



Jain University Students' Guidance and Counselling Center



Annual Report

May 2019- April 2020

1. Report on workshop conducted for parents of PUC students of JGI on “Effective Parenting” on 19/05/2019, 25/05/2019 and 27/05/2019

New joiners of PUC students of JGI join from different schools all over India. This will be their first exposure to JGI. Considering the heterogeneity of the crowd, Human Network academy of JGI conducts annual program for the parents of the PUC students to orient them to the functioning of JGI as well as to instill some moral values in them.

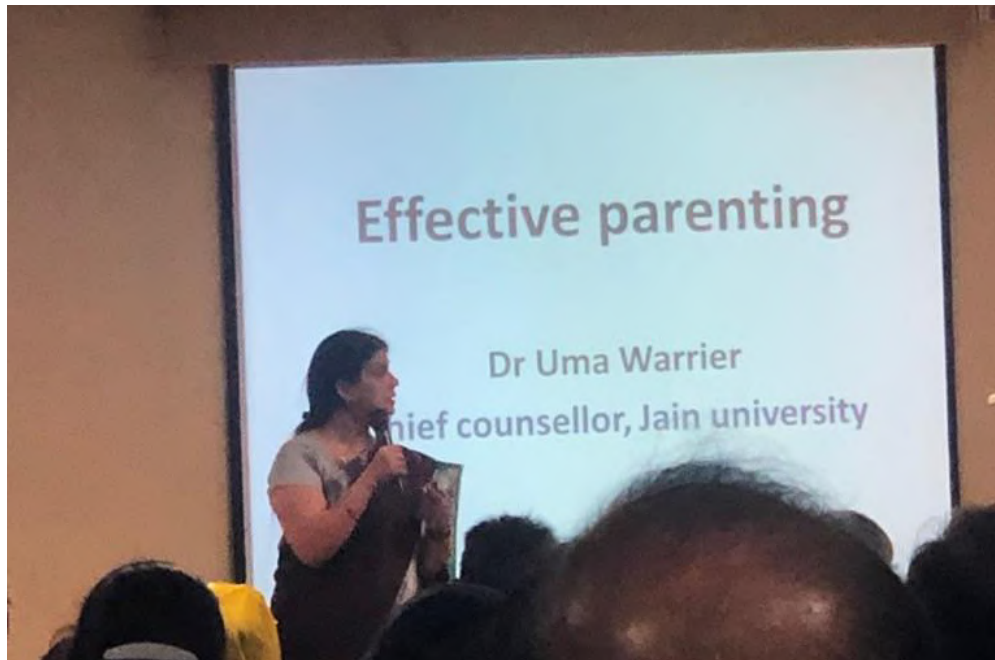
Dr Uma Warrier, Chief counselor of Jain university is invited every year to conduct sessions for parents on Effective parenting skills.



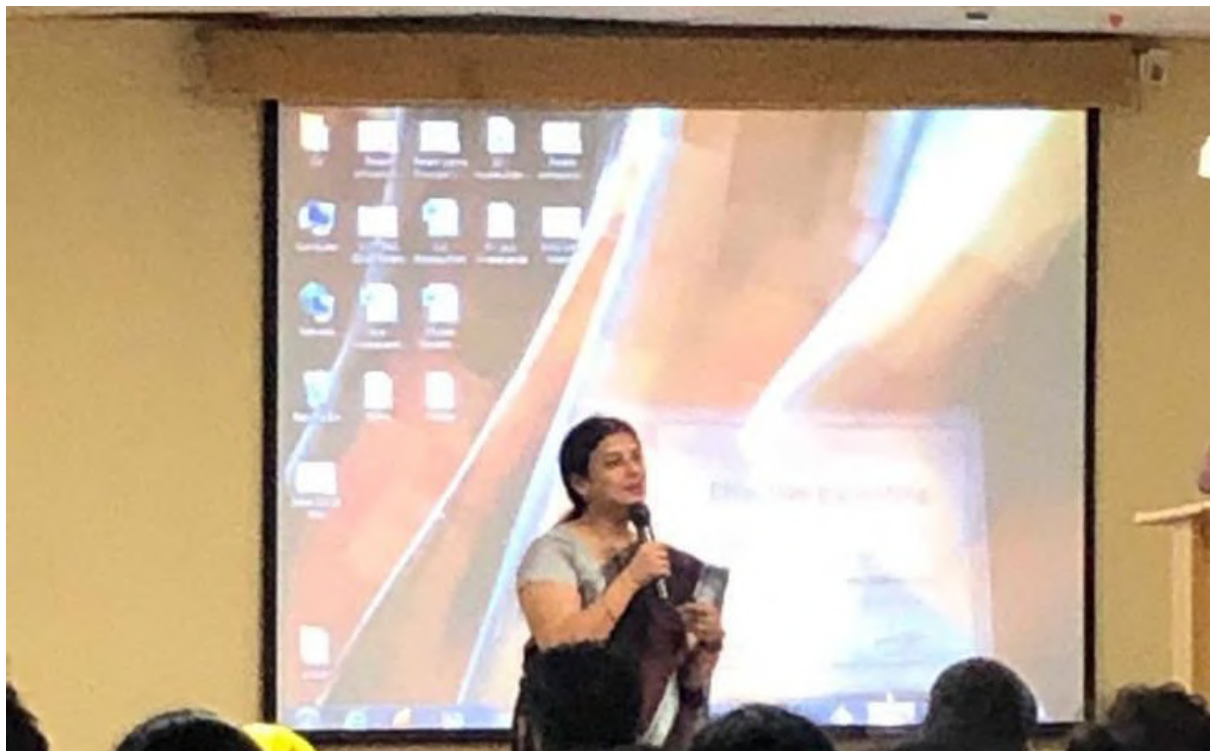
The session started with storey telling on how adolescents try to outsmart their parents using technology gadgets. This was instant icebreaker for parents to warm up to the session. Making use of videos, the speaker discussed the challenges faced by adolscents in today's world.



Biological reasons for adolescents to behave in a rebellious way was explained by the speaker. The parents were encouraged to share their set of parenting challenges. Some of the most often encountered challenges listed were Low attention span, too much of time engaged in technology gadjets,parents not having suffoicient time to spent with students due to work engaement of parents etc.



Four real time situations are discussed which are often encountered challenges by parents of adolescents. The parents discussed the strategies they would use for handling these challenges. Short clips of movies which showcase parenting issues were displayed and parents were encouraged to respond to the situations. The four types of parenting styles were discussed in detail. Picture quiz was conducted to reinforce the learning of parents.



The consequences of each parenting styles on the psyche of students was discussed. PSDQ- Parenting style dimension questionnaire was administered on parents to understand their parenting style. 12 golden rules for parenting were discussed by the speaker. The session concluded with a note that “No one size fits all”. So we need to tailor make our own strategies to be more effective in parenting our children

2. Session for the sub-staff on “Expressing Emotions” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in May 2019

Humans experience a range of emotions every day and to varying degrees. Emotions are subjective experiences; an experience that elicits a strong feeling in one person might have little effect in another person. Many people avoid sharing their emotions, particularly their negative emotions, with others for the fear of burdening them or fear of judgment from others. However, it is now widely acknowledged that expressing emotion is good for our emotional and mental health. A psycho-educative session was conducted for the sub-staff of Centre for Management Studies, Jain (Deemed-to-Be-University) about “Expressing Emotions” on 10th May, 2019 in the Seminar Hall-2 from 3:00pm-4:30pm. The session was conducted by the Campus Counselor of Vishwas Counseling Centre, for 37 stub-staff members including the watchmen, cleaning ladies and attenders; the supervisors and the Facility Manager were also present for the session. The session was planned with the aim to benefit the staff by giving them a different perspective to handle various situations in campus and also in their personal life.



The session started with the prayer and introduction about Vishwas and its services. An ice-breaking activity named “Pass the imaginary object” was used to introduce the participants and make them feel comfortable. A discussion was done about the basics of emotions- the meaning and types of emotions (positive and negative emotions also, primary and secondary emotions). The participants were asked to give examples and name the various emotions they experience on a daily basis. The presentation included explanation of the process from sensation to emotional response and the various parts of brain involved in the process. The concept of fight and flight response was discussed with examples mentioning how our internal organs get affected in the long run. The participants responded by sharing relevant examples of the fight and flight situation.



Importance of emotions and how emotions affect our daily life was discussed with appropriate examples from their everyday life. An activity named “Speedometer of emotions” was conducted to reflect on the way we express our emotions using body language and the way we differ from people around us expressing the same emotion. The participants enthusiastically took part in the activity and the briefing. Pictures were used in the slides to demonstrate how our facial expressions play a significant role while expressing emotions. The speaker mentioned about the way people fake emotions also how people express emotions differently around different people. The legal, mental, social and physical consequences of uncontrolled emotions were discussed with examples given by the participants.



The various ways of expressing and managing emotions in a healthy manner were discussed by the counselor. The importance of identifying the feeling, acknowledging and accepting the emotions were discussed along with an activity. Several ways to express emotions were spoken about. The role of “I message” in our conversations and the results of it were demonstrated. Significance of expressing emotions correctly and proportionately was also mentioned. The different ways to be aware, be mindful and have the ability to think while we are experiencing intense negative emotions was spoken with examples. The ways to be assertive and consequences of being aggressive and passive were analyzed. Participants were asked to list the activities that help them calm down and make them feel better during an agitated state.



The participants were asked to volunteer for the activity “Action Replay”. One of the participant acted out a situation from work space where she felt angry and later acted out the same situation where she was able to manage her anger and work efficiently. The session also covered various aspects related to expressing various negative emotions, dealing with the negative emotions and responding to others experiencing the negative emotions. The presentation covered few difficult negative emotions such as anger, jealousy, fear, embarrassment and sadness. The session was concluded with an activity called “Share your story” where participants were in groups of two and three discussing their stories of emotional encounters.



The participants have given a positive feedback during the oral feedback session conducted after the presentation. The participants have given suggestions for the topic for the next sessions and requested to have similar sessions in future. They participated enthusiastically during the activities and the discussions. The examples shared by them had enhanced the understanding and learning process. The participants acknowledged and appreciated the initiative taken by Vishwas-Counseling Centre.

3. Sessions on “Defense Mechanisms in Everyday Life” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in May 2019



Defense mechanisms are automatic unconscious coping mechanisms that help people protect themselves from painful emotions and protect their sense of self. We use defense mechanisms in everyday life and it is important for us to be aware and understand it. 4 sessions on the topic “Defense Mechanisms in Everyday Life” were conducted for 170 students from the classes 3 BBA ‘C’, 5 BBA ‘F’, 5 BBA ‘B’ and 5 BBA ‘L’ in the month of May, 2019. The sessions were conducted by Ms. Anumathi. G. Malak, Counselor, Vishwas Counseling Centre at JU-CMS.

The students were interested as the concept of Defense Mechanism was new to them. A brief about Psychodynamic perspective was spoken about during the session along with concept of Id, Ego and Super Ego to focus on the aspects related to conscious and unconscious mind. The students were later asked to respond to the question “Why should an individual be aware of his/her own defense mechanism?” A discussion continued

regarding the importance of being aware of defense mechanisms and how it impacts our everyday life.

An activity named “Shield” was used where the students were asked to draw a shield on a piece of paper and label positive and negative. Various situations were given to them and they were asked to mark either on positive or negative side of the shield based on the way they would react or respond the given situations. The activity helped the students to understand adaptive and maladaptive ways of coping mechanisms or defense mechanisms that they used.



The following defense mechanisms were elaborated in the sessions based on the cause of anxiety, the means of coping and examples related to the defense mechanism:

- Compensation
- Denial
- Displacement
- Intellectualization
- Projection

- Rationalization
- Reaction Formation
- Regression
- Repression
- Sublimation

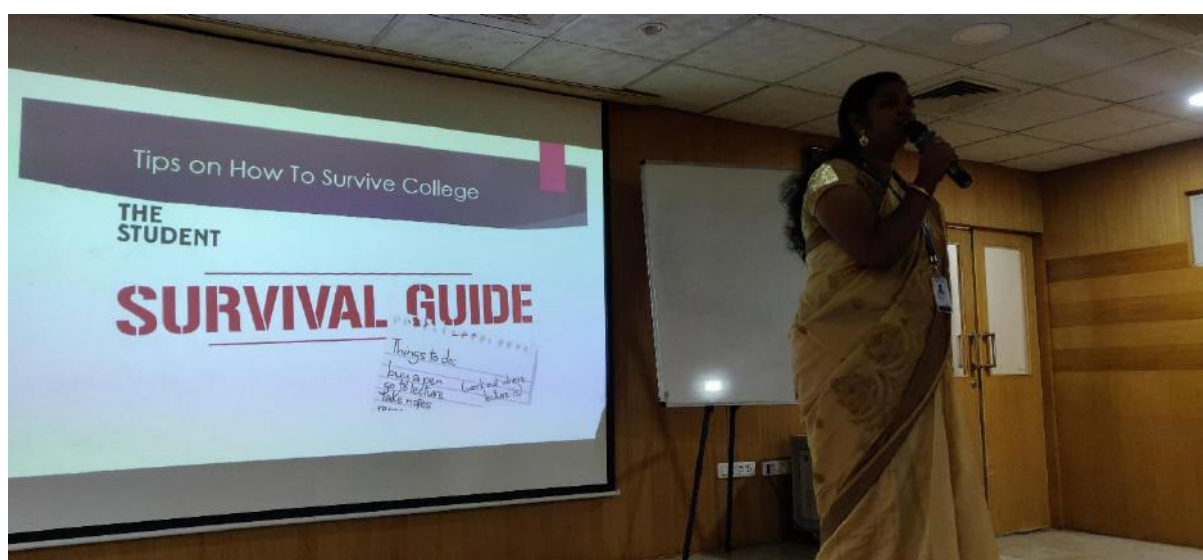


An activity named “Name the Defense Mechanism” was done where students were asked to guess the name of the defense mechanism based on the examples given. Ways to deal with defense mechanism was discussed. The session concluded by saying that Defense mechanisms are neither good nor bad in themselves. It all depends on how, and for how long, they are being used. Defense mechanisms are often needed, and used, to protect ones’ self from pain. However, usually this is a temporary solution, and eventually one comes to the point when they have to face the real situation. The students had a good feedback about the sessions as they were able to relate the examples used in the sessions.

4. Report on “Orientation Session for 1st PUC Students” conducted at School Of Sciences JC Road on 31/05/2019

The new admitted students were asked to be seated in conference hall they were given the orientation by the Vice principal and all the teachers about the different activities and the committees that the students can participate in. There were two sessions with 340 as the total number of students present in the orientation.

The Vide Principal wanted the Campus Counsellor, Ms. Pallavi to talk about the transition phase and the challenges they face. Therefore, the campus counsellor spoke about the conception of Vishwas. Five stages of support that Vishwas provides namely – Personal Counselling, Academic Support Programs, Career Development Programs, Crisis Management and Referrals and Outreach Workshop for Positive Mental Health. The benefits for counselling were discussed as to how it can help these students for an all-round development.



Later the counselor spoke about what Adolescence is, the Cognitive development that takes place in this phase such as their pattern of thinking which include Self Absorption, Imaginary Audiences and Personal Fables. Psycho Social Development such as how being a part of a group is very important at this point, the struggle with developing an identity while being a part of a group. The phenomenon of Looking Glass Self was discussed which is “I am not what I think I am, I am not what you think I am, I am what I think you think I am”. Social Development which includes relationship with parents and family as

well as peers was discussed. The discussion about how Adolescence gives more importance to their relationship with their peers rather than their parents in this phase.

Discussion became more biological as the brain changes were discussed. The explanation for Delay in Gratification, Inhibition, Risk Taking Behavior and Priming was given with respect to the brain and the changes that take place in the structure of the brain.



Few tips on how to conduct as a productive student was provided. Get Organized: By keeping track of due dates, meetings, events, and deadlines, things can feel a little bit more structured. Don't Procrastinate: The temptation to push things off until tomorrow can be eased a little by following the previous tip. Go to. Class.: This may seem like an obvious one, but like procrastinating, the temptation to stay in bed rather than trek out to one's classes can be hard to resist. Network: College is a time to meet tons of new people from all walks of life. Study Well: Don't cram: frantically reading several chapters the night before is not going to work.

Later questions like why boys and girls need to be seated separately, why should students follow the prescribed dress code, why should they be attending the college prayer and why should they be wearing college ID cards were addressed.

Later the students were informed about where the campus counselor is seated and what the timings are and the procedure to acquire a counseling session with counselor is. The students thanked the counselor and then they were directed to their classes.

5. Half day session on “ Grooming and Social Etiquettes “ as apart of orientation program for BCA students of Knowledge Campus of Jain university on 14/06/2019

As a part of the orientation sessions for BCA department , the topic of grooming and social etiquettes were considered as the most relevant topic for orienting BCA students to Jain university. Dr Uma Warriar, Chief counselor of the university was identified as the resource person. Around 50 students attended the session



The session started with an intricudtion to grooming and its important to a college going student. The resource persona emohasized the difference between personal grooming and personality grooming and empahsized that this particular session is on personal grooming .



The three elements of personal grooming viz aviz personal appearance, body language and manners and etiquettes were discussed.



Short video clips were shown and students were asked to identify the problems depicted in the video.



Grooming tips for boy students and girl students were discussed separately. Use of correct body language, hand shake etc were discussed in detail.



Some of the etiquettes and mannerisms that make a person more pleasant and likeable were discussed. The session concluded with strategies on how to leave a lasting good impression.

6. Report on “Orientation Session for 1st year UG Students” conducted at School Of Sciences JC Road on 18/06/2019 and 19/06/2019

All the first year newly admitted students were asked to be seated in the conference hall for the Orientation Program which was held on two different days for all the sections. The sections namely 1st year Forensic Science (honors and professional) (326 students), 1st year Life science students (150 students) and 1st year Physical Science students (90 students)

This Orientation was held to bring about awareness about the importance of counseling in an educational setup. The campus counselor conducted an “orientation on Vishwas the counseling 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 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 consisted of the counselor 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 counselor without any fear and confidentiality aspect of it was emphasized upon. The very few benefits of counseling were discussed such as less anxiety, greater self-confidence, better relationships, regaining emotional balance, stress relief, ability to set boundaries, trauma resolution and career counseling.

Later a few of the myths concerning counseling 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 counselor i.e. the floor and the room number and the timings of the counselor was told i.e. 8.30 to 4. The session ended with the students thanking the counselor for the orientation.

7. “Orientation” sessions conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in June 2019

A student’s mental health is just as important as their physical health and deserves the same quality of support. No one would feel embarrassed about seeking help for a student with a physical injury – and we really should be equally ready to support a student coping with emotional/psychological difficulties. Orientation sessions were conducted by the Counselor from Vishwas Counseling Centre at CMS, Jain (Deemed-to-be- University) to encourage students to seek help from the process of counseling. The orientation sessions

were conducted in the month of June for all the first year students of BBA and BAJ in 11 batches addressing 728 students.



An ice-breaking activity was conducted to make students feel comfortable and introduce themselves. The students were introduced to the journey of Vishwas- Counseling Centre, the Vision and Mission of Vishwas. The students were briefed about the five areas of support namely- Academic Support, Personal Counseling, Career Development Programs, Outreach Program for Positive Mental Health, Crisis Management and Referrals. Also, the stakeholders of Vishwas were mentioned about. The most often encountered personal counseling issues were discussed with the students helping them to understand the nature of problems that are face by students and the support provided by Vishwas.



An activity titled “Worry Ladder” was used to connect to the problems faced by students and help them identify the problems that they need to seek support for. The following questions were asked to the students and various concerns related to that were spoken about:

- Who is a counselor?
- What is counseling?
- When to approach a counselor?
- What is the process of counseling?
- How does counseling help?

The students were aware of the role of counselor as most of them had counselors in school. Few students had been to counseling before in schools and also psychologists personally. The students contributed to the discussion and helped others understand the process of counseling. Students shared some examples of problems where they could approach a psychologist.



The counselor discussed about the ethics of counseling. Some questions related to “Confidentiality” were addressed with various situational examples. Myths and facts about counseling were spoken about using an activity. A slide on “What counseling is not” helped the students clarify certain misconceptions they had about counseling. A photograph of the counseling room was used to explain the importance of the setting in a counseling room. The session concluded by mentioning the contact details of the counselor, the ways to approach a counselor in campus, the timings of the counselor and location of the Vishwas-Counseling Centre.



A session feedback was taken orally along with a written feedback. The session was interactive and the students learned about the process of counseling and other aspects related to counseling. Few students have suggested various topics for the psycho-educative sessions.

8. Sessions on “Bullying” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in June 2019



The psychological scars of bullying can last decades. The key thing that students need to do is to tell someone. The biggest advantage of bullies is the silence of their targets. If students tell their teachers or even other students, then something can be done. It, therefore, becomes important to identify any indications of such behavior and address the concerns right at the onset. To spread more awareness about Bullying 13 psycho-educative sessions were conducted by the Counselor from Vishwas Counseling Centre at CMS Jain University. A total of 788 students were addressed in the 13 different classes (5 BBA 'F', 3 BBA 'C', 3 BBA 'E', 3 BBA 'J', 3 BBA 'I', 1 BBA 'B', 1 BBA 'J', 3 BBA 'L', 1 BBA 'L', 3 BBA 'K', 1 BBA 'D', 1 BBA 'E' and 1 BBA 'C') in the month of June, 2019.

The session commenced with the question “What is bullying?” and the students articulated various responses based on their experiences. The various types of bullying were discussed with examples from the counselor. The students actively participated by real life incidents of bullying based on the various types namely: Physical Bullying, Verbal Bullying, Social Bullying and Cyber Bullying. Students also spoke about how differently they could have handled the various situations and the role of bystanders was focused upon.



The bully, the victim and the bystander are the people involved in bullying and the impact of bullying on them was the subject of discussion. Several impacts of bullying were also spoken about including low self-esteem, difficulty in interpersonal relationships, substance abuse, learned helplessness, poor academic performance, depression, anxiety and other consequences.

A major part of discussion was about bullying in college, how it happens and the actions that can be taken to stop it. The issues of bullying in workplace were also spoken about in the session. Body shaming and bullying is also one of the primary concern that was discussed. Students shared examples of bullying and peer pressure and how the two are linked. Strategies to deal with bullying and the actions that can be taken by a bystander were listed and discussed.



The students were made aware of the government laws and regulations against bullying. The importance of taking an action and handling cases of bullying were also discussed. The counselor informed them about the anti-raging cell in CMS and mentioned the respective faculties' in-charge of it. The session progressed with showcasing a short film on bullying. The video had contextualized types of bullying, effects of bullying and how a change can be brought by providing support to the victim. In two of the classes along with the session on bullying concepts related to emotional first aid were also linked to the topic to enhance the information provided.





The students initially didn't want the session as they found it very childish but as the sessions progressed they participated and found it relevant. The sessions were interactive as the students had many real life examples to share and relate to. The video also helped the students to reflect and be sensitive to the concerns and take appropriate actions. The students have given positive feedback about the session and have mentioned few suggestions for the upcoming sessions.

9. Session on “Non-verbal communication” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in June 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 1 session for 1 BBA 'B' addressing around 74 students in the month of June.



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.

10. A report on the session conducted on “ Good to better teachers” for the new faculty joined pertaining to classroom conduct on 29/06/2019 in JC road Campus by Dr Uma Warriar

Dr Uma Warriar was requested to take a session for the new faculty who has joined Jain in the year 2018-2019. The session was to cover how to handle difficult students, how to conduct oneself in the class, different teaching styles, techniques that can be used for effective communication and teaching. The session was held on 29.06.2019 and 24 new faculties attended the session from 1pm to 2.15pm.

The session began with the Campus counselor, Ms Pallavi, introducing Dr Uma Warriar, Prof (OB &HR) and the Chief Counselor of VISHWAS the student counseling and guidance cell, to commence the session with the faculty.

The faculty was briefed about what it is that they should be expecting from the session. There was an ice breaker session where in all the faculty participated enthusiastically. This part of the session expected the teachers to talk about the teachers who inspired them to become a teacher, the teachers expressed their favorite qualities of the said teachers, and the qualities they would like to inculcate from them and the classroom management techniques they used.



There was a very relatable video that was shown during the session which showed how to deal with difficult students and how to convey rules and regulations in a receptive way. On the lines of the video, Dr Uma spoke about classroom management, the importance of having a classroom management, the outcomes of effective classroom management. Annoying students behaviors were discussed, all faculties gave their inputs when it came to

this aspect. Every department had some similar points as to how the students neglected certain rules and how they have been handling those students.



