



**Jain University Students' Guidance &
Counseling center**



Annual Report
June 2014 – March 2015

1. Seminar was conducted On “Teachers as the First Line of Defense for Students with Mental Health Issues and the Triggers Causing Changes in Their Behavior” by Dr. Uma Warriar on 31/05/2014 at Jain University J.C Road campus.

Youth is considered as the future of our country. And, teachers play a vital role in the process of building values for youngsters. The basic values are imbibed by children at home. However, personality of a youngster also depends upon the support he/she receives from the teachers at school/ college. With this objective, Dr. Uma Warriar, Chief Counselor & Assistant Professor of Jain University conducted an interactive faculty development seminar for all the degree lecturers of Jain University at the J.C. Road campus on 31st May, 2014.

The session briefed on youth mental health issues, mentoring & counseling. It also gave an insight about the warning signs of mental health issues and how teachers could combat such situations. The session started with an introduction about mental health problems. The speaker cleared all myths about counseling and provided factual information regarding counselor & counseling. She explained various signs such as emotional outbursts, time & place disorientation, lack of interest in hobbies, decline in academic performance, excessive sniffing, deliberate self- harm etc., which are indications towards the existence of psychological problems in youngsters. The various triggers of such mental health issues like home sickness, low self-esteem, conduct disorder, substance abuse, peer bullying etc., were highlighted. They also learnt about the various symptoms which could be observed in adolescents and how would they react to different situations if they had a mental health issue. With the help of suitable situational examples, the lecturers were able to understand and recall similar experiences they had. The faculty members also participated as a part of this interactive session by sharing their experiences and asking questions related to the same. Legal implications such as suspension from college, involvement of thefts etc., were explained which gave a broader perspective about various situations and made the lecturers realize about the extreme situations.

The art of handling classroom disturbance was very well explained by the speaker. Dr Uma Warriar clearly elucidated various pre requisites for a teacher for helping students. She mentioned the importance of confidentiality of the shared information and the right way of empathizing and

interacting with the students. She emphasized the role of a teacher in identifying such mental health issues in the nascent stages and how it could avoid any extremities. The session was concluded by mentioning the importance of understanding the mental health issues in youngsters and how it would improve the sensitivity & responsiveness of the lecturers. The session was very helpful to the faculty members especially as it was conducted on the day of reopening, which added to the confidence amongst lectures to start anew and to bring positive change in students.

2. Orientation sessions conducted by Anil V, Counselor of JU-SCMS & JU-SGS campus to spread the awareness of counseling services at SCMS Campus from 01/08/2014

Mental Health is an important aspect of everyone's life. To maintain it positively in the world of uncertainties becomes challenging especially for the youth. With an objective of promoting positive mental health and creating awareness about counseling services, Anil, V was appointed as the counselor of JU-SCMS campus, Jayanagar 9th block from August 1st, 2014. The counselor conducted orientation sessions in every class for nearly a month and half coming up to 29 sessions. This was an attempt to spread the word of presence of counselor as well as introducing students to mental health services provided in the campus.

Each session was for one hour of class (55min) according to the campus time table. The counselor spoke to nearly three sections everyday based on the availability and allotment from the coordinators. Every class got introduced to the process of counselling, ethics and confidentiality as well as breaking the myths about the counselling and providing facts regarding the same. The session included an activity of identifying few pictures which were gestalt images. This was brought into the session to make them understand that individuals look at the issues at superficial level or mostly at a larger picture but seeking help makes one look at every aspects of an issue or individual and how important it is. Each session was made interactive by taking examples of student's experiences as well as giving case studies to gain better clarity. Counselor concluded every session with the details of availability of and approachability to the counselor.

3. Orientation sessions conducted by Anil V, Counselor of JU-SCMS & JU-SGS campus to spread the awareness of counseling services at SGS Campus from 02/08/2014

In the competitive world, youth finds it difficult to maintain a positive outlook towards life and be mentally happy. With an objective of promoting positive mental health and creating awareness about counseling services, Anil V was appointed as the counselor of SGS campus, JC road from 2nd of August 2014. The counselor conducted 6 orientation sessions for BA and B.Sc students. This was an attempt to spread the word of presence of counselor as well as introducing students to mental health services provided in the campus.

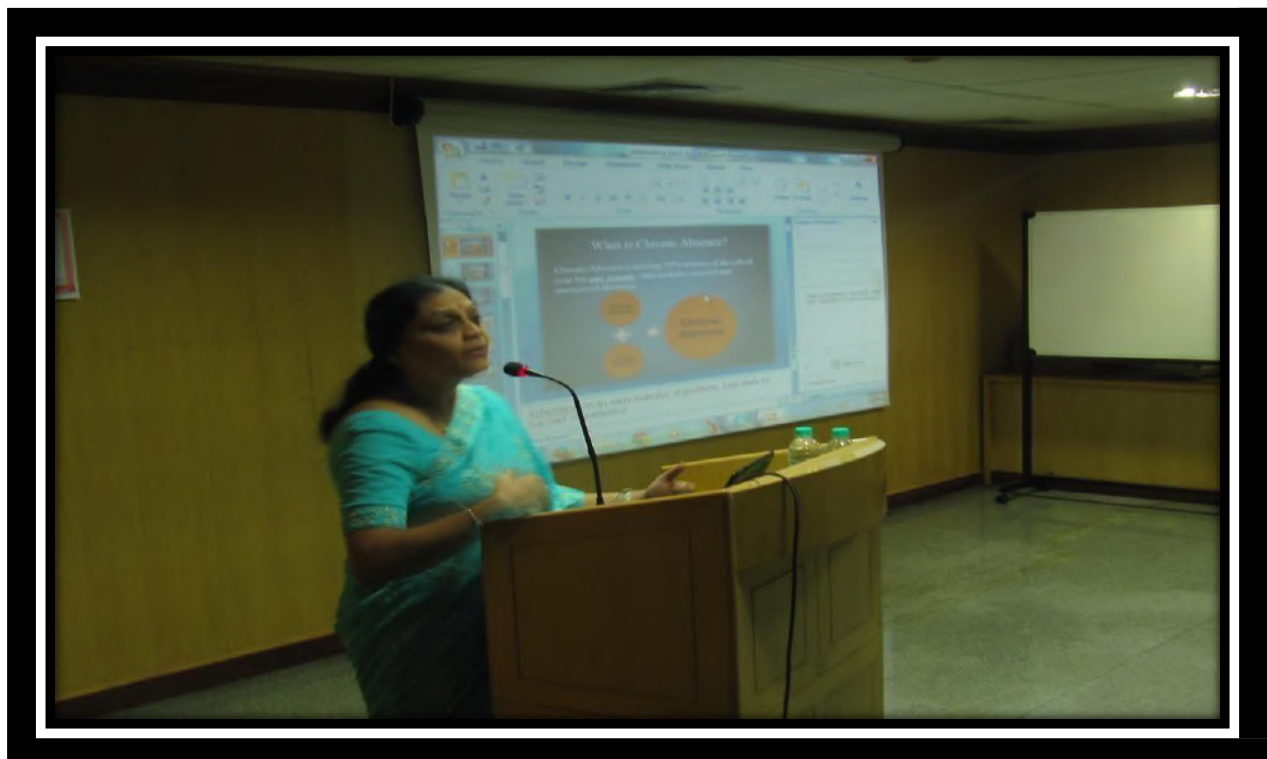
Each session was for one hour of class (50 min) according to the campus time table. The counselor spoke to nearly three sections everyday based on the availability and allotment from the coordinators. Every class got introduced to the process of counselling, ethics and confidentiality as well as breaking the myths about the counselling and providing facts regarding the same. The session included an activity of identifying few pictures which were gestalt images.



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4. Session on “Attendance Matters” was conducted by Dr Uma Warriar on 05/09/2014 at Jain University – CMS campus.

If a student misses two days in a month, it is equivalent to one year of absence over an academic period of ten years! Attendance is an early indicator of problems. Students with low attendance are less likely to succeed in academics. With the objective of helping students to come out of nonattendance, a session on the importance of attendance was conducted by Dr. Uma Warriar on 5th September 2014. The session started with an introduction about Chronic Absence and the meaning of excused absences and unexcused absences. She explained the loss of a student in terms of knowledge, productive time, better career etc., due to non-attendance. The speaker also elucidated various myths about bunking classes and the various reasons for the student's absence. Reasons like health conditions, lack of interest, parents' disinterest could provoke a student to avoid classes at college. She mentioned various techniques like self-review, having a role model, seeking support etc., to help students focus on their studies and attend classes. To the teachers who were present for the session, she gave out various ideas of motivating the students. Some of them were; Attendance management system, rewards for attendance, buddy system for academic problems, suggestion box etc.





Further, Dr Uma Warriar spoke about various strategies that student could adopt to bring about change in attitude towards academics. She explained that attitude can change only when action and thoughts would change. On a concluding note, she highlighted the need to take care of “Self” to take care of anyone else in the world. The session gave a holistic view about the significance of attending classes and how it would add value to one’s life.



5. Dr Uma Warriar, Chief Counselor of JU was a part of the final expert workshop conducted by Centre for Public Health, National Institute of Mental Health and Neuro Sciences, Bangalore for developing and implementing an integrated mental health promotion services for youth through a district empowerment model in Karnataka- Youth policy 2012 initiative from 08/09/2014 to 10/09/2014.

In today's competitive world, developing and implementing *Integrated Mental Health Promotion Services* among youth has become inevitable. With this vision, The Centre for Public Health, Department of Epidemiology, NIMHANS and The Department of Youth Empowerment and Sports, Government of Karnataka are developing a comprehensive, mental health promotion activity model integrated into the 10 proposed district youth empowerment centers in Karnataka. As a part of the model, "Yuva Spandana" is a project initiated to bridge the gap between the youth, their families and the ever-changing society and enable a smooth transition of youth from childhood to adulthood. The project activities will be undertaken by at least five Yuva Parivarthakas (meaning change agents of Youth) trained by several experts and twenty-five Yuva Mithras (meaning friends of Youth) in the whole district.

