

# HITHAISHI



**MANIPAL**  
ACADEMY of HIGHER EDUCATION  
(Institution of Eminence Deemed to be University)

*We are always there for you.....*

*Official Newsletter of Department of Student Affairs, MAHE, Manipal*

*Dear Students,*

*I am delighted to share some exciting updates on the various activities and initiatives we have undertaken to enhance the welfare and well-being of our students.*

*Our commitment to providing a supportive and enriching environment remains unwavering, and these efforts reflect our dedication to students growth and success.*

*Identifying students at risk of academic, social or emotional challenges is crucial for timely support and intervention. We understand that every student has unique learning needs. Preparing our students for a successful future is our top priority.*

*We recognize the importance of mental health and well-being in our students' lives. We have health professionals to offer counselling services on campus. Additionally, we have organized stress management workshops, mindfulness sessions, and awareness campaigns to create a supportive and stigma-free environment for discussing mental health concerns.*

*We believe in instilling a sense of social responsibility in our students. We have initiated community outreach projects where students can volunteer and contribute to various causes. These experiences not only enrich their lives but also instill empathy and a commitment to making a positive impact on society.*

*Finally, I take this opportunity to express my gratitude to DSA's Editorial Team for putting in so much time and effort to bring out this Newsletter. All the best!*



*Geetha*

**Dr. Geetha Maiya**  
**Director, Student Affairs, MAHE**

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# PROGRAMS CONDUCTED AT MANIPAL CAMPUS

## Workshop on Building A Sustainable Peer Support Team



Department of Student Affairs (DSA) MAHE Manipal organized "Building a Sustainable Peer Support Team" workshop on 27th February 2023. During the Inauguration program, Registrar of MAHE Dr. Giridhar Kini released the DSA Newsletter and Dr. Nandineni Rama Devi, Director, MSAP inaugurated an online platform for anonymous reporting to help peers.

## POSH Awareness Program for MCON students

DSA organized an awareness program on the Prevention of Sexual Harassment at the Workplace on 14th March 2023, for the students of Manipal College of Nursing (MCON). Dr. Geetha Maiya was the resource person for the program.



## Peer Support Workshop at MSLS

DSA organized Peer Support Workshop for the students of Manipal School of Life Sciences on 4th April 2023.



## Awareness Program on Substance Abuse and its repercussions

Nasha Mukta Club MAHE and DSA organized an awareness program on Substance Abuse and Repercussions on 21st April 2023. The resource person of the program was Dr. Supriya T.A, Assistant Professor Department of Psychiatry KMC Manipal.



## Dental Camp at Shankerpura

Rotary Shankerpura in association with Department of Student Affairs, MAHE Manipal in association with the Ministry of Social Justice and Empowerment Government of India as part of their



project Nasha Mukta Bharat Abhiyaan(NMBA), Manipal College of Dental Sciences, Primary Health

Center Moodabettu organized a free Dental Treatment Camp at Rotary Bhavan Shankerpura on 11th June 2023.

## NMBA project Manager's visit to MAHE

Dr Sijo George, Project Manager, National Action Plan for Drug Demand Reduction, National Institute of Social Defence (NISD), visited MAHE, Manipal, on 16th and 17th June 2023 to evaluate and review our project implementation of Nasha Mukta Bharat Abhiyaan

entrusted by the Ministry of Social Justice and Empowerment, Government of India. He also visited villages where we conducted various activities as part of the Abhiyaan.



## Awareness talk at Malpe Govt. PU College

Government P.U.College, Malpe in collaboration with DSA and Nasha Mukta Bharath Abhiyaan campaign funded by the Ministry of Social Justice and Empowerment Government of India, organized an awareness program on the Effects of Drug Abuse for students of the college on 26th June 2023.



## Awareness talk at Hiriadka Govt. College



Karnataka Public School Hiriadka in collaboration with the Department of Student Affairs MAHE and the Ministry of Social Justice and Empowerment Government of India organized an awareness program on the Effects of Drug Abuse for students on 26th June 2023.