Later the teachers were asked to think about the issues that they have faced when they were students and were asked to talk to the students and give them the benefit of the doubt and find a more productive solution to overcome these unwanted repetitive behavior.



The faculty was given a questionnaire to assess their classroom management style. They were asked to score themselves and the individual scores and styles were discussed.



Learning facts were discussed so that they could think of different ways to keep their students' attention for a longer period of time. Moving on from this, basics of classroom managements was discussed, handling students with oppositional defiant disorder was discussed. Finally the dress code for teachers was discussed which is given by the management.



The session was concluded by discussing a few golden rules of classroom management. The feedback for the session was taken where in a few faculties voluntarily thanked Dr Uma Warriar for taking the time to discuss the few issues that the faculties have been facing.

11. Report on “Mental health awareness Session” conducted at RR Nagar campus on 02/07/2019.

In order to bring about the awareness of Emotions, the counselor arranged a half day program on

“Mental Health Awareness”, organized by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 2nd July 2019 for a group of 95 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 power point 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.

12. Report on “Orientation Session” conducted at RR Nagar campus on 04/07/2019.

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

In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 04th July 2019 at 10:30am 12pm and also at 1pm for I ABEM, I ABES (B) &

I ABES (C) a total group of 180 I year Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counseling services offered at Jain Institutions.

The session commenced with an introduction about Vishwas – Student guidance and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders services.

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

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



The counselor also spoke about the five areas of support:

Personal Counseling, Academic Support program, Career Development Program, Crisis management & referrals and 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.

Some short videos on Self Esteem, Emotions, Managing feelings and Respect.

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

The counselor 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 program. The students requested for another session.

13. Report on “Orientation Session” conducted at RR Nagar campus on 05/07/2019.

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

In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 05th July 2019 at 8:30am and 10:30am also at for I ABMS (A), I ABES (D) a total group of 180 I year Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counseling services offered at Jain Institutions.

The session commenced with an introduction about Vishwas – Student guidance and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders services.

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

The counselor 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. The students requested for another session.

14. Report on “Orientation Session” conducted at RR Nagar campus on 06/07/2019.

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

In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 06th July 2019 at 8:30am and 12pm at for I ABES (D), I PCMB (B) a total group of 70 I year Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counseling services offered at Jain Institutions. The session commenced with an introduction about Vishwas – Student guidance and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders services. The speaker explained the process of counseling followed in Vishwas, situations in which students can approach a counselor and emphasized on maintaining confidentiality. The session went on with a few slides of the ppt explaining the works done by Vishwas and the areas of services provided to the students by Vishwas.

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Some short videos on Self Esteem, Emotions, Managing feelings and Respect. Certain stigmas of counseling and when do we require to meet a counselor. Celebrities who took the help of counseling to overcome their own personal issues.

The counselor 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 program. The students requested for another session.

15. Report on “Orientation Session” conducted at RR Nagar campus on 10/07/2019 to 12/07/2019.

The first year newly admitted students were asked to be seated in the seminar hall for the Orientation Programme by the center head. In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 10th, 11th, & 12th July 2019 at 8:30am, 10:30am & at 1pm for I ABSC, I ABMS (B) & ABEC a total group of 165 I year Pre university students of Sri Bhagawan Mahaveer Jain College, VVPuram, Bangalore.

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

The speaker explained the process of counseling followed in Vishwas, situations in which students can approach a counselor and emphasized on maintaining confidentiality. The session went on with a few slides of the 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 counselors along with the Chief Counselor Dr. Uma Warriar followed by a video on Vishwas.





The counselor also spoke about the five areas of support:

Personal Counseling, Academic Support program, Career Development Program, Crisis management & referrals and 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. Some short videos on Self Esteem, Emotions, Managing feelings and Respect. Certain stigmas of counseling and when do we require to meet a counselor. Celebrities who took the help of counseling to overcome their own personal issues.

The counselor 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 program. The students requested for another session.

16. Psycho-educative session on “Group Behavior and Peer Pressure” conducted on 11/07/2019 at Centre for Management Studies, Jain (Deemed-to-be University), by Mr. Akshara Damale, Founder and Psychologist at Mano Samvaada

Individual behavior and decision making can be influenced by the presence of others. There are both positive and negative implications of group influence on individual behavior. A session was organized for the students in Centre for Management Studies, Jain (Deemed-to-Be-University) on 11th July, 2019 from 11am to 12:30pm. The session was conducted by Mr. Akshara Damale, founder and psychologist at Mano Samvaada. The speaker addressed 107 students of 3 BBA ‘H’ and 3 BAJ ‘A’ and ‘B’.



The speaker started with a quote by Swami Vivekananda – “Arise, awake and stop not until the goal is reached”. The students were asked to reflect about the statement and understand its importance in the present. The speaker discussed about the confusion of young people and how students lack clarity of things happening around them. The influence of society on our decision making was also discussed. The confusion the students have with regard to the career choices and how the society and friends influence our decisions was spoken about. Concerns regarding gadget addiction were discussed. The habit of watching various TV series and series on the internet late in the night and its impact on academics and social life was spoken about during the session. Students

sometimes have a casual attitude towards life with the influence of peers and the consequences are unemployment and confusion related to future.



An interesting story of Daiju and Basco was narrated to the students to focus on the importance of exploring themselves. The speaker asked few questions to the students to help them reflect about themselves. The questions were elaborated on these basic questions: “Who am I?”, “What am I doing?” and “Why am I doing?”



The speaker also spoke about the importance of healthy lifestyle and nutrition. Also, how peers influence our unhealthy habits. The session later focused on being the change maker and how individuals can make a difference and influence others. The positive influence of the peer pressure and group behavior was spoken about. The importance of engaging with society was spoken about. The session concluded with the story of Thomas Alva Edison and other leaders who have made an impact in the society.

A feedback was collected by the students at the end of the session which was later shared with the guest speaker. The students had a mixed response to the session and have mentioned the various topics as suggestions for the upcoming sessions.

17. Report on Workshop conducted for senior scientists of Gas and Turbine Research Establishment- DRDO on Transaction Analysis – Issues and Implications on 17/07/2019 at GTRE – DRDO campus, Bangalore

Institute of Technology Management (ITM) , Mussoorie had planned a 3 day workshop on Organisational Behaviour for Midlevel scientists of ADE on 17/07/19 at GTRE – DRDO campus, Bangalore. Dr Gopa, scientist F, IMT Mussoorie was coordinating the training session . MsGopa identified topics which are relevant for scientists like Change management, Human factors in organisations, Transaction analysis – Issues and implications etc. Dr Uma Warrier, Chief counselor, Jain university was identified as the spokes person for a session on Transaction analysis – Issues and implications. Around 30 senior scientists attended the session.

The session started with an ice breaker. A real time situation was narrated by the speaker on how an employee of a famous IT company was pushed to attempt suicide merely because of the adverse communication by the manager on a long term basis on the employee performance. This was used as a base to start emphasizing the importance of right communication at work place and its implications.



Post this discussion, a brief on transactional analysis was done by the speaker. Importance of transactional analysis for the group of scientists was discussed. Eric Bernes three ego states in conjunction with the 3 mental frames of Sigmund Freud was discussed.



Attributes of people communicating from all the three ego states were discussed. Short videos on different communication situations were shown and the scientists were asked to respond to the videos. They spoke about their understanding of the characters in the videos and the ego states from where they are communicating. PAC model was discussed in detail with the help of short video clips.

Illustrations of different transactions that often happen in the organization were discussed and the senior scientists participated in the discussion. A video quiz was conducted to reinforce the learning of PAC model.

The scientists were administered a standardized tool to measure their transaction style, which is a HRD tool developed by Udai Pareek. Functional and dysfunctional parent, adult and child ego states were discussed. Scientists could understand their predominant transactional style. This helped them to monitor their own transactions. Majority of the scientists who attended the session were transacting from adult state and few from parent ego state. None of the scientists were transacting from child ego state. This result is probably stereotypical for a group of scientists of defense ministry, but the resource person's interpretation in this case is that since the child ego state transactions are minimal, there is a scope for improving creativity in their transactions.

A detailed description on each of the 12 transactional styles was discussed. Scientists found this part of the session extremely useful and they could connect it to their real time situations.

Strategies for using TA to leverage day today communication to deal with stressful situations were discussed in detail. Some book names were shared with the audience for further reference like "Start with Why?" "What do you say after you hello?". "Games people play" etc.

Feedback was taken for the session and scientists rated the session on 4.7 out of 5 and showed keen interest to have such sessions in future.

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No. ITM/2100/1932/Trg(005)/19-20

दिनांक/ Date: 09 Aug 2019


To,
Dr Uma Warriar
Professor,
CMS Business School, Jain University
Bangalore

**SUB:- COURSE ON 'ORGANISATIONAL BEHAVIOUR' ORGANISED BY ITM, MUSSOORIE AT
GTRE & ADE BANGALORE**

1. On behalf of Director ITM, I would like to extend our gratitude for accepting our invitation for delivering lectures as guest faculty and sharing knowledge with the course participants of 'Organisational Behaviour for Senior Scientists' (17-19 July 2019) at GTRE and 'Organisational Behaviour for Mid Level Scientists' (22 - 24 July 2019) at ADE Bangalore.
2. Your lectures were very well received and highly appreciated by the course participants. Based on the feedback received from the participants of GTRE and ADE, Bangalore, the Overall Effectiveness of lectures are mentioned below:-

Sr. No.	Topics	Date	Lab	Overall Effectiveness of lectures (Out of 5)
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(Gopa B Choudhury)
Scientist 'F'
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18. Report on “Orientation Session” conducted at RR Nagar campus on 18/07/2019.

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

In order to bring about the awareness of counseling, the campus counselor conducted an “orientation on Vishwas the counseling services.” This was conducted by Ms. Supriya Christopher, Campus Counselor, Jain University - Vishwas on 18th July 2019 at 12pm and 1pm for I PCMBC (BCs) & I CET a total group of 98 I year Pre university students of Sri Bhagawan Mahaveer Jain College, VV Puram, Bangalore.

Objective of the session was to bring out awareness of the counseling services offered at Jain Institutions.

The session commenced with an introduction about Vishwas – Student guidance and counseling center of Jain University, its Vision and Mission, its objectives and the areas in which it renders services.

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

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



The counselor also spoke about the five areas of support:

Personal Counseling, Academic Support program, Career Development Program, Crisis management & referrals and 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.

Some short videos on Self Esteem, Emotions, Managing feelings and Respect.

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

The counselor 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 program. The students requested for another session on movie screening.

19. Report of a half day workshop on Transaction analysis – Issues and Implications for Midlevel scientists of Aeronautical Development Establishment – DRDO on 22/07/2019 at ADE campus, Bangalore

Institute of Technology Management (ITM), Mussoorie had planned a 3 day workshop on Organizational Behavior for Midlevel scientists of ADE on 22/07/19 at ADE campus, Bangalore. Dr Gopa, scientist F, IMT Mussoorie was coordinating the training session. MsGopa identified topics which are relevant for scientists like Change management, Human factors in organizations, Transaction analysis – Issues and implications etc. Dr Uma Warriar, Chief counselor, Jain University was identified as the spokes person for a session on Transaction analysis – Issues and implications. The session was attended by the Director of ITM and around 30 midlevel scientists of ADE.



The session started with an ice breaker. A real time situation was narrated by the speaker on how an employee of a famous IT company was pushed to attempt suicide merely because of the adverse communication by the manager on a long term basis on the employee performance. This was used as a base to start emphasizing the importance of right communication at work place and its implications.



Post this discussion, a brief on transactional analysis was done by the speaker. Importance of transactional analysis for the group of scientists was discussed. Eric Bernes three ego states in conjunction with the 3 mental frames of Sigmund Freud were discussed.



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A detailed description of each of the 12 transaction styles was discussed. Scientists found this part of the session extremely useful and they could connect it to their real time situations.



Strategies for using TA to leverage day today communication to deal with stressful situations were discussed in detail. Some book names were shared with the audience for further reference like “Start with Why?” “What do you say after you hello?”. “Games people play” etc.

Feedback was taken for the session and scientists rated the session on 4.5 out of 5 and showed keen interest to have such sessions in future.

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20. Report on a guest session on Turning Adversity to Opportunity – A motivational session at Aeronautical Development Establishment - DRDL on 23/07/2019

Scientists are the nation's pride. Their sharp intellect, research orientation and quest for unknown sets them apart from the rest. They are known to have high cognitive ability. To support and compliment their cognitive skills, Institute of Technology Management (ITM), Mussoorie had planned a 3 day workshop on Organizational Behavior for Midlevel scientists of ADE on 23/07/19 at ADE campus, Bangalore. Dr Gopa, scientist F, IMT Mussoorie was coordinating the training session. Dr Uma Warriar, Chief counselor, Jain University was identified as the spokes person for a motivational session on how to convert adversities into opportunities.



The session started at 9 am with an introduction of the speaker. Around 35 midlevel to senior scientists attended the session. Director of ADE, Mr Venugopal was also present during the session.



The speaker started the session with a series of photographs of famous personalities of International and Indian origin and tried to involve the participant in discussion by asking their understanding about the path of success for the above mentioned famous personalities. Stumbling blocks on the way to success were discussed as a group.

The speaker used story telling as an andragogy to communicate 9 motivational themes to the scientists. Scientists actively took part in the story telling by giving their perspective to the points mentioned by the speaker.



After the 9 stories with useful morals as takeaways, the speaker discussed twenty winning strategies that helps one to convert and adversity to an opportunity. A quick activity of identifying the top 5 challenges that stopped the participants from reaching success and the action taken by the participants to overcome was shared by the participants.



The session concluded with a recap of the 9 stories and moral of each story. The session seems to have helped the participants, which was evident in the feedback given by the scientists, rating the session at 4.39 out of 5.

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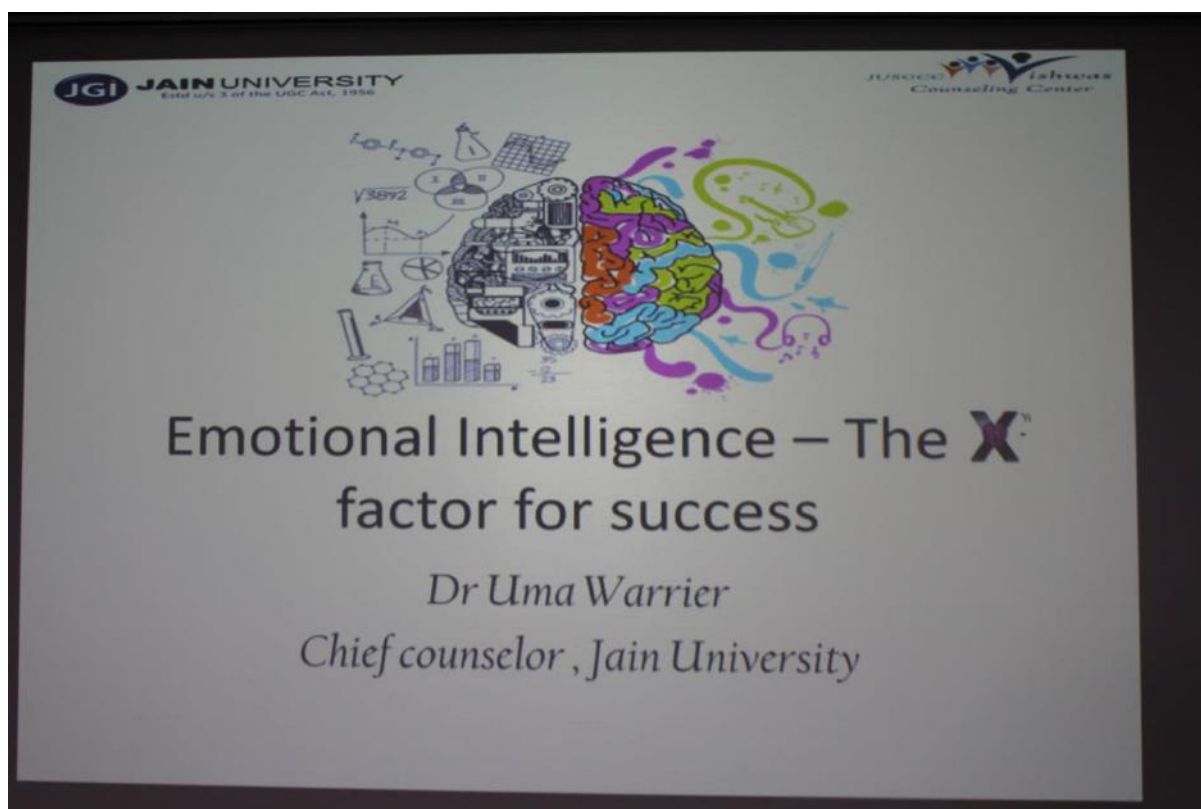
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21. Half day workshop on Emotional Intelligence- The X factor for success on 27-07-2019 at CMS Bschoo for final year students of CMS Bschoo.



The session on Emotional Intelligence was planned for the passing out batch of Bschoo to equip them to be better managers in near future. Around 250 final year MBA students attended the program at Bschoo. The session was conducted by Professor and Area coordinator of OB & HR, Dr Uma Warriier.



Session started with an icebreaker called watch and observe the emotions in a particular video clipping. Students were able to identify almost all emotions depicted, barring a few micro expressions in the clipping. Students were asked to share their opinion about the triggers of those emotions depicted.



The concept of Amygdala hijack was explained with examples. It's significance and implications in real life were discussed. Companies that use the concepts of EI in different HR functions were discussed.



The five EI dimensions as explained by Daniel Goleman was discussed. Rationale behind hiring employees with high EI was explained . Students were asked to share their opinion about signs of poor emotional intelligence.



Different video clips were used as video quiz to reinforce the learning of EI dimensions. Students were very participative throughout the session.



Strategies for Self awareness were discussed. How to perceive and name emotions in others were also discussed. Barriers to perceiving emotions in others like Self reference, lack of empathy etc were discussed.



Strategies for developing social awareness were discussed. Session concluded with summary of the learning.



Students gave oral feedback. They were of the opinion that sessions on Emotional intelligence is very helpful to them to understand situations in different light.

22. Half day session on “ Transactional analysis as a mental fitness first aid tool “ for Leadership team of Harman on 31/07/2019 at Harman facility, Whitefield, Bangalore.

Harman International = A Samsung company , Bangalore facility had a one day fitness challenge for the senior leadership team . Dr Uma Warriar , Chief counselor , Jain university was invited to deliver a session on “ Transactional analysis as a mental fitness first aid tool” for the senior leadership team of Harman. About 35 senior leaders and 5 HR executives attended the session.



The session started with a brief mention of Simon Senik’s best seller book “ Start with Why ?”. The session was made interactive by the leaders sharing their challenges like poor line of successors, multigenerational workforce etc. The challengers were connected to the organisational stressors and some of the outcomes of poor stress coping were discussed. The case of Sidhartha, CEO of CCD was discussed in this contest.



The real time case of a Harman employee without disclosing any personal details were discussed to connect the context to the audience. Leaders shared their views on what should be ideal course of action in this particular case.



Five dimensions of Daniel Goleman were discussed along with the business case of the fallout between the famous leaders of Microsoft, Bill Gates and Steve Ballmer.

The speaker briefly mentioned Mindfulness and its dimensions. Business case of Rajat Gupta, which is a classic case of lack of mindfulness, was discussed.

The concept of Transactional analysis was introduced to the audience. Importance of TA in the business context was discussed. Eric Berne's 3 ego states in conjunction with Sigmund Freud's 3 mental frames were discussed. PAC model was discussed in detail with the help of short video clips.

Illustrations of different transactions that often happen in the organization were discussed and the leaders participated in the discussion



Strategies for using TA to leverage EI & Mindfulness to deal with stressful situations were discussed in detail. Some book names were shared with the audience for further reference like "Start with Why?" "What do you say after you hello?". "Games people play" etc.

23. Sessions on “Bullying” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in July 2019

The psychological scars of bullying can last decades. The key thing that students need to do is to tell someone. The biggest advantage of bullies is the silence of their targets. If students tell their teachers or even other students, then something can be done. It, therefore, becomes important to identify any indications of such behavior and address the concerns right at the onset. To spread more awareness about Bullying 4 psycho-educative sessions were conducted by the Counselor from Vishwas Counseling Centre at CMS Jain University. A total of 244 students were addressed in the 4 different classes (5 BBA ‘B’, 1 BBA ‘D’, 3 BBA ‘G’ and 3 BBA ‘A’) in the month of July, 2019.



The session commenced with the question “What is bullying?” and the students articulated various responses based on their experiences. The various types of bullying were discussed with examples from the counselor. The students actively participated by real life incidents of bullying based on the various types namely: Physical Bullying, Verbal Bullying, Social Bullying and Cyber Bullying. Students also spoke about how differently they could have handled the various situations and the role of bystanders was focused upon.

The bully, the victim and the bystander are the people involved in bullying and the impact of bullying on them was the subject of discussion. Several impacts of bullying were also spoken about including low self-esteem, difficulty in interpersonal relationships, substance abuse, learned helplessness, poor academic performance, depression, anxiety and other consequences.



A major part of discussion was about bullying in college, how it happens and the actions that can be taken to stop it. The issues of bullying in workplace were also spoken about in the session. Body shaming and bullying is also one of the primary concern that was discussed. Students shared examples of bullying and peer pressure and how the two are linked. Strategies to deal with bullying and the actions that can be taken by a bystander were listed and discussed.



The students were made aware of the government laws and regulations against bullying. The importance of taking an action and handling cases of bullying were also discussed. The counselor informed them about the anti-raging cell in CMS and mentioned the respective faculties' in-charge of it. The session progressed with showcasing a short film on bullying. The video had contextualized types of bullying, effects of bullying and how a change can be brought by providing support to the victim. In two of the classes along with the session on bullying concepts related to emotional first aid were also linked to the topic to enhance the information provided.



The students initially didn't want the session as they found it very childish but as the sessions progressed they participated and found it relevant. The sessions were interactive as the students had many real life examples to share and relate to. The video also helped the students to reflect and be sensitive to the concerns and take appropriate actions. The students have given positive feedback about the session and have mentioned few suggestions for the upcoming sessions.

24. Sessions on “Non-verbal communication” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in July 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 3 sessions for 1 BBA 'J', 1 BBA 'C' and 1 BBA 'H' addressing around 208 students in the month of July.



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.

25. “Orientation” session conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in July 2019

A student's mental health is just as important as their physical health and deserves the same quality of support. No one would feel embarrassed about seeking help for a student with a physical injury – and we really should be equally ready to support a student coping with emotional/psychological difficulties. Orientation sessions were conducted by the Counselor from Vishwas Counseling Centre at CMS, Jain (Deemed-to-be- University) to encourage students to seek help from the process of counseling. The orientation sessions were conducted in the month of July for all the first year students of MAJ addressing 38 students.



An ice-breaking activity was conducted to make students feel comfortable and introduce themselves. The students were introduced to the journey of Vishwas- Counseling Centre, the Vision and Mission of Vishwas. The students were briefed about the five areas of support namely- Academic Support, Personal Counseling, Career Development Programs, Outreach Program for Positive Mental Health, Crisis Management and Referrals. Also, the stakeholders of Vishwas were mentioned about. The most often encountered personal counseling issues were discussed with the students helping them to understand the nature of problems that are face by students and the support provided by Vishwas.



An activity titled “Worry Ladder” was used to connect to the problems faced by students and help them identify the problems that they need to seek support for. The following questions were asked to the students and various concerns related to that were spoken about:

- Who is a counselor?
- What is counseling?
- When to approach a counselor?
- What is the process of counseling?
- How does counseling help

The students were aware of the role of counselor as most of them had counselors in school. Few students had been to counseling before in schools and also psychologists personally. The students contributed to the discussion and helped others understand the process of counseling. Students shared some examples of problems where they could approach a psychologist.



The counselor discussed about the ethics of counseling. Some questions related to “Confidentiality” were addressed with various situational examples. Myths and facts about counseling were spoken about using an activity. A slide on “What counseling is not” helped the students clarify certain misconceptions they had about counseling. A photograph of the counseling room was used to explain the importance of the setting in a counseling room. The session concluded by mentioning the contact details of the counselor, the ways to approach a counselor in campus, the timings of the counselor and location of the Vishwas-Counseling Centre.

A session feedback was taken orally along with a written feedback. The session was interactive and the students learned about the process of counseling and other aspects related to counseling. Few students have suggested various topics for the psycho-educative sessions. The students were mature and aware hence, they could contribute with several inputs during the session.

