



Jain University Students' Guidance and Counselling Center



Annual Report

May 2018 – April 2019

1. A session on 'Anxiety' conducted in Jain PU College and the School of Humanities and Social Sciences in the month of May 2018 by Bichu Andrews, Student Counsellor at Jain University.

Everybody knows what it's like to feel anxious. It gears one up to face and cope with a threatening situation. An anxiety disorder on the other hand can keep oneself from coping and can disrupt their daily life. Anxiety disorders are the most common of all the mental health disorders. Today even though much more is known about the causes and treatment of this mental health problem, there are misconceptions which persist in the society which believes that anxiety disorders are a character flaw, a problem that happens because you are weak. In order to increase the awareness towards Anxiety disorders and its intervention methods, sessions were conducted for second year PU and degree students of Jain University.



These sessions were primarily focused on helping the students clear their misconception and be acquainted with different anxiety disorders and their intervention strategies. It was attended by 600 PU second year students and 120 second degree students. The student counsellor carried out this session in two campuses and classes from different streams.

The session started with an ice breaker activity followed by a discussion to gain an insight about the understanding level of the students regarding the difference between anxiety, fear and stress.

They were then briefed about the basic difference between those words which are seemingly used carelessly in the daily conversation in general. They were also given a brief introduction about the physiological changes and mechanisms that is followed when one experiences anxiety.

A certain level of anxiety won't be of much harm, but awareness regarding the red flags which indicate the development of anxiety disorder needs to be inculcated. The students were informed about such markers and suggested ways in which they can not only help themselves but also others who experience this.

The session consisted of other information and deeper understanding of DSM V criteria of anxiety disorders and its impact on the physical health. The different anxiety disorders were explained in detail using examples and case studies. Intervention strategies were also discussed in brief which can be used as a first aid to help people with anxiety disorder. The students could understand the intensity of this disorder and were encouraged to work towards removing all misconception and continue to spread the awareness to others as well.



2. A session on Dress code conducted for 2nd PUC girls on 24/05/2018 in JC road Campus Ms. Pallavi, Campus Counselor, Jain University JC Road – Vishwas.

There was a session held to bring uniformity and discipline in the dress code among the second PUC students. The session was taken for three batches. The first session was a combined session for Commerce A and B section, with around 80 girls. The second session was for commerce section C and D, with 60 girls. The session was for Science and Arts girls with a combined strength of 70 girls.

Since there were a lot of discrepancies found in the way the girls dressed. The faculties wanted the campus counsellor to address the issue and tell the students as to why the dress code is being enforced upon them. The girls were asked to wear a particular type of dress which the students were not ready to comply with. The students were not following the dress code. The college started taking strict action against the students who were not following the dress code like sending the students back or not letting them attend the classes, by not letting them enter the campus.



Therefore the campus counsellor was asked to address this particular issue by the principal and the faculties. The campus counsellor spoke to the students about the need of a dress code and the importance for the uniformity that needs to be maintained. The students were very interactive and put across their displeasure regarding the enforcement of the dress code. They compared themselves with the Undergraduate students and the Post graduate students who are a part of the campus and are allowed to wear jeans and t-shirts. This particular problem was also addressed by saying that PU students are still young and some students might not dress up responsibly. So to avoid any problems that might cause the students are asked to wear long kurtas.



The campus counsellor and the students had a healthy discussion. They came to the conclusion which asks them to abide by the dress code provided by their college as it is the college requirements and if there are any changes that are made in the future related to this particular issue they will be intimated about the same.

The session ended with the students thanking the campus counsellor.

3. Lecture on ‘Rediscovering SELF’ held on 31/05/2018 at Jayanagar campus by Mr. Anil. V.

Anil V, the campus counsellor conducted a session for students of 3rd semester B Com section ‘J’ and ‘K’. This session was conducted on 31st of May, 2018 for 60 students. The campus counsellor chose a topic that can help students reflect and understand themselves better.



This session began with exploration of one’s understanding of SELF. Questions like struggling to know themselves, understanding and accepting oneself, having a sense of belonging to oneself etc. were asked and the students responded respectively. Logical consequences with regard to difficulty in accepting oneself were explored and responses to losing one’s identity were elicited from students.



The session including an exercise with 26 questions that would help every individual become aware themselves. These questions were given to students and were asked to answer them. The exercise aimed at rediscovering oneself as most individuals fail to understand or acknowledge themselves with their routines and lose a sense of identity or belongingness. This helped the students understand not to disregard their emotions and experiences, also not place others above them. It is important to accept and not to neglect ourselves.

4. A session on ‘Orientation Program’ conducted in Jain PU College and the School of Humanities and Social Sciences in the month of June 2018 by Bichu Andrews, Student Counsellor at Jain University.

An Orientation program aimed at enhancing awareness about counseling and mental health was conducted for all first year students of both PU and Degree College. The student counselor of Jain University Mr. Bichu conducted these sessions titled “Orientation on Vishwas the Counseling Services” in Jain PU College, Jayanagar which was attended by 600 Students and for first year degree students of Atria Campus where 180 students participated.



The primary objective of the session was to bring out awareness of the counselling services offered at Jain University. The sessions commenced with the introduction of the student counselor, 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 session consisted of a brief explanation of the process of counseling followed in Vishwas, where and how the students can access the counselor facilities and what would be the protocols followed by the counselor ensuring confidentiality and utmost care of the information which the counselors are entrusted with.

The counselor then briefly introduced the students to the areas of services provided by 'Vishwas' and the projects handled by the team in the past. 'Vishwas' was started in the year 2004 and it consists of team of counsellors along with the Chief Counselor Dr. Uma Warriar. In the end a video about 'Vishwas' was showcased to help students get a deeper understanding of its processes and services rendered to the student community.

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.

The counselor utilized the opportunity to discuss and build insight to the different issues faced by the students in their adolescent and early adulthood period such as exam anxiety, adjustment issues, emotional instability, poor work life balance, issues with self-esteem, interpersonal communication and relationship problems, substance use and abuse etc. Prejudices and stigmas related to the field of mental health were also discussed with the use of common and famous examples of people who used mental health services to overcome their issues.



5. “Orientation Session” conducted at School Of Sciences JC Road on 28/06/2018, 29/06/2018 and 30/06/2018 conducted by Ms. Pallavi, Campus Counselor, Jain University JC Road – Vishwas.

All the first year newly admitted students were asked to be seated in the conference hall for the Orientation Program which was held on three different days for all the sections. The sections namely 1st year Forensic Science (honors and professional) (298 students), 1st year Life science students (122 students) and 1st year Physical Science students (62 students)

This Orientation was held to bring about awareness about the importance of counselling in an educational setup. The campus counsellor conducted an “orientation on Vishwas the counselling services.” This was conducted by Ms. Pallavi, Campus Counselor, Jain University JC Road – Vishwas.



Objective of the session was to bring out awareness of the counselling 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 session consisted of the counsellor explaining the wide range of concerns that the students face and in the areas that they might require help and support. Also that the students could come and meet the counsellor without any fear and confidentiality aspect of it was emphasized upon.

The very few benefits of counselling were discussed such as less anxiety, greater self-confidence, and better relationships, regaining emotional balance, and stress relief, ability to set boundaries, trauma resolution and career counselling.

Later a few of the myths concerning counselling and importance of asking help when required were discussed.



A few tips on how to survive college were discussed such as

- Getting organized
- No procrastination
- Attending classes
- Networking with people
- To study well

Later the information on where they can find the campus counsellor i.e. the floor and the room number and the timings of the counsellor was told i.e. 8.30 to 4. The session ended with the students thanking the counsellor for the orientation.

6. “Orientation Session” conducted at VV Puram campus on 28/06/2018 conducted by MS Supriya Christopher, Campus Counselor, Jain University - Vishwas.

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 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 28th June 2018 at 8:30-9:30 & also from 1pm to 2pm for a group of 120 I year PCMB (A) & PCMC Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counselling 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 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.Uma Warriar followed by a video on Vishwas.



The counsellor also spoke about the five areas of support:

- Personal Counselling
- Academic Support programme
- Career Development Programme
- 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 counsellor. The Celebrities, who took counseling to overcome their own personal issues, were also discussed.

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



Stakeholders:

- Students
- Parents
- Society
- Administrative staff.

The counsellor mentioned that she is available on Wednesday to Saturday from 8:00am and 3:00 pm. The session ended with the students thanking the speaker for the program.

7. “Orientation Session” conducted at VV Puram campus on 29/06/2018 conducted by MS Supriya Christopher, Campus Counselor, Jain University - Vishwas.

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 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 28th June 2018 at 8:30-9:30 & also from 1pm to 2pm for a group of 120 I year ABSC & PCME Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counselling 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 ppt explaining the works done by Vishwas and the areas of services provided to the students by Vishwas.

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- Personal Counselling
- Academic Support programme
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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 counselling and when do we require to meet a counsellor. The Celebrities, who took counseling to overcome their own personal issues, were also discussed.

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

Stakeholders:

- Students
- Parents
- Society
- Administrative staff.

The counsellor mentioned that she is available on Wednesday to Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the programme.

**8. “Orientation Session” conducted at VV Puram campus on 30/06/2018
conducted by MS Supriya Christopher, Campus Counselor, Jain University -
Vishwas.**

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 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 28th June 2018 at 8:30-9:30 & also from 1pm to 2pm for a group of 120 I year ABSC & PCME Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counselling 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 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.Uma Warriar followed by a video on Vishwas.



The counsellor also spoke about the five areas of support:

- Personal Counselling
- Academic Support programme
- Career Development Programme
- 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 counselling and when do we require to meet a counsellor. The celebrities who took the help of counselling to overcome their own personal issues was also discussed.

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

Stakeholders:

- Students
- Parents
- Society
- Administrative staff.

The counsellor mentioned that she is available on Wednesday to Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the programme.

9. “Orientation Session” at School of Commerce studies July– 2018 conducted by M. Anil V, Counselor at Jain University.

The campus counsellor Anil V conducted orientation session for all the students of 1st semester B Com and BCA 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 July for all the classes with about 900 students becoming aware of this service.



Each session was for one hour and students got introduced to the process of counselling, ethics and confidentiality. The students were made to get equipped with the facts about counselling 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.



**10. “Awareness programme” conducted at RR Nagar campus on 03/07/2018
conducted by MS Supriya Christopher, Campus Counselor, Jain University -
Vishwas.**

The first year newly admitted only girls students were asked to be seated in the conference hall for the Awareness Programme by the counsellor and the discipline committee.

In order to bring about the awareness of discipline and hygiene, the campus counsellor conducted an “awareness of behavior in the campus.” This was conducted by Ms Supriya Christopher, Campus Counselor, Jain University - Vishwas along with Mrs.Shilpa and Mrs.Krupa faculties of RR Nagar campus. The programme was conducted on 03 July 2018 for a group of 30 I year Pre university students of Sri Bhagawan Mahaveer Jain College, RR Nagar Bangalore.

Objective of the session was to bring out awareness of hygiene, discipline and behavior in the campus and soundings of the campus. The speaker explained that it is very important to have total hygiene and not to dispose the waste papers on the floor and that they must respect the house keeping staff. The speakers also spoke about discipline aspect how students must maintain the decorum of the college. They must behave themselves in the collage premises.



The other two faculties also spoke about the discipline aspects and the session was concluded by the counsellor mentioning that we as faculties are available for the students and that students must seek the help of the counsellor when required.

11. An outreach Workshop on “VARK learning preference for scoring better in academics” for Pre University student at Sri Bhagwan Mahaveer Jain College, RR Nagar on 10/07/2018 by Dr Uma Warriar.

Majority of pre-university students are dependent on other or external factors (in the form of advice) instead of relying on themselves or internal factors to decide on their future endeavours in various aspects including studies, relationships, etc. It is necessary to help the students in understanding their self, their strengths, weaknesses, threats and opportunities. The session was mainly concentrated on the learning methods used while students prepared for their exams. Students use their own method of learning and they are ignorant of their own capabilities.

Need for a session to improve the academic performance of students who score poorly in academics was identified by the Principal of the college, Dr Balasubramanya. The workshop was conducted by Dr. Uma Warriar, Chief Counsellor of Vishwas, the Jain

University Student's guidance and counselling center, at Sri Bhagwan Mahaveer Jain PU College, RR Nagar. This workshop was attended by batches of I Pre University students who were poor in their academics. Around 110 students attended the session.



The session started off with a brief introduction to Vishwas and welcoming the speaker Dr.Uma Warriar along with the campus counsellor Ms.Supriya. The speaker spoke about the different styles of learning one might use while studying.

The students were given a questionnaire on VARK Learning. The questionnaire was based on the learning preference model by Neil Fleming. It consists of 16 questions, which aim to understand the learning preference of the student. Neil Fleming's VARK model expanded upon earlier notions of sensory modalities such as the VAK model of Barbe and colleagues and the representational systems (VAKOG) in neuro-linguistic programming. The four sensory modalities in Fleming's model are:

- Visual learning
- Auditory learning
- Read/write learning
- Kinesthetic learning



VARK explains that visual learners have a preference for seeing (visual aids that represent ideas using methods other than words, such as graphs, charts, diagrams, symbols, etc.).

