



ALUMNI AND CORPORATE RELATIONS  
INDIAN INSTITUTE OF TECHNOLOGY MADRAS

# 1993 Batch Silver Reunion

## -Student Wellness Activities

**Report 2024**

# 1993 BATCH SILVER REUNION -STUDENT WELLNESS ACTIVITIES

The 1993 batch has celebrated their silver jubilee reunion at IIT Madras during December 2018. They have decided to support development of Wellness Community Centre through 1993 batch reunion fund. IIT Madras seeks to facilitate a holistic environment where students and researchers are empowered to pursue their goals and achieve excellence. Such support is complete only when mental health needs are also acknowledged and met.

The Wellness Centre works for nourishment of positive mental health in the campus. The team provides counseling and psychotherapy to the students.

## WELLNESS COMMUNITY CENTRE

The Wellness Community Centre, IIT Madras vouches for the holistic wellbeing of the student community. Proactive, retroactive, professional, and career guidance facilities are available on the campus in different forms to ensure student empowerment.

The following three teams work in cohesion to provide assistance for the wellbeing of the Institute community.



SAATHI is a proactive platform for the self-growth and well-being of students. The SAATHI team focuses on proactive measures that raise awareness in the campus about various pertinent issues and plan several informal gatherings, lectures, and sessions.



MITR is the retroactive body of students and faculty. The motto of MITR is 'No one in the campus should be unattended in their emotional distress'. MITR members offer emotional and other forms of support to students according to their needs.



Wellness Centre is the body of licensed mental health professionals. Students can walk in to discuss their concerns with the professionals. All session information is kept CONFIDENTIAL, unless it holds a threat to the student or others.



## WELLNESS ACTIVITIES

### WORKSHOP: UNDERSTANDING STRESS, WORRY, AND ANXIETY

Date: 16th Feb 2024,  
On-line mode

A Workshop was conducted on understanding and identifying signs of worrying, stress and anxiety, Physical and Emotional Techniques for Managing Cognitive, Physical and Emotional symptoms of Anxiety Relaxation techniques: Breath watching and Grounding technique by Anusuya R, a trained RCI-licensed clinical psychologist from YourDost

Total Participants: 80 Students

MITR DOST

Let's head towards our mental wellbeing.

# Understanding ANXIETY, WORRY & STRESS

Friday, 16th February | 6:00 PM  
By Anusuya R, Clinical Psychologist

**LIVE on G-meet**

Visit [yourdost.com](https://yourdost.com) | Online Chat Counseling | Voice Calls | Video Calls

### SELF-LOVE FIESTA WORKSHOP

Date: 5th Mar 2024  
Venue: Doms 101

A workshop on recognizing your intrinsic worth and understanding why YOU are significant, Nurturing authenticity and remaining true to oneself, Crafting affirmative "I AM" affirmations, Cultivating a growth mindset through self-acceptance and self-awareness by Subha Pandian, the Founder of AGUA Women's Leadership PVT LTD and AGUA Women Foundation.

Total Participants: 120 Students

IIT MADRAS Indian Institute of Technology Madras MITR

DEPARTMENT OF MANAGEMENT STUDIES  
In Association with MITR, IIT Madras

Presents

# self-love fiesta

Tap into Your Inner Superpower:

Self-Love

Explore the remarkable resilience within every human—the strength to embrace self-worth, self-esteem, and self-empowerment. Together, let's ignite conversations that celebrate victories, overcome challenges, and defy doubts. Join us as we rediscover and amplify our innate potential for purpose, courage, and confidence.


Speaker

  
Subha Pandian  
Founder AGUA

DATE **05**  
MONTH **MAR**  
YEAR **2024**

Venue -DoMS 101  
Timing : 13:00 - 15:00 Hrs

**AGUA**  
KNOWLEDGE PARTNER




Wellness Community Centre and MITR are pleased to invite all students of IIT Madras to "Student Well-being Programme"


## MY CAMPUS- MY SECOND HOME

**SPEAKER**  
**DR. R. HEMAMBIKA, COUNSELLING PSYCHOLOGIST**

**DETAIL OF THE SESSION:**  
 Health and Wellness: like healthy eating habits, staying fit, positive affirmations, socialization, sleep hygiene, etc.

 **13.03.2024**

 **UTIL Hall, Dost Office**

 **5.00 PM TO 6.00 PM**


## MY CAMPUS MY SECOND HOME

**Date: 13 Mar 2024**


**Venue: UTIL**

Wellness Community Centre and MITR invite IIT Madras students to the "Student Well-being Programme" titled "My Campus - My Second Home." Dr. R. Hemambika, a counselling psychologist, discussed health and wellness topics such as healthy eating, fitness, positive affirmations, socialization, and sleep hygiene. Faculty support is appreciated.




