

HITHAISHI



MANIPAL
ACADEMY of HIGHER EDUCATION
(Institution of Eminence Deemed to be University)

We are always there for you.....

Official Newsletter of Department of Student Affairs, MAHE, Manipal

Director's Message

Dear Students,

I trust this message finds you well. As we begin another exciting academic year, I want to take a moment to recognize each of you for your dedication, resilience, and the tremendous effort you invest in both your personal and academic growth.

As the Director of Student Affairs, my primary responsibility is to ensure that every student feels supported, empowered, and ready to navigate the challenges and opportunities of university life. Whether you're seeking advice, facing challenges, or looking for ways to connect more deeply with the campus community, we are here for you.



University life presents endless opportunities, challenges, and moments of self-discovery. Whether you're returning to campus or starting with us for the first time, please know that you're not alone in this journey. Our team is here to assist you in every way possible—whether it's helping you maintain a balance between academics and well-being, providing guidance on extracurricular involvement, or simply offering a supportive ear.

I strongly encourage you to immerse yourself in the many student organizations, events, and leadership opportunities available. Connect with your peers, embrace new opportunities, and make the most out of your time here. Your unique contributions help make our community vibrant and strong, and I look forward to seeing the difference you will make.

Our office remains committed to offering resources, programs, and services that will enrich your experience inside and outside the classroom. Don't hesitate to reach out, get involved, and take advantage of everything this dynamic community has to offer.

Together, we can continue to foster a positive, inclusive, and supportive environment where everyone can flourish.

Wishing you all a successful and rewarding year ahead!



Dr. Geetha Maiya
Director, Student Affairs, MAHE

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PROGRAMS CONDUCTED AT MANIPAL CAMPUS

Mental Health Awareness Marathon

In commemoration of World Mental Health Day on 10th October 2023, the Department of Student Affairs MAHE, in association with Fitvib, KMC Manipal and the Sports Committee, KMC Manipal organised a Mental Health Awareness Marathon. Marking the 125th anniversary of Dr. TMA Pai, the founder of our esteemed university, the marathon was a perfect means to celebrate importance mental health while honouring his legacy.

With over 650 invigorated participants, the field was painted white with the runners united not only by cause but also by a common colour theme keeping the spirits up and soaring.

The gathering was welcomed by Dr. Geetha Maiya, Director of Student Affairs MAHE. The honourable dignitaries, Dr.



Dr. HS Ballal, Pro Chancellor, MAHE and Lt. Gen (Dr) MD Venkatesh, Vice Chancellor, MAHE shared insightful words addressing the importance of looking after one's mental health and the progress we have made over the past years.

Bringing just the rush of adrenaline that was required before the run was a Zumba performance, charged with energy, brought by the staff of MIT and led by Advocate Prajna. Following this was an enthralling performance

by the talented dancers of KMC that had everyone shuffling to the beats of the music. Topping it off a poignant skit by Aaghaz, the dramatics club of KMC, highlighting the prevalent taboo in society around disorders such as depression and bipolar disorder.

A vote of thanks by Dr. Arvind Pandey, Deputy Director of Student Affairs, MAHE, followed by a Flag off by Dr HS Ballal set the sprinters into motion as they embarked on a 5km run starting from the EDU Building and back, through Coin Circle, Dr VS Acharya Circle and End Point. An energising run and a cause that resonates with each one of us, this Mental Health Awareness Marathon along with each of its elements, from the heart rendering skit to the thought provoking speeches, did an immaculate job at uniting everyone for a common cause and spreading awareness, striding, or rather running, towards a better, more aware tomorrow.



Workshop on "Mental Health is a Universal Human Right"

On 11th October 2024 in an effort to promote mental health awareness and well-being among students, Manipal Academy of Higher Education (MAHE) organized lectures on Mental Health Awareness. This program was organized by the Department of Student Affairs, MAHE Manipal, in association with Dr. AV Baliga Memorial Hospital, Udupi.

Dr. Vidyakumari, the Deputy Commissioner of Udupi, inaugurated the program. The event was presided over by Dr HS Ballal, Pro Chancellor of MAHE. Dr Padmaraj Hegde, Dean Kasturba medical college Manipal and Avelo Roy, MD Kolkata Ventures were the guests of honor. Dr Geetha Maiya,



Director department of students affairs MAHE Dr PV Bhandary, medical director Dr AV Baliga memorial hospital were present on the occasion.

