

Re-Elect Jas

N☺ 1 VPSA

Caledonian Students,

I'm Jas, currently Vice President Support & Advice and,,. "Pa Ra Pa Ra Paaaaa,.... I'm Lovin' it!"

Since July 2009, welfare campaigns & volunteering have reached more students, Nightline & C-card publicity has increased & GCUSA had the biggest SHAG (sexual health & guidance) week in history! I delivered a personal safety campaign in December & distributed over 300 free personal attack alarms. Linking with the transport police & welfare volunteers I campaigned & raised awareness of safety issues affecting YOU as a student. I have been very successful in this post so far & want to continue developing the only welfare department on campus, making sure you know who to turn to for support, advice & welfare information.

If you re-elect me, I will continue to listen to what YOU want & what YOU need! I won't focus on what I believe should be changed; but keep working to get YOUR issues solved.

^ Physical activity positively influences mood (to such a degree that NHS now recommend GPs prescribe gym membership to patients with mild to moderate depressive symptoms). Students often visit the welfare dept naming stress & depression as a cause of their problems at Uni & home, thus I feel a **positive relationship between the ARC & the welfare dept** could be incredibly beneficial to both the student & the attainment levels within GCU. If re-elected I will make it a priority to establish a link.

^I have recruited, trained & supported many nightline volunteers since July. If re-elected I will work to **increase the opening nights of NL** – the only student support service open to students all night. Currently the Nightline office is on Strathclyde campus, & this year I began to work towards bringing it to Caledonian. Re-elect me & I'll make it happen!

^I will work to get a **GCU social space**- an area where YOU can relax, play pool & socialise. Along with pool tables how about introducing Caley's 1st ever juice bar - If re-elected I will work to make this happen!

^This year I am the sabbatical lead in the **NUS ran internationalising audit** within GCUSA. Re-elect me & I will continue to research, hold focus groups & actively seek out ways to increase representation & participation of international students within GCUSA.

2008-2009

Women's Officer
School of Life Science Rep
Welfare Volunteer
RAG Volunteer
RE:Union Volunteer
SIE Society Member
GCU Student Mentor (CRLI)
Caledonian Club Student Mentor

July 2009-present

Campaigns: healthy eating, money management, alcohol awareness, personal safety. Currently organising: no smoking day, wellbeing fair, cultural awareness day.

Representation

I have represented GCU students internally in SOUL, GCUSA student Parliament & services meetings etc. Nationally I have attended various NUS events & also represented GCU globally in University of Jinan, China.

Member of the Glasgow City Council alcohol Licensing Health Impact Assessment steering group, NUS carbon footprints steering group, Carbon management group, Eco-campus group, Swine Flu Pandemic Group, no smoking group, services group etc,...(ahh ran out of space!)



Jas Sangha