

# 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*



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Deputy Director  
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(Health Sciences)

*Dear Students,*

*It gives me great pleasure to introduce "Hithaishi", the First Issue of the First Newsletter of the Department of Student Affairs, MAHE, Manipal.*

*The DSA, with the support of the constituent institutions of MAHE, constantly strives towards the holistic development of all the students. This Department gives emphasis to 3 major components: (i) Redressal of student grievances, (ii) Student health and (iii) Need based counselling facility.*

*This quarterly publication briefly describes the latest activities/awareness programs conducted by DSA from January 2018 to August 2019. This is to create awareness and motivate you to be a part of these programs in future.*

*We realize that a professional course can be quite challenging and stressful, especially when you are away from home. There may be times when you suffer from home sickness, academic pressure, peer adjustment, interpersonal relationships, health problems, loneliness, etc. At any point of time, if you find yourself going through these difficult situations, whether you are residing in the campus or outside, you can always approach us for help, without any hesitation and in total faith. At any cost please do not bear the burden alone – **Share it!***

*We at DSA, want to assure you that we understand your problems, and as a student of MAHE, you will never have to suffer for the want of support systems! This newsletter will highlight all the student support systems available at MAHE, that cater to the needs of the students. I sincerely hope that you will make use of all the facilities available for your overall growth.*

*Finally, I want to express my gratitude to the Editorial Team for having put in so much time and effort to bring out this Newsletter.*

*All the best!*

**Dr. Geetha Maiya**  
Director, Department of Student Affairs  
MAHE, Manipal

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# STUDENT AFFAIRS ENDEAVOURS

## VISION

To facilitate students' transformation into confident and successful individuals that are worthy citizens of their country.

## MISSION

To ensure holistic development and a healthy study and work atmosphere for all students of MAHE. To accomplish this, we:

- ◆ Initiate and deliver programmes that address the holistic development of the students.
- ◆ Identify and respond to students' needs with personalized student services.
- ◆ Maintain a safe environment that supports and sustains recruitment, retention and student success.
- ◆ Foster an environment that respects diversity and nurtures positive relationships among students, faculty, staff and the community.
- ◆ Link academic and co-curricular learning experiences.

## VALUES

Commitment, Openness, Inclusivity and Respect (COIR) are the five values that we aspire our students to imbibe.

## DEPARTMENT OF STUDENT AFFAIRS, MAHE, MANIPAL



# WORKSHOPS/PROGRAMS CONDUCTED BY DSA

## GENDER CHAMPION WORKSHOP

DSA conducted Gender Champions Workshops for the students of MAHE on 28.01.2019 and 06.02.2019 from 9 am to 6 pm. There were 5 to 6 participants from each Institute, who were divided into batches of two. There were 30 participants on the first day and 19 participants on the second day. The workshops were conducted in an effective manner and we received positive feedback from the students. The resource persons for the event were Dr. Ciraj, Dr. Gayathri Prabhu, Dr. Shubha, Ms. Manjushree, Dr. Praveen Shetty, Lt. Cdr. Geetha Lakshmi, Ms. Latha Holla, Ms. Anitha Guru, Dr. Sudamshu Bhushan Raju, Dr. Padma Rani and Dr. Jagriti Gangopadhyay.



## PEER SUPPORT WORKSHOP

Peer Support Workshops were conducted for the students of MAHE on 02.02.2019, 09.02.2019, 15.02.2019, 22.02,2019 and 09.03.2019. 85 students from each of the Institutes of MAHE participated in these workshops.



