

Mental Wellness & Stress Management





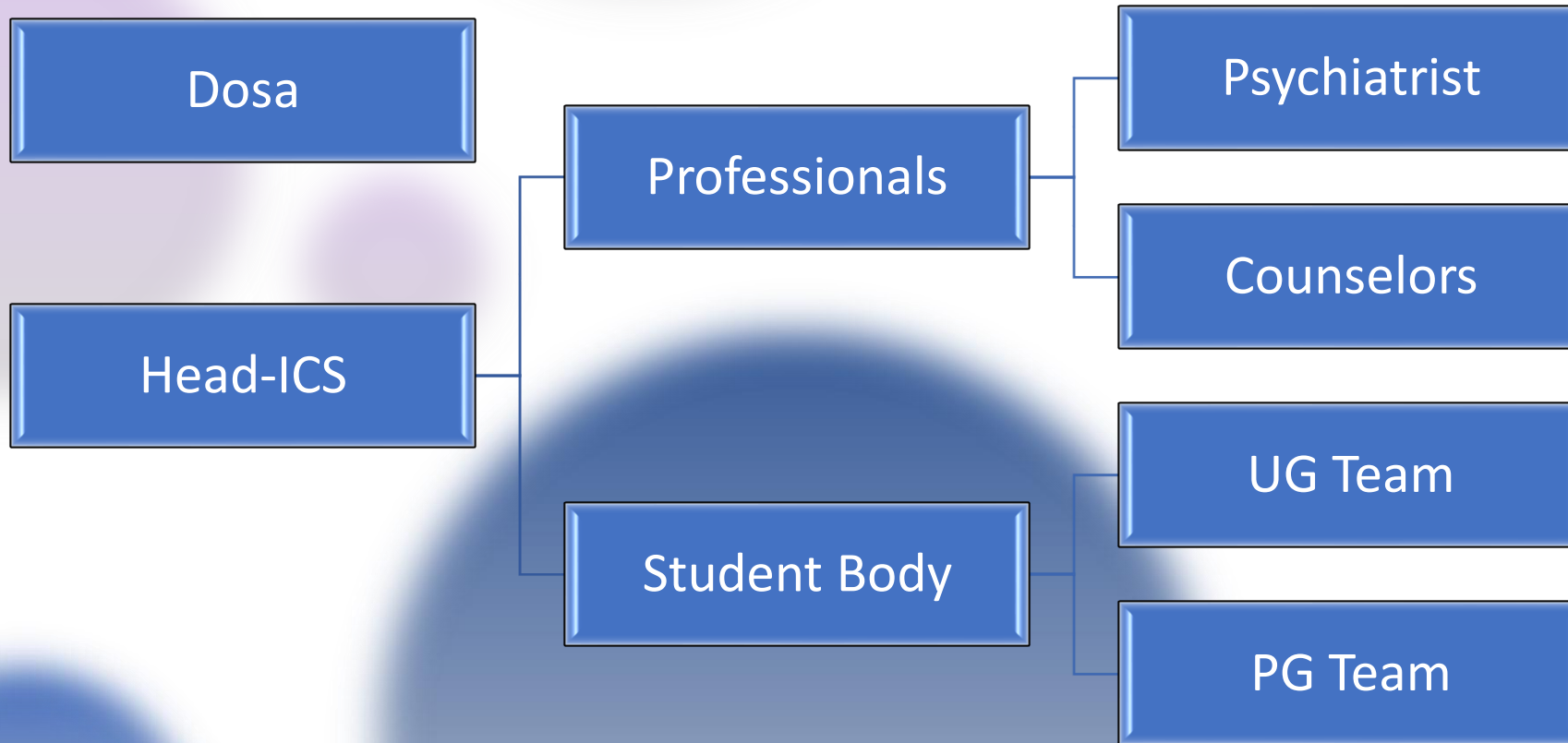
IIT Kanpur

Psychiatry
Counselling
Accessibility