26. Session on “Defense Mechanisms in Everyday Life” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in July 2019

Defense mechanisms are automatic unconscious coping mechanisms that help people protect themselves from painful emotions and protect their sense of self. We use defense mechanisms in everyday life and it is important for us to be aware and understand it. A session on the topic “Defense Mechanisms in Everyday Life” were conducted for 57 students of 1 BBA ‘J’ in the month of July, 2019. The sessions were conducted by Ms. Anumathi. G Malak, Counselor, Vishwas Counseling Centre at JU-CMS.



The students were interested as the concept of Defense Mechanism was new to them. A brief about Psychodynamic perspective was spoken about during the session along with concept of Id, Ego and Super Ego to focus on the aspects related to conscious and unconscious mind. The students were later asked to respond to the question “Why should an individual be aware of his/her own defense mechanism?” A discussion continued regarding the importance of being aware of defense mechanisms and how it impacts our everyday life.

An activity named “Shield” was used where the students were asked to draw a shield on a piece of paper and label positive and negative. Various situations were given to them and they were asked to mark either on positive or negative side of the shield based on the way they would react or respond to the given situations. The activity helped the students to understand adaptive and maladaptive ways of coping mechanisms or defense mechanisms that they used.

The following defense mechanisms were elaborated in the sessions based on the cause of anxiety, the means of coping and examples related to the defense mechanism:

- Compensation
- Denial
- Displacement
- Intellectualization
- Projection
- Rationalization
- Reaction Formation
- Regression
- Repression
- Sublimation



An activity named “Name the Defense Mechanism” was done where students were asked to guess the name of the defense mechanism based on the examples given. Ways to deal with defense mechanism was discussed. The session concluded by saying that Defense mechanisms are neither good nor bad in themselves. It all depends on how, and for how long, they are being used. Defense mechanisms are often needed, and used, to protect ones’ self from pain. However, usually this is a temporary solution, and eventually one comes to the point when they have to face the real situation. The students had a good feedback about the sessions as they were able to relate the examples used in the sessions.

27. Orientation program for the PUC students (10/07/2019 to 30/07/2019)

The orientation Program was organized for the PU students in order to educate them about the importance of mental health and counseling. The session was for an hour which was addressed to a total of 496 Science students and 1060 Commerce students of both the I and II years, starting off from 10th July, 2019.

The 1 hour session commenced with a power point presentation which gave brief information about the inception of Vishwas counseling centre. Further the session proceeded with, describing about the five areas of support that Vishwas offers.

It was an interactive session and the objective of the session was to help the students comprehend;

- What is mental health?
- What is counseling?
- Who is a Counselor?
- Myths regarding counseling
- Importance of counseling and the benefits of it
- Reaching out to the Counselor in their campus

In order to keep them engaged a small activity was conducted called “Through your eyes” where the students were shown the pictures of eyes and they had to guess the emotion the person was feeling. The aim behind this activity was to make the students understand that just by looking at a smaller aspect and coming to a conclusion about how the person is feeling could go wrong, so one needs to understand the person’s situation and feelings

from his/her perspective and not theirs, do not misjudge, not only when it comes to others but also when it comes to them.

Later, a short video by Jay Shetty was played, which spoke about the importance of letting go things and to not hold on to them. How the mental peace matters more than thinking why things happened the way they did and also how no matter what they are feeling or going through they can always meet the Counselor for help.

In the end, an announcement about the upcoming Vishwas fest was made.

The feedback from the students was good. Most of the I years addressed how they were ignorant about the concept of counseling and wished they had it back in school or known about it earlier but at the same time were glad to know that Jain College had such a facility. Few second years had the concern about how they can trust a Counselor that he/she won't tell whatever they discuss, with their parents or teachers because of their earlier experiences. This gave way for a detailed discussion about the concept of confidentiality.

Overall, the orientation program helped the students to know more about counseling and cleared the doubts that they had regarding it. The students also raised doubts regarding the difference between a psychologist, psychiatrist and a counselor.





28. Session on “Dealing with Failure” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in July 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 1 session in 1 BBA ‘L’ addressing around 60 students in the month of July 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.

29. Sessions on “Emotional and Mental First –Aid” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in July 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. The Counselor from Vishwas Counseling Centre at CMS Jain University conducted 4 sessions addressing around 229 students 3 BBA ‘J’, 1 BBA ‘A’, 1 BBA ‘M’ and 5 BBA ‘I’ in the month of July, 2019.



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.

30. Sessions on “How are habits formed?” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in July 2019

If we had to be consciously aware of all the millions of micro-decisions we make every day, we would never get anywhere. In an evolutionary sense, the automaticity of habits is essential to our survival. To make students aware of the importance of habits 7 psycho-educative sessions were conducted by the Counselor from Vishwas Counseling Centre at CMS Jain University. A total of 213 students were addressed in the 7 different classes (3 BBA ‘A’, 3 BBA ‘J’, 3 BBA ‘L’. 1 BBA ‘A’, 5 BBA ‘E’, 3 BBA ‘K’ and 5 BBA ‘F’) in the month of August, 2019.



The session started with a brief discussion about habits. The students were asked to list the habits they have and also identify the good and bad habits they had. Some common examples of habits were discussed to create better understanding of the habits people have. The different stages of habits were spoken about. Students actively participated by mentioning several examples of the types of habits. The students were more aware of the role of brain in formation of habits. Students were asked to speak about the causes of habits and how individuals follow the habits.



The process of habit-formation was discussed in detail with examples explaining the various stages involved in the process. Requirement of time to acquire new habits and challenges of breaking new habits was discussed with various examples. As the sessions were taken for the Business Management students a sub-topic of “Business Habits” was part of the presentation that gave room for discussion. The different strategies to change and maintain habits were part of the presentation. An interesting research study was shared as an example of how the approach towards changing habits is important for us to bring a change. The students discussed about the triggers involved in forming and sustaining a habit. Some techniques and strategies to change habits were discussed. The session concluded with an activity where the students planned to change the habits based on the presentation done. A written feedback was taken by the students at the end.

31. “SOUKHYA-2019”- the mental health fest conducted by Vishwas-Counseling and Guidance Centre, Jain (Deemed-to-Be-University)

In order to generate more awareness of our psychological process and the importance of our mental health we are celebrating Vishwas Fest across all Jain (Deemed-to-Be-University) campuses. The Fest was organized by Vishwas Counseling Centre in Centre for Management Studies campus on 18th July, 2019 from 9:00am to 4:00pm. Events like photography, storytelling, movie making, book review, skit and poster making were organized with diverse themes to render creativity of students and spread mental health awareness.



The gracious occasion was started with a prayer song by Ms. Nilaya followed by the lighting of the lamp. Dr. Uma Warriar, the Chief Counselor was invited as the chief guest who inaugurated Soukhya-2019. Faculty members, Dr. Umakanth (HOD), participants, volunteers and students attended the inauguration. Dr. Uma Warriar addressed the gathering by sharing the agenda behind organizing this event and how Vishwas has been taking several initiatives over the years to promote mental health and wellbeing of students. A total of 57 students participated in the several competitions organized.

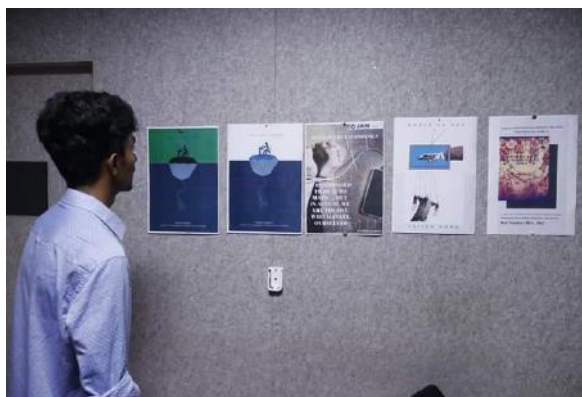


Each of the events had a theme based on mental health. The events were judged by the faculty members of the campus. The events were as follows:

- Poster Making, Theme: Alienated by Technology
- Handout, Theme: Love Yourself (Sleep, Diet, Exercise, Etc)
- Skit, Theme: Social Isolation
- Movie Making, Theme: What a Wonderful Life!
- Photography, Theme: Action Reaction
- Book Review- A Psychological Perspective
- Story Telling, Theme: Disconnect to reconnect

The winners from Centre for Management Studies participated in the final round of Soukhya conducted in the CMS- Business School on 29th of August, 2019.

A glimpse from the fest at Centre for Management Studies campus



32. Report on “Orientation Session for 1st year PG Students” conducted at School of Sciences JC Road on 30/07/2019

All the first year newly admitted students were asked to be seated in the conference hall for the Orientation Program which was held on 30th July 2019. The orientation was for the first years PG students from PG department Forensic Science (78 students) and Psychology (96 students). This Orientation was held to bring about awareness about the importance of counseling in an educational setup. The campus counselor conducted an “orientation on Vishwas the counseling 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 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 consisted of the counselor 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 counselor without any fear and confidentiality aspect of it was emphasized upon. The very few benefits of counseling were discussed such as less anxiety, greater self-confidence, better relationships, regaining emotional balance, stress relief, ability to set boundaries, trauma resolution and career counseling.

Later a few of the myths concerning counseling 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 counselor i.e. the floor and the room number and the timings of the counselor was told i.e. 8.30 AM to 4.00 PM. The session ended with the students thanking the counselor for the orientation.

33. Report of Orientation sessions about Vishwas by Campus Counselor in the month of July, at CMS B School.

The campus counselor, Ms. Sampritha Suresh, conducted orientation session for all the students of MBA 1st semester. A total of 660 students were addressed and educated about the counseling 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.



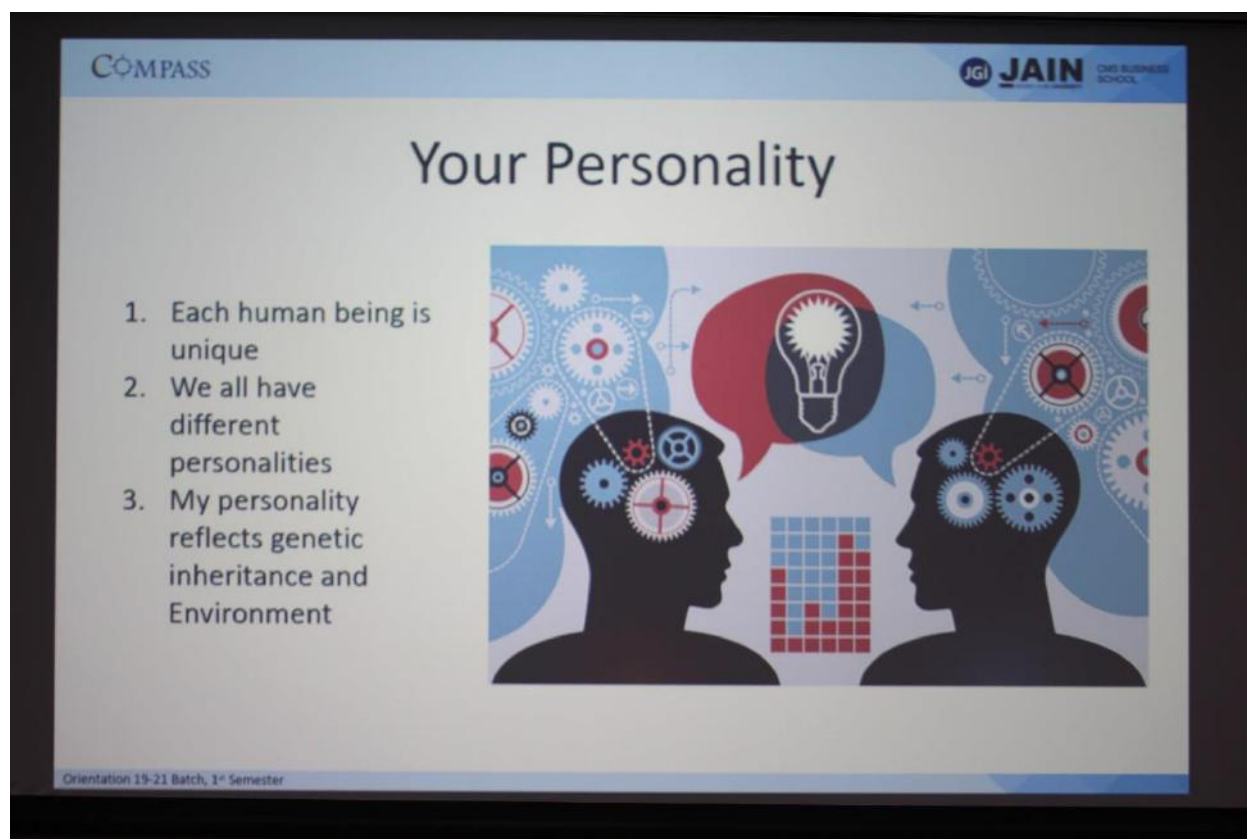
The sessions were conducted in series of 12 sessions with 60 students in each class. Each session was for an hour and 15 minutes, and students got introduced to the process of counseling, ethics and confidentiality. The students were made to get equipped with the facts about counseling by breaking the myths and stigma in society.



The counselor also spoke about the five areas of support:

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

The counselor also conducted a small personality test using basic psychological need satisfaction, for students to understand where they stand with respect to their strengths and competence in personality. A brief explanation on how they can improve their personality was explained.



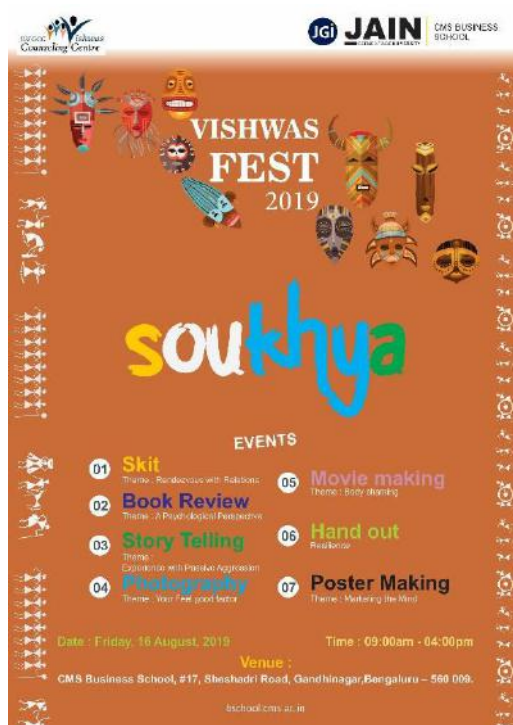
A list of commonly faced issues by students in the college and the issues that the center has been dealing with till date was discussed. The students were encouraged to help each other when need and be a supporting hand for others. An effort was made to make students understand that as students it becomes their duty to show concern and help each other when needed as they are the most approachable for their peers.

Counselor concluded every session with the details of availability and approachability to the counselor.

34.Mental health fest Soukhya conducted at CMS Business School on 16/08/2019

Inter campus mental health fest was held by Vishwas across the campus in the month of August. On 16th of August, the campus level fest was held at CMS business school for MBA students. A series of competitions were planned ranging from storytelling, skit, short film making, poster competition, book review and photography. Each of the competition had its very own theme and the students were expected to perform activities according to the respective themes.

Soukhya means “well-being”, a harmonious, healing and divine frame of mind. The fest thrives to showcase the struggles of our mind before we reach wellbeing. Soukhya is an inter campus mental health fest of Jain university, wherein the students at each of the Jain university campus showcase their talents and the winners of the events compete at university level. The objective of holding this Fest is to involve all the students of Jain University in Mental Health Awareness. The events of the fest are showcased in different themes addressing the stigma and shame associated with mental health. Soukhya is the hope to spread the message of positive mental health through the various events.



Story telling had the theme of Experience with passive aggression, Skit was based on rendezvous with relations, short film was shot on body shaming, posters were submitted on the theme marketing the mind and photography was done by capturing their feel good factor. Few books were reviewed under the psychological perspective.



The events were started with a formal inauguration and lighting of the lamp. Director of CMS Business School Dr. Dinesh Nilkant inaugurated the fest at the campus and spoke about the importance of mental health in one's life, and the efforts taken by Vishwas to deliver the services to the youth at Jain University. Dr. Harold Andrew Patrick addressed the gathering with more technical knowledge from his psychology background and Dr. N Chandrasekhar graced the occasion and informed the gathering about the basic of mental health importance in human life. The event was attended by volunteers of Vishwas and CMS Business School faculty.



The fest was started immediately after the inauguration simultaneously in seminar hall 2 and seminar hall 3. The events were judged by Dr. Uma Warriar, chief counselor, Dr. preetha Chandra, Faculty, Ms. Pallavi Counselor, Ms. Dharini, Counselor and Dr. Nishanth Singh, Faculty. Photography and poster making competitions were judged off stage by Mr. Shamsuddin and Mr. Srinivasulu.



The results were announced on the day of Parichay on 20th of August. The winners were

Skit:	Team “The Unknown” Team Members <ul style="list-style-type: none">• Madhan Kumar• Disha Joshi• Mousumi Maity• Tharuneswar J• Vivek C P• Sagar J
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Book Review: Madhukar Periwal	Story Telling: Deepthi Shetty
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Poster Making:	Shraddha Chhawanika Sai Laxmi Narayan
Photography:	Ajay B Shivanal
Movie Making: Team Kiran	Anjana Sekhar Kiran Basil S Raj Maryam Tayyiba Visweswar D K



The following winners were selected as participants for final round of vishwas fest and are expected to compete against the winners of the other campus of Jain (Deemed-to-be University) on 29th of August in the finale. All together there were 109 participants with highest participation for photography.

35. A report on mental health program conducted at pre university student at SRI BHAGWAN MAHAVEER JAIN COLLAGE, RR Nagar on 19/08/2019.

Mental health is a state of wellbeing in which a person understands his/her abilities, can make cope with the normal stresses of life can work productively and fruitfully, and is able to make a contribution his/her community. It is necessary to make students aware of mental health for a stress less life. Our Jain College is succeeded in making students aware of mental health by conducting a program named Vishwas fest on 19th august 2019. This session mainly concentrated on helping the students to do self-reflection and introspection about their own strength and weaknesses.

The session began with the inaugural in the presence of the Principal Sir Balasubramaniam, the campus counselor Mrs. Supriya Christopher and our Judges by lightning the lamp with the inaugural song. Then it was followed by a classical dance by Ms. Pooja first PUC student.





The fest was followed by following events:

1. PHOTOGRAPHY:

Photography is the art, science and practice. Photography seemed to be able to capture more details and information than traditional medium. The topic of photography was types of emotions and an inter collage judge was invited to judge the photography. The event went on smoothly with following events.



2. POSTER MAKING & HANDOUT

A poster making and handout are the visual communication tool that serve as a summary of your work and advertisement of your research. The event poster making had a topic of addiction on gadgets. This event helped the student by getting awareness about the use of gadgets and this event brought the colorful talents of the students. Handout had the topic of demystifying mental health.



3. STORY TELLING AND BOOKREVIEW

Story is something which is imagined and also describes the social and cultural activities of sharing stories we learn moral facts from stories which can be used in our real life. The topic of storytelling was about collage life, we found many participants telling their experience with excitement and joy.

Book review tells us about the author and the topic present in the book. We get to know the point of view of the author and ours. Topic of book review was psychological perspective. This tells us about the human behavior and their functions which aspects are worthy to study.



4. SKIT AND MOVIE MAKING

Skit and movie making were the most entertaining part of the event. Skit is a short informal performance intended to educate or inform. The topic given to the participants was connection with our guardian angles.

Movie making involves a number of discrete stages including initial story, idea or commission through screen writing, casting. Etc.

The topic given to movie making was peer pressure. The audience enjoyed the way the movie was presented.

On the overall the event was successful with a good feedback where the students requested for such events to be conducted in the near future.



In conclusion the Principal Sir and the judges were very happy with the above events and they request such fest to be conducted more frequently.

The Principal gave a feedback on how Soukhya, the Vishwas fest brought out the taboo surrounding the mental illness has to shattered and its possible only through such awareness program.

Sir also brought the example of how a Bangladesh student took up the book review event even though he was not fluent in English language.

His courage to take part and to present his talent has left a mark for the other students.

**36. A report on mental health program conducted at pre university student at
SRI BHAGWAN MAHAVEER JAIN COLLAGE, VV PURAM on
21/08/2019.**

Mental health is a state of wellbeing in which a person understands his/her abilities, can make cope with the normal stresses of life can work productively and fruitfully, and is able to make a contribution his/her community.

It is necessary to make students aware of mental health for a stress less life.

Our Jain College is succeeded in making students aware of mental health by conducting a program named Vishwas fest on 21st august 2019.

This session mainly concentrated on helping the students to do self-reflection and introspection about their own strength and weaknesses.

The session began with the inaugural in the presence of the Principal Dr. Natraj, the campus counselor Mrs. Supriya Christopher and our Judges by lightning the lamp with the inaugural song .Then it was followed by the dance team.



The fest was followed by following events;

PHOTOGRAPHY

Photography is the art, science and practice. Photography seemed to be able to capture more details and information than traditional medium. The topic of photography was types of emotions and an inter collage judge was invited to judge the photography. The event went on smoothly with following events.



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The topic given to movie making was peer pressure. The audience enjoyed the way the movie was presented.

On the overall the event was successful with a good feedback where the students requested for such events to be conducted in the near future



37. Soukhya 2019, Mental health fest conducted at Jayanagar School of Knowledge Campus was held on 22/08/2019

In order to spread mental health awareness Vishwas counseling centre decided to organize an intra-campus fest. With a lot of thought behind what to name the fest, Dr. Uma Warriar the chief Counselor suggested an apt name called, 'Soukhya' which means well-being. The fest was decided to be conducted in every campus of Jain and the winners of each campus would be competing at the CMS Business School on 29th of August at the inter campus fest.

The fest had 7 different competitions each having a theme related to mental health and the theme varied from campus to campus.

A group of 15 student volunteers from both PU and UG, went around the campus and made announcements regarding the fest from the first week of august

Intra Campus Fest – 22nd August, 2019

The intra campus fest in Jayanagar School of Knowledge Campus was held on 22nd August, 2019. The fest was organized in collaboration with the UG and PU students. There were a total of 41 participants. The competitions and the themes were as follows;

- Handouts – Peer Pressure and Addiction
- Digital Posters – Logical or Creative Mind

- Photography – Self Motivation
- Skit – Broken but not torn?
- Story Telling – Mindfull or Mindful?
- Book review – A psychological Perspective
- Movie Making – Navigating Identity

The dignitaries present were Dr. Nalini Satishchandra - Centre head of PU, Ms. Suma A.P – Vice Principal of PU and Dr. Vasu B. A – Centre head of UG and few faculty members from both PU and UG were also present.

The fest began with the inaugural program; the inaugural welcome speech was given by Ms. Surekha from B.com Honors. She spoke about Vishwas and the services provided by the counseling center along with the importance of mental health and why we need to address it especially amongst the adolescent and young adult population.



Then, the dignitaries and the campus counselors lit the lamp while the singing team sang the invocation song. Later on the dignitaries were asked to talk a few words regarding the importance of mental health. Each of the dignitaries put forth their perspectives about the fest and also appreciated the innovative idea of organizing a fest like this in order to spread mental health awareness.





Then the degree and PU students sang some songs with the theme of resilience, strength, like 'Believer by Imagine Dragons', 'Fight song', 'Fireflies', which was followed by a dance performance by the PU students.



Soon after the inaugural program, competitions began. The hosts for the day were Mr. Siddhant Sharma and Mr. Pratham Jain from II year PU.



Skit - There was only 1 team for skit from PU and they performed in kannada. The storyline was based on the character of Lakshmi, how irrespective of facing problems in childhood and losing her husband at a younger age, she didn't give up on life and worked hard to become an IAS officer. The judge for the skit was Ms. Shivani Sharma, co-ordinator of theatre club, PU.



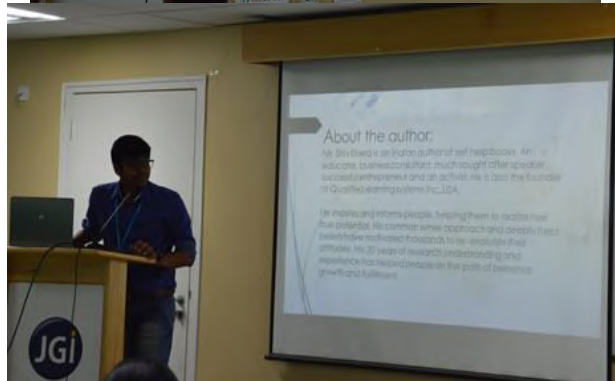
Digital Posters - The judge for the event was Ms. Suma A.P, Vice principal, PU. There were 4 teams from PU and the posters were designed on the theme of logical and creative mind.



