

HITHAISHI



MANIPAL
ACADEMY of HIGHER EDUCATION
(Deemed to be University under Section 3 of the UGC Act, 1956)

We are always there for you.....

Official Newsletter of Student Affairs, Manipal Academy of Higher Education, Manipal

Dear Students,

I am delighted to present the fourth issue of “**Hithaishi**”. It comprises the activities and awareness programs conducted by all four campuses of the Department of Student Affairs (DSA), MAHE from April 2022 to February 2023 to create awareness and motivate our students to be a part of these programs.



Students face several challenges and they must learn to use the right coping techniques to overcome their issues. We should learn to face our problems. Running away from problems only increases the distance from the solution and causes stress, anxiety, and so on. The easiest way to escape from any problem is to solve it. The greatest mistake we make in our relationship is—listening half, understanding quarter, thinking zero, and reacting double... We always feel that the life of others is better than ours, but we always forget that we are also “others” for someone else.

These are the reasons for a rise in the incidence of mental health issues such as depression and anxiety in the younger generation. These problems harm emotional well-being and academic success. Peer support plays a major role in addressing growing mental health concerns on campus. In this direction, DSA aims to build sustainable peer support teams across all institutions of MAHE by forming peer support clubs, comprising students who are interested in helping their peers. These students will be trained by qualified professionals. I am sure that with the help of the peer team, there will be a significant addition to existing student wellness support systems across MAHE campuses.

Hence dear students, take care of yourselves and your friends. Please remember that you can only win when your mind is stronger than your emotions. Train your mind to see the good in everything. Your happiness depends on the quality of your thoughts. Share your difficulties with us. Make use of the support system available here at MAHE, because, we are all there for you...

Finally, I take this opportunity to express my gratitude to DSA’s Editorial Team for putting in so much time and effort to bring out this Newsletter. All the best!

Dr. Geetha Maiya

Director, Student Affairs, MAHE



TABLE OF CONTENT

PROGRAMS CONDUCTED ACROSS MAHE CAMPUSES

MANIPAL CAMPUS

1

MANGALORE CAMPUS

13

JAMSHEDPUR CAMPUS

15

BENGALURU CAMPUS

16

MENTAL WELLBEING AT WORKPLACE

- AN ARTICLE BY DR. RAYAN MATHIAS

18

IMPORTANT STANDARD OPERATING PROCEDURES

19

DEPARTMENT OF STUDENT AFFAIRS PERSONNEL

21

EMERGENCY POINTS OF CONTACT

22

PROGRAMS CONDUCTED AT MANIPAL CAMPUS

Meeting with Student Representatives of MAHE

Dr. Geetha Maiya and her team met with the students representatives from various institutions of MAHE on 7th April 2022 at the Edu Building to discuss issues regarding student indiscipline, risk involving activities in and outside campus and safety measures.



Awareness Programs on Prevention of Sexual Harassment at the Workplace

Sexual Harassment at the workplace not only causes mental and/or physical damage to the victim, but also curtails opportunities by creating a discriminatory work environment. In order to ensure equal participation and opportunity at the workplace, it is very vital to do away with discriminatory behaviour and re-instil the faith of the members of the organization.

DSA organized awareness programs on Prevention of Sexual Harassment at the Workplace on 11th June & 23rd July 2022 in two batches at the KMC Interact Building from 9:45 am to 10:45 am. The audience comprised the teaching and non-teaching staff and Ph.D. scholars of MAHE.



Ms. Latha Holla, Advocate, Mangalore & Legal Consultant for MAHE, was the resource person for both the programs. Dr. Geetha Maiya delivered the welcome address and briefed the audience about the importance and need of such a session. Ms. Latha Holla, during her session, addressed the audience on the legal aspects of sexual harassment by presenting various case scenarios. She clarified that sexual harassment need not target the opposite gender, but

might happen between persons of the same gender too. The talk aimed at creating awareness regarding the behaviour of people that can be construed as sexual harassment, how the MAHE's Internal Complaints Committee functions, how to register complaints, and laws related to the same.



Awareness on Unlearning Ableism

DSA organized an awareness program on 'Unlearning Ableism' in association with the Centre for Comprehensive Rehabilitation, MAHE and the Department of Physiotherapy, Manipal College of Health Professions (MCHP), Manipal for the faculty coordinators of the Disability Clubs (Peer Assisting Team), MAHE on 23rd July 2022.

This event commenced with the inaugural program at 2.00 pm at Sharada Hall, Manipal. The program began with an invocation by Ms. Josna (MAHE Student Counsellor). Dr. Geetha Maiya welcomed the gathering and gave a brief overview of the program. The program was



inaugurated by lighting of the ceremonial lamp by the dignitaries. Chief Guest of the program Dr. Arun Maiya (Dean, MCHP) addressed the audience, and Dr. P L N G Rao (Pro-Vice-Chancellor, MAHE & Chairman of CEPD) presided over the function. In his presidential address, Dr. P L N G Rao stressed on the importance of imparting awareness on the right way to treat differently abled people. Ms. Sujatha (MAHE Student Counsellor & Coordinator of the event) proposed the vote of thanks. Dr. Rayan Mathias (MAHE Student Counsellor) was the Master of Ceremonies.



