online, and (d) denial of the problematic behaviors. Individuals exhibiting such symptoms often are dealing with underlying psychological issues. College students are particularly vulnerable to pathological Internet use.



The half day workshop was conducted by center counselor Dr Uma Warriar to bring in awareness among students on problems of internet addiction, its symptoms, dangers of internet addiction; strategies to reduce/ avoid addiction etc. 30 students participated in the half day workshop. Questionnaires were distributed among students to make them aware of the nature of addiction and to what extent they are addicted. Students shared their experiences and there was a high level of felt need for coming out of addiction by the students.

11. Teachers training program for Jain University teaching staff “Discovering yourself at work” at Jain University CMS campus on 17/12/2012 by Dr. Uma Warriar

Jain university student support wing headed by Dr Rajani Jairam and Dr Shanthi Iyer conducted a meeting for all the center counselors of Jain University on 7th December 2012. There was a proposal for conducting teachers training for Jain University teachers across all the five campuses of Jain University. Since the number of teachers could not be accommodated in one batch, campus wise training program was planned phase wise. The first series of training program was planned for teachers of less than 30 years of age for the purpose of having more homogenous group. The specific area that needs to be addressed was found to be engagement of generation Y teachers of JU. The series was started with CMS and RR Nagar campus teachers as first set of participants. The training session was titled “Discovering yourself at work.” Around 30 teachers participated in the program. A pre training tool was sent to all the participants in the form of “Personal Inventory” for bringing awareness among the participants about the resources and opportunities available to them and to what extent they are optimizing the available resources.



The program was inaugurated by Dr Rajani Jairam. Dr Rajani introduced the concept to the participants, emphasizing the need for identifying and addressing the issues and challenges, exploring the opportunities available to them in Jain University and urged them all to take up the coping strategies to be discussed in the training session.

Jain University Chief counselor, Dr Uma Warriar was identified as the resource person for the program. The session had objectives of identifying the challenges faced by Gen Y teachers and discussing coping strategies for the same.



Session started with an icebreaker, as the participants were from two different campuses and it was essential to have more relaxed atmosphere to facilitate better learning. It was a highly interactive session where the participants were asked to volunteer to speak up the challenges faced by them. Later the resource person listed about twenty challenges and around forty two coping strategies were discussed.

Gallup employment survey, commonly known as Q12, was administered to the participants to know the level of employee engagement. The details of the engagement survey across all the five Jain university campuses will be analyzed to arrive at the employee engagement level of employees. Feedback of the session was taken to facilitate better and improved sessions in future.

12. 3rd and 4th phase of Student peer counselling training sessions conducted at NIMHANS Centre for Wellbeing, on 20/01/2013 by Dr Paulomi and Dr Poornima Bholar

As a part of the peer counseling training sessions, a workshop on *“Understanding moods and emotions”* was conducted on 20th January 2013 in NWCB. It gave the students deeper insights about understanding others. Dr Paulomi and Dr Poornima Bholar conducted the workshop in a very interactive manner and made it interesting to the students.



The session started off with the introduction of the students. After which, an activity called *“Mood Charades”* was conducted. In this activity, one would enact a particular emotion and the rest had to guess it. Emotions like Excitement, Shock, Depression, Anger etc. were projected by the students. This gave the students an idea about how to understand others emotions by looking at their facial expressions. After a small break, the students were given an activity sheet where they had to remember a recent incident in their own life as well as any other friend’s life and mark their emotions in a thermometer ranging from 1 to 10, 10 being the highest. This helped the students in understanding how difficult it is to rate emotions as there are multiple emotions emerging at the same time. Students understood that it is difficult to understand and remember others’ emotions when compared to their own emotions.

The workshop then continued with another activity where the students had to write about a not so good incident, how they controlled their emotions and what they could have done to overcome them. This made the students realize where they were going wrong and in future what they could do to avoid any anomalies in emotions. The students were then divided into 3 groups and were told to identify 5 warning signs – signs that would indicate that a person is in some problem. Signs like isolation, overreaction, talking about death all of a sudden, becoming philosophical for every instance etc. were identified by the students. This gave a better picture about how to understand others through their behavior.

The experts also gave us a few ground rules like being empathetic, having a non-judgmental attitude, maintaining confidentiality etc. to make us understand the role of a counselor in a better manner.