The event, which featured a series of informative lectures and engaging discussions, aimed to shed light on the importance of mental health and encourage students to prioritize and spread awareness about emotional well-being.

Speaking on the occasion Dr Vidyakumari, DC said "This is the time we discuss mental wellbeing openly.

It is a part of our lives. Adolescent stage is a time in which we encounter mental illness most of the time.

Dr. HS Ballal emphasized the significance of mental health awareness in academic institutions and underlined MAHE's commitment to fostering a holistic learning environment. Dr. Padmaraj Hegde, the Dean of Kasturba Medical College Manipal, and Avelo Roy, MD Kolkata Ventures were the Guests of Honour.

Dr PV Bhandary, Medical Director Dr AV Baliga memorial hospital on the occasion said "The theme of this year's mental health awareness week is very apt. Psychiatrically ill patients many a time do not agree to the fact they have an illness. Awareness, acceptance, analysis and action is very much important in mental health diseases".

A street play was also presented by the students of Manipal Institute of technology on the cause. "Hitaishi" newsletter was also released on the occasion.

Dr Geetha Maiya welcomed the gathering, Mr Jeevan Lewis proposed a vote of thanks. Dr Everil Fernandes compered the program.



Workshop on Learning Masterclass: Double your memory & learning speed

Department of Student Affairs MAHE Manipal organized a workshop on I Can Study – Double your Memory and Learning Speed in partnership with Google on 13th October 2023



Awareness Program at U S Nayak School, Patla

U.S.Nayak High School Patla Udupi in collaboration with the DSA MAHE ,The Nasha Mukta Bharath Abhiyaan campaign funded by the Ministry of Social Justice and Empowerment Government of India organized an awareness program on the Effects of Drug Abuse for students on 28th Dec 23



SANGRAHAN 2024

The MAHE Philatelic and Numismatic Club (Department of Student Affairs MAHE) organized Sangrahan 2024 in association with Manipal Auto Club on 26th January 2024 at the KMC Interact Building. This exhibition organized to show talents of Philatelists, Numismatists, Deltiologists, Nophilists, Collectors, Vintage cars- classic car aficionados and automobile enthusiasts.



Outbound Training Activity

The outbound training activity organized by the Department of Student Affairs commenced on 7th January 2024 7:45 AM at the MAHE Edu building. Participants gathered enthusiastically and boarded a bus to the MAHE Guest House at Malpe, where they were warmly welcomed and enjoyed a relaxing breakfast.



The day began with a group photo, a prayer, and a welcome by Dr. Geetha Maiya, who

discussed the 2023 activities and outlined the 2024 calendar. This was followed by team-building exercises, CPR training led by Dr. Arvind Pandey Deputy Director (HS), and a yoga therapy session conducted by Dr. Annapoorna.



Participants engaged in various activities, including team games, lazy dance, and discussions on hand hygiene. A midday break allowed for a meal and exploration of the surroundings. The afternoon included mindfulness sessions, a treasure hunt, and group discussions, fostering self-discovery and bonding. The event concluded with feedback, a vote of thanks by Dr. Rashmi Yogesh Pai, Deputy Director (Tech) and a boat trip to St. Mary's Island for leisure time. The day effectively combined learning, team-building, and relaxation in a picturesque setting, leaving participants with valuable experiences and a sense of camaraderie.



Inauguration of EVOLVE Club

On January 27, 2024, at Sir M.V. Seminar Hall MIT Manipal, the Department of Student Affairs MAHE Manipal introduced and inaugurated the new club, EVOLVE (The Indian Heritage Club of MAHE).



Yoga sessions as part of the Fit India Week

Department of Student Affairs MAHE Manipal as a part of Fit India organized a week long Yoga Session from 29th January to 3rd February 2024 at KMC Interact Lobby MAHE Manipal.



World Health Day



The Department of Student Affairs at Manipal Academy of Higher Education (MAHE) organized a special event in celebration of World Health Day on April 8th, 2024 at the MIT Library Auditorium. The event aimed to promote mental and emotional well-being among students, reflecting MAHE's commitment to holistic education and student support.