The final expert workshop conducted from 8th – 10th of September, 2014 was attended by 10 experts (selected by Nominal Group Technique) who were a part of the preliminary expert workshop and who have contributed towards the development of training modules for Yuva Parivarthakas. In addition, the workshop was also attended by 16 stakeholder representatives who provided important inputs and comments on the modules developed. The expert's group had worked to develop training modules to train Yuva Parivarthakas on topics identified and finalized during the preliminary expert workshop. Each of the modules developed was presented by the expert's group. On day one, stakeholder representatives and experts reviewed all the modules developed and provided inputs to the draft modules prepared. On the second and third day of the workshop the experts worked on the suggestions and comments expressed on day one and finalized the modules to train Yuva Parivarthakas. At the end of the workshop, all modules required for training of Yuva Parivarthakas were finalized and ready for final editing, translation and piloting.



6. Session on “*Self-Awareness and Self Efficacy*” was conducted by Garima Narwani, Christ University on 10/09/2014 at Jain University – CMS campus.

A short 2 hour psycho-educative lecture was conducted on Self Awareness and Self Efficacy on 10th September 2014 with HR students of Center for Management Studies, Jain University. The need for self-awareness and self-efficacy for the HR students is quite important since it is essential to be aware of the strengths and weaknesses one possesses, and the behavior pattern one adopts to communicate with colleagues and handle the workload.



43 students attended this lecture to know more about themselves, their behavior as individuals and as participants of a team and their strengths. The lecture was conducted by Garima Narwani, who is currently pursuing her MSC in Psychological Counseling from Christ University and is posted under Dr. Uma Warriar for her internship.

The lecture was structured in a way to introduce the concepts of self-awareness and self-efficacy gradually by means of activities associated with the concepts. The session started with an interesting ice breaker to set the tone of the lecture.

The class was divided into groups of 4 and each of them was asked to discuss a funny incident that happened recently or in the past year on campus. Just one or two persons from each group were to come and narrate the incident out loud. This activity made everyone feel comfortable and set their expectations for the remaining session.



Following the ice breaker, the entire class was divided into A, B, C and D groups. The class was then engaged in an activity named 'I am legend'. In this activity, four fields of music, cinema, business and sports were allotted to the groups and each person had to pick a legend that they related to the most. This activity made them realize how the strengths they saw in those legends, were also the strengths they possessed themselves. The concept of Self-Efficacy was explained to the class and how just by believing in one's ability and strengths one can actually outdo their previous achievements. Another concept of DISC (Dominance, Influencer, Steady and Conscientiousness) personality was introduced to the class.

DISC is a personality assessment tool which is often used to help people understand their behavioral differences especially their work behavior. This tool is often used to improve work productivity, teamwork and communication, which becomes necessary for the students who are aspiring to work in competitive corporate work environments.



A brief explanation about DISC personality profile helped the class become aware of the behavior styles they adopt. Following this, an activity was conducted wherein each team had a balloon to keep afloat for the maximum amount of time by just blowing at it as a team. This activity made them realize how, as a team, they communicate, who takes the charge, which strategizes, who follows and who rebels. This activity was to apply the concept of DISC in a team-building exercise.

The last activity of the session was 'Stretch the Bond'. This was done with just rubber bands that were distributed to the entire class. The class was then asked to stand in a circle while holding the bands with the adjacent person. They had to expand the group till they feel the stretch of the rubber band. Few of the students weren't willing to stretch at all, few of them stretched after being influenced by the others and the others were adventurous to stretch to the point of breakage. This was an analogy for relationships, personal and professional, that was explained to the class which made them aware of their responding style to stresses.

7. A faculty development program on the topic “Role of teachers in promoting mental health and preventing suicide among students” was conducted by Ashwini N V Ganig on 15/09/2014 at JU-SCMS campus.

To mark World Suicide Prevention Day which is observed on 10th of September every year, a faculty development program was conducted on the topic “Role of teachers in promoting mental health and preventing suicide among students” at JU-SCMS campus on 15th of September, 2014. Ashwini N V Ganig, Asst. Professor in Dept. Of Post-Graduation, Psychology in Jain University was the speaker. Ashwini Ganig laid emphasis on mental health of all the faculty members and promoting mental health among students with the help of understanding themselves. Ashwini spoke about the cognitive distortions (Unhelpful Thinking patterns) in oneself and its effects on interpersonal relationship. The speaker spoke about different distortions namely Mind reading, Dichotomous thinking, Personalization, Over Generalization, Emotional reasoning and so on.

The faculty members were made to identify these distortions through examples of situations they come across in using them and also identifying them among students. The usage of distortions and its effects were discussed elaborately.

The other topic covered was regarding the promotion of mental health & conflict management styles. The five types of styles namely attacking shark, avoiding turtle, collaborative owl, compromising fox and accommodating teddy bear was explained in detail.



Faculty members identified themselves with their respective style of managing conflicts and through that the effects of it on social and occupational aspects and the ways to change the unhealthy patterns to healthy patterns were discussed.

The main theme was to prevent suicide as to mark suicide prevention day. This was observed through understanding the myths about suicide. The myths were broken into different layers to understand the fact and become aware of it. The faculty members were made to understand the don'ts and do's to prevent suicide. The speaker emphasized on the roles and responsibilities of teachers in preventing suicide among students and suicidal person. Listening to them without question, not ignoring, referring the individual to a mental health professional, and not judging the individual etc. were discussed as part of the topic.



The program was concluded with a vote of thanks and a token of gratitude to the speaker Ashwini Ganig. The event was successful and the faculty members expressed their positive feelings and experiences of attending the program with the speaker.

8. Training session on “Importance of Body Language” was conducted By Prof. V. Parameshwaran, Head of the Department, Aerospace Engineering, IIAEM, Jain University, on 29/09/2019 at SET campus.

It is a well-known fact that we can communicate verbally and non-verbally. To train the students on non-verbal communication (Body Language), a three-hour interactive session was arranged on 29 September 2014 for the M Tech students of III semester, Aerospace Engineering, to teach the importance of practicing appropriate body language in making communication effective. The session started at 09:30 AM with an introduction of the trainer by Prof. V. Parameshwaran, Head of the Department, Aerospace Engineering, IIAEM, Jain University.

Following the introduction, the speaker gave a brief introduction to the audience about communication and its importance and the role of Body Language in communicating effectively. During the session the students were given activities to practice right body postures and gesture. Video clippings were also played which helped them understand the different aspects and importance of right body language. The students seemed to have benefited from the session as there was a very active participation from the students.

9. “World Mental Health Day” was observed at CMS, Jain University in collaboration with Abhaya Foundation on 10/10/2014 where, the chief guest was Mr. Sadananada Gowda, Railway Minister, government of Karnataka.

World Mental Health Day is observed on 10th October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. To aid and address the needs of the students Vishwas Counseling Center of Jain University organizes several outreach programs and workshops by collaborating with other organizations and institutions like NIMHANS , Medico Pastoral Association etc.,.

The mental health week in September 2013 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. In 2014, “World Mental Health Day” was observed in collaboration with Abhaya Foundation on 10th October 2014 at JU-CMS. The theme was *“Living with Schizophrenia”*. The chief guest for the program was Mr. Sadananada Gowda, Railway Minister, government of Karnataka. The Abhaya Foundation director, Dr Jagadish and his team presented a 3 minute documentary on Positive Mental Health in Kannada which captured the audience’s attention. Mr. Sadananada Gowda assured the audience to promote mental health by displaying the documentary in all the railway stations of Karnataka





10. “The management training module” for “Yuva Spandana” initiative of NIMHANS was developed by Dr Uma Warrier on 31/10/2014 and was presented to the target group comprising of 14 change leaders and trained them on project management and crisis management skills to effectively initiate mental health promotion services for youth at Kolar and Chikkaballapur.

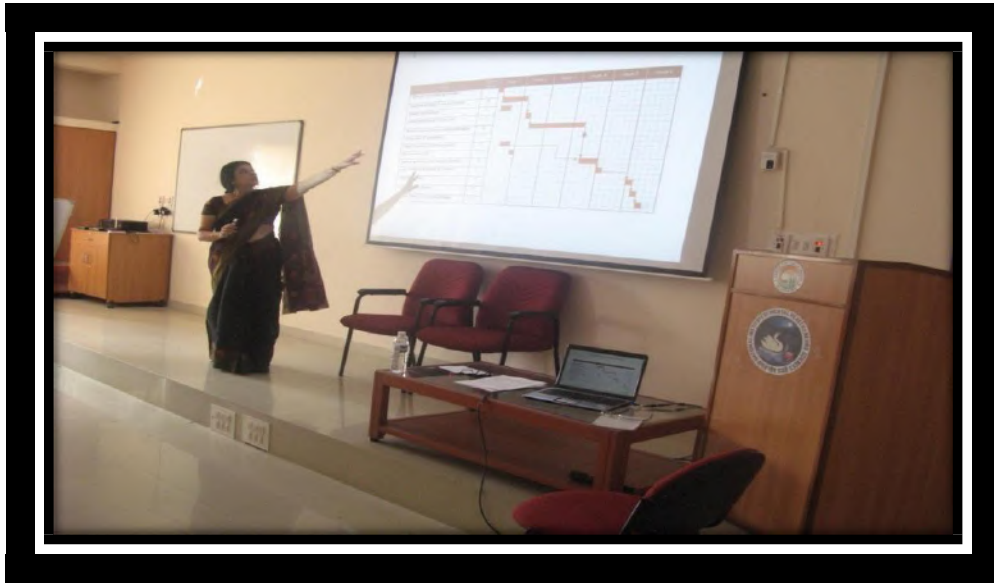
“Yuva Spandana” is a project initiated to bridge the gap between the youth, their families and the ever-changing society and enable a smooth transition of youth from childhood to adulthood. The project activities will be undertaken by at least five Yuva Parivarthakas (meaning change agents of Youth) trained by several experts and twenty-five Yuva Mithras (meaning friends of Youth) in the whole district

The “Management Module” was developed by Dr. Uma Warrier, Chief counselor of Jain University along with Dr. Pradeep Banandur, Department of Epidemiology NIMHANS. The module was presented to 14 Yuva Parivarthakas on 31st October, 2014 by Dr. Uma Warrier, Chief counselor of Jain University. It focused on familiarizing the Yuva Parivarthakas about

effective project handling skills and crisis management. This Module trains the Yuva Parivarthakas on practical aspects of management. So, every concept communicated in the presentation was supported with an activity which would help the YP's in understanding the skills one need to possess in order to efficiently deal with the project.