Total Participants: 60 Students




## My Health



We are excited to invite you to our upcoming interactive session, "My Health," featuring renowned health expert **Dr. Gowrishankar**. This session aims to provide valuable insights and tips for your overall wellbeing.

 **13 April**     **UTIL**     **05.45 PM**

 <https://inclusiveeducationiitm.com>

## MY HEALTH

**Date: April 13th, 2024**

**Venue: UTIL**

On April 13th, the Inclusive Education Connect, in collaboration with MiTR, conducted an event focusing on 'Health'. Dr Gowrishankar from IITM was invited to speak to inclusive students about the challenges they face in their daily routines and ways to overcome them. The event covered the benefits of proper nutrition, exercise, and stress management strategies. The main aim was to support and help inclusive students maintain their health and well-being.

- Hybrid mode Collaboration with inclusive education (IE Connect).
- The event was specific for Inclusive education students. An interactive session, "My Health", with renowned health expert Dr. Gowrishankar.
- Around 20 participants from IE students.

## LET'S GET HAPPY WORKSHOP

Date: 20th April 2024,

Venue: CRC

Let's get Happy workshop as part of SoPact (Social Impact conclave)

In collaboration with 180DC Around 100 participants



The poster features logos for 180Degrees CONSULTING, mitr, SoPact Social Impact Conclave, and let's get Happy. The main text reads "SoPact Day 1 Let's Get Happy Workshop". Below this is an illustration of a woman presenting to an audience. A quote states: "A workshop for nurturing mental well-being, offering invaluable support and practical tools for stress management (Refreshments will be provided)". The location is "CRC 103, IIT Madras" and the date/time is "SATURDAY 20th APRIL 4:00 PM".

## MINDFULNESS: A JOURNEY TOWARDS UNDERSTANDING ONESELF

Date: 26th April 2024,

Venue: UTIL

This session offered valuable insights into mindfulness and its benefits for personal growth and well-being.

- In collaboration with the wellness community centre
- MiTR did publicity
- Distributed smiley balls and smiley badges as goodies.

Total Participants: 75 Students



The poster features logos for IITM, mitr, and Wellness Center. The title is "MINDFULNESS A JOURNEY TOWARDS UNDERSTANDING ONESELF". Topics listed are "One Object One Self and Minding the Mind". A photo of the speaker, Ms. Saidivya, is shown. Text reads: "The Wellness Community Centre and the Mitr are pleased to invite all of you to the second session titled 'Mindfulness: A Journey towards Understanding Oneself', as part of the 'Student Well-being Programme' series." Below this is the phrase "One object, one self, minding the mind". At the bottom, it says "Goodies and refreshments will be provided" with icons for a location pin, a checkmark, and a calendar.

MITR AND MYRAFIKY BRINGS YOU

# Blindfolded Convo

*A Mental Health Conversation*

UTIL, Dost office

27th April Saturday

4-6 PM

## BLINDFOLDED CONVO, A MENTAL HEALTH CONVERSATION

Date: 27th April 2024,  
Venue: UTIL

Blindfolded Convo is a mental health expression workshop where participants converse blindfolded, fostering connection through vulnerability, creating a safe space for sharing struggles, promoting active listening, and ultimately working to break the stigma around mental health. This event is carefully curated to provide a safe and inclusive space for meaningful conversations about mental health.

- In collaboration with MYRAFIKY (an outside wellness organisation) (they did the event for free)

Total Participants: 70 Students





## WELLNESS CIRCLE - PHYSICS DEPT

**Date: 2nd May 2024**

This program aims to address the well-being and needs of students while facilitating communication with the administration to resolve issues effectively. A wellness circle is dedicated to every department, each comprising a MiTR faculty coordinator, a MiTR Convener, MiTR coordinators, a MiTR core, the department legislators as the core members and the students of that specific department.

- Around 50 research scholars attended

The poster features the MITR logo at the top left and the IIT Madras logo at the top right. Below the logos, it states: "MITR is collaborating with the Research affairs council at IIT Madras to organize the event". The main title "Re-Invent" is in large, bold, white letters. Below the title is a circular portrait of Mr. M. Ikan, followed by his name and title: "Mr. M. IKAN, Consultant Corporate Training, Expert for MNC's-Coca Cola, ITC, LG". The bottom section of the poster, on a dark background, reads "Workshop On Happiness Quotient & Career Aspects". At the very bottom, a calendar icon is followed by the dates and times: "15th June: 9:30 AM to 5:00 PM" and "16th June: 9:00 AM to 4:30 PM".



