

# Wellness at IISc

---

**Website: <http://wellness.iisc.ac.in>**

Website: <https://wellness.iisc.ac.in>

## Take the first step

Mental wellbeing translates to overall wellbeing



Mental Health Emergency  
080 47113444



Visit us at the  
1st Floor, Faculty Club



Send us a message  
[iiscsurvivorsdiaries@gmail.com](mailto:iiscsurvivorsdiaries@gmail.com)

Resources

Meet a Counselor

Online Counseling



# IISc wellness committee

- Officially formed by mid-Oct 2019
- Mandate:
  - Promotion of well-being of the IISc community
  - Identification of resources required and acquiring them; better communication.
  - Organization of programs such as workshops, etc

# committee members

- **Faculty representatives:** Anil Kumar, S.N. Omkar, Suja Elizabeth, Vishwesh Guttal and Varsha Singh
- **Experts:** Drs Bhide, Vyjayanthi, Ghorpade, Naren Rao
- **Full-time Counsellors:** Shreedhar and Savitha
- **Medical Officers:** Satish Rao, Nirmala, Aditya, Neethi
- **Student Reps:** Aindrila (Bio), Sudeb (Physics), Sudipta (Interdisciplinary) + 3 more. (from Empaths (an active student volunteer group~20))



# who do we cater to?

- Technically, all campus members. But the current focus has been on students:
  - UG
  - MTech/MS/etc.
  - Int-PhDs, PhDs.
- Faculty and Permanent Staff
- Online facilities are available for all staff with an email id (in-person counselling?)
- Panels, events are open for all (unless stated otherwise).

# activities so far.....

## panels / awareness

Understanding Depression (Nov 2019)

Day-long symposium (Jan 2020) - covering all range of topics from suicides, drug addiction to online addiction.

Loneliness (March 2020)

Quarantine connections [June 2020] + [two similar sessions for specific hostels/students in July & Aug]

Time management (July 2020)

Stress management (July 2020)

Yoga Sessions (July 2020)

Anxiety (August 2020)

Preventing Suicides (4th Sept 2020)

Ask Experts (29th Aug 2020)

Understanding Addiction (19th Sept 2020)

**Video recordings of many events are available on [wellness.iisc.ac.in](http://wellness.iisc.ac.in)**

activities so far.....  
screening and training

**Screening of all incoming students (Aug 2019 sem) using a mental health questionnaire**

- Follow up of students who needed attention.

**Student volunteer training**

- Empaths : Rigorous training (~10 students)
- Mind-it (March 2020) : Basic training of around 200 (of~ 1000) first year students who joined in 2019.
- Workshops against Sexual harassment (annual, mandatory): 40 sessions.
- Later sessions cancelled due to COVID-19.

**Many activities are being planned for the next academic year.**

# department wellness committees

**Composition : 2 faculty + 2 (or more) students/postdoc**

**Facilitators** of wellbeing (not a disciplinary committee)

- 1) facilitate discussions on mental health issues within the department
- 2) act as local contact points for any members (students/faculty/staff) seeking information or help on mental health
- 3) direct the members of the department to resources offered by the IISc wellness centre
- 4) convey departmental feedback to the Wellness Centre
- 5) maintain confidentiality



# specific roles of the dept committees

- 1) Send within-department reminders of institute events; encourage participation.
- 2) Have once-in-six monthly meeting: to introduce your committee and create awareness
  - a) Beginning of each sem
  - b) Introduce to all known resources on campus for broader well being
  - c) Set conversations on well being
- 3) Interface with the institute committee to get sufficient people trained in basic mental health issues, gate-keeper training, etc.
- 4) Additionally - do anything it takes; e.g. organise events specific to your department/division
- 5) Collect feedback on needs of the community within the department.

## **What we DONOT do:**

**\* Purely academic problems like course work, grades, thesis, etc. Approach DCC, thesis committee, etc.**

# Our department committee members are:

- Prof. E. N. Prabhakaran (eprabhak@iisc.ac.in)
- Dr. Garima Jindal (gjindal@iisc.ac.in)
- Mr. Aditya Chakrabarty (chakrabarty@iisc.ac.in)
- Ms. Sabnam Begum (sabnambegum@iisc.ac.in)

# How to approach us?

- You can approach any one or more members of the Workplace-Wellbeing Committee.
- By email, phone, message, find us in the department!
- You can also directly contact the IISc wellness centre (support.wellness@iisc.ac.in)

# Policies

- All issues are treated **confidentially**, unless you request otherwise.
- In general, your issue may be discussed by the committee as a whole. However, if you prefer, feel free to approach only one person, or a smaller part of the committee for discussions. Please inform the person you approach about your confidentiality preferences.
- We may inform the IISc wellness committee if the situation warrants direct intervention by them.

# Other IISc Committees

- ICASH (Internal Committee Against Sexual Harassment). Website: <https://iisc.ac.in/icash/>
- Students Affairs Advisor and Student Counsellors (Chair: Prof Satish Kailash)
- Complaints on caste-based discrimination (Chair: Prof. Jayabaskaran of Biochemistry Department).

# Find more details on the website: [wellness.iisc.ac.in](http://wellness.iisc.ac.in)

IISc Wellness Centre

For the wellness of IISc community

[HOME](#) ▾

[RESOURCES](#) ▾

[TEAM](#) ▾

[BLOG](#)

[UPCOMING EVENTS](#) ▾

[FEEDBACK](#)

[GET HELP](#) ▾



## Take the first step

Mental wellbeing translates to overall wellbeing



**Mental Health Emergency**  
080 47113444



Visit us at the  
1st Floor, Faculty Club



Send us a message  
[iiscsurvordiararies@gmail.com](mailto:iiscsurvordiararies@gmail.com)



Resources



Meet a Counselor



Online Counseling

# General suggestions

- Feel free to approach us at anytime.
- Come early to discuss any issues that are affecting you.



Thank you!