



Notification

Subject: Guidelines for Counselling for MUJ Students

It is hereby notified to all the concern that, Guidelines for Counselling has been formed based on the recommendation of the committee constituted for the purpose.

The same are to be adhered by all without deviation.

The Guidelines are effective from the date of issue of this notification.



AB
13/01/2022
Registrar

Enclosure- Guidelines for Counselling

To,

1. Director Students Welfare - for necessary action

Copy to

1. Hon'ble President through PS - for information
2. Pro President through PS - for information
3. Deputy Registrar (Administration) - for information
4. Assistant Registrar (Academics) - for information

AB
13/01/2022
Registrar



Guidelines for Counselling

Counselling generally occurs in an interactive relationship, with the aim of helping a person learn more about the self, and to use such understanding to enable the person to become an effective member of the society. It is the activity of a trained person listening to someone who has a problem and giving them advice on how to deal with it.

The process of counselling begins with establishing relationship between counsellor and counselee. Where Counsellor is a person trained to give guidance on personal or psychological problems.

The provision of a university counselling service can lead to the reduction of stress, better career selection, emotional management and pave better pathways for their future.

Counselling at University level is crucial. It aims at setting the right basis for an individual's wellbeing and self-management. Counselling in educational system aims at helping boys and girls alike to develop their intellectual, social, physical and moral capacities to the fullest.

Basic Aims of Counselling

- To help students gain insight into the origins and development of emotional difficulties, leading to an increased capacity to take rational control over feelings and actions.
- To alter maladjusted behaviour.
- To assist students to move in the direction of fulfilling their potential, or achieve an integration of conflicting elements within themselves.
- To provide students with skills, awareness and knowledge, which will enable them to confront social inadequacy.

Basic Types of Counselling

- **Group Counselling**

It is a form of counselling where a small group of people meet to discuss, interact, and explore problems. Group counselling seeks to





give students a safe and comfortable place on campus where they can work out problems and emotional concerns with this thought and to enhance student engagement and well being in the University these group counselling sessions were conducted twice a month on an average, which were open to all.

Objectives:

- To provide sessions on arising concerns of society for MUJ students.
 - Conducting sessions on life skills development and self-management.
 - Conduct Faculty Development Programs.
-
- **Personal Counselling**

Personal counselling (sometimes called psychotherapy, talk therapy, or treatment) is a process through which clients work one-on-one with a trained mental health clinician in a safe, caring, and confidential environment. Counselling allows individuals to explore their feelings, beliefs, and behaviours work through challenging or influential memories, identify aspects of their lives that they would like to change, better understand themselves and others, set personal goals, and work toward desired change.

Individual counselling is counselling focused on the individual's immediate or near future concerns.

Objectives:

- To provide a safe, caring, and confidential environment to the students who face issues in their personal or academic areas of life.
- Using various psychotherapeutic measures as interventions with the client.
- Work on one – to – one basis with client to assist them and make them self-sufficient to address their concerns.





Methods of Counselling

- **Offline Counselling**

Offline counselling is the physical mode of counselling where the counsellor and client meet face to face. It gives an edge as it is easier to take in account facial expressions, vocal signals, or body language. These signals can often be quite important in telling and giving the therapist a clearer picture of your feelings, thoughts, moods, and behaviors. Some serious issues can only be dealt in person and not virtually. Confidentiality and privacy are key pillars of counselling, thus counselling is provided in such a setting where these ethics can be maintained.

- **Online Counselling**

Online therapy is a virtual mode of counselling which provides accessibility to individuals who are housebound or are unable to travel for therapy. Mobility can be a big issue when it comes to accessing mental health care. Accessibility through virtual mediums is easy for people. It helps the client to maintain their anonymity.

Group Counselling Sessions for NGO and Villages

Objective:

- To plan awareness drives for people of NGO and adopted villages of MUJ and Spread awareness about mental health in society.
- To involve the students of MUJ in community services and build their life skills along with establishing them as mental health ambassadors in the society.

Coordinators:

- MUJ students and staff as volunteers

Pre-Group Counselling Session Activity:

- Planning of awareness drive/group counselling session 2 week prior to the actual event.
- Co-ordinating with NGO managers/ Village heads and asking them for a suitable time and date for the event.
- Asking MUJ students and staff to contribute to the cause by joining as volunteers, via email.





- Circulating of a brochure for the Group Counselling Sessions for NGO and Villages.

Post-Group Counselling Session Activity:

- Taking Feedback from all the participants.
- Asking participants what issues to be addressed in sessions to come.

Issues seek Counselling

- Building Interpersonal Communication
- Stress Management
- Substance Abuse
- How to be an effective student
- Resilience Building
- Goal Setting
- Emotional Well Being
- Self-Care
- Mental Health Enhancement
- Coping

Confidentiality and Non- Judgmental approach in Counselling

The ethical framework of Counselling cell is such that the counsellors provide the client highest possible level of confidentiality. The intake form states the entire confidentiality clause which is signed by both the counsellor and counselee before the commencement of counselling sessions.

