



# SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai

## Student Counselling Programs – 2022

### Faculty of Medicine-A.RISHIKULYA

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
MBBS	1 <sup>st</sup> year and freshers	250	08.12.2022/3.00-4.00pm	Demo Hall 1 , Third floor, Medical College Buiding.
MBBS	3 <sup>rd</sup> Year	230	12.12.2022/12.00pm-1.00pm	Lect.Hall 6 , Medical College Building.

### Faculty of Dental Sciences-A.RISHIKULYA

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
BDS		400	12.12.2022/3.00-4.00pm	Dental Auditorium (Dental College Basement)

### Faculty of Physiotherapy-A.RISHIKULYA

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
BPT	1 <sup>st</sup> Year	104	14.12.2022/8.00-9.00am	4 <sup>th</sup> Floor,Physiotherapy Building, SRIHER
B.P.T	3 <sup>rd</sup> Year	54	20-12-2022/11.00-12.00pm	1 <sup>st</sup> floor, Physiotherapy college Building, SRIHER

### Faculty of Sports Sciences-A.RISHIKULYA

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
B.Sc(Sports and Exercise)	1 <sup>st</sup>	24	13.12.2022/2.30-3.30pm	Sports Building (Yoga Hall)
B.Sc(Sports and Exercise)	2 <sup>nd</sup>	24	15.12.2022/2.30-3.30pm	Sports Building (Yoga Hall)
B.Sc(Sports and Exercise)	3 <sup>rd</sup> & Intern	17	20-12-2022/2.30-3.30pm	Sports Building (Yoga Hall)
M.Sc(Sports and Exercise)/1 <sup>st</sup>	1st & 2nd	31	16.12.2022/10.00-11.00am	Sports Building (Yoga Hall)



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## Faculty of Allied Health Sciences-Deborah Deepa David

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
M.Sc. (Clinical Nutrition)	1st	62	03.12.2022/1.00pm	Vidhya Sudha, UG Classroom
M.Sc. (Clinical Nutrition)	2nd	43	03.12.2022/1.30pm	Vidhya Sudha, UG Classroom
M.Sc. (Medical Psychology)	1st & 2nd	17	07.12.2022/1.00pm	Link Room, G Block
M.Sc. (Mind & Body Medicine)	1st & 2nd	14	08.12.2022/2.15pm	Demo Hall 4F, Medical College Block
B.Sc. (AHS Technology)	3rd	188	12.12.2022/1.45pm	Medical College Block
B.Sc. (AHS)	1st		12.12.2022/2.00pm	Medical College Block
B.Sc. (Trauma Care Management)	1st & 2nd	55	13.12.2022/11.00am	Medical College Block
M.Sc. (Trauma Care Management)	1st, 2nd and Interns	31	13.12.2022/11.00am	Medical College Block
M.Sc. (Clinical Psychology)	1st & 2nd	40	16.12.2022/2.30pm	Link Room, G Block
B.Sc. (Clinical Nutrition)	1st	34	17.12.2022/9.00am	Vidhya Sudha, UG Classroom
B.Sc. (Clinical Nutrition)	2nd & 3rd	68	17.12.2022/9.30am	Vidhya Sudha, UG Classroom
B.Sc. (Applied Psychology)	1st	52	17.12.2022/10.00am	Medical College Block
B.Sc. (Applied Psychology)	2nd	47	17.12.2022/10.20am	Medical College Block
B.Sc. (Applied Psychology)	3rd	16	17.12.2022/11.00am	Medical College Block
B.Sc. (Optometry)	1st	29	21.12.2022/9.00am	G Block
B.Sc. (Optometry)	2nd	38	21.12.2022/1.00pm	G Block
B.Sc. (Optometry)	3rd	33	21.12.2022/10.00am	G Block
B.Sc. (Medical Microbiology and Applied Molecular Biology)	1st, 2nd, 3rd and 4th	74	22.12.2022/12.00pm	Medical College Block

## Faculty of Speech Language and Pathology- Deborah Deepa David

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
B.Sc. (ASLP)	1st, 2nd, 3rd & Interns		7.12.2022/2.00pm	SLP Department
M.Sc. (SLP)	1st	12	16.12.2022/12.00pm	SLP Department



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## FACULTY OF NURSING-V.NANDHAKUMAR

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
BSc Nursing	1 <sup>st</sup> year	101	21.12.2022 02.00 to 03.00PM	Lecture hall 6 2 <sup>nd</sup> floor faculty of nursing
BSc Nursing/PcBSc	2 <sup>nd</sup> year	97+13=110	07.12.2022	Lecture hall 13 3 <sup>rd</sup> floor faculty of nursing
BSc Nursing/NPCC	3 <sup>rd</sup> year	101+10 =111	23.12.2022	
BSc Nursing/MSc	4 <sup>th</sup> year	103+18 =121	S	

## FACULTY OF MANAGEMENT- V.NANDHAKUMAR

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
BBA	1 <sup>st</sup> year	35	14.12.2022	lecturer hall, 4 <sup>th</sup> floor kamalam udaiyar block
BBA	2 <sup>nd</sup> year	29	14.12.2022	lecturer hall, 4 <sup>th</sup> floor kamalam udaiyar block
BBA	3 <sup>rd</sup> year	30	14.12.2022	lecturer hall, 4 <sup>th</sup> floor kamalam udaiyar block
MBA	1 <sup>th</sup> year	50	15.12.2022	lecturer hall, 4 <sup>th</sup> floor kamalam udaiyar block
MBA	2 <sup>nd</sup> year	56	15.12.2022	lecturer hall, 4 <sup>th</sup> floor kamalam udaiyar block

## FACULTY OF BIOMEDICAL SCIENCE AND TECHNOLOGY- V.NANDHAKUMAR

PROGRAMME	YEAR	NO. OF STUDENTS PARTICIPATED	DATE/TIME	VENUE
B.Sc	1 <sup>st</sup> year	84 students	15.12.2022 09.00 to 10.00AM	Lecturer Hall 1, ground floor, Medical Block
B.Sc	2 <sup>nd</sup> year	77 students	12.12.2022 11.15 to 12.00PM	Demo Hall 6, 2 <sup>nd</sup> floor Medical Block
B.Sc	3 <sup>rd</sup> year	77 students	13.12.2022 09.00 to 10.00AM	Demo Hall 1, 1 <sup>st</sup> floor Medical Block
B.Sc	4 <sup>th</sup> year	75 students		
M.Sc	1 <sup>st</sup> & 2 <sup>nd</sup> year	12+9 =21students	21.12.2022 02.00 to 03.00PM	Demo Hall 6, 2 <sup>nd</sup> floor Medical Block



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M.Sc(Human genitics)	1 <sup>st</sup> year	30	21.12.2022 11.00 to 12.00 AM	Human Genetics lab, 3 <sup>rd</sup> floor, medical block
M.Sc(Human genitics)	2 <sup>nd</sup> year	35	22.12.2022 09.00 to 10.00AM	Class room 4 <sup>th</sup> floor Medical block

## Report of Orientation Programs for the month of December '22

Date:3-12-2022

Conducted by: Deborah Deepa David

Timing:1.00pm

Department:CLINICAL NUTRITION

PG 1st Year

No. of Students: 62

Venue: UG classroom, Vidya Sudha

### Key Highlights:

The Student Counselling Centre of SRIHER organized an orientation program all through the month of December 2022 to ensure all the students of the various faculties become familiar with the Centre and it's counsellors and the procedures through which they can reach out to book counselling sessions.

The counsellor Deepa David addressed the students on the following topics:

- What is counselling?
- What can one expect from the counsellor during a session?
- The importance of mental health among college students.
- How counsellors can help the students through various issues.
- Facts about counselling.
- Important physical, emotional and behavioural indicators to alert one about the requirement for counselling.
- Reflection by the students on how they deal with stress.
- SRIHER website containing information about the Student Counselling Centre.
- Contact numbers of the college counsellors and how to reach them.

