Proposals
Chalamalla Sahithi

PROPOSAL 1:

Memorandum of Understanding with centers for mental health

Proposal: Memorandum of Understanding with centers for mental health.

Motivation:
Mental health is a critical component of the overall well-being of the student community. By forming a Memorandum of Understanding with a center for mental health, we can provide more comprehensive and effective mental health services to our students.

Aim:
The aim of forming an MOU with a mental health center is to provide students with access to mental health services that are comprehensive, inclusive, and timely. The partnership will ensure that students receive quality mental health care, and their needs are addressed in a timely and efficient manner. The partnership will also ensure that mental health awareness programs are conducted regularly to promote mental health wellness.

Overview:
There are several potential benefits to this collaboration. First and foremost, a mental health institution would bring a wealth of expertise in the field of mental health. They would be able to provide guidance on best practices, help us develop and implement effective mental health policies, and offer training to our staff on how to identify and support students with mental health needs.

In addition, a collaboration with a mental health institution could provide us with access to additional resources. We can also refer the severe cases to the particular mental health center
Execution:
1. Identify potential mental health institutes who are willing to form an Memorandum of Understanding (like NIMHANS and CIP, Ranchi).
2. Initiate contact through administration of IIT Kharagpur with respective heads of the institute.
3. Prepare the Memorandum of Understanding with all the needed agreements and responsibilities and get it approved and signed by respective officials.

Background research:
Talked with counselor Mr. Vikas Rajhan Jha and he suggested to form an Memorandum of Understanding with Mental Health center

PROPOSAL 2:

Introduction of self-help feature in counseling center website

Proposal: Introduction of self-help feature in counseling center website which includes an assessment form, awareness video and awareness via cultural activities.

Aim:
The aim of introducing a self-help feature in the counseling center website is to provide a holistic approach towards mental health support to students. This feature includes an assessment form, awareness video, and cultural activities to help students understand and manage their mental health concerns.

Overview:
The self-help feature will include three key components: an assessment form, an awareness video, and awareness through cultural activities.
The assessment form will be a brief questionnaire that helps students to identify their mental health concerns. The form will be designed to be easy to complete, and the responses will be confidential. Based on the responses, the student will receive recommendations for self-help resources or be directed towards counseling services.
The awareness video will be created to help students understand common mental health issues, their causes, and strategies for coping. The video will be created with the help of mental health professionals and will be tailored to the specific needs of students. The video will be accessible through the counseling center website and can be viewed at any time.
The cultural activities will be organized in collaboration with student groups and will include events such as nukkads, stage plays and quizzes

Execution:
Assessment form
- The self-help feature will be introduced on the counseling center website, and students will be encouraged to utilize it.
- The assessment form will be made available online, and students will be able to complete it anonymously.
- Once completed, the responses will be analyzed, and recommendations will be provided to the students based on their specific needs
Awareness video

- The awareness video will be created with the help of mental health professionals
- It will be made available on the counseling center website. The video will be promoted through social media channels and other communication channels to ensure maximum visibility.

Cultural activities
- The cultural activities will be organized in collaboration with student groups (Institute Wellness Group), and events will be announced on the counseling center website and social media channels. This could involve events such as nukkads, stage plays and quizzes.
- The activities will be designed to promote mental health awareness and provide a platform for students to discuss their mental health concerns.

PROPOSAL 3

Implementation of grievance form for PG and PhD students

Proposal: Implementation of grievance form for PG and PhD students

Aim:
The aim of this proposal is to create a formal channel for PhD and PG students to report issues with their guides through a grievance form that will be open throughout the year.

Motivation:
PhD and PG students often face challenges with their supervisors, such as communication breakdowns, lack of support, delays in feedback, and unfair treatment. However, they may not feel comfortable speaking up or may not know the appropriate channels to report their concerns. This proposal seeks to provide a formal channel for students to voice their concerns, which will improve the overall academic experience for students and promote transparency and accountability in the supervisory process.

Overview:
The proposal suggests the implementation of a grievance form for PhD and PG students, which will be available online throughout the year. The form will require students to provide their details, the details of their supervisor, and the nature of the grievance.

Execution:
The proposed grievance form for PhD and PG students will be executed as follows:

- Develop the online grievance form (google form) with the necessary fields to gather student details, supervisor details, and grievance details. Ensure that the form is user-friendly and accessible to all students.
- Depending on the nature of grievance, the General Secretary Students' Welfare will forward it to respective authorities
- Based on the responses to this google form, it could be incorporated into the ERP, where students can fill out their grievances directly.

Background research:

This issue was identified by the General Secretary, Students' Welfare of Rani Lakshmi Bai Hall of Residence and was further recommended by the current General Secretary Students' Welfare, Technology Students Gymkhana.

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