Subsequent neuroimaging research has suggested that visual learners convert words into images in the brain and vice versa, but some psychologists have argued that this "is not an

instance of learning styles, rather, it is an instance of ability appearing as a style". VARK also mentions that auditory learners best learn through listening (lectures, discussions, tapes, etc.), and tactile/kinaesthetic learners prefer to learn via experience—moving, touching, and doing (active exploration of the world, science projects, experiments, etc.). Students can use the model to identify their preferred learning style and, it is claimed, maximize their learning by focusing on the mode that benefits them the most.

The session started with an interesting story of selection of jungle king among all the animals present and how the same selection criteria is used to select the king, without any consideration of learning preference. Students warmed up to the discussion as they felt that the discussion is going to address the problem of different learning preferences.



The speaker discussed each of the learning preference followed by students extensively, with simple examples for students to comprehend. How to identify oneself having a specific learning preference was illustrated.

VARK learning preference questionnaire was administered to the students and they were encouraged to select the option which suits them the best. Queries regarding filling up the questions were answered by the speaker as well as the campus counselor Supriya. Students were directed to do the scoring at the end of the questionnaire to understand their learning preference.

This was followed by an activity, where the students were grouped based on their learning preference and they were encouraged to discuss among themselves to come up with the best learning practices they adapt for getting good marks in academics. A spoke person from the team was asked to present the details of each team's best study practice. The Kinaesthetic learning group got the 1st place for their presentation because they had mentioned that they would learn better while teaching their friends and the session concluded with the speaker brought about an eye opening for the students on the methods which they could adopt for their studies.

This exercise was done to involve students in the activity and bring out what they can commit, with respect to better learning practices.



The most important take away of the session was the learning strategies that can be adopted for each type of learning. Some of the strategies discussed are as followed:

For Visual learners:

1. Make flashcards using symbols and pictures, colors
2. Mark the margins of your textbooks or notes with symbols, diagrams, and key words
3. Use graphic organizers. Ex: Fish bone diagram, Venn
4. Replace words with symbols or initials. Ex: @ = at
5. When solving a mathematical problem, use boxes to arrange your sequence of steps.
6. Try to always translate words and phrases into symbols, pictures, and diagrams.
7. Occasionally change the color of ink in your pen
8. Use highlighters to point out important information

For Auditory learners:

1. Ask questions while listening
2. Join a study group to help you in learning course material.
3. Read your notes out loud in a memorable fashion(Mnemonics)
4. Video record your lectures, watch Khan academy videos.
5. Create audio tapes by reading out your notes

6. When learning mathematical or technical information read the new information out loud.
7. When solving a mathematical problem, state the steps required to solve this problem out loud.
8. Teach others to learn.
9. Pay close attention to your teacher's voice.

For Read / Write learners:

1. Write out sentences and phrases that summarize key information.
2. Make flashcards using words.
3. When learning information that is presented on diagrams or charts, write explanations of the interpreted information.
4. When learning mathematical or technical information, write out in sentences and phrases the key ideas that you understand and steps
5. Copy key information on the computer. Print them out for visual review.
6. Before an exam make yourself visual notes and place in locations you access regularly. Post-it's are very useful for this strategy.
7. Have headings at the top of your page.
8. Re-write difficult notes into ones that make it simple for you to remember.
9. Practice doing multiple choice questions.

For Kinesthetic learners:

1. Try to sit near the front of the class and take notes as much as possible.
2. Take frequent breaks. (25 minutes' study, 3 minutes' break)
3. Type difficult spellings using MS paint
4. When studying, walk around and read the information out loud.
5. Try to make your learning tangible. (make a model that illustrates a key concept)
6. Spend extra time in a location related to the key concept being taught. (the lab when setting up an experiment, a museum, etc.)
7. Make use of the computer to reinforce learning through the sense of touch.
8. Make use of examples while studying.
9. Use pictures to illustrate ideas.

10. Play music in the back ground while you study.
11. Use Charades with friends while learning. (Ex : Emotions Charade)

This discussion was filled with enthusiasm and happiness among the students to understand the different styles of learning. Feedback of the session was taken and the students felt that the session gave them immense benefit to focus better while learning. They felt that the learning strategies, if practiced diligently can help them to score better marks in their academics.

The session concluded by the Principal Thanking Dr. Uma Warriar for conducting such a meaningful workshop for the students. Proposal was given by the Principal for conducting such sessions in future.

12. Lecture on Cultural Identity held on 19/07/2018 at Jayanagar campus by Mr. Anil. V, Campus Counselor.

Anil V, the campus counsellor, conducted a session for students of 1st semester B Com. 'K' section. This session was conducted on 19th of July, 2018 for 50 students. The campus counsellor chose a topic 'Cultural Identity' with an intention of helping students to gain self-awareness and understand how their values have shaped them.



This session focused on helping students understand attitudes and beliefs and how they formed the same. The entire session was interactive and the student's responses were elicited. The entire class was asked to reflect on the value system contributing to their personality.



The entire class was given a worksheet to reflect on their cultural identity that has stemmed from their value system. The worksheet consisted of values and attitudes formed from the interaction with family, society, education, environment, friends, values, ethics and beliefs and so on.



The entire group of students were asked to make a journal entry on the challenges in their value and cultural identity, their spiritual inclination, gender awareness, hobbies that define them, body type and their understanding of the same, race and ethnicity that they attach themselves with, life-stage experiences and class they belong and experiences occurred etc. this journal entry emphasized awareness of their thoughts, feelings, experiences and their expressions of the same that has formed their cultural identity.

**13. “Orientation Session” conducted at VV Puram campus on 19/07/2018
conducted by Ms Supriya Christopher, Campus Counselor, Jain University -
Vishwas**

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

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 19th July 2018 at 10:30-11:30 am for a group of 60 I year ABES (D) Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counselling 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 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.Uma Warriar followed by a video on Vishwas.



The counsellor also spoke about the five areas of support:

- Personal Counselling
- Academic Support programme
- Career Development Programme
- 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 counselling and when do we require to meet a counsellor. Celebrities who took the help of counselling to overcome their own personal issues.

Finally the video was shown where all the above areas of counselling 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 counsellor mentioned that she is available on Wednesday to Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the programme.

14. Report on session “Orientation Session” conducted at VV Puram campus on 20/07/2018

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 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 20th July 2018 at 8:30-9:30 & also from 1pm to 2pm for a group of 118 I year ABES (B) & ABMS (C) Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counselling 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 ppt explaining the works done by Vishwas and the areas of services provided to the students by Vishwas.

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Certain stigmas of counselling and when do we require to meet a counsellor. Celebrities who took the help of counselling to overcome their own personal issues. Finally, the video was shown where all the above areas of counselling was mentioned along with the services and programs conducted by the Vishwas team. The stakeholder's programmes were mentioned in the video.

Stakeholders:

- Students
- Parents
- Society
- Administrative staff.

The counsellor mentioned that she is available on Wednesday to Saturday from 8:00 am and 3:00 pm. The session ended with the students thanking the speaker for the programme.

15. Psychometric Assessment Test (PAT) conducted by Dr. Uma Warriar and Ms. Sampritha Suresh on 23/07/2018, at CMS B School.

A psychometric assessment test was conducted by Vishwas as part of the academic requirements at CMS B School on 23rd of July for 250 students of third semester MBA. The students were from Finance, Marketing and Human resource streams.

The test was conducted to understand the student's individual mental capabilities and behavior patterns. There were two standardized tests used during the process. Standardized NEO FII personality questionnaire and Emotional Intelligence Questionnaire developed by Dr. Uma Warriar. The event started with an orientation about assessment by Dr. Uma Warriar.



NEO FII personality inventory was used to identify the personality and behavioral pattern of the students. It was explained to the students in the orientation that based on the personality dimensions given in the test clarity of what kind of job is suitable for a person can be determined. Based on the results training and development on the same lines will be offered to students.

The emotional intelligence questionnaire developed by Dr. Uma Warrier captures the different areas and assesses individuals EI in each area. EI is basically explained as the ability to identify different emotions, recognize, acknowledge and handle interpersonal relations empathetically. Their scores of EI determine their level of understanding and compatibility with others. The following information about the individuals can be used to identify their collaboration with employees and social behavior as the skills involved in emotional intelligence are self-awareness, self-regulation, motivation, empathy, and social skills etc.



A Google form was formed and the link was mailed to all the students at once to attend to the questionnaires online and the responses are recorded in the response sheet of the form. The scores will be calculated and analyzed according to the norms. The students will be then divided into groups and preferable training will be planed accordingly. The list will also be submitted to the college for the official use.

16. A Self Awareness activity program Conducted for Pre University student at Sri Bhagwan Mahaveer Jain College, RR Nagar on 24/07/2018 by Ms. Supriya Christopher & Mrs. Swathi Hareesha.

Self-Awareness is the ability to understand ourselves and to consciously be aware of our personality, emotions, behavior, and necessities in life. Self-awareness can help you make important choices, maintain a positive attitude, and have healthy habits. Those who struggle in areas of self-awareness may make poor choices, have bad habits, and lack progression in life.

It is necessary to help the students in understanding their self, their strengths, weaknesses, threats and opportunities. Gaining self-awareness can help them succeed in numerous ways. A self-aware person can think better, remember more, do more, feel more, understand more; Self-awareness can help a student to take control of every aspect of your life. Having the ability to understand ourselves is like having the ability to fly because the limitations of positive educational and personal growth are endless.

The session was mainly concentrated on helping the students to do self-reflection and introspection about their own strengths and weaknesses.

Need for a session to motivate students by self-reflection and introspection and thereby improving the academic performance of students was identified by the Principal of the college, Dr Balasubramanya. The session was conducted by resident counsellor Ms. Supriya Christopher along with intern counselor, Mrs. Swathi Hareesha of Vishwas, the Jain University Student's guidance and counselling center, at Sri Bhagwan Mahaveer Jain PU College, RR Nagar. This session was attended by batches of I Pre University commerce students. Around 55 students attended the session.



The session started off with a brief introduction to Self-Awareness by the campus counsellor Ms. Supriya Christopher. Then the students were asked to form themselves into groups of 10 each. Each group has to discuss the strengths and weaknesses of themselves and make a list. Fifteen minutes of time limit was given. A spoke person from the team was asked to present the details of each team's strengths and weaknesses and ways to overcome the weaknesses.



A tremendous student involvement was shown. Students were honest and frank while expressing their own selves.

The following points were shared by the students:

One of the students shared that he would like to help at least one person in the society each day if only he could. He also shared his weakness was that he is quite talkative in class.

Another student shared that mobile phone and social media such as what's app, face book and Instagram was the biggest weakness that his group faced and that they have to learn to overcome this by keeping themselves occupied without door activities. Students also shared that anger was one of their weakness and that they need to control their anger by doing yoga, counting numbers etc.

Ego also was one of the most common weakness the students faced and they said that they have to learn to be humbler and respectable towards their parents, friends, teachers and the society. This discussion was filled with enthusiasm and happiness among the students to understand their own selves.

The session concluded by the Principal thanking Ms. Supriya Christopher and intern counsellor Mrs. Swathi Hareesha for conducting such a meaningful program for the students. Proposal was given by the Principal for conducting such sessions in future.

17. An Orientation sessions about Vishwas by Campus Counselor in the month of July and August, at CMS B School.

The campus counsellor, Ms. Sampritha Suresh, conducted orientation session for all the students of MBA 1st semester. A total of 500 students were addressed and educated about the counselling unit.

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 session continued with a brief explanation on mental health and our aim at Vishwas to promote greater wellness and awareness among student population. The students were also encouraged to fight against the taboo and shame associated with it.

The students were later explained the basic process of counselling and the counsellor answered the question “Why is it important to take counselling?” The session was made into an interactive one and any doubts and query regarding mental health and counselling was answered by the counsellor immediately in the session. The process was followed by the counsellor explaining the benefits and counselling and then followed by the myths associated with counselling.



A list of commonly faced issues by students in the college and the issues that the center has been dealing with till date was discussed.

The session was followed by an activity about identifying emotions. The activity focused on how we usually mistake emotions of each other. The activity helped the students identify and understand emotions in depth and act in situations accordingly. The students were encouraged to help each other when need and be a supporting hand for others. An effort was made to make students understand that as students it becomes their duty to show concern and help each other when needed as they are the most approachable for their peers.

18. 'Peer counseling workshop' conducted by Vishwas Counseling Center at Center for Management studies across four Saturday's in the month of July and August 2018.

The team of counselors from Vishwas counseling center of Jain University initiated to conduct peer counseling program for students across all the campuses. 33 students from all Jain university campus participated for the same. Dr. Dinesh Nilkant, the Director of center for management studies inaugurated the program. Dr. Uma Warriier, the chief counselor of Jain University gave an introduction of the workshop to the students and helped them to understand the benefits of the same. It was conducted on for four Saturdays from 2pm to 5pm.