The inaugural program was followed by an awareness session on "Unlearning Ableism" by resource person Ms. Sidhiprada Mohapatra (Assistant Professor—Selection Grade, Department of Physiotherapy, MCHP). 23 faculty coordinators from the Peer Assisting Teams from different institutions of MAHE participated in the program.

The session by Ms. Sidhiprada was a very interactive one, and the focus of the session was changing the perception of people towards differently abled persons. The session ended at 4.30 pm following a Q&A session. The participants expressed their appreciation for the valuable inputs provided by the resource person.



The session by Ms. Sidhiprada was a very interactive one, and the focus of the session was changing the perception of people towards differently abled persons. The session ended at 4.30 pm following a Q&A session. The participants expressed their appreciation for the valuable inputs provided by the resource person.

Gender Champion Workshop 1.0

DSA, in association with the District Legal Services Authority, Udupi conducted a Gender Champion Workshop for the students of MAHE on 27th August 2022 from 9.30 am to 4.30 pm.

Over 55 faculty coordinators and selected students from various institutes of MAHE participated in this workshop. Sri Shantaveer Shivappa (Hon'ble District and Sessions Judge, Udupi



District & Chairman, District Legal Services Authority, Udupi) was the Chief Guest and Ms. Sharmila S (Senior Civil Judge, Udupi & Member Secretary, District Legal Services Authority, Udupi), was the Guest of Honour for the event. The program was presided over by Dr. Narayana Sabhahit (Registrar, MAHE). Dr. Geetha Maiya welcomed the gathering and gave a brief overview of the

program. The dignitaries inaugurated the workshop by lighting the lamp. During this occasion, MAHE Special Cell of Gender Champions was inaugurated by the Chief Guest, Sri Shantaveer Shivappa. The Guest of Honour, Ms. Sharmila S conveyed that we should create awareness on the existing discrimination to curb the menace of gender inequality.

Dr. Narayana Sabhahit, in his presidential remarks, stated that instillation of gender stereotypes occurs in childhood and awareness on the same is to be given to parents and educators. Ms Josna and Ms Karuna (MAHE Student Counsellors) were the Masters of Ceremonies and Ms Poonam (Student, DOC) rendered the invocation. Ms. Sujatha introduced the dignitaries and Dr. Ashwini Kumar (Deputy Director, Student Affairs, MAHE Manipal) proposed the Vote of Thanks.



Resource persons for the event were Dr. Neeta Inamdhar (Professor & Head, Manipal Centre for European Studies, MAHE, Manipal), Ms. Nitha Thomas (Private Consultant Psychologist), Dr. Jagriti Gangopadhyay (Associate Professor, Manipal Centre for Humanities, MAHE, Manipal), Ms Latha Holla, and Dr Savitha Soman (Additional Professor & Unit Head, Dept. of Psychiatry, Kasturba Medical College, MAHE, Manipal).

Self Defense Workshop



With an aim to enhance skills related to self defense, DSA organized a workshop at KMC Interact Building for the students of MAHE on 13th August 2022. Around 83 students took active part in this workshop. The workshop was inaugurated by lighting the lamp. Ms. Josna rendered the invocation and Dr. Geetha Maiya welcomed the gathering and informed the audience about the importance of skills related to Self-Defense.

Col. B. Prakashchandra (Director, General Services, MAHE Manipal) was the Chief Guest for the inauguration function. In his inaugural speech, he stressed on the importance of such workshops to sensitize the students to protect themselves in public places as well as at home. Dr Prabhudev Mane (Chief Security Officer, MAHE Manipal) was also present during this occasion. Following the inaugural program, there was a demonstration of the self-defense techniques under the command of Mr. Nishanth Bhat. The program was compered by Ms. Sujatha and Mr. Calvin Dsouza proposed the vote of thanks.



Partition Horrors Remembrance Day

The photo exhibition “Horrors of Partition” jointly curated by the Indian Council of Historical Research and Indira Gandhi National Centre for the Arts was inaugurated by Dr. H.S. Ballal (Pro Chancellor, MAHE) on 12th August 2022 at 4 pm. Other dignitaries that were present during the program were: Lt. Gen. (Dr.) M.D. Venkatesh, Dr. Venkatraya Prabhu (Pro Vice Chancellor – Health Sciences, MAHE Manipal), and Dr. Geetha Maiya.

MAHE commemorated the Partition Horrors Remembrance Day on 14th August 2022 to remem-



ber the sufferings and sacrifices of Indians during the partition in 1947.

Brig (Dr.) Surjit Singh Pabla (Chairman, All India Board for Vocational Education, AICTE & former



Pro Vice Chancellor, MAHE Manipal & former Director, Manipal Institute of Technology, MAHE, Manipal) was the Chief Guest, and Lt. Gen. (Dr.) M.D. Venkatesh (Vice Chancellor, MAHE), Dr. Narayana Sabhahit and Dr. Geetha Maiya were the Guests of Honor for the day. The program began with an invocation, followed by a welcome address by Dr. Narayana Sabhahit. Following this, the dignitaries lit a lamp to pay homage to the victims of Partition. Brig (Dr.) S.S. Pabla, during his address, shared his experiences about growing up in Punjab in the aftermath of the Partition and urged everyone to remember the struggles of the people.

