

Initial Draft of Proposals
for the post of General Secretary (Students'
Welfare),
Technology Students' Gymkhana,
Indian Institute of Technology
Kharagpur
Academic Session 2025- 2026
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Overview Proposals:

Proposal 1: Mental Health Check and Precautions for
Potential Red Flag Cases

Proposal 2: Installation of Water Coolers Around the
Campus

Proposal 3: Increase in the Number of Visiting Doctors at
BC Roy Hospital and Designation of Increased Time Slots
According to Field of Expertise

Proposal 4: Guidance Sessions for Opting Double Major,
Minor, and Micro Courses

Proposal 1: Mental Health Check and Precautions for Potential Red Flag Cases

Overview:

Student mental health is a crucial aspect of overall well-being, academic success, and personal development. The demanding academic environment, coupled with the pressures of social adaptation and future career concerns, can take a toll on students' mental health. Recognizing this, the Counselling Centre at IIT Kharagpur is committed to fostering a supportive and mentally healthy campus culture. By promoting awareness, early detection of psychological distress, and timely intervention, we can ensure that students receive the help they need before issues escalate.

- **Lack of Systematic Psychological Assessment:** Currently, no structured system is in place to regularly assess students' mental well-being.
- **Limited Awareness and Early Detection of Issues:** Many students hesitate to seek help, leading to delayed intervention.
- **High Levels of Stress and Anxiety:** Students often experience academic pressure, social challenges, and personal issues without access to adequate support.
- **Insufficient Data to Formulate Effective Interventions:** Without psychometric assessments, it is difficult to tailor support programs effectively.

The **Psychometric Test and Precautions for Potential Red Flag Cases** initiative seeks to address these concerns by implementing structured mental health screenings, ensuring confidential evaluations, and providing timely intervention for students in need.

Proposal & Implementation:

This initiative will be executed in three key phases:

1. **Design and Administration of the Psychometric Test:**
 - Develop a standardized psychometric test in collaboration with mental health professionals.
 - Assess key parameters such as stress levels, anxiety, depression, social adaptability, and emotional resilience.
 - Ensure that all assessments are voluntary and confidential.
2. **Early Detection and Intervention Strategy:**
 - Identify students exhibiting signs of severe distress or mental health issues based on test results.
 - Conduct follow-up one-on-one sessions with trained counsellors for students in need of immediate attention.

- Provide targeted therapy or peer-support group recommendations for moderate-risk cases.
3. **Awareness and Support System Development:**
- Organize mental health workshops and peer-support programs to promote awareness.
 - Provide self-help resources, including meditation and stress management techniques.
 - Strengthen collaboration with student welfare societies to normalize mental health discussions.

Key Features of the Initiative:

- **Confidential and Professional Assessment:** All psychometric evaluations will be conducted by the Counselling Centre, ensuring privacy and professional guidance.
- **Comprehensive Mental Health Insights:** The test will cover multiple psychological dimensions to gain holistic insights into students' well-being.
- **Timely Intervention System:** Students showing signs of distress will be promptly identified and connected to appropriate support resources.
- **Data-Driven Mental Health Programs:** Aggregated, anonymized results will be used to enhance mental health initiatives on campus.
- **Integration with Campus Support Services:** The initiative will be linked to student welfare societies, mentors, and peer-support groups.

Impact:

The **Psychometric Test and Precautions for Potential Red Flag Cases** initiative is expected to bring significant improvements in student mental well-being through:

- **Early Identification of Mental Health Concerns:** Helping students receive timely support before problems escalate.
- **Reduced Stigma Around Mental Health:** Encouraging open conversations and proactive mental health management.
- **Improved Academic and Personal Growth:** Providing students with tools to cope with stress and build resilience.
- **Enhanced Campus Mental Health Resources:** Using test results to refine mental health programs and counselling services.
- **Long-Term Support and Monitoring:** Establishing a structured follow-up mechanism to track student progress and well-being.

