

Student Wellness Initiatives

At IIT Gandhinagar

Presented by Dr. Pallavi Bharadwaj



MoE Workshop at IIT Delhi:
Curricular Reforms &
Implementation- Ways of yoga
and meditation, stress
management, experiential
sessions...

Why do we need mental wellness for students?



Peer pressure, heavy academic load, parental expectations...and many reasons cause stress in young adults

Ways to improve mental wellness for students:



Social connect, mindful practices like yoga & meditation, physical activity, music & nature are very helpful.

Initiatives at IIT Gandhinagar

Meeting each student for a quick 5-minute interview once every semester.

Following up the cases identified to be monitored through professional psychological counselling services.

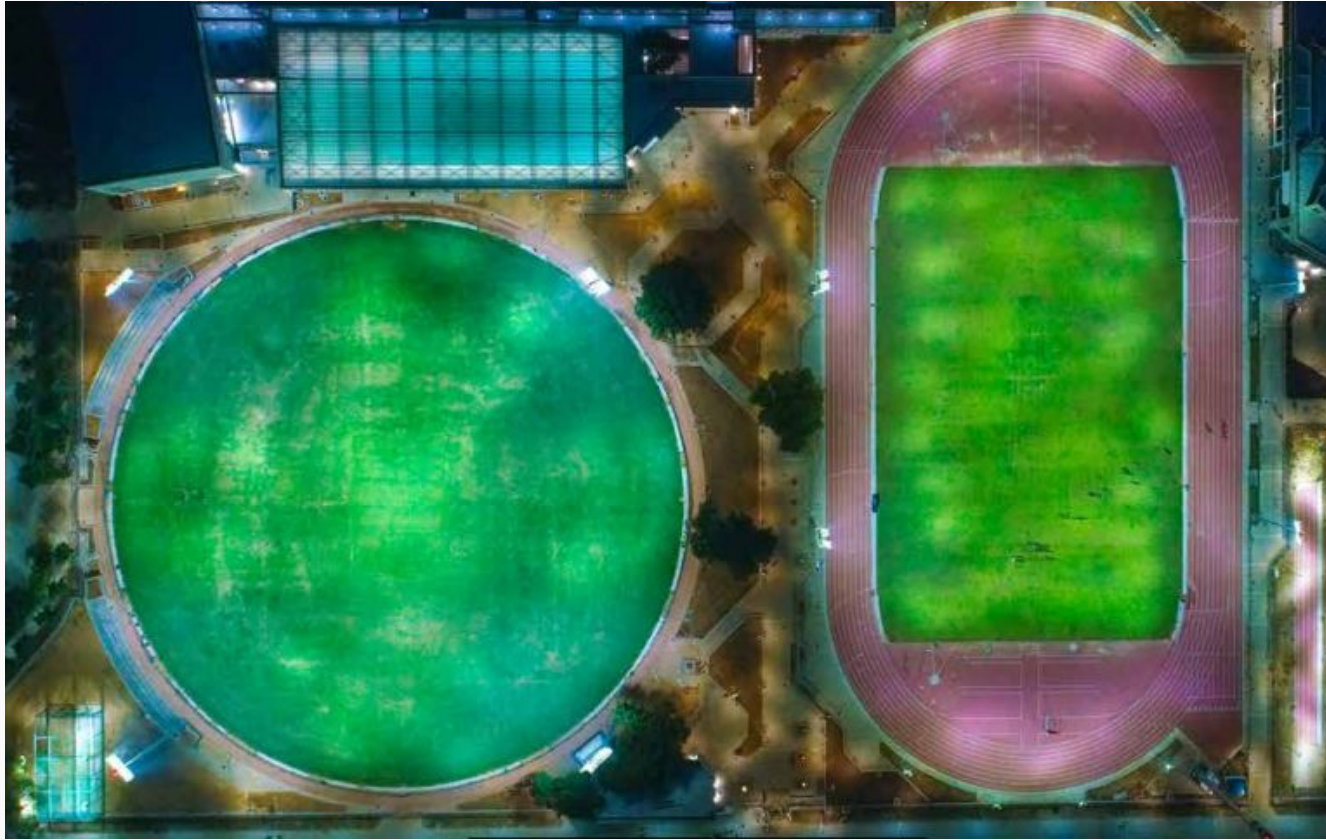
Resolving the complicated issues through clinical psychologists.

Minimize stressors: financial aids, no termination policy of IIT GN.

Foundation Program for new UG students @IITGN



Mandated physical exercise credits for first year UGs and PGs.



IIT Gandhinagar Sports Complex

Inner Peace and Outer Dynamism Session, Dec 2022 in Aarohan: orientation for new PG Students

Learnt to be happy in life in
this session and how to make
life peaceful which is the
most important aspect of life

4.94/5

It is the best session so far .
There should be a happy club
in IIT GN



*Find your inner peace & outer dynamism
join us for an hour of fun, belonging & relaxation*

Sunset Connect

16/4/23, Sunday,

6:30-7:30pm

Old Mess, 2nd Floor



Entry free for IITGN Students,
Pre-registration Required:



100 signups, 50 attendees

Student Feedback:

- I love the activities and the meditation. Please do more sessions like this. It's very helpful for us.
- Great initiative
- Should conduct regularly
- Great session full of positivity.



Our Happy IIT Community is Growing!

And this is just the beginning :)



Thanks!

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