The first half of the management module presentation dealt with Project Management. The presentation started with outlining the role expectations of Yuva Parivarthakas which includes resource mapping & networking, conducting programs on youth related issues and services etc. The 6 M's of Management (Men, Money, Material, Machine, Minutes, and Methods) with respect to the project was explained. YP's learnt about effective project management through an activity where they had to prepare a plan using Gantt chart for project management in which they had to organize lunch for 200 people (including the local MLA) on behalf of the Akshayapatra project with Rs.15000 as their budget. They learnt the importance of describing the purpose aims & deliverables of the plan, stating parameters such as timelines, budgets etc., involvement & decision-making process of the team and progress review methods. PODSCORB (managerial functions) as classified by Luther Gullik was explained to YP's through an activity where they had to promote and generate demand for project activities at the guidance centre with the available resources and develop an USP (Unique Selling Point) for the same.



The second half of the presentation dealt with conflict handling & trouble shooting strategies. An introduction to the module was given by outlining the meaning of conflict, causes of conflict, importance of conflict management, types of conflicts, warning signs at personal & societal level, and steps in crisis intervention. YP's learnt various assertive and collaborative conflict handling strategies through an activity where 5 different situations were given in which conflict situation would occur.



Since prevention is better than cure, YP's grasped the various crisis prevention strategies such as creation of safe environment, network building, awareness programs, creation of safety plan etc., A video on natural crisis (Tsunami) and personal crisis (suicide attempt by youth of the society) was shown to YP's and were asked to chart out various prophylactic and curative/protective strategies for both the crisis seen in the video. This further developed their crisis management skills. The module was concluded by underlining the significance of having a conflict plan and the useful strategies and techniques in place in order to enable an individual handle crisis effectively. The management module presentation gave a holistic experience to the YP's in the field of management as each concept learned was well supported by an activity. Since every YP needs to have good personal, project & conflict management skills, the presentation provided a strong foundation on which each YP could build and strengthen their own capabilities and train many Yuva Mithras in order to successfully achieve the vision of "Yuva Spandana".

11. Workshop based on "VARK Learning Preference to Excel in Academics" was conducted by Dr Uma Warriar on 11/11/2014 at Jain PU College, Jayanagar.

Every individual in this world is unique. They have their own strengths and weaknesses. However, the challenge every day is to excel and take a step forward. Such a move can be taken when we strengthen our strengths and weaken our weaknesses. The students have their own perspective about this world and most importantly have their own style of understanding concepts. The workshop was based on "VARK Learning Preference to Excel in Academics" where around 80 potential rank holders of Jain PU College, Jayanagar understood their learning preferences in a scientific manner.



The workshop started with an introduction to learning styles, focusing mainly upon VARK learning preferences developed by Neil Fleming, Lincoln College, New Zealand in 1987. The VARK model is an inventory of 16 questions containing 4 modal preferences i.e. Read/write, Kinesthetic, Visual and Auditory. The students filled the standard VARK learning preferences questionnaire as per the method explained by the speaker. The students then tallied their score in the prescribed manner and arrived at their learning style. The speaker conveyed that everyone possesses all four of the learning styles, but are stronger in some of the areas. Hence, based on the strengths, some activities would be either favorable or difficult.



Various strategies for the 4 learning styles were given so that students could enhance their learning style and better their performance. The speaker described that visual learner could use flashcards, replace words with symbols, use highlighters etc., for making their learning fruitful. Mnemonics and audio taping the lectures were some of the strategies that were considered apt for auditory learners. The Read or Write learners could improve their efficiency by having headings at the top of the page, write out sentences and phrases that summarize key information, etc.



Using examples and pictures in studies, playing background music at the time of study, taking frequent breaks etc., were considered vital for Kinesthetic learners.

The workshop was concluded with the following quote - "Ride the wave; Catch the Energy; Unleash the Potential!" which conveyed to the students that they could achieve anything in life by optimally utilizing their strengths. The students and faculty felt the need to extend such workshops to the weak students. It was an eye opener to the faculty who attended the workshop as they were convinced and determined to adopt such strategies for themselves while preparing for their classes and also while teaching students.

12. Dr Uma Warriar, Chief Counselor of JU presented on “Youth – The way forward” in the symposium conducted On “Youth Mental Health In India: A Public Health Perspective” By Department Of Epidemiology, Centre For Public Health, NIMHANS on 03/12/2014.

In India, Youth accounts for almost 65% of the population. They represent the future of the country and hence their wellbeing is considered vital. With this objective, Department Of Epidemiology, Centre for Public Health, NIMHANS conducted a Symposium On “Youth Mental Health in India: A Public Health Perspective” where field experts gave their view about the youth mental health. The symposium intended to enhance strategies for interventions for mental health issues among youth in India.

The symposium was inaugurated by Dr. N Nagambika Devi, Principal Secretary to Government, Department of Youth Empowerment and Sports and was presided by Prof P Satish Chandran, Director and Vice Chancellor, NIMHANS. The session began after a small tea break where Dr. Gururaj G, Professor and Head of Epidemiology, NIMHAS spoke about Yuva Spandana – Developing and implementing an integrated mental health promotion services for youth through a district empowerment model in Karnataka. They have trained the concerned and started the same at Kolar and Chikkaballapur. Dr. Pradeep B.S, Professor of Epidemiology, NIMHANS gave out the various findings of their research of first of its kind where they studied the various Youth health behaviors and concerns of Himachal Pradesh.

In the subsequent session, various youth representatives like parents, teachers and media personnel spoke about what they felt about the youth of today. Since they represent varied fields, every speaker gave a different perspective about the youngsters. Dr Uma Warriar, Chief Counselor & Associate Professor of Jain University expressed her views about the Youth of today from an academicians point of view. Her presentation focused upon the reasons why youth are very charming; why youth are not very charming and the ways to productively channelize the vibrant energy of the youth. Today’s youngsters are street smart, tech savvy, great multi-taskers, empowered risk takers, individualistic and have better tolerance towards diversity. She conveyed that the youth must make an effort to weaken their weaknesses such as inconsistency, lack of direction, rebellious nature, herd mentality and substance & behavioral addiction.

Various challenges faced by Youth like Peer pressure, media explosion, communication gap, disturbed family background etc. were highlighted by the speaker. The speaker used various counseling cases as a medium to communicate the same to the audience. For example, she spoke about a case where a girl attempted to commit suicide as her parents didn't buy her a handbag costing Rs.1lakh. They didn't accept the demand as it was unrealistic. Being a 21year old girl, she is exposed to various luxury brands and felt that she must follow such a lifestyle portrayed in the outside world may be by celebrities. But after she went through a counseling session, she realized the seriousness of the issue and accepted her impulsive behavior. The counselee is now doing well for herself and is doing her post-graduation abroad in Luxury Branding. The speaker explained as to how her passion for luxury brands could be converted into a career option by giving her the right guidance. Hence, the need for giving a right direction to the youngsters was expressed by the speaker. The session continued where the speaker gave out the various ways of building confidence in the Youth so as to utilize their potential to the utmost extent and create an effective/positive impact on the society as whole.

Dr. Uma Warriar expressed the need to make education – employment driven. She mentioned the example of Bits Pilani, Dubai where they have a part of curriculum that is suited to the requirements of Intel. It would make the youth industry ready soon after they are graduated. She conveyed that the senior citizens could mentor the youngsters on life skills. She mentioned that today's generation learn better through movies, short videos, meaningful TV shows etc., Since the issues amongst the youth are in rise, she conveyed the need to have a counseling center in every educational institute. She was of the opinion that the youth of today need personal space and don't like someone invading their privacy. The speaker concluded with a quote "When the going gets tough, the tough gets going!" and conveyed that tough scenarios would boggle down laser focus on what we want to achieve and would keep us going until we reach the goal. Many parents and students expressed their appreciation to the speaker for bringing out a holistic view about the Youth of today. The symposium continued with Dr Pratima Murthy's presentation where she spoke about the Youth and Lifestyle disorders and where the elders must intervene to prevent the same.