Any information student attendance, pressing issue or any concern is not passed to any 3rd party by the counsellor without the student's consent.

Student is provided with a totally nonjudgmental approach, where they are given an environment where they can openly share their thoughts and views without the fear of being morally judged. Key approaches of counsellor during the counselling session is acceptance and empathy.





Record Keeping

Every client's confidential record is maintained in hardcopy by the counsellors. All the necessary contact details with other key contents of the concern are mentioned in the form. These forms are filed and are kept safely in the counsellor's office.

Counselling Team

<u>Name</u>	<u>Designation</u>
Prof. Anil Dutt Vyas (Ex Officio)	Director DSW
Prof. Babita Malik (Ex Officio)	Deputy Director DSW, Counselling
Dr. Rimpay Sharma (Ex Officio)	Counsellor, DSW
Ms. Vandna Kabra (Ex Officio)	Counsellor, DSW
Ms. Devanshi Padaliya (Ex Officio)	Counsellor, DSW

Annexure-1: Intake Form (Personal Counselling)

Annexure-2: Confidential Client Record (Personal Counselling)

Annexure-3: Client Feedback Form (Personal Counselling)

Annexure-4: Feedback Form (Group Counselling)





Annexure 1



Intake form

COUNSELING is a confidential process designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained therapist who has the desire and willingness to help you accomplish your individual goals. Counseling involves sharing sensitive, personal, and private information that may at times be distressing. During the course of counseling, there may be periods of increased anxiety or confusion. The outcome of counseling is often positive; however, the level of satisfaction for any individual is not predictable. Your therapist is available to support you throughout the counseling process. All the actions you take prior and after the sessions is your own responsibility. Neither the counselor nor the educational institute will be held responsible for your words or deeds.

CONFIDENTIALITY:

All interactions with Counseling Services, including scheduling of or attendance at appointments, content of your sessions, progress in counseling, and your records are confidential. No record of counseling is contained in any academic, educational, or job placement file. You may request in writing that the counseling staff release specific information about your counseling to persons you designate.

EXCEPTIONS TO CONFIDENTIALITY:

- The counseling staff works as a team. Your therapist may consult with other counseling staff to provide the best possible care. These consultations are for professional and training purposes.
- If there is evidence of clear and imminent danger of harm to self and/or others, a therapist is legally required to report this information to the authorities responsible for ensuring safety.
- A court order, issued by a judge, may require the Counseling Services staff to release information contained in records and/or require a therapist to testify in a court hearing.

There is no fee for counseling services. If you are referred off campus to health, mental health, or substance abuse professionals you are responsible for their charges.

I have read and discussed the above information with my counselor. I understand the risks and benefits of counseling, the nature and limits of confidentiality, and what is expected of me as a client of the Counseling Services.

Signature of Client

Signature of Counselor





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Annexure 2



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CONFIDENTIAL CLIENT RECORD

PERSONAL DETAILS:

DATE:

NAME:

AGE:

GENDER:

CLASS:

ADDRESS:

CONTACT NO.:

EMAIL ID:

HOSTELER

DAY SCHOLAR

FAMILY STRUCTURE:

JOINT NUCLEAR

EXTENDED

FATHER'S NAME:

FATHER'S OCCUPATION:

MOTHER'S NAME:

MOTHER'S OCCUPATION:

SIBBLING STRUCTURE:





Annexure 3

Client Counsellor Feedback Form

This form allows you an opportunity to provide feedback to your counsellor after your sessions have finished.

This will help your counsellor's professional development as well as helping to improve the service offered to others.

* Required

1. Rate the following statements from Strongly Agree to Strongly Disagree in relation to your counselling session. *

	Strongly Agree	Somewhat Agree	No Strong Feeling	Somewhat Disagree	Strongly Disagree
I felt I was being understood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I gained something from the session.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My Counsellor showed warmth towards me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My counsellor accepted what I said without judging me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My counsellor listened to me effectively.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Based on my experience, I would recommend my counsellor to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





Annexure 4

Feedback for Group Sessions

* Required

1. Name

2. Age *

3. Sex *

- Male
 Female
 Prefer not to say

1/5/2022

4. Department *

5. Faculty *

6. Email Id *

7. How much did you like the presentation? *

- Very Good
 Fair
 Average



1/5/2022



8. How helpful was the session for you? *

- Completely
- Moderately
- Slightly

9. Overall how would you rate the session *

- Excellent
- Good
- Fair

10. When do you look forward to these sessions? *

- Weekly
- Twice in a month
- Once in a month

1/5/2022

11. Suggestion/Comments/Any topic you want us to address.

This content is neither created nor endorsed by Microsoft. The data you submit will be sent to the form owner.

Microsoft Forms

1/5/2022





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MUJ/DSW/C/021/FD/003

DIRECTORATE OF STUDENTS' WELFARE

Addressing Anxiety Towards Future

Seminar

Date of Event: 8 March 2022



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6.	Brochure or creative of the event	4
7.	Schedule of the Event	5
8.	Attendance of the Event	5
9.	Feedback of the Event	5



1. Introduction of the Event –

The purpose of this seminar was to address the anxiety related concerns in young psychology students of 2nd-year BA and BSc. Psychology(H) students. The Counselling team of DSW of Manipal University Jaipur conducted these sessions to address the future stability concerns and even discussed the numerous professional fields and prospects available in psychology.

