



Jain University Students' Guidance and Counseling Center



Annual Report

May 2015 - April 2016

1. A survey conducted on “Social Anxiety disorder” by Dr. Jagadish, Dr. Vinay, and Ms. Lakshmi from Abhaya Foundation on 12/05/2015, at CMS B School.

Social anxiety disorder (SAD), also known as **social phobia**, is an anxiety disorder that is characterized by a significant amount of fear in one or more social situations causing considerable distress and impaired ability to function in at least some parts of daily life.

These fears can be triggered by perceived or actual scrutiny from others. Physical symptoms often include excessive blushing, excess sweating, trembling, palpitations and nausea. The first line treatment for social anxiety disorder is cognitive behavioral therapy (CBT) with medications recommended only in those who are not interested in therapy. CBT is effective in treating social phobia, whether delivered individually or in a group setting. The cognitive and behavioral components seek to change thought patterns and physical reactions to anxiety-inducing situations

Social anxiety refers to fear of negative evaluation. It is considered as one of the most common disease amongst people. However, awareness about the same is bare minimum. Jain University – Vishwas Counseling Center and Dr. Jagadish, Director of Abhaya hospital are working towards educating JU students about social anxiety disorder and provide help to those who are severely affected. As a part of this initiative, a survey was conducted on “Social Anxiety Disorder” by the facilitators of Dr. Jagadish – Ms. Lakshmi, Research Scholar, NIMHANS and Dr. Vinay, Assistant Professor, Oxford medical college. It was conducted for 200 students. The objective of this survey was to screen the students and find out who were severely, moderately and least affected by social anxiety disorder and to help the students accordingly.

Dr. Uma Warriar, Chief Counselor, Jain University introduced the facilitators and gave a brief about social anxiety and how it is affecting the management students in particular. Two standardized scales were used for the survey – Leibowitz Social Anxiety Scale and Leibowitz Self-rated Disability Scale. These were chosen as they gave very good reliability as well as validity. Along with these demographic details of the respondents were also collected. The survey was conducted in two different batches. The facilitators answered all the queries of the respondents and gave them better clarity.

The questionnaire had questions relating to telephoning in public, going for a party, taking a test, speaking in front of an audience, meeting strangers etc. It was very well dissected in brief points and hence made it easy for the students to fill the questionnaire.

Many students approached the chief counselor and the facilitators for a detailed report on their scoring to understand whether they had to seek help for the same.

The survey was concluded by collecting feedback from the students. The students were positive about the same wanted to understand more about social anxiety and its effect on their personal and professional life. The facilitators assured support from their side to all the students who needed more information on their questionnaire results.

2. Outreach program was conducted on ‘*Thinking patterns & Self-esteem*’ by Anil V on 12/06/2015 at Vidyadeep College, Bangalore.

Anil V, counselor of Vishwas, JU was invited to give a lecture on thinking patterns. The counselor chose the topic Cognitive Distortions and ways to improve self-esteem. **Cognitive distortions** are exaggerated or irrational thought patterns that are believed to perpetuate the effects of psychopathological states, especially depression and anxiety. These thinking patterns often are said to reinforce negative thoughts or emotions. Cognitive distortions tend to interfere with the way a person perceives an event. Because the way a person feels intervenes with how they think, these distorted thoughts can feed negative emotions and lead an individual affected by cognitive distortions towards an overall negative outlook on the world and consequently a depressive or anxious mental state.

This was conducted to a group of 65 students studying Bachelors in theology in Vidyadeep College. The sessions were conducted for two hours on 12th of June, 2015. The speaker introduced the topic unhelpful thinking patterns / cognitive distortions and the need to become aware of it. The speaker spoke about the assumptions created for over a period of time makes us feel less worthy leading to low self-esteem. The different styles of unhealthy thinking patterns namely over generalizations, mind reading, emotional reasoning, black and white thinking, catastrophizing, Mental Filter, Maximizing and minimizing and so on. The definitions of these unhelpful thinking patterns, the reasons for it, the consequences of the same were explained and elaborated. Students were interactive and examples from their life were explored.



Students were also told how to overcome such thinking patterns and how such processes would help every individual to overcome their mental blocks resulting in feeling worthy and loving oneself. The negative consequences of these unhelpful thinking patterns were assessed through interactions and ways to overcome them like Detecting, Deciding and Discarding were explained.



All students were asked to understand and relate to the distortions they carry and were also told to become more aware of the cause for it and work on overcoming the same. An activity was conducted to help the students overcome low self-esteem and distorted thinking patterns. They were asked to write down minimum of 10 positive things about themselves and read it every day for almost 21 days. The rationale for this activity was to help them become aware of their positives as well to think positively through affirmations.

3. Sessions were conducted on “cognitive distortions and self-esteem” by Anil Iyer, the campus counselor on 24/06/2015 & 25/06/2015 at SCMS campus, Jayanagar

Anil V, counselor of Vishwas, JU conducted the session on thinking patterns and its effects on daily functioning. The counselor chose the topic Cognitive Distortions and ways to improve self-esteem. This was conducted to a group of 30 students studying M.Com. The sessions were conducted for two hours on two days (24th and 25th of August, 2015).

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The scope of the session was to introduce and explain in detail different unhelpful thinking patterns through examples, case studies and many more. Ways to overcome such thinking patterns and its positive effects were also dealt.



The second day's session focused on ways to improve self-esteem. The session began with making students identify their positives and become more aware of it. Later they were divided into pairs and students were asked to say one positive and one negative about the other individual, which they have not told them until date. Students reported that it made them feel happy and better after getting validation from their friends and it also made the other person understand better and become closer.



4. Introductory session on mental health awareness conducted by White Swan foundation and Vishwas on 02/07/2015 at SCMS campus, Jayanagar.

White Swan Foundation (WSF), a not for profit organization has signed an MOU with Jain University to strengthen the mental health related services that is being provided by Vishwas, Jain University's student guidance and counseling cell. 35 students participated from different sections.

Dr. Uma Warriar gave an overview of Vishwas unit of JU right from its inception and the work aspects that are being engaged. Mr. Manoj helped the students become aware of responsibilities through this initiative. He gave a wide spectrum of experiences that the students would benefit from this initiative.



All students were asked to share their thoughts and perspectives regarding mental health as well suggest few areas/topics that they are willing to work more in the near future. Dr. Geetha Madhusudhan, representative from the SCMS faculty was present to comprehend the views and interests of WSF and Vishwas to the campus centre head and support in the future activities.

**5. Training workshop on “*Management skills for mental health professionals*”
“presented by Dr. Uma Warriar, on 10/07/2015 as a part of “Yuva Spandana”
– a government of Karnataka funded project at NIMHANS.**

The final batch of 21 *Yuva Parivarthakas* were trained on the “Management Module” developed by Dr. Uma Warriar, Chief Counselor of Jain University on 10th July, 2015. 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. 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.

