



Proposals
for the post of
General Secretary Students' Welfare,
Technology Students' Gymkhana,
Indian Institute of Technology
Kharagpur

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OVERVIEW

- **Proposal 1** - Destigmatizing Mental Health Through Mandatory Counselling Center Visits for First-Year Students as Part of their Academic Curriculum at IIT Kharagpur
- **Proposal 2** - Enhancing Menstrual Health Accessibility: Introducing Essential Products
- **Proposal 3** - Ensuring Regular Semesterly Health Check-ups at IIT Kharagpur
- **Proposal 4** - Academic Help Portal for Student Support

Proposal 1

Destigmatizing Mental Health Through Mandatory Counselling Center Visits for First-Year Students as Part of their Academic Curriculum at IIT Kharagpur

Aim of the Program:

The aim of this proposal is to introduce mandatory visits to the counselling center for all first-year undergraduate (UG), postgraduate (PG), and research scholar (RS) students at IIT Kharagpur. By integrating counseling centre visits into the academic curriculum, we aim to destigmatize mental health support services, promote early intervention for mental health concerns, and create a supportive environment where students feel comfortable seeking help.

Current Scenario:

Currently, there exists a stigma surrounding visits to the counselling centre, with many students perceiving it as taboo or indicating a reluctance to seek help due to fear of judgement or social stigma. This stigma may prevent students from accessing much-needed mental health support and contribute to the exacerbation of mental health issues among the student population. Additionally, there may be a lack of awareness regarding the services offered by the counselling centre and the benefits of seeking counselling.

Workflow:

1. **Integration into Academic Curriculum:** The program will incorporate mandatory visit to the counselling centre into the academic curriculum for all first-year students. This integration will involve scheduling designated time slot during the academic calendar for students to visit the counselling centre as part of their academic requirements once in every semester.
2. **Educational Component:** Alongside counselling sessions, students will receive educational materials and information about mental health, coping strategies, and available support services.
3. **Counselor Session:** During their visit to the counseling center, each student will have the opportunity to engage in a one-on-one talk with a counselor. This session aims to provide students with a supportive and confidential environment to discuss their well-being and seek guidance.
4. **Evaluation and Feedback:** Following their counselling centre visit, students may undergo a brief evaluation or reflection session to assess their experience and provide feedback on the program.

Benefits:

- **De-stigmatization of Mental Health:** Mandatory counselling centre visits will help destigmatize mental health support services by normalising help-seeking behaviour

and promoting the idea that seeking counselling is a proactive step towards self-care and well-being.

- Early Intervention and Support: By requiring first-year students to visit the counselling centre, the program aims to facilitate early intervention for mental health concerns, thereby preventing the escalation of issues and promoting timely access to support services.
- Awareness and Education: The program will raise awareness about the services offered by the counselling centre and provide students with essential knowledge and skills related to mental health and self-care.
- Cultivation of Supportive Campus Culture: Mandatory counselling centre visits will contribute to the creation of a supportive campus culture where students feel valued, supported, and empowered to prioritise their mental health needs.

In conclusion, the implementation of mandatory counselling centre visits for first-year students at IIT Kharagpur represents a pro active step towards promoting mental health and well-being on campus. By normalising help-seeking behaviour and providing early intervention and support, the program aims to create a culture of mental health awareness and resilience among students.

Proposal 2

Enhancing Menstrual Health Accessibility: Introducing Essential Products

Aim of the Program:

The aim of this program is to enhance accessibility and support for menstrual health management among students residing in Girls' Halls of Residence. This will be achieved through the implementation of a compulsory period pain kit program in collaboration with all girls' halls of residence, and ensuring necessary menstrual hygiene products such as tampons, menstrual cups, and other essentials are readily available at BC Roy 24*7.

Current Scenario:

Menstrual hygiene management remains a challenge for many individuals, particularly students, due to various reasons including affordability, accessibility, and social stigma. In the current scenario, students may face difficulties in obtaining menstrual hygiene products, especially during late hours or emergencies. This can lead to discomfort and disrupt their daily routines, impacting their academic and personal lives.

Workflow:

1. Assessment and Collaboration: Initiate discussions with the authorities of all Girls' Halls of Residence to propose the implementation of the compulsory period pain kit program.
2. Kit Compilation: These kits should include menstrual pain relief tablets (e.g., ibuprofen or naproxen), heat patches or heating pad, anti-nausea medication (e.g., ginger chews or peppermint candies), hydration tablets (electrolyte tablets or powder packets), sanitary napkins or tampons, medication for urinary tract infections (UTIs) or cranberry extract, anti-allergy medication (antihistamines), personalized pain relief options (various brands/types of pain relievers), and an information pamphlet on managing menstrual pain and self-care.
3. Distribution of essentials at BC Roy: Essential menstrual hygiene products, such as tampons and menstrual cups, currently unavailable on campus, will be accessible at BC Roy 24*7.