2. Objective of the Event -

- To address the anxiety related concerns in Psychology Students.
- To educate students about handling the stress and how they can be functional in their field.

3. Beneficiaries of the Event-

The seminar was conducted for the students of 2nd-year BA and BSc. Psychology(H).

4. Brief Description of the event-

Psychology is a vast subject and brings lots of interest in students but professionally not much is known by them. A lots of psychology students were approaching with end numbers of fear and anxiety about their future as professionals and person. On March 8, 2022, the first session of Group Counselling about addressing future anxiety in psychology was conducted of group 1 with 13 students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandana Kabra and Ms. Devanshi Padaliya. The Counselling team organised these sessions which was on demand of the psychology students. The students were divided into groups and organized by Ayushi Gupta, CR of 2nd year BSc(H) Psychology. After each session a question answer round helped students to understand and get answer to lots of their confusion and questions. Overall, all students gained a lot of insight with the help of these sessions as they were able to get their questions answered. Students expressed their need to get 1-to-1 career counselling sessions for personalized help professionally.



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5.3 to 5 photographs of the event or screenshots of the event (if online) with captions-



Glimpse of ongoing session





Photographs of the session





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6. Brochure or creative of the event

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DIRECTORATE OF STUDENT'S
WELFARE

*Addressing
Anxiety Toward
Future*

DATE: 08/03/2022
TIME: 04:00 PM

Organized by: Team Counselling



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7. Schedule of the event -

1	Opening remarks were made by the CR
2	Introduction by the counsellor.
3	Shared power point presentation
4	Counsellors alternatively took the session
5	Question-Answer session was done
6	Shared the contact details of students with the students.

8. Attendance of the Event (insert in the document only)

Total attendee - 13

For online event use the MS team format only add one more column for registration no.

Sl no	Name	Programme	Registration No
1	Bharti	BA	201103022
2	Absam	BSc	201007003
3	Sonu	BSc	201007016
4	Asma	BSc	201007048
5	Rashmi	BA	201103037
6	Aanand	BA	201103021
7	Meghna	BA	201103052
8	Mahi	BSc	201007032
9	Vani	BA	201103019
10	Shriya	BA	201103048
11	Jaanavi	BSc	201103006
12	Sonia	BA	201103053
13	Sreeprabha	BA	201103061

9. Feedback of the Event –

Post session feedback was taken by the participants.



Faculty coordinator

Rimpy Sharma

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare

Vandna Kabra

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

Devanshi Padaliya

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare



**MANIPAL UNIVERSITY
JAIPUR**

MUJ/DSW/C/021/FD/004

DIRECTORATE OF STUDENTS' WELFARE

Addressing Anxiety Towards Future

Seminar

Date of Event: 9 March 2022



Index

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3. Beneficiaries of the Event-

The seminar was conducted for the students of 2nd-year BA and BSc. Psychology(H).

4. Brief Description of the event-

Psychology is a vast subject and brings lots of interest in students but professionally not much is known by them. A lots of psychology students were approaching with end numbers of fear and anxiety about their future as professionals and person. On March 9, 2022, the first session of Group Counselling about addressing future anxiety in psychology was conducted of group 1 with 11 students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandana Kabra and Ms. Devanshi Padaliya. The Counselling team organised these sessions which was on demand of the psychology students. The students were divided into groups and organized by Ayushi Gupta, CR of 2nd year BSc(H) Psychology. After each session a question answer round helped students to understand and get answer to lots of their confusion and questions. Overall, all students gained a lot of insight with the help of these sessions as they were able to get their questions answered. Students expressed their need to get 1-to-1 career counselling sessions for personalized help professionally.



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5.3 to 5 photographs of the event or screenshots of the event (if online) with captions-



Glimpse of ongoing session



Photographs of the session





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6. Brochure or creative of the event

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JAIPUR

**DIRECTORATE OF STUDENT'S
WELFARE**

*Addressing
Anxiety Toward
Future*

**DATE: 09/03/2022
TIME: 2:30 PM**

Organized by: Team Counselling



7. Schedule of the event -

1	Opening remarks were made by the CR
2	Introduction by the counsellor.
3	Shared power point presentation
4	Counsellors alternatively took the session
5	Question-Answer session was done
6	Shared the contact details of students with the students.

8. Attendance of the Event (insert in the document only)

Total attendee - 11

For online event use the MS team format only add one more column for registration no.

Sl no	Name	Programme	Registration No
1	Divanshi	BA	201103035
2	Khushi	BSc	201007039
3	Shruti	BA	201103046
4	Sojwal	BSc	201007045
5	Nishtha	BSc	201007027
6	Tanishka	BA	201103039
7	Prarthana	BA	201103032
8	Aryan Pandey	BA	201103026
9	Suhani	BSc	201007044
10	Gaurav	BA	201103055
11	Ananta	BA	201103056

9. Feedback of the Event –

Post session feedback was taken by the participants.



