

# Mental Wellness & Stress Management

Governance Reforms

# Observations

- Perfectionism
- Worthiness
- Excessive demand
- Strain
- Hopelessness
- Health anxiety
- Social anxiety
- Mood affective disorder
- Attention span
- Social interaction
- Relationship issues
- Fatigue
- Falling asleep
- Borderline personality disorder
- Emotional baggage
- Neurotic
- Cheating

# System

- Two platforms
  - Offline – Department of Psychotherapy and Counselling Services
  - Online Counseling & Emotional Wellness Coach

# Capacity Building

- Orientation
- Understanding the students
- Training – students, faculty, staff
- Gatekeeper training
- Basic life skills – strengthen individuals
- Parenting
- Mentor workshop
- Amalgamation

# Grievance Redressal

- Psychotherapy and Counselling Services
- Head - Clinical Psychotherapist
- Coalition outside the institute
- Local – crisis helpline number
- Reaching out to parents

# Evaluation

- Behavioral Lab
- Regular monitoring
- Feedback to and from the online partner
- Adherence to polices and norms suggested by AICTE, UGC, GoI.

# Ownership

- Dedicated department
- Top management support
- Confidentiality