



**Jain University Students' Guidance  
and Counseling Center**



**Annual Report**

**2013 June – 2014 May**

**1. Awareness program on counseling services of Jain University at School of Commerce and Management Studies campus on 07/06/2013 & 08/06/2013  
by Dr.Uma Warriier.**



Jain University students' guidance and counseling center Vishwas, conducts the counseling services for students with the objective of helping students to have conducive learning environment at the university campuses. The school of commerce and management studies center head Dr B. A. Vasu planned an awareness program for existing students on varied counseling services provided by the Vishwas wing of SCMS campus. It was also considered the apt way to introduce the center counselor Ms Amritha Das to the students of SCMS for easy facilitation of counseling services in the campus.



Second and final year degree students of SCMS campus had their counseling awareness program on 7th and 8<sup>th</sup> June, 2013. The program was conducted for all the sections of second and final year commerce students of the campus. Around 1200 students attended the session. Chief counselor Dr Uma Warriar introduced the center counselor, Ms Amritha Das to the students. The students were oriented on basic concepts of counseling and importance of counseling.



Students were made aware of the growth model of Vishwas counseling center, where the thrust is not only for emotional counseling, but also for overall development of the student. The five areas of services provided by Vishwas were discussed via, Personal counseling, Academic support programs, and outreach workshop for positive mental health, Career development programs and Crisis management. Common attributes of college life were discussed with students to make them involve in the session. Specific challenges of college life like homesickness, hostel roommate conflicts, handling multiple responsibilities, handling peer pressure, balancing academic performance and extracurricular activities, common distractions for college goers, behavioral and substance addiction, handling emotions correctly, time management, learning difficulties, problems of social adjustments, physical and mental wellbeing etc were discussed and the coping strategies were suggested.





The sessions were very interactive and students cleared many queries during the program. Counselor's availability schedule was informed to the students along with the procedure for taking an appointment with the counselor. Session was concluded with a written feedback from the students. Students expressed their happiness in having such a support system at the campus and wholeheartedly welcomed the idea of approaching a counselor in case of need. Suggestions on having more frequent sessions from Vishwas were given by the students.



## **2. “Have Vishwas” an Orientation on counseling services of Jain University was conducted at CMS campus on 05/06/2013 & 06/06/2013 by Dr. Uma Warriar**

Jain University students’ guidance and counseling center Vishwas conducts the counseling services for students with the objective of helping students to have conducive learning environment at the university campuses. A new student is generally overwhelmed by the multiple challenges the new change brings in. Many times, they are puzzled and will not know from where they get the required support. Most of the times, student will get acclimatized with the new surroundings without much problems. Nevertheless, there are students who find it extremely difficult to cope with the stressors. Some of them may resort to unhealthy practices to combat the stress. As a proactive measure to avoid this situation, Vishwas conducts awareness programs for ensuring that students get the required guidance and support. Awareness about Vishwas among the newly joined students is essential for them to avail the counseling facilities provided by Jain University. Keeping this in mind, each centre has kept an awareness program in their orientation schedule for newly joined students.



First year students of CMS campus started their orientation on 5th June, 2013 and a counseling awareness program named “Have Vishwas “was incorporated in the schedule. Counseling awareness program was conducted for 8 batches of CMS students on 5th and 6th June. Around 460 students attended the session. Centre counselor Dr. Uma Warriar oriented the students on basic concepts of counseling and importance of counseling.

Students were made aware of the growth model of Vishwas counseling center, where the thrust is not only for emotional counseling, but also for overall development of the student. The five areas of services provided by Vishwas were discussed Via, Personal counseling, Academic support programs, and Outreach workshop for positive mental health, Career development programs and Crisis management. Common attributes of college life were discussed with students to make them involve in the session. Specific challenges of college life like homesickness, hostel roommate conflicts, handling multiple responsibilities, handling peer pressure, balancing academic performance and extracurricular activities, common distractions for college goers, behavioral and substance addiction, handling emotions correctly, time management, learning difficulties, problems of social adjustments, physical and mental wellbeing etc. were discussed and the coping strategies were suggested. Counselor’s availability schedule was informed to the students along with the procedure for taking an appointment with the counselor. Session was concluded with a written feedback from the students. Students expressed their happiness in having such a support system at the campus and wholeheartedly welcomed the idea of approaching a counselor in case of need.



**3. Resume Writing Workshop held on 15/06/2013 & 16/06/2013 organised by  
“Vishwas” Counseling Center and Placement Department of CMS,  
Conducted by Dr. Uma Warriar**

Based on the research conducted by Dr. Uma Warriar, the chief Counselor of Jain University – Vishwas, it was understood that one of the key reasons for students not able to get a suitable career is their lack of Skill in Writing a Good Resume. A well written resume gets the students interview calls from Companies. The resume writing workshop is intended to help increase the employability of students by matching company expectations to student profiles. While writing a good Resume some of the basic questions which arise are as follows:

- What is the content which needs to go in to the resume?
- Preparation required before starting a Resume?
- How to Identify the Best Suitable Format to the Candidate?
- What is the difference between a Resume and Curriculum Vitae?
- How Long Should I take to prepare a Good Resume?
- What is a Covering Letter and when is it required?
- What is Key Word, when used Catch the eyes of an HR



To answer all the above questions, the resume writing work shop was planned for two days in the month of June, well in time for the students to actually prepare a good resume. The Key resource person was identified as Mr. Lahti Kumar, Placement Officer, and CMS Jain University.

The 2 Day workshop was conducted for Students who are in their 3<sup>rd</sup> Semester BBM. It was an opportunity for the students to know what they should work on to build their resumes.



During the course of the workshop, the questions stated above were satisfactorily answered. The difference between Resume and C.V was brought to light with utmost clarity. Contents under various heading of a Resumes were screened through to students, with explanation of what it means to the recruiter. Various types of resumes where shared with the students with explanation on which format is ideal for various groups of people. Importance of patience while writing the resume and continuous updating of a resume was stressed upon. Various Key words which add value to resume were shared with the students.





An interactive session was held to answer various questions which the students had with regard to writing their resume. At the end of the session, the students were helped to build their own resume using the various formats given. They were given pointers on expected questions that could be asked during the interview based on the resume. Around 35 Students took the benefit of the program and built their own resumes during the course of the program.



**4. Panel discussion at NIMHANS auditorium for a National level two day workshop conducted by NIMHANS on 11/07/2013 & 12/07/2013 on “Making a difference – A workshop on Youth Mental Health” for college counselors.**

Department of clinical psychology, NIMHANS, Bangalore conducted a two day workshop for college counselors across India to sensitize college counselors on varied aspects on counseling at college campuses, at NIMHANS auditorium on 11<sup>th</sup> and 12<sup>th</sup> July 2013. The workshop was titled “Making a difference –A workshop on Youth Mental Health” for college counselors. The two day session had eminent speakers like Dr Manjula, Dr Paulomi, Dr Poornima, Dr Poornima, Dr Manoj, Dr Mahendra & Dr Roopesh. Topics of discussion by the resource persons were Stress and common mental health problems in students, Handling academic stress, Understanding and Managing emotions, Suicidal behaviors: assessment and preventive interventions, Skills for counseling young adults – Do’s and Don’ts, Managing healthy relationships – making and maintaining healthy relationships, dealing with break ups, Mental health promotion through mindfulness interventions and it also had a case conceptualization and formulation – group activity. Dr Uma Warriar, Chief counselor of Jain University was invited as one of the four panelists for a concluding panel discussion on - **Professional and ethical issues in counseling college students: challenges and directions**. The co panelists were Dr. Kiran Rao, Dr. Rathna Issac, and Ms Sherin Antony.



