

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

Hello everyone,

This is a gentle and heartfelt reminder to all our Gen Z students that our institution is committed to supporting not just your academic success, but also your overall well-being. A wide range of student support services is available to guide you through every stage of your journey. These include personalized mentoring, professional counseling, career guidance, and peer support programs designed to help you grow with confidence.



We understand that student life can sometimes feel overwhelming. If you are facing any challenges—whether related to studies, personal concerns, stress, or uncertainty about your future—please remember that you are not alone. Reaching out for support is not only okay, it is a strong and positive step toward building resilience and achieving your goals.

“Asking for help isn’t weakness—it’s a sign of courage.”

You are encouraged to make full use of these resources. Our dedicated teams are here to listen, guide, and support you in a safe and welcoming environment. For more information on how to access these services, please contact the Student Support Office or visit the institution portal.

Take care of yourself, stay connected, and make the most of the support systems available to you. Your well-being matters just as much as your success.

Warm regards,

Dr. Geetha Maiya

Director,

Dept. of Student Affairs, MAHE



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

Dr. T.M.A. PAI

PROGRAMS CONDUCTED AT MANIPAL CAMPUS

Mental Health, Emotional Intelligence & Community Outreach Programme

The Department of Student Affairs, MAHE Manipal, conducted a Mental Health, Emotional Intelligence and Community Outreach programme on 1 February 2025 at Konchadi Radha Shenoy Government Higher Primary School, Karvikere, Gangolli. The programme aimed to create awareness among school students about emotional well-being, self-awareness, and healthy coping mechanisms. Interactive discussions and simple activities



were used to help students understand emotions and the importance of mental health from an early age. Dr. Geetha Maiya, Director – Student Affairs, along with her team, served as resource persons and emphasized emotional resilience, positive thinking, and healthy lifestyle practices. The programme strengthened community engagement and contributed to the holistic development of young learners while reinforcing MAHE’s commitment to social responsibility and outreach.

Empowering Educators: Enhancing Counselling Skills for Student Support – Series 4.0

The Department of Student Affairs, MAHE Manipal, organized a two-day workshop titled “Empowering Educators: Enhancing Counselling Skills for Student Support – Series 4.0” on 4th and 5th February 2025, aimed at strengthening faculty mentoring competencies. The programme featured a distinguished panel of resource persons, including Dr. E. Aravind Raj, Professor from NIMHANS, Dr. Geetha Maiya, Director of Student Affairs, and expert psychologists and psychiatrists from KMC and MCHP. Focused on equipping educators with practical skills to identify and support students facing academic, emotional, and personal challenges, the sessions emphasized empathetic listening, effective communication, and robust referral mechanisms. Through interactive discussions and experiential learning, the workshop significantly enhanced faculty confidence in student mentorship, contributing to a more supportive and inclusive learning environment within the institution.



Installation Ceremony of Think Tank Club

The Think Tank Club under the Department of Student Affairs, MAHE Manipal, conducted its Installation Ceremony on 4th February 2025 at the KMC Interact Hall, Manipal. The ceremony marked the formal induction of student leaders and office bearers, promoting leadership, critical thinking, and innovation. The event encouraged active student participation in intellectual dialogue and institutional engagement, providing a platform for students to contribute ideas and initiatives for academic and social development. The programme reinforced student leadership and democratic participation within the campus community.



Outbound Activity for Staff – Team Building Programme

The Department of Student Affairs, MAHE Manipal, organized an outbound team-building activity for its staff on 15th February 2025 at Tinton Adventure Resort, Kundapura. The programme was designed to strengthen teamwork, leadership skills, stress management, and interpersonal relationships among staff members.



Through experiential activities and collaborative tasks, participants gained insights into effective communication, trust-building, and problem-solving. The programme contributed to enhanced workplace well-being, motivation, and productivity, reinforcing a positive and cohesive work culture within the department.

Bharatiya Bhasha Utsav

The Department of Student Affairs, MAHE Manipal, in association with Manipal College of Dental Sciences, organized Bharatiya Bhasha Utsav on 1st March 2025 at KMC Greens, Manipal. Conducted as part of the NEP SAARTHI initiative, the programme celebrated India's linguistic and cultural diversity through performances, traditional art forms, and cultural expressions. The event fostered respect for mother languages, promoted cultural heritage, and encouraged students to appreciate linguistic inclusivity and national integration.



Empowering Educators – Enhancing Counselling Skills (Series 5.0)

The Department of Student Affairs, MAHE Manipal, conducted Series 5.0 of the “Empowering Educators: Enhancing Counselling Skills” workshop on 21st and 22nd March 2025. The program featured expert insights from Dr. E. Aravind Raj (NIMHANS), Dr. Geetha Maiya (Director, DSA), and a clinical panel from KMC and MCHP, focusing on behavioral health and professional ethics. Through role-plays by MAHE student counselors, faculty members practiced empathetic listening and effective communication based on real-life scenarios. This initiative reinforced MAHE’s commitment to building a supportive campus environment and promoting holistic student development.



