



# **Jain University Students' Guidance and Counselling Center**



## **Annual Report**

### **May 2017 – April 2018**

# **1. Report of Orientation sessions on mental health by Anil V and Alwina Mary conducted between 05/06/2017 to 22/06/2017 at Jayanagar campus.**

The campus counsellors Anil and Alwina Mary conducted orientation session for all the students of 1<sup>st</sup> semester BCom, BMS, BCA and BSc. Animation about counselling and mental health services offered by Jain University at School of Commerce studies, School of Computer Science and IT and School of Management. . These sessions were conducted in the month of June for all the classes with about 1200 students becoming aware of this service.



Each session was for one hour and students got introduced to the process of counseling, ethics and confidentiality. The students were made to get equipped with the facts about counseling by breaking the myths and stigma in society. The students were made to understand that individuals look at the issues at a superficial level or mostly at a larger picture but seeking help make one look at every aspects of an issue.



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 and approachability to the counselor.



**2. A report on “Effectively parenting the adolescents”, a series of Outreach workshop for Parents, from 10/06/2017 to 25/06/2017, at Jain PU College, JC road conducted by Dr Uma Warriier.**

To equip the parents of adolescent students of JGI with better parenting skills for improved parent -child harmony, which will ultimately have positive consequences like stress free home atmosphere, better academic focus for the student, improved interpersonal relations, improved self-esteem etc. Relationships between parents and their children change considerably over the life span. In the early years, parents nurture, support and guide their children’s development. As young people move through adolescence into adulthood, the nature of this relationship typically changes; moving from a dependent relationship between a parent and a child, to a more equal, mutually supportive relationship between two adults.



There were 12 sessions conducted, one on each Saturday and two on every Sunday during the month of June. Total numbers of parents addressed were 3800.



The parents preferred Kannada as a language to connect with speaker. The speaker had an open discussion on certain issues which the parents faced due to their parenting children at home. Most of the parents expressed that their children were not studying, lack of discipline/respect, no understanding, arguments, moody feelings, questioning back etc.



The speaker went on to discuss about 4 main styles of parenting: Authoritative, Authoritarian, Permissive and Neglectful. These are based on the extent to which parents are responsive (offer warmth and support) and demanding (level of behavioral control). The speaker mentioned that a failure to balance these two key aspects of parenting can have very harmful effects on children and their future conduct. Children who grow up in households where there is too much or too little of one trait (or even worse, no recognizable presence of either), tend to have difficulty with social adjustment and often show poor academic performance. Furthermore, they are at risk of developing low self-esteem and disciplinary problems, which often filter into more serious conditions when they reach adulthood in the form of depression and anxiety.

The parents were given a questionnaire on “Parenting style Questionnaire” one day prior to the session and they were asked to carry the questionnaire while they came for the workshop the next day. The scores were discussed during the session to help and identify which parenting skills each of the parents followed. The speaker went on with the session by conducting an activity for the parents. The parents were asked to form 4 groups and they were given a real life situation of a student. They were asked to discuss in the group how they

would handle such a child with a difficult situation. For e.g. if the student asked for a handbag which costs Rs. 1 lack, How will they handle this case.

The session went on beautifully with each group coming up points stating that, they as parents would make sure the child is made to understand the financial situation at home and also that they can't afford such an expensive handbag, due to the other commitments.



Two more situations were given to the parents for discussion. The parents opined that the situations quoted were the actual problems faced by them on day to day basis like, their daughter coming late from a party, misbehavior with the college authority and child trying to seek support from parents etc. The speaker had a very interesting interactive session with parent's .Later the session went on with discussion on the parenting styles each parent might use while bringing up their children. The questionnaire was discussed and hence most parents were able to identify the parenting style they would have used on their children.

Finally, tips for the parents to handle their children were discussed as 'Golden Rules' of parenting, which was the ultimate takeaway of the program. Some golden rules that were discussed were:

- Be their friend
- Replace scolding with selling benefits.
- Walk the talk- practice what you preach.
- Explain “No”
- Praise in public & correct in private.
- Reinforce the importance of academics.
- Set SMART goals for them
- Ensure sleep hygiene
- Promote healthy and balanced food habits
- Never compare
- Nurture their creativity
- Stay connected





The bottom line of the golden rules is that “ No one size fits all” , so there is no single best practice of bringing up an adolescent , hence use these pointers as guidelines for helping parents to give the right kind of upbringing to their teenagers.

The session ended by thanking Dr. UmaWarrier by the parents for conducting a wonderful platform for the parents to discuss and express their concerns about their wards. Feedback was taken and the parents opined that, since the discussion is about the future of their wards, one day program will give them more understanding on how to deal with the adolescent issues. The parents also requested more workshops to be conducted along with their wards so there can be a clear understanding.

### **3. Lecture on Alternatives to Anger by Anil V on 17/06/2017 at Jayanagar Campus**

Anil V, the campus counselor was invited to conduct a session for students of 5<sup>th</sup> semester B Com. ‘F’ and 3<sup>rd</sup> semester B Com ‘C and D’ section. This session was conducted on 17<sup>th</sup> of June, 2017 for 100 students. The campus counselor chose a topic that can help the adolescents handle their anger feelings in a healthier way.





This session was an experiential learning session which involved a worksheet and introspective work. Students were asked to give situations of anger and how each one of them would react to it. All the reactions stated were noted down on the board and responses were explored.

After noting the responses, students were asked to identify the reactions into healthy and unhealthy reactions to anger. This helped the students to reflect on individual's experiences at a deeper level and know their actions well.



With awareness of healthy reactions, students were asked to fill the worksheet and then discuss as what they would do with anger feelings and how better their expressions could be. This worksheet helped the students to know alternates to anger or coping skills to anger feelings and not get driven with aggressive reactions. The counselor also gave case studies of clients having anger issues and how their reactions were altered. Students were also given insights on certain ways to vent out their feelings in a cathartic way. Some students did express of meeting the counselor for further sessions on anger management.

# TRAVEL BACK IN TIME

RESOURCES FOR ADOLESCENTS

## False Beliefs About Anger

- It's not okay to feel angry.
- Anger is a waste of time and energy.
- Good, nice people don't feel angry.
- We shouldn't feel angry when we do.
- We'll lose control and go crazy if we get angry.
- People will go away if we get angry at them.
- Other people should never feel angry toward us.
- If others get angry at us, we must have done something wrong.
- If other people are angry at us, we made them feel that way, and we're responsible for fixing their feelings.
- If we feel angry, someone else made us feel that way, and that person is responsible for fixing our feelings.
- If we feel angry at someone, the relationship is over, and that person has to go away.
- If we feel angry at someone, we should punish that person for making us feel angry.
- If we feel angry at someone, that person has to change what he or she is doing so that we don't feel angry anymore.
- If we feel angry, we have to hit someone or break something.
- If we feel angry, we have to shout or scream.
- If we feel angry at someone, it means we don't love that person anymore.
- If someone feels angry at us, it means that person doesn't love us anymore.
- Anger is a sinful emotion.
- It's okay to feel angry only when we can justify our feelings.

—Author Unknown

Part 3

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1. When I get angry, I usually (explain what you do)
2. Does this reaction work for me? Why or why not?
3. How is anger expressed in my family?
  - Mom:
  - Dad:
  - Siblings:
  - Important others:
4. How can I improve the way I deal with angry feelings?

#### **4. Orientation Session conducted at Raja Rajeshwari Nagar campus on 05/06/2017, conducted by Ms. Supriya Christopher**

All the first year newly admitted students were asked to be seated in the conference hall for the Orientation Program by the center head. In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 17th, 2017 for a group of 250 I year Pre university students at Sri Bhagawan Mahaveer Jain College, Raja Rajeshwari Nagar, Bangalore.

Objective of the session was to bring out awareness of the counseling services offered at Jain Institutions. The session commenced with an introduction about Vishwas – Student guidance and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders services.

The speaker explained the process of counseling followed in Vishwas, situations in which students can approach a counselor and emphasized on maintaining confidentiality. The session went on with a few slides of the power point explaining the works done by Vishwas and the areas of services provided to the students by Vishwas.



**The Vision of Vishwas:**

- To provide opportunities for continuous self-development.
- To maximize individual potential for a harmonious growth of mind and body.

**The Mission of Vishwas:**

- To facilitate a conducive environment for students which supports learning.
- To enable the individual to recognize the capacity of self
- To enhance the quality of interpersonal relationships
- To strengthen the coping skills of individuals
- To enhance the overall performance and wellbeing of individuals.

**Five Areas of support:**

- Personal Counseling
- Academic Support program
- Career Development Program
- Crisis management & referrals
- Outreach workshop for positive mental health.

The speaker also went on to discuss the issues students may face during their college life, such as exam anxiety, adjust mental issues, different kinds of mixed emotions, work life balance, self-esteem, communication and relationship problems and also getting into addictions.

Certain stigmas of counseling and when do we require to meet a counselor. Celebrities who took the help of counseling to overcome their own personal issues.

Finally, the video was shown where all the above areas of counseling was mentioned along with the services and program conducted by the Vishwas team. The stakeholder's programmers were mentioned in the video.

**Stakeholders:**

- Students
- Parents
- Society
- Administrative staff.

The counselor mentioned that she is available on Thursday, Friday and Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the program.

**5. Report conducted at VV Puram campus on the topic “Identity and self-awareness” by Supriya Christopher On 20/06/2017**

Those who emerge from the adolescent stage of personality development with a strong sense of identity are well equipped to face adulthood with confidence and certainty. Sometimes individuals face obstacles that may prevent the development of a strong identity. This sort of unresolved crisis leaves individuals struggling to "find themselves". They may go on to seek a negative identity, which may involve crime or drugs or the inability to make defining choices about the future. "The basic strength that should develop during adolescence is fidelity, which emerges from a cohesive ego identity."



They often seem to have no idea who or what they are, where they belong or where they want to go. They may withdraw from normal life, not taking action or acting as they usually would at work, in their marriage or at school. They may even turn to negative activities, such as crime or drugs, as a way of dealing with identity crisis. To someone having an identity crisis, it is more acceptable to them to have a negative identity than none at all.

The session was conducted to a class of 40 students I<sup>st</sup> year PUC PCMC A section. The speaker spoke about the changes from school life to college life. There is a drastic exposure for the college students and they gain a lot freedom which at times they do not know how to handle themselves.

Erikson described identity as "a subjective sense as well as an observable quality of personal sameness and continuity, paired with some belief in the sameness and continuity of some shared world image.





The speaker also spoke about **Self-awareness**. **Self-awareness** is the capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals. It is not to be confused with consciousness in the sense of qualia. While consciousness is a term given to being aware of one's environment and body and lifestyle, self-awareness is the recognition of that awareness. We evaluate and compare our current behavior to our internal standards and values. Becoming aware of our selves is very important, this can help us to identify why what kind of emotions we are going through every time we face a situation. For eg. When we get angry if we become aware of our reactions and emotions we can make out how our breathing becomes heavier and how sometimes some of us start sweating and how our eyes tend to become bigger, due to anger.



Once we realize we are going through these physical changes due to anger we can learn to control ourselves. The speaker also touched upon the topics on effective communication and relationships. The students shared their points and they were very interactive in the class. The class was pleased with the session and they requested for more classes, they also shared their views with the help of the feedback forms.

## **6. Orientation Programme conducted at VV Puram Campus by Supriya Christopher on 21/06/2017.**

All the first year newly admitted students were asked to be seated in the conference hall for the Orientation Program by the center head. In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 21th June 2017 for I year PUC BY-1/CET-J1/IIT(C.Sc), a total of 80 students were present for the session.

Objective of the session was to bring out awareness of the counseling services offered at Jain Institutions. The session commenced with an introduction about Vishwas – Student guidance

and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders support.

The speaker explained the process of counseling followed in Vishwas, situations in which students can approach a counselor and emphasized on maintaining confidentiality. The session went on with a few slides of the ppt explaining the works done by Vishwas and the areas of services provided to the students by Vishwas.

Vishwas was started in the year 2004 and it consists of team of counsellors along with the Chief Counselor Dr.UmaWarrier followed by a video on Vishwas



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**Five Areas of support:**

- Personal Counseling
- Academic Support program.
- Career Development Program.
- Crisis management & referrals
- Outreach workshop for positive mental health

The speaker also went on to discuss the issues students may face during their college life, such as exam anxiety, adjust mental issues, different kinds of mixed emotions, work life balance, self-esteem, communication and relationship problems and also getting into addictions. Certain stigmas of counseling and when do we require to meet a counselor. Celebrities who took the help of counseling to overcome their own personal issues.

Finally the video was shown where all the above areas of counseling was mentioned along with the services and programmes conducted by the Vishwas team. The stakeholder's programmes were mentioned in the video.





**Stakeholders:**

- Students
- Parents
- Society
- Administrative staff.

The counselor mentioned that she is available on Thursday, Friday and Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the program.

## **7. Orientation Session conducted at VV Puram Campus by Supriya Christopher on 28/06/2017.**

All the first year newly admitted students were asked to be seated in the conference hall for the Orientation Program by the center head.

In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 28th, 2017 for II year PUC CET/IIT/VISTA (C.Sc), 90 students were present for the session.

Objective of the session was to bring out awareness of the counseling services offered at Jain Institutions. The session commenced with an introduction about Vishwas – Student guidance and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders support.





The speaker explained the process of counseling followed in Vishwas, situations in which students can approach a counselor and emphasized on maintaining confidentiality. The session went on with a few slides of the power point explaining the works done by Vishwas and the areas of services provided to the students by Vishwas. Vishwas was started in the year 2004 and it consists of team of counsellors along with the Chief Counselor Dr.UmaWarrier followed by a video on Vishwas.

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The counselor mentioned that she is available on Thursday, Friday and Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the program.

### **8. A session conducted at VV Puram campus on the topic “Communication and interpersonal Relationships” on 11/07/2017 by Supriya Christopher**

The words that we say and how you say it are important, as they can be misinterpreted if said in a different tone. Communication can make or break your relationship at home or work or with your friends. If you have the skill then you can put your word across easily and precisely without any confusion. You can communicate with your body, words, gestures, expressions and much more. The session was conducted to a class of 68 students II year PUC, PCMC, A section. Session began with an open discussion on what is communication and types of communication? The students came up with all the little information they had. The speaker went on to discuss the types of communication and the process of communication.

The speaker also brought about the importance of “Effective Communication”. Effective Communication happens only when the letter “I” is used. To make someone know how we feel and to make sure the other person is listening to you, hence it’s always better to use the letter I. For eg. “I am feeling sad today?” instead of saying “feeling sad today”. This gives the importance to the word I and also to the feelings.

Assertive communication is important. Never be passive and do things that you’re not comfortable with. If passive communication continues too long then we will never be happy with our selves because we will always be trying to please others all the time. An incident of a student was shared, where the student was trapped for being always a passive person.



The different forms of communication:

- Listening
- Reading
- Speaking
- Body language

You need to have the patience and focus to listen and register what your peers are saying. You need to develop the reading habit to stay up-to-date and improve your vocabulary. You need to have good speaking skills that will help you to present your ideas in an effective and efficient way. You need to show good body language and hide your nervousness and show your confidence.



Communication Process:

- Source
- Message
- Encoding

- Channel
- Decoding
- Receiver
- Feedback
- context
- Importance of Communication Skills for Students:

A student starts learning how to communicate right at home, but learning at school is a different ball game altogether. At school the student learns how to address issues of peers and how to respond keeping the others in mind. It is important that a student works towards developing communication skills as it will help them in the long run. Student life is a foundation and hence, how we communicate in student life will define how we communicate professionally. You need to impart communication through reading, presentation skills, listening, writing and oral communication.