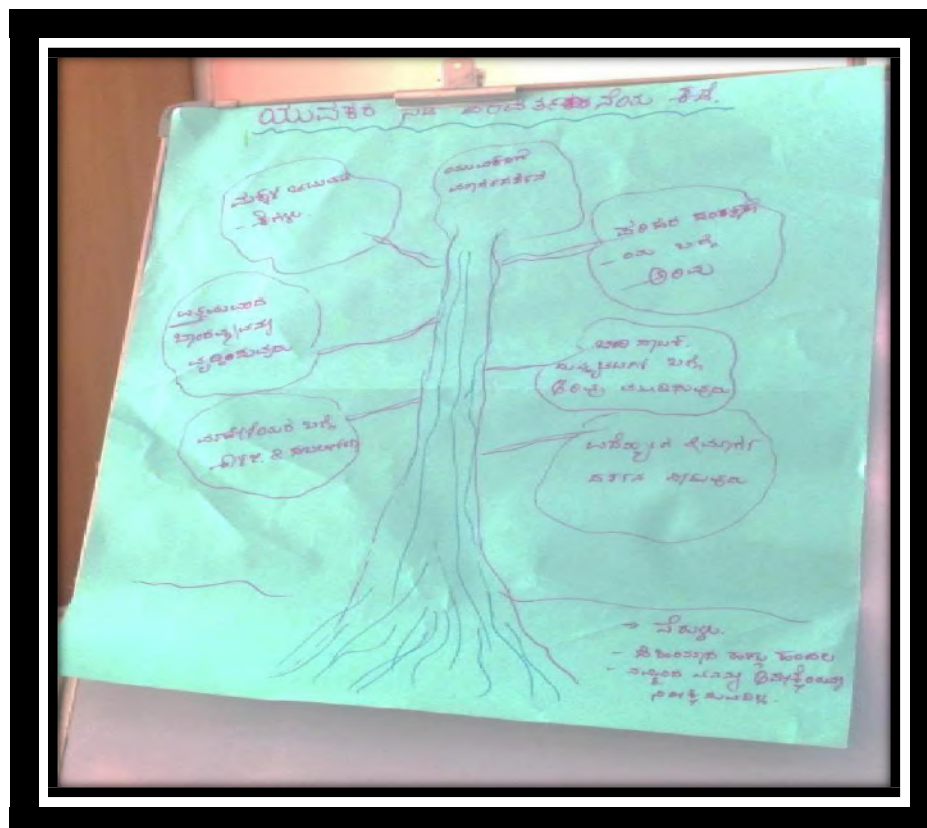


After the lunch break, Dr. Reynold Washington spoke about the Challenges and Barriers to implement community interventions among Youth – affected by HIV. Various other experts like Dr. Sachin Shinde spoke about the Challenges and Barriers to implement community interventions among Youth – SEHER Trials and Dr. K.R Thankappan spoke about the community health interventions among youth. At the end of the symposium there was an open house discussion where all the speakers answered various questions of the audience that reflected important issues about the Youth.

This symposium provided a multidimensional view from various stakeholders about various mental health issues among youth where a platform for advocacy was created by bringing together professionals from multidisciplinary sectors like health, experts from academic and research institutions and enforcement agencies. Such efforts would foster creation of mental health professional groups to strengthen and prioritize mental health in the country.

13. As a part of the “Yuva Spandana” initiative of NIMHANS, Dr Uma Warriier presented “The management training module” on 09/12/2014, to a target group of 8 districts of Karnataka comprising of 34 change leaders and trained them on the project management and crisis management skills in order to effectively initiate mental health promotion services for youth in their respective district Empowerment centers.

The Centre for Public Health, Department of Epidemiology, NIMHANS and The Department of Youth Empowerment and Sports, Government of Karnataka are developing a comprehensive, mental health promotion activity model integrated into the 10 proposed district youth empowerment centers in Karnataka. As a part of the model, “Yuva Spandana” is a project initiated to bridge the gap between the youth, their families and the ever-changing society and enable a smooth transition of youth from childhood to adulthood. The project activities will be undertaken by at least five Yuva Parivarthakas (meaning change agents of Youth) trained by several experts and twenty-five Yuva Mithras (meaning friends of Youth) in the whole district.





The final training session was conducted on 9th December 2014 where Dr Uma Warriar trained 34 Yuva Parivarthakas of 8 districts regarding the “Management Module”. This Module trains the Yuva Parivarthakas on practical aspects of management. So, every concept communicated in the presentation was supported by an activity which would help the YP’s in understanding the skills one need to possess in order to efficiently deal with the project.



The management module presentation gave a holistic experience to the YP's in the field of management as each concept learned was well supported by an activity. Since every YP needs to have good personal, project & conflict management skills, the presentation provided a strong foundation on which each YP could build and strengthen their own capabilities and train many Yuva Mithras in order to successfully achieve the vision of "Yuva Spandana".

14. A session on "Building self-esteem" was conducted by Anil V, counselor of JU- SCMS & JU-SGS campus at SGS campus on 27/12/2014.

Self-esteem being one of the prime issues experienced by adolescents, the campus counselor of School of Graduate Studies, Anil V, conducted a workshop on 27th of December, 2014 to the students of 4th semester BA comprising of 40 students. This session was for an hour long and the topic was 'Building Self-Esteem'.

The session focused on helping individuals to boost their self-esteem in order to help them for growth in life. The session included the definition of self-esteem and evaluation processes along with understanding the contributing factors for the same. The student's experiences were explored and were related to the examples of contributing factors for low self-esteem. The group was given ten measures to build self-esteem and it was elaborately discussed. Students were interactive and asked questions with certain examples that affect one's self-esteem. The session ended with a positive note of boosting one's confidence and accepting oneself.

15. A workshop on "Defense mechanisms" was conducted at SGS campus on 10/01/2015 by Anil V, counselor of JU-SCMS & JU-SGS campus.

In order to deal with conflict and problems in life, Freud stated that the ego employs a range of defense mechanisms. Defense mechanisms operate at an unconscious level and help ward off unpleasant feelings (i.e. anxiety) or make good things feel better for the individual. To educate students about defense mechanisms a session was conducted by the counselor of JU-SCMS & JU-SGS, Anil V on 10th of January, 2015 to the students of 4th semester BA comprising of 40 students. This session was for an hour long on the topic 'Defense Mechanisms'.

This session focused only on the students who are pursuing psychology as one of their subjects in BA. The counselor's intention was to make students relate to the defenses they use in their daily life. The group members reported that they do not remember the defenses completely and hence the counselor helped the students regain their learning by explaining the Freud's defenses completely. The defenses were stated and students were asked to identify the common defenses used by every individual in daily life by giving some examples. Later, excessive use of defenses and the harmfulness of it to our daily functioning were facilitated. The ways to manage ourselves and importance of seeking counseling to overcome anxiety feelings and anxiety provoking situations were explained. The session was a beginning for the students to know deeper about the defenses relating to human interactions.

16. A workshop on “Self-awareness” was conducted by Anil V, counselor of JU-SCMS & JU- SGS campus at SGS campus on 15/01/2015.

It is said that every day an individual should spend at least 10 minutes with himself/herself. It is important to introspect and modify any behavior/actions of the self so as to create a positive outlook for life. The counselor of JU-SCMS & JU-SGS, Anil V, conducted a workshop on 15th of January, 2015 for the students of 4th semester BA comprising of 50 students. This session was for an hour long on the topic ‘Self-awareness’.

This session made an attempt in helping students to become aware of one and also acknowledge certain facts. The students were given with a rationale of experiencing this topic saying every individual lack in awareness and one needs to know more about themselves to think, feel and experience better. The activity of ‘JOHARI WINDOW’ was given. This exercise has four windows which talks about open area, closed area, hidden area and unknown area. These four windows were explained and the students were made to fill every window of their feelings, thoughts, experiences, interests and anything they think that would fit in. This helped the students to know much more than what they thought of themselves. The motive of gaining deeper insights of oneself was met and students were also told to seek counselling help if certain things were triggered. The session concluded with the importance of awareness and how counselling helps an individual to overcome any problems.

17. A workshop on “Personality Orientations” was conducted by counselor of JU- SCMS & JU-SGS campus, Anil V at SGS campus on 31/01/2015.

Every individual has a unique personality. The awareness about the same can help individuals to have an enriched life. The counselor of JU-SCMS & JU-SGS, Anil V, conducted a workshop on 31st of January, 2015 to the students of 4th semester BA comprising of 50 students. This session was for an hour long on the topic ‘Personality Orientations’. Eric Fromm’s personality orientations and unhealthy trait theory were explained to students to help them know their personality orientation and also unhealthy signs of it. His theory stated that personality depends on two primary needs which are need for freedom and need for isolation. Since the members of the group were teenagers/ adolescents and would be experiencing anxiety situations created between these two needs, this session helped them to identify and overcome the unproductive personality traits.

The traits of this theory stated to students and explained in detail were, *The Receptive Character Type* is characterized by a need for constant support from others. They tend to be passive, needy, and totally dependent upon others; *The Exploitative Character Type* is willing to lie, cheat, and manipulate others in order to get what they need. In order to fulfill their need to belong, they might seek out people who have low self-esteem or lie about loving someone they really don't care about. *The Hoarding Character Type* copes with insecurity by never parting with anything. They often collect massive amount of possessions and often seem to care more about their material possessions than they do about people. *The Marketing Character Type* looks at relationships in terms of what they can gain from the exchange. These types tend to be opportunistic and change their beliefs and values depending on what they think will get them ahead. *The Productive Character Type* is a person who takes their negative feelings and channels the energy into productive work. They focus on building loving, nurturing, and meaningful relationships with other people.

This information helped individuals identify themselves the traits they possess and relate to their thoughts, feelings and behaviors. An experiential learning report was made by every member as it helped them introspect their personality orientations & makes an effort to look at more productive types.

18. An outreach program Of Jain University – “Youth – The Way Forward” was conducted at Acharya Institute by Dr Uma Warriar, Chief counselor of Jain University on 04/02/2015 where the students learnt about the current issues faced by youth and how they could overcome the same.