The sessions were interactive and received positive feedback from the students. There has been a sharp rise in the number of students reaching out for counselling sessions post the orientation programs. More such programs addressing the mental health needs of the students can be organised to build a resilient and empowered community of students in SRIHER.

### Photographs of the Session:

Conducted by: Deborah Deepa David

Date :03-12-2022

Timings: 1.30pm







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Programme: CLINICAL NUTRITION

PG 2nd Year

No. of Students: 43

Venue: UG Classroom, Vidya Sudha



**Conducted on : 7-12-2022**

Conducted by: Deborah Deepa David

Timings: 1.00pm-MEDICAL PSYCHOLOGY

PG 1st & 2nd Year

No. of Students: 17

Venue: Link Room, G Block



**Conducted on : 7-12-2022**



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Conducted by: Deborah Deepa David  
Timings: 2.00pm- ASLP  
Programme: UG 1st, 2nd, 3rd Year, Interns  
Venue: SLP Department



**Programme Date: 07.12.2022**

**Conducted by : V.Nandhakumar**

**2<sup>nd</sup> Year BSc Nursing and pcBSc**

**Time: 2.00 PM to 3.00 PM (last 15 min. doubt session)**

**Venue: lecturer hall 13, 3<sup>rd</sup> Floor, faculty of nursing**

**Total students: 97+13= 110**

**Report - Orientation on the student counseling center and services at SRIHER (DU)**

The orientation program was presented to 6 faculties at SRIHER (DU) by Nandha Kumar V, Student Counselor. The students were interactive and cooperative in the sessions. The sessions started with a brief on the importance of mental health among college students. Many aspects like Physical health, Academics, self-care, sleep, self-image, and relationships are seen as most important in today's everyday scenario.

The session then moved on to explaining to the students on how the student counseling center can help them. The students gained an understanding that the counseling services in the deemed university can help them to equip themselves with personal coping strategies, improving their quality of relationships, maintain their physical health and well-being, automatic identification of management of their emotions, to build resilience to handle the ups and downs of life, and to empower themselves to grow up to their potential.

Following that, the taboo and stigma that the students held towards counseling and seeking help was broken as they were explained about a few important facts. As many students didn't feel like they would get a solution by these services, they were promised that they would have a safe space with the counselors; that their sessions

would remain confidential; that anybody could reach out to a counselor and reaching out to a counselor does not mean they are mentally ill.



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The sessions threw light on three important aspects. The 3 R's of counseling: Recognize, Respond and Refer. To recognize is to identify 4 indications that one might need help - these indicators might be safety risk indicators, academic indicators, psychological indicators and physical indicators. To respond is to contemplate and understand when and how they feel a particular way and how to tackle them. To refer is to take steps to seek help whether it is for themselves or for a friend who needs support from counseling.

The students were also given the reassurance that the counseling services have no waitlist, and that emergency appointments are available daily. The students' mental health crisis is taken seriously and this message reached all students clearly. The students also received the contact information of the three student counselors.

The response seen after the sessions from the students side was very positive and it proved that the sessions have created an impact. Almost 15 students reached out for appointments on the very same day the session was taken. Students have now understood that they have a strong system of support in the university and are willingly coming forward to help themselves.







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**Conducted on : 8-12-2022**

Conducted by: Deborah Deepa David

Timings : 2.15pm- MIND & BODY MEDICINE

Programme :PG 1st, 2nd Year

No. of Students: 14

Venue: Demo Hall 4F, Medical College Block



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**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya

**Conducted on :** 08-12-2022

**Timing :** 3.00-4.00pm

**Venue :** 3<sup>rd</sup> Floor, Demo Hall 1, Medical College Bulding, SRIHER

**Total Number of Participants :** 250 Students.

MBBS 1<sup>st</sup> Year & Freshers

**Faculty Participants:** Dr. Manikandan, Assistant Dean of Students, SRIHER

### **Key Highlights :**

Dr. Manikandan Welcomed the Students and introduced them to student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need.

Mrs. A.RishiKulya interacted with the Students about Student Counselling services on campus. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session

### **Photographs of the Event:**



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**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya

**Conducted on :** 12-12-2022

**Timing :** 12.00-1.00pm

**Venue :** Lecture Hall 6, Medical College Building, SRIHER





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**Total Number of Participants :** 230 Students.

MBBS 3<sup>rd</sup> Year

**Faculty Participants:** Dr. Pankaj, SRIHER

### **Key Highlights :**

Dr. Pankaj introduced them to student support initiatives on campus including student Counselling services on campus.

Mrs. A.RishiKulya interacted with the Students about Student Counselling services on campus. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session.

Photographs of the Event:



**Programme Date:** 12.12.2022

**Conducted by :** V.NandhaKumar

**2<sup>nd</sup> Year B.Sc Biomedical Science**

**Time:** 11.15 AM to 12.00 PM (last 15 min. doubt session)

**Venue:** Demo Hall 6, 2<sup>nd</sup> floor Medical Block

**Total students:** 77 Students

### **Report - Orientation on the student counseling center and services at SRIHER (DU)**

The orientation program was presented to 6 faculties at SRIHER (DU) by Nandha Kumar V, Student Counselor. The students were interactive and cooperative in the sessions. The sessions started with a brief on the importance of mental health among college students. Many aspects like Physical health, Academics, self-care, sleep, self-image, and relationships are seen as most important in today's everyday scenario.

The session then moved on to explaining to the students on how the student counseling center can help them. The students gained an understanding that the counseling services in the deemed university



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can help them to equip themselves with personal coping strategies, improving their quality of relationships, maintain their physical health and well-being, automatic identification of management of their emotions, to build resilience to handle the ups and downs of life, and to empower themselves to grow up to their potential.

Following that, the taboo and stigma that the students held towards counseling and seeking help was broken as they were explained about a few important facts. As many students didn't feel like they would get a solution by these services, they were promised that they would have a safe space with the counselors; that their sessions would remain confidential; that anybody could reach out to a counselor and reaching out to a counselor does not mean they are mentally ill.

The sessions threw light on three important aspects. The 3 R's of counseling: Recognize, Respond and Refer. To recognize is to identify 4 indications that one might need help - these indicators might be safety risk indicators, academic indicators, psychological indicators and physical indicators. To respond is to contemplate and understand when and how they feel a particular way and how to tackle them. To refer is to take steps to seek help whether it is for themselves or for a friend who needs support from counseling.

The students were also given the reassurance that the counseling services have no waitlist, and that emergency appointments are available daily. The students' mental health crisis is taken seriously and this message reached all students clearly. The students also received the contact information of the three student counselors.

The response seen after the sessions from the students side was very positive and it proved that the sessions have created an impact. Almost 10 students reached out for appointments on the very same day the session was taken. Students have now understood that they have a strong system of support in the university and are willingly coming forward to help themselves.



**Conducted on 12-12-2022**

Conducted by: Deborah Deepa David

Timings: 1.45pm- AHS TECHNOLOGY

Programme: UG 3rd Year

No. of Students: 188

Venue: Medical College Block



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**Conducted on 12-12-2022**

Conducted by: Deborah Deepa David

Timings: 2.00pm- AHS

Programme: UG 1st Year

Venue: Medical College Block



**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya





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**Conducted on : 12-12-2022**

**Timing : 3.00-4.00pm**

**Venue :** Dental College Auditorium, Dental College Building, SRIHER

**Total Number of Participants :** 400 Students.

Dental College Students

**Faculty Participants:** Dr. Vignesh, Assistant Dean of Students, SRIHER

Dr. Tamizhselvan, Dean Dental College, SRIHER

### **Key Highlights :**

Dr. Vignesh Welcomed the Students and introduced them to student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need.

