

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
Manipal Academy of Higher Education, Manipal*



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Dear Students,

It gives me immense pleasure to present the second issue of "Hithaishi". This issue briefly describes the activities conducted by DSA from August 2019 to June 2021, with a view to create awareness and motivate you to be a part of these programs.

This year, we at MAHE have undertaken the year-long project "Nasha Mukh Udupi Abhiyaan by involving Young Leaders of MAHE" funded by the Ministry of Social Justice and Empowerment, Government of India, in an effort to educate our youth and free our society of the perils of substance abuse. The main objective of this Abhiyaan is to prevent substance abuse, create awareness and sensitize students of MAHE and also people living in villages in and around Udupi, to the problems resulting from drug use.

I request our student community to help us achieve this objective by involving themselves in all activities that we have planned as part of the NMBA project, and help make our campus as well as surrounding cities of our district Nasha Mukh.

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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ABOUT US

VISION

To facilitate students' transformation into confident and successful individuals who 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 four values that we aspire to inculcate in our students.

ACTIVITIES CONDUCTED BY DSA

WORKSHOP ON PREVENTION OF SELF-HARM

A workshop on *Prevention of Self-Harm — Stand by... See you Tomorrow!!* was organized in association with Department of Psychiatric Nursing, Manipal College of Nursing, on 10th September 2019. Around 75 students from various institutions of MAHE attended the workshop.



Eminent speakers like Dr. Samir Praharaj and Mr. Praveen Jain (KMC, Manipal), Mr. Renjula (MCON) and Dr. Sharmila Rao (Life Coach & Medical Trainer) addressed the students on the causes, myths and realities, assessment and management of self-harm.



WORKSHOP ON BASICS OF PHOTOGRAPHY

MAHE has entered into a collaboration with Canon India to organise workshops for the students. In this regard, DSA, in association with Cannon India, organised a workshop on Basics of Photography on 30th September 2019.



Mr. Astro Mohan, an internationally renowned news photographer with over 24 years of experience in photojournalism, shared his knowledge and skills with the participants. 97 students from various institutions of MAHE participated in the workshop.

PRESENTATION ON YOUNG INDIA FELLOWSHIP

Young India Fellowship is a one-year residential multi-discipline post graduate program which provides liberal arts education through experiential learning.

DSA organized a talk on YIP on 2nd November 2019. Mr. RVL Narasimham, an alumnus of Manipal Institute of Technology and a Young India Fellow at Ashoka University, was the resource person.



Addressing over 100 students, he spoke on the role played by YIF in improving the standard of higher education in India by allowing a more expansive and engaging learning module.

DEBATE COMPETITION

Motion: Do Students use Social Media Responsibly?

Moderators: Dr. Veena Maben (Deputy Director, Student Affairs, MAHE) & Dr. Praveen Shetty (MIT, Manipal)

Winners

I Place — Thana Raj Dhava & Jesper Leonard Vun, MMMC, Manipal

II Place — Priyank Basu & Awais Ibrahim, DOC, Manipal

III Place — Archisha Kalra & Akarsha Khanna, KMC, Manipal

Best Speakers

Priyank Basu — DOC, Manipal

Jesper Leonard Vun — MMMC, Manipal



QUIZ COMPETITION

Theme: Repercussions of Social Media and Substance Abuse on Youth

Written Round Quizmasters: MAHE Student Counsellors - Dr. Rayan Mathias, Mr. Calvin D'souza, Ms. Archana Pillai & Mr. Jeevan Lewis.

Oral Round Quizmaster: Ms. Nikita Menezes (MAHE—Legal Dept.)

Winners

I Place — Aditya Tripathi & Shivangini, KMC, M'lore

II Place — Abha Salwan & Adarsh S, KMC, M'lore

II Place — Aniruddha Upadhyaya & Dhruv Hejamadi, KMC, M'lore



AWARENESS PROGRAMS ON PREVENTION OF SUBSTANCE ABUSE

DSA, in association with Manipal College of Nursing, conducted awareness programs on **Prevention of Substance Abuse** at various institutes of MAHE from 13th December 2019 to 8th February 2020.