Faculty coordinator

Rimpy Sharma

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare

Vandna Kabra

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

Devanshi Padaliya

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/C/021/FD/005

DIRECTORATE OF STUDENTS' WELFARE

Addressing Anxiety Towards Future

Webinar

Date of Event: 10 March 2022



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1. Introduction of the Event –

The purpose of this seminar was to address the anxiety related concerns in young psychology students of 2nd-year BA and BSc. Psychology(H) students. The Counselling team of DSW of Manipal University Jaipur conducted these sessions to address the future stability concerns and even discussed the numerous professional fields and prospects available in psychology.

2. Objective of the Event -

- To address the anxiety related concerns in Psychology Students.
- To educate students about handling the stress and how they can be functional in their field.

3. Beneficiaries of the Event-

The seminar was conducted for the students of 2nd-year BA and BSc. Psychology(H).

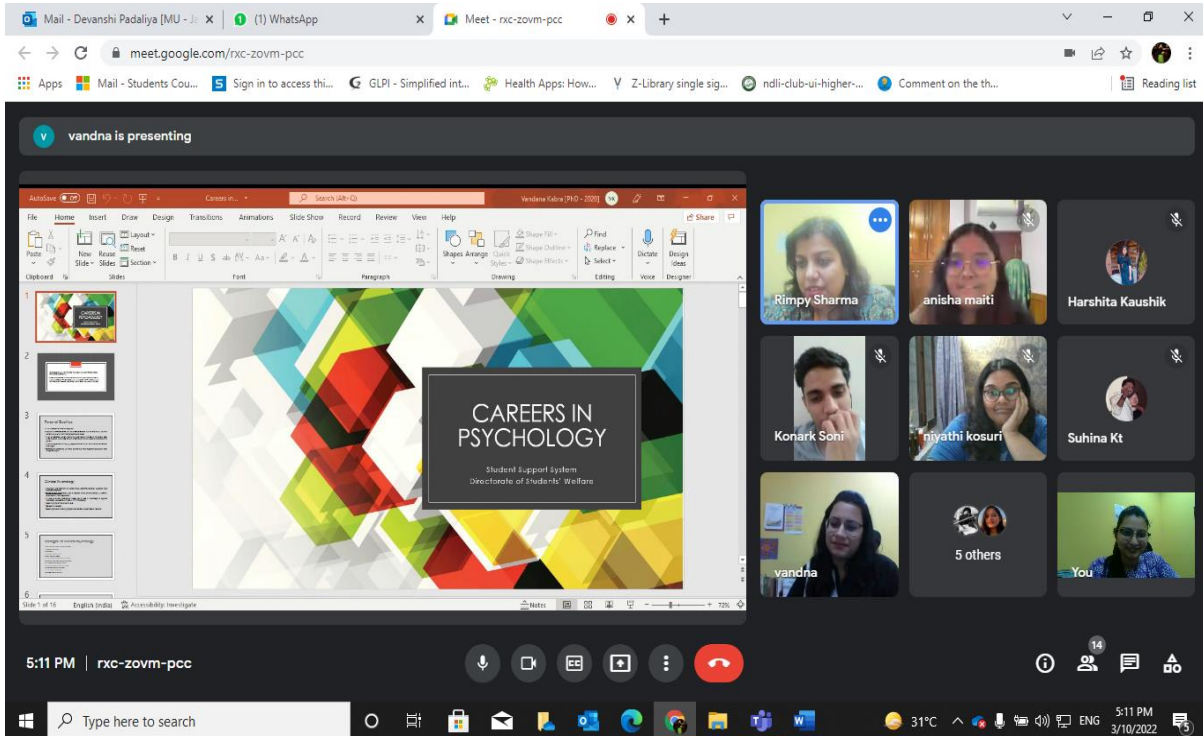
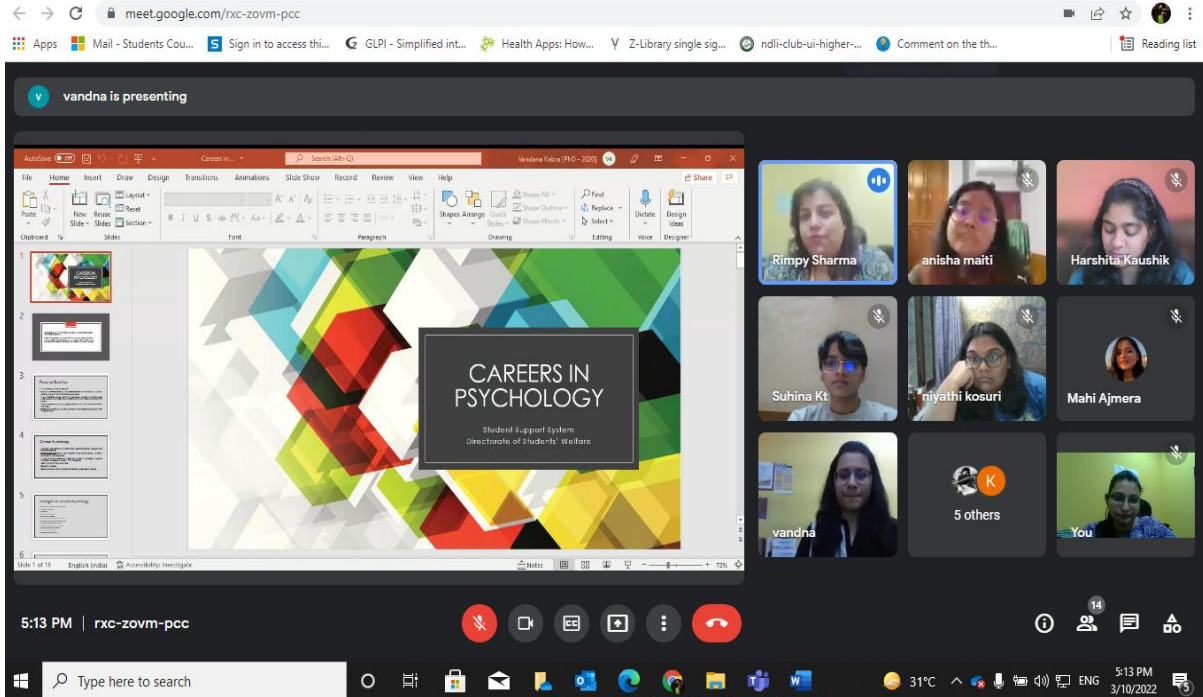
4. Brief Description of the event-