Proposal 2: Installation of Water Coolers Around the Campus

Overview: Access to clean drinking water is a fundamental necessity for the well-being and productivity of students, faculty, and staff. With long academic hours, extracurricular activities, and a physically demanding daily schedule, staying hydrated is essential for maintaining concentration, physical health, and overall efficiency. However, many members of the campus community face challenges in accessing clean drinking water conveniently, which affects their health and daily routines.

Several key issues currently hinder the availability of an adequate water supply across the campus:

- **Insufficient Water Dispensers in High-Traffic Areas:** Many academic buildings, hostels, and common spaces lack easily accessible water coolers, forcing students to walk long distances just to get a drink of water. This can be particularly challenging during hot weather or after strenuous activities.
- **Frequent Breakdown of Existing Water Coolers:** A number of existing water dispensers are either outdated or poorly maintained, resulting in non-functional units that fail to serve the increasing student population.
- **Limited Availability During Peak Hours:** In high-footfall zones such as libraries, sports complexes, and mess halls, the existing water dispensers often run out quickly or get overcrowded, causing delays and inconvenience.
- **Concerns Regarding Hygiene and Water Quality:** Many students and faculty members have raised concerns about the cleanliness of water coolers, inconsistent maintenance schedules, and the overall safety of drinking water.

The **Installation of Water Coolers Around the Campus** initiative aims to address these issues by increasing the number of functional water dispensers, ensuring regular maintenance, and improving accessibility in key locations. By providing clean and easily available drinking water, this initiative will contribute to a healthier campus environment, encourage hydration, reduce the use of single-use plastic bottles, and ultimately enhance the overall convenience and well-being of everyone on campus.

Proposal & Implementation:

The project will be executed in three phases to ensure an efficient and strategic installation process:

1. **Assessment and Mapping of High-Demand Areas:**
 - Conduct a campus-wide survey to identify areas where drinking water facilities are insufficient or absent.

- Prioritize installation in locations such as academic buildings, hostels, sports complexes, canteens, and high-traffic walkways where students and faculty frequently pass through.
 - 2. **Procurement and Installation:**
 - Purchase high-quality, durable, and energy-efficient water coolers equipped with advanced filtration systems.
 - Install the units at designated locations with proper drainage and electrical connections to ensure long-term functionality.
 - 3. **Maintenance and Hygiene Assurance:**
 - Implement a scheduled maintenance program to ensure that all units remain in good working condition and provide clean drinking water.
 - Assign designated staff to monitor, clean, and refill dispensers regularly.
 - Set up a feedback mechanism that allows students and faculty to report issues with the water coolers for quick resolution.
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Key Features of the Initiative:

- **User Feedback Mechanism:** QR codes on water coolers will allow users to report maintenance issues instantly, ensuring prompt repairs.
 - **Strategic Placement:** Water coolers will be positioned in high-traffic areas to maximize accessibility and convenience.
 - **Regular Maintenance Schedule:** A structured upkeep plan will be implemented to prevent breakdowns and ensure hygiene.
 - **Eco-Friendly Approach:** Energy-efficient and eco-conscious water dispensers will be prioritized to reduce electricity consumption and promote sustainability.
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Impact:

The Installation of Water Coolers Around the Campus is expected to significantly enhance the student and faculty experience by:

- **Improving Health and Hydration:** Easy access to clean drinking water will promote better hydration, which is essential for concentration, endurance, and overall well-being.
- **Reducing Dependency on Plastic Bottles:** The availability of water coolers will encourage students to use reusable bottles, contributing to sustainability efforts and reducing plastic waste.
- **Enhancing Convenience and Productivity:** Students and faculty will no longer have to waste time searching for drinking water, allowing them to focus better on academics and extracurricular activities.
- **Ensuring a Clean and Hygienic Environment:** Regular maintenance and advanced filtration systems will improve water quality and safety.

- **Long-Term Sustainability:** Establishing a structured maintenance and feedback mechanism will ensure the longevity and reliability of installed water coolers, creating a sustainable and efficient hydration system for future generations.