Following the rendition of a patriotic song, Lt. Gen. (Dr.) M.D. Venkatesh addressed the gathering and also spoke about the history behind the partition and the horrors faced by the people. Dr. Geetha Maiya proposed the vote of thanks and the program ended with the National Anthem.

Following the rendition of a patriotic song, Lt. Gen. (Dr.) M.D. Venkatesh addressed the gathering and also spoke about the history behind the partition and the horrors faced by the people. Dr. Geetha Maiya proposed the vote of thanks and the program ended with the National Anthem.

Student Induction Program

DSA conducted 32 sessions on Emotional Intelligence and Student Support systems at MAHE for the newly admitted students of Manipal Institute of Technology, Manipal from 5th to 9th September 2022. DSA conducted these interactive sessions to enable the students to adapt to the new environment in Manipal. These sessions were part of the student Induction Program organized by MIT, Manipal



“I know that I am intelligent, because I know that I know nothing.”
-Socrates

Orientation for First Year B.Tech Students, MIT Manipal

Department of Information and Communication Technology, MIT, Manipal organized an orientation program for the First year B.Tech students on 'Handling Anxiety' on 2nd & 3rd September 2022. These sessions were conducted by MAHE Student Counsellors.

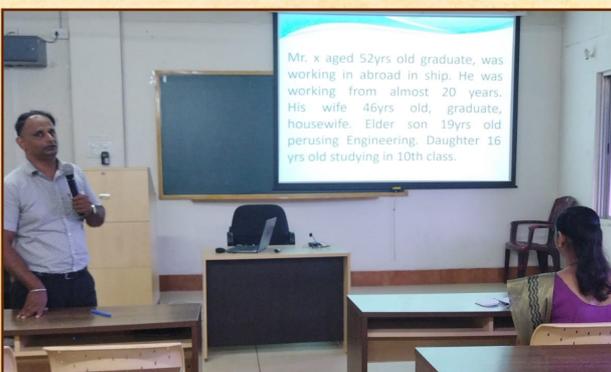


Orientation Program on Beating the Blues



Welcomgroup Graduate School of Hotel Administration (WGSHA), Manipal organized a session on 'Beating the Blues' to address the psychological needs of the students of the Masters in Hotel Management Program on 13th September 2022. Ms. Karuna Devadiga, Dr. Rayan Mathias, and Mr. Calvin Dsouza were the resource persons for the program.

Continuing Nursing Education Program for Faculty of MCON



Manipal School of Nursing & Manipal College of Nursing Jointly conducted a CNE program for their faculty at MCON Auditorium on 1st October 2022. 45 faculty were present for the CNE program on traumatic grief and coping after national crisis. Mr. Jeevan Lewis and Ms. Karuna Devadiga were the Resource Persons for this program.

Leadership Training Camp

The Annual Leadership Training Camp was conducted at MAHE by M.R. Pai Foundation jointly with the Forum of Free Enterprise, Mumbai on 12th & 13th October 2022. Dr. Narayana Sabhahit, resource persons Mr. Vivek Patki and Mrs. Clarissa Jathanna, Dr. Geetha Maiya and all the selected students from various MAHE institutions were present during the event.





Dr. Geetha Maiya welcomed the gathering, followed by the lighting of the lamp by all the dignitaries present. Resource person, Mr. Vivek Patki addressed the participants. A total of 86 students from various institutions of MAHE attended the leadership

program. This was followed by the presidential remarks by Dr. Narayana Sabhahit in which he emphasized the importance of leadership.

The training camp began at 10 am with engaging sessions by the resource persons, Mr. Vivek Patki and Ms. Clarrisa Jathanna. The various sessions included Setting and Achieving Goals, Sharpening Vital Skills, Power of Habits and Effective Communication. All participants took active part in these sessions. The second day of the camp continued with interactive sessions that involved Understanding Self and Others, Coming Together – a Beginning.

The two-day sessions were concluded with a valedictory function. Dr. Venkatraya M. Prabhu presided over the function. He spoke about Late M.R. Pai and motivated the students to utilize this opportunity. The participants shared their feedback and insights on the sessions and all participants were presented with participation certificates by the dignitaries. The program ended with the resource persons' feedback on the successful completion of the camp.

Awareness Program on Mental Health

Integrated Program in Management, MAHE, Manipal organized a workshop on Mental Health Awareness on 25th November 2022. Dr. Geetha Maiya, Dr. Rayan Mathias, Mr. Jeevan Lewis and Mr. Calvin Dsouza were the resource persons for the program.



Session on Mental Health and Handling Relationships



WGSHA and DSA jointly organized a session on Mental Health and Handling Relationships with Peers on 28th & 29th November 2022 for the students of WGSHA. Ms. Karuna Devadiga, Dr. Rayan Mathias, and Mr. Calvin Dsouza were the resource persons for this program.

Gender Champion Workshop 2.0

DSA conducted another Gender Champion Workshop for MAHE students on 29th November 2022. Over 55 faculty coordinators and selected students from various institutes of MAHE participated in this workshop.



