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 Mukt 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 Mukt.

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
# Table of Contents

1. **About Us – Vision, Mission & Values**

2. **Activities Conducted by DSA**

9. **Article by Mrs. Karuna Devadiga**

11. **Student Support Systems**

12. **Clubs Under DSA**

13. **Standard Operating Procedure**

17. **Emergency Points of Contact**

19. **Acknowledgements**
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.
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 10\textsuperscript{th} 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. Renjulal (MCON) and Dr. Sharmila Rao (Life Coach & Medical Trainer) addressed the students on the causes, myths and realities, assessment and management of self-harm.

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 30\textsuperscript{th} 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 multidiscipline post graduate program which provides liberal arts education through experiential learning.

DSA organized a talk on YIF 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
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.

**AWARENESS PROGRAMS ON PREVENTION OF SUBSTANCE ABUSE**

**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
<table>
<thead>
<tr>
<th>INSTITUTE</th>
<th>DATE</th>
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<td>Manipal College of Health Professions</td>
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<td>99</td>
</tr>
<tr>
<td>Mangalore Campus — Medical, Dental and Allied Health Sciences colleges</td>
<td>08-02-2020</td>
<td>128</td>
</tr>
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</table>

**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 MCODS actively participated in these workshops.
Theme: “Social Media: A Boon or a Bane?”

Winners:
I Place — Dr. Harshita Sharmam & Dr. Tanvi Bakshi, MCODS Mangalore
II Place — Dr. Ananthu H & Dr. Megha J Nair, MCODS Mangalore
III Place — Edlin Menezes, Henita Menezes & Meena Konsam, MCON Manipal

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.
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.

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.
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.

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.
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.

<table>
<thead>
<tr>
<th>PROS AND CONS OF SOCIAL MEDIA USE RELATED TO COLLEGE STUDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PROS</strong></td>
</tr>
</tbody>
</table>
| Connect and communicate with others | Addictive and distracting behaviour:  
• 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:  
• 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 |
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
Volunteer Services Organisation (VSO) was established by Dr. Raj P. Warrier, 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.

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.

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.

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.
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, 9148591546,
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
SOP for Student Emergencies

Student Emergencies

Out of campus

- Accident site more than 5 km from campus
  - Intimation to Chief Security Officer - 0820 2922515, Chief Warden (if hostelite)
  - Health Science - 0820 2922413, Technical - 0820 2571082
  - Transport to nearest Medical facility for initial stabilization
  - Shifting to be done by Emergency, Kasturba Hospital - 0820 2922721
    Ambulance TT - 0820 2922246
  - Intimation HOU/ Teacher Guardian/ MAHE counsellors & Parents

- Accident site less than 5 km from campus
  - Intimate DSA

In campus

- Student Health Clinic
  - Annexure 1 (9 am to 5 pm)
  - Contact no - 0820 29 22057

- Non accident cases (Medical cases)
  - Green OPD Emergency
    - Annexure 2 (5 pm to 9 am)
    - Contact no - 0820 2922643 if admitted

- In campus
  - Intimation
    - Campus Patrol Team - 99456 70912, 99456 7091
    - Chief security Officer - 0820 2922515
    - Department of Student Affairs
      - Contact No: +91 9845784282, +91 9984139848, +91 7899769332
    - Intimation of DSA through e-mail
    - Data registered in Student Hospital Ledger
    - Concerned HOU

- Intimation - HOU/ Teacher Guardian
  - Chief warden (if Hostelite)
    a) Health Science - 0820 2922413, +91 9148591537
    b) Technical - 0820 2571082, +91 9940584755
    - MAHE counsellors
  - Transport by ambulance to Emergency/ Trauma triage
    - Contact No: 0820 2922246, 0820 29 22515, 0820 2922721

Issued by: Director, Student Affairs, MAHE, Manipal
SOP for Student counselling process

MAHE STUDENT – COUNSELLOR

Rapport & Relationship Building Session

Written informed consent - For intervention and confidentiality

Case history & risk factors assessment

Psychological assessment & diagnosis

Red Flag / Emergency Case

Informing the DSA
Teacher Guardian, HOI, Parents, Chief Warden (If Hostelite)