Peer counseling is a training program that is carried on in many communities. It is a way of training young people in something that they have always been doing—trying to assist their

Often when a crisis arises, peers are willing to give their time and to offer themselves in the role of listener when professional help is not perceived to be available, accessible, or advantageous. A peer counseling program trains people how to effectively help others.

The topics covered in peer counselling workshop were:

Introduction to Peer Counseling: Meaning, Definition, Nature of Peer counselling; Approach of Peer counselling; Strengths and Limitations of Peer counselling.

Guidelines for peer counseling and areas of support: Appropriate and Inappropriate counseling (Good & Bad) & Ethical Guidelines of counseling. Issues faced by youth-Family, friends, Self and issues stemming from these areas; Expressions and Contradictions; Coping strategies.

Basic Skills: Attending behavior, listening skills, Communication skills, questioning skills.

NANNIE approach and evaluation for certification.



Role plays were conducted for experiential learning. Activities were used so that the workshop is not lecture based, and students get interested while learning. PPT's and videos were used for visual and audio modes of learning.

Empathy was one of the most important things taught throughout the workshop since that tool can heal a lot of people. Being a listener is also equally important. Students were also told how self-care is important as a peer supporter because it can get overwhelming to listen and be there for someone constantly. If their issues come up they might also need to go for therapy. Cultural sensitivity, age, religion and socio economic status was also mentioned to be taken care of while being a peer supporter.



Few issues that can be handled by a peer counselor with basic training are as follows:

- Refusal to attend college
- Peer pressure
- Decision making
- Academic problems
- Relationship issues
- Bullying
- Social media
- Death and Bereavement
- Self esteem
- Body image
- Career

There are also some of the severe issues youth these days are facing, which alarms us and calls for clinical help. Issues are: Depression, Harassment (Physical, sexual, emotional and mental), Drugs and addiction, Suicide, Stress, Phobia, Identity crisis, No Judgment, Acceptance, No Fixing/No advice, No Questions, it is not about you, Empathy.

The last module was an overview of the first three modules. Evaluation of students was done by conducting MCQ test and they were given two descriptive cases where they had to use their skills and learning; how would they help that particular student as a peer supporter. Role play was done in a group of three each playing a role of an observer, a client and a peer supporter for 5min each; they gave feedback to each other also. The marks were announced to them on the same day. Feedback was taken by students for the workshop and Certificates were given by their respective campus counselors. Students were happy with the learning and they were glad to know something beyond their academic curriculum.

**19. “A talk on depression” by Ms. Yamini, conducted by Vishwas on 04/08/2018,
at CMS B School.**

Vishwas, the counseling center of Jain University had organized a talk on Depression on 4th of August at CMS B School. The session was in collaboration with White swan foundation, an organization working towards developing positive mental health across the country. The resource person was invited through the foundation. Ms. Yamini is a NRI who suffered through depression for most part of her life.

The program started with a welcome note by Dr. Uma Warriar, Chief Counselor of Jain University. Mr. Manoj Chandran, the CEO of White swan foundation addressed the gathering with a speech on mental health. He conveyed the message that the taboo and shame associated with mental health are the major barriers in the field of mental health development. He further said, at white swan foundation an initiative to change this mindset is taken. The change here is brought in with the help of innovative content in creative ways.



Ms. Yamini was then invited on stage to share her story about Depression. She very interestingly narrated her story of getting identified with depression at the age of 10 and then accepting and going through the process. More insight was given to students on the emotions that were captured during the period of depression and later when fighting it. The talk ended with a list of Do's and Don'ts from the resource person with respect to treating people with depression.



The last part of the session included questions from the audience. The questions were effectively answered by Ms. Yamini. The program was concluded on a thank you note to Dr. Uma Warriar for the thoughtful opportunity. Extending our gratitude to white swan foundation for their support and thanking the resource person Ms. Yamini for her time and sharing the story with courage and interest. The idea of the session was to encourage students to talk about mental health openly and discuss about it and ask for help when required without hesitation. The purpose was well served, and the feedback was taken with respect to the same.

21. A report on Difficulties relating to academic performance & Self Awareness activity program Conducted at Pre University student at Sri Bhagwan Mahaveer Jain College, RR Nagar on 13th August 2018.

Self-Awareness is the ability to understand ourselves and to consciously be aware of our personality, emotions, behavior, and necessities in life. Self-awareness can help us make important choices, maintain a positive attitude, and have healthy habits. Those who struggle in areas of self-awareness may make poor choices, have bad habits, and lack progression in life.

It is necessary to help the students in understanding their self, their strengths, weaknesses, threats and opportunities. Gaining self-awareness can help them succeed in numerous ways. A self-aware person can think better, remember more, do more, feel more, understand more; Self-awareness can help a student to take control of every aspect of our life. Having the ability to understand ourselves is like having the ability to fly because the limitations of positive educational and personal growth are endless.

Self-Awareness- academic performance.

Inspired by the positive response which was shown to the previous session of self-awareness, the principal requested us to conduct the session to 2nd Puc Science students. Principal was concerned about their dismal performance and lack of motivation. We have decided to mould our self-awareness session according to the needs of the students, i.e. focusing more into academic performance.

The session started by introducing students to self-awareness and its role in improving academic performance by the campus counsellor Ms. Supriya Christopher. A group of 50 students were participants in this session.

A list of 8 questions were read out and asked the students to write it down.

They are

- What does success in classroom mean to you
- What do teachers sometimes misunderstand about you as a student?
- What are you good at that nobody knows?
- Who are your role models?
- What are your goals?
- As a student do you have balanced life?
- What are the reasons, why I am not able to do well in my academics?





These self-awareness questions drove their focus into self-reflection and introspection. Students were formed into a group of 5 each. They discussed about the responses to these questions among themselves diligently and one of them came to the stage and shared the group's views. We made sure that their responses are not judged and kept confidential.

Students participated in great enthusiasm and expressed their feelings, thoughts and opinions frankly. The feedback was great as students shared that they found the session was thought provoking and made them look into their own positives and negatives.

20. A session importance of time management Conducted for Pre University student at Sri Bhagwan Mahaveer Jain College, RR Nagar on 20/08/2018

Time management is the process of planning and exercising conscious control of time spent on specific activities, especially to increase effectiveness, efficiency or productivity. It is a juggling act of various demands of study, social life, employment, family, and personal interests and commitments with the finiteness of time. Using time effectively gives the person "choice" on spending/managing activities at their own time and expediency.

It is a meta-activity with the goal to maximize the overall benefit of a set of other activities within the boundary condition of a limited amount of time, as time itself cannot be managed because it is fixed. Time management may be aided by a range of skills, tools, and techniques used to manage time when accomplishing specific tasks, projects, and goals complying with a due date. Initially, time management referred to just business or work activities, but eventually the term broadened to include personal activities as well. A time management system is a designed combination of processes, tools, techniques, and methods. Time management is usually a necessity in any project development as it determines the project completion time and scope.

The major themes arising from the literature on time management include the following:

- Creating an environment conducive to effectiveness
- Setting of priorities
- Carrying out activity around prioritization.
- The related process of reduction of time spent on non-priorities
- Incentives to modify behavior to ensure compliance with time-related deadlines.

Time management is related to different concepts such as:

Project management: Time management can be considered to be a project management subset and is more commonly known as project planning and project scheduling. Time management has also been identified as one of the core functions identified in project management.

Attention management: relates to the management of cognitive resources, and in particular the time that humans allocate their mind (and organize the minds of their employees) to conduct some activities.

Organizational time management: is the science of identifying, valuing and reducing time cost wastage within organizations. It identifies reports and financially values sustainable time, wasted time and effective time within an organization and develops the business case to convert wasted time into productive time through the funding of products, services, projects or initiatives at a positive return on investment.



This session was a follow up session to 2nd PUC science students of 50 students, based on the feedback we gathered from the previous one. As it was clear from the student's responses, the root cause of many student performance issues is absence of proper "time management". We decided to give a presentation on time management.

The session started with introduction to time management followed by an elaborate presentation on time management.

After the session each student came to the stage and expressed the issues and problems faced by him which is preventing him from achieving academic goals. We welcomed their views with an open mind without any judgements. It is heart touching to see them frankly admit their own follies like laziness, mobile phone addictions and lack of concentration. It seemed like they know their issues but don't know how to overcome them. We assured them that knowing the problem itself is the first step into solving them.

It was satisfying to see them participate in utmost seriousness. Students gave positive feedback and revealed that they find these sessions motivating, encouraging and they look forward to these sessions in future.



10-time management strategies:

- Write a “to-do” list: A “to-do” list serves as a reminder of the important tasks that you need to prioritize. Tackle the most important tasks first. You should post the list in a prominent place with easy access such as on a bulletin board, refrigerator, & calendar.
- Prioritize your work constantly: Decide what important task is to be done first. The use of a weekly planner can help remind you of your short-term goals such as reviewing lectures and studying for exams.
- Find a dedicated study space and time: Determine a place to study where it is free of distraction from friends, family members, or hobbies.
- Budget your time to make the most of it: Creating a weekly schedule will help you determine how much time you spend on your daily/weekly academic and non-academic activities.
- Work out your optimum study method: Determine the best time and situations for you to study and work efficiently.
- Be realistic about the time you spend studying: Academic work takes a lot of time, Put extra time into thinking, analyzing, and understanding your work, but try not to be a perfectionist.
- Focus on long-term goals: Prioritizing and scheduling time to complete your immediate and short-term goals will lead you to the successful accomplishment of your long-term goals.
- Solicit help when you need it: Let family members know your study schedule and don’t hesitate to seek help.
- Don’t be afraid to say “No”: Saying no is sometimes difficult to do. Decline politely and be clear with your reason. Negotiate a time when you are free to comply with the request or to socialize with your friends.
- Review your notes regularly: Reviewing your notes will help you prepare for the next class and to think of questions you may ask for clarification.

21. Self Awareness activity Conducted for Pre University student at Sri Bhagwan Mahaveer Jain College, RR Nagar on 28/08/2018 by Mrs. Supriya Christofer & Mrs. Swathi Hareesha.

Self-Awareness is the ability to understand ourselves and to consciously be aware of our personality, emotions, behavior, and necessities in life. Self-awareness can help you make important choices, maintain a positive attitude, and have healthy habits. Those who struggle in areas of self-awareness may make poor choices, have bad habits, and lack progression in life.

It is necessary to help the students in understanding their self, their strengths, weaknesses, threats and opportunities. Gaining self-awareness can help them succeed in numerous ways. A self-aware person can think better, remember more, do more, feel more, understand more; Self-awareness can help a student to take control of every aspect of our life. Having the ability to understand ourselves is like having the ability to fly because the limitations of positive educational and personal growth are endless.

The session was mainly concentrated on helping the students to do self-reflection and introspection about their own strengths and weaknesses.

Need for a session to motivate students by self-reflection and introspection and thereby improving the academic performance of students was identified by the Principal of the college, Dr Balasubramanya. The session was conducted by resident counsellor Mrs. Supriya Christofer along with intern counselor, Mrs. Swathi Hareesha of Vishwas, the Jain University Student's guidance and counselling center, at Sri Bhagwan Mahaveer Jain PU College, RR Nagar. This session was attended by batches of II Pre University commerce students. Around 55 students attended the session.



The session started off with a brief introduction to Self-Awareness by the campus counsellor Ms. Supriya Christopher. Then the students were asked to form themselves into groups of 10 each. Each group has to discuss the strengths and weaknesses of themselves and make a list. Fifteen minutes of time limit was given. A spoke person from the team was asked to present the details of each team's strengths and weaknesses and ways to overcome the weaknesses.

A tremendous student involvement was shown. Students were honest and frank while expressing their own selves.

The following points were shared by the students:

One of the students shared that he would like to help at least one person in the society each day if only he could. He also shared his weakness was that he is quite talkative in class.

Another student shared that mobile phone and social media such as whatsapp, facebook and instagram was the biggest weakness that his group faced and that they have to learn to overcome this by keeping themselves occupied without door activities.

Students also shared that anger was one of their weakness and that they need to control their anger by doing yoga, counting numbers etc.

Ego also was one of the most common weaknesses the students faced and they said that they have to learn to be humbler and respectable towards their parents, friends, teachers and the society.

This discussion was filled with enthusiasm and happiness among the students to understand their own selves. The session concluded by the Principal thanking Ms. Supriya Christopher and intern counsellor Mrs. Swathi Hareesha for conducting such a meaningful program for the students. Proposal was given by the Principal for conducting such sessions in future.

22. A session on 'Digital Detox' conducted at Jain university, School of Humanities and Social Sciences in the month of September 2018 by Dr. Manoj Sharma from NIMHANS, Bangalore.

Today's young generation exist in a virtual world of internet, social media, and apps. The alarming rate of digital or tech addiction is raising a serious concern to be dealt with. These trends are not just prevalent among youngsters but also other age groups. Adults under the age of 45 years primarily rely on four different digital devices and spend 90% time on smart phone digital media than in recent years. These addictive tendencies have tampered student's academic performances as well as their attention span. Even though there have been multiple initiatives taken to control such behaviors in the classroom not many has been quiet successful. Considering the need for an awareness program on tech addiction Dr. Subhashini Muthukrishnan, (Dean of school of humanities and sciences) suggested Campus Counselor to conduct an event for the same.