- 1. Initial Emphasis on reading is very important:** One needs to be a good reader to develop your communication skills. With reading a student can enrich their vocabulary and knowledge. They can communicate in all the topics because of the knowledge base that has been developed with the reading. Being a reader is a stepping stone to become a good orator in the future. You can read books, newspapers, magazines, anything that you find interesting.
- 2. Emphasizes on writing to communicate well with words:** It is important to be a good reader but it is equally important to be a good writer. By good write it does not mean that you can write books and articles on any topic. A good written communication skill is the one where the words express the right tone and put the idea across effectively. A written communication should not be confusing, it can send out wrong information and cause issues. A written communication can be used as evidence, and hence it is important that a student knows what to write and how to write effectively.

- 3. Emphasize on presentation and speeches:** Many students have issues in presenting their ideas or project. This could be due to stage fear, less confidence, nervousness and any other factor. It is important that as a student you participate in as many presentational and speech based activity to get the fear out and master the art. In the near future presentation and speeches will become integral part of your professional career and you need to be comfortable with it. So, practice as much as you can, on your presentation and speech skills.
- 4. Emphasize on Listening skills:** You should have the ability and patience to listen to others and register their conversation. Conversation is not just about the ability to speak, it is about the communication ability to listen also. You can be a good orator only when you listen to your audience, understand what they want and prepare accordingly. You need to have the right focus when you are listening. With the focus and concentration you can remember your conversation and take notes from it
- 5. Master the techniques that can help in developing the skills:** As a student you should not fear away or run away from conversation. Be it a school activity or just a group of friends; put your ideas across with no fear. The more you step back, the more issues you will have in future to express yourself. Participate in group discussion, interact more with students and be a part of a community where you can discuss every topic and improve your intellectual level. Keep communicating effectively in all the forms till you master the art!



## **Relationships**

The way in which two or more people or things are connected, or the state of being connected is called Relationship.

The five stages of relationship are:

- Initial Stage: “Hi” ,“Hello”
- Second stage: “What time is it?”
- Third stage: Opinion stage: “What do you think of your new class teacher?”
- Fourth stage: Experience stage: “people build trust and being to share their experience.
- Fifth stage: “Deep Relationship” is when words are required to communicative. Intimate with thoughts and feeling.

Remaining aware, staying balanced, and being conscious in your choices: these define how you act in a healthy relationship. But how do you build a healthy relationship to begin with?

The keys to a healthy relationship are:

- Communication
- Trust

- Respect
- Empathy

With whom do we have relationships?

- Family
- Friends
- Teachers
- Society



The speaker went on to explain each of the relationship roles in detail. Discussing how important it is to have a healthy relationship when it comes to our parents and siblings. We might have parents who are strict and who might not be meeting to our needs but as parents they know their roles and they love us and hence they would never do anything to harm us.

As friends we need to have a healthy relationship but to be very careful of not getting into peer pressure. The speaker also spoke about avoiding to get into an intimate relationship since this was not the right age for such a kind of relationship. To avoid in any kind of abuse relationship was the main importance given during the talk.

With related to teachers and student relationship is a beautiful relationship. One need to respect and understand that teacher is friendly and approachable. Relating to society



relationship we have relationships with the people around us and it is important respect each and every individual for whatever they may be. For e.g.: if it's our house keeping people its important respect them and acknowledge them.



The session ended by the speaker sharing some case studies where students were in an abuse relationship. This made the students understand that it's important to respect themselves and the others. The students thanked for speaker for the session.

## **9. A session on mental health conducted in school of humanities and social science on 17/07/2017 by Dr Uma Warriar, chief counsellor Jain University**

A variety of psychological disorders are common among students today. The students who are undergoing psychological distress are also reported receiving lower grades on exams. Due to this distress, they might miss classes, engage in substance abuse, engage in malpractices, isolate themselves etc. mental health is an important aspect in an individual's life irrespective of age. College students, who are in their early adulthood stage are at high risk of getting affected with mental illness because of the challenges they face, such as carrier confusions, role confusions, transition issues, relationship issues etc.



On 17<sup>TH</sup> July 2017 in school of humanities and social science campus a session was conducted on the topic mental health for the post graduate students who are doing M.A in economics. The spokesperson for the session was Dr. Uma Warriar, Chief Counselor, Jain University. The session began with a brief introduction about the resource person by the professor George HOD Department of Economics. Prof. George shared his past experience with the resource person to the group. The resource person was then welcomed to the dais by him.

The resource person thanked Prof. George for the introduction that he gave, and then began the session. The resource person first appreciated the group for attending the session and then began the presentation. In the presentation, the speaker spoke about the mental health, how

does good mental health helps an individual to succeed in life, how does poor mental health affect an individual's daily functioning, how does mental health affect their academics and relationships, myths about mental health. Another purpose of the session was to make the students aware about mental illness and how to identify the signs and symptoms and when and where to seek help.

The resource person shared her clinical experience and this gave the students a good insight about the importance of mental health. The resource person also spoke about the mental health illnesses that affect the college students, like, stress and anxiety, eating disorders, self-injury, sleep disorders, depression and social phobias. The speaker also gave the group awareness about how substance abuse leads to mental illness.



Another area covered in the session was about the myths related to mental health. The speaker made the group aware that it is always best to seek for help from a mental health practitioner if require. Hesitation to meet a mental health practitioner or having a thought that mental health practitioners only deal with mental disorders need to be removed. The speaker also made the group aware that how well a counselling session can help to prevent mental disorders. The speaker motivated the group to meet a counselor if they see some signs and symptoms of mental illness, rather than sitting at home thinking that it would be a shame if they seek for help.

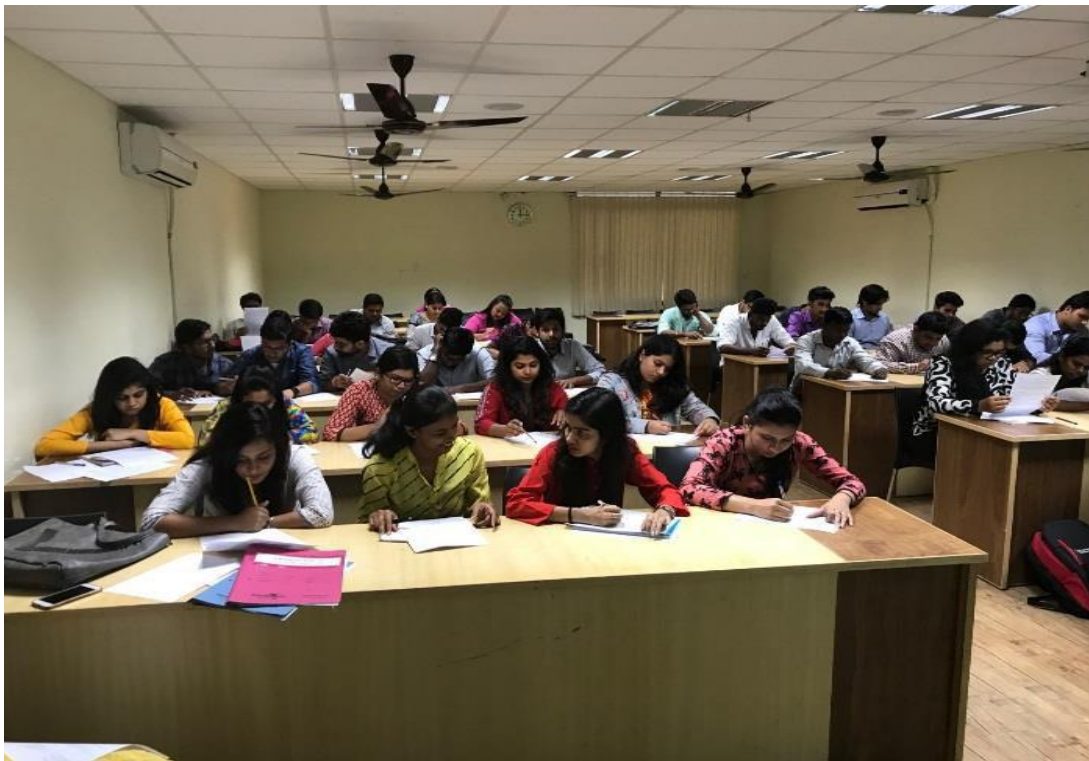
The speaker then spoke about when and where to seek for help if they see any abnormality in them. The speaker also motivated the group to spread the message of mental health, its importance to the people in need. The speaker also spoke about the counseling centers across the university campus. The speaker also made the group aware of the confidentiality aspect involved in the sessions conducted. The speaker before concluding the session again reminded the group to seek for help without hesitation. The session was the open for question answer round. After the Q and A session, Prof. George gave vote of thanks and then the session was closed.

**10. A session on stress and coping for the first year MBA students, organized by VISHWAS student guidance and counseling centre on 17/07/2017 in CMS business school: resource person: Ms. Nupur Singhal, dept. of clinical psychology, NIMHANS**

In this modern era, one common issue faced by almost all human is stress. Stress has become an integral part of our day to day life. In student community, stress is seen and the way they cope up with stress varies from person to person. Psychology says, stress generally refers to two things: the psychological perception of pressure, on the one hand and the body's response to it, on the other, which involves multiple systems, from metabolism to muscles to memory. Stress isn't inherently bad. It causes you to respond to events to rise to the challenge and to better us. But too much of stress can be catastrophic. And too much of stress can cause suicidal feeling. Traumatic life events in combination with other risk factors like clinical depression, may lead to suicide.

On 17<sup>th</sup> July 2017 in CMS Business school campus VISHWAS counseling center organized a session for the first year MBA students on the topic stress and coping. The resource person for the session was Ms. Nupursinghal, PhD scholar, from the department of psychology in NIMHANS. Dr. Uma Warriar welcomed the resource person and gave a brief introduction about the resource person to the group.







The session gave the group input about what is stress, how stress affects our normal functioning, what are stressors, identifying stressors, how to deal with stressors etc. the speaker gave the students insight about the different kinds of stress : eustress and distress. She also explained to them, how distress and eustress affects our normal functioning by giving the group situations to think and understand. Another area of the session was about signs of stress. The resource person made the students identify stressors from their own life. The resource person also spoke about the areas affected by stress. She also explained about the correlation between stress and our physiological wellbeing. The students were very open in discussing their stressors.

Another area which was covered in the session was how does too much of stress leads to suicidal feelings. The resource person made the group understand that, if stress is accumulated, it will lead to mental and physical imbalance and also it might lead to suicidal ideation also. Suicidal tendency is very much seen in youngsters nowadays. She also discussed about the misconceptions regarding stress and coping.



The speaker discussed strategies to cope up with stress. She discussed about the four A's of stress relief, which are avoid, alter, adapt and accept. The resource person suggested the group members to meet mental health practitioners if they are not able to handle their stress. Handouts were distributed to the group. The session was then open for question and answers. After the Q&A session, the session was closed.

### **11. A session conducted at VV Puram campus on the topic “Communication and Interpersonal Relationships” On 19/07/2017**

The words that we say and how you say it are important, as they can be misinterpreted if said in a different tone. Communication can make or break your relationship at home or work or with your friends. If you have the skill then you can put your word across easily and precisely without any confusion. You can communicate with your body, words, gestures, expressions and much more.

The session was conducted to a class of 40 students I<sup>st</sup> year PUC PCMC B section. Session began with an open discussion on what is communication and types of communication? The students came up with all the little information they had. The speaker went on to discuss the types of communication and the process of communication.

The speaker also brought about the importance of “Effective Communication”. Effective Communication happens only when the letter “I” is used. To make someone know how we feel and to make sure the other person is listening to you, hence it's always better to use the letter I. For e.g. “I am feeling sad today?” instead of saying “feeling sad today”. This gives the importance to the word I and also to the feelings. Assertive communication is important. Never be passive and do things that you're not comfortable with. If passive communication continues too long then we will never be happy with our selves because we will always be trying to please others all the time. An incident of a student was shared, where the student was trapped for being always a passive person.

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- Speaking
- Body language

You need to have the patience and focus to listen and register what your peers are saying. You need to develop the reading habit to stay up-to-date and improve your vocabulary. You need to have good speaking skills that will help you to present your ideas in an effective and efficient way. You need to show good body language and hide your nervousness and show your confidence. The speaker asked a student to come up and read certain important points that were available in the text book which mentioned the different types of communication conveyed in body language.

Communication Process:

- Source
- Message
- Encoding
- Channel
- Decoding
- Receiver
- Feedback
- Context



### **Importance of Communication Skills for Students:**

A student starts learning how to communicate right at home, but learning at school is a different ball game altogether. At school the student learns how to address issues of peers and how to respond keeping the others in mind. It is important that a student works towards developing communication skills as it will help them in the long run. Student life is a foundation and hence, how we communicate in student life will define how we communicate professionally. You need to impart communication through reading, presentation skills, listening, writing and oral communication.

**1. Initial Emphasis on reading is very important:** One needs to be a good reader to develop your communication skills. With reading a student can enrich their vocabulary and knowledge. They can communicate in all the topics because of the knowledge base that has been developed with the reading. Being a reader is a stepping stone to become a good orator in the future. You can read books, newspapers, magazines, anything that you find interesting.

**2. Emphasizes on writing to communicate well with words:** It is important to be a good reader but it is equally important to be a good writer. By good write it does not mean that you can write books and articles on any topic. A good written communication skill is the one where the words express the right tone and put the idea across effectively. A written communication should not be confusing, it can send out wrong information and cause issues. A written communication can be used as evidence, and hence it is important that a student knows what to write and how to write effectively.

**3. Emphasize on presentation and speeches:** Many students have issues in presenting their ideas or project. This could be due to stage fear, less confidence, nervousness and any other factor. It is important that as a student you participate in as many presentational and speech based activity to get the fear out and master the art. In the near future presentation and speeches will become integral part of your professional career and you need to be comfortable with it. So, practice as much as you can, on your presentation and speech skills.

**4. Emphasize on Listening skills:** You should have the ability and patience to listen to others and register their conversation. Conversation is not just about the ability to speak, it is about the communication ability to listen also. You can be a good orator only when you listen to your audience, understand what they want and prepare accordingly. You need to have the right focus when you are listening. With the focus and concentration you can remember your conversation and take notes from it.

**5. Master the techniques that can help in developing the skills:** As a student you should not fear away or run away from conversation. Be it a school activity or just a group of friends; put your ideas across with no fear. The more you step back, the more issues you will have in future to express yourself. Participate in group discussion, interact more with students and be a part of a community where you can discuss every topic and improve your intellectual level. Keep communicating effectively in all the forms till you master the art!





## **Relationships**

The way in which two or more people or things are connected, or the state of being connected is called Relationship.

The five stages of relationship are:

- Initial Stage: “Hi” , “Hello”
- Second stage: “What time is it?”
- Third stage: Opinion stage: “What do you think of your new class teacher?”
- Fourth stage: Experience stage: “people build trust and being to share their experience.
- Fifth stage: “Deep Relationship” is when words are required to communicate. Intimate with thoughts and feeling. Remaining aware, staying balanced, and being conscious in your choices: these define how you act in a healthy relationship. But how do you build a healthy relationship to begin with?



The speaker went on to explain each of the relationship roles in detail. Discussing how important it is to have a healthy relationship when it comes to our parents and siblings. We might have parents who are strict and who might not be meeting to our needs but as parents they know their roles and they love us and hence they would never do anything to harm us. As friends we need to have a healthy relationship but to be very careful of not getting into peer pressure.

The speaker also spoke about avoiding getting into an intimate relationship since this was not the right age for such a kind of relationship. To avoid in any kind of abuse in relationship, was the main importance given during the talk.

One of the students stood up and said that he thought it was “OK” to be in an intimate relationship and that he didn’t see why age should matter. The speaker went on explain that the maturity level of this age group is low and hence suggested to avoid this kind of relationships.

With related to teachers and student relationship is a beautiful relationship. One needs to respect and understand that teacher is friendly and approachable and to seek their help when required. Relating to society relationship we have relationships with the people around us and it is important respect each and every individual for whatever they may be. For e.g.: if it’s our house keeping people it’s important respect them and acknowledge them.



The session ended by the speaker sharing some case studies where students were in an abuse relationship. This made the students understand that it's important to respect themselves and the others. The students thanked for speaker for the session.