Mrs. A.RishiKulya interacted with the Students about Student Counselling services on campus. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session

### **Photographs of the Event:**



**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya

**Conducted on :** 13-12-2022

**Timing :** 2.30-3.30pm

**Venue :** Yoga Hall, Sports Building, SRIHER

**Total Number of Participants :** 24 Students.

B.Sc(Sports Science)-1<sup>st</sup> Year Students

### **Key Highlights :**

Mrs.A.Rishikulya Welcomed the Students and introduced them to student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for



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## Photographs of the Event:





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**Programme Date: 13.12.2022**

**Conducted by : V. Nandhakumar**

**3<sup>rd</sup> Year B.Sc Biomedical Science**

**Time: 09.00 AM to 10.00 PM (last 15 min. doubt session)**

**Venue: Demo Hall 1, 1<sup>st</sup> floor Medical Block**

**Total students: 77 Students**

**Report - Orientation on the student counseling center and services at SRIHER (DU)**

The orientation program was presented to 6 faculties at SRIHER (DU) by Nandha Kumar V, Student Counselor. The students were interactive and cooperative in the sessions. The sessions started with a brief on the importance of mental health among college students. Many aspects like Physical health, Academics, self-care, sleep, self-image, and relationships are seen as most important in today's everyday scenario.

The session then moved on to explaining to the students on how the student counseling center can help them. The students gained an understanding that the counseling services in the deemed university can help them to equip themselves with personal coping strategies, improving their quality of relationships, maintain their physical health and well-being, automatic identification of management of their emotions, to build resilience to handle the ups and downs of life, and to empower themselves to grow up to their potential.

Following that, the taboo and stigma that the students held towards counseling and seeking help was broken as they were explained about a few important facts. As many students didn't feel like they would get a solution by these services, they were promised that they would have a safe space with the counselors; that their sessions would remain confidential; that anybody could reach out to a counselor and reaching out to a counselor does not mean they are mentally ill.

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The students were also given the reassurance that the counseling services have no waitlist, and that emergency appointments are available daily. The students' mental health crisis is taken seriously and this message reached all students clearly. The students also received the contact information of the three student counselors.

The response seen after the sessions from the students side was very positive and it proved that the sessions have created an impact. Almost 12 students reached out for appointments on the very same day the session was taken. Students have now understood that they have a strong system of support in the university and are willingly coming forward to help themselves.





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**Conducted on :13-12-2022**

Conducted by: Deborah Deepa David

11.00am- TRAUMA CARE MANAGEMENT

UG 1st, 2nd Year

No. of Students: 55

Venue: Medical College Block



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**Conducted on :13-12-2022**

Conducted by: Deborah Deepa David

Timings:12.00pm

Programme:TCARE MANAGEMENT

Interns

PG 1st, 2nd Year

No. Of Students: 31

Venue: Medical College Block



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**Programme Date: 14.12.2022**

**Conducted by : V.Nandhakumar**

**Programme: 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Year BBA**

**Time: 2.45 AM to 03.45 PM (last 15 min. doubt session)**

**Venue: lecturer hall, 4<sup>th</sup> floor kamala udaiyar block,  
faculty of management science**

**Total students: 39+29+31=99 Students**

**Report - Orientation on the student counseling center and services at SRIHER (DU)**

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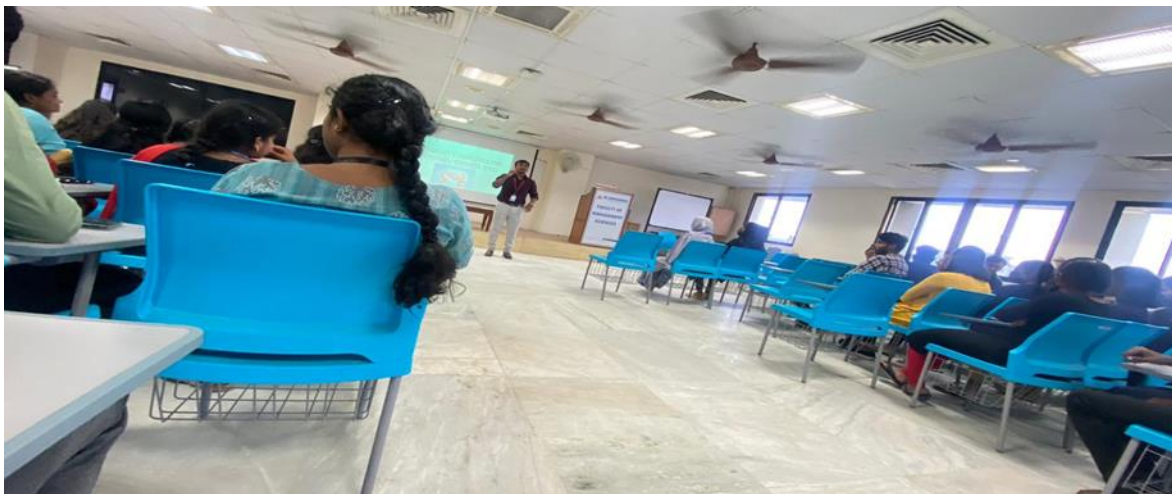
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The sessions threw light on three important aspects. The 3 R's of counseling: Recognize, Respond and Refer. To recognize is to identify 4 indications that one might need help - these indicators might be safety risk indicators, academic indicators, psychological indicators and physical indicators. To respond is to contemplate and understand when and how they feel a particular way and how to tackle them. To refer is to take steps to seek help whether it is for themselves or for a friend who needs support from counseling.

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**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya

**Conducted on :** 14-12-2022

**Timing :** 8.00-9.00am

**Venue :** 4<sup>th</sup> Floor, Physiotherapy Building, SRIHER

**Total Number of Participants :** 104 Students.

Physiotherapy-1<sup>st</sup> Year Students

**Faculty Participants:** Mrs. Radhika, Assistant Professor, Faculty of Physiotherapy, SRIHER

**Key Highlights :**

Dr. Radhika introduced them to student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need.

Mrs. A. RishiKulya interacted with the Students about Student Counselling services on campus. Conducted Interactive session on " Introductory Session about Student Counselling" for SRIHER



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Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session

## Photographs of the Event:



**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya

**Conducted on :** 15-12-2022



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**Timing : 2.30-3.30pm**

**Venue :** Yoga Hall, Sports Building, SRIHER

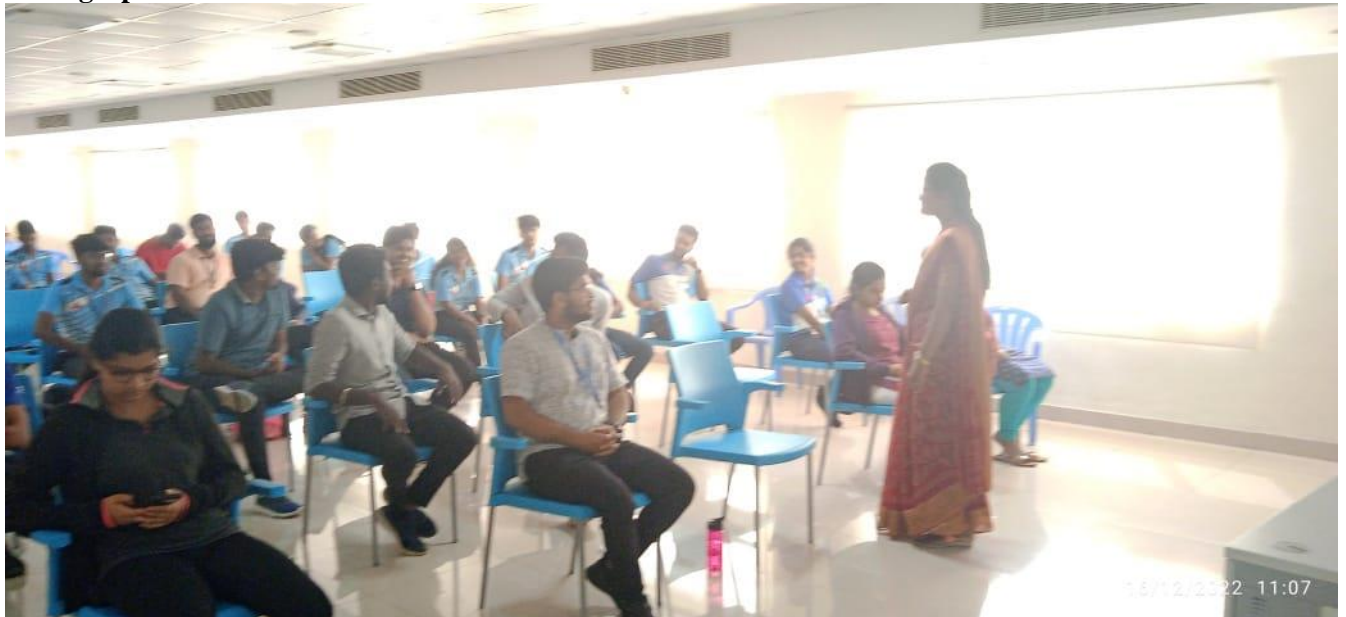
**Total Number of Participants :** 24 Students.