Fireside Chat – Think Tank Club



The Department of Student Affairs, in collaboration with the Think Tank Club, MAHE, hosted a Fireside Chat with actor and poet Chintan Rachchh on 23rd March 2025. The interactive session provided students with insights into creative careers, self-expression, and personal growth. Through open dialogue and shared experiences, the event inspired students and encouraged experiential learning.

From Investigation to Action: Workshop for Enquiry Committee Members

The Department of Student Affairs, MAHE Manipal, organized a specialized workshop titled “From Investigation to Action” for enquiry committee members on 29th March 2025. The programme focused on strengthening competencies in grievance redressal, disciplinary procedures, and ethical decision-making through the expertise of distinguished resource persons, including Dr. Geetha Maiya (Director, Student Affairs), Dr. Rashmi Yogesh Pai, Dr. Arvind Pandey, and Advocate Latha Holla. By emphasizing the core pillars of transparency, accountability, and fair practices, the workshop provided members with the tools necessary to uphold institutional integrity. This initiative underscores MAHE’s commitment to effective governance and the maintenance of a just and ethical administrative environment.



From Investigation to Action – Health Sciences Campus



A specialized workshop titled “From Investigation to Action” was conducted for Health Sciences institutions of MAHE on 25th April 2025. The programme featured structured role plays presented by student counsellors, depicting common student and faculty challenges. The interactive sessions facilitated awareness, constructive

dialogue, and effective problem-solving, contributing to a supportive and responsive academic environment.

Empowering Educators: Enhancing Counselling Skills – Series 6.0

The Department of Student Affairs, MAHE Manipal, organized a two-day workshop under Series 6.0 of “Empowering Educators: Enhancing Counselling Skills” on 9th and 10th May 2025. The sessions focused on empathetic listening, identifying student distress, effective communication strategies, and maintaining work-life balance. Role plays presented by student counsellors showcased practical approaches to supporting student well-being in academic settings.



International Nurses Day

To commemorate International Nurses Day, the Fortune Academy of Health Sciences hosted a program titled “Strengthening Self and Supporting Others.” Resource persons Dr. Geetha Maiya, Dr. Annapoorna, and student counselors Dr. Rayan Mathias, Ms. Sujatha, and Mr. Jeevan led sessions on professionalism, stress management, and addiction awareness. By integrating yoga and mental well-being discussions, the workshop emphasized resilience and self-care, equipping nursing students with the tools to provide compassionate care while maintaining their own health.



Enhancing Caretaker Capacity to Recognize Vulnerable Residents Health Science Hostels

The Department of Student Affairs, MAHE Manipal, organized a comprehensive one-day workshop for Health Science hostel caretakers at the MAHE Guest House, Kadike, on 15th May 2025. Led by Dr. Geetha Maiya and executed by the student counselors of the Department of Student Affairs, the program featured a diverse range of sessions including yoga, CPR training, and awareness on the prevention of sexual harassment. Through interactive group discussions and role-plays, the workshop empowered caretakers with the practical skills needed to effectively identify and support vulnerable students, reinforcing a safer and more responsive residential environment.



Enhancing Caretaker Capacity to Recognize Vulnerable Residents – Technical Science Hostels



The Department of Student Affairs, MAHE Manipal, led by Dr. Geetha Maiya, organized a one-day workshop for Technical Science hostel caretakers on 10th May, 2025, at Interact, MAHE. The event featured a comprehensive range of sessions, including yoga, CPR training, and awareness on the prevention of

sexual harassment. Through interactive discussions and role plays, the workshop successfully strengthened the caretakers' skills and commitment to ensuring student safety and well-being.

“Strengthening Self and Supporting Others”

On May 15, 2025, the Department of Student Affairs, MAHE Manipal, inaugurated the “Strengthening Self and Supporting Others” initiative at the open ground near the Manipal College of Pharmaceutical Sciences. The event featured Dr. Sulatha Bhandary, Professor of Ophthalmology at KMC Manipal, as the Chief Guest, and Dr. Annapoorna, Head of the Division of Yoga at MAHE, as the resource person. The programme emphasized mental and physical well-being through yoga and holistic wellness activities. To mark the occasion, a tree plantation drive was held, alongside the announcement of a series of upcoming wellness initiatives designed to support the university community.



“Strengthening Self and Supporting Others” – Barkur

On May 21, 2025, the Department of Social Work, Rukmini Shedthi Memorial National Government First Grade College, Barkur, in collaboration with the Department of Student Affairs, MAHE Manipal, organized a half-day workshop titled “Strengthening Self and Supporting Others.”