**"MiTR: Re-Invent" Workshop**  
**Date: 15th & 16th June 2024**  
**Venue: Seminar room (110), DOMS**

MiTR: Re-Invent Workshop – a program designed to unlock happiness quotient and enhance your career prospects. This workshop in collaboration with the Research Affairs Council helped in building mental resilience and prepare for a successful and fulfilling future. Highlights included confidence building, professional presentation skills, communication skills, relationship management, stress and anger management, and mock interviews.

Mr. Mohammed Ikan, with over 19 years of experience in HR consulting and training, working with top organizations like British Telecom, Coca-Cola, and LG conducted the session. Participants benefited from his extensive expertise and practical approach.

No of participants: 25

**Regarding the Student Well-being Programme**  
**Date: 28th June 2024**  
**Venue: UTIL Hall**

1.The third session is titled: "**What the 'F' - Understanding Trauma through the lens of Polyvagal Theory**"

2. Detail of the session:

- Understanding both Big 'T' trauma and small 't' trauma through Fight, Flight, Freeze responses and how it impacts day-to-day life.
- Importance of having trauma lens

3. About the speaker:

Mr. Cemmal S.K , M.A., M.Phil., is a Clinical Psychologist by profession. He is a Clinical Psychologist in the Wellness Centre, IIT-Madras. His expertise lies in providing therapy to adolescents and adults with focus on developmental trauma, attachment style, trauma informed and trauma focused practices. He is trained in Trauma Stress Studies from Trauma Research Foundation. He is an EMDR trainee in practice. He believes in non-shaming and non-pathologizing therapeutic approaches.

Total Participants: 90 Students



## Regarding the Student Well-being Programme

**Date: 2nd July 2024**

**Venue: UTIL Hall**

As a part of the student well-being programme, Mr. Cemmal, a clinical psychologist from Wellness Center has conducted a session on the topic - What the F!? - Understanding Trauma through the lens of Polyvagal Theory. The purpose of the presentation was to create awareness about trauma and its impact on life.

The session has started with a self- introduction of the students. Following that, icebreaking session was conducted. It proceeded with the ppt presentation on Polyvagal Theory and its and its 'f' responses. The major themes of the session were fight, flight, freeze and fawn responses and its impacts on day-to-day life. Through the lens of trauma, students were able to understand and find out 'f' responses in given case examples. Through this session, they were able to understand what is trauma, its types and its impact on life.

Total Participants: 90 Students

## Wellness Survey on Admissions Day

**Date: 23rd & 27th July, 2024**

**Venue: SAC**



As part of the admission process for the M.Tech, M.Sc, MA, B.Tech, Dual Degree & BS Medical Science & Engg., students & MS & PhD Scholars programs at IIT Madras.



Before proceeding with the certificate verification process, a wellness screening session has been conducted for all fresher's. This session aims to ensure the well-being of our students and to address any health-related concerns before the commencement of your academic journey.

Wellness screening session has been conducted for 2,800 Students & Scholars for the Academic Year 2024-25



## DoST & RAS Council Presents ROPE

Date: 8th July, 2024

Venue: SAC

The Dean of Students (DoST) Office and Research Affairs Secretary Council (RAS Council) are conducting DOST-ROPE, a comprehensive orientation program and ice breaking session for the newly joined MS & PhD Scholars, designed to introduce them to the resources, support systems, and community at IITM.



DOST-ROPE will feature interactive sessions with the Dean, Advisors, Wardens, and Research Legislators, providing insights into academic life, campus resources, and well-being initiatives. It will act as an ice-breaker and provide ample opportunity to network with fellow scholars and faculty, ask questions, and gain valuable guidance.

Total Participants: 300 Scholars.

## OUTBOUNT TRAINING PROGRAM FOR MS & PhD Month of August 2024



The OUTBOUND TRAINING (OBT) program for 2024-25 academic year was inaugurated recently by Prof. MS Sivakumar, HoD, Applied Mechanics & Biomedical Engineering and former DoST, IIT Madras along with Prof. Sathyanarayana N Gummadi, IIT Madras in the presence of Lt. Col Jayakumar (Retd.). The event organized by DoST Office was also graced by Prof. L S Ganesh, former DoST, IIT Madras.