## **12. Orientation Programme conducted at RR Nagar Campus on 22/07/2017 by Supriya Christopher.**

All the second year commerce's students were asked to be seated in the conference hall for the Orientation Program. In order to bring about the awareness of counselling, the campus counsellor conducted an "orientation on Vishwas the counselling services." This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 22<sup>nd</sup> July 2017 for II year PUC commerce's, a total of 85 students were present for the session. Objective of the session was to bring out awareness of the counselling services offered at Jain Institution.

The session began with the introduction of the campus counsellor, where the speaker spoke about Vishwas – Student guidance and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders support.

The speaker explained the process of counseling followed in Vishwas, situations in which students can approach a counselor and emphasized on maintaining confidentiality. The session went on with a few slides of the ppt explaining the works done by Vishwas and the areas of services provided to the students by Vishwas. Vishwas was started in the year 2004 and it consists of team of counsellors along with the Chief Counsellor Dr.UmaWarrier followed by a video on Vishwas.



### **The Vision of Vishwas:**

- To provide opportunities for continuous self-development.
- To maximize individual potential for a harmonious growth of mind and body.

### **The Mission of Vishwas:**

- To facilitate a conducive environment for students which supports learning.



- To enable the individual to recognize the capacity of self
- To enhance the quality of interpersonal relationships
- To strengthen the coping skills of individuals
- To enhance the overall performance and wellbeing of individuals.

**Five Areas of support:**

- Personal Counseling
- Academic Support program.
- Career Development Program.
- Crisis management & referrals.
- Outreach workshop for positive mental health.





The speaker also went on to discuss the issues students may face during their college life, such as exam anxiety, adjust mental issues, different kinds of mixed emotions, work life

balance, self-esteem, communication and relationship problems and also getting into addictions.

Certain stigmas of counseling and when do we require to meet a counselor. Celebrities who took the help of counseling to overcome their own personal issues.

Finally the video was shown where all the above areas of counseling was mentioned along with the services and programmers conducted by the Vishwas team. The stakeholder's programmers were mentioned in the video.

**Stakeholders:**

- Students
- Parents
- Society
- Administrative staff.

After the power point and video shown on Vishwas, the speaker asked the students to have an open discussion on the current issues they have been facing during their college times.

One of the student shared that he has been tagged by a teacher for talking in class and he has become the target for the teacher. He shared that he has always been picked in class sometimes for others faults also. I have advised him to meet the teacher outside the class and share his feelings about being picked in class. The student also shared that he is also at fault because he comes to class late all the time and he also agreed that keeps talking in class.

The session came to an end by the counselor mentioning that she is available on Thursday, Friday and Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the programme.

### **13. Report conducted at VV Puram campus on the topic “Communication and Interpersonal Relationship” by Supriya Christopher on 26/07/2017.**

The words that we say and how you say it are important, as they can be misinterpreted if said in a different tone. Communication can make or break your relationship at home or work or with your friends. If you have the skill then you can put your word across easily and precisely without any confusion. You can communicate with your body, words, gestures, expressions and much more.

The session was conducted to a class of 66 students II year PUC PCMC B section. Session began with an open discussion on what is communication and types of communication? The students came up with all the little information they had. The speaker went on to discuss the types of communication and the process of communication. The speaker also brought about the importance of “Effective Communication”. Effective Communication happens only when the letter “I” is used. To make someone know how we feel and to make sure the other person is listening to you, hence it’s always better to use the letter I.

For e.g. “I am feeling sad today?” instead of saying “feeling sad today”. This gives the importance to the word I and also to the feelings.

Assertive communication is important. Never be passive and do things that you’re not comfortable with. If passive communication continues too long then we will never be happy with our selves because we will always be trying to please others all the time. An incident of a student was shared, where the student was trapped for being always a passive person.

You need to have the patience and focus to listen and register what your peers are saying. You need to develop the reading habit to stay up-to-date and improve your vocabulary. You need to have good speaking skills that will help you to present your ideas in an effective and efficient way. You need to show good body language and hide your nervousness and show your confidence.

### Communication Process:

- Source
- Message
- Encoding
- Channel
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- Reciver
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### **Importance of Communication Skills for Students:**

A student starts learning how to communicate right at home, but learning at school is a different ball game altogether. At school the student learns how to address issues of peers and how to respond keeping the others in mind. It is important that a student works towards developing communication skills as it will help them in the long run. Student life is a foundation and hence, how we communicate in student life will define how we communicate professionally. You need to impart communication through reading, presentation skills, listening, writing and oral communication.

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## **Relationships**

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The five stages of relationship are:

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- Fifth stage: “Deep Relationship” is when words are required to communicate. Intimate with thoughts and feeling.

Remaining aware, staying balanced, and being conscious in your choices: these define how you act in a healthy relationship. But how do you build a healthy relationship to begin with?

The keys to a healthy relationship are:

- Communication
- Trust
- Respect
- Empathy

With whom do we have relationships?

- Family
- Friends
- Teachers
- Society



The speaker went on to explain each of the relationship roles in detail. Discussing how important it is to have a healthy relationship when it comes to our parents and siblings. We

might have parents who are strict and who might not be meeting to our needs but as parents they know their roles and they love us and hence they would never do anything to harm us.

As friends we need to have a healthy relationship but to be very careful of not getting into peer pressure.

The speaker also spoke about avoid getting into an intimate relationship since this was not the right age for such a kind of relationship. To avoid in any kind of abuse relationship was the main importance given during the talk.

With related to teachers and student relationship is a beautiful relationship. One needs to respect and understand that teacher are friendly and approachable. Relating to society relationship we have relationships with the people around us and it is important respect each and every individual for whatever they may be. For e.g.: if it's our house keeping people its important respect them and acknowledge them.



The session ended by the speaker sharing some case studies where students were in an abuse relationship. This made the students understand that it's important to respect themselves and the others. The students thanked for speaker for the session.

#### **14. Workshop on ‘communication skills’ by Dhruvi Sheth at centre of management studies on 26/07/2017 for BBA 3<sup>rd</sup> year students.**

Two sessions were conducted on the same topic, there were around 150 students including both the sections. Orientation about Vishwas and its vision was discussed.

##### **The Vision of Vishwas:**

- To provide opportunities for continuous self-development
- To maximize individual potential for a harmonious growth of mind and body

##### **The Mission of Vishwas:**

- To facilitate a conducive environment for students which supports learning.
- To enable the individual to recognize the capacity of self
- To enhance the quality of interpersonal relationships
- To strengthen the coping skills of individuals
- To enhance the overall performance and wellbeing of individuals.

##### **Five Areas of support:**

- Personal Counselling
- Academic Support program.
- Career Development Program.
- Crisis management & referrals
- Outreach workshop for positive mental health.

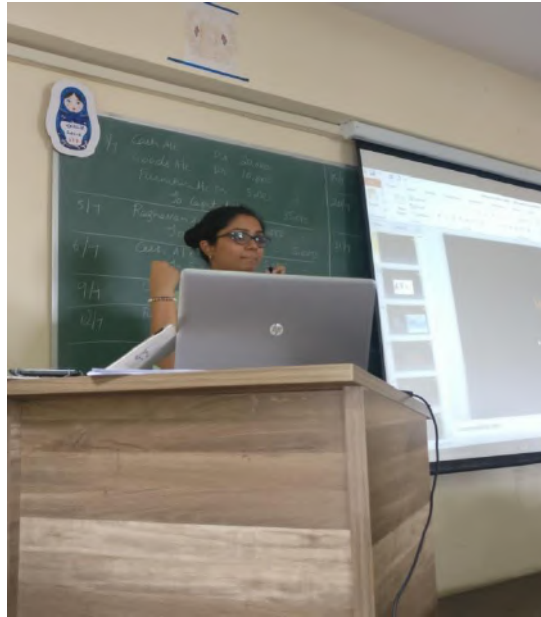


Videos were shown for understanding the communication skills. The slides included modes of communication, styles of communication and how can it be improved. The common mistakes made during communication and what effective skills could be used for the same. Students were reflective, examples were shared and they were asked about their experiences too. The feedback they gave was positive. They learnt various things.





We actually communicate far more information using Non-verbal Communication. This includes non-verbal signals, gestures, facial expression, body language, tone of voice, and even our appearance. You can find more about this on our pages on Body Language, Face and Voice, Personal *Presentation* and Personal Appearance. Videos were shown to make the concept more effective. There wasn't enough time for the activities to be conducted , so it was a learning to see how the session could be made more interesting by adding some live examples and involving students too. Maybe doing role play can be a helpful tool to get the students involved.



The topics covered were:

- Types of communication styles.
- Modes of communication.
- Activity on non-verbal communication.
- Sins of speaking
- Important skills for communication

Feedback was taken, it was positive, they found the session interesting.

**15. Workshop on ‘Introduction to importance of mental health’ on 27/07/2017 by Dhruvi Sheth and Arun Jacob at CMS Jain University.**

It was a total of 25 students. Session was from 10:20am to 11:30am for PG students of mass communication. Students were asked to introduce themselves with an adjective attached to their name. Orientation on vishwas counseling services was done.



Students were asked about their views and opinions on counseling. Myths regarding counseling were discussed. What are the issues faced in today's world related to mental health were discussed, like relationship issues, substance use, family issues etc.



The students were interested and interactive during the sessions. Examples and stories were used to connect with students and for their better understanding. The group gave a positive feedback, saying it was simple and easy to understand.

**16. Report on orientation session conducted for students of 1<sup>st</sup> year life science on 28/07/2017 at school of sciences, JC road by Srilakshmi H N**

Youth is the critical phase of life. It is a period that brings about myriad of changes in physical, physiological, psychological, and behavioral aspects of an individual. These changes are also accompanied by significant stress on young people and those around them, while influencing and affecting their relationships with their peers and adults. Introducing support services to college freshmen is as important as providing easy access to efficient support system. Hence the session was conducted on 14<sup>th</sup> July, 2017 for students of Life science by Ms. Srilakshmi H N. There were 50 students in the session.



The session commenced with a brief note on the inception of Vishwas -counseling center of JU, followed by the video of Vishwas's activities. Scope of the session was to throw light on the following topics:

- Need for counseling at college
- Reactions to stressful times
- Why talk to a counselor?
- How can counseling help?
- Concerns when thinking about counseling
- Reaching out to the counselor

The session continued with the discussion on need for counseling. Life at college is a time of change. Often it's great but there can be tough times in finding friends, settling into a new environment, difficulties with concentration, coping with new subjects, family difficulties, and traumatic experiences. Tough times can lead to different reactions and are as follows: anxiety, difficulty concentrating, lack of motivation, difficulty sleeping, relationship problems, depression, low self-esteem, perfectionism, problem alcohol use, addiction, self-harm, suicidal thoughts.





Further the session continued with attributes of a counselor and benefits of counseling. Emphasis was laid on counseling not only help deal with current problems but also equips individual to overcome difficulties that might arise in the future.



Lastly the speaker focused on demystifying myths about counselling. They are as follows:

- a. What would my friends, teachers think?
- b. It could get in the way of my studies
- c. Does it mean, I'm a failure?
- d. Once you start, it never ends
- e. I feel ashamed of my problems
- f. No- one can understand how I feel
- g. Will it all be sorted?
- h. I don't want to be reminded of painful memories
- i. I can sort my problems on my own
- j. I might be prescribed medicines

**17. Workshop report on counselling as career conducted on 02/08/2017 by Arun Jacob and Dhruvi Sheth from 12:00pm to 1:00pm for BBA students(3<sup>rd</sup> semester)**

Around 20 students were a part of this workshop, which was for the students who are interested to pursue their career in the field of psychology or counseling. There were around 30 students in the session. Introduction of Vishwas and its activities was given at the beginning.

The topics covered were:

1. Basic introduction about counselling
2. Importance of mental health
3. Johari window video
4. Activity for self-awareness
5. Challenges in the field
6. List of colleges that offer psychology or counselling courses.





Students were grouped into pairs of two and asked to describe themselves using Johari window and discuss the same with their partners.

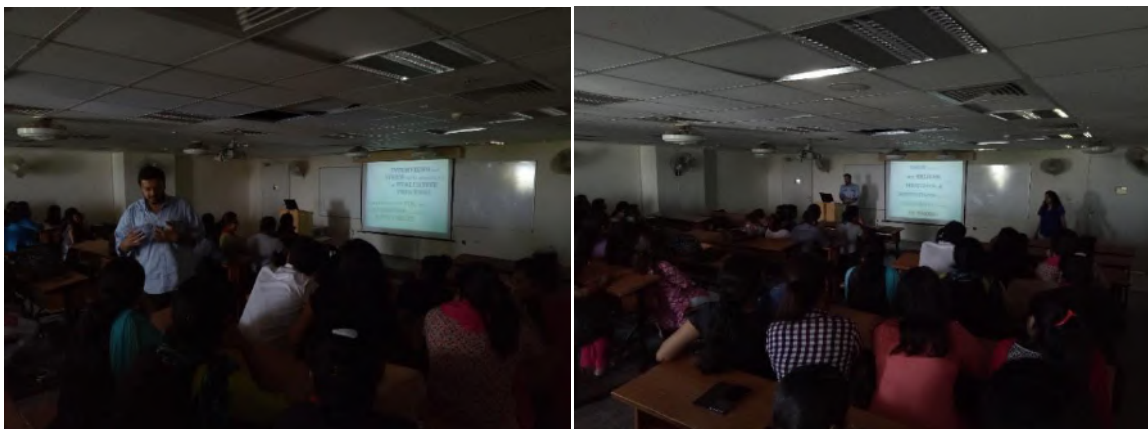
Feedback given by the students was good; they suggested discussing about some day to day issues and their problem solving. It was an interactive session. Their doubts were also clarified. It was an interactive session where students clarified their doubts if they were to choose this profession.

### **18. Report of Lecture on Facing Interviews on 02/08/2017 for 2<sup>nd</sup> year M Com students at Jayanagar campus by Anil V**

Post Graduate Department of Commerce had organized a guest lecture session on 2<sup>nd</sup> of August, 2017, for 2<sup>nd</sup> year students of M Com. This session was facilitated to 60 students by Melrick Crasta, a trainee counselor from Christ University. The rationale for the session was to help students become aware of the skills that are required and helpful to face interviews or any viva examinations at ease.



The facilitator used experiential approach to help the students know the prerequisites and involved activity based learning. The session focused on understanding the levels of confidence and evaluation process. Students were asked to analyze one's qualities and strengths to focus on positives and boost confidence. Another activity of self-awareness, to introspect and share with the class helped the students communicate openly and as well validate their thoughts from external members. The session progressed to highlight some of the essential qualities that add to clearing interview or an examination. Responses were elicited through interactions and video learning.





The students were informed on how to prepare ourselves for the session, to re read resume and be prepared, rehearse the scenario, to dress appropriately, to gather more information which can be impressive and be aware of the body language and communication as the usage of appropriate verbal and nonverbal play an important role in conversations.



The students reported saying this session was helpful and added a lot to their learning and applying their skills in the environment.

**19. A session conducted at VV Puram campus on the topic “Communication and Interpersonal Relationship” on 09/08/2017 by Supriya Christopher.**

The words that we say and how you say it are important, as they can be misinterpreted if said in a different tone. Communication can make or break your relationship at home or work or with your friends. If you have the skill then you can out your word across easily and precisely without any confusion. You can communicate with your body, words, gestures, expressions and much more.

The session was conducted to a class of 70 students II year ABMS A section on 09<sup>th</sup> August at 12:00pm to 1:00pm. Session began with an open discussion on what is communication and types of communication? The students came up with all the little information they had. The speaker went on to discuss the types of communication and the process of communication. The speaker also brought about the importance of “Effective Communication”. Effective Communication happens only when the letter “I” is used. To make someone know how we feel and to make sure the other person is listening to you, hence it’s always better to use the letter “I”. For eg. “I am feeling sad today?” instead of saying “feeling sad today”. This gives the importance to the word I and also to the feelings.