MAHE Student Counselors, faculty members and experts in the field were invited as resource persons to address the students and enlighten them on the mental, physical and legal ramifications of indulging in substance abuse. Over 800 students from various institutes of MAHE participated in these awareness programs.



INSTITUTE	DATE	NO. OF PARTICIPANTS
Manipal College of Nursing	13-12-2019	100
Manipal Institute of Communication	08-01-2020	93
Manipal College of Dental Sciences	09-01-2020	87
Welcomgroup Graduate School of Hotel Administration	11-01-2020	137
Department of Commerce	15-01-2020	105
Manipal College of Pharmaceutical Sciences	25-01-2020	100
Manipal College of Health Professions	31-01-2020	99
Mangalore Campus — Medical, Dental and Allied Health Sciences colleges	08-02-2020	128

PEER SUPPORT WORKSHOP

DSA organized a Peer Support workshop for the students of Manipal College of Dental Sciences, Manipal on 2nd and 3rd March 2020. The sessions were conducted by MAHE Student Counsellors through talks and group discussions. 70 students from MCODES actively participated in these workshops.



E-POSTER COMPETITION (13.03.2020)

Theme: "Social Media: A Boon or a Bane?"

Winners:

I Place — Dr. Harshita Sharmam & Dr. Tanvi Bakshi, MCODES Mangalore

II Place — Dr. Ananthu H & Dr. Megha J Nair, MCODES Mangalore

III Place — Edlin Menezes, Henita Menezes & Meena Konsam, MCON Manipal



WORKSHOP ON HANDLING ANXIETY

DSA organized a workshop on **Handling Anxiety** for the students of Manipal College of Dental Sciences, Manipal on 2nd March 2020. MAHE Student Counsellors addressed the students on identification of the problem and the need to seek help.



PHILATELIC AND NUMISMATIC EXHIBITION

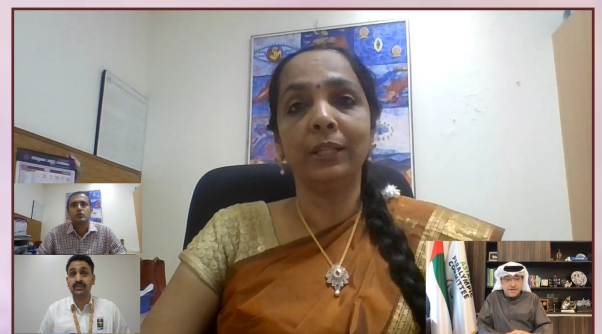
Manipal Philately and Numismatic Club, a club under the management of DSA, organized a philatelic and numismatic exhibition — *Sangrahan 2020* on 6th December 2020, in collaboration with Manipal Auto Club, to celebrate the completion of 5 years of its chartering. The club was chartered on 6th December, 2015 under the dynamic leadership of Dr. Vinod Bhat, former Vice Chancellor of MAHE and founding President of the club. Many participants exhibited stamps, coins, antique cars, bikes and other noteworthy collections at Interact Building, MAHE.



WEBINAR ON DISABILITY ETIQUETTE

DSA organized a Webinar on *Disability Etiquette* on 20th January 2021, with a view to promote more inclusivity and foster a safer community for differently abled persons.

Mr. Majid Rashed, President of the Asian Paralympic Committee & CEO of Dubai Club for People Determination, was the keynote speaker at the Webinar.



AWARENESS PROGRAM ON PREVENTION OF SEXUAL HARASSMENT AT WORKPLACE

DSA organized an awareness program on the ***Prevention of Sexual Harassment at Workplace*** on 1st February 2021. Mrs. Latha Holla, Advocate and Legal Consultant for MAHE, was the resource person for the event and addressed the audience on the legal aspects of sexual harassment, the rights of victims and the consequences faced by the perpetrators.