The event was graced by the presence of Dr. Sharath K Rao, Pro Vice Chancellor of Health Sciences at MAHE, who served as the Chief Guest. Dr. (Cdr.) Anil Rana, Director of MIT, Manipal, attended as the Guest of Honour. Both guests were welcomed warmly and shared insights on the importance of health, wellness, and the significance of the occasion.

The event itinerary included a series of cultural and educational activities under the theme "Kala," designed to promote overall well-being. The activities began with a classical singing performance, followed by classical dance performances by Kalakriya, and a Shayari session by Goonj. The Ada Dramatics team delivered a thought-provoking drama performance, and the event concluded with a group music performance by Chords & Co, leaving the audience inspired and entertained.

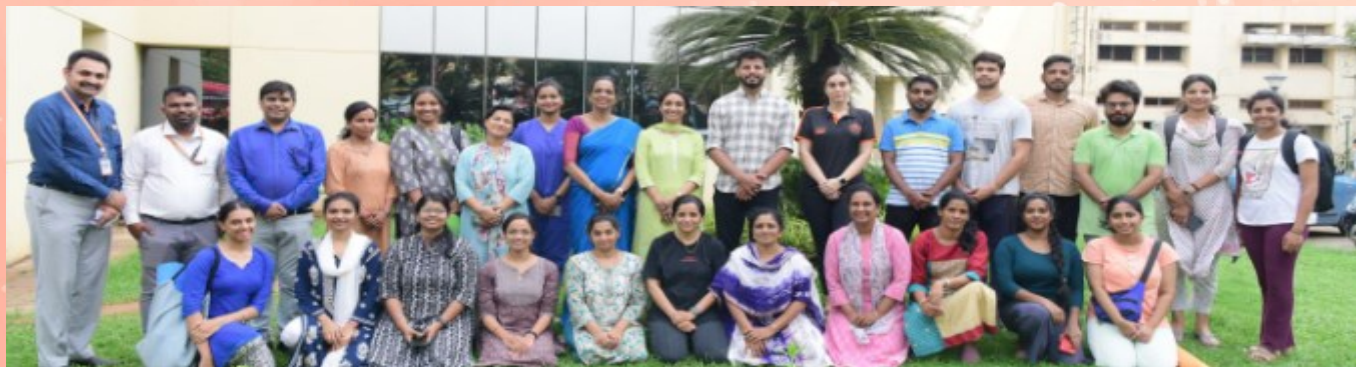


Yoga Practice Sessions to Celebrate International Day of Yoga 2024 at MAHE

On 27th May 2024 to 31st May 2024 Manipal Academy of Higher Education (MAHE), in collaboration with the Centre for Integrative Medicine and Research (CIMR) and the Department of Student Affairs, hosted a series of Yoga Practice Sessions to observe International Day of Yoga 2024. The sessions conducted by the Division of Yoga are designed to promote physical and mental well-being among the participants.



The Yoga Practice Sessions aimed to highlight the holistic benefits of yoga, combining physical postures, breathing techniques, and mindfulness. This initiative is a part of MAHE's broader efforts to integrate wellness practices into daily life, encouraging a balanced and healthy lifestyle within the university community.



Empowering Educators: Enhancing Counselling Skills for Student Support

Manipal Academy of Higher Education (MAHE) inaugurated 'Empowering Educators: Enhancing Counselling Skills for Student Support' workshop on May 31 2024. Organized by the department of student affairs at MAHE, Manipal, the workshop was designed to provide educators with crucial counselling skills to better assist and guide students in their academic and personal growth.



Dr Sharath Rao, Pro Vice-Chancellor of Health Sciences at MAHE, presided over the function, highlighting the vital role that educators play in creating a supportive educational environment. Dr E Aravind Raj, additional Professor at NIMHANS, was the Chief Guest, offering valuable insights from his vast experience in mental health and counselling.

Commenting on the success of the workshop, Dr Sharath Rao, said, "Giving teachers the tools they need to help and guide our pupils is a commitment to fostering their general wellbeing as well as their academic achievement. When we work together, we can establish a setting where each student may succeed in and out of the classroom".

Chief Guest, Dr E Aravind Raj, said, "Improving our counseling abilities is crucial in today's changing educational environment if we want to build a resilient and encouraging student body. By providing ourselves with the means to mentor and support our pupils, we are not only enabling them to surmount obstacles but also encourage them to realize their greatest potential."