## Beating the Blues



The Department of Information and Communication Technology MIT Manipal organized an orientation for First year B Tech Students on the topic Beating the Blues (Mental health Awareness) on 18th & 19th July 2023. MAHE student coun-

selors Ms Shilpa, Ms Josna, Dr Rayan Mathias, Mr Calvin Dsouza, Mr Jeevan Lewis and Ms Sujatha from Department of Student affairs MAHE Manipal were the Resource persons.



## Workshop on Youth against Drugs

The Department of Student Affairs MAHE in association with Ministry of social justice & empowerment, Government of India, Karnataka state legal services authority, Bengaluru, District legal services authority, bar association (r.), Udupi, District administration, Zilla Panchayath, Udupi, Department of Empowerment of Differently abled and Senior Citizens, Health and Family Welfare Services, Department of public instructions, Vaikunta Baliga college of law, Kunjibettu, Udupi organized a district level workshop on the theme Youth Against Drugs - a strategic intervention by KLSA through NALSA – legal services to the victims of drug abuse and eradication of drug menace scheme, on 22nd July 2023, at Dr TMA Pai Auditorium, 3rd Floor, KMC, Manipal.



Shri Shantveer Shivappa, Hon'ble Prl. District and Sessions Judge & Chairman, District Legal Services Authority, Udupi. Sri. Akshay M. Hakay, IPS Superintendent of Police, Udupi, Sri. B. Nagaraj President, Bar Association, Udupi, Dr. P. Giridhar Kini Registrar, MAHE, Manipal, Sri. Prasanna. H, IAS, Chief Executive Officer, Zilla Panchayath, Udupi, Sri Raghavendra Shettigar, Deputy Secretary, KSLSA, Bengaluru and Sri. Maruthi Deputy Director, Department of Undergraduate Education, Udupi were the Guests of Honor.



Dr. P. Giridhar Kini, Registrar, MAHE, Manipal addressed the student community and administered the oath. Dr. Geetha Maiya, Director, Student Affairs, MAHE, Manipal delivered the vote of thanks and extended her gratitude to everyone who made this workshop a success.

Smt. Sharmila S, Senior Civil Judge & Member Secretary, DLSA, Udupi, Dr. Geetha Maiya, Director Student Affairs, MAHE, and Deputy Directors Prof. Roshan David Jathanna, Dr. Rashmi Yogesh Pai, Dr. Aravind Pandey Mr. Shivaji from Department of empowerment of differently abled and senior citizens and Dr. Vinod Nayak, Professor, Forensic Medicine KMC were also present.



Resource Persons of the day, Dr. PV Bhandary, Director and Consultant Psychiatrist, Dr A V Baliga Group of Institutions, Udupi, and Sri. Akshay M. Hakay, IPS, Superintendent of Police, Udupi, delivered the session on menace caused by drug use, the role of law and order in tackling this and the importance of saying no to substance abuse in the first place.

This program was attended by 562 college students of Udupi and Manipal, authorities from Karnataka state legal services authority, Bengaluru, District legal services authority, bar association (r.), Udupi, District administration, Zilla Panchayath, Udupi, Department of Empowerment of Differently abled and Senior Citizens, Health and family welfare services, department of public instructions and also from Faculty & Staff of MAHE. Ms. Shravya Baasri – Research Scholar from Gandhian Centre for Philosophical Arts and Sciences, Manipal Academy of Higher Education rendered the invocation. Ms. Komal Jennifer D'Souza, Research Scholar, Dept. of Commerce was the MC for the program.



## Induction Program for first year students of MIT

The team comprising of Deputy directors & MAHE Student Counselors led by Dr Geetha Maiya, conducted sessions on "Managing Emotions" and "Prevention of Sexual Harassment at the Workplace" to all newly joined first year students of MIT Manipal, as part of the Induction program on consecutive 5 days. i.e from 24.7.23 to 28.7.23 to cover all 32 sections.