Story telling- There were 3 participants from PU. One was a mythological story and the other was a story of the judge for the event was Ms. Nirmala Pandian, co-ordinator of MUN.



Book review – There were 5 participants from PU, who presented their review on books like, the girl on the train, Blink etc. The judge for the event was MS. Nirmala Pandian, coordinator of MUN and elite club, PU.



A woman in a yellow shirt is standing at the front of a classroom, presenting to a group of students. She is holding a small object in her hands. Behind her is a large screen displaying a blue slide, and a whiteboard with a colorful poster and a calendar. The students are seated in the foreground, facing the presenter.





Photography – There were 10 Participants from PU and the judge for the event was Ms. Smitha, HoD of Biology department and Ms. Rajoshi Chatterjee.



The winners of the intra campus level fest are as follows

Sl. No.	Events	Names	Class
1	Book Review	Neerav	I BMS (UG)
2	Poster Making	Oviya&Harshitha	I PCMC 'A'
3	Hand out	Arthy Meenakshi	I PCMC 'A'
4	Story Telling	Shiresh	I PCMB 'A'
5	Photography	DivyanshBhanot	II BCA (CTIS) (UG)
6	Skit	Niharika	II PCME 'A'
		Sai Lohith	I PCMB 'B'
		Surekha	“ ”
		Chirag	“ ”
		Rohan	I ABMS 'B'



Over all, the intra campus fest was a success but the presence of the Chief Counselor was deeply missed.

Inter Campus fest – 29th August, 2019

The inter campus fest was held at CMS Business School, Race course road.

The fest began with the dignitaries lighting the lamp and Ms. Manasa from VV Puram Campus singing the invocation song. The dignitaries were asked to speak a few words.



Mr. Dinesh the director of CMS Business School gave a welcome speech.

Followed by, Mr. Ravindra Bhandary the vice Principal who gave an inaugural speech and spoke about the importance of mental health and how resilience plays an important role.

Mr. Vishal Chenraj, the director of Jain Group of Institutions also being an alumni, spoke a few words regarding the need of mental health awareness and how Vishwas is playing an important role in spreading the awareness regarding mental health and at the same time actively participating in helping students in all the campuses.

Dr. Umar Warriar, the pillar of Vishwas, spoke a few words regarding the fest and the growth and activities of Vishwas.



The chief guest, Mr. Harish Bhuvan, founder of compassionate clowns spoke a few words and launched the social media handles of Vishwas, which would be used as a non-judgemental platform to promote mental health and will also be used to update about the future events.



Later, Ms. Pooja from RR Nagar campus performed the invocation dance and with this the inaugural program came to an end. There was a short tea break. After the break the competitions began and it was held in two seminar halls simultaneously.

The judges for the various events were as follows;

- Story telling - Mr. Shubhankar S, NLP Practioner
- Book review - Dr. Manoj Chandran, CEO of white swan foundation
- Movie making - Mr. NithinAnjanappa, cinematographer
- Skit - Ms. Shravya, founder of layalasya
- Poster making/ handouts/ Photography -Ms. Swati, Senior Clinical Psychologist



The media houses covered the various events. After all the events came to an end, there was a valedictory ceremony that was held.



During which Mr. Harish Bhuvan encouraged the students to ask him any question and he would answer them in a story format.

There were various questions that came in from the students like;

“Do you believe in ghosts?”

“Why do you wear a beaded bracelet?”

“Do you believe in destiny?”

“What is your name?” etc...

After a small question and storytelling round, Mr. Harish Bhuvan and Ms. Uma Warriar were asked to give away the certificates and the cash prize to the winners.

The inter campus level winners of the various events are as follows;

Events	Names	Campus
Movie Making	Rageeth. R Afreen Fathima	Centre for Management Studies
Photography	Ajay B Shivanal	CMS Business School
Storytelling	Deepthi Shetty	CMS Business School
Book Review	Jarul	School of Sciences
Skit	Rahul & Team	School of Sciences
Poster Making	Eshika Meghana	Jain PU College, VV Puram
Hand Out	Arthy Meenakshi	Knowledge Campus



ಸಾಕ್ಷಾತ್ ಸಮಿತಿ



ಜೈನ್ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಮಾನಸಿಕ ಆರೋಗ್ಯ ವಿಭಾಗ ವತಿಯಿಂದ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದ್ದ 'ಸೌಖ್ಯ' ವಿಶ್ವಾಸ್ ಫೆಸ್ಟ್-2019 ಉತ್ಸವದಲ್ಲಿ ಮನಃಶಾಸ್ತ್ರ ಕುರಿತು ಅಭಿಪ್ರಾಯ ವ್ಯಕ್ತಪಡಿಸಲಾಯಿತು. ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಡಾ. ರವೀಂದ್ರ ಭಂಡಾರಿ, ವಿಶಾಲ್ ಜೈನ್, ಹರೀಶ್, ಭುವನ್, ಅನುಮತಿ ಜಿ. ಮಲಿಕ್ ಮತ್ತಿತರರು ಭಾಗಿಯಾಗಿದ್ದರು.

Main Edition
30 Aug, 2019 Page No. 8
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ಜೈನ್ ಸಂಪರ್ಕ

7/8

ವೃತ್ತಿ: ಮನಃ ಸಂಹಾರದಿಂದ ಆಯಾಸವಾಗಿದೆ. ಧರ್ಮದ ವ್ಯಾಪಾರ-ವ್ಯವಹಾರಗಳಲ್ಲಿ ಲಾಭವೇ ಮೇಲೆ. ವೈಯಕ್ತಿಕವಾಗಿ ಗೃಹದಲ್ಲಿ ಆಶಾಂವಿತರಾದ ವಾತಾವರಣ ಕುಂಭ: ಹೂಡಿಕೆಗಳ ಬಗ್ಗೆ ಚಾಗ್ರತೆ ವಹಿಸಬೇಕು. ಮೀನು: ಆತ್ಮವಿಶ್ವಾಸ ಮತ್ತು ಪ್ರಯತ್ನ ಬಲಗಳಿಂದ ಮುಂದುವರಿಯಿರಿ.

ಮುಂದಿನಿಂದ: ಇದೇ ರೀತಿ ಕೆಲವು ಚುನಾವಣೆಗಳಲ್ಲಿ ತಿವಣ್ಣದ ವಾಡಿಕೆ ಸದಾ ಇರಲಿ. ಅರಿಸಿ ಬಂದಿದ್ದ ಮಂಜುನಾಥ ಅವರು ಆರಾಧನೆಯಲ್ಲಿ ನಿಶಿತ ಸಂವತ್ಸರ ಪೂರೈಸುವ ನಗರವ್ಯಕ್ತಿ ಸ್ವಾಗತವನ್ನು ಕೇಳಿ ಬಂದರು.

ಪ್ರಾಥಮಿಕ ಮತ್ತು ಪ್ರೌಢ ಶಿಕ್ಷಣ ಸಹಿತ ಸುರಕ್ಷಾ ಕುಮಾರ ವಿರೋಧಿ ಪಾಠ್ಯದಲ್ಲಿ ಮಂಜುನಾಥ ಗುರುತಿಗೊಂಡಿದ್ದು ಅದಕ್ಕೆ ಸ್ವಾಗತವನ್ನೂ ಆಶ್ಚರ್ಯ ಪಡೆಯಲಾಯಿತು. ಒಮ್ಮೆಲೆ ಬೆಂಗಳೂರು ಮಹಾನಗರ ಬಜೆಟ್ ಫಲಕದ ಅದ್ದಕೆ ಹರೀಶ್ ಇಬ್ಬರೇ ಮಂಜುನಾಥ ಇಬ್ಬರಲ್ಲಿ ಒಬ್ಬರು ಆಯ್ಕೆಯ ಬಹುತೇಕ ಖಚಿತ ಎನ್ನಲಾಗಿದೆ.



ಜೈನ್ ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿರುವ ಹಮ್ಮಿಕೊಂಡಿದ್ದ ವಿಶ್ವಾಸ್ ಸಮ್ಮೇಳನವನ್ನು ಡಾ.ರವೀಂದ್ರ ಭಂಡಾರಿ ಉದ್ಘಾಟಿಸಿದರು. ವಿಶಾಲ್ ಜೈನ್, ಹರೀಶ್ ಭುವನ್ ಈ ಸಂದರ್ಭದಲ್ಲಿ ಪಾಲ್ಗೊಂಡರು.

38. Report of “Soukhyas” Vishwas Fest on Mental Health conducted at knowledge campus on 22/08/2019.

On Thursday, August 22nd- we had ‘Soukhyas’- a fest on Mental Health held in the Jayanagar School of Knowledge Campus. The fest started at 12:30 PM and carried on till 4 PM. We started off with the inauguration welcome speech by Ms. Surekha, a 2nd year of student of B. Com Honors where she spoke about Vishwas and the services provided by the Counseling Center along with the importance of mental health and why we need to address it- especially amongst the adolescent and young adult student population.



Then then the Dignitaries- Dr. Nalini Satishchanda, Ms. Suma A.P and Dr. Vasu B.A lit the lamp while the students invoked a song of devotion to Lord Ganesha. Each of the dignitaries spoke about the perspective on the fest and the events, and happened to mention how it was a terrific idea in bringing the students together for awareness, emphasizing on how it would boost their mental health by at least opening a pathway to destigmatize and relate to these psychological aspects of our life through experiential participation.



The Degree students then sang uplifting songs like the Fight Song, Believer by Imagine Dragons and Fireflies to render the spirit of strength and resilience by voicing themselves out through musical expression. This was followed by a dance performance by the PUC students where the performers as well as the audience had an entertainment infused enthusiastic time.

We officially started the events following this.

The events and topics chosen for our campus are as follows:

- Poster Making- The Creative and Logical Mind
- Book Review- A Psychological Perspective
- Story Telling- Mindful or Mindfull
- Skit- Broken but not Torn
- Photography- Self Motivation
- Hand Out- Peer Pressure and Addiction
- Movie Making- Navigating Identity.



Two weeks prior to the Campus fest, we had made a team of volunteers for the fest who went around the campus announcing about the details of the events so the students could register. There were 15 volunteers each from the PUC and UG side, and this team of 30 was also informed about each event in detail to answer student queries. Finally, we received registration from 33 students throughout the campus, and 4 of these registered participants also participated in multiple events.

Finally, the judges for the day- Mr. Ashish D. Belamkar, Ms. Nirmala Pandian, Ms. Suma A.P, Mrs. Smitha Swamy Rao and Ms. Chakraborty announced the winners for all the events.

Sl. No	Events	Names
1	Book Review	Neerav
2	Poster Making	Oviya&Harshitha
3	Hand out	Arthy Meenakshi
4	Story Telling	Shiresh
5	Photography	DivyanshBhanot
6	Skit	Niharika
		Sai Lohith
		Surekha
		Chirag
		Rohan

Overall, the fest was a grand success but we heartily missed the presence of Dr. Uma Warriar, our Chief Counselor who formulated the idea of this fest as a movement to gain momentum of our counseling center activity and propagate mental health awareness of the students. The winners of the Campus fest and the volunteers were present in the CMS-B School campus for the main Soukhya event which they thoroughly enjoyed being a part of.

Report on “Soukhya- Vishwas Fest” the inter- campus fest conducted at School of Sciences JC Road on 24th August 2019

Every year the World Health Organization picks a theme for Mental Health Awareness. We have adopted the 2019 theme of Suicide Prevention as the foundation to which we hold our competitions such as Handouts, Poster making, Story-telling, Skit, Book review, Movie Making and Photography. We have an interestingly diverse array of events where our young minds could voice their opinions and render their creativity to destigmatize mental health by breaking the silence and bring about a refreshed outlook to prevention and wellness.

The objective of holding this Fest is to involve all the students of Jain University in Mental Health Awareness. This is done in the form of a campaign where students enjoy taking part in competitions and several other activities in their respective universities.

If the students are qualified from their respective University Campuses to take part in the Mega Event which will be held in CMS B School on Sheshadri Road, they will also win the chance to exclusive prizes and getting their perspectives showcased.

The fest was held at School of Sciences on August 24th with around 30 participants and 7 volunteers.

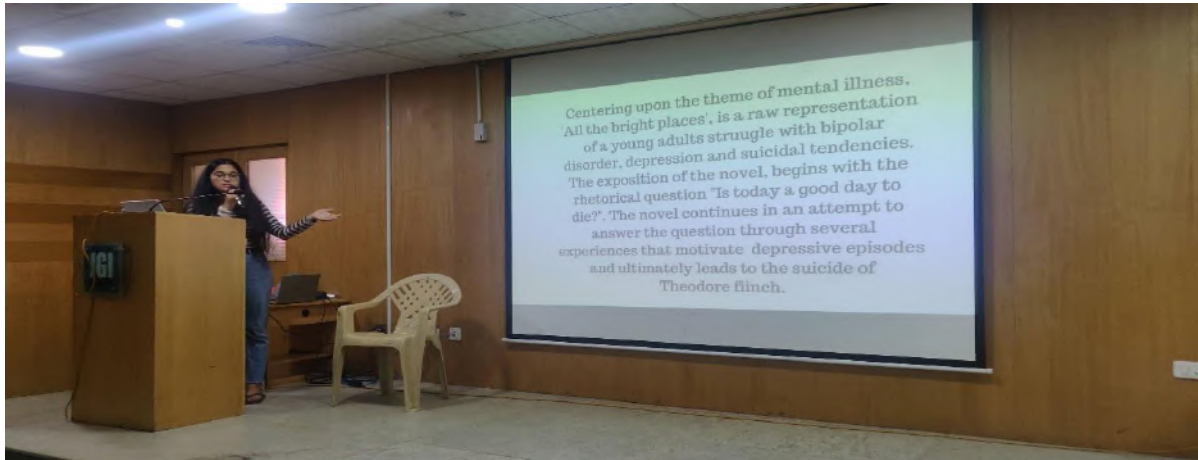
There was a brief Welcome speech given by the Emcee, Dr Asha Rajiv graced the occasion by wishing all the participants Best of Luck. The event started with mentioning the general guidelines of the event. The event started with acknowledging the students participating for Poster Making and Photography. The students who participated for Photography and Poster making had already sent in their Photos and Posters.



The topics for Soukhya events in School of Sciences were

- Hand Out- Being Social
- Poster Making- Drug Abuse
- Story Telling- Peer Support
- Skit- Dealing with Mental Health Stigma
- Book Review

- Movie Making- Red Flags of an Abusive Relationship
- Photography- Capturing Emotions through lens



There were plenty of students who participated for Storytelling and Book review. Wherein students spoke of their personal stories some were very raw and a lot of emotional revelations were made during the fest which was the entire purpose of these events.

The events culminated and the Campus Counsellor thanked all the students who participated and also told the students that the results would be declared in two days as the winner of each event were supposed to compete on a campus level competition in CMS B school.

39. Report on SOUKHYA Vishwas Fest – 2019, on 27/08/2019 at Jain University School of Humanities and Social Sciences & School of Interior Design

On 27th of August 2019 the Vishwas counselling center conducted its first fest dedicated to mental health and human psychotic program Soukhya at Jain University School of Humanities and social Sciences & School of Interior design.

The event started off with an inauguration at 9:30am followed by lighting of the lamp by the dignitaries. The inauguration included a dance performance by Anjana Prasad welcome speech by the campus counselor Ms.Dharini M, followed by an inspiring speech by the chief guest Dr Uma warrior the founder of Vishwas counselling center, she is also the chief counsellor, academic and psychological counsellor. The inauguration ceremony ended with a dance performance by the performing arts department and the launch of Vishwasgram.

The first competition was book review with two participants. The theme given was “a psychological perspective “

The second competition was story telling with five participants and the judge was Suhasini ma'am. The theme given was “Rags to riches “

After every competition there was a pop up show by the mascot team.

The mascot was presented by Nesan David, Pankaj kumar and Alimelicharandeep

Smiley Chakravorty gave a singing performance before the lunch break.

The third competition was skit which took place after the lunch break which was between 12:00 pm to 1:30pm. The theme provided for the skit was “Dangers of over counter medication”, students from OPJ 1st Year participated for the same.

Competitions like poster making, photography and hand-outs went on throughout the day from 10.15am to 1:00pm. The theme for photography was given on spot for which three hours of time was provided to the participants, there were three active participants.

The theme for poster making was “seek help “. The posters were to be printed and displayed on the notice board, there were two participants for the same.

The event successfully came to an end at 2:30, the vote of thanks was presented by Gayatri. The MC's for the fest were Nikhil Gupta, Gayatri KS and Anna varghese. There

were about fifteen organisers which also included photographers who covered the entire fest. The decoration team had put out their creative craft works for the fest which included handmade flower bokeh for the guest, momentous for the judges and more.

The results of the competition were announced on 28th August (Wednesday). The winners were as follows

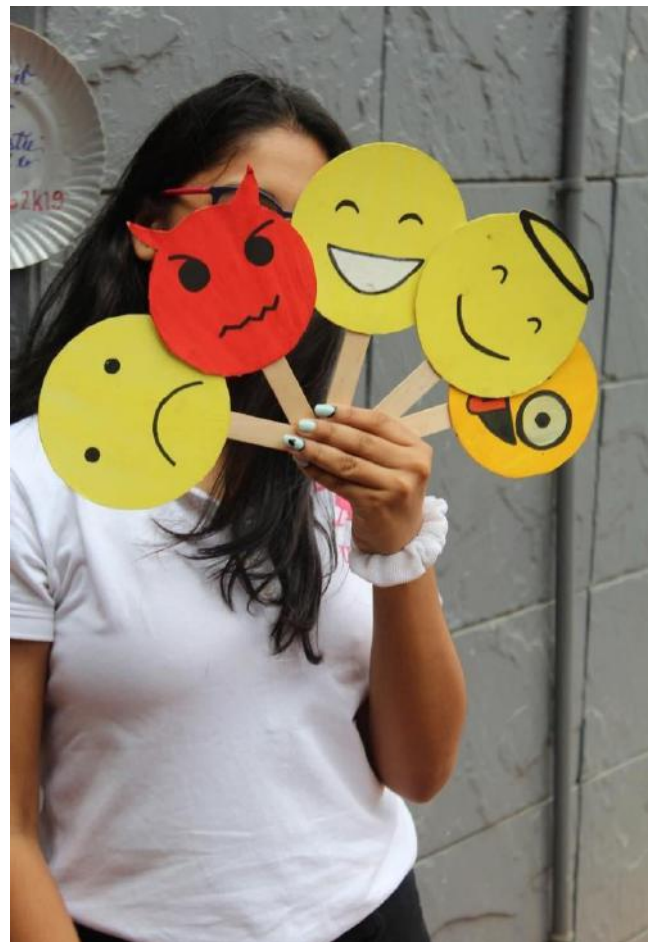
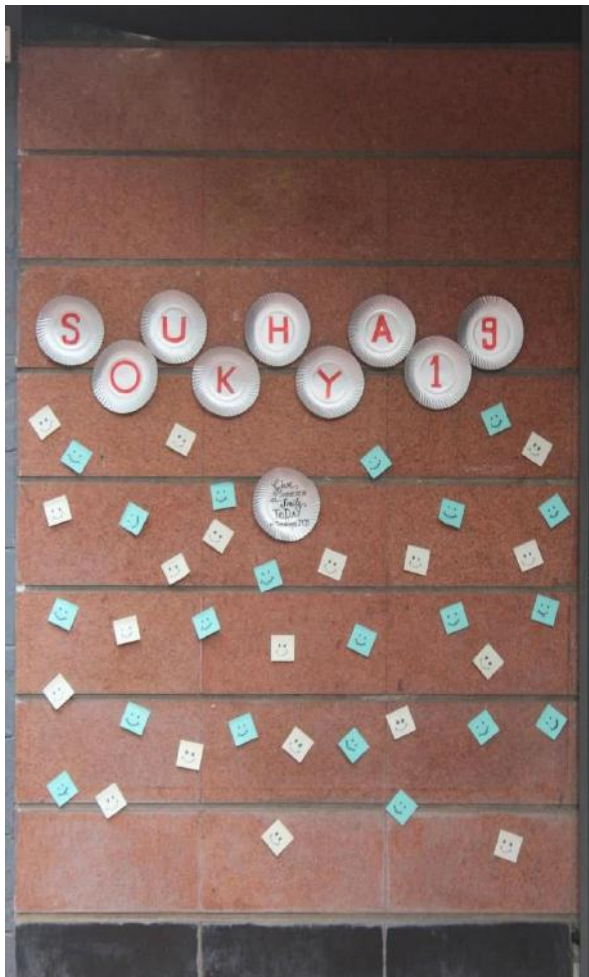
- Photography: Ekta M Bohra
- Story telling: Vasanth Joshi
- Book review: Namitha
- Poster making: Anna varghese

The winners were taken for the final round to the CMS Business school (Jain University) on 29th August where winners from other campus of Jain were also present. The main members from the organising team volunteered on the final day of the fest. Overall the students had a great time while they also spread awareness about mental health. The students got a complete new experience and they are looking forward to have the fest again next year so that they can participate and give their best again.











40. Mental health fest “Soukhyā” conducted by Counseling unit of Jain university - “Vishwas” on 26/08/2019.

Promoting a harmonious healing and divine frame of mind, Jain Group of Institutions counseling unit “Vishwas” organized an inter campus fest – Soukhyā to propagate mental health awareness at CMS Business school. This is an endeavor on our part to de-stigmatize the very concept of mental health and illness. Mental illness is a taboo even today in our society and people who seek help are often looked through colored glasses. Having understood that as the problem, Vishwas choose to be solution focused by involving students in activities connected to mental health is the best way to help them internalize the learning because most of you fall in the kinesthetic learning preference group. Hence a series of competitions were planned ranging from storytelling, skit, short film making, poster competition, book review etc. Interesting mental health connected themes were given to each of the competition like Body shaming, Social anxiety, Alienation caused by technology, Bullying, developing an attitude of gratitude etc. Each campus had their campus level competition over past one month and only the winners of each campus presented their talents in the finale. Soukhyā, unlike any other fest is not a platform to showcase only extra-curricular talents. The contests are also judged based on relevance to the psychological theme.



The full day event started at 9.30 am. The Director of CMS and CMS Business school Dr.DineshNilkant welcomed the guest and gathering and said 60 % of the students are facing Mental Health problem. The program was inaugurated by Dr. Ravindra Bhandary, Vice President of Jain Group of Institutions. He said, “Mental Health and Physical Health goes Hand in Hand. Students have to cope with stress”. Harish Bhuvan the founder of “Compassionate Clowns” was the chief guest for the program. He spoke about how mental health awareness is an essential part of campus learning. He launched the Instagram page of Vishwas - Vishwasgram. Approximately 250 students from 7 campuses of JGI attended the event. Vishal C, alumni of Jain Group of Institutions and teaching and non-teaching staff of Jain Group of Institution were present in the event.



Director CMS Business School Dr. Dinesh Nilkant and VP JGI Dr. Ravindra Bhandary addressing the gathering.



Chief Counselor Dr. Uma Warriar and Mr Vishal C addressing the gathering.



Chief guest Mr. Harish Bhuvan Inaugurated Vishwasgram, Instagram account of Vishwas.

The competitions were unique with concepts of mental health being discussed and debated by students. The winners of the event were announced and winners of all the 7 events were felicitated and cash award was given to all the winners.

Movie making – Thejas and Team, Centre for Management Studies with a title What a wonderful life.



Photography – Ajay B Shivanal, CMS Business School on theme Your Feel good factor.



Story telling – Deepthi Shetty, CMS Business School on Experience with Passive Aggression.



Poster making – Meghana and Eshika, Jain college, VV Puram on Gadget Addiction.



Book review – Jarul Yadav, School of Sciences.



Skit – Rahul and team, School of Sciences on Dealing with Mental Health Stigma.

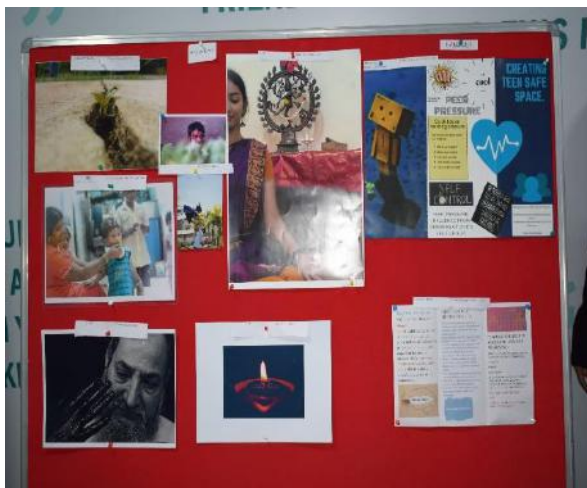


Handout - Arthy Meenakshi, SGS Knowledge Campus on the theme Peer Pressure and Addiction.