The workshop attracted over 100 enthusiastic educators from various MAHE institutions. These participants are set to gain from the knowledge of distinguished resource persons from the department of psychiatry at KMC Manipal, the department of clinical psychology at MCHP Manipal, and Dr A V Baliga Memorial Hospital Udupi. The diverse and experienced panel of speakers ensures a rich learning experience for everyone involved.

Dr Geetha Maiya, Director of Student Affairs, presented an insightful overview of the workshop, outlining its goals and anticipated outcomes. The inaugural session began with a warm welcome speech by Karuna, senior counselor, creating a positive atmosphere for the event. Shilpa Joshi, senior student counselor, served as the master of ceremony. The workshop concluded with a vote of thanks from Dr

Rashmi Yogesh Pai, Deputy Director of student affairs, who acknowledged the efforts of all contributors in making the event a success.

This workshop demonstrates MAHE's dedication to fostering the holistic development of students by equipping educators with the skills necessary to effectively address and support student needs.



Equipping Caretakers to Recognize At-Risk Hostel Inmates

On 14th June 2024 The Department of Student Affairs at Manipal Academy of Higher Education (MAHE) successfully conducted a pivotal awareness programme titled “Equipping Caretakers to Recognize At-Risk Hostel Inmates.” This initiative is aimed to equip hostel caretakers with the skills necessary to identify and support at-risk students, ensuring their well-being and safety.

The event was inaugurated by Dr Narayan Sabhahit, Pro Vice Chancellor of Technology and Science, who highlighted the indispensable role of hostel caretakers in maintaining a supportive and secure environment. He emphasized the importance of vigilance and proactive engagement in safeguarding students.

Col Vijay Bhaskar Reddy, Chief Security Officer, shared his expertise on campus security, underscoring the need for robust measures and the



active involvement of caretakers in protecting students from various risks. Advocate Latha Hol-la, serving as a resource person, delivered an expert session on the "Prevention of Sexual Harassment at Workplace" educating caretakers on effectively identifying and addressing harassment. The programme was efficiently managed by Mr Calvin, student counselor, and began with a welcome address by Dr Geetha Maiya, Director of Student Affairs. The event concluded with a vote of thanks by Dr Rayan Mathias, senior student counsellor. The highlight of the event was the active participation and engagement of over 250 caretakers.

This initiative underscores MAHE's commitment to fostering a safe and supportive environment by empowering caretakers with essential knowledge and skills, thereby prioritizing the well-being and security of its student community.

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Beach Yoga 2024 Embracing Mental Health Awareness on Kadike Beach

The Department of Student Affairs, MAHE, organized Beach Yoga'24, a special event dedicated to promoting mental health awareness and combating drug abuse. This rejuvenating session was held on Sunday, June 23, 2024, from 7:00 a.m. to 10:00 a.m. at the Kadike Beach in front of the MAHE Guest House.



Beach Yoga'24 aims to provide a peaceful and supportive environment for staff and students to explore the benefits of yoga, mindfulness, and community. The event underscores the importance of mental well-being and the collective effort needed to address and prevent drug abuse.



Student Information Session on Drug Abuse & Illicit Trafficking

The Department of Student Affairs at MAHE, in collaboration with the Manipal Police Station, organized an informative session on drug abuse and illicit trafficking. The event, held at KMC Manipal Halls, on 26th June 2024 featured Mr. Devaraj TV, a police inspector Manipal, as the resource person.

The session, which began at 3:30 PM, aimed to educate students about the dangers of drug abuse and the legal consequences of illicit trafficking. Dr. Geetha Maiya, Director of Student Affairs at MA-

HE, emphasized the importance of such initiatives in creating awareness and fostering a safe and healthy environment for students.

The event was well-attended, with students actively participating and engaging in discussions. The collaboration between the academic institution and law enforcement highlighted a united front in combating drug-related issues within the community.



International Day against Drug Abuse and Illicit Trafficking at U.S Nayak School, Patla

Department of Student Affairs MAHE Manipal Observed The International Day against Drug Abuse and Illicit Trafficking On 28/06/2024, at U.S.Nayak School Patla Udupi. The program



was presided over by the school administration officer, Mr. V. G. Baikady. Dr.