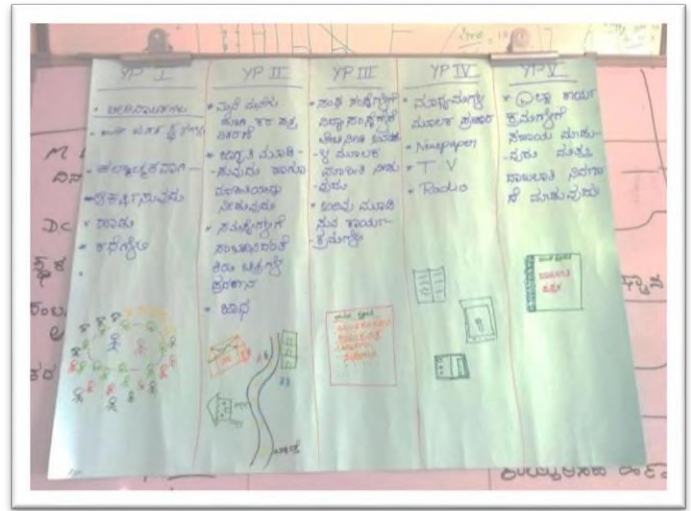
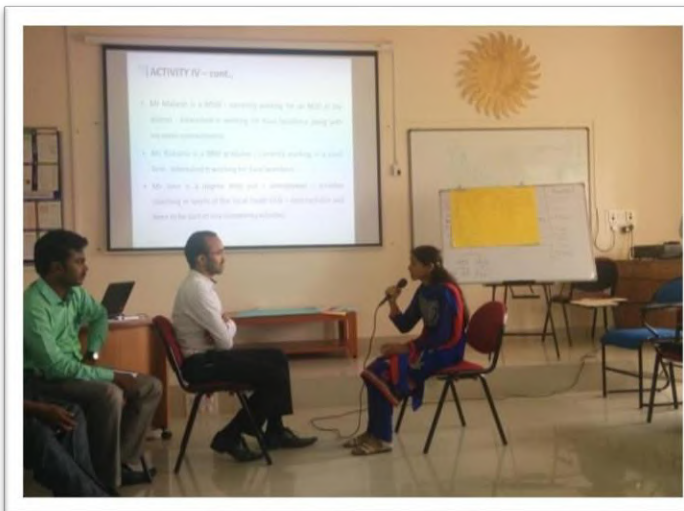
The session started with a devotional prayer by the *Yuva Parivarthakas*. The YPs were made to introduce themselves and identify themselves with a fruit or vegetable which they closely resembled. This brought out the true nature of every *Yuva Parivarthakas* and hence they understood the personality of one another. 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.



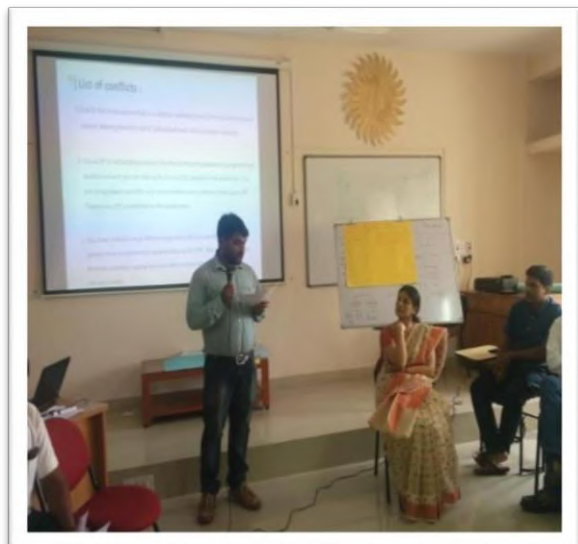
PODSCORB (managerial functions) as classified by Luther Gullik was explained to YP's through an activity where they had to promote and generate demand for project activities at the guidance centre with the available resources and develop an USP (Unique Selling Point) for the same. The YPs actively participated and created beautiful charts to display their ideas on how to attract people to their respective DEC's. The YPs were then trained on creating a SWOT analysis of themselves so that they could strengthen their strengths & opportunities and weaken their weaknesses & threats.

They also learnt about the Mintzberg's 10 managerial roles such as negotiator, disseminator etc. which provided them an overall view of different aspects of management. The YPs are expected to train Yuva Mithras who would assist them in their activities. Hence, a role play was played where an YP had to choose between three prospective YM candidates and explain the reasons for choosing the particular candidate. Intentionally, the backgrounds of the candidates in the role play were kept diversified to train YPs on how to select a candidate. YP's learnt the art of interviewing and selecting the right candidate.



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. 10 different situations were given to the YPs who were divided into a team of 2 each. These situations were practical in nature and provided a realistic view of the problems that YPs would face their respective DEC's.

For instance, the YPs were made to explore the various ways of handling anti-social behavior by school dropouts in their area. 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". Yuva Parivarthakas expressed their gratitude to Dr. Uma Warriar for the wonderful session and wished for more such sessions in future.

6. Session on "*Leveraging body language for improved employability*" conducted by Ms Lona D'souza, Counselor- SET and IIAEM, JU on 16/07/2015 at JU-CMS.

The objective of the session was to train 200 2nd year BBM students, on the importance of practicing appropriate body language to equip them for better employability. The session commenced with introduction about communication, its importance and the role of body language in effective communication. The session included activities to practice right body posture and gesture and video clippings.

The session involved the speaker giving the students some amount of tips on the do's and don'ts of body language at interviews. Some of the expert advice included:

1. **Making a Great entrance:** "The first impression is the best impression."
2. **Showing your good side:** "Sit with your profile to them, this makes them more comfortable and it will enhance your level of comfort as well."
3. **Make a good first impression:** Don't hunch your shoulders. Show them signs that portrays that you are confident and assertive.
4. **A good handshake:** The right kind of handshake would be the one where your palm is slightly up, in an open manner. Do not cover the other person's hand with yours as it can be interpreted as a sign of domination.
5. **The Art of departing:** You may be tempted to read the interviewer's body language for signals, but don't. Finally, do not allow any thoughts into your mind that may cause you to leave the interview with a negative mood.

7. A guest lecture on teenage depression was conducted by Mr. Anil V, Counselor on 21/07/2015 at SGS campus, JC road.

Teen depression is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how your teenager thinks, feels and behaves, and it can cause emotional, functional and physical problems. Although depression can occur at any time in life, symptoms may be different between teens and adults.

Issues such as peer pressure, academic expectations and changing bodies can bring a lot of ups and downs for teens. But for some teens, the lows are more than just temporary feelings- they're a symptom of depression. Teen depression isn't a weakness or something that can be overcome with willpower - it can have serious consequences and requires long- term treatment. For most teens, depression symptoms ease with treatment such as medication and psychological counseling.

In order to address mental health issues faced by teenagers (Pre-university students) and encourage them to seek mental health services, this lecture was organized by Vishwas in consultation with Center head- Dr Shanti Iyer and Ms Suma – Principal, Jain College. The session intended to provide awareness on depression and an understanding about the benefits of seeking counselling was attended by 80 students. Symptoms of depression, its effect on daily functioning on an individual, importance of seeking help and coping strategies were the focus of the session.



8. Survey launched to map the general mental health awareness present in college going students by JU-Vishwas and White swan Foundation on 21/07/2015 at SGS campus.

White Swan Foundation for Mental Health is a not-for-profit organization that offers knowledge services in the area of mental health. We aim to provide patients, caregivers and others with well-researched content that will help them make informed decisions on how to deal with mental health issues. The White Swan Foundation team will collaborate with like-minded individuals and organizations across the world to bring to you the best-in-class knowledge on mental health.

The session that was attended by 30 students, addressed the current problems that the teenagers face. Some of them were depression, body image issues, attention craving behavior, addiction etc. Mr. Manoj, CEO White Swan Foundation briefed the students about the NGO's objectives and programs that are held.



9. A Session on “*Counseling Awareness*” for students of SCMS in the month of July, 2015, by Mr. Anil. V, Campus Counselor.

In a country like ours, the notion of counseling differs from place to place and is based on situations as well. From a college perspective, counseling is a service that is provided to students in a psychological manner that helps them to share their thoughts, feelings to a qualified expert in the field, in a confidential setting. There is still a lot of stigma that is attached to this profession, as it is mostly associated with severe mental disorder.