UPCOMING ACTIVITIES

NASHA MukT BHARAT ABHIYAAN

As per a national survey conducted by the Ministry of Social Justice & Empowerment, Govt. of India, drug addiction is emerging to be a serious problem in the country and has dangerous consequences, not just for the individuals but also for their family and society at large. To tackle this growing menace, the Ministry has launched a campaign called “Nasha MukT Bharat Abhiyaan” against substance abuse in 272 districts across the country.

DSA was awarded a grant to conduct a one-year project “***Nasha MukT Udupi Abhiyaan by involving young leaders of MAHE***”. DSA will be organizing webinars, seminars, workshops and competitions to raise awareness on the issue of substance abuse.

ARTICLE

HOW SOCIAL MEDIA AFFECTS STUDENTS AND THEIR MENTAL HEALTH

— MRS. KARUNA DEVADIGA (MAHE STUDENT COUNSELLOR)

When you think of “social media,” what’s the first thing that comes to your mind? Facebook? Social networking? A distraction? What about college students and mental health?

One of the biggest challenges that college students face today is struggling with mental health. College is a time to explore and learn new things, but it can also be hard to balance school, studies and social life, while also trying to take care of our physical and mental health. According to mentalhealth.gov, mental health includes “emotional, psychological and social well-being”. It affects how we think, feel and act and helps to determine how we handle stress, relate to others and make choices.

On top of all the stress from studying, writing papers and campus activities, students are constantly distracted by their phones — more specifically — social media. We live in a digital age where almost everything is available online and when it comes to social media usage among college students, one thing is clear... it has become a part of our everyday life and has allowed us to be more connected than ever. But, is using it too much bad for us and does it further affect our mental health?

Negative effects on Mental Health

Many studies have been conducted to observe the effects of social media on students and their mental health. Some of the most common issues are depression, anxiety, low self-esteem, body image, sleep problems, social isolation and emotional difficulties. Another common issue is comparing ourselves to others based on their online profiles and creating “unrealistic expectations” as to how we should look, act or feel. For example, seeing someone on Instagram or Snapchat enjoying themselves and having the “perfect life”, may create feelings of jealousy or envy. We develop an impression that others are living a better life, while in fact we may have viewed “edited versions” of people’s lives, and the content they post may not be an authentic reflection of who they are or how they feel. This can often lead to idealized versions and “competitions” between one’s real and virtual life.

Effects on Academics

When it comes to academics, studies have shown that students are more likely to participate in drinking and doing drugs, not studying for exams or working on assignments or paying attention in class, resulting in lower grades and GPAs.

One student reported: “As a college student, it’s really hard to keep up with everything from school to work to family so I think social media is a great tool to have. Sometimes I’ll see my friends having fun and think I wish I was there or compare myself to ‘other college students’ on Instagram. Social media also helps me to express my frustrations sometimes about school especially on sites like Twitter. But, it’s also a distraction especially when I am trying to get my work done.”

Another said, “I only use it if I have to and mostly to connect with classmates and family and when I am bored or need a break from school. I really try not to go on it when I am working on assignments because I know once I go on it, it’ll be a while before I get back to work.”