Geetha Maiya, Director Department of Student Affairs (DSA) MAHE, Manipal, provided detailed information with examples on drug addiction, the negative effects of social media, and how to face failures in life. In the program, Dr. Aravind Pandey

Deputy Director DSA and MAHE Student Counsellors Karuna Devadiga, Shilpa Joshi, Dr. Ryan Mathias, Calvin D'Souza, Jeevan Lewis, and Sujatha educated the children about social issues through a short play. Approximately 134 students benefited from this program.

Empowering Educators 2.0: Enhancing Counselling Skills for Student Support

The Department of Student Affairs at MAHE, Manipal, organized a comprehensive workshop titled “Empowering Educators 2.0”, on July 12th 13th , 2024 aimed at enhancing counselling skills for student support. The workshop, held at the Admission Hall in the Edu Building, was designed to equip educators with crucial counselling skills to better assist and guide students in their academic and personal growth.

Dr. Aravind Raj, Associate Professor, Psychiatric Social Work NIMHANS served as the chief resource person for the event, which attracted over



100 enthusiastic educators from various MAHE institutions. Participants benefited from the expertise of distinguished resource persons from the Department of Psychiatry at KMC Manipal, the Department of Clinical Psychology at MCHP Manipal, and Dr. A V Baliga Memorial Hospital Udupi. This diverse and experienced panel of speakers ensured a rich learning experience for everyone involved.



Dr. Geetha Maiya, Director of Student Affairs, presented an insightful overview of the workshop,

outlining its goals and anticipated outcomes. The inaugural session began with a warm welcome speech by Karuna, Senior Counselor, creating a positive atmosphere for the event. Shilpa Joshi, Senior Student Counselor, served as the master of ceremonies. The workshop concluded with a sincere vote of thanks from Dr. Rashmi Yogesh Pai, Deputy Director of Student Affairs, who acknowledged the efforts of all contributors in making the event a success.

This workshop demonstrates MAHE’s dedication to fostering the holistic development of students by equipping educators with the skills necessary to effectively address and support student needs.



Partition Horrors Remembrance Day

The Department of Student Affairs, MAHE Manipal, commemorated Partition Horrors Remembrance Day with a solemn and reflective event held on 14th August 2024. The event was presided over by Dr. H S Ballal, Pro-Chancellor of MAHE, who addressed the gathering and emphasized the significance of remembering the tragic events of the Partition.



Lt. Gen (Dr.) M. D Venkatesh, Vice Chancellor of MAHE, graced the occasion as the Chief Guest and shared his thoughts on the historical impact of the Partition on the nation. Col Vijay Bhaskar Reddy, Head of Campus Safety, was the Guest of Honor and also addressed the audience, highlighting the importance of ensuring that such horrors are never repeated.

A special Partition Horrors Remembrance Exhibition was inaugurated by the dignitaries during the event. The exhibition featured poignant displays that depicted the struggles and suffering endured during the Partition, serving as a powerful reminder of the resilience of those affected.



The event was attended by over 180 students, faculty members, and staff from various institutions of MAHE, reflecting the widespread interest and engagement in this important remembrance.

Dr. Geetha Maiya, Director of Student Affairs, welcomed the gathering and set the tone for the day's proceedings. Ms.

Siya Saigal, a 3rd-year BBA student from the Department of Commerce, served as the Master of Ceremonies, ensuring the program flowed smoothly. The vote of thanks was delivered by Dr. Aravind Kumar Pandey.



Adding a cultural dimension to the event, members of the Kalakriya Club from MIT performed a series of cultural programs, with support from the Student Support Team of MAHE. Their performances added depth and emotion to the remembrance.

The event was also attended by the Pro-Vice Chancellors, Registrar, Deputy Directors, and Faculty Coordinators of MAHE, who showed their support and solidarity with the cause of remembrance.

This day served as a poignant reminder of the horrors of Partition and the importance of remembering our history to build a better future.



Orientation for newly joined students

Dr. Geetha Maiya Director, Student Affairs and Deputy Directors DSA, Mr Roshan Jathanna, Dr Rashmi Yogesh Pai and Dr Arvind Pandey addressed to the 2024-2025 batch students of the various institutions of MAHE and gave a brief overview of the campus life and support systems available for all the students.



Induction Program for first year students of MIT

The team comprising Deputy Directors & MAHE student counselors led by Dr Geetha Maiya, Director, Dept of Student Affairs MAHE, conducted sessions on "Managing Emotions" and "Prevention of Sexual Harassment at the Work place" to all newly joined first year students of MIT, Manipal, as part of the Induction program on consecutive 5 days, i.e. from 22nd July 2024 to 27th July 2024 to cover all 32 sections.