The sessions addressed personal and professional development, anxiety management, depression awareness, and the role of yoga in mental health. The workshop aimed to equip students with practical tools for well-being and provided a framework for supporting others within their community.



World Environment Day Celebration Government High School, Shetti Bettu, Parkala



On May 29, 2025, the Karnataka State Pollution Control Board, Mangalore and Udupi Divisions, in collaboration with the Department of Student Affairs, MAHE Manipal, organized a World Environment Day celebration at Government High School, Shetti Bettu, Parkala. The programme featured a tree plantation drive and awareness sessions focused on environmental conservation, plastic pollution, and sustainable living.

Enhancing Caretaker Capacity to Recognize Vulnerable Residents – Hostel Caretakers (III Batch)

On May 31, 2025, the Department of Student Affairs, MAHE Manipal, conducted the third batch of the workshop “Enhancing Caretaker Capacity to Recognize Vulnerable Residents” at the Counselling Hall, MAHE. Sixty-eight hostel caretakers were trained through sessions on prevention of sexual harassment, CPR demonstrations, group discussions, and role plays, reinforcing sensitivity, empathy, and early intervention.



“Strengthening Self and Supporting Others” Capacity-Building Workshop for Housekeeping Staff

On June 24, 2025, the Department of Student Affairs, MAHE Manipal, conducted a capacity-building workshop titled “Strengthening Self and Supporting Others” at TMA Pai Hall, reaching over 240 housekeeping staff across two batches. The programme focused on student care, personal well-being, workplace harmony, and safety, and concluded with participants taking an oath for a drug-free India.



International Day Against Drug Abuse Awareness Programme



On June 26, 2025, Manipal Academy of Higher Education (MAHE), in collaboration with A.V. Baliga Educational Institutions, the Department of Pre-University Education, and the Udupi District Police, organized an awareness programme to mark the International Day Against Drug Abuse and Illicit Trafficking.

Udupi Superintendent of Police Mr. Hariram Shankar, IPS, highlighted the role of society and responsible citizens in preventing drug abuse. Lt. Gen. Dr. M.D. Venkatesh, Vice Chancellor of MAHE, emphasized the responsibility of educational institutions in shaping ethical citizens. The programme focused on creating awareness about the harmful effects of drug abuse and promoting a drug-free society.

Training Workshop on Managing Animal-Related Issues on Campus

On June 30, 2025, the Department of Student Affairs, MAHE Manipal, in collaboration with the One Nature – Animal Welfare Club, organized a training workshop for campus security personnel at KMC Interact. The workshop focused on humane and effective management of animal-related issues, emphasizing preparedness, legal awareness, and peaceful co-existence on campus.



Student Induction Programme – Awareness Sessions at MIT Manipal

Between July 14 and July 18, 2025, as part of the student induction programme at Manipal Institute of Technology, the Department of Student Affairs, MAHE, conducted awareness sessions for first-year students. The sessions focused on emotional intelligence, mental well-being, and the Prevention of Sexual Harassment, reinforcing a safe, inclusive, and supportive academic environment.



Workshop on Emotional Intelligence and Prevention of Sexual Harassment – Department of Basic Medical Sciences



On 29th July 2025 the Department of Basic Medical Sciences, MAHE Manipal, organized a half-day workshop on the need and importance of emotional intelligence and the Prevention of Sexual Harassment at the Workplace. Resource persons included Dr. Geetha Maiya, Ms. Shilpa Joshi, and Dr. Rayan Charles Mathias from the Department of Student Affairs.

The workshop fostered understanding of emotional intelligence, empathy, communication, and workplace ethics, while promoting a safe, respectful, and inclusive work environment through interactive discussions and activities.

Anti-Ragging Observation Week – MAHE

MAHE inaugurated Anti-Ragging Observation Week on 12th August 2025, coinciding with International Youth Day. The programme included a street play, expert talks, legal awareness sessions, and cultural activities. Over 500 students participated, reinforcing MAHE's commitment to a safe, respectful, and ragging-free campus.



Partition Horrors Remembrance Day

On 14th August 2025 the Department of Student Affairs, MAHE Manipal, observed Partition Horrors Remembrance Day at the Counselling Hall, EDU Building. The programme was presided over by Dr. H. S. Ballal, Pro Chancellor, with Lt. Gen. (Dr.) M. D. Venkatesh, Vice Chancellor, MAHE, as Chief Guest. The event paid tribute to those affected by the Partition and emphasized the importance of remembrance in fostering peace, unity, and resilience.