# ANTI-RAGGING POSTER COMPETITION

Anti-Ragging Poster Competition was organized on 02.03.2019



## RESULTS

1. Kasturba Medical College, Mangalore
2. Welcome Group Graduate School of Hotel Administration, Manipal
3. Manipal Institute of Communication, Manipal

# DESIGNER DRUGS – A WORKSHOP ON THE ESCALATING PUBLIC HEALTH CHALLENGE

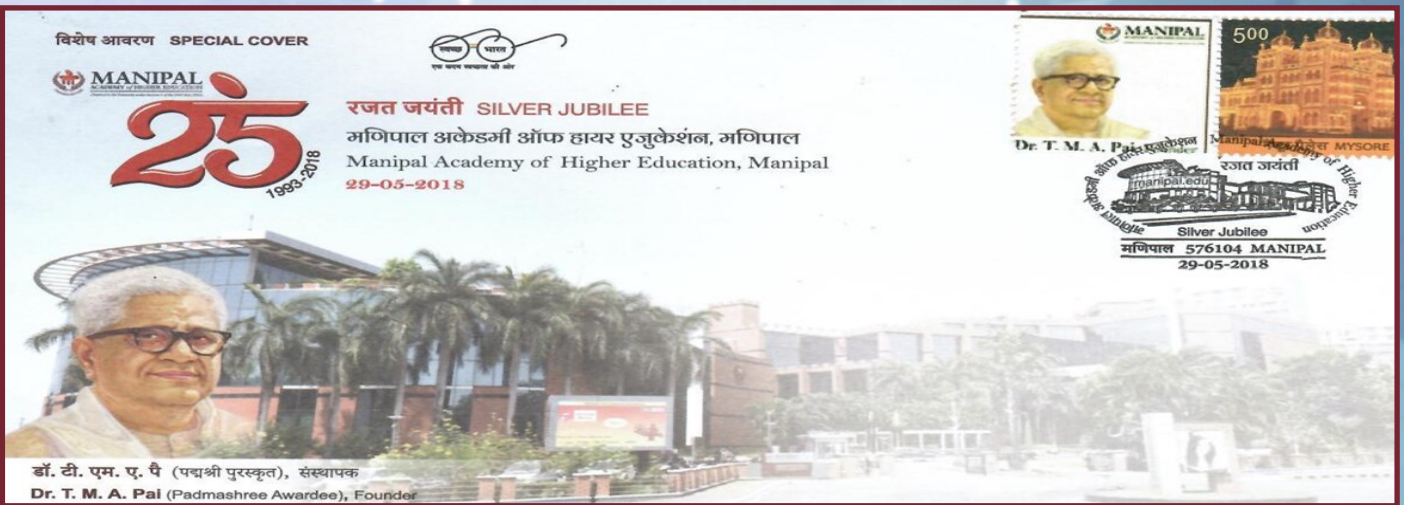
DSA in collaboration with the Centre for Narcotics and Psychotropic Substances, MAHE and the Centre for Clinical Forensics, MAHE conducted a Designer Drug Workshop for the students on 12.03.2019. 97 participants attended the workshop.



# SPECIAL COVER LETTER RELEASE PROGRAM

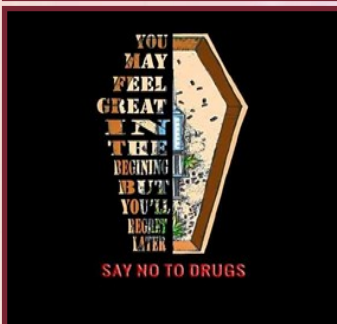
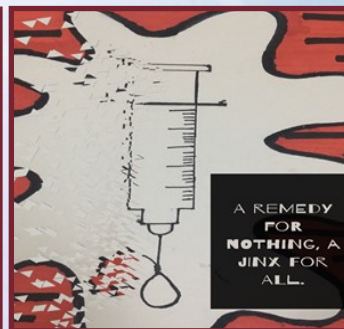


A program was held on 29.05.2019 to release the Special Cover Letter on the occasion of the Silver Jubilee Celebration of Manipal Academy of Higher Education (MAHE), Manipal.



# POSTER COMPETITION (12.03.2019)

On the occasion of the International Day Against Drug Abuse and Illicit Trafficking



# INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

DSA, in association with the Centre for Narcotic and Psychotropic Substances, MAHE, observed the United Nations International Day Against Drug Abuse and Illicit Trafficking on 26.06.2019.