The students then gathered back after a lunch break and understood the differences between Feelings, Thoughts and Action. The students segregated them in the activity sheet which had a mix of all three aspects. The last and the most interesting aspect of the workshop were the role plays. Three teams were given three different situations that were to be enacted by two students. One had to play a role of counselor and the other that of the counselee. Situations like a student losing confidence due to a bad presentation, feeling bad about a mother's illness etc. were given. Students realized how to approach the person in problem and all the dos and don'ts while counseling any person.



The session ended with a small feedback and all the students felt that it was very helpful. It enhanced their knowledge about understanding other's emotions.



13. 5th and 6th phase of Student peer counseling training sessions conducted at NIMHANS Centre for Wellbeing, on 12/02/2013

The concluding sessions for Jain University Peer counseling for the year 2012 to 2013 Was conducted at NCWB; Bangalore. The final peer counseling training session ***“Action Zone-Connecting the Dots”*** was conducted on 12/02/2013 at NWCB. It was a Session that helped the students in revising all the concepts learnt in the previous training Sessions. The sessions have equipped students with knowledge of counseling their peers in the best possible manner and with available resources



The session started off with a talk by Dr. Manoj K Sharma about ***“Freedom: Life beyond Drugs”*** wherein students got deeper insights about substance use and behavioral addictions. He taught the way of approaching substance addicts in the most suitable manner. He initially spoke about the 3C’s – Craving, Compulsion and Consequences that defines addiction and then told us about the prerequisites of approaching any substance addict. Confidentiality and Non-judgmental attitude were considered as key factors for counseling an addict. Substance use like Tobacco, Alcohol, Drugs etc. behavioral addictions like attachment with cell phones, media etc. were considered as highly significant in the youth. Students got a better picture about tackling problems of an addict.



The session was then continued after a lunch break. Many doctors like Dr Seema, Dr Prabha, Dr Paulomi Dr. Poormina and other facilitators conducted a surprise quiz which was a quick recap of the previous sessions. Students could recall the previously learnt concepts and answered almost all the questions with a lot of enthusiasm. The students were divided as per their individual counseling centers and given a set of certain personality traits. They had to tick the ones that suited them the best and classify them into separate groups called Supporters, Co-coordinators, Positive – environment creators and Gatekeepers. It would help individual counseling centers in identifying a set of individuals who would spread awareness about seeking help and positive mental health.





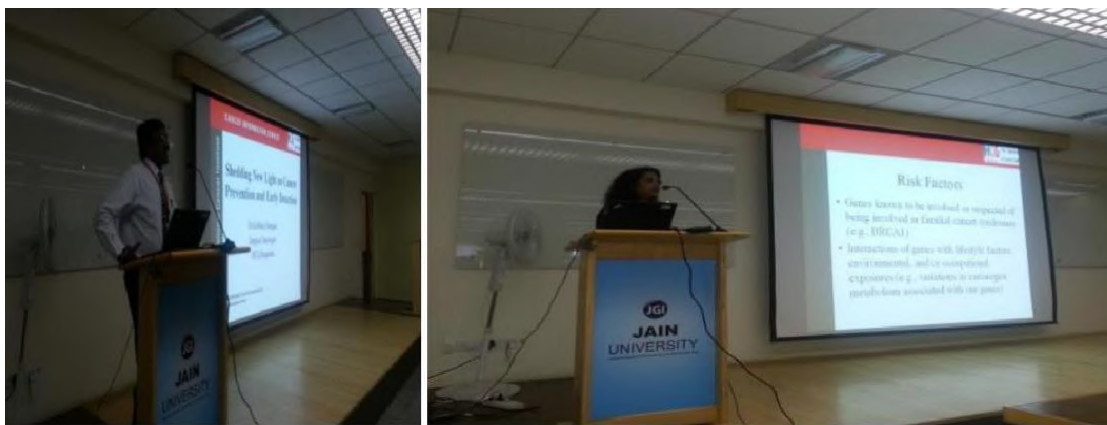
The students of every centre had to come up with ideas that they would implement in promoting the concept of counseling in their own college in the current month (June). Various ideas like having a fest dedicated to positive mental health, creating websites, showcasing documentaries etc. were considered by the students. It was noticed that these activities would bring all the JU centers in unison for creating awareness about counseling. A video on several types of problems prevalent in the society was shown by the facilitators. Stress, Suicide, Absence of positive mental health etc. were focused on with a message conveying that help is available for all problems.

