

# MENTAL WELLBEING @ IIT GOA

---

DR. RISHIKESH NARAYAN, FACULTY-IN-CHARGE (STUDENT AFFAIRS)

IIT DELHI WORKSHOP ON MENTAL WELLBEING, 30.05.2023 (TUE)

# IIT GOA – AT A GLANCE

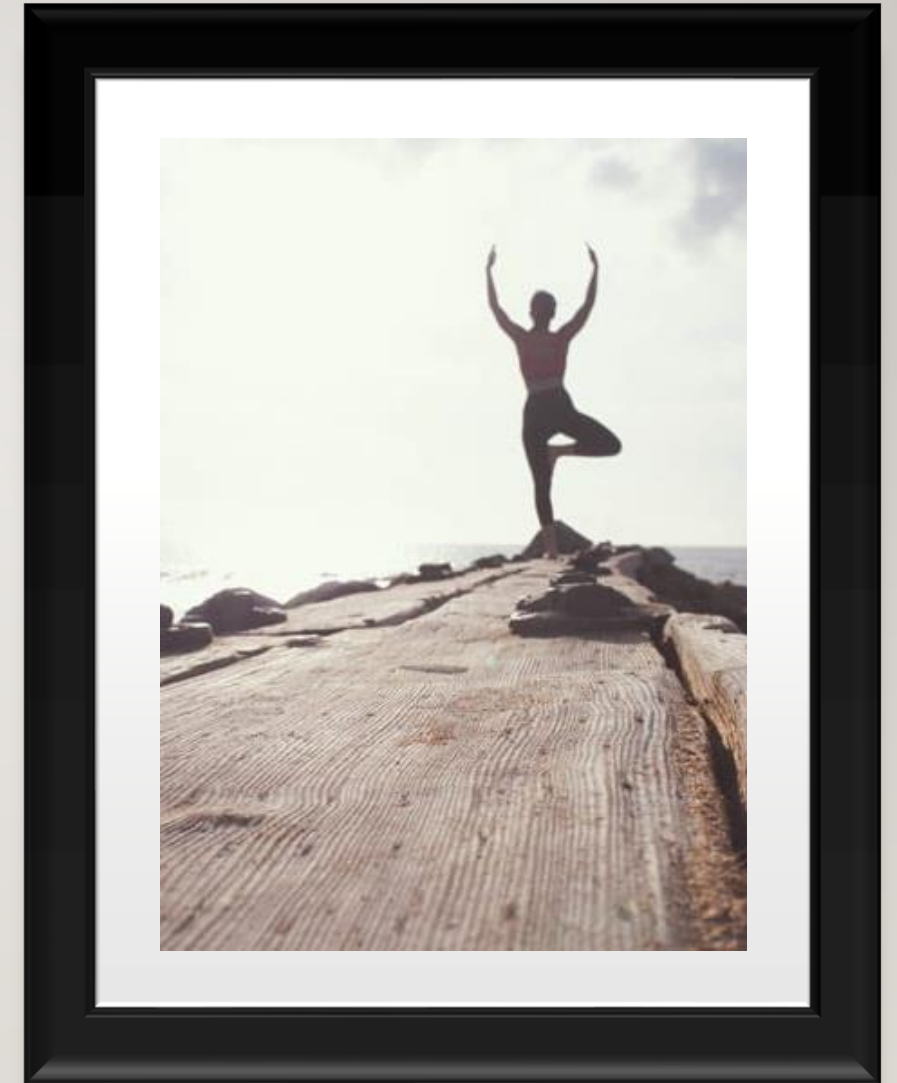
---

- ~ 800 students
- 4 BTech programmes – CSE, M&C, EE, ME
- 8 Schools of studies (School of Maths and Computer Science etc.)
- Approx. 25% female students
- Approx. 25% PG (Mtech & PhD) students
- Transit campus
- **Holistic approach** to mental wellbeing of the students through **PARINAMA** – IIT Goa center for Personal Transformation and Mental Wellbeing

# WHAT IS **HOLISTIC** **APPROACH** TO MENTAL WELLBEING??

---

- Counselling
- Wellness
- Curricular, Co-curricular and Extra-Curricular



# COUNSELLING

---

- **Online**
- **YourDost** (Online counselling platform)
  - In contract since 2018
  - Popular with students seeking total anonymity during counselling
  - Popular with students who prefer texting, call over facetime
  - Presents **much lower 'activation barrier'** for seeking help and hence, useful for large section of students seeking primary help
- **In person**
- **One on-campus counsellor**
  - Responsible for entire counselling requirements of the students
  - Undertakes the basic triaging of moderate to severe cases
  - Refers to wellness instructor, empanelled clinical psychiatrists, psychologists etc.
  - Coordinates with YourDost to understand the trends, areas of concern etc.

# WELLNESS ACTIVITIES

---

- One wellness instructor (full-time basis)
- Focus on pre-empting cases which have tendency to develop into moderate cases of depression, anxiety etc.
- Undertakes a wide range of activities in the domain of wellness practices such as mindfulness, centering, right communication with the self and surrounding etc.
- Organizes workshops, 1-2 h regular sessions open for all
- Organizes group activities such as hiking, beach walks, group drumming sessions using local percussion instruments – pretty popular with students

# CURRICULAR, CO- AND EXTRA-CURRICULAR

---

- *Curricular*
  - ‘**No Fail**’ policy in the 1<sup>st</sup> semester of Btech program – To give time to the new students to adjust to the new surroundings, new curriculum, new people etc.
  - One 9-12 h module on Mental wellness as part of the course - Foundations in Humanities and social sciences - in the 1st semester, increases awareness, lessens taboo around seeking help etc.
- *Co-Curricular* – Inclusion of activity and **creativity-based courses** such as ‘Life Art Expressions’ – fosters the spirit of **creative collaborations** – runs after lecture hours
- *Extra-Curricular* – activity-based sessions like ‘dance for life’

*Thanks!!*