Understanding the significance of the topic a talk on digital detox was organized by Vishwas Counseling on 18th September 2018. The talk was addressed to 150 students of first year BA. Dr. Manoj Sharma clinical Psychologist and Director of SHUT Clinic NIMHANS, conducted the session. He touched the topic of today's generation being inseparable from technology and the internet. From children around the age of 2 years to adults, everyone uses the internet for various purposes. But the daily usage goes unmonitored and hence the over usage becomes an addiction. He covered topics on addiction to internet, social media, gaming and pornography.



Dr. Manoj stressed on the four significant signs of addiction known as the 'four C's': Craving, Control, compulsion and consequences. if the individual could relate themselves to the four Cs, then the behavior pattern of their technology usage has to be changed and controlled. Social media addiction and social depression was one another important topics discussed.

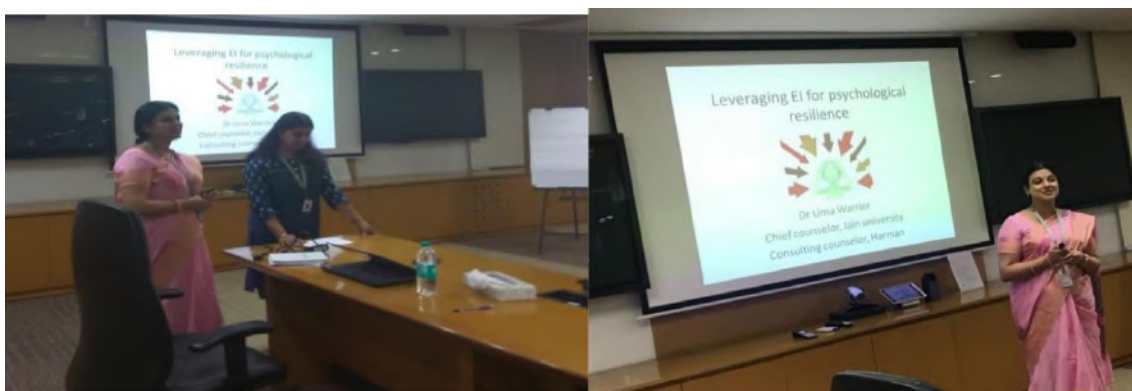


Nowadays social media becomes a platform for recreating an alternate reality for youngsters. This would cause an incongruence within their real self and the ideal self-portrayed through social medias and that can be a reason for social depression. He also addressed addiction specific to gender. online shopping makes girls lazy and addicted whereas gaming can be addictive for teenage boys. These destructive behaviors can stunt their physical activities and cause severe health issues. He highlighted the fact that the first step to de addiction would be to become aware of one's maladaptive behaviors.

Dr Subhashini Muthukrishnan Dean of school of social science addressed students regarding the usage of phones in the class and how it can affect student's academics. The talk was followed by a survey to analyses the daily usage of technology an internet. He also added that gaming and social media addiction can lead to family detachment. this situation would eventually lure young generation to separate themselves from the real world and dwell in the virtual world. The seminar was concluded by an interactive session between the key speaker and the students.

23. Outreach program at Harman connected services, White field on 05/09/2018 on Leveraging Emotional Intelligence for psychological resilience by Dr. Uma Warrier

As a part of JU- Vishwas outreach program, Dr Uma Warrier, Chief counselor JU and consulting psychological counsellor at Harman conducted a session on “Leveraging EI for psychological resilience”. The session was conducted as a part of diversity and inclusion program at Harman.



Sharon Jayakumari, senior manager, Human resources at Harman introduced to the speaker to a group of 35 women engineers of Harman. The interactive session encompassed the concepts of EI, Resilience and how EI can be used for one’s advantage for improved resilience. The session started with the speaker talking about the significance on resilience for working women. Speaker shared her experience of emotional resilience to set the tone of interaction from participants



Women employees actively took part in the session by sharing their personal experience of resilience. This was aimed at bringing awareness on different dimensions of EI like self-awareness, self-motivation, self-control, empathy and social skills. Two activities were

conducted to help the participants internalize the concepts. One was an introspection activity to identify the orientation and to find the most conflicting orientation between them. This activity helped the participants to understand self and social awareness. The second activity was focused on improving their empathy and relationship management skills. An activity sheet was given to the participants and they were asked to respond to 4 different scenarios given to them. The women employees actively took part in both the activities



Participants were sent a link of google form containing a standardized tool of emotional intelligence to gauge their level of Emotional intelligence for them to understand their areas of strong dimensions of EI and areas of improvement. The session was well received by the participants



24. Report of “Movie screening and panel discussion” conducted by Vishwas on 20/09/2018 at CMS B School.

September is recognized as the month of Suicide prevention awareness all over the world. To spread the awareness among the students in CMS B School, a movie screening was organized which was followed by a panel discussion. The program also celebrated the decriminalization of section 377 in India, a great recognition for the LGBT community who can now lead a respectful and normal life. The program was attended by around 100 students of first year MBA in seminar hall 1.



The event started at 2:00 with emcee, Charisma welcoming the gathering and briefing about both the topics followed by movie screening. The movie selected was “A Single Man”, Based on a novel by Christopher Isherwood, by the same Title, most of the action takes place over the course of a single day in Los Angeles in the early '60s, when being gay was socially disapproved. The film brushes ever so lightly on the issue of discrimination, first implicitly, when George lectures his students on how society fears what it is not, and later, in a beautifully calibrated conversation between George and Charley, when she implies George and Jim did not have a "real relationship." it is apparent that George and Jim had a very real and loving relationship no matter what 1960s America thought. Their love story is contrasted to the next-door neighbours.

The movie ends with the protagonist changing his mind about suicide and declaring to have found reason to live but eventually suffering a heart attack which takes his life.



The panel discussion was conducted after the screening. Panellists were Dr Uma Warriar, Chief Counselor, Mrs. Supriya Christopher, Counselor, Mr. Sushanth Podival, Alumni, Ajaath kankar, student, Neha Menon, student; moderator for the panel was Ms. Pallavi, Counselor. The panellists were of the opinion that the decriminalization in India was a milestone to mark in the history and that can help people have more meaningful and better relationship. Talking about the suicide awareness, they said that taking help and talking about it to others might help the sufferer come out of pain and survive suicide rather dwell about the happenings. On a final note it was pointed by the panellists that the change begins from us and we should not wait for acting on it. Questions from the audience were received and answered effectively by the panellists regarding the impact of these ideas on future generation.

The session was successfully conducted and closed with a thank you note to the panellists and students who attended the program.

25. Padhanweshi - Half day workshop on mentoring for faculty members of School of Engineering & Technology on 22/09/2018

Mentoring is a practice from time immemorial in Indian educational system having precedence of Gurukula system. Mentoring is considered highly effective in bringing out the potential of students. Acknowledging this fact, AICTE has mandated mentoring in the guidelines to all the engineering colleges of India. To bring standardization for mentoring practices among the faculty members of engineering college, director of School of Engineering and Technology planned a half day work shop on mentoring, which forms a part of series of faculty development programs organized by the college.



The half day workshop on mentoring - Padhanweshi was conducted by Vishwas counseling center in collaboration with faculty development program in school of engineering and technology, Jain university. The spokesperson for the day was Dr. Uma Warrier, professor and chief counselor, Jain University. Mr. Amar Shankar (HOD-FT) introduced the speaker to the group. The director of the campus, Dr. Hariprasad, addressed the group and explained the group about the relevance of the program.

The spokesperson was then called to the dais and the workshop began. The session began with an ice breaker. The group was asked to draw “tree of life”. The spokesperson explained to the group about the analysis of the picture they have drawn. This indeed helped the group to introspect and understand oneself better. The spokesperson also did the analysis of some pictures which was voluntarily given by the participants.

After the ice breaker, the group was asked about their personal experience of having a mentor. Some participants shared their experience of the benefits they had because of the guidance and blessings of their mentors. Then, the question of “who is a mentor? And “what is the role of a mentor?” was explained to the group in depth. Another aspect discussed was about “can all good teachers be good mentors?” The participants had mixed opinions on this statement.



The roles and responsibilities of a mentor were explained to the group in detail. The points discussed were about a mentor as 1) faculty coordinator 2) skill development consultant 3) career consultant 4) role model. The benefits that a mentee and a mentor can have by the mentorship program were also discussed. Another topic discussed was about mentor role dimensions. The group was educated about how to handle the mentees in tough situations. The spokes person explained to the group about the types of mentees, namely, 1) Toe dippers 2) Aacademics 3) Option openers 4) Next steppers 5) Clue lesser 6) Hermits. Strategies to handle these categories were also discussed.



The 3 phases of mentoring program were also another area of discussion. The spokesperson provided a mentor communication checklist that would facilitate the mentors to introspect and improve. CIGAR model for mentoring was another topic that was discussed. The group was then educated more on dealing possible challenges that they might have on day to day basis. The group disclosed some of their concerns and the possible solutions for the concerns were discussed. Spokesperson proposed the formation of CAMP (committee for academic mentoring program) with its structure and constituents, A Mentor- Buddy- Mentee system and specific steps to be followed at SET from the induction of new batch of students with respect to mentoring system. Templates for Strength finder, SOP, Obstacle inventory, SMT goal plans etc were shared by the spokesperson.



The last phase of the workshop was role play. Groups were formed department wise and they were asked to enact after discussion on how to handle mentees when encountered with difficulties and challenges. Different scenarios were given by the facilitator to all the 8 departments to cover maximum number of mentoring scenarios. The group came up with role plays where they portrayed the challenges and the solutions for the concerns. Faculty members showed a lot of enthusiasm and involvement in planning and enacting the role plays.

After the role play, the spokesperson concluded the session by summarizing and thanking the group for their patient and interactive cooperation. A handbook on mentorship program was handed over to the head of the respective departments. The director of SET delivered vote of thanks and felicitated the resource person as a gesture of gratitude. Feedback about the session was collected in google forms.

26. Demystifying Mindfulness- Guest session at Harman connected services Hebbal and Whitefield office on 26/09/2018 by Dr Uma Warriar, Chief Counselor of Jain University.

Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to things as they are. The concept of mindfulness roots back to Buddhist meditation practice and the word Mindfulness is derived from Pali language word “Sati”.

Mindfulness is often referred to as an effective stress resolving mechanism by westerners. John Kabastin popularized the concept of Mindfulness with the Mindfulness Based Stress Reduction Program (MBSR). Mindfulness based cognitive therapy (MBCT) is found to be an effective therapeutic tool for stress reduction.



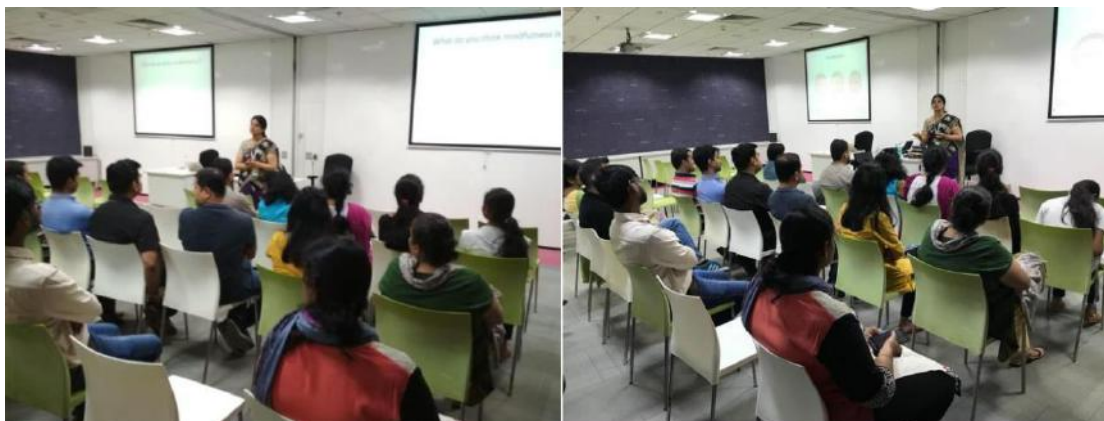
In India, awareness on Mindfulness is on the rise. Corporate jobs demand speed, accuracy and innovation, which becomes quite a handful for an individual employee. This is especially true in IT companies. Harman connected services planned a guest session for awareness building for Mindfulness. Dr Uma Warriar, Chief Counselor of Jain University and a consulting counsellor for Harman was identified as the resource person for the session. The session titled “Demystifying Mindfulness “was scheduled at two facilities of Harman on 26th September 2018.



The session started with a teaser on what the participants understood of “mindfulness” and this task evoked good responses from the attendees. Discussion on the need for having spiritual inclination was well received by the participants. Excerpts from Bhagawad Gita, Bible and Khuran and the close link with the concepts of mindfulness were discussed. The basic tenets of mindfulness were further explained in detail both by definition and using a number of real life situations.



