

Mental health and stress management at IISER Mohali

What do you mean by Mental Health?

- According to WHO, “Mental health is a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their communities”.



The situation in IISER Mohali....

At IISER Mohali we tackle this situation through following ways:

- Peer mentoring system
- Faculty mentoring system
- Sports
- Cultural Events
- Extra curricular activities
- Counsellors
- Online Counselling

Peer mentoring system

- In IISER Mohali, when a new fresher joins the institute he/she is assigned a peer group.
- The peer group consists of some seniors, preferably two from the second year and one from third year and fourth year batch and eight freshers.
- The seniors help the freshers in every possible way and matter whether it is academic and non-academic.
- This helps the juniors to familiarize with the campus fast.

Faculty Mentoring System

- Every Faculty is assigned one or two freshers and they be there mentor till they pass out.
- The mentors help the students in different academic problems like the language issue or any other academic and non academic problems.
- This helps the students to perform well in their respective courses.

Sports

- In IISER Mohali we have a well designed sports department which have playing areas for both indoor and outdoor games.
- As we know sports are also important along with the studies in order to relax and have a stress free environment.
- We organize various sports events along the semester like the Inter batch sports tournament, Inter hostel sports tournament, marathons etc in order to attract more people towards this.

Cultural Events

- We all know our culture is a very important thing in our life.
- We at IISER Mohali respect and celebrate each culture through various events like Lohri, Vaisakhi, Vasant Panchami, Onam, Ganesh Chaturthi, Eid, Durga Pooja etc.
- Most of these events are organized by students itself and therefore it brings more excitement in their life to show their culture to everyone else.
- Apart from these, we have many Cultural Evenings and our one big Cultural fest Insomnia.

Extra curricular activities

- Apart from these all we have various clubs, some are academic and some are non academic which conduct various events throughout the semester
- These events include hackathons, quizzes, Treasure hunts, Carry oks, Movie screenings etc,

Counsellors

- Even after all this if someone still needs some help we have two counsellors in our institute which help them in every possible way they can.
- Anyone can go and meet them and their discussion is kept confidential unless there is some red flag from the counsellor side.
- Almost all the people who get there help feel better.

Online Counselling Services

- A few months back we have taken a large step in ensuring a better mental health for everyone on campus.
- We have taken aboard an online counselling service “Your Dost”.
- Anyone in the institute can use this facility and get help from them, it consists a team of talented counsellors which are available 24x7 to help anyone.