



JAIN UNIVERSITY

Declared as Deemed-to-be University u/s 3 of the UGC Act, 1956

In collaboration with



presents

Sankalp

Faculty Development Programme
on need for counseling awareness
among academicians

Organised by



Date : Saturday, 16th January 2016

Venue : JU-CMS, # 133, Lalbagh Road, Bengaluru-27.

www.jainuniversity.ac.in

JAIN UNIVERSITY

A deemed-to-be-university since six years, it is now ranked number 5 among the top private universities in India by India Today Nielsen Best Universities Survey 2015. Founded in 1990 as SBMJC by Dr. Chenraj Roychand, an eminent entrepreneur & educationist with over 35 years of experience, it has the vision to foster human development through excellence in quality education, research & entrepreneurial development. It is certified ISO 9001:2008 for quality management by TÜV Rheinland and it is a member of Association of Universities of Asia and the Pacific (AUAP). There are over 100 innovative programmes at the UG, PG, and research levels, and erudite faculty members who mentor 9600 students nationally & globally. It enjoys close to 20 international collaborations with the world's leading universities and organizations in the UK, Germany, Russia, the US, Canada, etc.



Vishwas - The counseling centre was started in the year 2004 keeping in mind the problems faced by the students in a tough competitive world. The centre tries to solve issues related to learning problems and disabilities, relationships, personal habits, family related issues, anger management, problems related to identity and self esteem, domestic violence and cultural / ethnic diversity. Confidentiality is maintained for the service and information. It is an altruistic effort on our part and the services are not chargeable.



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

Teacher's role in student mental health: A note for the FDP

College years are perhaps the toughest phase of a youth's life. Even as they seem to have found a new freedom, they face several challenges during this crucial period. College students are swamped by challenges arising out of changing family structures, eroding social and cultural values, greater number of working mothers, increased exposure to media, and a fiercely competitive environment. Increased peer and parental pressures have also caused a breakdown of the traditional support system. These changes have created a gap in the fulfillment of physical and psychological needs of the students. That is where counseling plays a major role in providing alternate support to the students.

Counseling as a concept is picking up momentum in Indian college campuses due to the huge demand for psychological assistance. However, it is often a misunderstood concept. Counseling is generally looked at as something offered to people with serious mental health problems, who, in reality, are usually assisted by professionals in the field of psychiatry. Counseling is as simple as seeking help. By this definition, it would include anyone who needs help and guidance.

Even as the presence of counselors in colleges creates the emotional and psychological support system for students, we cannot undermine the crucial role that college teachers play in the mental health and wellbeing of their students. Teachers can often be the key link between vulnerable students and the professional treatment they could receive to address their mental health problems, particularly those who are in the low and medium risk categories. Educating the teachers on the basic aspects of mental health will go a long way in helping college students tackle their life challenges successfully.

Objectives of FDP on counseling

- Learn basic concepts of mental health and counseling
- To help identify warning signals
- Improve empathy and classroom handling skills

Who should attend?

The theme of the FDP is of relevance to academicians in general. Practicing campus counselors will also benefit from this program, as it throws open different perspective towards campus counseling, including the collaborative environment they could develop with the teacher community in the college. Policymakers of the academia are also invited to understand counseling from a senior management perspective.

Methodology

The workshop aims to use interactive sessions, activity-based learning and use of study notes/materials.

Key takeaways

- Better equipped to understand the behavioral traits of students and empathize with their problems
- Play the crucial role of basic counselor for needy students
- Greater acceptance among students
- Pride of giving back to the society
- Greater recognition for the institution

Registration Details

- Registration fee for faculty members and professionals of other colleges: **Rs 500**
- Registration fee excludes accommodation. However, for outstation participants, organizers are happy to extend basic accommodation for a nominal fee on request.
- DD drawn in favor of Jain University payable at Bangalore

For further queries and clarifications, please contact:

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Ms. Srilakshmi - **88843 45593**

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Key Speakers

KEYNOTE SPEECH

Mr. Subroto Bagchi
CEO, White Swan Foundation

EXPERT SESSION

Dr. Prabha Chandra
Professor of Psychiatry, NIMHANS

I SESSION

Problems of mental health

Dr. M. Manjula
Additional Professor of Clinical Psychology, NIMHANS

II SESSION

Role of teachers in handling mental health issues

Mrs. Aruna Arumugam
Freelance Consultant

III SESSION

Teachers as catalyst and skills enabler

Dr. Shailaja Shastri
Professor & HOD, Department of Psychology, Jain University

Organising committee

Dr. Rajani Jayaram, Dean, Students Welfare, JU
Mr. Manoj Chandran, CEO, White Swan Foundation
Dr. Uma Warriar, Chief Counselor, JU
Ms. Lona Dzouza, Campus Counselor, JU
Mr. Anil V., Campus Counselor, JU
Ms. Srilakshmi, Campus Counselor, JU

FDP Coordinator :

Dr. Uma Warriar, Chief Counselor, Jain University

Program schedule

Registration : **8.30 am - 9.15 am**

Inauguration and welcome address : **9.30 am**

Release of JU mental health magazine " Soukhya" : **9.45 am**

Keynote speech: **9.45 am - 10.00 am**

Expert speech : **10.00 am - 10.45 am**

Tea break : **10.45 am - 11.00 am**

Vishwas videos : **11.15 am - 11.30 am**

1st training module : **11.30 am - 12.45 pm**

Lunch break : **12.45 pm - 1.30 pm**

2nd Training module : **1.30 pm - 2.45 pm**

3rd concluding session : **2.45 pm - 4.00 pm**

Tea break : **4.00 pm - 4.15 pm**

Q & A and networking session for participants : **4.15 pm - 4.30 pm**

Valedictory : **4.30 pm - 5.00 pm**

JU-CENTER FOR MANAGEMENT STUDIES

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