Keeping in mind the theme for the event, the following activities were organised:

- ◆ With the signing of the Memorandum of Understandings, MAHE began a collaboration with the Bombay Hemp Company, Mumbai and the Centre for Human Securities, Hyderabad in their fight against illegal and harmful narcotics.
- ◆ Ready Reckoner of Narcotic Drugs and Psychotropic Substances was released.
- ◆ Trailer of News Karnataka TV episode, “Secret World of Narcotics and Psychotropic Substances” was released.
- ◆ The online magazine “Pineapple Express”, was released.



# ORIENTATION PROGRAM FOR NEWLY ADMITTED STUDENTS





# INTERNET ADDICTION

The internet creates new ways for individuals to communicate, congregate and share information about their social life. It is obvious that the internet has and will continue to change the way we live. It has changed the field of education, health, business and even politics in the world. Along with negative impacts, the internet has also had positive impact our society especially in the field of education. Students can get access to their areas of interest and most importantly, people today can study online. With the emergence of the internet, the number of internet users is increasing drastically. As of December 2017, about 3.2 billion people were using the internet. We can thus recognize the fact that the internet expands the social, political and economic activities of the people today all over the world.

Addiction, as a concept, originated in the medical and behavioural sciences. In a medical sense, it means a condition that depends, mentally and physically, on a specific kind of substance, especially on drugs. People may become addicted not only to a physical substance but also to problematic behaviour. Internet addiction or problematic internet use is one of the newest areas of interest in psychiatry. The internet, which was developed to increase communication and facilitate information exchange, has grown beyond expectations making some users unable to control their internet use and thus experience problems in their functioning at work, social and private spheres.

In India, internet usage has drastically increased compared to other countries. Such a big increase has resulted in problematic use and even addiction for some individuals. Problems relating to excessive and abusive use of the internet have been defined as excessive cognitive involvement associated with the use of the internet, recurring thoughts about limiting and controlling the use, inability to cease craving for access, persistence in using the internet in spite of impaired functioning at various levels, spending increasingly more time on the internet and longing and craving behaviours when there is no possibility of using it. The use of the Internet in school campuses and in the society has increased dramatically in recent years. Whereas the academic use is primarily intended for learning and research, the internet has also become an important part of student life. The internet certainly has immensely impacted the lives of everyone and the youth makes the major proportion of the internet population.

## **Negative Effect of internet use on youth**

### **Addiction**

With ease of use and availability comes a deadly side- effect: addiction. Today's youth is tech-savvy. Nowadays, youngsters are experiencing difficulty in letting go of their electronic gadgets. Constantly checking new messages, refreshing FB news feed on repeat, and playing games online all night are actions not unheard of. The internet is taking over the minds of the youth, who seem to be unable to function at all without it. It is increasingly becoming an unhealthy habit which needs to be curbed consciously.

### **Reduction In Physical Activity**

While spending hours at a stretch on the internet, youngsters are left with little time for other tasks, especially healthy physical activity. The internet has provided a virtual space to the youth, where they prefer to stay. Brain disorders, self-esteem issues and obesity are some of the issues that can be triggered by excessive use of technology coupled with limited physical activity.

### **Cyber Crime**

The youth today remains vulnerable to a lot of fraudulent activity online, which they must be careful with. Moreover, a thousand kinds of viruses and other such unwanted entities can attack an individual's gadget, putting their sensitive information at risk. Unethical hacking has become quite rampant. Social media applications use the phone's location to post online. This is open to the public, and there's a great risk of being tracked down by malevolent persons. The usage of internet services needs to be judicious and the user, discerning.

### **Psychological Blocks**

Virtual establishment of networks and relations has led to personality issues in many youngsters. They fear face to face conversation and feel more comfortable while interacting through a screen. Trust, self-confidence and happiness are not found on a virtual page. One cannot take away from the benefits of personal interaction and public speaking.