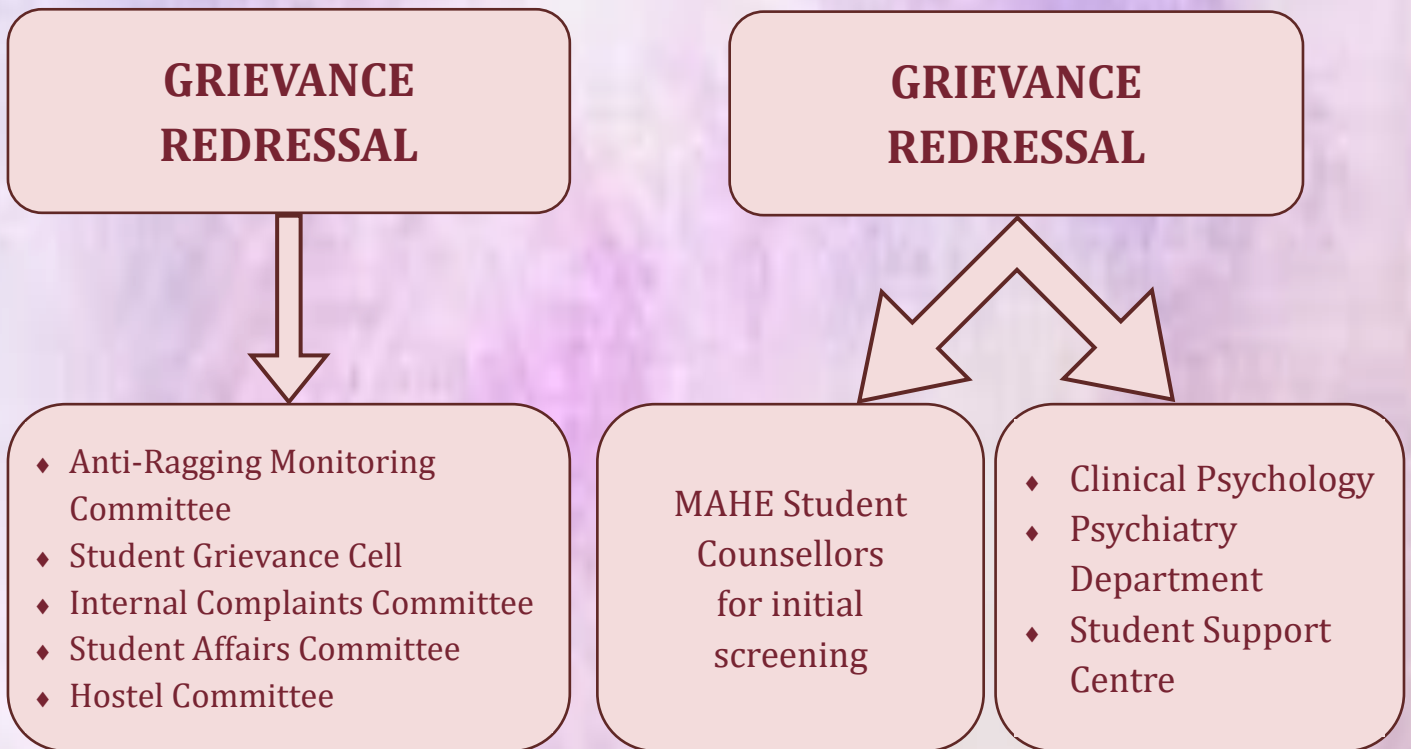
Although these responses may not apply to the vast majority of students, it does give an insight as to what some students face when using social media.

What do you do if you feel like social media is impacting your mental health and academics and what can you do to not necessarily eliminate social media from your life but use it in a more positive way? During times when you are feeling down or anxious, it is best to try to avoid using social media to eliminate the comparison factor. Also, consider taking a social media break or “detox,” for a few hours or even days especially when it comes to mental health and academics.

Social media is obviously a great tool and has both negative and positive effects on our emotional well-being. It’s impact on our mental health can depend on a number of factors including how we use it. It’s hard for college students to avoid social media but knowing how it may have an effect on mental health can help us make better decisions on how we use it.