Assertive communication is important. Never be passive and do things that you’re not comfortable with. If passive communication continues too long then we will never be happy with our selves because we will always be trying to please others all the time. An incident of a student was shared, where the student was trapped for being always a passive person. The speaker asked a couple of students to enact how effective communication should be done.

The different forms of communication: –

- 1) Listening
- 2) Reading
- 3) Speaking
- 4) Body language

You need to have the patience and focus to listen and register what your peers are saying. You need to develop the reading habit to stay up-to-date and improve your vocabulary. You need to have good speaking skills that will help you to present your ideas in an effective and efficient way. You need to show good body language and hide your nervousness and show your confidence.



#### Communication Process:

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- Message
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The speaker went on to explain each of the relationship roles in detail. Discussing how important it is to have a healthy relationship when it comes to our parents and siblings. We might have parents who are strict and who might not be meeting to our needs but as parents they know their roles and they love us and hence they would never do anything to harm us.

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The session ended by the speaker sharing some case studies where students were in an abuse relationship. This made the students understand that it's important to respect themselves and the others. The students thanked for speaker for the session.

**21. A session conducted by Supriya Christopher at VV Puram campus on the topic “Communication and Interpersonal Relationship” on 09/08/2017 between 09:30Am to 10:30Am**

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A student starts learning how to communicate right at home, but learning at school is a different ball game altogether. At school the student learns how to address issues of peers and how to respond keeping the others in mind. It is important that a student works towards developing communication skills as it will help them in the long run. Student life is a foundation and hence, how we communicate in student life will define how we communicate professionally. You need to impart communication through reading, presentation skills, listening, writing and oral communication



**1. Initial Emphasis on reading is very important:** One needs to be a good reader to develop your communication skills. With reading a student can enrich their vocabulary and knowledge. They can communicate in all the topics because of the knowledge base that has been developed with the reading. Being a reader is a stepping stone to become a good orator in the future. You can read books, newspapers, magazines, anything that you find interesting.

**2. Emphasizes on writing to communicate well with words:** It is important to be a good reader but it is equally important to be a good writer. By good write it does not mean that you can write books and articles on any topic. A good written communication skill is the one where the words express the right tone and put the idea across effectively. A written communication should not be confusing, it can send out wrong information and cause issues. A written communication can be used as evidence, and hence it is important that a student knows what to write and how to write effectively.

**3. Emphasize on presentation and speeches:** Many students have issues in presenting their ideas or project. This could be due to stage fear, less confidence, nervousness and any other factor. It is important that as a student you participate in as many presentational and speech

based activity to get the fear out and master the art. In the near future presentation and speeches will become integral part of your professional career and you need to be comfortable with it. So, practice as much as you can, on your presentation and speech skills.

**4. Emphasize on Listening skills:** You should have the ability and patience to listen to others and register their conversation. Conversation is not just about the ability to speak, it is about the communication ability to listen also. You can be a good orator only when you listen to your audience, understand what they want and prepare accordingly. You need to have the right focus when you are listening. With the focus and concentration you can remember your conversation and take notes from it.

**5. Master the techniques that can help in developing the skills:** As a student you should not fear away or run away from conversation. Be it a school activity or just a group of friends; put your ideas across with no fear. The more you step back, the more issues you will have in future to express yourself. Participate in group discussion, interact more with students and be a part of a community where you can discuss every topic and improve your intellectual level. Keep communicating effectively in all the forms till you master the art!





## **Relationships**

The way in which two or more people or things are connected, or the state of being connected is called Relationship.

The five stages of relationship are:

- Initial Stage: “Hi” , “Hello”
- Second stage: “What time is it?”
- Third stage: Opinion stage: “What do you think of your new class teacher?”
- Fourth stage: Experience stage: “people build trust and begin to share their experience.
- Fifth stage: “Deep Relationship” is when words are required to communicate. Intimate with thoughts and feeling.

Remaining aware, staying balanced, and being conscious in your choices: these define how you act in a healthy relationship. But how do you build a healthy relationship to begin with?

The keys to a healthy relationship are:

- Communication
- Trust
- Respect
- Empathy

With whom do we have relationships?

- Family
- Friends
- Teachers
- Society

The speaker went on to explain each of the relationship roles in detail. Discussing how important it is to have a healthy relationship when it comes to our parents and siblings. We might have parents who are strict and who might not be meeting our needs but as parents they know their roles and they love us and hence they would never do anything to harm us.

As friends we need to have a healthy relationship but to be very careful of not getting into peer pressure.

The speaker also spoke about avoiding to get into an intimate relationship since this was not the right age for such a kind of relationship. To avoid in any kind of abuse relationship was the main importance given during the talk. With related to teachers and student relationship is a beautiful relationship. One need to respect and understand that teacher are friendly and approachable. Relating to society relationship we have relationships with the people around us and it is important respect each and every individual for whatever they may be. For E.g.: if it's our house keeping people its important respect them and acknowledge them. One of the student came up and spoke to the speaker asking about career counseling and also personally thanked the speaker for the session.

The session ended by the speaker sharing some case studies where students were in an abuse relationship. This made the students understand that it's important to respect themselves and the others. The students thanked for speaker for the session.

## **22. A session conducted at RR nagar campus on the topic “Interpersonal Relationship and Handling Emotional” on 11/08/2017 between 09:30am to 10:30am.**

The words that we say and how you say it are important, as they can be misinterpreted if said in a different tone. Being able to communicate effectively is the important of all life skills. Communication is simply the act of transferring information from one place to another. It may be vocally, written, visually or non-verbally.

Communication can make or break your relationship at home or work or with your friends. If you have the skill then you can out your word across easily and precisely without any confusion. You can communicate with your body, words, gestures, expressions and much more.

The session was conducted to a class of 25 students I year ABMS and ABES on 11<sup>th</sup> August at 09:30am to 10:30am. Session began with an open discussion on what is communication and types of communication? The students came up with all the little information they had.

The speaker went on to discuss the types of communication and the process of communication.

The speaker also brought about the importance of “Effective Communication”. Effective Communication happens only when the letter “I” is used. To make someone know how we feel and to make sure the other person is listening to you, hence it’s always better to use the letter “I”. For eg. “I am feeling sad today?” instead of saying “feeling sad today”. This gives the importance to the word I and also to the feelings.

Assertive communication is important. Never be passive and do things that you’re not comfortable with. If passive communication continues too long then we will never be happy with our selves because we will always be trying to please others all the time. An incident of a student was shared, where the student was trapped for being always a passive person. The speaker asked a couple of students to enact how effective communication should be done.



The different forms of communication: –

- Listening
- Reading
- Speaking
- Body language

You need to have the patience and focus to listen and register what your peers are saying. You need to develop the reading habit to stay up-to-date and improve your vocabulary. You need to have good speaking skills that will help you to present your ideas in an effective and efficient way. You need to show good body language and hide your nervousness and show your confidence.

Communication Process:

- Source
- Message
- Encoding
- Channel
- Decoding
- Receiver
- Feedback
- context

### **Importance of Communication Skills for Students:**

A student starts learning how to communicate right at home, but learning at school is a different ball game altogether. At school the student learns how to address issues of peers and how to respond keeping the others in mind. It is important that a student works towards developing communication skills as it will help them in the long run. Student life is a foundation and hence, how we communicate in student life will define how we communicate professionally. You need to impart communication through reading, presentation skills, listening, writing and oral communication.



**1. Initial Emphasis on reading is very important:** One needs to be a good reader to develop your communication skills. With reading a student can enrich their vocabulary and knowledge. They can communicate in all the topics because of the knowledge base that has been developed with the reading. Being a reader is a stepping stone to become a good orator in the future. You can read books, newspapers, magazines, anything that you find interesting.

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speeches will become integral part of your professional career and you need to be comfortable with it. So, practice as much as you can, on your presentation and speech skills.

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Relating to society relationship we have relationships with the people around us and it is important respect each and every individual for whatever they may be. For eg: if it's our house keeping people its important respect them and acknowledge them.

The session ended by the speaker sharing some case studies where students were in an abuse relationship. This made the students understand that it's important to respect themselves and the others. The students thanked for speaker for the session.

### **23. Workshop on Group Dynamics conducted on 12/08/2017 by Anil V at Jayanagar campus,**

Post Graduate Department of Commerce had organized a workshop on Group Dynamics to help the freshers, 1<sup>st</sup> year students, to get oriented to their college and as well friends. The half day workshop conducted on 12<sup>th</sup> of August, 2017 was attended by 75 students and was facilitated by Anil V, the campus counselor.



This group dynamics workshop focused only on activity based learning and a series of activities were conducted to help the students improve their communication skills, work in teams, enhance problem solving skills, get acquainted to the newer atmosphere and people around and gain more awareness on the emotional activity of self.

This workshop had people search activity with a lot of questions that made them interact with their classmates and identify the member who would suit the possible column. This was continued with an interaction activity where each student was asked to meet five new people and talk to them and later introduce the one member to the class. This introduction activity was observed as shame attacking exercise because it challenged and as well helped the hesitant students to open up.



The next activity was emotion word search that helped students identify emotions and as well learn to acknowledge it. The concluding activity was a team building activity that divided the students into small groups and checked the possibility of working in groups or teams. All groups were given materials and were asked to construct a basket in the limited time. The success and failure of teams, the reasons, the outcomes and their learning were process and responses were elicited.



Students participated actively and observed to be enthusiastic in every activity. This session helped them to get closer their classmates and as well move from their comfort zones. Students reported that the processing of every activity to life skills and learning and adaptation of the same was resourceful.



## **24. Work shop series on “ Life skills for future managers on 09/09/2017 at CMS B school conducted by Dr Uma Warriier**

The changes happening in the global economies over the years have been matched with the transformation in technology and these are all impacting on education, the workplace and our home life. In everyday life, the development of life skills helps students in different ways. Life skills helps the student to find new ways of thinking and problem solving; helps them to take responsibility for what they do rather than blame others; build confidence; make better decisions; develop better sense of self awareness, work well as part of a team, agility and adaptability to different roles; developing negotiation skills and to manage with stressors. Life skills are very much required for an individual to lead a healthy and productive life. A series of 7 modules were planned in the work shop model to educate the future managers on life skills. The module topic covered are Self-awareness, Self-esteem, Critical thinking and creative thinking, Decision making and problem solving, Time management Emotional intelligence and Stress management.



With a set goal to improve the effectiveness, competence and productivity of the students, the first module of life skills program for future managers on the topic self-awareness was conducted in CMS business school campus on 09/09/2017. The session was conducted under the banner of Vishwas in association with Jain University CMS Bschoool. Dr. Uma Warriier, Chief counselor, JU was the resource person for the session.



The speaker began the session by giving an introduction to life skills and the relevance of the topic in the stake holders personal and work life. The speaker made the participants to share their view point about the same. The speaker shared a quote in the name of “words of wisdom”; by Richard Nelson Bolles and it was about the relevance of self-awareness for success. Then the speaker spoke about three pillars of an individual’s life and the pillars are happiness, prosperity and health. Then a psychometric assessment was conducted to give a general awareness about oneself.





SWOT analysis for the group was conducted to create more awareness about one's weakness, strengths, opportunities and threats. The speaker gave examples to give a better idea about how to go about with the analysis. Self-disclosure was done by the speaker which gave the group an encouragement to overcome the threats and to become successful in life.



The speaker then explained to the group about how the belief system of an individual leads to his/her actions. The demonstration of “ABC of self” model made the group understand the step by step process involved in leading to an action. The speaker then explained about leveraging self-awareness to understand values and interests.



The tool for self-awareness – Johari Window was administered to the group. The speaker explained in detail about the four quadrants which are Arena, Blind spot, Façade and unknown. This area made the group understand about the differences in perception and assumptions. The speaker also spoke about self-disclosure and feedback styles and made the group capable of taking feedbacks in a positive way without getting offended.



The next area dealt in the session was about setting a SMART goal. The speaker emphasized on the importance of setting a SMART goal to be successful always. The session was then concluded by appreciating the group members for their active participation. Feedback was taken and the group appreciated the speaker and Vishwas for organizing this program and also mentioned that they are looking forward for more sessions like this.

## **25. A session on ‘suicide prevention’ by Dr. Rachana Sharma on 12/09/2017 at CMS-JU.**

A session was conducted for all students in CMS-JU; students gave their names and volunteered for the seminar. It was for an hour from 2:00pm to 3:00pm. There were 100 students who attended the session. The seminar even awarded us about certain variations in people’s day to day behavior and activity – who are thinking of committing suicide. Some of the behavioral symptoms are –

- People who are very enthusiastic often becomes quiet.
- People, who are silent, suddenly become very active and social.
- Sometimes these people even talk about dying and how depressed they are in life.
- People who were habituated in wearing bright colourful clothes start wearing dull clothes – don’t spend much time in presenting themselves.
- They are always depressed and sad.
- Their appetite reduces.
- They have tendencies to give away their prized possessions.
- People use phrases such as “When I am gone” or “I am going to kill myself” etc.

Dr. Rachana is an energy coach and is an osteopath, she spoke to students about mind and body connection. How we are in control of our thoughts, we need to ask ourselves every time: Whose thoughts are these?

Is this really me, whom am I behaving like?

Being in touch with oneself creates awareness and helps us to be truthful to our self.



A video of youth facing issues with suicidal thoughts was shown and then questions were taken on that. She also mentioned how we need to take the word seriously when anyone asks for help or says that we are feeling depressed, we generally make fun of that and with time those are the one's who start having suicidal thoughts since they didn't have a listener.

Question and answer session was taken in the end. Dr. Uma Warrier addressed the students thereafter and took down the topics for further discussion as per the interest of students. The spokesperson was felicitated with a bouquet of flowers and thank you note.



**26. Report of the session conducted on creative thinking for 2<sup>nd</sup> PU students of Jain College, JC road, on 17/09/2017 By Ms. Janani, intern from Christ University.**

Creative thinking means thinking about new things or thinking in new ways. It is “thinking outside the box.” Often, creativity in this sense involves what is called lateral thinking, or the ability to perceive patterns that are not obvious. Some people are naturally more creative than others, but creative thinking can be strengthened with practice. In order to create better understanding of ways to enhance creativity the session was conducted.

The session was interactive conducted for a duration of 1 hour and had 24 participants. Ms. Janani, intern from Christ University, facilitated the session. The session began with an ice breaker.





Following topics were discussed in the session:

- What is creative thinking
- Need for creative thinking
- Biological aspects



- Techniques to improve
- Fun facts



Creativity allows an individual to experience more and appreciate things around them. It helps in bringing in fresh and unconventional perspective to the work and helps organizations to move in more productive directions.

Creativity can be embraced by following these steps:

- Identifying and defining objectives
- Collecting ideas
- Organize the ideas collected
- Creativity can be enhanced by free writing, mind mapping, sketching, merging ideas, and thinking opposites, seeking inspirations and music.

The session concluded with quiz based on discussion. Students gave a positive feedback of the session.

**27. A seminar on prevention of suicide was held at Jain College, RR.Nagar, by  
Dr.Rachana Sharma on 26/09/2017.**

The seminar was very helpful for the students who think that suicide is the only solution to their problems. The interaction has helped many students who are depressed in their life and we also know now how to handle such cases. Dr.Rachana Sharma interacted with the students very well. She was very polite and she spoke about her career. Students who attended this seminar found the topic interesting. Dr.Rachana Sharma also gave some easy ways to handle such cases where students tend to commit suicide. The interaction between the students and psychologist was very interesting. The session was very healthy and students were impressed by the session.

Dr. Rachana Sharma is a potent person to be around and help you move forward from wherever you are in life to wherever it is chose to be. She has consciously chosen to refer herself as a 'Creative Life Architect' simply because she will help you (with her skills, expertise, awareness and talents) to construct our life which includes your health, wellbeing, career, your relationships or anything- same like an architect designs our house she will construct your life as you want.