**The OBT Program was conducted for 200 scholars in the month of August, 2024**

For the Training program, all the new MS/Ph.D scholars are divided into 6 batches. They were made to do several fun-filled activities like Running, Trust Fall, Tic-Tac-Toe, Caterpillar-walk, Zu-Lu (blind Soccer) and so on. The session also included a group discussion. The scholars took active part in these activities and found new friends. All the participants had a good time on the occasion. The OBT programs will be held for all the new incoming students to IIT Madras Campus in a segregated manner.

## Impact Assessment: OBT

- The Outbound Training (OBT) at IIT Madras has been in vogue for more than a decade. Year on year, we have been receiving very positive and encouraging feedback from the students.
- The aim of the programme is to create a sense of belonging as a team, among the students. Most of the first year students, being out of their homes for the first time, take considerable time in adapting to the new environment.
- OBT has been the best tool for getting along with newfound friends. The team games help in building the self confidence immensely. As also the ease with which one opens up and comes out of shyness can be seen.
- The friends made during the process of this set of activities remain forever in most cases. In any case they seek each other's shoulders in new situations in the campus. Thus avoiding any demoralising feeling.



## OUTBOUNT TRAINING PROGRAM FOR M.Tech, M.Sc & MA Month of September 2024

The OUTBOUND TRAINING (OBT) program for all the new M.Tech, M.Sc & MA students are divided into 21 batches. They were made to do several fun-filled activities like Running, Trust Fall, Tic-Tac-Toe, Caterpillar-walk, Zu-Lu (blind Soccer) and so on. The session also included a group discussion. The students took active part in these activities and found new friends. All the participants had a good time on the occasion.



**The OBT Program was conducted for 1100 students in the month of September, 2024**





## Fresher's Kit for UG & PG Students

Date: 23rd & 27th July, 2024,

Venue: SAC

DoST Office Welcomes the new batch of M.Tech, M.Sc, MA, B.Tech, Dual Degree & BS Medical Science & Engg., students & MS & PhD Scholars, who joined IIT Madras and provided them a Freshers Kit (Students' Pocket Handbook, Polo T.Shirts, Key Chain, Paper boat cool drinks, Hershey's Chocolates, Pantel gel pen, Water bottles, Cap, Wellness Community Borchers & Small cloth bag).



Prof. Sathyanarayana N Gummedi, DOST, Prof. Prathap Haridoss, Dean, Academic Courses, Prof. R Sarathi, Dean Planning and Prof. Ramesh L Gardas Advisor, MiTR were among the faculty and officials who welcomed and met the new students and their parents.

Fresher's Kit issued to 2,800 Students & Scholars for the Academic Year 2024-25

## Immersion Programme for Freshies



**Hello Freshies!!!**  
*"Break the stigma,  
 Be a part of the change"*

**Welcome to the Institute!**  
 We are excited to have you join our vibrant community. As you prepare to **immerse** yourself in the unique norms and culture of our institute, we encourage you to join our announcement group for regular updates on upcoming **programs** and events. Joining the group will ensure you stay informed and never miss out on any opportunities to engage and participate.

Today marks the **Day1** of our **immersion program**. In the span of next **5 days**, we will be conducting a series of fun events. Looking forward to lots of fun and enhanced participation from your end!!





## Day 1 Immersion Programme

What's in it for you?

Fine Arts Event:

Art Attack event

- Make Lasting Friendships Connections.
- Build practical expertise and make new friends.
- Enjoy the journey with art and new friends



## Art Attack event

The event reignited students' creativity as 650 participants painted on acrylic boards with non-traditional tools, using the IIT Madras logo as inspiration, fostering pride and artistic expression.



## Day 2 Immersion Programme



**Campus Walk:** A successful guided tour in two batches, familiarizing 500+ participants with key campus locations, concluding at SAC.

**Freshie Alumni Meet:** Interactive session with alumni, inspiring freshers through career insights and emphasizing networking and proactive learning.

**Sphere and Counselor Orientation:** Introduced participants to different spheres and counselor roles, focusing on goals, activities, and community impact.

**Movie Night:** Screening of "Chandu Champion", offering entertainment and inspiration, with participants engaging in the film's motivational themes

### *Day 3 Immersion Programme*



**Open Mic & Zumba:** Students showcased talents at Open Mic, followed by an energetic Zumba session led by Srinivasan, fostering community spirit.

**EML - Dr. Siddharth Warriar:** Dr. Warriar's interactive lecture covered neurobiology, mental health, stress management, and student engagement, receiving positive feedback.

Launch of the theme for the year: '**Break the Stigma**'

**CFI Tour:** The CFI tour introduced 22 clubs to 650+ students through presentations, interactive booths, and networking opportunities, sparking keen interest.

