



# STUDENT WELLBEING COMMITTEE IIT JODHPUR

**By- Saakshi Dhanekar**  
**Associate Professor**  
**Electrical Engineering,**  
**President, Board of Student Welfare**  
**Chairperson, Student Wellbeing Committee**  
**IIT Jodhpur**





# AIM



Formerly, called as Student Counselling Service

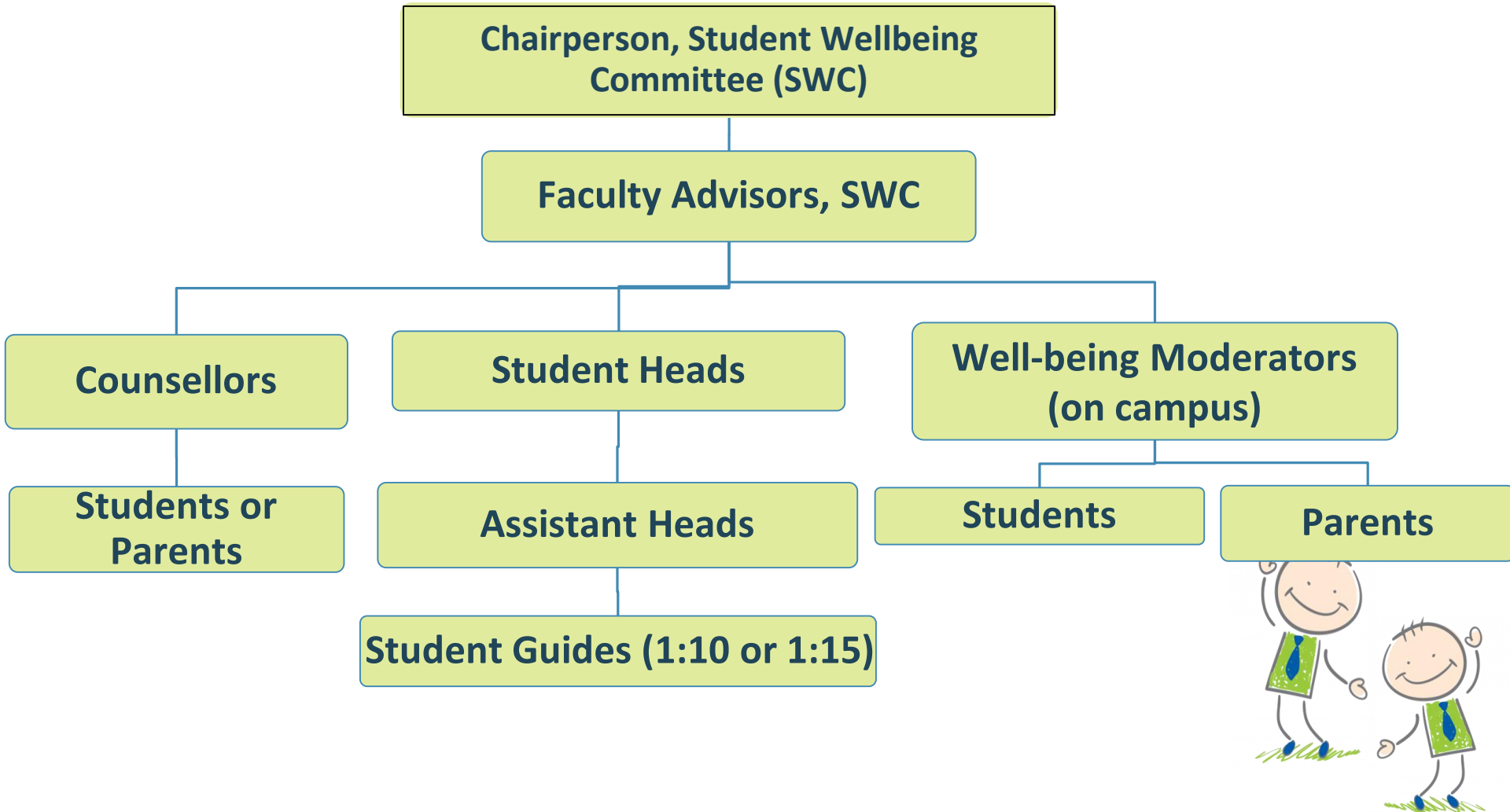
The student wellbeing committee aims to:

- 😊 **Create a conducive environment for growth of the students**
- 😊 **Provide guidance to deal with challenges**
- 😊 **Build a positive attitude and enhance overall wellbeing**
- 😊 **Counsel for maintaining stable and healthy mental health maintaining all confidentiality**





# STRUCTURE of SWC





# Our Wellbeing Team - Counsellors



**Dr. Anjali Bhatia**  
Psychologist  
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**Mr. Prasad Gadkari**  
Clinical Psychologist  
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**Mr. Akash Vishwakarma**  
Clinical Psychologist  
[akashvishwakarma@iitj.ac.in](mailto:akashvishwakarma@iitj.ac.in)



# Our Wellbeing Team- Well-Being Moderators



**Ms. Anannya Sharma**  
Counselling Psychologist  
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**Ms. Anjana Sunil**  
Counselling Psychologist  
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**Ms. Nabeelah Siddiqui**  
Counselling Psychologist  
[nabeelah@osstaff.iitj.ac.in](mailto:nabeelah@osstaff.iitj.ac.in)