The panel discussion was considered as one of the most useful sessions, as per the feedback given by the participants. Dr Uma Warrier addressed the issues and challenges commonly faced by the campus counselors. Issues on boundary spanning, self-disclosure and making using of consent form as a mandate in campus counseling were dealt in detail by Dr Uma. The session had a half an hour question answer session by audience, which were answered by all the panelists. Dr Kiran Rao, moderator of panel discussion gave a lot of insights on strategies to handle issues connected to campus counseling. The session was attended by 75 campus counselors across the nation.

## **5. Report on Jain university mental health week – 05/09/2013 to 10/09/2013 at JU-CMS campus.**

With a primary vision to extend guidance and support to the young individuals enrolled for the BBM course with diverse interest and expectations, Jain University initiated an establishment of a counseling center at Center for Management Studies in 2004. Over the course of almost a decade, the counseling centre has metamorphosed from a small unit of counseling at CMS campus to a much sought-after counseling center of Jain University-Vishwas. By 2009, all the individual counseling centers of different campuses of Jain University were integrated under Vishwas to bring in more visibility, organization and mobilization of resources. The services offered by Vishwas are not just confined to the student population but also to the parents and the faculty members of the University. At present Vishwas has its branches in CMS, SET, SCMS and SGS, with professional counselors assigned to each of these centers.



Vishwas works on the “Growth model”, where the services provided are more growth oriented and proactive than just handling mental health issues of students. The vision of Vishwas is to provide opportunities for continuous self-development and to maximize the potential of the student for a harmonious growth of mind and body. The five core areas of services provided by Vishwas are Personal counseling, Academic support programs, and Outreach workshop for positive mental health, Career development programs and Crisis management.





Services provided by Vishwas helps the counselee by facilitating a conducive environment for students which supports learning, enabling the individual to recognize the capacity of self, enhancing the quality of interpersonal relationships, strengthening the coping skills of individuals and by enhancing the overall performance and wellbeing of individual.

The establishment of Vishwas and its tremendous growth over the past decade indicate the growing counseling needs of the Indian youth. Youth are the potential agents of change and progress in our society. However, with the current explosion of media and technological access and an overflow of reliable and unreliable information through media, there is a significant need to channelize and orient the information and resources available to promote the mental fitness of today's youth. Also, in today's competitive world, there is an unending demand to provide orientation and guidance to the young adults to identify their unique assets and resources and to mobilize them. We also need to look into the pool of other requirements of the college students relating to concerns with addiction, cultural diversity, relationship management, crisis management and other personal concerns.

To aid and address the above-mentioned needs of the students Vishwas organizes several outreach programs and workshops by collaborating with other organizations and institutions like NIMHANS and, Medico Pastoral Association. The mental health week was inaugurated at CMS campus on 5th September 2013 was in collaboration with NIMHANS with a vision to spread more awareness among the students about mental health, to reduce the existing stigma related to mental health and to mobilize resources to improve the mental fitness of the youth. Vishwas envisions mental health week as a platform where the students get an opportunity to interact with various professionals from the field of mental health and to utilize this experience to expedite their assets and growth. Spreading mental health awareness among the youth was done by involving the youth in varied activities in the form of competition across all the campuses of Jain University because experiential learning is the best and long lasting form of learning.



Chief Guest of the event was Dr Prabha Chandra, professor, NIMHANS. Centre head of CMS, Mr. Dinesh Nilkant gave the inaugural speech. The professionals who shared their in-depth knowledge about youth and positive psychology included Mrs. Prabha Chandran and representatives of Youth-Pro from NIMHANS. Dr. Prabha Chandran's talk highlighted the specific issues of Generation Y, the information- communication-overload through media and technology and how to tackle the major concerns. The Youth Pro envisioned mental health week as a medium to popularize the importance of positive psychology and reach out to the students of Jain University.

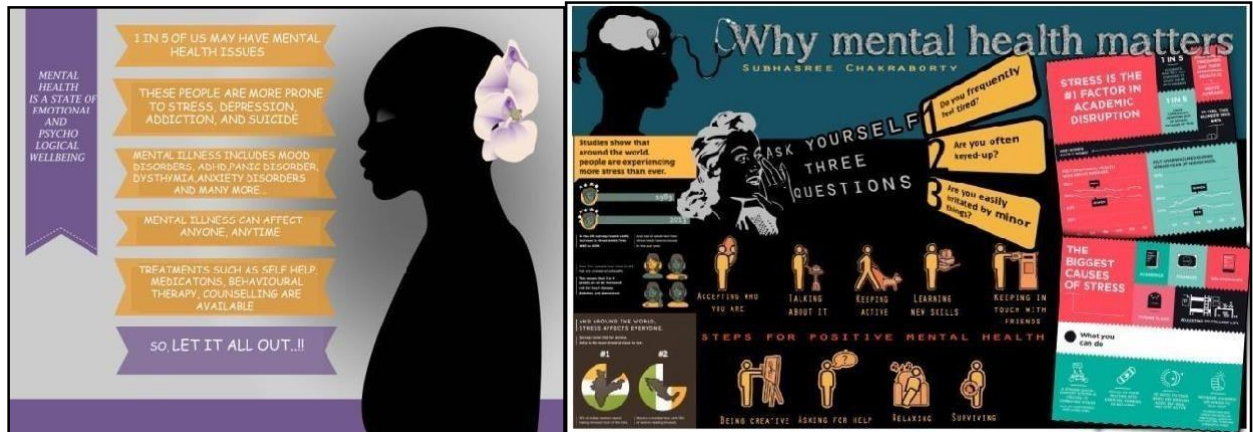


A series of competitions for students were also conducted because the students were not just confined as spectators but were to be involved in the program as initiators and participants. Competitions included movie making, poster making and skit which dealt with topics like mental health awareness, addiction, relationship management etc. The participation of students in these events ensured that they got a direct experience and understanding of the vision and purpose of Mental Health Week and a greater awareness about these specific concepts.

The Mental Health Week gained a widespread media coverage through television channels and newspapers. TV 9 had live coverage of the program, which was aired on 5<sup>th</sup> September 2013. On 6<sup>th</sup> September, panel discussion by different stake holders of Jain University, consisting of Chief Counsellor, faculty members, students of Jain University, parents of Jain university students, and experts from the field of mental health like Dr A. Jagadish, director, Abhaya hospital was aired on issues connected to Social media affecting mental health of Indian youth. On 7<sup>th</sup> September, based on the popularity of the previous day's panel discussion, TV 9 covered a live program on "Need for counselling centers in College campuses". Panel consisted of Chief Counsellor, Jain University, representative from Bangalore's best mental health institution, NIMHANS, Dr Manjula, a parent of student, and students of Jain University. The forums in TV channels focused on the growing counselling needs of college students, common issues faced by them, the increasing influence of social media and their ill effects on mental health of the youth, demand for a change in policies to ensure that only reliable information gets circulated through mass media etc.

