



**Final Draft of Proposals**  
**for the post of General Secretary (Students' Welfare),**

**Technology Students' Gymkhana,**

**Indian Institute of Technology**

**Kharagpur**

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## **Overview Proposals:**

**Proposal 1:** Mental Health Checkup and Precautions for Potential Red Flag Cases.

**Proposal 2:** Expansion of Specialist Consultations and Optimized Scheduling at BC Roy Hospital.

**Proposal 3:** Installation and Repair of Water Coolers Around the Campus.

# 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 **Mental checkup 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 Mental Assessment 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 counselors 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:

- Development of a Mobile app to conduct the initial phase of the test and maintain proper psychological records of the students.
- 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 **Mental Health Checkup 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.

## Groundwork:

- I approached Dr. Vikash Ranjan Jha, Senior Counsellor Grade II, Counselling Centre, IIT Kharagpur, who told me that about 10% of any population suffer emotionally and psychologically because of family background and living environmental issues like absence of self-confidence and poor social interactions. It was stressed that early detection is very critical because high-risk cases stand a much greater likelihood to deteriorate if not treated at all. Early identification permits effective intervention, which in many cases requires very few counselling sessions. Rather than lengthy professional counselling, most cases at the early stage can be handled through peer counselling sessions, thus making psychological help more convenient. To pick out such cases, he proposed administering psychometric tests on admission and then surveying students from time to time to keep an eye on their well-being. Also, training 3-4 students per Hall of Residence to identify psychological distress signs and offer basic peer counselling can go a long way in dealing with these problems at the grassroots level.
- For the practicability of carrying out psychometric tests at the time of admission, I wrote to Professor Nirjhar Dhang, Professor In-Charge, Counselling Centre, IIT Kharagpur, who ensured that the tests can be carried out. But he added that dealing with a large number of students is a logistical issue. To resolve this, he said the first phase of testing could be carried out online via a mobile app or website. Further detailing this step-by-step method, Vikash Ranjan Jha suggested performing psychometric assessments in phases. The initial phase would be an online screening with tests like the Personality Test, Intellectual Test, Emotional Test, and Projective Test. Only the cases identified as such would proceed to the second phase, which would comprise regular counselling sessions for detailed assessment and guidance. Also, he emphasized the need to keep proper psychological records of students, which would be helpful in effective long-term counselling and intervention. This systematic approach plans to build a robust support system in IIT Kharagpur with a focus on mental health and early intervention to avoid such catastrophic accidents.

## **Proposal 2: Expansion of Specialist Consultations and Optimized Scheduling at Bidhan Chandra Roy Technology Hospital:**

### **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.
- **OPD Doctor Shortage:** The lack of adequate doctor availability in the OPD can lead to patients needing to resort to the emergency room for treatment.
- **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.
- There's a problem in visiting doctors: schedules are erratic, no accountability for visiting doctors.
- **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 Bidhan Chandra Roy Technology 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. Expanding Medical Services:**

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

#### **2. Increase the time of OPD:**

- Increase the time of OPD in the evening to 3 to 7 pm.
- This would provide a increase of number in prescriptions

#### **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.

### **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.

### **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.
- **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.

### **Groundwork:**

- I interacted with Mr. Sukumar Barik, Nursing Assistant at Bidhan Chandra Roy Technology Hospital. According to him, the number of visiting doctors is too low. Even though the schedule of doctors is being made as robust as possible, the main problem is that the services being provided are currently at a limited scale. They have said that the proposed move to Dr, Shyama Prasad Mukherjee Superspeciality Hospital is extremely necessary to increase the well-being of the Student Body. According to his inputs, the members in the supporting staff are also very few. Although there are 5 functioning ambulances for the movement of patients including 4 with life support, there is only 1 driver at all of these. This results in extreme misallocation of resources.
- Due to smaller time slots for the specialist doctors, the OPD patients have to sometimes go to the emergency even though they are seeking to visit the specialists themselves. An extensive overhaul of the current medical system and increase in the number of doctors and staff is necessary.
- I have met with Dr. Prasanta Kumar Shannigrahi, Head of Bidhan Chandra Roy Technology Hospital. He has recommended a move by the elected student representatives of the upcoming year to recruit more doctors and supporting staff.



## **Proposal 3: Installation and Repair 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 and Repair 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:**

- a. Conduct a campus-wide survey to identify areas where drinking water facilities are insufficient or absent.
- b. 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:**

- a. Purchase high-quality, durable, and energy-efficient water coolers equipped with advanced filtration systems.
- b. Install the units at designated locations with proper drainage and electrical connections to ensure long-term functionality.

### **3. Maintenance and Hygiene Assurance:**

- a. Implement a scheduled maintenance program to ensure that all units remain in good working condition and provide clean drinking water.
- b. Assign designated staff to monitor, clean, and refill dispensers regularly.
- c. Set up a feedback mechanism that allows students and faculty to report issues with the water coolers for quick resolution.

### **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.

### **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.

### Groundwork:

- I contacted Mr. Alok Dey who was an employee in the Waterworks Maintenance Section. He told us that It is up to the student body to put demands for and for acquiring water coolers. Elected Students' Representatives at the Technology Students' Gymkhana need to pitch the procurement of the water coolers to the administration themselves. According to him, the main hurdle in providing water cooler access points on outside areas was that storage tanks would be required for it.
- We conducted a survey with the student body that showed the lack of filtered water facilities outside of halls of residences and at other isolated places negatively impacts their well being. They also had qualms with existing water facilities at Nalanda and at the Main Academic Building.
- We interacted with multiple students who outlined that the lack of water stations and distribution systems created a lot of discomfort and general reduction in well-being.