TEDxMAHE 2025 – “Portrait of a Mind”

The Department of Student Affairs, TEDxMAHE, organized TEDxMAHE 2025 on 24th August 2025 at the MIT Library Auditorium, themed “Portrait of a Mind.” The event featured speakers including Aaquib Wani, Simrun Chopra, Vivek Atray, Shah Umair, Nalina Sareen, and Chetan Jaydeep, who shared insights on creativity, resilience, and innovation. Students, faculty, and guests actively participated in interactive sessions, fostering dialogue, inspiration, and holistic learning. The programme promoted critical thinking, leadership, and personal growth, reflecting MAHE’s commitment to cultivating a vibrant intellectual and innovative campus environment.



Orientation Programme – WGSHA

On August 21st and 22nd, 2025, the Welcomgroup Graduate School of Hotel Administration (WGSHA), MAHE Manipal, held an orientation for new graduate students. Led by Dr. Geetha Maiya and MAHE student counsellors, the programme featured essential sessions on Emotional Intelligence and the Prevention of Sexual Harassment. By focusing on life skills, workplace sensitivity, and professional values, the event successfully prepared the incoming cohort to lead with integrity and empathy in the global hospitality industry.



Discussion with MAHE Ombudsperson – Justice B. A. Patil

On September 23, 2025, the Department of Student Affairs, MAHE, hosted an interactive session with Hon'ble Justice B. A. Patil, MAHE Ombudsperson. Bringing together students, faculty, and staff, the discussion focused on governance, ethics, and student welfare. In addition to meeting with MAHE leadership, Justice Patil visited the Manipal Hospice and Respite Care Centre, underscoring the vital connection between institutional integrity and community compassion.



Leadership Training Camp in Collaboration with M.R. Pai Foundation

The Department of Student Affairs, MAHE Manipal, in collaboration with the M.R. Pai Foundation, organized a two-day Leadership Training Camp on 26th and 27th September 2025. Held in memory of Shri M.R. Pai and supported by the Forum of Free Enterprise, Mumbai, the program aimed to empower students through experiential learning, leadership insights, and value-based training. The camp fostered skills in teamwork, responsibility, and vision, enabling participants to develop leadership qualities and contribute meaningfully to society.



Awareness Workshop on Suicide Prevention – Creating Safe Spaces

On September 29, 2025, the Department of Student Affairs at MAHE Manipal conducted a vital awareness workshop on suicide prevention. Facilitated by experts from the KMC Psychiatry Department, the session provided participants with deep insights into identifying early warning signs and implementing effective support strategies. The workshop emphasized the critical role of empathy in crisis intervention, aiming to empower the university community to build a more resilient, caring, and supportive campus environment.



Run for Mental Health 2025

On October 11, 2025, the Manipal Academy of Higher Education (MAHE) hosted the Mental Health Awareness Run 2025 at the EDU Building, marking the finale of Mental Health Awareness Week (Oct 5–11). Organized by the Department of Student Affairs, the 5K run drew over 1,000 participants, including students, staff, families, and special children from ASARE.



Centred on the theme “Access to Services – Mental Health in Catastrophes and Emergencies,” the event was graced by Pro Vice-Chancellors Dr. Narayana Sabhahit and Dr. Sharath Rao. The initiative, which highlighted resilience and accessible support, was supported by Federal Bank, Karnataka Bank, Bank of Baroda, Canara Bank, and KNND Manipal. The run reinforced MAHE’s commitment to an inclusive and mentally healthy campus.



Investiture Ceremony – Girl Up MAHE Manipal

On 28th October 2025 The Department of Student Affairs, MAHE Manipal, organized the first Investiture Ceremony of Girl Up MAHE. Newly elected student leaders received badges symbolizing leadership, empowerment, and social responsibility, reinforcing the university's commitment to inclusive and student-led initiatives.



Flea Market – Girl Up MAHE Manipal



The Department of Student Affairs, MAHE Manipal, in collaboration with Girl Up – MAHE Students' Club, organized a vibrant Flea Market on 19th November 2025 at the MMC Lobby Area. The event brought together students, creators, and entrepreneurs, providing a lively platform for expression, engagement, and community building, while fostering creativity, collaboration, and an inclusive campus culture.

Beach Yoga '25

The Department of Student Affairs, MAHE, in collaboration with FitVib, KMC Manipal, organized Beach Yoga '25 on 14th December 2025 at Kadike Beach. The event, themed "Strengthening Self and Supporting Others," brought together students and staff for guided yoga and Zumba sessions, promoting physical fitness, mental well-being, mindfulness, and community bonding. Aligned with Viksit Bharat Abhiyan and FIT India initiatives, the programme encouraged self-care, resilience, peer support, and a positive health-conscious campus culture, with enthusiastic participation reflecting MAHE's commitment to holistic well-being.



PROGRAMS CONDUCTED AT MANGALORE CAMPUS

Awareness talk on Substance Use

On 10th Jan 2025 Mr. Ashok Pujari, Superintendent Excise, Office of Joint Commissioner of Excise, Mangalore Division, delivered a session for first-year MBBS students on preventing narcotic/psychotropic drug abuse, its harmful effects, and legal implications. This initiative was part of the State Excise Department's Drug-Free Dakshina Kannada Program.