Proposal 3: Increase in the Number of Visiting Doctors at BC Roy Hospital and Designation of Increased Time Slots According to Field of Expertise

Overview: Healthcare accessibility is a fundamental aspect of student and faculty welfare at IIT Kharagpur. With the rigorous academic environment, demanding schedules, and the physical and mental stresses of student life, timely and quality medical care is crucial. BC Roy Hospital serves as the primary healthcare facility on campus, catering to thousands of students, faculty, and staff. However, several persistent challenges limit the effectiveness and efficiency of medical services, often leaving patients with inadequate access to specialized care.

Several key issues currently hinder the delivery of optimal healthcare services at BC Roy Hospital:

- **Limited Availability of Specialized Medical Professionals:** Many students and faculty members struggle to consult specialists due to a shortage of visiting doctors across various medical fields. This often results in delays in diagnosis and treatment, impacting health outcomes.
- **Overcrowding and Long Waiting Periods:** The high patient influx at BC Roy Hospital frequently leads to extended waiting times, causing inconvenience and delaying necessary medical attention. The limited number of specialists further exacerbates the issue.
- **Inconsistent Consultation Schedules:** Many students and faculty members find it difficult to plan their visits due to irregular and unpredictable time slots for different medical specializations. This inconsistency often results in missed appointments and prolonged health issues.
- **Limited Emergency and Follow-Up Care Options:** The lack of adequate specialists means that many patients, especially those with chronic illnesses or specific medical conditions, struggle to receive timely diagnoses and ongoing treatment. This affects long-term healthcare management and patient well-being.

The **Increase in the Number of Visiting Doctors at BC Roy Hospital** initiative aims to address these concerns by bringing in more specialized doctors, optimizing consultation

schedules, and ensuring efficient service delivery. By expanding medical support and improving accessibility, this initiative will significantly enhance the overall healthcare experience for students, faculty, and staff at IIT Kharagpur, ensuring that quality medical care is available when it is needed most.

Proposal & Implementation:

The initiative will be implemented in three phases to systematically enhance healthcare services:

- 1. Expansion of Visiting Doctor Roster:**

- Collaborate with reputed hospitals and medical institutions to onboard more specialists in critical fields such as dermatology, orthopedics, psychiatry, cardiology, and gynecology.
- Engage alumni doctors and medical professionals to contribute through periodic visits, strengthening the connection between healthcare providers and the IIT Kharagpur community.

- 2. Optimized Consultation Scheduling:**

- Introduce a structured time slot system to allocate specific days and times for different specializations, ensuring predictability and ease of access for students and faculty.
- Ensure that each department has dedicated consultation hours, reducing patient congestion and improving service efficiency.

- 3. Monitoring, Feedback, and Quality Assurance:**

- Establish a patient feedback mechanism to assess doctor availability, consultation quality, and overall satisfaction.
 - Regularly evaluate the system to make necessary improvements based on student and faculty needs, ensuring continuous enhancement of medical services.
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Key Features of the Initiative:

- **Increase in Specialist Availability:** More visiting doctors will be scheduled to provide a wider range of medical expertise, ensuring students and faculty receive the care they need.
- **Structured Consultation Timings:** A predefined schedule will enable patients to plan their visits more efficiently, reducing uncertainty and wait times.
- **Improved Patient Flow Management:** The systematic allocation of doctors across different time slots will prevent overcrowding and enhance efficiency.

- **Collaboration with External Healthcare Professionals:** Partnering with established hospitals and medical institutions will bring high-quality healthcare services to the campus community.
 - **Implementation of an Appointment System:** An online or offline appointment booking system will be introduced to streamline consultations and minimize waiting periods.
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Impact:

The proposed increase in the number of visiting doctors and designated time slots is expected to create a significant positive impact on healthcare services at IIT Kharagpur:

- **Enhanced Medical Accessibility:** More specialists and structured time slots will ensure that students and faculty receive timely diagnosis and treatment, reducing the burden on existing medical staff.
- **Reduced Waiting Periods:** A streamlined schedule will ease congestion at BC Roy Hospital, ensuring that patients can receive consultations more efficiently.
- **Better Management of Chronic and Specialized Cases:** Increased availability of specialized doctors will improve the treatment and follow-up care for long-term medical conditions, enhancing overall health outcomes.
- **Improved Student and Faculty Well-being:** Accessible and reliable healthcare services will contribute to a healthier and more productive campus environment, allowing students to focus better on their academic and extracurricular commitments.
- **Sustainable Healthcare System:** Regular monitoring, feedback integration, and collaboration with external professionals will ensure long-term improvements in medical services, making BC Roy Hospital a dependable healthcare hub for the campus community.