## Student Information Session



A student information organized by Department of Student Affairs MAHE on Monday, August 7, 2023, between 5.15 pm to 6.15 pm at Interact Hall. Resource person was Mr. Scott Hartmann, Cultural Affairs Officer, U.S. Consulate Chennai, was the resource person . This

session included information about scholarships, free events like

Education USA India's U.S. University fairs, webinars, visa sessions with U.S. Consulate officials, weekly advising sessions etc.



## Orientation for newly joined students

Dr. Geetha Maiya and Deputy Directors DSA, Mr Roshan Jathanna, Dr Rashmi Yogesh Pai and Dr Arvind Pandey addressed to the 2023-2024 batch students of the various institutions of MAHE and gave a brief overview of the campus life and support systems available for all the students.

Sl.No	Date	Name of the Institution/ Department	Venue	Resource Person
1	01-07-2023	TAPMI	Amrith Gardens	Dr Geetha Maiya
2	17-07-2023	MIT	MIT	Dr. Geetha Maiya
3	18-07-2023	MIT	MIT	Dr. Geetha Maiya
4	19-07-2023	MIT	MIT	Dr. Geetha Maiya
5	19-07-2023	MSLS	MSLS	Dr. Geetha Maiya
6	20-07-2023	MIT	MIT	Dr. Geetha Maiya
7	28-07-2023	MSAP	MSAP	Dr. Geetha Maiya
8	01-08-2023	PSPH	PSPH	Dr. Rashmi Pai
9	01-08-2023	MCON (UG Students)	MCON	Dr. Arvind Pandey
10	02-08-2023	DOC (BBA)	Golden Jubilee Hall	Mr. Roshan Jathanna
11	03-08-2023	DOC (B.COM)	Golden Jubilee Hall	Mr. Roshan Jathanna
12	04-08-2023	MIV	MIV	Dr. Geetha Maiya
13	05-08-2023	MCBR	MCBR	Dr. Geetha Maiya
14	07-08-2023	ICAS	ICAS	Dr. Geetha Maiya
15	31-08-2023	MCODS	MCODS	Dr. Geetha Maiya
16	01-09-2023	KMC, Manipal	TMA Pai hall	Dr. Arvind Pandey
17	02-09-2023	MCON (PG Students)	MCON	Dr. Arvind Pandey
18	02-09-2023	MCHP	MCHP	Dr. Geetha Maiya
19	04-09-2023	DOC (PG)	MCHP	Dr. Geetha Maiya





## Partition Horror Remembrance Day



Staff and students of Manipal Academy of Higher Education (MAHE), Manipal, joined hands with the Department of Student Affairs to honour the lives affected by the tragic Partition of India and Pakistan. The event marked the Partition Horror Remembrance Day and emphasized the crucial role of preserving historical memory.

The solemn event began with a poignant address, reminding attendees of the immense suffering endured by countless individuals during the partition. The memory of those times served as a solemn reminder of the values of unity, tolerance, and empathy that remain essential in today's world.

Distinguished guests, including Dr. Narayana Sabhahit, Pro Vice Chancellor of Technology and Science; Dr. P. Giridhar Kini, Registrar; Col. Vinod Bhaskar, Chief Warden of Health Sciences & MIT Hostels; Col. Prakash Chandra, Director General of Service at MAHE; and Dr. Geetha Maiya, Director of Student Affairs, were present during the event.



A moment of silence paid homage to the lives lost and families torn apart during the partition. An invocation led by Arin Srivastava, a final year BBA student from the Department of Commerce, sought solace and strength for the souls who endured that tumultuous period.

Dr. P. Giridhar Kini extended a warm welcome to all attendees, setting the event's tone. A symbolic lighting of the lamp followed, representing the illumination of history's darkness and the triumph of unity. The inauguration of the exhibition 'Partition Horror Remembrance Day' by the honoured delegates underscored the event's purpose. This exhibition remain opened for three days for staff and students of MAHE, Manipal.

A captivating tabla performance for a patriotic song by Aryan Mulchandani, a student from the Department of Commerce, MAHE, enraptured the audience, transporting them into a world of rhythm and melody.