Event organization

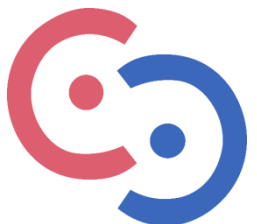
Date and Venue: 30th May @IIT-Delhi



Counselling Service: Team Structure

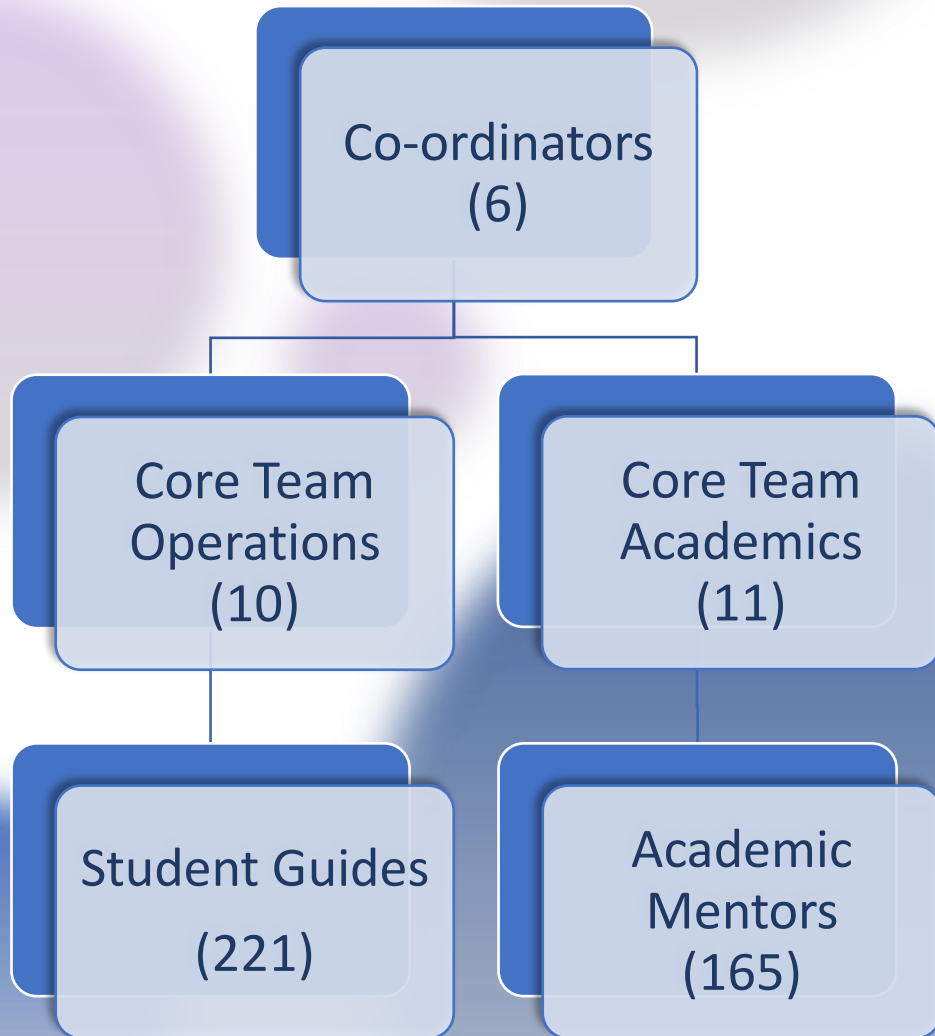


- Promote In-house counselling

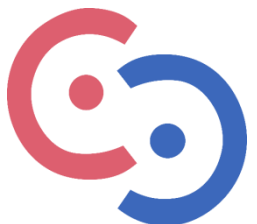
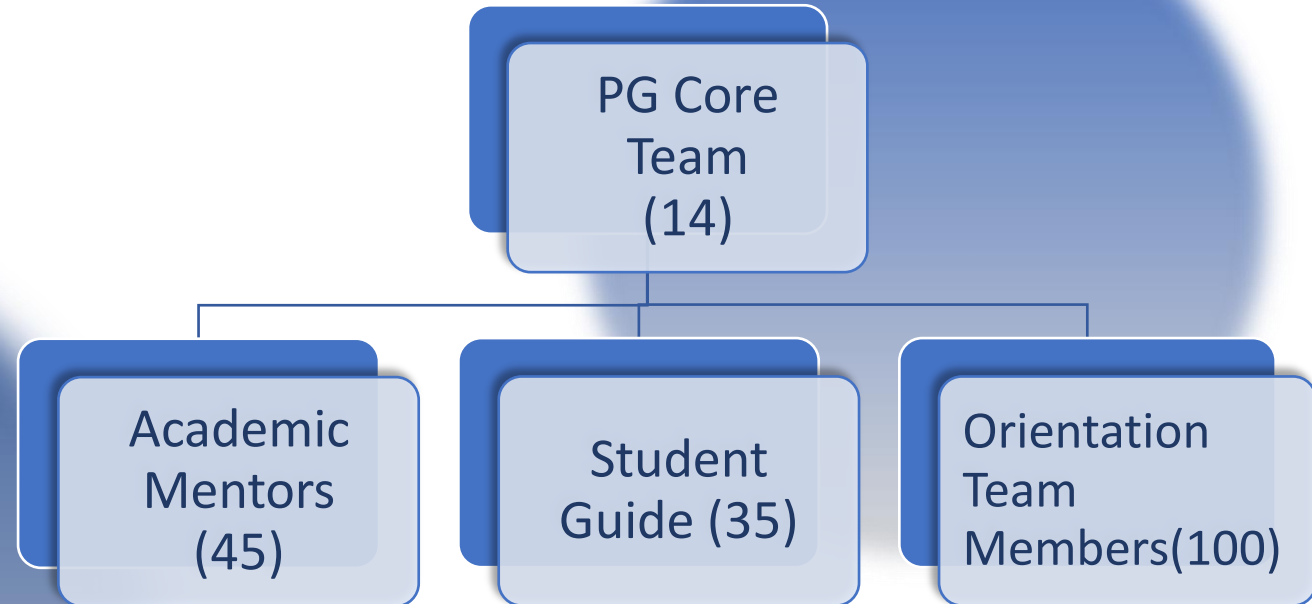