Hence, it is the work of the counselor to demystify these myths and inculcate a habit and the thought that everyone at one point or the other needs to seek help, and this can be done in a counseling session.

The counselor conducted orientations for all the first semesters of B. Com students (850) about counseling and mental health services offered by Jain University at School of Commerce and Management studies. Vishwas, the Jain University Student Guidance and Counseling Center constitute of 5 working areas and it reaches out to stakeholders like students, teachers, parents and the society.



Vishwas focuses on one to one counseling which is confidential in nature, it also looks at academic support programs like resume writing, time management skills, outreach workshops for entities outside Jain University, Crisis intervention for suicidal ideations and victims of abuse and Career development Programmes for students who need guidance on what to pursue next.



Each session was for one hour of class (55min) according to the campus time table. Every class got introduced to the process of counseling, ethics and confidentiality as well as breaking the myths about the counseling and providing facts regarding the same. The students were made to 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 and as well an individual and also the importance of doing so. Each session was made interactive by taking examples of student's experiences as well as giving case studies to gain better clarity.

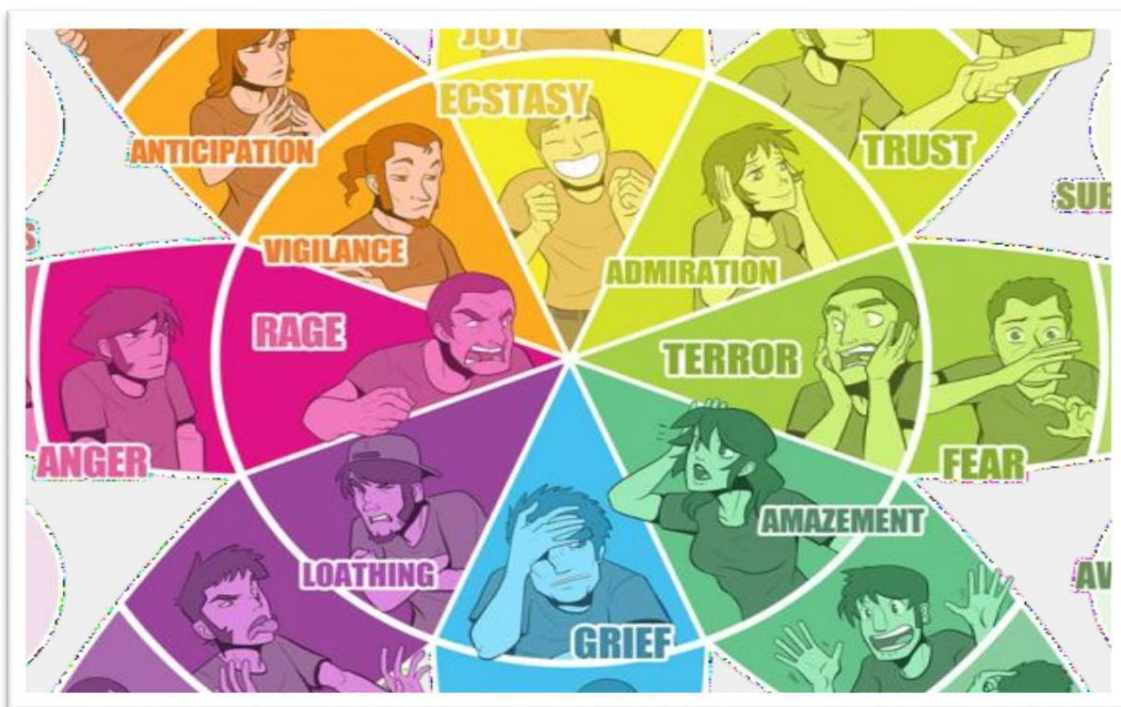


10. Session conducted on “How to handle emotions?” by Dr Uma Warriar on 24/07/2017 at CMS, Lalbagh road for students of BBM.

Emotions are instinctive feelings. They differ from one individual to another due to their personalities and experiences. In this ever-changing world, understanding and handling emotions has become vital. With this objective, the session was conducted.

60 students attended the session, which started with an introduction to emotions and how it differs from mood and feelings. The students were made aware of the fact that emotional intelligence is an important aspect of growth. The 8 basic emotions as per Plutchik's wheel of emotions were explained. The three stages of every emotion were explained and the students understood the importance of handling the emotion at the basic stage.

Further, steps to handle emotions were discussed. Following are the steps: Awareness, Acceptance and Expression in a right manner. Emotional expression in positive and negative ways was also points of discussion. The students' feedback was positive and they mentioned that they were looking forward too many more sessions. At the end of the session, expression of emotions (be it positive or negative) was a main goal to be achieved.



11. Awareness towards “handling emotions for teenagers” was conducted by Dr. Uma Warriar on 31/07/2015 at JU-CMS.

Emotion is defined as a mental state that arises spontaneously rather than through conscious effort, and is often accompanied by psychological changes. Some of the common ones that are experienced by us on a daily basis include joy, sadness, anger and fear.

However, these emotions are at a peak and often overwhelming during certain significant stages of our life such as teenage and old age. We see that during teenage, it becomes extremely difficult, and sometimes close to impossible, to handle one's emotions. These often find expression in the form of restlessness and rebellious behavior, and it becomes very essential to channel these emotions into doing useful work rather than nurturing a disruptive attitude.

College students often undergo an imbalance in handling emotions due to multiple reasons. Inappropriate behavior in public, if not corrected will be a definite disadvantage for students in future, whether it is connected to their personal or professional life. Hence it was understood that the students should be given sessions on handling emotions effectively.

Bachelor of Media studies students were identified as a target group by Prof. Madhavan, HOD, BMS , JU- CMS as the concern on this issue was in the rising among the target group . Class indiscipline and inappropriate behavior in the class were reported by the teaching fraternity. It was to address exactly this issue that **Dr. Uma Warriar**, Chief counselor of Jain University, held a session on handling emotions among teenagers, on 31st July, 2015 for the 90 BMS students of JU-CMS.

Presentation included an array of interesting topics that ranged from the different stages of handling emotions to various activities that could be undertaken in order to overcome them. The mechanism of emotions with the help of a clearly illustrated emotion chart was explained, followed by the measures that could be undertaken in order to handle these emotions. In order to make the session more fun and interactive, activities like

‘Emotion Dumb Charades’ were held in order to not only introduce the students to different emotions, but also to make them understand themselves better. By the end of the session, the students were better equipped to deal with their own emotions as well as the circumstances that they may face in the future.

12. Session conducted on “Work-Life Balance” for non-teaching staff of SCMS on 10/08/2015, by Mr. Anil V, Campus Counselor.

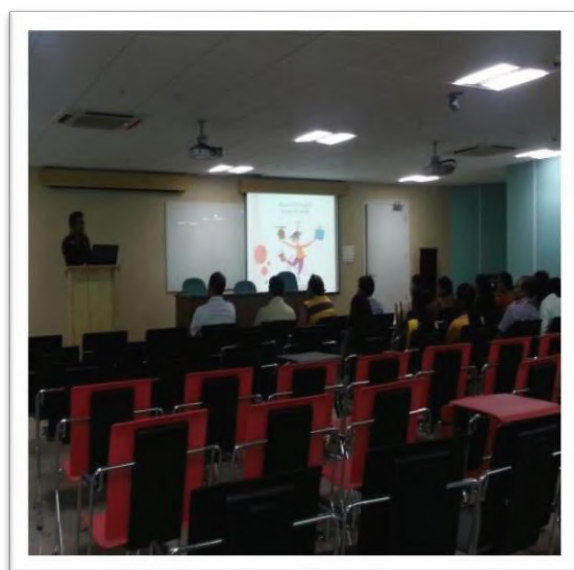
A lecture on addressing the stress at work place and ways to manage them were organized by the centre head of SCMS campus on 10th of August.

