

# **Governance Reforms – Capacity Building, Grievance Redressal, Evaluation**

**(Measures for Wellness and Stress Management)**



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# Snehita Wellbeing Cell IIT Ropar

- Functional under the leadership and guidance of Prof. Rajiv Ahuja, Director IIT Ropar
- Presently, we have 2700+ students at Campus
- Wellbeing services at our institute comes under Student Affairs
- Our team consists of Dean Student Affairs (DoSA), FAs, Counsellors and Student Buddies
- Objective is to look after the wellbeing and counselling needs of campus community

Student  
support and  
wellbeing



# Youths: Invaluable asset of our Nation

- IITs as premier institutes attract best talent across the Nation
- Youths' transition from school to IITs may be enjoyable but equally challenging which sometime affects their growth
- These challenges may gradually results into mental health issues



# Capacity Building

- Detailed Orientation Program for UG, PG & PhD Students including Parents
- Detecting Early indicators – (Timely Prevention)
  - course performance
  - class attendance
  - aloof behaviour
  - zero participation in extra-curricular activities
  - skipping mess regularly
  - reduced interaction with parents/others



- Focus on **Life Skills** areas to early adapt with the system
- **Batch wise meeting** with Students on a regular intervals
- Promote **Self Help Support/Buddy System**
- Adequate **Student Counsellor Ratio**
- Professional Development Opportunities for Counsellors'



# Capacity Building



- Liaison and **Empanel with Psychiatrist Visits at Campus**
- Sensitization Programs on **Barefoot Counselling** for Wardens, Faculty Advisors, Caretakers, and Student Buddies
- **Strengthen the Visibility** and 24X7 **Accessibility** of Counselling Services
- Developing **E- Counselling Portal** as an additional service modality to attract/facilitate the anonymous users

# Grievance Redressal Mechanism

Grievance  
Redressal



- There are instances which make students suffer in silence leading to stress, depression, and unfortunate incidences.
- To address the issue of wellbeing of students a time bound grievance redressal mechanism needs to be established in the institute.
- Create separate accessible and confidential communication channels for reporting mental health grievances, such as a dedicated helpline, online platforms, and suggestion boxes.



- Internal Inquiry Committee may be structured to look after the academic challenges, hostel affairs, or any other concerns ensuring comfortable and safe space to express.
- Feedback from the students, should be conducted and the complaints of students should be promptly addressed.
- The committee should handle these issues with compassion rather than sticking to the rule book and the matter should be disposed off within a stipulated period.
- Graceful Exit Options



# EVALUATION

- Wellbeing Assessments
- Monitoring by a Student Representative/Mentor
- Follow up and Feedback System
- Annual Review of the Counselling Mechanism/Program
- Establish Collaborative Research on Suicide Prevention, Campus Wellbeing associated with NIMHANS, PGIMER, AIIMS

- The main objective of the suggested measures is to ensure the students that the system is compassionately working for them and is considerate towards their needs.
- They should be assured that the institute is genuinely responsive to their requirements and grievances.

I hope the collective efforts may minimize the stress level, and promote mental wellness in campus and also, save many valuable lives.

**Thanks for Listening**