Seven tenets of mindfulness: Acceptance, Focus, Trust, Beginners mind, Patience, Non-judgmental and Let go were explained. Dr Uma then forayed into demystifying the multiple dimensions in mindfulness and delved how each of those dimensions’ work in unison.



Participants learned how to do mindfulness breathing by a guided exercise. Useful tips on improving the seven dimensions of mindfulness were discussed during the interactive session. Movie clipping from Kung fu Panda where master Ogley emphasizes the importance of being in the present as “yesterday was a history and tomorrow is a mystery and today is the gift that’s why it is called a present “aptly conveyed the essence of mindfulness



The Golden rules of Mindful living also provided a bird’s eye view on how each individual can leverage the different rules in dealing with stress, achieve career aspirations and organization goals. Participants too shared their life events.



A short video clipping of African monkey catchers on tricking monkeys using decoy was used by the resource person to explain the importance of letting go at the right time so as to escape from the dangers of clinging to possessions.



Dr Uma appropriately concluded the Mindfulness session with a Zen master story that emphasized the importance of the concept of “Let Go”. The story was well received by the participants. Speaker was felicitated by the participants



27. Half day workshop at ISBR, Bangalore on “Leveraging EI for Orchestrating winning performance” on 28/09/2018 conducted by Dr Uma Warriar, Chief Counselor

Emotional Intelligence is one of the top ten essential job skills of 2020 according to World Economic Forum. Forbes magazine’s list Emotional Intelligence as the 2nd most important skill set for employability of student interns. Acknowledging the importance of Emotional Intelligence, JU- Vishwas conducted an outreach program in the form of half day workshop at ISBR, Bangalore. Post graduate business management students were the target audience for the program. Around 150 students and 10 faculty members attended the workshop conducted by Dr Uma Warriar, Chief Counsellor, Jain University. Dr Uma inaugurated the Mind management lab of ISBR, which was an initiative to involve students in honing life skills.



The session was planned in different phases viz. Introduction to key concepts of EI, Interactive quiz, Structured explanation of EI dimensions, Video quiz, Discussion of successful incorporation of EI in the work culture by different corporate houses and their leaders, Quiz based on office scenarios for revisiting the EI knowledge imparted to the audience, Session take away in the form of strategies for augmenting each sub dimensions of EI and finally summary of the session.



The session was highly interactive, with participants sharing their experience of emotionally intelligence decisions they made in their life. Resource person also connected the audience to the neurobiological side of emotional intelligence for better understanding of the concept.



Dr. Chandra Niranjana, Director was highly appreciative of the session and its benefits to the business management students. Dr Chandra expressed the need for similar sessions



28. A report on “Group Counselling” for Pre University student at Sri Bhagwan Mahaveer Jain College, RR Nagar on 28/09/2018 by Mrs.Supriya & Mrs. Swathi.

A group of 15 students from 1st PUC commerce had been referred to counselors by teachers and the principal for classroom misbehavior and indiscipline on 28th September. Counsellor Mrs.Supriya and intern counsellor Mrs. Swathi took a group session with them. The students were given an opportunity to express their feelings, thoughts, emotions and problems. Counsellors’ empathetic and non-judgmental approach lead the students to share their opinions, problems and issues faced by them without any fear. The counsellors explained to the students that it is inappropriate to miss behave in class. As an adult it is their responsibility to behave themselves in class.



Students discussed the various issues which hinder them from performing academically. In the end students gave positive feedback by saying that they feel valued as their opinions are also respected.

29. Student Orientation Program held in the month of 19/10/2018 – 26/10/2018 at Jayanagar campus by Campuss Counselor Arundathi Chaudhuri.

The campus counsellor Arundhati Chaudhuri conducted orientation session for all the students of 3rd and 4th semester BCom and BCA 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 October for all the classes on 19th, 25th and 26th of October. In turn around 300 students were made aware of the services of Vishwas.

This was because it is important for all the students to be aware of the services of Vishwas to avail them. Vishwas is an altruistic initiative to help the students, staff and other members of the University going through any kind of personal challenges or mental distress that could affect their functioning. The students were oriented initially through ice breakers of mentioning their name and adding an adjective of their first alphabet to define themselves. The students were then divided to what they considered was a positively or negatively describing adjective, and was then asked why they chose to see and portray themselves in that light.



The students were introduced to the process of counselling, ethics and confidentiality. The students were made to get equipped with the facts about counselling by breaking the myths and stigma in society. If a loved one is experiencing some issues and you know for fact they need to see a professional, do you know how to access the service?

We found that out of 176 people, 50% did not have any awareness of access to mental health. Lack of access can be due to misinformation about where to go. Mental illness cannot be treated by simple desire, treatment is necessary.

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. Awareness can also create new improvements for the mentally ill. As there is more demand from the public, it can produce a flow of attention. This attention can eventually result in great changes for mental health.

Although the general perception of mental illness has improved over the past decades, the stigma against mental illness is still powerful, largely due to media stereotypes and lack of education and that people tend to attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease.



Stigma affects not only the number seeking treatment, but also the number of resources available for proper treatment. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition

A few pointers on showing help and support were given to the students:

- **Showing individuals respect and acceptance** removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.
- **Advocating within our circles of influence** helps ensure these individuals have the same rights and opportunities as other members of your church, school and community.
- **Learning more about mental health** allows us to provide helpful support to those affected in our families and communities.



The Campus Counselor concluded every session with the details of availability and approachability to the counselor, motivating them to seek help in times of distress with the abolition of shame.

30. A session on motivation held on 30/10/2018 at SET-JU Mr. Arun varkey Jacob, campus counsellor, SET JU.

On 30th October 2018 a session on motivation was conducted for the students of food technology department. The facilitator for the day was Mr. Arun varkey Jacob, campus counsellor, SET JU. The HoD of food technology, prof. Amar Shankar introduced the facilitator to the group. After the introduction, the facilitator took over the session. 35 students had attended the session.



The facilitator started the session by speaking about real life scenarios where motivation plays pivotal role. The students were made to think about how they would have overcome those situations. The students were given few minutes to come up with their strategies. The strategies were discussed and the facilitator explained to the students about how intrinsic and extrinsic motivation is very essential to attain a goal or overcome a situation.

The facilitator then administered a psychometric tool, where the motivation level of the group can be assessed. The test was on sentence completion, where the students have to complete the incomplete statements. The students were instructed to write the first thought that blinks in their mind.

31. A Session on “TIME MANAGEMENT” was conducted at CMS B School by the Sampritha Suresh, campus counselor in October and November.

A series of time management sessions were conducted to the first semester students of MBA. The session was based on activity followed by briefing of the concept. The session was conducted in the month of October and November.



The session started with the counselor explaining the activity rules. The class was divided into groups of minimum of 7 based on the class strength. One representative was picked from each group and made instructor. The instructors were exchanged among the groups for monitoring the points for tasks given.

The following tasks with the points were displayed on the screen.

- Do a lap around the room. (5 points)
- Create something for the instructor to wear, such as a hat or tie. (10 points; bonus 5 points if the instructor actually wears it)
- Find out something unique about each person on the team. (5 points)
- Sing a song together. (20 points)
- Make a paper airplane and throw it from one end of the room to another. (10 points)
- Get everyone in the room to sign a single piece of paper. (5 points)
- Count the number of pets owned by your group. (10 points)
- Assign a nickname to each member of the team. (5 points)
- Create name cards for each team member. (5 points; bonus 5 points if you use your team nicknames)
- Make a tower out of the materials owned by your group. (15 points)
- Convince a member of another team to join you. (20 points)
- Name your team and come up with a slogan. (5 points for the name, 5 points for the slogan)
- Re-create the sounds of the Amazon rainforest with the sounds of your voices. (10 points)
- Make a list of what your team wants out of the workshop. (15 points)
- Form a conga line and conga from one end of the room to another. (5 points; bonus 10 points if anyone joins you)



However, the participants do not have any rules to follow to complete the tasks but the marks allocation can be done either with the complete marks allotted for the task or '0'. Bargain of marks was not allowed. Time of 20 minutes was given to the teams to complete the tasks. No restriction of movements in the class was made. Students were provided with complete relaxation for the 20 minutes. At the end of 20 minutes, combined score for each team is collected by the instructor. The team to score highest is declared as the best team with time management.

In the second part of the session the counselor explained the process of the activities in order based on time management skills like Goal setting, Prioritizing, self-awareness, self-motivation, decision making, planning, questioning and challenging, delegation/outourcing, coping skills and stress management and patience.

With each step followed, the skill used is explained and demonstrated when necessary. After the discussion, Priority matrix is explained to the students. Priority matrix helps keep track of the actions to be done and the design helps identify the urgency of the actions. Keeping track of this matrix will help manage the time based on comparison of the urgency of activities mentioned.

The session also included a small talk on procrastination and attempted to provide an insight over healthy and unhealthy procrastination and explained some ways to overcome it. The session ended with discussion with students where they were asked to identify using these skills in their daily life and sharing it with the class.

32. A session on Career Guidance conducted at the School of Humanities and Social Sciences in the month of November 2018 by Margadarshi, Vishwas Counseling, Jain University.

Career guidance plays a significant role in the lives of all individuals, as it helps in setting future goals and chooses careers. Career guidance is much needed service to those who did not plan for their future at an early stage; more should be done to assist the younger generations in personal career development. When students have a clear understanding of the best career choices for them, end result is better planning. The Vishwas counseling acknowledges the need for a career guidance program across campuses. As the initiative from Vishwas Margadarshi the career guidance program for all final year graduating students proved beneficial. The Margadarshi 2018 officially started with Palace road campus where the seminar catered to more than 50 students from the final year BA.



The seminar began with campus counsellor briefing about the various services provided by Vishwas counseling. Dr. Uma Warriar the chief counsellor elaborated on to the role of Vishwas as well as the significance of Margadarshi for the final years. The Dean of studies Dr. Subhashini spoke on how career guidance can be helpful to final year student to acquire a better understanding of the courses offered and the job opportunities after graduation. The key speaker was Ms. Arundathi Chauduri one among the counsellors from Vishwas. One of the striking points she started her presentation with was that the career is a lattice and not a ladder”. She went on discussing about different career options and courses after BA. Her input on top 10 colleges to apply for higher studies certainly helped students. Many students had queries related internship and taking up jobs after their degree.



The session went on discussing tips for career navigation, top courses after BA, career options after under graduation. The session was highly informative and motivating. The speaker engaged the students in continuous one on one discussion which made it even more interesting. The speaker also answered lots of queries of the audience and the session concluded with feedback testimonies from students. Students benefitted tremendously with this session and their engagement with the speaker proved to be an excellent platform to make strong and intelligent decisions for their careers. The words of guidance proved to be the master stroke for many students.

The few FAQs gathered from the students were

- Are there any student exchange programs?
- What are the career options after BA?
- Which are the best colleges for MA Journalism in India?
- Are there any scholarship programs in India and abroad?
- How do I prepare for an interview?

Student Feedback Testimonies were very positive and encouraging. Most of the students admitted that the seminar had benefited them in terms of getting more information of the courses and career opportunities. Few students even wanted a follow up session to answer more of their queries and also to get a better clarity on career options.

33. Report on session “Hugs and no to drugs” conducted at Raja Rajeshwari Nagar campus & at VV Puram Campus on 15/11/2018 and 23/11/2018 by Ms. Supriya Christopher.

In order to bring about the awareness of drug addiction the counsellor arranged a half day program on “Hugs and Not Drugs”, This was organized by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 15th & 23rd November 2018 for a group of 250 I year and II year Pre university students at Sri Bhagawan Mahaveer Jain College, have attended this program.

Objective of the session was to bring out awareness to a void drug addiction. The session commenced with an introduction The speaker explained Dr. Sundari K.T, clinical psychologist, counsellor and ex Principal of Maharishi Dayanand college Bombay addressed students on the issues of causes, effects, treatments and prevention measures of drugs’ addiction.

Drug addiction is a complex neurobiological disease that requires integrated treatment of the mind, body, and spirit. It is considered a brain disease because drugs change the brain — they change its structure and how it works.



Without treatment, these brain changes can be long-lasting. Addiction is chronic, it is progressive, and if left untreated, it can be fatal.

Individuals struggling with drug addiction often feel as though they cannot function normally without their drug of choice. This can lead to a wide range of issues that impact professional goals, personal relationships, and overall health. Over time, these serious side effects can be progressive, and if left untreated, fatal.

Commonly Used Illegal Drugs:

Drugs are classified in a number of ways. Many are potentially addictive and harmful.

Examples of illegal drugs include:

- Heroin
- Cocaine or crack cocaine
- Methamphetamine
- Bath Salts
- Methadone
- Ecstasy
- Marijuana
- LSD
- Mushrooms
- PCP

The session was energetic, resourceful, and interactive also was successful in reaching out to the students. Students were made aware how fatal consumption of drugs can destroy lives and how drugs can lead them into the path of destruction. The speaker then went on to have a quiz around with the students to understand how much they had learnt from the session.



Students also shared their feedbacks expressing that they were happy to have this session.