The Chief Guest, Col. Vinod Bhaskar, emphasized the importance of preserving historical memory and learning from the past. Guest of honor Col. Prakash Chandra echoed these sentiments, highlighting the significance of the day.



A heartfelt patriotic song performance led by Anushka Sarkar, Arin Srivastava, and Arsh Srivastava, second-year BBA students from the Department of Commerce, paid tribute to the nation's strength and resilience.

Dr. Narayana Sabhahit, Pro Vice Chancellor of Technology and Science, contributed his insights, underscoring the academic importance of commemorating historical events and drawing lessons for the future in his presidential remarks.

The event concluded with a gracious vote of thanks by Dr. Geetha Maiya, Director of Student Affairs, expressing gratitude to all contributors. Dr. Everil Jacklin Fernades, Assistant Professor Sr. Scale from the Department of Commerce was the MC of this event. A unifying rendition of the national anthem symbolized shared identity and national spirit.



As the event closed, attendees departed with a renewed commitment to unity, understanding, and a brighter world. The lessons of history will continue to guide them, fostering compassion, empathy, and diversity celebration. The event epitomized MAHE's dedication to preserving history and shaping a harmonious world.



## Installation ceremony of MAHE Toastmasters Club



The Installation Ceremony of MAHE Toastmasters club was held on 9th August 2023 at KMC Interact Hall. Dr. Geetha Maiya inaugurated and addressed the gathering. New members TM Avinash Poojary and , TM Kaustubh Bhat inducted by Division Director, DTM Sapna Shenoy followed by her address.

## POSH awareness program at MIC

DSA organized "Prevention of Sexual Harassment at Workplace" for 1st and 2nd year students of Manipal Institute of Communication MAHE Manipal ( MIC) on 8th and 9th September 2023.



## World Suicide Prevention Day



World Suicide Prevention Day (WSPD) is observed every year on September 10th. The International Association of Suicide Prevention declared " Creating Hope Through Action" as the theme for the suicide prevention day. Department of Student Affairs MAHE Manipal organized an awareness talk based on the same theme for Department of Commerce students and launched the Peer Support Club at the Department of Commerce (DOC) MAHE Manipal.

## Dementia Screening Camp

On 22nd September, MCON and KMC, MAHE, Manipal jointly organised a Dementia screening camp at Rotary Hall, Shankarpura, in collaboration with Rotary Club Shankarpura, DSA MAHE, PHC Moodabettu, St. Johns Church, Shankarpura, and CSI Christha Mahima Church, Manipura.



## Immersion Program at WGSHA



On 13th September ,2023,Welcome Graduate School of Hotel Administration MAHE, marked World Suicide Prevention Day and organised Immersion Program-Student Wellbeing and Prevention of Sexual Harassment at Workplace. Dr. Geetha Maiya Director Ms. Karuna Devadiga ,Mr. Calvin Dsouza MAHE Student Counselors, Dpt. Of Student Affairs MAHE were the resource persons.

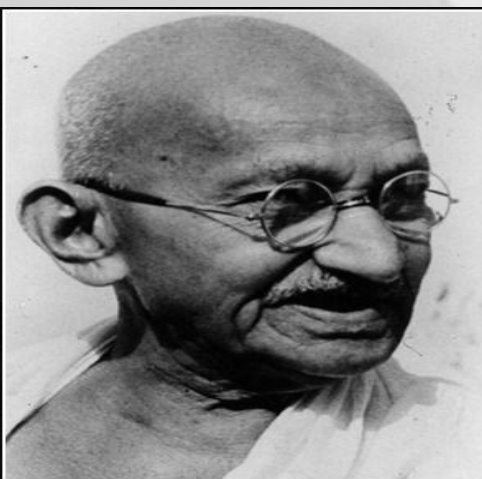
## Swachhata Hi Sewa – Riverside cleaning program

Protecting and preserving backwaters is the duty of every citizen of this country. In this regard, The District Administration organized a riverside cleaning program on 28<sup>th</sup> September 2023 as part of **World Marine Day** under the supervision of Kodi and Tokattu Gram Panchayat and Saligram Kayaking Point. Slogan of the event was “**Swachhata Hi Seva**”.

