

PROPOSALS
JERIPOTHULA SINDHU

PROPOSAL 1

Making counseling center services more accessible to the student community through ERP.

Objective:

- Bring the counseling center services easier to access.

Purpose:

- The mental health of students is as important as the physical health of students for their well-being.
- The counseling center's services shall be at the most accessible location so that the concerned student shall not waste time and access the services on-time and get adequate support henceforth.

Current scenario:

- The student who requires counseling needs to mail the counseling center informing them that they need counseling.
- Next, the counseling center replies by sending over a consent form that the student must fill, following which a counseling session is planned.
- This process is time-consuming and wastes the valuable time of counselors as well as students.
- Due to this, a student may not be able to get proper attention at the appropriate time and may change their decisions or convince themselves not to seek help from the counseling center, which leads to them becoming careless about their mental health.
- Students are also less interested in seeking help due to stigma and prejudices attached to the counseling center.

Plan of action:

- Introduce a tab named "Counseling" in the ERP, under which two sections will be available -
 1. Schedule an appointment.
 2. Counseling center website.
- The first section, "schedule an appointment," will consist of the informed consent form.
- The student will be required to fill this form to schedule an appointment. The counseling center shall then schedule an appointment for a session with the student as soon as they receive a response.
- Next, the counselors will take the counseling session on their preferred, comfortable platform like Google meet or MS Teams or through a phone call.

- This data will be strictly confidential, and only the counseling center and general secretaries will have access to these responses.
- The second subsection, "Counseling Center Website," will direct to the official website of the counseling center, where all the information about the counseling center will be available.

Impact:

- Having a tab dedicated to counseling on ERP, which is an official platform accessible to all the students of IIT Kharagpur, will raise awareness on the importance of mental wellness and show the Institute's concern regarding students' mental health.
- Confidentiality is assured to the students as ERP is the secure and official website of our Institute.
- The counseling center services will become more accessible to students.
- The hassle-free process will help save much time for the student, as they will get the attention from counselors as soon as possible.

GroundWork:

- Conducted an anonymous survey where students highlighted their problems.
- Analysis of the survey brought out the awareness among the students about the counseling center and their trust in them.
- Some of the conclusions of this survey were -
 1. Lack of awareness regarding the counseling center services of our Institute.
 2. Distrust in the confidentiality of the counseling center and YourDost.
 3. Counseling Center services are not official.
- Steps were taken to overcome these doubts and bring awareness about how crucial mental wellness is -
- Interacted with a senior counselor from the counseling center and the ERP's Chief Systems Manager to ensure the proposal's feasibility.
- I got a positive response from both stakeholders and discussed how this could come into action in the easiest and fastest way possible.

Support Required:

- Dean of Student Affairs
- Chairman of ERP

PROPOSAL 2

Hall Interaction program

Objective:

- To make every student, especially sophomores and freshers who are unaware of the culture of IIT Kharagpur, experience the diversity of our Institute through the guidance of their seniors.

Purpose:

- Students come to our Institute from all over the country, become comfortable in their groups, and hesitate to come out of their comfort zone. However, their capabilities and strengths tend to shine when they face diversity, and they experience the authentic flavor of being in an institute like IIT Kharagpur.

Current scenario:

- The present online life of students is taking away the time and interaction with their batchmates, seniors, and fellow campus residents.
- Students are missing the true essence of being in one of the most prestigious institutes in the country. Especially students who are not a part of any societies feel left out, and due to their busy online schedules, many students miss out on the selections of their societies of interest.
- There is a pressing need to put forward the flavor of hall culture so that when students return to the campus, they feel the belongingness.

Plan of action:

- Two specific days will be marked as "SoCult" (Social and Cultural) and "Sports & Games" Nights for each hall.
- They will be scheduled once a semester to total two "SoCult" and two "Sports & Games" nights for an academic year.

Online semester:

- These nights will consist of various events like debate, elocution, vocals, instrumentals, dance, drama, among other events as part of the SoCult category.
- For the "Sports & Games" category, we will have Esports competitions.

Offline semester:

- These nights will consist of various events like debate, elocution, singing, dancing, drama as part of SoCult, badminton, tennis, volleyball, etc. as part of Sports & Games".
- These internal events in the halls will be planned according to the availability of resources and feasibility by the respective hall's General Secretary students' welfare.

- We plan to have a regular interaction among the students at the hall level through some adequately planned and scheduled sessions and ensure the preparations for these nights.
- These events will be conducted in a very organized manner at the hall level as we know our hall is our home as long as we stay on the campus.
- Hall General Secretary Students' Welfare shall be at the forefront of this event and need to have a proper plan to implement and execute according to the resources and necessities of respective halls.
- The Institute General Secretaries will provide all possible help if the need arises.
- Hall General Secretary Students' Welfare should ensure PG and RS students' active participation.
- Frequent interaction sessions and meetings will be scheduled to ensure the progress of these events.
- The implementation shall start in the online semester itself and gain momentum during the offline semester, which we currently expect in the coming spring semester. We can see the benefits of these events practically in the offline semester.

Impact:

- These events can give freshers and sophomores broad exposure to fields of their interest and social life through friends and guidance of seniors.
- Students' loneliness will be reduced by increasing interaction and bonding in the hall, which will give them a flavor of our culture.
- These events will introduce them to guides and friends, bolster their self-confidence, enhance interactions, and make them bolder.
- Through these activities and groups, students will share their diverse perspectives and develop teamwork by encouraging each other.
- These activities will also help the hall in preparing for the General Championships.

GroundWork:

- Interacted with the general secretaries of multiple halls and clarified the necessity of interaction among all students.
- Interacted with first-year UGs to know their problems and their choice requirements from their respective halls of residence.
- Many halls have been trying to arrange interaction sessions to increase bonding. However, it is not very well planned out and executed due to resource constraints, hence the need for uniformity across halls.

Support required:

- General Secretary Students' Welfare of every hall
- General Secretary Sports and Games and, General Secretary Social and Cultural of every hall

Name: JERIPOTHULA SINDHU
Roll no: 19AE10014
Hall: Mother Teresa Hall of Residence
Year: Second year
Course: Bachelor of Technology
Department: Aerospace Engineering.