***1st prize winning posters by Megha Vaid, Shuboshri Chakraborty, M.Sc (Psychology), SGS campus***





**Links for News 9, September 6<sup>th</sup>, 2013, On Friday, 4 pm to 5 pm live program**

<http://www.youtube.com/watch?v=V50IiblDefc>

<http://www.youtube.com/watch?v=6ufkr4iJca0>

<http://www.youtube.com/watch?v=udEepwuyfgY>

**Links for TV 9, September 7<sup>th</sup>, 2013, On Saturday, 5 pm to 6 pm live program**

<http://www.youtube.com/watch?v=SwknRPBW-cE>

## **6. Release of Jain University Mental health magazine – SOUKHYA on 05/09/2013**

On the occasion of Jain university mental health week celebrations, the university mental health magazine, named Soukhya was released. The magazine was introduced in the mental health activities of the University for expressing various points and thoughts about all mental health related issues. The main aim behind conceiving a mental health magazine for the university was to educate the community about mental health issues that are often unnoticed or ignored by college going students. Articles were invited from staff and students of all the campuses of Jain University. The e-magazine was compiled, edited and released on Sept 5th 2013 at CMS campus of Jain University. The magazine was released by Dr. Prabha Chandra, HOD, department of Psychology, NIMHANS.

## **7. Report on News 9 TV channel panel discussion on Ill effects of social media on Indian youth on 06/09/2013.**

With a lot of competition and expectations rising, mental issues like depression, substance abuse are also emerging. Teenagers have got addicted to social networking sites like Facebook.

Because of these social networking feelings of jealousy, insecurity and depression are at the rise. There have been many suicide cases where a person commits such horrid act just because he did not get the maximum number of likes. At this stage it is very important to have a guiding force which will help the teenagers go on the right path. Jain University with Nathans has started a mental health week camp keeping in mind the need of the hour.

This awareness was done through poster making, skit and short movies. The topics given were all connected to mental issues like addiction of alcohol, drugs and social networking. At this era where technology has advanced beyond words a particular teenager is exposed to a lot of unwanted threats. Apps like what's app and all has completely caused phone addiction wherein students during class hours also do not hesitate to use mobile phones.

These days the word addiction has taken a whole new meaning. Addiction to substance and behavioral addiction together constitute addiction. Addiction to smoking, drinking and networking has become a lifestyle for people. Another problem now days are relationships with opposite sex.

Breakups are one of the major reasons of depression and increasing suicide rates in the world. People start looking down upon themselves and start thinking they are not worth. The word counseling is having a lot of stigma attached to it, even during the times of globalization. Counseling in the Indian culture is considered as a taboo. Ideally it should not be the case. Talking to a counselor helps us to find solution to a lot of problems and situation which you would not like to share with friends and family. Counselor helps all those people to overcome depression and find new meaning to life. It makes us realize the true worth of ourselves.

#### **8. Report on TV9 TV channel panel discussion on Ill effects of social media on Indian youth on 07/09/2013.**

World Suicide Prevention Day (WSPD) is an awareness day observed on 10 September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world. The International Association for Suicide Prevention(IASP), collaborates with the World Health Organization (WHO) and the World Federation for Mental Health, to host World Suicide Prevention Day. In 2011 an estimated 40 countries held awareness events to mark the occasion. Jain University VISHWAS took a step forward in order to promote the idea of suicide prevention. A program was conducted with certain activities like short play, poster making etc. which was shot by TV9, realizing the importance of creating awareness about counseling and the importance of counseling in college.



TV9 held a program called 'Counselling Beku' in order to do promote the idea of counseling in college and the importance of how a counseling unit in a college helps a student relieve tension student and provide a platform for students to share problems from peer pressure and time management to all kinds of personal problems.





The program starts off showing the highlights of the mental health week celebrated by Jain University VISHWAS. It included posture making, short play, and short film. The show starts off with Dr. Uma Warriar talking about what counseling means and what is done in order to help students realize what are their future opportunity available, recognition of behavioral addiction like cell phone addiction, and explain the fact that counseling is not only for those who are mentally ill but for all those who need any kind of assistance in their life.



Dr Manjula, Associate professor, NIMHANS, appreciated the effort taken by Jain University to initiate a counseling center. She gave statistical information that about 1 out of 3 students face some kind of mental pressure. She says that students may not be ready to approach an outside counselor or a hospital for small issues like exam pressure. The general perception about seeking help is only for mental disorders, thereby restricting the use of available resources in the community.



Ms Vandya Bhat, an ex-student of CMS spoke about how she has been benefited by the counseling center at CMS. Vandya was of the opinion that the times have changed and she mentioned that young generation is getting addicted to social networking sites. She explained how the counseling center helped many students from getting addicted to it and also on how it helped her handle her peer pressure.



Ms Lakshmi, a parent of a CMS student tells how helpful a counseling center has been for parents and also agrees to that a great platform has been created for students to share and discuss their problems with as all parents wouldn't be broad minded enough to understand all kinds of teenage problems or also understand what exam pressure a child has to go through.

Komal is another student studying in CMS and talks on what Vishwas as a counseling center has been able to achieve and refers to Dr Uma Warriar who has played a major role in bringing forward this center. She also talks on how it has been helpful for her friends to overcome certain behavioral addiction like Facebook addiction.





Message that is conveyed is: Guidance and counseling is a very important program in our schools. It is the process by which students are given advice on how to deal with emotional conflicts and personal problems both in school and how to incorporate the same in their daily life. The following are some of the benefits of guidance and counseling:



1. Students are given solutions on how to deal with psychological problems which might affect their studies. Through this, the students are able to develop problem solving skills which to an extent help them deal with particular issues surrounding their lives.
2. Students are advised on how to cope with different situations facing them in their school life. For instance, on how to relate with their peers.
3. It helps to shape a student's behavior and instill discipline in students. Students who are guided and counseled in a right way tend to know what to do and how to do such things.
4. Students get to learn how-to live-in harmony with others in the school community. In so doing, they also learn to appreciate the people around them and come to harmony with their environment.
5. It bridges the gap between the students and the school administration, since can channel their problems through guidance and counseling office.

6. Students get comprehensive pieces of advice on careers, courses and jobs which enable them to have an informed choice on what to do after school.

It allows students to talk about various things which they feel uncomfortable talking about with their parents which include things like drug abuse. It also allows the students to become better people because they are taught by the counselors about how to behave in a proper manner.





## USEFUL ADVICE

# Seeking a helping hand

**T**hese days, counsellors in colleges are a busy lot. While a couple of years ago, students were hesitant to approach counsellors because of the stigma attached to it, that is not the case anymore.

With students opening up about the issues they face, college counsellors are witness to a host of problems.

While academics tops the list, students approach counsellors with other nagging issues as well.

Uma Warrior, chief counsellor at Jain University, says that these days, students are very open to going to a counsellor.

"There has been a paradigm shift in the last couple of years. Initially, students wouldn't come out and discuss their problems. And even if they did come, it was only in case of a crisis. But today, that stigma attached to going to a counsellor is not there anymore," she explains.

While there hardly used to be a single student a week who would go to the counsellor, this number has now gone up to three to four a day.

One out of four students who approaches her come in with career-related queries.

"When it comes to career matters, students are very focussed. They come with queries with regard to subjects to choose, dual specialisation and certification. Almost 25 per cent of the cases are career-related queries," she says.

"However, many times, after two to three sessions, some of the issues get resolved," she adds.

While relationship problems and conflict with parents and teachers are some of the



**MOTIVATING** A counselling session in progress. PHOTO FOR ILLUSTRATION PURPOSE ONLY



**Ameen**

issues that students face, substance abuse and suicidal tendencies are on the rise as well.

"Many times, especially with substance issues, students only approach the counsellor either because they are sent by the heads of department for lack of attendance or by a teacher who has spotted them," she explains.