Dr. Rachana Sharma told us about how she was treated in one of her relative's house when she had been there for her studies in a different city far from her family. She told us that she was not given much to eat, no time to study and concentrate on her studies. She had to do all the household work and then she had to study if time permitted her to do so. The starting few days for her were nice and spent them happily; as days passed by she had to do all the work and had no time to study. She could not tell anything to her mother. One fine day, when she could not tolerate, Dr. Rachana told her mother and went back to her house. She told if any such bothering situation comes in our life, we should talk to someone whom we trust and who can help us and should not keep it within ourselves. Dr. Rachana even mentioned that such suicidal thoughts come easily to teenagers.



Youth suicide is when a young person - generally categorized as small or young below the age of 21 – deliberately tries to end his/ her own life. Rates of attempts and completed youth suicides in Western societies and other countries are high. Youth suicides attempts are more common among girls, but adolescent boys are the ones who usually carry out suicide. Most people who have suicidal thoughts so not go on to make suicide attempts, but suicidal thoughts are considered a risk factor.





Post the seminar, there was an interaction between the speaker and the audience. There were quite a few students who cleared their doubts regarding the seminar and they were answered – by the speaker - in a way which was clearly and legibly understood by the questioners. The seminar even awarded us about certain variations in people’s day to day behavior and activity – who are thinking of committing suicide. Some of the behavioral symptoms are –

- People who are very enthusiastic often become quiet.
- People, who are silent, suddenly become very active and social.
- Sometimes these people even talk about dying and how depressed they are in life.
- People who were habituated in wearing bright colourful clothes start wearing dull clothes – don’t spend much time in presenting themselves.
- They are always depressed and sad.
- Their appetite reduces.

- They have tendencies to give away their prized possessions.
- People use phrases such as “When I am gone” or “I am going to kill myself” etc.

**Physical symptoms:**

- Scars from unsuccessful suicide attempts.
- Chronic or terminal illness.

**Cognitive symptoms:**

- Pre-occupation with death and dying.
- Belief that dying – by suicide – is the only way to end emotional pain.

**Psychological symptoms:**

- Feeling helpless; trapped by emotional pain.
- Hopelessness.
- Intense emotional pain.
- Mood swings.
- Severe anxiety and agitation.

**Q & A:**

**Q.** One of the students from ABSE asked “You like and respect him a lot, one day you get to know something negative about that person from someone else, who affects your opinion about that person and ruins your whole day? Why does this happen?”

**A.** It depends on your brain to take the opinion negatively or positively. It is upon you to either bother about others opinion or just forget it.

**Q.** A girl from PUC 2<sup>nd</sup> Year PCMB asked “So you are conducting suicide awareness seminar but don’t you think you’re encouraging some of the people to commit suicide, who do not ever have or get such thoughts”?

**A.** As I told you, this is an awareness seminar; we are not encouraging people to think about it, we are just trying to spread awareness and help others.



**Feedback:**

To start with, the way Dr. Rachana Sharma introduced herself was very nice. Dr. Rachana gelled very well with the students. Instead of giving a systematic presentation, she made sure that her point of view about suicidal prevention reached the audience. The topic which she chose for the seminar i.e., “suicidal prevention” was the most commonly problem faced by many people nowadays. She told us about the symptoms on how a person is willing to harm him and ways through which the family, friends, peers, colleagues etc., can do to help the individual to come out of it.

The most effective part of the session was when she gave the students an opportunity to ask questions related to topic and any doubts. She was very humble and patient to answer all our questions with satisfying answers. The seminar was very interesting and thought provoking and has made us eager to attend and participate in more of such sessions by Dr. Rachana Sharma. We would love to hear her more on varied topics which are related to younger generation in our campus.

**28. Creative thinking session conducted in CMS business school, JP Nagar on  
07/10/2017 by Dr. Uma Warriar.**

Creative thinking is when a person looks and solves problems from a different perspective avoiding conventional orthodox solutions and thinks out of the box. Creative thinking people are generally good communicators, open minded, risk takers and flexible. Creative thinking facilitate in improving the quality of the work. Creative people doesn't get affected by negative feedbacks, they take it in the right spirit and find ways to improve themselves.





On 7<sup>th</sup> october'17 in cms business school campus, Dr. Uma Warriar conducted a session on creative thinking to a group of 28 MBA students. The session began with an ice breaker (include the activity). The speaker then explained to the group about what creativity is and how is creative thinking important to the group in their professional as well as their personal life. The speaker emphasized on the importance of creative thinking to become a successful entrepreneur. The speaker spoke about the innovative ideas by successful people that had made the world better. The speaker also spoke about Steve jobs and his apple Inc. where he made a revolution in the technological domain. The speaker conducted a game called Animology where all the group members were involved.



The speaker then spoke about the areas of brain where she explained to the group about the left logical thinking and the right creative thinking side. The next area that she covered was the characteristics of a creative person where the group was able to identify their creative strength in them. Then, the speaker explained about the creative methods, which are, evolution, synthesis and changing directions.



The speaker then conducted an activity, where the group was divided into sub groups, 2 members in one group, and then they were given different situations and they were asked to come up with creative solutions and thoughts for the situation. The members were very active and they came up with creative ideas. The speaker appreciated the groups and she gave positive strokes and feedbacks for them. The members were then giving the main components behind creative ideas, which are passion, method, knowledge and experience. The importance of curiosity, and how curiosity helps in creative thinking was also discussed. The group was told about the importance of following a good method in order to be creative. The speaker emphasized on the effect of ideation, objective and flow. The group was then told about the importance of experience, where the speaker explained about direct and indirect experience. The session was then concluded. Feedback was taken from the group. The group was very happy about the way the session was conducted. They thanked the speaker for making the session interactive and informative.

## **29. Mental health at work- Report on World mental health day celebration on 10/10/2017 at CMS B school**

There is definite lack of care and importance to mental health in our society. When we greet each other, we ask “How are you doing?” We do not think it is appropriate to ask “How are you feeling?” This is especially true in work settings. Though we often discuss with our colleagues about our physical ailment, mental health challenges are seldom a topic of discussion due to stigma attached to mental illness. This makes it difficult to open up on mental health at work place. If an issue is not identified, resolving it becomes far from reality. If so, what can organization do to ensure that they are mental health complaint? Caution should be taken while handling an employee at a delicate mental health state. Excessive work pressure or termination of employment because of mental illness will have detrimental effects on the mental health of the employee.



Organizations need to plan and design an integrated health and well-being strategy which would target preventive measures, early authentication, provision of professional support and rehabilitation. Involvement of all the stake holders like staff at all levels; care takers and family members will be a well-rounded approach to catering to mental health at work place. Organizations have a responsibility to support individuals with mental illness in either continuing or returning to work.



How can that be done?

Tweaking the interpersonal communication pattern to accommodate the needs of the employees who needs help, like providing written work instructions that oral instruction will be confusing to the employee, coaching the supervisor to also include positive feedback while reviewing the performance of the employee, giving a platform for self-appraisal etc. would help. Providing flexible working hours, job re-designing, fostering an open and positive organization culture, addressing the negative work place under currents, and open door policy



with the management can go a long way by helping an organization being a mental health inclusive organization.



WHO's initiative to observe "World Mental Health Day" on 10<sup>th</sup> October every year with a theme pertaining to mental health was organized by Vishwas – Jain University student guidance and counselling center at CMS Bschool campus. This campus was selected for observing the world mental health day, considering the fact that the MBA students of the campus are trained to become managers and the basic skill set required for managing people is human skill. So if the future managers are empowered with the knowledge and significance of mental health at work place, it can make many organizations work in a more harmonious way, when they become managers.



With this as the priority, the mental health day celebration was planned for around 350 students and staff of CMS Bschool. The key spokesperson was identified as Ms. Purnima Ganesh, a trainer and mentor for counseling students. She laid emphasis on the need of mental health in society. The speaker began with an introduction of mental health and its importance and elaborated on the causes and its effects with reference to adolescents and young adults.

Ms. Purnima continued to emphasize on understanding the uniqueness of every individual and appreciating the different strength or ability that each one have. Acknowledging and building stronger inner self and not looking only for outer beauty was strengthened with a story that helped the members in the audience to internalize the concept of mental health. Self-awareness and self-esteem are some of the areas the employees may need training on. MBA students, who participated the session, benefitted immensely. The session attempted to make them change their outlook and work on developing a broader and better perspective about mental health of self and others around them. Written feedback was taken and the audience suggested that they would like to have such sessions more frequently.

Besides the talk, Vishwas also brought a quarterly newsletter that would be reaching out to thousands of student and teaching fraternity on the needs and awareness of mental health. A self-help kit was designed and distributed among the audience with adequate information for a positive mental and emotional well-being.







A video display of different activities undertaken by JU Vishwas from the year 2009 till date was showcased to spread awareness of the activities of Vishwas so as to enable the students to access the activities. Another video, displaying the perspectives of center heads on mental health and the services provided their respective Vishwas wing of their campus was also shown to spread the message of solidarity among the JU campuses. Dr Dinesh Nilkant, Dr Harold Patrick, Dr Asha Rajeev, Dr Vasu B.A, Dr Muralidhara, Dr Mythili Rao, Dr Nalini S., Dr. Balasubrahmanyam and Dr. Nataraj spoke about the positive impact made by Vishwas units in their campuses



The spokesperson was felicitated with a bouquet of flowers and thank you note. The world mental health day celebration ended with an assurance that such meaningful sessions for students will be conducted in future

**30. A report on Margadarshi- career counselling guidance programme was held at CMS B School on 23/0/2017 by Mrs. Jahnvi M Kajjer.**

Margadarshi, a career counseling initiative by the counseling center Vishwas along with the placement cell of Jain University was held on 23<sup>rd</sup> of October 2017. The session was addressed by Mrs. Jahnvi M Kajjer at CMS Business School. Mrs. Jahnvi is a renowned personality in the field of career counseling and has been successfully working in the field for over eight years now.

Career counseling holds a prominence for the Masters students, as the confusion between further studies and taking up job is very common and often unaddressed. An orientation towards this concept will lead them to make better decisions, and excel in their further ventures.

Mrs. Jahnvi started the session by addressing the famous question of “What next after MBA”. The big question was followed by the core competencies looked out by an MBA qualified person by the interviewers in the industry. She further explained the reasons behind hiring an MBA graduate by the companies. To clear the air on the employment chances after the graduation, she listed few eminent career paths that are available a MBA degree holder in the market at the time.





To help the students get a bigger picture at the international level the top 10 countries in demand of MBA was provided in the presentation. The resource person also elaborated on the long term trends in the job opportunities for the presented population. The openings in the field of finance, banking, human resources, marketing, training and development, advertising and real estate were briefly discussed one after the other.





Students were also provided with detailed information on the option of higher studies. What are the aspects that take to continue further studies and pursue PhD. Opportunities, syllabus and process was also discussed during the presentation. Mrs. Jahnavi also pointed out at the aspects of an entrepreneur and an intrapreneur. The last part of the session allowed the students to ask queries and clarify their doubts from the resource person. The session concluded with an open dais for the students to interact with the resource person and address to their personal questions and doubts which was very productive and enlightening.

### **31. Lecture on “understanding Emotions” conducted on 04/11/2017 by Anil V at Jayanagar Campus.**

Anil V, the campus counselor was invited to conduct a session for students of 6<sup>th</sup> semester B Com. ‘F’ and ‘G’ section. This session was conducted on 4<sup>th</sup> of November, 2017 for 60 students. The campus counselor chose a topic that can help the students understand and manage their emotions.



The lecture 'Understanding Emotions' laid emphasis on knowing the reactions and responses to situations and circumstances and how people experience them. Centering the student's attention, this session began with an activity of word search of various emotions. The class was divided into groups of four and students' were asked to identify emotions on the worksheet. Processing the activity, students were allowed to express their experiences and feelings.

The counselor began to talk about various experiences and elicited examples from students as well. Later, emphasis was laid on the mistakes made by humans when dealing with emotions. The three mistakes namely **avoiding or escaping, over thinking or doubting and giving too much power** was elaborated with examples and its effects on the wellbeing.



To conclude the session, ways to overcome these mistakes were told with a rationale to strengthen their skills. The three ways to reduce the mistakes made with emotions are - **become more aware of what you are feeling, accept your feelings without judgment, and Build your coping skills.** The students were asked to experience their emotions and learn to recognize, accept, interpret and use them.





An activity of emotion crossword was conducted to conclude the session and as well bring greater awareness on various emotions that is experienced.



**32. Lecture on the topic “Combat FEAR” was conducted on 07/11/2017 by Anil V ay Jayanagar campus for 6<sup>th</sup> semester students.**

Anil V, the campus counselor was invited to conduct a session for students of 6<sup>th</sup> semester B.Com ‘F’ and 4<sup>th</sup> semester B.Com ‘E’ section. This session was conducted on 7<sup>th</sup> of November, 2017 for 50 students. The campus counselor chose a topic that can help the students become of fear that stops them from doing anything.



The lecture ‘Combat FEAR’ focused on how to stop fear from stopping oneself. Interactions to know how they feel on various occasions, what do they feel about themselves, have they experienced fear from doing anything and if yes, what are the consequences and if no, how did they battle their fear etc. were elicited.

Some of the fear inducing experiences and emotional and mental health affect due to this were discussed and importance to overcome the same was taught. Students were taught about conquering fear. Few steps to live life with more courage, less fear and recognizing fear style and changing the pattern were emphasized.



The reasons for the fear in us to stop from doing something were discussed as below.

1. Retreat to safety
2. What if questions
3. Disastrous Danger
4. Wishy-washy
5. Drinks? Drugs? Food? Or all three?

All the reasons and how to combat them were discussed in detail. Positive ways to move out of comfort zone and thinking of possibilities rather than I Can't were stressed in the lecture. Students were asked to reflect on realistic and logical thought patterns and change the negative what if questions to what if it is possible, and this could encourage and motivate to do something.

### **33. Margadarshi-Career guidance program in school of Engineering and Technology campus, JU on 15/11/2017 by Mrs. Jahnavi M Kajjer**

Vishwas, student's guidance and counseling center of Jain University in collaboration with Department of Placement organized a career counseling program called "Margadarshi" in the School of Engineering and Technology campus of Jain University on 14<sup>th</sup> of November 2017.



Margadarshi indeed gave the participants a new perspective on their career goals. The question "what do we do after graduation?" was very well addressed and the scope in the different branches of engineering was explained. The key spokesperson of the day was Mrs. Jhanavi. M. Kajjer, career counselor. The director of SET Dr. Hariprasad delivered the presidential address and chief counselor of Jain University Dr. Uma Warriar spoke about how important career counseling is and how helpful career counseling is to move out of the career confusions.





Mrs. Jhanavi was able to cover almost all the areas under engineering and technology. She gave insights about the importance of master degree programs after B.Tech. The speaker also had answered the queries raised by the participants.





After the talk was ended, Mr. Vishal Arora, chief placement officer of Jain University addressed the gathering based on the FAQ's that has been collected from the different departments of SET. He also gave the participants explanation about the changes that are happening in different core companies. He alerted the group, to become more vigilant and requested them to work hard and aspire more to reach their goals. Besides the talk, Vishwas and placement cell distributed a booklet with answers to the FAQ's raised by the students.



The spokesperson was felicitated and the session was concluded. Feedback was taken. Students were very satisfied with the session. They gave positive feedback for the session.

#### **34. Lecture on Mental Health Awareness on 11/11/2017 by Anil V for 4<sup>th</sup> semester students at Jayanagar campus**

Anil V, the campus counselor was invited to conduct a session for students of 4<sup>th</sup> semester B.Com 'E' and 'H' section. This session was conducted on 11<sup>th</sup> of November, 2017 for 70 students. The campus counselor chose a topic that can help the students become aware of their current mental health state.