A Glimpse from the fest:





Dr. Uma Warriar, Chief counselor of Vishwas and Chief guest distributed the prizes among the winners. It was interesting to observe that the winners of the Soukhya events are not necessarily the winners in other fests and competitions in their respective campuses. Soukhya could motivate even the not so confident ones also to participate. That gave us an assurance that we are marching towards our objective of positioning mental health in a positive way in the minds of youngsters. Chief guest Harish gave his Valedictory speech with a heart to heart interaction with the students. The event closed with a sense of achieving the objective of de-stigmatizing mental health among campus students.



Vishwas Team with of Volunteers of the host campus CMS Business School.



Team Vishwas with Chief Guest and Winners of the Inter campus mental health fest Soukhya.

41. Report of workshop on World Suicide Prevention Day – 2019, conducted at CMS Business School, 09/09/2019 for Vishwas volunteers from 3:00 PM to 4:30 PM.

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides. For every person who completes a suicide, 20 or more may attempt to end their lives. About one million people die by suicide each year. Suicide is a major preventable cause of premature death which is influenced by psychosocial, cultural and environmental risk factors that can be prevented through worldwide responses.



International Association for Suicide Prevention (IASP) and WHO in their initiative to help suicide prevention came up with the theme “Working together to prevent suicide” and launched many activities across the world to support prevention and survivors.

The workshop was conducted on identifying red flags of people with suicide ideation and directing them towards the right actions to be taken at the point. The session was conducted by Dr. Uma Warriar, Chief Counselor of the university.



Students were briefed about the general physical, psychological and behavioral symptoms of any person with suicide ideation with key points on how to identify such symptoms. The session was interactive and was followed by a group discussion on the thought process of an individual with suicide attempts or ideas. The discussion was fruitful in understanding if the person attempting suicide is either brave or a coward. The group put across their opinion in the matter and it was concluded that the situation of a person makes their thought process in the way they think and the act of bravery or coward-ness is not part of their actions as their thoughts are not reasoned enough in the given condition.



The workshop adopted the module TAKE 5, which is used by IASP to help volunteers understand the process and steps to extend help. The module discusses about five steps everyone can take to help prevent suicide.

LEARN THE SIGNS - Take a few minutes to learn the warning signs of suicide.

KNOW HOW TO HELP - You CAN help. Know what to say and do if someone you care about is suicidal.

PRACTICE SELF CARE - Make mental wellness a priority in your life.

REACH OUT - Help is available and recovery is possible.

SPREAD THE WORD - Pledge to tell 5 people about Take 5 and WSPD.

The session went on to explain each in detail and later one of the activity introduced by IASP for suicide prevention was shared with the volunteers to perform.



The International Association for Suicide Prevention invites you to light a candle at 8 PM



World Suicide Prevention Day

On September 10th

**World Suicide
Prevention Day**

**Light a candle near
a window at 8 PM**

**to show your support
for suicide prevention**

to remember a lost loved one

**and for the survivors
of suicide.**

www.iasp.info/wspd

The volunteers were asked to light a candle near their window at night 8 PM on 10th of September to show support for suicide prevention. The candle is denoted as a symbol to hope for the life taking thoughts in the young minds and a reminder that there is always light when you seek for it. The same was asked to be shared by the volunteers on their social media for spreading awareness and increasing the support. The session ended with volunteers sharing their experience about these topics and discussion. Online feedback for the session was taken.

Feedbacks:

- This was a very informative session especially when it comes to the youth who are going through a completely transformative stage in their life.
- The session was interactive and informative. It helps to identify the people in need of better mental health.
- Awesome interaction with Uma ma'am and thanks for providing the needful information about the Suicide.
- Thanks for all the tips and tricks mam. we would surely support all the needy with your valuable suggestions. Thank a lot.
- This session was very much helpful to know about psychological behavior of people tending to commit suicide and how to approach them.
- Respected faculty members, it is a great privilege to be a part of Vishwas team. I am thankful to Vishwas for providing more knowledge about the important subjects in life to learn and think about. as an individual It has become much easier to understand what Vishwas is going to state in every meeting and workshops...on a personal note I want to thank Dr. Uma Warriar mam and our beloved Sampritha Suresh mam for giving us an opportunity to be a part of the amazing team.
- It was a very helpful and an important session, especially where it could really be helpful for me as I was able to relate my own experience and helped to vision my thoughts in a better way.
- The session was very valuable for me. I came to know much about problems which relate to one committing suicide.
- Also debate session was very interesting because the discussions included many cases relating to suicidal attempt.

- The content that this program covered was need of the hour. I hearty thank all those who worked for this and made this happen. Thank you for this wonderful session and program.
- Eye opening and informative.
- It was very helpful for us to understand the actual reason why a person suicide. Would like to learn more about this session.

**42. Open forum discussion on “Reasons behind risky behaviors of youth”
conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-
CMS in September 2019**

Open forums are designed to bring together youth to discuss real and relevant issues that they deal with in their communities. It gives youth a platform for safe, open discussion to reflect and express what they face in their everyday lives. An open forum discussion was planned on the topic “Reasons behind risky behaviors of youth” to allow students to express and think about the issues faced by youngsters. A total of 349 students were part of the open forum discussions held in 8 different classes (5 BBA ‘D’, 5 BBA ‘L’, 3 BBA ‘F’, 1 BBA ‘I’, 1 BBA ‘H’, 1 BBA ‘B’, 1 BBA ‘F’ and 1 BBA ‘M’) in the month of September 2019.



A risky behavior is anything that puts youth at risk for future negative consequences, like poor health, injury or death. It is important for young adults to know about and understand the consequences of risky behaviors so that they can make better choices and avoid negative consequences. If the students are told not to do a particular thing they are less likely to follow the instructions so having more insight and reflection helps them to understand the gravity of the situation. A platform was created for students to discuss regarding the various risky behaviors and reflect about the seriousness of the problem.



The open forum discussion focused on the reasons behind risky behaviors of youth. The students had to pick up a chit which had a particular risky behaviour written on it. The student who picked up the chit moderated the discussion and facilitated the class. Discussions were based on common risk taking behaviors by youth such as:

- Tobacco smoking
- Alcohol use and binge-drinking
- Illegal substance use

- Unprotected sexual activity
- Dangerous Driving
- Fighting
- Rule breaking



Students shared several stories and incidents from their personal life. The open forum has given the students opportunity to debate and discuss about the various risk taking behaviors and understand the severity of the consequences of these behaviors. Talking about the behaviors and consequences has helped students learn to work out how much risk is involved in different situations and avoid the risky behaviors. Each class had come up with several reasons behind the risky behaviors and shared examples that allowed them to reflect and think about it. Most of the classes mentioned about how young adults were still growing and the brain is not fully developed as compared to the adults. Consequently, the youngsters struggled to think about long-term consequences and were more impulsive in nature. In addition, they also mentioned about the “not me” phenomenon. Most youngsters don’t imagine that injury or accidents could happen to them and they take most safety warnings and rules for granted. Students discussed several reasons and stories related to the topics. At the end of the class a summary was given by a student who also concluded the discussions made by the class.



An oral and written feedback was taken by the counselor. The students found the session relevant and they have mentioned about their key learning's from the session. Students also have given some suggestions of topics for the upcoming sessions.

43. “Orientation” session conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in 09/09/2019.

A student's mental health is just as important as their physical health and deserves the same quality of support. No one would feel embarrassed about seeking help for a student with a physical injury – and we really should be equally ready to support a student coping with emotional/psychological difficulties. Orientation sessions were conducted by the Counselor from Vishwas Counseling Centre at CMS, Jain (Deemed-to-be- University) to encourage students to seek help from the process of counseling. The orientation session was conducted on 9th September, 2019 for 47 International Students of 1 BBA 'N' section.



An ice-breaking activity was conducted to make students feel comfortable and introduce themselves. The students were introduced to the journey of Vishwas- Counseling Centre, the Vision and Mission of Vishwas. The students were briefed about the five areas of support namely- Academic Support, Personal Counseling, Career Development Programs, Outreach Program for Positive Mental Health, Crisis Management and Referrals. Also, the stakeholders of Vishwas were mentioned about. The most often encountered personal counseling issues were discussed with the students helping them to understand the nature of problems that are face by students and the support provided by Vishwas.



An activity titled “Worry Ladder” was used to connect to the problems faced by students and help them identify the problems that they need to seek support for. The following questions were asked to the students and various concerns related to that were spoken about:

- Who is a counselor?
- What is counseling?
- When to approach a counselor?
- What is the process of counseling?
- How does counseling help?

The students were aware of the role of counselor as most of them had counselors in school. Few students had been to counseling before in schools and also psychologists personally. The students contributed to the discussion and helped others understand the process of counseling. Students shared some examples of problems where they could approach a psychologist.



The counselor discussed about the ethics of counseling. Some questions related to “Confidentiality” were addressed with various situational examples. Myths and facts about counseling were spoken about using an activity. A slide on “What counseling is not” helped the students clarify certain misconceptions they had about counseling. A photograph of the counseling room was used to explain the importance of the setting in a counseling room. The session concluded by mentioning the contact details of the counselor, the ways to approach a counselor in campus, the timings of the counselor and location of the Vishwas-Counseling Centre.

A session feedback was taken orally along with a written feedback. The session was interactive and the students learned about the process of counseling and other aspects related to counseling. Few students have suggested various topics for the psycho-educative sessions.

44. Skill Development session on “Non-verbal communication” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in September 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 a 3 hours' session for Study in India (SSI) students addressing around 50 students on 18th September 2019. These International students have various English language classes and Skill development classes in the 1st semester. The first Skill Development session of the series was conducted by the counselor with the intention to create a comfortable learning environment and encourage students to participate.



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.



The students also participated in an activity where there were some images in a chat and the students had to give instructions to the team representative who drew the image on the black board. This activity encouraged the students to work in teams and communicate with appropriate instructions. Later the students were divided into 10 groups and each group was given a chat paper and some writing materials. The students had to work in groups and communicate with each other to prepare for the presentation. Each group presented a topic of their choice ensuring each student presented in front of the class. This activity was used to help students demonstrate all the non-verbal communication skills that they learnt during the session and enhance their presentation skills. The teams used chart papers as an aid to present about their country, environmental issues, friendship and other topics.



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. The session was a success and the students were more comfortable and had got opportunities to speak and present themselves.

45. An orientation session on “Importance of mental health” conducted by young psychologists from Inspiron at Jain College Jayanagar on 19/09/2019

Inspiron the first psychological well-being café is working towards changing the way mental health is accessed and perceived across the globe. It provides psychological assessment, individual counseling and Training & Development for Educational Institutions, corporate enterprises and public platforms.

As part of their outreach program, a team comprising of young psychologists visited Jain PU College, Jayanagar, on 19th of September. There were 5 psychologists and they covered

13 I year classes comprising of 845 students. It was a 1 hour session conducted simultaneously in two batches.

The agenda of this program was to educate the I year PU students about the importance of mental health. The 1 hour session commenced with a power point presentation which gave brief information about Inspiron and covered topics like;

- Importance of Mental health
- Signs and symptoms of Stress
- Signs and symptoms of Depression
- Remedies
- Day to day problems and how to deal with it
- How to reach out to a mental health professional, when in need.

The session was interactive and the students also actively participated throughout.

II booklets, consisting of a student copy and parent copy was given to each student which talks about the importance of mental health. Students found it to be informative and the feedback was positive.



Mr. Sharath

Ms. Annie



Ms. Shivani



Ms. Ilisha





Ms. Ananya



**46.A session on “Adjustment problems” conducted by Suha C, Campus
Counselor, Vishwas Counseling Centre at Jain College Jayanagar on
16/09/2019and 25/09/2019**

A small interactive session was conducted with 132, I year students about adjustment problems and importance of attendance. It was a two-hour session where topics like;

- What is adjustment Problem?
- Reasons
- Remedies
- Bullying
- Balancing of extracurricular with studies
- Respecting teachers
- Making new friends etc., were discussed.

A small activity was conducted where all the students were asked to say two statements; one that is true about them and another statement that is false about themselves. Later the rest of the class had to guess which statement is true about that student. The aim behind this activity was to help the students know their classmates better and to reduce group-ism by helping them to interact with everyone and not just a set of friends

All the students participated in the activity and were happy about getting to know their classmates and friends better by the end of the activity.

The feedback from the students was good, some of them openly expressed about how staying away from home is affecting their attention/concentration level in class and eventually leading to day dreaming also how change in the environment and set of friends is affecting their studies.

Overall the session helped the students to know about the ways to deal with adjustment problems and also helped them to know their classmates better.



47. Vishwas Gratitude Jar conducted by Vishwas forum for all the members of the campus at Jain Deemed-to-be University, SHSS and SID, Atria Towers, Bangalore, on 17/11/2019



Gratitude jar activity is awesome for almost any age and has a powerful impact on our mental and physical well-being. It decreases stress and negative thinking, increases happiness, and promotes social intelligence. Gratitude jar was introduced in Jain University (School of Humanities and Social Sciences & School of Interior Design) campus by the Vishwas forum to invoke the emotion of gratitude in all the members of the campus and to spread positivity all around. The staff members, non-staff members and the dean also actively participated in this grateful activity, people put in anonymous chits for one another, expressing gratitude. Once the jar is filled, a person volunteers and distributes the chits. The main idea or the objective of conducting this activity is to fill positivity and happiness. In this way the activity of gratitude jar goes on and moreover this practice is linked to enhance optimism, and social support as well as overall satisfaction.

The planning of the activity was started on 22nd October. The boxes were handmade by the students. Each classroom and staff room has its own jar. The installation of the jar in every class was preceded by an interactive session on the importance of gratitude by Ms. Dharani Mahalingam. The interactive session was enhanced by a small activity, where a ball had to

be thrown to the person with whom you have interacted the least and tell something positive about the person. The students realized how a small activity can bring a smile on other's face; it soon motivated them to take active part in the gratitude jar activity.



Reviews by the Students:

“It made me feel good about myself”

“It showed me that I have had a positive impact on the people around me”

“Made me feel significant”

“I was able to express myself to people normally I wasn't comfortable expressing to”

“A unique and wonderful activity”

“Showed that kindness still exists”

“People are willing to create a positive impact on the society”



These are only few positive impacts that the gratitude jar activity had on student. There are many more such interesting positive feedback from all the members of the college.

This activity has been a very heartwarming and has created ripples of positivity around the entire campus.

This activity has meant a lot to each and everyone. I owe you one has made people realize that they are enough, recognized and impactful. We usually spend our lives doing small things for our own sake but often we don't realize that these things actually impact the people around us. We often feel thankful to people around us but do we really express it to them? This activity did exactly that, to fill the gap between the impactful person and the person who is grateful. The bonds between friends are becoming thicker and the bonds between strangers have also been made. People are more comfortable around each other. This activity has kick started the new semester!!! Feeling grateful! ☺





48. Half day FDP at Jain college Vasavi campus (affiliated to Bangalore university) on 20/11/2019 on “ Productive classroom engagement for Millennials”

Millennial are the generation born after 1990 and they are characterized by lower attention span, immediate gratification of need and a very different perspective to work life balance. They are born and brought up in the internet era and constantly communicate with peers and others over social media. They are also known to be highly interactive compared to the previous generations. For productively engaging the millennials, the trainer/ teacher / facilitator should keep the interactive nature and technology orientation as the core of classroom engagement. To enable the academicians of degree courses at Jain college , Vasavi campus , Dr. Uma Warriar, Chief counsellor conducted a session on “Productive Classroom Engagement for Millenials” to a group of 56 academicians of the degree college



The session started with an introduction of the resource person. The speaker made the audience more receptive to the concepts by engaging them in an ice breaker” Acharya Devo Bhava”. The participants started sharing their experience of their best teacher and how he / she impacted them. Ideal class management scenarios of then and now are discussed and debated .Importance of effective classroom management for the Millennials was emphasized. Ashort video clipping of millennials class room behaviour was shown to the audience to make them understand the similarity of experience in class room among the audience. General information on learning and retention rates by using different pedagogy was discussed.

A 12 item class room management style questionnaire was administered on the participants to understand their respective styles. The styles measured and Authoritarian, Authoritative,

Democratic and laissez-faire, Importance of each style and effective utilization of each style was discussed



Dr Uma Warriar involved the audience by giving them group activities to perform. Eight groups were given eight classroom situations and were asked to discuss among the group and present their strategies to handle given situations. Participants took great interest in the activity and presented their groups strategies in competitive spirit



After the task completion, 8 golden rules of effective classroom handling for Millennials on a day to day basis was discussed. Participants freely shared their effective classroom

strategies to handle their millennial class rooms. This gave an opportunity for all the participants and the speaker to understand the situation from different perspectives



The speaker gave the rationale behind each teacher to develop counseling skills to be more effective in handling Millennials who would be grappling with various psychological issues which would reflect on their behavior.



The overall feedback received from the participants on the FDP held that “Dr. Uma Warriar’s session was indeed insightful in terms to teacher student relationship with special focus on teacher being a counselor and an approachable person rather than only being means of knowledge transfer”.



48. A session on “addiction” conducted by Suha C, Campus Counselor, Jain PU College Jayanagar in December 2019

An awareness session regarding addiction was conducted for a group of 96 I & II year students. It was a one-hour session and the topics covered were as follows;

- What is Addiction?
- Different Types of Addiction
- Difference between Addiction and Habit
- Causes of Substance Abuse
- Symptoms of Substance Abusers
- Effects of Substance Abuse
- Treatment
- Difference between De-addiction Centre and Rehabilitation Centre
- Contact Details of Some De-Addiction Centers

In the end a short video of 4 minutes was shown, which spoke about how, simple pain killers like opioids taken can turn into an addiction as it blocks the pain and releases endorphins which are the feel good chemicals.

Giving the students the message as to how simple habits take no time to become an addiction.

The feedback from the students was good, some of them spoke about the effect addiction had on their near and dear ones and most of them were eager to play the role of gatekeepers.

Overall the session helped the students to be aware about what addiction is and how our day to day activities can easily turn into an addiction, which most of us won't be aware off.





49. A Faculty Development Program (FDP) on “Mental Wellbeing” conducted by Ms. Aruna Arumugam in JU-CMS on 12/12/2019.



“Pupil wellbeing and teacher wellbeing are two sides of the same coin” A Faculty Development Program (FDP) on "Mental Wellbeing- Identifying signs of stress/illness and self care in care giving profession" was organised by VISHWAS, the counseling center of

Jain (Deemed to-be- University) on 12th December, 2019 in JU-CMS. The resource person was Ms. Aruna Arumugam, Clinical Case Manager with 1to1help.net. She has worked in the capacity of a teacher, trainer, supervisor and counselor. The objective of FDP was to create awareness on mental health concern in students by identifying signs of distress and illness, along with, basic skills of listening, empathy and self-care. Around 59 faculty members from BBA, BAJ and MAJ along with the campus counselors of Vishwas attended the session.



The session started with the introduction about Vishwas and the resource person by the Emcee, Ms. Shilpi Agarwal. Dr. Uma Warriar, the chief counselor introduced the guest speaker and spoke about the need for mental health awareness. Ms. Aruna spoke about various aspects of mental health focusing on identifying the mental health concerns in students and its importance. Stress in students is a growing concern and the teachers were told about identifying the signs of stress. Anxiety and depression are the most prevalent mental health issues and teachers were equipped with information regarding these issues. Significance of self-care was an important aspect discussed by the resource person with several techniques that could be used.



The resource person also had a small quiz for the participants that had questions related to mental illness and mental health. She spoke about student mental health and the need for faculty members to be aware of the mental health concerns of the students. Identifying the mental health concerns based on how an individual feel, thinks, behaves or interacts with others was discussed. Stress is a major concern for several students. The resource person spoke about the sources of stress amongst students and ways to identify the signs of stress in them. She also covered about anxiety and how students with anxiety need diagnosis and treatment that helps them to cope up. The physical, psychological and behavioral signs and symptoms of anxiety were discussed.



Depression is one of the common concerns of students and it is important for the faculty members to be aware and help their students. The depression cycle was spoken about and how the thought, behavior and emotions are related. Warning signs of depression were explained in detail with examples and ways to approach students with suicidal ideation. The resource person shared several ways in which students with distress can be approached. She addressed how the teacher skills of listening, empathy, being non-judgmental, being approachable, available and flexible are crucial for helping students with distress. Expression of interest, concern, and compassion is an important factor toward a student seeking the assistance they need. A supportive approach was discussed to cater to their needs.



Tips to create positive mental health were discussed by emphasizing the importance of sleep, food, exercise and other aspects. Emotional self-care refers to activities that help us in identifying, accepting, and expressing a range of emotions. Strategies for self-care namely, mindfulness and stress reduction activities were discussed.



The resource person shared various examples from her experience and also answered the queries of the participants with the expertise in the field. The session was extremely informative, interesting and incredibly useful. There were several questions asked by the

participants during and after the session. The participants gave a very positive feedback about the session. Ms. Aruna also shared some reference materials for the faculty members.

50. Psycho-educative sessions on “Identity Crisis” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in December 2019

We all have a certain image of ourselves- beliefs about the kind of person we are. Having a strong sense of identity seems to be desirable, something that brings comfort and security. Some individuals face identity crisis when they fail to form a proper sense of self as an adolescent which results in problems throughout adult life. A session on identity crisis was designed to help students to analyze and explore different ways of looking at themselves especially when they have to take up different roles and help them to deal with the confusion about themselves. A total of 345 students were part of the 9 psycho-educative sessions on ‘G’, 4BBA ‘L’, 4 BBA ‘I’, 4BBA ‘B’ in the month of December, 2019. “Identity crisis” conducted for 6 BBA ‘I’, 4 BBA ‘G’, 2 BBA ‘F’, 4 BAJ ‘A’, 4 BAJ ‘B’, 6 BBA



The session was started by discussing the meaning of identity crisis and how it can often occur due to big changes or stressors in life, or due to factors such as age or advancement from a certain stage. Erickson’s theory of identity crisis and the developmental stages was discussed. The students were asked to talk about “How identity crisis impacts our adult

life?”People tend to experience them at various points throughout life, particularly at points of great change, including: Losing or starting a job, beginning a new relationship, a marriage or partnership, having a child, losing a loved one, etc. The session focused on how identity crisis in these situations has an impact on individual’s mental health. The various psychological disorders where people go through identity crisis were spoken about. Several questions that people ask themselves when they go through an identity crisis were listed for students to understand the concept better.



The session also focused on dealing with identity crisis. Students were asked to do an activity where they reflected about various stages of their life and were asked to draw an object that they associate themselves to. Students had drawn several interesting objects and gave creative explanations based on the experiences, personality and their perception about themselves. The students had a positive feedback about the session.



51. Psycho-educative session on “Sleep” conducted by Anumathi.G.Malak, Counselor, Vishwas Counseling Center at JU-CMS on 19/12/2019

A psycho-educative session on sleep was conducted for 22 students from 4 BBA L and M section on 19th December, 2019. The session was planned for the students who have taken Psychology as their elective. The session started with a definition of sleep and the importance of sleep. The students shared several examples of how sleep is important and what happens to us when there is a lack of sleep. The number of hours of sleep people need was discussed. Students had several questions about the adequate duration of sleep.



The stages of sleep and what happens to our brain and body during these stages of sleep was spoken about. The students were educated about the brain waves and the changes in brain waves during the sleep stages and the image of Hypnogram was used to depict the sleep cycle. The ways in which lack of sleep impacts our brain and body was discussed. Students also shared several examples where they had lack of sleep. Aspects related to memory, sleep and learning was discussed and how our sleep plays a major role in the process of memory consolidation.



The students also interacted when the process of dreaming was discussed. The session focused on creating awareness related to sleep-wake disorders and how they can approach mental health professionals when required. Several myths related to sleep were discussed. The session concluded with a feedback by the students. The students felt the session was informative and interesting. In the written feedback they have given suggestions for the future sessions.

52. 3rd campus wide addiction awareness drive ‘Break free from the web of addiction’ for the undergraduate students conducted by, Vishwas Counseling Centre at School of Commerce Studies -Jayanagar on 16/12/2019 and 17/09/2019.