An online group counselling session was held to address the confusion and anxieties of psychology students. Psychology is a vast subject and brings lots of interest in students but professionally not much is known by them. A lots of psychology students were approaching with end numbers of fear and anxiety about their future as professionals and person. On March 10, 2022, the first session of Group Counselling about addressing future anxiety in psychology was conducted of group 1 with 13 students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandana Kabra and Ms. Devanshi Padaliya. The Counselling team organised these sessions which was on demand of the psychology students. The students were divided into groups and organized by Ayushi Gupta, CR of 2nd year BSc(H) Psychology. After each session a question answer round helped students to understand and get answer to lots of their confusion and questions. Overall, all students gained a lot of insight with the help of these sessions as they were able to get their questions answered. Students expressed their need to get 1-to-1 career counselling sessions for personalized help professionally.



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5.3 to 5 photographs of the event or screenshots of the event (if online) with captions-



Glimpse of ongoing session



The screenshot shows a Google Meet interface with a presentation slide titled "Clinical Psychology". The slide content is as follows:

- Assessment and treatment of **Mental illness, Abnormal Behavior, Addiction, and Psychiatric Problems.**
- Clinical psychologists majorly work in hospitals, clinics, private practice, universities, schools and in many capacities.
- In India, a clinical psychologist needs **MA or MSc in Psychology or Applied Psychology**, followed by a 2-year **M.Phil in Psychology**.
- Teaching, often at the university level
- Conducting research
- Creating and administering programs to treat and prevent Social Problems.

The Meet interface includes a grid of participants: Rimpay Sharma, vandna, anisha maiti, Harshita Kaushik, nivathi kosuri, Mahi Ajmera, Konark Soni, 8 others, and You. The bottom of the screen shows the Windows taskbar with the time 5:20 PM and date 3/10/2022.



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6. Brochure of the event

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**DIRECTORATE OF STUDENT'S
WELFARE**

**Addressing
Anxiety Toward
Future**

**DATE: 10/03/2022
TIME: 5:00 PM**

Organized by: Team Counselling



7. Schedule of the event -

1	Opening remarks were made by the CR
2	Introduction by the counsellor.
3	Shared power point presentation
4	Counsellors alternatively took the session
5	Question-Answer session was done
6	Shared the contact details of students with the students.

8. Attendance of the Event (insert in the document only)

Total attendee - 13

For online event use the MS team format only add one more column for registration no.

Sl no	Name	Programme	Registration No
1	Tejasvini	BSc	201007051
2	Kamala	BSc	201007063
3	Anisha	BSc	201007066
4	Harshita	BSc	201007047
5	Khawaish	BSc	201007059
6	Konark	BA	201103067
7	Nishtha	BSc	201007027
8	Suhina	BA	201103015
9	Sanjoli	BSc	201007021
10	Pranavi	BSc	201007001
11	Diksha	BSc	201007028
12	Siddhartha	BSc	201007060
13	Surabhi	BA	201103027

9. Feedback of the Event –

Post session feedback was taken by the participants.



MANIPAL UNIVERSITY
JAIPUR

Faculty coordinator

Rimpy Sharma

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare

Vandna Kabra

(Ms. Vandna Kabra)

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Directorate of Student's Welfare

Devanshi Padaliya

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/C/021/FD/006

DIRECTORATE OF STUDENTS' WELFARE

Addressing Anxiety Towards Future

Seminar

Date of Event: 9 April 2022



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1. Introduction of the Event –

The purpose of this seminar was to address the anxiety related concerns in young psychology students of 2nd-year BA and BSc. Psychology(H) students. The Counselling team of DSW of Manipal University Jaipur conducted these sessions to address the future stability concerns and even discussed the numerous professional fields and prospects available in psychology.