**Mr. Kuldeep Singh**  
Counselling Psychologist





# Our Team - Faculty Advisors



Dr. Saakshi  
Dhanekar,  
Chairperson,  
SWC



Dr. Indranil  
Banerjee,  
Associate  
Dean (Hostel  
Affairs),  
Member,  
SWC



Dr. Samanwita  
Pal, Member,  
SWC



Dr.  
Prasenjeet  
Tribhuvan,  
Member,  
SWC



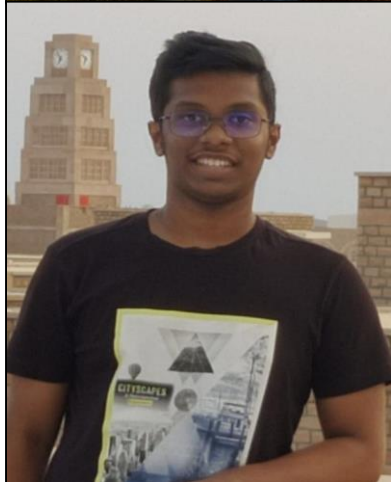
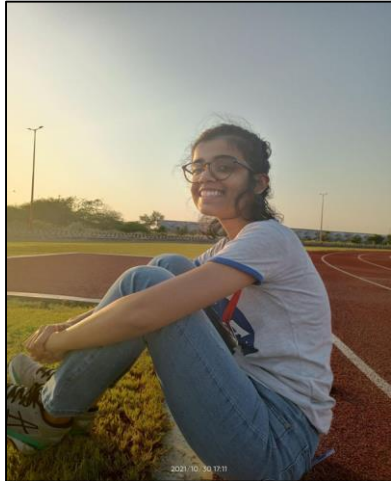
Dr. Pankaj  
Yadav,  
Member,  
SWC

[chair\\_swc@iitj.ac.in](mailto:chair_swc@iitj.ac.in)





# Our Team - UG Students team



**Student Heads-  
Navlika Singh and  
Likhith Ayinala**

**Student Assistant  
Heads- 10**

**Student Guides  
(SG) - 58**

Each team  
member

UG student 1

UG student 2

UG student 12



[http://swc.iitj.ac.in/cs\\_team\\_ug2023.php](http://swc.iitj.ac.in/cs_team_ug2023.php)

# Our Team - PG Students team



**Student Heads:**  
**Darshan S and Sarmistha Mazumder**



**Student Assistant Heads:**  
**Srinivas M V V, Maitreyee Sarkar, Komal Sharma, Hemant Shrivastava**

**Student Guides (SG)**  
**33 SGs**

Each team member



PG student 1

PG student 2



PG student 16



[http://swc.iitj.ac.in/cs\\_team\\_pg2023.php](http://swc.iitj.ac.in/cs_team_pg2023.php)





# Activities

## 😊 Virtual Progressive Muscle Relaxation –

PMR is a medically proven technique to soothe and calm your nerves

Session duration - 20 minutes

## 😊 Help in answering any queries – admission, course questions- mentorship

## 😊 Individual Counselling – stress management, life skills training etc.

## 😊 Interaction with fresh students to deal with anxiety – Home away from home





# Activities

☺ **YourDost app** – Talk to someone, anonymously

☺ **Informal events during Orientation–**

Talks by experts, Counsellor's session, introduction to the students team



☺ **Organizing lectures and trainings on-** Career counseling, Stress management, Time management, Health care and Hygiene and life skills training etc.

☺ **Institute level workshops** on basic counseling skills for students and organizing events for encouraging interaction among students of different years, and staff and faculty members.





# Past Activities

## Open Air Movie Screening



## CommuniFun: Cracking the Code of Engaging Communication



## Balancing Acts



## Meditation with music



# Past Activities

## Yoga Day



## Gratitude Day



## Letter to Self



## PG Orientation





# Past Activities

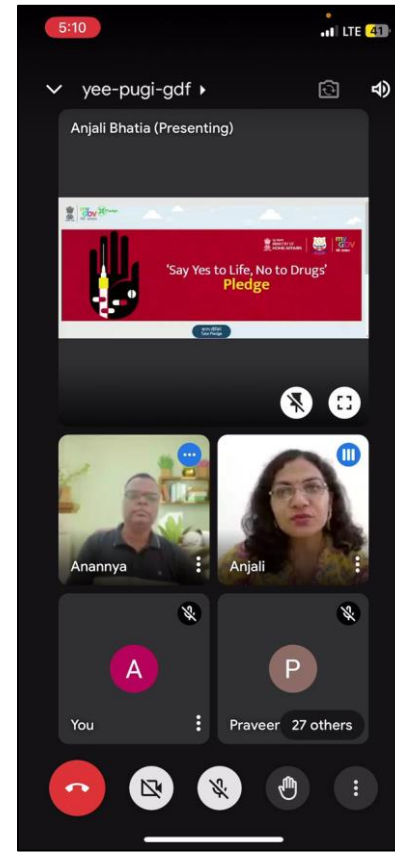
## Interactive event for Ph.D. Students



## World Mental Health Day



## Reclaiming Life: Confronting Drug Abuse





# Past Activities







# Past Activities





*We are always there for you 😊*

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**You can also connect with us through:**

**Website:** <http://swc.iitj.ac.in/>

**Facebook:** <https://www.facebook.com/SWC.IITJodhpur/>

**Instagram:** [https://instagram.com/swc\\_iitj?igshid=1wqt5pgnkr4pw](https://instagram.com/swc_iitj?igshid=1wqt5pgnkr4pw)

**Mailing Address:** wellbeing@iitj.ac.in





# STUDENT WELLBEING TEAM at IIT Jodhpur

*Your home away from home*



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Feeling Low?  
Want to talk about it?



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## UG HEADS

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## PG HEADS

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Reach out to our Counsellors at-  
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Scan the QR Code to visit the Student Wellbeing Committee (SWC) website

31/07/2023

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