PROS AND CONS OF SOCIAL MEDIA USE RELATED TO COLLEGE STUDENTS	
PROS	CONS
Connect and communicate with others	Addictive and distracting behaviour: <ul style="list-style-type: none"> • not studying for exams or doing assignments • not paying attention in class
Provides entertainment, news and information	May lead to depression, anxiety, low self-esteem and social isolation
Helps in research	Cyberbullying, stalking, identity theft
Self branding	Can affect future or potential jobs
Easier to share things - opinions, photos	Less face-to-face communication
Easier to participate in college activities: <ul style="list-style-type: none"> • Social media used by clubs • Learn more about campus social events • Social networking 	Can possibly harm your reputation as an individual because of your portrayal online

STUDENT SUPPORT SYSTEMS



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



CLUBS UNDER DSA

MANIPAL PHILATELIC AND NUMISMATICS CLUB

The club was chartered in 2015 under the leadership of Dr H Vinod Bhat, Executive Vice President, MAHE with the objective of promoting and popularizing Philately and Numismatics among students and staff of MAHE and as an educational factor in particular. The club is affiliated to Dakshina Kannada Philatelic and Numismatic Association, Mangalore and conducts various activities including Philately and Numismatic education in the form of seminars by club members, auctions, etc.

MAHE TOASTMASTERS CLUB

MAHE Toastmasters Club was chartered on March 5, 2018 with the aim to provide a supportive group environment where students and faculty of MAHE could come together to practice and improve their communication and leadership skills. In addition to providing a platform for members to deliver speeches and giving them constructive feedback, the Club has conducted many activities to help members hone the required skills. The members have participated at Club, Area and Division level leadership training programs and contests, bringing laurels to the Club by winning accolades at the Area and Division Level contests

SCIO FOUNDATION

Scio Foundation is a non-profit organization that primarily focuses on making this world a better place by imparting education to the youth and helping the less fortunate. It endeavours to enlighten the youth for a lasting and positive change, for a better society and consequently, a better India. 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.

VOLUNTEER SERVICES ORGANISATION

Volunteer Services Organisation (VSO) was established by Dr. Raj P. Warriar, Former Vice-Chancellor, MAHE in 2007 with a small but determined group of volunteers, including faculty and students. VSO aims at developing the spirit of selfless service by responding to the community's needs, addressing their issues and developing leadership and learning skills of the volunteers. With a strength of over 3000 volunteers and a belief that small changes can bring about a big difference, the volunteers 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



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 9148591545, +91 9148591543, 91485915456,
9148591547, +91 9481963639, +91 9964643260