Counselling Service: Team Structure

UG Wing



PG Wing



Psychiatry

Accessibility

Every week
visit at institute
Health Center

De-addiction
Clinic and
Psychiatric clinic
every fortnight

In-patient facility
through liaison
with a psychiatric
facility in the city



Psychiatry

Role

Medication;
Assessment of
Severity of Mental
health condition

Academic
recommendations
and Medical
Board

Online availability
in case of
psychiatric
emergency



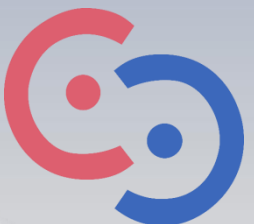
Counselling

Accessibility

24x7 on-call
duty apart
from regular
official timings

Appointment:
Website,
Email, Walk-in
Referred

Modes:
Regular, Single
Session
Therapy (SST),
Group Therapy,
Relaxation



Counselling

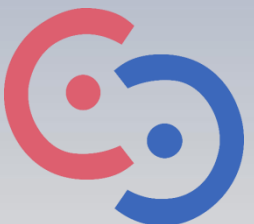
ROLE

One-to-one
session;
Follow-up

Wing Visit,
Exam Time
Hall Visit

Conducting
open sessions
and sessions
on MH related
Issues

Managing high
Risk Students:
Academics,
Psychological,
Social,
Behavioural

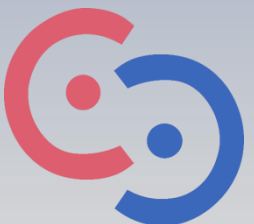


Student Event Organization For Mental Health

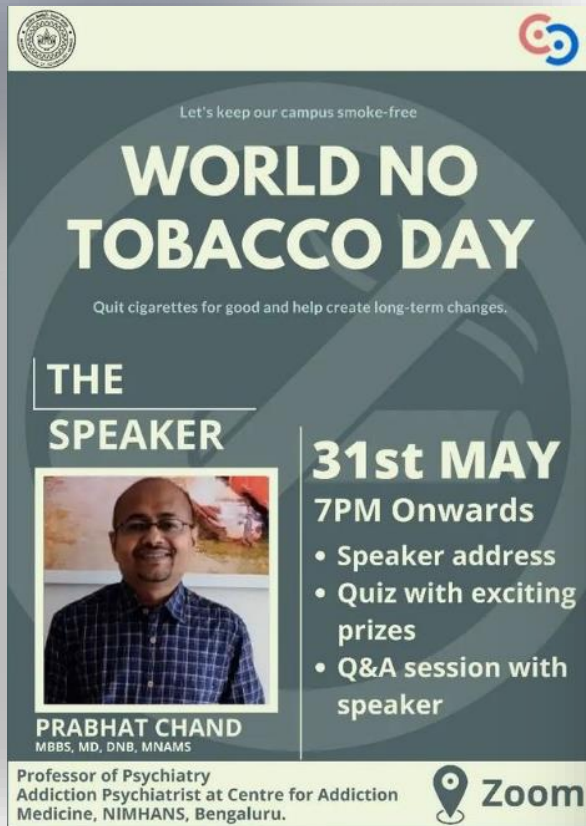
Counselling Service

Centre for Naturopathy & Yoga

Sports and Club Facilities



Major Events Organized




Let's keep our campus smoke-free

WORLD NO TOBACCO DAY

Quit cigarettes for good and help create long-term changes.

THE SPEAKER

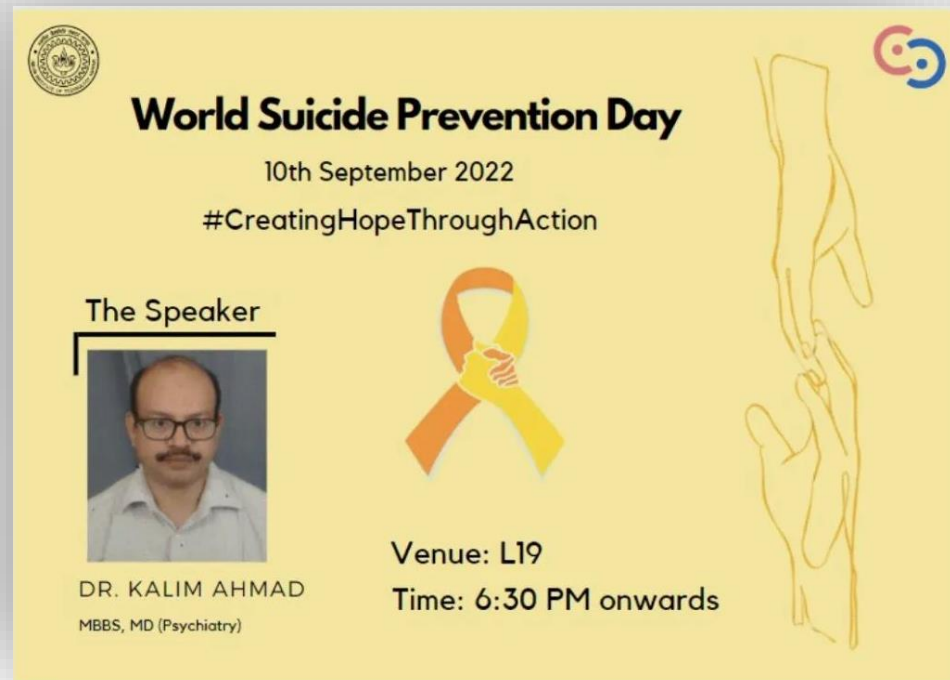



31st MAY
7PM Onwards

- Speaker address
- Quiz with exciting prizes
- Q&A session with speaker


PRABHAT CHAND
MBBS, MD, DNB, MNAMS

Professor of Psychiatry
Addiction Psychiatrist at Centre for Addiction Medicine, NIMHANS, Bengaluru.