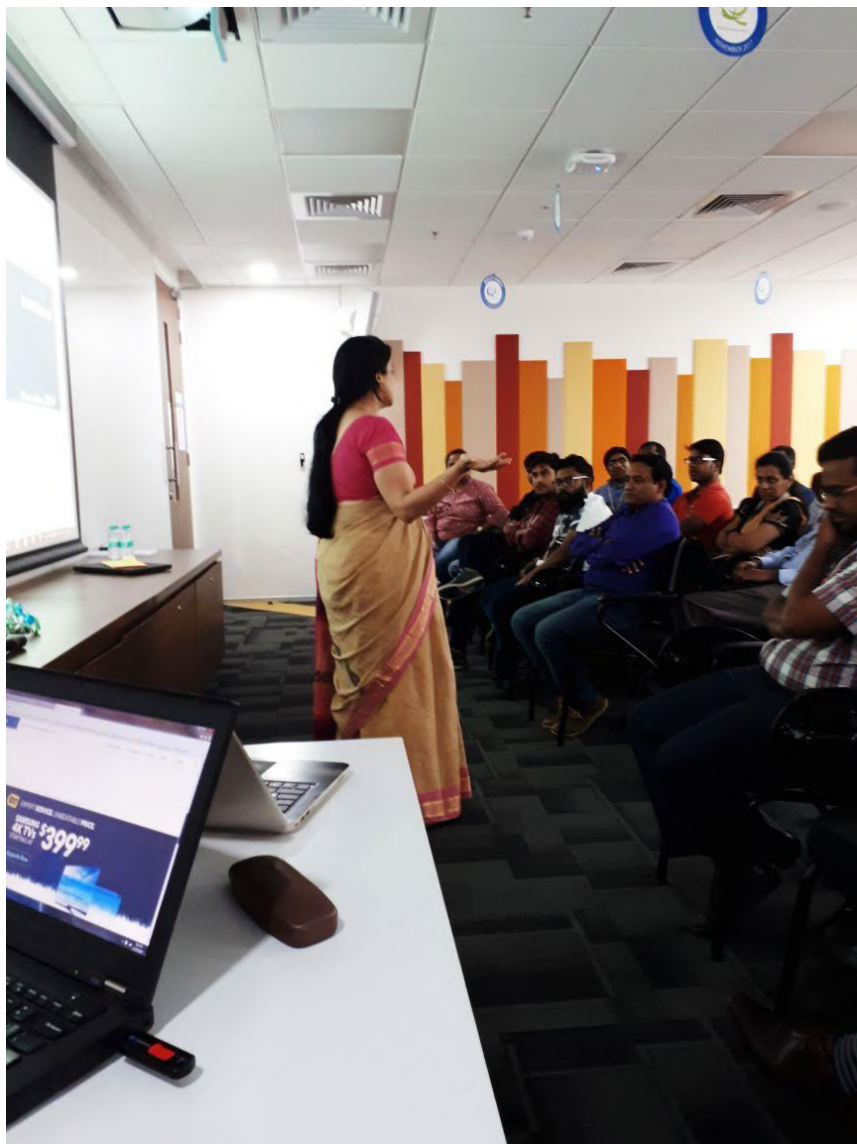
This lecture focused on creating greater awareness on importance of mental health. Consciousness towards physical health, steps taken to be physically fit and consequences of illness and more were discussed and responses were elicited from the students.

The need to be mentally and emotionally fit and the result to physical health were elaborated. Students were asked to respond with the ways to have better mental health and be mentally fit. All the students were given with a worksheet 'Mental Health CV' that focused on the current state of their mental health, problems if any, and their coping skills and difficulties. The worksheet was given to help them become aware and this self-awareness exercise also made them introspect on life events that might have contributed for their personality state and also look back and seek help if needed.



### **35. “Adversities to opportunities” lecture session at HARMAN Technologies by Dr. Uma Warriar on 15/11/2017**

The topic is in itself an elaborate idea. To make this idea more presentable and understandable, references to multi-millionaires across the country and beyond was given. These examples motivated the audience and encouraged them to think out of the box in a creative manner to successfully achieve a desired goal.





The life stories of Ursula Burns, Sam Walton and K P Nanjundi from rags to riches, was taken as an example to indicate how thinking outside the box leads to success. Significant concepts like believing in one's self, handling situation creatively to overcome the feelings of helplessness, being assertive and staying positive to achieve goals were discussed with lot of examples and stories.



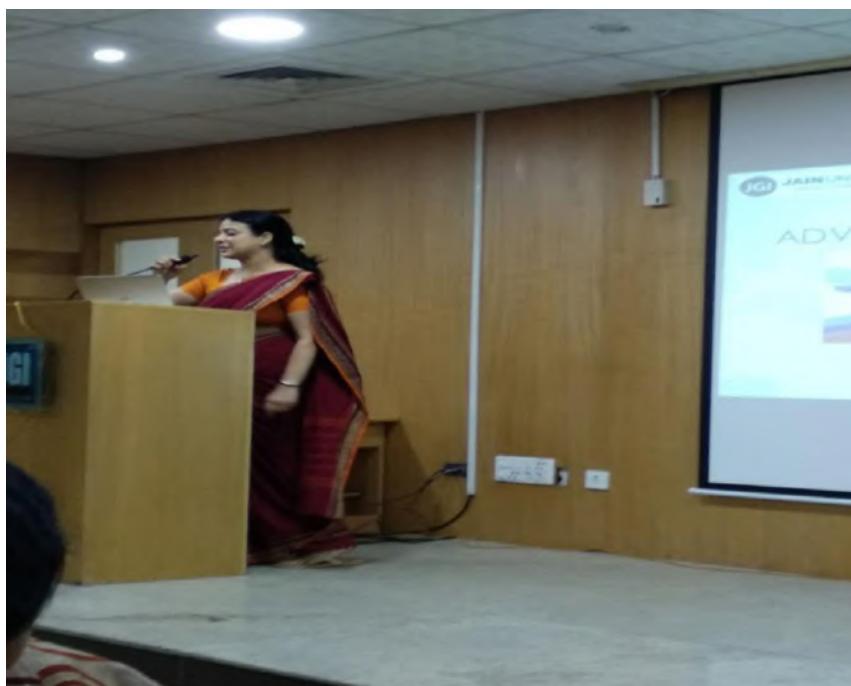
The speaker also explained about how, any kind of excuses given to not achieve the goal are an identity of poor leadership skills. The achievers should take it out of their system about the obstacles and concentrate on the available opportunities.

A video was played regarding seeking help, directed the students towards having a positive sense towards approaching for help at times in need. To help the audiences further it was advised to take help of the counselor or a psychologist for better advises and guidance.



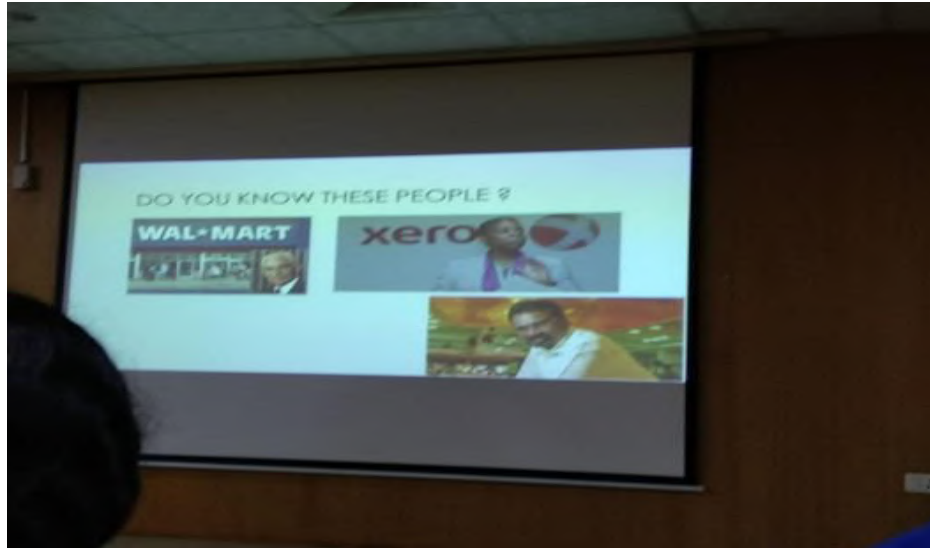
### **36. “Adversities to Opportunities” Half-a-day workshop conducted by Dr. Uma Warriar at SOS campus on 17/11/2017**

The women Cell “Vasudha” at School of Sciences, Jain University, had arranged for a talk on the topic, “Adversities to Opportunities”. Dr. Uma Warriar Professor at CMS Business School delivered a guest lecture for Forensic (honors and Professional) students on 17.11.2017 at Jain University JC road campus on the same.



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A video was played regarding seeking help, directed the students towards having a positive sense towards approaching for help at times in need. To help students further with support and assistance, the provision of guidance and counseling center VISHWAS, across the Jain University campuses were made aware of.



Dr. Asha Rajiv Director IQAC and School of Sciences who graced the occasion also requested students to approach the counseling center when in need and not to hesitate to seek help from professionals when available.

### **37. A Lecture on “Adversities to Opportunities” at BMS on 23/11/2017 by Dr Uma Warriar**

The topic is in itself an elaborate idea. To make this idea more presentable and understandable, references to multi-millionaires across the country and beyond was given. These examples motivated the audience and encouraged them to think out of the box in a creative manner to successfully achieve a desired goal.



The life stories of Ursula Burns, Sam Walton and K P Nanjundi from rags to riches, was taken as an example to indicate how thinking outside the box leads to success. Significant concepts like believing in one's self, handling situation creatively to overcome the feelings of helplessness, being assertive and staying positive to achieve goals were discussed with lot of examples and stories.



The speaker also explained about how, any kind of excuses given to not achieve the goal are an identity of poor leadership skills. The achievers should take it out of their system about the obstacles and concentrate on the available opportunities.





A video was played regarding seeking help, directed the students towards having a positive sense towards approaching for help at times in need. To help the audiences further it was advised to take help of the counselor or a psychologist for better advises and guidance.

**38. “Effectively parenting the adolescents” an outreach workshop for Parents at Sri Bhagwan Mahaveer Jain College, RR Nagar on 25/11/2017 conducted by Dr Uma Warriar.**

To equip the parents of adolescent students of JGI with better parenting skills for improved parent -child harmony, which will ultimately have positive consequences like stress free home atmosphere, better academic focus for the student, improved interpersonal relations, improved self-esteem etc.

Relationships between parents and their children change considerably over the life span. In the early years, parents nurture, support and guide their children’s development. As young people move through adolescence into adulthood, the nature of this relationship typically



changes; moving from a dependent relationship between a parent and a child, to a more equal, mutually supportive relationship between two adults.

The workshop was conducted by Dr. Uma Warriar, Chief Counsellor of Vishwas, the Jain University Student's guidance and counseling center, at Sri Bhagawan Mahaveer Jain PU College, RR Nagar. This workshop was attended by a group of 28 parents of those students who low performances. The session started off with a brief introduction to Vishwas and welcoming the speaker Dr. Uma Warriar along with the campus counselor Ms. Supriya.



The parents preferred Kannada as a language to connect with speaker. The speaker had an open discussion on certain issues which the parents faced due to their parenting children at home. Most of the parents expressed that their children were not studying, lack of discipline/respect, no understanding, arguments, moody feelings, questioning back etc.

The speaker went on to discuss about 4 main styles of parenting: Authoritative, Authoritarian, Permissive and Neglectful. These are based on the extent to which parents are responsive (offer warmth and support) and demanding (level of behavioral control). The speaker mentioned that a failure to balance these two key aspects of parenting can have very harmful effects on children and their future conduct. Children who grow up in households where there is too much or too little of one trait (or even worse, no recognizable presence of either), tend

to have difficulty with social adjustment and often show poor academic performance. Furthermore, they are at risk of developing low self-esteem and disciplinary problems, which often filter into more serious conditions when they reach adulthood in the form of depression and anxiety.



The parents were given a questionnaire on “Parenting style Questionnaire” one day prior to the session and they were asked to carry the questionnaire while they came for the workshop the next day. The scores were discussed during the session to help and identify which parenting skills each of the parents followed. The speaker went on with the session by conducting an activity for the parents. The parents were asked to form 4 groups and they were given a real life situation of a student. They were asked to discuss in the group how they would handle such a child with a difficult situation. For eg. The student asked for a handbag which costs Rs. 1 lakh. How will they handle this case?

The session went on beautifully with each group coming up with points stating that, they as parents would make sure the child is made to understand the financial situation at home and also that they can't afford such an expensive handbag, due to the other commitments.



Two more situations were given to the parents for discussion. The parents opined that the situations quoted were the actual problems faced by them on day to day basis like, their daughter coming late from a party, misbehavior with the college authority and child trying to seek support from parents etc. The speaker had a very interesting interactive session with parent's .Later the session went on with discussion on the parenting styles each parent might use while bringing up their children. The questionnaire was discussed and hence most parents were able to identify the parenting style they would have used on their children.



Finally, tips for the parents to handle their children were discussed as ‘Golden Rules’ of parenting, which was the ultimate takeaway of the program. Some golden rules that were discussed were:

- Be their friend
- Replace scolding with selling benefits.
- Walk the talk- practice what you preach.
- Explain “No”
- Praise in public & correct in private.
- Reinforce the importance of academics.
- Set SMART goals for them
- Ensure sleep hygiene
- Promote healthy and balanced food habits
- Never compare
- Nurture their creativity
- Stay connected





The bottom line of the golden rules is that “ No one size fits all” , so there is no single best practice of bringing up an adolescent , hence use these pointers as guidelines for helping parents to give the right kind of upbringing to their teenagers.

The session ended by thanking Dr. UmaWarrier by the parents for conducting a wonderful platform for the parents to discuss and express their concerns about their wards. Feedback was taken and the parents opined that, since the discussion is about the future of their wards, one day program will give them more understanding on how to deal with the adolescent issues. The parents also requested more workshop to be conducted along with their wards so there can be a clear understanding



### **39. Psycho-educative session on Self-Image in relationships for BAJ 2<sup>nd</sup> year students by Dhruvi Sheth in CMS-JU on 25/11/2017.**

The session was conducted from 8:50am to 11:00am on 25<sup>th</sup> November'17 for a number of 45 students. The session began with an activity where each student was given a card and they had to treat the other person on the basis of their card number, in a passive or aggressive style. Students were explained in brief about passive and assertive styles of communication.



Each student was given a card and they had to treat the other person on the basis of the card number. If the number is from 1 to 5, they had to act Passive and if the number was from 9 to 10 they had to act aggressive. The middle number of 6, 7 and 8 had a choice to be who they want to be. One group was the observer group. The activity went on for two minutes.

After that students were divided into groups and were asked to discuss two questions with the group: How did it feel to be treated the way you were treated by others and how did it feel to treat others the way you did? Why do people have a passive personality in their interpersonal

relationships? And why do people have aggressive personality in their interpersonal relationships?



It was interesting to see how each group came up with different reasons and examples for explaining aggressive and passive behaviour. They spoke about bullying, self esteem. Fear of loosing someone and low self confidence could be some of the reasons of passive behaviour. Some of them also expressed how it was hard for them to act according to the card and see others behaving in a manner which is very new for them. The observer group particularly found it uncomfortable to observe their friends behave differently.

So after the discussion, there was summarization done by the counsellor. The pros and cons were reflected about passive and aggressive behaviours. They were psycho-educated on assertiveness which is a way of communication where a person puts across his/her feelings, respecting other person's point of views and feelings also.



The feedback was collected from the students and they were also oriented with the counselling services and mental health stigma which stops them from helping themselves and others also.

#### **40. 'Lean In'- an empowering session for women at Aditi Technologies, by Dr Uma Warriar on 27/11/2017**

The lecture was delivered to 450 women employees at Aditi Technologies by Dr Uma Warriar. The topic was briefly on the situation of women at work place and their identity amongst the male oriented environments.



The speaker made the session interesting by presenting the situations and probing them. If things are so positive for women, why are we still fighting for the cause for women? was the question which raised a lot of awareness among women. Women need to stop thinking that they are weak and they should always settle with the second best. Women should take initiative in propagating this message rather than leaving it in the hands of men.