34. Student Orientation Program held in the month of 15/11/2018 – 29/11/2018 at Jayanagar campus by Mrs. Arundhati Chaudhuri

The campus counsellor Arundhati Chaudhuri conducted orientation session for all the students of 1st and 2nd semester B Com and BCA 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 November for all the classes in different batches on 15th, 16th, 20th, 21st, 28th and 29th for B. Com and BCA streams respectively. In turn 412 students were made aware of the services of Vishwas.

The students were introduced to the process of counselling, ethics and confidentiality. The students were made to get equipped with the facts about counselling by breaking the myths and stigma in society. Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church pew.

However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities and increased risk of suicide.

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. Although the general perception of mental illness has improved over the past decades, the stigma against mental illness is still powerful, largely due to media stereotypes and lack of education and that people tend to attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease.



Stigma affects not only the number seeking treatment, but also the number of resources available for proper treatment. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition

A few pointers on showing help and support were given to the students:

- **Showing individuals respect and acceptance** removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.
- **Advocating within our circles of influence** helps ensure these individuals has the same rights and opportunities as other members of your church, school and community.
- **Learning more about mental health** allows us to provide helpful support to those affected in our families and communities.

The Campus Counselor concluded every session with the details of availability and approachability to the counselor, motivating them to seek help in times of distress with the abolition of shame.

35. “Emotional Wellness Program” was conducted at VV Puram Campus on 23/11/2018 and 29/11/2018 by Ms. Supriya Christopher

In order to bring about the awareness of Emotions, the counsellor arranged a half day program on “Emotional Wellness Program”. This was organized by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 23rd and 29th November 2018 for a group of 115 I year and II year Pre University students at Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

The program was conducted by a team of psychologists who were from the organization called Inspiron. The speakers used some informative videos to show students how important our emotions play in our day today lives. Emotional awareness is the ability to recognize and make sense of not just your own emotions, but also those of others. This awareness is a big component of what is referred to as ‘emotional intelligence’ (E.I.), which also includes being able to solve problems in life by understanding emotions, such as being able to regulate your own emotions and cheer others up when they are feeling low.



They went to show their ppt presentation which explained about types of emotions. They specially spoke about exam anxiety and how to deal with stress.

They also showed a video about Deepika Padukone, as to how she got into depression. They emphasized that it is very important for every individual to talk to someone every day and share their emotions. If this does not happen then we are prone to get into loneliness and which leads to depression.



The session ended with the feedback from the students and the students shared that they were happy to have such informative session to be conducted. The speakers thanked the management and the campus counsellor for letting them have this program being conducted by them.

36. “Emotional Wellness Program” was conducted at RR Nagar campus on 30/11/2018 by Ms. Supriya Christopher.

In order to bring about the awareness of Emotions, the counsellor arranged a half day program on “Emotional Wellness Program”. This was organized by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 30th November 2018 for a group of 104 I year Prs University students at Sri Bhagawan Mahaveer Jain College, RR Nagar, Bangalore.

The program was conducted by a team of psychologists who were from the organization called Inspiron. The speakers used some informative videos to show students how important our emotions play in our day today lives. Emotional awareness is the ability to recognize and make sense of not just your own emotions, but also those of others.

This awareness is a big component of what is referred to as ‘emotional intelligence’ (E.I.), which also includes being able to solve problems in life by understanding emotions, such as being able to regulate your own emotions and cheer others up when they are feeling low.

They went to show their ppt presentation which explained about types of emotions. They specially spoke about exam anxiety and how to deal with stress.



They also showed a video about Deepika Padukone, as to how she got into depression. The emphasis was that it is very important for every individual to talk to someone every day and share their emotions. If this does not happen then we are prone to get into loneliness and which leads to depression.



The session ended with the feedback from the students and the students shared that they were happy to have such an informative session to be conducted. The speakers thanked the management and the campus counsellor for letting them have this program being conducted by them.

37. “Group session for academic performance” was conducted at RR Nagar campus on 05/12/2018 by Ms. Supriya Christopher.

A group session was arranged for all the science potential students of 1st PUC at RR Nagar Jain College. Along with the subject teachers and the principal the students were addressed with related to their study habits. About 15 students were assembled in the board room.

The session began with the counsellor asking the students how they were preparing themselves for their exams. The counselor also gave them some study tips and the students also interacted with the subject teachers, expressing their areas of difficulties in their studies.



The teachers also gave the students some study tips and asked the students to involve their parents while they are studying. Students have to approach the teachers for help and they have to put in a lot of hard work to achieve their target.

38. Sessions on Gender Equality conducted at the School of Humanities and Social Sciences in collaboration with Gender studies in the month of January 2019.

The issue of gender equality has been widely discussed in philosophical literature and mass media sources. In any democratic society, gender equality is considered to be an important moral principle that should be followed by all members of society. The issue of gender equality is associated with human values and the socially constructed process of developing values in humans. Moreover, the issue of gender equality combined with the emergence of social movements may result in the promotion of gender equality at the global level.

The significance of the issue of gender equality is reflected in everyday situations. As a matter of fact, the media maintains gender stereotypes. Since the Gender stereotypes are associated with different gender role attitudes and place emphasis on the necessity to handle this issue in a proper way. Gender stereotypes can be found at home, at work and even in schools and anywhere in the society. Thereby the need to conduct a group discussion on the relevant challenges that we faced on a daily basis was relevant.

The sessions aimed at bringing awareness and allowing its members for an open on their personal experience regarding the same. Since the sessions were open to all students during the initial session counsellor as well as Ms. Diana stressed on to the importance of confidentiality of the contents discussed and also to respect each other's experiences. Approximately 60 students participated in two sessions combined. Lecturers from English department had also been a part of the group discussions.

During the first session 7 students volunteered to share their bitter experiences which led to an open discussion on how helpless are the women in the Indian society today. Most of the members from the group participated in the healthy discussions. The counsellor called it a day by asking the group members to find a practical solution to each problem they faced.

The 2nd session began by a debriefing of what we had discussed during the last session.

The discussion hence focused majorly on the applicable solutions to manage these situations in the real life. Being independent and responding to the situation rationally was something that everyone agreed on. The group also suggested for more awareness programs in and out of campus. It was also noticed that such experiences are often swept under the carpet and not addressed. These open discussions would enable us to address these issues as well as the find effective methods to manage these situations.

39. Sessions on “Dealing with Failure” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in January 2019



We tend to celebrate success and ignore the epic journey of success filled with trials, setbacks and failures. Students are largely influenced by the fear of failure for various reasons that hinder their decisions and the capacity of flexible thinking. Everyone hates to fail, but for few individuals, failing creates a significant psychological threat that makes them avoid situations where they can fail.

The Counselor from Vishwas Counseling Centre at CMS Jain University conducted 3 sessions in different classes (4BBA 'A', 4BBA 'C' and 4BBA 'E') addressing around 120 students in the month of January on the topic "Dealing with Failure".

A fun ice-breaker was used to introduce the concept to the students. The sessions started with an activity that made students realize that we can fail in tasks that may seem very simple. The concept of Atychiphobia (fear of failure) was introduced and a case was discussed to explain the concept. The sessions also covered concepts of performance anxiety and self-handicapping. Students were made aware of the thoughts we get when we fail and the importance to deal with failure. A discussion with examples was done on Carl Dweck's – 2 different responses of failure (fixed and growth mindset). Students also interacted well in the activity where they were asked to think adverse. They listed relevant examples and contributed to the classroom discussion. Strategies to overcome failure were also discussed during the process. The sessions ended with the ways in which they can reach out when they need help. A brief about Vishwas and the process of counseling services was shared. Oral and written feedback was collected to enhance the future psycho-educative sessions.

During the sessions the students did share few examples of struggling through consequences of failure. One of the students mentioned how he found this topic very helpful as he realized a pattern in himself where he avoided situations which had possibilities of him failing.



Most of the students mentioned in the feedback that their expectations were met during the sessions and they would recommend the sessions for their peers. Some students have suggested mental health related topics for the upcoming sessions. Also, some concerns regarding mental health and counseling were addressed in the class when the counselor approached the students.

40. “Mental Health Matters- A De-stigmatization Program” held 08/01/2019, 14/01/2019 and 15/01/2019 at Jayanagar campus.

“To be healthy as a whole, mental health plays a role.” On 8th, 14th and 15th of January, the Campus Counselor took the Mental Health De-stigmatization Program for 300 students of the Commerce Stream.

Mental health cannot be compromised, even though the Indian Society has either neglected addressing it or has only whispered about it due to the fear of stigma. Mental Health can be defined as a person’s condition with regard to their psychological and emotional well-being and affects how we think, feel and act. Mental Health is important at every stage of our life- be it in childhood, adolescence or young adulthood.

Some of the factors that contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems



In the psycho-educative sessions, the students were told about the importance of mental health and how we should give it the importance that it deserves. Healthy coping mechanisms to psychological stressors were discussed- so they can discriminate between what is helpful and healthy from short-term pleasurable gains which can upset the balance as a future consequence. Some of the early warning signs were discussed through an interactive session where the students pointed out factors such as eating/sleeping difficulties, isolation, lack of energy, feeling hopeless/helpless, mood swings, thoughts of self-harm amongst a host of other factors.



In the picture: Students in a group activity on discriminating between healthy and unhealthy coping mechanisms.

Finally, the session concluded with ways to stay mentally positive which included thinking positive, tracking mood, writing a thought journal, seeking help during times of distress, physical fitness and developing healthy coping skills.

41. Sessions on “Dealing with Failure” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in February 2019

We tend to celebrate success and ignore the epic journey of success filled with trials, setbacks and failures. Students are largely influenced by the fear of failure for various reasons that hinder their decisions and the capacity of flexible thinking. Everyone hates to fail, but for few individuals, failing creates a significant psychological threat that makes them avoid situations where they can fail. The Counselor from Vishwas Counseling Centre at CMS Jain University conducted 4 sessions in different classes (4BBA ‘B’, 4 BAJ ‘A’, 4 BAJ ‘B’ and 6BBA ‘G’) addressing around 147 students in the month of February on the topic “Dealing with Failure”.



A fun ice-breaker was used to introduce the concept to the students. The sessions started with an activity that made students realize that we can fail in tasks that may seem very simple. The concept of Atychiphobia (fear of failure) was introduced and a case was discussed to explain the concept. The sessions also covered concepts of performance anxiety and self-handicapping. Students were made aware of the thoughts we get when we fail and the importance to deal with failure. A discussion with examples was done on Carl Dweck's – 2 different responses of failure (fixed and growth mindset). Students also interacted well in the activity where they were asked to think adverse. They listed relevant examples and contributed to the classroom discussion. Strategies to overcome failure were also discussed during the process. The sessions ended with the ways in which they can reach out when they need help. A brief about Vishwas and the process of counseling services was shared. Oral and written feedback was collected to enhance the future psycho-educative sessions.



The students mentioned that they liked the activities and the group discussions. The BAJ classes were very interactive and showed interest in the session with their active participation. The students also gave a feedback about the counseling program in campus. The students were satisfied with the session and they recommend this to their peers. Some students gave suggestions of topics for the upcoming sessions.

42. Guest session on Life skills training at SGS campus for nonteaching staff of Jain university on 31/01/2019

Non-teaching staff of academic institutions are equally responsible for the success of an institution's success. Considering this fact, Jain University has arranged a two-day Skill development training program for non-teaching staff of all the 6 campuses of Jain University on 30th & 31st January 2019 at SGS campus of JC road. Around 45 participants attended the skill development training session.



The resource person for life skill program was identified as Dr Uma Warriar, Chief counselor, Jain University. A session on Inter personal skills was conducted by Dr Warriar, citing the importance of inter personal skills, commonly observed inter personal skills, problems of poor inter personal skills and methods to improve inter personal skills.



The session was interactive and participants expressed their understanding on interpersonal skills. They also discussed some challenges faced at their respective work stations due to poor inter personal skills. The following is list of challenges faced by various campuses

SET CAMPUS (KANAKAPURA)

- Misunderstandings among each other
- Unfruitful work Environment
- Frustration
- No Conclusion for the work
- Inefficient work
- Ego struggles

SGS CAMPUS (J C Road)

- Work is Incomplete
- Frustration
- Stress
- Enmity
- Workload Increases
- Impatience

SCS CAMPUS (JAYANAGAR)

- Lack of Communication
- Fight for Rights
- Lack of Information
- Stress
- Team work gets hindered
- No productivity
- Fights among colleagues
- Goals or targets cannot be reached

SCHOOL OF INTERIOR DECORATION (PALACE ROAD)

- Misconceptions, Miscommunications
- Organization will get affected
- Work environment will get affected
- Performance get affected



The participants were made aware of their inter-personal skills by administering a scale of inter personal skills. Scoring was done for individual participants and they were made to understand the areas of improvement in their inter-personal skills.