World Suicide Prevention Day
10th September 2022
#CreatingHopeThroughAction

The Speaker



DR. KALIM AHMAD
MBBS, MD (Psychiatry)

Venue: L19
Time: 6:30 PM onwards



WORLD MENTAL HEALTH DAY

Together we spread the word

MENTAL HEALTH MATTERS

MENTAL HEALTH AWARENESS TALK
October 10, 2022 | 6:30 Pm | L18
(Including activities like CHECK IN, TAKE WHAT YOU NEED, etc)

MOVIE SCREENING at OAT
October 10, 2022 | 9 Pm
The Perks of Being a Wallflower

RUN AND WALK FOR A CAUSE
October 11, 2022 | 6 am
3 km RUN | 3 km WALK

#ItsOkayToNotBeOkay



Events Organized



COUNSELLING SERVICE IITK presents

TALK on MENTAL HEALTH

Nelson Vinod Moses
Founder, SPIF
(Suicide Prevention India Foundation)

MONDAY, NOVEMBER 7

Venue: L7

Timing: 6PM onwards
High Tea at 5:45PM



COUNSELLING SERVICE IITK presents

TALK on UNLOCKING THE POWER OF A CLUTTER-FREE SPACE

Positive impact on your mind and happiness !

Gayatri Gandhi
Joy Factory, India & UAE

India's first & only
"KonMari Certified Master Consultant"

SATURDAY, FEBRUARY 11

Outreach Audi

Timing: 6:30PM onwards
High Tea at 6:15PM



CELEBRATING 74TH REPUBLIC DAY...



5K RUN & WALK

Scan to register

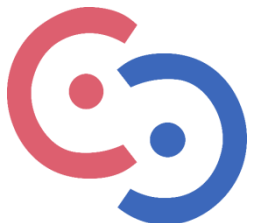


THURSDAY, JAN 28TH, 3:45PM #ENGINEERING A STRONGER FUND: A REPUBLIC DAY 5K

*START FROM SPORTS GROUND

WINNER T-SHIRT FOR WINNERS

COUNSELLING SERVICE, IIT KANPUR



Social Media

Blog Series

Why is there a stigma around suicide?

Is it okay to have Suicidal Thoughts?

Who can you reach out to when you feel helpless?

Part 1: Suicidal Thoughts

Help is available...Speak with counselors today!

Be an Ally in supporting mental health in the LGBTQ+ Community!

Here are **7 Quick Ways to Relieve Stress**

It is all a part of the process

hey! you look sad. what happened?

nothing is going well. I'm facing all these rejection letters but it is all going to work.

but all my friends are doing good why only I fail at doing things? why does all this happen to me only?

hey, you don't need to be so hard on yourself. At's okay if you fail, we don't quit every time. Focus on your future. You'll get many more chances to try.

but what if I fail again?

Believe me, you are stronger than you think, and you'll overcome this.

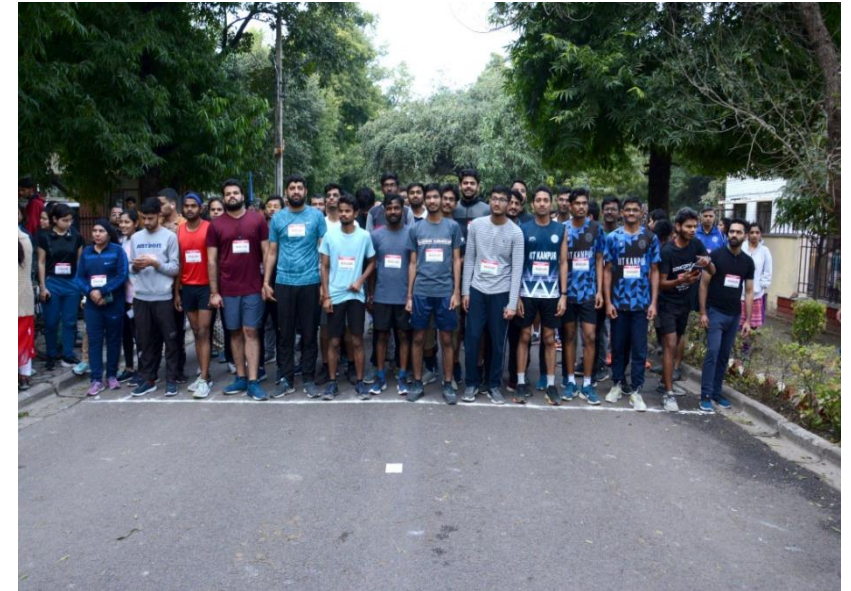
You are right. I'll learn from my mistakes and will try hard again.

WAYS TO COPE WITH REJECTIONS

➤➤➤➤➤➤➤➤➤➤



Other Events



Orientation





Thank You.