2. Objective of the Event -

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- To educate students about handling the stress and how they can be functional in their field.

3. Beneficiaries of the Event-

The seminar was conducted for the students of 2nd-year BA and BSc. Psychology(H).

4. Brief Description of the event-

Psychology is a vast subject and brings lots of interest in students but professionally not much is known by them. A lots of psychology students were approaching with end numbers of fear and anxiety about their future as professionals and person. On April 8, 2022, the first session of Group Counselling about addressing future anxiety in psychology was conducted of group 1 with 13 students. All students from the group were present. Student Counsellors Dr. Rimpay Sharma, Ms Vandana Kabra and Ms. Devanshi Padaliya. The Counselling team organised these sessions which was on demand of the psychology students. The students were divided into groups and organized by Ayushi Gupta, CR of 2nd year BSc(H) Psychology. After each session a question answer round helped students to understand and get answer to lots of their confusion and questions. Overall, all students gained a lot of insight with the help of these sessions as they were able to get their questions answered. Students expressed their need to get 1-to-1 career counselling sessions for personalized help professionally.



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Glimpse of ongoing session



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6. Brochure of the event

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**DIRECTORATE OF STUDENT'S
WELFARE**

**Addressing
Anxiety Toward
Future**

**DATE: 08/04/2022
TIME: 3:30 PM**

Organized by: Team Counselling



MANIPAL UNIVERSITY JAIPUR

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Sl no	Name	Programme	Registration No
1	Rinku kewlani	BSc	201007069
2	Pranshi Goyal	BA	201103031
3	Gunveen Kaur	BA	201103065
4	Stephen Mathew	BSc	201007056
5	Prajwal Patil	BSc	201007024
6	Anupam Patel	BSc	201007061
7	Anusha Prince	BSc	201007019
8	Garima Mahaur	BSc	201007034
9	Ananya Patel	BSc	201007053
10	Khushi Seth	BSc	201007064
11	Vipin	BSc	201007020
12	Riya shekhawat	BSc	201007050
13	Dhawal Raj Chauhan	BSc	201007072

9. Feedback of the Event –

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Faculty coordinator

Rimpy Sharma

(Dr Rimpy Sharma)

Student Counsellor

Directorate of Student's Welfare

Vandna Kabra

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

Devanshi Padaliya

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/C/022/FD/029

DIRECTORATE OF STUDENTS' WELFARE

Effective Study Habits

Seminar

Date of Event: 29 September 2022



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1. Introduction of the Event –

The purpose of the seminar was to reach the students and address the challenges faced by students while studying in their college life. College life is more about being self-dependent and to become our own best we need to learn the art of managing their studies.

2. Objective of the Event -

- To understand the importance of academics.
- To learn and inculcated the ways for our holistic wellbeing.

3. Beneficiaries of the Event-

The seminar was conducted for the students BCA & MCA semester I.