Feedback was collected from participants and it was understood that the participants are very happy with the session and expressed their wish to have more such sessions

SCHOOL OF SCIENCES - BLOCK
SKILL DEVELOPMENT PROGRAM (Session: Interpersonal Skills)

FEEDBACK

Name: _____ Campus: _____

S.No	Particulars	Extremely Good	Good	Average	Poor
1	Mode of Delivery	✓			
2	How would you rate the usefulness of the session?	✓			
3	Coverage of topic	✓			
4	Handout were useful and clear	✓			
5	Any Other Suggestions: <i>Keep guiding us and Keep on Inspiring Thankyou! ❤️</i>				

S.No	Particulars	Extremely Good	Good	Average	Poor
1	Mode of Delivery	✓			
2	How would you rate the usefulness of the session?		✓		
3	Coverage of topic	✓			
4	Handout were useful and clear		✓		
5	Any Other Suggestions: <i>My appreciations... Best session as I heard today. Thank you so much keep enlighting us and support us.</i>				

**43. “Margadarshi- a Career Guidance Program” conducted by
Ms.Arundhati Chaudhuri, Counselor, Vishwas Counseling Centre at JU-
CMS on 19/02/2019**

Margadarshi- A career guidance program was conducted on 19th February 2019 from 10:30am-12:30pm in Seminar hall-2 of Centre for Management Studies campus of Jain (Deemed-to-be-University). 35 students from the final year Bachelor of Business Administration attended this event. Ms.Arundhati Chaudhuri was the resource person for the program. Dr.Dinesh Nilkant (Director, Centre for Management Studies), Dr.Uma Warriar (Chief Counselor, Vishwas), Dr.Umakanth (Head of the Department, CMS), Counselors of Vishwas from all Jain (Deemed-to-be-University) campuses were present for the program.



The inaugural session started with a prayer and the lighting of the lamp by the dignitaries. A brief introduction about Vishwas, Dr. Uma Warriar and Ms. Arundathi was given by a student representative. Dr. Dinesh Nilkant addressed the students and encouraged them to actively participate in the program.

Dr. Uma Warriar delivered the key aspects of the program and mentioned the importance of a Career Guidance Program. She also shared few stories of students gaining from the career guidance program that helped them to plan their career.



Ms. Arundhati conducted a very informative session which provided a thought about various opportunities and new explorations for the students. The session was started by discussing about the BBA Curriculum and the Skills developed by students during BBA which will be relevant to their higher studies and job. Tips for career navigation were provided helping students with ways in which they can make decisions related to their careers. Higher studies after BBA, various courses and colleges were discussed in detail. The resource person also spoke about the Post-Graduation in Management and clarified doubts regarding MBA and PGDM program. Several branch specializations such as marketing, accounts and others were explained to the students in terms of job opportunities and higher education. Aspects related to International Business were explained and discussed. Jobs after BBA was a concern of several students and the resource person addressed the queries. Information related to entrepreneurship was also given to the students. The question of “How to start a start-up?” was answered by Ms. Arundhati.





Students were asked about their areas of interests and the resource person elaborated on certain aspects during the session. The students who attended the event have a positive feedback and they also interacted with the resource person after the session. The students were handed out the FAQs (The questions in the FAQs were asked by the students earlier) answered by the resource person.

44. “Freedom from Substance Abuse” a session on substance use sensitization by Arundathi Chaudhuri at Jayanagar campus on 22/02/2019 and 23/02/2019

As an addict, life is a game of survival. Day after day is dedicated to avoiding withdrawals and hiding the outward signs of chemical dependency. On top of that, feeding an addiction means developing an arsenal of psychological defense mechanisms. Simply put, addicts have to learn how to shield themselves from the reality of their behaviors. On 22nd and 23rd of February, the Campus Counselor took the Freedom from Substance Abuse Program for 89 students of the Bachelor of Computer Applications Stream.

For addicts, even the smallest life problems can become amplified. While it's true that everyone has issues, addicts convince themselves there's no way to work through them without self- medicating. They often feel like the world is working against them or they're forced to endure more stress than everyone else.

What they don't see, however, is that alcohol/drugs make things much worse. In all honesty, addiction is likely causing a majority of their problems.



How to diagnose if you or a loved one is having a Problem:

Diagnosing a drug addiction does not solely depend on determining the physical manifestations of the drug addict. These criteria include (but are not limited to):

- Inability to cease using drugs.
- Inability to meet family, work, or social obligations because of drug use.
- A great deal of time spent obtaining drugs, using them, and recovering from them.
- Withdrawal symptoms occur when drug use is stopped.
- Physical tolerance to the effects of the drug would have developed.
- Compulsive use of the drug, even when harmful consequences are recognized.

A person does not have to meet all of these points to have an addiction. For example, some drugs do not create physical tolerance or withdrawal symptoms.

Killing an Addiction Before it Kills You:

Even with so many influences and factors, though, most recovering addicts will pass through similar phases and stages on their walk from the depths of addiction to the freedom and promise of long-term abstinence.

This first stage is marked by a growing awareness that there is a problem. In some cases, this realization results from conversations with family members, friends or co-workers; in other instances, it may only occur after the addiction has led to health, financial, work, or legal problems.

Although the addict is still engaging in addictive behaviors, and hasn't made any measurable progress toward ending those behaviors, this first stage is critical in paving the way for the rest of the recovery process.

The second stage of the recovery process involves a shift from awareness to action. Though not yet actively pursuing recovery, they are moving in that direction, and are gaining potentially invaluable information and insights in the process. Moving past denial, the addict is motivated to overcome his or her addiction and begins taking small steps such as exploring the concepts of moderation and abstinence. Some say that this exploratory stage is the stage when recovery really begins. This third stage is often when some addicts first make the critical decision to enter an addiction treatment program.

Early recovery is a time of both great significance and significant risk. On the positive side, addicts in early recovery have not only stopped using the substance(s) to which they were addicted, but they have also begun learning how to remain drug-free for the long term. On the less-than-positive side, early recovery is also a time of great vulnerability. The addicts are in the process of abandoning people, activities, and behaviors that have been significant parts of their lives, yet they have yet to completely establish the foundation of their newly drug-free lives.

By the time they reach this fifth stage, addicts have completed a great deal of work and made great progress. Perhaps most importantly, they have also learned that they will need to continue to work hard for the rest of their lives to guard against relapse (or to return to sobriety after relapsing). This will require active monitoring of their thoughts and behaviors, ongoing practice of new skills, maintaining a support system, and staying alert to triggers and temptations to use.

Although recovery is never easy, by this fifth stage, recovering addicts begin to live lives they could scarcely have imagined at the start of this journey.

45. Self Awareness activity Conducted for Pre University student at Sri Bhagwan Mahaveer Jain College, RR Nagar on 25/02/2019 by Ms. Supriya Christopher & Mrs. Swathi Hareesha.

Self-Awareness is the ability to understand ourselves and to consciously be aware of our personality, emotions, behavior, and necessities in life. Self-awareness can help you make important choices, maintain a positive attitude, and have healthy habits. Those who struggle in areas of self-awareness may make poor choices, have bad habits, and lack progression in life.

It is necessary to help the students in understanding their self, their strengths, weaknesses, threats and opportunities. Gaining self-awareness can help them succeed in numerous ways. A self-aware person can think better, remember more, do more, feel more, understand more; Self-awareness can help a student to take control of every aspect of our life. Having the ability to understand ourselves is like having the ability to fly because the limitations of positive educational and personal growth are endless.

The session was mainly concentrated on helping the students to do self-reflection and introspection about their own strengths and weaknesses.

Need for a session to motivate students by self-reflection and introspection and thereby improving the academic performance of students was identified by the Principal of the college, Dr Balasubramanya. The session was conducted by resident counsellor Ms. Supriya Christopher along with intern counselor, Mrs. Swathi Hareesha of Vishwas, the Jain University Student's guidance and counselling centre, at Sri Bhagwan Mahaveer Jain PU College, RR Nagar. This session was attended by batches of I BBA students. Around 40 students attended the session.



The session started off with a brief introduction to Self-Awareness by the campus counsellor Ms. Supriya Christopher. Then the students were asked to form themselves into groups of 10 each. Each group has to discuss the strengths and weaknesses of themselves and make a list. Fifteen minutes of time limit was given. A spoke person from the team was asked to present the details of each team's strengths and weaknesses and ways to overcome the weaknesses.



A tremendous student involvement was shown. Students were honest and frank while expressing their own selves.

The following points were shared by the students:

One of the students shared that he would like to help at least one person in the society each day if only he could. He also shared his weakness was that he is quite talkative in class.

Another student shared that mobile phone and social media such as whatsapp, facebook and intstagram was the biggest weakness that his group faced and that they have to learn to overcome this by keeping themselves occupied without door activities.

Students also shared that anger was one of their weakness and that they need to control their anger by doing yoga, counting numbers etc.

Ego also was one of the most common weaknesses the students faced and they said that they have to learn to be humbler and respectable towards their parents, friends, teachers and the society.

This discussion was filled with enthusiasm and happiness among the students to understand their own selves. The session concluded by the Principal thanking Ms. Supriya Christopher and intern counsellor Mrs. Swathi Hareesha for conducting such a meaningful program for the students. Proposal was given by the Principal for conducting such sessions in future.

46. Half day workshop at Krupanidhi college of pharmacy on “Emotional Intelligence for Personal and Professional effectiveness” on 26/02/2019 by Dr. Uma warrier

Emotional Intelligence is listed by many business magazines and survey research as one of the top ten skills for career success. Emotional intelligence helps an individual to be more aware of the strengths and future potential of individual as well as it helps in identifying the areas of improvement. It also makes keeps oneself motivated and bestows resilience. Training in emotional intelligence helps in impulse control, which is essential in personal and professional life. Ability to empathize with others is a hallmark of a good manager and emotional intelligence training helps in equipping people with empathy skills. EI also helps in managing relationships and nurturing bonds. EI is an essential skill in mentoring too.



Considering the importance of Emotional intelligence in every walk of life, management of Krupanidhi College of pharmacy conducted a half day workshop on Emotional Intelligence for graduate students from Bachelor of Arts. Dr Uma Warriar, Chief Counselor of Jain University was identified as the resource person for the same. The session was attended by around 70 students and 6 faculty members.



The session started with an introduction about the speaker. The interactive session commenced with a short story from Panchatantra to connect the audience to emotional intelligence. This was followed by a short quiz to enable participant interaction and out of the box thinking. Howard Gardner's multiple intelligence was discussed with examples. A multiple choice quiz was conducted to gauge the level of EQ of the audience. Students wholeheartedly participated in the oral quiz and this helped them open their mind to the concept of Emotional Intelligence

Daniel Goleman's model of EI was discussed in detail with students. The 5 EI dimensions vis a vis Self-awareness, Self-control, Self-motivation, Empathy, Impulse control was discussed with the help of videos. Debriefing of videos were done and the participants could identify the EI components displayed in the video clip.



Strategies for improving emotional intelligence were discussed by the speaker. For each dimension of EI, educational videos and movie clippings along with cartoon clippings were shown to reinforce the learning.

The session ended with a video clipping of a serial from Netflix about the importance of communicating a thought, feeling or information at the right time, before it is too late.



Online feedback was taken for the session and the session was found to be very effective and useful for students. Management expressed their wish to have further training programs of EI for multiple stakeholders in future.

**47. “Mental Awareness Program” for the teachers on handling teenagers
was conducted at VV Puram Campus on 26/02/2019 by Ms. Supriya
Christopher, Campus Counselor.**

In order to bring about the awareness of Emotions, the counsellor arranged a half day program on “Mental Awareness Program” for the teachers on handling teenagers”. This was organized by Ms. Supriya Christopher, Campus Counselor, Jain University – Vishwas. About 50 Pre University teachers of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore attended the session.

The program was conducted by a psychologist Priyanka who were from the organization called Inspiron. The speakers used some informative videos to show the teachers how important our emotions play in our day today lives. Emotional awareness is the ability to recognize and make sense of not just your own emotions, but also those of others.

This awareness is a big component of what is referred to as ‘emotional intelligence’ (E.I.), which also includes being able to solve problems in life by understanding emotions, such as being able to regulate your own emotions and cheer others up when they are feeling low.



The session progresses with power point presentation which explained about types of emotions. The speaker specially spoke about exam anxiety and how to deal with stress when handling students.

The speaker also interacted with the teachers asking them the examples they had experienced with their own children and is it because it's our own children that we have more tolerance level?

They also showed a video about Deepika Padukone, as to how she got into depression. The emphasized that it is very important for every individual to talk to someone every day and share their emotions. If this does not happen then we are prone to get into loneliness and which leads to depression.



The session ended with the feedback from the teachers and the teachers shared that they were happy to have such informative session to be conducted. The speakers thanked the management and the campus counsellor for letting them have this program being conducted by them.

48. Women's day celebration at Amazon India office at Bangalore on 08/03/2019.

Women's day is celebrated worldwide to felicitate the contribution of women for the betterment of society. Women's day is always celebrated with a human rights theme, highlighting the social, economic, cultural and political achievements and contributions made by women. It is held annually on the 8th of March. The theme for women's day for the year 2019 was "Balance for Better".