Ameen-e-Mudassar, a counsellor in the City, points out that with regard to aca-

demics, students come with several problems.

"Some of them come because they had a dream which got shattered because of low marks. Others come having two equally good choices and not knowing what to choose. The third group includes students who are not interested in pursuing a mainstream career but whose parents are pushing for one," he explains.

"We just help them in prioritising and fixing their goals," he adds.

Hemalatha N, senior counsellor at Acharya Institutes, says that students also face adjustment-related issues.

"A lot of students come because they are feeling homesick, are facing problems in the hostel, or want a change of roommate among other things," she says.

**Vidya Iyengar**

Indian Express, September 9<sup>th</sup>,



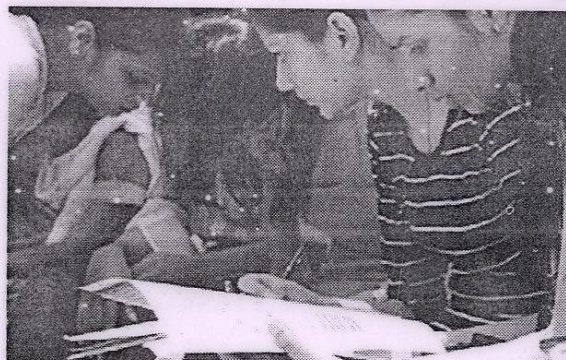
## NIMHANS Counselling Centre at Jain Varsity

Express News Service

**Bangalore:** To help students cope with stress, the NIMHANS Centre for Well Being (NCWB), has set up its first counselling centre for college students at Jain University. The centre is named 'Vishwas' (also Jain University Students' Guidance and Counselling centre).

Inaugurated on Teachers' Day, the centre has a full-time counsellor. The students can approach the centre during or after college hours. The college, that already had a counselling facility, will now benefit from a tie-up with NIMHANS to which complicated cases will be referred and treated.

Dr Prabha S Chandra, Professor, Department of Psy-



The NIMHANS Centre for Well Being will help students cope with stress at Jain University

chiatry, NIMHANS, said, "College students are being increasingly affected by technology, connection and communication factors. A majority wear a mask in life to prove they are another person who they may not actu-

ally be. They also face pressure to be competitive. This puts them through a lot of stress." When students approach the centre, their condition is assessed and they are counselled.

"If the counsellors are un-

able to handle extreme cases, the students will be referred to the NCWB. Treatment includes counselling, therapy and other methods," she added. Uma Warriar, the counsellor at Jain University, feels there is an increase in the number of students seeking assistance in dealing with mental stress. "Students speak about their problems with the trust that their issues will stay confidential. Our focus is also to provide psychological and career counselling and personal development of students," she added.

Problems associated with learning, substance abuse and dependency will be handled at the centre. Students may also seek help for hardships.

### 9. Report on relationship management workshop series - Family dynamics was held on 26/11/2013 at CMS campus.

Relationships are the way in which two or more people are connected. It could be the relationship between mother and daughter, student and teacher and also between class or college mates, but in this fast world and confused teens VISHWAS: the counseling team of Jain University finds it very essential to educate students on relationship management. Thus, a relationship management session was held by Miss. Amritha Das who is a part of VISHWAS in Jain University.





The session was held at 11.00 am on 26 November 2013 at CMS campus on the topic. Ms Amritha Das, campus counselor of SCMS, 9<sup>th</sup> block campus started off the session with an activity involving all the audience present in the auditorium making all members present there attentive to what she tried to convey. The resource person formed groups and asked them to perform a small skit over a topic connected to family dynamics. This was intended at helping the audience understand the difference in thinking horizons across generations i.e. , the change that has happened over the time period and the difference between the parents of 1970 who were very strict and always wanted to have a kid who was decent, who is a rule abider and a person who follows and carries forward the culture and tradition of the family and on the other hand the present parents who want to live their childhood the way they wanted through their children by giving them extensive freedom. Resource person named this as Differentiation. She says that every person who is put in same situation will react differently. So when in a family setting, a parents who was restricted during his/her childhood reacts in a different manner whereas her son or daughter reacts in a different manner when the same freedom is denied .It also refers to the degree to which a person can discern between thoughts and feelings. Then she moves further explaining about Family Roles. In each family there would be different character in a family who behave in different manner and Ms. Amritha explains on certain characters in a family who the parents need to pay attention to like a lost one or to whom parents need to listen to like scapegoat.



The resource person explained about all different characters like a

- ✚ MASCOT: -Person that uses comedy and whimsy to ease his own and other unease.
- ✚ GOLDEN CHILD: - These are the dutiful daughters and respectable sons who take care of Mom or Dad and “do the right things” at great cost to themselves.
- ✚ LOST ONE: - He/she is often out of the house, away from home. He or she is managing very difficult emotions by escaping into activities, friendships, sports anything to keep away from the infighting of the house.
- ✚ PLACCATOR: -Teddy bear of the family who tries to hush conflicts because fights are always “bad”.
- ✚ MANIPULATOR: -Manipulators use their skill to get others to do what they want them to do. They use the clashes in the family for their benefit to attain what they need.
- ✚ SCAPE GOAT: - The scapegoat is considered the family’s problem child. His behavior is so outrageous that everyone else in the family looks good by comparison. Actually, the scapegoat is unconsciously acting out the unspoken family conflict.



As time did not permit, she winded up her session at 12.30. The session ends by Dr Uma Warriar presenting Ms Amritha Das with a gift from CMS. As the involvement of students was great and the amount of information that she could convey was very qualitative and quantitative and necessary for the students and parents to know, continuation of this session is possible with students and their parents together in near future.

#### **10. Report on E counseling awareness conducted at JU- CMS campus by NIMHANS research team on 09/01/2014.**

Technology advancement has made a huge impact on every industry and every sphere of work. Use of technology facilitates faster and easier work completion. The campus goers use internet and other technology enhancement very effectively almost on a daily basis. Keeping this fact in mind JU Vishwas conducted an awareness program among a small segment of final year students to know the effectiveness of technology in conducting counseling sessions. Counseling is found to be more effective on one on one basis, but to make access and to keep identity of the client confidential, use of internet may be effective.

To check this premise, a half day program on “E counseling awareness was conducted by resource people from NIMHANS. Ms Sri Lakshmi was identified.



Ms Srilakshmi started the session with common issues encountered by the students during campus life like stress and anxiety. Stress can come from any situation or thought that makes one feel frustrated, angry, or anxious. What is stressful to one person is not necessarily stressful to another. Understanding that stress is a normal part of life is very essential. In small quantities, stress is helpful for motivating one.

However, too much stress, or a strong response to stress, is harmful. It can set you up for general poor health, as well as physical and psychological illnesses like infection, heart disease, and depression. Ongoing stress can lead to anxiety and unhealthy behaviors like overeating and abuse of alcohol or drugs. Emotional states like grief or depression, and health conditions like an overactive thyroid, low blood sugar, or heart attack can also cause stress-like symptoms. Anxiety is another often encountered problem of students. It is a feeling of apprehension, nervousness, or fear. The source of this uneasiness is not always known or recognized, which can add to the distress you feel. Anxiety may occur as part of an anxiety disorder. Anxiety disorders are a group of psychiatric conditions that involve excessive anxiety.



The main symptom is the almost constant presence of worry or tension, even when there is little or no cause. Worries seem to float from one problem to another, such as family or relationship problems, work issues, money, health, and other problems.





