



Wellness
CENTRE
IIT ROORKEE



Introduction

1. Wellness Centre at IIT is to create a supportive and nurturing environment that fosters resilience, self-awareness, and emotional growth among **students, faculty, and staff.**
2. By providing counselling, workshops, and resources, the program aims to enhance psychological well-being, promote positive coping mechanisms, and empower individuals to navigate challenges effectively, leading to overall **personal and academic success.**



Our Team



Riddham Sadana
(General Secretary)



Shruti Singh
(Deputy G-Secretary)



Chhavi Sood
(Deputy G-Secretary)



Gourav Verma
(Secretary -Events)



Nitish Kumar
(Secretary -Promotion)



Daksh Mamodiya
(Secretary -Editorial)



Shreya Shukla
(Secretary -Design)



Adarsh Priyadarshi
(Secretary -Web-D)

Bhawan Name	Wellness Secretary
Azad Bhawan	Ankit Sharma
Cautley Bhawan	Shivam Gupta
Ganga Bhawan	Arya Arun Sondoule
Govind Bhawan	Chirayu Mor
Jawahr & Rajendra Bhawan	Priyanshu Ranjan
Kasturba Bhawan	Paarangi Chawla
New Vigyan Kunj Bhawan (Boys)	Chauhan Krunalsinh Yogendrasinh
Radha Krishnan Bhawan	Shyam Patel
New Vigyan Kunj Bhawan (Girls)	Nidhi Kathait
Rajiv Bhawan	Alok Raj
Ravindra Bhawan	Yash Mehra
Sarojini & AN Khosla Bhawan	Shreya Agarwal
Rajendra Bhawan	Ghanisth Modi
Himalya Bhawan	Vanshika Madan

BHAWAN WELLNESS WARDENS



**PROF. D. BENNY
KARUNAKAR**
Cautley, Azad & new Hostel
Vigyan Kunj (Boys)



**Prof. Sarbani
Banerjee**
Kasturba and Sarojini



Prof. Pradeep Srivastava
Ganga, Ravindra, Rajiv
and Govind



PROF. KUSUM DEEP
Kasturba, new Hostel Vigyan
Kunj (Girls) & Sarojini



Prof. Sham Ravindranath
Malviya and Indira Bhawans,
SRE campus



Prof. Sohom Chakrabarty
Radhakrishnan, Rajendra
and Jawahar

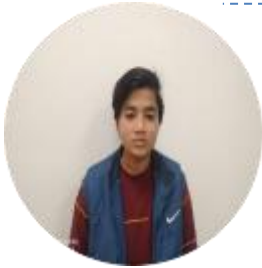
ADMINISTRATIVE LEVEL



PROF. Mukesh Kumar Barua
Dean of Students' Welfare



PROF. Avlokita Agrawal
Associate Dean of Students' Welfare (Student Wellness)



SAKSHI RAWAT
Receptionist



Salman Ahmed
Receptionist



AMIT KHANTWAL
Personal Assistant



RAJESH
Office Staff



RAJENDRA KUMAR
Office Staff

(i) Counselling

(a) Wellness Centre

(b) E-Counselling (outsourced)

(ii) Students' Mentorship Program (SMP)

(iii) Academic Reinforcement Program (ARP)

(iv) Team wellness

(v) Students' Aid Committee (StAC)



Dr. Shikha Jain
Speciality : Homesickness, low self-esteem



Ashfak Ahamed PC
Speciality : Stress Management, Deaddiction



Mohit Chandra
Speciality : Suicide prevention, adolescent sexual issue



Shivani Tewari
Speciality : Mood Disorders, OCD



A Athili
Speciality : Neuropsychology, Biofeedback



A Kulandaisamy (Social Worker)
Speciality : Family therapy, Student Welfare Program