Resource persons for the event were Dr. Gaythri Prabhu (Professor, MCH, MAHE, Manipal), Ms. Richa, Dr. Jagriti Gangopadhyay, Ms. Latha Holla and Dr Savitha Soman



Orientation for newly joined students

Date	Institution
29.07.2022	PSPH
01.08.2022	MCON
01.08.2022	DOC
02.08.2022	MSLS
02.08.2022	DOC
03.08.2022	MCBR
08.08.2022	MCOPS
24.08.2022	MIC
29.08.2022	MIT
30.08.2022	MSAP
30.08.2022	MIT
01.09.2022	MIT
01.09.2022	DOC
02.09.2022	MIT
10.10.2022	ICHS
17.10.2022	DOC
16.11.2023	KMC
28.11.2022	MCODS



Dr. Geetha Maiya, while addressing to the 2022-2023 batch students of the various institutions of MAHE, gave a brief overview of the campus life and support systems available for all the students.

Awareness Program on Prevention of Sexual Harassment at the Workplace



Office of the Associate Director (FD & W), in association with DSA, organized an Awareness Session on 'Prevention of Sexual Harassment at the Workplace' on 29th November 2022, at the Library Auditorium, MIT, Manipal. Ms. Latha Holla was the Resource Person for the program and she addressed the audience on the legal aspects of sexual harassment by presenting case scenarios. She clarified that sexual harassment need not target the opposite gender, but might happen between persons of the same gender too. The talk aimed at creating awareness regarding the behaviour of people that can be construed as sexual harassment, how MAHE's Internal Complaints Committee functions, how to register complaints, and laws related to the same.

POSH Awareness Program for MCON Students

DSA organized an awareness program on the Prevention of Sexual Harassment at the Workplace on 17th January 2023 for the students of MCON and MSON and the resource person of the program was Ms. Latha Holla.



Awareness talk on Prevention of Sexual Harassment



DSA MAHE organized an awareness program on the Prevention of Sexual Harassment at the Workplace on 25th January 2023 for the students and research scholars of MCON, DAMP and ICAS. The resource person of the program was Dr. Geetha Maiya, Director Student Affairs, MAHE Manipal.

Drug Abuse Awareness Program for Housekeeping staff of MAHE Hostels

DSA MAHE, organized a Drug Abuse Awareness Program for the Housekeeping staff of MAHE Hostels (MIT) on 30th January 2023. Dr. Geetha Maiya, Director DSA was the resource person. Around 200 housekeeping staff from MIT hostels attended the session.



PROGRAMS ORGANIZED UNDER THE NMBA PROJECT

As a part of the Nasha Mukta Bharat Abhiyaan, DSA has been conducting a year-long project titled, "*Nasha Mukta Udupi Abhiyaan by involving Young Leaders of MAHE*" (NMUA). DSA has conducted the following programs as part of the NMUA project.

Awareness Program at De-Addiction Camp

The NMUA Team organized an Awareness Program for the Inmates of the De-addiction Camp at Dr. A.V. Baliga Memorial Hospital, Doddanagudde, Udupi on 4th July 2022.



Dental Screening and Treatment Camp



As a part of the NMUA project and in association with the Department of Public Health Dentistry, MCODS Manipal, Kota Grama Panchayath Kota and Primary Health Centre Kota, DSA organized Dental Screening and Treatment Camp for students on 15th July 2022 at Government Composite High School, Manur.

Health Check-Up Camp



The NMUA team organized a free health check-up camp on 29th July 2022 in association with MCHP Manipal, Department of Community Medicine, KMC, Manipal, Health Commission and Catholic Sabha of St. John's Church, Shankarpura, Rotary Club of Shankarpura, Primary Health Centre, Moodabetu, Kurkalu Grama Panchayat.

Dental Treatment Camp

The NMUA team in association with the Department of Public Health Dentistry, MCODS Manipal, Kota Grama Panchayath Kota and Primary Health Centre, Kota organized Dental Screening and Treatment Camp for students on 4th August 2022 at Government Composite High School, Manur.



Azadi Ka Amrit Mahotsav

On 4th August 2022, the Ministry of Social Justice and Empowerment conducted an online National Youth & Students Interaction Program “Nashe Se Azadi” organized as a part of our Nation’s 75 years of Independence celebration Azadi Ka Amrit Mahotsav, chaired by Dr. Virendra Kumar (Hon. Union Minister, MoSJE) and moderated by Ms. Radhika Chakravarthy (Joint Secretary, MoSJE) along with the representatives, faculty and students of 75 selected institutions. A Quiz competition was organized for all Pre-University students of the Udupi district. Debate competition and poster competi-

tion were also organized. As part of this program, several competitions were held in various institutions of MAHE. In addition, DSA conducted walkathon, Dental camp, and cultural programmes for all the students of Gov. Composite High School, Manur

Interaction with National Cadet Corps

As a part of Nasha Mukta Bharath Abhiyaan, the Ministry of Social Justice and Empowerment Government of India organized an Interaction with National Cadet Corps on 13th September 2022. Dr. Virendra Kumar, Hon’ble Union Minister of Social Justice and Empowerment and Shri. Rajnath Singh, Hon’ble Union Minister of Defense interacted with the students through virtual mode after the interaction the students took a Pledge against Drug Abuse.



Aabhas – an Interactive Session

The Nasha Mukta Club, Student Council KMC Manipal organized ‘Aabhas’ an Interactive session with Mr. Akshay M Hakay, IPS (Superintendent of Police, Udupi District) on Substance Abuse and its Impact on Youth on 13th September 2022.