### *Day 4 Immersion Programme*





**Sportify:** Over 500 students participated in morning sports activities despite challenges, with improvisations ensuring smooth operations and refreshments provided.

**Contingent Performance:** Evening performances in classical arts and music, followed by a successful DJ event, entertained and engaged freshers.

**DJ Night:** A lively DJ performance concluded the SAATHI immersion program, creating an energetic and memorable experience for all participants

## LEARNINGS & REFLECTIONS

**Reviving Enthusiasm:** The events rekindled the vibrant spirit of IITMadras, reminding us of the energy that drives our community. We were able to grab the initial enthu of students, which kindles the feeling of belongingness and sets a stage for everyone to explore what they love.

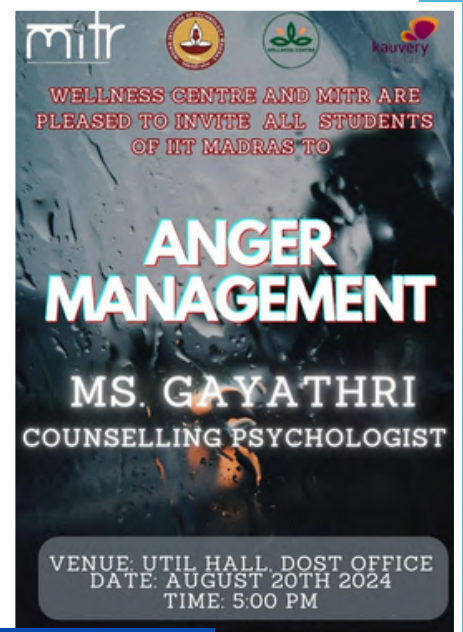
**Structuring and Accountability:** Having things documented and thorough planning reduced the on-ground hassles. Coordinating rightly with the administration helps to utilize the resources optimally. Due to diligence and coordination, unaccounted issues like rain, crowd management, and waste management were also handled.

**Collaborative approach:** Bringing all the spheres together ensured that every student sphere presented its Uniqueness through a talk, event, or planned activities with seamless communication.

**Building a Legacy:** These events strengthened our sense of pride and belonging, ensuring that the culture of excellence at IITM continues to thrive. It was one step to creating a culture. A holistic culture for every student to grow and be the best in whatever they do.

Anger management  
Date: 21st August, 2024  
Venue: HSB 133

**Learn Effective Techniques:** Discover proven strategies for managing anger in a way that fosters understanding and resolution rather than conflict. **Enhance Emotional Intelligence:** Gain insights into recognizing and addressing the underlying causes of anger, helping you to respond more thoughtfully and calmly. **Develop Practical Skills:** Engage in interactive exercises and discussions that will equip you with practical skills to apply in real-life situations. **Improve Relationships:** Enhance your communication skills and emotional well-being, leading to more positive interactions with others.



**Immersion Programme for PG Freshies**  
**Date: 31st August & 1st September, 2024**  
**Venue: SAC**



**DAY 1 (31.08.2024)**



**SPHERE ORIENTATION**

Introducing the participants to roles of different spheres including SGS, RAS, SLC, SECC, T5E, HAS, Cultural and Co-Curricular spheres, Entrepreneurship sphere, Sports sphere etc.



## CFI TOUR

The CFI tour introduced 22 clubs to students through presentations, interactive booths, and networking opportunities, sparking keen interest.

## DAY 2 (01.09.2024)



## SPORTIFY

Students participated in morning sports activities despite challenges, with improvisations ensuring smooth operations and refreshments provided.



## MANDALA ART WORKSHOP

Professional Mandala instructor, Ansuka Williams hosted this event by introducing students to the ancient art of mandala-making, a form of drawing that focuses on intricate patterns and meditative repetition and the therapeutic benefits of the art.



## MR. AND MISS FRESHIE

Mr and Miss Freshie contest was held to bring out the best in the new PG students. The contestants were judged based on Talend round, Ramp Walk and Q&A Round.



## DJ NIGHT

A lively DJ performance concluded the SAATHI immersion program, creating an energetic and memorable experience for all participants.

## A Talk on Suicide Prevention by Dr. Lakshmi Vijayakumar

Date: 8th September, 2024

Venue: CLT

The poster is blue and white. It features the MITR logo at the top left and the SNEHA Foundation logo at the top right. The main title is 'Breaking the Silence: Understanding and Preventing Youth Suicide'. Below the title is a circular portrait of Dr. Lakshmi Vijayakumar. To the right of the portrait, it says 'Special Guest Dr. Lakshmi Vijayakumar, Founder, SNEHA Foundation'. At the bottom left, there is a circular icon containing the date '08/09/24', the time '11 AM', and the venue 'CLT'.