Peer Support Workshops

The Department of Student Affairs (DSA) organized a series of Peer Support Workshops across various institutions under the Manipal Academy of Higher Education (MAHE) between February and April 2024. These workshops aimed to equip students with peer support skills, fostering a supportive and collaborative environment on campus. The workshops were well-received, with a significant number of students participating from different faculties.

Workshops Summary:

Manipal College of Dental Science, Mangalore

Date: February 5, 2024

Participants: 34 students

Manipal College of Nursing

Date: February 22, 2024

Participants: 28 students

Department of Geopolitics and International Relations

Date: February 28, 2024

Participants: 20 students

Kasturba Medical College

Date: March 1, 2024

Participants: 18 students

Manipal College of Pharmaceutical Science

Date: March 11, 2024

Participants: 31 students

Welcome Group of Hotel Management

Date: March 30, 2024

Participants: 22 students

Prasanna School of Public Health

Date: April 12, 2024

Participants: 23 students



The Peer Support Workshops successfully engaged students across various institutions within MAHE. With a total participation of 176 students, these workshops provided valuable skills in peer support, contributing to the overall well-being and academic success of the student community. The DSA's initiative in organizing these workshops reflects its commitment to enhancing the campus environment and promoting student welfare.



Prevention of Sexual Harassment at Workplace (POSH) Awareness Sessions

Information on the POSH awareness programs conducted at various institutions. These programs aim to educate and raise awareness about sexual harassment, provide guidance on preventing it, and ensure compliance with the Prevention of Sexual Harassment (POSH) Act. The following report includes details of the sessions conducted, along with the dates and attendee numbers where available.

WGSHA (Welcomgroup Graduate School of Hotel Administration)

Date of Awareness Session: 13th September 2023

Number of Attendees: 62

Focus of Session: POSH training, workplace etiquette, reporting mechanisms, and ensuring a safe environment for both students and faculty.



PSPH (Prasanna School of Public Health)

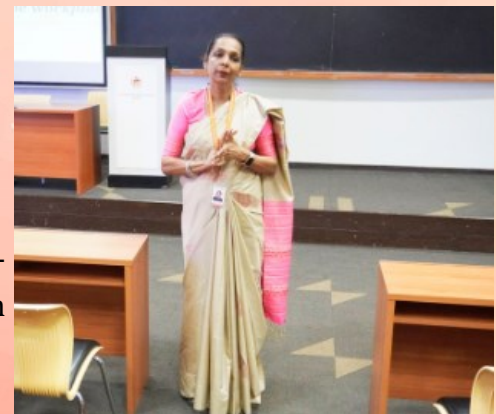
Date of Awareness Session 1: 5th December 2023

Number of Attendees: 83

Date of Awareness Session 2: 9th December 2023

Number of Attendees: 120

Focus of Session: Public health perspective on workplace harassment, legal aspects, and the role of health professionals in promoting a harassment-free environment.



MCOPS (Manipal College of Pharmaceutical Sciences)

Date of Awareness Session: 10th February 2024

Number of Attendees: 93

Focus of Session: Empowering students and staff in pharmaceutical sciences to identify and report harassment, and understanding the impact on professional and academic settings.



MCON (Manipal College of Nursing)

Date of Awareness Session: 21st February 2024

Number of Attendees: 210

Focus of Session: Special emphasis on the unique challenges nurses face in both clinical and academic environments, addressing patient and workplace-related harassment.



MCODS (Manipal College of Dental Sciences)

Date of Awareness Session: 28th August 2024

Number of Attendees: 198

Focus of Session: Addressing harassment in dental practice, both in clinical settings and educational institutions, and providing resources for victims.