Addiction in simple terms refers to the psychological and physical inability to stop consuming a chemical, drug, activity or substance, even though it is causing psychological and physical harm. College students make up one of the largest group of substance abusers nationwide. Young people between the ages of 18 to 24 are already at a heightened risk of addiction. Vishwas, the Counseling Center of Jain University, conducted its 3rd campus wide drive on addiction awareness, ‘Break free from the web of addiction’ at school of commerce studies, Jayanagar 9th block on 16th and 17th December 2019. Dr Jagadish, Psychiatrist and director, Abhaya hospital was the key resource person who inaugurated the two-day long drive.



The two-day awareness drive threw light on the various addictions that avails in the current generation. Counselors from different campuses collaborated with the youth campaign team to educate the students on various types of addiction along with causes, effects and treatment plans. The dignitaries present were, Dr Ravindra Bhandary- Vice president of JGI, Dr Uma Warriar – Chief counselor of Vishwas, Dr Vasu B A – Centre head of Jain University, Jayanagar and Dr. A Jagadish, Psychiatrist at Abhaya Hospital who was our chief guest for the day.

A total number of 1776 students attended the awareness sessions from B.com, B.sc, and B.ca courses of Jayanagar campus. They were attentive and curious to know in detail about addiction and how to eradicate it.



The student emcee began the program by introducing the motive behind the addiction awareness drive followed by lighting of the lamp by dignitaries. Dr. Ravindra Bhandary addressed the gathering by sharing a few personal experiences from his adolescent days about substance abuse. He also stated that precaution for substance use is very important. Dr. Vasu, addressed the gathering by sharing with students the importance of addiction drives in the campuses.



Dr Jagadish, Psychiatrist at Abhaya Hospital who was our chief guest for the day, addressed the students about addiction, different types of addiction, its causes and effects. He brought into students' notice about the reasons for which college students use alcohol and drugs, some of them being stress, course load, curiosity and peer pressure. He threw light on certain important terms like tolerance, dependence, withdrawal, compulsive

substance taking behavior, craving and explained in detail about the characteristics of each drug (nicotine, cocaine, cannabinoids, opioids, alcohol, hallucinogens, LSD, Benzodiazepines) and how it effects an individual physiologically and psychologically. He educated the students about the 5 C's of addiction namely, **Chronic**, loss of **control**, **compulsion**, use despite negative **consequences** and **craving**. He explained in detail about the changes in an individual that takes places when they are addicted to substances, a few of them being neglecting responsibilities, absenteeism, poor social relationships, risky behaviors, legal issues, etc. He mentioned different ways to approach a person with drug addiction and ways to manage substance abuse in individuals. He also described about behavioral addiction. Towards the end of the session, he informed the students that people who help others with addiction are called gate keepers thereby asked students if they were willing to volunteer and help their known classmates or friends who were involved in addiction or are exposed to an environment prone to addiction. Students responded very well and many of them volunteered and agreed to help. Many students were curious to know in detail about things related to addiction and they asked questions. Dr Jagadish clarified their doubts with relevant case studies and examples.

Campus counselors of Vishwas counseling center created awareness about addiction through a PowerPoint presentation across the campus for undergraduate students pursuing different courses. The PowerPoint presentation covered details like definition of addiction, types of addiction, causes of addiction, symptoms of addiction, effects of addiction and treatments of addiction in physiological like, stroke, seizures etc. and psychological effects like hallucinations, depression, etc.). Different ways of treatment were informed where types of treatments given in rehabilitation centers and de- addiction centers were informed. There was also a 4-minute video projected based on opioid addiction, how it starts, how it effects the brain and in brief about the treatment for the same. The students were also provided the contact list of de-addiction centers in Bangalore and were informed about the campus counselor who will always be ready to help an individual.



Students from the youth campaign collaborated with campus counselors of Vishwas and shared certain viewpoints and instances they have come across with respect to addiction that aided students to gain clarity about the topic.



Feedback forms for the sessions were collected from all the students who attended the sessions in order to gain a clear understanding about how helpful the session was to students and to know the key learning they have acquired from his session.

53. A report on “Mind Doodling” activity program Conducted at Pre-University student at Sri Bhagwan Mahaveer Jain College, VV Puram campus on 08/01/2020.

Doodling (a form of fidgeting) may be a last-ditch attempt at staying awake and attentive. Doodling keeps you from falling asleep, or simply staring blankly when your brain has already turned off. The permission to “free-draw” keeps your brain online just a little while longer. Doodles say more about our personalities than we may realize, it has been claimed.

Experts have revealed our subconscious scribbling can show we have a selfish side, are feeling the pressure at work – and even that we’ve got skeletons in our cupboards.

The shapes and objects drawn, the colour of ink used and the position of the scribble on the page can all provide clues into our state of mind, life outlook, motivations and more.

The session was conducted by Ms.Dharini form Atria Campus along with Ms.Supriya Christopher campus counselor of Vishwas, the Jain University Student's guidance and counseling center, at Sri Bhagwan Mahaveer Jain PU College, VV puram campus. This session was attended by a batch of I commerce's students. Around 50 students attended the session.



The session started off with a brief introduction to the counsellor Ms.Dharini. The speaker went on to share her personal experience as to when she began her first doodling, at the age of 6 she used to colour and do some drawing and that became a habit. Since both her parents used to work she never got a chance to share her school experiences with her mother and thus she thought the best way to express what she felt was through drawing. Then the students were asked to draw in a printed ice burg picture of what ever they liked.

Later the students were asked to share their experiences and some of them expressed that this activity reminded them of their childhood days and this made them feel free and happy.



A tremendous student involvement was shown. Students were honest and frank while expressing their own selves. This discussion was filled with enthusiasm and happiness among the students to understand their own selves. At the end of the session the speaker collected their feedback forms.

The session concluded by the campus counselor thanking the speaker Ms. Dharini for conducting such a meaningful program for the students.

54. A report on “Team Work Activity” program for the CPGS students by Jeba Shanthilin, Campus counselor from 13/01/2020 to 17/01/2020.

A team building activity is designed to help students towards improving the bonding among the members. Through this they can overcome icebreaking experience in a way that the group members already have learned each other's names and perhaps even some personal information as well. The focus through this event was to equip the students with the skill of becoming more cohesive. These group activities can be used to help participants relax and ease into a meeting and to help learn each other's decision making skills and other information.

The purpose of teamwork environment is to promote an atmosphere that fosters friendship and loyalty. These close-knit relationships motivate students in parallel and align them to have a healthy communication and be supportive to one another. Individuals possess diverse talents, weaknesses, communication skills, strengths, and habits. Therefore, when a teamwork environment is encouraged, this can lead towards achieving the planned goal and objectives.

With this background an activity was organized for the School of Sciences Block I campus students in order to educate them about importance of healthy communication in a group, mutual decision making, and problem-solving skills. The activity was conducted for an hour which was addressed to a total of 210 Science students. As an introductory program, a small activity Titled “Team building” was conducted. The event involved splitting students in to three groups and instructing them to frame three questions on “Dice Breaker”, “Identification of individuals” and “questions start with “W” “. Later on, requested them to ask the questions to other groups and allow them score points based on their response. In addition, they were asked to do paper chain challenges. The aim behind this activity was to make the students to enhance the social interaction, group involvement and trust. It was also meant to test students' problem-solving skills with chain challenges.



The student feedback received was positive. Most of the students enjoyed the team activities. They expressed their gladness for getting such an opportunity from Jain and to gain knowledge about importance of mutual decision making through a team effort. Through this sort of activities, we can anticipate students build trust with their classmates and towards a Counselor

Overall, the reveals that the orientation activity helped them to know more about team work and cleared the doubts that they had regarding it.

55. An awareness session on menstrual health management, a gender equity initiative by Vishwas, Counseling Center of Jain University on 14/01/2020 at CMS – B school



Menstrual hygiene management (MHM) is an essential aspect of hygiene for women and adolescent girls between menarche and menopause. There can be chances of health issues that are caused due to the lack of menstrual hygiene. Certain menstrual products used can also pollute the environment to a large extent. To promote a hygienic menstrual health and create awareness on the right way to maintain menstrual health management, Vishwas, Counseling center of Jain University organized a guest session on menstrual health management on 14th January 2020 at CMS – Business school. Rtn. Nisha Bellare, Rotary club of platinum city and Rtn. Latha Krishna, President of Rotary club Basavanagudi were the two key resource people of the session.

The dignitaries present in the session were, Dr. Uma Warriar, Chief counselor of Vishwas, Jain University, Rtn. Nisha Bellare, Rotary club of Platinum city and Rtn. Latha Krishna, President, Rotary club of Basavanagudi.



Around 290 students attended the session along with women from the admin staff and supporting staff. A total number of 320 attended this awareness session. They paid attention and showed immense curiosity to know the effects of the products they use.



The student Emcee began the awareness session by briefing the motive behind the awareness session followed by introducing Rtn Nisha Bellare and Rtn Latha Krishna. The audience was then addressed by Rtn. Nisha Bellare which was translated into Kannada by Rtn. Latha Krishna for to make sure the support staff could understand it better.

The session threw light on how sanitary pads affect the environment by clogging drains and are dumped in lands for years together. Rtn. Nisha Bellare with basic calculation explained that a woman attains about 420 periods in her lifetime which means that each woman uses a total of 4200-6000 sanitary pads. With further research, she said that every sanitary napkin takes about 500-600 years to decompose and each pad used is equivalent to 4 plastic bags. She mentioned that a city like Bangalore produces 90,000 kgs of sanitary waste per day, which was way beyond the audience's guesses. Students were awestruck to hear this.



Rtn Nisha along with explaining how it affects the environment also explained in detail about how sanitary pads affect health. She began with the advantages and disadvantages of using a sanitary pad. She pictorially represented the chemicals that are used in order to make sanitary pads increase its ability of converting liquid to gel. Some of the materials included, chloromethane and chloromethane which causes infections, rashes and conditions like yeast infections and vulva dermatitis. She also threw light on the people who clean, pick and unclog sanitary pads and explained how it will affect their health by also making a point that it is inhumane to put other people through this.



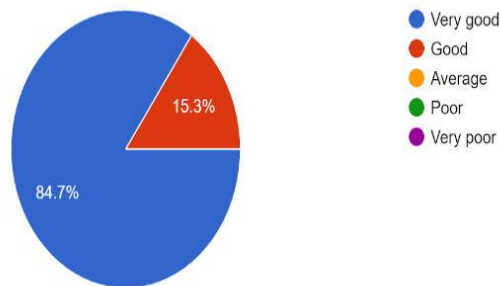
The speaker also provided different alternatives that can be used to improve menstrual hygiene and create a safe environment. She spoke about cloth pads and detailed the audience about the ways to use it, carry it, sterilize and maintain it. Alongside, she put up a simple calculation as to how much we would invest on a cloth pad which was about 5-8000 in 10 years and was way lesser as compared to the investment on sanitary pads which was about 12-45000 in 10 years. The second alternative given was using a menstrual cup. The material with which it was made, the way it works, the ways to use it and the ways to sterilize it was explained and the cost comparison was given for this as well. It was learnt that one menstrual cup can be used for 10 years which means the cost on menstrual cup in 10 years would be 1000-3000 rupees. There was further detail given about different sizes and textures of cups available in market and the audience were educated on how to choose the right one. A demo on the ways to use these alternatives was also given to increase the clarity of understanding among audience.

Audience asked questions and clarified their doubts. They evidenced sustainable menstrual products and interacted with the speakers further. A student volunteered and shared her experience with Rtn. Nisha Bellare and thanked her for taking an initiative towards the environment and sustainable menstruation.

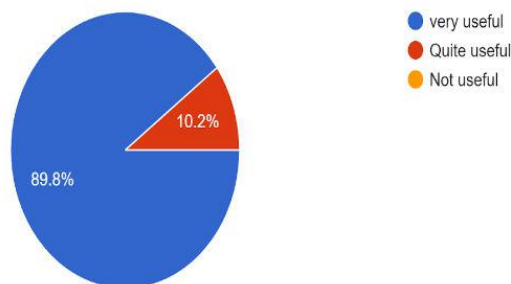


Feedback was taken from the audience where maximum number of people indicated that the session was very useful and has helped them to choose the right products. Some of them wanted to know more about the availability of cloth pads and menstrual cups. A few suggestions included extending these sessions to groups of mothers and housewives for better effectiveness of the environmental protection plan.

How was the content delivery
59 responses



How useful was the topic
59 responses



**56. A report on Session “Vulnerability is not weakness” by Manaswini M,
Campus Counselor, Jain College Jayanagar on 16/01/2020**

The session was organized for the final year B.com students in order to educate them about the Vulnerability. The session was for an hour which was addressed to a total of 200 final year Commerce students in Jayanagar branch.

Started by explaining what vulnerability is, gave various examples and real life situations for students to understand. Discussed few personal life situations in which one can feel vulnerable.

An activity was conducted, students should think about recent incident in their life where they felt vulnerable and write it down. This was discussed out as group as it gives them distinct understanding of vulnerability and understand various kinds.

Myths and facts of vulnerability were explained to students that followed by an activity. In the activity students list out the qualities others must explain while talking about them. This activity was conducted in order to make them understand how we wanted to called something but it won't be achieved if we don't make ourselves vulnerable.



Importance of being vulnerable and how to practise the same was discussed. Briefed about the concept of creating boundaries and how important is self-love. Difference between sympathy and empathy explained. How practicing vulnerability makes people good leaders was discussed and explained with examples.

Later, a short video of 4 minutes was played, which spoke about the importance vulnerability. How important it is to practice vulnerability. How so stigmas are attached to that term.

In the end, an announcement was made about the Counseling facilities that they can avail from Vishwas.

The feedback from the students was good. Most of them mentioned that it was new topic for them and new learning. Some of them insisted for more activities and more interactive session.

Overall, the session went well students were very changed with video and myths of vulnerability.

57. A session on “Addiction” by Suha C, Campus Counselor, Jain PU College, Jayanagar campus in January 2020

An awareness session regarding addiction was conducted for a group of 393 I & II year students. It was a one-hour session and the topics covered were as follows;

- What is Addiction?
- Different Types of Addiction
- Difference between Addiction and Habit
- Causes of Substance Abuse
- Symptoms of Substance Abusers
- Effects of Substance Abuse
- Treatment
- Difference between De-addiction Centre and Rehabilitation Centre
- Contact Details of Some De-Addiction Centers

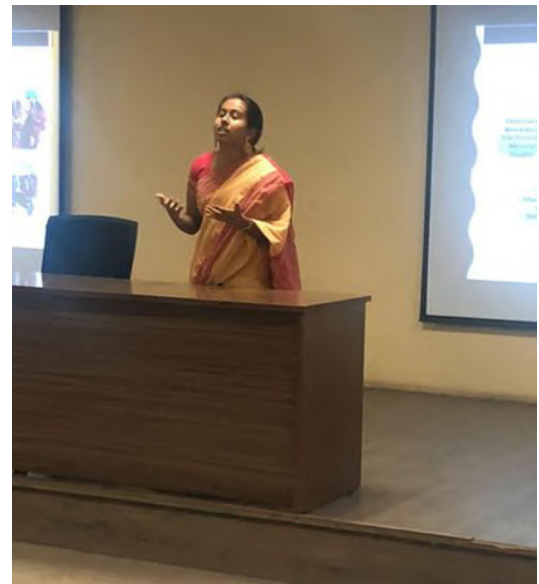
In the end a short video of 4 minutes was shown, which spoke about how, simple pain killers like opioids taken can turn into an addiction as it blocks the pain and releases endorphins which are the feel good chemicals.

Giving the students the message as to how simple habits take no time to become an addiction.

The feedback from the students was good, some of them spoke about the effect addiction had on their near and dear ones, few of them were eager to play the role of gatekeepers and few students also suggested to have such seminars for parents.

Overall the session helped the students to be aware about what addiction is and how our day to day activities can easily turn into an addiction, which most of us won't be aware off.





57. Vision board 2020 workshop conducted for 21 students by Miss. Dharani. M at Jain University SHSS and SID campus on 21/01/2020.



All 21 participants holding up their vision boards with the facilitator, Ms. Dharani.

Vishwas Vision Board workshop, 2020 attempted to help the participants manifest their dreams and goals through the technique of pinning down visual reinforcements to keep them motivated to achieve those goals. It was conducted between 1 p.m. and 3 p.m. on the 21st of January 2020 in Jain (Deemed-to-be) University, School of Humanities and Social Sciences and School of Interior Design for 21 participants with facilitator Ms. Dharani M.

With this in mind, the workshop gained its momentum through the work put in by the team to create, organize and facilitate the event under the guidance of the facilitator and campus counselor, Ms. Dharani M, and the blessing of the director of the campus, Major. Dr. Rekha Sinha.

The assembly of the participants was quickly followed by an introduction of Ms. Dharani, who then asked the participants to write down their expectations from the workshop on a sticky note. She also created a safe and comfortable atmosphere for the participants by making herself clear in saying that it was a no judgment zone and that all possibilities and perceptions were gladly welcome.

The first activity of the session, *Now & Then*, began with a folded sheet of paper presented to each participant, in which they were to visually capture their current views and ideas about themselves on one half, and those that they wished for their future on the other, by drawing or writing. They were given 15 minutes. This helped the participants take the first step towards achieving their goals by visually penning them down. Their complete autonomy was reassured, allowing them the space for authenticity. Ms. Dharani then proceeded to encourage the participants to share their ideas of *Now & Then* with their neighbours, if willing.



Expectations



Now and Then



Name Game

This activity, followed by a *Name Games* shattered the ice between the participants, as they took chances trying to recall the names of their fellow participants, engaging further with each other, filling the room with laughter and brightness, and recognizing that they were in this journey towards their aspirations together.

This then led to a very lively Segue to the next activity of the session, where the participants were asked to pull out their manifestation forms, which enabled the participants to truly understand and differentiate between

the different aspects of their dreams. These forms were provided to the participants one night ahead, to allow the time required to realize their dreams, and to find the visual cues that would represent these dreams. The forms asked them topic of the theme for their vision boards, upon which the entire board was to be built.

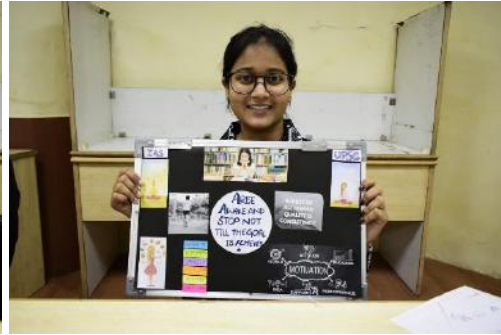
Ms. Dharani gave the participants the instructions, based on which the participants proceeded to layout the plan for their *vision board*, strengthening their resolve to achieve their goals with each image that they glued down onto their board. Ms. Dharani then went on rounds, speaking to each participant about their progress regarding their vision boards until everyone had reached their point of satisfaction.





The participants were given a *check sheet*, that would facilitate the completion of their dreams as goals and plans, through as lot for assigning times to tasks and also a space of opportunity to reassign undone tasks, helping them to form a realistic timeline for their aspirations for the year of 2020; that they were asked to take home to fill and update as per their preferences.

All the members, including participants, Vishwas volunteers, and Ms. Dharani then captured the success of this workshop in a picture where the participants are seen holding up their boards with pride and smiles, before Ms. Dharani officially concluded the session, and the participants made their way out of the venue.



In all, the workshop provided the opportunity for all 21 participants to learn to manifest their dreams and goals through a series of fun filled and personal activities, forming an all-round great experience for everybody attended the session.

58.A report on session “Depression management” for CPGS students by Jeba Shanthilin, Campus Counselor from 20/01/2020 to 24/01/2020

Depression is a dysregulation of the brain or dysfunction of the brain function that control emotions. It is a mood disorder characterized by intense and persistent negative emotions. These emotions negatively impact people’s lives, causing social interaction, educational, personal and family difficulties. Depression is different than feeling sad or down. It is a medical condition affecting the way mood is controlled by the brain. Someone with Depression can’t just “snap out of it.” Depression affects the way he or she thinks, feels and acts. It becomes a negative lens through which he or she sees and experiences the world.

A wide range of effective treatments is available for major depressive disorder. Psychotherapy e.g. Cognitive-behavioral therapy, interpersonal therapy alone can relieve depressive symptoms. Psychotherapy is a general term for treating depression by talking about client condition and related issues with a mental health professional. Psychotherapy is also known as talk therapy or psychological therapy this can helps in:

- Identify negative beliefs and behaviors and replace them with healthy, positive ones
- Explore relationships and experiences, and develop positive interactions with others
- Find better ways to cope and solve problems
- Identify issues that contribute to your depression and change behaviors that make it worse
- Regain a sense of satisfaction and control in your life and help ease depression symptoms, such as hopelessness and anger
- Learn to set realistic goals for your life
- Develop the ability to tolerate and accept distress using healthier behavior.

The Program was organized for the CPGS campus students in order to educate them about the importance of mental health, depression, social interaction and counseling. The session was for an hour which was addressed to a total of 100 Science students.

During a Session a short video about Depression was telecasted, which spoke about the causes of depression, symptoms, importance of letting go depression which affect their day to day life and do not hold on to them and how important to seek professional support with counselor if they're unable to handle it.

The feedback from the students was good. Most of the students they were not aware about the concept of counseling and causes of depression they're very much glad to get an opportunity from Jain university to gain knowledge about it. Now students build the trust towards a Counselor, that he/she won't tell whatever they discuss with their parents or teachers. After explaining about the concept of confidentiality, they seemed relaxed.

Overall, the student reveals that the orientation program helped them to know more about counseling and cleared the doubts that they had regarding it.

59. A psycho-educative session on “Time management” for students by Vaishnavi Chakrapani, Campus Counselor, CMS-Bschool on 24/01/2020

Time management” is the process of organizing and planning how to divide your time between specific activities. Time management can be aided by a range of skills, tools and techniques used to manage time when accomplishing specific tasks, goals and projects. Students often feel overworked and hectic as they are not able to manage their time effectively with classes, assignments, placements, internships etc. Therefore, a psycho-educative session was conducted for 4th semester students on 24th January 2020 at CMS B school to help them manage their time efficiently.



A total number of 13 students from the section FHR were addressed. The session included a brief introduction about time-management, process of time management, importance of time management, Benefits of time management, ways to use time effectively and major pitfalls of time management.





To enhance the level of understanding, urgent vs important matrix was explained in order to provide an idea of prioritizing tasks based on its urgency and importance. Circadian rhythms were explained to gain a clear understanding of how the biological clock works and how we can use our biological clock and plan out task according to it in order to enhance effective management of time.

A psychometric assessment on time management was provided to students. They responded and self-assessed their form to know on where they stand on managing time based on the scoring key that was explained. Many students found out with their own data that they either have moderate or poor time management skills.



Students paid attention to the session and were interactive through the session. They were curious to know in detail about circadian rhythms and how to manage their time based on it. They also provided a feedback that the session helped them to know ways through which they could improve the use of time.

49. Psycho-educative sessions on “Depression” conducted by Anumathi Malak, Counselor, Vishwas Counseling Centre at JU-CMS in January 2020



Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest and can interfere with an individual's daily functioning. Despite being one of the most common mental disorders, depression is often misunderstood. These myths and misconceptions may contribute to the stigma attached to depression, discouraging those affected to talk about their symptoms or seek help and treatment. A psycho-educative session was planned to bring awareness about depression amongst students and encourage them to seek help when required and ensure that the students are sensitive towards people suffering from depression. The Counselor from Vishwas Counseling Centre at CMS Jain University conducted 8 sessions in different classes (2 BBA 'H', 4 BBA 'D', 4 BBA 'G', 2 BBA 'B', 2 BBA 'E', 2 BAJ 'A' & 'B', 6 BBA 'K' and 4 BBA 'A') addressing around 314 students in the month of January on the topic "Depression".

The session started with a video about "Mental Health Awareness". The introductory video was used to give a basis for the session and gave an overview about mental health issues and how mental health is on a continuum. The video demonstrated the underlying causes of mental health concerns, the impact it has on an individual's functioning and the therapeutic process of treating the mental disorders.



The meaning and definition of Depression was discussed. The students were made aware of the various types of clinical depression such as bipolar disorder, major depressive disorder, dysthymia, postpartum depression, etc. The changes in brain due to depression were spoken about. The students were asked to list the difference between sadness and depression; students had several questions while answering this question. Some examples were used to clarify their queries.

The signs and symptoms of depression were discussed in detail. It was explained to the students that these signs and symptoms can be faced by most people but standardized psychological assessments are used for diagnosis by mental health professionals.