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

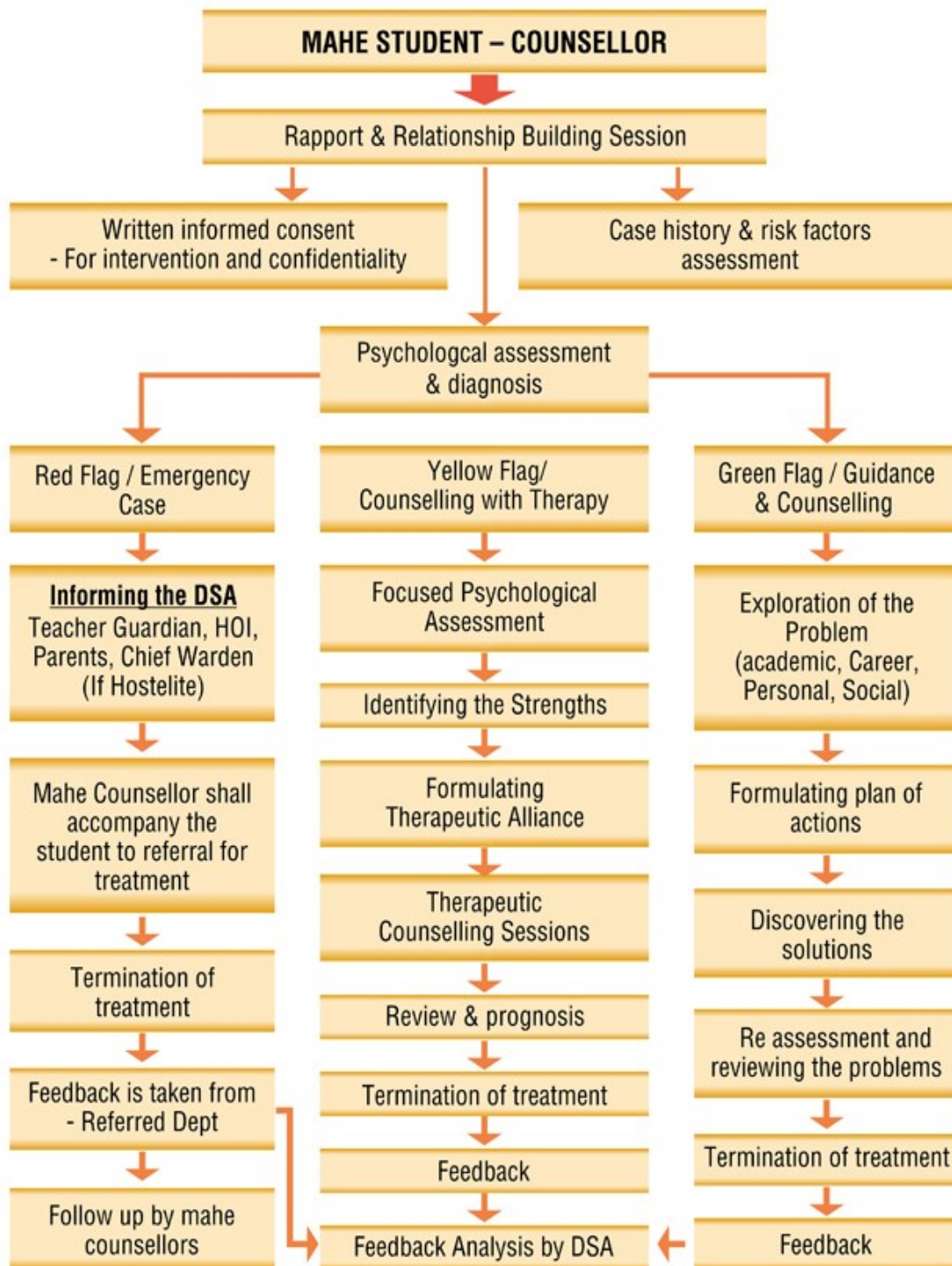
Issued by: Director, Student Affairs, MAHE, Manipal

STANDARD OPERATING PROCEDURE



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SOP for Student counselling process



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STANDARD OPERATING PROCEDURE



Grievance Redressal Mechanism

Who can file Grievance?
***Students / Parents/ Teacher Guardians**

Grievance is submitted to Director, Student Affairs (DSA), MAHE.
1. Personal 2. Call 3. email/whatsapp 4. Letter 5. Online Portal

Within 1 Day

Complainant - called by DSA

Within 2 Days

Application will be forwarded to
MAHE Grievance Redressal Committee (GRC)
with a copy to Ombudsman

Within 7 Days

MAHE GRC conducts enquiry
Proceedings of the enquiry is reported to Registrar, MAHE

Within 4 Days

MAHE communicates the decision to the
Complainant through email/hardcopy / HOI of the institution

Within 4 Days

If Complainant is dissatisfied with MAHE GRC decision,
he/ she can submit an application to the Ombudsman

Within 7 Days

Ombudsman will call for a hearing within five working days and
process the application & communicate the decision to the complainant
through email/hardcopy within another two working days

Issued by: Director, Student Affairs, MAHE, Manipal

EMERGENCY POINTS OF CONTACT

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Director, Student Affairs,

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Dr. Veena Maben

Deputy Director (Technical)

Tel No: 0820 - 2923435

Dr. Ashwini Kumar

Deputy Director (Health Sciences)

Tel No: 0820 - 2923435

Mr. Roshan David Jathanna

Deputy Director (Technical)