B.Sc(Sports Science)-2<sup>nd</sup> Year Students

**Key Highlights :**

Mrs. A.Rishikulya Introduced about student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session

**Photographs of the Event:**



**Programme Date: 15.12.2022**

**Conducted by : V. Nandhakumar**

**1<sup>ST</sup> Year B.Sc Biomedical Science**

**Time: 09.00 AM to 10.00 PM (last 15 min. doubt session)**

**Venue: Lecturer Hall 1, ground floor, Medical Block**

**Total students: 77 Students**

**Report - Orientation on the student counseling center and services at SRIHER (DU)**

The orientation program was presented to 6 faculties at SRIHER (DU) by Nandha Kumar V, Student Counselor. The students were interactive and cooperative in the sessions. The sessions started with a brief on the importance of mental health among college students. Many aspects like Physical health, Academics, self-care, sleep, self-image, and relationships are seen as most important in today's everyday scenario.





# SRI RAMACHANDRA

## INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai

The session then moved on to explaining to the students on how the student counseling center can help them. The students gained an understanding that the counseling services in the deemed university can help them to equip themselves with personal coping strategies, improving their quality of relationships, maintain their physical health and well-being, automatic identification of management of their emotions, to build resilience to handle the ups and downs of life, and to empower themselves to grow up to their potential.

Following that, the taboo and stigma that the students held towards counseling and seeking help was broken as they were explained about a few important facts. As many students didn't feel like they would get a solution by these services, they were promised that they would have a safe space with the counselors; that their sessions would remain confidential; that anybody could reach out to a counselor and reaching out to a counselor does not mean they are mentally ill.

The sessions threw light on three important aspects. The 3 R's of counseling: Recognize, Respond and Refer. To recognize is to identify 4 indications that one might need help - these indicators might be safety risk indicators, academic indicators, psychological indicators and physical indicators. To respond is to contemplate and understand when and how they feel a particular way and how to tackle them. To refer is to take steps to seek help whether it is for themselves or for a friend who needs support from counseling.

The students were also given the reassurance that the counseling services have no waitlist, and that emergency appointments are available daily. The students' mental health crisis is taken seriously and this message reached all students clearly. The students also received the contact information of the three student counselors.

The response seen after the sessions from the students side was very positive and it proved that the sessions have created an impact. Students have now understood that they have a strong system of support in the university and are willingly coming forward to help themselves.



**Programme Date: 15.12.2022**

**Conducted by : V.Nandhakumar**

**Programme:1<sup>st</sup> & 2<sup>nd</sup> Year MBA**

**Time: 3.00 PM to 04.00 PM (last 15 min. doubt session)**

**Venue: lecturer hall, 4<sup>th</sup> floor kamalam udaiyar block,**



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**Faculty of management science**

**Total students: 39+29+31=99 Students**

## **Report - Orientation on the student counseling center and services at SRIHER (DU)**

The orientation program was presented to 6 faculties at SRIHER (DU) by Nandha Kumar V, Student Counselor. The students were interactive and cooperative in the sessions. The sessions started with a brief on the importance of mental health among college students. Many aspects like Physical health, Academics, self-care, sleep, self-image, and relationships are seen as most important in today's everyday scenario.

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**Name of the Program :** Introduction to Student Counselling Services at SRIHER.  
**Conducted by :** A. RishiKulya





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**Conducted on : 16-12-2022**

**Timing : 10.00-11.00am**

**Venue : Yoga Hall, Sports Building, SRIHER**

**Total Number of Participants : 31 Students.**

**M.Sc(Sports Science)-1<sup>st</sup> & 2<sup>nd</sup> Year Students**

**Key Highlights :**

Mrs. A.Rishikulya Introduced about student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session

**Photographs of the Event:**





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**Conducted on :16-12-2022**

Conducted by: Deborah Deepa David

Timings: 12.00pm- SLP

Programme: PG 1<sup>st</sup> Year

No. of Students: 12

Venue: SLP Department



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**Conducted on :16-12-2022**

Conducted by: Deborah Deepa David

Timings:2.30pm- MSc. Clinical Psychology

Programme:PG 1<sup>st</sup> and 2<sup>nd</sup> Year

No. Of Students: 40

Venue: Link Room, G Block





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**Conducted on :17-12-2022**

Conducted by: Deborah Deepa David

Timings:9.00am- Clinical Nutrition

Programme:UG 1<sup>st</sup> Year

No. Of Students: 34

Venue: Vidya Sudha



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**Conducted on :17-12-2022**

Conducted by: Deborah Deepa David

Timings:9.30am- Clinical Nutrition



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Programme:UG 2<sup>nd</sup> and 3<sup>rd</sup> Year

No. Of Students: 68

Venue: Vidya Sudha



**Conducted on :17-12-2022**

Conducted by: Deborah Deepa David

**Timings:**10.00am- Applied Psychology

Programme:UG 1<sup>st</sup> Year





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No. Of Students: 52

Venue: Medical College Block



**Conducted on :17-12-2022**

Conducted by: Deborah Deepa David

**Timings:**10.20am- Applied Psychology



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Programme:UG 2<sup>st</sup> Year

No. Of Students: 47

Venue: Medical College Block



**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya

**Conducted on :** 20-12-2022

**Timing :** 11.00-12.00pm

**Venue :** 1<sup>st</sup> floor, Physiotherapy college Building, SRIHER

**Total Number of Participants :** 54 Students.

B.P.T-3<sup>rd</sup> Year Students

**Key Highlights :**



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Mrs. A.Rishikulya Introduced about student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session.

### **Photographs of the Event:**



**Name of the Program :** Introduction to Student Counselling Services at SRIHER.

**Conducted by :** A. RishiKulya

**Conducted on :** 20-12-2022

**Timing :** 2.30-3.30pm

**Venue :** Yoga Hall, Sports Building, SRIHER

**Total Number of Participants :** 17 Students.

B.Sc(Sports Science)-Intern and 3<sup>rd</sup> Year Students

### **Key Highlights :**

Mrs. A.Rishikulya Introduced about student support initiatives on campus including student Counselling services on campus. And also encouraged students to reach out to Student Counsellors when they are in need. Conducted Interactive session on “ Introductory Session about Student Counselling” for SRIHER Students and encouraged students about the need for counselling. This session also Sensitized about academic Issues and Personal Issues in Students. The Students actively Participated in the session.

### **Photographs of the event:**





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**Conducted on : 21-12-2022**

Conducted by: Deborah Deepa David

Timings: 9.00am - Optometry

Programme: UG 1<sup>st</sup> Year

No. Of Students: 29

Venue: G Block



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**Programme Date: 21.12.2022**

**Conducted by : V.Nandhakumar**

**1<sup>st</sup> Year M.Sc Human genetics**

**Time: 11.00 AM to 12.00 PM (last 15 min. doubt session)**

**Venue: LAB 3<sup>rd</sup> floor Medical block**

**Total students: 30 Students**

**Report - Orientation on the student counseling center and services at SRIHER (DU)**

The orientation program was presented to 6 faculties at SRIHER (DU) by Nandha Kumar V, Student Counselor. The students were interactive and cooperative in the sessions. The sessions started with a brief on the importance of mental health among college students. Many aspects like Physical health, Academics, self-care, sleep, self-image, and relationships are seen as most important in today's everyday scenario.