Dr. Sonali Vij Dhavan
Speech Therapist



Dr. Aditya Gupta
Psychiatrist



Initiatives





TEAM WELLNESS

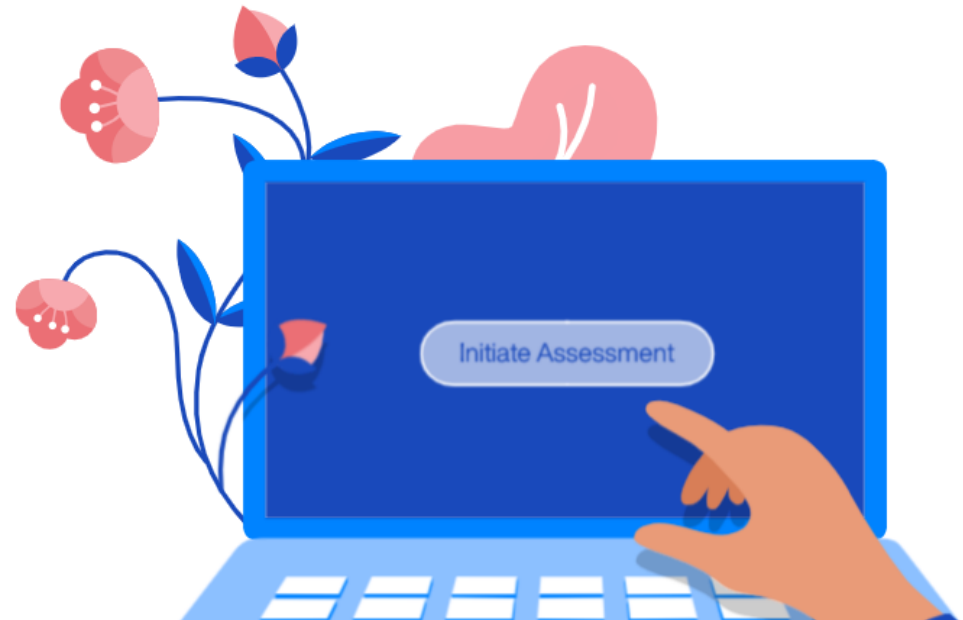






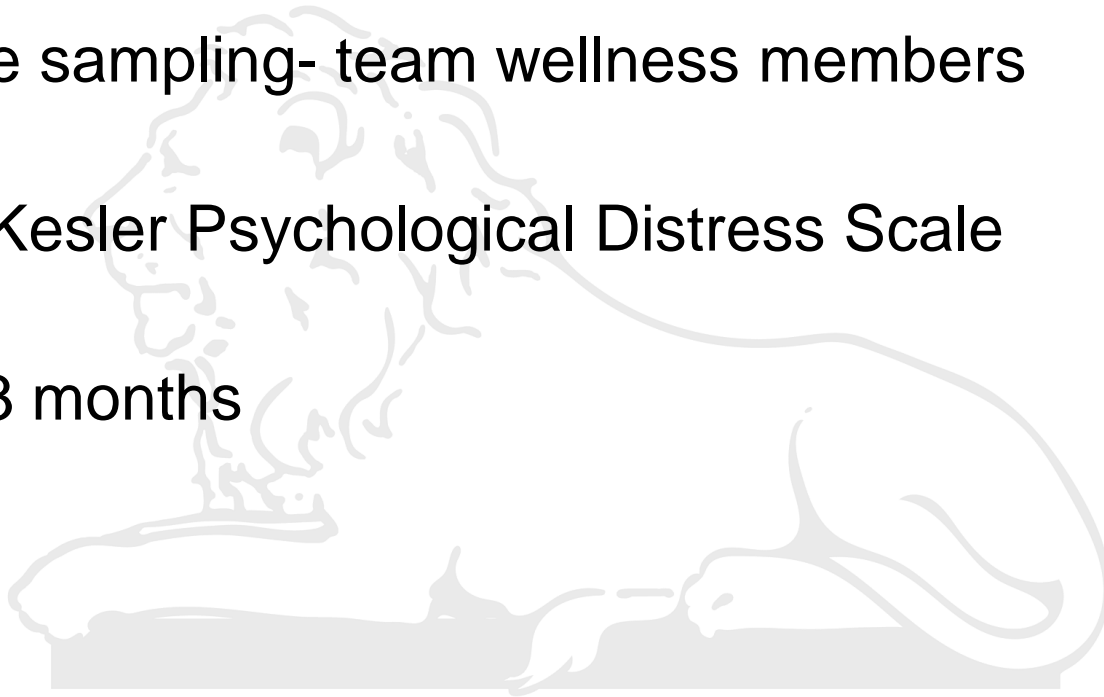
Online psychometric testing software for behavioral health professionals

- Wide range of standardised psychological assessments
- In-clinic and remote administration
- Automatic scoring, graphing and reporting
- Secure HIPAA compliant clinical record keeping
- Works across devices - desktops, laptops, tablets and smartphones
- Designed for psychologists, therapists, social workers and counselors



Group screening

- Pilot study by Mr Mohit Chandra
- Purposive sampling- team wellness members
- Scales:- Kesler Psychological Distress Scale
- Period:- 3 months





Orientation

Making first contact and helping the new batch settle down and feel comfortable.

