



STUDENT WELLBEING COMMITTEE IIT JODHPUR

By- Saakshi Dhanekar





AIM

Formerly, called as Student Counselling Service

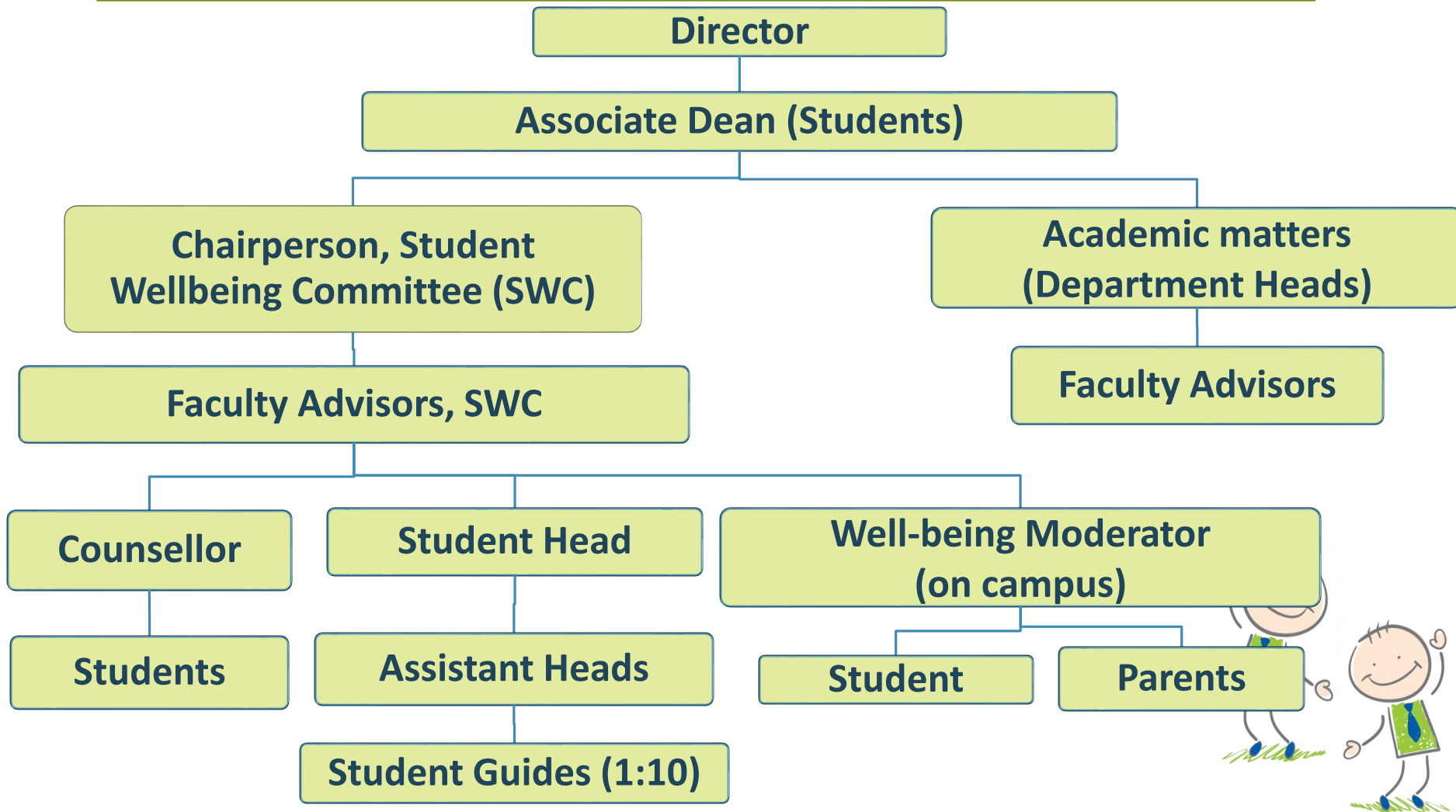
The student wellbeing committee aims to:

- ☺ Create a conducive environment for growth of the students
- ☺ Provide guidance to deal with challenges
- ☺ Build a positive attitude and enhance overall wellbeing
- ☺ Counsel for maintaining stable and healthy mental health maintaining all confidentiality





STRUCTURE



Our Team - Counsellor

Counsellors



Prasad Gadkari

Counsellor (Clinical Psychologist)

studentcounsellor@iitj.ac.in



Abhilasha Chouhan

Wellbeing Moderator (Psychologist)

abhilasha@iitj.ac.in





Our Team - Faculty Advisors

Faculty Advisors



Saakshi Dhanekar
Chairperson
chair_swc@iitj.ac.in



Ankita Sharma
Member



Prasenjeet Tribhuvan
Member



Pankaj Yadav
Member



Our Team - Students team



**Student Head-
Arpit Kumar**

**Student Assistant
Heads- 10**

**Student Guides
(SG) - 45**

Each SG



UG student 1

UG student 2



UG student 10



http://swc.iitj.ac.in/cs_team_ug2020.php

Activities

😊 **Virtual Progressive Muscle Relaxation –**

PMR is a medically proven technique to sooth and calm your nerves

Session duration - 20 minutes



😊 **Help in answering any queries –** admission, course questions- mentorship



😊 **Individual Counselling –** stress management, life skills training etc.



