

A proposal for
Creation of Student WELLNESS Centre @ IITM

(#MINDWELL @IITM)

This is a proposal for creation of Student Wellness Center (SWC) for the improvement in mental wellness in the IITM community especially among students.

After years of analyzing the wellness data of IITM students, here are the few measures that we are trying to focus for improving the mental wellness:

(1) **Introducing awareness measures to destigmatize, sensitize and spread the need for mental wellness**

The following are a sample list of measures that will be additionally undertaken:

- *Organizing of town hall meetings, positive message posters, drives, t-shirts, relevant video/movie screening, messaging/texting links on stories / documentaries, competitions, debates, availability of literature on mental wellness , classroom flash mobs, information dissemination on counseling access, etc.*
- *Conducting Life skills training sessions that deal with strategies for coping, habit formation, decision making, etc.*
- *Offering curricular courses on Life skills at various stages of development of the individual while in the campus. These skills could span, creative, communication, cultural understanding, design thinking in all aspects of life, happiness, habits, modelling success and failure in one's mind, thinking skills, social skills, leadership skills, etc.*

(2) **developing a systematic approach** to identifying effectively those who would need help, acting swiftly in providing help and following up meticulously to find out the progress in recovery

*This necessitates formation of a **virtual wellness center** consisting of a well rounded team that connects all the functions dealing with mental wellness. The team, at the minimum, would consist of Mitr Coordinating officer, Assistant Mitr coordinating officer and a computer savvy assistant.*

Responsibilities of the wellness team would include,

- **Building dossier** of every student, especially the ones going through emotionally difficult times:
 - *Updating information:* by being in constant touch with Professional counselors with regard to this to get daily updates from them and discussing with them some of the cases and reporting to the Advisor, Mitr on criticality some of the cases and the way forward such as meeting the parents, requesting the student for regular visits to the counselors, discussing with faculty mentors and faculty advisor depending on the case, meeting with the Advisor, Mitr or appropriate Deans.
 - *Following up:* Based on the dossier, the needy student is contacted from time to time to check about his/her status and needs, if any. At times, with parents/guardians too to update or hear from them.
 - *Feedback on services:* Getting the feedback on the service rendered by the professional counselors / psychiatrist / mitr student counselors.
 - *Connecting the counselors, psychiatrist, faculty advisor, mitr students and CMO:* collects data from Psychiatrist and CMO on the various students who approach for emotional disturbance or substance abuse.

- **Interacting with Mitr core student and faculty members and the Advisor** to create action plans from time to time and to take minutes of the meetings held.
- **Organizing meetings** between various functionaries of mitr including the faculty mentors meetings. This includes constant interaction with the Mitr core members and the Advisor to create action plans from time to time and to prepare a calendar of events. (for example, the compilation of mitr freshman guide books and orientation schedules and planning).
- **Organizing seminars and events** on various topics of importance to students – such as suicide prevention programs, Substance abuse related talks, forum discussion among different stake holders of the institute and counselors, etc.
- **Coordinating life skills building** training sessions such as *Outbound training* for leadership skills building.
- **Organize conduct of** crisis management, to-be-a-helper training, awareness tools familiarization programs, and other training programs for the Mitr and Saathi students.
- **Preparation of material** for dissemination – Institute day booklet, Annual report, etc.
- **Sending advisory** emails to students from time to time on wellness.
- **Enquiry & preparation of MoUs** for professional counseling service engagement.
- **Help with work** related to crisis situations.
- **Preparation of orientation program plans**, content development of mitr website etc. and
- **Maintenance** of counseling room.