10th April:- offline orientation for UG

28th July 2022:- Offline orientation for PG/PhD

1st January 2023: Offline orientation for PhD

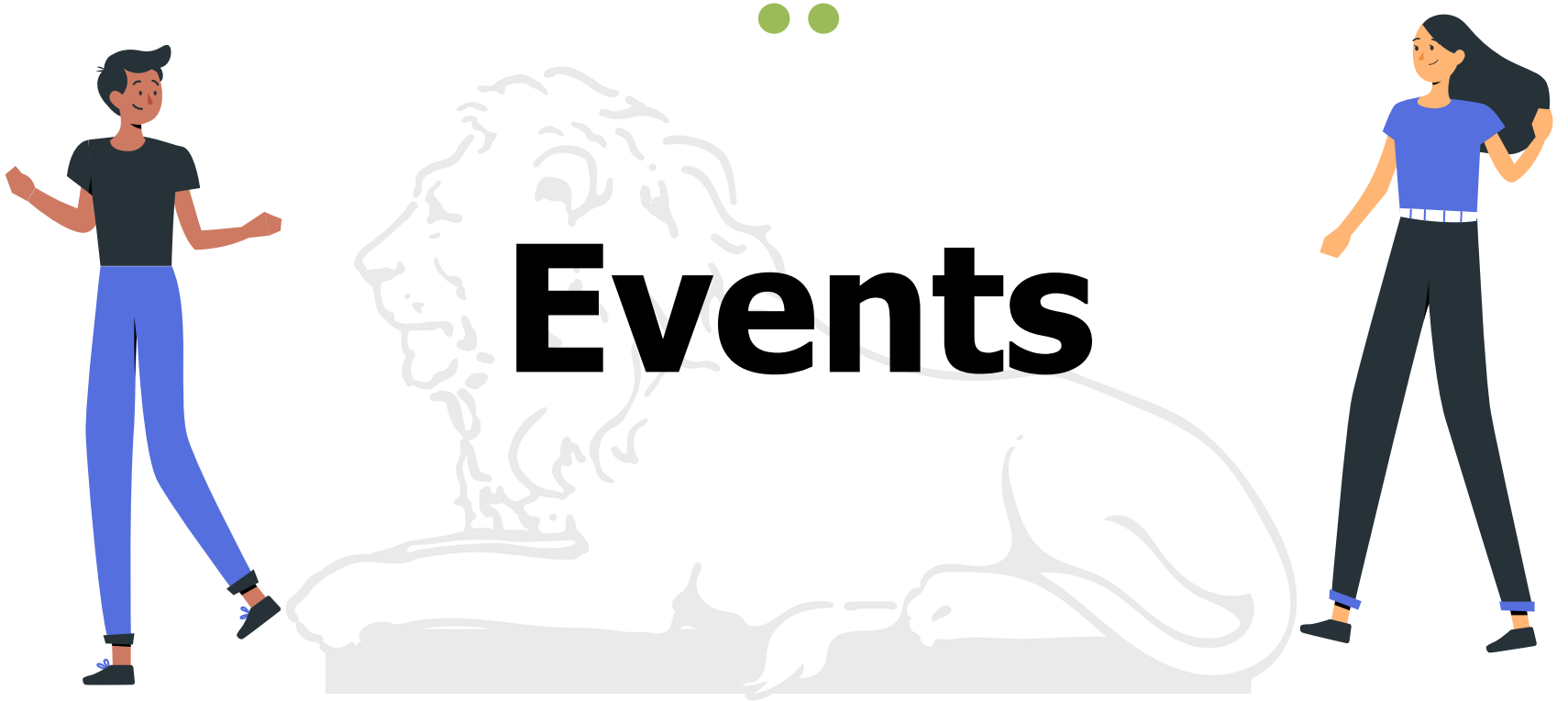
29th October 2022:- Offline orientation for UG