The program was inaugurated by Udupi District Commissioner Dr. Vidya Kumari along with Rashmi S R, Assistant Commissioner, Kundapura and Zilla Panchayat CEO Mr. Prasanna H.

Nasha Mukth Club of Department of Commerce, were invited to be a part of this program. Prof Santosh Nayak along with 14 students participated in the event. Our stu-

dents along with District Commissioner, Assistant DC and other authorities through Kayaking cleaned the Mangrove river banks. The event enlightened the student as to the need of preserving the nature and ill effects of river pollution. The program concluded with the closing address by Panchayat Development Officer, Mr. Ravindar Rao. Tea and snacks were arranged for the participants.



It does not require money, to live neat, clean and dignified..

— Mahatma Gandhi —

AZ QUOTES

## PROGRAMS CONDUCTED AT MANGALORE CAMPUS

### ‘Understanding Peer Support- Student’s Perspective’

The Peer Support Forum organized its first program on 20th March, from 5pm – 7pm at Medical Education Hall, MAHE Mangalore Campus. Deputy Director of Student Affairs Dr Arathi Rao, Student Counsellors and nearly 12 students of Mangalore campus actively participated in the program. In



the beginning the Dr Arathi Rao introduced the student Affairs team and gave the brief introduction about the Peer Support Forum. She explained about the relevance of the “Peer Support Forum” in the campus. She also briefed about the aims and objectives of the Forum.

### Mental Health “ifs & buts”



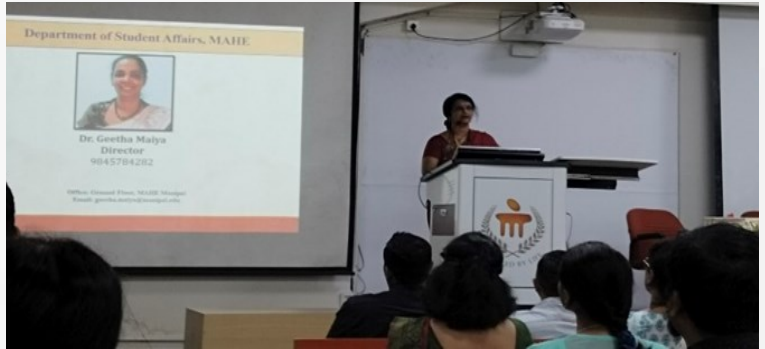
The Peer Support Forum organized “ifs & buts” on 3rd April, 5pm – 7pm at Medical Education Hall, MAHE Mangalore Campus. DDSA Dr. Arathi Rao, Student Counsellors and 9 students of Mangalore campus actively participated in the program.

In the beginning the Dr Arathi Rao introduced the Student Affairs team and gave the brief introduction about the Peer Support Forum. She also briefed about the aims and objectives of the forum for new comers. Dr. Rayan Mathias included the students actively in his session and was reciprocated well by the student. He mainly focused on anxiety and depression, discussing the facts, causes and functional impairment due to anxiety and depression. He also used few case studies to explain the matter. The program was ended with a vote of thanks by Dr Arathi Rao.



## AHS UG Orientation

An orientation program of AHS UG batch 2022 was organized by AHS at Bejai Campus, represented by DDSA, Dr. Arathi Rao and the student Counsellor. The DDSA in her presentation, explained about the various types of counselling service available in the department and its functioning. She also mentioned that students can directly approach for counselling service at any time or can be referred by teacher guardians, faculties and wardens.



## BDS orientation, 2023 Batch

An orientation program of BDS batch 2022 was organized by MCODS at Attavar college lecture hall by DDSA, Dr. Arathi Rao and the student counsellors.

DDSA explained about the various types of counselling service available in the department and its functioning. It was stressed that confidentiality is maintained in all stages of counselling process so that students also feel very comfortable and confident to access the service. The contact number of each counsellors and the DDSA was shared with the students. The availability of counsellors at Bejai and Mangalore campus also informed to the students. Some major safety precautionary guidelines and policies towards drug and alcohol use, smoking and ragging were also well explained in her presentation.