The session then moved on to explaining to the students on how the student counseling center can help them. The students gained an understanding that the counseling services in the deemed university can help them to equip themselves with personal coping strategies, improving their quality of relationships, maintain their physical health and well-being, automatic identification of management of their emotions, to build resilience to handle the ups and downs of life, and to empower themselves to grow up to their potential.



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Following that, the taboo and stigma that the students held towards counseling and seeking help was broken as they were explained about a few important facts. As many students didn't feel like they would get a solution by these services, they were promised that they would have a safe space with the counselors; that their sessions would remain confidential; that anybody could reach out to a counselor and reaching out to a counselor does not mean they are mentally ill.

The sessions threw light on three important aspects. The 3 R's of counseling: Recognize, Respond and Refer. To recognize is to identify 4 indications that one might need help - these indicators might be safety risk indicators, academic indicators, psychological indicators and physical indicators. To respond is to contemplate and understand when and how they feel a particular way and how to tackle them. To refer is to take steps to seek help whether it is for themselves or for a friend who needs support from counseling.

The students were also given the reassurance that the counseling services have no waitlist, and that emergency appointments are available daily. The students' mental health crisis is taken seriously and this message reached all students clearly. The students also received the contact information of the three student counselors.

The response seen after the sessions from the students side was very positive and it proved that the sessions have created an impact. Almost 12 students reached out for appointments on the very same day the session was taken. Students have now understood that they have a strong system of support in the university and are willingly coming forward to help themselves.







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**Programme Date: 21.12.2022**

**Conducted by : V.Nandhakumar**

**1<sup>st</sup> Year BSc Nursing**

**Time: 2.00 PM to 3.00 PM (last 15 min. doubt session)**

**venue: lecturer hall 13, 3<sup>rd</sup> Floor, faculty of nursing**

**Total students: 110**

**Photos of the programme:**

**Report - Orientation on the student counseling center and services at SRIHER (DU)**

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The response seen after the sessions from the students side was very positive and it proved that the sessions have created an impact. Almost 3 students reached out for appointments on the very same day the session was taken. Students have now understood that they have a strong system of support in the university and are willingly coming forward to help themselves.



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**Conducted on :21-12-2022**

Conducted by: Deborah Deepa David

**Timings:**1.00pm- Optometry

Programme:UG 2<sup>nd</sup> Year

No. Of Students: 38

Venue: G Block



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**Conducted on :21-12-2022**

Conducted by: Deborah Deepa David

**Timings:**10.00am- Optometry

ProgrammeUG 3<sup>rd</sup> Year

No. Of Students: 33

Venue: G Block







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**Conducted on :22-12-2022**

Conducted by: Deborah Deepa David

**Timings:**12.00pm- Medical Microbiology and Applied Molecular Biology

Programme:UG 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Year

No. Of Students: 74

Venue: Medical College Block



**Programme Date: 21.12.2022**

**Conducted by : V. NandhaKumar**

**1<sup>st</sup> Year M.Sc Human genetics**

**Time: 11.00 AM to 12.00 PM (last 15 min. doubt session)**

**Venue: Class room 4<sup>th</sup> floor Medical block**

**Total students: 35 Students**

**Report - Orientation on the student counseling center and services at SRIHER (DU)**

The orientation program was presented to 6 faculties at SRIHER (DU) by Nandha Kumar V, Student Counselor. The students were interactive and cooperative in the sessions. The sessions started with a brief on the importance of mental health among college students. Many aspects like Physical health, Academics, self-care, sleep, self-image, and relationships are seen as most important in today's everyday scenario.

The session then moved on to explaining to the students on how the student counseling center can help them. The students gained an understanding that the counseling services in the deemed university



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can help them to equip themselves with personal coping strategies, improving their quality of relationships, maintain their physical health and well-being, automatic identification of management of their emotions, to build resilience to handle the ups and downs of life, and to empower themselves to grow up to their potential.

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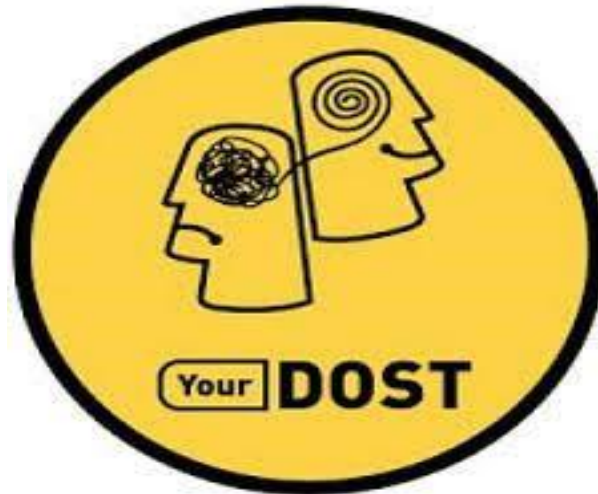
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## Online platform

We have it for medical and dental students since September 2021. We are in the process of extending the yourdost platform to all SRIHER students.



YourDost provides a 24 x 7 hrs counselling session for the students in the online platform. They have experts of many fields and students can choose their appropriate counsellor. The expert fields include self improvement, Love & Relationships, Academics & Career, Sexual wellness and psychological disorders. Yourdost platform can be used by medical and dental students through our portal. Students can register and then utilize it whenever required. They provide monthly activities and webinars for the students.

## Mind body medicine & lifestyle sciences

- World Sleep Day Celebrations (in collaboration with Depts. Of Physiology and Psychiatry) as a delegate of World Sleep Society with multiple activities - <https://worldsleepday.org/india-2023-dr-priscilla-johnson-dr-d-c-mathangi-dr-sabari-sridhar-sri-ramachandra-institute-of-higher-education-and-research-chennai-tn-india>
- Coordinated the Yoga Classes at Vidyasudha for the “SNACK” summer Camp - 2<sup>nd</sup> – 19<sup>th</sup> May 2023 - [sriramachandra.edu.in/university/pdf/idyreport.pdf](http://sriramachandra.edu.in/university/pdf/idyreport.pdf)
- World Sleep Day Celebrations (in collaboration with Depts. Of Physiology and Psychiatry) as a delegate of World Sleep Society
- World Health Day celebrations along with Dept. of Nutrition and Rotoract club of SRIHER (7<sup>th</sup> April 2022)
- Coordinated the complete activities of International Day of Yoga 2022 for the University
- Coordinated the activities of Drive Against Drugs (11<sup>th</sup> – 17<sup>th</sup> Aug 2022)
- Conducted awareness program on “Mindful eating and Stress Management” for IT employees of Grand Thornton India LLP (OCT 14,2022)  
Stress and Time Management for Undergraduate Medical Students



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# NATIONAL SERVICE SCHEME



## Mental Health

## Activity Report

## May 2022 – April 2023



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# NSS Activities Report for May 2022 to April 2023



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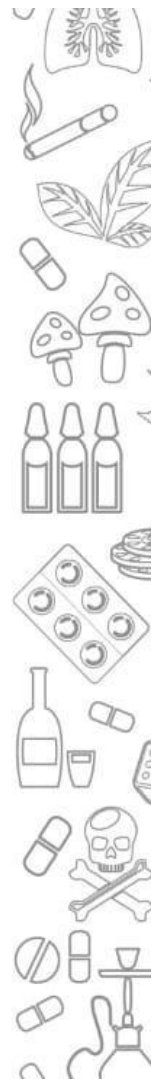


**NATIONAL SERVICE SCHEME**

# **DRUG ADDICTION PREVENTION PROGRAM**

**26<sup>th</sup> May, 2022**

**Don Bosco Polytechnic college,  
Basinbridge**



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# Drug Addiction Program

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- The chief guest Ms. Adline Andrews, specialized in Medical & Psychiatric social work, Programme Consultant, Redemptive Recovery Care, De-addiction cum Rehabilitation Center, Chennai, delivered a lecture on Drug Addiction Hazards and Prevention.
  - 33 volunteers from NSS unit I participated in the event.
  - 200 college students were beneficiaries
- 



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Mime show on Drug Abuse and its hazards –performance by Students from Don Bosco Polytechnic College



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# Guest lecture on Drug abuse and hazards



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# Social media release

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<https://www.facebook.com/photo?fbid=131848316162171&set=pcb.131852002828469>

## SRIHER – BRIDGES NEWS LETTER



NSS Unit 1 organized, 'Drug Addiction Prevention Programme' in Don Bosco Polytechnic College, Chennai on 26<sup>th</sup> May. The students performed a mime show on drug abuse and its hazards. The chief guest, Ms. Adline Andrews, Programme Consultant, Redemptive Recovery Care, De-addiction cum Rehabilitation Center, Chennai delivered a lecture on drug addiction hazards and prevention. 33 volunteers from NSS unit I participated. 200 college students benefitted.