Mahe Counsellor shall accompany the student to referral for treatment

Termination of treatment

Feedback is taken from - Referred Dept

Follow up by mahe counsellors

Yellow Flag/ Counselling with Therapy

Focused Psychological Assessment

Identifying the Strengths

Formulating Therapeutic Alliance

Therapeutic Counselling Sessions

Review & prognosis

Termination of treatment

Feedback

Feedback Analysis by DSA

Green Flag / Guidance & Counselling

Exploration of the Problem (academic, Career, Personal, Social)

Formulating plan of actions

Discovering the solutions

Re assessment and reviewing the problems

Termination of treatment

Feedback

Issued by: Director, Student Affairs, MAHE, Manipal
**Grievance Redressal Mechanism**

**Who can file Grievance?**

*Students / Parents / Teacher Guardians*

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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

Dr. Geetha M.
Director, Student Affairs,
Tel No: 0820 - 2922601

Dr. Veena Maben
Deputy Director (Technical)
Tel No: 0820 – 2923435

Dr. Ashwini Kumar
Deputy Director (Health Sciences)
Tel No: 0820 – 2923435

Mrs. Karuna Devadiga
0820 2922903
+91 9148591543

Mrs. Shilpa Joshi
0820 2933516
+91 9148591546

Mr. Roshan David Jathanna
Deputy Director (Technical)
Tel No: 0820 – 2923435

Dr. Rayan Mathias
0820 2933515
+91 9148591545

Dr. Arathi Rao
Deputy Director (Mangalore Campus)
Tel No: 824 2422271 (Extn - 5537)

Mrs. Divyaprabha D’souza (Mangalore campus)
+91 9481079572

MAHE STUDENT COUNSELLORS

Mrs. Karuna Devadiga
0820 2922903
+91 9148591543

Mrs. Shilpa Joshi
0820 2933516
+91 9148591546

Dr. Rayan Mathias
0820 2933515
+91 9148591545

Ms. Archana Pillai
0820 2933517
+91 9148591544

Mr. Calvin D’ souza
+91 9606035373

Mr. Jeevan Lewis
+91 9964643260

Mrs. Divyaprabha D’souza (Mangalore campus)
+91 9481079572
# Emergency Points of Contact

## Campus Safety

<table>
<thead>
<tr>
<th>Role</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Chief Security Officer (Campus Safety)</td>
<td>7022632484 / 0820-2922848</td>
</tr>
<tr>
<td>Security Control Room</td>
<td>0820—2922515 / 2925000</td>
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<tr>
<td>Emergency Mobile Patrol</td>
<td>9945670912 / 994567091</td>
</tr>
<tr>
<td>Student Health Clinic (Kasturba Hospital)</td>
<td>0820-2922057</td>
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## Emergency Helpline Numbers (Manipal Campus)

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<tr>
<th>Service</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Toll Free number for Ragging related Complaints / General Helpline</td>
<td>1800-425-6090</td>
</tr>
<tr>
<td>Sexual Harassment Helpline</td>
<td>0820-2922960</td>
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<tr>
<td>Emergency / Trauma Triage</td>
<td>0820—2922721 / 2922246 / 2922761</td>
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<td>Ambulance</td>
<td>0820—2923153 / 2575555 / 2922761</td>
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<tr>
<td>Ambulance (MIT) after 6 PM</td>
<td>0820-2929100</td>
</tr>
<tr>
<td>KMC Helpdesk</td>
<td>0820-2922761</td>
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<tr>
<td>Psychiatry OPD</td>
<td>0820-2922217</td>
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<tr>
<td>Medicine OPD</td>
<td>0820-2922236</td>
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<td>Student Support Centre</td>
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## Emergency Helpline Numbers (Mangalore Campus)

<table>
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<th>Role</th>
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<tbody>
<tr>
<td>Chief Security Officer (Mangalore Campus)</td>
<td>9845068101</td>
</tr>
</tbody>
</table>
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:

**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

"A journey of a thousand miles begins with a single step"