Youth constitutes a large part of India’s population. In today’s competitive world, everyone wants to do better than the others. This increases the stress level among youngsters. To address the problems of the youth of today and to provide solutions to overcome them was the main objective of the session conducted by Dr Uma Warriar, Chief counselor of Jain University at Acharya institute on February 4th 2015. The session titled “Youth – The Way Forward” was addressed to all BA psychology students of Acharya institute. The session began with a formal welcome by Mr. Kartik, Station Director followed by a small video about the present-day youth.

The session started with an introduction to youth of today, why youth are very charming; why youth are not very charming and the ways to productively channelize the vibrant energy of the youth. Today’s youngsters are street smart, tech savvy, great multi-taskers, empowered risk takers, individualistic and have better tolerance towards diversity.



She conveyed that the youth must make an effort to weaken their weaknesses such as inconsistency, lack of direction, rebellious nature, herd mentality and substance & behavioral addiction, peer pressure, media explosion, communication gap, disturbed family background etc. were highlighted by the speaker. The need for having a right direction in life was expressed by the speaker. The session continued where the speaker gave out the various ways of building confidence in the Youth so as to utilize their potential to the utmost extent and create an effective/positive impact on the society as whole. The strategies for coping up such as meditation, healthy diet, seeking help, having a mentor etc. were explained to students to gain a better understanding of what they could do when faced with issues.



An activity named “Fear in a hat” was conducted where the students had to write in a small paper about the problem that they face and put in the bowl. It was later passed to all the students anonymously and each of them had to give their own opinions about what they felt about the problem & how they could overcome such problems.

In this way the entire audience got a holistic view of the issues faced by youngsters and some of the ways that they could deal with them. The session concluded with a recap session with the students in order to have a clear cut idea as to what exactly the audience had learned in the session. A vote of thanks was delivered by Mr. Alen Hilary, Lecturer, Department of Psychology. On the whole, the session was a grand success and the students expressed their happiness by requesting the resource person to conduct many more sessions on various other topics.

19. A psycho-education program was conducted by Anil V, counselor of JU-SCMS & JU- S G S at on “Substance Abuse” at SGS campus from 19/02/2015 and 24/02/2015.

One of the prime issues faced by adolescents is Substance Abuse. To help the students gain more knowledge on the negative effects of substance use and to help them prevent addiction was the main motive behind this program. The counselor JU-SCMS & JU-SGS, ANIL V conducted a psycho-education program on Substance Abuse for students of Jain College-School of Graduate Studies, JC Road. It was a week long program conducted for every stream (B.Sc, BA, BCA & BID). Each day was dedicated for one stream of students from all the three years (II, IV, and VI semesters) and certain streams were divided due to large number of students.

Substance Abuse program started with the meaning of substance as well as addiction. With the intentions of this psycho education being conveyed to students, the session continued with explanations of the reasons for an individual to get into drugs and how it influences to any extent of becoming an addict. There were few case studies given to the students which threw light on addict's life story. The working mechanism of drugs and its chemical reaction impacting on individual were briefed. A video was shown to help students know the effects the drugs. This video had a very strong impact on every audience member and realization was seen and heard as how the video conveyed the reasons of addiction, influences and negative consequences in one's life, rebellious nature, herd mentality and substance & behavioral addiction. Various challenges faced



After the video presentation, the counselor gave a detailed description of every drug along with short term and long-term effects. The effect of these drugs was explained and was constantly supported with the words of seeking counseling or mental health professional's help and finding healthy coping strategies rather than addictions. Every drug, the usage of it, its psychological and physiological effects, behavioral issues caused by them, death instances and so on were explained adequately. The topic also covered with certain myths of drugs and how individuals get carried away with inaccurate knowledge.

The reasons for finding such drugs as well as dealers knowing the facts and promoting their interests on making profits but not 'individual's life was conveyed appropriately.

Since the addiction mainly caused by peer pressure leading to various risk full behaviors, and every topic speaking as well as videos speak about the pressure leading to addiction, another video on peer pressure was shown. This video focused on the effects of peer pressure and also how to overcome them. The visual impact was high in indicating managing peer pressure by being assertive and being unique rather than following the crowd and become a victim of sorrow.



The program also included an activity which was conducted only on certain days due to time constraints. The group was asked to think of a problem or uncomfortable situation for a minute and then find at least five coping strategies. These strategies could be any healthy strategies apart from seeking counseling. Students were able to come up with healthy coping mechanisms and discuss which was of help to the group on the whole. Along with students, lecturers from various departments present on their respective days participated actively by asking questions and seeking more clarity on certain topics.

Many students continued to give feedback as being informative, helpful, strengthening to seeking help, motivating towards good and many. On the whole, the motive of reaching students on the effects of substance abuse and to overcome such addictions was met successfully and it was fruitful.

20. A session on “Substance Abuse” was conducted by Anil V, counselor of JU-SCMS & JU- SGS campus at JU- Center for postgraduate studies as part of their NSS program on 25/04/2015

Substance abuse is one the growing issues amongst the adolescents. With a motive of educating the youth about ill effects of substance abuse, Centre for Post graduate studies (Jain University), Jayanagar 3rd block, invited Anil V, campus counselor of JU-SCMS & JU-SGS to give a lecture on substance abuse as part of their NSS program. The session was conducted on 25th of February, 2015. This session was for 1st and 2nd year students of post-graduation in two respective batches for an hour and half. This lecture was supported by the counselor of SET & IIAEM campus of JU, Ms. Lona D’Souza. The session began with a formal introduction of the speakers and the intention of this program was communicated by the Director, Dr. Varalakshmi. Director gave a welcome address and expressed the intent behind the activity. She told that the activity was conducted as a part of ‘Swach Bharath’ mission and explained the necessity to clean our heart, mind and body and later carry this mission to the environment. Dr. Varalakshmi also spoke about the importance of cleaning substance use which is most prevalent pollution in today’s society.



Substance Abuse program focused right from the meaning of substance as well as addiction. With the intentions of this psycho education being conveyed to students, the session continued with explanations of the reasons for an individual to get into drugs and how it influences to any extent of becoming an addict. There were few case studies given to the students which threw light on addict's life story. The working mechanism of drugs and its chemical reaction impacting on individual were briefed. A video was shown to help students know the effects the drugs. This video had a very strong impact on every audience member and realization was seen and heard as how the video conveyed the reasons of addiction, influences and negative consequences in one's life.

After the video presentation, the counselor gave a detailed description of every drug along with short term effects and long-term effects. The effect of these drugs was explained and was constantly supported with the words of seeking counseling or mental health professional's help and finding healthy coping strategies rather than addictions. Every drug, the usage of it, its psychological and physiological effects, behavioral issues caused by them, death instances and so on were explained adequately.



The topic also covered with certain myths of drugs and how individuals get carried away with inaccurate knowledge. The reasons for finding such drugs as well as dealers knowing the facts and promoting their interests on making profits but not individual's life were conveyed appropriately. Since the addiction mainly caused by peer pressure leading to various risk full behaviors, and every topic speaking as well as videos speak about the pressure leading to addiction, another video on peer pressure was shown. This video focused on the effects of peer pressure and also how to overcome them. The visual impact was high in indicating managing peer pressure by being assertive and being unique rather than following the crowd and become a victim of sorrow.

Every introduction of the topic was with eliciting responses from the students. The counselor of SET campus and IIAEM, Ms Lona D' Souza introduced few cases and shared the experiences of working with addicts at rehabilitation centers as well as at a hospital setting, which provided great insight to all the students. Post graduate students were interactive and questioned many things to gain better clarity. The session was successful in seeing the young minds take up the task of cleaning oneself and the neighbor at the least. Students reported saying the sessions were informative and took contact address of Vishwas for seeking further help.

21. A session on “Self Esteem” was conducted by Ms. Ashwini N V Ganig and Dr. Sherin P Anthony, Asst. Professors, Post Graduate Department of Psychology, Jain University at JU-SCMS campus on 27/02/2015

Possessing little self-regard can lead people to become depressed, to fall short of their potential, or to tolerate abusive situations and relationships. Too much self-love, on the other hand, results in an off-putting sense of entitlement and an inability to learn from failures.

Counseling cell of Jain College (affiliated to Bangalore University) had organized a lecture on 27th of February (Friday) on the topic ‘Self Esteem’ for final year students of B.Com and BBM. This lecture was coordinated by Anil V, counselor of JU-SCMS & JU-SGS campus. The program was initiated to help students know more about themselves and gain insights as how better self-esteem they need to have and its benefits for their future.

The speakers for the day were Ms. Ashwini N V Ganig and Dr. Sherin P Anthony, Asst. Professors, Post Graduate Department of Psychology, JAIN University. After a formal welcome address and introduction of the speakers, the program began with introduction of the topic self- esteem and what it is all about. Sherin Anthony spoke about the assumptions created for over a period of time makes us feel less worthy leading to low self-esteem. The speakers intelligently dealt the topic with Cognitive Distortions and linking these unhelpful thinking patterns as being the contributors to low self-esteem.

Ashwini Ganig introduced cognitive distortions in detail and explained every thinking pattern in detail with examples. This talk was shared by both the speakers in explaining different distorted thinking patterns with some case studies, client sharing’s and many more. Students were also told how to overcome such thinking patterns and 4D’s were explained. They were introduced to detecting these thinking patterns, debating them and deciding them and later deleting or discarding the same. Such processes would help every individual to overcome their mental blocks resulting in feeling worthy and loving about oneself.



The talk concluded the importance of showing unconditional positive regard and understanding the ideal self and real self. With Vote of thanks to the speakers the session was very informative and captivating. This would be of great help to the students to improve their self-esteem and build a bright future in work and in life.