Many times, student may be hesitant to personally meet the counselor with a problem. Hence e counseling could be one easier way to seek help when needed, as it removes the inhibition and reduces the problem of lack of physical presence of the counselor when the student encounters a problem. Ms Srilakshmi concluded the session with the information for students to access the counseling services on line provided by NIMHANS.

**11. Outreach program by Vishwas for Karnataka PUC board potential rank holders on 29/01/2014 at SGS campus of Jain University on VARK learning styles, conducted by Dr. Uma Warriar.**

VARK learning styles for potential rank holders of 12<sup>th</sup> standard students of SBMJC independent PU college of SGS, JC road campus is conducted every year to provide additional inputs and also to encourage them to address competition in a healthy way. Many experts in the field of education are invited to give guest sessions to potential rank holder. The centre head of Jain University - SGS, Dr. Shanti Iyer was the mastermind behind the program.



For the current academic year, the centre head decided to incorporate a motivational session from JU students' guidance and counseling centre- Vishwas for helping the students to score better marks. Chief counselor of JU, Dr Uma Warriar was identified as the resource person for the half day work shop for potential rank holders. Session was planned with an objective of helping the students to understand their preferred learning styles so that they can augment the effectiveness of learning.

A half day workshop on “ VARK- Know you're learning style to excel in your studies “ was conducted on 30<sup>th</sup> January , 2014 at SGS campus of JU, catering to 90 potential rank holders. Select teachers of the students as well as the HODs of PU department were present in the workshop.



The session started with an introduction to different learning preferences among people and importance of having a clear understanding of learning preference for effective academic performance. Narrations of each of learning styles under VARK (Visual, Auditory, Read/write and Kinesthetic) were done along with an understanding on multimodal learning styles. To understand the specific learning style of each rank holder, a survey was conducted using a 13 items questionnaire which is standardized. Each student's learning preference was computed and understood. Different learning strategies for each of the VARK learning preference was discussed in detail.



Some strategies for Visual learners were: to use more picture, symbols and colors while learning, use of graphic organizers like a fish bone diagram, flow diagrams for math problems, and highlighting important points.

Strategies for auditory learners include asking questions while listening, combined study groups, use of mnemonics, reading the information loudly while studying etc. Read/ write learners can improve their efficiency by writing out the summary of key information, use of flash cards using words, attempting MCQs of the subject to be learned, use of post –its etc. For Kinesthetic learners, strategies like taking frequent breaks, walking around and studying, making models while studying use of plenty of examples role plays and case studies will enhance the learning ability.





The later part of the session had students of different learning preference exchange their learning tips. Feedback was taken to understand the areas that need to be given more importance for the coming session. From the student and teacher feedback, it was understood that the session was very well taken and it was actually the need of the hour. Based on the feedback, future sessions for similar audience are planned in the coming academic year.

**12. Report on Workshop on Mental health awareness and ways to seek help  
by Dr Poornima Bhola, Associate professor, Dept of clinical psychology,  
NIMHANS on 03/02/2014 at CMS campus.**





The final year BBM students are understood to have the need for mental health awareness program and seeking help as per the past counseling data of final year students (2013). Taking this as a cue, Vishwas arranged an awareness session by Dr Poornima Bola, Associate professor, Department of clinical psychology, NIMHANS , Bangalore. Around 80 final year BBM students attended the workshop.



Dr Poornima started the session with an introduction to the concept of stress, the triggers and aftermath of a stressful event. The strategies for stress coping, which are clubbed together as 4 As so stress coping (Avoid, Alter, Adapt, Accept) were discussed in detail. An exercise to identify the stress causative was conducted. Techniques like breathing, relaxation, Yoga etc were briefly mentioned. The concept of mental health was brought out diagrammatically with all other 3 aspects of health viz a viz Biological, Social and Psychological health forming the overlapping components of mental health. Different forms of mental health issues like depression, anxiety, addiction etc were briefly described. Warning signs for helping to identify mental health issues in others like bruises, missing college /exam, abdominal pain or body pain, recent stressor like death in the family, complaints or remarks from teachers etc were discussed. A resource list with counseling and psychotherapy organizations were handed over to the students for future reference and use. The question answer session saw many students asking questions pertaining to their own or their known person's mental health issues and the students were seeking help from the resource person. With the overwhelming response for the session, it was decided that all the final year students will be given similar workshops in future.



### **13. Report on 3 day workshop series – “Indradhanush “for Administrative staff of Jain University- SGS campus on 01/03/2014, 08/03/2014 & 12/03/2014 conducted by Dr. Uma Warriar**

Centre head of SGS center, Dr Shanti Iyer has planned an efficiency improvement drive for the administrative staff of SGS campus of Jain University conducted is the same campus. It is essential for the administrative staff to work in synchronization with the rest of the campus activity as their involvement and contribution is very important for smooth functioning of the campus.

The Centre head of SGS discussed the issues and challenges of involving administrative staff with the rest, with the chief counselor of Jain University and it was concluded that a phased training program, leaving enough time to absorb the changed strategy will be most optimal for improving the performance of administrative staff. The dates for the training were chalked out keeping in mind the time required between sessions.

The training series kick started on 1<sup>st</sup> March 2014 at 2 pm. The session was introduced to the administrative staff by Dr Shanti Iyer. Dr Shanti introduced the resource person, Dr Uma Warriar, Chief counselor to the staff and also emphasized the importance of attending the session series for their own growth and betterment.



The session started with emphasis on the need of the hour to be more system and process oriented work place. To augment learning experience, the audience needs to be receptive and willing to learn. To ensure that, an ice breaker session was conducted in a lighter note to ease the staff into the session. Once the trainees were understood to have initial inhibition to open up, an interactive session was conducted to understand the pain points at the work place from employee's perspective. Around 18 points were addressed by the staff as obstacles for their smooth functioning. These points were later discussed with the Centre head, in a discreet way, to ensure that the effort was action focused and not theoretical.

Later, the trainees were divided into two groups and a business game was played to emphasize the importance of spending money and time judiciously and most effectively. A sense of competitive spirit was set in to elicit the best points from the participants. The participants came up with brilliant ideas and the winning team as well as the other teams was given token prizes. Case studies of famous personalities who came up in life due to self-belief and self- motivation were discussed to drive home the point that success is well within you and it is up to you how to channelize your own energy to reach success.



Second session was conducted on 8<sup>th</sup> March 2014, again in an interactive mode. The session started with some of the workplace etiquettes that need to be followed by administrative staff for smooth functioning of the organization. Session continued with introducing “Johari Window” model for self-awareness and awareness of others. The participants went through the 4 quadrants of the Johari window model and divulged much useful information for self and the group. That day’s session was concluded with need for correct communication using the right channels and paying attention to right use of body language and tone of speech.

The last session in the series was meant to improve time management skills of administrative staff and help them maintain the accountability of their work. A daily work schedule template was handed over to the administrative staff for maintain their daily work schedule. The session ended with a feedback from the trainees. They were of the opinion that the session should be conducted for all the administrative staff of all centers of Jain University.



**14. Faculty Development Program “Teachers – The first line of defense” to sensitize teachers of SET campus on 15/03/2014 on warning signs of Mental health issues were conducted by Dr. Uma Warriier.**





As a part of 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 SET campus of Jain university on 15<sup>th</sup> March 2014. 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 10:30 AM with an introduction of the speaker by the Associate Director, SET, JU, Prof V Muralidhara. Following the introduction, the guest speaker, Dr.Uma Warriar gave a brief introduction to the audience about counseling and how it is different from mentoring students, so that the teachers are aware of identifying the need for counseling students and their referral to the counselor on campus. She later dealt in detail with the various aspects that one needs to look into to observing and recognizing the weak links that the students exhibit to consider for counseling. Some case studies (internal & external cases) 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. She also guided the teachers on how, when, where and what needs to be focused about adolescents, either to guide by themselves or to refer to the counselor for further help.