### **Insomnia**

Insomnia is a common sleep disorder. People who have insomnia find it difficult to fall asleep easily and stay asleep for a while. Playing games online and chatting till late night greatly affects their sleep cycle.

### **Methods to overcome internet addiction**

The methods proposed for the treatment of internet addiction consist of primarily psychotherapy and some pharmacologic interventions. Although the underlying basic psychopathology may produce internet addiction symptoms, according to the cognitive behavioural model of internet addiction, basic psychopathology and internet addiction should be investigated and targeted separately.

These strategies can be used to reduced moderate level of internet addiction:

- Spend more time with people rather than with your electric devices.
- Modify your routine.
- Ensure that your family keeps you accountable and limits the amount of time you spend online.
- Engage yourself recreational activities than do not involve electronic gadgets.

**- MR. CALVIN D'SOUZA**  
**STUDENT COUNSELLOR (MAHE)**

## DSA STUDENT COUNSELLING CENTRE

Having joined a professional course, students may face several situations that may affect them physically and psychologically. There may be certain personal issues that may interfere with their studies and normal functioning. Being away from home in a new environment itself could be a distressing situation. Academic pressures and anxiety could also be other factors that may take a toll on the student. Sometimes they may face peer pressure and at other times, their peers may appear insensitive to their needs and demands. In these instances a support system is required. A Student Counsellor is the very nerve of this support system. Ever ready with a patient ear, the Counsellor helps students feel comfortable in their new set-up and cope with their anxieties, thus helping them get back on their feet.

“  
*Our counsellors  
will always be readily  
available if students have  
any queries or  
concerns*  
”



Following are some of the concerns that a student may face:

- ◆ Academic pressures / Examination anxiety
- ◆ Loneliness / Depression / Difficulty adjusting to the new environment
- ◆ Interpersonal relationship issues / Personal problems
- ◆ Physical and mental stress
- ◆ Career concerns
- ◆ Addictions (substance abuse)

If a student is facing any difficulty and feels the need to discuss their problem, they can always approach the Counsellors in their office or when they visit the hostels periodically.

## AWARENESS PROGRAMME CONDUCTED FOR STUDENTS REGARDING COUNSELLING FACILITY



# STUDENT SUPPORT SYSTEMS

## GRIEVANCE REDRESSAL



- ◆ Anti-Ragging Monitoring Committee
- ◆ Student Grievance Cell
- ◆ Internal Complaints Committee
- ◆ Student Affairs Committee
- ◆ Hostel Committee

## GRIEVANCE REDRESSAL



MAHE Student  
Counsellors  
for initial screening

Clinical Psychology  
Psychiatry Department  
Student Support Centre

## STUDENT SUPPORT CENTRE

With over 20,000 students enrolled in MAHE, it is imperative to have a support system that caters to their welfare and well-being outside the classrooms. The facility was set up for this purpose and provides support to the student community in many ways. The activities range from students' health and wellness to guidance and counseling. Constant effort is made to update and evolve ways to support and foster their interest in MAHE. A number of activities are conducted every year to ensure that the students' growth is not limited to classrooms alone. The Centre's aim is to help them reach their highest potential in the areas of intellectual curiosity and personal well-being. We are committed to providing them with a wide variety of opportunities to explore leadership styles while also cultivating and practicing new skills.

**For appointment contact— 0820-2922430**





# FLYERS



**MANIPAL**  
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## Prevention, Prohibition & Redressal of Sexual Harassment at Workplace

Have you ever been a victim or witnessed any of the following Unwelcome Advances at your workplace?