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Fit India Programme



The Manipal Marathon promo run was held on 26th January 2025 at the MAHE Mangalore campus, with enthusiastic participation. Flagged off by Dr. Murali Srinivasan, an alumnus of the 1989 batch, consultant Neurologist, and chief of medical services, at Manipal Hospitals, Bangalore, Mr. Vasudev Kamath & Mr. Chandrashekhar Shetty, the run saw great energy and community spirit.

The closing ceremony was presided over by Pro Vice-Chancellor Dr. Dilip G. Naik. The event was supported by the Mangalore Runners Club (MRC) and KMC Hospital, Ambedkar Circle.

Matribhasha Diwas

On 21st February 2025 As part of Matribhasha Diwas, Kasturba Medical College (KMC) Mangalore organized poster-making and poetry competitions, encouraging students to creatively express their linguistic heritage. The poster-making competition featured visually engaging works highlighting multilingualism, cultural diversity, and the importance of mother tongue in education and communication.



The poetry competition saw students compose and recite poems in various Indian languages, celebrating linguistic traditions and the richness of native expressions. The events witnessed enthusiastic participation and successfully fostered awareness about India's linguistic diversity, emphasizing the cultural and intellectual significance of mother tongues in education, research, and heritage preservation.

Bharatiya Bhasha Utsav

The Department of Student Affairs MAHE in Association with Manipal College of Dental Sciences MAHE Manipal organized "Bharatiya Bhasha Utsav" on 1st March 2025 at KMC Greens, Manipal. Bharatiya Bhasha Utsav is a NEP SAARTHI activity - an initiative by UGC, India, with the objective of promoting and preserving mother languages. 20 of our students participated in the event.



YOGA SANGAM 2025



Yoga Sangam 2025 was organized at Kasturba Medical College, Mangalore, on June 21st to commemorate the International Day of Yoga. The event brought together students, faculty, and staff to promote physical and mental well-being through yoga practice. The Common Yoga Protocol led by certified yoga instructor focusing on asanas, pranayama, and relaxation techniques

was conducted to mark the day. Over 50 participants, including students, faculty members,

Samvidhan Hatya Divas

As part of the observance of the 50th anniversary of Samvidhan Hatya Diwas, a Debate Competition was organized on 5th July 2025 to encourage critical thinking and stimulate discussion around constitutional values and their relevance in today's society.

The event saw enthusiastic participation from four teams, each comprising two members, who presented diverse perspectives on a range of thought-provoking topics.



Celebration of constitution Day



KMC Mangalore observed Constitution Day 2025 with a collective reading of the Preamble to the Constitution of India on 26th November, in accordance with the University Grants Commission (UGC) guidelines. Faculty, staff, and students joined together to reaffirm our commitment to the values of justice, liberty, equality, and fraternity. A proud moment celebrating the spirit of our Constitution.

PROGRAMS CONDUCTED AT BANGALORE CAMPUS

Reorientation Programme on DSA and Counselling Process

A reorientation programme on the Department of Student Affairs (DSA) and the counselling process was conducted on 24th January 2025 to familiarize students with available support services. The session included an introduction of DSA members and an icebreaker activity to create a comfortable environment.

Students were informed about when to seek counselling, how to access services, the structure and safety of therapy, and the importance of confidentiality.

The counselling process was explained in simple steps, followed by an overview of DSA initiatives and opportunities. The programme concluded with an interactive Q&A session, fostering clarity, trust, and awareness among students.



Manovrtti Mindfulness Session: Mandala Coloring

The Manovrtti mindfulness session was conducted on 31st January 2025 in collaboration with the Department of Commerce. Centered on the theme of Mandala Coloring, the session offered students a creative and calming approach to mindfulness. Participants engaged in colouring mandala templates while being guided to focus on their breath, hand movements, and emerging patterns. The session successfully blended mindfulness with art-based therapy, helping participants cultivate present-moment awareness, emotional expression, and relaxation.



Peer Support Training



On 5th February 2025 dynamic hybrid Peer Support Training session was conducted to help students understand the roles and boundaries of peer counselors, emphasizing effective support while recognizing personal limitations. The session covered essential counselling skills such as active listening, clear communication, problem-solving, and assertiveness, supported by practical examples.

Participants were also guided on referral skills, focusing on when and how to connect peers with appropriate professional resources for academic, disciplinary, or mental health concerns beyond peer support. The session concluded with a brief assessment to evaluate understanding, successfully equipping students with enhanced peer support capabilities.

Manovrtti Mindfulness Session: Macramé Making Workshop

On 28th February 2025 The February Manovrtti mindfulness session featured a macramé making workshop conducted in collaboration with the Department of Public Policy. The session was facilitated by Ms. Navya Shree (Student Counsellor) along with Ms. Sanjana and the team from Solace in Crafting. It combined creative macramé art with mindfulness practices, offering participants a calm and engaging experience.



