

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

Hi everyone,

We'd like to gently remind all our dear students that a wide range of support systems are available within the institution to help you navigate your academic journey, enhance your well-being, and support your overall personal and professional development. These services are designed to ensure that you feel guided, supported, and empowered at every step of your time here.



Our support offerings include academic mentoring to help you stay on track with your studies, counseling services for emotional and mental well-being, career guidance to assist you in planning your future, and peer support programs that encourage connection and shared learning among students. Each of these resources is here to help you grow with confidence and resilience.

If you are facing any challenges—whether academic, personal, or emotional—please don't hesitate to reach out. Remember, seeking support is not a sign of weakness but a proactive and positive step toward growth, balance, and success. You are not alone, and help is always available.

For more information on how to access these services, you may contact the Student Support Office or visit the institution portal, where detailed guidance is provided.

Take care of yourselves, stay connected, and make the most of the support available to you. Wishing you all success and well-being in your journey ahead!

Dr. Geetha Maiya
Director,
Dept. of Student Affairs, MAHE



Board Transfer & Installation Ceremony

On 28th January 2026, the MAHE Toastmasters Club, functioning under the aegis of the **Department of Student Affairs (DSA)**, conducted its formal Board Transfer and Installation Ceremony. Held at the **Interact Lecture Hall, GD**, the event marked the official conclusion of the previous executive term and the induction of a new leadership team committed to fostering communication and leadership excellence within the student body.



Strengthening Student Support & Campus Well-being at MTMC, Jamshedpur

Manipal Tata Medical College (MTMC), Jamshedpur, recently conducted a series of interactive sessions and orientation programmes aimed at enhancing student support and overall campus well-being. These initiatives were designed to create awareness, strengthen mentorship, and promote a safe and inclusive academic environment.



The sessions were led by Dr. Geetha Maiya from Manipal Academy of Higher Education (MAHE), Manipal. She actively engaged with students, faculty, and various campus stakeholders to discuss important institutional policies and support systems. One of the key aspects of the programme was the interaction with Student Council members and student counsellors, encouraging responsible leadership and collaboration. Orientation sessions for MBBS students focused on awareness of MAHE policies such as POSH, SGRC, and ICC, along with an important discussion on the harmful effects of substance abuse.

In addition, mentors (Teacher Guardians) participated in discussions to strengthen the mentoring system, ensuring better academic and personal guidance for students. Special attention was also given to PhD scholars, highlighting the support systems available to promote their well-being and research growth.



Overall, these initiatives reflect MTMC's strong commitment to fostering a supportive, inclusive, and student-centric learning environment. By encouraging awareness, dialogue, and mentorship, the institution continues to empower its students and uphold its academic values.

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Collaborative Strategy Meeting for Student Leadership

The assembly of the Student Council Members and MAHE Student Club Representatives on February 10, 2026, marked a pivotal moment in the ongoing effort to synchronize student-led initiatives across the university. Held in the Counselling Hall of the Edu Building, the meeting functioned as a strategic forum designed to bridge the gap between various student bodies, fostering an environment of collective responsibility and shared institutional vision.



The primary objective of the session was to cultivate a more cohesive campus culture through enhanced student engagement. By bringing together diverse leadership groups, the meeting moved beyond simple administrative updates and into the realm of collaborative planning. The discussions focused heavily on identifying synergies between different clubs, ensuring that the vast array of student activities offered at MAHE are not only well-coordinated but also impactful and inclusive for the entire student population.



A critical component of the meeting's success was the implementation of a structured presentation format. Each club, represented by a designated member, provided a comprehensive overview of their recent milestones and future objectives. This methodological approach served several purposes: it established a high standard of accountability for club operations, allowed for the transparent

sharing of best practices, and provided a clear roadmap for upcoming events. These presentations acted as a catalyst for meaningful dialogue, allowing leaders to critique and support one another's projects in a professional setting.

In conclusion, the session was more than a mere gathering of representatives; it was a reaffirmation of the leadership potential within the MAHE student community. By prioritizing coordination and a unified vision, the participants have laid the groundwork for a more integrated and dynamic campus life. The insights gained and the relationships forged during this meeting will undoubtedly serve as a catalyst for future innovation and leadership excellence across the university's vibrant student landscape.

Empowering Educators: Enhancing Counselling Skills for Student Support – Series 7.0



The successful execution of "Empowering Educators: Enhancing Counselling Skills for Student Support – Series 7.0" on February 13th and 14th, 2026, underscores MAHE Manipal's commitment to a holistic educational environment. This two-day workshop was specifically designed to evolve

the faculty's role, transitioning from traditional academic instruction to proactive, compassionate mentorship.

The program centered on equipping educators with a practical toolkit for student support. Through interactive sessions and experiential learning, participants focused on essential interpersonal skills, including empathetic listening, rapport building, and effective communication. A critical objective was training faculty to identify early markers of student distress, ensuring a responsive frontline for mental well-being across the campus.

Beyond student-centric skills, the workshop addressed the importance of professional sustainability, highlighting effective communication strategies and work-life balance for the educators themselves. This approach recognizes that a supportive, student-centered culture is best maintained by resilient and empowered faculty members.

In conclusion, Series 7.0 reinforces the institution's dedication to academic excellence through compassionate care. By strengthening these fundamental counseling competencies, MAHE Manipal ensures its



educators are well-prepared to guide students through both their academic and personal journeys, fostering a more resilient and inclusive university community.

Yoga for Better Mental Health and Mindful Nature Walk

The Department of Student Affairs, in collaboration with the Centre for New Age Happiness, successfully conducted a specialized wellness session titled “Yoga for Better Mental Health” on February 13, 2026. Set against the serene backdrop of the MCOPS Green Garden, the initiative sought to address the growing need for mental resilience and stress management through a holistic integration of physical movement and environmental therapy.