Dental Health Camp



DSA, as a part of the nationwide Nasha Mukta Bharath Abhiyaan Campaign funded by the Ministry of Social Justice and Empowerment, Government of India, organized a free Dental Camp on 16th September 2022 at Morarji Desai Residential School, Kalathur

Awareness Program on Substance Abuse



DSA organized an Awareness Program for PUC students of Karnataka Public School, Hiriyaadka on the theme 'Role of Students in making Udupi Nasha Mukta' on 20th September 2022, as part of the Nasha Mukta Udupi Abhiyaan, funded by the Ministry of Social Justice & Empowerment, Government of India.

Health Check-up Camp at Kota

DSA, as a part of the nationwide Nasha Mukta Bharath Abhiyaan campaign funded by the Ministry of Social Justice and Empowerment, Government of India, in Association with MCHP and Department of Community Medicine, KMC Manipal, Geethanand Foundation Kota, Primary Health Centre Kota and Kota Grama Panchayath organized a free Health Check-up Camp at Kota Grama Panchayath on 29th October 2022



Painting the Wall for Spreading Awareness

On 29th January 2023, Nasha Mukta Club of MCODS Manipal organized wall painting to spread awareness against substance abuse. Dr. Monica Soloman (Dean, MCODS Manipal) Dr. Vidya Saraswathi (Associate Dean, MCODS Manipal) and Dr. Geetha Maiya were present during the program and addressed the gathering.



PROGRAMS CONDUCTED AT MANGALORE CAMPUS

MBBS Orientation Program

On 28th February 2022, an orientation program was conducted for the MBBS-2021 batch students. Counsellors, students, parents and other staff were present for the program. Ms. Chaitra Nayak was the speaker. She focused on the topic of Departmental introduction, breaking the stereotype, need and ways to go about it.



MCODS Orientation Program



On 12th April 2022, an orientation program was conducted at MCODS Mangalore for the 1st year BDS students. Dr. Arathi Rao (Deputy Director, Student Affairs, Mangalore campus), Counsellors, students, parents and other faculty were present for the program. DDSA presented the functioning of the department and assured parents about students' well-being. She addressed Anti Ragging, Substance abuse and safety related issues. Ms. Chaitra Nayak also spoke and focused on the topic of coping with stress and pressure.

Mental Wellness Young Professionals Program

On 25th April 2022, the VSO's Mental Wellness Young Professionals Program was conducted at MCODS Mangalore for the 1st year BDS Students. Dr Arathi Rao, Counsellors, students and other staff were present for the program. Ms. Chaitra Nayak was the speaker of that day. She focused on the topic of loneliness and healthy ways of coping.



Inauguration of Nasha Mukta Club KMC Mangalore

Nasha Mukta Club of KMC Mangalore was inaugurated on 29th June 2022. Dr P.V. Bhandary (Director & Consultant Psychiatrist, Dr. AV Baliga Memorial Hospital, Udupi) was the resource person and the Dr. B. Unnikrishnan (Dean, KMC Mangalore), the Associate Deans and Dr. Geetha Maiya were present for this inaugural function. Dr Geetha Maiya, gave a brief on the mission and objectives of a Nasha Mukta Club.



Orientation Program of AHS UG batch

An orientation program for AHS UG batch 2022 was organized by AHS at Bejai Campus, represented by DDSA, Dr. Arathi Rao and the student Counsellor. Deputy Director Student Affairs (DDSA) in her presentation explained the various types of counselling services available in the department and the functioning of the services. DDSA also mentioned that students can directly approach counselling services at any time or be referred by teacher guardians, faculty and wardens.

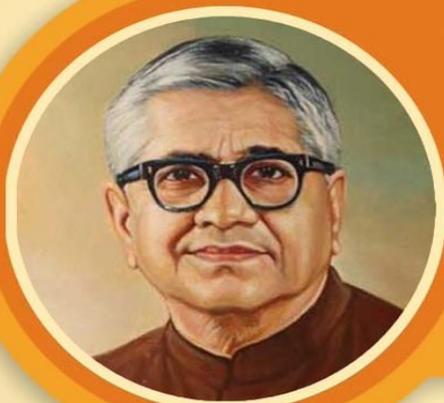


Orientation Program of BDS

An orientation program of BDS 2022 batch was organized by MCODS Mangalore at At-tavar College Lecture Hall represented by Dr. Arathi Rao and the Student Counsellors. Dr. Arathi Rao explained about the various types of counselling services available in the department and its functioning. She also mentioned that the students can directly approach counselling service from the department over the phone at any time, and teacher guardians, faculties and wardens can also refer the students when they need help at the right time.



guardians, faculties and wardens can also refer the students when they need help at the right time.



“The Highest Virtues Of A Good Officer Are Honesty, Dedication, Dependability & And Enlightened Outlook.”

Dr. TMA Pai
Founder

PROGRAMS CONDUCTED AT JAMSHEDPUR CAMPUS

Distress and Express

A session on “Distress and Express” was conducted on 9th and 31st May 2022 to help students destress, realize the ways they were currently coping and learn new techniques that can help them relax and rewind. The session had an energizer called the high five challenge, which was intended to help them interact with each other and feel fresh before engaging in deeper content.