Work-life balance is a concept including proper prioritizing between work (career and ambition) and life style (health, pleasure, leisure, family and spiritual development/ meditation). This is related to the idea of lifestyle choice. Some of the different ways of achieving this balance would be to work on flexible timings, taking short breaks once a month, spending time with the family, getting oneself checked once a while, to keep health in check and many other ways.

This lecture was specially conducted for the non-teaching staff of the campus and the intention of creating a better space for these members. The group of 40 included all the office members, library staff, administrative staff, attenders and others. This first attempt to provide personality development activities for non-teaching staff was conducted by Anil V, Counselor of SCMS campus. This session was coordinated by Ms. Madhavi, the research cell heads.



The session began with introducing the topic and the rationale for the same. Along with the introduction, the members were asked about the feeling being present in such sessions for the first time. All members expressed their hope of being benefitted by attending this session as they had left all their works and did not want to get stressed later. The speaker asked the members to state the stresses experienced in everyday life and the way they manage. With everyone's sharing, the group felt more confident to open up and share their experiences.



The session continued with a meditative experience. All the members were asked to meditate by relaxing their muscles and every part of the body and allow the mind to relax from the stresses. Once the activity was concluded, the group shared their experiences of listening to pleasant music and feeling better. The speaker spoke about the work-life balance by stating the definition and explaining the positive outcomes of balancing act and as well stating the negative outcomes when not balanced.

Along with the outcomes, the burn out signs were discussed in detail to help the group understand the signs of stress and its effects on health, work, family life and so on. As the last topic of the session, the importance of seeking balance and ways to balance work life as well family or personal life were taught. These ways included some points of assertiveness, time management, goal setting, leisure management etc. The members reported the usefulness of the session and expressed seeking more such session on several other topics in the near future.

13. Workshop conducted on “*Group Effectiveness*” for PG Commerce students of SCMS on 24/08/2015 & 25/08/2015, by Mr. Anil V, Campus Counselor.

The coordinator of PG Department, Mr. Suresh sir organized a workshop by Anil, the counselor of SCMS campus. This workshop was for first year M. Com students and one of the orientation sessions which was organized for a week as part of their new academic year. The counselor made an attempt to conduct a workshop on group effectiveness and have activity-based learning as all other orientation sessions were lecture based.

Team building is a collective term for various types of activities that are used to enhance social relations and define roles within teams, often involving tasks that help in group effectiveness. These activities are mainly used to expose and address interpersonal problems within the group. The most effective efforts at team building and group effectiveness occur when team members are interdependent, knowledgeable and experiences. It also occurs when organizational leadership actively establishes and supports the team.

Team building and group effectiveness was chosen with a rationale that students are going to be with each other for the next two years and in this process it is important to know each other and learn to work in groups.

The first activity was a rapport building activity which had an ice breaker of finding their classmates and more about their interests and background. This helped them to know their friends and as well become more comfortable in their approach. The next activity was team building. The class had 40 students present and was divided into 5 groups. Each group was given with newspapers and a tape.





The group was asked to construct a bridge in fifteen min which is wider to allow a football to pass under it and strong enough to hold a thick book on it. This activity energized the students and made them function effectively as a group. One group succeeded and rest 4 groups could not meet the criteria of building the strongest bridge.



The activity ended with the discussion with every group and answers regarding the process of construction, ideas, leadership etc were explored. The session was concluded with an exploration of their experiential learning and discussion of the importance of working in groups, theirs and group member's strengths and weaknesses and knowing the dynamics of group.



14. Session on “Mindfulness” was conducted by Dr. Uma Warriar on 14/09/2015 at CMS, Lalbagh road.

Dr. Uma Warriar, Chief Counselor of Jain University, conducted a session on mindfulness on 14th September 2015 for 60 final year students. The event was coordinated by Mr. Abhishek Venkteshwar, faculty Management. The students were sensitized on Mindfulness.

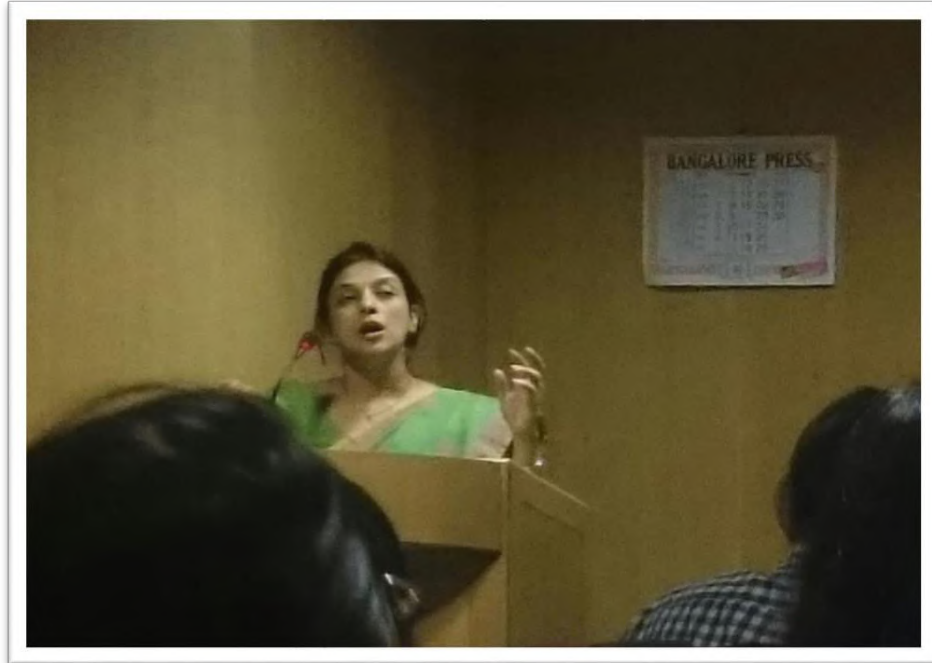
Mindfulness is the quality or state of being conscious or aware of their surroundings. It is a mental state that is achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations. It is often used as a therapeutic technique to bring the client to some amount of awareness in the session.

The session brought home to the students, its importance and value. Being aware of one’s surrounding is critical to being mindful. In today’s chaotic and fast paced world, being mindful will ensure success. The session ensured that every student present left the room with food for thought.



The session was aimed at reducing stress and anxiety of students which has been steadily increasing due to the forthcoming exams. Students also learned various techniques to cope up with stress on day to day basis.

Students had an opportunity to analyze their stress level with the help of a standardized questionnaire devised by Mr. Brown and Mr. Ryan. The session was an instant hit because students could relate to it and apply it to their lives. Dr. Uma Warriar ensured the session was an accelerated learning session and encouraged maximum interaction.



The wonderfully crafted content weaved through the various facets of brain and it's functioning with regard to being mindful and conveyed the message in the most captivating way. All in all, the session was a success as the young minds were transformed in to intellectual minds. We recommend that the session becomes an integral part of the course, going forward.

15. Session on “Self-Acceptance” was conducted by Mr. Anil Iyer, Campus Counselor on 25/09/2015 at SCMS.

Anil V, counselor of Vishwas, JU was invited to give a lecture for 40 M.Com first year students on 25th of September, Friday, 2015.



Self-acceptance is a way of understanding one's strengths and weaknesses. Accepting oneself also leads to value oneself. This process also helps a person to be able to accept others for who they are, and not demand that they try to reach specific standards that we set for them. Self-acceptance is a necessary first step towards self-improvement because one needs to see the truth about himself/herself and accept it and then decide whether to change oneself or not.