PROGRAMS CONDUCTED AT MANGALORE CAMPUS

Sl.	Date	Activity
1	3rd October 2023	Investiture Ceremony of Model UN
2	6th October 2023	Inside the Scan: Workshop on CT
3	Oct-23	Investiture of Student Media Club
4	16th October 2023	PHACOCACHE
5	19th October 2023	Investiture Ceremony of Student Society of Internal Medicine (SPHYGMUS)
6	25th October 2023	Bharatiya Bhasha Utsav - Medical
7	30th October 2023	Bharatiya Bhasha Utsav - Culture and Couture: A Multilingual Runway
8	31st October 2023	Investiture Ceremony: Student Wing
9	3rd November 2023	Investiture Ceremony of The Joint Venture (Orthopedic Undergraduate Society)
10	5th November	Diwali Bash
11	30th November 2023	Just A Minute (JAM)
12	25th February 2024	The CPR Pledge Program
13	5th March 2024	Mera Pehla Vote Desh Ke Liye: Electoral Rights Awareness & Oath Taking
14	21st-23rd March 2024	Chronos: Annual Onstage Interclass Events
15	24th-25th April 2024	KMC Model United Nations Conference
16	3rd-5th May 2024	Erevna: Undergraduate Student Research Conference
17	25th May 2024	Elayne: Intercollegiate Media, Arts,



PROGRAMS CONDUCTED AT BENGALURU CAMPUS

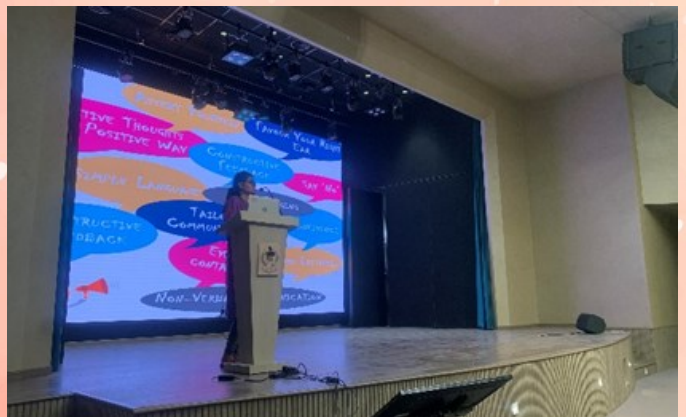
World Mental Health Day 2023

On 10th October 2023 As part of the World Mental Health Day 2023 celebrations, an empowering activity was organized to promote self-confidence and positive self-reflection. The primary goal of this initiative was to encourage individuals to focus on their strengths and positive qualities, thereby fostering a sense of self-worth and mental



Session on Mental Wellbeing

On 02-February-2024 Hosted a mental health awareness session as part of World Mental Health Day 2023. The event featured guided meditation by Ms. Navya, followed by a discussion led by Ms. Lakshmi and Ms. Shylaja on mental health stereotypes and the benefits of therapy. An interactive activity using a ribbon loop visually represented the interconnectedness among students. Topics like the therapeutic pro-



cess, therapy benefits, and substance abuse were explored. The session concluded with a Q&A segment, allowing any remaining questions to be addressed by the counsellors. Students left with a deeper understanding of mental health, therapy, and the importance of creating a supportive community within their school environment.

Myths and Misconceptions of Therapy

On February 14th and 15th, 2024, a session for students featured introductions of the counsellors, a 15-minute visual guided meditation led by Ms. Navya, and a discussion on mental health stereotypes facilitated by Ms. Lakshmi and Ms. Shylaja. An interactive activity with a ribbon loop illustrated classroom interconnectedness. Topics covered included differences between therapeutic practices, the nature of therapy, and substance abuse. The session concluded with a Q&A, and students were provided with contact information for the counsellors and DSA, including email and phone details



PROGRAMS CONDUCTED AT JAMSHEDPUR CAMPUS

Stress Management Session



On September 7, 2023, from 11:00 AM to 12:00 PM, a program for MBBS students focused on stress education and management. The session began with an ice-breaker activity, using 'Alice in Wonderland' to provide a relatable context. It addressed stress as an inevitable part of life, categorizing stress-inducing problems into problem-focused and emotion-focused solutions.

The discussion covered strategies for managing stress and emphasized finding personal coping mechanisms. The program aimed to help students navigate the challenges of college life more effectively.

Trailblazer's Mentorship program

On October 7, 2023, from 4:30 PM to 5:30 PM, a program for selected MBBS students focused on mental health awareness for newcomers. The session began with self-reflective activities and explored adolescent behavioral characteristics. Mental health was discussed as a spectrum, covering common issues, internalizing vs. externalizing symptoms, and individual variations in symptomatology. Signs of distress in students and the importance of mentors recognizing these signs were highlighted. The program concluded with guidance on handling distressed students, including the importance of setting boundaries and knowing when to refer students for additional help.