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## NATIONAL SERVICE SCHEME

**INTERNATIONAL DAY OF YOGA - CELEBRATIONS**

# YOGA TRAINING FOR NSS VOLUNTEERS



**8<sup>th</sup> June, 2022**

**University Side Auditorium,  
SRIHER (DU)**



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# Yoga training organized with support from Yoga club, SRIHER

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Volunteers performing yoga



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Nearly 30 NSS Volunteers participated in the yoga training



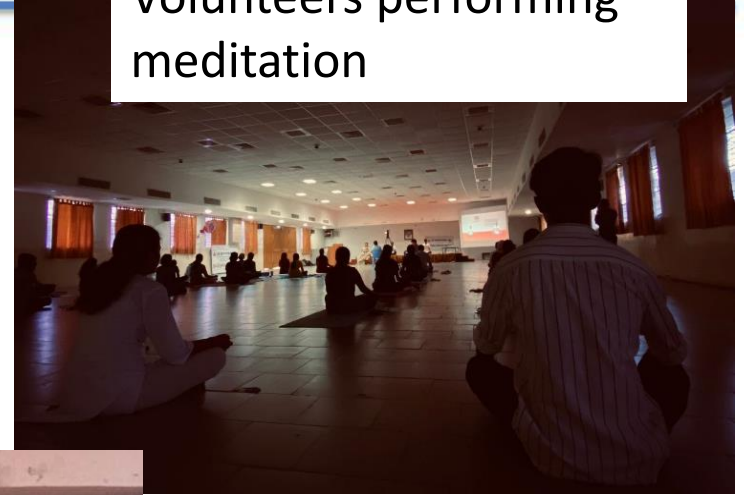
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Volunteers performing meditation



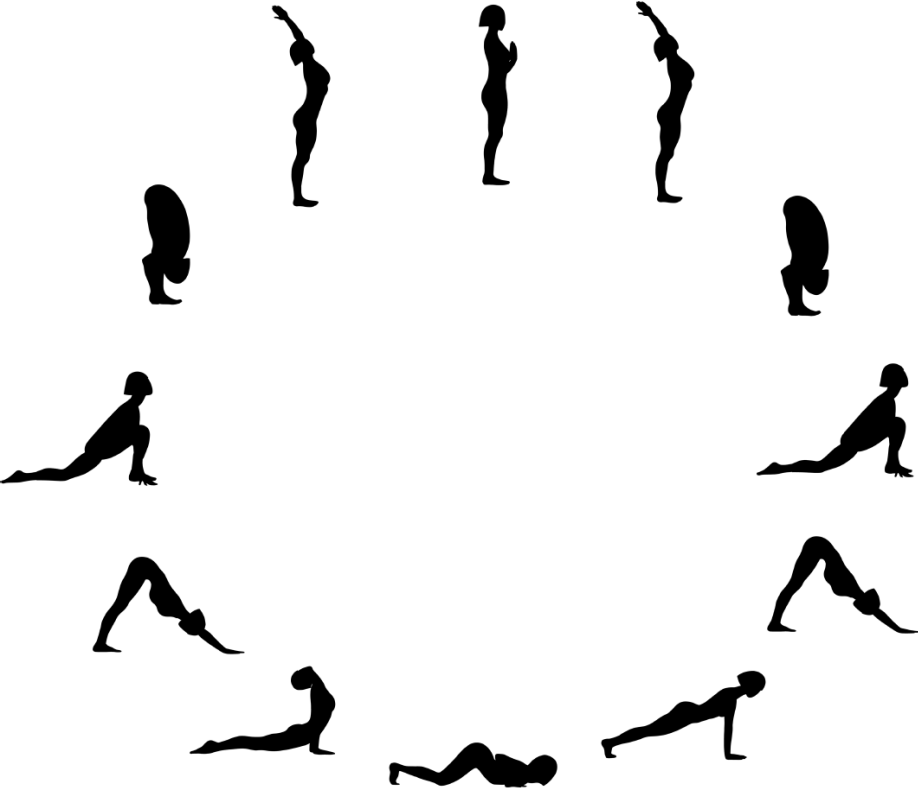
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# SURYA NAMASKAR

## சூரிய நமஸ்காரம்



VAJRĀSANA  
வஜ்ராஜனம்



USTRĀSANA  
உஸ்த்ராசனம்



NAVĀSANA  
நவசனம்



ŚĀLABHĀSANA  
சலபாசனம்



BHUJAṅGĀSANA  
புஜங்காசனம்



DANḌĀSANA  
தாடாசனம்



VRIKSHĀSANA  
விருக்ஷாசனம்



PĀDA-HASTĀSANA  
பாதஹஸ்தாசனம்



TRIKONĀSANA  
திரிகோணாசனம்



ŚĀŚAKĀSANA  
சசகாசனம்



SETUBANDHĀSANA  
சேதுபந்தீசனம்



ŚAVĀSANA  
சவாசனம்



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Yoga pamphlets distributed





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**NATIONAL SERVICE SCHEME**

**INTERNATIONAL DAY OF YOGA - CELEBRATIONS**



**YOGA TRAINING FOR  
DIABETIC /  
HYPERTENSIVE PATIENTS**

**17<sup>th</sup> June, 2022**

**Rural Health and Training Centre,  
Vayalanallur**



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(Category - I Deemed to be University) Porur, Chennai

# Yoga training for Diabetic and Hypertensive patients

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- Diabetic patients were created awareness on symptoms and complications of diabetes, hypoglycemia, importance of drug compliance and necessary lifestyle modifications.
- 42 NSS volunteers from Unit 2 and 3 participated.
- 15 SRIHER yoga club volunteers were also a part of it.



- One to one health awareness for nearly 40 diabetic/ hypertensive patients
- Health education pamphlets distributed to them



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<p>Pada hasta asana</p>  <p>பாத ஹஸ்தா ஆசனம்</p>	<p>Salabha asana</p>  <p>சலபாசன</p>	<p>Yoga mudhra</p>  <p>யோகா முத்ரா</p>	<p>VIRABHADRASANA விரபத்ராசனம்</p> 	<p>TADASANA தாடாசனம்</p> 	<p>PASCHIMOTHA ASANA பஸ்சிமோத்தானாசனம்</p> 
<p>Brahmari pranayama</p>  <p>பிரம்மரி பிராணாயாமம்</p>	<p>Pavana mukta asana</p>  <p>பவன முக்தா ஆசனம்</p>	<p>Balasana</p>  <p>பாலாசனம்</p>	<p>VIKSHASANA விருக்ஷாசனம்</p> 	<p>TRIKONASANA த்ரினகோனாசனம்</p> 	<p>MARJARIASANA மர்ஜரியாசனம்</p> 
<p>Supta Matsyendrasana</p>  <p>சுப்தா மத்யேந்திராசனம்</p>	<p>Vajrasana</p>  <p>வஜ்ராசனம்</p>	<p>Nadi shodhan Pranayama</p>  <p>நாடி ஷோடன் பிராணாயாமம்</p>	<p>SVAN ASANA ஸ்வானாசனம்</p> 	<p>SAV ASANA சவாசனா</p> 	<p>NADI SHUDDHI நாடி சுத்தி</p> 

#### Diet- control notes

- Guava is ideal for treating blood pressure
- Avoid oily foods
- Dried and powdered curry leaves to be taken with daily foods
- Take more fresh vegetables
- Daily walks are helpful.