Person with Disability

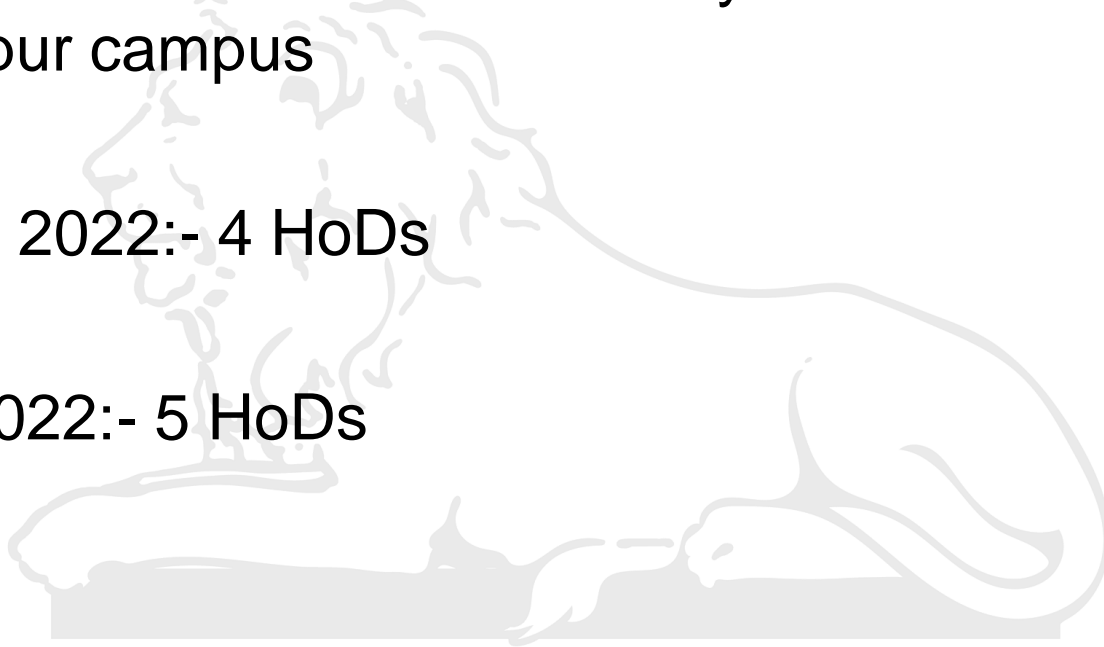
- 16th June 2022:- Distributed physical and hearing aids to students
- Software for Persons with visually blind (100%)
- 6 Electrical Wheelchair
- 20 Manual wheelchairs distribute among Bhawan





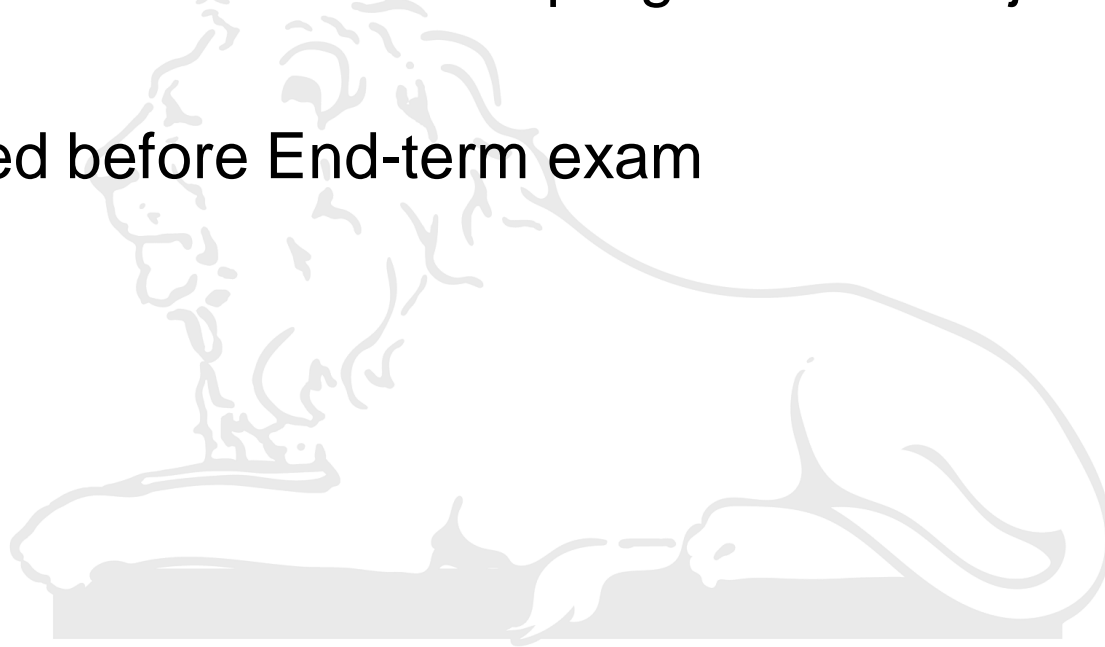
Mental health sensitization session

- 14th June 2022:- 7 Deans
- 24th June 2022:- 3 HoDs & 5 faculty members from the Saharanpur campus
- 29th June 2022:- 4 HoDs
- 1st July 2022:- 5 HoDs