The speaker chose the topic self-acceptance as it is seen as one of the prime issues faced by adolescents and young adults. The session focused on the contributing factors to not accept oneself and the speaker addressed the issue through self-esteem issues and ways to build one's self esteem. The members were enthusiastic in identifying the factors leading to not accepting oneself and everyone participated by discussing the ways that some accept themselves and some not and also the ways they work on it.

An individual start evaluating and becomes critical to one self-based on early experiences and expectations. Also, the environment at home and at educational setting could give rise to distorted thinking patterns or irrational beliefs. These contribute toward having negative self-image as well not able to be in a position to accept oneself.



The session addressed various ways to build one's self esteem and work on accepting oneself as it is okay to make mistakes.



The students were taught to forgive oneself and not self-pity but empathize. The positive affirmations and the power of them were addressed clearly. The group was told about having healthy lifestyle, continue to do the things they enjoy, have a positive environment as well draw from one's success which could motivate them and accept them better at critical time

16. Half-day training workshop conducted on “Teachers as gatekeepers for counseling” by Dr. Uma Warriar on 20/11/2015 at CMS campus.



The objective of the session was to sensitize teachers about the need of counseling for the youth and actively involve them in the well-being of students. There were 40 participants in the session. It commenced with a brief introduction on Vishwas (Counseling center of Jain University). A video was played for the same – its inception, the areas in which support is offered. The scope of the session was to sensitize teachers about counseling, unraveling myths about counseling and counselor, difference between a teacher and a counselor, signs to identify a student who is in distress, ways to support a student who is distressed.

A group activity was conducted – participants were divided into six groups and each group was given a situation for which they had to identify underlying problem and suggest strategies to deal with it. Further the session proceeded with identifying signs and symptoms of mental health problems. They are as follows: loss of interest, poor concentration, and change in eating habits. poor self-care, changes in sleep, increased sadness, talking to self, laughing to self, violent behavior problems conforming to rules, deliberate self-harm, suicidal ideation and tendencies. The presence of these symptoms for a continued period of time indicates the need for specialized treatment.

A brief description of common mental health problems such as depression, bipolar disorder, schizophrenia, conduct disorder, opposition defiant disorder, and attention deficit hyperactivity disorder was given. The session ended with strategies to deal with mental health disorders.



**17. A session on “Socio – psychological approach to today’s youth problems”
conducted by Ms. Srilakshmi, Counselor on 11/12/2015 at SGS, JC road
campus**

The department of Sociology, SGS - JU had invited Ms. Srilakshmi, counselor to give a session on Socio -psychological approach to today's youth problems on 11th December 2015 for 45 2nd and 3rd year sociology students. The session commenced on how psychology and sociology are inter-related. The focus of the session was on the management of youth's problems mainly substance abuse, depression, anxiety, suicide and relationship issues.

Further it proceeded with brief introduction on each of the problems and their main causes. Management of problems at the individual level and community level was elaborated. Some of them are as follows:

For drug abuse: educating about issues of pre-adolescence and adolescence, skills to handle peer pressure effectively – assertive communication, Depression and anxiety, counseling and psychotherapy for mild and moderate anxiety and depression, Referral to a psychiatrist when depression and anxiety are severe and suicide. Suicide is a sign of desperate cry for help.

When an attempts suicide and is not successful, critical comments and advice is to be avoided. Instead, the individual must be allowed to express his feelings.

The session wound up with characteristics of a healthy relationship and identifying the bad and ugly relationships. The students suggested a few topics to be addressed in the upcoming sessions like gender discourse, decision making skills.



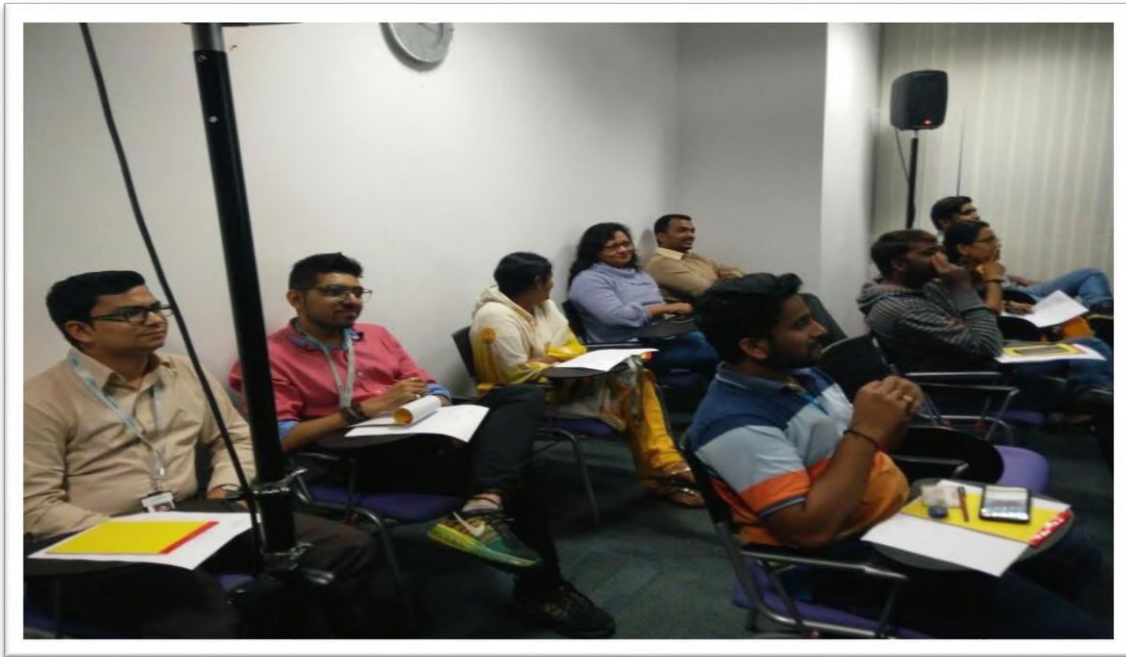
18. Report on outreach program on “Leverage your Emotional Intelligence to become better managers” at Harman connected services Info-space campus on 14/12/2015 by Dr. Uma Warriar.

Beyond the traditional leadership roles and responsibilities, today’s workplace uncertainty requires leaders to be much more sensitive about what matters most to their employees. Too many leaders assume that their colleagues have the same drive to succeed and willingness to sacrifice in order to advance as they do. Everyone is different and leaders must be more mindful to embrace those differences and strategically leverage them to create and sustain unique opportunities within their departments and for the business. This is where Emotional intelligence comes handy for a manager

Harman connected services is the IT arm of Harman International Industries is the parent company, which up until 2015 had three primary business units- Lifestyle, Connected Car and Professional. The company acquired two companies in succession, Aditi Technologies and Symphony Teleca.



Organizational restructuring due to mergers and acquisitions need a great deal of Emotional intelligence on the part of managers to keep the employees motivated. Hence the need for a session on Emotional Intelligence was identified by the company's HR Business partner Shrikanth S. The session speaker was identified based on the competence in the field of Emotional intelligence. Dr Uma Warriar, Chief Counselor, Jain University was identified as the spokesperson owing to her long-standing research experience in the field of emotional intelligence. 25 managers and other software professionals attended the session.



The session started with a brief introduction of the resource person by Shrikanth. An ice breaking session followed, where the participants found the session hilarious. Following that, to generate curiosity among audience on Emotional intelligence, seven different situations from the work life of an IT employee was given. The participants were asked to find the best solution for the question connected to each situation. The responses by the audience made them aware of emotional intelligence, rather lack of it.