Women need to have SMART goals in life. Having a goal is not good enough chasing the goal passionately till you achieve it is equally important, is the other advice that the speaker gave to the audience. It is very important for the young generation girls to internalize the “ant philosophy”. It is all about learning life skills from the life of an ant, Future oriented and ready to face an unforeseen problem in life, Remain positive in the face of adversity and have an optimistic outlook towards life, being prepared for an unforeseen future life event etc.





At the end the speaker also gave some insight on boosting their confidence and self-esteem time to time. Comparing yourself and your accomplishments to someone who has done better than you can sometimes become counterproductive. Benchmarking a better performance is fine, but not brooding about lack of resources or competencies like the other person. It can create a large dent on your self-esteem. The session was concluded with a note for all the women to stay strong and support each other.

**41. MARGADARSHI career guidance program in- CMS-JU on 30/11/2017 from 10:30am to 12:00pm for 3<sup>rd</sup> year students.**

Vishwas the mental health and guidance counselling wing of Jain University came up with an extraordinary package for the students “MARGADARSHI”. What is next is the biggest question that everyone faces during their tenure as a student. To answer this question and guide them accordingly the center collaborated with the placement cell and came up with Margadarshi program. The program enables student to enhance their career opportunities by aligning their interest after under graduation.



The sessions on Margadarshi has been conducted at every campus of Jain University addressing to all streams of academics. The resource person Mrs. Jahnavi M Kajjer is a renowned career counsellor who has worked in the field for more than 8 years successfully. She has her expertise in the field of career counselling, visa counselling and overseas education counselling. She started as an engineer by profession.

The campus head was asked to collect questions from the students regarding their queries on distance education, higher education and career choices. The target students were pursuing 2<sup>nd</sup> and final year BBM at Jain University Centre for Management Studies. The questions were sent to the resource person beforehand and were answered. The question and answer booklet was issued before the session to the students for reference.

The session started with Mrs. Uma Warriar, head of Vishwas welcoming the resource person on stage for the talk. Mrs. Jahnavi addressed the crowd and started the session with introducing the areas that she will be covering for the day. She spoke about the career and education opportunities in the areas of management like finance, investment, law, banking, digital marketing etc.



The floor was opened for questions later after the session where the resource person answered them. The students clarified their doubts on their choices of further studies, business and entrepreneurship. The session also included few details of companies which are providing exposure to these various sectors of management. The program was concluded by a vote of thanks by Dr Uma Warriar and Vishal Arora, placement cell head of CMS-JU.



## **42. Lecture on the topic ‘Empathy’ was conducted by Anil V on 26/12/2017 in knowledge campus Jayanagar**

The campus counsellor was invited by Dept. of English to conduct a session for students of 4<sup>th</sup> semester BMS course. This session was conducted on 26<sup>th</sup> of December, 2017 for 40 students. As part of the curriculum of additional English, the session was focused on Empathy.



This session began with an activity to highlight what empathy means. The students were asked to remove their footwear in one place of the room and later wear some other person's footwear and walk around for some time. This activity was demonstrated to literally understand empathy - stepping into others shoes. This activity was processed and students were made to share their experiences and express their thoughts and feelings with regard to empathy.

This session moved towards understanding the meaning and definition of empathy and how different it is from sympathy. The differences of the same and statements used in our everyday life were highlighted as examples to gain better clarity.



Later, Importance of empathy were discussed as below -

*Emotionally Intelligent*

*Meaningful Relationships*

*Peace Building*

*Accessing your emotion*

*Trust Building*

*Healthy attitude*

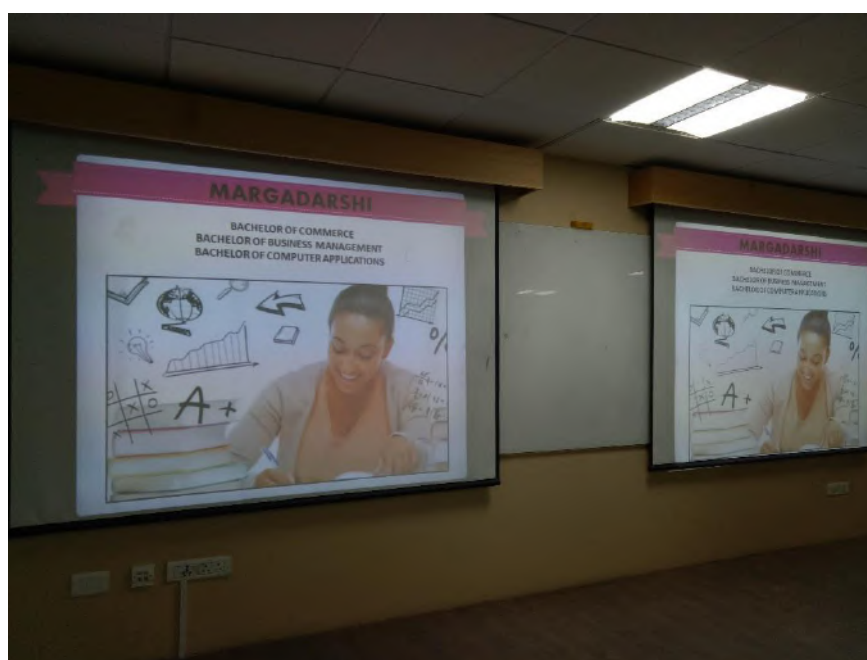
*Your path to connection*

The session was ended on this note and students expressed their feedback of being helpful to understand other individuals and to have better communication.



**43. ‘Margadarshi’ – a career counselling program was held on 15/12/2017 in Knowledge campus, Jayanagar 9<sup>th</sup> block by Mrs. Jahnavi Kajjer.**

Vishwas – Jain University student guidance and counseling center initiated with a new program named ‘Margadarshi’ – a career counseling program with an aim to help students gain better understanding about their academic interests, opportunities and recognitions. This program was conducted in Knowledge campus, Jayanagar 9<sup>th</sup> block, on 15<sup>th</sup> of December and nearly 100 students of B.Com, BMS, and BCA stream benefited.



The session began with an introduction of Vishwas initiatives and works in promoting mental health and its support areas to students. Dr. Uma Warriar, chief counselor, gave an introduction about Margadarshi, its aim and its helpfulness to students. This session continued with a lecture by Mrs. Jahnavi Kajjer, Career counselor.

The campus counselor had spoken to students earlier about the initiative and had collected FAQ's pertaining to their confusions and interests in higher education, placements or entrepreneurship. Based on the questions asked by the final year students, this session was tailor made and presented.



Mrs. Jahnvi began the session by addressing the job differences between public sector and private sector and had student volunteers to identify and reflect on the same. This was followed by talking about different courses in commerce and management areas and opportunities available. The advantages and disadvantages of these courses and as well the differences studying in India or abroad were highlighted.





The session continued to highlight the different job opportunities available right from banking sector to accuracies and the growth in these organizations. Various organizations and its structure and the pre-requisites for the same were elaborated. The speaker highlighted the understanding of start-ups and entrepreneurship and the abilities required to make a name in the society. The session also spoke in depth on jobs like marketing, public relations and so on.





Margadarshi was successful in answering questions asked by students and the session witnessed content feeling of students for gaining greater understanding. This session concluded with distribution of FAQ's answered by the resource person Mrs. Jahnavi and feedback for the same were collected.



#### **44. A session on 'Body Image' conducted in School of Commerce and School of Arts in the month of January 2018 by Bichu Andrews, Student Counsellor at Jain University.**

In today's world there is an increasing focus on body image. Modern media glorifies the idea of perfect body shape and image which strongly colors the mindset of the young generation. The diverse socio-cultural pressures can also contribute to the misperception of the body image. Hence it is significant to address this issue among the young population.

These sessions intended to unveil the complex range of factors that can possibly influence the perception of body image. This also aimed at helping the target population to understand the prevalence and the unequal distribution of problem behaviors.



The student counselor carried out this session in various classes from different streams. The session was started with an ice breaker activity which involved a discussion on the concept of counselling and how the students perceive it. The ice breaker activity was concluded by clearing the myths and providing the accurate meaning and purpose of counselling. It was followed by another activity where students were asked about physical characteristics of the person they admire the most. The responses from the students were in turn used to make them realize the overrated importance of physical characteristics over the personal potentials.





Six minutes video was screened in each class regarding a social experiment on how people react when they are complimented as beautiful people. This video also showed how an instant positive remark on one's appearance could cheer people up. After the video the students were asked the same question, it revealed that more than half of the students could not accept themselves as beautiful.

The session was then proceeded with the discussion on what is body image and how it affects a person's self-esteem and self-confidence. The influence of media and society in defining the idea of 'Beauty', 'How the idea of beauty changed over the years', 'The difference between positive and negative body image' 'The current statistics and prevalence of problematic behaviors and Eating disorders' were the other subtopics covered in the session.

The session was concluded with a message on accepting oneself and their bodies and to build their 'Positive Body Image'.

**45. Lecture on the topic ‘A note to SELF ‘conducted by Anil V on 30/01/2018 at knowledge campus, Jayanagar for 2<sup>nd</sup> semester students.**

This session was conducted on 30<sup>th</sup> of January, 2018 for 80 students. The campus counselor chose a topic that can help the students accept themselves and boost self-esteem.



Self-esteem is one of the major issues faced by adolescents. Low or negative self-esteem leading to more risks and self-hatred, negative self-belief and addiction or victim of different kinds of abuse was the reason to highlight the importance of improving one's self esteem and accepting one's SELF. 'A note to SELF' was a lecture on becoming aware of one's feelings, thoughts and experiences and as well learns to accept and embrace oneself.

The session began with an understanding of self-esteem and what are the reasons that contribute for low self-esteem. Some of the factors causing low self-esteem are –

- Own Judgements or Judgments made by others.
- Dealing with disability.
- Having pressure in family or at work.
- Negative Self Talk.
- Problem in accepting one's own body, colour, abilities.

- Someone insulting or labelling.
- Peer Pressure and so on.



The Factors that cause low self-esteem and negative self-image, its consequences, reasons and so on were discussed in detail with examples of clients sharing in counselling sessions. Students were able to relate to experiences and as well share their thoughts on the same. This led to discussion of blaming oneself, dislike or hatred towards oneself and others, personalization issues and more.

Students made to get equipped with ways to overcome negative self-image issues and also work on self-acceptance. This part of the session was an experiential approach to help students write a note to self and practice it. All the students were made to write ten positive statements about ourselves and practice them every day at home. This was more to affirm and validate their positive image and also to accept one's self and move forward.



Ways to improve self-esteem discussed in the session were –

- Affirmations.
- Taking care of oneself – food, exercise, physical activity etc.
- Drawing from one's success.
- Doing things that one enjoys.
- Spending time with people who would encourage positive thoughts.
- Goal setting in SMART way.
- Making one's living space that shows one's personality and also enhances good feeling.
- Accepting one's mistakes and accepting self.
- Changing negative thoughts into positive thoughts.
- Forgiving oneself and dwell upon the past.
- Not comparing with others.



- Treating ourselves everyday well.
- Preparing for setbacks and not getting hurt with unexpected changes.
- Validating the thoughts with questions and logical reasoning.



This session emphasized on reflecting one's experiences and changing the patterns that one had followed for long time. Students reported that this helped them understand the reasons for thinking the way they do and expressed being happy to work on changes to be made.



**46. A session on the topic “Handling Emotions” conducted at Raja Rajeshwari Nagar campus on 31/01/2018 by Supriya Christopher.**

A group of 10 students from the first year BA degree course were asked to be seated in the conference hall for a session on “handling emotions” was organized by the center head.

The campus counsellor Ms. Supriya had arranged a movie screening on the movie called “Inside Out” which would help the students to understand how to manage emotions. The Objective of the session was to bring out awareness of our emotions and how these emotions play a major role in our day today lives and also how we need to handle all our emotions.

All of us have various brain functions that govern our response to various situations. The functions responsible for Happiness, Sadness, Fear, Anger and Disgust are characterized and the details of the activities they do to run the life of young Girl Riley right from her birth is what drives the story.





**Joy:** is an important emotion. It always helps a person to be happy. It helps us make memories which would later make us smile when we think about it. It helps us smile and solve certain problems of life. It helps us build a healthy and honest relationship with or family, friends, teachers and other people in the society.

**Anger** is a natural and mostly automatic response to pain of one form or another (physical or emotional). Anger can occur when people don't feel well, feel rejected, feel threatened, or experience some loss.

**Sadness** is an emotion that generally makes a person uncomfortable. People sometimes when they are sad they tend to cry, lose interest in all kinds of activities, stop social interactions, go into depression and have suicidal tendencies.

**Fear** is a feeling induced by perceived danger or threat that occurs in certain types of organisms, which causes a change in metabolic and organ functions and ultimately a change in behavior, such as fleeing, hiding, or freezing from perceived traumatic events. People who are feared of situations like social interactions or interaction with people whom they don't know, they start to sweat, shiver, stammer and have anxiety issues.



**Disgust** basically keeps us from being poisoned—physically and socially. It keeps a careful eye on the people, places and things that we come in contact with. Disgust always has the best of intentions and refuses to lower its standards.



At the end of the session the feedback was taken and the students expressed that the movie which was watched by them helped them to understand how emotions are important to a person's life. It helps us adjust to new places, make new friends along with the old ones, how we should balance our relationship and be honest to all of them.

**47. A session on the topic “Parent’s Role in Education” held on 10/02/2018 at VV Puram Campus Ms. Supriya.**

A group of 15 parents were called to attend a session on “Parent’s Role in Education” held in the seminar hall at vv puram campus. The campus counselor Ms. Supriya had arranged a session for the parent along with the help of the Center Head. The Objective of the session was to bring out awareness of parents’ involvement with regard to their children’s academic performance. The parents of those students from Science stream who had low attendance and poor academic performance were asked to attend the meeting.

The program me started off with the campus counselor’s introduction and a PPT presentation on the “Parent’s Role in Education”. A major chunk of the children’s personality is formed in the family as a fundamental institution where parents play a pivotal role in the process of this formation.

There are two fundamental factors affecting academic achievement of students: heredity and environment.

Family functions as a center of love and security for children, which are two fundamental and necessary elements for the proper nurturing of kids. Children, who are deprived of family love and sense of security, may face disorders in adolescence or youth in interactions with others. It is in the family that kids develop self-confidence and self-esteem. But the duty of family does not end once children join college. A family can preserve this role even when children go to high school and university.

Parents should also bear in mind that their children would succeed if they prepare a disciplined program for them. Therefore, in the first place, parents should prepare a precise program for their children and secondly must lay emphasis on its proper implementation, which will help the academic achievement of their children.





The session went on with introduction to the principal, where the parents were addressed with the principal's inputs such as: Parents must be very alert of their Son/Daughter behavior's at home. Parents must make regular visits to college and meet the teachers regularly. Parents must spend some quality time with their children at home. The session went on by introducing the HOD of science stream where Sir expressed that the students had not completed their records and that students were irregular to classes and to the labs. If only parents were involved with their children's education this laps could have been avoided.

Parents went on to express that their children were avoiding communicating when asked about their classes. The students were bringing up fights and arguments with their parents. The session was successful where parents shared their difficulties they were facing with their wards. The feedback form was given and parents asked for more such sessions to be conducted. The parents spoke to the campus counselor and requested to share their numbers and email address for future references.



#### **48. Report on Work Life Balance conducted at School of Engineering and Technology on 17/02/2018 by Dr Uma Warriier.**

A session on “GET A LIFE- Work life balance”, was organized by Jain university students counselling and guidance center “VISHWAS” in School of Engineering and Technology, Jain University, on 17<sup>th</sup> February 2018 as a part of Faculty Development Program. The resource person for the session was Dr. Uma Warriier, chief counselor, JainUniversity. The stake holders were the faculty of school of engineering and technology, Jain University. The associate director of school of engineering and technology, Dr. Rajasimha A Makaram welcomed the resource person and introduced her to the group. After the introduction, Dr. Rajasimha invited the resource person to start the session.