Mrs Chaitra Nayak gave a brief on “Coping stress”. She focused on the challenges, ways to address the concerns along with the techniques to handle them. She also explained how students can benefit from the services our department offers and the way to approach.

# PROGRAMS CONDUCTED AT JAMSHEDPUR CAMPUS

## AWARENESS ON EMOTIONS

The aim of the program was to raise awareness about the various forms of emotions and the advantages of both experiencing and expressing them. The session began with a fun icebreaker activity in which students were divided into groups and given a crossword related to emotions. Moving ahead, primary emotions were introduced using emojis, and components of emotions were discussed and shared with the group. Additionally, the concept of an emotional wheel was introduced to help students understand the importance of recognizing both positive and negative emotions. During the program, the participants also learned about emotional regulation, the ways in which adolescents learn to regulate emotions, and the neurobiological areas involved in regulation. Finally, towards the end of the session, some methods for regulating emotions were also discussed. The program concluded with a debate about whether substances enhance mood, with groups presenting arguments both for and against the motion.



ation, the ways in which adolescents learn to regulate emotions, and the neurobiological areas involved in regulation. Finally, towards the end of the session, some methods for regulating emotions were also discussed. The program concluded with a debate about whether substances enhance mood, with groups presenting arguments both for and against the motion.

## INFORMATION ON EMPATHY

A program was conducted with aspiring medical students to make them aware of the importance of practicing empathy in their personal and professional lives. The program commenced with a roleplay activity, wherein participants had to act empathetically towards a customer who lost an emotionally valuable possession. Feedback was received from other students to determine how to make the role-play even more empathetic when faced with similar situations. The program then delved deeper into the role of empathy in medical practice, discussing how it could alleviate suffering. The role of mirror neurons in empathy was introduced to spark students' interest and facilitate their understanding of the neurobiological aspect of empathy.



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## PARAMPARA – EPISODE 2

Parampara: Episode 2 was organized to initiate another opportunity where the juniors could interact with their seniors. Four seniors (two from 3rd year and two from 2nd year) were chosen to address the students. The program commenced with an introduction by the counsellor about the program, and its agenda. Following this, the senior students were introduced. The class was split into 4



groups and one senior student was allocated to each group, so as to engage them more in discussions and make the interaction more informal. The session concluded with the Clinical Psychologist addressing the students and reemphasizing the importance of holistic development, mental health and support-seeking behaviour.

## ANTI-RAGGING WEEK CONCLUDING EVENT

As per the directive of UGC, anti-ragging week was observed by Manipal Tata Medical College from 12th to 18th August 2023. Various events like poster making, essay writing, slogan writing competitions were held by the National Service Scheme (NSS) in coordination with Student Affairs. The week concluded with an awareness program for the first year students who would very soon



be welcoming their juniors. The program was presided over by local administrative dignitaries like, Chief Guest: Honorable Justice Mr. Sanjay Prasad (High Court, Jharkhand), Special Invitees: Mr. Manish Kumar, IAS (Deputy Development commissioner, Jamshedpur, East Singhbhum), and Mr. K. Vijay Shankar, IPS (Superintendent of Police, Jamshedpur, East Singhbhum), Dr. G Pradeep Kumar (Dean, MTMC) and Dr. Rajiva Dwivedi (Director Academic Administration & Quality). The guests were welcomed by the Dean, following which the students were addressed by Mr. Kushagra Kumar, President of Student Council, MTMC. Students were also addressed by the chief guest, guest of Honor, and special invitees, who shared their



experiences and encouraged the students not to engage in ragging and to report to the concerned authorities in case any untoward incident occurs. The event ended by vote of thanks by Ms. Swapnil Sinha, General Secretary, Student Council, MTMC.