- Requests or demand for sexual favours, either explicitly or implicitly in return for employment, promotion, examination or evaluation
- Sexually coloured remarks, jokes, letters, phone calls, text messages, emails, gestures or forcefully flaunting pornography
- Lurid stares, physical contact or molestation, stalking, verbal or non-verbal communications that is offensive to individual sensibilities and has the ability to cause psychological distress
- Any act or conduct of a person that is creating a hostile or intimidating environment to the employee /student belonging to the opposite sex

If the answer is YES to any of the above queries, please reach out to University ICC (Internal Complaints Committee) at 0820-2922960 or [icc.mu@manipal.edu](mailto:icc.mu@manipal.edu)  
**If it is Unwanted, it is Harassment**  
Sexual Harassment at workplace is a punishable offence

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## Safety Instructions for Students

**Speed and Negligence** cause majority of the **accidents!**  
Observe Traffic Rules and Drive Cautiously.

**Keep the University ID Card with you at All Times.**  
Display when asked for by the Institutional & University Authorities / District Police Authority.

**Swimming in the Arabian Sea is prohibited**  
It Can Cost You, Your Life!  
Life is precious. We value it.

Issued in the interest of students | July 2018 Director, Student Affairs

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## TEARS WON'T MAKE A DIFFERENCE RAISE YOUR VOICE AGAINST RAGGING

**What constitutes Ragging?**  
"Ragging" is any disorderly conduct whether by words (spoken or written) or by an act which has the effect of teasing, treating or handling badly any student, including in rowdy or undisciplined activities which cause or is likely to cause annoyance, hardship or psychological harm or to raise fear or apprehension thereof in a fresher or a junior student and which has the effect of causing or generating a sense of shame or embarrassment so as to adversely affect the psyche of a fresher or a junior student."... The Hon'ble Supreme Court of India

**Penalty for Ragging**  
No person who is a student of an educational institution shall commit ragging. Supreme Court of India has ordered that "if any incident of ragging comes to the notice of the authority, the concerned student shall be given liberty to explain and if his/her explanation is not found satisfactory the authority would expel him/her from the institution".

**Ragging is a criminal offence.**

**Warning**  
No leniency will be shown to the offenders involved in ragging. All students are requested to note and co-operate in keeping the university and its constituent colleges free of ragging. If found to be an offender, the following actions will be resorted to:  
• Suspension / Rustication / Expulsion from the college  
• Fine up to 12.5 lakhs

**In case of emergency contact:**  
Toll free: **1800 425 6090**  
Anti-Ragging Squad: **99456 70913**  
Chief Operating Officer (Campus Safety): **70226 32484**  
Director, Student Affairs: **98457 84282**

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# STUDENT HEALTH CLINIC

First floor, New Out-Patient Block, Kasturba Hospital, Manipal

**OBJECTIVE** To provide optimum healthcare to all the students of Manipal Academy of Higher Education (MAHE)

## INSTRUCTIONS TO ALL MAHE STUDENTS

### Utilization of Healthcare Services at Kasturba Hospital, Manipal

- The student health clinic will function on all days (except Sundays, MAHE holidays). Working hours 8.00 am - 1.00 pm and 2.00 pm - 5.00 pm
- Between 1.00 pm - 2.00 pm and 5.00 pm - 6.30 pm registrations will be done at Ground floor, New OPD building. Consultations will be done at Medicine OPD (2nd floor).
- Students can contact the Patient Relation Executive (PRE) posted at student health clinic previous day by phone (0820-2922057) or in person for availing appointment with the consultant and / or to register the file for next day. This will save time and prevent absenteeism from regular classes.
- During working hours students are directed to register at student health clinic and attend the respective outpatient department thereafter (Refer Annexure-I).
- In case of accident / injury students should report to Trauma & Emergency centre directly. (Refer Annexure-II)
- Between 6.30 pm and 8.00 am any student requiring medical attention should visit casualty and will be managed as inpatient.
- Students should produce their ID Card / Combo Card while visiting the hospital / at the time of admission at hospital
- Impersonation / misuse of combo cards is a criminal offense and will be dealt with accordingly.
- Only one hospital file should be made per student. This will facilitate proper documentation and comprehensive care.
- Admitted students are not permitted to go out of the ward until discharge.
- Students must settle the bills in time before discharge.
- Medical certificates cannot be demanded from the Doctors.
- Request hospital ambulance for genuine cases only. Caretaker has to accompany the students in the ambulance.
- Ambulance will be provided free of cost within the MAHE campus. Charges will apply for the services of ambulance outside the MAHE campus.