22. A session on “Substance Abuse” was conducted by Anil V, counselor of JU-SCMS & JU-SGS on 04/03/2015 at JU-CMS.

Substance abuse is one of the prime issues faced by adolescents. To help the students gain more knowledge on the negative effects of substance use and to help them prevent addiction, Anil V, counselor of Jain College, JC road & Jain College, Jayanagar gave a session on “Substance abuse”. Dr Uma Warriar welcomed the resource person and the session started with an introduction to substance abuse and its addiction.

This psycho education session continued with explanations of the reasons for an individual to get into drugs and how it influences to any extent of becoming an addict. There were few case studies given to the students which threw light on addict’s life story. The working mechanism of drugs and its chemical reaction impacting on individual were briefed. A video was shown to help students know the effects the drugs. This video had a very strong impact on every audience member and realization was seen and heard as how the video conveyed the reasons of addiction, influences and negative consequences in one’s life.



After the first one hour of the session, one of the students confessed that he hadn't touched any of these substances from 3 weeks. The audience applauded his courage for having confessed the same. Since the addiction mainly caused by peer pressure leading to various risk full behaviors, and every topic speaking as well as videos speak about the pressure leading to addiction, another video on peer pressure was shown. This video focused on the effects of peer pressure and also how to overcome them. The visual impact was high in indicating managing peer pressure by being assertive and being unique rather than following the crowd and become a victim of sorrow.



Further to the video presentation, the counselor gave a detailed description of every drug along with short term effects and long-term effects. The effect of these drugs was explained and was constantly supported with the words of seeking counseling or mental health professional's help and finding healthy coping strategies rather than addictions. Every drug, the usage of it, its psychological and physiological effects, behavioral issues caused by them, death instances and so on were explained adequately. The topic also covered with certain myths of drugs and how individuals get carried away with inaccurate knowledge.

The reasons for finding such drugs as well as dealers knowing the facts and promoting their interests on making profits but not individual's life were conveyed appropriately.



At the end of the session, another student amongst the audience confessed about his addiction and the journey of de-addiction. He described how he got addicted to drugs at an early age of 9, and the way it affected his studies, daily routine and his relationship with parents. He explained his painful suffering at the rehabilitation center and confessed that it helped him to get out of the addiction. He proudly said that he hadn't consumed any substance from 3 years and was very happy about his well-being in all spheres of life. He gave a practical view of all the topics covered by the resource person. On the whole, the motive of reaching students on the effects of substance abuse and to overcome such addictions was met successfully and it was fruitful.

23. A one day workshop “Train Your Brain” was conducted by Dr Uma Warriar, Chief counselor of Jain University on 08/03/2015 to a team of youngsters as a part of the initiative – “Pravesha” by AIKYA (a society registered under the Karnataka Societies Act) and the department of Youth Empowerment & Sports, Government of Karnataka.

India's youth dividend can be reaped only when 73% of new jobs in urban areas are fulfilled by 60% of youth from rural areas. Hence the rural youth must shift from getting lost in the unorganized sector to building a career path for themselves in an organized manner and achieve overall growth economically and socially. With this objective – “Pravesha” was started by AIKYA; an NGO started in 1982 and registered under the Karnataka Societies Registration Act. With Pravesha, rural youth gains many opportunities and growth paths through job, apprenticeship, up-skilling process and entrepreneurship. A one-day workshop named “Train Your Brain” was conducted by Dr Uma Warriar on March 8th, 2015 to a team of 6 youngsters who came from a rural background. The presentation mainly focused upon – *selling skills, customer relationship management, time management, financial fitness and work etiquette.*



The workshop started with an ice breaker session where each of the students had to introduce themselves with their name, place of birth, their role model & inspiration etc. The session became interesting when they had to link their personality traits to an animal. It made the students think of their own strengths and introduce themselves to their fellow members with a large amount of confidence. The session continued with the meaning of selling skills, selling process, dos and don'ts in selling etc. An activity was conducted where the students had to choose between a one- rupee pen and a hundred-rupee pen. The essence of the activity lied in convincing the students to sell/buy a pen which displayed better value than the price. Further, CRM was introduced and the students learnt about customer expectations through a video. To make the customers happy, they need to be treated as guest. The ways in which different types of customers such as angry customer, demanding customers, passive customers etc. and the professionalism with which their complaints should be handled was taught by the trainer.

A small role play was conducted where one person had to play the role of a store manager and the other had to enact the role of a loyal customer who is disappointed with the products of the company. They learnt how to practically tackle problematic situations. After a small tea break, financial fitness was introduced to the students. They learnt how to maintain proper records, set SMART goals, handle personal finance through budgeting etc. All the students had to budget their hypothetical income of Rs 3000/- to various aspects such as rent, food, recreation, travel etc. This gave a realistic view of their expenditure and how they could control the same in order to increase their savings.

The students also learnt the “ANT philosophy” which propagates that every individual must never give up, be positive, look ahead in life and do all those tasks that he/she can. Time management session started with an introduction to the value of time in everyone’s life. They learnt the value of “The Present” as time is a non-renewable resource and once it’s gone, no one could get it back. They were made to calculate their Leisure Quotient – the amount of non-productive hours wasted during the day. The students did an activity where they had to prioritize the tasks mentioned in the list into A list, B list and C list. They learnt Wilfred Pareto’s principle of 80/20. The ill effects of procrastination were learnt by sharing personal experiences. Stephen Covey’s , “Jar and the big rocks” example was used to make the students understand the value of doing the most important tasks first so that they could easily do the smaller tasks after completing the harder ones. Subsequently a lunch break was taken.

After the lunch break, the trainer spoke about work etiquettes and its importance. A video of an unprofessional employee was shown to make them understand the extreme effects of not following the work culture. They learnt about office etiquette, handshake etiquette, mobile and telephone etiquette, email etiquette and personal hygiene. A small role play was conducted where one had to play the role of a drunken employee and the other had to play the role of his boss who schedules a meeting with a new customer on the same day. They had to portray the negative effects of the situation and how they would combat the situation. The students enacted extremely well and enjoyed the role play along with learning the important lessons of personal & work etiquette. “Chinese whispers” game was played in order to make them learn the significance of right communication.



The workshop concluded by having a recap session of all the key learning throughout the day. Dr Uma Warriar explained the concepts in the most efficient way and gave a practical aspect to all the concepts. The videos and activities helped the students to understand each and every concept in depth and how they could handle crisis situations. All the students gave a positive feedback and felt that the learning was essential to increase their employability.

24. An outreach program of Jain University was conducted at Acharya Institute on 09/03/2015, by Dr Uma Warriar, Chief counselor of Jain University on the topic “Train Your Brain – Leveraging interview taking skills and time management to increase employability”

In India, every year lakh of students graduate and become eligible for employment. However, the vacancies available are limited and not even half the number of students who are graduated get jobs. However, with specific focus on skill development one becomes better employable when compared to his/her peers. With a strong motive of improving skills of the youngsters, Dr Uma Warriar, Chief Counselor of Jain University conducted a session titled “ Train Your Brain – Leveraging interview taking skills and time management to increase employability” for the BBM, BCA and B.Com final year students of Acharya Institute on March 9th 2015.

The session started with an activity where the students had to introduce themselves with their name, place of birth, their role model & inspiration etc. Besides, they had to link their personality traits to an animal and express the same. It made the students think of their own strengths and introduce themselves to their fellow members with a large amount of confidence.

This introduction was then related to personal branding/marketing yourself who made the students realize the importance of creating the right impression with the interviewer. The session continued with an introduction to interview taking skills, dos and don'ts in interviews etc. The students also learnt the “ANT philosophy” which propagates that every individual must never give up, be positive, look ahead in life and do all those tasks that he/she can.



The session continued after a half an hour break where the resource person addressed the importance of time management.



They learnt the value of “The Present” as time is a non-renewable resource and once it’s gone, no one could get it back. They were made to calculate their Leisure Quotient – the number of non- productive hours wasted during the day. The speaker then introduced the concept of having “86,400” seconds in day and how one could optimally utilize the time so that he/she could reach the path to success. Circadian Rhythms was explained where students learnt about how their brain functions at different parts of the day. The students did an activity where they had to prioritize the tasks mentioned in the list into A list, B list and C list. They learnt Wilfred Pareto’s principle of 80/20. The ill effects of procrastination were learnt by sharing personal experiences. The speaker then spoke about the concept of “Pacing” where 15% of the time allotted for a task had to be subtracted from the time available to do a task so that one was prepared for all the uncertain situations.

The method in which the students could plan their day/week/month etc. explained and they were motivated to maintain a planner which would help them to see the big picture & become time efficient. Stephen Covey’s , “Jar and the big rocks” example was used to make the students understand the value of doing the most important tasks first so that they could easily do the smaller tasks after completing the harder ones.



The session concluded with a story where the resource person expressed that the learning throughout the session could be either used in the real life or could be left in the room; the choice was completely left to the students. The session received a positive feedback from all the students. They expressed their gratitude and spoke about how all these learning would help them in improving their employability as well as increasing the efficiency of their personal life.

25. A Session on “Keep calm & ace your exams” by Vandya Bhat, Intern, Vishwas counseling center at JU-CMS on 13/03/2015.

Exam creates stress and anxiety in more than 90% of the students. However, many educational institutions are working towards creating a healthy environment for students to face exams effectively. Jain University – Vishwas counseling center conducted a session “Keep Calm & Ace Your Exams” on March 13th 2015 at JU-CMS campus where Vandya Bhat, Intern of Vishwas counseling center spoke about how to write exams effectively. The session started with an introduction of the speaker by Dr Uma Warriar, Chief counselor of Jain University.



The speaker started with an introduction about how Jain University – CMS is helping students to gain a better exposure by involving students in many activities, advanced syllabi and supportive teachers. She then explained how students perceive exams. The speaker explained the advantage of planning the method in which every subject should be studied. The audience learnt that a day planner for every module/subject would help them in finishing the studies in an organized way.



