

# Counselling @ IIT Indore



An Introspection

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# IIT Indore at a glance

- ❖ Approx. 2500 students are on campus
  - Approx. 1100 UG students,
  - 450 Ph.D students
  - Masters students
- ❖ Located 25 km from the nearest hospital
- ❖ Basic Health Centre with 15 beds and 1 CMO with 24X7 duty staff on campus
- ❖ Two counsellors (1 permanent and 1 contractual)
- ❖ One visiting Psychiatrist (~ once in 2 weeks visits Health Centre on Campus)

# An Introspection: Student cases

## ❖ Case 1: Student

- Attempts suicide in room and brought to health centre at 2:30AM
- Brought to consciousness and sent to hospital for assistance
- In hospital till parents arrival and parents asked to stay with him in hostel during academic exams

## ❖ Case 2: Student

- Went to terrace of a building night 2 AM, informed through peer student group (our counselling cell)
- 3 days later, counselled and sent back home, with undertaking to have a guardian to stay with him / her during academic time here

## ❖ Case 3: Student

- Exam pressure and Relationship issue
- Sent to hospital till arrival of parents and then sent back home for rest
- Expects to postpone exams / allow online exams which creates precedence among student community
- Gives rise to spurious cases

## ❖ Case 4: Health issue combined with mental health issues for parent

# An Introspection: Student cases

- ❖ Most of these cases happen on weekends / long holidays / late night hours
- ❖ Hostel has few attendants who cannot even monitor any student
- ❖ Student peer group reports such cases to the Counselling cell which takes it up
- ❖ Sometimes emergency kicks in and student is taken to the Health Centre
- ❖ Psychiatrist is not available at odd times
- ❖ Getting admitted in hospital, a tough affair for the Institute

# Possible solutions: On a case

Emergency: Get psychiatrist on call to address issues and stabilize the patient

Increase panel of psychiatrists

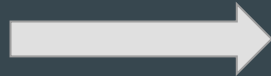
Counselling team

Healthcentre team

# Preventive Solution?

Enhance nursing team in  
Health Centre  
Train them to handle  
psychiatric cases

Get psychiatrists  
(PSY) on board  
(empanel)



Recruit counsellors  
who work closely with  
PSY (empanel)



Take a profile of every  
student entering our  
system and keep a tab on  
students who need  
support



Recruit clinical  
psychologist to assess  
(MCMI test)

SELF HELP  
AND  
COUNSELLING

VERTICAL 1

CRISIS  
CONTROL WITH  
PSYCHIATRY

VERTICAL 2

OUTREACH  
ACTIVITIES  
(SENSITIZATION  
OF STUDENTS)

VERTICAL 3

Lifeskills Initiatives and Value Education(LIVE) Committee

## SELF HELP AND COUNSELLING

- Counselling and addressing issues of students who come to Student Counselling Centre
- Academic concerns of students and addressing them through academic departments
- Interaction meeting with faculty advisors

Monthly report



Report needy students to Vertical 2



Faculty Advisor

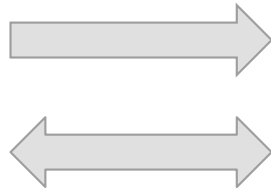
LIVE Committee



## CRISIS CONTROL WITH PSYCHIATRY

- 2 Residential Counsellors in touch with panel of psychiatrists
- Crisis management in coordination with Health Centre
- Collaboration with psychiatrists for immediate care and associated counselling

Critical care



Report to CMO & Psychiatrists

Report to LIVE Committee

## OUTREACH ACTIVITIES (SENSITIZATION OF STUDENTS)

- Visiting counselling professionals (online / called as per requirement)
- Interaction with students in hostels, dining halls etc.
- Engaging activities and help in sensitization of common student issues (Relationship etc.)

Find the one in need



Report to Vertical 2 / 1 (Need basis)



Report to LIVE Committee