Issued in the interest of students Director, Student Affairs

### ANNEXURE I

**Non-Accident / Non-Emergency case**

8.00 am - 5.00 pm (OPD hours)	1.00 pm - 2.00 pm & 5.00 pm - 6.30 pm	6.30 pm - 8.00 am (Non OPD Hours)
Report to Student Clinic in person or telephonically (0820-2922057)	Registration at ground floor, consultation at Medicine OPD (2nd floor) New OPD Block.	Report to Trauma & Emergency
Student can tell the Hosp. No and immediately file can be sent to respective OPD	The PRE will assist in registration of the student (New & Repeat)	Follow the T & E Chart (Annexure II)
File reaches the respective OPD		
The Student is seen by the Duty Doctor on priority		
Sample Collection: Counter Number 5 is dedicated for students (Medicare)	Imaging and other Radiological Investigation: Certain token numbers will be reserved exclusively for the student	Pharmacy: Counter Number 11 is dedicated for students (Medicare)

### ANNEXURE II

**Follow the T & E Chart**

Report to T&E Block registration cum admission counter with Combo Card / ID Card
8.00 am - 6.30 pm: Treatment on OP basis 6.30 pm - 8.00 am: Treatment on IP basis i.e. the student will be admitted for the well-being of the patient.
The blood sample is collected by the Nurse Incharge and sent through PHS/HSK to the respective lab for testing Radiological investigations will be done in Trauma X-Ray

# CLUB ACTIVITIES

## Manipal Philatelic and Numismatics Club

**The MANIPAL PHILATELIC AND NUMISMATICS CLUB (MPNC)** was formed in December 06, 2015 under the Department of Student Affairs, MAHE. The club works hand-in-hand with the Dakshina Kannada Philately and Numismatic Association, Mangalore.

**Members of the Club :** Vice Chancellor, MAHE, Dr. Vinod Bhat is the President of the club, Director Student Affairs, MAHE, Dr. Geetha Maiya is the Vice President, Ms. Shivangi, MIT is the Secretary and Ms. Swathi, Department of Student Affairs, MAHE, is the Joint Secretary. There are currently 82 members in the club. Other members of the working committee are elected by the General Body.

**Meetings :** Meetings of the Manipal Philatelic and Numismatics Club, MAHE are held on the second Saturday of every month followed by an auction. All the members actively participate in the meetings. There are informative talks and interactive sessions on topics related to Philately and Numismatics in every meeting by the members of the club. There will also be a small exhibition after the meeting by the collectors of the club .

**Exhibition :** “Tulunadpex 2017”, a Regional level Philatelic and Numismatic Exhibition (Dakshina Kannada and Udupi districts) was conducted by the Manipal Philatelic and Numismatics Club, MAHE in association with the Dakshina Kannada Philatelic and Numismatics Association on 19<sup>th</sup> and 20<sup>th</sup> August 2017 at Dr T M A Pai Hall, Kasturba Medical College, Manipal.

Interested Faculty members and students can contact email — [phinum.mu@manipal.edu](mailto:phinum.mu@manipal.edu) to join the club.



# MAHE TOASTMASTERS CLUB



Toastmasters International is an international organization that empowers individuals to become more effective communicators and leaders. The organization's membership exceeds 3,58,000 in more than 16,800 clubs in 143 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders. The education program comprises 11 Paths that teach more than 300 unique competencies that will help members build the skills they need to communicate and lead.



MAHE Toastmasters Club was chartered on March 5, 2018 with the intention to provide a supportive group environment where students and faculty members of MAHE could come together to practice and improve their communication and leadership skills. In addition to delivering speeches based on the assignments in the Pathways educational program, members are asked to evaluate other member's speeches which will help them develop their own listening and interpersonal skills.