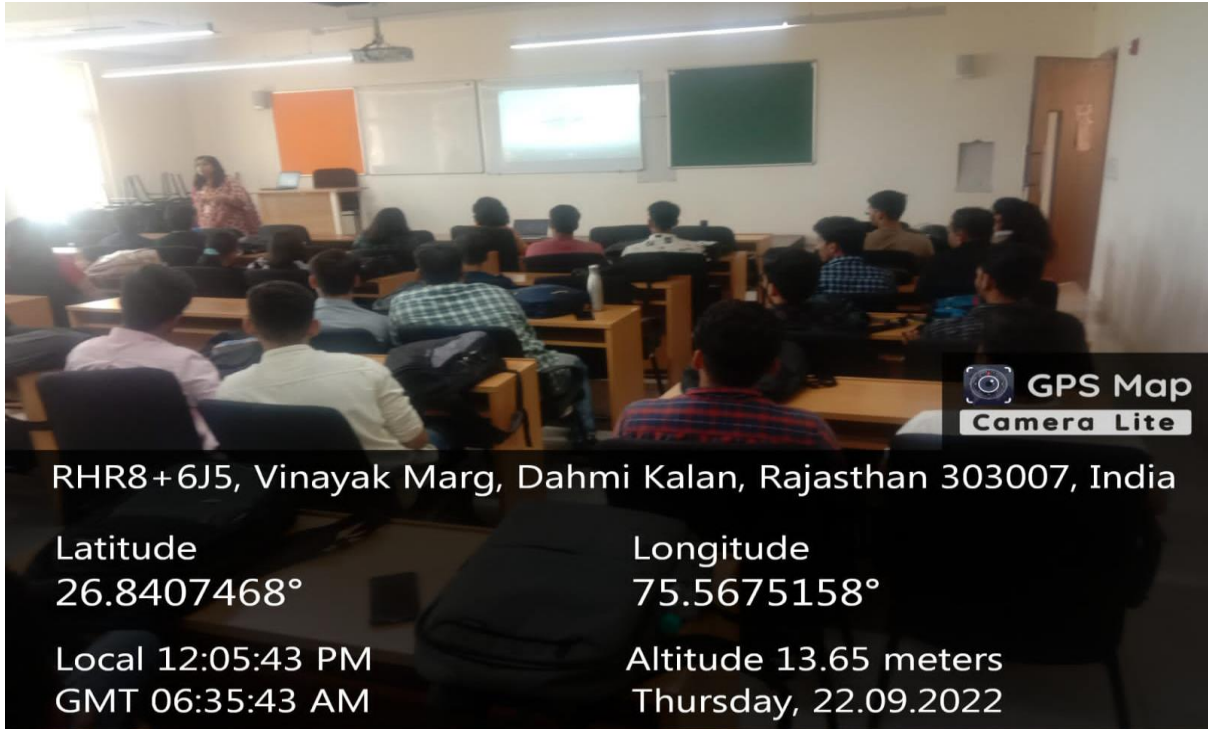
4. Brief Description of the event-

College life is best phase for students as it gives multiple opportunities for fun and education. Coming to college is a major transition in student, there is lots of excitement and anticipation about this new beginning. University life is exposure to multiple opportunities and gives work world exposure. Students become more responsible towards themselves. They are dependent on themselves, and this needs them to focus on multiple things. Student life is based on two major things: academics and interpersonal. Students were given tips on study style and time management. The students were made aware about the counselling services and how they can reach for counselling by appointment via email and extension. The sessions are organized for the students of Manipal University Jaipur.



MANIPAL UNIVERSITY JAIPUR

5. 3 to 5 photographs of the event or screenshots of the event (if online) with captions:-





MANIPAL UNIVERSITY JAIPUR



GPS Map
Camera Lite

RHR8+6J5, Vinayak Marg, Dahmi Kalan, Rajasthan
303007, India

Latitude
26.8407468°

Local 12:07:04 PM
GMT 06:37:04 AM

Longitude
75.5675158°

Altitude 13.65 meters
Thursday, 22.09.2022

Glimpse of ongoing session



**MANIPAL UNIVERSITY
JAIPUR**

6. Brochure of the Event -



**MANIPAL UNIVERSITY
JAIPUR**

**DIRECTORATE OF
STUDENT'S WELFARE**

Session on Study Habits

Date: 22/09/2022

Time: 12:00 Noon & 04:00 PM

**ORGANIZED BY
COUNSELLING TEAM.**



7. Schedule of the event -

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session
4	Question-Answer session was done
5	Shared the contact details of students with the students.



MANIPAL UNIVERSITY JAIPUR

8. Attendance of the Event (insert in the document only)

Total attendee – 68

Induction Program				
Date:				
S. N.	Name	Registration Number	Program BCA/MCA	Signature
01	Mohammad fairuz	221015018	BCA	
02	Abdul	221015111	BCA	
03	Abdul Hamman	221015108	BCA	
04	Mayur Soni	221015079	BCA	
05	Indrajeet Rathore	221015034	BCA	
06	Sunid choudhary	221015068	BCA	
07	Jashas Bhogak	221015062	BCA	
08	Nikhil	221015190	BCA	
09	Anuv Indoria	221015101	BCA	
10	Diya Murari	221015114	BCA	
11	Vaibhesh	221015084	BCA	
12	Rubul	221015123	BCA	
13	Arthav Badga	221015154	BCA	
14	Harshwardhan S.S	221015085	BCA	
15	Prince Yadav	221015145	BCA	
16	Satejankam ^{Patnaik}	221015015	BCA	
17	Harsh	221015014	BCA	
18	Manan	221015092	BCA	
19	Saksham	221015024	BCA	
20	Rupal Jasra	221015074	BCA	



MANIPAL UNIVERSITY JAIPUR

Induction Program

Date:

S. N.	Name	Registration Number	Program BCA/MCA	Signature
	Kasoni Singh	221015012	BCA	Kasoni
	Jitendra ch.	221015015	BCA	Jitendra
	Khushi Sharma	221015086	BCA	Khushi
	Ananya	221015127	BCA	Ananya
	Simran	221015104	BCA	Simran
	Priyanshvi	221015116	BCA	Priyanshvi
	Anshika Kumawat	221015058	BCA	Anshika
	Swati	221015081	BCA	Swati
	Karishka	221015033	BCA	Karishka
	Tamanna Sharma	221015164	BCA	Tamanna
	Anisha Badwal	221015141	BCA	Anisha
	Ritika Sharma	221015137	BCA	Ritika Sharma
	Mohit Sharma	221015080	BCA	Mohit
	Harshid Bansal	221015032	BCA	Harshid
	Gourav Agrawal	221015038	''	Gourav
	Anisuddh Singh	221015115	BCA	Anisuddh Singh
	Raghu Raj Arar	221015102	BCA	Raghu
	Vaibhav Raj	221015050	BCA	Vaibhav Raj
	Nakul	221015073	BCA	Nakul
	Gulshan	221015029	BCA	Gulshan
	Harsh Raj Nimadia	221015152	BCA	Harsh



