

Gatekeeping Program

Brief Introduction

A mandatory academic course of an hour per week for students with the view of preventing any attempts of suicide and grooming people on how to identify any symptoms in their surroundings.

Why is it needed?

In the wake of recent unfortunate incidents in campus, it has become of great importance to provide students with proper training and support to overcome situations that may lead to emotional instability and prevent them from taking drastic measures. Life at an IIT is tough and hence we wish to introduce measures that may assist the students in better resolving any issues that they shall face.

Salient Features

The Academic course shall be designed by the Counselling Center of IIT Kharagpur in collaboration with the newly set up Rekhi Centre of Excellence for Science of Happiness. The course shall be of an hour per week carrying one credit.

- It would be offered to students in their 5th/6th semester, when they face various difficulties in terms of academics and internships and may develop early signs of depression.
- For a batch of 1200 students (say), 600 will take the course in their 5th semester and the rest in their 6th semester. The batch of 600 shall be further divided into 6 sections of 100 students each, hence 2 professors from the Counselling Centre shall be required to take the course, each professor teaching to 3 sections.
- Thus the total course duration sums up to be of 14/15 hours per semester.
- The course shall be open for all the students to opt for in any semester but shall be mandatory in the 5th / 6th semester if already not taken before.

Questions may arise that students suffering from depression who need the course the most shall most probably be missing the classes and hence the purpose of the course fails. A possible solution to this is that regular tests shall be conducted to assess the well-being of the students, and if case may arise that a particular student is missing even the tests, then he/she shall be personally contacted by the counselors to know about the reason behind his/her absence.