MAHE Toastmasters Club provides a conducive environment for the growth of its members. It has conducted many activities to help members hone the required skills and has also hosted an Area-Level Speech Contest. The members have participated in Club-Level, Area-Level and Division-Level leadership training programs and contests. The members have brought laurels to the Club by winning accolades at the Area and Division Level contests. Some of the awards and recognitions received in the year 2018 are:

- ◆ Distinguished Club Status
- ◆ Pinnacle Award
- ◆ Smedley Award
- ◆ Winner Fast 50 Award
- ◆ Spirit of 92 Award



- ◆ TM Ashley Jovian bagged I Place in the Humorous Speech Contest at the Division Level Contest of 'EMPARCH'.
- ◆ TM Tarun Asthana and TM Ashley Jovian bagged III Place in the Improv Contest at the Division Level Contest of 'EMPARCH'.

# SCIO FOUNDATION



Scio Foundation is a non-profit organization that primarily focuses on making this world a better place, which is achieved by imparting education to the youth and helping the less fortunate sections of the society. It is an endeavor aimed towards the enlightenment of the youth for a lasting and positive change, for a better society, and consequently a better India. The Club is currently working on 4 projects which are in line with their objectives:

- ◆ VIDYA: Under this portfolio, the Club is responsible for hosting career counselling sessions for students which exposes them to a plethora of career opportunities.
- ◆ VEDA: This project is all about organizing interactive sessions with people from unorthodox career paths. This event is focused on students of class IX and X.
- ◆ VAIDYA: Not everyone can afford basic medical amenities. Building on this, Scio is involved in setting up free medical camps for the people living in rural areas and slums.
- ◆ SUKHOON: This is part of the recent efforts of the Club in bringing awareness about menstruation and suppressing the myths surrounding it which are still prevalent in our society.

In addition to these projects, Scio has diversified its spectrum by collaborating with other clubs like Chords & Co and Indian Society for Technical Education for old age home visits, walkathons, and debates.

Achievements of Scio Foundation:

- ◆ Su-Khoon: 150 women have benefitted from this campaign.
- ◆ Vaidya: 250 people have benefitted from the medical camps.
- ◆ Vidya & Veda: 400 school students were enlightened about the different career opportunities available.





# VOLUNTEER SERVICES ORGANISATION

Volunteer Services Organisation (VSO) was the brainchild of Dr. Raj P. Warriar, Former Vice-Chancellor, MAHE. The Club was started in 2007 with a small but determined group of volunteers, including faculty and students, with the main aim of providing an opportunity to the students to serve the society.

VSO aims at developing the spirit of selfless service by responding to the community's needs, addressing their issues and developing the leadership and learning skills of the volunteers. With a strength of over 3000 volunteers (including students, faculty & their spouses), VSO undertakes projects which cover community, organizational and soft skills avenues.

The weekly projects actively involve 150 plus volunteers in projects such as Sanjeevani (paediatric ward visits), Muskaan and Parivartana (visits to workers' colonies in and around Manipal), Aasha (visit to old age homes), Akshara (Academy School visits), Asare and Hombelaku (school for special children), Khushi (Nittur state home for children), Aarambh (Sri Krishna Balaniketan visits), Namma Bhoomi (visit to Namma Nalanda Vidyapeeta) and Blood Donation drives.

Along with these weekly projects, special events are also organised that give the volunteers a chance to mingle with students and faculty from different fields. These include the annual Kite flying festival Tarang and Daan Utsav which is celebrated as the joy of giving week throughout the country from the 2nd to 8th October. Health camps, both medical and dental, are conducted at regular intervals which give an opportunity to volunteers to experience healthcare at the grass root level.

With a belief that small changes can bring about a big difference, the volunteers staff strive to ameliorate the conditions of the impoverished and the less fortunate with a hope of forging a path to a better society.