Mental Health Sensitization program



On February 17, 2024, from 2:30 PM to 4:00 PM, a program for student caretakers focused on adolescent mental health challenges and the caretakers' role in managing these issues. The session began with a group task on communication and the potential for information to become distorted into rumors. Real-life examples of adolescent challenges were discussed, and caretakers were provided strategies for handling these situations, supporting students, and enforcing discipline. Activities included creating stories from pictures to explore rumor origins and discussing mental health emergencies and psychological first aid. The session concluded with self-care tips and a Q&A for caretakers to reflect on their experiences.

Anger Management Techniques

**Ms Sujatha
Student Counsellor**

Anger is a natural emotion and a way of expressing that something has gone wrong; it's a normal response to a perceived provocation. Anger can be triggered by external and internal events, such as bereavement, discrimination, injustice, physical illness, lifestyle-induced stress, and disasters. For example, if you are being treated unfairly by people around you and feel powerless to do anything about it, this situation may trigger anger-provoking thoughts. Such thoughts can make you feel hurt or betrayed. Anger may impair your logical thinking capacity and make you emotionally vulnerable to responding in a certain way.

Getting angry is not the problem; the problem is that many of us don't know how to manage anger effectively. In the long run, if anger is not managed, it can lead to physical and psychosocial problems such as high blood pressure, cardiac issues, digestive problems, chronic headaches, sleep disorders, depression, and relationship issues.

Factors Influencing Anger Expression

People can interpret situations differently. Something that makes you feel very angry may not make someone else feel the same way. How and when you feel angry, and how you react to anger, can depend on many factors in your life, including childhood upbringing, past experiences, current circumstances, and overall health and well-being.

Childhood and Upbringing

How we express our anger is often influenced by our upbringing. We learn or copy many behaviors by observing our family members and surroundings, a process known as modeling. If you have witnessed your parents or other adults losing control during anger episodes, you may have grown up thinking it is acceptable to act out your anger aggressively or violently. This can result in anger outbursts whenever you dislike someone's behavior, as you might not have learned how to manage anger constructively. This faulty way of expressing anger can lead to many negative consequences.

Alternatively, you may have been brought up to believe that you should not complain and were punished for expressing anger as a child. If you don't feel safe expressing your feelings when something makes you angry, you might believe that suppressing your anger is a good way to control it. However, this does not solve the problem and is an inappropriate way of managing anger. Suppressing anger can lead to turning it inward, which may impact your physical, mental, and social well-being.

How to Manage Anger

- **Maintain an Anger Log:** Write down the triggers and your reactions. This helps you understand the situations that make you angry so you can avoid them in the future.
- **Find a Safe Place:** When angry, move to a room where you are alone. Consider punching a pillow, shouting at a wall, or throwing a tennis ball at the wall instead of yelling at someone or breaking things.
- **Practice Deep Breathing:** Taking a few deep breaths can help calm you down.
- **Count to Ten:** Counting helps you take a break from the situation and distract yourself from anger-producing thoughts.
- **Get Away from the Situation:** Take a walk or hum a tune to give yourself time to think and solve the problem.
- **Imagine the Consequences:** Think about the impact of your immediate expression of anger and consider a more appropriate way to respond. This shows respect for others' feelings.
- **Assert Anger Constructively:** Express your displeasure in an adaptive way rather than being aggressive or suppressing it. Choose the right time and place.
- **Incorporate Yoga and Meditation:** Regular practice can support emotional balance.
- **Consult a Mental Health Professional:** If you continue to struggle with managing anger, seek additional support from a mental health professional.

Effectively managing anger is essential for maintaining both personal well-being and healthy relationships. While anger is a natural and normal emotion, how we handle it can significantly impact our overall health and interactions with others. By understanding the factors that influence anger and employing strategies such as maintaining an anger log, practicing deep breathing, and finding constructive ways to express anger, we can better manage this powerful emotion. Incorporating techniques like yoga and meditation into daily life can also contribute to emotional balance. If anger continues to be challenging to manage, seeking guidance from a mental health professional can provide additional support and strategies. Mastering anger management not only improves our emotional health but also enhances our relationships and overall quality of life.

“Educated And Enlightened Children Are An Asset Not Only For The Family But To The Whole Nation.”

Dr. T.M.A. PAI

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