An example of a situation and its alternative solutions are as followed:

“Your direct report Y escalates an issue to the skip level saying that you favored employee X over him in promotion decision. You know that it is completely baseless, but your higher ups are not happy with the situation. What would you do?”

[A] You will confront Y, asking for explanation

[B] You will ignore that escalation and explain to your higher ups that the direct report is a chronic complainer

[C] You will re consider the promotion decision and swap Y with X

[D] You will call Y for a one on one and find out why he felt what he felt, help him re align his goals for the next appraisal period with an assurance of support

- Speaker mentioned some emotionally intelligent leaders and managers like Richard Branson of Virgin group, Dhirubhai Ambani of Reliance industries etc. How different companies like Microsoft, TATAs, and Mahindra & Mahindra leveraged the use of EI for the betterment of the company was also discussed.
- The five basic components of EI, viz a viz Self-awareness, Self-control, Self-motivation, Empathy and Social skills were discussed. Relevant and short videos depicting each of the EI skill or lack of it were shown for clearer understanding of the concept.
- Two case-lets depicting EI in the work place were given to the participants and they were made into two groups and the case let was discussed in each group. A spokesperson from each group discussed how they will resolve the EI problem in the specific case.
- This was followed by discussing the strategies for improving each of the EI components.



For improved Self-awareness, strategies like Regular introspection, notice your feelings & behavior on daily basis, solicit feedback, have courage to be wrong, admit mistakes when you are wrong, give an honest look at your strengths and weaknesses, Say “STOP” sub vocally when you encounter irrational thoughts and cognitive distortions etc were discussed.

For improved Self-control, strategies like Sticking to schedule, being accountable, pausing before deciding, accepting uncertainty, asking an expert, calling a trusted friend, going to the gym for regular physical exercise, practicing Yoga for stronger mind etc were discussed. ZIPPER technique was discussed for better self-control.

For improved Self-motivation, doing 5 tiny noticeable things, finding larger reasons to love your job, reading inspirational books, Planning SMART goals, stopping comparison, Positive self-talk and Mindfulness were suggested. For improved Empathy, strategies like Listen attentively- Practice active listening, Visualize yourself in the situation as told by the other party, Examine your own attitude & Motives, Show genuine interest in others, Take time to acknowledge & thank others, Celebrate even small success of your friends and well- wishers, Practice the Golden rule from Bible: “Do unto others as you would have them do unto you” were suggested.



For improved Social skills, strategies like Effective communication, learning the art of persuasion, practicing assertiveness, walking the talk etc were discussed. The session concluded with an ABCDE model of EI, which are Antecedent, Belief, Consequence, Disputing the disempowering belief, and enjoying the improved Effect.

Feedback was taken for the session and the employees found the session very informative and practical oriented. They felt the awareness of EI will help them to take informed decisions. Longer sessions in future were another point the employees made.



Posters with photographs of the session were made and displayed at different places in the office for generating more awareness about the session among the employees. Based on the feedback, other campuses of the company have requested EI session for their employees too.

19. “SANKALP” – A Faculty Development Program conducted on 16/01/2016 in collaboration with White Swan Foundation at JU – CMS.

The millennial generation is creative, tech-savvy, goal-oriented and highly passionate. However, they face fierce competition and challenges in every field. Students want to move one step ahead than their peers. Hence, they face lot of stress, lose self-confidence, become emotionally unstable etc. In a recent article in TOI, it was mentioned that one in 10 Indians are depressed and subtle symptoms such as feelings of hopelessness, loss of interest, decreased energy, persistent headaches etc. are ignored leading to more serious problem. Since India has more than 50% of its population under the age of 25, most of the students also fall into this category. In a student’s life, Teachers play an important role. Even though counseling awareness is increasing at colleges and schools, a professional counselor cannot be available all the time for all the students. Hence, Teachers act like gatekeepers who will bridge in the gap between vulnerable students and professional treatment.



With an objective to increase counseling awareness among academicians, Jain University – Vishwas Counseling Centre in collaboration with White Swan foundation conducted SANKALP- a faculty development program aimed at sensitizing teachers about counseling and other concepts of mental health. It was conducted at JU-CMS on 16th January 2016. White Swan foundation is a non-profit organization that offers knowledge services in the area of mental health.



A total of 100 teachers participated in the FDP. It included teachers from Al-Ameen College, Seshadripuram College, Bishop Cottons Women College, APS College, Jain College Davangere and many more.



The program started with the blessings of the almighty. Prof Dinesh Nilkant, Director, JU-CMS gave the welcome address. The registrar of Jain University – Prof N.V.H Krishnan, then inaugurated the program. The keynote speaker – Mr. Subroto Bagchi, Chairman, White Swan Foundation, released the second edition of “SOUKHYA”- mental health magazine. Mr. Subroto Bagchi spoke about the importance of SANKALP and congratulated the team for initiating it. He mentioned the importance of teachers in a student’s life and the need for being mentally healthy.

The expert speaker for the program, Dr. Prabha Chandra, Professor of Psychiatry, NIMHANS spoke about the various neurobiological reasons why a student faces mental health issues. She explained that students at their college years go through various hormonal changes in their brain and hence most students behave inappropriately. She explained the need to be empathetic towards the students. JU-Vishwas video and a video containing various life experiences of students, teachers and alumni was shown to the audience that portrayed the relevance of the FDP.



After a fifteen minutes tea break, the first resource person Dr. M Manjula, Additional Professor of clinical psychology, NIMHANS spoke about “Problems of Mental Health” & gave a glimpse of various mental health problems. She explained each of the problems such as depression, addiction, suicides etc. and explained various methods of handling such problems.



Audience enjoyed her session and asked many questions to clarify their doubts. It was followed by a lunch break for half an hour.

The second resource person, Mrs. Aruna Arumugam, Freelance Consultant spoke about “Role of Teachers Handling mental health issues”. She explained the various behaviors of students and how teachers need to handle them. She spoke about the need for being sensitive to student’s problems and mentioned various techniques of handling the students. Audience enjoyed her session as she briefed about the various practical experiences.

Dr. Shailaja Shastri, Professor and Head of the Department of psychology, JU conducted the final training session on “Teachers as catalyst and skill enabler”. She spoke about the importance of students’ mental wellness rather than mental illness. She mentioned teachers’ need to have hope in their students and support the students during all their phases. She made the audience play an activity where in a few items were kept inside a closed cover. Two volunteers from the audience were made to guess the items inside the cover without opening it. The items were then divided into correctly identified, misunderstood and not observed. She explained that teachers’ need to keep these three categories in mind while interacting with their students and ensure that they don’t misunderstand and ignore trivial aspects of problems. She also mentioned about the power of words wherein a teacher could communicate assertively without hurting any student. The session made the participants realize various techniques of handling the students with mental health problems.



After a fifteen minutes tea break, participation certificates were distributed to all the participants. They were congratulated for having taken a step forward towards the betterment of their students. Dr. Uma Warriar, Chief Counselor of Jain University presented the vote of thanks and expressed her gratitude to each and every one who made SANKALP- a grand success. Feedback was received from all the participants and they requested for more FDPs in future. The session was indeed helpful to all the teachers in understanding various concepts about mental health and how to support students by identifying warning signals.



Feedback on FDP by the participants: The session objective was well appreciated by the chief guest, Mr. Subroto Bagchi. Mr. Bagchi highlighted the novel thinking of teachers' hands to be strengthened as counselors and promised support in all the forthcoming endeavors connected to mental health.

Majority of the participants reported that the training was useful and was tailored in a manner that they could relate when they get back to their job. They felt that the program was well planned and executed, keeping the exact time lines as planned and given in the brochure. It was also noted that the majority of the participants felt the sessions were interesting perhaps they would appreciate if they were spaced out for 2 days, to ensure better absorption of the content.