The Faculty members seemed to be benefited by the session which was 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.

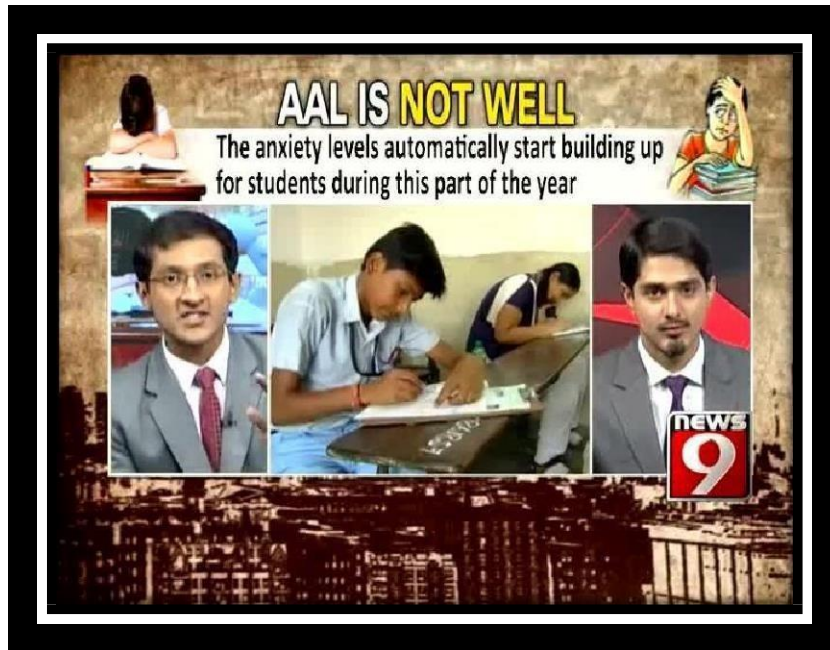
Goldberg's GHQ-28 questionnaire on measuring emotional stress levels was administered during the session there were 44 engineering college faculty members who took part in the survey. 23 of the faculty members have reported to have "no stress". 13 members agreed to be having normal stress levels. 4 of the members expressed high stress level rates and one employee was noted to have extreme stress levels

In referring to the above results, 10% of the faculty members are reported to be emotionally stressed and may need some kind of professional counseling assistance. Hence future sessions are planned to relieve the employee stress at SET campus.

**15. Panel discussion on News 9 TV channel titled “All is not well “on exam difficulties and stress faced by students, which lead to mental health issues on 21/03/2014.**

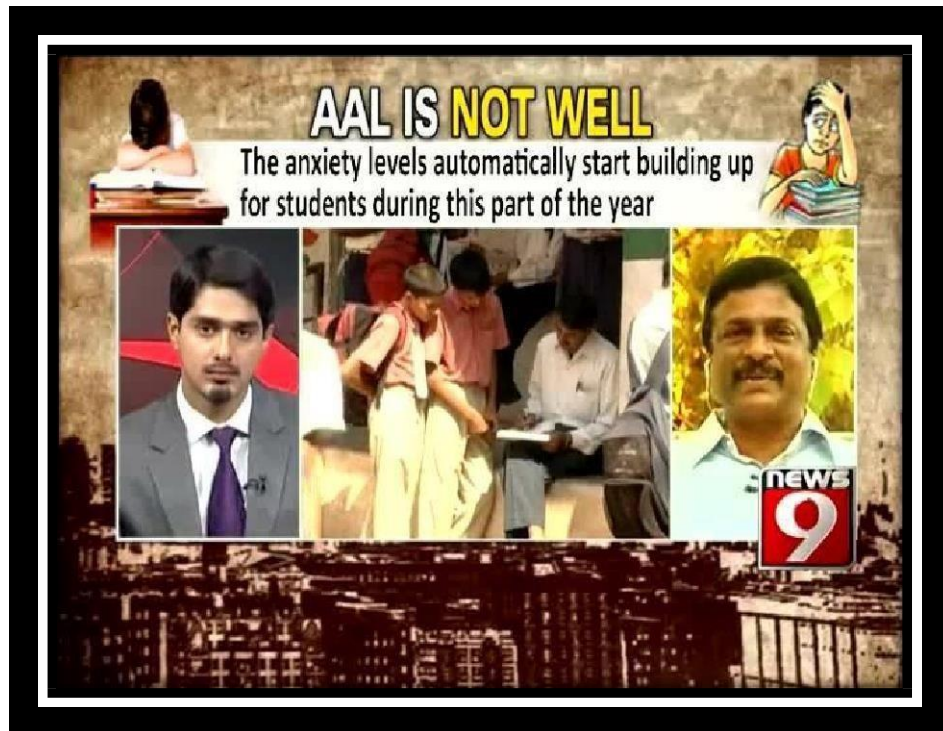


Exam fear is making students highly stressed. Stressors are many, like parental pressure, living up to self-expectation, meeting the expectation and demands of the school, peer pressure, lack of resources e, poor time management etc. Students take extreme steps like ending their life due to stress. In the wake of a few suicides committed by school and college going students in the month of March 2014, TV 9 planned an expert panel discussion to bring out the varied issues that students face during the exam period and discuss varied possible solutions for the same. The main objective of the session was to help the students to manage stress.



Panel discussion members were Mrs Franklin, principal, St Josheph's high school, Paster Henrick, teacher at Bethany high, Dr Uma Warriar, Chief counselor, Jain university, Mr Shashikumar, Secretary of Private school management, Kavitha Rao, Family counselor, KUSMA president, Mr VRN reddy, Mrs Ambika, teacher and parent of a college goerand Mr Umesh Aradhya, Chairman of Child rights commission Mrs Gayatri. Principal, Little flower school.





Mrs Franklin started the discussion, saying that students look at suicide as an easy way out, rather than combating the problem. Mrs Franklin feels that there is an emotional imbalance in the new generation students and parents are largely responsible for the situation

Dr Uma Warriar continued the discussion stating that the students show visible symptoms of stress and identifying the symptoms at the early stage will do a lot of help. They may show symptoms like unexplained pains and aches, lack of appetite, excessive sleeping or no sleep, always very edgy and argumentative, withdrawn etc. They may also express thoughts relating to ending their lives. Once these symptoms are detected, it is always important for the people around the student to notify a counselor or any other mental health professional, for it is a sure indication of needing help. She expressed that peer pressure and parental pressure take the first rank in stressing students out. Parents as well as teachers many times miss the fact that students may have different learning ability and expecting similar academic performance from all is a gross injustice to the child. Hence, academic expectations are to be set, keeping in mind the potential of individual student.



Pastor Henrick spoke about how as a team, such issues could be handled, with the support of parents, teachers, peers and student themselves.



Mr Shashi spoke about varied reasons for students for succumbing to pressure. It is not necessarily from the exam fear and it is built over a period in time due to varied reasons. Educational policy may also push the students to take extreme steps. Mrs Kavitha Rao spoke about pressure build up on individual from their child hood due to varied circumstances. She spoke about stress from a positive angle, saying managing stress is the only option rather than looking at stressful situation alone.