The several changes that an individual with depression faces were discussed. The emotional changes, the changes in thinking, physical and behavioural changes that impact the social, occupational, emotional, and cognitive functions of an individual suffering with depression were discussed. The cognitive triad was discussed and examples were shared to explain the pattern which a person with depression experiences. Automatic negative thoughts and cognitive distortions were also spoken about to make student aware of the thought patterns.

A story of a person with depression was shared. The students were equipped and prepared to help individuals with depression by understanding the signs and symptoms, being sensitive and referring them to a mental health professional. The students were given examples of statements that they can use and the statements they should avoid while talking to a person with depression. Also the coping strategies and therapeutic process was discussed. The students were made aware of the role of a psychiatrist and a psychologist in the process of treatment. A video was used to summarize the presentation and give more facts and information about depression.



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. The students also shared some real life instances.

50. Report on “Anger Management” psycho-educative session for MBAIF 2ND Semester students by Vaishnavi Chakrapani, Campus Counselor at CMS-B School on 07/02/2020.

Anger is a natural and mostly automatic response to pain of one form or another (physical or emotional). It can occur when people don't feel well, feel rejected, feel threatened, or experience some loss. Anger never occurs in isolation but rather occurs after pain feelings, it is often characterized as a 'secondhand' emotion. It is a perfectly normal human emotion and, when dealt with appropriately, healthy. However, one has to be able to manage their anger appropriately. It is neither appropriate nor healthy if one cannot control temper, and often lash out at others.



Excessive anger can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm an Individual's physical and mental health. This session was conducted in order to create an awareness among students about the negative effects of anger and to provide effective ways of anger management.

The session was held for MBA International finance students of second semester where a total number of 50 students were addressed. Campus counselor began the session with a story that explained how anger resulted in actions that were regretted later. After the story many students volunteered and spoke in one sentence about what they learnt from the story.



The students were then taken through a PowerPoint presentation about what is anger, why it is called a secondary emotion, what causes anger, what are the emotional and physical symptoms of anger, volcano of anger, etc. The students were then told in detail about the steps to manage their anger effectively. The five steps that was explained were:

- Start to understand your anger
- Know what triggers anger in you and signs of anger
- Learn different ways to cool down temper
- Find other ways to express anger
- Looking after oneself



The session ended with an activity where the class was divided into 8 groups. Each group was given a time span of 15 minutes to prepare for a role play portraying anger and a particular method of anger management. Each group participated with enthusiasm and came up with unique ideas to present a role play.



One particular group presented a role play on delayed swiggy order which induces anger which is then managed with the help of expressing it in a subtle way to the delivery executive. The other group portrayed a professor being angry because of a notorious bunch of students not allowing him to teach, a group of students portrayed a real incident that had happened in the class and so on.



Many students provided a feedback to the session saying it has helped them know how to manage anger effectively and also mentioned the key learnings from the session and also suggested a couple of topics like relationship management, work-life balance etc. for further sessions

51. A one-day psycho- educative for the Students titled “CAREER PLANNING AND CAREER DECISION” conducted by Mr. Raghavendra Kalmadi at CPGS campus, Jain university on 15/02/2020

“Career planning and career decision” session helps students to understand their ability, confidence, strength, which are the skills they need to develop, learn ways to improve their present and future performance, and guides them to find appropriate purpose in their role. “Career Planning and Career Decision” event organized by VISHWAS the counseling center of Jain (Deemed to-be- University) on 15th February, 2020 in CPGS campus. The resources person was Mr. Raghavendra Kalmadi, He is a Medical Biochemist at quintiles. The objective of Career Planning and Career decision is to equip Students, to perform better in an interview, to improve social-skill, And To maintain good personality at work. Around 160 Students from Physics, Micro-biology, Bio-chemistry and Bio-technology along with the campus counselors of Vishwas attended the session.



The session started with the introduction about Vishwas and the Resource Person by campus counselor Jeba Shanthilin, and session was handover to the honorable chief guest Mr. Raghavendra. He started a session with his story, his experience in interview, learning and his thoughts. He briefly explained about Four 'D' concepts which are Desire, Determination, Dedication and Discipline. He clearly gave information to the students about what do company look for in a candidate such as Academic Achievement, communication skill, Leadership skills, Problem solving skills, personality and behavior trait which includes positive attitude, confidentiality, truthfulness, focused. He also interacted with students in between and they also answered his questions. He says what as a fresher can expect in an interview such as generic questions, academic questions, Personality related question such as what are your strength and areas of improvement, and job-related questions like what do you know about our company.



Next, he shared his knowledge about Academic Life vs. professional Life which says as a fresher any organization will expect their employees to perform right from day one, they will quietly monitor how the employee is performing and grasping opportunities to grow and to learn better. He mentioned how students can achieve success in their career by their individual growth with their domain knowledge, Decision Making ability, communication, problem- solving skills. He provided few tips to students to get shine in their career such as how one can enrich an ability, capacity and capability which will excel them in career by constant learning and practice. At the end of the session students and resource person had a few discussions on core field related topic, he also answered students' questions and clarifies all their doubts



The workshop was concluded with the vote of thanks given by the student. She spoke about how effective the session was and how it made each student to think one step further about their career. And she thanked Vishwas team and CPGS Campus for arranging a session on this specific topic.



Feedback of the session was taken by sending Feedback form to the students and the responses of the

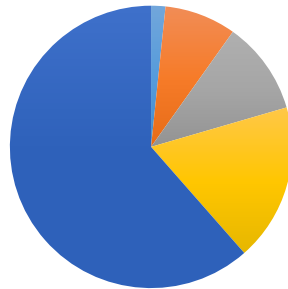
Feedback

The analyzed feedback from the students from CPGS campus was good. Most of the students mentioned the session was really motivating and interesting, students are very much glad to get an opportunity from Jain University to gain knowledge about it. Now students build clarity about how to look for a job, where they have to focus to improve them.

Following is a feedback analysis

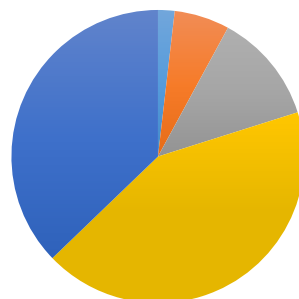
Overall Level of satisfaction with the session

very Dissatisfied Dissatisfied
Neutral satisfied



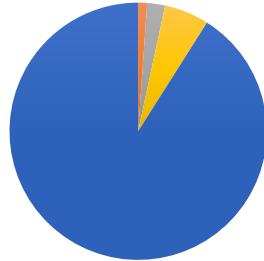
Level of satisfaction with the Content.

Very Dissatisfied Dissatisfied
Neutral Satisfied



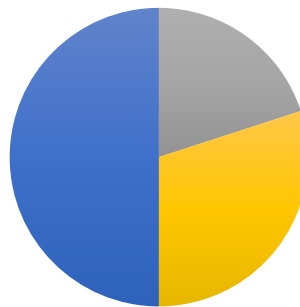
Level of satisfaction with the Delivery.

■ Very Dissatisfied ■ Dissatisfied
■ Neutral ■ Satisfied



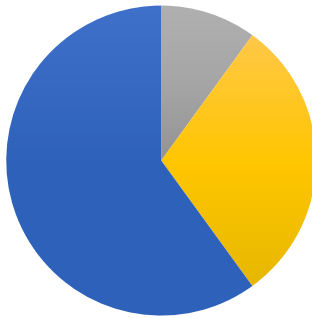
Likelihood to attend similar future events.

■ Not at all Likely ■ Unlikely Neutral
■ Neutral ■ Likely



Likeliness to recommend the session to the peers.

■ Not at all Likely ■ Unlikely Neutra ■ Neutral
■ Likely ■ Very Likely



Few feedbacks by Students on the most preferred part of the session

- The session was really motivating and interesting -the four D model of skills are clearly explained
- Individual growth is what is most important to become successful
- Got to know about their capacity, ability and capability and how to achieve goals and success in life
- Got to know how to build up career and to achieve the goals
- Got to know how to face interview
- How to be confident when taking career related decision
- How to plan the carrier and achieve in life

Few suggestions provided by the students.

- Kindly conduct more session like this so that as a student we get more opportunities to listen.
- Would have been good if companies were added, so that student would know where to apply for job
- Want the session on journey of successful life.
- Session was so good but some video could have been added

52. A campus wide awareness workshop for students on Emotional Intelligence conducted by Dr. Uma Warriar at School of Engineering and Technology – Jain Global campus on 14/02/2020



“Emotional Intelligence for Engineering Students” A workshop on Emotional intelligence for students from School of Engineering & Technology and International Institute of Aerospace Engineering & Management, Jain Deemed-to-be-University was organized by

Vishwas – JU centre for Guidance and Counseling in association with IQAC, FET on 14th of February, 2020. The resource person was Dr. Uma Warriar, Chief Counselor, Vishwas.

The Objective of the workshop was to create awareness among the engineering students on Emotional Intelligence, its significance and the necessity of learning to identify, to understand and to manage emotions in an effective manner. Around 151 engineering students who represented the each section across all the streams from FET and IIAEM attended the workshop. 5 students from each section were identified by the teachers to have fair representation of all students across sections. The idea behind this choice is to spread campus wide awareness program for Emotional Intelligence

The workshop started with the introduction about Vishwas by the SET campus counselor Midhun krishnan. Further, Dr K S Kiran, HOD & Professor, Department of Physics and Coordinator – IQAC introduced the resource person, Dr. Uma Warriar and invited her to begin the session.

The session started with a suspense evoking story invoking curiosity among the student, through which the speaker was able to gain their undivided attention. The story depicted that thinking in an emotionally effective manner is more important than having a rational thought process in certain situations of decision making.



Dr. Uma Warriar spoke about the necessity of Emotional Intelligence (EI) for engineers, as it is pivotal for engineers to empathise and understand the needs of the customers also how EI enhances the social skills enabling engineers to work efficiently as a team. Further the speaker explained how learning EI would contribute in improving personal wellbeing, leadership ability employability, job performance and decreasing the occupational stress.



The resource person then briefly described about the five key aspects of EI which are Social skills, Empathy, Self Motivation, Self Regulation and Self Awareness. After describing the dimensions, two video clippings were shown to the students to conduct video quiz to understand the level of internalization of the concepts. One was from a Bollywood movie depicting a scene where the protagonist encounters a situation, inside an airplane, where she has a conflict with a fellow passenger. The second video was small clip from a boxing match between Mike Tyson and Evander Holyfield, where Mike Tyson bites and scars Holyfield's ear. After watching the clips the students were asked about the aspects of EI which were present and absent with the characters of the videos, students were able to clearly identify and explain the different aspects.



Throughout the session, time to time, the students were asked to answer few simple questions and explain the aspects of EI. Also students were prompted to ask their doubts which made the session extremely interactive.





In the last part of the session the resource person discussed in detail about all the five aspects of the Emotional intelligence, how to identify these aspects within ourselves and in others, also on how these aspects could be cultivated. Each of the 5 dimensions was recapitulated and ways to improve the five dimensions were discussed. Finally few take home messages to practice Emotional Intelligence were provided to the students. The workshop was concluded with a Question and Answer session.

Google form links were shared to take online feedback of the session. The details of feedback are as under:

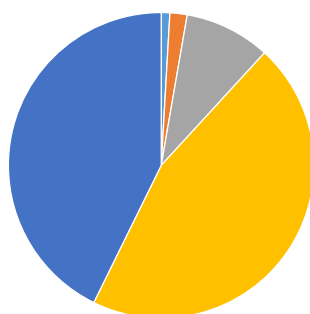
Feedback

The workshop in overall was well received by the students of SET and IIAEM

Following is the feedback analysis.

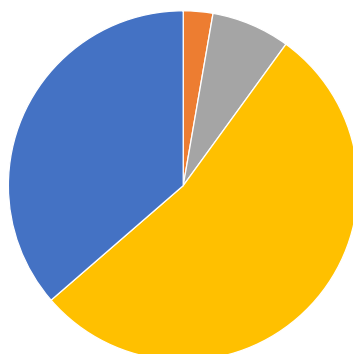
Overall Level of satisfaction with the Workshop.

■ Very Dissatisfied ■ Dissatisfied ■ Neutral ■ Satisfied ■ Very Satisfied



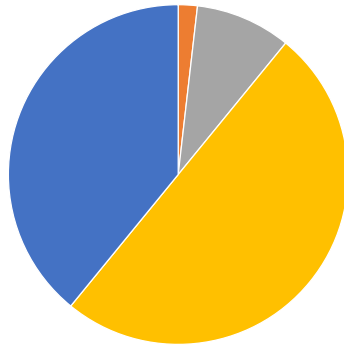
Level of satisfaction with the Content.

■ Very Dissatisfied ■ Dissatisfied ■ Neutral ■ Satisfied ■ Very Satisfied



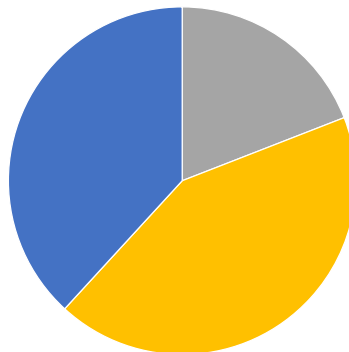
Level of satisfaction with the Delivery.

■ Very Dissatisfied ■ Dissatisfied ■ Neutral ■ Satisfied ■ Very Satisfied



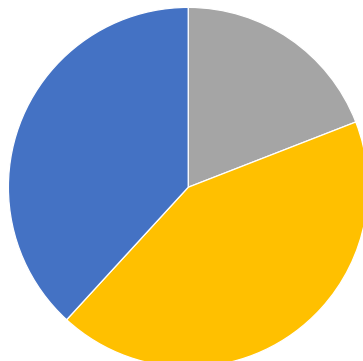
Likelihood to attend similar future events.

■ Not at all Likely ■ Unlikely ■ Neutral ■ Likely ■ Very Likely



Likelihood to recommend the session to the peers.

■ Not at all Likely ■ Unlikely ■ Neutral ■ Likely ■ Very Likely



Few feedbacks by Students on the most preferred part of the Workshop.

- Story wise examples and video description
- Interactive delivery with quality points and explained the points through examples.
- Videos are used to simplify the concept which improved the understanding better
- The way Speaker brings interest in the topic. Also the way of delivery.
- The pyramid of emotional intelligence is very clear and easy to recollect
- Emotional skills management is a must for us
- Real-time examples from business was used , which made the session most useful
- The session motivated me a lot
- The topic and the way it was explained
- Session is very interactive and we all were so very involved without getting distracted
- Active Participation From Students

Few suggestions provided by the students.

- Well planned regular sessions on individual topics with enough time in future
- More things to watch than listening
- A little more time can be allotted for this seminar.
- The session was good but more videos and concept should have been added
- Could have been better if limited no of students were taken for a batch
- Conduct more sessions

53. A one day workshop for the faculty members titled “ Learning from Learner insights” conducted by Dr. Uma Warriar at School of Engineering & Technology – Jain Global campus, Jain university on 14/02/2020



“Learning from learner's Insight” A one day workshop to help the faculty members understand the learning style preferences of engineering students was organized by Vishwas-JU centre for guidance and counseling in association with IQAC, SET on 14th February 2020. It was conducted at School of Engineering and technology, Jain global campus. The resource person was Dr. Uma Warriar, Chief counselor, Vishwas. The objective of the workshop was to help the faculty members understand the learning style preferences of engineering students and further enable them to formulate an effective teaching approach. Keeping this objective in mind, a survey was conducted using Google form on engineering students and responses of around 1000 engineering students from the campus was captured using Index of Learning style by Richard Felder (used with written permission from the author). Faculty teaching preference was also surveyed using Teaching style inventory by Anthony F. Grasha. Around 145 faculty members from School

of Engineering & Technology and International institute of Aerospace Engineering and management attended the workshop.



The workshop started with the introduction about Vishwas by the campus counselor Midhun Krishnan. Further, Dr K S Kiran, HOD & Professor, Department of Physics and Coordinator – IQAC gave the introduction about the resource person, Dr. Uma Warriar, and invited her to begin the session.

The session began with screening of a satirical cartoon clip about a child gifted with engineering abilities. The idea behind screening this 2 minute clip was to bring awareness among the faculty members on how society views engineers as having an entirely different set of skill sets. Dr. Uma Warriar then talked about the key factors to achieve an effective teaching learning environment which are Learning style Preferences, Teaching style and Subject specific Pedagogy.



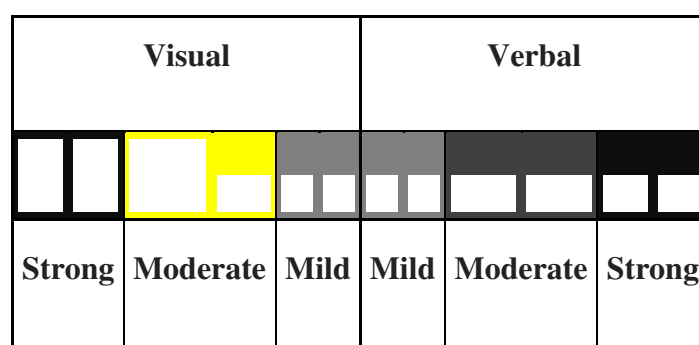
The resource person talked in detail about learning style preferences, providing real life examples to easily understand one's learning style. Further discussed the Felder – Silverman learning style model, formulated by Richard Felder and Linda Silverman in 1988, a learning style model designed to capture the most important learning style differences among engineering students, which is a multi-faceted approach towards comprehending Learning style preferences.



This model includes four dimensions named active/reflective, sensing/intuitive, visual/verbal and sequential/ global learners. The dimensions are arranged in a continuum with each pair arranged on both sides of the bipolar scale. These dimensions are categorized on the basis of preference in processing information (active/reflective), preference in perceiving information (sensing/intuitive), preference in the mode of input (visual/verbal) and preference in organizing the information (sequential/ global learners).



After discussing each aspect of all the four dimensions, Dr. Uma Warrier explained about the study conducted on the students of FET, in which Index of Learning style, a learning style assessment tool created by Richard Felder and Linda Silverman was administered on around 1000 students of SET and IIAEM. The results and interpretations of analyzed responses, were shared with the faculty members during the session. The students of this campus seem to have mild preference for active, reflective, sensing and intuitive and sequential and global learning style preference. But the study finding very clearly indicated that the students are moderate to high on Visual learning style orientation (87% respondents) and less on verbal orientation. The following diagram depicts the learning style orientation of students in Visual/ Verbal dimension, showing a clear preference for Visual learning.



Suggestions were provided corresponding to the interpretations of each dimension which could be implemented into the existing teaching learning approach.

Resource person then talked about teaching style and explained individually about the five types of teaching styles which are the expert style, the formal-authority style, the demonstrator style, the facilitator style and the delegator style. Further the speaker shared the analysis of a survey conducted to understand the teaching style of SET and IIAEM faculty members. She added although the most preferred style was facilitator, the faculty of SET and IIAEM showed high preference in all the other styles as well, which shows a balanced teaching approach. The campus faculty members seem to balance all the 5 teaching styles very effectively, using appropriate teaching style to suit the different situations in class rooms, which is a very healthy teaching practice. Dr Warrier added the significance of understanding the teaching style and how it would help the faculty formulate an effective teaching learning environment.

Post the discussion, certain engineering specific suggestions which could be added to the existing teaching learning framework was also shared.



Towards the end of the session an activity was conducted for the faculty members to reinforce experiential learning . In the activity, faculty members were clustered into 8 groups according to their stream and each group was assigned one of the two categories of four learning style dimensions.

Further the faculty members were instructed to pick a course content of their choice and prepare a set of teaching strategy corresponding to their assigned aspect of learning style. The entire teaching faculty actively participated in the activity. Since the grouping was

done department wise, the department members showed healthy competition in doing the best chart to depict the set of teaching strategies.



The workshop was concluded with the vote of thanks given by Dr.Natarajan, Professor, IIAEM. He spoke about how effective the program was and how it made the faculty members think differently, departing from their routine teaching strategies

Feedback of the session was taken by sending Google form link and the responses of the feedback are as followed:

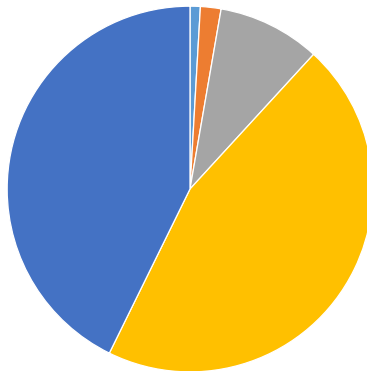
Feedback

The workshop in overall was well received by the faculty members of SET and IIAEM

Following is the feedback analysis.

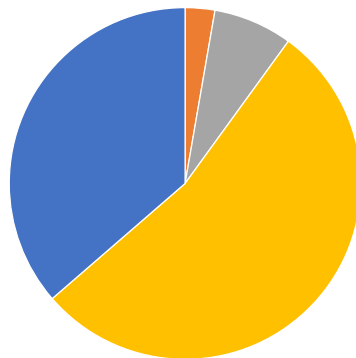
Overall Level of satisfaction with the Workshop.

■ Very Dissatisfied ■ Dissatisfied ■ Neutral ■ Satisfied ■ Very Satisfied



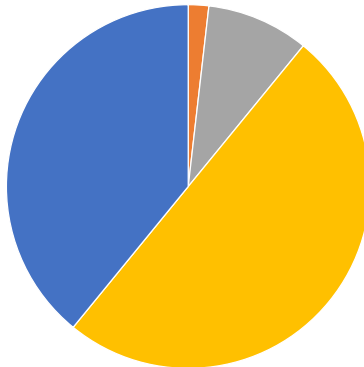
Level of satisfaction with the Content.

■ Very Dissatisfied ■ Dissatisfied ■ Neutral ■ Satisfied ■ Very Satisfied



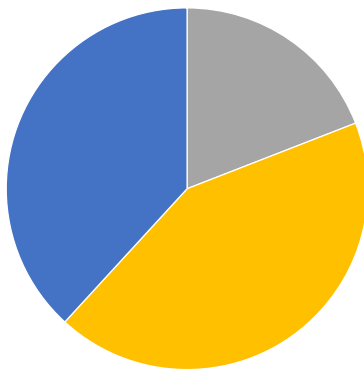
Level of satisfaction with the Delivery.

■ Very Dissatisfied ■ Dissatisfied ■ Neutral ■ Satisfied ■ Very Satisfied



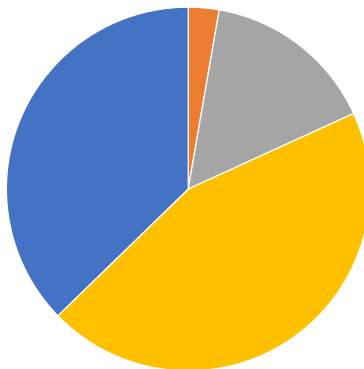
Likelihood to attend similar future events.

■ Not at all Likely ■ Unlikely ■ Neutral ■ Likely ■ Very Likely



Likelihood to recommend the session to the peers.

■ Not at all Likely ■ Unlikely ■ Neutral ■ Likely ■ Very Likely



Few feedbacks by Faculty on the most preferred part of the Workshop.

- Learning preferences and Teaching styles were clearly spelt
- Presentation using figures is very convincing and useful
- Delivery method of resource person is extremely good
- Making everyone active during the session was a very effective way of reaching out to us
- Real data generated a lot of curiosity
- Interaction with the audience was excellent
- It's an important area for faculties to learn about students learning preferences as well as teaching style. It will help in better planning and delivery of class lectures.
- Psychological aspect to identify learning process of students was neatly explained
- The survey which is taken from students, it was good to know their expected learning style from teachers
- The way data analysed was superb
- The activity at the end of session, Interactive and Informative session
- Overall it is good motive for all technical teaching professionals to deliver their lecture in different mode.

Few suggestions and comments provided by the Faculty members.

- By providing more engineering specific examples as per subject.
- By giving some comparative analysis between students of all 4 years
- More visual aids and case studies can be used
- This could be better if the duration would be little more or could be of 2 or 3 sessions.
- Expect such sessions every semester
- Research related to application of these methods in real time scenarios on different set of students belonging to different domains of education.

54. A report on “Mindful Doodling” activity programme Conducted at Pre-University student at Sri Bhagwan Mahaveer Jain College, RR Nagar campus on 17/02/2020.

Doodling (a form of fidgeting) may be a last-ditch attempt at staying awake and attentive. Doodling keeps you from falling asleep, or simply staring blankly when your brain has already turned off. The permission to “free-draw” keeps your brain online just a little while longer. Doodles say more about our personalities than we may realize, it has been claimed.

