

## **Proposals**

### **Proposal 1**

Menstrual Health & Hygiene camps at female halls of residence to create an environment where students can discuss and manage their menstrual health.

### **Objectives**

- This proposal aims to organize Menstrual Health & Hygiene Camps in female halls of residence to promote awareness on menstrual health.
- Provide knowledge about menstruation and normalizing open discussion.
- To ensure that students are aware of proper menstrual hygiene practices
- To address common menstrual health issues, including cramps, infections, and mental well-being.
- The initiative will educate students on hygiene practices, introduce sustainable options, and offer expert guidance to ensure better health and well-being on campus.

### **Current scenario**

- Currently, there are only two gynaecologists available at B C Roy Technology Hospital and only one gynaecologist is available at a time to consult and cater to the needs of female students on campus.
- Specialised healthcare facilities for females are limited in comparison to the size of the female population. Many students do not seek medical consultation as they are often unaware of their health conditions, leading to undiagnosed and untreated conditions.
- The lack of awareness and accessibility to gynecological care highlights the urgent need for health education, regular check-ups, and improved medical support on campus.

## **Plan of action**

- A schedule will be defined for the menstrual camps at the start of each semester.
- A form will be released one week prior to the camp in each hall of residence for collecting data.
- Based on that data, the number of students who want to attend the camp and are willing to consult with the doctors will be calculated.
- Depending upon the number of female students willing to participate in the camp, decisions regarding the time and location of the camp, number of gynecologists and other staff members to be invited, checkup setups and security will be made.
- Invitations will be sent to gynecologists and their medical teams to participate in the camp.
- Organizing necessary arrangements, including:
  - Seating and waiting areas for attendees.
  - Dedicated check-up and consultation spaces.
  - Essential medical equipment and hygiene supplies.
- Students who registered for medical consultations will receive their allocated time slots via email.
- Ensure the smooth and efficient conduction of the camp, facilitating:
  - Timely consultations and check-ups.
  - Comfortable and organized interactions for participants.
- Interactive awareness sessions will be organized in the halls to educate students and female staff on menstrual health, addressing common concerns like spotting, missed periods, and other menstrual irregularities.
- Informational material will be shared through WhatsApp groups and emails after the session.

## **Impact**

- Many female students who previously ignored menstrual health concerns due to lack of awareness or hesitation will now have a safe space to seek medical advice.
- By addressing common issues such as infections, irregular periods, and period pain, the camps will help improve students' overall well-being.

## **Ground Work**

- Conducted a survey among female students to understand their menstrual health needs and concerns.
- Collected data on the frequency of gynecologist visits, including students who visit weekly, monthly, once per semester, or never.
- Discussed the proposal with the medical officer, B C Roy Technology Hospital to initiate and structure this menstrual health proposal.
- Had communication with gynecologists from B C Roy Technology Hospital to assist in inviting external specialists for the camps and sessions. In the future, we plan to conduct a camp with a batch of medical students who will be joining Dr. Shyama Prasad Mukherjee Superspeciality Hospital.
- Took guidance from Hall Presidents of female halls of residence to ensure smooth execution of camps and awareness sessions.

## **Proposal 2**

Improvement of Welfare activities at Swami Vivekanand Recreational Centre.

### **Objectives**

- This proposal aims to set up Welfare activities like a meditation room at Swami Vivekananda Recreational Centre to help students relax, reduce stress, and improve focus.
- The space will encourage mindfulness through meditation, yoga, and interactive activities, promoting mental well-being and a balanced lifestyle.
- Help reduce stress, anxiety, and emotional fatigue caused by academic and personal pressures.
- This will encourage students to get into the process of meditation practice.
- Conduct guided meditation sessions to improve focus, clarity, and self-awareness.

### **Current scenario**

- The current meditation room at Swami Vivekananda Recreational Centre is not well-equipped and inactive due to lack of activities and mindful programs.
- As a result, there is no dedicated space in the campus for all students for meditation .
- Students often experience stress and burnout.
- The Counseling Centre currently offers four facilities, which do not include guided meditation.
- The existing rooms need improvement with proper equipment, trained instructors, and structured programs to make it an active part of student life.