The importance of making a question bank and referring previous year question papers were explained. The speaker then described the various time wasters during exams such as Facebook, twitter & other forms social media. The presentation then focused upon the factors to be considered on the previous day of the exam. She explained the importance of having adequate sleep, revising all the modules, dressing well to feel confident, coming on time for the exam etc., the students learnt how they could manage time during exams by allotting specific time for each of the sections in the question paper. The method of organizing the paper by drawing a diagram, writing serial numbers before the margin of the answer script etc., were described which helped the students in correcting their way of writing exams. The speaker also suggested the students to check all the answer before leaving the exam hall as that would help them avoid silly mistakes. The session concluded with the best wishes of the speaker to the students for all the exams. The audience enjoyed the session and gave a positive feedback to the speaker.

26. A Session on “Behavioral Addiction” By Abhishek V, Management Trainee, Basket Options on 16/03/2015 at JU- CMS campus.

In today’s technologically advanced world, it has become difficult to lead daily lives without internet; social media etc., However excess of anything can harm an individual. In order to educate students about behavioral addiction and its ill effects, Jain University – Vishwas Counseling Center organized a session on “Behavioral addiction” by Abhishek V, Management Trainee, Basket Options on March 16th 2015 at JU- CMS. The session started with an introduction of the speaker by Dr Uma Warriar, Chief counselor of Jain University.



The speaker started the session with an activity where all the students had to make a list of the daily routine activities in which they had to mention the extent to which they have used any electronic gadgets. The speaker then continued by elucidating the meaning of behavioral addiction and how using internet, social media etc. could lead to such addiction. He explained that Behavioral addiction is a form of addiction that involves a compulsion to repeatedly perform a rewarding behavior – sometimes called a *natural reward* – despite any negative consequences to the person's physical, mental, social, and/or financial well-being. The speaker then described the addiction cycle which consisted of various stages such as Fantasy – Ritual – Acting out and Shame.

The speaker interacted with the students and discussed the various forms of behavioral addiction such as computer & internet, compulsive eating, shopping, gambling etc., Each of these addictions were clearly explained and examples were given for better understanding of the students. The after effects of addiction such as failure, frustration, neglecting basic needs, lost time track etc. were explained which helped the students in realizing how the addiction could hassle the day-to-day activities.

The session continued with the explanation of Internet addiction disorder. He explained how Internet addicts make the Internet a priority more important than family, friends, and work and how internet becomes the organizing principle of addicts' lives.



The speaker shared few research findings and expressed that 24. 7% adolescents have internet addiction and male adolescents are more addicted to the internet. The session continued with the explanation regarding how such addictions could cause brain damage. The speaker spoke about the research study conducted where scientists scanned the brains of 17 Internet- addicted adolescents and found compared with controls, their addicted brains had changes in the white matter of the brain that is involved in attention, decision making, cognition and emotions.



Emotional symptoms of addiction such as no sense of time, isolation, defensiveness, avoiding doing work, agitation and physical symptoms of addiction such as backache, headaches, weight gain or loss, disturbances in sleep, blurred or strained vision etc. were discussed by the speaker. Standardized internet addiction test developed by Dr. Kimberly Young was conducted for all the students present for the session, which helped them in understanding how addicted they were to internet. The session concluded with a message that ***Internet is like medicine, it can save your life, if consumed in the right quantity, but can also kill you, if you consume in excess!***

The session received a positive feedback and students expressed that it was very informative.

27. A session on “Self Esteem” was conducted by Anil V, counselor of JU-SCMS & JU-SGS campus on 16/03/2015 at Jain Evening College.

Every individual should love themselves for their uniqueness. They should respect the fact that they are different and they have the potential to achieve success in multiple facets of life. Jain Evening (affiliated to Bangalore University) invited Anil V, counselor of JU-SCMS & JU- SGS campus to give a lecture on ‘Self Esteem’ on 16-03-2015 (Monday) for nearly 80 students. This was an event organized as part of their series of lectures.

Self-esteem being one of the prime issues experienced by adolescents, the session focused on helping individuals to boost their self-esteem in order to help them grow in their life. The session included the definition of self-esteem and evaluation processes along with understanding the contributing factors for the same. Each of the contributing factors was given with the examples of cognitive distortions and its affects. The student’s experiences were explored and were related to the examples of contributing factors for low self-esteem. Most of the students were very interactive and right from the beginning and they were participating actively. The group was given ten measures to build self-esteem and it was elaborately discussed. Students were interactive and asked questions with certain examples that affect one’s self-esteem. The session was filled with quotes and pictures relating to all the contributing factors for low self-esteem as well as ways to improve self-esteem.

Students were made to experience the session with two activities. One of them was self- esteem worksheet which had identifying one’s strengths, qualities and positive things. This worksheet helped the students to become aware of one better and have a positive self-worth. In another activity, students were asked to pair with individuals whom they were familiar with and each member was asked to compliment the other. They were asked to identify at least 5 positive things in the other person and share their feeling. Some of the students were asked to share openly in the group. The students and the faculty members appreciated for giving these insights and thoughts on improving one’s confidence and esteem.

28. An outreach program of Jain University was conducted at SJR Polytechnic, Bangalore on 25/03/2015, by Dr Uma Warriar, Chief counselor of Jain University on the topic “Youth – The way forward”.

Many mental health problems emerge in late childhood and early adolescence hence, caring about and maintaining positive mental health is as important as physical health. There is growing consensus that healthy development during childhood and adolescence contributes to good mental health and can prevent mental health problems. With a strong intent of creating awareness amongst the adolescents, a session titled “Youth – the way forward” was conducted by Dr Uma Warriar, Chief counselor of Jain University at SJR Polytechnic College, Bangalore on March 25th 2015. The audience consisted of 16-17-year-old girls and hence the session focused mainly on the problems of adolescents and the best practices to overcome them. The principal of SJR Polytechnic College, Ms Kamalakshi introduced the speaker and expressed gratitude. The session started with an introduction about the youth and what the audience felt about the characteristics of youth. The audience was very interactive and expressed their opinions. The speaker then spoke about the meaning of mental health and the various degrees of mental health problems. The session continued with the explanation about the various problems faced by the adolescents such as disturbed family background, poor self-image, peer bullying, generation gap, inclination towards romantic relationships, learning disabilities, self-harm etc. The students gave their inputs about the same and understood the depth of the problems.





The session then continued with the best practices that could be followed by the audience to face and overcome problems. They learnt about the importance of seeking help during problems, maintaining a healthy diet, doing exercise, being assertive, limiting their romantic inclinations, using mobile judiciously, being safe while using internet etc. These mechanisms gave them an assurance that the problems could be dealt with and there was a strong support extended by the speaker and their college. The audience was also educated about the legal implications of extreme steps taken such as suicide, theft, rebellious behavior etc. They were also asked to recognize any mental illness symptoms identified in their friends so that the issue could be solved before it multiplied. The session ended with a story with a moral that they could either use the learning during the session for their wellbeing or refuse to change. Positive feedback was received by the students and the college authorities expressed their gratitude and requested the speaker to conduct many more sessions.

29. A workshop was conducted on ‘Conflict Management’ by Anil V, Counselor of JU- SCMS & JU-SGS campus on 26/03/2015 at JU-SCMS campus.



In any situation which involves more than one person, usually differences in opinion occurs. If these differences aren't handled in the right spirit, it can lead to conflicting situations. One should know how to handle conflicts so that the work to be done doesn't get affected. With an objective of educating students about conflict management, Anil V, Counselor of JU-SCMS & JU-SGS campus conducted a workshop on 26th of March, 2015, Thursday for 50 students of JU- SCMS campus. The scope of the session was to help students know the various ways to manage conflicts as well as make use of particular conflict managing styles based on the situations.



Different conflict management styles are Compromising, Collaborating, Accommodating, Competing and Avoiding. These styles were explained with its reference to symbols like fox, owl, teddy bear, shark and turtle respectively. The fundamental premise and strategic philosophy of every style were given in detail. Every style was discussed with few examples and students were made to state the reasons for drawbacks and explain the usages with some more examples from their experiences.



The students were made to experience these styles with an activity. The group was divided into five small groups consisting of ten members. Each group was asked to pick a chit consisting of one conflict management style.



The group was asked to come up with a conflict situation and manage them using the characteristics of the style they have received. Every group enacted the same and the rest of audience guessed which style was presented. The session concluded with a summarization of all the styles which helped the students to recollect all the important learning from the session.

30. As a part of the “Yuva Spandana” initiative of NIMHANS, Dr Uma Warriar presented “The management training module” on 27/03/2015, to a target group of 8 districts of Karnataka comprising of 28 change leaders and trained them on the project management and crisis management skills in order to effectively initiate mental health promotion services for youth in their respective district empowerment centers.