The session was concluded with an innovative feedback session where students had to write about their experiences on the papers that were stuck on the walls. On the whole, it was a very interesting and informative series of sessions that helped the students to be more aware of themselves and the situations around them.



14. Awareness program on cancer for Lady Staff and Students was held on World Cancer day, 04/02/2013 in association with Women's Cell by Speaker – Dr. Krithika. M, Consultant Surgical Oncologist , Health Care Global Hospital, Bangalore at SET campus

World Cancer day was observed on 4th February 2013 at School of Engineering and Technology, Jain University, Global Campus, Ramanagara Taluka. This was initiated by Women's' Cell and supported by VISHWAS, Counseling Cell, School of Engineering and Technology, Jain University.



A Cancer Care specialist, Dr Krithika Murugan from Health care Global Hospital (HCG cancer care hospital) was invited to deliver a talk on Cancer. She helped create Awareness on different forms of cancer and its care. The focus was on women's' health and the kind of cancers that can affect women.

Dr Krithika helped the staff and students of SET, JU, to be aware of their body and the changes that take place to keep themselves cautious from being a victim of cancer. The session began at 2:00 PM followed by an hour's discussion. The session was wound up at 3:30 PM with distribution of literature on cancer and its care.

15. One day seminar on “ HOW TO FACE EXAMS EFFECTIVELY “on 6th April 2013 addressed by Dr. M. Manjula (Associate Professor at NIMHANS), Ms. Meghna Singhal (Junior Consultant & PhD Scholar, NIMHANS) and Ms. Mareena Susan Wesley (PhD Scholar, NIMHANS).



Fear is the biggest enemy of students. With semester exams round the corner, Vishwas counseling centre, Jain University organized a seminar on “HOW TO FACE EXAMS EFFECTIVELY”. The seminar was addressed by Dr. M. Manjula (Associate Professor at NIMHANS), Ms. Meghna Singhal (Junior Consultant & PhD Scholar, NIMHANS) and Ms. Mareena Susan Wesley (PhD Scholar, NIMHANS). The seminar was held on 6th April 2013 at Jain University. It was addressed to the Post Graduate students of Clinical, Industrial & Counseling Psychology. 50 PG students attended the programmer.



Dr. M. Manjula spoke about exam anxiety, its manifestations and the ways to deal with it. Ms. Meghna Singhal spoke about organizing the study materials, weekly revision plans, setting time frame, setting the right environment, effective ways of reading, phases & strategies for revising. Ms. Mareena Susan Wesley spoke on ‘Time Management’ before and during exams through setting goals, prioritizing, scheduling, managing time wasters and procrastination.

The session started with the welcome speech given by Ms. Carolyn of 1st year M.Sc Psychology, followed by the key note speakers from NIMHANS. During the seminar it was evident that the Speakers had tremendous knowledge on the topic they were discussing. They offered freebies for the students to increase student participation in their discussion and question answer portion. All the students were interested in the topics discussed and participated with the speaker and made it an interactive session. The session ended by Distribution of feedback forms and a thank you speech by Ms. Avantika of 1st year M.Sc Psychology.

It was suggested that handouts be provided to all the participants of the seminar to avoid note taking and stay focused on listening to the speaker.

16. Initiated an MOU between Jain University and NIMHANS for promoting mental health of Jain university students.

17. Outreach program on “Leveraging team work for improved project management” at International competence centre for organic agriculture(ICCOA), Bangalore on 24/04/2013



International competence centre for organic agriculture (ICCOA) campus, Rajarajeswari Nagar is a knowledge and learning centre for all aspects of agriculture and agribusiness, with an objective to contribute ecologically, economically and socially sustainable agriculture and livelihood system.

There was a need felt by the management of ICCOA to improve the team building spirit among the employees and other agriculture connected stakeholders of ICCOA, as the span of operation is across different states of India. Hence Vishwas was approached to conduct a session on team building and an awareness session on project management. Objectives of the session were to have a team building exercise that help in work as a team, clarity on group Norms i.e., member beliefs about how the group should perform task, better goal clarity to understand how well the group understands its objectives and understanding the task structure is concerned with how the group's work is designed.



