

My name is Dnyaneshwari Ghare. I am a second-year undergraduate student of the department of Industrial and Systems Engineering enrolled in it's Dual Degree course. I am a boarder of Sarojini Naidu Indira Gandhi Hall of Residence. I am from Kolhapur, Maharashtra.

I am contesting for the post of General Secretary Students' Welfare, Technology Students' Gymkhana, Indian Institute of Technology Kharagpur for the Academic session 2025-2026

### **Statement of purpose**

The General Secretary of Students' Welfare, Technology Students' Gymkhana, Indian Institute of Technology Kharagpur is responsible and dedicated to the welfare and Nurturing well-being of the entire student community of the Indian Institute of Technology Kharagpur. To hold and Stay true to this position, one must be a Generous, understanding, and empathetic person. Along with this, she must be a great leader and a good Cooperator. My candidature for this post is backed by my active involvement in the campus of Indian Institute of Technology Kharagpur.

As a core member of the Student Welfare Group, my team and I have actively supported students in their academic journey, aligning with our motto—"Always there with your academics."

Actively organized seven events and four initiatives where students got guidance and support for their academics, exams, career, research opportunities, off-campus placements and internships, foreign studies, internships, the core of departments, etc. I have worked along with my team to successfully conduct the student mentorship program where we formed mentor-mentee teams of 1st year and 3rd year students.

As a junior executive member at the Space Technology Student Society, I along with my team worked on literature reviews, and stargazing sessions, and contributed to student engagement in space sciences. I Served as Events Subhead at the National Students' Space Challenge (NSSC) 2024, where we helped organize 13 events over three days for 1220 participants in total.

As an associated member at ProDex, I along with my team represented IIT Kharagpur in the Empower: Assistive Technology Competition, where we were declared national runners-up. Conducted knowledge meets for first-year students to help them gain insights into product design.

As a Subhead at Maharashtra Mandal, I along with my team contributed to organizing cultural events that provided a homely atmosphere to the students. Through these diverse experiences, one can get that I have the dedication, empathy, and problem-solving abilities required to serve as the General Secretary of Students' Welfare. We are committed to

working for the betterment of the student community and ensuring their academic, emotional, and professional well-being.

## Proposals

### Proposal 1

Installation of vending machine and stocking essential items in the vending machine at Technology Students' Gymkhana, Vikramshila Complex, J C Bose Laboratory Complex, Nalanda Classroom Complex and First Aid kit at these locations along with all halls of residence and other public places.

### Objective

This proposal aims to install vending machines at key campus locations, including Technology Students' Gymkhana, Vikramshila Complex, J C Bose Laboratory Complex, Nalanda Classroom Complex, and other public areas. These machines will provide snacks, beverages, and daily essentials for students, faculty, and staff.

Additionally, first-aid kits will be placed at these locations and in all halls of residence to ensure quick access to medical supplies in case of minor injuries or emergencies.

This initiative will improve convenience, health, and safety on campus by making essential items easily available at all times.

### Current Scenario

Currently there is a vending machine only at Technology Students' Gymkhana among the above mentioned locations. Moreover this vending machine only provides packed food items and beverages but not essentials. In the other locations we don't have any vending machines. Along with that there is no first aid kit at many halls of residence.

### Plan of Action

- List of essentials

|                               |
|-------------------------------|
| Bottled water                 |
| Instant coffee or tea sachets |
| Face wipes                    |
| Hand sanitizer                |

|                       |
|-----------------------|
| Tissues               |
| Pain relief spray/gel |
| Electrolyte Drinks    |

1. Making a contract with vendors providing the above-mentioned essentials
2. Installation of vending machines at the places
3. Installation of first aid kits.

#### Ground Work

- Visited Technology Students' Gymkhana, Vikramshila Complex, J C Bose Laboratory Complex, Nalanda Classroom Complex, and other public areas.
- Talked with students and faculties about essential things they required in the vending machine

## Proposal 2

Menstrual Health & Hygiene camps at female halls of residence.

### Objective

This proposal aims to organize Menstrual Health & Hygiene Camps in female halls of residence to promote awareness and encourage open discussions on menstrual health. 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 is only one gynecologist available at B C Roy Technology Hospital and Dr. Syama Prasad Mukherjee Superspeciality Hospital to cater to the needs of female students on campus. With [number] female students enrolled, access to specialized healthcare remains limited. Many students do not seek medical consultation as they are often unaware of their

health conditions, leading to undiagnosed and untreated issues. The lack of awareness and accessibility to gynecological care highlights the urgent need for better health education, regular check-ups, and improved medical support on campus.

### **Plan of Action**

1. Approaching gynecologists outside the campus through B C Roy Technology Hospital and Dr. Syama Prasad Mukherjee Superspeciality Hospital.
2. Depending upon the capacity of the hall of residence deciding the duration of camp
3. Arrangement of proper setting and checking area at the respective common room of halls of residence.
4. Booking slot through ERP for the checkup

### **Ground Work**

- Conducted a survey within female students to get to know about their needs regarding menstrual hygiene.

## **Proposal 3**

Improvement of the Meditation Hall and Mindful practice games zone at Swami Vivekananda Wellness Centre.

### **Objective**

This proposal aims to set up a Meditation Hall and Mindful Practice Games Zone at Swami Vivekananda Wellness 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.

### **Current Scenario**

At this point there is a meditation hall at Swami Vivekananda Wellness Centre also it is not well equipped and currently not active. There is no such place where students can relieve their stress with different mindful practices on campus. The counselling centre currently provides four facilities which do not include meditation.

**Plan of action**

1. Equipping the existing meditation hall at Swami Vivekananda Wellness Centre with Yoga mattresses, meditation chairs, speakers, related books, etc.
2. Conducting online meditation and self-awareness sessions monthly
3. Creating a room for games to improve mental health like a catchphrase, set, virtual stand play, marble jar video games, etc.
4. Construction of proper route towards Swami Vivekananda Wellness Centre

**Ground Work**

- Visited the Swami Vivekananda Wellness Centre.
- Taken inputs from the various students
- Interacted with the Counsellor and took his input for the need of a meditation hall and gaming zone.