Exam stress

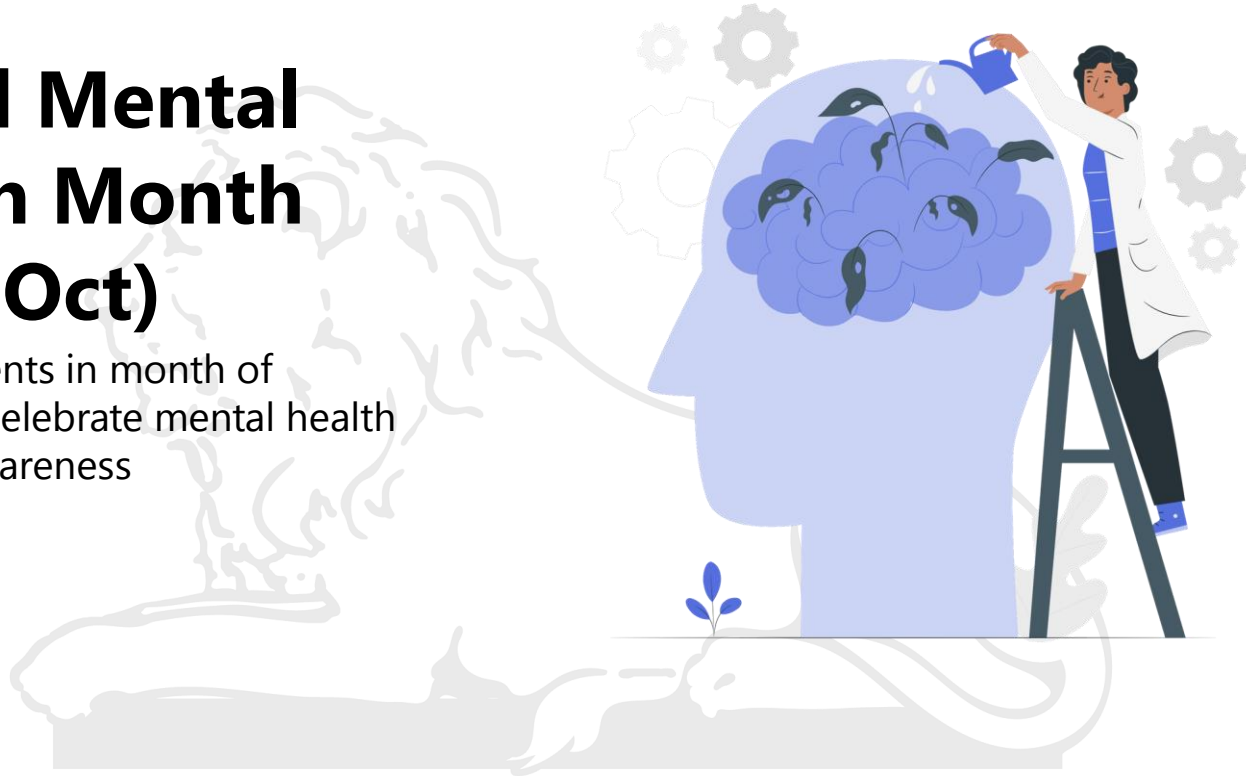
- 19th June 2022:- Conducted program at Sarojini Bhawan
- 20th June 2022:- Conducted program at Sarojini Bhawan
- Conducted before End-term exam



● ●

World Mental Health Month (10th Oct)

Series of events in month of
October to celebrate mental health
and raise awareness




World Mental Health Day 2022




Previous guest speakers





Creating Hope Through Action World Suicide Prevention Day

Our Speaker:
Prof Archana Shukla



Location: MAC AUDI
Date: 10 Sept 2022 | Time: 5 PM

Refreshments will be provided



Wellness Centre presents a seminar on
“Digital Detox”



Expert Speaker –
Prof. Manoj Kumar Sharma
Consultant Clinical Psychologist,
Shut Clinic, NIMHANS

4th October, 2022
MAC Auditorium
6pm Onwards

Scan to register or ask a question!



Refreshments will be served

Contact : Riddham 7015582795



Wellness Centre IIT Roorkee invites you for an Interactive session on

PRODUCTIVE MIND TRAINING: SHAPING YOUR MENTAL MUSCLE TO UNLOCK LIMITLESS POTENTIAL

Date: 9th October 2022
Time: 4:30 PM
Venue: L2-001, NEW LHC

DR SHAH TARFAROSH
OXFORD TRAINED REGISTRAR PSYCHIATRIST,
& TEACHING FELLOW UNIVERSITY OF OXFORD. MBBS, PGC (CAMBRIDGE), MRCPsych (LONDON)




Register today
Refreshments will be served



WELLNESS CENTRE

PRESENTS

INTERACTIVE SESSION

DATE: 10TH OCTOBER
TIME: 6 PM
VENUE: MAC AUDITORIUM



SCAN TO REGISTER

RIDDHAM +91 7015582795

OUR SPEAKERS:

WINGS OF HOPE
Ex Army Officer
World record holder
in Adventure sports

NAVIN GULIA



LIVE BOLD AND BLOOM
Author
Youtuber
Podcaster

PRAKHAR GUPTA



Refreshments will be provided



Wellness Centre
presents

MHIZQIZ (Tambola)



9th October, 2022

6 PM

L2-001, New LHC

Refreshments will be served

Ananya - 7879789734



WELLNESS CENTRE PRESENTS

MEME MANIAC

THE MEME QUIZ

Registration deadline
1st October

2022
APJ Abdul
ck, L2-001)

SCAN TO REGISTER NOW

WELLNESS CENTRE PRESENTS

Yaaron ki Mehfil

Open Mic Night

Stand a chance to win prizes worth 8K!

- 25th September 2022
- 4:00 PM - 8:00 PM
- MAC AUDI

Scan to Register

Register by 23rd September EOD

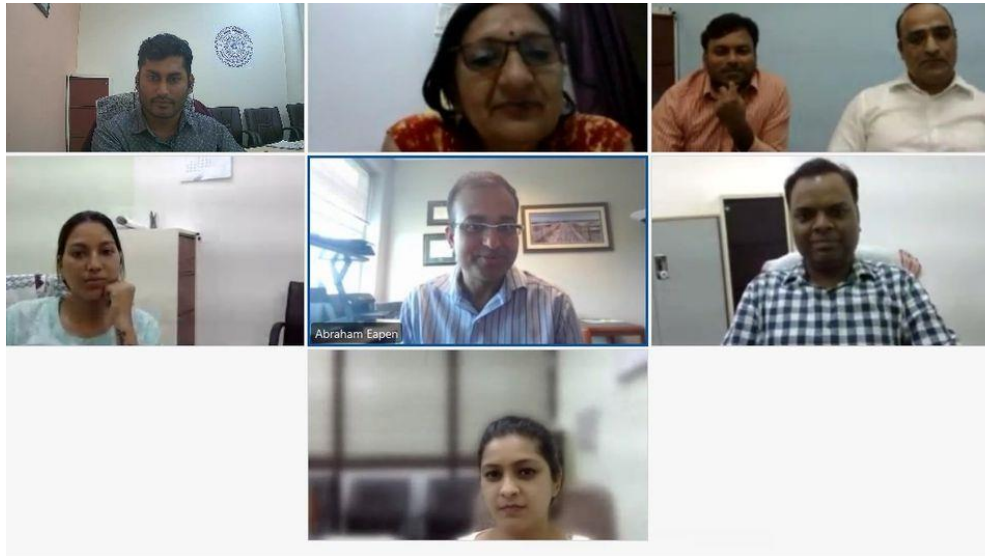
Refreshments will be served

Shruti: 70077 94167

Training for Counsellors

Dr Abraham Eapen, Counsellor
Grand Valley State University, Michigan

Prof Manoj Kumar Sharma,
NIMHANS Bangalore

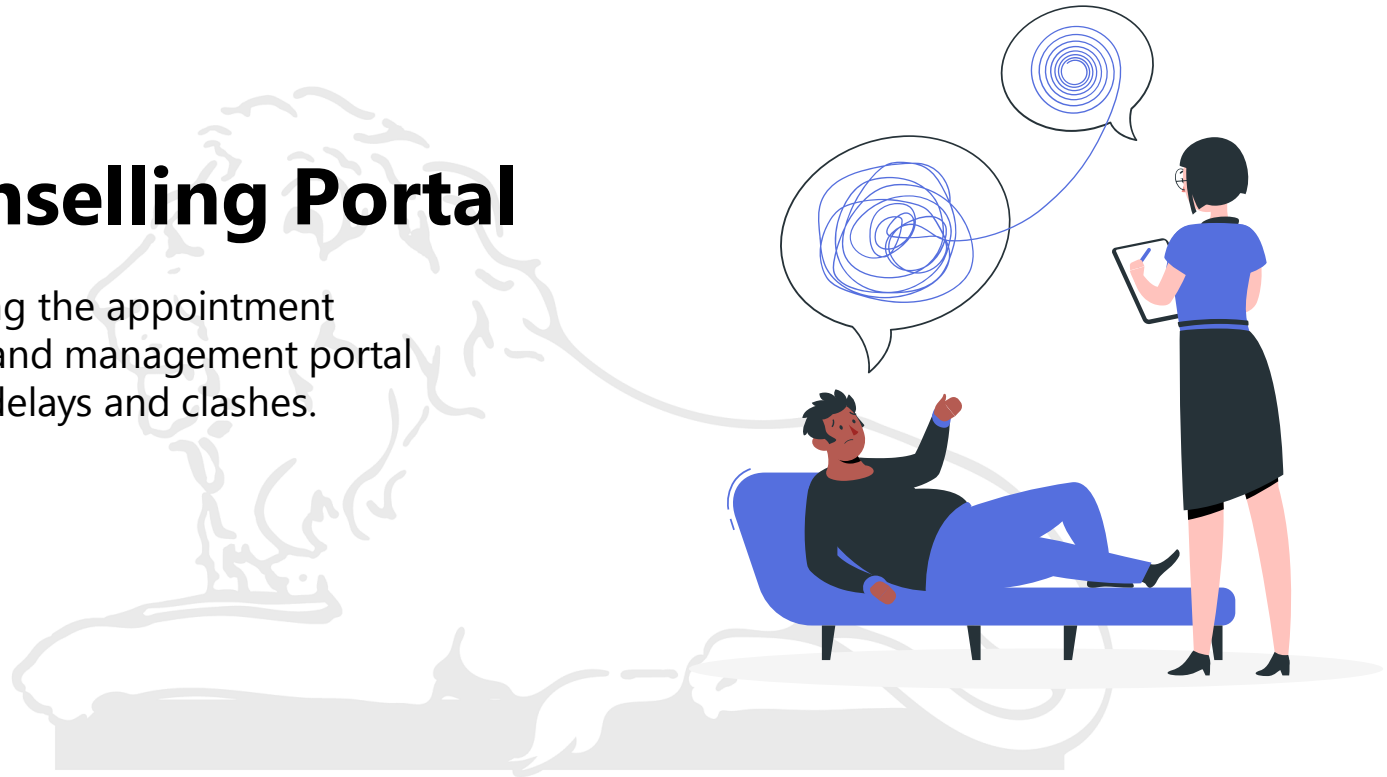


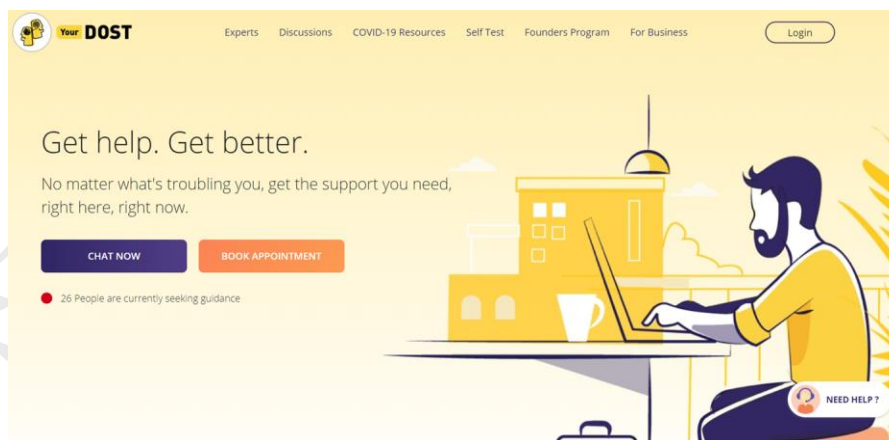




Counselling Portal

Digitalizing the appointment booking and management portal to avoid delays and clashes.





Online Chat Sessions

Chat anonymously with an expert of your choice. This service is available to you anytime, anywhere.



Voice/Video Calls

Speak to our experts or get on a call with them. Get personalized attention right when you need it.



Face to Face Sessions

Connect 1-on-1 in-person with an expert of your choice.



Students' Aid Committee

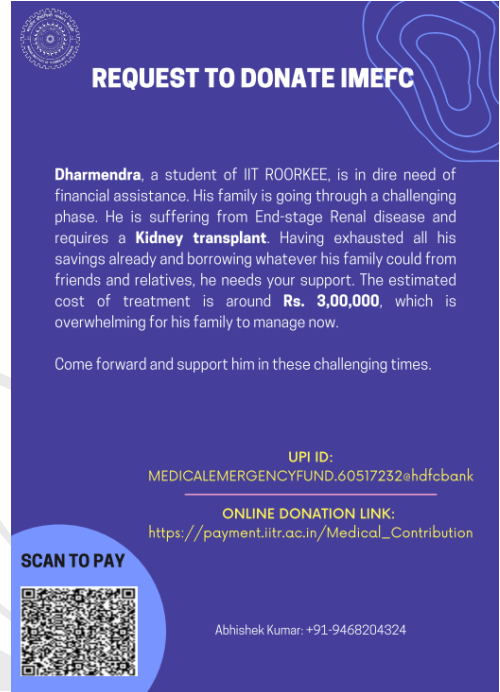
Students' Aid Committee (StAC) provides financial support to needy students. Such students should apply to StAC for financial support. Meeting occurs four times a year to discuss the applications.



Rs 3,08,39,211/- . Total of 418 students (275 PhD, 9 UG and 3 PG)

Institute Medical Emergency Fund Committee

The IITR-Medical Emergency Fund Committee (IMEFC) was established by the Institute for providing financial assistance to IITR Community who has a medical emergency involving themselves or their immediate family members.



REQUEST TO DONATE IMEFC


Dharmendra, a student of IIT ROORKEE, is in dire need of financial assistance. His family is going through a challenging phase. He is suffering from End-stage Renal disease and requires a **Kidney transplant**. Having exhausted all his savings already and borrowing whatever his family could from friends and relatives, he needs your support. The estimated cost of treatment is around **Rs. 3,00,000**, which is overwhelming for his family to manage now.

Come forward and support him in these challenging times.

UPI ID:
MEDICALEMERGENCYFUND.60517232@hdcbank

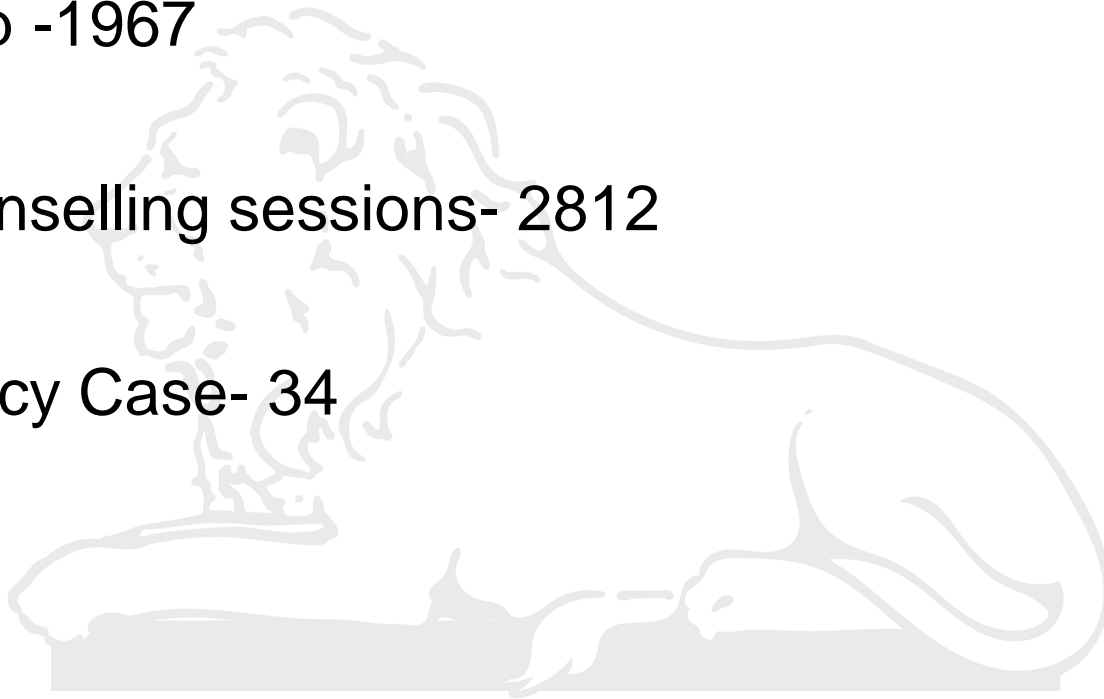
ONLINE DONATION LINK:
https://payment.iitr.ac.in/Medical_Contribution

SCAN TO PAY



Abhishek Kumar: +91-9468204324

- New registration –845
- Follow-up -1967
- Total counselling sessions- 2812
- Emergency Case- 34



Confidentiality is maintained throughout the counselling sessions.

Email: wellnessappointment@iitr.ac.in

Timings : Monday- Saturday

9.30 am to 1 pm & 2 pm to 7 pm

Emergency: any time

*Mobile No : 992795471, 7760100140,
8126759191, 9536609555*





Thanks!

