



PROPOSALS

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Contesting for the post of:

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Academic Mentorship Program (AMP)

Introduction

The Academic Mentorship Program (AMP) aims to foster a collaborative learning environment by pairing academically strong students (mentors) with peers seeking guidance. By utilizing the expertise of high-performing students and experienced scholars, AMP strives to enhance academic performance, encourage knowledge-sharing, and develop leadership skills among mentors.

Rationale and Objective

Rationale

- **Addressing Academic Gaps:** Many students struggle with course material, particularly during exams. AMP provides structured peer support to bridge these gaps effectively.
- **Peer-Led Learning:** Research highlights that peer instruction enhances understanding and retention. Mentors, having successfully completed these courses, can offer relatable explanations and practical insights.
- **Skill Development:** Mentors gain valuable teaching, communication, and leadership experience, preparing them for future academic and professional roles.

Objective

- **Primary Objective:** To create a structured support system that promotes academic collaboration and consistent knowledge-sharing.
- **Specific Goals:**
 - Pair academically strong undergraduate, postgraduate, and research scholars with mentees based on course demand and mentor availability.
 - Conduct weekly tutoring sessions focused on exam preparation, concept reinforcement, and doubt resolution.
 - Adapt teaching methods to accommodate different learning styles for maximum academic benefit.

Implementation Plan

Mentor Eligibility and Recruitment

- **Eligibility Criteria:**
 - **Undergraduate Mentors:** Must have secured an A or EX grade in the course.
 - **Postgraduate and Research Scholars:** Must demonstrate expertise in the subject area.

- **Application Process:**
 - Interested students will submit a structured application form.
 - Applications will be reviewed based on academic performance and subject knowledge to ensure quality mentorship.

Training and Orientation

- **Training Sessions:** Mentors will participate in orientation programs covering tutoring techniques and effective communication strategies.
- **Resource Provision:** Mentors will receive structured teaching materials, session planning guidelines, and access to exam-focused resources.

Mentor-Mentee Matching and Session Planning

- **Mentee Selection:**
 - Participation is open only to interested students, ensuring that mentees are motivated and committed.
- **Matching Process:**
 - Pair mentors with mentees based on course demand and mentor availability.
 - Organize sessions as small groups or one-on-one interactions, depending on the specific needs.
- **Session Formats:**
 - **Online Sessions:** Classes can be conducted virtually, allowing for flexible participation.
 - **In-Person Sessions:** For those who prefer face-to-face interaction, selected rooms in the Nalanda Classroom Complex will be opened on weekends.

Monitoring and Feedback

- **Feedback Loops:**
 - Regular feedback will be collected from both mentors and mentees to continuously improve the program.
 - Periodic review meetings to assess the program's impact and make necessary adjustments.

Expected Outcome

- **Enhanced Academic Performance:** Mentees receive personalized academic support, leading to improved course comprehension and better exam performance.
- **Leadership Development:** Mentors gain leadership and teaching experience, which will contribute to their personal and professional growth.
- **Stronger Academic Community:** The program promotes a culture of collaborative learning and mutual support, benefiting the wider academic community.
- **Recognition and Incentives:** Mentors are recognized for their contributions through certificates and potential academic accolades, motivating continued excellence in peer-led education.

Student Wellness Centre Proposal

Introduction

This proposal outlines a strategic initiative to rebrand the current Counselling Centre as the "**Student Wellness Centre**." The new identity aims to broaden the scope of services, reduce the stigma associated with seeking help, and align the centre with contemporary holistic well-being practices. In addition to integrating traditional counselling with preventive care, wellness education, and personal development, the initiative includes the formation of a dedicated **Student Wellness Body**. This student-led committee will play a key role in generating innovative ideas, co-creating events, and driving campaigns that ensure the centre remains responsive to the evolving needs of the student community.

Rationale and Objectives

Rationale

- **Modernisation of Services:** Rebranding to "Student Wellness Centre" shifts the focus from solely crisis intervention to a more inclusive approach that supports overall well-being.
- **Reduced Stigma:** Framing mental health as an integral part of overall health, similar to physical fitness, can encourage more students to seek help without fear of judgment.
- **Broad Spectrum of Support:** Diversifying services to include career guidance, substance abuse counselling, and LGBTQ+ affirmative therapy will cater to the varied needs of the student community.

Objectives

- **Expand Service Offerings:** Incorporate a range of support services, from traditional counselling to career advice, substance abuse support, and inclusive therapy.
- **Enhance Accessibility:** Introduce systems like online appointment booking and remote counselling sessions to overcome physical and psychological barriers.
- **Foster Community Engagement:** Establish a student-led body to generate innovative ideas for reducing stigma and promoting mental well-being.
- **Increase Awareness:** Leverage multi-channel outreach—including blogs, media recommendations, and awareness campaigns—to highlight available resources such as the YourDost platform.
- **Support Financial Accessibility:** Implement a reimbursement mechanism for students who require external counselling services.

Implementation Plan

Phase 1: Planning and Stakeholder Engagement

- **Stakeholder Meetings:** Organise consultations with university leadership, student representatives, and mental health professionals to gather input.
- **Feasibility Study:** Assess the operational, financial, and logistical implications of the rebranding and service expansion.
- **Branding Workshop:** Collaborate with marketing experts to create a modern visual identity, including a new logo, updated website, and refreshed brochures.

Phase 2: Service and Technology Rollout

- **Team Expansion:**
 - Recruit additional counsellors, including career counselors, substance abuse specialists, and LGBTQ+ affirmative therapists.
- **Technological Integration:**
 - Develop and deploy a user-friendly online appointment system.
 - Establish virtual counselling options to ensure access for students facing mobility issues or social anxiety.
- **Pilot Programs:**
 - Launch a pilot phase for online counselling sessions and student-led wellness initiatives.

Phase 3: Full Launch and Ongoing Evaluation

- **Launch Event:** Organise a campus-wide event to unveil the Student Wellness Centre and showcase its enhanced services.
- **Student-Led Initiatives:**
 - **Formation of the Student Wellness Body:** Establish a dedicated student committee tasked with generating innovative ideas, co-creating events, and spearheading campaigns to reduce stigma and promote overall mental well-being.
- **Continuous Feedback:** Implement regular feedback mechanisms such as surveys and focus groups to monitor the centre's effectiveness.
- **Regular Updates:** Schedule periodic reviews to update services and programs based on emerging trends in student mental health.

Expected Outcomes

- **Improved Access and Utilisation:** Enhanced online booking and telehealth services will make it easier for students to access mental health support.
- **Enhanced Student Well-being:** A holistic approach, combining counselling, preventive care, and wellness education, is expected to significantly improve overall student health.
- **Empowered Student Community:** The **Student Wellness Body** will play a pivotal role in fostering a supportive environment, ensuring that the centre's initiatives reflect

the true needs of the student community, and reducing the stigma associated with seeking help.

- **Financial Support:** The reimbursement mechanism will ensure that financial constraints do not hinder access to necessary external counselling services.