The session began with an introduction to mindfulness and its benefits, followed by an overview of macramé and a demonstration of basic knots. Participants were then guided to create their own macramé pieces while staying present and mindful, focusing on their breathing, hand movements, and emerging patterns. The workshop created a relaxed atmosphere that encouraged creativity, presence, and emotional well-being.

Stress Management Techniques Session



The Stress Management Techniques session was conducted on 28th February 2025 for DPP students, with the aim of equipping them with practical tools to manage academic and personal stress. The session began with counsellors interacting with students to understand their key concerns, which primarily revolved around examinations, assignments, and academic deadlines.

The session was facilitated by Mr. Aditya, who shared effective tips and strategies to help students cope with stress in a healthy and productive manner. The session provided students with useful insights to better recognize their stressors and apply appropriate techniques to manage them successfully.

Wellness Wednesday: Goal Setting and Visualization

The Wellness Wednesday session held on 19th March 2025 focused on Goal Setting and Visualization and was facilitated by Ms. Sanmitha. The session aimed to help participants gain clarity about their goals and build a positive vision for their future.

The session began with a guided yoga practice to help students relax and mentally prepare for the activities. This was followed by a vision board exercise, where participants used images, quotes, and affirmations to visually represent their aspirations for 2025.



The session concluded with the distribution of protein bars as a token of encouragement. Overall, the session was well-received, with students reporting increased motivation and clarity in their goal-setting process.

Care Beyond Curfew: Creating Safe Spaces for Housekeeping Staff

On 23rd February The Department of Student Affairs, MAHE-BLR conducted a 1.5-hour workshop for housekeeping staff aimed at helping them identify and support vulnerable students. The session began with introductions, a guided visualization meditation, and discussions on basic skills such as communication, empathy, and maintaining a non-judgmental attitude.



Key topics included incident-based observations, real-life scenarios, and appropriate response strategies, with emphasis on the importance of observing and reporting concerns. A short quiz reinforced learning, with chocolates awarded to participants for correct responses. The workshop concluded with a summary and sharing of DSA contact details. Conducted in Kannada and Hindi for better understanding, the session received active participation and positive feedback, successfully equipping staff with practical skills to support student well-being.

Care Beyond Curfew: Creating Safe Spaces for the Security Team



On 24th June 2025 The Department of Student Affairs, MAHE-BLR conducted a 1.5-hour workshop for the security team, focusing on identifying and supporting vulnerable students. The session covered effective and assertive communication skills, including verbal and non-verbal cues, along with techniques for assertive-

Care Beyond Curfew: Creating Safe Spaces for Hostel Wardens



On 25th and 26th June 2025 the Department of Student Affairs (MAHE-BLR) conducted a 6-hour workshop for hostel wardens to enhance their skills in identifying and supporting vulnerable students. The session covered understanding different types of vulnerabilities, building essential support skills such as empathy, communication, and conflict resolution, and emphasizing self-care for wardens. Through discussions and role-plays, wardens gained practical insights to support students effectively. The workshop was well-received and strengthened the wardens' capacity to promote student well-being.

Orientation Session on Student Support Services and Mental Well-being

From July 15th to August 6th, 2025, the Department of Student Affairs (DSA) at MAHE held a series of orientation sessions to introduce students to the university's extensive support services. The sessions focused heavily on mental health and wellness, clarifying the counseling process, confidentiality, and referral options. Students were also briefed on the MAHE Student Support System and opportunities for holistic growth through NCC, NSS, and VSO. By sharing resource posters and coordinator contact details, the DSA ensured all students have easy access to the tools needed for a safe and successful campus experience.



Anti-Ragging Week 2025



MAHE-BLR campus observed Anti-Ragging Week from 12th to 18th August 2025, engaging students through both online and offline activities to promote awareness and prevent ragging. The offline events included a Campus Wide Awareness Walk by MIT students, Nukkad Nataks presented by students of DLHS and SMI, and dance-drama and flash-mob performances by DLHS students. Online activities included a logo making competition, essay and slogan writing competition, and reel making competition. The week aimed to sensitize students about the negative impacts of ragging, encourage a culture of respect and inclusion, and provide creative avenues for participation and expression. The events were well-received, with active engagement from the student community.

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Psychological First Aid Session for TAPMI Faculty

On 17th September 2025 the session for TAPMI faculty focused on sensitizing them to student stressors and familiarizing them with the Look-Listen-Link framework as part of psychological first aid. Case studies were used to help faculty identify signs indicating that a student might need help. The session covered warning signs and common manifestations of stress and lack of well-being across behavioral, emotional, and physical domains, as well as associated risk factors. Faculty members were introduced to basic listening skills to provide immediate support and guided on when and how to refer students to professional services. The importance of self-care for faculty was also emphasized.