MITR is excited to invite you to an insightful talk on "Breaking the Silence: Understanding and Preventing youth suicide" by Dr. Lakshmi Vijayakumar, who is the founder of SNEHA, an NGO in Chennai for the prevention of suicide. This talk aims to provide an understanding of the youth suicide issue, promoting awareness, offering prevention strategies, encouraging support networks, and many more aspects. About the speaker: Dr. Lakshmi Vijayakumar is a psychiatrist and the founder of Sneha Foundation, a suicide prevention organization based in Chennai, India. She is a well-known mental health advocate and has worked extensively in the field of suicide prevention. Dr. Vijayakumar has served as a member of the World Health Organization's (WHO) International Network for Suicide Prevention and Research and has contributed to policy development in mental health at both national and international levels.



## World Suicide Prevention Day events

Date: 10th September, 2024

Venue: SAC



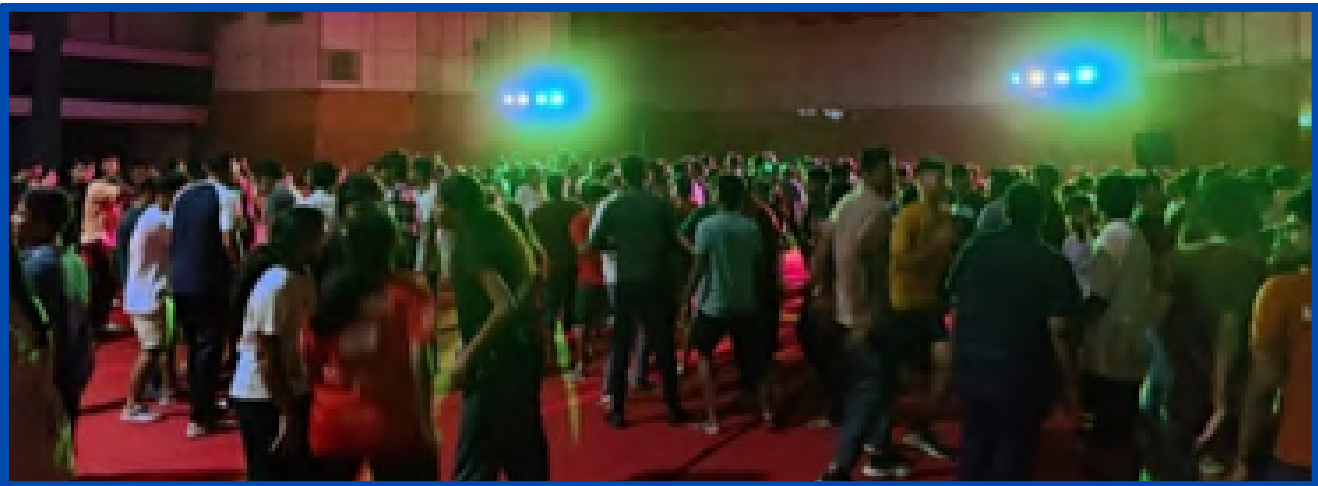
T-shirt painting workshop



Dance therapy



Game stalls, food stalls and photobooth



DJ

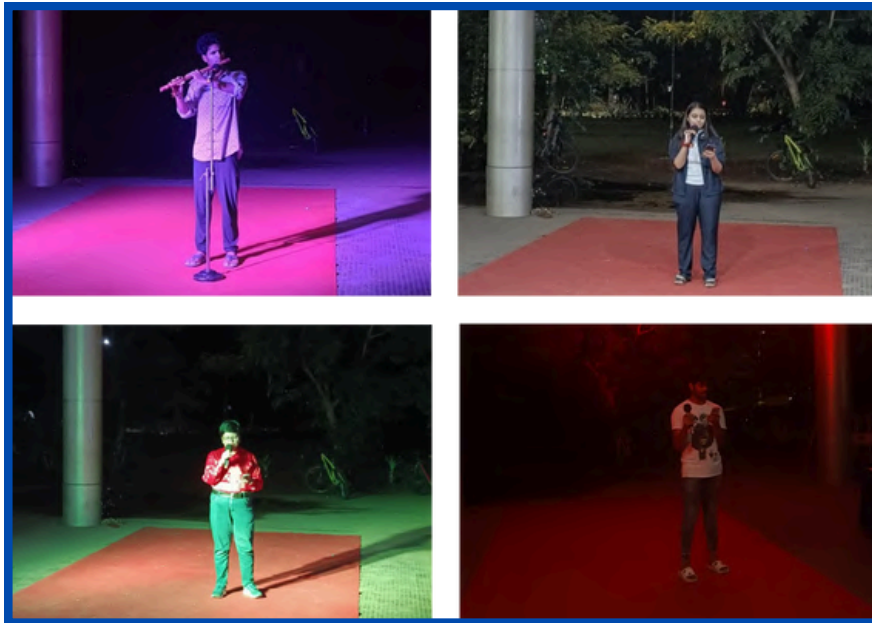
Organized by MiTR  
& Fine Arts Club



**Gatekeeper training for  
elected representatives**  
**Date: 13th September, 2024**  
**Venue: RJN 101**

Mitr has organized a gatekeeper training workshop for the elected representatives of the campus as part of our mission to reach zero suicides on campus.

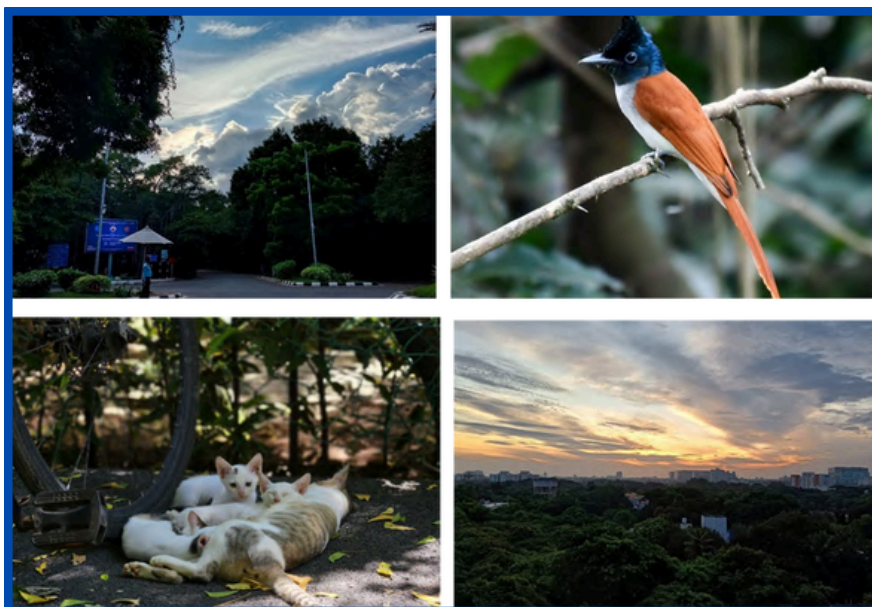
**IITM GOT TALENT**  
**Date: 21st September, 2024**  
**Venue: Himalaya Lawns**



A fun-filled talent show where participants not only showcased their skills but also tested their self-awareness by matching their self-scores with the judges'. The event emphasized personal growth and self-reflection, with exciting goodies from Saathi for those who took part.

