

Wellness: resources, issues, current strategies and future plans at the Indian Institute of Science

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Chair: Wellness Centre of IISc
Dean Administration and Finance of IISc

Workshop on Mental Wellness & Stress Management with Ministry of Education (IIT Delhi; Date: 30th May 2023)



Support from the IISc Wellness Centre : Consulting psychiatrists



Psychologists and Psychiatric social workers @ Wellness Centre



External Consultation

The approved process is as follows:

- Any IISc member (student, faculty, permanent staff) with an ID card can avail the facility.
- No need for referrals. A proof of IISc ID is sufficient.
- Doctors/counsellors can send the bills to IISc once a month. IISc shall directly reimburse the consultation fee to doctors/counsellors. IISc members availing these consultations do not need to pay the doctors/counsellors.
- Students have a reimbursement cap of Rs 8000 per year for mental health consultations; first consultation is capped at Rs 1250/- and subsequent ones at a maximum of Rs 1000/-
- Prescriptions: IISc members can take any medical prescriptions (given by the above approved list of external consultants ONLY) to the pharmacy (Frank Rose) on campus and avail 20% discount. They can then submit the bills for reimbursement.

Support from the IISc Wellness Centre : Workshops, Q&A etc.

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WORKSHOP ON REBUILDING INTERPERSONAL RELATIONSHIP

VENUE - IAP Seminar Hall, IISc
DATE - 19 May 2023
TIME - 3PM to 5PM

GUEST SPEAKER



Dr. Bino Thomas,
Associate Professor,
NIMHANS, Bengaluru

 [linkedin.com/in/
dr-bino-thomas-91048955](https://www.linkedin.com/in/dr-bino-thomas-91048955)

SUBTOPICS

Why do interpersonal relationships matter?	The impact of adverse childhood experience on adult relationship pathways	The intrapersonal construct of interpersonal relationships (Self-support, self-awareness, locus of control, coping style, resiliency, and empathy)	When does an interpersonal relationship end?	The interpersonal relationship in student-teaching staff. Effect on student achievement
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Workshop on Time and Stress Management

Are you constantly feeling overwhelmed by the demands of your busy life?

Do you find yourself struggling to manage your time effectively?

SPEAKER
Mr. Prathwiraj Bajpe
PHD Scholar, MINHANS
prathwirajbajpe@gmail.com

JOIN US FOR THE WORKSHOP AND LEARN PRACTICAL TIPS AND STRATEGIES TO HELP YOU:
Time Management Skills | Understanding Stress and Distress | Measure Stress | Managing Stress | Knowing Self | Identifying Source of Stress and Solving it Effectively | Assertive Skills

on 16th March 2023

Program from Wellness Committee Members

Barefoot Counselling I

The aim of the session was to help participants learn the signs of distress, and develop the skill of active listening.

Outline of the session was

- Why did I sign up?
- Why talk about emotional well-being?
- How to identify someone who is struggling?
- Understanding people's needs at that time
- Active Listening
- Encouragers and paraphrasers

A short assessment was conducted prior to the session to assess participants' understanding of empathy. The primary session was for 90 minutes and had activities and role-plays. Post the session, a handout was shared with participants along with reflection exercises to help further enhance their skills.



Program from Wellness Committee Members

Barefoot Counselling II

This session focussed on building further skills needed focussing on empathy, being non-judgemental, learning the difference between guiding and advising and patience.

Outline of the session

- **Building rapport**
- **Skills to build:**
 - **Empathy**
 - **Non-judgemental**
 - Guiding vs advising
- Being patient
- Taking care of your own emotions

The primary session was for 90 minutes and had videos, activities and role-plays. Post the session, a handout was shared with participants along with reflection exercises to help further enhance their skill.



Program for faculty and students

6 sessions of mentor-mentee workshops was conducted solely for faculty members
7th one is arranged on June 2nd 2023

Planning for a 1 Credit course for students:

- 12 hours/ 1 credit course
- Various themes and topics impacting students today
- Each session to have a discussion session to foster dialogue, innovative thinking and connectivity
- Assessments to be conducted throughout the course and scores and interpretations to be discussed with students.
- Combination of 30, 60 and 90 minute sessions
- At the end of the course: students should have at least 70% attendance and have completed at least 50% of the activities to PASS



AI/ML in mental health

AI and machine learning have the potential to revolutionize mental health care in many ways.

- AI tools can help improve early detection of mental health conditions
- Enable personalized treatment plans
- Provide more efficient and effective interventions.

It appears that AI has shown promise in enhancing screening and diagnosis of mental health issues.

- It is stated in the literature that AI algorithms can analyze speech and language patterns to identify early signs of depression or anxiety, even before individuals exhibit symptoms that are outwardly visible.

AI chatbots and virtual assistants have been developed to offer mental health support and counseling

- Providing tips for managing stress and anxiety, or guiding people through exercises that help them relax and cope with difficult emotions.

The application of AI/ML in mental health can help improve access to care, increase accuracy of diagnoses, and provide tailored treatment options that better fit individual needs.

AI/ML in mental health: Online resources – need to calibrate

- Joyable: This bot provides coaching for people struggling with social anxiety.
- Tess: This chatbot is designed to help people manage their stress and promote self-care practices.
- Re-Think: This bot provides support for people struggling with depression by offering positive affirmations and cognitive-behavioral therapy techniques.
- Sanity & Self: This chatbot uses mindfulness techniques to help people manage stress and improve their mental well-being.
- Pacifica: This bot provides tools for managing anxiety and stress, including muscle relaxation exercises and mindful breathing techniques.
- Woebot: This bot uses cognitive-behavioral therapy techniques to help people manage their mood and improve their mental well-being.
- Replika: This chatbot helps people build better emotional resilience by providing a supportive and non-judgmental space to talk about their feelings.
- Youper: This bot uses artificial intelligence to help people manage anxiety, depression, and stress.
- Wysa: This chatbot provides emotional support and helps people manage their mental health using cognitive-behavioral therapy techniques.
- Shine: This chatbot helps people build self-confidence, reduce stress, and develop positive thinking habits.



1. Woebot: <https://www.woebot.io/>
2. Replika: <https://replika.ai/>
3. Youper: <https://www.youper.ai/>
4. Wysa: <https://www.wysa.io/>
5. Shine: <https://www.shinetext.com/>
6. Joyable: <https://joyable.com/>
7. Tess: <https://tess.co/>
8. Re-Think: <https://rethink.chat/>
9. Sanity & Self: <https://www.sanityandself.com/>
10. Pacifica: <https://www.thinkpacific.com/>

Thank You