Mr Umesh Aradhya, Chairman of Child rights commission was tele present and he spoke about the issue from governmental perspective. He spoke about functioning of child rights commission and the action taken by child rights commission to ensure the safety of child. Mr Aradhya spoke about parent, child and management casting expectation on academic performance, which is the major source of stress, violation of child right, recommendation to install a counselor in each school. Mr Aradhya also recommended the existing teachers to be trained as counselors to address the problem of lack of counselors in all the schools and colleges, as an answer to the question posed by Mr Shashi on insufficiency of counselors in schools. He also spoke of misuse of the word “corporal punishment” in the corporal punishment order passed by the government

Mrs Gayatri. Principal, Little flower school spoke about counseling as a continuous activity at school level, may not be by counselors per say, but could be by teachers or management members. She is of the opinion that counseling cannot be time bound.

Mr VRN Reddy spoke about importance of the role played by parents in keeping a healthy environment at home. He spoke about the team work to be taken by parents, management, students and government to help the student to handle issues effectively



Some of the final strategies evolved at the end of the session were: Providing moral support to the student during the time of stress, improved parental interaction, improved monitoring of counseling issues by school management by providing a counselor for each campus, advising the student to sleep in time , have balanced diet, Basic exercise or short walk, study well in time, listening to music and watching movies in moderation, use help line launched by government of Karnataka like KSEEB ( 080-23310075-76),CBSE help line (1800 11 8004) etc.





**16. Participation in the Panel discussion on “Developing & Implementing an integrated mental health promotion services for youth through a district empowerment model in Karnataka” on 26/03/2014 Organized by Centre for Public Health, Department of Epidemiology, NIMHANS and Department of Youth Empowerment and Sports, Government of Karnataka at Ashwini Hall, NIMHANS.**

The main objective of the project was to develop and implement an integrated behavioral, mental and psychosocial support services for the youth through the district youth empowerment centers in Karnataka. The session was presided over by Dr Nagambika Devi, IAS, Principal Secretary to the Government, Government of Karnataka; Shri Vikash Kumar Vikash, IPS, Director, Department of Youth Empowerment and Sports; Government of Karnataka , Prof. P Satish Chandra, Director & Vice-chancellor, NIMHANS, Bangalore; Dr V Ravi, Registrar, NIMHANS





The workshop was attended by 98 participants representing all the stakeholders of the project. The workshop had participation from both Government sector and public institutions. There was active participation from Additional directors (ADs) of various districts, Department of youth empowerment and sports, parents of youth, experts and students from various institutions. Majority of students who actively participated in the workshop were from Government ITI College, Rajarajeswari Medical College, BMS College of Engineering, M S Ramaiah Medical College, Jain University, Kempegowda Institute of Medical Sciences, Bangalore Institute of Technology, Industrial Training Institute, Kolar.



Dr Uma Warriar, Chief counselor, Jain University was invited as an expert panel member for the discussion which consisted of 12 experts from varied walks of mental health services.

The panel of experts broadly classified the domains as physical health, behavioral issues, guidance, emotional regulation, stressors/adversities/challenges, environmental issues and academic issues. Multiple topics under each domain are discussed by the expert group. Based on the conceptualization and consultation of the stakeholders, a comprehensive list of youth issue domains to be discussed during expert's workshop and along the lines of which training modules can be developed, have been prepared.





**17. Participation in the Expert work shop for module development as a part of project for developing and implementing an integrated mental health promotion services for youth through a district empowerment model in Karnataka- Youth policy 2012 initiative. Centre for Public Health, National Institute of Mental Health and Neuro Sciences, Bangalore on 07/05/2014, 08/05/2014 & 09/05/2014**

The Centre for Public Health, Department of Epidemiology, NIMHANS and The Department of Youth Empowerment and Sports, Government of Karnataka are in the process of developing a comprehensive, public health based health promotion model including preventive, social, mental and environmental health - integrated into the proposed district youth empowerment centers (A government of Karnataka, Youth Policy initiative) in 10 districts in Karnataka. As a part of the project for Karnataka youth policy initiative, an expert workshop was conducted on 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> of May 2014 at Govindaswamy memorial hall, NIMHANS. The aim of this expert workshop was to finalize scope of work and selection criteria for master trainers and counselors along with the topics, content, structure and mode of delivery of training modules. The workshop was attended by 12 experts. The experts were invited after an initial screening process that included short listing of persons found most eligible to contribute to the needs of the project. This list included representatives from both public and private sectors.



After the mandatory introduction to the workshop, a critical appraisal of scope of work of master trainers and facilitators for District empowerment cell was done. A list of roles and scope of work of Master trainers and facilitators was then drawn up and skills needed to meet the requirements were discussed, debated, listed and finalized (refer Table 1) in view of the activities that are carried out at the District Youth Empowerment Centers. Briefly, the DEC activities are as follows-Prevention and promotion of health, place where counselling services are available, centre for information, guidance, centre for recreation, centre for theatre, role plays, centre for activities for parents, teachers and centre for general & specific youth engagement activities.

Centre for health promotion, vocational training, a career guidance and wellness centre.



The group opined that the selection of facilitators can be done once the master trainers are selected, trained and resource mapping is done. Facilitators can be selected from the list of people obtained through resource mapping within each district. To finalize topics for module development for training the master trainers, experts were divided into 2 groups and asked to draw up a list of “must have” and “Good to have” topics. Both groups came up with the lists. Common topics listed by both groups were taken as “Must have” topics, others were discussed and debated and final lists of 11 “Must have” topics were drawn. Experts were divided into 3 groups and each of the 11 topics finalized were divided among them. Groups spent time on deciding the outline of the topic; teaching learning activities, time frame for sessions etc were discussed and documented. Once complete, the outline/framework were put up for discussions and finalized based on the suggestions and comments from the expert’s group. The workshop concluded with assigning topics for module development by the experts. The experts will be working on the general structure/ frame work of sessions based proposed common outline for module development. Dr Uma Warriar, representing Jain University, was assigned the topic “Crisis and project management “for developing the module.

**Personal counseling rendered from 2009 June till 2014 May – CMS  
campus.**

1	Total no. of sessions with the counselor	422
2	No. of students referred by teachers	90
3	No. of students visited by self	162
4	No. of students referred by friends (Peer References)	15
5	No. of students recognized by counselor	55
6	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	50
7	Students referred by Parents	10
8	No. of parents met	65
9	No. of parents spoken over the phone	15
10	No. students counseled over the Phone post college hours	5
11	No. Students under medical help and under counselor's observation	6
12	No. of Ex-students counseled over the phone, through internet etc	4



**Personal counseling rendered from 2009 June till 2014 March – School  
of Engineering and Technology & IIAEM**

<b>1</b>	Total no. of sessions with the counselor -	<b>343</b>
<b>2</b>	No. of students referred by teachers	<b>72</b>
<b>3</b>	No. of students visited by self	<b>151</b>
<b>4</b>	No. of students referred by friends (Peer References)	<b>11</b>
<b>5</b>	No. of students recognized by counselor	<b>104</b>
<b>6</b>	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	<b>81</b>
<b>7</b>	Students referred by Parents	<b>4</b>
<b>8</b>	No. of parents met	<b>23</b>
<b>9</b>	No. of parents spoken over the phone	<b>17</b>
<b>10</b>	No. students counseled over the Phone post college hours	<b>30</b>
<b>11</b>	No. Students under medical help and under counselor's observation	<b>6</b>
<b>12</b>	No. of Ex-students counseled over the phone, through internet etc.	<b>8</b>