# PROGRAMS CONDUCTED AT BANGALORE CAMPUS

## Role of Students in making MAHE Bengaluru Campus Nasha Mukth

Department of Student Affairs MAHE—Bengaluru Campus organized Student Town Hall - Nasha Mukth Bharath on 10th March 2023. The resource person was Dr. Geetha Maiya, Director of Student Affairs, MAHE Manipal.



## DEPARTMENT OF STUDENT AFFAIRS, MAHE



Dr. Geetha Maiya  
Director



Mr. Roshan Jathanna  
Dy-Director (Tech)  
Manipal Campus



Dr. Rashmi Yogesh Pai  
Dy-Director (Tech)  
Manipal Campus



Dr. Arvind Pandey  
Dy-Director (HS)  
Manipal Campus



Dr. Arathi Rao  
Dy-Director  
Mangalore Campus



Dr. Arjuna S R  
Asst. Director  
Bangalore Campus



Dr. Nadia Ahmad  
Dy-Director  
Jamshedpur Campus

### STUDENT COUNSELLORS MANIPAL CAMPUS



Ms. Karuna A  
Devadiga



Ms. Shilpa  
Joshi



Dr. Rayan C  
Mathias



Mr. Calvin A  
Dsouza



Mr. Jevaan V  
Lewis



Ms. Josna  
M J



Ms. Sujatha

### STUDENT COUNSELLORS MANGALORE CAMPUS



Ms. Divya  
prabha Dsouza



Ms. Chaitra  
Nayak



Ms. Joys M  
Dsouza



Ms. Lakshmi  
Kashyap



Ms. Liza T  
Daniel

### STUDENT COUNSELLORS BANGALORE CAMPUS

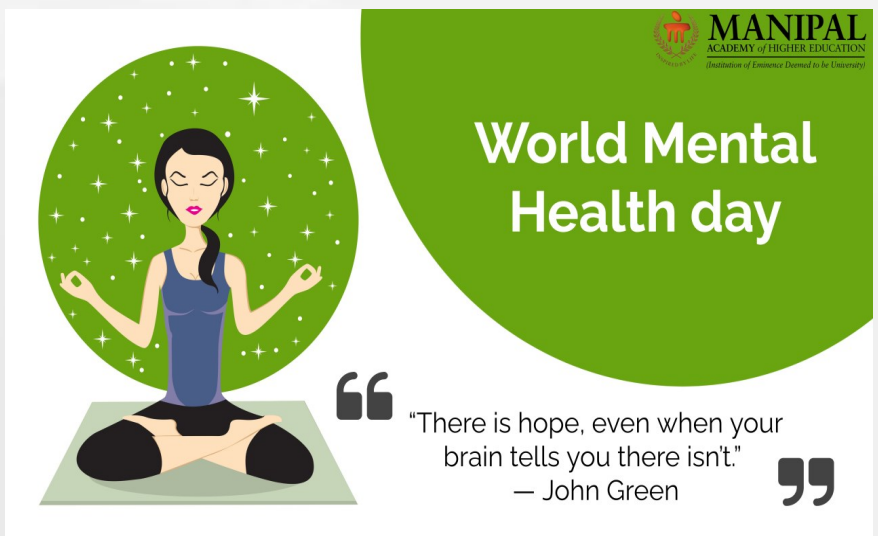
### STUDENT COUNSELLORS JAMSHEDPUR CAMPUS

# POST TRAUMATIC STRESS DISORDER

- AN ARTICLE BY MR. JEEVAN LEWIS

Every year, October 10th is observed as World Mental Health Day. The theme for 2023, designated by the World Foundation of Mental Health, is 'Mental Health Is a Universal Human Right.' The primary objective of World Mental Health Day is to raise awareness of mental health issues worldwide and mobilize efforts in support of mental health. This day offers an opportunity for those working on mental health matters to share their work and discuss what further steps are needed to make mental healthcare accessible to people everywhere.

Mental health encompasses a state of well-being that allows individuals to cope with life's stressors, realize their abilities, learn, and function effectively. It plays a pivotal role in shaping how one thinks, feels, and behaves. Good mental health entails feeling positive about oneself and managing everyday pressures.