Organized by Saathi

**NATURE PHOTOGRAPHY CONTEST**  
**Date: 27th September to 1st October, 2024,**  
**Online Contest**



Saathi has organized a Nature Photography Contest, offering participants a chance to showcase their photography talents while celebrating the beauty and therapeutic power of nature. With a prize pool of ₹3k, the contest aimed to highlight the importance of nature in promoting mental well-being, encouraging a connection that fosters peace and reduces stress.



## Art Therapy & Skills Spotlight

Date: 28th September, 2024

Venue: RMN 101

The Art Therapy & Skills Spotlight event held on 28th September was a resounding success. Compared to our previous events, this one was even more engaging and saw a significant increase in participation. Attendees actively took part in the art therapy session, showcasing their creativity and talents, which made the event both interactive and enjoyable. The collaboration with the Art Club and the efforts of the entire team truly paid off, as the feedback was overwhelmingly positive. The event also included goodies for all participants, snacks, and a special T-shirt for the best performers. Overall, it was an enriching experience for everyone involved, and we look forward to organizing more such impactful events in the future.



Organized by MiTR

## Workshop on awareness on addiction and de-addiction

Date: 1st October, 2024

Venue: Mandakini Hostel

As part of the Nasha Mukta Bharat Abhiyaan, conduct a workshop on addiction awareness for first-year students in the Mandakini Hostel. The workshop aims to educate students on understanding Addiction and ways to be addicted and promote a healthy lifestyle.