Tel No: 0820 - 2923435

Dr. Arathi Rao

Deputy Director (Mangalore Campus)

Tel No: 824 2422271 (Extn - 5537)

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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 (MANIPAL CAMPUS)	
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	0820-2922430
EMERGENCY HELPLINE NUMBERS (MANGALORE CAMPUS)	
Chief Security Officer (Mangalore Campus)	9845068101

ACKNOWLEDGEMENTS

Department of Student Affairs, MAHE always puts in a lot of efforts in all its 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:

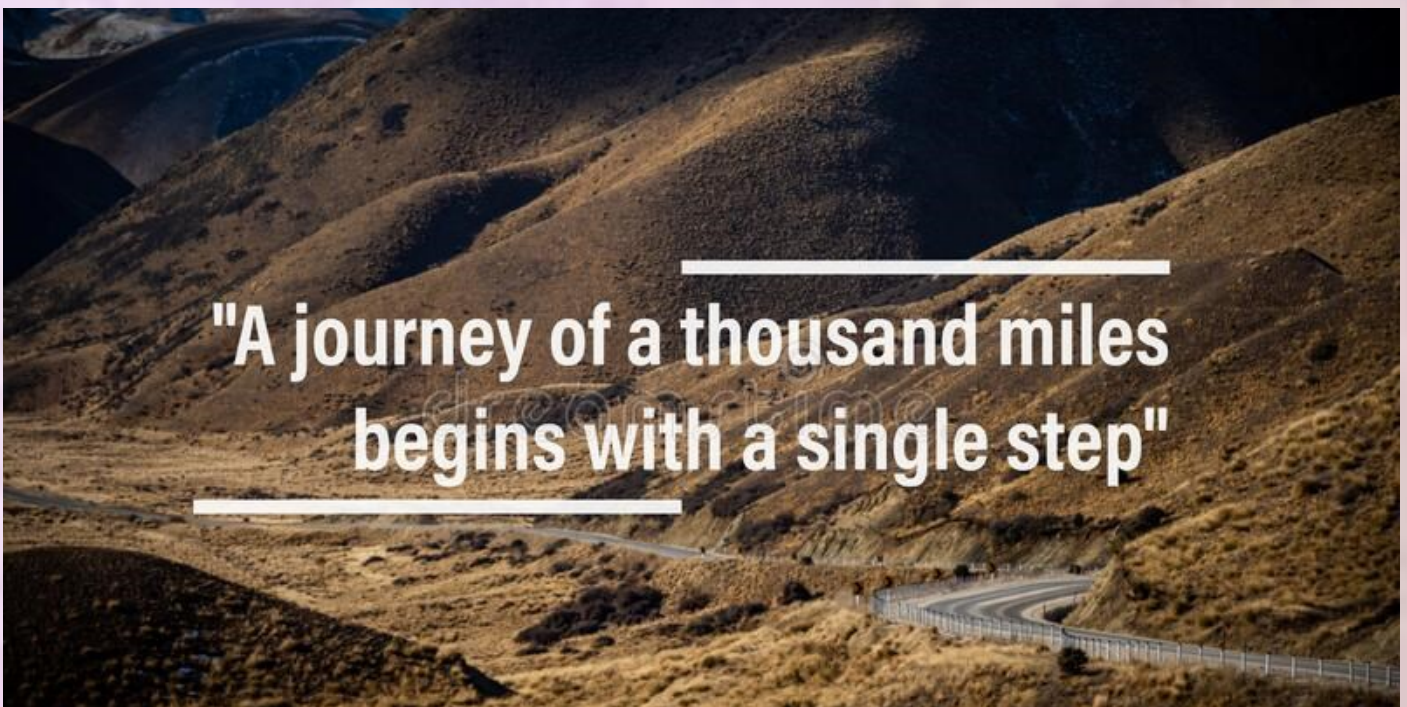
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Dr. Suma Nair*

Former Deputy Directors:

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