Few participants mentioned that it would be more interesting if they had activities in between the sessions. Some of the campus heads / policy makers who attended the session felt that they also need to have such a well-run counseling system like Vishwas.

Future course of action: After the success of 1st series of Sankalp, Vishwas in collaboration with White Swan Foundation intends to replicate the program in tier 2 cities of Karnataka, Chamarajanagar district and Davangere district.

20. “Orientation session on counseling” conducted on 20/01/2016 by Mrs. Srilakshmi, at CMS, Lalbagh Road.

An orientation session on counseling was conducted on 20th January, 2016 for 60 1st years BBA students. The session commenced with a brief note on the inception of counseling wing Vishwas followed by a video on the services offered and activities conducted.

In a country like ours, the notion of counseling differs from place to place and is based on situations as well. From a college perspective, counseling is a service that is provided to students in a psychological manner that helps them to share their thoughts, feelings to a qualified expert in the field, in a confidential setting. There is still a lot of stigma that is attached to this profession, as it is mostly associated with severe mental disorder.

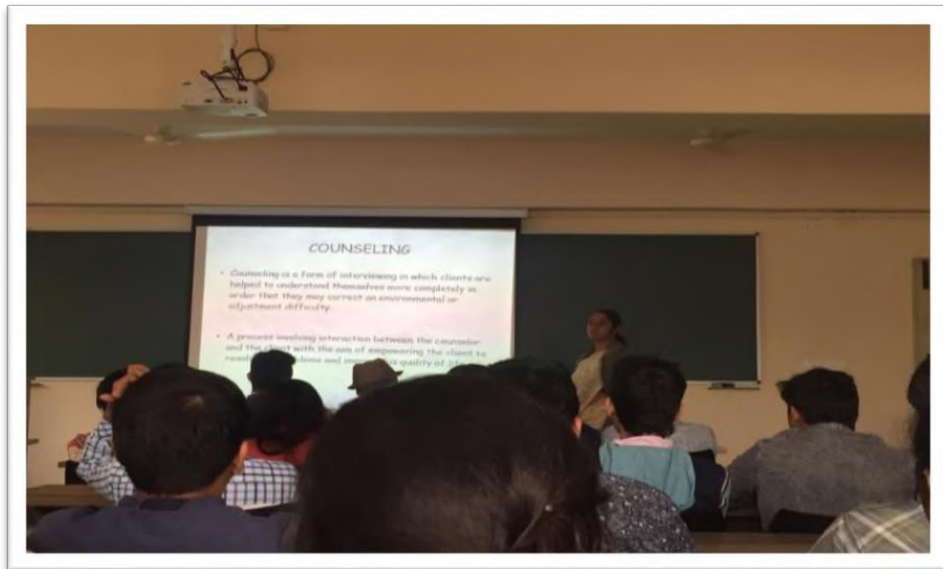
Hence, it is the work of the counselor to demystify these myths and inculcate a habit and the thought that everyone at one point or the other needs to seek help, and this can be done in a counseling session.

Vishwas focuses on one to one counseling which is confidential in nature, it also looks at academic support programs like resume writing, time management skills, outreach workshops for entities outside Jain University, Crisis intervention for suicidal ideations and victims of abuse and Career development Programmes for students who need guidance on what to pursue next.



It was an interactive session and the scope of the session was to help students comprehend:

1. What is counseling?
2. When to approach a counselor?
3. Process of counseling.
4. How can counseling help?
5. Myths about counseling and
6. Reaching out to the counselor in their campus.



21. Outreach program at Government College of commercial practices, SJP campus on “Leveraging your self-esteem, self-confidence and body language for informed decision making” on 29/01/2016 by Dr. Uma Warriar.

Karnataka government women empowerment cell sponsored a career guidance and soft skill development program for the government GRICP college, SJP campus, Bangalore, which was planned for 28th, 29th and 30th January, 2016. Chief counselor of Jain University was considered as one of the resource persons, based on the feedback of previous sessions conducted in the campus. Principal of the college, Professor Kamalakshi identified the theme for the session, as there was a felt need for improving self-esteem, self-confidence, understanding body language and leveraging this for informed decision making.

A half day workshop from 9.30 to 12.30 was conducted by the resource person for a group of 120 final year students. The topics covered in the session were Self-esteem, signs of low self-esteem, problems of low self-esteem, self-confidence, signs of a confident person, tips on improving self-confidence, brief information on body language, different body languages and how it is understood by others, how body language can affect in self- perception, how can we make informed decisions, process of decision making, qualifiers for better career and higher education, what to look for in case of higher studies, what to look for in choosing a job and what are they do s and don'ts of decision making.



The session was highly interactive and student centric with pedagogies like body language charade. Morris Rosenberg's Self-Esteem Scale was administered on the participants for them to understand what their level of self-esteem is. Videos depicting body language nuances were displayed for clearer understanding. Different movie clippings on decision making were shown to understand the importance of decision making.

The session was well received by the participants. Feedback was taken and it was understood that there was a sharper learning curve and the participants expressed the need to have more such session, which helps them to make informed decisions.

22. An FDP on “Teachers as Gate keepers of Student mental health” was conducted by Dr. Uma Warriar on 12/02/2016 at SCMS campus, Jayanagar.

School of commerce studies organized a Faculty Development Program on 12th of February, 2016, Friday. The session had 40 lecturers from various departments as participants. This FDP focused on teachers playing the role of helpers or the gate keepers.



The scope of the session was to sensitize teachers about counseling, unraveling myths about counseling and counselor, difference between a teacher and a counselor, signs to identify a student in distress, ways to support a student who is distressed.



The session had an activity where the group of 40 teachers was divided into 6 small groups. Each group was given with a case study of different scenario. The group members discussed the case study and the intention was to know the reactions of such instances and behaviors of an individual. The speaker discussed the cases with every group and helped the group members know such students and to understand empathically.

The session was very interactive and all the members involved themselves actively. Further the session proceeded with identifying signs and symptoms of mental health problems. The session concluded with a brief note on strategies to handle afore mentioned problems.

The participants shared that the session was very resourceful and they look forward for more such learning experiences.

23. A visit to Spastic Society of Karnataka on 26/02/2016 initiated by Srilakshmi, campus counselor of SGS campus, JC Road.

A visit to Spastics Society of Karnataka was organized as part of activity of Vishwas on 26.2.2016. The purpose of the visit was to get students closer to reality, break their bubble of wrongly held value system and help them to widen their horizon. Around 32 students (16 psychology students from SGS, JC road and 16 NSS students from SCS, Jayanagar) visited the organization.



Spastics society of Karnataka, is a non-profit organization that started off as a branch of the Spastics society of India in 1982 and later went on to be autonomous in the year 1994. This organization is working for the benefit of people with learning disabilities, neuromuscular disabilities and other developmental disabilities. The society provides a comprehensive package of diagnostic and intervention services to persons with cerebral palsy, autism, mental retardation, multiple disabilities and learning disabilities

An orientation session was given by Head of the Medico Social department of SSK, Mrs. Shobha Sundar. The fine points of the session are as follows: Spastics Society of Karnataka is a non-government organization established in 1982 dedicated for the welfare of persons with neuro-muscular and developmental disabilities.

Services rendered by SSK are as follows:

- Diagnostic services – assessments and referral
- Special education services - formal education based on a curriculum that is tailor made called individualized educational plan and it is for persons with mild disabilities informal education aims at providing functional literacy for persons with moderate and severe disabilities.
- Vocational training is inclusive of training for open placements where persons can work independently with minimum supervision and also for sheltered environments where persons work and earn stipends under a guided supervision.
- Respite programs for caregivers.