Experts have revealed our subconscious scribbling can show we have a selfish side, are feeling the pressure at work – and even that we’ve got skeletons in our cupboards.

The shapes and objects drawn, the colour of ink used and the position of the scribble on the page can all provide clues into our state of mind, life outlook, motivations and more.

The session was conducted by Ms.Dharini from Atria Campus along with Ms.Supriya Christopher campus counselor of Vishwas, the Jain University Student’s guidance and counseling center, at Sri Bhagwan Mahaveer Jain PU College, RR Nagar campus. This session was attended by a batch of I year BBA students. Around 40 students attended the session.



The session started off with a brief introduction to the counsellor Ms.Dharini. The speaker went on to share her personal experience as to when she began her first doodling, at the age of 6 she used to colour and do some drawing and that became a habit. Since both her parents used to work she never got a chance to share her school experiences with her mother and thus she thought the best way to express what she felt was through drawing. Then the students were asked to draw in a printed ice burg picture of what ever they liked.





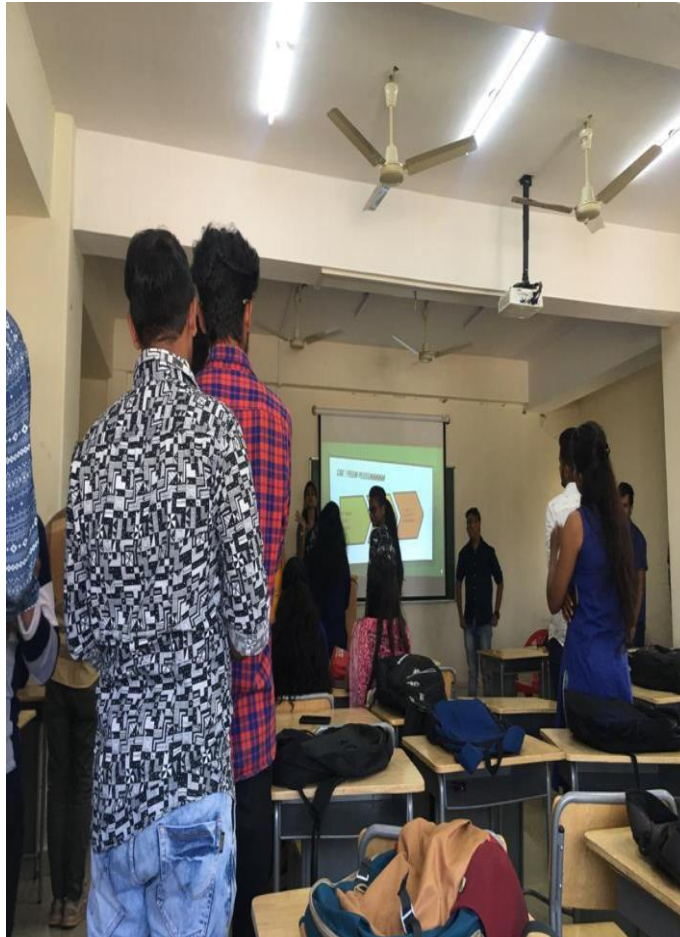
Later the students were asked to share their experiences and some of them expressed that this activity reminded them of their childhood days and this made them feel free and happy.

The speaker went on to tell the students a small story of a little girl who loved apples. One day when her mother bought two apples for the child and before the child began to eat the apple she requested the child to give an apple to her mother, but before giving the apple the child took a bite in both the apples and for a minute the mother was very upset. The child after a few minutes asked the mother to take the apple which was in the right and told mother this apple is sweeter and this made the mother happy.

The speaker went on to explain that how in our lives we tend to judge people immediately for their actions even before thinking what's behind their thought for those actions.

The speaker made the students stand up and made them take an oath stating they will not misjudge their friends or anyone for that matter.

Later on in the session the students were asked to move around the class room and stand in two's and were made to tell two positive things about them.



Finally at the end of the session we had the feedback forms filled in.

We had comments such as:

- The students learnt not to be judgmental to others.
- One of the student mentioned that they learnt about the importance of ID, Ego and the Super Ego.
- The students also mentioned it was a very helpful session.

Suggestions:

Time was not sufficient and they wanted more such kind of sessions to be conducted in the near future.

55. Orientation session for Study in India Students conducted on 20/02/2020 in Jayanagar 9th block Jain University.

Orientation was conducted for the International students in 9th block campus by Ms.Manaswini.M.

The objective of the session was to educate the students on the Vishwas Counseling services and common challenges faced by international students in new country. A total 180 students from B. Com, BMS, BCA and B.sc were addressed who were all in their first semester.

The session started with explaining about

- Vishwas, its vision, mission, 5 areas of service.
- What is counseling?
- Who is counselor?
- Signs which says that one needs counseling.
- Benefits of counseling
- Confidentiality in counseling.



This followed by interaction session and a videoby Jay Shetty which explained about letting go was played.

In the second the half of session the common challenges.

- Language Barrier
- Cultural Shock
- Academics
- Finances
- Home-sickness

Solution for the same was discussed with the students.



Feedback

- The session to be longer.
- They understood the various challenges and how to deal with it.
- Wanted more of interaction during the sessions.

56. A psycho-educative session regarding, “Dealing with exam stress” was conducted for the II PUC students by the campus counselor, Ms. Suhaon 28/02/2020 at Jain College, Jayanagar

“Dealing with Exam stress” A psycho-educative session on the various methods of dealing with exam stress was conducted for II PU students of Jain College, Jayanagar. It was organized by Vishwas – JU Student Guidance and Counseling Centre and conducted by the campus counselor Ms. Suha, on 28th February, 2020.

The Objective of the session was to create awareness amongst the II PU Students towards how working towards exams can create feelings of worry, anxiety and make them feel that they are constantly under pressure and to help them understand and recognize exam stress and offer strategies to help them minimize any harmful effects. As the II PU students were appearing for their board exams, they were chosen as the stakeholders. Around 210 PU students attended the session.





The session started with a small round of interaction regarding, how students feel when they hear the word exam which was an ice breaker and later diving into the main topic.

The campus counselor spoke about;

- How does the Exam stress arise
- Effects of Exam stress
- Management of Exam stress
- Plan your study
- Schedule your subjects
- Take disciplined actions
- Do the difficult subject first
- Be away from Rebuttal People
- Avoid distractions
- Take right amount of rest
- Unwind yourself
- Focus on health and food
- Have a positive attitude
- Affirm positive self-talk
- Be confident
- Talk with your parents/teachers
- Tips for improving concentration
- Few exercises that helps concentration

- Shatter few myths about the exams

After discussing the above mentioned topics, a short video of 3mins was showed which was about, “Managing exam stress and the lessons that we can learn from our body”.

After watching the video the students were asked few questions regarding the video and various techniques that they use when they are under exam stress, few students said that they listen to music to divert their mind or stress eat or go for a walk.

Throughout the session, the students were asked to answer few simple questions and explain about their experiences. Also students were encouraged to ask their doubts which made the session interactive. In the last part of the session the campus counselor brushed through management plans again. Finally few take home messages to practice concentration and relaxation techniques was provided to the students. It was concluded with a Question and Answer session.

Some of the feedbacks received from the students were, it was an interactive session with quality points and the points were explained through examples and experiences, video helped in better understanding of how our body reacts during exams, dealing with exam stress is a very important topic for all the students because we tend to forget what we have learnt in the last minute as we panic, students got an opportunity to share their examples which made the session more interesting, the program helped me a lot, event was very interactive and the slides had interesting and colorful pictures which made us concentrate.

Some of the suggestions provided by the students are, the program should have extended for some more time, the session was good but more videos should be added, it could have been better if it was conducted class wise.

**57. An addiction awareness program for final year BA Journalism students titled
“Choose to Refuse” conducted by Dr. Uma Warriar at CMS campus on
05/03/2020**

“Addiction is a disease that makes you too selfish to see the havoc you created or care about the people whose lives you have shattered.”

Every day, leaders across the nation look for new ways to raise awareness and fight the growing addiction epidemic. Substance abuse is a growing trend among college students and creating awareness is a very important step that has to be taken. The primary goal for this event is to change perception towards addiction, as well as generate awareness towards the process of seeking help to overcome addiction. Addiction awareness may also help the students to deal with a family member or a friend who is struggling with substance abuse. In order to spread awareness about addiction an awareness program titled “Choose to Refuse” was held for 71 students from the BA Journalism course in the Center for Management Studies campus on 5th March, 2020. The resource person for the session was Dr. Uma Warriar, Chief Counselor, Vishwas Counseling Center, Jain (Deemed-to-be University).

Dr. Bhargavi Hemmige, HOD of the Department of Media Studies introduced Dr. Uma Warriar and gave the context of the program.

Dr. Uma Warriar started the sessions with different illustrations and ensured the students participated actively and involved themselves by sharing their inputs. The interactive sessions opened up the students thought process and acted as an ice breaker to facilitate better sharing of information



Dr. Uma Warriar mentioned the meaning of addiction and explained to the students the impact of addiction on the brain. Biological aspects of brain structure and release of neurotransmitters were explained in a way even a no science student can easily comprehend . An interactive discussion was held regarding the difference between addiction and habit.



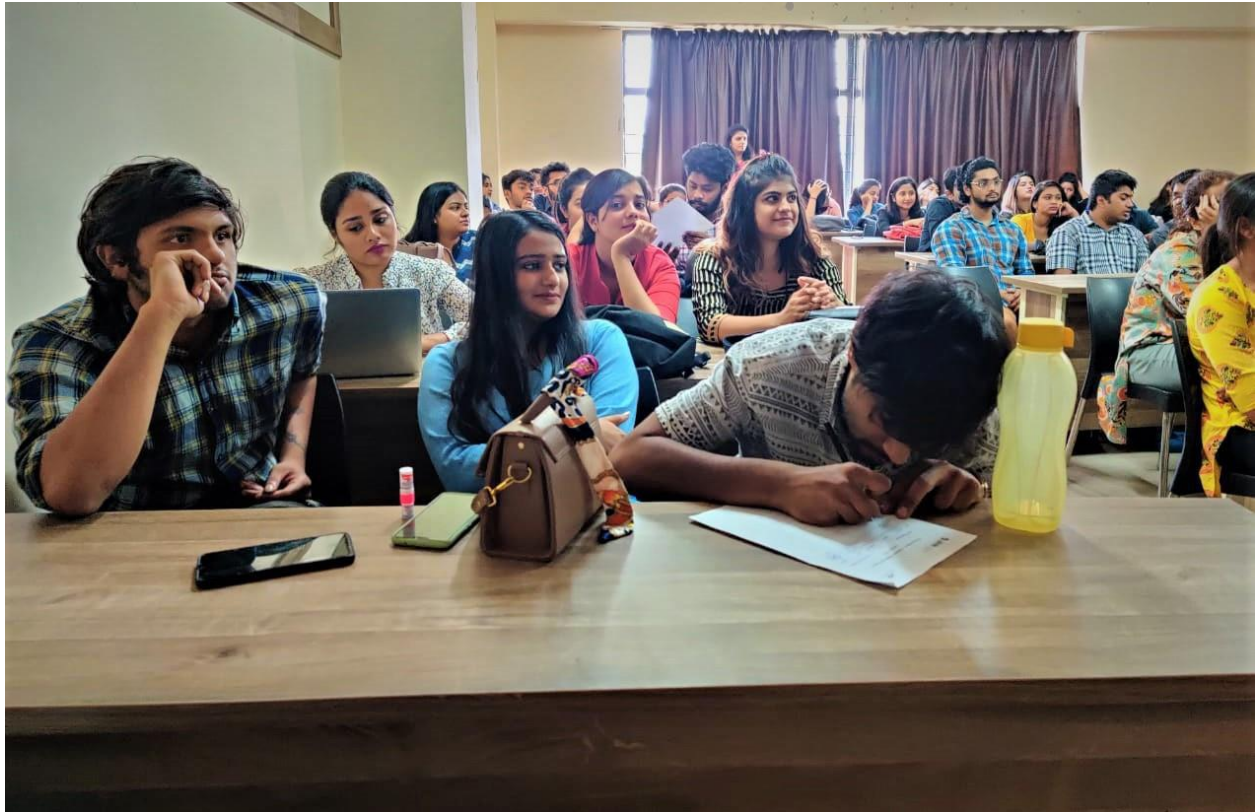
The students shared several examples and gave inputs that helped them open up about the topic. The students engaged themselves and several other aspects of addiction were discussed about. The students asked relevant questions which were answered by Dr. Uma Warriier based on her experience with dealing with students over the past decade.

The example of Trojan Horse of Greek Mythology was used to demonstrate the complex process of drugs impacting our brain and body. The story of Torjan Horse was interpreted by the students with different perspectives. Another example from the movie “Behind Enemy Lines” was used to illustrate how smoking can become a defense mechanism or a coping strategy and later turn into addiction.



The two types of addiction were discussed with examples- substance addiction and behavioural addiction. Substance induced addictions such as nicotine, alcohol and drugs were discussed. Students asked several questions and some myths and misconceptions that students had been clarified by the Chief Counselor. Behavioural addictions such as internet addiction, gaming and gambling were also discussed by the students. The students were questioned about the risk factors of addiction and the discussion concluded by categorizing the risk factors mentioned into three categories namely biological, psychological and environmental risk factors of addiction. Several red flags/warning signs of addiction were

discussed during the session. Students were asked to look out for the red flags of addiction such as weight loss, poor eating habits, lack of interest, constant redness in eye, absenteeism, mood swings, fatigue, memory and vision impairment, depersonalization and other warning signs and approach the mental health professionals for help.



The students were asked to reflect about the various consequences of addiction. The physiological, psychological, familial, occupational, social and legal consequences of addiction were discussed in detail. A video of a student expressing his story of being a drug addict, the consequences he had to face in life and his journey of getting out of addiction was presented to students. The students were emotional and the video had made most of them reflect about the adversity of the situation of being an addict. Another video was used to summarize all the content discussed during the session.

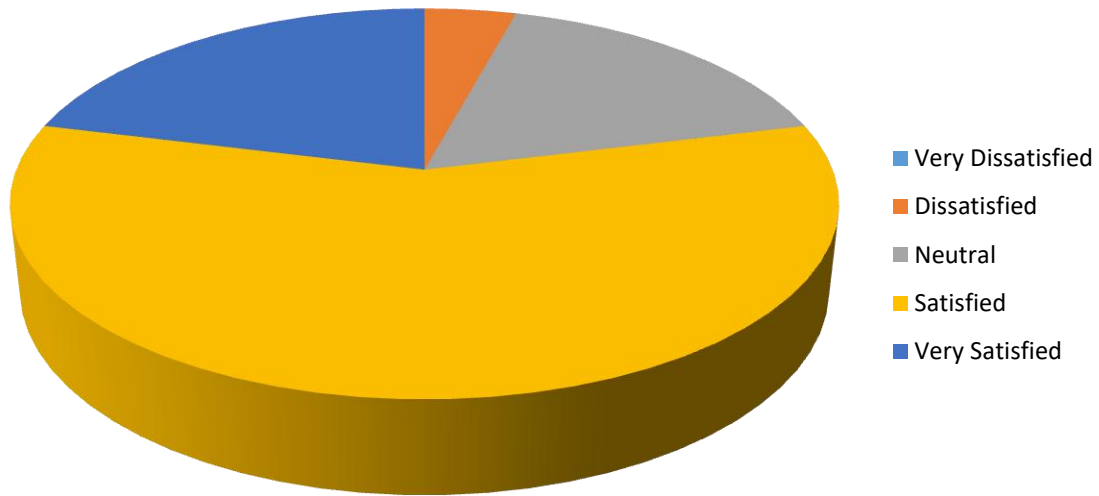
The session ended with the 10 Golden Rules of coping which are mentioned below:

1. Acknowledge that you have an addiction when you have one!
2. Don't hesitate to seek professional help & create a support network.
3. Limit your access to addictive situations
4. Reduce time on Net and on the phone to a fixed amount in a day.
5. Substitute gaming with an outdoor physical activity.
6. Fully understand the consequences of the addiction and act wisely.
7. Practice refusal skills- Assertiveness
8. Practice Emotional regulation- Impulse control skills
9. Develop better stress coping mechanisms
10. Develop healthy habits as an outlet

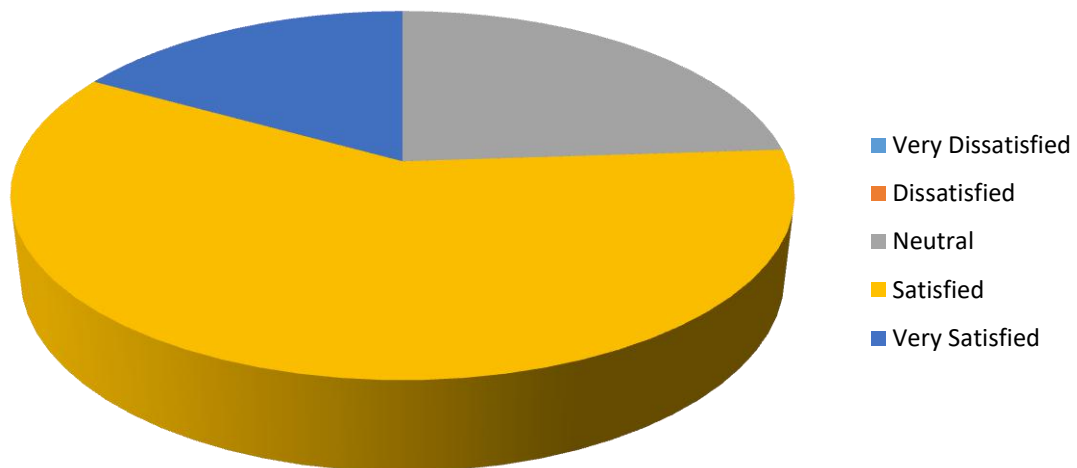
One of the students also mentioned about a trend amongst the new generation about “Dopamine Fasting” as a means to reduce the use of substance. Similarly students had several queries such as “When does a bad habit be considered as an addiction?” “If drugs are used for medical purposes will it be considered an addiction?” “Do medical professionals giving anti-depressants or other medication create addiction amongst the patient?” “Can addiction related to positive behaviour be good? –eg: Addiction of career” The questions asked by students enhanced the discussion and gave more scope for learning. Several interesting questions were put forth in the discussion and were answered by Dr. Uma Warrier based on her knowledge, experience and years of expertise in dealing with students as a counselor.

The addiction awareness program was well received by the final year students of BA Journalism from CMS campus. Feedback was collected from all the students. Following is the feedback analysis:

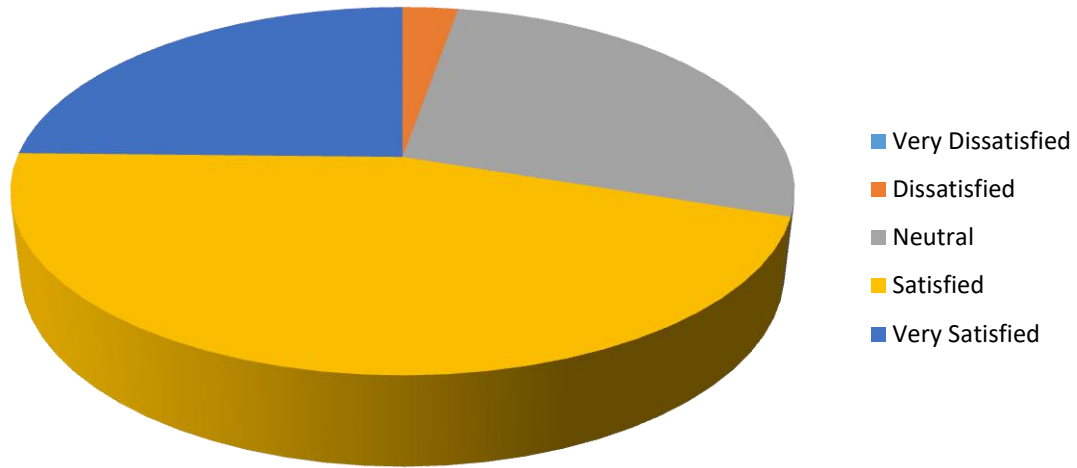
Overall Level of satisfaction with the session



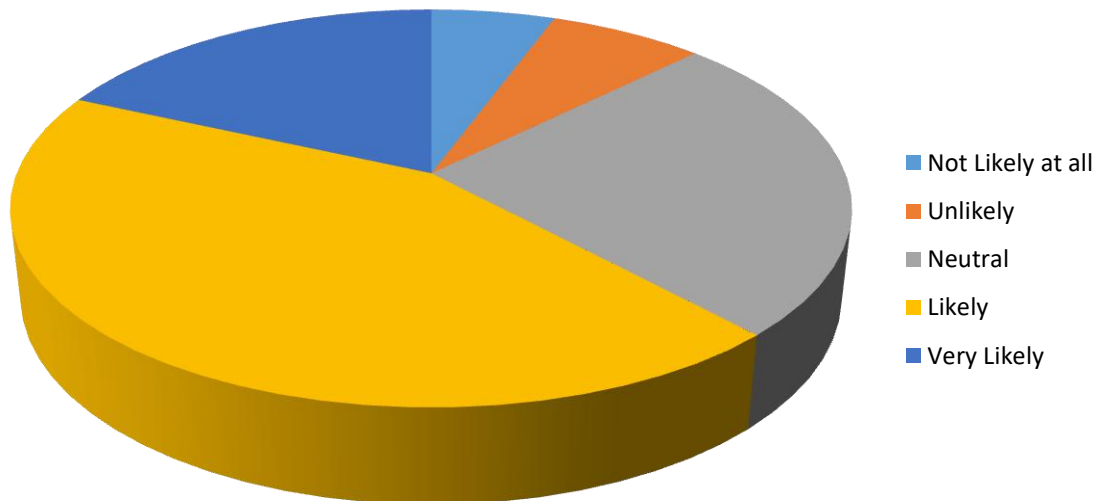
Level of satisfaction with the Content of the Session



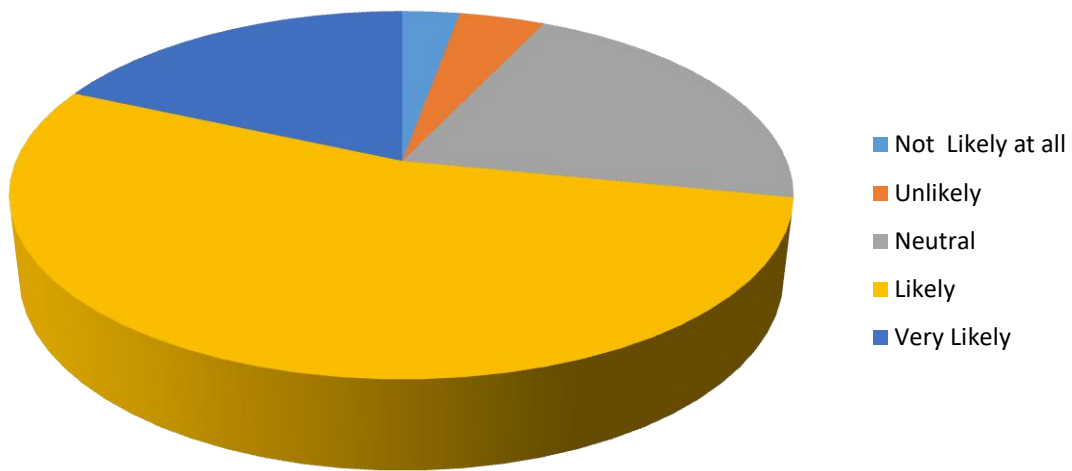
Level of satisfaction with the Delivery of the session



Likelihood of attending future sessions



Likeliness to recommend the session to the peers



Few Feedbacks by the students on the most preferred part of the session.

- Interactive and encouraging
- Delivery of the content
- Overall the session was good
- The real life story of the student shared in the video
- Illustrations used were interactive
- Delivery and the content of the session
- Openness of the session
- Content Delivery
- The session related to everyone
- Video used
- Examples shared by Ma'am made the session relatable and understandable
- Variety of information
- Visual representations used for explanation
- Very interesting session
- Pictures used in the presentation
- The resource person being inclusive of all answers
- About the Trojan horse
- Examples shared

Few suggestions and comments provided by the students.

- The session could have been for a longer duration
- More time can be allotted for discussion
- Including more real life stories
- More sessions similar to this can be conducted
- More interaction from students
- More relevant examples
- More videos can be included
- Activities could have been conducted
- Awareness on mental health
- Time for sharing personal experiences related to the topic
- More focus on drug awareness