PROGRAMS CONDUCTED AT JAMSHEDPUR CAMPUS

Handling Conflict's and Behaviour Management

On 4th June 2025 the workshop aimed to prepare caretakers to support the emotional and psychological well-being of MBBS students while maintaining a harmonious living environment in the hostel. Staff were trained in communication, empathy, and non-judgmental approaches, with practical guidance on identifying vulnerable students, handling sensitive situations, and fostering a supportive atmosphere. The session emphasized the importance of creating safe spaces for students and equipping caretakers with the skills needed to respond effectively to students' needs while promoting overall well-being.



Emotional Regulation in Academic Settings – MBBS Students



On 8th March 2025 the session aimed to help MBBS students develop practical skills and strategies for recognizing and regulating their emotions in academic settings. Students were guided to identify emotional triggers, manage stress, and respond effectively to challenging situations. The session focused on fostering self-awareness, resilience, and emotional well-being, enabling students to maintain focus, balance, and a positive mindset while navigating the demands of their academic journey.

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Building Self-Esteem and Confidence – AHS Students



On 11th April 2025 The session aimed to empower AHS students by enhancing their self-esteem and confidence, crucial traits for becoming competent and effective practitioners. Through interactive activities, guided reflections, and group discussions, students explored strategies to strengthen self-awareness, assertiveness, and resilience. The program emphasized developing the ability to make informed and timely decisions, particularly in high-pressure situations, while fostering a positive self-image. Participants gained practical tools to manage stress, overcome self-doubt, and approach both academic and professional challenges with assurance, thereby preparing them to thrive in their future careers.

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Problem Solving & Decision Making Session– Hostel Caretakers

On 13th May 2025 the session aimed to equip hostel caretakers with structured methodologies to identify issues, analyze root causes, and implement effective solutions, particularly in exceptional or challenging scenarios. Through practical exercises, discussions, and scenario-based problem-solving activities, participants developed skills to respond proactively, make informed



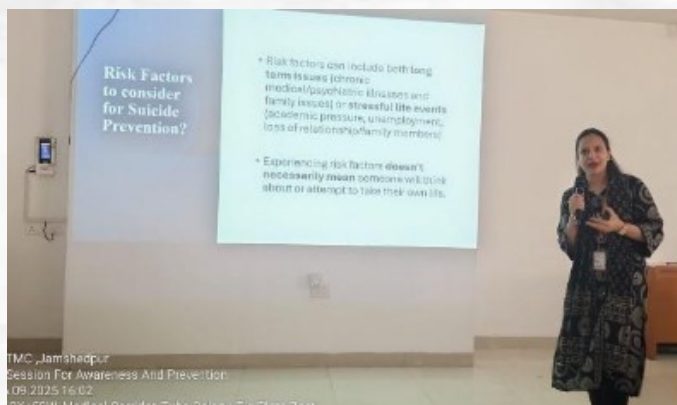
Resilience Building Session – Supportive Staff Members



On 8th July 2025 this session focused on enhancing flexibility, adaptability, and emotional resilience among supportive staff members within an evolving work culture. Participants engaged in interactive exercises and reflective discussions to strengthen coping strategies, manage workplace stress, and adapt effectively to changing situations, thereby improving overall team well-being and productivity.

Let's Talk: Awareness & Prevention Programme

On 6th September 2025 the session addressed the critical theme of suicide prevention, aiming to change the narrative around mental health and promote awareness. Students discussed warning signs, risk factors, and preventive strategies, while also learning about available support systems. The session encouraged open dialogue, empathy, and proactive help-seeking



Working with Peer Mentor Circles Workshop



On 6th September 2025 A focused group session was conducted with peer mentors to enhance their capacity to guide mentees on mental health matters. The session included discussions on active listening, identifying early signs of distress, and appropriate referral pathways. Participants developed skills to provide empathetic support, foster trust, and strengthen the mental well-being of their mentees.

Family Distress and Its Impact on Children's Mental Health

Family Distress, also known as family stress, refers to disturbance in the family unit that affect emotional well-being of its members. It is evident that distress within the family or the parents negatively impacts the physical and emotional (psychological) well-being of child, leading to adverse effect in child's mental health

Types of Family Distress:

1. External: War, Unemployment, Poverty.
2. Internal: Parental conflict, abusive environment, lack of respect between parents, death, separation, physical and emotional Abuse.

Both external and internal factors can simultaneously threaten or disturb the family system's equilibrium.

Causes for internal distress:

1. Forced marital commitment
2. Reluctance to accept the partner
3. Unwanted pregnancy
4. Cultural shock.
5. Personality clashes.
6. Parental addiction.
7. Unrealistic expectation or comparison.