Session on Emotions



A session on ‘Emotions—Regulate it’ was conducted on 11th and 26th June 2022 to help students understand emotions and the appropriate ways to regulate them. The students were engaged in an ice breaker called balloon frantic which was intended to make

them move and channel more energy into their systems.

Session on Empathy

A session on ‘Empathy—In Your Shoes’ was conducted on 6th & 13th August 2022. The objective of the session was to instill the importance of empathy and the ways to integrate it into day-to-day life. A game was introduced to drive the concept; students had to form groups based on certain categories, like the color of their eyes, characteristics, etc.



PROGRAMS CONDUCTED AT BENGALURU CAMPUS

Mental Health Day



Mental Health Day was organized from 10th to 12th October 2022 at MIT, Bengaluru. The event raised awareness on mental health issues and mobilized efforts in support of better mental health. As part of the event, several activities like Flash Mob, Memory Box, Post person, Music Corner, Feeling Wheel, Gratitude Corner, and Workshop (Expressive Art Therapy) were organized.

Defining and Redefining Boundaries

A self-awareness session on 'Defining and Redefining Boundaries' was conducted on 29th November 2022 for MLS Bengaluru, 30th November 2022 for DOC Bengaluru and 9th December 2022 for TAPMI Bengaluru by the DSA. The facilitator for the session was Ms. Sheela Balan (MAHE Student Counsellor).



Learn When to Say NO



A Self-awareness session on 'Learn When to Say NO' was conducted on 22nd November 2022 for MLS Bengaluru, 28th November 2022 for DOC Bengaluru and 8th December 2022 for TAPMI Bengaluru by the DSA for the students. The facilitator for the session was Ms. Sheela Balan. The objective of the workshop was to bring awareness among the students of their

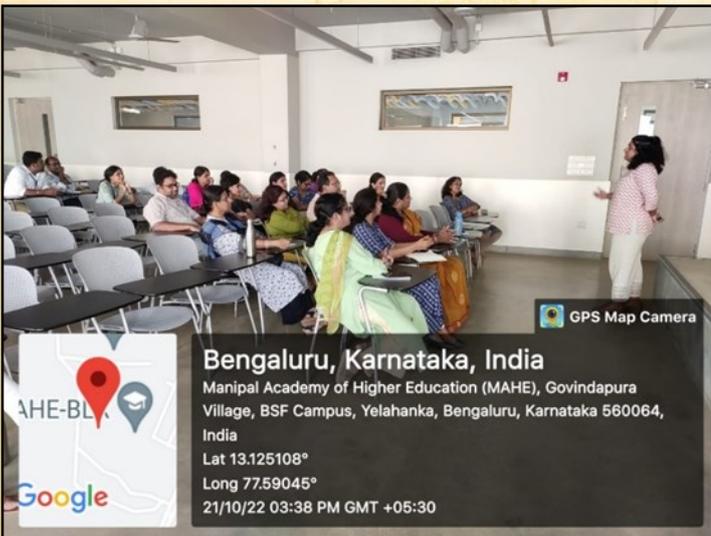
struggles of not being able to recognize when, and the need to say NO, which most often causes a ripple effect in their everyday life.

Townhall

DSA Bengaluru hosted a Townhall on 26th September 2022 for the students of MAHE Bengaluru campus. The objective of the Townhall was to keep all the students updated on important information while sharing new initiatives in focus. The Townhall also aimed at re-emphasizing MAHE's core values and goals. Sharing crucial information through direct face-to-face communication can minimize or eliminate the communication gap.



Capacity Building Program for Student Support



A Workshop on 'Capacity Building Program for Student Support', was organized by the DSA on 21st October 2022. The facilitators were Lakshmi Kashyap and Sheela Balan, the student counsellors of MAHE, Bengaluru. The objective of the workshop was to empower and sensitize teachers towards student support, related to adjustment issues, stress, relationship issues and healthy communication.



*“A Problem Is Something To Be Solved ,
An Obstacle Is Something To Be Overcome.”*

Dr. T.M.A. PAI

MENTAL WELLBEING AT WORKPLACE

AN ARTICLE BY DR. RAYAN MATHIAS,
MAHE STUDENT COUNSELLOR

Mental health in the workplace is on top of the mind for everyone these days. It is increasingly being recognized that a person's mental health is a crucial determinant in their overall health and that poor mental health and stress could lead to a range of physical illnesses like hypertension, diabetes and cardiovascular conditions. In addition, poor mental health can also lead to burnout among people, seriously affecting their ability to contribute meaningfully to both their personal and professional lives. While our understanding of mental health at work is changing, and how widespread poor mental health is, it's worth looking at the basics.

Mental health is a state of well-being in which an individual can cope with everyday stress, work productively, reach their full potential and contribute to their community. Mental health, physical health and social well-being are essential components of overall health. It's also important to note that mental health is more than the absence of mental illness. One can have poor mental health without having an illness, and likewise, one can have good mental health with a mental illness. Mental health and performance are not two separate pursuits but rather two parts of the same equation. Combined, they are what make us flourish.