**Personal counseling rendered from 2009 June till 2014 March – School  
of Graduate Studies**

<b>1</b>	Total no. of sessions with the counselor	<b>100</b>
<b>2</b>	No. of students referred by teachers	<b>02</b>
<b>3</b>	No. of students visited by self	<b>56</b>
<b>4</b>	No. of students referred by friends (Peer References)	<b>02</b>
<b>5</b>	No. of students recognized by counselor	<b>10</b>
<b>6</b>	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	<b>35</b>
<b>7</b>	Students referred by Parents	<b>00</b>
<b>8</b>	No. of parents met	<b>00</b>
<b>9</b>	No. of parents spoken over the phone	<b>00</b>
<b>10</b>	No. students counseled over the Phone post college hours	<b>00</b>
<b>11</b>	No. Students under medical help and under counselor's observation	<b>00</b>
<b>12</b>	No. of Ex-students counseled over the phone, through internet etc	<b>00</b>

**Personal counseling rendered at from 2009 June till 2014 May – Center  
for Commerce and Management Studies**

<b>1</b>	Total no. of sessions with the counselor	<b>122</b>
<b>2</b>	No. of students referred by teachers	<b>10</b>
<b>3</b>	No. of students visited by self	<b>47</b>
<b>4</b>	No. of students referred by friends (Peer References)	<b>23</b>
<b>5</b>	No. of students recognized by counselor	<b>0</b>
<b>6</b>	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	<b>4</b>
<b>7</b>	Students referred by Parents	<b>4</b>
<b>8</b>	No. of parents met	<b>4</b>
<b>9</b>	No. of parents spoken over the phone	<b>7</b>
<b>10</b>	No. students counseled over the Phone post college hours	<b>3</b>
<b>11</b>	No. Students under medical help and under counselor's observation	<b>2</b>
<b>12</b>	No. of Ex students counseled over the phone, through internet etc	

**Personal counseling rendered at from 2011 June till 2013 March –  
Centre for Post Graduate Studies**

<b>1</b>	Total no. of sessions with the counselor – June 2011 to April 2013	<b>30</b>
<b>2</b>	No. of students referred by teachers	<b>4</b>
<b>3</b>	No. of students visited by self	<b>7</b>
<b>4</b>	No. of students referred by friends (Peer References)	<b>3</b>
<b>5</b>	No. of students recognized by counselor	<b>4</b>
<b>6</b>	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	<b>2</b>
<b>7</b>	No. students counseled over the Phone post college hours	<b>3</b>
<b>8</b>	No. of Ex-students counseled over the phone, through internet etc	<b>4</b>



## **Details of meetings conducted for better functioning of Vishwas**

1. Minutes of Counselors meet on 7th November 2009 at Center for Management Studies
2. Minutes of Counselors meet on 18th November 2009 at C. P.G .S
3. Minutes of the Counselors meet on 20th January 2010 at JC Road Campus
4. Minutes of Jain university counselor's meet for Vishwas at J C Road Campus on 28th October, Saturday 2011 between 10 am – 12 pm.
5. Minutes of the meeting of Jain university counselor's for Vishwas at CMS Campus on 19<sup>th</sup> November, Saturday 2011 between 10 am – 12 pm
6. Minutes of Jain university counselor's meet for Vishwas at CMS Campus on 17th December, Saturday 2011 between 9.30 am – 12 .30 pm
7. Minutes of Jain university counselor's meet for Vishwas At SGS, JC road Campus on 7th December, 2012 between 9.30 am – 12 .30pm
8. Minutes of Jain university counselor's meet for Vishwas At SGS, JC road Campus on 4th April , 2013 between 9.30 am – 12 .30 pm
9. Minutes of the Jain university counselor's meet for Vishwas on 28<sup>th</sup> May 2013, at JP Nagar campus between 9.30 am -1 pm.

### **Counselor's Profiles: JU Vishwas**

<b>Name</b>	<b>JU Centre</b>	<b>Counseling experience at College level</b>	<b>Industrial experience</b>
<b>Dr. Uma Warriier</b>	<b>CMS</b>	<b>11 years</b>	<b>2 years</b>
<b>Ms. Lona D'Souza</b>	<b>SET</b>	<b>3 years</b>	<b>8 years</b>
<b>Dr. Rema Madhva</b>	<b>SGS</b>	<b>2 years</b>	<b>18 years</b>
<b>Dr. Rema Madhva</b>	<b>CPGS</b>	<b>2 years</b>	<b>18 years</b>
<b>Ms. Amritha</b>	<b>SCMS</b>	<b>1 year</b>	

## **Report Summary**

Mental wellbeing of campus goers is a very important aspect, which is the responsibility of parents, university and students themselves. This is especially relevant in today's world of multiple challenges, diverse forms of stress, extreme pressure to perform and achieve all different quarters and heightened self-concept of the youth. Cumulative effect of all this are depression, substance abuse, suicidal tendencies and self-harm, which will ultimately lead to further mental illness.

At Jain University, we believe in offsetting the problem in both preventive and prophylactic ways. Vishwas counseling centre of Jain University evolved out of this belief. From the inception of the counseling centre, Vishwas helped the vulnerable youth in all the possible spheres they need help, like personal counseling, career counseling, crisis management, personal development etc. Documents for every personal counseling session is maintained at all the campuses by making use of the case sheet for counseling, specially drafted for Vishwas. Each year personal data are collated and documented in graphical form for quickly retrieving past information. This also aids in trend analysis of counseling issues in campuses. Often encountered issues in campuses based on the personal counseling data are: drop in Academic performance, Behavior related issues – both in and out of classroom, personal issues like relationships, health, attitude etc, mental health issues like anxiety, depression, exam fear, dependency, tobacco addiction, gaming addiction etc, poor attendance, strained relationship between teacher-student etc. Parents of the students were counseled based on need. Teaching and non-teaching staff also made use of counseling facility of Jain University. Mental health issues that need psychiatric intervention were regularly referred to NIMHANS after notifying the parent of students. On an average, 400 personal counseling sessions per campus per year were done by campus counselors. It was observed that more than 25 % the visits to the counselor were on career prospects.

Campus counselors coordinated the activities in all the campuses of Jain University to make the services accessible to all students. Campus counselors are regularly trained by experts from NIMHANS in the form of training sessions, workshops and panel discussions. Teacher sensitization programs were conducted across all the Jain university campuses to make the teachers aware of the warning signs of mental health issues. Experts in the field of mental health

were called to give sessions to parents for effectively bringing up adolescents. Eminent people from the business and industry were called to bridge the gap between industry and academia. To inculcate spirituality in the minds of Jain university students, sessions by spiritual gurus were arranged. Peer counseling sessions by NIMHANS for selected students of all campuses augmented the effectiveness of the counseling centre, acting as extended arms of the counseling unit. Collaborating with mental health community centers like NCWB and association with Medico Pastoral association and Sahai helped to extend expert services for critical mental health issues. An information booklet on counseling services of Jain University was printed and distributed across all the campuses

Acknowledging the duty our university owes to the society, mental health awareness sessions in the form of panel discussions were done on television channels like News 9 and TV 9 to sensitize the society about the challenges faced by youth. Press release and interviews in varied newspapers like Deccan Herald, Indian express, Prajavani, DNA, etc were done regularly to capture the attention of newspaper readers and making them aware of the services provided by Vishwas. Jain University has collaborated with NIMHANS and Department of youth empowerment and sports, Government of Karnataka in preparing a module for training the master trainers at district empowerment centers.