Proposal 4 : Guidance Sessions for Opting Double Major, Minor, and Micro Courses

Overview: At IIT Kharagpur, students have the incredible opportunity to expand their academic horizons through Double Majors, Minors, and Micro Courses. These programs allow students to dive deeper into subjects they're passionate about, explore interdisciplinary learning, and enhance their career prospects. However, many students struggle with making informed decisions due to various challenges:

- **Lack of Awareness About Available Options:** Many students aren't fully aware of the benefits, eligibility criteria, and career impact of these programs.

- **Confusion Regarding Course Selection:** Choosing the right additional courses that align with one's interests and future goals can be overwhelming.
- **Concerns About Managing Workload:** Balancing additional coursework with core subjects is a major concern, leading to hesitations in opting for these programs.
- **Uncertainty About Long-Term Benefits:** Students often wonder how these programs will influence their job prospects, research opportunities, or higher studies.

The **Guidance Sessions for Opting Double Major, Minor, and Micro Courses** initiative aims to clear up these doubts by offering structured guidance, insights from faculty and senior students, and real-world perspectives. This initiative will help students make well-informed academic choices that align with their personal and professional aspirations.

Proposal & Implementation:

The initiative will be rolled out in three phases to ensure maximum clarity and support for students:

1. **Interactive Workshops and Awareness Campaigns:**
 - Organize engaging workshops led by professors and academic advisors to explain the structure, benefits, and application process for Double Majors, Minors, and Micro Courses.
 - Create student-friendly brochures, infographics, with all necessary details in one place.
 - Use social media, student mentors, and academic societies to spread awareness and encourage participation.
 2. **Personalized Guidance and Peer Mentorship:**
 - Arrange one-on-one counseling sessions where students can get tailored advice from faculty advisors and senior students who have pursued these programs.
 - Build a peer mentorship network where experienced students can share their journey, challenges, and time-management strategies.
 - Offer practical tips on workload management, time allocation, and striking a balance between core subjects and additional coursework.
 3. **Career-Oriented Guidance and Future Prospects:**
 - Host expert sessions featuring alumni, industry professionals, and academic mentors to discuss how these programs impact career growth and higher studies.
 - Showcase real-life success stories of students who have successfully leveraged Double Majors, Minors, and Micro Courses for their professional and academic growth.
 - Conduct Q&A sessions to address student concerns and provide clarity on long-term benefits.
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Key Features of the Initiative:

- **Easy Access to Information:** Clear and concise resources, FAQs, and an online helpdesk for quick guidance.
 - **Student-Centric Approach:** Personalized mentorship and peer support systems to help students make the best academic choices.
 - **Engaging and Interactive Guidance Mechanism:** Workshops, panel discussions, and real-time Q&A sessions to encourage participation.
 - **Long-Term Academic and Career Support:** Ensuring students understand the lasting impact of these programs on their professional and academic journeys.
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Impact:

The **Guidance Sessions for Opting Double Major, Minor, and Micro Courses** initiative is expected to bring significant benefits, including:

- **More Informed Decision-Making:** Students will gain a clear understanding of their options and how these programs fit into their future plans.
- **Reduced Confusion and Anxiety:** A well-structured guidance system will ensure students feel more confident in their academic choices.
- **Better Academic and Career Outcomes:** More students will be able to leverage these programs to enhance their skills, knowledge, and employability.
- **A Culture of Exploration and Learning:** Encouraging students to step beyond their primary discipline and engage in interdisciplinary learning.