Health education materials distributed



## நீரிழிவு நோய்

சர்க்கரை நோய் சாபம் அல்ல

நீரிழிவு நோய் (சர்க்கரை நோய்) என்றால் என்ன? அதற்கு ஏன் இவ்வளவு முக்கியத்துவம் தருகிறோம்?

சர்க்கரை நோய் என்பது வாழ்க்கை முறை மாற்றதால் வரக்கூடிய ஒரு நோய். இரத்தத்தில் உள்ள சர்க்கரையின் அளவு ஒரு குறிப்பிட்ட அளவுக்கு மேல் சென்றால், அந்த நபருக்கு சர்க்கரை நோய் உள்ளது என்று கூறுவோம்.

சர்க்கரை நோய் வருவதற்கான காரணங்கள் நாம் அறிந்ததே:

- அதிக உடல் பருமன்.
- ஆரோக்கியமற்ற உணவு பழக்கங்கள்.
- உடற்பயிற்சி இல்லாத வாழ்க்கை முறை.
- நடுத்தர மற்றும் முதிர்ந்த வயது.
- குடும்ப உறுப்பினர்களில் சர்க்கரை நோய்.

சர்க்கரை நோயின் பொதுவான அறிகுறிகளை இப்போது காண்போம்:

- > அதிக முறை சிறுநீர் கழித்தல்.
- > அளவுக்கு அதிகமான தாகம்.
- > அளவுக்கு அதிகமான பசி.
- > எடை குறைதல்.
- > சோர்வு.
- > மெதுவாக ஆறும் காயம்.

குணப்படுத்துவது சாத்தியமே

சர்க்கரை நோய் கட்டுப்பாட்டில் இல்லாவிடில் ஏற்படும் உடல்நல பாதிப்புகள் :

- இதயம் - மாரடைப்பு, இதயத்தில் இருந்து குறைந்த இரத்த வெளியோட்டம்.
- சிறுநீரகம் செயலிழத்தல்.
- நரம்பு மண்டலம் - மரத்துபோதல், உணர்ச்சி இல்லாமை, விறைப்பு செயலின்மை, பக்கவாதம்.
- கண் பார்வை இழப்பு.
- நரம்பு பாதிப்பு மற்றும் இரத்த ஓட்டம் குறைவதால் ஆறாத புண் - விரல் அல்லது கால் இழக்கும் நிலை.

### கவனிப்பு வழிமுறைகள்

1. உங்கள் இரத்த சர்க்கரை அளவை பரிசோதித்தல் இரத்தத்தில் சர்க்கரை இருக்க வேண்டிய அளவு

பரிசோதனை நேரம்	இரத்த சர்க்கரை அளவு
காலை உணவுக்கு முன்பு	125mg/dl அளவுக்குள்
உணவுக்கு பின்பு (2 மணி நேரம் கழித்து)	180mg/dl அளவுக்குள்

## 2. போதுமான உணவு கட்டுப்பாடு

சப்பாத்தி, தானியங்கள், நார் சத்து உள்ள உணவுகள் (6-11 அளவுகள்)

காய் மற்றும் சர்க்கரை அளவு கம்மியாக உள்ள பழங்கள் (3-5 வேளை)

பால், தயிர் (2-4 வேளை), ஒரு நாளைக்கு 4-6 அவுன்ஸு"கள் பல வேளையாக பிரித்து

எண்ணெய், கொழுப்பு, இனிப்பு (ஒரு வாரத்துக்கு 1-2 வேளை)

## 3. வயதுக்கு ஏற்ற உடற்பயிற்சி

- வழக்கமான உடற்பயிற்சி மிகவும் அவசியம். தினமும் குறைந்தது 30-45 நிமிடங்கள் நடற்பயிற்சி மேற்கொள்ளுதல் சர்க்கரை நோயை கட்டுப்படுத்த உதவும்.
- வெளியே செல்ல முடியாத நபர்கள், தங்கள் வீட்டுக்குள் உடற்பயிற்சி செய்யலாம்.

## 4. பாதபராமரிப்பு

- காலணி இல்லாமல் வெளியில் செல்லக்கூடாது.
- தினம் பாதங்களை வெந்நீரில் நன்கு தேய்த்து கழுவவேண்டும்.
- காலில் சிறு காயம் ஏற்பட்டால் உங்கள் மருத்துவரை உடனடியாக அணுகவேண்டும்.

## 5. மருந்து மற்றும் இன்கலின் ஊசி

சர்க்கரை நோயினால் ஏற்படும் பாதிப்புகளை தடுக்க மருந்துகளை ஒரு வேளைகூட தவறாமல் எடுக்க வேண்டும். வெளியூர் சென்றாலும் மருந்துகளை தவறாமல் எடுக்க வேண்டும். மருத்துவர் அனுமதி இன்றி மருந்துகளின் அளவை மாற்ற கூடாது.

இரத்த சர்க்கரை மிக அதிகமாக இருந்தால், இன்கலின் ஊசி தேவைப்படலாம் இது உயிர் காக்கும் மருந்து. ஆகவே தினமும் தகுந்த அளவு ஊசி போட்டுக்கொள்ள வேண்டும்.

சர்க்கரை நோயினால் வரும் விளைவுகளைத் தடுப்பதில் அதிக கவனம் செலுத்த வேண்டும்.

3 மாதத்துக்கு ஒரு முறை

- ✓ சர்க்கரை அளவு பரிசோதித்தல்
- ✓ இரத்த அழுத்தம் அளவு பரிசோதித்தல்

ஒரு வருடத்துக்கு ஒரு முறை

- ✓ சிறுநீரில் புரதம் பரிசோதித்தல் வேண்டும்.
- ✓ கண் பரிசோதனை.
- ✓ காலில் இரத்த ஓட்டம் பரிசோதித்தல்.

குறைந்த இரத்த சர்க்கரை அளவின் அறிகுறிகள்:

- > உடல் நடுக்கம் / கை நடுக்கம்
- > உடற்சோர்வு
- > படபடப்பு
- > அதிக வியர்வை/ அதிக பசி
- > தலை சுற்றல்
- > கண் இருட்டுதல்

இந்த அறிகுறிகள் ஏற்பட்டால், உடனடியாக உணவை உண்ணவேண்டும் அல்லது பழச்சாறு பருகவேண்டும்.

இரத்த சர்க்கரை அளவை பரிசோதிக்கவும்.

இந்த அறிகுறிகள் அடிக்கடி ஏற்பட்டால், மருத்துவரை அணுகவும்.

வெளியில் செல்லும் பொழுது சாக்லேட், பிஸ்கட் அல்லது உணவை எடுத்து செல்லவும்.



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Health education materials distributed





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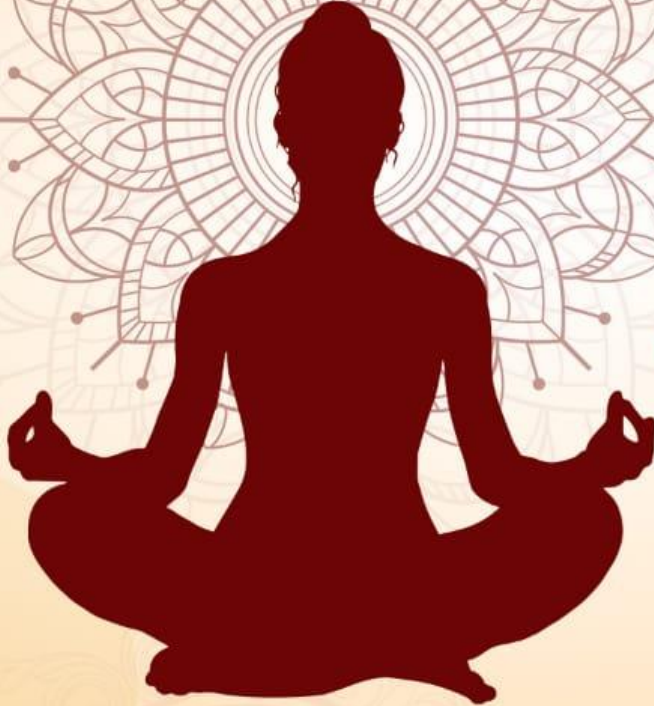


**NATIONAL SERVICE SCHEME &  
YOGA CLUB, SRIHER**

JOINTLY ORGANIZE

**SRIHER YOGA  
OUTREACH INITIATIVE**

Government Middle school,  
Banaveduthottam village  
7<sup>th</sup> March, 2023



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# SRIHER YOGA OUTREACH INITIATIVE

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- NSS SRIHER together with Yoga club volunteers organized "Yoga outreach initiative" for students of Government Middle school, Banaveduthottam on 7th March 2023.
- 110 students were trained on various asanas, Surya namaskar and Pranayama.