More than half the world's population is currently working, and 15% of working-age adults live with a mental disorder. Work-related stress is a major cause of occupational ill health, poor productivity and human error. This means increased sickness absences, high staff turnover, poor performance in the organization, and a possible increase in accidents due to human error. Work-related stress could also manifest as heart disease, back pain, headaches, gastrointestinal disturbances, or various minor illnesses; as well as psychological effects such as anxiety and depression, loss of concentration and poor decision-making.

Without effective support, mental disorders and other mental health conditions can affect a person's confidence and identity at work, capacity to work productively, attendance and the ease with which to retain or gain work. Twelve billion working days are lost every year to depression and anxiety alone. Mental health conditions can also impact families, careers, colleagues, communities and society at large.

How to care for mental health at work place?

If someone is feeling stressed and overwhelmed by work demands, taking time away—using personal or sick days or taking some vacation time—can help them recharge and avoid burnout. However, if one has a persistent mental health issue, such as depression or anxiety, it is advisable to take few more days off for betterment.

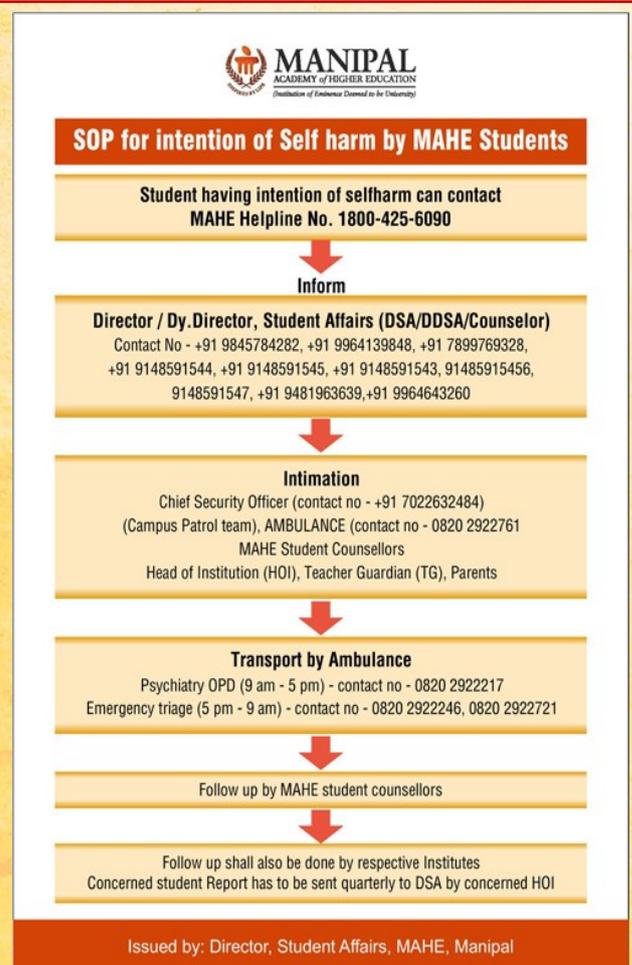
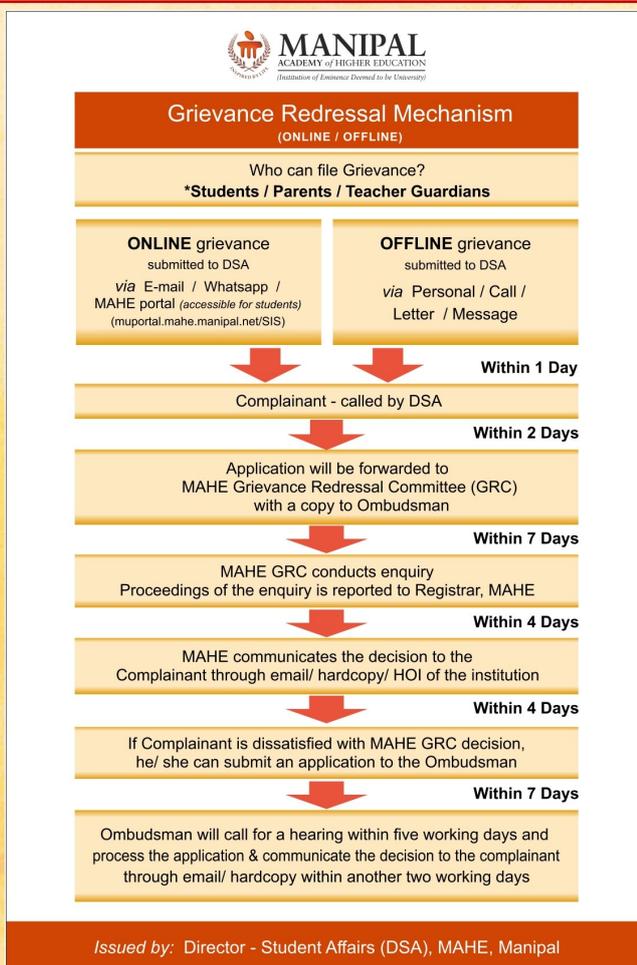
Whether working onsite or remotely, it's important to strike a healthy work-life balance. That means taking regular breaks throughout the day and switching off screens when the workday is over. To reduce the damaging effects of stress and protect your mental health, you need to activate your body's relaxation response. This can be done by practicing relaxation techniques such as meditation, deep breathing, rhythmic exercise or yoga.