The session was conducted by Dr Uma Warriar, Chief counselor, Jain University on 24th of April 2013. There were 25 participants (Managers of different ICCOA Projects) from different states who participated in this session. This session was organized as part of internal workshop conducted by ICCOA for its entire staff working in different regions of the country. The session broadly covered leadership and followership, how to crash time for better project management using PERT and CPM for cost cutting, and importance of synergy arising out of team work. Whole process was intended to make the participants understand how the organization is currently functioning, and it provides information necessary to design change interventions. It is also a collaborative process between organization members and the OD (organization development) consultant to collect pertinent information, analyse it, and draw conclusions for action planning and intervention. A strategy represent the way an organization uses its resources to gain and sustain a competitive advantage. It can be described by the organization's mission, goals and objectives, strategic intent, and functional policies.

The session had the right mixture of learning through fun activities like management games on understanding self and team members. The session started with a creative ice breaker session, followed by a game on understanding others perception, SWOT analysis for self-evaluation and introspection, understanding the key concepts of project management, PERT and CPM techniques, short story on “Tree tyre swing” etc. A real time case of ICCOA project was done and the participants were made to calculate the crashed time using PERT, keeping in mind the fact that when participants are made to involve in the learning process, learning is reinforced. The session was concluded with a team building activity which was enjoyed thoroughly by the participants. The days learning was summarized by the participants to reinforce the learning. Feedback was taken to facilitate improvement in future sessions.

18. A half-day session for newly joined students on challenges of acclimatizing to college life was conducted by Dr Uma Warriar , Chief Counselor, on 22/08/2012 JGI, for the First year students during their orientation at SET campus.



Orientation programs are conducted across all the Jain university campuses for fresh batch of students joining the campus. The new academic year started on 22nd August 2012. The centre head identified the need for students to be aware of Vishwas the counseling arm of JU campus. Students were made aware of measures to be taken in cases where students get ragged by seniors.

Chief Counselor of Jain University, Dr Uma Warriar addressed the gathering of 250 students. Briefing on JU-Vishwas, its inception, activities, services provided by Vishwas etc and special emphasis was given on anti-ragging practices adopted at Jain University. The session was followed by a question answer session; wherein the students were given time to ask relevant questions. The information booklet of JU- Vishwas was handed over to the students.

19. Initiated collaboration between Jain University and NIMHANS for promoting mental health of Jain university students.

20. Faculty Development Program “ *Teachers – The first line of defense*” to sensitize teachers of CMS campus on 29 the May 2013 on warning signs of mental health issues

As a part of the Jain University wide drive on helping the teaching fraternity to identify and understand the mental health issues of Jain university students, a half day workshop was conducted at the CMS campus of Jain university on 29th May 2013 . This half day Faculty Development Program was arranged with an objective to sensitize the teaching faculty on the need for student counseling, specifically on mental health issues and referrals.



The Awareness program started at 10 AM with an introduction to the concept of counseling. The speaker, Dr.Uma Warriar gave a brief introduction to the audience about what are the warning signs of mental health issues among teenagers.

Pictorial representation of each of the warning signs like poor memory, drop in academic performance, poor attention span, absenteeism, suicidal ideation, glassy and blood shot eyes, change in friends circle, emotional outbursts, lack of interest in hobbies, erratic behavior, time and place disorientation etc. The basic objective of discussing the warning signs was to sensitize the teaching staff on varied visible symptoms so that they can identify the students who need help and refer them to counselor on campus. Dr Uma later dealt in detail the various aspects that one needs to look into to observe and recognize the weak links that the students exhibit to consider for counseling. Some real time case studies of counseling from different campuses of Jain University were discussed while maintaining anonymity of the client to help the faculty recognize certain early symptoms that can help them to refer the students for counseling. Different triggers of mental health issues like depression, mood disorders, ADHD, phobias, oppositional defiant disorder etc were discussed. The speaker also guided the teachers on how, when, where and what needs to be taken care about dealing with adolescents.



Faculty members were benefited by the session and were clearly evident from their active participation in open discussions with the speaker at the end of the session. Some of the faculty members even shared their personal experiences in the profession and sought guidance from the speaker.