Benefits:

1. Improved Accessibility: By providing compulsory period pain kits and menstrual hygiene products, we ensure that students have easy access to essential items regardless of the time of day or night, thereby addressing the issue of accessibility.
2. Promotion of Sustainability: Encouraging the use of menstrual cups alongside conventional products promotes sustainability and reduces environmental impact by minimizing waste generation, aligning with the university's commitment to environmental responsibility.

In conclusion, the implementation of a compulsory period pain kit program in collaboration with Girls' Halls of Residence and the availability of necessary menstrual hygiene products at BC Roy 24*7 will contribute to enhancing menstrual health management among students, promoting inclusivity, and fostering a supportive campus environment.

Proposal 3

Implementation of Regular yearly Health Check-ups at IIT Kharagpur

Aim of the Program:

The aim of this proposal is to introduce regular yearly health check-ups for students at IIT Kharagpur. By providing accessible and organized health check-up camps, we aim to address the prevalent health concerns among students, facilitate early detection of health issues, and promote a culture of proactive health management.

Current Scenario:

Currently, there is limited provision for regular health check-ups on campus, leading to a lack of awareness and proactive health management among students. Many students may be unaware of potential health issues or hesitant to seek medical attention due to busy schedules or unfamiliarity with healthcare services available in the area. The absence of regular check-ups may result in undetected health problems and hinder students' overall well-being.

Workflow:

1. **Organising Hall-wise Health Check-up Camps:** The program will organise health check-up camps hall-wise, making it convenient for students to access comprehensive health screenings without having to travel far from their residence halls. These camps will be scheduled once every semester to ensure regular monitoring of students' health.
2. **Comprehensive Health Assessments:** Each health check-up camp will offer a range of medical assessments, including physical examinations, basic diagnostic tests, and consultations with healthcare professionals.
3. **Health Education and Promotion:** Alongside the check-up camps, health education sessions will be conducted to raise awareness about common health issues, preventive measures, and the importance of regular health screenings.

Benefits:

1. **Early Detection and Intervention:** Regular health check-ups will facilitate early detection of health issues, allowing for timely intervention and treatment, thus minimizing the risk of complications.
2. **Promotion of Preventive Health Practices:** By providing access to regular health screenings and education, the program will encourage students to prioritise preventive health practices and adopt healthier lifestyle habits.
3. **Enhanced Student Well-being:** The implementation of regular semesterly health check-ups will contribute to the overall well-being of students by addressing health concerns proactively and promoting a culture of self-care and health awareness.

In conclusion, the introduction of regular yearly health check-ups at IIT Kharagpur will serve as a proactive measure to safeguard the health and well-being of students. By providing

accessible and comprehensive health assessments, the program aims to promote a culture of preventive health management and empower students to lead healthier lives.

Proposal 4

Academic Help Portal for Student Support

Objective:

The objective of this proposal is to establish an Academic Help Portal to enhance student support and academic success at our institution. The portal will provide essential information and resources to students, including detailed course structure, requirements, departmental opportunities, and academic materials.

Current Scenario:

Currently, students often face challenges accessing comprehensive information about course offerings, prerequisites, and departmental opportunities. The lack of centralized resources can hinder informed decision-making and academic planning.

Workflow:

1. Video Content Creation: Faculty members and teaching assistants will create informative videos explaining course structures, difficulty levels, prerequisites, and other essential information for academic programs.
2. Departmental Coordination: Department representatives will coordinate to provide comprehensive and updated resources for each year of study in the department. This includes course lists, prerequisites, study materials, and information on departmental opportunities.
3. Field-Specific Resources: We will curate and share resources related to different career paths, including product development, consulting, research, and more. These resources will include recommended books, articles, and other materials to assist students in exploring and preparing for various career trajectories.
4. Portal Development: Develop a user-friendly online portal to house all curated content and resources, ensuring easy access and navigation for students.

Benefits:

- Enhanced Student Experience: Students will have centralized access to comprehensive academic information and resources, improving their overall experience and academic success.
- Informed Decision-making: Detailed course information and career resources will enable students to make informed decisions about their academic pursuits and career paths.
- Improved Academic Support: The portal will provide students with essential academic resources, departmental opportunities, and career insights, enhancing their learning and career development.

By implementing this Academic Help Portal, we aim to empower students with the necessary tools and information to excel academically and explore diverse career opportunities within their fields of interest.

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