# STANDARD OPERATING PROCEDURE



**MANIPAL**  
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(Institution of Eminence Deemed to be University)

## SOP for intention of Self harm by MAHE Students

**Student having intention of selfharm can contact  
MAHE Helpline No. 1800-425-6090**



**Inform**

**Director / Dy. Director, Student Affairs (DSA/DDSA/Counselor)**  
Contact No - +91 9845784282, +91 9964139848, +91 7899769328,  
**+91 9449082214** +91 9148591545, +91 9148591543, 91485915456,  
(Mangalore campus) 9148591547, +91 9481963639, +91 9964643260 **+91 9148591544**



**Intimation**

Chief Security Officer (contact no - +91 7022632484)  
(Campus Patrol team), AMBULANCE (contact no - 0820 2922761  
MAHE Student Counsellors  
Head of Institution (HOI), Teacher Guardian (TG), Parents



**Transport by Ambulance**

Psychiatry OPD (9 am - 5 pm) - contact no - 0820 2922217  
Emergency triage (5 pm - 9 am) - contact no - 0820 2922246, 0820 2922721



Follow up by MAHE student counsellors



Follow up shall also be done by respective Institutes  
Concerned student Report has to be sent quarterly to DSA by concerned HOI

Issued by: Director, Student Affairs, MAHE, Manipal

# EMERGENCY POINT OF CONTACT



**MANIPAL**  
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*Dy. Director (Health Sciences)*

M. +91 99641 39848

**Dr Veena Maben**

*Dy. Director (Technical)*

M. +91 78997 69328

T: +91 820 2922035 | E: [dsa.mahe@manipal.edu](mailto:dsa.mahe@manipal.edu)

## **EMERGENCY POINT OF CONTACT—MANGALORE CAMPUS**

Deputy Director of student affairs (Mangalore campus)

**Dr.Rekha T**

+91 9449082214

## **MAHE STUDENT COUNSELLORS**



**Mrs Karuna Devadiga**

0820-22903/9148591543



**Mrs Shilpa Joshi**

0820-2933516/9148591546



**Dr Rayan C Mathias**

0820-2933515/9148591545



**Mrs Divyaprabha Dsouza**

9481079572

(Mangalore campus)



**Mr Srijeet Sudakar**

9148591547



**Ms Archana Pillai**

0820-2933517/9148591544



**Mr Calvin Dsouza**

9606035373



**Mr Jeevan Lewis**

9964643260

# EMERGENCY POINT OF CONTACT

<b>CAMPUS SAFETY</b>	
Chief Security Officer (Campus Safety)	7022632484 / 0820-2922848
Security Control Room	0820-2922515 / 0820-2925000
Emergency Mobile Patrol	9945670912 / 994567091
Student Health Clinic - Kasturba Hospital	0820-2922057
<b>EMERGENCY HELPLINE NUMBERS</b>	
Toll Free number for Ragging related complaints/General Helpline	1800-425-6090
Sexual Harassment Helpline	0820-2922960
Emergency/Trauma Triage	0820-2922721, 0820-2922246, 0820-2922761
Ambulance	08202923153, 0820-2575555, 0820-2922761
Ambulance (MIT) after 6 PM	0820-2929100
KMC Helpdesk	0820-2922761
Psychiatry OPD	0820-2922217
Medicine OPD	0820-2922236
Student Support Centre	0820-2922430
<b>EMERGENCY HELPLINE NUMBERS- MANGALORE CAMPUS</b>	
Chief Security Officer [Mangalore Campus]	+91 9845068101

# ACKNOWLEDGEMENTS

*The Department of Student Affairs always puts in a lot of efforts in all their endeavours. However, it would not have been possible without the dedication and support of all the former Directors and Deputy Directors of Student Affairs. We express our sincere and heartfelt gratitude to all of them:*

## **Former Directors:**

*Dr. Pushpa Kini*

*Dr. Padmaraj Hegde*

*Dr. Indira Bairy*

*Dr. Suma Nair*

## **Former Deputy Directors:**

*Dr. Shyamala G.*

*Dr. Sulatha Bhandary*

*Dr. Vidya Saraswathi*

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**A journey of a thousand miles  
begins with a single step...**

**Lao Tzu**