😊 **Interaction with fresh students to deal with anxiety –** Home away form home





Activities

☺ **YourDost app** – Talk to someone, anonymously

☺ **Informal events during Orientation–**

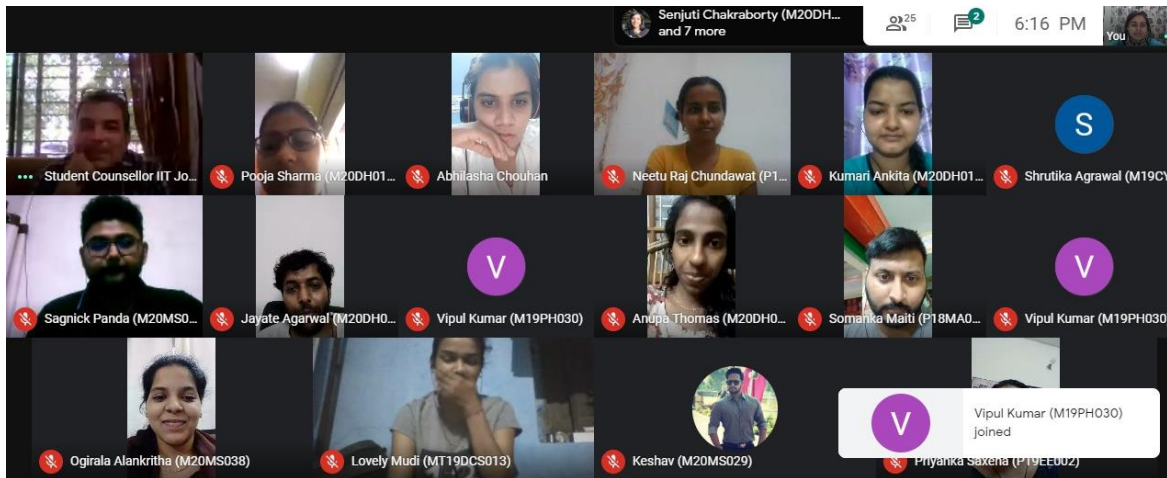
Talks by experts, Counsellor's session, introduction to the students team

☺ **Organizing lectures and trainings on-** Career counseling, Stress management, Time management, Health care and Hygiene and life skills training etc.

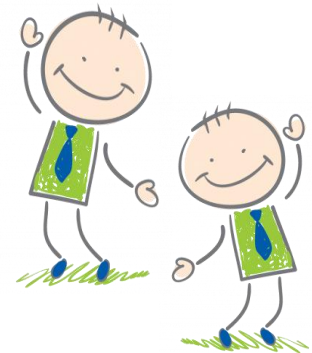
☺ **Institute level workshops** on basic counseling skills for students and organizing events for encouraging interaction among students of different years, and staff and faculty members.



Past Activities



Past Activities





Informal Program - Orientation 2020



| Date | Time (6:30 - 8:00 pm) | Details |
|----------|---|---|
| 20th Nov | Formal Session by Student Wellbeing Committee | Team Members, Team Structure, Hierarchy, Functioning of Team, whom to approach, etc |
| 21st Nov | Campus Tour | |
| 22nd Nov | | |
| 23rd Nov | Gymkhana Introduction | |
| 24th Nov | Arvind Bhatt (6:30-7:30) Your dost Session (7:30-8:00) | 1. 'Importance and technique of Goal Setting and Time Management' (Session by Arvind bhatt) 2. Introduction of YourDost app |
| 25th Nov | Session by Counsellors, well being moderators, | |
| 26th | Session by Alumni or Basic etiquette and manners sessions | |
| 27th Nov | Virtual Talent Show , Informal Session | Open Mic, Video Entries will be received on mail and displayed during the session, or live performance by the students |
| 28th Nov | Dr. Lipika Dey, TCS Innovation Lab | |



Events- Dec onwards

New Student's informal interaction with Wellbeing Moderator

Objective

- To connect with new students with the help of student guide and form a bridge between student and student counsellor.
- To develop the understanding about the counselling process as students are hesitant to seek psychological help.
- To establish the preliminary contact as students might take some time to settle down





We are always there for you



You can also connect with us through:

Website: http://swc.iitj.ac.in/cs_team_pg.php

Facebook: <https://www.facebook.com/SWC.IITJodhpur/>

Instagram: https://instagram.com/swc_iitj?igshid=1wqt5pgnkr4pw

Mailing Address: wellbeing@iitj.ac.in