## **Plan of Action**

- Meditation room would be associated with the counselling centre
- Construction of proper route to Swami Vivekananda Recreational Centre
- Equipping the existing room as a meditation room at Swami Vivekananda Recreational Centre with Yoga mattresses, meditation chairs, speakers, related books, etc.
- Conducting weekly online meditation and self-awareness sessions
- These rooms would be open to all students to perform meditation
- A specialized training batch will be introduced for students who wish to receive guided meditation instruction.
- Interested students will have the option to enroll in this program, where they can participate in structured training sessions led by an experienced meditation instructor
- Counsellors will suggest students to get regular meditation.
- Students can register through counselling centre website and get enrolled in the practices offered by the meditation instructor
- This instructor would visit weekly to the centre and will instruct the students

## **Impact**

- The availability of a well-equipped meditation room will help students manage stress, anxiety, and emotional fatigue caused by academic and personal pressures.
- Regular meditation practices will contribute to mental relaxation, emotional balance, and improved resilience against daily challenges.
- The association with the Counseling Centre will enable mental health professionals to recommend meditation as a supportive wellness practice.

## **Ground Work**

- Consulted the counsellors at the counselling center to understand the need and importance of meditation
- Talked to the stakeholders about the construction of the meditation hall
- Contacted our respected alumnus Viji Narayanan about the structuring of the meditation hall and its activities
- Approaching the universities who can send the mediation instructors to the Indian Institute of Technology Kharagpur

### **Proposal 3**

Introducing new course to spread awareness regarding mental wellbeing of students for second year undergraduate, first year postgraduate and research scholar students

#### **Objectives**

- Educate undergraduate, postgraduate, and research scholar students about the importance of mental well-being and stress management
- Train students to identify early signs of mental distress in themselves and their friends.
- To make sure that each and every student has the ability to talk to their close ones and to get to know about their problems and provide the help required.
- Provide clear guidance on how to respond, offer support, and seek professional help when needed.
- Normalize talking about mental health and encourage students to seek counseling without fear or hesitation.
- Introduce simple techniques like meditation, breathing exercises, and self-care habits to help students stay calm and focused.
- Promote friendship and teamwork among students so that no one feels isolated or left out.
- Make sure that introverted or shy students are included in group activities and feel being a part of the community.

#### **Current Scenario**

- The Institute Wellness Group and counselors currently offer Gatekeepers' Training Sessions to help students recognize early signs of mental distress in themselves and their friends.

- The wing representatives support students in need, but many students feel more comfortable talking to close friends or roommates rather than an assigned representative.
- Many students don't know what to do if they see a friend struggling with mental health issues.
- Some students don't realize they are facing mental health challenges and, as a result, don't seek the right help.
- There is a lack of awareness about counseling, therapy, and other ways to manage stress effectively.

### **Plan of action**

- Implementation
  - Formation of a committee to execute the working of the course
  - Course flow, mode of course and all the decisions related to addition of this course would be taken by this committee.
  - Deciding the schedule and approving the course flow, making changes in the course flow would be done by this committee.
  - Taking permission to allot a place to conduct activities and workshops at Swami Vivekananda Recreational Centre.
- About the Course
  - The course would be in the form of laboratories and workshops.
  - We will divide students into different sections and each section would have three such laboratories in one semester.
  - This course would have one credit.
  - Professors and teaching assistants will grade the students on the basis of student participation in different activities held during lab and workshops.



- This course would not have any type of examination, the grading will be solely based on the performance, participation and active attendance of the student in the laboratory and workshop.
- Groups of students would be formed to perform the experiments and activities.
- Through different activities, students would be trained to identify the problems faced by the students and help them whenever they need.
- Activities done in the laboratory will ensure that students open up with their opinions about campus life.

### **Impact**

- Students will learn how to take care of their mental well-being and recognize when they or their friend need help.
- Students will feel more comfortable talking about their struggles and supporting their friends, creating a more caring and understanding campus environment.
- More students will feel confident seeking help from counselors and therapists without fear or hesitation.

### **Ground Work**

- Had a conversation with different position holders to tackle the problem of unawareness of mental well-being.
- Learned about the gatekeepers' training session
- I talked with the counsellors and found a way to have such a course to make students learn about mental health.
- Found the similar course taken by the Indian Institute of Technology Mandi named 'Introduction to Consciousness and Wellbeing' offered by The Indian Knowledge System and Mental Health Applications (IKSMHA) Centre

- Contacted the counsellors of the counselling centre, the professor in charge of the counselling centre, the faculty of the Rakhi Centre of Excellence for the Science of Happiness and the faculty of the Centre of Excellence for Indian Knowledge System.
- Contacted the stakeholders for the addition of new courses in the curriculum of the students and will work on adjusting the academic schedule of the student to accommodate this course
- Deciding the course flow with the help of counsellors of the counselling centre, the professor in charge of the counselling centre, the Faculty of Rakhi Centre of Excellence for the Science of Happiness and the Faculty of Centre of Excellence for the Indian Knowledge System.
- Interacted with the students and took their opinions about having such courses in the curriculum