In today's world, stress is prevalent across various aspects of life, making it challenging to maintain positive mental well-being. Mental health conditions encompass mental disorders, psychosocial disabilities, and other mental states associated with significant distress, impaired functioning, or the risk of self-harm. Individuals with psychological conditions are more likely to experience lower levels of psychological well-being.

Post-Traumatic Stress Disorder (PTSD) is a condition that occurs after a person experiences a life-threatening or highly distressing event, which can have both short-term and long-term effects. Such events include physical assaults, involvement in car or aircraft crashes, kidnapping or hostage situations, violence, terrorist attacks, witnessing harm to others, working in roles exposed to distressing situations, surviving natural disasters like flooding or earthquakes, or the loss of a loved one.

PTSD symptoms usually manifest within three months of the traumatic event but can also begin later. Intrusion symptoms include nightmares, flashbacks, a feeling that the event may recur, and fearful thoughts. Avoidance symptoms involve refusing to discuss the event and avoiding situations that remind the person of it. The effects of PTSD can include emotional numbness, detachment from the event, and reduced speech. Affected individuals may avoid reminders of the event, develop negative thoughts about the world, prefer solitude, and experience sudden anger and frustration related to the traumatic event.

While it remains unclear why some people develop PTSD while others do not, certain risk factors can increase the likelihood of experiencing symptoms, such as having additional problems after an event, lacking social support, experiencing childhood abuse or trauma, or having a history of mental health issues. It is essential for individuals to seek medical attention if their symptoms persist for more than a month, if they have trouble sleeping at night, experience severe symptoms that disrupt their normal life, or have thoughts of self-harm.

In conclusion, the mind is a powerful organ that regulates the functioning of the entire body. When the mind is unstable, it can affect overall health. Maintaining both physical and emotional well-being is crucial for success. People should be aware of the consequences of mental illness and prioritize mental health. Achieving a balance between physical and mental well-being is essential for everyone.

**Mr. Jeevan Lewis**  
MAHE Student Counsellor



The poster features a blue background. On the left, the MANIPAL ACADEMY of HIGHER EDUCATION logo is displayed, including the text 'INSPIRED BY LIFE' and '(Institution of Eminence Deemed to be University)'. The central text reads 'MENTAL HEALTH IS A PRIORITY YOU ARE NOT ALONE' in white and black. On the right, there is an illustration of a person sitting on the floor, hunched over with their head buried in their hands, with a large, dark, shadowy figure looming behind them. At the bottom, the text 'Department of Student Affairs, MAHE' is written in bold black letters.

**MANIPAL**  
ACADEMY of HIGHER EDUCATION  
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**MENTAL HEALTH  
IS A PRIORITY  
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**Department of Student Affairs, MAHE**



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

**WE ARE ALWAYS THERE FOR YOU**



### Student Counsellors

Ms. Karuna Devadiga: +91 9148591543

Ms. Shilpa Joshi: +91 9148591546

Dr. Rayan Mathias: +91 9148591545

Mr. Calvin D'Souza: + 91 9606035373

Mr. Jeevan Lewis: +91 9606035379

Ms. Josna M J: +91 9148591544

Ms. Sujatha: +91 9148591547

### Be the Difference: Anonymous Reporting system to Help a Peer

Report any issue your peer is facing such as mental health concerns, academic difficulties, substance abuse, social issues.



<https://tinyurl.com/maheanon>

#### Dr Geetha Maiya

Director, Student Affairs  
(+91 98457 84282)

#### Mr Roshan Jathanna

Dy. Director (Technical)  
(+91 98457 02658)

#### Dr Rashmi Pai

Dy. Director (Technical)  
(+91 63643 67823)

#### Dr Arvind Pandey

Dy. Director (Health Sciences)  
(+91 63640 84639)

**Department of Student Affairs, MAHE**

### **EDITORIAL BOARD**

Dr. Rashmi Yogesh Pai, Mr. Calvin Alan Dsouza, Ms. Ruth Karkada

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