MANIPAL UNIVERSITY JAIPUR

Induction Program

Date:

S. N.	Name	Registration Number	Program BCA/MCA	Signature
43	Branveer Singh	21015087	BCA	P.S.
44	Arunshu Chohan	221015054	BCA	
45	Vansh Sharma	221015126	BCA	
46	Roshmit Chakra.	221015009	BCA	Roshmit
47	Kaishna Biju	221015035	BCA	Kaishna
48	Mayank Puri	221015147	BCA	Mayank
49	Abhishek Pillai	221015103	BCA	Abhishek
50	Rishikhanija	221015144	BCA	Rishi
51	Munesh	221015117	BCA	Munesh
52	Vikash Jasti	221015042	BCA	Vikash
53	Sammundan	221015136	BCA	Sammundan
54	Divyansh	221015057	BCA	Divyansh
55	Vansh	221015160	BCA	Vansh
56	Kshitij Kumar	221015099	BCA	Kshitij
57	Mohit Jangid	221015039	BCA	Mohit
58	Divyanshi Kedia.	221015150	BCA	Divyanshi.
59	Diviza Sankhla.	221015110	BCA	Diviza
60	Madan Bhati	221015046	BCA	
61	Mohit Patel	221015062	BCA	Mohit
62	Gias	221015069	BCA	Gias
63	Hemant Saini	221015048	BCA	Hemant



9. Feedback of the Event –

Post session feedback was taken by the participants.

Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/C/022/FD/030

DIRECTORATE OF STUDENTS' WELFARE

Effective Study Habits

Seminar

Date of Event: 23 September 2022



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1. Introduction of the Event –

The purpose of the seminar was to reach the students and address the challenges faced by students while studying in their college life. College life is more about being self-dependent and to become our own best we need to learn the art of managing their studies.

2. Objective of the Event -

- To understand the importance of academics.
- To learn and inculcated the ways for our holistic wellbeing.

3. Beneficiaries of the Event-

The seminar was conducted for the students Chemistry & Physics semester I.

4. Brief Description of the event-

College life is best phase for students as it gives multiple opportunities for fun and education. Coming to college is a major transition in student, there is lots of excitement and anticipation about this new beginning. University life is exposure to multiple opportunities and gives work world exposure. Students become more responsible towards themselves. They are dependent on themselves, and this needs them to focus on multiple things. Student life is based on two major things: academics and interpersonal. Students were given tips on study style and time management. The students were made aware about the counselling services and how they can reach for counselling by appointment via email and extension. The sessions are organized for the students of Manipal University Jaipur.



5. 3 to 5 photographs of the event or screenshots of the event (if online) with captions:-



Glimpse of ongoing session



**MANIPAL UNIVERSITY
JAIPUR**

6. Brochure of the Event -



**MANIPAL UNIVERSITY
JAIPUR**

**DIRECTORATE OF
STUDENT'S WELFARE**

Session on Study Habits

Date: 23/09/2022

Time: 9:40 AM

**ORGANIZED BY
COUNSELLING TEAM.**



7. Schedule of the event -

1	Introduction by the counsellor.
2	Shared power point presentation
3	Counsellors alternatively took the session
4	Question-Answer session was done
5	Shared the contact details of students with the students.



MANIPAL UNIVERSITY JAIPUR

8. Attendance of the Event (insert in the document only)

Total attendee – 18

Induction Program
Date: 23.9.2022 (10.00 AM to 1.00 PM)

Sr. No	Name	Registration Number	Program BCA/MCA/B.Sc/M.Sc	Signature
01	Naveen Suthar	221006007	BSc Phy.	
02	Pavini Sharma	221006011	BSc (Physics)	
03	Guna Kishore B	221019001	MSc Physics	
04	DHRUV DASHORA	221006001	BSc (Physics)	
05	Nishita Chaudhary	221006014	BSc (Physics)	
06	Nikita Dey	221006003	BSc honours (physics)	
07	Ajeep Ghosh	221006013	BSc honours (Phy)	
08	Adnan Hakeem H K	221006006	BSc honours (Phy)	
09	Ishnu Chakraborty	221006012	BSc Physics (Hon)	
10	Arni Kothari	221004004	B.Sc (Hons) Chem	
11	Sadeef Khira	220102946	B.Sc (Hons) physics	
12	Kishika Anand	221004003	BSc (Hons) Chem	
13	Pranjalee Ghosh	221004002	BSc (Hons) Chem	
14	VISHWANATHAN PANDARAJAN	221004005	BSc (Hons) Chem	
15	Dr. RIMPY SHARMA			
16	Ms. Vandana kabea			
17	DR. SRIPARNA RAY			

Dr. Anurita Bhowmik
Dr. Naveen Kumar Suthar
Coordinator Name & Signature 23.9.22



9. Feedback of the Event –

Post session feedback was taken by the participants.

Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare