

Well-being Cell

For the workshop on
Mental Wellness & Stress Management
at IIT-Delhi

By: **Khushpinder P. Sharma**
C'ling Psychologist



INDRAPRASTHA INSTITUTE *of*
INFORMATION TECHNOLOGY
DELHI



Team 'Well-being Cell'



Prof.Sujay Deb
(Dean of Students Affairs)

Prof.Raghava Mutharaju
(Faculty Incharge)

Prof.Richa Gupta
(Faculty Incharge)

Khushpinder P. Sharma
(Psychologist)
Experience: 14+ years

Dr.Amita Puri
(Psychologist)
Experience: 25+ years

*Psychologists from
YourDost*

Ayush
(Member-Student Council)

Khayati
(Member-Student Council)

Piyush
(Member-Student Council)

Well-being Cell



The Well-Being Cell offers counseling & psychological support to the IIITD community.



Through **counseling sessions** we help and guide our clients, to resolve their various behavioral and mental health issues and to improve their sense of overall well-being.

Concerns we address



- Constant Anxiety / Stress
- Homesickness / Loneliness
- Anger Management
- Inferiority complex
- Family issues
- Adjustment problems
- Time management
- Relationship issues
- Addictions & Self-control



- Concentration issues / Handling Academic pressure
- Comparisons
- Disturbed sleep pattern
- Aimlessness
- Lost Motivation /Confidence
- Decisions making
- Handling Bullying & Harassment
- Thoughts of harming self or others

Services we offer



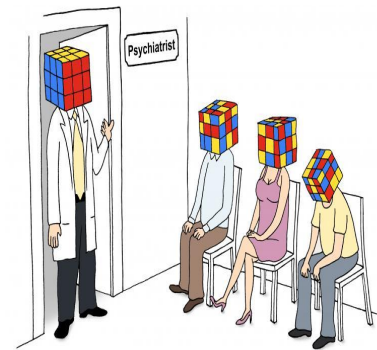
Individual Counselling



Group/Family Counselling



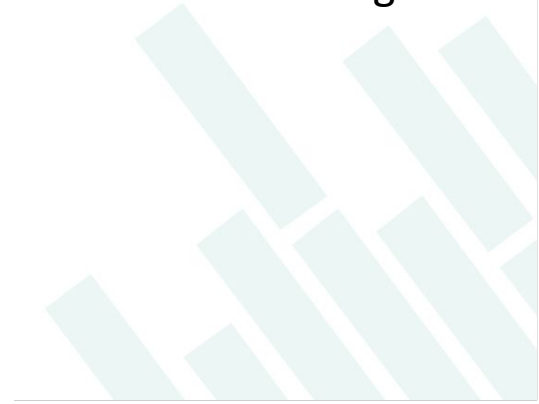
Psychometric Testing



Psychiatric Consultation



Online Counseling



Workshops/Seminars



WELL-BEING CELL PRESENTS

SELF CARE

WITH EXPRESSIVE ARTS THERAPY



THURSDAY
JULY 14
4:30 - 6:00 PM



Take time out for your Self Care on this therapeutic Thursday with expressive arts.

- Experience lightness and relaxation
- Let your inner child come out and play
- Get in touch with your authentic self
- Gain new insights about your life

This session will involve a combination of visual arts, music, body movement, mindfulness and creative journaling techniques.



Facilitated by: Vasvi Srivastava
Expressive Arts Practitioner
Psychologist
Certified Yoga Instructor

No prior
experience in any
art form required!



Well-being Cell

in collaboration with

YourDost

presents



TIME MANAGEMENT & HANDLING PROCRASTINATION

(AN INTERACTIVE WORKSHOP)

06 JUNE 2022
MONDAY
05:00 PM ONWARDS
C-21, ACADEMIC BLOCK, IIIT-D



Ms. Priyanka Manchanda
Organizational Psychologist

Time Will Hold You Back

IF YOU LET IT SLIP AWAY

Well-being Cell

presents a webinar on

Insight into Suicides & Suicidal Behaviour

"World Suicide Prevention Day"

10 September 2021
(Friday) 4pm - 5pm

Google Meet :
<http://meet.google.com/urh-kiip-jqb>

Speaker:



Shreyasi Vashishtha
Clinical Psychologist
IIT - Kanpur



Well Being Cell In Association
with YourDOST Presents



Social Media & Internet Addiction

A Workshop Not To Be Missed

Friday 31st March, 4:30 PM onwards
Room no C-21, Old Academic Block, IIIT-Delhi



By **Priyanka Manchanda**
Organisational Psychologist

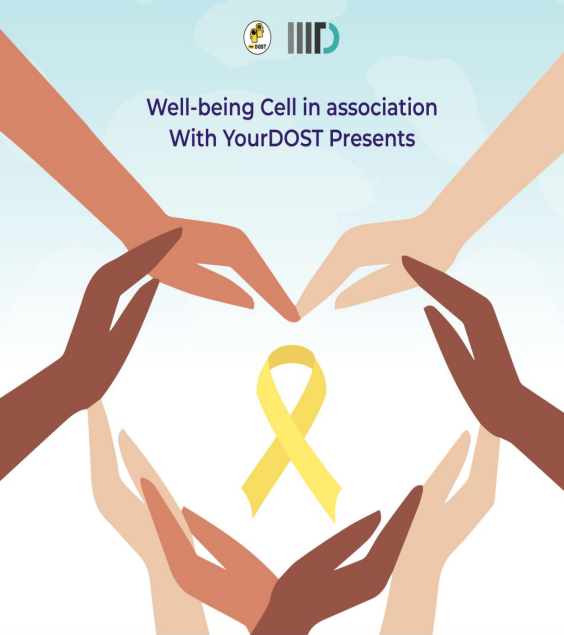
KEY HIGHLIGHTS:

- Discuss the impact of social media on your life
- Take the ultimate quiz to assess your tech-usage
- Explore ways to disconnect from screens
- Brainstorm strategies to build healthier routines

Workshops/Seminars



Well-being Cell in association
With YourDOST Presents



Cope for Hope

A Workshop Not To Be Missed

Friday, 23rd September
4:30 PM to 5:30 PM

By Ms. Archita Sobti,
Psychologist


KEY HIGHLIGHTS:

- Understanding Self-care and Self-harm
- Deconstructing Self-harm
- Causes and Behaviours that represent Self-harm
- Identifying and helping someone struggling with Mental Health
- Build Healthy coping strategies to avoid Self-harm and promote Self-love
- Helping others build constructive coping strategies

Well-being Cell presents a webinar:

**I DIDN'T KNOW
I WAS CHOOSING
TO BE SHACKLED**

Voice of young people
resisting & recovering
from Substance Addiction




Key Highlights:


- Animation- Pathways to Recovery
- Short film – Diary of a Recovering Drug Addict
- Stories told by young people through photo-led interviews
- Posters developed by young people

15 February 2022 **5pm - 6pm**

Speaker:
Dr. Raginie Duara
School of Psychology
University of Leeds, England




Well-being Cell
presents a Workshop on



Join us to learn about
Stress busting techniques,
Relaxation techniques, Mindfulness
and a lot more...

On
November 5th 2019 @ 5:30 pm
In
C21, Academic Block, IIIT-D.

Well-being Cell
presents



**Expressive
Arts Therapy**


(A workshop for IIIT-D Officers)

This playful & non-judgemental session is going to help you in:

- Releasing stress
- Expressing yourself freely
- Creating meaningful connections
- Finding clarity & shift in perspectives

We will engage you in a combination of art based activities like body movement, music, drawing, creative writing, etc.

**13th May 2022
(Friday)
3:30 - 5:00 PM
A 106 - R&D Block**



Vasvi Srivastava
Expressive Arts Practitioner
Psychologist
Certified Yoga Instructor

*NO PRIOR EXPERIENCE IN ANY ART FORM IS REQUIRED!

Other activities



- WBC Session with freshers during their Induction.
- Open house Sessions in hostels and other common area.
- Weekly Mailers (Musings) on various mental health concerns.
- Sessions with students having low academic performance.
- Sessions with students reported under Plagiarism cases.
- Sessions with students referred by DAC.
- ❖ Workshops for Staff and Faculty.

Machaan, a student's theatre club does street plays on mental health issues.

Well-being Adda, an initiative of Enactus Club, is a student organisation which works towards student well-being.

Mindfulness and Yoga



IITD THE ART OF LIVING



Well-Being Cell in association with **The Art of Living** is organising a workshop on

BREATHE YOUR WAY TO SUCCESS

We invite you to a workshop full of fun games, activities, interactive discussions, breathing techniques and touching upon the techniques to:

- Improve Focus & Productivity
- Eliminate Stress & Unlock Happiness
- Better Emotional Intelligence
- Deepened access to Intuition
- Learn the Art of Meditation
- And Much More!

Anmol Narang
Faculty, Art of Living
Youth Coach



Date: 19th May 2023 (Friday)
Time: 4PM onwards
Venue: C21, Academic Block

ORGANISED BY SA OFFICE

YOGA

as a therapy for enhancing *well being*



Key Highlights

PSYCHOLOGICAL WELLBEING

- Importance of mental health
- Boosting Emotional Immunity
- Psycho Nutrition and health

YOGA

- Yoga Therapy
- Pranayam
- Meditation (Yog Nidra)
- Naturopathy
- Yogic Lifestyle



REACH OF GOAL

- Hierarchy of Needs through well being

For Whom: All hostelers

When: 23rd September 2021 (Thursday)
05:30 PM Onwards

Venue: C102 (500 Seater Hall, 1st-floor Seminar Block)

Speakers
Institute Psychologist
Yoga Instructor
SA Office

Note: Nutritious Refreshments will be served after session


Our Appointment Portal



← → ↻ 🔒 wbc.iiitd.edu.in

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Admin Login




INDRAPRASTHA INSTITUTE *of*
INFORMATION TECHNOLOGY **DELHI**

Well-being Cell

Appointment Portal

We welcome all with no bias or hierarchy. Feel confident to discuss & get help.

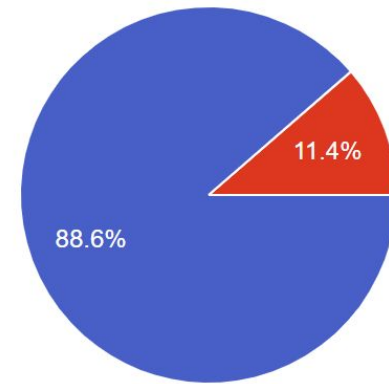
 SIGN IN WITH IIITD ACCOUNT

CONFIDENTIALITY IS HIGHLY ENSURED

Testimonials/Feedback

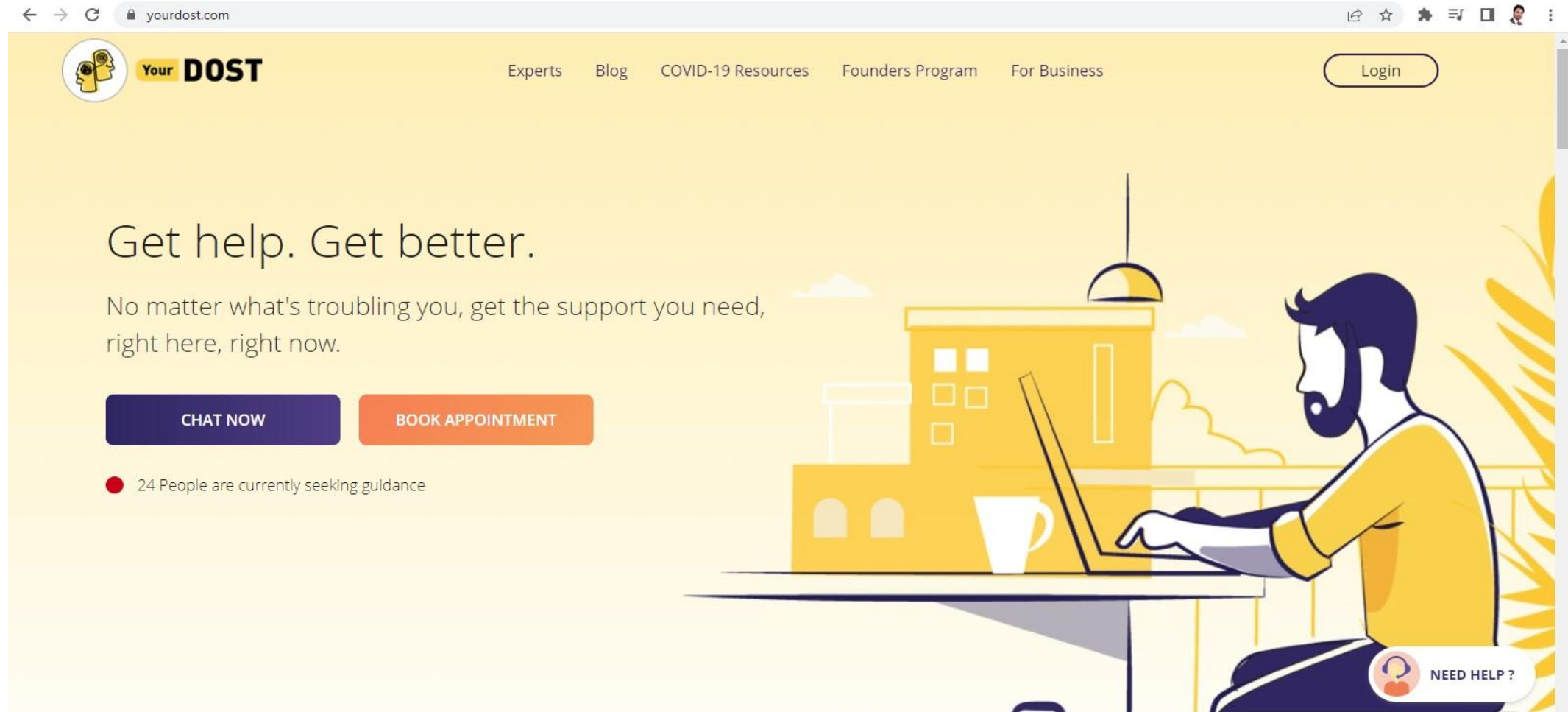


- Not only the problem I needed help for, but other things in my life that I was doing which could be bettered are also being tackled so that things get sorted out more efficiently. Thanks. Also extremely helpful and friendly behavior.
- I would like to thank IIITD for providing the facility of a Well-being Cell to the students. I have taken the session with Mr. Khuspinder Sharma and Dr. Amita puri both, and have really felt so relieved and positive. Last month I was in touch with Mr. Khuspinder to seek professional help and advice, to overcome the problems I was facing. And I am so happy with all the sessions with him and now feeling very great after listening to all his advice. He has not only counseled me but also my family to make things easier for me to get over it. I am so thankful to him for his valuable support and advice. I would suggest to everyone that please do not hesitate in seeking help.
- The session with Sir really helped me to understand my problems and provided me huge relief. It felt great to share my thoughts and issues with him, feeling much lighter now.
- The session was great. I was feeling extremely down before this. Was very disappointed in myself. The discussion was encouraging, humbling as well as informative. I now know how to improve and work on the problems I'm facing. I'm very grateful for having got a direction to work on. Feeling lighter and motivated now.
- The session helped me gain perspective and understand the exact problems/issues I had. Though I partially knew the problems, but now I believe I will be able to accept those. Also, now I have a clear idea about the areas I need to work on. Thank You.
- Well-being cell is for everyone ,for overall wellbeing „Just gave it a try; you won't regret it. You will be a different enhanced person just after one session.



- Excellent
- Above Average
- Average
- Below Average
- Poor

24 x 7 Online Counseling Services



Visiting Psychologist from YourDost twice a month

Our Website



Website: iiitd.ac.in/wbc

Email: wellbeing@iiitd.ac.in


Well-being Cell Posters




IIITD | INDRAPRASTHA INSTITUTE of INFORMATION TECHNOLOGY DELHI

ACADEMIC STRESS, LOW CONFIDENCE, CONCENTRATION, ANXIETY, COMMUNICATION, ADJUSTMENT, HOPELESS, RELATIONSHIPS, GOALS, LONELY, IRRITABILITY, SUICIDE, FAMILY, ANGER, SAD, LIFE, INFERIOR, BULLYING, STRESS, ANXIETY, Everybody is too busy for my problems, HOME SICKNESS, ACADAMIC STRESS, SHY, RELATIONSHIPS, SAD, INFERIOR, ANXIETY, ADDICTIONS, LOW CONFIDENCE, COMMUNICATION, ANGER, ADJUSTMENT, CONCENTRATION, GOALS, TIME MANAGEMENT, HOPELESS, INFERIOR, SELF HARM, HOME SICKNESS, ANGER, FAMILY, ACADAMIC STRESS, SAD, ADJUSTMENT, ANXIETY, ACADAMIC STRESS, SUICIDE, GOALS

Bottled up Inside?



We can Help!

Get in touch with us  **Well-being Cell**

Room No. A-205, A-206, Academic Block, IIITD
Phone : 011-2690 7484, 2690 7448
<https://iiitd.ac.in/wbc>

“It Is Ok To Seek Help”

Well-being Cell also offers 24x7 online psychological support in association with **DOST**

All our mental health services are free of cost. * Confidentiality is highly ensured.

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Looking for Support?



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Having a Rough Time?



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Student Mentorship Program



Student Mentorship Program is a program within the IIIT Delhi student community emphasizing upon

- Healthy, positive and constructive ties between senior and junior students to ensure smooth initiation of incoming batch into academic and student life at IIITD.
- Providing incoming batch with a good support system to help navigate academic and personal challenges.
- Developmental opportunities for both mentors and mentees to grow, learn and give-back.
- And most importantly, 'creating memories' and forming strong friendships that last a lifetime!!

Mentor Review Board

SMP is monitored by the MRB whose mandate is to look after it's smooth conduct.

Team SMP



Prof. Sujay Deb
(Dean of Student Affairs)

Prof. Anmol Srivastava
(Faculty Incharge, CSD)

Prof. Monika Arora
(Faculty Incharge, Maths)

Khushpinder P. Sharma
Psychologist
(Coordinator)

Prof. Vinayak Abrol
(Faculty Incharge, CSE)

Prof. Ranjitha Prasad
(Faculty Incharge, ECE)

Amita Puri
Psychologist

Prof. Gaurav Ahuja
(Faculty Incharge, CB)

Prof. Mrinmoy Chakrabarty
(Faculty Incharge, CSSS)

Student Mentors
(B.Tech, M.Tech & Ph.d)

Session with Mentors and Mentees



- SMP Session with freshers during their Induction.
- Mentor Orientation/ training.
- Session with Mentors by the Faculty and Psychologists thrice a semester.
- Mentor-Mentee Meetings.



Well-being Cell