Thereafter one of the facilitators accompanied us to go around the facilities in the premises. Feedback from students: The students gained insights on special education and vocational training. They appreciated the organized structure of the organization however; they wished to have interactions with the children. Few students were keen on interning at the organization.

24. Visit to Spastic Society of Karnataka on 26/02/2016 initiated by Anil Iyer, campus counsellor, SCS campus, Jayanagar.

An outreach program was organized on 26th of February, 2016, to know the differences in the world and the challenges experienced by many individuals. A visit to Spastic society took place with the encouragement and initiation of Dr. Rajani Jairam, Dean of student's welfare, Jain University.

National Service Scheme (NSS) wing of School of commerce studies has been actively involved in organizing camps, serving people and the society and as well knowing the different classes, parts and the arenas of this society. Hence, this visit was attempted to introduce 20 students of NSS to psychological aspects of individuals and was taken to Spastics society of Karnataka, a non-profit organization that started off as a branch of the Spastics society of India in 1982 and later went on to be autonomous in the year 1994.

This organization is working for the benefit of people with learning disabilities, neuromuscular disabilities and other developmental disabilities. The society provides a comprehensive package of diagnostic and intervention services to persons with cerebral palsy, autism, mental retardation, multiple disabilities and learning disabilities

Vishwas collaborated for this visit to help many other individuals to take initiatives in every small way that is possible to work for mental health and create more awareness. 20 students from School of commerce studies were allowed to participate in this programme. The day included an orientation about Spastics society of Karnataka, the reason for establishing the institution and the work that is taking place.

Mrs. Shobha, facilitator of Spastic society gave a lecture on several developmental disabilities and the reasons for an individual to develop those disabilities. She also reported of the functions of the organization as a cluster and involves a pediatrician, neurologist, physiotherapist, social worker, special educator and so on. This orientation helped the students to get an insight of the entire organization and its initiatives in helping students and the family members to deal with disabilities.



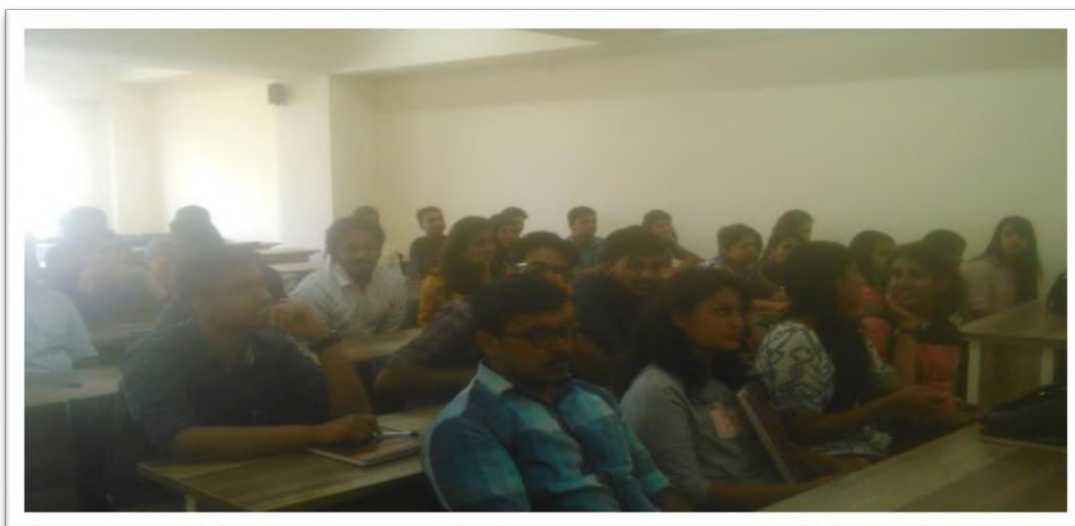
The students reported that they visit to the centre, as well visiting different areas including physiotherapy room, vocational training centre which involved tailoring, crafts, computers, bakery etc was inspiring. They enjoyed knowing different abilities and strengths of these individuals.

25. Session on “Campus bullying” was conducted by Srilakshmi, the Campus Counsellor on 09/03/2016 at CMS, Lalbagh Road.

Bullying is an issue that prevails in all types of environment, ranging from school to workplace. Around 18.5% of undergraduates in the US have reported to being bullied in college at least once. It is the responsibility of the University to provide a safe environment and stringent rules for perpetrators of bullying. The campus also has to be equipped with an anti-bullying squad that constitutes of both male and female teachers. It is also imperative that the victims be sent for counseling in order to help them. Of late, physical bullying has reduced with the rise of cyber bullying. This is because of the advantage of being anonymous.

A psycho educative session on campus bullying was conducted by Mrs. Srilakshmi for 60 2nd year BBA students on 9th March, 2016. Duration of the session was one hour. The session commenced mentioning a few real-life incidents on bullying. The scope of the session was to touch upon types of bullying, why and where does it take place, busting myths about bullying, effects of bullying, dealing with it, cyber bullying and measures to combat cyber bullying.

The session progressed with showcasing a 15-minute short film on bullying. The video had contextualized types of bullying, effects of bullying extensively. Students were able to grasp and appreciate the content through video and it helped them to relate to real life incidents.



The effect of bullying was dealt in detail- as to how it affects an individual physically, emotionally and results in low self-esteem and depression. Strategies to deal with bullying were also discussed which included educating them on reporting the bully to the higher authorities and to model respectful, empathic behavior to students in all settings. The speaker briefed about cyber bullying and ways to handle it effectively. The students were asked to be aware of policies or laws and whether certain acts violate them. It is a necessity to report any behavior in violation to campus police, local police or an individual of authority.

26. A Session on “*campus bullying*” conducted by Mrs. Srilakshmi, the Campus counselor on 12/03/2016 at SGS campus, JC Road.

Bullying is an issue that prevails in all types of environment, ranging from school to workplace. Around 18.5% of undergraduates in the US have reported to being bullied in college at least once. It is the responsibility of the University to provide a safe environment and stringent rules for perpetrators of bullying. The campus also has to be equipped with an anti-bullying squad that constitutes of both male and female teachers. It is also imperative that the victims be sent for counseling in order to help them. Of late, physical bullying has reduced with the rise of cyber bullying. This is because of the advantage of being anonymous.

A psycho educative session on campus bullying was conducted by Mrs. Srilakshmi for the 1st and 2nd year BA students on 12th March, 2016. There were around 40 students present in the session. Duration of the session was one and a half hour. The session commenced mentioning a few real-life incidents on bullying. The scope of the session was to touch upon types of bullying, why and where does it take place, busting myths about bullying, effects of bullying, dealing with it, cyber bullying and measures to combat cyber bullying.





The session progressed with showcasing a 15-minute short film on bullying. The video had contextualized types of bullying, effects of bullying extensively. Students were able to grasp and appreciate the content through video and it helped them to relate to real life incidents.

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**Vishwas counseling center – Personal counseling rendered from June
2015 till May 2016.**

1	Total no. of sessions with the counselor	512
2	No. of students referred by teachers	142
3	No. of students visited by self	72
4	No. of students referred by friends (Peer References)	50
5	No. of students recognized by counselor	30
6	No. of Staff met	15
7	No. of students who went through repeated sessions and are on regular monitoring by counselor/ teacher	33
8	Students referred by Parents	27
9	No. of parents met	39
10	No. of parents spoken over the phone	12
11	No. students counseled over the Phone post college hours or telephonic session	56
12	No. Students under medical help and under counselor's observation	11
13	No. of Ex-students counseled over the phone, through internet etc	25