Getting proper quality sleep at night, eating a healthy, nutritious diet, and regularly exercising can make a huge difference to our mental health—at work and beyond. These are also aspects of our life that we have more control over than many things in our workplace. The more effort we put into self-care, the better we will feel.

Caring for mental health in the workplace isn't just about dealing with immediate mental health problems. It is also about promoting well-being. Hence it is essential to take steps to care for emotional health which can help build resilience, improve work performance and provide the tools to better cope with uncertainty and challenges in the future.

Create an enabling environment for change. The employers and other stakeholders responsible for workers' health and safety can help by conducting awareness programs to improve mental health at work. Thus ensuring that everyone, even those with mental health conditions may be permitted to participate and thrive at work.

IMPORTANT STANDARD OPERATING PROCEDURES



SOP for Prevention of Sexual Harassment (POSH)



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

Complainant:

Aggrieved person/relative/friends/co-worker/any person who knows about the incident.

Mode of the complaint:

Contact Number: 0820-2922960

E-mail: icc.mu@manipal.edu

In person

The Respondent will be issued with a Notice by the Chairperson seeking clarification regarding the Complaint and also will be served with a copy of the complaint. The respondent will be afforded 7 working days for reply.

The Respondent shall submit the reply to the Notice and also shall give in writing an explanation for the allegations made in the complaint. On receipt of the reply from the Respondent, if a reply is not found satisfactory, the Committee will decide to hold the proceedings.

The Respondent and the Complainant shall be allowed to submit a list of documents and a list of witnesses. Copy of the reply of the Respondent along with documents, and names of the witness, if any will be furnished to the Complainant.

If both parties agree, there can be an amicable settlement between the parties.

If Yes

The enquiry shall be concluded and the Committee shall record the terms and conditions of the settlement.

If No

The Internal Complaint Committee (ICC) shall hold an enquiry into the complaint following the principles of natural justice as per MU circular/UGC Regulations on Prevention of Sexual Harassment (POSH) dated July 4, 2014.

The committee shall try to complete the enquiry within 3 months from the date of the Complaint. Depending on the circumstances, it can go beyond 3 months. After completing the proceedings, the Committee shall submit its report and findings based on the material evidence placed before it by both the parties and forward the same to the Registrar for necessary action.

Note: The aggrieved person may appeal to the Vice Chancellor if not satisfied by recommendation.

Issued by: Director - Student Affairs, Manipal Academy of Higher Education, Madhav Nagar, Manipal 576104

DEPARTMENT OF STUDENT AFFAIRS



Dr. Geetha Maiya
Director
9845784282

Deputy Directors



Dr. Veena Maben
Dy-Director (Tech)
Manipal Campus
7899769328



Dr. Ashwini Kumar
Dy-Director (HS)
Manipal Campus
9964139848



Mr. Roshan Jathanna
Dy-Director (Tech)
Manipal Campus
9845702658



Dr. Arathi Rao
Dy-Director
Mangalore Campus
9845242079



Dr. Shilpa Kalyan
Dy-Director
Bangalore Campus
9535277889



Dr. Nadia Ahmad
Dy-Director
Jamshedpur Campus
8279990324

MAHE Student Counsellors

Manipal Campus



Ms. Karuna A
9148591543



Ms. Shilpa Joshi
9148591546



Dr. Rayan Mathias
9148591545



Mr. Calvin Dsouza
9606035373



Mr. Jeevan Lewis
9606035379



Ms. Josna M J
9148591544



Ms. Sujatha
9148591547

Mangalore Campus



Ms. Divyaprabha Dsouza
8217098112



Ms. Chaitra Nayak
7022457887



Ms. Joys Dsouza
8921880279



Ms. Sheela Balan
9731119373



Ms. Lakshmi Kashyap
6364385764

Bengaluru Campus



Ms. Sneha Ebenezer
9153886013



Ms. Liza Daniel
9153963430

Jamshedpur Campus

EMERGENCY POINTS OF CONTACT

CAMPUS SAFETY

Chief Security Officer (Campus Safety)	7022632484 / (0820) 2922848
Security Control Room	(0820) 2922515 / 2925000
Emergency Mobile Patrol	9945670912 / 994567091
Student Health Clinic - Kasturba Hospital	(0820) 2922057

EMERGENCY HELPLINE NUMBERS

Toll Free number for Ragging related Complaints / General Helpline	1800-425-6090
Sexual Harassment Helpline	(0820) 2922960
Emergency / Trauma Triage	(0820) 2922721 / 2922246 / 2922761
Ambulance	(0820) 2923153 / 2575555 / 2922761
Ambulance (MIT) after 6 PM	(0820) 2929100
KMC Helpdesk	(0820) 2922761
Psychiatry OPD	(0820) 2922217
Medicine OPD	(0820) 2922236
Student Support Centre Manipal	(0820) 2922430
Mangalore Campus - Dy. Director Student Affairs	9845242079
Bangalore Campus- Dy. Director Student Affairs	(080) 24494153
Jamshedpur Campus- Dy. Director Student Affairs	8279990324

EDITORIAL BOARD

Dr. Veena Maben, Mr. Roshan David Jathanna, Mr. Calvin Alan Dsouza, Ms. Ruth Karkada

Copyright © 2023 by Dept. of Student Affairs. All Rights Reserved.