The program was distinguished by its emphasis on the mind-body connection, utilizing the tranquil outdoor setting to move beyond traditional classroom boundaries. A unique cornerstone of the afternoon was a guided Nature Walk, which transformed the natural surroundings into an active therapeutic space. Unlike a standard stroll, this exercise required participants to engage in mindful sensory awareness and rhythmic breathing synchronized with their movement. By incorporating reflective pauses, the session encouraged individuals to anchor themselves in the present moment, effectively utilizing nature as a tool for grounding and emotional regulation.

In essence, the "Yoga for Better Mental Health" session offered more than physical exercise; it provided a comprehensive framework for mental clarity. By blending the ancient principles of yoga with the restorative power of nature, MAHE continues to champion innovative approaches to student and faculty well-being. The positive engagement from participants underscores the institution's commitment to fostering a balanced, mindful, and resilient campus community.



Staff Outbound Activity and Strategic Retreat

The Department of Student Affairs recently organized a two-day Staff Outbound Activity on February 21st and 22nd, 2026, held at Coffee Kanive in Chikmagaluru. This retreat was designed to harmonize the department's professional objectives with personal rejuvenation, offering a strategic space for staff to step away from the daily campus routine and engage in high-level planning within a revitalizing natural setting.

The primary focus of the outbound was to facilitate meaningful departmental meetings and long-term strategic discussions. By utilizing this off-site environment, the team was able to reflect on current workflows and deliberate on upcoming initiatives with a fresh perspective. These structured sessions were instrumental in aligning the staff's collective vision and refining the department's roadmap for the next academic cycle, ensuring that all team members are synchronized in their goals.

Complementing the formal agenda was a series of team-building exercises and social activities aimed at strengthening professional relationships. Through group games, interactive challenges, and sightseeing, the program fostered a sense of camaraderie and mutual trust. These informal interactions—ranging from team dances to shared reflections—served to break down traditional silos, encouraging a more collaborative and supportive work culture that is essential for the effective management of student welfare.

In summary, the Chikmagaluru outbound activity was a vital investment in the department's human capital. By blending strategic planning with team-oriented fun, the initiative not only enhanced the operational clarity of the Department of Student Affairs but also reaffirmed its commitment to a cohesive and motivated workforce. The rejuvenated spirit of the team will undoubtedly translate into more effective and empathetic support for the MAHE student community.



Empowering Educators: Series 8.0

The successful completion of “Empowering Educators: Series 8.0” on March 13th and 14th, 2026, marks another significant step in MAHE Manipal’s mission to integrate mental well-being into the academic experience. This two-day workshop was designed to transition faculty roles from traditional instruction toward holistic mentorship, ensuring educators are equipped to support students through both academic and personal challenges.



The program utilized experiential learning to provide faculty with a practical toolkit



for student engagement. Central to the curriculum were sessions on empathetic listening, rapport building, and effective communication—skills essential for creating a safe and responsive classroom environment. A primary focus was placed on the early identification of student distress, empowering educators to act as a proactive frontline for student mental health and timely intervention.

Beyond student support, the workshop addressed the necessity of faculty well-being, specifically focusing on work-life balance and resilient communication strategies. This comprehensive approach ensures that the culture of compassionate mentorship is sustainable for the educators providing it.

In conclusion, Series 8.0 reaffirms MAHE Manipal’s dedication to a student-centered academic culture. By strengthening these core counseling competencies, the Department of Student Affairs continues to foster an institutional environment where academic excellence is inextricably linked to the emotional and psychological health of the entire university community.



Strengthening Self and Supporting Others" Outreach Programme



On April 9, 2026, the Department of Student Affairs, MAHE, conducted a vital awareness session titled "Strengthening Self and Supporting Others" for the students of Government ITI, Bidkalkatte. This initiative aimed to empower young learners with essential life skills and health literacy.

The programme integrated mental health awareness and

substance abuse prevention with practical physical safety, specifically highlighting the importance of CPR. Additionally, the session emphasized the role of positive daily habits, such as time management and physical fitness, in achieving personal and professional success.

This interactive outreach reinforces MAHE's commitment to community well-being and the holistic development of youth beyond the university campus.



Empowering Educators 9.0



The Department of Student Affairs, MAHE Manipal, successfully conducted the ninth iteration of its flagship workshop, "Empowering Educators 9.0," on April 24th and 25th, 2026. This two-day intensive program was designed to strengthen faculty competencies in student counselling and holistic support, equipping educators with practical skills to better guide and mentor students through their academic and personal journeys. The workshop featured a multidisciplinary

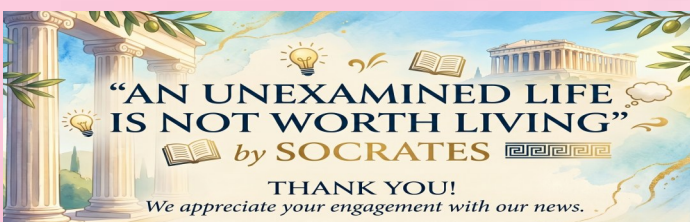
panel of distinguished resource persons:

Dr. E. Aravind Raj, Professor of Psychiatric Social Work at NIMHANS.

Adv. Latha Holla, Advocate at Holla Associates, Mangalore.

Dr. Soyuz John & Team from the Department of Psychiatry, KMC, Manipal.

Through interactive sessions, participants engaged in meaningful discussions on key areas such as empathetic listening, identifying early signs of student distress, and rapport building. Under the leadership of Director Dr. Geetha Maiya, the initiative reflected MAHE Manipal's continued commitment to promoting mental well-being, academic excellence, and a culture of compassionate mentorship across the institution.



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