The session began with an ice breaker. The ice breaker made the group refreshed and made them more energetic. After the iced breaker the speaker explained to the group about the importance of work-life integration. The group was asked to address the problems faced by them in the current work set up. In the discussion the group genuinely addressed their concerns. Keeping these concerns in mind, the speaker explained to the group about the 5 quadrants of life that needs balance.



The speaker explained to the group about,

1. Self
2. Work
3. Family
4. Society
5. Friends

Through this the group got a better view about their concerns. Then the resource person explained to the group about the reasons/causes for imbalance. The causes discussed was about the changing nature of family structure, collision of work place and family demands, blurred boundary and spilled over effect, lack of family and social support, challenges at work, challenges at home. The resource person also made the group aware of the consequences of poor work-life integration. The consequences were categorized into 4 categories, namely, health risk, career risk, work place violence and societal level risk.



The next part of the session dealt with “what can be done?” to improve work life integration. The resource person made the group brainstorm and made them to answer for this question. The resource person also gave them more insights and strategies to tackle this issue. The session was then concluded.

A handout which included content about work life integration was distributed to the group. Dr. P. Pradeepa gave vote of thanks. Feedback was collected. Majority of the participants expressed interest in attending more sessions like this. The participants are of the opinion that the program created motivation and agreed that they got more awareness about work life balance.

#### **49. Margadarshi- career counselling & guidance program was held at School of Sciences JC Road on 26/02/2018 by Mrs. Jahnavi M Kajjer**

Margadarshi, a career counseling initiative by the counseling center Vishwas along with the placement cell of Jain University was held on 26<sup>th</sup> October 2018. The session was addressed by Mrs. Jahnavi M Kajjer at School of Sciences JC Road. Mrs. Jahnavi is a renowned personality in the field of career counseling and has been successfully working and guiding students for eight years. Career Counseling was held for students who are in their final year, standing at the crossroads and deciding what to do next. There were around 50 students who attended the seminar intently. First Dr Uma Warriar addressed the students and made them at ease by interacting with them and broke the ice. She addressed the major question “WHAT NEXT?” The session then went on to the next part which consisted of the answer to the above question.





Mrs. Jhanavi started the session by addressing all the Under Graduate students i.e. BSc Life Sciences, BSc Physical Sciences and BSc Forensic Sciences and the Post Graduate students from Forensic Science.



She addressed each stream and meticulously answered all their queries. She gave them information about all the options that they have which they can consider venturing out on. All the streams had some common queries such as salary package, different options they have apart from their own field, options that they have in other countries, how to get a good government job related to their field and how to go about competitive exams for their respective fields. She made it an interactive session asked the students their point of view and made it more of a two way seminar.



Mrs. Jhanavi spoke about all the sectors that is the private sector, government sector and self-employment and how to go about it and what are the essential requirements to go about getting employed in their respective fields.

The session concluded with some questions asked by the students and all the doubts were addressed to and were cleared.

**50. A Psycho-educative session on ‘Empathizing oneself and others’ was conducted for BBA 4<sup>th</sup> semester students by Dhruvi Sheth on 28/02/2018 from 11:30am to 12:15pm at Centre for management studies.**

The session was conducted for 50 students. The counselor began with an orientation on Vishwas counseling center and the services provided by the center. The counselor spoke about empathy which is an important skill for understanding oneself & the other. An individual is not taught about appreciating oneself and being okay with one’s own feelings, therefore this session was to make the students aware and to be able to accept their feelings.



Students were asked to talk about their understanding of empathy and the difference between empathy and sympathy. Empathy is putting oneself in other person’s shoe and understanding



them. The students were asked to draw a heart and write down the emotions that come up often on regular basis. Then, they were asked to empathize with those feelings without any judgments. Some of them shared their feelings which were processed so that they can understand and empathize with it.

There was a discussion on 'why do we need to be empathic?' The points that came up were:

- For better interpersonal relationships
- Self-acceptance
- No judgements about the other person
- Level of trust on self and others would increase
- People might fall back on us when in need



Examples from experience and cases were given for better understanding of empathy. Being empathetic towards oneself was also an important factor to be focused on. Usually there is non-acceptance of one's own feelings and we try and change it as soon as possible. This lecture made them aware to be okay with their feelings and accept it since they are also human beings and each one can make mistakes. They were asked to write down five statements on how they would empathize with themselves.

Feedback was taken; students liked the session and learnt about being sensitive towards oneself and others. They were happy to be aware and also know how they can play a role in others struggles by just being there for the person.

**51. A Psycho-educative session on 'Emotions' was conducted for BBA 4<sup>th</sup> semester students by Dhruvi Sheth on 28/02/2018 from 12:30pm to 1:15pm at Center for Management Studies.**

The session began with a feeling check of students; the counselor asked them how they are feeling. The students responded by using words like good, fine, I don't know, bad etc. The aim of this session was basically for students to get in touch with their emotion and their responses to the same. Students were given certain set of situations and were asked to reflect on the following:

- What would have been their response and reaction to the situation?
- What happens to them in these situations?
- How do they handle it?





It was an interactive session since students shared their feelings and behavior in these situations, which made them aware of their responses and helped to get in touch with their feelings. The students were asked to draw a heart and write down the emotions that come up often on regular basis. Then, they were asked to empathize with those feelings without any judgments. Some of them shared their feelings which were processed so that they can become aware of their emotions.



It is unusual to see a person expressing and communicating emotions because of their fears of rejection or losing a person. There are barriers that come in which stops a person to express their feelings:

- Avoiding or escaping from it
- Suppressing them
- Not trusting the gut instinct & over thinking
- Being judgmental about your own feelings.

The counselor gave examples from her cases and day to life to give students a clarity about the importance of emotions for better communication in relationships. Students enjoyed the session, they said they learnt about being able to reflect on the emotions and understand them. They also learnt that it is important to convey it to the person at the right time to make the relationship more transparent and healthy.

**52. Outreach program on Anti- Sexual harassment for PU students on 28/02/2017  
from 6:00pm to 7:00pm at Jain University, VV Puram Campus.**

A session on Anti sexual Harassment was conducted for 80 students and 10 teachers. The session began with a discussion on what is anti-sexual harassment, what are the types of abuse and harassment men and women go through in the Indian society. Some constitutes of sexual harassment are:

- Physical conduct
- Offering benefits
- Threats
- Visual, verbal contact etc.

It also impacts the mental health of the person. The speaker spoke about experience of good touch and bad touch by giving examples from day to day life. This was to make students understand that they have the right to say 'no' when they are uncomfortable with any behavior or action of the other person. Prevalence in Indian context was given, so that students get an idea to about how it is affecting the nation on a drastic level.

A highlight about The laws on sexual harassment in india was provided. The speaker spoke about the challenges faced like emotional abuse in relationships amongst teenagers by giving case examples which is hindering the mental health of a person.



Other topics covered were:

- Symptoms of survivors ( both men and women)
- Triggers, anger, substance abuse, insomnia, food disorders, PTSD, etc.
- Impact of sexual harassment
- It impacts an individual's self-esteem, the way they look at their relationships and the society.
- Sexual assault risk reduction tips
- Clarity on Boundaries, consent, communication, seek for help when there is a feeling unsafety or feel threatened, avoid substance use.
- Look for warning signs
- Winning strategies to prevent sexual harassment

Helpline numbers were given to students so that they can reach out in need to emergency, importance of counseling was spoken about to highlight on the awareness and growth process. Students found the session interesting since these issues are not addresses openly and they do play an important role in an individuals life. Even if they don't face this , it might help them



to help someone else who is or might have gone through an assault. The session ended with taking a feedback from students and receiving a vote of thanks from the college Principal.





**53. A session on performance enhancement by Ms. Sampritha Suresh, on  
05/03/2018 & 07/03/2018 at CMS B School**

A session on performance enhancement was held in two batches on two days for Core marketing and Marketing and HR (dual specialization) students. There were a set of 50 students in core marketing batch and 30 students from MHR batch.

The session was started with an activity where the students were asked to paste an empty sheet of paper behind the person seated in front. They were further asked to write about the persons two weaknesses and strengths. After the points are written the students were asked to look at what has been written about them by their friends.



After the activity the presentation was made on how performance enhancement helps excel in the job and what are the barriers faced. Later the components which enhance the performance were listed and asked them to review their strengths and weakness written by their peer. The skill sets discussed were Arousal Regulation, Imagery and mental preparation/mental plans, increased motivation and commitment, Goal setting, Confidence, Attention and concentration,

Self-talk. Students were probed to find out which among these skills can help them work on their weakness to enhance their performance.

BTSF technique used in performance enhancing psychological skill was introduced in class to assist them acquire the skills required and practice them without obstacles. BTSF is an acronym for four techniques – Breathing, Self-Talk, See and Focus. This helps them adapt the skills and apply them in particular situations.



The session was concluded by giving them some points on how performance enhancement can be implemented to enhance employee performance in an organization and taking feedbacks from the students for the session.

**54. An Outreach program on “Skill Enhancement for special Educators”  
conducted by Anil V on 12/03/2018**

Anil V, the counsellor was invited to conduct an outreach program on 12<sup>th</sup> of March, 2018, Monday, for special educators of Arpana school for special children. This daylong session included 6 special educators and 4 assistant teachers of vocational training.



The day long workshop was divided into three parts –

1. Positive Teacher – Child Relationships
2. Effective Planning for future Work
3. Communication Skills



The first session focused on Positive teacher-child relationship and the discussions and emphasis made were as below -

- ✓ Engage in one-to-one interactions with children
- ✓ Get on the child's level for face-to-face interactions
- ✓ Use a pleasant, calm voice and simple language
- ✓ Provide warm, responsive physical contact
- ✓ Follow the child's lead and interest during play
- ✓ Help children understand classroom expectations
- ✓ Redirect children when they engage in challenging behaviour
- ✓ Listen to children and encourage them to listen to others
- ✓ Acknowledge children for their accomplishments and effort





The second session was on Effective planning for future work. This session focused on goal setting in terms of helping a teacher enhance their teaching skills and as well help a student learn skills. Goal setting and having an academic discipline was discussed with examples of earlier facilitating strategies and enhancement requirements. Goal setting according to the teacher's strength's and as well another goal setting based on the child's strength's and need were emphasized. The group members were made to discuss about setting goals in SMART meaning Specific, Measurable, Accountable, Reliable and Timely. Discussions and examples with case studies enhanced the understanding.





The third session emphasized on Communication skills. This session was skill enhancement and using different modalities to have clear communication between the teachers and children with disabilities. The different ways to communicate were explained and discussed in detail. Music, using social stories, Art, Movement, touch and gestures are some of the ways to communicate and examples and demonstrations for the same were made.



The daylong workshop ended with reflection of learning and feedback was taken. The participants expressed joy and shared their interests to have a longitudinal approach to learning and enhancing skills to work with special children.

**55. A presentation on ‘Gestalt Therapy’ for Vishwas team members was conducted by Dhruvi Sheth on 13/03/2018 at CMS, from 9:30am to 11:00am.**

The session began with an awareness activity where the team members were asked to imagine themselves as a tree and draw it on a piece of paper using colors. After this activity, they were asked to reflect on certain questions like:

1. How did you feel to imagine yourself as a tree?
2. Did you draw fruits, birds or flowers? Who are they in your life?
3. Did you place yourself at the centre of the page or at the corner?
4. Does your tree have roots, what is the depth?
5. Are you in a garden with other trees or by yourself?
6. What does each of these mean about you?





These questions were a part of self-reflection to create awareness in an individual which is the core of gestalt therapy. Each individual shared their experiences with one another which also helped the team to know & understand each other more.



Few of the gestalt therapy topics covered were:

- Roots of gestalt therapy
- Disturbance of contact boundary which includes defence mechanisms
- Basic concepts of gestalt like awareness, here & now processing, responsibility, unfinished business, anxiety, polarities etc.
- Therapeutic relationship- inclusion, presence, commitment to dialogue

These concepts were explained through examples and case history from the existing clients. The team also contributed by sharing their understanding and experience with gestalt therapy in this field. A lot of learning & awareness took place throughout the session.

### **56. Launch of Vishwas module on campus time app at CMS B School on 19/03/2018 by Ms Shruthi Mahalingam**

On 19/3/2018, Vishwas module on campus time app was launched at CMS Business School. Campus time is a mobile app that helps campuses enhance their student engagement like never before by connecting everyone at campus and making it live wire buzzing.

The session was started with a prayer. Ms. Shruthi Mahalingam was the chief guest for the event. Dr. Harold Patrick, Dean of academics addressed the gathering and explained to them about the importance of counseling and how an online app can facilitate in getting quality assured online counseling.





The CEO of campus time, Ms. Amrutha explained to the audience about the process of downloading the app and how to reach the counselor through the app. Soon after, the app logo was unveiled, Ms. Shruthi Mahalingam addressed the crowd and spoke about the importance of mental health, and also about the correlation between mental health and sports. She made a remark on her experience about counseling help she received from the campus counselor at her campus.



Around 800 students attended in two batches along with the faculty members with the dean of academics and the Vishwas team members.

## **57. Report on Orientation program report conducted by Dr Uma Warriier at SET-JU on 23/03/2018**

On 23/03/2018 counseling orientation program was conducted for 1<sup>st</sup> year B Tech students, by 'VISHWAS' student's guidance and counseling center, Jain University in School of Engineering and Technology, JU Campus. Dr. Uma Warriier, chief counselor- JU was the spokesperson for the day.

Dr. Benaka Prasad (HOD, Basic science dept.) introduced the chief guest to the group. After the introduction, Dr. Benaka Prasad welcomed the resource person to address the gathering. The speaker began the session by asking the group about counseling. Many of the participants shared their view about counseling. The discussions paved the way for them for a clear cut understanding.



The spokesperson explained the group, the vision and mission of Vishwas counselling. The spokesperson also shared a video with the group. The video indeed created a clear vision about Vishwas and its activities throughout Jain University. An explanation about "what is not counseling", counseling procedure followed by Vishwas was also given. The areas of support by Vishwas, psycho educative sessions, group therapy etc., was explained to the group. Dr. Uma Warriier also explained the group, the importance of having a healthy personality and holistic wellbeing of oneself.



The speaker also provided the group the information about the campus counselor of school of engineering and technology. The chief counselor appreciated the group for the active participation. Dr. Veeresh Malagi thanked the spokesperson for the session. Handouts were distributed to the group via electronic mail.

**58. A session on social skill training conducted on 07/04/2018, by Sampritha Suresh at CMS B School.**

The training session “being a social animal” was held for second semester students of Marketing and HR combination. The session was attended by 50 students. This was activity based training. There were three activity interconnected. The students were briefed about the basics of social skills to start with. Once the social skills were listed and the concept was made clear with the students the activity was initiated.



The activity included three areas, crossword puzzle, word search and secret code. The students were divided into four groups where three activities were distributed among the three respective groups and one group was sent out. The three groups were briefed about their role in the activities. Each group had 12 students each. All the three groups had the same instruction that they were not allowed to talk to each other and the answers found by them to that particular activity should be enacted to check their answers to the fourth group.

The fourth team which was outside was the only team which was allowed to talk. It was instructed to them that the answer key for all the three activities were given and they had to identify the word enacted by the team and approve it. As the secret code activity was tough one every right answer from the other two activities gave the fourth group an opportunity to break a code for the secret code group.





There was no time limit given. The activity however, took around 15 minutes all together. By the end of the activity the groups came up with the words like Friendship, Support, Self-esteem, Acceptance, Confidence, Companionship, Honesty, Listening, Share, Smile, Patient, Space and many more social skills use on a regular basis.

The words identified were later discussed in the class. Their importance and contribution in social situations were discussed by the groups. They identified the uses of these skills and explained the best situations in which they are used effectively. The students later came up with the ideas to develop these skills. The session was concluded with a note on positive effects of using social skills to become a social animal.