Amazon India office in Bangalore celebrated women's day on 8th March in their campus. The event had a series of programs coupled with guest session by Dr Uma Warriar, Chief counselor, Jain University. The session theme was decided as "Leveraging Emotional Intelligence for workplace stress reduction", after a training need analysis.



Around 250 women employees of Amazon attended the session. The session speaker was introduced by Ms. Mini Manekame, Senior manager, Technical programming.

The session started with the story of two frogs as ice breaker. The participants shared their perspectives on the story, which set the tone for the introduction of the concept of Emotional intelligence



The interactive session revolved around the key themes of stress and emotional intelligence. Indication for manifestations of stress, Advantages of uses and perils of negative stress were discussed. ABC strategy of handling stress was discussed. Concepts of emotional intelligence and the 5 dimensions EI were discussed with contemporary examples of Abhinandan and Sonali Bendre. Scenario analysis of 6 days to day personal and office connected situations were discussed and most emotionally intelligent options were identified for each scenario. Different corporate houses which train their employees on EI were discussed, Amazon being one of them.



The session continued with an “Emotion charade “activity to bring awareness about different emotions and how important it is to express emotions correctly. This was followed by a video quiz to identify different EI dimensions displayed in the video

Strategies for improving each of the emotional intelligence dimensions were discussed in detail. Online feedback was taken about the session effectiveness and the participant opined that there is definite knowledge transfer during the session and they expressed the need for such sessions in future.



49. Faculty development program on “counselling skills for classroom management” by Dr. Uma Warriar at RR Nagar Campus held on 12/03/2019.

The faculty development program aims to train a wider range of teachers and community workers to facilitate the development of life skills amongst young people in their own schools and regions. Teachers, facilitators and educators are trained to deepen impact to unlock potential of young people.

The program uses a life skills approach to nurture empathy, expand their creativity, and develop listening and validation skills and the ability to share their learning facilitation skills. About 75 faculties from 30 colleges had attended this session.

Through Faculty Development Program, teachers across colleges are encouraged to transform the classroom into a creative platform so as to encourage young minds to rise to the challenges in the world.

The session began with an ice-breaker which made the participants comfortable so that they can take part in the discussion by Dr. Uma Warriar. The spoke person shared slides with the group and the participants were asked to identify the best teacher and the top five qualities that they had and which one would the participant want to develop.

Participants were also asked about how their teacher did the better classroom management. A tremendous involvement by participants was shown. Participants were honest and frank while expressing their answers.

The following points were shared by the participants:

- Punctuality,
- Preparedness
- Humorous
- Language
- Charm
- Evaluation
- Unbiased

- convincing way of knowledge transferring
- cross checking the knowledge transferred by asking questions
- enthusiasm
- knowledge that they had (hold on) on the subject
- patience
- Sense of humor etc...

Participants were also asked to discuss about the most annoying behaviors of the students in the classroom. Video was shared with the group and asked to find out the causes for those annoying behaviors and solutions were taken from the participant's end.

Few annoying behaviors listed by participants are as follows:

- Using mobile in the classroom
- Sitting at the last bench and talking to friends
- Not answering the questions asked
- Busy with their hairs
- Not submitting the assignments on time
- Finding excuses all the time for not doing the task assigned by teacher on time
- Posture, gesture inside the classroom
- Not following rules (dos and don'ts) inside the classroom.



Spoke person questioned the gathering **“Why such annoying behaviors in the classrooms”??**

Participants came up with many answers like adolescence, peer pressure, lack of interest, light going attitude, circumstance, environment that they were brought up and so on.

Participants were made into groups and given a task to discuss about the solutions to the topic that was given to them. The topics were

- Students irregularity
- Students punctuality towards assignments and attending classes
- Misbehaviour in the classroom
- If the Children were distracted with issues related to adolescence and not able to attend classes etc.



This discussion was filled with an enthusiasm among the participants to understand their students and their problems and how to deal with individuals in different situations.

The session concluded by thanking Dr. Uma Warriar for conducting such a meaningful programme for the participants. Proposal was given by the Principal for conducting such sessions in future.

50. Half day workshop on “Emotional Intelligence for Professional and Personal Excellence” for engineering students of JSS science and Technology university, Mysore in collaboration with TEQIP –III on 16/03/2019 by Dr. Uma Warriar

As a part of Technical education quality improvement program, GOI project assisted by World Bank, department of EC of JSS science and Technology University, Mysore conducted a series of half day workshops for final year EC girl students with an objective of empowering women students of engineering and building leadership qualities in them.

Dr Uma Warriar was identified as a resource person for the 3rd session in the series. The topic identified was “Emotional intelligence for Personal and professional success”. The half day workshop was attended by around 50 girl students and 3 faculty members.



The session started with a story of emotional intelligence for better audience buy in of the concept of EI. This was followed by a discussion on how Gen Y is perceived by the society and what are the implications about that perception on employability of students.

This was followed by a series of MCQs on different life situations with 4 responses of each situation. Students are asked to choose the most emotionally intelligent option. This was used as sensitization on EI for the participants.



The 5 dimensions of EI were discussed in detail with the help of short video clips. Further the speaker discussed about the companies that use EI as a hiring and promotional tool.

This was followed by an Emotion Charade, with an objective to sensitize the participants on how difficult is to express an emotion correctly and how important it is to communicate your emotion correctly. This was followed by a video quiz, where a clipping of a movie was shown and students were quizzed about the different EI dimensions observed in the video.

Application of EI dimensions at work place was discussed with relevant real time examples. Another video quiz using a movie clipping was done and participants very enthusiastically answered the questions.



Brain storming session was done to understand palliation of EI in leadership and employability. Business implication of EI was also discussed.

15 general strategies for improving EI were discussed. 12 strategies to improve EI, which have special application for women, are also discussed. RULRE model of EI improvement was discussed.



The session concluded with a scenario analysis of emotional intelligence where 6 different scenarios were developed by the speaker and the participants were divided into groups of 6 and they were asked to discuss the scenario and answer the questions given at the end. They were given chart papers to diagrammatically depict their perspective and present in the group.



The session concluded with a recap of the learning. Feedback was taken and students expressed their happiness in learning something different from their regular engineering academics

51. Sessions on “Emotional and Mental First –Aid” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in March 2019

The first step in treating psychological injuries is developing the awareness that we need to do so. Students approach their friends when they have any emotional or personal problems and some friends will be able to help them but mostly the friends are unaware of ways to deal with the situation resulting in further damage. Ms. Madhavi Srinath had arranged for a guest lecture on the topic “Emotional and Mental First Aid” to help students when their friends approach with distress or any psychological and emotional issues. The Counselor from Vishwas Counseling Centre at CMS Jain University conducted 2 sessions addressing around 99 students from 4BBA ‘F’ and 4 BBA ‘H’ in the month of March.

The session started with an ice-breaker activity called “Speed-o-meter of emotions” where students were asked to express their emotions and observe themselves during the process. The concept of emotional first aid was introduced to them. A brief introduction the psychological disorders were given with examples from the clinical settings. The students actively participated in the quiz related to the topic. A discussion was done on the various problems faced by students and the need to provide support. Signs of distress and way to approach someone with distress were shared with the students.



The session focused on the skills and aspects that the person providing emotional first aid must be aware of for example: being non-judgmental, not interrupting, maintaining confidentiality and other steps that should be considered. Students had a discussion and also shared examples of common mistakes that we do when a person with distress approaches us. Response to crying, fear, anger and other emotions were explored. The session ended with a role play where students presented aspects related to providing emotional and mental first aid.



The students mentioned in the feedback that their expectations were met during the sessions and they would recommend the sessions for their peers. Some students have suggested mental health related topics for the upcoming sessions. Oral feedback was taken in one of the classes and students shared positive remarks. After the session, some students discussed about situations where they needed support to provide emotional first aid.

52. Sessions on “Non-verbal communication” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in March 2019

To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others. Non-verbal communication is an important aspect of our personal and professional life and the learning's from this session will be applicable to the students. The Counselor from Vishwas Counseling Centre at CMS Jain University conducted 2 sessions addressing around 97 students in the month of March.

A video was used to start the session and introduce the topic of the day. The video summed up the points that would be covered during the session. An activity called “Pass the message” was used as an ice-breaker. The students enjoyed the activity also participated actively during the reflection of the activity. The concept of non-verbal communication and its importance was discussed. A small activity of imitation was done for students to observe the non-verbal behavior.

Students were divided in small groups and were asked to reflect on the question: “Why do we need to be aware about our daily non-verbal cues?”



Types of non-verbal communication were discussed in detail using several images in the presentation. Examples were discussed for each type and it was related to their everyday experiences. Students were also asked to guess the story from a comic strip without words. This showed how we can effectively communicate without words and also how our non-verbal cues add meaning to the words we use. Students were asked to reflect and observe how the various types of non-verbal communication can be relatable to them. The session ended with discussing about non-verbal communication in everyday life and non-verbal communication around the world.



Most of the students mentioned in the feedback that their expectations were met during the sessions and they would recommend the sessions for their peers. Some students have suggested mental health related topics for the upcoming sessions. They mentioned that they liked the activities during the session and wanted more sessions where they can participate in a similar manner.

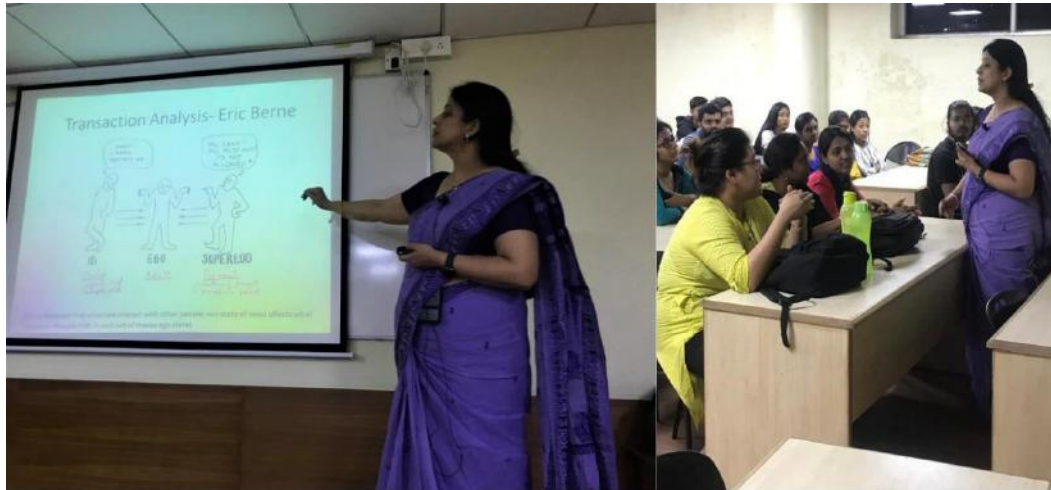
**53. Half day workshop on “An orientation to the world of work” for the post graduate students of School of humanities and Social sciences on 01/04/2019
by D. Uma Warriar**

Role of an educational institution extends beyond imparting the domain skills to the students. It is also important to impart employability skills to students and make them employment ready once they graduate. Keeping this objective in mind, the director of School of Humanities and Social Sciences, Dr Subhashini invited Chief counsellor of Jain University, Dr Uma warrier to conduct a session on how to transition students from campus to corporate .The half day workshop was planned keeping the objective of the session in mind.



The session was attended by around 67 post graduate students of Economics and English literature. Formal introduction of the speaker was done by Dr Xavier, professor of economics. The session started with the different domain skills and Life skills required for a job aspirant. Employability skills of 2020, according to the survey of KPMG was discussed. The need to understand one self before seeking to understand others was emphasized by conducting a personal SWOT analysis.

The session went very interactive, with students sharing their SWOT identified by them. This was followed by a self-awareness session using Johari window. Students actively took part in the session and spoke about the 4 quadrants of Johari window, pertaining to their life.



This was followed by Transaction Analysis by Eric Berne. Participants were made aware the frames of minds and the PAC model. Perils of cross transaction and ulterior transaction were discussed. Participants gave their real life examples of crossed and ulterior transactions.

This was followed by networking quotient and its importance in day today life. Different corporate examples were cited. The students were administered a questionnaire on networking quotient. The participants were helped and encouraged to calculate their networking quotient. Tips on how to improve networking quotient was discussed



A brief mention of Appreciative inquiry was done, which deals with the 4ds (Discover, Dream, Design, and Delivery). 5 W and 2H used for Discover dimension was discussed with examples.

The session continued with discussion of dimensions of Emotional Intelligence. 3 dimensions of personal sphere viz a viz Self-awareness, Self-control, Self-motivation were discussed with the help of suitable video clips. Social sphere dimensions of EI like Empathy and Social control were discussed. A video quiz was conducted to identify the parts in the short video where the social skills and Empathy dimensions were displayed. Students gave Self disclosure on their experience with EI dimensions.



The session was concluded with the recap of what is learned. Feedback of the session was taken from the participants. 4 students shared their opinion about the half day workshop and their opinions were video recorded with permission. Participants were of the opinion that there is a lot of learning from the session and they look forward to more such sessions. Feedback was given on paucity of time and requests of increased time for such sessions were given by the participants.