Organized by MiTR





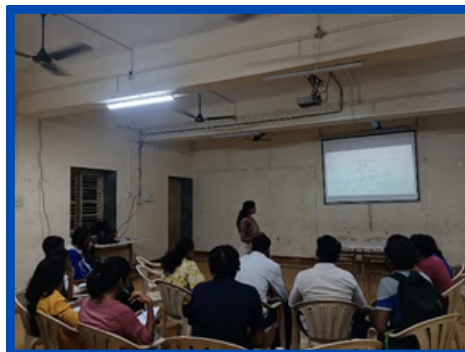
## ART THERAPY

Date: 5th October, 2024

Venue: SAC

Organized by Saathi

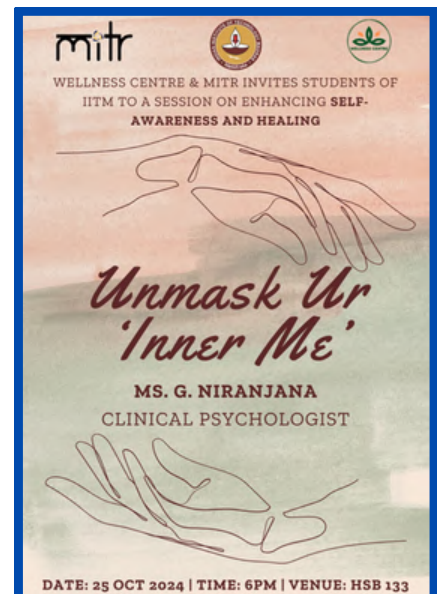
The session hosted by Ms. Dayaline Sivakumar, Art Therapy expert, provided participants with a unique opportunity to express their emotions and unwind through various art forms, including painting, writing, and drawing. Our aim was to create a safe and supportive environment where individuals can explore their creativity and connect with their feelings.



## Wellness Center Session: Unmask Ur 'Inner Me'

Date: 25th October, 2024

Venue: HSB 133



On 25th October 2024, Mitr in collaboration with Wellness center hosted a session titled 'Unmask Ur 'Inner Me', focusing on enhancing self-awareness and healing by transforming your scars into a beautiful new self.

Ms Niranjana started the session off a quick ice breaker, where the students introduced themselves, shared their strengths and exchanged compliments to each other fostering a comfortable atmosphere. This was followed by a quick breathing exercise allowing attendees to relax and focus themselves.

She then talked of healing the inner child by transforming our struggles into strength and living the version of yourself that is resilient and joyful, by bringing our childlike self. By reconnecting with ourselves, we should unmask our 'inner me' to embrace the best version of our relationships, skills, and career. And by doing, the session underscored the significance of taking care of our well-being and seeking support when needed.

Organized by MiTR &  
Wellness Centre



### **Wellness Circle Initiative, BT Department Date: 25th October, 2024**

On 25th October 2024, the Department of Biotechnology (BT) held its inaugural Wellness Circle in collaboration with Happy Hour. Set in an open space in front of the BT department, the event provided a welcoming atmosphere for students to reflect on mental well-being.



Attracting around 50-60 students, along with the Head of the Department, the Department Legislator, and various faculty members, the gathering encouraged participants to consider their mental health and explore available resources.

Organized by MiTR



## **Wellness Circle Physics Department**

**Date: 28th October, 2024,**

**Venue: HSB 210**

On 28th October Mitr organized an orientation session for DD, MSc and MTech students in the Department of Physics at HSB210. HOD Prof. Santhosh shared a few words about the active student body at MITR. Prof. Dilip Sathapathy introduced the Department grievance committee and encouraged students to reach out to Mitr for any support. A few students were not aware of Mitr. Coordinator Mr. Sarath presented the orientation ppt in an interactive way. He gave an awareness that " knowingly or unknowingly all of us joined at least an event of Mitr". He also explained the structure of Mitr and other points of contact like the wellness center, your dost, and the institute hospital for students' mental well-being. In short, students got a reminder about the presence of Mitr volunteers among themselves and the counseling facilities of the institute for their mental well-being and emotional distress.

Organized by MiTR

# Thank You For Your Support!

*We would like to take this opportunity again to express our heartfelt gratitude to all those who made benevolent contributions towards the growth and development of IIT Madras.*



Indian Institute of Technology Madras, Chennai 600036

[www.iitm.ac.in](http://www.iitm.ac.in)

For more information, please contact:

Office of Alumni and Corporate Relations

T: +91-44-2257 8390 | [www.acr.iitm.ac.in](http://www.acr.iitm.ac.in)

November 2024