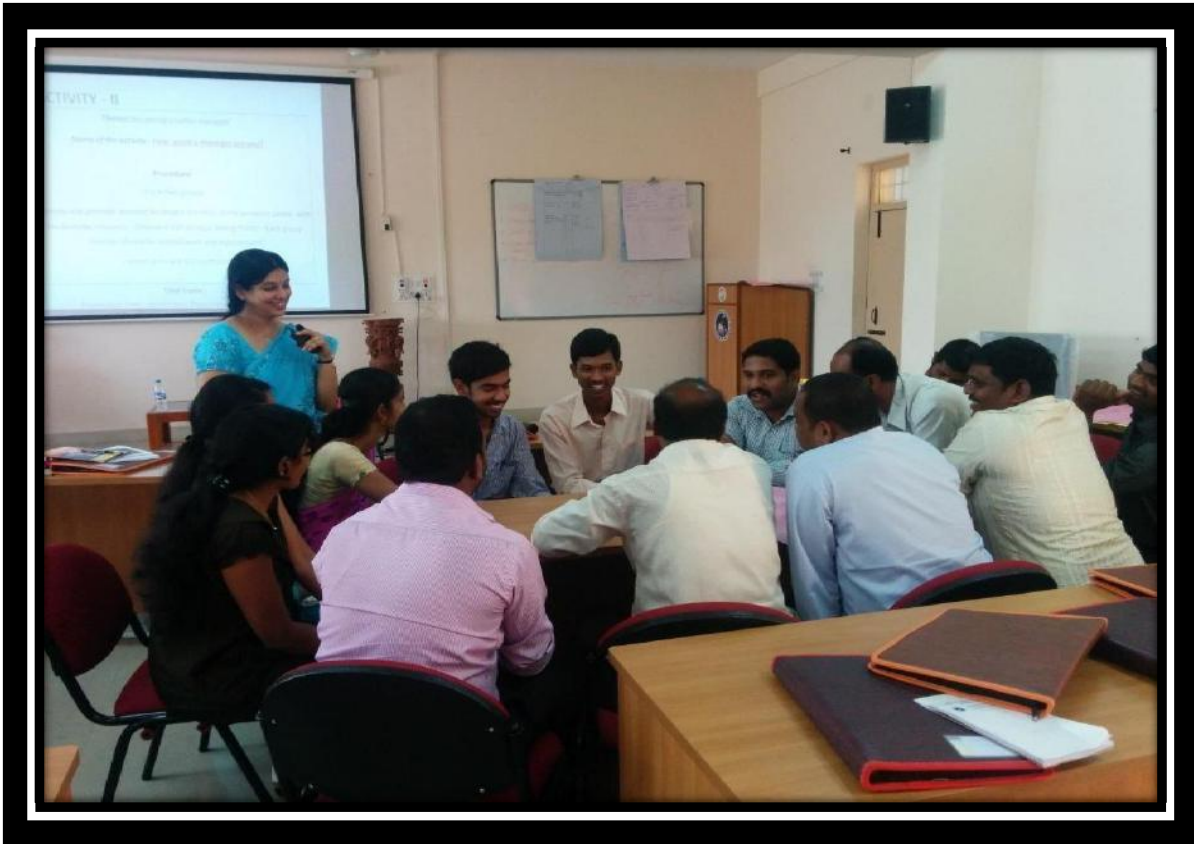
The Centre for Public Health, Department of Epidemiology, NIMHANS and The Department of Youth Empowerment and Sports, Government of Karnataka are developing a comprehensive, mental health promotion activity model integrated into the 10 proposed district youth empowerment centers in Karnataka. As a part of the model, “Yuva Spandana” is a project initiated to bridge the gap between the youth, their families and the ever-changing society and enable a smooth transition of youth from childhood to adulthood. The project activities will be undertaken by at least five Yuva Parivarthakas (meaning change agents of Youth) trained by several experts and twenty-five Yuva Mithras (meaning friends of Youth) in the whole district.

The “Management Module” was developed by Dr Uma Warriar, Chief counselor of Jain University along with Dr Pradeep Banandur, Department of Epidemiology NIMHANS. The module was presented to 28 Yuva Parivarthakas on 27th March, 2015 by Dr Uma Warriar, Chief counselor of Jain University. It focused on familiarizing the Yuva Parivarthakas about effective project handling skills and crisis management. This module trained the Yuva Parivarthakas on practical aspects of management.



The first half of the management module presentation dealt with Project Management. The presentation started with outlining the role expectations of Yuva Parivarthakas which includes resource mapping & networking, conducting programs on youth related issues and services etc.

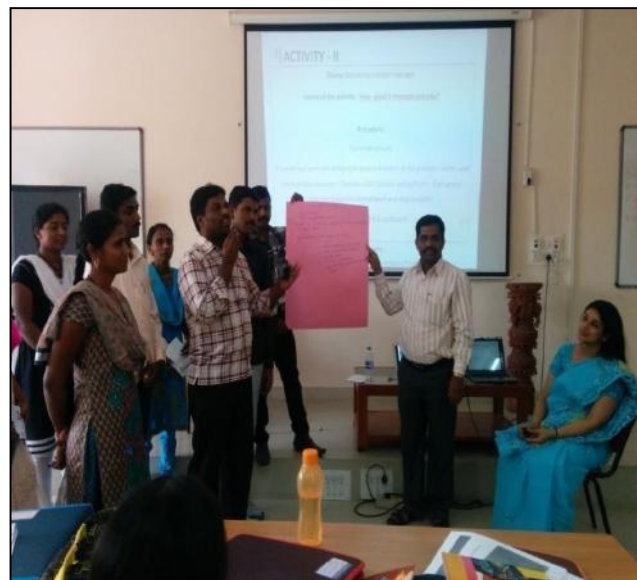
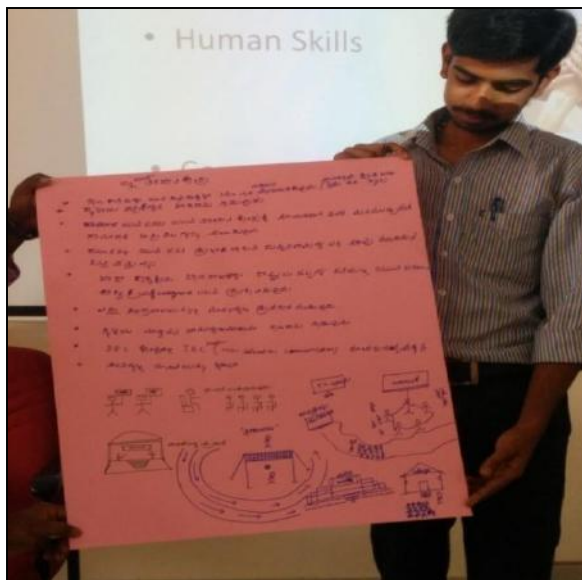
The 6 M's of Management (Men, Money, Material, Machine, Minutes, and Methods) with respect to the project was explained. YP's learnt about effective project management through an activity where they had to prepare a plan using Gantt chart for project management in which they had to organize lunch for 200 people (including the local MLA) on behalf of the Akshaya Patra project with Rs 15000 as their budget.



They learnt the importance of describing the purpose aims & deliverables of the plan, stating parameters such as timelines, budgets etc., involvement & decision-making process of the team and progress review methods. PODSCORB (managerial functions) as classified by Luther Gullik was explained to YP's through an activity where they had to promote and generate demand for project activities at the guidance centre with the available resources and develop an USP (Unique Selling Point) for the same.

The two teams came up with very creative and realistic strategies and showcased their talent by singing songs and performing small skit.

YP's learnt various assertive and collaborative conflict handling strategies through an activity where 10 different situations were given in which conflict situation would occur. Since prevention is better than cure, YP's grasped the various crisis prevention strategies such as creation of safe environment, network building, awareness programs, creation of safety plan etc., The management module presentation gave a holistic experience to the YP's in the field of management as each concept learned was well supported by an activity.



Since every YP needs to have good personal, project & conflict management skills, the presentation provided a strong foundation on which each YP could build and strengthen their own capabilities and train many Yuva Mithras in order to successfully achieve the vision of “Yuva Spandana”.

**Personal counseling rendered from June– 2014 to March 2015 – CMS
campus**

1	Total no. of sessions with the counselor -	435
2	No. of students referred by teachers	150
3	No. of students visited by self	110
4	No. of students referred by friends (Peer References)	30
5	No. of students recognized by counselor	50
6	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	30
7	Students referred by Parents	20
8	No. of parents met	85
9	No. of parents spoken over the phone	10
10	No. students counseled over the Phone post college hours	8
11	No. Students under medical help and under counselor's observation	5
12	No. of Ex students counseled over the phone, through internet etc	4

**Personal counseling rendered from August– 2014 to March 2015– Center for
Commerce and Management Studies**

1	Total no. of sessions with the counselor -	17
2	No. of students referred by teachers	04
3	No. of students visited by self	05
4	No. of students referred by friends (Peer References)	-
5	No. of students recognized by counselor	-
6	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	3
7	Students referred by Parents	1
8	No. of parents met	4
9	No. of parents spoken over the phone	3
10	No. students counseled over the Phone post college hours	-
11	No. Students under medical help and under counselor's observation	-
12	No. of Ex students counseled over the phone, through internet etc	-

**Personal counseling rendered from August– 2014 to March 2015– School of
Graduate Studies**

1	Total no. of sessions with the counselor -	24
2	No. of students referred by teachers	3
3	No. of students visited by self	10
4	No. of students referred by friends (Peer References)	2
5	No. of students recognized by counselor	1
6	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	10
7	Students referred by Parents	-
8	No. of parents met	-
9	No. of parents spoken over the phone	-
10	No. students counseled over the Phone post college hours	1
11	No. Students under medical help and under counselor's observation	-
12	No. of Ex students counseled over the phone, through internet etc	-

**Personal counseling rendered from August– 2014 to March 2015 – School of
Engineering and Technology & IIAEM**

1	Total no. of students (sessions include follow-up) who received counseling during the semester	119
2	No. of students referred by faculty members	17
3	No. of students visited by self (includes follow ups)	58
4	No. of students referred by friends/ seniors (Peer References)	00
5	No. of students identified by counselor (includes follow ups)	21
6	No. of students who went through repeated sessions and are on regular monitoring by counselor/ faculty member	11
7	Students referred by Parents	05
8	No. of parents visited counseling department	24
9	No. of parents spoken over the phone (includes follow up)	30
10	No. of students counseled over the Phone post college hours	02
11	No. of Students on medical assistance and counselor's observation	00
12	No. of ex-students counseled in person / over the phone / online	05
13	No. of individual sessions for staff / children of staff	05