Effect of Parental -Conflict on Child's Mental Health:

Research shows that the ages of 3 to 9 are crucial for child's development, marked by rapid and holistic growth. Healthy emotional bonding with both parents is vital for a child's proper development. When a child feels secure and loved by both parents, they gain confidence to perform well in social settings (such as school, with peers and within the family). The child develops sense of belonging, kindness, affection, helpfulness, politeness. and respect through the unconditional love they receive, particularly from the mother.



A strong bonding with the mother helps the child develop Intra-personal skills, while a good relationship with the father fosters the development of interpersonal skills.

The overall personality of child is shaped by the parenting style and the relationship between parents.

Children exposed to abusive (physical and verbal) environment in early childhood tend to develop insecure behaviors. These children may become easily distracted, impulsive, physically aggressive with peers, and prone to quick anger outburst. Insecurity often leads to a lack of self-esteem, low self-image and reduced confidence. Social disruptive or disengaged behavior are common in children brought up in distressed families.

Family distress also negatively affects children's academic performance. These children are more vulnerable to develop anti-social behavior, maladaptive behavior or other behavioral problems.

Instilling values during early childhood helps to develop positive personality traits. Childhood experience memories play a vital role in shaping their adult life and in helping them avoid distractions during adolescence. Providing a high-quality education will also enhance their skills, opening doors for career advancement.

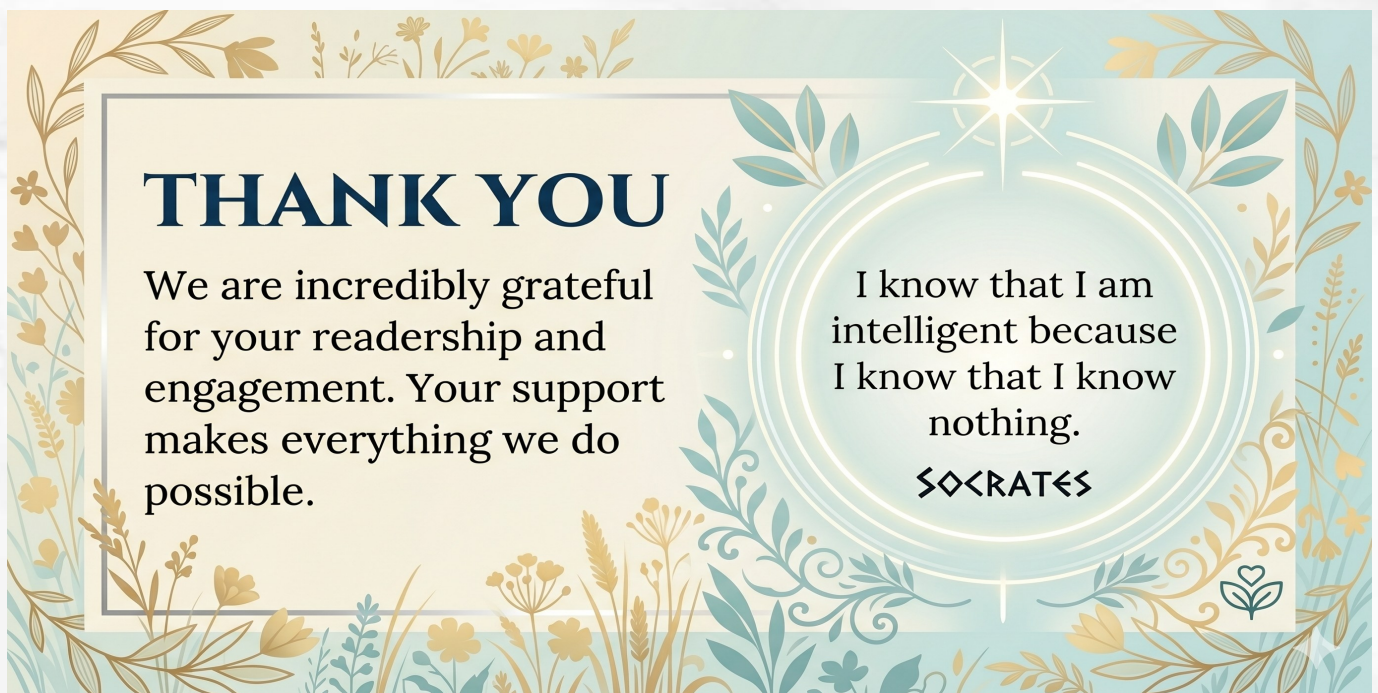
Nurturing children with unconditional love and values from both parents, along with positive parent behavior helps children develop emotional stability, resilience, and the ability to face challenges. This nurturing environment fosters kindness and a healthy personality, empowering children to lead happy and fulfilling lives as individuals.

A Happy and Compassionate Parents Raise a Happy Child.

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