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Group activity





புதுச்சேரி பள்ளி, பாணவேடுதோட்டம்  
HIGH SCHOOL, BANAVEDUTHOTTAM

நிதி ஆண்டு: 2015-2016  
தலைப்பு: 165-80 இலட்சங்கள்



கொடுவனா திறப்புகளாய்

# Social Media

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Facebook -

<https://www.facebook.com/NSS.SRIHER/posts/pfbid02gSxeYtTnuv99sSJBS8RYvJ7srFaBffusGyJyKc4PjiF2zZ9zuV2uPU5r9ARxbMYrl>

Twitter -

[https://twitter.com/NSS\\_SRIHER/status/1636659558440660994](https://twitter.com/NSS_SRIHER/status/1636659558440660994)

Instagram - <https://www.instagram.com/p/Cp4oggdvRoL/>



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### 1. You have to fight when you already feel defeated

A reporter once asked Muhammad Ali how many sit-ups he does every day. He responded, "I don't count my sit-ups, I only start counting when it starts hurting, when I feel pain, cause that's when it really matters." The same applies to success in the workplace. You always have two choices when things begin to get tough: you can either overcome an obstacle and grow in the process or let it beat you. Humans are creatures of habit. If you quit when things get tough, it gets that much easier to quit the next time. On the other hand, if you force yourself to push through a challenge, the strength begins to grow in you.

### 2. You have to delay gratification

There was a famous Stanford experiment in which an administrator left a child in a room with a marshmallow for 15 minutes. Before leaving, the experimenter told the child that she was welcome to eat it, but if she waited until he returned without eating it, she would get a second marshmallow. The children that were able to wait until the experimenter returned experienced better outcomes in life, including higher SAT scores, greater career success, and even lower body mass indexes. The point is that delay of gratification and patience are essential to success. People with mental strength know that results only materialize when you put in the time and forego instant gratification.

### 3. You have to make mistakes, look like an idiot, and try again—without even flinching

In a recent study at the College of William and Mary, researchers interviewed over 800 entrepreneurs and found that the most successful among them tend to have two critical things in common: they're terrible at imagining failure and they tend not to care what other people think of them. In other words, the most successful entrepreneurs put no time or energy into stressing about their failures as they see failure as a small and necessary step in the process of



reaching their goals.

#### 4. **You have to keep your emotions in check**

Negative emotions challenge your mental strength every step of the way. While it's impossible not to feel your emotions, it's completely under your power to manage them effectively and to keep yourself in control of them. When you let your emotions overtake your ability to think clearly, it's easy to lose your resolve. A bad mood can make you lash out or stray from your chosen direction just as easily as a good mood can make you overconfident and impulsive.

#### 5. **You have to make the calls you're afraid to make**

Sometimes we have to do things we don't want to do because we know they're for the best in the long-run: fire someone, cold-call a stranger, pull an all-nighter to get the company server back up, or scrap a project and start over. It's easy to let the looming challenge paralyze you, but the most successful people know that in these moments, the best thing they can do is to get started right away. Every moment spent dreading the task subtracts time and energy from actually getting it done. People that learn to habitually make the tough calls stand out like flamingos in a flock of seagulls.

#### 6. **You have to trust your gut**

There's a fine line between trusting your gut and being impulsive.

Trusting your gut is a matter of looking at decisions from every possible angle, and when the facts don't present a clear alternative, you believe in your ability to make the right decision; you go with what looks and feels right.

#### 7. **You have to lead when no one else follows**

It's easy to set a direction and to believe in yourself when you have support, but the true test of strength is how well you maintain your resolve when nobody else believes in what you're doing. People with



mental strength believe in themselves no matter what, and they stay the course until they win people over to their ways of thinking.

8. **You have to focus on the details even when it makes your mind numb**

Nothing tests your mental strength like mind-numbing details, especially when you're tired. The more people with mental strength are challenged, the more they dig in and welcome that challenge, and numbers and details are no exception to this.

9. **You have to be kind to people who are rude to you**

When people treat you poorly, it's tempting to stoop to their level and return the favor. People with mental strength don't allow others to walk all over them, but that doesn't mean they're rude to them, either. Instead, they treat rude and cruel people with the same kindness they extend to everyone else, because they don't allow another person's negativity to bring them down.

10. **You have to be accountable for your actions, no matter what**

People are far more likely to remember how you dealt with a problem than they are to recall how you created it in the first place. By holding yourself accountable, even when making excuses is an option, you show that you care about results more than your image or ego.



# ***World Mental Health Day***


*Mental Health at work place*



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My mental health is as important  
as my physical health.

**ERASE THE DIFFERENCE** More than 5,000 Ontarians agree. Have you signed the petition yet?  
[www.erasethedifference.ca](http://www.erasethedifference.ca)



# Because

it helps realize my full potential  
cope with the normal stresses of life  
to work productively  
and contribute to the communities.



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# Be Free

*Change your thinking, Change your life*



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# Habits of Mentally Strong People

**They are fine when alone**

**They tolerate uncertainty and discomfort**

**They are comfortable with change**

**They are persistent**

**They work and act self-motivated**

**They take responsibility for their reality**

**They are not afraid of rejection and disapproval**

**They prioritize and filter**

**They are mostly upbeat and optimistic**

**They appreciate others**

**They can take action even when its inconvenient**



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# Steps to build a mentally healthy workplace

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- What happens in office, remain in office. Never take office gossips to home and vice versa.
- Your desktop is not helping to improve your health.
- Expect nothing. If somebody helps, feel thankful. If not, you will learn to know things on your own.
- Never run behind office stuff.You have better things to do in life.
- Avoid taking everything on your ego.Your salary matters.You are being paid. Use your assets to get happiness.
- It doesn't matter how people treat you. Be humble.You are not everyone's cup of tea.





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In the end nothing  
matters  
except family,  
friends,  
home,  
and Inner peace.



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THANKYOU

LIVE WELL,  
LIVE HAPPY,  
LIVE LONG.

LIFE  
University



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**Sri Ramachandra Institute of Higher Education and Research**  
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*Welcome*

*World Mental Health Week*

*10<sup>th</sup> October - 17<sup>th</sup> October 2022*

*Mental Health at Work Place*

*Venue : HR Learning & Development Centre*

*-Human Resource Department*





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## Things you can do to support your mental wellbeing

### Relaxation

When you relax, you let go of worries for a while.

### Drink less alcohol

A lot of people find that their mental health improves when they cut alcohol out of their routine.

### Building self-confidence

Learning how to accept yourself and all of your unique personality traits is important to living a happy life.

### Eat healthily

Research shows that a diet rich in foods like fruit, vegetables and seeds helps protect your mental health.

### Exercise and your mental health

Regular exercise is proven to improve mental health. You will feel, sleep, and look better if you get active.

### Make time for family and friends

Good relationships are important for your mental health. It's worth putting effort into your friendships or making new friends.

### Improve your mood by doing something creative

Creative activities can help improve your mood and make you feel more confident in yourself.

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